

36th Montgomery County Indoor Track & Field Championship Meet

Record Book



Presented by mocorunning.com

2025

Boys All-Time Championship Meet Records

<u>Event</u>	<u>Name</u>	<u>High School</u>	<u>Meet Year</u>	<u>Record</u>
55m	Nicholas Spikes	Paint Branch	2024	6.40
300m	Nicholas Spikes	Paint Branch	2024	34.47
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 USTFCCA.
- 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 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

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
2021-2022	- Meet Canceled Due to COVID-19 Pandemic
2009-Present	- PG Sports and Learning Complex, Landover, Maryland

<u>Boys Team Champions</u>			<u>Girls Team Champions</u>		
72	Kennedy	1986	Whitman	82	
70	Einstein	1987	Whitman	128	
91 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 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	
70	Paint Branch	2024	James H. Blake	67	

Boys - Montgomery County Championship Meet Team Place and Score Matrix, 1977 - 2024

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
2024	11	17	NO	8	20	NP	8	19	NP	5	3	10	1	NP	20	12	NP	4	14	13	7	14	2	17	14	6
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

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

Boys - Montgomery County Championship Meet Team Place and Score Matrix, 1977 - 2024

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	NO	NO	34	NP	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	
2024	19	6	NO	26	1.5	NP	26	3	NP	48	62	21	70	NP	1.5	16	NP	61	8	9	34	8	65	6	8	46	
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	34	47.5	70.33	63.5	42	93	

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 - 2024

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	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
2024	22	14	NO	11	6	12	1	NP	19	7	2	NP	10	17	21	8	20	13	NP	4	15	15	5	18	3	9
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 - 2024

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
2024	1	17	NO	21.5	35	20	67	NP	5	34.5	64	NP	24	10	2	26	3	19	NP	45	15	15	42	7	48	25
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	48	105

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

Historical Throwback: 1995, 2005, 2015, 2024

1995 — It was 10th MCPS indoor county championship meet and the first of two indoor county championship meets at the Baltimore Armory. Performance times were not terribly fast as a result of the tight turns and poor surface, but it did not seem to slow down Sharkara Grant, Sally Glynn, or the Paint Branch relays.

Sharkara Grant of Wheaton High School broke the meet record in the 500m by two seconds with a time of 1:19.3. She also just missed the meet record in the 300m with a win in 41.5.

Walter Johnson's Sally Glynn dominated the 1600m and 3200m in 5:18.7 and 11:07.5. The 3200-meter time remained a meet record for twenty-one years, from 1995 until it was broken by Paint Branch's Bethlehem Taye in 2016. Glynn's 11:07.5 remains ranked #9 in meet history to this day.

The six-lap relay was retired from the meet program after 1994 and became the 4x200-meter relay in 1995. Paint Branch set the girls meet record at 1:49.9. Paint Branch shattered the girls 4x400-meter relay record by over 6 seconds in 4:14.4. Both records stood for seven more years until after the meet moved to the PG Sports and Learning Complex.

The girls high jump saw six competitors over five feet including four ladies over 5-foot-4. Nana Jeffrey-Idun of Wheaton broke the meet record by four inches by way of defeating Juliana Njoku of Paint Branch, each with a leap of 5-foot-6. The 5-foot-6 performances remain tied for #5 in meet history to this day.

Tavis Ndure of Gaithersburg set the meet record in the boys high jump with a leap of 6-foot-6 over runner-up Charles Wyatt of Seneca Valley, 6-foot-4. Ndure's 6-foot-6 leap remains tied for #4 in meet history to this day.

The Paint Branch girls won their third consecutive indoor county title while the Gaithersburg boys won their second consecutive indoor county title.

2005 — Phobay Kuto-Akoi of Kennedy High, Veronica Salcido of Wootton High, and Halsey Sinclair of Montgomery Blair High were multiple event winners while the 55-meter hurdles record-breaker, Erika Zoller (8.54), led Damascus to the overall girls team title.

Kuto-Akoi set the meet record in the 55-meter dash at 7.22, won the 300-meter in 41.17, and helped Kennedy set meet records in the girls 4x200 (1:46.24) and 4x400 (4:08.16).

Salcido set two meet records in winning the 500m in 1:18.58 and 800m in 2:19.51. The 800-meter time remains ranked #5 in meet history today. Sharifa Love of Richard Montgomery High was also under the previous meet record in the 500-meter that day with a time of 1:18.68.

Sinclair recorded one of the best distance doubles at the county championship meet since the Glynn era, 5:17.75 in the 1600-meter and 11:28.66 in the 3200-meter.

In the boys competition, Malcolm Richardson (6.45 55-meter), Joey Robinson (7.77 55-meter hurdles), and Zach Martinez (4:33.09 1600-meter) led Gaithersburg to the highest point total in meet history at that time, 103.5. Richardson's 6.45 55-meter dash time was the fastest FAT performance in meet history and ranked only behind the 6.2-ht performance of Sayon Cooper in 1993 in the meet record book. It remains ranked #7 in meet history today.

Historical Throwback: 1995, 2005, 2015, 2024

2015 – Northwest High School's Diego Zarate broke two meet records, one of which still stands to this day. After contributing to the second-place 4x800-meter relay, he ran 4:20.09 in the 1600-meter, a meet record to this day, and 1:57.72 in the 800-meter which remains ranked #6 in meet history to this day.

On the back of Zarate, Jalen Walker (35.35 300-meter), and Shyheim Wright (7.50 55-meter hurdles), Northwest broke the record for most boys team points at the indoor county championship meet. Northwest's boys team would put that record further out of reach the following year.

Clarksburg's girls earned their second consecutive indoor county title with the help of 38 points from Alexis Pyles. Pyles finished just 0.01 seconds off the meet record in the 55-meter hurdles (8.22), won the high jump (5-04.00) and triple jump (37-09.50), and finished second in the long jump (17-06.50).

The girls long jump was won by Leandra Correia, who jumped 18-01, just three inches off Thea LaFond's meet record (18-04). The performance remains ranked #2 in meet history today.

Stephanie Davis of Magruder doubled in the sprints (7.20/40.20), Sarah Moore of Blake won the 500-meter in 1:17.16, and Amir Khaghani of Whitman led Rohann Asfaw of Richard Montgomery in the boys 3200-meter, 9:34.83 to 9:35.86, today #5 and #8 in meet history, respectively.

2024 – Paint Branch won its fifth all-time indoor county title with Nicholas Spikes breaking two individual meet records. Spikes of Paint Branch broke meet records in the 55m and 300m in 6.40 and 34.47, respectively. Paint Branch ran 1:31.80 in the 4x200-meter relay which ranks #3 in meet history.

The boys 55-meter dash prelims and finals produced five top-11 performances in meet history including 6.40 by Nicholas Spikes, 6.42 by Montgomery Blair's Quentin Braithwaite (#3 all-time), and 6.48 by Paint Branch's Roman Spikes (#11 all-time).

The boys 300-meter race produced three top-10 performances in meet history including 34.47 by Nicholas Spikes (#1), 35.46 by Quentin Braithwaite (#5), and 35.57 by Seneca Valley's Damilola Oyeniran (#10).

Not to be outdone, several girls entered their names in this record book with top-5 all-time performances. Iyanni Daley of Wheaton's 7.04 55m ranks #2 in meet history. Brooke Cochran of Blake's 39.62 300m ranks #3 in meet history. Grace Finnegan of Richard Montgomery's 2:18.31 800m ranks #2 in meet history. Katherine Morey of Churchill's 10:57.03 3200m ranks #4 in meet history.

The girls 1600m produced three top-7 performances in meet history and three more performances ranked top-25 in meet history. Katherine Morey of Churchill's 5:02.48 ranks #3, Grace Finnegan of Richard Montgomery's 5:06.46 ranks #5, and Katie Greenwald of Whitman's 5:07.01 ranks #7 in meet history.

Wheaton's 1:44.93 girls 4x200m relay ranks #5 in meet history.

Kendall Wideman from Seneca Valley's 22-05.25 long jump ranks #6 in meet history. Vance Bonior from Walter Johnson became the first athlete to win the unusual combination of triple jump (41-11) and shot put (45-05) at the indoor county championship meet.

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 Iyanni Daley	Wheaton	2024	ht-6.8	7.04
3 Olivia Ekponé	Northwest	2010		7.05
4 Olivia Ekponé	Northwest	2011	sf	7.05
5 Nina Warren	Gaithersburg	2004		7.06
6 Olivia Ekponé	Thomas S. Wootton	2008		7.09
6 Olivia Ekponé	Thomas S. Wootton	2009		7.09
8 Olivia Ekponé	Thomas S. Wootton	2009	sf	7.11
9 Iyanni Daley	Wheaton	2023		7.12
10 Katie Wolf	Winston Churchill	2010		7.14
11 Taylor Wright	Northwest	2016		7.15
12 Olivia Ekponé	Thomas S. Wootton	2008	sf	7.16
13 Katie Wolf	Winston Churchill	2010	sf	7.17
13 Taylor Wright	Northwest	2017		7.17
13 Taylor Wright	Northwest	2019		7.17
16 Madison Depry	Wheaton	2020		7.18
16 Nancy Hudson	Clarksburg	2024		7.18
18 Phobay Kutu-Akoi	John F. Kennedy	2004		7.19
18 Tenesha Hill	Gaithersburg	2004		7.19
18 Olivia Ekponé	Northwest	2010	sf	7.19
21 Le'Quisha Parker	Northwood	2011		7.20
21 Stephanie Davis	Magruder	2015		7.20
21 Taylor Wright	Northwest	2018		7.20
24 Ruth Ayuk-Takor	Paint Branch	2024		7.21
25 Phobay Kutu-Akoi	John F. Kennedy	2005		7.22
25 Bethany White	Magruder	2014		7.22
25 Brooke Cochran	James H. Blake	2024		7.22

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

Name	School	Year	Result	Name	School	Year	Result
Shelby Fountain	Bethesda Chevy Chase	2018	7.41	Angie Mitchell	Montgomery Blair	1990	7.24
Brooke Cochran	James H. Blake	2024	7.22	Katie Wolf	Winston Churchill	2010	7.14
Nancy Hudson	Clarksburg	2024	7.18	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
Ruth Ayuk-Takor	Paint Branch	2024	7.21	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	2024	7.04	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
1986	Jennifer Hines	Bethesda Chevy Chase	ht-7.28y	7.54 R
1987	Wanda Evans	Magruder	ht-7.2y	7.44 R
1988	Ayana Harris	Albert Einstein	ht-7.2y	7.44
1989	Teresa Israel	Paint Branch	ht-7.2	7.44
1990	Angie Mitchell	Montgomery Blair	ht-7.0	7.24 R
1991	Kisha Cole	Seneca Valley	ht-7.4	7.64
1992	Teresa Israel	Paint Branch	ht-7.0	7.24
1993	Kikisha Addison	Gaithersburg	ht-7.2	7.44
1994	Kikisha Addison	Gaithersburg	ht-7.0	7.24
1995	Natalie Johnson	Paint Branch	ht-7.7	7.94
1997	Janelle Ralph	Springbrook	ht-7.34	7.64
1998	Janelle Ralph	Springbrook	ht-7.0	7.24
2000	Narica Offutt	Watkins Mill	ht-7.2	7.44
2001	Narica Offutt	Watkins Mill		7.28
2002	Nina Warren	Gaithersburg	ht-7.1	7.34
2003	Nina Warren	Gaithersburg		7.28
2004	Nina Warren	Gaithersburg		7.26
2005	Phobay Kutu-Akoi	John F. Kennedy		7.22 R
2006	Michelle Gellman	Winston Churchill		7.63
2007	Ashley Decruise	Richard Montgomery		7.30
2008	Olivia Ekponé	Thomas S. Wootton		7.09 R
2009	Olivia Ekponé	Thomas S. Wootton		7.09
2010	Olivia Ekponé	Northwest		7.05 R
2011	Olivia Ekponé	Northwest		7.02 R
2012	Bethany White	Magruder		7.24
2013	Gwen Shaw	Thomas S. Wootton		7.26
2014	Bethany White	Magruder		7.22
2015	Stephanie Davis	Magruder		7.20
2016	Taylor Wright	Northwest		7.15
2017	Taylor Wright	Northwest		7.17
2018	Taylor Wright	Northwest		7.20
2019	Taylor Wright	Northwest		7.17
2020	Madison Depry	Wheaton		7.18
2023	Iyanni Daley	Wheaton		7.12
2024	Iyanni Daley	Wheaton	ht-6.8	7.04

