

Potomac Valley Track Club All-Comers Meet

Langley High School

Saturday, May 25, 2008

Charmaine Roberts, 40, of Beltsville MD ran 26.22 seconds for 200 meters, the fifth fastest time during the qualifying period for a masters runner (40 & over), thus qualifying for the exhibition masters 200 meter dash to be held in conjunction with the US Olympic Trials in June in Eugene, Oregon.

* indicates PVTC member

200 Meter Dash

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Name	Age City	Finals	Wind
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Top Women

1	LaTisha Moulds	W29 Joppatowne, MD	25.35	1.7
2	Charmaine Roberts*	W40 Beltsville, MD	26.22	1.7
3	Alisa Harvey	W41 Manassas, VA	26.86	1.7
4	Julie Hayden	W47 Ashburn, VA	28.96	1.7
5	Joan Hunter	W43 Purcellville, VA	30.67	1.7

One Mile Run

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Name	Age City	Finals
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Top Men

1	Nicolas Clark	M28 Burke, VA	4:46.90
2	Todd Rosenberg	M37 Manassas, VA	4:57.70
3	Ted Poulos*	M46 McLean, VA	4:59.40
4	Craig Greene	M42 Manassas, VA	5:07.90
5	Maurice Pointer*	M52 Baltimore, MD	5:08.20

Top 6 Women

8	Mary Christopher	W22 Washington, DC	5:24.90
10	Tara Fenske	W31 Washington, DC	5:30.20
13	Jackie Grundel	W33 Clifton, VA	5:47.90
15	Julie Hayden	W47 Ashburn, VA	5:53.70
16	Neesha Schnepf	W16 McLean, VA	5:59.90
17	Win Persina	W47 Washington, DC	6:10.50

3000 Meter Run

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Name	Age City	Finals
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Top Men

1 Ted Poulos*	M46 McLean, VA	9:48.40
2 Maurice Pointer*	M52 Baltimore, MD	9:55.30
3 Del'Vaughn Rooks	M16 Baltimore, MD	10:17.90
4 Steve Robinson	M51 Arlington, VA	11:42.00
5 Corey Tooke	M12 Brsitow, VA	11:50.80
6 Neil Fairclough	M50 Arlington, VA	12:01.30

Top Women

5 Brittney Rooks	W13 Baltimore, MD	10:58.40
6 Sarah McCleskey	W11 Centerville Youth	12:10.40
10 Jennifer Lazio*	W38 Alexandria, VA	13:45.70
13 Aakash Bhatt	W28 Arlington, VA	14:24.50
14 Shirley Sameshima	W40 McLean, VA	14:34.60

Hammer Throw @ Falls Church High School

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Name Age City Finals
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WOMEN

1 Natalie Baird	W18 4K Loudoun County, VA	44.00 (144'1") * Virginia State Record
2 Jessie Echard	W18 4K Fairfax, VA	40.13 (131'2")

MEN

1 Beau Fay	M25 #16 Alexandria, VA	50.00 (164'0")
2 Daniel Rose	M27 #16 Olney, MD	43.15 (141'2")
3 Jim Barr*	M40 #16 Arlington, VA	34.27 (112'2")
4 John Urdahl	M19 #16 Salisbury, MD	33.82 (110'4")
5 Toli Welihozkiy	M61 5K Fairfax, VA	35.95 (117'3")

Mixed 100 Meter Dash

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Name Age Team Finals Wind H# Points
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Finals

1 Didier Assoumou	M24 Alexandria, VA	10.9h	NWI	1
2 Joshwya Abrams	M27 Dover, DE	11.1h	NWI	1
2 Kenneth Washington	M27 Mount Rainer, MD	11.1h	NWI	1
2 Mark Dennis	M20 Culpepper, VA	11.1h	NWI	1
5 Brian Dove	M14 Ashburn, VA	11.3h	NWI	1
6 Clifford Wong	M31 Laurel, MD	11.4h	NWI	1
6 Adam Alderton	M33 Arlington, VA	11.4h	NWI	1
8 Tom Abbey	M26 Burke, VA	11.6h	NWI	1
9 Jeff Gold	M45 Odenton, MD	11.7h	NWI	2
10 Aaron Hayes	M36 Fairfax, VA	11.8h	NWI	1
10 Thomas Jones	M53 Glenndale, MD	11.8h	NWI	2
10 Antoine Pagh	M26 Landover, MD	11.8h	NWI	1
10 Edwin Mends	M15 Ashburn, VA	11.8h	NWI	1
14 Matt Ridenour	M15 Fairfax, VA	12.1h	NWI	2
15 Darryl Austin*	M25 Springfield, VA	12.2h	NWI	2

