

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

Girls 100 Meter Dash

State: 11.66 @ 1992

Ebony Robinson

National HS: 11.14 ! 1992

Marion Jones

Name Yr School Prelims

Preliminaries

1 Hill, Tenesha	JR	Gaithersburg	12.5	Q
2 Clay, Sarah	SR	Dam	12.7	Q
3 Yuoh, Tuanlay		Springbrook	12.7	Q
4 Marsh, Shioban	JR	Gaithersburg	12.7	Q
5 Warren, Nina	SR	Gaithersburg	12.8	Q
6 Brown, Jennifer		Springbrook	13.4	Q
7 Gill, Sonia	FR	Quince Orchar	13.0	Q
8 Taylor, Emily	FR	Whitman	13.3	Q
9 Collins, Tara	SO	Magruder	13.3	Q
10 Hickey, Caitlin	JR	WJ	13.4	Q
11 Coquillat, Sarah	FR	WJ	13.6	Q
12 Opara, Ngozi	SO	Sherwood	14.3	Q
13 Kiah, Ashley	9	Blake HS	13.4	q
14 Gellman, Michelle		Churchill	13.8	q
15 Williams, Taleetha	SO	Magruder	13.8	q
16 Keefe, Kristen	JR	Dam	13.8	q
17 Osere, Elioma	JR	Magruder	13.9	
18 Jones, Shawnta	FR	Quince Orchar	13.9	
19 Richard, Stephanie	09	Blake HS	14.0	
Averitt, Amelia	SO	Whitman	14.0	
Morser, Elizabeth		Churchill	14.0	
22 Miller, Lauren	JR	Sherwood	14.1	
23 Sathyamodthy, Vidya	FR	Wootton	15.0	
--- Podkovyrova, Anna	FR	Wootton	NT	
--- Jones, Jasmine	SO	Rmhs	NT	
--- Gama, Cesia	SO	Rmhs	NT	
--- Bryan, Molly	FR	Wootton	NT	
--- Penda, Barbara	SR	Watkins Mill	NT	
--- King, Jessica	JR	Watkins Mill	NT	
--- Pumphrey, Jessica	JR	Sherwood	NT	
--- Ashworth, Elodie		Churchill	NT	
--- Rodney, Larissa		Springbrook	NT	
--- Higgins, Brittany	JR	Blair	NT	
--- Rega, Margaret	SO	Watkins Mill	NT	
--- Ligon, Kate	SR	Rmhs	NT	
--- Peterson, Genene	JR	Whitman	NT	

Girls 100 Meter Dash

State: 11.66 @ 1992

Ebony Robinson

National HS: 11.14 ! 1992

Marion Jones

Name Yr School Semis

Semi-Finals

1 Hill, Tenesha	JR	Gaithersburg	11.9	Q
2 Clay, Sarah	SR	Dam	12.1	Q
3 Marsh, Shioban	JR	Gaithersburg	12.6	Q
4 Warren, Nina	SR	Gaithersburg	12.8	Q
5 Yuoh, Tuanlay		Springbrook	12.6	Q
6 Gill, Sonia	FR	Quince Orchar	13.1	Q
7 Hickey, Caitlin	JR	WJ	12.6	Q
8 Taylor, Emily	FR	Whitman	13.1	Q
--- Coquillat, Sarah	FR	WJ	NT	
--- Keefe, Kristen	JR	Dam	NT	
--- Gellman, Michelle		Churchill	NT	

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

---	Williams, Taleetha	SO	Magruder	NT
---	Collins, Tara	SO	Magruder	NT
---	Opara, Ngozi	SO	Sherwood	NT
---	Brown, Jennifer		Springbrook	NT
---	Kiah, Ashley	9	Blake HS	NT

Girls 100 Meter Dash

State:	11.66 @ 1992	Ebony Robinson	
National HS:	11.14 ! 1992	Marion Jones	
Name	Yr	School	Finals

Finals

1	Hill, Tenesha	JR	Gaithersburg	11.9h	10
2	Warren, Nina	SR	Gaithersburg	12.1h	8
3	Clay, Sarah	SR	Dam	12.4h	6
4	Marsh, Shioban	JR	Gaithersburg	12.4h	4
5	Yuoh, Tuanlay		Springbrook	13.1h	2
6	Gill, Sonia	FR	Quince Orchar	13.9h	1
7	Taylor, Emily	FR	Whitman	13.9h	
8	Hickey, Caitlin	JR	WJ	13.9h	

Girls 200 Meter Dash

State:	23.64 @ 1992	Ebony Robinson	
National HS:	22.67 ! 1992	Marion Jones	
Name	Yr	School	Prelims

Eliminaries

1	Clay, Sarah	SR	Dam	25.9	Q
2	Marsh, Shioban	JR	Gaithersburg	26.0	Q
3	Dove, Jazmin		Churchill	26.1	Q
4	Yuoh, Tuanlay		Springbrook	26.2	Q
5	Hill, Tenesha	JR	Gaithersburg	27.0	Q
6	Warren, Nina	SR	Gaithersburg	27.7	Q
7	McCoy, Jenny	FR	WJ	27.2	Q
8	Love, Sharifa	JR	Rmhs	27.3	Q
9	Woods, Alisha	SR	Quince Orchar	27.6	Q
10	Hickey, Caitlin	JR	WJ	28.1	Q
11	Gellman, Michelle		Churchill	28.5	Q
12	Kiah, Ashley	9	Blake HS	28.6	Q
13	Brown, Jennifer		Springbrook	27.8	q
14	Morser, Mary		Churchill	28.2	q
15	Osere, Elioma	JR	Magruder	28.7	q
16	Miller, Lauren	JR	Sherwood	28.9	q
17	degeorge, lindsey	SO	Wootton	29.1	
18	Keefe, Kristen	JR	Dam	29.3	
19	Crews-Noble, Timara	JR	Quince Orchar	29.3	
20	Averitt, Amelia	SO	Whitman	29.3	
21	Lequay, Sherlene	SO	Magruder	29.9	
22	Tadmor, Sharon	JR	Sherwood	31.1	
---	wright, rancina	SO	Rmhs	NT	
---	Yu, Pauline	SR	Wootton	NT	
---	Murphy, Kathleen	SO	Wootton	NT	
---	Jones, Jasmine	SO	Rmhs	NT	
---	Horn, Molly	SO	Whitman	NT	
-	Hardikar, Aditi	FR	Whitman	NT	

Eliminaries ... (Girls 200 Meter Dash)

Name	Yr	School	Prelims	
---	Bausch, Christi	FR	Dam	NT
---	Cencula, Stephanie	JR	Magruder	NT
---	Drury, Alison	JR	Watkins Mill	NT

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

---	King, Jessica	JR	Watkins Mill	NT
---	Penda, Barbara	SR	Watkins Mill	NT
---	Dixon, Norique	JR	Blair	NT
---	Rodney, Larissa		Springbrook	NT
---	Coquillat, Sarah	FR	WJ	NT
---	Lopes Ribeiro, Coreene	JR	Sherwood	NT
---	Richard, Stephanie	09	Blake HS	NT
---	Velez, Victoria	JR	Sherwood	NT

Girls 200 Meter Dash

State: 23.64 @ 1992 Ebony Robinson
National HS: 22.67 ! 1992 Marion Jones

Name	Yr	School	Semis
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Semi-Finals

1	Hill, Tenesha	JR	Gaithersburg	24.9	Q
2	Warren, Nina	SR	Gaithersburg	25.9	Q
3	Clay, Sarah	SR	Dam	25.9	Q
4	Dove, Jazmin		Churchill	25.9	Q
5	Love, Sharifa	JR	Rmhs	26.5	Q
6	Marsh, Shioban	JR	Gaithersburg	26.9	Q
7	Yuoh, Tuanlay		Springbrook	26.9	Q
8	McCoy, Jenny	FR	WJ	26.9	Q
---	Woods, Alisha	SR	Quince Orchar	NT	
---	Hickey, Caitlin	JR	WJ	NT	
---	Gellman, Michelle		Churchill	NT	
---	Morser, Mary		Churchill	NT	
---	Osere, Elioma	JR	Magruder	NT	
---	Miller, Lauren	JR	Sherwood	NT	
---	Brown, Jennifer		Springbrook	NT	
---	Kiah, Ashley	9	Blake HS	NT	

Girls 200 Meter Dash

State: 23.64 @ 1992 Ebony Robinson
National HS: 22.67 ! 1992 Marion Jones

Name	Yr	School	Finals
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Finals

1	Hill, Tenesha	JR	Gaithersburg	24.9h	10
2	Marsh, Shioban	JR	Gaithersburg	25.7h	8
3	Clay, Sarah	SR	Dam	25.7h	6
4	Dove, Jazmin		Churchill	25.9h	4
5	Love, Sharifa	JR	Rmhs	26.4h	2
6	Warren, Nina	SR	Gaithersburg	26.5h	1
7	Yuoh, Tuanlay		Springbrook	26.6h	
8	McCoy, Jenny	FR	WJ	26.8h	

Girls 400 Meter Dash

State: 53.41 @ 1995 Suzanne Reid
National HS: 50.74 ! 2000 Monique Henderson
58.77 ADV

Name	Yr	School	Finals
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1	Dunston, Kellie	11	Blake HS	59.7h	10
2	Lopes Ribeiro, Coreene	JR	Sherwood	1:00.2h	8
	Opara, Chinwendu	SR	Sherwood	1:00.7h	6
4	Gravitz, Lindsey		Churchill	1:00.8h	4
5	Anderson, Candace	JR	Gaithersburg	1:01.4h	2
6	Solnick, Rachel		Churchill	1:01.9h	1
7	Applegate, Anna	JR	Dam	1:02.0h	
8	Harris, Kristin	10	Blake HS	1:02.2h	

