

## Ice Box Scrimmage - 11/21/2015

## Howard HS

## Results

## Girls 55 Meter Dash

IceBox: 7.78 &amp; 11/21/2015 Diamond Turner/Bethany Golatt

RESVarsity: 8.20 @

Name	School	Finals
<b>Finals</b>		
1	Golatt, Bethany	Reservoir 7.78&
2	Pindell, Kayla	Reservoir 7.87@
3	Turner, Diamond	Reservoir 7.91@
4	Cooper-Marshall, Janaya	Reservoir x8.19@
5	Bundy, Nina	Howard 8.24
6	Jennings, Toni	Reservoir x8.26
7	Williams, Joy	Wilde Lake 8.34
8	Colton, Julia	Howard 8.38
9	Williams, Chynna	Reservoir x8.40
10	Krutz, Katie	Reservoir x8.42
11	Lewis, Kennedy	Centennial 8.46
12	Collins, Imani	Reservoir x8.46
13	Alleyne, Amaiyah	Reservoir x8.47
14	Allen, Yasmine	Reservoir x8.55
15	Phillips, Daisha	Reservoir x8.55
16	Hatzakos, Despina	Reservoir x8.59
17	Aslam, Sana	Centennial 8.62
18	Yancey, Deanna	Wilde Lake 8.67
19	Blount, Ashanti	Wilde Lake 8.73
20	Chambers, Kenyae	Wilde Lake x8.80
21	Hicks, Nataya	Wilde Lake x8.83
22	Akindolie, Toyosi	Reservoir x9.08
23	Babkir, Aneisa	Centennial 9.09
24	Smith, Naomi	Howard 9.10
25	Poehlman, Katelynn	Howard x9.10
26	Wright, Toyce	Reservoir x9.13
27	Rennert-Ariev, Shaelin	Howard x9.14
28	Martin, Mikayla	Centennial x9.15
29	Smith, Timia	Wilde Lake x9.17
30	Mitchell, Ashley	Wilde Lake x9.21
31	Akum, Vera	Reservoir x9.21
32	Adekola, Safinat	Reservoir x9.26
33	Mora, Samantha	Centennial x9.28
34	Iloanya, Chinenye	Howard x9.29
35	Page, Imani	Reservoir x9.30
36	Ahmed, Zoya	Reservoir x9.31
37	George, Sarah	Howard x9.39
38	Wilson, Stephanie	Reservoir x9.45
39	Aragon, Allison	Reservoir x9.65
40	Williams, Tykie	Wilde Lake x9.69
41	Rodwell, Elise	Howard x9.72
42	Williams, Taylor	Reservoir x9.82
43	Bailey, Quanshae	Wilde Lake x9.96
44	Patel, Priyal	Reservoir x10.56

## Girls 300 Meter Dash

IceBox: 45.72 &amp; 11/21/2015 Bethany Golatt

RESVarsity: 47.50 @

Name	School	Finals
<b>Finals</b>		
1	Golatt, Bethany	Reservoir 45.72&
2	Turner, Diamond	Reservoir 47.03@
3	Krutz, Katie	Reservoir 48.79
4	Colton, Julia	Howard 49.04
5	Hatzakos, Despina	Reservoir x50.98
6	Bundy, Nina	Howard 51.46
7	Jefferson, Jasmine	Reservoir x51.55
8	Lumsden, Elise	Howard 51.93
9	Jennings, Toni	Reservoir x52.37
10	Mapara, Priya	Centennial 52.61
11	Williams, Joy	Wilde Lake 52.82
12	Page, Imani	Reservoir x53.19
13	Hill-Chapman, Shanette	Reservoir x53.48
14	Smith, Naomi	Howard x53.51
15	Wright, Toyce	Reservoir x53.73
16	Alam, Tasnia	Howard x54.02
17	Akum, Vera	Reservoir x54.06
18	Rennert-Ariev, Shaelin	Howard x54.07
19	Allen, Yasmine	Reservoir x54.12
20	Larson, Sierra	Howard x54.36
21	Elkashif, Sumaya	Oakland Mill 55.08
22	Eloseily, Dina	Centennial 55.12
23	Anderson, Isabell	Wilde Lake 55.99
24	Blount, Ashanti	Wilde Lake 56.72
25	Barnes, Erin	Wilde Lake x57.59
26	George, Sarah	Howard x57.81
27	Libkhen, Simona	Howard x58.09
28	Akindolie, Toyosi	Reservoir x58.44
29	Wilson, Stephanie	Reservoir x1:04.54
30	Williams, Taylor	Reservoir x1:05.30
31	Patel, Priyal	Reservoir x1:08.23
32	Aragon, Allison	Reservoir x1:11.26

