

LIGHTNING ATHLETES Competing in High School Regional Championships - 2016

HI-LITES

Individual Event Champions - **NINE**

Individual Event Medalists - **TWENTY-TWO**

Individuals Advancing to STATES - **TWENTY-NINE**

Relay Champion Team Member - **TWO**

Relay Advancing to STATES Team Member - **NINE**

Girls 200 Meter Dash

Place	Name	Year School	Result
3A WEST			
6	Wolfe, Olivia	11 Linganore	26.81

Girls 400 Meter Dash

Place	Name	Year School	Result
2A WEST			
3	Zolkiewicz, Allison	10 South Carroll	59.70A

Girls 800 Meter Run

Place	Name	Year School	Result
3A WEST			
1	Kowalk, Charlotte	12 Oakdale	2:15.81A
13	Nardone, Theresa	11 Poolesville	2:33.14
27	Wolfe, Emily	9 Linganore	2:52.78
2A WEST			
2	Zolkiewicz, Allison	10 South Carroll	2:20.93A

Girls 1600 Meter Run

Place	Name	Year	School	Result
<u>3A WEST</u>				
1	Kowalk, Charlotte	12	Oakdale	5:12.77A
2	Carberry, Maria	12	Urbana	5:17.42A
4	Satsangi, Nandini	9	Poolesville	5:20.56A
10	Nardone, Theresa	11	Poolesville	5:40.18
14	Tarzy, Alexa	10	Oakdale	5:49.54
21	Hovis, Elisabeth	11	Linganore	6:06.98
<u>2A WEST</u>				
14	Simmons, Jennifer	12	Walkersville	5:45.20

Girls 3200 Meter Run

Place	Name	Year	School	Result
<u>3A WEST</u>				
2	Satsangi, Nandini	9	Poolesville	11:38.26A
4	Carberry, Maria	12	Urbana	11:43.02A
9	Tarzy, Alexa	10	Oakdale	12:28.49
<u>2A WEST</u>				
11	Simmons, Jennifer	12	Walkersville	12:34.02

Girls 100 Meter Hurdles

Place	Name	Year	School	Result
<u>3A WEST</u>				
2	McCracken, Alaina	12	Oakdale	15.47A
3	Grabowski, Abby	11	Urbana	15.79A
9	Paroby, Rachel	12	Oakdale	17.54
14	Horst, Megan	9	Damascus	18.54
<u>2A WEST</u>				
4	Reeser, Madison	11	Century	17.45

Girls 300 Meter Hurdles

Place	Name	Year	School	Result
<u>3A WEST</u>				
1	Grabowski, Abby	11	Urbana	45.59A
3	McCracken, Alaina	12	Oakdale	46.77A

12	Paroby, Rachel	12 Oakdale	51.51
17	Horst, Megan	9 Damascus	54.22

Girls 4x100 Meter Relay

School	Finals
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3A WEST

8	Linganore	52.76
	1) Wolfe, Olivia 11	2) Moxley, Sabrina 12
	3) Gallagher, Kathleen 10	4) Badostain, Paige 11

2A WEST

5	South Carroll	52.13
	1) Fipps, Grayson 9	2) Chesney, Alyssa 10
	3) O'Neill, Megan 9	4) Bingaman, Summer 12

Girls 4x200 Meter Relay

School	Finals
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3A WEST

3	Urbana	1:47.81
	1) Nepomuceno, Erika 12	2) Morrell, Lily 9
	3) Miller, Anna 11	4) Grabowski, Abby 11
10	Oakdale	1:52.36
	1) Johnson, Monique 11	2) Paroby, Rachel 12
	3) Ondo, Madison 11	4) Lawton, Mariah 10

2A WEST

4	South Carroll	1:46.68A
	1) Zolkiewicz, Allison 10	2) Chesney, Alyssa 10
	3) O'Neill, Megan 9	4) Bingaman, Summer 12

Girls 4x400 Meter Relay

School	Finals
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3A WEST

3	Urbana 'A'	4:03.90A
	1) Grabowski, Abby 11	2) Morrell, Lily 9
	3) Auderset, Susannah 9	4) Miller, Anna 11

2A WEST

1	South Carroll	4:08.05A
	1) Zolkiewicz, Allison 10	2) Chesney, Alyssa 10
	3) Campbell, Elizabeth 12	4) Bingaman, Summer 12

Girls 4x800 Meter Relay

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Place School Result
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3A WEST

2 Urbana	9:58.43A
1) Sarro, Maddie 12	2) Carberry, Maria 12
3) Miller, Anna 11	4) Auderset, Susannah 9
3 Oakdale	10:06.61
1) Spadaro, Kristen 11	2) Tarzy, Alexa 10
3) Gamble, Madison 9	4) Kowalk, Charlotte 12
9 Linganore	11:18.48
1) Hovis, Elisabeth 11	2) Wolfe, Emily 9
3) Thomas, Madison 10	4) Montgomery, Alyse 10

2A WEST

6 Walkersville	10:49.22
1) Leuciuc, Mara 9	2) Haizel-cobbina, Joana 10
3) Coleman, Valerie 10	4) Simmons, Jennifer 12

Girls Pole Vault

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Place Name Year School Result
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2A WEST

1	Bingaman, Summer	12 South Carroll	10-01.00A	3.07m
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Girls High Jump

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Place Name Year School Result
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3A WEST

12	Wolfe, Emily	9 Linganore	4-03.00
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Girls Long Jump

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Place Name Year School Result
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3A WEST