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

9	Devan, Priyanjali	Churchill	1:02.5h
10	Collins, Tara	SO Magruder	1:02.9h
11	Alberico, Stephanie	FR WJ	1:03.3h
12	Brewer, Cierra	SO Gaithersburg	1:03.6h
13	Williams, Taleetha	SO Magruder	1:04.4h
14	Roe, Jenny	JR WJ	1:04.4h
15	Reynolds, Laura	SO Whitman	1:04.7h
16	Schneider, Maddie	FR Dam	1:04.8h
17	Love, Sharifa	JR Rmhs	1:04.9h
18	Duncan, Violeta	FR Quince Orchar	1:05.8h
19	Ebubedike, Nneka	Springbrook	1:06.0h
20	Kaczmarek, Brooke	SO Dam	1:06.1h
21	Ryan, Brittany	SO Rmhs	1:06.1h
22	Wilson, Katie	SO Wootton	1:07.7h
23	Ramsey, Lida	SO WJ	1:07.9h
24	Yu, Pauline	SR Wootton	1:08.8h
25	Orrick, Becca	JR Whitman	1:09.0h
25	Van Oudenaren, Laura	SO Whitman	1:09.0h
27	Rust, Laura	FR Quince Orchar	1:09.1h
28	Landon, Jana	Springbrook	1:09.4h
29	Maslennikova, Lisa	SO Rmhs	1:10.9h
30	Masterman, Catlin	SO Wootton	1:12.4h
31	Williams, Catherine	Springbrook	1:17.4h
---	Madej, Hannah	JR Watkins Mill	NT
---	Dixon, Norique	JR Blair	NT
---	Morris, Michelle	SR Magruder	NT
---	Drury, Alison	JR Watkins Mill	NT

Girls 800 Meter Run

State: 2:11.00 @ 1982

Donna Neale

National HS: 2:04.50 ! 1980

Joetta Clark

2:20.93 ADV

Name	Yr	School	Finals
1 Sinclair, Halsey	FR Blair	2:18.0h	ADV
2 Sinclair, Ashlyn	FR Blair	2:18.6h	ADV
3 McFadden, Katie	SO Whitman	2:20.0h	ADV
4 Koenig, Sarah	SR WJ	2:20.9h	4
5 Boers, Kami	SR Rmhs	2:26.2h	2
6 Duffin, Amber	SR Magruder	2:27.1h	1
7 Winnant, Hannah	SO Gaithersburg	2:30.2h	
8 Pottern, Jamie	JR WJ	2:31.0h	
9 King, Allison	Churchill	2:31.2h	
10 Owusu, Renee	SO Dam	2:31.8h	
11 McNeil, Beth	SR Dam	2:31.8h	
12 Chavis, Anna	SR WJ	2:33.4h	
13 Lorica, Leia	Churchill	2:34.6h	
14 Orrick, Becca	JR Whitman	2:35.4h	
15 Wahiba, Sarah	FR Gaithersburg	2:36.4h	
16 Shroyer, Natalie	JR Magruder	2:36.8h	

(Girls 800 Meter Run)

Name	Yr	School	Finals
17 O'Brien, Janet	JR Quince Orchar	2:37.4h	
18 Dixon, Keianna	FR Blair	2:38.2h	
Petrun, Liz	SR Wootton	2:39.1h	
O'Brien, Caitron	SO Rmhs	2:39.8h	
21 Lee, Esther	Churchill	2:40.6h	
22 Krieger, Rachel	11 Blake HS	2:43.0h	
23 Wexler, Judy	SR Rmhs	2:48.0h	
24 Young, Rachel	Springbrook	2:50.7h	

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

25	Chen, Kathy	SO	Wootton	2:55.5h
26	Pong, Kimberly		Springbrook	2:57.7h
27	Matthew, Julie		Springbrook	2:58.3h
---	Yan, Vickey	SR	Watkins Mill	NT
---	Stott, Stephanie	SO	Watkins Mill	NT
---	Colombo, Carmen	FR	Whitman	NT
---	Madej, Hannah	JR	Watkins Mill	NT
---	Levy, Michelle	SO	Wootton	NT
---	Loto Rojas, Gisele	SO	Gaithersburg	NT
---	Bird, Lindsey	SR	Sherwood	NT
---	Kim, Rebecca	FR	Sherwood	NT
---	Morris, Michelle	SR	Magruder	NT
---	Applegate, Anna	JR	Dam	NT

Girls 1600 Meter Run

State: 4:46.20 @ 1995

Kristen Nicolini

National HS: 4:49.40 ! 1985

Laura Matson

5:24.34 ADV

Name	Yr	School	Finals
1	Sinclair, Halsey	FR Blair	5:09.4h ADV
2	Sinclair, Ashlyn	FR Blair	5:11.3h ADV
3	Duffin, Amber	SR Magruder	5:17.0h ADV
4	Levy, Michelle	SO Wootton	5:18.8h ADV
5	Montgomery, Elizabeth	12 Blake HS	5:23.8h ADV
6	St.Denis, Ashley	SR WJ	5:24.1h ADV
7	King, Allison	Churchill	5:26.6h
8	Harrison, Cara	FR Quince Orchar	5:33.7h
9	Winnant, Hannah	SO Gaithersburg	5:35.6h
10	Wodoslowsky, Brianna	JR Dam	5:35.7h
11	O'Brien, Janet	JR Quince Orchar	5:36.2h
12	Orrick, Becca	JR Whitman	5:37.2h
13	Albertine, Kacey	SO Whitman	5:38.8h
14	Kennedy, Caitlyn	JR Quince Orchar	5:39.4h
15	Wexler, Judy	SR Rmhs	5:41.1h
16	Chavis, Anna	SR WJ	5:41.4h
17	Moriarity, Julia	JR WJ	5:42.6h
18	Shroyer, Natalie	JR Magruder	5:48.6h
19	Lin, Maggie	Churchill	5:50.7h
20	Hirschi, Megan	FR Magruder	5:54.5h
21	McNeil, Beth	SR Dam	5:55.0h
22	Brickley, Laura	SO Dam	5:56.2h
23	Berge, Mariya	Churchill	5:56.5h
24	russell, alison	FR Rmhs	6:05.3h
25	Sherman, Chrissy	SR Gaithersburg	6:07.5h
26	Packer, Rachel	SO Sherwood	6:12.5h
27	Lake, Liana	SO Sherwood	6:18.1h
28	Yan, Vickey	SR Watkins Mill	6:21.2h
29	Delizo, Monica	FR Rmhs	6:25.9h
30	Young, Rachel	Springbrook	6:26.4h
31	Weir, Casey	SR Watkins Mill	6:29.0h
32	Allerga, Alliaon	SR Wootton	6:30.7h
33	Karimu, Anastacia	Springbrook	6:53.7h
34	Cohen, Eve	SO Wootton	7:00.6h
35	Stott, Stephanie	SO Watkins Mill	7:02.0h
36	Ralph, Emily	Springbrook	7:10.0h
---	Plevin, Julie	JR Whitman	NT
---	Bird, Lindsey	SR Sherwood	NT
---	Loto Rojas, Gisele	SO Gaithersburg	NT
---	Krieger, Rachel	11 Blake HS	DQ.00 ADV

Girls 3200 Meter Run

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

State: 10:15.79 @ 1996
 National HS: 9:48.59 ! 1996
 11:57.95 ADV

Christie Nichols
 Kim Molrtenen

Name	Yr	School	Finals
1 Sinclair, Halsey	FR	Blair	11:14.50 ADV
2 King, Allison		Churchill	11:35.60 ADV
3 Duffin, Amber	SR	Magruder	11:38.90 ADV
4 Levy, Michelle	SO	Wootton	11:42.50 ADV
5 Kennedy, Caitlyn	JR	Quince Orchar	11:57.10 ADV
6 St.Denis, Ashley	SR	WJ	11:57.80 ADV
7 Harrison, Cara	FR	Quince Orchar	12:10.00
8 Plevin, Julie	JR	Whitman	12:13.30
9 Moriarity, Julia	JR	WJ	12:17.10
10 Albertine, Kacey	SO	Whitman	12:39.50
11 Berge, Mariya		Churchill	12:39.70
12 yen, emily	JR	Rmhs	12:43.50
13 Do, Linh-Yen	JR	Quince Orchar	12:50.70
14 Lindsay, Amanda	FR	WJ	12:53.50
15 Foster, Stephanie	FR	Dam	13:00.90
16 McDonald, Casey	FR	Dam	13:05.60
17 Marcus, Paige		Churchill	13:06.70
18 Hirschi, Megan	FR	Magruder	13:12.30
19 Mellor, Caroline	JR	Whitman	13:19.30
20 Sherman, Chrissy	SR	Gaithersburg	13:30.40
21 Bryan, Ellen	SR	Wootton	13:31.70
22 Greene, Sara	FR	Magruder	13:35.40
3 Packer, Rachel	SO	Sherwood	13:38.50
4 Lake, Liana	SO	Sherwood	13:41.10
25 Johnson, Lindsay	SR	Gaithersburg	13:44.90
26 Hayes, Darcy	FR	Dam	14:15.40
27 Weir, Casey	SR	Watkins Mill	14:41.50
28 Seneviratne, Andria	SO	Rmhs	14:47.20
29 Billington, Mary	FR	Rmhs	15:32.60
30 Karimu, Anastacia		Springbrook	15:35.00
31 Matthew, Julie		Springbrook	15:44.60
--- Conroy, Megan	JR	Gaithersburg	NT

