

2014 4A West Region Championships - 10/30/2014

High Point Farm, Clarksburg, Md.

Last Completed Event

Event 2 Boys 5k Run CC

| Name | Year | School | Avg Mile | Finals | Points |
|----------------------------|------|--------------|----------|----------|--------|
| 1 Zarate, Diego | 12 | Northwest Hi | 4:58.1 | 15:26.11 | 1 |
| 2 Woods, Evan | 12 | Walt Whitman | 5:06.3 | 15:51.59 | 2 |
| 3 Munro, Patrick | 12 | Thomas S. Wo | 5:08.0 | 15:56.90 | 3 |
| 4 Asfaw, Rohann | 10 | Richard Mont | 5:09.3 | 16:00.68 | 4 |
| 5 Tadesse, Binyam | 12 | John F. Kenn | 5:09.6 | 16:01.91 | 5 |
| 6 Rhoderick, Brendan | 12 | Northwest Hi | 5:13.1 | 16:12.73 | 6 |
| 7 Walsh, Liam | 11 | Quince Orcha | 5:13.5 | 16:13.89 | 7 |
| 8 Khaghani, Amir | 12 | Walt Whitman | 5:14.4 | 16:16.71 | 8 |
| 9 Kannapell, Dylan | 11 | Bethesda-Che | 5:17.9 | 16:27.57 | 9 |
| 10 Fitzgerald, David | 12 | Winston Chur | 5:19.5 | 16:32.40 | 10 |
| 11 Woodward-Montes, Arturo | 12 | Winston Chur | 5:19.8 | 16:33.56 | 11 |
| 12 Roederer, Alex | 12 | Walt Whitman | 5:20.6 | 16:35.95 | 12 |
| 13 Conn, Jared | 12 | Gaithersburg | 5:20.7 | 16:36.38 | 13 |
| 14 Gersch, Ben | 11 | Walt Whitman | 5:20.9 | 16:36.73 | 14 |
| 15 Hayden, Sam | 12 | Walter Johns | 5:20.9 | 16:37.02 | 15 |
| 16 Thoms, Ben | 12 | Quince Orcha | 5:21.3 | 16:37.98 | 16 |
| 17 Bezherano, Itai | 12 | Walter Johns | 5:21.4 | 16:38.55 | 17 |
| 18 Kureshi, Brandon | 11 | Northwest Hi | 5:21.6 | 16:39.17 | 18 |
| 19 Burklow, Jp | 12 | Walter Johns | 5:21.9 | 16:40.00 | 19 |
| 20 Nadal, Nathan | 12 | Thomas S. Wo | 5:25.1 | 16:49.82 | 20 |
| 21 Baker, Sam | 12 | Bethesda-Che | 5:25.9 | 16:52.29 | 21 |
| 22 Rushkoff, Jacob | 11 | Thomas S. Wo | 5:26.0 | 16:52.61 | 22 |
| 23 Sybing, Colin | 11 | Thomas S. Wo | 5:26.1 | 16:52.96 | 23 |
| 24 May, Carter | 11 | Walter Johns | 5:26.8 | 16:55.13 | 24 |
| 25 Welter, Mitchell | 11 | Winston Chur | 5:27.0 | 16:55.68 | 25 |
| 26 Heinzerling, Lucas | 11 | Bethesda-Che | 5:27.4 | 16:56.94 | 26 |
| 27 Tilley, Cliff | 11 | Thomas S. Wo | 5:27.9 | 16:58.54 | 27 |
| 28 Chance, Robert | 11 | Bethesda-Che | 5:28.4 | 17:00.12 | 28 |
| 29 Fagan, Brendan | 12 | Winston Chur | 5:28.6 | 17:00.84 | 29 |
| 30 McNamara, Hank | 12 | Richard Mont | 5:29.2 | 17:02.75 | 30 |
| 31 Silverberg, David | 12 | Richard Mont | 5:29.6 | 17:03.89 | 31 |
| 32 Smith, Jacob | 12 | Winston Chur | 5:30.5 | 17:06.68 | 32 |
| 33 El-Masry, Joachim | 9 | Richard Mont | 5:31.4 | 17:09.35 | 33 |
| 34 Benjamin, Resnick | 12 | Walter Johns | 5:31.6 | 17:10.06 | 34 |
| 35 McCann, Christian | 11 | Quince Orcha | 5:32.0 | 17:11.20 | 35 |
| 36 Ryba, William | 11 | Walt Whitman | 5:34.4 | 17:18.71 | 36 |
| 37 Haskins, Grant | 12 | Winston Chur | 5:34.9 | 17:20.39 | 37 |
| 38 Porquin, Emmanuel | 12 | Richard Mont | 5:35.6 | 17:22.47 | 38 |
| 39 Thomas, Michael | 11 | Clarksburg H | 5:36.4 | 17:25.17 | 39 |
| 40 Mosquera, Jonathan | 12 | Clarksburg H | 5:36.7 | 17:25.88 | 40 |
| 41 Walker, Jackson | 10 | Richard Mont | 5:36.8 | 17:26.23 | 41 |
| 42 O'Neil, Rory | 10 | Northwest Hi | 5:37.4 | 17:28.03 | 42 |
| 43 Jones, Sebastian | 10 | Bethesda-Che | 5:39.7 | 17:35.20 | 43 |
| 44 Winter, Patrick | 11 | Walter Johns | 5:40.8 | 17:38.70 | 44 |
| 45 Scherr, Preston | 11 | Walt Whitman | 5:41.2 | 17:40.07 | 45 |
| 46 Youngs, Nicholas | 12 | Quince Orcha | 5:42.5 | 17:43.91 | 46 |
| 47 Blackman, Samuel | 11 | Thomas S. Wo | 5:42.7 | 17:44.49 | 47 |
| 48 Singer, Daniel | 11 | Walter Johns | 5:42.9 | 17:45.11 | 48 |
| 49 Wurtzel, Scott | 11 | Clarksburg H | 5:43.7 | 17:47.59 | 49 |
| 50 Shapiro, Benjamin | 10 | Thomas S. Wo | 5:43.8 | 17:48.14 | 50 |
| 51 Attiogbe, Komlan | 10 | Northwest Hi | 5:44.0 | 17:48.49 | 51 |

