

MPSSAA 4A West XC Regional - 2015-11-05  
High Point Farm, Clarksburg, MD

## HS Girls 5000 Meter Run

Name	Yr Team	Time	Pts
1 Abigail Green	10 Walter Johnson High	19:01.4	1
2 Emily Murphy	12 Walter Johnson High	19:21.6	2
3 Sophie El-Masry	12 Richard Montgomery H	19:28.7	3
4 Julia Reicin	11 Winston Churchill Hi	19:44.8	4
5 Ciciely Davy	12 Albert Einstein High	19:51.1	5
6 Zoe Nuechterlein	11 Bethesda-Chevy Chase	19:52.1	6
7 Maya Jacobson	11 Quince Orchard High	19:57.5	7
8 Jasmine Garrett	12 Walter Johnson High	20:05.4	8
9 Grace Dellapa	12 Thomas S. Wootton Hi	20:07.6	9
10 Sofia Zarate	11 Northwest High Schoo	20:09.2	10
11 Abigail Levine	12 Bethesda-Chevy Chase	20:11.1	11
12 Michaela Peterson	11 Bethesda-Chevy Chase	20:12.9	12
13 Erin O'connor	12 Walt Whitman High Sc	20:12.9	13
14 Sadie Keller	10 Walter Johnson High	20:13.0	14
15 Mahlet Bauerle	12 Albert Einstein High	20:22.2	15
16 Katrione Kirsch	11 Walter Johnson High	20:27.7	16
17 Hannah Bush	9 Winston Churchill Hi	20:31.5	17
18 Isabelle Sajonia	10 Quince Orchard High	20:33.1	18
19 Janet Scott	10 Walter Johnson High	20:36.2	19
20 Olivia Woods	11 Walt Whitman High Sc	20:43.5	20
21 Madeline Grainger	9 Thomas S. Wootton Hi	20:48.5	21
22 Julia Johnson	9 Walt Whitman High Sc	20:48.8	22
23 Katherine Ellis	11 Bethesda-Chevy Chase	20:53.0	23
24 Tess Horn	11 Winston Churchill Hi	20:55.6	24
25 Josephine Brane-Wrigh	10 Montgomery Blair Hig	21:00.2	25
26 Lily O'Dowd	12 Bethesda-Chevy Chase	21:02.1	26
27 Nefret El Masry	12 Richard Montgomery H	21:02.8	27
28 Flora Gobet	12 Walt Whitman High Sc	21:04.7	28
29 Courtney Cahil	10 Walt Whitman High Sc	21:07.9	29
30 Bianca Zeigler	9 Northwest High Schoo	21:11.9	30
31 Jasmine De La Vega	10 Richard Montgomery H	21:13.5	31
32 Margaret Lilyestrom	9 Quince Orchard High	21:13.9	32
33 Sophia Scobell	10 Walter Johnson High	21:14.3	33
34 Gwenyth Asbury	11 Winston Churchill Hi	21:14.5	34
35 Cynthia Kipserem	12 Richard Montgomery H	21:17.6	35
36 Victoria Haass	12 Winston Churchill Hi	21:20.3	36
37 Kayla Sadd	9 Clarksburg High Scho	21:23.1	37
38 Elisabeth Dehareng	12 Walt Whitman High Sc	21:24.7	38
39 Lily Lippert	10 Clarksburg High Scho	21:28.1	39
40 Anaiah Little-diop	10 Bethesda-Chevy Chase	21:28.4	40
41 Gwen Klein	11 Thomas S. Wootton Hi	21:28.6	41
42 Shea McCloskey	12 Clarksburg High Scho	21:41.4	42
43 Eliana Krakovsky	11 Quince Orchard High	21:44.1	43
44 Lara Shonkwiler	11 Montgomery Blair Hig	21:47.5	44
45 Isabel Present	10 Montgomery Blair Hig	21:51.6	45
46 Emily Newcombe	12 Richard Montgomery H	21:57.9	46
47 Elizabeth Lambert	12 Albert Einstein High	22:00.6	47
48 Julie Thomasian	12 Winston Churchill Hi	22:06.3	48
49 Julia Brock	10 Northwest High Schoo	22:09.7	49
50 Holly Mordoff	12 Clarksburg High Scho	22:10.0	50
51 Isadora Germain	10 Montgomery Blair Hig	22:11.8	51