16	Danny Roner	M49 Alexandria, VA	12.3h	NWI	2
16	Steven D Fields	M14 Ashburn, VA	12.3h	NWI	2
18	Jeff Wilbur	M19 Arlington, VA	12.5h	NWI	2
18	Anthony Jackson	M14 Upper Marlboro, MD	12.5h	NWI	10
18	DeShawn T Summerville	M13 VA, VA	12.5h	NWI	9
21	LaTisha Moulds	W29 Joppatowne, MD	12.6h	NWI	2
22	Ken Salen	M44 Arlington, VA	12.7h	NWI	2
23	Craig Halbmaier	M29 Falls Church, VA	13.0h	NWI	1
24	Jared Cromwell	M12 LTFC	13.3h	NWI	9
24	James Schank	M13 Leesburg, VA	13.3h	NWI	10
24	Jonathan Russell	M13 LTFC	13.3h	NWI	10
24	Eric Acton	M13 Leesburg, VA	13.3h	NWI	9
28	Shaquera Leach	W14 Leesburg, VA	13.5h	NWI	2
29	Cameron Acton	M13 Leesburg, VA	13.7h	NWI	9
29	Bria Harrison	W13 Centreville, VA	13.7h	NWI	9
29	Scott Baker	M12 LTFC	13.7h	NWI	9
32	Ilissa Morris	W12 Richmond, VA	13.8h	NWI	8
33	Christian Davis	M13 Centerville Yout	14.0h	NWI	9
33	Dorian Jenkins	M13 Leesburg, VA	14.0h	NWI	10
33	Bryce Walker	M10 Columbia, MD	14.0h	NWI	10
36	Adesuwa A Guobadia	W12 McLean, VA	14.1h	NWI	9
36	Sarah Webber	W13 LTFC	14.1h	NWI	9
38	Matthew Hazelworth	M11 Centerville Yout	14.2h	NWI	8
39	Jordan Harvey	W12 LTFC	14.4h	NWI	8
39	Andrew Ridenour	M11 Centerville Yout	14.4h	NWI	7
41	Steven S Byrne	M13 McLean	14.6h	NWI	7
42	Veronica Turley	W13 LTFC	14.7h	NWI	9
43	Samuel Wartel	M10 Alexandria, VA	14.8h	NWI	7
44	Alexis Vaughn	W10 Leesburg, VA	14.9h	NWI	8
45	Dylan Cromwell	M10 LTFC	15.1h	NWI	7
46	Carmen Garcia	W11 LTFC	15.2h	NWI	8
47	Lance Rooks	M12 Baltimore, MD	15.3h	NWI	10
48	Jaida Jenkins	W11 Forrestville, MD	15.4h	NWI	9
48	Shalaya Fields	W9 Ashburn, VA	15.4h	NWI	8
50	Margaret Hellstrom	W14 Leesburg, VA	15.5h	NWI	9
51	Agharese A Guobadia	W10 McLean, VA	15.6h	NWI	8
51	Mitchell Stevens	M11 Leesburg, VA	15.6h	NWI	8
53	Braxton Pearson	M10 Centreville, VA	15.7h	NWI	6
54	Eilish Leonard	W11 Leesburg, VA	15.9h	NWI	8
54	Julian Denizard	M9 Leesburg, VA	15.9h	NWI	6
54	Chris Fiore	M11 Leesburg, VA	15.9h	NWI	7
57	Austin Cromwell	M10 LTFC	16.7h	NWI	7
58	Ige Guabadia	W40 Great Falls, VA	16.8h	NWI	3
58	Ryan Thomas	M8 Leesburg, VA	16.8h	NWI	5
58	Gavin Kiley	M7 Centerville Yout	16.8h	NWI	5
61	Emmanuel Smith	M9 Fredericksburg, VA	16.9h	NWI	6
61	Nikolai Hopkins	M9 Leesburg, VA	16.9h	NWI	6
63	Logan Cromwell	W11 LTFC	17.1h	NWI	8
64	Bradley Hazelworth	M9 Centerville Yout	17.2h	NWI	5
64	Tristan Roberts	M9 Ashburn, VA	17.2h	NWI	5
66	Audrey Lary*	W73 Frederick, MD	17.3h	NWI	3
66	Jordyn Harrison	W8 Centreville, VA	17.3h	NWI	5
68	Alex Shields	M6 Ashburn, VA	18.1h	NWI	4

69 Jared Vaughn	M7 Leesburg, VA	18.2h	NWI	4
69 Gregory Moore	M8 LTFC	18.2h	NWI	6
71 Victoria Jones	W8 Leesburg, VA	18.3h	NWI	7
72 Theo T Testa	M7 Vienna, VA	18.4h	NWI	3
73 Kayla King	W9 Leesburg, VA	18.7h	NWI	7
73 Joshua Griffin	M9 Leesburg, VA	18.7h	NWI	6
73 Parker Barrett	M6 Leesburg, VA	18.7h	NWI	6
73 Robert Weiner*	M60 Accokeek, MD	18.7h	NWI	3
77 Aidan Wheeler	M8 Vienna, VA	18.9h	NWI	6
78 Lauren Mannikko	W10 Centreville, VA	19.1h	NWI	8
79 Betty Blank*	W55 Falls Church, MD	20.1h	NWI	3
80 Elyssia Smith	W7 Fredericksburg, VA	20.3h	NWI	5
81 Hana Eden	W9 Leesburg, VA	20.4h	NWI	7
82 Colby Koenig	M6 Leesburg, VA	20.5h	NWI	4
83 Taylor Harvey	M9 Leesburg, VA	20.6h	NWI	7
84 Gabriel G Dombrowski	M6 McLean	20.7h	NWI	3
85 Ben Korkowski	M7 Leesburg, VA	21.1h	NWI	4
86 Kyle Lovell	M9 Leesburg, VA	22.3h	NWI	5
87 Gerard D'Ambrosio	M7 Leesburg, VA	22.4h	NWI	4
88 Alice Roberts	W6 Hamilton, VA	23.4h	NWI	4
89 Kevin Lovell	M6 Leesburg, VA	23.9h	NWI	3
90 Erin Jones	W6 Leesburg, VA	24.3h	NWI	4
91 Joshua Moore	M6 LTFC	26.1h	NWI	5
92 Charles Sterling	M9 Leesburg, VA	26.3h	NWI	5
93 Emerson Rosenberg	W4 Manassas, VA	30.4h	NWI	4
94 Mary Jo Warren	W5 Arlington, VA	30.5h	NWI	4

Mixed 200 Meter Dash

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Name	Age Team	Finals	Wind	H#	Points
1 Joshwya Abrams	M27 Dover, DE	22.1h	NWI	2	
2 Kenneth Washington	M27 Mount Rainer, MD	22.4h	NWI	2	
3 Brian Dove	M14 Ashburn, VA	23.2h	NWI	2	
4 Tom Abbey	M26 Burke, VA	23.3h	NWI	2	
5 Manoach Lamarre	M11 Arlington, VA	23.4h	NWI	2	
6 Antoine Pagh	M26 Landover, MD	24.1h	NWI	2	
7 Darryl Austin*	M25 Springfield, VA	24.4h	NWI	2	
8 Thomas Jones	M53 Glenndale, MD	24.6h	NWI	3	
8 James Urdahl	M16 Owings Mills, MD	24.8h	NWI	2	
9 Edwin Mendis	M15 Ashburn, VA	24.8h	NWI	2	
11 George Haywood	M54 Washington, DC	24.9h	NWI	3	
12 Derril Thomas	M14 Ashburn, VA	25.1h	NWI	2	
13 Matt Ridenour	M15 Fairfax, VA	25.3h	NWI	3	
14 LaTisha Moulds	W29 Joppatowne, MD	25.35	1.7	1	
15 Lakin Ducker	M39 Annapolis, MD	25.9h	NWI	3	
15 Anthony Jackson	M14 Upper Marlboro, MD	25.9h	NWI	6	
15 Steven D Fields	M14 Ashburn, VA	25.9h	NWI	6	
18 DeShawn T Summerville	M13 VA, VA	26.0h	NWI	6	
19 Danny Roner	M49 Alexandria, VA	26.2h	NWI	3	
20 Charmaine Roberts*	W40 Beltsville, MD	26.22	1.7	1	

