

# Montgomery County Outdoor Track & Field Championship Meet

## Record Book



Presented by [moco-running.com](http://moco-running.com)

# 2026



Dear Reader,

Thank you for downloading this track & field record book. I long admired the detailed state meet programs and state record books published by the MPSSAA. I desired a similar record book for the Montgomery County Championship Meet, but no such book existed. Furthermore, detailed meet results were all but lost to newspaper archives. To me, this was not acceptable in the digital world in which we live today.

In 2015, I got serious about finding and organizing old meet results. I sought results for every county championship meet for cross country, indoor track, and outdoor track. This involved many hours at a microfilm machine and digging through old boxes of papers belonging to coaches who hang on to such things. Many more hours were spent organizing the collected data so that the results are now available online and sorted several ways in this record book. After sifting through the data found in these pages, I know that you will agree that the effort was well worth it.

Mocorunning.com has been a source of track & field news, results, statistics, analysis, and photographs for Montgomery County since 2006. Mocorunning.com is not affiliated with MCPS, but it is owned and operated by a proud product of Gaithersburg High School and MCPS. I hope that you enjoy reading this book as much as I enjoyed creating it.

-Kevin Milsted  
www.mocorunning.com

#### Performance Conversion Methodology:

- All hand-timed performances are given a penalty of +0.24 seconds. (NFHS Method)
- ht-symbol indicates original performance was hand-timed.
- sf-symbol indicates performance was recorded in a preliminary round or “semi-final.”
- No adjustments were made to performances based on facilities or weather. Wind instrumentation was used at the county championship meet for the first time in 2024. This record book will remain based on all-conditions and not disqualify performances based on wind due to the 40+ years of meets without wind instrumentation.
- Ties in performance rankings are broken by performance date. Oldest performance is favored.

Please address comments and corrections to Kevin at [webmaster@mocorunning.com](mailto:webmaster@mocorunning.com)

## Montgomery County Outdoor Track & Field Championship Meet Venues

1980-1982	- Albert Einstein High School
1983-1985	- Montgomery College Rockville
1986	- Albert Einstein High School
1987-1989	- Gaithersburg High School
1990	- Quince Orchard High School
1991-1992	- Albert Einstein High School
1993	- Gaithersburg High School
1994-1998	- Magruder High School
1999-2001	- Walt Whitman High School
2002	- Magruder High School
2003	- Winston Churchill High School
2004	- Sherwood High School
2005-2008	- Winston Churchill High School
2009-2010	- Clarksburg High School
2011-2012	- Walter Johnson High School
2013	- Winston Churchill High School
2014-2015	- Walter Johnson High School
2016	- Northwest High School
2017-2019	- Watkins Mill High School
2020-2021	- Canceled due to COVID-19 pandemic
2022-2026	- Seneca Valley High School

<u>Boys Team Champions</u>			<u>Girls Team Champions</u>	
97.00	Blair	<b>1980</b>	Winston Churchill	89.00
122.25	Quince Orchard	<b>1993</b>	Gaithersburg	89.50
110.50	Gaithersburg	<b>2005</b>	Gaithersburg	75.00
117.00	Richard Montgomery	<b>2006</b>	Northwest	73.00
84.00	Richard Montgomery	<b>2007</b>	Winston Churchill	100.00
95.00	Clarksburg	<b>2008</b>	Thomas S. Wootton	96.00
110.50	Gaithersburg	<b>2009</b>	Northwest	94.00
77.00	Watkins Mill	<b>2010</b>	Northwest	102.00
82.00	Winston Churchill	<b>2011</b>	Northwest	112.00
85.00	Tie Clarksburg/Quince Orchard	<b>2012</b>	Thomas S. Wootton	86.00
103.00	Clarksburg	<b>2013</b>	Northwest	74.00
79.00	Thomas S. Wootton	<b>2014</b>	Northwest	75.00
106.00	Northwest	<b>2015</b>	Clarksburg	126.00
121.90	Northwest	<b>2016</b>	Clarksburg	132.00
93.50	Northwest	<b>2017</b>	Northwest	137.00
153.50	Northwest	<b>2018</b>	Northwest	106.00
143.00	Northwest	<b>2019</b>	Northwest	120.50
85.00	Walter Johnson	<b>2022</b>	James H. Blake	92.00
106.50	Seneca Valley	<b>2023</b>	Springbrook	86.50
87.00	Paint Branch	<b>2024</b>	James H. Blake	75.00
102.00	Northwest	<b>2025</b>	Springbrook	71.50

## All-Time Championship Meet Records

<u>Event</u>	<u>Name</u>	<u>High School</u>	<u>Meet Year</u>	<u>Record</u>
100m	Roman Spike	Paint Branch	2024	10.53
200m	Nicholas Spikes	Paint Branch	2024	20.92
400m	Nicholas Spikes	Paint Branch	2024	47.10
800m	Wil Zahorodny	Damascus	2008	1:51.15
1600m	Chris Moen	Walter Johnson	2008	4:13.05
3200m	Eldad Mulugeta	Northwood	2019	9:02.19
110m Hurdles	Ron Frazier	Gaithersburg	2000	13.94 (ht-13.7)
300m Hurdles	Roberto Terrell Jr.	Quince Orchard	2023	38.24
4x100m		Gaithersburg	2003	42.04 (ht-41.8)
4x200m		Paint Branch	2024	1:25.13
4x400m		Paint Branch	2025	3:18.26
4x800m		Quince Orchard	2008	7:49.59
High Jump	Kevin Joyce	Springbrook	1985	6-11.00
Long Jump	Rahmise Jones	Northwest	2025	23-02.50
Triple Jump	Clarence Foote-Talley	Northwest	2019	49-05.50
Shot Put	Marcus Brown	Quince Orchard	2009	59-10.50
Discus	Marcus Brown	Quince Orchard	2009	167-04.00
Pole Vault	Andrew Bevan	Magruder	1984	14-09.00

<u>Event</u>	<u>Name</u>	<u>High School</u>	<u>Meet Year</u>	<u>Record</u>
100m	Olivia Ekponé	Wootton	2008	11.79
200m	Olivia Ekponé	Northwest	2010	23.91
400m	Olivia Ekponé	Northwest	2011	54.36
800m	Britt Eckerstrom	Northwest	2011	2:14.17
1600m	Sally Glynn	Walter Johnson	1996	4:50.24 (ht-4:50.0)
3200m	Bethlehem Taye	Paint Branch	2016	10:39.04 (ht-10:38.8)
100m Hurdles	Audrey Gariepy-Bogui	Churchill	2007	14.05
300m Hurdles	Alexus Pyles	Clarksburg	2015	44.12
4x100m		Blake	2019	47.47
4x200m		Blake	2019	1:39.27
4x400m		Northwest	2011	3:49.48
4x800m		Northwest	2010	9:18.98
High Jump	Audrey Gariepy-Bogui	Churchill	2007	5-09.50
Long Jump	Wanda Evans	Magruder	1987	18-07.75
Triple Jump	Thea LaFond	Kennedy	2011	40-08.00
Shot Put	Claudia Ababio	Clarksburg	2014	45-01.00
Discus	Teagan Bandholz	Poolesville	2025	136-11.00
Pole Vault	Ava Wilson	Walt Whitman	2025	11-00.00

# Girls - Montgomery County Championship Meet Team Place and Score Matrix, 1980 - 2025

Matrix of All-Time Finish Places for Each Team																											
	ALBERT EINSTEIN	BETHESDA-CHEVY CHASE	CHARLES WOODWARD	CLARKSBURG	DAMASCUS	GAITHERSBURG	JAMES HUBERT BLAKE	JOHN F. KENNEDY	MAGRUDER	MONTGOMERY BLAIR	NORTHWEST	NORTHWOOD	PAINT BRANCH	POOLESVILLE SR	QUINCE ORCHARD	RICHARD MONTGOMERY	ROBERT PEARY	ROCKVILLE	SENECA VALLEY	SHERWOOD	SPRINGBROOK	THOMAS S. WOITTON	WALT WHITMAN	WALTER JOHNSON	WATKINS MILL	WHEATON	WINSTON CHURCHILL
1980	unk	unk	unk	NO	9	unk	NO	8	6	2	NO	6	3	unk	NO	unk	unk	unk	5	4	unk	unk	unk	unk	NO	unk	1
...	NS	NS	NO	NO	NS	NS	NO	NS	NS	NS	NO	NO	NS	NS	NS	NS	NO	NS	NS	NS	NS	NS	NS	NS	NS	NS	NS
1993	12	19	NO	NO	16	1	NO	16	21	13	NO	NO	5	19	11	15	NO	18	7	9	3	8	10	3	2	5	14
...	NS	NS	NO	NO	NS	NS	NS	NS	NS	NS	NS	NO	NS	NS	NS	NS	NO	NS	NS	NS	NS	NS	NS	NS	NS	NS	NS
2005	19	16	NO	NO	2	1	NP	3	11	10	17	NP	19	6	7	15	NO	NP	14	11	13	9	8	5	18	NP	4
2006	12	21	NO	NO	6	12	22	2	4	6	1	NP	12	8	18	19	NO	16	17	10	20	11	8	3	15	NP	4
2007	12	NP	NO	17	9	4	16	10	19	6	2	NP	14	12	11	3	NO	NP	20	8	22	7	5	15	20	18	1
2008	NP	16	NO	9	20	4	10	8	21	12	11	17	5	6	14	18	NO	21	NP	6	15	1	3	13	NP	19	2
2009	15	19	NO	3	21	8	10	7	15	9	1	17	5	12	10	22	NO	24	23	12	14	2	18	6	NP	19	4
2010	NP	18	NO	12	8	12	7	6	11	21	1	4	10	NP	9	20	NO	NP	16	14	17	2	14	5	NP	19	3
2011	16	15	NO	11	10	13	14	3	6	20	1	8	17	20	8	12	NO	NP	17	5	20	2	7	4	NP	NP	19
2012	21	4	NO	9	17	19	12	20	10	11	2	15	15	14	5	6	NO	NP	18	13	NP	1	3	8	22	NP	7
2013	18	4	NO	3	17	22	10	10	6	9	1	21	7	NP	8	5	NO	NP	20	15	16	2	12	12	18	NP	14
2014	23	2	NO	3	17	20	6	12	5	22	1	19	4	13	16	14	NO	NP	8	10	17	15	11	7	20	NP	9
2015	14	9	NO	1	13	21	8	19	7	22	2	NP	4	15	12	20	NO	NP	5	6	18	17	10	3	15	NP	10
2016	7	6	NO	1	5	7	12	NP	18	10	2	16	3	20	13	23	NO	NP	15	17	11	13	21	4	19	22	7
2017	22	10	NO	3	8	13	12	NP	NP	5	1	NP	2	9	11	17	NO	20	20	19	14	16	18	6	6	15	4
2018	22	12	NO	3	4	10	11	20	NP	5	1	24	5	17	7	7	NO	18	14	19	13	16	15	2	9	21	22
2019	NP	12	NO	11	7	3	10	21	24	16	1	17	4	22	5	5	NO	23	7	9	18	13	13	2	19	15	19
2022	NP	9	NO	8	5	16	1	20	22	19	3	10	13	14	12	4	NO	15	NP	NP	2	7	11	6	17	18	20
2023	19	8	NO	5	12	3	2	NP	NP	16	4	14	13	17	21	9	NO	NP	19	21	1	11	7	5	17	10	15
2024	NP	6	NO	13	16	2	1	20	20	10	5	20	9	18	NP	17	NO	19	8	23	4	11	7	11	15	3	14
2025	NP	7	NO	13	8	3	4	NP	NP	10	8	16	5	15	21	13	NO	20	2	19	1	NP	10	12	18	17	6
Low	7	2	unk	1	2	1	1	2	4	2	1	4	2	6	5	3	unk	15	2	4	1	1	3	2	2	3	1
	ALBERT EINSTEIN	BETHESDA-CHEVY CHASE	CHARLES WOODWARD	CLARKSBURG	DAMASCUS	GAITHERSBURG	JAMES HUBERT BLAKE	JOHN F. KENNEDY	MAGRUDER	MONTGOMERY BLAIR	NORTHWEST	NORTHWOOD	PAINT BRANCH	POOLESVILLE SR	QUINCE ORCHARD	RICHARD MONTGOMERY	ROBERT PEARY	ROCKVILLE	SENECA VALLEY	SHERWOOD	SPRINGBROOK	THOMAS S. WOITTON	WALT WHITMAN	WALTER JOHNSON	WATKINS MILL	WHEATON	WINSTON CHURCHILL

Legend
NO - School Not Open
NP - No Team Points
NS - No Team Scoring
unk - Result Unknown
County Champion

# Girls - Montgomery County Championship Meet Team Place and Score Matrix, 1980 - 2025

Matrix of All-Time Points Scored for Each Team																											
	ALBERT EINSTEIN	BETHESDA-CHEVY CHASE	CHARLES WOODWARD	CLARKSBURG	DAMASCUS	GAITHERSBURG	JAMES HUBERT BLAKE	JOHN F. KENNEDY	MAGRUDER	MONTGOMERY BLAIR	NORTHWEST	NORTHWOOD	PAINT BRANCH	POOLESVILLE SR	QUINCE ORCHARD	RICHARD MONTGOMERY	ROBERT PEARY	ROCKVILLE	SENECA VALLEY	SHERWOOD	SPRINGBROOK	THOMAS S. WOOTTON	WALT WHITMAN	WALTER JOHNSON	WATKINS MILL	WHEATON	WINSTON CHURCHILL
1980	unk	unk	unk	NO	21	unk	NO	25	26	63	NO	26	40	unk	NO	unk	unk	unk	30	34	unk	unk	unk	unk	NO	unk	89
...	NS	NS	NO	NO	NS	NS	NO	NS	NS	NS	NO	NO	NS	NS	NS	NS	NO	NS	NS	NS	NS	NS	NS	NS	NS	NS	NS
1993	18	6	NO	NO	8	89.5	NO	8	4	12.5	NO	NO	40	6	20	10	NO	7	32	24	44	31	22	44	49	40	12
...	NS	NS	NO	NO	NS	NS	NS	NS	NS	NS	NS	NO	NS	NS	NS	NS	NO	NS	NS	NS	NS	NS	NS	NS	NS	NS	NS
2005	1	8	NO	NO	71	75	0	56.5	17	20	7	0	1	40.5	33	11.5	NO	0	12	17	16	29	30	48.5	5	0	52
2006	16	2	NO	NO	32	16	1	53	44	32	73	0	16	30	7	6	NO	9	7.5	26	5	17	30	50.5	10	0	44
2007	18	0	NO	6	29	44.5	6.5	26	3	35	64	0	8	18	20	51	NO	0	2	30	1	33	43	7	2	4	100
2008	0	14.5	NO	35	6	52.5	33	36	4	28	29	14	50	39	21	10.5	NO	4	0	39	15	96	57.5	25	0	9	74
2009	18	10	NO	83	9.5	26	21	27	18	24	94	12	53.5	19.5	21	4	NO	1	1.5	19.5	19	85	11	32	0	10	73
2010	0	9	NO	23	37.5	23	43	46	30	1	102	54	35	0	37	2.5	NO	0	13	16	10	82	16	47	0	6	67
2011	19	21	NO	27	28	25	24	58	41	3	112	29	16	3	29	26	NO	0	16	45	3	70	36	49	0	0	12
2012	11	51	NO	35.5	14.5	13	22	12	34.5	23	78.5	15	15	19	49	46.5	NO	0	14	20.5	0	86	62	37	1	0	38
2013	13	58	NO	60	14	3	28	28	41	29	74	9	36	0	31	57	NO	0	11	17	16	73	24	24	13	0	22
2014	2	71.5	NO	66	15	5	45.5	24	47.5	4	75	9.5	60.5	21	18	20	NO	0	35	30	15	19	27	44.5	5	0	33
2015	18	34	NO	126	19	3	38	8	41	2	54	0	52	15	29	5	NO	0	49	46	12	14	33	53	15	0	33
2016	28	36	NO	132	42	28	21	0	8	26.5	103.5	12	73	6	19	1	NO	0	12.5	10	25	19	4	57.5	7	3	28
2017	4	27	NO	73	30	21	23	0	0	43	137	0	74	29	26	14	NO	5	5	11	19	16	12	33	33	17	49
2018	4	25	NO	50	48	31	30	8	0	46	106	1	46	13	40	40	NO	10	21	9.5	22	15	19	72.5	32	7	4
2019	0	26	NO	27.5	37	53	28	8	2	13	120.5	11	52	7	42	42	NO	5	37	30	10	21	21	69	9	19	9
2022	0	34	NO	35	52	11.5	92	5	1	7	69	31.5	19	17	21	59	NO	14	0	0	70	49	25	51	10	9	5
2023	5	42	NO	50	28	64	86	0	0	10.33	52.5	17	20	7	4	39.33	NO	0	5	4	86.5	31	46	50	7	32	13.33
2024	0	42.5	NO	30.5	21.5	72	75	5	5	32	43	5	33	10	0	20	NO	8	38	4	47	31	40.75	31	23	52	29.75
2025	0	50	NO	19	45	58	57.5	0	0	36.5	45	12	55	18	1	19	NO	4	62.5	6	71.5	0	36.5	35	7	9.5	52
High	28	71.5	unk	132	71	89.5	92	58	47.5	63	137	54	74	40.5	49	59	unk	14	62.5	46	86.5	96	62	72.5	49	52	100

Legend
NO - School Not Open
NS - No Team Scoring
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County Champion
County Record

# Boys - Montgomery County Championship Meet Team Place and Score Matrix, 1980 - 2025

Matrix of All-Time Finish Places for Each Team																											
	ALBERT EINSTEIN	BETHESDA-CHEVY CHASE	CHARLES WOODWARD	CLARKSBURG	DAMASCUS	GAITHERSBURG	JAMES HUBERT BLAKE	JOHN F. KENNEDY	MAGRUDER	MONTGOMERY BLAIR	NORTHWEST	NORTHWOOD	PAINT BRANCH	POOLESVILLE SR	QUINCE ORCHARD	RICHARD MONTGOMERY	ROBERT PEARY	ROCKVILLE	SENECA VALLEY	SHERWOOD	SPRINGBROOK	THOMAS S. WOOTTON	WALT WHITMAN	WALTER JOHNSON	WATKINS MILL	WHEATON	WINSTON CHURCHILL
1980	3	unk	unk	NO	unk	unk	NO	unk	unk	1	NO	6	unk	unk	NO	unk	2	unk	5	unk	unk	unk	unk	4	NO	unk	unk
...	NS	NS	NO	NO	NS	NS	NO	NS	NS	NS	NO	NO	NS	NS	NS	NS	NO	NS	NS	NS	NS	NS	NS	NS	NS	NS	NS
1993	20	8	NO	NO	19	2	NO	16	4	15	NO	NO	5	14	1	17	NO	18	7	NP	3	5	9	11	12	13	10
...	NS	NS	NO	NO	NS	NS	NS	NS	NS	NS	NS	NO	NS	NS	NS	NS	NO	NS	NS	NS	NS	NS	NS	NS	NS	NS	NS
2005	16	17	NO	NO	13	1	11	7	20	NP	2	NP	12	10	8	5	NO	NP	6	19	8	NP	14	3	14	17	4
2006	9	7	NO	NO	16	2	12	8	5	NP	18	21	4	19	3	1	NO	NP	NP	11	10	16	15	5	13	19	14
2007	8	10	NO	16	6	2	19	18	4	7	10	20	12	21	3	1	NO	NP	NP	17	5	13	13	8	15	NP	NP
2008	18	11	NO	1	13	3	NP	15	9	4	14	6	11	NP	2	NP	NO	20	20	16	6	17	8	5	19	22	10
2009	15	20	NO	2	16	1	NP	12	14	5	9	NP	7	NP	3	10	NO	NP	21	13	11	18	6	8	19	17	4
2010	NP	22	NO	11	3	7	14	19	11	15	6	17	8	21	9	2	NO	17	23	13	15	10	19	4	1	NP	5
2011	17	22	NO	6	12	7	17	9	11	17	4	15	14	23	5	2	NO	NP	NP	17	10	13	16	8	3	21	1
2012	13	19	NO	1	12	9	15	16	11	20	8	21	6	17	1	10	NO	NP	23	18	14	7	NP	4	5	21	3
2013	10	16	NO	1	12	11	13	8	21	19	2	NP	4	18	3	9	NO	NP	20	15	14	5	16	22	6	23	7
2014	NP	9	NO	3	19	6	15	7	20	12	2	21	5	13	4	9	NO	18	13	21	NP	1	9	15	17	NP	8
2015	19	13	NO	3	NP	15	4	21	20	22	1	24	6	22	2	4	NO	13	15	9	10	18	7	8	10	15	12
2016	22	14	NO	3	20	NP	2	6	NP	7	1	19	8	21	5	4	NO	17	13	12	9	10	18	16	15	22	11
2017	19	13	NO	NP	15	17	3	6	23	9	1	11	2	8	10	4	NO	NP	17	15	5	7	12	14	21	22	20
2018	18	8	NO	12	24	6	3	21	22	11	1	2	5	4	13	9	NO	NP	16	20	10	14	23	15	7	17	18
2019	18	14	NO	8	10	4	14	NP	17	9	1	5	2	21	12	7	NO	18	NP	6	13	11	21	18	3	NP	14
2022	15	15	NO	5	22	7	13	NP	13	9	2	6	3	23	19	10	NO	12	17	20	4	11	18	1	21	NP	8
2023	21	19	NO	11	17	16	24	NP	7	2	5	18	9	23	3	15	NO	22	1	13	3	10	20	8	12	14	6
2024	14	21	NO	12	NP	10	11	NP	20	4	2	17	1	15	13	16	NO	NP	5	18	7	6	9	8	19	22	3
2025	NP	13	NO	9	10	19	20	NP	NP	4	1	8	2	21	15	11	NO	17	22	3	6	16	6	14	12	17	5
Low	3	7	unk	1	3	1	2	6	4	1	1	2	1	4	1	1	2	12	1	3	3	1	6	1	1	13	1
	ALBERT EINSTEIN	BETHESDA-CHEVY CHASE	CHARLES WOODWARD	CLARKSBURG	DAMASCUS	GAITHERSBURG	JAMES HUBERT BLAKE	JOHN F. KENNEDY	MAGRUDER	MONTGOMERY BLAIR	NORTHWEST	NORTHWOOD	PAINT BRANCH	POOLESVILLE SR	QUINCE ORCHARD	RICHARD MONTGOMERY	ROBERT PEARY	ROCKVILLE	SENECA VALLEY	SHERWOOD	SPRINGBROOK	THOMAS S. WOOTTON	WALT WHITMAN	WALTER JOHNSON	WATKINS MILL	WHEATON	WINSTON CHURCHILL

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		Matrix of All-Time Points Scored for Each Team																									
	ALBERT EINSTEIN	BETHESDA-CHEVY CHASE	CHARLES WOODWARD	CLARKSBURG	DAMASCUS	GAITHERSBURG	JAMES HUBERT BLAKE	JOHN F. KENNEDY	MAGRUDER	MONTGOMERY BLAIR	NORTHWEST	NORTHWOOD	PAINT BRANCH	POOLESVILLE SR	QUINCE ORCHARD	RICHARD MONTGOMERY	ROBERT PEARY	ROCKVILLE	SENECA VALLEY	SHERWOOD	SPRINGBROOK	THOMAS S. WOOTTON	WALT WHITMAN	WALTER JOHNSON	WATKINS MILL	WHEATON	WINSTON CHURCHILL
1980	60	unk	unk	NO	unk	unk	NO	unk	unk	97	NO	41	unk	unk	NO	unk	75	unk	43	unk	unk	unk	unk	50	NO	unk	unk
...	NS	NS	NO	NO	NS	NS	NO	NS	NS	NS	NO	NO	NS	NS	NS	NS	NO	NS	NS	NS	NS	NS	NS	NS	NS	NS	NS
1993	1	35	NO	NO	2	68.25	NO	6	42	8	NO	NO	38	10	122.25	4	NO	2	37	0	50.3	38	27	18	14	13	22.25
...	NS	NS	NO	NO	NS	NS	NS	NS	NS	NS	NS	NO	NS	NS	NS	NS	NO	NS	NS	NS	NS	NS	NS	NS	NS	NS	NS
2005	9	6	NO	NO	15	110.5	19	25	3	0	77.5	0	17	20	23	34	NO	0	28	4	23	0	10	55	10	6	42
2006	26	38	NO	NO	8	66.5	16	28	39	0	5	2.5	40	4	42	117	NO	0	0	17	18	8	10	39	15	4	12
2007	27	26	NO	9	30	80	4	6	52	29	26	2	20	1	58	84	NO	0	0	8	35	12	12	27	10	0	0
2008	12	19	NO	95	18	83	0	16	23	81	17.5	44	19	0	88.5	0	NO	2	2	15	44	14	28	46	4	0.5	22.5
2009	19	3	NO	72	16	110.5	0	23	20	45	36	0	43	0	50.5	26	NO	0	2	22	25	12.5	44	40	6	15.5	49
2010	0	5	NO	23	67	40	21	10	23	16	46	15	34	8	31	71	NO	15	2	22	16	28	10	62	77	0	56
2011	8	2	NO	49.5	24	43.2	8	36	32.33	8	54.33	13	22	1	50	79.2	NO	0	0	8	35.4	23	10	39	59	5	82
2012	17.5	9	NO	85	18	44.66	12.33	12	19	5.5	46	3	47.5	11	85	23	NO	0	2.5	10	16	47	0	55	48	3	60
2013	27	11	NO	103	21.5	23	18	31	6	9	96	0	53	10	77	29	NO	0	7	12	15	47.5	11	5	41	2	37
2014	0	27	NO	70.5	4	62.5	14	54	2	20	77	1	67	17	70	27	NO	5	17	1	0	79	27	14	8	0	33
2015	11	17	NO	53.5	0	16	53	7	8	5	106	1	49	5	91	53	NO	17	16	30	19	11.5	41	35	19	16	18
2016	1	22.5	NO	57.2	12	0	61	39.5	0	38	121.9	13	33.2	9	40.5	41	NO	15	25	28.5	33	31.5	14	16	18.2	1	30
2017	10	25	NO	0	18	11	66	42	1	31	93.5	27.5	80	32	30	51	NO	0	11	18	46	36	27	22	8	6	9
2018	11	32.5	NO	25.5	3	38	47	8	6	26	153.5	48	39	45	23	31	NO	0	13	10	30	19.5	4	19	37	12	11
2019	7	9	NO	36	24	59	9	0	8	31	143	58	72	4	15	39	NO	7	0	52	13	21	4	7	69	0	9
2022	17.5	17.5	NO	39	4	34	22	0	22	30.5	84.5	36.5	66	2	12	29.5	NO	25	15.5	11.5	64	28	14	85	5	0	31
2023	6	10	NO	25.5	11.5	12	4	0	46	59.5	49.5	11	40	4.5	55	14	NO	5	106.5	20	55	26	7	44	24	18	48
2024	19	3	NO	24	0	26	25	0	5	55	85	12	87	17	22	13	NO	0	53	7	43	50	33	40	6	2	73
2025	0	25	NO	32	28	10	8	0	0	55	102	38	84	7	15	27	NO	11	5	63	39	14	39	17	26	11	44
High	60	38	unk	103	67	110.5	66	54	52	97	153.5	58	87	45	122.25	117	75	25	106.5	63	64	79	44	85	77	18	82

Legend
NO - School Not Open
NS - No Team Scoring
unk - Result Unknown
County Champion
County Record

# Historical Throwbacks: 1986, 1996, 2006, 2016, 2025

**1986** – LaShawn Haythe of Gaithersburg won the 100-meter and 200-meter dashes for the second consecutive year, lowering her 100-meter meet record to 12.1. Marty Walker of Kennedy High School won the 200-meter in 21.7, 400-meter in 48.3, and 4x200-meter in 1:30.5. The 400-meter time was a meet record and remains the #6 performance in meet history. LaDonna Gooden of Albert Einstein set a meet record in the 100-meter hurdles at 14.6. Lashawn Haythe and Marty Walker were voted the James DeMoss athletes of the meet.

In field events, four boys cleared six-foot-four in the high jump with Will Harper of Woodward credited with the win at six-foot-five. On the ladies' side, Elizabeth Bolter of Churchill cleared five-foot-seven which remains ranked the #5 performance in meet history.

Amanuel Asefaw of Montgomery Blair High School tied the meet record in the boys 1600-meter run at 4:21.0, and Duncan Manville of B-CC ran 9:28.6 in the 3200-meter which remains ranked #12 in meet history.

**1996** – 1996 was a year of huge meet records with none bigger than Sally Glynn's all-time meet record of 4:50.0 in the 1600-meter run. It was Glynn's final county meet and the decision to focus on the 1600-meter run resulted in her only outdoor county meet record which still stands today. It broke her previous meet record by ten seconds. Renee' Berry of Seneca Valley High School was runner-up in the 1600-meter with a time of 4:58.9 which remains ranked #4 in meet history. Berry later won the 3200-meter in 11:15.6.

Sharkara Grant of Wheaton High School smashed the 400-meter county meet record by over a full second with a time of 54.7. That performance remains ranked #3 in meet history. She followed it up with a win in the 800-meter run in 2:19.7 which was #2 in meet history at that time. Grant was voted the James DeMoss athlete of the meet along with Richard Montgomery's Jason Joubert who won the 400-meter in 50.2 and 800-meter in 2:02.1.

A sophomore Ruth Kura of Quince Orchard High School won her first of what would be five outdoor county titles when she broke the meet record in the girls discus with a mark of 122-08. That mark remains ranked #5 in meet history.

Mathias Nkwenti of Wootton High School launched a nuke in the boys discus when he recorded a mark of 164-01.50. It was a meet record by six feet and remains ranked #2 in meet history. He also won the shot put with a mark of 53-05.25, a mark which remain ranked #10 in meet history.

**2006** – Richard Montgomery scored 117 points in the boys competition on the strength of sprinters. Patrick Pinchinat won the 100-meter in 11.01, Keenan Crutchfield won the 200-meter in 22.0, and the relays recorded victories in the 4x1, 4x2, and 4x4. Meanwhile, the Northwest girls won the team competition with a single victory in the shot put and multiple runner-up individual finishes.

Distance fans will remember the meet for Walter Johnson sophomore Chris Moen legging out a 1600-meter victory in a new meet record against Gaithersburg senior Ryan Janes. His time of 4:15.9 surpassed the meet record set just one year prior by his former teammate, Andrew Jesien. Moen also won the 800-meter in 1:58.04.

Leslie Morrison of Whitman High won the 400-meter (58.0), 800-meter (2:16.9), and 4x800-meter relay in 9:22.69. The 4x800-meter relay time was a meet record and remains ranked #5 in meet history. Morrison and Moen were voted the James DeMoss athletes of the meet.

Halsey Sinclair of Blair High School won the 1600-meter and 3200-meter in 5:07.66 and 11:01.3, the latter of which remains ranked #15 in meet history.

In field events, Bobby Dugan of Gaithersburg threw the discus 157-01, the best at the county meet in ten years and still ranked #4 in meet history. Arleigh Rose of Sherwood threw the discus 117-03, and Audrey Garipey-Bogui of Churchill jumped 37-09.50 in the triple jump just missing the meet record at that time.

**2016** – Cool rainy weather leant itself well to the ladies of the 3200-meter run who shattered Sally Glynn's 21-year-old meet record by 22 seconds. Bethlehem Taye of Paint Branch outran Abigail Green of Walter Johnson that night, 10:38.8 to 10:47.0. Taye's record stood up to two more years of Green's attempts and at least ten more years of challengers to remain the meet record to this day.

The fully automatic timing system was not working well that night which was unfortunate for Shyheim Wright of Northwest High School who clocked 13.8 in the 110-meter hurdles. Wright's time is adjusted up to 14.04 in the record books. Ron Frazier's hand-timed meet record of 13.7 from 2000 survived the night. Wright led the Northwest boys to victory with 121.9 points.

...and we haven't gotten to the James DeMoss award winners. yet. Those honors went to Taylor Wright of Northwest and Rohann Asfaw of Richard Montgomery. Taylor Wright, no relation to Shyheim Wright, claimed three individual victories in her freshman year county meet: 100m (12.2), 200m (24.6), triple jump (36-07.50). Rohann Asfaw won the 1600-meter in 4:19.10 and 3200-meter in 9:35.00.