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	Nicholas Spikes	Paint Branch	2024		6.40
2	Alonzo McBryde	Paint Branch	2020		6.41
3	Quentin Braithwaite	Montgomery Blair	2024		6.42
4	Alonzo McBryde	Paint Branch	2020	sf	6.43
5	Sayon Cooper	Seneca Valley	1993	ht-6.2	6.44
5	Quentin Braithwaite	Montgomery Blair	2024	sf	6.44
7	Malcolm Richardson	Gaithersburg	2005		6.45
8	Quentin Braithwaite	Montgomery Blair	2024	sf	6.46
9	Khaloni Mganga	Northwest	2018		6.47
9	Anthony Woods Jr.	Northwest	2019		6.47
11	Andie Kollie	Magruder	2023		6.48
11	Roman Spikes	Paint Branch	2024		6.48
13	Brian Porter	Gaithersburg	2003		6.49
13	Malcolm Richardson	Gaithersburg	2005	sf	6.49
15	Gary Frazier	Richard Montgomery	2008		6.50
15	J'Sean Williams	Seneca Valley	2016		6.50
15	Josh Netterville	Northwest	2017		6.50
15	David Vincent Okoli	Watkins Mill	2019		6.50
19	Fidel Hoggard	Paint Branch	2003		6.51
19	Josh Netterville	Northwest	2016		6.51
21	Jamal Lynn	Seneca Valley	2007		6.52
21	Josh Netterville	Northwest	2016	sf	6.52
21	Josh Netterville	Northwest	2017	sf	6.52
21	Chukwumdi Osuji	Paint Branch	2020		6.52
25	5 performances tied at 6.53				

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	2024	6.42
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
Nicholas Spikes	Paint Branch	2024	6.40	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
1986	Adae LeMone	John F. Kennedy	ht-6.34y	6.64 R
1987	Gene Cann	Gaithersburg	ht-6.3y	6.54 R
1989	Jim Ward	Albert Einstein	ht-6.5	6.74
1990	Shawn Talley	Quince Orchard	ht-6.6	6.84
1991	Rod Simmons	Wheaton	ht-6.5	6.74
1992	Sam Brown	Springbrook	ht-6.6	6.84
1993	Sayon Cooper	Seneca Valley	ht-6.2	6.44 R
1994	Prentice Pollard	Paint Branch	ht-6.4	6.64
1995	Mike Baker	Seneca Valley	ht-6.5	6.74
1997	Van Free	Gaithersburg	ht-6.52	6.84
1998	Van Free	Gaithersburg	ht-6.3	6.54
2000	Jay Colbert	Gaithersburg	ht-6.3	6.54
2001	Samaj Richardson	Gaithersburg		6.63
2002	Matamba Matombo	Gaithersburg	ht-6.5	6.74
2003	Brian Porter	Gaithersburg		6.49
2004	Adrian Dennis	John F. Kennedy		6.57
2005	Malcolm Richardson	Gaithersburg		6.45
2006	Keenan Crutchfield	Richard Montgomery		6.53
2007	Jamal Lynn	Seneca Valley		6.52
2008	Gary Frazier	Richard Montgomery		6.50
2009	Bisi Ezekoye	John F. Kennedy		6.53
2010	Hassan Dixon	Northwest		6.55
2011	Micah Phillips-Spencer	Winston Churchill		6.60
2012	Micah Phillips-Spencer	Winston Churchill		6.64
2013	Paul Joseph	Clarksburg		6.61
2014	Solomon Vault	Gaithersburg		6.55
2015	Jaron Woodyard	Thomas S. Wootton		6.54
2016	J'Sean Williams	Seneca Valley		6.50
2017	Josh Netterville	Northwest		6.50
2018	Khaloni Mganga	Northwest		6.47
2019	Anthony Woods, Jr.	Northwest		6.47
2020	Alonzo McBryde	Paint Branch		6.41 R
2023	Andie Kollie	Magruder		6.48
2024	Nicholas Spikes	Paint Branch		6.40 R

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 Brooke Cochran	James H. Blake	2024		39.62
4 Olivia Ekponé	Northwest	2010		39.84
4 Caia Gelli	Richard Montgomery	2020		39.84
6 Arielle Statham	Paint Branch	2009		40.12
7 Brooke Cochran	James H. Blake	2023		40.13
8 Stephanie Davis	Magruder	2015		40.20
9 Madison Depry	Wheaton	2020		40.21
10 Martha Sam	James H. Blake	2015		40.37
11 Le'Quisha Parker	Northwood	2011		40.51
12 Katie Wolf	Winston Churchill	2009		40.53
12 Anna Creel	Wheaton	2024		40.53
14 Katie Wolf	Winston Churchill	2010		40.61
15 Olivia Ekponé	Thomas S. Wootton	2008		40.76
16 Udeme Akpaete	Springbrook	2012		40.82
17 Gwen Shaw	Thomas S. Wootton	2013		40.83
18 Cori Brown	Northwest	2016		40.86
19 Kyra Lyles	Quince Orchard	2020		40.87
20 Judith Owens	Albert Einstein	1989	ht-40.7	40.94
21 Noelani Phillips	James H. Blake	2018		40.95
22 Gwen Shaw	Thomas S. Wootton	2012		41.02
23 Taylor Wright	Northwest	2016		41.03
24 Taylor Wright	Northwest	2018		41.09
25 Janelle Ralph	Springbrook	1998	ht-40.9	41.14

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	2024	39.62	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
Udeme Akpaete	Springbrook	2012	40.82	Narica Offutt	Watkins Mill	2001	41.66
Madison Depry	Wheaton	2020	40.21	Reyna Wright	Walt Whitman	2014	42.57
Olivia Ekponé	Thomas S. Wootton	2009	38.96	Jill Pulley	Charles Woodward	1987	43.31

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

Year	Name	High School	Actual Perf.	Equivalent 300m
1986	Wanda Evans	Magruder	ht-39.5y	44.09 R
1987	Wanda Evans	Magruder	ht-38.7y	43.20 R
1988	Melanie Etz	Seneca Valley	ht-38.6y	43.09 R
1989	Judith Owens	Albert Einstein	ht-40.7	40.94 R
1990	Teresa Israel	Paint Branch	ht-41.31	41.64
1991	Kisha Cole	Seneca Valley	ht-43.1	43.34
1992	Teresa Israel	Paint Branch	ht-41.6	41.84
1993	Tameka Alestock	Paint Branch	ht-43.6	43.84
1994	Tameka Alestock	Paint Branch	ht-42.8	43.04
1995	Sharkara Grant	Wheaton	ht-41.5	41.74
1997	Nadia Johnson	Paint Branch	ht-42.6	42.84
1998	Janelle Ralph	Springbrook	ht-40.9	41.14
2000	Maisha Pinkard	Bethesda Chevy Chase	ht-43.2	43.44
2001	Maisha Pinkard	Bethesda Chevy Chase		41.61
2002	Christina Mann	Poolesville	ht-41.7	41.94
2003	Sharifa Love	Richard Montgomery		41.66
2004	Nina Warren	Gaithersburg		41.69
2005	Phobay Kutu-Akoi	John F. Kennedy		41.17
2006	Meghan Rose	Poolesville		41.63
2007	Ashley Decruise	Richard Montgomery		41.48
2008	Olivia Ekponé	Thomas S. Wootton		40.76 R
2009	Olivia Ekponé	Thomas S. Wootton		38.96 R
2010	Olivia Ekponé	Northwest		39.84
2011	Olivia Ekponé	Northwest		39.18
2012	Udeme Akpaete	Springbrook		40.82
2013	Gwen Shaw	Thomas S. Wootton		40.83
2014	Martha Sam	James H. Blake		41.37
2015	Stephanie Davis	Magruder		40.20
2016	Cori Brown	Northwest		40.86
2017	Cori Brown	Northwest		41.44
2018	Noelani Phillips	James H. Blake		40.95
2019	Caia Gelli	Richard Montgomery		41.31
2020	Caia Gelli	Richard Montgomery		39.84
2023	Brooke Cochran	James H. Blake		40.13
2024	Brooke Cochran	James H. Blake		39.62

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	Nicholas Spikes	Paint Branch	2024		34.47
2	Paul Joseph	Clarksburg	2013		35.33
3	Bryan Steele	Gaithersburg	2002	ht-35.1	35.34
4	Jalen Walker	Northwest	2015		35.35
5	Jaron Woodyard	Watkins Mill	2014		35.46
5	Quentin Braithwaite	Montgomery Blair	2024		35.46
7	Brendan Etzel	Richard Montgomery	2008		35.47
8	Jaeden Burke	Paint Branch	2020		35.52
9	Chukwumdi Osuji	Paint Branch	2020		35.56
10	Damilola Oyeniran	Seneca Valley	2024		35.57
11	Khaloni Mganga	Northwest	2018		35.61
12	Joseph Bruno	Northwest	2020		35.63
13	Marcus Wyche	Paint Branch	2006	ht-35.4	35.64
13	Josh Netterville	Northwest	2016		35.64
15	Chukwumdi Osuji	Paint Branch	2019		35.69
16	Paul Joseph	Clarksburg	2012		35.71
17	Edwin Campbell	Paint Branch	2003		35.72
18	Bret Ligon	Richard Montgomery	2006	ht-35.5	35.74
19	Jalen Walker	Northwest	2013		35.76
20	Brandon Addison	Watkins Mill	2010		35.80
21	Malcolm Richardson	Gaithersburg	2004		35.82
21	Nathan Phillips	James H. Blake	2016		35.82
21	Shyheim Wright	Northwest	2016		35.82
24	Avery Reeves	Richard Montgomery	2018		35.84
25	Robert Bowis	Winston Churchill	2011		35.85

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	Quentin Braithwaite	Montgomery Blair	2024	35.46
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
Nicholas Spikes	Paint Branch	2024	35.47	Chris Rackens	Poolesville	2005	37.24
Justin Sorra	Quince Orchard	2015	36.26	Jamal Webb	Rockville	2005	36.95
Damilola Oyeniran	Seneca Valley	2024	35.57	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
1986	Marty Walker	John F. Kennedy	ht-33.1y	36.99 R
1987	Anthony Sewell	Gaithersburg	ht-34.0y	37.98
1988	Jim Ward	Albert Einstein	NT	NT
1989	Jim Ward	Albert Einstein	ht-36.2	36.44 R
1990	Kirk Hewling	John F. Kennedy	ht-36.7	36.94
1991	Sam Brown	Springbrook	ht-37.3	37.54
1992	Sam Brown	Springbrook	ht-37.0	37.24
1993	Orlando Leigh	Paint Branch	ht-37.0	37.24
1994	Prentice Pollard	Paint Branch	ht-36.5	36.74
1995	Clifford Paul	Wheaton	ht-38.0	38.24
1997	Freddie Monroe	Wheaton	ht-38.3	38.54
1998	George LaRoche	Wheaton	ht-36.4	36.64
2000	Shaun Luncheon	Sherwood	ht-35.7	35.94 R
2001	Mike Simms	Northwest		36.59
2002	Bryan Steele	Gaithersburg	ht-35.1	35.34 R
2003	Edwin Campbell	Paint Branch		35.72
2004	Malcolm Richardson	Gaithersburg		35.82
2005	Kimery Williams	John F. Kennedy		36.00
2006	Marcus Wyche	Paint Branch	ht-35.4	35.64
2007	Patrick Pinchinat	Richard Montgomery		36.06
2008	Brendan Etzel	Richard Montgomery		35.47
2009	Avery Graham	Clarksburg		35.94
2010	Brandon Addison	Watkins Mill		35.80
2011	Robert Bowis	Winston Churchill		35.85
2012	Paul Joseph	Clarksburg		35.71
2013	Paul Joseph	Clarksburg		35.33 R
2014	Jaron Woodyard	Watkins Mill		35.46
2015	Jalen Walker	Northwest		35.35
2016	Josh Netterville	Northwest		35.64
2017	Khaloni Mganga	Northwest		35.97
2018	Khaloni Mganga	Northwest		35.61
2019	Chukwumdi Osuji	Paint Branch		35.69
2020	Jaeden Burke	Paint Branch		35.52
2023	Tarique Wright	Springbrook		36.23
2024	Nicholas Spikes	Paint Branch		34.47 R