21	Shaquera Leach	W14 Leesburg, VA	26.6h	NWI	2
22	Alisa Harvey	W41 Manassas, VA	26.86	1.7	1
23	James Schank	M13 Leesburg, VA	27.9h	NWI	6
24	Bria Harrison	W13 Centreville, VA	28.1h	NWI	7
25	Andre' L Johnson	M34 Silver Spring, MD	28.2h	NWI	3
26	Scott Baker	M12 LTFC	28.7h	NWI	6
26	Jamon Cofield	M11 Chantilly, VA	28.7h	NWI	6
28	Julie Hayden	W47 Ashburn, VA	28.96	1.7	1
29	Vania Hunter	W16 Ashburn, VA	29.0h	NWI	7
30	Jordan Harvey	W12 LTFC	29.4h	NWI	7
31	Andrew Ridenour	M11 Centerville Yout	29.5h	NWI	6
31	Matthew Hazelworth	M11 Centerville Yout	29.5h	NWI	6
33	Adesuwa A Guobadia	W12 McLean, VA	30.1h	NWI	7
34	Bryan Jagoe	M49 Falls Church, VA	30.6h	NWI	3
35	Joan Hunter	W43 Purcellville, VA	30.67	1.7	1
36	Ameze A Guobadia	W10 McLean, VA	31.2h	NWI	7
37	Shalaya Fields	W9 Ashburn, VA	31.8h	NWI	7
38	Samuel Wartel	M10 Alexandria, VA	31.9h	NWI	6
39	Veronica Turley	W13 LTFC	32.7h	NWI	7
40	Teresa Traxler	W25 Arlington, VA	32.8h	NWI	3
41	John Haywood	M11 Washington, DC	32.9h	NWI	5
42	Braxton Pearson	M10 Centreville, VA	33.5h	NWI	5
43	Mikayla Shields	W9 Ashburn, VA	33.6h	NWI	5
44	Will Smagh	M10 Ashburn, VA	33.7h	NWI	5
45	Gavin Kiley	M7 Centerville Yout	34.7h	NWI	5
45	Julian Denizard	M9 Leesburg, VA	34.7h	NWI	6
47	Agharese A Guobadia	W10 McLean, VA	35.0h	NWI	7
47	Alexis Vaughn	W10 Leesburg, VA	35.0h	NWI	7
49	Rachel Eden	W13 LTFC	35.1h	NWI	7
50	Emmanuel Smith	M9 Fredericksburg, VA	35.6h	NWI	5
51	Ryan Thomas	M8 Leesburg, VA	36.3h	NWI	5
52	Tristan Roberts	M9 Ashburn, VA	36.5h	NWI	5
53	Monica Lannen	W10 Vienna, VA	38.3h	NWI	4
54	Jordyn Harrison	W8 Centreville, VA	39.1h	NWI	4
54	Parker Barrett	M6 Leesburg, VA	39.1h	NWI	5
56	Victoria Jones	W8 Leesburg, VA	39.3h	NWI	4
57	Robert Weiner*	M60 Accokeek, MD	41.6h	NWI	3
58	Jared Vaughn	M7 Leesburg, VA	42.0h	NWI	6
58	Alex Shields	M6 Ashburn, VA	42.0h	NWI	5
60	K Edwards	M42 Baltimore, MD	43.9h	NWI	4
61	Elyssia Smith	W7 Fredericksburg, VA	44.8h	NWI	4
62	Taylor Harvey	M9 Leesburg, VA	46.0h	NWI	4
63	Samy Ceesay	M12 Unattached	46.1h	NWI	5
64	Alice Roberts	W6 Hamilton, VA	53.5h	NWI	4
64	Erin Jones	W6 Leesburg, VA	53.5h	NWI	4

Mixed 400 Meter Dash

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Name           Age Team           Finals H# Points
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1 Philippe Tondereau  M22 Centreville, VA  50.7h  1

