

# Liberty District Winter Track

## Schools

<b>Herndon</b>	<b>2017- Present</b>	<b>Falls Church</b>	<b>1994-96</b>
<b>Langley</b>	<b>1994- Present</b>	<b>Fairfax</b>	<b>1994-2005; 2009-17</b>
<b>McLean</b>	<b>1994- Present</b>	<b>Hayfield</b>	<b>2013-2017</b>
<b>South Lakes</b>	<b>2003- Present</b>	<b>James Madison</b>	<b>1994-2017</b>
<b>Washington-Liberty</b>	<b>2013- Present</b>	<b>GC Marshall</b>	<b>2006-2017</b>
<b>Yorktown</b>	<b>2017-Present</b>	<b>Thomas Jefferson</b>	<b>2006-2013</b>
		<b>Robert E Lee</b>	<b>1994-2005</b>
		<b>WT Woodson</b>	<b>2000-2009</b>

## Records

<b>55m Dash</b>	Vincent Brown	South Lakes	6.42	2009	Hannah Waller	South Lakes	6.99	2018
<b>55m Hurdles</b>	Vincent Brown	South Lakes	7.46	2009	Yasmeen Tinsley	Washington-Liberty	8.52	2020
<b>300m Dash</b>	Adrian Vaughn	South Lakes	35.83	2009	Hannah Waller	South Lakes	39.89	2018
<b>500m Dash</b>	Skandar Ballard	South Lakes	1:07.16	2016	Golden Kumi-Darfour	South Lakes	1:16.55	2016
<b>1000m Run</b>	Rob Pearce	RE Lee	2:31.60	1995	Olivia Beckner	South Lakes	2:55.67	2017
<b>1600m Run</b>	Xavier Jemison	McLean	4:18.29	2020	Olivia Beckner	South Lakes	5:04.44	2017
<b>3200m Run</b>	Matthew Calem	Madison	9:34.22	2013	Olivia Beckner	South Lakes	10:47.17	2017
<b>Long Jump</b>	Sean Stuart	GC Marshall	22' 6.25"	1999	Hannah Waller	South Lakes	18' 5"	2019
<b>Triple Jump</b>	Sean Price	South Lakes	45' 8.25"	2010	Hannah Waller	South Lakes	37' 10.5"	2020
<b>High Jump</b>	Rahaan Jones	South Lakes	6' 7"	2012	Jane Anne Tvedt	McLean	5' 7"	2019
<b>Pole Vault</b>	Robert Yu	Langley	14' 5.75"	2013	Hannah Richardson	Langley	12' 0"	2020
<b>Shot Put</b>	Jabari Bennett	Washington-Lee	62' 2"	2018	Kayla Deehan	Langley	39' 3.75"	2017
<b>4x200m Relay</b>	Nicky Napolitano, Tyler Bennett, Will Shapiro, David Ramirez	South Lakes	1:32.35	2019	Guilia Mesa, Kristen Alleyne, Rebecca Stewart, Lucy Brookover	Washington-Liberty	1:46.34	2020
<b>4x400m Relay</b>	Alexander Hedrick, Pablo Rodriguez, David Galdo, Matthew Howard	McLean	3:30.83	2013	Anna Rupert, Lucy Brookover, Rebecca Stewart, Yasmeen Tinsley	Washington-Liberty	4:03.69	2020
<b>4x800m Relay</b>	Michael Uhrig, Daniel Johnsen, Michael Kerr, Lius Rivas	South Lakes	8:10.71	2014	Jordan Selby, Donia Nichols, Sarah Sears, Sarah Angell	Washington-Lee	9:37.15	2014

## Team Champions

	<b>Boys Winner</b>	<b>Score</b>	<b>Girls Winner</b>	<b>Score</b>
<b>1995</b>	Madison	153 pts	GC Marshall	129 pts
<b>1996</b>	Fairfax	143 ps	GC Marshall	136 pts
<b>1997</b>	Fairfax	118 pts	Fairfax	148 pts
<b>1998</b>	Fairfax	153 pts	Fairfax	124 pts
<b>1999</b>	RE Lee	125 pts	Fairfax	123 pts
<b>2000</b>	Langley	105 pts	Fairfax	141 pts
<b>2001</b>	WT Woodson	126 pts	Fairfax	140 pts
<b>2002</b>	Langley	140 pts	Madison	215.5 pts
<b>2003</b>	Langley	129 pts	Langley	115 pts
<b>2004</b>	McLean	117 pts	Langley	126 pts

<b>2005</b>	McLean	123 pts	Langley	103 pts
<b>2006</b>	Jefferson	161 pts	Jefferson	156 pts
<b>2007</b>	Langley	158 pts	GC Marshall	103 pts
<b>2008</b>	Jefferson	113 pts	Jefferson	112.5 pts
<b>2009</b>	South Lakes	137.5 pts	WT Woodson	127 pts
<b>2010</b>	South Lakes	174 pts	Jefferson	107 pts
<b>2011</b>	South Lakes	214 pts	Langley	95 pts
<b>2012</b>	South Lakes	144 pts	South Lakes	142 pts
<b>2013</b>	South Lakes	131.5 pts	South Lakes	178 pts
<b>2014</b>	South Lakes	147 pts	South Lakes	141.5 pts
<b>2015</b>	South Lakes	195 pts	South Lakes	147 pts
<b>2016</b>	South Lakes	190 pts	South Lakes	138.5 pts
<b>2017</b>	South Lakes	111.5 pts	South Lakes	161.5 pts
<b>2018</b>	South Lakes	191.33 pts	South Lakes	173 pts
<b>2019</b>	South Lakes	134.5 pts	South Lakes	176.5 pts
<b>2020</b>	South Lakes	166 pts	South Lakes	167 pts

