

# 34<sup>th</sup> Montgomery County Indoor Track & Field Championship Meet

## Record Book



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2023



Dear Reader,

Thank you for downloading this indoor track & field record book. I have long admired the detailed state meet programs and state record books published by the MPSSAA. I desired similar record books for the Montgomery County Championship Meets, but no such books existed. Furthermore, detailed meet results were all but lost to newspaper archives. To me, this was not acceptable in the digital world in which we live today.

Beginning in 2015, I sought out results for every county championship meet for cross country, indoor track, and outdoor track. This involved many hours at a microfilm machine and digging through old boxes of papers belonging to coaches who hang on to such things. Many more hours were spent organizing the collected data so that the results are now available online and sorted several ways in this record book. After sifting through the data found in these pages, I know that you will agree that the effort was well worth it.

Mocorunning.com has been a source of track & field news, results, statistics, analysis, and photographs for Montgomery County since 2006. Mocorunning.com is not affiliated with MCPS, but it is owned and operated by a proud product of Gaithersburg High School. I hope that you enjoy reading this book as much as I enjoyed creating it.

-Kevin Milsted  
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#### Performance Conversion Methodology:

- All track performances in English units are converted to metric equivalents using the standardized conversion table published by USTFCCCA.
- All hand-timed performances are given a penalty of +0.24 seconds after conversions. (NFHS Method)
- No adjustments are made to performances based on venue or track surface. The reader should understand that most indoor track surfaces were poor prior to the construction of the PG Sports and Learning Complex which opened in 2001. Older performances should be admired for the athletes' execution with tighter turns, slippery surfaces, and usually no spiked shoes allowed.
- In the team records section, ties are broken by performance date. Oldest performance is favored.
- y-symbol indicates original performance was in English units - yards or miles.
- ht-symbol indicates original performance was hand-timed. A hand-timing penalty of 0.24 seconds is added in equivalent result.

#### This Record Book Layout:

This book is arranged so that if it is printed in booklet format, the all-time top 25 lists and all-time county champion lists are displayed on adjacent pages for each event. This is especially useful when following along during the meet. All of the information that you need to know about the event on the track is shown on two adjacent pages.

Please address comments and corrections to Kevin at [webmaster@mocorunning.com](mailto:webmaster@mocorunning.com)

## Montgomery County Indoor Track & Field Championship Meet Venues

1986	- Reckord Armory, University of Maryland, College Park, Maryland
1987-1994	- Towson Center, Towson State University, Towson, Maryland
1995, 1997	- Fifth Regiment Armory, Baltimore, Maryland
1996, 1999	- Meet Canceled Due to Inclement Weather
1998, 2000	- Hagerstown Community College, Hagerstown, Maryland
2001-2007	- PG Sports and Learning Complex, Landover, Maryland
2008	- Hanley Center at Georgetown Prep School, Bethesda, Maryland
2009-Present	- PG Sports and Learning Complex, Landover, Maryland
2021-2022	- Meet Canceled Due to COVID-19 Pandemic

<u>Boys Team Champions</u>		<u>Girls Team Champions</u>	
72	Kennedy	1986	Whitman
70	Einstein	1987	Whitman
91 $\frac{2}{3}$	Einstein	1988	Whitman
76	Einstein	1989	Kennedy
52	Gaithersburg	1990	Seneca Valley
68	Springbrook	1991	Whitman
92	Springbrook	1992	B-CC
70	Paint Branch	1993	Paint Branch
69	Gaithersburg	1994	Paint Branch
67	Gaithersburg	1995	Paint Branch
68	Richard Montgomery	1997	Damascus
99	Gaithersburg	1998	Richard Montgomery
78 $\frac{1}{3}$	Gaithersburg	2000	Walter Johnson
59	Walter Johnson	2001	Quince Orchard
101	Gaithersburg	2002	Gaithersburg
82	Gaithersburg	2003	Walter Johnson
57.5	Gaithersburg	2004	Poolesville
103.5	Gaithersburg	2005	Damascus
98	Richard Montgomery	2006	Churchill
113.5	Richard Montgomery	2007	Churchill
86	Richard Montgomery	2008	Wootton
84.5	Gaithersburg	2009	Churchill
86	Damascus	2010	Churchill
93	Churchill	2011	Northwest
77.5	Quince Orchard	2012	Northwest
115	Clarksburg	2013	Northwest
92	Paint Branch	2014	Clarksburg
116	Northwest	2015	Clarksburg
140	Northwest	2016	Northwest
127.5	Northwest	2017	Northwest
98	Northwest	2018	Northwest
133	Paint Branch	2019	Northwest
94	Paint Branch	2020	Walter Johnson

## **Historical Throwback: 1992, 1993, 2002, 2003, 2012, 2023**

**1992** – The Springbrook boys won their second consecutive county title with many of the same pieces that won it the year before. Sam Brown was double champion in the 55m and 300m, Phil Marshall was county champion in the 55-meter hurdles and runner-up in the 800-meter run, and the Blue Devils claimed gold in the 6-lap and 4x400-meter relays.

Perhaps the performance of the meet, though, was Springbrook's John Monday who ran a meet record 1:06.7 in the 500-meter run and 4:34.1 to finish as runner-up to Whitman's Pascal Dobert (4:31.8) in the 1600-meter. The 1:06.7 remained a meet record for another ten years and remains ranked #15 in meet history today.

Quince Orchard's Josh Luko ran 2:01.9 in the 800-meter which remained a meet record until 2000. QO's 4x800-meter relay set the meet record with a time of 8:34.3.

The B-CC girls team won its only county title in meet history so far and did so with 41 points, the lowest point total to ever win the indoor county championship meet. A double victory by Claire Torchia of 5:46.8/12:15.4 in the distance events led the way for the Barons.

Paint Branch's Teresa Israel had a triumphant return to glory in her senior year. After missing time in her junior year due to injuries, the 1989 55-meter county champion and 1990 300-meter county champion swept the 1992 55-meter and 300-meter dashes in 7.0 and 41.6. 7.0 tied the meet record which was tied again several times but not broken until automatic timing was introduced and 7.0 was adjusted to 7.24.

**1993** – Paint Branch won its first and second indoor county titles in 1993 by way of sweeping the boys and girls team competitions. Orlando Leigh and Tameka Alestock both won the 300-meter and 500-meter runs while Panther sprinters teamed up to win the boys six-lap relay and dominate the boys 4x400-meter relay by ten seconds over the next team (3:40.1). Paint Branch's hand-timed 1:59.8 remains the all-time meet record for the discontinued six-lap relay.

It was one of the fastest 55-meter sprints in meet history between Seneca Valley's Sayon Cooper (6.2) and Montgomery Blair's TJ Trueh (6.3). Cooper's 6.2 second performance got lost from the record books for a time. There were several meet results published that attributed the meet record to others in the decades after 1993, but this record book recognizes Cooper's hand-timed 6.2 adjusted up to 6.44 as the true meet record until 2020 when an athlete finally dropped under 6.44 with automatic timing.

1993 was the first indoor season for Walter Johnson distance sensation, Sally Glynn. In her first indoor county championship, Glynn set meet records in the 1600-meter (5:15.4) and 3200-meter (11:32.5), but she was edged out in the 800-meter run by Whitman's Desiree Ficker (2:27.3).

**2002** – The Gaithersburg boys became the first team to crack 100 points in winning their sixth Montgomery County indoor title in meet history while the Gaithersburg girls notched their only team victory to date. The 2002 Gaithersburg boys were the only boys team to score more than 100 points prior to the inclusion of the long jump and triple jump events.

Gaithersburg's Bryan Steele broke meet records in the 300-meter (35.1) and the 500-meter (1:05.8) and finished second in the 800m (2:06.4). Those 300m and 500m performances remain top ten in meet history today. Gaithersburg's hand-timed 1:31.5 4x200-meter relay (with Paint Branch second in 1:31.7) remained the meet record until 2020. Nina Warren and Danielle Watson led the way for the Lady Trojans by winning the 55-meter (7.1) and 55-meter hurdles (8.4), respectively.

Quite a few meet records were tied or broken in 2002, some of which can be attributed to it being the second year that the meet was contested at the Prince Georges Sports and Learning Complex. Many of those records have since been bumped from the all-time top-25 lists, but worth noting nonetheless. In addition to those previously mentioned, records broken included: Jaimie Smith (PB) 1:18.9 500m, Maksudal Ali (GB) 9:46.7 3200m, Danielle Watson (GB) 8.4 55mHH, Poolesville 1:47.5 girls 4x200, Walter Johnson 4:09.8 girls 4x400, Walter Johnson 8:15.4 boys 4x800, Jared Wasser (TSW) 54-02.25 shot put, and Nate Anguita (GB) 13-00 pole vault.

**2003** – The Gaithersburg boys topped the team standings for the seventh time in meet history while the Walter Johnson girls returned to the top after a two-year hiatus.

Fire power for Gaithersburg came from Brian Porter in the 55-meter dash (6.49), Eric Pauley (1<sup>st</sup> in 1600-meter 4:28.28, 2<sup>nd</sup> in 3200-meter, and 3<sup>rd</sup> in 800-meter), and Jonathan Welbon in the high jump (6-06). For the WJ Wildcats, Laura Shaw won the 55-meter hurdles (8.59) and placed second in the 55-meter and 300-meter dashes. WJ also claimed the girls 4x400 and 4x800-meter relays.

It was the third year the Montgomery County Championship Meet was contested at the PG Sports and Learning Complex and the record-setting cooled off with a mere four new meet records set: Kellie Dunston (JHB) 1:19.03 500m, Laura Shaw 8.59 55-meter hurdles, WJ girls 4:08.79 4x800, and PB boys 3:31.29 4x400m relay.

While not meet records, Paint Branch's Edwin Campbell ran 35.72 which was #2 in meet history at that time, and Paint Branch ran 1:32.42 in the 4x200-meter relay which remains ranked in the top-10 in meet history today. Toni Aluko's 5-06 high jump and Jared Wasser's shot put throw of 52-05.25 remain ranked in the top-10 in meet history today.

**2012** – Quince Orchard won its first boys indoor county title on the strength of field event specialists. A different QO athlete scored in the top three spots in every field event while Evan Laratta topped a strong field to win the 3200-meter race in 9:40.37. Northwest won its second consecutive girls indoor county title by edging out a strong Clarksburg team, 74.5 to 73. The Northwest girls were strong in the sprints and swept all three relays.

Springbrook's Udeme Akpaete doubled back from winning the 300-meter (40.82) to lead three girls under 1:18 in the 500-meter dash, a feat not accomplished prior or since. Akpaete's 1:16.40 was just shy of the meet record (1:16.26) and remains ranked #2 in meet history today.

Churchill's Will Conway lowered the meet record in the boys 1600-meter by more than two seconds (4:22.41) and returned to win the 800-meter in 1:59.33. The 4:22.41 1600-meter remains ranked #5 in meet history today. Conway's teammate Nadim Elhage helped Churchill to a second place team finish with a nearly four-foot margin of victory in the shot put (50-11).

**2013** – Wootton's Gwen Shaw had been denied indoor county titles in 2012, but proved among the strongest performers as a senior in 2013. Shaw won the 55-meter (7.26), 300-meter (40.83), 55-meter hurdles (8.21), and helped Wootton to victory in the 4x200-meter (1:47.38). The hurdles performance was a new meet record and remains top-10 in meet history today.

Despite Shaw's performance, Wootton's girls took second place to Northwest who won their third consecutive girls indoor county title with a team very different from the year before. Without a true star on the team, Northwest's only victory came in the 4x800-meter relay, but it managed to score points in almost every event.

Topping the boys team standings for the first time ever was Clarksburg High School. Clarksburg's boys set two meet records which still stand today: Paul Joseph set the meet record in the 300-meter in 35.33 and Will Bertrand set the meet record in the 3200-meter in 9:29.67. Joseph also won the 55-meter dash in 6.61, the 55-meter hurdles in 7.75, and Bertrand also won the 1600-meter in 4:23.45.

Gaston Assoua from Blake High School won the long jump by more than two feet to set the still-standing meet record at 23-00.

Clarksburg's Claudia Ababio crushed the meet record in the shot put with a toss of 41-09. It broke the meet record by more than three feet and remains ranked #2 in meet history today. It ranks only behind her own mark of 42-06 the following year.

## Boys All-Time Championship Meet Records

<u>Event</u>	<u>Name</u>	<u>High School</u>	<u>Meet Year</u>	<u>Record</u>
55m	Alonzo McBryde	Paint Branch	2020	6.41
300m	Paul Joseph	Clarksburg	2013	35.33
500m	Seydi Sall	Richard Montgomery	2019	1:04.47
800m	Eldon Phillips	Northwood	2018	1:57.15
1600m	Diego Zarate	Northwest	2015	4:20.09
3200m	Will Bertrand	Clarksburg	2013	9:29.67
55m HH	Shyheim Wright	Northwest	2016	7.44
	Matt McGuire	Richard Montgomery	1998	7.44
4x200m		Paint Branch	2020	1:29.55
4x400m		Springbrook	2017	3:28.17
4x800m		Northwood	2020	8:03.82
High Jump	Jeremy Smith	Gaithersburg	1998	6-07.00
	Tuan Wreh	Richard Montgomery	1998	6-07.00
	Owen Cain	Gaithersburg	2009	6-07.00
Long Jump	Gaston Assoua	James H. Blake	2013	23-00.00
Triple Jump	Donovan Beckett-Simms	Seneca Valley	2016	45-09.00
Shot Put	Sean Stanley	Gaithersburg	2009	59-10.00

### Discontinued Events

<u>Event</u>	<u>Name</u>	<u>High School</u>	<u>Meet Year</u>	<u>Record</u>
Pole Vault	Brent McCauley	Gaithersburg	2001	13-00.00
	Nate Anguita	Gaithersburg	2002	13-00.00
600 Yard	Phil Lepelch	Bethesda Chevy Chase	1986	ht-1:19.5
1000 Yard	Duncan Manville	Bethesda Chevy Chase	1986	ht-2:25.1
6-Lap Relay		Paint Branch	1993	ht-1:59.8

## Girls All-Time Championship Meet Records

<u>Event</u>	<u>Name</u>	<u>High School</u>	<u>Meet Year</u>	<u>Record</u>
55m	Olivia Ekponé	Northwest	2011	7.02
300m	Olivia Ekponé	Thomas S. Wootton	2009	38.96
500m	Leslie Morrison	Walt Whitman	2007	1:16.26
800m	Leslie Morrison	Walt Whitman	2007	2:17.96
1600m	Abigail Green	Walter Johnson	2018	5:01.37
3200m	Abigail Green	Walter Johnson	2018	10:45.75
55m HH	Alexus Pyles	Clarksburg	2016	8.02
4x200m		Blake	2019	1:42.06
4x400m		Northwest	2010	4:00.58
4x800m		Northwest	2010	9:35.01
High Jump	Audrey Gariepy-Bogui	Winston Churchill	2007	5-08.50
Long Jump	Thea LaFond	John F. Kennedy	2011	18-04.00
Triple Jump	Thea LaFond	John F. Kennedy	2011	39-05.75
Shot Put	Claudia Ababio	Clarksburg	2014	42-06.00

### Discontinued Events

<u>Event</u>	<u>Name</u>	<u>High School</u>	<u>Meet Year</u>	<u>Record</u>
Pole Vault	Tarah Greenwood	Seneca Valley	1998	8-06.00
	Rebekah Harrison	Springbrook	2001	8-06.00
	Jodi Taetle	Gaithersburg	2001	8-06.00
600 Yard	Laurie Bruce	Walt Whitman	1987	ht-1:29.7
1000 Yard	Tina Manville	Bethesda Chevy Chase	1986	ht-2:58.1
6-Lap Relay		Paint Branch	1994	ht-2:18.9

**Girls 55m Dash Top 25 | 60 Yard Dash Conversion Factor = 0.9954 | HT-Penalty = 0.24**

Name	High School	Year	Actual Perf.	Equivalent 55m
1 Olivia Ekponé	Northwest	2011		7.02
2 Olivia Ekponé	Northwest	2010		7.05
2 Olivia Ekponé	Northwest	2011	sf	7.05
4 Nina Warren	Gaithersburg	2004		7.06
5 Olivia Ekponé	Thomas S. Wootton	2008		7.09
5 Olivia Ekponé	Thomas S. Wootton	2009		7.09
7 Olivia Ekponé	Thomas S. Wootton	2009	sf	7.11
8 Katie Wolf	Winston Churchill	2010		7.14
9 Taylor Wright	Northwest	2016		7.15
10 Olivia Ekponé	Thomas S. Wootton	2008	sf	7.16
11 Katie Wolf	Winston Churchill	2010	sf	7.17
11 Taylor Wright	Northwest	2017		7.17
11 Taylor Wright	Northwest	2019		7.17
14 Madison Depry	Wheaton	2020		7.18
15 Phobay Kutu-Akoi	John F. Kennedy	2004		7.19
15 Tenesha Hill	Gaithersburg	2004		7.19
15 Olivia Ekponé	Northwest	2010	sf	7.19
18 Le'Quisha Parker	Northwood	2011		7.20
18 Stephanie Davis	Magruder	2015		7.20
18 Taylor Wright	Northwest	2018		7.20
21 Phobay Kutu-Akoi	John F. Kennedy	2005		7.22
21 Bethany White	Magruder	2014		7.22
23 Tenesha Hill	Gaithersburg	2005		7.23
24 9 Performances Tied at 7.24				

**55m Dash All-Time Best Performances By School at the MCPS Indoor Track Championship Meet**

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>	<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
Shelby Fountain	Bethesda Chevy Chase	2018	7.41	Angie Mitchell	Montgomery Blair	1990	7.24
Martha Sam	James H. Blake	2014	7.28	Katie Wolf	Winston Churchill	2010	7.14
Alexus Pyles	Clarksburg	2016	7.35	Erika Zoller	Damascus	2004	7.34
Anna Ucheomumu	Albert Einstein	2012	7.41	Nina Warren	Gaithersburg	2004	7.06
Erin Henderson	Walter Johnson	2019	7.32	Phobay Kutu-Akoi	John F. Kennedy	2004	7.19
Stephanie Davis	Magruder	2015	7.20	Ashley Decruise	Richard Montgomery	2007	7.30
Olivia Ekponé	Northwest	2011	7.02	Le'Quisha Parker	Northwood	2011	7.20
Teresa Israel	Paint Branch	1992	7.24	Meghan Rose	Poolesville	2004	7.46
Ashley Seymour	Quince Orchard	2015	7.40	Angelique Wong	Rockville	2018	7.46
Giselle Badoo	Seneca Valley	2020	7.29	Leikpeilly Roberts	Sherwood	2001	7.33
Janelle Ralph	Springbrook	1998	7.24	Narica Offutt	Watkins Mill	2001	7.28
Madison Depry	Wheaton	2020	7.18	Zeya Luo	Walt Whitman	2012	7.69
Olivia Ekponé	Thomas S. Wootton	2008	7.09				

## Girls 55m Dash County Champions | 60 Yard Dash 1986 - 1988

Year	Name	High School	Actual Perf.	Equivalent 55m
<u>1986</u>	Jennifer Hines	Bethesda Chevy Chase	ht-7.28y	7.54 R
<u>1987</u>	Wanda Evans	Magruder	ht-7.2y	7.44 R
<u>1988</u>	Ayana Harris	Albert Einstein	ht-7.2y	7.44
<u>1989</u>	Teresa Israel	Paint Branch	ht-7.2	7.44
<u>1990</u>	Angie Mitchell	Montgomery Blair	ht-7.0	7.24 R
<u>1991</u>	Kisha Cole	Seneca Valley	ht-7.4	7.64
<u>1992</u>	Teresa Israel	Paint Branch	ht-7.0	7.24
<u>1993</u>	Kikisha Addison	Gaithersburg	ht-7.2	7.44
<u>1994</u>	Kikisha Addison	Gaithersburg	ht-7.0	7.24
<u>1995</u>	Natalie Johnson	Paint Branch	ht-7.7	7.94
<u>1997</u>	Janelle Ralph	Springbrook	ht-7.34	7.64
<u>1998</u>	Janelle Ralph	Springbrook	ht-7.0	7.24
<u>2000</u>	Narica Offutt	Watkins Mill	ht-7.2	7.44
<u>2001</u>	Narica Offutt	Watkins Mill		7.28
<u>2002</u>	Nina Warren	Gaithersburg	ht-7.1	7.34
<u>2003</u>	Nina Warren	Gaithersburg		7.28
<u>2004</u>	Nina Warren	Gaithersburg		7.26
<u>2005</u>	Phobay Kutu-Akoi	John F. Kennedy		7.22 R
<u>2006</u>	Michelle Gellman	Winston Churchill		7.63
<u>2007</u>	Ashley Decruise	Richard Montgomery		7.30
<u>2008</u>	Olivia Ekponé	Thomas S. Wootton		7.09 R
<u>2009</u>	Olivia Ekponé	Thomas S. Wootton		7.09
<u>2010</u>	Olivia Ekponé	Northwest		7.05 R
<u>2011</u>	Olivia Ekponé	Northwest		7.02 R
<u>2012</u>	Bethany White	Magruder		7.24
<u>2013</u>	Gwen Shaw	Thomas S. Wootton		7.26
<u>2014</u>	Bethany White	Magruder		7.22
<u>2015</u>	Stephanie Davis	Magruder		7.20
<u>2016</u>	Taylor Wright	Northwest		7.15
<u>2017</u>	Taylor Wright	Northwest		7.17
<u>2018</u>	Taylor Wright	Northwest		7.20
<u>2019</u>	Taylor Wright	Northwest		7.17
<u>2020</u>	Madison Depry	Wheaton		7.18

**Boys 55m Dash Top 25 | 60 Yard Dash Conversion Factor = 0.9954 | HT-Penalty = 0.24**

	Name	High School	Meet Year	Actual Perf.	Equivalent 55m
1	Alonzo McBryde	Paint Branch	2020		6.41
2	Alonzo McBryde	Paint Branch	2020	sf	6.43
3	Sayon Cooper	Seneca Valley	1993	ht-6.2	6.44
4	Malcolm Richardson	Gaithersburg	2005		6.45
5	Khaloni Mganga	Northwest	2018		6.47
5	Anthony Woods Jr.	Northwest	2019		6.47
7	Brian Porter	Gaithersburg	2003		6.49
7	Malcolm Richardson	Gaithersburg	2005	sf	6.49
9	Gary Frazier	Richard Montgomery	2008		6.50
9	J'Sean Williams	Seneca Valley	2016		6.50
9	Josh Netterville	Northwest	2017		6.50
9	David Vincent Okoli	Watkins Mill	2019		6.50
13	Fidel Hoggard	Paint Branch	2003		6.51
13	Josh Netterville	Northwest	2016		6.51
15	Jamal Lynn	Seneca Valley	2007		6.52
15	Josh Netterville	Northwest	2016	sf	6.52
15	Josh Netterville	Northwest	2017	sf	6.52
15	Chukwumdi Osuji	Paint Branch	2020		6.52
19	Keenan Crutchfield	Richard Montgomery	2006		6.53
19	Bisi Ezekoye	John F. Kennedy	2009		6.53
19	Ty Mason	James H. Blake	2017	sf	6.53
22	Gene Cann	Gaithersburg	1987	ht-6.3y	6.54
22	TJ Trueh	Montgomery Blair	1993	ht-6.3	6.54
22	Van Free	Gaithersburg	1998	ht-6.3	6.54
22	Jay Colbert	Gaithersburg	2000	ht-6.3	6.54
22	Bisi Ezekoye	John F. Kennedy	2010		6.54
22	Jaron Woodyard	Thomas S. Wootton	2015		6.54

**55m Dash All-Time Best Performances By School at the MCPS Indoor Track Championship Meet**

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>	<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
Amos Akasa	Bethesda Chevy Chase	1995	6.84	TJ Trueh	Montgomery Blair	1993	6.54
Ty Mason	James H. Blake	2017	6.53	Micah Phillips-Spencer	Winston Churchill	2011	6.60
Avery Graham	Clarksburg	2009	6.57	Markus Vinson	Damascus	2017	6.62
Elijah Thomas	Albert Einstein	2012	6.66	Malcolm Richardson	Gaithersburg	2005	6.45
Nicholas Williams	Walter Johnson	2020	6.68	Bisi Ezekoye	John F. Kennedy	2009	6.53
Vincent Bosha	Magruder	2006	6.68	Gary Frazier	Richard Montgomery	2008	6.50
Khaloni Mganga	Northwest	2018	6.47	Omega James	Northwood	2018	6.64
Alonzo McBryde	Paint Branch	2020	6.41	Connell Oberman	Poolesville	2018	6.84
Jesse Henderson	Quince Orchard	1998	6.64	Michael Van Gieson	Rockville	2015	6.96
Sayon Cooper	Seneca Valley	1993	6.44	Rufus Settles	Sherwood	2015	6.56
Mitchell Pollard	Springbrook	2009	6.60	David Vincent Okoli	Watkins Mill	2019	6.50
Rod Simmons	Wheaton	1991	6.74	Max Ehrmann	Walt Whitman	2004	6.64
Jaron Woodyard	Thomas S. Wootton	2015	6.54				

**Boys 55m Dash County Champions | 60 Yard Dash 1986 – 1988**

Year	Name	High School	Actual Perf.	Equivalent 55m
<a href="#"><u>1986</u></a>	Adae LeMone	John F. Kennedy	ht-6.34y	6.64 R
<a href="#"><u>1987</u></a>	Gene Cann	Gaithersburg	ht-6.3y	6.54 R
<a href="#"><u>1989</u></a>	Jim Ward	Albert Einstein	ht-6.5	6.74
<a href="#"><u>1990</u></a>	Shawn Talley	Quince Orchard	ht-6.6	6.84
<a href="#"><u>1991</u></a>	Rod Simmons	Wheaton	ht-6.5	6.74
<a href="#"><u>1992</u></a>	Sam Brown	Springbrook	ht-6.6	6.84
<a href="#"><u>1993</u></a>	Sayon Cooper	Seneca Valley	ht-6.2	6.44 R
<a href="#"><u>1994</u></a>	Prentice Pollard	Paint Branch	ht-6.4	6.64
<a href="#"><u>1995</u></a>	Mike Baker	Seneca Valley	ht-6.5	6.74
<a href="#"><u>1997</u></a>	Van Free	Gaithersburg	ht-6.52	6.84
<a href="#"><u>1998</u></a>	Van Free	Gaithersburg	ht-6.3	6.54
<a href="#"><u>2000</u></a>	Jay Colbert	Gaithersburg	ht-6.3	6.54
<a href="#"><u>2001</u></a>	Samaj Richardson	Gaithersburg		6.63
<a href="#"><u>2002</u></a>	Matamba Matombo	Gaithersburg	ht-6.5	6.74
<a href="#"><u>2003</u></a>	Brian Porter	Gaithersburg		6.49
<a href="#"><u>2004</u></a>	Adrian Dennis	John F. Kennedy		6.57
<a href="#"><u>2005</u></a>	Malcolm Richardson	Gaithersburg		6.45
<a href="#"><u>2006</u></a>	Keenan Crutchfield	Richard Montgomery		6.53
<a href="#"><u>2007</u></a>	Jamal Lynn	Seneca Valley		6.52
<a href="#"><u>2008</u></a>	Gary Frazier	Richard Montgomery		6.50
<a href="#"><u>2009</u></a>	Bisi Ezekoye	John F. Kennedy		6.53
<a href="#"><u>2010</u></a>	Hassan Dixon	Northwest		6.55
<a href="#"><u>2011</u></a>	Micah Phillips-Spencer	Winston Churchill		6.60
<a href="#"><u>2012</u></a>	Micah Phillips-Spencer	Winston Churchill		6.64
<a href="#"><u>2013</u></a>	Paul Joseph	Clarksburg		6.61
<a href="#"><u>2014</u></a>	Solomon Vault	Gaithersburg		6.55
<a href="#"><u>2015</u></a>	Jaron Woodyard	Thomas S. Wootton		6.54
<a href="#"><u>2016</u></a>	J'Sean Williams	Seneca Valley		6.50
<a href="#"><u>2017</u></a>	Josh Netterville	Northwest		6.50
<a href="#"><u>2018</u></a>	Khaloni Mganga	Northwest		6.47
<a href="#"><u>2019</u></a>	Anthony Woods, Jr.	Northwest		6.47
<a href="#"><u>2020</u></a>	Alonzo McBryde	Paint Branch		6.41 R

**Girls 300m Dash Top 25 | 300 Yard Conversion Factor = 1.11 | HT-Penalty = 0.24**

Name	High School	Year	Actual Perf.	Equivalent 300m
1 Olivia Ekponé	Thomas S. Wootton	2009		38.96
2 Olivia Ekponé	Northwest	2011		39.18
3 Olivia Ekponé	Northwest	2010		39.84
3 Caia Gelli	Richard Montgomery	2020		39.84
5 Arielle Statham	Paint Branch	2009		40.12
6 Stephanie Davis	Magruder	2015		40.20
7 Madison Depry	Wheaton	2020		40.21
8 Martha Sam	James H. Blake	2015		40.37
9 Le'Quisha Parker	Northwood	2011		40.51
10 Katie Wolf	Winston Churchill	2009		40.53
11 Katie Wolf	Winston Churchill	2010		40.61
12 Olivia Ekponé	Thomas S. Wootton	2008		40.76
13 Udeme Akpaete	Springbrook	2012		40.82
14 Gwen Shaw	Thomas S. Wootton	2013		40.83
15 Cori Brown	Northwest	2016		40.86
16 Kyra Lyles	Quince Orchard	2020		40.87
17 Judith Owens	Albert Einstein	1989	ht-40.7	40.94
18 Noelani Phillips	James H. Blake	2018		40.95
19 Gwen Shaw	Thomas S. Wootton	2012		41.02
20 Taylor Wright	Northwest	2016		41.03
21 Taylor Wright	Northwest	2018		41.09
22 Janelle Ralph	Springbrook	1998	ht-40.9	41.14
23 Phobay Kutz-Akoi	John F. Kennedy	2005		41.17
24 K.C. Ashiogwu	Gaithersburg	2020		41.21
25 Caia Gelli	Richard Montgomery	2019		41.31