Girls 100 Meter Hurdles

State: 14.34 @ 1986
 National HS: 13.33 ! 1988

Charnet Rowland Dul Judith
 Dawn Bowles

Name	Yr	School	Prelims
1 Zoller, Erika	JR	Dam	15.0 Q
2 Moen, Hilary	SO	WJ	15.5 Q
2 Smith, Elaina	SR	Gaithersburg	15.5 Q
4 Wedderburn, Tricia	JR	Gaithersburg	15.6 Q
5 Beckett, Katherine		Churchill	15.9 Q
6 Silva, Shaina	12	Blake HS	16.4 Q
7 Tsai, Aurora	JR	Sherwood	16.6 Q
8 McCullough, Jessica	SR	WJ	17.6 Q
9 O'Callaghan, Berglind	SO	Sherwood	17.2
10 Lossing, Rebecca	SR	WJ	17.2
11 Scott, Aarika		Springbrook	17.5
? Guy, Julia	SR	Quince Orchar	17.7
3 Morrison, Meg	JR	Whitman	18.2
14 Dobbs, Abby		Churchill	18.3
15 Bourke, Kendall		Churchill	19.0
--- Horn, Molly	SO	Whitman	NT
--- Reynolds, Laura	SO	Whitman	NT

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

---	Stauss, Leah	SR	Wootton	NT
---	Cheng, Timyu	FR	Wootton	NT
---	Anders, Krista	FR	Quince Orchar	NT
---	Sager, Emily	JR	Gaithersburg	NT
---	Bryan, Molly	FR	Wootton	NT
---	Montgomery, Lindsay	12	Blake HS	NT
---	Schaeffer, Rebecca	SO	Magruder	NT
---	Kaczmarek, Brooke	SO	Dam	NT
---	Kiah, Ashley	9	Blake HS	NT
---	Lee, Kimberly		Springbrook	NT
---	Palmer, Cassie	SO	Dam	NT
---	Waters, Sasha	FR	Sherwood	NT
---	French, Ester		Springbrook	NT

Girls 100 Meter Hurdles

State: 14.34 @ 1986

Charnet Rowland Dul Judith

National HS: 13.33 ! 1988

Dawn Bowles

Name	Yr	School	Finals
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Finals

1	Zoller, Erika	JR	Dam	14.5h	10
2	Moen, Hilary	SO	WJ	15.0h	8
3	Smith, Elaina	SR	Gaithersburg	15.2h	6
4	Wedderburn, Tricia	JR	Gaithersburg	15.3h	4
5	Tsai, Aurora	JR	Sherwood	16.0h	2
6	Silva, Shaina	12	Blake HS	16.0h	1
7	McCullough, Jessica	SR	WJ	17.7h	
	Beckett, Katherine		Churchill	DQ	

Girls 300 Meter Hurdles

State: 42.90 @ 1992

Adrienne McRay

National HS: 39.98 ! 2001

Lashinda Demus

46.96 ADV

Name	Yr	School	Finals
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1	Moen, Hilary	SO	WJ	45.5h	ADV
2	Zoller, Erika	JR	Dam	46.2h	ADV
3	Wedderburn, Tricia	JR	Gaithersburg	47.0h	6
4	Silva, Shaina	12	Blake HS	47.2h	4
5	Sinclair, Ashlyn	FR	Blair	48.4h	2
6	Tsai, Aurora	JR	Sherwood	49.3h	1
7	Smart, Heather		Wootton	49.8h	
8	Montgomery, Lindsay	12	Blake HS	50.3h	
9	Smith, Elaina	SR	Gaithersburg	50.3h	
10	Kaczmarek, Brooke	SO	Dam	50.4h	
11	Peng, Cynthia	SO	Wootton	50.90	
12	McCullough, Jessica	SR	WJ	51.8h	
13	Kiah, Ashley	9	Blake HS	51.9h	
14	Morrison, Meg	JR	Whitman	52.0h	
15	O'Callaghan, Berglind	SO	Sherwood	52.1h	
16	Waters, Sasha	FR	Sherwood	53.0h	
17	Schmitter, Caty	SO	Dam	53.6h	
18	Cibotti, Morgane	FR	Whitman	53.9h	
19	Cheng, Timyu	FR	Wootton	54.5h	
20	Ashworth, Elodie		Churchill	54.7h	
	Beckett, Katherine		Churchill	55.0h	
	Anderson, Kristin		Churchill	55.5h	
23	wright, rancina	SO	Rmhs	56.1h	
24	Schaeffer, Rebecca	SO	Magruder	56.8h	
25	French, Ester		Springbrook	57.7h	
26	Anders, Krista	FR	Quince Orchar	58.0h	

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

27	Yau, Shin-Rong	SO	Quince Orchar	58.5h
28	Lee, Kimberly		Springbrook	59.3h
29	Bianchi, Jennifer	SO	Magruder	59.4h
30	Fan, Jessica	SO	Quince Orchar	1:00.0h
31	Jallow, Eyamindae		Springbrook	1:01.5h
---	Sager, Emily	JR	Gaithersburg	NT
---	Lossing, Rebecca	SR	WJ	NT
---	Reynolds, Laura	SO	Whitman	NT
---	Rondan, Margo	SO	Rmhs	NT

Girls 4x100 Meter Relay

State: 46.83 @ 2002 Roosevelt
 National HS: 45.11 ! 1985 Hawthorne HS
 50.47 ADV

Team	Relay	Finals
1 Gaithersburg	A	48.7h ADV
2 Damascus	A	49.6h ADV
3 Sherwood HS	A	50.6h 6
4 Quince Orchard	A	52.2h 4
5 Whitman	A	52.9h 2
6 Walter Johnson HS	A	53.5h 1
7 Churchill	A	53.7h
8 Richard Montgomery HS	A	54.5h
9 Wootton High School	A	55.7h

(Girls 4x100 Meter Relay)

Team	Relay	Finals
--- Watkins Mill	A	NT
--- Springbrook	A	DQ

Girls 4x200 Meter Relay

State: 1:39.89 @ 1978 Roosevelt
 National HS: 1:36.70 ! 1983 Carter HS
 1:46.29 ADV

Team	Relay	Finals
1 Gaithersburg	A	1:44.50 ADV
2 Damascus	A	1:45.00 ADV
3 Sherwood HS	A	1:46.40 6
4 Walter Johnson HS	A	1:46.70 4
5 James Hubert Blake HS	A	1:47.40 2
6 Churchill	A	1:48.30 1
7 Springbrook	A	1:49.50
8 Quince Orchard	A	1:51.80
9 Whitman	A	1:54.30
10 Wootton High School	A	1:56.50
11 Magruder	A	2:00.40
--- Richard Montgomery HS	A	DQ

Girls 4x400 Meter Relay

State: 3:50.10 @ 1983 Largo
 National HS: 3:35.72 ! 2001 Wilson HS
 4:06.93 ADV

Team	Relay	Finals
1 Churchill	A	4:02.60 ADV
2 Damascus	A	4:03.9h ADV
3 Walter Johnson HS	A	4:05.2h ADV
4 Richard Montgomery HS	A	4:07.5h 4
5 James Hubert Blake HS	A	4:10.8h 2

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004
Winston Churchill High School
Results

6	Magruder	A	4:18.3h	1
7	Whitman	A	4:19.3h	
8	Quince Orchard	A	4:20.4h	
9	Wootton High School	A	4:40.9h	
10	Springbrook	A	4:43.1h	
---	Sherwood HS	A	NT	
---	Gaithersburg	A	NT	

Girls 4x800 Meter Relay

State: 9:15.64 @ 2001 Roosevelt
 National HS: 8:51.60 ! 2001 Brooklyn Boys & Girls
 9:53.19 ADV

Team	Relay	Finals
1	Churchill	A 9:47.50 ADV
2	Damascus	A 9:47.60 ADV
3	Magruder	A 9:52.70 ADV
4	Walter Johnson HS	A 9:53.90 4
5	James Hubert Blake HS	A 9:57.90 2
6	Quince Orchard	A 10:15.60 1
7	Gaithersburg	A 10:32.60
8	Richard Montgomery HS	A 10:36.40
9	Sherwood HS	A 11:30.40
10	Springbrook	A 11:36.00
11	Wootton High School	A 11:40.00
---	Whitman	A NT

Is High Jump

State: 6-00 @ 1989 Tanya Hughes
 National HS: 6-03 ! 1992 Amy Acuff
 4-11.00 ADV

Name	Yr	School	Finals
1	Hanson, Emma	SO Dam	4-11.00 ADV
2	Seeger, Shannon	JR Whitman	J4-11.00 ADV
3	Richards, Tienielle	11 Blake HS	4-09.00 6
4	Poore, Amanda	SO Gaithersburg	J4-09.00 4
5	Bohus, Angela	SR Sherwood	4-07.00 2
6	Palmer, Andrea	JR Quince Orchar	J4-07.00 1
7	Purdy, Katie	JR Quince Orchar	J4-07.00
8	Peterson, Emily	JR Gaithersburg	4-05.00
8	Peterson, Anne	FR Whitman	4-05.00
8	Rienks, Chelsea	FR Dam	4-05.00
8	Frens, Leigh	SO Sherwood	4-05.00
---	Jallow, Eyamindae	Springbrook	NH
---	degeorge, lindsey	SO Wootton	NH
---	Rust, Laura	FR Quince Orchar	NH
---	Peng, Cynthia	SO Wootton	NH
---	Edward, Heather	Churchill	NH
---	Harrison, Britta	Churchill	NH
---	Taylor, Emily	FR Whitman	NH
---	Kulp, Rebecca	SO Dam	NH
---	Sterling, Pamela	Churchill	NH
---	Ababio, Edith	10 Blake HS	NH
---	Hirschi, Megan	FR Magruder	DNF
---	Scott, Aarika	Springbrook	DNF
--	Salou, Rukuyat	SO Gaithersburg	DNF

