

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

## Record Book



Presented by [mocorunning.com](http://mocorunning.com)

# 2024



## 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     |

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  
www.mocorunning.com

#### 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.
- sf-symbol indicates performance was in a semi-final round. Semi-final and qualifying round results are not always published, but when they are published for running events, the performances will be included in this book as distinct performances. Qualifying round performances for field events are not considered distinct performances – only one field event performance per year may be considered for a ranking.
- R-symbol in the lists of county champions indicates when records were set chronologically.

#### 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                     | 82   |  |
| 70                         | Einstein           | 1987 | Whitman                     | 128  |  |
| 91 $\frac{2}{3}$           | Einstein           | 1988 | Whitman                     | 106  |  |
| 76                         | Einstein           | 1989 | Kennedy                     | 71   |  |
| 52                         | Gaithersburg       | 1990 | Seneca Valley               | 69   |  |
| 68                         | Springbrook        | 1991 | Whitman                     | 61   |  |
| 92                         | Springbrook        | 1992 | B-CC                        | 41   |  |
| 70                         | Paint Branch       | 1993 | Paint Branch                | 48   |  |
| 69                         | Gaithersburg       | 1994 | Paint Branch                | 70   |  |
| 67                         | Gaithersburg       | 1995 | Paint Branch                | 58   |  |
| 68                         | Richard Montgomery | 1997 | Damascus                    | 61   |  |
| 99                         | Gaithersburg       | 1998 | Richard Montgomery          | 76   |  |
| 78 $\frac{1}{3}$           | Gaithersburg       | 2000 | Walter Johnson              | 76.5 |  |
| 59                         | Walter Johnson     | 2001 | Quince Orchard              | 58   |  |
| 101                        | Gaithersburg       | 2002 | Gaithersburg                | 73   |  |
| 82                         | Gaithersburg       | 2003 | Walter Johnson              | 70   |  |
| 57.5                       | Gaithersburg       | 2004 | Poolesville                 | 59.5 |  |
| 103.5                      | Gaithersburg       | 2005 | Damascus                    | 81   |  |
| 98                         | Richard Montgomery | 2006 | Churchill                   | 98.5 |  |
| 113.5                      | Richard Montgomery | 2007 | Churchill                   | 100  |  |
| 86                         | Richard Montgomery | 2008 | Wootton                     | 84   |  |
| 84.5                       | Gaithersburg       | 2009 | Churchill                   | 105  |  |
| 86                         | Damascus           | 2010 | Churchill                   | 89   |  |
| 93                         | Churchill          | 2011 | Northwest                   | 66.5 |  |
| 77.5                       | Quince Orchard     | 2012 | Northwest                   | 74.5 |  |
| 115                        | Clarksburg         | 2013 | Northwest                   | 79.5 |  |
| 92                         | Paint Branch       | 2014 | Clarksburg                  | 66   |  |
| 116                        | Northwest          | 2015 | Clarksburg                  | 100  |  |
| 140                        | Northwest          | 2016 | Northwest                   | 118  |  |
| 127.5                      | Northwest          | 2017 | Northwest                   | 107  |  |
| 98                         | Northwest          | 2018 | Northwest                   | 108  |  |
| 133                        | Paint Branch       | 2019 | Northwest                   | 99   |  |
| 94                         | Paint Branch       | 2020 | Walter Johnson              | 74   |  |
| 64                         | Montgomery Blair   | 2023 | James H. Blake              | 88   |  |

# Girls - Montgomery County Championship Meet Team Place and Score Matrix, 1977 - 2023

|      | Matrix of All-Time Finish Places for Each Team |                      |                  |            |          |              |                    |                 |          |                  |           |           |              |                |                |                    |           |               |          |             |                   |              |                |              |         |                   |
|------|------------------------------------------------|----------------------|------------------|------------|----------|--------------|--------------------|-----------------|----------|------------------|-----------|-----------|--------------|----------------|----------------|--------------------|-----------|---------------|----------|-------------|-------------------|--------------|----------------|--------------|---------|-------------------|
|      | ALBERT EINSTEIN                                | BETHESDA-CHEVY CHASE | CHARLES WOODWARD | CLARKSBURG | DAMASCUS | GAITHERSBURG | JAMES HUBERT BLAKE | JOHN F. KENNEDY | MAGRUDER | MONTGOMERY BLAIR | NORTHWEST | NORTHWOOD | PAINT BRANCH | POOLESVILLE SR | QUINCE ORCHARD | RICHARD MONTGOMERY | ROCKVILLE | SENECA VALLEY | SHERWOOD | SPRINGBROOK | THOMAS S. WOOTTON | WALT WHITMAN | WALTER JOHNSON | WATKINS MILL | WHEATON | WINSTON CHURCHILL |
| 1986 | 9                                              | 5                    | 3                | NO         | NP       | 9            | NO                 | 4               | 2        | NP               | NO        | NO        | 8            | NP             | NO             | 15                 | 16        | 14            | 13       | 11          | 1                 | 6            | NO             | 16           | 7       |                   |
| 1987 | NP                                             | 10                   | 3                | NO         | NP       | 9            | NO                 | 8               | 4        | NP               | NO        | NO        | 10           | NP             | NO             | NP                 | 6         | 2             | NP       | 7           | 5                 | 1            | 13             | NO           | 12      | NP                |
| 1988 | 5                                              | NP                   | NO               | NO         | 9        | 15           | NO                 | 6               | 12       | 8                | NO        | NO        | NP           | NP             | NO             | NP                 | 7         | 2             | 13       | 4           | 3                 | 1            | 10             | NO           | 13      | 10                |
| 1989 | 2                                              | 15                   | NO               | NO         | 9        | 7            | NO                 | 1               | 12       | 12               | NO        | NO        | 4            | NP             | NP             | NP                 | 8         | 6             | NP       | 5           | 9                 | 3            | 14             | NO           | 16      | 9                 |
| 1990 | 16                                             | 9                    | NO               | NO         | 4        | 7            | NO                 | 11              | NP       | 5                | NO        | NO        | NP           | NP             | 14             | 12                 | 15        | 1             | 13       | 2           | 17                | 6            | 3              | NP           | 7       | 10                |
| 1991 | 9                                              | 7                    | NO               | NO         | 10       | 8            | NO                 | 13              | NP       | 11               | NO        | NO        | 17           | NP             | 15             | 15                 | NP        | 5             | NP       | 6           | 12                | 1            | 3              | 4            | 13      | 2                 |
| 1992 | 14                                             | 1                    | NO               | NO         | 11       | 6            | NO                 | NP              | NP       | 17               | NO        | NO        | 8            | NP             | 9              | 4                  | 11        | 16            | NP       | 15          | 10                | 2            | 3              | 7            | 13      | 5                 |
| 1993 | 11                                             | 9                    | NO               | NO         | NP       | 4            | NO                 | NP              | NP       | 14               | NO        | NO        | 1            | NP             | 10             | 7                  | 12        | 13            | NP       | 2           | 8                 | 5            | NP             | 3            | 6       | NP                |
| 1994 | unk                                            | unk                  | NO               | NO         | 9        | 3            | NO                 | unk             | unk      | unk              | NO        | NO        | 1            | unk            | 6              | 7                  | unk       | 10            | unk      | 4           | unk               | 5            | 8              | 2            | unk     | unk               |
| 1995 | 10                                             | NP                   | NO               | NO         | 7        | 5            | NO                 | 11              | NP       | NP               | NO        | NO        | 1            | NP             | 16             | 2                  | NP        | 14            | 12       | 7           | 15                | 9            | 6              | 3            | 3       | 12                |
| 1997 | unk                                            | unk                  | NO               | NO         | 1        | unk          | NO                 | unk             | unk      | unk              | NO        | NO        | 2            | unk            | 3              | 4                  | unk       | unk           | unk      | 6           | unk               | unk          | unk            | 5            | unk     | unk               |
| 1998 | NP                                             | NP                   | NO               | NO         | 5        | 8            | NO                 | NP              | 13       | 9                | NO        | NO        | NP           | NP             | 2              | 1                  | 6         | 12            | 11       | 4           | 13                | 15           | 3              | 15           | 7       | 10                |
| 2000 | NP                                             | 11                   | NO               | NO         | 10       | 7            | NP                 | 8               | NP       | 13               | 6         | NO        | 2            | 12             | 4              | 9                  | 13        | 13            | 16       | NP          | NP                | 5            | 1              | 2            | 17      | NP                |
| 2001 | NP                                             | 7                    | NO               | NO         | 6        | 2            | 14                 | 16              | NP       | 18               | 12        | NO        | 8            | 4              | 1              | 8                  | NP        | NP            | 10       | 16          | 10                | 12           | 3              | 5            | NP      | 14                |
| 2002 | NP                                             | NP                   | NO               | NO         | 6        | 1            | 9                  | NP              | 10       | 14               | 12        | NO        | 4            | 2              | 5              | 8                  | 16        | NP            | 7        | 14          | NP                | 10           | 2              | NP           | NP      | 13                |
| 2003 | 15                                             | 6                    | NO               | NO         | 7        | 5            | 2                  | 15              | 11       | NP               | 11        | NO        | 8            | 3              | 13             | 4                  | 15        | NP            | 18       | NP          | NP                | 9            | 1              | 10           | NP      | 13                |
| 2004 | 17                                             | 11                   | NO               | NO         | 5        | 3            | 14                 | 6               | 16       | 8                | 9         | NO        | 4            | 1              | 13             | 12                 | 15        | NP            | 18       | NP          | NP                | 7            | 2              | NP           | NP      | 10                |
| 2005 | 20                                             | 14                   | NO               | NO         | 1        | 10           | 19                 | 4               | 17       | 2                | 11        | NP        | 13           | 3              | 7              | 9                  | NP        | NP            | 15       | 18          | 8                 | 12           | 5              | 16           | NP      | 6                 |
| 2006 | 14                                             | 19                   | NO               | NO         | 3        | 17           | 13                 | 5               | 10       | 5                | 8         | NP        | 16           | 2              | 9              | 12                 | 17        | NP            | 19       | 15          | 10                | 4            | 7              | 19           | NP      | 1                 |
| 2007 | 11                                             | 18                   | NO               | 19         | 10       | 14           | 13                 | 5               | 16       | 9                | 8         | NP        | 19           | 4              | 11             | 2                  | NP        | NP            | 15       | NP          | 7                 | 3            | 6              | 17           | NP      | 1                 |
| 2008 | 19                                             | 6                    | NO               | 20         | 7        | 18           | 12                 | 13              | 9        | 16               | 7         | NP        | 4            | 5              | 15             | 17                 | NP        | NP            | 9        | NP          | 1                 | 3            | 9              | 20           | 13      | 2                 |
| 2009 | 15                                             | 3                    | NO               | 14         | 5        | 9            | 16                 | 6               | 16       | 18               | 11        | NP        | 2            | 7              | 13             | 22                 | NP        | 20            | 12       | 21          | 4                 | 9            | 7              | NP           | 19      | 1                 |
| 2010 | 17                                             | 12                   | NO               | 7          | 3        | 20           | 12                 | 5               | 15       | NP               | 2         | 14        | 9            | NP             | 8              | 10                 | 20        | 18            | 10       | 16          | 4                 | 18           | 6              | NP           | NP      | 1                 |
| 2011 | 22                                             | 8                    | NO               | 3          | 6        | 18           | 11                 | 5               | 6        | 21               | 1         | 10        | 15           | 20             | 14             | 15                 | NP        | 19            | 9        | 17          | 4                 | 13           | 2              | NP           | NP      | 11                |
| 2012 | 11                                             | 4                    | NO               | 2          | 16       | 20           | NP                 | 17              | 10       | 19               | 1         | NP        | 12           | 17             | 6              | 5                  | NP        | 14            | 14       | 8           | 3                 | 7            | 9              | 21           | NP      | 13                |
| 2013 | 19                                             | 4                    | NO               | 3          | 14       | 16           | 21                 | 6               | 10       | 11               | 1         | 22        | 8            | 18             | 12             | 5                  | NP        | 22            | 7        | 20          | 2                 | 12           | 14             | 16           | NP      | 8                 |
| 2014 | 23                                             | 4                    | NO               | 1          | 21       | 18           | 5                  | 22              | 14       | 17               | 3         | 13        | 6            | 11             | 14             | 16                 | NP        | 7             | 10       | 18          | 8                 | 12           | 9              | 18           | NP      | 2                 |
| 2015 | 14                                             | 17                   | NO               | 1          | 11       | 13           | 6                  | 16              | 8        | 17               | 2         | 20        | 3            | 22             | 15             | 21                 | NP        | 9             | 7        | 17          | NP                | 11           | 4              | 10           | NP      | 5                 |
| 2016 | 12                                             | 7                    | NO               | 2          | 5        | 18           | 18                 | 18              | 13       | 9                | 1         | NP        | 4            | NP             | 9              | 17                 | NP        | 15            | 16       | 11          | 13                | 21           | 3              | 6            | NP      | 8                 |
| 2017 | 13                                             | 11                   | NO               | 9          | 4        | 8            | 6                  | NP              | 20       | 9                | 1         | 16        | 3            | 19             | 7              | NP                 | 20        | 20            | 18       | 11          | 17                | 15           | 2              | 14           | NP      | 5                 |
| 2018 | NP                                             | 7                    | NO               | 4          | 5        | 8            | 5                  | NP              | NP       | 13               | 1         | 15        | 3            | 18             | 16             | 16                 | 22        | 10            | 20       | 11          | 21                | 18           | 2              | 9            | 14      | 12                |
| 2019 | NP                                             | 7                    | NO               | 4          | 6        | 8            | 10                 | 17              | 22       | 13               | 1         | 17        | 3            | 11             | 15             | 12                 | NP        | 9             | 21       | 16          | 17                | 5            | 2              | NP           | 13      | 17                |
| 2020 | NP                                             | 8                    | NO               | 7          | 13       | 6            | 16                 | NP              | NP       | 19               | 5         | 11        | 10           | 18             | 3              | 4                  | NP        | 2             | 15       | 17          | NP                | 12           | 1              | NP           | 9       | 13                |
| 2023 | NP                                             | 8                    | NO               | 5          | 17       | 6            | 1                  | NP              | NP       | 13               | 3         | 16        | 14           | 14             | 20             | 9                  | NP        | 17            | 20       | 2           | 10                | 12           | 4              | 19           | 7       | 11                |
| Low  | 2                                              | 1                    | 3                | 1          | 1        | 1            | 1                  | 1               | 2        | 2                | 1         | 10        | 1            | 1              | 1              | 1                  | 6         | 1             | 7        | 2           | 1                 | 1            | 1              | 2            | 3       | 1                 |
|      | ALBERT EINSTEIN                                | BETHESDA-CHEVY CHASE | CHARLES WOODWARD | CLARKSBURG | DAMASCUS | GAITHERSBURG | JAMES HUBERT BLAKE | JOHN F. KENNEDY | MAGRUDER | MONTGOMERY BLAIR | NORTHWEST | NORTHWOOD | PAINT BRANCH | POOLESVILLE SR | QUINCE ORCHARD | RICHARD MONTGOMERY | ROCKVILLE | SENECA VALLEY | SHERWOOD | SPRINGBROOK | THOMAS S. WOOTTON | WALT WHITMAN | WALTER JOHNSON | WATKINS MILL | WHEATON | WINSTON CHURCHILL |

| Legend               |  |
|----------------------|--|
| NO - School Not Open |  |
| NP - No Team Points  |  |
| unk - Result Unknown |  |
| County Champion      |  |
| County Record        |  |

# Girls - Montgomery County Championship Meet Team Place and Score Matrix, 1977 - 2023

|      | Matrix of All-Time Points Scored for Each Team |                      |                  |            |          |              |                    |                 |          |                  |           |           |              |                |                |                    |           |               |          |             |                   |              |                |              |         |                   |
|------|------------------------------------------------|----------------------|------------------|------------|----------|--------------|--------------------|-----------------|----------|------------------|-----------|-----------|--------------|----------------|----------------|--------------------|-----------|---------------|----------|-------------|-------------------|--------------|----------------|--------------|---------|-------------------|
|      | ALBERT EINSTEIN                                | BETHESDA-CHEVY CHASE | CHARLES WOODWARD | CLARKSBURG | DAMASCUS | GAITHERSBURG | JAMES HUBERT BLAKE | JOHN F. KENNEDY | MAGRUDER | MONTGOMERY BLAIR | NORTHWEST | NORTHWOOD | PAINT BRANCH | POOLESVILLE SR | QUINCE ORCHARD | RICHARD MONTGOMERY | ROCKVILLE | SENECA VALLEY | SHERWOOD | SPRINGBROOK | THOMAS S. WOOTTON | WALT WHITMAN | WALTER JOHNSON | WATKINS MILL | WHEATON | WINSTON CHURCHILL |
| 1986 | 10                                             | 36                   | 45               | NO         | NP       | 10           | NO                 | 38              | 46       | NP               | NO        | NO        | 11           | NP             | NO             | 4                  | 2         | 5             | 7        | 8           | 8                 | 82           | 29             | NO           | 2       | 27                |
| 1987 | NP                                             | 6                    | 43               | NO         | NP       | 8            | NO                 | 10              | 38       | NP               | NO        | NO        | 6            | NP             | NO             | NP                 | 27        | 44            | NP       | 13          | 29                | 128          | 3              | NO           | 4       | NP                |
| 1988 | 32                                             | NP                   | NO               | NO         | 7        | 1            | NO                 | 24              | 3        | 9                | NO        | NO        | NP           | NP             | NO             | NP                 | 15        | 62            | 2        | 38          | 55                | 106          | 6              | NO           | 2       | 6                 |
| 1989 | 56                                             | 2                    | NO               | NO         | 11       | 16           | NO                 | 71              | 10       | 10               | NO        | NO        | 41           | NP             | NP             | NP                 | 12        | 32            | NP       | 33          | 11                | 50           | 4              | NO           | 1       | 11                |
| 1990 | 3                                              | 19                   | NO               | NO         | 35       | 20           | NO                 | 14              | NP       | 27               | NO        | NO        | NP           | NP             | 7              | 10                 | 4         | 69            | 9        | 38          | 2                 | 24           | 37             | NP           | 20      | 16                |
| 1991 | 22                                             | 28                   | NO               | NO         | 17       | 24           | NO                 | 4               | NP       | 8                | NO        | NO        | 1            | NP             | 3              | 3                  | NP        | 35            | NP       | 34          | 6                 | 61           | 38             | 36           | 4       | 47                |
| 1992 | 11                                             | 41                   | NO               | NO         | 14       | 31           | NO                 | NP              | NP       | 4                | NO        | NO        | 20           | NP             | 19             | 36                 | 14        | 8             | NP       | 9           | 10                | 38           | 37             | 25           | 13      | 34                |
| 1993 | 15                                             | 17                   | NO               | NO         | NP       | 34           | NO                 | NP              | NP       | 1                | NO        | NO        | 48           | NP             | 16             | 20                 | 14        | 11            | NP       | 40          | 18                | 33           | NP             | 36           | 29      | NP                |
| 1994 | unk                                            | unk                  | NO               | NO         | 11       | 43           | NO                 | unk             | unk      | unk              | NO        | NO        | 70           | unk            | 29             | 28                 | unk       | 10            | unk      | 36          | unk               | 33           | 20             | 44           | unk     | unk               |
| 1995 | 13                                             | NP                   | NO               | NO         | 24       | 40           | NO                 | 10              | NP       | NP               | NO        | NO        | 58           | NP             | 2              | 52                 | NP        | 5             | 6        | 24          | 4                 | 18           | 26             | 42           | 42      | 6                 |
| 1997 | unk                                            | unk                  | NO               | NO         | 61       | unk          | NO                 | unk             | unk      | unk              | NO        | NO        | 52           | unk            | 47             | 40                 | unk       | unk           | unk      | 25          | unk               | unk          | unk            | 28           | unk     | unk               |
| 1998 | NP                                             | NP                   | NO               | NO         | 34       | 16           | NO                 | NP              | 5        | 13               | NO        | NO        | NP           | NP             | 55             | 76                 | 24        | 6             | 7        | 48          | 5                 | 1            | 49             | 1            | 20.5    | 11.5              |
| 2000 | NP                                             | 14                   | NO               | NO         | 16       | 23           | NP                 | 20              | NP       | 10               | 28        | NO        | 32           | 12.5           | 31             | 18                 | 10        | 10            | 6        | NP          | NP                | 17           | 76.5           | 32           | 4       | NP                |
| 2001 | NP                                             | 21                   | NO               | NO         | 24       | 53           | 8                  | 4               | NP       | 3                | 12        | NO        | 18           | 30             | 58             | 18                 | NP        | NP            | 14       | 4           | 14                | 12           | 44             | 26           | NP      | 8                 |
| 2002 | NP                                             | NP                   | NO               | NO         | 25       | 73           | 15                 | NP              | 8        | 2                | 7         | NO        | 54           | 59             | 37             | 22                 | 1         | NP            | 24       | 2           | NP                | 8            | 59             | NP           | NP      | 6                 |
| 2003 | 2                                              | 31                   | NO               | NO         | 25       | 36           | 45                 | 2               | 7        | NP               | 7         | NO        | 24           | 41             | 6              | 38                 | 2         | NP            | 1        | NP          | NP                | 17           | 70             | 12           | NP      | 6                 |
| 2004 | 3                                              | 14                   | NO               | NO         | 42       | 49           | 11                 | 35              | 4        | 33               | 28        | NO        | 47           | 59.5           | 12.5           | 13                 | 8         | NP            | 1        | NP          | NP                | 34           | 53             | NP           | NP      | 18                |
| 2005 | 0.5                                            | 10                   | NO               | NO         | 81       | 21           | 1                  | 56              | 3        | 63               | 11        | NP        | 17           | 60.5           | 34             | 26                 | NP        | NP            | 6        | 1.5         | 33                | 17.5         | 49             | 4            | NP      | 44                |
| 2006 | 7                                              | 1                    | NO               | NO         | 53.5     | 3            | 8                  | 39              | 21       | 39               | 35        | NP        | 5            | 66             | 32             | 16                 | 3         | NP            | 1        | 6           | 21                | 52           | 38             | 1            | NP      | 98.5              |
| 2007 | 23                                             | 4                    | NO               | 2          | 23.5     | 13           | 20                 | 37              | 8        | 31               | 33        | NP        | 2            | 40             | 23             | 55                 | NP        | NP            | 10       | NP          | 33.5              | 49           | 34             | 5            | NP      | 100               |
| 2008 | 2                                              | 34                   | NO               | 1          | 32       | 9            | 17                 | 15              | 18       | 13               | 32        | NP        | 45           | 35             | 14             | 10                 | NP        | NP            | 18       | NP          | 84                | 50           | 18             | 1            | 15      | 82                |
| 2009 | 11                                             | 54                   | NO               | 15         | 38       | 23           | 10                 | 32              | 10       | 8                | 20        | NP        | 61           | 25             | 16             | 1                  | NP        | 4             | 17       | 3           | 39                | 23           | 25             | NP           | 6       | 105               |
| 2010 | 9                                              | 16                   | NO               | 24         | 52       | 1            | 16                 | 47              | 13       | NP               | 81        | 14        | 20           | NP             | 23             | 17                 | 1         | 5             | 17       | 10          | 51                | 5            | 35             | NP           | NP      | 89                |
| 2011 | 4                                              | 29                   | NO               | 44         | 32       | 12           | 21                 | 40              | 32       | 5                | 66.5      | 25        | 16           | 6              | 19             | 16                 | NP        | 8             | 26       | 14          | 43                | 19.5         | 46             | NP           | NP      | 21                |
| 2012 | 19                                             | 57                   | NO               | 73         | 6.5      | 3            | NP                 | 6               | 21       | 5                | 74.5      | NP        | 12.5         | 6              | 39             | 47                 | NP        | 10            | 10       | 24          | 63                | 29           | 23.5           | 2            | NP      | 12                |
| 2013 | 7                                              | 49                   | NO               | 58         | 16       | 14           | 4                  | 26.5            | 19       | 18               | 79.5      | 2         | 23           | 12             | 17             | 37                 | NP        | 2             | 24       | 6           | 61                | 17           | 16             | 14           | NP      | 23                |
| 2014 | 3                                              | 44                   | NO               | 66         | 8        | 10           | 40                 | 6               | 15       | 12               | 51.5      | 16        | 37           | 18             | 15             | 14                 | NP        | 29            | 21       | 10          | 26                | 17           | 22.5           | 10           | NP      | 52                |
| 2015 | 10                                             | 6                    | NO               | 100        | 18       | 12           | 37                 | 7               | 30       | 6                | 74        | 3         | 43           | 1              | 8              | 2                  | NP        | 29            | 33       | 6           | NP                | 18           | 42             | 21           | NP      | 39                |
| 2016 | 14                                             | 31                   | NO               | 93         | 41       | 2            | 1                  | 2               | 11       | 17               | 118       | NP        | 45           | NP             | 17             | 4                  | NP        | 9             | 8        | 16          | 11                | 1            | 50             | 33           | NP      | 20                |
| 2017 | 14                                             | 15                   | NO               | 16         | 54       | 17           | 41                 | NP              | 1        | 16               | 107       | 7         | 65.5         | 2              | 22.5           | NP                 | 1         | 1             | 3        | 15          | 4                 | 8            | 75             | 9            | NP      | 52                |
| 2018 | NP                                             | 33                   | NO               | 41.5       | 39       | 26           | 39                 | NP              | NP       | 11               | 98        | 8         | 56           | 6              | 7              | 7                  | 2         | 20.5          | 4        | 19          | 3                 | 6            | 76             | 23           | 9       | 12                |
| 2019 | NP                                             | 37.5                 | NO               | 41.5       | 38       | 36           | 24                 | 4               | 2        | 12               | 99        | 4         | 43.5         | 23             | 8.5            | 13                 | NP        | 25.5          | 3.5      | 5           | 4                 | 41           | 63             | NP           | 12      | 4                 |
| 2020 | NP                                             | 30                   | NO               | 33         | 16       | 43           | 10                 | NP              | NP       | 2                | 44        | 23        | 27           | 7              | 48             | 47                 | NP        | 55            | 11       | 9           | NP                | 22           | 74             | NP           | 29      | 16                |
| 2023 | NP                                             | 24                   | NO               | 34         | 10       | 31           | 88                 | NP              | NP       | 17               | 52.5      | 14        | 15           | 15             | 5              | 23.5               | NP        | 10            | 5        | 58          | 22                | 19           | 44             | 8            | 30      | 21                |
| High | 56                                             | 57                   | 45               | 100        | 81       | 73           | 88                 | 71              | 46       | 63               | 118       | 25        | 70           | 66             | 58             | 76                 | 27        | 69            | 33       | 58          | 84                | 128          | 76.5           | 44           | 42      | 105               |
|      | ALBERT EINSTEIN                                | BETHESDA-CHEVY CHASE | CHARLES WOODWARD | CLARKSBURG | DAMASCUS | GAITHERSBURG | JAMES HUBERT BLAKE | JOHN F. KENNEDY | MAGRUDER | MONTGOMERY BLAIR | NORTHWEST | NORTHWOOD | PAINT BRANCH | POOLESVILLE SR | QUINCE ORCHARD | RICHARD MONTGOMERY | ROCKVILLE | SENECA VALLEY | SHERWOOD | SPRINGBROOK | THOMAS S. WOOTTON | WALT WHITMAN | WALTER JOHNSON | WATKINS MILL | WHEATON | WINSTON CHURCHILL |

