

4A West Region Meet - 2/6/2020

MPSSAA Indoor Track

5th Regiment Armory

Results

Girls 55 Meter Dash 4A

5th ADV: 7.60 A

7.60 5RA Armory Advancement

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Madison Depry	12 Wheaton	A 7.41Q5RA
2	Caia Gelli	11 R. Montgomery	A 7.48Q5RA
3	Diamond Alexander	12 R. Montgomery	A 7.53Q5RA
4	Alice Adarkwa	12 Northwest	7.68q
5	Jonaye Williams	10 Northwest	7.71q
6	Princess Asante	10 Paint Branch	7.73q
7	Elizabeth Sampson	11 Northwood	7.73q
8	Ayokami Akala	10 R. Montgomery	7.75q
9	Sydney Behrens	10 Wootton	7.76
10	Ayah Rahman	10 Northwest	7.81
11	Sharon Bille	11 Paint Branch	7.86
12	Leslie Njingang	10 Northwood	7.87
13	Mya Ambrose	9 Springbrook	7.91
14	Faith Dallo	12 Paint Branch	7.95
15	Alexandra Farmer	10 Springbrook	7.95
16	Manie Mevo	10 Quince Orchard	7.97
17	Gabrielle Franklin	9 Bethesda-CC	8.00
18	Jianna Fairfax-Wheeler	9 Gaithersburg	8.05
19	Madeline Bell	11 W. Churchill	8.08
20	Lindsey Moris	12 Sherwood	8.13
21	Sydney Morgenstern	9 Walter Johnson	8.13
22	Dasia Cornelio	12 Bethesda-CC	8.15
23	Saira Rathod	12 Walt Whitman	8.17
24	Alyssa Poawui	12 Wheaton	8.25

Girls 55 Meter Dash 4A

5th ADV: 7.60 A

7.60 5RA Armory Advancement

Name	Yr	School	Finals
<b>Finals</b>			
1	Madison Depry	12 Wheaton	7.35A5RA
2	Diamond Alexander	12 R. Montgomery	7.45A5RA
3	Caia Gelli	11 R. Montgomery	7.55A5RA
4	Ayokami Akala	10 R. Montgomery	7.64 5
5	Alice Adarkwa	12 Northwest	7.69 4
6	Princess Asante	10 Paint Branch	7.73 3
7	Jonaye Williams	10 Northwest	7.73 2
8	Elizabeth Sampson	11 Northwood	7.79 1

Girls 300 Meter Dash 4A

5th ADV: 43.90 A

43.90 5RA Armory Advancement

Name	Yr	School	Finals
<b>Finals</b>			
1	Caia Gelli	11 R. Montgomery	41.95A5RA
2	Madison Depry	12 Wheaton	43.04A5RA
3	K.C. Ashiogwu	12 Gaithersburg	43.24A5RA
4	Kyra Lyles	12 Quince Orchard	43.55A5RA

5	Princess Asante	10 Paint Branch	45.16	4
6	Mackenzie Evans	11 Northwest	45.37	3
7	Sydney Behrens	10 Wootton	45.53	2
8	Alexandra Farmer	10 Springbrook	45.93	1
9	Ayah Rahman	10 Northwest	46.11	
10	Tara Felicien	10 Springbrook	46.21	
11	Jonaye Williams	10 Northwest	46.59	
12	Nicole Graham	10 Sherwood	46.59	
13	Sharon Bille	11 Paint Branch	46.63	
14	Ruth Kamgang	12 Gaithersburg	46.67	
15	Jianna Fairfax-Wheeler	9 Gaithersburg	46.87	
16	Trinity Austin	11 W. Churchill	47.22	
17	Madeline Bell	11 W. Churchill	47.30	
18	Faith Dallo	12 Paint Branch	47.38	
19	Cate Christopher	9 R. Montgomery	47.56	
20	Liana Wilkinson	12 Walter Johnson	47.91	
21	Gabrielle Reilly	11 Walter Johnson	48.42	
22	Peri Nelson	9 W. Churchill	48.95	

Girls 500 Meter Run 4A

5th ADV: 1:22.92 A

1:22.92 5RA Armory Advancement

Name	Yr	School	Finals
<b>Finals</b>			
1	Kyra Lyles	12 Quince Orchard	1:22.25A5RA
	15.559 (15.559)	48.608 (33.049)	1:22.248 (33.640)
2	K.C. Ashiogwu	12 Gaithersburg	1:23.65 8
	15.947 (15.947)	49.886 (33.939)	1:23.644 (33.758)
3	Katie Kaneko	10 Sherwood	1:23.89 6
	15.274 (15.274)	47.832 (32.558)	1:23.890 (36.058)
4	Emma Kothari	10 Walter Johnson	1:25.77 5
	16.342 (16.342)	50.217 (33.875)	1:25.770 (35.553)
5	Anjali Iyer	12 W. Churchill	1:25.80 4
	16.064 (16.064)	49.373 (33.309)	1:25.794 (36.421)
6	Annabel Dulaney	12 Northwest	1:26.44 3
	16.046 (16.046)	50.548 (34.502)	1:26.433 (35.885)
7	Jessica Zito	11 Walter Johnson	1:27.51 2
	16.648 (16.648)	49.895 (33.247)	1:27.505 (37.610)
8	Aidan Devlin	10 Bethesda-CC	1:29.08 1
	16.176 (16.176)	51.098 (34.922)	1:29.072 (37.974)
9	Tori Tracey	11 Gaithersburg	1:29.18
	16.305 (16.305)	51.795 (35.490)	1:29.178 (37.383)
10	Morgan Seabolt-Wilbanks	9 Northwest	1:29.63
	16.330 (16.330)	52.125 (35.795)	1:29.622 (37.497)
11	Sierra Stubbs	10 R. Montgomery	1:29.92
	16.039 (16.039)	51.747 (35.708)	1:29.919 (38.172)
12	Kaylan Fagan	11 W. Churchill	1:30.85
	16.523 (16.523)	51.733 (35.210)	1:30.843 (39.110)
13	Gabrielle Reilly	11 Walter Johnson	1:31.11
	17.319 (17.319)	53.096 (35.777)	1:31.103 (38.007)
14	Maiev McClain	9 Springbrook	1:31.11
	16.774 (16.774)	52.763 (35.989)	1:31.108 (38.345)
15	Joelle Sadd	11 Clarksburg	1:32.54
	15.859 (15.859)	50.878 (35.019)	1:32.537 (41.659)

4A West Region Meet - 2/6/2020

MPSSAA Indoor Track

5th Regiment Armory

Results

Finals ... (Girls 500 Meter Run 4A)

Name	Yr	School	Finals
16 Catherine Rodriquez	11	Paint Branch	1:33.09
17.022 (17.022)	54.190 (37.168)	1:33.089 (38.899)	
17 Elizabeth Baggett	10	W. Churchill	1:33.17
16.431 (16.431)	54.321 (37.890)	1:33.169 (38.848)	
18 Pamela Elubiaozor	12	Wootton	1:33.50
15.832 (15.832)	52.269 (36.437)	1:33.499 (41.230)	
19 Melina Worthington	12	Montgomery Blair	1:33.75
17.092 (17.092)	54.213 (37.121)	1:33.741 (39.528)	
20 Phoebe Whaling	12	Wheaton	1:34.24
16.994 (16.994)	54.507 (37.513)	1:34.231 (39.724)	

Girls 800 Meter Run 4A

5th ADV: 2:29.55 A

2:29.55 5RA Armory Advancement

Name	Yr	School	Finals
<b>Finals</b>			
1 Anaiya Bobo	11	Northwood	2:26.53A5RA
1:10.114 (1:10.114)	2:26.528 (1:16.414)		
2 Isabelle Senfaute	10	Walter Johnson	2:28.70A5RA
1:13.876 (1:13.876)	2:28.693 (1:14.817)		
3 Noelle Hailu	10	Northwest	2:29.58 6
1:11.903 (1:11.903)	2:29.577 (1:17.674)		
4 Ella Gaul	11	Walter Johnson	2:31.65 5
1:14.180 (1:14.180)	2:31.644 (1:17.464)		
5 Juliana Capizzi	11	Bethesda-CC	2:33.74 4
1:14.356 (1:14.356)	2:33.739 (1:19.383)		
6 Fiona Kelleher	12	Bethesda-CC	2:34.06 3
1:15.239 (1:15.239)	2:34.060 (1:18.821)		
7 Meghan Geary	9	R. Montgomery	2:34.24 2
1:15.194 (1:15.194)	2:34.237 (1:19.043)		
8 Samantha Rodriguez	10	Montgomery Blair	2:34.75 1
1:15.399 (1:15.399)	2:34.742 (1:19.343)		
9 Isabella Bravo	12	Walt Whitman	2:35.52
1:14.894 (1:14.894)	2:35.513 (1:20.619)		
10 Jessica Zito	11	Walter Johnson	2:36.08
1:14.956 (1:14.956)	2:36.080 (1:21.124)		
11 Elizabeth Sklaire	12	Walt Whitman	2:36.94
1:16.060 (1:16.060)	2:36.937 (1:20.877)		
12 Morgan Seabolt-Wilbanks	9	Northwest	2:38.55
1:15.304 (1:15.304)	2:38.548 (1:23.244)		
13 Anjali Iyer	12	W. Churchill	2:41.13
1:15.054 (1:15.054)	2:41.128 (1:26.074)		
14 Alana Dyce-Giraud	10	Gaithersburg	2:42.54
1:19.743 (1:19.743)	2:42.535 (1:22.792)		
15 Helena Lee	12	Northwest	2:43.06
1:14.367 (1:14.367)	2:43.059 (1:28.692)		
16 Caroline Snyder	12	Walt Whitman	2:45.44
1:19.453 (1:19.453)	2:45.435 (1:25.982)		
17 Sydney Willich	9	W. Churchill	2:46.28
1:20.643 (1:20.643)	2:46.279 (1:25.636)		
18 Meghan Chang	11	Clarksburg	2:47.37
1:19.413 (1:19.413)	2:47.367 (1:27.954)		

19 Melina Worthington	12	Montgomery Blair	2:47.74
1:20.806 (1:20.806)	2:47.731 (1:26.925)		
20 Nadia Velasco	11	Wheaton	2:49.32
1:21.655 (1:21.655)	2:49.320 (1:27.665)		
21 Kyra Lyles	12	Quince Orchard	3:05.99
1:15.717 (1:15.717)	3:05.990 (1:50.273)		

