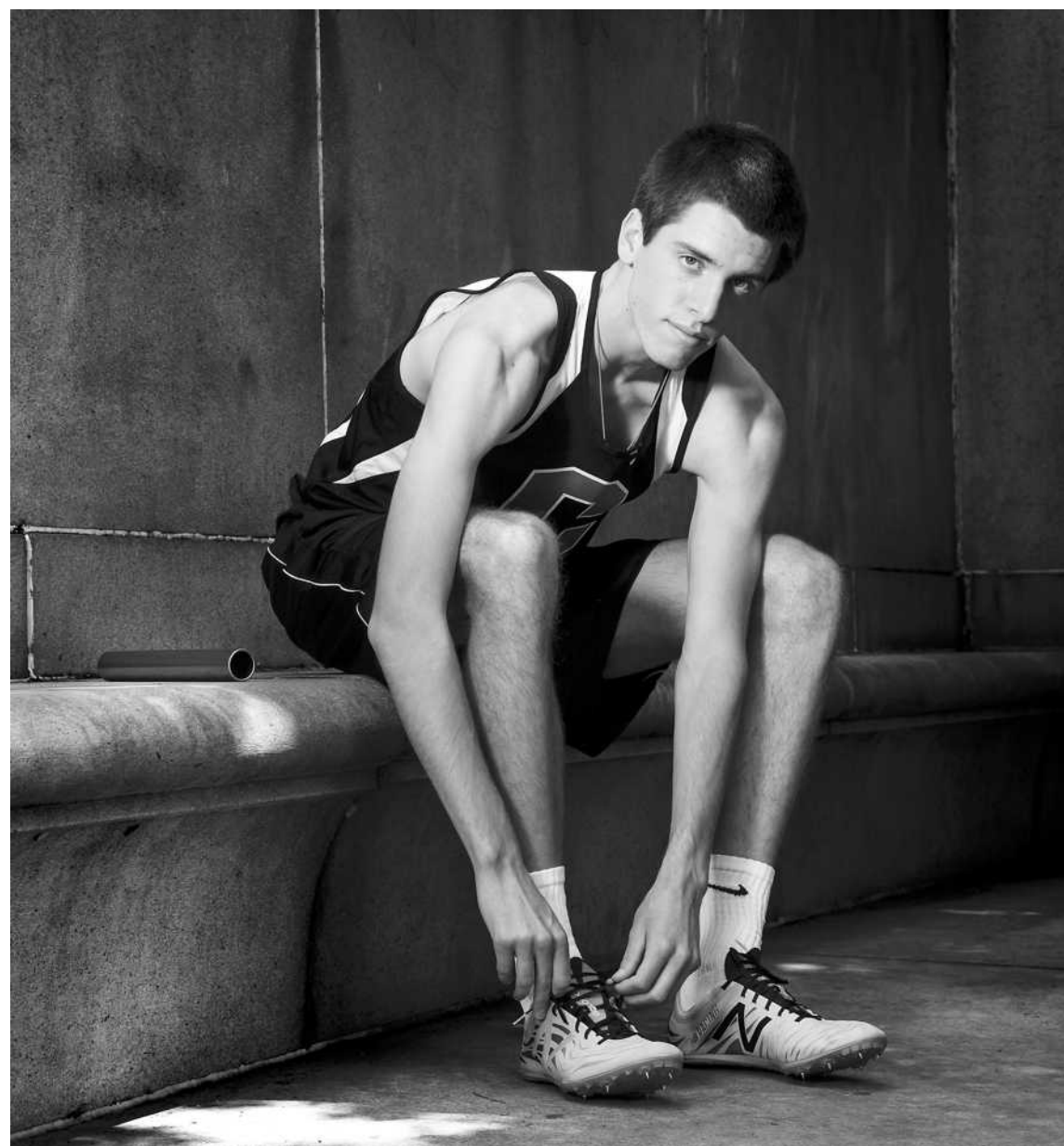
