

# National District/ Capitol District 5A Winter Track

## Schools

<b>JEB Stuart/Justice</b>	<b>1994-Present</b>	<b>Mount Vernon</b>	<b>1994-2017</b>
<b>Thomas Edison</b>	<b>1994-Present</b>	<b>Washington-Lee</b>	<b>1994-2017</b>
<b>Wakefield</b>	<b>1994-Present</b>	<b>Yorktown</b>	<b>1994-2017</b>
<b>Falls Church</b>	<b>1997-Present</b>	<b>West Potomac</b>	<b>1994-96</b>
<b>GC Marshall</b>	<b>2013-Present</b>	<b>Hayfield</b>	<b>2009-13</b>
<b>Robert E Lee/ John R Lewis</b>	<b>2013-Present</b>		
<b>Thomas Jefferson HSST</b>	<b>2013-Present</b>		

## AAA National District Records

<b>55m Dash</b>	Michael Thomas-Brown	Mt. Vernon	6.52p	2013	Kerisha Goode	Hayfield	7.35s	2012
<b>55m Hurdles</b>	Dawane Wallace	Mt. Vernon	7.3	1995	Felicia Cooksey	Mt. Vernon	8.6s	1996
<b>300m Dash</b>	Clive Cameron	Mt. Vernon	2:24.00	2009	Danielle Williams	Stuart	41.88	2007
<b>500m Dash</b>	Jerry Puryear	Mt. Vernon	1:07.95	1999	Sharon O'Connor	Mt. Vernon	1:19.93	1998
<b>1000m Run</b>	Tihut Degfae	Edison	2:34.97	2009	Myah Hicks	Edison	3:03.03	2009
<b>1600m Run</b>	Eric Kweder	Edison	4:26.40	1997	Sarah Weber	Washington-Lee	5:13.00	2007
<b>3200m Run</b>	Eric Kweder	Edison	9:21.00	1997	Sarah Weber	Washington-Lee	11:24.56	2007
<b>Long Jump</b>	Dawane Wallace	Mt. Vernon	23' 7.25"	1995	Anna Williams	Edison	17' 9.75"	2012
<b>Triple Jump</b>	Cleveland McCrory	West Potomac	47' 8.25"	1996	Jamese Downing	West Potomac	37' 11.75"	2013
<b>High Jump</b>	Edward Chase	Stuart	6' 3"	2012	Felicia Cooksey	Mt. Vernon	5' 7.5"	1996
<b>Pole Vault</b>	Cory Smith	Mt. Vernon	13' 6.25"	1998	Riley Louden	Falls Church	8' 3"	2009
<b>Shot Put</b>	Devan Clark	Edison	53' 11"	2006	Renee Reives	Hayfield	40' 0.75"	2011
<b>4x200m Relay</b>	Sean Somlar, Brian Nettles, Frank Meilen, Zola Short	Washington-Lee	1:36.77	2003	Marsharika Coleman, Ariel Bobbett, Nicole Nicholas, Emma Troy	Washington-Lee	1:49.64	2012
<b>4x400m Relay</b>	Mohammed Yousuf, Justin Smith, Ryan Henry, PJ Williams	Edison	3:38.01	2006	Myah Hicks, Laura Hutchinson, Lilly Payne, Toni Duvall	Edison	4:18.58	2009
<b>4x800m Relay</b>	Karim Gharbi, Esayu Yirdaw, Louis Colson, Shamaal Sheppard	Edison	8:08.82	2013	Sarah Angell, Jordan Grimaldi, Annika Macewen, Jordan Selby	Washington-Lee	10:02.45	2013

## 5A Capitol Conference/National District Records

<b>55m Dash</b>	Blaine Ashton	RE Lee	6.60p	2018	Miranda Grier-Spratley	Edison	7.25	2018
<b>55m Hurdles</b>	Charlie Guan	Jefferson	7.70p	2016	Jasmine Morgan	Edison	8.58	2018
<b>300m Dash</b>	Donny Lee	Edison	37.15	2020	Miranda Grier-Spratley	Edison	42.15	2018
<b>500m Dash</b>	Xavier Taylor	Wakefield	1:08.08	2018	Ava Bir	GC Marshall	1:19.21	2017
<b>1000m Run</b>	Sebastian Malave	GC Marshall	2:38.63	2020	Andrea Silva	Jefferson	3:10.30	2019
<b>1600m Run</b>	Natnael Asmelash	JEB Stuart	4:34.53	2018	Heather Holt	GC Marshall	5:14.24	2017
<b>3200m Run</b>	Biruk Amare	RE Lee	9:49.15	2014	Heather Holt	GC Marshall	11:08.26	2017
<b>Long Jump</b>	Gregory Lucas-Roscoe/	Edison/RE Lee	21' 9"	2016/	Miranda Kashynski	Justice	16' 9"	2019
<b>Triple Jump</b>	Chauncey Chambers	RE Lee	48' 6"	2018	Dhiambi Otete	Edison	37' 7.75"	2019
<b>High Jump</b>	Ian Thompson	GC Marshall	6' 3"	2020	Nicie Grier-Spratley	Edison	5' 6"	2014
<b>Pole Vault</b>	David Do	Stuart	13' 0"	2017	Alexis Baumgartner	Edison	10' 6"	2020
<b>Shot Put</b>	Nour Churchi	Edison	51' 8"	2020	Delaney Stuart	GC Marshall	36' 1"	2018
<b>4x200m Relay</b>	Chauncey Heyward, Deisre Quist, Jordan McGrigg, Joshua McGrigg	Mt. Vernon	1:37.20	2015	Annabelle Lee, Makayla Jones-Suggs, Kristen Hamilton, Michelle Dirkse	GC Marshall	1:50.71	2018
<b>4x400m Relay</b>	Louis Delcore, Isaiah Mefford, James Avery Moore, Xavier Taylor	Wakefield	3:36.00	2018	Alana Thomas, Julia Clark, Emma Woodrum, Miranda Kashynski	JEB Stuart	4:17.49	2018
<b>4x800m Relay</b>	Sean Sanders, Patrick Smith, Seth Oliver, Sebastian Malave	GC Marshall	8:15.07	2020	Hannah Smith, Jenna Robbins, Ava Bir, Heather Holt	GC Marshall	9:28.78	2017

## Combined AAA & 5A Records

<b>55m Dash</b>	Michael Thomas-Brown	Mt. Vernon	6:52p	2013	Miranda Grier-Spratley	Edison	7.25	2018
<b>55m Hurdles</b>	Dawane Wallace	Mt. Vernon	7.3h	1995	Jasmine Morgan	Edison	8.58	2018
<b>300m Dash</b>	Clive Cameron	Mt. Vernon	36.96	2009	Danielle Williams	Stuart	41.88	2007
<b>500m Dash</b>	Jerry Puryear	Mt. Vernon	1:07.95	1999	Ava Bir	GC Marshall	1:19.21	2017
<b>1000m Run</b>	Tihut Degfae	Edison	2:34.97	2009	Myah Hicks	Edison	3:03.03	2009
<b>1600m Run</b>	Eric Kweder	Edison	4:26.4h	1997	Sarah Weber	Washington-Lee	5:13.00	2007
<b>3200m Run</b>	Eric Kweder	Edison	9:21.0h	1997	Heather Holt	GC Marshall	11:08.26	2017
<b>Long Jump</b>	Dawane Wallace	Mt. Vernon	23' 7.25"	1995	Anna Williams	Edison	17' 9.75"	2012
<b>Triple Jump</b>	Chauncey Chambers	RE Lee	48' 6"	2018	Jamese Downing	West Potomac	37' 11.75"	2013
<b>High Jump</b>	Edward Chase/Ian	Stuart/GC Marshall	6' 3"	2012/	Felicia Cooksey	Mt. Vernon	5' 7.5"	1996
<b>Pole Vault</b>	Cory Smith	Mt. Vernon	13' 6.25"	1998	Alexis Baumgartner	Edison	10' 6"	2020
<b>Shot Put</b>	Devan Clark	Edison	53' 11"	2006	Renee Reives	Hayfield	40' 0.75"	2011
<b>4x200m Relay</b>	Sean Somlar, Brian Nettles, Frank Melien, Zola Short	Washington-Lee	1:36.77	2003	Marsharika Coleman, Ariel Bobbett, Nicole Nicholas, Emma Troy	Washington-Lee	1:49.64	2012
<b>4x400m Relay</b>	Louis Delcore, Isaiah Mefford, James Avery Moore, Xavier Taylor	Wakefield	3:36.00	2018	Alana Thomas, Julia Clark, Emma Woodrum, Miranda Kashynski	JEB Stuart	4:17.49	2018
<b>4x800m Relay</b>	Karim Gharbi, Esayu Yirdaw, Louis Colson, Shamaal Sheppard	Edison	8:08.82	2013	Hannah Smith, Jenna Robbins, Ava Bir, Heather Holt	GC Marshall	9:28.78	2017