| Legend               |
|----------------------|
| NO - School Not Open |
| NP - No Team Points  |
| unk - Result Unknown |
| County Champion      |
| County Record        |

# Boys - Montgomery County Championship Meet Team Place and Score Matrix, 1977 - 2023

|      | Matrix of All-Time Finish Places for Each Team |                      |                  |            |          |              |                    |                 |          |                  |           |           |              |                |                |                    |           |               |          |             |                   |              |                |              |         |                   |
|------|------------------------------------------------|----------------------|------------------|------------|----------|--------------|--------------------|-----------------|----------|------------------|-----------|-----------|--------------|----------------|----------------|--------------------|-----------|---------------|----------|-------------|-------------------|--------------|----------------|--------------|---------|-------------------|
|      | ALBERT EINSTEIN                                | BETHESDA-CHEVY CHASE | CHARLES WOODWARD | CLARKSBURG | DAMASCUS | GAITHERSBURG | JAMES HUBERT BLAKE | JOHN F. KENNEDY | MAGRUDER | MONTGOMERY BLAIR | NORTHWEST | NORTHWOOD | PAINT BRANCH | POOLESVILLE SR | QUINCE ORCHARD | RICHARD MONTGOMERY | ROCKVILLE | SENECA VALLEY | SHERWOOD | SPRINGBROOK | THOMAS S. WOOTTON | WALT WHITMAN | WALTER JOHNSON | WATKINS MILL | WHEATON | WINSTON CHURCHILL |
| 1986 | 16                                             | 2                    | 7                | NO         | NP       | 3            | NO                 | 1               | 14       | 8                | NO        | NO        | 8            | NP             | NO             | 32                 | 10        | 15            | 17       | 11          | NP                | 4            | 11             | NO           | 6       | 11                |
| 1987 | 1                                              | 6                    | 13               | NO         | NP       | 2            | NO                 | 8               | 11       | NP               | NO        | NO        | 10           | NP             | NO             | 9                  | 14        | 3             | NP       | 5           | 12                | 4            | 7              | NO           | NP      | NP                |
| 1988 | 1                                              | 10                   | NO               | NO         | 11       | 8            | NO                 | 13              | 12       | NP               | NO        | NO        | 5            | NP             | NO             | NP                 | 13        | 3             | 9        | 4           | 6                 | 7            | 2              | NO           | 13      | NP                |
| 1989 | 1                                              | 3                    | NO               | NO         | 15       | 8            | NO                 | 4               | 15       | 12               | NO        | NO        | 11           | NP             | 13             | NP                 | 6         | 2             | 14       | 10          | 5                 | 9            | 7              | NO           | 15      | NP                |
| 1990 | 17                                             | 4                    | NO               | NO         | 9        | 1            | NO                 | 2               | 13       | 12               | NO        | NO        | NP           | NP             | 6              | 15                 | 5         | 16            | NP       | 2           | 8                 | 14           | 10             | NP           | 7       | 11                |
| 1991 | 10                                             | 5                    | NO               | NO         | 7        | 10           | NO                 | 10              | NP       | 13               | NO        | NO        | 8            | NP             | 6              | 2                  | 18        | 9             | NP       | 1           | 16                | 16           | 4              | 14           | 3       | 15                |
| 1992 | 4                                              | 10                   | NO               | NO         | 8        | 3            | NO                 | 13              | NP       | 7                | NO        | NO        | 6            | NP             | 2              | 5                  | 16        | 17            | NP       | 1           | 14                | 11           | 14             | 12           | 18      | 9                 |
| 1993 | 11                                             | 10                   | NO               | NO         | NP       | 2            | NO                 | 13              | 13       | 8                | NO        | NO        | 1            | NP             | 3              | NP                 | NP        | 7             | NP       | 11          | 13                | 4            | 5              | 5            | 9       | 9                 |
| 1994 | unk                                            | unk                  | NO               | NO         | unk      | 1            | NO                 | 4               | unk      | unk              | NO        | NO        | 3            | unk            | 5              | unk                | unk       | 2             | unk      | 10          | unk               | 5            | 7              | 8            | unk     | 8                 |
| 1995 | NP                                             | 9                    | NO               | NO         | 7        | 1            | NO                 | NP              | 15       | NP               | NO        | NO        | 9            | NP             | 2              | 5                  | 15        | 3             | 13       | 6           | NP                | 9            | 14             | 7            | 4       | 12                |
| 1997 | unk                                            | unk                  | NO               | NO         | 6        | 2            | NO                 | unk             | unk      | unk              | NO        | NO        | unk          | unk            | 5              | 1                  | unk       | unk           | unk      | unk         | unk               | 3            | 3              | unk          | unk     | unk               |
| 1998 | NP                                             | NP                   | NO               | NO         | 12       | 1            | NO                 | NP              | 10       | NP               | NO        | NO        | NP           | NP             | 5              | 2                  | NP        | 11            | 13       | 6           | 14                | 8            | 3              | 7            | 4       | 9                 |
| 2000 | NP                                             | 1                    | NO               | NO         | 13       | 1            | NP                 | 8               | 9        | NP               | 3         | NO        | 5            | 15             | 10             | 12                 | NP        | 17            | 5        | 14          | NP                | 7            | 11             | 2            | 15      | 4                 |
| 2001 | 16                                             | NP                   | NO               | NO         | 10       | 5            | NP                 | 12              | 8        | NP               | 7         | NO        | 3            | NP             | 14             | 16                 | 15        | NP            | 5        | 9           | 10                | 12           | 1              | 2            | NP      | 4                 |
| 2002 | NP                                             | NP                   | NO               | NO         | 4        | 1            | 12                 | NP              | 5        | NP               | 5         | NO        | 3            | 14             | NP             | 13                 | NP        | 16            | 8        | 10          | 10                | 15           | 2              | 8            | NP      | 7                 |
| 2003 | NP                                             | NP                   | NO               | NO         | 11       | 1            | 3                  | 10              | 6        | 17               | 3         | NO        | 2            | 15             | NP             | 13                 | NP        | 14            | 12       | NP          | 8                 | 17           | 7              | 5            | 9       | 15                |
| 2004 | NP                                             | NP                   | NO               | NO         | 10       | 1            | 5                  | 3               | 19       | 16               | 6         | NO        | 18           | 14             | 10             | 8                  | NP        | 13            | 12       | 14          | 20                | 4            | 2              | 9            | 17      | 7                 |
| 2005 | 22                                             | 17                   | NO               | NO         | 3        | 1            | 14                 | 8               | 9        | NP               | 2         | NP        | 6            | 13             | 14             | 5                  | 20        | 10            | 20       | 11          | 19                | 14           | 7              | 12           | 17      | 4                 |
| 2006 | NP                                             | 8                    | NO               | NO         | 15       | 3            | 14                 | 6               | 4        | 18               | 12        | NP        | 2            | 19             | 7              | 1                  | NP        | NP            | 13       | 11          | 16                | 5            | 9              | 20           | 17      | 10                |
| 2007 | 11                                             | 10                   | NO               | 19         | 5        | 2            | NP                 | NP              | 4        | 12               | 3         | 21        | 8            | 19             | 9              | 1                  | 18        | 16            | 7        | 15          | 12                | NP           | 6              | 16           | NP      | 14                |
| 2008 | 17                                             | 9                    | NO               | 5          | 4        | 3            | NP                 | 15              | 10       | 6                | 11        | 7         | 14           | NP             | 2              | 1                  | NP        | NP            | 12       | 16          | NP                | 13           | 8              | 19           | NP      | 18                |
| 2009 | 17                                             | NP                   | NO               | 2          | 6        | 1            | NP                 | 14              | 10       | 5                | 3         | NP        | 11           | NP             | 4              | 14                 | NP        | NP            | 13       | 11          | 18                | 8            | 9              | 16           | NP      | 7                 |
| 2010 | 15                                             | 15                   | NO               | 9          | 1        | 3            | NP                 | 19              | 8        | 17               | 6         | 17        | NP           | 14             | 10             | 7                  | NP        | NP            | 11       | 12          | 13                | NP           | 2              | 5            | NP      | 4                 |
| 2011 | 21                                             | 13                   | NO               | 3          | 16       | 12           | 18                 | 7               | 8        | NP               | 6         | 19        | 14           | NP             | 2              | 3                  | NP        | NP            | 11       | 10          | 15                | 17           | 9              | 5            | 20      | 1                 |
| 2012 | 17                                             | 22                   | NO               | 4          | 16       | 8            | 13                 | 13              | 7        | 10               | 18        | NP        | 5            | 20             | 1              | 10                 | NP        | 6             | 12       | NP          | 20                | 18           | 9              | 3            | 15      | 2                 |
| 2013 | 20                                             | 17                   | NO               | 1          | 13       | 15           | 5                  | 7               | 12       | NP               | 2         | NP        | 4            | 8              | 3              | 10                 | 20        | 13            | 6        | 16          | 10                | NP           | 18             | 18           | 22      | 9                 |
| 2014 | 20                                             | 11                   | NO               | 3          | 20       | 4            | 22                 | 5               | 18       | 6                | 2         | 19        | 1            | 17             | 6              | 12                 | 9         | 14            | 22       | 22          | 10                | 16           | 12             | 8            | 22      | 14                |
| 2015 | NP                                             | 7                    | NO               | 16         | NP       | 11           | 13                 | 16              | 22       | 21               | 1         | 15        | 3            | NP             | 2              | 4                  | 13        | 10            | 8        | 6           | 9                 | 18           | 11             | 5            | 20      | 19                |
| 2016 | NP                                             | 7                    | NO               | 15         | 17       | NP           | 2                  | 19              | NP       | 10               | 1         | 11        | 9            | NP             | 3              | 5                  | 16        | 6             | 7        | 4           | 18                | 20           | 13             | 11           | NP      | 13                |
| 2017 | 14                                             | 7                    | NO               | NP         | 16       | 18           | 5                  | 14              | NP       | 9                | 1         | 6         | 4            | 8              | 11             | 2                  | NP        | 12            | NP       | 3           | 19                | 16           | 13             | 20           | 21      | 10                |
| 2018 | 19                                             | 6                    | NO               | 14         | 12       | 11           | 4                  | 19              | NP       | 15               | 1         | 5         | 3            | 16             | 17             | 7                  | NP        | 18            | NP       | 2           | 9                 | NP           | 10             | 8            | 21      | 12                |
| 2019 | 14                                             | 10                   | NO               | 7          | NP       | 3            | 11                 | NP              | NP       | 4                | 2         | 6         | 1            | NP             | 14             | 9                  | NP        | NP            | 14       | 11          | 13                | 18           | 8              | 5            | NP      | 17                |
| 2020 | 12                                             | 16                   | NO               | 8          | 10       | 12           | 17                 | NP              | NP       | 12               | 2         | 3         | 1            | NP             | NP             | 4                  | 19        | NP            | 11       | 7           | NP                | 18           | 6              | 5            | 15      | 9                 |
| 2023 | 14                                             | 23                   | NO               | 12         | 22       | 13           | 14                 | NP              | 7        | 1                | 3         | 17        | 10           | 21             | 4              | 9                  | NP        | 6             | 17       | 5           | 10                | 20           | 8              | 14           | 17      | 2                 |
| Low  | 1                                              | 1                    | 7                | 1          | 1        | 1            | 2                  | 1               | 4        | 1                | 1         | 3         | 1            | 8              | 1              | 1                  | 5         | 2             | 5        | 1           | 5                 | 3            | 1              | 2            | 3       | 1                 |
|      | ALBERT EINSTEIN                                | BETHESDA-CHEVY CHASE | CHARLES WOODWARD | CLARKSBURG | DAMASCUS | GAITHERSBURG | JAMES HUBERT BLAKE | JOHN F. KENNEDY | MAGRUDER | MONTGOMERY BLAIR | NORTHWEST | NORTHWOOD | PAINT BRANCH | POOLESVILLE SR | QUINCE ORCHARD | RICHARD MONTGOMERY | ROCKVILLE | SENECA VALLEY | SHERWOOD | SPRINGBROOK | THOMAS S. WOOTTON | WALT WHITMAN | WALTER JOHNSON | WATKINS MILL | WHEATON | WINSTON CHURCHILL |

| Legend               |
|----------------------|
| NO - School Not Open |
| NP - No Team Points  |
| unk - Result Unknown |
| County Champion      |
| County Record        |

# Boys - Montgomery County Championship Meet Team Place and Score Matrix, 1977 - 2023

|      | Matrix of All-Time Points Scored for Each Team |                      |                  |            |          |              |                    |                 |          |                  |           |           |              |                |                |                    |           |               |          |             |                   |              |                |              |         |                   |  |  |
|------|------------------------------------------------|----------------------|------------------|------------|----------|--------------|--------------------|-----------------|----------|------------------|-----------|-----------|--------------|----------------|----------------|--------------------|-----------|---------------|----------|-------------|-------------------|--------------|----------------|--------------|---------|-------------------|--|--|
|      | ALBERT EINSTEIN                                | BETHESDA-CHEVY CHASE | CHARLES WOODWARD | CLARKSBURG | DAMASCUS | GAITHERSBURG | JAMES HUBERT BLAKE | JOHN F. KENNEDY | MAGRUDER | MONTGOMERY BLAIR | NORTHWEST | NORTHWOOD | PAINT BRANCH | POOLESVILLE SR | QUINCE ORCHARD | RICHARD MONTGOMERY | ROCKVILLE | SENECA VALLEY | SHERWOOD | SPRINGBROOK | THOMAS S. WOOTTON | WALT WHITMAN | WALTER JOHNSON | WATKINS MILL | WHEATON | WINSTON CHURCHILL |  |  |
| 1986 | 3                                              | 70                   | 21               | NO         | NP       | 60           | NO                 | 72              | 7        | 16               | NO        | NO        | 16           | NP             | NO             | 32                 | 11        | 5             | 1        | 10          | NP                | 33           | 10             | NO           | 23      | 10                |  |  |
| 1987 | 70                                             | 30.5                 | 13               | NO         | NP       | 58.5         | NO                 | 26              | 6        | NP               | NO        | NO        | 9            | NP             | NO             | 10                 | 2         | 49            | NP       | 40          | 2.5               | 47.5         | 29             | NO           | NP      | NP                |  |  |
| 1988 | 91 2/3                                         | 10                   | NO               | NO         | 8        | 17           | NO                 | 6               | 7        | NP               | NO        | NO        | 26           | NP             | NO             | NP                 | 6         | 57            | 11       | 32          | 22                | 20           | 70 1/3         | NO           | 6       | NP                |  |  |
| 1989 | 76                                             | 39                   | NO               | NO         | 1        | 17           | NO                 | 30              | 1        | 8                | NO        | NO        | 11           | NP             | 6              | NP                 | 25        | 75            | 2        | 14          | 26                | 16           | 23             | NO           | 1       | NP                |  |  |
| 1990 | 2                                              | 40                   | NO               | NO         | 22.5     | 52           | NO                 | 43              | 9        | 9.5              | NO        | NO        | NP           | NP             | 33             | 6                  | 36        | 3             | NP       | 43          | 24                | 7            | 12             | NP           | 28      | 10                |  |  |
| 1991 | 14                                             | 29                   | NO               | NO         | 22       | 14           | NO                 | 14              | NP       | 10               | NO        | NO        | 20           | NP             | 28             | 52                 | 1         | 18            | NP       | 68          | 4                 | 4            | 31             | 9            | 33      | 6                 |  |  |
| 1992 | 26                                             | 14.5                 | NO               | NO         | 19       | 30.5         | NO                 | 8               | NP       | 20               | NO        | NO        | 21           | NP             | 64.5           | 21.5               | 4         | 2             | NP       | 92          | 6                 | 10           | 6              | 10           | 1       | 16                |  |  |
| 1993 | 7                                              | 8                    | NO               | NO         | NP       | 57           | NO                 | 4               | 4        | 18               | NO        | NO        | 70           | NP             | 49             | NP                 | NP        | 25            | NP       | 7           | 4                 | 38           | 26             | 26           | 9       | 9                 |  |  |
| 1994 | unk                                            | unk                  | NO               | NO         | unk      | 69           | NO                 | 40              | unk      | unk              | NO        | NO        | 42           | unk            | 39             | unk                | unk       | 66            | unk      | 15          | unk               | 39           | 28             | 21           | unk     | 21                |  |  |
| 1995 | NP                                             | 12                   | NO               | NO         | 18       | 67           | NO                 | NP              | 1        | NP               | NO        | NO        | 12           | NP             | 53             | 32                 | 1         | 51            | 10       | 29          | NP                | 12           | 3              | 18           | 42      | 11                |  |  |
| 1997 | unk                                            | unk                  | NO               | NO         | 30       | 52           | NO                 | unk             | unk      | unk              | NO        | NO        | unk          | unk            | 35             | 68                 | unk       | unk           | unk      | unk         | unk               | 38           | 38             | unk          | unk     | unk               |  |  |
| 1998 | NP                                             | NP                   | NO               | NO         | 8        | 99           | NO                 | NP              | 10       | NP               | NO        | NO        | NP           | NP             | 23             | 78                 | NP        | 9             | 7        | 20          | 2                 | 14           | 38             | 17           | 34      | 12                |  |  |
| 2000 | NP                                             | 1                    | NO               | NO         | 7        | 78 1/3       | NP                 | 18              | 16       | NP               | 34        | NO        | 32           | 2              | 12             | 8                  | NP        | 1             | 32       | 2 1/3       | NP                | 31           | 11 1/3         | 51           | 2       | 33                |  |  |
| 2001 | 1                                              | NP                   | NO               | NO         | 13       | 31           | NP                 | 10              | 23       | NP               | 28        | NO        | 38           | NP             | 9              | 1                  | 8         | NP            | 31       | 21          | 13                | 10           | 59             | 44           | NP      | 32                |  |  |
| 2002 | NP                                             | NP                   | NO               | NO         | 30       | 101          | unk                | NP              | 21       | NP               | 21        | NO        | 42           | 6              | NP             | 8                  | NP        | 2             | 17       | 16          | 16                | 3            | 66             | 17           | NP      | unk               |  |  |
| 2003 | NP                                             | NP                   | NO               | NO         | 9        | 82           | 38                 | 10              | 23       | 1                | 38        | NO        | 81           | 2              | NP             | 4                  | NP        | 3             | 6        | NP          | 16                | 1            | 19             | 27           | 11      | 2                 |  |  |
| 2004 | NP                                             | NP                   | NO               | NO         | 13       | 57.5         | 34                 | 46              | 3.5      | 7                | 30        | NO        | 4.5          | 8              | 13             | 28                 | NP        | 11            | 11.5     | 8           | 1                 | 38           | 57             | 23           | 6       | 29                |  |  |
| 2005 | 3                                              | 8                    | NO               | NO         | 49       | 103.5        | 9                  | 26              | 25       | NP               | 57        | NP        | 38           | 10             | 9              | 40.5               | 4         | 22            | 21       | 4           | 5                 | 9            | 35             | 13           | 8       | 47                |  |  |
| 2006 | NP                                             | 34                   | NO               | NO         | 12       | 52           | 13                 | 36              | 45       | 3                | 22        | NP        | 54           | 2              | 35             | 98                 | NP        | NP            | 15       | 23          | 6                 | 42           | 25             | 1            | 4       | 24                |  |  |
| 2007 | 22.5                                           | 26                   | NO               | 2          | 38       | 49           | NP                 | NP              | 40       | 18               | 44        | 1         | 30           | 1              | 27             | 113.5              | 3         | 10            | 34.5     | 10.5        | 18                | NP           | 36             | 10           | NP      | 11                |  |  |
| 2008 | 6                                              | 23.5                 | NO               | 43         | 47.5     | 57.5         | NP                 | 8               | 17       | 41               | 14        | 39        | 10           | NP             | 83.5           | 86                 | NP        | NP            | 13       | 7           | NP                | 12           | 30             | 3            | NP      | 5                 |  |  |
| 2009 | 4                                              | NP                   | NO               | 51         | 36       | 84.5         | NP                 | 10              | 31       | 38               | 46        | NP        | 29           | NP             | 40             | 10                 | NP        | NP            | 26       | 29          | 1                 | 34.5         | 34             | 7            | NP      | 35                |  |  |
| 2010 | 6                                              | 6                    | NO               | 23         | 86       | 58           | NP                 | 1               | 25       | 3                | 46        | 3         | NP           | 7              | 20             | 42                 | NP        | NP            | 19       | 18          | 13                | NP           | 62             | 52           | NP      | 54                |  |  |
| 2011 | 1                                              | 17                   | NO               | 45         | 13       | 18           | 5                  | 26              | 25       | NP               | 38        | 3         | 16           | NP             | 73             | 45                 | NP        | NP            | 19       | 20          | 14                | 6            | 22             | 44           | 2       | 93                |  |  |
| 2012 | 8                                              | 1                    | NO               | 63         | 9        | 22           | 12                 | 12              | 23       | 16               | 7         | NP        | 56           | 6              | 77.5           | 16                 | NP        | 30            | 14       | NP          | 6                 | 7            | 19             | 63.5         | 10      | 67                |  |  |
| 2013 | 3                                              | 6                    | NO               | 115        | 10       | 9            | 29                 | 18              | 12       | NP               | 95.5      | NP        | 52           | 16             | 85.5           | 14                 | 3         | 10            | 20       | 8           | 14                | NP           | 5              | 5            | 1       | 15                |  |  |
| 2014 | 4                                              | 18                   | NO               | 52         | 4        | 37           | 2                  | 29              | 8        | 26               | 81        | 5         | 92           | 12             | 26             | 17                 | 22        | 15            | 2        | 2           | 21                | 13           | 17             | 24           | 2       | 15                |  |  |
| 2015 | NP                                             | 21                   | NO               | 11         | NP       | 14           | 12                 | 11              | 3        | 4                | 116       | 11.5      | 66.5         | NP             | 85             | 39                 | 12        | 17            | 19       | 22          | 18                | 10           | 14             | 26           | 6       | 8                 |  |  |
| 2016 | NP                                             | 23                   | NO               | 14         | 10       | NP           | 50                 | 4               | NP       | 20               | 140       | 18        | 22           | NP             | 49             | 34                 | 11        | 29            | 23       | 38          | 8                 | 1            | 17             | 18           | NP      | 17                |  |  |
| 2017 | 10                                             | 29                   | NO               | NP         | 9        | 8.5          | 43                 | 10              | NP       | 22               | 128       | 30        | 46           | 25             | 18             | 56                 | NP        | 12            | NP       | 49          | 6                 | 9            | 11             | 4            | 2       | 19                |  |  |
| 2018 | 5                                              | 38                   | NO               | 15         | 16       | 22           | 40                 | 5               | NP       | 12               | 108       | 39        | 42           | 10             | 9              | 35                 | NP        | 6             | NP       | 46          | 24                | NP           | 23             | 32           | 2       | 16                |  |  |
| 2019 | 7                                              | 16                   | NO               | 27         | NP       | 51           | 12                 | NP              | NP       | 46               | 96        | 33        | 133          | NP             | 7              | 21                 | NP        | NP            | 7        | 12          | 9                 | 4            | 23             | 36           | NP      | 6                 |  |  |
| 2020 | 14                                             | 5                    | NO               | 25         | 20       | 14           | 4                  | NP              | NP       | 14               | 90.5      | 50        | 94           | NP             | NP             | 49                 | 1         | NP            | 16       | 35          | NP                | 3            | 39.5           | 41           | 8       | 22                |  |  |
| 2023 | 11                                             | 2                    | NO               | 15         | 3        | 14           | 11                 | NP              | 37       | 64               | 54        | 10        | 23           | 5              | 45             | 24                 | NP        | 41            | 10       | 44          | 23                | 6            | 26             | 11           | 10      | 57                |  |  |
| High | 91.67                                          | 70                   | 21               | 115        | 86       | 103.5        | 50                 | 72              | 45       | 64               | 140       | 50        | 133          | 25             | 85.5           | 113.5              | 36        | 75            | 34.5     | 92          | 26                | 47.5         | 70.33          | 63.5         | 42      | 93                |  |  |
|      | ALBERT EINSTEIN                                | BETHESDA-CHEVY CHASE | CHARLES WOODWARD | CLARKSBURG | DAMASCUS | GAITHERSBURG | JAMES HUBERT BLAKE | JOHN F. KENNEDY | MAGRUDER | MONTGOMERY BLAIR | NORTHWEST | NORTHWOOD | PAINT BRANCH | POOLESVILLE SR | QUINCE ORCHARD | RICHARD MONTGOMERY | ROCKVILLE | SENECA VALLEY | SHERWOOD | SPRINGBROOK | THOMAS S. WOOTTON | WALT WHITMAN | WALTER JOHNSON | WATKINS MILL | WHEATON | WINSTON CHURCHILL |  |  |

