



SOUTH LAKES HIGH SCHOOL
Outdoor Track & Field

FOR IMMEDIATE RELEASE

May 18, 2017

SOUTH LAKES WINS LIBERTY CONFERENCE OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

Powered by dominating performances from seniors Timiebi Ogobri, Devyn Jones, junior Olivia Beckner and freshman Hannah Waller, the South Lakes High School track and field teams won the Liberty Conference Championships May 17 at SLHS.

The quartet won every running event they competed in in leading the girls to their seventh consecutive conference title and boys to their fourth straight.

Jones and Waller won their events in record-setting fashion: Jones ran a 14.76 in the 100 meter hurdles preliminaries, which broke the conference record. She then broke that record in the finals, winning the event in 14.67. Jones also won the 300 meter hurdles in 46.55.

Waller's records came in in the 100 and 200 meter dashes. She ran a 12.13 in the prelims of the 100 to break the conference mark and then she better that with a 12.09 in the finals. Waller also won the 200 meters with a 24.98, but her 24.88 in the preliminaries the night before was also a conference record. She also won the 400 meters in 58.40 and was second in the long jump (16-10.25).

After dominating the hurdle events, Jones teamed with Beckner, junior Aly Rayle and sophomore Cara Hutson to win the 4x400 meter relay in 4:04.28. Beckner also won the 1,600 meter run (5:03.75) and the 800 meter run (2:17.94) followed by Rayle (2:22.58). Rayle, junior Emily McGrath and the Tobias sisters, freshman Brooke and junior Reagan, won the 4x800 meter relay in 9:40.79.

Ogobri dominated the boys sprint races by winning the 100 meters (11.01 finals, 11.00 prelims), 200 meters (22.28 finals, 22.75 prelims) and leading off the winning boys 4x400 meter relay team of junior John Eggeman and seniors Ashton Reinhold and Don'ta Whitley (3:27.28). Whitley also won the 400 meters in 50.06 and was second in the high jump (5-10.00), long jump (21-05.25) and triple jump (43-03.00). Junior Alex Loukili won the 1,600 meter run in 4:28.47 and finished third in the 800 meters (2:00.06).



SOUTH LAKES HIGH SCHOOL Outdoor Track & Field

SLHS will compete in the 6A North Region Championship May 25-26 at James Robinson Secondary School in Fairfax, Va.

