

Montgomery County Outdoor Track & Field Championship Meet

Record Book



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2022

Dear Reader,

Thank you for downloading this track & field record book. I long admired the detailed state meet programs and state record books published by the MPSSAA. I desired a similar record book for the Montgomery County Championship Meet, but no such book 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.

In 2015, I got serious about finding and organizing old meet results. I sought 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 and MCPS. I hope that you enjoy reading this book as much as I enjoyed creating it.

-Kevin Milsted
www.mocorunning.com

Performance Conversion Methodology:

- All hand-timed performances are given a penalty of +0.24 seconds. (NFHS Method)
- ht-symbol indicates original performance was hand-timed.
- sf-symbol indicates performance was recorded in a preliminary round or “semi-final.”
- No adjustments were made to performances based on facilities or weather. Wind instrumentation has never been used at the county championship meet.
- Ties in performance rankings are broken by performance date. Oldest performance is favored.

Please address comments and corrections to Kevin at webmaster@mocorunning.com

Montgomery County Outdoor Track & Field Championship Meet Venues

1980-1982	- Albert Einstein High School
1983-1985	- Montgomery College Rockville
1986	- Albert Einstein High School
1987-1989	- Gaithersburg High School
1990	- Quince Orchard High School
1991-1992	- Albert Einstein High School
1993	- Gaithersburg High School
1994-1998	- Magruder High School
1999-2001	- Walt Whitman High School
2002	- Magruder High School
2003	- Winston Churchill High School
2004	- Sherwood High School
2005-2008	- Winston Churchill High School
2009-2010	- Clarksburg High School
2011-2012	- Walter Johnson High School
2013	- Winston Churchill High School
2014-2015	- Walter Johnson High School
2016	- Northwest High School
2017-2019	- Watkins Mill High School
2020-2021	- Canceled due to COVID-19 pandemic
2022	- Seneca Valley High School

The inaugural outdoor track county championship meet in 1980 coincided with the state of Maryland's conversion from track distances in English to metric measurements. Initially, the meet was viewed cautiously by coaches because it added an additional meet into the calendar the week before the state-qualifying district meets. James DeMoss was the original meet director and one of the original proponents of the county championship meet. The meet's male and female MVP awards were later named for DeMoss in 1984, the year that he passed away due to cancer.

Some coaches did not want the county championship meet to be a scored team event so as to let athletes focus on fewer events. By the second year of the meet in 1981, team scores were not recorded and that is the way that it stayed for a while. Team scoring was often a hot topic of conversation at the annual coaches' meetings with strong opinions for and against team scoring. It was not until 2005 that team scoring stuck for good.

<u>Boys Team Champions</u>			<u>Girls Team Champions</u>		
97.00	Blair	1980	Winston Churchill	89.00	
122.25	Quince Orchard	1993	Gaithersburg	89.50	
110.50	Gaithersburg	2005	Gaithersburg	75.00	
117.00	Richard Montgomery	2006	Northwest	73.00	
84.00	Richard Montgomery	2007	Winston Churchill	100.00	
95.00	Clarksburg	2008	Thomas S. Wootton	96.00	
110.50	Gaithersburg	2009	Northwest	94.00	
77.00	Watkins Mill	2010	Northwest	102.00	
82.00	Winston Churchill	2011	Northwest	112.00	
85.00	Tie Clarksburg/Quince Orchard	2012	Thomas S. Wootton	86.00	
103.00	Clarksburg	2013	Northwest	74.00	
79.00	Thomas S. Wootton	2014	Northwest	75.00	
106.00	Northwest	2015	Clarksburg	126.00	
121.90	Northwest	2016	Clarksburg	132.00	
93.50	Northwest	2017	Northwest	137.00	
153.50	Northwest	2018	Northwest	106.00	
143.00	Northwest	2019	Northwest	120.50	

All-Time Championship Meet Records

<u>Event</u>	<u>Name</u>	<u>High School</u>	<u>Meet Year</u>	<u>Record</u>	
100m	Jaron Woodyard	Wootton	2014	10.68	(sf)
200m	Raynard Bell	John F. Kennedy	2017	21.68	
400m	Clive Brooks	B-CC	1991	47.84	(ht-47.6)
800m	Wil Zahorodny	Damascus	2008	1:51.15	
1600m	Chris Moen	Walter Johnson	2008	4:13.05	
3200m	Eldad Mulugeta	Northwood	2019	9:02.19	
110m Hurdles	Ron Frazier	Gaithersburg	2000	13.94	(ht-13.7)
300m Hurdles	Alan Banks	Wootton	2014	38.91	
4x100m		Gaithersburg	2003	42.04	(ht-41.8)
4x200m		Springbrook	2017	1:28.23	
4x400m		Springbrook	2017	3:21.44	
4x800m		Quince Orchard	2008	7:49.59	
High Jump	Kevin Joyce	Springbrook	1985	6-11.00	
Long Jump	Emil Davis	Peary	1980	22-08.75	
Triple Jump	Clarence Foote-Talley	Northwest	2019	49-05.50	
Shot Put	Marcus Brown	Quince Orchard	2009	59-10.50	
Discus	Marcus Brown	Quince Orchard	2009	167-04.00	
Pole Vault	Andrew Bevan	Magruder	1984	14-09.00	

<u>Event</u>	<u>Name</u>	<u>High School</u>	<u>Meet Year</u>	<u>Record</u>	
100m	Olivia Ekponé	Wootton	2008	11.79	
200m	Olivia Ekponé	Northwest	2010	23.91	
400m	Olivia Ekponé	Northwest	2011	54.36	
800m	Britt Eckerstrom	Northwest	2011	2:14.17	
1600m	Sally Glynn	Walter Johnson	1996	4:50.24	(ht-4:50.0)
3200m	Bethlehem Taye	Paint Branch	2016	10:39.04	(ht-10:38.8)
100m Hurdles	Audrey Gariepy-Bogui	Churchill	2007	14.05	
300m Hurdles	Alexus Pyles	Clarksburg	2015	44.12	
4x100m		Blake	2019	47.47	
4x200m		Blake	2019	1:39.27	
4x400m		Northwest	2011	3:49.48	
4x800m		Northwest	2010	9:18.98	
High Jump	Audrey Gariepy-Bogui	Churchill	2007	5-09.50	
Long Jump	Wanda Evans	Magruder	1987	18-07.75	
Triple Jump	Thea LaFond	Kennedy	2011	40-08.00	
Shot Put	Claudia Ababio	Clarksburg	2014	45-01.00	
Discus	Claudia Ababio	Clarksburg	2014	130-01.00	
Pole Vault	Victoria Toth	B-CC	2016	10-00.00	

Historical Throwbacks: 1981, 1991, 2001, and 2011

1981 – In the meet's second year in the all-team format in 1981, it was expected that many records would be broken, but a half dozen records were put out of reach for many years. And while coaches decided that team scoring would not be tabulated, athletes from Montgomery Blair High School did most of the record breaking.

Michele Collins of Blair High School broke meet records in the 200-meter dash (24.4) and 400-meter dash (55.8). Both times remain top-10 in meet history today.

Norman Edwards from Blair High School outsprinted the previous year meet record holder, Mike Scott of Einstein High School, 10.7 to 10.9 in the 100-meter dash. Edwards set the meet record in the 200-meter dash in 21.6 while Scott set the meet record in the 400-meter dash in 48.4. The 200-meter and 400-meter marks remain top-10 in meet history today.

Adrian Summers of Blair impressed in the triple jump (45-04.75), as did Jackie McGrowder of Blair in the long jump (18-01 1/8).

Spectators witnessed perhaps the most epic 3200-meter duel in meet history between Mike Hoppes of Seneca Valley (9:24.6) and Bern Altman of Einstein (9:25.0).

1991 – Looking back at Clive Brooks's 1991 double victory in the 200-meter (21.5) and 400-meter (47.6), you might think that Brooks was one of the most decorated athletes in Montgomery County history. In reality, the Jamaican immigrant was not well known and surprised many people that day including himself according to one account by the Montgomery Journal. Brooks was seeded at just 50.4 in the 400-meter despite having previously clocked a sub-47 split on the 4x4, according to the Montgomery Journal.

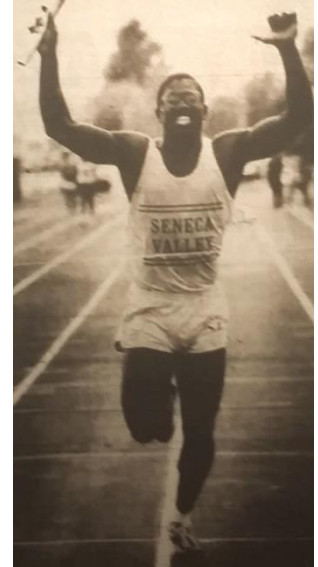
Brooks's 400-meter county meet record (47.6) still stands today while the 200-meter record (21.5) was tied in 2002 and broken in 2017. Brooks backed up those performances with nearly identical times in the subsequent regional and state meets in 1991.

The 1600-meter race featured two future Olympians in Balasz Koranyi (4:20.3) and Pascal Dobert (4:20.9). Koranyi's time (4:20.3) stood as the meet record for another 14 years. Koranyi later represented Hungary in the Olympics as an 800-meter specialist. Dobert later represented the United States in the Olympics as a steeplechase specialist.

2001 - There were a half dozen double event winners at the 2001 county championship meet. Three meet records were broken.

Rebekah Harrison of Springbrook High School cleared 9-feet in the pole vault. It was just the second year that the girls pole vault was contested at the Montgomery County Championship Meet, but the record held up for another ten years before it was broken in 2011. Paint Branch's Jaimie Smith broke the meet record in the 800-meter in 2:17.5.

The Watkins Mill boys won the 4x200-meter relay in a meet record 1:29.8 and circled back to win the 4x400-meter relay in 3:26.6. The Walter Johnson girls won three relays (1:46.6 / 4:07.4 / 9:44.8) a year after becoming the only team in meet history to sweep all four relays. The Gaithersburg boys won the 4x100-meter relay (42.8) for the 13th year in a row.



Other double event winners included sprinters Damon Hill of Gaithersburg (10.8 100m, 21-05 long jump) and Narica Offutt of Watkins Mill (12.2 100m, 25.4 200m), distance runners Karen Pulliam of Quince Orchard (5:11.0 1600m, 11:27.3 3200m) and Steve Hayes of Churchill (4:21.3 1600m, 9:43.5 3200m), and Damascus thrower Julie Kauffman (36-03 shot put, 112-04 discus).

2011 – A case can be made that the 2011 Montgomery County Championship was the greatest in meet history. Eight meet records were broken including four which still stand today. Twenty-three performances from 2011 remain ranked in the top-10 in meet history today. Do a quick ctrl-F in this document for “2011” because I can’t list every deserving performance here.

It was the swan song for three of Montgomery County’s greatest athletes: Olivia Ekponé of Northwest, Britt Eckerstrom of Northwest, and Thea LaFond of Kennedy High School.

LaFond won the high hurdles (14.43), high jump (5-06), long jump (18-01), and triple jump (40-08). The triple jump meet record still stands today. She is still competing today as a triple jump specialist at the international level.



Ekponé ended her county championship career with 12 individual outdoor county titles which was a record at the time. She swept the 100m (11.88), 200m (24.04), and 400m (54.36) at the Montgomery County Championship Meet for the fourth consecutive year. The 400-meter mark still stands as the meet record today. She also still holds the meet records in the 100-meter and 200-meter dashes, albeit from different years.

Eckerstrom gained a reputation as a relay specialist with the ability to contribute at any distance, but in her senior year she keyed in on the open 800-meter run. She smashed her own county meet record by over a second in 2:14.17.

Eckerstrom and Ekponé closed out the meet by obliterating the meet record in the 4x400-meter relay with a time of 3:49.48.

Other meet records in 2011 included the Richard Montgomery boys in the 4x400-meter relay (3:22.12), the Magruder girls in the 4x100-meter relay (47.97) and 4x200-meter relay (1:41.27), and Erin Parker of Damascus in the pole vault (9-06).

Photo 1: Eric Drain of Seneca Valley High School. 1981 Montgomery Journal photo by Linda White. Used with permission.

Photo 2: 2011 James Demoss Award winners, Sheldon Trotman of Northwest High School and Thea LaFond of Kennedy High School. Photo by Mocorunning.

Historical Throwbacks: 1982, 1992, 2002, and 2012

1982 – Churchill's Bernadine Bocus jumped 18-02.50 to win her second county title in the long jump, but she was just shy of breaking her own meet record of 18-06. The prior year county champion, Jackie McGrowder of Montgomery Blair, was just inches behind with a mark of 17-08. Both marks remain top 20 in meet history today.

The 1982 boys horizontal jumps proved to be among the deepest in county championship meet history. Six boys jumped farther than 21-04 in the long jump and three boys jumped past the 45-foot mark in the triple jump. Nathan Hick's and Bob Beaver's mark of 22-03.50 remains top ten in meet history today.

Northwood's Carlos Acker brought the speed, winning the 100-meter dash in 10.6, a meet record that stood for another 22 years. Acker also helped Northwood to victory in the 4x200m relay in 1:30.8, reportedly bringing fans to their feet according to a Montgomery Journal article.

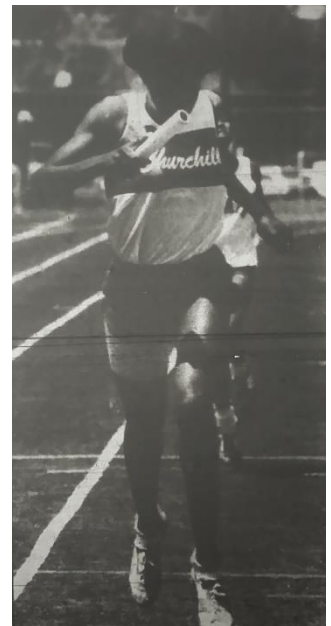
The Churchill boys set the meet record in the 4x800-meter relay with a clocking of 7:58.8 behind individual 400-meter champion Chris Snead. The mark stood as the meet's only sub-8:00 4x800-meter relay for another 18 years before the record was broken in 2000.

Double event winners included Eric Drain of Seneca Valley (Shot Put and Discus), Lance Fletcher of Montgomery Blair (800m and 1600m), and Wendy Peal of Winston Churchill (100m Hurdles and 300m Hurdles).

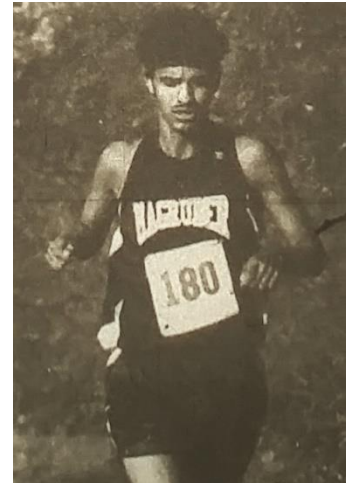
1992 – The 1992 county championship meet was described by the Montgomery Journal as cold, windy, and rainy, which makes Teresa Israel's performance all the more impressive. Israel had won the 200-meter / 400-meter double three years prior at the 1989 county championship meet, but she did not win another 200-meter or 400-meter county title until her senior year in 1992 due to injuries for much of her sophomore and junior years. Israel burned up the track with times of 24.5 and 56.8 at the county meet, which made her the #2 performer in meet history in both events at that time. Both times remain top-20 in meet history today.

Although the county meet was not scored, Springbrook brought a dominant boys team that would eventually win the 1992 4A state title. Springbrook scattered points across almost every event including a 48.7 400-meter win by John Mondy, a 3:25.7 4x400-meter relay win, and a double hurdle victory by Phil Marshall.

Other double event winners at the 1992 county meet included Paint Branch's Yusef Byrd (47-09 / 153-10.50 in the throwing events) and Walter Johnson's Torrey Simons (15.9 / 46.3 in the 100m/300m hurdle events).



2002 – The Montgomery Journal described conditions as terrible with intermittent rain and thunderstorms as Damon Hill, Byron Gibson, and Bryan Steele led a dominant Gaithersburg athlete parade at the 2002 county meet. Hill was voted the James Demoss male athlete of the meet for winning the 100-meter dash in 10.6, the high jump in 6-08, and the long jump in 21-09.75. All three marks remains top-25 in meet history today. Byron Gibson's 21.5 200-meter dash tied the meet record at the time and remains tied for #2 in meet history today. Steele won the 400-meter run in 48.5 and the 800-meter run in 1:58.0. Gaithersburg won the boys 4x100-meter relay for the fourteenth year in a row (42.8).



Not to be outdone, the Gaithersburg girls broke the county meet record in the 4x100-meter relay (49.1). Contributing sprinters were the 100-meter dash county champion Tenesha Hill (12.2) and 200-meter dash county champion Nina Warren (25.6).

Other double event winners included Rebecca duRivage-Jacobs of Montgomery Blair in the long jump and triple jump, Ashley St. Denis of Walter Johnson in the 1600-meter and 3200-meter, and Awit Yohannes of Magruder in the 1600-meter and 3200-meter.

2012 – Conditions turned windy and rainy at times, but that did not stop the girls of 2012 from hurling objects through the air like never before in meet history. Clarksburg's Claudia Ababio became the first girl in meet history to eclipse the 40-foot mark (40-00) while three girls threw the discus over 115 feet led by Richard Montgomery's Ozioma Edokobi (118-02).

The weather did not spoil everyone's day on the track, either. Walter Johnson's Elad Covaliu won the 110-meter hurdles in 15.11 and the 300-meter hurdles in 39.33. The latter remains a top 5 time in meet history today. Wootton's Gwen Shaw won the 100-meter hurdles in 14.56 and the 300-meter hurdles in 45.97. Wootton's Joshua Trzeciak won the 800-meter in 1:56.80 and the 1600-meter in 4:21.03.



It was the only team tie in meet history as the Clarksburg and Quince Orchard boys teams tied with 85 points apiece. The Wootton girls broke up Northwest High School's county meet winning streak. They did so with an exclamation mark when they won the final event, 4x400-meter relay, over Northwest in 3:58.34, a time that remains top 10 in meet history today. The Northwest girls had won the preceding three county team titles and would win the next two in 2013 and 2014.

Photos #1 through #3 from the Montgomery Journal were used with permission.

Photo 1: Bernadine Bocus of Churchill High School. 1982 Montgomery Journal photo unattributed.

Photo 2: Teresa Israel of Paint Branch High School. 1992 Montgomery Journal photo unattributed.

Photo 3: Awit Yohannes of Magruder High School. 2001 Montgomery Journal photo unattributed.

Photo 4: Elad Covaliu of Walter Johnson High School. Photo by Mocorunning.

Girls 100m Dash Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 100m
1	Olivia Ekponé	Thomas S. Wootton	2008		11.79
2	Olivia Ekponé	Northwest	2009		11.81
3	Olivia Ekponé	Northwest	2009	sf	11.86
4	Olivia Ekponé	Northwest	2010		11.88
4	Olivia Ekponé	Northwest	2011		11.88
6	Ashley Decruise	Richard Montgomery	2007		11.90
7	Tenesha Hill	Gaithersburg	2004	sf	11.93
8	Martha Sam	James H. Blake	2014		11.95
9	Ashley Decruise	Richard Montgomery	2007	sf	11.97
9	Katie Wolf	Winston Churchill	2009		11.97
11	Taylor Wright	Northwest	2017		12.02
12	Bethany White	Magruder	2014		12.03
13	Antoinette Moon	Albert Einstein	1988	ht-11.8	12.04
13	Le'Quisha Parker	Northwood	2010		12.04
15	Le'Quisha Parker	Northwood	2011		12.05
16	Olivia Ekponé	Northwest	2011	sf	12.06
17	Olivia Ekponé	Thomas S. Wootton	2008	sf	12.07
18	Nina Warren	Gaithersburg	2004	sf	12.09
19	Katie Wolf	Winston Churchill	2010		12.11
20	Katie Wolf	Winston Churchill	2007		12.13
21	Teresa Israel	Paint Branch	1991	ht-11.9	12.14
21	Natalie Johnson	Paint Branch	1995	ht-11.9	12.14
21	Nina Warren	Gaithersburg	2003	ht-11.9	12.14
24	Camry Torian	Northwest	2011		12.16
24	Stephanie Davis	Magruder	2015	sf	12.16

100m Dash All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Jennifer Hines	Bethesda Chevy Chase	1986	12.44	Sarah McMillian	Blair	2009	12.41
Martha Sam	Blake	2014	11.95	Katie Wolf	Churchill	2009	11.97
Brionna Palmer	Clarksburg	2016	12.84	Dana Johnson	Damascus	1991	12.84
Antoinette Moon	Einstein	1988	12.04	Tenesha Hill	Gaithersburg	2004	11.93
Renee Hart	Walter Johnson	2012	12.40	Phobay Kutu-Akoi	John F. Kennedy	2004	12.26
Bethany White	Magruder	2014	12.03	Ashley Decruise	Richard Montgomery	2007	11.90
Olivia Ekponé	Northwest	2009	11.81	Le'Quisha Parker	Northwood	2010	12.04
Teresa Israel	Paint Branch	1991	12.14	Meher Kaur	Poolesville	2015	12.64
Ashley Seymour	Quince Orchard	2014	12.46	Destinee McCray	Rockville	2000	12.54
Melanie Etz	Seneca Valley	1989	12.64	Jasmine Smalls	Sherwood	2011	12.51
Shontee Bryant	Springbrook	1995	12.34	Narica Offutt	Watkins Mill	2000	12.34
Sophia Weir	Wheaton	1993	12.54	Aniella Delafosse	Walt Whitman	2017	12.80
Olivia Ekponé	Wootton	2008	11.79				

Girls 100m Dash County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 100m</u>
1980	Vickie Thomas	Paint Branch	ht-12.5	12.74 R
1981	Wendy Peal	Winston Churchill	ht-12.7	12.94
1982	Lisa Kennedy	Montgomery Blair	ht-12.5	12.74
1983	Alice Booher	Seneca Valley	ht-12.5	12.74
1984	Monda Webb	Montgomery Blair	ht-12.4	12.64 R
1985	LaShawn Haythe	Gaithersburg	ht-12.3	12.54 R
1986	LaShawn Haythe	Gaithersburg	ht-12.1	12.34 R
1987	Jennifer Hines	Bethesda Chevy Chase	ht-12.4	12.64
1988	Antoinette Moon	Albert Einstein	ht-11.8	12.04 R
1989	Antoinette Moon	Albert Einstein	ht-12.1	12.34
1990	Angie Mitchell	Montgomery Blair	ht-12.4	12.64
1991	Teresa Israel	Paint Branch	ht-11.9	12.14
1992	Kikisha Addison	Gaithersburg	ht-12.5	12.74
1993	Kikisha Addison	Gaithersburg	ht-12.3	12.54
1994	Kikisha Addison	Gaithersburg	ht-12.0	12.24
1995	Natalie Johnson	Paint Branch	ht-11.9	12.14
1996	Natalie Johnson	Paint Branch	ht-12.1	12.34
1997	Beth Wermiel	Gaithersburg	ht-12.3	12.54
1998	Janelle Ralph	Springbrook	ht-12.4	12.64
1999	Narica Offutt	Watkins Mill	ht-12.5	12.74
2000	Narica Offutt	Watkins Mill	ht-12.1	12.34
2001	Narica Offutt	Watkins Mill	ht-12.2	12.44
2002	Tenesha Hill	Gaithersburg	ht-12.2	12.44
2003	Nina Warren	Gaithersburg	ht-11.9	12.14
2004	Tenesha Hill	Gaithersburg	ht-12.0	12.24
2005	Tenesha Hill	Gaithersburg	ht-12.2	12.44
2006	Michele Miller	John F. Kennedy		12.78
2007	Ashley Decruise	Richard Montgomery		11.90 R
2008	Olivia Ekponé	Thomas S. Wootton		11.79 R
2009	Olivia Ekponé	Northwest		11.81
2010	Olivia Ekponé	Northwest		11.88
2011	Olivia Ekponé	Northwest		11.88
2012	Bethany White	Magruder		12.29
2013	Martha Sam	James H. Blake		12.34
2014	Martha Sam	James H. Blake		11.95
2015	Stephanie Davis	Magruder		12.28
2016	Taylor Wright	Northwest	ht-12.2	12.44
2017	Taylor Wright	Northwest		12.02
2018	Taylor Wright	Northwest		12.32
2019	Taylor Wright	Northwest		12.40

Boys 100m Dash Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 100m
1	Jaron Woodyard	Thomas S. Wootton	2014	sf	10.68
2	Solomon Vault	Gaithersburg	2014		10.73
3	Jaron Woodyard	Thomas S. Wootton	2014		10.77
4	Raynard Bell	John F. Kennedy	2017		10.80
5	Andrew Lewis	Sherwood	2004	sf	10.83
6	Carlos Acker	Northwood	1982	ht-10.6	10.84
6	Damon Hill	Gaithersburg	2002	ht-10.6	10.84
6	Brian Porter	Gaithersburg	2003	ht-10.6sf	10.84
9	Adrian Dennis	John F. Kennedy	2004	sf	10.85
9	Avery Graham	Clarksburg	2009		10.85
11	Bisi Ezekoye	John F. Kennedy	2009		10.87
12	Kevin Gnatiko	Watkins Mill	2004	sf	10.89
12	Greg Brooks	Poolesville	2004	sf	10.89
14	Reginald Steele	Paint Branch	2010		10.90
14	Anthony Woods, Jr.	Northwest	2019		10.90
16	Avery Graham	Clarksburg	2008		10.91
16	Chukwumdi Osuji	Paint Branch	2019		10.91
18	Jalen Walker	Northwest	2013		10.92
18	Khaloni Mganga	Northwest	2017		10.92
18	Anthony Woods Jr.	Northwest	2018		10.92
21	Mike Scott	Albert Einstein	1980	ht-10.7	10.94
21	Norman Edwards	Montgomery Blair	1981	ht-10.7	10.94
21	Robin Smith	Walter Johnson	1988	ht-10.7	10.94
21	Desmond Scott	Northwest	2000	ht-10.7	10.94
21	Kevin Gnatiko	Watkins Mill	2004	ht-10.7	10.94
21	Andrew Lewis	Sherwood	2004	ht-10.7	10.94

100m Dash All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Dan Levine	Bethesda Chevy Chase	2004	11.23	Norman Edwards	Blair	1981	10.94
Glen Wimbish	Blake	2004	11.00	Jabari Butler	Churchill	2015	10.96
Avery Graham	Clarksburg	2009	10.85	Markus Vinson	Damascus	2017	11.05
Mike Scott	Einstein	1980	10.94	Solomon Vault	Gaithersburg	2014	10.73
Robin Smith	Walter Johnson	1988	10.94	Raynard Bell	John F. Kennedy	2017	10.80
Zack Adams	Magruder	1997	11.14	Patrick Pinchinat	Richard Montgomery	2006	11.01
Anthony Woods, Jr.	Northwest	2019	10.90	Carlos Acker	Northwood	1982	10.84
Reginald Steele	Paint Branch	2010	10.90	Greg Brooks	Poolesville	2004	10.89
Travis Hawkins	Quince Orchard	2009	11.02	Neiman Thompson	Rockville	2010	11.18
Jamal Lynn	Seneca Valley	2007	11.04	Andrew Lewis	Sherwood	2004	10.83
Sam Brown	Springbrook	1991	11.04	Kevin Gnatiko	Watkins Mill	2004	10.89
Vaughn Kum	Wheaton	1995	11.04	Max Ehrmann	Walt Whitman	2004	10.96
Jaron Woodyard	Wootton	2014	10.68	Leonard Wright	Peary	1983	11.14

Boys 100m Dash County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 100m</u>
1980	Mike Scott	Albert Einstein	ht-10.7	10.94 R
1981	Norman Edwards	Montgomery Blair	ht-10.7	10.94
1982	Carlos Acker	Northwood	ht-10.6	10.84 R
1983	Leonard Wright	Peary	ht-10.9	11.14
1984	John Holloway	Winston Churchill	ht-11.0	11.24
1985	Irvin Smith	Poolesville	ht-10.9	11.14
1986	Kevin Geer	Richard Montgomery	ht-10.8	11.04
1987	David Anderson	Sherwood	ht-11.2	11.44
1988	Robin Smith	Walter Johnson	ht-10.7	10.94
1989	Marc Bason	Gaithersburg	ht-10.9	11.14
1990	Marc Bason	Gaithersburg	ht-10.9	11.14
1991	Lonnie Bryant	Gaithersburg	ht-10.8	11.04
1992	Warren Gray	Springbrook	ht-11.0	11.24
1993	Prentice Pollard	Paint Branch	ht-10.8	11.04
1994	Prentice Pollard	Paint Branch	ht-10.8	11.04
1995	Vaughn Kum	Wheaton	ht-10.8	11.04
1996	Tyree Foreman	Sherwood	ht-10.9	11.14
1997	Zack Adams	Magruder	ht-10.9	11.14
1998	Van Free	Gaithersburg	ht-10.9	11.14
1999	Jason Jeter	Bethesda Chevy Chase	ht-11.0	11.24
2000	Desmond Scott	Northwest	ht-10.7	10.94
2001	Damon Hill	Gaithersburg	ht-10.8	11.04
2002	Damon Hill	Gaithersburg	ht-10.6	10.84
2003	Brian Porter	Gaithersburg	ht-10.6	10.84
2004	Andrew Lewis	Sherwood	ht-10.7	10.94
2005	Malcolm Richardson	Gaithersburg	ht-10.8	11.04
2006	Patrick Pinchinat	Richard Montgomery		11.01
2007	Salifu Cham	Albert Einstein		10.98
2008	Avery Graham	Clarksburg		10.91
2009	Avery Graham	Clarksburg		10.85
2010	Reginald Steele	Paint Branch		10.90
2011	Micah Phillips-Spencer	Winston Churchill		11.22
2012	Patrick Schlosser	Watkins Mill		11.15
2013	Jalen Walker	Northwest		10.92
2014	Solomon Vault	Gaithersburg		10.73 *
2015	Jabari Butler	Winston Churchill		11.01
2016	Enoch Owumi	John F. Kennedy	ht-11.0	11.24
2017	Raynard Bell	John F. Kennedy		10.80
2018	Anthony Woods Jr.	Northwest		10.92
2019	Anthony Woods Jr.	Northwest		10.90

*10.73 is the fastest winning time but the meet record is 10.68 from a semifinal in 2014 by Jaron Woodyard.