| Legend               |
|----------------------|
| NO - School Not Open |
| NP - No Team Points  |
| unk - Result Unknown |
| County Champion      |
| County Record        |

## Historical Throwback: 1994, 2004, 2014, 2023

**1994** — It was the final year that the meet was held at Towson University and the final year of the six-lap relay. The Paint Branch girls set the meet record for all time at 2:18.9. By comparison, the average winning time from the previous eight county championship meets was 2:24.

Paint Branch celebrated a second consecutive girls team title with 70 points while Gaithersburg claimed the boys team title with 69 points. Tameka Alestock of Paint Branch swept the 300m and 500m for the second consecutive year (42.8/1:21.3). Her male sprinting teammate Prentice Pollard doubled to win the 55m and 300m in 6.4 and 36.5.

Meet records were broken by Desiree Ficker of Whitman in the 800m (2:26.8) and Walter Johnson's Sally Glynn in the 1600m and 3200m (5:11.5/11:21.2). The 1600m record stood for another 13 years.

Glynn's male teammate Josh Orenstein doubled in the 1600m and 3200m (4:32.5/10:19.9) while Whitman's Peter Kimball doubled in the 500m and 800m (1:07.8/2:05.9).

Additional records were broken by the Seneca Valley boys 4x400m relay (3:35.1), Martin Seonarian of Quince Orchard in the high jump (6-04), and Keith Duggan of Gaithersburg in the pole vault (12-00). Kikisha Addison of Gaithersburg tied the meet record in the girls 55m dash (7.0). Duggan's mark remains tied for #4 in meet history while Seonarian's mark remains tied for #8 in meet history.

**2004** — After winning three consecutive indoor state titles in the 1A/2A classification, the Poolesville girls broke through and won the school's only Montgomery County track title with 59.5 points. The Gaithersburg boys won their 8<sup>th</sup> indoor county title in 13 years.

Poolesville's girls had strength in distance events and set the meet record in the 4x800 in 9:50.00. Erin Moore set the meet record in the open 800m in 2:23.73. The 4x800 time remains #22 in meet history.

Gaithersburg's Nina Warren won the Montgomery County 55m title for the third consecutive year with a meet record 7.04. The time holds up as #4 in meet history. She also won the 300m in 41.69.

The Gaithersburg boys were balanced across many events with wins in the 300m (Malcolm Richardson, 35.82), 55m hurdles (Joseph Robinson, 7.87), and shot put (Paul Bridgers, 42-10.75).

Toni Aluko of Paint Branch jumped 5-06 in the high jump which remains tied for #5 in meet history. Aluko also recorded 8.36 in the 55m hurdle prelims, which remains ranked #13 in meet history, but she did not win the event. That honor was taken by WJ's Hilary Moen (8.74) in the finals.

Whitman's Whitney McFadden broke the meet record in the 500m in 1:18.84, while Aharon Conerly of Blake set a mark of 1:06.30 which remains ranked #10 in meet history today.

Halsey Sinclair of Montgomery Blair doubled in the 1600m/3200m (5:16.23/11:32.28). While not meet records, those were the best meet performances at that time by anyone other than Sally Glynn from the 90's. Andrew Jesien of Walter Johnson doubled in the 800m/1600m (2:02.07/4:27.89).

## Historical Throwback: 1994, 2004, 2014, 2023

**2014** — Clarksburg's girls broke up a three-year winning streak held by Northwest to win its first indoor county title. Clarksburg senior Claudia Ababio set the still-standing shot put meet record (42-06) while sophomore Alexis Pyles pulled off an exceptional quadruple: 5-02 high jump, 8.28 55m hurdles (remains #10 in meet history), 17-04.25 (remains #10 in meet history), and 36-05 triple jump (remains #15 in meet history).

Paint Branch's boys won the meet with 92 points and set the meet record in the 4x400 at 3:29.89 (remains #3 in meet history). Paint Branch also recorded 8:10.18 to win the 4x800 (remains #8 in meet history), and Devonte Johnson threw 51-09.50 in the shot put which remains #9 in meet history.

While not a meet record, the meet was closed out by the hottest girls 4x400 in history. Blake led four teams to performances which at the time ranked #2, #3, #4, and #5 in meet history: Blake 4:04.38, Paint Branch 4:04.51, Northwest 4:06.23, Sherwood 4:07.00.

Lucy Srour of Churchill doubled to win the 800m and 1600m (2:21.89/5:13.99). Other performances included: Chase Weaverling of Poolesville – 9:32.00 3200m (remains #2 in meet history); Jaron Woodyard of Watkins Mill - 35.46 300m (remains #4 in meet history); Urgy Eado of Wootton – 1:58.42 (remains #10 in meet history); Devon Hairston of Kennedy – 7.50 55m hurdles (remains #5 in meet history); Carlos Vanzego of Clarksburg – 44-06 triple jump (remains #7 in meet history).

**2023** — It was a return to action after the COVID-19 pandemic canceled the 2021 and 2022 indoor Montgomery County Championship Meets. Two new champions took the podium as the James Blake girls and Montgomery Blair boys each won their school's first indoor team titles.

The field house was nearly empty by the time the boys long jump concluded and a new meet record was announced. Northwest's Antonio Berry jumped a new meet record, 23-03.25, while Quince Orchard's Roberto Terrell, Jr. leapt to 23-00.00 which tied the old meet record. Seneca Valley's Isaiah Wilson jumped 22-00.50 which became the new #7 performance in meet history.

Terrell, Jr. had his way in the rest of the meet. A 55m hurdles victory in 7.48 tied for #3 in meet history. QO's first indoor county title in the boys 4x200 in 1:32.01 ranks #5 in meet history.

Sofiane Compaore of Springbrook held off formidable challengers to win the 800m and 1600m. His 4:23.77 over Blair's Frederick Alfonso-Frank (4:24.22) ranks #7 in meet history. He later held off Magruder's Colin Abrams, 1:57.49 to 1:57.68. The performances rank #3 and #5 in meet history.

Other performances included: Iyanni Daley of Wheaton - 7.12 55m (ranks #9 in meet history); Andie Kollie of Magruder - 6.48 55m (ranks #7 in meet history); Brooke Cochran of Blake - 40.13 300m (ranks #6 in meet history); Hallie Muniz of Churchill – 2:20.32 800m (ranks #5 in meet history). Victoria Ketzler of Wootton - 5:08.96 1600m (ranks #5 in meet history); Blake girls 4x2 - 1:45.16 (ranks tied #5 in meet history), Blake girls 4x4 - 4:02.90 (ranks #5 in meet history); Desmond Whitley of Clarksburg - 44-08.00 (ranks #6 in meet history).

**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 Iyanni Daley      | Wheaton           | 2023 |              | 7.12           |
| 10 Taylor Wright    | Northwest         | 2016 |              | 7.15           |
| 11 Olivia Ekponé    | Thomas S. Wootton | 2008 | sf           | 7.16           |
| 12 Katie Wolf       | Winston Churchill | 2010 | sf           | 7.17           |
| 12 Taylor Wright    | Northwest         | 2017 |              | 7.17           |
| 12 Taylor Wright    | Northwest         | 2019 |              | 7.17           |
| 15 Madison Depry    | Wheaton           | 2020 |              | 7.18           |
| 16 Phobay Kutu-Akoi | John F. Kennedy   | 2004 |              | 7.19           |
| 16 Tenesha Hill     | Gaithersburg      | 2004 |              | 7.19           |
| 16 Olivia Ekponé    | Northwest         | 2010 | sf           | 7.19           |
| 19 Le'Quisha Parker | Northwood         | 2011 |              | 7.20           |
| 19 Stephanie Davis  | Magruder          | 2015 |              | 7.20           |
| 19 Taylor Wright    | Northwest         | 2018 |              | 7.20           |
| 22 Phobay Kutu-Akoi | John F. Kennedy   | 2005 |              | 7.22           |
| 22 Bethany White    | Magruder          | 2014 |              | 7.22           |
| 24 Tenesha Hill     | Gaithersburg      | 2005 |              | 7.23           |
| 24 Iyanni Daley     | Wheaton           | 2023 | sf           | 7.23           |

**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          |
| Nancy Hudson    | Clarksburg           | 2023        | 7.27          | 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          |
| Iyanni Daley    | Wheaton              | 2020        | 7.12          | Nethmini Perera    | Walt Whitman       | 2012        | 7.39          |
| 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 |
|----------------------|------------------|----------------------|--------------|----------------|
| <a href="#">1986</a> | Jennifer Hines   | Bethesda Chevy Chase | ht-7.28y     | 7.54 R         |
| <a href="#">1987</a> | Wanda Evans      | Magruder             | ht-7.2y      | 7.44 R         |
| <a href="#">1988</a> | Ayana Harris     | Albert Einstein      | ht-7.2y      | 7.44           |
| <a href="#">1989</a> | Teresa Israel    | Paint Branch         | ht-7.2       | 7.44           |
| <a href="#">1990</a> | Angie Mitchell   | Montgomery Blair     | ht-7.0       | 7.24 R         |
| <a href="#">1991</a> | Kisha Cole       | Seneca Valley        | ht-7.4       | 7.64           |
| <a href="#">1992</a> | Teresa Israel    | Paint Branch         | ht-7.0       | 7.24           |
| <a href="#">1993</a> | Kikisha Addison  | Gaithersburg         | ht-7.2       | 7.44           |
| <a href="#">1994</a> | Kikisha Addison  | Gaithersburg         | ht-7.0       | 7.24           |
| <a href="#">1995</a> | Natalie Johnson  | Paint Branch         | ht-7.7       | 7.94           |
| <a href="#">1997</a> | Janelle Ralph    | Springbrook          | ht-7.34      | 7.64           |
| <a href="#">1998</a> | Janelle Ralph    | Springbrook          | ht-7.0       | 7.24           |
| <a href="#">2000</a> | Narica Offutt    | Watkins Mill         | ht-7.2       | 7.44           |
| <a href="#">2001</a> | Narica Offutt    | Watkins Mill         |              | 7.28           |
| <a href="#">2002</a> | Nina Warren      | Gaithersburg         | ht-7.1       | 7.34           |
| <a href="#">2003</a> | Nina Warren      | Gaithersburg         |              | 7.28           |
| <a href="#">2004</a> | Nina Warren      | Gaithersburg         |              | 7.26           |
| <a href="#">2005</a> | Phobay Kutu-Akoi | John F. Kennedy      |              | 7.22 R         |
| <a href="#">2006</a> | Michelle Gellman | Winston Churchill    |              | 7.63           |
| <a href="#">2007</a> | Ashley Decruise  | Richard Montgomery   |              | 7.30           |
| <a href="#">2008</a> | Olivia Ekponé    | Thomas S. Wootton    |              | 7.09 R         |
| <a href="#">2009</a> | Olivia Ekponé    | Thomas S. Wootton    |              | 7.09           |
| <a href="#">2010</a> | Olivia Ekponé    | Northwest            |              | 7.05 R         |
| <a href="#">2011</a> | Olivia Ekponé    | Northwest            |              | 7.02 R         |
| <a href="#">2012</a> | Bethany White    | Magruder             |              | 7.24           |
| <a href="#">2013</a> | Gwen Shaw        | Thomas S. Wootton    |              | 7.26           |
| <a href="#">2014</a> | Bethany White    | Magruder             |              | 7.22           |
| <a href="#">2015</a> | Stephanie Davis  | Magruder             |              | 7.20           |
| <a href="#">2016</a> | Taylor Wright    | Northwest            |              | 7.15           |
| <a href="#">2017</a> | Taylor Wright    | Northwest            |              | 7.17           |
| <a href="#">2018</a> | Taylor Wright    | Northwest            |              | 7.20           |
| <a href="#">2019</a> | Taylor Wright    | Northwest            |              | 7.17           |
| <a href="#">2020</a> | Madison Depry    | Wheaton              |              | 7.18           |
| <a href="#">2023</a> | Iyanni Daley     | Wheaton              |              | 7.12           |

**Most indoor county champions in this event (including 60 yard): Northwest 6**

**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  | Andie Kollie                          | Magruder           | 2023      |              | 6.48           |
| 8  | Brian Porter                          | Gaithersburg       | 2003      |              | 6.49           |
| 8  | Malcolm Richardson                    | Gaithersburg       | 2005      | sf           | 6.49           |
| 10 | Gary Frazier                          | Richard Montgomery | 2008      |              | 6.50           |
| 10 | J'Sean Williams                       | Seneca Valley      | 2016      |              | 6.50           |
| 10 | Josh Netterville                      | Northwest          | 2017      |              | 6.50           |
| 10 | David Vincent Okoli                   | Watkins Mill       | 2019      |              | 6.50           |
| 14 | Fidel Hoggard                         | Paint Branch       | 2003      |              | 6.51           |
| 14 | Josh Netterville                      | Northwest          | 2016      |              | 6.51           |
| 16 | Jamal Lynn                            | Seneca Valley      | 2007      |              | 6.52           |
| 16 | Josh Netterville                      | Northwest          | 2016      | sf           | 6.52           |
| 16 | Josh Netterville                      | Northwest          | 2017      | sf           | 6.52           |
| 16 | Chukwumdi Osuji                       | Paint Branch       | 2020      |              | 6.52           |
| 20 | Keenan Crutchfield                    | Richard Montgomery | 2006      |              | 6.53           |
| 20 | Bisi Ezekoye                          | John F. Kennedy    | 2009      |              | 6.53           |
| 20 | Ty Mason                              | James H. Blake     | 2017      | sf           | 6.53           |
| 20 | Quentin Braithwaite                   | Montgomery Blair   | 2023      |              | 6.53           |
| 20 | Quentin Braithwaite                   | Montgomery Blair   | 2023      | sf           | 6.53           |
| 25 | 6 performances tied at 6.54 or ht-6.3 |                    |           |              |                |

**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          | Quentin Braithwaite    | Montgomery Blair   | 2023        | 6.53          |
| 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          |
| Andie Kollie      | Magruder             | 2023        | 6.48          | 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          |
| Tarique Wright    | Springbrook          | 2023        | 6.55          | David Vincent Okoli    | Watkins Mill       | 2019        | 6.50          |
| David James       | Wheaton              | 2023        | 6.63          | 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="#">1986</a> | Adae LeMone            | John F. Kennedy    | ht-6.34y     | 6.64 R         |
| <a href="#">1987</a> | Gene Cann              | Gaithersburg       | ht-6.3y      | 6.54 R         |
| <a href="#">1989</a> | Jim Ward               | Albert Einstein    | ht-6.5       | 6.74           |
| <a href="#">1990</a> | Shawn Talley           | Quince Orchard     | ht-6.6       | 6.84           |
| <a href="#">1991</a> | Rod Simmons            | Wheaton            | ht-6.5       | 6.74           |
| <a href="#">1992</a> | Sam Brown              | Springbrook        | ht-6.6       | 6.84           |
| <a href="#">1993</a> | Sayon Cooper           | Seneca Valley      | ht-6.2       | 6.44 R         |
| <a href="#">1994</a> | Prentice Pollard       | Paint Branch       | ht-6.4       | 6.64           |
| <a href="#">1995</a> | Mike Baker             | Seneca Valley      | ht-6.5       | 6.74           |
| <a href="#">1997</a> | Van Free               | Gaithersburg       | ht-6.52      | 6.84           |
| <a href="#">1998</a> | Van Free               | Gaithersburg       | ht-6.3       | 6.54           |
| <a href="#">2000</a> | Jay Colbert            | Gaithersburg       | ht-6.3       | 6.54           |
| <a href="#">2001</a> | Samaj Richardson       | Gaithersburg       |              | 6.63           |
| <a href="#">2002</a> | Matamba Matombo        | Gaithersburg       | ht-6.5       | 6.74           |
| <a href="#">2003</a> | Brian Porter           | Gaithersburg       |              | 6.49           |
| <a href="#">2004</a> | Adrian Dennis          | John F. Kennedy    |              | 6.57           |
| <a href="#">2005</a> | Malcolm Richardson     | Gaithersburg       |              | 6.45           |
| <a href="#">2006</a> | Keenan Crutchfield     | Richard Montgomery |              | 6.53           |
| <a href="#">2007</a> | Jamal Lynn             | Seneca Valley      |              | 6.52           |
| <a href="#">2008</a> | Gary Frazier           | Richard Montgomery |              | 6.50           |
| <a href="#">2009</a> | Bisi Ezekoye           | John F. Kennedy    |              | 6.53           |
| <a href="#">2010</a> | Hassan Dixon           | Northwest          |              | 6.55           |
| <a href="#">2011</a> | Micah Phillips-Spencer | Winston Churchill  |              | 6.60           |
| <a href="#">2012</a> | Micah Phillips-Spencer | Winston Churchill  |              | 6.64           |
| <a href="#">2013</a> | Paul Joseph            | Clarksburg         |              | 6.61           |
| <a href="#">2014</a> | Solomon Vault          | Gaithersburg       |              | 6.55           |
| <a href="#">2015</a> | Jaron Woodyard         | Thomas S. Wootton  |              | 6.54           |
| <a href="#">2016</a> | J'Sean Williams        | Seneca Valley      |              | 6.50           |
| <a href="#">2017</a> | Josh Netterville       | Northwest          |              | 6.50           |
| <a href="#">2018</a> | Khaloni Mganga         | Northwest          |              | 6.47           |
| <a href="#">2019</a> | Anthony Woods, Jr.     | Northwest          |              | 6.47           |
| <a href="#">2020</a> | Alonzo McBryde         | Paint Branch       |              | 6.41 R         |
| <a href="#">2023</a> | Andie Kollie           | Magruder           |              | 6.48           |

**Most indoor county champions in this event (including 60 yard): Gaithersburg 9**

# 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 Brooke Cochran    | James H. Blake     | 2023 |              | 40.13           |
| 7 Stephanie Davis   | Magruder           | 2015 |              | 40.20           |
| 8 Madison Depry     | Wheaton            | 2020 |              | 40.21           |
| 9 Martha Sam        | James H. Blake     | 2015 |              | 40.37           |
| 10 Le'Quisha Parker | Northwood          | 2011 |              | 40.51           |
| 11 Katie Wolf       | Winston Churchill  | 2009 |              | 40.53           |
| 12 Katie Wolf       | Winston Churchill  | 2010 |              | 40.61           |
| 13 Olivia Ekponé    | Thomas S. Wootton  | 2008 |              | 40.76           |
| 14 Udem Akpaete     | Springbrook        | 2012 |              | 40.82           |
| 15 Gwen Shaw        | Thomas S. Wootton  | 2013 |              | 40.83           |
| 16 Cori Brown       | Northwest          | 2016 |              | 40.86           |
| 17 Kyra Lyles       | Quince Orchard     | 2020 |              | 40.87           |
| 18 Judith Owens     | Albert Einstein    | 1989 | ht-40.7      | 40.94           |
| 19 Noelani Phillips | James H. Blake     | 2018 |              | 40.95           |
| 20 Gwen Shaw        | Thomas S. Wootton  | 2012 |              | 41.02           |
| 21 Taylor Wright    | Northwest          | 2016 |              | 41.03           |
| 22 Taylor Wright    | Northwest          | 2018 |              | 41.09           |
| 23 Janelle Ralph    | Springbrook        | 1998 | ht-40.9      | 41.14           |
| 24 Phobay Kutu-Akoi | John F. Kennedy    | 2005 |              | 41.17           |
| 25 K.C. Ashiogwu    | Gaithersburg       | 2020 |              | 41.21           |

