

3A West Region Meet - 5/14/2026 to 5/16/2026

Frederick HS
Meet Program**Event 301 Boys 100 Meter Dash 3A****12 Advance: Top 1 Each Heat plus Next 7 Best Times**

Lane	Name	Yr	School	Seed Time
Heat 1 of 5 Prelims				
2	Francis Slour	11	Tuscarora (M)	11.64
3	Charlie Alt	11	Oakdale	11.25
4	Maxoldy Pierre-Canel	11	Sherwood	10.94
5	Christopher Hammond	10	Linganore	10.94
6	Kymani Pompey	11	Northwood	11.31
7	zakai Hardrick	11	Damascus	11.64
Heat 2 of 5 Prelims				
1	Eli Aghadiuno	12	Watkins Mill	NT
2	Elijah Cullen	11	Thomas S Woo	11.62
3	Jordan Barrett	12	Damascus	11.24
4	Quinton Dodds	12	Linganore	10.87
5	Isaiah Seering	10	North Hagers	11.10
6	Aaron Meadows	11	Watkins Mill	11.33
7	Divine Wolo	10	Frederick	11.68
Heat 3 of 5 Prelims				
1	Jason Castillo	10	Watkins Mill	12.39
2	Khalil Sutherland	11	Thomas S Woo	11.59
3	Aedan Glasgow	12	Northwood	11.23
4	Jasiri Belote	12	Tuscarora (M)	10.78
5	Zack Dunker	12	Oakdale	11.12
6	Delmer Cardona Arias	12	Rockville	11.36
7	Mykai Bostic	10	North Hagers	11.78
Heat 4 of 5 Prelims				
1	Izaiah Belliel	12	Rockville	12.27
2	Abdoul Ilboudo	12	Northwood	11.53
3	Raheem Gerald	10	Oakdale	11.20
4	Karim Alexander	12	Sherwood	10.77
5	London Hardy	11	Sherwood	11.18
6	Bradly Matthews	12	Linganore	11.43
7	Maximus Gomez	11	Thomas S Woo	11.84
Heat 5 of 5 Prelims				
1	Kevin Gilzene, Jr.	11	Rockville	12.20
2	Jahlil McDonald-Black	12	Col. Zadok M	11.47
3	David Clifford	12	North Hagers	11.19
4	Jayden Parsley	12	Frederick	10.77
5	Paul Couch	11	Damascus	11.18
6	Phillip Bailey Jr	11	Frederick	11.44
7	Ryan Thomas	9	Tuscarora (M)	12.07

Event 302 Boys 200 Meter Dash 3A**12 Advance: Top 1 Each Heat plus Next 7 Best Times**

Lane	Name	Yr	School	Seed Time
Heat 1 of 5 Prelims				
1	Avery Glasgow	10	Northwood	NT
2	Ocean Eone	12	Frederick	24.00
3	Aedan Glasgow	12	Northwood	23.12
4	Quinton Dodds	12	Linganore	22.44
5	Jayden Parsley	12	Frederick	22.50
6	Raheem Gerald	10	Oakdale	23.14
7	Damein Campbell	10	Watkins Mill	24.46

Heat 2 of 5 Prelims

1	Josiah Jones Ingram	10	Watkins Mill	27.36
2	Michael F. Gannon	12	Col. Zadok M	24.00
3	Jack Arnold	9	Damascus	23.10
4	Aidan Koffa	12	Tuscarora (M)	22.36
5	Mark Aghadiuno	12	Watkins Mill	22.64
6	Jared Anderson	9	North Hagers	23.29
7	Kevin Gilzene, Jr.	11	Rockville	24.79

Heat 3 of 5 Prelims

1	Parker Pei	9	Rockville	25.95
2	zakai Hardrick	11	Damascus	23.92
3	Maxoldy Pierre-Canel	11	Sherwood	23.05
4	Karim Alexander	12	Sherwood	22.24
5	Zack Dunker	12	Oakdale	22.74
6	Abdoul Ilboudo	12	Northwood	23.38
7	Izaiah Belliel	12	Rockville	24.80

Heat 4 of 5 Prelims

1	Idris Brown	9	Thomas S Woo	25.73
2	Malikai Velez-Mckee	11	Oakdale	23.80
3	Carter Naylor	11	North Hagers	23.04
4	Jasiri Belote	12	Tuscarora (M)	21.91
5	Davide Barbero	11	Damascus	22.80
6	Wesley Whitcomb-Chun	11	Sherwood	23.39
7	Tyler Saingbe	11	Thomas S Woo	24.87

Heat 5 of 5 Prelims

1	James Prince III	9	Frederick	25.32
2	Brayden Wilhelm	12	Tuscarora (M)	23.79
3	Taylor Rosario	9	Linganore	23.01
4	Jake Brown	11	Linganore	21.62
5	Isaiah Seering	10	North Hagers	22.84
6	Jahlil McDonald-Black	12	Col. Zadok M	23.42
7	Kioko Kibua	12	Thomas S Woo	25.32

Event 304 Boys 400 Meter Dash 3A

Lane	Name	Yr	School	Seed Time
Section 1 of 5 Finals				
3	Aman Branch	11	Watkins Mill	1:01.48
4	Palmer Stake	9	Rockville	1:01.21
5	Chase McIntosh	11	Rockville	1:01.44
6	Tosin Yilu	9	Frederick	NT
Section 2 of 5 Finals				
1	Samuel Watkins	9	Rockville	58.32
2	Kaiden Cohan	10	Frederick	56.12
3	Amadou T. Conde	11	Col. Zadok M	54.72
4	Nolan Kocher	11	North Hagers	54.31
5	Besieh Amara	12	Tuscarora (M)	54.52
6	Joel Teshome	9	Damascus	55.70
7	Surya Chari-Large	12	Northwood	56.19
8	Caleb Van Grack	10	Thomas S Woo	59.45

3A West Region Meet - 5/14/2026 to 5/16/2026

Frederick HS
Meet Program**Section 3 of 5 Finals...(Event 304 Boys 400 Meter Dash 3A)**

1	Ethan Padilla	11	Linganore	53.58
2	Ocean Eone	12	Frederick	53.34
3	Andrew Villavicencio	12	Oakdale	52.95
4	Evan Duvall	11	Linganore	52.68
5	Brayden Wilhelm	12	Tuscarora (M	52.91
6	Zion Chike	12	Watkins Mill	53.05
7	Antonio Tolliver	12	North Hagers	53.44
8	Sebastian Pham	11	Sherwood	53.99

Section 4 of 5 Finals

1	Merrick Collins	11	Oakdale	52.43
2	Caleb Alie	12	Sherwood	52.13
3	Matthew Gamino	12	Damascus	52.04
4	Abdoul Ilboudo	12	Northwood	51.62
5	Michael F. Gannon	12	Col. Zadok M	51.96
6	Allen Anderson	12	North Hagers	52.07
7	Vincent L. Do	12	Col. Zadok M	52.30
8	Adam Downie	11	Thomas S Woo	52.66

Section 5 of 5 Finals

1	Davide Barbero	11	Damascus	50.88
2	Joshua Derrell	12	Thomas S Woo	50.42
3	Tyler Butler	12	Oakdale	50.13
4	Jake Brown	11	Linganore	48.03
5	Aidan Koffa	12	Tuscarora (M	49.13
6	Kymani Pompey	11	Northwood	50.18
7	Mark Aghadiuno	12	Watkins Mill	50.79
8	Treyson Goode	11	Sherwood	51.56

Event 305 Boys 800 Meter Run 3A

Lane	Name	Yr	School	Seed Time
------	------	----	--------	-----------

Section 1 of 3 Finals

1	Samuel Allen	11	Thomas S Woo	2:10.59
2	Luke Collins	12	Linganore	2:12.83
3	Baraa Farag	12	Rockville	2:14.46
4	Gianelli Milongo	9	Frederick	2:16.72
5	Natan Site	12	Col. Zadok M	2:18.79
6	Zion Chike	12	Watkins Mill	2:22.33
7	Duncan O'Connor	9	Rockville	2:22.71
8	Sean Nguyen	10	Tuscarora (M	2:24.17
9	James Hittinger	9	Watkins Mill	2:25.54
10	Sebastian H. Blanton	9	Col. Zadok M	2:25.84
11	Nicholas Smallwood	12	North Hagers	2:32.71

Section 2 of 3 Finals

1	Alexander Zirkelbach	10	Sherwood	2:02.26
2	Micah Carbonell	11	Damascus	2:02.56
3	Brogan Thompson	10	Oakdale	2:02.80
4	Fode Doumbia	12	Tuscarora (M	2:03.04
5	Vincent L. Do	12	Col. Zadok M	2:04.19
6	Brandon Kneisler	10	Thomas S Woo	2:04.72
7	Allen Anderson	12	North Hagers	2:05.42
8	Xavier Morales	9	Frederick	2:06.79
9	Sai Vedas Boyapati	12	Oakdale	2:07.34
10	Luke Page	11	Tuscarora (M	2:07.62
11	Jacob Luce	12	Damascus	2:08.66
12	Marcus Johnson	12	Rockville	2:09.49

