

Patriot District (6A Conference 7) Winter Track

Schools

Fairfax	2017-Present	Annandale	1994-2017
Lake Braddock	1994- Present	Hayfield	1994-2009
James Robinson	1994-2005, 2017-Present	TC Williams	1994-2017
South County	2005- Present	West Potomac	1996-2017
West Springfield	1994-Present	Robert E Lee	2005-13
WT Woodson	2009-Present		

Records

55m Dash	Josephus Lyles	TC Williams	6.27	2016	Murielle Ahoure	Hayfield	7.14	2005
55m Hurdles	Craig Gallimore	Lake Braddock	7.48	2003	Skyla Davidson	Lake Braddock	8:25	2017
300m Dash	Noah Lyles	TC Williams	35.42	2016	Jaidyn Curry	South County	40.41	2020
500m Dash	Josephus Lyles	TC Williams	1:05.06	2015	Aly Conyers	South County	1:14.71	2019
1000m Run	Sharif Karie	West Springfield	2:28.7h	1996	Kate Murphy	Lake Braddock	2:51.01	2016
1600m Run	Sharif Karie	West Springfield	4:15.8h	1996	Sophie Chase	Lake Braddock	4:48.68	2013
3200m Run	Alex Corbett	Lake Braddock	9:13.71	2015	Melissa Dewey	Hayfield	10:38.21	2005
Long Jump	Perry Donkor	South County	22' 0"	2016	Tynita Butts	TC Williams	19' 0"	2009
Triple Jump	Perry Donkor	South County	46'	2016	Yolanda Thompson	West Potomac	39' 9.25"	1999
High Jump	Doug Humphrey	West Springfield	6' 8"	1996	Ashley Haislip	Lake Braddock	5' 7"	2005
Pole Vault	Decker Barborek	Fairfax	15' 0"	2018	Felecia Majors	South County	12' 2"	2013
Shot Put	Rodney Johnson	TC Williams	59' 6.5"	1997	India Odum	Hayfield	45' 1.75"	2000
4x200m Relay	Isaiah Clarke, Maique Booth, Thomas Huston, Noah Lyles	West Potomac	1:32:16	2015	Emery Poulsen, Taylor Small, Niya Liriano, Zoey Goldstein	South County	1:45.51	2018
4x400m Relay	Mahlisque Booth, Noah Lyles, Kelvin Harris, Josephus Lyles	TC Williams	3:28.35	2016	Aly Conyers, Niya Liriano, Zada Smallwood, Katie Mueck	South County	3:59.49	2018
4x800m Relay	Colin Schaefer, Bryan Bergan, Alex Corbett, Ben Fogg	Lake Braddock	7:58.34	2015	Katy Kunc, Katie Roche, Sophie Chase, Hannah Christen	Lake Braddock	9:16.52	2013

Note: In 2019, the Boys & Girls 300m Dash, 1000m & 1600m Runs, and 4x200m & 4x400m Relays were contested outdoors, on a 400m track. Records performances (Girls 300m, Boys 4x200m, and Boys & Girls 4x400m) are not reflected in overall district records, which were contested on indoor 200m tracks.

Team Champions

	Boys Winner	Score	Girls Winner	Score
1995	Lake Braddock	145.5	Lake Braddock	138 pts
1996	Hayfield	110 pts	Lake Braddock	130 pts
1997				
1998	Lake Braddock	129.5	Lake Braddock	107 pts
1999	Hayfield	102.25	West Potomac	118 pts
2000	Lake Braddock	129 pts	Lake Braddock	150 pts
2001	Lake Braddock	153 pts	Lake Braddock	181 pts
2002	Lake Braddock	129 pts	Lake Braddock	192 pts
2003	Lake Braddock	115.5	Lake Braddock	193 pts
2004	Lake Braddock	128 pts	Lake Braddock	226 pts
2005	Hayfield	113 pts	Lake Braddock	180 pts
2006	West Potomac	113 pts	Lake Braddock	196 pts
2007	West Springfield	83 pts	West Potomac	127.33 pts
2008	Lake Braddock	132.5	Lake Braddock	143 pts
2009	Annandale	98 pts	Lake Braddock	138 pts
2010	Meet Cancelled-Snow		Meet Cancelled-Snow	

2011	Annandale	119 pts	South County	189.33
2012	TC Williams	108 pts	South County	165 pts
2013	West Springfield	106 pts	South County	186 pts
2014	Lake Braddock	135 pts	South County	153.5 pts
2015	Lake Braddock	174 pts	Lake Braddock	192 pts
2016	Lake Braddock	146 pts	Lake Braddock	169 pts
2017	Lake Braddock	119 pts	Lake Braddock	175 pts
2018	WT Woodson	102 pts	South County	128 pts
2019	WT Woodson	115 pts	South County	161 pts
2020	Lake Braddock	113 pts	South County	121 pts

Individual Champions

55m Hurdles

	Boys Winner	School	Time	Girls Winner	School	Time
1995	Hyun Cho	Lake Braddock	7.70	Michelle Parr	Lake Braddock	8.5
1996	Marion Mason	Hayfield	7.80	Kim Crawford	Robinson	9.2
1997	Marion Mason	Hayfield	7.81	Martine Ward	Hayfield	9.19
1998	Jermaine Coles	TC Williams	8.00	Martine Ward	Hayfield	8.78
1999	Zaarn Neeley	Robinson	8.19	DeAndra Price	TC Williams	8.82
2000	Jason Williams	Annandale	7.72	Alexandra	Lake Braddock	8.76
2001	Jim Borrell	Lake Braddock	8.01	Alexandra	Lake Braddock	8.59
2002	Craig Gallimore	Lake Braddock	7.55	Afua Amponsah	Annandale	8.56
2003	Craig Gallimore	Lake Braddock	7.48	Christine Francois	Lake Braddock	8.97
2004	Charles Jones	West Potomac	8.39	Meg Seay	Lake Braddock	8.63
2005	Charles Jones	West Potomac	7.80	Trish Friederich	West	8.61
2006	Mike Westbrook	Hayfield	8.00	Trish Friederich	West	8.54
2007	Chris Newkirk	West Potomac	7.86	Jasmine Jones	Hayfield	8.51
2008	Michael Santano	Lake Braddock	7.71	Melanie Akwule	Lake Braddock	8:38
2009	Michael Santano	Lake Braddock	7.74	Caroline Peterson	West	9.04
2010	Meet Cancelled- Snow			Meet Cancelled- Snow		
2011	John Jenkins	Annadale	8.05	Sarah Chandler	South County	8.89
2012	Percy Haskins	TC Williams	8.10	Morgan Knight	South County	9.06
2013	Andrew Chang	WT Woodson	7.88	Morgan Knight	South County	8.57
2014	John Seals	West Springfield	7.68	Morgan Knight	South County	8.35
2015	Alec Johnson	Lake Braddock	7.87	Hannah Bowden	West	8.57f/8.56p
2016	Joshua Kelley	TC Williams	7.85	Alaina Pagliaro	South County	8.57
2017	Jacob Weber	Annandale	7.76	Skyla Davidson	Lake Braddock	8.25
2018	Sam McLendon	South County	7.67	Lauren Jones	South County	8.69
2019	Graydon Lavallee	Lake Braddock	7.83	Lauren Jones	South County	8.7
2020	Graydon Lavallee	Lake Braddock	7.78	Lauren Jones	South County	8.67f/8.62p