## 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         |
| Brooke Cochran     | James H. Blake       | 2023        | 40.13         | 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 Kutu-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         |
| Udem 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="#">1986</a> | Wanda Evans      | Magruder             | ht-39.5y     | 44.09 R         |
| <a href="#">1987</a> | Wanda Evans      | Magruder             | ht-38.7y     | 43.20 R         |
| <a href="#">1988</a> | Melanie Etz      | Seneca Valley        | ht-38.6y     | 43.09 R         |
| <a href="#">1989</a> | Judith Owens     | Albert Einstein      | ht-40.7      | 40.94 R         |
| <a href="#">1990</a> | Teresa Israel    | Paint Branch         | ht-41.31     | 41.64           |
| <a href="#">1991</a> | Kisha Cole       | Seneca Valley        | ht-43.1      | 43.34           |
| <a href="#">1992</a> | Teresa Israel    | Paint Branch         | ht-41.6      | 41.84           |
| <a href="#">1993</a> | Tameka Alestock  | Paint Branch         | ht-43.6      | 43.84           |
| <a href="#">1994</a> | Tameka Alestock  | Paint Branch         | ht-42.8      | 43.04           |
| <a href="#">1995</a> | Sharkara Grant   | Wheaton              | ht-41.5      | 41.74           |
| <a href="#">1997</a> | Nadia Johnson    | Paint Branch         | ht-42.6      | 42.84           |
| <a href="#">1998</a> | Janelle Ralph    | Springbrook          | ht-40.9      | 41.14           |
| <a href="#">2000</a> | Maisha Pinkard   | Bethesda Chevy Chase | ht-43.2      | 43.44           |
| <a href="#">2001</a> | Maisha Pinkard   | Bethesda Chevy Chase |              | 41.61           |
| <a href="#">2002</a> | Christina Mann   | Poolesville          | ht-41.7      | 41.94           |
| <a href="#">2003</a> | Sharifa Love     | Richard Montgomery   |              | 41.66           |
| <a href="#">2004</a> | Nina Warren      | Gaithersburg         |              | 41.69           |
| <a href="#">2005</a> | Phobay Kutu-Akoi | John F. Kennedy      |              | 41.17           |
| <a href="#">2006</a> | Meghan Rose      | Poolesville          |              | 41.63           |
| <a href="#">2007</a> | Ashley Decruise  | Richard Montgomery   |              | 41.48           |
| <a href="#">2008</a> | Olivia Ekponé    | Thomas S. Wootton    |              | 40.76 R         |
| <a href="#">2009</a> | Olivia Ekponé    | Thomas S. Wootton    |              | 38.96 R         |
| <a href="#">2010</a> | Olivia Ekponé    | Northwest            |              | 39.84           |
| <a href="#">2011</a> | Olivia Ekponé    | Northwest            |              | 39.18           |
| <a href="#">2012</a> | Udeme Akpaete    | Springbrook          |              | 40.82           |
| <a href="#">2013</a> | Gwen Shaw        | Thomas S. Wootton    |              | 40.83           |
| <a href="#">2014</a> | Martha Sam       | James H. Blake       |              | 41.37           |
| <a href="#">2015</a> | Stephanie Davis  | Magruder             |              | 40.20           |
| <a href="#">2016</a> | Cori Brown       | Northwest            |              | 40.86           |
| <a href="#">2017</a> | Cori Brown       | Northwest            |              | 41.44           |
| <a href="#">2018</a> | Noelani Phillips | James H. Blake       |              | 40.95           |
| <a href="#">2019</a> | Caia Gelli       | Richard Montgomery   |              | 41.31           |
| <a href="#">2020</a> | Caia Gelli       | Richard Montgomery   |              | 39.84           |
| <a href="#">2023</a> | Brooke Cochran   | James H. Blake       |              | 40.13           |

**Most indoor county champions in this event (including 300 yard): Paint Branch 5**

## 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         |
| Tarique Wright     | Springbrook          | 2023        | 36.23         | 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="#">1986</a> | Marty Walker       | John F. Kennedy    | ht-33.1y     | 36.99 R         |
| <a href="#">1987</a> | Anthony Sewell     | Gaithersburg       | ht-34.0y     | 37.98           |
| <a href="#">1988</a> | Jim Ward           | Albert Einstein    | NT           | NT              |
| <a href="#">1989</a> | Jim Ward           | Albert Einstein    | ht-36.2      | 36.44 R         |
| <a href="#">1990</a> | Kirk Hewling       | John F. Kennedy    | ht-36.7      | 36.94           |
| <a href="#">1991</a> | Sam Brown          | Springbrook        | ht-37.3      | 37.54           |
| <a href="#">1992</a> | Sam Brown          | Springbrook        | ht-37.0      | 37.24           |
| <a href="#">1993</a> | Orlando Leigh      | Paint Branch       | ht-37.0      | 37.24           |
| <a href="#">1994</a> | Prentice Pollard   | Paint Branch       | ht-36.5      | 36.74           |
| <a href="#">1995</a> | Clifford Paul      | Wheaton            | ht-38.0      | 38.24           |
| <a href="#">1997</a> | Freddie Monroe     | Wheaton            | ht-38.3      | 38.54           |
| <a href="#">1998</a> | George LaRoche     | Wheaton            | ht-36.4      | 36.64           |
| <a href="#">2000</a> | Shaun Luncheon     | Sherwood           | ht-35.7      | 35.94 R         |
| <a href="#">2001</a> | Mike Simms         | Northwest          |              | 36.59           |
| <a href="#">2002</a> | Bryan Steele       | Gaithersburg       | ht-35.1      | 35.34 R         |
| <a href="#">2003</a> | Edwin Campbell     | Paint Branch       |              | 35.72           |
| <a href="#">2004</a> | Malcolm Richardson | Gaithersburg       |              | 35.82           |
| <a href="#">2005</a> | Kimery Williams    | John F. Kennedy    |              | 36.00           |
| <a href="#">2006</a> | Marcus Wyche       | Paint Branch       | ht-35.4      | 35.64           |
| <a href="#">2007</a> | Patrick Pinchinat  | Richard Montgomery |              | 36.06           |
| <a href="#">2008</a> | Brendan Etzel      | Richard Montgomery |              | 35.47           |
| <a href="#">2009</a> | Avery Graham       | Clarksburg         |              | 35.94           |
| <a href="#">2010</a> | Brandon Addison    | Watkins Mill       |              | 35.80           |
| <a href="#">2011</a> | Robert Bowis       | Winston Churchill  |              | 35.85           |
| <a href="#">2012</a> | Paul Joseph        | Clarksburg         |              | 35.71           |
| <a href="#">2013</a> | Paul Joseph        | Clarksburg         |              | 35.33 R         |
| <a href="#">2014</a> | Jaron Woodyard     | Watkins Mill       |              | 35.46           |
| <a href="#">2015</a> | Jalen Walker       | Northwest          |              | 35.35           |
| <a href="#">2016</a> | Josh Netterville   | Northwest          |              | 35.64           |
| <a href="#">2017</a> | Khaloni Mganga     | Northwest          |              | 35.97           |
| <a href="#">2018</a> | Khaloni Mganga     | Northwest          |              | 35.61           |
| <a href="#">2019</a> | Chukwumdi Osuji    | Paint Branch       |              | 35.69           |
| <a href="#">2020</a> | Jaeden Burke       | Paint Branch       |              | 35.52           |
| <a href="#">2023</a> | Tarique Wright     | Springbrook        |              | 36.23           |

**Most indoor county champions in this event (including 300 yard): Paint Branch 6**

## 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

| <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        | 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="#">1986</a> | Tessa Sugarbaker | Walter Johnson | ht-1:30.6y   | 1:30.84 R       |
| <a href="#">1987</a> | Laurie Bruce     | Walt Whitman   | ht-1:29.7y   | 1:29.94 R       |
| <a href="#">1988</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="#">1989</a> | Heather Codd          | Gaithersburg         | ht-1:25.4    | 1:25.64 R       |
| <a href="#">1990</a> | Melanie Etz           | Seneca Valley        | ht-1:23.7    | 1:23.94 R       |
| <a href="#">1991</a> | Kisha Cole            | Seneca Valley        | ht-1:27.1    | 1:27.34         |
| <a href="#">1992</a> | Sara Cassidy          | Richard Montgomery   | ht-1:26.5    | 1:26.74         |
| <a href="#">1993</a> | Tameka Alestock       | Paint Branch         | ht-1:22.0    | 1:22.24 R       |
| <a href="#">1994</a> | Tameka Alestock       | Paint Branch         | ht-1:21.3    | 1:21.54 R       |
| <a href="#">1995</a> | Sharkara Grant        | Wheaton              | ht-1:19.3    | 1:19.54 R       |
| <a href="#">1997</a> | Courtney Botts        | Richard Montgomery   | ht-1:24.4    | 1:24.64         |
| <a href="#">1998</a> | Courtney Botts        | Richard Montgomery   | ht-1:20.0    | 1:20.24         |
| <a href="#">2000</a> | Jenny Bodine          | Walter Johnson       | ht-1:22.21   | 1:22.54         |
| <a href="#">2001</a> | Maisha Pinkard        | Bethesda Chevy Chase |              | 1:20.51         |
| <a href="#">2002</a> | Jaimie Smith          | Paint Branch         | ht-1:18.9    | 1:19.14 R       |
| <a href="#">2003</a> | Kellie Dunston        | James H. Blake       |              | 1:19.03 R       |
| <a href="#">2004</a> | Whitney McFadden      | Walt Whitman         |              | 1:18.84 R       |
| <a href="#">2005</a> | Veronica Salcido      | Thomas S. Wootton    |              | 1:18.58 R       |
| <a href="#">2006</a> | Leslie Morrison       | Walt Whitman         |              | 1:16.87 R       |
| <a href="#">2007</a> | Leslie Morrison       | Walt Whitman         |              | 1:16.26 R       |
| <a href="#">2008</a> | Leslie Morrison       | Walt Whitman         |              | 1:19.07         |
| <a href="#">2009</a> | Teresa Russell        | Sherwood             |              | 1:20.76         |
| <a href="#">2010</a> | Britt Eckerstrom      | Northwest            |              | 1:17.07         |
| <a href="#">2011</a> | Britt Eckerstrom      | Northwest            |              | 1:16.43         |
| <a href="#">2012</a> | Udeme Akpaete         | Springbrook          |              | 1:16.40         |
| <a href="#">2013</a> | Sylvia Deppen         | Thomas S. Wootton    |              | 1:18.43         |
| <a href="#">2014</a> | Olufunmilayo Daramola | Paint Branch         |              | 1:19.06         |
| <a href="#">2015</a> | Sarah Moore           | James H. Blake       |              | 1:17.16         |
| <a href="#">2016</a> | Alyssa Rishell        | Watkins Mill         |              | 1:19.61         |
| <a href="#">2017</a> | Melissa Kameka        | Damascus             |              | 1:16.55         |
| <a href="#">2018</a> | Michelle Kamara       | Gaithersburg         |              | 1:16.83         |
| <a href="#">2019</a> | Michelle Kamara       | Gaithersburg         |              | 1:17.76         |
| <a href="#">2020</a> | Kyra Lyles            | Quince Orchard       |              | 1:17.87         |
| <a href="#">2023</a> | Cate Christopher      | Richard Montgomery   |              | 1:20.35         |

Most indoor county champions in this event (including 600 yard): Walt Whitman 5

## 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

| <u>Name</u>           | <u>School</u>        | <u>Year</u> | <u>Result</u> | <u>Name</u>         | <u>School</u>     | <u>Year</u> | <u>Result</u> |
|-----------------------|----------------------|-------------|---------------|---------------------|-------------------|-------------|---------------|
| 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       |
| Colin Abrams          | Magruder             | 2023        | 1:08.69       | 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="#">1986</a> | Phil LePelch  | Bethesda Chevy Chase | ht-1:19.46y  | 1:19.74 R       |
| <a href="#">1987</a> | Maurice Wills | Springbrook          | ht-1:19.6y   | 1:19.84         |
| <a href="#">1988</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="#">1989</a> | Kirk Hewling          | John F. Kennedy      | ht-1:08.3    | 1:08.54 R       |
| <a href="#">1990</a> | Kirk Hewling          | John F. Kennedy      | ht-1:08.7    | 1:08.94         |
| <a href="#">1991</a> | Darryl Walker         | Damascus             | ht-1:10.3    | 1:10.54         |
| <a href="#">1992</a> | John Mondy            | Springbrook          | ht-1:06.7    | 1:06.94 R       |
| <a href="#">1993</a> | Orlando Leigh         | Paint Branch         | ht-1:09.0    | 1:09.24         |
| <a href="#">1994</a> | Peter Kimball         | Walt Whitman         | ht-1:07.8    | 1:08.04         |
| <a href="#">1995</a> | John Bernero          | Watkins Mill         | ht-1:10.0    | 1:10.24         |
| <a href="#">1997</a> | Jed Fonner            | Richard Montgomery   | ht-1:09.2    | 1:09.44         |
| <a href="#">1998</a> | George LaRoche        | Wheaton              | ht-1:07.4    | 1:07.64         |
| <a href="#">2000</a> | Shaun Luncheon        | Sherwood             | ht-1:08.1    | 1:08.34         |
| <a href="#">2001</a> | Hubert Koj            | Watkins Mill         |              | 1:07.20         |
| <a href="#">2002</a> | Bryan Steele          | Gaithersburg         | ht-1:05.8    | 1:06.04 R       |
| <a href="#">2003</a> | Aharon Conerly        | James H. Blake       |              | 1:07.62         |
| <a href="#">2004</a> | Aharon Conerly        | James H. Blake       |              | 1:06.30         |
| <a href="#">2005</a> | Kimery Williams       | John F. Kennedy      |              | 1:07.37         |
| <a href="#">2006</a> | Bret Ligon            | Richard Montgomery   |              | 1:05.98 R       |
| <a href="#">2007</a> | Wil Zahorodny         | Damascus             |              | 1:07.50         |
| <a href="#">2008</a> | Wil Zahorodny         | Damascus             |              | 1:05.09 R       |
| <a href="#">2009</a> | Wayne Bartholomew     | Quince Orchard       |              | 1:06.11         |
| <a href="#">2010</a> | Martin Dally          | Walter Johnson       |              | 1:07.05         |
| <a href="#">2011</a> | Kemol Anderson        | John F. Kennedy      |              | 1:08.21         |
| <a href="#">2012</a> | Malik Keels           | Paint Branch         |              | 1:07.46         |
| <a href="#">2013</a> | Dahri Jahn-Richardson | Northwest            |              | 1:06.45         |
| <a href="#">2014</a> | Nolan Ebner           | Bethesda Chevy Chase |              | 1:08.36         |
| <a href="#">2015</a> | Oliver Lloyd          | Paint Branch         |              | 1:07.23         |
| <a href="#">2016</a> | Khaloni Mganga        | Northwest            |              | 1:08.42         |
| <a href="#">2017</a> | Seydi Sall            | Richard Montgomery   |              | 1:05.74         |
| <a href="#">2018</a> | Alvin Mukisa          | Springbrook          |              | 1:07.59         |
| <a href="#">2019</a> | Seydi Sall            | Richard Montgomery   |              | 1:04.47 R       |
| <a href="#">2020</a> | Tamrat Snyder         | Damascus             |              | 1:05.41         |
| <a href="#">2023</a> | Micah McKenzie        | Montgomery Blair     |              | 1:07.71         |

**Most indoor county champions in this event (including 600 yard): Damascus 4, Kennedy 4, R. Montgomery 4**

**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 Hallie Muniz     | Winston Churchill    | 2023 |              | 2:20.32         |
| 6 Veronica Salcido | Thomas S. Wootton    | 2007 |              | 2:20.34         |
| 7 Morgane Gay      | Walt Whitman         | 2007 |              | 2:21.31         |
| 8 Kathy Aherne     | Northwest            | 2007 |              | 2:21.58         |
| 9 Camille Bouvet   | Walter Johnson       | 2011 |              | 2:21.79         |
| 10 Leslie Morrison | Walt Whitman         | 2006 |              | 2:21.80         |
| 11 Yasmine Kass    | Paint Branch         | 2017 |              | 2:21.86         |
| 12 Lucy Srour      | Winston Churchill    | 2014 |              | 2:21.89         |
| 13 Brittney Wade   | Bethesda Chevy Chase | 2012 |              | 2:21.94         |
| 14 Mackenzie Raue  | Walter Johnson       | 2023 |              | 2:21.95         |
| 15 Leslie Morrison | Walt Whitman         | 2008 |              | 2:22.00         |
| 16 Samantha Kameka | Damascus             | 2017 |              | 2:22.09         |
| 17 Maryam Fikri    | Winston Churchill    | 2010 |              | 2:22.24         |
| 18 Morgane Gay     | Walt Whitman         | 2008 |              | 2:22.34         |
| 19 Ashlyn Sinclair | Montgomery Blair     | 2006 |              | 2:22.37         |
| 20 Anaiya Bobo     | Northwood            | 2020 |              | 2:22.61         |
| 21 Ashlyn Sinclair | Montgomery Blair     | 2005 |              | 2:22.69         |
| 22 Gaby Go         | Northwest            | 2015 |              | 2:22.92         |
| 23 Lucy Srour      | Winston Churchill    | 2015 |              | 2:22.93         |
| 24 Maryam Fikri    | Winston Churchill    | 2007 |              | 2:22.97         |
| 25 Maryam Fikri    | Winston Churchill    | 2009 |              | 2:23.00         |

**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       | Hallie Muniz    | Winston Churchill  | 2023        | 2:20.32       |
| 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="#">1986</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="#">1987</a> | Helga Fuller     | Thomas S. Wootton    | ht-2:31.0y   | 2:30.34 R       |
| <a href="#">1988</a> | Margaret Leeds   | Walt Whitman         | ht-2:30.7y   | 2:30.04 R       |
| <a href="#">1989</a> | Kim Many         | John F. Kennedy      | ht-2:32.8    | 2:33.04         |
| <a href="#">1990</a> | Ayana McIntosh   | Springbrook          | ht-2:33.6    | 2:33.84         |
| <a href="#">1991</a> | Tina Brown       | Winston Churchill    | ht-2:27.7    | 2:27.94 R       |
| <a href="#">1992</a> | Liz Field        | Winston Churchill    | ht-2:30.2    | 2:30.44         |
| <a href="#">1993</a> | Desiree Ficker   | Walt Whitman         | ht-2:27.3    | 2:27.54 R       |
| <a href="#">1994</a> | Desiree Ficker   | Walt Whitman         | ht-2:26.8    | 2:27.04 R       |
| <a href="#">1995</a> | Suzy Burr        | Richard Montgomery   | ht-2:30.0    | 2:30.24         |
| <a href="#">1997</a> | Melissa Dorman   | Walt Whitman         | ht-2:28.7    | 2:28.94         |
| <a href="#">1998</a> | Cecily Garber    | Richard Montgomery   | ht-2:23.8    | 2:24.04 R       |
| <a href="#">2000</a> | Jenny Bodine     | Walter Johnson       | ht-2:25.3    | 2:25.54         |
| <a href="#">2001</a> | Megan Kirby      | Gaithersburg         |              | 2:27.90         |
| <a href="#">2002</a> | Jaimie Smith     | Paint Branch         | ht-2:25.0    | 2:25.24         |
| <a href="#">2003</a> | Whitney McFadden | Walt Whitman         |              | 2:25.64         |
| <a href="#">2004</a> | Erin Moore       | Poolesville          |              | 2:23.73 R       |
| <a href="#">2005</a> | Veronica Salcido | Thomas S. Wootton    |              | 2:19.51 R       |
| <a href="#">2006</a> | Leslie Morrison  | Walt Whitman         |              | 2:21.80         |
| <a href="#">2007</a> | Leslie Morrison  | Walt Whitman         |              | 2:17.96 R       |
| <a href="#">2008</a> | Leslie Morrison  | Walt Whitman         |              | 2:22.00         |
| <a href="#">2009</a> | Maryam Fikri     | Winston Churchill    |              | 2:23.00         |
| <a href="#">2010</a> | Maryam Fikri     | Winston Churchill    |              | 2:22.24         |
| <a href="#">2011</a> | Camille Bouvet   | Walter Johnson       |              | 2:21.79         |
| <a href="#">2012</a> | Brittney Wade    | Bethesda Chevy Chase |              | 2:21.94         |
| <a href="#">2013</a> | Lucy Srour       | Winston Churchill    |              | 2:23.99         |
| <a href="#">2014</a> | Lucy Srour       | Winston Churchill    |              | 2:21.89         |
| <a href="#">2015</a> | Gaby Go          | Northwest            |              | 2:22.92         |
| <a href="#">2016</a> | Alyssa Rishell   | Watkins Mill         |              | 2:24.89         |
| <a href="#">2017</a> | Morgan Casey     | Montgomery Blair     |              | 2:19.31         |
| <a href="#">2018</a> | Abigail Green    | Walter Johnson       |              | 2:23.59         |
| <a href="#">2019</a> | Breanna McDonald | Walt Whitman         |              | 2:24.37         |
| <a href="#">2020</a> | Anaiya Bobo      | Northwood            |              | 2:22.61         |
| <a href="#">2023</a> | Hallie Muniz     | Winston Churchill    |              | 2:20.32         |

Most indoor county champions in this event (including 1000 yard): Walt Whitman 9

**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  | Sofiane Compaore    | Springbrook        | 2023 |              | 1:57.49         |
| 4  | Thierry Siewe Yanga | Montgomery Blair   | 2017 |              | 1:57.56         |
| 5  | Colin Abrams        | Magruder           | 2023 |              | 1:57.68         |
| 6  | Diego Zarate        | Northwest          | 2015 |              | 1:57.72         |
| 7  | Tamrat Snyder       | Damascus           | 2020 |              | 1:57.75         |
| 8  | Thomas Arias        | Damascus           | 2010 |              | 1:58.11         |
| 9  | Garrett Suhr        | Richard Montgomery | 2018 |              | 1:58.12         |
| 10 | Urgy Eado           | Thomas S. Wootton  | 2014 |              | 1:58.42         |
| 11 | Chris Moen          | Walter Johnson     | 2008 |              | 1:58.49         |
| 12 | Garrett Suhr        | Richard Montgomery | 2017 |              | 1:58.69         |
| 13 | Antonio Palmer      | Gaithersburg       | 2009 |              | 1:58.77         |
| 14 | Chris Moen          | Walter Johnson     | 2007 |              | 1:58.93         |
| 15 | Jordan Sawadogo     | Springbrook        | 2007 |              | 1:59.04         |
| 16 | Bradan Welby        | Winston Churchill  | 2023 |              | 1:59.08         |
| 17 | Antonio Palmer      | Gaithersburg       | 2008 |              | 1:59.17         |
| 18 | Noah Fisher         | Richard Montgomery | 2023 |              | 1:59.21         |
| 19 | Edward Smith        | Walt Whitman       | 2014 |              | 1:59.23         |
| 20 | Oliver Lloyd        | Paint Branch       | 2015 |              | 1:59.26         |
| 21 | Will Conway         | Winston Churchill  | 2012 |              | 1:59.33         |
| 22 | Sam Martin          | Richard Montgomery | 2010 |              | 1:59.43         |
| 23 | Liam Walsh          | Quince Orchard     | 2016 |              | 1:59.52         |
| 24 | Wayne Bartholomew   | Quince Orchard     | 2009 |              | 1:59.75         |
| 25 | Sean King           | Winston Churchill  | 2009 |              | 1:59.83         |

