

4A West Region Meet - 5/15/2024 to 5/16/2024

Seneca Valley HS
Meet Program**Event 401 Boys 100 Meter Dash 4A**

Advancement: 11.28

Lane	Name	Yr	School	Seed Time
Heat 1 of 5 Prelims				
1				
2	Adjatay Abegesah	12	Quince Orcha	11.74
3	Jayden Parsley	10	Frederick	11.39
4	Denzel Boakye	12	Northwest	10.96
5	Angelo Palileo	12	Governor Tho	11.04
6	Kefa Adrian Mutongi Enonda	12	Northwest	11.54
7	Jo-Saih Lebale	11	Walt Whitman	11.82
8				
Heat 2 of 5 Prelims				
1	Jayden Petty	11	Quince Orcha	12.04
2	Olubunmi Fatukasi	11	Richard Mont	11.74
3	Karim Alexander	10	Richard Mont	11.34
4	Jalen Stubbs	9	Northwest	10.94
5	Micheal Nwaogwugwu	12	Gaithersburg	11.14
6	Thomas McMiller	12	Clarksburg	11.59
7	Malachi Delaware	9	Seneca Valle	11.84
8				
Heat 3 of 5 Prelims				
1	Ariel Stone	10	Walter Johns	11.99
2	Reuben Edwards	12	Clarksburg	11.71
3	Raphael Meltzer	11	Walter Johns	11.31
4	Christopher Hall	12	Governor Tho	10.83
5	Kalani Pu'Uloa	12	Governor Tho	11.15
6	Joshua Ogbummor	9	Urbana	11.59
7	Alessandro Marengo	10	Walter Johns	11.86
8				
Heat 4 of 5 Prelims				
1	Keito Puttkammer	11	Walt Whitman	11.99
2	Ronald Rodgers	10	Quince Orcha	11.64
3	Samuel Omotoso	12	Seneca Valle	11.25
4	Kean Tanyi-Tang	12	Urbana	10.82
5	James Snead	11	Winston Chur	11.22
6	Alan Wang	11	Winston Chur	11.64
7	Paris Ndakissa Okogho	11	Walt Whitman	11.87
8				
Heat 5 of 5 Prelims				
1	Anthony Wiseman	9	Winston Chur	11.97
2	Zeon Chavis	12	Richard Mont	11.64
3	Ishola Odegbile	12	Urbana	11.25
4	Damilola Oyeniran	11	Seneca Valle	10.77
5	Xavier Blackmon	12	Gaithersburg	11.24
6	Ja'Cari Armstrong	10	Gaithersburg	11.64
7	Branson Lufafa	9	Clarksburg	11.92
8				

Event 402 Boys 200 Meter Dash 4A

Advancement: 22.75

Lane	Name	Yr	School	Seed Time
Heat 1 of 5 Prelims				
1				
2	Ryan Sorra	9	Quince Orcha	23.74
3	Jalen Stubbs	9	Northwest	23.00
4	Denzel Boakye	12	Northwest	22.40
5	James Snead	11	Winston Chur	22.43
6	Xavier Blackmon	12	Gaithersburg	23.12
7	Paris Ndakissa Okogho	11	Walt Whitman	23.85
8				
Heat 2 of 5 Prelims				
1	Eyako Kumazah	10	Gaithersburg	24.70
2	Alan Wang	11	Winston Chur	23.74
3	Jayden Parsley	10	Frederick	22.99
4	Kalani Pu'Uloa	12	Governor Tho	22.21
5	Samuel Omotoso	12	Seneca Valle	22.51
6	Kyle Morrison	12	Richard Mont	23.34
7	Warren Jackson	9	Northwest	23.90
8				
Heat 3 of 5 Prelims				
1	Jordan Nettey	12	Clarksburg	24.64
2	Alessandro Marengo	10	Walter Johns	23.72
3	Ishola Odegbile	12	Urbana	22.95
4	Christopher Hall	12	Governor Tho	22.19
5	Raphael Meltzer	11	Walter Johns	22.62
6	La'kyi Wilson	12	Seneca Valle	23.38
7	Andre James	9	Quince Orcha	23.94
8				
Heat 4 of 5 Prelims				
1	Jalen Cooper	12	Quince Orcha	24.58
2	Salomon Attiogbe	10	Clarksburg	23.70
3	Karim Alexander	10	Richard Mont	22.94
4	Damilola Oyeniran	11	Seneca Valle	21.96
5	Angelo Palileo	12	Governor Tho	22.62
6	Thomas McMiller	12	Clarksburg	23.44
7	Koji Kirby	10	Walter Johns	23.98
8				
Heat 5 of 5 Prelims				
1	Adrian Yang	12	Walt Whitman	24.55
2	Steve Ndingue	12	Winston Chur	23.54
3	Kinai Banks	12	Richard Mont	22.94
4	Kean Tanyi-Tang	12	Urbana	21.87
5	Osman Fanny	12	Gaithersburg	22.64
6	Ryder Levy	12	Urbana	23.48
7	Keito Puttkammer	11	Walt Whitman	24.28
8				

4A West Region Meet - 5/15/2024 to 5/16/2024

Seneca Valley HS
Meet Program**Event 404 Boys 400 Meter Dash 4A**

Advancement: 50.07

Lane	Name	Yr	School	Seed Time
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Section 1 of 5 Finals

1				
2				
3	Giovanni Ramirez	12	Gaithersburg	NT
4	Arlyn Hall	9	Seneca Valle	55.54
5	Kiran Collie	9	Walt Whitman	56.54
6				
7				
8				

Section 2 of 5 Finals

1	Darnell Taylor	10	Governor Tho	55.16
2	Diego Gutierrez	11	Clarksburg	54.98
3	Jessey Ventura	10	Clarksburg	54.84
4	Jo-Saih Lebale	11	Walt Whitman	53.73
5	Xavier K. Saenz	9	Richard Mont	54.23
6	Marc Jean-philippe	12	Richard Mont	54.84
7	Eugene Davis	10	Clarksburg	55.13
8	Nathaniel Segal	9	Walt Whitman	55.35

Section 3 of 5 Finals

1	Sean Kiggans	10	Frederick	53.61
2	Ryan Sorra	9	Quince Orcha	53.09
3	Steve Ndingue	12	Winston Chur	52.73
4	Christopher Nkamen	12	Governor Tho	52.59
5	Andre James	9	Quince Orcha	52.62
6	Jalen Cooper	12	Quince Orcha	52.84
7	Joshua Petty	12	Richard Mont	53.24
8	Guyiri Kamal-Deen	11	Winston Chur	53.65

Section 4 of 5 Finals

1	Ronte Faunteroy	9	Frederick	52.04
2	Liad Simhony	12	Walter Johns	51.68
3	Andrew J. Tucker	12	Northwest	51.52
4	Jubril Maigari	10	Governor Tho	51.46
5	Shahyan Sanei	12	Urbana	51.47
6	Gideon Gotiangco	11	Walter Johns	51.63
7	Tyler Hall	9	Northwest	51.95
8	Eyako Kumazah	10	Gaithersburg	52.56

Section 5 of 5 Finals

1	William Thompson	12	Seneca Valle	50.64
2	James Snead	11	Winston Chur	50.34
3	Osman Fanny	12	Gaithersburg	49.43
4	Kean Tanyi-Tang	12	Urbana	48.19
5	Damilola Oyeniran	11	Seneca Valle	48.97
6	Jordan Sofon	12	Urbana	50.24
7	Raphael Meltzer	11	Walter Johns	50.50
8	Jalen Stubbs	9	Northwest	51.17

Event 405 Boys 800 Meter Run 4A

Advancement: 1:59.26

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Prince Michael Kemani	12	Quince Orcha	2:09.99
2	Stephen Johnson	11	Walt Whitman	2:10.01
3	Michael Stallard	12	Quince Orcha	2:10.48
4	Ananya Kebede	12	Gaithersburg	2:11.00
5	Jacob Matchett	10	Seneca Valle	2:12.60
6	Praise Akufongwe	11	Seneca Valle	2:13.13
7	Isaiah Brewster	11	Seneca Valle	2:13.28
8	Rohit Chennamsetti	10	Richard Mont	2:14.89
9	Noel Nunda	12	Gaithersburg	2:26.27
10	Kylen Tow	11	Richard Mont	NT