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

SLHS Results from Liberty Conference Championships May 16-17 at SLHS

**region qualifier

***state qualifier

#school record

\$Liberty Conference record

FIELD EVENTS

Shot Put

Sara Jane Brown 26-05.25 12th

**Madie Evans 30-07.25 4th

**Jamie Richards 30-10.25 3rd

**Jessica Rice 31-04.75 2nd

**Ronak Cuthill 47-06.00 3rd

**Ben Koby 41-04.00 6th

Caleb Miller 39-04.00 8th

Discus

**Madie Evans 95-04.00 4th

**Jessica Rice 91-08.00 5th

**Ronak Cuthill 140-04.00 3rd

Andrew Delgado 103-02.00 10th

Ben Koby 116-00.00 8th

High Jump

Arika Fields 4-04.00 14th

Danielle Spears 4-02.00 16th

Samantha Van Haaren 4-06.00 7th

**Caelan Nzamba 5-06.00 6th (tie)

**Don'ta Whitley 5-10.00 2nd

Long Jump

Alivia Damper 13-07.75 14th

**Devyn Jones 16-03.00 4th

**Hannah Waller 16-10.25 2nd

**Timiebi Ogobri 20-11.00 4th

**Don'ta Whitley 21-01.25 2nd

Triple Jump

Devyn Jones 32-11.00 8th

Danielle Spears 30-05.00 13th

Hannah Waller 32-08.75 9th

Caelan Nzamba 38-03.00 14th

Timiebi Ogobri 38-03.00 14th

**Don'ta Whitley 43-03.00 2nd

Pole Vault

Erin Gray 7-03.00 10th

Sage Raphael 6-09.00 13th

Abby Wickman 7-09.00 7th

**Mikko Laquindanum 10-06.00

6th

Asher Levy-Myers 10-06.00 7th

RUNNING EVENTS

4x800 Meter Relay

**Emily McGrath 2:24.3

**Brooke Tobias 2:27.5

**Reagan Tobias 2:28.2

**Aly Rayle 2:20.1 - 9:40.79 1st

***Jack Watkins 2:05.8

***Sean Casey 1:57.8

***Peter Sepulveda 2:01.9

***Alex Loukili 1:56.1 - 8:02.47

2nd

100 Meter Hurdles

***\$Devyn Jones 14.76, prelims,

14.67 finals 1st

Skylar Montgomery 19.88 18th

Kristen Williams 17.66 9th

Abby Wickman 17.66 7th

110 Meter Hurdles

**Dean Johnson 16.24 prelims,

16.29 finals 5th

Logan King 17.10 8th

Caelan Nzamba 18.13 12th

Rhema Konadu 13.33 8th

Katherine Lannen 13.68 13th

***#Hannah Waller 12.13

prelims, 12.09 finals 1st

Nicky Napolitano 11.74 15th

Pape Ndiaye 11.55 7th

***Timiebi Ogobri 11.00 prelims,

11.01 finals 1st

1,600 Meter Run

***Olivia Beckner 5:03.75 1st

Naomi Brindley 5:28.64 7th

**Isabelle Gulgert 5:23.70 3rd

Morgan LaRow 5:29.44 8th

**Emily McGrath 5:24.85 5th

**Sean Casey 4:31.29 3rd

**Alex Loukili 4:28.47 1st

**Peter Sepulveda 4:39.91 6th

Calvin Warstler 4:45.52 7th

4x100 Meter Relay

**Rhema Konadu

**Katherine Lannen

**Danielle Spears

**Alivia Damper - 50.66 2nd

**Nicky Napolitano

**Houston Nelson

**Carson Frutchey

**Pape Ndiaye - 44.04 3rd

400 Meter Dash

**Cara Hutson 1:01.21 3rd

Anika Kumar 1:05.12 12th

***Hannah Waller 58.40 1st

John Eggeman 52.39 9th

Ashton Reinhold 52.29 8th

***Don'ta Whitley 50.06 1st

300 Meter Hurdles

**Alivia Damper 48.85 4th

**Devyn Jones 46.55 1st

Skylar Montgomery 51.48 11th

Alana Pardo 51.06 10th

**Nicole Post 48.00 2nd

**Abby Wickman 49.69 6th

Dean Johnson 43.81 7th

Logan King 44.58 8th

Caelan Nzamba 45.10 12th

800 Meter Run

***Olivia Beckner 2:17.94 1st

Naomi Brindley 2:29.55 9th

**Aly Rayle 2:22.48 2nd

Brooke Tobias 2:28.74 7th

**Reagan Tobias 2:24.10 4th

**Alex Loukili 2:00.06 3rd

Arvid Michaelis 2:05.20 16th

Dimarcus Vilcheck 2:04.29 14th

Jack Watkins 2:04.06 13th

200 Meter Dash

Cara Hutson 27.39 7th

**Rhema Konadu 27.21 prelims,

27.27 finals 5th

***\$Hannah Waller 24.88 prelims,

24.98 finals 1st

John Eggeman 23.92 15th

***Timiebi Ogobri 22.75 prelims,

22.28 finals 1st

**Don'ta Whitley 22.66 prelims,

22.79 finals 5th

3,200 Meter Run

Marissa Banga 12:11.62 11th

Katie Bidwell 12:01.09 7th

Isabelle Gulgert 12:30.16 14th

Morgan LaRow 12:17.90 12th

Anna Prater 12:45.65 16th

Sean Casey 10:27.18 7th

Peter Sepulveda 10:58.45 18th

Calvin Warstler 10:59.49 18th

4x400 Meter Relay

**Devyn Jones 59.5

**Cara Hutson 61.4

**Olivia Beckner 61.5

**Aly Rayle 61.4 - 4:04.28 1st

**Timiebi Ogobri 51.4

**John Eggeman 51.4

**Ashton Reinhold 51.6

**Don'ta Whitley 52.5 - 3:27.28

1st

TEAM SCORES

Boys

1. SOUTH LAKES 123.50

2. Langley 91

3. Hayfield Secondary 86

4. James Madison 81

5. Fairfax 60

6. Washington-Lee 50.50

7. Yorktown 21

8. McLean 14

Girls

1. SOUTH LAKES 175

2. Langley 120

3. McLean 84

4. Fairfax 68

5. James Madison 27

6. Yorktown 23

6. Washington-Lee 23

8. Hayfield Secondary 7