52	Victoria Cabellos	12	Albert Einstein High	22:12.0	52
53	Marissa Branham	9	Northwest High Schoo	22:19.2	53
54	Summer Jacobs	11	Northwest High Schoo	22:20.6	54
55	Morgan Casey	10	Montgomery Blair Hig	22:21.8	55
56	Sabriana Carpenter	12	Clarksburg High Scho	22:23.0	56
57	Aliza Horowitz	11	Albert Einstein High	22:23.4	57
58	Katie Coulson	12	Quince Orchard High	22:24.6	58
59	Sonya Radichkova	11	Gaithersburg High Sc	22:33.2	59
60	Audrey Krimm	12	Montgomery Blair Hig	22:35.0	60
61	Griffin Myers	12	Winston Churchill Hi	22:36.0	61
62	Alexandra Lattner	10	Gaithersburg High Sc	22:47.5	62
63	Marlee San Sebastian	9	Richard Montgomery H	22:48.6	63
64	Faith Shive	10	Clarksburg High Scho	22:54.3	64
65	Katherine Snyder	11	Thomas S. Wootton Hi	22:58.7	65
66	Amelia Cowan	11	Richard Montgomery H	23:04.3	66
67	Hannah Boyd	10	Thomas S. Wootton Hi	23:19.2	67
68	Eden Tegegn	10	Albert Einstein High	23:20.2	68
69	Lauren Sachs	12	Thomas S. Wootton Hi	23:24.1	69
70	Lananda Correia	11	Northwest High Schoo	23:30.9	70
71	Samantha Brown	11	Northwood High Schoo	23:31.2	71
72	Megan McDanald	12	Quince Orchard High	23:32.5	72
73	Lilli Dirlik	10	Albert Einstein High	23:34.9	73
74	Susanna Maisto	12	Montgomery Blair Hig	23:42.8	74
75	Gabriella Armonda	11	Northwood High Schoo	23:48.7	75
76	Elizabeth Cassell	10	Quince Orchard High	23:55.4	76
77	Hallie Sharpless	11	Gaithersburg High Sc	24:05.2	77
78	Medalia Adhanom	11	Northwood High Schoo	24:16.7	78
79	Andrea Duran	12	Gaithersburg High Sc	24:21.1	79
80	Manpreet Dayal	11	Northwood High Schoo	24:42.9	80
81	Sofia Vallone	10	Gaithersburg High Sc	24:45.6	81
82	Mirian Martinez	11	Northwest High Schoo	24:58.5	82
83	Brooke Rasavage	10	Gaithersburg High Sc	25:12.8	83
84	Annie Jones	11	Gaithersburg High Sc	25:18.6	84
85	Brody Harkless	12	Northwood High Schoo	25:45.5	85
86	Lesly Rivera Flores	9	Northwood High Schoo	26:43.1	86
87	Kayla Newby	9	Northwood High Schoo	27:14.2	87
88	Yohana Hernandez	10	John F. Kennedy High	29:00.1	
89	Fatimah Alhasan	12	John F. Kennedy High	32:03.8	
90	Tamia Howard	9	John F. Kennedy High	32:29.4	

