

4A SOUTH REGION CHAMPIONSHIP

Fort Washington, MD

Fort Washington Park

November 3, 2016

**OFFICIAL MEET REPORT**

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**Race #1
WOMEN • 5 Kilometers (3.11 Miles)****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.
1 CH Flowers High Sch	29	1-2-3-8-15(16)(25)	1:56:47	23:22
2 Eleanor Roosevelt Hi	44	4-6-9-12-13(17)(21)	2:01:42	24:21
3 Bowie High School	69	5-10-14-18-22(23)(24)	2:07:42	25:33
4 Suitland High School	83	7-11-19-20-26	2:16:10	27:14

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap
1 WATTS, Javon	FR	480	CH Flowers Hig	1	21:41.96	---
2 FARMER, Telicia	SR	476	CH Flowers Hig	2	22:10.97	0:29.0
3 GRANT, Dejah	SO	477	CH Flowers Hig	3	22:43.41	1:01.5
4 BAKER, Isabella	FR	502	Eleanor Roosev	4	22:47.54	1:05.6
5 JONES, Taylor	SO	527	Henry A. Wise	-	22:56.19	1:14.2
6 CUNNINGHAM, Kaiya	FR	456	Bowie High Sch	5	23:05.95	1:24.0
7 MCGRANAHAN, Nina	SO	507	Eleanor Roosev	6	23:14.71	1:32.8
8 HAMILTON, Aminah	JR	590	Suitland High S	7	23:31.13	1:49.2
9 RUTHERFORD, Nina	SO	479	CH Flowers Hig	8	23:54.09	2:12.1
10 KANTE, Fatoumata	SO	536	High Point High	-	23:56.07	2:14.1
11 HEINTZELMAN, Alyss	SO	506	Eleanor Roosev	9	24:08.91	2:27.0
12 BROOKS, Lauren	FR	454	Bowie High Sch	10	24:31.39	2:49.4
13 FRIERSON, Tiana	SO	589	Suitland High S	11	24:42.30	3:00.3
14 GRINAGE, Asia	JR	524	Henry A. Wise	-	25:24.76	3:42.8
15 MOORE, Molly	JR	508	Eleanor Roosev	12	25:40.08	3:58.1
16 ALLEN, Alyson	SR	500	Eleanor Roosev	13	25:50.64	4:08.7
17 BURKS, Candus	SR	455	Bowie High Sch	14	25:55.61	4:13.7
18 ADEYERI, Temi	JR	471	CH Flowers Hig	15	26:16.22	4:34.3
19 DEIGH, Manuelene	FR	475	CH Flowers Hig	(16)	26:19.23	4:37.3
20 VERSTEEGEN, Lela	JR	511	Eleanor Roosev	(17)	26:26.34	4:44.4
21 STEWART, Bethlehem	FR	461	Bowie High Sch	18	26:47.52	5:05.6
22 JORDAN, Ahmari	SO	592	Suitland High S	19	26:53.63	5:11.7
23 HARRIS, Syparia	SO	591	Suitland High S	20	27:02.30	5:20.3
24 HAMMETT, Honora	SO	505	Eleanor Roosev	(21)	27:14.94	5:33.0
25 WALKER, Shadijah	JR	528	Henry A. Wise	-	27:18.68	5:36.7
26 DOLINKA, Ruthann	JR	457	Bowie High Sch	22	27:20.66	5:38.7
27 WILLIAMS, Ashoya	SR	462	Bowie High Sch	(23)	28:00.80	6:18.8
28 DO, Sydney	FR	552	Laurel High Sch	-	28:07.09	6:25.1
29 REED, Asjah	SR	460	Bowie High Sch	(24)	28:33.92	6:52.0
30 ABDUL, Fatima	SR	438	Bladensburg Hi	-	28:41.29	6:59.3
31 CATO, Ashanti	SR	473	CH Flowers Hig	(25)	28:49.36	7:07.4
32 FAJEMISIN, Demi	SR	440	Bladensburg Hi	-	29:26.00	7:44.0
33 SIMPSON, Tamara	SR	572	Northwestern H	-	29:34.41	7:52.5
34 MASON, Patrinah	FR	568	Northwestern H	-	30:26.97	8:45.0
35 RICHARDSON, Courtn	FR	570	Northwestern H	-	30:27.12	8:45.2
36 TAKAM, Liz	FR	556	Laurel High Sch	-	31:05.57	9:23.6
37 DUPREE, Deanna	SO	553	Laurel High Sch	-	33:33.22	11:51.
38 ROSALES, Jennifer	SR	571	Northwestern H	-	33:33.90	11:51.
39 WALKER, Gennelle	SO	593	Suitland High S	26	33:59.88	12:17.
40 JOHNSON, Nisla	SO	526	Henry A. Wise	-	33:59.91	12:18.