Section 2 of 3 Finals

1	Dylan Underwood	11	Clarksburg	2:01.89
2	Griffin White	12	Winston Chur	2:02.14
3	Anthony Verdi IV	12	Urbana	2:02.26
4	Richard Harris	9	Northwest	2:03.38
5	Dillon Morgan	11	Northwest	2:03.66
6	Alex Kallmes	12	Walter Johns	2:03.72
7	Nicholas Cherry	10	Frederick	2:03.83
8	Riley Gallogly	9	Urbana	2:03.86
9	Phillip Golotyuk	12	Richard Mont	2:04.88
10	Ian Iheme	12	Gaithersburg	2:06.17
11	Otniel Nguehou	11	Clarksburg	2:07.63
12	Luke Marshall	10	Quince Orcha	2:08.65

Section 3 of 3 Finals

1	Jonathan Regules	11	Governor Tho	1:54.40
2	Mateo Gros-Slovinsky	11	Walt Whitman	1:55.69
3	Vaughn Ditching	10	Governor Tho	1:56.40
4	Korey Kaufflin	10	Urbana	1:56.77
5	Calix McCormick	12	Walter Johns	1:57.38
6	Andrew J. Tucker	12	Northwest	1:58.40
7	Francisco Mora	11	Clarksburg	1:59.89
8	Stepan Volkov	11	Winston Chur	2:00.20
9	Nathaniel Swanson	11	Winston Chur	2:01.06
10	Liad Simhony	12	Walter Johns	2:01.19
11	Zack Pritts	10	Walt Whitman	2:01.56
12	Jonathan Barreto-Luna	12	Governor Tho	2:01.83

4A West Region Meet - 5/15/2024 to 5/16/2024

Seneca Valley HS
Meet Program**Event 406 Boys 1600 Meter Run 4A**

Advancement: 4:26.98

Lane	Name	Yr	School	Seed Time
Section 1 of 3 Finals				
1	Michael Stallard	12	Quince Orcha	4:49.95
2	Esey Berhe	11	Clarksburg	4:50.30
3	Adam Kronenberg	11	Northwest	4:52.50
4	Isaiah Brewster	11	Seneca Valle	5:02.22
5	Nathaniel Kaneshige	9	Northwest	5:02.76
6	Juan Pablo Vera	12	Seneca Valle	5:03.94
7	Praise Akufongwe	11	Seneca Valle	5:05.99
8	Luke Marshall	10	Quince Orcha	5:26.50
9	Noel Nunda	12	Gaithersburg	5:27.35
10	Robel Kidane	11	Gaithersburg	NT
11				
12				
Section 2 of 3 Finals				
1	Ayaan Ahmad	10	Clarksburg	4:31.00
2	Riley Gallogly	9	Urbana	4:33.08
3	Jonah Greszler	9	Walt Whitman	4:40.15
4	Carter Zembrzuski	11	Richard Mont	4:41.33
5	Canton Wetzal	11	Frederick	4:41.42
6	Alex Kallmes	12	Walter Johns	4:42.22
7	Tillman Peters	12	Richard Mont	4:43.94
8	Jonathan Barreto-Luna	12	Governor Tho	4:44.22
9	Ananya Kebede	12	Gaithersburg	4:45.36
10	Eli Sledge	11	Quince Orcha	4:46.78
11	Ryan Wilensky	9	Walter Johns	4:47.07
12	Arin Joshi	9	Walt Whitman	4:47.38
Section 3 of 3 Finals				
1	James Partlow	12	Governor Tho	4:08.63
2	Mateo Gros-Slovinsky	11	Walt Whitman	4:15.85
3	Jonathan Regules	11	Governor Tho	4:18.67
4	Naasir Bakari	11	Northwest	4:22.04
5	Nathaniel Swanson	11	Winston Chur	4:23.11
6	Stepan Volkov	11	Winston Chur	4:23.89
7	Korey Kaufflin	10	Urbana	4:23.93
8	Calix McCormick	12	Walter Johns	4:25.43
9	Anthony Verdi IV	12	Urbana	4:26.21
10	Phillip Golotyuk	12	Richard Mont	4:29.32
11	Santiago Gutierrez	10	Winston Chur	4:29.73
12	Dylan Underwood	11	Clarksburg	4:30.81

Event 407 Boys 3200 Meter Run 4A

Advancement: 9:52.23

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Adam Kronenberg	11	Northwest	10:37.70
2	Jasper Goldstein	11	Walter Johns	10:37.91
3	Jack Gilpatric	11	Walt Whitman	10:45.70
4	Robel Kidane	11	Gaithersburg	10:54.40
5	Jack Kreindler	10	Winston Chur	10:54.98
6	Ramzee Keyrouz	11	Walter Johns	10:55.43
7	Ananya Kebede	12	Gaithersburg	10:58.00
8	Juan Pablo Vera	12	Seneca Valle	11:00.59
9	Evan Hodge	9	Quince Orcha	11:13.29
10	Alex Price	12	Quince Orcha	11:26.82
11	Esey Berhe	11	Clarksburg	11:27.93
12	Patrick Marye	9	Seneca Valle	11:30.30
13	Toshan Lama	10	Governor Tho	11:36.23
14	Otneil Nguehou	11	Clarksburg	11:44.88
15	Nathaniel Kaneshige	9	Northwest	12:02.56
16	Joel Ezeigwe	11	Seneca Valle	12:28.16
17	Aaron Lalmasingh	10	Quince Orcha	NT
18				
19				
Section 2 of 2 Finals				
1	Mateo Gros-Slovinsky	11	Walt Whitman	9:19.23
2	Nathaniel Swanson	11	Winston Chur	9:31.49
3	James Partlow	12	Governor Tho	9:31.84
4	Anthony Verdi IV	12	Urbana	9:37.83
5	Naasir Bakari	11	Northwest	9:41.50
6	Santiago Gutierrez	10	Winston Chur	9:41.54
7	Korey Kaufflin	10	Urbana	9:52.63
8	Ayaan Ahmad	10	Clarksburg	9:52.65
9	Jonah Greszler	9	Walt Whitman	9:54.33
10	Carter Zembrzuski	11	Richard Mont	9:56.47
11	Phillip Golotyuk	12	Richard Mont	9:59.11
12	Miles Ghim	9	Governor Tho	10:02.03
13	Tillman Peters	12	Richard Mont	10:04.08
14	Simon Lipchock	9	Urbana	10:19.92
15	Jonah Daniel	11	Walter Johns	10:27.39
16	Canton Wetzal	11	Frederick	10:35.95
17				
18				
19				

4A West Region Meet - 5/15/2024 to 5/16/2024

Seneca Valley HS

Meet Program

Event 410 Boys 110 Meter Hurdles 4A**Advancement: 15.55**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Prelims

1				
2	Sean Mulcahy	11	Urbana	19.13
3	Christian Whitehead	12	Urbana	16.58
4	Olayiwola Oniwinde	12	Walter Johns	15.51
5	Andrew Ashton	12	Winston Chur	15.75
6	Jayden Asante-Ansong	12	Clarksburg	16.68
7	Matthew Noone	9	Walt Whitman	19.28
8				

Heat 2 of 4 Prelims

1	Noah Awouvi	10	Seneca Valle	22.89
2	Ayden Kirkland	11	Gaithersburg	18.08
3	Marvelous Anuigo	12	Clarksburg	16.57
4	Josiah Teasley	11	Quince Orcha	14.94
5	Prince Ameevor	12	Northwest	16.15
6	Osahenrumwen Aigbogun	9	Frederick	16.82
7	Prince Kolubah	10	Gaithersburg	19.34
8				

Heat 3 of 4 Prelims

1	Maxwell Wolf	10	Walt Whitman	21.54
2	Aidan Pirnat	12	Quince Orcha	17.88
3	Gideon Mensah	10	Governor Tho	16.57
4	Ethan Madraymootoo	12	Urbana	14.93
5	Matteo Mosby	12	Walter Johns	16.30
6	Vincent Bui	11	Seneca Valle	17.19
7	Liam Recklaus	10	Richard Mont	19.34
8				