Girls 1600 Meter Run 4A

5th ADV: 5:36.60 A

5:36.60 5RA Armory Advancement

Name	Yr	School	Finals
<b>Finals</b>			
1 Charlotte Turesson	11	R. Montgomery	5:24.47A5RA
1:19.685 (1:19.685)	2:41.637 (1:21.953)	4:04.330 (1:22.693)	
5:24.468 (1:20.139)			
2 Ella Gaul	11	Walter Johnson	5:27.16A5RA
1:19.853 (1:19.853)	2:41.748 (1:21.895)	4:04.666 (1:22.918)	
5:27.152 (1:22.487)			
3 Isabelle Senfaute	10	Walter Johnson	5:28.67A5RA
1:20.375 (1:20.375)	2:43.298 (1:22.924)	4:07.812 (1:24.514)	
5:28.663 (1:20.852)			
4 Jenna Goldberg	12	Walter Johnson	5:29.51A5RA
1:20.166 (1:20.166)	2:42.102 (1:21.937)	4:05.607 (1:23.505)	
5:29.506 (1:23.899)			
5 Meghan Geary	9	R. Montgomery	5:31.59A5RA
1:21.111 (1:21.111)	2:44.918 (1:23.808)	4:09.756 (1:24.838)	
5:31.582 (1:21.827)			
6 Avery Jackson	12	Clarksburg	5:31.62A5RA
1:19.076 (1:19.076)	2:42.473 (1:23.398)	4:08.427 (1:25.954)	
5:31.616 (1:23.189)			
7 Madeleine Blaisdell	12	Walt Whitman	5:33.23A5RA
1:19.420 (1:19.420)	2:42.948 (1:23.529)	4:08.742 (1:25.794)	
5:33.227 (1:24.485)			
8 Olivia Rosemond	10	Northwood	5:37.21 1
1:20.758 (1:20.758)	2:44.557 (1:23.799)	4:10.693 (1:26.137)	
5:37.205 (1:26.512)			
9 Emmersen Weinberg	12	Walt Whitman	5:51.51
1:22.097 (1:22.097)	2:48.861 (1:26.764)	4:19.665 (1:30.804)	
5:51.505 (1:31.840)			
10 Alicia Lauwers	12	Walt Whitman	5:56.40
1:22.801 (1:22.801)	2:51.400 (1:28.599)	4:25.726 (1:34.327)	
5:56.400 (1:30.674)			
11 Sydney Willich	9	W. Churchill	5:57.78
1:22.761 (1:22.761)	2:55.584 (1:32.824)	4:29.057 (1:33.473)	
5:57.779 (1:28.723)			
12 Marijke Friedman	10	Montgomery Blair	5:58.64
1:28.567 (1:28.567)	2:59.463 (1:30.897)	4:31.091 (1:31.628)	
5:58.636 (1:27.545)			
13 Alana Dyce-Giraud	10	Gaithersburg	5:59.10
1:20.575 (1:20.575)	2:46.166 (1:25.592)	4:19.042 (1:32.877)	
5:59.097 (1:40.055)			
14 Rachel Wilson	11	Bethesda-CC	6:00.36
1:26.685 (1:26.685)	2:56.126 (1:29.442)	4:28.066 (1:31.940)	
6:00.357 (1:32.292)			

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Finals ... (Girls 1600 Meter Run 4A)

Name	Yr	School	Finals
15 Frances Riley	12	Montgomery Blair	6:08.36
1:29.151 (1:29.151)	3:01.236 (1:32.085)	4:34.064 (1:32.829)	
6:08.351 (1:34.287)			
16 Amelia Rehrig	12	Bethesda-CC	6:09.30
1:28.181 (1:28.181)	3:01.743 (1:33.563)	4:37.031 (1:35.288)	
6:09.294 (1:32.264)			
17 Lauren Kuo	12	W. Churchill	6:09.63
1:27.491 (1:27.491)	2:57.836 (1:30.345)	4:33.353 (1:35.518)	
6:09.627 (1:36.274)			
18 Caroline Robertson	12	Albert Einstein	6:13.43
1:28.252 (1:28.252)	3:00.833 (1:32.582)	4:36.709 (1:35.877)	
6:13.427 (1:36.718)			
19 Meghan Chang	11	Clarksburg	6:15.34
1:28.357 (1:28.357)	3:01.498 (1:33.142)	4:38.091 (1:36.593)	
6:15.333 (1:37.243)			
20 Jessica Bowen	12	W. Churchill	6:16.01
1:28.518 (1:28.518)	3:01.649 (1:33.132)	4:38.398 (1:36.749)	
6:16.009 (1:37.612)			
21 Jaeda Woodruff	11	Wheaton	6:19.12
1:29.190 (1:29.190)	3:04.499 (1:35.310)	4:44.312 (1:39.813)	
6:19.114 (1:34.803)			
22 Brenna Henderson	11	Sherwood	6:39.97
1:29.236 (1:29.236)	3:05.782 (1:36.547)	4:51.382 (1:45.600)	
6:39.966 (1:48.584)			

Girls 3200 Meter Run 4A

5th ADV: 12:14.48 A

12:14.48 5RA Armory Advancement

Name	Yr	School	Finals
1 Charlotte Turesson	11	R. Montgomery	11:20.78A5RA
1:27.311 (1:27.311)	2:54.164 (1:26.853)	4:19.909 (1:25.745)	
5:45.920 (1:26.012)	7:10.348 (1:24.428)	8:35.075 (1:24.728)	
10:00.965 (1:25.890)	11:20.771 (1:19.807)		
2 Jenna Goldberg	12	Walter Johnson	11:26.79A5RA
1:27.080 (1:27.080)	2:53.863 (1:26.783)	4:19.621 (1:25.759)	
5:45.640 (1:26.019)	7:10.433 (1:24.793)	8:34.835 (1:24.403)	
10:01.180 (1:26.345)	11:26.786 (1:25.607)		
3 Madeleine Blaisdell	12	Walt Whitman	12:08.32A5RA
1:28.108 (1:28.108)	2:56.259 (1:28.152)	4:28.404 (1:32.145)	
6:01.881 (1:33.478)	7:34.694 (1:32.813)	9:09.130 (1:34.437)	
10:42.251 (1:33.122)	12:08.318 (1:26.067)		
4 Emmersen Weinberg	12	Walt Whitman	12:08.80A5RA
1:27.741 (1:27.741)	2:56.185 (1:28.444)	4:28.015 (1:31.830)	
6:01.510 (1:33.495)	7:34.320 (1:32.810)	9:08.844 (1:34.524)	
10:42.550 (1:33.707)	12:08.794 (1:26.244)		
5 Helena Lee	12	Northwest	12:29.56 4
1:33.418 (1:33.418)	3:04.324 (1:30.907)	4:35.550 (1:31.227)	
6:09.533 (1:33.983)	7:48.033 (1:38.500)	9:23.931 (1:35.899)	
10:59.580 (1:35.649)	12:29.556 (1:29.977)		

6 Mira Diamond-Berman	12	Montgomery Blair	12:37.08 3
1:33.179 (1:33.179)	3:04.695 (1:31.517)	4:38.755 (1:34.060)	
6:13.646 (1:34.892)	7:50.113 (1:36.467)	9:25.761 (1:35.649)	
11:02.113 (1:36.352)	12:37.076 (1:34.964)		
7 Alicia Lauwers	12	Walt Whitman	12:42.86 2
1:32.963 (1:32.963)	3:04.279 (1:31.317)	4:38.483 (1:34.204)	
6:13.006 (1:34.524)	7:49.774 (1:36.768)	9:27.854 (1:38.080)	
11:07.779 (1:39.925)	12:42.860 (1:35.082)		
8 Avery Jackson	12	Clarksburg	12:48.24 1
1:33.135 (1:33.135)	3:04.386 (1:31.252)	4:38.475 (1:34.089)	
6:13.239 (1:34.764)	7:51.781 (1:38.543)	9:34.619 (1:42.838)	
11:15.389 (1:40.770)	12:48.236 (1:32.848)		
9 Aiko Abo Dominguez	10	Bethesda-CC	12:54.14
1:33.604 (1:33.604)	3:04.976 (1:31.373)	4:38.991 (1:34.015)	
6:13.578 (1:34.587)	7:50.823 (1:37.245)	9:31.085 (1:40.263)	
11:16.198 (1:45.113)	12:54.138 (1:37.940)		
10 Camille Gagne	11	Walter Johnson	12:59.67
1:33.890 (1:33.890)	3:04.556 (1:30.667)	4:38.781 (1:34.225)	
6:13.325 (1:34.544)	7:49.800 (1:36.475)	9:29.606 (1:39.807)	
11:15.846 (1:46.240)	12:59.665 (1:43.819)		
11 Katherine Weaver	12	Walter Johnson	13:13.42
1:33.679 (1:33.679)	3:05.329 (1:31.650)	4:40.754 (1:35.425)	
6:21.359 (1:40.605)	8:04.794 (1:43.435)	9:49.163 (1:44.369)	
11:33.191 (1:44.029)	13:13.416 (1:40.225)		
12 Rachel Auerbach	12	Bethesda-CC	13:21.04
1:28.060 (1:28.060)	3:06.754 (1:38.694)	4:47.891 (1:41.138)	
6:30.065 (1:42.174)	8:08.994 (1:38.929)	9:51.955 (1:42.962)	
11:36.394 (1:44.439)	13:21.031 (1:44.638)		
13 Bridget Kelly	10	W. Churchill	13:26.02
1:28.006 (1:28.006)	3:06.950 (1:38.944)	4:48.308 (1:41.358)	
6:31.234 (1:42.927)	8:14.694 (1:43.460)	10:02.861 (1:48.168)	
11:48.606 (1:45.745)	13:26.020 (1:37.414)		
14 Daisy Merkwitz	9	Albert Einstein	13:26.81
1:28.310 (1:28.310)	3:07.123 (1:38.813)	4:48.184 (1:41.062)	
6:30.871 (1:42.688)	8:13.723 (1:42.852)	10:01.338 (1:47.615)	
11:49.418 (1:48.080)	13:26.808 (1:37.390)		
15 Maya Gottesman	9	Wootton	13:30.59
1:27.835 (1:27.835)	3:06.559 (1:38.724)	4:47.708 (1:41.149)	
6:29.991 (1:42.284)	8:10.354 (1:40.363)	10:00.368 (1:50.014)	
11:48.479 (1:48.112)	13:30.586 (1:42.108)		
16 Claire Poulson	10	Quince Orchard	13:41.79
1:32.276 (1:32.276)	3:11.585 (1:39.309)	4:53.581 (1:41.997)	
6:37.266 (1:43.685)	8:22.761 (1:45.495)	10:10.304 (1:47.543)	
11:58.295 (1:47.992)	13:41.786 (1:43.492)		
17 Natalie Horton	10	W. Churchill	13:58.25
1:29.574 (1:29.574)	3:09.273 (1:39.699)	4:53.209 (1:43.937)	
6:39.243 (1:46.034)	8:26.506 (1:47.264)	10:18.061 (1:51.555)	
12:12.178 (1:54.117)	13:58.243 (1:46.065)		
18 Emily Zanni	9	Sherwood	13:59.84
1:36.921 (1:36.921)	3:20.780 (1:43.859)	5:07.516 (1:46.737)	
6:54.389 (1:46.873)	8:41.228 (1:46.839)	10:30.446 (1:49.219)	
12:19.389 (1:48.943)	13:59.835 (1:40.447)		

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Finals ... (Girls 3200 Meter Run 4A)