**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       | Bradan Welby        | Winston Churchill  | 2023        | 1:59.08       |
| 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       |
| Colin Abrams     | Magruder             | 2023        | 1:57.68       | 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       |
| Sofiane Compaore | Springbrook          | 2023        | 1:57.49       | 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="#">1986</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="#">1987</a> | David Moldvay       | Albert Einstein      | ht-2:08.5y   | 2:08.04 R       |
| <a href="#">1988</a> | Terrence Taylor     | Albert Einstein      | ht-2:04.5y   | 2:04.04 R       |
| <a href="#">1989</a> | Terrence Taylor     | Albert Einstein      | ht-2:06.0    | 2:06.24         |
| <a href="#">1990</a> | Kirk Hewling        | John F. Kennedy      | ht-2:05.6    | 2:05.84         |
| <a href="#">1991</a> | Matt Ellis          | Bethesda Chevy Chase | ht-2:03.5    | 2:03.74 R       |
| <a href="#">1992</a> | Josh Luko           | Quince Orchard       | ht-2:01.9    | 2:02.14 R       |
| <a href="#">1993</a> | Peter Kimball       | Walt Whitman         | ht-2:06.5    | 2:06.74         |
| <a href="#">1994</a> | Peter Kimball       | Walt Whitman         | ht-2:05.9    | 2:06.14         |
| <a href="#">1995</a> | Mark Godette        | Springbrook          | ht-2:04.3    | 2:04.54         |
| <a href="#">1997</a> | Jed Fonner          | Richard Montgomery   | ht-2:04.5    | 2:04.74         |
| <a href="#">1998</a> | Davy Rogers         | Richard Montgomery   | ht-2:03.9    | 2:04.14         |
| <a href="#">2000</a> | Jamie Albertine     | Walt Whitman         | ht-2:00.6    | 2:00.84 R       |
| <a href="#">2001</a> | Hubert Koj          | Watkins Mill         |              | 2:01.03         |
| <a href="#">2002</a> | Matt Hard           | Winston Churchill    | ht-2:03.7    | 2:03.94         |
| <a href="#">2003</a> | Peter Novick        | Walter Johnson       |              | 2:03.91         |
| <a href="#">2004</a> | Andrew Jesien       | Walter Johnson       |              | 2:02.07         |
| <a href="#">2005</a> | Ben Fowler          | Walter Johnson       |              | 2:05.80         |
| <a href="#">2006</a> | Bret Ligon          | Richard Montgomery   |              | 2:03.55         |
| <a href="#">2007</a> | Chris Moen          | Walter Johnson       |              | 1:58.93 R       |
| <a href="#">2008</a> | Chris Moen          | Walter Johnson       |              | 1:58.49 R       |
| <a href="#">2009</a> | Antonio Palmer      | Gaithersburg         |              | 1:58.77         |
| <a href="#">2010</a> | Thomas Arias        | Damascus             |              | 1:58.11 R       |
| <a href="#">2011</a> | Sam Martin          | Richard Montgomery   |              | 2:02.18         |
| <a href="#">2012</a> | Will Conway         | Winston Churchill    |              | 1:59.33         |
| <a href="#">2013</a> | Oliver Lloyd        | Paint Branch         |              | 2:03.40         |
| <a href="#">2014</a> | Urgy Eado           | Thomas S. Wootton    |              | 1:58.42         |
| <a href="#">2015</a> | Diego Zarate        | Northwest            |              | 1:57.72 R       |
| <a href="#">2016</a> | Liam Walsh          | Quince Orchard       |              | 1:59.52         |
| <a href="#">2017</a> | Thierry Siewe Yanga | Montgomery Blair     |              | 1:57.56 R       |
| <a href="#">2018</a> | Eldon Phillips      | Northwood            |              | 1:57.15 R       |
| <a href="#">2019</a> | Nathaniel Kinyanjui | Montgomery Blair     |              | 2:00.39         |
| <a href="#">2020</a> | Tamrat Snyder       | Damascus             |              | 1:57.75         |
| <a href="#">2023</a> | Sofiane Compaore    | Springbrook          |              | 1:57.49         |

**Most indoor county champions in this event (including 1000 yard): Walter Johnson 5**

**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  | Victoria Ketzler | Thomas S. Wootton    | 2023 |              | 5:08.96          |
| 6  | Yasmine Kass     | Paint Branch         | 2017 |              | 5:09.15          |
| 7  | Halsey Sinclair  | Montgomery Blair     | 2007 |              | 5:09.25          |
| 8  | Emily Murphy     | Walter Johnson       | 2016 |              | 5:10.77          |
| 9  | Louise Hannallah | Winston Churchill    | 2007 |              | 5:10.98          |
| 10 | Julia Reicin     | Winston Churchill    | 2017 |              | 5:11.54          |
| 11 | Sally Glynn      | Walter Johnson       | 1994 | ht-5:11.5    | 5:11.74          |
| 12 | Halsey Sinclair  | Montgomery Blair     | 2006 | ht-5:11.6    | 5:11.84          |
| 13 | Hallie Muniz     | Winston Churchill    | 2023 |              | 5:11.87          |
| 14 | Nandini Satsangi | Poolesville          | 2019 |              | 5:12.32          |
| 15 | Louise Hannallah | Winston Churchill    | 2008 |              | 5:12.36          |
| 16 | Louise Hannallah | Winston Churchill    | 2006 | ht-5:13.7    | 5:13.94          |
| 17 | Alex Doll        | Bethesda Chevy Chase | 2011 |              | 5:13.97          |
| 18 | Lucy Srour       | Winston Churchill    | 2014 |              | 5:13.99          |
| 19 | Kiernan Keller   | Walter Johnson       | 2014 |              | 5:14.61          |
| 20 | Breanna McDonald | Walt Whitman         | 2019 |              | 5:14.91          |
| 21 | Jenna Goldberg   | Walter Johnson       | 2020 |              | 5:15.01          |
| 22 | Katie Greenwald  | Walt Whitman         | 2023 |              | 5:15.05          |
| 23 | Caroline Beakes  | Bethesda Chevy Chase | 2013 |              | 5:15.17          |
| 24 | Sally Glynn      | Walter Johnson       | 1993 | ht-5:15.4    | 5:15.64          |
| 25 | Camille Bouvet   | Walter Johnson       | 2011 |              | 5:15.66          |

**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 Reinhalter   | 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       | Maya Ducker              | Northwood         | 2023        | 5:28.06       |
| 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       |
| Victoria Ketzler   | Thomas S. Wootton | 2023        | 5:08.96       | 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="#">1986</a> | Jessica Caplan   | Charles Woodward     | ht-5:37.23y  | 5:35.54 R        |
| <a href="#">1987</a> | Jennifer Kuta    | Rockville            | ht-5:30.0y   | 5:28.34 R        |
| <a href="#">1988</a> | Kim Many         | John F. Kennedy      | ht-5:20.0y   | 5:18.34 R        |
| <a href="#">1989</a> | Kim Many         | John F. Kennedy      | ht-5:33.4y   | 5:31.74          |
| <a href="#">1990</a> | Ayana McIntosh   | Springbrook          | ht-5:49.6    | 5:49.84          |
| <a href="#">1991</a> | Tina Brown       | Winston Churchill    | ht-5:35.1    | 5:35.34          |
| <a href="#">1992</a> | Claire Torchia   | Bethesda Chevy Chase | ht-5:46.8    | 5:47.04          |
| <a href="#">1993</a> | Sally Glynn      | Walter Johnson       | ht-5:15.4    | 5:15.64 R        |
| <a href="#">1994</a> | Sally Glynn      | Walter Johnson       | ht-5:11.5    | 5:11.74 R        |
| <a href="#">1995</a> | Sally Glynn      | Walter Johnson       | ht-5:18.7    | 5:18.94          |
| <a href="#">1997</a> | Liz Starin       | Richard Montgomery   | ht-5:27.0    | 5:27.24          |
| <a href="#">1998</a> | Hannah Benjamin  | Damascus             | ht-5:25.5    | 5:25.74          |
| <a href="#">2000</a> | Kim Milans       | Walter Johnson       | ht-5:27.5    | 5:27.74          |
| <a href="#">2001</a> | Karen Pulliam    | Quince Orchard       |              | 5:20.30          |
| <a href="#">2002</a> | Karen Pulliam    | Quince Orchard       | ht-5:22.3    | 5:22.54          |
| <a href="#">2003</a> | Beth Catherwood  | Bethesda Chevy Chase |              | 5:24.30          |
| <a href="#">2004</a> | Halsey Sinclair  | Montgomery Blair     |              | 5:16.23          |
| <a href="#">2005</a> | Halsey Sinclair  | Montgomery Blair     |              | 5:17.75          |
| <a href="#">2006</a> | Halsey Sinclair  | Montgomery Blair     | ht-5:11.6    | 5:11.84          |
| <a href="#">2007</a> | Morgane Gay      | Walt Whitman         |              | 5:05.66 R        |
| <a href="#">2008</a> | Alex Doll        | Bethesda Chevy Chase |              | 5:06.90          |
| <a href="#">2009</a> | Addie Tousley    | Bethesda Chevy Chase |              | 5:19.47          |
| <a href="#">2010</a> | Alyssa Henshaw   | Northwest            |              | 5:16.93          |
| <a href="#">2011</a> | Alex Doll        | Bethesda Chevy Chase |              | 5:13.97          |
| <a href="#">2012</a> | Abbey Daley      | Clarksburg           |              | 5:16.26          |
| <a href="#">2013</a> | Caroline Beakes  | Bethesda Chevy Chase |              | 5:15.17          |
| <a href="#">2014</a> | Lucy Srour       | Winston Churchill    |              | 5:13.99          |
| <a href="#">2015</a> | Kiernan Keller   | Walter Johnson       |              | 5:16.46          |
| <a href="#">2016</a> | Emily Murphy     | Walter Johnson       |              | 5:10.77          |
| <a href="#">2017</a> | Abigail Green    | Walter Johnson       |              | 5:02.00 R        |
| <a href="#">2018</a> | Abigail Green    | Walter Johnson       |              | 5:01.37 R        |
| <a href="#">2019</a> | Nandini Satsangi | Poolesville          |              | 5:12.32          |
| <a href="#">2020</a> | Jenna Goldberg   | Walter Johnson       |              | 5:15.01          |
| <a href="#">2023</a> | Victoria Ketzler | Thomas S. Wootton    |              | 5:08.96          |

**Most indoor county champions in this event: Walter Johnson 9**

# 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 Yopez-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  | Sofiane Compaore        | Springbrook          | 2023 |              | 4:23.77          |
| 8  | Rohann Asfaw            | Richard Montgomery   | 2016 |              | 4:23.82          |
| 9  | Evan Laratta            | Quince Orchard       | 2012 |              | 4:24.05          |
| 10 | Frederick Alfonso-Frank | Montgomery Blair     | 2023 |              | 4:24.22          |
| 11 | Jonaton Baginski        | Rockville            | 2014 |              | 4:24.36          |
| 12 | Lorenzo Neil            | Paint Branch         | 2015 |              | 4:24.87          |
| 13 | Emmanuel Porquin        | Richard Montgomery   | 2015 |              | 4:24.89          |
| 14 | Solomon Haile           | Sherwood             | 2009 |              | 4:24.97          |
| 15 | Andrew Palmer           | Walt Whitman         | 2009 |              | 4:25.20          |
| 16 | Chris Moen              | Walter Johnson       | 2007 |              | 4:25.44          |
| 17 | Elias Tousley           | Bethesda Chevy Chase | 2007 |              | 4:25.56          |
| 18 | Garrett Suhr            | Richard Montgomery   | 2017 |              | 4:25.91          |
| 19 | Ryan Lockett            | Poolesville          | 2017 |              | 4:25.92          |
| 20 | Joshua Trzeciak         | Thomas S. Wootton    | 2013 |              | 4:26.04          |
| 21 | Garrett Suhr            | Richard Montgomery   | 2018 |              | 4:26.65          |
| 22 | Liam Walsh              | Quince Orchard       | 2016 |              | 4:27.24          |
| 23 | Elias Applebaum         | Richard Montgomery   | 2020 |              | 4:27.41          |
| 24 | Stephen Hayes           | Winston Churchill    | 2001 |              | 4:27.89          |
| 24 | Andrew Jesien           | Walter Johnson       | 2004 |              | 4:27.89          |

## 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       | Frederick Alfonso-Frank | Montgomery Blair   | 2023        | 4:24.22       |
| 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 Yopez-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 Mostrom       | Seneca Valley        | 1989        | 4:44.64       | Solomon Haile           | Sherwood           | 2009        | 4:24.97       |
| Sofiane Compaore    | Springbrook          | 2023        | 4:23.77       | Tom Stott               | Watkins Mill       | 2000        | 4:35.34       |
| Ezra Gashaw         | Wheaton              | 2023        | 4:38.88       | 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="#">1986</a> | Duncan Manville  | Bethesda Chevy Chase | ht-4:33.2y   | 4:31.84 R        |
| <a href="#">1987</a> | Gary Sherman     | Walt Whitman         | ht-4:31.0y   | 4:29.64 R        |
| <a href="#">1988</a> | Tom Eagleson     | Walt Whitman         | ht-4:33.6y   | 4:32.24          |
| <a href="#">1989</a> | Terrence Taylor  | Albert Einstein      | ht-4:41.59y  | 4:40.24          |
| <a href="#">1990</a> | Matt Ellis       | Bethesda Chevy Chase | ht-4:41.3    | 4:41.54          |
| <a href="#">1991</a> | Matt Ellis       | Bethesda Chevy Chase | ht-4:28.9    | 4:29.14 R        |
| <a href="#">1992</a> | Pascal Dobert    | Walt Whitman         | ht-4:31.8    | 4:32.04          |
| <a href="#">1993</a> | Josh Orenstein   | Walter Johnson       | ht-4:42.2    | 4:42.44          |
| <a href="#">1994</a> | Josh Orenstein   | Walter Johnson       | ht-4:32.5    | 4:32.74          |
| <a href="#">1995</a> | David Harry      | Quince Orchard       | ht-4:51.0    | 4:51.24          |
| <a href="#">1997</a> | Ed Tufaro        | Walt Whitman         | ht-4:35.4    | 4:35.64          |
| <a href="#">1998</a> | Davy Rogers      | Richard Montgomery   | ht-4:33.7    | 4:33.94          |
| <a href="#">2000</a> | Stephen Hayes    | Winston Churchill    | ht-4:31.3    | 4:31.54          |
| <a href="#">2001</a> | Stephen Hayes    | Winston Churchill    |              | 4:27.89 R        |
| <a href="#">2002</a> | Fanuel Chageza   | Walter Johnson       | ht-4:31.1    | 4:31.34          |
| <a href="#">2003</a> | Eric Pauley      | Gaithersburg         |              | 4:28.28          |
| <a href="#">2004</a> | Andrew Jesien    | Walter Johnson       |              | 4:27.89          |
| <a href="#">2005</a> | Zachary Martinez | Gaithersburg         |              | 4:33.09          |
| <a href="#">2006</a> | Chris Moen       | Walter Johnson       | ht-4:28.2    | 4:28.44          |
| <a href="#">2007</a> | Chris Moen       | Walter Johnson       |              | 4:25.44 R        |
| <a href="#">2008</a> | Neal Darmody     | Quince Orchard       |              | 4:28.85          |
| <a href="#">2009</a> | Solomon Haile    | Sherwood             |              | 4:24.97 R        |
| <a href="#">2010</a> | Sean O'Leary     | Walter Johnson       |              | 4:31.21          |
| <a href="#">2011</a> | Sam Martin       | Richard Montgomery   |              | 4:29.16          |
| <a href="#">2012</a> | Will Conway      | Winston Churchill    |              | 4:22.41 R        |
| <a href="#">2013</a> | Will Bertrand    | Clarksburg           |              | 4:23.45          |
| <a href="#">2014</a> | Jonaton Baginski | Rockville            |              | 4:24.36          |
| <a href="#">2015</a> | Diego Zarate     | Northwest            |              | 4:20.09 R        |
| <a href="#">2016</a> | Rohann Asfaw     | Richard Montgomery   |              | 4:23.82          |
| <a href="#">2017</a> | Garrett Suhr     | Richard Montgomery   |              | 4:25.91          |
| <a href="#">2018</a> | Garrett Suhr     | Richard Montgomery   |              | 4:26.65          |
| <a href="#">2019</a> | Eldad Mulugeta   | Northwood            |              | 4:20.25          |
| <a href="#">2020</a> | Elias Applebaum  | Richard Montgomery   |              | 4:27.41          |
| <a href="#">2023</a> | Sofiane Compaore | Springbrook          |              | 4:23.77          |

**Most indoor county champions in this event: Walter Johnson 7**

**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 Srouer       | 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      |
| Emilie Creighton   | James H. Blake       | 2023        | 12:00.02      | 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="#">1986</a> | Marcia Witte       | John F. Kennedy      | ht-12:06.0y  | 12:02.04 R       |
| <a href="#">1987</a> | Christine Ralston  | Walt Whitman         | ht-13:45.0y  | 13:40.44         |
| <a href="#">1988</a> | Kim Many           | John F. Kennedy      | ht-11:43.0y  | 11:39.14 R       |
| <a href="#">1989</a> | Kim Many           | John F. Kennedy      | ht-11:51.0   | 11:51.24         |
| <a href="#">1990</a> | Katherine Jamieson | Bethesda Chevy Chase | ht-13:08.1   | 13:08.34         |
| <a href="#">1991</a> | Rachael Peyser     | Walt Whitman         | ht-12:39.2   | 12:39.44         |
| <a href="#">1992</a> | Claire Torchia     | Bethesda Chevy Chase | ht-12:15.4   | 12:15.64         |
| <a href="#">1993</a> | Sally Glynn        | Walter Johnson       | ht-11:32.5   | 11:32.74 R       |
| <a href="#">1994</a> | Sally Glynn        | Walter Johnson       | ht-11:21.2   | 11:21.44 R       |
| <a href="#">1995</a> | Sally Glynn        | Walter Johnson       | ht-11:07.5   | 11:07.74 R       |
| <a href="#">1997</a> | Erin Murray        | Quince Orchard       | ht-12:00.53  | 12:00.84         |
| <a href="#">1998</a> | Hannah Benjamin    | Damascus             | ht-11:40.0   | 11:40.24         |
| <a href="#">2000</a> | Maggie Guille      | Walt Whitman         | ht-12:10.1   | 12:10.34         |
| <a href="#">2001</a> | Karen Pulliam      | Quince Orchard       |              | 11:34.45         |
| <a href="#">2002</a> | Karen Pulliam      | Quince Orchard       | ht-11:36.5   | 11:36.74         |
| <a href="#">2003</a> | Beth Catherwood    | Bethesda Chevy Chase |              | 11:58.50         |
| <a href="#">2004</a> | Halsey Sinclair    | Montgomery Blair     |              | 11:32.28         |
| <a href="#">2005</a> | Halsey Sinclair    | Montgomery Blair     |              | 11:28.66         |
| <a href="#">2006</a> | Halsey Sinclair    | Montgomery Blair     |              | 11:23.64         |
| <a href="#">2007</a> | Louise Hannallah   | Winston Churchill    |              | 11:18.00         |
| <a href="#">2008</a> | Louise Hannallah   | Winston Churchill    |              | 11:18.74         |
| <a href="#">2009</a> | Addie Tousley      | Bethesda Chevy Chase |              | 11:44.31         |
| <a href="#">2010</a> | Alexandra Giedd    | Winston Churchill    |              | 11:32.86         |
| <a href="#">2011</a> | Anna Bosse         | Walter Johnson       |              | 11:28.37         |
| <a href="#">2012</a> | Caroline Guiot     | Walt Whitman         |              | 11:27.74         |
| <a href="#">2013</a> | Caroline Beakes    | Bethesda Chevy Chase |              | 11:24.68         |
| <a href="#">2014</a> | Helen Webster      | Bethesda Chevy Chase |              | 11:27.02         |
| <a href="#">2015</a> | Bethlehem Taye     | Paint Branch         |              | 11:20.35         |
| <a href="#">2016</a> | Bethlehem Taye     | Paint Branch         |              | 10:53.70 R       |
| <a href="#">2017</a> | Abigail Green      | Walter Johnson       |              | 11:06.38         |
| <a href="#">2018</a> | Abigail Green      | Walter Johnson       |              | 10:45.75 R       |
| <a href="#">2019</a> | Nandini Satsangi   | Poolesville          |              | 11:17.26         |
| <a href="#">2020</a> | Jenna Goldberg     | Walter Johnson       |              | 10:52.99         |
| <a href="#">2023</a> | Anna Bodmer        | Poolesville          |              | 11:38.40         |

**Most indoor county champions in this event: Walter Johnson 7**

# 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

| <u>Name</u>     | <u>School</u>        | <u>Year</u> | <u>Result</u> | <u>Name</u>         | <u>School</u>      | <u>Year</u> | <u>Result</u> |
|-----------------|----------------------|-------------|---------------|---------------------|--------------------|-------------|---------------|
| 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       | Obsaa 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      |
| Matias Ketema   | Wheaton              | 2023        | 10:22.41      | 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<br>3200m |
|----------------------|-------------------|----------------------|--------------|---------------------|
| <a href="#">1986</a> | Tjeerd Broekman   | Bethesda Chevy Chase | ht-9:57.3y   | 9:54.14 R           |
| <a href="#">1987</a> | Gary Sherman      | Walt Whitman         | ht-10:19.9y  | 10:16.54            |
| <a href="#">1988</a> | Scott Mostrum     | Seneca Valley        | ht-10:39.0y  | 10:35.54            |
| <a href="#">1989</a> | Mike Collyer      | Walt Whitman         | ht-10:25.0   | 10:25.24            |
| <a href="#">1990</a> | David Hickey      | Springbrook          | ht-10:19.4   | 10:19.64            |
| <a href="#">1991</a> | Kevin Carter      | Springbrook          | NT           | NT                  |
| <a href="#">1992</a> | Troy Harry        | Quince Orchard       | ht-10:04.4   | 10:04.64            |
| <a href="#">1993</a> | Jon Cornwell      | Walt Whitman         | ht-10:27.8   | 10:28.04            |
| <a href="#">1994</a> | Josh Orenstein    | Walter Johnson       | ht-10:19.9   | 10:20.14            |
| <a href="#">1995</a> | David Harry       | Quince Orchard       | ht-10:22.0   | 10:22.24            |
| <a href="#">1997</a> | Ed Tufaro         | Walt Whitman         | ht-10:03.0   | 10:03.24            |
| <a href="#">1998</a> | David Glynn       | Walter Johnson       | ht-10:03.8   | 10:04.04            |
| <a href="#">2000</a> | Matt Seymour      | Magruder             | ht-9:59.6    | 9:59.84             |
| <a href="#">2001</a> | Stephen Hayes     | Winston Churchill    |              | 9:54.34             |
| <a href="#">2002</a> | Maksudal Ali      | Gaithersburg         | ht-9:46.7    | 9:46.94 R           |
| <a href="#">2003</a> | Awit Yohannes     | Magruder             |              | 9:54.00             |
| <a href="#">2004</a> | Matt Logie        | Northwest            |              | 10:07.26            |
| <a href="#">2005</a> | Andrew Jesien     | Walter Johnson       |              | 9:56.43             |
| <a href="#">2006</a> | William Palmer    | Walt Whitman         |              | 9:45.90 R           |
| <a href="#">2007</a> | Chris Barnard     | Sherwood             |              | 9:53.20             |
| <a href="#">2008</a> | Neal Darmody      | Quince Orchard       |              | 9:35.11 R           |
| <a href="#">2009</a> | Solomon Haile     | Sherwood             |              | 9:32.06 R           |
| <a href="#">2010</a> | Nicolas Escobar   | Magruder             |              | 9:47.32             |
| <a href="#">2011</a> | Zachary Weinstein | Winston Churchill    |              | 9:45.08             |
| <a href="#">2012</a> | Evan Laratta      | Quince Orchard       |              | 9:40.37             |
| <a href="#">2013</a> | Will Bertrand     | Clarksburg           |              | 9:29.67 R           |
| <a href="#">2014</a> | Chase Weaverling  | Poolesville          |              | 9:32.00             |
| <a href="#">2015</a> | Amir Khaghani     | Walt Whitman         |              | 9:34.83             |
| <a href="#">2016</a> | Rohann Asfaw      | Richard Montgomery   |              | 9:42.83             |
| <a href="#">2017</a> | Ryan Lockett      | Poolesville          |              | 9:33.81             |
| <a href="#">2018</a> | Adam Nakasaka     | Bethesda Chevy Chase |              | 9:35.02             |
| <a href="#">2019</a> | Baraka Sila       | Northwood            |              | 9:52.29             |
| <a href="#">2020</a> | Surafel Mengist   | Springbrook          |              | 9:49.64             |
| <a href="#">2023</a> | Gage Osborne      | Northwest            |              | 9:56.97             |