## Individual Champions 55m Hurdles

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
<b>1995</b>	Peter Martin	Madison	8.6	Melanie Burgess	GC Marshall	8.90
<b>1996</b>	Dave Velasquez	Fairfax	8.1	Melanie Burgess	GC Marshall	8.70
<b>1997</b>	Eddie Bailey	RE Lee	8.04	Alyssa Aiken	Fairfax	9.22
<b>1998</b>	Brandon Royster	Fairfax	7.8	Alyssa Aiken	Fairfax	8.77
<b>1999</b>	Brandon Royster	Fairfax	7.65 (7.63p)	Patrice Malloy	RE Lee	8.76
<b>2000</b>	Brandon Royster	Fairfax	7.63	Pauline Tran	Fairfax	9.33
<b>2001</b>	Brian Hedden	WT Woodson	8.88	Amanda Russell	Fairfax	9.17
<b>2002</b>	Brendan MacKeseay	McLean	8.58	Rachel Winters	Fairfax	9.45
<b>2003</b>	David Collins	WT Woodson	8.58	Amanda Russell	Fairfax	9.42
<b>2004</b>	Justin Siegfried	South Lakes	8.04	Latavia Lewis	RE Lee	8.83 (8.71s)
<b>2005</b>	Douglas Zimmer	McLean	8.24	Madeleine Clark	Langley	9.16
<b>2006</b>	Jordan Calderwood	Langley	8.00 (7.92p)	Madeleine Clark	Langley	9.22
<b>2007</b>	Jordan Calderwood	Langley	7.69	Courtney Sample	Langley	9.00
<b>2008</b>	Vincent Brown	South Lakes	7.67	Ioana Cristei	Jefferson	9.20
<b>2009</b>	Vincent Brown	South Lakes	7.46	Tiffany Reed	WT Woodson	9.24
<b>2010</b>	Alex Maybury	Langley	7.98	Dominique Graham	McLean	9.57
<b>2011</b>	Sam Bechert	Fairfax	7.87	Aya Abdelhalim	South Lakes	9.45
<b>2012</b>	Ed Cai	Jefferson	7.88	Aya Abdelhalim	South Lakes	8.65
<b>2013</b>	Alexander Hedrick	McLean	7.98	Maya Rodriguez	South Lakes	9.10
<b>2014</b>	Austin Kolko	Madison	8.30 (8.21p)	Maya Rodriguez	South Lakes	9.21
<b>2015</b>	Anis Fain	South Lakes	7.94	Devyn Jones	South Lakes	8.85
<b>2016</b>	Anis Fain	South Lakes	7.72	Kristen Williams	South Lakes	9.82
<b>2017</b>	Cameron Edgington	Langley	8.19	Devyn Jones	South Lakes	8.62
<b>2018</b>	Cameron Edgington	Langley	8.22 (8.21p)	Rebecca Stewart	Washington-Lee	9.03
<b>2019</b>	Dean Johnson	Herndon	8.04	Rebecca Stewart	Washington-Lee	8.63
<b>2020</b>	Liam McBride	Washington-Liberty	7.77	Yasmeen Tinsley	Washington-Liberty	8.52

### 55m Dash

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
1995	Darien Parker	RE Lee	6.50	Melanie Burgess	GC Marshall	7.40
1996	Darien Parker	RE Lee	6.5 (6.4s)	Melanie Burgess	GC Marshall	7.30
1997	Eddie Bailey	RE Lee	6.67	Alyssa Aiken	Fairfax	7.49
1998	Brandon Royster	Fairfax	6.66	Alyssa Aiken	Fairfax	7.46
1999	Brandon Royster	Fairfax	6.61	Leigh Trayers	RE Lee	7.52
2000	Brandon Royster	Fairfax	6.64	Nikki Nowlin	Fairfax	7.63
2001	David Crotts	Fairfax	6.59	Andrea Barschdorf	McLean	7.88
2002	David Crotts	Fairfax	6.75	Laura Pruettt	Madison	7.86
2003	Dominique Frost	Madison	6.83	Erin Fenton	Madison	7.88
2004	John Wingfield	Langley	6.65	Jacqueline Hargrove	GC Marshall	7.47
2005	John Wingfield	Langley	6.74 (6.66s)	Jacqueline Hargrove	GC Marshall	7.52
2006	Gabe Itoka	South Lakes	6.63	Jacqueline Hargrove	GC Marshall	7.58
2007	Gabe Itoka	South Lakes	6.61	Shannon McVey	GC Marshall	7.42 (7.37p)
2008	Vincent Brown	South Lakes	6.71	Brittany Johnson	GC Marshall	7.49
2009	Vincent Brown	South Lakes	6.42	Lachelle Wallace	South Lakes	7.39
2010	David Ladd	Fairfax	6.51	Brittany Johnson	GC Marshall	7.37
2011	Sean Price	South Lakes	6.60	Jaleece Durham	Madison	7.56 (7.53p)
2012	Kenneth Bowden	Madison	6.64	Danielle Hale	South Lakes	7.60
2013	Zac Parker	South Lakes	6.68	Jalita Montgomery	Fairfax	7.60
2014	Osman Kargbo	Hayfield	6.61	Fanta Ban	Hayfield	7.41
2015	Nathan Williams	Madison	6.64	Jordan Lozama	South Lakes	7.45
2016	Timiebi Ogobri	South Lakes	6.64	Nikayla Hoyte	South Lakes	7.42
2017	Timiebi Ogobri	South Lakes	6.51	Rhema Konadu	South Lakes	7.67 (7.62p)
2018	Stephen Jones	South Lakes	6.67	Hannah Waller	South Lakes	6.99
2019	Harold Romero	Herndon	6.57	Hannah Waller	South Lakes	7.08 (7.05p)
2020	Liam McBride	Washington-	6.50	Hannah Waller	South Lakes	7.10