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Race #2 MEN • 5 Kilometers (3.11 Miles)

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.
1 Parkdale High School	65	2-13-14-17-19(22)(29)	1:31:38	18:20
2 Eleanor Roosevelt Hi	91*	1-4-24-28-34(39)(49)	1:33:27	18:42
3 High Point High Scho	91*	3-15-18-23-32(42)(43)	1:33:55	18:47
4 CH Flowers High Sch	118	10-12-16-35-45	1:36:11	19:15
5 Bladensburg High Sc	121	5-25-26-27-38(47)(62)	1:35:38	19:08
6 Bowie High School	124	6-8-21-41-48(50)	1:36:23	19:17
7 Suitland High School	156	7-30-33-40-46(61)(68)	1:39:06	19:50
8 DuVal High School	171	9-20-37-52-53(58)(66)	1:41:50	20:22
9 Northwestern High Sc	222	11-36-54-57-64(65)	1:48:23	21:41
10 Laurel High School	250	31-44-56-59-60(69)	1:49:00	21:48
11 Henry A. Wise High S	306	51-55-63-67-70	2:08:55	25:47

*Tiebreakers

Eleanor Roosevelt High School	1	4	24	28	34	39
High Point High School	3	15	18	23	32	42

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap
1 BELSOI, Edward	SR	512	Eleanor Roosev	1	17:04.58	---
2 JOHNSON, Jonathan	JR	585	Parkdale High	2	17:17.35	0:13.4
3 JORDAN, Daniel	SR	542	High Point High	3	17:46.38	0:42.4
4 MIRANDA-CRUZ, Den	JR	519	Eleanor Roosev	4	17:47.26	0:43.3
5 SANCHEZ, Roberto Ca	SR	453	Bladensburg Hi	5	17:51.04	0:47.1
6 JOHNSON, J'aun	JR	466	Bowie High Sch	6	17:54.59	0:50.6
7 JOHNSON, Caleed	JR	597	Suitland High S	7	18:01.87	0:57.9
8 STEWART, Mikias	SO	469	Bowie High Sch	8	18:06.15	1:02.2
9 WILSON, james	JR	499	DuVal High Sch	9	18:12.10	1:08.1
10 JOHNSON, Craig	SO	485	CH Flowers Hig	10	18:14.89	1:10.9
11 TEFERRA, Yeabsera	SR	579	Northwestern H	11	18:24.52	1:20.6
12 DELOATCH, David	JR	484	CH Flowers Hig	12	18:25.68	1:21.7
13 OSORIO, Walter	SR	586	Parkdale High	13	18:26.74	1:22.8
14 WILLIAMS, Isaiah	SR	588	Parkdale High	14	18:33.07	1:29.1
15 DEMENOU, Guy	JR	539	High Point High	15	18:34.21	1:30.3
16 MCMILLAN, Lamar	SR	486	CH Flowers Hig	16	18:37.82	1:33.9
17 DJAPA, Elisee	JR	581	Parkdale High	17	18:38.96	1:35.0
18 NELSON, Ken	SR	545	High Point High	18	18:40.04	1:36.1
19 VASQUEZ, Jese	JR	587	Parkdale High	19	18:41.04	1:37.1
20 HUSSAIN, Sohghan	FR	494	DuVal High Sch	20	18:43.23	1:39.3
21 PERRY, Jamil	FR	468	Bowie High Sch	21	18:43.67	1:39.7
22 COOPER, Jordan	FR	580	Parkdale High	(22)	18:46.84	1:42.9
23 MEJIA, Josue	SO	544	High Point High	23	18:58.83	1:54.9
24 BICKERSTAFF, Chris	SR	513	Eleanor Roosev	24	19:03.59	1:59.6
25 HENRY, Garsier	FR	448	Bladensburg Hi	25	19:04.79	2:00.8
26 FAGBENJO, Peter	SR	447	Bladensburg Hi	26	19:09.91	2:06.0
27 ANDERSON, Hopeton	SR	446	Bladensburg Hi	27	19:12.02	2:08.1
28 DAWSON, James	FR	515	Eleanor Roosev	28	19:35.11	2:31.2