2	McCracken, Alaina	12 Oakdale	16-10.50A
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2A WEST

5	Reeser, Madison	11 Century	14-07.00	4.44m
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Girls Triple Jump

Place	Name	Year	School	Result
3A WEST				
--	McCracken, Alaina	12	Oakdale	ND

Girls Shot Put

Place	Name	Year	School	Result
3A WEST				
1	Sipe, Delia	11	Urbana	39-04.50A
2A WEST				
5	Fowler, Malayna	11	South Carroll	J31-01.50 9.48m
10	Reeser, Madison	11	Century	29-03.00 8.91m

Girls Discus Throw

Place	Name	Year	School	Result
3A WEST				
1	Sipe, Delia	11	Urbana	128-10
2A WEST				
2	Reeser, Madison	11	Century	98-11A 30.14m
18	Fowler, Malayna	11	South Carroll	71-09 21.86m

Boys 100 Meter Dash

Place	Name	Year	School	Result
3A WEST				
17	Dubro, Jack	10	Linganore	11.73

Boys 200 Meter Dash

Place	Name	Year	School	Result
3A WEST				
15	Buckman, Clay	10	Linganore	23.67
2A WEST				

8 Dytrt, James 10 South Carroll 23.21

Boys 400 Meter Dash

Place	Name	Year	School	Result
3A WEST				
4	Case Jr., Ritchie	11	Oakdale	50.24
6	Buckman, Clay	10	Linganore	51.30
9	Eklund, Lars	10	Linganore	52.72
2A WEST				
4	Dytrt, James	10	South Carroll	51.95

Boys 800 Meter Run

Place	Name	Year	School	Result
3A WEST				
1	Kowalk, Evan	11	Oakdale	1:57.66A
2	Hewitson, Micah	11	Linganore	1:58.71A
4	Danner, Nicholas	12	Urbana	1:59.86A
5	Aker, Tomas	12	Tuscarora	2:01.22
7	Hooper, Jake	11	Oakdale	2:02.01
2A WEST				
5	Mezebish, Remy	11	South Carrol	2:02.82

Boys 1600 Meter Run

Place	Name	Year	School	Result
3A WEST				
1	Hewitson, Micah	11	Linganore	4:24.66A
3	Danner, Nicholas	12	Urbana	4:30.85
8	Kowalk, Evan	11	Oakdale	4:37.93
12	Hooper, Jake	11	Oakdale	4:40.62
16	Henyon, Brennan	12	Linganore	4:48.15
29	Clark, Devin	12	Thomas Johnson	5:08.37
4A WEST				
11	Tilley, Cliff	12	Wootton	4:37.60

Boys 3200 Meter Run

Place	Name	Year	School	Result
3A WEST				
1	Hewitson, Micah	11	Linganore	9:29.76A

4	Danner, Nicholas	12 Urbana	9:40.76A
10	Henry, Brennan	12 Linganore	10:10.92

2A WEST

29	Moss, Joey	11 Walkersville	12:05.40
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4A WEST

10	Tilley, Cliff	12 Wootton	10:09.83
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Boys 110 Meter Hurdles

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Place	Name	Year	School	Result
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3A WEST

3	Jackson, Nicholas	10 Urbana	16.42
10	Nadarahah, Haran	9 Oakdale	17.92

Boys 300 Meter Hurdles

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Place	Name	Year	School	Result
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3A WEST

6	Jackson, Nicholas	10 Urbana	42.46
13	Nadarajah, Haran	9 Oakdale	45.48

2A WEST

4	Mezebish, Remy	11 South Carroll	41.35A
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Boys 4x100 Meter Relay

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School	Finals
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3A WEST

--	Linganore 'A'	DNF
	1) Mathews, Alec 11	2) Dubro, Jack 10
	3) Wilkerson, Jack 12	4) Sapp, Brandon 12

Boys 4x200 Meter Relay

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School	Finals
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3A WEST

3	Linganore	1:32.59
	1) Buckman, Clay 10	2) Eklund, Lars 10
	3) Lang, Thomas 12	4) Mathews, Alec 11

Boys 4x400 Meter Relay

School	Finals
3A WEST	
2 Oakdale	3:23.63A
1) Yerardi, Kenny 11	2) Case Jr., Todd 11
3) Kowalk, Evan 11	4) Starrs, Patrick 11
4 Linganore	3:30.51
1) Eklund, Lars 10	2) Buckman, Clay 10
3) Mathews, Alec 11	4) Hewitson, Micah 11
5 Urbana	3:30.77
1) Mellott, Parker 12	2) Danner, Nicholas 12
3) Estok, Sawyer 10	4) Santis, Garrett 12
2A WEST	
3 South Carroll	3:33.45
1) Dytrt, James 10	2) Kelly, Silas 12
3) Mcpherson, Brent 12	4) Mezebish, Remy 11

Boys 4x800 Meter Relay

School	Finals
3A WEST	
1 Oakdale	8:00.96A
1) Demallie, Chase 11	2) Schaefer, Matthew 11
3) Hooper, Jake 11	4) Kowalk, Evan 11
2A WEST	
2 South Carroll	8:18.09A
1) Scalzi, Chris 10	2) Cave, Brian 12
3) Michaels, Evan 12	4) Mezebish, Remy 11

Boys High Jump

Place	Name	Year	School	Result
3A WEST				
2	Eklund, Lars	10	Linganore	J6-00.00
8	Bannon, Colby	9	Linganore	5-04.00

Boys Long Jump

Place	Name	Year	School	Result
3A WEST				
5	Case Jr., Ritchie	11	Oakdale	J19-08.50