### 300m Dash

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
1995	Todd Van Roten	Madison	37.30	Karen Vandecar	GC Marshall	43.40
1996	Darien Parker	RE Lee	37.90	Melanie Burgess	GC Marshall	43.90
1997	Ernest Rutherford	Fairfax	38.30	Alyssa Aiken	Fairfax	42.00
1998	Uyen Nguyen	RE Lee	37.85	Alyssa Aiken	Fairfax	43.38
1999	Edward McDonald	RE Lee	38.39	Ayanna Alexander	McLean	43.73
2000	Brandon Royster	Fairfax	38.29	Nikki Nowlin	Fairfax	43.89
2001	Mark Haseman	WT Woodson	36.82	Stephanie Glynn	Madison	44.45
2002	David Crotts	Fairfax	38.23	Stephanie Glynn	Madison	44.64
2003	Anthony Weaver	GC Marshall	37.05	Madeline Clark	Langley	45.14
2004	Salar Mohandesi	McLean	37.70	Jessica Dailey	Fairfax	43.17
2005	Cris Landefield	Madison	37.00	Chardelle Moore	RE Lee	43.71
2006	Gabe Itoka	South Lakes	36.90	Jacqueline Hargrove	GC Marshall	42.19
2007	Mark Williamson	Madison	36.36	Jacqueline Hargrove	GC Marshall	41.01
2008	Chris Yi	Langley	36.49	Charlotte Diggs	Madison	43.16
2009	Adrian Vaughn	South Lakes	35.83	Lachelle Wallace	South Lakes	40.99
2010	Adrian Vaughn	South Lakes	36.14	Brittany Johnson	GC Marshall	42.81

2011	Armando Drain	South Lakes	36.70	Kyannah Calhoun	South Lakes	42.65
2012	Armando Drain	South Lakes	37.07	Naimah Coleman	South Lakes	43.41
2013	Yol Ho Sung	Fairfax	36.56	Delaney Wickman	South Lakes	43.01
2014	Daniel Johnsen	South Lakes	36.36	Delaney Wickman	South Lakes	41.67
2015	Nathan Williams	Madison	36.49	Eryn Dawkins	Fairfax	41.41
2016	Skander Ballard	South Lakes	35.96	Nikayla Hoyte	South Lakes	42.60
2017	Timiebi Ogobri	South Lakes	36.54	Devyn Jones	South Lakes	42.72
2018	Alex Wallace	South Lakes	36.82	Hannah Waller	South Lakes	39.89
2019	Stephen Jones	South Lakes	36.10	Juviannadean Mullings	South Lakes	42.09
2020	Joshua Gregory	South Lakes	35.93	Hannah Waller	South Lakes	40.04

### 500m Dash

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
1995	Todd Van Roten	Madison	1:09.40	Liz Johnston	GC Marshall	1:21.50
1996	Eric MacLain	Falls Church	1:10.90	Sarah Noonan	Langley	1:24.90
1997	Jonathan Mellor	Madison	1:09.60	Mary Hale	Langley	1:21.10
1998	Uyen Nguyen	RE Lee	1:08.88	Julie Sergeant	Madison	1:22.30
1999	Terrell Henry	McLean	1:11.97	Ayanna Alexander	McLean	1:20.67
2000	Shawn Bryant	WT Woodson	1:09.62	Leslie Schultz	Langley	1:20.25
2001	Shawn Bryant	WT Woodson	1:09.23	Leslie Schultz	Langley	1:18.87
2002	Chris Kuruppu	McLean	1:09.95	Stephanie Glynn	Madison	1:21.73
2003	Anthony Weaver	GC Marshall	1:09.23	Sarah Fagre	Fairfax	1:22.19
2004	Julian Patterson	McLean	1:10.00	Tara Markey	South Lakes	1:18.64
2005	Andrew Cook	RE Lee	1:08.16	Claire Zimmeck	WT Woodson	1:17.92
2006	Mike Greene	South Lakes	1:09.75	Kayley Sullivan	Jefferson	1:19.90
2007	Chris Yi	Langley	1:07.90	Kayley Sullivan	Jefferson	1:20.62
2008	Nick Vaughn	South Lakes	1:07.55	Jaime Pritchard	WT Woodson	1:18.77
2009	Adrian Vaughn	South Lakes	1:07.92	Jaime Pritchard	WT Woodson	1:19.61
2010	Adrian Vaughn	South Lakes	1:08.03	Sarah Woodford	Langley	1:20.99
2011	Armando Drain	South Lakes	1:08.89	Kyannah Calhoun	South Lakes	1:19.36
2012	Armando Drain	South Lakes	1:08.10	Hannah Dimmick	McLean	1:18.94
2013	Yol Ho Sung	Fairfax	1:07.89	Delaney Wickman	South Lakes	1:18.53
2014	Daniel Johnsen	South Lakes	1:07.42	Delaney Wickman	South Lakes	1:19.55
2015	Sam Arpee	South Lakes	1:08.81	Michaela Purdy	Langley	1:18.12
2016	Skandar Ballard	South Lakes	1:07.16	Golden Kumi-Darfour	South Lakes	1:16.55
2017	Austin Stout	Yorktown	1:09.88	Aly Rayle	South Lakes	1:19.62
2018	Alex Wallace	South Lakes	1:07.18	Mary Gregory	South Lakes	1:16.79
2019	Jay La Piana	Washington-Lee	1:10.40	Mary Gregory	South Lakes	1:18.32
2020	Joshua Gregory	South Lakes	1:07.90	Mary Gregory	South Lakes	1:17.15

### 1000m Run

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
1995	Rob Pearce	RE Lee	2:31.60	Melanie Krebs	Langley	3:14.50
1996	Jason Meyer	Madison	2:42.70	Kerry Flanigan	GC Marshall	3:20.10
1997	Jason Meyer	Madison	2:37.00	Mary Hale	Langley	3:13.20
1998	Tyrone Jones	RE Lee	2:41.60	Mary Hale	Langley	3:10.78
1999	James Small	McLean	2:47.92	Heather Sborz	Langley	3:16.16