Heat 4 of 4 Prelims

1	Charlie Levine	10	Walt Whitman	21.38
2	Connor Luecking	9	Walter Johns	17.61
3	Julian Bogan	12	Quince Orcha	16.55
4	Luke Freimanis	12	Governor Tho	14.47
5	Neal Addoquaye	12	Governor Tho	16.38
6	Mason Donovan	11	Seneca Valle	17.60
7	Nevin Harvey	9	Clarksburg	19.94
8				

Event 411 Boys 300 Meter Hurdles 4A**Advancement: 40.77**

Lane	Name	Yr	School	Seed Time
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Section 1 of 4 Finals

1				
2				
3	Sahil Sahasrabudhe	10	Richard Mont	50.44
4	Joaquin Del Toro	9	Walt Whitman	50.14
5	Maxwell Wolf	10	Walt Whitman	50.24
6	Prince Kolubah	10	Gaithersburg	51.34
7				
8				

Section 2 of 4 Finals

1	Ali Jarr-Koroma	10	Seneca Valle	47.39
2	Sean Mulcahy	11	Urbana	46.17
3	Aidan Pirnat	12	Quince Orcha	45.27
4	Tyler Hall	9	Northwest	44.90
5	Mason Donovan	11	Seneca Valle	45.24
6	Matthew Noone	9	Walt Whitman	45.98
7	Liam Recklaus	10	Richard Mont	46.94
8	Sid Karnati	9	Clarksburg	48.94

Section 3 of 4 Finals

1	Elijah Jones	10	Urbana	44.20
2	Gideon Mensah	10	Governor Tho	43.83
3	Marvelous Anuigo	12	Clarksburg	43.38
4	Tyler Wilson	11	Governor Tho	43.04
5	Mark Haye	12	Clarksburg	43.10
6	Julian Bogan	12	Quince Orcha	43.80
7	Vincent Bui	11	Seneca Valle	43.98
8	Ayden Kirkland	11	Gaithersburg	44.64

Section 4 of 4 Finals

1	Olayiwola Oniwinde	12	Walter Johns	42.17
2	Matteo Mosby	12	Walter Johns	41.76
3	Ethan Madraymootoo	12	Urbana	39.96
4	Luke Freimanis	12	Governor Tho	39.32
5	Josiah Teasley	11	Quince Orcha	39.52
6	Prince Ameevor	12	Northwest	41.66
7	Andrew Ashton	12	Winston Chur	41.90
8	Connor Luecking	9	Walter Johns	42.69

Event 421 Boys 4x100 Meter Relay 4A**Advancement: 43.82**

Lane	Team	Relay	Seed Time
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Section 1 of 2 Finals

1			
2			
3	Quince Orcha		45.40
4	Winston Chur		45.00
5	Clarksburg		45.05
6			
7			
8			

Section 2 of 2 Finals

1	Walter Johns		44.65
2	Seneca Valle		44.40
3	Gaithersburg		43.49
4	Urbana		42.23
5	Governor Tho		42.50
6	Richard Mont		44.39
7	Northwest		44.46
8	Walt Whitman		44.92

4A West Region Meet - 5/15/2024 to 5/16/2024

Seneca Valley HS
Meet Program**Event 422 Boys 4x200 Meter Relay 4A**

Advancement: 1:31.05

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
1			
2			
3	Frederick		1:36.61
4	Quince Orcha		1:33.00
5	Northwest		1:34.00
6	Walt Whitman		1:39.00
7			
8			
Section 2 of 2 Finals			
1	Clarksburg		1:32.19
2	Richard Mont		1:31.14
3	Gaithersburg		1:29.52
4	Governor Tho		1:28.80
5	Seneca Valle		1:29.45
6	Urbana		1:30.10
7	Walter Johns		1:31.42
8	Winston Chur		1:32.32

Event 424 Boys 4x400 Meter Relay 4A

Advancement: 3:25.91

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
1			
2			
3	Walt Whitman		3:34.82
4	Clarksburg		3:33.99
5	Frederick		3:34.00
6	Richard Mont		3:41.05
7			
8			
Section 2 of 2 Finals			
1	Quince Orcha		3:33.00
2	Walter Johns		3:30.68
3	Governor Tho		3:24.00
4	Urbana		3:23.17
5	Seneca Valle		3:23.48
6	Northwest		3:29.00
7	Winston Chur		3:31.22
8	Gaithersburg		3:33.93

Event 428 Boys 4x800 Meter Relay 4A

Advancement: 8:12.55

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Governor Tho		7:51.00
2	Northwest		7:58.60
3	Walter Johns		8:02.10
4	Winston Chur		8:06.73
5	Walt Whitman		8:07.82
6	Urbana		8:13.00
7	Clarksburg		8:17.42
8	Richard Mont		8:32.80
9	Seneca Valle		8:39.05
10	Quince Orcha		8:39.71
11	Frederick		8:52.42
12	Gaithersburg		8:56.44
13			
14			
15			
16			

Event 430 Boys High Jump 4A

Advancement: 6-00

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Zeon Chavis	12	Richard Mont	NH
2	Ari Hill	11	Northwest	NH
3	Jacob Lindsey	11	Walter Johns	5-00.00
4	Wilfried Kolani	11	Clarksburg	5-02.00
5	Ayden Kirkland	11	Gaithersburg	5-02.00
6	Jabasie Trice	9	Walt Whitman	5-02.00
7	Josh Frimpong	12	Clarksburg	5-02.00
8	Elijah Alexander	9	Governor Tho	5-04.00
9	Jake Levow	12	Urbana	5-06.00
10	Masamba Jobe	10	Quince Orcha	5-06.00
11	Ronald Rodgers	10	Quince Orcha	5-06.00
12	Brelon Williams	11	Urbana	5-07.00
13	Anthony Wells	11	Northwest	5-08.00
14	Zachary Johnson	12	Seneca Valle	5-08.00
15	Amari Williams-Wilkins	12	Gaithersburg	5-08.00
16	Noah Awouvi	10	Seneca Valle	5-08.00
17	Karon Jones	12	Clarksburg	5-10.00
18	Jackson Larson	12	Winston Chur	5-10.00
19	Gavin Legge	12	Frederick	5-10.00
20	Ryan Kengni	12	Governor Tho	6-00.00
21	Davian Pryor	12	Frederick	6-00.00
22	Thierry Patchou	12	Urbana	6-01.00
23	Kendall Wideman	12	Seneca Valle	6-02.00
24	Bakari Taylor	10	Winston Chur	6-04.00
25	Luke Freimanis	12	Governor Tho	6-04.00

4A West Region Meet - 5/15/2024 to 5/16/2024

Seneca Valley HS
Meet Program**Event 431 Boys Long Jump 4A**

Advancement: 20-11

Pos	Name	Yr	School	Seed Mark
Flight 1 of 3 Finals				
1	Mateo Demichelis	11	Walt Whitman	16-00.00
2	Xavier Allen	12	Gaithersburg	16-11.00
3	Aras Arikan	10	Walt Whitman	17-02.00
4	Karim Karimov	12	Walt Whitman	17-04.50
5	Godwynn Adeyeye	10	Quince Orcha	17-05.00
6	Ben Kim	12	Walter Johns	17-06.00
7	Fred Shahan	9	Quince Orcha	17-09.00
8	Miguel Hernandez	11	Richard Mont	17-09.00
9	Ethan Morris	9	Frederick	17-10.00
10	Phillip Bailey, Jr.	9	Frederick	17-11.25
11	Langston Dews	9	Seneca Valle	18-02.50
12				
13				
14				

Flight 2 of 3 Finals

1	Joshua Hollinshed	10	Gaithersburg	18-06.00
2	Osahenrumwen Aigbogun	9	Frederick	18-07.75
3	Mason Donovan	11	Seneca Valle	18-08.00
4	Lonnie Loving	11	Winston Chur	18-08.00
5	Bryce Young	12	Richard Mont	19-03.25
6	Wilfried Kolani	11	Clarksburg	19-04.25
7	Anthony Wells	11	Northwest	19-05.00
8	Ronald Rodgers	10	Quince Orcha	19-05.50
9	Stefan Behrsing	9	Urbana	19-08.25
10	Keith Mazinga	11	Urbana	19-08.75
11	Karon Jones	12	Clarksburg	19-09.25
12	Shona Mutokuto	11	Clarksburg	19-11.50
13				
14				