**300m Dash All-Time Best Performances By School at the MCPS Indoor Track Championship Meet**

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>	<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
Maisha Pinkard	Bethesda Chevy Chase	2001	41.61	Sarah McMillian	Montgomery Blair	2009	42.47
Martha Sam	James H. Blake	2015	40.37	Katie Wolf	Winston Churchill	2009	40.53
Chanel Solomon	Clarksburg	2016	42.36	Denise Woode	Damascus	2016	41.44
Judith Owens	Albert Einstein	1989	40.94	K.C. Ashiogwu	Gaithersburg	2020	41.21
Courtney Christian	Walter Johnson	2017	41.57	Phobay Kutz-Akoi	John F. Kennedy	2005	41.17
Stephanie Davis	Magruder	2015	40.20	Caia Gelli	Richard Montgomery	2020	39.84
Olivia Ekponé	Northwest	2011	39.18	Le'Quisha Parker	Northwood	2011	40.51
Arielle Statham	Paint Branch	2009	40.12	Meghan Rose	Poolesville	2005	41.39
Kyra Lyles	Quince Orchard	2020	40.87	Destinee McCray	Rockville	1998	43.54
Mariah McLane	Seneca Valley	2014	42.62	Lauren Woods	Sherwood	2014	42.18
Udeme Akpaete	Springbrook	2012	40.82	Narica Offutt	Watkins Mill	2001	41.66
Madison Depry	Wheaton	2020	40.21	Reyna Wright	Walt Whitman	2014	42.57
Olivia Ekponé	Thomas S. Wootton	2009	38.96	Jill Pulley	Charles Woodward	1987	43.31

## Girls 300m Dash County Champions | 300 Yard Dash 1986 - 1988

Year	Name	High School	Actual Perf.	Equivalent 300m
<a href="#"><u>1986</u></a>	Wanda Evans	Magruder	ht-39.5y	44.09 R
<a href="#"><u>1987</u></a>	Wanda Evans	Magruder	ht-38.7y	43.20 R
<a href="#"><u>1988</u></a>	Melanie Etz	Seneca Valley	ht-38.6y	43.09 R
<a href="#"><u>1989</u></a>	Judith Owens	Albert Einstein	ht-40.7	40.94 R
<a href="#"><u>1990</u></a>	Teresa Israel	Paint Branch	ht-41.31	41.64
<a href="#"><u>1991</u></a>	Kisha Cole	Seneca Valley	ht-43.1	43.34
<a href="#"><u>1992</u></a>	Teresa Israel	Paint Branch	ht-41.6	41.84
<a href="#"><u>1993</u></a>	Tameka Alestock	Paint Branch	ht-43.6	43.84
<a href="#"><u>1994</u></a>	Tameka Alestock	Paint Branch	ht-42.8	43.04
<a href="#"><u>1995</u></a>	Sharkara Grant	Wheaton	ht-41.5	41.74
<a href="#"><u>1997</u></a>	Nadia Johnson	Paint Branch	ht-42.6	42.84
<a href="#"><u>1998</u></a>	Janelle Ralph	Springbrook	ht-40.9	41.14
<a href="#"><u>2000</u></a>	Maisha Pinkard	Bethesda Chevy Chase	ht-43.2	43.44
<a href="#"><u>2001</u></a>	Maisha Pinkard	Bethesda Chevy Chase		41.61
<a href="#"><u>2002</u></a>	Christina Mann	Poolesville	ht-41.7	41.94
<a href="#"><u>2003</u></a>	Sharifa Love	Richard Montgomery		41.66
<a href="#"><u>2004</u></a>	Nina Warren	Gaithersburg		41.69
<a href="#"><u>2005</u></a>	Phobay Kutu-Akoi	John F. Kennedy		41.17
<a href="#"><u>2006</u></a>	Meghan Rose	Poolesville		41.63
<a href="#"><u>2007</u></a>	Ashley Decruise	Richard Montgomery		41.48
<a href="#"><u>2008</u></a>	Olivia Ekponé	Thomas S. Wootton		40.76 R
<a href="#"><u>2009</u></a>	Olivia Ekponé	Thomas S. Wootton		38.96 R
<a href="#"><u>2010</u></a>	Olivia Ekponé	Northwest		39.84
<a href="#"><u>2011</u></a>	Olivia Ekponé	Northwest		39.18
<a href="#"><u>2012</u></a>	Udeme Akpaete	Springbrook		40.82
<a href="#"><u>2013</u></a>	Gwen Shaw	Thomas S. Wootton		40.83
<a href="#"><u>2014</u></a>	Martha Sam	James H. Blake		41.37
<a href="#"><u>2015</u></a>	Stephanie Davis	Magruder		40.20
<a href="#"><u>2016</u></a>	Cori Brown	Northwest		40.86
<a href="#"><u>2017</u></a>	Cori Brown	Northwest		41.44
<a href="#"><u>2018</u></a>	Noelani Phillips	James H. Blake		40.95
<a href="#"><u>2019</u></a>	Caia Gelli	Richard Montgomery		41.31
<a href="#"><u>2020</u></a>	Caia Gelli	Richard Montgomery		39.84

**Boys 300m Dash Top 25 | 300 Yard Conversion Factor = 1.11 | HT-Penalty = 0.24**

	Name	High School	Year	Actual Perf.	Equivalent 300m
1	Paul Joseph	Clarksburg	2013		35.33
2	Bryan Steele	Gaithersburg	2002	ht-35.1	35.34
3	Jalen Walker	Northwest	2015		35.35
4	Jaron Woodyard	Watkins Mill	2014		35.46
5	Brendan Etzel	Richard Montgomery	2008		35.47
6	Jaeden Burke	Paint Branch	2020		35.52
7	Chukwumdi Osuji	Paint Branch	2020		35.56
8	Khaloni Mganga	Northwest	2018		35.61
9	Joseph Bruno	Northwest	2020		35.63
10	Marcus Wyche	Paint Branch	2006	ht-35.4	35.64
10	Josh Netterville	Northwest	2016		35.64
12	Chukwumdi Osuji	Paint Branch	2019		35.69
13	Paul Joseph	Clarksburg	2012		35.71
14	Edwin Campbell	Paint Branch	2003		35.72
15	Bret Ligon	Richard Montgomery	2006	ht-35.5	35.74
16	Jalen Walker	Northwest	2013		35.76
17	Brandon Addison	Watkins Mill	2010		35.80
18	Malcolm Richardson	Gaithersburg	2004		35.82
18	Nathan Phillips	James H. Blake	2016		35.82
18	Shyheim Wright	Northwest	2016		35.82
21	Avery Reeves	Richard Montgomery	2018		35.84
22	Robert Bowis	Winston Churchill	2011		35.85
23	William Yougnia	Watkins Mill	2012		35.90
24	Shaun Luncheon	Sherwood	2000	ht-35.7	35.94
24	Avery Graham	Clarksburg	2009		35.94

**300m Dash All-Time Best Performances By School at the MCPS Indoor Track Championship Meet**

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>	<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
Terrence James	Bethesda Chevy Chase	2011	36.45	Jonathan Haughton	Montgomery Blair	2008	35.97
Nathan Phillips	James H. Blake	2016	35.82	Robert Bowis	Winston Churchill	2011	35.85
Paul Joseph	Clarksburg	2013	35.33	Markus Vinson	Damascus	2017	36.78
Jim Ward	Albert Einstein	1989	36.44	Bryan Steele	Gaithersburg	2002	35.34
Christian Campbell	Walter Johnson	2014	36.43	Kimery Williams	John F. Kennedy	2005	36.00
Darwin McJimpsey	Magruder	2005	36.59	Brendan Etzel	Richard Montgomery	2008	35.47
Jalen Walker	Northwest	2015	35.35	Derrick Powell	Northwood	2008	36.25
Jaeden Burke	Paint Branch	2020	35.52	Chris Rackens	Poolesville	2005	37.24
Justin Sorra	Quince Orchard	2015	36.26	Jamal Webb	Rockville	2005	36.95
Damion Rowe	Seneca Valley	2014	36.50	Shaun Luncheon	Sherwood	2000	35.94
Alvin Mukisa	Springbrook	2017	36.27	Jaron Woodyard	Watkins Mill	2014	35.46
George LaRoche	Wheaton	1998	36.64	Michael Gorman	Walt Whitman	2017	36.03
Jaron Woodyard	Thomas S. Wootton	2015	36.28				

## Boys 300m Dash County Champions | 300 Yard Dash 1986 – 1988

Year	Name	High School	Actual Perf.	Equivalent 300m
<a href="#"><u>1986</u></a>	Marty Walker	John F. Kennedy	ht-33.1y	36.99 R
<a href="#"><u>1987</u></a>	Anthony Sewell	Gaithersburg	ht-34.0y	37.98
<a href="#"><u>1988</u></a>	Jim Ward	Albert Einstein	NT	NT
<a href="#"><u>1989</u></a>	Jim Ward	Albert Einstein	ht-36.2	36.44 R
<a href="#"><u>1990</u></a>	Kirk Hewling	John F. Kennedy	ht-36.7	36.94
<a href="#"><u>1991</u></a>	Sam Brown	Springbrook	ht-37.3	37.54
<a href="#"><u>1992</u></a>	Sam Brown	Springbrook	ht-37.0	37.24
<a href="#"><u>1993</u></a>	Orlando Leigh	Paint Branch	ht-37.0	37.24
<a href="#"><u>1994</u></a>	Prentice Pollard	Paint Branch	ht-36.5	36.74
<a href="#"><u>1995</u></a>	Clifford Paul	Wheaton	ht-38.0	38.24
<a href="#"><u>1997</u></a>	Freddie Monroe	Wheaton	ht-38.3	38.54
<a href="#"><u>1998</u></a>	George LaRoche	Wheaton	ht-36.4	36.64
<a href="#"><u>2000</u></a>	Shaun Luncheon	Sherwood	ht-35.7	35.94 R
<a href="#"><u>2001</u></a>	Mike Simms	Northwest		36.59
<a href="#"><u>2002</u></a>	Bryan Steele	Gaithersburg	ht-35.1	35.34 R
<a href="#"><u>2003</u></a>	Edwin Campbell	Paint Branch		35.72
<a href="#"><u>2004</u></a>	Malcolm Richardson	Gaithersburg		35.82
<a href="#"><u>2005</u></a>	Kimery Williams	John F. Kennedy		36.00
<a href="#"><u>2006</u></a>	Marcus Wyche	Paint Branch	ht-35.4	35.64
<a href="#"><u>2007</u></a>	Patrick Pinchinat	Richard Montgomery		36.06
<a href="#"><u>2008</u></a>	Brendan Etzel	Richard Montgomery		35.47
<a href="#"><u>2009</u></a>	Avery Graham	Clarksburg		35.94
<a href="#"><u>2010</u></a>	Brandon Addison	Watkins Mill		35.80
<a href="#"><u>2011</u></a>	Robert Bowis	Winston Churchill		35.85
<a href="#"><u>2012</u></a>	Paul Joseph	Clarksburg		35.71
<a href="#"><u>2013</u></a>	Paul Joseph	Clarksburg		35.33 R
<a href="#"><u>2014</u></a>	Jaron Woodyard	Watkins Mill		35.46
<a href="#"><u>2015</u></a>	Jalen Walker	Northwest		35.35
<a href="#"><u>2016</u></a>	Josh Netterville	Northwest		35.64
<a href="#"><u>2017</u></a>	Khaloni Mganga	Northwest		35.97
<a href="#"><u>2018</u></a>	Khaloni Mganga	Northwest		35.61
<a href="#"><u>2019</u></a>	Chukwumdi Osuji	Paint Branch		35.69
<a href="#"><u>2020</u></a>	Jaeden Burke	Paint Branch		35.52

**Girls 500m Top 25 | HT-Penalty = 0.24**

Name	High School	Year	Actual Perf.	Equivalent 500m
1 Leslie Morrison	Walt Whitman	2007		1:16.26
2 Udeme Akpaete	Springbrook	2012		1:16.40
3 Britt Eckerstrom	Northwest	2011		1:16.43
4 Melissa Kameka	Damascus	2017		1:16.55
5 Michelle Kamara	Gaithersburg	2018		1:16.83
6 Leslie Morrison	Walt Whitman	2006		1:16.87
7 Melissa Kameka	Damascus	2018		1:16.91
8 Britt Eckerstrom	Northwest	2010		1:17.07
9 Sarah Moore	James H. Blake	2015		1:17.16
10 Meghan Rose	Poolesville	2006		1:17.45
11 Michelle Kamara	Gaithersburg	2019		1:17.76
12 Sylvia Deppen	Thomas S. Wootton	2012		1:17.85
13 Brittney Wade	Bethesda Chevy Chase	2012		1:17.87
13 Kyra Lyles	Quince Orchard	2020		1:17.87
15 Melissa Kameka	Damascus	2019		1:18.06
16 Ever Elegon	Seneca Valley	2020		1:18.41
17 Sylvia Deppen	Thomas S. Wootton	2013		1:18.43
18 Udeme Akpaete	Springbrook	2011		1:18.52
19 Veronica Salcido	Thomas S. Wootton	2005		1:18.58
20 Samantha Kameka	Damascus	2018		1:18.60
21 Udeme Akpaete	Springbrook	2010		1:18.67
22 Sharifa Love	Richard Montgomery	2005		1:18.68
23 Whitney McFadden	Walt Whitman	2004		1:18.84
24 Kyra Badrian	Paint Branch	2017		1:19.01
25 Kellie Dunston	James H. Blake	2003		1:19.03

**500m Dash All-Time Best Performances By School at the MCPS Indoor Track Championship Meet**

Name	School	Year	Result	Name	School	Year	Result
Brittney Wade	Bethesda Chevy Chase	2012	1:17.87	Susanna Maisto	Montgomery Blair	2016	1:19.92
Sarah Moore	James H. Blake	2015	1:17.16	Katie Wolf	Winston Churchill	2008	1:20.08
Alyssa McCloskey	Clarksburg	2018	1:20.64	Melissa Kameka	Damascus	2017	1:16.55
Grace Reinhalter	Albert Einstein	2007	1:19.49	Michelle Kamara	Gaithersburg	2018	1:16.83
Leigh Rivlin	Walter Johnson	2002	1:19.44	Ashlee Payne	John F. Kennedy	2006	1:21.00
Celine Antwi	Magruder	2013	1:21.92	Sharifa Love	Richard Montgomery	2005	1:18.68
Britt Eckerstrom	Northwest	2011	1:16.43	Alexis Doon	Northwood	2014	1:21.02
Kyra Badrian	Paint Branch	2017	1:19.01	Meghan Rose	Poolesville	2006	1:17.45
Kyra Lyles	Quince Orchard	2020	1:17.87	Destinee McCray	Rockville	2000	1:23.64
Ever Elegon	Seneca Valley	2020	1:18.41	Tiffany Woods	Sherwood	2014	1:20.22
Udeme Akpaete	Springbrook	2012	1:16.40	Alyssa Rishell	Watkins Mill	2016	1:19.61
Sharkara Grant	Wheaton	1995	1:19.54	Leslie Morrison	Walt Whitman	2007	1:16.26
Sylvia Deppen	Thomas S. Wootton	2012	1:17.85				

## Girls 600 Yard Run County Champions | Replaced by 500m in 1989

Year	Name	High School	Actual Perf.	Equivalent 600y
<a href="#"><u>1986</u></a>	Tessa Sugarbaker	Walter Johnson	ht-1:30.6y	1:30.84 R
<a href="#"><u>1987</u></a>	Laurie Bruce	Walt Whitman	ht-1:29.7y	1:29.94 R
<a href="#"><u>1988</u></a>	Laura Cozad	Rockville	ht-1:34.6y	1:34.84

## Girls 500m Run County Champions

Year	Name	High School	Actual Perf.	Equivalent 500m
<a href="#"><u>1989</u></a>	Heather Codd	Gaithersburg	ht-1:25.4	1:25.64 R
<a href="#"><u>1990</u></a>	Melanie Etz	Seneca Valley	ht-1:23.7	1:23.94 R
<a href="#"><u>1991</u></a>	Kisha Cole	Seneca Valley	ht-1:27.1	1:27.34
<a href="#"><u>1992</u></a>	Sara Cassidy	Richard Montgomery	ht-1:26.5	1:26.74
<a href="#"><u>1993</u></a>	Tameka Alestock	Paint Branch	ht-1:22.0	1:22.24 R
<a href="#"><u>1994</u></a>	Tameka Alestock	Paint Branch	ht-1:21.3	1:21.54 R
<a href="#"><u>1995</u></a>	Sharkara Grant	Wheaton	ht-1:19.3	1:19.54 R
<a href="#"><u>1997</u></a>	Courtney Botts	Richard Montgomery	ht-1:24.4	1:24.64
<a href="#"><u>1998</u></a>	Courtney Botts	Richard Montgomery	ht-1:20.0	1:20.24
<a href="#"><u>2000</u></a>	Jenny Bodine	Walter Johnson	ht-1:22.21	1:22.54
<a href="#"><u>2001</u></a>	Maisha Pinkard	Bethesda Chevy Chase		1:20.51
<a href="#"><u>2002</u></a>	Jaime Smith	Paint Branch	ht-1:18.9	1:19.14 R
<a href="#"><u>2003</u></a>	Kellie Dunston	James H. Blake		1:19.03 R
<a href="#"><u>2004</u></a>	Whitney McFadden	Walt Whitman		1:18.84 R
<a href="#"><u>2005</u></a>	Veronica Salcido	Thomas S. Wootton		1:18.58 R
<a href="#"><u>2006</u></a>	Leslie Morrison	Walt Whitman		1:16.87 R
<a href="#"><u>2007</u></a>	Leslie Morrison	Walt Whitman		1:16.26 R
<a href="#"><u>2008</u></a>	Leslie Morrison	Walt Whitman		1:19.07
<a href="#"><u>2009</u></a>	Teresa Russell	Sherwood		1:20.76
<a href="#"><u>2010</u></a>	Britt Eckerstrom	Northwest		1:17.07
<a href="#"><u>2011</u></a>	Britt Eckerstrom	Northwest		1:16.43
<a href="#"><u>2012</u></a>	Udeme Akpaete	Springbrook		1:16.40
<a href="#"><u>2013</u></a>	Sylvia Deppen	Thomas S. Wootton		1:18.43
<a href="#"><u>2014</u></a>	Olufunmilayo Daramola	Paint Branch		1:19.06
<a href="#"><u>2015</u></a>	Sarah Moore	James H. Blake		1:17.16
<a href="#"><u>2016</u></a>	Alyssa Rishell	Watkins Mill		1:19.61
<a href="#"><u>2017</u></a>	Melissa Kameka	Damascus		1:16.55
<a href="#"><u>2018</u></a>	Michelle Kamara	Gaithersburg		1:16.83
<a href="#"><u>2019</u></a>	Michelle Kamara	Gaithersburg		1:17.76
<a href="#"><u>2020</u></a>	Kyra Lyles	Quince Orchard		1:17.87

## Boys 500m Top 25 | HT-Penalty = 0.24

	Name	High School	Year	Actual Perf.	Equivalent 500m
1	Seydi Sall	Richard Montgomery	2019		1:04.47
2	Wil Zahorodny	Damascus	2008		1:05.09
3	Tamrat Snyder	Damascus	2020		1:05.41
4	Seydi Sall	Richard Montgomery	2020		1:05.44
5	Seydi Sall	Richard Montgomery	2017		1:05.74
6	Bret Ligon	Richard Montgomery	2006		1:05.98
7	Bryan Steele	Gaithersburg	2002	ht-1:05.8	1:06.04
8	Eldon Phillips	Northwood	2017		1:06.07
9	Wayne Bartholomew	Quince Orchard	2009		1:06.11
10	Aharon Conerly	James H. Blake	2004		1:06.30
10	Antonio Palmer	Gaithersburg	2008		1:06.30
12	Dahri Jahn-Richardson	Northwest	2013		1:06.45
13	Antonio Palmer	Gaithersburg	2009		1:06.59
14	Edwin Campbell	Paint Branch	2002	ht-1:06.6	1:06.84
15	John Mondy	Springbrook	1992	ht-1:06.7	1:06.94
16	Tavis Holland	Clarksburg	2013		1:06.99
17	Thierry Siewe Yanga	Montgomery Blair	2017		1:07.01
18	Martin Dally	Walter Johnson	2010		1:07.05
19	Hubert Koj	Watkins Mill	2001		1:07.20
20	Oliver Lloyd	Paint Branch	2015		1:07.23
21	Herik Webb	Damascus	2002	ht-1:07.0	1:07.24
21	Taiwo Adekoya	Paint Branch	2015		1:07.24
23	Derrick Powell	Northwood	2008		1:07.26
24	Ngoy Jeriel Yamitshi	Northwest	2017		1:07.29
25	Josh McDonald	Northwest	2013		1:07.30

### 500m Dash All-Time Best Performances By School at the MCPS Indoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Nolan Ebner	Bethesda Chevy Chase	2014	1:08.36	Thierry Siewe Yanga	Montgomery Blair	2017	1:07.01
Aharon Conerly	James H. Blake	2004	1:06.30	Darren Harris	Winston Churchill	2009	1:08.00
Tavis Holland	Clarksburg	2013	1:06.99	Wil Zahorodny	Damascus	2008	1:05.09
Johan Deyonou	Albert Einstein	2019	1:09.16	Bryan Steele	Gaithersburg	2002	1:06.04
Martin Dally	Walter Johnson	2010	1:07.05	Kimery Williams	John F. Kennedy	2005	1:07.37
Lettman Nathan	Magruder	2002	1:09.04	Seydi Sall	R. Montgomery	2019	1:04.47
Dahri Jahn-Richardson	Northwest	2013	1:06.45	Eldon Phillips	Northwood	2017	1:06.07
Edwin Campbell	Paint Branch	2002	1:06.84	Eric Agnew	Poolesville	2005	1:10.73
Wayne Bartholomew	Quince Orchard	2009	1:06.11	Jamal Webb	Rockville	2005	1:10.76
Shyheim Council	Seneca Valley	2014	1:09.37	Shaun Luncheon	Sherwood	2000	1:08.34
John Mondy	Springbrook	1992	1:06.94	Hubert Koj	Watkins Mill	2001	1:07.20
George LaRoche	Wheaton	1998	1:07.64	Peter Kimball	Walt Whitman	1994	1:08.04
Urgy Eado	Thomas S. Wootton	2013	1:08.00				

## Boys 600 Yard Run County Champions | Replaced by 500m in 1989

Year	Name	High School	Actual Perf.	Equivalent 600y
<a href="#"><u>1986</u></a>	Phil LePelch	Bethesda Chevy Chase	ht-1:19.46y	1:19.74 R
<a href="#"><u>1987</u></a>	Maurice Wills	Springbrook	ht-1:19.6y	1:19.84
<a href="#"><u>1988</u></a>	Myron Miles	Sherwood	ht-1:21.0y	1:21.24

## Boys 500m Run County Champions

Year	Name	High School	Actual Perf.	Equivalent 500m
<a href="#"><u>1989</u></a>	Kirk Hewling	John F. Kennedy	ht-1:08.3	1:08.54 R
<a href="#"><u>1990</u></a>	Kirk Hewling	John F. Kennedy	ht-1:08.7	1:08.94
<a href="#"><u>1991</u></a>	Darryl Walker	Damascus	ht-1:10.3	1:10.54
<a href="#"><u>1992</u></a>	John Mondy	Springbrook	ht-1:06.7	1:06.94 R
<a href="#"><u>1993</u></a>	Orlando Leigh	Paint Branch	ht-1:09.0	1:09.24
<a href="#"><u>1994</u></a>	Peter Kimball	Walt Whitman	ht-1:07.8	1:08.04
<a href="#"><u>1995</u></a>	John Bernero	Watkins Mill	ht-1:10.0	1:10.24
<a href="#"><u>1997</u></a>	Jed Fonner	Richard Montgomery	ht-1:09.2	1:09.44
<a href="#"><u>1998</u></a>	George LaRoche	Wheaton	ht-1:07.4	1:07.64
<a href="#"><u>2000</u></a>	Shaun Luncheon	Sherwood	ht-1:08.1	1:08.34
<a href="#"><u>2001</u></a>	Hubert Koj	Watkins Mill		1:07.20
<a href="#"><u>2002</u></a>	Bryan Steele	Gaithersburg	ht-1:05.8	1:06.04 R
<a href="#"><u>2003</u></a>	Aharon Conerly	James H. Blake		1:07.62
<a href="#"><u>2004</u></a>	Aharon Conerly	James H. Blake		1:06.30
<a href="#"><u>2005</u></a>	Kimery Williams	John F. Kennedy		1:07.37
<a href="#"><u>2006</u></a>	Bret Ligon	Richard Montgomery		1:05.98 R
<a href="#"><u>2007</u></a>	Wil Zahorodny	Damascus		1:07.50
<a href="#"><u>2008</u></a>	Wil Zahorodny	Damascus		1:05.09 R
<a href="#"><u>2009</u></a>	Wayne Bartholomew	Quince Orchard		1:06.11
<a href="#"><u>2010</u></a>	Martin Dally	Walter Johnson		1:07.05
<a href="#"><u>2011</u></a>	Kemol Anderson	John F. Kennedy		1:08.21
<a href="#"><u>2012</u></a>	Malik Keels	Paint Branch		1:07.46
<a href="#"><u>2013</u></a>	Dahri Jahn-Richardson	Northwest		1:06.45
<a href="#"><u>2014</u></a>	Nolan Ebner	Bethesda Chevy Chase		1:08.36
<a href="#"><u>2015</u></a>	Oliver Lloyd	Paint Branch		1:07.23
<a href="#"><u>2016</u></a>	Khaloni Mganga	Northwest		1:08.42
<a href="#"><u>2017</u></a>	Seydi Sall	Richard Montgomery		1:05.74
<a href="#"><u>2018</u></a>	Alvin Mukisa	Springbrook		1:07.59
<a href="#"><u>2019</u></a>	Seydi Sall	Richard Montgomery		1:04.47 R
<a href="#"><u>2020</u></a>	Tamrat Snyder	Damascus		1:05.41

**Girls 800m Top 25 | 880 Yard Conversion Factor = 0.9942 | HT-Penalty = 0.24**

Name	High School	Year	Actual Perf.	Equivalent 800m
1 Leslie Morrison	Walt Whitman	2007		2:17.96
2 Ashlyn Sinclair	Montgomery Blair	2007		2:19.15
3 Morgan Casey	Montgomery Blair	2017		2:19.31
4 Veronica Salcido	Thomas S. Wootton	2005		2:19.51
5 Veronica Salcido	Thomas S. Wootton	2007		2:20.34
6 Morgane Gay	Walt Whitman	2007		2:21.31
7 Kathy Aherne	Northwest	2007		2:21.58
8 Camille Bouvet	Walter Johnson	2011		2:21.79
9 Leslie Morrison	Walt Whitman	2006		2:21.80
10 Yasmine Kass	Paint Branch	2017		2:21.86
11 Lucy Srour	Winston Churchill	2014		2:21.89
12 Brittney Wade	Bethesda Chevy Chase	2012		2:21.94
13 Leslie Morrison	Walt Whitman	2008		2:22.00
14 Samantha Kameka	Damascus	2017		2:22.09
15 Maryam Fikri	Winston Churchill	2010		2:22.24
16 Morgane Gay	Walt Whitman	2008		2:22.34
17 Ashlyn Sinclair	Montgomery Blair	2006		2:22.37
18 Anaiya Bobo	Northwood	2020		2:22.61
19 Ashlyn Sinclair	Montgomery Blair	2005		2:22.69
20 Gaby Go	Northwest	2015		2:22.92
21 Lucy Srour	Winston Churchill	2015		2:22.93
22 Maryam Fikri	Winston Churchill	2007		2:22.97
23 Maryam Fikri	Winston Churchill	2009		2:23.00
24 Abigail Green	Walter Johnson	2018		2:23.59
25 Erin Moore	Poolesville	2004		2:23.73

