

# GYMNASTICS

Compiled by Dan Roth



## GYMNAST OF THE YEAR

# Sydney Wright

**Freedom-South Riding / So.** Two-time All-Met battled illness to power the Eagles to their first Virginia 5A state championship and then dominated the individual all-around competition the following day, claiming the title with a score of 39.025. The Level 10 gymnast also repeated as 5A North region all-around champion by placing first on vault (9.925) and uneven bars (9.7) and second on the floor exercise (9.75) and balance beam (9.65).

## FIRST TEAM



**Julia Hayes**  
*Yorktown / Fr.*  
Virginia 6A North region individual all-around champion (37.675) finished 11th at the state meet after tying for first on the beam (9.750).



**Carly Mann**  
*Walter Johnson / Sr.*  
Scored a 9.675 on the vault en route to winning the Montgomery County all-around title (37.40) for the team champion Wildcats.



**Molly Overstreet**  
*Hayfield / Sr.*  
Virginia 6A state and North region (9.8) champion on the uneven bars finished sixth in the all-around despite battling ankle injuries and coming back from a concussion.



**Toni Williams**  
*Sherwood / Jr.*  
Repeat All-Met was third in the all-around at the Montgomery County meet (36.75) after tying for first on floor and taking second on vault and bars.

## HONORABLE MENTION

Carolyn Brown-Kaiser, McLean, So.; Annie Burton, Whitman, Jr.; Phylcia Cooper, Blake, So.; Hannah Dotson, West Springfield, Fr.; Caela Flake, Stone Bridge, Sr.; Eleni Gynn, Sherwood, Fr.; Maddy Howell, Riverside, So.; Erika Hurrell, Potomac Falls, Fr.; Emily Ignacio, Battlefield, Sr.; Abbie Levine, West Springfield, So.; Daniella Livingstone, Springbrook, Jr.; Juliette Mitrovich, Yorktown, Jr.; Ania Pasternak, Sherwood, Jr.; Claire Pettit, Tuscarora, Jr.; Catherine Reynolds, Robinson, So.; Lily Smith, Walter Johnson, Fr.; Abby Whitacre, Osbourn Park, Sr.; Cara Wiedeman, Lake Braddock, Jr.; Alex Wisniewski, Battlefield, Jr.; Olivia Zavrel, Yorktown, Jr.



## COACH OF THE YEAR

**Joanne Price** *Yorktown*  
In her 16th year at the Arlington school, Price led the Patriots to their first region title since 1999. She then guided a young, talented squad to a fourth-place finish at the Virginia 6A state meet. Yorktown's Julia Hayes and Juliette Mitrovich finished one-two in the individual all-around competition at the 6A North region meet.

# BOYS' OUTDOOR TRACK & FIELD

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## ATHLETE OF THE YEAR

# Drew Hunter

**Loudoun Valley / Sr.** The five-time All-Met took the baton nine seconds behind the leader before blazing to win the Distance Medley Championship of America at the Penn Relays in a photo finish. His mile split of 4 minutes 0.73 seconds was the second fastest in meet history, and Hunter became the first high school boy to win the DMR along with the individual mile (2015) and 3,000 meters (2014) in the 122-year history of the meet. The Oregon signee clocked the nation's fastest 1,500 (3:42.42), one mile (3:58.86) and 3,200 (8:43.18) along with a U.S. No. 3 time in the 800 (1:48.64). After breaking the all-time indoor mile record this winter (3:57.81), the two-time All-Met Cross-Country Athlete of the Year holds the all-time No. 2 1,500, No. 3 mile and No. 7 3,200.

## FIRST TEAM



**Rohann Asfaw**  
*Richard Montgomery / Jr.*  
Won the 1,600 (4:20.95) and 3,200 (9:24.05) at the Maryland 4A state championships to finish the season undefeated in both events.



**Tristan Colaizzi**  
*Georgetown Day / Sr.*  
Led the Grasshoppers to a DCSAA championship, helping the school to 36 of its 87 points in the 400, 800, 4x400 and 4x800. Won the high school boys' mile in 4:17.04 at Colonial Relays.



**Benedict Draghi**  
*Washington-Lee / Jr.*  
Claimed Va. 6A state titles in the discus and shot put. Dominated both events all season, registering a Va. No. 1 discus throw (172 feet 5 inches) and shot put (63-6).



**Ben Fogg**  
*Lake Braddock / Sr.*  
Anchored Bruins' 4x800 Penn Relays finalist team, which earned a Va. No. 2 time of 7:46.5; 4x800 relay also won the 6A state title. Finished second in the state in the 800 (1:54.01).



**Tajh Gilchrist**  
*Bowie / Sr.*  
Claimed a Maryland 4A state title in the 100 and ran the state's fastest 100 (10.62) and 400 (48.35) for two first-place finishes at Prince George's County championships.



**Gregory Lucas-Roscoe**  
*Edison / Jr.*  
Virginia 5A state champion in the triple jump swept the long and triple jumps at Va. 5A North region meet and leaped to a personal-best 23-6.5 at the Lake Braddock Hall of Fame Invitational.