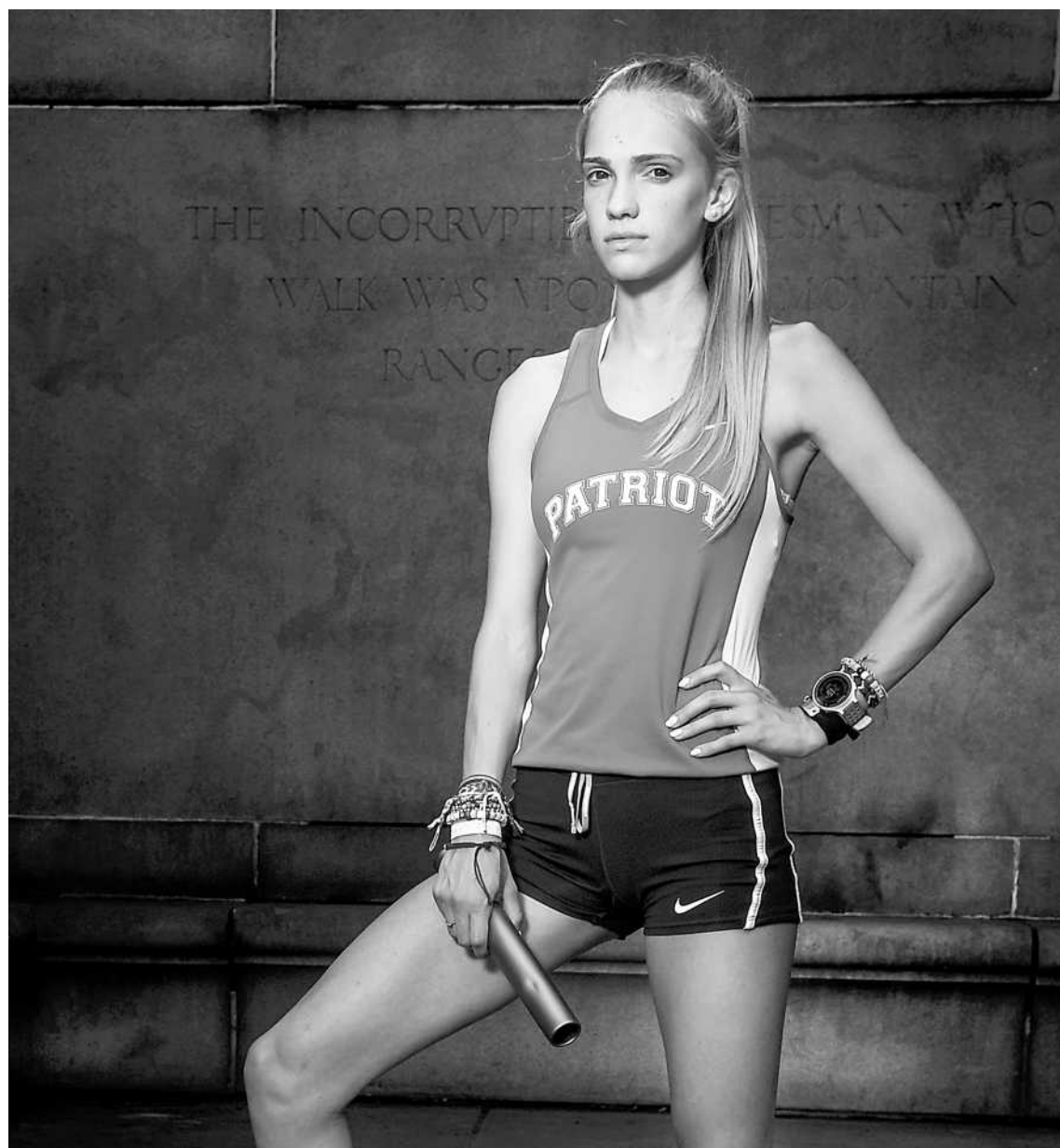