Leading the victorious Clarksburg girls team was Alexis Pyles who won the 110-meter hurdles in 14.4 (#12 in meet history today) and 300-meter hurdles in 45.0 (#7 in meet history today). Pyles finished high school with 15 indoor and outdoor county titles.

Jabari Bennett of Blake High School threw 56-06.75 in the shot put as just a sophomore. It remains the #5 ranked throw in meet history. He also won the discus in 144-05.00 that day.

**2025** – A two-day format and beautiful weather led to thirty top-10 performances in meet history in 2025. Apologies: I can't possibly mention them all.

Meet records were broken by Teagan Bandholz of Poolesville in the girls discus (136-11.00), Ava Wilson of Whitman in the girls pole vault (11-00.00), Rahmise Jones of Northwest in the boys long jump (23-02.50), and the Paint Branch boys 4x400-meter relay (3:18.26). Near misses were recorded by B-CC's Ani Bailin who was 0.56 seconds off the girls 3200m meet record in 10:39.60 and Jayden Apenteng who was 0.48 seconds off the boys 300-meter hurdles meet record in 38.72.

James DeMoss award winners were Ruth Ayuk-Takor of Paint Branch who won the girls 200m (24.88) and 400m (56.78), and Mateo Gros-Slovinsky of Whitman who won the boys 1600m and 3200m in 4:14.72 and 9:32.23, respectively. Gros-Slovinsky's 800m time (1:55.02) was #7 in meet history, 1600m time was #4 in meet history, and 3200m time was #25 in meet history. He became the first male distance runner to win five Montgomery County outdoor titles between his junior and senior year.

Other multi-event winners included: Jacob Martin of Paint Branch (48.87 400m / 1:53.21 800m), Elena Juarez of Gaithersburg (14.72 100m hurdles / 44.96 300m Hurdles), Samuel Koiwood of Watkins Mill (10.95 100m / 22.09 200m), Megan Raue of Walter Johnson (2:16.71 800m / 5:00.81 1600m).

The Northwest boys' team was victorious for the fifth time in meet history while Springbrook won its second girls team title in three years.

## Girls 100m Dash Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 100m
1	Olivia Ekponé	Thomas S. Wootton	2008		11.79
2	Olivia Ekponé	Northwest	2009		11.81
3	Olivia Ekponé	Northwest	2009	sf	11.86
4	Olivia Ekponé	Northwest	2010		11.88
4	Olivia Ekponé	Northwest	2011		11.88
6	Ashley Decruise	Richard Montgomery	2007		11.90
7	Tenesha Hill	Gaithersburg	2004	sf	11.93
8	Martha Sam	James H. Blake	2014		11.95
9	Ashley Decruise	Richard Montgomery	2007	sf	11.97
9	Katie Wolf	Winston Churchill	2009		11.97
11	Taylor Wright	Northwest	2017		12.02
12	Bethany White	Magruder	2014		12.03
12	Iyanni Daley	Wheaton	2024		12.03
14	Antoinette Moon	Albert Einstein	1988	ht-11.8	12.04
14	Le'Quisha Parker	Northwood	2010		12.04
16	Le'Quisha Parker	Northwood	2011		12.05
17	Olivia Ekponé	Northwest	2011	sf	12.06
18	Olivia Ekponé	Thomas S. Wootton	2008	sf	12.07
19	Nina Warren	Gaithersburg	2004	sf	12.09
20	Katie Wolf	Winston Churchill	2010		12.11
21	Brooke Cochran	James H. Blake	2024		12.12
22	Katie Wolf	Winston Churchill	2007		12.13
23	Teresa Israel	Paint Branch	1991	ht-11.9	12.14
23	Natalie Johnson	Paint Branch	1995	ht-11.9	12.14
23	Nina Warren	Gaithersburg	2003	ht-11.9	12.14

## 100m Dash All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Jennifer Hines	Bethesda Chevy Chase	1986	12.44	Sarah McMillian	Blair	2009	12.41
Martha Sam	Blake	2014	11.95	Katie Wolf	Churchill	2009	11.97
Nancy Hudson	Clarksburg	2022	12.47	Malaika Habib	Damascus	2022	12.44
Antoinette Moon	Einstein	1988	12.04	Tenesha Hill	Gaithersburg	2004	11.93
Renee Hart	Walter Johnson	2012	12.40	Phobay Kutu-Akoi	John F. Kennedy	2004	12.26
Bethany White	Magruder	2014	12.03	Ashley Decruise	Richard Montgomery	2007	11.90
Olivia Ekponé	Northwest	2009	11.81	Le'Quisha Parker	Northwood	2010	12.04
Teresa Israel	Paint Branch	1991	12.14	Meher Kaur	Poolesville	2015	12.64
Ashley Seymour	Quince Orchard	2014	12.46	Destinee McCray	Rockville	2000	12.54
Chanel Stora	Seneca Valley	2025	12.34	Jasmine Smalls	Sherwood	2011	12.51
Shontee Bryant	Springbrook	1995	12.34	Narica Offutt	Watkins Mill	2000	12.34
Iyanni Daley	Wheaton	2024	12.03	Kambi Chukwuma	Walt Whitman	2023	12.27
Olivia Ekponé	Wootton	2008	11.79				

## Girls 100m Dash County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 100m</u>
1980	Vickie Thomas	Paint Branch	ht-12.5	12.74 R
1981	Wendy Peal	Winston Churchill	ht-12.7	12.94
1982	Lisa Kennedy	Montgomery Blair	ht-12.5	12.74
1983	Alice Booher	Seneca Valley	ht-12.5	12.74
1984	Monda Webb	Montgomery Blair	ht-12.4	12.64 R
1985	LaShawn Haythe	Gaithersburg	ht-12.3	12.54 R
1986	LaShawn Haythe	Gaithersburg	ht-12.1	12.34 R
1987	Jennifer Hines	Bethesda Chevy Chase	ht-12.4	12.64
1988	Antoinette Moon	Albert Einstein	ht-11.8	12.04 R
1989	Antoinette Moon	Albert Einstein	ht-12.1	12.34
1990	Angie Mitchell	Montgomery Blair	ht-12.4	12.64
1991	Teresa Israel	Paint Branch	ht-11.9	12.14
1992	Kikisha Addison	Gaithersburg	ht-12.5	12.74
1993	Kikisha Addison	Gaithersburg	ht-12.3	12.54
1994	Kikisha Addison	Gaithersburg	ht-12.0	12.24
1995	Natalie Johnson	Paint Branch	ht-11.9	12.14
1996	Natalie Johnson	Paint Branch	ht-12.1	12.34
1997	Beth Wermiel	Gaithersburg	ht-12.3	12.54
1998	Janelle Ralph	Springbrook	ht-12.4	12.64
1999	Narica Offutt	Watkins Mill	ht-12.5	12.74
2000	Narica Offutt	Watkins Mill	ht-12.1	12.34
2001	Narica Offutt	Watkins Mill	ht-12.2	12.44
2002	Tenesha Hill	Gaithersburg	ht-12.2	12.44
2003	Nina Warren	Gaithersburg	ht-11.9	12.14
2004	Tenesha Hill	Gaithersburg	ht-12.0	12.24
2005	Tenesha Hill	Gaithersburg	ht-12.2	12.44
2006	Michele Miller	John F. Kennedy		12.78
2007	Ashley Decruise	Richard Montgomery		11.90 R
2008	Olivia Ekponé	Thomas S. Wootton		11.79 R
2009	Olivia Ekponé	Northwest		11.81
2010	Olivia Ekponé	Northwest		11.88
2011	Olivia Ekponé	Northwest		11.88
2012	Bethany White	Magruder		12.29
2013	Martha Sam	James H. Blake		12.34
2014	Martha Sam	James H. Blake		11.95
2015	Stephanie Davis	Magruder		12.28
2016	Taylor Wright	Northwest	ht-12.2	12.44
2017	Taylor Wright	Northwest		12.02
2018	Taylor Wright	Northwest		12.32
2019	Taylor Wright	Northwest		12.40
2022	Brooke Cochran	James H. Blake		12.28
2023	Iyanni Daley	Wheaton		12.23
2024	Iyanni Daley	Wheaton		12.03
2025	Chandler Bell	James H. Blake		12.30

**Most outdoor county champions in this event: Gaithersburg 10**

## Boys 100m Dash Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 100m
1	Roman Spikes	Paint Branch	2024		10.53
2	Quentin Braithwaite	Montgomery Blair	2024		10.60
3	Jaron Woodyard	Thomas S. Wootton	2014	sf	10.68
3	Roman Spikes	Paint Branch	2024	sf	10.68
5	Solomon Vault	Gaithersburg	2014		10.73
6	Jaron Woodyard	Thomas S. Wootton	2014		10.77
7	Tarique Wright	Springbrook	2023		10.78
7	Tarique Wright	Springbrook	2024		10.78
9	Raynard Bell	John F. Kennedy	2017		10.80
9	Nicholas Spikes	Paint Branch	2023	sf	10.80
11	Quentin Braithwaite	Montgomery Blair	2024	sf	10.81
12	Nicholas Spikes	Paint Branch	2023		10.82
13	Andrew Lewis	Sherwood	2004	sf	10.83
14	Carlos Acker	Northwood	1982	ht-10.6	10.84
14	Damon Hill	Gaithersburg	2002	ht-10.6	10.84
14	Brian Porter	Gaithersburg	2003	ht-10.6	10.84
14	Nicholas Spikes	Paint Branch	2022		10.84
18	Adrian Dennis	John F. Kennedy	2004	sf	10.85
18	Avery Graham	Clarksburg	2009		10.85
18	Tarique Wright	Springbrook	2024	sf	10.85
21	Bisi Ezekoye	John F. Kennedy	2009		10.87
22	Andie Kollie	Magruder	2023		10.88
23	Kevin Gnatiko	Watkins Mill	2004	sf	10.89
23	Greg Brooks	Poolesville	2004	sf	10.89
25	Reginald Steele	Paint Branch	2010		10.90
25	Anthony Woods, Jr.	Northwest	2019		10.90

## 100m Dash All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Dan Levine	Bethesda Chevy Chase	2004	11.23	Quentin Braithwaite	Blair	2024	10.60
Glen Wimbish	Blake	2004	11.00	James Snead	Churchill	2025	10.94
Avery Graham	Clarksburg	2009	10.85	Markus Vinson	Damascus	2017	11.05
Mike Scott	Einstein	1980	10.94	Solomon Vault	Gaithersburg	2014	10.73
Robin Smith	Walter Johnson	1988	10.94	Raynard Bell	John F. Kennedy	2017	10.80
Andie Kollie	Magruder	2023	10.88	Patrick Pinchinat	Richard Montgomery	2006	11.01
Anthony Woods, Jr.	Northwest	2019	10.90	Carlos Acker	Northwood	1982	10.84
Roman Spikes	Paint Branch	2024	10.53	Greg Brooks	Poolesville	2004	10.89
Travis Hawkins	Quince Orchard	2009	11.02	Okeyo Ayungo	Rockville	2022	11.03
Damilola Oyeniran	Seneca Valley	2024	10.94	Andrew Lewis	Sherwood	2004	10.83
Tarique Wright	Springbrook	2023	10.78	Kevin Gnatiko	Watkins Mill	2004	10.89
David James	Wheaton	2023	10.97	Max Ehrmann	Walt Whitman	2004	10.96
Jaron Woodyard	Wootton	2014	10.68	Leonard Wright	Peary	1983	11.14

## Boys 100m Dash County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 100m</u>
1980	Mike Scott	Albert Einstein	ht-10.7	10.94 R
1981	Norman Edwards	Montgomery Blair	ht-10.7	10.94
1982	Carlos Acker	Northwood	ht-10.6	10.84 R
1983	Leonard Wright	Peary	ht-10.9	11.14
1984	John Holloway	Winston Churchill	ht-11.0	11.24
1985	Irvin Smith	Poolesville	ht-10.9	11.14
1986	Kevin Geer	Richard Montgomery	ht-10.8	11.04
1987	David Anderson	Sherwood	ht-11.2	11.44
1988	Robin Smith	Walter Johnson	ht-10.7	10.94
1989	Marc Bason	Gaithersburg	ht-10.9	11.14
1990	Marc Bason	Gaithersburg	ht-10.9	11.14
1991	Lonnie Bryant	Gaithersburg	ht-10.8	11.04
1992	Warren Gray	Springbrook	ht-11.0	11.24
1993	Prentice Pollard	Paint Branch	ht-10.8	11.04
1994	Prentice Pollard	Paint Branch	ht-10.8	11.04
1995	Vaughn Kum	Wheaton	ht-10.8	11.04
1996	Tyree Foreman	Sherwood	ht-10.9	11.14
1997	Zack Adams	Magruder	ht-10.9	11.14
1998	Van Free	Gaithersburg	ht-10.9	11.14
1999	Jason Jeter	Bethesda Chevy Chase	ht-11.0	11.24
2000	Desmond Scott	Northwest	ht-10.7	10.94
2001	Damon Hill	Gaithersburg	ht-10.8	11.04
2002	Damon Hill	Gaithersburg	ht-10.6	10.84
2003	Brian Porter	Gaithersburg	ht-10.6	10.84
2004	Andrew Lewis	Sherwood	ht-10.7	10.94
2005	Malcolm Richardson	Gaithersburg	ht-10.8	11.04
2006	Patrick Pinchinat	Richard Montgomery		11.01
2007	Salifu Cham	Albert Einstein		10.98
2008	Avery Graham	Clarksburg		10.91
2009	Avery Graham	Clarksburg		10.85
2010	Reginald Steele	Paint Branch		10.90
2011	Micah Phillips-Spencer	Winston Churchill		11.22
2012	Patrick Schlosser	Watkins Mill		11.15
2013	Jalen Walker	Northwest		10.92
2014	Solomon Vault	Gaithersburg		10.73
2015	Jabari Butler	Winston Churchill		11.01
2016	Enoch Owumi	John F. Kennedy	ht-11.0	11.24
2017	Raynard Bell	John F. Kennedy		10.80
2018	Anthony Woods Jr.	Northwest		10.92
2019	Anthony Woods Jr.	Northwest		10.90
2022	Nick Spikes	Paint Branch		10.84
2023	Tarique Wright	Springbrook		10.78
2024	Roman Spikes	Paint Branch		10.53 R
2025	Samuel Koiwood	Watkins Mill		10.95

**Most outdoor county champions in this event: Gaithersburg 9**

## Girls 200m Dash Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 200m
1	Olivia Ekponé	Northwest	2010		23.91
2	Olivia Ekponé	Northwest	2011		24.04
3	Le'Quisha Parker	Northwood	2010		24.31
4	Le'Quisha Parker	Northwood	2011		24.50
5	Brooke Cochran	James H. Blake	2024		24.52
6	Natalie Johnson	Paint branch	1995	ht-24.3	24.54
6	Olivia Ekponé	Thomas S. Wootton	2008		24.54
6	Stephanie Davis	Magruder	2015		24.54
9	Olivia Ekponé	Northwest	2009	sf	24.55
10	Iyanni Daley	Wheaton	2024		24.62
11	Michele Collins	Montgomery Blair	1981	ht-24.4	24.64
11	Michele Collins	Montgomery Blair	1982	ht-24.4	24.64
11	Olivia Ekponé	Northwest	2009		24.64
14	Le'Quisha Parker	Northwood	2011	sf	24.67
15	Olivia Ekponé	Thomas S. Wootton	2008	sf	24.69
16	Martha Sam	James H. Blake	2014		24.71
17	Katie Wolf	Winston Churchill	2010		24.72
18	Teresa Israel	Paint Branch	1992	ht-24.5	24.74
18	Taylor Wright	Northwest	2018		24.74
20	Katie Wolf	Winston Churchill	2009		24.77
21	Taylor Wright	Northwest	2017		24.78
21	Brooke Cochran	James H. Blake	2023		24.78
23	Olufunmilayo Daramola	Paint Branch	2014		24.81
24	Ekaete Basse	Springbrook	1995	ht-24.6	24.84
25	Taylor Wright	Northwest	2016	ht-24.6	24.84

## 200m Dash All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Maduba Polan	Bethesda Chevy Chase	1999	26.24	Michele Collins	Blair	1981	24.64
Brooke Cochran	Blake	2024	24.52	Katie Wolf	Churchill	2010	24.72
Brionna Palmer	Clarksburg	2016	25.74	Sarah Clay	Damascus	2004	25.64
Antoinette Moon	Einstein	1989	25.74	Kayla Gordon	Gaithersburg	2024	24.98
Renee Hart	Walter Johnson	2012	25.49	Michele Miller	John F. Kennedy	2006	26.04
Stephanie Davis	Magruder	2015	24.54	Caia Gelli	Richard Montgomery	2019	25.25
Olivia Ekponé	Northwest	2010	23.91	Le'Quisha Parker	Northwood	2010	24.31
Natalie Johnson	Paint Branch	1995	24.54	Alisha Vaughn	Poolesville	2002	26.34
Ashley Seymour	Quince Orchard	2015	25.51	Angelique Wong	Rockville	2018	25.75
Chanel Stora	Seneca Valley	2025	25.15	Lauren Woods	Sherwood	2015	25.53
Ekaete Basse	Springbrook	1995	24.84	Jada Sobratti	Watkins Mill	2001	25.38
Iyanni Daley	Wheaton	2024	24.62	Kambi Chukwuma	Walt Whitman	2023	25.28
Olivia Ekponé	Wootton	2008	24.54	Heather Pyle	Charles Woodward	1984	27.64

## Girls 200m Dash County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 200m</u>
1980	Laura Novell	Paint Branch	ht-26.2	26.44 R
1981	Michele Collins	Montgomery Blair	ht-24.4	24.64 R
1982	Michele Collins	Montgomery Blair	ht-24.4	24.64
1983	Charlotte Welch	Bethesda Chevy Chase	ht-26.4	26.64
1984	Monda Webb	Montgomery Blair	ht-25.9	26.14
1985	LaShawn Haythe	Gaithersburg	ht-25.7	25.94
1986	LaShawn Haythe	Gaithersburg	ht-25.7	25.94
1987	Antoinette Moon	Thomas S. Wootton	ht-25.9	26.14
1988	Rachel Toker	Winston Churchill	ht-26.9	27.14
1989	Teresa Israel	Paint Branch	ht-25.2	25.44
1990	Melanie Etz	Seneca Valley	ht-26.0	26.24
1991	Tameka Alestock	Paint Branch	ht-26.4	26.64
1992	Teresa Israel	Paint Branch	ht-24.5	24.74
1993	Ekeate Bassey	Springbrook	ht-25.6	25.84
1994	Sharkara Grant	Wheaton	ht-25.5	25.74
1995	Natalie Johnson	Paint Branch	ht-24.3	24.54 R
1996	Natalie Johnson	Paint Branch	ht-24.7	24.94
1997	Nadia Johnson	Paint Branch	ht-24.8	25.04
1998	Janelle Ralph	Springbrook	ht-26.1	26.34
1999	Narica Offutt	Watkins Mill	ht-25.7	25.94
2000	Narica Offutt	Watkins Mill	ht-25.5	25.74
2001	Narica Offutt	Watkins Mill	ht-25.4	25.64
2002	Nina Warren	Gaithersburg	ht-25.6	25.84
2003	Nina Warren	Gaithersburg	ht-25.1	25.34
2004	Tenesha Hill	Gaithersburg	ht-25.0	25.24
2005	Tenesha Hill	Gaithersburg	ht-24.8	25.04
2006	Ini Akpandak	Magruder	ht-25.5	25.74
2007	Katie Wolf	Winston Churchill		25.27
2008	Olivia Ekponé	Thomas S. Wootton		24.54
2009	Olivia Ekponé	Northwest		24.64
2010	Olivia Ekponé	Northwest		23.91 R
2011	Olivia Ekponé	Northwest		24.04
2012	Renee Hart	Walter Johnson		25.82
2013	Martha Sam	James H. Blake		25.60
2014	Martha Sam	James H. Blake		24.71
2015	Stephanie Davis	Magruder		24.54
2016	Taylor Wright	Northwest	ht-24.6	24.84
2017	Taylor Wright	Northwest		24.78
2018	Taylor Wright	Northwest		24.74
2019	Taylor Wright	Northwest		25.11
2022	Brooke Cochran	James H. Blake		25.29
2023	Brooke Cochran	James H. Blake		24.78
2024	Brooke Cochran	James H. Blake		24.52
2025	Ruth Ayuk-Takor	Paint Branch		24.88

**Most outdoor county champions in this event: Paint Branch 8**

## Boys 200m Dash Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 200m
1	Nicholas Spikes	Paint Branch	2024		20.92
2	Roman Spikes	Paint Branch	2024		21.03
3	Roman Spikes	Paint Branch	2024	sf	21.35
3	Nicholas Spikes	Paint Branch	2024	sf	21.35
5	Nicholas Spikes	Paint Branch	2023		21.54
6	Quentin Braithwaite	Montgomery Blair	2024		21.59
7	Raynard Bell	John F. Kennedy	2017		21.68
8	Clive Brooks	Bethesda Chevy Chase	1991	ht-21.5	21.74
8	Byron Gibson	Gaithersburg	2002	ht-21.5	21.74
8	Jalen Walker	Northwest	2015		21.74
11	Reginald Steele	Paint Branch	2010		21.75
12	Brandon Addison	Watkins Mill	2010		21.79
13	Norman Edwards	Montgomery Blair	1981	ht-21.6	21.84
13	Edwin Campbell	Paint Branch	2003	ht-21.6	21.84
15	Chukwumdi Osuji	Paint Branch	2019		21.87
16	Nicholas Spikes	Paint Branch	2023	sf	21.89
17	Patrick Pinchinat	Richard Montgomery	2007		21.93
18	Mayen McClain	Springbrook	2017		21.93
19	Marty Walker	John F. Kennedy	1986	ht-21.7	21.94
19	Rufus Settles	Sherwood	2015	sf	21.94
21	Joseph Oxley	James H. Blake	2015		21.96
21	Khaloni Mganga	Northwest	2017		21.96
21	Damilola Oyeniran	Seneca Valley	2024		21.96
24	Jonathan Haughton	Montgomery Blair	2008		22.04
24	Solomon Vault	Gaithersburg	2014		22.04
24	Nicholas Spikes	Paint Branch	2022		22.04

## 200m Dash All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Clive Brooks	Bethesda Chevy Chase	1991	21.74	Quentin Braithwaite	Blair	2024	21.59
Joseph Oxley	Blake	2015	21.96	James Snead	Churchill	2025	22.22
Avery Graham	Clarksburg	2008	22.12	Markus Vinson	Damascus	2017	22.13
Elijah Thomas	Einstein	2011	23.00	Byron Gibson	Gaithersburg	2002	21.74
Robin Smith	Walter Johnson	1988	22.34	Raynard Bell	John F. Kennedy	2017	21.68
Andie Kollie	Magruder	2023	22.19	Patrick Pinchinat	Richard Montgomery	2007	21.93
Jalen Walker	Northwest	2015	21.74	Omega James	Northwood	2018	22.72
Nicholas Spikes	Paint Branch	2024	20.92	Irvin Smith	Poolesville	1985	22.44
Cameron George	Quince Orchard	2004	22.30	Neiman Thompson	Rockville	2010	22.71
Damilola Oyeniran	Seneca Valley	2024	21.96	Rufus Settles	Sherwood	2015	21.94
Mayen McClain	Springbrook	2017	21.93	Brandon Addison	Watkins Mill	2010	21.79
David James	Wheaton	2023	22.25	Anthony Young-Wiseman	Walt Whitman	2008	22.48
Kwame Frimpong	Wootton	2014	22.73	Leonard Wright	Peary	1983	22.34
Winkler	Woodward	1986	23.54				

## Boys 200m Dash County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 200m</u>
1980	Leroy Howard	Walter Johnson	ht-22.3	22.54 R
1981	Norman Edwards	Montgomery Blair	ht-21.6	21.84 R
1982	Leonard Wright	Peary	ht-22.2	22.44
1983	Chris Jones	Montgomery Blair	ht-22.1	22.34
1984	Gary Smith	Bethesda Chevy Chase	ht-22.6	22.84
1985	Irvin Smith	Poolesville	ht-22.2	22.44
1986	Marty Walker	John F. Kennedy	ht-21.7	21.94
1987	Ricky Davis	Seneca Valley	ht-22.4	22.64
1988	Robin Smith	Walter Johnson	ht-22.1	22.34
1989	Marc Bason	Gaithersburg	ht-22.1	22.34
1990	Shawn Talley	Quince Orchard	ht-22.4	22.64
1991	Clive Brooks	Bethesda Chevy Chase	ht-21.5	21.74 R
1992	Orlando Leigh	Paint Branch	ht-22.3	22.54
1993	Prentice Pollard	Paint Branch	ht-21.9	22.14
1994	Prentice Pollard	Paint Branch	ht-22.2	22.44
1995	Clifford Paul	Wheaton	ht-22.2	22.44
1996	Derrick Lancaster	Gaithersburg	ht-22.5	22.74
1997	Jason Waters	Watkins Mill	ht-22.2	22.44
1998	Jason Waters	Watkins Mill	ht-22.5	22.74
1999	Denis Campbell	Paint Branch	ht-22.0	22.24
2000	Ray Custis	Northwest	ht-22.5	22.74
2001	Mike Simms	Northwest	ht-22.4	22.64
2002	Byron Gibson	Gaithersburg	ht-21.5	21.74
2003	Edwin Campbell	Paint Branch	ht-21.6	21.84
2004	John Welbon	Gaithersburg	ht-21.9	22.14
2005	Gregory Brooks	Poolesville	ht-22.4	22.64
2006	Keenan Crutchfield	Richard Montgomery	ht-22.0	22.24
2007	Patrick Pinchinat	Richard Montgomery		21.93
2008	Jonathan Haughton	Montgomery Blair		22.04
2009	Jonathan Haughton	Montgomery Blair		22.06
2010	Reginald Steele	Paint Branch		21.75
2011	William Yougnia	Watkins Mill		22.29
2012	William Yougnia	Watkins Mill		22.50
2013	Jalen Walker	Northwest		22.24
2014	Solomon Vault	Gaithersburg		22.04
2015	Jalen Walker	Northwest		21.74
2016	Lance Hudson	Clarksburg	ht-22.4	22.64
2016	Enoch Owumi	John F. Kennedy	ht-22.4	22.64
2017	Raynard Bell	John F. Kennedy		21.68 R
2018	Avery Reeves	Richard Montgomery		22.10
2019	Chukwumdi Osuji	Paint Branch		21.87
2022	Nicholas Spikes	Paint Branch		22.04
2023	Nicholas Spikes	Paint Branch		21.54 R
2024	Nicholas Spikes	Paint Branch		20.92 R
2025	Samuel Koiwood	Watkins Mill		22.09

**Most outdoor county champions in this event: Paint Branch 10**

## Girls 400m Dash Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 400m
1	Olivia Ekponé	Northwest	2011		54.36
2	Olivia Ekponé	Thomas S. Wootton	2008		54.61
3	Sharkara Grant	Wheaton	1996	ht-54.7	54.94
4	Olivia Ekponé	Northwest	2010		55.54
5	Olivia Ekponé	Northwest	2009		55.57
6	Michele Collins	Montgomery Blair	1981	ht-55.8	56.04
7	Sharkara Grant	Wheaton	1994	ht-56.0	56.24
8	Caia Gelli	Richard Montgomery	2019		56.42
9	Kayla Gordon	Gaithersburg	2024		56.43
10	Katie Wolf	Winston Churchill	2009		56.47
11	Katie Wolf	Winston Churchill	2007		56.63
12	Le'Quisha Parker	Northwood	2011		56.70
13	Sharkara Grant	Wheaton	1993	ht-56.5	56.74
14	Ruth Ayuk-Takor	Paint Branch	2025		56.78
15	Sylvia Deppen	Thomas S. Wootton	2013		56.81
16	Michelle Kamara	Gaithersburg	2019		56.98
17	Teresa Israel	Paint Branch	1992	ht-56.8	57.04
18	Sylvia Deppen	Thomas S. Wootton	2012		57.05
19	Olufunmilayo Daramola	Paint Branch	2014		57.06
20	Melissa Kameka	Damascus	2017		57.13
21	Melissa Kameka	Damascus	2018		57.16
22	Katie Wolf	Winston Churchill	2010		57.18
23	Kayla Gordon	Gaithersburg	2025		57.26
24	Leslie Morrison	Walt Whitman	2007		57.51
25	Jaayah Jenkins	James H. Blake	2024		57.57

## 400m Dash All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Hannah Richardson	Bethesda Chevy Chase	2007	59.55	Michele Collins	Blair	1981	56.04
Jaayah Jenkins	Blake	2024	57.57	Katie Wolf	Churchill	2009	56.47
Trinity Klock	Clarksburg	2017	59.62	Melissa Kameka	Damascus	2017	57.13
Chamille Dennis	Einstein	1993	60.74	Kayla Gordon	Gaithersburg	2024	56.43
Tessa Sugarbaker	Walter Johnson	1986	58.14	Asia Nettles	John F. Kennedy	2005	58.14
Terry Reynolds	Magruder	1986	59.24	Caia Gelli	Richard Montgomery	2019	56.42
Olivia Ekponé	Northwest	2011	54.36	Le'Quisha Parker	Northwood	2011	56.70
Ruth Ayuk-Takor	Paint Branch	2025	56.78	Juanita Jaramillo	Poolesville	2017	58.49
Kyra Lyles	Quince Orchard	2018	58.57	Destinee McCray	Rockville	2000	57.64
Fabiola Lawani	Seneca Valley	2025	58.66	Tiffany Woods	Sherwood	2015	58.32
Janelle Ralph	Springbrook	1998	57.94	Alyssa Rishell	Watkins Mill	2015	58.76
Sharkara Grant	Wheaton	1996	54.94	Leslie Morrison	Walt Whitman	2007	57.51
Olivia Ekponé	Wootton	2008	54.61	Mary Beth Golsen	Peary	1980	59.94
Karen Blaine	Charles Woodward	1982	58.94				

## Girls 400m Dash County Champions

Year	Name	High School	Actual Perf.	Equivalent 400m
1980	Mary Beth Golsen	Peary	ht-59.7	59.94 R
1981	Michele Collins	Montgomery Blair	ht-55.8	56.04 R
1982	Karen Blaine	Charles Woodward	ht-58.7	58.94
1983	Sharon Works	John F. Kennedy	ht-59.9	60.14
1984	Monda Webb	Montgomery Blair	ht-60.0	60.24
1985	Monda Webb	Montgomery Blair	ht-59.0	59.24
1986	Tessa Sugarbaker	Walter Johnson	ht-57.9	58.14
1987	Laura Cozad	Rockville	ht-59.6	59.84
1988	Laura Cozad	Rockville	ht-60.4	60.64
1989	Teresa Israel	Paint Branch	ht-57.9	58.14
1990	Kisha Cole	Seneca Valley	ht-60.2	60.44
1991	Melissa Brennan	Watkins Mill	ht-61.1	61.34
1992	Teresa Israel	Paint Branch	ht-56.8	57.04
1993	Sharkara Grant	Wheaton	ht-56.5	56.74
1994	Sharkara Grant	Wheaton	ht-56.0	56.24
1995	Nadia Johnson	Paint Branch	ht-57.9	58.14
1996	Sharkara Grant	Wheaton	ht-54.7	54.94 R
1997	Courtney Botts	Richard Montgomery	ht-60.1	60.34
1998	Courtney Botts	Richard Montgomery	ht-57.7	57.94
1999	Ndidi Obichere	Springbrook	ht-58.8	59.04
2000	Destinee McCray	Rockville	ht-57.4	57.64
2001	Alisha Vaughn	Poolesville	ht-59.4	59.64
2002	Sharifa Love	Richard Montgomery	ht-58.3	58.54
2003	Kellie Dunston	James H. Blake	ht-57.8	58.04
2004	Kellie Dunston	James H. Blake	ht-58.1	58.34
2005	Asia Nettles	John F. Kennedy	ht-57.9	58.14
2006	Leslie Morrison	Walt Whitman	ht-58.0	58.24
2007	Katie Wolf	Winston Churchill		56.63
2008	Olivia Ekponé	Thomas S. Wootton		54.61 R
2009	Olivia Ekponé	Northwest		55.57
2010	Olivia Ekponé	Northwest		55.54
2011	Olivia Ekponé	Northwest		54.36 R
2012	Sylvia Deppen	Thomas S. Wootton		57.05
2013	Sylvia Deppen	Thomas S. Wootton		56.81
2014	Olufunmilayo Daramola	Paint Branch		57.06
2015	Tiffany Woods	Sherwood		58.32
2016	Cori Brown	Northwest	ht-57.7	57.94
2017	Melissa Kameka	Damascus		57.13
2018	Melissa Kameka	Damascus		57.16
2019	Caia Gelli	Richard Montgomery		56.42
2022	Ella Rishell	Watkins Mill		59.52
2023	Brooke Cochran	James H. Blake		57.72
2024	Kayla Gordon	Gaithersburg		56.43
2025	Ruth Ayuk-Takor	Paint Branch		56.78

