

LIGHTNING ATHLETES Competing in High School County Championships - 2016

HI-LITES

Individual Event Champions - **TWELVE**
Individual Event Medalists - **THIRTY-ONE**
Relay Champion Team Member - **FIVE**
Relay Runner-Up Team Member - **SIX**

Girls 100 Meter Dash

Place	Name	Year	School	Result
<u>CARROLL COUNTY</u>				
3	Zolkiewicz, Allison	10	South Carroll	12.79
<u>FREDERICK COUNTY</u>				
7	Grabowski, Abby	11	Urbana	13.33

Girls 200 Meter Dash

Place	Name	Year	School	Result
<u>CARROLL COUNTY</u>				
1	Zolkiewicz, Allison	10	South Carroll	25.89
<u>FREDERICK COUNTY</u>				
6	Wolfe, Olivia	11	Linganore	27.14

Girls 400 Meter Dash

Place	Name	Year	School	Result
<u>CARROLL COUNTY</u>				
1	Zolkiewicz, Allison	10	South Carroll	59.51
5	Bingaman, Summer	12	South Carroll	1:02.29
<u>FREDERICK COUNTY</u>				
12	Wolfe, Olivia	11	Linganore	1:06.51

Girls 800 Meter Run

Place	Name	Year	School	Result
<u>FREDERICK COUNTY</u>				
1	Kowalk, Charlotte	12	Oakdale	2:22.75
21	Wolfe, Emily	09	Linganore	2:57.58

Girls 1600 Meter Run

Place	Name	Year	School	Result
<u>CARROLL COUNTY</u>				
6	Joy, Colleen	12	Liberty	5:50.05
<u>MONTGOMERY COUNTY</u>				
18	Nardone, Theresa	11	Poolesville	5:41.10
<u>FREDERICK COUNTY</u>				
3	Kowalk, Charlotte	12	Oakdale	5:11.19
4	Carberry, Maria	12	Urbana	5:16.71
17	Hovis, Elisabeth	11	Linganore	6:26.37

Girls 3200 Meter Run

Place	Name	Year	School	Result
<u>CARROLL COUNTY</u>				
10	Joy, Colleen	12	Liberty	13:11.68
<u>MONTGOMERY COUNTY</u>				
5	Satsangi, Nandini	9	Poolesville	11:29.30
<u>FREDERICK COUNTY</u>				
3	Carberry, Maria	12	Urbana	11:19.31
6	Simmons, Jennifer	12	Walkersville	12:32.10
7	Tarzy, Alexa	10	Oakdale	12:35.51
9	Sanford, Caroline	10	Urbana	12:42.91
10	Hartman, Anna	10	Oakdale	12:47.26

Girls 100 Meter Hurdles

Place	Name	Year	School	Result
<u>FREDERICK COUNTY</u>				
1	McCracken, Alaina	12	Oakdale	15.51
2	Grabowski, Abby	11	Urbana	15.57
6	Paroby, Rachel	12	Oakdale	17.76

CARROLL COUNTY

3 Reeser, Madison 11 Century 17.29

Girls 300 Meter Hurdles

Place	Name	Year	School	Result
<u>FREDERICK COUNTY</u>				
1	Grabowski, Abby	11	Urbana	46.55
2	McCracken, Alaina	12	Oakdale	47.64
9	Paroby, Rachel	12	Oakdale	52.17

FREDERICK COUNTY

Girls 4x100 Meter Relay

School	Finals
<u>CARROLL COUNTY</u>	
1 South Carroll	52.45
1) Fipps, Grayson 9	2) Zolkiewicz, Allison 10
3) Rodriguez, Alexi 12	4) Bingaman, Summer 12
<u>FREDERICK COUNTY</u>	
6 Linganore	53.84
1) Badostain, Paige	2) Harner, Kayla
3) Wolfe, Olivia	4) Gallagher, Katie

CARROLL COUNTY

FREDERICK COUNTY

Girls 4x400 Meter Relay

School	Finals
<u>FREDERICK COUNTY</u>	
1 Urbana	4:04.10
1) Grabowski, Abby	2) Morrell, Lily
3) Auderset, Susannah	4) Miller, Anna

FREDERICK COUNTY

Girls 4x800 Meter Relay

School	Finals
<u>CARROLL COUNTY</u>	
1 Liberty	10:09.03
1) Zietowski, Evelyn 12	2) Starego, Nicole 12
3) Joy, Colleen 12	4) Rinehart, Heidi 10
<u>FREDERICK COUNTY</u>	
2 Walkersville	10:48.10

CARROLL COUNTY

FREDERICK COUNTY

- 1) Leuciuc, Mara
- 3) Coleman, Valerie

- 2) Haizel-Cobbina, Joana
- 4) **Simmons, Jennifer**

3 Oakdale 10:51.44
 1) Spadaro, Kristen 2) Reno, Addison
 3) Trumble, Katelyn 4) **Tarzy, Alexa**

6 Langanore 11:50.18
 1) **Hovis, Elisabeth** 2) Thomas, Madison
 3) **Wolfe, Emily** 4) Montgomery, Alyse

Girls Pole Vault

Place	Name	Year	School	Result
<u>CARROLL COUNTY</u>				
1	Bingaman, Summer	12	South Carroll	10-06.00

Girls Long Jump

Place	Name	Year	School	Result
<u>FREDERICK COUNTY</u>				
5	McCracken, Alaina	12	Oakdale	15-03.00
<u>CARROLL COUNTY</u>				
6	Reeser, Madison	11	Century	14-05.75