#### HS Girls 5000 Meter Run Team Scores

Team	Pts	1	2	3	4	5	(6)	(7)
1 Walter Johnson High	41	1	2	8	14	16	19	33
Total Time: 1:39:09		Average: 19:49.78				1-5 Split: 1:27		
2 Bethesda-Chevy Chase	78	6	11	12	23	26	40	-
Total Time: 1:42:11		Average: 20:26.19				1-5 Split: 1:11		
3 Walt Whitman High Sc	112	13	20	22	28	29	38	-
Total Time: 1:43:58		Average: 20:47.53				1-5 Split: 55		
4 Winston Churchill Hi	115	4	17	24	34	36	48	61
Total Time: 1:43:47		Average: 20:45.29				1-5 Split: 1:36		
5 Richard Montgomery H	142	3	27	31	35	46	63	66
Total Time: 1:45:01		Average: 21:00.05				1-5 Split: 2:30		
6 Quince Orchard High	158	7	18	32	43	58	72	76
Total Time: 1:45:53		Average: 21:10.60				1-5 Split: 2:28		
7 Albert Einstein High	176	5	15	47	52	57	68	73
Total Time: 1:46:49		Average: 21:21.80				1-5 Split: 2:33		
8 Northwest High Schoo	196	10	30	49	53	54	70	82

	Total Time: 1:48:11		Average: 21:38.07				1-5 Split: 2:12
9	Thomas S. Wootton Hi	203	9 21 41 65	67	69	-	
	Total Time: 1:48:43		Average: 21:44.46		1-5 Split: 3:12		
10	Montgomery Blair Hig	220	25 44 45 51	55	60	74	
	Total Time: 1:49:13		Average: 21:50.54		1-5 Split: 1:22		
11	Clarksburg High Scho	224	37 39 42 50	56	64	-	
	Total Time: 1:49:06		Average: 21:49.08		1-5 Split: 1:00		
12	Gaithersburg High Sc	358	59 62 77 79	81	83	84	
	Total Time: 1:58:33		Average: 23:42.49		1-5 Split: 2:13		
13	Northwood High Schoo	389	71 75 78 80	85	86	87	
	Total Time: 2:02:05		Average: 24:24.92		1-5 Split: 2:15		

HS Boys 5000 Meter Run

Name	Yr Team	Time	Pts
1 Rohann Asfaw	11 Richard Montgomery H	16:02.9	1
2 Branson Oduor	12 Northwest High Schoo	16:29.4	2
3 Michael Abebe	12 Northwood High Schoo	16:34.6	3
4 Joachim El-Masry	10 Richard Montgomery H	16:36.0	4
5 Ben Gersch	12 Walt Whitman High Sc	16:42.3	5
6 Jacob Rushkoff	12 Thomas S. Wootton Hi	16:46.1	6
7 Adam Nakasaka	10 Bethesda-Chevy Chase	16:48.2	7
8 Carter May	12 Walter Johnson High	16:50.3	8
9 Mitchell Welter	12 Winston Churchill Hi	16:54.3	9
10 Dylan Kannapell	12 Bethesda-Chevy Chase	16:57.3	10
11 Liam Walsh	12 Quince Orchard High	16:57.8	11
12 Komlan Attiogbe	11 Northwest High Schoo	16:59.8	12
13 Jason Shefferman	12 Winston Churchill Hi	17:01.0	13
14 Colin Sybing	12 Thomas S. Wootton Hi	17:04.1	14
15 Lucas Heinzerling	12 Bethesda-Chevy Chase	17:05.2	15
16 Cliff Tilley	12 Thomas S. Wootton Hi	17:10.8	16
17 John Riker	9 Thomas S. Wootton Hi	17:14.3	17
18 Simeon Mussie	10 Albert Einstein High	17:15.2	18
19 Joshua Engels	10 Walt Whitman High Sc	17:15.6	19
20 Daniel Singer	12 Walter Johnson High	17:15.9	20
21 Josh Fry	10 Bethesda-Chevy Chase	17:17.0	21
22 Emanuel Villanueva	11 Gaithersburg High Sc	17:17.3	22
23 Christian McCann	12 Quince Orchard High	17:18.3	23
24 Patrick Winter	12 Walter Johnson High	17:18.9	24
25 Saahr Edouard	10 Walter Johnson High	17:19.7	25
26 Chase Osborne	10 Northwest High Schoo	17:20.8	26
27 Tyler Wilson	10 Albert Einstein High	17:21.2	27
28 Benjamin Shapiro	11 Thomas S. Wootton Hi	17:24.3	28
29 Elton Quansah	11 Northwest High Schoo	17:26.0	29
30 Samuel Blackman	12 Thomas S. Wootton Hi	17:26.4	30
31 Jose Infante-rosale	11 Northwest High Schoo	17:28.9	31
32 Robert Chance	12 Bethesda-Chevy Chase	17:36.3	32
33 Jacob Grant	12 Winston Churchill Hi	17:36.6	33
34 Renato Nunez	11 Thomas S. Wootton Hi	17:37.2	34
35 Chris Thoms	10 Quince Orchard High	17:40.0	35
36 Ryan Holland	10 Montgomery Blair Hig	17:41.0	36
37 Alejandro Arias	12 Albert Einstein High	17:42.2	37
38 Dominic Massimino	11 Montgomery Blair Hig	17:42.6	38
39 Jackson Kilosky	10 Clarksburg High Scho	17:44.7	39
40 Michael Hughes	12 Winston Churchill Hi	17:45.4	40
41 Mac Morgan	12 Richard Montgomery H	17:50.9	41
42 Rory O'Neil	11 Northwest High Schoo	17:51.4	42
43 Jonah Rosenblum	11 Bethesda-Chevy Chase	17:52.9	43
44 Kevin Oleary	12 Walter Johnson High	17:55.4	44