Girls 200m Dash Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 200m
1	Olivia Ekponé	Northwest	2010		23.91
2	Olivia Ekponé	Northwest	2011		24.04
3	Le'Quisha Parker	Northwood	2010		24.31
4	Le'Quisha Parker	Northwood	2011		24.50
5	Natalie Johnson	Paint branch	1995	ht-24.3	24.54
5	Olivia Ekponé	Thomas S. Wootton	2008		24.54
5	Stephanie Davis	Magruder	2015		24.54
8	Olivia Ekponé	Northwest	2009	sf	24.55
9	Michele Collins	Montgomery Blair	1981	ht-24.4	24.64
9	Michele Collins	Montgomery Blair	1982	ht-24.4	24.64
9	Olivia Ekponé	Northwest	2009		24.64
12	Le'Quisha Parker	Northwood	2011	sf	24.67
13	Olivia Ekponé	Thomas S. Wootton	2008	sf	24.69
14	Martha Sam	James H. Blake	2014		24.71
15	Katie Wolf	Winston Churchill	2010		24.72
16	Teresa Israel	Paint Branch	1992	ht-24.5	24.74
16	Taylor Wright	Northwest	2018		24.74
18	Katie Wolf	Winston Churchill	2009		24.77
19	Taylor Wright	Northwest	2017		24.78
20	Olufunmilayo Daramola	Paint Branch	2014		24.81
21	Ekaete Bassey	Springbrook	1995	ht-24.6	24.84
21	Taylor Wright	Northwest	2016	ht-24.6	24.84
23	Natalie Johnson	Paint Branch	1996	ht-24.7	24.94
24	Stephanie Davis	Magruder	2015	sf	24.97
25	Rachel Watkins	Magruder	2011	sf	25.01

200m Dash All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Maduba Polan	Bethesda Chevy Chase	1999	26.24	Michele Collins	Blair	1981	24.64
Martha Sam	Blake	2014	24.71	Katie Wolf	Churchill	2010	24.72
Brionna Palmer	Clarksburg	2016	25.74	Sarah Clay	Damascus	2004	25.64
Antoinette Moon	Einstein	1989	25.74	Tenesha Hill	Gaithersburg	2005	25.04
Renee Hart	Walter Johnson	2012	25.49	Michele Miller	John F. Kennedy	2006	26.04
Stephanie Davis	Magruder	2015	24.54	Caia Gelli	Richard Montgomery	2019	25.25
Olivia Ekponé	Northwest	2010	23.91	Le'Quisha Parker	Northwood	2010	24.31
Natalie Johnson	Paint Branch	1995	24.54	Alisha Vaughn	Poolesville	2002	26.34
Ashley Seymour	Quince Orchard	2015	25.51	Angelique Wong	Rockville	2018	25.75
Sandra Aka	Seneca Valley	2014	25.83	Lauren Woods	Sherwood	2015	25.53
Ekaete Bassey	Springbrook	1995	24.84	Jada Sobratti	Watkins Mill	2001	25.38
Madison Depry	Wheaton	2017	25.29	Padilla	Walt Whitman	1981	26.64
Olivia Ekponé	Wootton	2008	24.54	Heather Pyle	Charles Woodward	1984	27.64

Girls 200m Dash County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 200m</u>
1980	Laura Novell	Paint Branch	ht-26.2	26.44 R
1981	Michele Collins	Montgomery Blair	ht-24.4	24.64 R
1982	Michele Collins	Montgomery Blair	ht-24.4	24.64
1983	Charlotte Welch	Bethesda Chevy Chase	ht-26.4	26.64
1984	Monda Webb	Montgomery Blair	ht-25.9	26.14
1985	LaShawn Haythe	Gaithersburg	ht-25.7	25.94
1986	LaShawn Haythe	Gaithersburg	ht-25.7	25.94
1987	Antoinette Moon	Thomas S. Wootton	ht-25.9	26.14
1988	Rachel Toker	Winston Churchill	ht-26.9	27.14
1989	Teresa Israel	Paint Branch	ht-25.2	25.44
1990	Melanie Etz	Seneca Valley	ht-26.0	26.24
1991	Tameka Alestock	Paint Branch	ht-26.4	26.64
1992	Teresa Israel	Paint Branch	ht-24.5	24.74
1993	Ekeate Bassey	Springbrook	ht-25.6	25.84
1994	Sharkara Grant	Wheaton	ht-25.5	25.74
1995	Natalie Johnson	Paint branch	ht-24.3	24.54 R
1996	Natalie Johnson	Paint Branch	ht-24.7	24.94
1997	Nadia Johnson	Paint Branch	ht-24.8	25.04
1998	Janelle Ralph	Springbrook	ht-26.1	26.34
1999	Narica Offutt	Watkins Mill	ht-25.7	25.94
2000	Narica Offutt	Watkins Mill	ht-25.5	25.74
2001	Narica Offutt	Watkins Mill	ht-25.4	25.64
2002	Nina Warren	Gaithersburg	ht-25.6	25.84
2003	Nina Warren	Gaithersburg	ht-25.1	25.34
2004	Tenesha Hill	Gaithersburg	ht-25.0	25.24
2005	Tenesha Hill	Gaithersburg	ht-24.8	25.04
2006	Ini Akpandak	Magruder	ht-25.5	25.74
2007	Katie Wolf	Winston Churchill		25.27
2008	Olivia Ekponé	Thomas S. Wootton		24.54
2009	Olivia Ekponé	Northwest		24.64
2010	Olivia Ekponé	Northwest		23.91 R
2011	Olivia Ekponé	Northwest		24.04
2012	Renee Hart	Walter Johnson		25.82
2013	Martha Sam	James H. Blake		25.60
2014	Martha Sam	James H. Blake		24.71
2015	Stephanie Davis	Magruder		24.54
2016	Taylor Wright	Northwest	ht-24.6	24.84
2017	Taylor Wright	Northwest		24.78
2018	Taylor Wright	Northwest		24.74
2019	Taylor Wright	Northwest		25.11

Boys 200m Dash Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 200m
1	Raynard Bell	John F. Kennedy	2017		21.68
2	Clive Brooks	Bethesda Chevy Chase	1991	ht-21.5	21.74
2	Byron Gibson	Gaithersburg	2002	ht-21.5	21.74
2	Jalen Walker	Northwest	2015		21.74
5	Reginald Steele	Paint Branch	2010		21.75
6	Brandon Addison	Watkins Mill	2010		21.79
7	Norman Edwards	Montgomery Blair	1981	ht-21.6	21.84
7	Edwin Campbell	Paint Branch	2003	ht-21.6	21.84
9	Chukwumdi Osuji	Paint Branch	2019		21.87
10	Patrick Pinchinat	Richard Montgomery	2007		21.93
10	Mayen McClain	Springbrook	2017		21.93
12	Marty Walker	John F. Kennedy	1986	ht-21.7	21.94
12	Rufus Settles	Sherwood	2015	sf	21.94
14	Joseph Oxley	James H. Blake	2015		21.96
14	Khaloni Mganga	Northwest	2017		21.96
16	Jonathan Haughton	Montgomery Blair	2008		22.04
16	Solomon Vault	Gaithersburg	2014		22.04
18	John Welbon	Gaithersburg	2004	sf	22.06
18	Jonathan Haughton	Montgomery Blair	2009		22.06
20	Noel Njem	Paint Branch	2014		22.08
20	Anthony Woods, Jr.	Northwest	2019		22.08
22	Avery Reeves	Richard Montgomery	2018		22.10
23	Avery Graham	Clarksburg	2008		22.12
23	Rufus Settles	Sherwood	2015	sf	22.12
25	Markus Vinson	Damascus	2017		22.13

200m Dash All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Clive Brooks	Bethesda Chevy Chase	1991	21.74	Norman Edwards	Blair	1981	21.84
Joseph Oxley	Blake	2015	21.96	Micah Phillips-Spencer	Churchill	2011	22.45
Avery Graham	Clarksburg	2008	22.12	Markus Vinson	Damascus	2017	22.13
Elijah Thomas	Einstein	2011	23.00	Byron Gibson	Gaithersburg	2002	21.74
Robin Smith	Walter Johnson	1988	22.34	Raynard Bell	John F. Kennedy	2017	21.68
Kendall Talbert	Magruder	2010	22.72	Patrick Pinchinat	Richard Montgomery	2007	21.93
Jalen Walker	Northwest	2015	21.74	Omega James	Northwood	2018	22.72
Reginald Steele	Paint Branch	2010	21.75	Irvin Smith	Poolesville	1985	22.44
Cameron George	Quince Orchard	2004	22.30	Neiman Thompson	Rockville	2010	22.71
Jamal Lynn	Seneca Valley	2007	22.55	Rufus Settles	Sherwood	2015	21.94
Mayen McClain	Springbrook	2017	21.93	Brandon Addison	Watkins Mill	2010	21.79
Clifford Paul	Wheaton	1995	22.44	Anthony Young-Wiseman	Walt Whitman	2008	22.48
Kwame Frimpong	Wootton	2014	22.73	Leonard Wright	Peary	1983	22.34
Winkler	Woodward	1986	23.54				

Boys 200m Dash County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 200m</u>
1980	Leroy Howard	Walter Johnson	ht-22.3	22.54 R
1981	Norman Edwards	Montgomery Blair	ht-21.6	21.84 R
1982	Leonard Wright	Peary	ht-22.2	22.44
1983	Chris Jones	Montgomery Blair	ht-22.1	22.34
1984	Gary Smith	Bethesda Chevy Chase	ht-22.6	22.84
1985	Irvin Smith	Poolesville	ht-22.2	22.44
1986	Marty Walker	John F. Kennedy	ht-21.7	21.94
1987	Ricky Davis	Seneca Valley	ht-22.4	22.64
1988	Robin Smith	Walter Johnson	ht-22.1	22.34
1989	Marc Bason	Gaithersburg	ht-22.1	22.34
1990	Shawn Talley	Quince Orchard	ht-22.4	22.64
1991	Clive Brooks	Bethesda Chevy Chase	ht-21.5	21.74 R
1992	Orlando Leigh	Paint Branch	ht-22.3	22.54
1993	Prentice Pollard	Paint Branch	ht-21.9	22.14
1994	Prentice Pollard	Paint Branch	ht-22.2	22.44
1995	Clifford Paul	Wheaton	ht-22.2	22.44
1996	Derrick Lancaster	Gaithersburg	ht-22.5	22.74
1997	Jason Waters	Watkins Mill	ht-22.2	22.44
1998	Jason Waters	Watkins Mill	ht-22.5	22.74
1999	Denis Campbell	Paint Branch	ht-22.0	22.24
2000	Ray Custis	Northwest	ht-22.5	22.74
2001	Mike Simms	Northwest	ht-22.4	22.64
2002	Byron Gibson	Gaithersburg	ht-21.5	21.74
2003	Edwin Campbell	Paint Branch	ht-21.6	21.84
2004	John Welbon	Gaithersburg	ht-21.9	22.14
2005	Gregory Brooks	Poolesville	ht-22.4	22.64
2006	Keenan Crutchfield	Richard Montgomery	ht-22.0	22.24
2007	Patrick Pinchinat	Richard Montgomery		21.93
2008	Jonathan Haughton	Montgomery Blair		22.04
2009	Jonathan Haughton	Montgomery Blair		22.06
2010	Reginald Steele	Paint Branch		21.75
2011	William Yougnia	Watkins Mill		22.29
2012	William Yougnia	Watkins Mill		22.50
2013	Jalen Walker	Northwest		22.24
2014	Solomon Vault	Gaithersburg		22.04
2015	Jalen Walker	Northwest		21.74
2016	Lance Hudson	Clarksburg	ht-22.4	22.64
2016	Enoch Owumi	John F. Kennedy	ht-22.4	22.64
2017	Raynard Bell	John F. Kennedy		21.68 R
2018	Avery Reeves	Richard Montgomery		22.10
2019	Chukwumdi Osuji	Paint Branch		21.87

Girls 400m Dash Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 400m
1	Olivia Ekponé	Northwest	2011		54.36
2	Olivia Ekponé	Thomas S. Wootton	2008		54.61
3	Sharkara Grant	Wheaton	1996	ht-54.7	54.94
4	Olivia Ekponé	Northwest	2010		55.54
5	Olivia Ekponé	Northwest	2009		55.57
6	Michele Collins	Montgomery Blair	1981	ht-55.8	56.04
7	Sharkara Grant	Wheaton	1994	ht-56.0	56.24
8	Caia Gelli	Richard Montgomery	2019		56.42
9	Katie Wolf	Winston Churchill	2009		56.47
10	Katie Wolf	Winston Churchill	2007		56.63
11	Le'Quisha Parker	Northwood	2011		56.70
12	Sharkara Grant	Wheaton	1993	ht-56.5	56.74
13	Sylvia Deppen	Thomas S. Wootton	2013		56.81
14	Michelle Kamara	Gaithersburg	2019		56.98
15	Teresa Israel	Paint Branch	1992	ht-56.8	57.04
16	Sylvia Deppen	Thomas S. Wootton	2012		57.05
17	Olufunmilayo Daramola	Paint Branch	2014		57.06
18	Melissa Kameka	Damascus	2017		57.13
19	Melissa Kameka	Damascus	2018		57.16
20	Katie Wolf	Winston Churchill	2010		57.18
21	Leslie Morrison	Walt Whitman	2007		57.51
22	Nadia Johnson	Paint Branch	1996	ht-57.4	57.64
22	Destinee McCray	Rockville	2000	ht-57.4	57.64
24	Martha Sam	James H. Blake	2013		57.71
25	India Knight	Northwest	2010		57.73

400m Dash All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Hannah Richardson	Bethesda Chevy Chase	2007	59.55	Michele Collins	Blair	1981	56.04
Martha Sam	Blake	2013	57.71	Katie Wolf	Churchill	2009	56.47
Trinity Klock	Clarksburg	2017	59.62	Melissa Kameka	Damascus	2017	57.13
Chamille Dennis	Einstein	1993	60.74	Michelle Kamara	Gaithersburg	2019	56.98
Tessa Sugarbaker	Walter Johnson	1986	58.14	Asia Nettles	John F. Kennedy	2005	58.14
Terry Reynolds	Magruder	1986	59.24	Caia Gelli	Richard Montgomery	2019	56.42
Olivia Ekponé	Northwest	2011	54.36	Le'Quisha Parker	Northwood	2011	56.70
Teresa Israel	Paint Branch	1992	57.04	Juanita Jaramillo	Poolesville	2017	58.49
Kyra Lyles	Quince Orchard	2018	58.57	Destinee McCray	Rockville	2000	57.64
Mariah McLane	Seneca Valley	2015	59.35	Tiffany Woods	Sherwood	2015	58.32
Janelle Ralph	Springbrook	1998	57.94	Alyssa Rishell	Watkins Mill	2015	58.76
Sharkara Grant	Wheaton	1996	54.94	Leslie Morrison	Walt Whitman	2007	57.51
Olivia Ekponé	Wootton	2008	54.61	Mary Beth Golsen	Peary	1980	59.94
Karen Blaine	Charles Woodward	1982	58.94				

Girls 400m Dash County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 400m</u>
1980	Mary Beth Golsen	Peary	ht-59.7	59.94 R
1981	Michele Collins	Montgomery Blair	ht-55.8	56.04 R
1982	Karen Blaine	Charles Woodward	ht-58.7	58.94
1983	Sharon Works	John F. Kennedy	ht-59.9	60.14
1984	Monda Webb	Montgomery Blair	ht-60.0	60.24
1985	Monda Webb	Montgomery Blair	ht-59.0	59.24
1986	Tessa Sugarbaker	Walter Johnson	ht-57.9	58.14
1987	Laura Cozad	Rockville	ht-59.6	59.84
1988	Laura Cozad	Rockville	ht-60.4	60.64
1989	Teresa Israel	Paint Branch	ht-57.9	58.14
1990	Kisha Cole	Seneca Valley	ht-60.2	60.44
1991	Melissa Brennan	Watkins Mill	ht-61.1	61.34
1992	Teresa Israel	Paint Branch	ht-56.8	57.04
1993	Sharkara Grant	Wheaton	ht-56.5	56.74
1994	Sharkara Grant	Wheaton	ht-56.0	56.24
1995	Nadia Johnson	Paint Branch	ht-57.9	58.14
1996	Sharkara Grant	Wheaton	ht-54.7	54.94 R
1997	Courtney Botts	Richard Montgomery	ht-60.1	60.34
1998	Courtney Botts	Richard Montgomery	ht-57.7	57.94
1999	Ndidi Obichere	Springbrook	ht-58.8	59.04
2000	Destinee McCray	Rockville	ht-57.4	57.64
2001	Alisha Vaughn	Poolesville	ht-59.4	59.64
2002	Sharifa Love	Richard Montgomery	ht-58.3	58.54
2003	Kellie Dunston	James H. Blake	ht-57.8	58.04
2004	Kellie Dunston	James H. Blake	ht-58.1	58.34
2005	Asia Nettles	John F. Kennedy	ht-57.9	58.14
2006	Leslie Morrison	Walt Whitman	ht-58.0	58.24
2007	Katie Wolf	Winston Churchill		56.63
2008	Olivia Ekponé	Thomas S. Wootton		54.61 R
2009	Olivia Ekponé	Northwest		55.57
2010	Olivia Ekponé	Northwest		55.54
2011	Olivia Ekponé	Northwest		54.36 R
2012	Sylvia Deppen	Thomas S. Wootton		57.05
2013	Sylvia Deppen	Thomas S. Wootton		56.81
2014	Olufunmilayo Daramola	Paint Branch		57.06
2015	Tiffany Woods	Sherwood		58.32
2016	Cori Brown	Northwest	ht-57.7	57.94
2017	Melissa Kameka	Damascus		57.13
2018	Melissa Kameka	Damascus		57.16
2019	Caia Gelli	Richard Montgomery		56.42

Boys 400m Dash Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 400m
1	Clive Brooks	Bethesda Chevy Chase	1991	ht-47.6	47.84
2	Louis Varella	Montgomery Blair	2008		48.48
3	Seydi Sall	Richard Montgomery	2017		48.52
4	Marty Walker	John F. Kennedy	1986	ht-48.3	48.54
5	Michael Scott	Albert Einstein	1981	ht-48.4	48.64
6	Edwin Campbell	Paint Branch	2003	ht-48.4	48.64
7	Leroy Howard	Walter Johnson	1980	ht-48.5	48.74
7	Shaun Luncheon	Sherwood	2000	ht-48.5	48.74
7	Bryan Steele	Gaithersburg	2002	ht-48.5	48.74
10	Justin Sorra	Quince Orchard	2015		48.83
11	John Mondy	Springbrook	1992	ht-48.7	48.94
12	Chris Snead	Winston Churchill	1982	ht-49.0	49.24
12	Shaun Luncheon	Sherwood	1998	ht-49.0	49.24
12	Aharon Conerly	James H. Blake	2004	ht-49.0	49.24
12	Saheed Oyeshile	Damascus	2013		49.24
16	Josh McDonald	Northwest	2013		49.29
17	Peter Kimball	Walt Whitman	1994	ht-49.1	49.34
18	Edwin Campbell	Paint Branch	2002	ht-49.2	49.44
19	Eldon Phillips	Northwood	2017		49.55
20	Brandon Addison	Watkins Mill	2010		49.57
21	Wil Zahorodny	Damascus	2007		49.60
22	Jalen Walker	Northwest	2015		49.62
23	Bill Poindexter	Northwood	1981	ht-49.4	49.64
23	John McFarlane	Gaithersburg	1994	ht-49.4	49.64
23	Brian Sickles	Richard Montgomery	2006	ht-49.4	49.64

400m Dash All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Clive Brooks	Bethesda Chevy Chase	1991	47.84	Louis Varella	Blair	2008	48.48
Aharon Conerly	Blake	2004	49.24	Chris Snead	Churchill	1982	49.24
Mark Small	Clarksburg	2008	49.72	Saheed Oyeshile	Damascus	2013	49.24
Michael Scott	Einstein	1981	48.64	Bryan Steele	Gaithersburg	2002	48.74
Leroy Howard	Walter Johnson	1980	48.74	Marty Walker	John F. Kennedy	1986	48.54
MacDack	Magruder	1983	50.14	Seydi Sall	Richard Montgomery	2017	48.52
Josh McDonald	Northwest	2013	49.29	Eldon Phillips	Northwood	2017	49.55
Edwin Campbell	Paint Branch	2003	48.64	Bobby Waxman	Poolesville	1985	52.04
Justin Sorra	Quince Orchard	2015	48.83	Sean Brown	Rockville	2015	51.59
Sean Jackson	Seneca Valley	1983	50.04	Shaun Luncheon	Sherwood	2000	48.74
John Mondy	Springbrook	1992	48.94	Brandon Addison	Watkins Mill	2010	49.57
Steve Trabue	Wheaton	1980	49.94	Peter Kimball	Walt Whitman	1994	49.34
Ian Bellias	Wootton	1981	50.64	Pat Mason	Peary	1984	50.14
Coral	Charles Woodward	1986	53.54				

Boys 400m Dash County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 400m</u>
1980	Leroy Howard	Walter Johnson	ht-48.5	48.74 R
1981	Michael Scott	Albert Einstein	ht-48.4	48.64 R
1982	Chris Snead	Winston Churchill	ht-49.0	49.24
1983	Sean Jackson	Seneca Valley	ht-49.8	50.04
1984	Pat Mason	Peary	ht-49.9	50.14
1985	Sean Jackson	Seneca Valley	ht-50.2	50.44
1986	Marty Walker	John F. Kennedy	ht-48.3	48.54 R
1987	Jim Downs	Sherwood	ht-51.2	51.44
1988	Donnell Long	Albert Einstein	ht-51.5	51.74
1989	Kirk Hewling	John F. Kennedy	ht-50.4	50.64
1990	Antoine White	Walt Whitman	ht-51.0	51.24
1991	Clive Brooks	Bethesda Chevy Chase	ht-47.6	47.84 R
1992	John Mondy	Springbrook	ht-48.7	48.94
1993	Courtney Cumberbatch	Paint Branch	ht-49.9	50.14
1994	Peter Kimball	Walt Whitman	ht-49.1	49.34
1995	Wole Oyenuga	Paint Branch	ht-50.2	50.44
1996	Jason Joubert	Richard Montgomery	ht-50.2	50.44
1997	Ajamu Kitwana	Richard Montgomery	ht-49.8	50.04
1998	Shaun Luncheon	Sherwood	ht-49.0	49.24
1999	Bryan Schneider	Quince Orchard	ht-49.5	49.74
2000	Shaun Luncheon	Sherwood	ht-48.5	48.74
2001	Bryan Steele	Gaithersburg	ht-49.5	49.74
2002	Bryan Steele	Gaithersburg	ht-48.5	48.74
2003	Edwin Campbell	Paint Branch	ht-48.4	48.64
2004	Aharon Conerly	James H. Blake	ht-49.0	49.24
2005	Kahlil Francis	Walter Johnson	ht-49.6	49.84
2006	Brian Sickles	Richard Montgomery	ht-49.4	49.64
2007	Wil Zahorodny	Damascus		49.60
2008	Louis Varella	Montgomery Blair		48.48
2009	Darren Harris	Winston Churchill		49.82
2010	Brandon Addison	Watkins Mill		49.57
2011	David Hamilton	Richard Montgomery		49.72
2012	Paul Joseph	Clarksburg		50.14
2013	Saheed Oyeshile	Damascus		49.24
2014	Tavis Holland	Clarksburg		50.28
2015	Justin Sorra	Quince Orchard		48.83
2016	Khaloni Mganga	Northwest	ht-49.9	50.14
2017	Seydi Sall	Richard Montgomery		48.52
2018	Jared Lee	Clarksburg		50.79
2019	Joseph Okonofua	Paint Branch		49.68

Girls 800m Run Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 800m
1	Britt Eckerstrom	Northwest	2011		2:14.17
2	Clare Severe	Walt Whitman	2015		2:14.82
3	Britt Eckerstrom	Northwest	2010		2:15.49
4	Brittney Wade	Bethesda Chevy Chase	2011		2:15.81
5	Leslie Morrison	Walt Whitman	2007		2:15.99
6	Abigail Green	Walter Johnson	2018		2:16.50
7	Karen Aherne	Northwest	2003	ht-2:16.4	2:16.64
8	Maryam Fikri	Winston Churchill	2010		2:16.85
9	Ashlyn Sinclair	Montgomery Blair	2007		2:17.06
10	Morgane Gay	Walt Whitman	2008		2:17.11
11	Leslie Morrison	Walt Whitman	2006	ht-2:16.9	2:17.14
12	Leigh Rivlin	Walter Johnson	2003	ht-2:17.0	2:17.24
12	Ashlyn Sinclair	Montgomery Blair	2004	ht-2:17.0	2:17.24
14	Leslie Morrison	Walt Whitman	2008		2:17.31
15	Veronica Salicido	Thomas S. Wootton	2005	ht-2:17.1	2:17.34
16	Kathy Aherne	Northwest	2007		2:17.42
17	Brittney Wade	Bethesda Chevy Chase	2012		2:17.66
18	Melissa Kameka	Damascus	2018		2:17.67
19	Jaimie Smith	Paint Branch	2001	ht-2:17.5	2:17.74
20	Kathy Aherne	Northwest	2006	ht-2:17.6	2:17.84
21	Grace Corbett	Thomas S. Wootton	2011		2:17.89
22	Sally Glynn	Walter Johnson	1994	ht-2:17.7	2:17.94
22	Jenny Bodine	Walter Johnson	1999	ht-2:17.7	2:17.94
24	Morgan Casey	Montgomery Blair	2017		2:18.08
25	Yasmine Kass	Paint Branch	2017		2:18.10

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

Name	School	Year	Result	Name	School	Year	Result
Brittney Wade	Bethesda Chevy Chase	2011	2:15.81	Ashlyn Sinclair	Blair	2007	2:17.06
Kellie Dunston	Blake	2003	2:24.04	Maryam Fikri	Churchill	2010	2:16.85
Alyssa McCloskey	Clarksburg	2017	2:21.51	Melissa Kameka	Damascus	2018	2:17.67
Victoria Cabellos	Einstein	2013	2:20.64	Megan Kirby	Gaithersburg	2001	2:19.24
Abigail Green	Walter Johnson	2018	2:16.50	Karen Drewes	John F. Kennedy	1980	2:20.14
Tabitha Eisig	Magruder	2006	2:19.24	Sophie El-Masry	Richard Montgomery	2013	2:23.86
Britt Eckerstrom	Northwest	2011	2:14.17	Anaya Bobo	Northwood	2019	2:24.09
Jaimie Smith	Paint Branch	2001	2:17.74	Erin Moore	Poolesville	2004	2:18.94
Meghan Cathey	Quince Orchard	1999	2:19.64	Sarah Jorgenson	Rockville	1982	2:22.14
Michelle Rafeedie	Seneca Valley	1998	2:21.74	Olivia Miller	Sherwood	2019	2:21.39
Ndidi Obichere	Springbrook	1999	2:20.04	Kecia Herod	Watkins Mill	1994	2:21.54
Sharkara Grant	Wheaton	1996	2:19.94	Clare Severe	Walt Whitman	2015	2:14.82
Veronica Salcido	Wootton	2005	2:17.34	Mary Beth Golsen	Peary	1981	2:20.44
Cindy Kearns	Charles Woodward	1982	2:21.24				