Flight 3 of 3 Finals

1	David Obadofin	12	Governor Tho	20-00.50
2	Foday Sawi	11	Governor Tho	20-03.00
3	Ryan Hall	11	Northwest	20-03.00
4	Jalen Stubbs	9	Northwest	20-05.00
5	Siju Onadipe	12	Winston Chur	20-09.50
6	Jackson Larson	12	Winston Chur	20-11.00
7	Olayiwola Oniwinde	12	Walter Johns	21-05.00
8	Kinai Banks	12	Richard Mont	21-07.25
9	Christian Whitehead	12	Urbana	21-07.50
10	Robert Silinzy	12	Governor Tho	22-04.25
11	Micheal Nwaogwugwu	12	Gaithersburg	22-06.25
12	Kendall Wideman	12	Seneca Valle	22-11.50
13				
14				

Event 432 Boys Triple Jump 4A

Advancement: 43-01

Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Christian Howell	9	Seneca Valle	32-09.50
2	Brelon Williams	11	Urbana	32-10.00
3	Mateo Demichelis	11	Walt Whitman	33-03.00
4	Karim Karimov	12	Walt Whitman	36-00.00
5	Ervin Maxwell	10	Seneca Valle	36-02.50
6	Aras Arikan	10	Walt Whitman	36-07.00
7	Siju Onadipe	12	Winston Chur	36-07.00
8	Zachary Johnson	12	Seneca Valle	36-09.00
9	Wilfried Kolani	11	Clarksburg	37-05.00
10	Ryan Lee	11	Quince Orcha	37-10.00
11	Ben Kim	12	Walter Johns	37-11.00
12	Sumeet Mahata	11	Clarksburg	38-03.00
13	Adjatay Abegesah	12	Quince Orcha	38-05.00

Flight 2 of 2 Finals

1	Devon Galamo	12	Quince Orcha	39-08.00
2	Xavier Allen	12	Gaithersburg	39-08.50
3	Bryce Young	12	Richard Mont	40-04.25
4	Shona Mutokuto	11	Clarksburg	40-10.50
5	Gilberto Ramos	11	Governor Tho	41-01.50
6	Anthony Wells	11	Northwest	41-03.00
7	Keith Mazinga	11	Urbana	41-07.00
8	Callum Boye	12	Frederick	41-08.00
9	Alexander Addeh	12	Governor Tho	42-03.00
10	Andrew Ashton	12	Winston Chur	42-04.00
11	Ryan Hall	11	Northwest	43-11.75
12	Christian Whitehead	12	Urbana	44-00.00
13	David Obadofin	12	Governor Tho	45-01.00

Event 433 Boys Shot Put 4A

Advancement: 45-07

Pos	Name	Yr	School	Seed Mark
Flight 1 of 3 Finals				
1	Erik Zuylen	11	Walt Whitman	25-03.00
2	Pearce Brissett	12	Gaithersburg	28-00.00
3	Oliver Gray	10	Walter Johns	29-08.00
4	Brendan Weinstein	10	Winston Chur	32-06.00
5	Nayennecke Ituka	10	Gaithersburg	32-06.25
6	Ian Lopez	12	Walter Johns	34-01.00
7	Douglass Johnson	12	Northwest	34-07.50
8	Aidan Joffre	11	Walt Whitman	35-07.00
9	Lamine Kaba	12	Richard Mont	35-08.50
10	Fred Shahan	9	Quince Orcha	36-02.50
11	Tre Webster III	11	Richard Mont	36-06.75
12				
13				

4A West Region Meet - 5/15/2024 to 5/16/2024

Seneca Valley HS

Meet Program

Flight 2 of 3 Finals...(Event 433 Boys Shot Put 4A)

1	Zyah Bellot	10	Clarksburg	37-01.00
2	Andrew Woods	10	Winston Chur	37-04.00
3	Arthur Wester	9	Clarksburg	37-06.50
4	Peyton Sipe	9	Urbana	37-11.50
5	Korey Trone A.	12	Seneca Valle	38-10.00
6	William Thompson	11	Urbana	39-03.25
7	Ashton Hunte	11	Quince Orcha	39-05.50
8	Darius Mosley	12	Northwest	39-10.50
9	Joe Flynn	12	Walter Johns	39-11.75
10	Bobby Waters II	10	Frederick	40-06.00
11	Marquis Watson	12	Seneca Valle	40-08.00

12
13**Flight 3 of 3 Finals**

1	Kendrick Dongmo-Tsague	12	Gaithersburg	41-00.00
2	Eric Nkrumah	12	Seneca Valle	41-01.50
3	Jayvan Sanni-Thomas	12	Governor Tho	42-00.75
4	Josh Adeoye	11	Governor Tho	44-04.25
5	Jacob Breitstein	9	Winston Chur	44-05.00
6	Kacey Gilliam	10	Quince Orcha	45-03.25
7	Ian Tumi	10	Frederick	46-01.50
8	Georges Monga	11	Clarksburg	46-02.25
9	Aaron Humes	12	Urbana	50-10.50
10	Spencer Dewease	12	Governor Tho	52-03.50
11	Paul X. Rivers	12	Northwest	52-04.50

12
13**Event 434 Boys Discus Throw 4A****Advancement: 131-06**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 3 Finals

1	Erik Zuylen	11	Walt Whitman	53-04
2	Pearce Brissett	12	Gaithersburg	71-10
3	Fred Shahan	9	Quince Orcha	72-07
4	Oliver Gray	10	Walter Johns	75-06
5	Javen Bailey	11	Seneca Valle	81-05
6	Ian Lopez	12	Walter Johns	87-05
7	Bryce Harrington	12	Winston Chur	88-01
8	Bobby Waters II	10	Frederick	93-04
9	Kendrick Dongmo-Tsague	12	Gaithersburg	96-05
10	Ashton Hunte	11	Quince Orcha	97-00
11	Lamine Kaba	12	Richard Mont	100-11

Flight 2 of 3 Finals

1	Aidan Joffre	11	Walt Whitman	106-07
2	Andrew Woods	10	Winston Chur	107-00
3	Peyton Sipe	9	Urbana	107-04
4	Kacey Gilliam	10	Quince Orcha	108-06
5	Tre Webster III	11	Richard Mont	114-09
6	Nayennecke Ituka	10	Gaithersburg	115-10
7	Jayvan Sanni-Thomas	12	Governor Tho	117-08
8	Nadjimou Agbere	11	Urbana	118-06
9	Marquis Watson	12	Seneca Valle	118-08
10	Arthur Wester	9	Clarksburg	122-02
11	Jacob Breitstein	9	Winston Chur	125-07

Flight 3 of 3 Finals

1	Darius Mosley	12	Northwest	126-05
2	Zyah Bellot	10	Clarksburg	126-05
3	Eric Nkrumah	12	Seneca Valle	130-10
4	Douglass Johnson	12	Northwest	133-02
5	Josh Adeoye	11	Governor Tho	135-04
6	Ian Tumi	10	Frederick	140-11
7	Aaron Humes	12	Urbana	142-06
8	Georges Monga	11	Clarksburg	143-10
9	Joe Flynn	12	Walter Johns	147-06
10	Paul X. Rivers	12	Northwest	149-07
11	Spencer Dewease	12	Governor Tho	151-00

Event 435 Boys Pole Vault 4A**Advancement: 11-01**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Sebastian Berrio	12	Seneca Valle	NH
2	Ryan Olsen	12	Clarksburg	7-00.00
3	Walter Graybeal	11	Clarksburg	7-00.00
4	Miles Ford	11	Northwest	9-00.00
5	Eyob Jigsa	11	Urbana	9-00.00
6	Rishab Seeda	12	Clarksburg	9-06.00
7	Grant Lawrence	12	Northwest	10-03.00
8	David Meldorf	11	Northwest	10-06.00
9	Osahenrumwen Aigbogun	9	Frederick	10-06.00
10	Neal Addoquaye	12	Governor Tho	12-00.00
11	Levi Sontz	12	Urbana	12-00.00
12	Carson Dohn	11	Gaithersburg	12-00.00
13	Isaac Evans	10	Seneca Valle	12-00.00
14	Luke Freimanis	12	Governor Tho	13-06.00
15	Gilberto Ramos	11	Governor Tho	14-07.50
16	Jackson Larson	12	Winston Chur	14-08.00