## Team Champions

	<b>Boys Winner</b>	<b>Score</b>	<b>Girls Winner</b>	<b>Score</b>
<b>1995</b>	West Potomac	179 pts	West Potomac	206 pts
<b>1996</b>	West Potomac	159 pts	West Potomac	219 pts
<b>1997</b>	Mount Vernon	148.5 pts	Edison	132 pts
<b>1998</b>	Mount Vernon	152.5 pts	Mount Vernon	191 pts
<b>1999</b>	Mount Vernon	197 pts	Mount Vernon	132 pts
<b>2000</b>	Edison	145 pts	Yorktown	103.5 pts
<b>2001</b>	Edison	140 pts	Yorktown	134 pts
<b>2002</b>	Mount Vernon	153 pts	Yorktown	116 pts
<b>2003</b>	Mount Vernon	133 pts	Yorktown	107 pts
<b>2004</b>	Edison	118.5 pts	Washington-Lee	124 pts
<b>2005</b>	Edison	152 pts	Edison	147 pts
<b>2006</b>	Edison	199 pts	Edison	160 pts
<b>2007</b>	Edison	153 pts	Edison	109 pts
<b>2008</b>	Edison	177 pts	Edison	150 pts
<b>2009</b>	Edison	129 pts	Edison	106 pts
<b>2010</b>	<b>Meet Cancelled-Snow</b>		<b>Meet Cancelled-Snow</b>	
<b>2011</b>	Hayfield	174 pts	Edison	150 pts
<b>2012</b>	Hayfield	127 pts	Washington-Lee	146 pts
<b>2013</b>	Edison	128 pts	Washington-Lee	155.5 pts
<b>2014</b>	GC Marshall	112 pts	Mount Vernon	128 pts
<b>2015</b>	Edison	136.5	Edison	144.25 pts
<b>2016</b>	Edison	148 pts	GC Marshall	148 pts
<b>2017</b>	Edison	105 pts	GC Marshall	159 pts
<b>2018</b>	Robert E. Lee	103.5 pts	Edison	177 pts
<b>2019</b>	GC Marshall	123 pts	GC Marshall	159 pts
<b>2020</b>	Edison	108 pts	Edison	136 pts

# Individual Champions

## 55m Hurdles

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
1995	Dawane Wallace	Mt. Vernon	7.3	Felicia Cooksey	Mt. Vernon	9.0
1996	Cleveland McCrory	West Potomac	7.4	Felicia Cooksey	Mt. Vernon	8.8f/8.6s
1997	James Davies	Stuart	8.21	Erin Lynch	Mt. Vernon	9.40
1998	James Davies	Stuart	7.98	Erin Lynch	Mt. Vernon	9.68
1999	Jerry Puryear	Mt. Vernon	7.91	Rachel Signer	Yorktown	10.59
2000	Rob Gillies	Yorktown	8.35	Kaylin Leavitt	Yorktown	10.13
2001	Rhyan Salvador	Stuart	8.57	Kaylin Leavitt	Yorktown	9.65
2002	Ernest Asante	Mt. Vernon	8.51	Ashley Broaddus	Mt. Vernon	9.74
2003	Ernest Asante	Mt. Vernon	8.35	Julia Long	Falls Church	9.64
2004	Tajudeen Savage	Edison	8.54	Julia Long	Falls Church	9.24
2005	David Wellington	Mt. Vernon	8.37	Samantha Ma	Edison	9.75
2006	Nicholas Hagelin	Yorktown	8.58	Assiatu Williams	Mt. Vernon	9.63f/9.41s
2007	Ademola Titcombe	Edison	8.26	Assiatu Williams	Mt. Vernon	9.44
2008	Ademola Titcombe	Edison	8.31f/8.30p	Keosha Simonson	Edison	9.34f/9.15p
2009	Clive Cameron	Mt. Vernon	8.12	Amira Hill	Mt. Vernon	9.06
2010	<b>Meet Cancelled- Snow</b>			<b>Meet Cancelled- Snow</b>		
2011	Tijana Musa	Stuart	8.64	Cynthia Hughell	Edison	9.50
2012	Ashad Johnson	Edison	8.15f/7.82s	Antonaya Jones	Edison	9.29f/9.10p
2013	Ashad Johnson	Edison	8.07f/7.91p	Alliyah Stevens	Mt. Vernon	9.11
2014	Matthew Colwell	GC Marshall	8.56f/8.54p	Alliyah Stevens	Mt. Vernon	9.11
2015	Charlie Guan	Jefferson	8.48	Alliyah Stevens	Mt. Vernon	8.95f/8.77p
2016	Charlie Guan	Jefferson	7.82f/7.70p	Natalia Allen	Edison	8.81f/8.72p
2017	Thomas Olson	Falls Church	8.15	Michelle Dirkse	GC Marshall	9.13
2018	Matt Crotty	Jefferson	8.35	Jasmine Morgan	Edison	8.59
2019	Eric Schlier	GC Marshall	8.4	Diambi Otete	Edison	9.57
2020	Jason Nguyen	Falls Church	8.16f/8.15p	Annika Topchy	Jefferson	9.55f/9.22p

## 55m Dash

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
1995	Shawn Patton	Wakefield	6.7	Aneka Carter	West Potomac	7.5
1996	Randy Pelham	Wakefield	6.4	Aneka Carter	West Potomac	7.3
1997	Derald Bryant	Mt. Vernon	6.64	Erin Walsh	Wakefield	7.66
1998	Travis Billups	Mt. Vernon	6.93	Synthia Good	Wakefield	7.80
1999	Derald Bryant	Mt. Vernon	6.86	Arlene Lee	Washington-Lee	7.92
2000	Myron Brooks	Edison	6.73	Fatima Schuler	Wakefield	7.53
2001	Isaac Huff	Mt. Vernon	6.85	Fatima Schuler	Wakefield	7.61
2002	Juron Williams	Washington-Lee	6.66	Fatima Shuler	Wakefield	7.49
2003	Juron Williams	Washington-Lee	6.54	Jasmine Riley	Wakefield	7.74
2004	Tajudeen Savage	Edison	6.6	Jasmine Riley	Wakefield	7.64
2005	Kevin Roberts	Edison	6.87f/6.83p	Courtney Conley	Edison	7.71
2006	Pierre Robinson	Mt. Vernon	6.84	Courtney Conley	Edison	7.60
2007	Chaz Martin	Edison	6.87f/6.85s	Danielle Williams	Stuart	7.39
2008	Ademola Titcombe	Edison	6.90f/6.89p	Shekyira Mann	Edison	7.52
2009	Dominico Tucker	Edison	6.8	Shekyira Mann	Edison	7.55f/7.52p
2010	<b>Meet Cancelled- Snow</b>			<b>Meet Cancelled- Snow</b>		
2011	Cody Whitlow	Hayfield	6.75	Anna Williams	Edison	7.55
2012	Michael Myles	Hayfield	6.79f/6.70s	Kerisha Goode	Hayfield	7.43f/7.35s
2013	Michael Thomas-Brown	Mt. Vernon	6.63f/6.52p	Kerisha Goode	Hayfield	7.40
2014	Joshua McGrigg	Mt. Vernon	6.81f/6.74p	Kaleigh Winner	Mt. Vernon	7.83f/7.54p