Girls 800m Run County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 800m</u>
1980	Karen Drewes	John F. Kennedy	ht-2:19.9	2:20.14 R
1981	Mary Beth Golsen	Peary	ht-2:20.0	2:20.24
1982	Cindy Kearns	Charles Woodward	ht-2:21.0	2:21.24
1983	Cindy Kearns	Charles Woodward	ht-2:22.1	2:22.34
1984	Ginger Stewart	Winston Churchill	ht-2:22.0	2:22.24
1985	Beth Hanlon	Sherwood	ht-2:23.0	2:23.24
1986	Suzie Zilvitis	Walt Whitman	ht-2:22.1	2:22.34
1987	Helga Fuller	Thomas S. Wootton	ht-2:20.6	2:20.84
1988	Kathryan Russell	John F. Kennedy	ht-2:24.2	2:24.44
1989	Ayanna McIntosh	Springbrook	ht-2:22.4	2:22.64
1990	Ayanna McIntosh	Springbrook	ht-2:26.4	2:26.64
1991	Craig Lake	Walt Whitman	ht-2:23.1	2:23.34
1992	Erin Gorely	Gaithersburg	ht-2:26.6	2:26.84
1993	Melinda Beatty	Paint Branch	ht-2:24.7	2:24.94
1994	Sally Glynn	Walter Johnson	ht-2:17.7	2:17.94 R
1995	Laurel Hildebrandt	Gaithersburg	ht-2:28.6	2:28.84
1996	Sharkara Grant	Wheaton	ht-2:19.7	2:19.94
1997	Sarah Petit	Magruder	ht-2:22.4	2:22.64
1998	Michelle Rafeedie	Seneca Valley	ht-2:21.5	2:21.74
1999	Jenny Bodine	Walter Johnson	ht-2:17.7	2:17.94
2000	Megan Kirby	Gaithersburg	ht-2:19.7	2:19.94
2001	Jaimie Smith	Paint Branch	ht-2:17.5	2:17.74 R
2002	Jaimie Smith	Paint Branch	ht-2:22.7	2:22.94
2003	Karen Aherne	Northwest	ht-2:16.4	2:16.64 R
2004	Ashlyn Sinclair	Montgomery Blair	ht-2:17.0	2:17.24
2005	Veronica Salicido	Thomas S. Wootton	ht-2:17.1	2:17.34
2006	Leslie Morrison	Walt Whitman	ht-2:16.9	2:17.14
2007	Leslie Morrison	Walt Whitman		2:15.99 R
2008	Morgane Gay	Walt Whitman		2:17.11
2009	Grace Corbett	Thomas S. Wootton		2:22.90
2010	Britt Eckerstrom	Northwest		2:15.49 R
2011	Britt Eckerstrom	Northwest		2:14.17 R
2012	Brittney Wade	Bethesda Chevy Chase		2:17.66
2013	Caroline Beakes	Bethesda Chevy Chase		2:19.93
2014	Clare Severe	Walt Whitman		2:20.39
2015	Clare Severe	Walt Whitman		2:14.82
2016	Kyra Badrian	Paint Branch	ht-2:19.8	2:20.04
2017	Morgan Casey	Montgomery Blair		2:18.08
2018	Abigail Green	Walter Johnson		2:16.50
2019	Olivia Miller	Sherwood		2:21.39

Boys 800m Run Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 800m
1	Wil Zahorodny	Damascus	2008		1:51.15
2	Diego Zarate	Northwest	2015		1:52.07
3	Antonio Palmer	Gaithersburg	2008		1:54.03
4	Oliver Lloyd	Paint Branch	2015		1:54.34
5	Andrew Jesien	Walter Johnson	2005	ht-1:54.3	1:54.54
6	Garrett Suhr	Richard Montgomery	2019		1:55.02
7	Thierry Siewe Yanga	Montgomery Blair	2017		1:55.25
8	Joe Byrnes	Rockville	1988	ht-1:55.5	1:55.74
9	Eldon Phillips	Northwood	2018		1:55.84
10	Sam Martin	Richard Montgomery	2011		1:56.24
11	Miguel Suero	Rockville	2015		1:56.37
12	Andrew Jesien	Walter Johnson	2003	ht-1:56.2	1:56.44
13	Emmanuel Porquin	Richard Montgomery	2015		1:56.70
14	Chase Osborne	Northwest	2018		1:56.72
15	Joshua Trzeciak	Thomas S. Wootton	2012		1:56.80
16	Chris Moen	Walter Johnson	2007		1:56.81
17	Lance Fletcher	Montgomery Blair	1982	ht-1:56.6	1:56.84
18	Jacob Cantor	Richard Montgomery	2011		1:56.92
19	Mulisa Regassa	Northwood	2019		1:56.96
20	Peter Kimball	Walt Whitman	1994	ht-1:56.8	1:57.04
21	Urgy Eado	Thomas S. Wootton	2014		1:57.09
22	Derrick Harding	Bethesda Chevy Chase	1982	ht-1:56.9	1:57.14
22	Robbi Shrestha	Paint Branch	2000	ht-1:56.9	1:57.14
24	Will Conway	Winston Churchill	2012		1:57.19
25	Lance Fletcher	Montgomery Blair	1984	ht-1:57.0	1:57.24
25	Josh Ellis	Walter Johnson	2010		1:57.24

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

Name	School	Year	Result	Name	School	Year	Result
Derrick Harding	Bethesda Chevy Chase	1982	1:57.14	Thierry Siewe Yanga	Blair	2017	1:55.25
Josh Oxley	Blake	2013	1:59.14	Will Conway	Churchill	2012	1:57.19
Mateus Kelly	Clarksburg	2019	2:01.06	Wil Zahorodny	Damascus	2008	1:51.15
Alex Gary	Einstein	2007	1:57.42	Antonio Palmer	Gaithersburg	2008	1:54.03
Andrew Jesien	Walter Johnson	2005	1:54.54	Peebles	John F. Kennedy	1983	1:58.84
Juan Escobar	Magruder	2015	1:59.54	Garrett Suhr	Richard Montgomery	2019	1:55.02
Diego Zarate	Northwest	2015	1:52.07	Eldon Phillips	Northwood	2018	1:55.84
Oliver Lloyd	Paint Branch	2015	1:54.34	Ryan Lockett	Poolesville	2018	2:00.96
Reagan Lynch	Quince Orchard	2007	1:57.77	Joe Byrnes	Rockville	1988	1:55.74
Rose	Seneca Valley	1983	1:59.84	Nick Johnson	Sherwood	2012	2:00.63
Jordan Sawadogo	Springbrook	2007	1:57.32	Francis Bloom	Watkins Mill	2001	1:57.94
Naimbai Njerakey	Wheaton	2012	2:01.26	Peter Kimball	Walt Whitman	1994	1:57.04
Joshua Trzeciak	Wootton	2012	1:56.80	Gomes	Peary	1982	1:57.94

Boys 800m Run County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 800m</u>
1980	Joe Cloud	Paint Branch	ht-1:58.8	1:59.04 R
1981	Patt Huott	Springbrook	ht-1:58.3	1:58.54 R
1982	Lance Fletcher	Montgomery Blair	ht-1:56.6	1:56.84 R
1983	Lance Fletcher	Montgomery Blair	ht-1:58.2	1:58.44
1984	Lance Fletcher	Montgomery Blair	ht-1:57.0	1:57.24
1985	Anand Digne	Walter Johnson	ht-1:57.9	1:58.14
1986	Anthony White	Albert Einstein	ht-1:59.5	1:59.74
1987	Tom Eagleson	Walt Whitman	ht-1:57.9	1:58.14
1988	Joe Byrnes	Rockville	ht-1:55.5	1:55.74 R
1989	Terrance Taylor	Albert Einstein	ht-1:59.3	1:59.54
1990	John Mondy	Springbrook	ht-2:01.9	2:02.14
1991	John Mondy	Springbrook	ht-1:58.6	1:58.84
1992	Balasz Koranyi	Walter Johnson	ht-1:57.8	1:58.04
1993	Peter Kimball	Walt Whitman	ht-1:58.7	1:58.94
1994	Peter Kimball	Walt Whitman	ht-1:56.8	1:57.04
1995	Martin Clunie	Gaithersburg	ht-2:01.2	2:01.44
1996	Jason Joubert	Richard Montgomery	ht-2:02.1	2:02.34
1997	Jed Fonner	Richard Montgomery	ht-1:58.9	1:59.14
1998	Ben Koch	Watkins Mill	ht-2:01.6	2:01.84
1999	Robbi Shrestha	Paint Branch	ht-1:58.4	1:58.64
2000	Robbi Shrestha	Paint Branch	ht-1:56.9	1:57.14
2001	Francis Bloom	Watkins Mill	ht-1:57.7	1:57.94
2002	Bryan Steele	Gaithersburg	ht-1:58.0	1:58.24
2003	Andrew Jesien	Walter Johnson	ht-1:56.2	1:56.44
2004	Aharon Conerly	James H. Blake	ht-1:59.6	1:59.84
2005	Andrew Jesien	Walter Johnson	ht-1:54.3	1:54.54 R
2006	Chris Moen	Walter Johnson	ht-1:57.8	1:58.04
2007	Chris Moen	Walter Johnson		1:56.81
2008	Wil Zahorodny	Damascus		1:51.15 R
2009	Antonio Palmer	Gaithersburg		1:58.39
2010	Josh Ellis	Walter Johnson		1:57.24
2011	Sam Martin	Richard Montgomery		1:56.24
2012	Joshua Trzeciak	Thomas S. Wootton		1:56.80
2013	Ben Withbroe	Albert Einstein		1:57.42
2014	Urgy Eado	Thomas S. Wootton		1:57.09
2015	Diego Zarate	Northwest		1:52.07
2016	Thierry Siewe Yanga	Montgomery Blair	ht-1:58:0	1:58.24
2017	Thierry Siewe Yanga	Montgomery Blair		1:55.25
2018	Eldon Phillips	Northwood		1:55.84
2019	Garrett Suhr	Richard Montgomery		1:55.02

Girls 1600m Run Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 1600m
1	Sally Glynn	Walter Johnson	1996	ht-4:50.0	4:50.24
2	Clare Severe	Walt Whitman	2013		4:57.23
3	Abigail Green	Walter Johnson	2018		4:57.69
4	Renee' Berry	Seneca Valley	1996	ht-4:58.9	4:59.14
5	Kiernan Keller	Walter Johnson	2014		4:59.28
6	Caroline Beakes	Bethesda Chevy Chase	2013		5:00.08
7	Clare Severe	Walt Whitman	2015		5:00.59
8	Sally Glynn	Walter Johnson	1994	ht-5:00.6	5:00.84
9	Nora McUmbur	Bethesda Chevy Chase	2014		5:01.30
10	Morgane Gay	Walt Whitman	2007		5:01.91
11	Camille Bouvet	Walter Johnson	2011		5:02.99
12	Jessie Rubin	Thomas S. Wootton	2010		5:03.09
13	Abigail Green	Walter Johnson	2017		5:03.10
14	Camille Bouvet	Walter Johnson	2010		5:04.18
15	Sally Glynn	Walter Johnson	1993	ht-5:04.9	5:05.14
16	Emily Murphy	Walter Johnson	2014		5:05.79
17	Theresa Pack	Sherwood	1982	ht-5:07.4	5:07.64
18	Halsey Sinclair	Montgomery Blair	2006		5:07.66
19	Halsey Sinclair	Montgomery Blair	2004	ht-5:07.8	5:08.04
20	Lisa Winter	Gaithersburg	1984	ht-5:08.0	5:08.24
21	Lucy Srour	Winston Churchill	2015		5:08.29
22	Beth Jacobson	John F. Kennedy	1985	ht-5:09.0	5:09.24
23	Veronica Salicido	Thomas S. Wootton	2005	ht-5:09.1	5:09.34
24	Ciciely Davy	Albert Einstein	2016	ht-5:10.3	5:10.54
25	Halsey Sinclair	Montgomery Blair	2007		5:10.61

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

Name	School	Year	Result	Name	School	Year	Result
Caroline Beakes	Bethesda Chevy Chase	2013	5:00.08	Halsey Sinclair	Blair	2006	5:07.66
Abigail Hines	Blake	2013	5:31.26	Lucy Srour	Churchill	2015	5:08.29
Lucie Noall	Clarksburg	2013	5:11.83	Heather Delaplaine	Damascus	2016	5:13.04
Ciciely Davy	Einstein	2016	5:10.54	Lisa Winter	Gaithersburg	1984	5:08.24
Sally Glynn	Walter Johnson	1996	4:50.24	Beth Jacobson	John F. Kennedy	1985	5:09.24
Sarah Petit	Magruder	1997	5:15.24	Cecily Garber	Richard Montgomery	1999	5:14.04
Alyssa Henshaw	Northwest	2010	5:12.24	Cindy Kearns	Northwood	1982	5:12.84
Yasmine Kass	Paint Branch	2016	5:14.64	Chelsie Pennello	Poolesville	2012	5:21.56
Karen Pulliam	Quince Orchard	2001	5:11.24	Louise Mallet	Rockville	1981	5:13.64
Renee' Berry	Seneca Valley	1996	4:59.14	Theresa Pack	Sherwood	1982	5:07.64
Sydney Almeida	Springbrook	2013	5:12.90	Sarah Wassner	Watkins Mill	1997	5:17.04
Jennifer Kuta	Wheaton	1986	5:21.64	Clare Severe	Walt Whitman	2013	4:57.23
Jessie Rubin	Wootton	2010	5:03.09	Renate Hellman	Charles Woodward	1981	5:15.64

Girls 1600m Run County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 1600m</u>
1980	Theresa Pack	Sherwood	ht-5:14.4	5:14.64 R
1981	Mari Pack	Sherwood	ht-5:13.0	5:13.24 R
1982	Theresa Pack	Sherwood	ht-5:07.4	5:07.64 R
1983	Tammy Devore	Winston Churchill	ht-5:13.1	5:13.34
1984	Lisa Winter	Gaithersburg	ht-5:08.0	5:08.24
1985	Beth Jacobson	John F. Kennedy	ht-5:09.0	5:09.24
1986	Virginia Mattingly	Walt Whitman	ht-5:17.0	5:17.24
1987	Jennifer Kuta	Rockville	ht-5:22.5	5:22.74
1988	Jennifer Kuta	Rockville	ht-5:30.0	5:30.24
1989	Heather Codd	Gaithersburg	ht-5:25.0	5:25.24
1990	Erin Gorely	Gaithersburg	ht-5:32.0	5:32.24
1991	Erin Gorely	Gaithersburg	ht-5:26.0	5:26.24
1992	Rebecca Bell	Poolesville	ht-5:22.8	5:23.04
1993	Sally Glynn	Walter Johnson	ht-5:04.9	5:05.14 R
1994	Sally Glynn	Walter Johnson	ht-5:00.6	5:00.84 R
1995	Suzu Burr	Richard Montgomery	ht-5:17.8	5:18.04
1996	Sally Glynn	Walter Johnson	ht-4:50.0	4:50.24 R
1997	Sarah Petit	Magruder	ht-5:15.0	5:15.24
1998	Hannah Benjamin	Damascus	ht-5:13.1	5:13.34
1999	Cecily Garber	Richard Montgomery	ht-5:13.8	5:14.04
2000	Karen Pulliam	Quince Orchard	ht-5:11.3	5:11.54
2001	Karen Pulliam	Quince Orchard	ht-5:11.0	5:11.24
2002	Ashley St. Denis	Walter Johnson	ht-5:12.0	5:12.24
2003	Ashley St. Denis	Walter Johnson	ht-5:19.8	5:20.04
2004	Halsey Sinclair	Montgomery Blair	ht-5:07.8	5:08.04
2005	Veronica Salicido	Thomas S. Wootton	ht-5:09.1	5:09.34
2006	Halsey Sinclair	Montgomery Blair		5:07.66
2007	Morgane Gay	Walt Whitman		5:01.91
2008	Johanna Gretschel	Montgomery Blair		5:11.18
2009	Jessie Rubin	Thomas S. Wootton		5:11.23
2010	Jessie Rubin	Thomas S. Wootton		5:03.09
2011	Camille Bouvet	Walter Johnson		5:02.99
2012	Chelsie Pennello	Poolesville		5:21.56
2013	Clare Severe	Walt Whitman		4:57.23
2014	Kiernan Keller	Walter Johnson		4:59.25
2015	Clare Severe	Walt Whitman		5:00.59
2016	Ciciely Davy	Albert Einstein	ht-5:10.3	5:10.54
2017	Abigail Green	Walter Johnson		5:03.10
2018	Abigail Green	Walter Johnson		4:57.69
2019	Ella Gaul	Walter Johnson		5:11.12

Boys 1600m Run Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 1600m
1	Chris Moen	Walter Johnson	2008		4:13.05
2	Diego Zarate	Northwest	2015		4:13.53
3	Alex Willett	Walter Johnson	2011		4:14.47
4	Diego Zarate	Northwest	2014		4:15.58
5	Chris Moen	Walter Johnson	2006	ht-4:15.9	4:16.14
6	Ryan Lockett	Poolesville	2017		4:16.65
7	Ryan Janes	Gaithersburg	2006	ht-4:16.7	4:16.94
8	Andrew Jesien	Walter Johnson	2005	ht-4:17.4	4:17.64
9	Chris Miller	Northwest	2011		4:18.21
10	Evan Woods	Walt Whitman	2014		4:18.57
11	Urgy Eado	Thomas S. Wootton	2014		4:18.69
12	Chase Weaverling	Poolesville	2014		4:18.89
13	Rohann Asfaw	Richard Montgomery	2016	ht-4:19.1	4:19.34
14	Ryan Lockett	Poolesville	2018		4:19.41
15	William Ryba	Walt Whitman	2015		4:19.53
16	Emmanuel Porquin	Richard Montgomery	2015		4:19.83
17	Kyle Gaffney	James H. Blake	2006	ht-4:19.8	4:20.04
18	Balasz Koranyi	Walter Johnson	1991	ht-4:20.3	4:20.54
18	Danniel Belay	Gaithersburg	2014		4:20.54
20	Rohann Asfaw	Richard Montgomery	2017		4:20.61
21	Elias Tousley	Bethesda Chevy Chase	2006	ht-4:20.4	4:20.64
22	Joshua Trzeciak	Thomas S. Wootton	2012		4:21.03
23	Joshua Trzeciak	Thomas S. Wootton	2013		4:21.04
24	Simeon Mussie	Albert Einstein	2018		4:21.09
25	Pascal Dobert	Walt Whitman	1991	ht-4:20.9	4:21.14

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

Name	School	Year	Result	Name	School	Year	Result
Elias Tousley	Bethesda Chevy Chase	2006	4:20.64	Amanuel Asefaw	Blair	1986	4:21.24
Kyle Gaffney	Blake	2006	4:20.04	Steve Hayes	Churchill	2001	4:21.54
Will Bertrand	Clarksburg	2013	4:22.53	Tamrat Snyder	Damascus	2019	4:21.64
Simeon Mussie	Einstein	2018	4:21.09	Ryan Janes	Gaithersburg	2006	4:16.94
Chris Moen	Walter Johnson	2008	4:13.05	Binyam Tadesse	John F. Kennedy	2015	4:29.47
Awit Yohannes	Magruder	2003	4:22.74	Rohann Asfaw	Richard Montgomery	2016	4:19.34
Diego Zarate	Northwest	2015	4:13.53	Mulisa Regassa	Northwood	2019	4:22.38
Troy Baker	Paint Branch	1988	4:25.04	Ryan Lockett	Poolesville	2017	4:16.65
Liam Walsh	Quince Orchard	2016	4:23.24	Dave Petzold	Rockville	1985	4:21.24
Eddie Rowe	Seneca Valley	1982	4:32.84	Joe McGirr	Sherwood	1983	4:25.74
William Bell	Springbrook	2006	4:29.44	Matias Palavecino	Watkins Mill	1998	4:29.24
Jason Scott	Wheaton	2017	4:30.74	Evan Woods	Walt Whitman	2014	4:18.57
Urgy Eado	Wootton	2014	4:18.69	Doug Halpin	Peary	1980	4:24.34

Boys 1600m Run County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 1600m</u>
1980	Doug Halpin	Peary	ht-4:24.1	4:24.34 R
1981	Dave Mills	Albert Einstein	ht-4:22.9	4:23.14 R
1982	Lance Fletcher	Montgomery Blair	ht-4:24.9	4:25.14
1983	Lance Fletcher	Montgomery Blair	ht-4:21.8	4:22.04 R
1984	Keno Weingarten	Bethesda Chevy Chase	ht-4:21.8	4:22.04
1985	Dave Petzold	Rockville	ht-4:21.0	4:21.24 R
1986	Amanuel Asefaw	Montgomery Blair	ht-4:21.0	4:21.24
1987	David Moldvay	Albert Einstein	ht-4:25.5	4:25.74
1988	Troy Baker	Paint Branch	ht-4:24.8	4:25.04
1989	Terrance Taylor	Albert Einstein	ht-4:33.7	4:33.94
1990	Matt Ellis	Bethesda Chevy Chase	ht-4:35.5	4:35.74
1991	Balasz Koranyi	Walter Johnson	ht-4:20.3	4:20.54 R
1992	Pascal Dobert	Walt Whitman	ht-4:24.5	4:24.74
1993	Josh Orenstein	Walter Johnson	ht-4:29.5	4:29.74
1994	Josh Orenstein	Walter Johnson	ht-4:36.4	4:36.64
1995	Brian Hetherington	Quince Orchard	ht-4:34.6	4:34.84
1996	Ed Tufaro	Walt Whitman	ht-4:27.0	4:27.24
1997	Ed Tufaro	Walt Whitman	ht-4:26.2	4:26.44
1998	Matias Palavecino	Watkins Mill	ht-4:29.0	4:29.24
1999	David Glynn	Walter Johnson	ht-4:23.8	4:24.04
2000	Vic Mathrani	Winston Churchill	ht-4:23.8	4:24.04
2001	Steve Hayes	Winston Churchill	ht-4:21.3	4:21.54
2002	Awit Yohannes	Magruder	ht-4:25.0	4:25.24
2003	Eric Pauley	Gaithersburg	ht-4:22.0	4:22.24
2004	Zach Martinez	Gaithersburg	ht-4:23.3	4:23.54
2005	Andrew Jesien	Walter Johnson	ht-4:17.4	4:17.64 R
2006	Chris Moen	Walter Johnson	ht-4:15.9	4:16.14 R
2007	Elias Tousley	Bethesda Chevy Chase		4:23.86
2008	Chris Moen	Walter Johnson		4:13.05 R
2009	Andrew Palmer	Walt Whitman		4:26.30
2010	Alex Willett	Walter Johnson		4:21.99
2011	Alex Willett	Walter Johnson		4:14.47
2012	Joshua Trzeciak	Thomas S. Wootton		4:21.03
2013	Joshua Trzeciak	Thomas S. Wootton		4:21.04
2014	Diego Zarate	Northwest		4:15.58
2015	Diego Zarate	Northwest		4:13.53
2016	Rohann Asfaw	Richard Montgomery	ht-4:19.1	4:19.34
2017	Ryan Lockett	Poolesville		4:16.65
2018	Ryan Lockett	Poolesville		4:19.41
2019	Tamrat Snyder	Damascus		4:21.64

Girls 3200m Run Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 3200m
1	Bethlehem Taye	Paint Branch	2016	ht-10:38.8	10:39.04
2	Abigail Green	Walter Johnson	2018		10:39.33
3	Abigail Green	Walter Johnson	2016	ht-10:47.0	10:47.24
4	Abigail Green	Walter Johnson	2017		10:59.90
5	Sally Glynn	Walter Johnson	1995	ht-11:00.5	11:00.74
6	Nora McUmber	Bethesda Chevy Chase	2014		11:00.90
7	Halsey Sinclair	Montgomery Blair	2006	ht-11:01.3	11:01.54
8	Beth Jacobson	John F. Kennedy	1983	ht-11:03.3	11:03.54
9	Bethlehem Taye	Paint Branch	2015		11:05.90
10	Sally Glynn	Walter Johnson	1993	ht-11:06.6	11:06.84
11	Emma Eckerstrom	Northwest	2006	ht-11:06.9	11:07.14
12	Kiernan Keller	Walter Johnson	2014		11:07.26
13	Halsey Sinclair	Montgomery Blair	2007		11:09.06
14	Halsey Sinclair	Montgomery Blair	2004	ht-11:11.2	11:11.44
15	Emily Murphy	Walter Johnson	2014		11:11.83
16	Louise Hannallah	Winston Churchill	2006	ht-11:14.0	11:14.24
17	Nandini Satsangi	Poolesville	2018		11:15.35
18	Ciciely Davy	Albert Einstein	2016	ht-11:15.3	11:15.54
19	Renee' Berry	Seneca Valley	1996	ht-11:15.6	11:15.84
20	Jessie Rubin	Thomas S. Wootton	2010		11:16.34
21	Halsey Sinclair	Montgomery Blair	2005	ht-11:17.0	11:17.24
22	Sally Glynn	Walter Johnson	1994	ht-11:17.1	11:17.34
23	Jessie Rubin	Thomas S. Wootton	2009		11:17.75
24	Helen Webster	Bethesda Chevy Chase	2014		11:18.04
25	Jenna Goldberg	Walter Johnson	2019		11:18.59

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

Name	School	Year	Result	Name	School	Year	Result
Nora McUmber	Bethesda Chevy Chase	2014	11:00.90	Halsey Sinclair	Blair	2006	11:01.54
Riani Carr	Blake	2016	11:48.54	Louise Hannallah	Churchill	2006	11:14.24
Abbey Daley	Clarksburg	2013	11:30.79	Hannah Benjamin	Damascus	1998	11:21.94
Ciciely Davy	Einstein	2016	11:15.54	Laurel Hilderbrant	Gaithersburg	1996	11:20.54
Abigail Green	Walter Johnson	2018	10:39.33	Beth Jacobson	John F. Kennedy	1983	11:03.54
Amber Duffin	Magruder	2004	11:49.24	Suzy Burr	Richard Montgomery	1995	11:35.84
Emma Eckerstrom	Northwest	2006	11:07.14	Kinnecome	Northwood	1981	12:00.24
Bethlehem Taye	Paint Branch	2016	10:39.04	Nandini Satsangi	Poolesville	2018	11:15.35
Anya Oleynik	Quince Orchard	2006	11:18.84	Raley	Rockville	1980	11:35.14
Renee' Berry	Seneca Valley	1996	11:15.84	Maddie Peloff	Sherwood	2014	11:32.38
Sydney Almeida	Springbrook	2013	11:24.27	Rebecca Wassner	Watkins Mill	1993	11:38.14
Gelila Hailemariam	Wheaton	2015	12:11.99	Anna Ryba	Walt Whitman	2011	11:21.67
Jessie Rubin	Wootton	2010	11:16.34	Jessica Caplan	Charles Woodward	1987	12:17.04

Girls 3200m Run County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 3200m</u>
1980	Theresa DeGuzman	Winston Churchill	ht-11:25.6	11:25.84 R
1981	Kim Kokulis	Winston Churchill	ht-11:46.0	11:46.24
1982	Mary Bodnar	Albert Einstein	ht-11:21.2	11:21.44 R
1983	Beth Jacobson	John F. Kennedy	ht-11:03.3	11:03.54 R
1984	Lisa Winter	Gaithersburg	ht-11:22.0	11:22.24
1985	Tammy DeVore	Winston Churchill	ht-11:46.0	11:46.24
1986	Jenny Pawlak	Magruder	ht-12:07.0	12:07.24
1987	Jenny Pawlak	Magruder	ht-12:06.0	12:06.24
1988	Kendra Hershey	Bethesda Chevy Chase	ht-12:27.6	12:27.84
1989	Kim Many	John F. Kennedy	ht-11:27.2	11:27.44
1990	Craig Lake	Walt Whitman	ht-11:45.7	11:45.94
1991	Tenley Ludewig	Winston Churchill	ht-12:06.2	12:06.44
1992	Claire Torchia	Bethesda Chevy Chase	ht-11:49.3	11:49.54
1993	Sally Glynn	Walter Johnson	ht-11:06.6	11:06.84
1994	Sally Glynn	Walter Johnson	ht-11:17.1	11:17.34
1995	Sally Glynn	Walter Johnson	ht-11:00.5	11:00.74 R
1996	Renee' Berry	Seneca Valley	ht-11:15.6	11:15.84
1997	Hannah Benjamin	Damascus	ht-11:34.7	11:34.94
1998	Hannah Benjamin	Damascus	ht-11:21.7	11:21.94
1999	Lucinda Hull	Quince Orchard	ht-11:31.6	11:31.84
2000	Karen Pulliam	Quince Orchard	ht-11:21.2	11:21.44
2001	Karen Pulliam	Quince Orchard	ht-11:27.3	11:27.54
2002	Ashley St. Denis	Walter Johnson	ht-11:40.0	11:40.24
2003	Beth Catherwood	Bethesda Chevy Chase	ht-11:25.9	11:26.14
2004	Halsey Sinclair	Montgomery Blair	ht-11:11.2	11:11.44
2005	Halsey Sinclair	Montgomery Blair	ht-11:17.0	11:17.24
2006	Halsey Sinclair	Montgomery Blair	ht-11:01.3	11:01.54
2007	Halsey Sinclair	Montgomery Blair		11:09.06
2008	Britt Eckerstrom	Northwest		11:19.40
2009	Jessie Rubin	Thomas S. Wootton		11:17.75
2010	Jessie Rubin	Thomas S. Wootton		11:16.34
2011	Anna Ryba	Walt Whitman		11:21.67
2012	Caroline Beakes	Bethesda Chevy Chase		11:24.62
2013	Caroline Beakes	Bethesda Chevy Chase		11:19.74
2014	Nora McUmbur	Bethesda Chevy Chase		11:00.90
2015	Bethlehem Taye	Paint Branch		11:05.90
2016	Bethlehem Taye	Paint Branch	ht-10:38.8	10:39.04 R
2017	Abigail Green	Walter Johnson		10:59.90
2018	Abigail Green	Walter Johnson		10:39.33
2019	Jenna Goldberg	Walter Johnson		11:18.59