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2 Adam Alderton	M33 Arlington, VA	50.9h	1
3 Joshwya Abrams	M27 Dover, DE	51.3h	1
4 Manoach Lamarre	M11 Arlington, VA	51.8h	1
5 Gibbs Hilaire	M24 Takoma Park, MD	52.1h	1
6 Antoine Pagh	M26 Landover, MD	54.4h	1
6 James Urdahl	M16 Owings Mills, MD	54.4h	1
8 Darryl Austin*	M25 Springfield, VA	54.5h	1
9 Thomas Jones	M53 Glenndale, MD	54.7h	2
10 Mike George	M27 Arlington, VA	55.5h	1
11 Steve Nearman*	M47 Alexandria, VA	57.4h	2
12 George Haywood	M54 Washington, DC	57.5h	2
13 Anthony Jackson	M14 Upper Marlboro, MD	59.9h	6
14 Andre' L Johnson	M34 Silver Spring, MD	1:00.0h	2
15 Lyle Ganz	M26 Silver Spring, MD	1:01.1h	1
16 Tyler Jasper	M14 Ashburn, VA	1:02.1h	6
17 Cameron Acton	M13 Leesburg, VA	1:03.4h	6
18 James Schank	M13 Leesburg, VA	1:04.1h	6
19 Bryce Walker	M10 Columbia, MD	1:04.8h	6
20 Shaquera Leach	W14 Leesburg, VA	1:04.9h	1
21 Sarah Webber	W13 LTFC	1:08.2h	5
22 Scott Baker	M12 LTFC	1:08.7h	6
23 Ben Kodres-O'Brien	M14 McLean, VA	1:08.9h	6
24 Jake Koenig	M13 Leesburg, VA	1:09.0h	6
25 Cole C Bransford	M10 McLean, VA	1:09.4h	3
26 Matthew Hazelworth	M11 Centerville Yout	1:09.6h	5
27 Jonathan Russell	M13 LTFC	1:09.7h	6
28 Andrew Ridenour	M11 Centerville Yout	1:10.1h	5
29 Ameze A Guobadia	W10 McLean, VA	1:10.8h	4
30 Win Persina	W47 Washington, DC	1:11.8h	2
31 Kellie Smith	W13 LTFC	1:12.3h	5
32 Ilissa Morris	W12 Richmond, VA	1:12.4h	4
33 Samuel Wartel	M10 Alexandria, VA	1:13.7h	5
34 Elizabeth Reid	W13 Ashburn, VA	1:13.8h	4
35 Kevin McMahon	M48 Oak Hill, VA	1:14.6h	2
36 Bria Harrison	W13 Centreville, VA	1:15.4h	5
36 Shalaya Fields	W9 Ashburn, VA	1:15.4h	4
38 Carmen Garcia	W11 LTFC	1:16.0h	4
39 Robert Weiner*	M60 Accokeek, MD	1:17.9h	2
39 Chris Fiore	M11 Leesburg, VA	1:17.9h	5
41 Kelly E Ayers	W12 VA, VA	1:18.2h	4
41 Elizabeth Gilbride	W13 Leesburg, VA	1:18.2h	5
43 Lauren Townsend	W13 LTFC	1:18.6h	4
44 Will Smagh	M10 Ashburn, VA	1:19.1h	3
45 Lance Rooks	M12 Baltimore, MD	1:19.2h	6
46 Spencer Barrett	M11 Leesburg, VA	1:20.4h	5
47 Gavin Kiley	M7 Centerville Yout	1:20.5h	3
48 Jordan Horgenic	M11 Leesburg, VA	1:20.9h	4
49 Margaret Hellstrom	W14 Leesburg, VA	1:21.1h	4
49 Rachel Eden	W13 LTFC	1:21.1h	5
51 Betty Blank*	W55 Falls Church, MD	1:21.8h	2
52 Jennifer Crawford	W10 Ashburn, VA	1:22.5h	4
53 Alexis Vaughn	W10 Leesburg, VA	1:27.1h	4
54 John Mikulec	M12 LTFC	1:28.6h	6

55 Jay Jacob Wind*	M57 Arlington, VA	1:30.0h	2
56 Sarah Reid	W9 Ashburn, VA	1:30.4h	4
57 Bradley Hazelworth	M9 Centerville Yout	1:30.6h	3
58 Jack Wallis	M7 Arlington, VA	1:31.1h	3
59 Jared Koenig	M10 Leesburg, VA	1:31.3h	3
60 Sonja Jenkins	W13 Forrestville, MD	1:31.6h	4
61 Kevin Mannikko	M13 Centreville, VA	1:33.4h	6
62 Parker Barrett	M6 Leesburg, VA	1:35.6h	3
63 Bill Price	M73 Smithsburg, MD	1:37.8h	2
64 Ben Korkowski	M7 Leesburg, VA	1:39.9h	3
65 Lauren Mannikko	W10 Centreville, VA	1:43.4h	4
66 Emily N Lannen	W6 Vienna, VA	1:48.1h	3
67 Colby Koenig	M6 Leesburg, VA	1:53.3h	3
68 Erin Jones	W6 Leesburg, VA	2:03.9h	3
69 Steven Crawford	M5 Ashburn, VA	2:12.3h	3
70 Gerard D'Ambrosio	M7 Leesburg, VA	2:12.6h	3

Mixed 800 Meter Run

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Name	Age Team	Finals	Points
1 Al Noggan	M27 Alexandria, VA	1:57.2h	
2 James Graham	M27 Bowie, MD	2:00.1h	
3 Chad Rogers	M18 Clinton, MD	2:00.40	
4 Brian Redding	M22 Washington, DC	2:06.4h	
5 Remus Medley	M37 Baltimore, MD	2:08.0h	
6 Devin Kelly	M16 Washington, DC	2:10.6h	
7 Gaby Grebski	W36 Washington, DC	2:16.8h	
8 Darnell Smith	M46 Baltimore, MD	2:18.0h	
9 George Buckheit	M50 Reston, VA	2:18.4h	
10 Joe Lynch	M15 Ashburn, VA	2:19.1h	
11 Andrew Hayden	M14 Ashburn, VA	2:19.6h	
12 Dominic Corcoran	M17 Waterford, VA	2:20.6h	
13 K Edwards	M42 Baltimore, MD	2:21.5h	
14 Joan Hunter	W43 Purcellville, VA	2:23.5h	
15 Lyle Ganz	M26 Silver Spring, MD	2:28.8h	
16 Cole C Bransford	M10 McLean, VA	2:38.7h	
17 Charley Ann Krebs	W13 Ashburn, VA	2:42.0h	
18 Alison Suckling	W52 Arnold, MD	2:46.0h	
19 Matthew M Chi	M11 Vienna, VA	2:53.4h	
20 Elizabeth Reid	W13 Ashburn, VA	3:03.0h	
21 Noah Hunter	M9 Ashburn, VA	3:05.3h	
22 Vanessa Gatch	W15 Leesburg, VA	3:06.9h	
23 Teresa Traxler	W25 Arlington, VA	3:07.1h	
24 Robert Weiner*	M60 Accokeek, MD	3:08.5h	
25 Will Smagh	M10 Ashburn, VA	3:08.9h	
26 Samy Ceesay	M12 Unattached	3:09.1h	
27 Kelly E Ayers	W12 VA, VA	3:13.5h	
28 Johnny E Rogers	M9 VYI	3:25.8h	
29 Jack Wallis	M7 Arlington, VA	3:28.5h	
30 Bradley Hazelworth	M9 Centerville Yout	3:40.4h	

