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Performance List

Event 1 Girls Long Jump

DIS: 18-08 1995		April Byrd	
Name	School	Seed Mark	
1	25 Miranda, Isabelle	Thomas Edison	16-00.00
2	11 Dial, Julia	Thomas Edison	15-09.00
3	McCormick, Jessica	Falls Church	15-01.00
4	Vasquez, Sofia	Wakefield Hi	14-08.50
5	Walker, Damierah	Falls Church	14-06.00
6	Spranger, Stephanie	Wakefield Hi	14-05.00
7	30 Staples, Ava	Thomas Edison	14-02.00
8	Tran, Erin	Thomas Jeffe	14-00.75
9	Nguyen, Hazel	Falls Church	13-06.00
10	Reeves, Alexis	Wakefield Hi	13-01.00
11	Surabhi, Ashwitha	Thomas Jeffe	13-01.00
12	Diaz-Nolasco, Leslie	Justice	12-10.00
13	McCarton, Sydney	George C. Ma	12-03.00
14	Lagman, Samantha Nicole	George C. Ma	11-04.00
15	Ayub, Sheza	John R. Lewi	11-01.00
16	Quorishi, Rudaina	John R. Lewi	9-04.00
17	Taylor, Annika	George C. Ma	9-01.00
18	Lynch, Amya	John R. Lewi	9-00.00

Event 2 Boys Long Jump

DIS: 23-06 1995		Dawane Wallace	
Name	School	Seed Mark	
1	Heo, Justin	John R. Lewi	22-01.00
2	Hatcher, Lukai	Wakefield Hi	21-10.00
3	Lasanta Pena, Jean	Wakefield Hi	20-04.00
4	Niang, Alioune	John R. Lewi	20-03.50
5	9 Clark, Jaden	Thomas Edison	19-11.50
6	Dao, An	Falls Church	19-04.50
7	36 Hill, Andreas	Thomas Edison	19-01.50
8	Peck, Alan	Wakefield Hi	19-01.00
9	Thomas II, Troy	John R. Lewi	18-07.00
10	Kith, Zack	Falls Church	18-06.00
11	Taylor, Marcus	John R. Lewi	18-03.00
12	13 Fannell, Christian	Thomas Edison	18-01.50
13	Sattiraju, Charan	Thomas Jeffe	18-00.50
14	Yaqubi, Arsalan	John R. Lewi	17-10.00
15	Thomas, Yisak	Falls Church	17-04.00
16	Nadipally, Rusheel	Thomas Jeffe	16-07.50
17	Sohail, Shahzad	Thomas Jeffe	16-06.50
18	Rivers, Isreal	Justice	16-00.00
19	Gonzalez, Jose	George C. Ma	15-06.00
20	Lee, Curtis	George C. Ma	15-06.00
21	Ayers, Jacob	George C. Ma	15-01.00
22	Villanueva, Kai	Justice	15-00.00

Event 3 Girls Triple Jump

DIS: 39-00.50 1995		April Byrd	
Name	School	Seed Mark	
1	11 Dial, Julia	Thomas Edison	35-01.00
2	30 Staples, Ava	Thomas Edison	33-03.00
3	16 Houston, Zaida	Thomas Edison	31-06.00
4	Diaz-Nolasco, Leslie	Justice	27-10.00

5	McCormick, Jessica	Falls Church	27-04.00
6	Nguyen, Hazel	Falls Church	26-11.00

Event 4 Boys Triple Jump

DIS: 47-11.25 1996		Cleveland McClory	
Name	School	Seed Mark	
1	Heo, Justin	John R. Lewi	41-04.00
2	36 Hill, Andreas	Thomas Edison	40-09.00
3	40 Nelson, Jeremiah	Thomas Edison	39-06.00
4	Aguillon Menefee, Carlos	John R. Lewi	38-04.00
5	Yaqubi, Arsalan	John R. Lewi	38-02.00
6	Dao, An	Falls Church	37-05.00
7	13 Fannell, Christian	Thomas Edison	37-01.00
8	Kith, Zack	Falls Church	36-04.00
9	Thomas, Yisak	Falls Church	34-10.50
10	Taylor, Cameron	John R. Lewi	30-01.00
11	Taylor, Marcus	John R. Lewi	29-03.00