Boys 3200m Run Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 3200m
1	Eldad Mulugeta	Northwood	2019		9:02.19
2	Kris Herdt	Walt Whitman	1984	ht-9:04.0	9:04.24
3	Evan Woods	Walt Whitman	2015		9:20.65
4	Obsaa Feda	Northwood	2019		9:22.26
5	Rohann Asfaw	Richard Montgomery	2015		9:23.03
6	Mike Hoppes	Seneca Valley	1981	ht-9:24.6	9:24.84
7	Bern Altman	Albert Einstein	1981	ht-9:25.0	9:25.24
8	Chris Miller	Northwest	2011		9:27.76
9	Andrew Palmer	Walt Whitman	2010		9:28.72
10	Ryan Lockett	Poolesville	2017		9:28.73
11	Duncan Manville	Bethesda Chevy Chase	1986	ht-9:28.6	9:28.84
12	Chase Weaverling	Poolesville	2014		9:29.09
13	Elias Tousley	Bethesda Chevy Chase	2007		9:29.30
14	Chase Weaverling	Poolesville	2013		9:30.32
15	Will Bertrand	Clarksburg	2012		9:30.35
16	Evan Laratta	Quince Orchard	2012		9:30.77
17	Itai Bezherano	Walter Johnson	2015		9:31.08
18	Kyle Gaffney	James H. Blake	2006	ht-9:31.0	9:31.24
19	Adam Nakasaka	Bethesda Chevy Chase	2017		9:32.17
20	Ryan Lockett	Poolesville	2018		9:32.20
21	Doug Rohrer	Seneca Valley	1980	ht-9:32.5	9:32.74
22	Rohann Asfaw	Richard Montgomery	2017		9:32.87
23	Neal Darmody	Quince Orchard	2008		9:33.02
24	Zachary Weinstein	Winston Churchill	2011		9:33.16
25	Mike Hoppes	Seneca Valley	1980	ht-9:33.2	9:33.44
25	James Camp	Charles Woodward	1982	ht-9:33.2	9:33.44
25	Mike Murray	Gaithersburg	1999	ht-9:33.2	9:33.44

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

Name	School	Year	Result	Name	School	Year	Result
Duncan Manville	Bethesda Chevy Chase	1986	9:28.84	Amanuel Asefaw	Blair	1986	9:34.74
Kyle Gaffney	Blake	2006	9:31.24	Zachary Weinstein	Churchill	2011	9:33.16
Will Bertrand	Clarksburg	2012	9:30.35	Ricky Flynn	Damascus	2005	9:36.04
Bern Altman	Einstein	1981	9:25.24	Mike Murray	Gaithersburg	1999	9:33.44
Itai Bezherano	Walter Johnson	2015	9:31.08	Binyam Tadesse	John F. Kennedy	2014	10:05.84
Awit Yohannes	Magruder	2002	9:41.24	Rohann Asfaw	Richard Montgomery	2015	9:23.03
Chris Miller	Northwest	2011	9:27.76	Eldad Mulugeta	Northwood	2019	9:02.19
Amanueal Tensaye	Paint Branch	2019	9:49.07	Ryan Lockett	Poolesville	2017	9:28.73
Evan Laratta	Quince Orchard	2012	9:30.77	Paul Loebach	Rockville	1986	9:49.24
Mike Hoppes	Seneca Valley	1981	9:24.84	Kyle Balderson	Sherwood	2008	9:34.99
Surafel Mengist	Springbrook	2019	9:36.03	Brenton Peterson	Watkins Mill	2003	9:39.44
Thomas Tolman	Wheaton	1993	10:25.04	Kris Herdt	Walt Whitman	1984	9:04.24
James Ertel	Wootton	2012	9:40.05	Doug Halpin	Peary	1980	9:40.14
James Camp	Charles Woodward	1982	9:33.44				

Boys 3200m Run County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 3200m</u>
1980	Doug Rohrer	Seneca Valley	ht-9:32.5	9:32.74 R
1981	Mike Hoppes	Seneca Valley	ht-9:24.6	9:24.84 R
1982	James Camp	Charles Woodward	ht-9:33.2	9:33.44
1983	Val Bloomberg	Winston Churchill	ht-9:44.5	9:44.74
1984	Kris Herdt	Walt Whitman	ht-9:04.0	9:04.24 R
1985	Amanuel Asefaw	Montgomery Blair	ht-9:51.8	9:52.04
1986	Duncan Manville	Bethesda Chevy Chase	ht-9:28.6	9:28.84
1987	Greg Andre	Walter Johnson	ht-9:53.4	9:53.64
1988	Greg Andre	Walter Johnson	ht-10:00.7	10:00.94
1989	Terrance Taylor	Albert Einstein	ht-9:52.0	9:52.24
1990	Pim Broekman	Bethesda Chevy Chase	ht-9:49.5	9:49.74
1991	Troy Harry	Quince Orchard	ht-9:59.7	9:59.94
1992	Troy Harry	Quince Orchard	ht-9:59.1	9:59.34
1993	David Harry	Quince Orchard	ht-10:02.3	10:02.54
1994	Josh Orenstein	Walter Johnson	ht-10:13.0	10:13.24
1995	Elliot Person	Watkins Mill	ht-10:09.4	10:09.64
1996	Michael Taye	Richard Montgomery	ht-9:59.5	9:59.74
1997	Brian Walsman	Quince Orchard	ht-9:45.6	9:45.84
1998	Jarrett Van Tine	Bethesda Chevy Chase	ht-9:36.4	9:36.64
1999	Mike Murray	Gaithersburg	ht-9:33.2	9:33.44
2000	Matt Seymour	Magruder	ht-9:44.7	9:44.94
2001	Steve Hayes	Winston Churchill	ht-9:43.5	9:43.74
2002	Awit Yohannes	Magruder	ht-9:41.0	9:41.24
2003	Eric Pauley	Gaithersburg	ht-9:34.0	9:34.24
2004	Zach Martinez	Gaithersburg	ht-9:39.4	9:39.64
2005	Ricky Flynn	Damascus	ht-9:35.8	9:36.04
2006	Kyle Gaffney	James H. Blake	ht-9:31.0	9:31.24
2007	Elias Tousley	Bethesda Chevy Chase		9:29.30
2008	Neal Darmody	Quince Orchard		9:33.02
2009	Solomon Haile	Sherwood		9:37.74
2010	Andrew Palmer	Walt Whitman		9:28.72
2011	Chris Miller	Northwest		9:27.76
2012	Will Bertrand	Clarksburg		9:30.35
2013	Chase Weaverling	Poolesville		9:30.32
2014	Chase Weaverling	Poolesville		9:29.09
2015	Evan Woods	Walt Whitman		9:20.65
2016	Rohann Asfaw	Richard Montgomery	ht-9:35.0	9:35.24
2017	Ryan Lockett	Poolesville		9:28.73
2018	Ryan Lockett	Poolesville		9:32.20
2019	Eldad Mulugeta	Northwood		9:02.19 R

Girls 100m Hurdles Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 110m Hurdles
1	Audrey Gariepy-Bogui	Winston Churchill	2007		14.05
2	Eddita Pessima	Northwest	2018		14.17
3	Audrey Gariepy-Bogui	Winston Churchill	2007	sf	14.22
4	Alexus Pyles	Clarksburg	2015	sf	14.27
5	Laila Ismail	Bethesda Chevy Chase	2014		14.35
6	Thea LaFond	John F. Kennedy	2011		14.43
7	Alexus Pyles	Clarksburg	2014		14.47
8	Alexus Pyles	Clarksburg	2015		14.49
9	Eddita Pessima	Northwest	2017		14.54
10	Gwen Shaw	Thomas S. Wootton	2012		14.56
11	Gwen Shaw	Thomas S. Wootton	2013		14.62
12	Tyhler Davis	Magruder	2002	ht-14.4	14.64
12	Alexus Pyles	Clarksburg	2016	ht-14.4	14.64
14	Kaya Rae Dunbar	Paint Branch	2017		14.65
15	Erika Zoller	Damascus	2004	sf	14.67
16	Kaya Rae Dunbar	Paint Branch	2019		14.69
17	Kaya Rae Dunbar	Paint Branch	2018		14.71
18	Erika Zoller	Damascus	2004	ht-14.5	14.74
18	Erika Zoller	Damascus	2005	ht-14.5	14.74
20	Katherine Salke	Sherwood	2009		14.75
21	Gwen Shaw	Thomas S. Wootton	2013	sf	14.76
22	Shaakira Raheem	Albert Einstein	2007		14.79
23	LaDonna Gooden	Albert Einstein	1986	ht-14.6	14.84
23	Renee Holtz	John F. Kennedy	1995	ht-14.6	14.84
23	Danielle Watson	Gaithersburg	2002	ht-14.6	14.84
23	Thea LaFond	John F. Kennedy	2009		14.84

100m Hurdles All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Laila Ismail	Bethesda Chevy Chase	2014	14.35	Kafilat Oladiran	Blair	2013	15.26
Anjelika Mitchell	Blake	2003	16.14	Audrey Gariepy-Bogui	Churchill	2007	14.05
Alexus Pyles	Clarksburg	2015	14.27	Erika Zoller	Damascus	2004	14.67
Shaakira Raheem	Einstein	2007	14.79	Danielle Watson	Gaithersburg	2002	14.84
Hilary Moen	Walter Johnson	2005	15.24	Thea LaFond	John F. Kennedy	2011	14.43
Tyhler Davis	Magruder	2002	14.64	Danielle Crowley	Richard Montgomery	2011	15.63
Eddita Pessima	Northwest	2018	14.17	Shaneil Thomas	Northwood	2014	15.47
Kaya Rae Dunbar	Paint Branch	2017	14.65	Olivia Durr	Poolesville	2009	14.95
Melanie Cathey	Quince Orchard	2000	15.34	Carrie Bitsko	Rockville	1994	16.44
Helnsarah Penda	Seneca Valley	2014	14.96	Katherine Salke	Sherwood	2009	14.75
Mira Daramy	Springbrook	1995	15.54	Alicia Tucker	Watkins Mill	1997	15.64
Angie Padua	Wheaton	1985	15.64	Madeleine Entwistle	Walt Whitman	2012	15.51
Gwen Shaw	Wootton	2012	14.56	Virgil	Peary	1980	18.04
Monica Kuhn	Charles Woodward	1982	16.44				

Girls 100m Hurdles County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 100m Hurdles</u>
1980	Joy Duncan	Northwood	ht-16.0	16.24 R
1981	Denise Grimaldi	Walter Johnson	ht-16.2	16.44
1982	Wendy Peal	Winston Churchill	ht-15.7	15.94 R
1983	Denise Grimaldi	Walter Johnson	ht-15.6	15.84 R
1984	LaDonna Gooden	Albert Einstein	ht-15.8	16.04
1985	Angie Padua	Wheaton	ht-15.4	15.64 R
1986	LaDonna Gooden	Albert Einstein	ht-14.6	14.84 R
1987	Diane Winter	Montgomery Blair	ht-16.1	16.34
1988	Judith Owens	Albert Einstein	ht-14.9	15.14
1989	Jessica Garruto	Damascus	ht-17.3	17.54
1990	Angie Mitchell	Montgomery Blair	ht-15.8	16.04
1991	Torrey Simons	Walter Johnson	ht-15.9	16.14
1992	Torrey Simons	Walter Johnson	ht-15.9	16.14
1993	Katia Crowe	Seneca Valley	ht-15.6	15.84
1994	Renee Holtz	John F. Kennedy	ht-15.4	15.64
1995	Renee Holtz	John F. Kennedy	ht-14.6	14.84
1996	Ilana Finely	Albert Einstein	ht-14.8	15.04
1997	Carlesha King	Damascus	ht-15.2	15.44
1998	Genie Lavine	Gaithersburg	ht-15.3	15.54
1999	Genie Lavine	Gaithersburg	ht-15.2	15.44
2000	Melanie Cathey	Quince Orchard	ht-15.1	15.34
2001	Tyhler Davis	Magruder	ht-14.9	15.14
2002	Tyhler Davis	Magruder	ht-14.4	14.64 R
2003	Elaina Smith	Gaithersburg	ht-15.0	15.24
2004	Erika Zoller	Damascus	ht-14.5	14.74
2005	Erika Zoller	Damascus	ht-14.5	14.74
2006	Shaakira Raheem	Albert Einstein		15.24
2007	Audrey Gariepy-Bogui	Winston Churchill		14.05 R
2008	Amirah Polite	Winston Churchill		15.18
2009	Katherine Salke	Sherwood		14.75
2010	Thea LaFond	John F. Kennedy		15.16
2011	Thea LaFond	John F. Kennedy		14.43
2012	Gwen Shaw	Thomas S. Wootton		14.56
2013	Gwen Shaw	Thomas S. Wootton		14.62
2014	Laila Ismail	Bethesda Chevy Chase		14.35
2015	Alexus Pyles	Clarksburg		14.49
2016	Alexus Pyles	Clarksburg	ht-14.4	14.64
2017	Eddita Pessima	Northwest		14.54
2018	Eddita Pessima	Northwest		14.17
2019	Kaya Rae Dunbar	Paint Branch		14.69

Boys 110m Hurdles Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 110m Hurdles
1	Ron Frazier	Gaithersburg	2000	ht-13.7	13.94
2	Shyheim Wright	Northwest	2016	ht-13.8	14.04
3	Devon Hairston	John F. Kennedy	2014		14.35
4	Trevon Carroll	Gaithersburg	2010		14.52
5	Amadou Siliana	Watkins Mill	2019		14.50
6	Dewayne Whitaker	Northwest	2003	ht-14.3	14.54
6	Adam Durham	Paint Branch	2003	ht-14.3	14.54
6	Shyheim Wright	Northwest	2014		14.54
9	Vincent Bosha	Magruder	2006		14.58
10	Zack Adams	Magruder	1997	ht-14.4	14.64
11	Alieu Cole	John F. Kennedy	2014		14.70
12	Petros Bein	Clarksburg	2008		14.71
13	Kendall Butler	Magruder	1984	ht-14.5	14.74
13	Treavor Bellandi	Seneca Valley	1989	ht-14.5	14.74
13	Eric Eursiafe	Gaithersburg	1994	ht-14.5	14.74
13	Matt McGuire	Richard Montgomery	1998	ht-14.5	14.74
13	Zack Adams	Magruder	1998	ht-14.5	14.74
13	Joey Robinson	Gaithersburg	2005	ht-14.5	14.74
13	Devon Hairston	John F. Kennedy	2014	sf	14.74
20	Paul Joseph	Clarksburg	2013		14.75
21	Stefan Grundmann	Walt Whitman	2006		14.76
22	Paul Joseph	Clarksburg	2013	sf	14.83
23	Tony Best	Montgomery Blair	1980	ht-14.6	14.84
23	Shyheim Wright	Northwest	2016	ht-14.6sf	14.84
23	Vincent Bosha	Magruder	2006	sf	14.84

110m Hurdles All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Alex Gray	Bethesda Chevy Chase	2006	15.00	Tony Best	Blair	1980	14.84
Alpha Sylla	Blake	2004	15.19	Ray Leonard	Churchill	1990	15.34
Petros Bein	Clarksburg	2008	14.71	Jon Snelson	Damascus	1995	15.34
Brad Hansen	Einstein	1980	14.94	Ron Frazier	Gaithersburg	2000	13.94
Vaclav Malek	Walter Johnson	2001	14.94	Devon Hairston	John F. Kennedy	2014	14.35
Vincent Bosha	Magruder	2006	14.58	Matt McGuire	Richard Montgomery	1998	14.74
Shyheim Wright	Northwest	2016	14.04	Tevin Prince	Northwood	2010	15.06
Adam Durham	Paint Branch	2003	14.54	Jackson Jordan	Poolesville	2006	15.83
Caleb Malone	Quince Orchard	2008	14.92	Wright	Rockville	1980	15.54
Treavor Bellandi	Seneca Valley	1989	14.74	Tim Rivenbark	Sherwood	1989	14.94
JK Apraku Gyau	Springbrook	1997	14.94	Amadou Silimana	Watkins Mill	2019	14.50
Willie Johnson	Wheaton	1986	15.34	Stefan Grundmann	Walt Whitman	2006	14.76
Alan Banks	Wootton	2014	15.01	Gerald Hinton	Peary	1982	15.24
Rob Keiser	Charles Woodward	1986	15.54				

Boys 110m Hurdles County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 110m Hurdles</u>
1980	Tony Best	Montgomery Blair	ht-14.6	14.84 R
1981	Bobby Wright	John F. Kennedy	ht-15.0	15.24
1982	Tony Golding	Montgomery Blair	ht-14.9	15.14
1983	Gary Greene	Northwood	ht-15.2	15.44
1984	Kendall Butler	Magruder	ht-14.5	14.74 R
1985	Adae LeMone	John F. Kennedy	ht-14.9	15.14
1986	Adae LeMone	John F. Kennedy	ht-14.7	14.94
1987	Pat Menefee	Thomas S. Wootton	ht-15.2	15.44
1988	Ivan Charles	Albert Einstein	ht-15.2	15.44
1989	Treavor Bellandi	Seneca Valley	ht-14.5	14.74
1990	Ray Leonard	Winston Churchill	ht-15.1	15.34
1991	David Pinalto	Quince Orchard	ht-15.2	15.44
1992	Phil Marshall	Springbrook	ht-14.8	15.04
1993	Jesse Patterson	Bethesda Chevy Chase	ht-15.1	15.34
1994	Eric Eursiafe	Gaithersburg	ht-14.5	14.74
1995	Bob Garhart	Gaithersburg	ht-14.8	15.04
1996	Zack Adams	Magruder	ht-15.0	15.24
1997	Zack Adams	Magruder	ht-14.4	14.64 R
1998	Matt Mcguire	Richard Montgomery	ht-14.5	14.74
1999	Ron Frazier	Gaithersburg	ht-14.8	15.04
2000	Ron Frazier	Gaithersburg	ht-13.7	13.94 R
2001	Vaclav Malek	Walter Johnson	ht-14.7	14.94
2002	Derrick Washington	Watkins Mill	ht-14.7	14.94
2003	Dewayne Whitaker	Northwest	ht-14.3	14.54
2004	Joey Robinson	Gaithersburg	ht-14.7	14.94
2005	Joey Robinson	Gaithersburg	ht-14.5	14.74
2006	Vincent Bosha	Magruder		14.58
2007	Tyler Jackson	Richard Montgomery		14.86
2008	Petros Bein	Clarksburg		14.71
2009	Owen Cain	Gaithersburg		14.86
2009	Owen Cain	Gaithersburg		15.02
2010	Trevon Carroll	Gaithersburg		14.52
2011	Damiete Roberts	Watkins Mill		15.01
2012	Elad Covaliu	Walter Johnson		15.11
2013	Paul Joseph	Clarksburg		14.75
2014	Devon Hairston	John F. Kennedy		14.35
2015	Shyheim Wright	Northwest		15.63
2016	Shyheim Wright	Northwest	ht-13.8	14.04
2017	Robert Gicheru	Northwest		15.11
2018	Elias Boussouf	James H. Blake		15.23
2019	Amadou Silimana	Watkins Mill		14.50

Girls 300m Hurdles Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 300m Hurdles
1	Alexus Pyles	Clarksburg	2015		44.12
2	Eddita Pessima	Northwest	2017		44.39
3	Laila Ismail	Bethesda Chevy Chase	2014		44.41
4	Audrey Gariepy-Bogui	Winston Churchill	2007		44.57
5	Olivia Durr	Poolesville	2008		44.98
6	Takisha Williams	Sherwood	1993	ht-45.0	45.24
7	Alexus Pyles	Clarksburg	2016	ht-45.0	45.25
8	Judith Owens	Albert Einstein	1988	ht-45.1	45.34
8	Katia Crowe	Seneca Valley	1993	ht-45.1	45.34
10	Laura Shaw	Walter Johnson	2003	ht-45.2	45.44
10	Courtney Christian	Walter Johnson	2016	ht-45.2	45.44
12	Hilary Moen	Walter Johnson	2005	ht-45.3	45.54
13	Gwen Shaw	Thomas S. Wootton	2010		45.60
14	Kaya Rae Dunbar	Paint Branch	2019		45.62
15	Cecily Gallup	Walt Whitman	1995	ht-45.4	45.64
15	Hilary Moen	Walter Johnson	2006	ht-45.4	45.64
17	Ale Martinez	Winston Churchill	2010		45.71
18	Laura Shaw	Walter Johnson	2002	ht-45.5	45.74
19	Gwen Shaw	Thomas S. Wootton	2013		45.75
20	Evelyn Putman	Sherwood	2011		45.82
21	Genie Lavine	Gaithersburg	1999	ht-45.7	45.94
21	Amilia Evans	Northwest	2001	ht-45.7	45.94
23	Gwen Shaw	Thomas S. Wootton	2012		45.97
24	HelnSarah Penda	Seneca Valley	2015		46.03
25	Wendy Peal	Winston Churchill	1982	ht-45.8	46.04
25	Laurie Bruce	Whitman	1987	ht-45.8	46.04
25	Leondra Correia	Northwest	2016	ht-45.8	46.04

300m Hurdles All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Laila Ismail	Bethesda Chevy Chase	2014	44.41	Ashlyn Sinclair	Blair	2004	47.34
Shaina Silva	Blake	2004	47.04	Audrey Gariepy-Bogui	Churchill	2007	44.57
Alexus Pyles	Clarksburg	2015	44.12	Erika Zoller	Damascus	2005	46.34
Judith Owens	Einstein	1988	45.34	Genie Lavine	Gaithersburg	1999	45.94
Laura Shaw	Walter Johnson	2003	45.44	Brittanie Morris	John F. Kennedy	2010	47.60
Shelby Trout	Magruder	2014	47.53	Danielle Crowley	Richard Montgomery	2011	47.21
Eddita Pessima	Northwest	2017	44.39	Shaneil Thomas	Northwood	2013	47.85
Kaya Rae Dunbar	Paint Branch	2019	45.62	Olivia Durr	Poolesville	2008	44.98
Shannon Dwyer	Quince Orchard	2010	46.38	Lasia Brown	Rockville	2002	48.44
Katia Crowe	Seneca Valley	1993	45.34	Takisha Williams	Sherwood	1993	45.24
Ndidi Obichere	Springbrook	1998	47.44	Alicia Tucker	Watkins Mill	1996	49.54
Donyale Thomas	Wheaton	1985	47.54	Cecily Gallup	Walt Whitman	1995	45.64
Gwen Shaw	Wootton	2010	45.60	Jude	Peary	1980	48.94
Lucy Huff	Charles Woodward	1986	47.44				

Girls 300 Meter Hurdles County Champions | 400 Meter Hurdles in 1983*

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 300m Hurdles</u>
1980	Carol Weise	Walter Johnson	ht-48.0	48.24 R
1981	Cami Rodgers	Winston Churchill	ht-46.6	46.84 R
1982	Wendy Peal	Winston Churchill	ht-45.8	46.04 R
1983	Yvette Sandler	Winston Churchill	ht-68.6	68.84*
1984	LaDonna Gooden	Albert Einstein	ht-48.6	48.84
1985	Donyale Thomas	Wheaton	ht-47.3	47.54
1986	Laurie Bruce	Walt Whitman	ht-46.4	46.64
1987	Laurie Bruce	Walt Whitman	ht-45.8	46.04
1988	Judith Owens	Albert Einstein	ht-45.1	45.34 R
1989	Torrey Simons	Walter Johnson	ht-48.6	48.84
1990	Torrey Simons	Walter Johnson	ht-46.8	47.04
1991	Torrey Simons	Walter Johnson	ht-46.8	47.04
1992	Torrey Simons	Walter Johnson	ht-46.3	46.54
1993	Takisha Williams	Sherwood	ht-45.0	45.24 R
1994	Takisha Williams	Sherwood	ht-46.3	46.54
1995	Cecily Gallup	Walt Whitman	ht-45.4	45.64
1996	Alicia Tucker	Watkins Mill	ht-49.3	49.54
1996	Kisha Neloms	John F. Kennedy	ht-49.3	49.54
1997	Andrea Loh	Winston Churchill	ht-47.6	47.84
1998	Ndidi Obichere	Springbrook	ht-47.2	47.44
1999	Genie Lavine	Gaithersburg	ht-45.7	45.94
2000	Debbie Fromstein	Walter Johnson	ht-46.8	47.04
2001	Amilia Evans	Northwest	ht-45.7	45.94
2002	Laura Shaw	Walter Johnson	ht-45.5	45.74
2003	Laura Shaw	Walter Johnson	ht-45.2	45.44
2004	Tricia Wedderburn	Gaithersburg	ht-46.2	46.44
2005	Hilary Moen	Walter Johnson	ht-45.3	45.54
2006	Hilary Moen	Walter Johnson	ht-45.4	45.64
2007	Audrey Gariepy-Bogui	Winston Churchill		44.57 R
2008	Olivia Durr	Poolesville		44.98
2009	Nana Langa	Clarksburg		46.60
2010	Gwen Shaw	Thomas S. Wootton		45.60
2011	Evelyn Putman	Sherwood		45.82
2012	Gwen Shaw	Thomas S. Wootton		45.97
2013	Gwen Shaw	Thomas S. Wootton		45.75
2014	Laila Ismail	Bethesda Chevy Chase		44.41 R
2015	Alexus Pyles	Clarksburg		44.12 R
2016	Alexus Pyles	Clarksburg	ht-45.0	45.24
2017	Eddita Pessima	Northwest		44.39
2018	Eddita Pessima	Northwest		46.13
2019	Kaya Rae Dunbar	Paint Branch		45.62

Boys 300m Hurdles Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 300m Hurdles
1	Alan Banks	Thomas S. Wootton	2014		38.91
2	Hubert Koj	Watkins Mill	2000	ht-38.7	38.94
3	Andrew Daniels	Northwest	2015		39.10
4	Bob Garhart	Gaithersburg	1995	ht-39.0	39.24
5	Elad Covaliu	Walter Johnson	2012		39.33
6	Justin Davis	Springbrook	1994	ht-39.1	39.34
6	James Simms	Seneca Valley	1995	ht-39.1	39.34
6	Zack Adams	Magruder	1997	ht-39.1	39.34
9	Alieu Cole	John F. Kennedy	2014		39.38
10	Devon Hairston	John F. Kennedy	2014		39.40
11	Sean Carpenter	Seneca Valley	1985	ht-39.2	39.44
12	Tim Rivenbark	Sherwood	1989	ht-39.3	39.54
12	Tony Lavine	Gaithersburg	2000	ht-39.3	39.54
14	Juvet Ebai	Paint Branch	2017		39.55
15	Ray Leonard	Winston Churchill	1991	ht-39.4	39.64
15	Eric Eursiafe	Gaithersburg	1993	ht-39.4	39.64
15	Adam Durham	Paint Branch	2003	ht-39.4	39.64
15	Joey Robinson	Gaithersburg	2005	ht-39.4	39.64
19	Jose Lopez	Magruder	2007		39.70
20	Prince Anderson	Gaithersburg	2000	ht-39.5	39.74
21	Zachary Jones	Gaithersburg	2019		39.76
22	Keith Hudson	Northwood	2008		39.81
23	Devin Moreno	Clarksburg	2010		39.82
23	Elias Boussouf	James H. Blake	2018		39.82
25	Phil Marshall	Springbrook	1992	ht-39.6	39.84

300m Hurdles All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Alex Gray	Bethesda Chevy Chase	2006	40.34	Randy Inniss	Blair	1981	40.34
Elias Boussouf	Blake	2018	39.82	Ray Leonard	Churchill	1991	39.64
Devin Moreno	Clarksburg	2010	39.82	Cecil Jonas	Damascus	2010	39.85
JB Manns	Einstein	1987	41.94	Bob Garhart	Gaithersburg	1995	39.24
Elad Covaliu	Walter Johnson	2012	39.33	Alieu Cole	John F. Kennedy	2014	39.38
Zack Adams	Magruder	1997	39.34	Elhoussan Hakimi	Richard Montgomery	2013	40.01
Andrew Daniels	Northwest	2015	39.10	Keith Hudson	Northwood	2008	39.81
Juvet Ebai	Paint Branch	2017	39.55	Josh Cocker	Poolesville	2015	42.12
Andrew Ankrah	Quince Orchard	2012	40.02	Eric Williams	Rockville	1996	41.44
James Simms	Seneca Valley	1995	39.34	Tim Rivenbark	Sherwood	1989	39.54
Justin Davis	Springbrook	1994	39.34	Hubert Koj	Watkins Mill	2000	38.94
Victor Kyle	Wheaton	2015	40.81	Stefan Grundmann	Walt Whitman	2005	40.94
Alan Banks	Wootton	2014	38.91	Gerald Hinton	Peary	1982	40.14
Matt Fonner	Charles Woodward	1984	40.84				