Section 3 of 3 Finals

1	Dimitrios Rementelas	10	Sherwood	1:55.41
2	Henry Nichols	12	Northwood	1:57.28
3	Jacob Araujo	11	Linganore	1:58.56
4	Kayden Harris	11	Linganore	1:58.73
5	Nicholas Cherry	12	Frederick	1:58.82
6	Ioannis Rementelas	10	Sherwood	1:59.12
7	Andrew Gregorio	12	Oakdale	2:00.66
8	Ian Fisher	10	Northwood	2:00.79
9	Landon Call	12	North Hagers	2:00.94
10	Cruz Carbonell	9	Damascus	2:01.33
11	Bereket Eshetu	10	Northwood	2:01.66
12	Kal Yewlsew	12	Thomas S Woo	2:01.90

Event 306 Boys 1600 Meter Run 3A

Lane	Name	Yr	School	Seed Time
------	------	----	--------	-----------

Section 1 of 2 Finals

1	Benjamin Given	10	Col. Zadok M	4:46.80
2	Anthony Veith	10	Oakdale	4:52.41
3	Braeden Taylor	11	Rockville	4:55.24
4	Natan Site	12	Col. Zadok M	4:57.48
5	Luca Servis	12	Rockville	4:57.88
6	Zayden Adekanmbi	9	Tuscarora (M	4:59.70
7	Colin Pradhan	9	Col. Zadok M	5:03.88
8	Alexander Chavez Salguero	11	Frederick	5:04.14
9	Jameson Messmore	10	Linganore	5:05.20
10	Luke Collins	12	Linganore	5:05.96
11	Carson Moody	10	Tuscarora (M	5:07.11
12	Duncan O'Connor	9	Rockville	5:07.11
13	James Hittinger	9	Watkins Mill	5:14.98
14	Keegan Delaney	12	Damascus	5:17.35
15	Jordi Serrano Palma	10	Damascus	5:17.95
16	Keny Mendez	10	Frederick	5:25.93

Section 2 of 2 Finals

1	Dimitrios Rementelas	10	Sherwood	4:18.31
2	Nathan Downie	12	Thomas S Woo	4:21.39
3	Ioannis Rementelas	10	Sherwood	4:22.57
4	Henry Nichols	12	Northwood	4:22.81
5	Ian Fisher	10	Northwood	4:25.29
6	Bereket Eshetu	10	Northwood	4:26.26
7	Landon Call	12	North Hagers	4:28.07
8	Avery Smith	10	Sherwood	4:28.89
9	Walker Mason	12	North Hagers	4:29.96
10	Brandon Kneisler	10	Thomas S Woo	4:30.42
11	Carson Wilt	12	North Hagers	4:34.41
12	Luke Gabrielle	12	Thomas S Woo	4:34.56
13	Micah Carbonell	11	Damascus	4:34.73
14	Nicholas Cherry	12	Frederick	4:35.27
15	Patrick Salter	11	Oakdale	4:41.11
16	Fode Doumbia	12	Tuscarora (M	4:42.12
17	Brogan Thompson	10	Oakdale	4:42.69

3A West Region Meet - 5/14/2026 to 5/16/2026

Frederick HS
Meet Program

Event 307 Boys 3200 Meter Run 3A

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Braeden Taylor	11	Rockville	11:09.47
2	Felipe Albuquerque	12	North Hagers	11:13.36
3	Alexander Chavez Salguero	11	Frederick	11:21.22
4	Owen Berman	12	Thomas S Woo	11:36.83
5	James Āĉĉĵpāĉĳ Hittinger	9	Watkins Mill	11:37.50
6	Jeremy Kim	11	Tuscarora (M	11:37.69
7	Keegan Delaney	12	Damascus	11:48.01
8	Jordi Serrano Palma	10	Damascus	11:48.26
9	Erik Calix	11	Frederick	12:41.62
10	Benjamin M. Eisenhour	12	Col. Zadok M	12:53.94
11	Keny Mendez	10	Frederick	12:55.83
12	Natan Site	12	Col. Zadok M	13:21.73
Section 2 of 2 Finals				
1	Dimitrios Rementelas	10	Sherwood	9:21.66
2	Bereket Eshetu	10	Northwood	9:24.23
3	Henry Nichols	12	Northwood	9:28.43
4	Ioannis Rementelas	10	Sherwood	9:34.06
5	Walker Mason	12	North Hagers	9:35.33
6	Patrick Salter	11	Oakdale	9:42.49
7	Luke Gabrielle	12	Thomas S Woo	9:43.45
8	Nathan Downie	12	Thomas S Woo	10:00.35
9	Zayden Adekanmbi	9	Tuscarora (M	10:19.66
10	Carson Wilt	12	North Hagers	10:20.22
11	Nitish Chikkem	10	Oakdale	10:24.18
12	Caleb Charmatz	11	Sherwood	10:29.52
13	Benjamin Given	10	Col. Zadok M	10:41.56
14	Luca Servis	12	Rockville	10:44.65
15	Bhargav Yarram	11	Oakdale	10:45.65
16	Ian Melgosa	11	Northwood	10:49.99

Event 310 Boys 110 Meter Hurdles 3A

Lane	Name	Yr	School	Seed Time
12 Advance: Top 1 Each Heat plus Next 9 Best Times				
Heat 1 of 3 Prelims				
2	Pavithran Sivakumar	11	Damascus	24.59
3	Kobe Johnson	12	Rockville	17.13
4	David Nguele Etaba	12	Oakdale	15.09
5	Jonathan Morris	10	North Hagers	15.37
6	Terrence Brown	12	Damascus	17.81
7	Adam Suitor	9	Rockville	NT
Heat 2 of 3 Prelims				
2	Devan Treadway	9	Thomas S Woo	20.39
3	Caden Liu	11	Sherwood	17.04
4	Osahon Aigbogun	11	Frederick	14.99
5	Thomas Owusu	11	North Hagers	15.59
6	Antonio Rivera-Herrera	10	North Hagers	18.54
7	Ellis Brown	12	Damascus	NT

Heat 3 of 3 Prelims

2	Taiyo Nelson	9	Sherwood	20.33
3	Azariya Kelay	12	Sherwood	16.53
4	Brandon Rosario	11	Linganore	14.24
5	Brady Duvall	12	Linganore	15.68
6	Levi Dang	12	Oakdale	20.00
7	Miles St. Louis	9	Rockville	NT

Event 311 Boys 300 Meter Hurdles 3A

Lane	Name	Yr	School	Seed Time
Section 1 of 3 Finals				
3	Nabeel Chen	12	Rockville	57.96
4	Terrence Brown	12	Damascus	53.30
5	Adam Suitor	9	Rockville	57.94
Section 2 of 3 Finals				
1	Jencarlo Poblete Menese	10	Watkins Mill	47.21
2	Jamal Nai	12	Damascus	45.23
3	Kobe Johnson	12	Rockville	44.89
4	Raheem Gerald	10	Oakdale	44.57
5	Evan Duvall	11	Linganore	44.73
6	Brady Bruette	11	North Hagers	44.98
7	Antonio Rivera-Herrera	10	North Hagers	46.85
8	Ellis Brown	12	Damascus	49.11
Section 3 of 3 Finals				
1	Caden Liu	11	Sherwood	44.11
2	Avery Glasgow	10	Northwood	43.06
3	Brandon Rosario	11	Linganore	41.68
4	Isaiah Bobo-Amang	12	Sherwood	40.51
5	David Nguele Etaba	12	Oakdale	41.56
6	Cody Watkins	12	Oakdale	42.76
7	Jonathan Morris	10	North Hagers	43.09
8	Azariya Kelay	12	Sherwood	44.49

Event 321 Boys 4x100 Meter Relay 3A

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
3	Col. Zadok M		50.15
	1) Jahlil McDonald-Black 12	2) Amadou T. Conde 11	
	3) Jace B. Queen 9	4) Timothy R. Fuller 10	
4	North Hagers		45.49
	1) Isaiah Seering 10	2) Dylan Bamfo 11	
	3) Mykai Bostic 10	4) Carter Naylor 11	
5	Watkins Mill		47.40
	1) Damein Campbell 10	2) Jason Castillo 10	
	3) Harris Sekeh 10	4) Aaron Meadows 11	
6	Rockville		51.25
	1) Izaiah Belliel 12	2) Kobe Johnson 12	
	3) Kevin Gilzene, Jr. 11	4) Delmer Cardona Arias 12	

3A West Region Meet - 5/14/2026 to 5/16/2026

Frederick HS
Meet Program

Section 2 of 2 Finals...(Event 321 Boys 4x100 Meter Relay 3A)