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4A West Region Meet - 5/15/2024 to 5/16/2024

Seneca Valley HS
Meet Program**Event 451 Girls 100 Meter Dash 4A****Advancement: 12.66**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Prelims

1	Michal Asgodom	10	Quince Orcha	13.74
2	Candice Dondon	10	Richard Mont	13.34
3	Isabella Relacion	11	Walter Johns	12.92
4	Sade Taiwo	10	Urbana	12.47
5	Nancy Hudson	12	Clarksburg	12.53
6	Avery Washington	10	Walt Whitman	12.93
7	Onhezime Egbiremon	11	Walt Whitman	13.37
8	Pooja Rajapakshe	10	Walt Whitman	13.81

Heat 2 of 4 Prelims

1	Kamaya Young-Garnett	10	Quince Orcha	13.70
2	Raylynn Gomez	10	Seneca Valle	13.32
3	Danielle Donkor	11	Governor Tho	12.82
4	Aurianna Gladden	12	Urbana	12.43
5	Pearl Ankrah	10	Gaithersburg	12.54
6	Danora Plush	11	Seneca Valle	12.94
7	Kayla Grissom	10	Frederick	13.42
8	Sydney Walsh	12	Walter Johns	13.88

Heat 3 of 4 Prelims

1	Camryn Tyser	12	Richard Mont	13.68
2	Bridget Nwachukwu	10	Governor Tho	13.25
3	Chanel Stora	10	Seneca Valle	12.71
4	Jailyn Davis	10	Gaithersburg	12.24
5	Laura Jablonover	11	Winston Chur	12.56
6	Hillary Alao	9	Walter Johns	12.95
7	Sanaa Gittens	12	Winston Chur	13.44
8	Meron Kossy	9	Winston Chur	13.94

Heat 4 of 4 Prelims

1	Ava Holt	12	Quince Orcha	13.63
2	Moyinoluwa Aladeniyi	11	Clarksburg	13.19
3	Anastasia Dzadu	9	Governor Tho	12.67
4	Divine Bamgboye	11	Urbana	12.15
5	Lara Adeoye	11	Frederick	12.58
6	Kareema Rushing	11	Frederick	13.17
7	Fahnbulleh Semera	10	Gaithersburg	13.56
8	Josie Loftis	11	Clarksburg	14.39

Event 452 Girls 200 Meter Dash 4A**Advancement: 25.73**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Prelims

1	Kimia Haghighiyan	9	Winston Chur	29.09
2	Hillary Alao	9	Walter Johns	27.84
3	Chanel Stora	10	Seneca Valle	26.99
4	Laura Jablonover	11	Winston Chur	25.82
5	Pearl Ankrah	10	Gaithersburg	26.03
6	Jahda Lawson	9	Frederick	27.10
7	Bridget Nwachukwu	10	Governor Tho	28.06
8	Leela Patel	9	Walt Whitman	29.11

Heat 2 of 4 Prelims

1	Leila Briggs	11	Quince Orcha	28.96
2	Jasmine Jefferson	10	Richard Mont	27.80
3	Danora Plush	11	Seneca Valle	26.99
4	Sade Taiwo	10	Urbana	25.36
5	Tiana Welbon	9	Frederick	26.17
6	Akinsa Fernando	10	Quince Orcha	27.29
7	Sydney Walsh	12	Walter Johns	28.10
8	Leah Owens	11	Clarksburg	29.34

Heat 3 of 4 Prelims

1	Angie Tukey	9	Winston Chur	28.93
2	Eden Koehler	11	Seneca Valle	27.64
3	Avery Washington	10	Walt Whitman	26.47
4	Saniyyah Stephens	12	Gaithersburg	25.24
5	Zikora Etolue	9	Urbana	26.19
6	Danielle Donkor	11	Governor Tho	27.44
7	Onhezime Egbiremon	11	Walt Whitman	28.47
8	Sheilla Agopome	11	Clarksburg	29.51

Heat 4 of 4 Prelims

1	Kiarah Duvall	9	Clarksburg	28.74
2	Kamilah Pinkney	9	Quince Orcha	27.64
3	Isabella Relacion	11	Walter Johns	26.25
4	Kayla Gordon	11	Gaithersburg	24.98
5	Keira Mistry	11	Urbana	26.22
6	Sasha Goodhart	9	Richard Mont	27.54
7	Ashley Reyes	11	Governor Tho	28.49
8				

Event 454 Girls 400 Meter Dash 4A**Advancement: 58.54**

Lane	Name	Yr	School	Seed Time
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Section 1 of 5 Finals

1				
2				
3	Ari Harder-Krehbiel	11	Richard Mont	1:08.30
4	Angela Smith	9	Governor Tho	1:07.56
5	Sheilla Agopome	11	Clarksburg	1:07.75
6				
7				
8				

Section 2 of 5 Finals

1				
2	Sofia Antonioli	11	Walt Whitman	1:07.43
3	Martha Rosen	9	Walt Whitman	1:07.01
4	Kiley Kreter	12	Walt Whitman	1:06.18
5	Tariah Williamson	10	Seneca Valle	1:06.84
6	Yadira Matos	9	Governor Tho	1:07.27
7	Neluki Sarathchandra	10	Clarksburg	1:07.46
8				

4A West Region Meet - 5/15/2024 to 5/16/2024

Seneca Valley HS
Meet Program

Section 3 of 5 Finals...(Event 454 Girls 400 Meter Dash 4A)

1	Nina Richards	11	Richard Mont	1:05.14
2	Kaylee Tasin	10	Winston Chur	1:04.64
3	Tay'Jah Anderson	10	Governor Tho	1:04.55
4	Rachael Wolfson	12	Walter Johns	1:04.31
5	Jillian Loftis	9	Clarksburg	1:04.49
6	Fahnbulleh Semera	10	Gaithersburg	1:04.64
7	Kimia Haghighiyan	9	Winston Chur	1:05.06
8	Aissata Agali Moussa	10	Seneca Valle	1:05.87

Section 4 of 5 Finals

1	Kamilah Pinkney	9	Quince Orcha	1:03.74
2	Isabel Chomas	11	Walter Johns	1:03.26
3	Zikora Etolue	9	Urbana	1:02.84
4	Akinsa Fernando	10	Quince Orcha	1:01.45
5	Aliyah Chandler	10	Northwest	1:02.21
6	Maliyah Gist	9	Gaithersburg	1:03.19
7	Leila Briggs	11	Quince Orcha	1:03.35
8	Ekeka Ogbe	10	Northwest	1:03.86

Section 5 of 5 Finals

1	Maddie Roque	9	Urbana	1:00.72
2	Carolyn Hultman	12	Walter Johns	1:00.47
3	Fabiola Lawani	10	Seneca Valle	1:00.23
4	Kayla Gordon	11	Gaithersburg	56.43
5	Laura Jablonover	11	Winston Chur	59.54
6	Sasha Goodhart	9	Richard Mont	1:00.34
7	Tiana Welbon	9	Frederick	1:00.65
8	Keira Mistry	11	Urbana	1:01.10

Event 455 Girls 800 Meter Run 4A

Advancement: 2:20.83

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Hannah Brunick	10	Quince Orcha	2:40.22
2	Caroline Easley	10	Walt Whitman	2:40.97
3	Elizabeth Donmoyer	10	Quince Orcha	2:41.20
4	Enam Kumazah	12	Gaithersburg	2:45.77
5	Olivia Donmoyer	10	Quince Orcha	2:45.90
6	Ava Douez	10	Governor Tho	2:47.66
7	Aissata Agali Moussa	10	Seneca Valle	2:48.93
8	Monica Negrete	10	Governor Tho	2:49.36
9	Neluki Sarathchandra	10	Clarksburg	2:49.54
10	Nicole Pocasangre-Bran	9	Seneca Valle	2:50.48
11	Audrey Wychulis	10	Northwest	NT