Boys 300 Meter Hurdles County Champions | 400 Meter Hurdles in 1983*

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 300m Hurdles</u>
1980	Tony Best	Montgomery Blair	ht-40.9	41.14 R
1981	Randy Inniss	Montgomery Blair	ht-40.1	40.34 R
1982	Gerald Hinton	Peary	ht-39.9	40.14 R
1983	Jim Elliott	Winston Churchill	ht-56.0	56.24*
1984	Matt Fonner	Charles Woodward	ht-40.6	40.84
1985	Sean Carpenter	Seneca Valley	ht-39.2	39.44 R
1986	Louis Russell	John F. Kennedy	ht-40.1	40.34
1987	Omar Rowe	Springbrook	ht-40.7	40.94
1988	Jon Davis	Springbrook	ht-41.3	41.54
1989	Tim Rivenbark	Sherwood	ht-39.3	39.54 R
1990	Ray Leonard	Winston Churchill	ht-40.3	40.54
1991	Ray Leonard	Winston Churchill	ht-39.4	39.64
1992	Phil Marshall	Springbrook	ht-39.6	39.84
1993	Eric Eursiafe	Gaithersburg	ht-39.4	39.64
1994	Justin Davis	Springbrook	ht-39.1	39.34 R
1995	Bob Garhart	Gaithersburg	ht-39.0	39.24 R
1996	Zack Adams	Magruder	ht-40.3	40.54
1997	Zack Adams	Magruder	ht-39.1	39.34
1998	Matt Mcguire	Richard Montgomery	ht-39.9	40.14
1999	Hubert Koj	Watkins Mill	ht-40.0	40.24
2000	Hubert Koj	Watkins Mill	ht-38.7	38.94 R
2001	Matt Hard	Winston Churchill	ht-39.9	40.14
2002	Darren Fewell	Sherwood	ht-40.0	40.24
2002	Matthew Hard	Winston Churchill	ht-40.0	40.24
2003	Adam Durham	Paint Branch	ht-39.4	39.64
2004	Zack Skinner	Magruder	ht-40.7	40.94
2005	Joey Robinson	Gaithersburg	ht-39.4	39.64
2006	Vincent Bosha	Magruder	ht-39.7	39.94
2007	Jose Lopez	Magruder		39.70
2008	Keith Hudson	Northwood		39.81
2009	Malcolm Wyche	Paint Branch		40.24
2010	Devin Moreno	Clarksburg		39.82
2011	Eric Bishop	Quince Orchard		40.51
2012	Elad Covaliu	Walter Johnson		39.33
2013	Elhoussan Hakimi	Richard Montgomery		40.01
2014	Alan Banks	Thomas S. Wootton		38.91 R
2015	Andrew Daniels	Northwest		39.10
2016	Shyheim Wright	Northwest	ht-40.3	40.54
2017	Juvet Ebai	Paint Branch		39.55
2018	Elias Boussouf	James H. Blake		39.82
2019	Zachary Jones	Gaithersburg		39.76

Girls High Jump Top 25 All-Time

#	Name	High School	Year	High Jump Result
1	Audrey Gariepy-Bogui	Winston Churchill	2007	5-09.50
2	Toni Aluko	Paint Branch	2003	5-09.00
3	Taylor Wright	Northwest	2018	5-08.00
3	Taylor Wright	Northwest	2019	5-08.00
5	Monica Kuhn	Charles Woodward	1983	5-07.00
5	Elizabeth Bolter	Winston Churchill	1986	5-07.00
7	Ginny Hanlon	Sherwood	1985	5-06.00
7	Thea LaFond	John F. Kennedy	2011	5-06.00
7	Taylor Wright	Northwest	2017	5-06.00
10	Lori Gieselman	Paint Branch	1985	5-04.00
10	Beth Hanlon	Sherwood	1987	5-04.00
10	Juliana Njoku	Paint Branch	1993	5-04.00
10	Vanessa Jones	Sherwood	1995	5-04.00
10	Nana Jeffrey-Idun	Wheaton	1995	5-04.00
10	Kacey Childs	Damascus	1996	5-04.00
10	Vanessa Jones	Sherwood	1997	5-04.00
10	Monica Gerald	James H. Blake	2008	5-04.00
10	Vanessa Jules	Paint Branch	2008	5-04.00
10	Chelsea Harris	Gaithersburg	2011	5-04.00
10	Naja McAdam	Clarksburg	2014	5-04.00
10	Starr Stover	Richard Montgomery	2018	5-04.00
10	Madison Depry	Wheaton	2019	5-04.00
23	Nana Jeffrey-Idun	Wheaton	1994	5-03.00
23	Juliana Njoku	Paint Branch	1994	5-03.00
25	27 Performances Tied at 5-02.00			

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

Name	School	Year	Result	Name	School	Year	Result
Bianca White	Bethesda Chevy Chase	2016	4-10.00	Carey Bartlet	Blair	2002	4-10.00
Monica Gerald	Blake	2008	5-04.00	Audrey Gariepy-Bogui	Churchill	2007	5-09.50
Naja McAdam	Clarksburg	2014	5-04.00	Kacey Childs	Damascus	1996	5-04.00
Monique Charles	Einstein	1996	4-08.00	Chelsea Harris	Gaithersburg	2011	5-04.00
Alele	Walter Johnson	1980	5-00.00	Thea LaFond	John F. Kennedy	2011	5-06.00
Colleen Speidel	Magruder	1980	5-00.00	Starr Stover	Richard Montgomery	2018	5-04.00
Taylor Wright	Northwest	2018	5-08.00	Fraser	Northwood	1980	4-08.00
Toni Aluko	Paint Branch	2003	5-09.00	Heather Graham	Poolesville	2004	5-02.00
Sierra Isaac	Quince Orchard	2012	5-02.00	Helms	Rockville	1986	4-10.00
Janice Henry	Seneca Valley	1994	5-01.00	Ginny Hanlon	Sherwood	1985	5-06.00
Hare	Springbrook	1983	5-02.00	Ethylene Thomas	Watkins Mill	2005	4-10.00
Nana Jeffrey-Idun	Wheaton	1995	5-04.00	Andrea Dritschilo	Walt Whitman	1991	5-02.00
Jen Mortensen	Wootton	1993	5-00.00	Monica Kuhn	Charles Woodward	1983	5-07.00

Girls High Jump County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>High Jump Result</u>
1980	Colleen Speidel	Magruder	5-00.00 R
1981	Liz Beer	Winston Churchill	4-10.00
1982	Monica Kuhn	Charles Woodward	5-02.00 R
1983	Monica Kuhn	Charles Woodward	5-07.00 R
1984	Ginny Hanlon	Sherwood	5-00.00
1985	Ginny Hanlon	Sherwood	5-06.00
1986	Elizabeth Bolter	Winston Churchill	5-07.00
1987	Beth Hanlon	Sherwood	5-04.00
1988	Andrea Dritschilo	Walt Whitman	4-10.00
1989	Tyra Moore	Springbrook	5-00.00
1990	Andrea Dritschilo	Walt Whitman	4-10.00
1991	Andrea Dritschilo	Walt Whitman	5-02.00
1992	Juliana Njoku	Paint Branch	4-10.00
1993	Juliana Njoku	Paint Branch	5-04.00
1994	Nana Jeffrey-Idun	Wheaton	5-03.00
1995	Vanessa Jones	Sherwood	5-04.00
1996	Kacey Childs	Damascus	5-04.00
1997	Vanessa Jones	Sherwood	5-04.00
1998	Emily Owens	Richard Montgomery	5-00.00
1999	Michelle Smith	Gaithersburg	5-00.00
2000	Michelle Smith	Gaithersburg	5-02.00
2001	Cassie Tressler	Damascus	5-02.00
2002	Cassie Tressler	Damascus	5-01.00
2003	Toni Aluko	Paint Branch	5-09.00 R
2004	Emma Hanson	Damascus	5-02.00
2005	Emma Hanson	Damascus	5-02.00
2006	Chelsea Reinks	Damascus	5-02.00
2007	Audrey Gariepy-Bogui	Winston Churchill	5-09.50 R
2008	Monica Gerald	James H. Blake	5-04.00
2009	Ashley Dabney	Wheaton	5-02.00
2010	Rachel Osnos	Walt Whitman	5-02.00
2011	Thea LaFond	John F. Kennedy	5-06.00
2012	Sierra Isaac	Quince Orchard	5-02.00
2013	Zahara Sani	Paint Branch	5-02.00
2014	Naja McAdam	Clarksburg	5-04.00
2015	Naja McAdam	Clarksburg	5-02.00
2016	Stephanie Bateky	Northwest	5-02.00
2017	Taylor Wright	Northwest	5-06.00
2018	Taylor Wright	Northwest	5-08.00
2019	Taylor Wright	Northwest	5-08.00

Boys High Jump Top 25 All-Time

#	Name	High School	Year	High Jump Result
1	Kevin Joyce	Springbrook	1985	6-11.00
2	Dave Huffman	Walter Johnson	1985	6-08.00
2	Damon Hill	Gaithersburg	2002	6-08.00
4	Will Harper	Charles Woodward	1985	6-06.00
4	Mark Wheatle	Albert Einstein	1988	6-06.00
4	Tavis Ndure	Gaithersburg	1994	6-06.00
4	Kelvin Bright	Albert Einstein	2004	6-06.00
4	Kelvin Bright	James H. Blake	2005	6-06.00
4	Jamal Currica	Damascus	2007	6-06.00
10	Carroll Hill	Gaithersburg	1986	6-05.00
10	Will Harper	Charles Woodward	1986	6-05.00
10	Richard Ridley	Richard Montgomery	1986	6-05.00
13	Steve Long	Rockville	1984	6-04.00
13	Robert Jackson	Gaithersburg	1986	6-04.00
13	Robert Jackson	Gaithersburg	1987	6-04.00
13	Martin Seonarain	Quince Orchard	1994	6-04.00
13	Tavis Ndure	Gaithersburg	1995	6-04.00
13	Anthony Richards	Montgomery Blair	2000	6-04.00
13	Markcus Ruffin	Northwest	2005	6-04.00
13	Cameron Pitt	Springbrook	2006	6-04.00
13	Jamal Currica	Damascus	2006	6-04.00
13	Rico Taylor	Wheaton	2009	6-04.00
13	Kaos Williams	Clarksburg	2013	6-04.00
13	Divinus Muteba	Northwest	2017	6-04.00
13	Divinus Muteba	Northwest	2018	6-04.00

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

Name	School	Year	Result	Name	School	Year	Result
Dabrowski	Bethesda Chevy Chase	1983	6-00.00	Anthony Richards	Blair	2000	6-04.00
Kelvin Bright	Blake	2005	6-06.00	Olu Stevens	Churchill	1987	6-02.00
Kaos Williams	Clarksburg	2013	6-04.00	Jamal Currica	Damascus	2007	6-06.00
Mark Wheatle	Einstein	1988	6-06.00	Damon Hill	Gaithersburg	2002	6-08.00
Dave Huffman	Walter Johnson	1985	6-08.00	Raason Young	John F. Kennedy	2006	6-02.00
Daryl Wilbanks	Magruder	1993	6-02.00	Richard Ridley	Richard Montgomery	1986	6-05.00
Markcus Ruffin	Northwest	2005	6-04.00	Bill Poindexter	Northwood	1981	6-00.00
Chris Smart	Paint Branch	2000	6-02.00	Dewey Barnes	Poolesville	1983	6-01.00
Martin Seonarain	Quince Orchard	1994	6-04.00	Steve Long	Rockville	1984	6-04.00
Hugo Trotman	Seneca Valley	1994	6-02.00	John Bishop	Sherwood	1989	6-02.00
Kevin Joyce	Springbrook	1985	6-11.00	Terrell Johnson	Watkins Mill	2004	6-02.00
Rico Taylor	Wheaton	2009	6-04.00	Miller	Walt Whitman	1983	6-00.00
Freishtat	Wootton	1989	6-02.00	Emil Davis	Peary	1980	6-02.00
Will Harper	Charles Woodward	1985	6-06.00				

Boys High Jump County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>High Jump Result</u>
1980	Emil Davis	Peary	6-02.00 R
1981	Bill Poindexter	Northwood	6-00.00
1982	Clarence Ingram	Magruder	6-00.00
1983	Dewey Barnes	Poolesville	6-01.00
1983	Arman Moshyedi	Walter Johnson	6-01.00
1984	Steve Long	Rockville	6-04.00 R
1985	Kevin Joyce	Springbrook	6-11.00 R
1986	Will Harper	Charles Woodward	6-05.00
1987	Robert Jackson	Gaithersburg	6-04.00
1988	Mark Wheatle	Albert Einstein	6-06.00
1989	John Bishop	Sherwood	6-02.00
1990	Kirk Morris	Gaithersburg	6-02.00
1991	Don Barber	Wheaton	6-00.00
1992	Antwonie McLauren	Damascus	6-02.00
1993	Daryl Wilbanks	Magruder	6-02.00
1994	Tavis Ndure	Gaithersburg	6-06.00
1995	Tavis Ndure	Gaithersburg	6-04.00
1996	Tavis Ndure	Gaithersburg	6-00.00
1997	Tuan Wreh	Richard Montgomery	6-02.00
1998	Tuan Wreh	Richard Montgomery	6-00.00
1999	Alex Elasel	Springbrook	6-02.00
2000	Anthony Richards	Montgomery Blair	6-04.00
2002	Damon Hill	Gaithersburg	6-08.00
2003	Markcus Ruffin	Northwest	6-00.00
2004	Kelvin Bright	Albert Einstein	6-06.00
2005	Kelvin Bright	James H. Blake	6-06.00
2006	Cameron Pitt	Springbrook	6-04.00
2007	Jamal Currica	Damascus	6-06.00
2008	Ebou Touray	Springbrook	6-00.00
2009	Rico Taylor	Wheaton	6-04.00
2010	Fola Akinnibi	Watkins Mill	5-10.00
2011	Mamadou Doukoure	Gaithersburg	5-10.00
2012	Kalaii Griffin	Walter Johnson	5-10.00
2013	Kaos Williams	Clarksburg	6-04.00
2014	Michael Scott	John F. Kennedy	6-00.00
2015	Dylan Bikim	Quince Orchard	6-02.00
2016	Dylan Bikim	Quince Orchard	6-00.00
2017	Divinus Muteba	Northwest	6-04.00
2018	Divinus Muteba	Northwest	6-04.00
2019	Clarence Foote-Talley	Northwest	6-00.00

Girls Long Jump Top 25 All-Time

#	Name	High School	Year	Long Jump Result
1	Wanda Evans	Magruder	1987	18-07.75
2	Wanda Evans	Magruder	1985	18-07.00
2	Leondra Correia	Northwest	2015	18-07.00
4	Bernadine Bocus	Winston Churchill	1980	18-06.00
5	Toni Aluko	Paint Branch	2003	18-05.00
6	Bernadine Bocus	Winston Churchill	1982	18-02.50
7	Jackie McGrowder	Montgomery Blair	1981	18-01.125
8	Thea LaFond	John F. Kennedy	2011	18-01.00
9	Leondra Correia	Northwest	2016	18-00.50
10	Casey Dowling	Thomas S. Wootton	2012	18-00.00
11	Cierra Pyles	Clarksburg	2015	17-11.75
12	Thea LaFond	John F. Kennedy	2010	17-11.50
13	Rebecca duRivage-Jacobs	Montgomery Blair	2002	17-09.50
14	Leah Putman	Sherwood	2007	17-08.50
15	Jackie McGrowder	Montgomery Blair	1982	17-08.00
16	Tyra Moore	Springbrook	1989	17-07.50
17	Kendra Meredith	Northwest	2014	17-06.50
17	Stephanie Bateky	Northwest	2015	17-06.50
19	Krystal Harrington	Paint Branch	2002	17-05.75
20	Toni Aluko	Paint Branch	2004	17-05.00
21	Angie Mitchell	Montgomery Blair	1990	17-04.00
21	Kacey Childs	Damascus	1997	17-04.00
21	Keila Robertson	Magruder	2015	17-04.00
24	Kara Huie	Thomas S. Wootton	2014	17-03.50
25	Erika Zoller	Damascus	2005	17-03.00

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

Name	School	Year	Result	Name	School	Year	Result
Maduba Polan	Bethesda Chevy Chase	1998	16-03.75	Jackie McGrowder	Blair	1981	18-01.125
Jennifer Larsen	Blake	2002	17-02.00	Bernadine Bocus	Churchill	1980	18-06.00
Cierra Pyles	Clarksburg	2015	17-11.75	Kacey Childs	Damascus	1997	17-04.00
Winona Peace	Einstein	2015	16-07.50	Michelle Smith	Gaithersburg	2000	17-00.00
Fatima Abbas	Walter Johnson	1997	16-10.25	Thea LaFond	John F. Kennedy	2011	18-01.00
Wanda Evans	Magruder	1987	18-07.75	Ashley Christopher	Richard Montgomery	2013	16-10.50
Leondra Correia	Northwest	2015	18-07.00	Cheronn Collins	Northwood	1981	16-06.50
Toni Aluko	Paint Branch	2003	18-05.00	Manisha Sunil	Poolesville	2015	15-11.00
Sierra Isaac	Quince Orchard	2012	17-00.00	Krista Hicks	Rockville	1989	16-03.50
Tyatianna Johnson	Seneca Valley	2014	16-01.50	Leah Putman	Sherwood	2007	17-08.50
Tyra Moore	Springbrook	1989	17-07.50	Ethylen Thomas	Watkins Mill	2005	15-01.00
Karyn Felder	Wheaton	1986	16-06.00	Martina Afshar	Walt Whitman	1987	16-02.50
Casey Dowling	Thomas S. Wootton	2012	18-00.00	Mead	Charles Woodward	1984	13-05.00

Girls Long Jump County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Long Jump Result</u>
1980	Bernadine Bocus	Winston Churchill	18-06.00 R
1981	Jackie McGrowder	Montgomery Blair	18-01.125
1982	Bernadine Bocus	Winston Churchill	18-02.50
1983	Dede Flowers	Thomas S. Wootton	16-02.00
1984	Wanda Evans	Magruder	16-02.75
1985	Wanda Evans	Magruder	18-07.00 R
1986	Karyn Felder	Wheaton	16-06.00
1987	Wanda Evans	Magruder	18-07.75 R
1988	Krista Hicks	Rockville	16-02.75
1989	Tyra Moore	Springbrook	17-07.50
1990	Angie Mitchell	Montgomery Blair	17-04.00
1991	Nurisha Rush	Walt Whitman	15-08.75
1992	Julie Sloan	Walt Whitman	14-06.50
1993	Missy Costley	Gaithersburg	15-11.50
1994	Kikisha Addison	Gaithersburg	16-08.50
1995	Jillian Bridges	Springbrook	17-00.00
1996	Kacey Childs	Damascus	15-11.00
1997	Kacey Childs	Damascus	17-04.00
1998	Maduba Polan	Bethesda Chevy Chase	16-03.75
1999	Allyson Hardy	Northwest	16-02.00
2000	Arike Ogundipe	Damascus	17-01.50
2001	Allyson Hardy	Northwest	17-01.00
2002	Rebecca duRivage-Jacobs	Montgomery Blair	17-09.50
2003	Toni Aluko	Paint Branch	18-05.00
2004	Toni Aluko	Paint Branch	17-05.00
2005	Erika Zoller	Damascus	17-03.00
2006	Audrey Gariepy-Bogui	Winston Churchill	16-05.75
2007	Leah Putman	Sherwood	17-08.50
2008	Romula Hawthorne	John F. Kennedy	17-00.00
2009	Casey Dowling	Thomas S. Wootton	16-10.00
2010	Thea LaFond	John F. Kennedy	17-11.50
2011	Thea LaFond	John F. Kennedy	18-01.00
2012	Casey Dowling	Thomas S. Wootton	18-00.00
2013	Ashley Christopher	Richard Montgomery	16-10.50
2014	Kendra Meredith	Northwest	17-06.50
2015	Leondra Correia	Northwest	18-07.00
2016	Leondra Correia	Northwest	18-00.50
2017	Ashley Santini	Northwest	16-09.75
2018	Atinuke Shittu	Northwest	16-11.00
2019	Brooke Shields	Clarksburg	17-02.00

Boys Long Jump Top 25 All-Time

#	Name	High School	Year	Long Jump Result
1	Emil Davis	Peary	1980	22-08.75
2	Robert Jackson	Gaithersburg	1987	22-07.00
2	Mark Wheatle	Albert Einstein	1988	22-07.00
4	Charles Gassaway	Gaithersburg	1985	22-06.50
5	Kirk Morris	Gaithersburg	1989	22-06.00
6	Nathan Hicks	Montgomery Blair	1982	22-03.50
6	Bob Beavers	Winston Churchill	1982	22-03.50
6	Sheldon Hutchinson	Gaithersburg	1997	22-03.50
9	Kirk Morris	Gaithersburg	1990	22-01.75
10	Robert Jackson	Gaithersburg	1986	22-01.50
11	Ian Wellington	Albert Einstein	1997	22-00.50
11	Dearage Ty Mason	James H. Blake	2016	22-00.50
13	Lenny Williams	Paint Branch	1990	21-11.75
14	Tim Edwards	Albert Einstein	1987	21-11.00
14	Maurice Holmes	Albert Einstein	1987	21-11.00
14	Ian Wellington	Albert Einstein	1996	21-11.00
14	Ty Mason	James H. Blake	2017	21-11.00
18	Gaston Assoua	James H. Blake	2012	21-10.50
19	Charles Saunders	Montgomery Blair	1980	21-10.00
19	Gerald Jackson	Montgomery Blair	1981	21-10.00
19	Anthony Young-Wiseman	Walt Whitman	2008	21-10.00
22	Damon Hill	Gaithersburg	2002	21-09.75
23	Clay	Northwood	1980	21-09.50
24	Jay Colbert	Gaithersburg	1997	21-09.25
25	Seb Clanci	Albert Einstein	1986	21-09.00
25	Leon Phillips	Winston Churchill	1995	21-09.00
25	Jay Colbert	Gaithersburg	1999	21-09.00

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

Name	School	Year	Result	Name	School	Year	Result
Troy Hines	B-CC	1993	21-00.00	Nathan Hicks	Blair	1982	22-03.50
Dearage Ty Mason	Blake	2016	22-00.50	Bob Beavers	Churchill	1982	22-03.50
Morgan Mott	Clarksburg	2008	20-01.25	Tikristi Ayo-Durojaiye	Damascus	2019	21-03.50
Mark Wheatle	Einstein	1988	22-07.00	Robert Jackson	Gaithersburg	1987	22-07.00
Ian Francis	Walter Johnson	2007	20-11.00	Michael Scott	John F. Kennedy	2014	21-06.75
Clarence Ingram	Magruder	1982	21-06.50	Drew Byrd	R. Montgomery	2017	21-03.50
Anthony Woods Jr.	Northwest	2018	21-05.00	Clay	Northwood	1980	21-09.50
Lenny Williams	Paint Branch	1990	21-11.75	Greg Brooks	Poolesville	2004	20-05.00
Onaje Robinson	Quince Orchard	1993	21-08.00	Rodney Cray	Rockville	1982	21-04.50
Donovan Beckett-Simms	Seneca Valley	2015	21-08.75	Tyrese Williams	Sherwood	2019	21-06.50
Kafui Dzirasa	Springbrook	1996	21-06.00	Mike Aubin	Watkins Mill	2005	21-08.00
Frazier	Wheaton	1980	21-08.00	Anthony Young-Wiseman	Walt Whitman	2008	21-10.00
Gilmore Thompson	Wootton	1997	21-03.50	Emil Davis	Peary	1980	22-08.75
Kouzel	Charles Woodward	1984	18-08.00				

Boys Long Jump County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Long Jump Result</u>
1980	Emil Davis	Peary	22-08.75 R
1981	Gerald Jackson	Montgomery Blair	21-10.00
1982	Nathan Hicks	Montgomery Blair	22-03.50
1983	Shawn Tittley	Seneca Valley	21-08.50
1984	Rodney Cray	Rockville	20-02.75
1985	Charles Gassaway	Gaithersburg	22-06.50
1986	Robert Jackson	Gaithersburg	22-01.50
1987	Robert Jackson	Gaithersburg	22-07.00
1988	Mark Wheatle	Albert Einstein	22-07.00
1989	Kirk Morris	Gaithersburg	22-06.00
1990	Kirk Morris	Gaithersburg	22-01.75
1991	Antwonie McLauren	Damascus	20-08.75
1992	Onaje Robinson	Quince Orchard	21-07.00
1993	Onaje Robinson	Quince Orchard	21-08.00
1994	Chucky Carter	Seneca Valley	20-05.50
1995	Leon Phillips	Winston Churchill	21-09.00
1996	Ian Wellington	Albert Einstein	21-11.00
1997	Sheldon Hutchinson	Gaithersburg	22-03.50
1998	Tuan Wreh	Richard Montgomery	20-08.00
1999	Jay Colbert	Gaithersburg	21-09.00
2000	Jay Colbert	Gaithersburg	21-06.75
2001	Damon Hill	Gaithersburg	21-05.00
2002	Damon Hill	Gaithersburg	21-09.75
2003	Mutombo Matamba	Gaithersburg	20-04.00
2004	Jonathan Frazier	Seneca Valley	20-07.25
2005	Mike Aubin	Watkins Mill	21-08.00
2006	Ryan Blaser	Albert Einstein	20-10.50
2007	Darius Ray	Magruder	21-05.00
2008	Anthony Young-Wiseman	Walt Whitman	21-10.00
2009	Owen Cain	Gaithersburg	20-08.50
2010	Sheldon Trotman	Northwest	20-02.50
2011	Sheldon Trotman	Northwest	21-03.00
2012	Gaston Assoua	James H. Blake	21-10.50
2013	Sytta Barry	Paint Branch	21-06.00
2014	Michael Scott	John F. Kennedy	21-06.75
2015	Donovan Beckett-Simms	Seneca Valley	21-08.75
2016	Dearage Ty Mason	James H. Blake	22-00.50
2017	Dearage Ty Mason	James H. Blake	21-11.00
2018	Anthony Woods Jr.	Northwest	21-05.00
2019	Tyrese Williams	Sherwood	21-06.50

Girls Triple Jump Top 25 All-Time

#	Name	High School	Year	Triple Jump Result
1	Thea LaFond	John F. Kennedy	2011	40-08.00
2	Alexus Pyles	Clarksburg	2015	39-06.25
3	Thea LaFond	John F. Kennedy	2010	39-06.00
4	Taylor Wright	Northwest	2018	38-08.00
5	Arielle Statham	Paint Branch	2009	38-06.00
6	Taylor Wright	Northwest	2019	38-04.50
7	Tyatianna Johnson	Seneca Valley	2015	38-01.50
8	Audrey Gariepy-Bogui	Winston Churchill	2007	38-00.00
9	Toni Aluko	Paint Branch	2003	37-10.50
10	Audrey Gariepy-Bogui	Winston Churchill	2006	37-09.50
11	Kara Huie	Thomas S. Wootton	2014	37-09.25
12	Thea LaFond	John F. Kennedy	2009	37-07.00
13	Breanna Coleman	Paint Branch	2014	37-02.00
14	Allison Hecht	Winston Churchill	1990	37-01.50
15	K.C. Ashiogwu	Gaithersburg	2018	37-00.75
16	Julia McDermott	Winston Churchill	2015	36-11.50
17	Monda Webb	Montgomery Blair	1985	36-08.00
18	Taylor Wright	Northwest	2016	36-07.50
19	Jordan Pitchford	Damascus	2010	36-07.25
20	Denise Woode	Damascus	2016	36-06.75
21	Thea LaFond	John F. Kennedy	2008	36-06.25
22	Tyatianna Johnson	Seneca Valley	2013	36-06.00
23	Alexus Pyles	Clarksburg	2016	36-05.25
24	Jillian Bridges	Springbrook	1995	36-03.50
25	Sierra Isaac	Quince Orchard	2012	36-03.25

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

Name	School	Year	Result	Name	School	Year	Result
Sisan Dorsu	Bethesda Chevy Chase	2014	35-09.75	Monda Webb	Blair	1985	36-08.00
Grace Oxley	Blake	2010	35-03.00	Audrey Gariepy-Bogui	Churchill	2007	38-00.00
Alexus Pyles	Clarksburg	2015	39-06.25	Jordan Pitchford	Damascus	2010	36-07.25
Antoinette Moon	Einstein	1989	35-07.50	K.C. Ashiogwu	Gaithersburg	2018	37-00.75
Laura Dally	Walter Johnson	2011	35-10.00	Thea LaFond	John F. Kennedy	2011	40-08.00
Keila Robertson	Magruder	2016	35-09.75	Marilyn Rodriguez	Richard Montgomery	2013	34-07.75
Taylor Wright	Northwest	2018	38-08.00	Vanessa Scretchen	Northwood	2011	31-00.50
Arielle Statham	Paint Branch	2009	38-06.00	Ashley Loh	Poolesville	2004	34-08.00
Sierra Isaac	Quince Orchard	2012	36-03.25	Koehler	Rockville	1985	35-00.50
Tyatianna Johnson	Seneca Valley	2015	38-01.50	Leah Putman	Sherwood	2007	35-06.00
Jillian Bridges	Springbrook	1995	36-03.50	Cindy Vargus	Watkins Mill	2005	31-00.00
Dorilene Turay	Wheaton	1998	34-10.00	Laurie Bruce	Walt Whitman	1987	35-05.50
Kara Huie	Wootton	2014	37-09.25	Nancy Koehler	Peary	1984	33-11.50
Monica Kuhn	Charles Woodward	1983	32-02.00				