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|----|---------------------------|------------|----|----|----|----|----|----|----|
| | Average: | 16:58.43 | | | | | | | |
| 7 | Richard Montgomery High S | 136 | 4 | 30 | 31 | 33 | 38 | 41 | 68 |
| | Total Time: | 1:24:39.14 | | | | | | | |
| | Average: | 16:55.83 | | | | | | | |
| 8 | Quince Orchard High Schoo | 156 | 7 | 16 | 35 | 46 | 52 | 60 | 62 |
| | Total Time: | 1:25:36.15 | | | | | | | |
| | Average: | 17:07.23 | | | | | | | |
| 9 | Clarksburg High School | 258 | 39 | 40 | 49 | 63 | 67 | 78 | 80 |
| | Total Time: | 1:28:55.00 | | | | | | | |
| | Average: | 17:47.00 | | | | | | | |
| 10 | Gaithersburg High School | 268 | 13 | 55 | 57 | 69 | 74 | 76 | |
| | Total Time: | 1:29:30.20 | | | | | | | |
| | Average: | 17:54.04 | | | | | | | |
| 11 | Montgomery Blair High Sch | 327 | 61 | 64 | 65 | 66 | 71 | 75 | 77 |
| | Total Time: | 1:30:48.54 | | | | | | | |
| | Average: | 18:09.71 | | | | | | | |
| 12 | John F. Kennedy High Scho | 327 | 5 | 73 | 81 | 83 | 85 | 89 | 90 |
| | Total Time: | 1:33:55.01 | | | | | | | |
| | Average: | 18:47.01 | | | | | | | |
| 13 | Col. Zadok Magruder High | 403 | 72 | 79 | 82 | 84 | 86 | 87 | 88 |
| | Total Time: | 1:37:17.65 | | | | | | | |
| | Average: | 19:27.53 | | | | | | | |

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High Point Farm, Clarksburg, Md.

