

MPSSAA 4A West XC Regional - 11/1/2018
 Watkins Mill High School, Gaithersburg, MD

HS Boys 5,000 Meter Run

Name	Yr Team	Time	Pts
1 John Riker	12 Thomas S. Wootton Hi	16:47.67	1
2 Aidan Smyth	12 Bethesda-Chevy Chase	16:59.76	2
3 Rodrigo Yopez-Lopez	12 Walter Johnson High	17:07.92	3
4 Aaron Bratt	12 Walt Whitman High Sc	17:13.76	4
5 Nahom Ftwi	12 Northwest High Schoo	17:16.56	5
6 Zachary Worthman	12 Clarksburg High Scho	17:17.03	6
7 Michael Murphy	12 Walt Whitman High Sc	17:21.61	7
8 Garrett Suhr	11 Richard Montgomery H	17:33.69	8
9 Emerson Hemley	12 Bethesda-Chevy Chase	17:36.29	9
10 Mark Unger	12 Richard Montgomery H	17:38.39	10
11 Obi Onwuamaegbu	12 Walt Whitman High Sc	17:42.53	11
12 Nicholas Olano	11 Richard Montgomery H	17:48.09	12
13 Michael Madrigal	12 Bethesda-Chevy Chase	17:52.21	13
14 Jacob Marks	11 Walter Johnson High	17:53.17	14
15 Tsach Mackey	10 Winston Churchill Hi	17:53.77	15
16 Aidan Goldenberg-h	11 Richard Montgomery H	17:54.24	16
17 Seth Bangser	11 Walter Johnson High	17:59.63	17
18 Timothy Jiang	12 Thomas S. Wootton Hi	18:00.22	18
19 Andrew Misura	11 Winston Churchill Hi	18:03.31	19
20 Redeate Kidane	12 Gaithersburg High Sc	18:04.43	20
21 Alexander Moore	12 Northwest High Schoo	18:05.01	21
22 Rafael Berhanu	10 Richard Montgomery H	18:11.57	22
23 Richard Qiao	12 Thomas S. Wootton Hi	18:12.14	23
24 Joseph Pohoryles	12 Thomas S. Wootton Hi	18:12.72	24
25 Dalton Yu	12 Walt Whitman High Sc	18:14.18	25
26 Andrew Schell	9 Walter Johnson High	18:18.82	26
27 Tinoda Matsatsa	9 Northwest High Schoo	18:19.49	27
28 Julien Bastin	12 Thomas S. Wootton Hi	18:20.42	28
29 Levi Bryant	10 Albert Einstein High	18:22.37	29
30 Samuel Wank	10 Winston Churchill Hi	18:27.51	30
31 Alex Scott	10 Walter Johnson High	18:33.28	31
32 Elias Applebaum	10 Richard Montgomery H	18:36.07	32
33 Lewis Sisler	10 Bethesda-Chevy Chase	18:37.52	33
34 Stefan Ney	11 Northwest High Schoo	18:41.03	34
35 William M. Chan	12 Winston Churchill Hi	18:42.11	35
36 Matthew Cauley	12 Walt Whitman High Sc	18:43.86	36
37 Franklin Joseph De Jo	11 Thomas S. Wootton Hi	18:45.74	37
38 Lucas Fernandez	12 Clarksburg High Scho	18:48.04	38
39 James McGreivy	12 Bethesda-Chevy Chase	18:49.27	39
40 Nihar Majmudar	12 Northwest High Schoo	18:49.85	40
41 Timothy Franklin	12 Gaithersburg High Sc	18:51.76	41
42 Meehir Bhalla	12 Thomas S. Wootton Hi	18:52.52	42
43 James Friebert	11 Bethesda-Chevy Chase	18:53.40	43
44 Benjamin Lesser	11 Walt Whitman High Sc	18:54.06	44
45 Jeremy Simon	9 Bethesda-Chevy Chase	18:56.48	45
46 Omar Aly	12 Winston Churchill Hi	18:57.60	46
47 Ethan Li	12 Winston Churchill Hi	18:59.75	47
48 Sam Eig	11 Clarksburg High Scho	19:01.80	48
49 Simon Wang	12 Winston Churchill Hi	19:03.90	49
50 Yariv Simhony	9 Walter Johnson High	19:05.37	50
51 Ben Rumsfeld	12 Walt Whitman High Sc	19:10.10	51