## Girls 800 Meter Run

IceBox: 2:40.32 &amp; 11/21/2015 Grace Chaverini

RESVarsity: 2:45.00 @

Name	School	Finals
<b>Finals</b>		
1	Chaverini, Grace	Oakland Mill 2:40.32&
2	Hyde, Kate	Reservoir 2:48.52
3	Schluederberg, Katie	Howard 2:50.90
4	Wikner, Kirsten	Centennial 2:51.75
5	Akhtar, Fjordia	Centennial 2:58.04
6	Dixon, Julia	Reservoir 3:01.87
7	Deng, Ashley	Centennial 3:01.99
8	Brewer, Kyra	Howard 3:03.24
9	McDonnell, Tatiana	Reservoir 3:04.04
10	Whipple, Caroline	Howard 3:05.53
11	Hotait, Zahraa	Centennial x3:08.58
12	Makkapati, Srija	Centennial x3:09.13

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## Finals ... (Girls 800 Meter Run)

Name	School	Finals
13 Wishner, Skylar	Howard	x3:09.58
14 Hill-Chapman, Shanette	Reservoir	x3:10.41
15 Requejo, Carolina	Centennial	x3:10.54
16 Lee, Sahyun	Reservoir	x3:18.87
17 Elkashif, Sumaya	Oakland Mill	3:24.17
18 Rai, Sachi	Reservoir	x4:05.57

## Girls 1600 Meter Run

IceBox: 5:28.65 & 11/21/2015 Brit Lang  
RESVarsity: 6:00.00 @

Name	School	Finals
1 Lang, Brit	Oakland Mill	5:28.65&
2 Chaverini, Grace	Oakland Mill	5:52.27
3 Hyde, Kate	Reservoir	6:15.40
4 Spall, Sarah	Wilde Lake	6:35.51
5 Dixon, Julia	Reservoir	6:35.66
6 Whipple, Caroline	Howard	6:43.39
7 Brewer, Kyra	Howard	6:45.85
8 Wishner, Skylar	Howard	6:46.98
9 Muma, Lauren	Centennial	6:47.94
10 Sisk, Mary Kate	Reservoir	6:53.09
11 Zhang, Joyce	Centennial	6:54.91
12 McDonnell, Tatiana	Reservoir	x7:00.54
13 Oaksmith, Kaitlyn	Centennial	7:24.10
14 Lee, Sahyun	Reservoir	x7:27.66
15 Yoon, Julia	Reservoir	x8:30.99
16 Rai, Sachi	Reservoir	x8:39.15

## Girls 55 Meter Hurdles

IceBox: 9.69 & 11/21/2015 Janaya Cooper-Marshall  
RESVarsity: 12.00 @

Name	School	Finals
1 Cooper-Marshall, Janaya	Reservoir	9.69&
2 Jennings, Toni	Reservoir	10.37@
3 Phillips, Daisha	Reservoir	11.02@
4 Chambers, Kenyae	Wilde Lake	11.26
5 Williams, Chynna	Reservoir	x11.81@
6 Spooner, Carla	Wilde Lake	11.96
7 Wright, Toye	Reservoir	x12.15
8 Hicks, Nataya	Wilde Lake	13.83
9 Williams, Taylor	Reservoir	x15.04

## Girls 4x200 Meter Relay

IceBox: 1:58.22 & 11/21/2015 Reservoir

Team	Relay	Finals
1 Reservoir	A	1:58.22&
2 Wilde Lake	A	2:05.38
3 Howard	A	2:09.58
4 Centennial	A	2:09.66
5 Wilde Lake	B	2:10.86
6 Centennial	B	2:12.42

## Girls High Jump

IceBox: 4-04 & 11/21/2015 Jasmine Jefferson  
RESVarsity: 4-04 @

Name	School	Finals
1 Jefferson, Jasmine	Reservoir	4-04.00&
2 Spooner, Carla	Wilde Lake	4-00.00
3 Anderson, Isabell	Wilde Lake	3-02.00

## Girls Long Jump

IceBox: 14-10.50 & 11/21/2015 Janaya Cooper-Marshall  
RESVarsity: 14-00 @

Name	School	Finals
1 Cooper-Marshall, Janaya	Reservoir	14-10.50&
2 Spall, Sarah	Wilde Lake	14-02.00
3 Williams, Morgan	Howard	14-00.00
4 Yancey, Deanna	Wilde Lake	13-05.50
5 Krutz, Katie	Reservoir	13-03.00
6 Collins, Imani	Reservoir	12-06.50
7 Mbulu, Marie	Howard	12-04.00
8 Attram, Nicole	Centennial	11-01.00