Name	Yr	School	Finals
19 Marissa Harris	10	Sherwood	14:15.29
1:37.209 (1:37.209)	3:20.984 (1:43.775)	5:07.703 (1:46.719)	
6:54.865 (1:47.163)	8:42.439 (1:47.574)	10:35.164 (1:52.725)	
12:27.435 (1:52.272)	14:15.288 (1:47.853)		
20 Brenna Henderson	11	Sherwood	14:26.28
1:36.029 (1:36.029)	3:20.743 (1:44.714)	5:07.486 (1:46.744)	
6:54.638 (1:47.152)	8:43.936 (1:49.299)	10:41.618 (1:57.682)	
12:40.333 (1:58.715)	14:26.271 (1:45.939)		
21 Annika Nikhar	10	W. Churchill	14:27.71
1:29.105 (1:29.105)	3:09.836 (1:40.732)	4:53.621 (1:43.785)	
6:42.408 (1:48.787)	8:35.476 (1:53.069)	10:32.190 (1:56.714)	
12:30.285 (1:58.095)	14:27.710 (1:57.425)		

Girls 55 Meter Hurdles 4A

5th ADV: 9.45 A

9.45 5RA Armory Advancement

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 KayaRae Dunbar	12	Paint Branch	A 8.42Q5RA
2 Serena Landsman	11	W. Churchill	A 9.11Q5RA
3 Jordyn Walker	12	Springbrook	A 9.24Q5RA
4 Ruth Kamgang	12	Gaithersburg	A 9.24q 5RA
5 Mackenzie Evans	11	Northwest	A 9.29q 5RA
6 Haley Williams	11	Clarksburg	A 9.32q 5RA
7 Jasmine Williams	12	Clarksburg	9.70q
8 Danejah Kyle	11	Quince Orchard	9.91q
9 Liana Wilkinson	12	Walter Johnson	10.10
10 Jordyn Reicin	11	W. Churchill	10.11
11 Janet Rosetti	11	Northwood	10.18
12 Maya Dubensky	12	R. Montgomery	10.29
13 Makayla Bangura	11	Clarksburg	10.35
14 Gabrielle Thompson	9	Northwest	10.65
15 Sydney Morgenstern	9	Walter Johnson	10.73
16 Christina Addison	11	Gaithersburg	10.91
17 Haley Ogbemudia	12	W. Churchill	10.91
18 Antoinette Lorfilis	12	Northwest	10.92
19 Natalie Krensky	9	Walter Johnson	11.14
20 Maiev McClain	9	Springbrook	11.16
21 Anna Tovchigrechko	10	Sherwood	11.37
22 Grace Dear	12	Quince Orchard	11.54
23 Emma Palim	9	Walt Whitman	11.66
24 Ella Cooper	10	Bethesda-CC	13.32

Girls 55 Meter Hurdles 4A

5th ADV: 9.45 A

9.45 5RA Armory Advancement

Name	Yr	School	Finals
<b>Finals</b>			
1 KayaRae Dunbar	12	Paint Branch	8.40A5RA
2 Jordyn Walker	12	Springbrook	8.84A5RA
3 Serena Landsman	11	W. Churchill	8.85A5RA
4 Ruth Kamgang	12	Gaithersburg	9.18A5RA

5 Danejah Kyle	11	Quince Orchard	9.23A5RA
6 Mackenzie Evans	11	Northwest	9.26A5RA
7 Jasmine Williams	12	Clarksburg	9.47 2
--- Haley Williams	11	Clarksburg	DNF

Girls 4x200 Meter Relay 4A

5th ADV: 1:53.11 A

1:53.11 5RA Armory Advancement

Team	Relay	Finals
<b>Finals</b>		
1 Richard Montgomery		1:49.10A5RA
1) Caia Gelli 11	2) Diamond Alexander 12	
3) Arabella Eismann 11	4) Ayokami Akala 10	
26.715 (26.715)	53.809 (27.094)	1:21.510 (27.701)
1:49.092 (27.582)		
2 Northwest		1:51.31A5RA
1) Ayah Rahman 10	2) Jonaye Williams 10	
3) Mackenzie Evans 11	4) Alice Adarkwa 12	
28.397 (28.397)	55.651 (27.254)	1:23.258 (27.607)
1:51.305 (28.047)		
3 Quince Orchard		1:52.00A5RA
1) Manie Mevo 10	2) Ariane Bikim 11	
3) Danejah Kyle 11	4) Kyra Lyles 12	
29.063 (29.063)	57.170 (28.107)	1:25.616 (28.446)
1:51.999 (26.383)		
4 Springbrook		1:54.90 5
1) Alexandra Farmer 10	2) Jordyn Walker 12	
3) Hannarose Torres 11	4) Tara Felicien 10	
28.635 (28.635)	56.649 (28.014)	1:26.705 (30.056)
1:54.892 (28.187)		
5 Northwood		1:54.96 4
1) Leslie Njingang 10	2) Tayler Sherman-Kelly 10	
3) Janet Rosetti 11	4) Elizabeth Sampson 11	
29.288 (29.288)	57.970 (28.682)	1:27.735 (29.765)
1:54.952 (27.217)		
6 Gaithersburg		1:55.99 3
1) Jianna Fairfax-Wheeler 9	2) Ruth Kamgang 12	
3) Christina Addison 11	4) K.C. Ashiogwu 12	
30.340 (30.340)	58.235 (27.895)	1:28.391 (30.156)
1:55.985 (27.594)		
7 Clarksburg		1:56.33 2
1) Maila Hudson 12	2) Makayla Bangura 11	
3) Haley Williams 11	4) Jasmine Williams 12	
30.171 (30.171)	59.334 (29.163)	1:27.662 (28.328)
1:56.324 (28.662)		
8 Paint Branch		1:57.43 1
1) Princess Asante 10	2) KayaRae Dunbar 12	
3) Sharon Bille 11	4) Faith Dallo 12	
28.485 (28.485)	55.640 (27.155)	1:23.007 (27.367)
1:57.424 (34.417)		
9 Winston Churchill		1:57.46
1) Madeline Bell 11	2) Trinity Austin 11	
3) Serena Landsman 11	4) Anna Hsia 10	
29.706 (29.706)	57.837 (28.131)	1:27.451 (29.614)
1:57.454 (30.003)		

4A West Region Meet - 2/6/2020

MPSSAA Indoor Track

5th Regiment Armory

Results

Finals ... (Girls 4x200 Meter Relay 4A)

Team	Relay	Finals
10 Bethesda-Chevy Chase		1:58.48
1) Gabrielle Franklin 9	2) Dasia Cornelio 12	
3) Neva Jane Maldonado 11	4) Laila Nickelson 11	
29.910 (29.910)	58.648 (28.738)	1:28.473 (29.825)
1:58.478 (30.005)		
11 Sherwood		1:58.88
1) Lindsey Moris 12	2) Katie Kaneko 10	
3) Nicole Graham 10	4) jillian McLean 9	
30.704 (30.704)	59.877 (29.173)	1:28.811 (28.934)
1:58.878 (30.067)		
12 Thomas S. Wootton		1:59.32
1) Ashita Adarsh 10	2) Samaa Zaman 12	
3) Pamela Elubiaozor 12	4) Sydney Behrens 10	
30.509 (30.509)	1:01.523 (31.014)	1:31.375 (29.852)
1:59.315 (27.940)		
13 Walter Johnson		2:00.40
1) Gabrielle Reilly 11	2) Emma Kothari 10	
3) Emelia Isola 11	4) Mwisala Lupunga-Phillips 9	
31.059 (31.059)	1:00.585 (29.526)	1:30.492 (29.907)
2:00.396 (29.904)		
14 Walt Whitman		2:03.65
1) Maya Wiese 9	2) Grace Martin 12	
3) Rachael Lipsitz 11	4) Nethmini Perera 9	
31.254 (31.254)	1:02.153 (30.899)	1:32.600 (30.447)
2:03.650 (31.050)		
15 John F. Kennedy		2:05.99
1) Katherine Abad 8	2) Halle Gibson 11	
3) Alexa Rubio 12	4) Salmata Gueye 9	
31.951 (31.951)	1:04.477 (32.526)	1:36.282 (31.805)
2:05.982 (29.700)		
16 Albert Einstein		2:14.30
1) Ariane Leon 10	2) Ashlyana Ottey 10	
3) Angela Tzamaras 11	4) Lukabed Bati 11	
32.582 (32.582)	1:06.941 (34.359)	1:40.275 (33.334)
2:14.291 (34.016)		

Girls 4x400 Meter Relay 4A

5th ADV: 4:22.19 A

4:22.19 5RA Armory Advancement

Team	Relay	Finals
1 Gaithersburg		4:22.02A5RA
1) Jianna Fairfax-Wheeler 9	2) Ruth Kamgang 12	
3) Tori Tracey 11	4) K.C. Ashiogwu 12	
1:03.861 (1:03.861)	2:09.440 (1:05.579)	3:15.380 (1:05.940)
4:22.011 (1:06.631)		
2 Richard Montgomery		4:22.62 8
1) Caia Gelli 11	2) Cate Christopher 9	
3) Sierra Stubbs 10	4) Diamond Alexander 12	
1:00.866 (1:00.866)	2:08.111 (1:07.245)	3:15.647 (1:07.536)
4:22.619 (1:06.972)		

3 Northwood		4:22.94 6
1) Olivia Rosemond 10	2) Janet Rosetti 11	
3) Elizabeth Sampson 11	4) Anaiya Bobo 11	
1:05.459 (1:05.459)	2:13.497 (1:08.038)	3:17.043 (1:03.546)
4:22.938 (1:05.895)		
4 Northwest		4:28.11 5
1) Annabel Dulaney 12	2) Baylee Seabolt-Wilbanks 9	
3) Mackenzie Evans 11	4) Alice Adarkwa 12	
1:06.469 (1:06.469)	2:14.009 (1:07.540)	3:19.495 (1:05.486)
4:28.105 (1:08.610)		
5 Walter Johnson		4:29.67 4
1) Gabrielle Reilly 11	2) Liana Wilkinson 12	
3) Emma Kothari 10	4) Jessica Zito 11	
1:09.026 (1:09.026)	2:15.520 (1:06.494)	3:22.230 (1:06.710)
4:29.670 (1:07.440)		
6 Clarksburg		4:31.68 3
1) Haley Williams 11	2) Jasmine Williams 12	
3) Avery Jackson 12	4) Joelle Sadd 11	
1:08.613 (1:08.613)	2:18.931 (1:10.318)	3:24.700 (1:05.769)
4:31.671 (1:06.971)		
7 Bethesda-Chevy Chase		4:32.84 2
1) Neva Jane Maldonado 11	2) Juliana Capizzi 11	
3) Gabrielle Franklin 9	4) Fiona Kelleher 12	
1:08.701 (1:08.701)	2:15.964 (1:07.263)	3:25.180 (1:09.216)
4:32.839 (1:07.659)		
8 Walt Whitman		4:33.48 1
1) Leeza Landy 12	2) Saira Rathod 12	
3) Maya Wiese 9	4) Caroline Snyder 12	
1:09.064 (1:09.064)	2:15.944 (1:06.880)	3:24.460 (1:08.516)
4:33.472 (1:09.012)		
9 Paint Branch		4:35.46
1) Princess Asante 10	2) Ayana Khan 12	
3) Catherine Rodriquez 11	4) Faith Dallo 12	
1:06.285 (1:06.285)	2:14.954 (1:08.669)	3:26.011 (1:11.057)
4:35.459 (1:09.448)		
10 Springbrook		4:38.17
1) Tara Felicien 10	2) Maiev McClain 9	
3) Kayla Handley 9	4) Alexandra Farmer 10	
1:07.094 (1:07.094)	2:17.221 (1:10.127)	3:29.624 (1:12.403)
4:38.162 (1:08.538)		
11 Sherwood		4:38.82
1) Nicole Graham 10	2) Anna Tovchigrechko 10	
3) jillian McLean 9	4) Katie Kaneko 10	
1:08.551 (1:08.551)	2:21.636 (1:13.085)	3:32.922 (1:11.286)
4:38.817 (1:05.895)		
12 Quince Orchard		4:42.79
1) Manie Mevo 10	2) Jaylen Panjehshani 10	
3) Maeve Smith 12	4) Vaishnavi Iyer 11	
1:07.547 (1:07.547)	2:18.942 (1:11.395)	3:32.456 (1:13.514)
4:42.785 (1:10.329)		
13 Winston Churchill		4:43.52
1) Trinity Austin 11	2) Kaylan Fagan 11	
3) Elizabeth Baggett 10	4) Peri Nelson 9	
1:08.796 (1:08.796)	2:18.639 (1:09.843)	3:30.507 (1:11.868)
4:43.517 (1:13.010)		