2000	James Small	McLean	2:42.72	Joellen Williamson	Madison	3:18.05
2001	James Small	McLean	2:43.02	Emily Armitage	Madison	3:12.52
2002	Amr Kouhouk	McLean	2:50.50	Kate Griendling	WT Woodson	3:09.79
2003	Will Harper	Langley	2:43.49	Kate Griendling	WT Woodson	3:15.51
2004	Michael Hagos	RE Lee	2:36.97	Jessie Davis	WT Woodson	3:09.55
2005	Steve Frames	Langley	2:38.07	Anne-Marie Duncan	Fairfax	3:12.73
2006	Taylor Bostick	Jefferson	2:37.67	Stephany Reaves	Jefferson	3:09.85
2007	Ben Treweek	Jefferson	2:37.95	Sarrah Hadiji	WT Woodson	3:01.66
2008	Oscar Olazo Nostades	GC Marshall	2:37.61	Aaren Pastor	WT Woodson	3:07.32
2009	Timmy Galvin	Jefferson	2:39.03	Erica Howes	WT Woodson	3:05.87
2010	Will Sickenberger	South Lakes	2:41.67	Ronit Malka	Jefferson	3:07.96
2011	Nicholas Hedrick	McLean	2:38.58	Jessica Miles	Langley	3:07.77
2012	Jacob Grundahl	South Lakes	2:39.22	Katherine Sheridan	Jefferson	3:01.68
2013	Michael Mchugh	South Lakes	2:39.49	Kyannah Calhoun	South Lakes	3:06.71
2014	Alex McGuire	Fairfax	2:42.11	Sarah Angell	Washington-Lee	2:59.46
2015	Alex McGuire	Fairfax	2:37.49	Kelly Hart	Yorktown	3:03.20
2016	Ryan Lesmez	Yorktown	2:38.53	Olivia Beckner	South Lakes	3:07.12
2017	Ernie Miranda Zapata	Hayfield	2:40.01	Olivia Beckner	South Lakes	2:55.67
2018	Bowen Shuttleworth	Yorktown	2:36.67	Isabelle Gulgert	South Lakes	3:06.18
2019	Bowen Shuttleworth	Yorktown	2:36.88	Emily Lannen	South Lakes	3:04.85
2020	Reece Shuttleworth	Yorktown	2:39.16	Anna Macon	Yorktown	3:01.37

### 1600m Run

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
1995	Mark King	Madison	4:35.80	Dana Coons	Madison	5:36.70
1996	Mark King	Madison	4:36.10	Dana Coons	Madison	5:32.60
1997	Jason Meyer	Madison	4:31.40	Mary Hale	Langley	5:26.30
1998	Oscar Giron	GC Marshall	4:43.84	Lisa Procaccini	McLean	5:12.92
1999	James Small	McLean	4:39.49	Alex Leader	Langley	5:22.10
2000	James Small	McLean	4:37.21	Lauren Chaikin	GC Marshall	5:15.05
2001	David Baer	WT Woodson	4:43.38	Mary Beth Sexton	Madison	5:22.84
2002	Amr Kouhouk	McLean	4:41.93	Katelyn Spengler	Madison	5:48.30
2003	James Gaughan	Madison	4:42.76	Jenn Dietz	RE Lee	5:26.72
2004	Andrew Waring	Madison	4:39.49	Lauren Fredrickson	Langley	5:30.48
2005	Dawit Legesse	RE Lee	4:31.11	Jessica Trapeni	Fairfax	5:26.81
2006	Taylor Bostick	Jefferson	4:28.70	Stephany Reaves	Jefferson	5:14.27
2007	Paul Norland	Jefferson	4:27.89	Sarrah Hadiji	WT Woodson	5:06.68
2008	Bryan Landry	Jefferson	4:27.68	Connor Fleming	Jefferson	5:16.07
2009	Timmy Galvin	Jefferson	4:33.73	Erica Howes	WT Woodson	5:13.14
2010	Jake Peker	Langley	4:40.48	Jessica Miles	Langley	5:19.74
2011	Will Sickenberger	South Lakes	4:34.26	Lisa Junta	Jefferson	5:19.90
2012	Mackenzie Haight	GC Marshall	4:32.98	Madalyn Harper	McLean	5:23.72
2013	Matthew Calem	Madison	4:28.82	Grace Zeng	Jefferson	5:21.51
2014	Matthew Calem	Madison	4:24.87	Sarah Angell	Washington-Lee	5:14.12
2015	Alex Maguire	Fairfax	4:23.54	Amanda Swaak	Madison	5:12.35
2016	John LeBerre	South Lakes	4:36.31	Devon Williams	Madison	5:20.56
2017	Sean Grimm	Madison	4:32.77	Olivia Beckner	South Lakes	5:04.44

<b>2018</b>	Jonny Jackson	Washington-Lee	4:32.55	Isabelle Gulgert	South Lakes	5:15.66
<b>2019</b>	Bowen Shuttleworth	Yorktown	4:25.54	Piper Dean	Yorktown	5:17.07
<b>2020</b>	Xavier Jemison	McLean	4:18.29	Gillian Bushee	Herndon	5:14.58

