



SOUTH LAKES HIGH SCHOOL
Outdoor Track & Field

FOR IMMEDIATE RELEASE

April 23, 2017

BECKNER, THROWERS PACE SOUTH LAKES HIGH SCHOOL TRACK
TEAMS AT CONFERENCE MEET AND LAKE BRADDOCK HALL OF
FAME INVITATIONAL

In the field events and on the track, the South Lakes High School track and field teams had dominating performances during meets in Langley, Va., and at the Lake Braddock Hall of Fame Invitational last week at Lake Braddock Secondary school in Burke, Va.

SLHS started the week's accomplishments with five pole vaults and two throwers hitting Liberty Conference standards during a meet April 19 at Langley High School.

Seniors Sage Raphael and Erin Gray cleared 7-00.00 in the girls pole vault while sophomores Asher Levy-Myers, Jonathan Luu and freshman Caleb Miller cleared 9-09.00 in the boys division. All five are now eligible to compete in next month's Liberty Conference championship. Freshman Sarah Jone Brown (27-11.00) and senior Jessica Rice (30-01.00) also had conference qualifying marks in the shot put.

At the two-day Lake Braddock Hall of Fame Invitational, junior Olivia Beckner finished second in the 800 meters with a 6A State meet qualifying time of 2:16.03. She came back the next day to win the 1,600 meters in another state meet qualifying time of 5:01.35. Beckner was awarded the meet's Most Valuable Female Track Athlete of the meet award.

Seahawks earned several first place finishes at that Invitational including:

- Senior Timiebi Ogobri in the 100 meters (11.21)
- Junior Jamie Richards in the discus (109.06.00)
- Freshman Hannah Waller in her first open 400 meters, winning it in a 6A North Region meet qualifying time of 58.98.



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SLHS will compete in the prestigious Penn Relays April 27-29 at the University of Pennsylvania.

For more information, please contact SLHS Track and Field Head Coach Scott Raczko at swraczko@fcps.edu

SLHS Results from Liberty Conference quad meet at Langley (VA) High School Wednesday, April 19, 2017