4A West Region Meet - 2/6/2020

MPSSAA Indoor Track

5th Regiment Armory

Results

Finals ... (Girls 4x400 Meter Relay 4A)

Team	Relay	Finals
14 Wheaton		4:49.46
1) Alyssa Poawui 12	2) Phoebe Whaling 12	
3) Hanna Wosenu 10	4) Ruth Wosenu 11	
1:14.031 (1:14.031)	2:23.626 (1:09.595)	3:35.734 (1:12.108)
4:49.460 (1:13.726)		
15 Montgomery Blair		4:54.78
1) Isabella Graham 9	2) Kate Meuse 12	
3) Lillian Wall 10	4) Quanell Kitchen 12	
1:11.600 (1:11.600)	2:24.522 (1:12.922)	3:40.068 (1:15.546)
4:54.780 (1:14.712)		
16 Albert Einstein		5:02.27
1) Ariane Leon 10	2) Lukabed Bati 11	
3) Caroline Robertson 12	4) Angela Tzamaras 11	
1:12.098 (1:12.098)	2:30.709 (1:18.611)	3:48.813 (1:18.104)
5:02.262 (1:13.449)		

Girls 4x800 Meter Relay 4A

5th ADV: 10:23.12 A

10:23.12 5RA Armory Advancement

Team	Relay	Finals
1 Northwest		10:13.07A5RA
1) Annabel Dulaney 12	2) Helena Lee 12	
3) Baylee Seabolt-Wilbanks 9	4) Noelle Hailu 10	
2:37.076 (2:37.076)	5:07.941 (2:30.865)	7:46.752 (2:38.812)
10:13.063 (2:26.312)		
2 Walter Johnson		10:18.29A5RA
1) Ella Gaul 11	2) Jenna Goldberg 12	
3) Isabelle Senfaute 10	4) Jessica Zito 11	
2:33.057 (2:33.057)	5:11.033 (2:37.977)	7:43.181 (2:32.148)
10:18.281 (2:35.100)		
3 Bethesda-Chevy Chase		10:23.52 6
1) Fiona Kelleher 12	2) Juliana Capizzi 11	
3) Amelia Rehrig 12	4) Neva Jane Maldonado 11	
2:32.563 (2:32.563)	5:06.333 (2:33.770)	7:46.263 (2:39.930)
10:23.512 (2:37.249)		
4 Walt Whitman		10:33.39 5
1) Isabella Bravo 12	2) Elizabeth Sklaire 12	
3) Madeleine Blaisdell 12	4) Leeza Landy 12	
2:36.205 (2:36.205)	5:11.820 (2:35.615)	7:50.903 (2:39.084)
10:33.383 (2:42.480)		
5 Montgomery Blair		11:06.36 4
1) Samantha Rodriguez 10	2) Melina Worthington 12	
3) Sofia Roehrig 10	4) Iris Montgomery 9	
2:43.542 (2:43.542)	5:24.106 (2:40.564)	8:22.505 (2:58.399)
11:06.351 (2:43.847)		
6 Winston Churchill		11:08.47 3
1) Kaylan Fagan 11	2) Elizabeth Baggett 10	
3) MaryElena Morales 9	4) Joanna Morales 9	
2:42.636 (2:42.636)	5:25.332 (2:42.697)	8:12.891 (2:47.559)
11:08.461 (2:55.570)		

7 Clarksburg		11:09.86 2
1) Joelle Sadd 11	2) Natalia Sartor 10	
3) Meghan Chang 11	4) Sarah Ambrozak 11	
2:46.606 (2:46.606)	5:29.998 (2:43.393)	8:13.718 (2:43.720)
11:09.860 (2:56.142)		
8 Wheaton		11:50.49 1
1) Nadia Velasco 11	2) Meghan Tekelenburg 10	
3) Phoebe Whaling 12	4) Tsige Solomon 12	
2:47.920 (2:47.920)	5:53.180 (3:05.260)	8:54.648 (3:01.469)
11:50.490 (2:55.842)		
9 Sherwood		12:02.47
1) Brenna Henderson 11	2) Marissa Harris 10	
3) Corinne Wasson 9	4) Emily Zanni 9	
2:53.362 (2:53.362)	5:54.877 (3:01.515)	8:57.973 (3:03.097)
12:02.461 (3:04.488)		
10 John F. Kennedy		12:28.77
1) Ablavi Modjinou 11	2) Amari Bangura 11	
3) Melani Fernandez 8	4) Alexa Rubio 12	
3:13.985 (3:13.985)	6:11.307 (2:57.323)	9:24.525 (3:13.218)
12:28.762 (3:04.238)		
--- Quince Orchard		DNF
1) Claire Poulson 10	2) Vaishnavi Iyer 11	
3) Jaylen Panjehshani 10	4) Grace Dear 12	
2:49.966 (2:49.966)	5:50.483 (3:00.518)	

Girls High Jump 4A

5th ADV: 4-06 A

4-06.00 5RA Armory Advancement

Name	Yr	School	Finals
1 Madison Depry	12	Wheaton	5-04.00A5RA
2 Ariane Bikim	11	Quince Orchard	5-02.00A5RA
3 Alice Adarkwa	12	Northwest	5-00.00A5RA
4 Kendall Davis	11	Northwest	4-08.00A5RA
4 Dina Mohseni	10	W. Churchill	4-08.00A5RA
6 Maeve Smith	12	Quince Orchard	4-08.00A5RA
6 Halle Troadec	11	Wootton	4-08.00A5RA
8 Ella Ready	10	Bethesda-CC	4-08.00A5RA
9 Liana Wilkinson	12	Walter Johnson	4-06.00A5RA
10 Ruth Wosenu	11	Wheaton	4-04.00
11 Madeleine McCollum	12	Bethesda-CC	4-04.00
12 Najah Alfaro	11	Clarksburg	4-02.00
12 Lindsey Faucher	12	Quince Orchard	4-02.00
--- Halima Thomas	11	Clarksburg	NH
--- Connie Spiess	11	Clarksburg	NH

Girls Pole Vault 4A

5th ADV: 7-10 A

7-10.00 5RA Armory Advancement

Name	Yr	School	Finals
1 Shayna Allentoff	11	Northwest	6-06.00 10
2 Abreille Basembe	11	Gaithersburg	6-06.00 8

4A West Region Meet - 2/6/2020

MPSSAA Indoor Track

5th Regiment Armory

Results

Girls Shot Put 4A

5th ADV: 33-03 A

33-03.00 5RA Armory Advancement

Name	Yr	School	Finals
<b>Finals</b>			
1	Cemara Collins	11 Northwood	36-02.00A5RA
2	Nadia Dennis	11 Paint Branch	33-09.50A5RA
3	Maureen Leintu	10 Northwest	33-02.00 6
4	Abreille Basembe	11 Gaithersburg	31-05.50 5
5	Elena Grant	11 Bethesda-CC	30-07.50 4
6	Ayana Antoine	12 Sherwood	29-04.00 3
7	Synclaire Williams-Ridley	9 Springbrook	29-01.50 2
8	Esmeralda Paul	11 Wheaton	28-10.50 1
9	Sienna Bridges	11 Northwest	28-06.00
10	Maysa Dieng	10 Clarksburg	27-11.50
11	Princella Allieu	12 R. Montgomery	27-01.50
12	Mikayla Downs	10 Paint Branch	24-11.50
13	Chelsea Nkwazema	10 Paint Branch	24-09.00
14	Hailey Beard	11 Quince Orchard	24-06.00
15	Rera Ibraheem	11 W. Churchill	23-08.00
16	Logan Turner-mannix	12 R. Montgomery	23-03.00
17	Ashley Alarcon Peraza	10 W. Churchill	22-11.00
18	Gabrielle Rowe	9 Springbrook	22-09.00
19	Lusi Veveiros	10 W. Churchill	22-08.00
20	Amina Cedeno	10 Quince Orchard	22-03.50
21	Amelia Ferguson	11 Bethesda-CC	21-09.00
22	Ryan Reeves	10 R. Montgomery	21-08.50
23	Aliyyah Roberson	10 Northwood	21-04.00

Boys 55 Meter Dash 4A

5th ADV: 6.85 A

6.85 5RA Armory Advancement

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Alonzo McBryde	12 Paint Branch	A 6.47Q5RA
2	Jaeden Burke	12 Paint Branch	A 6.69Q5RA
3	Chukwumdi Osuji	12 Paint Branch	A 6.70Q5RA
4	Joseph Bruno	12 Northwest	A 6.72q 5RA
5	Wilson Tabi	12 Springbrook	A 6.84q 5RA
6	Noah Enyeji	11 Clarksburg	6.91q
7	Rafael Perez German	12 Wheaton	6.95q
8	Nicholas Williams	12 Walter Johnson	6.96q
9	Solomon Adeoti	12 Walt Whitman	7.02
10	Anthony Gontonwon	12 Gaithersburg	7.03
11	Eddie Dumas III	12 Sherwood	7.05
12	Fernando Ibarra	10 Walter Johnson	7.06
12	Jason Kennedy	10 Springbrook	7.06
14	Alex Estevadeordal	12 W. Churchill	7.07
15	Amir Kane	12 Bethesda-CC	7.08
16	Jacob DM Kamara	12 Sherwood	7.08
17	Zachary Walker-Liang	12 Bethesda-CC	7.13
18	Jaylon Bennett	12 Quince Orchard	7.17
19	Andrew Ratcliff	12 Wootton	7.18

20	David Mishkin	12 W. Churchill	7.18
21	Antoinne Fair	10 John F. Kennedy	7.20
22	Christopher Watkins	12 Montgomery Blair	7.22
23	Hazael Magino	10 Walter Johnson	7.29

Boys 55 Meter Dash 4A

5th ADV: 6.85 A

6.85 5RA Armory Advancement

Name	Yr	School	Finals
<b>Finals</b>			
1	Alonzo McBryde	12 Paint Branch	6.49A5RA
2	Jaeden Burke	12 Paint Branch	6.65A5RA
3	Chukwumdi Osuji	12 Paint Branch	6.67A5RA
4	Joseph Bruno	12 Northwest	6.68A5RA
5	Nicholas Williams	12 Walter Johnson	6.77A5RA
6	Rafael Perez German	12 Wheaton	6.80A5RA
7	Wilson Tabi	12 Springbrook	6.83A5RA
8	Noah Enyeji	11 Clarksburg	7.10 1