Girls Pole Vault

State: 11-06 @ 2001 Lauren Graff
 National HS: 12-06 ! 1996 Mellisa Feinstein

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

7-10.00 ADV

Name	Yr	School	Finals
--- Palmer, Andrea	JR	Quince Orchar	NH
--- Purdy, Katie	JR	Quince Orchar	NH
--- Aaron, Melissa		Churchill	NH
--- Rothstein, Melissa		Churchill	NH

Girls Long Jump

State: 20-01.50 @ 1999

Pun Chittchang

National HS: 22-01.75 ! 1976

Kathy McMillan

16-07.50 ADV

Name	Yr	School	Finals
1 Zoller, Erika	JR	Dam	16-02.00 10
2 Putman, Leah	FR	Sherwood	16-00.00 8
3 Smith, Elaina	SR	Gaithersburg	15-11.00 6
4 Nottidge, Jackey	SO	Dam	15-08.00 4
5 Lossing, Rebecca	SR	WJ	15-03.00 2
6 Dove, Jazmin		Churchill	14-11.00 1
7 Price, Sara	SO	WJ	J14-11.00
8 Blankson-Wood, Adwoa		Springbrook	14-06.50
9 Richards, Tenielle	11	Blake HS	14-05.00
9 Riley, Lauryn	SR	Quince Orchar	14-05.00

(Girls Long Jump)

Name	Yr	School	Finals
) Williams, Taleetha	SO	Magruder	14-05.00
9 Collins, Tara	SO	Magruder	14-05.00
9 Morser, Mary		Churchill	14-05.00
14 Peterson, Anne	FR	Whitman	13-09.00
15 Durieu, Sam	FR	Dam	13-07.00
16 Martinez, Kathryn	SO	WJ	13-01.00
17 Ababio, Edith	10	Blake HS	12-11.00
18 Gladstone, Gillian		Churchill	12-09.50
19 Williams, Catherine		Springbrook	12-06.00
20 Rust, Laura	FR	Quince Orchar	12-04.00
21 Cooper, Aviana	SO	Sherwood	12-03.00
--- li, julia	SO	Rmhs	ND
--- yang, sonya	SO	Rmhs	ND
--- Miller, Lauren	JR	Sherwood	ND
--- Van Oudenaren, Laura	SO	Whitman	ND
--- Sathyamodthy, Vidya	FR	Wootton	ND
--- Scott, Aarika		Springbrook	ND

Girls Triple Jump

State: 42-05.75 @ 1996

Valeria Williams

National HS: 44-00.50 ! 1991

Juliana Yendork

34-05.50 ADV

Name	Yr	School	Finals
1 Amon, Marthe	SR	Dam	34-02.50 10
2 Richards, Tenielle	11	Blake HS	34-00.25 8
3 Hanson, Emma	SO	Dam	32-09.00 6
4 Scott, Aarika		Springbrook	31-05.00 4
) Price, Sara	SO	WJ	J31-05.00 2
6 Lossing, Rebecca	SR	WJ	31-04.00 1
7 Blankson-Wood, Adwoa		Springbrook	31-02.00
8 Riley, Lauryn	SR	Quince Orchar	30-07.50
9 Benkowski, Justine		Churchill	30-05.75
10 Devan, Priyanjali		Churchill	30-02.00

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

11 Purdy, Katie	JR	Quince Orchar	30-01.00
12 Smart, Heather		Wootton	29-06.75
13 Ababio, Edith	10	Blake HS	29-03.75
14 Lee, Kimberly		Springbrook	28-09.00
15 Giroux, Megan	FR	Dam	28-07.25
16 Harrison, Britta		Churchill	27-07.00
17 Sathyamodthy, Vidya	FR	Wootton	27-05.00
18 Martinez, Kathryn	SO	WJ	27-04.00
19 Frens, Leigh	SO	Sherwood	27-01.50
20 Bohus, Angela	SR	Sherwood	27-01.00
21 Palmer, Andrea	JR	Quince Orchar	26-07.00
22 Rondan, Margo	SO	Rmhs	25-08.00
--- li, julia	SO	Rmhs	ND
--- yang, sonya	SO	Rmhs	ND

Girls Shot Put

State: 43-10 @ 1981

Carolyn Brown

National HS: 53-07.75 ! 1983

Natalie Kaaiawahia

31-10.25 ADV

Name	Yr	School	Finals
1 Afkhami, Lili	JR	Quince Orchar	33-06.00 ADV
2 Sackey, Janice	SR	Gaithersburg	32-05.25 ADV
3 Adcock, Jacquelyn	FR	Dam	32-01.50 ADV
4 Lawrence, Aubrey	SR	Dam	30-08.00 4
5 McKeown, Sarah	SO	Dam	30-07.75 2
6 Bourke, Kendall		Churchill	30-06.25 1
7 Crews-Noble, Timara	JR	Quince Orchar	30-01.50
8 russel, nori	JR	Rmhs	29-03.75
9 Duff, Jennifer	JR	Quince Orchar	28-10.75
10 Romo, Jackie	JR	Gaithersburg	28-08.25
11 Corwin, Brittney	SO	Sherwood	28-00.50
12 Burns, Alexa	SR	Watkins Mill	26-10.25
13 Lattimer, Talana	11	Blake HS	25-09.50
14 Hudson, Amy	JR	WJ	25-06.75
15 Gittens, Sharifa		Springbrook	25-06.50
16 Young, Matilda		Churchill	24-11.50
16 Hass, Courtney	FR	Watkins Mill	24-11.50
18 Mikulski, Megan		Churchill	24-09.00
19 Campbell, Zynesia	11	Blake HS	24-05.25
20 Goldberg, Elana	SR	Sherwood	24-02.00
21 Pitt, Allison		Springbrook	22-10.00
22 Trejo, Ana		Springbrook	22-01.25
23 Stauss, Leah	SR	Wootton	21-06.00
24 Morriarity, Pam	FR	WJ	19-05.00
25 Crites, Rachel	JR	Wootton	19-04.00
26 Bryant, Ashley	SO	Magruder	19-02.50
--- Gilbert, Blake	FR	Sherwood	ND
--- Chen, Kathy	SO	Wootton	ND
--- Peterson, Genene	JR	Whitman	ND
--- Darvish, Francesca	SO	Whitman	ND

Girls Discus Throw

State: 151-06 @ 1992

Mattie Cymek

National HS: 188-04 ! 1994

Suzy Powell

100-01 ADV

Name	Yr	School	Finals
1 Adcock, Jacquelyn	FR	Dam	108-09.00 ADV
2 Burns, Alexa	SR	Watkins Mill	98-01.00 8
3 McKeown, Sarah	SO	Dam	95-02.00 6

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

4	Bourke, Kendall	Churchill	94-06.00	4
5	Sackey, Janice	SR Gaithersburg	91-11.00	2
6	Afkhami, Lili	JR Quince Orchar	90-00.00	1
7	russel, nori	JR Rmhs	89-00.00	
8	Lawrence, Aubrey	SR Dam	85-04.00	
9	Pottern, Jamie	JR WJ	84-08.00	
10	Hudson, Amy	JR WJ	84-06.00	
11	Young, Matilda	Churchill	79-09.00	
12	Corwin, Brittney	SO Sherwood	79-02.00	
13	Duff, Jennifer	JR Quince Orchar	76-11.00	
14	Gittens, Sharifa	Springbrook	76-00.00	
15	Smart, Heather	Wootton	75-11.00	
16	Mikulski, Megan	Churchill	72-02.00	
17	Romo, Jackie	JR Gaithersburg	70-05.00	
18	Chen, Kathy	SO Wootton	69-07.00	
19	Martins, Amanda	12 Blake HS	68-01.00	
20	Pitt, Allison	Springbrook	67-11.00	
21	Crews-Noble, Timara	JR Quince Orchar	67-10.00	

(Girls Discus Throw)

Name	Yr	School	Finals
22	Darvish, Francesca	SO Whitman	67-07.00
23	Pong, Kimberly	Springbrook	66-06.00
24	Davis, Shanequa	10 Blake HS	66-05.00
25	Bryant, Ashley	SO Magruder	65-02.00
26	Goldberg, Elana	SR Sherwood	63-09.00
27	Crites, Rachel	JR Wootton	61-09.00
28	Hass, Courtney	FR Watkins Mill	58-10.00
29	Morriarity, Pam	FR WJ	55-08.00
30	Peterson, Genene	JR Whitman	53-06.00
31	Campbell, Zynesia	11 Blake HS	53-02.00

Boys 100 Meter Dash

State: 10.44 @ 1983

David Jackson

National HS: 10.14 ! 1990

Henry Neal

Name	Yr	School	Prelims
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Preliminaries

1	Lewis, Andrew	SR Sherwood	11.1	Q
2	Assogba, Rodrique	JR Gaithersburg	11.1	Q
3	Ehrmann, Max	SR Whitman	11.2	Q
4	Matamba, Mutombo	SR Gaithersburg	11.3	Q
5	Hill, James	JR Gaithersburg	11.4	Q
6	Gnatiko, Kevin	JR Watkins Mill	11.4	Q
7	Olatunde, Jamal-deen	FR Sherwood	11.4	Q
8	Schroeder, Travis	Churchill	11.4	Q
9	Alli, Muhammed	SR Quince Orchar	11.4	Q
10	Johnson, Matt	JR Whitman	11.5	Q
11	Norris, Darryl	Springbrook	11.5	Q
12	Le, Alex	SO WJ	11.7	Q
13	Yansane, Mohamed	Churchill	11.5	q
14	Spinella, Jeff	JR Dam	11.5	q
15	Doliska, Herve	FR Watkins Mill	11.5	q
16	Pinchinat, Patrick	FR Rmhs	11.7	q
17	Welch, Joe	SO WJ	11.7	
18	Gatewood, Sean	12 Blake HS	11.7	
19	Charles, Jeff	Blake HS	11.8	
20	Awuah, Prince	SR Watkins Mill	11.8	
21	Ansah, Nana	Springbrook	12.0	
22	Macarthur, Robert	SR Magruder	12.0	
23	Feld, Jeremy	Churchill	12.1	