55m Dash

	Boys Winner	School	Time	Girls Winner	School	Time
1995	J.D. Glenn	Annandale	6.5	Connie McKnight	Robinson	7.5
1996	Davede Alexander	Hayfield	6.5	Mishaun Mitchell	West	7.4
1997	Davede Alexander	Hayfield	6.6	Christy Metzker	Lake Braddock	7.58
1998	Kenzie Stancil	TC Williams	6.7	Keila Williams	West Potomac	7.53
1999	Kenzie Stancil	TC Williams	6.68	Keila Williams	West Potomac	7.46
2000	Jamaal Mills	West Potomac	6.57	Lynsie Battle	Hayfield	7.43
2001	Ron Richards	Hayfield	6.51	Junique Morris	TC Williams	7.3
2002	Robert Malone	Hayfield	6.62	Junique Morris	TC Williams	7.36
2003	Adam Bush	Hayfield	6.65	Jessica Preko	Lake Braddock	7.25

2004	Antwane Minter	West Potomac	6.74	Murielle Ahoure	Hayfield	7.26
2005	Antwane Minter	West Potomac	6.64	Murielle Ahoure	Hayfield	7.14
2006	Sean Holston	RE Lee	6.45	Katherine Lee	West Potomac	7.44
2007	Sean Holston	RE Lee	6.47	Tynita Butts	TC Williams	7.44
2008	Diego Colch	Lake Braddock	6.69	Tynita Butts	TC Williams	7.26
2009	Justin Jefferson	Hayfield	6.59	Tynita Butts	TC Williams	7.27
2010	Meet Cancelled- Snow			Meet Cancelled- Snow		
2011	Josh Jean-Jacques	Annandale	6.65	Felecia Majors	South County	7.42
2012	Roland Andoh	Annandale	6.57	Felecia Majors	South County	7.41 (7.36p)
2013	Alex Ellison	Annandale	6.61	Felecia Majors	South County	7.25
2014	Noah Lyles	TC Williams	6.55	Kerisha Goode	South County	7.33
2015	Josephus Lyles	TC Williams	6.33	Skyla Davidson	Lake Braddock	7.53
2016	Josephus Lyles	TC Williams	6.27	Kierra Henderson	South County	7.21
2017	Ibrahim Bangura	TC Williams	6.6	Skyla Davdison	Lake Braddock	7.26
2018	Youssof Hanifi	Lake Braddock	6.62	Lauren Jones	South County	7.33
2019	Sean Altenburg	Robinson	6.67	Lauren Jones	South County	7.23
2020	Mason Mays	Fairfax	6.56	Lauren Jones	South County	7.23

300m Dash

	Boys Winner	School	Time	Girls Winner	School	Time
1995	Matt Bond	Robinson	37.9	Connie McKnight	Robinson	42.3
1996	Matt Lyon	TC Williams	36.9	Mishaun Mitchell	West	44.4
1997						
1998	Garrick Copes	Hayfield	36.74	Lynsie Battle	Hayfield	42.67
1999	Garrick Copes	Hayfield	36.85	Yolanda Thompson	West Potomac	41.31
2000	Ashley Simmons	Lake Braddock	36.51	Meredith Brill	Lake Braddock	42.61
2001	Frank Francois	Lake Braddock	35.70	Shawnette Adams	Lake Braddock	41.92
2002	Craig Gallimore	Lake Braddock	36.63	Junique Morris	TC Williams	41.53
2003	Timothy Nunn	TC Williams	36.40	Jessica Preko	Lake Braddock	43.53
2004	Lloyd Bonner	Hayfield	36.99	Murielle Ahoure	Hayfield	41.80
2005	Christopher	Hayfield	36.30	Nakeisha	Hayfield	42.81
2006	Sean Holston	RE Lee	35.84	Trish Friederich	West	42.41
2007	Chris Letson	Lake Braddock	36.84	Trish Friederich	West	42.41
2008	Chris Letson	Lake Braddock	36.43	Jasmine Jones	Hayfield	42.38
2009	Jon McCants	West Potomac	36.19	Tynita Butts	TC Williams	42.91
2010	Meet Cancelled- Snow			Meet Cancelled- Snow		
2011	John Jenkins	Annandale	36.53	Felecia Majors	South County	42.08
2012	Jacob Butler	South County	36.26	Felecia Majors	South County	40.81
2013	Austin Chavez	Annandale	36.43	Felecia Majors	South County	41.08
2014	Noah Lyles	TC Williams	36.12	EnNijah Majors	South County	41.72
2015	Noah Lyles	TC Williams	36.07	Christina Quigley	South County	42.39
2016	Noah Lyles	TC Williams	35.42	Skyla Davidson	Lake Braddock	41.91
2017	Daniel Adu	West Springfield	36.59	Skyla Davidson	Lake Braddock	43.44
2018	Justin Hatchett	Fairfax	36.40	Zoey Goldstein	South County	41.74
2019	Joseph Dobrydney	WT Woodson	35.46*	Aly Conyers	South County	39.43*
2020	Marcus Dropik	Fairfax	35.58	Jaidyn Curry	South County	40.41

500m Dash

	Boys Winner	School	Time	Girls Winner	School	Time
1995	Matt Bond	Robinson	1:06.60	Connie McKnight	Robinson	1:19.40
1996	Dan Carlile	Robinson	1:08.80	Wendy Wagner	Robinson	1:21.90
1997						