2015	Joshua McGrigg	Mt. Vernon	6.86f/6.74p	Miranda Grier-Spratley	Edison	7.43f/7.51p
2016	Moses Kamara	Edison	6.81f/6.79p	Jasmine Morgan	Edison	7.63
2017	Kevin Hamilton	RE Lee	6.66	Cierra Jenkins	Wakefield	7.42
2018	Blaine Ashton	RE Lee	6.62/6.60p	Miranda Grier-Spratley	Edison	7.25
2019	Tanner Hughes	GC Marshall	6.91	Khristen Hamilton	GC Marhsall	7.68
2020	Jaden Clark	Edison	6.61	Alexis Baumgartner	Edison	7.51

### 300m Dash

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
1995	Dawane Wallace	Mt. Vernon	37.0	Aneka Carter	West Potomac	43.5
1996	Cleveland McCrory	West Potomac	37.4	Aneka Carter	West Potomac	42.6
1997	Derald Bryant	Mt. Vernon	36.80	Erin Walsh	Wakefield	43.40
1998	Jeremy Henshaw	Edison	38.00	Danelle Gee	Edison	44.58
1999	Jerry Puryear	Mt. Vernon	37.92	Monique Boley	Washington-Lee	44.27
2000	Myron Brooks	Edison	37.88	Monique Boley	Washington-Lee	43.56
2001	Andrew Shreeve	Yorktown	38.23	Fatima Schuler	Wakefield	42.70
2002	Hassan Salem	Edison	37.27	Fatima Schuler	Wakefield	43.31
2003	Ernest Asante	Mt. Vernon	37.38	Jessica Hairston	Yorktown	45.86
2004	Roy Coles	Edison	38.60	Jessica Hairston	Yorktown	44.60
2005	Justin Smith	Edison	38.02	Courtney Conley	Edison	43.45
2006	Justin Smith	Edison	37.72	Courtney Conley	Edison	43.44
2007	Clive Cameron	Mt. Vernon	37.99	Danielle Williams	Stuart	41.88
2008	Ademola Titcombe	Edison	38.33	Keosha Simonson	Edison	43.14
2009	Clive Cameron	Mt. Vernon	36.96	Candice McCary	Mt. Vernon	43.61
2010	<b>Meet Cancelled- Snow</b>			<b>Meet Cancelled- Snow</b>		
2011	Jamison Hart	Edison	38.70	Anna Williams	Edison	43.87
2012	Audley Adams-Murry	Stuart	37.86	Anna Williams	Edison	42.74
2013	Michael Thomas-Brown	Mt. Vernon	37.69	Jasmine Hill	Mt. Vernon	42.24
2014	Deion Dupont	Falls Church	38.18	Jasmine Hill	Mt. Vernon	42.99
2015	Joshua McGrigg	Mt. Vernon	38.30	Kaleigh Winner	Mt. Vernon	44.03
2016	Greg Lucas-Roscoe	Edison	38.45	Jasmine Morgan	Edison	45.47
2017	Kevin Hamilton	RE Lee	37.54	Cierra Jenkins	Wakefield	44.27
2018	John Porter	Edison	37.25	Miranda Grier-Spratley	Edison	42.15
2019	Tanner Hughes	GC Marshall	37.59	Grace Bir	GC Marshall	43.26
2020	Donny Lee	Edison	37.15	Grace Bir	GC Marshall	42.42

### 500m Dash

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
1995	Dawane Wallace	Mt. Vernon	1:07.80	Aneka Carter	West Potomac	1:22.40
1996	Mario Mann	West Potomac	1:09.90	Yolanda Thompson	West Potomac	1:20.60
1997	Matt Dershewitz	Stuart	1:09.80	Danelle Gee	Edison	1:23.50
1998	Jerry Puryear	Mt. Vernon	1:09.75	Sharon O'Connor	Mt. Vernon	1:19.93
1999	Jerry Puryear	Mt. Vernon	1:07.95	Monique Boley	Washington-Lee	1:23.71
2000	John Jarrells	Edison	1:12.54	Monique Boley	Washington-Lee	1:21.67
2001	Javier Rios	Wakefield	1:09.84	Monique Boley	Washington-Lee	1:21.29
2002	Johnnie Dawson	Mt. Vernon	1:10.07	Kristina Rios	Wakefield	1:22.40
2003	Maurice Murray	Washington-Lee	1:12.43	Emily Gousen	Washington-Lee	1:26.03
2004	Roy Coles	Edison	1:11.05	Emily Gousen	Washington-Lee	1:23.80
2005	Maxwell Shteir-Dunn	Yorktown	1:11.60	Samantha Ma	Edison	1:25.79
2006	Ryan Henry	Edison	1:10.58	Alyssa Tullar	Edison	1:24.46
2007	Thomas Rudwick	Stuart	1:10.86	Kierra Terry	Mt. Vernon	1:23.05
2008	Antuan LeCounte	Mt. Vernon	1:12.96	Jaclyn Smith	Yorktown	1:23.40

<b>2009</b>	Robert Grooms	Edison	1:11.77	Toni Duvall	Edison	1:22.01
<b>2010</b>	<b>Meet Cancelled- Snow</b>			<b>Meet Cancelled- Snow</b>		
<b>2011</b>	Anthony Swindell	Hayfield	1:08.93	Isabel Arnold	Yorktown	1:22.53
<b>2012</b>	Shamaal Sheppard	Edison	1:09.83	Sheyda Khodaei	Hayfield	1:23.48
<b>2013</b>	Shamaal Sheppard	Edison	1:09.64	Jasmine Hill	Mt. Vernon	1:20.31
<b>2014</b>	Keaton Cintorino	GC Marshall	1:10.48	Jasmine Hill	Mt. Vernon	1:19.63
<b>2015</b>	Tomas Fantaye	Edison	1:11.35	Ava Bir	GC Marshall	1:22.62
<b>2016</b>	Robert Leap	GC Marshall	1:11.32	Ava Bir	GC Marshall	1:20.25
<b>2017</b>	Blaine Ashton	RE Lee	1:11.67	Ava Bir	GC Marshall	1:19.21
<b>2018</b>	Xavier Taylor	Wakefield	1:08.08	Abigail Williams	Edison	1:19.43
<b>2019</b>	Sanchir Kennedy	GC Marshall	1:09.09	Grace Bir	GC Marshall	1:20.55
<b>2020</b>	Donny Lee	Edison	1:09.15	Grace Bir	GC Marshall	1:21.04