*Conference qualifier	*Jessica Rice 30-01.00	Webb Nims 2:23 - 9:41.36	Eleanor Halkett 14.5 Tina Habibi 14.3 - 55.58
**Region qualifier			
***State qualifier	Christopher Bizon 36-01.00	100 Meter Hurdles Daria Bell 19.56	Matthias Hammond 11.8
FIELD EVENTS	Andrew Delgado 35-08.00	Arika Fields 20.02	Collin Wiley 11.9
Long Jump	Adam Drain 27-03.00	Skylar Montgomery 17.96	Diego Maciel Nava 12.2
Matthias Hammond 15-05.00	Ben Koby 39-02.00	Alana Pardo 18.8	Pape Ndiaye 11.7 - 46.61
Johnny Sun 15-07.50	Jon Lister 29-10.00	Samantha Van Haaren 21.05	
Collin Wiley 14-02.00	Brody Lloyd 27-03.00	Kristen Williams 17.26	Alex Chopvisky 13.5
	Caleb Miller 35-02.00		Johnny Sun 13.5
Triple Jump	Thomas Miller 32-10.00	110 Meter Hurdles Dean Johnson 18.93	Philip Deligianis Niemi 13.3
Matthias Hammond 30-06.75	Ashton Reinhold 36-01.50	Diego Maciel Nava 20.67	Asher Levy-Myers 13.3 - 51.01
Johnny Sun 34-01.00			
Collin Wiley 34-04.00			
High Jump	Discus	100 Meter Dash	400 Meter Dash
Arika Fields 4-03.00	Meriam Bouyboud 53-08.00	Tina Habibi 14.59	Elspeth Berry 1:14
Samantha Van Haaren 4-03.00	Sarah Jane Brown 64-03.00	Eleanor Halkett 15.25	Ellen Ha 1:14
	Briana Carter 64-07.00	Alex Chopvisky 12.80	Regan Smith 1:16.10
Caelan Nzamba 5-03.00	Erin Gray 53-11.00	Philip Deligianis Niemi 13.30	Nicky Gryski 57.33
Ashton Reinhold 5-01.00	Jessica Lister 60-11.00	Matthias Hammond 11.61	Dean Johnson 56.37
	Jessica Rice 75-00.00	Pape Ndiaye 11.45	Logan King 56.97
Pole Vault	Christopher Bizon 96-01.50	Houston Nelson 11.51	Vincent Prudhomme 60.0
Estefania Florentino 6-06.00	Andrew Delgado 93-00.00	Collin Wiley 11.93	
*Erin Gray 7-00.00	Adam Drain 64-11.00	1,600 Meter Run Kelly Bidwell 5:57	300 Meter Hurdles Daria Bell 57.99
*Sage Raphael 7-00.00	James Heiman 91-00.00	Olivia Cochis 6:32.34	Arika Fields 59.37
Regan Smith 6-06.00	Ben Koby 106.00.25	Rachael Powell 7:01.29	Skylar Montgomery 52.93
	Jon Lister 85-09.00	Tara Ravishankar 7:04	Alana Pardo 53.4
*Asher Levy-Myers 9-09.00	Brody Lloyd 61-06.00	Michel Venancio 7:11.78	Kristen Williams 52.02
*Jonathan Luu 9-09.00	Thomas Miller 94-03.00		Diego Maciel Nava 48.58
*Caleb Miller 9-09.00	Anshul Paripati 103-08.50	Alex Beckner 5:00.68	Caelan Nzamba 46.20
Brodie Polanski 7-00.00	Brodie Polanski 61-10.00	Peter Delmolino 4:56.15	
	Kian Safari 80-11.00	Thomas LaRow 5:22.23	800 Meter Run Frankie Delmolino 2:49.07
Shot Put	Cole Yipon 74-06.00	William LaRow 4:58.59	Jade Pequignet 3:02.25
Meriam Bouyboud 23-07.00		Josh Umbrell 4:55.58	Alyssa Spar 2:46.15
*Sarah Jane Brown 27-11.00	RUNNING EVENTS	Matt Umbrell 5:14.69	Priscilla Ventura 3:07.76
Briana Carter 22-03.00	4x800 Meter Relay Alex Reverte 2:20		Alex Beckner 2:17.53
Erin Gray 22-00.00	Keita Heinrich 2:23	4x100 Meter Relay Skylar Montgomery 14.8	Keita Heinrich 2:19.32
Jessica Lister 24-07.00	Liam Lawrence 2:33	Alana Pardo 13.7	Jack Ingersoll 2:19.47



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Liam Lawrence 2:35
Daniel Miller
2:24.52
Webb Nims 2:17.73
Alex Reverte 2:17.19
Julian Sheridan
2:30.69

200 Meter Dash

Estefania Florentino
31.57
Tina Habibi 30.69
Eleanor Halkett
31.72
Katherine Lannen
28.52
Sage Raphael 31.42
Samantha Van Haaren
32.41

Alex Chopvisky 26.96
Philip Deligianis
Niemi 27.23
Matthias Hammond
24.69
Houston Nelson 24.73
Johnny Sun 27.50
Don'ta Whitley 22.59
Leon Wiley 24.46

4x400 Meter Relay

Elsbeth Berry 77.22
Regan Smith 77.40
Ellen Ha 75.10
Katherine Lannen
67.83 - 4:56.98
Kelly Bidwell 73.7

Jade Pequignet 78.9
Alyssa Spar 73.2
Frankie Delmolino
74.2 - 4:57.83

Olivia Cochis 77.5
Rachael Powell 82.3
Tara Ravishankar
79.6
Michel Venancio 77.5
- 5:16.66

Nicky Gryski 59.3
Paul Ruffle 62.5
Vincent Prudhomme
60.6
Pape Ndiaye 55.8 -
3:57.97