1998	Doug McMillan	West Springfield	1:06.93	Yolanda Thompson	West Potomac	1:20.08
1999	Jerry Harris	West Potomac	1:07.55	Lynsie Battle	Hayfield	1:18.71
2000	Jerry Harris	West Potomac	1:06.19	Lynsie Battle	Hayfield	1:18.85
2001	Frank Francois	Lake Braddock	1:05.16	Lindsey Shaddrix	West	1:17.76
2002	Timothy Nunn	TC Williams	1:06.03	Meredith Brooks	Robinson	1:19.08
2003	Timothy Nunn	TC Williams	1:05.73	Meredith Brooks	Robinson	1:20.52
2004	Christopher	Hayfield	1:08.68	Susan Brooks	Robinson	1:18.30
2005	Christopher	Hayfield	1:07.23	Susan Brooks	Robinson	1:20.75
2006	David Hogan	Lake Braddock	1:08.33	Nakeisha	Hayfield	1:20.04
2007	Chris Letson	Lake Braddock	1:08.58	Rosemary Barber	West	1:19.14
2008	Chris Letson	Lake Braddock	1:07.66	Becca Sinichko	Lake Braddock	1:19.25
2009	Jon McCants	West Potomac	1:07.47	Becca Sinichko	Lake Braddock	1:18.91
2010	Meet Cancelled- Snow			Meet Cancelled- Snow		
2011	Darren Foreman	TC Williams	1:09.44	Sarah Chandler	South County	1:20.11
2012	Austin Chavez	Annandale	1:09.16	Felecia Majors	South County	1:17.19
2013	Edgar Pereira	Lake Braddock	1:09.41	Felecia Majors	South County	1:16.31
2014	Edgar Pereira	Lake Braddock	1:09.26	EnNijah Majors	South County	1:19.45
2015	Josephus Lyles	TC Williams	1:05.06	Samantha Schwers	Lake Braddock	1:20.16
2016	Trevor Stewart	South County	1:07.21	Christina Quigley	South County	1:18.53
2017	Jarod Rambo	West Springfield	1:08.44	Samantha Schwers	Lake Braddock	1:18.46
2018	Michael Altenburg	Robinson	1:06.16	Katie Mueck	South County	1:19.21
2019	Joseph Dobrydney	WT Woodson	1:06.30	Aly Conyers	South County	1:14.71
2020	Marcus Dropik	Fairfax	1:05.58	Jaidyn Curry	South County	1:16.28

1000m Run

	Boys Winner	School	Time	Girls Winner	School	Time
1995	Jeremy Becraft	Robinson	2:35.30	Julie Davidson	Robinson	3:02.60
1996	Sharif Karie	West Springfield	2:28.70	Wendy Wagner	Robinson	3:06.70
1997						
1998	Charlie Nickum	Robinson	2:38.82	Alice Stolpe	Lake Braddock	3:05.00
1999	Brandon Alexander	TC Williams	2:36.64	Alice Stolpe	Lake Braddock	3:03.31
2000	Tim Oliver	Lake Braddock	2:34.25	Nikeya Green	Hayfield	2:59.14
2001	Jimmy Judge	Lake Braddock	2:34.93	Michelle Gregory	Robinson	3:02.42
2002	Nulie McCarthy	TC Williams	2:38.24	Maureen Hagan	West	3:02.71
2003	Nulie McCarthy	TC Williams	2:37.65	Huma Hussain	West	2:58.80
2004	Mark Husa	Robinson	2:38.36	Kelsey Snowden	Lake Braddock	3:08.86
2005	Jeff Miller	Hayfield	2:34.55	Kelsey Snowden	Lake Braddock	3:04.21
2006	Mike Spooner	West Springfield	2:37.68	Erika Weidman	TC Williams	3:03.03
2007	Josef Tessema	RE Lee	2:34.46	Kelly Jemison	West Potomac	3:08.28
2008	Brian Allen	South County	2:39.80	Erika Weidman	TC Williams	3:03.41
2009	Daniel Blasser	Annandale	2:41.44	Liana Epstein	Lake Braddock	3:01.52
2010	Meet Cancelled- Snow			Meet Cancelled- Snow		
2011	Ahmed Bile	Annadale	2:43.91	Casey Lardner	Lake Braddock	3:01.73
2012	Ahmed Bile	Annandale	2:34.87	Sarah Jane	West Potomac	2:53.79
2013	William Rabil	West Springfield	2:35.27	Sophie Chase	Lake Braddock	2:53.24
2014	Ben Fogg	Lake Braddock	2:41.11	Hannah Christen	Lake Braddock	3:00.54
2015	Ben Fogg	Lake Braddock	2:33.57	Kate Murphy	Lake Braddock	2:53.78
2016	Ben Fogg	Lake Braddock	2:39.62	Kate Murphy	Lake Braddock	2:51.01
2017	Andrew Delvecchio	Lake Braddock	2:35.40	Kate Murphy	Lake Braddock	2:55.98
2018	Andrew Delvecchio	Lake Braddock	2:33.96	Sarah Coleman	West	2:55.95
2019	Chris Weeks	West Springfield	2:33.75*	Seneca Willen	Robinson	3:00.50*
2020	Marcus Dropik	Fairfax	2:38.12	Rachel Mayberry	West	3:00.08

1600m Run

	Boys Winner	School	Time	Girls Winner	School	Time
1995	Sharif Karie	West Springfield	4:21.70	Julie Davidson	Robinson	5:22.60
1996	Sharif Karie	West Springfield	4:15.80	Kathy Newberry	Lake Braddock	5:17.00
1997	Jesse Bacigalupi	Annandale	4:21.76	Liz Awtrey	Robinson	5:16.28
1998	Pat Conway	West Springfield	4:20.83	Liz Awtrey	Robinson	5:03.24
1999	Peter Lukens	West Springfield	4:31.01	Liz Awtrey	Robinson	5:10.63
2000	L.A. Snead	Robinson	4:28.06	Nikeya Green	Hayfield	5:01.24
2001	L.A. Snead	Robinson	4:24.41	Maureen Hagan	West	5:08.42
2002	Jeff Day	West Springfield	4:29.88	Joanna Rodgers	Robinson	5:12.32
2003	Jeff Day	West Springfield	4:22.29	Joanna Rodgers	Robinson	5:15.38
2004	Brian Fussell	Hayfield	4:26.51	Kelsey Snowden	Lake Braddock	5:15.60
2005	Kris Benton	West Springfield	4:20.88	Melissa Dewey	Hayfield	5:04.77
2006	Josef Tessema	RE Lee	4:31.21	Erin Klein	Lake Braddock	5:10.96
2007	Mike Spooner	West Springfield	4:21.05	Kelly Jemison	West Potomac	5:19.30
2008	Alex Clark	Lake Braddock	4:36.77	Liana Epstein	Lake Braddock	5:13.79
2009	Scott Plunkett	Annandale	4:27.33	Liana Epstein	Lake Braddock	5:03.99
2010	Meet Cancelled- Snow			Meet Cancelled- Snow		
2011	Ahmed Bile	Annadale	4:23.62	Sophie Chase	Lake Braddock	5:06.31
2012	Ahmed Bile	Annandale	4:24.50	Sophie Chase	Lake Braddock	5:09.88
2013	Nick Tuck	Lake Braddock	4:32.26	Sophie Chase	Lake Braddock	4:48.68
2014	Owen Buck	West Springfield	4:33.01	Caroline Alcorta	West	4:52.08
2015	Alex Corbett	Lake Braddock	4:23.19	Kate Murphy	Lake Braddock	5:13.12
2016	Ben Fogg	Lake Braddock	4:27.88	Kate Murphy	Lake Braddock	5:14.12
2017	Andrew Delvecchio	Lake Braddock	4:29.33	Kate Murphy	Lake Braddock	4:59.31
2018	Edward Cerne	Lake Braddock	4:27.40	Chase Kaeppler	West	5:09.42
2019	Sam Pritchard	West Springfield	4:26.29*	Seneca Willen	Robinson	5:07.23*
2020	Sean Stuck	West Springfield	4:26.71	Avril Silva	South County	5:07.34

