

**4A SOUTH REGION CHAMPIONSHIP**Ft. Washington, MD  
Ft. Washington ParkHost: MPSSAA  
October 30, 2014**MEET OFFICIALS****Meet Director:**  
Terri Dendy  
**Timing:**  
M&D Timing**OFFICIAL MEET REPORT**  
printed: 10/30/2014 5:10 PM**Race #1**  
**HS Girls 5,000 Meter Run****FINAL RESULTS****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Finish Order	Spread
1 Eleanor Roosevelt	46	3-8-10-11-14(20)(29)	1:52:45	22:33	3-8-10-11-14-20-30	1:45.4
2 CH Flowers Hig	62	1-12-15-16-18(19)	1:54:43	22:57	1-12-15-16-18-19	3:40.1
3 Bowie High Sch	82	2-7-22-25-26(31)(46)	1:58:01	23:37	2-7-22-25-26-33-50	4:18.2
4 Parkdale High	88	4-6-13-27-38	1:59:29	23:54	4-6-13-28-40	5:11.4
5 Bladensburg Hi	119	9-17-23-34-36(44)(48)	2:04:57	25:00	9-17-23-36-38-48-52	4:12.9
6 Henry A. Wise	149	5-28-30-37-49(50)(52)	2:09:56	26:00	5-29-32-39-53-54-56	8:14.7
7 Oxon Hill High	178	21-35-39-41-42	2:14:24	26:53	21-37-41-44-45	3:11.3
8 Suitland High	197	24-32-43-45-53	2:20:26	28:06	24-34-47-49-57	7:19.5
9 Northwestern H	225	33-40-47-51-54	2:27:04	29:25	35-42-51-55-58	7:01.6

**INDIVIDUAL RESULTS**

Athlete	Year	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
1 Alexis BAYNES	SR	420	CH Flowers High School	1	20:29.26	--	6:35.3	4:05.9
2 Ashley MODESTE	SR	418	Bowie High School (1)	2	20:45.16	0:15.9	6:40.4	4:09.0
3 Anne DICKERSON	SR	438	Eleanor Roosevelt High	3	21:27.26	0:58.0	6:53.9	4:17.5
4 Obichi ONWUKWE	SR	474	Parkdale High School (1)	4	21:52.06	1:22.8	7:01.9	4:22.4
5 Gabrielle GLASCO	JR	445	Henry A. Wise High	5	22:06.43	1:37.2	7:06.5	4:25.3
6 Jennifer CORDON	SO	472	Parkdale High School (2)	6	22:21.80	1:52.5	7:11.4	4:28.4
7 Felicia HAIDARA	JR	412	Bowie High School (2)	7	22:23.43	1:54.2	7:12.0	4:28.7
8 Alyson ALLEN	SO	434	Eleanor Roosevelt High	8	22:31.39	2:02.1	7:14.5	4:30.3
9 Nichole MAGANA	SR	402	Bladensburg High School	9	22:38.89	2:09.6	7:16.9	4:31.8
10 Darien COLSON-FEARON	SR	436	Eleanor Roosevelt High	10	22:45.21	2:16.0	7:19.0	4:33.0
11 Abigail MILLER	FR	439	Eleanor Roosevelt High	11	22:48.31	2:19.1	7:20.0	4:33.7
12 Jackie JONES	SR	424	CH Flowers High School	12	22:53.27	2:24.0	7:21.6	4:34.7
13 Ashley GBEDO	SR	473	Parkdale High School (3)	13	22:58.17	2:28.9	7:23.1	4:35.6
14 Caroline AHALT	JR	433	Eleanor Roosevelt High	14	23:12.62	2:43.4	7:27.8	4:38.5
15 Deborah LABIDOU	SR	425	CH Flowers High School	15	23:23.59	2:54.3	7:31.3	4:40.7
16 Eri OSUNLANA	SO	426	CH Flowers High School	16	23:47.14	3:17.9	7:38.9	4:45.4
17 Kevena JONES	SR	401	Bladensburg High School	17	24:03.34	3:34.1	7:44.1	4:48.7
18 Saahira BROWN	SR	421	CH Flowers High School	18	24:09.31	3:40.1	7:46.0	4:49.9
19 Telicia FARMER	SO	422	CH Flowers High School	(19)	24:17.58	3:48.3	7:48.7	4:51.5
20 Mary COMMINS	SR	437	Eleanor Roosevelt High	(20)	24:23.54	3:54.3	7:50.6	4:52.7
21 Brandi ROBINSON	SR	470	Oxon Hill High School (1)	21	24:45.21	4:16.0	7:57.6	4:57.0
22 Jasmine BARBER	JR	410	Bowie High School (3)	22	24:47.62	4:18.4	7:58.3	4:57.5
23 oluwadunsin ADEYEMI	SR	407	Bladensburg High School	23	24:49.81	4:20.6	7:59.0	4:58.0
24 Jimmica YARBROUGH	SR	482	Suitland High School (1)	24	24:54.91	4:25.7	8:00.7	4:59.0
25 Nashell LADESMA	FR	414	Bowie High School (4)	25	25:01.33	4:32.1	8:02.7	5:00.3
26 Lillian METCALFE	SR	417	Bowie High School (5)	26	25:03.31	4:34.1	8:03.4	5:00.7
27 Cynthia UBAH	JR	430	DuVal High School	-	25:11.45	4:42.2	8:06.0	5:02.3
28 Joyann TYSON	JR	475	Parkdale High School (4)	27	25:12.72	4:43.5	8:06.4	5:02.5
29 Ashley RICHARDSON	SO	447	Henry A. Wise High	28	25:15.96	4:46.7	8:07.4	5:03.2
30 Andrea MUNOZ	JR	440	Eleanor Roosevelt High	(29)	25:16.06	4:46.8	8:07.5	5:03.2
31 Yve MONTIAGUE	JR	455	Laurel High School	-	25:16.33	4:47.1	8:07.6	5:03.3
32 Shelby WILKINS	FR	449	Henry A. Wise High	30	25:16.33	4:47.1	8:07.6	5:03.3
33 Rachel KELLY	SO	413	Bowie High School (6)	(31)	25:53.04	5:23.8	8:19.4	5:10.6
34 Aminah HAMILTON	FR	479	Suitland High School (2)	32	26:28.57	5:59.3	8:30.8	5:17.7