Event 5 Girls High Jump

DIS: 5-09 1995		Felicia Cooksey	
Name	School	Seed Mark	
1	Topchy, Annika	Thomas Jeffe	4-10.00
2	Ford, Emma	George C. Ma	4-06.00
3	Thompson, Zoe	George C. Ma	4-04.00
4	Kotliarov, Alexandra	Wakefield Hi	4-04.00
5	Westfall, Caroline	Wakefield Hi	4-04.00
6	Watts, Rose	George C. Ma	4-04.00
7	Breehey, Abigail	Falls Church	4-04.00
8	Maku, Grace	Falls Church	4-03.00
9	11 Dial, Julia	Thomas Edison	4-03.00
10	Diaz-Nolasco, Leslie	Justice	4-03.00
11	Reeves, Alexis	Wakefield Hi	4-02.00
12	Antonescu, Zoe	Falls Church	4-00.00
13	30 Staples, Ava	Thomas Edison	4-00.00
14	35 Fuller, Nikita	Thomas Edison	3-10.00

Event 6 Boys High Jump

DIS: 6-04 1998		Steven Jeffrey	
Name	School	Seed Mark	
1	Hatcher, Lukai	Wakefield Hi	6-00.00
2	40 Nelson, Jeremiah	Thomas Edison	5-09.00
3	Van Zandt, Benjamin	Justice	5-08.00
4	Heo, Justin	John R. Lewi	5-06.00
5	41 Von Elling, Caden	Thomas Edison	5-03.00
6	Taylor, Cameron	John R. Lewi	5-02.00
7	Phershayaphai, Priyarnit	John R. Lewi	5-02.00
8	Taylor, Marcus	John R. Lewi	5-02.00
9	36 Hill, Andreas	Thomas Edison	5-02.00
10	Lyons, Levi	Wakefield Hi	5-02.00
11	Diller, Justin	Wakefield Hi	5-02.00
12	Niang, Alioune	John R. Lewi	5-02.00
13	Thomas, Yisak	Falls Church	5-01.00
14	Grace, Ethan	George C. Ma	5-00.00

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Event 7 Girls Shot Put

DIS: 39-02 2011		Renee Reives	
Name	School	Seed Mark	
1	Gonzalez, Laura	Wakefield Hi	38-04.75
2	Pounder, Sarah	George C. Ma	36-02.00
3	Marquez-Aguilar, Andrea	John R. Lewi	35-05.75
4	Chambers, Rosalie	Thomas Jeffe	33-06.00
5	16 Houston, Zaida	Thomas Edison	31-00.00
6	Forsyth, Grace	Falls Church	29-10.00
7	29 Sheppard, Jada	Thomas Edison	27-04.00
8	42 Abi-Aad, Rebecca	Thomas Edison	26-06.00
9	Perez Lopez, Aitana	Wakefield Hi	26-04.00
10	Haggerty Graham, Adrianna	George C. Ma	26-01.00
11	Flores, Ashley	Wakefield Hi	24-06.00
12	McAllister, Clara	Thomas Jeffe	23-02.00
13	Kassem, Nour	John R. Lewi	22-05.00
14	Soto-Arze, Ayelen	Falls Church	22-01.00
15	Garcia Palencia, Daniela	George C. Ma	22-00.00
16	Mukuna, Andrea-Grace	John R. Lewi	21-02.50
17	Russo, Mellisa	Falls Church	20-11.00
18	Mukuna, Sarah-Faith	John R. Lewi	19-08.00
19	Tredeau, Julia	Justice	18-00.00
20	Adakroy, Raka	Thomas Jeffe	16-05.00

Event 8 Boys Shot Put

DIS: 54-10 2018		Michael Klusner	
Name	School	Seed Mark	
1	Yaqubi, Arsalan	John R. Lewi	46-02.00
2	34 Carpenter, Sam	Thomas Edison	41-02.00
3	24 Medina, Jackson	Thomas Edison	40-11.00
4	Stevenson, John	Wakefield Hi	40-06.00
5	Florian-Grant, Josue	Wakefield Hi	39-01.00
6	Clark, Dontae	Wakefield Hi	37-08.75
7	Langpaul, Harrison	George C. Ma	37-03.00
8	Palm, Brock	George C. Ma	37-00.00
9	39 Milton, Jordan	Thomas Edison	35-08.00
10	Piazza, Maksim	George C. Ma	35-02.00
11	Bell, Andrew	Falls Church	34-03.00
12	Maddox, Ethan	Falls Church	33-03.50
13	Hershey, Nathan	Justice	30-02.00
14	Liang, Michael	Thomas Jeffe	30-02.00
15	Byrd, Tyler	Falls Church	29-03.00
16	Le, Tien	Justice	26-10.00
17	Rucker-Agyei, Dante	John R. Lewi	24-08.50
18	McMarlin, Mitchell	John R. Lewi	22-11.50

