

MPSSAA State Cross Country Championships - 10/31/2019**1A/4A South Region****Ft. Washington Park****Results****Event 8 Boys 5k Run CC 4A**

Name	Year	School	Seed	Avg 1K	Finals	Points
Results - Men						
1 Hussen, Jafar	12	Parkdale Hig		3:15.1	16:15.15	1
2 Lewis, Brandon	12	Eleanor Roos		3:21.9	16:49.05	2
3 Onwonga, David	12	Parkdale Hig		3:30.7	17:33.45	3
4 Stephenson, Tafari	11	Bowie High School		3:32.9	17:44.25	4
5 Rodriquez, Roberto	11	Parkdale Hig		3:37.2	18:05.59	5
6 Jimason, Jason	11	C.H. Flowers		3:39.2	18:15.64	6
7 Perry, Jamil	12	Bowie High School		3:45.4	18:46.99	7
8 Stuart Jr., Ramsey	12	Eleanor Roos		3:47.1	18:55.21	8
9 Khan, Muzzamil	12	Eleanor Roos		3:48.2	19:00.90	9
10 Quaino, Justice	11	DuVal High School		3:48.3	19:01.21	10
11 Stuart, Trevor	10	Eleanor Roos		3:50.7	19:13.10	11
12 Nicholson, Ralph	11	Eleanor Roos		3:51.3	19:16.16	12
13 Jackson, Creedence	11	Eleanor Roos		3:51.5	19:17.07	13
14 Campbell, Jahon	11	Bowie High School		3:51.5	19:17.19	14
15 Agyarko, Emmanuel	12	DuVal High School		3:52.9	19:24.15	15
16 Jones, Brandon	11	Suitland Hig		3:53.0	19:24.76	16
17 Achu, Emmanuel	12	Laurel High School		3:55.6	19:37.95	17
18 Davies, Addo	12	C.H. Flowers		3:57.0	19:44.83	18
19 Abdela, Nejib	11	Eleanor Roos		3:57.4	19:46.79	19
20 Adamson, Nahseem	11	Suitland Hig		3:58.1	19:50.15	20
21 Ojo, Isaac	12	Laurel High School		3:58.9	19:54.44	21
22 Miller, Terrell	9	Bowie High School		3:58.9	19:54.45	22
23 Whitmore, Levaughn	10	Suitland Hig		3:59.9	19:59.28	23
24 Cage, Caleb	11	C.H. Flowers		4:01.4	20:06.94	24
25 Lonon, Brian	11	Suitland Hig		4:01.5	20:07.22	25
26 Olin, Dominique	11	Bowie High School		4:01.6	20:07.98	26
27 Alhwamdeh, Muhammed	12	Bowie High School		4:04.4	20:21.80	27
28 Miller, Young Min	10	Parkdale Hig		4:05.6	20:27.56	28
29 Alhwamdeh, Kareem	11	Bowie High School		4:06.7	20:33.14	29
30 Boukabara, Nassim	10	Parkdale Hig		4:07.5	20:37.15	30
31 Stewart, Tymon	12	Suitland Hig		4:09.5	20:47.49	31
32 Villalta, Victor	10	C.H. Flowers		4:10.9	20:54.21	32
33 Dodson, Richard	9	Suitland Hig		4:11.7	20:58.17	33
34 Goodman, Harry	12	Bladensburg		4:14.7	21:13.48	
35 Agbembie, Jaiden	10	Bladensburg		4:15.4	21:16.57	
36 Thomas, Amonte	10	C.H. Flowers		4:16.5	21:22.35	34
37 Sanchez, Carlos	10	Bladensburg		4:17.4	21:26.87	
38 Amaya, Eric	10	Bladensburg		4:30.8	22:33.64	
39 Nwadiaro, Joe	12	Laurel High School		4:32.2	22:40.81	35
40 anderson, jaden	11	DuVal High School		4:33.9	22:49.26	36
41 Edney, Malachi	10	Laurel High School		4:34.3	22:51.09	37
42 Oyegbami, Vince	9	DuVal High School		4:34.4	22:51.86	38
43 Bethune, Michael	11	Laurel High School		4:35.3	22:56.30	39
44 Garcia, Felipe	11	Northwestern		4:42.2	23:30.80	
45 Ekeocha, Ibe	12	DuVal High School		4:51.9	24:19.11	40
46 Hobbs, Karon	12	Suitland Hig		5:01.8	25:08.80	41