### 1000m Run

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
<b>1995</b>	Michael Durishin	Washington-Lee	2:45.80	Jessica Johnson	West Potomac	3:18.00
<b>1996</b>	Michael Durishin	Washington-Lee	2:44.50	Christina Bauer	West Potomac	3:17.30
<b>1997</b>	Abdikani Jama	Wakefield	2:40.20	Melissa Chadwick	Edison	3:18.10
<b>1998</b>	Patrick Fisher	Washington-Lee	2:44.23	Sharon O'Connor	Mt. Vernon	3:20.64
<b>1999</b>	Harun Iman	Wakefield	2:42.26	Sharon O'Connor	Mt. Vernon	3:08.30
<b>2000</b>	Harun Iman	Wakefield	2:44.93	Christina Burleson	Mt. Vernon	3:10.51
<b>2001</b>	Kyle Barry	Edison	2:43.07	Anna Rosen	Yorktown	3:20.09
<b>2002</b>	Luke Merkel	Yorktown	2:56.07	Kersten Kraft	Washington-Lee	3:23.59
<b>2003</b>	Peter Quinzio	Wakefield	2:40.22	Rebecca Zimmerman	Wakefield	3:20.91
<b>2004</b>	David Schlaseman	Stuart	2:49.54	Emily Gousen	Washington-Lee	3:14.94
<b>2005</b>	David Schlaseman	Stuart	2:43.54	Karin Ohman	Washington-Lee	3:17.35
<b>2006</b>	Mohammed Yousuf	Edison	2:46.13	Andrea Oaxaca	Yorktown	3:13.78
<b>2007</b>	Chris Tyson	Washington-Lee	2:35.18	Andrea Oaxaca	Yorktown	3:09.71
<b>2008</b>	Taylor Miller	Edison	2:41.61	Myah Hicks	Edison	3:14.40
<b>2009</b>	Tihut Degfae	Edison	2:34.97	Myah Hicks	Edison	3:03.03
<b>2010</b>	<b>Meet Cancelled- Snow</b>			<b>Meet Cancelled- Snow</b>		
<b>2011</b>	Cory Fish	Hayfield	2:44.09	Katja Rowell	Mt. Vernon	3:15.69
<b>2012</b>	Connor Maguder	Hayfield	2:44.59	Isabel Amend	Washington-Lee	3:16.26
<b>2013</b>	Ryan Hart	Yorktown	2:39.93	Sarah Angell	Washington-Lee	3:12.81
<b>2014</b>	MacKenzie Haight	GC Marshall	2:41.26	Erin Nunan	Falls Church	3:16.65
<b>2015</b>	Ermias Kebede	Stuart	2:44.23	Ashley Holt	GC Marshall	3:15.50
<b>2016</b>	Caleb Yonas	Edison	2:46.29	Ashley Holt	GC Marshall	3:18.15
<b>2017</b>	Caleb Yonas	Edison	2:46.92	Jenna Robbins	GC Marshall	3:13.35
<b>2018</b>	Benjamin Smith	GC Marshall	2:43.84	Ashley Holt	GC Marshall	3:10.92
<b>2019</b>	Sebastian Malave	GC Marshall	2:44.10	Natalie Bardach	GC Marshall	3:13.17
<b>2020</b>	Sebastian Malave	GC Marshall	2:38.63	Andrea Silva	Jefferson	3:10.30

### 1600m Run

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
<b>1995</b>	John Oliver	West Potomac	4:27.80	no results given		
<b>1996</b>	Eric Kweder	Edison	4:26.50	Laura Walkup	West Potomac	5:24.40
<b>1997</b>	Eric Kweder	Edison	4:26.40	Denise Farley	Yorktown	5:42.00
<b>1998</b>	Patrick Fisher	Washington-Lee	4:38.69	Katrina Menard	Stuart	5:26.41
<b>1999</b>	Hailemichael Teklai	Washington-Lee	4:40.72	Sharon O'Connor	Mt. Vernon	5:20.13
<b>2000</b>	Harun Iman	Wakefield	4:33.14	Katrina Menard	Stuart	5:43.15
<b>2001</b>	Abdi Dubed	Wakefield	4:53.33	Meggie McGaffigan	Yorktown	5:49.60
<b>2002</b>	Abdi Dubed	Wakefield	4:41.01	Rebecca Zimmerman	Wakefield	5:42.16

2003	Peter Quinzio	Wakefield	4:36.34	Rebecca Zimmerman	Wakefield	5:29.39
2004	Bryan Kirby	Edison	4:46.34	Ellen Childress	Washington-Lee	5:29.74
2005	Chris Tyson	Washington-Lee	4:49.43	Karin Ohman	Washington-Lee	5:23.88
2006	John McGrail	Washington-Lee	4:42.12	Sarah Weber	Washington-Lee	5:16.32
2007	John McGrail	Washington-Lee	4:42.09	Sarah Weber	Washington-Lee	5:13.00
2008	Abiy Mohammed	Stuart	4:40.73	Lindsey Hunt	Yorktown	5:39.27
2009	Luke Malley	Washington-Lee	4:43.96	Lindsey Hunt	Yorktown	5:27.58
2010	<b>Meet Cancelled- Snow</b>			<b>Meet Cancelled- Snow</b>		
2011	John Bozek	Hayfield	4:43.54	Isabel Amend	Washington-Lee	5:25.28
2012	Louis Colson	Edison	4:31.66	Annika Macewen	Washington-Lee	5:30.26
2013	Louis Colson	Edison	4:27.15	Annika Macewen	Washington-Lee	5:23.68
2014	MacKenzie Haight	GC Marshall	4:36.06	Bailey Kolonich	RE Lee	5:26.06
2015	Nate Foss	Jefferson	4:45.73	Heather Holt	GC Marshall	5:23.60
2016	Patrick Lynch	GC Marshall	4:41.44	Heather Holt	GC Marshall	5:21.43
2017	Patrick Lynch	GC Marshall	4:36.73	Heather Holt	GC Marshall	5:14.24
2018	Natnael Asmelash	JEB Stuart	4:34.53	Sophie Tedesco	GC Marshall	5:20.34
2019	Patrick Brown	Edison	4:38.89	Sophie Tedesco	GC Marshall	5:18.41
2020	Sebastian Malave	GC Marshall	4:36.58	Haley Spoden	GC Marshall	5:19.46

### 3200m Run

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
1995	John Oliver	West Potomac	9:37.20	Heather Murray	West Potomac	11:32.70
1996	Eric Kweder	Edison	9:26.80	Laura Walkup	West Potomac	11:44.00
1997	Eric Kweder	Edison	9:21.00	Denise Farley	Yorktown	12:04.00
1998	Hailemichael Teklai	Washington-Lee	10:28.19	Christina Burleson	Mt. Vernon	11:44.15
1999	Patrick Fisher	Washington-Lee	10:39.78	Allison Tarr	Yorktown	13:39.17
2000	Hailemichael Teklai	Washington-Lee	10:13.50	Christina Burleson	Mt. Vernon	11:47.04
2001	Peter Quinzio	Wakefield	10:24.41	Katie Read	Yorktown	12:10.31
2002	Ermias Regassa	Mt. Vernon	10:41.68	Katie Read	Yorktown	12:36.41
2003	Ermias Regassa	Mt. Vernon	10:29.19	Becca Shinnars	Yorktown	11:48.51
2004	Ermias Regassa	Mt. Vernon	10:13.70	Katie Read	Yorktown	11:27.80
2005	Chris Tyson	Washington-Lee	10:26.70	Emily Hellmuth	Yorktown	12:33.57
2006	Stephen Browning	Washington-Lee	10:47.21	Sarah Weber	Washington-Lee	11:54.80
2007	Chris Tyson	Washington-Lee	9:57.30	Sarah Weber	Washington-Lee	11:24.56
2008	Abiy Mohammed	Stuart	10:05.97	Lindsey Hunt	Yorktown	12:20.18
2009	Brian McGrail	Washington-Lee	10:24.80	Lindsey Hunt	Yorktown	11:49.04
2010	<b>Meet Cancelled- Snow</b>			<b>Meet Cancelled- Snow</b>		
2011	Filagot Dinku	Wakefield	10:31.72	Isabel Amend	Washington-Lee	12:03.03
2012	Louis Colson	Edison	10:02.04	Isabel Amend	Washington-Lee	11:52.89
2013	Louis Colson	Edison	10:02.88	Sarah Angell	Washington-Lee	12:19.46
2014	Biruk Amare	RE Lee	9:49.15	Bailey Kolonich	RE Lee	11:47.92
2015	Jeffrey Gibson	Edison	10:11.10	Haley Stumvoll	Jefferson	12:16.32
2016	Saurav Velleth	Jefferson	10:13.18	Heather Holt	GC Marshall	11:34.38
2017	Yared Mekonnen	Edison	9:52.07	Heather Holt	GC Marshall	11:08.26
2018	Yared Mekonnen	Edison	10:02.81	Ashley Holt	GC Marshall	11:38.24
2019	Patrick Brown	Edison	10:08.94	Sophie Tedesco	GC Marshall	12:10.49
2020	Tucker Stanley	Jefferson	10:06.29	Haley Spoden	GC Marshall	11:55.24