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

---	Trupp, Zack	FR	Wootton	NT
---	Kuchinsky, Nick	JR	Magruder	NT
---	Summerour, Matt	SO	Rmhs	NT
---	galfond, jeff	JR	Wootton	NT
---	Shim, Brian	SO	Whitman	NT
---	Loggia, Mike	JR	Wootton	NT
---	Liu, Willy	SR	Wootton	NT
---	Farrow, Willie	JR	Quince Orchar	NT
---	Bousselut, Francios	SO	WJ	NT
---	Cobey, Andrew	SR	WJ	NT
---	Timite, Bakary	11	Blake HS	NT
---	Stewart, Timothy		Springbrook	NT
---	Cedeno, Hansel	SR	Blair	NT
---	Cruz, Ricardo	JR	Magruder	NT
---	Simmons, Malik	SO	Rmhs	NT
---	Garton, Justin	JR	Dam	NT
---	Pitt, Amile	SR	Dam	NT

Boys 100 Meter Dash

State: 10.44 @ 1983 David Jackson

National HS: 10.14 ! 1990 Henry Neal

Name	Yr	School	Semis
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Semi-Finals

1	Gnatiko, Kevin	JR	Watkins Mill	10.9	Q
2	Matamba, Mutombo	SR	Gaithersburg	11.1	Q
3	Ehrmann, Max	SR	Whitman	10.9	Q
4	Schroeder, Travis		Churchill	11.2	Q
5	Assogba, Rodrique	JR	Gaithersburg	11.3	q
6	Hill, James	JR	Gaithersburg	11.4	q
7	Yansane, Mohamed		Churchill	11.4	q
8	Alli, Muhammed	SR	Quince Orchar	11.4	q
---	Le, Alex	SO	WJ	NT	
---	Pinchinat, Patrick	FR	Rmhs	NT	
---	Johnson, Matt	JR	Whitman	NT	
---	Spinella, Jeff	JR	Dam	NT	
---	Doliska, Herve	FR	Watkins Mill	NT	
---	Olatunde, Jamal-deen	FR	Sherwood	NT	
---	Norris, Darryl		Springbrook	NT	
---	Lewis, Andrew	SR	Sherwood	NT	

Boys 100 Meter Dash

State: 10.44 @ 1983 David Jackson

National HS: 10.14 ! 1990 Henry Neal

Name	Yr	School	Finals
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Finals

1	Gnatiko, Kevin	JR	Watkins Mill	10.7h	10
2	Ehrmann, Max	SR	Whitman	11.0h	8
3	Hill, James	JR	Gaithersburg	11.3h	6
4	Schroeder, Travis		Churchill	J11.3h	4
5	Matamba, Mutombo	SR	Gaithersburg	J11.3h	2
6	Assogba, Rodrique	JR	Gaithersburg	11.4h	1
7	Yansane, Mohamed		Churchill	11.6h	
8	Alli, Muhammed	SR	Quince Orchar	J11.6h	

200 Meter Dash

State: 21.04 @ 1992 Jermaine Lewis

National HS: 20.24 ! 1985 Roy Martin

Name	Yr	School	Prelims
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MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

Preliminaries

1	George, Cameron	JR	Quince Orchar	22.2	q
2	Wimbish, Glen	11	Blake HS	22.4	q
3	Kabwasa, Daniel	JR	Watkins Mill	22.7	q
4	Ligon, Bret	SO	Rmhs	22.9	q
5	Ehrmann, Max	SR	Whitman	22.9	q
6	Allen, Alex	SR	WJ	23.0	q
7	Johnson, Stephon	JR	Gaithersburg	23.0	q
7	Assogba, Rodrigue	JR	Gaithersburg	23.0	q
9	McJimpsey, Darwin	JR	Magruder	23.1	q
10	Welbon, Johnathon	SR	Gaithersburg	23.2	q
11	Adjei, Francis		Springbrook	23.2	q
12	Yansane, Mohamed		Churchill	23.2	q

Preliminaries ... (Boys 200 Meter Dash)

	Name	Yr	School	Prelims
13	Esema, Michael		Springbrook	23.3 q
14	Doliska, Herve	FR	Watkins Mill	23.4 q
15	Olatunde, Jamal-deen	FR	Sherwood	23.5 q
16	Feld, Jeremy		Churchill	23.5 q
17	Welch, Joe	SO	WJ	23.9
18	Schroeder, Travis		Churchill	23.9
19	Norris, Darryl		Springbrook	24.1
20	galfond, jeff	JR	Wootton	24.2
21	Gatewood, Sean	12	Blake HS	24.4
22	Calhoun, Kevon	SO	Rmhs	24.5
23	Johnson, Matt	JR	Whitman	24.8
24	Browne, Isaac	12	Blake HS	24.8
---	Loggia, Mike	JR	Wootton	NT
---	Robinson, Drew	SR	Watkins Mill	NT
---	Kandakai, Brendan	FR	Magruder	NT
---	Beers, Mike	SR	Whitman	NT
---	Alli, Muhammed	SR	Quince Orchar	NT
---	Omondi, George	FR	Quince Orchar	NT
---	Korotka, Tom	SR	Sherwood	NT
---	Garton, Justin	JR	Dam	NT
---	Francis, Kahlil	JR	WJ	NT
---	Pinchinat, Patrick	FR	Rmhs	NT
---	Trupp, Zack	FR	Wootton	NT
---	Chung, Michael	SO	Magruder	NT

Boys 200 Meter Dash

State:	21.04 @ 1992	Jermaine Lewis	
National HS:	20.24 ! 1985	Roy Martin	
Name	Yr	School	Semis

Semi-Finals

1	Welbon, Johnathon	SR	Gaithersburg	22.0	q
2	George, Cameron	JR	Quince Orchar	22.4	q
3	Johnson, Stephon	JR	Gaithersburg	22.7	q
4	Wimbish, Glen	11	Blake HS	22.7	q
5	Ligon, Bret	SO	Rmhs	22.8	q
6	Allen, Alex	SR	WJ	22.8	q
7	Esema, Michael		Springbrook	23.1	q
8	McJimpsey, Darwin	JR	Magruder	23.2	q
---	Kabwasa, Daniel	JR	Watkins Mill	NT	
---	Ehrmann, Max	SR	Whitman	NT	
---	Olatunde, Jamal-deen	FR	Sherwood	NT	
---	Doliska, Herve	FR	Watkins Mill	NT	
---	Assogba, Rodrigue	JR	Gaithersburg	NT	
---	Yansane, Mohamed		Churchill	NT	

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

---	Adjei, Francis	Springbrook	NT
---	Feld, Jeremy	Churchill	NT

Boys 200 Meter Dash

State:	21.04 @ 1992	Jermaine Lewis
National HS:	20.24 ! 1985	Roy Martin

Name	Yr	School	Finals
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Finals

1	George, Cameron	JR Quince Orchar	22.2h	10
2	Welbon, Johnathon	SR Gaithersburg	22.4h	8
3	Johnson, Stephon	JR Gaithersburg	22.6h	6
4	Wimbish, Glen	11 Blake HS	22.7h	4
5	Ligon, Bret	SO Rmhs	23.1h	2
6	Allen, Alex	SR WJ	23.2h	1
7	McJimpsey, Darwin	JR Magruder	23.4h	
8	Esema, Michael	Springbrook	23.4h	

Boys 400 Meter Dash

State:	46.24 @ 1997	Ato Modibo
National HS:	45.25 ! 1993	Calvin Harrison
	49.98 ADV	

Name	Yr	School	Finals
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1	Ligon, Bret	SO Rmhs	50.2h	10
2	Allen, Alex	SR WJ	50.5h	8
3	Conerly, Aharon	12 Blake HS	50.9h	6
4	Moreno, Mario	SR Watkins Mill	51.6h	4
5	Lu, Robert	Churchill	52.2h	2
6	Schafer, Phil	SR Rmhs	52.6h	1
7	Weinstein, David	Churchill	52.9h	
8	Brown, Vinny	FR Rmhs	53.3h	
9	Price, Bobby	SR Magruder	53.3h	
10	Halls, Alexander	Churchill	53.4h	
11	Robinson, Drew	SR Watkins Mill	53.7h	
12	Clay, Johnny	FR Dam	53.9h	
13	Fensterstock, Andrew	SR Whitman	54.1h	
14	Desobry, Joey	SO Whitman	54.3h	
15	Gomez, Ryan	Springbrook	54.5h	
16	Hillhouse, David	SR Sherwood	55.4h	
16	Ghanim, Aly	Springbrook	55.4h	
18	Dakkouni, Larbi	SO Quince Orchar	55.9h	
19	Garton, Brandon	JR Dam	56.0h	
19	Bauersfeld, Scott	SR Whitman	56.0h	
21	Bostrom, Graham	SR Magruder	56.2h	
22	Jones, Quincy	SO Dam	56.5h	
22	Anderson, Sam	SR Quince Orchar	56.5h	
24	Carlyle, Rashad	FR Magruder	56.6h	
25	Martinez, Erik	JR WJ	57.3h	
26	Heibein, Joshua	SR Sherwood	57.5h	
27	Nwagbara, Tony	11 Blake HS	57.7h	
28	Smith, Duvaughn	Springbrook	57.9h	
29	Powers, Ross	SO Wootton	59.1h	
30	Owolabi, Israel	SO Gaithersburg	59.8h	
31	Roudick, Robert	FR Wootton	1:00.1h	
-	Lockheart, Nick	SR Wootton	NT	
--	Bius, Andrew	JR Gaithersburg	NT	
---	Coan, James	JR WJ	NT	
---	Townson, Aaron	FR Blair	NT	

