



## **SOUTH LAKES HIGH SCHOOL INDOOR TRACK & FIELD**

### **FOR IMMEDIATE RELEASE**

**January 9, 2017**

### **BECKNER BREAKS SOUTH LAKES HIGH SCHOOL RECORD AT THE OCEAN BREEZE FREEDOM GAMES INDOOR TRACK MEET IN NEW YORK**

South Lakes High School had a successful showing at The Ocean Breeze Freedom Games indoor track meet Saturday, January 7 in Staten Island, NY, which was highlighted by a record-setting performance by junior Olivia Beckner in the 1,000 meters.

Beckner finished fourth in that race with a time of 2:54.06, breaking the school record of 2:58.47 that she set last season. She then teamed with sophomore Sophie Halkett and juniors Aly Rayle and Sarah Wolfe for third place in the 4x800 meter relay (9:33.12). Both events were in 6A state meet qualifying times.

The SLHS boys team was led by the state-qualifying 4x200 meter team of seniors Timiebi Ogobri, Don'ta Whitley, junior Jack Eggeman and sophomore Nicky Napolitano. They finished fourth with a time of 1:32.87 in the finals after running a 1:33.35 in the preliminaries.

Seniors Peter Sepulveda, Jack Watkins, Dimarcus Vilcheck and junior Alex Loukili finished second in the 4x800 meter relay in a Northern Region championship qualifying time of 8:22.07. Louikili also finished fifth in the red division of 1,000 with a time of 2:35.82, which is also a region qualifying time.

The track team will close out the regular season with members competing at both the conference meet Saturday, January 14 at Thomas Jefferson Community Center in Arlington and the Virginia Showcase, January 13-14 at the Liberty University in Lynchburg.

**For more information, please contact South Lakes High School Head Track and Field Coach Scott Raczko at [swraczko@fcps.edu](mailto:swraczko@fcps.edu)**

## SLHS RESULTS FROM THE OCEAN BREEZE FREEDOM GAMES INVITATIONAL JAN. 7, 2017

\* **Conference qualifier**

\*\* **Region qualifier**

\*\*\* **State qualifier**

### FIELD EVENTS

#### Long Jump

Caelan Nzamba (white) 15-10.50 17th

### RUNNING EVENTS

#### 55 Meter Hurdles

\*Abby Wickman (red) 9.89 35th

\*Kristen Williams (red) 10.12 44th

Caelan Nzamba (white)

#### 55 Meter Dash

Erika Ikhide (white) 8.12 11th

Nicky Napolitano (white) 7.19 22nd

#### 9th Grade SMR

800-Marissa Banga 2:39.9

200-Alyssa Smith 28.2

200-Sydney Anderson 31.4

400-Emily Lannen 645.2 - 4:45.09 4th

#### 300 Meter Dash

Sydney Anderson (white) 48.77 53rd

\*Mary Gregory (white) 43.54 1st

\*Cara Hutson (red) 44.10 33rd

Erika Ikhide (blue) 50.61 71st

\*Devyn Jones (red) 43.35 22nd

Rhema Konadu (white) 44.98 7th

Anika Kumar (white) 46.18 25th

Katherine Lannen (white) 46.15 21st

Alyssa Smith (white) 46.33 28th

Abby Wickman (white) 46.16 22nd

Kristen Williams (blue) 51.96 96th

Brandon Crisp (white) 39.45 25th

\*John Eggeman (red) 37.51 18th

Carson Frutche (white) 39.67 34th

Nicky Napolitano (blue) 39.24 6th

Houston Nelson (white) 39.79 37th

\*Timiebi Ogobri (red) 37.07 11th

Ashton Reinhold (white) 39.35 22nd

\*Don'ta Whitley (red) 37.64 21st

#### 1000 Meter Run

\*Jordan Anderson (red) 3:14.20 26th

\*\*\*Olivia Beckner (red) 2:54.06

4th(**SCHOOL RECORD**)