### 3200m Run

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
<b>1995</b>	Rob Pearce	RE Lee	9:52.00	Lauren Colton	Langley	12:18.00
<b>1996</b>	Mark King	Madison	10:02.50	Dana Coons	Madison	11:47.40
<b>1997</b>	Tyrone Jones	RE Lee	10:13.20	Meghan McLaughlin	GC Marshall	11:27.60
<b>1998</b>	Oscar Giron	GC Marshall	10:26.00	Lisa Procaccini	McLean	11:47.76
<b>1999</b>	Steven Goode	Madison	10:25.04	Alex Leader	Langley	11:50.12
<b>2000</b>	Matt Gilna	Langley	10:02.11	Lauren Chaikin	GC Marshall	11:36.89
<b>2001</b>	Alpha Kiflu	RE Lee	10:06.01	Allison Twomey	Langley	11:59.56
<b>2002</b>	Billy Bylund	Langley	10:01.57	Katelyn Spengler	Madison	12:30.54
<b>2003</b>	Dawit Legesse	RE Lee	10:08.98	Jenn Dietz	RE Lee	12:05.79
<b>2004</b>	Dawit Legesse	RE Lee	9:51.41	Lauren Fredrickson	Langley	12:02.82
<b>2005</b>	Dawit Legesse	RE Lee	9:47.34	Sarrah Hadiji	WT Woodson	12:07.43
<b>2006</b>	Hersh Singh	Jefferson	10:03.81	Anastasia Chrifield	Jefferson	11:44.66
<b>2007</b>	Paul Norland	Jefferson	9:59.07	Aaren Pastor	WT Woodson	11:45.69
<b>2008</b>	Brian Landry	Jefferson	9:38.35	Lisa Junta	Jefferson	11:17.87
<b>2009</b>	Matthew Sollinger	Madison	9:57.40	Sarah Stites	Jefferson	11:14.65
<b>2010</b>	Austin Leggett	South Lakes	10:03.47	Mary Fouse	Langley	11:33.44
<b>2011</b>	Nicholas Guarnaccia	South Lakes	9:54.75	Lisa Junta	Jefferson	11:14.21
<b>2012</b>	Mackenzie Haight	GC Marshall	9:55.65	Katherine Sheridan	Jefferson	11:18.49
<b>2013</b>	Matthew Calem	Madison	9:34.22	Katie Montgomery	McLean	11:23.30
<b>2014</b>	Matthew Calem	Madison	9:36.84	Sarah Sears	Washington-Lee	11:16.10
<b>2015</b>	Alex Maguire	Fairfax	9:56.32	Amanda Swaak	Madison	11:02.88
<b>2016</b>	Sean Grimm	Madison	10:01.54	Morgan Wittrock	Madison	11:38.75
<b>2017</b>	Sean Grimm	Madison	9:45.77	Olivia Beckner	South Lakes	10:47.17
<b>2018</b>	Sean Casey	South Lakes	10:00.22	Isabelle Gulgert	South Lkes	11:51.07
<b>2019</b>	Calvin Warstler	South Lakes	9:55.36	Piper Dean	Yorktown	11:22.65
<b>2020</b>	Colin McCauley	Herndon	9:47.13	Gillian Bushee	Herndon	11:27.14

### 4x200m Relay

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
<b>1995</b>	John Kim, Trevor Montano, Jeff Monohan, Erik McClain	Falls Church	1:39.90	Lia Hackerson, Becky Rosenblatt, Laura Heck, Adele Skaff	Madison	1:52.10
<b>1996</b>		RE Lee	1:37.60		Langley	1:57.20
<b>1997</b>		Fairfax	1:38.48		McLean	1:55.80
<b>1998</b>	Beau Morgan, Derek Seeley, Tony Mejia, Ernest Rutherford	Fairfax	1:38.77	Stacie Evans, Andrea Carlow, Tracie Evans, Ayanna Patterson	McLean	1:52.14
<b>1999</b>	(880-yd Relay)	RE Lee	1:37.24	(880-yd Relay)	McLean	1:52.83
<b>2000</b>		Fairfax	1:37.66		WT Woodson	1:54.29

2001	Damien Ferreira, Kyle Royster, Brian Miller, David Crotts	Fairfax	1:37.84	Yobel Gaski, Kate Griendling, Julia Rothlisberger, Cassie Grose	WT Woodson	1:53.18
2002	Mason Jennings, Colby Prout, Steve Neiz, Chris Jakubek	WT Woodson	1:39.00	Laura Pruett, Ashley Galvin, Skyeler Icke, Brittany Robinson	Madison	1:53.47
2003	David McDowell, Justin Duncan, Dominique Frost, Matt Weissenborn	Madison	1:38.68		Langley	1:55.16
2004	Mike Tuckfelt, Keenan Lofton, Nate Field, Justin Duncan	Madison	1:36.70	Denell Davis, Nikki Brust, Yvonne Kabia, Tara Markey	South Lakes	1:50.76
2005	AJ Payne, Ryan Powell, Zach Stafford, Frankie Bryant	Fairfax	1:34.46	Julie Wilson, Letita Wu, Sara Hanson, Madeleine Clark	Langley	1:50.40
2006	Gabe Itoka, Johnny Markey, Maxwell Joslyn, Tony Konate	South Lakes	1:34.61	Rachel Tullia, Melanie Letalik, Carrie Pritchard, Lindsey Octavio	WT Woodson	1:49.93
2007	Jordan Calderwood, Thomas Robinson, Matt Jaffe, Steven Rudelius	Langley	1:36.31	???, Rachel Underhill, Charlotte Diggs, Sara Diggs	Madison	1:49.42
2008	Steven Rudelius, Ryan McPherson, Matt Evans, Thomas Robinson	Langley	1:34.36	Carrie Pritchard, Olivia Green, Nichole Mercier, Lindsay Ottavio	WT Woodson	1:48.71
2009	Alex Maybury, Matt Evans, Dan Yi, Matt Jaffe	Langley	1:36.03	Samantha Park, Carrie Pritchard, Olivia Green, Lindsey Ottavio	WT Woodson	1:50.46
2010	Nabil Mezher, David Ladd, Sam Bechert, Chad Allen	Fairfax	1:34.51	Sarah Woodford, Adrienne Schmidt, Rachel Sanson, Maddison Aboud	Langley	1:52.87
2011		South Lakes	1:34.63		South Lakes	1:52.06
2012	Zac Parker, Brian Brinson, Aeron Thai, Connor Metcalf	South Lakes	1:33.04	Naimah Coleman, Kristin Tran, Aya Abdelhalim, Danielle Hale	South Lakes	1:48.22
2013	Aeron Thai, Raj Pilaka, Elias Ingea, Daniel Johnsen	South Lakes	1:34.47	Kristen Tran, Ozioma Chinaka, Jordan Lozama, Danielle Hale	South Lakes	1:49.34
2014	Ben O'Connor, Marcus Harrell, Anthony Mayo, Khayri Denny	South Lakes	1:35.47	Shelly Ackah, Kiana Seabrook, Fanta Ba, Nina Lucas	Hayfield	1:47.55
2015	Timiebi Ogobri, Skander Ballard, Alex Rudison, Eric Kirlew	South Lakes	1:35.66	Julia Montgomery, Katherine Schenaker, Jenna Thompson, Eryn Dawkins	Fairfax	1:47.69
2016	Tiembi Ogobri, Eric Kirlew, Anas Fain, Alex Rudison	South Lakes	1:34.50	Devyn Jones, Cara Hutson, Lena Weimerskirch, Nikayla Hoyte	South Lakes	1:47.95
2017	Alex Crumes, Brandon Braswell, Kevin Cheng, Daniel White	Langley	1:34.81	Kelsie Hao, Anna Brascia, Cassandra Reis, Samantha Brascia	Langley	1:51.47
2018	Kevin Cheng, Gabriel Lopez Cartagena, Kareem Jamal, Brandon Braswell	Langley	1:37.56	Rhema Konadu, Alyssa Smith, Alana Pardo, Aly Rayle	South Lakes	1:50.40
2019	Nicky Napolitano, Daniel Ezidinma, Jackson Cooley, Stephen Jones	South Lakes	1:32.35	Rhema Konadu, Jillian Howard, Jordan Anderson, Juvianadean Mullings	South Lakes	1:46.67
2020	Andrew Walker, Cole Withers, Jack Pino, Evan Bellino	Langley	1:34.36	Giulia Mesa, Kristen Alleyne, Rebecca Stewart, Lucy Brookover	Washington-Liberty	1:46.34