Boys 800 Meter Run

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

State: 1:51.00 @ 1983

Rodney Giles

National HS: 1:46.45 ! 1996

Michael Granville

1:59.17 ADV

Name	Yr	School	Finals
1 Conerly, Aharon	12	Blake HS	1:58.3h ADV
2 Ware, Gavin	SR	WJ	1:59.7h 8
3 Simms, David	SR	WJ	2:00.2h 6

(Boys 800 Meter Run)

Name	Yr	School	Finals
4 Delaplaine, David	SR	Whitman	2:00.4h 4
5 Woods, Mike	SR	Wootton	2:01.1h 2
6 Fowler, Ben	JR	WJ	2:03.3h 1
7 Bius, Andrew	JR	Gaithersburg	2:03.5h
7 Fikri, Omar		Churchill	2:03.5h
9 Tile, Chris	JR	Magruder	2:04.5h
10 Aougab, Tarik		Churchill	2:07.1h
11 Martinez, Zach	JR	Gaithersburg	2:07.2h
12 Curtis, Dylan		Churchill	2:07.3h
13 Murthy, Vivek	SR	Whitman	2:08.1h
14 Currica, Mark	SO	Dam	2:08.2h
15 Eagen, Robert	SR	Quince Orchar	2:08.3h
16 Gardner, Michael	FR	Watkins Mill	2:08.9h
17 Wertz, Travis	JR	Dam	2:09.3h
18 Lawrence, Chase	JR	Dam	2:09.5h
19 D'Andrea, Joseph	SR	Sherwood	2:09.7h
Schoefler, Erick	JR	Rmhs	2:10.0h
21 Springirth, Brett	JR	Watkins Mill	2:10.2h
22 Chen, Yin-yu	SR	Wootton	2:10.3h
23 Barnard, Chris	FR	Sherwood	2:10.5h
24 Thomas, Bobby		Springbrook	2:10.9h
25 Waters, Jeffery	JR	Magruder	2:11.4h
26 Koffie-Lart, Atu		Springbrook	2:13.1h
27 Dana, Cedric	FR	Wootton	2:14.5h
28 Levitus, Steven	JR	Rmhs	2:15.6h
29 Nwagbara, Tony	11	Blake HS	2:17.3h
30 Wiens, Jonathan		Springbrook	2:18.6h
31 Santoro, Pietro	10	Blake HS	2:24.7h
--- Conte, Gregory	FR	Quince Orchar	NT
--- Higgins, Ariel	SO	Watkins Mill	NT
--- Janes, Ryan	SO	Gaithersburg	NT
--- Burke, Matt	SR	Magruder	NT
--- Oelschlaeger, Kurt	SR	Sherwood	NT
--- Lyon, Jeff	SR	Whitman	NT
--- Kennedy, Brian	JR	Rmhs	NT

Boys 1600 Meter Run

State: 4:08.60 @ 1974

Jim Peterson

National HS: 3:53.43 ! 2001

Alan Webb

4:29.00 ADV

Name	Yr	School	Finals
1 Martinez, Zach	JR	Gaithersburg	4:23.1h ADV
2 Ware, Gavin	SR	WJ	4:30.6h 8
Flynn, Ricky	SR	Dam	4:31.0h 6
4 Lyon, Jeff	SR	Whitman	4:33.3h 4
5 D'Andrea, Joseph	SR	Sherwood	4:35.0h 2
6 Gaffney, Kyle	9	Blake HS	4:35.2h 1
7 Aougab, Tarik		Churchill	4:38.8h
8 Kennedy, Brian	JR	Rmhs	4:40.7h

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

9	Boyd, Chris	FR	Wootton	4:44.5h
10	Johncox, Andy	JR	Dam	4:44.6h
11	Fowler, Ben	JR	WJ	4:45.3h
12	Bove, Jason	JR	Quince Orchar	4:45.5h
13	Oelschlaeger, Kurt	SR	Sherwood	4:46.2h
14	Leef, Evan		Churchill	4:46.4h
15	Sickles, Brian	FR	Rmhs	4:48.6h
16	Triantos, Alec	FR	Magruder	4:48.8h
17	Tile, Chris	JR	Magruder	4:50.7h
18	Burke, Matt	SR	Magruder	4:52.8h
19	gentry, mike	JR	Wootton	4:53.0h
20	Lowe, Matt	SO	Sherwood	4:53.3h
21	Uzzell, Joshua	SO	Blair	4:53.6h
22	Schneider, Jared	FR	WJ	4:53.8h
23	O'Toole, Jeff		Gaithersburg	4:55.9h
24	Bontori, Nick	FR	Dam	4:58.9h
25	Schoefler, Erick	JR	Rmhs	4:59.4h
26	Palmer, William	FR	Whitman	4:59.9h
27	Higgins, Ariel	SO	Watkins Mill	5:00.6h
28	Springirth, Brett	JR	Watkins Mill	5:01.0h
29	Bell, William		Springbrook	5:01.6h
30	Wiens, Jonathan		Springbrook	5:02.3h
31	Gaynor, Adam	FR	Watkins Mill	5:04.5h
32	Gibbs, Jared	FR	Quince Orchar	5:06.0h
33	Terao, Michael		Springbrook	5:16.9h
34	Segal, Eric	10	Blake HS	5:26.5h
35	Rahman, Ridwanur		Blake HS	5:41.8h
36	Levin-Epstein, Madison	SR	Wootton	6:02.2h
---	Lynch, Reagan	FR	Quince Orchar	NT
---	Fikri, Omar		Churchill	NT
---	Handelman, Mark	JR	Whitman	NT
---	Sheldon, Matthew	SR	Blair	NT
---	Janes, Ryan	SO	Gaithersburg	NT

Boys 3200 Meter Run

State: 9:07.00 @ 1973

George Malley

National HS: 8:38.50 ! 1969

Steve Prefontaine

9:59.57 ADV

Name	Yr	School	Finals
1	Martinez, Zach	JR Gaithersburg	9:32.70 ADV
2	Gaffney, Kyle	9 Blake HS	9:49.50 ADV
3	Flynn, Ricky	SR Dam	9:52.10 ADV
4	Handelman, Mark	JR Whitman	9:59.60 4
5	Bove, Jason	JR Quince Orchar	10:01.90 2
6	D'Andrea, Joseph	SR Sherwood	10:12.60 1
7	Mullings, Tommy	FR Sherwood	10:14.10
8	Barnard, Chris	FR Sherwood	10:23.00
9	Leef, Evan	Churchill	10:25.90
10	George, Danny	JR WJ	10:33.30
11	Fikri, Omar	Churchill	10:34.70
12	Payton, Drew	SR WJ	10:38.30
13	Uzzell, Joshua	SO Blair	10:38.30
14	Eggars, Tim	JR Dam	10:39.10
15	Schneider, Jared	FR WJ	10:47.60
16	Wilson, Nick	SR Wootton	10:48.60
17	jackowski, dan	SO Wootton	10:54.00
18	Sickles, Brian	FR Rmhs	10:58.10
19	Abrams, Pat	SO Dam	10:59.50
20	Gaynor, Adam	FR Watkins Mill	11:00.40
21	Triantos, Alec	FR Magruder	11:01.80
22	Bagin, Kyle	SO Rmhs	11:03.30

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

(Boys 3200 Meter Run)

Name	Yr	School	Finals
23 Boyd, Chris	FR	Wootton	11:06.70
24 Rosenblatt, Ethan	SO	Magruder	11:08.80
25 Kovacs, Joseph		Churchill	11:10.00
26 Lisee, Joe	SR	Magruder	11:10.40
27 Palmer, William	FR	Whitman	11:11.40
28 Terao, Michael		Springbrook	11:19.70
29 Cockerham, Brian	FR	Quince Orchar	11:28.30
29 Kidwell, Matt	JR	Watkins Mill	11:28.30
31 Segal, Eric	10	Blake HS	11:54.80
32 Grunewald, Matthew		Springbrook	12:09.20
33 Foley, Christopher		Springbrook	12:18.40
--- Lynch, Reagan	FR	Quince Orchar	NT
--- Janes, Ryan	SO	Gaithersburg	NT
--- Mamo, Robel	JR	Gaithersburg	NT
--- Hoff, Jason	9	Blake HS	NT

Boys 110 Meter Hurdles

State: 13.84 @ 1988

Jerry Roney

National HS: 13.17 ! 1977

Renaldo Neahemiah

Name	Yr	School	Prelims
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Preliminaries

1 Sylla, Alpha	12	Blake HS	15.1	Q
2 Robinson, Joey	JR	Gaithersburg	15.6	Q
3 Begley, Matt	SR	Sherwood	15.6	Q
4 Reed, Michael		Springbrook	15.8	Q
5 Skinner, Zack	SR	Magruder	16.2	Q
6 Kuchinsky, Nick	JR	Magruder	16.6	Q
7 joo, eddie	JR	Wootton	16.7	Q
8 Baird, Mike	FR	Dam	18.7	Q
9 Yansane, Sekou		Churchill	16.5	
10 Hasan, Rayhan		Churchill	16.8	
11 Diep, George		Springbrook	17.1	
12 Conte, Gregory	FR	Quince Orchar	19.6	
13 Browne, Isaac	12	Blake HS	19.6	
--- Levitus, Steven	JR	Rmhs	NT	
--- Grundmann, Stefan	SO	Whitman	NT	
--- Williams, Kirk	SR	Gaithersburg	NT	
--- Lugo, Andrew	FR	Gaithersburg	NT	
--- Penner, Evan	SR	Quince Orchar	NT	
--- Anderson, Sam	SR	Quince Orchar	NT	
--- harper, joey	JR	Wootton	NT	
--- Nam, Henry	JR	Wootton	NT	
--- Wu, Jon	SO	Dam	NT	
--- Guevara, Edwin		Springbrook	NT	
--- Stein, Marcus	11	Blake HS	NT	
--- Hard, James		Churchill	NT	
--- Lukacs, Kyle	SO	WJ	NT	
--- Taylor, Arnold	JR	Whitman	NT	
--- Martin, David	SO	Whitman	NT	
--- Yeh, Damon	SO	WJ	NT	

s 110 Meter Hurdles

State: 13.84 @ 1988

Jerry Roney

National HS: 13.17 ! 1977

Renaldo Neahemiah

Name	Yr	School	Finals
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Finals