Houston Nelson 54.9
Josh Umbrell 61.1
Julian Sheridan 66.5
Jack Ingersoll 64.9
- 4:07.71

Matt Umbrell 63.29
Liam Lawrence 72.86
Thomas LaRow 65.56
Jose Venancio 61.9 -
4:26.17

William LaRow 61.5
Alex Reverte 60.2
Peter Delmolino 57.4
Keita Heinrich 61.3
- 4:00.61

SLHS Results from the Lake Braddock Hall of Fame Invitational April 21-22 in Burke, VA

***Conference qualifier**

****Region qualifier**

*****State qualifier**

FIELD EVENTS

Shot Put

*Madie Evans 29-04.25 12th
*Jessica Rice 32-09.50 4th
*Jamie Richards 29-09.00 11th

Chris Bizon 36-06.75 24th
Andrew Delgado 37-07.75 19th

Discus

*Madie Evans 81-01.00 11th
Jessica Rice 66-00.00 22nd
**Jamie Richards 109-06.00 1st

Long Jump

Cara Hutson 14-08.00 21st
*Devyn Jones 16-00.50 9th
**Hannah Waller 17-01.00 2nd

*Timiebi Ogobri 19-03.25 10th

Triple Jump

Alivia Damper 31-04.75 26th
*Devyn Jones 33-01.00 19th
*Hannah Waller 32-06.50 20th

Caelan Nzamba 37-05.50 26th
Timiebi Ogobri 38-00.50 21st

Pole Vault

*Abby Wickman 7-09.00 8th

RUNNING EVENTS

800 Meters

***Olivia Becker 2:16.03 2nd
*Reagan Tobias 2:28.88 16th

*Sean Casey 2:00.68 8th
Arvid Michaelis 2:07.39 27th
*Dimarcus Vilcheck 2:03.84 19th

1,600 Meter Run

Marissa Banga 5:40.12 28th
***Olivia Beckner 5:01.35 1st
Naomi Brindley 5:32.32 22nd
*Emily McGrath 5:17.66 11th
Brooke Tobias 5:32.19 21st

**Alex Loukili 4:29.48 8th
*Calvin Warstler 4:37.62 19th

100 Meter Hurdles

***Devyn Jones 15.38 prelim, 14.94 final 4th
Abby Wickman 18.51 21st
*Kristen Williams 18.15 17th

110 Meter Hurdles

Logan King 17.67 17th
Caelan Nzamba 18.95 27th

3,200 Meter Run

*Isabelle Gulgert 11:51.84 9th
*Morgan LaRow 12:03.95 16th

4x800 Meter Relay

Emily McGrath 2:28.5
Reagan Tobias 2:31.2
Naomi Brindley 2:33.2
Isabelle Gulgert 2:29.0 - 10:03.05 4th

Sean Casey 2:02.6
Arvid Michaelis 2:06.8
Dimarcus Vilcheck 2:05.9
Calvin Warstler 2:05.8 - 8:21.23 4th

100 Meter Dash

Alivia Damper 13.73 21st
Rhema Konadu 13.37 11th



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Nicky Napolitano 12.25 31st
**Timiebi Ogobri 11.21 1st

400 Meter Dash

*Cara Hutson 1:01.87 16th
**Hannah Waller 58.98 1st

*John Eggeman 52.33 11th
Ashton Reinhold 54.08 24th

300 Meter Hurdles

*Alivia Damper 50.36 13th
**Devyn Jones 46.34 2nd
*Nicole Post 49.45 8th
*Abby Wickman 50,82 17th

Dean Johnson 45.05 12th
Logan King 45.51 17th

200 Meter Dash

*Rhema Konadu 27.44 6th
Katherine Lannen 28.76 19th

Nicky Napolitano 24.09 10th

**Olivia Beckner named Most Valuable Female
Track Athlete of the Meet**