

LIGHTNING ATHLETES Competing at Maryland High School STATE Championships - 2016

HI-LITES

Individual Event Champions - **THREE**
Individual Event Medalists - **EIGHT**
Individual Event Scorers - **EIGHTEEN**
Relay Champion Team Member - **TWO**
Relay Medalist Team Member - **EIGHT**
Relay Scoring Team Member - **TWELVE**

Girls 800 Meter Run

Place	Name	Year	School	Result
<u>2A</u>				
6	Allison Zolkiewicz	10	South Carroll	2:20.13
<u>3A</u>				
2	Charlotte Kowalk	12	Oakdale	2:17.75

Girls 1600 Meter Run

Place	Name	Year	School	Result
<u>3A</u>				
1	Charlotte Kowalk	12	Oakdale	5:04.30
8	Maria Carberry	12	Urbana	5:20.73
10	Nandini Satsangi	9	Poolesville	5:22.48

Girls 3200 Meter Run

Place	Name	Year	School	Result
<u>3A</u>				
4	Nandini Satsangi	9	Poolesville	11:31.25
7	Maria Carberry	12	Urbana	11:44.63

Girls 100 Meter Hurdles

Place	Name	Year	School	Result
<u>2A</u>				
16	Madison Reeser	11	Century	17.68
<u>3A</u>				
5	Alaina McCracken	12	Oakdale	15.45
7	Abby Grabowski	11	Urbana	15.49

Girls 300 Meter Hurdles

Place	Name	Year	School	Result
<u>3A</u>				
3	Abby Grabowski	11	Urbana	45.93
7	Alaina McCracken	12	Oakdale	47.88

Girls 4x200 Meter Relay

Place	School	Finals
<u>2A</u>		
10	South Carroll	1:46.42
	1) Allison Zolkiewicz 10	2) Alyssa Chesney 10
	3) Megan O'Neill 9	4) Summer Bingaman 12
<u>3A</u>		
11	Urbana	1:47.68
	1) Erika Nepomuceno 12	2) Lily Morrell 9
	3) Anna Miller 11	4) Abby Grabowski 11

Girls 4x400 Meter Relay

Place	School	Finals
<u>2A</u>		
4	South Carroll	4:06.31
	1) Allison Zolkiewicz 10	2) Erin Langille 12
	3) Elizabeth Campbell 12	4) Summer Bingaman 12
<u>3A</u>		
3	Urbana	3:59.60
	1) Abby Grabowski 11	2) Lily Morrell 9
	3) Susannah Auderset 9	4) Anna Miller 11

Girls 4x800 Meter Relay

Place	School	Finals
<u>2A</u>		
1	South Carroll	9:39.01
	1) Megan O'Neill 9	2) Jamie Anderson 10
	3) Erin Langille 12	4) Allison Zolkiewicz 10
<u>3A</u>		
1	Urbana	9:29.69
	1) Maria Carberry 12	2) Maddie Gilliam 10
	3) Anna Miller 11	4) Susannah Auderset 9
7	Oakdale	10:05.50
	1) Kristen Spadaro 11	2) Alexa Tarzy 10
	3) Madison Gamble 9	4) Charlotte Kowalk 12

Girls Pole Vault

Place	Name	Year School	Result
<u>2A</u> 3	Summer Bingaman	12 South Carroll	10-00.00

Girls Shot Put 3A

Place	Name	Year School	Result
<u>3A</u> 1	Delia Sipe	11 Urbana	39-01.00

Girls Discus Throw

Place	Name	Year School	Result
<u>2A</u> 11	Madison Reeser	11 Century	91-10
<u>3A</u> 1	Delia Sipe	11 Urbana	131-10

Girls Long Jump

Place	Name	Year School	Result
<u>3A</u> 10	Alaina McCracken	12 Oakdale	16-09.25

Boys 400 Meter Dash 2A

Place	Name	Year School	Result
<u>2A</u> 9	James Dytrt	10 South Carroll	51.62
<u>3A</u> 13	Ritchie Case	11 Oakdale	51.89

Boys 800 Meter Run

Place	Name	Year	School	Result
<u>3A</u>				
2	Evan Kowalk	11	Oakdale	1:57.61
10	Micah Hewitson	11	Linganore	2:02.84
12	Nicholas Danner	12	Urbana	2:03.33

Boys 1600 Meter Run

Place	Name	Year	School	Result
<u>3A</u>				
2	Micah Hewitson	11	Linganore	4:23.12
8	Nicholas Danner	12	Urbana	4:34.97

Boys 3200 Meter Run

Place	Name	Year	School	Result
<u>3A</u>				
4	Micah Hewitson	11	Linganore	9:38.01
10	Nicholas Danner	12	Urbana	9:59.27

Boys 110 Meter Hurdles

Place	Name	Year	School	Result
<u>3A</u>				
17	Nicholas Jackson	10	Urbana	16.72

Boys 300 Meter Hurdles

Place	Name	Year	School	Result
<u>2A</u>				
9	Remy Mezebish	11	South Carroll	42.65

Boys 4x200 Meter Relay

Place	School	Finals
<u>3A</u>		
11	Linganore	1:31.82
	1) Thomas Lang 12	2) Lars Eklund 10
	3) Clay Buckman 10	4) Alec Mathews 11

Boys 4x400 Meter Relay 2A

Place	School	Finals
<u>2A</u>		
16	South Carroll	3:53.38
1)	James Dytrt 10	2) Knoll Hunt 10
3)	Evan Michaels 12	4) Jason Cave 9
<u>3A</u>		
2	Oakdale	3:20.51
1)	Chase Demallie 11	2) Ritchie Case 11
3)	Evan Kowalk 11	4) Patrick Starrs 11
--	Linganore	DQ
1)	Lars Eklund 10	2) Clay Buckman 10
3)	Alec Mathews 11	4) Thomas Lang 12

Boys 4x800 Meter Relay

Place	School	Finals
<u>3A</u>		
2	Oakdale	7:58.56
1)	Chase Demallie 11	2) Matthew Schaefer 11
3)	Jake Hooper 11	4) Evan Kowalk 11
3	Urbana	8:05.28
1)	Parker Mellott 12	2) Nicholas Danner 12
3)	Nathan Davis 10	4) Garrett Santis 12

Boys High Jump

Place	Name	Year School	Result
<u>3A</u>			
8	Lars Eklund	10 Linganore	6-00.00