**Josephus Lyles**  
*T.C. Williams / Sr.*  
Clocked Va. No. 1 and U.S. No. 2 time in the 400 (45.94) at Arcadia Invitational. Bolted to Va. No. 2 in the 100 (10.51) and Va. No. 2 in the 200 (20.73). Will run at Florida.



**Noah Lyles**  
*T.C. Williams / Sr.*  
Florida signee burned a U.S. No. 1 100 (10.17) at the Arcadia Invitational. Swept the 100 and 200 (in a U.S. No. 1 20.23) at the Virginia 6A North region meet. Added Va. No. 3 400 (47.04) and a 6-6 high jump.



**Brandon McGorty**  
*Chantilly / Jr.*  
Notched a Va. No. 1, U.S. No. 2 time in the 800 (1:48.58) in win at the Dogwood Track Classic. Double-winner at 6A state meet in the 800 and 1,600; finished season undefeated in both events.



**Fitsum Seyoum**  
*Tuscarora / Sr.*  
Set school records in the 1,600 (4:14.23) and 3,200 (9:10.12) and swept the 800 and 1,600 to lead the Huskies to a Va. 5A North region championship.



**Trevor Stewart**  
*South County / Sr.*  
Won a Virginia 6A state title in the 400. Ran 10.64 in the 100, 21.34 in the 200 and Va. No. 2, U.S. No. 9 46.44 in the 400 at the 6A North region meet.



**Maxwell Willis**  
*Carroll / Sr.*  
Blazed to a D.C. No. 1 200 in 21.23 at the WCAC championships to break the meet record. Anchored the area's fastest 4x200 team (1:25.61) at the Texas Relays.



**Shyheim Wright**  
*Northwest / Sr.*  
Took home three golds and a silver at the Maryland 4A state championships while setting Md. No. 1 times in the 110 hurdles (13.92) and 300 hurdles (37.28) to lead Jaguars to the title.



## COACH OF THE YEAR

**Vaughn Johnson** *Fairmont Heights*  
Led Fairmont Heights to its first boys' Maryland 1A outdoor title in his 28th season as head coach. Johnson, an art teacher in the Prince George's County school system for 44 years, said he prioritizes shaping well-rounded individuals out of his athletes and credits the championship to the hard-working, disciplined nature of his team.

## HONORABLE MENTION

Eric Allen Jr., Bullis, So.; Christy Andjalepou, Cardozo, Sr.; Nanakofi Appiah, C.H. Flowers, Sr.; Theo Bates, St. Albans, Sr.; Dylan Beard, Spalding, Sr.; Donovan Beckett-Simms, Seneca Valley, Sr.; Ebenezer Bolayneh, T.C. Williams, Jr.; Jabari Bennett, Blake, So.; Matt Bennett, Northern, Sr.; Dylan Bikim, Quince Orchard, Sr.; Denzell Brown, McKinley Tech, Jr.; Cameron Burgess, C.H. Flowers, Sr.; Isa Bynum, Suitland, Jr.; Stedman Cook, Carroll, Sr.; Andrew Daniels, Northwest, Sr.; Jaelyn Demory, Woodbridge, Sr.; Alexander Devine, La Plata, Sr.; Perry Donkor, South County, Sr.; Kobe Franklin, Potomac (Va.), So.; Drew Glick, Wilson, Sr.; Igo Grimes, Freedom-Woodbridge, So.; Tyreece Huff, Phelps, Sr.; Eric Harrison Jr., St. John's, Jr.; Justin Lobo, Sidwell Friends, Sr.; Conor Lyons, Lake Braddock, Jr.; Jahvante Marcelle, Patriot, Sr.; Tim McEvoy, Osbourn Park, Jr.; Kevin McGivern, Good Counsel, Sr.; Jabari Michael, Oxon Hill, Sr.; Harry Monroe, Gonzaga, Jr.; Elijah Moore, Tuscarora, Sr.; Will Moten, Westlake, Jr.; Darnell Pratt, Good Counsel, Jr.; Gary Ross, Oxon Hill, Jr.; Kyle Sanok, Potomac School, Sr.; Colin Schaefer, Lake Braddock, Sr.; Harrison Showell, Forest Park, Jr.; Chinedu Udeogu, Georgetown Prep, Sr.; Saurav Velleleth, Jefferson, Jr.; Jack Wavering, Good Counsel, Sr.; Elijah White, Centennial, Jr.; Nyan Richardson, Battlefield, Jr.; Thierry Siewe Yanga, Blair, Jr.

## BOYS' RELAY TEAMS

4x100	T.C. Williams (Tre'kel Lockett, Noah Lyles, Kai Cole, Josephus Lyles) 40.56
4x200	Carroll (Kendall Leach, Justin Davis, Stedman Cook, Maxwell Willis) 1:25.61
4x400	T.C. Williams (Tre'kel Lockett, Noah Lyles, Mahlique Booth, Josephus Lyles) 3:13.55
4x800	Lake Braddock (Andrew Delvecchio, Cavanaugh McGaw, Colin Schaefer, Ben Fogg) 7:46.57