3200m Run

	Boys Winner	School	Time	Girls Winner	School	Time
1995	Sharif Karie	West Springfield	9:26.10	Jacqueline Ferrand	TC Williams	11:32.40
1996	Chris Banks	West Springfield	9:29.60	Liz Awtrey	Robinson	11:44.60
1997	Sharif Karie	West Springfield	9:23.30	Liz Awtrey	Robinson	11:04.92
1998	Pat Conway	West Springfield	9:48.14	Liz Awtrey	Robinson	11:03.37
1999	A.J. Renkiewicz	Robinson	9:59.17	Erin Swain	Lake Braddock	11:02.14
2000	L.A. Snead	Robinson	9:45.91	Kelly Swain	Lake Braddock	11:39.31
2001	Brian Dumm	Robinson	9:44.68	Kelly Swain	Lake Braddock	11:15.05
2002	Jeff Day	West Springfield	9:49.50	Joanna Rodgers	Robinson	11:32.86
2003	Steve Hoogland	Lake Braddock	9:57.61	Morgan Phelan	Hayfield	11:28.59
2004	Steven Tobin	West Springfield	9:50.84	Melissa Dewey	Hayfield	10:38.21
2005	Mike Spooner	West Springfield	9:45.42	Erin Klein	Lake Braddock	11:28.34
2006	Mike Spooner	West Springfield	9:48.09	Elizabeth Heath	West Potomac	11:23.02
2007	Mike Spooner	West Springfield	9:29.71	Elizabeth Heath	West Potomac	11:25.62
2008	Alex Clark	Lake Braddock	#####	Paige Kwartunas	West	11:20.76
2009	Scott Plunkett	Annandale	9:53.22	Meet Cancelled- Snow		
2010	Meet Cancelled- Snow			Meet Cancelled- Snow		
2011	Paul Gates	WT Woodson	9:32.21	Sophie Chase	Lake Braddock	11:21.06
2012	Brady Corum	West Potomac	9:55.19	Hannah Christen	Lake Braddock	10:57.02
2013	Alex Corbett	Lake Braddock	9:41.31	Hannah Christen	Lake Braddock	10:43.84
2014	Forrest Isenhour	Lake Braddock	9:45.08	Caroline Alcorta	West	10:39.54
2015	Alex Corbett	Lake Braddock	9:13.71	Sonya Butseva	Lake Braddock	11:38.16

2016	Conor Lyons	Lake Braddock	9:44.03	Emily Schiesl	Lake Braddock	11:26.48
2017	John Mackey	TC Williams	9:42.02	Emily Schiesl	Lake Braddock	11:19.99
2018	Silas Mathew	Robinson	9:48.15	Brielle Perry	Lake Braddock	11:19.15
2019	Jackson Leech	WT Woodson	9:38.07	Seneca Willen	Robinson	11:23.67
2020	Sean Stuck	West Springfield	9:44.77	Amy Herrema	West	11:19.32

4x200m Relay

	Boys Winner	School	Time	Girls Winner	School	Time
1995	JD Glenn, Don Patrick, Steve Leff, Derrick Crittenden	Annandale	1:37.00	Julie Shier, Heather Lacher, Dana Gill, Christa Bean	Lake Braddock	1:51.70
1996		Robinson	1:35.70		West Springfield	1:52.90
1997		Robinson	1:35.98		Lake Braddock	1:51.05
1998	Wen-Hai Hwang, Dan Nash, Matt Malone, Mike Miller	Lake Braddock	1:35.74	Dorie Masnik, Jennifer Gordon, Melissa Blount, Joanne Uwujaren	Lake Braddock	1:52.24
1999	880 yd Relay	West Potomac	1:36.54	880 yd Relay	Lake Braddock	1:51.36
2000		West Potomac	1:33.03		Lake Braddock	1:47.94
2001	Jim Borrell, Pat Buchanan, Mike Yakovac, Craig Gallimore	Lake Braddock	1:34.13	Courtney Sanders, Sarah Beale, Alexandra VanHeuven, Louise Beale	Lake Braddock	1:46.51
2002	Adam Bush, Tyrone Simpson, Randle Logan, Robert Malone	Hayfield	1:34.30	Courtney Sanders, Alexandra VanHeuven, Jessica Preko, Jenny	Lake Braddock	1:47.25
2003	Craig Gallimore, Carl Hunter, Shawn Harrison, Chad Taylor	Lake Braddock	1:35.11	Jessica Preko, Cristina Zuniga, Caitlin Smith, Breah Samuels	Lake Braddock	1:49.30
2004	Sean Tyree, Dan Santano, Randy Devine, Kofo Asomoah	Lake Braddock	1:36.31	Lauren Hallauer, Brittany Kuhn, Patricia McNulty, Courtney Kuhn	Robinson	1:48.36
2005	Solomon Agyei, Mauricio Molina, James Simmons, Travis Swaggard	Hayfield	1:36.18	Marika Gray, Beverly Kalamba, Asia Odum, Murielle Ahoure	Hayfield	1:48.52
2006	Josh Rodriguez, Josh Wells, Rashon Colbert, Atwane Minter	West Potomac	1:36.16	Kim Wenz, Alesha Luzzi, Kara Lewis, Trish Friederich	West Springfield	1:51.69
2007	John McErlean, Peter Flint, Reid Runolfson, Brandon Williams	Annandale	1:38.56	Zoie Seay, Melanie Akwule, Stephanie Lacasse, Katie Klatt	Lake Braddock	1:50.92
2008		West Potomac	1:36.74		Lake Braddock	1:49.68
2009	Reward Asonye, Oliver Jones, Rushane Wilson, Marc Grosser	TC Williams	1:36.82	Amalya Clayton, Caroline Peterson, Kara Lewis, Alex Abrahamson	West Springfield	1:52.68
2010	Meet Cancelled- Snow			Meet Cancelled- Snow		
2011	Willie Curry, Terrance Curry, William Rossi, Zaquan Summers	TC Williams	1:34.44	Kathryn Hendley, Sarah Conroy, Allegra Benites, Morgan Latillaide	TC Williams	1:52.66
2012	Sam Rosenblatt, Matt Cumby, James Kern, Andrew Chang	WT Woodson	1:36.68	Rowan Shartel, Leah Bowie, Monique Diggs, Destiny Anderson	Annandale	1:50.89
2013	Austin Chavez, Alex Ellison, Nathan Hogye, Sanusi Jalloh	Annandale	1:34.18	Sarah Conroy, Allegra Benites, Jessica Meekins, Ameratu Kamara	TC Williams	1:48.85
2014	Perry Donkor, Kevin Hires, Trevor Stewart, Yaw Tuffour	South County	1:37.67	Skyla Davidson, Maggie Ruud, Helen Gibbons, Jennifer Brunson	Lake Braddock	1:49.93
2015	Isaiah Clarke, Mahlique Booth, Thomas Hutson, Noah Lyles	TC Williams	1:32.16	Taylor Jones, Nina Coleman, Josie Buhrow, Alaina Pagliaro	South County	1:50.05
2016	Tre'kel Lockett, Kai Cole, Brian Michael Byrd, Mahlique Booth	TC Williams	1:34.65	Kierra Henderson, Taylor Jones, Brady Bartee, Alaina Pagliaro	South County	1:47.85