31 Emily N Lannen W6 Vienna, VA 4:07.8h

Mixed 1 Mile Run

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Name	Age Team	Finals Points
1 Nicolas Clark	M28 Burke, VA	4:46.90
2 Todd Rosenberg	M37 Manassas, VA	4:57.70
3 Ted Poulos*	M46 McLean, VA	4:59.40
4 Craig Greene	M42 Manassas, VA	5:07.90
5 Maurice Pointer*	M52 Baltimore, MD	5:08.20
6 Joe Lynch	M15 Ashburn, VA	5:13.30
7 Pat O'Mara	M49 Falls Church, VA	5:15.60
8 Mary Christopher	W22 Washington, DC	5:24.90
9 K Edwards	M42 Baltimore, MD	5:28.90
10 Tara Fenske	W31 Washington, DC	5:30.20
11 Larry Washington	M56 Rockville, MD	5:39.90
12 Brad Kenney	M45 Ellicott City, MD	5:42.90
13 Jackie Grundel	W33 Clifton, VA	5:47.90
14 Jake Koenig	M13 Leesburg, VA	5:48.20
15 Clifford Tell	M43 Harpers Ferry, VA	5:51.20
16 Julie Hayden	W47 Ashburn, VA	5:53.70
17 Neesha Schnepf	W16 McLean, VA	5:59.90
18 Mark Roberts	M43 Hamilton, VA	6:03.10
19 Ben Kodres-O'Brien	M14 McLean, VA	6:04.40
20 Theodore D Doughty	M12 VA, VA	6:04.70
21 Win Persina	W47 Washington, DC	6:10.50
22 Betty Blank*	W55 Falls Church, MD	6:14.70
23 Jay Jacob Wind*	M57 Arlington, VA	6:21.30
24 Will Smagh	M10 Ashburn, VA	6:25.50
25 Matthew T McKew	M12 VA, VA	6:26.40
26 Kevin McMahon	M48 Oak Hill, VA	6:30.30
27 Eric T Workman	M11 VYI	6:32.40
28 Robert Weiner*	M60 Accokeek, MD	6:51.50
29 Jennifer Lazio*	W38 Alexandria, VA	6:52.10
30 Allison A Brady	W13 Great Falls, VA	6:57.10
31 Jennifer Crawford	W10 Ashburn, VA	6:58.90
32 Camille C Testa	W10 Vienna, VA	7:01.80
33 Jared Koenig	M10 Leesburg, VA	7:06.10
34 John Mikulec	M12 LTFC	7:07.00
35 Rachel Austin	W30 Mount Rainier, MD	7:18.90
36 Jim Verdier	M65 Alexandria, VA	7:22.40
37 Monica Lannen	W10 Vienna, VA	7:22.80
38 Joshwya Abrams	M27 Dover, DE	7:25.10
39 Angela A Osgood	W9 Great Falls, VA	7:27.80
40 Kevin Mannikko	M13 Centreville, VA	7:28.40
41 Shirley Sameshima	W40 McLean, VA	7:39.10
42 Jordan Ryan	M6 Leesburg, VA	7:40.40
43 Steven Crawford	M5 Ashburn, VA	10:32.00

Mixed 3000 Meter Run

Name	Age Team	Finals	Points
1 Ted Poulos*	M46 McLean, VA	9:48.40	
2 Maurice Pointer*	M52 Baltimore, MD	9:55.30	
3 Del'Vaughn Rooks	M16 Baltimore, MD	10:17.90	
4 Kurt Stegmeier	M15 South Riding, VA	10:43.90	
5 Brian Redding	M22 Washington, DC	10:45.70	
6 Brittney Rooks	W13 Baltimore, MD	10:58.40	
7 Steve Robinson	M53 Herndon, VA	11:42.60	
8 Emily E Blagg	W13 Arlington, VA	11:45.40	
9 Corey Tooke	M12 Brsitow, VA	11:50.80	
10 Neil Fairclough	M50 Arlington, VA	12:01.30	
11 Sarah McCleskey	W11 Centerville Yout	12:10.40	
12 Jay Jacob Wind*	M57 Arlington, VA	12:28.00	
13 Jennifer Lazio*	W38 Alexandria, VA	13:45.70	
14 Caleb Stroud	M13 Ashburn, VA	14:04.10	
15 Robert Weiner*	M60 Accokeek, MD	14:21.80	
16 Aakash Bhatt	W28 Arlington, VA	14:24.50	
17 Shirley Sameshima	W40 McLean, VA	14:34.60	
18 Rachel Austin	W30 Mount Rainier, MD	15:46.60	
19 Bill Price	M73 Smithsburg, MD	16:29.10	
20 Laura McCleskey	W8 Centerville Yout	16:33.90	

Mixed 80 Meter Hurdles

Name	Age Team	Finals	Wind	Points
1 Bob Paulen*	M70 Silver Spring, MD	14.6h	NWI	

Mixed 100 Meter Hurdles

Name	Age Team	Finals	Wind	H#	Points
1 Jonathan Russell	M13 LTFC	16.6h	NWI	2	
2 William W Craver	M12 Great Falls, VA	19.3h	NWI	2	
3 Eric Acton	M13 Leesburg, VA	19.3h	NWI	2	
4 Cameron Acton	M13 Leesburg, VA	20.1h	NWI	2	
5 Veronica Turley	W13 LTFC	20.3h	NWI	1	
6 Bryan Jagoe	M49 Falls Church, VA	20.4h	NWI	3	
7 Neil Fairclough	M50 Arlington, VA	20.5h	NWI	3	
7 Elizabeth Jagoe	W15 Falls Church, VA	20.5h	NWI	2	
9 Sarah Webber	W13 LTFC	20.7h	NWI	2	
10 Margaret Hellstrom	W14 Leesburg, VA	21.8h	NWI	1	
11 Eilish Leonard	W11 Leesburg, VA	24.4h	NWI	1	
12 Jordan Horgenic	M11 Leesburg, VA	24.6h	NWI	1	
13 Elizabeth Gilbride	W13 Leesburg, VA	25.0h	NWI	1	

Mixed 110 Meter Hurdles

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Name           Age Team           Finals Wind Points
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1 Antoine Pagh      M26 Landover, MD    15.8h  NWI
2 Philippe Tondereau M22 Centreville, VA  15.9h  NWI
3 Gibbs Hilaire     M24 Takoma Park, MD  16.4h  NWI
4 Steven D Fields   M14 Ashburn, VA     17.6h  NWI
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Mixed 300 Long Hurdles 300M