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

1	Robinson, Joey	JR Gaithersburg	14.9h	10
2	Reed, Michael	Springbrook	15.0h	8
3	Sylla, Alpha	12 Blake HS	15.3h	6
4	Begley, Matt	SR Sherwood	15.4h	4
5	Skinner, Zack	SR Magruder	16.1h	2
6	Kuchinsky, Nick	JR Magruder	16.4h	1
7	joo, eddie	JR Wootton	16.5h	
8	Baird, Mike	FR Dam	18.1h	

Boys 300 Meter Hurdles

State: 36.51 @ 1999 James Graham

National HS: 35.32 ! 1985 George Porter

40.53 ADV

Name	Yr	School	Finals
1 Robinson, Joey	JR Gaithersburg	39.9h	ADV
2 Currica, Mark	SO Dam	40.8h	8
3 Brody, Jason	SR Magruder	J40.8h	6
4 Morris, Walter	Churchill	41.7h	4
5 Reed, Michael	Springbrook	J41.7h	2
6 Hartman, William	Churchill	41.8h	1
7 Yansane, Sekou	Churchill	41.8h	
8 Sylla, Alpha	12 Blake HS	41.9h	
9 Martinez, Mike	JR Dam	43.7h	
10 joo, eddie	JR Wootton	44.8h	
11 Lugo, Andrew	FR Gaithersburg	45.2h	
12 Przytycki, Tomasz	JR WJ	45.6h	
Conte, Gregory	FR Quince Orchar	45.8h	
Diep, George	Springbrook	45.8h	
15 Wu, Jon	SO Dam	46.1h	
16 harper, joey	JR Wootton	46.2h	
17 Browne, Isaac	12 Blake HS	46.8h	
18 Guevara, Edwin	Springbrook	46.8h	
19 Buckingham, Drew	SO Sherwood	48.2h	
20 Anderson, Sam	SR Quince Orchar	48.4h	
21 Levitus, Steven	JR Rmhs	49.1h	
22 Yeh, Damon	SO WJ	49.7h	
23 O'Keefe, Eric	SO Wootton	52.10	
--- Schauppner, Eric	SR Quince Orchar	NT	
--- Grundmann, Stefan	SO Whitman	NT	
--- Lukacs, Kyle	SO WJ	NT	
--- Stein, Marcus	11 Blake HS	NT	
--- Handelman, Mark	JR Whitman	NT	
--- Skinner, Zack	SR Magruder	NT	

Boys 4x100 Meter Relay

State: 41.64 @ 1992 Roosevelt

National HS: 39.79 ! 1997 FD Wyatt HS

44.26 ADV

Team	Relay	Finals
1 Gaithersburg	A	43.2h ADV
2 Quince Orchard	A	44.3h 8

(Boys 4x100 Meter Relay)

Team	Relay	Finals
3 Springbrook	A	44.8h 6
4 Sherwood HS	A	44.9h 4
5 Watkins Mill	A	45.0h 2
6 Churchill	A	45.1h 1
7 James Hubert Blake HS	A	45.1h

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

8	Whitman	A	45.7h
9	Magruder	A	46.0h
10	Walter Johnson HS	A	46.5h
11	Damascus	A	46.9h
12	Wootton High School	A	47.4h
---	Blair	A	NT
---	Richard Montgomery HS	A	NT

Boys 4x200 Meter Relay

State: 1:26.90 @ 2002 Mergenthaler
 National HS: 1:24.50 ! 1978 Lake Charles HS
 1:13.11 ADV

Team	Relay	Finals	
1	Gaithersburg	A	1:29.50 10
2	James Hubert Blake HS	A	1:31.20 8
3	Springbrook	A	1:31.90 6
4	Watkins Mill	A	1:32.00 4
5	Richard Montgomery HS	A	1:32.40 2
6	Churchill	A	1:33.00 1
7	Walter Johnson HS	A	1:33.10
8	Sherwood HS	A	1:34.00
9	Quince Orchard	A	1:34.50
10	Magruder	A	1:35.70
11	Damascus	A	1:36.60
12	Wootton High School	A	1:39.40
---	Whitman	A	DNF

Boys 4x400 Meter Relay

State: 3:12.05 @ 1999 Northwestern
 National HS: 3:07.40 ! 1987 Hawthorne HS
 3:24.99 ADV

Team	Relay	Finals	
1	Walter Johnson HS	A	3:27.3h 10
2	Richard Montgomery HS	A	3:27.4h 8
3	Churchill	A	3:28.7h 6
4	James Hubert Blake HS	A	3:30.9h 4
5	Magruder	A	3:32.9h 2
6	Watkins Mill	A	3:33.0h 1
7	Damascus	A	3:37.9h
8	Whitman	A	3:40.8h
9	Springbrook	A	3:42.8h
10	Quince Orchard	A	3:44.2h
11	Wootton High School	A	4:01.1h
---	Sherwood HS	A	NT
---	Gaithersburg	A	NT

Boys 4x800 Meter Relay

State: 7:47.80 @ 1986 BCC
 National HS: 7:32.89 ! 2002 Auburn WA.
 8:11.77 ADV

Team	Relay	Finals	
1	Walter Johnson HS	A	8:10.5h ADV
	Sherwood HS	A	8:17.2h 8
	Churchill	A	8:17.4h 6
4	Damascus	A	8:22.2h 4
5	Whitman	A	8:23.9h 2
6	Wootton High School	A	8:35.4h 1
7	Quince Orchard	A	8:44.0h

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

8	Gaithersburg	A	8:48.1h
9	Watkins Mill	A	8:49.00
10	Springbrook	A	8:50.7h
11	Magruder	A	9:12.5h
---	Richard Montgomery HS	A	NT

Boys High Jump

State: 7-00 @ 1984

Mike Lofty

National HS: 7-05.25 ! 1984

Dothel Edwards

6-01.00 ADV

Name	Yr	School	Finals
1 Johnson, Terrell	SR	Watkins Mill	6-02.00 ADV
2 Price, Bobby	SR	Magruder	6-00.00 8
3 Martinez, Mike	JR	Dam	5-10.00 6
4 Hartman, William		Churchill	J5-10.00 4
5 harper, joey	JR	Wootton	5-08.00 2
6 Buckingham, Drew	SO	Sherwood	J5-08.00 0.5
6 Thomas, Demar	SR	Watkins Mill	J5-08.00 0.5
8 Brown, Vinny	FR	Rmhs	5-06.00
8 Alcidor, Paulson		Springbrook	5-06.00
9 Hasan, Rayhan		Churchill	J5-06.00
--- Powers, Ross	SO	Wootton	NH
--- Zentz, Tyler	SO	Sherwood	NH
--- Pitt, Cameron		Springbrook	NH
--- Ahaghotu, Chidi		Springbrook	NH
--- Sanders, Jared	FR	Dam	NH
Kilner, Jason	11	Blake HS	NH
Chew, Ryan	12	Blake HS	NH
--- Wanyama, James		Churchill	NH
--- Taylor, Arnold	JR	Whitman	NH
--- Marshall, Jeremy	JR	Gaithersburg	DNF
--- Broderick, Bill	JR	Gaithersburg	DNF
--- Hucke, Michael	JR	WJ	DNF
--- Nwagbara, Tony	11	Blake HS	DNF
--- Williams, Kirk	SR	Gaithersburg	DNF

Boys Pole Vault

State: 15-01 @ 1999

Chris Stark

National HS: 17-09.50 ! 1981

Joe Dial

11-04.00 ADV

Name	Yr	School	Finals
1 Begley, Matt	SR	Sherwood	13-00.00 ADV
2 Hucke, Michael	JR	WJ	11-06.00 ADV
3 Sauer, Robert	SR	Quince Orchar	11-00.00 6

(Boys Pole Vault)

Name	Yr	School	Finals
4 Penner, Evan	SR	Quince Orchar	10-06.00 4
5 Schauppner, Eric	SR	Quince Orchar	9-06.00 2
--- Mc Dowell, Robert		Churchill	NH
--- Garfinkle, Nathaniel		Churchill	NH