## Girls Shot Put

IceBox: 28-07 & 11/21/2015 Lola Alli  
RESVarsity: 20-00 @

Name	School	Finals
1 Alli, Lola	Reservoir	28-07.00&
2 Brown, Rachel	Centennial	28-00.00
3 Wilson, Chrystal	Reservoir	24-01.00@
4 Ogunleye, Faith	Reservoir	22-01.00@
5 Iloanya, Chinenye	Howard	21-10.00
6 Alleyne, Amaiyah	Reservoir	x20-07.00@
7 Spooner, Carla	Wilde Lake	20-02.00
8 Adewole, Moroti	Centennial	20-00.00
9 Ojaomo, Stephanie	Reservoir	x18-04.00
10 Wetzel, Zaria	Howard	18-03.00
11 Poehlman, Katelynn	Howard	17-11.00
12 Libkhen, Simona	Howard	x14-08.00
13 Keeling, Alexis	Reservoir	x12-10.00
--- Hill-Chapman, Janaya	Reservoir	ND
--- Wheatly, Taylor	Howard	ND
--- Barnes, Anne	Centennial	ND
--- Agbai, Alexis	Howard	ND

## Boys 55 Meter Dash

IceBox: 7.19 & 11/21/2015 Sundiata Kamau  
RESVarsity: 7.20 @

Name	School	Finals
1 Kamau, Sundiata	Reservoir	7.19&
2 Barry, Isaaga	Reservoir	7.29
3 Kommula, Yash	Reservoir	7.34
4 Good, Nick	Centennial	7.34

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## Finals ... (Boys 55 Meter Dash)

Name	School	Finals
5 Ross, Eli	Centennial	7.36
6 Williams, Christian	Wilde Lake	7.37
7 Tien, Raymond	Howard	7.42
8 King, Brandon	Reservoir	x7.43
8 Smith, Osida	Wilde Lake	7.43
10 Dunton, Khalid	Reservoir	x7.48
11 Noel, Makazae	Reservoir	x7.49
12 Markakki, Monseff	Howard	7.53
13 Reckner, Chris	Reservoir	x7.54
14 Peart, Javare	Reservoir	x7.71
15 Taylor, Andrew	Howard	7.75
16 Kindu, Michyas	Reservoir	x7.77
17 Nimblett, Zavier	Reservoir	x7.84
18 Cohen, Julian	Howard	x7.84
19 McGreevy, Daniel	Howard	x7.86
20 Marshall, Zachary	Howard	x7.88
21 Lesane, Christian	Wilde Lake	7.95
22 Costley, Dimario	Howard	x7.98
23 Kirk, James	Reservoir	x8.00
24 Oyoyemi, Moshope	Howard	x8.05
25 Turner, Kendall	Wilde Lake	x8.07
26 Brown, Glenn	Howard	x8.08
27 Barrozo, Keanu Bravin	Howard	x8.15
28 Myers, Maxwell	Howard	x8.16
29 Joseph, Claude	Howard	x8.19
30 Harrison, Tyrel	Howard	x8.21
31 Chambers, Carter	Howard	x8.30
32 Guzman, Kevin	Reservoir	x8.33
33 Cho, David	Howard	x8.45
34 Coelho, Sean	Howard	x8.46
35 Dolan, Kenneth	Reservoir	x8.46
36 Vanier, Quamell	Wilde Lake	x8.53
37 Fosu, Andrew	Wilde Lake	x8.79
38 Greene, Cameron	Howard	x8.84
39 John, Aiden	Howard	x8.92
40 Amin, Maaz	Reservoir	x8.99
41 Quinones, Jason	Wilde Lake	x9.01
42 Metzler, Austin	Howard	x9.06
43 Patterson, Khalil	Oakland Mill	9.31
44 Cooks, James	Oakland Mill	9.59
45 Yeboah, Daniel	Wilde Lake	x9.67

## Boys 300 Meter Dash

IceBox: 38.64 &amp; 11/21/2015 Brandon King

RESVarsity: 40.00 @

Name	School	Finals
1 King, Brandon	Reservoir	38.64&
2 Smith, Sean	Oakland Mill	39.30
3 Reckner, Chris	Reservoir	40.14
4 Tunde-Ojo, Ayo	Reservoir	40.18
5 Kamau, Sundiata	Reservoir	x40.30
6 Press, Kareem	Wilde Lake	40.75
7 Annan, Joel	Reservoir	x40.84

