

4A SOUTH REGION CROSS COUNTRY CHAMPIONSHIPSFt. Washington, MD
Ft. Washington ParkHost: MPSSAA
November 5, 2015**MEET OFFICIALS****Meet Director:**
Terri Dendy
Timing:
M&D Timing**OFFICIAL MEET REPORT**
printed: 11/5/2015 4:44 PM**Race #1**
Boys 5k Race**FINAL RESULTS****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Finish Order	Spread
1 Eleanor Roosevelt	39	2-4-9-11-13(19)(20)	1:28:51	17:47	2-4-9-11-13-19-20	1:01.7
2 Bowie High Sch	62	3-6-7-21-25(61)(62)	1:31:17	18:16	3-6-7-21-25-61-62	1:59.0
3 Parkdale High	114	5-17-23-34-35(39)(45)	1:35:28	19:06	5-17-23-34-35-39-45	2:26.0
4 High Point Hig	128	8-16-22-31-51(65)	1:36:12	19:15	8-16-22-31-51-65	3:30.1
5 Northwestern H	146	1-18-36-42-49(55)(58)	1:37:37	19:32	1-18-36-42-49-55-58	4:22.4
6 CH Flowers Hig	170	24-30-32-41-43(44)	1:40:31	20:07	24-30-32-41-43-44	1:25.8
7 Suitland High	181	12-14-46-50-59	1:40:42	20:09	12-14-46-50-59	4:10.0
8 Henry A. Wise	206	10-28-48-53-67(71)	1:44:42	20:57	10-28-48-53-67-72	6:33.5
9 Laurel High Sc	208	26-33-37-52-60(68)(69)	1:43:29	20:42	26-33-37-52-60-68-69	2:54.6
10 DuVal High Sch	211	15-38-40-54-64(66)(70)	1:44:03	20:49	15-38-40-54-64-66-70	5:13.5
11 Bladensburg Hi	216	27-29-47-56-57(63)(72)	1:43:55	20:47	27-29-47-56-57-63-73	2:08.7

INDIVIDUAL RESULTS

Athlete	Year	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 Estifanos ASFAW	SR	226	Northwestern High	1	16:51.2	--	5:25.1	3:22.2
2 Edward BELSOI	JR	180	Eleanor Roosevelt	2	17:05.8	0:14.6	5:29.8	3:25.1
3 Andrew SHEPPARD	SR	136	Bowie High School	3	17:23.6	0:32.4	5:35.5	3:28.7
4 Tim CRANE	SR	182	Eleanor Roosevelt	4	17:43.8	0:52.6	5:42.1	3:32.8
5 Derse FEYSSA	SR	238	Parkdale High	5	17:44.8	0:53.6	5:42.4	3:32.9
6 Menelik ELDRIDGE	SR	131	Bowie High School	6	17:47.3	0:56.1	5:43.2	3:33.5
7 J'aun JOHNSON	SO	133	Bowie High School	7	17:48.7	0:57.5	5:43.6	3:33.7
8 Daniel JORDAN	JR	202	High Point High	8	17:50.4	0:59.2	5:44.2	3:34.1
9 Opeyemi OLAYIWOLA	SO	188	Eleanor Roosevelt	9	17:50.9	0:59.7	5:44.3	3:34.2
10 Webster ALLEN	SR	194	Henry A. Wise High	10	17:59.2	1:08.0	5:47.0	3:35.8
11 Bryce DUBAYAH	JR	184	Eleanor Roosevelt	11	18:02.8	1:11.6	5:48.2	3:36.6
12 Nikolas THOMAS	SR	253	Suitland High School	12	18:04.7	1:13.5	5:48.7	3:36.9
13 Hylton IRONS	SR	185	Eleanor Roosevelt	13	18:07.5	1:16.3	5:49.6	3:37.5
14 Caleed JOHNSON	SO	251	Suitland High School	14	18:09.7	1:18.5	5:50.4	3:37.9
15 James WILSON	SO	169	DuVal High School	15	18:09.9	1:18.7	5:50.4	3:38.0
16 Hanqamoo LINTISO	SR	203	High Point High	16	18:10.0	1:18.8	5:50.5	3:38.0
17 Jese VASQUEZ	SO	244	Parkdale High	17	18:17.8	1:26.6	5:53.0	3:39.5
18 Ariel PARADA	SR	230	Northwestern High	18	18:32.0	1:40.8	5:57.5	3:42.4
19 David MOORE	SR	187	Eleanor Roosevelt	(19)	18:46.0	1:54.8	6:02.1	3:45.2
20 Alexander DESSIATOUN	SR	183	Eleanor Roosevelt	(20)	18:48.2	1:57.0	6:02.8	3:45.6
21 Mikias STEWART	FR	137	Bowie High School	21	18:54.7	2:03.5	6:04.8	3:46.9
22 Josue MEJIA	FR	204	High Point High	22	18:58.2	2:07.0	6:06.0	3:47.6
23 Walter OSORIO	JR	243	Parkdale High	23	19:12.5	2:21.3	6:10.6	3:50.5
24 Cameron BURGESS	SR	148	CH Flowers High	24	19:19.7	2:28.5	6:12.9	3:51.9
25 Andrew IBEZIMAKO	SO	132	Bowie High School	25	19:22.6	2:31.4	6:13.8	3:52.5
26 Caleb MCCAMMON	SR	218	Laurel High School	26	19:23.6	2:32.4	6:14.1	3:52.7
27 Olamide ODUJOKE	SR	114	Bladensburg High	27	19:38.2	2:47.0	6:18.8	3:55.6
28 Jabriel JACKSON	JR	197	Henry A. Wise High	28	19:39.2	2:48.0	6:19.1	3:55.8
29 Roberto Carlo SANCHEZ	JR	116	Bladensburg High	29	19:40.9	2:49.7	6:19.7	3:56.2
30 Treshaun RODGERS	SR	155	CH Flowers High	30	19:52.4	3:01.2	6:23.4	3:58.5