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October 30, 2014**MEET OFFICIALS****Meet Director:**  
Terri Dendy  
**Timing:**  
M&D Timing**OFFICIAL MEET REPORT**  
printed: 10/30/2014 5:10 PM**Race #1**  
**HS Girls 5,000 Meter Run****FINAL RESULTS****INDIVIDUAL RESULTS (continued)**

<b>Athlete</b>	<b>Year</b>	<b>#</b>	<b>Team (Team Place)</b>	<b>Score</b>	<b>Time</b>	<b>Gap</b>	<b>Avg. Mile</b>	<b>Avg. kM</b>
35 Tiana GIBSON	JR	460	Northwestern High School	33	26:30.97	6:01.7	8:31.6	5:18.2
36 Elsy SANABRIA	JR	406	Bladensburg High School	34	26:32.22	6:03.0	8:32.0	5:18.4
37 Niya HAWKINS	SO	466	Oxon Hill High School (2)	35	26:32.31	6:03.1	8:32.0	5:18.5
38 kevona JONES	FR	408	Bladensburg High School	36	26:51.77	6:22.5	8:38.3	5:22.4
39 Ariel ROGERS	JR	448	Henry A. Wise High	37	26:55.70	6:26.4	8:39.5	5:23.1
40 Vaskia BAILEY	SR	471	Parkdale High School (5)	38	27:03.46	6:34.2	8:42.0	5:24.7
41 Deborah KIM	SO	468	Oxon Hill High School (3)	39	27:17.44	6:48.2	8:46.5	5:27.5
42 Jennifer NAVETTE	SR	462	Northwestern High School	40	27:25.01	6:55.8	8:48.9	5:29.0
43 Michelle UBAH	JR	431	DuVal High School	-	27:38.60	7:09.3	8:53.3	5:31.7
44 Talah BARNER	SR	464	Oxon Hill High School (4)	41	27:52.29	7:23.0	8:57.7	5:34.5
45 Marley JOHNSON	JR	467	Oxon Hill High School (5)	42	27:56.44	7:27.2	8:59.0	5:35.3
46 deja ROWE	JR	432	DuVal High School	-	27:56.45	7:27.2	8:59.0	5:35.3
47 Tovee PALMER	SO	481	Suitland High School (3)	43	27:58.59	7:29.3	8:59.7	5:35.7
48 Joselyn PORTELA	JR	404	Bladensburg High School	(44)	28:48.41	8:19.2	9:15.8	5:45.7
49 Quinn MATTHEW	FR	480	Suitland High School (4)	45	28:48.77	8:19.5	9:15.9	5:45.8
50 Megan MCCORMICK	JR	416	Bowie High School (7)	(46)	28:54.95	8:25.7	9:17.9	5:47.0
51 Fiori GEBREKIDAN	SR	459	Northwestern High School	47	28:55.16	8:25.9	9:17.9	5:47.0
52 Marglucy OMWEGA	FR	403	Bladensburg High School	(48)	29:13.90	8:44.6	9:24.0	5:50.8
53 Ahliyah WILLIAMS	FR	450	Henry A. Wise High	49	30:21.07	9:51.8	9:45.6	6:04.2
54 Kenya MCLEAN	JR	446	Henry A. Wise High	(50)	30:33.95	10:04.7	9:49.7	6:06.8
55 Marie HASSAN	SR	461	Northwestern High School	51	30:39.44	10:10.2	9:51.5	6:07.9
56 Sidney COOPER	JR	443	Henry A. Wise High	(52)	31:03.50	10:34.2	9:59.2	6:12.7
57 Leah GRAY	SR	478	Suitland High School (5)	53	32:14.33	11:45.1	10:22.0	6:26.9
58 Ann Marie BINGLEY	FR	457	Northwestern High School	54	33:32.58	13:03.3	10:47.1	6:42.5