Boys 300 Meter Dash 4A

5th ADV: 38.36 A

38.36 5RA Armory Advancement

Name	Yr	School	Finals
<b>Finals</b>			
1	Chukwumdi Osuji	12 Paint Branch	37.60A5RA
			12.240 (12.240)
2	Joseph Bruno	12 Northwest	37.78A5RA
			12.320 (12.320)
3	Jaeden Burke	12 Paint Branch	37.79A5RA
			12.610 (12.610)
4	David Livingstone	11 Springbrook	37.91A5RA
			12.426 (12.426) 37.903 (25.477)
5	Wilson Tabi	12 Springbrook	38.49 4
			12.507 (12.507) 38.486 (25.979)
6	Zachary Babers	11 W. Churchill	38.56 3
			13.021 (13.021)
7	Yasin Abdur Rahim	12 Northwood	38.59 2
			12.619 (12.619) 38.588 (25.969)
8	Devasziaye Coston	10 Clarksburg	39.10 1
			12.815 (12.815) 39.097 (26.282)
9	Nathaniel Mesy	12 Northwest	39.67
			13.192 (13.192) 39.670 (26.478)
10	Fernando Ibarra	10 Walter Johnson	39.81
			13.359 (13.359) 39.801 (26.442)
11	Liam Volz	10 Montgomery Blair	40.17
			12.788 (12.788) 40.165 (27.378)
12	Anthony Gontonwon	12 Gaithersburg	40.19
			12.963 (12.963) 40.184 (27.222)
13	Nicholas Williams	12 Walter Johnson	40.27
			13.117 (13.117) 40.263 (27.146)
14	Myles Hunter	12 Paint Branch	40.34
			13.121 (13.121) 40.336 (27.215)
15	Gordy Philogene	10 Springbrook	40.84
			13.688 (13.688) 40.840 (27.152)

4A West Region Meet - 2/6/2020

MPSSAA Indoor Track  
5th Regiment Armory

Results

**Finals ... (Boys 300 Meter Dash 4A)**

Name	Yr	School	Finals
16 Jonah Petty	10	R. Montgomery	40.89
			13.801 (13.801) 40.886 (27.085)
17 Ayman Ahmad	10	Sherwood	41.20
			13.304 (13.304) 41.191 (27.887)
18 David Mishkin	12	W. Churchill	41.54
			13.400 (13.400) 41.536 (28.136)
19 Antoine Fair	10	John F. Kennedy	42.04
			12.743 (12.743) 42.036 (29.293)
20 Lucas Boiteux	10	Walter Johnson	42.50
			13.986 (13.986) 42.500 (28.515)
--- Daniel Parry	10	Clarksburg	DNF
			13.251 (13.251)

**Boys 500 Meter Run 4A**  
5th ADV: 1:10.65 A  
1:10.65 5RA Armory Advancement

Name	Yr	School	Finals
1 Avery Arizpe	12	R. Montgomery	1:09.35A5RA
			13.566 (13.566) 40.218 (26.652) 1:09.346 (29.128)
2 Seydi Sall	12	R. Montgomery	1:10.17A5RA
			13.680 (13.680) 41.834 (28.154) 1:10.161 (28.327)
3 Yasin Abdur Rahim	12	Northwood	1:10.82 6
			13.779 (13.779) 41.884 (28.105) 1:10.818 (28.934)
4 Nsereko Kiwalabye	12	Paint Branch	1:11.11 5
			13.635 (13.635) 41.467 (27.832) 1:11.110 (29.643)
5 Johan Deyonou	12	Northwood	1:12.04 4
			13.888 (13.888) 42.120 (28.232) 1:12.033 (29.913)
6 Nna Oranubu	12	Walter Johnson	1:12.15 3
			13.348 (13.348) 41.224 (27.876) 1:12.147 (30.923)
7 Nathaniel Mesy	12	Northwest	1:12.47 2
			13.940 (13.940) 42.758 (28.818) 1:12.464 (29.706)
8 Noah Turner	11	R. Montgomery	1:12.77 1
			14.075 (14.075) 42.553 (28.478) 1:12.761 (30.208)
9 Arjun Akwei	12	Bethesda-CC	1:12.82
			13.248 (13.248) 41.664 (28.416) 1:12.814 (31.150)
10 Noah Eneyeji	11	Clarksburg	1:13.40
			13.412 (13.412) 40.887 (27.475) 1:13.392 (32.505)
11 Bryant Ndongmo	12	Clarksburg	1:14.54
			13.585 (13.585) 41.948 (28.363) 1:14.534 (32.586)
12 Enoch Agbodjogbe	12	Montgomery Blair	1:16.02
			13.414 (13.414) 42.499 (29.085) 1:16.020 (33.521)
13 Gavin Sisler	11	Bethesda-CC	1:16.31
			14.387 (14.387) 44.458 (30.071) 1:16.306 (31.848)
14 Ronald Chomnou	11	Springbrook	1:16.68
			13.717 (13.717) 42.710 (28.993) 1:16.672 (33.962)
15 Joshua Mwepu	11	Quince Orchard	1:17.35
			13.667 (13.667) 42.034 (28.367) 1:17.346 (35.312)
16 David Gross	11	W. Churchill	1:17.88
			14.220 (14.220) 44.143 (29.923) 1:17.873 (33.730)
17 Brian Dwyer	10	Quince Orchard	1:20.04
			14.715 (14.715) 46.154 (31.439) 1:20.036 (33.882)

18 Peter Korenko	12	Quince Orchard	1:22.53
			14.642 (14.642) 46.762 (32.120) 1:22.529 (35.767)
<b>Boys 800 Meter Run 4A</b>			
5th ADV: 2:06.75 A			
2:06.75 5RA Armory Advancement			
Name	Yr	School	Finals
<b>Finals</b>			
1 Aidan Goldenberg-Hart	12	R. Montgomery	2:04.86A5RA
			1:01.234 (1:01.234) 2:04.855 (1:03.621)
2 Lamine Fofana	12	Northwood	2:04.89A5RA
			1:00.972 (1:00.972) 2:04.882 (1:03.910)
3 Yabsira Gugsu	12	Paint Branch	2:05.25A5RA
			1:01.494 (1:01.494) 2:05.242 (1:03.748)
4 Sadou Sow	10	Gaithersburg	2:05.28A5RA
			1:01.728 (1:01.728) 2:05.271 (1:03.543)
5 Joel Simpson	11	Montgomery Blair	2:05.43A5RA
			1:02.604 (1:02.604) 2:05.421 (1:02.817)
6 Max Worley	12	Montgomery Blair	2:06.42A5RA
			1:02.673 (1:02.673) 2:06.417 (1:03.744)
7 Ryan Temple	12	Montgomery Blair	2:06.94 2
			1:00.968 (1:00.968) 2:06.934 (1:05.966)
8 Elias Applebaum	11	R. Montgomery	2:07.02 1
			1:02.304 (1:02.304) 2:07.016 (1:04.712)
9 Yariv Simhony	10	Walter Johnson	2:07.44
			1:03.438 (1:03.438) 2:07.432 (1:03.994)
10 Logan Cook	12	Springbrook	2:08.31
			1:03.367 (1:03.367) 2:08.302 (1:04.935)
11 Eric Gomez	11	Springbrook	2:08.61
			1:02.976 (1:02.976) 2:08.609 (1:05.633)
12 Alex Scott	11	Walter Johnson	2:08.68
			1:03.201 (1:03.201) 2:08.678 (1:05.477)
13 Natnel Tiroro	12	Wheaton	2:10.56
			1:03.912 (1:03.912) 2:10.559 (1:06.647)
14 Andrew Nealis	11	Bethesda-CC	2:12.58
			1:03.610 (1:03.610) 2:12.573 (1:08.963)
15 Surafel Mengist	12	Springbrook	2:12.81
			1:03.535 (1:03.535) 2:12.803 (1:09.268)
16 Andrew Misura	12	W. Churchill	2:13.06
			1:04.670 (1:04.670) 2:13.053 (1:08.383)
17 Timothy Boyce	11	Northwood	2:13.80
			1:03.416 (1:03.416) 2:13.797 (1:10.381)
18 James Friebert	12	Bethesda-CC	2:14.40
			1:03.928 (1:03.928) 2:14.393 (1:10.465)
19 Andrew Schell	10	Walter Johnson	2:16.16
			1:06.727 (1:06.727) 2:16.151 (1:09.424)
20 Alvin Okutoi	11	Paint Branch	2:16.46
			1:06.322 (1:06.322) 2:16.454 (1:10.132)
21 Sam Eig	12	Clarksburg	2:17.73
			1:06.936 (1:06.936) 2:17.729 (1:10.793)
22 Griffin Beckley	10	Walt Whitman	2:19.74
			1:07.548 (1:07.548) 2:19.740 (1:12.192)
23 Roger Arias	11	Northwest	2:27.63
			1:06.263 (1:06.263) 2:27.624 (1:21.361)



4A West Region Meet - 2/6/2020

MPSSAA Indoor Track

5th Regiment Armory

Results

Boys 1600 Meter Run 4A

5th ADV: 4:42.22 A

4:42.22 5RA Armory Advancement

Name	Yr	School	Finals
<b>Finals</b>			
1 Aidan Goldenberg-Hart	12	R. Montgomery	4:42.46 10
1:10.714 (1:10.714)	2:22.783 (1:12.069)	3:34.925 (1:12.143)	
4:42.456 (1:07.532)			
2 Ayalew Fantaw	12	Northwood	4:42.76 8
1:11.670 (1:11.670)	2:22.645 (1:10.975)	3:35.224 (1:12.579)	
4:42.756 (1:07.533)			
3 Elias Applebaum	11	R. Montgomery	4:43.16 6
1:11.043 (1:11.043)	2:22.769 (1:11.727)	3:35.518 (1:12.749)	
4:43.160 (1:07.643)			
4 Sam Eig	12	Clarksburg	4:43.57 5
1:11.233 (1:11.233)	2:23.011 (1:11.779)	3:35.684 (1:12.673)	
4:43.565 (1:07.882)			
5 Eric Gomez	11	Springbrook	4:46.79 4
1:12.193 (1:12.193)	2:23.800 (1:11.608)	3:35.793 (1:11.993)	
4:46.783 (1:10.990)			
6 Henok Eshetu	12	Northwood	4:47.54 3
1:10.349 (1:10.349)	2:22.406 (1:12.058)	3:35.333 (1:12.927)	
4:47.538 (1:12.205)			
7 Sadou Sow	10	Gaithersburg	4:47.96 2
1:11.781 (1:11.781)	2:23.265 (1:11.484)	3:36.075 (1:12.810)	
4:47.960 (1:11.885)			
8 Henry Burd	10	W. Churchill	4:48.75 1
1:11.790 (1:11.790)	2:23.671 (1:11.882)	3:36.530 (1:12.859)	
4:48.743 (1:12.213)			
9 Levi Bryant	11	Albert Einstein	4:50.44
1:11.815 (1:11.815)	2:23.356 (1:11.542)	3:36.470 (1:13.114)	
4:50.439 (1:13.969)			
10 Jeriel Williams	10	Springbrook	4:54.09
1:09.525 (1:09.525)	2:24.571 (1:15.047)	3:38.860 (1:14.289)	
4:54.089 (1:15.229)			
11 Vincent Bonsby	11	Sherwood	4:56.27
1:10.640 (1:10.640)	2:25.464 (1:14.824)	3:43.259 (1:17.795)	
4:56.263 (1:13.004)			
12 Nathaniel Gray	12	Walter Johnson	4:56.40
1:11.335 (1:11.335)	2:26.643 (1:15.308)	3:42.880 (1:16.238)	
4:56.395 (1:13.515)			
13 Yohannes Legesse	11	Montgomery Blair	4:56.49
1:10.793 (1:10.793)	2:26.230 (1:15.438)	3:43.641 (1:17.412)	
4:56.485 (1:12.844)			
14 Nico Altamar	12	Bethesda-CC	4:57.23
1:10.326 (1:10.326)	2:24.359 (1:14.033)	3:40.108 (1:15.749)	
4:57.230 (1:17.123)			
15 James Friebert	12	Bethesda-CC	4:59.69
1:11.171 (1:11.171)	2:26.581 (1:15.410)	3:44.213 (1:17.632)	
4:59.685 (1:15.473)			
16 Andrew Misura	12	W. Churchill	5:02.49
1:10.879 (1:10.879)	2:25.776 (1:14.898)	3:43.985 (1:18.209)	
5:02.484 (1:18.499)			