2017	Kai Cole, Ibrahim Bangura, Kelvin Harris, Daniel Davis	TC Williams	1:34.24	Lauren Jones, Emery Paulsen, Jazmyne Walker, Zada Smallwood	South County	1:48.41
2018	Cheng Xing, Alexander Huynh, Oliver Luo, Cameron Schwartz	WT Woodson	1:35.51	Emery Poulsen, Taylor Small, Niya Lorian, Zoey Goldstein	South County	1:45.51
2019	Torrance Hill, Youssof Hanfi, Nicholas Onorato, Sean Jackson	South County	1:31.33*	Teresa Myrthil, Daeja Hopkins, Georgia Sherman, Laila Clark	Robinson	1:47.11*
2020	Jakob McQueeeney, Aaron Moon, Graydon Lavallee, Soliz Sanchez	Lake Braddock	1:34.14	Laila Clark, Georgia Sherman, Nikiaha Peet-hall, Lacey Anderson	Robinson	1:46.69

4x400m Relay

	Boys Winner	School	Time	Girls Winner	School	Time
1995	Dan Carlisle, Matt Bond, Jeff Plattos, Anthony Holbrook	Robinson	3:35.50	Tonya Hobson, Milen Berhane, Elizabeth Codjoe, Frances West	TC Williams	4:10.50
1996		West Springfield	3:32.30		West Springfield	4:13.70
1997						
1998	Collin Campbell, Matt Schrerer, Vince Tefler, Doug McMillan	West Springfield	3:30.16	Latoyia LaCapra, Martine Ward, Kijafa Williamson, Nikeya Green	Hayfield	4:08.92
1999	Mile Relay	TC Williams	3:33.04	Mile Relay	TC Williams	4:12.73
2000		Lake Braddock	3:29.53		Hayfield	4:08.54
2001	Jim Borrell, Mike Yakovac, Craig Gallimore, Frank Francois	Lake Braddock	3:29.70	Shawnette Adams, Meredith Brill, Alexandra VanHeuven, Sarah Beale	Lake Braddock	4:02.70
2002	Kennedy Kyei-Mensah, Timothy Nunn, Chidi Muomaife, Nulie McCarthy	TC Williams	3:29.83	Courtney Sanders, Kelsey Snowden, Alexandra VanHeuven, Meredith Brill	Lake Braddock	4:05.17
2003	Kennedy Kyei-Mensah, Timothy Nunn, Nulie McCarthy, Chidi Muomaife	TC Williams	3:29.07	Meredith Brooks, Lauren Hovland, Courtney Kuhn, Susan Brooks	Robinson	4:11.26
2004	Lloyd Bonner, Christopher Richardson, Benjamin Bonner, Brian Fussell	Hayfield	3:32.97	Courtney Kuhn, Lauren Hallauer, Patricia McNulty, Susan Brooks	Robinson	4:12.32
2005	Mauricio Molina, Dustin Barnett, Brian Fussell, Jeff Miller	Hayfield	3:35.74	Jenny Hovland, Susan Brooks, Patricia McNulty, Brittany Kuhn	Robinson	4:08.46
2006	David Hogan, David Watson, Devin Edgell, Chris Letson	Lake Braddock	3:34.11	Kristina Dahmann, Alexis Vlasho, Nicole Gerow, Katherine Lee	West Potomac	4:15.93
2007	David Watson, Scott Taylor, Ryan Howick, Chris Letson	Lake Braddock	3:34.84	Rosemary Barber, Melani Fish, Kara Lewis, Emily Ellis	West Springfield	4:14.58
2008		West Potomac	3:37.04		West Springfield	4:12.78
2009	Yasir Hussein, Spencer Beasley, William Murphy, Marc Grosser	TC Williams	3:33.97	Melanie Fish, Alex Abrahamson, Kara Lewis, Emily Ellis	West Springfield	4:13.93
2010	Meet Cancelled- Snow			Meet Cancelled- Snow		
2011	Austin Chavez, Roland Andoh, Nathan Seeto, Ahmed Bile	Annandale	3:34.18	Kim Boeckmann, Alexis McEntire, Lauren Blackburn, Maddie Wittich	West Springfield	4:11.30
2012	Marcus Dunlap, Edgar Pereira, Viet Huynh, Sean Daugherty	Lake Braddock	3:35.97	Sydney Schaedel, Shannon Smythe, Kathryn Hendley, Morgan	TC Williams	4:07.80
2013	William Rabil, Michael Stormo, John Seals, Ryan Gill	West Springfield	3:32.15	Rachel Fasana, Maddie Manhertz, Katie Roche, Helen Gibbons	Lake Braddock	4:10.65
2014	Marcus Wilson, Tommy McArdle, Alec Johnson, Edgar Pereira	Lake Braddock	3:33.44	Rachael Fasana, Maggie Ruud, Helen Gibbons, Katie Roche	Lake Braddock	4:13.44
2015	Mahlique Booth, Isaiah Clarke, Thomas Hutson, Josephus Lyles	TC Williams	3:29.97	Jennifer Brunson, Ally Robinson, Bornwyn Neal, Samantha Schwes	Lake Braddock	4:18.53

2016	Mahlisque Booth, Noah Lyles, Kelvin Harris, Josephus Lyles	TC Williams	3:28.35	Alaina Pagliaro, Josie Buhrow, Brady Bartee, Katie Mueck	South County	4:11.22
2017	Emmanuel Allen, Jarod Rambo, William Ward, Daniel Adu	West Springfield	3:31.62	Emma Ager, Zoe Rafter, Cassie Thomas, Madison Tippet	Lake Braddock	4:08.94
2018	Decker Barborek, Dillon Davenport, Curtell Trott, Zahir Saiyed	Fairfax	3:31.69	Aly Conyers, Niya Liriano, Zada Smallwood, Katie Mueck	South County	3:59.49
2019	Perry Spring, Arthur Asady, Alex Asady, Soliz Sanchez	Lake Braddock	3:26.70*	Catherine Bradsher, Jaidyn Curry, Niya Liriano, Naomi Clarke	South County	3:56.03*
2020	David Morris, Ibrahim Koroma, Darius Schuler, Evans White	South County	3:30.25	Caroline Fleenor, Brianna Krug, Sophia Rossen, Amelia Bradecamp	Lake Braddock	4:05.28