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October 30, 2014**MEET OFFICIALS****Meet Director:**  
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**Timing:**  
M&D Timing**OFFICIAL MEET REPORT**  
printed: 10/30/2014 5:10 PM**Race #2**  
**HS Boys 5,000 Meter Run****FINAL RESULTS****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Finish Order	Spread	
1	<b>Bowie High Sch</b>	<b>58</b>	7-9-12-13-17(42)(56)	1:28:03	17:37	7-9-12-13-17-45-59	0:50.0
2	<b>Eleanor Roosev</b>	<b>71</b>	4-11-15-19-22(27)(29)	1:28:45	17:45	4-11-15-19-22-27-29	1:34.8
3	<b>Parkdale High</b>	<b>116</b>	5-18-28-32-33(38)(44)	1:31:36	18:20	5-18-28-32-33-39-47	2:01.7
4	<b>Henry A. Wise</b>	<b>119</b>	6-14-20-25-54(60)(65)	1:32:52	18:35	6-14-20-25-57-64-69	4:01.6
5	<b>Northwestern H</b>	<b>122</b>	2-10-26-37-47(52)(57)	1:32:07	18:26	2-10-26-38-50-55-60	3:26.2
6	<b>CH Flowers Hig</b>	<b>140</b>	16-21-24-36-43(45)(48)	1:33:27	18:42	16-21-24-36-46-48-51	1:35.1
7	<b>Oxon Hill High</b>	<b>148</b>	3-31-35-39-40(55)	1:33:24	18:41	3-31-35-41-42-58	2:52.5
8	<b>High Point Hig</b>	<b>199</b>	1-30-46-59-63	1:40:37	20:08	1-30-49-63-67	6:33.4
9	<b>Suitland High</b>	<b>215</b>	8-34-51-58-64	1:42:40	20:32	8-34-54-62-68	5:32.3
10	<b>Laurel High Sc</b>	<b>216</b>	23-41-49-50-53(61)(62)	1:39:31	19:55	23-43-52-53-56-65-66	2:35.9