Section 2 of 3 Finals

1	Adelaide Keller	9	Richard Mont	2:28.00
2	Tessa Bavari	11	Governor Tho	2:28.36
3	Emana Rehemtula	9	Urbana	2:29.93
4	Aisha Kandji	11	Clarksburg	2:30.05
5	Gian Ivit	9	Seneca Valle	2:32.45
6	Audrey Inglese	11	Richard Mont	2:32.83
7	Yasmeena Hassen-Friess	10	Frederick	2:32.86
8	Ysebel Soto	10	Frederick	2:33.14
9	Olivia Voitach	11	Walt Whitman	2:34.33
10	Katharina Ajenifuja	12	Clarksburg	2:36.50
11	Fredrika Rosen	12	Walt Whitman	2:38.70
12	Laure Mbonimpa	10	Northwest	2:40.19

Section 3 of 3 Finals

1	Grace Finnegan	12	Richard Mont	2:16.72
2	Megan Raue	11	Walter Johns	2:17.81
3	Mackenzie Raue	12	Walter Johns	2:18.69
4	Hallie Muniz	12	Winston Chur	2:19.55
5	Carolyn Hultman	12	Walter Johns	2:19.93
6	Amelia Slagle	11	Frederick	2:20.57
7	Katherine Morey	9	Winston Chur	2:21.02
8	Anna Rodrigues	11	Urbana	2:25.42
9	Casey Willard	11	Urbana	2:25.52
10	Whitney Duhon	11	Northwest	2:27.18
11	Margaret Sagan	10	Winston Chur	2:27.63
12	Adelaide Ryan	9	Gaithersburg	2:27.67

Event 456 Girls 1600 Meter Run 4A

Advancement: 5:16.57

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Colette Yehl	11	Walt Whitman	5:52.50
2	Rachel Herbst	10	Governor Tho	5:52.83
3	Shreya Modur	10	Northwest	5:59.10
4	Olivia Gregory	10	Frederick	6:15.07
5	Jarlane Martinez Mapp	9	Seneca Valle	6:16.83
6	Nicole Pocasangre-Bran	9	Seneca Valle	6:17.10
7	Mallory Coleman	11	Gaithersburg	6:20.01
8	Brooke Lyons	10	Quince Orcha	6:27.59
9	Katharina Ajenifuja	12	Clarksburg	6:32.00
10	Siena Stevens	9	Clarksburg	6:45.80
11	Lily Ryan	11	Gaithersburg	6:46.30
12	Audrey Wychulis	10	Northwest	NT
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4A West Region Meet - 5/15/2024 to 5/16/2024

Seneca Valley HS
Meet Program

Section 2 of 3 Finals...(Event 456 Girls 1600 Meter Run 4A)

1	Ella Wilson	12	Governor Tho	5:27.36
2	Adelaide Keller	9	Richard Mont	5:29.36
3	Tessa Bavari	11	Governor Tho	5:29.88
4	Yasmeena Hassen-Friess	10	Frederick	5:36.69
5	Madeline Kelly	9	Clarksburg	5:36.82
6	Maya Osher	10	Urbana	5:39.48
7	Olivia Donmoyer	10	Quince Orcha	5:40.30
8	Ava-Grace Lee	11	Urbana	5:42.63
9	Audrey Borleis	10	Urbana	5:43.47
10	Gian Ivit	9	Seneca Valle	5:45.55
11	Elizabeth Fogg	12	Walter Johns	5:46.70
12	Elizabeth Donmoyer	10	Quince Orcha	5:47.14
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Section 3 of 3 Finals

1	Grace Finnegan	12	Richard Mont	4:59.48
2	Katherine Morey	9	Winston Chur	5:00.74
3	Katherine Greenwald	11	Walt Whitman	5:04.03
4	Hallie Muniz	12	Winston Chur	5:04.43
5	Ella Werkman	11	Walt Whitman	5:05.07
6	Mackenzie Raue	12	Walter Johns	5:05.80
7	Megan Raue	11	Walter Johns	5:06.14
8	Emma Colavito	11	Richard Mont	5:09.40
9	Caroline Gregory	12	Frederick	5:11.22
10	Adelaide Ryan	9	Gaithersburg	5:21.84
11	Korinne Austin	10	Winston Chur	5:22.65
12	Whitney Duhon	11	Northwest	5:25.92
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Event 457 Girls 3200 Meter Run 4A

Advancement: 11:39.86

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Nikita Arya	12	Urbana	12:36.29
2	Juliana Brawner	11	Frederick	12:38.04
3	Olivia Donmoyer	10	Quince Orcha	12:38.21
4	Rachel Herbst	10	Governor Tho	12:40.73
5	Katja Treadwell	10	Walt Whitman	12:44.00
6	Shreya Modur	10	Northwest	13:07.20
7	Natalie Merberg	12	Walter Johns	13:21.98
8	Maya Grossman	9	Richard Mont	13:23.25
9	Aliya Argubie	9	Quince Orcha	13:39.54
10	Erin Reeder	11	Governor Tho	13:55.09
11	Siena Stevens	9	Clarksburg	14:18.50
12	Mallory Coleman	11	Gaithersburg	14:27.81
13	Megan Gracias	9	Clarksburg	17:56.68
14	Audrey Wychulis	10	Northwest	NT
15	Courtney Anagbogu	9	Seneca Valle	NT
16	Janice Abrokwa	9	Seneca Valle	NT
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19				
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Section 2 of 2 Finals

1	Ella Werkman	11	Walt Whitman	10:48.80
2	Katherine Greenwald	11	Walt Whitman	10:54.57
3	Katherine Morey	9	Winston Chur	11:20.04
4	Amelia Slagle	11	Frederick	11:23.68
5	Adelaide Ryan	9	Gaithersburg	11:23.73
6	Mirae Denaro	9	Walter Johns	11:31.21
7	Caroline Gregory	12	Frederick	11:32.15
8	Emma Colavito	11	Richard Mont	11:32.23
9	Maya Osher	10	Urbana	11:46.76
10	Madeline Kelly	9	Clarksburg	11:48.90
11	Ella Wilson	12	Governor Tho	11:49.96
12	Whitney Duhon	11	Northwest	11:54.61
13	Emilia Pardo	9	Winston Chur	12:19.57
14	Elizabeth Fogg	12	Walter Johns	12:20.44
15	Caroline Zuba	12	Winston Chur	12:23.42
16	Audrey Borleis	10	Urbana	12:34.35
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19				
20				

4A West Region Meet - 5/15/2024 to 5/16/2024

Seneca Valley HS

Meet Program

Event 460 Girls 100 Meter Hurdles 4A**Advancement: 15.89**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Prelims

1	Sierra Fleisher	9	Richard Mont	19.94
2	Sophie Miller	9	Richard Mont	18.04
3	Mikaela Pak	10	Quince Orcha	16.74
4	Aurianna Gladden	12	Urbana	14.96
5	Saniyyah Stephens	12	Gaithersburg	15.04
6	Kylee Kreadfle	10	Winston Chur	16.76
7	Edem Kumazah	11	Gaithersburg	18.89
8	Sylvia Last	11	Walt Whitman	20.04

Heat 2 of 4 Prelims

1	Jariane Martinez Mapp	9	Seneca Valle	19.35
2	Johari Saidi	11	Winston Chur	17.61
3	Binta Keita	11	Seneca Valle	16.60
4	Elena Juarez	11	Gaithersburg	14.90
5	Jada Stubbs	11	Northwest	15.59
6	Folake Oke	12	Governor Tho	16.79
7	Quinn Garrett	12	Walter Johns	18.90
8	Michaela Colonna	11	Walt Whitman	20.85

Heat 3 of 4 Prelims

1	Oluwatishe Johnson	9	Governor Tho	19.32
2	Eliana Gentry	10	Walter Johns	17.31
3	Laylah Talley	11	Clarksburg	16.58
4	Divine Bamgboye	11	Urbana	14.79
5	Jayla Thornton	11	Clarksburg	15.69
6	Namea Kalei	12	Quince Orcha	16.79
7	Haanat Salau	11	Winston Chur	18.94
8	Kaitlyn Petros	9	Richard Mont	22.24

Heat 4 of 4 Prelims

1	Ramona Atkins	10	Governor Tho	19.25
2	Laila Upchurch	12	Quince Orcha	17.28
3	Nancy Hudson	12	Clarksburg	15.93
4	Felicia Siewe	11	Urbana	14.63
5	Danora Plush	11	Seneca Valle	15.92
6	Alejandra Gomez Alvarez	10	Walter Johns	16.87
7	Sadie Bastianelli	11	Walt Whitman	19.04
8				