**800m Run All-Time Best Performances By School at the MCPS Indoor Track Championship Meet**

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>	<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
Brittney Wade	Bethesda Chevy Chase	2012	2:21.94	Ashlyn Sinclair	Montgomery Blair	2007	2:19.15
Kellie Dunston	James H. Blake	2004	2:28.62	Lucy Srour	Winston Churchill	2014	2:21.89
Jacqui Young	Clarksburg	2012	2:26.60	Samantha Kameka	Damascus	2017	2:22.09
Ciciely Davy	Albert Einstein	2016	2:25.22	Michelle Kamara	Gaithersburg	2019	2:25.29
Camille Bouvet	Walter Johnson	2011	2:21.79	Kim Many	John F. Kennedy	1989	2:33.04
Laura McCary	Magruder	2007	2:27.87	Cecily Garber	Richard Montgomery	1998	2:24.04
Kathy Aherne	Northwest	2007	2:21.58	Anaiya Bobo	Northwood	2020	2:22.61
Yasmine Kass	Paint Branch	2017	2:21.86	Erin Moore	Poolesville	2004	2:23.73
Meghan Cathey	Quince Orchard	1998	2:25.74	Jennifer Kuta	Rockville	1987	2:35.54
Omolola Sanusi	Seneca Valley	2015	2:29.51	Grace McDonald	Sherwood	2013	2:25.86
Udeme Akpaete	Springbrook	2010	2:29.32	Alyssa Rishell	Watkins Mill	2016	2:24.89
Nadia Velasco	Wheaton	2020	2:42.01	Leslie Morrison	Walt Whitman	2007	2:17.96
Veronica Salcido	Thomas S. Wootton	2005	2:19.51	Amy Olson	Charles Woodward	1987	2:38.54

## Girls 1000 Yard Run County Champions | Replaced by 880 Yard Run in 1987

Year	Name	High School	Actual Perf.	Equivalent 1000y
<a href="#"><u>1986</u></a>	Tina Manville	Bethesda Chevy Chase	ht-2:58.08y	2:58.34 R

## Girls 800m County Champions | 880 Yard Run 1987-1988

Year	Name	High School	Actual Perf.	Equivalent 800m
<a href="#"><u>1987</u></a>	Helga Fuller	Thomas S. Wootton	ht-2:31.0y	2:30.34 R
<a href="#"><u>1988</u></a>	Margaret Leeds	Walt Whitman	ht-2:30.7y	2:30.04 R
<a href="#"><u>1989</u></a>	Kim Many	John F. Kennedy	ht-2:32.8	2:33.04
<a href="#"><u>1990</u></a>	Ayana McIntosh	Springbrook	ht-2:33.6	2:33.84
<a href="#"><u>1991</u></a>	Tina Brown	Winston Churchill	ht-2:27.7	2:27.94 R
<a href="#"><u>1992</u></a>	Liz Field	Winston Churchill	ht-2:30.2	2:30.44
<a href="#"><u>1993</u></a>	Desiree Ficker	Walt Whitman	ht-2:27.3	2:27.54 R
<a href="#"><u>1995</u></a>	Suzy Burr	Richard Montgomery	ht-2:30.0	2:30.24
<a href="#"><u>1997</u></a>	Melissa Dorman	Walt Whitman	ht-2:28.7	2:28.94
<a href="#"><u>1998</u></a>	Cecily Garber	Richard Montgomery	ht-2:23.8	2:24.04 R
<a href="#"><u>2000</u></a>	Jenny Bodine	Walter Johnson	ht-2:25.3	2:25.54
<a href="#"><u>2001</u></a>	Megan Kirby	Gaithersburg		2:27.90
<a href="#"><u>2002</u></a>	Jaimie Smith	Paint Branch	ht-2:25.0	2:25.24
<a href="#"><u>2003</u></a>	Whitney McFadden	Walt Whitman		2:25.64
<a href="#"><u>2004</u></a>	Erin Moore	Poolesville		2:23.73 R
<a href="#"><u>2005</u></a>	Veronica Salcido	Thomas S. Wootton		2:19.51 R
<a href="#"><u>2006</u></a>	Leslie Morrison	Walt Whitman		2:21.80
<a href="#"><u>2007</u></a>	Leslie Morrison	Walt Whitman		2:17.96 R
<a href="#"><u>2008</u></a>	Leslie Morrison	Walt Whitman		2:22.00
<a href="#"><u>2009</u></a>	Maryam Fikri	Winston Churchill		2:23.00
<a href="#"><u>2010</u></a>	Maryam Fikri	Winston Churchill		2:22.24
<a href="#"><u>2011</u></a>	Camille Bouvet	Walter Johnson		2:21.79
<a href="#"><u>2012</u></a>	Brittney Wade	Bethesda Chevy Chase		2:21.94
<a href="#"><u>2013</u></a>	Lucy Srour	Winston Churchill		2:23.99
<a href="#"><u>2014</u></a>	Lucy Srour	Winston Churchill		2:21.89
<a href="#"><u>2015</u></a>	Gaby Go	Northwest		2:22.92
<a href="#"><u>2016</u></a>	Alyssa Rishell	Watkins Mill		2:24.89
<a href="#"><u>2017</u></a>	Morgan Casey	Montgomery Blair		2:19.31
<a href="#"><u>2018</u></a>	Abigail Green	Walter Johnson		2:23.59
<a href="#"><u>2019</u></a>	Breanna McDonald	Walt Whitman		2:24.37
<a href="#"><u>2020</u></a>	Anaiya Bobo	Northwood		2:22.61

**Boys 800m Top 25 | 880 Yard Conversion Factor = 0.9942 | HT-Penalty = 0.24**

	Name	High School	Year	Actual Perf.	Equivalent 800m
1	Eldon Phillips	Northwood	2018		1:57.15
2	Ryan Lockett	Poolesville	2018		1:57.29
3	Thierry Siewe Yanga	Montgomery Blair	2017		1:57.56
4	Diego Zarate	Northwest	2015		1:57.72
5	Tamrat Snyder	Damascus	2020		1:57.75
6	Thomas Arias	Damascus	2010		1:58.11
7	Garrett Suhr	Richard Montgomery	2018		1:58.12
8	Urgy Eado	Thomas S. Wootton	2014		1:58.42
9	Chris Moen	Walter Johnson	2008		1:58.49
10	Garrett Suhr	Richard Montgomery	2017		1:58.69
11	Antonio Palmer	Gaithersburg	2009		1:58.77
12	Chris Moen	Walter Johnson	2007		1:58.93
13	Jordan Sawadogo	Springbrook	2007		1:59.04
14	Antonio Palmer	Gaithersburg	2008		1:59.17
15	Edward Smith	Walt Whitman	2014		1:59.23
16	Oliver Lloyd	Paint Branch	2015		1:59.26
17	Will Conway	Winston Churchill	2012		1:59.33
18	Sam Martin	Richard Montgomery	2010		1:59.43
19	Liam Walsh	Quince Orchard	2016		1:59.52
20	Wayne Bartholomew	Quince Orchard	2009		1:59.75
21	Sean King	Winston Churchill	2009		1:59.83
22	Thierry Siewe Yanga	Montgomery Blair	2016		1:59.96
23	Evan Burnham	Quince Orchard	2012		2:00.02
24	Lamine Fofana	Northwood	2020		2:00.04
25	Giovanni Reumante	Northwood	2008		2:00.15

**800m Run All-Time Best Performances By School at the MCPS Indoor Track Championship Meet**

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>	<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
Elias Tousley	Bethesda Chevy Chase	2007	2:02.09	Thierry Siewe Yanga	Montgomery Blair	2017	1:57.56
Josh Oxley	James H. Blake	2015	2:04.10	Will Conway	Winston Churchill	2012	1:59.33
Bentsi Johnson	Clarksburg	2008	2:06.30	Tamrat Snyder	Damascus	2020	1:57.75
Dawit Zewdie	Albert Einstein	2009	2:02.49	Antonio Palmer	Gaithersburg	2009	1:58.77
Chris Moen	Walter Johnson	2008	1:58.49	Kirk Hewling	John F. Kennedy	1990	2:05.84
Chris Gregorski	Magruder	2009	2:01.19	Garrett Suhr	Richard Montgomery	2018	1:58.12
Diego Zarate	Northwest	2015	1:57.72	Eldon Phillips	Northwood	2018	1:57.15
Oliver Lloyd	Paint Branch	2015	1:59.26	Ryan Lockett	Poolesville	2018	1:57.29
Liam Walsh	Quince Orchard	2016	1:59.52	Miguel Suero	Rockville	2014	2:03.54
Mike Garrett	Seneca Valley	1988	2:04.84	Nick Johnson	Sherwood	2012	2:02.83
Jordan Sawadogo	Springbrook	2007	1:59.04	Hubert Koj	Watkins Mill	2001	2:01.03
Naimbai Njerakey	Wheaton	2012	2:02.43	Edward Smith	Walt Whitman	2014	1:59.23
Urgy Eado	Thomas S. Wootton	2014	1:58.42				

## Boys 1000 Yard Run County Champions | Replaced by 880 Yard Run in 1987

Year	Name	High School	Actual Perf.	Equivalent 1000y
<a href="#"><u>1986</u></a>	Duncan Manville	Bethesda Chevy Chase	ht-2:25.10y	2:25.34 R

## Boys 800m County Champions | 880 Yard Run 1987-1988

Year	Name	High School	Actual Perf.	Equivalent 800m
<a href="#"><u>1987</u></a>	David Moldvay	Albert Einstein	ht-2:08.5y	2:08.04 R
<a href="#"><u>1988</u></a>	Terrence Taylor	Albert Einstein	ht-2:04.5y	2:04.04 R
<a href="#"><u>1989</u></a>	Terrence Taylor	Albert Einstein	ht-2:06.0	2:06.24
<a href="#"><u>1990</u></a>	Kirk Hewling	John F. Kennedy	ht-2:05.6	2:05.84
<a href="#"><u>1991</u></a>	Matt Ellis	Bethesda Chevy Chase	ht-2:03.5	2:03.74 R
<a href="#"><u>1992</u></a>	Josh Luko	Quince Orchard	ht-2:01.9	2:02.14 R
<a href="#"><u>1993</u></a>	Peter Kimball	Walt Whitman	ht-2:06.5	2:06.74
<a href="#"><u>1994</u></a>	Peter Kimball	Walt Whitman	ht-2:05.9	2:06.14
<a href="#"><u>1995</u></a>	Mark Godette	Springbrook	ht-2:04.3	2:04.54
<a href="#"><u>1997</u></a>	Jed Fonner	Richard Montgomery	ht-2:04.5	2:04.74
<a href="#"><u>1998</u></a>	Davy Rogers	Richard Montgomery	ht-2:03.9	2:04.14
<a href="#"><u>2000</u></a>	Jamie Albertine	Walt Whitman	ht-2:00.6	2:00.84 R
<a href="#"><u>2001</u></a>	Hubert Koj	Watkins Mill		2:01.03
<a href="#"><u>2002</u></a>	Matt Hard	Winston Churchill	ht-2:03.7	2:03.94
<a href="#"><u>2003</u></a>	Peter Novick	Walter Johnson		2:03.91
<a href="#"><u>2004</u></a>	Andrew Jesien	Walter Johnson		2:02.07
<a href="#"><u>2005</u></a>	Ben Fowler	Walter Johnson		2:05.80
<a href="#"><u>2006</u></a>	Bret Ligon	Richard Montgomery		2:03.55
<a href="#"><u>2007</u></a>	Chris Moen	Walter Johnson		1:58.93 R
<a href="#"><u>2008</u></a>	Chris Moen	Walter Johnson		1:58.49 R
<a href="#"><u>2009</u></a>	Antonio Palmer	Gaithersburg		1:58.77
<a href="#"><u>2010</u></a>	Thomas Arias	Damascus		1:58.11 R
<a href="#"><u>2011</u></a>	Sam Martin	Richard Montgomery		2:02.18
<a href="#"><u>2012</u></a>	Will Conway	Winston Churchill		1:59.33
<a href="#"><u>2013</u></a>	Oliver Lloyd	Paint Branch		2:03.40
<a href="#"><u>2014</u></a>	Urgy Eado	Thomas S. Wootton		1:58.42
<a href="#"><u>2015</u></a>	Diego Zarate	Northwest		1:57.72 R
<a href="#"><u>2016</u></a>	Liam Walsh	Quince Orchard		1:59.52
<a href="#"><u>2017</u></a>	Thierry Siewe Yanga	Montgomery Blair		1:57.56 R
<a href="#"><u>2018</u></a>	Eldon Phillips	Northwood		1:57.15 R
<a href="#"><u>2019</u></a>	Nathaniel Kinyanjui	Montgomery Blair		2:00.39
<a href="#"><u>2020</u></a>	Tamrat Snyder	Damascus		1:57.75

**Girls 1600m Top 25 | Mile Conversion Factor = 0.9942 | HT-Penalty = 0.24**

Name	High School	Year	Actual Perf.	Equivalent 1600m
1 Abigail Green	Walter Johnson	2018		5:01.37
2 Abigail Green	Walter Johnson	2017		5:02.00
3 Morgane Gay	Walt Whitman	2007		5:05.66
4 Alex Doll	Bethesda Chevy Chase	2008		5:06.90
5 Yasmine Kass	Paint Branch	2017		5:09.15
6 Halsey Sinclair	Montgomery Blair	2007		5:09.25
7 Emily Murphy	Walter Johnson	2016		5:10.77
8 Louise Hannallah	Winston Churchill	2007		5:10.98
9 Julia Reicin	Winston Churchill	2017		5:11.54
10 Sally Glynn	Walter Johnson	1994	ht-5:11.5	5:11.74
11 Halsey Sinclair	Montgomery Blair	2006	ht-5:11.6	5:11.84
12 Nandini Satsangi	Poolesville	2019		5:12.32
13 Louise Hannallah	Winston Churchill	2008		5:12.36
14 Louise Hannallah	Winston Churchill	2006	ht-5:13.7	5:13.94
15 Alex Doll	Bethesda Chevy Chase	2011		5:13.97
16 Lucy Srour	Winston Churchill	2014		5:13.99
17 Kiernan Keller	Walter Johnson	2014		5:14.61
18 Breanna McDonald	Walt Whitman	2019		5:14.91
19 Jenna Goldberg	Walter Johnson	2020		5:15.01
20 Caroline Beakes	Bethesda Chevy Chase	2013		5:15.17
21 Sally Glynn	Walter Johnson	1993	ht-5:15.4	5:15.64
22 Camille Bouvet	Walter Johnson	2011		5:15.66
23 Halsey Sinclair	Montgomery Blair	2004		5:16.23
24 Abbey Daley	Clarksburg	2012		5:16.26
25 Kiernan Keller	Walter Johnson	2015		5:16.46

**1600m Run All-Time Best Performances By School at the MCPS Indoor Track Championship Meet**

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>	<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
Alex Doll	B-CC	2008	5:06.90	Halsey Sinclair	Montgomery Blair	2007	5:09.25
Sydney Ruckdeschel	James H. Blake	2017	5:31.64	Louise Hannallah	Winston Churchill	2007	5:10.98
Abbey Daley	Clarksburg	2012	5:16.26	Heather Delaplaine	Damascus	2016	5:18.48
Grace Reinharter	Albert Einstein	2006	5:42.14	Megan Kirby	Gaithersburg	2001	5:28.48
Abigail Green	Walter Johnson	2018	5:01.37	Kim Many	John F. Kennedy	1988	5:18.34
Laura McCary	Magruder	2007	5:22.15	Meghan Geary	R.Montgomery	2020	5:22.16
Britt Eckerstrom	Northwest	2008	5:16.54	Olivia Rosemond	Northwood	2019	5:46.11
Yasmine Kass	Paint Branch	2017	5:09.15	Nandini Satsangi	Poolesville	2019	5:12.32
Karen Pulliam	Quince Orchard	2001	5:20.30	Jennifer Kuta	Rockville	1987	5:28.34
Michelle Rafeedie	Seneca Valley	1998	5:31.94	Amanda Hayes-Puttfarcken	Sherwood	2015	5:27.17
Karen Escobedo	Springbrook	2014	5:18.82	Rebecah Wassner	Watkins Mill	1993	5:30.84
Jennifer Kuta	Wheaton	1986	5:42.64	Morgane Gay	Walt Whitman	2007	5:05.66
Grace Corbett	Thomas S. Wootton	2011	5:17.09	Jessica Caplan	Charles Woodward	1986	5:35.54

## Girls 1600m County Champions | 1-Mile Run 1986 - 1989

Year	Name	High School	Actual Perf.	Equivalent 1600m
<a href="#"><u>1986</u></a>	Jessica Caplan	Charles Woodward	ht-5:37.23y	5:35.54 R
<a href="#"><u>1987</u></a>	Jennifer Kuta	Rockville	ht-5:30.0y	5:28.34 R
<a href="#"><u>1988</u></a>	Kim Many	John F. Kennedy	ht-5:20.0y	5:18.34 R
<a href="#"><u>1989</u></a>	Kim Many	John F. Kennedy	ht-5:33.4y	5:31.74
<a href="#"><u>1990</u></a>	Ayana McIntosh	Springbrook	ht-5:49.6	5:49.84
<a href="#"><u>1991</u></a>	Tina Brown	Winston Churchill	ht-5:35.1	5:35.34
<a href="#"><u>1992</u></a>	Claire Torchia	Bethesda Chevy Chase	ht-5:46.8	5:47.04
<a href="#"><u>1993</u></a>	Sally Glynn	Walter Johnson	ht-5:15.4	5:15.64 R
<a href="#"><u>1994</u></a>	Sally Glynn	Walter Johnson	ht-5:11.5	5:11.74 R
<a href="#"><u>1995</u></a>	Sally Glynn	Walter Johnson	ht-5:18.7	5:18.94
<a href="#"><u>1997</u></a>	Liz Starin	Richard Montgomery	ht-5:27.0	5:27.24
<a href="#"><u>1998</u></a>	Hannah Benjamin	Damascus	ht-5:25.5	5:25.74
<a href="#"><u>2000</u></a>	Kim Milans	Walter Johnson	ht-5:27.5	5:27.74
<a href="#"><u>2001</u></a>	Karen Pulliam	Quince Orchard		5:20.30
<a href="#"><u>2002</u></a>	Karen Pulliam	Quince Orchard	ht-5:22.3	5:22.54
<a href="#"><u>2003</u></a>	Beth Catherwood	Bethesda Chevy Chase		5:24.30
<a href="#"><u>2004</u></a>	Halsey Sinclair	Montgomery Blair		5:16.23
<a href="#"><u>2005</u></a>	Halsey Sinclair	Montgomery Blair		5:17.75
<a href="#"><u>2006</u></a>	Halsey Sinclair	Montgomery Blair	ht-5:11.6	5:11.84
<a href="#"><u>2007</u></a>	Morgane Gay	Walt Whitman		5:05.66 R
<a href="#"><u>2008</u></a>	Alex Doll	Bethesda Chevy Chase		5:06.90
<a href="#"><u>2009</u></a>	Addie Tousley	Bethesda Chevy Chase		5:19.47
<a href="#"><u>2010</u></a>	Alyssa Henshaw	Northwest		5:16.93
<a href="#"><u>2011</u></a>	Alex Doll	Bethesda Chevy Chase		5:13.97
<a href="#"><u>2012</u></a>	Abbey Daley	Clarksburg		5:16.26
<a href="#"><u>2013</u></a>	Caroline Beakes	Bethesda Chevy Chase		5:15.17
<a href="#"><u>2014</u></a>	Lucy Srour	Winston Churchill		5:13.99
<a href="#"><u>2015</u></a>	Kiernan Keller	Walter Johnson		5:16.46
<a href="#"><u>2016</u></a>	Emily Murphy	Walter Johnson		5:10.77
<a href="#"><u>2017</u></a>	Abigail Green	Walter Johnson		5:02.00 R
<a href="#"><u>2018</u></a>	Abigail Green	Walter Johnson		5:01.37 R
<a href="#"><u>2019</u></a>	Nandini Satsangi	Poolesville		5:12.32
<a href="#"><u>2020</u></a>	Jenna Goldberg	Walter Johnson		5:15.01

**Boys 1600m Top 25 | Mile Conversion Factor = 0.9942 | HT-Penalty = 0.24**

	Name	High School	Year	Actual Perf.	Equivalent 1600m
1	Diego Zarate	Northwest	2015	4:20.09	
2	Eldad Mulugeta	Northwood	2019	4:20.25	
3	Obsaa Feda	Northwood	2019	4:21.65	
4	Rodrigo Yepez-Lopez	Walter Johnson	2019	4:21.93	
5	Will Conway	Winston Churchill	2012	4:22.41	
6	Will Bertrand	Clarksburg	2013	4:23.45	
7	Rohann Asfaw	Richard Montgomery	2016	4:23.82	
8	Evan Laratta	Quince Orchard	2012	4:24.05	
9	Jonaton Baginski	Rockville	2014	4:24.36	
10	Lorenzo Neil	Paint Branch	2015	4:24.87	
11	Emmanuel Porquin	Richard Montgomery	2015	4:24.89	
12	Solomon Haile	Sherwood	2009	4:24.97	
13	Andrew Palmer	Walt Whitman	2009	4:25.20	
14	Chris Moen	Walter Johnson	2007	4:25.44	
15	Elias Tousley	Bethesda Chevy Chase	2007	4:25.56	
16	Garrett Suhr	Richard Montgomery	2017	4:25.91	
17	Ryan Lockett	Poolesville	2017	4:25.92	
18	Joshua Trzeciak	Thomas S. Wootton	2013	4:26.04	
19	Garrett Suhr	Richard Montgomery	2018	4:26.65	
20	Liam Walsh	Quince Orchard	2016	4:27.24	
21	Elias Applebaum	Richard Montgomery	2020	4:27.41	
22	Stephen Hayes	Winston Churchill	2001	4:27.89	
22	Andrew Jesien	Walter Johnson	2004	4:27.89	
24	Colin SyBing	Thomas S. Wootton	2016	4:28.20	
25	Eric Pauley	Gaithersburg	2003	4:28.28	

**1600m Run All-Time Best Performances By School at the MCPS Indoor Track Championship Meet**

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>	<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
Elias Tousley	Bethesda Chevy Chase	2007	4:25.56	Amanuel Asefaw	Montgomery Blair	1986	4:31.94
Kyle Gaffney	James H. Blake	2006	4:32.14	Will Conway	Winston Churchill	2012	4:22.41
Will Bertrand	Clarksburg	2013	4:23.45	Ben Macek	Damascus	2016	4:34.24
Simeon Mussie	Albert Einstein	2018	4:32.06	Eric Pauley	Gaithersburg	2003	4:28.28
Rodrigo Yepez-Lopez	Walter Johnson	2019	4:21.93	Binyam Tadesse	John F. Kennedy	2015	4:33.92
Awit Yohannes	Magruder	2003	4:34.27	Rohann Asfaw	Richard Montgomery	2016	4:23.82
Diego Zarate	Northwest	2015	4:20.09	Eldad Mulugeta	Northwood	2019	4:20.25
Lorenzo Neil	Paint Branch	2015	4:24.87	Ryan Lockett	Poolesville	2017	4:25.92
Evan Laratta	Quince Orchard	2012	4:24.05	Jonaton Baginski	Rockville	2014	4:24.36
Scott Mostrum	Seneca Valley	1989	4:44.64	Solomon Haile	Sherwood	2009	4:24.97
John Mondy	Springbrook	1992	4:34.34	Tom Stott	Watkins Mill	2000	4:35.34
Naimbai Njerakey	Wheaton	2011	4:50.14	Andrew Palmer	Walt Whitman	2009	4:25.20
Joshua Trzeciak	Thomas S. Wootton	2013	4:26.04				

## Boys 1600m County Champions | 1-Mile Run 1986 - 1989

Year	Name	High School	Actual Perf.	Equivalent 1600m
<a href="#"><u>1986</u></a>	Duncan Manville	Bethesda Chevy Chase	ht-4:33.2y	4:31.84 R
<a href="#"><u>1987</u></a>	Gary Sherman	Walt Whitman	ht-4:31.0y	4:29.64 R
<a href="#"><u>1988</u></a>	Tom Eagleson	Walt Whitman	ht-4:33.6y	4:32.24
<a href="#"><u>1989</u></a>	Terrence Taylor	Albert Einstein	ht-4:41.59y	4:40.24
<a href="#"><u>1990</u></a>	Matt Ellis	Bethesda Chevy Chase	ht-4:41.3	4:41.54
<a href="#"><u>1991</u></a>	Matt Ellis	Bethesda Chevy Chase	ht-4:28.9	4:29.14 R
<a href="#"><u>1992</u></a>	Pascal Dobert	Walt Whitman	ht-4:31.8	4:32.04
<a href="#"><u>1993</u></a>	Josh Orenstein	Walter Johnson	ht-4:42.2	4:42.44
<a href="#"><u>1994</u></a>	Josh Orenstein	Walter Johnson	ht-4:32.5	4:32.74
<a href="#"><u>1995</u></a>	David Harry	Quince Orchard	ht-4:51.0	4:51.24
<a href="#"><u>1997</u></a>	Ed Tufaro	Walt Whitman	ht-4:35.4	4:35.64
<a href="#"><u>1998</u></a>	Davy Rogers	Richard Montgomery	ht-4:33.7	4:33.94
<a href="#"><u>2000</u></a>	Stephen Hayes	Winston Churchill	ht-4:31.3	4:31.54
<a href="#"><u>2001</u></a>	Stephen Hayes	Winston Churchill		4:27.89 R
<a href="#"><u>2002</u></a>	Fanuel Chageza	Walter Johnson	ht-4:31.1	4:31.34
<a href="#"><u>2003</u></a>	Eric Pauley	Gaithersburg		4:28.28
<a href="#"><u>2004</u></a>	Andrew Jesien	Walter Johnson		4:27.89
<a href="#"><u>2005</u></a>	Zachary Martinez	Gaithersburg		4:33.09
<a href="#"><u>2006</u></a>	Chris Moen	Walter Johnson	ht-4:28.2	4:28.44
<a href="#"><u>2007</u></a>	Chris Moen	Walter Johnson		4:25.44 R
<a href="#"><u>2008</u></a>	Neal Darmody	Quince Orchard		4:28.85
<a href="#"><u>2009</u></a>	Solomon Haile	Sherwood		4:24.97 R
<a href="#"><u>2010</u></a>	Sean O'Leary	Walter Johnson		4:31.21
<a href="#"><u>2011</u></a>	Sam Martin	Richard Montgomery		4:29.16
<a href="#"><u>2012</u></a>	Will Conway	Winston Churchill		4:22.41 R
<a href="#"><u>2013</u></a>	Will Bertrand	Clarksburg		4:23.45
<a href="#"><u>2014</u></a>	Jonaton Baginski	Rockville		4:24.36
<a href="#"><u>2015</u></a>	Diego Zarate	Northwest		4:20.09 R
<a href="#"><u>2016</u></a>	Rohann Asfaw	Richard Montgomery		4:23.82
<a href="#"><u>2017</u></a>	Garrett Suhr	Richard Montgomery		4:25.91
<a href="#"><u>2018</u></a>	Garrett Suhr	Richard Montgomery		4:26.65
<a href="#"><u>2019</u></a>	Eldad Mulugeta	Northwood		4:20.25
<a href="#"><u>2020</u></a>	Elias Applebaum	Richard Montgomery		4:27.41

**Girls 3200m Top 25 | 2-Mile Conversion Factor = 0.9942 | HT-Penalty = 0.24**

Name	High School	Year	Actual Perf.	Equivalent 3200m
1 Abigail Green	Walter Johnson	2018		10:45.75
2 Jenna Goldberg	Walter Johnson	2020		10:52.99
3 Bethlehem Taye	Paint Branch	2016		10:53.70
4 Charlotte Turesson	Richard Montgomery	2020		10:58.42
5 Abigail Green	Walter Johnson	2016		10:58.78
6 Ciciely Davy	Einstein	2016		11:06.06
7 Abigail Green	Walter Johnson	2017		11:06.38
8 Sally Glynn	Walter Johnson	1995	ht-11:07.5	11:07.74
9 Nandini Satsangi	Poolesville	2019		11:17.26
10 Louise Hannallah	Winston Churchill	2007		11:18.00
11 Louise Hannallah	Winston Churchill	2008		11:18.74
12 Bethlehem Taye	Paint Branch	2015		11:20.35
13 Halsey Sinclair	Montgomery Blair	2007		11:20.90
14 Sally Glynn	Walter Johnson	1994	ht-11:21.2	11:21.44
15 Halsey Sinclair	Montgomery Blair	2006		11:23.64
16 Erin McManus	Winston Churchill	2008		11:23.91
17 Cara Harrison	Quince Orchard	2007		11:24.00
18 Caroline Beakes	Bethesda Chevy Chase	2013		11:24.68
19 Lucy Srour	Winston Churchill	2015		11:25.42
20 Helen Webster	Bethesda Chevy Chase	2014		11:27.02
21 Caroline Guiot	Walt Whitman	2012		11:27.74
22 Anna Bosse	Walter Johnson	2011		11:28.37
23 Halsey Sinclair	Montgomery Blair	2005		11:28.66
24 Abbey Daley	Clarksburg	2013		11:30.64
25 Louise Hannallah	Winston Churchill	2006		11:31.02