**Most indoor county champions in this event: Walt Whitman 6**

**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 Alexis 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 Alexis Pyles          | Clarksburg        | 2015 |              | 8.22               |
| 9 Alexis Pyles          | Clarksburg        | 2016 | sf           | 8.24               |
| 10 Alexis Pyles         | Clarksburg        | 2014 |              | 8.28               |
| 11 Audrey Gariepy-Bogui | Winston Churchill | 2007 |              | 8.29               |
| 11 Alexis 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 Alexis Pyles         | Clarksburg        | 2014 | sf           | 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="#">1986</a> | LaDonna Gooden       | Albert Einstein   | ht-8.7y      | 8.90 R             |
| <a href="#">1987</a> | Karen Etz            | Seneca Valley     | ht-9.6y      | 9.80               |
| <a href="#">1988</a> | Karen Etz            | Seneca Valley     | ht-9.1y      | 9.30               |
| <a href="#">1989</a> | Judith Owens         | Albert Einstein   | ht-8.6       | 8.84 R             |
| <a href="#">1990</a> | Angie Mitchell       | Montgomery Blair  | ht-9.1       | 9.34               |
| <a href="#">1991</a> | Torrey Simons        | Walter Johnson    | ht-9.1       | 9.34               |
| <a href="#">1992</a> | Torrey Simons        | Walter Johnson    | ht-8.8       | 9.04               |
| <a href="#">1993</a> | Katia Crowe          | Seneca Valley     | ht-8.7       | 8.94               |
| <a href="#">1995</a> | Rene Holtz           | John F. Kennedy   | ht-8.6       | 8.84               |
| <a href="#">1997</a> | Carlesha King        | Damascus          | ht-8.75      | 9.04               |
| <a href="#">1998</a> | Dee Antonio          | Wheaton           | ht-8.9       | 9.14               |
| <a href="#">2000</a> | Melanie Cathey       | Quince Orchard    | ht-8.6       | 8.84               |
| <a href="#">2001</a> | Yarvo Jones          | Gaithersburg      |              | 8.67 R             |
| <a href="#">2002</a> | Danielle Watson      | Gaithersburg      | ht-8.4       | 8.64 R             |
| <a href="#">2003</a> | Laura Shaw           | Walter Johnson    |              | 8.59 R             |
| <a href="#">2004</a> | Hillary Moen         | Walter Johnson    |              | 8.74               |
| <a href="#">2005</a> | Erika Zoller         | Damascus          |              | 8.54 R             |
| <a href="#">2006</a> | Audrey Garipey-Bogui | Winston Churchill |              | 8.48 R             |
| <a href="#">2007</a> | Audrey Garipey-Bogui | Winston Churchill |              | 8.22 R             |
| <a href="#">2008</a> | Kelsee Zyzak         | Damascus          |              | 9.04               |
| <a href="#">2009</a> | Olivia Durr          | Poolesville       |              | 8.38               |
| <a href="#">2010</a> | Thea LaFond          | John F. Kennedy   |              | 8.69               |
| <a href="#">2011</a> | Thea LaFond          | John F. Kennedy   |              | 8.64               |
| <a href="#">2012</a> | Laura Dally          | Walter Johnson    |              | 8.46               |
| <a href="#">2013</a> | Gwen Shaw            | Thomas S. Wootton |              | 8.21 R             |
| <a href="#">2014</a> | Alexus Pyles         | Clarksburg        |              | 8.28               |
| <a href="#">2015</a> | Alexus Pyles         | Clarksburg        |              | 8.22               |
| <a href="#">2016</a> | Alexus Pyles         | Clarksburg        |              | 8.02 R             |
| <a href="#">2017</a> | Eddita Pessima       | Northwest         |              | 8.52               |
| <a href="#">2018</a> | Eddita Pessima       | Northwest         |              | 8.20               |
| <a href="#">2019</a> | Kaya Rae Dunbar      | Paint Branch      |              | 8.18               |
| <a href="#">2020</a> | Kaya Rae Dunbar      | Paint Branch      |              | 8.17               |
| <a href="#">2023</a> | Saniyyah Stephens    | Gaithersburg      |              | 8.86               |

**Most indoor county champions in this event: Walter Johnson 5**

**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               |
| 3  | Roberto Terrell Jr. | Quince Orchard     | 2023 |              | 7.48               |
| 5  | Devon Hairston      | John F. Kennedy    | 2014 |              | 7.50               |
| 5  | Shyheim Wright      | Northwest          | 2015 | sf           | 7.50               |
| 7  | Shyheim Wright      | Northwest          | 2015 |              | 7.52               |
| 8  | Roberto Terrell Jr. | Quince Orchard     | 2023 | sf           | 7.58               |
| 9  | Adae LeMone         | John F. Kennedy    | 1986 | ht-7.36y     | 7.60               |
| 10 | Ivan Charles        | Albert Einstein    | 1988 | ht-7.5y      | 7.70               |
| 11 | Ron Frazier         | Gaithersburg       | 2000 | ht-7.5       | 7.74               |
| 11 | Owen Cain           | Gaithersburg       | 2009 |              | 7.74               |
| 13 | Paul Joseph         | Clarksburg         | 2013 |              | 7.75               |
| 14 | Joey Robinson       | Gaithersburg       | 2005 |              | 7.77               |
| 15 | Paul Joseph         | Clarksburg         | 2013 |              | 7.78               |
| 15 | Devon Hairston      | John F. Kennedy    | 2014 | sf           | 7.78               |
| 15 | Amadou Silimana     | Watkins Mill       | 2019 |              | 7.78               |
| 18 | Boubacar Diallo     | Springbrook        | 2013 |              | 7.79               |
| 19 | Willie Johnson      | Wheaton            | 1986 | ht-7.59y     | 7.80               |
| 19 | Eric Amo            | Paint Branch       | 1988 | ht-7.6y      | 7.80               |
| 19 | Cliff Bonie         | Gaithersburg       | 1988 | ht-7.6y      | 7.80               |
| 19 | Timmy Edwards       | Albert Einstein    | 1988 | ht-7.6y      | 7.80               |
| 23 | Darius Lewis        | Seneca Valley      | 2012 |              | 7.81               |
| 23 | Alan Banks          | Thomas S. Wootton  | 2014 |              | 7.81               |
| 23 | Brian Dennis        | James H. Blake     | 2017 | sf           | 7.81               |

**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          |
| Roberto Terrell Jr. | Quince Orchard       | 2023        | 7.48          | 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="#">1986</a> | Adae LeMone         | John F. Kennedy      | ht-7.36y     | 7.60 R             |
| <a href="#">1987</a> | Byrd                | Bethesda Chevy Chase | ht-8.2y      | 8.39               |
| <a href="#">1988</a> | Ivan Charles        | Albert Einstein      | ht-7.5y      | 7.70               |
| <a href="#">1989</a> | Jim Ward            | Albert Einstein      | ht-7.7       | 7.94               |
| <a href="#">1990</a> | Damien Revieria     | Gaithersburg         | ht-7.7       | 7.94               |
| <a href="#">1991</a> | David Pinalto       | Quince Orchard       | ht-8.0       | 8.24               |
| <a href="#">1992</a> | Phillip Marshall    | Springbrook          | ht-7.6       | 7.84               |
| <a href="#">1993</a> | Onaje Robinson      | Quince Orchard       | ht-7.6       | 7.84               |
| <a href="#">1994</a> | Todd Sheridan       | Winston Churchill    | ht-7.7       | 7.94               |
| <a href="#">1995</a> | Bob Garhart         | Gaithersburg         | ht-7.8       | 8.04               |
| <a href="#">1997</a> | Matt McGuire        | Richard Montgomery   | ht-7.7       | 7.94               |
| <a href="#">1998</a> | Matt McGuire        | Richard Montgomery   | ht-7.2       | 7.44 R             |
| <a href="#">2000</a> | Ron Frazier         | Gaithersburg         | ht-7.5       | 7.74               |
| <a href="#">2001</a> | Anwar Phillips      | Northwest            |              | 7.86               |
| <a href="#">2002</a> | Byron Gibson        | Gaithersburg         | ht-7.6       | 7.84               |
| <a href="#">2003</a> | DeWayne Whitaker    | Northwest            |              | 7.85               |
| <a href="#">2004</a> | Joey Robinson       | Gaithersburg         |              | 7.87               |
| <a href="#">2005</a> | Joey Robinson       | Gaithersburg         |              | 7.77               |
| <a href="#">2006</a> | Stefan Grundmann    | Walt Whitman         |              | 7.85               |
| <a href="#">2007</a> | Tyler Jackson       | Richard Montgomery   |              | 8.03               |
| <a href="#">2008</a> | Tyler Jackson       | Richard Montgomery   |              | 7.83               |
| <a href="#">2009</a> | Owen Cain           | Gaithersburg         |              | 7.74               |
| <a href="#">2010</a> | Trevon Carroll      | Gaithersburg         |              | 7.86               |
| <a href="#">2011</a> | Damiete Roberts     | Watkins Mill         |              | 7.98               |
| <a href="#">2012</a> | Darius Lewis        | Seneca Valley        |              | 7.81               |
| <a href="#">2013</a> | Paul Joseph         | Clarksburg           |              | 7.75               |
| <a href="#">2014</a> | Devon Hairston      | John F. Kennedy      |              | 7.50               |
| <a href="#">2015</a> | Shyheim Wright      | Northwest            |              | 7.52               |
| <a href="#">2016</a> | Shyheim Wright      | Northwest            |              | 7.44 R             |
| <a href="#">2017</a> | Robert Gicheru      | Northwest            |              | 7.83               |
| <a href="#">2018</a> | Elias Boussouf      | James H. Blake       |              | 7.95               |
| <a href="#">2019</a> | Amadou Silimana     | Watkins Mill         |              | 7.78               |
| <a href="#">2020</a> | Ajuani Hall         | Paint Branch         |              | 7.89               |
| <a href="#">2023</a> | Roberto Terrell Jr. | Quince Orchard       |              | 7.48               |

**Most indoor county champions in this event: Gaithersburg 8**

## 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           |
| 5 James H. Blake      | 2023      |              | 1:45.16           |
| 7 Northwest           | 2016      |              | 1:45.24           |
| 8 Northwest           | 2019      |              | 1:45.38           |
| 9 Watkins Mill        | 2018      |              | 1:45.56           |
| 10 Paint Branch       | 2014      |              | 1:45.65           |
| 11 Northwest          | 2011      |              | 1:46.07           |
| 11 Clarksburg         | 2016      |              | 1:46.07           |
| 13 John F. Kennedy    | 2005      |              | 1:46.24           |
| 14 Paint Branch       | 2015      |              | 1:46.27           |
| 15 James H. Blake     | 2015      |              | 1:46.37           |
| 16 Seneca Valley      | 2014      |              | 1:46.47           |
| 17 Paint Branch       | 2009      |              | 1:47.01           |
| 18 Richard Montgomery | 2020      |              | 1:47.28           |
| 19 Paint Branch       | 2010      |              | 1:47.35           |
| 20 Thomas S. Wootton  | 2013      |              | 1:47.38           |
| 21 Watkins Mill       | 2017      |              | 1:47.42           |
| 22 Northwest          | 2013      |              | 1:47.54           |
| 23 Magruder           | 2011      |              | 1:47.55           |
| 24 Magruder           | 2013      |              | 1:47.58           |
| 25 Northwest          | 2020      |              | 1:47.58           |

### 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              | 2023        | 1:46.70       | 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="#">1986</a> | Magruder        | ht-2:23.9    | 2:24.14 R        |
| <a href="#">1987</a> | Walt Whitman    | ht-2:19.7    | 2:19.94 R        |
| <a href="#">1988</a> | Seneca Valley   | ht-2:32.2    | 2:32.44          |
| <a href="#">1989</a> | Paint Branch    | ht-2:22.4    | 2:22.64          |
| <a href="#">1990</a> | John F. Kennedy | ht-2:27.0    | 2:27.24          |
| <a href="#">1991</a> | Walt Whitman    | ht-2:24.9    | 2:25.14          |
| <a href="#">1992</a> | Gaithersburg    | ht-2:23.3    | 2:23.54          |
| <a href="#">1993</a> | Albert Einstein | ht-2:21.3    | 2:21.54          |
| <a href="#">1994</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="#">1995</a> | Paint Branch       | ht-1:49.9    | 1:50.14 R         |
| <a href="#">1997</a> | Paint Branch       | ht-1:50.35   | 1:50.64           |
| <a href="#">1998</a> | Rockville          | ht-1:53.2    | 1:53.44           |
| <a href="#">2000</a> | Walter Johnson     | ht-1:53.2    | 1:53.44           |
| <a href="#">2001</a> | Walter Johnson     |              | 1:51.01           |
| <a href="#">2002</a> | Poolesville        | ht-1:47.5    | 1:47.74 R         |
| <a href="#">2003</a> | Poolesville        |              | 1:48.65           |
| <a href="#">2004</a> | Gaithersburg       |              | 1:47.80           |
| <a href="#">2005</a> | John F. Kennedy    |              | 1:46.24 R         |
| <a href="#">2006</a> | Damascus           |              | 1:50.30           |
| <a href="#">2007</a> | Winston Churchill  |              | 1:47.60           |
| <a href="#">2008</a> | Thomas S. Wootton  |              | 1:48.33           |
| <a href="#">2009</a> | Paint Branch       |              | 1:47.01           |
| <a href="#">2010</a> | Northwest          |              | 1:43.21 R         |
| <a href="#">2011</a> | Northwest          |              | 1:46.07           |
| <a href="#">2012</a> | Northwest          |              | 1:47.68           |
| <a href="#">2013</a> | Thomas S. Wootton  |              | 1:47.38           |
| <a href="#">2014</a> | Paint Branch       |              | 1:45.65           |
| <a href="#">2015</a> | Paint Branch       |              | 1:46.27           |
| <a href="#">2016</a> | Northwest          |              | 1:45.24           |
| <a href="#">2017</a> | James H. Blake     |              | 1:45.16           |
| <a href="#">2018</a> | James H. Blake     |              | 1:42.33 R         |
| <a href="#">2019</a> | James H. Blake     |              | 1:42.06 R         |
| <a href="#">2020</a> | Richard Montgomery |              | 1:47.28           |
| <a href="#">2023</a> | James H. Blake     |              | 1:45.16           |

**Most indoor county champions in this event (including the six lap relay): Paint Branch 7**

## 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  | Quince Orchard     | 2023      |              | 1:32.01           |
| 6  | Northwest          | 2017      |              | 1:32.19           |
| 7  | Richard Montgomery | 2007      |              | 1:32.40           |
| 8  | Springbrook        | 2017      |              | 1:32.41           |
| 9  | Paint Branch       | 2003      |              | 1:32.42           |
| 10 | Paint Branch       | 2019      |              | 1:32.58           |
| 11 | Paint Branch       | 2018      |              | 1:32.67           |
| 12 | Watkins Mill       | 2018      |              | 1:32.70           |
| 13 | Richard Montgomery | 2006      |              | 1:32.78           |
| 14 | Northwest          | 2015      |              | 1:32.81           |
| 15 | Richard Montgomery | 2008      |              | 1:32.83           |
| 16 | Montgomery Blair   | 2008      |              | 1:32.87           |
| 17 | Watkins Mill       | 2010      |              | 1:32.97           |
| 18 | Northwest          | 2016      |              | 1:33.10           |
| 19 | Paint Branch       | 2006      |              | 1:33.22           |
| 20 | Paint Branch       | 2009      |              | 1:33.62           |
| 21 | Northwest          | 2013      |              | 1:33.70           |
| 22 | Clarksburg         | 2009      |              | 1:33.84           |
| 23 | Paint Branch       | 2012      |              | 1:33.93           |
| 23 | Gaithersburg       | 2014      |              | 1:33.93           |
| 23 | Northwood          | 2017      |              | 1:33.93           |

### 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       | 2023        | 1:32.01       | Rockville          | 2009        | 1:38.83       |
| Seneca Valley        | 2023        | 1:34.72       | Sherwood           | 2001        | 1:34.98       |
| Springbrook          | 2017        | 1:32.41       | Watkins Mill       | 2018        | 1:32.70       |
| Wheaton              | 2023        | 1:35.84       | 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="#">1986</a> | John F. Kennedy | ht-2:02.5    | 2:02.74 R        |
| <a href="#">1987</a> | Gaithersburg    | ht-2:00.2    | 2:00.44 R        |
| <a href="#">1988</a> | Albert Einstein | ht-2:01.3    | 2:01.54          |
| <a href="#">1989</a> | Seneca Valley   | ht-2:01.2    | 2:01.44          |
| <a href="#">1990</a> | Quince Orchard  | ht-2:01.4    | 2:01.64          |
| <a href="#">1991</a> | Springbrook     | ht-2:00.0    | 2:00.24 R        |
| <a href="#">1992</a> | Springbrook     | ht-2:00.3    | 2:00.54          |
| <a href="#">1993</a> | Paint Branch    | ht-1:59.8    | 2:00.04 R        |
| <a href="#">1994</a> | Seneca Valley   | ht-2:02.9    | 2:03.14          |

**Boys 4x200m Relay County Champions**

| Year                 | High School        | Actual Perf. | Equivalent 4x200m |
|----------------------|--------------------|--------------|-------------------|
| <a href="#">1995</a> | Wheaton            | ht-1:37.4    | 1:37.64 R         |
| <a href="#">1997</a> | Gaithersburg       | ht-1:37.8    | 1:38.04           |
| <a href="#">1998</a> | Gaithersburg       | ht-1:33.8    | 1:34.04 R         |
| <a href="#">2000</a> | Northwest          | ht-1:37.2    | 1:37.44           |
| <a href="#">2001</a> | Paint Branch       |              | 1:34.84           |
| <a href="#">2002</a> | Gaithersburg       | ht-1:31.5    | 1:31.74 R         |
| <a href="#">2003</a> | Paint Branch       |              | 1:32.42           |
| <a href="#">2004</a> | Watkins Mill       |              | 1:34.23           |
| <a href="#">2005</a> | Paint Branch       |              | 1:34.83           |
| <a href="#">2006</a> | Richard Montgomery |              | 1:32.78           |
| <a href="#">2007</a> | Richard Montgomery |              | 1:32.40           |
| <a href="#">2008</a> | Richard Montgomery |              | 1:32.83           |
| <a href="#">2009</a> | Paint Branch       |              | 1:33.62           |
| <a href="#">2010</a> | Watkins Mill       |              | 1:32.97           |
| <a href="#">2011</a> | Winston Churchill  |              | 1:31.89           |
| <a href="#">2012</a> | Paint Branch       |              | 1:33.93           |
| <a href="#">2013</a> | Northwest          |              | 1:33.70           |
| <a href="#">2014</a> | Gaithersburg       |              | 1:33.93           |
| <a href="#">2015</a> | Northwest          |              | 1:32.81           |
| <a href="#">2016</a> | Northwest          |              | 1:33.10           |
| <a href="#">2017</a> | Northwest          |              | 1:32.19           |
| <a href="#">2018</a> | Paint Branch       |              | 1:32.67           |
| <a href="#">2019</a> | Paint Branch       |              | 1:32.58           |
| <a href="#">2020</a> | Paint Branch       |              | 1:29.55 R         |
| <a href="#">2023</a> | Quince Orchard     |              | 1:32.01           |

**Most indoor county champions in this event (including the six lap relay): Paint Branch 9**

**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     | 2023      |              | 4:02.90           |
| 6 James H. Blake     | 2014      |              | 4:04.38           |
| 7 Paint Branch       | 2014      |              | 4:04.51           |
| 8 Northwest          | 2014      |              | 4:06.23           |
| 9 Sherwood           | 2014      |              | 4:07.00           |
| 10 Northwest         | 2016      |              | 4:07.54           |
| 11 Watkins Mill      | 2015      |              | 4:07.77           |
| 12 Sherwood          | 2015      |              | 4:08.03           |
| 13 John F. Kennedy   | 2005      |              | 4:08.16           |
| 14 Paint Branch      | 2016      |              | 4:08.45           |
| 15 Walter Johnson    | 2003      |              | 4:08.79           |
| 16 Paint Branch      | 2018      |              | 4:09.06           |
| 17 Walter Johnson    | 2005      |              | 4:09.23           |
| 18 Northwest         | 2012      |              | 4:09.59           |
| 19 Northwest         | 2011      |              | 4:09.63           |
| 20 Walter Johnson    | 2017      |              | 4:09.82           |
| 21 Walter Johnson    | 2002      | ht-4:09.8    | 4:10.04           |
| 22 Paint Branch      | 2017      |              | 4:10.11           |
| 23 Northwest         | 2018      |              | 4:10.21           |
| 24 Winston Churchill | 2010      |              | 4:10.51           |
| 25 John F. Kennedy   | 2007      |              | 4:11.10           |