Girls Triple Jump County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Triple Jump Result</u>
1983	Jackie Gentleman	Walt Whitman	32-08.50 R
1984	Nancy Koehler	Peary	33-11.50 R
1985	Monda Webb	Montgomery Blair	36-08.00 R
1986	Monda Webb	Montgomery Blair	35-04.75
1987	Laurie Bruce	Walt Whitman	35-05.50
1988	Natasha Barnes	Albert Einstein	34-00.00
1989	Tyra Moore	Springbrook	35-09.00
1990	Allison Hecht	Winston Churchill	37-01.50 R
1991	Danielle Johhson	Gaithersburg	33-05.00
1992	Vanessa Pratt	Montgomery Blair	33-01.00
1993	Chamille Dennis	Albert Einstein	33-10.50
1994	Kacey Childs	Damascus	35-07.00
1995	Jillian Bridges	Springbrook	36-03.50
1996	Kacey Childs	Damascus	35-01.50
1997	Kacey Childs	Damascus	34-02.50
1998	Dorilene Turay	Wheaton	34-10.00
1999	Michelle Smith	Gaithersburg	33-06.25
2000	Arike Ogundipe	Damascus	34-08.25
2001	Natalie Robles	Walter Johnson	32-09.25
2002	Rebecca duRivage-Jacobs	Montgomery Blair	33-07.00
2003	Toni Aluko	Paint Branch	37-10.50 R
2004	Toni Aluko	Paint Branch	36-01.50
2005	Jessica Jenkins	John F. Kennedy	34-00.25
2006	Audrey Gariepy-Bogui	Winston Churchill	37-09.50
2007	Audrey Gariepy-Bogui	Winston Churchill	38-00.00 R
2008	Thea LaFond	John F. Kennedy	36-06.25
2009	Arielle Statham	Paint Branch	38-06.00 R
2010	Thea LaFond	John F. Kennedy	39-06.00 R
2011	Thea LaFond	John F. Kennedy	40-08.00 R
2012	Sierra Isaac	Quince Orchard	36-03.25
2013	Tyatianna Johnson	Seneca Valley	36-06.00
2014	Kara Huie	Thomas S. Wootton	37-09.25
2015	Alexus Pyles	Clarksburg	39-06.25
2016	Taylor Wright	Northwest	36-07.50
2017	Ashley Santini	Northwest	35-06.50
2018	Taylor Wright	Northwest	38-08.00
2019	Taylor Wright	Northwest	38-04.50

Boys Triple Jump Top 25 All-Time

#	Name	High School	Year	Triple Jump Result
1	Clarence Foote-Talley	Northwest	2019	49-05.50
2	Tim Edwards	Albert Einstein	1988	47-10.00
3	Clarence Foote-Talley	Northwest	2018	46-11.50
4	Renaldo Smith	Sherwood	2017	46-07.75
5	BJ Shaw	Gaithersburg	2007	46-03.50
6	Jay Colbert	Gaithersburg	1999	46-02.50
7	Ian Francis	Walter Johnson	2008	46-01.75
8	Shawn Tittley	Seneca Valley	1983	46-01.50
9	Shawn Tittley	Seneca Valley	1982	45-11.00
10	Sheldon Hutchinson	Gaithersburg	1996	45-10.75
11	Jay Colbert	Gaithersburg	2000	45-09.75
12	John Welbon	Gaithersburg	2003	45-09.25
13	Ian Francis	Walter Johnson	2007	45-09.00
13	Donovan Beckett-Simms	Seneca Valley	2016	45-09.00
15	Sheldon Hutchinson	Gaithersburg	1997	45-07.50
16	Carlos Vanzego	Clarksburg	2014	45-07.00
17	Donovan Knight	Seneca Valley	1982	45-05.00
18	Adrian Summers	Montgomery Blair	1981	45-04.75
19	Nathan Hicks	Montgomery Blair	1982	45-04.50
19	Sheldon Trotman	Northwest	2011	45-04.50
21	Owen Cain	Gaithersburg	2008	45-02.00
22	Kaifa Boyce	Gaithersburg	2012	45-01.50
23	Moussa Sylla	James H. Blake	2018	45-01.25
24	Robert Jackson	Gaithersburg	1987	45-00.50
25	Elliott Davis	Quince Orchard	2014	45-00.25

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

Name	School	Year	Result	Name	School	Year	Result
Kingsley Ellis	Bethesda-CC	1987	42-08.00	Adrian Summers	Blair	1981	45-04.75
Moussa Sylla	Blake	2018	45-01.25	Brendan Tan-Fahed	Churchill	2018	44-05.00
Carlos Vanzego	Clarksburg	2014	45-07.00	Eric Sye	Damascus	1999	44-09.00
Tim Edwards	Einstein	1988	47-10.00	BJ Shaw	Gaithersburg	2007	46-03.50
Ian Francis	Walter Johnson	2008	46-01.75	Michael Emerson	John F. Kennedy	2005	42-09.00
Jonathan Onasanya	Magruder	2012	44-05.75	Tuan Wreh	R. Montgomery	1997	45-00.00
Clarence Foote-Talley	Northwest	2019	49-05.50	Cameron Rice	Northwood	2018	43-10.75
Lenny Williams	Paint Branch	1990	44-05.00	Corey Shinko	Poolesville	2004	42-09.00
Elliott Davis	Quince Orchard	2014	45-00.25	Hillman	Rockville	1983	43-04.00
Shawn Tittley	Seneca Valley	1983	46-01.50	Renaldo Smith	Sherwood	2017	46-07.75
Kafui Dzirasa	Springbrook	1996	43-09.00	Damiete Roberts	Watkins Mill	2010	43-04.25
Phu Trinh	Wheaton	1994	43-05.25	Travis Atwater	Walt Whitman	2008	39-05.25
Jamil Abdule-Rauf	Wootton	2008	43-07.75	Kouzel	Charles Woodward	1984	41-04.75

Boys Triple Jump County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Triple Jump Result</u>
1981	Adrian Summers	Montgomery Blair	45-04.75 R
1982	Shawn Tittley	Seneca Valley	45-11.00 R
1983	Shawn Tittley	Seneca Valley	46-01.50 R
1984	Charles Gassaway	Gaithersburg	42-09.50
1985	Charles Gassaway	Gaithersburg	44-09.00
1986	Robert Jackson	Gaithersburg	44-07.50
1987	Robert Jackson	Gaithersburg	45-00.50
1988	Tim Edwards	Albert Einstein	47-10.00 R
1989	Anthony Sewell	Gaithersburg	43-09.00
1990	Lenny Williams	Paint Branch	44-05.00
1991	Khalid Muhammed	Watkins Mill	43-00.25
1992	Rafiu Bakare	Springbrook	43-06.00
1993	Onaje Robinson	Quince Orchard	44-06.50
1994	Phu Trinh	Wheaton	43-05.25
1995	Leon Phillips	Winston Churchill	44-01.00
1996	Sheldon Hutchinson	Gaithersburg	45-10.75
1997	Sheldon Hutchinson	Gaithersburg	45-07.50
1998	Tuan Wreh	Richard Montgomery	45-00.00
1999	Jay Colbert	Gaithersburg	46-02.50
2000	Jay Colbert	Gaithersburg	45-09.75
2001	Richard Riley	Gaithersburg	43-09.25
2002	Jason Miller	Springbrook	41-09.00
2003	John Welbon	Gaithersburg	45-09.25
2004	John Welbon	Gaithersburg	43-07.75
2005	Bryant England	Seneca Valley	44-09.00
2006	Jeremy Herring	John F. Kennedy	42-07.00
2007	BJ Shaw	Gaithersburg	46-03.50
2008	Ian Francis	Walter Johnson	46-01.75
2009	Owen Cain	Gaithersburg	44-09.75
2010	Fonati Quinn	Richard Montgomery	44-03.25
2011	Sheldon Trotman	Northwest	45-04.50
2012	Kaifa Boyce	Gaithersburg	45-01.50
2013	Elliott Davis	Quince Orchard	44-10.50
2014	Carlos Vanzego	Clarksburg	45-07.00
2015	Dorian Jones	Quince Orchard	45-00.00
2016	Donovan Beckett-Simms	Seneca Valley	45-09.00
2017	Renaldo Smith	Sherwood	46-07.75
2018	Clarence Foote-Talley	Northwest	46-11.50
2019	Clarence Foote-Talley	Northwest	49-05.50 R

Girls Shot Put Top 25 All-Time

#	Name	High School	Year	Shot Put Result
1	Claudia Ababio	Clarksburg	2014	45-01.00
2	Ozioma Edokobi	Richard Montgomery	2014	41-03.25
3	Claudia Ababio	Clarksburg	2012	40-00.00
4	Amy Schwinn	Whitman	1984	39-04.00
5	Brittany Moreland	Northwest	2007	39-01.00
6	Debbie Simone	Damascus	1980	38-08.25
7	Janise Bestman	Paint Branch	2018	38-07.25
8	Ashley Fauntleroy	Paint Branch	2004	38-06.50
9	Nanette Toone	Northwood	1983	38-01.50
10	Amy Schwinn	Whitman	1983	38-01.00
11	Nneoma Edokobi	Richard Montgomery	2012	38-00.00
12	Chrissie Buser	Seneca Valley	1987	37-09.50
13	Karen Dyson	Seneca Valley	1990	37-08.00
14	Justina Ababio	Clarksburg	2016	37-06.75
15	Claudia Ababio	Clarksburg	2013	37-06.00
16	Rachel Porzel	James H. Blake	2011	37-05.50
17	Virginia Owusu-Mainoo	Seneca Valley	2011	37-05.00
17	Erin Hatcher	Paint Branch	2019	37-05.00
19	Turquoia Johnson	Clarksburg	2009	37-02.00
20	Allison Armstrong	John F. Kennedy	1985	36-10.25
21	Rachel Beerman	Winston Churchill	1986	36-10.00
22	Evans	Whitman	1983	36-09.00
22	Shanika Odom	Quince Orchard	1996	36-09.00
24	Justina Ababio	Clarksburg	2015	36-08.00
25	Virginia Owusu-Mainoo	Seneca Valley	2012	36-07.00
25	Janise Bestman	Paint Branch	2017	36-07.00

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

Name	School	Year	Result	Name	School	Year	Result
Imani McCray	Bethesda Chevy Chase	2014	32-11.50	Marsha Burke	Blair	1980	36-00.00
Rachel Porzel	Blake	2011	37-05.50	Rachel Beerman	Churchill	1986	36-10.00
Claudia Ababio	Clarksburg	2014	45-01.00	Debbie Simone	Damascus	1980	38-08.25
Tracy Lake	Einstein	1983	36-06.25	Kyla Graham	Gaithersburg	2003	35-08.50
Toni Koroye	Walter Johnson	2016	33-06.00	Allison Armstrong	John F. Kennedy	1985	36-10.25
Marie Moten	Magruder	1987	36-01.00	Ozioma Edokobi	Richard Montgomery	2014	41-03.25
Brittany Moreland	Northwest	2007	39-01.00	Nanette Toone	Northwood	1983	38-01.50
Janise Bestman	Paint Branch	2018	38-07.25	Katelyn Poss	Poolesville	2006	34-02.75
Shanika Odom	Quince Orchard	1996	36-09.00	Jennifer Kennedy	Rockville	1998	33-08.00
Chrissie Buser	Seneca Valley	1987	37-09.50	Ameerat Olatunde	Sherwood	2012	36-00.00
Milan White	Springbrook	2010	36-00.00	Chiamaka Nwankwo	Watkins Mill	2019	35-07.00
Ije Agba	Wheaton	1998	34-09.00	Amy Schwinn	Walt Whitman	1984	39-04.00
Vicky Otieno	Wootton	1999	34-11.00	G. Windsor	Woodward	1981	31-07.00

Girls Shot Put County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Shot Put Result</u>
1980	Debbie Simone	Damascus	38-08.25 R
1981	Sonie Driver	Gaithersburg	35-02.75
1982	Marcia Burke	Montgomery Blair	35-08.00
1983	Nanette Toone	Northwood	38-01.50
1984	Amy Schwinn	Walt Whitman	39-04.00 R
1985	Allison Armstrong	John F. Kennedy	36-10.25
1986	Rachel Beerman	Winston Churchill	36-10.00
1987	Chrissie Buser	Seneca Valley	37-09.50
1988	Elizabeth Richards	Thomas S. Wootton	29-05.50
1989	Karen Dyson	Seneca Valley	32-08.00
1990	Karen Dyson	Seneca Valley	37-08.00
1991	Monja Ehlers	Gaithersburg	34-08.00
1992	Keisha Palmer	Seneca Valley	32-02.00
1993	Andy McCray	Gaithersburg	32-11.75
1994	Kobie Kruger	Gaithersburg	30-11.75
1995	Shanika Odom	Quince Orchard	32-07.25
1996	Shanika Odom	Quince Orchard	36-09.00
1997	Ruth Kura	Quince Orchard	34-11.50
1998	Ruth Kura	Quince Orchard	36-06.00
1999	Vicky Otieno	Thomas S. Wootton	34-11.00
2000	Irina King	Paint Branch	32-00.25
2001	Julie Kauffman	Damascus	36-03.00
2002	Ashley Fauntleroy	Paint Branch	34-02.50
2003	Kyla Graham	Gaithersburg	35-08.50
2004	Ashley Fauntleroy	Paint Branch	38-06.50
2005	Stephanie Garcia	John F. Kennedy	34-09.75
2006	Brittany Moreland	Northwest	34-11.00
2007	Brittany Moreland	Northwest	39-01.00
2008	Arleigh Rose	Sherwood	34-02.00
2009	Turquoia Johnson	Clarksburg	37-02.00
2010	Milan White	Springbrook	36-00.00
2011	Rachel Porzel	James H. Blake	37-05.50
2012	Claudia Ababio	Clarksburg	40-00.00 R
2013	Claudia Ababio	Clarksburg	37-06.00
2014	Claudia Ababio	Clarksburg	45-01.00 R
2015	Justina Ababio	Clarksburg	36-08.00
2016	Justina Ababio	Clarksburg	37-06.75
2017	Janise Bestman	Paint Branch	36-07.00
2018	Janise Bestman	Paint Branch	38-07.25
2019	Erin Hatcher	Paint Branch	37-05.00

Boys Shot Put Top 25 All-Time

#	Name	High School	Year	Shot Put Result
1	Marcus Brown	Quince Orchard	2009	59-10.50
2	Sean Stanley	Gaithersburg	2009	58-08.00
3	Jabari Bennett	James H. Blake	2017	57-07.25
4	Mike Smith	Sherwood	1985	57-06.00
5	Jabari Bennett	James H. Blake	2016	56-06.75
6	Sean Stanley	Gaithersburg	2008	56-05.00
7	Jared Wasser	Thomas S. Wootton	2002	55-08.50
8	Dave Neubeiser	Gaithersburg	1995	54-07.75
9	Andrew Dinkin	Winston Churchill	1987	54-06.00
10	Mathias Nkwenti	Thomas S. Wootton	1996	53-05.25
11	Sean Stanley	Gaithersburg	2007	52-11.50
12	Andrew Birgin	Walter Johnson	2018	52-08.25
13	Jared Wasser	Thomas S. Wootton	2003	52-06.50
14	Doug Joyce	Gaithersburg	1987	52-06.00
14	Avery Graham	Clarksburg	2008	52-06.00
16	Dave Neubeiser	Gaithersburg	1994	52-05.50
17	Eric Drain	Seneca Valley	1982	52-00.25
18	Devonte Johnson	Paint Branch	2014	51-11.50
19	Mike Smith	Sherwood	1983	51-09.50
20	Noah Vernick	Quince Orchard	2015	51-07.50
21	Mike Smith	Sherwood	1984	51-06.00
21	Nnamdi Edokobi	Richard Montgomery	2011	51-06.00
23	Glenn Eason	Whitman	1985	50-10.00
23	Marc Leiderman	Wheaton	1991	50-10.00
23	Ayoola Olakanye	Springbrook	2000	50-10.00
23	Matt Miller	Richard Montgomery	2006	50-10.00

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

Name	School	Year	Result	Name	School	Year	Result
Csaba Hadas	Bethesda Chevy Chase	1989	49-04.00	Vincent Coles	Blair	1980	50-01.00
Jabari Bennett	Blake	2017	57-07.25	Andrew Dinkin	Churchill	1987	54-06.00
Avery Graham	Clarksburg	2008	52-06.00	Bryan Coup	Damascus	1988	50-08.00
Rene Molinari	Einstein	2012	48-10.00	Sean Stanley	Gaithersburg	2009	58-08.00
Andrew Birgin	Walter Johnson	2018	52-08.50	Joe Henry	John F. Kennedy	1999	44-09.50
Dab Ukwuani	Magruder	2011	48-04.00	Nnamdi Edokobi	Richard Montgomery	2011	51-06.00
Isaiah Bishop	Northwest	2019	48-01.75	Corwin Acker	Northwood	1982	50-05.50
Devonte Johnson	Paint Branch	2014	51-11.50	Robert Holland	Poolesville	1985	47-07.25
Marcus Brown	Quince Orchard	2009	59-10.50	Erik Blautzik	Rockville	2016	41-04.25
Eric Drain	Seneca Valley	1982	52-00.25	Mike Smith	Sherwood	1985	57-06.00
Ayoola Olakanye	Springbrook	2000	50-10.00	BJ Jacobs	Watkins Mill	2000	50-06.00
Marc Leiderman	Wheaton	1991	50-10.00	Glenn Eason	Walt Whitman	1985	50-10.00
Jared Wasser	Wootton	2002	55-08.50	Nowosisky	Peary	1980	44-09.00

Boys Shot Put County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Shot Put Result</u>
1980	Vincent Coles	Montgomery Blair	50-01.00 R
1981	Terrance Mathews	Paint Branch	50-05.00 R
1982	Eric Drain	Seneca Valley	52-00.25 R
1983	Mike Smith	Sherwood	51-09.50
1984	Mike Smith	Sherwood	51-06.00
1985	Mike Smith	Sherwood	57-06.00 R
1986	Doug Joyce	Gaithersburg	50-06.00
1987	Andrew Dinkin	Winston Churchill	54-06.00
1988	Bryan Coup	Damascus	50-08.00
1989	Csaba Hadas	Bethesda Chevy Chase	49-04.00
1990	Mike Neubeiser	Gaithersburg	50-04.50
1991	Marc Leiderman	Wheaton	50-10.00
1992	Yusef Byrd	Paint Branch	47-09.00
1993	Ron Mesa	Quince Orchard	49-11.00
1994	Dave Neubeiser	Gaithersburg	52-05.50
1995	Dave Neubeiser	Gaithersburg	54-07.75
1996	Mathias Nkwenti	Thomas S. Wootton	53-05.25
1997	Chris Wahl	Quince Orchard	48-03.00
1998	John Rydzewski	Gaithersburg	49-07.00
1999	John Rydzewski	Gaithersburg	50-05.00
2000	Ayoola Olakanye	Springbrook	50-10.00
2001	Tim O'Brien	Gaithersburg	46-00.00
2002	Jared Wasser	Thomas S. Wootton	55-08.50
2003	Jared Wasser	Thomas S. Wootton	52-06.50
2004	Paul Bridgers	Gaithersburg	44-04.00
2005	Matt Miller	Richard Montgomery	48-09.75
2006	Matt Miller	Richard Montgomery	50-10.00
2007	Sean Stanley	Gaithersburg	52-11.50
2008	Sean Stanley	Gaithersburg	56-05.00
2009	Marcus Brown	Quince Orchard	59-10.50 R
2010	Jake Furr	Damascus	48-08.00
2011	Nnamdi Edokobi	Richard Montgomery	51-06.00
2012	Nadim Elhage	Winston Churchill	49-10.50
2013	Artavius Simpson	Richard Montgomery	47-01.50
2014	Devonte Johnson	Paint Branch	51-11.50
2015	Noah Vernick	Quince Orchard	51-07.50
2016	Jabari Bennett	James H. Blake	56-06.75
2017	Jabari Bennett	James H. Blake	57-07.25
2018	Andrew Birgin	Walter Johnson	52-08.50
2019	Isaiah Bishop	Northwest	48-01.75

Girls Discus Top 25 All-Time

#	Name	High School	Year	Discus Result
1	Claudia Ababio	Clarksburg	2014	130-01.00
2	Ozioma Edokobi	Richard Montgomery	2014	125-02.00
3	Ruth Kura	Quince Orchard	1998	123-10.00
4	Ruth Kura	Quince Orchard	1996	122-08.00
5	Ruth Kura	Quince Orchard	1997	121-00.50
6	Amy Schwinn	Whitman	1984	118-11.50
7	Arleigh Rose	Sherwood	2008	118-08.00
8	Ozioma Edokobi	Richard Montgomery	2012	118-02.00
9	Ozioma Edokobi	Richard Montgomery	2013	117-09.00
10	Arleigh Rose	Sherwood	2006	117-03.50
11	Virginia Owusu-Mainoo	Seneca Valley	2012	117-02.00
12	Tracy Lake	Albert Einstein	1985	117-00.50
13	Tracy Lake	Albert Einstein	1984	117-00.25
14	Dalina Julien	Albert Einstein	2016	116-10.00
15	Tracy Lake	Albert Einstein	1983	116-02.50
16	Beth Tomanek	Seneca Valley	1982	116-01.50
17	Claudia Ababio	Clarksburg	2012	115-01.00
18	Irina King	Paint Branch	2000	114-10.00
19	Tasha Crannell	Springbrook	1987	114-06.00
20	Xanthi Limber	Clarksburg	2017	114-00.00
21	Jennifer Kennedy	Rockville	1998	113-06.00
22	Leslie Brown	Thomas S. Wootton	1993	113-05.50
23	Cori Talley	James H. Blake	2008	113-02.00
24	Octavia King	James H. Blake	2009	113-00.00
25	Ashley Fauntleroy	Paint Branch	2004	112-11.00

Discus All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Amy Amabile	B-CC	1982	107-07.75	Marsha Burke	Blair	1982	102-10.50
Cori Talley	Blake	2008	113-02.00	Rachel Beerman	Churchill	1987	112-07.00
Claudia Ababio	Clarksburg	2014	130-01.00	Julie Kauffman	Damascus	2001	112-04.00
Tracy Lake	Einstein	1985	117-00.50	Kobie Kauger	Gaithersburg	1995	106-05.50
Jamie Pottern	Walter Johnson	2005	105-08.00	Allison Armstrong	John F. Kennedy	1985	103-05.00
Janel Brown	Magruder	2014	90-04.00	Ozioma Edokobi	Richard Montgomery	2014	125-02.00
Courtney Haberman	Northwest	2014	103-03.00	Caines	Northwood	1980	93-03.50
Irina King	Paint Branch	2000	114-10.00	Katelyn Poss	Poolesville	2006	110-11.00
Ruth Kura	Quince Orchard	1998	123-10.00	Jennifer Kennedy	Rockville	1998	113-06.00
Virginia Owusu-Mainoo	Seneca Valley	2012	117-02.00	Arleigh Rose	Sherwood	2008	118-08.00
Tasha Crannell	Springbrook	1987	114-06.00	Alexa Burns	Watkins Mill	2004	101-03.00
Caroline Djakuduel	Wheaton	2018	99-11.00	Amy Schwinn	Walt Whitman	1984	118-11.50
Leslie Brown	Wootton	1993	113-05.50	Butler	Charles Woodward	1983	98-08.75

Girls Discus County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Discus Result</u>
1980	Debbie Simone	Damascus	106-10.00 R
1981	Beth Tomanek	Seneca Valley	105-04.00
1982	Beth Tomanek	Seneca Valley	116-01.50 R
1983	Tracy Lake	Albert Einstein	116-02.50 R
1984	Amy Schwinn	Walt Whitman	118-11.50 R
1985	Tracy Lake	Albert Einstein	117-00.50
1986	Rachel Beerman	Winston Churchill	107-01.25
1987	Tasha Crannell	Springbrook	114-06.00
1988	Yvette Cromwell	Wheaton	89-00.50
1989	Cherie Hubble	Seneca Valley	93-03.00
1990	Suzin Whitten	Paint Branch	99-01.00
1991	Jessica Humphrey	Springbrook	104-11.00
1992	Leslie Brown	Thomas S. Wootton	101-06.00
1993	Leslie Brown	Thomas S. Wootton	113-05.50
1994	Kobie Kruger	Gaithersburg	90-04.50
1995	Kobie Kruger	Gaithersburg	106-05.50
1996	Ruth Kura	Quince Orchard	122-08.00 R
1997	Ruth Kura	Quince Orchard	121-00.50
1998	Ruth Kura	Quince Orchard	123-10.00 R
1999	Jennifer Kennedy	Rockville	112-02.00
2000	Irina King	Paint Branch	114-10.00
2001	Julie Kauffman	Damascus	112-04.00
2002	Juanita Mitcham	Northwest	101-05.00
2003	Erica Friday	Sherwood	107-06.00
2004	Ashley Fauntleroy	Paint Branch	112-11.00
2005	Jacquelyn Adcock	Damascus	110-00.00
2006	Arleigh Rose	Sherwood	117-03.50
2007	Jacquelyn Adcock	Damascus	112-04.00
2008	Arleigh Rose	Sherwood	118-08.00
2009	Octavia King	James H. Blake	113-00.00
2010	Virginia Owusu-Mainoo	Seneca Valley	110-00.00
2011	Anna Ucheomumu	Albert Einstein	112-03.00
2012	Ozioma Edokobi	Richard Montgomery	118-02.00
2013	Ozioma Edokobi	Richard Montgomery	117-09.00
2014	Claudia Ababio	Clarksburg	130-01.00 R
2015	Xanthi Limber	Clarksburg	101-11.00
2016	Dalina Julien	Albert Einstein	116-10.00
2017	Xanthi Limber	Clarksburg	114-00.00
2018	Trinity Klock	Clarksburg	110-02.00
2019	Mallory Anderson	Damascus	92-04.00

Boys Discus Top 25 All-Time

#	Name	High School	Year	Discus Result
1	Marcus Brown	Quince Orchard	2009	167-04.00
2	Mathias Nkwenti	Thomas S. Wootton	1996	164-01.50
3	Mike Neubeiser	Gaithersburg	1989	158-00.00
4	Bobby Dugan	Gaithersburg	2006	157-01.00
5	Billy Emerson	Watkins Mill	2015	155-07.00
6	Robert Scribner	Quince Orchard	2006	155-05.00
7	Yusef Byrd	Paint Branch	1992	153-10.50
8	Dave Neubeiser	Gaithersburg	1995	153-09.00
9	Sean Stanley	Gaithersburg	2008	153-00.00
10	David Kaplan	Winston Churchill	2014	152-07.00
11	Duane House	Walter Johnson	1988	152-04.50
12	Vincent Coles	Montgomery Blair	1980	151-09.00
13	Andrew Dinkin	Winston Churchill	1987	151-06.00
14	Sean Stanley	Gaithersburg	2009	150-05.00
15	Mathias Nkwenti	Thomas S. Wootton	1995	149-03.50
16	Rasaan Odom	Quince Orchard	1991	148-04.00
17	Samuel Adedeji	Clarksburg	2012	145-06.00
18	Deandre Jules	Northwest	2019	146-03.00
19	Anthony Donnay-wood	James H. Blake	2010	145-02.00
20	Derrick Gassaway	Magruder	1983	145-00.00
21	Mike Neubeiser	Gaithersburg	1990	144-11.00
22	David Kaplan	Winston Churchill	2012	144-09.00
23	Kevin Neubeiser	Gaithersburg	2000	144-07.00
24	Ayoola Olakanye	Springbrook	1999	144-06.00
25	Derek Barnhart	Damascus	2002	144-05.00
25	Jabari Bennett	James H. Blake	2016	144-05.00