Most indoor county champions in this event (including 300 yard): Paint Branch 7

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 Jaayah Jenkins	James H. Blake	2024		1:18.30
17 Ever Elegon	Seneca Valley	2020		1:18.41
18 Sylvia Deppen	Thomas S. Wootton	2013		1:18.43
19 Udeme Akpaete	Springbrook	2011		1:18.52
20 Veronica Salcido	Thomas S. Wootton	2005		1:18.58
21 Samantha Kameka	Damascus	2018		1:18.60
22 Udeme Akpaete	Springbrook	2010		1:18.67
23 Sharifa Love	Richard Montgomery	2005		1:18.68
24 Whitney McFadden	Walt Whitman	2004		1:18.84
25 Nwaamaka Agwu	Springbrook	2024		1:18.86

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
1986	Tessa Sugarbaker	Walter Johnson	ht-1:30.6y	1:30.84 R
1987	Laurie Bruce	Walt Whitman	ht-1:29.7y	1:29.94 R
1988	Laura Cozad	Rockville	ht-1:34.6y	1:34.84

Girls 500m Run County Champions

Year	Name	High School	Actual Perf.	Equivalent 500m
1989	Heather Codd	Gaithersburg	ht-1:25.4	1:25.64 R
1990	Melanie Etz	Seneca Valley	ht-1:23.7	1:23.94 R
1991	Kisha Cole	Seneca Valley	ht-1:27.1	1:27.34
1992	Sara Cassidy	Richard Montgomery	ht-1:26.5	1:26.74
1993	Tameka Alestock	Paint Branch	ht-1:22.0	1:22.24 R
1994	Tameka Alestock	Paint Branch	ht-1:21.3	1:21.54 R
1995	Sharkara Grant	Wheaton	ht-1:19.3	1:19.54 R
1997	Courtney Botts	Richard Montgomery	ht-1:24.4	1:24.64
1998	Courtney Botts	Richard Montgomery	ht-1:20.0	1:20.24
2000	Jenny Bodine	Walter Johnson	ht-1:22.21	1:22.54
2001	Maisha Pinkard	Bethesda Chevy Chase		1:20.51
2002	Jaimie Smith	Paint Branch	ht-1:18.9	1:19.14 R
2003	Kellie Dunston	James H. Blake		1:19.03 R
2004	Whitney McFadden	Walt Whitman		1:18.84 R
2005	Veronica Salcido	Thomas S. Wootton		1:18.58 R
2006	Leslie Morrison	Walt Whitman		1:16.87 R
2007	Leslie Morrison	Walt Whitman		1:16.26 R
2008	Leslie Morrison	Walt Whitman		1:19.07
2009	Teresa Russell	Sherwood		1:20.76
2010	Britt Eckerstrom	Northwest		1:17.07
2011	Britt Eckerstrom	Northwest		1:16.43
2012	Udeme Akpaete	Springbrook		1:16.40
2013	Sylvia Deppen	Thomas S. Wootton		1:18.43
2014	Olufunmilayo Daramola	Paint Branch		1:19.06
2015	Sarah Moore	James H. Blake		1:17.16
2016	Alyssa Rishell	Watkins Mill		1:19.61
2017	Melissa Kameka	Damascus		1:16.55
2018	Michelle Kamara	Gaithersburg		1:16.83
2019	Michelle Kamara	Gaithersburg		1:17.76
2020	Kyra Lyles	Quince Orchard		1:17.87
2023	Cate Christopher	Richard Montgomery		1:20.35
2024	Jaayah Jenkins	James H. Blake		1:18.30

Most indoor county champions in this event (including 600 yard): Whitman 4, Paint Branch 4, R.M. 4

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
1986	Phil LePelch	Bethesda Chevy Chase	ht-1:19.46y	1:19.74 R
1987	Maurice Wills	Springbrook	ht-1:19.6y	1:19.84
1988	Myron Miles	Sherwood	ht-1:21.0y	1:21.24

Boys 500m Run County Champions

Year	Name	High School	Actual Perf.	Equivalent 500m
1989	Kirk Hewling	John F. Kennedy	ht-1:08.3	1:08.54 R
1990	Kirk Hewling	John F. Kennedy	ht-1:08.7	1:08.94
1991	Darryl Walker	Damascus	ht-1:10.3	1:10.54
1992	John Mondy	Springbrook	ht-1:06.7	1:06.94 R
1993	Orlando Leigh	Paint Branch	ht-1:09.0	1:09.24
1994	Peter Kimball	Walt Whitman	ht-1:07.8	1:08.04
1995	John Bernero	Watkins Mill	ht-1:10.0	1:10.24
1997	Jed Fonner	Richard Montgomery	ht-1:09.2	1:09.44
1998	George LaRoche	Wheaton	ht-1:07.4	1:07.64
2000	Shaun Luncheon	Sherwood	ht-1:08.1	1:08.34
2001	Hubert Koj	Watkins Mill		1:07.20
2002	Bryan Steele	Gaithersburg	ht-1:05.8	1:06.04 R
2003	Aharon Conerly	James H. Blake		1:07.62
2004	Aharon Conerly	James H. Blake		1:06.30
2005	Kimery Williams	John F. Kennedy		1:07.37
2006	Bret Ligon	Richard Montgomery		1:05.98 R
2007	Wil Zahorodny	Damascus		1:07.50
2008	Wil Zahorodny	Damascus		1:05.09 R
2009	Wayne Bartholomew	Quince Orchard		1:06.11
2010	Martin Dally	Walter Johnson		1:07.05
2011	Kemol Anderson	John F. Kennedy		1:08.21
2012	Malik Keels	Paint Branch		1:07.46
2013	Dahri Jahn-Richardson	Northwest		1:06.45
2014	Nolan Ebner	Bethesda Chevy Chase		1:08.36
2015	Oliver Lloyd	Paint Branch		1:07.23
2016	Khaloni Mganga	Northwest		1:08.42
2017	Seydi Sall	Richard Montgomery		1:05.74
2018	Alvin Mukisa	Springbrook		1:07.59
2019	Seydi Sall	Richard Montgomery		1:04.47 R
2020	Tamrat Snyder	Damascus		1:05.41
2023	Micah McKenzie	Montgomery Blair		1:07.71
2024	Benick Akeh	James H. Blake		1:07.56

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 Grace Finnegan	Richard Montgomery	2024		2:18.31
3 Ashlyn Sinclair	Montgomery Blair	2007		2:19.15
4 Morgan Casey	Montgomery Blair	2017		2:19.31
5 Veronica Salcido	Thomas S. Wootton	2005		2:19.51
6 Hallie Muniz	Winston Churchill	2023		2:20.32
7 Veronica Salcido	Thomas S. Wootton	2007		2:20.34
8 Morgane Gay	Walt Whitman	2007		2:21.31
9 Kathy Aherne	Northwest	2007		2:21.58
10 Camille Bouvet	Walter Johnson	2011		2:21.79
11 Leslie Morrison	Walt Whitman	2006		2:21.80
12 Yasmine Kass	Paint Branch	2017		2:21.86
13 Lucy Srour	Winston Churchill	2014		2:21.89
14 Megan Raue	Walter Johnson	2024		2:21.91
15 Brittney Wade	Bethesda Chevy Chase	2012		2:21.94
16 Mackenzie Raue	Walter Johnson	2023		2:21.95
17 Leslie Morrison	Walt Whitman	2008		2:22.00
18 Samantha Kameka	Damascus	2017		2:22.09
19 Maryam Fikri	Winston Churchill	2010		2:22.24
19 Mackenzie Raue	Walter Johnson	2024		2:22.24
21 Morgane Gay	Walt Whitman	2008		2:22.34
22 Ashlyn Sinclair	Montgomery Blair	2006		2:22.37
23 Anaiya Bobo	Northwood	2020		2:22.61
24 Ashlyn Sinclair	Montgomery Blair	2005		2:22.69
25 Gaby Go	Northwest	2015		2:22.92

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
Emilie Creighton	James H. Blake	2024	2:26.22	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	Grace Finnegan	Richard Montgomery	2024	2:18.31
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	Josephine Swagart	Rockville	2024	2:30.08
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
1986	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
1987	Helga Fuller	Thomas S. Wootton	ht-2:31.0y	2:30.34 R
1988	Margaret Leeds	Walt Whitman	ht-2:30.7y	2:30.04 R
1989	Kim Many	John F. Kennedy	ht-2:32.8	2:33.04
1990	Ayana McIntosh	Springbrook	ht-2:33.6	2:33.84
1991	Tina Brown	Winston Churchill	ht-2:27.7	2:27.94 R
1992	Liz Field	Winston Churchill	ht-2:30.2	2:30.44
1993	Desiree Ficker	Walt Whitman	ht-2:27.3	2:27.54 R
1994	Desiree Ficker	Walt Whitman	ht-2:26.8	2:27.04 R
1995	Suzy Burr	Richard Montgomery	ht-2:30.0	2:30.24
1997	Melissa Dorman	Walt Whitman	ht-2:28.7	2:28.94
1998	Cecily Garber	Richard Montgomery	ht-2:23.8	2:24.04 R
2000	Jenny Bodine	Walter Johnson	ht-2:25.3	2:25.54
2001	Megan Kirby	Gaithersburg		2:27.90
2002	Jaimie Smith	Paint Branch	ht-2:25.0	2:25.24
2003	Whitney McFadden	Walt Whitman		2:25.64
2004	Erin Moore	Poolesville		2:23.73 R
2005	Veronica Salcido	Thomas S. Wootton		2:19.51 R
2006	Leslie Morrison	Walt Whitman		2:21.80
2007	Leslie Morrison	Walt Whitman		2:17.96 R
2008	Leslie Morrison	Walt Whitman		2:22.00
2009	Maryam Fikri	Winston Churchill		2:23.00
2010	Maryam Fikri	Winston Churchill		2:22.24
2011	Camille Bouvet	Walter Johnson		2:21.79
2012	Brittney Wade	Bethesda Chevy Chase		2:21.94
2013	Lucy Srour	Winston Churchill		2:23.99
2014	Lucy Srour	Winston Churchill		2:21.89
2015	Gaby Go	Northwest		2:22.92
2016	Alyssa Rishell	Watkins Mill		2:24.89
2017	Morgan Casey	Montgomery Blair		2:19.31
2018	Abigail Green	Walter Johnson		2:23.59
2019	Breanna McDonald	Walt Whitman		2:24.37
2020	Anaiya Bobo	Northwood		2:22.61
2023	Hallie Muniz	Winston Churchill		2:20.32
2024	Grace Finnegan	Richard Montgomery		2:18.31