Event 9 Girls Discus Throw

DIS: 139-04 2000		Donisha Freeman	
Name	School	Seed Mark	
1	Chambers, Rosalie	Thomas Jeffe	112-04
2	Marquez-Aguilar, Andrea	John R. Lewi	107-10
3	Pounder, Sarah	George C. Ma	99-02
4	Forsyth, Grace	Falls Church	94-05.50
5	42 Abi-Aad, Rebecca	Thomas Edison	83-10
6	29 Sheppard, Jada	Thomas Edison	79-10

7	16 Houston, Zaida	Thomas Edison	78-06
8	Garcia Palencia, Daniela	George C. Ma	72-05
9	Kassem, Nour	John R. Lewi	70-00
10	Haggerty Graham, Adrianna	George C. Ma	69-01
11	Flores, Ashley	Wakefield Hi	68-11
12	Russo, Mellisa	Falls Church	66-00
13	McAllister, Clara	Thomas Jeffe	61-09
14	Perez Lopez, Aitana	Wakefield Hi	59-08
15	Yu, Sherry	Thomas Jeffe	58-06
16	Mukuna, Andrea-Grace	John R. Lewi	58-01
17	Tredeau, Julia	Justice	50-11
18	Gonzalez, Laura	Wakefield Hi	49-11
19	Rivera Teo, Jakeline	Falls Church	43-01
20	Mukuna, Sarah-Faith	John R. Lewi	42-09

Event 10 Boys Discus Throw

DIS: 177-00 2006		Devan Clark	
Name	School	Seed Mark	
1	Yaqubi, Arsalan	John R. Lewi	152-00
2	34 Carpenter, Sam	Thomas Edison	124-03
3	24 Medina, Jackson	Thomas Edison	117-00
4	33 Chirchi, Nader	Thomas Edison	116-02
5	Bell, Andrew	Falls Church	106-07
6	Stevenson, John	Wakefield Hi	104-07
7	Florian-Grant, Josue	Wakefield Hi	102-05
8	Oker, Arthur	Falls Church	101-11
9	Tadlock, Conner	George C. Ma	99-10
10	Meeks, Ian	Wakefield Hi	90-11.25
11	Langpaul, Harrison	George C. Ma	90-03
12	Piazza, Maksim	George C. Ma	89-07
13	Liang, Michael	Thomas Jeffe	84-11
14	Byrd, Tyler	Falls Church	82-05
15	Rivers, Isreal	Justice	81-02
16	Le, Tien	Justice	69-00
17	Hershey, Nathan	Justice	64-00
18	Rucker-Agyei, Dante	John R. Lewi	61-09
19	McMarlin, Mitchell	John R. Lewi	57-04

Event 11 Girls Pole Vault

DIS: 9-06.50 2009		Riley Loudon	
Name	School	Seed Mark	
1	7 Baumgartner, Alexis	Thomas Edison	9-06.00
2	Chappell, Halla	Justice	7-06.00
3	Watts, Gabrielle	Wakefield Hi	7-00.00
4	Vasquez, Sofia	Wakefield Hi	7-00.00
5	Semonsen, Serenna	Thomas Jeffe	6-06.00
6	Yu, Sherry	Thomas Jeffe	6-00.00
7	Schroeder, Sophia	Justice	5-06.00
8	Jeon, Shinyoung	Thomas Jeffe	5-00.00
9	Motta Santizo, Marianna	Wakefield Hi	5-00.00

Event 12 Boys Pole Vault

DIS: 13-01 1998		Corey Smith	
Name	School	Seed Mark	
1	Franco, Joshua	Justice	11-06.00
2	Das, Jo	Thomas Jeffe	10-06.00

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Event 12 ... (Boys Pole Vault)

Name	School	Seed Mark
3 Han, David	Thomas Jeffe	10-00.00
4 Torok, Spencer	Falls Church	9-06.00
5 Kith, Zack	Falls Church	9-00.00
6 41 Von Elling, Caden	Thomas Edison	8-06.00
7 Henry, Drake	Wakefield Hi	8-00.00
8 Ferro, Kai	Falls Church	8-00.00
9 Moyar, Luke	Thomas Jeffe	7-06.00
10 27 Pascual, Gabe	Thomas Edison	7-06.00