OUTDOOR TRACK AND FIELD Compiled by Dan Roth



BOYS' ATHLETE OF THE YEAR Brandon McGorty

Chantilly / Sr. (See Page H6)



GIRLS' ATHLETE OF THE YEAR Rachel McArthur

Patriot / Sr. (See Page H7)

FIRST TEAM



Daniel Adu
West Springfield / Sr.
Went undefeated in the 200 and 400 while taking home four gold medals (long jump, 200, 400, 4x100) at Va. 6A North region meet.



Rohann Asfaw
Richard Montgomery / Sr.
Crossed in 8:25.29 for third place in the 3,000 at Penn Relays. Repeated as 4A state champ in the 3,200 with a time of 9:24.26.



Andrew DelVecchio
Lake Braddock / Sr.
Anchored state title-winning 4x800 relay. 6A North region champion in the 1,600 (4:14.03) challenged Brandon McGorty for state title.



Benedict Draghi
Washington-Lee / Sr.
The area's top shot putter won the 6A state title with a 62-foot mark. Also won 6A North region title in the discus throw (169-0).



Michael Fairbanks
South County / Sr.
Won Va. 6A state title in the pole vault. Cleared 15-9½ at Conference 7 Championships and went undefeated in area meets.



Daniel George
Oxon Hill / Jr.
Top 300 hurdler in the area won PG County, 3A South region and state titles in the event, running under 38 seconds each time.



Eric Harrison Jr.
St. John's / Sr.
Claimed a pair of WCAC titles in the 100 and 200; earlier in season set personal-best times in the 100 (10.54) and 200 (21.08).



Eric Allen Jr.
Oxon Hill / Jr.
Paced Bullis to IAC title with individual titles in the 100 (10.51), 110 hurdles (14.57) and 200 (21.71) and ran on area's fastest 4x100 relay.



Ryan Lockett
Poolesville / Jr.
Won Md. 3A state titles in the 1,600 and 3,200. Ran the 3,000 in 8:24.43 for second at Penn Relays. Clocks a 4:16.59 mile at Viking Invite.



Donovan Louis
Potomac (Va.) / Jr.
Recorded the area's best mark in the long jump (24-8) to win one of his two Va. 5A state titles, with the other coming in the 100 (10.66).



Darnell Pratt
Good Counsel / Sr.
Finished season undefeated in the 400, winning at WCAC championships in 47.78. Scored 26 points in open events at WCAC meet.



Aaron Robinson
Oxon Hill / Sr.
Captured three Md. 3A state championships (in the 400, 4x400, 4x800) and clocked the area's fastest 400 in 47.57.



Kollin Smith
Douglass / Sr.
Top local finisher at Penn Relays in long jump (third place, 23-11). Won that event at Md. 2A state meet along with wins in 110 hurdles, 300 hurdles.



Jordan Walker
St. Stephen's/St. Ag. / Jr.
Cleared 6-8 in the high jump to capture the ISAA state championship and claimed a second title in the long jump (23-7).



COACH OF THE YEAR
B. Eugene Neal *Good Counsel*
After leading the Falcons to a WCAC championship last season with senior distance runners scoring the lion's share of the points, Neal steered a repeat with a largely different boys' team, one that did most of its damage in the sprints and sprint relays.