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	Bradán 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
Chris Abubakar	James H. Blake	2024	2:03.85	Bradán Welby	Winston Churchill	2023	1:59.08
Dylan Underwood	Clarksburg	2024	2:05.27	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
1986	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
1987	David Moldvay	Albert Einstein	ht-2:08.5y	2:08.04 R
1988	Terrence Taylor	Albert Einstein	ht-2:04.5y	2:04.04 R
1989	Terrence Taylor	Albert Einstein	ht-2:06.0	2:06.24
1990	Kirk Hewling	John F. Kennedy	ht-2:05.6	2:05.84
1991	Matt Ellis	Bethesda Chevy Chase	ht-2:03.5	2:03.74 R
1992	Josh Luko	Quince Orchard	ht-2:01.9	2:02.14 R
1993	Peter Kimball	Walt Whitman	ht-2:06.5	2:06.74
1994	Peter Kimball	Walt Whitman	ht-2:05.9	2:06.14
1995	Mark Godette	Springbrook	ht-2:04.3	2:04.54
1997	Jed Fonner	Richard Montgomery	ht-2:04.5	2:04.74
1998	Davy Rogers	Richard Montgomery	ht-2:03.9	2:04.14
2000	Jamie Albertine	Walt Whitman	ht-2:00.6	2:00.84 R
2001	Hubert Koj	Watkins Mill		2:01.03
2002	Matt Hard	Winston Churchill	ht-2:03.7	2:03.94
2003	Peter Novick	Walter Johnson		2:03.91
2004	Andrew Jesien	Walter Johnson		2:02.07
2005	Ben Fowler	Walter Johnson		2:05.80
2006	Bret Ligon	Richard Montgomery		2:03.55
2007	Chris Moen	Walter Johnson		1:58.93 R
2008	Chris Moen	Walter Johnson		1:58.49 R
2009	Antonio Palmer	Gaithersburg		1:58.77
2010	Thomas Arias	Damascus		1:58.11 R
2011	Sam Martin	Richard Montgomery		2:02.18
2012	Will Conway	Winston Churchill		1:59.33
2013	Oliver Lloyd	Paint Branch		2:03.40
2014	Urgy Eado	Thomas S. Wootton		1:58.42
2015	Diego Zarate	Northwest		1:57.72 R
2016	Liam Walsh	Quince Orchard		1:59.52
2017	Thierry Siewe Yanga	Montgomery Blair		1:57.56 R
2018	Eldon Phillips	Northwood		1:57.15 R
2019	Nathaniel Kinyanjui	Montgomery Blair		2:00.39
2020	Tamrat Snyder	Damascus		1:57.75
2023	Sofiane Compaore	Springbrook		1:57.49
2024	Andrew Tucker	Northwest		2:01.25

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 Katherine Morey	Winston Churchill	2024		5:02.48
4 Morgane Gay	Walt Whitman	2007		5:05.66
5 Grace Finnegan	Richard Montgomery	2024		5:06.46
6 Alex Doll	Bethesda Chevy Chase	2008		5:06.90
7 Katie Greenwald	Walt Whitman	2024		5:07.01
8 Victoria Ketzler	Thomas S. Wootton	2023		5:08.96
9 Yasmine Kass	Paint Branch	2017		5:09.15
10 Halsey Sinclair	Montgomery Blair	2007		5:09.25
11 Emily Murphy	Walter Johnson	2016		5:10.77
12 Louise Hannallah	Winston Churchill	2007		5:10.98
13 Julia Reicin	Winston Churchill	2017		5:11.54
14 Sally Glynn	Walter Johnson	1994	ht-5:11.5	5:11.74
15 Halsey Sinclair	Montgomery Blair	2006	ht-5:11.6	5:11.84
16 Hallie Muniz	Winston Churchill	2023		5:11.87
17 Nandini Satsangi	Poolesville	2019		5:12.32
18 Louise Hannallah	Winston Churchill	2008		5:12.36
19 Emma Colavito	Richard Montgomery	2024		5:13.14
20 Victoria Ketzler	Thomas S. Wootton	2024		5:13.69
21 Louise Hannallah	Winston Churchill	2006	ht-5:13.7	5:13.94
22 Mackenzie Raue	Walter Johnson	2024		5:13.96
23 Alex Doll	Bethesda Chevy Chase	2011		5:13.97
24 Lucy Srour	Winston Churchill	2014		5:13.99
25 Kiernan Keller	Walter Johnson	2014		5:14.61

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
Emilie Creighton	James H. Blake	2024	5:19.41	Katherine Morey	Winston Churchill	2024	5:02.48
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	Grace Finnegan	R.Montgomery	2024	5:06.46
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	Josephine Swagart	Rockville	2024	5:27.31
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
1986	Jessica Caplan	Charles Woodward	ht-5:37.23y	5:35.54 R
1987	Jennifer Kuta	Rockville	ht-5:30.0y	5:28.34 R
1988	Kim Many	John F. Kennedy	ht-5:20.0y	5:18.34 R
1989	Kim Many	John F. Kennedy	ht-5:33.4y	5:31.74
1990	Ayana McIntosh	Springbrook	ht-5:49.6	5:49.84
1991	Tina Brown	Winston Churchill	ht-5:35.1	5:35.34
1992	Claire Torchia	Bethesda Chevy Chase	ht-5:46.8	5:47.04
1993	Sally Glynn	Walter Johnson	ht-5:15.4	5:15.64 R
1994	Sally Glynn	Walter Johnson	ht-5:11.5	5:11.74 R
1995	Sally Glynn	Walter Johnson	ht-5:18.7	5:18.94
1997	Liz Starin	Richard Montgomery	ht-5:27.0	5:27.24
1998	Hannah Benjamin	Damascus	ht-5:25.5	5:25.74
2000	Kim Milans	Walter Johnson	ht-5:27.5	5:27.74
2001	Karen Pulliam	Quince Orchard		5:20.30
2002	Karen Pulliam	Quince Orchard	ht-5:22.3	5:22.54
2003	Beth Catherwood	Bethesda Chevy Chase		5:24.30
2004	Halsey Sinclair	Montgomery Blair		5:16.23
2005	Halsey Sinclair	Montgomery Blair		5:17.75
2006	Halsey Sinclair	Montgomery Blair	ht-5:11.6	5:11.84
2007	Morgane Gay	Walt Whitman		5:05.66 R
2008	Alex Doll	Bethesda Chevy Chase		5:06.90
2009	Addie Tousley	Bethesda Chevy Chase		5:19.47
2010	Alyssa Henshaw	Northwest		5:16.93
2011	Alex Doll	Bethesda Chevy Chase		5:13.97
2012	Abbey Daley	Clarksburg		5:16.26
2013	Caroline Beakes	Bethesda Chevy Chase		5:15.17
2014	Lucy Srour	Winston Churchill		5:13.99
2015	Kiernan Keller	Walter Johnson		5:16.46
2016	Emily Murphy	Walter Johnson		5:10.77
2017	Abigail Green	Walter Johnson		5:02.00 R
2018	Abigail Green	Walter Johnson		5:01.37 R
2019	Nandini Satsangi	Poolesville		5:12.32
2020	Jenna Goldberg	Walter Johnson		5:15.01
2023	Victoria Ketzler	Thomas S. Wootton		5:08.96
2024	Katherine Morey	Winston Churchill		5:02.48

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 Yepez-Lopez	Walter Johnson	2019		4:21.93
5	Will Conway	Winston Churchill	2012		4:22.41
6	Will Bertrand	Clarksburg	2013		4:23.45
7	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	Alejandro Berrio	Seneca Valley	2024		4:26.54
22	Garrett Suhr	Richard Montgomery	2018		4:26.65
23	Liam Walsh	Quince Orchard	2016		4:27.24
24	Elias Applebaum	Richard Montgomery	2020		4:27.41
25	Stephen Hayes	Winston Churchill	2001		4:27.89
25	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
Patrick Mozden	Albert Einstein	2023	4:31.21	Eric Pauley	Gaithersburg	2003	4:28.28
Rodrigo Yepez-Lopez	Walter Johnson	2019	4:21.93	Binyam Tadesse	John F. Kennedy	2015	4:33.92
Awit Yohannes	Magruder	2003	4:34.27	Rohann Asfaw	Richard Montgomery	2016	4:23.82
Diego Zarate	Northwest	2015	4:20.09	Eldad Mulugeta	Northwood	2019	4:20.25
Lorenzo Neil	Paint Branch	2015	4:24.87	Ryan Lockett	Poolesville	2017	4:25.92
Evan Laratta	Quince Orchard	2012	4:24.05	Jonaton Baginski	Rockville	2014	4:24.36
Alejandro Berrio	Seneca Valley	2024	4:26.54	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
1986	Duncan Manville	Bethesda Chevy Chase	ht-4:33.2y	4:31.84 R
1987	Gary Sherman	Walt Whitman	ht-4:31.0y	4:29.64 R
1988	Tom Eagleson	Walt Whitman	ht-4:33.6y	4:32.24
1989	Terrence Taylor	Albert Einstein	ht-4:41.59y	4:40.24
1990	Matt Ellis	Bethesda Chevy Chase	ht-4:41.3	4:41.54
1991	Matt Ellis	Bethesda Chevy Chase	ht-4:28.9	4:29.14 R
1992	Pascal Dobert	Walt Whitman	ht-4:31.8	4:32.04
1993	Josh Orenstein	Walter Johnson	ht-4:42.2	4:42.44
1994	Josh Orenstein	Walter Johnson	ht-4:32.5	4:32.74
1995	David Harry	Quince Orchard	ht-4:51.0	4:51.24
1997	Ed Tufaro	Walt Whitman	ht-4:35.4	4:35.64
1998	Davy Rogers	Richard Montgomery	ht-4:33.7	4:33.94
2000	Stephen Hayes	Winston Churchill	ht-4:31.3	4:31.54
2001	Stephen Hayes	Winston Churchill		4:27.89 R
2002	Fanuel Chageza	Walter Johnson	ht-4:31.1	4:31.34
2003	Eric Pauley	Gaithersburg		4:28.28
2004	Andrew Jesien	Walter Johnson		4:27.89
2005	Zachary Martinez	Gaithersburg		4:33.09
2006	Chris Moen	Walter Johnson	ht-4:28.2	4:28.44
2007	Chris Moen	Walter Johnson		4:25.44 R
2008	Neal Darmody	Quince Orchard		4:28.85
2009	Solomon Haile	Sherwood		4:24.97 R
2010	Sean O'Leary	Walter Johnson		4:31.21
2011	Sam Martin	Richard Montgomery		4:29.16
2012	Will Conway	Winston Churchill		4:22.41 R
2013	Will Bertrand	Clarksburg		4:23.45
2014	Jonaton Baginski	Rockville		4:24.36
2015	Diego Zarate	Northwest		4:20.09 R
2016	Rohann Asfaw	Richard Montgomery		4:23.82
2017	Garrett Suhr	Richard Montgomery		4:25.91
2018	Garrett Suhr	Richard Montgomery		4:26.65
2019	Eldad Mulugeta	Northwood		4:20.25
2020	Elias Applebaum	Richard Montgomery		4:27.41
2023	Sofiane Compaore	Springbrook		4:23.77
2024	Alejandro Berrio	Seneca Valley		4:26.54