52	William Onofre	12	Wheaton High School	19:11.88	52
53	Connor Obrien	12	Richard Montgomery H	19:13.68	53
54	Mateus Kelly	12	Clarksburg High Scho	19:16.24	54
55	Jonathan Fontek	11	Quince Orchard High	19:17.33	55
56	Asher Bilsky	11	Albert Einstein High	19:21.11	56
57	Alioun Keita	11	Gaithersburg High Sc	19:24.89	57
58	Ben Simpson	12	Albert Einstein High	19:30.36	58
59	Sohan Ganatra	11	Clarksburg High Scho	19:30.98	59
60	Austin Devereux	9	Northwest High Schoo	19:31.70	60
61	Arkebe Gebreslassie	11	Albert Einstein High	19:36.47	61
62	Willem Averill	10	Albert Einstein High	19:38.36	62
63	Quinn Buckley	11	Albert Einstein High	19:39.77	63
64	Matt Bue	12	Albert Einstein High	19:40.96	64
65	Luke Evans	11	Quince Orchard High	19:41.99	65
66	Colby Sisco	11	Quince Orchard High	19:52.13	66
67	Jake Alalouf	11	Quince Orchard High	19:56.29	67
68	Kenneth Korzeniewski	11	Clarksburg High Scho	20:00.32	68
69	Eyoab Asrat	12	Wheaton High School	20:01.18	69
70	Brent Acuna	12	Gaithersburg High Sc	20:14.94	70
71	Edward Modrick	10	Wheaton High School	20:18.61	71
72	Joseph Chan	12	Clarksburg High Scho	20:48.62	72
73	Brian Mbogo	12	Wheaton High School	20:50.11	73
74	Riley Coleman	10	Gaithersburg High Sc	20:59.52	74
75	Cody Cerron	10	Wheaton High School	21:00.32	75
76	Jason Kearney	12	Quince Orchard High	21:01.00	76
77	Owen Miller	9	John F. Kennedy High	21:14.87	77
78	Dillion Clark	9	Gaithersburg High Sc	21:21.86	78
79	Noah Buchsbaum	12	Quince Orchard High	21:41.20	79
80	Aidan Baker-miller	9	John F. Kennedy High	21:47.53	80
81	Gabriel Melendez	10	Wheaton High School	22:00.11	81
82	Eugene Tuason	10	Gaithersburg High Sc	22:14.29	82
83	Aiden Solberg	10	Wheaton High School	23:08.20	83
84	Ian Virga	10	John F. Kennedy High	24:58.95	84
85	Somnoma Zida	9	John F. Kennedy High	25:03.99	85
86	Christian Regis	10	John F. Kennedy High	25:51.83	86

HS Boys 5,000 Meter Run Team Scores

Team	Pts	1	2	3	4	5	(6)	(7)
1 Richard Montgomery H	68	8	10	12	16	22	32	53
Total Time: 1:29:06		Average: 17:49.20				1-5	Split: 38	
2 Walt Whitman High Sc	83	4	7	11	25	36	44	51
Total Time: 1:29:16		Average: 17:51.19				1-5	Split: 1:31	
3 Walter Johnson High	91	3	14	17	26	31	50	-
Total Time: 1:29:53		Average: 17:58.57				1-5	Split: 1:26	
4 Thomas S. Wootton Hi	94	1	18	23	24	28	37	42
Total Time: 1:29:34		Average: 17:54.64				1-5	Split: 1:33	
5 Bethesda-Chevy Chase	96	2	9	13	33	39	43	45
Total Time: 1:29:56		Average: 17:59.01				1-5	Split: 1:50	
6 Northwest High Schoo	127	5	21	27	34	40	60	-
Total Time: 1:31:12		Average: 18:14.39				1-5	Split: 1:34	
7 Winston Churchill Hi	145	15	19	30	35	46	47	49
Total Time: 1:32:05		Average: 18:24.86				1-5	Split: 1:04	
8 Clarksburg High Scho	205	6	38	48	54	59	68	72
Total Time: 1:33:55		Average: 18:46.82				1-5	Split: 2:14	
9 Gaithersburg High Sc	262	20	41	57	70	74	78	82
Total Time: 1:37:36		Average: 19:31.11				1-5	Split: 2:56	
10 Albert Einstein High	266	29	56	58	61	62	63	64

	Total Time: 1:36:29		Average: 19:17.74		1-5 Split: 1:16
11	Quince Orchard High	329	55 65 66 67	76 79	-
	Total Time: 1:39:49		Average: 19:57.75	1-5 Split: 1:44	
12	Wheaton High School	340	52 69 71 73	75 81 83	
	Total Time: 1:41:23		Average: 20:16.42	1-5 Split: 1:49	
13	John F. Kennedy High	412	77 80 84 85	86 - -	
	Total Time: 1:58:58		Average: 23:47.44	1-5 Split: 4:37	