45	Ben Simpson	9	Albert Einstein High	17:57.4	45
46	Grant Dong	11	Winston Churchill Hi	18:01.0	46
47	Shashank Narayan	12	Walter Johnson High	18:04.1	47
48	Noah Dalbey	11	Montgomery Blair Hig	18:06.4	48
49	Ben Geertseema	12	Montgomery Blair Hig	18:07.4	49
50	Ethan Mara	10	Quince Orchard High	18:09.3	50
51	Jacob Rains	11	Bethesda-Chevy Chase	18:09.9	51
52	Matthew Goldsmith	11	Winston Churchill Hi	18:11.7	52
53	Mir Pandya	12	Clarksburg High Scho	18:13.9	53
54	Thomas Winkert	12	Winston Churchill Hi	18:19.5	54
55	Stefan Lehman	11	Walter Johnson High	18:23.2	55
56	Michael Riederer	12	Richard Montgomery H	18:23.4	56
57	Connor Obrien	9	Richard Montgomery H	18:26.0	57
58	Alexander Mangiafico	12	Montgomery Blair Hig	18:26.6	58
59	Matthew Owens	11	Quince Orchard High	18:27.2	59
60	Ngoy Yamitshi	11	Northwest High Schoo	18:27.8	60
61	Wyatt McCabe	11	Quince Orchard High	18:28.3	61
62	Michael Belay	12	Gaithersburg High Sc	18:28.8	62
63	Lorenzo Wilson	12	Gaithersburg High Sc	18:30.1	63
64	Yoel Rivas	11	Clarksburg High Scho	18:33.8	64
65	Ermerson Miller	11	John F. Kennedy High	18:35.1	65
66	Thiery Yanga	11	Montgomery Blair Hig	18:37.3	66
67	Zachary Worthman	9	Clarksburg High Scho	18:39.1	67
68	Peter Antonetti	10	Gaithersburg High Sc	18:39.8	68
69	Jonah Ruskin	10	Albert Einstein High	18:40.2	69
70	Declan Scott	11	Gaithersburg High Sc	18:42.9	70
71	Michael Thomas	12	Clarksburg High Scho	18:44.0	71
72	Idris Romodan	12	Montgomery Blair Hig	18:46.2	72
73	Demetrias Sye	12	Clarksburg High Scho	18:50.7	73
74	Ji-ho No	12	Gaithersburg High Sc	18:54.2	74
75	Alec Musheno	9	Northwood High Schoo	18:55.7	75
76	Matthew Vedrin	10	John F. Kennedy High	18:57.0	76
77	Samad Iqbal	12	Richard Montgomery H	18:57.9	77
78	William Wong	11	Richard Montgomery H	19:01.0	78
79	Gabriel Espinal	10	Gaithersburg High Sc	19:02.8	79
80	Chris Spiess	12	Clarksburg High Scho	19:12.8	80
81	Sam Friedman	12	Northwood High Schoo	19:33.8	81
82	Abhisheh Khadka	9	Albert Einstein High	19:37.3	82
83	Aristides Villator Sa	12	John F. Kennedy High	19:41.5	83
84	Kai Jacobs	9	Walt Whitman High Sc	19:46.2	84
85	Sam Wasserman	12	Walt Whitman High Sc	19:48.3	85
86	Evan Moore	9	Northwood High Schoo	19:48.6	86
87	Bryan Cummings	10	Albert Einstein High	19:57.9	87
88	Nikolaos Stathes	12	Quince Orchard High	20:01.0	88
89	Obi Onwuamaegbu	9	Walt Whitman High Sc	20:03.3	89
90	Tobias Matus-Bond	11	Walt Whitman High Sc	20:27.6	90
91	Dalton Yu	9	Walt Whitman High Sc	20:31.0	91
92	Naman Dhingra	12	Northwood High Schoo	20:33.0	92
93	Samuel Low	12	John F. Kennedy High	20:36.3	93
94	Enow-Mpey Asam-Eyong	9	John F. Kennedy High	20:47.5	94
95	Michael O'Neill	12	Northwood High Schoo	21:04.6	95
96	Chris Tang	12	Northwood High Schoo	22:34.9	96
97	Barrett Ewing	10	John F. Kennedy High	22:42.3	97
98	Adrian Cruz	12	John F. Kennedy High	23:23.8	98