**Most outdoor county champions in this event: Paint Branch 5**

## Boys 400m Dash Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 400m
1	Nicholas Spikes	Paint Branch	2024		47.10
2	Clive Brooks	Bethesda Chevy Chase	1991	ht-47.6	47.84
3	Nicholas Spikes	Paint Branch	2023		48.38
4	Louis Varella	Montgomery Blair	2008		48.48
5	Seydi Sall	Richard Montgomery	2017		48.52
6	Marty Walker	John F. Kennedy	1986	ht-48.3	48.54
7	Michael Scott	Albert Einstein	1981	ht-48.4	48.64
7	Edwin Campbell	Paint Branch	2003	ht-48.4	48.64
9	Leroy Howard	Walter Johnson	1980	ht-48.5	48.74
9	Shaun Luncheon	Sherwood	2000	ht-48.5	48.74
9	Bryan Steele	Gaithersburg	2002	ht-48.5	48.74
12	Justin Sorra	Quince Orchard	2015		48.83
13	Jacob Martin	Paint Branch	2025		48.87
14	Jacob Martin	Paint Branch	2024		48.92
15	John Mondy	Springbrook	1992	ht-48.7	48.94
16	Damilola Oyeniran	Seneca Valley	2024		48.97
17	Etonnam Agbonyitor	Springbrook	2025		48.97
18	Chris Snead	Winston Churchill	1982	ht-49.0	49.24
18	Shaun Luncheon	Sherwood	1998	ht-49.0	49.24
18	Aharon Conerly	James H. Blake	2004	ht-49.0	49.24
18	Saheed Oyeshile	Damascus	2013		49.24
22	Josh McDonald	Northwest	2013		49.29
23	Peter Kimball	Walt Whitman	1994	ht-49.1	49.34
24	Tyler Hall	Northwest	2025		49.39
25	Osman Fanny	Gaithersburg	2024		49.43
25	Tyrese Oxendine	Sherwood	2025		49.43

## 400m Dash All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Clive Brooks	Bethesda Chevy Chase	1991	47.84	Louis Varella	Blair	2008	48.48
Aharon Conerly	Blake	2004	49.24	Chris Snead	Churchill	1982	49.24
Mark Small	Clarksburg	2008	49.72	Saheed Oyeshile	Damascus	2013	49.24
Michael Scott	Einstein	1981	48.64	Bryan Steele	Gaithersburg	2002	48.74
Leroy Howard	Walter Johnson	1980	48.74	Marty Walker	John F. Kennedy	1986	48.54
Colin Abrams	Magruder	2022	49.76	Seydi Sall	Richard Montgomery	2017	48.52
Josh McDonald	Northwest	2013	49.29	Eldon Phillips	Northwood	2017	49.55
Nicholas Spikes	Paint Branch	2024	47.10	Bobby Waxman	Poolesville	1985	52.04
Justin Sorra	Quince Orchard	2015	48.83	Sean Brown	Rockville	2015	51.59
Damilola Oyeniran	Seneca Valley	2024	48.97	Shaun Luncheon	Sherwood	2000	48.74
John Mondy	Springbrook	1992	48.94	Brandon Addison	Watkins Mill	2010	49.57
Steve Trabue	Wheaton	1980	49.94	Peter Kimball	Walt Whitman	1994	49.34
Ian Bellias	Wootton	1981	50.64	Pat Mason	Peary	1984	50.14
Coral	Charles Woodward	1986	53.54				

## Boys 400m Dash County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 400m</u>
1980	Leroy Howard	Walter Johnson	ht-48.5	48.74 R
1981	Michael Scott	Albert Einstein	ht-48.4	48.64 R
1982	Chris Snead	Winston Churchill	ht-49.0	49.24
1983	Sean Jackson	Seneca Valley	ht-49.8	50.04
1984	Pat Mason	Peary	ht-49.9	50.14
1985	Sean Jackson	Seneca Valley	ht-50.2	50.44
1986	Marty Walker	John F. Kennedy	ht-48.3	48.54 R
1987	Jim Downs	Sherwood	ht-51.2	51.44
1988	Donnell Long	Albert Einstein	ht-51.5	51.74
1989	Kirk Hewling	John F. Kennedy	ht-50.4	50.64
1990	Antoine White	Walt Whitman	ht-51.0	51.24
1991	Clive Brooks	Bethesda Chevy Chase	ht-47.6	47.84 R
1992	John Mondy	Springbrook	ht-48.7	48.94
1993	Courtney Cumberbatch	Paint Branch	ht-49.9	50.14
1994	Peter Kimball	Walt Whitman	ht-49.1	49.34
1995	Wole Oyenuga	Paint Branch	ht-50.2	50.44
1996	Jason Joubert	Richard Montgomery	ht-50.2	50.44
1997	Ajamu Kitwana	Richard Montgomery	ht-49.8	50.04
1998	Shaun Luncheon	Sherwood	ht-49.0	49.24
1999	Bryan Schneider	Quince Orchard	ht-49.5	49.74
2000	Shaun Luncheon	Sherwood	ht-48.5	48.74
2001	Bryan Steele	Gaithersburg	ht-49.5	49.74
2002	Bryan Steele	Gaithersburg	ht-48.5	48.74
2003	Edwin Campbell	Paint Branch	ht-48.4	48.64
2004	Aharon Conerly	James H. Blake	ht-49.0	49.24
2005	Kahlil Francis	Walter Johnson	ht-49.6	49.84
2006	Brian Sickles	Richard Montgomery	ht-49.4	49.64
2007	Wil Zahorodny	Damascus		49.60
2008	Louis Varella	Montgomery Blair		48.48
2009	Darren Harris	Winston Churchill		49.82
2010	Brandon Addison	Watkins Mill		49.57
2011	David Hamilton	Richard Montgomery		49.72
2012	Paul Joseph	Clarksburg		50.14
2013	Saheed Oyeshile	Damascus		49.24
2014	Tavis Holland	Clarksburg		50.28
2015	Justin Sorra	Quince Orchard		48.83
2016	Khaloni Mganga	Northwest	ht-49.9	50.14
2017	Seydi Sall	Richard Montgomery		48.52
2018	Jared Lee	Clarksburg		50.79
2019	Joseph Okonofua	Paint Branch		49.68
2022	Colin Abrams	Magruder		49.76
2023	Nicholas Spikes	Paint Branch		48.38
2024	Nicholas Spikes	Paint Branch		47.10 R
2025	Jacob Martin	Paint Branch		48.87

**Most outdoor county champions in this event: Paint Branch 7**

## Girls 800m Run Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 800m
1	Britt Eckerstrom	Northwest	2011		2:14.17
2	Grace Finnegan	Richard Montgomery	2023		2:14.42
3	Clare Severe	Walt Whitman	2015		2:14.82
4	Hallie Muniz	Winston Churchill	2023		2:15.15
5	Britt Eckerstrom	Northwest	2010		2:15.49
6	Brittney Wade	Bethesda Chevy Chase	2011		2:15.81
7	Leslie Morrison	Walt Whitman	2007		2:15.99
8	Abigail Green	Walter Johnson	2018		2:16.50
9	Karen Aherne	Northwest	2003	ht-2:16.4	2:16.64
10	Megan Raue	Walter Johnson	2025		2:16.71
11	Maryam Fikri	Winston Churchill	2010		2:16.85
12	Grace Finnegan	Richard Montgomery	2024		2:16.89
13	Ashlyn Sinclair	Montgomery Blair	2007		2:17.06
14	Morgane Gay	Walt Whitman	2008		2:17.11
15	Leslie Morrison	Walt Whitman	2006	ht-2:16.9	2:17.14
16	Leigh Rivlin	Walter Johnson	2003	ht-2:17.0	2:17.24
16	Ashlyn Sinclair	Montgomery Blair	2004	ht-2:17.0	2:17.24
18	Leslie Morrison	Walt Whitman	2008		2:17.31
19	Veronica Salcido	Thomas S. Wootton	2005	ht-2:17.1	2:17.34
20	Kathy Aherne	Northwest	2007		2:17.42
21	Jaayah Jenkins	James H. Blake	2024		2:17.51
22	Brittney Wade	Bethesda Chevy Chase	2012		2:17.66
23	Melissa Kameka	Damascus	2018		2:17.67
24	Emilie Creighton	James H. Blake	2024		2:17.73
25	Jaimie Smith	Paint Branch	2001	ht-2:17.5	2:17.74

## 800m Run All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Brittney Wade	Bethesda Chevy Chase	2011	2:15.81	Ashlyn Sinclair	Blair	2007	2:17.06
Jaayah Jenkins	Blake	2024	2:17.51	Hallie Muniz	Churchill	2023	2:15.15
Alyssa McCloskey	Clarksburg	2017	2:21.51	Melissa Kameka	Damascus	2018	2:17.67
Victoria Cabellos	Einstein	2013	2:20.64	Megan Kirby	Gaithersburg	2001	2:19.24
Abigail Green	Walter Johnson	2018	2:16.50	Karen Drewes	John F. Kennedy	1980	2:20.14
Tabitha Eisig	Magruder	2006	2:19.24	Grace Finnegan	Richard Montgomery	2023	2:14.42
Britt Eckerstrom	Northwest	2011	2:14.17	Anaya Bobo	Northwood	2019	2:24.09
Jaimie Smith	Paint Branch	2001	2:17.74	Erin Moore	Poolesville	2004	2:18.94
Meghan Cathey	Quince Orchard	1999	2:19.64	Sarah Jorgenson	Rockville	1982	2:22.14
Michelle Rafeedie	Seneca Valley	1998	2:21.74	Olivia Miller	Sherwood	2019	2:21.39
Ndidi Obichere	Springbrook	1999	2:20.04	Kecia Herod	Watkins Mill	1994	2:21.54
Sharkara Grant	Wheaton	1996	2:19.94	Clare Severe	Walt Whitman	2015	2:14.82
Veronica Salcido	Wootton	2005	2:17.34	Mary Beth Golsen	Peary	1981	2:20.44
Cindy Kearns	Charles Woodward	1982	2:21.24				

## Girls 800m Run County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 800m</u>
1980	Karen Drewes	John F. Kennedy	ht-2:19.9	2:20.14 R
1981	Mary Beth Golsen	Peary	ht-2:20.0	2:20.24
1982	Cindy Kearns	Charles Woodward	ht-2:21.0	2:21.24
1983	Cindy Kearns	Charles Woodward	ht-2:22.1	2:22.34
1984	Ginger Stewart	Winston Churchill	ht-2:22.0	2:22.24
1985	Beth Hanlon	Sherwood	ht-2:23.0	2:23.24
1986	Suzie Zilvitis	Walt Whitman	ht-2:22.1	2:22.34
1987	Helga Fuller	Thomas S. Wootton	ht-2:20.6	2:20.84
1988	Kathryan Russell	John F. Kennedy	ht-2:24.2	2:24.44
1989	Ayanna McIntosh	Springbrook	ht-2:22.4	2:22.64
1990	Ayanna McIntosh	Springbrook	ht-2:26.4	2:26.64
1991	Craig Lake	Walt Whitman	ht-2:23.1	2:23.34
1992	Erin Gorely	Gaithersburg	ht-2:26.6	2:26.84
1993	Melinda Beatty	Paint Branch	ht-2:24.7	2:24.94
1994	Sally Glynn	Walter Johnson	ht-2:17.7	2:17.94 R
1995	Laurel Hildebrandt	Gaithersburg	ht-2:28.6	2:28.84
1996	Sharkara Grant	Wheaton	ht-2:19.7	2:19.94
1997	Sarah Petit	Magruder	ht-2:22.4	2:22.64
1998	Michelle Rafeedie	Seneca Valley	ht-2:21.5	2:21.74
1999	Jenny Bodine	Walter Johnson	ht-2:17.7	2:17.94
2000	Megan Kirby	Gaithersburg	ht-2:19.7	2:19.94
2001	Jaimie Smith	Paint Branch	ht-2:17.5	2:17.74 R
2002	Jaimie Smith	Paint Branch	ht-2:22.7	2:22.94
2003	Karen Aherne	Northwest	ht-2:16.4	2:16.64 R
2004	Ashlyn Sinclair	Montgomery Blair	ht-2:17.0	2:17.24
2005	Veronica Salicido	Thomas S. Wootton	ht-2:17.1	2:17.34
2006	Leslie Morrison	Walt Whitman	ht-2:16.9	2:17.14
2007	Leslie Morrison	Walt Whitman		2:15.99 R
2008	Morgane Gay	Walt Whitman		2:17.11
2009	Grace Corbett	Thomas S. Wootton		2:22.90
2010	Britt Eckerstrom	Northwest		2:15.49 R
2011	Britt Eckerstrom	Northwest		2:14.17 R
2012	Brittney Wade	Bethesda Chevy Chase		2:17.66
2013	Caroline Beakes	Bethesda Chevy Chase		2:19.93
2014	Clare Severe	Walt Whitman		2:20.39
2015	Clare Severe	Walt Whitman		2:14.82
2016	Kyra Badrian	Paint Branch	ht-2:19.8	2:20.04
2017	Morgan Casey	Montgomery Blair		2:18.08
2018	Abigail Green	Walter Johnson		2:16.50
2019	Olivia Miller	Sherwood		2:21.39
2022	Grace Finnegan	Richard Montgomery		2:17.84
2023	Grace Finnegan	Richard Montgomery		2:14.42
2024	Grace Finnegan	Richard Montgomery		2:16.89
2025	Megan Raue	Walter Johnson		2:16.71

**Most outdoor county champions in this event: Walt Whitman 7**

## Boys 800m Run Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 800m
1	Wil Zahorodny	Damascus	2008		1:51.15
2	Diego Zarate	Northwest	2015		1:52.07
3	Jacob Martin	Paint Branch	2025		1:53.21
4	Antonio Palmer	Gaithersburg	2008		1:54.03
5	Oliver Lloyd	Paint Branch	2015		1:54.34
6	Andrew Jesien	Walter Johnson	2005	ht-1:54.3	1:54.54
7	Garrett Suhr	Richard Montgomery	2019		1:55.02
7	Mateo Gros-Slovinsky	Walt Whitman	2025		1:55.02
9	Darly Philogene	Springbrook	2025		1:55.11
10	Thierry Siewe Yanga	Montgomery Blair	2017		1:55.25
11	Joe Byrnes	Rockville	1988	ht-1:55.5	1:55.74
12	Eldon Phillips	Northwood	2018		1:55.84
13	Colin Abrams	Magruder	2023		1:56.18
14	Sofiane Compaore	Springbrook	2023		1:56.22
15	Sam Martin	Richard Montgomery	2011		1:56.24
16	Miguel Suero	Rockville	2015		1:56.37
16	Mateo Gros-Slovinsky	Walt Whitman	2024		1:56.37
18	Oliver Sykora	Sherwood	2025		1:56.42
19	Andrew Jesien	Walter Johnson	2003	ht-1:56.2	1:56.44
20	Jacob Martin	Paint Branch	2024		1:56.56
21	Emmanuel Porquin	Richard Montgomery	2015		1:56.70
22	Chase Osborne	Northwest	2018		1:56.72
23	Joshua Trzeciak	Thomas S. Wootton	2012		1:56.80
24	Chris Moen	Walter Johnson	2007		1:56.81
25	Lance Fletcher	Montgomery Blair	1982	ht-1:56.6	1:56.84

## 800m Run All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Derrick Harding	Bethesda-CC	1982	1:57.14	Thierry Siewe Yanga	Blair	2017	1:55.25
Chris Abubakar	Blake	2024	1:58.47	Will Conway	Churchill	2012	1:57.19
Francisco Mora	Clarksburg	2024	1:59.89	Wil Zahorodny	Damascus	2008	1:51.15
Alex Gary	Einstein	2007	1:57.42	Antonio Palmer	Gaithersburg	2008	1:54.03
Andrew Jesien	Walter Johnson	2005	1:54.54	Peeples	John F. Kennedy	1983	1:58.84
Colin Abrams	Magruder	2023	1:56.18	Garrett Suhr	Richard Montgomery	2019	1:55.02
Diego Zarate	Northwest	2015	1:52.07	Eldon Phillips	Northwood	2018	1:55.84
Jacob Martin	Paint Branch	2025	1:53.21	Ryan Lockett	Poolesville	2018	2:00.96
Reagan Lynch	Quince Orchard	2007	1:57.77	Joe Byrnes	Rockville	1988	1:55.74
Rose	Seneca Valley	1983	1:59.84	Oliver Sykora	Sherwood	2025	1:56.42
Darly Philogene	Springbrook	2025	1:55.11	Francis Bloom	Watkins Mill	2001	1:57.94
Maurice Valdez Perez	Wheaton	2025	2:00.51	Mateo Gros-Slovinsky	Walt Whitman	2025	1:55.02
Joshua Trzeciak	Wootton	2012	1:56.80	Gomes	Peary	1982	1:57.94

## Boys 800m Run County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 800m</u>
1980	Joe Cloud	Paint Branch	ht-1:58.8	1:59.04 R
1981	Patt Huott	Springbrook	ht-1:58.3	1:58.54 R
1982	Lance Fletcher	Montgomery Blair	ht-1:56.6	1:56.84 R
1983	Lance Fletcher	Montgomery Blair	ht-1:58.2	1:58.44
1984	Lance Fletcher	Montgomery Blair	ht-1:57.0	1:57.24
1985	Anand Digne	Walter Johnson	ht-1:57.9	1:58.14
1986	Anthony White	Albert Einstein	ht-1:59.5	1:59.74
1987	Tom Eagleson	Walt Whitman	ht-1:57.9	1:58.14
1988	Joe Byrnes	Rockville	ht-1:55.5	1:55.74 R
1989	Terrance Taylor	Albert Einstein	ht-1:59.3	1:59.54
1990	John Mondy	Springbrook	ht-2:01.9	2:02.14
1991	John Mondy	Springbrook	ht-1:58.6	1:58.84
1992	Balasz Koranyi	Walter Johnson	ht-1:57.8	1:58.04
1993	Peter Kimball	Walt Whitman	ht-1:58.7	1:58.94
1994	Peter Kimball	Walt Whitman	ht-1:56.8	1:57.04
1995	Martin Clunie	Gaithersburg	ht-2:01.2	2:01.44
1996	Jason Joubert	Richard Montgomery	ht-2:02.1	2:02.34
1997	Jed Fonner	Richard Montgomery	ht-1:58.9	1:59.14
1998	Ben Koch	Watkins Mill	ht-2:01.6	2:01.84
1999	Robbi Shrestha	Paint Branch	ht-1:58.4	1:58.64
2000	Robbi Shrestha	Paint Branch	ht-1:56.9	1:57.14
2001	Francis Bloom	Watkins Mill	ht-1:57.7	1:57.94
2002	Bryan Steele	Gaithersburg	ht-1:58.0	1:58.24
2003	Andrew Jesien	Walter Johnson	ht-1:56.2	1:56.44
2004	Aharon Conerly	James H. Blake	ht-1:59.6	1:59.84
2005	Andrew Jesien	Walter Johnson	ht-1:54.3	1:54.54 R
2006	Chris Moen	Walter Johnson	ht-1:57.8	1:58.04
2007	Chris Moen	Walter Johnson		1:56.81
2008	Wil Zahorodny	Damascus		1:51.15 R
2009	Antonio Palmer	Gaithersburg		1:58.39
2010	Josh Ellis	Walter Johnson		1:57.24
2011	Sam Martin	Richard Montgomery		1:56.24
2012	Joshua Trzeciak	Thomas S. Wootton		1:56.80
2013	Ben Withbroe	Albert Einstein		1:57.42
2014	Urgy Eado	Thomas S. Wootton		1:57.09
2015	Diego Zarate	Northwest		1:52.07
2016	Thierry Siewe Yanga	Montgomery Blair	ht-1:58:0	1:58.24
2017	Thierry Siewe Yanga	Montgomery Blair		1:55.25
2018	Eldon Phillips	Northwood		1:55.84
2019	Garrett Suhr	Richard Montgomery		1:55.02
2022	Colin Abrams	Magruder		1:57.76
2023	Colin Abrams	Magruder		1:56.18
2024	Mateo Gros-Slovinsky	Walt Whitman		1:56.37
2025	Jacob Martin	Paint Branch		1:53.21

**Most outdoor county champions in this event: Walter Johnson 7**

## Girls 1600m Run Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 1600m
1	Sally Glynn	Walter Johnson	1996	ht-4:50.0	4:50.24
2	Clare Severe	Walt Whitman	2013		4:57.23
3	Abigail Green	Walter Johnson	2018		4:57.69
4	Renee' Berry	Seneca Valley	1996	ht-4:58.9	4:59.14
5	Kiernan Keller	Walter Johnson	2014		4:59.28
6	Caroline Beakes	Bethesda Chevy Chase	2013		5:00.08
7	Clare Severe	Walt Whitman	2015		5:00.59
8	Katherine Morey	Winston Churchill	2024		5:00.74
9	Megan Raue	Walter Johnson	2025		5:00.81
10	Sally Glynn	Walter Johnson	1994	ht-5:00.6	5:00.84
11	Ella Zeigler	James H. Blake	2022		5:01.12
12	Katherine Morey	Winston Churchill	2025		5:01.16
13	Nora McUmber	Bethesda Chevy Chase	2014		5:01.30
14	Morgane Gay	Walt Whitman	2007		5:01.91
15	Grace Finnegan	Richard Montgomery	2024		5:02.11
16	Ani Bailin	Bethesda Chevy Chase	2025		5:02.93
17	Camille Bouvet	Walter Johnson	2011		5:02.99
18	Jessie Rubin	Thomas S. Wootton	2010		5:03.09
19	Abigail Green	Walter Johnson	2017		5:03.10
19	Ani Bailin	Bethesda Chevy Chase	2024		5:03.10
21	Katherine Greenwald	Walt Whitman	2024		5:04.03
22	Camille Bouvet	Walter Johnson	2010		5:04.18
23	Hallie Muniz	Winston Churchill	2024		5:04.43
24	Sally Glynn	Walter Johnson	1993	ht-5:04.9	5:05.14
25	Grace Finnegan	Richard Montgomery	2023		5:05.65

## 1600m Run All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Caroline Beakes	Bethesda Chevy Chase	2013	5:00.08	Halsey Sinclair	Blair	2006	5:07.66
Ella Zeigler	Blake	2022	5:01.12	Katherine Morey	Churchill	2024	5:00.74
Lucie Noall	Clarksburg	2013	5:11.83	Heather Delaplaine	Damascus	2016	5:13.04
Ciciely Davy	Einstein	2016	5:10.54	Lisa Winter	Gaithersburg	1984	5:08.24
Sally Glynn	Walter Johnson	1996	4:50.24	Beth Jacobson	John F. Kennedy	1985	5:09.24
Sarah Petit	Magruder	1997	5:15.24	Grace Finnegan	Richard Montgomery	2024	5:02.11
Audrey Wychulis	Northwest	2025	5:09.71	Cindy Kearns	Northwood	1982	5:12.84
Yasmine Kass	Paint Branch	2016	5:14.64	Chelsie Pennello	Poolesville	2012	5:21.56
Karen Pulliam	Quince Orchard	2001	5:11.24	Louise Mallet	Rockville	1981	5:13.64
Renee' Berry	Seneca Valley	1996	4:59.14	Theresa Pack	Sherwood	1982	5:07.64
Sydney Almeida	Springbrook	2013	5:12.90	Sarah Wassner	Watkins Mill	1997	5:17.04
Jennifer Kuta	Wheaton	1986	5:21.64	Clare Severe	Walt Whitman	2013	4:57.23
Jessie Rubin	Wootton	2010	5:03.09	Renate Hellman	Charles Woodward	1981	5:15.64

## Girls 1600m Run County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 1600m</u>
1980	Theresa Pack	Sherwood	ht-5:14.4	5:14.64 R
1981	Mari Pack	Sherwood	ht-5:13.0	5:13.24 R
1982	Theresa Pack	Sherwood	ht-5:07.4	5:07.64 R
1983	Tammy Devore	Winston Churchill	ht-5:13.1	5:13.34
1984	Lisa Winter	Gaithersburg	ht-5:08.0	5:08.24
1985	Beth Jacobson	John F. Kennedy	ht-5:09.0	5:09.24
1986	Virginia Mattingly	Walt Whitman	ht-5:17.0	5:17.24
1987	Jennifer Kuta	Rockville	ht-5:22.5	5:22.74
1988	Jennifer Kuta	Rockville	ht-5:30.0	5:30.24
1989	Heather Codd	Gaithersburg	ht-5:25.0	5:25.24
1990	Erin Gorely	Gaithersburg	ht-5:32.0	5:32.24
1991	Erin Gorely	Gaithersburg	ht-5:26.0	5:26.24
1992	Rebecca Bell	Poolesville	ht-5:22.8	5:23.04
1993	Sally Glynn	Walter Johnson	ht-5:04.9	5:05.14 R
1994	Sally Glynn	Walter Johnson	ht-5:00.6	5:00.84 R
1995	Suzu Burr	Richard Montgomery	ht-5:17.8	5:18.04
1996	Sally Glynn	Walter Johnson	ht-4:50.0	4:50.24 R
1997	Sarah Petit	Magruder	ht-5:15.0	5:15.24
1998	Hannah Benjamin	Damascus	ht-5:13.1	5:13.34
1999	Cecily Garber	Richard Montgomery	ht-5:13.8	5:14.04
2000	Karen Pulliam	Quince Orchard	ht-5:11.3	5:11.54
2001	Karen Pulliam	Quince Orchard	ht-5:11.0	5:11.24
2002	Ashley St. Denis	Walter Johnson	ht-5:12.0	5:12.24
2003	Ashley St. Denis	Walter Johnson	ht-5:19.8	5:20.04
2004	Halsey Sinclair	Montgomery Blair	ht-5:07.8	5:08.04
2005	Veronica Salicido	Thomas S. Wootton	ht-5:09.1	5:09.34
2006	Halsey Sinclair	Montgomery Blair		5:07.66
2007	Morgane Gay	Walt Whitman		5:01.91
2008	Johanna Gretschel	Montgomery Blair		5:11.18
2009	Jessie Rubin	Thomas S. Wootton		5:11.23
2010	Jessie Rubin	Thomas S. Wootton		5:03.09
2011	Camille Bouvet	Walter Johnson		5:02.99
2012	Chelsie Pennello	Poolesville		5:21.56
2013	Clare Severe	Walt Whitman		4:57.23
2014	Kiernan Keller	Walter Johnson		4:59.25
2015	Clare Severe	Walt Whitman		5:00.59
2016	Ciciely Davy	Albert Einstein	ht-5:10.3	5:10.54
2017	Abigail Green	Walter Johnson		5:03.10
2018	Abigail Green	Walter Johnson		4:57.69
2019	Ella Gaul	Walter Johnson		5:11.12
2022	Ella Zeigler	James H. Blake		5:01.12
2023	Grace Finnegan	Richard Montgomery		5:05.65
2024	Katherine Morey	Winston Churchill		5:00.74
<b>2025</b>	Megan Raue	Walter Johnson		5:00.81

**Most outdoor county champions in this event: Walter Johnson 11**

**Boys 1600m Run Top 25 All-Time | HT-Penalty = 0.24**

#	Name	High School	Year	Actual Perf.	Equivalent 1600m
1	Chris Moen	Walter Johnson	2008		4:13.05
2	Diego Zarate	Northwest	2015		4:13.53
3	Alex Willett	Walter Johnson	2011		4:14.47
4	Mateo Gros-Slovinsky	Walt Whitman	2025		4:14.72
5	Diego Zarate	Northwest	2014		4:15.58
6	Chris Moen	Walter Johnson	2006	ht-4:15.9	4:16.14
7	Ryan Lockett	Poolesville	2017		4:16.65
8	Ryan Janes	Gaithersburg	2006	ht-4:16.7	4:16.94
9	Andrew Jesien	Walter Johnson	2005	ht-4:17.4	4:17.64
10	Chris Miller	Northwest	2011		4:18.21
11	Evan Woods	Walt Whitman	2014		4:18.57
12	Urgy Eado	Thomas S. Wootton	2014		4:18.69
13	Chase Weaverling	Poolesville	2014		4:18.89
14	Colin Abrams	Magruder	2023		4:19.11
15	Rohann Asfaw	Richard Montgomery	2016	ht-4:19.1	4:19.34
16	Ryan Lockett	Poolesville	2018		4:19.41
17	William Ryba	Walt Whitman	2015		4:19.53
18	Emmanuel Porquin	Richard Montgomery	2015		4:19.83
19	Mateo Gros-Slovinsky	Walt Whitman	2024		4:19.84
20	Kyle Gaffney	James H. Blake	2006	ht-4:19.8	4:20.04
21	Sofiane Compaore	Springbrook	2023		4:20.48
22	Balasz Koranyi	Walter Johnson	1991	ht-4:20.3	4:20.54
22	Danniel Belay	Gaithersburg	2014		4:20.54
24	Rohann Asfaw	Richard Montgomery	2017		4:20.61
25	Elias Tousley	Bethesda Chevy Chase	2006	ht-4:20.4	4:20.64

**1600m Run All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet**

Name	School	Year	Result	Name	School	Year	Result
Elias Tousley	Bethesda Chevy Chase	2006	4:20.64	Amanuel Asefaw	Blair	1986	4:21.24
Kyle Gaffney	Blake	2006	4:20.04	Steve Hayes	Churchill	2001	4:21.54
Will Bertrand	Clarksburg	2013	4:22.53	Tamrat Snyder	Damascus	2019	4:21.64
Simeon Mussie	Einstein	2018	4:21.09	Ryan Janes	Gaithersburg	2006	4:16.94
Chris Moen	Walter Johnson	2008	4:13.05	Binyam Tadesse	John F. Kennedy	2015	4:29.47
Colin Abrams	Magruder	2023	4:19.11	Rohann Asfaw	R. Montgomery	2016	4:19.34
Diego Zarate	Northwest	2015	4:13.53	Mulisa Regassa	Northwood	2019	4:22.38
Troy Baker	Paint Branch	1988	4:25.04	Ryan Lockett	Poolesville	2017	4:16.65
Liam Walsh	Quince Orchard	2016	4:23.24	Dave Petzold	Rockville	1985	4:21.24
Alejandro Berrio	Seneca Valley	2023	4:22.03	Joe McGirr	Sherwood	1983	4:25.74
Sofiane Compaore	Springbrook	2023	4:20.48	Matias Palavecino	Watkins Mill	1998	4:29.24
Ezra Gashaw	Wheaton	2023	4:27.84	Mateo Gros-Slovinsky	Walt Whitman	2025	4:14.72
Urgy Eado	Wootton	2014	4:18.69	Doug Halpin	Peary	1980	4:24.34