Katie Bidwell (red) 3:21.54 46th

Kelly Bidwell (white) 3:37.68 32nd

Naomi Brindley (red) 3:26.50 58th

Frankie Delmolino (white) 3:38.48

35th

Isabelle Gulgert (red) 3:19.9741st

\*Sophie Halkett (red) 3:05.00 9th

Morgan LaRow (white) 3:24.87 10th

Emily McGrath (red) 3:23.38 49th

Ambika Minocha (white) 3:38.43 34th

Alyssa Spar (white) 4:11.07 50th

\*Brooke Tobias (red) 3:14.88 27th

Reagan Tobias (white) 3:24.43 8th

\*Sarah Wolfe (red) 3:11.36 20th

Alex Beckner (blue) 3:00.06 25th

\*Sean Casey (red) 2:42.03 26th

Peter Delmolino (blue) 2:52.53 4th

Keita Heinrich (blue) 2:59.95 22nd

William LaRow (blue) 2:54.76 8th

\*\*Alex Loukili (red) 2:35.82 5th

Webb Nims (blue) 2:57.94 17th

\*Peter Sepulveda (red) 2:46.91 38th

Josh Umbrell (blue) 2:55.15 9th

\*Dimarcus Vilcheck (white) 2:44.99

6th

Jack Watkins (red) 2:47.56 42nd

#### 4x200 Meter Relay (red)

Devyn Jones 27.0

Rhema Konadu 28.4

Katherine Lannen 27.5

Cara Hutson 27.5 - 1:50.45 9th

\*\*\*Timiebi Ogobri 23.3, 22.9

\*\*\*John Eggeman 23.4, 23.3

\*\*\*Don'ta Whitley 23.0, 22.8

\*\*\*Nicky Napolitano 23.5, 23.6 -

1:33.35 prelims, 1:32.87 finals 4th

#### 600 Meter Run

Mary Gregory (white) 1:50.45 7th

Anika Kumar (white) 1:52.68 13th

Emily Lannen (white) 1:55.19 16th

Aly Rayle (red) 1:41.65 8th

Brandon Crisp (blue) 1:33.29 5th

Carson Frutche (blue) 1:34.52 9th

Houston Nelson (blue) 1:34.39 8th

#### 1500 Meter Run

Jordan Anderson (white) 5:09.89 4th

Marissa Banga (white) 5:25.58 17th

Katie Bidwell (white) 5:13.49 5th

Kelly Bidwell (blue) 5:33.19 4th

Frankie Delmolino (blue) 5:33.34 5th

Isabelle Gulgert (white) 5:09.86 3rd

Morgan LaRow (white) 5:24.23 15th

Anna Prater (white) 5:20.81 10th

Alyssa Spar (blue) 5:56.95 13th

Brooke Tobias (white) 5:29.21 24th

Reagan Tobias (white) 5:28.59 23rd

#### 1600 Meter Run

Alex Beckner (blue) 5:05.43 15th

Peter Delmolino (blue) 5:03.66 10th

Keita Heinrich (blue) 5:13.21 23rd

William LaRow (blue) 5:03.73 11th

Webb Nims (blue) 5:08.64 20th

\*Calvin Warstler (white) 4:41.65 6th

#### 4x800 Meter Relay (red)

\*\*\*Sophie Halkett 2:24.5

\*\*\*Aly Rayle 2:22.4

\*\*\*Sarah Wolfe 2:30.8

\*\*\*Olivia Beckner 2:15.4 - 9:33.12 3rd

Emily McGrath 2:33.1

Naomi Brindley 2:37.3

Ambika Minocha 2:46.4

Anna Prater 2:46.1 - 10:42.00

\*\*Peter Sepulveda 2:06.0

\*\*Jack Watkins 2:10.5

\*\*Dimarcus Vilcheck 2:07.0

\*\*Alex Loukili 1:58.6 - 8:22.07 2nd

Sean Casey 2:07.0

Calvin Warstler 2:23.5

Josh Umbrell 2:15.1

Ashton Reinhold 2:15.0 - 8:51.68 9th