**3200m Run All-Time Best Performances By School at the MCPS Indoor Track Championship Meet**

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>	<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
Caroline Beakes	Bethesda Chevy Chase	2013	11:24.68	Halsey Sinclair	Montgomery Blair	2007	11:20.90
Riani Carr	James H. Blake	2016	12:21.01	Louise Hannallah	Winston Churchill	2007	11:18.00
Abbey Daley	Clarksburg	2013	11:30.64	Hannah Benjamin	Damascus	1998	11:40.24
Ciciely Davy	Albert Einstein	2016	11:06.06	Laurel Hildebrandt	Gaithersburg	1995	11:50.14
Abigail Green	Walter Johnson	2018	10:45.75	Kim Many	John F. Kennedy	1988	11:39.14
Ashley McNerney	Magruder	2002	12:08.44	Charlotte Turesson	Richard Montgomery	2020	10:58.42
Kathy Aherne	Northwest	2008	11:52.17	Madison Armonda	Northwood	2018	11:35.95
Bethlehem Taye	Paint Branch	2016	10:53.70	Nandini Satsangi	Poolesville	2019	11:17.26
Cara Harrison	Quince Orchard	2007	11:24.00	Kathryn Nagiel	Rockville	2010	12:14.26
Chelsea Montau	Seneca Valley	2020	13:08.24	Madeline Peloff	Sherwood	2016	11:44.18
Sydney Almeida	Springbrook	2013	12:08.32	Emily Richard	Watkins Mill	1995	11:50.94
Gelila Hailemariam	Wheaton	2015	12:20.82	Caroline Guiot	Walt Whitman	2012	11:27.74
Alison Baruch	Thomas S. Wootton	2011	12:13.14	Theresa Roller	Charles Woodward	1986	12:25.74

## Girls 3200m County Champions | 2-Mile Run 1986 - 1988

Year	Name	High School	Actual Perf.	Equivalent 3200m
<a href="#"><u>1986</u></a>	Marcia Witte	John F. Kennedy	ht-12:06.0y	12:02.04 R
<a href="#"><u>1987</u></a>	Christine Ralston	Walt Whitman	ht-13:45.0y	13:40.44
<a href="#"><u>1988</u></a>	Kim Many	John F. Kennedy	ht-11:43.0y	11:39.14 R
<a href="#"><u>1989</u></a>	Kim Many	John F. Kennedy	ht-11:51.0	11:51.24
<a href="#"><u>1990</u></a>	Katherine Jamieson	Bethesda Chevy Chase	ht-13:08.1	13:08.34
<a href="#"><u>1991</u></a>	Rachael Peysner	Walt Whitman	ht-12:39.2	12:39.44
<a href="#"><u>1992</u></a>	Claire Torchia	Bethesda Chevy Chase	ht-12:15.4	12:15.64
<a href="#"><u>1993</u></a>	Sally Glynn	Walter Johnson	ht-11:32.5	11:32.74 R
<a href="#"><u>1994</u></a>	Sally Glynn	Walter Johnson	ht-11:21.2	11:21.44 R
<a href="#"><u>1995</u></a>	Sally Glynn	Walter Johnson	ht-11:07.5	11:07.74 R
<a href="#"><u>1997</u></a>	Erin Murray	Quince Orchard	ht-12:00.53	12:00.84
<a href="#"><u>1998</u></a>	Hannah Benjamin	Damascus	ht-11:40.0	11:40.24
<a href="#"><u>2000</u></a>	Maggie Guille	Walt Whitman	ht-12:10.1	12:10.34
<a href="#"><u>2001</u></a>	Karen Pulliam	Quince Orchard		11:34.45
<a href="#"><u>2002</u></a>	Karen Pulliam	Quince Orchard	ht-11:36.5	11:36.74
<a href="#"><u>2003</u></a>	Beth Catherwood	Bethesda Chevy Chase		11:58.50
<a href="#"><u>2004</u></a>	Halsey Sinclair	Montgomery Blair		11:32.28
<a href="#"><u>2005</u></a>	Halsey Sinclair	Montgomery Blair		11:28.66
<a href="#"><u>2006</u></a>	Halsey Sinclair	Montgomery Blair		11:23.64
<a href="#"><u>2007</u></a>	Louise Hannallah	Winston Churchill		11:18.00
<a href="#"><u>2008</u></a>	Louise Hannallah	Winston Churchill		11:18.74
<a href="#"><u>2009</u></a>	Addie Tousley	Bethesda Chevy Chase		11:44.31
<a href="#"><u>2010</u></a>	Alexandra Giedd	Winston Churchill		11:32.86
<a href="#"><u>2011</u></a>	Anna Bosse	Walter Johnson		11:28.37
<a href="#"><u>2012</u></a>	Caroline Guiot	Walt Whitman		11:27.74
<a href="#"><u>2013</u></a>	Caroline Beakes	Bethesda Chevy Chase		11:24.68
<a href="#"><u>2014</u></a>	Helen Webster	Bethesda Chevy Chase		11:27.02
<a href="#"><u>2015</u></a>	Bethlehem Taye	Paint Branch		11:20.35
<a href="#"><u>2016</u></a>	Bethlehem Taye	Paint Branch		10:53.70 R
<a href="#"><u>2017</u></a>	Abigail Green	Walter Johnson		11:06.38
<a href="#"><u>2018</u></a>	Abigail Green	Walter Johnson		10:45.75 R
<a href="#"><u>2019</u></a>	Nandini Satsangi	Poolesville		11:17.26
<a href="#"><u>2020</u></a>	Jenna Goldberg	Walter Johnson		10:52.99

**Boys 3200m Top 25 | 2-Mile Conversion Factor = 0.9942 | HT-Penalty = 0.24**

	Name	High School	Year	Actual Perf.	Equivalent 3200m
1	Will Bertrand	Clarksburg	2013		9:29.67
2	Chase Weaverling	Poolesville	2014		9:32.00
3	Solomon Haile	Sherwood	2009		9:32.06
4	Ryan Lockett	Poolesville	2017		9:33.81
5	Amir Khaghani	Walt Whitman	2015		9:34.83
6	Adam Nakasaka	Bethesda Chevy Chase	2018		9:35.02
7	Neal Darmody	Quince Orchard	2008		9:35.11
8	Rohann Asfaw	Richard Montgomery	2015		9:35.86
9	Chase Weaverling	Poolesville	2013		9:36.63
10	Rohann Asfaw	Richard Montgomery	2017		9:37.50
11	Obsaa Feda	Northwood	2018		9:38.39
12	Evan Laratta	Quince Orchard	2012		9:40.37
13	Zachary Weinstein	Winston Churchill	2012		9:42.07
14	Rohann Asfaw	Richard Montgomery	2016		9:42.83
15	Diego Zarate	Northwest	2014		9:43.07
16	Adam Nakasaka	Bethesda Chevy Chase	2017		9:43.52
17	Itai Bezherano	Walter Johnson	2015		9:43.87
18	Peter Antonetti	Gaithersburg	2018		9:44.86
19	Eldad Mulugeta	Northwood	2018		9:45.04
20	Zachary Weinstein	Winston Churchill	2011		9:45.08
21	Will Bertrand	Clarksburg	2012		9:45.50
22	William Palmer	Walt Whitman	2006		9:45.90
23	Conor Spaulding	Quince Orchard	2011		9:45.95
24	Maksudal Ali	Gaithersburg	2002	ht-9:46.7	9:46.94
25	Scott Sheehan	Walter Johnson	2012		9:47.15

**3200m Run All-Time Best Performances By School at the MCPS Indoor Track Championship Meet**

Name	School	Year	Result	Name	School	Year	Result
Adam Nakasaka	Bethesda Chevy Chase	2018	9:35.02	Gabriel Worthington	Montgomery Blair	2020	9:55.98
Kyle Gaffney	James H. Blake	2006	9:50.28	Zachary Weinstein	Winston Churchill	2012	9:42.07
Will Bertrand	Clarksburg	2013	9:29.67	Alex Arias	Damascus	2011	9:48.05
Andrew Ceruzzi	Albert Einstein	2011	10:09.18	Peter Antonetti	Gaithersburg	2018	9:44.86
Itai Bezherano	Walter Johnson	2015	9:43.87	Damien Brown	John F. Kennedy	2003	10:04.68
Nicolas Escobar	Magruder	2010	9:47.32	Rohann Asfaw	Richard Montgomery	2015	9:35.86
Diego Zarate	Northwest	2014	9:43.07	Obssa Feda	Northwood	2018	9:38.39
Newell Mulugeta	Paint Branch	2018	9:54.92	Chase Weaverling	Poolesville	2014	9:32.00
Neal Darmody	Quince Orchard	2008	9:35.11	Jonaton Baginski	Rockville	2014	9:49.12
Scott Mostrum	Seneca Valley	1989	10:26.14	Solomon Haile	Sherwood	2009	9:32.06
Surafel Mengist	Springbrook	2020	9:49.64	Brenton Peterson	Watkins Mill	2003	10:04.19
Jason Scott	Wheaton	2017	10:23.94	Amir Khaghani	Walt Whitman	2015	9:34.83
Mike Gaske	Thomas S. Wootton	2001	9:54.59				

## Boys 3200m County Champions | 2-Mile Run 1986 - 1988

Year	Name	High School	Actual Perf.	Equivalent 3200m
<a href="#"><u>1986</u></a>	Tjeerd Broekman	Bethesda Chevy Chase	ht-9:57.3y	9:54.14 R
<a href="#"><u>1987</u></a>	Gary Sherman	Walt Whitman	ht-10:19.9y	10:16.54
<a href="#"><u>1988</u></a>	Scott Mostrum	Seneca Valley	ht-10:39.0y	10:35.54
<a href="#"><u>1989</u></a>	Mike Collyer	Walt Whitman	ht-10:25.0	10:25.24
<a href="#"><u>1990</u></a>	David Hickey	Springbrook	ht-10:19.4	10:19.64
<a href="#"><u>1991</u></a>	Kevin Carter	Springbrook	NT	NT
<a href="#"><u>1992</u></a>	Troy Harry	Quince Orchard	ht-10:04.4	10:04.64
<a href="#"><u>1993</u></a>	Jon Cornwell	Walt Whitman	ht-10:27.8	10:28.04
<a href="#"><u>1994</u></a>	Josh Orenstein	Walter Johnson	ht-10:19.9	10:20.14
<a href="#"><u>1995</u></a>	David Harry	Quince Orchard	ht-10:22.0	10:22.24
<a href="#"><u>1997</u></a>	Ed Tufaro	Walt Whitman	ht-10:03.0	10:03.24
<a href="#"><u>1998</u></a>	David Glynn	Walter Johnson	ht-10:03.8	10:04.04
<a href="#"><u>2000</u></a>	Matt Seymour	Magruder	ht-9:59.6	9:59.84
<a href="#"><u>2001</u></a>	Stephen Hayes	Winston Churchill		9:54.34
<a href="#"><u>2002</u></a>	Maksudal Ali	Gaithersburg	ht-9:46.7	9:46.94 R
<a href="#"><u>2003</u></a>	Awit Yohannes	Magruder		9:54.00
<a href="#"><u>2004</u></a>	Matt Logie	Northwest		10:07.26
<a href="#"><u>2005</u></a>	Andrew Jesien	Walter Johnson		9:56.43
<a href="#"><u>2006</u></a>	William Palmer	Walt Whitman		9:45.90 R
<a href="#"><u>2007</u></a>	Chris Barnard	Sherwood		9:53.20
<a href="#"><u>2008</u></a>	Neal Darmody	Quince Orchard		9:35.11 R
<a href="#"><u>2009</u></a>	Solomon Haile	Sherwood		9:32.06 R
<a href="#"><u>2010</u></a>	Nicolas Escobar	Magruder		9:47.32
<a href="#"><u>2011</u></a>	Zachary Weinstein	Winston Churchill		9:45.08
<a href="#"><u>2012</u></a>	Evan Laratta	Quince Orchard		9:40.37
<a href="#"><u>2013</u></a>	Will Bertrand	Clarksburg		9:29.67 R
<a href="#"><u>2014</u></a>	Chase Weaverling	Poolesville		9:32.00
<a href="#"><u>2015</u></a>	Amir Khaghani	Walt Whitman		9:34.83
<a href="#"><u>2016</u></a>	Rohann Asfaw	Richard Montgomery		9:42.83
<a href="#"><u>2017</u></a>	Ryan Lockett	Poolesville		9:33.81
<a href="#"><u>2018</u></a>	Adam Nakasaka	Bethesda Chevy Chase		9:35.02
<a href="#"><u>2019</u></a>	Baraka Sila	Northwood		9:52.29
<a href="#"><u>2020</u></a>	Surafel Mengist	Springbrook		9:49.64

**Girls 55m Hurdles Top 25 | 60y HH Conversion Factor = 0.9939 | HT-Penalty = 0.24**

Name	High School	Year	Actual Perf.	Equiv. 55m Hurdles
1 Alexus Pyles	Clarksburg	2016		8.02
2 Kaya Rae Dunbar	Paint Branch	2020		8.17
3 Kaya Rae Dunbar	Paint Branch	2019		8.18
4 Eddita Pessima	Northwest	2018		8.20
4 Kaya Rae Dunbar	Paint Branch	2020	sf	8.20
6 Gwen Shaw	Thomas S. Wootton	2013		8.21
7 Audrey Gariepy-Bogui	Winston Churchill	2007		8.22
7 Alexus Pyles	Clarksburg	2015		8.22
9 Alexus Pyles	Clarksburg	2016	sf	8.24
10 Alexus Pyles	Clarksburg	2014		8.28
11 Audrey Gariepy-Bogui	Winston Churchill	2007		8.29
11 Alexus Pyles	Clarksburg	2015	sf	8.29
13 Toni Aluko	Paint Branch	2004		8.36
14 Gwen Shaw	Thomas S. Wootton	2013		8.37
15 Olivia Durr	Poolesville	2009		8.38
15 Leondra Correia	Northwest	2016		8.38
17 Audrey Gariepy-Bogui	Winston Churchill	2006	sf	8.40
18 Gwen Shaw	Thomas S. Wootton	2012	sf	8.41
18 Kaya Rae Dunbar	Paint Branch	2019	sf	8.41
20 Cierra Pyles	Clarksburg	2015		8.43
21 Alexus Pyles	Clarksburg	2014		8.44
21 HelnSarah Penda	Seneca Valley	2016		8.44
23 Laura Dally	Walter Johnson	2012		8.46
24 Thea LaFond	John F. Kennedy	2011		8.47
24 Kaya Rae Dunbar	Paint Branch	2018	sf	8.47

**55m Hurdles All-Time Best Performances By School at the MCPS Indoor Track Championship Meet**

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>	<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
Laila Ismail	Bethesda Chevy Chase	2014	8.72	Kafilat Oladiran	Montgomery Blair	2013	8.69
Angelika Mitchell	James H. Blake	2003	8.83	Audrey Gariepy-Bogui	Winston Churchill	2007	8.22
Alexus Pyles	Clarksburg	2016	8.02	Erika Zoller	Damascus	2005	8.54
Shaakira Raheem	Albert Einstein	2007	8.63	Elaina Smith	Gaithersburg	2004	8.50
Laura Dally	Walter Johnson	2012	8.46	Thea LaFond	John F. Kennedy	2011	8.47
Elana Diestel	Magruder	2007	9.92	Samantha Smith	Richard Montgomery	2010	9.09
Editta Pessima	Northwest	2018	8.20	Shaneil Thomas	Northwood	2013	9.12
Kaya Rae Dunbar	Paint Branch	2020	8.17	Olivia Durr	Poolesville	2009	8.38
Leah Lang	Quince Orchard	2010	8.80	LaSia Brown	Rockville	2003	9.31
HelnSarah Penda	Seneca Valley	2016	8.44	Evelyn Putman	Sherwood	2010	9.19
Jordyn Walker	Springbrook	2020	8.80	Sion Evans	Watkins Mill	2003	8.89
Dee Antonio	Wheaton	1998	9.14	Madeleine Entwistle	Walt Whitman	2012	8.93
Gwen Shaw	Thomas S. Wootton	2013	8.21	Jessica Caplan	Charles Woodward	1987	10.39

## Girls 55m Hurdles County Champions | 60 Yard Hurdles 1986 - 1988

Year	Name	High School	Actual Perf.	Equiv. 55m Hurdles
<a href="#"><u>1986</u></a>	LaDonna Gooden	Albert Einstein	ht-8.7y	8.90 R
<a href="#"><u>1987</u></a>	Karen Etz	Seneca Valley	ht-9.6y	9.80
<a href="#"><u>1988</u></a>	Karen Etz	Seneca Valley	ht-9.1y	9.30
<a href="#"><u>1989</u></a>	Judith Owens	Albert Einstein	ht-8.6	8.84 R
<a href="#"><u>1990</u></a>	Angie Mitchell	Montgomery Blair	ht-9.1	9.34
<a href="#"><u>1991</u></a>	Torrey Simons	Walter Johnson	ht-9.1	9.34
<a href="#"><u>1992</u></a>	Torrey Simons	Walter Johnson	ht-8.8	9.04
<a href="#"><u>1993</u></a>	Katia Crowe	Seneca Valley	ht-8.7	8.94
<a href="#"><u>1995</u></a>	Rene Holtz	John F. Kennedy	ht-8.6	8.84
<a href="#"><u>1997</u></a>	Carlesha King	Damascus	ht-8.75	9.04
<a href="#"><u>1998</u></a>	Dee Antonio	Wheaton	ht-8.9	9.14
<a href="#"><u>2000</u></a>	Melanie Cathey	Quince Orchard	ht-8.6	8.84
<a href="#"><u>2001</u></a>	Yarvo Jones	Gaithersburg		8.67 R
<a href="#"><u>2002</u></a>	Danielle Watson	Gaithersburg	ht-8.4	8.64 R
<a href="#"><u>2003</u></a>	Laura Shaw	Walter Johnson		8.59 R
<a href="#"><u>2004</u></a>	Hillary Moen	Walter Johnson		8.74
<a href="#"><u>2005</u></a>	Erika Zoller	Damascus		8.54 R
<a href="#"><u>2006</u></a>	Audrey Gariepy-Bogui	Winston Churchill		8.48 R
<a href="#"><u>2007</u></a>	Audrey Gariepy-Bogui	Winston Churchill		8.22 R
<a href="#"><u>2008</u></a>	Kelsee Zyzak	Damascus		9.04
<a href="#"><u>2009</u></a>	Olivia Durr	Poolesville		8.38
<a href="#"><u>2010</u></a>	Thea LaFond	John F. Kennedy		8.69
<a href="#"><u>2011</u></a>	Thea LaFond	John F. Kennedy		8.64
<a href="#"><u>2012</u></a>	Laura Dally	Walter Johnson		8.46
<a href="#"><u>2013</u></a>	Gwen Shaw	Thomas S. Wootton		8.21 R
<a href="#"><u>2014</u></a>	Alexus Pyles	Clarksburg		8.28
<a href="#"><u>2015</u></a>	Alexus Pyles	Clarksburg		8.22
<a href="#"><u>2016</u></a>	Alexus Pyles	Clarksburg		8.02 R
<a href="#"><u>2017</u></a>	Eddita Pessima	Northwest		8.52
<a href="#"><u>2018</u></a>	Eddita Pessima	Northwest		8.20
<a href="#"><u>2019</u></a>	Kaya Rae Dunbar	Paint Branch		8.18
<a href="#"><u>2020</u></a>	Kaya Rae Dunbar	Paint Branch		8.17

**Boys 55m Hurdles Top 25 | 60y HH Conversion Factor = 0.9939 | HT-Penalty = 0.24**

	Name	High School	Year	Actual Perf.	Equiv. 55m Hurdles
1	Matt McGuire	Richard Montgomery	1998	ht-7.2	7.44
1	Shyheim Wright	Northwest	2016		7.44
3	Shyheim Wright	Northwest	2016	sf	7.48
4	Devon Hairston	John F. Kennedy	2014		7.50
4	Shyheim Wright	Northwest	2015	sf	7.50
6	Shyheim Wright	Northwest	2015		7.52
7	Adae LeMone	John F. Kennedy	1986	ht-7.36y	7.60
8	Ivan Charles	Albert Einstein	1988	ht-7.5y	7.70
9	Ron Frazier	Gaithersburg	2000	ht-7.5	7.74
9	Owen Cain	Gaithersburg	2009		7.74
11	Paul Joseph	Clarksburg	2013		7.75
12	Joey Robinson	Gaithersburg	2005		7.77
13	Paul Joseph	Clarksburg	2013		7.78
13	Devon Hairston	John F. Kennedy	2014	sf	7.78
13	Amadou Silimana	Watkins Mill	2019		7.78
16	Boubacar Diallo	Springbrook	2013		7.79
17	Willie Johnson	Wheaton	1986	ht-7.59y	7.80
17	Eric Amo	Paint Branch	1988	ht-7.6y	7.80
17	Cliff Bonie	Gaithersburg	1988	ht-7.6y	7.80
17	Timmy Edwards	Albert Einstein	1988	ht-7.6y	7.80
21	Darius Lewis	Seneca Valley	2012		7.81
21	Alan Banks	Thomas S. Wootton	2014		7.81
21	Brian Dennis	James H. Blake	2017	sf	7.81
24	Tyler Jackson	Richard Montgomery	2008		7.83
24	Robert Gicheru	Northwest	2017		7.83
25	5 Tied at 7.84 or ht-7.6				

**55m Hurdles All-Time Best Performances By School at the MCPS Indoor Track Championship Meet**

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>	<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
Jesse Patterson	Bethesda Chevy Chase	1993	7.84	Stephen Varella	Montgomery Blair	2014	7.89
Brian Dennis	James H. Blake	2017	7.81	Todd Sheridan	Winston Churchill	1994	7.94
Paul Joseph	Clarksburg	2013	7.75	Jon Snelson	Damascus	1995	8.24
Ivan Charles	Albert Einstein	1988	7.70	Ron Frazier	Gaithersburg	2000	7.74
Vaclav Malek	Walter Johnson	2002	7.94	Devon Hairston	John F. Kennedy	2014	7.50
Vincent Bosha	Magruder	2006	7.94	Matt McGuire	Richard Montgomery	1998	7.44
Shyheim Wright	Northwest	2016	7.44	Marcus Pryor	Northwood	2015	8.09
Eric Amo	Paint Branch	1988	7.80	Kyle McLaughlin	Poolesville	2003	8.40
Onaje Robinson	Quince Orchard	1993	7.84	Marco Ramirez	Rockville	2016	8.19
Darius Lewis	Seneca Valley	2012	7.81	Darren Fewell	Sherwood	2002	8.14
Boubacar Diallo	Springbrook	2013	7.79	Amadou Silimana	Watkins Mill	2019	7.78
Willie Johnson	Wheaton	1986	7.80	Stefan Grundmann	Walt Whitman	2006	7.85
Alan Banks	Thomas S. Wootton	2014	7.81	Rob Keiser	Charles Woodward	1986	8.08

## Boys 55m Hurdles County Champions | 60 Yard Hurdles 1986 - 1988

Year	Name	High School	Actual Perf.	Equiv. 55m Hurdles
<a href="#"><u>1986</u></a>	Adae LeMone	John F. Kennedy	ht-7.36y	7.60 R
<a href="#"><u>1987</u></a>	Byrd	Bethesda Chevy Chase	ht-8.2y	8.39
<a href="#"><u>1988</u></a>	Ivan Charles	Albert Einstein	ht-7.5y	7.70
<a href="#"><u>1989</u></a>	Jim Ward	Albert Einstein	ht-7.7	7.94
<a href="#"><u>1990</u></a>	Damien Revieria	Gaithersburg	ht-7.7	7.94
<a href="#"><u>1991</u></a>	David Pinalto	Quince Orchard	ht-8.0	8.24
<a href="#"><u>1992</u></a>	Phillip Marshall	Springbrook	ht-7.6	7.84
<a href="#"><u>1993</u></a>	Onaje Robinson	Quince Orchard	ht-7.6	7.84
<a href="#"><u>1994</u></a>	Todd Sheridan	Winston Churchill	ht-7.7	7.94
<a href="#"><u>1995</u></a>	Bob Garhart	Gaithersburg	ht-7.8	8.04
<a href="#"><u>1997</u></a>	Matt McGuire	Richard Montgomery	ht-7.7	7.94
<a href="#"><u>1998</u></a>	Matt McGuire	Richard Montgomery	ht-7.2	7.44 R
<a href="#"><u>2000</u></a>	Ron Frazier	Gaithersburg	ht-7.5	7.74
<a href="#"><u>2001</u></a>	Anwar Phillips	Northwest		7.86
<a href="#"><u>2002</u></a>	Byron Gibson	Gaithersburg	ht-7.6	7.84
<a href="#"><u>2003</u></a>	DeWayne Whitaker	Northwest		7.85
<a href="#"><u>2004</u></a>	Joey Robinson	Gaithersburg		7.87
<a href="#"><u>2005</u></a>	Joey Robinson	Gaithersburg		7.77
<a href="#"><u>2006</u></a>	Stefan Grundmann	Walt Whitman		7.85
<a href="#"><u>2007</u></a>	Tyler Jackson	Richard Montgomery		8.03
<a href="#"><u>2008</u></a>	Tyler Jackson	Richard Montgomery		7.83
<a href="#"><u>2009</u></a>	Owen Cain	Gaithersburg		7.74
<a href="#"><u>2010</u></a>	Trevon Carroll	Gaithersburg		7.86
<a href="#"><u>2011</u></a>	Damiete Roberts	Watkins Mill		7.98
<a href="#"><u>2012</u></a>	Darius Lewis	Seneca Valley		7.81
<a href="#"><u>2013</u></a>	Paul Joseph	Clarksburg		7.75
<a href="#"><u>2014</u></a>	Devon Hairston	John F. Kennedy		7.50
<a href="#"><u>2015</u></a>	Shyheim Wright	Northwest		7.52
<a href="#"><u>2016</u></a>	Shyheim Wright	Northwest		7.44
<a href="#"><u>2017</u></a>	Robert Gicheru	Northwest		7.83
<a href="#"><u>2018</u></a>	Elias Boussouf	James H. Blake		7.95
<a href="#"><u>2019</u></a>	Amadou Silimana	Watkins Mill		7.78
<a href="#"><u>2020</u></a>	Ajuani Hall	Paint Branch		7.89

## Girls 4x200m Relay Top 25 | HT-Penalty = 0.24

High School	Meet Year	Actual Perf.	Equivalent 4x200m
1 James H. Blake	2019		1:42.06
2 James H. Blake	2018		1:42.33
3 Northwest	2010		1:43.21
4 Northwest	2018		1:44.32
5 James H. Blake	2017		1:45.16
6 Northwest	2016		1:45.24
7 Northwest	2019		1:45.38
8 Watkins Mill	2018		1:45.56
9 Paint Branch	2014		1:45.65
10 Northwest	2011		1:46.07
10 Clarksburg	2016		1:46.07
12 John F. Kennedy	2005		1:46.24
13 Paint Branch	2015		1:46.27
14 James H. Blake	2015		1:46.37
15 Seneca Valley	2014		1:46.47
16 Paint Branch	2009		1:47.01
17 Richard Montgomery	2020		1:47.28
18 Paint Branch	2010		1:47.35
19 Thomas S. Wootton	2013		1:47.38
20 Watkins Mill	2017		1:47.42
21 Northwest	2013		1:47.54
22 Magruder	2011		1:47.55
23 Magruder	2013		1:47.58
24 Northwest	2020		1:47.58
25 Winston Churchill	2007		1:47.60

### 4x200m Relay All-Time Best Performances By School at the MCPS Indoor Track Championship Meet

<u>School</u>	<u>Year</u>	<u>Result</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
Bethesda Chevy Chase	2018	1:52.67	Montgomery Blair	2012	1:52.17
James H. Blake	2019	1:42.06	Winston Churchill	2007	1:47.60
Clarksburg	2016	1:46.07	Damascus	2010	1:50.01
Albert Einstein	2007	1:53.20	Gaithersburg	2004	1:47.80
Walter Johnson	2019	1:47.81	John F. Kennedy	2005	1:46.24
Magruder	2011	1:47.55	Richard Montgomery	2020	1:47.28
Northwest	2010	1:43.21	Northwood	2010	1:50.13
Paint Branch	2014	1:45.65	Poolesville	2002	1:47.74
Quince Orchard	2018	1:50.47	Rockville	1998	1:53.44
Seneca Valley	2014	1:46.47	Sherwood	2015	1:47.81
Springbrook	2016	1:49.05	Watkins Mill	2018	1:45.56
Wheaton	1995	1:55.64	Walt Whitman	2013	1:50.97
Thomas S. Wootton	2013	1:47.38			

**Girls 6-Lap Relay County Champions | Approximately 878 meters**  
**Replaced by 800m Relay in 1995**

Year	High School	Actual Perf.	Equivalent 6-Lap
<a href="#"><u>1986</u></a>	Magruder	ht-2:23.9	2:24.14 R
<a href="#"><u>1987</u></a>	Walt Whitman	ht-2:19.7	2:19.94 R
<a href="#"><u>1988</u></a>	Seneca Valley	ht-2:32.2	2:32.44
<a href="#"><u>1989</u></a>	Paint Branch	ht-2:22.4	2:22.64
<a href="#"><u>1990</u></a>	John F. Kennedy	ht-2:27.0	2:27.24
<a href="#"><u>1991</u></a>	Walt Whitman	ht-2:24.9	2:25.14
<a href="#"><u>1992</u></a>	Gaithersburg	ht-2:23.3	2:23.54
<a href="#"><u>1993</u></a>	Albert Einstein	ht-2:21.3	2:21.54
<a href="#"><u>1994</u></a>	Paint Branch	ht-2:18.9	2:19.14 R