## 4x200m Relay

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
<b>1995</b>	Sonny Brown, Josh Merck, Shawn Patton, Marquis Ford	Wakefield	1:39.40	Christine Freije, Kate Frees, Joann Payne, Julie Alexander	Stuart	2:03.60
<b>1996</b>		Wakefield	1:39.30		West Potomac	1:50.10
<b>1997</b>		Mt. Vernon	1:39.07		Falls Church	1:57.92
<b>1998</b>	Miguel Talford, Derald Bryant, Scott Fogarty, Travis Billups	Mt. Vernon	1:40.04	Shannon Adams, Lavonya Douglas, Erin Lynch, Mariana Rohweder	Mt. Vernon	1:55.20
<b>1999</b>		Yorktown	1:38.32		Washington-Lee	1:56.53
<b>2000</b>		Edison	1:40.74		Wakefield	1:55.82
<b>2001</b>		Mt. Vernon	1:38.85		Wakefield	1:54.89
<b>2002</b>	Zola Short, Maurice Murray, Brian Nettles, Juron Williams	Washington-Lee	1:37.13	Bernadette Cronley, Fatima Shuler, Alicia Avery, Kristina Rios	Wakefield	1:52.80
<b>2003</b>	Sean Somlar, Brian Nettles, Frank Melien, Zola Short	Washington-Lee	1:36.77		Stuart	1:58.20
<b>2004</b>	Terrell Springs, Dan Cavanaugh, Aldwin Jones, Austin Leeds	Washington-Lee	1:39.64	Jennie Eherenhalt, Brittany Smallwood, Megan Hannigan, Lexy Roy	Washington-Lee	2:00.14
<b>2005</b>	Oswald Johnson, James Brent, Stephen Benkert, George Pierson	Yorktown	1:40.70	Molly McCartin, Bethany Belcher, Heather Young, Jessica Hairston	Yorktown	1:53.71
<b>2006</b>	Joseph Jackson, Edward Baldwin, Calvin Clessas, PJ Williams	Edison	1:37.59	Molly Lewis, Christina Bonner, Shekyira Mann, Connie Gunter	Edison	1:55.21
<b>2007</b>	Chaz Martin, Calvin Clessas, Daniel Deheza, Branden Suggs	Edison	1:41.18	Shekyira Mann, Lauren Kaiswer, Amanda Ou, Emily Webber	Edison	1:56.64
<b>2008</b>	Yannick Tanda, Bernard Nkesi, Devon Hogan, Tyler Leeds	Washington-Lee	1:41.69	Keosha Simonson, Alyssa Tullar, Kristin Engelmann, Shekyira Mann	Edison	1:52.85
<b>2009</b>	Clive Cameron, Shaq Thomas, John McMillon, Gabe Grayson	Mt. Vernon	1:37.04	Gabrielle Phillips, Lisa Anderson, Brittany Raiford, Sarah Sneed	Wakefield	1:52.55
<b>2010</b>	<b><i>Meet Cancelled- Snow</i></b>			<b><i>Meet Cancelled- Snow</i></b>		
<b>2011</b>	Cody Whitlow, Hashim Sesay, Darrien Jones, Johnathan Figaro	Hayfield	1:36.99	Lovey Anderson, Bria Patnett, Amira Hill, Katja Rowell	Mt. Vernon	1:53.80
<b>2012</b>	Kwame Bempong, Robert Banks, Terry Yarborough, Kurtis Blair	Hayfield	1:38.35	Marsharika Coleman, Ariel Bobbett, Nicole Nicholas, Emma Troy	Washington-Lee	1:49.64
<b>2013</b>	Carlton Griffith, Joshua McGrigg, Joshua Bekoe, Michael Thomas- Brown	Mt. Vernon	1:38.26	Rebecca Choate, Emma Troy, Kela Seals, Janel Moore	Washington-Lee	1:51.54
<b>2014</b>	Carlton Griffith, Jordan McGrigg, Keymoni Jenkins, Joshua McGrigg	Mt. Vernon	1:38.23	Alliyah Stevens, Zariyah Spence, La'Ciera Edwards, Macutah Conteh	Mt. Vernon	1:54.96
<b>2015</b>	Chauncey Heyward, Deisre Quist, Jordan McGrigg, Joshua McGrigg	Mt. Vernon	1:37.20	Jasmine Morgan, Alana Boyd, Bryce Spangler, Ria Almeida	Edison	1:54.28
<b>2016</b>	Jonah Casebeer, Jesse Cai, Akhil Madhugiri, Charlie Guan	Jefferson	1:39.40	Morgan Booth, Thando Muchemenyi, Sofia Devin, Khisten Hamilton	GC Marshall	1:55.92
<b>2017</b>	Sebastien Toscano, Jiaho Luo, Jason Gracia, Casey Lauer	GC Marshall	1:39.93	Jemalyn Dacanay, Thando Muchemenyi, Nina Orozco, Khristen Hamilton	GC Marshall	1:55.55
<b>2018</b>	Kirk Graham, Daniel Jewell, Isaiah Mefford, Lincoln Calfee	Wakefield	1:39.89	Annabelle Lee, Makayla Jones- Suggs, Khristen Hamilton, Michelle Dirkse	GC Marshall	1:50.71
<b>2019</b>	Damon Harari, Reese Creadon, Ian Morales, Isaiah Mefford	Wakefield	1:38.58	Avery Tarutani, Isabella Berliner, Makayla Jones-Suggs, Khristen Hamilton	GC Marshall	1:55.22
<b>2020</b>	Joshua Hairston, Socrates Rosimo, Tuhafeni Titus, Jaden Clark	Edison	1:37.45	Mia Federovich, Jessica McCormick, Kayla Nguyen, Damierah Walker	Falls Church	1:52.90