Girls Triple Jump

Place	Name	Year	School	Result
<u>FREDERICK COUNTY</u>				
1	McCracken, Alaina	12	Oakdale	33-03.00

Girls Shot Put

Place	Name	Year	School	Result
<u>FREDERICK COUNTY</u>				
1	Sipe, Delia	11	Urbana	39-04.75
<u>CARROLL COUNTY</u>				
3	Fowler, Malayna	11	South Carroll	32-09.50
9	Reeser, Madison	11	Century	29-01.50

Girls Discus Throw

Place	Name	Year	School	Result
<u>FREDERICK COUNTY</u>				
1	Sipe, Delia	11	Urbana	126-05
<u>CARROLL COUNTY</u>				
1	Reeser, Madison	11	Century	96-07
9	Fowler, Malayna	11	South Carroll	70-02

Boys 100 Meter Dash

Place	Name	Year	School	Result
<u>CARROLL COUNTY</u>				
6	Dytrt, James	10	South Carroll	11.61

Boys 200 Meter Dash

Place	Name	Year	School	Result
<u>CARROLL COUNTY</u>				
5	Dytrt, James	10	South Carroll	23.51
<u>FREDERICK COUNTY</u>				
9	Buckman, Clay	10	Linganore	23.81

Boys 400 Meter Dash

Place	Name	Year	School	Result
<u>CARROLL COUNTY</u>				
2	Dytrt, James	10	South Carroll	50.97
5	Mezebish, Remy	11	South Carroll	52.17
<u>FREDERICK COUNTY</u>				
3	Case Jr., Ritchie	11	Oakdale	50.77
5	Buckman, Clay	10	Linganore	51.73
7	Eklund, Lars	10	Linganore	52.04

Boys 800 Meter Run

Place	Name	Year	School	Result
CARROLL COUNTY				
2	Mezebish, Remy	11	South Carroll	2:03.51
FREDERICK COUNTY				
1	Kowalk, Evan	11	Oakdale	2:00.98
2	Hewitson, Micah	11	Linganore	2:01.26
5	Hooper, Jake	11	Oakdale	2:03.98
10	Eklund, Lars	10	Linganore	2:08.78
15	Henyon, Brennan	12	Linganore	2:14.07
19	Clark, Devin	11	Governor Thomas J	2:19.93

Boys 1600 Meter Run

Place	Name	Year	School	Result
FREDERICK COUNTY				
1	Hewitson, Micah	11	Linganore	4:24.81
2	Kowalk, Evan	11	Oakdale	4:30.46
3	Danner, Nicholas	12	Urbana	4:31.00
6	Hooper, Jake	11	Oakdale	4:39.62
9	Henyon, Brennan	12	Linganore	4:49.64
14	Clark, Devin	11	Governor Thomas J	5:02.78

Boys 3200 Meter Run

Place	Name	Year	School	Result
MONTGOMERY COUNTY				
10	Tilley, Cliff	12	Thomas S Wootton	10:01.70
FREDERICK COUNTY				
2	Danner, Nicholas	12	Urbana	9:59.01
22	Moss, Joey	11	Walkersville	11:40.45

Boys 110 Meter Hurdles

Place	Name	Year	School	Result
FREDERICK COUNTY				
1	Jackson, Nicholas	10	Urbana	16.02
5	Nadarajah, Haran	09	Oakdale	17.89

Boys 300 Meter Hurdles

Place	Name	Year	School	Result
<u>CARROLL COUNTY</u>				
2	Mezebish, Remy	11	South Carroll	41.18
<u>FREDERICK COUNTY</u>				
3	Jackson, Nicholas	10	Urbana	42.27
8	Nadarajah, Haran	09	Oakdale	45.62

Boys 4x100 Meter Relay

School	Finals
<u>FREDERICK COUNTY</u>	
3 Linganore	45.41
1) DuBro, Jack	2) Wilkerson, Jack
3) Girod, Ryan	4) Mathews, Alec

Boys 4x400 Meter Relay

School	Finals
<u>CARROLL COUNTY</u>	
2 South Carroll	3:31.55
1) Dytrt, James 10	2) Kelly, Silas 12
3) Enoff, Caleb 11	4) Mezebish, Remy 11
<u>FREDERICK COUNTY</u>	
1 Oakdale	3:29.02
1) Yerardi, Kenny	2) Case Jr., Ritchie
3) Kowalk, Evan	4) Starrs, Patrick
2 Linganore	3:35.68
1) Lang, Thomas	2) Buckman, Clay
3) Hewitson, Micah	4) Eklund, Lars
3 Urbana	3:36.73
1) Mellott, Parker	2) Danner, Nicholas
3) Stump, Matthew	4) Kidd, Zion

Boys High Jump

Place	Name	Year	School	Result
<u>FREDERICK COUNTY</u>				
2	Eklund, Lars	10	Linganore	5-09.00

Boys Long Jump

Place	Name	Year	School	Result
<u>FREDERICK COUNTY</u>				
2	Case Jr., Ritchie	11	Oakdale	19-06.50
13	Jackson, Nicholas	10	Urbana	17-03.50

Boys Triple Jump

Place	Name	Year	School	Result
<u>FREDERICK COUNTY</u>				
8	Case Jr., Ritchie	11	Oakdale	38-10.50
17	Jackson, Nicholas	10	Urbana	35-09.00