1	Thomas S Woo		44.79
	1) Elijah Cullen 11	2) Maximus Gomez 11	
	3) Kai Yuzuki 12	4) Khalil Sutherland 11	
2	Northwood		43.80
	1) Aedan Glasgow 12	2) Kymani Pompey 11	
	3) Abdoul Ilboudo 12	4) Avery Glasgow 10	
3	Tuscarora (M)		43.46
	1) Ryan Thomas 9	2) Landon Smith 11	
	3) Lance Lefevre 9	4) Francis Slour 11	
4	Linganore		42.02
	1) Quinton Dodds 12	2) Jake Brown 11	
	3) Bradley Matthews 12	4) Christopher Hammond 10	
5	Sherwood		42.86
	1) Maxoldy Pierre-Canel 11	2) London Hardy 11	
	3) Wesley Whitcomb-Chun 11	4) Karim Alexander 12	
6	Damascus		43.64
	1) Paul Couch 11	2) Jack Arnold 9	
	3) zakai Hardrick 11	4) Jordan Barrett 12	
7	Oakdale		44.06
	1) Zack Dunker 12	2) Charlie Alt 11	
	3) Cody Watkins 12	4) Raheem Gerald 10	
8	Frederick		44.88
	1) Phillip Bailey Jr 11	2) Divine Wolo 10	
	3) Sullivan Harper 12	4) Avery Pierre 10	

Event 322 Boys 4x200 Meter Relay 3A

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
3	Frederick		1:36.57
	1) Zion McCain 11	2) Sullivan Harper 12	
	3) Jeremiah Abernathy 9	4) Avery Pierre 10	
4	Thomas S Woo		1:36.53
	1) Joshua Derrell 12	2) Maximus Gomez 11	
	3) Kai Yuzuki 12	4) Khalil Sutherland 11	
5	Watkins Mill		1:36.54
	1) Zion Chike 12	2) Aman Branch 11	
	3) Harris Sekeh 10	4) Jencarlo Poblete Menese 10	
6	Rockville		1:50.45
	1) Izaiah Belliel 12	2) Samuel Watkins 9	
	3) Kobe Johnson 12	4) Kevin Gilzene, Jr. 11	

Section 2 of 2 Finals

1	Col. Zadok M		1:33.85
	1) Michael F. Gannon 12	2) Jahlil McDonald-Black 12	
	3) Timothy R. Fuller 10	4) Amadou T. Conde 11	
2	North Hagers		1:31.87
	1) Jared Anderson 9	2) Antonio Tolliver 12	
	3) Carter Naylor 11	4) Isaiah Seering 10	
3	Linganore		1:29.68
	1) Quinton Dodds 12	2) Jake Brown 11	
	3) Brandon Rosario 11	4) Bradley Matthews 12	
4	Damascus		1:28.83
	1) Paul Couch 11	2) Jordan Barrett 12	
	3) Jack Arnold 9	4) Davide Barbero 11	
5	Tuscarora (M)		1:29.19
	1) Jasiri Belote 12	2) Francis Slour 11	
	3) Brayden Wilhelm 12	4) Aidan Koffa 12	
6	Northwood		1:29.78
	1) Aedan Glasgow 12	2) Kymani Pompey 11	
	3) Abdoul Ilboudo 12	4) Avery Glasgow 10	
7	Oakdale		1:32.69
	1) Zack Dunker 12	2) Tyler Butler 12	
	3) Cody Watkins 12	4) Raheem Gerald 10	
8	Sherwood		1:34.14
	1) Maxoldy Pierre-Canel 11	2) London Hardy 11	
	3) Wesley Whitcomb-Chun 11	4) Karim Alexander 12	

Event 324 Boys 4x400 Meter Relay 3A

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
3	Rockville		3:57.48
	1) Palmer Stake 9	2) Eduardo Acosta 11	
	3) Kevin Gilzene, Jr. 11	4) Miles St. Louis 9	
4	North Hagers		3:40.22
	1) Allen Anderson 12	2) Antonio Tolliver 12	
	3) Nolan Kocher 11	4) Carson Wilt 12	
5	Frederick		3:44.60
	1) Kaiden Cohan 10	2) Gianelli Milongo 9	
	3) Xavier Morales 9	4) Sean Kiggans 12	

3A West Region Meet - 5/14/2026 to 5/16/2026

Frederick HS
Meet Program

Section 2 of 2 Finals...(Event 324 Boys 4x400 Meter Relay 3A)

1	Col. Zadok M	3:33.20
	1) Michael F. Gannon 12	2) Vincent L. Do 12
	3) Timothy R. Fuller 10	4) Amadou T. Conde 11
2	Tuscarora (M)	3:30.72
	1) Kaden Vellekoop 11	2) Besieh Amara 12
	3) Brayden Wilhelm 12	4) Aidan Koffa 12
3	Sherwood	3:29.02
	1) Treyson Goode 11	2) Sebastian Pham 11
	3) Caleb Alie 12	4) Isaiah Bobo-Amang 12
4	Oakdale	3:27.77
	1) Merrick Collins 11	2) Andrew Villavicencio 12
	3) Andrew Gregorio 12	4) Tyler Butler 12
5	Linganore	3:28.61
	1) Kayden Harris 11	2) Jacob Araujo 11
	3) Brandon Rosario 11	4) Jake Brown 11
6	Northwood	3:29.66
	1) Kymani Pompey 11	2) Henry Nichols 12
	3) Abdoul Ilboudo 12	4) Ian Fisher 10
7	Damascus	3:31.69
	1) Matthew Gamino 12	2) Jack Arnold 9
	3) Davide Barbero 11	4) Joel Teshome 9
8	Thomas S Woo	3:36.30
	1) Joshua Derrell 12	2) Adam Downie 11
	3) Alexander Belard 9	4) Kal Yewlsew 12

Event 328 Boys 4x800 Meter Relay 3A

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Sherwood		7:54.31
	1) Avery Smith 10	2) Alexander Zirkelbach 10	
	3) Ioannis Rementelas 10	4) Dimitrios Rementelas 10	
2	Thomas S Woo		8:15.13
	1) Kal Yewlsew 12	2) Brandon Kneisler 10	
	3) Adam Downie 11	4) Nathan Downie 12	
3	Damascus		8:15.21
	1) Micah Carbonell 11	2) Jacob Luce 12	
	3) Matthew Gamino 12	4) Cruz Carbonell 9	
4	Oakdale		8:21.78
	1) Andrew Gregorio 12	2) Brogan Thompson 10	
	3) Merrick Collins 11	4) Sai Vedas Boyapati 12	
5	Col. Zadok M		8:35.70
	1) Vincent L. Do 12	2) Amadou T. Conde 11	
	3) Sebastian H. Blanton 9	4) Natan Sitie 12	
6	Linganore		8:36.64
	1) Andrew Griffin 9	2) Kayden Harris 11	
	3) Jacob Araujo 11	4) Jake Brown 11	
7	Tuscarora (M)		8:47.60
	1) Zayden Adekanmbi 9	2) Fode Doumbia 12	
	3) Carson Moody 10	4) Luke Page 11	
8	Frederick		8:49.10
	1) Alexander Chavez Salguero 11	2) Xavier Morales 9	
	3) Ocean Eone 12	4) Gianelli Milongo 9	
9	North Hagers		8:58.73
	1) Allen Anderson 12	2) Landon Kelly 12	
	3) Carson Wilt 12	4) Landon Call 12	
10	Rockville		9:25.10
	1) Baraa Farag 12	2) Duncan O'Connor 9	
	3) Luca Servis 12	4) Marcus Johnson 12	
11	Northwood		9:34.28
	1) Salomon Alingi 12	2) Dennis Boyce 12	
	3) Kenneth Gray 12	4) Nicholas Taylor 11	

3A West Region Meet - 5/14/2026 to 5/16/2026

Frederick HS
Meet Program

Event 330 Boys High Jump 3A

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Eduardo Acosta	11	Rockville		NH
2	Hasnat Ali	9	Frederick		NH
3	Miles St. Louis	9	Rockville		NH
4	Surya Chari-Large	12	Northwood		NH
5	Carter Naylor	11	North Hagers	5-05.00	
6	Giovanni Llanos	10	Damascus	5-06.00	
7	Maqil Ibrahim	11	Sherwood	5-06.00	
8	Tyler West	12	Sherwood	5-06.00	
9	Kasai Hiev-Madison	11	Damascus	5-06.00	
10	Cooper Byard	11	North Hagers	5-06.00	
11	Tyler Spencer	11	Oakdale	5-06.00	
12	Ayden Clark	10	Frederick	5-08.00	
13	Ellis Brown	12	Damascus	5-08.00	
14	Joshua Aliti	11	Watkins Mill	5-08.00	
15	Charlie Alt	11	Oakdale	5-10.00	
16	David Clifford	12	North Hagers	5-10.00	
17	Collin Basford	10	Tuscarora (M)	6-00.00	
18	Isaiah Bobo-Amang	12	Sherwood	6-02.00	
19	Landon Sadowski	11	Linganore	6-02.00	
20	Enoch Adeyemi	10	Tuscarora (M)	6-02.00	
21	Ricky Johnson	12	Linganore	6-04.00	
22	Samuel Cooper	11	Tuscarora (M)	6-06.00	
23	Richard Poku	12	Frederick	6-06.00	