17 Jonathan Fontek	12 Quince Orchard	5:03.55
1:12.179 (1:12.179)	2:29.640 (1:17.462)	3:49.524 (1:19.884)
5:03.546 (1:14.023)		
18 Eamon Plante	12 Sherwood	5:05.72
1:11.345 (1:11.345)	2:27.413 (1:16.068)	3:48.443 (1:21.030)
5:05.719 (1:17.277)		
19 Jacob Marks	12 Walter Johnson	5:06.84
1:11.486 (1:11.486)	2:24.131 (1:12.645)	3:40.535 (1:16.404)
5:06.839 (1:26.304)		
20 Griffin Beckley	10 Walt Whitman	5:18.99
1:12.648 (1:12.648)	2:30.741 (1:18.094)	3:54.334 (1:23.593)
5:18.986 (1:24.653)		

Boys 3200 Meter Run 4A

5th ADV: 10:18.21 A

10:18.21 5RA Armory Advancement

Name	Yr	School	Finals
<b>Finals</b>			
1 Surafel Mengist	12	Springbrook	10:03.82A5RA
1:19.641 (1:19.641)	2:34.450 (1:14.809)	3:50.078 (1:15.628)	
5:06.549 (1:16.472)	6:22.296 (1:15.748)	7:37.424 (1:15.128)	
8:49.660 (1:12.237)	10:03.815 (1:14.155)		
2 Andrew Schell	10	Walter Johnson	10:05.00A5RA
1:19.475 (1:19.475)	2:34.981 (1:15.507)	3:50.081 (1:15.100)	
5:06.196 (1:16.115)	6:21.994 (1:15.798)	7:37.191 (1:15.198)	
8:53.135 (1:15.944)	10:04.996 (1:11.862)		
3 Gabriel Worthington	12	Montgomery Blair	10:09.64A5RA
1:18.455 (1:18.455)	2:33.546 (1:15.092)	3:49.455 (1:15.909)	
5:06.043 (1:16.588)	6:22.874 (1:16.832)	7:39.019 (1:16.145)	
8:57.151 (1:18.133)	10:09.640 (1:12.489)		
4 Sean Enright	12	Sherwood	10:11.12A5RA
1:18.155 (1:18.155)	2:33.164 (1:15.009)	3:49.174 (1:16.010)	
5:05.598 (1:16.424)	6:22.608 (1:17.010)	7:38.974 (1:16.367)	
8:56.620 (1:17.647)	10:11.120 (1:14.500)		
5 Lamar Wilson	10	Northwood	10:13.65A5RA
1:09.371 (1:09.371)	2:25.681 (1:16.310)	3:42.874 (1:17.193)	
5:00.715 (1:17.842)	6:19.007 (1:18.293)	7:39.814 (1:20.807)	
8:54.797 (1:14.984)	10:13.649 (1:18.852)		
6 Henok Eshetu	12	Northwood	10:14.08A5RA
1:19.696 (1:19.696)	2:34.193 (1:14.497)	3:49.830 (1:15.638)	
5:05.646 (1:15.817)	6:22.545 (1:16.899)	7:38.246 (1:15.702)	
8:56.783 (1:18.537)	10:14.071 (1:17.289)		
7 Adam Morad	11	Walter Johnson	10:14.21A5RA
1:19.009 (1:19.009)	2:33.898 (1:14.889)	3:50.543 (1:16.645)	
5:07.021 (1:16.479)	6:23.864 (1:16.843)	7:42.771 (1:18.908)	
9:02.151 (1:19.380)	10:14.204 (1:12.053)		
8 Lucas Corea	10	R. Montgomery	10:15.76A5RA
1:19.849 (1:19.849)	2:34.699 (1:14.850)	3:50.395 (1:15.697)	
5:06.894 (1:16.499)	6:23.183 (1:16.289)	7:40.918 (1:17.735)	
9:00.894 (1:19.977)	10:15.751 (1:14.858)		
9 Jackson Megary	10	Walt Whitman	10:15.99A5RA
1:19.209 (1:19.209)	2:34.739 (1:15.530)	3:50.241 (1:15.503)	
5:06.336 (1:16.095)	6:22.013 (1:15.677)	7:39.338 (1:17.325)	
9:01.044 (1:21.707)	10:15.986 (1:14.943)		

4A West Region Meet - 2/6/2020

MPSSAA Indoor Track  
5th Regiment Armory

Results

Finals ... (Boys 3200 Meter Run 4A)

Name	Yr	School	Finals
10 Jake McCarty	11	Bethesda-CC	10:17.51A5RA
1:19.215 (1:19.215)	2:34.625 (1:15.410)	3:51.546 (1:16.922)	
5:09.026 (1:17.480)	6:26.620 (1:17.594)	7:44.673 (1:18.053)	
9:03.488 (1:18.815)	10:17.506 (1:14.019)		
11 Hayrenzy Redi Hassen	11	Springbrook	10:20.13
1:11.840 (1:11.840)	2:29.425 (1:17.585)	3:48.366 (1:18.942)	
5:06.374 (1:18.008)	6:23.992 (1:17.619)	7:42.604 (1:18.612)	
9:05.082 (1:22.479)	10:20.124 (1:15.042)		
12 Seth Bangser	12	Walter Johnson	10:20.16
1:19.581 (1:19.581)	2:35.039 (1:15.458)	3:50.776 (1:15.738)	
5:07.454 (1:16.678)	6:24.530 (1:17.077)	7:44.331 (1:19.802)	
9:04.784 (1:20.453)	10:20.156 (1:15.373)		
13 Yosef Tsigie	11	Paint Branch	10:25.30
1:12.306 (1:12.306)	2:29.275 (1:16.969)	3:46.206 (1:16.932)	
5:04.891 (1:18.685)	6:24.257 (1:19.367)	7:42.476 (1:18.219)	
9:04.975 (1:22.499)	10:25.299 (1:20.324)		
14 Jose Ramirez	10	Gaithersburg	10:28.72
1:10.920 (1:10.920)	2:28.866 (1:17.947)	3:48.922 (1:20.057)	
5:10.399 (1:21.477)	6:32.806 (1:22.408)	7:54.876 (1:22.070)	
9:17.737 (1:22.862)	10:28.717 (1:10.980)		
15 Nathan Temesgen	11	Springbrook	10:29.82
1:11.524 (1:11.524)	2:29.296 (1:17.773)	3:48.286 (1:18.990)	
5:07.854 (1:19.568)	6:29.606 (1:21.753)	7:53.859 (1:24.253)	
9:16.569 (1:22.710)	10:29.817 (1:13.249)		
16 Esrom Weldegiorgis	12	Montgomery Blair	10:30.09
1:09.949 (1:09.949)	2:26.770 (1:16.822)	3:45.405 (1:18.635)	
5:04.589 (1:19.184)	6:24.721 (1:20.133)	7:45.789 (1:21.068)	
9:09.337 (1:23.549)	10:30.085 (1:20.748)		
17 Noah Fisher	9	R. Montgomery	10:36.26
1:12.111 (1:12.111)	2:28.926 (1:16.815)	3:48.550 (1:19.624)	
5:09.419 (1:20.869)	6:32.240 (1:22.822)	7:55.527 (1:23.288)	
9:19.897 (1:24.370)	10:36.260 (1:16.363)		
18 Kuma Demisse	10	Paint Branch	10:37.87
1:19.921 (1:19.921)	2:35.789 (1:15.868)	3:52.088 (1:16.299)	
5:09.399 (1:17.312)	6:29.038 (1:19.639)	7:51.270 (1:22.233)	
9:15.279 (1:24.009)	10:37.861 (1:22.583)		
19 Sam Eig	12	Clarksburg	10:39.13
1:20.221 (1:20.221)	2:37.068 (1:16.847)	3:55.364 (1:18.297)	
5:15.629 (1:20.265)	6:36.773 (1:21.144)	7:58.886 (1:22.114)	
9:20.246 (1:21.360)	10:39.129 (1:18.883)		
20 Jeremy Simon	10	Bethesda-CC	10:41.24
1:10.416 (1:10.416)	2:28.787 (1:18.372)	3:48.050 (1:19.263)	
5:10.006 (1:21.957)	6:31.665 (1:21.659)	7:55.916 (1:24.252)	
9:20.325 (1:24.409)	10:41.234 (1:20.909)		
21 Lewis Sisler	11	Bethesda-CC	10:42.18
1:13.004 (1:13.004)	2:30.190 (1:17.187)	3:49.137 (1:18.948)	
5:11.011 (1:21.874)	6:33.342 (1:22.332)	7:56.957 (1:23.615)	
9:19.234 (1:22.277)	10:42.171 (1:22.938)		
22 Benjamin Strauch	12	W. Churchill	11:25.10
1:13.355 (1:13.355)	2:30.864 (1:17.509)	3:53.807 (1:22.944)	
5:20.462 (1:26.655)	6:48.789 (1:28.327)	8:19.207 (1:30.419)	
9:51.805 (1:32.598)	11:25.096 (1:33.292)		

Boys 55 Meter Hurdles 4A

5th ADV: 8.44 A

8.44 5RA Armory Advancement

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Julian Smith	12	Paint Branch	A 8.14Q5RA
2 Ajuani Hall	12	Paint Branch	A 8.24Q5RA
3 Eric Kim	11	Northwest	A 8.29Q5RA
4 Darius Lorfils	10	Northwest	A 8.35q 5RA
5 Isiah Williams	12	Northwest	8.62q
6 Jared Obispo	11	Springbrook	8.71q
7 Jabari Clarke	11	Clarksburg	8.74q
8 Hazael Magino	10	Walter Johnson	8.80q
9 Christian Logan	12	Springbrook	8.85
10 Xavier Holmes	12	Clarksburg	8.92
11 William Stephenson	11	R. Montgomery	9.01
12 Kenny Monroe	10	Clarksburg	9.13
13 Kai Walter	12	Walter Johnson	9.37
14 Matthew Humphries	10	W. Churchill	9.60
15 Mutahir Abbasi	12	R. Montgomery	9.84
16 Noah Altamar	10	Bethesda-CC	10.05
17 Calvin Le	12	Sherwood	10.08
18 Nush Gai	12	Quince Orchard	10.09
19 Malcolm Martin	12	Quince Orchard	10.09
20 Owen Recklaus	11	R. Montgomery	10.20
21 Sidney Flumbaum	11	Walter Johnson	10.47
22 Jemal Beshir	10	Wheaton	10.50