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 Katherine Morey	Winston Churchill	2024		10:57.03
5 Charlotte Turesson	Richard Montgomery	2020		10:58.42
6 Abigail Green	Walter Johnson	2016		10:58.78
7 Ciciely Davy	Einstein	2016		11:06.06
8 Abigail Green	Walter Johnson	2017		11:06.38
9 Sally Glynn	Walter Johnson	1995	ht-11:07.5	11:07.74
10 Nandini Satsangi	Poolesville	2019		11:17.26
11 Louise Hannallah	Winston Churchill	2007		11:18.00
12 Louise Hannallah	Winston Churchill	2008		11:18.74
13 Bethlehem Taye	Paint Branch	2015		11:20.35
14 Halsey Sinclair	Montgomery Blair	2007		11:20.90
15 Sally Glynn	Walter Johnson	1994	ht-11:21.2	11:21.44
16 Halsey Sinclair	Montgomery Blair	2006		11:23.64
17 Erin McManus	Winston Churchill	2008		11:23.91
18 Cara Harrison	Quince Orchard	2007		11:24.00
19 Caroline Beakes	Bethesda Chevy Chase	2013		11:24.68
20 Lucy Srour	Winston Churchill	2015		11:25.42
21 Helen Webster	Bethesda Chevy Chase	2014		11:27.02
22 Caroline Guiot	Walt Whitman	2012		11:27.74
23 Anna Bosse	Walter Johnson	2011		11:28.37
24 Halsey Sinclair	Montgomery Blair	2005		11:28.66
25 Abbey Daley	Clarksburg	2013		11:30.64

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	Katherine Morey	Winston Churchill	2024	10:57.03
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
1986	Marcia Witte	John F. Kennedy	ht-12:06.0y	12:02.04 R
1987	Christine Ralston	Walt Whitman	ht-13:45.0y	13:40.44
1988	Kim Many	John F. Kennedy	ht-11:43.0y	11:39.14 R
1989	Kim Many	John F. Kennedy	ht-11:51.0	11:51.24
1990	Katherine Jamieson	Bethesda Chevy Chase	ht-13:08.1	13:08.34
1991	Rachael Peyser	Walt Whitman	ht-12:39.2	12:39.44
1992	Claire Torchia	Bethesda Chevy Chase	ht-12:15.4	12:15.64
1993	Sally Glynn	Walter Johnson	ht-11:32.5	11:32.74 R
1994	Sally Glynn	Walter Johnson	ht-11:21.2	11:21.44 R
1995	Sally Glynn	Walter Johnson	ht-11:07.5	11:07.74 R
1997	Erin Murray	Quince Orchard	ht-12:00.53	12:00.84
1998	Hannah Benjamin	Damascus	ht-11:40.0	11:40.24
2000	Maggie Guille	Walt Whitman	ht-12:10.1	12:10.34
2001	Karen Pulliam	Quince Orchard		11:34.45
2002	Karen Pulliam	Quince Orchard	ht-11:36.5	11:36.74
2003	Beth Catherwood	Bethesda Chevy Chase		11:58.50
2004	Halsey Sinclair	Montgomery Blair		11:32.28
2005	Halsey Sinclair	Montgomery Blair		11:28.66
2006	Halsey Sinclair	Montgomery Blair		11:23.64
2007	Louise Hannallah	Winston Churchill		11:18.00
2008	Louise Hannallah	Winston Churchill		11:18.74
2009	Addie Tousley	Bethesda Chevy Chase		11:44.31
2010	Alexandra Giedd	Winston Churchill		11:32.86
2011	Anna Bosse	Walter Johnson		11:28.37
2012	Caroline Guiot	Walt Whitman		11:27.74
2013	Caroline Beakes	Bethesda Chevy Chase		11:24.68
2014	Helen Webster	Bethesda Chevy Chase		11:27.02
2015	Bethlehem Taye	Paint Branch		11:20.35
2016	Bethlehem Taye	Paint Branch		10:53.70 R
2017	Abigail Green	Walter Johnson		11:06.38
2018	Abigail Green	Walter Johnson		10:45.75 R
2019	Nandini Satsangi	Poolesville		11:17.26
2020	Jenna Goldberg	Walter Johnson		10:52.99
2023	Anna Bodmer	Poolesville		11:38.40
2024	Katherine Morey	Winston Churchill		10:57.03

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	Nathaniel Swanson	Winston Churchill	2024		9:42.11
15	Rohann Asfaw	Richard Montgomery	2016		9:42.83
16	Diego Zarate	Northwest	2014		9:43.07
17	Adam Nakasaka	Bethesda Chevy Chase	2017		9:43.52
18	Itai Bezherano	Walter Johnson	2015		9:43.87
19	Peter Antonetti	Gaithersburg	2018		9:44.86
20	Eldad Mulugeta	Northwood	2018		9:45.04
21	Zachary Weinstein	Winston Churchill	2011		9:45.08
22	Will Bertrand	Clarksburg	2012		9:45.50
23	William Palmer	Walt Whitman	2006		9:45.90
24	Conor Spaulding	Quince Orchard	2011		9:45.95
25	Maksudal Ali	Gaithersburg	2002	ht-9:46.7	9:46.94

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
Griffin Lupes	Albert Einstein	2024	10:08.36	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
Alejandro Berrio	Seneca Valley	2024	9:51.39	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 3200m
1986	Tjeerd Broekman	Bethesda Chevy Chase	ht-9:57.3y	9:54.14 R
1987	Gary Sherman	Walt Whitman	ht-10:19.9y	10:16.54
1988	Scott Mostrum	Seneca Valley	ht-10:39.0y	10:35.54
1989	Mike Collyer	Walt Whitman	ht-10:25.0	10:25.24
1990	David Hickey	Springbrook	ht-10:19.4	10:19.64
1991	Kevin Carter	Springbrook	NT	NT
1992	Troy Harry	Quince Orchard	ht-10:04.4	10:04.64
1993	Jon Cornwell	Walt Whitman	ht-10:27.8	10:28.04
1994	Josh Orenstein	Walter Johnson	ht-10:19.9	10:20.14
1995	David Harry	Quince Orchard	ht-10:22.0	10:22.24
1997	Ed Tufaro	Walt Whitman	ht-10:03.0	10:03.24
1998	David Glynn	Walter Johnson	ht-10:03.8	10:04.04
2000	Matt Seymour	Magruder	ht-9:59.6	9:59.84
2001	Stephen Hayes	Winston Churchill		9:54.34
2002	Maksudal Ali	Gaithersburg	ht-9:46.7	9:46.94 R
2003	Awit Yohannes	Magruder		9:54.00
2004	Matt Logie	Northwest		10:07.26
2005	Andrew Jesien	Walter Johnson		9:56.43
2006	William Palmer	Walt Whitman		9:45.90 R
2007	Chris Barnard	Sherwood		9:53.20
2008	Neal Darmody	Quince Orchard		9:35.11 R
2009	Solomon Haile	Sherwood		9:32.06 R
2010	Nicolas Escobar	Magruder		9:47.32
2011	Zachary Weinstein	Winston Churchill		9:45.08
2012	Evan Laratta	Quince Orchard		9:40.37
2013	Will Bertrand	Clarksburg		9:29.67 R
2014	Chase Weaverling	Poolesville		9:32.00
2015	Amir Khaghani	Walt Whitman		9:34.83
2016	Rohann Asfaw	Richard Montgomery		9:42.83
2017	Ryan Lockett	Poolesville		9:33.81
2018	Adam Nakasaka	Bethesda Chevy Chase		9:35.02
2019	Baraka Sila	Northwood		9:52.29
2020	Surafel Mengist	Springbrook		9:49.64
2023	Gage Osborne	Northwest		9:56.97
2024	Nathaniel Swanson	Winston Churchill		9:42.11

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-CC	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
Malak Fadlalla	Springbrook	2024	8.74	Sion Evans	Watkins Mill	2003	8.89
Hannah Komukyeya	Wheaton	1998	8.62	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
1986	LaDonna Gooden	Albert Einstein	ht-8.7y	8.90 R
1987	Karen Etz	Seneca Valley	ht-9.6y	9.80
1988	Karen Etz	Seneca Valley	ht-9.1y	9.30
1989	Judith Owens	Albert Einstein	ht-8.6	8.84 R
1990	Angie Mitchell	Montgomery Blair	ht-9.1	9.34
1991	Torrey Simons	Walter Johnson	ht-9.1	9.34
1992	Torrey Simons	Walter Johnson	ht-8.8	9.04
1993	Katia Crowe	Seneca Valley	ht-8.7	8.94
1995	Rene Holtz	John F. Kennedy	ht-8.6	8.84
1997	Carlesha King	Damascus	ht-8.75	9.04
1998	Dee Antonio	Wheaton	ht-8.9	9.14
2000	Melanie Cathey	Quince Orchard	ht-8.6	8.84
2001	Yarvo Jones	Gaithersburg		8.67 R
2002	Danielle Watson	Gaithersburg	ht-8.4	8.64 R
2003	Laura Shaw	Walter Johnson		8.59 R
2004	Hillary Moen	Walter Johnson		8.74
2005	Erika Zoller	Damascus		8.54 R
2006	Audrey Gariepy-Bogui	Winston Churchill		8.48 R
2007	Audrey Gariepy-Bogui	Winston Churchill		8.22 R
2008	Kelsee Zyzak	Damascus		9.04
2009	Olivia Durr	Poolesville		8.38
2010	Thea LaFond	John F. Kennedy		8.69
2011	Thea LaFond	John F. Kennedy		8.64
2012	Laura Dally	Walter Johnson		8.46
2013	Gwen Shaw	Thomas S. Wootton		8.21 R
2014	Alexus Pyles	Clarksburg		8.28
2015	Alexus Pyles	Clarksburg		8.22
2016	Alexus Pyles	Clarksburg		8.02 R
2017	Eddita Pessima	Northwest		8.52
2018	Eddita Pessima	Northwest		8.20
2019	Kaya Rae Dunbar	Paint Branch		8.18
2020	Kaya Rae Dunbar	Paint Branch		8.17
2023	Saniyyah Stephens	Gaithersburg		8.86
2024	Elena Juarez	Gaithersburg		8.61

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	Joseph Addo	Paint Branch	2024		7.76
15	Joey Robinson	Gaithersburg	2005		7.77
16	Paul Joseph	Clarksburg	2013		7.78
16	Devon Hairston	John F. Kennedy	2014	sf	7.78
16	Amadou Silimana	Watkins Mill	2019		7.78
19	Boubacar Diallo	Springbrook	2013		7.79
20	Willie Johnson	Wheaton	1986	ht-7.59y	7.80
20	Eric Amo	Paint Branch	1988	ht-7.6y	7.80
20	Cliff Bonie	Gaithersburg	1988	ht-7.6y	7.80
20	Timmy Edwards	Albert Einstein	1988	ht-7.6y	7.80
24	Darius Lewis	Seneca Valley	2012		7.81
24	Alan Banks	Thomas S. Wootton	2014		7.81
24	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	Jayden Apenteng	Northwood	2024	7.85
Joseph Addo	Paint Branch	2024	7.76	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
1986	Adae LeMone	John F. Kennedy	ht-7.36y	7.60 R
1987	Byrd	Bethesda Chevy Chase	ht-8.2y	8.39
1988	Ivan Charles	Albert Einstein	ht-7.5y	7.70
1989	Jim Ward	Albert Einstein	ht-7.7	7.94
1990	Damien Reveria	Gaithersburg	ht-7.7	7.94
1991	David Pinalto	Quince Orchard	ht-8.0	8.24
1992	Phillip Marshall	Springbrook	ht-7.6	7.84
1993	Onaje Robinson	Quince Orchard	ht-7.6	7.84
1994	Todd Sheridan	Winston Churchill	ht-7.7	7.94
1995	Bob Garhart	Gaithersburg	ht-7.8	8.04
1997	Matt McGuire	Richard Montgomery	ht-7.7	7.94
1998	Matt McGuire	Richard Montgomery	ht-7.2	7.44 R
2000	Ron Frazier	Gaithersburg	ht-7.5	7.74
2001	Anwar Phillips	Northwest		7.86
2002	Byron Gibson	Gaithersburg	ht-7.6	7.84
2003	DeWayne Whitaker	Northwest		7.85
2004	Joey Robinson	Gaithersburg		7.87
2005	Joey Robinson	Gaithersburg		7.77
2006	Stefan Grundmann	Walt Whitman		7.85
2007	Tyler Jackson	Richard Montgomery		8.03
2008	Tyler Jackson	Richard Montgomery		7.83
2009	Owen Cain	Gaithersburg		7.74
2010	Trevon Carroll	Gaithersburg		7.86
2011	Damiete Roberts	Watkins Mill		7.98
2012	Darius Lewis	Seneca Valley		7.81
2013	Paul Joseph	Clarksburg		7.75
2014	Devon Hairston	John F. Kennedy		7.50
2015	Shyheim Wright	Northwest		7.52
2016	Shyheim Wright	Northwest		7.44 R
2017	Robert Gicheru	Northwest		7.83
2018	Elias Boussouf	James H. Blake		7.95
2019	Amadou Silimana	Watkins Mill		7.78
2020	Ajuani Hall	Paint Branch		7.89
2023	Roberto Terrell Jr.	Quince Orchard		7.48
2024	Joseph Addo	Paint Branch		7.76