**Girls 4x200m Relay County Champions**

Year	High School	Actual Perf.	Equivalent 4x200m
<a href="#"><u>1995</u></a>	Paint Branch	ht-1:49.9	1:50.14 R
<a href="#"><u>1997</u></a>	Paint Branch	ht-1:50.35	1:50.64
<a href="#"><u>1998</u></a>	Rockville	ht-1:53.2	1:53.44
<a href="#"><u>2000</u></a>	Walter Johnson	ht-1:53.2	1:53.44
<a href="#"><u>2001</u></a>	Walter Johnson		1:51.01
<a href="#"><u>2002</u></a>	Poolesville	ht-1:47.5	1:47.74 R
<a href="#"><u>2003</u></a>	Poolesville		1:48.65
<a href="#"><u>2004</u></a>	Gaithersburg		1:47.80
<a href="#"><u>2005</u></a>	John F. Kennedy		1:46.24 R
<a href="#"><u>2006</u></a>	Damascus		1:50.30
<a href="#"><u>2007</u></a>	Winston Churchill		1:47.60
<a href="#"><u>2008</u></a>	Thomas S. Wootton		1:48.33
<a href="#"><u>2009</u></a>	Paint Branch		1:47.01
<a href="#"><u>2010</u></a>	Northwest		1:43.21 R
<a href="#"><u>2011</u></a>	Northwest		1:46.07
<a href="#"><u>2012</u></a>	Northwest		1:47.68
<a href="#"><u>2013</u></a>	Thomas S. Wootton		1:47.38
<a href="#"><u>2014</u></a>	Paint Branch		1:45.65
<a href="#"><u>2015</u></a>	Paint Branch		1:46.27
<a href="#"><u>2016</u></a>	Northwest		1:45.24
<a href="#"><u>2017</u></a>	James H. Blake		1:45.16
<a href="#"><u>2018</u></a>	James H. Blake		1:42.33 R
<a href="#"><u>2019</u></a>	James H. Blake		1:42.06 R
<a href="#"><u>2020</u></a>	Richard Montgomery		1:47.28

**Boys 4x200m Relay Top 25 | HT-Penalty = 0.24**

	High School	Meet Year	Actual Perf.	Equivalent 4x200m
1	Paint Branch	2020		1:29.55
2	Gaithersburg	2002	ht-1:31.5	1:31.74
3	Winston Churchill	2011		1:31.89
4	Paint Branch	2002	ht-1:31.7	1:31.94
5	Northwest	2017		1:32.19
6	Richard Montgomery	2007		1:32.40
7	Springbrook	2017		1:32.41
8	Paint Branch	2003		1:32.42
9	Paint Branch	2019		1:32.58
10	Paint Branch	2018		1:32.67
11	Watkins Mill	2018		1:32.70
12	Richard Montgomery	2006		1:32.78
13	Northwest	2015		1:32.81
14	Richard Montgomery	2008		1:32.83
15	Montgomery Blair	2008		1:32.87
16	Watkins Mill	2010		1:32.97
17	Northwest	2016		1:33.10
18	Paint Branch	2006		1:33.22
19	Paint Branch	2009		1:33.62
20	Northwest	2013		1:33.70
21	Clarksburg	2009		1:33.84
22	Paint Branch	2012		1:33.93
22	Gaithersburg	2014		1:33.93
22	Northwood	2017		1:33.93
25	James H. Blake	2016		1:33.97

**4x200m Relay All-Time Best Performances By School at the MCPS Indoor Track Championship Meet**

<u>School</u>	<u>Year</u>	<u>Result</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
Bethesda Chevy Chase	2020	1:37.48	Montgomery Blair	2008	1:32.87
James H. Blake	2016	1:33.97	Winston Churchill	2011	1:31.89
Clarksburg	2009	1:33.84	Damascus	2017	1:35.30
Albert Einstein	2007	1:36.9	Gaithersburg	2002	1:31.74
Walter Johnson	2020	1:35.16	John F. Kennedy	2006	1:34.52
Magruder	2007	1:34.10	Richard Montgomery	2007	1:32.40
Northwest	2017	1:32.19	Northwood	2017	1:33.93
Paint Branch	2020	1:29.55	Poolesville	2018	1:37.30
Quince Orchard	2013	1:34.11	Rockville	2009	1:38.83
Seneca Valley	2012	1:34.93	Sherwood	2001	1:34.98
Springbrook	2017	1:32.41	Watkins Mill	2018	1:32.70
Wheaton	1995	1:37.64	Walt Whitman	2004	1:37.07
Thomas S. Wootton	2011	1:37.30			

**Boys 6-Lap Relay County Champions | Approximately 878 meters**  
**Replaced by 800m Relay in 1995**

Year	High School	Actual Perf.	Equivalent 6-Lap
<a href="#"><u>1986</u></a>	John F. Kennedy	ht-2:02.5	2:02.74 R
<a href="#"><u>1987</u></a>	Gaithersburg	ht-2:00.2	2:00.44 R
<a href="#"><u>1988</u></a>	Albert Einstein	ht-2:01.3	2:01.54
<a href="#"><u>1989</u></a>	Seneca Valley	ht-2:01.2	2:01.44
<a href="#"><u>1990</u></a>	Quince Orchard	ht-2:01.4	2:01.64
<a href="#"><u>1991</u></a>	Springbrook	ht-2:00.0	2:00.24 R
<a href="#"><u>1992</u></a>	Springbrook	ht-2:00.3	2:00.54
<a href="#"><u>1993</u></a>	Paint Branch	ht-1:59.8	2:00.04 R
<a href="#"><u>1994</u></a>	Seneca Valley	ht-2:02.9	2:03.14

**Boys 4x200m Relay County Champions**

Year	High School	Actual Perf.	Equivalent 4x200m
<a href="#"><u>1995</u></a>	Wheaton	ht-1:37.4	1:37.64 R
<a href="#"><u>1997</u></a>	Gaithersburg	ht-1:37.8	1:38.04
<a href="#"><u>1998</u></a>	Gaithersburg	ht-1:33.8	1:34.04 R
<a href="#"><u>2000</u></a>	Northwest	ht-1:37.2	1:37.44
<a href="#"><u>2001</u></a>	Paint Branch		1:34.84
<a href="#"><u>2002</u></a>	Gaithersburg	ht-1:31.5	1:31.74 R
<a href="#"><u>2003</u></a>	Paint Branch		1:32.42
<a href="#"><u>2004</u></a>	Watkins Mill		1:34.23
<a href="#"><u>2005</u></a>	Paint Branch		1:34.83
<a href="#"><u>2006</u></a>	Richard Montgomery		1:32.78
<a href="#"><u>2007</u></a>	Richard Montgomery		1:32.40
<a href="#"><u>2008</u></a>	Richard Montgomery		1:32.83
<a href="#"><u>2009</u></a>	Paint Branch		1:33.62
<a href="#"><u>2010</u></a>	Watkins Mill		1:32.97
<a href="#"><u>2011</u></a>	Winston Churchill		1:31.89
<a href="#"><u>2012</u></a>	Paint Branch		1:33.93
<a href="#"><u>2013</u></a>	Northwest		1:33.70
<a href="#"><u>2014</u></a>	Gaithersburg		1:33.93
<a href="#"><u>2015</u></a>	Northwest		1:32.81
<a href="#"><u>2016</u></a>	Northwest		1:33.10
<a href="#"><u>2017</u></a>	Northwest		1:32.19
<a href="#"><u>2018</u></a>	Paint Branch		1:32.67
<a href="#"><u>2019</u></a>	Paint Branch		1:32.58
<a href="#"><u>2020</u></a>	Paint Branch		1:29.55 R

**Girls 4x400m Relay Top 25 | Mile Relay Conversion Factor = 0.9942 | HT-Penalty = 0.24**

High School	Meet Year	Actual Perf.	Equivalent 4x400m
1 Northwest	2010		4:00.58
2 James H. Blake	2018		4:01.19
3 James H. Blake	2019		4:02.02
4 James H. Blake	2017		4:02.41
5 James H. Blake	2014		4:04.38
6 Paint Branch	2014		4:04.51
7 Northwest	2014		4:06.23
8 Sherwood	2014		4:07.00
9 Northwest	2016		4:07.54
10 Watkins Mill	2015		4:07.77
11 Sherwood	2015		4:08.03
12 John F. Kennedy	2005		4:08.16
13 Paint Branch	2016		4:08.45
14 Walter Johnson	2003		4:08.79
15 Paint Branch	2018		4:09.06
16 Walter Johnson	2005		4:09.23
17 Northwest	2012		4:09.59
18 Northwest	2011		4:09.63
19 Walter Johnson	2017		4:09.82
20 Walter Johnson	2002	ht-4:09.8	4:10.04
21 Paint Branch	2017		4:10.11
22 Northwest	2018		4:10.21
23 Winston Churchill	2010		4:10.51
24 John F. Kennedy	2007		4:11.10
25 Seneca Valley	2018		4:11.32

**4x400m Relay All-Time Best Performances By School at the MCPS Indoor Track Championship Meet**

<u>School</u>	<u>Year</u>	<u>Result</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
Bethesda Chevy Chase	2018	4:15.95	Montgomery Blair	2017	4:14.43
James H. Blake	2018	4:01.19	Winston Churchill	2010	4:10.51
Clarksburg	2018	4:17.76	Damascus	2010	4:12.64
Albert Einstein	2007	4:15.00	Gaithersburg	2020	4:19.00
Walter Johnson	2003	4:08.79	John F. Kennedy	2005	4:08.16
Magruder	2011	4:20.33	Richard Montgomery	2001	4:12.07
Northwest	2010	4:00.58	Northwood	2020	4:21.31
Paint Branch	2014	4:04.51	Poolesville	2002	4:13.54
Quince Orchard	2011	4:18.84	Rockville	2005	4:56.11
Seneca Valley	2018	4:11.32	Sherwood	2014	4:07.00
Springbrook	2018	4:19.88	Watkins Mill	2015	4:07.77
Wheaton	1998	4:33.04	Walt Whitman	2005	4:19.61
Thomas S. Wootton	2008	4:13.05	Charles Woodward	1987	4:30.64

## Girls 4x400m Relay County Champions | 1-Mile Relay 1986 - 1989

Year	High School	Actual Perf.	Equivalent 4x400m
<a href="#"><u>1986</u></a>	John F. Kennedy	ht-4:29.49y	4:28.14 R
<a href="#"><u>1987</u></a>	Walt Whitman	ht-4:22.0y	4:20.74 R
<a href="#"><u>1988</u></a>	Walt Whitman	ht-4:38.2y	4:36.84
<a href="#"><u>1989</u></a>	Albert Einstein	ht-4:25.7y	4:24.44
<a href="#"><u>1990</u></a>	Walter Johnson	ht-4:42.1	4:42.34
<a href="#"><u>1991</u></a>	Watkins Mill	ht-4:39.3	4:39.54
<a href="#"><u>1992</u></a>	Richard Montgomery	ht-4:31.3	4:31.54
<a href="#"><u>1993</u></a>	Watkins Mill	ht-4:29.7	4:29.94
<a href="#"><u>1994</u></a>	Watkins Mill	ht-4:23.4	4:23.64
<a href="#"><u>1995</u></a>	Paint Branch	ht-4:14.4	4:14.64 R
<a href="#"><u>1997</u></a>	Paint Branch	ht-4:27.0	4:27.24
<a href="#"><u>1998</u></a>	Richard Montgomery	ht-4:16.2	4:16.44
<a href="#"><u>2000</u></a>	Watkins Mill	ht-4:25.1	4:25.34
<a href="#"><u>2001</u></a>	Walter Johnson		4:18.16
<a href="#"><u>2002</u></a>	Walter Johnson	ht-4:09.8	4:10.04 R
<a href="#"><u>2003</u></a>	Walter Johnson		4:08.79 R
<a href="#"><u>2004</u></a>	Walter Johnson		4:15.34
<a href="#"><u>2005</u></a>	John F. Kennedy		4:08.16 R
<a href="#"><u>2006</u></a>	Winston Churchill		4:12.91
<a href="#"><u>2007</u></a>	John F. Kennedy		4:11.10
<a href="#"><u>2008</u></a>	Winston Churchill		4:11.89
<a href="#"><u>2009</u></a>	Winston Churchill		4:11.55
<a href="#"><u>2010</u></a>	Northwest		4:00.58 R
<a href="#"><u>2011</u></a>	Northwest		4:09.63
<a href="#"><u>2012</u></a>	Northwest		4:09.59
<a href="#"><u>2013</u></a>	Paint Branch		4:12.80
<a href="#"><u>2014</u></a>	James H. Blake		4:04.38
<a href="#"><u>2015</u></a>	Watkins Mill		4:07.77
<a href="#"><u>2016</u></a>	Northwest		4:07.54
<a href="#"><u>2017</u></a>	James H. Blake		4:02.41
<a href="#"><u>2018</u></a>	James H. Blake		4:01.19
<a href="#"><u>2019</u></a>	James H. Blake		4:02.02
<a href="#"><u>2020</u></a>	Seneca Valley		4:12.20

**Boys 4x400m Relay Top 25 | Mile Relay Conversion Factor = 0.9942 | HT-Penalty = 0.24**

High School	Meet Year	Actual Perf.	Equivalent 4x400m
1 Springbrook	2017		3:28.17
2 Northwest	2017		3:29.26
3 Paint Branch	2014		3:29.89
4 Springbrook	2020		3:30.09
5 Damascus	2009		3:30.23
6 Richard Montgomery	2006		3:30.45
7 Damascus	2010		3:30.71
8 Richard Montgomery	2007		3:30.90
9 Richard Montgomery	2020		3:31.02
10 Paint Branch	2006		3:31.17
11 Paint Branch	2003		3:31.29
12 Montgomery Blair	2009		3:31.38
13 Montgomery Blair	2019		3:31.79
14 Paint Branch	2020		3:31.88
15 Northwest	2009		3:32.22
16 Northwest	2013		3:32.37
17 Northwood	2017		3:32.38
18 Paint Branch	2012		3:32.40
19 Springbrook	2018		3:32.55
20 James H. Blake	2003		3:32.56
21 Paint Branch	2018		3:32.76
22 Paint Branch	2019		3:33.04
23 Watkins Mill	2012		3:33.24
24 Watkins Mill	2001		3:33.27
25 Watkins Mill	2010		3:33.57

**4x400m Relay All-Time Best Performances By School at the MCPS Indoor Track Championship Meet**

<u>School</u>	<u>Year</u>	<u>Result</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
Bethesda Chevy Chase	2011	3:35.81	Montgomery Blair	2009	3:31.38
James H. Blake	2003	3:32.56	Winston Churchill	2009	3:35.31
Clarksburg	2013	3:34.96	Damascus	2009	3:30.23
Albert Einstein	1989	3:38.64	Gaithersburg	2014	3:34.78
Walter Johnson	2002	3:33.84	John F. Kennedy	2014	3:34.67
Magruder	2007	3:35.50	Richard Montgomery	2006	3:30.45
Northwest	2017	3:29.26	Northwood	2017	3:32.38
Paint Branch	2014	3:29.89	Poolesville	2010	3:43.32
Quince Orchard	2012	3:36.31	Rockville	1990	3:45.74
Seneca Valley	1994	3:35.34	Sherwood	2001	3:35.64
Springbrook	2017	3:28.17	Watkins Mill	2012	3:33.24
Wheaton	2020	3:37.75	Walt Whitman	2004	3:42.17
Thomas S. Wootton	2006	3:41.82	Charles Woodward	1986	3:44.94

## Boys 4x400m Relay County Champions | 1-Mile Relay 1986 - 1989

Year	High School	Actual Perf.	Equivalent 4x400m
<a href="#"><u>1986</u></a>	Charles Woodward	ht-3:46.05y	3:44.94 R
<a href="#"><u>1987</u></a>	Albert Einstein	NT	NT
<a href="#"><u>1988</u></a>	Seneca Valley	ht-3:48.0y	3:46.94
<a href="#"><u>1989</u></a>	Albert Einstein	ht-3:39.7y	3:38.64 R
<a href="#"><u>1990</u></a>	Springbrook	ht-3:44.6	3:44.84
<a href="#"><u>1991</u></a>	Springbrook	ht-3:48.5	3:48.74
<a href="#"><u>1992</u></a>	Springbrook	ht-3:45.9	3:46.14
<a href="#"><u>1993</u></a>	Paint Branch	ht-3:40.1	3:40.34
<a href="#"><u>1994</u></a>	Seneca Valley	ht-3:35.1	3:35.34 R
<a href="#"><u>1995</u></a>	Gaithersburg	ht-3:39.3	3:39.54
<a href="#"><u>1997</u></a>	Paint Branch	ht-3:39.2	3:39.44
<a href="#"><u>1998</u></a>	Richard Montgomery	ht-3:33.9	3:34.14 R
<a href="#"><u>2000</u></a>	Watkins Mill	ht-3:39.7	3:39.94
<a href="#"><u>2001</u></a>	Watkins Mill		3:33.27 R
<a href="#"><u>2002</u></a>	Paint Branch	ht-3:33.4	3:33.64
<a href="#"><u>2003</u></a>	Paint Branch		3:31.29 R
<a href="#"><u>2004</u></a>	Walter Johnson		3:37.27
<a href="#"><u>2005</u></a>	Richard Montgomery		3:35.30
<a href="#"><u>2006</u></a>	Richard Montgomery		3:30.45 R
<a href="#"><u>2007</u></a>	Richard Montgomery		3:30.90
<a href="#"><u>2008</u></a>	Montgomery Blair		3:33.63
<a href="#"><u>2009</u></a>	Damascus		3:30.23 R
<a href="#"><u>2010</u></a>	Damascus		3:30.71
<a href="#"><u>2011</u></a>	Bethesda Chevy Chase		3:35.81
<a href="#"><u>2012</u></a>	Paint Branch		3:32.40
<a href="#"><u>2013</u></a>	Northwest		3:32.37
<a href="#"><u>2014</u></a>	Paint Branch		3:29.89 R
<a href="#"><u>2015</u></a>	Northwest		3:33.64
<a href="#"><u>2016</u></a>	Springbrook		3:33.86
<a href="#"><u>2017</u></a>	Springbrook		3:28.17 R
<a href="#"><u>2018</u></a>	Springbrook		3:32.55
<a href="#"><u>2019</u></a>	Montgomery Blair		3:31.79
<a href="#"><u>2020</u></a>	Springbrook		3:30.09

**Girls 4x800m Relay Top 25 | 2-Mile Conversion Factor = 0.9942 | HT-Penalty = 0.24**

High School	Meet Year	Actual Perf.	Equivalent 4x800m
1 Northwest	2010		9:35.01
2 Walt Whitman	2008		9:37.25
3 Winston Churchill	2008		9:37.98
4 Walt Whitman	2007		9:38.00
5 Northwest	2011		9:40.64
6 Bethesda Chevy Chase	2016		9:42.41
7 Walter Johnson	2016		9:43.37
8 Walt Whitman	2006		9:43.71
9 Northwest	2012		9:43.75
10 Bethesda Chevy Chase	2008		9:44.11
11 Bethesda Chevy Chase	2011		9:44.48
12 Winston Churchill	2007		9:45.50
13 Bethesda Chevy Chase	2009		9:45.73
14 Bethesda Chevy Chase	2012		9:45.85
15 Northwest	2013		9:47.19
16 Walter Johnson	2015		9:47.69
17 Bethesda Chevy Chase	2013		9:48.31
18 Winston Churchill	2009		9:48.96
19 Walter Johnson	2010		9:49.37
20 Walter Johnson	2020		9:49.51
21 Poolesville	2004		9:50.00
22 Walter Johnson	2018		9:51.20
23 Damascus	2009		9:51.29
24 Walter Johnson	2019		9:51.70
25 Walter Johnson	1998	ht-9:51.9	9:52.14

**4x800m Relay All-Time Best Performances By School at the MCPS Indoor Track Championship Meet**

<u>School</u>	<u>Year</u>	<u>Result</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
Bethesda Chevy Chase	2016	9:42.41	Montgomery Blair	2005	9:58.87
James H. Blake	2003	10:08.71	Winston Churchill	2008	9:37.98
Clarksburg	2010	10:01.99	Damascus	2009	9:51.29
Albert Einstein	2014	10:10.57	Gaithersburg	2020	10:51.61
Walter Johnson	2016	9:43.37	John F. Kennedy	2013	10:37.74
Magruder	2007	10:13.70	Richard Montgomery	2002	10:06.44
Northwest	2010	9:35.01	Northwood	2017	10:48.79
Paint Branch	2016	10:01.20	Poolesville	2004	9:50.00
Quince Orchard	1998	9:55.94	Rockville	1987	10:31.54
Seneca Valley	2015	9:55.26	Sherwood	2011	10:21.01
Springbrook	2013	10:42.04	Watkins Mill	2014	10:05.02
Wheaton	2020	11:16.33	Walt Whitman	2008	9:37.25
Thomas S. Wootton	2008	10:13.11	Charles Woodward	1987	10:39.74

## Girls 4x800m Relay County Champions | 2-Mile Relay 1986 - 1989

Year	High School	Actual Perf.	Equivalent 4x800m
<a href="#"><u>1986</u></a>	Charles Woodward	ht-10:47.0y	10:43.44 R
<a href="#"><u>1987</u></a>	Walt Whitman	ht-10:20.0y	10:16.64 R
<a href="#"><u>1988</u></a>	Walt Whitman	ht-10:50.0y	10:46.44
<a href="#"><u>1989</u></a>	John F. Kennedy	ht-10:48.6y	10:45.04
<a href="#"><u>1990</u></a>	Walter Johnson	ht-10:54.4	10:54.64
<a href="#"><u>1991</u></a>	Winston Churchill	ht-10:32.0	10:32.24
<a href="#"><u>1992</u></a>	Winston Churchill	ht-10:39.6	10:39.84
<a href="#"><u>1993</u></a>	Watkins Mill	ht-10:16.8	10:17.04
<a href="#"><u>1994</u></a>	Watkins Mill	ht-10:24.3	10:24.54
<a href="#"><u>1995</u></a>	Watkins Mill	ht-10:31.6	10:31.84
<a href="#"><u>1997</u></a>	Quince Orchard	ht-10:19.04	10:19.34
<a href="#"><u>1998</u></a>	Walter Johnson	ht-9:51.9	9:52.14 R
<a href="#"><u>2000</u></a>	Walter Johnson	ht-9:54.99	9:55.24
<a href="#"><u>2001</u></a>	Quince Orchard		10:00.28
<a href="#"><u>2002</u></a>	Paint Branch	ht-10:04.2	10:04.44
<a href="#"><u>2003</u></a>	Walter Johnson		9:59.78
<a href="#"><u>2004</u></a>	Poolesville		9:50.00 R
<a href="#"><u>2005</u></a>	Winston Churchill		9:52.85
<a href="#"><u>2006</u></a>	Walt Whitman		9:43.71 R
<a href="#"><u>2007</u></a>	Walt Whitman		9:38.00 R
<a href="#"><u>2008</u></a>	Walt Whitman		9:37.25 R
<a href="#"><u>2009</u></a>	Bethesda Chevy Chase		9:45.73
<a href="#"><u>2010</u></a>	Northwest		9:35.01 R
<a href="#"><u>2011</u></a>	Northwest		9:40.64
<a href="#"><u>2012</u></a>	Northwest		9:43.75
<a href="#"><u>2013</u></a>	Northwest		9:47.19
<a href="#"><u>2014</u></a>	Poolesville		9:52.96
<a href="#"><u>2015</u></a>	Walter Johnson		9:47.69
<a href="#"><u>2016</u></a>	Bethesda Chevy Chase		9:42.41
<a href="#"><u>2017</u></a>	Walter Johnson		9:58.54
<a href="#"><u>2018</u></a>	Walter Johnson		9:51.20
<a href="#"><u>2019</u></a>	Walter Johnson		9:51.70
<a href="#"><u>2020</u></a>	Walter Johnson		9:49.51

**Boys 4x800m Relay Top 25 | 2-Mile Conversion Factor = 0.9942 | HT-Penalty = 0.24**

High School	Meet Year	Actual Perf.	Equivalent 4x800m
1 Northwood	2020		8:03.82
2 Damascus	2010		8:04.18
3 Northwest	2017		8:05.61
4 Winston Churchill	2009		8:05.93
5 Paint Branch	2019		8:07.87
6 Damascus	2009		8:09.01
7 Northwest	2019		8:09.43
8 Paint Branch	2014		8:10.18
9 Quince Orchard	2008		8:10.46
10 Damascus	2008		8:11.12
11 Northwest	2018		8:11.35
12 Montgomery Blair	2019		8:12.76
13 Northwest	2014		8:13.63
14 Walter Johnson	2011		8:13.86
15 Northwood	2018		8:14.64
16 Paint Branch	2015		8:14.72
17 Winston Churchill	2010		8:15.34
18 Walter Johnson	2002	ht-8:15.4	8:15.64
19 Walter Johnson	2020		8:16.49
20 Bethesda Chevy Chase	2008		8:16.50
21 Quince Orchard	2011		8:16.75
22 Walter Johnson	2007		8:16.90
23 Walter Johnson	2019		8:17.59
24 Walter Johnson	2008		8:17.76
25 Walter Johnson	2005		8:17.93

**4x800m Relay All-Time Best Performances By School at the MCPS Indoor Track Championship Meet**

<u>School</u>	<u>Year</u>	<u>Result</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
Bethesda Chevy Chase	2008	8:16.50	Montgomery Blair	2019	8:12.76
James H. Blake	2003	8:25.16	Winston Churchill	2009	8:05.93
Clarksburg	2015	8:27.65	Damascus	2010	8:04.18
Albert Einstein	2010	8:39.02	Gaithersburg	2005	8:22.77
Walter Johnson	2011	8:13.86	John F. Kennedy	1987	8:45.14
Magruder	2002	8:18.84	Richard Montgomery	2009	8:20.57
Northwest	2017	8:05.61	Northwood	2020	8:03.82
Paint Branch	2019	8:07.87	Poolesville	2010	8:30.84
Quince Orchard	2008	8:10.46	Rockville	2015	8:34.56
Seneca Valley	1989	8:50.34	Sherwood	2011	8:22.95
Springbrook	2020	8:18.08	Watkins Mill	2000	8:26.94
Wheaton	2014	8:45.44	Walt Whitman	2006	8:29.54
Thomas S. Wootton	2007	8:25.00	Charles Woodward	1987	9:29.14

## Boys 4x800m Relay County Champions | 2-Mile Relay 1986 - 1989

Year	High School	Actual Perf.	Equivalent 4x800m
<a href="#"><u>1986</u></a>	Bethesda Chevy Chase	ht-8:53.0y	8:50.14 R
<a href="#"><u>1987</u></a>	John F. Kennedy	ht-8:48.0y	8:45.14 R
<a href="#"><u>1988</u></a>	Springbrook	ht-8:56.2y	8:53.34
<a href="#"><u>1989</u></a>	Bethesda Chevy Chase	ht-8:49.2y	8:46.34
<a href="#"><u>1990</u></a>	Rockville	ht-8:38.1	8:38.34 R
<a href="#"><u>1991</u></a>	Walter Johnson	ht-8:55.8	8:56.04
<a href="#"><u>1992</u></a>	Quince Orchard	ht-8:34.3	8:34.54 R
<a href="#"><u>1993</u></a>	Walt Whitman	NT	NT
<a href="#"><u>1994</u></a>	Seneca Valley	ht-8:54.3	8:54.54
<a href="#"><u>1995</u></a>	Quince Orchard	ht-8:34.6	8:34.84
<a href="#"><u>1997</u></a>	Richard Montgomery	ht-8:36.0	8:36.24
<a href="#"><u>1998</u></a>	Watkins Mill	ht-8:31.6	8:31.84 R
<a href="#"><u>2000</u></a>	Watkins Mill	ht-8:26.70	8:26.94 R
<a href="#"><u>2001</u></a>	Magruder		8:21.33 R
<a href="#"><u>2002</u></a>	Walter Johnson	ht-8:15.4	8:15.64 R
<a href="#"><u>2003</u></a>	Paint Branch		8:24.47
<a href="#"><u>2004</u></a>	Walter Johnson		8:32.01
<a href="#"><u>2005</u></a>	Walter Johnson		8:17.93
<a href="#"><u>2006</u></a>	Winston Churchill	ht-8:21.1	8:21.34
<a href="#"><u>2007</u></a>	Walter Johnson		8:16.90
<a href="#"><u>2008</u></a>	Quince Orchard		8:10.46 R
<a href="#"><u>2009</u></a>	Winston Churchill		8:05.93 R
<a href="#"><u>2010</u></a>	Damascus		8:04.18 R
<a href="#"><u>2011</u></a>	Walter Johnson		8:13.86
<a href="#"><u>2012</u></a>	Walter Johnson		8:24.12
<a href="#"><u>2013</u></a>	Northwest		8:23.00
<a href="#"><u>2014</u></a>	Paint Branch		8:10.18
<a href="#"><u>2015</u></a>	Paint Branch		8:14.72
<a href="#"><u>2016</u></a>	Northwest		8:18.30
<a href="#"><u>2017</u></a>	Northwest		8:05.61
<a href="#"><u>2018</u></a>	Northwest		8:11.35
<a href="#"><u>2019</u></a>	Paint Branch		8:07.87
<a href="#"><u>2020</u></a>	Northwood		8:03.82 R