Event 331 Boys Long Jump 3A

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 3 Finals					
1	Maxwell D. Hymes	9	Col. Zadok M	15-04.00	
2	Max Dates	10	Thomas S Woo	16-06.00	
3	Lyel Brown	11	Thomas S Woo	16-10.00	
4	Ethan Mejule	11	Watkins Mill	16-10.00	
5	Semilore Olonisakin	11	Oakdale	17-04.00	
6	Timothy R. Fuller	10	Col. Zadok M	17-04.25	
7	Patrick Shaughnessy	9	Oakdale	17-06.50	
8	Tristen Lee	9	North Hagers	17-06.75	
9	Chase McIntosh	11	Rockville	17-10.00	
10	Surya Chari-Large	12	Northwood	17-10.50	
11	Carson Moody	10	Tuscarora (M)	18-00.25	
Flight 2 of 3 Finals					
1	Ellis Brown	12	Damascus	18-05.00	
2	Antonio Tolliver	12	North Hagers	18-08.00	
3	Emmanuel Eshun	11	Linganore	18-09.25	
4	Kobe Johnson	12	Rockville	18-10.00	
5	Cooper Byard	11	North Hagers	18-10.00	
6	Tobias Bang	12	Sherwood	19-01.00	
7	Joshua Aliti	11	Watkins Mill	19-01.50	
8	Enoch Adeyemi	10	Tuscarora (M)	19-03.00	
9	Ajani Dagadu	11	Sherwood	19-08.00	
10	Terrence Brown	12	Damascus	19-09.00	
11	Joshua Gaskill	11	Oakdale	19-09.25	

Flight 3 of 3 Finals

1	Maximus Gomez	11	Thomas S Woo	19-09.25
2	Kasai Hiev-Madison	11	Damascus	19-11.00
3	Aaron Parker	11	Sherwood	20-00.00
4	Yakini Fletcher	12	Northwood	20-00.00
5	Ricky Johnson	12	Linganore	20-00.00
6	Phillip Bailey Jr	11	Frederick	20-00.75
7	Daveon Black	12	Linganore	20-04.00
8	Delmer Cardona Arias	12	Rockville	20-07.00
9	Osahon Aigbogun	11	Frederick	20-10.75
10	Aaron Meadows	11	Watkins Mill	20-11.50
11	Richard Poku	12	Frederick	23-08.50

Event 332 Boys Triple Jump 3A

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 2 Finals					
1	Ethan Mejule	11	Watkins Mill		ND
2	Chase McIntosh	11	Rockville	35-08.00	
3	Timothy R. Fuller	10	Col. Zadok M	35-08.00	
4	Aaron Mitchell	9	Tuscarora (M)	37-02.00	
5	Patrick Shaughnessy	9	Oakdale	37-06.25	
6	Messiah Phelps	11	Sherwood	38-07.00	
7	Aidan Flaherty	12	Sherwood	38-09.00	
8	Che Mforbi	12	North Hagers	39-00.00	
9	Cooper Byard	11	North Hagers	39-00.00	
10	Thomas Owusu	11	North Hagers	39-04.00	
11	Terrence Brown	12	Damascus	39-04.50	

Flight 2 of 2 Finals

1	Daveon Black	12	Linganore	40-04.50
2	Aaron Meadows	11	Watkins Mill	40-08.50
3	Kai Yuzuki	12	Thomas S Woo	41-01.50
4	Brady Duvall	12	Linganore	41-06.00
5	Samuel Cooper	11	Tuscarora (M)	41-11.00
6	Christian Fekadu Kibret	11	Damascus	42-08.00
7	Sithuka Karasnagoda	11	Damascus	42-10.50
8	Yakini Fletcher	12	Northwood	43-00.00
9	Joshua Gaskill	11	Oakdale	43-09.75
10	Osahon Aigbogun	11	Frederick	44-09.25
11	Maqil Ibrahim	11	Sherwood	45-06.00

Event 333 Boys Shot Put 3A

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 3 Finals					
1	Josiah Jones Ingram	10	Watkins Mill		ND
2	Pranjal Verma	10	Thomas S Woo	19-00.50	
3	Timothy Meisch	10	Rockville	24-10.00	
4	Giovanni Natty	11	Northwood	25-10.00	
5	David Zewdie	11	Watkins Mill	30-09.75	
6	Owen Smith	11	Sherwood	33-00.75	
7	John (Wyatt) Rucker	12	Rockville	34-03.25	
8	Theodore Gittleston	12	Thomas S Woo	35-03.50	

3A West Region Meet - 5/14/2026 to 5/16/2026

Frederick HS
Meet Program**Flight 2 of 3 Finals...(Event 333 Boys Shot Put 3A)**

1	Giordano Natty	11	Northwood	35-09.50
2	Marvin L. Moss	12	Col. Zadok M	35-10.50
3	Samuel Alexandre	11	Rockville	36-00.25
4	Christopher Cabrera	11	Col. Zadok M	37-02.50
5	Jacob Shipley	11	Linganore	37-02.75
6	Jeremiah Conner	11	Tuscarora (M	38-09.50
7	Ellis Brown	12	Damascus	39-01.25
8	Jerome Binga	11	Frederick	39-02.50
9	Calvin Ruch	12	Linganore	39-04.00
10	Terrence Brown	12	Damascus	39-04.00
11	Ezon Johnson	10	Col. Zadok M	39-04.50
12	Mory Kaba	11	Watkins Mill	40-02.00

Flight 3 of 3 Finals

1	Andrew Burke	12	Damascus	40-08.00
2	Nathaniel Kim	10	Oakdale	40-08.75
3	Jeremiah Nixon	12	Linganore	41-00.25
4	Gavin Nyamador	10	Tuscarora (M	41-00.50
5	Aleksander Bargman	12	Thomas S Woo	41-01.00
6	Emmanuel Dankwa	12	Sherwood	43-01.75
7	Jefferson Serkfem	12	Sherwood	45-04.50
8	Bobby Waters II	12	Frederick	45-06.75
9	Samuel Oji II	12	Tuscarora (M	45-08.75
10	Nathan Clermont	12	Oakdale	46-00.00
11	Ian Tumi	12	Frederick	48-07.25
12	Kyler Valley	12	Oakdale	55-08.75

Event 334 Boys Discus Throw 3A

Pos	Name	Yr	School	Seed Mark
-----	------	----	--------	-----------

Flight 1 of 3 Finals

1	Josiah Jones Ingram	10	Watkins Mill	ND
2	Pranjal Verma	10	Thomas S Woo	48-00
3	Ian Sawyer	9	Frederick	74-10
4	Owen Smith	11	Sherwood	79-06
5	David Zewdie	11	Watkins Mill	81-07
6	Ezon Johnson	10	Col. Zadok M	82-04
7	Giovanni Natty	11	Northwood	83-10
8	Giordano Natty	11	Northwood	84-01
9	Emmanuel Dankwa	12	Sherwood	84-03
10	Timothy Meisch	10	Rockville	85-00
11	Theodore Gittleston	12	Thomas S Woo	90-04.50

Flight 2 of 3 Finals

1	John (Wyatt) Rucker	12	Rockville	94-00
2	Samuel Alexandre	11	Rockville	97-00
3	Mory Kaba	11	Watkins Mill	97-04
4	Ellis Brown	12	Damascus	97-10
5	Tyson Butler	11	North Hagers	98-00
6	Alexander Rucker	10	Damascus	105-00
7	Christopher Cabrera	11	Col. Zadok M	112-09
8	Nathaniel Kim	10	Oakdale	113-06
9	Nathan Clermont	12	Oakdale	116-07
10	Charles Barnes	12	Tuscarora (M	120-11
11	David Harne	11	Linganore	121-02

Flight 3 of 3 Finals

1	Jacob Shipley	11	Linganore	121-05
2	Andrew Burke	12	Damascus	121-06
3	Vaughn Williams	11	Linganore	122-09
4	Marvin L. Moss	12	Col. Zadok M	122-10
5	Bobby Waters II	12	Frederick	125-11
6	Jeremiah Conner	11	Tuscarora (M	128-03
7	Garett Forrest	12	North Hagers	131-07
8	Samuel Oji II	12	Tuscarora (M	133-08
9	Kyler Valley	12	Oakdale	138-10
10	Ian Tumi	12	Frederick	145-06
11	Jefferson Serkfem	12	Sherwood	150-04