### 4x400m Relay

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
1995	Geoff Swanson, Hugh Jones, Aaron Hill, Kevin Hyde	Langley	3:43.60	Katie McKnight, Sarah Norton, Sunshine Martin, Melanie Krebs	Langley	4:25.60
1996		Fairfax	3:42.50		Falls Church	4:26.80
1997		Langley	3:36.80		Fairfax	4:18.90
1998	Jovens Colas, Uyen Nguyen, Matt Andrews, Edward McDonald	Fairfax	3:40.60	Robin Dammer, Leslie Schultz, Lana Tu, Mary Hale	Langley	4:21.16

1999	(Mile Relay)	Fairfax	3:40.95	(Mile Relay)	Fairfax	4:28.25
2000		Madison	3:45.15		WT Woodson	4:21.46
2001	Shawn Bryant, Mason Jennings, Ryan Tenga, Mark Haseman	WT Woodson	3:37.26	Kate Griendling, Julia Rothlisberger, Cassie Grose, Yobel Gaski	WT Woodson	4:17.36
2002	Amr Kouhouk, Brendan MacKeseey, Chris Kuruppu, Anthony Braun	McLean	3:42.06	Yobel Gaski, Julia Rothlisberger, Sally Cook, Kate Griendling	WT Woodson	4:18.35
2003	Jimmy Gaughan, Justin Duncan, Joseph Whelan, Matt Weissenborn	Madison	3:46.21		McLean	4:21.94
2004	Justin Siegfried, Maurice McCombs, Chirjeev Sawhney	South Lakes	3:41.74	Lauren Kinghorn, Julianne Twining, Megan Ney, April Landreth	McLean	4:11.39
2005	Steve Frames, James Evangelisti, Jack Pembroke, Chris Frames	Langley	3:35.20	Shannon McVey, Gina Cappiello, Jamie Schiller, Jacqueline Hargrove	GC Marshall	4:13.64
2006	Robert Stephens, Mike Bradshaw, Bryan Bleda, Brian Luu	Jefferson	3:37.80	Madeleine Clark, Angela Li, Amanda Steffy, Courtney Sample	Langley	4:11.18
2007	Gavin Pincus, Kevin Todd, Ryan Cheney, Stephen Honan	WT Woodson	3:34.64	Charlotte Diggs, Rachel Underhill, Veronica Day, Sara Diggs	Madison	4:12.83
2008	Martin Molina, Keeven Kuate Konga, Christopher Wojcik, Joshua Paine	McLean	3:35.05	Lindsay Ottavio, Tiffany Walters, Nichole Mercier, Jaime Pritchard	WT Woodson	4:08.78
2009	Kirk Lewis, Jon Steenberg, Charles Basil, Sean Strang	WT Woodson	3:35.01	Carrie Pritchard, Liz Gaski, Tiffany Walters, Jaime Pritchard	WT Woodson	4:09.78
2010	Muhammad Yasin, Armando Drain, Will Sickenberger, Alvin Moore	South Lakes	3:34.98	Jessie Sells, Morgan Barlow, Kelly Regan, Kyannah Calhoun	South Lakes	4:22.21
2011	Ian Angara, Will Sickenberger, Frederick Hawkins, Corey Gilmore	South Lakes	3:32.40		South Lakes	4:17.83
2012	William Doran, Austin Kolko, Kenneth Bowden, Joaquin Alzola	Madison	3:34.20	Naimah Coleman, Haley Vaughn, Claire Nieuwsma, Grace Gillen	South Lakes	4:14.36
2013	Alexander Hedrick, Pablo Rodriguez, David Galdo, Matthew Howard	McLean	3:30.83	Grace Gillen, Maya Rodriguez, Haley Vaughn, Kyannah Calhoun	South Lakes	4:06.75
2014	Marcus Harrell, John Frauenheim, Sam Arpee, Luis Rivas	South Lakes	3:36.42	Sydney Crutcher, Maya Rodriguez, Delaney Wickman, Golden Kumi-	South Lakes	4:11.70
2015	John LeBerre, Nikolai Waithe, Skander Ballard, Sam Arpee	South Lakes	3:35.59	Claire Nieuwsma, Devyn Jones, Jessica Lister, Golden Kumi-Darfour	South Lakes	4:09.63
2016	Nikolai Waithe, Connor Smith, Alex Wallace, Skander Ballard	South Lakes	3:33.28	Olivia Beckner, Sophie Halkett, Jessica Lister, Golden Kumi-Darfour	South Lakes	4:09.12
2017	Decker Barborek, Justin Hatchett, Dillon Davenport, Curtrell Trott	Fairfax	3:32.50	Sophie Halkett, Mary Gregory, Cara Hutson, Aly Rayle	South Lakes	4:09.53
2018	John Eggeman, Alex Wallace, Othman Srayi, Stevie Jones	South Lakes	3:32.51	Aly Rayle, Nicole Post, Mary Gregory, Hannah Waller	South Lakes	4:07.09
2019	Nicky Napolitano, Tyler Bennett, Will Shapiro, David Ramirez	South Lakes	3:36.17	Nicole Post, Jordan Anderson, Caitlyn Morris, Emily Lannen	South Lakes	4:07.40
2020	Matthew Burke, Benjamin Ingram, Albert Velikonja, Reece Shuttleworth	Yorktwon	3:35.84	Anna Rupert, Lucy Brookover, Rebecca Stewart, Yasmeen Tinsley	Washington-Liberty	4:03.69