## Boys 1600m Run County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 1600m</u>
1980	Doug Halpin	Peary	ht-4:24.1	4:24.34 R
1981	Dave Mills	Albert Einstein	ht-4:22.9	4:23.14 R
1982	Lance Fletcher	Montgomery Blair	ht-4:24.9	4:25.14
1983	Lance Fletcher	Montgomery Blair	ht-4:21.8	4:22.04 R
1984	Keno Weingarten	Bethesda Chevy Chase	ht-4:21.8	4:22.04
1985	Dave Petzold	Rockville	ht-4:21.0	4:21.24 R
1986	Amanuel Asefaw	Montgomery Blair	ht-4:21.0	4:21.24
1987	David Moldvay	Albert Einstein	ht-4:25.5	4:25.74
1988	Troy Baker	Paint Branch	ht-4:24.8	4:25.04
1989	Terrance Taylor	Albert Einstein	ht-4:33.7	4:33.94
1990	Matt Ellis	Bethesda Chevy Chase	ht-4:35.5	4:35.74
1991	Balasz Koranyi	Walter Johnson	ht-4:20.3	4:20.54 R
1992	Pascal Dobert	Walt Whitman	ht-4:24.5	4:24.74
1993	Josh Orenstein	Walter Johnson	ht-4:29.5	4:29.74
1994	Josh Orenstein	Walter Johnson	ht-4:36.4	4:36.64
1995	Brian Hetherington	Quince Orchard	ht-4:34.6	4:34.84
1996	Ed Tufaro	Walt Whitman	ht-4:27.0	4:27.24
1997	Ed Tufaro	Walt Whitman	ht-4:26.2	4:26.44
1998	Matias Palavecino	Watkins Mill	ht-4:29.0	4:29.24
1999	David Glynn	Walter Johnson	ht-4:23.8	4:24.04
2000	Vic Mathrani	Winston Churchill	ht-4:23.8	4:24.04
2001	Steve Hayes	Winston Churchill	ht-4:21.3	4:21.54
2002	Awit Yohannes	Magruder	ht-4:25.0	4:25.24
2003	Eric Pauley	Gaithersburg	ht-4:22.0	4:22.24
2004	Zach Martinez	Gaithersburg	ht-4:23.3	4:23.54
2005	Andrew Jesien	Walter Johnson	ht-4:17.4	4:17.64 R
2006	Chris Moen	Walter Johnson	ht-4:15.9	4:16.14 R
2007	Elias Tousley	Bethesda Chevy Chase		4:23.86
2008	Chris Moen	Walter Johnson		4:13.05 R
2009	Andrew Palmer	Walt Whitman		4:26.30
2010	Alex Willett	Walter Johnson		4:21.99
2011	Alex Willett	Walter Johnson		4:14.47
2012	Joshua Trzeciak	Thomas S. Wootton		4:21.03
2013	Joshua Trzeciak	Thomas S. Wootton		4:21.04
2014	Diego Zarate	Northwest		4:15.58
2015	Diego Zarate	Northwest		4:13.53
2016	Rohann Asfaw	Richard Montgomery	ht-4:19.1	4:19.34
2017	Ryan Lockett	Poolesville		4:16.65
2018	Ryan Lockett	Poolesville		4:19.41
2019	Tamrat Snyder	Damascus		4:21.64
2022	Andrew Schell	Walter Johnson		4:22.76
2023	Colin Abrams	Magruder		4:19.11
2024	Mateo Gros-Slovinsky	Walt Whitman		4:19.84
2025	Mateo Gros-Slovinsky	Walt Whitman		4:14.72

**Most outdoor county champions in this event: Walter Johnson 10**

## Girls 3200m Run Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 3200m
1	Bethlehem Taye	Paint Branch	2016	ht-10:38.8	10:39.04
2	Abigail Green	Walter Johnson	2018		10:39.33
3	Ani Bailin	Bethesda Chevy Chase	2025		10:39.60
4	Abigail Green	Walter Johnson	2016	ht-10:47.0	10:47.24
5	Katherine Greenwald	Walt Whitman	2025		10:48.73
6	Ella Werkman	Walt Whitman	2024		10:48.80
7	Katherine Morey	Winston Churchill	2025		10:52.10
8	Ani Bailin	Bethesda Chevy Chase	2024		10:52.35
9	Emma Colavito	Richard Montgomery	2025		10:52.66
10	Ella Zeigler	James H. Blake	2022		10:53.20
11	Ella Werkman	Walt Whitman	2025		10:54.45
12	Abigail Green	Walter Johnson	2017		10:59.90
13	Sally Glynn	Walter Johnson	1995	ht-11:00.5	11:00.74
14	Nora McUmbur	Bethesda Chevy Chase	2014		11:00.90
15	Halsey Sinclair	Montgomery Blair	2006	ht-11:01.3	11:01.54
16	Beth Jacobson	John F. Kennedy	1983	ht-11:03.3	11:03.54
17	Bethlehem Taye	Paint Branch	2015		11:05.90
18	Sally Glynn	Walter Johnson	1993	ht-11:06.6	11:06.84
19	Emma Eckerstrom	Northwest	2006	ht-11:06.9	11:07.14
20	Kiernan Keller	Walter Johnson	2014		11:07.26
21	Sophie Harjes	Bethesda Chevy Chase	2023		11:07.88
22	Halsey Sinclair	Montgomery Blair	2007		11:09.06
23	Katherine Greenwald	Walt Whitman	2024		11:09.84
24	Ani Bailin	Bethesda Chevy Chase	2023		11:11.23
25	Halsey Sinclair	Montgomery Blair	2004	ht-11:11.2	11:11.44

## 3200m Run All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Ani Bailin	Bethesda Chevy Chase	2025	10:39.60	Halsey Sinclair	Blair	2006	11:01.54
Ella Zeigler	Blake	2022	10:53.20	Katherine Morey	Churchill	2025	10:52.10
Abbey Daley	Clarksburg	2013	11:30.79	Hannah Benjamin	Damascus	1998	11:21.94
Ciciely Davy	Einstein	2016	11:15.54	Laurel Hilderbrant	Gaithersburg	1996	11:20.54
Abigail Green	Walter Johnson	2018	10:39.33	Beth Jacobson	John F. Kennedy	1983	11:03.54
Amber Duffin	Magruder	2004	11:49.24	Emma Colavito	R. Montgomery	2025	10:52.66
Emma Eckerstrom	Northwest	2006	11:07.14	Maya Ducker	Northwood	2023	11:17.14
Bethlehem Taye	Paint Branch	2016	10:39.04	Nandini Satsangi	Poolesville	2018	11:15.35
Anya Oleynik	Quince Orchard	2006	11:18.84	Raley	Rockville	1980	11:35.14
Renee' Berry	Seneca Valley	1996	11:15.84	Madeline Quirion	Sherwood	2025	11:16.63
Sydney Almeida	Springbrook	2013	11:24.27	Rebecca Wassner	Watkins Mill	1993	11:38.14
Gelila Hailemariam	Wheaton	2015	12:11.99	Katherine Greenwald	Walt Whitman	2025	10:48.73
Jessie Rubin	Wootton	2010	11:16.34	Jessica Caplan	Charles Woodward	1987	12:17.04

## Girls 3200m Run County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 3200m</u>
1980	Theresa DeGuzman	Winston Churchill	ht-11:25.6	11:25.84 R
1981	Kim Kokulis	Winston Churchill	ht-11:46.0	11:46.24
1982	Mary Bodnar	Albert Einstein	ht-11:21.2	11:21.44 R
1983	Beth Jacobson	John F. Kennedy	ht-11:03.3	11:03.54 R
1984	Lisa Winter	Gaithersburg	ht-11:22.0	11:22.24
1985	Tammy DeVore	Winston Churchill	ht-11:46.0	11:46.24
1986	Jenny Pawlak	Magruder	ht-12:07.0	12:07.24
1987	Jenny Pawlak	Magruder	ht-12:06.0	12:06.24
1988	Kendra Hershey	Bethesda Chevy Chase	ht-12:27.6	12:27.84
1989	Kim Many	John F. Kennedy	ht-11:27.2	11:27.44
1990	Craig Lake	Walt Whitman	ht-11:45.7	11:45.94
1991	Tenley Ludewig	Winston Churchill	ht-12:06.2	12:06.44
1992	Claire Torchia	Bethesda Chevy Chase	ht-11:49.3	11:49.54
1993	Sally Glynn	Walter Johnson	ht-11:06.6	11:06.84
1994	Sally Glynn	Walter Johnson	ht-11:17.1	11:17.34
1995	Sally Glynn	Walter Johnson	ht-11:00.5	11:00.74 R
1996	Renee' Berry	Seneca Valley	ht-11:15.6	11:15.84
1997	Hannah Benjamin	Damascus	ht-11:34.7	11:34.94
1998	Hannah Benjamin	Damascus	ht-11:21.7	11:21.94
1999	Lucinda Hull	Quince Orchard	ht-11:31.6	11:31.84
2000	Karen Pulliam	Quince Orchard	ht-11:21.2	11:21.44
2001	Karen Pulliam	Quince Orchard	ht-11:27.3	11:27.54
2002	Ashley St. Denis	Walter Johnson	ht-11:40.0	11:40.24
2003	Beth Catherwood	Bethesda Chevy Chase	ht-11:25.9	11:26.14
2004	Halsey Sinclair	Montgomery Blair	ht-11:11.2	11:11.44
2005	Halsey Sinclair	Montgomery Blair	ht-11:17.0	11:17.24
2006	Halsey Sinclair	Montgomery Blair	ht-11:01.3	11:01.54
2007	Halsey Sinclair	Montgomery Blair		11:09.06
2008	Britt Eckerstrom	Northwest		11:19.40
2009	Jessie Rubin	Thomas S. Wootton		11:17.75
2010	Jessie Rubin	Thomas S. Wootton		11:16.34
2011	Anna Ryba	Walt Whitman		11:21.67
2012	Caroline Beakes	Bethesda Chevy Chase		11:24.62
2013	Caroline Beakes	Bethesda Chevy Chase		11:19.74
2014	Nora McUmbur	Bethesda Chevy Chase		11:00.90
2015	Bethlehem Taye	Paint Branch		11:05.90
2016	Bethlehem Taye	Paint Branch	ht-10:38.8	10:39.04 R
2017	Abigail Green	Walter Johnson		10:59.90
2018	Abigail Green	Walter Johnson		10:39.33
2019	Jenna Goldberg	Walter Johnson		11:18.59
2022	Ella Zeigler	James H. Blake		10:53.20
2023	Sophie Harjes	Bethesda Chevy Chase		11:07.88
2024	Ella Werkman	Walt Whitman		10:48.80
<b>2025</b>	Ani Bailin	Bethesda Chevy Chase		10:39.60

**Most outdoor county champions in this event: B-CC 8**

## Boys 3200m Run Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 3200m
1	Eldad Mulugeta	Northwood	2019		9:02.19
2	Kris Herdt	Walt Whitman	1984	ht-9:04.0	9:04.24
3	Evan Woods	Walt Whitman	2015		9:20.65
4	Obsaa Feda	Northwood	2019		9:22.26
5	Rohann Asfaw	Richard Montgomery	2015		9:23.03
6	Mike Hoppes	Seneca Valley	1981	ht-9:24.6	9:24.84
7	Bern Altman	Albert Einstein	1981	ht-9:25.0	9:25.24
8	Chris Miller	Northwest	2011		9:27.76
9	Edward Lyness	Montgomery Blair	2022		9:28.63
10	Andrew Palmer	Walt Whitman	2010		9:28.72
11	Ryan Lockett	Poolesville	2017		9:28.73
12	Duncan Manville	Bethesda Chevy Chase	1986	ht-9:28.6	9:28.84
13	Andrew Schell	Walter Johnson	2022		9:29.02
14	Chase Weaverling	Poolesville	2014		9:29.09
15	Elias Tousley	Bethesda Chevy Chase	2007		9:29.30
16	Chase Weaverling	Poolesville	2013		9:30.32
17	Will Bertrand	Clarksburg	2012		9:30.35
18	Evan Laratta	Quince Orchard	2012		9:30.77
19	Itai Bezherano	Walter Johnson	2015		9:31.08
20	Sebastien Breton	Winston Churchill	2022		9:31.19
21	Kyle Gaffney	James H. Blake	2006	ht-9:31.0	9:31.24
22	Sofiane Compaore	Springbrook	2023		9:31.46
23	Adam Nakasaka	Bethesda Chevy Chase	2017		9:32.17
24	Ryan Lockett	Poolesville	2018		9:32.20
25	Mateo Gros-Slovinsky	Walt Whitman	2025		9:32.23

## 3200m Run All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Duncan Manville	Bethesda Chevy Chase	1986	9:28.84	Edward Lyness	Blair	2022	9:28.63
Kyle Gaffney	Blake	2006	9:31.24	Sebastien Breton	Churchill	2022	9:31.19
Will Bertrand	Clarksburg	2012	9:30.35	Ricky Flynn	Damascus	2005	9:36.04
Bern Altman	Einstein	1981	9:25.24	Mike Murray	Gaithersburg	1999	9:33.44
Andrew Schell	Walter Johnson	2022	9:29.02	Binyam Tadesse	John F. Kennedy	2014	10:05.84
Awit Yohannes	Magruder	2002	9:41.24	Rohann Asfaw	R. Montgomery	2015	9:23.03
Chris Miller	Northwest	2011	9:27.76	Eldad Mulugeta	Northwood	2019	9:02.19
Amanueal Tensaye	Paint Branch	2019	9:49.07	Ryan Lockett	Poolesville	2017	9:28.73
Evan Laratta	Quince Orchard	2012	9:30.77	Jefferson Regitz	Rockville	2025	9:37.02
Mike Hoppes	Seneca Valley	1981	9:24.84	Demitrios Rementelas	Sherwood	2025	9:34.06
Sofiane Compaore	Springbrook	2023	9:31.46	Brenton Peterson	Watkins Mill	2003	9:39.44
Matias Ketema	Wheaton	2023	9:51.01	Kris Herdt	Walt Whitman	1984	9:04.24
Edward Sun	Wootton	2025	9:39.79	Doug Halpin	Peary	1980	9:40.14
James Camp	Charles Woodward	1982	9:33.44				

## Boys 3200m Run County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 3200m</u>
1980	Doug Rohrer	Seneca Valley	ht-9:32.5	9:32.74 R
1981	Mike Hoppes	Seneca Valley	ht-9:24.6	9:24.84 R
1982	James Camp	Charles Woodward	ht-9:33.2	9:33.44
1983	Val Bloomberg	Winston Churchill	ht-9:44.5	9:44.74
1984	Kris Herdt	Walt Whitman	ht-9:04.0	9:04.24 R
1985	Amanuel Asefaw	Montgomery Blair	ht-9:51.8	9:52.04
1986	Duncan Manville	Bethesda Chevy Chase	ht-9:28.6	9:28.84
1987	Greg Andre	Walter Johnson	ht-9:53.4	9:53.64
1988	Greg Andre	Walter Johnson	ht-10:00.7	10:00.94
1989	Terrance Taylor	Albert Einstein	ht-9:52.0	9:52.24
1990	Pim Broekman	Bethesda Chevy Chase	ht-9:49.5	9:49.74
1991	Troy Harry	Quince Orchard	ht-9:59.7	9:59.94
1992	Troy Harry	Quince Orchard	ht-9:59.1	9:59.34
1993	David Harry	Quince Orchard	ht-10:02.3	10:02.54
1994	Josh Orenstein	Walter Johnson	ht-10:13.0	10:13.24
1995	Elliot Person	Watkins Mill	ht-10:09.4	10:09.64
1996	Michael Taye	Richard Montgomery	ht-9:59.5	9:59.74
1997	Brian Walsman	Quince Orchard	ht-9:45.6	9:45.84
1998	Jarrett Van Tine	Bethesda Chevy Chase	ht-9:36.4	9:36.64
1999	Mike Murray	Gaithersburg	ht-9:33.2	9:33.44
2000	Matt Seymour	Magruder	ht-9:44.7	9:44.94
2001	Steve Hayes	Winston Churchill	ht-9:43.5	9:43.74
2002	Awit Yohannes	Magruder	ht-9:41.0	9:41.24
2003	Eric Pauley	Gaithersburg	ht-9:34.0	9:34.24
2004	Zach Martinez	Gaithersburg	ht-9:39.4	9:39.64
2005	Ricky Flynn	Damascus	ht-9:35.8	9:36.04
2006	Kyle Gaffney	James H. Blake	ht-9:31.0	9:31.24
2007	Elias Tousley	Bethesda Chevy Chase		9:29.30
2008	Neal Darmody	Quince Orchard		9:33.02
2009	Solomon Haile	Sherwood		9:37.74
2010	Andrew Palmer	Walt Whitman		9:28.72
2011	Chris Miller	Northwest		9:27.76
2012	Will Bertrand	Clarksburg		9:30.35
2013	Chase Weaverling	Poolesville		9:30.32
2014	Chase Weaverling	Poolesville		9:29.09
2015	Evan Woods	Walt Whitman		9:20.65
2016	Rohann Asfaw	Richard Montgomery	ht-9:35.0	9:35.24
2017	Ryan Lockett	Poolesville		9:28.73
2018	Ryan Lockett	Poolesville		9:32.20
2019	Eldad Mulugeta	Northwood		9:02.19 R
2022	Edward Lyness	Montgomery Blair		9:28.63
2023	Sofiane Compaore	Springbrook		9:31.46
2024	Mateo Gros-Slovinsky	Walt Whitman		9:36.97
2025	Mateo Gros-Slovinsky	Walt Whitman		9:32.23

**Most outdoor county champions in this event: Quince Orchard, Whitman 5**

## Girls 100m Hurdles Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 110m Hurdles
1	Audrey Gariepy-Bogui	Winston Churchill	2007		14.05
2	Eddita Pessima	Northwest	2018		14.17
3	Audrey Gariepy-Bogui	Winston Churchill	2007	sf	14.22
4	Alexus Pyles	Clarksburg	2015	sf	14.27
5	Laila Ismail	Bethesda Chevy Chase	2014		14.35
6	Thea LaFond	John F. Kennedy	2011		14.43
7	Alexus Pyles	Clarksburg	2014		14.47
8	Alexus Pyles	Clarksburg	2015		14.49
9	Eddita Pessima	Northwest	2017		14.54
10	Gwen Shaw	Thomas S. Wootton	2012		14.56
11	Gwen Shaw	Thomas S. Wootton	2013		14.62
12	Tyhler Davis	Magruder	2002	ht-14.4	14.64
12	Alexus Pyles	Clarksburg	2016	ht-14.4	14.64
14	Kaya Rae Dunbar	Paint Branch	2017		14.65
15	Erika Zoller	Damascus	2004	sf	14.67
16	Kaya Rae Dunbar	Paint Branch	2019		14.69
17	Kaya Rae Dunbar	Paint Branch	2018		14.71
18	Elena Juarez	Gaithersburg	2025		14.72
19	Erika Zoller	Damascus	2004	ht-14.5	14.74
19	Erika Zoller	Damascus	2005	ht-14.5	14.74
21	Katherine Salke	Sherwood	2009		14.75
22	Gwen Shaw	Thomas S. Wootton	2013	sf	14.76
23	Shaakira Raheem	Albert Einstein	2007		14.79
24	LaDonna Gooden	Albert Einstein	1986	ht-14.6	14.84
24	Renee Holtz	John F. Kennedy	1995	ht-14.6	14.84
24	Danielle Watson	Gaithersburg	2002	ht-14.6	14.84
24	Thea LaFond	John F. Kennedy	2009		14.84
24	Malak Fadlalla	Springbrook	2025		14.84

## 100m Hurdles All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Laila Ismail	Bethesda Chevy Chase	2014	14.35	Kafilat Oladiran	Blair	2013	15.26
Imani Ngala	Blake	2025	15.64	Audrey Gariepy-Bogui	Churchill	2007	14.05
Alexus Pyles	Clarksburg	2015	14.27	Erika Zoller	Damascus	2004	14.67
Shaakira Raheem	Einstein	2007	14.79	Elena Juarez	Gaithersburg	2025	14.72
Hilary Moen	Walter Johnson	2005	15.24	Thea LaFond	John F. Kennedy	2011	14.43
Tyhler Davis	Magruder	2002	14.64	Danielle Crowley	Richard Montgomery	2011	15.63
Eddita Pessima	Northwest	2018	14.17	Addison Finlay	Northwood	2025	15.14
Kaya Rae Dunbar	Paint Branch	2017	14.65	Olivia Durr	Poolesville	2009	14.95
Melanie Cathey	Quince Orchard	2000	15.34	Nicole Kuria	Rockville	2024	15.44
HelnSarah Penda	Seneca Valley	2014	14.96	Katherine Salke	Sherwood	2009	14.75
Malak Fadlalla	Springbrook	2025	14.84	Alicia Tucker	Watkins Mill	1997	15.64
Angie Padua	Wheaton	1985	15.64	Madeleine Entwistle	Walt Whitman	2012	15.51
Gwen Shaw	Wootton	2012	14.56	Virgil	Peary	1980	18.04
Monica Kuhn	Charles Woodward	1982	16.44				

## Girls 100m Hurdles County Champions

<b>Year</b>	<b>Name</b>	<b>High School</b>	<b>Actual Perf.</b>	<b>Equivalent 100m Hurdles</b>
1980	Joy Duncan	Northwood	ht-16.0	16.24 R
1981	Denise Grimaldi	Walter Johnson	ht-16.2	16.44
1982	Wendy Peal	Winston Churchill	ht-15.7	15.94 R
1983	Denise Grimaldi	Walter Johnson	ht-15.6	15.84 R
1984	LaDonna Gooden	Albert Einstein	ht-15.8	16.04
1985	Angie Padua	Wheaton	ht-15.4	15.64 R
1986	LaDonna Gooden	Albert Einstein	ht-14.6	14.84 R
1987	Diane Winter	Montgomery Blair	ht-16.1	16.34
1988	Judith Owens	Albert Einstein	ht-14.9	15.14
1989	Jessica Garruto	Damascus	ht-17.3	17.54
1990	Angie Mitchell	Montgomery Blair	ht-15.8	16.04
1991	Torrey Simons	Walter Johnson	ht-15.9	16.14
1992	Torrey Simons	Walter Johnson	ht-15.9	16.14
1993	Katia Crowe	Seneca Valley	ht-15.6	15.84
1994	Renee Holtz	John F. Kennedy	ht-15.4	15.64
1995	Renee Holtz	John F. Kennedy	ht-14.6	14.84
1996	Ilana Finely	Albert Einstein	ht-14.8	15.04
1997	Carlesha King	Damascus	ht-15.2	15.44
1998	Genie Lavine	Gaithersburg	ht-15.3	15.54
1999	Genie Lavine	Gaithersburg	ht-15.2	15.44
2000	Melanie Cathey	Quince Orchard	ht-15.1	15.34
2001	Tyhler Davis	Magruder	ht-14.9	15.14
2002	Tyhler Davis	Magruder	ht-14.4	14.64 R
2003	Elaina Smith	Gaithersburg	ht-15.0	15.24
2004	Erika Zoller	Damascus	ht-14.5	14.74
2005	Erika Zoller	Damascus	ht-14.5	14.74
2006	Shaakira Raheem	Albert Einstein		15.24
2007	Audrey Gariepy-Bogui	Winston Churchill		14.05 R
2008	Amirah Polite	Winston Churchill		15.18
2009	Katherine Salke	Sherwood		14.75
2010	Thea LaFond	John F. Kennedy		15.16
2011	Thea LaFond	John F. Kennedy		14.43
2012	Gwen Shaw	Thomas S. Wootton		14.56
2013	Gwen Shaw	Thomas S. Wootton		14.62
2014	Laila Ismail	Bethesda Chevy Chase		14.35
2015	Alexus Pyles	Clarksburg		14.49
2016	Alexus Pyles	Clarksburg	ht-14.4	14.64
2017	Eddita Pessima	Northwest		14.54
2018	Eddita Pessima	Northwest		14.17
2019	Kaya Rae Dunbar	Paint Branch		14.69
2022	Aliyah Rahman	Northwest		14.88
2023	Elena Juarez	Gaithersburg		15.36
2024	Elena Juarez	Gaithersburg		14.90
2025	Elena Juarez	Gaithersburg		14.72

**Most outdoor county champions in this event: Gaithersburg 6**

## Boys 110m Hurdles Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 110m Hurdles
1	Ron Frazier	Gaithersburg	2000	ht-13.7	13.94
2	Shyheim Wright	Northwest	2016	ht-13.8	14.04
3	Devon Hairston	John F. Kennedy	2014		14.35
4	Trevon Carroll	Gaithersburg	2010		14.52
5	Amadou Silimana	Watkins Mill	2019		14.50
6	Dewayne Whitaker	Northwest	2003	ht-14.3	14.54
6	Adam Durham	Paint Branch	2003	ht-14.3	14.54
6	Shyheim Wright	Northwest	2014		14.54
9	Vincent Bosha	Magruder	2006		14.58
10	Roberto Terrell, Jr.	Quince Orchard	2023	sf	14.60
11	Roberto Terrell, Jr.	Quince Orchard	2023		14.63
12	Zack Adams	Magruder	1997	ht-14.4	14.64
13	Aliou Cole	John F. Kennedy	2014		14.70
14	Petros Bein	Clarksburg	2008		14.71
15	Kamar Sutherland	Watkins Mill	2023		14.72
16	Kendall Butler	Magruder	1984	ht-14.5	14.74
16	Treavor Bellandi	Seneca Valley	1989	ht-14.5	14.74
16	Eric Eursiafe	Gaithersburg	1994	ht-14.5	14.74
16	Matt McGuire	Richard Montgomery	1998	ht-14.5	14.74
16	Zack Adams	Magruder	1998	ht-14.5	14.74
16	Joey Robinson	Gaithersburg	2005	ht-14.5	14.74
16	Devon Hairston	John F. Kennedy	2014	sf	14.74
23	Paul Joseph	Clarksburg	2013		14.75
23	Shiloh Bryant-Serrano	Paint Branch	2025		14.75
25	Stefan Grundmann	Walt Whitman	2006		14.76

## 110m Hurdles All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Alex Gray	Bethesda Chevy Chase	2006	15.00	Tony Best	Blair	1980	14.84
Alpha Sylla	Blake	2004	15.19	Ray Leonard	Churchill	1990	15.34
Petros Bein	Clarksburg	2008	14.71	Jon Snelson	Damascus	1995	15.34
Brad Hansen	Einstein	1980	14.94	Ron Frazier	Gaithersburg	2000	13.94
Vaclav Malek	Walter Johnson	2001	14.94	Devon Hairston	John F. Kennedy	2014	14.35
Vincent Bosha	Magruder	2006	14.58	Matt McGuire	Richard Montgomery	1998	14.74
Shyheim Wright	Northwest	2016	14.04	Jayden Apenteng	Northwood	2025	15.05
Adam Durham	Paint Branch	2003	14.54	Harrison Peek	Poolesville	2024	15.51
Roberto Terrell, Jr.	Quince Orchard	2023	14.60	Wright	Rockville	1980	15.54
Treavor Bellandi	Seneca Valley	1989	14.74	Tim Rivenbark	Sherwood	1989	14.94
JK Apraku Gyau	Springbrook	1997	14.94	Amadou Silimana	Watkins Mill	2019	14.50
Willie Johnson	Wheaton	1986	15.34	Stefan Grundmann	Walt Whitman	2006	14.76
Alan Banks	Wootton	2014	15.01	Gerald Hinton	Peary	1982	15.24
Rob Keiser	Charles Woodward	1986	15.54				

## Boys 110m Hurdles County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 110m Hurdles</u>
1980	Tony Best	Montgomery Blair	ht-14.6	14.84 R
1981	Bobby Wright	John F. Kennedy	ht-15.0	15.24
1982	Tony Golding	Montgomery Blair	ht-14.9	15.14
1983	Gary Greene	Northwood	ht-15.2	15.44
1984	Kendall Butler	Magruder	ht-14.5	14.74 R
1985	Adae LeMone	John F. Kennedy	ht-14.9	15.14
1986	Adae LeMone	John F. Kennedy	ht-14.7	14.94
1987	Pat Menefee	Thomas S. Wootton	ht-15.2	15.44
1988	Ivan Charles	Albert Einstein	ht-15.2	15.44
1989	Treavor Bellandi	Seneca Valley	ht-14.5	14.74
1990	Ray Leonard	Winston Churchill	ht-15.1	15.34
1991	David Pinalto	Quince Orchard	ht-15.2	15.44
1992	Phil Marshall	Springbrook	ht-14.8	15.04
1993	Jesse Patterson	Bethesda Chevy Chase	ht-15.1	15.34
1994	Eric Eursiafe	Gaithersburg	ht-14.5	14.74
1995	Bob Garhart	Gaithersburg	ht-14.8	15.04
1996	Zack Adams	Magruder	ht-15.0	15.24
1997	Zack Adams	Magruder	ht-14.4	14.64 R
1998	Matt Mcguire	Richard Montgomery	ht-14.5	14.74
1999	Ron Frazier	Gaithersburg	ht-14.8	15.04
2000	Ron Frazier	Gaithersburg	ht-13.7	13.94 R
2001	Vaclav Malek	Walter Johnson	ht-14.7	14.94
2002	Derrick Washington	Watkins Mill	ht-14.7	14.94
2003	Dewayne Whitaker	Northwest	ht-14.3	14.54
2004	Joey Robinson	Gaithersburg	ht-14.7	14.94
2005	Joey Robinson	Gaithersburg	ht-14.5	14.74
2006	Vincent Bosha	Magruder		14.58
2007	Tyler Jackson	Richard Montgomery		14.86
2008	Petros Bein	Clarksburg		14.71
2009	Owen Cain	Gaithersburg		14.86
2009	Owen Cain	Gaithersburg		15.02
2010	Trevon Carroll	Gaithersburg		14.52
2011	Damiete Roberts	Watkins Mill		15.01
2012	Elad Covaliu	Walter Johnson		15.11
2013	Paul Joseph	Clarksburg		14.75
2014	Devon Hairston	John F. Kennedy		14.35
2015	Shyheim Wright	Northwest		15.63
2016	Shyheim Wright	Northwest	ht-13.8	14.04
2017	Robert Gicheru	Northwest		15.11
2018	Elias Boussouf	James H. Blake		15.23
2019	Amadou Silimana	Watkins Mill		14.50
2022	Avin Jackson	Quince Orchard		15.36
2023	Roberto Terrell, Jr.	Quince Orchard		14.63
2024	Josiah Teasley	Quince Orchard		14.94
2025	Shiloh Bryant-Serrano	Paint Branch		14.75

**Most outdoor county champions in this event: Gaithersburg 9**

## Girls 300m Hurdles Top 25 All-Time | HT-Penalty = 0.24

#	Name	High School	Year	Actual Perf.	Equivalent 300m Hurdles
1	Alexus Pyles	Clarksburg	2015		44.12
2	Eddita Pessima	Northwest	2017		44.39
3	Laila Ismail	Bethesda Chevy Chase	2014		44.41
4	Audrey Gariepy-Bogui	Winston Churchill	2007		44.57
5	Elena Juarez	Gaithersburg	2025		44.96
6	Olivia Durr	Poolesville	2008		44.98
7	Takisha Williams	Sherwood	1993	ht-45.0	45.24
7	Alexus Pyles	Clarksburg	2016	ht-45.0	45.24
9	Hannah Komukyeya	Wheaton	2024		45.26
10	Gabrielle Franklin	James H. Blake	2023		45.29
11	Judith Owens	Albert Einstein	1988	ht-45.1	45.34
11	Katia Crowe	Seneca Valley	1993	ht-45.1	45.34
13	Malak Fadlalla	Springbrook	2025		45.41
14	Laura Shaw	Walter Johnson	2003	ht-45.2	45.44
14	Courtney Christian	Walter Johnson	2016	ht-45.2	45.44
16	Hilary Moen	Walter Johnson	2005	ht-45.3	45.54
17	Gwen Shaw	Thomas S. Wootton	2010		45.60
18	Kaya Rae Dunbar	Paint Branch	2019		45.62
19	Cecily Gallup	Walt Whitman	1995	ht-45.4	45.64
19	Hilary Moen	Walter Johnson	2006	ht-45.4	45.64
21	Ale Martinez	Winston Churchill	2010		45.71
22	Laura Shaw	Walter Johnson	2002	ht-45.5	45.74
23	Gwen Shaw	Thomas S. Wootton	2013		45.75
24	Evelyn Putman	Sherwood	2011		45.82
25	Genie Lavine	Gaithersburg	1999	ht-45.7	45.94
25	Amilia Evans	Northwest	2001	ht-45.7	45.94