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Name           Age Team           Finals Points
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=====
1 Kaitlyn Christopher W15 Burke, VA       54.4h
2 Bob Paulen*        M70 Silver Spring, MD 56.8h
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Mixed 400 Long Hurdles 400M

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Name           Age Team           Finals H# Points
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=====
1 Philippe Tondereau M22 Centreville, VA  56.2h  2
2 Alyssa Aiken       W23 Oakton, VA      59.66  1
3 Mary Boyles        W18 Centreville, VA  1:11.85 1
4 Keira Carlstrom    W23 Vienna, VA      1:16.87 1
5 Samia Akbar        M26 Oakton, MD      1:21.24 1
6 Aakash Bhatt       W28 Arlington, VA   1:21.9h 2
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Mixed 4x100 Meter Relay

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Team           Finals Points
=====
=====
1 Nova Athletic Club 'A' 49.7h
2 Athena Track Club 'A' 58.0h
3 Centerville Youth 'A' 58.2h
4 Nova Athletic Club 'B' 1:09.4h
5 Unattached 'A' 1:17.0h
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Mixed 4x400 Meter Relay

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Team           Finals Points
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=====
1 Baton Rouge 'A' 4:53.6h
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Mixed High Jump

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Name	Age Team	Finals	Points
1 Mike George	M27 Arlington, VA	1.92m	6-03.50
2 Craig Halbmaier	M29 Falls Church, VA	1.77m	5-09.75
2 Jeff P Shepley	M23 Vienna, VA	1.77m	5-09.75
4 Tim Hickey	M34 Washington, DC	1.72m	5-07.75
4 Charles Wallace	M29 LA, LA	1.72m	5-07.75
4 Joshwya Abrams	M27 Dover, DE	1.72m	5-07.75
7 Michael J Graham*	M54 Joppa, MD	1.62m	5-03.75
7 Derril Thomas	M14 Ashburn, VA	1.62m	5-03.75
7 James Barrineau	M52 Burke, VA	1.62m	5-03.75
10 Kohosh Yazdanpanah	M19 Arlington, VA	1.57m	5-01.75
10 Keith Mathis*	M55 Reisterstown, MD	1.57m	5-01.75
12 Dorian Jenkins	M13 Leesburg, VA	1.52m	4-11.75
12 Tyler Jasper	M14 Ashburn, VA	1.52m	4-11.75
14 Jonathan Russell	M13 LTFC	1.42m	4-07.75
15 Jake Koenig	M13 Leesburg, VA	1.32m	4-04.00
15 Jeff Young	M59 McLean, VA	1.32m	4-04.00
15 Neil Fairclough	M50 Arlington, VA	1.32m	4-04.00
18 Caleb Stroud	M13 Ashburn, VA	1.27m	4-02.00
18 William W Craver	M12 Great Falls, VA	1.27m	4-02.00
20 Mitchell Stevens	M11 Leesburg, VA	1.22m	4-00.00
21 Allison A Brady	W13 Great Falls, VA	1.17m	3-10.00
21 Veronica Turley	W13 LTFC	1.17m	3-10.00
23 Spencer Barrett	M11 Leesburg, VA	1.12m	3-08.00
23 Kevin Mannikko	M13 Centreville, VA	1.12m	3-08.00
25 Jordan Horgenic	M11 Leesburg, VA	1.07m	3-06.00
25 John Mikulec	M12 LTFC	1.07m	3-06.00
25 John Heitz	M10 LTFC	1.07m	3-06.00
28 Bryce Walker	M10 Columbia, MD	1.02m	3-04.00
-- Bob Paulen*	M70 Silver Spring, MD	NH	
-- James Barr*	M39 Arlington, VA	NH	
-- Adam Alderton	M33 Arlington, VA	NH	
-- Antoine Pagh	M26 Landover, MD	NH	

Mixed Long Jump youth

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Name	Age Team	Finals	Wind	Points
1 Eric Acton	M13 Leesburg, VA	13-11.00	NWI	4.24m
1 Ilissa Morris	W12 Richmond, VA	13-11.00	NWI	4.24m
3 William W Craver	M12 Great Falls, VA	13-04.50	NWI	4.07m
4 Cameron Acton	M13 Leesburg, VA	12-09.00	NWI	3.88m
5 Chris Fiore	M11 Leesburg, VA	11-05.00	NWI	3.47m
6 Samuel Wartel	M10 Alexandria, VA	11-03.75	NWI	3.44m

7	Andrew Ridenour	M11 Centerville Yout	10-09.00	NWI	3.27m
8	Scott Baker	M12 LTFC	10-08.00	NWI	3.25m
9	Matthew Hazelworth	M11 Centerville Yout	10-04.50	NWI	3.16m
10	Cole C Bransford	M10 McLean, VA	10-04.00	NWI	3.14m
11	Jordan Harvey	W12 LTFC	10-01.00	NWI	3.07m
12	Elizabeth Gilbride	W13 Leesburg, VA	9-10.50	NWI	3.00m
13	John Heitz	M10 LTFC	9-10.00	NWI	2.99m
14	Sarah Webber	W13 LTFC	9-09.00	NWI	2.97m
15	Lauren Townsend	W13 LTFC	9-08.50	NWI	2.95m
16	Spencer Barrett	M11 Leesburg, VA	9-08.00	NWI	2.94m
17	Mikayla Shields	W9 Ashburn, VA	9-06.50	NWI	2.90m
18	Kellie Smith	W13 LTFC	9-06.00	NWI	2.89m
19	Margaret Hellstrom	W14 Leesburg, VA	9-05.25	NWI	2.87m
20	Nikolai Hopkins	M9 Leesburg, VA	9-00.00	NWI	2.74m
21	Andrew A Pacious	M8 McLean, VA	8-07.00	NWI	2.61m
22	Logan Cromwell	W11 LTFC	8-06.00	NWI	2.59m
23	Tristan Roberts	M9 Ashburn, VA	8-02.00	NWI	2.48m
24	Alex Shields	M6 Ashburn, VA	8-00.50	NWI	2.45m
25	Carmen Garcia	W11 LTFC	8-00.00	NWI	2.43m
26	Bradley Hazelworth	M9 Centerville Yout	7-09.50	NWI	2.37m
27	Joshua Griffin	M9 Leesburg, VA	7-09.00	NWI	2.36m
28	Eilish Leonard	W11 Leesburg, VA	7-05.00	NWI	2.26m
29	Rachel Eden	W13 LTFC	7-04.00	NWI	2.23m
30	Jack Wallis	M7 Arlington, VA	7-01.50	NWI	2.17m
31	Parker Barrett	M6 Leesburg, VA	6-07.50	NWI	2.01m
32	Monica Lannen	W10 Vienna, VA	6-07.00	NWI	2.00m
33	Gabriel G Dombrowski	M6 McLean	6-03.00	NWI	1.90m
34	Ryan Thomas	M8 Leesburg, VA	5-08.00	NWI	1.72m
35	Jared Koenig	M10 Leesburg, VA	5-05.00	NWI	1.65m
36	Bradley Barrett	M9 Leesburg, VA	5-03.00	NWI	1.60m
37	Colby Koenig	M6 Leesburg, VA	4-08.50	NWI	1.43m
38	Kyle Lovell	M9 Leesburg, VA	4-07.00	NWI	1.39m
39	Kevin Lovell	M6 Leesburg, VA	3-04.00	NWI	1.01m