Boys 55 Meter Hurdles 4A

5th ADV: 8.44 A

8.44 5RA Armory Advancement

Name	Yr	School	Finals
<b>Finals</b>			
1 Ajuani Hall	12	Paint Branch	8.04A5RA
2 Julian Smith	12	Paint Branch	8.06A5RA
3 Eric Kim	11	Northwest	8.19A5RA
4 Isiah Williams	12	Northwest	8.25A5RA
5 Darius Lorfils	10	Northwest	8.47 4
6 Jared Obispo	11	Springbrook	8.47 3
7 Hazael Magino	10	Walter Johnson	8.64 2
8 Jabari Clarke	11	Clarksburg	8.81 1

Boys 4x200 Meter Relay 4A

5th ADV: 1:38.72 A

1:38.72 5RA Armory Advancement

Team	Relay	Finals
<b>Finals</b>		
1 Paint Branch		1:35.28A5RA
1) Jaeden Burke 12	2) Alonzo McBryde 12	
3) Chukwumdi Osuji 12	4) Myles Hunter 12	
24.230 (24.230)	47.247 (23.017)	1:10.609 (23.362)
1:35.279 (24.670)		

4A West Region Meet - 2/6/2020

MPSSAA Indoor Track

5th Regiment Armory

Results

Finals ... (Boys 4x200 Meter Relay 4A)		
Team	Relay	Finals
2 Springbrook		1:36.81A5RA
1) David Livingstone 11	2) Wilson Tabi 12	
3) Jared Obispo 11	4) Jason Kennedy 10	
24.179 (24.179)	47.711 (23.532)	1:12.098 (24.387)
1:36.802 (24.704)		
3 Winston Churchill		1:37.94A5RA
1) Aleix Estevadeordal 12	2) Zachary Babers 11	
3) David Mishkin 12	4) Langston Major 10	
25.207 (25.207)	49.204 (23.997)	1:13.777 (24.573)
1:37.938 (24.161)		
4 Clarksburg		1:38.55A5RA
1) Devasziaye Coston 10	2) Noah Enyeji 11	
3) Xavier Holmes 12	4) Casey McKinney 12	
24.784 (24.784)	49.269 (24.485)	1:14.002 (24.733)
1:38.545 (24.543)		
5 Northwest		1:39.09 4
1) Eric Kim 11	2) Darius Lorfils 10	
3) Nathaniel Mesy 12	4) Joseph Bruno 12	
25.859 (25.859)	50.736 (24.877)	1:15.493 (24.757)
1:39.085 (23.592)		
6 Walter Johnson		1:39.81 3
1) Nicholas Williams 12	2) Fernando Ibarra 10	
3) Hazael Magino 10	4) Lucas Boiteux 10	
24.550 (24.550)	48.341 (23.791)	1:14.105 (25.764)
1:39.803 (25.698)		
7 Bethesda-Chevy Chase		1:40.01 2
1) Peter Lally 11	2) Zachary Walker-Liang 12	
3) Arjun Akwei 12	4) Amir Kane 12	
24.992 (24.992)	49.966 (24.974)	1:14.982 (25.016)
1:40.001 (25.019)		
8 Montgomery Blair		1:40.01 1
1) Enoch Agbodjogbe 12	2) Steven Vilmenay 12	
3) Christopher Watkins 12	4) Liam Volz 10	
25.885 (25.885)	50.882 (24.997)	1:15.351 (24.469)
1:40.004 (24.653)		
9 Thomas S. Wootton		1:41.08
1) Sean Kim 11	2) Osagie Aimiwu 12	
3) Blake Behrens 12	4) Andrew Ratcliff 12	
25.723 (25.723)	50.974 (25.251)	1:16.667 (25.693)
1:41.077 (24.410)		
10 Sherwood		1:41.87
1) Eddie Dumas III 12	2) Ayman Ahmad 10	
3) Abdul-Lateef Afinnih 11	4) Jacob DM Kamara 12	
26.373 (26.373)	51.444 (25.071)	1:17.412 (25.968)
1:41.870 (24.458)		
11 Gaithersburg		1:43.44
1) Anthony Gontonwon 12	2) Aryan Patel 11	
3) Tamarye Osbourne-Waters 11	4) Munashe Gwashavanhu 10	
25.443 (25.443)	50.389 (24.946)	1:16.014 (25.625)
1:43.431 (27.417)		

12 Richard Montgomery		1:43.61
1) Muhammad Abbasi 12	2) Mutahir Abbasi 12	
3) Jonah Petty 10	4) Nicholas Deen 10	
27.293 (27.293)	52.417 (25.124)	1:18.040 (25.623)
1:43.610 (25.570)		
13 Walt Whitman		1:45.59
1) Max Ehrlich 11	2) Tony Gandolfo 12	
3) Sajid Huq 9	4) Roman Gehres 9	
26.115 (26.115)	51.513 (25.398)	1:18.500 (26.987)
1:45.581 (27.081)		
14 Quince Orchard		1:45.61
1) Jaylon Bennett 12	2) Roberto Terrell JR 9	
3) Eric Snead Jr 10	4) Joshua Mwepu 11	
26.733 (26.733)	53.360 (26.627)	1:19.780 (26.420)
1:45.604 (25.824)		
15 Wheaton		1:47.62
1) Adithya Attanayake 10	2) Myles Cummings 11	
3) Roy Ferruffino 11	4) Rafael Perez German 12	
26.423 (26.423)	54.037 (27.614)	1:22.034 (27.997)
1:47.613 (25.579)		
16 Albert Einstein		1:49.63
1) Eli Kerstein 12	2) Christian Molina 12	
3) Dylan Hill 10	4) Ibrahima Cisse 9	
26.620 (26.620)	54.319 (27.699)	1:23.159 (28.840)
1:49.623 (26.464)		

Boys 4x400 Meter Relay 4A

5th ADV: 3:41.30 A

3:41.30 5RA Armory Advancement

Team	Relay	Finals
Finals		
1 Paint Branch		3:38.57A5RA
1) Nsereko Kiwalabye 12	2) Jaeden Burke 12	
3) Chukwumdi Osuji 12	4) Ajuani Hall 12	
54.717 (54.717)	1:47.099 (52.382)	2:42.138 (55.039)
3:38.568 (56.430)		
2 Richard Montgomery		3:41.29A5RA
1) Avery Arizpe 12	2) Jonah Petty 10	
3) Noah Turner 11	4) Elias Applebaum 11	
55.264 (55.264)	1:51.800 (56.536)	2:45.542 (53.742)
3:41.284 (55.742)		
3 Springbrook		3:42.03 6
1) David Livingstone 11	2) Wilson Tabi 12	
3) Jared Obispo 11	4) Logan Cook 12	
54.150 (54.150)	1:48.877 (54.727)	2:45.227 (56.350)
3:42.022 (56.795)		
4 Northwood		3:42.54 5
1) Johan Deyonou 12	2) Yasin Abdur Rahim 12	
3) Lamine Fofana 12	4) Ayalew Fantaw 12	
56.137 (56.137)	1:50.504 (54.367)	2:46.114 (55.610)
3:42.537 (56.423)		

4A West Region Meet - 2/6/2020

MPSSAA Indoor Track  
5th Regiment Armory

Results

Finals ... (Boys 4x400 Meter Relay 4A)			
Team	Relay	Finals	
5	Bethesda-Chevy Chase	3:45.60	4
	1) Peter Lally 11	2) Zachary Walker-Liang 12	
	3) Joey Caiazza-Blum 12	4) Arjun Akwei 12	
	56.551 (56.551) 1:51.213 (54.662) 2:48.541 (57.328)		
	3:45.594 (57.053)		
6	Gaithersburg	3:46.38	3
	1) Anthony Gontonwon 12	2) Aryan Patel 11	
	3) Riley Coleman 11	4) Sadou Sow 10	
	57.220 (57.220) 1:53.507 (56.287) 2:51.145 (57.638)		
	3:46.373 (55.228)		
7	Northwest	3:46.77	2
	1) Nathaniel Mesy 12	2) Elijah Thompson 11	
	3) Stefan Ney 12	4) Joseph Bruno 12	
	57.784 (57.784) 1:55.079 (57.295) 2:50.503 (55.424)		
	3:46.767 (56.264)		
8	Clarksburg	3:48.10	1
	1) Devasziaye Coston 10	2) Noah Enyeji 11	
	3) Bryant Ndongmo 12	4) Xavier Holmes 12	
	56.934 (56.934) 1:53.763 (56.829) 2:51.792 (58.029)		
	3:48.097 (56.305)		
9	Winston Churchill	3:50.77	
	1) Zachary Babers 11	2) David Mishkin 12	
	3) David Gross 11	4) Langston Major 10	
	56.153 (56.153) 1:53.136 (56.983) 2:51.923 (58.787)		
	3:50.768 (58.845)		
10	Montgomery Blair	3:51.62	
	1) Steven Vilmenay 12	2) Enoch Agbodjogbe 12	
	3) Liam Volz 10	4) Micah McKenzie 9	
	58.197 (58.197) 1:55.655 (57.458) 2:55.222 (59.567)		
	3:51.619 (56.397)		
11	Walter Johnson	3:54.37	
	1) Nna Oranubu 12	2) Andrew Schell 10	
	3) Lukas Bournias 10	4) Yariv Simhony 10	
	57.473 (57.473) 1:55.554 (58.081) 2:56.383 (1:00.829)		
	3:54.369 (57.986)		
12	Sherwood	3:59.57	
	1) Jacob DM Kamara 12	2) Vincent Bonsby 11	
	3) Sean Enright 12	4) Ayman Ahmad 10	
	58.366 (58.366) 1:57.293 (58.927) 3:00.882 (1:03.589)		
	3:59.565 (58.683)		
13	Thomas S. Wootton	4:00.73	
	1) Sean Kim 11	2) Nicholas Caesar 12	
	3) Tejas Ganeshan 11	4) Blake Behrens 12	
	1:01.219 (1:01.219) 1:59.645 (58.426) 3:01.930 (1:02.285)		
	4:00.723 (58.793)		
14	Albert Einstein	4:01.02	
	1) Eli Kerstein 12	2) Ibrahima Cisse 9	
	3) Dylan Hill 10	4) Levi Bryant 11	
	58.018 (58.018) 1:59.694 (1:01.676) 3:02.841 (1:03.147)		
	4:01.019 (58.178)		
15	Quince Orchard	4:05.59	
	1) Peter Korenko 12	2) Jonathan Fontek 12	
	3) Brian Dwyer 10	4) Joshua Mwepu 11	
	58.920 (58.920) 2:01.770 (1:02.850) 3:03.213 (1:01.443)		
	4:05.581 (1:02.368)		
16	Wheaton	4:07.98	
	1) Kenny Zheng 10	2) Davide Rossotto 11	
	3) Myles Cummings 11	4) Anthony Huynh 11	
	1:02.944 (1:02.944) 2:02.271 (59.327) 3:06.279 (1:04.008)		
	4:07.980 (1:01.701)		
17	Walt Whitman	4:10.46	
	1) Quentin Bilbao 10	2) Roman Gehres 9	
	3) Tony Gandolfo 12	4) Sajid Huq 9	
	1:03.046 (1:03.046) 2:05.147 (1:02.101) 3:04.510 (59.363)		
	4:10.454 (1:05.944)		
<b>Boys 4x800 Meter Relay 4A</b>			
<b>5th ADV: 8:38.91 A</b>			
<b>8:38.91 5RA Armory Advancement</b>			
Team	Relay	Finals	
<b>Finals</b>			
1	Richard Montgomery	8:29.85A5RA	
	1) Aidan Goldenberg-Hart 12	2) Seydi Sall 12	
	3) Elias Applebaum 11	4) Noah Turner 11	
	2:10.072 (2:10.072) 4:14.894 (2:04.823) 6:23.808 (2:08.914)		
	8:29.849 (2:06.042)		
2	Montgomery Blair	8:30.98A5RA	
	1) Joel Simpson 11	2) Max Worley 12	
	3) Ethan Ginyard 12	4) Ryan Temple 12	
	2:07.238 (2:07.238) 4:14.570 (2:07.333) 6:23.247 (2:08.677)		
	8:30.972 (2:07.725)		
3	Walter Johnson	8:31.58A5RA	
	1) Nna Oranubu 12	2) Alex Scott 11	
	3) Andrew Schell 10	4) Yariv Simhony 10	
	2:10.617 (2:10.617) 4:18.962 (2:08.345) 6:26.064 (2:07.103)		
	8:31.572 (2:05.508)		
4	Northwood	8:35.64A5RA	
	1) Johan Deyonou 12	2) Lamine Fofana 12	
	3) Timothy Boyce 11	4) Ayalew Fantaw 12	
	2:11.368 (2:11.368) 4:17.658 (2:06.290) 6:26.845 (2:09.188)		
	8:35.637 (2:08.792)		
5	Springbrook	8:36.71A5RA	
	1) Surafel Mengist 12	2) Logan Cook 12	
	3) Eric Gomez 11	4) Jeriel Williams 10	
	2:11.995 (2:11.995) 4:21.589 (2:09.594) 6:29.469 (2:07.880)		
	8:36.704 (2:07.235)		
6	Bethesda-Chevy Chase	8:36.86A5RA	
	1) Andrew Nealis 11	2) Arjun Akwei 12	
	3) Gavin Sisler 11	4) Joey Caiazza-Blum 12	
	2:10.759 (2:10.759) 4:17.897 (2:07.138) 6:27.690 (2:09.794)		
	8:36.860 (2:09.170)		