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printed: 11/5/2015 4:44 PMHost: MPSSAA
November 5, 2015**Race #1**
Boys 5k Race**FINAL RESULTS****INDIVIDUAL RESULTS (continued)**

Athlete	Year	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
31 William MENJIVAR	JR	205	High Point High	31	19:52.9	3:01.7	6:23.5	3:58.6
32 Craig JOHNSON	FR	152	CH Flowers High	32	19:57.0	3:05.8	6:24.9	3:59.4
33 Kevin AFOAKWAH	SR	212	Laurel High School	33	20:01.2	3:10.0	6:26.2	4:00.2
34 Kidus GEBRGIORGIS	JR	239	Parkdale High	34	20:01.7	3:10.5	6:26.4	4:00.3
35 Jose MEJIA	JR	242	Parkdale High	35	20:10.7	3:19.5	6:29.3	4:02.1
36 Yeabsera TEFERRA	JR	232	Northwestern High	36	20:23.4	3:32.2	6:33.4	4:04.7
37 Mundi IBEMSI	SR	216	Laurel High School	37	20:24.8	3:33.6	6:33.8	4:05.0
38 Raymond JOHNSON	SR	166	DuVal High School	38	20:27.0	3:35.8	6:34.5	4:05.4
39 Yeindra JAGARNATH	JR	241	Parkdale High	(39)	20:29.6	3:38.4	6:35.3	4:05.9
40 amer MILLER	SO	168	DuVal High School	40	20:34.5	3:43.3	6:36.9	4:06.9
41 Kristopher HINTON	SR	151	CH Flowers High	41	20:36.0	3:44.8	6:37.4	4:07.2
42 Korey GAINES	JR	227	Northwestern High	42	20:36.0	3:44.8	6:37.4	4:07.2
43 Khalifa NDIR	JR	154	CH Flowers High	43	20:45.5	3:54.3	6:40.5	4:09.1
44 Nicolas DELEON	JR	149	CH Flowers High	(44)	20:48.2	3:57.0	6:41.3	4:09.6
45 Bryan HERRERA	FR	240	Parkdale High	(45)	20:51.8	4:00.6	6:42.5	4:10.4
46 Keith WASHINGTON	SO	256	Suitland High School	46	20:57.5	4:06.3	6:44.3	4:11.5
47 Hopeton ANDERSON	JR	110	Bladensburg High	47	21:02.9	4:11.7	6:46.1	4:12.6
48 Carlton POWELL JR	SR	198	Henry A. Wise High	48	21:08.8	4:17.6	6:48.0	4:13.8
49 Elijah MURPHY	SR	228	Northwestern High	49	21:13.6	4:22.4	6:49.5	4:14.7
50 Cameron TUCKER	SR	254	Suitland High School	50	21:15.3	4:24.1	6:50.0	4:15.0
51 Nelson ROMERO	JR	207	High Point High	51	21:20.5	4:29.3	6:51.7	4:16.1
52 Mephi MARTINEZ-PEREZ	FR	217	Laurel High School	52	21:20.8	4:29.6	6:51.8	4:16.1
53 Brandon GARDNER	SR	196	Henry A. Wise High	53	21:21.6	4:30.4	6:52.1	4:16.3
54 Gerald AMOBI	SR	162	DuVal High School	54	21:27.7	4:36.5	6:54.0	4:17.5
55 Richard ORISAYA	FR	229	Northwestern High	(55)	21:28.1	4:36.9	6:54.2	4:17.6
56 Djibiri DIALLO	FR	111	Bladensburg High	56	21:45.8	4:54.6	6:59.8	4:21.1
57 Halmza SHEIKH	FR	117	Bladensburg High	57	21:46.9	4:55.7	7:00.2	4:21.4
58 Abey ADEOYE	SR	225	Northwestern High	(58)	22:11.5	5:20.3	7:08.1	4:26.3
59 Jamell LEE	SR	252	Suitland High School	59	22:14.6	5:23.4	7:09.1	4:26.9
60 Kwesi EASTON	FR	214	Laurel High School	60	22:18.1	5:26.9	7:10.2	4:27.6
61 Kevin RUTHEMEYER	FR	135	Bowie High School	(61)	22:31.5	5:40.3	7:14.5	4:30.3
62 Temitayo OGUNDUYILEMI	SR	134	Bowie High School	(62)	22:48.3	5:57.1	7:20.0	4:33.7
63 Alan MACAL	FR	112	Bladensburg High	(63)	23:11.1	6:19.9	7:27.3	4:38.2
64 Adewunmi OLOYEDE	SO	167	DuVal High School	64	23:23.3	6:32.1	7:31.2	4:40.7
65 Michael SORENG	SR	208	High Point High	(65)	24:12.6	7:21.4	7:47.1	4:50.5
66 James HARLEY	SR	165	DuVal High School	(66)	24:17.8	7:26.6	7:48.7	4:51.6
67 Collin BROWN	SR	195	Henry A. Wise High	67	24:32.7	7:41.5	7:53.5	4:54.5
68 Roland AGYEMANG	FR	213	Laurel High School	(68)	24:36.1	7:44.9	7:54.6	4:55.2
69 Jason QUINTANILLA	FR	219	Laurel High School	(69)	24:46.4	7:55.2	7:57.9	4:57.3
70 Joshua CARTER	SO	163	DuVal High School	(70)	25:11.0	8:19.8	8:05.8	5:02.2
71 Ishraq CHOWDHURY	JR	164	DuVal High School	-	25:36.7	8:45.5	8:14.1	5:07.3
72 Charles WALKER	SO	199	Henry A. Wise High	(71)	25:41.0	8:49.8	8:15.5	5:08.2
73 Roberto SANCHEZ	JR	115	Bladensburg High	(72)	26:08.2	9:17.0	8:24.2	5:13.6