**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           | 2023        | 4:15.70       | Damascus           | 2010        | 4:12.64       |
| Albert Einstein      | 2007        | 4:15.00       | Gaithersburg       | 2023        | 4:17.64       |
| 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          | 2023        | 4:38.73       |
| Seneca Valley        | 2018        | 4:11.32       | Sherwood           | 2014        | 4:07.00       |
| Springbrook          | 2023        | 4:17.70       | 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="#">1986</a> | John F. Kennedy    | ht-4:29.49y  | 4:28.14 R         |
| <a href="#">1987</a> | Walt Whitman       | ht-4:22.0y   | 4:20.74 R         |
| <a href="#">1988</a> | Walt Whitman       | ht-4:38.2y   | 4:36.84           |
| <a href="#">1989</a> | Albert Einstein    | ht-4:25.7y   | 4:24.44           |
| <a href="#">1990</a> | Walter Johnson     | ht-4:42.1    | 4:42.34           |
| <a href="#">1991</a> | Watkins Mill       | ht-4:39.3    | 4:39.54           |
| <a href="#">1992</a> | Richard Montgomery | ht-4:31.3    | 4:31.54           |
| <a href="#">1993</a> | Watkins Mill       | ht-4:29.7    | 4:29.94           |
| <a href="#">1994</a> | Watkins Mill       | ht-4:23.4    | 4:23.64           |
| <a href="#">1995</a> | Paint Branch       | ht-4:14.4    | 4:14.64 R         |
| <a href="#">1997</a> | Paint Branch       | ht-4:27.0    | 4:27.24           |
| <a href="#">1998</a> | Richard Montgomery | ht-4:16.2    | 4:16.44           |
| <a href="#">2000</a> | Watkins Mill       | ht-4:25.1    | 4:25.34           |
| <a href="#">2001</a> | Walter Johnson     |              | 4:18.16           |
| <a href="#">2002</a> | Walter Johnson     | ht-4:09.8    | 4:10.04 R         |
| <a href="#">2003</a> | Walter Johnson     |              | 4:08.79 R         |
| <a href="#">2004</a> | Walter Johnson     |              | 4:15.34           |
| <a href="#">2005</a> | John F. Kennedy    |              | 4:08.16 R         |
| <a href="#">2006</a> | Winston Churchill  |              | 4:12.91           |
| <a href="#">2007</a> | John F. Kennedy    |              | 4:11.10           |
| <a href="#">2008</a> | Winston Churchill  |              | 4:11.89           |
| <a href="#">2009</a> | Winston Churchill  |              | 4:11.55           |
| <a href="#">2010</a> | Northwest          |              | 4:00.58 R         |
| <a href="#">2011</a> | Northwest          |              | 4:09.63           |
| <a href="#">2012</a> | Northwest          |              | 4:09.59           |
| <a href="#">2013</a> | Paint Branch       |              | 4:12.80           |
| <a href="#">2014</a> | James H. Blake     |              | 4:04.38           |
| <a href="#">2015</a> | Watkins Mill       |              | 4:07.77           |
| <a href="#">2016</a> | Northwest          |              | 4:07.54           |
| <a href="#">2017</a> | James H. Blake     |              | 4:02.41           |
| <a href="#">2018</a> | James H. Blake     |              | 4:01.19           |
| <a href="#">2019</a> | James H. Blake     |              | 4:02.02           |
| <a href="#">2020</a> | Seneca Valley      |              | 4:12.20           |
| <a href="#">2023</a> | James H. Blake     |              | 4:02.90           |

**Most indoor county champions in this event: James H. Blake 5, Walter Johnson 5, Watkins Mill 5**

# 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 | Winston Churchill  | 2023      |              | 3:33.29           |

## 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  | 2023        | 3:33.29       |
| 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="#">1986</a> | Charles Woodward     | ht-3:46.05y  | 3:44.94 R         |
| <a href="#">1987</a> | Albert Einstein      | NT           | NT                |
| <a href="#">1988</a> | Seneca Valley        | ht-3:48.0y   | 3:46.94           |
| <a href="#">1989</a> | Albert Einstein      | ht-3:39.7y   | 3:38.64 R         |
| <a href="#">1990</a> | Springbrook          | ht-3:44.6    | 3:44.84           |
| <a href="#">1991</a> | Springbrook          | ht-3:48.5    | 3:48.74           |
| <a href="#">1992</a> | Springbrook          | ht-3:45.9    | 3:46.14           |
| <a href="#">1993</a> | Paint Branch         | ht-3:40.1    | 3:40.34           |
| <a href="#">1994</a> | Seneca Valley        | ht-3:35.1    | 3:35.34 R         |
| <a href="#">1995</a> | Gaithersburg         | ht-3:39.3    | 3:39.54           |
| <a href="#">1997</a> | Paint Branch         | ht-3:39.2    | 3:39.44           |
| <a href="#">1998</a> | Richard Montgomery   | ht-3:33.9    | 3:34.14 R         |
| <a href="#">2000</a> | Watkins Mill         | ht-3:39.7    | 3:39.94           |
| <a href="#">2001</a> | Watkins Mill         |              | 3:33.27 R         |
| <a href="#">2002</a> | Paint Branch         | ht-3:33.4    | 3:33.64           |
| <a href="#">2003</a> | Paint Branch         |              | 3:31.29 R         |
| <a href="#">2004</a> | Walter Johnson       |              | 3:37.27           |
| <a href="#">2005</a> | Richard Montgomery   |              | 3:35.30           |
| <a href="#">2006</a> | Richard Montgomery   |              | 3:30.45 R         |
| <a href="#">2007</a> | Richard Montgomery   |              | 3:30.90           |
| <a href="#">2008</a> | Montgomery Blair     |              | 3:33.63           |
| <a href="#">2009</a> | Damascus             |              | 3:30.23 R         |
| <a href="#">2010</a> | Damascus             |              | 3:30.71           |
| <a href="#">2011</a> | Bethesda Chevy Chase |              | 3:35.81           |
| <a href="#">2012</a> | Paint Branch         |              | 3:32.40           |
| <a href="#">2013</a> | Northwest            |              | 3:32.37           |
| <a href="#">2014</a> | Paint Branch         |              | 3:29.89 R         |
| <a href="#">2015</a> | Northwest            |              | 3:33.64           |
| <a href="#">2016</a> | Springbrook          |              | 3:33.86           |
| <a href="#">2017</a> | Springbrook          |              | 3:28.17 R         |
| <a href="#">2018</a> | Springbrook          |              | 3:32.55           |
| <a href="#">2019</a> | Montgomery Blair     |              | 3:31.79           |
| <a href="#">2020</a> | Springbrook          |              | 3:30.09           |
| <a href="#">2023</a> | Winston Churchill    |              | 3:33.29           |

**Most indoor county champions in this event: Springbrook 7**

**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 Walter Johnson       | 2023      |              | 9:46.65           |
| 16 Northwest            | 2013      |              | 9:47.19           |
| 17 Walter Johnson       | 2015      |              | 9:47.69           |
| 18 Bethesda Chevy Chase | 2013      |              | 9:48.31           |
| 19 Winston Churchill    | 2009      |              | 9:48.96           |
| 20 Walter Johnson       | 2010      |              | 9:49.37           |
| 21 Walter Johnson       | 2020      |              | 9:49.51           |
| 22 Poolesville          | 2004      |              | 9:50.00           |
| 23 Walter Johnson       | 2018      |              | 9:51.20           |
| 24 Damascus             | 2009      |              | 9:51.29           |
| 25 Walter Johnson       | 2019      |              | 9:51.70           |

**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       | 2023        | 10:00.54      | 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="#">1986</a> | Charles Woodward     | ht-10:47.0y  | 10:43.44 R        |
| <a href="#">1987</a> | Walt Whitman         | ht-10:20.0y  | 10:16.64 R        |
| <a href="#">1988</a> | Walt Whitman         | ht-10:50.0y  | 10:46.44          |
| <a href="#">1989</a> | John F. Kennedy      | ht-10:48.6y  | 10:45.04          |
| <a href="#">1990</a> | Walter Johnson       | ht-10:54.4   | 10:54.64          |
| <a href="#">1991</a> | Winston Churchill    | ht-10:32.0   | 10:32.24          |
| <a href="#">1992</a> | Winston Churchill    | ht-10:39.6   | 10:39.84          |
| <a href="#">1993</a> | Watkins Mill         | ht-10:16.8   | 10:17.04          |
| <a href="#">1994</a> | Watkins Mill         | ht-10:24.3   | 10:24.54          |
| <a href="#">1995</a> | Watkins Mill         | ht-10:31.6   | 10:31.84          |
| <a href="#">1997</a> | Quince Orchard       | ht-10:19.04  | 10:19.34          |
| <a href="#">1998</a> | Walter Johnson       | ht-9:51.9    | 9:52.14 R         |
| <a href="#">2000</a> | Walter Johnson       | ht-9:54.99   | 9:55.24           |
| <a href="#">2001</a> | Quince Orchard       |              | 10:00.28          |
| <a href="#">2002</a> | Paint Branch         | ht-10:04.2   | 10:04.44          |
| <a href="#">2003</a> | Walter Johnson       |              | 9:59.78           |
| <a href="#">2004</a> | Poolesville          |              | 9:50.00 R         |
| <a href="#">2005</a> | Winston Churchill    |              | 9:52.85           |
| <a href="#">2006</a> | Walt Whitman         |              | 9:43.71 R         |
| <a href="#">2007</a> | Walt Whitman         |              | 9:38.00 R         |
| <a href="#">2008</a> | Walt Whitman         |              | 9:37.25 R         |
| <a href="#">2009</a> | Bethesda Chevy Chase |              | 9:45.73           |
| <a href="#">2010</a> | Northwest            |              | 9:35.01 R         |
| <a href="#">2011</a> | Northwest            |              | 9:40.64           |
| <a href="#">2012</a> | Northwest            |              | 9:43.75           |
| <a href="#">2013</a> | Northwest            |              | 9:47.19           |
| <a href="#">2014</a> | Poolesville          |              | 9:52.96           |
| <a href="#">2015</a> | Walter Johnson       |              | 9:47.69           |
| <a href="#">2016</a> | Bethesda Chevy Chase |              | 9:42.41           |
| <a href="#">2017</a> | Walter Johnson       |              | 9:58.54           |
| <a href="#">2018</a> | Walter Johnson       |              | 9:51.20           |
| <a href="#">2019</a> | Walter Johnson       |              | 9:51.70           |
| <a href="#">2020</a> | Walter Johnson       |              | 9:49.51           |
| <a href="#">2023</a> | Walter Johnson       |              | 9:46.65           |

**Most indoor county champions in this event: Walter Johnson 10**

**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="#">1986</a> | Bethesda Chevy Chase | ht-8:53.0y   | 8:50.14 R         |
| <a href="#">1987</a> | John F. Kennedy      | ht-8:48.0y   | 8:45.14 R         |
| <a href="#">1988</a> | Springbrook          | ht-8:56.2y   | 8:53.34           |
| <a href="#">1989</a> | Bethesda Chevy Chase | ht-8:49.2y   | 8:46.34           |
| <a href="#">1990</a> | Rockville            | ht-8:38.1    | 8:38.34 R         |
| <a href="#">1991</a> | Walter Johnson       | ht-8:55.8    | 8:56.04           |
| <a href="#">1992</a> | Quince Orchard       | ht-8:34.3    | 8:34.54 R         |
| <a href="#">1993</a> | Walt Whitman         | NT           | NT                |
| <a href="#">1994</a> | Seneca Valley        | ht-8:54.3    | 8:54.54           |
| <a href="#">1995</a> | Quince Orchard       | ht-8:34.6    | 8:34.84           |
| <a href="#">1997</a> | Richard Montgomery   | ht-8:36.0    | 8:36.24           |
| <a href="#">1998</a> | Watkins Mill         | ht-8:31.6    | 8:31.84 R         |
| <a href="#">2000</a> | Watkins Mill         | ht-8:26.70   | 8:26.94 R         |
| <a href="#">2001</a> | Magruder             |              | 8:21.33 R         |
| <a href="#">2002</a> | Walter Johnson       | ht-8:15.4    | 8:15.64 R         |
| <a href="#">2003</a> | Paint Branch         |              | 8:24.47           |
| <a href="#">2004</a> | Walter Johnson       |              | 8:32.01           |
| <a href="#">2005</a> | Walter Johnson       |              | 8:17.93           |
| <a href="#">2006</a> | Winston Churchill    | ht-8:21.1    | 8:21.34           |
| <a href="#">2007</a> | Walter Johnson       |              | 8:16.90           |
| <a href="#">2008</a> | Quince Orchard       |              | 8:10.46 R         |
| <a href="#">2009</a> | Winston Churchill    |              | 8:05.93 R         |
| <a href="#">2010</a> | Damascus             |              | 8:04.18 R         |
| <a href="#">2011</a> | Walter Johnson       |              | 8:13.86           |
| <a href="#">2012</a> | Walter Johnson       |              | 8:24.12           |
| <a href="#">2013</a> | Northwest            |              | 8:23.00           |
| <a href="#">2014</a> | Paint Branch         |              | 8:10.18           |
| <a href="#">2015</a> | Paint Branch         |              | 8:14.72           |
| <a href="#">2016</a> | Northwest            |              | 8:18.30           |
| <a href="#">2017</a> | Northwest            |              | 8:05.61           |
| <a href="#">2018</a> | Northwest            |              | 8:11.35           |
| <a href="#">2019</a> | Paint Branch         |              | 8:07.87           |
| <a href="#">2020</a> | Northwood            |              | 8:03.82 R         |
| <a href="#">2023</a> | Winston Churchill    |              | 8:19.65           |

**Most indoor county champions in this event: Walter Johnson 7**

## 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       |
| Sierra Swangin     | James H. Blake       | 2023        | 5-02.00       | 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="#">1986</a> | Lori Gieselman       | Paint Branch       | 5-02.00 R         |
| <a href="#">1987</a> | Dontrice Hamilton    | Walt Whitman       | 4-06.00           |
| <a href="#">1988</a> | Jeanine LeFlore      | Walt Whitman       | 4-06.00           |
| <a href="#">1988</a> | Tamara Simon         | Walt Whitman       | 4-06.00           |
| <a href="#">1988</a> | Tammy Tesar          | Damascus           | 4-06.00           |
| <a href="#">1988</a> | Christine Huo        | Walt Whitman       | 4-06.00           |
| <a href="#">1989</a> | Tyra Moore           | Springbrook        | 5-00.00           |
| <a href="#">1990</a> | Andrea Dritschilo    | Walt Whitman       | 5-00.00           |
| <a href="#">1991</a> | Andrea Dritschilo    | Walt Whitman       | 5-02.00           |
| <a href="#">1992</a> | Julie Sloan          | Walt Whitman       | 4-08.00           |
| <a href="#">1993</a> | Juliana Njoku        | Paint Branch       | 4-10.00           |
| <a href="#">1994</a> | Juliana Njoku        | Paint Branch       | 5-01.00           |
| <a href="#">1995</a> | Nana Jeffrey-Idun    | Wheaton            | 5-06.00 R         |
| <a href="#">1997</a> | Vanessa Jones        | Sherwood           | 5-08.00 R         |
| <a href="#">1998</a> | Emily Owens          | Richard Montgomery | 5-06.00           |
| <a href="#">2000</a> | Michelle Smith       | Gaithersburg       | 5-07.00           |
| <a href="#">2001</a> | Cassie Tressler      | Damascus           | 5-02.00           |
| <a href="#">2002</a> | Cassie Tressler      | Damascus           | 5-02.00           |
| <a href="#">2003</a> | Toni Aluko           | Paint Branch       | 5-06.00           |
| <a href="#">2004</a> | Toni Aluko           | Paint Branch       | 5-06.00           |
| <a href="#">2005</a> | Emma Hanson          | Damascus           | 5-02.00           |
| <a href="#">2006</a> | Audrey Gariepy-Bogui | Winston Churchill  | 5-04.00           |
| <a href="#">2007</a> | Audrey Gariepy-Bogui | Winston Churchill  | 5-08.50 R         |
| <a href="#">2008</a> | Ashley Dabney        | Wheaton            | 5-04.00           |
| <a href="#">2009</a> | Vanessa Jules        | Paint Branch       | 5-04.00           |
| <a href="#">2010</a> | Thea LaFond          | John F. Kennedy    | 5-00.00           |
| <a href="#">2011</a> | Thea LaFond          | John F. Kennedy    | 5-04.00           |
| <a href="#">2012</a> | Bailee Freeman       | Clarksburg         | 5-04.00           |
| <a href="#">2013</a> | Alexus Pyles         | Clarksburg         | 5-02.00           |
| <a href="#">2014</a> | Alexus Pyles         | Clarksburg         | 5-02.00           |
| <a href="#">2015</a> | Alexus Pyles         | Clarksburg         | 5-04.00           |
| <a href="#">2016</a> | Alexus Pyles         | Clarksburg         | 5-03.00           |
| <a href="#">2017</a> | Eddita Pessima       | Northwest          | 5-02.00           |
| <a href="#">2018</a> | Taylor Wright        | Northwest          | 5-06.00           |
| <a href="#">2019</a> | Taylor Wright        | Northwest          | 5-08.00           |
| <a href="#">2020</a> | Madison Depry        | Wheaton            | 5-04.00           |
| <a href="#">2023</a> | Sierra Swangin       | James H. Blake     | 5-02.00           |

**Most indoor county champions in this event: Walt Whitman 7**

## 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 McLauren                | 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       |
| Yule Pieters     | Thomas S. Wootton    | 2023        | 6-00.00       |                 |                    |             |               |

## Boys High Jump County Champions

| Year                 | Name                  | High School          | High Jump Results |
|----------------------|-----------------------|----------------------|-------------------|
| <a href="#">1986</a> | Richard Ridley        | Richard Montgomery   | 5-10.00 R         |
| <a href="#">1987</a> | Charles Bradford      | Richard Montgomery   | 5-10.00           |
| <a href="#">1988</a> | Timmy Edwards         | Albert Einstein      | 6-02.00 R         |
| <a href="#">1989</a> | B. Walcott            | Paint Branch         | 6-00.00           |
| <a href="#">1990</a> | Kirk Morris           | Gaithersburg         | 6-03.00 R         |
| <a href="#">1991</a> | Antoine McLauren      | Damascus             | 6-03.00           |
| <a href="#">1992</a> | Antoine McLauren      | Damascus             | 6-01.00           |
| <a href="#">1993</a> | Martin Seonarian      | Quince Orchard       | 5-10.00           |
| <a href="#">1994</a> | Martin Seonarian      | Quince Orchard       | 6-04.00 R         |
| <a href="#">1995</a> | Tavis Ndure           | Gaithersburg         | 6-06.00 R         |
| <a href="#">1997</a> | Pierre Bobet          | Damascus             | 6-00.00           |
| <a href="#">1998</a> | Jeremy Smith          | Gaithersburg         | 6-07.00 R         |
| <a href="#">2000</a> | Jason Williams        | Walt Whitman         | 5-10.00           |
| <a href="#">2001</a> | Jason Williams        | Walt Whitman         | 6-00.00           |
| <a href="#">2001</a> | Victor Akintimehim    | Quince Orchard       | 6-00.00           |
| <a href="#">2002</a> | Jerome Miller         | Springbrook          | 6-04.00           |
| <a href="#">2003</a> | John Welbon           | Gaithersburg         | 6-06.00           |
| <a href="#">2004</a> | Bobby Price           | Magruder             | 6-02.00           |
| <a href="#">2005</a> | Markcus Ruffin        | Northwest            | 6-03.00           |
| <a href="#">2006</a> | Markcus Ruffin        | Northwest            | 6-06.00           |
| <a href="#">2007</a> | Jamal Currica         | Damascus             | 6-06.00           |
| <a href="#">2008</a> | Ryan Mullsteff        | Damascus             | 6-02.00           |
| <a href="#">2009</a> | Owen Cain             | Gaithersburg         | 6-07.00           |
| <a href="#">2010</a> | Alimamy Kallay        | Gaithersburg         | 5-10.00           |
| <a href="#">2011</a> | Zach Fetters          | Gaithersburg         | 6-02.00           |
| <a href="#">2012</a> | Jack O'Keefe          | Quince Orchard       | 5-10.00           |
| <a href="#">2013</a> | Joseph Williams       | Northwest            | 6-02.00           |
| <a href="#">2014</a> | Austin Castleberry    | Northwest            | 6-02.00           |
| <a href="#">2015</a> | Aaron Beidleman       | Northwest            | 6-00.00           |
| <a href="#">2016</a> | Gregory D'Elia        | Quince Orchard       | 6-02.00           |
| <a href="#">2017</a> | Tyrek Goy             | Paint Branch         | 6-04.00           |
| <a href="#">2018</a> | James McGreivy        | Bethesda Chevy Chase | 6-04.00           |
| <a href="#">2019</a> | Clarence Foote-Talley | Northwest            | 6-02.00           |
| <a href="#">2020</a> | Bryce Middleton       | Northwest            | 6-04.00           |
| <a href="#">2023</a> | Yule Pieters          | Thomas S. Wootton    | 6-00.00           |

**Most indoor county champions in this event: Northwest 7, Gaithersburg 7**

## 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      |
| Mame Diop       | James H. Blake       | 2023        | 15-10.75      | 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 Gomez       | 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      |
| Gabrielle Badoo | Seneca Valley        | 2023        | 16-03.50      | Alyssa Moran       | Sherwood           | 2016        | 16-00.75      |
| Vynou Philogene | Springbrook          | 2018        | 16-01.50      | 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="#">2005</a> | Erika Zoller         | Damascus          | 16-05.00 R        |
| <a href="#">2006</a> | Audrey Gariepy-Bogui | Winston Churchill | 16-04.00          |
| <a href="#">2007</a> | Tara Okusaga         | Northwest         | 17-02.00 R        |
| <a href="#">2008</a> | Suzanne Falk         | Thomas S. Wootton | 16-10.00          |
| <a href="#">2009</a> | Thea LaFond          | John F. Kennedy   | 16-00.25          |
| <a href="#">2010</a> | Thea LaFond          | John F. Kennedy   | 17-03.75 R        |
| <a href="#">2011</a> | Thea LaFond          | John F. Kennedy   | 18-04.00 R        |
| <a href="#">2012</a> | Bailee Freeman       | Clarksburg        | 16-10.25          |
| <a href="#">2013</a> | Larre Hodge          | John F. Kennedy   | 17-09.50          |
| <a href="#">2014</a> | Alexus Pyles         | Clarksburg        | 17-04.25          |
| <a href="#">2015</a> | Leondra Correia      | Northwest         | 18-01.00          |
| <a href="#">2016</a> | Leondra Correia      | Northwest         | 17-10.00          |
| <a href="#">2017</a> | Stephanie Bateky     | Northwest         | 17-02.00          |
| <a href="#">2018</a> | Atinuke Shittu       | Northwest         | 16-02.25          |
| <a href="#">2019</a> | Brooke Sheilds       | Clarksburg        | 17-02.00          |
| <a href="#">2020</a> | K.C. Ashiogwu        | Gaithersburg      | 17-03.75          |
| <a href="#">2023</a> | Gabrielle Badoo      | James H. Blake    | 16-03.50          |

**Most indoor county champions in this event: Northwest 5**

## Boys Long Jump Top 25

|    | Name                  | High School        | Meet Year | Long Jump |
|----|-----------------------|--------------------|-----------|-----------|
| 1  | Antonio Berry         | Northwest          | 2023      | 23-03.25  |
| 2  | Gaston Assoua         | James H. Blake     | 2013      | 23-00.00  |
| 2  | Roberto Terrell Jr.   | Quince Orchard     | 2023      | 23-00.00  |
| 4  | Josh Netterville      | Northwest          | 2017      | 22-11.00  |
| 5  | Ty Mason              | James H. Blake     | 2017      | 22-09.00  |
| 6  | Ty Mason              | James H. Blake     | 2016      | 22-02.00  |
| 7  | Isaiah Wilson         | Seneca Valley      | 2023      | 22-00.50  |
| 8  | Gary Frazier          | Richard Montgomery | 2008      | 21-09.00  |
| 9  | Drew Byrd             | Richard Montgomery | 2017      | 21-07.00  |
| 10 | Owen Cain             | Gaithersburg       | 2009      | 21-06.50  |
| 11 | Clarence Foote-Talley | Northwest          | 2019      | 21-05.50  |
| 12 | Tarell Williams       | John F. Kennedy    | 2006      | 21-03.00  |
| 13 | Sheldon Trotman       | Northwest          | 2011      | 21-02.50  |
| 13 | Justin Leonard        | Richard Montgomery | 2015      | 21-02.50  |
| 15 | Salifu Cham           | Albert Einstein    | 2007      | 21-01.50  |
| 15 | Anthony Woods         | Northwest          | 2017      | 21-01.50  |
| 17 | Keith Cartwright      | Thomas S. Wootton  | 2018      | 20-11.75  |
| 18 | Clarence Foote-Talley | Northwest          | 2018      | 20-11.25  |
| 18 | Yule Pieters          | Thomas S. Wootton  | 2023      | 20-11.25  |
| 20 | Hassan Dixon          | Northwest          | 2009      | 20-11.00  |
| 20 | Jacob Adedeji         | Quince Orchard     | 2009      | 20-11.00  |
| 22 | Sytta Barry           | Paint Branch       | 2013      | 20-10.75  |
| 23 | Josh Netterville      | Northwest          | 2016      | 20-10.50  |
| 24 | Anthony Woods, Jr.    | Northwest          | 2019      | 20-10.00  |
| 25 | Josh Netterville      | Northwest          | 2015      | 20-09.50  |