## 4A West Region Meet - 2/6/2020

## MPSSAA Indoor Track

## 5th Regiment Armory

## Results

## Finals ... (Boys 4x800 Meter Relay 4A)

Team	Relay	Finals
7 Northwest		8:37.19A5RA
1) Elijah Thompson 11	2) Gage Osborne 9	
3) Roger Arias 11	4) Stefan Ney 12	
2:12.058 (2:12.058)	4:21.823 (2:09.765)	6:30.168 (2:08.345)
8:37.182 (2:07.014)		
8 Paint Branch		8:38.87A5RA
1) Nsereko Kiwalabye 12	2) Kuma Demisse 10	
3) Alvin Okutoi 11	4) Yabsira Gugsu 12	
2:09.810 (2:09.810)	4:22.759 (2:12.949)	6:32.832 (2:10.073)
8:38.868 (2:06.037)		
9 Gaithersburg		8:56.88
1) Alioun Keita 12	2) Jose Ramirez 10	
3) Marc Eugene Tuason 11	4) Sadou Sow 10	
2:13.590 (2:13.590)	4:22.858 (2:09.268)	6:40.219 (2:17.362)
8:56.878 (2:16.659)		
10 Wheaton		9:06.63
1) Kaleab Tefera 11	2) Edward Modrick 11	
3) Yedidya Brackins 11	4) Natnel Tiroro 12	
2:18.671 (2:18.671)	4:37.719 (2:19.048)	6:52.155 (2:14.437)
9:06.630 (2:14.475)		
11 Winston Churchill		9:26.05
1) Brian Le 11	2) Daniel Chin 9	
3) Jeremy Wei 10	4) Carl Hahn 10	
2:19.861 (2:19.861)	4:37.409 (2:17.548)	7:01.544 (2:24.135)
9:26.046 (2:24.503)		
12 Albert Einstein		9:29.37
1) Eli Kerstein 12	2) Ibrahima Cisse 9	
3) James Mozden 9	4) Asher Bilsky 12	
2:20.674 (2:20.674)	4:42.246 (2:21.573)	7:09.129 (2:26.883)
9:29.370 (2:20.242)		
13 Walt Whitman		9:31.13
1) Jackson Megary 10	2) Griffin Beckley 10	
3) Mark Cunniff 10	4) Beck O'Brien 11	
2:20.131 (2:20.131)	4:40.868 (2:20.737)	7:08.798 (2:27.930)
9:31.121 (2:22.324)		
14 Quince Orchard		9:42.45
1) Peter Korenko 12	2) Brian Dwyer 10	
3) Benjamin Dubin 11	4) Kehan Bhati 9	
2:23.143 (2:23.143)	4:50.013 (2:26.870)	7:16.339 (2:26.327)
9:42.445 (2:26.107)		
15 Sherwood		9:47.76
1) Justin Hayes-Puttfarcken 11	2) Alexander Weinberg 9	
3) Charles Weinberg 9	4) Jamie Singleton 9	
2:18.780 (2:18.780)	4:45.326 (2:26.547)	7:14.141 (2:28.815)
9:47.758 (2:33.617)		
16 Clarksburg		10:09.28
1) Andrew Cox 11	2) Jaider Lopez 12	
3) Kenny Monroe 10	4) Bryant Ndongmo 12	
2:21.180 (2:21.180)	4:54.900 (2:33.720)	7:28.233 (2:33.333)
10:09.275 (2:41.043)		

## Boys High Jump 4A

5th ADV: 5-10 A

5-10.00 5RA Armory Advancement

Name	Yr	School	Finals
<b>Finals</b>			
1 Leroy Neal	11	R. Montgomery	6-02.00A5RA
2 Bryce Middleton	12	Northwest	6-02.00A5RA
3 Presten Agbeyibor	10	Clarksburg	5-10.00A5RA
3 Darius Lorfils	10	Northwest	5-10.00A5RA
5 Jon Dennis	11	Northwood	5-08.00 4
6 Kain Lucero	10	Clarksburg	5-04.00 3
7 Adithya Attanayake	10	Wheaton	5-04.00 2
8 Ibrahim Toure	12	Clarksburg	5-04.00 0.5
8 Osagie Aimiuwu	12	Wootton	5-04.00 0.5
10 Muhammad Abbasi	12	R. Montgomery	5-02.00
10 William Herrington	11	Northwest	5-02.00
--- Yann Mbianga	11	Springbrook	NH
--- Christian Yeh	10	Wootton	NH
--- Tejas Ganeshan	11	Wootton	NH
--- Agbor Nyenti Obi	10	Paint Branch	NH
--- Roberto Terrell JR	9	Quince Orchard	NH
--- Gabriel Jones	10	Bethesda-CC	NH
--- Andifon Ubom	10	Paint Branch	NH

## Boys Pole Vault 4A

5th ADV: 10-05 A

10-05.00 5RA Armory Advancement

Name	Yr	School	Finals
<b>Finals</b>			
1 Croix Coleman	12	Northwest	9-00.00 10
2 Taylor Wonnacott	12	Quince Orchard	9-00.00 8
3 Jack Schelling	12	Gaithersburg	8-06.00 6
4 Dillon Clark	10	Gaithersburg	8-00.00 5
5 Garrett Duncan	11	Northwest	8-00.00 4
6 Riley Coleman	11	Gaithersburg	7-06.00 3

## Boys Shot Put 4A

5th ADV: 45-07 A

45-07.00 5RA Armory Advancement

Name	Yr	School	Finals
<b>Finals</b>			
1 Aaron Lomax	12	Albert Einstein	50-10.00A5RA
2 Jeffrey Tsao	12	W. Churchill	45-08.50A5RA
3 Steven Williams	12	Quince Orchard	43-06.50 6
4 Ajahni Terry	12	Northwest	42-09.00 5
5 Jeffrey Appiah	12	Gaithersburg	41-00.00 4
6 Joshua Tagliere	11	Sherwood	40-06.00 3
7 Adam Leaman	11	Walter Johnson	39-07.50 2
8 Jacob DM Kamara	12	Sherwood	39-05.00 1
9 Samuel Sandy	12	Northwest	37-06.00
10 Tai Huynh	10	Northwood	36-09.50
11 Lucas Eliot	12	Bethesda-CC	35-08.00
12 Kossi Agbo	11	Northwood	35-05.50
13 Christopher Ramirez	11	Walter Johnson	35-01.00

## 4A West Region Meet - 2/6/2020

## MPSSAA Indoor Track

## 5th Regiment Armory

## Results

## Finals ... (Boys Shot Put 4A)

Name	Yr	School	Finals
14 Henry Sheppard	11	Walter Johnson	35-01.00
15 Mark Pharoah	12	Paint Branch	33-10.00
16 Andrew Appiah-Korang	12	Clarksburg	33-07.50
17 Robert Hall	11	Clarksburg	32-05.00
18 Elijah Schiff	11	W. Churchill	32-03.00
19 Bryon Haugabook	9	Wootton	32-01.50
20 Joseph Ripple	12	Quince Orchard	31-05.00
21 Daniel Morales	11	Sherwood	30-00.50
22 Joseph Weitach	10	Walt Whitman	29-11.50
23 Erick Mei	10	Clarksburg	29-09.50
24 Connor Hill	10	Albert Einstein	24-08.00

## Women - 4A - Team Rankings - 13 Events Scored

1) Northwest	74.5
2) Richard Montgomery	73
3) Walter Johnson	59
4) Gaithersburg	45
5) Quince Orchard	35.5
6) Northwood	32
7) Wheaton	30
8) Paint Branch	26
9) Bethesda-Chevy Chase	21
9) Walt Whitman	21
11) Winston Churchill	17.5
12) Springbrook	16
13) Clarksburg	13
14) Sherwood	9
15) Montgomery Blair	8
16) Thomas S. Wootton	4.5

## Men - 4A - Team Rankings - 13 Events Scored

1) Paint Branch	90
2) Richard Montgomery	75
3) Northwest	70.5
4) Northwood	52
5) Springbrook	46
6) Walter Johnson	30
7) Gaithersburg	28
8) Montgomery Blair	24
9) Clarksburg	23
10) Winston Churchill	18
11) Quince Orchard	14
12) Albert Einstein	10
13) Bethesda-Chevy Chase	9
13) Sherwood	9
15) Wheaton	5
16) Thomas S. Wootton	0.5