4x800m Relay

	Boys Winner	School	Time	Girls Winner	School	Time
1995	Benjy Wilhelm, Erik Gundersen-Frank, Kevin Callier, Joe Corcoran	Lake Braddock	8:35.90	Elizabeth Codjoe, Frances West, Milen Berhane, Ada Holland	TC Williams	10:05.20
1996		West Springfield	8:31.10		Lake Braddock	10:12.60
1997		Lake Braddock	8:25.30		Lake Braddock	10:17.49
1998	Kevin Callier, Tom Radich, Jon Clough, Andy Screen	Lake Braddock	8:21.86	Erin Riley, Kijafa Williamson, Jamie Rhea, Nikeya Green	Hayfield	10:03.68
1999	Two Mile Relay	West Potomac	8:23.61	No Official Results- 5 of 7 teams only ran 3 laps during 2nd leg, due to		
2000		West Potomac	8:24.82		Robinson	9:58.35
2001	Scott Judson, Publio Agrafas, Chris Hiatt, Dawit Hailu	Annandale	8:34.16	Meghan Hoffman, Kelly Brown, Katie Storck, DeeDee Richard	West Potomac	10:00.65
2002	Publio Agrafas, Chris Hiatt, Ayoob Jan, Mike Flint	Annandale	8:30.48	Nicole St. Cyr, Melissa Rodgers, Mary Erin Boyle, Jessica Weber	Hayfield	9:58.11
2003	Andrew Connell, Michael Miller, Sean Riley, Brian Fussell	Hayfield	8:21.57	Jennifer Hovland, Vicki Moore, Courtney Kuhn, Susan Brooks	Robinson	9:57.30
2004	Sean Welsh, Daniel Gantz, Sam Rhoades, Mark Hussa	Robinson	8:18.91	Victoria Moore, Amy Diluccio, Caroline Coster, Abigail Coster	Robinson	10:00.50
2005	Christopher Richardson, Matt Schmidt, Jeff Miller, Brian Fussell	Hayfield	8:11.94	Erin Klein, Katie Rudsheim, Kelsey Snowden, Michelle Presley	Lake Braddock	9:33.64
2006	Anthony Trueheart, Alex Martis, Mike Spooner, Leo Walker	West Springfield	8:11.74	Hayley Sullivan, Erin Klein, Taylor Moore, Michelle Presley	Lake Braddock	9:40.74
2007	Anthony Trueheart, Alex Martis, Mike Spooner, Leo Walker	West Springfield	8:15.99	Brooke Regensburg, Elizabeth Heath, Kelsey Rosenberg, Kelly Jemison	West Potomac	9:42.75
2008		Annandale	8:18.54		TC Williams	9:35.14
2009	Daniel Blasser, Ki Lee, Michael Ejigu, Scott Plunkett	Annandale	8:10.94	Kelly Hagan, Casey Lardner, Taylor Moore, Liana Epstein	Lake Braddock	9:27.54
2010	Meet Cancelled- Snow			Meet Cancelled- Snow		
2011	Mark Hanak, Khoki Bernier, Marc Lotterie, Ben Alexio	West Potomac	8:17.73	Hannah Christen, Casey Lardner, Katie Roche, Sophie Chase	Lake Braddock	9:31.56
2012	Austin Chavez, James Terrell, Nathan Hogle, Ahmed Bile	Annandale	8:22.89	Sophie Chase, Katie Roche, Ally Robinson, Hannah Christen	Lake Braddock	9:27.82
2013	Michael Muskett, John Amann, John Stormo, William Rabil	West Springfield	8:09.76	Katy Kunc, Katie Roche, Sophie Chase, Hannah Christen	Lake Braddock	9:16.52
2014	Bryan Bergan, Ben Fogg, Tommy McArdle, Kevin Monogue	Lake Braddock	8:17.5h	Kiera Bothwell, Regan Bustamante, Caroline Alcorta, Katie Kennedy	West Springfield	9:23.4h

2015	Colin Schaefer, Bryan Bergan, Alex Corbett, Ben Fogg	Lake Braddock	7:58.34	Daly Ferguson, Samantha Schwers, Sarah Riley, Kate Murphy	Lake Braddock	9:30.59
2016	Andrew Delvecchio, Cavanaugh McGaw, Marcus Wilson, Ben Fogg	Lake Braddock	8:17.21	Madison Tippet, Madeline McAvoy, Samantha Schwers, Shannon	Lake Braddock	9:39.40
2017	Tyler Lawson, Marcus Wilson, Edward Cerne, Andrew Delvecchio	Lake Braddock	8:11.41	Emily Keast, Kiera Bothwell, Chase Kappeler, Sarah Coleman	West Springfield	9:32.15
2018	Bryce Gaskins, Chris Weeks, Sam Pritchard, Matthew Foote	West Springfield	8:24.20	Anna Marcucci, Lillian Stephens, Chase Kaepler, Sarah Coleman	West Springfield	9:25.62
2019	Jackson Leech, Aslan Abrishami-azar, Tyler French, Joseph Dobrydney	WT Woodson	8:05.53	Niya Liriano, Mandy Cole, Andrea Arce, Naomi Clarke	South County	9:32.54
2020	Jake Adams, John O'Donnell, Chris Lozano, Alex Asady	West Springfield	8:23.26	Caroline Jones, Paige Loomis, Caroline Poole, Erin Hopewell	WT Woodson	9:36.76

Long Jump

	Boys Winner	School	Mark	Girls Winner	School	Mark
1995	Elliott Roberts	Lake Braddock	20' 11"	Dana Gill	Lake Braddock	16' 11"
1996	Doug Humphrey	West Springfield	21' 1.5"	Camillia Chatman	TC Williams	16' 9.5"
1997	Detrick Roberson	West Springfield	21' 9"	Joanne Uwujaren	Lake Braddock	16' 7"
1998	Aubrey Hairston	Lake Braddock	21' 5"	Beth Nealon	West	17' 8"
1999	Will Walker	Hayfield	20'	Yolanda Thompson	West Potomac	18' 2"
2000	Jamaal Mills	West Potomac	21' 7"	Latoya Johnsonn	West Potomac	18' 1.25"
2001	Garrett Brickner	Lake Braddock	21' 3.5"	Meredith Brill	Lake Braddock	17' 4.5"
2002	Korey Gross	Lake Braddock	19' 10"	Alexandra	Lake Braddock	16' 7.5"
2003	Carl Hunter	Lake Braddock	21'	Meredith Brill	Lake Braddock	16' 4.25"
2004	Jeremy Beal	West Potomac	21' 4"	Jessica Preko	Lake Braddock	17' 8"
2005	Antwane Minter	West Potomac	21' 8.5"	Katherine Lee	West Potomac	17' 6"
2006	Antwane Minter	West Potomac	21'	Shannon Moore	TC Williams	16' 4.75"
2007	Jordan Brooks	Hayfield	20'	Tynita Butts	TC Williams	18' 0.75"
2008	Jamal Ford	TC Williams	20' 11"	Tynita Butts	TC Williams	18' 3"
2009	Yu Linn	Annandale	20'	Tynita Butts	TC Williams	19' 0"
2010	Meet Cancelled- Snow			Meet Cancelled- Snow		
2011	Matt Fraedrich	Lake Braddock	20'	Sarah Chandler	South County	17' 7"
2012	Tyrone Jenkins	West Potomac	21' 4.5"	Felecia Majors	South County	18' 5"
2013	Joseph Boyd	South County	21' 5"	Felecia Majors	South County	17' 8.75"
2014	Marcus Walton	Annandale	20' 11"	Kerisha Goode	South County	17' 2.5"
2015	Mahlisque Booth	TC Williams	21' 4.5"	Skyla Davidson	Lake Braddock	17' 0"
2016	Perry Donkor	South County	22' 0"	Kierra Henderson	South County	18' 7.25"
2017	Asa Ward	Lake Braddock	21'	Skyla Davidson	Lake Braddock	17' 8"
2018	Sam McLendon	South County	21' 6.5"	Camille Parker	WT Woodson	16' 7.25"
2019	Steven Seals	West Springfield	21' 2"	Teresa Myrthil	Robinson	18' 3"
2020	Aaron Moon	Lake Braddock	20'	Teresa Myrthil	Robinson	17' 10.25"