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November 5, 2015**MEET OFFICIALS****Meet Director:**
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M&D Timing**OFFICIAL MEET REPORT**
printed: 11/5/2015 4:44 PM**Race #2**
Girls 5k Race**FINAL RESULTS****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Finish Order	Spread
1 Bowie High Sch	27	2-4-6-7-8(17)(19)	1:58:05	23:37	3-5-7-8-9-20-24	1:14.3
2 Eleanor Roosev	44	3-5-11-12-13(15)(16)	1:59:58	24:00	4-6-12-13-14-17-18	1:44.7
3 CH Flowers Hig	81	1-14-18-23-25	2:14:08	26:50	2-15-22-30-38	10:26.5
4 DuVal High Sch	82	9-10-20-21-22(24)	2:12:30	26:30	10-11-25-26-28-32	3:48.5

INDIVIDUAL RESULTS

Athlete	Year	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 Gabrielle GLASCO	SR	190	Henry A. Wise High	-	22:30.0	--	7:14.1	4:30.0
2 Dejah GRANT	FR	140	CH Flowers High	1	22:33.5	0:03.5	7:15.2	4:30.7
3 Felicia HAIDARA	SR	120	Bowie High School	2	22:54.6	0:24.6	7:22.0	4:34.9
4 Abigail MILLER	SO	176	Eleanor Roosevelt	3	23:01.0	0:31.0	7:24.0	4:36.2
5 Nashell LADESMA	SO	123	Bowie High School	4	23:09.7	0:39.7	7:26.8	4:37.9
6 Nina MCGRANAHAN	FR	175	Eleanor Roosevelt	5	23:15.5	0:45.5	7:28.7	4:39.1
7 Ashley MAJEKODUNMI	JR	124	Bowie High School	6	23:54.4	1:24.4	7:41.2	4:46.9
8 Elizabeth BEAIRSTO	SR	119	Bowie High School	7	23:57.1	1:27.1	7:42.1	4:47.4
9 Zari WEAVER	SR	127	Bowie High School	8	24:08.9	1:38.9	7:45.9	4:49.8
10 Cynthia UBAH	SR	159	DuVal High School	9	24:19.6	1:49.6	7:49.3	4:51.9
11 Bintu DRAMMEH	SO	157	DuVal High School	10	24:23.4	1:53.4	7:50.5	4:52.7
12 Aura CELESTE	SR	173	Eleanor Roosevelt	11	24:27.0	1:57.0	7:51.7	4:53.4
13 Caroline AHALT	SR	170	Eleanor Roosevelt	12	24:28.7	1:58.7	7:52.2	4:53.7
14 Mary Anna BROGI	SR	172	Eleanor Roosevelt	13	24:45.7	2:15.7	7:57.7	4:57.1
15 Oluchi IKE	SR	142	CH Flowers High	14	24:45.8	2:15.8	7:57.7	4:57.2
16 Ashley RICHARDSON	JR	192	Henry A. Wise High	-	24:46.1	2:16.1	7:57.8	4:57.2
17 Alyson ALLEN	JR	171	Eleanor Roosevelt	(15)	24:58.0	2:28.0	8:01.6	4:59.6
18 Molly MOORE	SO	177	Eleanor Roosevelt	(16)	25:02.6	2:32.6	8:03.1	5:00.5