Mixed Long Jump Adult

Name	Age Team	Finals	Wind	Points
1	Mark Dennis	M20 Culpepper, VA	20-10.75	NWI 6.36m
2	Mike George	M27 Arlington, VA	19-06.00	NWI 5.94m
3	Gibbs Hilaire	M24 Takoma Park, MD	19-01.00	NWI 5.81m
4	Adam Alderton	M33 Arlington, VA	18-11.25	NWI 5.77m
5	Okinyi Ayungo	M32 Rockville, MD	18-09.00	NWI 5.71m
6	James Barr*	M39 Arlington, VA	17-08.75	NWI 5.40m
7	Derril Thomas	M14 Ashburn, VA	16-11.50	NWI 5.16m
8	LaTisha Moulds	W29 Joppatowne, MD	16-10.50	NWI 5.14m
9	Danny Roner	M49 Alexandria, VA	16-02.75	NWI 4.94m
10	Tracey Berryman-Singleton	WW40 Upper Marlboro, MD	15-10.75	NWI 4.84m
11	Steven D Fields	M14 Ashburn, VA	15-04.50	NWI 4.68m
12	Keith Mathis*	M55 Reisterstown, MD	15-01.00	NWI 4.59m
13	Dorian Jenkins	M13 Leesburg, VA	14-09.00	NWI 4.49m

14 Michael J Graham*	M54 Joppa, MD	13-10.25	NWI	4.22m
15 Neil Fairclough	M50 Arlington, VA	13-06.00	NWI	4.11m
16 James Schank	M13 Leesburg, VA	13-03.00	NWI	4.03m
17 Jeff Young	M59 McLean, VA	13-02.50	NWI	4.02m
18 Jonathan Russell	M13 LTFC	13-00.25	NWI	3.96m
19 Bob Paulen*	M70 Silver Spring, MD	12-10.00	NWI	3.91m
20 Audrey Lary*	W73 Frederick, MD	10-02.50	NWI	3.11m
-- Charles Wallace	M29 LA, LA		FOUL	

Mixed Triple Jump

Name	Age Team	Finals	Wind	Points
1 Warren Gray	M19 Oxon Hill, MD	13.88m	NWI	45-06.50
2 Mark Dennis	M20 Culpepper, VA	12.52m	NWI	41-01.00
3 Michael J Graham*	M54 Joppa, MD	10.38m	NWI	34-00.75
4 Keith Mathis*	M55 Reisterstown, MD	9.68m	NWI	31-09.25
5 Caleb Stroud	M13 Ashburn, VA	9.47m	NWI	31-01.00
6 Muraji Nakazawa*	M50 Herndon, VA	8.84m	NWI	29-00.00
7 Audrey Lary*	W73 Frederick, MD	7.50m	NWI	24-07.25
-- Charles Wallace	M29 LA, LA		FOUL	

Mixed Shot Put

Name	Age Team	Finals	Points
1 John Fallone	M22 Arlington, VA	16.40m	53-09.75
2 Mike George	M27 Arlington, VA	12.42m	40-09.00
3 Kohosh Yazdanpanah	M19 Arlington, VA	11.46m	37-07.25
4 Charles James	M51 Herndon, VA	11.06m	36-03.50
5 John Urdahl	M18 Owings, MD	10.46m	34-04.00
6 Craig Halbmaier	M29 Falls Church, VA	10.18m	33-04.75
7 Sonja Jenkins	W13 Forrestville, MD	9.62m	31-06.75
8 James Barrineau	M52 Burke, VA	9.18m	30-01.50
9 Adam Alderton	M33 Arlington, VA	9.15m	30-00.25
10 Victor Litwinski	M64 McLean, VA	8.77m	28-09.25
11 Zachary Stevens	M13 Leesburg, VA	8.75m	28-08.50
12 Cindy Lea Arbelbide	W58 Front Royal, VA	8.74m	28-08.25
13 Jen Rodriguez	W17 Fairfax, VA	8.31m	27-03.25
14 Mitchell Stevens	M11 Leesburg, VA	6.69m	21-11.50
15 Jaida Jenkins	W11 Forrestville, MD	6.65m	21-10.00
16 Austin Cromwell	M10 LTFC	6.42m	21-00.75
17 Sharon Good*	W74 Silver Spring, MD	3.92m	12-10.50
18 Fatima Ceesay	W13 Forrestville, MD	3.58m	11-09.00
19 Monica Lannen	W10 Vienna, VA	3.27m	10-08.75
20 Emily N Lannen	W6 Vienna, VA	1.24m	4-01.00