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HS Girls 5,000 Meter Run

Name	Yr	Team	Time	Pts
1 Charlotte Turesson	10	Richard Montgomery H	20:10.82	1
2 Breanna McDonald	12	Walt Whitman High Sc	20:26.69	2
3 Jessica Trzeciak	12	Thomas S. Wootton Hi	20:36.19	3
4 Alicia Lauwers	11	Walt Whitman High Sc	20:44.15	4
5 Avery Jackson	11	Clarksburg High Scho	20:52.70	5
6 Ella Gaul	10	Walter Johnson High	20:53.97	6
7 Emmersen Weinberg	11	Walt Whitman High Sc	21:07.56	7
8 Devon Derrenbacher	9	Gaithersburg High Sc	21:08.48	8
9 Paula Bathalon	11	Walt Whitman High Sc	21:17.94	9
10 Isabelle Senfaute	9	Walter Johnson High	21:23.01	10
11 Adna Trakic	12	Thomas S. Wootton Hi	21:25.68	11
12 Elie Rogers	9	Walter Johnson High	21:26.80	12
13 Victoria Shumakovich	11	Thomas S. Wootton Hi	21:38.35	13
14 Helena Lee	11	Northwest High Schoo	21:41.10	14
15 Jessie Williams	12	Albert Einstein High	21:46.17	15
16 Jenna Goldberg	11	Walter Johnson High	21:51.54	16
17 Marissa Branham	12	Northwest High Schoo	21:56.80	17
18 Emma Helgeson	10	Thomas S. Wootton Hi	21:58.02	18
19 Julia Johnson	12	Walt Whitman High Sc	22:02.06	19
20 Erin Chelf	12	Thomas S. Wootton Hi	22:03.11	20
21 Elise Durr	12	Gaithersburg High Sc	22:06.76	21
22 Anna Baldwin	11	Thomas S. Wootton Hi	22:07.45	22
23 Anjali Iyer	11	Winston Churchill Hi	22:10.54	23
24 Lauren Zhou	12	Richard Montgomery H	22:14.76	24
25 Madeline Grainger	12	Thomas S. Wootton Hi	22:17.35	25
26 Fiona Kelleher	11	Bethesda-Chevy Chase	22:32.75	26
27 Sophia Morales	10	Walter Johnson High	22:33.50	27
28 Aiko Abo Dominguez	9	Bethesda-Chevy Chase	22:35.68	28
29 Camille Gagne	10	Walter Johnson High	22:36.14	29
30 Joelle Sadd	10	Clarksburg High Scho	22:40.37	30
31 Siena Smith	11	Walt Whitman High Sc	22:43.94	31
32 Adrienne Bruch	12	Walter Johnson High	22:45.02	32
33 Perrin Myers	10	Winston Churchill Hi	22:46.27	33
34 Michelle Campano	11	Richard Montgomery H	22:54.21	34
35 Margaret Lilyestrom	12	Quince Orchard High	22:56.71	35
36 Brooke Kistler	11	Northwest High Schoo	22:58.91	36
37 Michelle Kamara	12	Gaithersburg High Sc	23:02.06	37
38 Soraya Bernal	10	Bethesda-Chevy Chase	23:03.45	38
39 Bridget Kelly	9	Winston Churchill Hi	23:04.51	39
40 Anna Cress	11	Northwest High Schoo	23:08.48	40
41 Sarah Williams	11	Bethesda-Chevy Chase	23:10.15	41
42 Jessica Bowen	11	Winston Churchill Hi	23:19.13	42
43 Juliana Capizzi	10	Bethesda-Chevy Chase	23:25.11	43
44 K.C. Ashiogwu	11	Gaithersburg High Sc	23:31.10	44
45 Lauren Anderson	9	Winston Churchill Hi	23:38.66	45
46 Talia Dantus	9	Quince Orchard High	23:39.37	46
47 Rachel Wilson	10	Bethesda-Chevy Chase	23:40.28	47
48 Lauren Kuo	11	Winston Churchill Hi	23:42.76	48
49 Christine Ha	9	Northwest High Schoo	23:42.80	49
50 Maria Rodriguez	11	Richard Montgomery H	23:46.18	50
51 Abby Haas	12	Bethesda-Chevy Chase	23:59.28	51