Event 13 Girls 4x800 Meter Relay

DIS:	9:38.57	2011	Edison HS
Team	Relay	Seed Time	
1 Wakefield Hi	A	10:24.07	
2 Thomas Jeffe	A	10:53.00	
3 Falls Church	A	11:30.01	
4 George C. Ma	A	12:33.74	
5 Thomas Edison	A	NT	

Event 14 Boys 4x800 Meter Relay

DIS:	7:50.70	5/7/2019	George C. Marshall
Team	Relay	Seed Time	
1 Wakefield Hi	A	8:56.92	
2 Thomas Jeffe	A	9:19.50	
3 Falls Church	A	9:19.70	
4 John R. Lewi	A	9:58.70	
5 George C. Ma	A	9:59.80	
6 Thomas Edison	A	NT	

Event 15 Girls 100 Meter Hurdles

DIS:	15.20	2017	Natalia Allen
Name	School	Seed Time	
1 Topchy, Annika	Thomas Jeffe	13.62	
2 McNabb, Torri	George C. Ma	15.04	
3 McCormick, Jessica	Falls Church	15.14	
4 16 Houston, Zaida	Thomas Edison	17.68	
5 Korin, Mia	Justice	18.08	
6 Lynch, Ariana	John R. Lewi	18.37	
7 Spranger, Stephanie	Wakefield Hi	18.84	
8 Reeves, Bailey	Wakefield Hi	20.35	
9 30 Staples, Ava	Thomas Edison	20.65	
10 Darko, Isabella	Wakefield Hi	20.86	
11 Maku, Grace	Falls Church	21.84	
12 Breehey, Abigail	Falls Church	22.14	

Event 16 Boys 110 Meter Hurdles

DIS:	14.16	1995	Dawane Wallace
Name	School	Seed Time	
1 Schappi, Christopher	Falls Church	15.34	
2 Dockery, Tishere	Falls Church	15.81	
3 Heo, Justin	John R. Lewi	16.34	
4 36 Hill, Andreas	Thomas Edison	18.33	
5 Horsford, Bryson	Wakefield Hi	18.94	
6 Klug, Aaron	Wakefield Hi	19.92	

7 Aguillon Menefee, Carlos	John R. Lewi	20.14
8 12 Elsana, Amer	Thomas Edison	20.50
9 Dawit, Same	John R. Lewi	20.76
10 Adjei-Ababio, Nicholas	John R. Lewi	21.70
11 Tham-Morrobrel, Jaden	Wakefield Hi	22.03
12 Smits, Derek	Justice	22.13

Event 17 Girls 100 Meter Dash Prelims

DIS:	12.23	2013	Kerisha Goode
Name	School	Seed Time	
1 11 Dial, Julia	Thomas Edison	12.71	
2 7 Baumgartner, Alexis	Thomas Edison	13.20	
3 25 Miranda, Isabelle	Thomas Edison	13.22	
4 Gardner, Allison	George C. Ma	13.24	
5 Walker, Damierah	Falls Church	13.24	
6 Surabhi, Ashwitha	Thomas Jeffe	13.44	
7 Brooks, Raja'e	Wakefield Hi	13.44	
8 Lu, Christina	Thomas Jeffe	13.54	
9 Tran, Erin	Thomas Jeffe	13.67	
10 Lynch, Ariana	John R. Lewi	13.84	
11 Curran, Veronica	George C. Ma	13.93	
12 Edson, Dorothy	Wakefield Hi	13.94	
13 Ding, Tammy	Thomas Jeffe	14.04	
14 Welch, Sophia	George C. Ma	14.15	
15 Diaz-Nolasco, Leslie	Justice	14.32	
16 Ichwantoro, Simone	Wakefield Hi	14.34	
17 Powers, Cassidy	John R. Lewi	14.64	
18 Nguyen, Sydney	Falls Church	15.14	
19 Burton, Eden	Falls Church	15.24	
20 Yonathan, Tamar	John R. Lewi	16.89	