HS Boys 5000 Meter Run Team Scores

Team	Pts	1	2	3	4	5	(6)	(7)
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1	Thomas S. Wootton Hi	81	6	14	16	17	28	30	34
	Total Time: 1:25:40		Average: 17:07.87				1-5 Split: 39		
2	Bethesda-Chevy Chase	85	7	10	15	21	32	43	51
	Total Time: 1:25:44		Average: 17:08.75				1-5 Split: 49		
3	Northwest High Schoo	100	2	12	26	29	31	42	60
	Total Time: 1:25:45		Average: 17:08.96				1-5 Split: 1:00		
4	Walter Johnson High	121	8	20	24	25	44	47	55
	Total Time: 1:26:41		Average: 17:20.01				1-5 Split: 1:06		
5	Winston Churchill Hi	141	9	13	33	40	46	52	54
	Total Time: 1:27:19		Average: 17:27.65				1-5 Split: 1:07		
6	Richard Montgomery H	159	1	4	41	56	57	77	78
	Total Time: 1:27:19		Average: 17:27.80				1-5 Split: 2:24		
7	Quince Orchard High	178	11	23	35	50	59	61	88
	Total Time: 1:28:33		Average: 17:42.49				1-5 Split: 1:30		
8	Albert Einstein High	196	18	27	37	45	69	82	87
	Total Time: 1:28:57		Average: 17:47.21				1-5 Split: 1:25		
9	Montgomery Blair Hig	229	36	38	48	49	58	66	72
	Total Time: 1:30:04		Average: 18:00.77				1-5 Split: 46		
10	Walt Whitman High Sc	282	5	19	84	85	89	90	91
	Total Time: 1:33:36		Average: 18:43.09				1-5 Split: 3:22		
11	Gaithersburg High Sc	285	22	62	63	68	70	74	79
	Total Time: 1:31:39		Average: 18:19.71				1-5 Split: 1:26		
12	Clarksburg High Scho	294	39	53	64	67	71	73	80
	Total Time: 1:31:56		Average: 18:23.07				1-5 Split: 1:00		
13	Northwood High Schoo	337	3	75	81	86	92	95	96
	Total Time: 1:35:26		Average: 19:05.09				1-5 Split: 3:59		
14	John F. Kennedy High	411	65	76	83	93	94	97	98
	Total Time: 1:38:38		Average: 19:43.43				1-5 Split: 2:13		