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 Wheaton	2024		1:44.93
6 James H. Blake	2017		1:45.16
6 James H. Blake	2023		1:45.16
8 Northwest	2016		1:45.24
9 Northwest	2019		1:45.38
10 Watkins Mill	2018		1:45.56
11 Paint Branch	2014		1:45.65
12 Northwest	2011		1:46.07
12 Clarksburg	2016		1:46.07
14 John F. Kennedy	2005		1:46.24
15 Paint Branch	2015		1:46.27
16 James H. Blake	2015		1:46.37
17 Seneca Valley	2014		1:46.47
18 Paint Branch	2009		1:47.01
19 Richard Montgomery	2020		1:47.28
20 Paint Branch	2010		1:47.35
21 Thomas S. Wootton	2013		1:47.38
22 Watkins Mill	2017		1:47.42
23 Northwest	2013		1:47.54
24 Magruder	2011		1:47.55
25 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	2024	1:50.87
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	2024	1:53.27
Seneca Valley	2014	1:46.47	Sherwood	2015	1:47.81
Springbrook	2016	1:49.05	Watkins Mill	2018	1:45.56
Wheaton	2024	1:44.93	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
1986	Magruder	ht-2:23.9	2:24.14 R
1987	Walt Whitman	ht-2:19.7	2:19.94 R
1988	Seneca Valley	ht-2:32.2	2:32.44
1989	Paint Branch	ht-2:22.4	2:22.64
1990	John F. Kennedy	ht-2:27.0	2:27.24
1991	Walt Whitman	ht-2:24.9	2:25.14
1992	Gaithersburg	ht-2:23.3	2:23.54
1993	Albert Einstein	ht-2:21.3	2:21.54
1994	Paint Branch	ht-2:18.9	2:19.14 R

Girls 4x200m Relay County Champions

Year	High School	Actual Perf.	Equivalent 4x200m
1995	Paint Branch	ht-1:49.9	1:50.14 R
1997	Paint Branch	ht-1:50.35	1:50.64
1998	Rockville	ht-1:53.2	1:53.44
2000	Walter Johnson	ht-1:53.2	1:53.44
2001	Walter Johnson		1:51.01
2002	Poolesville	ht-1:47.5	1:47.74 R
2003	Poolesville		1:48.65
2004	Gaithersburg		1:47.80
2005	John F. Kennedy		1:46.24 R
2006	Damascus		1:50.30
2007	Winston Churchill		1:47.60
2008	Thomas S. Wootton		1:48.33
2009	Paint Branch		1:47.01
2010	Northwest		1:43.21 R
2011	Northwest		1:46.07
2012	Northwest		1:47.68
2013	Thomas S. Wootton		1:47.38
2014	Paint Branch		1:45.65
2015	Paint Branch		1:46.27
2016	Northwest		1:45.24
2017	James H. Blake		1:45.16
2018	James H. Blake		1:42.33 R
2019	James H. Blake		1:42.06 R
2020	Richard Montgomery		1:47.28
2023	James H. Blake		1:45.16
2024	Wheaton		1:44.93

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	Paint Branch	2024		1:31.80
4	Winston Churchill	2011		1:31.89
5	Paint Branch	2002	ht-1:31.7	1:31.94
6	Quince Orchard	2023		1:32.01
7	Northwest	2017		1:32.19
8	Richard Montgomery	2007		1:32.40
9	Springbrook	2017		1:32.41
10	Paint Branch	2003		1:32.42
11	Paint Branch	2019		1:32.58
12	Montgomery Blair	2024		1:32.59
13	Paint Branch	2018		1:32.67
14	Watkins Mill	2018		1:32.70
15	Richard Montgomery	2006		1:32.78
16	Northwest	2015		1:32.81
17	Richard Montgomery	2008		1:32.83
18	Montgomery Blair	2008		1:32.87
19	Watkins Mill	2010		1:32.97
20	Northwest	2016		1:33.10
21	Paint Branch	2006		1:33.22
22	Paint Branch	2009		1:33.62
23	Northwest	2013		1:33.70
23	Clarksburg	2009		1:33.84
25	Paint Branch	2012		1:33.93
25	Gaithersburg	2014		1:33.93
25	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	2024	1:32.59
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	2024	1:36.89	Gaithersburg	2002	1:31.74
Walter Johnson	2024	1:35.15	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
1986	John F. Kennedy	ht-2:02.5	2:02.74 R
1987	Gaithersburg	ht-2:00.2	2:00.44 R
1988	Albert Einstein	ht-2:01.3	2:01.54
1989	Seneca Valley	ht-2:01.2	2:01.44
1990	Quince Orchard	ht-2:01.4	2:01.64
1991	Springbrook	ht-2:00.0	2:00.24 R
1992	Springbrook	ht-2:00.3	2:00.54
1993	Paint Branch	ht-1:59.8	2:00.04 R
1994	Seneca Valley	ht-2:02.9	2:03.14

Boys 4x200m Relay County Champions

Year	High School	Actual Perf.	Equivalent 4x200m
1995	Wheaton	ht-1:37.4	1:37.64 R
1997	Gaithersburg	ht-1:37.8	1:38.04
1998	Gaithersburg	ht-1:33.8	1:34.04 R
2000	Northwest	ht-1:37.2	1:37.44
2001	Paint Branch		1:34.84
2002	Gaithersburg	ht-1:31.5	1:31.74 R
2003	Paint Branch		1:32.42
2004	Watkins Mill		1:34.23
2005	Paint Branch		1:34.83
2006	Richard Montgomery		1:32.78
2007	Richard Montgomery		1:32.40
2008	Richard Montgomery		1:32.83
2009	Paint Branch		1:33.62
2010	Watkins Mill		1:32.97
2011	Winston Churchill		1:31.89
2012	Paint Branch		1:33.93
2013	Northwest		1:33.70
2014	Gaithersburg		1:33.93
2015	Northwest		1:32.81
2016	Northwest		1:33.10
2017	Northwest		1:32.19
2018	Paint Branch		1:32.67
2019	Paint Branch		1:32.58
2020	Paint Branch		1:29.55 R
2023	Quince Orchard		1:32.01
2024	Paint Branch		1:31.80

Most indoor county champions in this event (including the six lap relay): Paint Branch 10

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	2024	4:31.17
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
1986	John F. Kennedy	ht-4:29.49y	4:28.14 R
1987	Walt Whitman	ht-4:22.0y	4:20.74 R
1988	Walt Whitman	ht-4:38.2y	4:36.84
1989	Albert Einstein	ht-4:25.7y	4:24.44
1990	Walter Johnson	ht-4:42.1	4:42.34
1991	Watkins Mill	ht-4:39.3	4:39.54
1992	Richard Montgomery	ht-4:31.3	4:31.54
1993	Watkins Mill	ht-4:29.7	4:29.94
1994	Watkins Mill	ht-4:23.4	4:23.64
1995	Paint Branch	ht-4:14.4	4:14.64 R
1997	Paint Branch	ht-4:27.0	4:27.24
1998	Richard Montgomery	ht-4:16.2	4:16.44
2000	Watkins Mill	ht-4:25.1	4:25.34
2001	Walter Johnson		4:18.16
2002	Walter Johnson	ht-4:09.8	4:10.04 R
2003	Walter Johnson		4:08.79 R
2004	Walter Johnson		4:15.34
2005	John F. Kennedy		4:08.16 R
2006	Winston Churchill		4:12.91
2007	John F. Kennedy		4:11.10
2008	Winston Churchill		4:11.89
2009	Winston Churchill		4:11.55
2010	Northwest		4:00.58 R
2011	Northwest		4:09.63
2012	Northwest		4:09.59
2013	Paint Branch		4:12.80
2014	James H. Blake		4:04.38
2015	Watkins Mill		4:07.77
2016	Northwest		4:07.54
2017	James H. Blake		4:02.41
2018	James H. Blake		4:01.19
2019	James H. Blake		4:02.02
2020	Seneca Valley		4:12.20
2023	James H. Blake		4:02.90
2024	James H. Blake		4:19.90

Most indoor county champions in this event: James H. Blake 6

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 Seneca Valley	2024		3:32.87
23 Paint Branch	2019		3:33.04
24 Watkins Mill	2012		3:33.24
25 Watkins Mill	2001		3:33.27

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	2024	3:32.87	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
1986	Charles Woodward	ht-3:46.05y	3:44.94 R
1987	Albert Einstein	NT	NT
1988	Seneca Valley	ht-3:48.0y	3:46.94
1989	Albert Einstein	ht-3:39.7y	3:38.64 R
1990	Springbrook	ht-3:44.6	3:44.84
1991	Springbrook	ht-3:48.5	3:48.74
1992	Springbrook	ht-3:45.9	3:46.14
1993	Paint Branch	ht-3:40.1	3:40.34
1994	Seneca Valley	ht-3:35.1	3:35.34 R
1995	Gaithersburg	ht-3:39.3	3:39.54
1997	Paint Branch	ht-3:39.2	3:39.44
1998	Richard Montgomery	ht-3:33.9	3:34.14 R
2000	Watkins Mill	ht-3:39.7	3:39.94
2001	Watkins Mill		3:33.27 R
2002	Paint Branch	ht-3:33.4	3:33.64
2003	Paint Branch		3:31.29 R
2004	Walter Johnson		3:37.27
2005	Richard Montgomery		3:35.30
2006	Richard Montgomery		3:30.45 R
2007	Richard Montgomery		3:30.90
2008	Montgomery Blair		3:33.63
2009	Damascus		3:30.23 R
2010	Damascus		3:30.71
2011	Bethesda Chevy Chase		3:35.81
2012	Paint Branch		3:32.40
2013	Northwest		3:32.37
2014	Paint Branch		3:29.89 R
2015	Northwest		3:33.64
2016	Springbrook		3:33.86
2017	Springbrook		3:28.17 R
2018	Springbrook		3:32.55
2019	Montgomery Blair		3:31.79
2020	Springbrook		3:30.09
2023	Winston Churchill		3:33.29
2024	Seneca Valley		3:32.87