Event 335 Boys Pole Vault 3A

Pos	Name	Yr	School	Seed Mark
-----	------	----	--------	-----------

Flight 1 of 1 Finals

1	Porter Jones	12	Frederick	NH
2	Nolan Kocher	11	North Hagers	9-00.00
3	Brady Bruette	11	North Hagers	11-00.00
4	Elias House	11	North Hagers	11-00.00
5	Cameron Malle	12	Oakdale	11-00.00
6	Ayden Clark	10	Frederick	11-03.00
7	Vance Lalli	11	Linganore	13-00.00
8	Tyler Spencer	11	Oakdale	13-06.00
9	Osahon Aigbogun	11	Frederick	13-07.00
10	Jonas Sparks	12	Oakdale	14-06.00

Event 351 Girls 100 Meter Dash 3A

12 Advance: Top 1 Each Heat plus Next 7 Best Times
--

Lane	Name	Yr	School	Seed Time
------	------	----	--------	-----------

Heat 1 of 5 Prelims

1	Sabriya L. Rollins	9	Col. Zadok M	14.79
2	Sophia Groves	10	Linganore	13.85
3	Sarah Parker	12	Damascus	13.34
4	Trinity McLaurin	11	Oakdale	12.71
5	Heather Twum	12	Oakdale	12.78
6	Amaya Dorsey	9	Frederick	13.48
7	Yahnie Charles	11	Northwood	13.86
8	Ally Ahn	12	Thomas S Woo	15.04

Heat 2 of 5 Prelims

1	Hailey Goldberg	11	Thomas S Woo	14.77
2	Isabella Caban	12	Thomas S Woo	13.80
3	Amiya Adams	9	Tuscarora (M	13.28
4	Assiatou Camara	12	Tuscarora (M	12.57
5	Dynasty Brackenridge	12	Watkins Mill	12.85
6	Miah Abernathy	9	Frederick	13.52
7	Ella Newland	9	Northwood	13.86

Heat 3 of 5 Prelims

1	Nora Flynn	9	Rockville	14.75
2	Angel Fletcher	11	Northwood	13.77
3	Catherine Lanning	12	Sherwood	13.23
4	Taraji Nartey	9	North Hagers	12.45
5	Sydney Hall	11	Linganore	13.06
6	Sora Mitchell	12	Col. Zadok M	13.54
7	Saniyah Ward	9	Rockville	13.88

3A West Region Meet - 5/14/2026 to 5/16/2026

Frederick HS
Meet Program**Heat 4 of 5 Prelims...(Event 351 Girls 100 Meter Dash 3A)**

1	Zariya Berry	9	Frederick	14.44
2	Noelle Walker	9	Damascus	13.74
3	Rylan Johnson	9	Sherwood	13.20
4	Annabelle Schaberl	12	North Hagers	12.34
5	Emma Link	11	Sherwood	13.10
6	Simone Ramos	11	Rockville	13.65
7	Camila Pupo	12	Watkins Mill	14.23

Heat 5 of 5 Prelims

1	Kalista Nuwokpe	11	Watkins Mill	14.34
2	Harmony Griffith	10	North Hagers	13.73
3	Zara Borel	11	Tuscarora (M)	13.14
4	Jenell Quansah	9	Linganore	12.34
5	Morgan Booth	11	Oakdale	13.14
6	Makaila Byrd	12	Damascus	13.66
7	Jatu F. Kromah	9	Col. Zadok M	14.30

Event 352 Girls 200 Meter Dash 3A**12 Advance: Top 1 Each Heat plus Next 7 Best Times****Lane Name Yr School Seed Time****Heat 1 of 5 Prelims**

1	Raleigh Quintero	9	Northwood	31.10
2	Chase Mitchell	11	Col. Zadok M	29.38
3	Sasha Moscol Morales	10	Sherwood	27.76
4	Dynasty Brackenridge	12	Watkins Mill	26.54
5	Kamari Wilhite	11	Northwood	26.63
6	Ella Newland	9	Northwood	27.77
7	Saniyah Ward	9	Rockville	29.39
8	Tiana Welbon	11	Frederick	NT

Heat 2 of 5 Prelims

1	Nora Flynn	9	Rockville	30.66
2	Katherine Miller	11	Damascus	29.31
3	Jacqueline D. Nguessan	12	Col. Zadok M	27.76
4	Erica Kouame	11	Watkins Mill	26.38
5	Heather Twum	12	Oakdale	26.64
6	Zara Borel	11	Tuscarora (M)	27.90
7	Ariana Agrawal	10	Thomas S Woo	29.71

Heat 3 of 5 Prelims

1	Leila Alam	12	Thomas S Woo	30.32
2	Lena Aghadiuno	10	Watkins Mill	29.13
3	Rylan Johnson	9	Sherwood	27.54
4	Jordyn Summers	11	Frederick	26.37
5	Emma Link	11	Sherwood	26.82
6	Amiya Adams	9	Tuscarora (M)	28.26
7	Harmony Griffith	10	North Hagers	29.74

Heat 4 of 5 Prelims

1	Jatu F. Kromah	9	Col. Zadok M	29.96
2	Camilla Gardner	9	Oakdale	28.62
3	Gabrielle Joseph	12	Linganore	27.36
4	Jenell Quansah	9	Linganore	25.94
5	Angelyn Quansah	12	Oakdale	26.84
6	Simone Ramos	11	Rockville	28.44
7	Isabella Suci	10	Thomas S Woo	29.79

Heat 5 of 5 Prelims

1	Noelle Walker	9	Damascus	29.84
2	Peyton Llanos	9	Damascus	28.62
3	Cameron Thompson	9	Linganore	27.34
4	Taraji Nartey	9	North Hagers	25.57
5	Assiatou Camara	12	Tuscarora (M)	27.02
6	Amaya Dorsey	9	Frederick	28.53
7	CrissyNavae Turner	9	North Hagers	29.82

Event 354 Girls 400 Meter Dash 3A**Lane Name Yr School Seed Time****Section 1 of 5 Finals**

3	Charlee Hajel	9	North Hagers	NT
4	Jameela Chen	9	Rockville	1:33.84
5	Leila Goodrich	9	Damascus	NT

Section 2 of 5 Finals

2	Ariana Nanchez	9	Rockville	1:23.12
3	Mary Brown	10	Damascus	1:11.04
4	Brianna Mathews	12	North Hagers	1:10.35
5	Kira Srey	10	Damascus	1:10.90
6	Fatima Sannoh	9	Watkins Mill	1:17.64
7	Elsie Boafo	11	Watkins Mill	1:29.20

Section 3 of 5 Finals

1	Philomena Ortiz	9	North Hagers	1:09.95
2	Nora Flynn	9	Rockville	1:09.61
3	Joslin Corea	12	Sherwood	1:09.35
4	Olivia Ifejika	10	Linganore	1:08.52
5	Tamra Fluellen	12	Sherwood	1:09.30
6	Isabella Suci	10	Thomas S Woo	1:09.45
7	Marleigh Burns	10	Northwood	1:09.68
8	Ella Carrick	9	Thomas S Woo	1:10.12

Section 4 of 5 Finals

1	Melysa Morales Lazaro	11	Tuscarora (M)	1:06.88
2	Isabella Lambert	10	Tuscarora (M)	1:06.78
3	Chloe Arriola	12	Oakdale	1:05.21
4	Gabrielle Joseph	12	Linganore	1:02.46
5	Kaitlyn Lidie	9	Tuscarora (M)	1:03.62
6	Jacqueline D. Nguessan	12	Col. Zadok M	1:05.50
7	Chase Mitchell	11	Col. Zadok M	1:06.81
8	Ariana Agrawal	10	Thomas S Woo	1:07.73

Section 5 of 5 Finals

1	Ashley E. Polcawich	11	Col. Zadok M	1:02.07
2	Kamari Wilhite	11	Northwood	1:00.61
3	Angelyn Quansah	12	Oakdale	1:00.26
4	Tiana Welbon	11	Frederick	57.85
5	Erica Kouame	11	Watkins Mill	1:00.17
6	Cameron Thompson	9	Linganore	1:00.49
7	Sasha Moscol Morales	10	Sherwood	1:01.89
8	Lilah Colbert	11	Oakdale	1:02.29