52	Tamia Howard	12	John F. Kennedy High	24:06.36	
53	Laura Sneller	12	Winston Churchill Hi	24:09.45	52
54	Caroline Robertson	11	Albert Einstein High	24:11.68	53
55	Olivia Miller	11	John F. Kennedy High	24:16.46	
56	Elizabeth Sklaire	11	Walt Whitman High Sc	24:23.85	54
57	Hannah Myers	12	Quince Orchard High	24:27.45	55
58	Emily Miller	11	Quince Orchard High	24:28.86	56
59	Monica Soni	11	Quince Orchard High	24:30.87	57
60	Katy Butler	12	Gaithersburg High Sc	24:40.48	58
61	Bianca Zeigler	12	Northwest High Schoo	24:46.10	59
62	Kayla Sadd	12	Clarksburg High Scho	24:52.46	60
63	Zoe Bell	11	Quince Orchard High	25:01.04	61
64	Marlee San Sebastian	12	Richard Montgomery H	25:02.80	62
65	Grace Jacobs	11	John F. Kennedy High	25:20.08	
66	Lukabed Bati	10	Albert Einstein High	25:28.53	63
67	Trinity Klock	11	Clarksburg High Scho	25:33.31	64
68	Yacelin Mantano	11	Gaithersburg High Sc	25:33.76	65
69	Heather Parkin	12	Albert Einstein High	25:42.50	66
70	Aral Markert	11	Richard Montgomery H	26:00.86	67
71	Ashley Osborne	10	Northwest High Schoo	26:05.06	68
72	Berhan Meku	10	Wheaton High School	26:20.69	69
73	Phoebe Whaling	10	Wheaton High School	26:33.43	70
74	Violetta Zamorano-Sco	9	Albert Einstein High	26:48.91	71
75	Casey Derrenbacher	11	Gaithersburg High Sc	26:49.77	72
76	Adeena Kreisler	12	Albert Einstein High	27:09.74	73
77	Conception Ramirez	11	Wheaton High School	27:10.74	74
78	Angell Rojas	11	Clarksburg High Scho	27:24.33	75
79	Amari BANGURA	10	John F. Kennedy High	27:41.88	
80	Mariel Juwillie	12	Clarksburg High Scho	28:51.79	76
81	Tsige Solomon	11	Wheaton High School	28:56.92	77
82	Meghan Tekelenburg	9	Wheaton High School	29:07.71	78
83	Christine Love	10	Clarksburg High Scho	29:25.15	79
84	Nora Sheehan	12	Albert Einstein High	31:13.66	80

HS Girls 5,000 Meter Run Team Scores

Team	Pts	1	2	3	4	5	(6)	(7)	
1	Walt Whitman High Sc	41	2	4	7	9	19	31	54
	Total Time: 1:45:39		Average: 21:07.68				1-5 Split: 1:36		
2	Thomas S. Wootton Hi	65	3	11	13	18	20	22	25
	Total Time: 1:47:42		Average: 21:32.27				1-5 Split: 1:27		
3	Walter Johnson High	71	6	10	12	16	27	29	32
	Total Time: 1:48:09		Average: 21:37.77				1-5 Split: 1:40		
4	Northwest High Schoo	156	14	17	36	40	49	59	68
	Total Time: 1:53:29		Average: 22:41.62				1-5 Split: 2:02		
5	Gaithersburg High Sc	168	8	21	37	44	58	65	72
	Total Time: 1:54:29		Average: 22:53.78				1-5 Split: 3:32		
6	Richard Montgomery H	171	1	24	34	50	62	67	-
	Total Time: 1:54:09		Average: 22:49.76				1-5 Split: 4:52		
7	Bethesda-Chevy Chase	176	26	28	38	41	43	47	51
	Total Time: 1:54:48		Average: 22:57.43				1-5 Split: 53		
8	Winston Churchill Hi	182	23	33	39	42	45	48	52
	Total Time: 1:55:00		Average: 22:59.83				1-5 Split: 1:29		
9	Clarksburg High Scho	234	5	30	60	64	75	76	79
	Total Time: 2:01:24		Average: 24:16.64				1-5 Split: 6:32		
10	Quince Orchard High	249	35	46	55	56	57	61	-
	Total Time: 2:00:04		Average: 24:00.66				1-5 Split: 1:35		
11	Albert Einstein High	268	15	53	63	66	71	73	80

Total Time: 2:03:58		Average: 24:47.56		1-5 Split: 5:03				
12 Wheaton High School	368	69	70	74	77	78	-	-
Total Time: 2:18:10		Average: 27:37.90		1-5 Split: 2:48				