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	2024	11:11.14	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
1986	Charles Woodward	ht-10:47.0y	10:43.44 R
1987	Walt Whitman	ht-10:20.0y	10:16.64 R
1988	Walt Whitman	ht-10:50.0y	10:46.44
1989	John F. Kennedy	ht-10:48.6y	10:45.04
1990	Walter Johnson	ht-10:54.4	10:54.64
1991	Winston Churchill	ht-10:32.0	10:32.24
1992	Winston Churchill	ht-10:39.6	10:39.84
1993	Watkins Mill	ht-10:16.8	10:17.04
1994	Watkins Mill	ht-10:24.3	10:24.54
1995	Watkins Mill	ht-10:31.6	10:31.84
1997	Quince Orchard	ht-10:19.04	10:19.34
1998	Walter Johnson	ht-9:51.9	9:52.14 R
2000	Walter Johnson	ht-9:54.99	9:55.24
2001	Quince Orchard		10:00.28
2002	Paint Branch	ht-10:04.2	10:04.44
2003	Walter Johnson		9:59.78
2004	Poolesville		9:50.00 R
2005	Winston Churchill		9:52.85
2006	Walt Whitman		9:43.71 R
2007	Walt Whitman		9:38.00 R
2008	Walt Whitman		9:37.25 R
2009	Bethesda Chevy Chase		9:45.73
2010	Northwest		9:35.01 R
2011	Northwest		9:40.64
2012	Northwest		9:43.75
2013	Northwest		9:47.19
2014	Poolesville		9:52.96
2015	Walter Johnson		9:47.69
2016	Bethesda Chevy Chase		9:42.41
2017	Walter Johnson		9:58.54
2018	Walter Johnson		9:51.20
2019	Walter Johnson		9:51.70
2020	Walter Johnson		9:49.51
2023	Walter Johnson		9:46.65
2024	Walter Johnson		10:00.93

Most indoor county champions in this event: Walter Johnson 11

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
1986	Bethesda Chevy Chase	ht-8:53.0y	8:50.14 R
1987	John F. Kennedy	ht-8:48.0y	8:45.14 R
1988	Springbrook	ht-8:56.2y	8:53.34
1989	Bethesda Chevy Chase	ht-8:49.2y	8:46.34
1990	Rockville	ht-8:38.1	8:38.34 R
1991	Walter Johnson	ht-8:55.8	8:56.04
1992	Quince Orchard	ht-8:34.3	8:34.54 R
1993	Walt Whitman	NT	NT
1994	Seneca Valley	ht-8:54.3	8:54.54
1995	Quince Orchard	ht-8:34.6	8:34.84
1997	Richard Montgomery	ht-8:36.0	8:36.24
1998	Watkins Mill	ht-8:31.6	8:31.84 R
2000	Watkins Mill	ht-8:26.70	8:26.94 R
2001	Magruder		8:21.33 R
2002	Walter Johnson	ht-8:15.4	8:15.64 R
2003	Paint Branch		8:24.47
2004	Walter Johnson		8:32.01
2005	Walter Johnson		8:17.93
2006	Winston Churchill	ht-8:21.1	8:21.34
2007	Walter Johnson		8:16.90
2008	Quince Orchard		8:10.46 R
2009	Winston Churchill		8:05.93 R
2010	Damascus		8:04.18 R
2011	Walter Johnson		8:13.86
2012	Walter Johnson		8:24.12
2013	Northwest		8:23.00
2014	Paint Branch		8:10.18
2015	Paint Branch		8:14.72
2016	Northwest		8:18.30
2017	Northwest		8:05.61
2018	Northwest		8:11.35
2019	Paint Branch		8:07.87
2020	Northwood		8:03.82 R
2023	Winston Churchill		8:19.65
2024	Walter Johnson		8:19.80

Most indoor county champions in this event: Walter Johnson 8

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 Sierra Swangin	James H. Blake	2024	5-05.50
13 Kacey Childs	Damascus	1995	5-04.00
13 Janice Henry	Seneca Valley	1995	5-04.00
13 Kim Lee	Gaithersburg	1997	5-04.00
13 Cassie Tressler	Damascus	2003	5-04.00
13 Audrey Gariepy-Bogui	Winston Churchill	2006	5-04.00
13 Vanessa Jules	Paint Branch	2008	5-04.00
13 Ashley Dabney	Wheaton	2008	5-04.00
13 Vanessa Jules	Paint Branch	2009	5-04.00
13 Thea LaFond	John F. Kennedy	2011	5-04.00
13 Bailee Freeman	Clarksburg	2011	5-04.00
13 Sierra Isaac	Quince Orchard	2012	5-04.00
13 Bailee Freeman	Clarksburg	2012	5-04.00
13 Alexis Pyles	Clarksburg	2015	5-04.00
13 Eddita Pessima	Northwest	2018	5-04.00
13 Madison Depry	Wheaton	2018	5-04.00
13 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	Mireya King	Montgomery Blair	2024	5-00.00
Sierra Swangin	James H. Blake	2024	5-05.50	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
1986	Lori Gieselman	Paint Branch	5-02.00 R
1987	Dontrice Hamilton	Walt Whitman	4-06.00
1988	Jeanine LeFlore	Walt Whitman	4-06.00
1988	Tamara Simon	Walt Whitman	4-06.00
1988	Tammy Tesar	Damascus	4-06.00
1988	Christine Huo	Walt Whitman	4-06.00
1989	Tyra Moore	Springbrook	5-00.00
1990	Andrea Dritschilo	Walt Whitman	5-00.00
1991	Andrea Dritschilo	Walt Whitman	5-02.00
1992	Julie Sloan	Walt Whitman	4-08.00
1993	Juliana Njoku	Paint Branch	4-10.00
1994	Juliana Njoku	Paint Branch	5-01.00
1995	Nana Jeffrey-Idun	Wheaton	5-06.00 R
1997	Vanessa Jones	Sherwood	5-08.00 R
1998	Emily Owens	Richard Montgomery	5-06.00
2000	Michelle Smith	Gaithersburg	5-07.00
2001	Cassie Tressler	Damascus	5-02.00
2002	Cassie Tressler	Damascus	5-02.00
2003	Toni Aluko	Paint Branch	5-06.00
2004	Toni Aluko	Paint Branch	5-06.00
2005	Emma Hanson	Damascus	5-02.00
2006	Audrey Gariepy-Bogui	Winston Churchill	5-04.00
2007	Audrey Gariepy-Bogui	Winston Churchill	5-08.50 R
2008	Ashley Dabney	Wheaton	5-04.00
2009	Vanessa Jules	Paint Branch	5-04.00
2010	Thea LaFond	John F. Kennedy	5-00.00
2011	Thea LaFond	John F. Kennedy	5-04.00
2012	Bailee Freeman	Clarksburg	5-04.00
2013	Alexus Pyles	Clarksburg	5-02.00
2014	Alexus Pyles	Clarksburg	5-02.00
2015	Alexus Pyles	Clarksburg	5-04.00
2016	Alexus Pyles	Clarksburg	5-03.00
2017	Eddita Pessima	Northwest	5-02.00
2018	Taylor Wright	Northwest	5-06.00
2019	Taylor Wright	Northwest	5-08.00
2020	Madison Depry	Wheaton	5-04.00
2023	Sierra Swangin	James H. Blake	5-02.00
2024	Sierra Swangin	James H. Blake	5-05.50

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
1986	Richard Ridley	Richard Montgomery	5-10.00 R
1987	Charles Bradford	Richard Montgomery	5-10.00
1988	Timmy Edwards	Albert Einstein	6-02.00 R
1989	B. Walcott	Paint Branch	6-00.00
1990	Kirk Morris	Gaithersburg	6-03.00 R
1991	Antoine McLauren	Damascus	6-03.00
1992	Antoine McLauren	Damascus	6-01.00
1993	Martin Seonarian	Quince Orchard	5-10.00
1994	Martin Seonarian	Quince Orchard	6-04.00 R
1995	Tavis Ndure	Gaithersburg	6-06.00 R
1997	Pierre Bobet	Damascus	6-00.00
1998	Jeremy Smith	Gaithersburg	6-07.00 R
2000	Jason Williams	Walt Whitman	5-10.00
2001	Jason Williams	Walt Whitman	6-00.00
2001	Victor Akintimehim	Quince Orchard	6-00.00
2002	Jerome Miller	Springbrook	6-04.00
2003	John Welbon	Gaithersburg	6-06.00
2004	Bobby Price	Magruder	6-02.00
2005	Markcus Ruffin	Northwest	6-03.00
2006	Markcus Ruffin	Northwest	6-06.00
2007	Jamal Currica	Damascus	6-06.00
2008	Ryan Mullsteff	Damascus	6-02.00
2009	Owen Cain	Gaithersburg	6-07.00
2010	Alimamy Kallay	Gaithersburg	5-10.00
2011	Zach Fetters	Gaithersburg	6-02.00
2012	Jack O'Keefe	Quince Orchard	5-10.00
2013	Joseph Williams	Northwest	6-02.00
2014	Austin Castleberry	Northwest	6-02.00
2015	Aaron Beidleman	Northwest	6-00.00
2016	Gregory D'Elia	Quince Orchard	6-02.00
2017	Tyrek Goy	Paint Branch	6-04.00
2018	James McGreivy	Bethesda Chevy Chase	6-04.00
2019	Clarence Foote-Talley	Northwest	6-02.00
2020	Bryce Middleton	Northwest	6-04.00
2023	Yule Pieters	Thomas S. Wootton	6-00.00
2024	Sreeanish Yarra	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 Alexis 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 Alexis 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 Chay Julien	Damascus	2024	17-00.25
22 Cierra Pyles	Clarksburg	2015	17-00.00
23 Alexis Pyles	Clarksburg	2013	16-11.00
23 Julia McDermott	Winston Churchill	2015	16-11.00
25 Bailee Freeman	Clarksburg	2012	16-10.25

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	Anika Wong	Rockville	2024	13-09.50
Gabrielle Badoo	Seneca Valley	2023	16-03.50	Alyssa Moran	Sherwood	2016	16-00.75
Vynou Philogene	Springbrook	2024	16-02.00	Cindy Vargas	Watkins Mill	2005	13-04.50
Nicole Fenno	Wheaton	2024	14-05.25	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
2005	Erika Zoller	Damascus	16-05.00 R
2006	Audrey Gariepy-Bogui	Winston Churchill	16-04.00
2007	Tara Okusaga	Northwest	17-02.00 R
2008	Suzanne Falk	Thomas S. Wootton	16-10.00
2009	Thea LaFond	John F. Kennedy	16-00.25
2010	Thea LaFond	John F. Kennedy	17-03.75 R
2011	Thea LaFond	John F. Kennedy	18-04.00 R
2012	Bailee Freeman	Clarksburg	16-10.25
2013	Larre Hodge	John F. Kennedy	17-09.50
2014	Alexus Pyles	Clarksburg	17-04.25
2015	Leondra Correia	Northwest	18-01.00
2016	Leondra Correia	Northwest	17-10.00
2017	Stephanie Bateky	Northwest	17-02.00
2018	Atinuke Shittu	Northwest	16-02.25
2019	Brooke Sheilds	Clarksburg	17-02.00
2020	K.C. Ashiogwu	Gaithersburg	17-03.75
2023	Gabrielle Badoo	James H. Blake	16-03.50
2024	Chay Julien	Damascus	17-00.25

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	Kendall Wideman	Seneca Valley	2024	22-05.25
7	Ty Mason	James H. Blake	2016	22-02.00
8	Isaiah Wilson	Seneca Valley	2023	22-00.50
9	Gary Frazier	Richard Montgomery	2008	21-09.00
10	Drew Byrd	Richard Montgomery	2017	21-07.00
11	Owen Cain	Gaithersburg	2009	21-06.50
12	Clarence Foote-Talley	Northwest	2019	21-05.50
13	Jalen Stubbs	Northwest	2024	21-03.25
14	Tarell Williams	John F. Kennedy	2006	21-03.00
15	Sheldon Trotman	Northwest	2011	21-02.50
15	Justin Leonard	Richard Montgomery	2015	21-02.50
17	Salifu Cham	Albert Einstein	2007	21-01.50
17	Anthony Woods	Northwest	2017	21-01.50
19	Keith Cartwright	Thomas S. Wootton	2018	20-11.75
20	Clarence Foote-Talley	Northwest	2018	20-11.25
20	Yule Pieters	Thomas S. Wootton	2023	20-11.25
22	Hassan Dixon	Northwest	2009	20-11.00
22	Jacob Adedeji	Quince Orchard	2009	20-11.00
24	Sytta Barry	Paint Branch	2013	20-10.75
25	Josh Netterville	Northwest	2016	20-10.50