## 4x400m Relay

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
<b>1995</b>	Mario Mann, Delvin Courtney, Ramsey Bronyah, Cleveland McClory	West Potomac	3:43.00	Tasha Davis, Libby Blossom, Jamese Downing, April Byrd	West Potomac	4:18.80
<b>1996</b>		West Potomac	3:41.50		West Potomac	4:19.40
<b>1997</b>		Edison	3:38.90		Edison	4:24.50
<b>1998</b>	James Barvinchak, Matt Blair, Chris Young, Jeremy Henshaw	Edison	3:40.16	Tegan Hughes, Lavonya Douglas, Cara Hurrin, Sharon O'Connor	Mt. Vernon	4:28.53
<b>1999</b>		Edison	3:47.30		Washington-Lee	4:38.80
<b>2000</b>		Edison	3:45.41		Washington-Lee	4:35.39
<b>2001</b>		Mt. Vernon	3:44.43		Washington-Lee	4:22.47
<b>2002</b>		Mt. Vernon	3:42.64	Ashley Brown, Kemi Owens-Hart, Lauren Wyatt, Emily Birge	Stuart	4:32.52
<b>2003</b>		Washington-Lee	3:39.67		Yorktown	4:33.34
<b>2004</b>	Leif Alleman, Jose Perez, Marvin Gonzalez, Ariel Ortiz	Falls Church	3:47.70	Laura Hyde, Rachel Gerstein, Priscilla Ku, Emily Muth	Edison	4:25.10
<b>2005</b>	Robert Hall, Brandon Miller, Phillip Deneault, David Wellington	Mt. Vernon	3:43.55	Courtney Conley, Rachel Gerstien, Emily Muth, Samantha Ma	Edison	4:24.83
<b>2006</b>	Mohammed Yousuf, Justin Smith, Ryan Henry, PJ Williams	Edison	3:38.01	Alyssa Tullar, Courtney Conley, Crystal Douglas, Molly Lewis	Edison	4:23.45
<b>2007</b>	Leoule Degfae, Tihut Degfae, Taylor Miller, Joseph Jackson	Edison	3:41.55	Rebecca May, Casey Davenport, Riley Loudon, Valerie Thibault	Falls Church	4:26.29
<b>2008</b>	Shaeban Hicks, Jonathan Iredell, Taylor Miller, Calvin Classas	Edison	3:40.40	Amanda Ou, Alyssa Tullar, Laura Hutchinson, Myah Hicks	Edison	4:28.29
<b>2009</b>	Justin Jeter, Dante Pornoso, David Tran, Robert Grooms	Edison	3:44.89	Myah Hicks, Laura Hutchinson, Lilly Payne, Toni Duvall	Edison	4:18.58
<b>2010</b>	<b><i>Meet Cancelled- Snow</i></b>			<b><i>Meet Cancelled- Snow</i></b>		
<b>2011</b>	Emmanuel Nimo, Ricky West, Andrew Perez, Isaiah Floyd	Mt. Vernon	3:42.21	Nichole Parker, Miranda Haynes, Mfon Emah, Katja Rowell	Mt. Vernon	4:20.35
<b>2012</b>	Michael Knopp, Nicholas Stansfield, Shamaal Sheppard, Eyasu Yirdaw	Edison	3:43.10	Lara Akpata, Rachel Miller, Nichole Parker, Kaleigh Winner	Mt. Vernon	4:21.03
<b>2013</b>	Stephen Redmon, Joshua Thorne, Trevor Stewart, Charles Williams	Hayfield	3:45.73	Natalia Park, Cailin Ramsey, Emma Troy, Kela Seals	Washington-Lee	4:28.35
<b>2014</b>	Karim Gharbi, Bryce Rosenberg, Anthony Cetto, Tomas Fantaye	Edison	3:46.09	Kaleigh Winner, Zariyah Spence, Kimberly Mertens, Jasmine Hill	Mt. Vernon	4:22.04
<b>2015</b>	Gregory Lucas-Roscoe, Anthony Cetto, Moses Kamara, Joshua Thorne	Edison	3:45.71	Kaleigh Winner, Ariana Scott, Macutah Conteh, Zariyah Spence	Mt. Vernon	4:21.60
<b>2016</b>	Robert Leap, Patrick Lynch, Daniel Pedraza, Sebastien Toscano	GC Marshall	3:42.11	Ava Bir, Anabelle Lee, Thando Muchemenyi, Elise Dirkse	GC Marshall	4:26.56
<b>2017</b>		Edison	3:45.94		Jefferson	4:27.26
<b>2018</b>	Louis Delcore, Isaiah Mefford, James Avery Moore, Xavier Taylor	Wakefield	3:36.00	Alana Thomas, Julia Clark, Emma Woodrum, Miranda Kashynski	JEB Stuart	4:17.49



2019	Wilson Tryon, Adam Sarnovsky, Collin Togher, Sanchir Kennedy	GC Marshall	3:44.82	Emma Woodrum, Alana Thomas, Miranda Kashynski, Julia Clark	Justice	4:21.38
2020	Tuhafeni Titus, Michael Lorenger, Brennan Edenhart, Garrett Sonnefeld	Edison	3:44.48	Grace Bir, Claire Lee, Caroline Sullivan, Elizabeth Epstein	GC Marshall	4:20.08

### 4x800m Relay

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
1995	Ricky Starck, Steve Finger, Greg Potts, Doug Gomez	Yorktown	8:54.00	Marisa Guarnillo, Anita Tam, Jessica Johnson, Heather Murray	West Potomac	10:24.00
1996		Yorktown	8:46.00		West Potomac	10:29.40
1997		Mt. Vernon	8:48.00		Edison	10:58.72
1998	Abdiaziz Ahmed, Seid Mohammed, Eric Barber, Harun Iman	Wakefield	8:45.80	Melissa Chadwick, Rekha Ayalur, Christen Otterstedt, Danelle Gee	Edison	10:50.50
1999		Edison	8:55.43		Yorktown	11:27.51
2000		Wakefield	8:36.44		Yorktown	11:13.34
2001		Edison	9:04.44		Mt. Vernon	10:35.54
2002	Matthew Boyle, Neibu Daniel, Peter Quinzio, Abdi Dubed	Wakefield	8:56.04	Brigid Strain, Shannon Strain, Cerina Johnson, Cathleen Strain	Mt. Vernon	10:43.74
2003		Washington-Lee	9:02.24		Washington-Lee	10:21.78
2004	Stephen Dunlap, Chris Tyson, Matt Dinan, William Gabler	Washington-Lee	9:02.84	Margaret McGaffigan, Brianna Arthurs, Emma Causey, Kelsey Marquardt	Yorktown	10:45.44
2005	Brandon Miller, Phillip Deneault, Robert Hall, Anwar Robinson	Mt. Vernon	8:37.94	Julia Battocchi, Sarah Weber, Kallie Sims, Karin Ohman	Washington-Lee	10:15.04
2006	Leoule Degfae, Tihut Degfae, David Belkoski, Mohammed Yousuf	Edison	8:36.13	Lyndsey Wilcox, Amber Haling, Emily Hellmuth, Andrea Ozxaca	Yorktown	10:19.11
2007	Mackenzie Baker, Brian McGrail, Peter Gurney, Chris Tyson	Washington-Lee	8:21.54	Lyndsey Wilcox, Amber Haling, Colleen Cain, Andrea Oaxaca	Yorktown	10:09.54
2008	Shaeban Hicks, Jonathan Iredell, Taylor Miller, Tihut Degfae	Edison	8:20.29	Riley Loudon, Audrey May, Valerie Thibault, Kim Bruyette	Falls Church	10:27.53
2009	Tihut Degfae, Issac Anderson, Teddy Holmes, Dante Porneso	Edison	8:41.34	Myah Hicks, Tara Tinsley, Toni Duvall, Betel Yosef	Edison	10:04.72
2010	<b><i>Meet Cancelled- Snow</i></b>			<b><i>Meet Cancelled- Snow</i></b>		
2011	Cory Fish, Kwebena Bempong, Johon Bozek, Anthony Swindell	Hayfield	8:18.03	Helen Amend, Emilia Sens, Jordan Selby, Isabel Amend	Washington-Lee	10:18.69
2012	Michael Knopp, Eyasu Yirdaw, John Rangel, Louis Colson	Edison	8:19.45	Annika Macewen, Helen Amend, Jordan Selby, Isabel Amend	Washington-Lee	10:10.55
2013	Karim Gharbi, Esayu Yirdaw, Louis Colson, Shamaal Sheppard	Edison	8:08.82	Sarah Angell, Jordan Grimaldi, Annika Macewen, Jordan Selby	Washington-Lee	10:02.45
2014	Keaton Cintonino, Brendan Baker, Alexander Haight, MacKenzie Haight	Hayfield	8:15.70	Kate Salamido, Haley Stumvoll, Katrina Junta, Grace Zeng	Jefferson	10:08.30
2015	Saurav Velleleth, Alex Hoganson, Christopher Blagg, Nate Foss	Jefferson	8:20.53	Ava Bir, Anna Thillairajah, Ashley Holt, Heather Holt	GC Marshall	9:52.42
2016	Alex Hoganson, Saurav Velleleth, Dylan Klapper, Nate Foss	Jefferson	8:19.73	Ava Bir, Sarah Smith, Ashley Holt, Heather Holt	GC Marshall	9:57.93

2017		Edison	8:21.74	Hannah Smith, Jenna Robbins, Ava Bir, Heather Holt	GC Marshall	9:28.78
2018	Brandon Dakessian, Yared Mekonnen, Brandon Baumgartner, Natnael Fantaye	Edison	8:23.41	Grace Bir, Ashley Holt, Sophie Tedesco, Elizabeth Epstein	GC Marshall	9:59.47
2019	Aravind Sreeram, Ethan Stanley, Tucker Stanley, Jonathan West	Jefferson	8:31.76	Elizabeth Epstein, Sydney Smith, Sophie Tedesco, Natalie Bardach	GC Marshall	9:49.54
2020	Sean Sanders, Patrick Smith, Seth Oliver, Sebastian Malave	GC Marshall	8:15.07	Haley Spoden, Sydney Smith, Claire Lee, Elizabeth Epstein	GC Marshall	9:52.55