## 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      |
| Antonio Berry       | Northwest       | 2023        | 23-03.25      | Keenan Woods          | Northwood         | 2008        | 19-04.50      |
| Sytta Barry         | Paint Branch    | 2013        | 20-10.75      | Kevin Dickerson       | Poolesville       | 2009        | 18-08.00      |
| Roberto Terrell Jr. | Quince Orchard  | 2023        | 23-00.00      | Michael Van Gieson    | Rockville         | 2015        | 18-07.50      |
| Isaiah Wilson       | Seneca Valley   | 2023        | 22-00.50      | 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="#">2005</a> | Joey Robinson         | Gaithersburg       | 20-08.25 R        |
| <a href="#">2006</a> | Tarell Williams       | John F. Kennedy    | 21-03.00 R        |
| <a href="#">2007</a> | Salifu Cham           | Albert Einstein    | 21-01.50          |
| <a href="#">2008</a> | Gary Frazier          | Richard Montgomery | 21-09.00 R        |
| <a href="#">2009</a> | Owen Cain             | Gaithersburg       | 21-06.50          |
| <a href="#">2010</a> | Sheldon Trotman       | Northwest          | 20-05.75          |
| <a href="#">2011</a> | Sheldon Trotman       | Northwest          | 21-02.50          |
| <a href="#">2012</a> | Kaifa Boyce           | Gaithersburg       | 20-06.00          |
| <a href="#">2013</a> | Gaston Assoua         | James H. Blake     | 23-00.00 R        |
| <a href="#">2014</a> | Clifton Green         | Paint Branch       | 20-02.50          |
| <a href="#">2015</a> | Justin Leonard        | Richard Montgomery | 21-02.50          |
| <a href="#">2016</a> | Ty Mason              | James H. Blake     | 22-02.00          |
| <a href="#">2017</a> | Josh Netterville      | Northwest          | 22-11.00          |
| <a href="#">2018</a> | Keith Cartwright      | Wootton            | 20-11.75          |
| <a href="#">2019</a> | Clarence Foote-Talley | Northwest          | 21-05.50          |
| <a href="#">2020</a> | Chukwumdi Osuji       | Paint Branch       | 20-01.25          |
| <a href="#">2023</a> | Antonio Berry         | Northwest          | 23-03.25 R        |

**Most indoor county champions in this event: Northwest 5**

## 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    |
| 10 | Mame Diop            | James H. Blake    | 2023 | 37-01.00    |
| 12 | Anna Ucheomumu       | Albert Einstein   | 2012 | 36-09.00    |
| 13 | Keila Robertson      | Magruder          | 2016 | 36-08.25    |
| 14 | Alexus Pyles         | Clarksburg        | 2016 | 36-05.50    |
| 15 | Alexus Pyles         | Clarksburg        | 2014 | 36-05.00    |
| 16 | K.C. Ashiogwu        | Gaithersburg      | 2020 | 36-04.25    |
| 17 | Tamir Jacobs         | Springbrook       | 2016 | 36-00.50    |
| 18 | Brooke Shields       | Clarksburg        | 2019 | 35-11.75    |
| 19 | Stephanie Bateky     | Northwest         | 2016 | 35-11.00    |
| 19 | Vynou Philogene      | Springbrook       | 2023 | 35-11.00    |
| 21 | Keila Robertson      | Magruder          | 2015 | 35-10.25    |
| 22 | Jordan Pitchford     | Damascus          | 2010 | 35-09.75    |
| 23 | Sierra Isaac         | Quince Orchard    | 2012 | 35-08.00    |
| 24 | Grace Oxley          | James H. Blake    | 2010 | 35-04.50    |
| 25 | Thea LaFond          | John F. Kennedy   | 2009 | 35-04.00    |

## Triple 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 | 2020        | 33-00.75      | Rachel Ederer        | Montgomery Blair   | 2015        | 30-05.00      |
| Mame Diop          | James H. Blake       | 2023        | 37-01.00      | 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      |
| Vynou Philogene    | Springbrook          | 2023        | 35-11.00      | 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="#">2005</a> | Sara Price           | Walter Johnson    | 33-01.00 R          |
| <a href="#">2006</a> | Audrey Gariepy-Bogui | Winston Churchill | 34-03.25 R          |
| <a href="#">2007</a> | Audrey Gariepy-Bogui | Winston Churchill | 38-01.00 R          |
| <a href="#">2008</a> | Arielle Statham      | Paint Branch      | 37-04.50            |
| <a href="#">2009</a> | Arielle Statham      | Paint Branch      | 37-10.00            |
| <a href="#">2010</a> | Thea LaFond          | John F. Kennedy   | 38-02.75 R          |
| <a href="#">2011</a> | Thea LaFond          | John F. Kennedy   | 39-05.75 R          |
| <a href="#">2012</a> | Anna Ucheomumu       | Albert Einstein   | 36-09.00            |
| <a href="#">2013</a> | Ana Gomerez          | Walter Johnson    | 34-04.00            |
| <a href="#">2014</a> | Alexus Pyles         | Clarksburg        | 36-05.00            |
| <a href="#">2015</a> | Alexus Pyles         | Clarksburg        | 37-09.50            |
| <a href="#">2016</a> | Taylor Wright        | Northwest         | 38-09.50            |
| <a href="#">2017</a> | Ashley Santini       | Northwest         | 34-10.00            |
| <a href="#">2018</a> | Brooke Shields       | Clarksburg        | 35-03.50            |
| <a href="#">2019</a> | Taylor Wright        | Northwest         | 37-09.00            |
| <a href="#">2020</a> | Manie Mevo           | Quince Orchard    | 37-10.75            |
| <a href="#">2023</a> | Mame Diop            | James H. Blake    | 37-01.00            |

**Most indoor county champions in this event: Northwest 3, Clarksburg 3**

## 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  | Desmond Whitley       | Clarksburg        | 2023      | 44-08.00    |
| 7  | Carlos Vanzego        | Clarksburg        | 2014      | 44-06.00    |
| 8  | Keenan Woods          | Northwood         | 2008      | 44-05.00    |
| 9  | Bryce Middleton       | Northwest         | 2020      | 44-04.50    |
| 10 | Owen Cain             | Gaithersburg      | 2009      | 44-03.00    |
| 11 | Sheldon Trotman       | Northwest         | 2011      | 44-01.50    |
| 12 | Matthew Adedeji       | Clarksburg        | 2014      | 44-00.00    |
| 13 | Steven Ha             | Magruder          | 2009      | 43-11.00    |
| 14 | Dorian Jones          | Quince Orchard    | 2015      | 43-09.75    |
| 15 | Renaldo Smith         | Sherwood          | 2016      | 43-09.50    |
| 15 | Christian Lewis       | Gaithersburg      | 2019      | 43-09.50    |
| 17 | Ian Francis           | Walter Johnson    | 2008      | 43-09.00    |
| 17 | Marcus Willacy        | Paint Branch      | 2008      | 43-09.00    |
| 17 | Roberto Terrell Jr.   | Quince Orchard    | 2023      | 43-09.00    |
| 20 | Amael Etcheu          | Quince Orchard    | 2017      | 43-07.00    |
| 21 | Tyler Nelson          | Paint Branch      | 2012      | 43-03.00    |
| 22 | Paul Joseph           | Clarksburg        | 2011      | 43-01.50    |
| 22 | Shyheim Wright        | Northwest         | 2015      | 43-01.50    |
| 24 | Isiah Williams        | Northwest         | 2020      | 43-00.50    |
| 25 | Marvin Lisk           | Northwest         | 2009      | 43-00.00    |
| 25 | Brendan Tan-Fahed     | Winston Churchill | 2018      | 43-00.00    |

| <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      | Tyler Le          | Montgomery Blair   | 2023        | 34-01.00      |
| Moussa Sylla          | James H. Blake    | 2018        | 42-09.00      | Brendan Tan-Fahed | Winston Churchill  | 2018        | 43-00.00      |
| Desmond Whitley       | Clarksburg        | 2023        | 44-08.00      | Mike Martinez     | Damascus           | 2005        | 41-06.75      |
| Kirk Vallespin        | Albert Einstein   | 2007        | 36-05.00      | Owen Cain         | Gaithersburg       | 2009        | 44-03.00      |
| Ian Francis           | Walter Johnson    | 2008        | 43-09.00      | Devon Hairston    | John F. Kennedy    | 2014        | 41-07.00      |
| Steven Ha             | Magruder          | 2009        | 43-11.00      | Fonati Quinn      | Richard Montgomery | 2010        | 42-05.75      |
| Clarence Foote-Talley | Northwest         | 2019        | 45-08.25      | Keenan Woods      | Northwood          | 2008        | 44-05.00      |
| Marcus Willacy        | Paint Branch      | 2009        | 45-04.00      |                   | Poolesville        |             |               |
| Elliott Davis         | Quince Orchard    | 2013        | 45-00.00      | Colin Gabele      | Rockville          | 2018        | 32-11.00      |
| Donovan Beckett-Simms | Seneca Valley     | 2016        | 45-09.00      | Renaldo Smith     | Sherwood           | 2016        | 43-09.50      |
| Etienne Bodog-Bikim   | Springbrook       | 2010        | 41-10.25      | Dontay Hears      | Watkins Mill       | 2012        | 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="#">2005</a> | Bryant England        | Seneca Valley  | 42-02.50 R          |
| <a href="#">2006</a> | Israel Owolabi        | Gaithersburg   | 41-09.00            |
| <a href="#">2007</a> | Joseph Boateng        | Northwest      | 41-09.50            |
| <a href="#">2008</a> | Keenan Woods          | Northwood      | 44-05.00 R          |
| <a href="#">2009</a> | Marcus Willacy        | Paint Branch   | 45-04.00 R          |
| <a href="#">2010</a> | Alimamy Kallay        | Gaithersburg   | 42-07.25            |
| <a href="#">2011</a> | Sheldon Trotman       | Northwest      | 44-01.50            |
| <a href="#">2012</a> | Tyler Nelson          | Paint Branch   | 43-03.00            |
| <a href="#">2013</a> | Elliott Davis         | Quince Orchard | 45-00.00            |
| <a href="#">2014</a> | Carlos Vanzego        | Clarksburg     | 44-06.00            |
| <a href="#">2015</a> | Dorian Jones          | Quince Orchard | 43-09.75            |
| <a href="#">2016</a> | Donovan Beckett-Simms | Seneca Valley  | 45-09.00 R          |
| <a href="#">2017</a> | Amael Etcheu          | Quince Orchard | 43-07.00            |
| <a href="#">2018</a> | Clarence Foote-Talley | Northwest      | 45-05.50            |
| <a href="#">2019</a> | Clarence Foote-Talley | Northwest      | 45-08.25            |
| <a href="#">2020</a> | Bryce Middleton       | Northwest      | 44-04.50            |
| <a href="#">2023</a> | Desmond Whitley       | Clarksburg     | 44-08.00            |

**Most indoor county champions in this event: Northwest 5**

## 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 Mawata Queen Keita    | Springbrook        | 2023 | 36-01.00 |
| 14 Janise Bestman        | Paint Branch       | 2018 | 36-00.50 |
| 15 Ashley Fauntleroy     | Paint Branch       | 2004 | 36-00.00 |
| 16 Arleigh Rose          | Sherwood           | 2008 | 35-11.25 |
| 17 Reagan Phillips       | Clarksburg         | 2023 | 35-11.00 |
| 17 Irina King            | Paint Branch       | 2001 | 35-09.25 |
| 19 Virginia Owusu-Mainoo | Seneca Valley      | 2012 | 35-05.50 |
| 20 Nadia Dennis          | Paint Branch       | 2020 | 35-05.50 |
| 21 Kyla Graham           | Gaithersburg       | 2003 | 35-02.00 |
| 22 Justina Ababio        | Clarksburg         | 2015 | 35-00.75 |
| 23 Virginia Owusu-Mainoo | Seneca Valley      | 2011 | 35-00.00 |
| 24 Cemara Collins        | Northwood          | 2020 | 34-11.00 |
| 25 Erin Hatcher          | Paint Branch       | 2019 | 34-08.50 |

## 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      |
| Mawata Queen Keita | Springbrook          | 2023        | 36-01.00      | Madison Medley   | Watkins Mill       | 2023        | 32-09.50      |
| 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="#">1986</a> | Carolyn Karr          | Walt Whitman         | 30-02.00 R       |
| <a href="#">1987</a> | Chrissie Buser        | Seneca Valley        | 37-08.50 R       |
| <a href="#">1988</a> | Chrissie Buser        | Seneca Valley        | 34-00.25         |
| <a href="#">1989</a> | Elizabeth Richard     | Thomas S. Wootton    | 28-00.00         |
| <a href="#">1990</a> | Karen Dyson           | Seneca Valley        | 36-08.50         |
| <a href="#">1991</a> | Jessica Humphrey      | Springbrook          | 31-08.50         |
| <a href="#">1992</a> | Mendo                 | Bethesda Chevy Chase | 32-05.00         |
| <a href="#">1993</a> | Leslie Brown          | Thomas S. Wootton    | 32-08.00         |
| <a href="#">1994</a> | Kobie Kruger          | Gaithersburg         | 33-04.00         |
| <a href="#">1995</a> | Kobie Kruger          | Gaithersburg         | 31-00.25         |
| <a href="#">1997</a> | Ruth Kura             | Quince Orchard       | 31-08.50         |
| <a href="#">1998</a> | Ruth Kura             | Quince Orchard       | 38-08.50 R       |
| <a href="#">2000</a> | Kristen Reley         | Seneca Valley        | 31-08.00         |
| <a href="#">2001</a> | Irina King            | Paint Branch         | 35-09.25         |
| <a href="#">2002</a> | Ashley Fauntleroy     | Paint Branch         | 32-07.00         |
| <a href="#">2003</a> | Kyla Graham           | Gaithersburg         | 35-02.00         |
| <a href="#">2004</a> | Ashley Fauntleroy     | Paint Branch         | 36-00.00         |
| <a href="#">2005</a> | Lili Afkhami          | Quince Orchard       | 33-01.50         |
| <a href="#">2006</a> | Dana Soper            | Poolesville          | 30-01.25         |
| <a href="#">2007</a> | Arleigh Rose          | Sherwood             | 34-05.25         |
| <a href="#">2008</a> | Arleigh Rose          | Sherwood             | 35-11.25         |
| <a href="#">2009</a> | Octavia King          | James H. Blake       | 34-07.00         |
| <a href="#">2010</a> | Leah Lang             | Quince Orchard       | 32-02.50         |
| <a href="#">2011</a> | Rachel Porzel         | James H. Blake       | 36-06.50         |
| <a href="#">2012</a> | Virginia Owusu-Mainoo | Seneca Valley        | 35-05.50         |
| <a href="#">2013</a> | Claudia Ababio        | Clarksburg           | 41-09.00 R       |
| <a href="#">2014</a> | Claudia Ababio        | Clarksburg           | 42-06.00 R       |
| <a href="#">2015</a> | Justina Ababio        | Clarksburg           | 35-00.75         |
| <a href="#">2016</a> | Justina Ababio        | Clarksburg           | 37-10.50         |
| <a href="#">2017</a> | Toni Koroye           | Walter Johnson       | 33-00.50         |
| <a href="#">2018</a> | Erin Hatcher          | Paint Branch         | 36-02.75         |
| <a href="#">2019</a> | Janise Bestman        | Paint Branch         | 37-02.00         |
| <a href="#">2020</a> | Nadia Dennis          | Paint Branch         | 35-05.50         |
| <a href="#">2023</a> | Mawata Queen Keita    | Springbrook          | 36-01.00         |

**Most indoor county champions in this event: Paint Branch 6**

## 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 | Niel Telfer Jr.  | Seneca Valley        | 2023      | 48-03.00 |
| 25 | Nnamdi Edokobi   | Richard Montgomery   | 2011      | 48-02.50 |

**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> |
|------------------|----------------------|-------------|---------------|-----------------|--------------------|-------------|---------------|
| 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      |
| Neil Telfer Jr.  | Seneca Valley        | 2023        | 48-03.00      | 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="#">1986</a> | Doug Joyce      | Gaithersburg         | 46-04.00 R       |
| <a href="#">1987</a> | Doug Joyce      | Gaithersburg         | 49-10.00 R       |
| <a href="#">1988</a> | Csaba Hadas     | Bethesda Chevy Chase | 44-03-25         |
| <a href="#">1989</a> | Csaba Hadas     | Bethesda Chevy Chase | 49-03.00         |
| <a href="#">1990</a> | Mike Neubeiser  | Gaithersburg         | 47-07.00         |
| <a href="#">1991</a> | Marc Leiderman  | Wheaton              | 48-08.00         |
| <a href="#">1992</a> | Joe Teehan      | Gaithersburg         | 45-10.50         |
| <a href="#">1993</a> | Egnew           | Seneca Valley        | 43-01.00         |
| <a href="#">1994</a> | Dave Neubeiser  | Gaithersburg         | 48-04.50         |
| <a href="#">1995</a> | Mike Berkmyre   | Damascus             | 45-01.50         |
| <a href="#">1997</a> | Ramsey Janini   | Thomas S. Wootton    | 49-09.25         |
| <a href="#">1998</a> | Robert Frierson | Gaithersburg         | 46-09.50         |
| <a href="#">2000</a> | Kevin Neubeiser | Gaithersburg         | 48-00.25         |
| <a href="#">2001</a> | Joe Henry       | John F. Kennedy      | 45-07.00         |
| <a href="#">2002</a> | Jared Wasser    | Thomas S. Wootton    | 54-02.25 R       |
| <a href="#">2003</a> | Jared Wasser    | Thomas S. Wootton    | 52-05.25         |
| <a href="#">2004</a> | Paul Bridgers   | Gaithersburg         | 42-10.75         |
| <a href="#">2005</a> | Bob Dugan       | Gaithersburg         | 45-09.50         |
| <a href="#">2006</a> | Matt Miller     | Richard Montgomery   | 50-05.50         |
| <a href="#">2007</a> | Sean Stanley    | Gaithersburg         | 49-06.50         |
| <a href="#">2008</a> | Sean Stanley    | Gaithersburg         | 55-00.75 R       |
| <a href="#">2009</a> | Sean Stanley    | Gaithersburg         | 59-10.00 R       |
| <a href="#">2010</a> | Matt Gordon     | Thomas S. Wootton    | 46-04.00         |
| <a href="#">2011</a> | Nnamdi Edokobi  | Richard Montgomery   | 48-02.50         |
| <a href="#">2012</a> | Nadim Elhage    | Winston Churchill    | 50-11.00         |
| <a href="#">2013</a> | Donovan Tyler   | Quince Orchard       | 45-11.50         |
| <a href="#">2014</a> | Devonte Johnson | Paint Branch         | 51-09.50         |
| <a href="#">2015</a> | Noah Vernick    | Quince Orchard       | 52-00.75         |
| <a href="#">2016</a> | Osajele Ikheloa | Sherwood             | 46-04.00         |
| <a href="#">2017</a> | Jabari Bennett  | James H. Blake       | 56-03.00         |
| <a href="#">2018</a> | Andrew Birgin   | Walter Johnson       | 52-07.50         |
| <a href="#">2019</a> | Baeba Sayeh     | Watkins Mill         | 46-02.50         |
| <a href="#">2020</a> | Aaron Lomax     | Albert Einstein      | 45-11.50         |
| <a href="#">2023</a> | Neil Telfer Jr. | Seneca Valley        | 48-03.00         |

**Most indoor county champions in this event: Gaithersburg 12**

### 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="#">1997</a> | Marlowe Busby   | Watkins Mill  | 06-06.00 R         |
| <a href="#">1998</a> | Tarah Greenwood | Seneca Valley | 08-06.00 R         |
| <a href="#">2000</a> | Jodi Taetle     | Gaithersburg  | 08-00.00           |
| <a href="#">2001</a> | Jodi Taetle     | Gaithersburg  | 08-06.00 R         |
| <a href="#">2002</a> | Tammy Spurr     | Gaithersburg  | 08-00.00           |

**Most indoor county champions in this event: Gaithersburg 3**

## 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      | 9-06.00    |
| 17 | Robin Tifft               | Walt Whitman   | 1986      | 9-06.00    |
| 17 | John Kimbrough            | Walt Whitman   | 1986      | 9-06.00    |
| 17 | Dave Evans                | Gaithersburg   | 1986      | 9-06.00    |
| 17 | Nate Anguita              | Gaithersburg   | 2001      | 9-06.00    |
| 17 | Matt Begley               | Sherwood       | 2002      | 9-06.00    |
| 23 | Six athletes tied at 9-00 |                |           |            |

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

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

**Most indoor county champions in this event: Gaithersburg 7**

## Athletes with Three or More Individual Indoor County Titles

| <b>Boys</b>           |                      |          | <b>Girls</b>         |                      |          |
|-----------------------|----------------------|----------|----------------------|----------------------|----------|
| 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

| <b>Boys</b>        |          | <b>Girls</b>      |          |
|--------------------|----------|-------------------|----------|
| High School        | # Titles | High School       | # Titles |
| Paint Branch       | 18       | Walter Johnson    | 17       |
| Northwest          | 11       | Northwest         | 12       |
| Springbrook        | 8        | Paint Branch      | 9        |
| Richard Montgomery | 8        | James H. Blake    | 9        |
| Walter Johnson     | 8        | Watkins Mill      | 8        |
| Watkins Mill       | 6        | Winston Churchill | 7        |
| Gaithersburg       | 5        | Walt Whitman      | 7        |
| Winston Churchill  | 5        | John F. Kennedy   | 5        |

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

| High School          | # Boys Titles | # Girls Titles | # Total Titles |
|----------------------|---------------|----------------|----------------|
| Northwest            | 48            | 39             | 87             |
| Gaithersburg         | 63            | 23             | 86             |
| Paint Branch         | 39            | 42             | 81             |
| Walter Johnson       | 27            | 46             | 73             |
| Walt Whitman         | 18            | 36             | 54             |
| Richard Montgomery   | 37            | 16             | 53             |
| Winston Churchill    | 17            | 27             | 44             |
| Quince Orchard       | 29            | 14             | 43             |
| John F. Kennedy      | 17            | 25             | 42             |
| Bethesda Chevy Chase | 16            | 21             | 37             |
| Springbrook          | 25            | 10             | 35             |
| Seneca Valley        | 15            | 17             | 32             |
| Clarksburg           | 9             | 19             | 28             |
| Watkins Mill         | 14            | 13             | 27             |
| Damascus             | 15            | 12             | 27             |
| Thomas S. Wootton    | 8             | 17             | 25             |
| James H. Blake       | 6             | 18             | 24             |
| Albert Einstein      | 15            | 7              | 22             |
| Wheaton              | 7             | 8              | 15             |
| Magruder             | 6             | 8              | 14             |
| Poolesville          | 2             | 12             | 14             |
| Montgomery Blair     | 5             | 9              | 14             |
| Sherwood             | 7             | 4              | 11             |
| Northwood            | 5             | 1              | 6              |
| Rockville            | 2             | 3              | 5              |
| Charles Woodward     | 1             | 2              | 3              |