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	Brian Rios-Davis	Rockville	2024	18-11.00
Kendall Wideman	Seneca Valley	2024	22-05.25	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
2005	Joey Robinson	Gaithersburg	20-08.25 R
2006	Tarell Williams	John F. Kennedy	21-03.00 R
2007	Salifu Cham	Albert Einstein	21-01.50
2008	Gary Frazier	Richard Montgomery	21-09.00 R
2009	Owen Cain	Gaithersburg	21-06.50
2010	Sheldon Trotman	Northwest	20-05.75
2011	Sheldon Trotman	Northwest	21-02.50
2012	Kaifa Boyce	Gaithersburg	20-06.00
2013	Gaston Assoua	James H. Blake	23-00.00 R
2014	Clifton Green	Paint Branch	20-02.50
2015	Justin Leonard	Richard Montgomery	21-02.50
2016	Ty Mason	James H. Blake	22-02.00
2017	Josh Netterville	Northwest	22-11.00
2018	Keith Cartwright	Wootton	20-11.75
2019	Clarence Foote-Talley	Northwest	21-05.50
2020	Chukwumdi Osuji	Paint Branch	20-01.25
2023	Antonio Berry	Northwest	23-03.25 R
2024	Kendall Wideman	Seneca Valley	22-05.25

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 Alexis 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 Alexis Pyles	Clarksburg	2016	36-05.50
15 Alexis Pyles	Clarksburg	2014	36-05.00
16 K.C. Ashiogwu	Gaithersburg	2020	36-04.25
17 Chay Julien	Damascus	2024	36-03.00
18 Tamir Jacobs	Springbrook	2016	36-00.50
19 Brooke Shields	Clarksburg	2019	35-11.75
20 Stephanie Bateky	Northwest	2016	35-11.00
20 Vynou Philogene	Springbrook	2023	35-11.00
22 Keila Robertson	Magruder	2015	35-10.25
23 Jordan Pitchford	Damascus	2010	35-09.75
24 Sierra Isaac	Quince Orchard	2012	35-08.00
25 Grace Oxley	James H. Blake	2010	35-04.50

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	Mireya King	Montgomery Blair	2024	32-03.00
Mame Diop	James H. Blake	2023	37-01.00	Audrey Gariepy-Bogui	Winston Churchill	2007	38-01.00
Alexis 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	Micaiah Ansu	Rockville	2024	30-00.00
Tyatianna Johnson	Seneca Valley	2014	35-00.50	Alyssa Moran	Sherwood	2014	32-10.50
Vynou Philogene	Springbrook	2023	35-11.00	Kailey Meadows	Watkins Mill	2024	29-06.00
	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
2005	Sara Price	Walter Johnson	33-01.00 R
2006	Audrey Gariepy-Bogui	Winston Churchill	34-03.25 R
2007	Audrey Gariepy-Bogui	Winston Churchill	38-01.00 R
2008	Arielle Statham	Paint Branch	37-04.50
2009	Arielle Statham	Paint Branch	37-10.00
2010	Thea LaFond	John F. Kennedy	38-02.75 R
2011	Thea LaFond	John F. Kennedy	39-05.75 R
2012	Anna Ucheomumu	Albert Einstein	36-09.00
2013	Ana Gomez	Walter Johnson	34-04.00
2014	Alexus Pyles	Clarksburg	36-05.00
2015	Alexus Pyles	Clarksburg	37-09.50
2016	Taylor Wright	Northwest	38-09.50
2017	Ashley Santini	Northwest	34-10.00
2018	Brooke Shields	Clarksburg	35-03.50
2019	Taylor Wright	Northwest	37-09.00
2020	Manie Mevo	Quince Orchard	37-10.75
2023	Mame Diop	James H. Blake	37-01.00
2024	Chay Julien	Damascus	36-03.00

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	Abdoul Gueye	Montgomery Blair	2024	38-11.00
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
Adrian Villatoro-Marraqu	Albert Einstein	2024	38-03.00	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
2005	Bryant England	Seneca Valley	42-02.50 R
2006	Israel Owolabi	Gaithersburg	41-09.00
2007	Joseph Boateng	Northwest	41-09.50
2008	Keenan Woods	Northwood	44-05.00 R
2009	Marcus Willacy	Paint Branch	45-04.00 R
2010	Alimamy Kallay	Gaithersburg	42-07.25
2011	Sheldon Trotman	Northwest	44-01.50
2012	Tyler Nelson	Paint Branch	43-03.00
2013	Elliott Davis	Quince Orchard	45-00.00
2014	Carlos Vanzego	Clarksburg	44-06.00
2015	Dorian Jones	Quince Orchard	43-09.75
2016	Donovan Beckett-Simms	Seneca Valley	45-09.00 R
2017	Amael Etcheu	Quince Orchard	43-07.00
2018	Clarence Foote-Talley	Northwest	45-05.50
2019	Clarence Foote-Talley	Northwest	45-08.25
2020	Bryce Middleton	Northwest	44-04.50
2023	Desmond Whitley	Clarksburg	44-08.00
2024	Vance Bonior	Walter Johnson	41-11.00

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
24 Jazmin Terry	Northwest	2024	34-11.00

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
Jazmin Terry	Northwest	2024	34-11.00	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
1986	Carolyn Karr	Walt Whitman	30-02.00 R
1987	Chrissie Buser	Seneca Valley	37-08.50 R
1988	Chrissie Buser	Seneca Valley	34-00.25
1989	Elizabeth Richard	Thomas S. Wootton	28-00.00
1990	Karen Dyson	Seneca Valley	36-08.50
1991	Jessica Humphrey	Springbrook	31-08.50
1992	Mendo	Bethesda Chevy Chase	32-05.00
1993	Leslie Brown	Thomas S. Wootton	32-08.00
1994	Kobie Kruger	Gaithersburg	33-04.00
1995	Kobie Kruger	Gaithersburg	31-00.25
1997	Ruth Kura	Quince Orchard	31-08.50
1998	Ruth Kura	Quince Orchard	38-08.50 R
2000	Kristen Reley	Seneca Valley	31-08.00
2001	Irina King	Paint Branch	35-09.25
2002	Ashley Fauntleroy	Paint Branch	32-07.00
2003	Kyla Graham	Gaithersburg	35-02.00
2004	Ashley Fauntleroy	Paint Branch	36-00.00
2005	Lili Afkhami	Quince Orchard	33-01.50
2006	Dana Soper	Poolesville	30-01.25
2007	Arleigh Rose	Sherwood	34-05.25
2008	Arleigh Rose	Sherwood	35-11.25
2009	Octavia King	James H. Blake	34-07.00
2010	Leah Lang	Quince Orchard	32-02.50
2011	Rachel Porzel	James H. Blake	36-06.50
2012	Virginia Owusu-Mainoo	Seneca Valley	35-05.50
2013	Claudia Ababio	Clarksburg	41-09.00 R
2014	Claudia Ababio	Clarksburg	42-06.00 R
2015	Justina Ababio	Clarksburg	35-00.75
2016	Justina Ababio	Clarksburg	37-10.50
2017	Toni Koroye	Walter Johnson	33-00.50
2018	Erin Hatcher	Paint Branch	36-02.75
2019	Janise Bestman	Paint Branch	37-02.00
2020	Nadia Dennis	Paint Branch	35-05.50
2023	Mawata Queen Keita	Springbrook	36-01.00
2024	Jazmin Terry	Northwest	34-11.00

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
1986	Doug Joyce	Gaithersburg	46-04.00 R
1987	Doug Joyce	Gaithersburg	49-10.00 R
1988	Csaba Hadas	Bethesda Chevy Chase	44-03-25
1989	Csaba Hadas	Bethesda Chevy Chase	49-03.00
1990	Mike Neubeiser	Gaithersburg	47-07.00
1991	Marc Leiderman	Wheaton	48-08.00
1992	Joe Teehan	Gaithersburg	45-10.50
1993	Egnew	Seneca Valley	43-01.00
1994	Dave Neubeiser	Gaithersburg	48-04.50
1995	Mike Berkmyre	Damascus	45-01.50
1997	Ramsey Janini	Thomas S. Wootton	49-09.25
1998	Robert Frierson	Gaithersburg	46-09.50
2000	Kevin Neubeiser	Gaithersburg	48-00.25
2001	Joe Henry	John F. Kennedy	45-07.00
2002	Jared Wasser	Thomas S. Wootton	54-02.25 R
2003	Jared Wasser	Thomas S. Wootton	52-05.25
2004	Paul Bridgers	Gaithersburg	42-10.75
2005	Bob Dugan	Gaithersburg	45-09.50
2006	Matt Miller	Richard Montgomery	50-05.50
2007	Sean Stanley	Gaithersburg	49-06.50
2008	Sean Stanley	Gaithersburg	55-00.75 R
2009	Sean Stanley	Gaithersburg	59-10.00 R
2010	Matt Gordon	Thomas S. Wootton	46-04.00
2011	Nnamdi Edokobi	Richard Montgomery	48-02.50
2012	Nadim Elhage	Winston Churchill	50-11.00
2013	Donovan Tyler	Quince Orchard	45-11.50
2014	Devonte Johnson	Paint Branch	51-09.50
2015	Noah Vernick	Quince Orchard	52-00.75
2016	Osajele Ikheloa	Sherwood	46-04.00
2017	Jabari Bennett	James H. Blake	56-03.00
2018	Andrew Birgin	Walter Johnson	52-07.50
2019	Baeba Sayeh	Watkins Mill	46-02.50
2020	Aaron Lomax	Albert Einstein	45-11.50
2023	Neil Telfer Jr.	Seneca Valley	48-03.00
2024	Vance Bonior	Walter Johnson	45-05.00

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 Spurr	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
1997	Marlowe Busby	Watkins Mill	06-06.00 R
1998	Tarah Greenwood	Seneca Valley	08-06.00 R
2000	Jodi Taetle	Gaithersburg	08-00.00
2001	Jodi Taetle	Gaithersburg	08-06.00 R
2002	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 Tiftt	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
1986	Steve Wilson	Gaithersburg	09-06.00 R
1987	Toby Fried	Walter Johnson	08-00.00
1988	Toby Fried	Walter Johnson	09-00.00
1993	Kevin Koziol	Gaithersburg	11-01.00 R
1994	Keith Duggan	Gaithersburg	12-00.00 R
1995	Matt Gottvedson	Quince Orchard	11-06.00
1997	Matt Runzel	Gaithersburg	10-00.00
1998	Matt Runzel	Gaithersburg	10-00.00
2000	Brent McCauley	Gaithersburg	12-08.00 R
2001	Brent McCauley	Gaithersburg	13-00.00 R
2002	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

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

Teams With Five or More Indoor County Titles in Relay Events

Boys		Girls	
High School	# Titles	High School	# Titles
Paint Branch	19	Walter Johnson	18
Northwest	11	Northwest	12
Walter Johnson	9	James H. Blake	10
Springbrook	8	Paint Branch	9
Richard Montgomery	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	49	40	89
Gaithersburg	63	24	87
Paint Branch	43	42	85
Walter Johnson	30	47	77
Walt Whitman	18	36	54
Richard Montgomery	37	17	54
Winston Churchill	18	29	47
Quince Orchard	29	14	43
John F. Kennedy	17	25	42
Bethesda Chevy Chase	16	21	37
Springbrook	25	10	35
Seneca Valley	18	17	35
Damascus	15	14	29
James H. Blake	7	22	29
Clarksburg	9	19	28
Watkins Mill	14	13	27
Thomas S. Wootton	9	17	26
Albert Einstein	15	7	22
Wheaton	7	10	17
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