### Long Jump

	<b>Boys Winner</b>	<b>School</b>	<b>Mark</b>	<b>Girls Winner</b>	<b>School</b>	<b>Mark</b>
1995	Dawane Wallace	Mt. Vernon	23' 7.25"	April Byrd	West Potomac	17' 6.75"
1996	Cleveland McCrory	West Potomac	22' 2"	April Byrd	West Potomac	17' 3.25"
1997	Sodeth Mann	Stuart	21' 3"	Teisha Gayle	Mt. Vernon	15' 7.25"
1998	Sodeth Mann	Stuart	20' 3.25"	Shannon Adams	Mt. Vernon	16' 1"
1999	Jerry Puryear	Mt. Vernon	20" 4.75"	Shamika Bailey	Edison	14' 0.5"
2000	Myron Brooks	Edison	19' 7"	Ashley Broaddus	Mt. Vernon	15' 5"
2001	Isaac Huff	Mt. Vernon	19' 9.5"	Fatima Schuler	Wakefield	15' 10"
2002	Ernest Asante	Mt. Vernon	21' 0"	Fatima Shular	Wakefield	17' 8.5"
2003	Ernest Asante	Mt. Vernon	21' 0"	Shea Spann	Mt. Vernon	15' 1"
2004	Tajudeen Savage	Edison	19' 3.5"	Jasmine Riley	Wakefield	16' 9"
2005	Edward Baldwin	Edison	20' 7.25"	Courtney Conley	Edison	16' 0.75"
2006	Edward Baldwin	Edison	22' 1"	Courtney Conley	Edison	16' 2.5"
2007	Ademola Titcombe	Edison	18' 9.5"	Sarah Sneed	Wakefield	15' 8"
2008	Ademola Titcombe	Edison	20' 10"	Shekyira Mann	Edison	16' 8.5"
2009	Connor Simmons	Falls Church	19' 9"	Kimsue Grant	Washington-Lee	15' 7.25"
2010	<b>Meet Cancelled- Snow</b>			<b>Meet Cancelled- Snow</b>		
2011	Elbert Maxwell	Hayfield	21' 9"	Antonaya Jones	Edison	16' 6.5"
2012	Michael Thomas-Brown	Mt. Vernon	21' 1"	Anna Williams	Edison	17' 9.75"
2013	Michael Thomas-Brown	Mt. Vernon	22' 3.25"	Kela Seals	Washington-Lee	17' 4"
2014	Gregory Lucas-Roscoe	Edison	20' 2"	Alliyah Stevens	Mt. Vernon	15' 1"
2015	Gregory Lucas-Roscoe	Edison	21' 0"	Alliyah Stevens	Mt. Vernon	16' 2"
2016	Gregory Lucas-Roscoe	Edison	21' 9"	Jasmine Morgan	Edison	15' 10.5"
2016	Gregory Lucas-Roscoe	Edison	21' 9"	Jasmine Morgan	Edison	15' 10.5"
2017	Gregory Lucas-Roscoe	Edison	21' 4.5"	Cierra Jenkins	Wakefield	16' 0"
2018	Blaine Ashton	RE Lee	21' 9"	Miranda Grier-Spratley	Edison	16' 1"
2019	Isaiah Mefford	Wakefield	19' 8.25"	Miranda Kashynski	Justice	16' 9"
2020	Jackson Harari	Wakefield	20' 5"	Alexis Baumgartner	Edison	16' 7"

### Triple Jump

	<b>Boys Winner</b>	<b>School</b>	<b>Mark</b>	<b>Girls Winner</b>	<b>School</b>	<b>Mark</b>
1995	Dawane Wallace	Mt. Vernon	46' 6"	Jamese Downing	West Potomac	37' 5.25"
1996	Cleveland McCrory	West Potomac	47' 8.25"	April Byrd	West Potomac	36' 2.25"
1997	Sodeth Mann	Stuart	39' 5.25"	Erin Lynch	Mt. Vernon	32' 10.25"
1998	Sodeth Mann	Stuart	42' 8.5"	Erin Lynch	Mt. Vernon	37' 0"
1999	Belton Bates	Mt. Vernon	43' 2.25"	Jennie Lewis	Edison	30' 7.5"
2000	John Jarrells	Edison	37' 4"	Christen Otterstedt	Edison	30' 7.5"
2001	Joel Alvarenga	Eidson	38' 7.5"	Emily Wren	Yorktown	32' 3.75"
2002	Jonnie Dawson	Mt. Vernon	43' 0.5"	Shannon Southard	Yorktown	32' 8.5"
2003	Frank Millien	Washington-Lee	41' 8.25"	Shea Spann	Mt. Vernon	36' 11.75"
2004	Leif Alleman	Falls Church	39' 11.5"	Jasmine Riley	Wakefield	34' 3"
2015	Justin Smith	Edison	44' 2.5"	Courtney Conley	Edison	34' 0.25"

2006	Justin Smith	Edison	43' 7"	Assiatu Williams	Mt. Vernon	34' 4"
2007	Ademola Titcombe	Edison	39' 3.25"	Keosha Simonson	Edison	35' 7.75"
2008	Ademola Titcombe	Edison	42' 7.75"	Jaclyn Smith	Yorktown	35' 11.75"
2009	John McMillon	Mt. Vernon	43' 10"	Kimsue Grant	Washington-Lee	35' 9.5"
2010	<b>Meet Cancelled- Snow</b>			<b>Meet Cancelled- Snow</b>		
2011	Johnathan Figaro	Hayfield	43' 0"	Kristina Brown	Edison	34' 9.25"
2012	Robert Banks	Hayfield	42' 0.5"	Anna Williams	Edison	37' 4"
2013	Robert Banks	Hayfield	41' 9"	Anna Williams	Edison	37' 11.75"
2014	Gregory Lucas-Roscoe	Edison	20' 2"	Alliyah Stevens	Mt. Vernon	33' 8"
2015	Keiron Fontaine	Edison	40' 10"	Alliyah Stevens	Mt. Vernon	34' 6"
2016	Albright Gervais	Falls Church	42' 3.75"	Natalia Allen	Edison	34' 7.5"
2017	Gregory Lucas-Roscoe	Edison	43' 8.5"	Jasmine Morgan	Edison	35' 4.25"
2018	Chauncey Chambers	RE Lee	48' 6"	Jasmine Morgan	Edison	35' 8.75"
2019	Tuhafeni Titus	Edison	39' 6"	Dhiambi Otete	Edison	37' 7.75"
2020	Emmanuel Yeboah	GC Marshall	41' 6.25"	Shanay Evans-Holmes	RE Lee	34' 0.25"