## 300m Hurdles All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Laila Ismail	Bethesda-CC	2014	44.41	Ashlyn Sinclair	Blair	2004	47.34
Gabrielle Franklin	Blake	2023	45.29	Audrey Gariepy-Bogui	Churchill	2007	44.57
Alexus Pyles	Clarksburg	2015	44.12	Gabriella Janss	Damascus	2025	46.16
Judith Owens	Einstein	1988	45.34	Elena Juarez	Gaithersburg	2025	44.96
Laura Shaw	Walter Johnson	2003	45.44	Brittanie Morris	John F. Kennedy	2010	47.60
Shelby Trout	Magruder	2014	47.53	Mallory Valmon	Richard Montgomery	2022	47.14
Eddita Pessima	Northwest	2017	44.39	Addison Finlay	Northwood	2025	47.44
Kaya Rae Dunbar	Paint Branch	2019	45.62	Olivia Durr	Poolesville	2008	44.98
Shannon Dwyer	Quince Orchard	2010	46.38	Nicole Kuria	Rockville	2024	47.11
Katia Crowe	Seneca Valley	1993	45.34	Takisha Williams	Sherwood	1993	45.24
Malak Fadlalla	Springbrook	2025	45.41	Alicia Tucker	Watkins Mill	1996	49.54
Hannah Komukyeya	Wheaton	2024	45.26	Cecily Gallup	Walt Whitman	1995	45.64
Gwen Shaw	Wootton	2010	45.60	Jude	Peary	1980	48.94
Lucy Huff	Charles Woodward	1986	47.44				

## Girls 300 Meter Hurdles County Champions | 400 Meter Hurdles in 1983\*

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 300m Hurdles</u>
1980	Carol Weise	Walter Johnson	ht-48.0	48.24 R
1981	Cami Rodgers	Winston Churchill	ht-46.6	46.84 R
1982	Wendy Peal	Winston Churchill	ht-45.8	46.04 R
1983	Yvette Sandler	Winston Churchill	ht-68.6	68.84*
1984	LaDonna Gooden	Albert Einstein	ht-48.6	48.84
1985	Donyale Thomas	Wheaton	ht-47.3	47.54
1986	Laurie Bruce	Walt Whitman	ht-46.4	46.64
1987	Laurie Bruce	Walt Whitman	ht-45.8	46.04
1988	Judith Owens	Albert Einstein	ht-45.1	45.34 R
1989	Torrey Simons	Walter Johnson	ht-48.6	48.84
1990	Torrey Simons	Walter Johnson	ht-46.8	47.04
1991	Torrey Simons	Walter Johnson	ht-46.8	47.04
1992	Torrey Simons	Walter Johnson	ht-46.3	46.54
1993	Takisha Williams	Sherwood	ht-45.0	45.24 R
1994	Takisha Williams	Sherwood	ht-46.3	46.54
1995	Cecily Gallup	Walt Whitman	ht-45.4	45.64
1996	Alicia Tucker	Watkins Mill	ht-49.3	49.54
1996	Kisha Neloms	John F. Kennedy	ht-49.3	49.54
1997	Andrea Loh	Winston Churchill	ht-47.6	47.84
1998	Ndidi Obichere	Springbrook	ht-47.2	47.44
1999	Genie Lavine	Gaithersburg	ht-45.7	45.94
2000	Debbie Fromstein	Walter Johnson	ht-46.8	47.04
2001	Amilia Evans	Northwest	ht-45.7	45.94
2002	Laura Shaw	Walter Johnson	ht-45.5	45.74
2003	Laura Shaw	Walter Johnson	ht-45.2	45.44
2004	Tricia Wedderburn	Gaithersburg	ht-46.2	46.44
2005	Hilary Moen	Walter Johnson	ht-45.3	45.54
2006	Hilary Moen	Walter Johnson	ht-45.4	45.64
2007	Audrey Gariepy-Bogui	Winston Churchill		44.57 R
2008	Olivia Durr	Poolesville		44.98
2009	Nana Langa	Clarksburg		46.60
2010	Gwen Shaw	Thomas S. Wootton		45.60
2011	Evelyn Putman	Sherwood		45.82
2012	Gwen Shaw	Thomas S. Wootton		45.97
2013	Gwen Shaw	Thomas S. Wootton		45.75
2014	Laila Ismail	Bethesda Chevy Chase		44.41 R
2015	Alexus Pyles	Clarksburg		44.12 R
2016	Alexus Pyles	Clarksburg	ht-45.0	45.24
2017	Eddita Pessima	Northwest		44.39
2018	Eddita Pessima	Northwest		46.13
2019	Kaya Rae Dunbar	Paint Branch		45.62
2022	Gabrielle Franklin	James H. Blake		47.03
2023	Gabrielle Franklin	James H. Blake		45.29
2024	Hannah Komukyeya	Wheaton		45.26
2025	Elena Juarez	Gaithersburg		44.96

**Most outdoor county champions in this event: Walter Johnson 10**

**Boys 300m Hurdles Top 25 All-Time | HT-Penalty = 0.24**

#	Name	High School	Year	Actual Perf.	Equivalent 300m Hurdles
1	Roberto Terrell, Jr.	Quince Orchard	2023		38.24
2	Jayden Apenteng	Northwood	2025		38.72
3	Alan Banks	Thomas S. Wootton	2014		38.91
4	Hubert Koj	Watkins Mill	2000	ht-38.7	38.94
5	Andrew Daniels	Northwest	2015		39.10
6	Benick Akeh	James H. Blake	2024		39.23
7	Bob Garhart	Gaithersburg	1995	ht-39.0	39.24
8	Elad Covaliu	Walter Johnson	2012		39.33
9	Justin Davis	Springbrook	1994	ht-39.1	39.34
9	James Simms	Seneca Valley	1995	ht-39.1	39.34
9	Zack Adams	Magruder	1997	ht-39.1	39.34
12	Kamar Sutherland	Watkins Mill	2023		39.37
13	Alieu Cole	John F. Kennedy	2014		39.38
14	Devon Hairston	John F. Kennedy	2014		39.40
15	Sean Carpenter	Seneca Valley	1985	ht-39.2	39.44
16	Tim Rivenbark	Sherwood	1989	ht-39.3	39.54
16	Anthony Lavine	Gaithersburg	2000	ht-39.3	39.54
18	Juvet Ebai	Paint Branch	2017		39.55
19	Ray Leonard	Winston Churchill	1991	ht-39.4	39.64
19	Eric Eursiafe	Gaithersburg	1993	ht-39.4	39.64
19	Adam Durham	Paint Branch	2003	ht-39.4	39.64
19	Joey Robinson	Gaithersburg	2005	ht-39.4	39.64
23	Josiah Teasley	Quince Orchard	2024		39.66
24	Jose Lopez	Magruder	2007		39.70
25	Prince Anderson	Gaithersburg	2000	ht-39.5	39.74

**300m Hurdles All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet**

Name	School	Year	Result	Name	School	Year	Result
Alex Gray	Bethesda Chevy Chase	2006	40.34	Randy Inniss	Blair	1981	40.34
Benick Akeh	Blake	2024	39.23	Ray Leonard	Churchill	1991	39.64
Devin Moreno	Clarksburg	2010	39.82	Cecil Jonas	Damascus	2010	39.85
Jayden Adams	Einstein	2022	41.55	Bob Garhart	Gaithersburg	1995	39.24
Elad Covaliu	Walter Johnson	2012	39.33	Alieu Cole	John F. Kennedy	2014	39.38
Zack Adams	Magruder	1997	39.34	Elhoussan Hakimi	Richard Montgomery	2013	40.01
Andrew Daniels	Northwest	2015	39.10	Jayden Apenteng	Northwood	2025	38.72
Juvet Ebai	Paint Branch	2017	39.55	Keegan Slonski	Poolesville	2025	40.77
Roberto Terrell, Jr	Quince Orchard	2023	38.24	Eric Williams	Rockville	1996	41.44
James Simms	Seneca Valley	1995	39.34	Tim Rivenbark	Sherwood	1989	39.54
Justin Davis	Springbrook	1994	39.34	Hubert Koj	Watkins Mill	2000	38.94
Victor Kyle	Wheaton	2015	40.81	Stefan Grundmann	Walt Whitman	2005	40.94
Alan Banks	Wootton	2014	38.91	Gerald Hinton	Peary	1982	40.14
Matt Fonner	Charles Woodward	1984	40.84				

## Boys 300 Meter Hurdles County Champions | 400 Meter Hurdles in 1983\*

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 300m Hurdles</u>
1980	Tony Best	Montgomery Blair	ht-40.9	41.14 R
1981	Randy Inniss	Montgomery Blair	ht-40.1	40.34 R
1982	Gerald Hinton	Peary	ht-39.9	40.14 R
1983	Jim Elliott	Winston Churchill	ht-56.0	56.24*
1984	Matt Fonner	Charles Woodward	ht-40.6	40.84
1985	Sean Carpenter	Seneca Valley	ht-39.2	39.44 R
1986	Louis Russell	John F. Kennedy	ht-40.1	40.34
1987	Omar Rowe	Springbrook	ht-40.7	40.94
1988	Jon Davis	Springbrook	ht-41.3	41.54
1989	Tim Rivenbark	Sherwood	ht-39.3	39.54 R
1990	Ray Leonard	Winston Churchill	ht-40.3	40.54
1991	Ray Leonard	Winston Churchill	ht-39.4	39.64
1992	Phil Marshall	Springbrook	ht-39.6	39.84
1993	Eric Eursiafe	Gaithersburg	ht-39.4	39.64
1994	Justin Davis	Springbrook	ht-39.1	39.34 R
1995	Bob Garhart	Gaithersburg	ht-39.0	39.24 R
1996	Zack Adams	Magruder	ht-40.3	40.54
1997	Zack Adams	Magruder	ht-39.1	39.34
1998	Matt Mcguire	Richard Montgomery	ht-39.9	40.14
1999	Hubert Koj	Watkins Mill	ht-40.0	40.24
2000	Hubert Koj	Watkins Mill	ht-38.7	38.94 R
2001	Matt Hard	Winston Churchill	ht-39.9	40.14
2002	Darren Fewell	Sherwood	ht-40.0	40.24
2002	Matthew Hard	Winston Churchill	ht-40.0	40.24
2003	Adam Durham	Paint Branch	ht-39.4	39.64
2004	Zack Skinner	Magruder	ht-40.7	40.94
2005	Joey Robinson	Gaithersburg	ht-39.4	39.64
2006	Vincent Bosha	Magruder	ht-39.7	39.94
2007	Jose Lopez	Magruder		39.70
2008	Keith Hudson	Northwood		39.81
2009	Malcolm Wyche	Paint Branch		40.24
2010	Devin Moreno	Clarksburg		39.82
2011	Eric Bishop	Quince Orchard		40.51
2012	Elad Covaliu	Walter Johnson		39.33
2013	Elhoussan Hakimi	Richard Montgomery		40.01
2014	Alan Banks	Thomas S. Wootton		38.91 R
2015	Andrew Daniels	Northwest		39.10
2016	Shyheim Wright	Northwest	ht-40.3	40.54
2017	Juvet Ebai	Paint Branch		39.55
2018	Elias Boussouf	James H. Blake		39.82
2019	Zachary Jones	Gaithersburg		39.76
2022	Antonio Berry	Northwest		40.32
2023	Roberto Terrell, Jr.	Quince Orchard		38.24 R
2024	Benick Akeh	James H. Blake		39.23
2025	Jayden Apenteng	Northwood		38.72

**Most outdoor county champions in this event: Magruder 5, Churchill 5**

## Girls High Jump Top 25 All-Time

#	Name	High School	Year	High Jump Result
1	Audrey Gariepy-Bogui	Winston Churchill	2007	5-09.50
2	Toni Aluko	Paint Branch	2003	5-09.00
3	Taylor Wright	Northwest	2018	5-08.00
3	Taylor Wright	Northwest	2019	5-08.00
5	Monica Kuhn	Charles Woodward	1983	5-07.00
5	Elizabeth Bolter	Winston Churchill	1986	5-07.00
5	Sierra Swangin	James H. Blake	2024	5-07.00
8	Ginny Hanlon	Sherwood	1985	5-06.00
8	Thea LaFond	John F. Kennedy	2011	5-06.00
8	Taylor Wright	Northwest	2017	5-06.00
11	Lori Gieselman	Paint Branch	1985	5-04.00
11	Beth Hanlon	Sherwood	1987	5-04.00
11	Juliana Njoku	Paint Branch	1993	5-04.00
11	Vanessa Jones	Sherwood	1995	5-04.00
11	Nana Jeffrey-Idun	Wheaton	1995	5-04.00
11	Kacey Childs	Damascus	1996	5-04.00
11	Vanessa Jones	Sherwood	1997	5-04.00
11	Monica Gerald	James H. Blake	2008	5-04.00
11	Vanessa Jules	Paint Branch	2008	5-04.00
11	Chelsea Harris	Gaithersburg	2011	5-04.00
11	Naja McAdam	Clarksburg	2014	5-04.00
11	Starr Stover	Richard Montgomery	2018	5-04.00
11	Madison Depry	Wheaton	2019	5-04.00
11	Sierra Swangin	James H. Blake	2023	5-04.00
11	Sierra Swangin	James H. Blake	2025	5-04.00

## High Jump All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Fiona Narrod-Malcolm	Bethesda-CC	2023	5-00.00	Carey Bartlet	Blair	2002	4-10.00
Sierra Swangin	Blake	2024	5-07.00	Audrey Gariepy-Bogui	Churchill	2007	5-09.50
Naja McAdam	Clarksburg	2014	5-04.00	Kacey Childs	Damascus	1996	5-04.00
Monique Charles	Einstein	1996	4-08.00	Chelsea Harris	Gaithersburg	2011	5-04.00
Alele	Walter Johnson	1980	5-00.00	Thea LaFond	John F. Kennedy	2011	5-06.00
Colleen Speidel	Magruder	1980	5-00.00	Starr Stover	Richard Montgomery	2018	5-04.00
Taylor Wright	Northwest	2018	5-08.00	Fraser	Northwood	1980	4-08.00
Toni Aluko	Paint Branch	2003	5-09.00	Heather Graham	Poolesville	2004	5-02.00
Sierra Isaac	Quince Orchard	2012	5-02.00	Helms	Rockville	1986	4-10.00
Janice Henry	Seneca Valley	1994	5-01.00	Ginny Hanlon	Sherwood	1985	5-06.00
Hare	Springbrook	1983	5-02.00	Ethylene Thomas	Watkins Mill	2005	4-10.00
Nana Jeffrey-Idun	Wheaton	1995	5-04.00	Andrea Dritschilo	Walt Whitman	1991	5-02.00
Jen Mortensen	Wootton	1993	5-00.00	Monica Kuhn	Charles Woodward	1983	5-07.00

## Girls High Jump County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>High Jump Result</u>
1980	Colleen Speidel	Magruder	5-00.00 R
1981	Liz Beer	Winston Churchill	4-10.00
1982	Monica Kuhn	Charles Woodward	5-02.00 R
1983	Monica Kuhn	Charles Woodward	5-07.00 R
1984	Ginny Hanlon	Sherwood	5-00.00
1985	Ginny Hanlon	Sherwood	5-06.00
1986	Elizabeth Bolter	Winston Churchill	5-07.00
1987	Beth Hanlon	Sherwood	5-04.00
1988	Andrea Dritschilo	Walt Whitman	4-10.00
1989	Tyra Moore	Springbrook	5-00.00
1990	Andrea Dritschilo	Walt Whitman	4-10.00
1991	Andrea Dritschilo	Walt Whitman	5-02.00
1992	Juliana Njoku	Paint Branch	4-10.00
1993	Juliana Njoku	Paint Branch	5-04.00
1994	Nana Jeffrey-Idun	Wheaton	5-03.00
1995	Vanessa Jones	Sherwood	5-04.00
1996	Kacey Childs	Damascus	5-04.00
1997	Vanessa Jones	Sherwood	5-04.00
1998	Emily Owens	Richard Montgomery	5-00.00
1999	Michelle Smith	Gaithersburg	5-00.00
2000	Michelle Smith	Gaithersburg	5-02.00
2001	Cassie Tressler	Damascus	5-02.00
2002	Cassie Tressler	Damascus	5-01.00
2003	Toni Aluko	Paint Branch	5-09.00 R
2004	Emma Hanson	Damascus	5-02.00
2005	Emma Hanson	Damascus	5-02.00
2006	Chelsea Reinks	Damascus	5-02.00
2007	Audrey Gariepy-Bogui	Winston Churchill	5-09.50 R
2008	Monica Gerald	James H. Blake	5-04.00
2009	Ashley Dabney	Wheaton	5-02.00
2010	Rachel Osnos	Walt Whitman	5-02.00
2011	Thea LaFond	John F. Kennedy	5-06.00
2012	Sierra Isaac	Quince Orchard	5-02.00
2013	Zahara Sani	Paint Branch	5-02.00
2014	Naja McAdam	Clarksburg	5-04.00
2015	Naja McAdam	Clarksburg	5-02.00
2016	Stephanie Bateky	Northwest	5-02.00
2017	Taylor Wright	Northwest	5-06.00
2018	Taylor Wright	Northwest	5-08.00
2019	Taylor Wright	Northwest	5-08.00
2022	Caroline Kaye	Richard Montgomery	4-10.00
2023	Sierra Swangin	James H. Blake	5-04.00
2024	Sierra Swangin	James H. Blake	5-07.00
2025	Sierra Swangin	James H. Blake	5-04.00

**Most outdoor county champions in this event: Damascus 6**

## Boys High Jump Top 25 All-Time

#	Name	High School	Year	High Jump Result
1	Kevin Joyce	Springbrook	1985	6-11.00
2	Dave Huffman	Walter Johnson	1985	6-08.00
2	Damon Hill	Gaithersburg	2002	6-08.00
4	Will Harper	Charles Woodward	1985	6-06.00
4	Mark Wheatle	Albert Einstein	1988	6-06.00
4	Tavis Ndure	Gaithersburg	1994	6-06.00
4	Kelvin Bright	Albert Einstein	2004	6-06.00
4	Kelvin Bright	James H. Blake	2005	6-06.00
4	Jamal Currica	Damascus	2007	6-06.00
10	Carroll Hill	Gaithersburg	1986	6-05.00
10	Will Harper	Charles Woodward	1986	6-05.00
10	Richard Ridley	Richard Montgomery	1986	6-05.00
13	Steve Long	Rockville	1984	6-04.00
13	Robert Jackson	Gaithersburg	1986	6-04.00
13	Robert Jackson	Gaithersburg	1987	6-04.00
13	Martin Seonarain	Quince Orchard	1994	6-04.00
13	Tavis Ndure	Gaithersburg	1995	6-04.00
13	Anthony Richards	Montgomery Blair	2000	6-04.00
13	Markcus Ruffin	Northwest	2005	6-04.00
13	Cameron Pitt	Springbrook	2006	6-04.00
13	Jamal Currica	Damascus	2006	6-04.00
13	Rico Taylor	Wheaton	2009	6-04.00
13	Kaos Williams	Clarksburg	2013	6-04.00
13	Divinus Muteba	Northwest	2017	6-04.00
13	Divinus Muteba	Northwest	2018	6-04.00
13	Yassine Idrissa	Thomas S. Wootton	2024	6-04.00
13	Bakari Taylor	Winston Churchill	2025	6-04.00
13	De'Tavious Graves	Bethesda Chevy Chase	2025	6-04.00

## High Jump All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
De'Tavious Graves	Bethesda Chevy Chase	2025	6-04.00	Anthony Richards	Blair	2000	6-04.00
Kelvin Bright	Blake	2005	6-06.00	Bakari Taylor	Churchill	2025	6-04.00
Kaos Williams	Clarksburg	2013	6-04.00	Jamal Currica	Damascus	2007	6-06.00
Mark Wheatle	Einstein	1988	6-06.00	Damon Hill	Gaithersburg	2002	6-08.00
Dave Huffman	Walter Johnson	1985	6-08.00	Raason Young	John F. Kennedy	2006	6-02.00
Daryl Wilbanks	Magruder	1993	6-02.00	Richard Ridley	R. Montgomery	1986	6-05.00
Markcus Ruffin	Northwest	2005	6-04.00	Bill Poindexter	Northwood	1981	6-00.00
Chris Smart	Paint Branch	2000	6-02.00	Dewey Barnes	Poolesville	1983	6-01.00
Martin Seonarain	Quince Orchard	1994	6-04.00	Steve Long	Rockville	1984	6-04.00
Hugo Trotman	Seneca Valley	1994	6-02.00	John Bishop	Sherwood	1989	6-02.00
Kevin Joyce	Springbrook	1985	6-11.00	Terrell Johnson	Watkins Mill	2004	6-02.00
Rico Taylor	Wheaton	2009	6-04.00	Miller	Walt Whitman	1983	6-00.00
Yassine Idrissa	Wootton	2024	6-04.00	Emil Davis	Peary	1980	6-02.00
Will Harper	Charles Woodward	1985	6-06.00				

## Boys High Jump County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>High Jump Result</u>
1980	Emil Davis	Peary	6-02.00 R
1981	Bill Poindexter	Northwood	6-00.00
1982	Clarence Ingram	Magruder	6-00.00
1983	Dewey Barnes	Poolesville	6-01.00
1983	Arman Moshyedi	Walter Johnson	6-01.00
1984	Steve Long	Rockville	6-04.00 R
1985	Kevin Joyce	Springbrook	6-11.00 R
1986	Will Harper	Charles Woodward	6-05.00
1987	Robert Jackson	Gaithersburg	6-04.00
1988	Mark Wheatle	Albert Einstein	6-06.00
1989	John Bishop	Sherwood	6-02.00
1990	Kirk Morris	Gaithersburg	6-02.00
1991	Don Barber	Wheaton	6-00.00
1992	Antwonie McLauren	Damascus	6-02.00
1993	Daryl Wilbanks	Magruder	6-02.00
1994	Tavis Ndure	Gaithersburg	6-06.00
1995	Tavis Ndure	Gaithersburg	6-04.00
1996	Tavis Ndure	Gaithersburg	6-00.00
1997	Tuan Wreh	Richard Montgomery	6-02.00
1998	Tuan Wreh	Richard Montgomery	6-00.00
1999	Alex Elasel	Springbrook	6-02.00
2000	Anthony Richards	Montgomery Blair	6-04.00
2002	Damon Hill	Gaithersburg	6-08.00
2003	Markcus Ruffin	Northwest	6-00.00
2004	Kelvin Bright	Albert Einstein	6-06.00
2005	Kelvin Bright	James H. Blake	6-06.00
2006	Cameron Pitt	Springbrook	6-04.00
2007	Jamal Currica	Damascus	6-06.00
2008	Ebou Touray	Springbrook	6-00.00
2009	Rico Taylor	Wheaton	6-04.00
2010	Fola Akinnibi	Watkins Mill	5-10.00
2011	Mamadou Doukoure	Gaithersburg	5-10.00
2012	Kalarii Griffin	Walter Johnson	5-10.00
2013	Kaos Williams	Clarksburg	6-04.00
2014	Michael Scott	John F. Kennedy	6-00.00
2015	Dylan Bikim	Quince Orchard	6-02.00
2016	Dylan Bikim	Quince Orchard	6-00.00
2017	Divinus Muteba	Northwest	6-04.00
2018	Divinus Muteba	Northwest	6-04.00
2019	Clarence Foote-Talley	Northwest	6-00.00
2022	Yule Pieters	Thomas S. Wootton	6-00.00
2023	Yule Pieters	Thomas S. Wootton	6-02.00
2024	Yassine Idrissa	Thomas S. Wootton	6-04.00
2025	Bakari Taylor	Winston Churchill	6-04.00

**Most outdoor county champions in this event: Gaithersburg 7**

## Girls Long Jump Top 25 All-Time

#	Name	High School	Year	Long Jump Result
1	Wanda Evans	Magruder	1987	18-07.75
2	Wanda Evans	Magruder	1985	18-07.00
2	Leondra Correia	Northwest	2015	18-07.00
4	Bernadine Bocus	Winston Churchill	1980	18-06.00
5	Toni Aluko	Paint Branch	2003	18-05.00
6	Bernadine Bocus	Winston Churchill	1982	18-02.50
7	Jackie McGrowder	Montgomery Blair	1981	18-01.125
8	Thea LaFond	John F. Kennedy	2011	18-01.00
9	Leondra Correia	Northwest	2016	18-00.50
10	Casey Dowling	Thomas S. Wootton	2012	18-00.00
10	Aliyah Rahman	Northwest	2024	18-00.00
12	Cierra Pyles	Clarksburg	2015	17-11.75
12	Manie Mevo	Quince Orchard	2022	17-11.75
14	Thea LaFond	John F. Kennedy	2010	17-11.50
15	Anna Polk	Damascus	2023	17-11.25
16	Rebecca duRivage-Jacobs	Montgomery Blair	2002	17-09.50
17	Chay Julien	Damascus	2025	17-09.25
18	Aliyah Rahman	Northwest	2022	17-08.75
19	Leah Putman	Sherwood	2007	17-08.50
20	Jackie McGrowder	Montgomery Blair	1982	17-08.00
20	Jaylin Harried	Bethesda Chevy Chase	2025	17-08.00
22	Tyra Moore	Springbrook	1989	17-07.50
23	Ayah Rahman	Northwest	2022	17-07.00
24	Kendra Meredith	Northwest	2014	17-06.50
24	Stephanie Bateky	Northwest	2015	17-06.50
24	Kyla Williams	Springbrook	2023	17-06.50

## Long Jump All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Jaylin Harried	Bethesda Chevy Chase	2025	17-08.00	Jackie McGrowder	Blair	1981	18-01.125
Jennifer Larsen	Blake	2002	17-02.00	Bernadine Bocus	Churchill	1980	18-06.00
Cierra Pyles	Clarksburg	2015	17-11.75	Anna Polk	Damascus	2023	17-11.25
Winona Peace	Einstein	2015	16-07.50	Fatou Gbane	Gaithersburg	2024	17-00.50
Fatima Abbas	Walter Johnson	1997	16-10.25	Thea LaFond	John F. Kennedy	2011	18-01.00
Wanda Evans	Magruder	1987	18-07.75	Ashley Christopher	Richard Montgomery	2013	16-10.50
Leondra Correia	Northwest	2015	18-07.00	Cheronn Collins	Northwood	1981	16-06.50
Toni Aluko	Paint Branch	2003	18-05.00	Manisha Sunil	Poolesville	2015	15-11.00
Manie Mevo	Quince Orchard	2022	17-11.75	Andre Kim Kessel	Rockville	2022	16-06.75
Gabrielle Badoo	Seneca Valley	2025	17-02.50	Leah Putman	Sherwood	2007	17-08.50
Tyra Moore	Springbrook	1989	17-07.50	Ethlyen Thomas	Watkins Mill	2005	15-01.00
Karyn Felder	Wheaton	1986	16-06.00	Avery Washington	Walt Whitman	2025	16-06.25
Casey Dowling	Thomas S. Wootton	2012	18-00.00	Mead	Charles Woodward	1984	13-05.00

## Girls Long Jump County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Long Jump Result</u>
1980	Bernadine Bocus	Winston Churchill	18-06.00 R
1981	Jackie McGrowder	Montgomery Blair	18-01.125
1982	Bernadine Bocus	Winston Churchill	18-02.50
1983	Dede Flowers	Thomas S. Wootton	16-02.00
1984	Wanda Evans	Magruder	16-02.75
1985	Wanda Evans	Magruder	18-07.00 R
1986	Karyn Felder	Wheaton	16-06.00
1987	Wanda Evans	Magruder	18-07.75 R
1988	Krista Hicks	Rockville	16-02.75
1989	Tyra Moore	Springbrook	17-07.50
1990	Angie Mitchell	Montgomery Blair	17-04.00
1991	Nurisha Rush	Walt Whitman	15-08.75
1992	Julie Sloan	Walt Whitman	14-06.50
1993	Missy Costley	Gaithersburg	15-11.50
1994	Kikisha Addison	Gaithersburg	16-08.50
1995	Jillian Bridges	Springbrook	17-00.00
1996	Kacey Childs	Damascus	15-11.00
1997	Kacey Childs	Damascus	17-04.00
1998	Maduba Polan	Bethesda Chevy Chase	16-03.75
1999	Allyson Hardy	Northwest	16-02.00
2000	Arike Ogundipe	Damascus	17-01.50
2001	Allyson Hardy	Northwest	17-01.00
2002	Rebecca duRivage-Jacobs	Montgomery Blair	17-09.50
2003	Toni Aluko	Paint Branch	18-05.00
2004	Toni Aluko	Paint Branch	17-05.00
2005	Erika Zoller	Damascus	17-03.00
2006	Audrey Gariepy-Bogui	Winston Churchill	16-05.75
2007	Leah Putman	Sherwood	17-08.50
2008	Romula Hawthorne	John F. Kennedy	17-00.00
2009	Casey Dowling	Thomas S. Wootton	16-10.00
2010	Thea LaFond	John F. Kennedy	17-11.50
2011	Thea LaFond	John F. Kennedy	18-01.00
2012	Casey Dowling	Thomas S. Wootton	18-00.00
2013	Ashley Christopher	Richard Montgomery	16-10.50
2014	Kendra Meredith	Northwest	17-06.50
2015	Leondra Correia	Northwest	18-07.00
2016	Leondra Correia	Northwest	18-00.50
2017	Ashley Santini	Northwest	16-09.75
2018	Atinuke Shittu	Northwest	16-11.00
2019	Brooke Shields	Clarksburg	17-02.00
2022	Manie Mevo	Quince Orchard	17-11.75
2023	Anna Polk	Damascus	17-11.25
2024	Aliyah Rahman	Northwest	18-00.00
2025	Chay Julien	Damascus	17-09.25

**Most outdoor county champions in this event: Northwest 8**

## Boys Long Jump Top 25 All-Time

#	Name	High School	Year	Long Jump Result
1	Rahmise Jones	Northwest	2025	23-02.50
2	Roberto Terrell, Jr.	Quince Orchard	2023	22-11.50
2	Kendall Wideman	Seneca Valley	2024	22-11.50
4	Micheal Nwaogwugwu	Gaithersburg	2023	22-10.00
5	Emil Davis	Peary	1980	22-08.75
6	Antonio Berry	Northwest	2022	22-07.75
7	Robert Jackson	Gaithersburg	1987	22-07.00
7	Mark Wheatle	Albert Einstein	1988	22-07.00
9	Charles Gassaway	Gaithersburg	1985	22-06.50
10	Kirk Morris	Gaithersburg	1989	22-06.00
11	Aiah Mbayo	Bethesda Chevy Chase	2025	22-03.75
12	Nathan Hicks	Montgomery Blair	1982	22-03.50
12	Bob Beavers	Winston Churchill	1982	22-03.50
12	Sheldon Hutchinson	Gaithersburg	1997	22-03.50
15	Ryan Hall	Northwest	2025	22-03.25
15	Shiloh Bryant-Serrano	Paint Branch	2025	22-03.25
17	Kirk Morris	Gaithersburg	1990	22-01.75
18	Robert Jackson	Gaithersburg	1986	22-01.50
19	Ian Wellington	Albert Einstein	1997	22-00.50
19	Dearage Ty Mason	James H. Blake	2016	22-00.50
21	Lenny Williams	Paint Branch	1990	21-11.75
22	Tim Edwards	Albert Einstein	1987	21-11.00
22	Maurice Holmes	Albert Einstein	1987	21-11.00
22	Ian Wellington	Albert Einstein	1996	21-11.00
22	Dearage Ty Mason	James H. Blake	2017	21-11.00

## Long Jump All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Aiah Mbayo	B-CC	2025	22-03.75	Nathan Hicks	Blair	1982	22-03.50
Dearage Ty Mason	Blake	2016	22-00.50	Bob Beavers	Churchill	1982	22-03.50
Desmond Whitley	Clarksburg	2023	21-05.75	Tikristi Ayo-Durojaiye	Damascus	2019	21-03.50
Mark Wheatle	Einstein	1988	22-07.00	Micheal Nwaogwugwu	Gaithersburg	2023	22-10.00
Olayiwola Oniwinde	Walter Johnson	2024	21-05.00	Michael Scott	Kennedy	2014	21-06.75
Clarence Ingram	Magruder	1982	21-06.50	Kinai Banks	R. Montgomery	2024	21-07.25
Rahmise Jones	Northwest	2025	23-02.50	Clay	Northwood	1980	21-09.50
Shiloh Bryant-Serrano	Paint Branch	2025	22-03.25	Greg Brooks	Poolesville	2004	20-05.00
Roberto Terrell, Jr.	Quince Orchard	2023	22-11.50	Rodney Cray	Rockville	1982	21-04.50
Kendall Wideman	Seneca Valley	2024	22-11.50	Tyrese Williams	Sherwood	2019	21-06.50
Ikechukwu Onyechi	Springbrook	1996	21-09.25	Mike Aubin	Watkins Mill	2005	21-08.00
Frazier	Wheaton	1980	21-08.00	Anthony Young-Wiseman	Walt Whitman	2008	21-10.00
Gilmore Thompson	Wootton	1997	21-03.50	Emil Davis	Peary	1980	22-08.75
Kouzel	Charles Woodward	1984	18-08.00				