**INDIVIDUAL RESULTS**

Athlete	Year	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
1 Johnathon AVILA	SR	40	High Point High School	1	16:23.07	--	5:16.1	3:16.6
2 Estifanos ASFAW	SO	55	Northwestern High School	2	16:34.67	0:11.6	5:19.8	3:18.9
3 Adel AKALU	JR	65	Oxon Hill High School (1)	3	16:35.40	0:12.3	5:20.1	3:19.1
4 Edward BELSOI	SO	23	Eleanor Roosevelt High	4	16:44.04	0:21.0	5:22.8	3:20.8
5 Derse FEYSSA	SO	76	Parkdale High School (1)	5	16:57.58	0:34.5	5:27.2	3:23.5
6 Jabriel JACKSON	JR	35	Henry A. Wise High	6	17:05.14	0:42.1	5:29.6	3:25.0
7 Markeese MILLER	SR	7	Bowie High School (1)	7	17:06.62	0:43.6	5:30.1	3:25.3
8 Bryan MUTINDA	JR	82	Suitland High School (1)	8	17:30.40	1:07.3	5:37.7	3:30.1
9 Andrew SHEPPARD	JR	9	Bowie High School (2)	9	17:30.98	1:07.9	5:37.9	3:30.2
10 Joshua FALCONE	FR	56	Northwestern High School	10	17:38.41	1:15.4	5:40.3	3:31.7
11 Bryce DUBAYAH	SO	26	Eleanor Roosevelt High	11	17:39.24	1:16.2	5:40.6	3:31.8
12 Menelik ELDRIDGE	JR	3	Bowie High School (3)	12	17:43.97	1:20.9	5:42.1	3:32.8
13 Cheyenne GOLDFARB	SR	4	Bowie High School (4)	13	17:44.07	1:21.0	5:42.1	3:32.8
14 Webster ALLEN	SR	33	Henry A. Wise High	14	17:44.26	1:21.2	5:42.2	3:32.9
15 Tim CRANE	JR	24	Eleanor Roosevelt High	15	17:52.37	1:29.3	5:44.8	3:34.5
16 Cameron BURGESS	JR	11	CH Flowers High School	16	17:56.47	1:33.4	5:46.1	3:35.3
17 J'aun JOHNSON	FR	6	Bowie High School (5)	17	17:56.54	1:33.5	5:46.2	3:35.3
18 Jese VASQUEZ	FR	80	Parkdale High School (2)	18	17:57.78	1:34.7	5:46.6	3:35.6
19 Opeyemi OLAYIWOLA	FR	30	Eleanor Roosevelt High	19	18:09.67	1:46.6	5:50.4	3:37.9
20 Darren SIMS	SR	37	Henry A. Wise High	20	18:12.86	1:49.8	5:51.4	3:38.6
21 Andrew CHAMBERS	SR	12	CH Flowers High School	21	18:15.36	1:52.3	5:52.2	3:39.1
22 David MOORE	JR	29	Eleanor Roosevelt High	22	18:18.79	1:55.7	5:53.3	3:39.8
23 Caleb MCCAMMON	JR	51	Laurel High School (1)	23	18:23.45	2:00.4	5:54.8	3:40.7
24 Marino GOLDSTEIN	SO	14	CH Flowers High School	24	18:37.02	2:14.0	5:59.2	3:43.4
25 Donvan SMITH	SR	38	Henry A. Wise High	25	18:42.67	2:19.6	6:01.0	3:44.5
26 Alex MARTINEZ	SO	57	Northwestern High School	26	18:43.79	2:20.7	6:01.3	3:44.8
27 Alexander DESSIATOUN	JR	25	Eleanor Roosevelt High (27)	27	18:44.42	2:21.4	6:01.5	3:44.9
28 Olatunji ONIGBANJO	SR	79	Parkdale High School (3)	28	18:44.92	2:21.9	6:01.7	3:45.0
29 Alain SEVERN	JR	31	Eleanor Roosevelt High (29)	29	18:47.41	2:24.4	6:02.5	3:45.5
30 Avery KING	FR	44	High Point High School	30	18:48.64	2:25.6	6:02.9	3:45.7
31 Aaron ROBINSON	SO	71	Oxon Hill High School (2)	31	18:48.90	2:25.8	6:03.0	3:45.8
32 Marcus BERKEL	JR	74	Parkdale High School (4)	32	18:55.98	2:32.9	6:05.3	3:47.2

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M&D Timing**OFFICIAL MEET REPORT**  
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**HS Boys 5,000 Meter Run****FINAL RESULTS****INDIVIDUAL RESULTS (continued)**