Event 461 Girls 300 Meter Hurdles 4A**Advancement: 47.26**

Lane	Name	Yr	School	Seed Time
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Section 1 of 5 Finals

1				
2				
3	Benedicta Bani	10	Gaithersburg	1:00.31
4	Alexa Hsia	11	Winston Chur	57.34
5	Sophia Killion	10	Richard Mont	57.74
6				
7				
8				

Section 2 of 5 Finals

1	Nora Thompson	10	Clarksburg	55.04
2	Sylvia Last	11	Walt Whitman	54.72
3	Buma Jah	12	Richard Mont	53.95
4	Ramona Atkins	10	Governor Tho	53.46
5	Sophia Hurwitz	12	Walter Johns	53.79
6	Gabby Grant	9	Urbana	54.72
7	Aliyah Jackson	10	Seneca Valle	54.79
8	Jordyn Goldsmith	11	Seneca Valle	55.24

Section 3 of 5 Finals

1	Sierra Fleisher	9	Richard Mont	53.34
2	Binta Keita	11	Seneca Valle	52.84
3	Johari Saidi	11	Winston Chur	51.86
4	Mikaela Pak	10	Quince Orcha	50.74
5	Laila Upchurch	12	Quince Orcha	51.72
6	Haanat Salau	11	Winston Chur	52.74
7	Martha Rosen	9	Walt Whitman	53.34
8	Edem Kumazah	11	Gaithersburg	53.44

Section 4 of 5 Finals

1	Eliana Gentry	10	Walter Johns	49.70
2	Namea Kalei	12	Quince Orcha	49.17
3	Alejandra Gomez Alvarez	10	Walter Johns	48.48
4	Kennedy Jones	9	Frederick	47.65
5	Malaya Archila-David	11	Frederick	48.32
6	Ava Wilson	11	Walt Whitman	48.84
7	Folake Oke	12	Governor Tho	49.68
8	Brooke Fields	10	Northwest	50.10

Section 5 of 5 Finals

1	Jada Stubbs	11	Northwest	47.54
2	Nancy Hudson	12	Clarksburg	46.91
3	Aurianna Gladden	12	Urbana	45.78
4	Divine Bamgboye	11	Urbana	45.15
5	Elena Juarez	11	Gaithersburg	45.31
6	Lara Adeoye	11	Frederick	46.88
7	Aliyah K Rahman	12	Northwest	46.99
8	Jayla Thornton	11	Clarksburg	47.58

Event 471 Girls 4x100 Meter Relay 4A**Advancement: 50.17**

Lane	Team	Relay	Seed Time
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Section 1 of 2 Finals

1			
2			
3	Richard Mont		52.33
4	Winston Chur		52.01
5	Quince Orcha		52.31
6			
7			
8			

4A West Region Meet - 5/15/2024 to 5/16/2024

Seneca Valley HS

Meet Program

Section 2 of 2 Finals...(Event 471 Girls 4x100 Meter Relay 4A)

1	Walter Johns	51.51
2	Governor Tho	50.76
3	Seneca Valle	49.85
4	Urbana	47.67
5	Gaithersburg	48.06
6	Clarksburg	50.50
7	Walt Whitman	51.33
8	Frederick	51.81

Event 472 Girls 4x200 Meter Relay 4A

Advancement: 1:45.10

Lane	Team	Relay	Seed Time
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Section 1 of 2 Finals

1			
2			
3	Walt Whitman		1:53.16
4	Frederick		1:49.87
5	Richard Mont		1:50.90
6	Winston Chur		1:54.12
7			
8			

Section 2 of 2 Finals

1	Walter Johns	1:48.02
2	Governor Tho	1:47.23
3	Seneca Valle	1:43.83
4	Gaithersburg	1:40.02
5	Urbana	1:41.48
6	Clarksburg	1:45.69
7	Quince Orcha	1:48.00
8	Northwest	1:48.90

Event 474 Girls 4x400 Meter Relay 4A

Advancement: 4:04.43

Lane	Team	Relay	Seed Time
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Section 1 of 2 Finals

1			
2			
3	Governor Tho		4:22.44
4	Clarksburg		4:19.59
5	Frederick		4:21.37
6	Walt Whitman		4:37.23
7			
8			

Section 2 of 2 Finals

1	Quince Orcha	4:16.48
2	Seneca Valle	4:11.16
3	Winston Chur	4:09.31
4	Urbana	4:05.02
5	Gaithersburg	4:08.38
6	Walter Johns	4:10.56
7	Richard Mont	4:15.89
8	Northwest	4:19.00

Event 478 Girls 4x800 Meter Relay 4A

Advancement: 9:51.06

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Walter Johns	9:20.62
2	Frederick	9:56.00
3	Winston Chur	9:59.17
4	Urbana	10:10.14
5	Northwest	10:30.00
6	Seneca Valle	10:33.56
7	Clarksburg	10:34.62
8	Walt Whitman	10:40.00
9	Quince Orcha	10:45.00
10	Richard Mont	10:55.65
11	Gaithersburg	11:06.52
12	Governor Tho	12:33.58
13		
14		
15		
16		

Event 480 Girls High Jump 4A

Advancement: 4-11

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Lauren Rucker	12	Seneca Valle	NH
2	Fatou Gbane	11	Gaithersburg	4-00.00
3	Leah Owens	11	Clarksburg	4-02.00
4	Kieran McKnight	9	Quince Orcha	4-02.00
5	Stephanie Portillo	11	Quince Orcha	4-02.00
6	Joy Dau	12	Richard Mont	4-04.00
7	Lennah Bailey	10	Governor Tho	4-06.00
8	Esele Egbiremon	11	Walt Whitman	4-06.00
9	Abondance Buana	10	Quince Orcha	4-06.00
10	Kesare Bakare	11	Gaithersburg	4-06.00
11	Taylor MacDonald	10	Governor Tho	4-06.00
12	Alejandra Gomez Alvarez	10	Walter Johns	4-08.00
13	Olivia Dahl	12	Governor Tho	4-08.00
14	Maddison Jones	9	Seneca Valle	4-08.00
15	Ava Duerr	12	Urbana	4-09.00
16	Ava Wilson	11	Walt Whitman	4-10.00
17	Quincy Rupinta	11	Urbana	4-10.00
18	Onhezeme Egbiremon	11	Walt Whitman	4-10.00
19	Ellie Shalgian	9	Seneca Valle	4-10.00
20	Janine Amefia	12	Urbana	5-00.00
21	Jada Stubbs	11	Northwest	5-00.00
22	Jahda Lawson	9	Frederick	5-00.00
23	Emma Giselle Forbin	12	Clarksburg	5-00.00
24	Aliyah K Rahman	12	Northwest	5-00.00
25	Ava Morales	9	Frederick	5-00.00
26	Kylee Kreafle	10	Winston Chur	5-00.00
27	Ania Madison	10	Northwest	5-00.00
28	Jillian Owens	9	Clarksburg	5-00.00
29	Areyana Snowden	12	Frederick	5-02.00