Event 18 Boys 100 Meter Dash Prelims

DIS:	10.72	2013	Michael Thomas-Brown
Name	School	Seed Time	
1 9 Clark, Jaden	Thomas Edison	10.88	
2 Proctor, Christos	George C. Ma	11.24	
3 13 Fannell, Christian	Thomas Edison	11.29	
4 Lewis, Spencer	George C. Ma	11.44	
5 14 Hairston, Joshua	Thomas Edison	11.56	
6 Thomas II, Troy	John R. Lewi	11.64	
7 Harari, Jackson	Wakefield Hi	11.72	
8 Das, Jo	Thomas Jeffe	11.79	
9 Alvarado, Carlos	Wakefield Hi	12.02	
10 Lasanta Pena, Jean	Wakefield Hi	12.11	
11 Phershayaphai, Priyarnit	John R. Lewi	12.14	
12 Liu, Hugo	Falls Church	12.14	
13 Swann, Dylan	George C. Ma	12.14	
14 Brock, Daniel	Justice	12.16	
15 Shan, Kevin	Thomas Jeffe	12.21	
16 Taylor, Marcus	John R. Lewi	12.22	
17 Ferro, Kai	Falls Church	12.24	
18 Villanueva, Kai	Justice	12.24	
19 Han, David	Thomas Jeffe	12.31	
20 El Guennouni, Ayoub	John R. Lewi	12.41	
21 Zhang, Edward	Thomas Jeffe	12.42	
22 Keast, Nathan	John R. Lewi	12.44	

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Event 18 ... (Boys 100 Meter Dash Prelims)

Name	School	Seed Time
23 Caceres-Rosales, Albert	Falls Church	12.64
24 Pham, David	Justice	12.94

Event 19 Girls 1600 Meter Run

DIS: 4:55.04 1999		Sharon O'Connor	
Name	School	Seed Time	
1 Spoden, Haley	George C. Ma	5:23.76	
2 26 Nasse, Abigail	Thomas Edison	5:25.00	
3 Heironimus, Haley	Falls Church	5:30.80	
4 Williams, Irene	Thomas Jeffe	5:40.18	
5 Harris, Julia	Wakefield Hi	5:43.00	
6 Grant, Riley	Justice	5:48.25	
7 Hirz, Rachel	Falls Church	5:54.96	
8 21 Little, Anna	Thomas Edison	6:07.25	
9 Moran, Kathryn	John R. Lewi	6:12.12	
10 Hall, Marina	Wakefield Hi	6:18.30	
11 43 Huynh, Amy	Thomas Edison	6:27.10	
12 Gunasekera, Pesandi	Thomas Jeffe	6:29.50	
13 Min, Cierra	Thomas Jeffe	6:30.72	
14 Gray, Anna	Falls Church	6:38.15	
15 Ranjan, Simrith	Thomas Jeffe	6:41.40	
16 Blanton, Josephine	George C. Ma	7:03.44	
17 Salem, Fatimah	George C. Ma	7:21.98	

Event 20 Boys 1600 Meter Run

DIS: 4:18.44 1996		Eric Kweder	
Name	School	Seed Time	
1 Watson, Ryan	Justice	4:33.34	
2 Sanders, Sean	George C. Ma	4:41.53	
3 Miracle, Maxwell	Falls Church	4:54.58	
4 22 Lorenger, Michael	Thomas Edison	4:57.19	
5 Grove, Oliver	Wakefield Hi	4:58.47	
6 Kelleher, Finn	Falls Church	4:59.16	
7 Kratz, Peter	Falls Church	4:59.49	
8 32 Wetzler, David	Thomas Edison	5:00.25	
9 Kumashiro, John Jack	Wakefield Hi	5:00.92	
10 Klopson, Jack	Thomas Jeffe	5:02.73	
11 McInnis, Sean	Thomas Jeffe	5:04.93	
12 Schmid, Spencer	George C. Ma	5:05.36	
13 Velleleth, Pranav	Thomas Jeffe	5:08.00	
14 Hammoudi, Adam	Wakefield Hi	5:12.85	
15 20 Kusata, Abdi	Thomas Edison	5:13.43	
16 Lagendyk, Marco	George C. Ma	5:14.74	
17 Singer, Aidan	Thomas Jeffe	5:16.74	
18 Hamid, Khalid	John R. Lewi	5:19.18	
19 Najjar-Pope, Aiden	John R. Lewi	5:19.95	
20 O'Hara, Keegan	Justice	5:21.64	
21 Cruz, Braylan	Justice	5:23.00	
22 Najjar, Zaire	John R. Lewi	5:53.10	

Event 21 Girls 4x100 Meter Relay

DIS: 49.76 1995		West Potomac	
Team	Relay	Seed Time	
1 Thomas Edison	A	50.72	

2 George C. Ma	A	51.84	
3 Thomas Jeffe	A	53.34	
4 Falls Church	A	54.34	
5 Wakefield Hi	A	55.14	
6 Justice	A	56.64	
7 John R. Lewi	A	58.44	