19 Aminah HAMILTON	SO	246	Suitland High School	-	25:18.0	2:48.0	8:08.1	5:03.6
20 Bria STEWART	SR	125	Bowie High School	(17)	25:27.1	2:57.1	8:11.0	5:05.4
21 Yve MONTIAGUE	SR	210	Laurel High School	-	25:29.0	2:59.0	8:11.6	5:05.8
22 Ebony HARRELL	FR	141	CH Flowers High	18	25:29.3	2:59.3	8:11.7	5:05.8
23 Elsy SANABRIA	SR	107	Bladensburg High	-	25:33.3	3:03.3	8:13.0	5:06.7
24 Jasmine BARBER	SR	118	Bowie High School	(19)	27:08.8	4:38.8	8:43.7	5:25.7
25 Olayinka ALAWUSA	SR	156	DuVal High School	20	27:39.1	5:09.1	8:53.5	5:31.8
26 Teri PAGE	SO	158	DuVal High School	21	28:00.0	5:30.0	9:00.2	5:36.0
27 Tiana GIBSON	SR	221	Northwestern High	-	28:04.3	5:34.3	9:01.6	5:36.9
28 Michelle UBAH	SR	160	DuVal High School	22	28:08.0	5:38.0	9:02.8	5:37.6
29 Shadijah WALKER	SO	193	Henry A. Wise High	-	28:17.3	5:47.3	9:05.7	5:39.5
30 Ashanti CATO	JR	138	CH Flowers High	23	28:19.5	5:49.5	9:06.5	5:39.9
31 Doyinsola IGINILA	SO	233	Parkdale High	-	28:25.5	5:55.5	9:08.4	5:41.1
32 deJa ROWE	SR	161	DuVal High School	(24)	29:14.9	6:44.9	9:24.3	5:51.0
33 Quinn MATTHEW	SO	249	Suitland High School	-	29:30.1	7:00.1	9:29.1	5:54.0
34 Oluwademila FAJEMISIN	JR	103	Bladensburg High	-	29:35.1	7:05.1	9:30.8	5:55.0
35 Nafisat ADEYEMI	JR	101	Bladensburg High	-	30:49.4	8:19.4	9:54.6	6:09.9
36 Tamara SIMPSON	JR	224	Northwestern High	-	30:55.9	8:25.9	9:56.7	6:11.2
37 Jajairi RIOS	SO	105	Bladensburg High	-	30:56.2	8:26.2	9:56.8	6:11.2
38 Cameron WILCHER	SR	147	CH Flowers High	25	33:00.0	10:30.0	10:36.6	6:36.0

4A SOUTH REGION CROSS COUNTRY CHAMPIONSHIPS

Ft. Washington, MD
Ft. Washington Park

Host: MPSSAA
November 5, 2015

MEET OFFICIALS

Meet Director:
Terri Dendy
Timing:
M&D Timing



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Race #2
Girls 5k Race

FINAL RESULTS

INDIVIDUAL RESULTS (continued)

Athlete	Year	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
39 Danni ONI	FR	223	Northwestern High	-	33:03.7	10:33.7	10:37.8	6:36.7
40 Demeshia MILLER	SO	234	Parkdale High	-	33:38.8	11:08.8	10:49.1	6:43.7
41 Kenya MCLEAN	SR	191	Henry A. Wise High	-	35:25.5	12:55.5	11:23.4	7:05.1