<b>Athlete</b>	<b>Year</b>	<b>#</b>	<b>Team (Team Place)</b>	<b>Score</b>	<b>Time</b>	<b>Gap</b>	<b>Avg. Mile</b>	<b>Avg. km</b>
33 Ephraim ALFA	SR	73	Parkdale High School (5)	33	18:59.19	2:36.1	6:06.3	3:47.8
34 Nikolas THOMAS	JR	85	Suitland High School (2)	34	19:00.31	2:37.3	6:06.7	3:48.1
35 Anthony WINBISH	JR	72	Oxon Hill High School (3)	35	19:04.11	2:41.1	6:07.9	3:48.8
36 Jason BRANDON	SR	10	CH Flowers High School	36	19:06.17	2:43.1	6:08.5	3:49.2
37 James HARLEY	JR	18	DuVal High School	-	19:06.82	2:43.8	6:08.8	3:49.4
38 Ariel PARADA	JR	60	Northwestern High School	37	19:08.43	2:45.4	6:09.3	3:49.7
39 Akorede OLAYIWOLA	SR	78	Parkdale High School (6)	(38)	19:17.41	2:54.4	6:12.2	3:51.5
40 Bakari LYLES	SR	21	DuVal High School	-	19:20.74	2:57.7	6:13.2	3:52.1
41 Ike OLUMESE	SR	69	Oxon Hill High School (4)	39	19:27.04	3:04.0	6:15.3	3:53.4
42 Hanry NARBAY	SR	68	Oxon Hill High School (5)	40	19:27.85	3:04.8	6:15.5	3:53.6
43 Chinedu NWABUISU	SR	52	Laurel High School (2)	41	19:28.34	3:05.3	6:15.7	3:53.7
44 Gerald AMOBI	JR	17	DuVal High School	-	19:28.67	3:05.6	6:15.8	3:53.7
45 Andrew IBEZIMAKO	JR	5	Bowie High School (6)	(42)	19:29.81	3:06.8	6:16.1	3:54.0
46 Jonathan COKER	SO	13	CH Flowers High School	43	19:31.54	3:08.5	6:16.7	3:54.3
47 Jose MEJIA	SO	77	Parkdale High School (7)	(44)	19:40.12	3:17.1	6:19.5	3:56.0
48 Khalifa NDIR	SO	15	CH Flowers High School	(45)	19:44.86	3:21.8	6:21.0	3:57.0
49 Toye BARNARD	SR	41	High Point High School	46	19:54.77	3:31.7	6:24.2	3:59.0
50 Jeremiah VEGA	JR	63	Northwestern High School	47	20:00.78	3:37.7	6:26.1	4:00.2
51 Treshaun RODGERS	JR	16	CH Flowers High School	(48)	20:13.67	3:50.6	6:30.2	4:02.7
52 Kevin AFOAKWAH	JR	45	Laurel High School (3)	49	20:18.45	3:55.4	6:31.8	4:03.7
53 Mundi IBEMSI	JR	49	Laurel High School (4)	50	20:21.03	3:58.0	6:32.6	4:04.2
54 Tavon LONG	SO	81	Suitland High School (3)	51	20:44.83	4:21.8	6:40.3	4:09.0
55 Alexis YANES	SR	64	Northwestern High School	(52)	20:49.94	4:26.9	6:41.9	4:10.0
56 Tofa PALMER	SR	53	Laurel High School (5)	53	20:59.34	4:36.3	6:44.9	4:11.9
57 Brandon GARDNER	JR	39	Henry A. Wise High	54	21:06.72	4:43.7	6:47.3	4:13.3
58 Anthouy HARRELL	JR	67	Oxon Hill High School (6)	(55)	21:10.72	4:47.7	6:48.6	4:14.1
59 Kevin BROWN	JR	2	Bowie High School (7)	(56)	21:11.13	4:48.1	6:48.7	4:14.2
60 Elijah MURPHY	JR	59	Northwestern High School	(57)	21:23.71	5:00.7	6:52.8	4:16.7
61 Tristan BARNETT	SR	1	Bladensburg High School	-	21:38.96	5:15.9	6:57.7	4:19.8
62 Cameron TUCKER	JR	86	Suitland High School (4)	58	22:20.90	5:57.8	7:11.2	4:28.2
63 Walter GONZALEZ	SR	43	High Point High School	59	22:33.22	6:10.2	7:15.1	4:30.6
64 Carlton POWELL JR	JR	36	Henry A. Wise High	(60)	22:36.65	6:13.6	7:16.2	4:31.3
65 Delano POWELL	JR	54	Laurel High School (6)	(61)	22:38.38	6:15.3	7:16.8	4:31.7
66 Byron LEEAFONG	JR	50	Laurel High School (7)	(62)	22:56.29	6:33.2	7:22.5	4:35.3
67 Michael CRUZ	SR	42	High Point High School	63	22:56.47	6:33.4	7:22.6	4:35.3
68 Darren WALKER	JR	87	Suitland High School (5)	64	23:02.65	6:39.6	7:24.6	4:36.5
69 Collin BROWN	JR	34	Henry A. Wise High	(65)	23:03.39	6:40.3	7:24.8	4:36.7