BOYS' RELAY TEAMS

- 4x100 Bullis (Austin Allen, Eric Allen Jr., Olandis Gary Jr., Ashton Allen) 41.55
- 4x200 Good Counsel (Jonathan Imes, Savian Barrett, Turner Roberts, DJ Pratt) 1:26.63
- 4x400 Oxon Hill (Daniel George, Gary Ross, Randy Serville, Aaron Robinson) 3:12.72
- 4x800 Oxon Hill (Anthony Wimbish, Aaron Robinson, Randy Serville, Gary Ross) 7:40.35

HONORABLE MENTION

Thomas Alcorn, Westlake, Sr.; Ashton Allen, Bullis, Fr.; Austin Allen, Bullis, So.; Keith Barbour, Gar-Field, Sr.; Ebenezer Belayneh, T.C. Williams, Sr.; Raynard Bell, Kennedy, Sr.; Jabari Bennett, Blake, Jr.; Colton Bogucki, Loudoun Valley, Jr.; Tyrone Bryan, Parkdale, Jr.; Isa Bynum, Sullitand, Sr.; Davon Carroll, Northeast, Jr.; Chauncey Chambers, Lee, Jr.; Justin Diehl, Calvert, So.; Anthony Duruji, St. Andrew's, Sr.; Ethan Fogle, Carroll, Jr.; Isaac Frumkin, Wilson, Jr.; Joshua Prince Gillard, Colgan, Jr.; Igo Grimes, Freedom-Woodbridge, Jr.; Kevin Hamilton, Lee, Sr.; Ahmed Hassan, Gafton, Jr.; Michael Kluesner, Stuart, Sr.; Jonah Lane, Severna Park, Jr.; Tyler Lawson, Lake Braddock, Jr.; Antonio Lopez, Colgan, Jr.; Gregory Lucas-Roscoe, Edison, Sr.; Matt Manilli, Patriot, Sr.; Bryce McAlpine, Tuscarora, Sr.; Tim McEvoy, Osbourn Park, Sr.; Harry Monroe, Gonzaga, Sr.; Ken Nelson, High Point, Sr.; Benjamin Nibelink, Tuscarora, Jr.; Justin Ofotun, Field School, Jr.; Gary Ross, Oxon Hill, Sr.; Seydi Sall, Richard Montgomery, Fr.; Harrison Shotwell, Forest Park, Jr.; Arik Smith, St. John's, Sr.; Connor Steggerda, Stone Bridge, Sr.; Alex Strong, La Plata, Jr.; Saurav Velleleth, Jefferson, Sr.; Asa Ward, Lake Braddock, Sr.; Matt Wilson, Patriot, Sr.; Xyan Xavier-Richardson, Battlefield, Sr.

FIRST TEAM



Sydney Banks
Osborn Park / So.
Area's top high jumper set the nation's fifth-highest clearance (5 feet 11 inches) at Va. 6A North region meet.



Skyla Davidson
Lake Braddock / Sr.
Competed in eight events this season, not including relays, to power the Bruins to a Va. 6A North region title and runner-up finish at state meet.



Kasey Ebb
St. John's / Jr.
Area's fastest 400 runner repeated as WCAC champion in the event and clocked a 55.08 for first at the Bullis Bulldog Invitational.



Abbey Green
Walter Johnson / Jr.
State champion in the 3,200 (10:45.66) went undefeated in the event. Was the top local finisher in the 3,000 at Penn Relays (9:58).



Emily Harrison
Battlefield / Sr.
Cleared an area-best 12-6 in the pole vault for first place at the Va. 6A North region meet.



Lauren Hoffman
Battlefield / Sr.
Ran second-fastest 400 hurdles in the U.S. (59.05). Ran personal-best 42.48 in the 300 hurdles to win one of two 6A North region titles.



Heather Holt
Marshall / Jr.
State champion in the 800 and 1,600. Season bests: 400 (58.02); 800 (2:13.98); 1,600 (4:56.36); mile (4:57.51); 3,200 (10:47.7).



Hayley Jackson
Patuxent / Sr.
Undeclared at area meets. Three-time Md. 2A state champion in the 800 (2:12.81), 1,600 (4:51.21) and 3,200 (10:21.73).



Lauren Morgan
Elizabeth Seton / Sr.
Cleared an area-best in both the 100 (11.94) and 200 (23.99) in leading Elizabeth Seton to its 11th straight WCAC championship.