Mixed Discus Throw

Name	Age Team	Finals	Points
1 Nick Nichols	M61 Fredricksburg, VA	45.53m	149-04
2 John Fallone	M22 Arlington, VA	40.95m	134-04
3 James Barr*	M39 Arlington, VA	35.71m	117-02
4 Kohosh Yazdanpanah	M19 Arlington, VA	34.92m	114-07
5 Charles James	M51 Herndon, VA	31.03m	101-10
6 Victor Litwinski	M64 McLean, VA	30.47m	100-00
7 James Barrineau	M52 Burke, VA	29.72m	97-06
8 Anatoli Welihozkiy*	M61 Fairfax, VA	29.68m	97-04
9 John Urdahl	M18 Owings, MD	29.47m	96-08
10 Zachary Stevens	M13 Leesburg, VA	29.34m	96-03
11 Neil Fairclough	M50 Arlington, VA	26.05m	85-05
12 Muraji Nakazawa*	M50 Herndon, VA	24.77m	81-03
13 Cindy Lea Arbelbide	W58 Front Royal, VA	24.17m	79-03
14 Keith Mathis*	M55 Reisterstown, MD	23.33m	76-06
15 Matthew M Ammann	M13 Vienna, VA	22.94m	75-03
16 Dale McElhattan	M15 Vienna, VA	20.45m	67-01
17 Mitchell Stevens	M11 Leesburg, VA	16.78m	55-01
18 Andrew Ridenour	M11 Centerville Yout	13.44m	44-01
19 Sharon Good*	W74 Silver Spring, MD	8.37m	27-05

Mixed Javelin Throw

Name	Age Team	Finals	Points
1 Kevin Kanyan	M38 Centreville, VA	52.96m	173-09
2 James Barr*	M39 Arlington, VA	46.62m	152-11
3 Russ White*	M63 Chevy Chase, MD	45.63m	149-08
4 James Kenney	M66 White Plains, MD	42.70m	140-01
5 Craig Halbmaier	M29 Falls Church, VA	41.21m	135-02
6 Peter Collins	M14 Columbia, MD	37.96m	124-06
7 Keith Mathis*	M55 Reisterstown, MD	36.12m	118-06
8 Teresa Traxler	W25 Arlington, VA	32.72m	107-04
9 Kohosh Yazdanpanah	M19 Arlington, VA	31.16m	102-03
10 Matthew M Ammann	M13 Vienna, VA	29.12m	95-06
11 Muraji Nakazawa*	M50 Herndon, VA	28.70m	94-02
12 Dale McElhattan	M15 Vienna, VA	26.16m	85-10
13 Neil Fairclough	M50 Arlington, VA	25.23m	82-09
14 Sonja Jenkins	W13 Forrestville, MD	18.70m	61-04
15 Cindy Lea Arbelbide	W58 Front Royal, VA	16.32m	53-06
16 Jaida Jenkins	W11 Forrestville, MD	14.36m	47-01
17 Micha Brown Lewis	W11 Reisterstown, MD	10.22m	33-06
18 Sharon Good*	W74 Silver Spring, MD	5.66m	18-07

Mixed Javelin Throw Turbo Jav

Name	Age Team	Finals	Points
1 Andrew A Pacious	M8 McLean, VA	18.12m	59-05
2 Nikolai Hopkins	M9 Leesburg, VA	17.33m	56-10
3 Jared Koenig	M10 Leesburg, VA	15.16m	49-09
4 Parker Barrett	M6 Leesburg, VA	12.96m	42-06
5 Kyle Lovell	M9 Leesburg, VA	12.86m	42-02
6 Victoria Jones	W8 Leesburg, VA	12.32m	40-05
7 Julian Denizard	M9 Leesburg, VA	11.18m	36-08
8 Lauren Mannikko	W10 Centreville, VA	10.70m	35-01
9 Ryan Thomas	M8 Leesburg, VA	10.44m	34-03
10 Gabriel G Dombrowski	M6 McLean	8.97m	29-05
11 Kayla King	W9 Leesburg, VA	8.96m	29-05
12 Charles Sterling	M9 Leesburg, VA	8.83m	29-00
13 Gregory Moore	M8 LTFC	8.54m	28-00
14 Hana Eden	W9 Leesburg, VA	8.36m	27-05
15 Jordan Ryan	M6 Leesburg, VA	8.06m	26-05
16 Gerard D'Ambrosio	M7 Leesburg, VA	7.83m	25-08
17 Taylor Harvey	M9 Leesburg, VA	7.76m	25-05
18 Monica Lannen	W10 Vienna, VA	7.11m	23-04
19 Colby Koenig	M6 Leesburg, VA	6.13m	20-01
20 Bradley Barrett	M9 Leesburg, VA	6.00m	19-08
21 Fatima Ceesay	W13 Forrestville, MD	5.87m	19-03
22 Kevin Lovell	M6 Leesburg, VA	5.77m	18-11
23 Ben Korkowski	M7 Leesburg, VA	5.72m	18-09
24 Joshua Moore	M6 LTFC	4.62m	15-02
25 Emily N Lannen	W6 Vienna, VA	4.25m	13-11
26 Erin Jones	W6 Leesburg, VA	2.40m	7-10

Mixed 1 Mile Race Walk

Name	Age Team	Finals	Points
1 John Gersh*	M60 Columbia, MD	9:30.6h	
2 Sarah Kenney	W13 Ellicott City, MD	9:32.5h	
3 John Morrisen	M59 Essex, MD	9:34.0h	
4 Victor Litwinski	M64 McLean, VA	10:07.6h	
5 Brian Allen	M36 College Park, MD	10:22.5h	
6 Robert Weiner*	M60 Accokeek, MD	12:10.6h	
7 Terry Copeland	M69 Fredrick, MD	12:18.2h	

Mixed 800 Meter Race Walk

Name	Age Team	Finals	Points
1 Jordan Ryan	M6 Leesburg, VA	6:47.6h	

Mixed 3000 Meter Race Walk

Name	Age Team	Finals Points
1 John Morrisen	M59 Essex, MD	17:58.6h
2 John Gersh*	M60 Columbia, MD	18:04.8h
3 Sarah Kenney	W13 Ellicott City, MD	18:08.6h
4 Brian Allen	M36 College Park, MD	19:05.0h
5 Victor Litwinski	M64 McLean, VA	19:16.2h
6 Sheldon Contract*	M68 N. Bethesda, MD	19:53.5h
7 Mike Green	M57 Shepardstown, WV	22:24.8h
8 Charles Boyle	M83 Annapolis, MD	22:36.6h
9 Terry Copeland	M69 Fredrick, MD	23:07.8h
10 Chaz Miller	M60 Silver Spring, MD	23:36.1h