### High Jump

	<b>Boys Winner</b>	<b>School</b>	<b>Mark</b>	<b>Girls Winner</b>	<b>School</b>	<b>Mark</b>
1995	Dawane Wallace	Mt. Vernon	6' 2"	Felicia Cooksey	Mt. Vernon	5' 4.5"
1996	Rex Boyd	Wakefield	6' 1"	Felicia Cooksey	Mt. Vernon	5' 7.5"
1997	Neil Burroughs	Mt. Vernon	6' 0"	Erin Lynch	Mt. Vernon	4' 9"
1998	Steen Jeffrey	Washington-Lee	6' 1"	Erin Lynch	Mt. Vernon	4' 10"
1999	Neil Burroughs	Mt. Vernon	6' 0"	Jessica Parker	Washington-Lee	4' 10"
2000	Sean Somlar	Washington-Lee	5' 6"	Jessica Parker	Washington-Lee	4' 8"
2001	Johnnie Dawson	Mt. Vernon	5' 6"	Tara Heygi	Yorktown	4' 10"
2002	Ernest Asante	Mt. Vernon	6' 0"	Jasmine Riley	Wakefield	4' 10"
2003	Sean Somlar	Washington-Lee	5' 10"	Julia Long	Falls Church	5' 2"
2004	Jacob Woodie	Mt. Vernon	5' 6"	Julia Long	Falls Church	5' 2"
2005	David Wellington	Mt. Vernon	6' 0"	Heather Young	Yorktown	5' 0"
2006	Edward Baldwin	Edison	5' 8"	Assiatu Williams	Mt. Vernon	5' 2"
2007	Nicholas Hagelin	Yorktown	5' 8"	Assiatu Williams	Mt. Vernon	4' 10"
2008	Ross Cortes	Yorktown	6' 0"	Jaclyn Smith	Yorktown	4' 10"
2009	Shaq Thomas	Mt. Vernon	5' 8"	Kimsue Grant	Washington-Lee	4' 10"
2010	<b>Meet Cancelled- Snow</b>			<b>Meet Cancelled- Snow</b>		
2011	Cody Whitlow	Hayfield	6' 0"	Cynthia Hughell	Edison	5' 0"
2012	Edward Chase	Stuart	6' 3"	Kristina Brown	Edison	4' 6"
2013	Ashad Johnson	Edison	6' 0"	Natalia Park	Washington-Lee	4' 9"
2014	Emmanuel Maku	Falls Church	5' 11"	Nicie Grier-Spratley	Edison	5' 6"
2015	John Giesler	GC Marshall	5' 11"	Nicie Grier-Spratley	Edison	5' 6"
2016	Hisham Azizi	Wakefield	5' 8"	Natalia Allen	Edison	5' 0"
2017	Kevin Hamilton	Edison	5' 7"	Maya Verma	JEB Stuart	5' 0"
2018	Joshua Sutton	Wakefield	5' 7"	Maya Verma	JEB Stuart	5' 1.5"
2019	Joshua Sutton	Wakefield	6' 0"	Noelle Lewis	GC Marshall	4' 7"
2020	Ian Thompson	GC Marshall	6' 3"	Noelle Lewis	GC Marshall	4' 8"

### Pole Vault

	<b>Boys Winner</b>	<b>School</b>	<b>Mark</b>	<b>Girls Winner</b>	<b>School</b>	<b>Mark</b>
1995	Scott Dobson	West Potomac	13' 6"	n/a		
1996	Rithy Mak	Stuart	11' 6"	n/a		
1997	Cory Smith	Mt. Vernon	12' 0"	n/a		
1998	Cory Smith	Mt. Vernon	13' 6.25"	n/a		
1999	Phuong Phan	Stuart	12' 0"	Shamika Bailey	Eidson	7' 5"

2000	John Jarrells	Edison	10' 0"	Christen Otterstedt	Edison	6' 0"
2001	Joel Alvarenga	Edison	11' 6"	Chelsea Morgans	Edison	7' 0"
2002	Joel Alvarenga	Edison	12' 9"	Jessica Shaver	Edison	8' 0"
2003	Kelly Sharbel	Mt. Vernon	11' 0"	Jessica Shaver	Edison	7' 0"
2004	David Wellington	Mt. Vernon	10' 6"	Tracey Lytle	Edison	6' 0"
2005	David Wellington	Mt. Vernon	10' 0"	Paula Valdez	Mt. Vernon	6' 0"
2006	William Harris	Yorktown	12' 6"	Paula Valdez	Mt. Vernon	7' 6"
2007	Phillip Hurst	Edison	9' 0"	Paula Valdez	Mt. Vernon	7' 0"
2008	Alex Englander	Edison	10' 0"	<b>no vaulter cleared height</b>		
2009	Reece Long	Falls Church	10' 6"	Riley Louden	Falls Church	8' 3"
2010	<b>Meet Cancelled- Snow</b>			<b>Meet Cancelled- Snow</b>		
2011	Ousama Semmami	Stuart	11' 0"	Emily Maguder	Hayfield	8' 0"
2012	<b>no vaulter cleared height</b>			Hannah Fielder	Hayfield	6' 6"
2013	Stephen Redmon	Hayfield	11' 6"	<b>no vaulters competed</b>		
2014	Carrick Meilferty	Stuart	10' 9"	Monique Mezher	Jefferson	8' 6"
2015	David Do	Stuart	12' 0"	Nicie Grier-Spratley	Edison	8' 6"
2016	Mossadiq Khan	Stuart	11' 0"	Cece Chu	Jefferson	7' 6"
2017	David Do	Stuart	13' 0"	Cece Chu	Jefferson	8' 6"
2018	Seita Takanashi	Stuart	10' 9"	Alessa Ogork	Edison	8' 6"
2019	Justin Han	Jefferson	11' 3"	Alessa Ogork	Edison	9' 0"
2020	Alex Conley	Falls Church	12' 0"	Alexis Baumgartner	Edison	10' 6"

### Shot Put

	<b>Boys Winner</b>	<b>School</b>	<b>Mark</b>	<b>Girls Winner</b>	<b>School</b>	<b>Mark</b>
1995	Darnley Hodge	Mt. Vernon	49' 4.25"	Wendy Gauthier	West Potomac	33' 1"
1996	Derrick Clarke	Stuart	46' 9"	Felicia Cooksey	Mt. Vernon	33' 11"
1997	Deburr Martin	Mt. Vernon	45' 10.5"	Donisha Freeman	Mt. Vernon	35' 0"
1998	Ronald Dawkins	Washington-Lee	45' 8.5"	Donisha Freeman	Mt. Vernon	35' 7.5"
1999	Sean Gooden	Yorktown	50' 6"	Donisha Freeman	Mt. Vernon	37' 3.25"
2000	Sean Gooden	Yorktown	47' 0"	Donisha Freeman	Mt. Vernon	39' 7.5"
2001	Flordell Kissee	Mt. Vernon	47' 4"	Kate Hawkins	Yorktown	28' 8"
2002	Patrick Ahrens	Yorktown	43' 5.75"	Jasmine Adams	Mt. Vernon	34' 8.25"
2003	John Carlock	Mt. Vernon	49' 1.75"	Deanna Pruitt	Mt. Vernon	32' 9.75"
2004	John Carlock	Mt. Vernon	48' 3"	Georgina Owino	Edison	33' 9.25"
2005	Devan Clark	Edison	46' 7.5"	Amanda Torres	Mt. Vernon	31' 6.5"
2006	Devan Clark	Edison	53' 11"	Molly Lewis	Edison	31' 1"
2007	Joe Pricone	Washington-Lee	42' 7.75"	Elizabeth Ball	Mt. Vernon	32' 9.25"
2008	Bernard Butler	Edison	51' 0.25"	Elizabeth Ball	Mt. Vernon	33' 11"
2009	Danny Laurence	Stuart	48' 6"	Elizabeth Ball	Mt. Vernon	34' 8.5"
2010	<b>Meet Cancelled- Snow</b>			<b>Meet Cancelled- Snow</b>		
2011	Johnathan Anderson	Mt. Vernon	47' 10"	Renee Reives	Hayfield	40' 0.75"
2012	Jared Banks	Edison	47' 10.5"	D'Wannisha Wilson	Washington-Lee	31' 6.75"
2013	Hector Hernandez	Stuart	49' 4.75"	Elli Panagiotopolous	Washington-Lee	34' 9"
2014	Carlton Griffith	Mt. Vernon	43' 11.25"	Christelle Tchaou	Edison	33' 1"
2015	Michael Klusner	Stuart	47' 6.25"	Shardae Watts	Mt. Vernon	32' 8.75"
2016	Michael Klusner	Stuart	46' 10"	Ciara Bonner	Edison	32' 7.5"
2017	Michael Klusner	Stuart	51' 0.25"	Delaney Stuart	GC Marshall	29' 7"
2018	Kennedy Ampong	RE Lee	42' 5.5"	Delaney Stuart	GC Marshall	36' 1"
2019	Nour Chirchi	Edison	47' 9.75"	Delaney Stuart	GC Marshall	35' 10.25"
2020	Nour Chirchi	Edison	51' 8"	Andrea Marquez-Aguilar	RE Lee	33' 1"