## Girls High Jump Top 25

	Name	High School	Year	High Jump
1	Audrey Gariepy-Bogui	Winston Churchill	2007	5-08.50
2	Vanessa Jones	Sherwood	1997	5-08.00
3	Taylor Wright	Northwest	2019	5-08.00
4	Michelle Smith	Gaithersburg	2000	5-07.00
5	Nana Jeffrey-Idun	Wheaton	1995	5-06.00
5	Juliana Njoku	Paint Branch	1995	5-06.00
5	Kacey Childs	Damascus	1997	5-06.00
5	Emily Owens	Richard Montgomery	1998	5-06.00
5	Toni Aluko	Paint Branch	2003	5-06.00
5	Toni Aluko	Paint Branch	2004	5-06.00
5	Taylor Wright	Northwest	2018	5-06.00
12	Kacey Childs	Damascus	1995	5-04.00
12	Janice Henry	Seneca Valley	1995	5-04.00
12	Kim Lee	Gaithersburg	1997	5-04.00
12	Cassie Tressler	Damascus	2003	5-04.00
12	Audrey Gariepy-Bogui	Winston Churchill	2006	5-04.00
12	Vanessa Jules	Paint Branch	2008	5-04.00
12	Ashley Dabney	Wheaton	2008	5-04.00
12	Vanessa Jules	Paint Branch	2009	5-04.00
12	Thea LaFond	John F. Kennedy	2011	5-04.00
12	Bailee Freeman	Clarksburg	2011	5-04.00
12	Sierra Isaac	Quince Orchard	2012	5-04.00
12	Bailee Freeman	Clarksburg	2012	5-04.00
12	Alexus Pyles	Clarksburg	2015	5-04.00
12	Eddita Pessima	Northwest	2018	5-04.00
12	Madison Depry	Wheaton	2018	5-04.00
12	Madison Depry	Wheaton	2020	5-04.00

### High Jump All-Time Best Performances By School at the MCPS Indoor Track Championship Meet

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>	<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
Madeleine McCollum	Bethesda Chevy Chase	2019	4-10.00	Gwladys Fotso	Montgomery Blair	2014	4-10.00
Monica Gerald	James H. Blake	2007	4-10.00	Audrey Gariepy-Bogui	Winston Churchill	2007	5-08.50
Bailee Freeman	Clarksburg	2011	5-04.00	Kacey Childs	Damascus	1997	5-06.00
Sullivan	Albert Einstein	1991	4-08.00	Michelle Smith	Gaithersburg	2000	5-07.00
Kristin Smin	Walter Johnson	1997	5-00.00	Thea LaFond	John F. Kennedy	2011	5-04.00
Kristen Collins	Magruder	2003	5-02.00	Emily Owens	Richard Montgomery	1998	5-06.00
Taylor Wright	Northwest	2019	5-08.00	Le'Quisha Parker	Northwood	2011	5-02.00
Juliana Njoku	Paint Branch	1995	5-06.00	Olivia Durr	Poolesville	2008	5-02.00
Sierra Isaac	Quince Orchard	2012	5-04.00	Tiama Essama-ayi	Rockville	2017	4-08.00
Janice Henry	Seneca Valley	1995	5-04.00	Vanessa Jones	Sherwood	1997	5-08.00
Tyra Moore	Springbrook	1989	5-00.00	Hutchins	Watkins Mill	1991	4-04.00
Nana Jeffrey-Idun	Wheaton	1995	5-06.00	Andrea Dritschilo	Walt Whitman	1991	5-02.00
Lindsey Degeorge	Thomas S. Wootton	2006	5-00.00				

## Girls High Jump County Champions

Year	Name	High School	High Jump Results
<a href="#"><u>1986</u></a>	Lori Gieselman	Paint Branch	5-02.00 R
<a href="#"><u>1987</u></a>	Dontrice Hamilton	Walt Whitman	4-06.00
<a href="#"><u>1988</u></a>	Jeanine LeFlore	Walt Whitman	4-06.00
<a href="#"><u>1988</u></a>	Tamara Simon	Walt Whitman	4-06.00
<a href="#"><u>1988</u></a>	Tammy Tesar	Damascus	4-06.00
<a href="#"><u>1988</u></a>	Christine Huo	Walt Whitman	4-06.00
<a href="#"><u>1989</u></a>	Tyra Moore	Springbrook	5-00.00
<a href="#"><u>1990</u></a>	Andrea Dritschilo	Walt Whitman	5-00.00
<a href="#"><u>1991</u></a>	Andrea Dritschilo	Walt Whitman	5-02.00
<a href="#"><u>1992</u></a>	Julie Sloan	Walt Whitman	4-08.00
<a href="#"><u>1993</u></a>	Juliana Njoku	Paint Branch	4-10.00
<a href="#"><u>1994</u></a>	Juliana Njoku	Paint Branch	5-01.00
<a href="#"><u>1995</u></a>	Nana Jeffrey-Idun	Wheaton	5-06.00 R
<a href="#"><u>1997</u></a>	Vanessa Jones	Sherwood	5-08.00 R
<a href="#"><u>1998</u></a>	Emily Owens	Richard Montgomery	5-06.00
<a href="#"><u>2000</u></a>	Michelle Smith	Gaithersburg	5-07.00
<a href="#"><u>2001</u></a>	Cassie Tressler	Damascus	5-02.00
<a href="#"><u>2002</u></a>	Cassie Tressler	Damascus	5-02.00
<a href="#"><u>2003</u></a>	Toni Aluko	Paint Branch	5-06.00
<a href="#"><u>2004</u></a>	Toni Aluko	Paint Branch	5-06.00
<a href="#"><u>2005</u></a>	Emma Hanson	Damascus	5-02.00
<a href="#"><u>2006</u></a>	Audrey Gariepy-Bogui	Winston Churchill	5-04.00
<a href="#"><u>2007</u></a>	Audrey Gariepy-Bogui	Winston Churchill	5-08.50 R
<a href="#"><u>2008</u></a>	Ashley Dabney	Wheaton	5-04.00
<a href="#"><u>2009</u></a>	Vanessa Jules	Paint Branch	5-04.00
<a href="#"><u>2010</u></a>	Thea LaFond	John F. Kennedy	5-00.00
<a href="#"><u>2011</u></a>	Thea LaFond	John F. Kennedy	5-04.00
<a href="#"><u>2012</u></a>	Bailee Freeman	Clarksburg	5-04.00
<a href="#"><u>2013</u></a>	Alexus Pyles	Clarksburg	5-02.00
<a href="#"><u>2014</u></a>	Alexus Pyles	Clarksburg	5-02.00
<a href="#"><u>2015</u></a>	Alexus Pyles	Clarksburg	5-04.00
<a href="#"><u>2016</u></a>	Alexus Pyles	Clarksburg	5-03.00
<a href="#"><u>2017</u></a>	Eddita Pessima	Northwest	5-02.00
<a href="#"><u>2018</u></a>	Taylor Wright	Northwest	5-06.00
<a href="#"><u>2019</u></a>	Taylor Wright	Northwest	5-08.00
<a href="#"><u>2020</u></a>	Madison Depry	Wheaton	5-04.00

## Boys High Jump Top 25

	Name	High School	Meet Year	High Jump
1	Jeremy Smith	Gaithersburg	1998	6-07.00
1	Tuan Wreh	Richard Montgomery	1998	6-07.00
1	Owen Cain	Gaithersburg	2009	6-07.00
4	Tavis Ndure	Gaithersburg	1995	6-06.00
4	John Welbon	Gaithersburg	2003	6-06.00
4	Markcus Ruffin	Northwest	2006	6-06.00
4	Jamal Currica	Damascus	2007	6-06.00
8	Martin Seonarian	Quince Orchard	1994	6-04.00
8	Charles Wyatt	Seneca Valley	1995	6-04.00
8	Jerome Miller	Springbrook	2002	6-04.00
8	Marckus Ruffin	Northwest	2003	6-04.00
8	Avery Graham	Clarksburg	2009	6-04.00
8	Tyrek Goy	Paint Branch	2017	6-04.00
8	Divinus Muteba	Northwest	2017	6-04.00
8	James McGreivy	Bethesda Chevy Chase	2018	6-04.00
8	Bryce Middleton	Northwest	2020	6-04.00
8	Darius Lorfils	Northwest	2020	6-04.00
18	Kirk Morris	Gaithersburg	1990	6-03.00
18	Antoine McLaren	Damascus	1991	6-03.00
18	Don Barber	Wheaton	1991	6-03.00
18	Markcus Ruffin	Northwest	2005	6-03.00
20	19 Performances Tied at 6-02.00			

### High Jump All-Time Best Performances By School at the MCPS Indoor Track Championship Meet

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>	<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
James McGreivy	Bethesda Chevy Chase	2018	6-04.00	Wynston Reed	Montgomery Blair	2014	6-00.00
Gaston Assoua	James H. Blake	2012	5-08.00	Mike Pearson	Winston Churchill	1995	5-10.00
Avery Graham	Clarksburg	2009	6-04.00	Jamal Currica	Damascus	2007	6-06.00
Timmy Edwards	Albert Einstein	1988	6-02.00	Jeremy Smith	Gaithersburg	1998	6-07.00
Vaclav Malek	Walter Johnson	2002	6-02.00	Exeter	John F. Kennedy	1994	5-10.00
Bobby Price	Magruder	2004	6-02.00	Tuan Wreh	Richard Montgomery	1998	6-07.00
Markcus Ruffin	Northwest	2006	6-06.00	Keenan Woods	Northwood	2008	5-08.00
Tyrek Goy	Paint Branch	2017	6-04.00	Andre Butler	Poolesville	2013	6-00.00
Martin Seonarian	Quince Orchard	1994	6-04.00		Rockville		
Charles Wyatt	Seneca Valley	1995	6-04.00	Drew Buckingham	Sherwood	2005	5-10.00
Jerome Miller	Springbrook	2002	6-04.00	Terrell Johnson	Watkins Mill	2004	5-10.00
Don Barber	Wheaton	1991	6-03.00	Jason Williams	Walt Whitman	2001	6-00.00
Osagie Aimiuwu	Thomas S. Wootton	2019	5-08.00				

## Boys High Jump County Champions

Year	Name	High School	High Jump Results
<a href="#"><u>1986</u></a>	Richard Ridley	Richard Montgomery	5-10.00 R
<a href="#"><u>1987</u></a>	Charles Bradford	Richard Montgomery	5-10.00
<a href="#"><u>1988</u></a>	Timmy Edwards	Albert Einstein	6-02.00 R
<a href="#"><u>1989</u></a>	B. Walcott	Paint Branch	6-00.00
<a href="#"><u>1990</u></a>	Kirk Morris	Gaithersburg	6-03.00 R
<a href="#"><u>1991</u></a>	Antoine McLaren	Damascus	6-03.00
<a href="#"><u>1992</u></a>	Antoine McLaren	Damascus	6-01.00
<a href="#"><u>1993</u></a>	Martin Seonarian	Quince Orchard	5-10.00
<a href="#"><u>1994</u></a>	Martin Seonarian	Quince Orchard	6-04.00 R
<a href="#"><u>1995</u></a>	Tavis Ndure	Gaithersburg	6-06.00 R
<a href="#"><u>1997</u></a>	Pierre Bobet	Damascus	6-00.00
<a href="#"><u>1998</u></a>	Jeremy Smith	Gaithersburg	6-07.00 R
<a href="#"><u>2000</u></a>	Jason Williams	Walt Whitman	5-10.00
<a href="#"><u>2001</u></a>	Jason Williams	Walt Whitman	6-00.00
<a href="#"><u>2001</u></a>	Victor Akintimehim	Quince Orchard	6-00.00
<a href="#"><u>2002</u></a>	Jerome Miller	Springbrook	6-04.00
<a href="#"><u>2003</u></a>	John Welbon	Gaithersburg	6-06.00
<a href="#"><u>2004</u></a>	Bobby Price	Magruder	6-02.00
<a href="#"><u>2005</u></a>	Markcus Ruffin	Northwest	6-03.00
<a href="#"><u>2006</u></a>	Markcus Ruffin	Northwest	6-06.00
<a href="#"><u>2007</u></a>	Jamal Currica	Damascus	6-06.00
<a href="#"><u>2008</u></a>	Ryan Mullsteff	Damascus	6-02.00
<a href="#"><u>2009</u></a>	Owen Cain	Gaithersburg	6-07.00
<a href="#"><u>2010</u></a>	Alimamy Kallay	Gaithersburg	5-10.00
<a href="#"><u>2011</u></a>	Zach Fetters	Gaithersburg	6-02.00
<a href="#"><u>2012</u></a>	Jack O'Keefe	Quince Orchard	5-10.00
<a href="#"><u>2013</u></a>	Joseph Williams	Northwest	6-02.00
<a href="#"><u>2014</u></a>	Austin Castleberry	Northwest	6-02.00
<a href="#"><u>2015</u></a>	Aaron Beidleman	Northwest	6-00.00
<a href="#"><u>2016</u></a>	Gregory D'Elia	Quince Orchard	6-02.00
<a href="#"><u>2017</u></a>	Tyrek Goy	Paint Branch	6-04.00
<a href="#"><u>2018</u></a>	James McGreivy	Bethesda Chevy Chase	6-04.00
<a href="#"><u>2019</u></a>	Clarence Foote-Talley	Northwest	6-02.00
<a href="#"><u>2020</u></a>	Bryce Middleton	Northwest	6-04.00

## Girls Long Jump Top 25

Name	High School	Year	Long Jump
1 Thea LaFond	John F. Kennedy	2011	18-04.00
2 Leondra Correia	Northwest	2015	18-01.00
3 Leondra Correia	Northwest	2016	17-10.50
4 Larre Hodge	John F. Kennedy	2013	17-09.50
5 Cierra Pyles	Clarksburg	2016	17-09.25
6 Alexus Pyles	Clarksburg	2015	17-06.50
6 Stephanie Bateky	Northwest	2016	17-06.50
8 Keila Robertson	Magruder	2016	17-06.25
9 Leondra Correia	Northwest	2013	17-06.00
10 Alexus Pyles	Clarksburg	2014	17-04.25
11 Thea LaFond	John F. Kennedy	2010	17-03.75
11 K.C. Ashiogwu	Gaithersburg	2020	17-03.75
13 Fanny Chen	Winston Churchill	2014	17-02.25
14 Tara Okusaga	Northwest	2007	17-02.00
14 Casey Dowling	Thomas S. Wootton	2010	17-02.00
14 Stephanie Bateky	Northwest	2017	17-02.00
14 Brooke Shields	Clarksburg	2019	17-02.00
14 Manie Mevo	Quince Orchard	2020	17-02.00
19 Bryeana Rhodes	Damascus	2013	17-01.50
20 Sarah Louk	Clarksburg	2016	17-00.50
21 Cierra Pyles	Clarksburg	2015	17-00.00
22 Alexus Pyles	Clarksburg	2013	16-11.00
22 Julia McDermott	Winston Churchill	2015	16-11.00
24 Bailee Freeman	Clarksburg	2012	16-10.25
25 Four performances tied at 16-10.00			

## Long Jump All-Time Best Performances By School at the MCPS Indoor Track Championship Meet

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>	<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
Laila Ismail	Bethesda Chevy Chase	2014	16-10.00	Gwladys Fotso	Montgomery Blair	2014	16-03.50
Micah Richards	James H. Blake	2013	15-07.00	Fanny Chen	Winston Churchill	2014	17-02.25
Cierra Pyles	Clarksburg	2016	17-09.25	Bryeana Rhodes	Damascus	2013	17-01.50
Winona Peace	Albert Einstein	2015	16-02.50	K.C. Ashiogwu	Gaithersburg	2020	17-03.75
Ana Gomerez	Walter Johnson	2013	16-03.25	Thea LaFond	John F. Kennedy	2011	18-04.00
Keila Robertson	Magruder	2016	17-06.25	Ashley Christopher	Richard Montgomery	2013	16-07.50
Leondra Correia	Northwest	2015	18-01.00	Shaquilla Newby	Northwood	2010	14-10.50
Kaya Rae Dunbar	Paint Branch	2019	15-06.00	Emily Furr	Poolesville	2006	15-07.50
Manie Mevo	Quince Orchard	2020	17-02.00	Gabrielle Astorga	Rockville	2018	13-05.50
Tyatianna Johnson	Seneca Valley	2015	15-10.00	Alyssa Moran	Sherwood	2016	16-00.75
Samantha Bryant	Springbrook	2018	16-01.00	Cindy Vargas	Watkins Mill	2005	13-04.50
Ruth Wosenu	Wheaton	2020	12-08.50	Rachel Oh	Walt Whitman	2014	14-05.00
Casey Dowling	Thomas S. Wootton	2010	17-02.00				

## **Girls Long Jump County Champions | Event Added 2005**

Year	Name	High School	Long Jump Results
<a href="#"><u>2005</u></a>	Erika Zoller	Damascus	16-05.00 R
<a href="#"><u>2006</u></a>	Audrey Gariepy-Bogui	Winston Churchill	16-04.00
<a href="#"><u>2007</u></a>	Tara Okusaga	Northwest	17-02.00 R
<a href="#"><u>2008</u></a>	Suzanne Falk	Thomas S. Wootton	16-10.00
<a href="#"><u>2009</u></a>	Thea LaFond	John F. Kennedy	16-00.25
<a href="#"><u>2010</u></a>	Thea LaFond	John F. Kennedy	17-03.75 R
<a href="#"><u>2011</u></a>	Thea LaFond	John F. Kennedy	18-04.00 R
<a href="#"><u>2012</u></a>	Bailee Freeman	Clarksburg	16-10.25
<a href="#"><u>2013</u></a>	Larre Hodge	John F. Kennedy	17-09.50
<a href="#"><u>2014</u></a>	Alexus Pyles	Clarksburg	17-04.25
<a href="#"><u>2015</u></a>	Leondra Correia	Northwest	18-01.00
<a href="#"><u>2016</u></a>	Leondra Correia	Northwest	17-10.00
<a href="#"><u>2017</u></a>	Stephanie Bateky	Northwest	17-02.00
<a href="#"><u>2018</u></a>	Atinuke Shittu	Northwest	16-02.25
<a href="#"><u>2019</u></a>	Brooke Sheilds	Clarksburg	17-02.00
<a href="#"><u>2020</u></a>	K.C. Ashiogwu	Gaithersburg	17-03.75

## Boys Long Jump Top 25

	Name	High School	Meet Year	Long Jump
1	Gaston Assoua	James H. Blake	2013	23-00.00
2	Josh Netterville	Northwest	2017	22-11.00
3	Ty Mason	James H. Blake	2017	22-09.00
4	Ty Mason	James H. Blake	2016	22-02.00
5	Gary Frazier	Richard Montgomery	2008	21-09.00
6	Drew Byrd	Richard Montgomery	2017	21-07.00
7	Owen Cain	Gaithersburg	2009	21-06.50
8	Clarence Foote-Talley	Northwest	2019	21-05.50
9	Tarell Williams	John F. Kennedy	2006	21-03.00
10	Sheldon Trotman	Northwest	2011	21-02.50
10	Justin Leonard	Richard Montgomery	2015	21-02.50
12	Salifu Cham	Albert Einstein	2007	21-01.50
12	Anthony Woods	Northwest	2017	21-01.50
14	Keith Cartwright	Wootton	2018	20-11.75
15	Clarence Foote-Talley	Northwest	2018	20-11.25
16	Hassan Dixon	Northwest	2009	20-11.00
16	Jacob Adedeji	Quince Orchard	2009	20-11.00
18	Sytta Barry	Paint Branch	2013	20-10.75
19	Josh Netterville	Northwest	2016	20-10.50
20	Anthony Woods, Jr.	Northwest	2019	20-10.00
21	Josh Netterville	Northwest	2015	20-09.50
22	Alonzo Evans-Chase	Richard Montgomery	2008	20-09.00
22	Chukwumdi Osuji	Paint Branch	2019	20-09.00
24	Morgan Mott	Clarksburg	2008	20-08.50
24	Dorian Jones	Quince Orchard	2015	20-08.50

## Long Jump All-Time Best Performances By School at the MCPS Indoor Track Championship Meet

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>	<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
Alex Gray	B-CC	2006	20-04.00	Sergio Pakou	Montgomery Blair	2015	19-10.50
Gaston Assoua	James H. Blake	2013	23-00.00	Robert Bowis	Winston Churchill	2010	20-03.00
Morgan Mott	Clarksburg	2008	20-08.50	Jamal Currica	Damascus	2007	20-03.75
Salifu Cham	Albert Einstein	2007	21-01.50	Owen Cain	Gaithersburg	2009	21-06.50
Ian Francis	Walter Johnson	2008	20-07.00	Tarell Williams	John F. Kennedy	2006	21-03.00
Kalgeri Robinson	Magruder	2007	20-07.75	Gary Frazier	R. Montgomery	2008	21-09.00
Josh Netterville	Northwest	2017	22-11.00	Keenan Woods	Northwood	2008	19-04.50
Sytta Barry	Paint Branch	2013	20-10.75	Kevin Dickerson	Poolesville	2009	18-08.00
Jacob Adedeji	Quince Orchard	2009	20-11.00	Michael Van Gieson	Rockville	2015	18-07.50
Donovan Beckett-Simms	Seneca Valley	2015	20-02.00	Renaldo Smith	Sherwood	2016	20-03.75
Tony Dantzler	Springbrook	2011	20-07.00	Michael Amoateng	Watkins Mill	2009	20-05.00
Rafael Perez German	Wheaton	2020	19-07.00	Anthony Young-Wiseman	Walt Whitman	2009	20-04.50
Keith Cartwright	Wootton	2018	20-11.75				

**Boys Long Jump County Champions | Event Added 2005**

Year	Name	High School	Long Jump Results
<a href="#"><u>2005</u></a>	Joey Robinson	Gaithersburg	20-08.25 R
<a href="#"><u>2006</u></a>	Tarell Williams	John F. Kennedy	21-03.00 R
<a href="#"><u>2007</u></a>	Salifu Cham	Albert Einstein	21-01.50
<a href="#"><u>2008</u></a>	Gary Frazier	Richard Montgomery	21-09.00 R
<a href="#"><u>2009</u></a>	Owen Cain	Gaithersburg	21-06.50
<a href="#"><u>2010</u></a>	Sheldon Trotman	Northwest	20-05.75
<a href="#"><u>2011</u></a>	Sheldon Trotman	Northwest	21-02.50
<a href="#"><u>2012</u></a>	Kaifa Boyce	Gaithersburg	20-06.00
<a href="#"><u>2013</u></a>	Gaston Assoua	James H. Blake	23-00.00 R
<a href="#"><u>2014</u></a>	Clifton Green	Paint Branch	20-02.50
<a href="#"><u>2015</u></a>	Justin Leonard	Richard Montgomery	21-02.50
<a href="#"><u>2016</u></a>	Ty Mason	James H. Blake	22-02.00
<a href="#"><u>2017</u></a>	Josh Netterville	Northwest	22-11.00
<a href="#"><u>2018</u></a>	Keith Cartwright	Wootton	20-11.75
<a href="#"><u>2019</u></a>	Clarence Foote-Talley	Northwest	21-05.50
<a href="#"><u>2020</u></a>	Chukwumdi Osuji	Paint Branch	20-01.25

## Girls Triple Jump Top 25

Name	High School	Year	Triple Jump
1 Thea LaFond	John F. Kennedy	2011	39-05.75
2 Taylor Wright	Northwest	2016	38-09.50
3 Thea LaFond	John F. Kennedy	2010	38-02.75
4 Audrey Gariepy-Bogui	Winston Churchill	2007	38-01.00
5 Manie Mevo	Quince Orchard	2020	37-10.75
6 Arielle Statham	Paint Branch	2009	37-10.00
7 Alexus Pyles	Clarksburg	2015	37-09.50
8 Taylor Wright	Northwest	2019	37-09.00
9 Arielle Statham	Paint Branch	2008	37-04.50
10 Denise Woode	Damascus	2016	37-01.00
11 Anna Ucheomumu	Albert Einstein	2012	36-09.00
12 Keila Robertson	Magruder	2016	36-08.25
13 Alexus Pyles	Clarksburg	2016	36-05.50
14 Alexus Pyles	Clarksburg	2014	36-05.00
15 K.C. Ashiogwu	Gaithersburg	2020	36-04.25
16 Tamir Jacobs	Springbrook	2016	36-00.50
17 Brooke Shields	Clarksburg	2019	35-11.75
18 Stephanie Bateky	Northwest	2016	35-11.00
19 Keila Robertson	Magruder	2015	35-10.25
20 Jordan Pitchford	Damascus	2010	35-09.75
21 Sierra Isaac	Quince Orchard	2012	35-08.00
22 Grace Oxley	James H. Blake	2010	35-04.50
23 Thea LaFond	John F. Kennedy	2009	35-04.00
24 Brooke Shields	Clarksburg	2018	35-03.50
25 Tamir Jacobs	Springbrook	2015	35-02.25

## Triple Jump All-Time Best Performances By School at the MCPS Indoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Madeleine McCollum	Bethesda Chevy Chase	2020	33-00.75	Rachel Ederer	Montgomery Blair	2015	30-05.00
Grace Oxley	James H. Blake	2010	35-04.50	Audrey Gariepy-Bogui	Winston Churchill	2007	38-01.00
Alexus Pyles	Clarksburg	2015	37-09.50	Denise Woode	Damascus	2016	37-01.00
Anna Ucheomumu	Albert Einstein	2012	36-09.00	K.C. Ashiogwu	Gaithersburg	2020	36-04.25
Laura Dally	Walter Johnson	2012	35-01.50	Thea LaFond	John F. Kennedy	2011	39-05.75
Keila Robertson	Magruder	2016	36-08.25	Samantha Smith	Richard Montgomery	2010	33-00.25
Taylor Wright	Northwest	2016	38-09.50		Northwood		
Arielle Statham	Paint Branch	2009	37-10.00	Holly Defnet	Poolesville	2008	31-08.50
Sierra Isaac	Quince Orchard	2020	37-10.75	Erin Johnson	Rockville	2014	28-01.00
Tyatianna Johnson	Seneca Valley	2014	35-00.50	Alyssa Moran	Sherwood	2014	32-10.50
Tamir Jacobs	Springbrook	2015	35-02.25	Cindy Vargas	Watkins Mill	2006	28-11.00
	Wheaton			Carolyn Connor	Walt Whitman	2010	32-01.75
Suzanne Falk	Thomas S. Wootton	2008	34-03.50				

**Girls Triple Jump County Champions | Event Added 2005**

Year	Name	High School	Triple Jump Results
<a href="#"><u>2005</u></a>	Sara Price	Walter Johnson	33-01.00 R
<a href="#"><u>2006</u></a>	Audrey Gariepy-Bogui	Winston Churchill	34-03.25 R
<a href="#"><u>2007</u></a>	Audrey Gariepy-Bogui	Winston Churchill	38-01.00 R
<a href="#"><u>2008</u></a>	Arielle Statham	Paint Branch	37-04.50
<a href="#"><u>2009</u></a>	Arielle Statham	Paint Branch	37-10.00
<a href="#"><u>2010</u></a>	Thea LaFond	John F. Kennedy	38-02.75 R
<a href="#"><u>2011</u></a>	Thea LaFond	John F. Kennedy	39-05.75 R
<a href="#"><u>2012</u></a>	Anna Ucheomumu	Albert Einstein	36-09.00
<a href="#"><u>2013</u></a>	Ana Gomerez	Walter Johnson	34-04.00
<a href="#"><u>2014</u></a>	Alexus Pyles	Clarksburg	36-05.00
<a href="#"><u>2015</u></a>	Alexus Pyles	Clarksburg	37-09.50
<a href="#"><u>2016</u></a>	Taylor Wright	Northwest	38-09.50
<a href="#"><u>2017</u></a>	Ashley Santini	Northwest	34-10.00
<a href="#"><u>2018</u></a>	Brooke Shields	Clarksburg	35-03.50
<a href="#"><u>2019</u></a>	Taylor Wright	Northwest	37-09.00
<a href="#"><u>2020</u></a>	Manie Mevo	Quince Orchard	37-10.75

## Boys Triple Jump Top 25

	Name	High School	Meet Year	Triple Jump
1	Donovan Beckett-Simms	Seneca Valley	2016	45-09.00
2	Clarence Foote-Talley	Northwest	2019	45-08.25
3	Clarence Foote-Talley	Northwest	2018	45-05.50
4	Marcus Willacy	Paint Branch	2009	45-04.00
5	Elliott Davis	Quince Orchard	2013	45-00.00
6	Carlos Vanzego	Clarksburg	2014	44-06.00
7	Keenan Woods	Northwood	2008	44-05.00
8	Bryce Middleton	Northwest	2020	44-04.50
9	Owen Cain	Gaithersburg	2009	44-03.00
10	Sheldon Trotman	Northwest	2011	44-01.50
11	Matthew Adedeji	Clarksburg	2014	44-00.00
12	Steven Ha	Magruder	2009	43-11.00
13	Dorian Jones	Quince Orchard	2015	43-09.75
14	Renaldo Smith	Sherwood	2016	43-09.50
14	Christian Lewis	Gaithersburg	2019	43-09.50
16	Ian Francis	Walter Johnson	2008	43-09.00
16	Marcus Willacy	Paint Branch	2008	43-09.00
18	Amael Etcheu	Quince Orchard	2017	43-07.00
19	Tyler Nelson	Paint Branch	2012	43-03.00
20	Paul Joseph	Clarksburg	2011	43-01.50
20	Shyheim Wright	Northwest	2015	43-01.50
22	Isiah Williams	Northwest	2020	43-00.50
23	Marvin Lisk	Northwest	2009	43-00.00
23	Brendan Tan-Fahed	Churchill	2018	43-00.00
25	Tyler Nelson	Paint Branch	2011	42-11.25