MPSSAA State Cross Country Championships - 10/31/2019

1A/4A South Region

Ft. Washington Park

Results

Event 7 Girls 5k Run CC 4A

Name	Year	School	Seed	Avg 1K	Finals	Points
Results - Women						
1 Antigua, Rachel	12	Eleanor Roos		4:16.8	21:23.57	1
2 Solomon, Karizma	12	C.H. Flowers		4:22.8	21:53.73	2
3 Bolds, Mayler	12	C.H. Flowers		4:22.8	21:53.88	3
4 Deigh, Manuela	12	C.H. Flowers		4:25.3	22:06.48	4
5 Hill, Narissa	10	C.H. Flowers		4:27.6	22:17.83	5
6 Turner, Amyra	11	Suitland Hig		4:32.2	22:40.72	6
7 Pase, Rebekah	10	Eleanor Roos		4:36.1	23:00.09	7
8 Bumbry, Trinity	10	Eleanor Roos		4:36.9	23:04.40	8
9 Buller-Jarrett, Allanah	11	C.H. Flowers		4:38.1	23:10.19	9
10 Okunola, Jaylene	11	C.H. Flowers		4:41.4	23:26.75	10
11 Lee, Kiara	10	Suitland Hig		4:42.8	23:33.88	11
12 Hernandez, Katherine	12	Bladensburg		4:46.2	23:50.81	
13 Brooks, Lauren	12	Bowie High School		4:50.8	24:13.96	12
14 Fiore, Sydney	10	Eleanor Roos		4:56.4	24:41.78	13
15 Balma, Erin	11	Suitland Hig		4:56.6	24:42.59	14
16 Leon, Adeyli	12	Bladensburg		5:03.0	25:14.90	
17 Omoniyi, Blessing	11	Laurel High School		5:08.4	25:41.63	15
18 Onuoha, Jennifer	11	Eleanor Roos		5:12.0	25:59.76	16
19 Rawley, Marishka	10	Eleanor Roos		5:12.0	25:59.97	17
20 Bezezuh, Emetem	10	DuVal High School		5:12.1	26:00.49	
21 Nkansah, Maureen	10	Laurel High School		5:15.8	26:18.81	18
22 Afful, Grace	11	Laurel High School		5:20.0	26:39.78	19
23 Bryan, Olivia	11	Eleanor Roos		5:21.7	26:48.50	20
24 nichols, tamra	11	Bowie High School		5:25.7	27:08.14	21
25 Drammeh, Fatima	11	DuVal High School		5:27.6	27:17.66	
26 Dada, Kaosarat	12	Bowie High School		5:29.5	27:27.21	22
27 Frimpong, Leslie	11	Laurel High School		5:31.7	27:38.52	23
28 Starkey, Diana	11	Bowie High School		5:34.7	27:53.10	24
29 Williams, Summyr	12	Bowie High School		5:37.5	28:07.38	25
30 Montilus, Tracey	11	Suitland Hig		5:55.6	29:37.85	26
31 Blackie, Jonecia	9	Laurel High School		5:57.5	29:47.41	27
32 Gadson, Marcea	10	Suitland Hig		6:03.5	30:17.37	28
33 Awon, angel	11	DuVal High School		6:17.5	31:27.30	
34 Olawunmi, Ester	11	DuVal High School		6:29.0	32:24.67	
35 Anhanmisi, Angela	9	Laurel High School		6:31.0	32:35.04	29
36 Udu-Utton, Stephanie	12	Bladensburg		6:32.5	32:42.21	
37 Mitchell, Nya	11	Bladensburg		7:26.8	37:13.71	
38 Williams, Kimberly	10	Suitland Hig		7:32.8	37:43.67	30
39 Duckett, Naimah	11	Suitland Hig		7:36.5	38:02.11	31

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
Results - Women											

MPSSAA State Cross Country Championships - 10/31/2019**1A/4A South Region****Ft. Washington Park****Results****....Event 7 Girls 5k Run CC 4A**

1	C.H. Flowers High School	23	2	3	4	5	9	10
	Total Time: 1:51:22.11							
	Average: 22:16.43							
2	Eleanor Roosevelt High Sc	45	1	7	8	13	16	17 20
	Total Time: 1:58:09.60							
	Average: 23:37.92							
3	Suitland High School	85	6	11	14	26	28	30 31
	Total Time: 2:10:52.41							
	Average: 26:10.49							
4	Laurel High School	102	15	18	19	23	27	29
	Total Time: 2:16:06.15							
	Average: 27:13.23							
5	Bowie High School	104	12	21	22	24	25	
	Total Time: 2:14:49.79							
	Average: 26:57.96							