### 4x800m Relay

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
1995	Scott McDonald, Josh Russcol, Eric Park, Andrew Howley	Fairfax	9:01.20	Christina Nowakowski, Melissa Inman, Lara Lylozian, Jo Gilbert	Fairfax	10:35.10
1996		McLean	8:49.90		Langley	10:28.80



1997		RE Lee	8:43.20		Fairfax	10:31.89
1998	Joseph Abrams, Daniel Chen, Matt Haskins, James Small	McLean	8:36.82	Annara Hall, Veronica Clemens, Rachel Dailey, Michelle Macdonell	Fairfax	10:27.50
1999	(2 mile relay)	McLean	8:43.93	(2 mile relay)	McLean	10:48.15
2000		RE Lee	8:28.21		Madison	10:11.61
2001	Amr Kouchok, James Kanka, Thomas Hutchings, James Small	McLean	8:27.80	Stephanie Glynn, Katelyn Spengler, Emi Oishi, Emily Armitage	Madison	10:11.73
2002	Steven Davis, Michael Hagos, Paul Longoria, Adam Lichtenfels	RE Lee	8:47.34	Jessie Slenker, Jill Zimmerman, Julia Rosenthal, Meredith	Langley	10:38.54
2003	Andrew Waring, Michael Needham, Robert Zuehlke, Joseph Whelan	Madison	8:47.24		WT Woodson	10:06.69
2004	Chris Frames, Alex Gilman, Jonathan Weiss, Steve Frames	Langley	8:28.88	Katie Devlin, Cindy Spahn, Jessie Davis, Laura Honan	WT Woodson	10:07.99
2005	Jack Pembroke, Jeff Morse, Jonathan Weiss, Chris Frames	Langley	8:26.20	Liz Kakouris, Natalie Auble, Jordana Henderson, Jessica Trapeni	Fairfax	9:49.71
2006	Sean Coyle, Taylor Bostick, James Komen, Mike Bradshaw	Jefferson	8:16.74	Alison Underwood, Katie Gambale, Connor Fleming, Stephany Reaves	Jefferson	9:43.57
2007	Logan Gates, Timmy Galvin, Ben Treweek, Taylor Bostick	Jefferson	8:12.03	Shelby Walters, Aaren Pastor, Sarah Haight, Sarrah Hadiji	WT Woodson	9:41.30
2008	Nate Martins, Michael Davis, Patrick Barron, Alex Miller	WT Woodson	8:16.83	Carolyn Shaw, Jill Canning, Amanda Steffy, Lauren Shaw	Langley	9:40.52
2009	Kevin Pyne, Joseph Thompson, Brad Johnson, Kristoff Inocentes	McLean	8:26.79	Carolyn Shaw, Jill Canning, Amanda Steffy, Lauren Shaw	Langley	9:45.44
2010	Kevin Pyne, Eric Leimkuhler, Jason Richards, Nicholas Hedrick	McLean	8:21.30	Bridget Chesney, Jessica Miles, Elissa Purdy, Mary Fouse	Langley	9:48.65
2011		McLean	8:21.33		Jefferson	9:48.17
2012	Michael Wattendorf, Kyler Blodgett, Andrew O'Shea, Jacob Zucker	Jefferson	8:26.36	Madalyn Harper, Alexa Tabackman, Megan McCormack, Hannah	McLean	9:41.22
2013	Imran Khan, Daniel Tobin, Thomas Lomont, Matthew Calem	Madison	8:20.34	Delaney Wickman, Abigail Reinhold, Kyannah Calhoun, Grace Gillen	South Lakes	9:41.68
2014	Michael Uhrig, Daniel Johnsen, Michael Kerr, Luis Rivas	South Lakes	8:10.71	Jordan Selby, Donia Nichols, Sarah Sears, Sarah Angell	Washington-Lee	9:37.15
2015	Justin Szczerbinski, Christopher Mutty, James Gusmer, Patrick Odium	Washington-Lee	8:21.03	Michaela Purdy, Maggie Bellaschi, Morgan Kuligowski, Marina Smith	Langley	9:41.99
2016	Connor Smith, Peter Sepulveda, Jack Watkins, John LeBerre	South Lakes	8:30.52	Monica Lannen, Olivia Beckner, Sarah Wolfe, Golden Kumi-Darfour	South Lakes	9:43.44
2017	Dimarcus Vilcheck, Jack Watkins, Josh Umbrell, Alex Loukili	South Lakes	8:28.66	Jordan Anderson, Aly Rayle, Sarah Wolfe, Sophie Halkett	South Lakes	9:46.17
2018	Peter Delmolino, Calvin Warstler, Nicholas Gryski, Alex Loukili	South Lakes	8:23.76	Anna Spear, Courtney Kuligowski, Lilly Fowler, Maya Snyder	Langley	10:00.07
2019	Gavin Middleton, Reece Shuttleworth, Bowen Shuttleworth, Albert Velikonja	Yorktown	8:12.16	Catherine Whitehouse, Shay Montgomery, Anna Macon Corcoran, Piper Dean	Yorktown	10:01.50
2020	Bennett Lamb, Benjamin Ingram, Reece Shuttleworth, Albert Velikonja	Yorktown	8:18.41	Annalise Williams, Caitlyn Morris, Annika Yu, Emily Lannen	South Lakes	9:48.92

