

## 1995 Region 4A West Results

### Girls

#### 3200 Relay

1. Watkins Mill	10:11.5
2. Western	10:17.8
3. Rich. Mont.	10:23.4
4. Quince Orch.	10:29.9
5. Sherwood	10:45.3
6. Frederick	10:53.6

#### High Jump

1. Val Williams	Fr	5'0"
2. Vanessa Jones	Sher	5'0"
3. Jennifer Goodson	Fr	4'10"
4. Monica Puksta	WC	4'8"
5. Stacey Simon	Fr	4'8"

#### Shot Put

1. Koby Kruger	GB	33'7"
2. Stacey Smith	FR	29'2"
3. Brelyn Reed	QO	27'7"
4. Julie Todhunter	SPB	27'5"
5. Shahida Robinson	GB	27'3"
6. Stephanie McKnight	FR	27'2"

#### 300

1. M. Higginbottom	FR	41.8
2. Ekate Basse	SPB	42.0
3. Tamara Laing	WEST	44.0
4. Val Williams	FR	44.4
5. Kathryn Kempf	WM	44.7
6. Jane Ward	WEST	44.9

#### 1600

1 Suzy Burr	RM	5:31.3
2 L. Hildebrandt	GB	5:33.0
3 Kyle Popovich	TSW	5:33.6
4 Emily Richard	WM	5:37.9
5 Rachel Lewis	Sher	5:47.9
6 Sarah Wassner	WM	5:48.0

#### 500

1 M. Higginbottom	FR	1:18.2
2 Kecia Herod	WM	1:20.0
3 Ekate Basse	SPB	1:20.3
4 Tamara Clark	WEST	1:23.2
5 Amy Cassidy	RM	1:26.3
6 Marie Thoma	WM	1:27.3

#### 55 Hurdles

1 M. Przywarty	FR	8.7
2 Almira Daramy	SPB	9.0
3 Stacey Simon	FR	9.3
4 Melissa Lesch	WC	9.8
5 Jennifer Goodson	FR	10.2
6 Stacy Hockaday	GB	10.3

#### 55 Dash

1 Val Williams	FR	7.1
2 M. Higginbottom	FR	7.2
3 C. Zammett	GB	7.4
4 Jocina Anderson	MB	7.5
5 Almira Daramy	SPB	7.7
6 Claudia Clunie	GB	7.9

## 3200

1	Suzy Burr	RM	11:48.5
2	Emily Richard	WM	11:52.7
3	Christina Stallings	OO	11:57.0
4	Laurel Hildebrandt	GB	12:06.4
5	Cynthia Callen	WM	12:43.5
6	Tiffany Martin	TSW	12:47.4

## 800 Relay

1	Frederick	1:52.1
2	Springbrook	1:52.9
3	Western	1:53.2
4	Gaithersburg	1:54.7
5	Watkins Mill	1:59.0
6	Richard Mont.	2:00.4

## 800

1	Kecia Herod	WM	2:31.4
2	Suzy Burr	RM	2:32.7
3	Liz Starin	RM	2:32.7
4	Amy Cassidy	RM	2:35.4
5	Sarah Wassner	WM	2:35.8
6	Laurel Hildebrandt	GB	2:37.5

## 1600 Relay

1	Western	4:19.2
2	Watkins Mill	4:19.5
3	Springbrook	4:30.2
4	Frederick	4:37.1
5	Sherwood	4:42.0
6	Quince Orchard	4:50.6

## BOYS

## 3200 Relay

1	Quince Orchard	8:29.0
2	Richard Montgomery	8:35.1
3	Springbrook	8:50.1
4	Watkins Mill	8:51.1
5	Gaithersburg	8:53.3

## Pole Vault

1	Matt Gottfriedson	OO	11'6"
2	Paul Gray	GB	10'6"
3	Sean Hislop	OO	9'6"
4	Brian Gagne	GB	9'6"
5	Darrel St. Clair	FR	9'6"

## 300

1	Cliff Davis	RM	39.7
2	Andrew Pitts	SHER	40.0
	Apraku-gyau	SPB	40.0
4	Jason Gary	SPB	40.1
5	Kayode Aje	SPB	40.3

## 1600

1	David Harry	OO	4:45.6
2	Sean Pelkey	OO	4:47.4
3	Joe Haber	SPB	4:48.2
4	Roger Pine	RM	4:48.6
5	Brian Hetherington	OO	4:49.1
6	Brian Diepold	SHER	4:51.0

## 500

1	Jason Joubert	RM	1:10.9
2	John Bernero	WM	1:11.1
3	Jed Fonner	RM	1:11.6
4	Matt Rhoades	OO	1:11.9
5	Mawuli Dzirsa	SPB	1:12.2
6	R. Chattaway	WC	1:13.4

## 3200

1	David Harry	OO	10:21.1
2	Alex Rhodes	OO	10:21.8
3	Brian Hetherington	OO	10:33.7
4	Roger Pine	RM	10:49.0
5	Mike Berry	GB	10:52.6
6	Mike Rogers	RM	11:07.6

### 55 High Hurdles

1	Bob Garhart	GB	7.8
2	Michael Pearson	WC	7.8
3	E. Santa Cruz	WM	8.1
4	Kevin McMurphy	WC	8.2
5	Apraku-gyau	SPB	8.3
6	Richard Mahy	GB	8.4

### 55 Dash

1	James Lee	TSW	6.7
2	Tavis Ndure	GB	6.9
3	Van Free	GB	7.1
4	Cliff Davis	RM	7.2
5	Ashley Waldon	FR	7.4
6	Atiba Dasuza	MB	7.6

### High Jump

1	Tavis Ndure	GB	6'6"
2	David Lewis	GB	6'4"
3	Terry Briscoe	SPB	5'8"
4	Michael Pearson	WC	5'8"
5	Tommy Hayne	SHER	5'4"
	Steve Lundgren	OO	5'4"
	Trevor Pryor	OO	5'4"

### Shot Put

1	Dave Neubeiser	GB	57'6"
2	Matt Lowe	GB	40'1"
3	Dan Dicidio	SHER	38'5"
4	Andrew Pitts	SHER	38'4"
5	Mark Hajjar	SHER	36'9"

### 800 Relay

1	Gaithersburg	1:39.2
2	Springbrook	1:40.6
3	Richard Mont.	1:44.7
4	Frederick	1:45.3
5	Wootton	1:45.6
6	Quince Orchard	1:47.5

### 1600 Relay

1	Gaithersburg	3:43.3
2	Richard Mont.	3:45.2
3	Churchill	3:50.4
4	Springbrook	3:52.5
5	Sherwood	3:53.7
	Quince Orchard	3:53.7

### 800 Run

1	Mark Godette	SPB	2:04.7
2	David Harry	OO	2:05.0
3	Martin Clunie	GB	2:08.3
4	John Bernero	WM	2:08.7
5	Sean Pelkey	OO	2:09.1
6	Jason Joubert	RM	2:09.3