4A West Region Meet - 5/15/2024 to 5/16/2024

Seneca Valley HS
Meet Program**Event 481 Girls Long Jump 4A**

Advancement: 16-08

Pos	Name	Yr	School	Seed Mark
Flight 1 of 3 Finals				
1	Emma Giselle Forbin	12	Clarksburg	ND
2	Kalina Koyani	10	Quince Orcha	12-07.00
3	Jomi Onadipe	9	Winston Chur	12-09.50
4	Mya Osogo	12	Clarksburg	12-11.75
5	Sophia Killion	10	Richard Mont	13-00.00
6	Carolynn Christopher	11	Richard Mont	13-02.00
7	Ellie Mayster	10	Walter Johns	13-04.00
8	Naima Haidara	12	Seneca Valle	13-09.00
9	Rihanna Pabai	10	Richard Mont	13-10.00
10	Michal Asgodom	10	Quince Orcha	14-02.00
11	Laylah Talley	11	Clarksburg	14-03.75
Flight 2 of 3 Finals				
1	Laeloni Etienne	10	Gaithersburg	14-04.25
2	Binta Keita	11	Seneca Valle	14-07.00
3	Jessie Lin	12	Winston Chur	14-09.00
4	Cora Williams	12	Winston Chur	15-00.00
5	Faiza Faisal	10	Gaithersburg	15-00.00
6	Gabrielle Badoo	10	Seneca Valle	15-01.00
7	Gabriela Umpierre	10	Governor Tho	15-03.00
8	Ava Morales	9	Frederick	15-05.00
9	Avery Washington	10	Walt Whitman	15-06.25
10	Pooja Rajapakshe	10	Walt Whitman	15-06.75
11	Ava Holt	12	Quince Orcha	15-07.50
Flight 3 of 3 Finals				
1	Tamanii Littles	11	Governor Tho	15-07.75
2	Jahda Lawson	9	Frederick	15-10.00
3	Jada Stubbs	11	Northwest	16-05.50
4	Anastasia Dzadu	9	Governor Tho	16-06.75
5	Janine Amefia	12	Urbana	16-10.00
6	Jordyn Summers	9	Frederick	17-01.00
7	Jaidah Ezcaman	9	Urbana	17-01.75
8	Ania Madison	10	Northwest	17-08.50
9	Aliyah K Rahman	12	Northwest	18-00.00
10	Fatou Gbane	11	Gaithersburg	18-00.50
11	Felicia Siewe	11	Urbana	18-05.25

Event 482 Girls Triple Jump 4A

Advancement: 34-06

Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Pooja Rajapakshe	10	Walt Whitman	ND
2	Michaela Colonna	11	Walt Whitman	26-04.25
3	Ellie Mayster	10	Walter Johns	27-03.50
4	Cora Williams	12	Winston Chur	28-07.50
5	Carolynn Christopher	11	Richard Mont	28-10.00
6	Lennah Bailey	10	Governor Tho	30-05.50
7	Laylah Talley	11	Clarksburg	30-07.00
8	Moyinoluwa Aladeniyi	11	Clarksburg	30-09.00
9	Rihanna Pabai	10	Richard Mont	31-04.00
10	Jessie Lin	12	Winston Chur	32-03.50
11	Olivia Dahl	12	Governor Tho	32-08.50
Flight 2 of 2 Finals				
1	Julia Duerr	10	Urbana	32-08.75
2	Abondance Buana	10	Quince Orcha	32-11.25
3	Gabriela Umpierre	10	Governor Tho	33-07.00
4	Fabiola Lawani	10	Seneca Valle	34-02.50
5	Jordyn Goldsmith	11	Seneca Valle	34-09.25
6	Jordyn Summers	9	Frederick	34-09.50
7	Aliyah K Rahman	12	Northwest	35-05.00
8	Ania Madison	10	Northwest	36-01.75
9	Emma Giselle Forbin	12	Clarksburg	36-07.25
10	Felicia Siewe	11	Urbana	37-00.00
11	Janine Amefia	12	Urbana	38-05.00

Event 483 Girls Shot Put 4A

Advancement: 34-04

Pos	Name	Yr	School	Seed Mark
Flight 1 of 3 Finals				
1	Melaika Fitsum	10	Quince Orcha	16-01.00
2	Jayden Hollinshed	12	Gaithersburg	16-02.50
3	Mabanasee Jawara	9	Gaithersburg	20-01.50
4	Da'Myra Wallace	9	Frederick	22-03.75
5	Emily Perkins	11	Richard Mont	22-08.00
6	Michelle Graham	11	Gaithersburg	23-00.00
7	Sophie Miller	9	Richard Mont	23-07.00
8	Tofunmi Osibamowo	9	Governor Tho	23-10.00
9	Joanna Lu	9	Clarksburg	23-11.50
10	Maeve Kelly	12	Winston Chur	24-02.00
Flight 2 of 3 Finals				
1	Naa Cleland	9	Clarksburg	24-05.50
2	Taiwo Balogun	10	Richard Mont	24-06.00
3	Yael Elias	9	Quince Orcha	24-08.00
4	Ainsley Panjehshahi	10	Governor Tho	25-00.00
5	Gwen Joffre	10	Walt Whitman	25-03.00
6	Lexie Burns	9	Walter Johns	25-03.00
7	Sylvie Duthoy	12	Governor Tho	25-05.75
8	Sanaa Gittens	12	Winston Chur	25-10.00
9	Ayla Hill	12	Winston Chur	26-00.00
10	Taylor Satterfield	12	Walt Whitman	26-03.00

4A West Region Meet - 5/15/2024 to 5/16/2024

Seneca Valley HS
Meet Program**Flight 3 of 3 Finals...(Event 483 Girls Shot Put 4A)**

1	Cameron Wilson	10	Clarksburg	27-05.50
2	Sarah Watson	12	Walter Johns	28-04.25
3	Yamarie Jasseh	9	Frederick	29-02.00
4	Lausel Bropleh	9	Seneca Valle	29-08.25
5	Aleisha Harris	10	Northwest	30-00.50
6	Daniela Delgado	12	Urbana	31-02.00
7	Nia Hall	12	Seneca Valle	32-05.50
8	Benedicte Mpiana	10	Northwest	32-08.00
9	Jessica Dipita	12	Urbana	33-02.00
10	Brielle Watson	11	Seneca Valle	33-09.75
11	Jazmin Terry	11	Northwest	35-07.25
12	Felicia Siewe	11	Urbana	35-11.75

Event 484 Girls Discus Throw 4A

Advancement: 100-01

Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Melaika Fitsum	10	Quince Orcha	45-11
2	Gwen Joffre	10	Walt Whitman	49-06
3	Jayden Hollinshed	12	Gaithersburg	53-06
4	Emily Perkins	11	Richard Mont	57-06
5	Yael Elias	9	Quince Orcha	57-09
6	Michelle Graham	11	Gaithersburg	58-00
7	Joy Dau	12	Richard Mont	59-06
8	Maeve Kelly	12	Winston Chur	60-05
9	Namea Kalei	12	Quince Orcha	66-10
10	Taylor Satterfield	12	Walt Whitman	68-05
11	Sylvie Duthoy	12	Governor Tho	71-00
12	Stella P. Goyne	12	Richard Mont	71-02
13	Tofunmi Osibamowo	9	Governor Tho	72-00
14	Ainsley Panjehshahi	10	Governor Tho	74-03

Flight 2 of 2 Finals

1	Ayla Hill	12	Winston Chur	76-07
2	Brielle Watson	11	Seneca Valle	76-07
3	Yamarie Jasseh	9	Frederick	78-03
4	Joanna Lu	9	Clarksburg	80-02
5	Gabriela Hukporti	12	Northwest	80-09
6	Sarah Fleischer	10	Seneca Valle	83-05
7	Neriah Gyamfi	10	Urbana	86-06
8	Lexie Burns	9	Walter Johns	86-08
9	Lauren Rucker	12	Seneca Valle	88-00
10	Aleisha Harris	10	Northwest	89-06
11	Naa Cleland	9	Clarksburg	94-00
12	Jazmin Terry	11	Northwest	95-01
13	Cameron Wilson	10	Clarksburg	99-01
14	Sarah Watson	12	Walter Johns	100-01
15	Avery Radwinsky	11	Urbana	100-01
16	Julie Patchou	9	Urbana	105-08

Event 485 Girls Pole Vault 4A

Advancement: 7-09

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Katherine Christian-Rawls	10	Frederick	NH
2	Chioma Ofulue	10	Northwest	NH
3	Ellie Shalgian	9	Seneca Valle	NH
4	Layla Williams	9	Northwest	NH
5	Maddison Jones	9	Seneca Valle	7-00.00
6	Dana Heissenbittel	11	Walt Whitman	7-00.00
7	Roshna Vijayan	12	Urbana	8-06.00
8	Jordyn Goldsmith	11	Seneca Valle	9-00.00
9	Lennah Bailey	10	Governor Tho	9-00.00
10	Ava Wilson	11	Walt Whitman	10-06.00
11	Daniela Delgado	12	Urbana	10-06.00
12	Bailey Smith	10	Urbana	11-00.00
13	Gabriela Umpierre	10	Governor Tho	11-01.00
14	Brunell Owusu	11	Governor Tho	11-06.00
15				
16				
17				
18				
19				
20				
21				