Triple Jump

	Boys Winner	School	Mark	Girls Winner	School	Mark
1995	Phil Smith	Lake Braddock	42' 7"	Tiffany Graham	TC Williams	32' 3"
1996	Phil Smith	Lake Braddock	42' 3.5"	Camillia Chatman	TC Williams	36' 0.25"
1997	Davede Alexander	Hayfield	42'	Yolanda Thompson	West Potomac	35' 11.5"
1998	Aubrey Hairston	Lake Braddock	44'	Yolanda Thompson	West Potomac	39' 1"
1999	Eric Lewis	TC Williams	42'	Yolanda Thompson	West Potomac	39' 9.25"
2000	Jerry Harris	West Potomac	43'	Meredith Brill	Lake Braddock	34' 6.5"
2001	Garrett Brickner	Lake Braddock	44'	Alexandra	Lake Braddock	37' 9.25"
2002	Korey Gross	Lake Braddock	45'	Alexandra	Lake Braddock	35' 2"

2003	Carl Hunter	Lake Braddock	42'
2004	Jeremy Beal	West Potomac	44'
2005	Antwane Minter	West Potomac	44' 8"
2006	Antwane Minter	West Potomac	44' 7"
2007	Andrew Hurst	West Springfield	40' 10"
2008	Keon Robinson	Lake Braddock	41'
2009	Alusine Kargbo	Annandale	42' 11"
2010	Meet Cancelled- Snow		
2011	Matt Fraedrich	Lake Braddock	42'
2012	Tyrone Jenkins	West Potomac	43' 7"
2013	Kevin Hires	South County	42' 0"
2014	Kevin Hires	South County	46' 2"
2015	Bishop Dorr	South County	45' 4"
2016	Perry Donkor	South County	46'
2017	Asa Ward	Lake Braddock	45' 3"
2018	Daniel Boman	South County	43' 4.5"
2019	Jailan Daniels	Lake Braddock	43'
2020	Nahom Daniel	Lake Braddock	44' 2.5"

Anna Noguchi	Lake Braddock	33' 3.5"
Nakeisha	Hayfield	36' 2.25"
Nakeisha	Hayfield	36' 11"
Melanie Akwule	Lake Braddock	37' 0"
Katherine Lee	West Potomac	37' 11.75"
Melanie Akwule	Lake Braddock	36' 6.75"
Rebecca	Lake Braddock	33' 6"
Meet Cancelled- Snow		
Loren Dyer	South County	36' 7.5"
Felecia Majors	South County	37' 9.5"
Felecia Majors	South County	38' 0.25"
Skyla Davidson	Lake Braddock	37' 9.5"
Skyla Davidson	Lake Braddock	36' 9.5"
Skyla Davidson	Lake Braddock	38' 3.5"
Skyla Davidson	Lake Braddock	38' 0"
Daeja Hopkins	Robinson	34' 10.25"
Teresa Myrthil	Robinson	37' 10.5"
Lauren Jones	South County	37' 0.75"

High Jump

	Boys Winner	School	Mark
1995	Doug Humphrey	West Springfield	6' 7"
1996	Doug Humphrey	West Springfield	6' 8"
1997	Marion Mason	Hayfield	6' 2"
1998	Kenny Poindexter	West Springfield	6' 0"
1999	Mark Sneed	Hayfield	6' 0"
2000	Garrett Brickner	Lake Braddock	6' 3"
2001	Garrett Brickner	Lake Braddock	6' 4"
2002	Italo Leva	West Springfield	5' 10"
2003	Trevor Crites	West Potomac	5' 8"
2004	David Jones	Lake Braddock	5' 10"
2005	David Jones	Lake Braddock	6' 2"
2006	Chris Bartholemew	South County	6' 2"
2007	Chris Bartholemew	South County	6' 4"
2008	Jamal Ford	TC Williams	6' 3"
2009	Michael Santano	Lake Braddock	6' 5"
2010	Meet Cancelled- Snow		
2011	Josh Jean-Jacques	Annandale	6' 1"
2012	Kahron Lee	TC Williams	6' 4"
2013	John Seals	West Springfield	6' 6"
2014	John Seals	West Springfield	6' 6"
2015	Noah Lyles	TC Williams	6' 6"
2016	Noah Lyles	TC Williams	6' 2"
2017	Terrence Sakyi	TC Williams	6' 6"
2018	Sam McClendon	South County	6' 1"
2019	Prince Moody	West Springfield	6' 2"
2020	Marcus Dropik	Fairfax	6' 3"

	Girls Winner	School	Mark
Caitlyn King	Lake Braddock	5' 2"	
Vicki Van Hueven	Lake Braddock	4' 10"	
Vicki Van Hueven	Lake Braddock	5' 1"	
Beth Nealon	West	5' 4"	
Melanie Roberts	West	5' 2"	
Melanie Roberts	West	5' 2"	
Alexandra	Lake Braddock	5' 1"	
Ashley Haislip	Lake Braddock	5' 2"	
Ashley Haislip	Lake Braddock	5' 5"	
Ashley Haislip	Lake Braddock	5' 6"	
Ashley Haislip	Lake Braddock	5' 7"	
Anna Noguchi	Lake Braddock	4' 10"	
Tynita Butts	TC Williams	5' 3"	
Tynita Butts	TC Williams	5' 3"	
Tynita Butts	TC Williams	5' 6.5"	
Meet Cancelled- Snow			
Sarah Chandler	South County	4' 10"	
Felecia Majors	South County	5' 0"	
Felecia Majors	South County	5' 2"	
Michelle Lipka	West	5' 3"	
Julia Speranzo	Lake Braddock	5' 2"	
Julia Speranzo	Lake Braddock	5' 2"	
Bhrandi Crenshaw	TC Williams	5' 4"	
Claire Bailey	Robinson	5' 2"	
Rachel Holloway	South County	5' 0"	
Maddie Hitchcock	Robinson	5' 0"	