3A West Region Meet - 5/14/2026 to 5/16/2026

Frederick HS
Meet Program

Event 355 Girls 800 Meter Run 3A

Lane	Name	Yr	School	Seed Time
Section 1 of 3 Finals				
1	Grace M. Harwell	10	Col. Zadok M	2:44.51
2	Madelyn Powell	12	Damascus	2:44.68
3	Isabella Deadrick	11	Rockville	2:47.08
4	Laranjani A.J English	10	Watkins Mill	2:47.17
5	Charlotte Wolfe	9	Northwood	2:48.82
6	Genevieve Molnar	12	Rockville	2:52.65
7	McKenzie A. Mitchell	9	Col. Zadok M	2:53.19
8	Audrey Hendl	10	Linganore	2:54.33
9	Paulina Ortiz Nurinda	11	Watkins Mill	3:02.94
10	Caroline Cooke	12	Rockville	3:10.11
11	Lindsey Mendez	11	Watkins Mill	3:16.56
Section 2 of 3 Finals				
1	Morgan Braniff	9	Thomas S Woo	2:33.25
2	Suchira Mulagura	11	Damascus	2:34.41
3	Lizzie Wells	12	Oakdale	2:35.65
4	Anna Ramanan	10	North Hagers	2:36.09
5	Ariana Amaya	12	Northwood	2:37.48
6	Iliana Kumer	9	Damascus	2:37.55
7	Samantha Whiteman	11	Linganore	2:38.46
8	Yasmeena Hassen Friess	12	Frederick	2:38.60
9	Hannah Louis	10	Thomas S Woo	2:40.61
10	Ella Cook	10	Tuscarora (M	2:41.87
11	Kimiko Tokinon	10	Sherwood	2:43.59
12	Saniyah St. Gerard	10	Sherwood	2:43.59
Section 3 of 3 Finals				
1	Hailey Lane	12	Tuscarora (M	2:18.63
2	Mackenzie Philp	9	North Hagers	2:22.20
3	Madeline Quirion	12	Sherwood	2:23.32
4	Caroline Philp	9	North Hagers	2:23.34
5	Ashley E. Polcawich	11	Col. Zadok M	2:27.63
6	Siena Foster	10	Tuscarora (M	2:28.55
7	Maya Di Monte	11	Oakdale	2:28.61
8	Keelin Moroney	10	Linganore	2:29.71
9	Olivia Gregory	12	Frederick	2:30.45
10	Ysebel Soto	12	Frederick	2:31.80
11	Olivia Dickerson	9	Thomas S Woo	2:32.40
12	Leah Scarzello	9	Oakdale	2:32.65

Event 356 Girls 1600 Meter Run 3A

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Johanna Mitchell	12	Oakdale	5:44.62
2	Ariana Amaya	12	Northwood	5:45.86
3	Ysebel Soto	12	Frederick	5:53.89
4	Kara King	11	Oakdale	5:57.26
5	Isabella Deadrick	11	Rockville	5:57.53
6	Haylee Van Petten	11	Sherwood	6:00.57
7	Kimiko Tokinon	10	Sherwood	6:01.77
8	Charlotte Wolfe	9	Northwood	6:10.95
9	Dylan Allen	9	Damascus	6:12.30
10	Laranjani A.J English	10	Watkins Mill	6:23.03
11	Grace M. Harwell	10	Col. Zadok M	6:23.28
12	Gabriella Ayala	10	Damascus	6:25.88
13	Caroline Cooke	12	Rockville	6:44.92
14	Paulina Ortiz Nurinda	11	Watkins Mill	6:49.05
15	Giselle Zheng	10	Col. Zadok M	7:05.06
Section 2 of 2 Finals				
1	Eleanor Finnegan	9	Thomas S Woo	5:02.93
2	Madeline Quirion	12	Sherwood	5:08.46
3	Hailey Lane	12	Tuscarora (M	5:14.29
4	Caroline Philp	9	North Hagers	5:14.54
5	Mackenzie Philp	9	North Hagers	5:18.78
6	Siena Foster	10	Tuscarora (M	5:23.55
7	Samantha M. Polcawich	11	Col. Zadok M	5:23.75
8	Leah Scarzello	9	Oakdale	5:29.64
9	Samantha Whiteman	11	Linganore	5:30.23
10	Anna Ramanan	10	North Hagers	5:32.89
11	Morgan Braniff	9	Thomas S Woo	5:33.72
12	Kylie Gray	10	Damascus	5:34.86
13	Ariana Arturo	12	Rockville	5:37.42
14	Kiraline Tippetts	9	Tuscarora (M	5:37.75
15	Danica Arrington	12	Frederick	5:42.55
16	Olivia Gregory	12	Frederick	5:43.66

Event 357 Girls 3200 Meter Run 3A

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Sydney Bowman	9	Tuscarora (M	12:52.13
2	Haylee Van Petten	11	Sherwood	13:00.67
3	Annalise Wells	11	Oakdale	13:07.36
4	Isabella Deadrick	11	Rockville	13:09.23
5	Yasmeena Hassen Friess	12	Frederick	13:36.65
6	Dylan Allen	9	Damascus	13:39.08
7	Katherine Dhingra	9	Sherwood	13:41.62
8	Shelby Querry	12	Oakdale	13:43.97
9	Eve Browne	9	Thomas S Woo	13:45.71
10	Gabriella Ayala	10	Damascus	14:22.18
11	Caroline Cooke	12	Rockville	14:34.00
12	Berkley Wetzel	9	Frederick	15:23.86
13	Giselle Zheng	10	Col. Zadok M	15:34.60
14	Lindsey Mendez	11	Watkins Mill	15:39.04

3A West Region Meet - 5/14/2026 to 5/16/2026

Frederick HS
Meet Program

Section 2 of 2 Finals...(Event 357 Girls 3200 Meter Run 3A)

1	Eleanor Finnegan	9	Thomas S Woo	10:46.27
2	Caroline Philp	9	North Hagers	10:55.43
3	Mackenzie Philp	9	North Hagers	11:04.18
4	Madeline Quirion	12	Sherwood	11:12.06
5	Siena Foster	10	Tuscarora (M	11:38.26
6	Samantha Whiteman	11	Linganore	11:39.52
7	Samantha M. Polcawich	11	Col. Zadok M	12:01.95
8	Ariana Arturo	12	Rockville	12:03.99
9	Anna Ramanan	10	North Hagers	12:05.53
10	Johanna Mitchell	12	Oakdale	12:12.40
11	Morgan Braniff	9	Thomas S Woo	12:25.18
12	Alexis Rotty	9	Tuscarora (M	12:36.95
13	Ariana Amaya	12	Northwood	12:39.73
14	Yseabelle Soto	12	Frederick	12:44.38
15	Elizabeth Watkins	11	Linganore	12:44.75

Event 360 Girls 100 Meter Hurdles 3A

12 Advance: Top 1 Each Heat plus Next 8 Best Times

Lane Name Yr School Seed Time

Heat 1 of 4 Prelims

2	Anastasia Baserap	11	Rockville	21.07
3	Emalie Jackson	10	Linganore	18.68
4	Kennedy Jones	11	Frederick	16.05
5	Anna Chamberlin	12	North Hagers	16.24
6	Mary Miller	11	Damascus	18.84
7	Iseoluwa Adenuga	12	Tuscarora (M	21.37

Heat 2 of 4 Prelims

2	Brielle Braxton	9	Watkins Mill	20.69
3	Binta Macalou	10	North Hagers	18.25
4	Ava Morales	11	Frederick	15.82
5	Jayde Saunders	11	Northwood	17.12
6	Adelynn Vancuran	9	Rockville	18.91
7	Julia Long	9	Rockville	21.54

Heat 3 of 4 Prelims

2	Maysa Djibom	12	Damascus	20.60
3	Stella Petrelli	10	Oakdale	18.20
4	Kymani Bennett	11	Sherwood	15.82
5	Sarah Chlebda	12	Oakdale	17.25
6	Fatima Sannoh	9	Watkins Mill	19.55
7	Emily Bateman	10	Linganore	21.57

Heat 4 of 4 Prelims

1	Alana Allen	10	Linganore	23.14
2	Kaylie Eising	11	Damascus	20.27
3	Janet Adams	10	Tuscarora (M	18.16
4	Jordyn Summers	11	Frederick	15.50
5	Laila-Faire Williams	12	North Hagers	18.14
6	Shekina Degboevi	9	Tuscarora (M	20.05
7	Gianna Mobley	11	Sherwood	22.07

Event 361 Girls 300 Meter Hurdles 3A

Lane Name Yr School Seed Time

Section 1 of 3 Finals

1	Calianna Sessions	10	Damascus	1:03.82
2	Brielle Braxton	9	Watkins Mill	58.74
3	Gloria Magne Soh	10	Tuscarora (M	57.72
4	Gianna Mobley	11	Sherwood	55.06
5	Michelle Boakye	11	North Hagers	56.46
6	Julia Long	9	Rockville	57.86
7	Anastasia Baserap	11	Rockville	1:03.54
8	Kaylie Eising	11	Damascus	NT

Section 2 of 3 Finals

1	Soleil Williams	11	Sherwood	53.66
2	Janet Adams	10	Tuscarora (M	53.22
3	Stella Petrelli	10	Oakdale	51.45
4	Jayde Saunders	11	Northwood	50.71
5	Mary Miller	11	Damascus	51.39
6	Fatima Sannoh	9	Watkins Mill	51.87
7	Adelynn Vancuran	9	Rockville	53.65
8	Shekina Degboevi	9	Tuscarora (M	54.10

Section 3 of 3 Finals

1	Dayanah Brunson	10	North Hagers	50.45
2	Sora Mitchell	12	Col. Zadok M	50.35
3	Kymani Bennett	11	Sherwood	49.16
4	Kennedy Jones	11	Frederick	47.90
5	Yahnie Charles	11	Northwood	48.50
6	Anna Chamberlin	12	North Hagers	49.83
7	Morgan Booth	11	Oakdale	50.37
8	Sarah Chlebda	12	Oakdale	50.69

