

GIRLS’ OUTDOOR TRACK & FIELD

Compiled by Dan Roth



ATHLETE OF THE YEAR

Kate Murphy

Lake Braddock / Jr. Six-time All-Met anchored Lake Braddock to a win in the Penn Relays Distance Medley Championship of America in 11 minutes 36.52 seconds, the fourth-fastest time in the 122-year history of the event. Two-time Indoor Track and Field Athlete of the Year also anchored the Bruins’ 4x800 team to victory at the 6A North region meet to set a U.S. No. 3 time of 8:57.61. Set a U.S. No. 2 in the 1,600 (4:42.31) at the LB Hall of Fame Invite and closed out her season by posting a U.S. No. 6 2:06.70 in the 800 at the Virginia 6A state championships.

FIRST TEAM



Madeleine Akobundu DuVal / Sr.
Won the long jump and 100 hurdles while finishing third in the 100 at the Md. 4A state meet. Holds Md. No. 1 long jump (20 feet 6.5 inches) and 100 hurdles (13.96).



Reagan Bustamante West Springfield / Sr.
Won the 1,600 state title at the Va. 6A championships with a Va. No. 3 4:51.97. Clockeda Va. No. 3 800 (2:10.20) at the 6A North region meet.



Maria Coffin Annapolis / Jr.
Ran Md. No. 1s in the 1,600 (4:56.91) and 3,200 (10:36.64) at the Anne Arundel County championships and swept both events at the Md. 4A state meet.



Stephanie Davis Riverdale Baptist / Jr.
Top sprinter in the area posted Md. No. 1 100 (11.54) at the Central HS Invitational and Md. No. 1 200 (24.03) at the Mullins-Russell Invitational.



Lauren Hoffman Battlefield / Jr.
Dominated hurdles at the Virginia 6A North region championships, winning the 300 and clocking 13.84 in the 100 to break the meet record.



Weini Kelati Heritage / Jr.
Ran a U.S. No.1 3,000 in 9:19.91 to win at Penn Relays and a U.S. No. 1 3,200 in 9:53.40 at the Dogwood Track Classic. Took first in the 3,200 at Virginia 4A state meet.

HONORABLE MENTION

Erin Andrewleivich, Patriot, Sr.; Sydney Banks, Osbourn Park, Fr.; Cori Brown, Northwest, Fr.; Jamila Brown, Wilde Lake, Sr.; Kelsia Cain, St. Mary's Ryken, So.; Leonora Correia, Northwest, Sr.; Sigla Davidson, Lake Braddock, Jr.; Ayana Dozier, Dunbar, Sr.; Kasey Ebb, St. John's, So.; Mary Foday, Central, Sr.; Alexis Foreman, T.C. Williams, Sr.; Abigail Green, Walter Johnson, So.; Khailah Griffin, Riverbend, Jr.; Kelsie Hao, Langley, Jr.; Lauryn Harris, Bullis, Fr.; Emily Harrison, Battlefield, Jr.; Gabrielle Hayes, Osbourn Park, Jr.; Zakyrh Haynie, Wilson, Jr.; Heather Holt, Marshall, So.; Taja Honay, Hylton, So.; Oluchi Ike, C.H. Flowers, Sr.; Annie Imhof, Great Mills, Jr.; Brit Lana, Oakland Mills, Sr.; Page Lester, National Cathedral, So.; Sarah Little, Westfield, So.; Natalie Lott, Westfield, Jr.; Georgie Mackenzie, Heritage, Sr.; Micah Meekins, Marriotts Ridge, Sr.; Maria Muzzio, Robinson, Sr.; Destiny Nash, McKinley Tech, Fr.; Pharist O'Neal, C.H. Flowers, Jr.; Taylor Parker, Largo, Sr.; Alexis Postell, Bullis, Jr.; Christina Quigley, South County, Sr.; Julia Reicin, Churchill, Jr.; Arianna Richards, Bullis, So.; Sydney Robinson, River Hill, Fr.; Alahna Sabbakhan, St. John's, Fr.; Izabella Sabharwal, National Cathedral, Jr.; Jacqueline Simmons, Seton, Jr.; Bethlehem Taye, Paint Branch, Sr.; Katherine Treanor, Georgetown Day, Sr.; Sydney Williams, Lackey, Jr.



Rachel McArthur Patriot / Jr.
Blazed a Va. No. 1 and all-time No. 3 800 in 2:06.54 to win the Va. 6A state title and clocked a Va. No. 1 and U.S. No. 4 outdoor mile in 4:47.09 to take first at the Southern Track Classic.



Lauren Morgan Elizabeth Seton / Jr.
Won the 100, 200 and broke the WCAC championship record as Seton's anchor in the 4x100, which clocked a Md. No. 1 47.10 for a second-place finish at Penn Relays.



Alexis Pyles Clarksburg / Sr.
Swept the triple jump, 100 hurdles and 300 hurdles at the Maryland 4A West region meet. Demonstrated versatility throughout the season with victories in six different events.



Masai Russell Bullis / So.
Bolted to a Md. No. 1 400 in 55.57 to help the Bulldogs to their third consecutive ISL title. Posted a Md. No. 5 300 hurdles (44.45) at the Screaming Eagles Invitational.



Thea Shaw Eastern / So.
Dominated the DCIAA and DCSAA championships, winning three events and finishing second in one at each meet. Ran a D.C. No. 1 in the 300 hurdles.



Seasons Usual Douglass / Jr.
Won the discus (Md. No. 1 146 feet 10 inches) and shot put (41-5.5) at Maryland 2A state meet and launched Md. No. 1 shot put (43-1.5) at Largo Lion Invitational.



Taylor Wright Northwest / Fr.
Leaped 39 feet 2.75 inches to win the triple jump and had two second-place finishes in the 100 and 200 at the Maryland 4A state championships.



COACHES OF THE YEAR
Bryan Brown, Terence Sheppard *C.H. Flowers*
Brown, a 2006 graduate of C.H. Flowers and an employee of the federal government, and Shepherd, a Prince George's County police officer, represent two coaches of an 11-member staff that helped lead the Jaguars to their first 4A state title since winning back-to-back indoor and outdoor titles in 2010. The others coaches: Katherine Forrester Anderson, Casaundra Bouldin, Henry Brady, Bradley Brown, Rob Davis Jr., Rob Moore Sr., Carlyle Rose, Noelle Smith and Dwayne Vaughan.

GIRLS’ RELAY TEAMS

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| 4x100 | Elizabeth Seton (Danielle Rochester, Jacqueline Simmons, Chynna Savoy, Lauren Morgan) 47.10 |
| 4x200 | C.H. Flowers (Collese Daley, Pharist O'Neal, Hannah White, Nelana James) 1:39.74 |
| 4x400 | Bullis (Mia Gyau, Masai Russell, Lauryn Harris, Sierra Leonard) 3:46.31 |
| 4x800 | Lake Braddock (Shannon Browning, Samantha Schwers, Madison Tippet, Kate Murphy) 8:57.61 |