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>	<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
Kenneth Norris	B-CC	2014	40-11.00				
Moussa Sylla	James H. Blake	2018	42-09.00	Brendan Tan-Fahed	Montgomery Blair	2018	43-00.00
Carlos Vanzego	Clarksburg	2014	44-06.00	Mike Martinez	Winston Churchill	2005	41-06.75
Kirk Vallespin	Albert Einstein	2007	36-05.00	Owen Cain	Damascus	2009	44-03.00
Ian Francis	Walter Johnson	2008	43-09.00	Devon Hairston	Gaithersburg	2014	41-07.00
Steven Ha	Magruder	2009	43-11.00	Fonati Quinn	John F. Kennedy	2010	42-05.75
Clarence Foote-Talley	Northwest	2019	45-08.25	Keenan Woods	Richard Montgomery	2008	42-11.00
Marcus Willacy	Paint Branch	2009	45-04.00		Poolesville	2018	44-05.00
Elliott Davis	Quince Orchard	2013	45-00.00		Rockville	2016	41-06.75
Donavan Beckett-Simms	Seneca Valley	2016	45-09.00	Renaldo Smith	Sherwood	2012	43-09.50
Etienne Bodog-Bikim	Springbrook	2010	41-10.25	Dontay Hears	Watkins Mill	2009	42-08.00
Chris Teah	Wheaton	2014	40-07.25	Jonathan Hale	Walt Whitman	2009	40-07.00
Rori Kameka	Thomas S. Wootton	2011	41-01.75				

**Boys Triple Jump County Champions | Event Added 2005**

Year	Name	High School	Triple Jump Results
<a href="#"><u>2005</u></a>	Bryant England	Seneca Valley	42-02.50 R
<a href="#"><u>2006</u></a>	Israel Owolabi	Gaithersburg	41-09.00
<a href="#"><u>2007</u></a>	Joseph Boateng	Northwest	41-09.50
<a href="#"><u>2008</u></a>	Keenan Woods	Northwood	44-05.00 R
<a href="#"><u>2009</u></a>	Marcus Willacy	Paint Branch	45-04.00 R
<a href="#"><u>2010</u></a>	Alimamy Kallay	Gaithersburg	42-07.25
<a href="#"><u>2011</u></a>	Sheldon Trotman	Northwest	44-01.50
<a href="#"><u>2012</u></a>	Tyler Nelson	Paint Branch	43-03.00
<a href="#"><u>2013</u></a>	Elliott Davis	Quince Orchard	45-00.00
<a href="#"><u>2014</u></a>	Carlos Vanzego	Clarksburg	44-06.00
<a href="#"><u>2015</u></a>	Dorian Jones	Quince Orchard	43-09.75
<a href="#"><u>2016</u></a>	Donovan Beckett-Simms	Seneca Valley	45-09.00 R
<a href="#"><u>2017</u></a>	Amael Etcheu	Quince Orchard	43-07.00
<a href="#"><u>2018</u></a>	Clarence Foote-Talley	Northwest	45-05.50
<a href="#"><u>2019</u></a>	Clarence Foote-Talley	Northwest	45-08.25
<a href="#"><u>2020</u></a>	Bryce Middleton	Northwest	44-04.50

## Girls Shot Put Top 25

	Name	High School	Year	Shot Put
1	Claudia Ababio	Clarksburg	2014	42-06.00
2	Claudia Ababio	Clarksburg	2013	41-09.00
3	Ruth Kura	Quince Orchard	1998	38-08.50
4	Shanika Odom	Quince Orchard	1998	38-06.00
5	Justina Ababio	Clarksburg	2016	37-10.50
6	Chrissie Buser	Seneca Valley	1987	37-08.50
7	Ozioma Edokobi	Richard Montgomery	2014	37-08.00
8	Janise Bestman	Paint Branch	2019	37-02.00
9	Karen Dyson	Seneca Valley	1990	36-08.50
10	Rachel Porzel	James H. Blake	2011	36-06.50
11	Erin Hatcher	Paint Branch	2018	36-02.75
12	Tiffany Afolabi-Brown	Richard Montgomery	2013	36-01.00
13	Janise Bestman	Paint Branch	2018	36-00.50
14	Ashley Fauntleroy	Paint Branch	2004	36-00.00
15	Arleigh Rose	Sherwood	2008	35-11.25
16	Irina King	Paint Branch	2001	35-09.25
17	Virginia Owusu-Mainoo	Seneca Valley	2012	35-05.50
17	Nadia Dennis	Paint Branch	2020	35-05.50
19	Kyla Graham	Gaithersburg	2003	35-02.00
20	Justina Ababio	Clarksburg	2015	35-00.75
21	Virginia Owusu-Mainoo	Seneca Valley	2011	35-00.00
22	Cemara Collins	Northwood	2020	34-11.00
23	Erin Hatcher	Paint Branch	2019	34-08.50
24	Octavia King	James H. Blake	2009	34-07.00
25	Justina Ababio	Clarksburg	2013	34-06.50

### Shot Put All-Time Best Performances By School at the MCPS Indoor Track Championship Meet

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>	<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Result</u>
Mendo	Bethesda Chevy Chase	1992	32-05.00	Momo Reine	Montgomery Blair	2005	29-05.25
Rachel Porzel	James H. Blake	2011	36-06.50	Jenna Hawk	Winston Churchill	2009	31-01.50
Claudia Ababio	Clarksburg	2014	42-06.00	Mallory Anderson	Damascus	2019	34-03.50
Anna Ucheomumu	Albert Einstein	2011	32-01.00	Kyla Graham	Gaithersburg	2003	35-02.00
Toni Koroye	Walter Johnson	2017	33-00.50	Rachel Mzengi	John F. Kennedy	2008	31-05.75
Juanita Murkey	Magruder	2003	21-10.00	Ozioma Edokobi	Richard Montgomery	2014	37-08.00
Biamba Tshitenge	Northwest	2016	33-03.00	Cemara Collins	Northwood	2020	34-11.00
Janise Bestman	Paint Branch	2019	37-02.00	Sally French	Poolesville	2001	33-10.50
Ruth Kura	Quince Orchard	1998	38-08.50	Jessie Blacwell	Rockville	2004	32-07.00
Chrissie Buser	Seneca Valley	1987	37-08.50	Arleigh Rose	Sherwood	2008	35-11.25
Jessica Humphrey	Springbrook	1991	31-08.50	Kristin Montgomery	Watkins Mill	1997	27-09.00
Lindsey Weber	Wheaton	1998	32-02.50	Carolyn Karr	Walt Whitman	1986	30-02.00
Leslie Brown	Thomas S. Wootton	1993	32-08.00				

## Girls Shot Put County Champions

Year	Name	High School	Shot Put Results
<a href="#"><u>1986</u></a>	Carolyn Karr	Walt Whitman	30-02.00 R
<a href="#"><u>1987</u></a>	Chrissie Buser	Seneca Valley	37-08.50 R
<a href="#"><u>1988</u></a>	Chrissie Buser	Seneca Valley	34-00.25
<a href="#"><u>1989</u></a>	Elizabeth Richard	Thomas S. Wootton	28-00.00
<a href="#"><u>1990</u></a>	Karen Dyson	Seneca Valley	36-08.50
<a href="#"><u>1991</u></a>	Jessica Humphrey	Springbrook	31-08.50
<a href="#"><u>1992</u></a>	Mendo	Bethesda Chevy Chase	32-05.00
<a href="#"><u>1993</u></a>	Leslie Brown	Thomas S. Wootton	32-08.00
<a href="#"><u>1994</u></a>	Kobie Kruger	Gaithersburg	33-04.00
<a href="#"><u>1995</u></a>	Kobie Kruger	Gaithersburg	31-00.25
<a href="#"><u>1997</u></a>	Ruth Kura	Quince Orchard	31-08.50
<a href="#"><u>1998</u></a>	Ruth Kura	Quince Orchard	38-08.50 R
<a href="#"><u>2000</u></a>	Kristen Reley	Seneca Valley	31-08.00
<a href="#"><u>2001</u></a>	Irina King	Paint Branch	35-09.25
<a href="#"><u>2002</u></a>	Ashley Fauntleroy	Paint Branch	32-07.00
<a href="#"><u>2003</u></a>	Kyla Graham	Gaithersburg	35-02.00
<a href="#"><u>2004</u></a>	Ashley Fauntleroy	Paint Branch	36-00.00
<a href="#"><u>2005</u></a>	Lili Afkhami	Quince Orchard	33-01.50
<a href="#"><u>2006</u></a>	Dana Soper	Poolesville	30-01.25
<a href="#"><u>2007</u></a>	Arleigh Rose	Sherwood	34-05.25
<a href="#"><u>2008</u></a>	Arleigh Rose	Sherwood	35-11.25
<a href="#"><u>2009</u></a>	Octavia King	James H. Blake	34-07.00
<a href="#"><u>2010</u></a>	Leah Lang	Quince Orchard	32-02.50
<a href="#"><u>2011</u></a>	Rachel Porzel	James H. Blake	36-06.50
<a href="#"><u>2012</u></a>	Virginia Owusu-Mainoo	Seneca Valley	35-05.50
<a href="#"><u>2013</u></a>	Claudia Ababio	Clarksburg	41-09.00 R
<a href="#"><u>2014</u></a>	Claudia Ababio	Clarksburg	42-06.00 R
<a href="#"><u>2015</u></a>	Justina Ababio	Clarksburg	35-00.75
<a href="#"><u>2016</u></a>	Justina Ababio	Clarksburg	37-10.50
<a href="#"><u>2017</u></a>	Toni Koroye	Walter Johnson	33-00.50
<a href="#"><u>2018</u></a>	Erin Hatcher	Paint Branch	36-02.75
<a href="#"><u>2019</u></a>	Janise Bestman	Paint Branch	37-02.00
<a href="#"><u>2020</u></a>	Nadia Dennis	Paint Branch	35-05.50

## Boys Shot Put Top 25

	Name	High School	Meet Year	Shot Put
1	Sean Stanley	Gaithersburg	2009	59-10.00
2	Marcus Brown	Quince Orchard	2009	56-10.00
3	Jabari Bennett	James H. Blake	2017	56-03.00
4	Sean Stanley	Gaithersburg	2008	55-00.75
5	Jared Wasser	Thomas S. Wootton	2002	54-02.25
6	Andrew Birgin	Walter Johnson	2018	52-07.50
7	Jared Wasser	Thomas S. Wootton	2003	52-05.25
8	Noah Vernick	Quince Orchard	2015	52-00.75
9	Devonte Johnson	Paint Branch	2014	51-09.50
10	Victor Wang	Montgomery Blair	2009	51-04.00
11	Nadim Elhage	Winston Churchill	2012	50-11.00
12	Matt Miller	Richard Montgomery	2006	50-05.50
13	Robert Scribner	Quince Orchard	2006	50-02.50
14	Avery Graham	Clarksburg	2008	50-00.75
15	Doug Joyce	Gaithersburg	1987	49-10.00
16	Ramsey Janini	Thomas S. Wootton	1997	49-09.25
17	Christian Smith	Clarksburg	2009	49-07.00
18	Sean Stanley	Gaithersburg	2007	49-06.50
19	Csaba Hadas	Bethesda Chevy Chase	1989	49-03.00
20	Uchenna Ahaghotu	Springbrook	2008	49-00.00
21	Chris Dooley	Gaithersburg	2003	48-11.50
22	Marc Leiderman	Wheaton	1991	48-08.00
23	Dave Neubeiser	Gaithersburg	1994	48-04.50
24	Nnamdi Edokobi	Richard Montgomery	2011	48-02.50
25	Kevin Neubeiser	Gaithersburg	2000	48-00.25

### Shot Put All-Time Best Performances By School at the MCPS Indoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Csaba Hadas	Bethesda Chevy Chase	1989	49-03.00	Victor Wang	Montgomery Blair	2009	51-04.00
Jabari Bennett	James H. Blake	2017	56-03.00	Nadim Elhage	Winston Churchill	2012	50-11.00
Avery Graham	Clarksburg	2008	50-00.75	Jake Furr	Damascus	2009	46-07.00
Aaron Lomax	Albert Einstein	2020	45-11.50	Sean Stanley	Gaithersburg	2009	59-10.00
Andrew Birgin	Walter Johnson	2018	52-07.50	Joe Henry	John F. Kennedy	2001	45-07.00
Mark Lee	Magruder	1988	44-03.25	Matt Miller	Richard Montgomery	2006	50-05.50
Caleb Gills	Northwest	2016	45-09.50	Martin Onley	Northwood	2010	43-05.50
Devonte Johnson	Paint Branch	2014	51-09.50	Jeff Stout	Poolesville	2004	41-07.00
Marcus Brown	Quince Orchard	2009	56-10.00	Erik Blautzik	Rockville	2016	43-04.50
Chris Mstowski	Seneca Valley	1998	45-05.25	Osajele Ikheloa	Sherwood	2016	46-04.00
Uchenna Ahaghotu	Springbrook	2008	49-00.00	Baeba Sayeh	Watkins Mill	2019	46-02.50
Marc Leiderman	Wheaton	1991	48-08.00	Rostamian	Walt Whitman	1989	40-00.00
Jared Wasser	Thomas S. Wootton	2002	54-02.25				

## Boys Shot Put County Champions

Year	Name	High School	Shot Put Results
<a href="#"><u>1986</u></a>	Doug Joyce	Gaithersburg	46-04.00 R
<a href="#"><u>1987</u></a>	Doug Joyce	Gaithersburg	49-10.00 R
<a href="#"><u>1988</u></a>	Csaba Hadas	Bethesda Chevy Chase	44-03-25
<a href="#"><u>1989</u></a>	Csaba Hadas	Bethesda Chevy Chase	49-03.00
<a href="#"><u>1990</u></a>	Mike Neubeiser	Gaithersburg	47-07.00
<a href="#"><u>1991</u></a>	Marc Leiderman	Wheaton	48-08.00
<a href="#"><u>1992</u></a>	Joe Teehan	Gaithersburg	45-10.50
<a href="#"><u>1993</u></a>	Egnew	Seneca Valley	43-01.00
<a href="#"><u>1994</u></a>	Dave Neubeiser	Gaithersburg	48-04.50
<a href="#"><u>1995</u></a>	Mike Berkmyre	Damascus	45-01.50
<a href="#"><u>1997</u></a>	Ramsey Janini	Thomas S. Wootton	49-09.25
<a href="#"><u>1998</u></a>	Robert Frierson	Gaithersburg	46-09.50
<a href="#"><u>2000</u></a>	Kevin Neubeiser	Gaithersburg	48-00.25
<a href="#"><u>2001</u></a>	Joe Henry	John F. Kennedy	45-07.00
<a href="#"><u>2002</u></a>	Jared Wasser	Thomas S. Wootton	54-02.25 R
<a href="#"><u>2003</u></a>	Jared Wasser	Thomas S. Wootton	52-05.25
<a href="#"><u>2004</u></a>	Paul Bridgers	Gaithersburg	42-10.75
<a href="#"><u>2005</u></a>	Bob Dugan	Gaithersburg	45-09.50
<a href="#"><u>2006</u></a>	Matt Miller	Richard Montgomery	50-05.50
<a href="#"><u>2007</u></a>	Sean Stanley	Gaithersburg	49-06.50
<a href="#"><u>2008</u></a>	Sean Stanley	Gaithersburg	55-00.75 R
<a href="#"><u>2009</u></a>	Sean Stanley	Gaithersburg	59-10.00 R
<a href="#"><u>2010</u></a>	Matt Gordon	Thomas S. Wootton	46-04.00
<a href="#"><u>2011</u></a>	Nnamdi Edokobi	Richard Montgomery	48-02.50
<a href="#"><u>2012</u></a>	Nadim Elhage	Winston Churchill	50-11.00
<a href="#"><u>2013</u></a>	Donovan Tyler	Quince Orchard	45-11.50
<a href="#"><u>2014</u></a>	Devonte Johnson	Paint Branch	51-09.50
<a href="#"><u>2015</u></a>	Noah Vernick	Quince Orchard	52-00.75
<a href="#"><u>2016</u></a>	Osajele Ikheloa	Sherwood	46-04.00
<a href="#"><u>2017</u></a>	Jabari Bennett	James H. Blake	56-03.00
<a href="#"><u>2018</u></a>	Andrew Birgin	Walter Johnson	52-07.50
<a href="#"><u>2019</u></a>	Baeba Sayeh	Watkins Mill	46-02.50
<a href="#"><u>2020</u></a>	Aaron Lomax	Albert Einstein	45-11.50

## Girls Pole Vault Top 25 (Event Added 1997 for Girls, Removed After 2002)

	Name	High School	Year	Pole Vault
1	Tarah Greenwood	Seneca Valley	1998	08-06.00
1	Rebekah Harrison	Springbrook	2001	08-06.00
1	Jodi Taetle	Gaithersburg	2001	08-06.00
4	Katie Bolac	Gaithersburg	1998	08-00.00
4	Jodi Taetle	Gaithersburg	2000	08-00.00
4	Kimberly Sauer	Quince Orchard	2001	08-00.00
4	Tammy Spurr	Gaithersburg	2002	08-00.00
8	Rebekah Harrison	Springbrook	2000	07-06.00
8	Kimberly Sauer	Quince Orchard	2002	07-06.00
8	Amy Follett	Winston Churchill	2002	07-06.00
11	Tammy Spur	Gaithersburg	2001	07-00.00
12	Marlowe Busby	Watkins Mill	1997	06-06.00
12	Stacy Zipnick	Gaithersburg	1998	06-06.00
12	Corey Atwell	Albert Einstein	1998	06-06.00
12	Corey Atwell	Albert Einstein	2000	06-06.00
12	Katherine Blackwell	Sherwood	2002	06-06.00
12	Amanda Shapin	Walter Johnson	2002	06-06.00
18	Corey Atwell	Albert Einstein	1997	06-00.00
18	Tammy Spurr	Gaithersburg	2000	06-00.00

## Girls Pole Vault County Champions | Event Added 1997 for Girls, Removed After 2002

Year	Name	High School	Pole Vault Results
<a href="#"><u>1997</u></a>	Marlowe Busby	Watkins Mill	06-06.00 R
<a href="#"><u>1998</u></a>	Tarah Greenwood	Seneca Valley	08-06.00 R
<a href="#"><u>2000</u></a>	Jodi Taetle	Gaithersburg	08-00.00
<a href="#"><u>2001</u></a>	Jodi Taetle	Gaithersburg	08-06.00
<a href="#"><u>2002</u></a>	Tammy Spurr	Gaithersburg	08-00.00

## Boys Pole Vault Top 25

	Name	High School	Meet Year	Pole Vault
1	Brent McCauley	Gaithersburg	2001	13-00.00
1	Nate Anguita	Gaithersburg	2002	13-00.00
3	Brent McCauley	Gaithersburg	2000	12-08.00
4	Keith Duggan	Gaithersburg	1994	12-00.00
4	James Morrison	Walter Johnson	2001	12-00.00
6	Matt Gottvedson	Quince Orchard	1995	11-06.00
7	Kevin Koziol	Gaithersburg	1993	11-01.00
8	James Morrison	Walter Johnson	2000	11-00.00
8	Andrew Lukacs	Walter Johnson	2002	11-00.00
10	Paul Gray	Gaithersburg	1994	10-06.00
10	Paul Gray	Gaithersburg	1995	10-06.00
10	Will Millman	Quince Orchard	2001	10-06.00
13	Matt Runzel	Gaithersburg	1997	10-00.00
13	Bobby Calvin	Gaithersburg	1997	10-00.00
13	Matt Runzel	Gaithersburg	1998	10-00.00
13	Grant Thomas	Damascus	2001	10-00.00
17	Steve Wilson	Gaithersburg	1986	09-06.00
17	Robin Tifft	Walt Whitman	1986	09-06.00
17	John Kimbrough	Walt Whitman	1986	09-06.00
17	Dave Evans	Gaithersburg	1986	09-06.00
17	Nate Anguita	Gaithersburg	2001	09-06.00
17	Matt Begley	Sherwood	2002	09-06.00
23	Toby Fried	Walter Johnson	1988	09-00.00
23	Brian Gague	Gaithersburg	1995	09-00.00
23	Dan Cumberland	Seneca Valley	1995	09-00.00
23	Soan Hislop	Seneca Valley	1995	09-00.00
23	Everal McDonald	Gaithersburg	1998	09-00.00
23	Chris Moran	Sherwood	2002	09-00.00

## Boys Pole Vault County Champions | Event Removed After 2002

Year	Name	High School	Pole Vault Results	
<u>1986</u>	Steve Wilson	Gaithersburg	09-06.00	R
<u>1987</u>	Toby Fried	Walter Johnson	08-00.00	
<u>1988</u>	Toby Fried	Walter Johnson	09-00.00	
<u>1993</u>	Kevin Koziol	Gaithersburg	11-01.00	R
<u>1994</u>	Keith Duggan	Gaithersburg	12-00.00	R
<u>1995</u>	Matt Gottvedson	Quince Orchard	11-06.00	
<u>1997</u>	Matt Runzel	Gaithersburg	10-00.00	
<u>1998</u>	Matt Runzel	Gaithersburg	10-00.00	
<u>2000</u>	Brent McCauley	Gaithersburg	12-08.00	R
<u>2001</u>	Brent McCauley	Gaithersburg	13-00.00	R
<u>2002</u>	Nate Anguita	Gaithersburg	13-00.00	

## Athletes with Three or More Individual Indoor County Titles

Boys		Girls			
Name	High School	# Titles	Name	High School	# Titles
Jim Ward	Albert Einstein	4	Alexus Pyles	Clarksburg	10
Paul Joseph	Clarksburg	4	Thea LaFond	John F. Kennedy	9
Kirk Hewling	John F. Kennedy	4	Olivia Ekponé	Northwest	8
Clarence Foote-Talley	Northwest	4	Taylor Wright	Northwest	8
Chris Moen	Walter Johnson	4	Audrey Gariepy-Bogui	Winston Churchill	7
Khaloni Mganga	Northwest	4	Halsey Sinclair	Montgomery Blair	6
Terrence Taylor	Albert Einstein	3	Sally Glynn	Walter Johnson	6
Matt Ellis	Bethesda Chevy Chase	3	Leslie Morrison	Walt Whitman	6
Joey Robinson	Gaithersburg	3	Kim Many	John F. Kennedy	5
Stephen Hayes	Winston Churchill	3	Abigail Green	Walter Johnson	5
Andrew Jesien	Walter Johnson	3	Nina Warren	Gaithersburg	4
Sheldon Trotman	Northwest	3	Teresa Israel	Paint Branch	4
Josh Orenstein	Walter Johnson	3	Karen Pulliam	Quince Orchard	4
Peter Kimball	Walt Whitman	3	Tameka Alestock	Paint Branch	4
Sam Brown	Springbrook	3	Kisha Cole	Seneca Valley	3
Sean Stanley	Gaithersburg	3	Maisha Pinkard	Bethesda Chevy Chase	3
Owen Cain	Gaithersburg	3	Wanda Evans	Magruder	3
Josh Netterville	Northwest	3	Janelle Ralph	Springbrook	3
			Lucy Srour	Winston Churchill	3
			Gwen Shaw	Thomas S. Wootton	3

## Teams With Five or More Indoor County Titles in Relay Events

Boys		Girls	
High School	# Titles	High School	# Titles
Paint Branch	19	Walter Johnson	16
Northwest	11	Northwest	12
Springbrook	10	Paint Branch	11
Richard Montgomery	8	Walt Whitman	9
Walter Johnson	8	Watkins Mill	8
Gaithersburg	6	Winston Churchill	7
Watkins Mill	6	James H. Blake	7
Seneca Valley	5	John F. Kennedy	6

## All-Time Indoor Track Title Count for Individual and Relay Events

High School	# Boys Titles	# Girls Titles	# Total Titles
Gaithersburg	63	22	85
Northwest	46	39	85
Paint Branch	39	42	81
Walter Johnson	27	45	72
Walt Whitman	18	35	53
Richard Montgomery	37	15	52
John F. Kennedy	17	25	42
Winston Churchill	15	26	41
Quince Orchard	27	14	41
Bethesda Chevy Chase	16	21	37
Springbrook	22	9	31
Seneca Valley	14	16	30
Clarksburg	8	19	27
Watkins Mill	14	13	27
Damascus	15	12	25
Thomas S. Wootton	7	16	23
Albert Einstein	15	7	22
James H. Blake	6	13	19
Wheaton	7	7	14
Magruder	5	8	13
Poolesville	2	11	13
Montgomery Blair	4	9	13
Sherwood	7	4	11
Northwood	5	1	6
Rockville	2	3	5
Charles Woodward	1	2	3

# County Meet Records by Team

**B-CC HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Amos Akasa	1995	6.84	55m Dash	Shelby Fountain	2018	7.41
Terrence James	2011	36.45	300m Dash	Maisha Pinkard	2001	41.61
Nolan Ebner	2014	1:08.36	500m Dash	Brittney Wade	2012	1:17.87
Elias Tousley	2007	2:02.09	800m Run	Brittney Wade	2012	2:21.94
Elias Tousley	2007	4:25.56	1600m Run	Alex Doll	2008	5:06.90
Adam Nakasaka	2018	9:35.02	3200m Run	Caroline Beakes	2013	11:24.68
Jesse Patterson	1993	7.84	55m Hurdles	Laila Ismail	2014	8.72
	2020	1:37.48	4x200m Relay		2018	1:52.67
	2011	3:35.81	4x400m Relay		2018	4:15.95
	2008	8:16.50	4x800m Relay		2016	9:42.41
James McGreivy	2018	6-04.00	High Jump	Madeleine McCollum	2019	4-10.00
Alex Gray	2006	20-04.00	Long Jump	Laila Ismail	2014	16-10.00
Kenneth Norris	2014	40-11.00	Triple Jump	Madeleine McCollum	2020	33-00.75
Csaba Hadas	1989	49-03.00	Shot Put	Mendo	1992	32-05.00

**Blair HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
TJ Trueh	1993	6.54	55m Dash	Angie Mitchell	1990	7.24
Jonathan Haughton	2008	35.97	300m Dash	Sarah McMillian	2009	42.47
Thierry Siewe Yanga	2017	1:07.01	500m Dash	Susan Maisto	2016	1:19.92
Thierry Siewe Yanga	2017	1:57.56	800m Run	Ashlyn Sinclair	2007	2:19.15
Amanuel Asefaw	1986	4:31.94	1600m Run	Halsey Sinclair	2007	5:09.25
Gabriel Worthington	2020	9:55.98	3200m Run	Halsey Sinclair	2007	11:20.90
Stephen Varella	2014	7.89	55m Hurdles	Kafilat Oladiran	2013	8.69
	2008	1:32.87	4x200m Relay		2012	1:52.17
	2009	3:31.38	4x400m Relay		2017	4:14.43
	2019	8:12.76	4x800m Relay		2005	9:58.87
Wynston Reed	2014	6-00.00	High Jump	Gwladys Fotso	2014	4-10.00
Sergio Pakou	2015	19-10.50	Long Jump	Gwladys Fotso	2014	16-03.50
			Triple Jump	Rachel Ederer	2015	30-05.00
Victor Wang	2009	51-04.00	Shot Put	Momo Reine	2005	29-05.25

**Blake HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Ty Mason	2017	6.53	55m Dash	Martha Sam	2014	7.28
Nathan Phillips	2016	35.82	300m Dash	Martha Sam	2015	40.37
Aharon Conerly	2004	1:06.30	500m Dash	Sarah Moore	2015	1:17.16
Josh Oxley	2015	2:04.10	800m Run	Kellie Dunston	2004	2:28.62
Kyle Gaffney	2006	4:32.14	1600m Run	Sydney Ruckdeschel	2017	5:31.64
Kyle Gaffney	2006	9:50.28	3200m Run	Riani Carr	2016	12:21.01
Brian Dennis	2017	7.81	55m Hurdles	Angelika Mitchell	2003	8.83
	2016	1:33.97	4x200m Relay		2019	1:42.06
	2003	3:32.56	4x400m Relay		2018	4:01.19
	2003	8:25.16	4x800m Relay		2003	10:08.71
Gaston Assoua	2012	5-08.00	High Jump	Monica Gerald	2007	4-10.00
Gaston Assoua	2013	23-00.00	Long Jump	Micah Richards	2013	15-07.00
Moussa Sylla	2018	42-09.00	Triple Jump	Grace Oxley	2010	35-04.50
Jabari Bennett	2017	56-03.00	Shot Put	Rachel Porzel	2011	36-06.50

**Churchill HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Micah Phillips-Spencer	2011	6.60	55m Dash	Katie Wolf	2010	7.14
Robert Bowis	2011	35.85	300m Dash	Katie Wolf	2009	40.53
Darren Harris	2009	1:08.00	500m Dash	Katie Wolf	2008	1:20.08
Will Conway	2012	1:59.33	800m Run	Lucy Srour	2014	2:21.89
Will Conway	2012	4:22.41	1600m Run	Louise Hannallah	2007	5:10.98
Zachary Weinstein	2012	9:42.07	3200m Run	Louise Hannallah	2007	11:18.00
Todd Sheridan	1994	7.94	55m Hurdles	Audrey Gariepy-Bogui	2007	8.22
	2011	1:31.89	4x200m Relay		2007	1:47.60
	2009	3:35.31	4x400m Relay		2010	4:10.51
	2009	8:05.93	4x800m Relay		2008	9:37.98
Mike Pearson	1995	5-10.00	High Jump	Audrey Gariepy-Bogui	2007	5-08.50
Robert Bowis	2010	20-03.00	Long Jump	Fanny Chen	2014	17-02.25
Brendan Tan-Fahed	2018	43-00.00	Triple Jump	Audrey Gariepy-Bogui	2007	38-01.00
Nadim Elhage	2012	50-11.00	Shot Put	Jenna Hawk	2009	31-01.50
			Pole Vault	Amy Follett	2002	7-06.00