Event 371 Girls 4x100 Meter Relay 3A

Lane Team Relay Seed Time

Section 1 of 2 Finals

3	Col. Zadok M		57.66
	1) McKenzie A. Mitchell 9	2) Jatu F. Kromah 9	
	3) Sora Mitchell 12	4) Chase Mitchell 11	
4	Watkins Mill		54.09
	1) Ange Saagong 9	2) Maren Leonard 11	
	3) Priscille Gnago 10	4) Kalista Nuwokpe 11	
5	Rockville		56.49
	1) Adelynn Vancuran 9	2) Simone Ramos 11	
	3) Nora Flynn 9	4) Saniyah Ward 9	

3A West Region Meet - 5/14/2026 to 5/16/2026

Frederick HS
Meet Program

Section 2 of 2 Finals...(Event 371 Girls 4x100 Meter Relay 3A)

1	Damascus	54.06
	1) Noelle Walker 9	2) Makaila Byrd 12
	3) Grace Szczublewski 10	4) Sarah Parker 12
2	Sherwood	51.92
	1) Rylan Johnson 9	2) Avah Scott 9
	3) Hanna Serour 12	4) Emma Link 11
3	Linganore	50.79
	1) Sydney Hall 11	2) Julia Tomaski 11
	3) Sophia Groves 10	4) Alissa Simmons 9
4	Northwood	50.24
	1) Ella Newland 9	2) Angel Fletcher 11
	3) Kamari Wilhite 11	4) Jayde Saunders 11
5	Tuscarora (M)	50.32
	1) Amiya Adams 9	2) Deborah A. Adeyemi 12
	3) Zara Borel 11	4) Assiatou Camara 12
6	Oakdale	50.96
	1) Heather Twum 12	2) Trinity Mclaurin 11
	3) Lilah Colbert 11	4) Sarah Chlebdia 12
7	North Hagers	52.32
	1) Annabelle Schaberl 12	2) Zedeara Johnson 11
	3) Samantha Anane 9	4) Harmony Griffith 10

Event 372 Girls 4x200 Meter Relay 3A

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
3	Frederick		2:02.27
	1) Miah Abernathy 9	2) Amaya Dorsey 9	
	3) Zariya Berry 9	4) Jennifer Tabb 9	
4	Damascus		1:56.51
	1) Peyton Llanos 9	2) Katherine Miller 11	
	3) Grace Szczublewski 10	4) Sarah Parker 12	
5	Thomas S Woo		1:56.87
	1) Hailey Goldberg 11	2) Isabella Suciu 10	
	3) Leila Alam 12	4) Isabella Caban 12	
6	Rockville		2:12.51
	1) Saniyah Ward 9	2) Adelynn Vancuran 9	
	3) Nora Flynn 9	4) Simone Ramos 11	

Section 2 of 2 Finals

1	Tuscarora (M)	1:52.79
	1) Amiya Adams 9	2) Zara Borel 11
	3) Janiyah Jenkins 10	4) Assiatou Camara 12
2	Watkins Mill	1:52.37
	1) Dynasty Brackenridge 12	2) Lena Aghadiuno 10
	3) Camila Pupo 12	4) Erica Kouame 11
3	Linganore	1:49.10
	1) Sophia Groves 10	2) Cameron Thompson 9
	3) Gabrielle Joseph 12	4) Jenell Quansah 9
4	Oakdale	1:45.67
	1) Lilah Colbert 11	2) Fiona Collins 11
	3) Angelyn Quansah 12	4) Heather Twum 12
5	Northwood	1:46.45
	1) Ella Newland 9	2) Kamari Wilhite 11
	3) Jayde Saunders 11	4) Yahnies Charles 11
6	Sherwood	1:50.20
	1) Rylan Johnson 9	2) Hanna Serour 12
	3) Sasha Moscol Morales 10	4) Emma Link 11
7	Col. Zadok M	1:52.60
	1) Jacqueline D. Nguessan 12	2) Chase Mitchell 11
	3) Ashley E. Polcawich 11	4) Sora Mitchell 12
8	North Hagers	1:53.64
	1) Annabelle Schaberl 12	2) Dayanah Brunson 10
	3) Anna Chamberlin 12	4) Taraji Nartey 9

Event 374 Girls 4x400 Meter Relay 3A

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
3	Rockville		5:59.03
	1) Jameela Chen 9	2) Anastasia Baserap 11	
	3) Ariana Nanchez 9	4) Julia Long 9	
4	Thomas S Woo		4:38.09
	1) Ella Carrick 9	2) Isabella Suciu 10	
	3) Hannah Louis 10	4) Ariana Agrawal 10	
5	Damascus		4:47.91
	1) Grace Szczublewski 10	2) JaTaylor Smith 9	
	3) Kira Srey 10	4) Madelyn Powell 12	

3A West Region Meet - 5/14/2026 to 5/16/2026

Frederick HS
Meet Program

Section 2 of 2 Finals...(Event 374 Girls 4x400 Meter Relay 3A)

1	Sherwood	4:24.26
	1) Soleil Williams 11	2) Tamra Fluellen 12
	3) Alexandra Johnson 10	4) Sasha Moscol Morales 10
2	Northwood	4:18.30
	1) Yahnne Charles 11	2) Marleigh Burns 10
	3) Kamari Wilhite 11	4) Angel Fletcher 11
3	Oakdale	4:11.17
	1) Angelyn Quansah 12	2) Fiona Collins 11
	3) Lilah Colbert 11	4) Maya Di Monte 11
4	Frederick	4:07.14
	1) Kennedy Jones 11	2) Ava Morales 11
	3) Tiana Welbon 11	4) Jordyn Summers 11
5	Linganore	4:09.72
	1) Cameron Thompson 9	2) Kayla Headd 12
	3) Gabrielle Joseph 12	4) Jenell Quansah 9
6	Col. Zadok M	4:15.54
	1) Jacqueline D. Nguessan 12	2) Samantha M. Polcawich 11
	3) Chase Mitchell 11	4) Ashley E. Polcawich 11
7	Tuscarora (M	4:19.59
	1) Kaitlyn Lidie 9	2) Siena Foster 10
	3) Sydney Bowman 9	4) Hailey Lane 12
8	North Hagers	4:24.79
	1) Annabelle Schaberl 12	2) Anna Chamberlin 12
	3) Caroline Philp 9	4) Mackenzie Philp 9

Event 378 Girls 4x800 Meter Relay 3A

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Col. Zadok M		10:05.86
	1) Ashley E. Polcawich 11	2) Samantha M. Polcawich 11	
	3) Grace M. Harwell 10	4) Chase Mitchell 11	
2	Oakdale		10:13.84
	1) Lizzie Wells 12	2) Leah Scarzello 9	
	3) Annalise Wells 11	4) Maya Di Monte 11	
3	Linganore		10:14.05
	1) Kayla Headd 12	2) Audrey Hendl 10	
	3) Keelin Moroney 10	4) Elizabeth Watkins 11	
4	Tuscarora (M		10:18.47
	1) Kiraline Tippetts 9	2) Siena Foster 10	
	3) Sydney Bowman 9	4) Hailey Lane 12	
5	Frederick		10:21.80
	1) Danica Arrington 12	2) Olivia Gregory 12	
	3) Yasmeena Hassen Friess 12	4) Ysebel Soto 12	
6	Sherwood		10:26.04
	1) Katherine Dhingra 9	2) Sanayah St. Gerard 10	
	3) Kimiko Tokinon 10	4) Madeline Quirion 12	
7	Damascus		10:27.98
	1) Suchira Mulagura 11	2) Kylie Gray 10	
	3) Dylan Allen 9	4) Iliana Kumer 9	
8	Thomas S Woo		10:37.92
	1) Hannah Louis 10	2) Beatrix Verrija 12	
	3) Olivia Dickerson 9	4) Morgan Braniff 9	
9	North Hagers		10:51.13
	1) Philomena Ortiz 9	2) Madeline Schaberl 9	
	3) Charlee Hajel 9	4) Anabelle Myers 11	
10	Rockville		12:23.99
	1) Isabella Deadrick 11	2) Genevieve Molnar 12	
	3) Caroline Cooke 12	4) Ariana Nanchez 9	