## Boys Long Jump County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Long Jump Result</u>
1980	Emil Davis	Peary	22-08.75 R
1981	Gerald Jackson	Montgomery Blair	21-10.00
1982	Nathan Hicks	Montgomery Blair	22-03.50
1983	Shawn Tittley	Seneca Valley	21-08.50
1984	Rodney Cray	Rockville	20-02.75
1985	Charles Gassaway	Gaithersburg	22-06.50
1986	Robert Jackson	Gaithersburg	22-01.50
1987	Robert Jackson	Gaithersburg	22-07.00
1988	Mark Wheatle	Albert Einstein	22-07.00
1989	Kirk Morris	Gaithersburg	22-06.00
1990	Kirk Morris	Gaithersburg	22-01.75
1991	Antwonie McLauren	Damascus	20-08.75
1992	Onaje Robinson	Quince Orchard	21-07.00
1993	Onaje Robinson	Quince Orchard	21-08.00
1994	Chucky Carter	Seneca Valley	20-05.50
1995	Leon Phillips	Winston Churchill	21-09.00
1996	Ian Wellington	Albert Einstein	21-11.00
1997	Sheldon Hutchinson	Gaithersburg	22-03.50
1998	Tuan Wreh	Richard Montgomery	20-08.00
1999	Jay Colbert	Gaithersburg	21-09.00
2000	Jay Colbert	Gaithersburg	21-06.75
2001	Damon Hill	Gaithersburg	21-05.00
2002	Damon Hill	Gaithersburg	21-09.75
2003	Mutombo Matamba	Gaithersburg	20-04.00
2004	Jonathan Frazier	Seneca Valley	20-07.25
2005	Mike Aubin	Watkins Mill	21-08.00
2006	Ryan Blaser	Albert Einstein	20-10.50
2007	Darius Ray	Magruder	21-05.00
2008	Anthony Young-Wiseman	Walt Whitman	21-10.00
2009	Owen Cain	Gaithersburg	20-08.50
2010	Sheldon Trotman	Northwest	20-02.50
2011	Sheldon Trotman	Northwest	21-03.00
2012	Gaston Assoua	James H. Blake	21-10.50
2013	Sytta Barry	Paint Branch	21-06.00
2014	Michael Scott	John F. Kennedy	21-06.75
2015	Donovan Beckett-Simms	Seneca Valley	21-08.75
2016	Dearage Ty Mason	James H. Blake	22-00.50
2017	Dearage Ty Mason	James H. Blake	21-11.00
2018	Anthony Woods Jr.	Northwest	21-05.00
2019	Tyrese Williams	Sherwood	21-06.50
2022	Antonio Berry	Northwest	22-07.75
2023	Roberto Terrell, Jr.	Quince Orchard	22-11.50 R
2024	Kendall Wideman	Seneca Valley	22-11.50
2025	Rahmise Jones	Northwest	23-02.50 R

**Most outdoor county champions in this event: Gaithersburg 12**

## Girls Triple Jump Top 25 All-Time

#	Name	High School	Year	Triple Jump Result
1	Thea LaFond	John F. Kennedy	2011	40-08.00
2	Manie Mevo	Quince Orchard	2022	40-01.25
3	Alexus Pyles	Clarksburg	2015	39-06.25
4	Thea LaFond	John F. Kennedy	2010	39-06.00
5	Shekinah Jamison	Damascus	2025	38-10.75
6	Taylor Wright	Northwest	2018	38-08.00
7	Arielle Statham	Paint Branch	2009	38-06.00
8	Taylor Wright	Northwest	2019	38-04.50
9	Tyatianna Johnson	Seneca Valley	2015	38-01.50
10	Audrey Gariepy-Bogui	Winston Churchill	2007	38-00.00
11	Jaylin Harried	Bethesda Chevy Chase	2025	37-11.25
12	Toni Aluko	Paint Branch	2003	37-10.50
13	Audrey Gariepy-Bogui	Winston Churchill	2006	37-09.50
14	Kara Huie	Thomas S. Wootton	2014	37-09.25
15	Thea LaFond	John F. Kennedy	2009	37-07.00
15	Fabiola Lawani	Seneca Valley	2025	37-07.00
17	Jaylin Harried	Bethesda Chevy Chase	2024	37-05.50
18	Chay Julien	Damascus	2025	37-05.00
19	Mireya King	Montgomery Blair	2024	37-02.50
20	Breanna Coleman	Paint Branch	2014	37-02.00
21	Allison Hecht	Winston Churchill	1990	37-01.50
22	K.C. Ashiogwu	Gaithersburg	2018	37-00.75
23	Julia McDermott	Winston Churchill	2015	36-11.50
24	Mame Diop	James H. Blake	2023	36-11.00
25	Aliyah Rahman	Northwest	2022	36-10.50

## Triple Jump All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Jaylin Harried	Bethesda Chevy Chase	2025	37-11.25	Mireya King	Blair	2024	37-02.50
Mame Diop	Blake	2023	36-11.00	Audrey Gariepy-Bogui	Churchill	2007	38-00.00
Alexus Pyles	Clarksburg	2015	39-06.25	Shekinah Jamison	Damascus	2025	38-10.75
Antoinette Moon	Einstein	1989	35-07.50	K.C. Ashiogwu	Gaithersburg	2018	37-00.75
Laura Dally	Walter Johnson	2011	35-10.00	Thea LaFond	John F. Kennedy	2011	40-08.00
Keila Robertson	Magruder	2016	35-09.75	Marilyn Rodriguez	R. Montgomery	2013	34-07.75
Taylor Wright	Northwest	2018	38-08.00	Vanessa Sretchen	Northwood	2011	31-00.50
Arielle Statham	Paint Branch	2009	38-06.00	Ashley Loh	Poolesville	2004	34-08.00
Manie Mevo	Quince Orchard	2022	40-01.25	Koehler	Rockville	1985	35-00.50
Tyatianna Johnson	Seneca Valley	2015	38-01.50	Leah Putman	Sherwood	2007	35-06.00
Vynou Philogene	Springbrook	2023	36-07.00	Ella Rishell	Watkins Mill	2023	31-11.00
Dorilene Turay	Wheaton	1998	34-10.00	Laurie Bruce	Walt Whitman	1987	35-05.50
Kara Huie	Wootton	2014	37-09.25	Nancy Koehler	Peary	1984	33-11.50
Monica Kuhn	Charles Woodward	1983	32-02.00				

## Girls Triple Jump County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Triple Jump Result</u>
1983	Jackie Gentleman	Walt Whitman	32-08.50 R
1984	Nancy Koehler	Peary	33-11.50 R
1985	Monda Webb	Montgomery Blair	36-08.00 R
1986	Monda Webb	Montgomery Blair	35-04.75
1987	Laurie Bruce	Walt Whitman	35-05.50
1988	Natasha Barnes	Albert Einstein	34-00.00
1989	Tyra Moore	Springbrook	35-09.00
1990	Allison Hecht	Winston Churchill	37-01.50 R
1991	Danielle Johhson	Gaithersburg	33-05.00
1992	Vanessa Pratt	Montgomery Blair	33-01.00
1993	Chamille Dennis	Albert Einstein	33-10.50
1994	Kacey Childs	Damascus	35-07.00
1995	Jillian Bridges	Springbrook	36-03.50
1996	Kacey Childs	Damascus	35-01.50
1997	Kacey Childs	Damascus	34-02.50
1998	Dorilene Turay	Wheaton	34-10.00
1999	Michelle Smith	Gaithersburg	33-06.25
2000	Arike Ogundipe	Damascus	34-08.25
2001	Natalie Robles	Walter Johnson	32-09.25
2002	Rebecca duRivage-Jacobs	Montgomery Blair	33-07.00
2003	Toni Aluko	Paint Branch	37-10.50 R
2004	Toni Aluko	Paint Branch	36-01.50
2005	Jessica Jenkins	John F. Kennedy	34-00.25
2006	Audrey Gariepy-Bogui	Winston Churchill	37-09.50
2007	Audrey Gariepy-Bogui	Winston Churchill	38-00.00 R
2008	Thea LaFond	John F. Kennedy	36-06.25
2009	Arielle Statham	Paint Branch	38-06.00 R
2010	Thea LaFond	John F. Kennedy	39-06.00 R
2011	Thea LaFond	John F. Kennedy	40-08.00 R
2012	Sierra Isaac	Quince Orchard	36-03.25
2013	Tyatianna Johnson	Seneca Valley	36-06.00
2014	Kara Huie	Thomas S. Wootton	37-09.25
2015	Alexus Pyles	Clarksburg	39-06.25
2016	Taylor Wright	Northwest	36-07.50
2017	Ashley Santini	Northwest	35-06.50
2018	Taylor Wright	Northwest	38-08.00
2019	Taylor Wright	Northwest	38-04.50
2022	Manie Mevo	Quince Orchard	40-01.25
2023	Mame Diop	James H. Blake	36-11.00
2024	Jaylin Harried	Bethesda Chevy Chase	37-05.50
2025	Shekinah Jamison	Damascus	38-10.75

**Most outdoor county champions in this event: Damascus 5**

## Boys Triple Jump Top 25 All-Time

#	Name	High School	Year	Triple Jump Result
1	Clarence Foote-Talley	Northwest	2019	49-05.50
2	Tim Edwards	Albert Einstein	1988	47-10.00
3	Clarence Foote-Talley	Northwest	2018	46-11.50
4	Renaldo Smith	Sherwood	2017	46-07.75
5	Desmond Whitley	Clarksburg	2023	46-07.50
6	BJ Shaw	Gaithersburg	2007	46-03.50
7	Jay Colbert	Gaithersburg	1999	46-02.50
8	Ryan Hall	Northwest	2025	46-02.00
9	Ian Francis	Walter Johnson	2008	46-01.75
10	Shawn Tittley	Seneca Valley	1983	46-01.50
11	Shawn Tittley	Seneca Valley	1982	45-11.00
12	Sheldon Hutchinson	Gaithersburg	1996	45-10.75
13	Jay Colbert	Gaithersburg	2000	45-09.75
14	John Welbon	Gaithersburg	2003	45-09.25
15	Ian Francis	Walter Johnson	2007	45-09.00
15	Donovan Beckett-Simms	Seneca Valley	2016	45-09.00
17	Sheldon Hutchinson	Gaithersburg	1997	45-07.50
18	Carlos Vanzego	Clarksburg	2014	45-07.00
19	Donovan Knight	Seneca Valley	1982	45-05.00
20	Adrian Summers	Montgomery Blair	1981	45-04.75
21	Nathan Hicks	Montgomery Blair	1982	45-04.50
21	Sheldon Trotman	Northwest	2011	45-04.50
21	Desmond Whitley	Clarksburg	2022	45-04.50
24	Owen Cain	Gaithersburg	2008	45-02.00
25	Kaifa Boyce	Gaithersburg	2012	45-01.50

## Triple Jump All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Kingsley Ellis	Bethesda-CC	1987	42-08.00	Adrian Summers	Blair	1981	45-04.75
Moussa Sylla	Blake	2018	45-01.25	Brendan Tan-Fahed	Churchill	2018	44-05.00
Desmond Whitley	Clarksburg	2023	46-07.50	Eric Sye	Damascus	1999	44-09.00
Tim Edwards	Einstein	1988	47-10.00	BJ Shaw	Gaithersburg	2007	46-03.50
Ian Francis	Walter Johnson	2008	46-01.75	Michael Emerson	John F. Kennedy	2005	42-09.00
Jonathan Onasanya	Magruder	2012	44-05.75	Tuan Wreh	R. Montgomery	1997	45-00.00
Clarence Foote-Talley	Northwest	2019	49-05.50	Cameron Rice	Northwood	2018	43-10.75
Lenny Williams	Paint Branch	1990	44-05.00	Corey Shinko	Poolesville	2004	42-09.00
Elliott Davis	Quince Orchard	2014	45-00.25	Hillman	Rockville	1983	43-04.00
Shawn Tittley	Seneca Valley	1983	46-01.50	Renaldo Smith	Sherwood	2017	46-07.75
Ikechukwu Onyechi	Springbrook	2022	44-01.25	Damiete Roberts	Watkins Mill	2010	43-04.25
Phu Trinh	Wheaton	1994	43-05.25	Travis Atwater	Walt Whitman	2008	39-05.25
Jamil Abdule-Rauf	Wootton	2008	43-07.75	Kouzel	Charles Woodward	1984	41-04.75

## Boys Triple Jump County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Triple Jump Result</u>
1981	Adrian Summers	Montgomery Blair	45-04.75 R
1982	Shawn Tittley	Seneca Valley	45-11.00 R
1983	Shawn Tittley	Seneca Valley	46-01.50 R
1984	Charles Gassaway	Gaithersburg	42-09.50
1985	Charles Gassaway	Gaithersburg	44-09.00
1986	Robert Jackson	Gaithersburg	44-07.50
1987	Robert Jackson	Gaithersburg	45-00.50
1988	Tim Edwards	Albert Einstein	47-10.00 R
1989	Anthony Sewell	Gaithersburg	43-09.00
1990	Lenny Williams	Paint Branch	44-05.00
1991	Khalid Muhammed	Watkins Mill	43-00.25
1992	Rafiu Bakare	Springbrook	43-06.00
1993	Onaje Robinson	Quince Orchard	44-06.50
1994	Phu Trinh	Wheaton	43-05.25
1995	Leon Phillips	Winston Churchill	44-01.00
1996	Sheldon Hutchinson	Gaithersburg	45-10.75
1997	Sheldon Hutchinson	Gaithersburg	45-07.50
1998	Tuan Wreh	Richard Montgomery	45-00.00
1999	Jay Colbert	Gaithersburg	46-02.50
2000	Jay Colbert	Gaithersburg	45-09.75
2001	Richard Riley	Gaithersburg	43-09.25
2002	Jason Miller	Springbrook	41-09.00
2003	John Welbon	Gaithersburg	45-09.25
2004	John Welbon	Gaithersburg	43-07.75
2005	Bryant England	Seneca Valley	44-09.00
2006	Jeremy Herring	John F. Kennedy	42-07.00
2007	BJ Shaw	Gaithersburg	46-03.50
2008	Ian Francis	Walter Johnson	46-01.75
2009	Owen Cain	Gaithersburg	44-09.75
2010	Fonati Quinn	Richard Montgomery	44-03.25
2011	Sheldon Trotman	Northwest	45-04.50
2012	Kaifa Boyce	Gaithersburg	45-01.50
2013	Elliott Davis	Quince Orchard	44-10.50
2014	Carlos Vanzego	Clarksburg	45-07.00
2015	Dorian Jones	Quince Orchard	45-00.00
2016	Donovan Beckett-Simms	Seneca Valley	45-09.00
2017	Renaldo Smith	Sherwood	46-07.75
2018	Clarence Foote-Talley	Northwest	46-11.50
2019	Clarence Foote-Talley	Northwest	49-05.50 R
2022	Desmond Whitley	Clarksburg	45-04.50
2023	Desmond Whitley	Clarksburg	46-07.50
2024	Ryan Hall	Northwest	43-11.75
2025	Ryan Hall	Northwest	46-02.00

**Most outdoor county champions in this event: Gaithersburg 15**

## Girls Shot Put Top 25 All-Time

#	Name	High School	Year	Shot Put Result
1	Claudia Ababio	Clarksburg	2014	45-01.00
2	Ozioma Edokobi	Richard Montgomery	2014	41-03.25
3	Claudia Ababio	Clarksburg	2012	40-00.00
4	Shakira Moumban	Springbrook	2025	39-10.25
5	Christella Leukeu	Springbrook	2025	39-09.00
6	Amy Schwinn	Whitman	1984	39-04.00
7	Brittany Moreland	Northwest	2007	39-01.00
8	Debbie Simone	Damascus	1980	38-08.25
9	Janise Bestman	Paint Branch	2018	38-07.25
10	Ashley Fautleroy	Paint Branch	2004	38-06.50
11	Nanette Toone	Northwood	1983	38-01.50
12	Amy Schwinn	Whitman	1983	38-01.00
13	Nneoma Edokobi	Richard Montgomery	2012	38-00.00
14	Chrissie Buser	Seneca Valley	1987	37-09.50
15	Karen Dyson	Seneca Valley	1990	37-08.00
15	Teagan Bandholz	Poolesville	2025	37-08.00
17	Justina Ababio	Clarksburg	2016	37-06.75
17	Claudia Ababio	Clarksburg	2013	37-06.00
19	Rachel Porzel	James H. Blake	2011	37-05.50
20	Virginia Owusu-Mainoo	Seneca Valley	2011	37-05.00
21	Erin Hatcher	Paint Branch	2019	37-05.00
22	Jabea Ewane	Watkins Mill	2024	37-02.75
23	Turquoia Johnson	Clarksburg	2009	37-02.00
24	Mawata Queen Keita	Springbrook	2022	37-01.50
25	Allison Armstrong	John F. Kennedy	1985	36-10.25

## Shot Put All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Imani McCray	B-CC	2014	32-11.50	Marsha Burke	Blair	1980	36-00.00
Rachel Porzel	Blake	2011	37-05.50	Rachel Beerman	Churchill	1986	36-10.00
Claudia Ababio	Clarksburg	2014	45-01.00	Debbie Simone	Damascus	1980	38-08.25
Tracy Lake	Einstein	1983	36-06.25	Kyla Graham	Gaithersburg	2003	35-08.50
Toni Koroye	Walter Johnson	2016	33-06.00	Allison Armstrong	John F. Kennedy	1985	36-10.25
Marie Moten	Magruder	1987	36-01.00	Ozioma Edokobi	Richard Montgomery	2014	41-03.25
Brittany Moreland	Northwest	2007	39-01.00	Nanette Toone	Northwood	1983	38-01.50
Janise Bestman	Paint Branch	2018	38-07.25	Teagan Bandholz	Poolesville	2025	37-08.00
Shanika Odom	Quince Orchard	1996	36-09.00	Jennifer Kennedy	Rockville	1998	33-08.00
Chrissie Buser	Seneca Valley	1987	37-09.50	Ameerat Olatunde	Sherwood	2012	36-00.00
Shakira Moumban	Springbrook	2025	39-10.25	Jabea Ewane	Watkins Mill	2024	37-02.75
Ije Agba	Wheaton	1998	34-09.00	Amy Schwinn	Walt Whitman	1984	39-04.00
Amaris Palanga	Wootton	2023	35-07.00	G. Windsor	Woodward	1981	31-07.00

## Girls Shot Put County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Shot Put Result</u>
1980	Debbie Simone	Damascus	38-08.25 R
1981	Sonie Driver	Gaithersburg	35-02.75
1982	Marcia Burke	Montgomery Blair	35-08.00
1983	Nanette Toone	Northwood	38-01.50
1984	Amy Schwinn	Walt Whitman	39-04.00 R
1985	Allison Armstrong	John F. Kennedy	36-10.25
1986	Rachel Beerman	Winston Churchill	36-10.00
1987	Chrissie Buser	Seneca Valley	37-09.50
1988	Elizabeth Richards	Thomas S. Wootton	29-05.50
1989	Karen Dyson	Seneca Valley	32-08.00
1990	Karen Dyson	Seneca Valley	37-08.00
1991	Monja Ehlers	Gaithersburg	34-08.00
1992	Keisha Palmer	Seneca Valley	32-02.00
1993	Andy McCray	Gaithersburg	32-11.75
1994	Kobie Kruger	Gaithersburg	30-11.75
1995	Shanika Odom	Quince Orchard	32-07.25
1996	Shanika Odom	Quince Orchard	36-09.00
1997	Ruth Kura	Quince Orchard	34-11.50
1998	Ruth Kura	Quince Orchard	36-06.00
1999	Vicky Otieno	Thomas S. Wootton	34-11.00
2000	Irina King	Paint Branch	32-00.25
2001	Julie Kauffman	Damascus	36-03.00
2002	Ashley Fauntleroy	Paint Branch	34-02.50
2003	Kyla Graham	Gaithersburg	35-08.50
2004	Ashley Fauntleroy	Paint Branch	38-06.50
2005	Stephanie Garcia	John F. Kennedy	34-09.75
2006	Brittany Moreland	Northwest	34-11.00
2007	Brittany Moreland	Northwest	39-01.00
2008	Arleigh Rose	Sherwood	34-02.00
2009	Turquoia Johnson	Clarksburg	37-02.00
2010	Milan White	Springbrook	36-00.00
2011	Rachel Porzel	James H. Blake	37-05.50
2012	Claudia Ababio	Clarksburg	40-00.00 R
2013	Claudia Ababio	Clarksburg	37-06.00
2014	Claudia Ababio	Clarksburg	45-01.00 R
2015	Justina Ababio	Clarksburg	36-08.00
2016	Justina Ababio	Clarksburg	37-06.75
2017	Janise Bestman	Paint Branch	36-07.00
2018	Janise Bestman	Paint Branch	38-07.25
2019	Erin Hatcher	Paint Branch	37-05.00
2022	Mawata Queen Keita	Springbrook	37-01.50
2023	Mawata Queen Keita	Springbrook	36-01.50
2024	Jabea Ewane	Watkins Mill	37-02.75
2025	Shakira Moumban	Springbrook	39-10.25

**Most outdoor county champions in this event: Clarksburg 6, Paint Branch 6**

## Boys Shot Put Top 25 All-Time

#	Name	High School	Year	Shot Put Result
1	Marcus Brown	Quince Orchard	2009	59-10.50
2	Sean Stanley	Gaithersburg	2009	58-08.00
3	Jabari Bennett	James H. Blake	2017	57-07.25
4	Mike Smith	Sherwood	1985	57-06.00
5	Jabari Bennett	James H. Blake	2016	56-06.75
6	Sean Stanley	Gaithersburg	2008	56-05.00
7	Jared Wasser	Thomas S. Wootton	2002	55-08.50
8	Dave Neubeiser	Gaithersburg	1995	54-07.75
9	Andrew Dinkin	Winston Churchill	1987	54-06.00
10	Mathias Nkwenti	Thomas S. Wootton	1996	53-05.25
11	Sean Stanley	Gaithersburg	2007	52-11.50
12	Andrew Birgin	Walter Johnson	2018	52-08.25
13	Jared Wasser	Thomas S. Wootton	2003	52-06.50
14	Doug Joyce	Gaithersburg	1987	52-06.00
14	Avery Graham	Clarksburg	2008	52-06.00
16	Dave Neubeiser	Gaithersburg	1994	52-05.50
17	Eric Drain	Seneca Valley	1982	52-00.25
18	Devonte Johnson	Paint Branch	2014	51-11.50
19	Mike Smith	Sherwood	1983	51-09.50
20	Noah Vernick	Quince Orchard	2015	51-07.50
21	Mike Smith	Sherwood	1984	51-06.00
21	Nnamdi Edokobi	Richard Montgomery	2011	51-06.00
23	Glenn Eason	Whitman	1985	50-10.00
23	Marc Leiderman	Wheaton	1991	50-10.00
23	Ayoola Olakanye	Springbrook	2000	50-10.00
23	Matt Miller	Richard Montgomery	2006	50-10.00

## Shot Put All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Csaba Hadas	Bethesda Chevy Chase	1989	49-04.00	Vincent Coles	Blair	1980	50-01.00
Jabari Bennett	Blake	2017	57-07.25	Andrew Dinkin	Churchill	1987	54-06.00
Avery Graham	Clarksburg	2008	52-06.00	Bryan Coup	Damascus	1988	50-08.00
Rene Molinari	Einstein	2012	48-10.00	Sean Stanley	Gaithersburg	2009	58-08.00
Andrew Birgin	Walter Johnson	2018	52-08.50	Joe Henry	John F. Kennedy	1999	44-09.50
Dab Ukwuani	Magruder	2011	48-04.00	Nnamdi Edokobi	Richard Montgomery	2011	51-06.00
Paul Rivers	Northwest	2024	49-08.00	Corwin Acker	Northwood	1982	50-05.50
Devonte Johnson	Paint Branch	2014	51-11.50	Robert Holland	Poolesville	1985	47-07.25
Marcus Brown	Quince Orchard	2009	59-10.50	Erik Blautzik	Rockville	2016	41-04.25
Eric Drain	Seneca Valley	1982	52-00.25	Mike Smith	Sherwood	1985	57-06.00
Ayoola Olakanye	Springbrook	2000	50-10.00	BJ Jacobs	Watkins Mill	2000	50-06.00
Marc Leiderman	Wheaton	1991	50-10.00	Glenn Eason	Walt Whitman	1985	50-10.00
Jared Wasser	Wootton	2002	55-08.50	Nowosisky	Peary	1980	44-09.00

## Boys Shot Put County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Shot Put Result</u>
1980	Vincent Coles	Montgomery Blair	50-01.00 R
1981	Terrance Mathews	Paint Branch	50-05.00 R
1982	Eric Drain	Seneca Valley	52-00.25 R
1983	Mike Smith	Sherwood	51-09.50
1984	Mike Smith	Sherwood	51-06.00
1985	Mike Smith	Sherwood	57-06.00 R
1986	Doug Joyce	Gaithersburg	50-06.00
1987	Andrew Dinkin	Winston Churchill	54-06.00
1988	Bryan Coup	Damascus	50-08.00
1989	Csaba Hadas	Bethesda Chevy Chase	49-04.00
1990	Mike Neubeiser	Gaithersburg	50-04.50
1991	Marc Leiderman	Wheaton	50-10.00
1992	Yusef Byrd	Paint Branch	47-09.00
1993	Ron Mesa	Quince Orchard	49-11.00
1994	Dave Neubeiser	Gaithersburg	52-05.50
1995	Dave Neubeiser	Gaithersburg	54-07.75
1996	Mathias Nkwenti	Thomas S. Wootton	53-05.25
1997	Chris Wahl	Quince Orchard	48-03.00
1998	John Rydzewski	Gaithersburg	49-07.00
1999	John Rydzewski	Gaithersburg	50-05.00
2000	Ayoola Olakanye	Springbrook	50-10.00
2001	Tim O'Brien	Gaithersburg	46-00.00
2002	Jared Wasser	Thomas S. Wootton	55-08.50
2003	Jared Wasser	Thomas S. Wootton	52-06.50
2004	Paul Bridgers	Gaithersburg	44-04.00
2005	Matt Miller	Richard Montgomery	48-09.75
2006	Matt Miller	Richard Montgomery	50-10.00
2007	Sean Stanley	Gaithersburg	52-11.50
2008	Sean Stanley	Gaithersburg	56-05.00
2009	Marcus Brown	Quince Orchard	59-10.50 R
2010	Jake Furr	Damascus	48-08.00
2011	Nnamdi Edokobi	Richard Montgomery	51-06.00
2012	Nadim Elhage	Winston Churchill	49-10.50
2013	Artavius Simpson	Richard Montgomery	47-01.50
2014	Devonte Johnson	Paint Branch	51-11.50
2015	Noah Vernick	Quince Orchard	51-07.50
2016	Jabari Bennett	James H. Blake	56-06.75
2017	Jabari Bennett	James H. Blake	57-07.25
2018	Andrew Birgin	Walter Johnson	52-08.50
2019	Isaiah Bishop	Northwest	48-01.75
2022	Tai Huynh	Northwood	48-01.00
2023	Neil Telfer, Jr.	Seneca Valley	48-05.00
2024	Paul Rivers	Northwest	49-08.00
2025	Kacey Gilliam	Quince Orchard	46-09.00

**Most outdoor county champions in this event: Gaithersburg 10**

## Girls Discus Top 25 All-Time

#	Name	High School	Year	Discus Result
1	Teagan Bandholz	Poolesville	2025	136-11.00
2	Claudia Ababio	Clarksburg	2014	130-01.00
3	Ozioma Edokobi	Richard Montgomery	2014	125-02.00
4	Ruth Kura	Quince Orchard	1998	123-10.00
5	Ruth Kura	Quince Orchard	1996	122-08.00
6	Teagan Bandholz	Poolesville	2024	122-07.00
7	Ruth Kura	Quince Orchard	1997	121-00.50
8	Amy Schwinn	Whitman	1984	118-11.50
9	Arleigh Rose	Sherwood	2008	118-08.00
10	Ozioma Edokobi	Richard Montgomery	2012	118-02.00
11	Ozioma Edokobi	Richard Montgomery	2013	117-09.00
12	Arleigh Rose	Sherwood	2006	117-03.50
13	Virginia Owusu-Mainoo	Seneca Valley	2012	117-02.00
14	Tracy Lake	Albert Einstein	1985	117-00.50
15	Tracy Lake	Albert Einstein	1984	117-00.25
16	Dalina Julien	Albert Einstein	2016	116-10.00
17	Tracy Lake	Albert Einstein	1983	116-02.50
18	Beth Tomanek	Seneca Valley	1982	116-01.50
19	Claudia Ababio	Clarksburg	2012	115-01.00
20	Irina King	Paint Branch	2000	114-10.00
21	Tasha Crannell	Springbrook	1987	114-06.00
22	Xanthi Limber	Clarksburg	2017	114-00.00
23	Jennifer Kennedy	Rockville	1998	113-06.00
24	Leslie Brown	Thomas S. Wootton	1993	113-05.50
25	Cori Talley	James H. Blake	2008	113-02.00

## Discus All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Amy Amabile	B-CC	1982	107-07.75	Marsha Burke	Blair	1982	102-10.50
Cori Talley	Blake	2008	113-02.00	Rachel Beerman	Churchill	1987	112-07.00
Claudia Ababio	Clarksburg	2014	130-01.00	Julie Kauffman	Damascus	2001	112-04.00
Tracy Lake	Einstein	1985	117-00.50	Kobie Kauger	Gaithersburg	1995	106-05.50
Jamie Pottern	Walter Johnson	2005	105-08.00	Allison Armstrong	John F. Kennedy	1985	103-05.00
Janel Brown	Magruder	2014	90-04.00	Ozioma Edokobi	Richard Montgomery	2014	125-02.00
Courtney Haberman	Northwest	2014	103-03.00	Caines	Northwood	1980	93-03.50
Irina King	Paint Branch	2000	114-10.00	Teagan Bandholz	Poolesville	2025	136-11.00
Ruth Kura	Quince Orchard	1998	123-10.00	Jennifer Kennedy	Rockville	1998	113-06.00
Virginia Owusu-Mainoo	Seneca Valley	2012	117-02.00	Arleigh Rose	Sherwood	2008	118-08.00
Tasha Crannell	Springbrook	1987	114-06.00	Alexa Burns	Watkins Mill	2004	101-03.00
Caroline Djakuduel	Wheaton	2018	99-11.00	Amy Schwinn	Walt Whitman	1984	118-11.50
Leslie Brown	Wootton	1993	113-05.50	Butler	Charles Woodward	1983	98-08.75