**Clarksburg HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Avery Graham	2009	6.57	55m Dash	Alexus Pyles	2016	7.35
Paul Joseph	2013	35.33	300m Dash	Chanel Solomon	2016	42.36
Tavis Holland	2013	1:06.99	500m Dash	Alyssa McCloskey	2018	1:20.64
Bentsi Johnson	2008	2:06.30	800m Run	Jacqui Young	2012	2:26.60
Will Bertrand	2013	4:23.45	1600m Run	Abbey Daley	2012	5:16.26
Will Bertrand	2013	9:29.67	3200m Run	Abbey Daley	2013	11:30.64
Paul Joseph	2013	7.75	55m Hurdles	Alexus Pyles	2016	8.02
	2009	1:33.84	4x200m Relay		2016	1:46.07
	2013	3:34.96	4x400m Relay		2018	4:17.76
	2015	8:27.65	4x800m Relay		2010	10:01.99
Avery Graham	2009	6-04.00	High Jump	Bailee Freeman	2011	5-04.00
Morgan Mott	2008	20-08.50	Long Jump	Cierra Pyles	2016	17-09.25
Carlos Vanzego	2014	44-06.00	Triple Jump	Alexus Pyles	2015	37-09.50
Avery Graham	2008	50-00.75	Shot Put	Claudia Ababio	2014	42-06.00

**Damascus HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Markus Vinson	2017	6.62	55m Dash	Erika Zoller	2004	7.34
Markus Vinson	2017	36.78	300m Dash	Denise Woode	2016	41.44
Wil Zahorodny	2008	1:05.09	500m Dash	Melissa Kameka	2017	1:16.55
Tamrat Snyder	2020	1:57.75	800m Run	Samantha Kameka	2017	2:22.09
Ben Macek	2016	4:34.24	1600m Run	Heather Delaplaine	2016	5:18.48
Alex Arias	2011	9:48.05	3200m Run	Hannah Benjamin	1998	11:40.24
Jon Snelson	1995	8.24	55m Hurdles	Erika Zoller	2005	8.54
	2017	1:35.30	4x200m Relay		2010	1:50.01
	2009	3:30.23	4x400m Relay		2010	4:12.64
	2010	8:04.18	4x800m Relay		2009	09:51.29
Jamal Currica	2007	6-06.00	High Jump	Kacey Childs	1997	5-06.00
Jamal Currica	2007	20-03.75	Long Jump	Bryeana Rhodes	2013	17-01.50
Mike Martinez	2005	41-06.75	Triple Jump	Denise Woode	2016	37-01.00
Jake Furr	2009	46-07.00	Shot Put	Mallory Anderson	2019	34-03.50
Grant Thomas	2001	10-00.00	Pole Vault			

**Einstein HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Elijah Thomas	2012	6.66	55m Dash	Anna Ucheomumu	2012	7.41
Jim Ward	1989	36.44	300m Dash	Judith Owens	1989	40.94
Johan Deyonou	2019	1:09.16	500m Dash	Grace Reinalter	2007	1:19.49
Dawit Zewdie	2009	2:02.49	800m Run	Ciciely Davy	2016	2:25.22
Simeon Mussie	2018	4:32.06	1600m Run	Grace Reinalter	2006	5:42.14
Andrew Ceruzzi	2011	10:09.18	3200m Run	Ciciely Davy	2016	11:06.06
Ivan Charles	1988	7.70	55m Hurdles	Shaakira Raheem	2007	8.63
	2007	1:36.9	4x200m Relay		2007	1:53.20
	1989	3:38.64	4x400m Relay		2007	4:15.00
	2010	8:39.02	4x800m Relay		2014	10:10.57
Timmy Edwards	1988	6-02.00	High Jump	Kathy Sullivan	1991	4-08.00
Salifu Cham	2007	21-01.50	Long Jump	Winona Peace	2015	16-02.50
Kirk Vallespin	2007	36-05.00	Triple Jump	Anna Ucheomumu	2012	36-09.00
Aaron Lomax	2020	45-11.50	Shot Put	Anna Ucheomumu	2011	32-01.00
			Pole Vault	Corey Atwell	1998	6-06.00

**Gaithersburg HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Malcolm Richardson	2005	6.45	55m Dash	Nina Warren	2004	7.06
Bryan Steele	2002	35.34	300m Dash	K.C. Ashiogwu	2020	41.21
Bryan Steele	2002	1:06.04	500m Dash	Michelle Kamara	2018	1:16.83
Antonio Palmer	2009	1:58.77	800m Run	Michelle Kamara	2019	2:25.29
Eric Pauley	2003	4:28.28	1600m Run	Megan Kirby	2001	5:28.48
Peter Antonetti	2018	9:44.86	3200m Run	Laurel Hildebrandt	1995	11:50.14
Ron Frazier	2000	7.74	55m Hurdles	Elaina Smith	2004	8.50
	2002	1:31.74	4x200m Relay		2004	1:47.80
	2014	3:34.78	4x400m Relay		2020	4:19.00
	2005	8:22.77	4x800m Relay		2020	10:51.61
Jeremy Smith	1998	6-07.00	High Jump	Michelle Smith	2000	5-07.00
Owen Cain	2009	21-06.50	Long Jump	K.C. Ashiogwu	2020	17-03.75
Owen Cain	2009	44-03.00	Triple Jump	K.C. Ashiogwu	2020	36-04.25
Sean Stanley	2009	59-10.00	Shot Put	Kyla Graham	2003	35-02.00
Brent McCauley	2001	13-00.00	Pole Vault	Jodi Taetle	2001	8-06.00

**Walter Johnson HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Nicholas Williams	2020	6.68	55m Dash	Erin Henderson	2019	7.32
Christian Campbell	2014	36.43	300m Dash	Courtney Christian	2017	41.57
Martin Dally	2010	1:07.05	500m Dash	Leigh Rivlin	2002	1:19.44
Chris Moen	2008	1:58.49	800m Run	Camille Bouvet	2011	2:21.79
Rodrigo Yepez-Lopez	2019	4:21.93	1600m Run	Abigail Green	2018	5:01.37
Itai Bezherano	2015	9:43.87	3200m Run	Abigail Green	2018	10:45.75
Vaclav Malek	2002	7.94	55m Hurdles	Laura Dally	2012	8.46
	2020	1:35.16	4x200m Relay		2019	1:47.81
	2002	3:33.84	4x400m Relay		2003	4:08.79
	2011	8:13.86	4x800m Relay		2016	9:43.37
Vaclav Malek	2002	6-02.00	High Jump	Kristin Smin	1997	5-00.00
Ian Francis	2008	20-07.00	Long Jump	Ana Gomerez	2013	16-03.25
Ian Francis	2008	43-09.00	Triple Jump	Laura Dally	2012	35-01.50
Andrew Birgin	2018	52-07.50	Shot Put	Toni Koroye	2017	33-00.50
James Morrison	2001	12-00.00	Pole Vault	Amanda Shapin	2002	6-06.00

**Kennedy HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Bisi Ezekoye	2009	6.53	55m Dash	Phobay Kutu-Akoi	2004	7.19
Kimery Williams	2005	36.00	300m Dash	Phobay Kutu-Akoi	2005	41.17
Kimery Williams	2005	1:07.37	500m Dash	Ashlee Payne	2006	1:21.00
Kirk Hewling	1990	2:05.84	800m Run	Kim Many	1989	2:33.04
Binyam Tadesse	2015	4:33.92	1600m Run	Kim Many	1988	5:18.34
Damien Brown	2003	10:04.68	3200m Run	Kim Many	1988	11:39.14
Devon Hairston	2014	7.50	55m Hurdles	Thea LaFond	2011	8.47
	2006	1:34.52	4x200m Relay		2005	1:46.24
	2014	3:34.67	4x400m Relay		2005	4:08.16
	1987	8:45.14	4x800m Relay		2013	10:37.74
Exeter	1994	5-10.00	High Jump	Thea LaFond	2011	5-04.00
Tarell Williams	2006	21-03.00	Long Jump	Thea LaFond	2011	18-04.00
Devon Hairston	2014	41-07.00	Triple Jump	Thea LaFond	2011	39-05.75
Joe Henry	2001	45-07.00	Shot Put	Rachel Mzengi	2008	31-05.75

**Magruder HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Vincent Bosha	2006	6.68	55m Dash	Stephanie Davis	2015	7.20
Darwin McJimpsey	2005	36.59	300m Dash	Stephanie Davis	2015	40.20
Lettman Nathan	2002	1:09.04	500m Dash	Celine Antwi	2013	1:21.92
Chris Gregorski	2009	2:01.19	800m Run	Laura McCary	2007	2:27.87
Awit Yohannes	2003	4:34.27	1600m Run	Laura McCary	2007	5:22.15
Nicolas Escobar	2010	9:47.32	3200m Run	Ashley McNerney	2002	12:08.44
Vincent Bosha	2006	7.94	55m Hurdles	Elana Diestel	2007	9.92
	2007	1:34.10	4x200m Relay		2011	1:47.55
	2007	3:35.50	4x400m Relay		2011	4:20.33
	2002	8:18.84	4x800m Relay		2007	10:13.70
Bobby Price	2004	6-02.00	High Jump	Kristen Collins	2003	5-02.00
Kalgeri Robinson	2007	20-07.75	Long Jump	Keila Robertson	2016	17-06.25
Steven Ha	2009	43-11.00	Triple Jump	Keila Robertson	2016	36-08.25
Mark Lee	1988	44-03.25	Shot Put	Juanita Murkey	2003	21-10.00

**R. Montgomery HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Gary Frazier	2008	6.50	55m Dash	Ashley Decruise	2007	7.30
Brendan Etzel	2008	35.47	300m Dash	Caia Gelli	2020	39.84
Seydi Sall	2019	1:04.47	500m Dash	Sharifa Love	2005	1:18.68
Garrett Suhr	2018	1:58.12	800m Run	Cecily Garber	1998	2:24.04
Rohann Asfaw	2016	4:23.82	1600m Run	Meghan Geary	2020	5:22.16
Rohann Asfaw	2015	9:35.86	3200m Run	Charlotte Turesson	2020	10:58.42
Matt McGuire	1998	7.44	55m Hurdles	Samantha Smith	2010	9.09
	2007	1:32.40	4x200m Relay		2020	1:47.28
	2006	3:30.45	4x400m Relay		2001	4:12.07
	2009	8:20.57	4x800m Relay		2002	10:06.44
Tuan Wreh	1998	6-07.00	High Jump	Emily Owens	1998	5-06.00
Gary Frazier	2008	21-09.00	Long Jump	Ashley Christopher	2013	16-07.50
Fonati Quinn	2010	42-05.75	Triple Jump	Samantha Smith	2010	33-00.25
Matt Miller	2006	50-05.50	Shot Put	Ozioma Edokobi	2014	37-08.00

**Northwest HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Khaloni Mganga	2018	6.47	55m Dash	Olivia Ekponé	2011	7.02
Jalen Walker	2015	35.35	300m Dash	Olivia Ekponé	2011	39.18
Dahri Jahn-Richardson	2013	1:06.45	500m Dash	Britt Eckerstrom	2011	1:16.43
Diego Zarate	2015	1:57.72	800m Run	Kathy Aherne	2007	2:21.58
Diego Zarate	2015	4:20.09	1600m Run	Britt Eckerstrom	2008	5:16.54
Diego Zarate	2014	9:43.07	3200m Run	Kathy Aherne	2008	11:52.17
Shyheim Wright	2016	7.44	55m Hurdles	Eddita Pessima	2018	8.20
	2017	1:32.19	4x200m Relay		2010	1:43.21
	2017	3:29.26	4x400m Relay		2010	4:00.58
	2017	8:05.61	4x800m Relay		2010	9:35.01
Markcus Ruffin	2006	6-06.00	High Jump	Taylor Wright	2019	5-08.00
Josh Netterville	2017	22-11.00	Long Jump	Leondra Correia	2015	18-01.00
Clarence Foote-Talley	2019	45-08.25	Triple Jump	Taylor Wright	2016	38-09.50
Caleb Gills	2016	45-09.50	Shot Put	Biamba Tshitenge	2016	33-03.00

**Northwood HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Omega James	2018	6.64	55m Dash	Le'Quisha Parker	2011	7.20
Derrick Powell	2008	36.25	300m Dash	Le'Quisha Parker	2011	40.51
Eldon Phillips	2017	1:06.07	500m Dash	Alexis Doon	2014	1:21.02
Eldon Phillips	2018	1:57.15	800m Run	Anaiya Bobo	2020	2:22.61
Eldad Mulugeta	2019	4:20.25	1600m Run	Olivia Rosemond	2019	5:46.11
Obsaa Feda	2018	9:38.39	3200m Run	Madison Armonda	2018	11:35.95
Marcus Pryor	2015	8.09	55m Hurdles	Shaneil Thomas	2013	9.12
	2017	1:33.93	4x200m Relay		2010	1:50.13
	2017	3:32.38	4x400m Relay		2020	4:21.31
	2020	8:03.82	4x800m Relay		2017	10:48.79
Keenan Woods	2008	5-08.00	High Jump	Le'Quisha Parker	2011	5-02.00
Keenan Woods	2008	19-04.50	Long Jump	Shaquilla Newby	2010	14-10.50
Keenan Woods	2008	44-05.00	Triple Jump			
Martin Onley	2010	43-05.50	Shot Put	Cemara Collins	2020	34-11.00

**Paint Branch HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Alonzo McBryde	2020	6.41	55m Dash	Adassa Phillips	2015	7.24
Jaeden Burke	2020	35.52	300m Dash	Arielle Statham	2009	40.12
Edwin Campbell	2002	1:06.84	500m Dash	Kyra Badrian	2017	1:19.01
Oliver Lloyd	2015	1:59.26	800m Run	Yasmine Kass	2017	2:21.86
Lorenzo Neil	2015	4:24.87	1600m Run	Yasmine Kass	2017	5:09.15
Newell Mulugeta	2018	9:54.92	3200m Run	Bethlehem Taye	2016	10:53.70
Eric Amo	1988	7.80	55m Hurdles	Kaya Rae Dunbar	2020	8.17
	2020	1:29.55	4x200m Relay		2014	1:45.65
	2014	3:29.89	4x400m Relay		2014	4:04.51
	2019	8:07.87	4x800m Relay		2016	10:01.20
Tyrek Goy	2017	6-04.00	High Jump	Juliana Njoku	1995	5-06.00
Sytta Barry	2013	20-10.75	Long Jump	Kaya Rae Dunbar	2019	15-06.00
Marcus Willacy	2009	45-04.00	Triple Jump	Arielle Statham	2009	37-10.00
Devonte Johnson	2014	51-09.50	Shot Put	Janise Bestman	2019	37-02.00

**Poolesville HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Connell Oberman	2018	6.84	55m Dash	Meghan Rose	2004	7.46
Chris Rackens	2005	37.24	300m Dash	Meghan Rose	2005	41.39
Eric Agnew	2005	1:10.73	500m Dash	Meghan Rose	2006	1:17.45
Ryan Lockett	2018	1:57.29	800m Run	Erin Moore	2004	2:23.73
Ryan Lockett	2017	4:25.92	1600m Run	Nandini Satsangi	2019	5:12.32
Chase Weaverling	2014	9:32.00	3200m Run	Nandini Satsangi	2019	11:17.26
Kyle McLaughlin	2003	8.40	55m Hurdles	Olivia Durr	2009	8.38
	2018	1:37.30	4x200m Relay		2002	1:47.74
	2010	3:43.32	4x400m Relay		2002	4:13.54
	2010	8:30.84	4x800m Relay		2004	9:50.00
Andre Butler	2013	6-00.00	High Jump	Olivia Durr	2009	5-02.00
Kevin Dickerson	2009	18-08.00	Long Jump	Emily Furr	2006	15-07.50
			Triple Jump	Holly Defnet	2008	31-08.50
Jeff Stout	2004	41-07.00	Shot Put	Sally French	2001	33-10.50

**Quince Orchard HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Jesse Henderson	1998	6.64	55m Dash	Ashley Seymour	2015	7.40
Justin Sorra	2015	36.26	300m Dash	Kyra Lyles	2020	40.87
Wayne Bartholomew	2009	1:06.11	500m Dash	Kyra Lyles	2020	1:17.87
Liam Walsh	2016	1:59.52	800m Run	Meghan Cathey	1998	2:25.74
Evan Laratta	2012	4:24.05	1600m Run	Karen Pulliam	2001	5:20.30
Neal Darmody	2008	9:35.11	3200m Run	Cara Harrison	2007	11:24.00
Onaje Robinson	1993	7.84	55m Hurdles	Leah Lang	2010	8.80
	2013	1:34.11	4x200m Relay		2018	1:50.47
	2012	3:36.31	4x400m Relay		2011	4:18.84
	2008	8:10.46	4x800m Relay		1998	9:55.94
Martin Seonarian	1994	6-04.00	High Jump	Sierra Isaac	2012	5-04.00
Jacob Adedeji	2009	20-11.00	Long Jump	Manie Mevo	2020	17-02.00
Elliott Davis	2013	45-00.00	Triple Jump	Manie Mevo	2020	37-10.75
Marcus Brown	2009	56-10.00	Shot Put	Ruth Kura	1998	38-08.50
Matt Gottvedson	1995	11-06.00	Pole Vault	Kim Sauer	2001	8-00.00

**Rockville HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Michael Van Gieson	2015	6.96	55m Dash	Angelique Wong	2018	7.46
Jamal Webb	2005	36.95	300m Dash	Destinee McCray	1998	43.54
Jamal Webb	2005	1:10.76	500m Dash	Destinee McCray	2000	1:23.64
Miguel Suero	2014	2:03.54	800m Run	Jennifer Kuta	1987	2:35.54
Jonaton Baginski	2014	4:24.36	1600m Run	Jennifer Kuta	1987	5:28.34
Jonaton Baginski	2014	9:49.12	3200m Run	Kathryn Nagiel	2010	12:14.26
Marco Ramirez	2016	8.19	55m Hurdles	LaSia Brown	2003	9.31
	2009	1:38.83	4x200m Relay		1998	1:53.44
	1990	3:45.74	4x400m Relay		2005	4:56.11
	2015	8:34.56	4x800m Relay		1987	10:31.54
			High Jump	Tiama Essama-ayi	2017	4-08.00
Michael Van Gieson	2015	18-07.50	Long Jump	Gabrielle Astorga	2018	13-05.50
Colin Gabele	2018	32-11.00	Triple Jump	Erin Johnson	2014	28-01.00
Erik Blautzik	2016	43-04.50	Shot Put	Jessie Blacwell	2004	32-07.00

**Seneca Valley HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Sayon Cooper	1993	6.44	55m Dash	Giselle Badoo	2020	7.29
Damion Rowe	2014	36.50	300m Dash	Mariah McLane	2014	42.62
Shyheim Council	2014	1:09.37	500m Dash	Ever Elegon	2020	1:18.41
Mike Garrett	1988	2:04.84	800m Run	Omolola Sanusi	2015	2:29.51
Scott Mostrum	1989	4:44.64	1600m Run	Michelle Rafeedie	1998	5:31.94
Scott Mostrum	1989	10:26.14	3200m Run	Chelsea Montau	2020	13:08.24
Darius Lewis	2012	7.81	55m Hurdles	HelnSarah Penda	2016	8.44
	2012	1:34.93	4x200m Relay		2014	1:46.47
	1994	3:35.34	4x400m Relay		2014	4:11.32
	1989	8:50.34	4x800m Relay		2015	9:55.26
Charles Wyatt	1995	6-04.00	High Jump	Janice Henry	1995	5-04.00
Donovan Beckett-Simms	2015	20-02.00	Long Jump	Tyatianna Johnson	2015	15-10.00
Donovan Beckett-Simms	2016	45-09.00	Triple Jump	Tyatianna Johnson	2014	35-00.50
Chris Mstowski	1998	45-05.25	Shot Put	Chrissie Buser	1987	37-08.50
Dan Cumberland	1995	9-00.00	Pole Vault	Tarah Greenwood	1998	8-06.00

**Sherwood HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Rufus Settles	2015	6.56	55m Dash	Leikpeilly Roberts	2001	7.33
Shaun Luncheon	2000	35.94	300m Dash	Lauren Woods	2014	42.18
Shaun Luncheon	2000	1:08.34	500m Dash	Tiffany Woods	2014	1:20.22
Nick Johnson	2012	2:02.83	800m Run	Grace McDonald	2013	2:25.86
Solomon Haile	2009	4:24.97	1600m Run	Amanda Hayes-Puttfarcken	2015	5:27.17
Solomon Haile	2009	9:32.06	3200m Run	Maddie Peloff	2016	11:44.18
Darren Fewell	2002	8.14	55m Hurdles	Evelyn Putman	2010	9.19
	2001	1:34.98	4x200m Relay		2015	1:47.81
	2001	3:35.64	4x400m Relay		2014	4:07.00
	2011	8:22.95	4x800m Relay		2011	10:21.01
Drew Buckingham	2005	5-10.00	High Jump	Vanessa Jones	1997	5-08.00
Renaldo Smith	2016	20-03.75	Long Jump	Alyssa Moran	2016	16-00.75
Renaldo Smith	2016	43-09.50	Triple Jump	Alyssa Moran	2014	32-10.50
Oasjеле Ikheloa	2016	46-04.00	Shot Put	Arleigh Rose	2008	35-11.25
Matt Begley	2002	9-06.00	Pole Vault	Katherine Blackwell	2002	6-06.00

**Springbrook HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Mitchell Pollard	2009	6.60	55m Dash	Janelle Ralph	1998	7.24
Alvin Mukisa	2017	36.27	300m Dash	Udeme Akpaete	2012	40.82
John Mondy	1992	1:06.94	500m Dash	Udeme Akpaete	2012	1:16.40
Jordan Sawadogo	2007	1:59.04	800m Run	Udeme Akpaete	2010	2:29.32
John Mondy	1992	4:34.34	1600m Run	Karen Escobedo	2014	5:18.82
Surafel Mengist	2020	9:49.64	3200m Run	Sydney Almeida	2013	12:08.32
Boubacar Diallo	2013	7.79	55m Hurdles	Jordyn Walker	2020	8.80
	2017	1:32.41	4x200m Relay		2016	1:49.05
	2017	3:28.17	4x400m Relay		2018	4:19.88
	2020	8:18.08	4x800m Relay		2013	10:42.04
Jerome Miller	2002	6-04.00	High Jump	Tyra Moore	1989	5-00.00
Tony Dantzler	2011	20-07.00	Long Jump	Samantha Bryant	2018	16-01.00
Etienne Bodog-Bikim	2010	41-10.25	Triple Jump	Tamir Jacobs	2015	35-02.25
Uchenna Ahaghotu	2008	49-00.00	Shot Put	Jessica Humphrey	1991	31-08.50
			Pole Vault	Rebekah Harrison	2001	8-06.00

**Watkins Mill HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
David Vincent Okoli	2019	6.50	55m Dash	Narica Offutt	2001	7.28
Jaron Woodyard	2014	35.46	300m Dash	Narica Offutt	2001	41.66
Hubert Koj	2001	1:07.20	500m Dash	Alyssa Rishell	2016	1:19.61
Hubert Koj	2001	2:01.03	800m Run	Alyssa Rishell	2016	2:24.89
Tom Stott	2000	4:35.34	1600m Run	Rebecah Wassner	1993	5:30.84
Brenton Peterson	2003	10:04.19	3200m Run	Emily Richard	1995	11:50.94
Amadou Silimana	2019	7.78	55m Hurdles	Sion Evans	2003	08.89
	2018	1:32.70	4x200m Relay		2018	1:45.56
	2012	3:33.24	4x400m Relay		2015	04:07.77
	2000	8:26.94	4x800m Relay		2014	10:05.02
Terrell Johnson	2004	5-10.00	High Jump	Hutchins	1991	4-04.00
Michael Amoateng	2009	20-05.00	Long Jump	Cindy Vargas	2005	13-04.50
Dontay Hears	2012	42-08.00	Triple Jump	Cindy Vargas	2006	28-11.00
Baeba Sayeh	2019	46-02.50	Shot Put	Kristin Montgomery	1997	27-09.00
			Pole Vault	Marlowe Busby	1997	6-06.00

**Wheaton HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Rod Simmons	1991	6.74	55m Dash	Madison Depry	2020	7.18
George LaRoche	1998	36.64	300m Dash	Madison Depry	2020	40.21
George LaRoche	1998	1:07.64	500m Dash	Sharkara Grant	1995	1:19.54
Naimbai Njerakey	2012	2:02.43	800m Run	Nadia Velasco	2020	2:42.01
Naimbai Njerakey	2011	04:50.14	1600m Run	Jennifer Kuta	1986	5:42.64
Jason Scott	2017	10:23.94	3200m Run	Gelila Hailemariam	2015	12:20.82
Willie Johnson	1986	7.80	55m Hurdles	Dee Antonio	1998	9.14
	1995	1:37.64	4x200m Relay		1995	1:55.64
	2020	3:37.75	4x400m Relay		1998	4:33.04
	2014	8:45.44	4x800m Relay		2020	11:16.33
Don Barber	1991	6-03.00	High Jump	Nana Jeffrey-Idun	1995	5-06.00
Rafael Perez German	2020	19-07.00	Long Jump	Ruth Wosenu	2020	12-08.50
Chris Teah	2014	40-07.25	Triple Jump			
Marc Leiderman	1991	48-08.00	Shot Put	Lindsey Weber	1998	32-02.50

**Whitman HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Max Ehrmann	2004	6.64	55m Dash	Zeya Luo	2012	7.69
Michael Gorman	2017	36.03	300m Dash	Reyna Wright	2014	42.57
Peter Kimball	1994	1:08.04	500m Dash	Leslie Morrison	2007	1:16.26
Edward Smith	2014	1:59.23	800m Run	Leslie Morrison	2007	2:17.96
Andrew Palmer	2009	4:25.20	1600m Run	Morgane Gay	2007	5:05.66
Amir Khaghani	2015	9:34.83	3200m Run	Caroline Guiot	2012	11:27.74
Stefan Grundmann	2006	7.85	55m Hurdles	Madeleine Entwistle	2012	8.93
	2004	1:37.07	4x200m Relay		2013	1:50.97
	2004	3:42.17	4x400m Relay		2005	4:19.61
	2006	8:29.54	4x800m Relay		2008	9:37.25
Jason Williams	2001	6-00.00	High Jump	Andrea Dritschilo	1991	5-02.00
Anthony Young-Wiseman	2009	20-04.50	Long Jump	Rachel Oh	2014	14-05.00
Jonathan Hale	2009	40-07.00	Triple Jump	Carolyn Connor	2010	32-01.75
Rostamian	1989	40-00.00	Shot Put	Carolyn Karr	1986	30-02.00
Robin Tifft	1986	9-06.00	Pole Vault			

**Wootton HS All-Time Best Performances at the MCPS Indoor Track Championship Meet**

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Jaron Woodyard	2015	6.54	55m Dash	Olivia Ekponé	2008	7.09
Jaron Woodyard	2015	36.28	300m Dash	Olivia Ekponé	2009	38.96
Urgy Eado	2013	1:08.00	500m Dash	Sylvia Deppen	2012	1:17.85
Urgy Eado	2014	1:58.42	800m Run	Veronica Salcido	2005	2:19.51
Joshua Trzeciak	2013	4:26.04	1600m Run	Grace Corbett	2011	5:17.09
Mike Gaske	2001	9:54.59	3200m Run	Alison Baruch	2011	12:13.14
Alan Banks	2014	7.81	55m Hurdles	Gwen Shaw	2013	8.21
	2011	1:37.30	4x200m Relay		2013	1:47.38
	2006	3:41.82	4x400m Relay		2008	4:13.05
	2007	8:25.00	4x800m Relay		2008	10:13.11
Osagie Aimiuwu	2019	5-08.00	High Jump	Elaine Chen	2012	5-00.00
Keith Cartwright	2018	20-11.75	Long Jump	Casey Dowling	2010	17-02.00
Rori Kameka	2011	41-01.75	Triple Jump	Suzanne Falk	2008	34-03.50
Jared Wasser	2002	54-02.25	Shot Put	Leslie Brown	1993	32-08.00

**Charles W. Woodward HS Best Performances at the MCPS Indoor Track Championship Meet**

The MCPS Indoor Championship began in 1986 and Woodward High School closed in 1987.

Limited data available.

<b>#1 Boy</b>	<b>Year</b>	<b>Result</b>	<b>Event</b>	<b>#1 Girl</b>	<b>Year</b>	<b>Result</b>
Edgar Coral	1986	1:22.74	300m Dash	Jill Pulley	1987	43.31
			600y Dash	Jill Pulley	1987	1:37.24
			800m Run	Amy Olson	1987	2:38.54
			1600m Run	Jessica Caplan	1986	5:35.54
			3200m Run	Theresa Roller	1986	12:25.74
Rob Keiser	1986	8.08	55m Hurdles	Jessica Caplan	1987	10.39
			6-Lap Relay			2:22.94
	1986	3:44.94	4x400m Relay		1987	4:30.64
	1987	9:29.14	4x800m Relay		1987	10:39.74