Discus All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Case Wright	Bethesda Chevy Chase	2015	120-08.00	Vincent Coles	Blair	1980	151-09.00
Anthony Donnay-wood	Blake	2010	145-02.00	David Kaplan	Churchill	2014	152-07.00
Samuel Adedeji	Clarksburg	2012	145-06.00	Derek Barnhart	Damascus	2002	144-05.00
Aaron Lomax	Einstein	2019	129-08.00	Mike Neubeiser	Gaithersburg	1989	158-00.00
Duane House	Walter Johnson	1988	152-04.50	Delano Furgeson	John F. Kennedy	2007	134-04.00
Derrick Gassaway	Magruder	1983	145-00.00	David Beck	Richard Montgomery	1991	143-08.00
Deandre Jules	Northwest	2019	146-03.00	Terry Burke	Northwood	1982	129-07.00
Yusef Byrd	Paint Branch	1992	153-10.50	John Buschman	Poolesville	1997	141-07.00
Marcus Brown	Quince Orchard	2009	167-04.00	Erik Blautzik	Rockville	2016	134-07.00
Eric Drain	Seneca Valley	1982	140-07.50	Joseph Nazzaro	Sherwood	2019	143-00.00
Ayoola Olakanye	Springbrook	1999	144-06.00	Billy Emerson	Watkins Mill	2015	155-07.00
Hector Velaquez	Wheaton	1997	140-08.00	Drummond	Walt Whitman	1985	138-04.00
Mathias Nkwenti	Wootton	1996	164-01.50	Joe Higler	Peary	1982	136-09.00
Will Harper	Charles Woodward	1986	132-08.00				

Boys Discus County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Discus Result</u>
1980	Vincent Coles	Montgomery Blair	151-09.00 R
1981	Aaron Carter	Gaithersburg	140-08.50
1982	Eric Drain	Seneca Valley	140-07.50
1983	Derrick Gassaway	Magruder	145-00.00
1984	Mike Smith	Sherwood	139-09.50
1985	Kevin Joyce	Springbrook	142-09.50
1986	Doug Joyce	Gaithersburg	141-06.00
1987	Andrew Dinkin	Winston Churchill	151-06.00
1988	Duane House	Walter Johnson	152-04.50 R
1989	Mike Neubeiser	Gaithersburg	158-00.00 R
1990	Mike Neubeiser	Gaithersburg	144-11.00
1991	Rasaan Odom	Quince Orchard	148-04.00
1992	Yusef Byrd	Paint Branch	153-10.50
1993	Husan Smith	Magruder	138-10.00
1994	Dave Neubeiser	Gaithersburg	137-04.00
1995	Dave Neubeiser	Gaithersburg	153-09.00
1996	Mathias Nkwenti	Thomas S. Wootton	164-01.50 R
1997	John Buschman	Poolesville	141-07.00
1998	John Buschman	Poolesville	140-07.00
1999	Ayoola Olakanye	Springbrook	144-06.00
2000	Kevin Neubeiser	Gaithersburg	144-07.00
2001	AJ Lillie	Gaithersburg	131-01.00
2002	Derek Barnhart	Damascus	144-05.00
2003	Jared Wasser	Thomas S. Wootton	128-10.00
2004	Paul Bridgers	Gaithersburg	134-11.50
2005	Robert Scribner	Quince Orchard	137-07.00
2006	Bobby Dugan	Gaithersburg	157-01.00
2007	Zachary Thompson	Quince Orchard	135-04.50
2008	Sean Stanley	Gaithersburg	153-00.00
2009	Marcus Brown	Quince Orchard	167-04.00 R
2010	Anthony Donnay-wood	James H. Blake	145-02.00
2011	Nadim Elhage	Winston Churchill	143-09.50
2012	Samuel Adedeji	Clarksburg	145-06.00
2013	Patrick Schlosser	Watkins Mill	139-10.00
2014	David Kaplan	Winston Churchill	152-07.00
2015	Billy Emerson	Watkins Mill	155-07.00
2016	Jabari Bennett	James H. Blake	144-05.00
2017	Lizandro Galvez	Paint Branch	123-08.00
2018	Connell Oberman	Poolesville	139-07.00
2019	Deandre Jules	Northwest	146-03.00

Girls Pole Vault Top 25 All-Time

#	Name	High School	Year	Pole Vault Result
1	Victoria Toth	Bethesda Chevy Chase	2016	10-00.00
2	Erin Parker	Damascus	2011	9-06.00
2	Catherine Panasenkov	Quince Orchard	2013	9-06.00
2	Paige Evans	Clarksburg	2016	9-06.00
2	Paige Evans	Clarksburg	2017	9-06.00
6	Rebekah Harrison	Springbrook	2001	9-00.00
6	Liz Calhoun	Thomas S. Wootton	2007	9-00.00
6	Erin Parker	Damascus	2010	9-00.00
6	Naami Wagner	Northwood	2010	9-00.00
10	Rebekah Harrison	Springbrook	2002	8-06.00
10	Catherine Panasenkov	Quince Orchard	2011	8-06.00
10	Catherine Panasenkov	Quince Orchard	2012	8-06.00
10	Brionne Pyles	Clarksburg	2016	8-06.00
10	Sara Mercer	Quince Orchard	2019	8-06.00
15	Kimberly Sauer	Quince Orchard	2001	8-00.00
15	Liz Calhoun	Thomas S. Wootton	2008	8-00.00
15	Emily Munro	Thomas S. Wootton	2008	8-00.00
15	Caitlin Campbell	Northwest	2010	8-00.00
15	Andrea Christmas	Northwest	2014	8-00.00
15	Mia Del Borrello	Damascus	2014	8-00.00
15	Paige Evans	Clarksburg	2015	8-00.00
15	Sarah Louk	Clarksburg	2016	8-00.00
15	Karalyn Schwartz	Clarksburg	2017	8-00.00
15	Ananya Bernardo	Bethesda Chevy Chase	2017	8-00.00
15	Karalyn Schwartz	Clarksburg	2018	8-00.00

Name	School	Year	Result	Name	School	Year	Result
Victoria Toth	B-CC	2016	10-00.00	Deeya Garg	Blair	2018	7-06.00
Paige Evans	Clarksburg	2016	9-06.00	Aimee Follett	Churchill	2001	7-00.00
Tammy Spurr	Gaithersburg	2002	7-06.00	Erin Parker	Damascus	2011	9-06.00
Erin Hylton	Richard Montgomery	2008	7-06.00	Amanda Shapin	Walter Johnson	2002	7-06.00
Naami Wagner	Northwood	2010	9-00.00	Caitlin Campbell	Northwest	2010	8-00.00
Bryann Benton	Poolesville	2005	7-06.00	Tambetta Ojang	Paint Branch	2002	7-06.00
Katherine Blackwell	Sherwood	2002	7-06.00	Catherine Panasenkov	Quince Orchard	2013	9-06.00
Sarah Newsom	Walt Whitman	2011	7-00.00	Rebekah Harrison	Springbrook	2001	9-00.00
Liz Calhoun	Wootton	2007	9-00.00				

The following schools have no county championship girls pole vault performances on record: Blake, Einstein, Kennedy, Magruder, Rockville, Seneca Valley, Watkins Mill, Wheaton, Peary, Woodward

Girls Pole Vault County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Pole Vault Result</u>
1997	Kacey Childs	Damascus	7-06.00 R
2001	Rebekah Harrison	Springbrook	9-00.00 R
2002	Rebekah Harrison	Springbrook	8-06.00
2004	Melissa Rothstein	Winston Churchill	7-00.00
2005	Katie Purdy	Quince Orchard	7-06.00
2006	Brittany McLeod	Quince Orchard	6-06.00
2007	Liz Calhoun	Thomas S. Wootton	9-00.00
2008	Liz Calhoun	Thomas S. Wootton	8-00.00
2009	Lauren Rose	Gaithersburg	7-06.00
2010	Naami Wagner	Northwood	9-00.00
2011	Erin Parker	Damascus	9-06.00 R
2012	Catherine Panasenkov	Quince Orchard	8-06.00
2013	Catherine Panasenkov	Quince Orchard	9-06.00
2014	Mia Del Borrello	Damascus	8-00.00
2015	Paige Evans	Clarksburg	8-00.00
2016	Victoria Toth	Bethesda Chevy Chase	10-00.00 R
2017	Paige Evans	Clarksburg	9-06.00
2018	Karalyn Schwartz	Clarksburg	8-00.00
2019	Sara Mercer	Quince Orchard	8-06.00

Boys Pole Vault Top 25 All-Time

#	Name	High School	Year	Pole Vault Result
1	Andrew Bevan	Magruder	1984	14-09.00
2	Mike Humphrey	Seneca Valley	1983	13-03.00
3	Bill James	Albert Einstein	1980	13-01.50
4	Ed Eisenberg	Whitman	1981	13-00.00
4	Sean Hislop	Quince Orchard	1996	13-00.00
4	Matt Begley	Sherwood	2004	13-00.00
4	Chris Spiess	Clarksburg	2015	13-00.00
8	Chris Yakabe	Albert Einstein	1981	12-06.00
8	Tom Chuckereel	Gaithersburg	1989	12-06.00
8	Steve Lee	Quince Orchard	1993	12-06.00
8	Paul Grey	Gaithersburg	1996	12-06.00
8	Scott Church	Richard Montgomery	2001	12-06.00
13	Emil Davis	Peary	1980	12-00.00
13	Matt Paden	Seneca Valley	1981	12-00.00
13	Chris Yakabe	Albert Einstein	1982	12-00.00
13	Greg Chill	Gaithersburg	1983	12-00.00
13	Perry Smith	Bethesda Chevy Chase	1983	12-00.00
13	Baren	Magruder	1983	12-00.00
13	Eric Nelson	Gaithersburg	1983	12-00.00
13	John Daves	Whitman	1984	12-00.00
13	Paul Gray	Gaithersburg	1995	12-00.00
13	Richard Stark	Springbrook	1997	12-00.00
13	David Strause	Walter Johnson	2001	12-00.00
13	Anhtuan Nguyen	Gaithersburg	2009	12-00.00
13	Andrew Mengle	Damascus	2011	12-00.00
13	Adam Levey	Quince Orchard	2017	12-00.00

Pole Vault All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Perry Smith	Bethesda Chevy Chase	1983	12-00.00	Kyle Beatty	Churchill	2013	11-06.00
Chris Spiess	Clarksburg	2015	13-00.00	Andrew Mengle	Damascus	2011	12-00.00
Bill James	Einstein	1980	13-01.50	Tom Chuckereel	Gaithersburg	1989	12-06.00
David Strause	Walter Johnson	2001	12-00.00	Samson Workv	John F. Kennedy	1994	9-06.00
Andrew Bevan	Magruder	1984	14-09.00	Scott Church	Richard Montgomery	2001	12-06.00
Daniel Goodman	Northwest	2018	11-00.00	Hayden Abrahams	Northwood	2019	9-00.00
Dan Swain	Paint Branch	1991	9-06.00	Clint Kels	Poolesville	1989	10-00.00
Sean Hislop	Quince Orchard	1996	13-00.00	Mike Humphrey	Seneca Valley	1983	13-03.00
Matt Begley	Sherwood	2004	13-00.00	Richard Stark	Springbrook	1997	12-00.00
Sean McKinney	Wheaton	1991	10-00.00	Ed Eisenberg	Walt Whitman	1981	13-00.00
Sam Eichberg	Wootton	2014	10-06.00	Sahil Shrestha	Watkins Mill	2016	8-06.00
Brienza	Charles Woodward	1983	11-06.00	Emil Davis	Peary	1980	12-00.00

The following schools have no county championship boys pole vault performances on record: Blair, Blake, Rockville

Boys Pole Vault County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Pole Vault Result</u>
1980	Bill James	Albert Einstein	13-01.50 R
1981	Ed Eisenberg	Walt Whitman	13-00.00
1982	Chris Yakabe	Albert Einstein	12-00.00
1983	Mike Humphrey	Seneca Valley	13-03.00 R
1984	Andrew Bevan	Magruder	14-09.00 R
1985	Steve Wilson	Gaithersburg	11-06.00
1986	Jerry Christmas	Albert Einstein	11-00.00
1987	Mike Penn	Winston Churchill	11-00.00
1988	Jeff Hayhurst	Seneca Valley	10-06.00
1989	Tom Chuckarel	Gaithersburg	12-06.00
1990	Bob Wang	Quince Orchard	9-00.00
1991	Bob Wang	Quince Orchard	11-00.00
1992	Kevin Kozial	Gaithersburg	11-06.00
1993	Steve Lee	Quince Orchard	12-06.00
1994	Keith Duggan	Gaithersburg	11-06.00
1995	Paul Gray	Gaithersburg	12-00.00
1996	Sean Hislop	Quince Orchard	13-00.00
1997	Richard Stark	Springbrook	12-00.00
2001	Scott Church	Richard Montgomery	12-06.00
2004	Matt Begley	Sherwood	13-00.00
2005	Robbie O'Connor	Gaithersburg	11-06.00
2006	Nhi Thach	Gaithersburg	11-06.00
2007	Gregory Conte	Quince Orchard	10-00.00
2008	Joffrey Alcidor	Springbrook	11-00.00
2009	Anhtuan Nguyen	Gaithersburg	12-00.00
2010	Robbie Brehm	Sherwood	10-00.00
2011	Andrew Mengle	Damascus	12-00.00
2012	Kyle Beatty	Winston Churchill	10-06.00
2013	Kyle Beatty	Winston Churchill	11-06.00
2014	Timothy Santosa	Clarksburg	11-06.00
2015	Chris Spiess	Clarksburg	13-00.00
2016	Kyle Yi	Clarksburg	11-06.00
2017	Adam Levey	Quince Orchard	12-00.00
2018	Daniel Goodman	Northwest	11-00.00
2019	Zachary Jones	Gaithersburg	11-00.00

Girls 4x100m Relay Top 25 All-Time | HT-Penalty = 0.24

#	High School	Year	Actual Perf.	Equivalent 4x100m
1	James H. Blake	2019		47.47
2	James H. Blake	2015		47.94
3	Magruder	2011		47.97
4	Northwest	2017		48.39
5	Watkins Mill	2018		48.55
6	Paint Branch	2015		48.72
7	Gaithersburg	2005	ht-48.5	48.74
8	Gaithersburg	2008		48.84
9	Watkins Mill	2017		48.86
10	Gaithersburg	2007		48.88
11	Richard Montgomery	2019		49.03
12	Gaithersburg	2004	ht-48.8	49.04
13	Magruder	2014		49.14
14	Northwest	2019		49.15
15	Gaithersburg	2002	ht-49.1	49.34
16	Paint Branch	1995	ht-49.2	49.44
16	Gaithersburg	2003	ht-49.2	49.44
18	Quince Orchard	2019		49.45
19	Quince Orchard	2017		49.48
20	Gaithersburg	2017		49.49
21	Magruder	2015		49.51
22	Winston Churchill	2010		49.55
23	Quince Orchard	2018		49.58
24	Paint Branch	2014		49.60
25	Walter Johnson	2000	ht-49.4	49.64
25	Gaithersburg	2019		49.64

4x100m Relay All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

School	Year	Result	School	Year	Result
Bethesda Chevy Chase	2000	50.54	Blair	2013	50.78
James H. Blake	2019	47.47	Churchill	2010	49.55
Clarksburg	2008	49.83	Damascus	2019	50.58
Albert Einstein	1988	49.74	Gaithersburg	2005	48.74
Walter Johnson	2000	49.64	John F. Kennedy	2005	50.14
Magruder	2011	47.97	Richard Montgomery	2019	49.03
Northwest	2017	48.39	Northwood	2010	51.71
Paint Branch	2015	48.72	Poolesville	2018	51.84
Quince Orchard	2019	49.45	Rockville	1998	51.74
Seneca Valley	2014	49.75	Sherwood	2015	49.93
Springbrook	2015	50.16	Watkins Mill	2018	48.55
Wheaton	1996	52.74	Walt Whitman	2015	51.39
Thomas S. Wootton	2008	49.87	Charles Woodward	1985	51.84

Girls 4x100m Relay County Champions

<u>Year</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 4x100m</u>
1980	Winston Churchill	ht-50.5	50.74 R
1981	Winston Churchill	ht-51.1	51.34
1982	Winston Churchill	ht-52.2	52.44
1983	Springbrook	ht-50.9	51.14
1984	Magruder	ht-50.9	51.14
1985	Gaithersburg	ht-49.6	49.84 R
1986	Gaithersburg	ht-50.9	51.14
1987	Walter Johnson	ht-51.5	51.74
1988	Albert Einstein	ht-49.5	49.74 R
1989	Paint Branch	ht-51.6	51.84
1990	Richard Montgomery	ht-52.5	52.74
1991	Gaithersburg	ht-51.7	51.94
1992	Paint Branch	ht-50.5	50.74
1993	Gaithersburg	ht-50.2	50.44
1994	Paint Branch	ht-49.6	49.84
1995	Paint Branch	ht-49.2	49.44 R
1996	Paint Branch	ht-50.9	51.14
1997	Paint Branch	ht-49.8	50.04
1998	Rockville	ht-51.5	51.74
1999	Gaithersburg	ht-50.5	50.74
2000	Walter Johnson	ht-49.4	49.64
2001	Gaithersburg	ht-50.0	50.24
2002	Gaithersburg	ht-49.1	49.34 R
2003	Gaithersburg	ht-49.2	49.44
2004	Gaithersburg	ht-48.8	49.04 R
2005	Gaithersburg	ht-48.5	48.74 R
2006	Gaithersburg	ht-50.4	50.64
2007	Gaithersburg		48.88
2008	Gaithersburg		48.84
2009	Clarksburg		51.00
2010	Winston Churchill		49.55
2011	Magruder		47.97 R
2012	Magruder		50.57
2013	Magruder		50.09
2014	Magruder		49.14
2015	James H. Blake		47.94 R
2016	Gaithersburg	ht-50.2	50.44
2017	Northwest		48.39
2018	Watkins Mill		48.55
2019	James H. Blake		47.47 R

Boys 4x100m Relay Top 25 All-Time | HT-Penalty = 0.24

#	High School	Year	Actual Perf.	Equivalent 4x100m
1	Gaithersburg	2003	ht-41.8	42.04
2	Northwest	2019		42.25
3	Gaithersburg	1989	ht-42.4	42.64
4	Watkins Mill	2019		42.72
5	Gaithersburg	1998	ht-42.5	42.74
6	Watkins Mill	2018		42.76
7	Gaithersburg	2014		42.84
8	Gaithersburg	2000	ht-42.7	42.94
8	Springbrook	2017		42.94
10	Sherwood	2019		42.99
11	Northwood	1981	ht-42.8	43.04
11	Gaithersburg	2001	ht-42.8	43.04
11	Gaithersburg	2002	ht-42.8	43.04
14	Richard Montgomery	2015		43.08
15	Paint Branch	2017		43.15
16	Thomas S. Wootton	2014		43.18
17	John F. Kennedy	2004	ht-43.1	43.34
18	James H. Blake	2015		43.35
19	Gaithersburg	2004	ht-43.2	43.44
19	Paint Branch	2014		43.44
19	Northwest	2016	Ht-43.2	43.44
22	Paint Branch	2018		43.50
23	Northwest	2000	ht-43.3	43.54
24	Gaithersburg	2007		43.59
25	Montgomery Blair	1980	ht-43.4	43.64
25	Paint Branch	2001	ht-43.4	43.64
25	Montgomery Blair	2009		43.64
25	Winston Churchill	2014		43.64

4x100m Relay All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

School	Year	Result	School	Year	Result
Bethesda Chevy Chase	2019	44.42	Blair	1980	43.64
James H. Blake	2015	43.35	Churchill	2014	43.64
Clarksburg	2019	43.79	Damascus	2019	44.15
Albert Einstein	2007	43.93	Gaithersburg	2003	42.04
Walter Johnson	2017	43.89	John F. Kennedy	2004	43.34
Magruder	2011	43.91	Richard Montgomery	2015	43.08
Northwest	2019	42.25	Northwood	1981	43.04
Paint Branch	2017	43.15	Poolesville	2018	44.24
Quince Orchard	1990	44.64	Rockville	1984	45.04
Seneca Valley	2015	43.78	Sherwood	1987	44.54
Springbrook	2017	42.94	Watkins Mill	2019	42.72
Wheaton	1985	44.54	Walt Whitman	2004	44.74
Thomas S. Wootton	2014	43.18	Peary	1982	46.84
Charles Woodward	1986	45.44			

Boys 4x100m Relay County Champions

<u>Year</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 4x100m</u>
1980	Montgomery Blair	ht-43.4	43.64 R
1981	Northwood	ht-42.8	43.04 R
1982	Seneca Valley	ht-44.6	44.84
1983	Magruder	ht-43.8	44.04
1984	Magruder	ht-44.6	44.84
1985	Montgomery Blair	ht-43.7	43.94
1986	Gaithersburg	ht-43.7	43.94
1987	Gaithersburg	ht-43.5	43.74
1988	Albert Einstein	ht-44.5	44.74
1989	Gaithersburg	ht-42.4	42.64 R
1990	Gaithersburg	ht-43.5	43.74
1991	Gaithersburg	ht-43.8	44.04
1992	Gaithersburg	ht-43.6	43.84
1993	Gaithersburg	ht-44.3	44.54
1994	Gaithersburg	ht-43.5	43.74
1995	Gaithersburg	ht-44.1	44.34
1996	Gaithersburg	ht-44.1	44.34
1997	Gaithersburg	ht-44.1	44.34
1998	Gaithersburg	ht-42.5	42.74
1999	Gaithersburg	ht-43.7	43.94
2000	Gaithersburg	ht-42.7	42.94
2001	Gaithersburg	ht-42.8	43.04
2002	Gaithersburg	ht-42.8	43.04
2003	Gaithersburg	ht-41.8	42.04 R
2004	Gaithersburg	ht-43.2	43.44
2005	Northwest	ht-43.9	44.14
2006	Richard Montgomery	ht-43.8	44.04
2007	Gaithersburg		43.59
2008	Montgomery Blair		44.15
2009	Montgomery Blair		43.64
2010	Watkins Mill		44.24
2011	Watkins Mill		43.90
2012	Paint Branch		44.76
2013	Winston Churchill		44.42
2014	Gaithersburg		42.84
2015	Richard Montgomery		43.08
2016	Northwest	ht-43.2	43.44
2017	Springbrook		42.94
2018	Watkins Mill		42.76
2019	Northwest		42.25

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

#	High School	Year	Actual Perf.	Equivalent 4x200m
1	James H. Blake	2019		1:39.27
2	James H. Blake	2015		1:41.09
3	Magruder	2011		1:41.27
4	James H. Blake	2018		1:41.31
5	Albert Einstein	1988	ht-1:41.7	1:41.94
6	Northwest	2011		1:42.06
7	Richard Montgomery	2007		1:42.12
8	Paint Branch	2015		1:42.25
9	Watkins Mill	2017		1:42.72
10	Watkins Mill	2018		1:42.89
11	Gaithersburg	2004	ht-1:42.9	1:43.14
12	Gaithersburg	2003	ht-1:43.0	1:43.24
13	Paint Branch	2009		1:43.31
14	Gaithersburg	2005	ht-1:43.1	1:43.34
15	Magruder	2015		1:43.38
16	Northwood	2010		1:43.43
17	Quince Orchard	2017		1:43.49
18	Northwest	2014		1:43.63
19	Clarksburg	2016	ht-1:43.4	1:43.64
20	Sherwood	2015		1:43.65
20	James H. Blake	2017		1:43.65
22	Damascus	2004	ht-1:43.5	1:43.74
23	Quince Orchard	2019		1:43.91
24	Magruder	2014		1:43.98
25	Paint Branch	2017		1:44.07

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

School	Year	Result	School	Year	Result
Bethesda Chevy Chase	2000	1:45.34	Blair	2013	1:45.48
James H. Blake	2019	1:39.27	Churchill	1980	1:45.24
Clarksburg	2016	1:43.64	Damascus	2004	1:43.74
Albert Einstein	1988	1:41.94	Gaithersburg	2004	1:43.14
Walter Johnson	2000	1:44.44	John F. Kennedy	2004	1:44.24
Magruder	2011	1:41.27	Richard Montgomery	2007	1:42.12
Northwest	2011	1:42.06	Northwood	2010	1:43.43
Paint Branch	2015	1:42.25	Poolesville	2002	1:46.84
Quince Orchard	2017	1:43.49	Rockville	1998	1:47.65
Seneca Valley	2014	1:46.68	Sherwood	2015	1:43.65
Springbrook	1995	1:44.64	Watkins Mill	2017	1:42.72
Wheaton	1990	1:51.14	Walt Whitman	1991	1:47.24
Thomas S. Wootton	2013	1:45.70	Peary	1983	1:52.94
Charles Woodward	1980	1:50.04			

Girls 4x200m Relay County Champions

<u>Year</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 4x200m</u>
1980	Winston Churchill	ht-1:45.0	1:45.24 R
1981	Winston Churchill	ht-1:46.2	1:46.44
1982	John F. Kennedy	ht-1:51.5	1:51.74
1983	Bethesda Chevy Chase	ht-1:47.9	1:48.14
1984	Magruder	ht-1:46.9	1:47.14
1985	Gaithersburg	ht-1:46.0	1:46.24
1986	Walter Johnson	ht-1:47.0	1:47.24
1987	Walter Johnson	ht-1:49.4	1:49.64
1988	Albert Einstein	ht-1:41.7	1:41.94 R
1989	Rockville	ht-1:51.2	1:51.44
1990	Walt Whitman	ht-1:48.6	1:48.84
1991	Walt Whitman	ht-1:47.0	1:47.24
1992	Albert Einstein	ht-1:48.7	1:48.94
1993	Gaithersburg	ht-1:45.3	1:45.54
1994	Montgomery Blair	ht-1:46.8	1:47.04
1995	Springbrook	ht-1:44.4	1:44.64
1996	Gaithersburg	ht-1:49.5	1:49.74
1997	Paint Branch	ht-1:44.0	1:44.24
1998	Rockville	ht-1:47.5	1:47.74
1999	Bethesda Chevy Chase	ht-1:46.3	1:46.54
2000	Walter Johnson	ht-1:44.2	1:44.44
2001	Walter Johnson	ht-1:46.6	1:46.84
2002	Richard Montgomery	ht-1:46.2	1:46.44
2003	Gaithersburg	ht-1:43.0	1:43.24
2004	Gaithersburg	ht-1:42.9	1:43.14
2005	Gaithersburg	ht-1:43.1	1:43.34
2006	Walter Johnson	ht-1:45.6	1:45.84
2007	Richard Montgomery		1:42.12
2008	Gaithersburg		1:44.79
2009	Paint Branch		1:43.31
2010	Northwood		1:43.43
2011	Magruder		1:41.27 R
2012	Thomas S. Wootton		1:47.27
2013	Montgomery Blair		1:45.48
2014	Northwest		1:43.63
2015	James H. Blake		1:41.09 R
2016	Clarksburg	ht-1:43.4	1:43.64
2017	Watkins Mill		1:42.72
2018	James H. Blake		1:41.31
2019	James H. Blake		1:39.27 R

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

#	High School	Year	Actual Perf.	Equivalent 4x200m
1	Springbrook	2017		1:28.23
2	Paint Branch	2017		1:28.40
3	Northwest	2018		1:28.41
4	Montgomery Blair	2008		1:28.62
5	Sherwood	2019		1:29.05
6	Richard Montgomery	2007		1:29.07
7	Thomas S. Wootton	2014		1:29.40
8	Gaithersburg	2004	ht-1:29.2	1:29.44
9	Watkins Mill	2011		1:29.77
10	Watkins Mill	2010		1:29.78
11	Paint Branch	2018		1:29.83
12	Gaithersburg	2014		1:29.88
13	Northwest	2017		1:30.00
14	Watkins Mill	2001	ht-1:29.8	1:30.04
15	Paint Branch	2019		1:30.13
16	Gaithersburg	2007		1:30.27
17	Watkins Mill	2007		1:30.28
18	Magruder	1983	ht-1:30.1	1:30.34
19	Watkins Mill	2012		1:30.36
20	Gaithersburg	2013		1:30.50
21	Northwest	2000	ht-1:30.3	1:30.54
22	Walter Johnson	2017		1:30.59
23	Gaithersburg	1993	ht-1:30.4	1:30.64
24	Montgomery Blair	2009		1:30.71
25	Montgomery Blair	1981	ht-1:30.5	1:30.74
25	John F. Kennedy	1985	ht-1:30.5	1:30.74
25	John F. Kennedy	1986	ht-1:30.5	1:30.74

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

School	Year	Result	School	Year	Result
Bethesda Chevy Chase	1983	1:32.14	Blair	2008	1:28.62
James H. Blake	2015	1:30.99	Churchill	1982	1:31.84
Clarksburg	2019	1:32.11	Damascus	2001	1:32.14
Albert Einstein	1980	1:31.24	Gaithersburg	2004	1:29.44
Walter Johnson	2017	1:30.59	John F. Kennedy	1985	1:30.74
Magruder	1983	1:30.34	Richard Montgomery	2007	1:29.07
Northwest	2018	1:28.41	Northwood	1982	1:31.04
Paint Branch	2017	1:28.40	Poolesville	1985	1:33.24
Quince Orchard	2000	1:32.04	Rockville	1981	1:34.54
Seneca Valley	1982	1:31.84	Sherwood	2019	1:29.05
Springbrook	2017	1:28.23	Watkins Mill	2011	1:29.77
Wheaton	1997	1:31.04	Walt Whitman	2007	1:32.46
Thomas S. Wootton	2014	1:29.40	Peary	1982	1:32.24
Charles Woodward	1986	1:33.94			