Pole Vault

	Boys Winner	School	Mark
1995	Kevin Coyne	West Springfield	14' 0"
1996	Mike Swanson	Lake Braddock	13' 6"

	Girls Winner	School	Mark
n/a			
n/a			

1997	Davede Alexander	Hayfield	12' 0"	n/a		
1998	Christian DeLaRiva	Lake Braddock	11' 0"	n/a		
1999	Alex Reyno	Lake Braddock	11' 6"	Carrie Bennett	Hayfield	9' 0"
2000	Martin Delveccio	Lake Braddock	10' 6"	Stephanie Hollar	Lake Braddock	9' 9"
2001	Martin Delveccio	Lake Braddock	12' 0"	Carrie Bennett	Hayfield	10' 0"
2002	Martin Delveccio	Lake Braddock	13' 0"	Abbey McGrath	Lake Braddock	8' 9"
2003	Nathaniel Rhodes	Robinson	13' 6"	Cristina Zuniga	Lake Braddock	10' 1"
2004	David Hodulich	Lake Braddock	13' 3"	Nicole Graziano	Lake Braddock	9' 9"
2005	Tyler Tucker	Robinson	13' 0"	Ashley Haislip	Lake Braddock	10' 3"
2006	Ian Prohaska	Lake Braddock	12' 8"	Anna Noguchi	Lake Braddock	10' 2"
2007	Alvin Siv	Annandale	13' 0"	Katherine Lee	West Potomac	10' 3"
2008	Thomas Clark	TC Williams	12' 6"	Eva Baker	TC Williams	10' 7"
2009	David Fishman	Lake Braddock	13' 0"	Rebecca	Lake Braddock	9' 9"
2010	Meet Cancelled- Snow			Meet Cancelled- Snow		
2011	Sean Daugherty	Lake Braddock	11' 11"	Felecia Majors	South County	10' 1"
2012	Sean Daugherty	Lake Braddock	13' 6"	Felecia Majors	South County	11' 6"
2013	Khalil Jackson	South County	12' 1"	Felecia Majors	South County	12' 2"
2014	Andrew String	Lake Braddock	12' 9"	Rachael Fasana	Lake Braddock	11' 1"
2015	Alec Johnson	Lake Braddock	12' 0"	Annina Zelkin	Lake Braddock	10' 3"
2016	Michael Fairbanks	South County	13' 7"	Taylor Jones	South County	10' 0"
2017	Karl Zuber	WT Woodson	14' 6"	Taylor Jones	South County	11' 0"
2018	Decker Barborek	Fairfax	15' 0"	Hannah Robertson	West	11' 9"
2019	Andrew Lang	South County	12' 6"	Jenna Spangler	Robinson	8' 9"
2020	Mike Karicher	Robinson	13' 3"	Rachel Luteran	Robinson	10' 0"

Shot Put

	Boys Winner	School	Mark	Girls Winner	School	Mark
1995	Rodney Johnson	TC Williams	50' 11"	Patrice Longshaw	West	36' 3"
1996	Rodney Johnson	TC Williams	50' 0"	Kristy Martin	Robinson	40' 0.5"
1997	Rodney Johnson	TC Williams	59' 6.5"	Jennifer Knapp	Robinson	35' 8.5"
1998	Nick Weilhozsky	West Springfield	50' 0"	January Williams	Lake Braddock	39' 4.5"
1999	Nick Weilhozsky	West Springfield	52'	Amanda Ashley	Lake Braddock	35' 8"
2000	David Hawkins	West Potomac	50' 6.5"	India Odum	Hayfield	45' 1.75"
2001	Kellen Meckelson	Lake Braddock	53' 8.5"	Catherine Muehleib	Lake Braddock	32' 9"
2002	Steve Huntzinger	Robinson	54' 8.5"	Catherine Muehleib	Lake Braddock	36' 4.5"
2003	Steve Huntzinger	Robinson	58' 6.5"	Catherine Muehleib	Lake Braddock	41' 4"
2004	Julio Villatoro	Annandale	51' 7"	Pernille Kuaslerud	Lake Braddock	32' 11.5"
2005	Julio Villatoro	Annandale	53' 4.5"	Teressa McCoy	Lake Braddock	37' 7.75"
2006	Anthony Febrizio	West Potomac	48'	Teressa McCoy	Lake Braddock	37' 2"
2007	Ricardo Simons	TC Williams	47'	Samella Koroma	TC Williams	43' 4.5"
2008	Frank Afriyie	TC Williams	52'	Amanda Hopson	TC Williams	35' 8.75"
2009	Pierre Espinoza	TC Williams	48'	Emily Koppelman	Annandale	36' 11.25"
2010	Meet Cancelled- Snow			Meet Cancelled- Snow		
2011	Joel Hoisington	Annandale	53' 0"	Kerchina Johnson	WT Woodson	37' 9"
2012	Jonathan Anderson	TC Williams	51' 1"	Ayzha Ward	TC Williams	37' 10"
2013	Michael Crockett	TC Williams	47' 1"	Alexus Forman	TC Williams	34' 2.5"
2014	Cameron Woods	West Springfield	49' 5"	Alexus Forman	TC Williams	38' 10"
2015	Khalil Hai-Assad	Annandale	47' 5.5"	Tanisha Gordon	TC Williams	38' 8"
2016	Ebenezer Belayneh	TC Williams	49'	Alexus Forman	TC Williams	42' 6.75"
2017	Ebenezer Belayneh	TC Williams	52' 9"	Sarah Leckman	TC Williams	39' 4.75"
2018	Brett Stevenson	Robinson	40'	Claire Bailey	Robinson	34' 10"
2019	Bobby Kestyn	Fairfax	46' 6"	Kyla Curlee	Fairfax	34' 7.25"
2020	Eli Deem	Lake Braddock	45' 7"	Esther Kang	Lake Braddock	31' 3"

55m Dash

	<u>Boys</u>	<u>School</u>	<u>Mark</u>		<u>Girls</u>	<u>School</u>	<u>Mark</u>
1				1			
2				2			
3				3			
4				4			
5				5			
6				6			
7				7			
8				8			
9				9			
10				10			

300m Dash

	<u>Boys</u>	<u>School</u>	<u>Mark</u>		<u>Girls</u>	<u>School</u>	<u>Mark</u>
1				1			
2				2			
3				3			
4				4			
5				5			
6				6			
7				7			
8				8			
9				9			
10				10			

500m Dash

	<u>Boys</u>	<u>School</u>	<u>Mark</u>		<u>Girls</u>	<u>School</u>	<u>Mark</u>
1				1			
2				2			
3				3			
4				4			
5				5			
6				6			
7				7			
8				8			
9				9			
10				10			

1000m Run

	<u>Boys</u>	<u>School</u>	<u>Mark</u>		<u>Girls</u>	<u>School</u>	<u>Mark</u>
1				1			