Event 22 Boys 4x100 Meter Relay

DIS: 43.16 2013		Mount Vernon	
Williams, Thomas-Brown, Bekoe, McGrigg			
Team	Relay	Seed Time	
1 Thomas Edison	A	43.38	
2 Wakefield Hi	A	44.94	
3 George C. Ma	A	45.40	
4 Justice	A	45.65	
5 John R. Lewi	A	46.21	
6 Thomas Jeffe	A	46.54	
7 Falls Church	A	48.30	

Event 23 Girls 400 Meter Dash

DIS: 56.63 5/9/2019		Grace E Bir	
Name	School	Seed Time	
1 Epstein, Elizabeth	George C. Ma	59.04	
2 Jones-Suggs, Makayla	George C. Ma	1:00.54	
3 17 Jackson, Aliciana	Thomas Edison	1:02.79	
4 Lee, Claire	George C. Ma	1:03.02	
5 Lewis, Hannah	Wakefield Hi	1:06.91	
6 Nguyen, Hazel	Falls Church	1:07.84	
7 Wood, Madison	Falls Church	1:08.54	
8 Lang, Olivia	Falls Church	1:09.94	
9 Hitchcock, Kyla	Thomas Jeffe	1:10.74	
10 4 Abu-Jamous, Anaa	Thomas Edison	1:11.45	
11 35 Fuller, Nikita	Thomas Edison	1:11.78	
12 Fu, Helen	Thomas Jeffe	1:12.74	
13 Semonsen, Serenna	Thomas Jeffe	1:13.76	
14 Lynch, Amya	John R. Lewi	1:15.24	

Event 24 Boys 400 Meter Dash

DIS: 48.87 2018		Xavier Taylor	
Name	School	Seed Time	
1 10 Dial, Alan	Thomas Edison	52.11	
2 Harrington, Jason	George C. Ma	52.15	
3 Ryan, Aleksander	Falls Church	52.64	
4 Oliver, Alexander	George C. Ma	53.57	
5 Moyar, Luke	Thomas Jeffe	53.72	
6 Graham, David	Falls Church	54.17	
7 Queen, Cameron	Wakefield Hi	54.28	
8 40 Nelson, Jeremiah	Thomas Edison	54.95	
9 Taylor, Marcus	John R. Lewi	55.53	
10 Lyons, Levi	Wakefield Hi	55.87	
11 37 Johnson, Joseph	Thomas Edison	55.97	
12 Buford, Aidan	Justice	56.02	
13 Peck, Alan	Wakefield Hi	56.56	
14 Keast, Nathan	John R. Lewi	57.94	
15 Bao, Myles	Thomas Jeffe	58.20	
16 Zarandazehi, Shervin	George C. Ma	58.34	

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Event 24 ... (Boys 400 Meter Dash)

Name	School	Seed Time
17 Fatemi, Michael	Thomas Jeffe	58.74
18 Clock, William	Falls Church	59.05
19 Lee, Jordan	Thomas Jeffe	1:01.14
20 Dawit, Same	John R. Lewi	1:01.25
21 Taylor, Cameron	John R. Lewi	1:01.83

Event 25 Girls 300 Meter Hurdles

DIS: 45.48 2009		Amira Hill	
Name	School	Seed Time	
1 Topchy, Annika	Thomas Jeffe	45.24	
2 Spranger, Stephanie	Wakefield Hi	48.87	
3 McCormick, Jessica	Falls Church	49.19	
4 Tarutani, Avery	George C. Ma	51.64	
5 Lynch, Ariana	John R. Lewi	54.84	
6 30 Staples, Ava	Thomas Edison	55.17	
7 Korin, Mia	Justice	55.63	
8 Maku, Grace	Falls Church	1:04.82	
9 Lam, Ashley	George C. Ma	1:08.24	

Event 26 Boys 300 Meter Hurdles

DIS: 38.34 1996		Cleveland McClory	
Name	School	Seed Time	
1 Dockery, Tishere	Falls Church	40.64	
2 Schappi, Christopher	Falls Church	42.88	
3 Heo, Justin	John R. Lewi	42.92	
4 Horsford, Bryson	Wakefield Hi	45.07	
5 36 Hill, Andreas	Thomas Edison	45.22	
6 Niang, Alioune	John R. Lewi	46.64	
7 6 Amarchih, Jordan	Thomas Edison	47.24	
8 Thomas, Yisak	Falls Church	47.54	
9 8 Benoit, Nicholas	Thomas Edison	47.59	
10 Adjei-Ababio, Nicholas	John R. Lewi	48.51	
11 Klug, Aaron	Wakefield Hi	50.53	
12 Tham-Morrobhel, Jaden	Wakefield Hi	51.81	
13 Lee, Curtis	George C. Ma	56.05	