Last Completed Event

Event 1 Girls 5k Run CC

| Name | Year | School | Avg Mile | Finals | Points |
|----------------------------|------|--------------|----------|----------|--------|
| 1 Green, Abigail | 9 | Walter Johns | 5:53.3 | 18:17.53 | 1 |
| 2 Srour, Lucy | 12 | Winston Chur | 5:55.8 | 18:25.39 | 2 |
| 3 Noall, Lucie | 12 | Clarksburg H | 5:57.2 | 18:29.76 | 3 |
| 4 Murphy, Emily | 11 | Walter Johns | 5:57.7 | 18:31.12 | 4 |
| 5 Keller, Kiernan | 12 | Walter Johns | 6:04.1 | 18:51.11 | 5 |
| 6 Dellapa, Grace | 11 | Thomas S. Wo | 6:04.4 | 18:51.88 | 6 |
| 7 McUmbler, Nora | 12 | Bethesda-Che | 6:05.6 | 18:55.72 | 7 |
| 8 Woods, Olivia | 10 | Walt Whitman | 6:09.4 | 19:07.45 | 8 |
| 9 Reicin, Julia | 10 | Winston Chur | 6:13.2 | 19:19.30 | 9 |
| 10 O'Connor, Erin | 11 | Walt Whitman | 6:14.5 | 19:23.44 | 10 |
| 11 Kirsch, Katrione | 10 | Walter Johns | 6:15.8 | 19:27.35 | 11 |
| 12 Wells, Cierra | 12 | Quince Orcha | 6:16.5 | 19:29.64 | 12 |
| 13 Fry, Abby | 12 | Bethesda-Che | 6:17.8 | 19:33.61 | 13 |
| 14 McNeill, Kat | 12 | Bethesda-Che | 6:18.3 | 19:35.22 | 14 |
| 15 El-Masry, Sophie | 11 | Richard Mont | 6:19.5 | 19:38.81 | 15 |
| 16 Zarate, Sofia | 10 | Northwest Hi | 6:19.8 | 19:39.98 | 16 |
| 17 Levine, Abigail | 11 | Bethesda-Che | 6:20.4 | 19:41.68 | 17 |
| 18 Go, Gaby | 12 | Northwest Hi | 6:23.0 | 19:49.92 | 18 |
| 19 Kleyman, Paula | 12 | Winston Chur | 6:27.8 | 20:04.81 | 19 |
| 20 Keller, Sadie | 9 | Walter Johns | 6:28.7 | 20:07.47 | 20 |
| 21 El-masry, Nefrit | 9 | Richard Mont | 6:30.5 | 20:13.07 | 21 |
| 22 Ellis, Katherine | 10 | Bethesda-Che | 6:30.7 | 20:13.82 | 22 |
| 23 Mordoff, Holly | 11 | Clarksburg H | 6:30.8 | 20:14.10 | 23 |
| 24 Yassin, Kylie | 12 | Thomas S. Wo | 6:31.0 | 20:14.64 | 24 |
| 25 Kipserem, Cynthia | 11 | Richard Mont | 6:32.7 | 20:19.79 | 25 |
| 26 Veizis, Alexis | 9 | Winston Chur | 6:33.2 | 20:21.42 | 26 |
| 27 Friedman, Zoe | 9 | Montgomery B | 6:33.5 | 20:22.55 | 27 |
| 28 Lippert, Lily | 9 | Clarksburg H | 6:34.9 | 20:26.85 | 28 |
| 29 Shive, Faith | 9 | Clarksburg H | 6:35.1 | 20:27.28 | 29 |
| 30 Ihrrie, Nicole | 12 | Walt Whitman | 6:35.4 | 20:28.32 | 30 |
| 31 Jacobson, Maya | 10 | Quince Orcha | 6:36.4 | 20:31.40 | 31 |
| 32 Garrett, Jasmine | 11 | Walter Johns | 6:37.1 | 20:33.51 | 32 |
| 33 Silver, Madison | 10 | Bethesda-Che | 6:37.4 | 20:34.41 | 33 |
| 34 Brane-Wright, Josephine | 9 | Montgomery B | 6:38.1 | 20:36.61 | 34 |
| 35 Breitzke, Theresa | 12 | Thomas S. Wo | 6:39.2 | 20:40.01 | 35 |
| 36 Sajonia, Isabelle | 9 | Quince Orcha | 6:39.7 | 20:41.83 | 36 |
| 37 Haass, Victoria | 11 | Winston Chur | 6:41.5 | 20:47.35 | 37 |
| 38 Tassbihi, Dale | 12 | Northwest Hi | 6:42.1 | 20:49.04 | 38 |
| 39 Cirillo, Melanie | 12 | Walter Johns | 6:42.5 | 20:50.37 | 39 |
| 40 Winkler, Nora | 10 | Walt Whitman | 6:43.3 | 20:53.02 | 40 |
| 41 McCloskey, Shea | 11 | Clarksburg H | 6:44.8 | 20:57.53 | 41 |
| 42 Friedman, Sarah | 12 | Walt Whitman | 6:45.9 | 21:01.06 | 42 |
| 43 Clem, Kathryn | 12 | Winston Chur | 6:46.1 | 21:01.45 | 43 |
| 44 Caspard, Marie | 11 | Bethesda-Che | 6:46.3 | 21:02.30 | 44 |
| 45 Quiros, Daniela | 12 | Richard Mont | 6:46.5 | 21:02.66 | 45 |
| 46 Shonkwiler, Lara | 10 | Montgomery B | 6:48.1 | 21:07.63 | 46 |
| 47 Dehareng, Elisabeth | 11 | Walt Whitman | 6:48.5 | 21:08.89 | 47 |
| 48 Dinardo, Briana | 12 | Northwest Hi | 6:48.6 | 21:09.26 | 48 |
| 49 Krakovsky, Eliana | 10 | Quince Orcha | 6:49.2 | 21:11.33 | 49 |
| 50 Van Wert, Keegan | 12 | Quince Orcha | 6:49.4 | 21:11.81 | 50 |
| 51 Newcombe, Emily | 11 | Richard Mont | 6:50.5 | 21:15.14 | 51 |