Boys Long Jump

State: 24-04 @ 1998

Chris Smith

National HS: 26-04.75 ! 1989

James Stallworth

21-01.00 ADV

Name	Yr	School	Finals
1 Robinson, Joey	JR	Gaithersburg	21-02.00 ADV

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

2	Adjei, Francis	Springbrook	20-06.00	8
3	Yansane, Sekou	Churchill	20-02.00	6
4	Macarthur, Robert	SR Magruder	20-00.50	4
5	Thomas, Demar	SR Watkins Mill	20-00.00	2
6	Ansah, Nana	Springbrook	19-09.00	1
7	Martinez, Mike	JR Dam	19-08.00	
8	Pitt, Amile	SR Dam	19-06.00	
8	Johnson, Terrell	SR Watkins Mill	19-06.00	
10	Spinella, Jeff	JR Dam	19-05.50	
11	Hartman, William	Churchill	19-05.00	
12	Matamba, Mutombo	SR Gaithersburg	18-10.00	
13	Owolabi, Israel	SO Gaithersburg	18-09.00	
14	Sun, John	11 Blake HS	18-05.00	
15	Alcidor, Paulson	Springbrook	18-02.00	
16	Morris, Walter	Churchill	18-01.00	
17	Zentz, Tyler	SO Sherwood	17-10.00	
17	Martinez, Erik	JR WJ	17-10.00	
19	Martin, Josh	SO Whitman	17-04.00	
20	Farrow, Willie	JR Quince Orchar	17-03.00	
21	Chew, Ryan	12 Blake HS	17-00.00	
22	Hull, Taylor	JR Quince Orchar	16-10.00	
23	Calhoun, Kevon	SO Rmhs	16-06.00	
24	Shim, Brian	SO Whitman	16-03.00	
25	Cobey, Andrew	SR WJ	15-05.00	
26	Pankov, Audrey	JR Wootton	15-03.00	
---	Roudick, Robert	FR Wootton	FOUL	
---	McCoy, Brenton	10 Blake HS	FOUL	
--	Dakkouni, Larbi	SO Quince Orchar	FOUL	
\	Ameoteng, Ricky	SO Watkins Mill	FOUL	
---	Smith, Perry	SR Blair	DNF	
---	Han, Brian	JR Whitman	DNF	
---	Francis, Kahlil	JR WJ	DNF	
---	Brown, Vinny	FR Rmhs	DNF	
---	Moudoki, Jessie	SO Wootton	DNF	

Boys Triple Jump

State: 49-06.75 @ 1998

Sheldon Hutchinson

National HS: 52-10.50 ! 1980

Charles Mayfield

43-09.50 ADV

Name	Yr	School	Finals
1	Welbon, Johnathon	SR Gaithersburg	46-08.25 ADV
2	Johnson, Stephon	JR Gaithersburg	42-09.00 8
3	Martinez, Mike	JR Dam	42-01.00 6
4	Reed, Michael	Springbrook	41-06.50 4
5	Robinson, Joey	JR Gaithersburg	41-05.50 2
6	Ansah, Nana	Springbrook	41-04.50 1
7	Yansane, Sekou	Churchill	40-02.00
8	Wanyama, James	Churchill	39-04.00
9	Chew, Ryan	12 Blake HS	39-01.25
10	Dakkouni, Larbi	SO Quince Orchar	38-08.75
11	jackowski, dan	SO Wootton	38-01.00
12	Hartman, William	Churchill	37-09.00
13	Zentz, Tyler	SO Sherwood	37-07.00
14	Skinner, Zack	SR Magruder	37-04.75
15	Bowser Jr, Cameron	Springbrook	36-08.50
5	Chen, Yin-yu	SR Wootton	36-00.00
17	Martin, David	SO Whitman	35-09.00
17	Martin, Josh	SO Whitman	35-09.00
19	Yasmann, Anthony	SR WJ	35-07.00
20	Buckingham, Drew	SO Sherwood	35-06.00
21	Sun, John	11 Blake HS	35-04.50

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

22 Israeli, Inon	FR	WJ	34-01.25
23 Pankov, Audrey	JR	Wootton	31-11.50
24 Shim, Brian	SO	Whitman	29-05.00
--- McCoy, Brenton	10	Blake HS	ND
--- Thomas, Demar	SR	Watkins Mill	ND
--- Ameoteng, Ricky	SO	Watkins Mill	ND
--- Johnson, Terrell	SR	Watkins Mill	ND

Boys Shot Put

State: 64-06.50 @ 1968 Tom Brosius
 National HS: 77-00 ! 1979 Michael Carter
 47-09.50 ADV

Name	Yr	School	Finals
1 Bridgers, Paul	SR	Gaithersburg	45-02.00 10
2 Klaztlin, Danny	JR	Wootton	43-04.00 8
3 Miller, Matt	SO	Rmhs	42-04.50 6
4 Kruszewski, Matthew	JR	Quince Orchar	41-06.00 4
5 Clifford, Colin	JR	Rmhs	41-02.00 2
6 Voigtmann, Robert		Churchill	40-11.00 1
7 Law, Peter		Churchill	40-09.50
8 Mulcahy, Joe	SR	Dam	40-01.50
8 Cordero, Nestor	JR	Watkins Mill	40-01.50
10 Tozer, TJ	SR	Gaithersburg	39-09.00
11 Hucke, Michael	JR	WJ	38-02.50
12 Suen, Kevin	JR	WJ	38-00.50
13 Scribner, Robert	SO	Quince Orchar	38-00.00
4 Holdbrook-Smith, Jerry	SR	Watkins Mill	37-10.00
5 Dugan, Bobby	SO	Gaithersburg	37-02.50
16 Fersh, David		WJ	36-05.00
17 Yourogou, Stephan	JR	Rmhs	36-01.00
18 Tetz, Ben	SR	Quince Orchar	34-11.50
19 Luensman, Chris	JR	Watkins Mill	34-09.50
20 Sedgwick, Brian		Springbrook	34-03.50
21 Laurie, Tyler	FR	Sherwood	33-10.00
22 Astrove, Jeffrey		Churchill	33-09.50
23 decarus, lionel	SR	Wootton	32-04.00
24 Erhiawarien, Tozer		Springbrook	31-01.50
25 Robbins, Kyle	JR	Wootton	31-01.00

(Boys Shot Put)

Name	Yr	School	Finals
26 Esema, Moses		Springbrook	30-10.50
27 Kilner, Jason	11	Blake HS	30-09.00
28 Hodgkins, Nick	SO	Dam	29-01.00
29 Sim, Eric	FR	Sherwood	21-10.50
--- Martens, Campbell	JR	Whitman	ND
--- Taylor, Arnold	JR	Whitman	ND
--- Tuchman, Philip	SR	Whitman	ND
--- Harris, Abdul Azeem	10	Blake HS	ND
--- Cedeno, Hansel	SR	Blair	ND
--- Coughlin, John	SO	Magruder	ND
--- Lee, Chris	SR	Magruder	ND

Boys Discus Throw

State: 200-02 @ 2001 Vikas Gowda
 National HS: 224-03 ! 1987 Kamy Keshimiri
 140-01 ADV

Name	Yr	School	Finals
1 Tozer, TJ	SR	Gaithersburg	150-03.00 ADV

MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004

Winston Churchill High School

Results

2	Bridgers, Paul	SR	Gaithersburg	140-00.00	8
3	Scribner, Robert	SO	Quince Orchar	129-09.00	6
4	Holdbrook-Smith, Jerry	SR	Watkins Mill	125-02.00	4
5	Klaztlin, Danny	JR	Wootton	124-10.00	2
6	Erhiawarien, Tozer		Springbrook	118-04.00	1
7	Prager, Jesse	SR	Whitman	115-00.00	
8	Astrove, Jeffrey		Churchill	110-04.00	
9	Suen, Kevin	JR	WJ	106-00.00	
10	Mulcahy, Joe	SR	Dam	104-05.00	
11	Dugan, Bobby	SO	Gaithersburg	104-04.00	
12	Kruszewski, Matthew	JR	Quince Orchar	102-08.00	
13	Hughes-Sheppar, Kristen		Springbrook	102-00.00	
13	Borowski, John	SR	Dam	102-00.00	
15	Voigtmann, Robert		Churchill	101-00.00	
16	Law, Peter		Churchill	99-04.00	
17	Miller, Matt	SO	Rmhs	98-05.00	
17	Tetz, Ben	SR	Quince Orchar	98-05.00	
19	Robbins, Kyle	JR	Wootton	98-01.00	
20	Yourougou, Stephan	JR	Rmhs	96-04.00	
21	Fersh, David		WJ	95-10.00	
22	Cohen, Matt	SO	Wootton	94-08.00	
23	Luensman, Chris	JR	Watkins Mill	91-10.00	
24	Iannuzzi, Greg	FR	Dam	91-04.00	
25	Cordero, Nestor	JR	Watkins Mill	90-08.00	
26	Clifford, Colin	JR	Rmhs	87-03.00	
27	Hanopole, Elan		Springbrook	85-11.00	
28	Licud, Sonny	10	Blake HS	75-06.00	
29	Tuchman, Philip	SR	Whitman	74-00.00	
	Lee, Chris	SR	Magruder	ND	
---	Taylor, Arnold	JR	Whitman	ND	
---	Hucke, Michael	JR	WJ	ND	
---	Cedeno, Hansel	SR	Blair	ND	
---	Harris, Abdul Azeem	10	Blake HS	ND	

State: 10:15.79 @ 1996

Christie Nichols

National HS: 9:48.59 ! 1996

Kim Molrtenen

11:57.95 ADV

Women - Team Rankings - 18 Events Scored

1)	Damascus	130
2)	Gaithersburg High School	99
3)	Montgomery Blair High School	48
4)	Winston Churchill High School	44
4)	Walter Johnson HS	44
6)	Sherwood HS	39
7)	James Hubert Blake HS	37
8)	Colonel Zadok Magruder	20
8)	Quince Orchard	20
10)	Walt Whitman Track & Field	16
11)	WATKINS MILL HIGH SCHOOL	8
11)	Wootton High School	8
11)	Richard Montgomery HS	8
14)	Springbrook High School	6

Men - Team Rankings - 18 Events Scored

1)	Gaithersburg High School	141
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MPSSAA 4A West Regional - 05/19/2004 to 05/20/2004**Winston Churchill High School****Results**

2) Walter Johnson HS	60
3) James Hubert Blake HS	47
4) Quince Orchard	42
5) WATKINS MILL HIGH SCHOOL	37.5
6) Springbrook High School	37
7) Damascus	36
7) Winston Churchill High School	36
9) Richard Montgomery HS	31
10) Sherwood HS	29.5
11) Colonel Zadok Magruder	23
12) Walt Whitman Track & Field	22
13) Wootton High School	15