Event 27 Girls 800 Meter Run

DIS: 2:13.27 2011		Myah Hicks	
Name	School	Seed Time	
1 Stowers, Kareena	Wakefield Hi	2:25.89	
2 Gagermeier, Lauren	Falls Church	2:30.15	
3 Coe, Elizabeth	Wakefield Hi	2:30.36	
4 Spoden, Haley	George C. Ma	2:31.90	
5 Hanley, Courtney	Wakefield Hi	2:32.09	
6 23 McCarrick, Mia	Thomas Edison	2:32.82	
7 DonTigny, Emilie	George C. Ma	2:37.97	
8 Grant, Riley	Justice	2:39.80	
9 Moran, Kathryn	John R. Lewi	2:43.40	
10 Alonso, Kathryn	George C. Ma	2:45.80	
11 19 Knowles, Caroline	Thomas Edison	2:45.88	
12 38 Kyser, Avery	Thomas Edison	2:54.89	
13 Kovacs, Valerie	Thomas Jeffe	2:59.50	
14 Gao, Vivian	Thomas Jeffe	2:59.64	
15 Kao-Sowa, Julia	Thomas Jeffe	3:01.48	

16 Kearney, Dara Falls Church 3:11.00

Event 28 Boys 800 Meter Run

DIS: 1:56.63 2008		Tihut Degfae	
Name	School	Seed Time	
1 Malave, Sebastian	George C. Ma	1:57.26	
2 Smith, Patrick	George C. Ma	1:59.98	
3 Sanders, Sean	George C. Ma	2:00.40	
4 Vu, Thomas	Falls Church	2:06.08	
5 Abdu, Nadim	Wakefield Hi	2:06.40	
6 Sonn, Drew	Wakefield Hi	2:10.23	
7 Schrock, Cody	Wakefield Hi	2:10.59	
8 28 Polovchick, Eli	Thomas Edison	2:11.31	
9 41 Von Elling, Caden	Thomas Edison	2:11.61	
10 Ruby, Matthew	Thomas Jeffe	2:14.03	
11 Sabrera Quispe, Sebastian	Justice	2:15.39	
12 31 Stivason, Andrew	Thomas Edison	2:16.78	
13 Haas, Joel	Falls Church	2:17.30	
14 Potter, Robert	Falls Church	2:18.50	
15 Singer, Aidan	Thomas Jeffe	2:20.85	
16 Bao, Myles	Thomas Jeffe	2:21.71	
17 Cruz, Braylan	Justice	2:24.41	
18 Gonzalez, Eugene	Thomas Jeffe	2:25.39	
19 Li, Derek	Thomas Jeffe	2:29.40	
20 Najjar, Zaire	John R. Lewi	2:44.74	

Event 29 Girls 200 Meter Dash Prelims

DIS: 25.14 2009		Kismue Grant	
Name	School	Seed Time	
1 11 Dial, Julia	Thomas Edison	25.94	
2 Walker, Damierah	Falls Church	27.34	
3 7 Baumgartner, Alexis	Thomas Edison	27.43	
4 Spranger, Stephanie	Wakefield Hi	27.82	
5 Ford, Emma	George C. Ma	27.87	
6 McNabb, Torri	George C. Ma	27.97	
7 25 Miranda, Isabelle	Thomas Edison	28.07	
8 Surabhi, Ashwitha	Thomas Jeffe	28.24	
9 Lu, Christina	Thomas Jeffe	28.57	
10 Brooks, Raja'e	Wakefield Hi	28.80	
11 Tran, Erin	Thomas Jeffe	28.84	
12 Richard, Aurora	Thomas Jeffe	29.04	
13 Edson, Dorothy	Wakefield Hi	29.41	
14 Skaggs, Sarah	George C. Ma	29.54	
15 Nguyen, Hazel	Falls Church	30.18	
16 Newett, Sonya	Falls Church	30.44	
17 Powers, Cassidy	John R. Lewi	31.44	
18 Ayub, Sheza	John R. Lewi	31.65	
19 Lynch, Amya	John R. Lewi	32.34	