| | | | | | | | | | |
|----|---------------------------|------------|----|----|----|----|----|----|----|
| | Average: | 20:37.21 | | | | | | | |
| 8 | Northwest High School | 179 | 16 | 18 | 38 | 48 | 59 | 60 | 70 |
| | Total Time: | 1:43:05.16 | | | | | | | |
| | Average: | 20:37.04 | | | | | | | |
| 9 | Thomas S. Wootton High Sc | 190 | 6 | 24 | 35 | 62 | 63 | 69 | 72 |
| | Total Time: | 1:43:46.34 | | | | | | | |
| | Average: | 20:45.27 | | | | | | | |
| 10 | Montgomery Blair High Sch | 218 | 27 | 34 | 46 | 55 | 56 | 57 | 61 |
| | Total Time: | 1:45:03.51 | | | | | | | |
| | Average: | 21:00.71 | | | | | | | |
| 11 | Gaithersburg High School | 369 | 71 | 73 | 74 | 75 | 76 | 77 | 85 |
| | Total Time: | 1:55:14.98 | | | | | | | |
| | Average: | 23:03.00 | | | | | | | |
| 12 | Col. Zadok Magruder High | 387 | 66 | 78 | 80 | 81 | 82 | | |
| | Total Time: | 2:03:39.21 | | | | | | | |
| | Average: | 24:43.85 | | | | | | | |
| 13 | John F. Kennedy High Scho | 419 | 79 | 83 | 84 | 86 | 87 | | |
| | Total Time: | 2:21:51.50 | | | | | | | |
| | Average: | 28:22.30 | | | | | | | |