8 Dunton, Khalid	Reservoir	x40.86
9 Noel, Makazae	Reservoir	x40.93
10 Williams, Christian	Wilde Lake	41.08
11 Peart, Javare	Reservoir	x42.71
12 McGreevy, Daniel	Howard	43.03
13 Taylor, Andrew	Howard	43.26
14 Marshall, Zachary	Howard	43.77
15 Kindu, Michyas	Reservoir	x43.94
16 Myers, Maxwell	Howard	x43.98
17 Burden II, Cedric	Reservoir	x44.42
18 Cohen, Julian	Howard	x44.59
19 Lesane, Christian	Wilde Lake	44.70
20 Joseph, Claude	Howard	x44.71
21 Coleman, Jaleel	Wilde Lake	x44.80
22 Oyoyemi, Moshope	Howard	x45.07
23 Brown, Glenn	Howard	x45.39
24 Kirk, James	Reservoir	x46.07
25 Barrozo, Keanu Bravin	Howard	x46.72
26 Coelho, Sean	Howard	x47.36
27 Nimblett, Zavier	Reservoir	x47.54
28 Harrison, Tyrel	Howard	x48.69
29 Gupta, Showvik	Centennial	49.25
30 Chambers, Carter	Howard	x49.75
31 Fosu, Andrew	Wilde Lake	x50.07
32 Cho, David	Howard	x50.48
33 John, Aiden	Howard	x50.83
34 Guzman, Kevin	Reservoir	x51.54
35 Greene, Cameron	Howard	x51.65
36 Dolan, Kenneth	Reservoir	x51.71
37 Yeboah, Daniel	Wilde Lake	x53.00
38 Amin, Maaz	Reservoir	x53.73
39 Metzler, Austin	Howard	x54.71
40 Babatunde, David	Reservoir	x1:13.77

## Boys 800 Meter Run

IceBox: 2:11.54 &amp; 11/21/2015 Joey Navarro

RESVarsity: 2:20.00 @

Name	School	Finals
1 Navarro, Joey	Oakland Mill	2:11.54&
2 Hewitt, Sean	Howard	2:21.21
3 Eastman, Matthew	Howard	2:22.14
4 Costello, Greg	Centennial	2:22.94
5 King, Brandon	Reservoir	2:23.15
6 Tseng, Siang	Centennial	2:27.58
7 Bang, Brian	Centennial	2:27.91
8 Requejo, Luis	Centennial	x2:27.92
9 Carter, Brendan	Reservoir	2:27.99
10 Harrington, Travis	Howard	2:29.96
11 Chattin, Anders	Oakland Mill	2:31.95
12 Nageswaran, Nagavenkata	Centennial	x2:34.39
13 Ewart, Jake	Centennial	x2:35.20
14 Ziegler, Justin	Centennial	x2:38.56
15 Bossom, Connor	Centennial	x2:39.50
16 Shepard, Jordan	Reservoir	2:39.86
17 Niland, Mark	Reservoir	x2:40.41

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## Howard HS

## Results

## Finals ... (Boys 800 Meter Run)

Name	School	Finals
18 DeOcampo, Lorenzo	Howard	x2:40.61
19 Copley, John	Howard	x2:41.98
20 Sierra, Jovani	Howard	x2:42.30
21 Samuelson, Jacob	Reservoir	x2:43.96
22 Goulet, Tim	Howard	x2:44.86
23 Cabrera, Hans	Howard	x2:46.17
24 Williamson, Tariek	Howard	x2:47.26
25 Rizzutto, Antonio	Reservoir	x2:47.53
26 Aromire, Ayomide	Howard	x2:47.59
27 Kamibon, Kirin	Reservoir	x2:56.74
28 Amopani, Pranav	Howard	x2:57.92
29 Cardenas, Alexander	Oakland Mill	3:08.07
30 Caracci, Gianmarco	Howard	x3:10.24