Event 30 Boys 200 Meter Dash Prelims

DIS: 21.94 2018		Xavier Taylor	
Name	School	Seed Time	
1 9 Clark, Jaden	Thomas Edison	21.98	
2 Hatcher, Lukai	Wakefield Hi	22.34	
3 13 Fannell, Christian	Thomas Edison	22.83	
4 Harari, Jackson	Wakefield Hi	23.43	

20-21 National District Championship - 5/26/2021 to 5/27/2021

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Performance List

Event 30 ... (Boys 200 Meter Dash Prelims)

Name	School	Seed Time
5 10 Dial, Alan	Thomas Edison	23.44
6 Sattiraju, Charan	Thomas Jeffe	23.64
7 Das, Jo	Thomas Jeffe	24.29
8 Liu, Hugo	Falls Church	24.34
9 Thomas II, Troy	John R. Lewi	24.34
10 Sandall, Gavin	George C. Ma	24.42
11 Alvarado, Carlos	Wakefield Hi	24.43
12 Phershayaphai, Priyavit	John R. Lewi	24.48
13 Shan, Kevin	Thomas Jeffe	24.54
14 Peterson, Graham	George C. Ma	24.75
15 Brock, Daniel	Justice	24.80
16 Ferro, Kai	Falls Church	25.14
17 Adjei-Ababio, Nicholas	John R. Lewi	25.15
18 Villanueva, Kai	Justice	25.35
19 Abebe, Nebeyu	John R. Lewi	25.44
20 Buford, Aidan	Justice	25.49
21 Clock, William	Falls Church	25.69
22 Elwannas, Nawfal	George C. Ma	25.72
23 Doan, Ryan	John R. Lewi	26.44

Event 33 Girls 4x400 Meter Relay

DIS: 3:59.04 1996		West Potomac	
Team	Relay	Seed Time	
1 George C. Ma	A	4:15.70	
2 Falls Church	A	4:20.12	
3 Wakefield Hi	A	4:24.70	
4 Thomas Edison	A	4:25.24	
5 Thomas Jeffe	A	4:26.90	

Event 34 Boys 4x400 Meter Relay

DIS: 3:25.64 1998		Mount Vernon	
Team	Relay	Seed Time	
1 George C. Ma	A	3:30.90	
2 Wakefield Hi	A	3:36.05	
3 Falls Church	A	3:36.41	
4 Thomas Edison	A	3:37.08	
5 Justice	A	3:41.61	
6 Thomas Jeffe	A	3:49.00	
7 John R. Lewi	A	3:57.40	

Event 31 Girls 3200 Meter Run

DIS: 11:13.50 1995		Heather Murray	
Name	School	Seed Time	
1 26 Nasse, Abigail	Thomas Edison	11:27.08	
2 Heironimus, Haley	Falls Church	11:51.70	
3 Breyault, Brianna	Wakefield Hi	12:34.70	
4 Battista, Emma	George C. Ma	13:06.58	
5 Hirz, Rachel	Falls Church	13:11.40	
6 Gray, Anna	Falls Church	13:40.00	
7 Viskupic, Olivia	George C. Ma	13:41.70	
8 Dilner, Alena	Wakefield Hi	15:01.57	
9 Blanton, Josephine	George C. Ma	15:02.90	

Event 32 Boys 3200 Meter Run

DIS: 9:18.14 1996		Eric Kweder	
Name	School	Seed Time	
1 Watson, Ryan	Justice	9:36.55	
2 15 Hernandez, Andrew	Thomas Edison	10:11.60	
3 5 Alden, Mercer	Thomas Edison	10:18.99	
4 Lee, Samuel	George C. Ma	10:58.80	
5 Barnes, Simon	George C. Ma	11:15.10	
6 McInnis, Sean	Thomas Jeffe	11:17.06	
7 Salisbury, William	Falls Church	11:19.80	
8 Kearny, John	Falls Church	11:20.00	
9 Ross, Samuel	Falls Church	11:21.20	
10 Hamid, Khalid	John R. Lewi	11:22.82	
11 Rodriguez, Emerson	Thomas Jeffe	11:25.02	
12 Bodenstein, Braden	Wakefield Hi	11:32.41	
13 Wang, Luke	Thomas Jeffe	11:35.85	
14 Gonzalez, Eugene	Thomas Jeffe	11:37.19	
15 Wilder, Henry	George C. Ma	11:39.38	
16 18 Jones, Mathew	Thomas Edison	11:39.66	
17 Elshaari, Assil	Wakefield Hi	12:25.00	
18 Rodriguez, Mario	John R. Lewi	16:12.81	