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap
29 HERRERA, Bryan	SO	583	Parkdale High	(29)	19:46.34	2:42.4
30 WASHINGTON, Keith	JR	600	Suitland High S	30	19:48.97	2:45.0
31 LAKE, Julian	JR	563	Laurel High Sch	31	19:52.08	2:48.1
32 NZOUAKEU, Cromwell	SO	546	High Point High	32	19:55.16	2:51.2
33 PETTUS, Marcellus	SR	599	Suitland High S	33	19:55.41	2:51.5
34 EASTON, Kwesi	SO	516	Eleanor Roosev	34	19:55.65	2:51.7
35 WINGATE, David	SO	491	CH Flowers Hig	35	20:00.83	2:56.9
36 GAINES, Korey	SR	577	Northwestern H	36	20:11.54	3:07.6
37 LODGE, kenrick	SO	496	DuVal High Sch	37	20:19.79	3:15.8
38 MACAL, Alan	SO	450	Bladensburg Hi	38	20:19.99	3:16.0
39 FORTUNE, Zachary	JR	517	Eleanor Roosev	(39)	20:21.83	3:17.9
40 ALLEN, Rashaan	SO	594	Suitland High S	40	20:21.99	3:18.0
41 ABDULMATEEN, Muh	FR	463	Bowie High Sch	41	20:23.94	3:20.0
42 ESSIEMA, Daniel	SO	540	High Point High	(42)	20:39.58	3:35.6
43 ROMERO, Nelson	SR	547	High Point High	(43)	20:43.28	3:39.3
44 CAMPBELL, Wayne	JR	558	Laurel High Sch	44	20:44.10	3:40.1
45 NAFIU, Mohammed	SO	487	CH Flowers Hig	45	20:51.67	3:47.7
46 LONG, Tavon	SR	598	Suitland High S	46	20:57.37	3:53.4
47 OLABANJI, Emanuel	SR	451	Bladensburg Hi	(47)	21:10.12	4:06.2
48 DICKERSON, Aubrey	JR	465	Bowie High Sch	48	21:14.47	4:10.5
49 CRUZ, Aidan	FR	514	Eleanor Roosev	(49)	21:29.99	4:26.0
50 LOCHER, Maddox	FR	467	Bowie High Sch	(50)	21:52.27	4:48.3
51 SMITH, Taj	FR	533	Henry A. Wise	51	22:02.59	4:58.6
52 RAMIE BAH, Raymond	SR	498	DuVal High Sch	52	22:16.40	5:12.4
53 OLOYEDE, Adewunmi	JR	497	DuVal High Sch	53	22:18.36	5:14.4
54 ORISAYA, Richard	SO	578	Northwestern H	54	22:25.93	5:22.0
55 CLARK, Rayzon	FR	529	Henry A. Wise	55	22:28.50	5:24.5
56 KAMARA, Abu	FR	562	Laurel High Sch	56	22:28.68	5:24.7
57 BENITEZ OSORIO, Ca	JR	574	Northwestern H	57	22:50.49	5:46.5
58 JACKSON, Larry	JR	495	DuVal High Sch	(58)	22:53.73	5:49.8
59 AGYEMANG, Roland	SO	557	Laurel High Sch	59	22:56.02	5:52.1
60 MASALE, David	JR	564	Laurel High Sch	60	22:59.07	5:55.1
61 DESSINT, Saintilus	FR	596	Suitland High S	(61)	23:32.35	6:28.4
62 SANCHEZ, Roberto	SR	452	Bladensburg Hi	(62)	23:47.21	6:43.3
63 MILLER, Malik	SR	531	Henry A. Wise	63	24:03.52	6:59.6
64 ARIAS LOPEZ, Cesar	JR	573	Northwestern H	64	24:30.14	7:26.2
65 FON, Brandon	SR	576	Northwestern H	(65)	24:48.68	7:44.7
66 CARTER, Joshua	JR	493	DuVal High Sch	(66)	25:11.97	8:08.0
67 NUR, Qasin	SO	532	Henry A. Wise	67	26:13.50	9:09.5
68 CLARK, Caleb	FR	595	Suitland High S	(68)	26:31.03	9:27.1
69 TILIKSEW, Samuel	FR	567	Laurel High Sch	(69)	27:35.77	10:31.
70 GRAVES, Joshua	SR	530	Henry A. Wise	70	34:06.54	17:02.