## Boys 1600 Meter Run

IceBox: 4:53.66 &amp; 11/21/2015 Joey Navarro

RESVarsity: 5:20.00 @

Name	School	Finals
1 Navarro, Joey	Oakland Mill	4:53.66&
2 Kim, Noah	Reservoir	4:58.85@
3 Chattin, Anders	Oakland Mill	5:02.04
4 Harrington, Travis	Howard	5:17.47
5 Eastman, Matthew	Howard	5:22.30
6 Hewitt, Sean	Howard	5:24.76
7 Ferrara, Anthony	Centennial	5:26.12
8 Archuleta, Kai	Centennial	5:26.14
9 Carter, Brendan	Reservoir	5:32.36
10 Wu, Leo	Centennial	5:37.15
11 Kelemen, Erik	Centennial	x5:37.41
12 Partidge, Cole	Howard	x5:38.32
13 DeOcampo, Lorenzo	Howard	x5:38.38
14 Wolf, Jon	Howard	x5:50.46
15 Gattis, Ryan	Oakland Mill	5:50.89
16 Goulet, Tim	Howard	x5:51.71
17 Sierra, Jovani	Howard	x5:52.25
18 Samuelson, Jacob	Reservoir	5:52.43
19 Bieberich, Christopher	Centennial	x5:55.46
20 Copley, John	Howard	x6:02.47
21 Williamson, Tariek	Howard	x6:06.87
22 Niland, Mark	Reservoir	x6:07.79
23 Cabrera, Hans	Howard	x6:08.51
24 Kamibon, Kirin	Reservoir	x6:15.36
25 Amopani, Pranav	Howard	x6:16.91
26 Shepard, Jordan	Reservoir	x6:17.21
27 Armstrong, Stephen	Howard	x6:20.64
28 Aromire, Ayomide	Howard	x6:26.60
29 Caracci, Gianmarco	Howard	x6:53.09

## Boys 55 Meter Hurdles

IceBox: 8.80 &amp; 11/21/2015 Osida Smith

RESVarsity: 10.00 @

Name	School	Finals
1 Smith, Osida	Wilde Lake	8.80&
2 Duntun, Khalid	Reservoir	9.07@
3 Noel, Makazae	Reservoir	10.79
4 Burden II, Cedric	Reservoir	11.29
--- Markakki, Monseff	Howard	DNF

## Boys 4x200 Meter Relay

IceBox: 1:42.57 &amp; 11/21/2015 Reservoir

Team	Relay	Finals
1 Reservoir	B	1:42.57&
2 Wilde Lake	D	1:45.31
3 Reservoir	A	1:45.91
4 Centennial	A	1:46.82
5 Howard	A	1:46.88
6 Reservoir	C	x1:55.02

## Boys High Jump

IceBox: 5-02 &amp; 11/21/2015 Joel Annan

RESVarsity: 5-00 @

Name	School	Finals
1 Annan, Joel	Reservoir	5-02.00&
2 Dunklin, Justin	Howard	5-00.00
--- Nyarko, Michael	Wilde Lake	NH
--- Lyles, T.J.	Wilde Lake	NH

## Boys Long Jump

IceBox: 18-08 &amp; 11/21/2015 Yash Kommula

RESVarsity: 17-00 @

Name	School	Finals
1 Kommula, Yash	Reservoir	18-08.00&
1 Barry, Isaaga	Reservoir	18-08.00&
3 Annan, Joel	Reservoir	16-11.50
4 Dunklin, Justin	Howard	16-09.00
5 Petty, Sam	Howard	16-08.75
6 Peart, Javare	Reservoir	x15-10.50
7 Kindu, Michyas	Reservoir	x15-07.00
8 Shepard, Jordan	Reservoir	x14-00.00
8 Collier, Floyd	Centennial	14-00.00
10 Guzman, Kevin	Reservoir	x10-09.00
11 Amin, Maaz	Reservoir	x9-07.00

## Boys Shot Put

IceBox: 37-07 &amp; 11/21/2015 Alexander Castle-Smith

RESVarsity: 30-00 @

Name	School	Finals
1 Castle-Smith, Alexander	Centennial	37-07.00&
2 Hunn, Jonathon	Howard	35-04.00

## Ice Box Scrimmage - 11/21/2015

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## Results

## Finals ... (Boys Shot Put)

	<b>Name</b>	<b>School</b>	<b>Finals</b>
3	Rizzutto, Antonio	Reservoir	35-00.00@
4	Dickson, Phillip	Centennial	31-10.00
5	Diven, Griffin	Wilde Lake	31-04.00
6	Paterson, Ryan	Centennial	30-00.00
7	Nieves, Dylan	Howard	29-02.00
8	Barnes, Douglas	Centennial	x28-10.00
9	Tien, Raymond	Howard	27-01.00
10	Jackson, James	Howard	x27-00.00
11	Boone, Brandon	Centennial	x26-07.00
12	Johnson, Joshuwa	Reservoir	24-10.00
13	Stargel, Kenny	Reservoir	23-11.00
14	Mauser, David	Howard	x23-10.00
15	White, Jordan	Reservoir	x16-11.00
---	Overton, Matthew	Howard	ND
---	Boyer, Jacob	Howard	ND
---	Brandt, Ryan	Howard	ND