Boys 4x200m Relay County Champions

<u>Year</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 4x200m</u>
1980	Albert Einstein	ht-1:31.0	1:31.24 R
1981	Montgomery Blair	ht-1:30.5	1:30.74 R
1982	Northwood	ht-1:30.8	1:31.04
1983	Magruder	ht-1:30.1	1:30.34 R
1984	Albert Einstein	ht-1:34.4	1:34.64
1985	John F. Kennedy	ht-1:30.5	1:30.74
1986	John F. Kennedy	ht-1:30.5	1:30.74
1987	Albert Einstein	ht-1:33.3	1:33.54
1988	Albert Einstein	ht-1:32.1	1:32.34
1989	John F. Kennedy	ht-1:35.5	1:35.74
1990	Gaithersburg	ht-1:31.7	1:31.94
1991	Springbrook	ht-1:32.1	1:32.34
1992	Springbrook	ht-1:30.6	1:30.84
1993	Gaithersburg	ht-1:30.4	1:30.64
1994	Gaithersburg	ht-1:32.8	1:33.04
1995	Gaithersburg	ht-1:32.2	1:32.44
1996	Springbrook	ht-1:32.4	1:32.64
1997	Wheaton	ht-1:30.8	1:31.04
1998	Springbrook	ht-1:31.4	1:31.64
1999	Paint Branch	ht-1:31.4	1:31.64
2000	Northwest	ht-1:30.3	1:30.54
2001	Watkins Mill	ht-1:29.8	1:30.04 R
2002	James H. Blake	ht-1:32.6	1:32.84
2003	Seneca Valley	ht-1:32.1	1:32.34
2004	Gaithersburg	ht-1:29.2	1:29.44 R
2005	Northwest	ht-1:31.2	1:31.44
2006	Richard Montgomery	ht-1:30.7	1:30.94
2007	Richard Montgomery		1:29.07 R
2008	Montgomery Blair		1:28.62 R
2009	Montgomery Blair		1:30.71
2010	Watkins Mill		1:29.78
2011	Watkins Mill		1:29.77
2012	Watkins Mill		1:30.36
2013	Gaithersburg		1:30.50
2014	Thomas S. Wootton		1:29.40
2015	James H. Blake		1:30.99
2016	Clarksburg	ht-1:32.5	1:32.74
2017	Springbrook		1:28.23 R
2018	Northwest		1:28.41
2019	Sherwood		1:29.05

Girls 4x400m Relay Top 25 All-Time | HT-Penalty = 0.24

#	High School	Year	Actual Perf.	Equivalent 4x400m
1	Northwest	2011		3:49.48
2	James H. Blake	2015		3:53.01
3	Paint Branch	2014		3:56.10
4	James H. Blake	2014		3:56.53
5	Northwest	2009		3:57.06
6	Thomas S. Wootton	2012		3:58.34
7	James H. Blake	2018		3:58.49
8	Watkins Mill	1995	ht-3:59.5	3:59.74
9	Paint Branch	2015		3:59.78
10	Paint Branch	2009		4:00.05
11	Northwest	2014		4:00.19
12	Thomas S. Wootton	2013		4:00.56
13	Richard Montgomery	2007		4:00.79
14	Northwest	2010		4:00.83
15	Seneca Valley	2014		4:01.00
16	Sherwood	2014		4:01.14
17	Walter Johnson	2005	ht-4:01.1	4:01.34
17	Paint Branch	2016	ht-4:01.1	4:01.34
19	John F. Kennedy	2006	ht-4:01.3	4:01.54
20	Bethesda Chevy Chase	2014		4:02.35
21	John F. Kennedy	2005	ht-4:02.2	4:02.44
22	Paint Branch	2017		4:02.76
23	Northwest	2019		4:02.92
24	Northwood	2010		4:02.97
25	Thomas S. Wootton	2011		4:03.14

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

School	Year	Result	School	Year	Result
Bethesda Chevy Chase	2014	4:02.35	Blair	1981	4:03.84
James H. Blake	2015	3:53.01	Churchill	2004	4:05.74
Clarksburg	2017	4:06.25	Damascus	2018	4:03.79
Albert Einstein	1988	4:10.14	Gaithersburg	2017	4:12.68
Walter Johnson	2005	4:01.34	John F. Kennedy	2006	4:01.54
Magruder	2011	4:08.83	Richard Montgomery	2007	4:00.79
Northwest	2011	3:49.48	Northwood	2010	4:02.97
Paint Branch	2014	3:56.10	Poolesville	2008	4:08.62
Quince Orchard	2019	4:07.90	Rockville	2006	4:21.34
Seneca Valley	2014	4:01.00	Sherwood	2014	4:01.14
Springbrook	2017	4:06.83	Watkins Mill	1995	3:59.74
Wheaton	1993	4:08.64	Walt Whitman	2008	4:03.97
Thomas S. Wootton	2012	3:58.34	Peary	1981	4:11.44
Charles Woodward	1981	4:09.44			

Girls 4x400m Relay County Champions

<u>Year</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 4x400m</u>
1980	Seneca Valley	ht-4:09.4	4:09.64 R
1981	Montgomery Blair	ht-4:03.6	4:03.84 R
1982	Walt Whitman	ht-4:22.0	4:22.24
1983	Walt Whitman	ht-4:11.7	4:11.94
1984	Walter Johnson	ht-4:15.0	4:15.24
1985	Walt Whitman	ht-4:09.0	4:09.24
1986	Walter Johnson	ht-4:07.0	4:07.24
1987	Walt Whitman	ht-4:09.5	4:09.74
1988	Albert Einstein	ht-4:09.9	4:10.14
1989	Paint Branch	ht-4:11.0	4:11.24
1990	Walt Whitman	ht-4:14.3	4:14.54
1991	Walt Whitman	ht-4:03.8	4:04.04
1992	Walt Whitman	ht-4:17.0	4:17.24
1993	Wheaton	ht-4:08.4	4:08.64
1994	Watkins Mill	ht-4:05.8	4:06.04
1995	Watkins Mill	ht-3:59.5	3:59.74 R
1996	Springbrook	ht-4:12.0	4:12.24
1997	Richard Montgomery	ht-4:11.5	4:11.74
1998	Richard Montgomery	ht-4:07.5	4:07.74
1999	Walter Johnson	ht-4:05.6	4:05.84
2000	Walter Johnson	ht-4:10.5	4:10.74
2001	Walter Johnson	ht-4:07.4	4:07.64
2002	Walter Johnson	ht-4:03.5	4:03.74
2003	Paint Branch	ht-4:03.5	4:03.74
2004	Winston Churchill	ht-4:05.5	4:05.74
2005	Walter Johnson	ht-4:01.1	4:01.34
2006	John F. Kennedy	ht-4:01.3	4:01.54
2007	Richard Montgomery		4:00.79
2008	Walt Whitman		4:03.97
2009	Northwest		3:57.06 R
2010	Northwest		4:00.83
2011	Northwest		3:49.48 R
2012	Thomas S. Wootton		3:58.34
2013	Thomas S. Wootton		4:00.56
2014	Paint Branch		3:56.10
2015	James H. Blake		3:53.01
2016	Paint Branch	ht-4:01.1	4:01.34
2017	Paint Branch		4:02.76
2018	James H. Blake		3:58.49
2019	Northwest		4:02.92

Boys 4x400m Relay Top 25 All-Time | HT-Penalty = 0.24

#	High School	Year	Actual Perf.	Equivalent 4x400m
1	Springbrook	2017		3:21.44
2	Northwest	2017		3:21.79
3	Richard Montgomery	2011		3:22.12
4	Seneca Valley	1983	ht-3:22.4	3:22.64
5	Montgomery Blair	2008		3:22.94
6	Watkins Mill	2010		3:23.28
7	Northwood	2018		3:23.56
8	Richard Montgomery	2007		3:23.70
9	Peary	1983	ht-3:23.7	3:23.94
10	Northwest	2018		3:24.25
11	Damascus	2010		3:24.30
12	Richard Montgomery	2010		3:24.33
13	Northwood	2017		3:24.51
14	Gaithersburg	2014		3:24.58
15	James H. Blake	2015		3:24.61
16	Watkins Mill	2000	ht-3:24.4	3:24.64
16	Walter Johnson	2005	ht-3:24.4	3:24.64
18	Montgomery Blair	2007		3:24.79
19	Northwood	2008		3:24.98
20	Richard Montgomery	2006	ht-3:25.0	3:25.24
20	Walt Whitman	2017		3:25.24
22	Watkins Mill	1999	ht-3:25.2	3:25.44
23	Walter Johnson	2010		3:25.53
24	Paint Branch	2015		3:25.56
25	Paint Branch	2002	ht-3:25.4	3:25.64

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

School	Year	Result	School	Year	Result
Bethesda Chevy Chase	1991	3:28.24	Blair	2008	3:22.94
James H. Blake	2015	3:24.61	Churchill	2005	3:26.84
Clarksburg	2008	3:26.39	Damascus	2010	3:24.30
Albert Einstein	1986	3:28.34	Gaithersburg	2014	3:24.58
Walter Johnson	2005	3:24.64	John F. Kennedy	2011	3:25.83
Magruder	2007	3:27.56	Richard Montgomery	2011	3:22.12
Northwest	2017	3:21.79	Northwood	2018	3:23.56
Paint Branch	2015	3:25.56	Poolesville	2010	3:29.50
Quince Orchard	2008	3:27.71	Rockville	1984	3:34.24
Seneca Valley	1983	3:22.64	Sherwood	1999	3:28.24
Springbrook	2017	3:21.44	Watkins Mill	2010	3:23.28
Wheaton	1998	3:30.34	Walt Whitman	2017	3:25.24
Thomas S. Wootton	2014	3:28.69	Peary	1983	3:23.94
Charles Woodward	1980	3:30.64			

Boys 4x400m Relay County Champions

<u>Year</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 4x400m</u>
1980	Seneca Valley	ht-3:27.1	3:27.34 R
1981	Northwood	ht-3:27.6	3:27.84
1982	Peary	ht-3:31.6	3:31.84
1983	Seneca Valley	ht-3:22.4	3:22.64 R
1984	Albert Einstein	ht-3:29.6	3:29.84
1985	John F. Kennedy	ht-3:31.5	3:31.74
1986	John F. Kennedy	ht-3:28.0	3:28.24
1987	Springbrook	ht-3:33.4	3:33.64
1988	Springbrook	ht-3:31.8	3:32.04
1989	Gaithersburg	ht-3:29.0	3:29.24
1990	Thomas S. Wootton	ht-3:29.0	3:29.24
1991	Watkins Mill	ht-3:27.5	3:27.74
1992	Springbrook	ht-3:25.7	3:25.94
1993	Springbrook	ht-3:30.1	3:30.34
1994	Gaithersburg	ht-3:32.5	3:32.74
1995	Seneca Valley	ht-3:29.0	3:29.24
1996	Richard Montgomery	ht-3:26.8	3:27.04
1997	Richard Montgomery	ht-3:28.1	3:28.34
1998	Springbrook	ht-3:25.6	3:25.84
1999	Watkins Mill	ht-3:25.2	3:25.44
2000	Watkins Mill	ht-3:24.4	3:24.64
2001	Watkins Mill	ht-3:26.6	3:26.84
2002	Paint Branch	ht-3:25.4	3:25.64
2003	Paint Branch	ht-3:26.1	3:26.34
2004	Richard Montgomery	ht-3:27.1	3:27.34
2005	Walter Johnson	ht-3:24.4	3:24.64
2006	Richard Montgomery	ht-3:25.0	3:25.24
2007	Richard Montgomery		3:23.70
2008	Montgomery Blair		3:22.94
2009	Northwest		3:29.40
2010	Watkins Mill		3:23.28
2011	Richard Montgomery		3:22.12 R
2012	Richard Montgomery		3:26.77
2013	Northwest		3:27.97
2014	Gaithersburg		3:24.58
2015	James H. Blake		3:24.61
2016	Northwest	ht-3:28.6	3:28.84
2017	Springbrook		3:21.44 R
2018	Northwood		3:23.56
2019	Richard Montgomery		3:26.57

Girls 4x800m Relay Top 25 All-Time | HT-Penalty = 0.24

#	High School	Year	Actual Perf.	Equivalent 4x800m
1	Northwest	2010		9:18.98
2	Thomas S. Wootton	2010		9:20.27
3	Walt Whitman	2008		9:22.14
4	Walt Whitman	2006		9:22.69
5	Winston Churchill	2008		9:23.95
6	Bethesda Chevy Chase	2012		9:24.60
7	Bethesda Chevy Chase	2013		9:25.92
8	Walt Whitman	2007		9:26.64
9	Walt Whitman	2012		9:27.22
10	Northwest	2008		9:27.25
11	Seneca Valley	2015		9:27.63
12	Bethesda Chevy Chase	2015		9:27.64
13	Winston Churchill	2007		9:29.72
14	Northwest	2009		9:31.62
15	Walt Whitman	2013		9:32.57
16	Poolesville	2014		9:32.69
17	Northwest	2007		9:33.30
18	Walter Johnson	2016	ht-9:33.7	9:33.94
19	Northwest	2011		9:35.65
20	Rockville	1987	ht-9:35.5	9:35.74
21	Winston Churchill	2006		9:35.96
22	Quince Orchard	1999	ht-9:36.3	9:36.54
23	Thomas S. Wootton	2016	ht-9:36.5	9:36.74
24	Thomas S. Wootton	2009		9:36.87
25	Walt Whitman	2018		9:37.27

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

School	Year	Result	School	Year	Result
Bethesda Chevy Chase	2012	9:24.60	Blair	2016	9:54.34
James H. Blake	2004	9:49.34	Churchill	2008	9:23.95
Clarksburg	2018	9:43.32	Damascus	2004	9:49.74
Albert Einstein	1983	9:47.14	Gaithersburg	1993	10:14.54
Walter Johnson	2016	9:33.94	John F. Kennedy	1989	9:53.24
Magruder	2006	9:45.00	Richard Montgomery	2012	9:39.72
Northwest	2010	9:18.98	Northwood	2019	9:56.30
Paint Branch	2015	9:45.33	Poolesville	2014	9:32.69
Quince Orchard	1999	9:36.54	Rockville	1987	9:35.74
Seneca Valley	2015	9:27.63	Sherwood	2019	10:00.68
Springbrook	1987	10:05.14	Watkins Mill	1995	9:43.64
Wheaton	1997	9:59.44	Walt Whitman	2008	9:22.14
Thomas S. Wootton	2010	9:20.27	Peary	1981	10:08.84
Charles Woodward	1986	9:52.24			

Girls 4x800m Relay County Champions

<u>Year</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 4x800m</u>
1980	Winston Churchill	ht-10:00.9	10:01.14 R
1981	Albert Einstein	ht-9:50.9	9:51.14 R
1982	Albert Einstein	ht-9:48.9	9:49.14 R
1983	Albert Einstein	ht-9:46.9	9:47.14 R
1984	Springbrook	ht-10:10.0	10:10.24
1985	Charles Woodward	ht-10:06.0	10:06.24
1986	Charles Woodward	ht-9:52.0	9:52.24
1987	Rockville	ht-9:35.5	9:35.74 R
1988	Walt Whitman	ht-10:11.8	10:12.04
1989	John F. Kennedy	ht-9:53.0	9:53.24
1990	Walt Whitman	ht-10:10.0	10:10.24
1991	Walt Whitman	ht-9:54.7	9:54.94
1992	Walt Whitman	ht-10:08.6	10:08.84
1993	Watkins Mill	ht-9:45.6	9:45.84
1994	Watkins Mill	ht-10:06.4	10:06.64
1995	Walt Whitman	ht-9:38.3	9:38.54
1996	Walt Whitman	ht-9:50.2	9:50.44
1997	Quince Orchard	ht-9:54.7	9:54.94
1998	Walter Johnson	ht-9:50.6	9:50.84
1999	Quince Orchard	ht-9:36.3	9:36.54
2000	Walter Johnson	ht-9:43.3	9:43.54
2001	Walter Johnson	ht-9:44.8	9:45.04
2002	Walter Johnson	ht-9:43.4	9:43.64
2003	Walter Johnson	ht-9:39.6	9:39.84
2004	Poolesville	ht-9:46.6	9:46.84
2005	Winston Churchill	ht-9:46.9	9:47.14
2006	Walt Whitman		9:22.69 R
2007	Walt Whitman		9:26.64
2008	Walt Whitman		9:22.14 R
2009	Northwest		9:31.62
2010	Northwest		9:18.98 R
2011	Northwest		9:35.65
2012	Bethesda Chevy Chase		9:24.60
2013	Bethesda Chevy Chase		9:25.92
2014	Poolesville		9:32.69
2015	Seneca Valley		9:27.63
2016	Walter Johnson	ht-9:33.7	9:33.94
2017	Walt Whitman		9:42.61
2018	Walt Whitman		9:37.27
2019	Walter Johnson		9:41.82

Boys 4x800m Relay Top 25 All-Time | HT-Penalty = 0.24

#	High School	Year	Actual Perf.	Equivalent 4x800m
1	Quince Orchard	2008		7:49.59
2	Walter Johnson	2010		7:50.22
3	Damascus	2010		7:51.69
4	Walter Johnson	2005	ht-7:55.4	7:55.64
5	Northwest	2013		7:57.06
6	Gaithersburg	2005	ht-7:57.1	7:57.34
7	Watkins Mill	2000	ht-7:58.3	7:58.54
8	Winston Churchill	1982	ht-7:58.8	7:59.04
9	Bethesda Chevy Chase	2008		7:59.58
10	Richard Montgomery	2011		7:59.80
11	Quince Orchard	2007		8:00.10
12	Walter Johnson	1992	ht-8:00.5	8:00.74
13	Bethesda Chevy Chase	2018		8:00.84
14	Winston Churchill	2010		8:00.95
15	Montgomery Blair	2019		8:01.51
16	Montgomery Blair	2018		8:01.63
17	Walter Johnson	2012		8:02.05
18	Montgomery Blair	2016	ht-8:02.3	8:02.54
19	Winston Churchill	2001	ht-8:02.5	8:02.74
20	Thomas S. Wootton	2007		8:02.86
21	Watkins Mill	1999	ht-8:02.7	8:02.94
22	Clarksburg	2012		8:02.96
23	Sherwood	2011		8:03.33
24	Winston Churchill	2016	ht-8:03.1	8:03.34
25	Walter Johnson	2002	ht-8:03.2	8:03.44

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

School	Year	Result	School	Year	Result
Bethesda Chevy Chase	2008	7:59.58	Blair	2019	8:01.51
James H. Blake	2003	8:10.04	Churchill	1982	7:59.04
Clarksburg	2012	8:02.96	Damascus	2010	7:51.69
Albert Einstein	2013	8:07.66	Gaithersburg	2005	7:57.34
Walter Johnson	2010	7:50.22	John F. Kennedy	2011	8:22.00
Magruder	2001	8:07.84	Richard Montgomery	2011	7:59.80
Northwest	2013	7:57.06	Northwood	1981	8:19.24
Paint Branch	2013	8:08.65	Poolesville	2010	8:24.27
Quince Orchard	2008	7:49.59	Rockville	2015	8:11.91
Seneca Valley	1982	8:08.74	Sherwood	2011	8:03.33
Springbrook	1984	8:09.24	Watkins Mill	2000	7:58.54
Wheaton	2015	8:22.86	Walt Whitman	1983	8:05.94
Thomas S. Wootton	2007	8:02.86	Peary	1980	8:15.64
Charles Woodward	1980	8:10.44			

Boys 4x800m Relay County Champions

<u>Year</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 4x800m</u>
1980	Montgomery Blair	ht-8:08.6	8:08.84 R
1981	Winston Churchill	ht-8:05.5	8:05.74 R
1982	Winston Churchill	ht-7:58.8	7:59.04 R
1983	Walt Whitman	ht-8:05.7	8:05.94
1984	Montgomery Blair	ht-8:08.0	8:08.24
1985	Bethesda Chevy Chase	ht-8:18.0	8:18.24
1986	Albert Einstein	ht-8:14.0	8:14.24
1987	Springbrook	ht-8:22.1	8:22.34
1988	Walter Johnson	ht-8:16.3	8:16.54
1989	Bethesda Chevy Chase	ht-8:20.4	8:20.64
1990	Bethesda Chevy Chase	ht-8:19.7	8:19.94
1991	Walt Whitman	ht-8:21.9	8:22.14
1992	Walter Johnson	ht-8:00.5	8:00.74
1993	Walt Whitman	ht-8:10.8	8:11.04
1994	Walter Johnson	ht-8:30.0	8:30.24
1995	Richard Montgomery	ht-8:12.9	8:13.14
1996	Richard Montgomery	ht-8:13.9	8:14.14
1997	Richard Montgomery	ht-8:08.2	8:08.44
1998	Watkins Mill	ht-8:08.3	8:08.54
1999	Watkins Mill	ht-8:02.7	8:02.94
2000	Watkins Mill	ht-7:58.3	7:58.54 R
2001	Winston Churchill	ht-8:02.5	8:02.74
2002	Walter Johnson	ht-8:03.6	8:03.44
2003	James H. Blake	ht-8:09.8	8:10.04
2004	Walter Johnson	ht-8:06.4	8:06.64
2005	Walter Johnson	ht-7:55.4	7:55.64 R
2006	Quince Orchard		8:13.43
2007	Quince Orchard		8:00.10
2008	Quince Orchard		7:49.59 R
2009	Winston Churchill		8:06.63
2010	Walter Johnson		7:50.22
2011	Richard Montgomery		7:59.80
2012	Walter Johnson		8:02.05
2013	Northwest		7:57.06
2014	Richard Montgomery		8:03.49
2015	Northwest		8:04.26
2016	Montgomery Blair	ht-8:02.3	8:02.54
2017	Northwest		8:04.50
2018	Bethesda Chevy Chase		8:00.84
2019	Montgomery Blair		8:01.51

Three or More Individual Outdoor County Titles

Girls

<u>Name</u>	<u>High School</u>	<u>#</u>
Taylor Wright	Northwest	14
Olivia Ekponé	Northwest	12
Thea LaFond	John F. Kennedy	8
Sally Glynn	Walter Johnson	7
Kacey Childs	Damascus	7
Monda Webb	Montgomery Blair	6
Audrey Garipey-Bogui	Winston Churchill	6
Halsey Sinclair	Montgomery Blair	6
Narica Offutt	Watkins Mill	6
Torrey Simons	Walter Johnson	6
Toni Aluko	Paint Branch	5
Tenesha Hill	Gaithersburg	5
Ruth Kura	Quince Orchard	5
Sharkara Grant	Wheaton	5
Gwen Shaw	Thomas S. Wootton	5
Alexus Pyles	Clarksburg	5
Abigail Green	Walter Johnson	5
Teresa Israel	Paint Branch	5
Martha Sam	James H. Blake	4
Claudia Ababio	Clarksburg	4
Karen Pulliam	Quince Orchard	4
LaShawn Haythe	Gaithersburg	4
Clare Severe	Walt Whitman	4
Jessie Rubin	Thomas S. Wootton	4
Natalie Johnson	Paint Branch	4
Kikisha Addison	Gaithersburg	4
Eddita Pessima	Northwest	4
Arleigh Rose	Sherwood	3
Erika Zoller	Damascus	3
Michelle Smith	Gaithersburg	3
Kobie Kruger	Gaithersburg	3
Laurie Bruce	Walt Whitman	3
LaDonna Gooden	Albert Einstein	3
Erin Gorely	Gaithersburg	3
Tyra Moore	Springbrook	3
Angie Mitchell	Montgomery Blair	3
Michele Collins	Montgomery Blair	3
Nina Warren	Gaithersburg	3
Leslie Morrison	Walt Whitman	3
Genie Lavine	Gaithersburg	3
Hannah Benjamin	Damascus	3
Antoinette Moon	Albert Einstein	3
Wanda Evans	Magruder	3
Caroline Beakes	Bethesda Chevy Chase	3
Ashley St. Denis	Walter Johnson	3
Britt Eckerstrom	Northwest	3
Wendy Peal	Winston Churchill	3
Andrea Dritchilo	Walt Whitman	3

Boys

<u>Name</u>	<u>High School</u>	<u>#</u>
Damon Hill	Gaithersburg	5
Robert Jackson	Gaithersburg	5
Zack Adams	Magruder	5
Lance Fletcher	Montgomery Blair	5
Prentice Pollard	Paint Branch	4
Chris Moen	Walter Johnson	4
Dave Neubeiser	Gaithersburg	4
Jay Colbert	Gaithersburg	4
Tuan Wreh	Richard Montgomery	4
Mike Smith	Sherwood	4
Ryan Lockett	Poolesville	4
Owen Cain	Gaithersburg	3
Joey Robinson	Gaithersburg	3
Sheldon Hutchinson	Gaithersburg	3
Shawn Tittley	Seneca Valley	3
Marc Bason	Gaithersburg	3
Josh Orenstein	Walter Johnson	3
Tavis Ndure	Gaithersburg	3
Diego Zarate	Northwest	3
Jared Wasser	Thomas S. Wootton	3
Ray Leonard	Winston Churchill	3
Peter Kimball	Walt Whitman	3
Sheldon Trotman	Northwest	3
John Welbon	Gaithersburg	3
Terrance Taylor	Albert Einstein	3
Mike Neubeiser	Gaithersburg	3
Michael Scott	Albert Einstein	3
Joshua Trzeciak	Thomas S. Wootton	3
Jalen Walker	Northwest	3
Charles Gassaway	Gaithersburg	3
Bryan Steele	Gaithersburg	3
Andrew Jesien	Walter Johnson	3
Sean Stanley	Gaithersburg	3
Kirk Morris	Gaithersburg	3
Onaje Robinson	Quince Orchard	3
John Mondy	Springbrook	3
Shyheim Wright	Northwest	3
Jabari Bennett	James H. Blake	3
Clarence Foote-Talley	Northwest	3
Anthony Woods, Jr.	Northwest	3

Boys Teams with Five or More Outdoor County Titles in Relays

<u>High School</u>	<u># Outdoor County Titles</u>
Gaithersburg	29
Richard Montgomery	17
Watkins Mill	15
Springbrook	13
Montgomery Blair	12
Northwest	12
Walter Johnson	9
Albert Einstein	7
John F. Kennedy	5
Seneca Valley	5
Winston Churchill	5

Girls Teams with Five or More Outdoor County Titles in Relays

<u>High School</u>	<u># Outdoor County Titles</u>
Gaithersburg	21
Walt Whitman	21
Walter Johnson	21
Paint Branch	13
Winston Churchill	9
Northwest	9
Albert Einstein	7
Magruder	7
James H. Blake	7
Richard Montgomery	6
Watkins Mill	6

All-Time Outdoor Track Medal Count for Individual and Relay Events

Boys

<u>High School</u>	<u># Outdoor County Titles</u>
Gaithersburg	129
Richard Montgomery	48
Northwest	44
Walter Johnson	41
Montgomery Blair	37
Quince Orchard	35
Watkins Mill	35
Springbrook	34
Paint Branch	32
Winston Churchill	30
Albert Einstein	28
Seneca Valley	24
Magruder	22
John F. Kennedy	20
Sherwood	19
Walt Whitman	17
Bethesda Chevy Chase	17
Clarksburg	17
James H. Blake	17
Thomas S. Wootton	13
Poolesville	13
Damascus	12
Northwood	10
Peary	8
Wheaton	7
Rockville	4
Charles Woodward	3

Girls

<u>High School</u>	<u># Outdoor County Titles</u>
Gaithersburg	64
Walter Johnson	58
Paint Branch	54
Northwest	54
Walt Whitman	48
Winston Churchill	39
Thomas S. Wootton	32
Damascus	32
Montgomery Blair	31
John F. Kennedy	26
Albert Einstein	24
Clarksburg	24
Magruder	21
Springbrook	21
Quince Orchard	21
Sherwood	20
Bethesda Chevy Chase	18
Seneca Valley	17
Richard Montgomery	17
James H. Blake	16
Watkins Mill	14
Wheaton	13
Rockville	11
Charles Woodward	7
Poolesville	6
Northwood	4
Peary	3

“ Kevin Milsted's hard work and devotion to Montgomery County track and field is on display in the MoCo Record books that he publishes. I have found them to be a valuable motivational tool and a wonderful stroll down memory lane. ”

-Tom Martin, Walter Johnson High School Head Track/XC Coach

“ I'm blown away with the amount of information Kevin has put together! Kevin has done what so many coaches in the county talk about but never can find the time or person who can do it! The old time coaches will find this to be fun reading for sure. What a history of accomplishments for this county! ”

-Fran Parry, Montgomery County Coach of 35+ Years

“ The Montgomery Track and Field Meet Record Book has been so helpful for me in researching past performances to put together our school records at B-CC. We definitely had some holes in our data, and the record book was essential to fill in the gaps. ”

-Chad Young, Bethesda Chevy Chase High School Head Track Coach

“ An absolute must have for every athlete, parent, and track fan. Captures more than 3 decades' worth of detailed results and performances from Montgomery County's most prestigious meet! The Outdoor Track County Record book is an invaluable piece of history for a county that has such a rich tradition of track and field as Montgomery County. As a former competitor and track fanatic of 20 years, I wish this was available back when I was competing. ”

-BJ Westner, Moco Track Fan of 20 years

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