## Girls Discus County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Discus Result</u>
1980	Debbie Simone	Damascus	106-10.00 R
1981	Beth Tomanek	Seneca Valley	105-04.00
1982	Beth Tomanek	Seneca Valley	116-01.50 R
1983	Tracy Lake	Albert Einstein	116-02.50 R
1984	Amy Schwinn	Walt Whitman	118-11.50 R
1985	Tracy Lake	Albert Einstein	117-00.50
1986	Rachel Beerman	Winston Churchill	107-01.25
1987	Tasha Crannell	Springbrook	114-06.00
1988	Yvette Cromwell	Wheaton	89-00.50
1989	Cherie Hubble	Seneca Valley	93-03.00
1990	Suzin Whitten	Paint Branch	99-01.00
1991	Jessica Humphrey	Springbrook	104-11.00
1992	Leslie Brown	Thomas S. Wootton	101-06.00
1993	Leslie Brown	Thomas S. Wootton	113-05.50
1994	Kobie Kruger	Gaithersburg	90-04.50
1995	Kobie Kruger	Gaithersburg	106-05.50
1996	Ruth Kura	Quince Orchard	122-08.00 R
1997	Ruth Kura	Quince Orchard	121-00.50
1998	Ruth Kura	Quince Orchard	123-10.00 R
1999	Jennifer Kennedy	Rockville	112-02.00
2000	Irina King	Paint Branch	114-10.00
2001	Julie Kauffman	Damascus	112-04.00
2002	Juanita Mitcham	Northwest	101-05.00
2003	Erica Friday	Sherwood	107-06.00
2004	Ashley Fauntleroy	Paint Branch	112-11.00
2005	Jacquelyn Adcock	Damascus	110-00.00
2006	Arleigh Rose	Sherwood	117-03.50
2007	Jacquelyn Adcock	Damascus	112-04.00
2008	Arleigh Rose	Sherwood	118-08.00
2009	Octavia King	James H. Blake	113-00.00
2010	Virginia Owusu-Mainoo	Seneca Valley	110-00.00
2011	Anna Ucheomumu	Albert Einstein	112-03.00
2012	Ozioma Edokobi	Richard Montgomery	118-02.00
2013	Ozioma Edokobi	Richard Montgomery	117-09.00
2014	Claudia Ababio	Clarksburg	130-01.00 R
2015	Xanthi Limber	Clarksburg	101-11.00
2016	Dalina Julien	Albert Einstein	116-10.00
2017	Xanthi Limber	Clarksburg	114-00.00
2018	Trinity Klock	Clarksburg	110-02.00
2019	Mallory Anderson	Damascus	92-04.00
2022	Cyan McDonald	Rockville	108-05.00
2023	Sarah Watson	Walter Johnson	100-09.00
2024	Teagan Bandholz	Poolesville	122-07.00
2025	Teagan Bandholz	Poolesville	136-11.00 R

**Most outdoor county champions in this event: Damascus 5**

## Boys Discus Top 25 All-Time

#	Name	High School	Year	Discus Result
1	Marcus Brown	Quince Orchard	2009	167-04.00
2	Mathias Nkwenti	Thomas S. Wootton	1996	164-01.50
3	Mike Neubeiser	Gaithersburg	1989	158-00.00
4	Bobby Dugan	Gaithersburg	2006	157-01.00
5	Billy Emerson	Watkins Mill	2015	155-07.00
6	Robert Scribner	Quince Orchard	2006	155-05.00
7	Yusef Byrd	Paint Branch	1992	153-10.50
8	Dave Neubeiser	Gaithersburg	1995	153-09.00
9	Sean Stanley	Gaithersburg	2008	153-00.00
10	David Kaplan	Winston Churchill	2014	152-07.00
11	Duane House	Walter Johnson	1988	152-04.50
12	Vincent Coles	Montgomery Blair	1980	151-09.00
13	Andrew Dinkin	Winston Churchill	1987	151-06.00
14	Arthur Wester	Clarksburg	2025	150-10.00
15	Sean Stanley	Gaithersburg	2009	150-05.00
16	Mathias Nkwenti	Thomas S. Wootton	1995	149-03.50
17	Jefferson Serkfem	Sherwood	2025	148-05.00
18	Rasaan Odom	Quince Orchard	1991	148-04.00
19	Samuel Adedeji	Clarksburg	2012	145-06.00
20	Deandre Jules	Northwest	2019	146-03.00
21	Paul Rivers	Northwest	2024	145-03.00
22	Anthony Donnay-wood	James H. Blake	2010	145-02.00
23	Derrick Gassaway	Magruder	1983	145-00.00
24	Mike Neubeiser	Gaithersburg	1990	144-11.00
25	David Kaplan	Winston Churchill	2012	144-09.00

## Discus All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Case Wright	Bethesda-CC	2015	120-08.00	Vincent Coles	Blair	1980	151-09.00
Anthony Donnay-wood	Blake	2010	145-02.00	David Kaplan	Churchill	2014	152-07.00
Arthur Wester	Clarksburg	2025	150-10.00	Derek Barnhart	Damascus	2002	144-05.00
Aaron Lomax	Einstein	2019	129-08.00	Mike Neubeiser	Gaithersburg	1989	158-00.00
Duane House	Walter Johnson	1988	152-04.50	Delano Furgeson	John F. Kennedy	2007	134-04.00
Derrick Gassaway	Magruder	1983	145-00.00	David Beck	R. Montgomery	1991	143-08.00
Deandre Jules	Northwest	2019	146-03.00	Terry Burke	Northwood	1982	129-07.00
Yusef Byrd	Paint Branch	1992	153-10.50	John Buschman	Poolesville	1997	141-07.00
Marcus Brown	Quince Orchard	2009	167-04.00	John Paul Pfaff	Rockville	2022	138-03.00
Neil Telfer, Jr.	Seneca Valley	2023	140-09.00	Jefferson Serkfem	Sherwood	2025	148-05.00
Ayoola Olakanye	Springbrook	1999	144-06.00	Billy Emerson	Watkins Mill	2015	155-07.00
Hector Velaquez	Wheaton	1997	140-08.00	Drummond	Walt Whitman	1985	138-04.00
Mathias Nkwenti	Wootton	1996	164-01.50	Joe Higler	Peary	1982	136-09.00
Will Harper	Charles Woodward	1986	132-08.00				

## Boys Discus County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Discus Result</u>
1980	Vincent Coles	Montgomery Blair	151-09.00 R
1981	Aaron Carter	Gaithersburg	140-08.50
1982	Eric Drain	Seneca Valley	140-07.50
1983	Derrick Gassaway	Magruder	145-00.00
1984	Mike Smith	Sherwood	139-09.50
1985	Kevin Joyce	Springbrook	142-09.50
1986	Doug Joyce	Gaithersburg	141-06.00
1987	Andrew Dinkin	Winston Churchill	151-06.00
1988	Duane House	Walter Johnson	152-04.50 R
1989	Mike Neubeiser	Gaithersburg	158-00.00 R
1990	Mike Neubeiser	Gaithersburg	144-11.00
1991	Rasaan Odom	Quince Orchard	148-04.00
1992	Yusef Byrd	Paint Branch	153-10.50
1993	Husan Smith	Magruder	138-10.00
1994	Dave Neubeiser	Gaithersburg	137-04.00
1995	Dave Neubeiser	Gaithersburg	153-09.00
1996	Mathias Nkwenti	Thomas S. Wootton	164-01.50 R
1997	John Buschman	Poolesville	141-07.00
1998	John Buschman	Poolesville	140-07.00
1999	Ayoola Olakanye	Springbrook	144-06.00
2000	Kevin Neubeiser	Gaithersburg	144-07.00
2001	AJ Lillie	Gaithersburg	131-01.00
2002	Derek Barnhart	Damascus	144-05.00
2003	Jared Wasser	Thomas S. Wootton	128-10.00
2004	Paul Bridgers	Gaithersburg	134-11.50
2005	Robert Scribner	Quince Orchard	137-07.00
2006	Bobby Dugan	Gaithersburg	157-01.00
2007	Zachary Thompson	Quince Orchard	135-04.50
2008	Sean Stanley	Gaithersburg	153-00.00
2009	Marcus Brown	Quince Orchard	167-04.00 R
2010	Anthony Donnay-wood	James H. Blake	145-02.00
2011	Nadim Elhage	Winston Churchill	143-09.50
2012	Samuel Adedeji	Clarksburg	145-06.00
2013	Patrick Schlosser	Watkins Mill	139-10.00
2014	David Kaplan	Winston Churchill	152-07.00
2015	Billy Emerson	Watkins Mill	155-07.00
2016	Jabari Bennett	James H. Blake	144-05.00
2017	Lizandro Galvez	Paint Branch	123-08.00
2018	Connell Oberman	Poolesville	139-07.00
2019	Deandre Jules	Northwest	146-03.00
2022	John Paul Pfaff	Rockville	138-03.00
2023	Neil Telfer, Jr.	Seneca Valley	140-09.00
2024	Paul Rivers	Northwest	145-03.00
2025	Arthur Wester	Clarksburg	150-10.00

**Most outdoor county champions in this event: Gaithersburg 11**

## Girls Pole Vault Top 25 All-Time

#	Name	High School	Year	Pole Vault Result
1	Ava Wilson	Walt Whitman	2025	11-00.00
2	Gracie Emerick	Damascus	2022	10-07.00
3	Zoe Pallia	Damascus	2023	10-06.00
3	Mira Kalra	Richard Montgomery	2025	10-06.00
5	Victoria Toth	Bethesda Chevy Chase	2016	10-00.00
5	Ava Wilson	Bethesda Chevy Chase	2024	10-00.00
7	Erin Parker	Damascus	2011	9-06.00
7	Catherine Panasenkov	Quince Orchard	2013	9-06.00
7	Paige Evans	Clarksburg	2016	9-06.00
7	Paige Evans	Clarksburg	2017	9-06.00
7	Ava Wilson	Walt Whitman	2023	9-06.00
12	Rebekah Harrison	Springbrook	2001	9-00.00
12	Liz Calhoun	Thomas S. Wootton	2007	9-00.00
12	Erin Parker	Damascus	2010	9-00.00
12	Naami Wagner	Northwood	2010	9-00.00
12	Jordyn Goldsmith	Seneca Valley	2025	9-00.00
17	Rebekah Harrison	Springbrook	2002	8-06.00
17	Catherine Panasenkov	Quince Orchard	2011	8-06.00
17	Catherine Panasenkov	Quince Orchard	2012	8-06.00
17	Brionne Pyles	Clarksburg	2016	8-06.00
17	Sara Mercer	Quince Orchard	2019	8-06.00
22	Kimberly Sauer	Quince Orchard	2001	8-00.00
22	Liz Calhoun	Thomas S. Wootton	2008	8-00.00
22	Emily Munro	Thomas S. Wootton	2008	8-00.00
22	Caitlin Campbell	Northwest	2010	8-00.00
22	Andrea Christmas	Northwest	2014	8-00.00
22	Mia Del Borrello	Damascus	2014	8-00.00
22	Paige Evans	Clarksburg	2015	8-00.00
22	Sarah Louk	Clarksburg	2016	8-00.00
22	Karalyn Schwartz	Clarksburg	2017	8-00.00
22	Ananya Bernardo	Bethesda Chevy Chase	2017	8-00.00
22	Karalyn Schwartz	Clarksburg	2018	8-00.00
22	Jocelyn Chaney	Seneca Valley	2025	8-00.00

Name	School	Year	Result	Name	School	Year	Result
Victoria Toth	B-CC	2016	10-00.00	Deeya Garg	Blair	2018	7-06.00
Julianni Wyche	Blake	2024	6-06.00	Aimee Follett	Churchill	2001	7-00.00
Paige Evans	Clarksburg	2016	9-06.00	Gracie Emerick	Damascus	2022	10-07.00
Tammy Spurr	Gaithersburg	2002	7-06.00	Amanda Shapin	Walter Johnson	2002	7-06.00
Mira Kalra	Richard Montgomery	2025	10-06.00	Caitlin Campbell	Northwest	2010	8-00.00
Naami Wagner	Northwood	2010	9-00.00	Tambetta Ojang	Paint Branch	2002	7-06.00
Bryann Benton	Poolesville	2005	7-06.00	Catherine Panasenkov	Quince Orchard	2013	9-06.00
Jordyn Goldsmith	Seneca Valley	2024	9-00.00	Katherine Blackwell	Sherwood	2002	7-06.00
Rebekah Harrison	Springbrook	2001	9-00.00	Ava Wilson	Walt Whitman	2025	11-00.00
Liz Calhoun	Wootton	2007	9-00.00				

The following schools have no county championship girls pole vault performances on record: Einstein, Kennedy, Magruder, Rockville, Watkins Mill, Wheaton, Peary, Woodward

## Girls Pole Vault County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Pole Vault Result</u>
1997	Kacey Childs	Damascus	7-06.00 R
2001	Rebekah Harrison	Springbrook	9-00.00 R
2002	Rebekah Harrison	Springbrook	8-06.00
2004	Melissa Rothstein	Winston Churchill	7-00.00
2005	Katie Purdy	Quince Orchard	7-06.00
2006	Brittany McLeod	Quince Orchard	6-06.00
2007	Liz Calhoun	Thomas S. Wootton	9-00.00
2008	Liz Calhoun	Thomas S. Wootton	8-00.00
2009	Lauren Rose	Gaithersburg	7-06.00
2010	Naami Wagner	Northwood	9-00.00
2011	Erin Parker	Damascus	9-06.00 R
2012	Catherine Panasenkov	Quince Orchard	8-06.00
2013	Catherine Panasenkov	Quince Orchard	9-06.00
2014	Mia Del Borrello	Damascus	8-00.00
2015	Paige Evans	Clarksburg	8-00.00
2016	Victoria Toth	Bethesda Chevy Chase	10-00.00 R
2017	Paige Evans	Clarksburg	9-06.00
2018	Karalyn Schwartz	Clarksburg	8-00.00
2019	Sara Mercer	Quince Orchard	8-06.00
2022	Gracie Emerick	Damascus	10-07.00 R
2023	Zoe Pallia	Damascus	10-06.00
2024	Ava Wilson	Walt Whitman	10-00.00
2025	Ava Wilson	Walt Whitman	11-00.00 R

**Most outdoor county champions in this event: Quince Orchard 5, Damascus 5**

## Boys Pole Vault Top 25 All-Time

#	Name	High School	Year	Pole Vault Result
1	Andrew Bevan	Magruder	1984	14-09.00
2	Mike Humphrey	Seneca Valley	1983	13-03.00
3	Bill James	Albert Einstein	1980	13-01.50
4	Ed Eisenberg	Whitman	1981	13-00.00
4	Sean Hislop	Quince Orchard	1996	13-00.00
4	Matt Begley	Sherwood	2004	13-00.00
4	Chris Spiess	Clarksburg	2015	13-00.00
4	Jackson Larson	Winston Churchill	2024	13-00.00
9	Chris Yakabe	Albert Einstein	1981	12-06.00
9	Tom Chuckerel	Gaithersburg	1989	12-06.00
9	Steve Lee	Quince Orchard	1993	12-06.00
9	Paul Grey	Gaithersburg	1996	12-06.00
9	Scott Church	Richard Montgomery	2001	12-06.00
9	Seamus McCann	Bethesda Chevy Chase	2023	12-06.00
9	Jackson Larson	Winston Churchill	2023	12-06.00
9	David Meldorf	Northwest	2025	12-06.00
17	16 performances tied at 12-00.00			

## Pole Vault All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

Name	School	Year	Result	Name	School	Year	Result
Seamus McCann	Bethesda-CC	2023	12-06.00	Alemdar Shiferaw Uzman	Blair	2023	9-06.00
Jackson Larson	Churchill	2024	13-00.00	Chris Spiess	Clarksburg	2015	13-00.00
Andrew Mengle	Damascus	2011	12-00.00	Bill James	Einstein	1980	13-01.50
Tom Chuckerel	Gaithersburg	1989	12-06.00	David Strause	Walter Johnson	2001	12-00.00
Samson Workv	John F. Kennedy	1994	9-06.00	Andrew Bevan	Magruder	1984	14-09.00
Scott Church	R. Montgomery	2001	12-06.00	David Meldorf	Northwest	2025	12-06.00
Hayden Abrahams	Northwood	2019	9-00.00	Dan Swain	Paint Branch	1991	9-06.00
Clint Kels	Poolesville	1989	10-00.00	Sean Hislop	Quince Orchard	1996	13-00.00
Mike Humphrey	Seneca Valley	1983	13-03.00	Matt Begley	Sherwood	2004	13-00.00
Richard Stark	Springbrook	1997	12-00.00	Sean McKinney	Wheaton	1991	10-00.00
Ed Eisenberg	Walt Whitman	1981	13-00.00	Sam Eichberg	Wootton	2014	10-06.00
Sahil Shrestha	Watkins Mill	2016	8-06.00	Brienza	Charles Woodward	1983	11-06.00
Emil Davis	Peary	1980	12-00.00				

*The following schools have no county championship boys pole vault performances on record: Blake, Rockville*

## Boys Pole Vault County Champions

<u>Year</u>	<u>Name</u>	<u>High School</u>	<u>Pole Vault Result</u>
1980	Bill James	Albert Einstein	13-01.50 R
1981	Ed Eisenberg	Walt Whitman	13-00.00
1982	Chris Yakabe	Albert Einstein	12-00.00
1983	Mike Humphrey	Seneca Valley	13-03.00 R
1984	Andrew Bevan	Magruder	14-09.00 R
1985	Steve Wilson	Gaithersburg	11-06.00
1986	Jerry Christmas	Albert Einstein	11-00.00
1987	Mike Penn	Winston Churchill	11-00.00
1988	Jeff Hayhurst	Seneca Valley	10-06.00
1989	Tom Chuckerel	Gaithersburg	12-06.00
1990	Bob Wang	Quince Orchard	9-00.00
1991	Bob Wang	Quince Orchard	11-00.00
1992	Kevin Kozial	Gaithersburg	11-06.00
1993	Steve Lee	Quince Orchard	12-06.00
1994	Keith Duggan	Gaithersburg	11-06.00
1995	Paul Gray	Gaithersburg	12-00.00
1996	Sean Hislop	Quince Orchard	13-00.00
1997	Richard Stark	Springbrook	12-00.00
2001	Scott Church	Richard Montgomery	12-06.00
2004	Matt Begley	Sherwood	13-00.00
2005	Robbie O'Connor	Gaithersburg	11-06.00
2006	Nhi Thach	Gaithersburg	11-06.00
2007	Gregory Conte	Quince Orchard	10-00.00
2008	Joffrey Alcidor	Springbrook	11-00.00
2009	Anhtuan Nguyen	Gaithersburg	12-00.00
2010	Robbie Brehm	Sherwood	10-00.00
2011	Andrew Mengle	Damascus	12-00.00
2012	Kyle Beatty	Winston Churchill	10-06.00
2013	Kyle Beatty	Winston Churchill	11-06.00
2014	Timothy Santosa	Clarksburg	11-06.00
2015	Chris Spiess	Clarksburg	13-00.00
2016	Kyle Yi	Clarksburg	11-06.00
2017	Adam Levey	Quince Orchard	12-00.00
2018	Daniel Goodman	Northwest	11-00.00
2019	Zachary Jones	Gaithersburg	11-00.00
2022	Clark Didavi	Gaithersburg	11-00.00
2023	Seamus McCann	Bethesda Chevy Chase	12-06.00
2024	Jackson Larson	Winston Churchill	13-00.00
2025	David Meldorf	Northwest	12-06.00

**Most outdoor county champions in this event: Gaithersburg 10**

## Girls 4x100m Relay Top 25 All-Time | HT-Penalty = 0.24

#	High School	Year	Actual Perf.	Equivalent 4x100m
1	James H. Blake	2019		47.47
2	Wheaton	2024		47.55
3	Gaithersburg	2024		47.78
4	James H. Blake	2015		47.94
5	Magruder	2011		47.97
6	Gaithersburg	2025		48.14
7	Northwest	2017		48.39
8	Gaithersburg	2023		48.54
9	Watkins Mill	2018		48.55
10	Wheaton	2023		48.57
11	Paint Branch	2015		48.72
12	Gaithersburg	2005	ht-48.5	48.74
13	Gaithersburg	2008		48.84
14	Watkins Mill	2017		48.86
15	Gaithersburg	2007		48.88
16	Paint Branch	2025		48.90
17	Springbrook	2025		48.97
18	Richard Montgomery	2019		49.03
19	Gaithersburg	2004	ht-48.8	49.04
20	Magruder	2014		49.14
21	Northwest	2019		49.15
22	Gaithersburg	2002	ht-49.1	49.34
23	Paint Branch	1995	ht-49.2	49.44
23	Gaithersburg	2003	ht-49.2	49.44
25	Quince Orchard	2019		49.45

## 4x100m Relay All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

School	Year	Result	School	Year	Result
Bethesda Chevy Chase	2000	50.54	Blair	2024	50.15
James H. Blake	2019	47.47	Churchill	2010	49.55
Clarksburg	2008	49.83	Damascus	2025	49.77
Albert Einstein	1988	49.74	Gaithersburg	2024	47.78
Walter Johnson	2000	49.64	John F. Kennedy	2005	50.14
Magruder	2011	47.97	Richard Montgomery	2019	49.03
Northwest	2017	48.39	Northwood	2023	49.98
Paint Branch	2015	48.72	Poolesville	2018	51.84
Quince Orchard	2019	49.45	Rockville	1998	51.74
Seneca Valley	2025	49.61	Sherwood	2015	49.93
Springbrook	2025	48.97	Watkins Mill	2018	48.55
Wheaton	2024	47.55	Walt Whitman	2023	50.00
Thomas S. Wootton	2008	49.87	Charles Woodward	1985	51.84

## Girls 4x100m Relay County Champions

<u>Year</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 4x100m</u>
1980	Winston Churchill	ht-50.5	50.74 R
1981	Winston Churchill	ht-51.1	51.34
1982	Winston Churchill	ht-52.2	52.44
1983	Springbrook	ht-50.9	51.14
1984	Magruder	ht-50.9	51.14
1985	Gaithersburg	ht-49.6	49.84 R
1986	Gaithersburg	ht-50.9	51.14
1987	Walter Johnson	ht-51.5	51.74
1988	Albert Einstein	ht-49.5	49.74 R
1989	Paint Branch	ht-51.6	51.84
1990	Richard Montgomery	ht-52.5	52.74
1991	Gaithersburg	ht-51.7	51.94
1992	Paint Branch	ht-50.5	50.74
1993	Gaithersburg	ht-50.2	50.44
1994	Paint Branch	ht-49.6	49.84
1995	Paint Branch	ht-49.2	49.44 R
1996	Paint Branch	ht-50.9	51.14
1997	Paint Branch	ht-49.8	50.04
1998	Rockville	ht-51.5	51.74
1999	Gaithersburg	ht-50.5	50.74
2000	Walter Johnson	ht-49.4	49.64
2001	Gaithersburg	ht-50.0	50.24
2002	Gaithersburg	ht-49.1	49.34 R
2003	Gaithersburg	ht-49.2	49.44
2004	Gaithersburg	ht-48.8	49.04 R
2005	Gaithersburg	ht-48.5	48.74 R
2006	Gaithersburg	ht-50.4	50.64
2007	Gaithersburg		48.88
2008	Gaithersburg		48.84
2009	Clarksburg		51.00
2010	Winston Churchill		49.55
2011	Magruder		47.97 R
2012	Magruder		50.57
2013	Magruder		50.09
2014	Magruder		49.14
2015	James H. Blake		47.94 R
2016	Gaithersburg	ht-50.2	50.44
2017	Northwest		48.39
2018	Watkins Mill		48.55
2019	James H. Blake		47.47 R
2022	Damascus		49.89
2023	Gaithersburg		48.54
2024	Wheaton		47.55
2025	Gaithersburg		48.14

**Most outdoor county champions in this event: Gaithersburg 16**

**Boys 4x100m Relay Top 25 All-Time | HT-Penalty = 0.24**

#	High School	Year	Actual Perf.	Equivalent 4x100m
1	Gaithersburg	2003	ht-41.8	42.04
2	Northwest	2019		42.25
3	Gaithersburg	1989	ht-42.4	42.64
4	Watkins Mill	2019		42.72
5	Gaithersburg	1998	ht-42.5	42.74
6	Watkins Mill	2018		42.76
7	Gaithersburg	2014		42.84
8	Gaithersburg	2000	ht-42.7	42.94
8	Springbrook	2017		42.94
10	Richard Montgomery	2025		42.96
11	Sherwood	2019		42.99
12	Northwood	1981	ht-42.8	43.04
12	Gaithersburg	2001	ht-42.8	43.04
12	Gaithersburg	2002	ht-42.8	43.04
15	Richard Montgomery	2015		43.08
16	Paint Branch	2017		43.15
17	Thomas S. Wootton	2014		43.18
18	Seneca Valley	2023		43.19
18	Springbrook	2024		43.19
20	Winston Churchill	2025		43.32
21	John F. Kennedy	2004	ht-43.1	43.34
22	James H. Blake	2015		43.35
23	Gaithersburg	2004	ht-43.2	43.44
23	Paint Branch	2014		43.44
23	Northwest	2016	ht-43.2	43.44

**4x100m Relay All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet**

School	Year	Result	School	Year	Result
Bethesda Chevy Chase	2019	44.42	Blair	2023	43.45
James H. Blake	2015	43.35	Churchill	2025	43.32
Clarksburg	2019	43.79	Damascus	2025	43.95
Albert Einstein	2007	43.93	Gaithersburg	2003	42.04
Walter Johnson	2017	43.89	John F. Kennedy	2004	43.34
Magruder	2011	43.91	Richard Montgomery	2025	42.96
Northwest	2019	42.25	Northwood	1981	43.04
Paint Branch	2017	43.15	Poolesville	2018	44.24
Quince Orchard	2023	43.66	Rockville	1984	45.04
Seneca Valley	2023	43.19	Sherwood	1987	44.54
Springbrook	2017	42.94	Watkins Mill	2019	42.72
Wheaton	2025	44.15	Walt Whitman	2025	44.49
Thomas S. Wootton	2014	43.18	Peary	1982	46.84
Charles Woodward	1986	45.44			

## Boys 4x100m Relay County Champions

<u>Year</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 4x100m</u>
1980	Montgomery Blair	ht-43.4	43.64 R
1981	Northwood	ht-42.8	43.04 R
1982	Seneca Valley	ht-44.6	44.84
1983	Magruder	ht-43.8	44.04
1984	Magruder	ht-44.6	44.84
1985	Montgomery Blair	ht-43.7	43.94
1986	Gaithersburg	ht-43.7	43.94
1987	Gaithersburg	ht-43.5	43.74
1988	Albert Einstein	ht-44.5	44.74
1989	Gaithersburg	ht-42.4	42.64 R
1990	Gaithersburg	ht-43.5	43.74
1991	Gaithersburg	ht-43.8	44.04
1992	Gaithersburg	ht-43.6	43.84
1993	Gaithersburg	ht-44.3	44.54
1994	Gaithersburg	ht-43.5	43.74
1995	Gaithersburg	ht-44.1	44.34
1996	Gaithersburg	ht-44.1	44.34
1997	Gaithersburg	ht-44.1	44.34
1998	Gaithersburg	ht-42.5	42.74
1999	Gaithersburg	ht-43.7	43.94
2000	Gaithersburg	ht-42.7	42.94
2001	Gaithersburg	ht-42.8	43.04
2002	Gaithersburg	ht-42.8	43.04
2003	Gaithersburg	ht-41.8	42.04 R
2004	Gaithersburg	ht-43.2	43.44
2005	Northwest	ht-43.9	44.14
2006	Richard Montgomery	ht-43.8	44.04
2007	Gaithersburg		43.59
2008	Montgomery Blair		44.15
2009	Montgomery Blair		43.64
2010	Watkins Mill		44.24
2011	Watkins Mill		43.90
2012	Paint Branch		44.76
2013	Winston Churchill		44.42
2014	Gaithersburg		42.84
2015	Richard Montgomery		43.08
2016	Northwest	ht-43.2	43.44
2017	Springbrook		42.94
2018	Watkins Mill		42.76
2019	Northwest		42.25
2022	Paint Branch		43.76
2023	Seneca Valley		43.19
2024	Springbrook		43.19
2025	Richard Montgomery		42.96

**Most outdoor county champions in this event: Gaithersburg 20**

**Girls 4x200m Relay Top 25 All-Time | HT-Penalty = 0.24**

#	High School	Year	Actual Perf.	Equivalent 4x200m
1	James H. Blake	2019		1:39.27
2	Gaithersburg	2024		1:40.02
3	Wheaton	2024		1:40.51
4	James H. Blake	2015		1:41.09
5	Magruder	2011		1:41.27
6	James H. Blake	2018		1:41.31
7	James H. Blake	2024		1:41.73
8	Albert Einstein	1988	ht-1:41.7	1:41.94
9	Paint Branch	2025		1:41.96
10	Northwest	2011		1:42.06
11	Gaithersburg	2023		1:42.10
12	Richard Montgomery	2007		1:42.12
13	Paint Branch	2015		1:42.25
14	Springbrook	2025		1:42.57
15	Gaithersburg	2025		1:42.65
16	Watkins Mill	2017		1:42.72
17	Seneca Valley	2025		1:42.88
18	Watkins Mill	2018		1:42.89
19	Gaithersburg	2004	ht-1:42.9	1:43.14
20	Gaithersburg	2003	ht-1:43.0	1:43.24
21	Paint Branch	2009		1:43.31
22	Gaithersburg	2005	ht-1:43.1	1:43.34
23	Magruder	2015		1:43.38
24	Northwood	2010		1:43.43
25	Quince Orchard	2017		1:43.49

**4x200m Relay All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet**

School	Year	Result	School	Year	Result
Bethesda Chevy Chase	2000	1:45.34	Blair	2013	1:45.48
James H. Blake	2019	1:39.27	Churchill	1980	1:45.24
Clarksburg	2016	1:43.64	Damascus	2004	1:43.74
Albert Einstein	1988	1:41.94	Gaithersburg	2024	1:40.02
Walter Johnson	2000	1:44.44	John F. Kennedy	2004	1:44.24
Magruder	2011	1:41.27	Richard Montgomery	2007	1:42.12
Northwest	2011	1:42.06	Northwood	2010	1:43.43
Paint Branch	2025	1:41.96	Poolesville	2002	1:46.84
Quince Orchard	2017	1:43.49	Rockville	1998	1:47.65
Seneca Valley	2025	1:42.88	Sherwood	2015	1:43.65
Springbrook	2025	1:42.57	Watkins Mill	2017	1:42.72
Wheaton	2024	1:40.51	Walt Whitman	1991	1:47.24
Thomas S. Wootton	2013	1:45.70	Peary	1983	1:52.94
Charles Woodward	1980	1:50.04			

## Girls 4x200m Relay County Champions

<u>Year</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 4x200m</u>
1980	Winston Churchill	ht-1:45.0	1:45.24 R
1981	Winston Churchill	ht-1:46.2	1:46.44
1982	John F. Kennedy	ht-1:51.5	1:51.74
1983	Bethesda Chevy Chase	ht-1:47.9	1:48.14
1984	Magruder	ht-1:46.9	1:47.14
1985	Gaithersburg	ht-1:46.0	1:46.24
1986	Walter Johnson	ht-1:47.0	1:47.24
1987	Walter Johnson	ht-1:49.4	1:49.64
1988	Albert Einstein	ht-1:41.7	1:41.94 R
1989	Rockville	ht-1:51.2	1:51.44
1990	Walt Whitman	ht-1:48.6	1:48.84
1991	Walt Whitman	ht-1:47.0	1:47.24
1992	Albert Einstein	ht-1:48.7	1:48.94
1993	Gaithersburg	ht-1:45.3	1:45.54
1994	Montgomery Blair	ht-1:46.8	1:47.04
1995	Springbrook	ht-1:44.4	1:44.64
1996	Gaithersburg	ht-1:49.5	1:49.74
1997	Paint Branch	ht-1:44.0	1:44.24
1998	Rockville	ht-1:47.5	1:47.74
1999	Bethesda Chevy Chase	ht-1:46.3	1:46.54
2000	Walter Johnson	ht-1:44.2	1:44.44
2001	Walter Johnson	ht-1:46.6	1:46.84
2002	Richard Montgomery	ht-1:46.2	1:46.44
2003	Gaithersburg	ht-1:43.0	1:43.24
2004	Gaithersburg	ht-1:42.9	1:43.14
2005	Gaithersburg	ht-1:43.1	1:43.34
2006	Walter Johnson	ht-1:45.6	1:45.84
2007	Richard Montgomery		1:42.12
2008	Gaithersburg		1:44.79
2009	Paint Branch		1:43.31
2010	Northwood		1:43.43
2011	Magruder		1:41.27 R
2012	Thomas S. Wootton		1:47.27
2013	Montgomery Blair		1:45.48
2014	Northwest		1:43.63
2015	James H. Blake		1:41.09 R
2016	Clarksburg	ht-1:43.4	1:43.64
2017	Watkins Mill		1:42.72
2018	James H. Blake		1:41.31
2019	James H. Blake		1:39.27 R
2022	Damascus		1:43.78
2023	Gaithersburg		1:42.10
2024	Gaithersburg		1:40.02
2025	Paint Branch		1:41.96