3A West Region Meet - 5/14/2026 to 5/16/2026

Frederick HS
Meet Program**Event 380 Girls High Jump 3A**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Simone Ramos	11	Rockville	4-00.00
2	Nora Flynn	9	Rockville	4-00.00
3	Erin Mascari	11	Sherwood	4-02.00
4	Kaylie Eising	11	Damascus	4-02.00
5	Stella Petrelli	10	Oakdale	4-04.00
6	Samantha Anane	9	North Hagers	4-06.00
7	Adelynn Vancuran	9	Rockville	4-06.00
8	Amanda Chung	12	Linganore	4-06.00
9	Aubryn Darrington	10	Sherwood	4-06.00
10	Amiya Adams	9	Tuscarora (M	4-06.00
11	McKenzie A. Mitchell	9	Col. Zadok M	4-06.00
12	Sarah Chlebd	12	Oakdale	4-08.00
13	JaTaylor Smith	9	Damascus	4-08.00
14	Kennedy Scott	12	Damascus	4-08.00
15	Johanna Mitchell	12	Oakdale	4-08.00
16	Kaitlyn Shaffer	10	Linganore	4-10.00
17	Sora Mitchell	12	Col. Zadok M	4-10.00
18	Raisa Marinoiu	9	North Hagers	4-10.00
19	Anna Chamberlin	12	North Hagers	5-02.00
20	Jordyn Summers	11	Frederick	5-04.00
21	Ava Morales	11	Frederick	5-06.00

Event 381 Girls Long Jump 3A

Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Trinity Mclaurin	11	Oakdale	ND
2	Makaila Byrd	12	Damascus	ND
3	Stephanie Tibo	10	North Hagers	12-07.00
4	Catherine Lanning	12	Sherwood	12-10.00
5	Zoey Matthews	9	Rockville	12-11.00
6	Michelle Addo	11	Tuscarora (M	13-02.75
7	Camila Pupo	12	Watkins Mill	13-03.00
8	Chloe Yeh	11	Thomas S Woo	13-05.25
9	Kalista Nuwokpe	11	Watkins Mill	13-08.50
10	Naura Harvianto	9	North Hagers	13-09.50
11	Ella Carrick	9	Thomas S Woo	13-09.50
12	Amiya Adams	9	Tuscarora (M	13-11.75
13	Janiyah Jenkins	10	Tuscarora (M	14-03.75
Flight 2 of 2 Finals				
1	Kennedy Brazil	9	Damascus	14-04.00
2	Sophia Groves	10	Linganore	14-06.75
3	Melanie Barton	10	Sherwood	14-07.00
4	Elani Hiev-Madison	9	Damascus	14-11.00
5	Lena Aghadiuno	10	Watkins Mill	15-00.00
6	Binta Macalou	10	North Hagers	15-01.50
7	Cecile Apetse	12	Sherwood	15-07.50
8	Sophia Mcelwee	10	Oakdale	15-10.75
9	Jenell Quansah	9	Linganore	16-04.00
10	Kennedy Jones	11	Frederick	16-08.75
11	Morgan Booth	11	Oakdale	16-09.50
12	Jordyn Summers	11	Frederick	18-06.00
13	Ava Morales	11	Frederick	18-08.50

Event 382 Girls Triple Jump 3A

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Stephanie Tibo	10	North Hagers	ND
2	Aubryn Darrington	10	Sherwood	27-04.00
3	Sophia Groves	10	Linganore	27-10.00
4	Laila-Faire Williams	12	North Hagers	30-00.00
5	Elani Hiev-Madison	9	Damascus	30-11.00
6	Sophia Mcelwee	10	Oakdale	30-11.50
7	Gabrielle Dennis	11	Oakdale	31-10.50
8	Cassidy Harper	11	Oakdale	32-01.50
9	Angel Fletcher	11	Northwood	32-08.00
10	Binta Macalou	10	North Hagers	33-08.00
11	Sydney Hall	11	Linganore	34-00.50
12	Jenell Quansah	9	Linganore	35-04.00
13	Deborah A. Adeyemi	12	Tuscarora (M	35-07.00
14	Jordyn Summers	11	Frederick	37-06.50

Event 383 Girls Shot Put 3A

Pos	Name	Yr	School	Seed Mark
Flight 1 of 3 Finals				
1	Ronke Agbemabiessi	11	Thomas S Woo	20-02.25
2	Maame Ofori-Atta	10	Watkins Mill	21-00.00
3	Margaret Regitz	11	Rockville	21-01.25
4	Chinenyenwa Achor	11	Thomas S Woo	21-04.50
5	Rafaela Cruz Ribeiro Dos San	10	Northwood	21-08.00
6	Carson Frye	9	Sherwood	22-03.00
7	Jalena Epps	11	Watkins Mill	22-06.00
8	Anna Booth	11	Rockville	22-11.00
9	Aniya Russell	12	North Hagers	23-01.00
10	Rosalie Henson	10	Frederick	23-06.75
Flight 2 of 3 Finals				
1	Maryam Habib	12	Sherwood	23-07.25
2	Benelle Danso	10	Damascus	24-00.00
3	Carys Dockery	12	Watkins Mill	24-01.00
4	Jensen Cox	9	Oakdale	24-05.25
5	Andra Moseray	10	Northwood	25-04.00
6	Kameryn Burrill	12	North Hagers	26-00.00
7	Caya Joseph	11	Rockville	26-00.50
8	Jacquelyn Cole	12	Oakdale	27-08.50
9	Lashanna Ouedraogo	12	Damascus	28-01.00
10	Yornee Jacobs	12	Tuscarora (M	28-03.50
11	Anaika Mehta	12	Thomas S Woo	28-07.00

3A West Region Meet - 5/14/2026 to 5/16/2026

Frederick HS
Meet Program**Flight 3 of 3 Finals...(Event 383 Girls Shot Put 3A)**

1	Kayla Boateng	10	Tuscarora (M)	29-00.00
2	Yamarie Jasseh	11	Frederick	29-10.50
3	Dalayah Rose	11	Sherwood	29-11.75
4	Javel Fayad	11	Northwood	30-00.50
5	Kyrah Hackey	12	Linganore	30-05.00
6	Precious Young	12	Damascus	32-03.50
7	Katelyn Dorsey	12	Tuscarora (M)	32-10.25
8	Alexis Mangene	11	Oakdale	33-02.00
9	Jordyn Shipley	12	Linganore	33-02.00
10	Zaila Griffin	10	Frederick	34-04.00
11	Kayla Butler	9	Linganore	35-06.25

Event 384 Girls Discus Throw 3A

Pos	Name	Yr	School	Seed Mark
-----	------	----	--------	-----------

Flight 1 of 3 Finals

1	Jalena Epps	11	Watkins Mill	38-07
2	Maame Ofori-Atta	10	Watkins Mill	48-05
3	Carys Dockery	12	Watkins Mill	49-02
4	Nari Garnett	11	Thomas S Woo	52-05
5	Gavi Munoz	10	Sherwood	55-10
6	Maryam Habib	12	Sherwood	58-08
7	Ronke Agbemabiese	11	Thomas S Woo	59-08
8	Aniya Russell	12	North Hagers	61-03
9	Emma Zitrick	9	Tuscarora (M)	67-03
10	Anna Booth	11	Rockville	68-00

Flight 2 of 3 Finals

1	Andra Moseray	10	Northwood	71-01
2	Jolayour Crayton	10	Northwood	72-00
3	Kameryn Burrill	12	North Hagers	72-05
4	Zoe Upton	12	Rockville	72-09
5	Katelyn Dorsey	12	Tuscarora (M)	73-04
6	Precious Young	12	Damascus	75-04
7	Alexis Mangene	11	Oakdale	76-00
8	Madelyn Powell	12	Damascus	76-08
9	Kayla Boateng	10	Tuscarora (M)	78-02
10	Lashanna Ouedraogo	12	Damascus	81-08
11	Kyrah Hackey	12	Linganore	86-08

Flight 3 of 3 Finals

1	Caya Joseph	11	Rockville	89-06
2	Yamarie Jasseh	11	Frederick	91-07
3	Rosalie Henson	10	Frederick	95-03
4	Brady Cox	9	Oakdale	97-01
5	Dalayah Rose	11	Sherwood	97-05
6	Javel Fayad	11	Northwood	100-01
7	Jordyn Shipley	12	Linganore	102-04
8	Zaila Griffin	10	Frederick	103-09
9	Evie Iacchei	9	Oakdale	108-11
10	Anaika Mehta	12	Thomas S Woo	109-05
11	Kayla Butler	9	Linganore	120-00

Event 385 Girls Pole Vault 3A

Pos	Name	Yr	School	Seed Mark
-----	------	----	--------	-----------

Flight 1 of 1 Finals

1	Olivia Gregory	12	Frederick	NH
2	Erin Livelsberger	10	Frederick	6-06.00
3	Josephine Shipley	9	Linganore	6-06.00
4	Reggan Chapin	11	North Hagers	7-06.00
5	Tiffany Raines	11	Frederick	7-06.00
6	Raisa Marinoiu	9	North Hagers	7-06.00
7	Corryn Sullivan	9	Linganore	8-09.00
8	Sophia Mcelwee	10	Oakdale	9-06.00
9	Carly Moyer	12	Linganore	9-06.00
10	Fiona Collins	11	Oakdale	11-06.00
11	Morgan Booth	11	Oakdale	11-06.00