Pharist O'Neal
C.H. Flowers / Sr.
Undeclared in the 100 and 200 through Md. 4A state championships as she led the C.H. Flowers girls to their fourth straight state title.



Masai Russell
Bullis / Jr.
A staple of dominant relay teams, Russell clocked a U.S. No. 5 in the 400 hurdles (59.82) and claimed an ISL/MAC title in the 300 hurdles.



Seasons Usual
Douglass / Sr.
Captured Md. 2A state titles in both the shot put and discus. Threw a season-best 43-1 at states, and had a 156-0 for fifth at Penn Relays.



Sydney Williams
Lackey / Sr.
Took home gold medals at Md. 2A state meet in the long jump (19-1), 100 (12.17), 100 hurdles (14.5) and 300 hurdles (43.44).



Taylor Wright
Northwest / So.
Won three open events (high jump, 100, 200) at Montgomery County meet. Took high jump titles at 4A West region (5-7) and Md. 4A state meet (5-4).



COACH OF THE YEAR
Jimari Jones *Lackey*
In his fourth season as head coach, Jones piloted the girls' team to its second consecutive Maryland 2A outdoor state championship in dominant fashion. In the fall, Jones serves as offensive coordinator for the Chargers' football team.

GIRLS' RELAY TEAMS

- 4x100 Bullis (Masai Russell, Ashley Seymour, Alexis Postell, Leah Phillips) 45.31
- 4x200 Bullis (Shaniya Hall, Lauryn Harris, Leah Phillips, Ashley Seymour) 1:36.89
- 4x400 Bullis (Leah Phillips, Lauryn Harris, Shaniya Hall, Masai Russell) 3:41.78
- 4x800 Lake Braddock (Shannon Browning, Kate Murphy, Madison Tippet, Samantha Schwers) 9:06.43

HONORABLE MENTION

Antonetta Avant, Osbourn Park, Sr.; Molly Barrick, Northern, Sr.; Olivia Beckner, South Lakes, Jr.; Jessica Berlin, Lake Braddock, Sr.; Ava Bir, Marshall, Jr.; Kiera Bothwell, West Springfield, Sr.; Nike Brown, Carroll, So.; Shannon Browning, Lake Braddock, Sr.; Kelsa Cain, St. Mary's Ryken, Jr.; Maria Coffin, Annapolis, Sr.; Colleen Daley, C.H. Flowers, Sr.; Shaniya Hall, Bullis, Fr.; Kelsie Hao, Langley, Sr.; Lauryn Harris, Bullis, So.; Courtney Hawkins, Lackey, Jr.; Gabrielle Hayes, Osbourn Park, Sr.; Kayla Hugg, Broad Run, So.; Dominique Jeffrey, Lackey, Jr.; Ingrid Joseph, School Without Walls, Jr.; Sarah Leckman, T.C. Williams, Sr.; Lindsay Lewis, Bullis, Sr.; Natalie Lott, Westfield, Sr.; Courtney Mann, Howard, Sr.; Breanna Mealer, Old Mill, Sr.; Kate Murphy, Lake Braddock, Sr.; Destiny Nash, McKinley Tech, So.; Alaina Pagliaro, South County, Sr.; Editta Passina, Northwest, Jr.; Leah Phillips, Bullis, Fr.; Alexis Postell, Bullis, Sr.; Cierra Pyles, Bullis, Jr.; Julia Reicin, Churchill, Sr.; Hannah Robertson, West Springfield, Jr.; Sydney Robinson, Mount Hebron, So.; Alahna Sabbakhan, St. John's, So.; Samantha Schwers, Lake Braddock, Jr.; Ashley Seymour, Bullis, Jr.; Bayli Smith, Howard, Sr.; Hannah Waller, South Lakes, Fr.; Harleigh White, Huntingtown, Sr.; Keyanna Williams, Potomac (Va.), Sr.; Gwen Zeckowski, South River, Jr.