**Most outdoor county champions in this event: Gaithersburg 9**

## Boys 4x200m Relay Top 25 All-Time | HT-Penalty = 0.24

#	High School	Year	Actual Perf.	Equivalent 4x200m
1	Paint Branch	2024		1:25.13
2	Springbrook	2017		1:28.23
3	Paint Branch	2017		1:28.40
4	Northwest	2018		1:28.41
5	Montgomery Blair	2008		1:28.62
6	Sherwood	2019		1:29.05
7	Springbrook	2024		1:29.06
8	Richard Montgomery	2007		1:29.07
9	Winston Churchill	2025		1:29.21
10	Quince Orchard	2023		1:29.32
11	Thomas S. Wootton	2014		1:29.40
12	Gaithersburg	2004	ht-1:29.2	1:29.44
13	Seneca Valley	2024		1:29.45
14	Gaithersburg	2024		1:29.52
15	Paint Branch	2025		1:29.66
16	Watkins Mill	2011		1:29.77
17	Watkins Mill	2010		1:29.78
18	Paint Branch	2018		1:29.83
19	Gaithersburg	2014		1:29.88
20	Paint Branch	2022		1:29.93
21	Northwest	2017		1:30.00
22	Watkins Mill	2001	ht-1:29.8	1:30.04
23	Paint Branch	2019		1:30.13
24	Gaithersburg	2007		1:30.27
24	Sherwood	2025		1:30.27

## 4x200m Relay All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

School	Year	Result	School	Year	Result
Bethesda Chevy Chase	2024	1:32.08	Blair	2008	1:28.62
James H. Blake	2024	1:30.82	Churchill	2025	1:29.21
Clarksburg	2019	1:32.11	Damascus	2025	1:30.72
Albert Einstein	1980	1:31.24	Gaithersburg	2004	1:29.44
Walter Johnson	2017	1:30.59	John F. Kennedy	1985	1:30.74
Magruder	1983	1:30.34	Richard Montgomery	2007	1:29.07
Northwest	2018	1:28.41	Northwood	2025	1:30.98
Paint Branch	2024	1:25.13	Poolesville	1985	1:33.24
Quince Orchard	2023	1:29.32	Rockville	2025	1:34.51
Seneca Valley	2024	1:29.45	Sherwood	2019	1:29.05
Springbrook	2017	1:28.23	Watkins Mill	2011	1:29.77
Wheaton	1997	1:31.04	Walt Whitman	2007	1:32.46
Thomas S. Wootton	2014	1:29.40	Peary	1982	1:32.24
Charles Woodward	1986	1:33.94			

## Boys 4x200m Relay County Champions

<u>Year</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 4x200m</u>
1980	Albert Einstein	ht-1:31.0	1:31.24 R
1981	Montgomery Blair	ht-1:30.5	1:30.74 R
1982	Northwood	ht-1:30.8	1:31.04
1983	Magruder	ht-1:30.1	1:30.34 R
1984	Albert Einstein	ht-1:34.4	1:34.64
1985	John F. Kennedy	ht-1:30.5	1:30.74
1986	John F. Kennedy	ht-1:30.5	1:30.74
1987	Albert Einstein	ht-1:33.3	1:33.54
1988	Albert Einstein	ht-1:32.1	1:32.34
1989	John F. Kennedy	ht-1:35.5	1:35.74
1990	Gaithersburg	ht-1:31.7	1:31.94
1991	Springbrook	ht-1:32.1	1:32.34
1992	Springbrook	ht-1:30.6	1:30.84
1993	Gaithersburg	ht-1:30.4	1:30.64
1994	Gaithersburg	ht-1:32.8	1:33.04
1995	Gaithersburg	ht-1:32.2	1:32.44
1996	Springbrook	ht-1:32.4	1:32.64
1997	Wheaton	ht-1:30.8	1:31.04
1998	Springbrook	ht-1:31.4	1:31.64
1999	Paint Branch	ht-1:31.4	1:31.64
2000	Northwest	ht-1:30.3	1:30.54
2001	Watkins Mill	ht-1:29.8	1:30.04 R
2002	James H. Blake	ht-1:32.6	1:32.84
2003	Seneca Valley	ht-1:32.1	1:32.34
2004	Gaithersburg	ht-1:29.2	1:29.44 R
2005	Northwest	ht-1:31.2	1:31.44
2006	Richard Montgomery	ht-1:30.7	1:30.94
2007	Richard Montgomery		1:29.07 R
2008	Montgomery Blair		1:28.62 R
2009	Montgomery Blair		1:30.71
2010	Watkins Mill		1:29.78
2011	Watkins Mill		1:29.77
2012	Watkins Mill		1:30.36
2013	Gaithersburg		1:30.50
2014	Thomas S. Wootton		1:29.40
2015	James H. Blake		1:30.99
2016	Clarksburg	ht-1:32.5	1:32.74
2017	Springbrook		1:28.23 R
2018	Northwest		1:28.41
2019	Sherwood		1:29.05
2022	Paint Branch		1:29.93
2023	Quince Orchard		1:29.32
2024	Paint Branch		1:25.13 R
<b>2025</b>	Winston Churchill		1:29.21

**Most outdoor county champions in this event: Gaithersburg 6**

**Girls 4x400m Relay Top 25 All-Time | HT-Penalty = 0.24**

#	High School	Year	Actual Perf.	Equivalent 4x400m
1	Northwest	2011		3:49.48
2	James H. Blake	2015		3:53.01
3	Paint Branch	2014		3:56.10
4	James H. Blake	2014		3:56.53
5	Northwest	2009		3:57.06
6	Springbrook	2025		3:57.90
7	Thomas S. Wootton	2012		3:58.34
8	James H. Blake	2018		3:58.49
9	Watkins Mill	1995	ht-3:59.5	3:59.74
10	Paint Branch	2015		3:59.78
11	Paint Branch	2009		4:00.05
12	Northwest	2014		4:00.19
13	Thomas S. Wootton	2013		4:00.56
14	Richard Montgomery	2007		4:00.79
15	Northwest	2010		4:00.83
16	Seneca Valley	2014		4:01.00
17	Sherwood	2014		4:01.14
17	Walter Johnson	2005	ht-4:01.1	4:01.34
19	Paint Branch	2016	ht-4:01.1	4:01.34
20	John F. Kennedy	2006	ht-4:01.3	4:01.54
21	Paint Branch	2024		4:01.76
22	Springbrook	2024		4:02.01
23	Bethesda Chevy Chase	2014		4:02.35
24	John F. Kennedy	2005	ht-4:02.2	4:02.44
25	Paint Branch	2017		4:02.76

**4x400m Relay All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet**

School	Year	Result	School	Year	Result
Bethesda Chevy Chase	2014	4:02.35	Blair	1981	4:03.84
James H. Blake	2015	3:53.01	Churchill	2004	4:05.74
Clarksburg	2017	4:06.25	Damascus	2018	4:03.79
Albert Einstein	1988	4:10.14	Gaithersburg	2025	4:11.98
Walter Johnson	2005	4:01.34	John F. Kennedy	2006	4:01.54
Magruder	2011	4:08.83	Richard Montgomery	2007	4:00.79
Northwest	2011	3:49.48	Northwood	2010	4:02.97
Paint Branch	2014	3:56.10	Poolesville	2008	4:08.62
Quince Orchard	2019	4:07.90	Rockville	2023	4:15.89
Seneca Valley	2014	4:01.00	Sherwood	2014	4:01.14
Springbrook	2025	3:57.90	Watkins Mill	1995	3:59.74
Wheaton	2024	4:06.49	Walt Whitman	2008	4:03.97
Thomas S. Wootton	2012	3:58.34	Peary	1981	4:11.44
Charles Woodward	1981	4:09.44			

## Girls 4x400m Relay County Champions

<u>Year</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 4x400m</u>
1980	Seneca Valley	ht-4:09.4	4:09.64 R
1981	Montgomery Blair	ht-4:03.6	4:03.84 R
1982	Walt Whitman	ht-4:22.0	4:22.24
1983	Walt Whitman	ht-4:11.7	4:11.94
1984	Walter Johnson	ht-4:15.0	4:15.24
1985	Walt Whitman	ht-4:09.0	4:09.24
1986	Walter Johnson	ht-4:07.0	4:07.24
1987	Walt Whitman	ht-4:09.5	4:09.74
1988	Albert Einstein	ht-4:09.9	4:10.14
1989	Paint Branch	ht-4:11.0	4:11.24
1990	Walt Whitman	ht-4:14.3	4:14.54
1991	Walt Whitman	ht-4:03.8	4:04.04
1992	Walt Whitman	ht-4:17.0	4:17.24
1993	Wheaton	ht-4:08.4	4:08.64
1994	Watkins Mill	ht-4:05.8	4:06.04
1995	Watkins Mill	ht-3:59.5	3:59.74 R
1996	Springbrook	ht-4:12.0	4:12.24
1997	Richard Montgomery	ht-4:11.5	4:11.74
1998	Richard Montgomery	ht-4:07.5	4:07.74
1999	Walter Johnson	ht-4:05.6	4:05.84
2000	Walter Johnson	ht-4:10.5	4:10.74
2001	Walter Johnson	ht-4:07.4	4:07.64
2002	Walter Johnson	ht-4:03.5	4:03.74
2003	Paint Branch	ht-4:03.5	4:03.74
2004	Winston Churchill	ht-4:05.5	4:05.74
2005	Walter Johnson	ht-4:01.1	4:01.34
2006	John F. Kennedy	ht-4:01.3	4:01.54
2007	Richard Montgomery		4:00.79
2008	Walt Whitman		4:03.97
2009	Northwest		3:57.06 R
2010	Northwest		4:00.83
2011	Northwest		3:49.48 R
2012	Thomas S. Wootton		3:58.34
2013	Thomas S. Wootton		4:00.56
2014	Paint Branch		3:56.10
2015	James H. Blake		3:53.01
2016	Paint Branch	ht-4:01.1	4:01.34
2017	Paint Branch		4:02.76
2018	James H. Blake		3:58.49
2019	Northwest		4:02.92
2022	James H. Blake		4:03.39
2023	Northwest		4:04.70
2024	Paint Branch		4:01.76
<b>2025</b>	Springbrook		3:57.90

**Most outdoor county champions in this event: Walt Whitman 8**

## Boys 4x400m Relay Top 25 All-Time | HT-Penalty = 0.24

#	High School	Year	Actual Perf.	Equivalent 4x400m
1	Paint Branch	2025		3:18.26
2	Springbrook	2017		3:21.44
3	Northwest	2017		3:21.79
4	Richard Montgomery	2011		3:22.12
5	Northwood	2025		3:22.26
6	Seneca Valley	1983	ht-3:22.4	3:22.64
7	Paint Branch	2024		3:22.79
8	Montgomery Blair	2008		3:22.94
9	Northwest	2025		3:22.95
10	Springbrook	2024		3:23.14
11	Watkins Mill	2010		3:23.28
12	Seneca Valley	2024		3:23.48
13	Northwood	2018		3:23.56
14	Richard Montgomery	2007		3:23.70
15	Peary	1983	ht-3:23.7	3:23.94
16	Montgomery Blair	2025		3:24.01
17	Springbrook	2025		3:24.11
18	Northwest	2018		3:24.25
19	Damascus	2010		3:24.30
20	Richard Montgomery	2010		3:24.33
21	Northwood	2017		3:24.51
22	Gaithersburg	2014		3:24.58
23	James H. Blake	2015		3:24.61
24	Watkins Mill	2000	ht-3:24.4	3:24.64
24	Walter Johnson	2005	ht-3:24.4	3:24.64

## 4x400m Relay All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

School	Year	Result	School	Year	Result
Bethesda Chevy Chase	1991	3:28.24	Blair	2008	3:22.94
James H. Blake	2015	3:24.61	Churchill	2005	3:25.88
Clarksburg	2008	3:26.39	Damascus	2010	3:24.30
Albert Einstein	1986	3:28.34	Gaithersburg	2014	3:24.58
Walter Johnson	2005	3:24.64	John F. Kennedy	2011	3:25.83
Magruder	2007	3:27.56	Richard Montgomery	2011	3:22.12
Northwest	2017	3:21.79	Northwood	2025	3:22.26
Paint Branch	2025	3:18.26	Poolesville	2010	3:29.50
Quince Orchard	2008	3:27.71	Rockville	1984	3:34.24
Seneca Valley	1983	3:22.64	Sherwood	1999	3:28.24
Springbrook	2017	3:21.44	Watkins Mill	2010	3:23.28
Wheaton	1998	3:30.34	Walt Whitman	2017	3:25.24
Thomas S. Wootton	2014	3:28.69	Peary	1983	3:23.94
Charles Woodward	1980	3:30.64			

## Boys 4x400m Relay County Champions

<u>Year</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 4x400m</u>
1980	Seneca Valley	ht-3:27.1	3:27.34 R
1981	Northwood	ht-3:27.6	3:27.84
1982	Peary	ht-3:31.6	3:31.84
1983	Seneca Valley	ht-3:22.4	3:22.64 R
1984	Albert Einstein	ht-3:29.6	3:29.84
1985	John F. Kennedy	ht-3:31.5	3:31.74
1986	John F. Kennedy	ht-3:28.0	3:28.24
1987	Springbrook	ht-3:33.4	3:33.64
1988	Springbrook	ht-3:31.8	3:32.04
1989	Gaithersburg	ht-3:29.0	3:29.24
1990	Thomas S. Wootton	ht-3:29.0	3:29.24
1991	Watkins Mill	ht-3:27.5	3:27.74
1992	Springbrook	ht-3:25.7	3:25.94
1993	Springbrook	ht-3:30.1	3:30.34
1994	Gaithersburg	ht-3:32.5	3:32.74
1995	Seneca Valley	ht-3:29.0	3:29.24
1996	Richard Montgomery	ht-3:26.8	3:27.04
1997	Richard Montgomery	ht-3:28.1	3:28.34
1998	Springbrook	ht-3:25.6	3:25.84
1999	Watkins Mill	ht-3:25.2	3:25.44
2000	Watkins Mill	ht-3:24.4	3:24.64
2001	Watkins Mill	ht-3:26.6	3:26.84
2002	Paint Branch	ht-3:25.4	3:25.64
2003	Paint Branch	ht-3:26.1	3:26.34
2004	Richard Montgomery	ht-3:27.1	3:27.34
2005	Walter Johnson	ht-3:24.4	3:24.64
2006	Richard Montgomery	ht-3:25.0	3:25.24
2007	Richard Montgomery		3:23.70
2008	Montgomery Blair		3:22.94
2009	Northwest		3:29.40
2010	Watkins Mill		3:23.28
2011	Richard Montgomery		3:22.12 R
2012	Richard Montgomery		3:26.77
2013	Northwest		3:27.97
2014	Gaithersburg		3:24.58
2015	James H. Blake		3:24.61
2016	Northwest	ht-3:28.6	3:28.84
2017	Springbrook		3:21.44 R
2018	Northwood		3:23.56
2019	Richard Montgomery		3:26.57
2022	Springbrook		3:25.02
2023	Winston Churchill		3:25.88
2024	Paint Branch		3:22.79
2025	Paint Branch		3:18.26 R

**Most outdoor county champions in this event: Richard Montgomery 8**

## Girls 4x800m Relay Top 25 All-Time | HT-Penalty = 0.24

#	High School	Year	Actual Perf.	Equivalent 4x800m
1	Northwest	2010		9:18.98
2	Thomas S. Wootton	2010		9:20.27
3	Walter Johnson	2024		9:20.62
4	Walt Whitman	2008		9:22.14
5	Walt Whitman	2006		9:22.69
6	Winston Churchill	2008		9:23.95
7	Bethesda Chevy Chase	2012		9:24.60
8	Bethesda Chevy Chase	2013		9:25.92
9	Walt Whitman	2007		9:26.64
10	Thomas S. Wootton	2024		9:26.86
11	Walt Whitman	2012		9:27.22
12	Northwest	2008		9:27.25
13	Seneca Valley	2015		9:27.63
14	Bethesda Chevy Chase	2015		9:27.64
15	Winston Churchill	2007		9:29.72
16	Montgomery Blair	2025		9:30.53
17	Northwest	2009		9:31.62
18	Walter Johnson	2023		9:32.35
19	Walt Whitman	2013		9:32.57
20	Poolesville	2014		9:32.69
21	Northwest	2007		9:33.30
22	Bethesda Chevy Chase	2024		9:33.34
23	Walter Johnson	2016	ht-9:33.7	9:33.94
24	Northwest	2011		9:35.65
25	Rockville	1987	ht-9:35.5	9:35.74

## 4x800m Relay All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

School	Year	Result	School	Year	Result
Bethesda Chevy Chase	2012	9:24.60	Blair	2025	9:30.53
James H. Blake	2024	9:48.08	Churchill	2008	9:23.95
Clarksburg	2018	9:43.32	Damascus	2004	9:49.74
Albert Einstein	1983	9:47.14	Gaithersburg	1993	10:14.54
Walter Johnson	2024	9:20.62	John F. Kennedy	1989	9:53.24
Magruder	2006	9:45.00	Richard Montgomery	2012	9:39.72
Northwest	2010	9:18.98	Northwood	2019	9:56.30
Paint Branch	2015	9:45.33	Poolesville	2014	9:32.69
Quince Orchard	1999	9:36.54	Rockville	1987	9:35.74
Seneca Valley	2015	9:27.63	Sherwood	2019	10:00.68
Springbrook	1987	10:05.14	Watkins Mill	1995	9:43.64
Wheaton	1997	9:59.44	Walt Whitman	2008	9:22.14
Thomas S. Wootton	2010	9:20.27	Peary	1981	10:08.84
Charles Woodward	1986	9:52.24			

## Girls 4x800m Relay County Champions

<u>Year</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 4x800m</u>
1980	Winston Churchill	ht-10:00.9	10:01.14 R
1981	Albert Einstein	ht-9:50.9	9:51.14 R
1982	Albert Einstein	ht-9:48.9	9:49.14 R
1983	Albert Einstein	ht-9:46.9	9:47.14 R
1984	Springbrook	ht-10:10.0	10:10.24
1985	Charles Woodward	ht-10:06.0	10:06.24
1986	Charles Woodward	ht-9:52.0	9:52.24
1987	Rockville	ht-9:35.5	9:35.74 R
1988	Walt Whitman	ht-10:11.8	10:12.04
1989	John F. Kennedy	ht-9:53.0	9:53.24
1990	Walt Whitman	ht-10:10.0	10:10.24
1991	Walt Whitman	ht-9:54.7	9:54.94
1992	Walt Whitman	ht-10:08.6	10:08.84
1993	Watkins Mill	ht-9:45.6	9:45.84
1994	Watkins Mill	ht-10:06.4	10:06.64
1995	Walt Whitman	ht-9:38.3	9:38.54
1996	Walt Whitman	ht-9:50.2	9:50.44
1997	Quince Orchard	ht-9:54.7	9:54.94
1998	Walter Johnson	ht-9:50.6	9:50.84
1999	Quince Orchard	ht-9:36.3	9:36.54
2000	Walter Johnson	ht-9:43.3	9:43.54
2001	Walter Johnson	ht-9:44.8	9:45.04
2002	Walter Johnson	ht-9:43.4	9:43.64
2003	Walter Johnson	ht-9:39.6	9:39.84
2004	Poolesville	ht-9:46.6	9:46.84
2005	Winston Churchill	ht-9:46.9	9:47.14
2006	Walt Whitman		9:22.69 R
2007	Walt Whitman		9:26.64
2008	Walt Whitman		9:22.14 R
2009	Northwest		9:31.62
2010	Northwest		9:18.98 R
2011	Northwest		9:35.65
2012	Bethesda Chevy Chase		9:24.60
2013	Bethesda Chevy Chase		9:25.92
2014	Poolesville		9:32.69
2015	Seneca Valley		9:27.63
2016	Walter Johnson	ht-9:33.7	9:33.94
2017	Walt Whitman		9:42.61
2018	Walt Whitman		9:37.27
2019	Walter Johnson		9:41.82
2022	Walter Johnson		9:41.57
2023	Walter Johnson		9:32.35
2024	Walter Johnson		9:20.62
2025	Montgomery Blair		9:30.53

**Most outdoor county champions in this event: Walt Whitman 11**

## Boys 4x800m Relay Top 25 All-Time | HT-Penalty = 0.24

#	High School	Year	Actual Perf.	Equivalent 4x800m
1	Quince Orchard	2008		7:49.59
2	Walter Johnson	2010		7:50.22
3	Damascus	2010		7:51.69
4	Northwest	2025		7:51.78
5	Walter Johnson	2005	ht-7:55.4	7:55.64
6	Northwest	2013		7:57.06
7	Gaithersburg	2005	ht-7:57.1	7:57.34
8	Watkins Mill	2000	ht-7:58.3	7:58.54
9	Northwest	2024		7:58.60
10	Winston Churchill	1982	ht-7:58.8	7:59.04
11	Bethesda Chevy Chase	2008		7:59.58
12	Richard Montgomery	2011		7:59.80
13	Quince Orchard	2007		8:00.10
14	Walter Johnson	1992	ht-8:00.5	8:00.74
15	Bethesda Chevy Chase	2018		8:00.84
16	Winston Churchill	2010		8:00.95
17	Montgomery Blair	2024		8:01.48
18	Montgomery Blair	2019		8:01.51
19	Montgomery Blair	2018		8:01.63
20	Walter Johnson	2012		8:02.05
21	Walter Johnson	2024		8:02.10
22	Montgomery Blair	2016	ht-8:02.3	8:02.54
23	Winston Churchill	2001	ht-8:02.5	8:02.74
24	Thomas S. Wootton	2007		8:02.86
25	Watkins Mill	1999	ht-8:02.7	8:02.94

## 4x800m Relay All-Time Best Performances By School at the MCPS Outdoor Track Championship Meet

School	Year	Result	School	Year	Result
Bethesda Chevy Chase	2008	7:59.58	Blair	2024	8:01.48
James H. Blake	2003	8:10.04	Churchill	1982	7:59.04
Clarksburg	2012	8:02.96	Damascus	2010	7:51.69
Albert Einstein	2013	8:07.66	Gaithersburg	2005	7:57.34
Walter Johnson	2010	7:50.22	John F. Kennedy	2011	8:22.00
Magruder	2001	8:07.84	Richard Montgomery	2011	7:59.80
Northwest	2025	7:51.78	Northwood	2025	8:14.13
Paint Branch	2013	8:08.65	Poolesville	2025	8:17.80
Quince Orchard	2008	7:49.59	Rockville	2015	8:11.91
Seneca Valley	1982	8:08.74	Sherwood	2011	8:03.33
Springbrook	2023	8:05.02	Watkins Mill	2000	7:58.54
Wheaton	2025	8:15.48	Walt Whitman	1983	8:05.94
Thomas S. Wootton	2007	8:02.86	Peary	1980	8:15.64
Charles Woodward	1980	8:10.44			

## Boys 4x800m Relay County Champions

<u>Year</u>	<u>High School</u>	<u>Actual Perf.</u>	<u>Equivalent 4x800m</u>
1980	Montgomery Blair	ht-8:08.6	8:08.84 R
1981	Winston Churchill	ht-8:05.5	8:05.74 R
1982	Winston Churchill	ht-7:58.8	7:59.04 R
1983	Walt Whitman	ht-8:05.7	8:05.94
1984	Montgomery Blair	ht-8:08.0	8:08.24
1985	Bethesda Chevy Chase	ht-8:18.0	8:18.24
1986	Albert Einstein	ht-8:14.0	8:14.24
1987	Springbrook	ht-8:22.1	8:22.34
1988	Walter Johnson	ht-8:16.3	8:16.54
1989	Bethesda Chevy Chase	ht-8:20.4	8:20.64
1990	Bethesda Chevy Chase	ht-8:19.7	8:19.94
1991	Walt Whitman	ht-8:21.9	8:22.14
1992	Walter Johnson	ht-8:00.5	8:00.74
1993	Walt Whitman	ht-8:10.8	8:11.04
1994	Walter Johnson	ht-8:30.0	8:30.24
1995	Richard Montgomery	ht-8:12.9	8:13.14
1996	Richard Montgomery	ht-8:13.9	8:14.14
1997	Richard Montgomery	ht-8:08.2	8:08.44
1998	Watkins Mill	ht-8:08.3	8:08.54
1999	Watkins Mill	ht-8:02.7	8:02.94
2000	Watkins Mill	ht-7:58.3	7:58.54 R
2001	Winston Churchill	ht-8:02.5	8:02.74
2002	Walter Johnson	ht-8:03.6	8:03.44
2003	James H. Blake	ht-8:09.8	8:10.04
2004	Walter Johnson	ht-8:06.4	8:06.64
2005	Walter Johnson	ht-7:55.4	7:55.64 R
2006	Quince Orchard		8:13.43
2007	Quince Orchard		8:00.10
2008	Quince Orchard		7:49.59 R
2009	Winston Churchill		8:06.63
2010	Walter Johnson		7:50.22
2011	Richard Montgomery		7:59.80
2012	Walter Johnson		8:02.05
2013	Northwest		7:57.06
2014	Richard Montgomery		8:03.49
2015	Northwest		8:04.26
2016	Montgomery Blair	ht-8:02.3	8:02.54
2017	Northwest		8:04.50
2018	Bethesda Chevy Chase		8:00.84
2019	Montgomery Blair		8:01.51
2022	Walter Johnson		8:05.41
2023	Springbrook		8:05.02
2024	Northwest		7:58.60
2025	Northwest		7:51.78

**Most outdoor county champions in this event: Walter Johnson 9**

## Three or More Individual Outdoor County Titles

### Girls

<u>Name</u>	<u>High School</u>	<u>#</u>
Taylor Wright	Northwest	14
Olivia Ekponé	Northwest	12
Thea LaFond	John F. Kennedy	8
Sally Glynn	Walter Johnson	7
Kacey Childs	Damascus	7
Monda Webb	Montgomery Blair	6
Audrey Gariepy-Bogui	Winston Churchill	6
Halsey Sinclair	Montgomery Blair	6
Narica Offutt	Watkins Mill	6
Torrey Simons	Walter Johnson	6
Toni Aluko	Paint Branch	5
Tenasha Hill	Gaithersburg	5
Ruth Kura	Quince Orchard	5
Sharkara Grant	Wheaton	5
Gwen Shaw	Thomas S. Wootton	5
Alexus Pyles	Clarksburg	5
Abigail Green	Walter Johnson	5
Teresa Israel	Paint Branch	5
Brooke Cochran	James H. Blake	5
Martha Sam	James H. Blake	4
Claudia Ababio	Clarksburg	4
Karen Pulliam	Quince Orchard	4
LaShawn Haythe	Gaithersburg	4
Clare Severe	Walt Whitman	4
Jessie Rubin	Thomas S. Wootton	4
Natalie Johnson	Paint Branch	4
Kikisha Addison	Gaithersburg	4
Eddita Pessima	Northwest	4
Grace Finnegan	Richard Montgomery	4
Elena Juarez	Gaithersburg	4
Arleigh Rose	Sherwood	3
Erika Zoller	Damascus	3
Michelle Smith	Gaithersburg	3
Kobie Kruger	Gaithersburg	3
Laurie Bruce	Walt Whitman	3
LaDonna Gooden	Albert Einstein	3
Erin Gorely	Gaithersburg	3
Tyra Moore	Springbrook	3
Angie Mitchell	Montgomery Blair	3
Michele Collins	Montgomery Blair	3
Nina Warren	Gaithersburg	3
Leslie Morrison	Walt Whitman	3
Genie Lavine	Gaithersburg	3
Hannah Benjamin	Damascus	3
Antoinette Moon	Albert Einstein	3
Wanda Evans	Magruder	3
Caroline Beakes	Bethesda Chevy Chase	3
Ashley St. Denis	Walter Johnson	3
Britt Eckerstrom	Northwest	3
Wendy Peal	Winston Churchill	3
Andrea Dritchilo	Walt Whitman	3
Sierra Swangin	James H. Blake	3

### Boys

<u>Name</u>	<u>High School</u>	<u>#</u>
Nicholas Spikes	Paint Branch	6
Damon Hill	Gaithersburg	5
Robert Jackson	Gaithersburg	5
Zack Adams	Magruder	5
Lance Fletcher	Montgomery Blair	5
Mateo Gros-Slovinsky	Walt Whitman	5`
Prentice Pollard	Paint Branch	4
Chris Moen	Walter Johnson	4
Dave Neubeiser	Gaithersburg	4
Jay Colbert	Gaithersburg	4
Tuan Wreh	Richard Montgomery	4
Mike Smith	Sherwood	4
Ryan Lockett	Poolesville	4
Colin Abrams	Magruder	4
Owen Cain	Gaithersburg	3
Joey Robinson	Gaithersburg	3
Sheldon Hutchinson	Gaithersburg	3
Shawn Tittley	Seneca Valley	3
Marc Bason	Gaithersburg	3
Josh Orenstein	Walter Johnson	3
Tavis Ndure	Gaithersburg	3
Diego Zarate	Northwest	3
Jared Wasser	Thomas S. Wootton	3
Ray Leonard	Winston Churchill	3
Peter Kimball	Walt Whitman	3
Sheldon Trotman	Northwest	3
John Welbon	Gaithersburg	3
Terrance Taylor	Albert Einstein	3
Mike Neubeiser	Gaithersburg	3
Michael Scott	Albert Einstein	3
Joshua Trzeciak	Thomas S. Wootton	3
Jalen Walker	Northwest	3
Charles Gassaway	Gaithersburg	3
Bryan Steele	Gaithersburg	3
Andrew Jesien	Walter Johnson	3
Sean Stanley	Gaithersburg	3
Kirk Morris	Gaithersburg	3
Onaje Robinson	Quince Orchard	3
John Mondy	Springbrook	3
Shyheim Wright	Northwest	3
Jabari Bennett	James H. Blake	3
Clarence Foote-Talley	Northwest	3
Anthony Woods, Jr.	Northwest	3
Roberto Terrell, Jr.	Quince Orchard	3

` = new in 2025

### **Boys Teams with Five or More Outdoor County Titles in Relays**

<b><u>High School</u></b>	<b><u># Outdoor County Titles</u></b>
Gaithersburg	29
Richard Montgomery	18
Springbrook	16
Watkins Mill	15
Northwest	14
Montgomery Blair	12
Walter Johnson	10
Paint Branch	9
Albert Einstein	7
Winston Churchill	7
Seneca Valley	6
John F. Kennedy	5

### **Girls Teams with Five or More Outdoor County Titles in Relays**

<b><u>High School</u></b>	<b><u># Outdoor County Titles</u></b>
Gaithersburg	25
Walter Johnson	24
Walt Whitman	21
Paint Branch	15
Northwest	10
Winston Churchill	9
James H. Blake	8
Albert Einstein	7
Magruder	7
Richard Montgomery	6
Watkins Mill	6
Springbrook	5

## All-Time Outdoor Track Medal Count for Individual and Relay Events

### Boys

<u>High School</u>	<u># Outdoor County Titles</u>
Gaithersburg	130
Northwest	54
Richard Montgomery	49
Paint Branch	47
Walter Johnson	43
Quince Orchard	42
Springbrook	39
Montgomery Blair	38
Watkins Mill	37
Winston Churchill	34
Albert Einstein	28
Seneca Valley	28
Magruder	26
Walt Whitman	22
John F. Kennedy	20
Clarksburg	20
Sherwood	19
Bethesda Chevy Chase	18
James H. Blake	18
Thomas S. Wootton	16
Poolesville	13
Damascus	12
Northwood	12
Peary	8
Wheaton	7
Rockville	5
Charles Woodward	3

### Girls

<u>High School</u>	<u># Outdoor County Titles</u>
Gaithersburg	73
Walter Johnson	64
Northwest	57
Paint Branch	58
Walt Whitman	51
Winston Churchill	40
Damascus	40
Thomas S. Wootton	32
Montgomery Blair	32
James H. Blake	31
John F. Kennedy	26
Springbrook	25
Albert Einstein	24
Clarksburg	24
Quince Orchard	23
Richard Montgomery	22
Magruder	21
Bethesda Chevy Chase	21
Sherwood	20
Seneca Valley	17
Wheaton	17
Watkins Mill	16
Rockville	12
Poolesville	8
Charles Woodward	7
Northwood	4
Peary	3