### Long Jump

	Boys Winner	School	Time	Girls Winner	School	Time
1995	David Velasquez	Fairfax	19' 10"	Melanie Burgess	GC Marshall	16' 9.75"

1996	Ray Lian	Fairfax	20' 1"	Melanie Burgess	GC Marshall	16' 1"
1997	Jonathan Walden	Fairfax	21' 4.5"	Alyssa Aiken	Fairfax	16' 5"
1998	Brandon Royster	Fairfax	21' 2.5"	Alyssa Aiken	Fairfax	17' 0"
1999	Sean Stuart	GC Marshall	22' 6.25"	Ayanna Alexander	McLean	15' 10.5"
2000	Brandon Royster	Fairfax	21' 11.25"	Nikki Nowlin	Fairfax	16' 9"
2001	Mark Haseman	WT Woodson	20' 11"	Brittany Robinson	Madison	16' 5.25"
2002	Jon Schott	Langley	20' 7.5"	Brittany Robinson	Madison	16' 11.25"
2003	Nick Crumpton	Langley	19' 10"	Ashley Banks	WT Woodson	15' 3"
2004	Justin Duncan	Madison	19' 11.75"	Alisha Bryant	South Lakes	17' 11.5"
2005	Salar Mohandesi	McLean	21' 6"	Jacqueline Hargrove	GC Marshall	16' 10.5"
2006	Justin Duncan	Madison	20' 9"	Veronica Day	Madison	17' 2.5"
2007	Peter Sanson	Langley	20' 4"	Veronica Day	Madison	17' 3.5"
2008	Peter Sanson	Langley	21' 4"	Morgan Danner	Langley	16' 1"
2009	Vincent Brown	South Lakes	22' 1.5"	Brittany Johnson	GC Marshall	16' 8.5"
2010	Sean Price	South Lakes	22' 1"	Brittany Johnson	GC Marshall	16' 6"
2011	Sean Price	South Lakes	20' 11"	Meigan McManus	Langley	15' 1.5"
2012	Rashaan Jones	South Lakes	21' 0.25"	Danielle Hale	South Lakes	18' 1.5"
2013	Alexander Hedrick	McLean	21' 2"	Danielle Hale	South Lakes	17' 4"
2014	Khayri Denny	South Lakes	20' 8.25"	Danielle Hale	South Lakes	16' 8.5"
2015	Eric Kirlew	South Lakes	19' 10"	Devyn Jones	South Lakes	16' 8.5"
2016	Tyrese Bender	Fairfax	21' 10.5"	Danielle Maynard	McLean	16' 10"
2017	Daniel White	Langley	20' 8.5"	Samantha Brascia	Langley	16' 10.25"
2018	Stephen Jones	South Lakes	20' 8"	Hannah Waller	South Lakes	17' 5"
2019	Mohamad Abdullah	Herndon	22' 1"	Hannah Waller	South Lakes	18' 5"
2020	Jackson Cooley	South Lakes	22' 0"	Rebecca Stewart	Washington- Park	18' 1"

### Triple Jump

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
1995	David Velasquez	Fairfax	40' 7.5"	Melanie Burgess	GC Marshall	34' 10.5"
1996	David Velasquez	Fairfax	42' 5"	Karen Vandecar	GC Marshall	34' 5.75"
1997	Ted Royster	Fairfax	39' 8"	Alyssa Aiken	Fairfax	34' 6.5"
1998	Brandon Royster	Fairfax	42' 10"	Ayanna Patterson	McLean	36' 8.5"
1999	Sean Stuart	GC Marshall	43' 11.5"	Ayanna Alexander	McLean	35' 5.5"
2000	Brandon Royster	Fairfax	43' 8.5"	Ayanna Alexander	McLean	34' 0.75"
2001	Nick Crumpton	Langley	40' 10"	Brittany Robinson	Madison	34' 3.5"
2002	Zusi Ahiavbere	McLean	44' 0.75"	Brittany Robinson	Madison	34' 3"
2003	Nick Crumpton	Langley	44' 1.5"	Ashley Banks	WT Woodson	32' 3"
2004	Justin Duncan	Madison	42' 4"	Alisha Bryant	South Lakes	35' 3"
2005	Douglas Zimmer	McLean	40' 10.5"	Sara Hanson	Langley	35' 3.75"
2006	Justin Duncan	Madison	42' 1.75"	Veronica Day	Madison	37' 1.5"
2007	Lance Cheng	GC Marshall	41' 0"	Veronica Day	Madison	35' 11"
2008	Kevin Hegel	McLean	42' 2"	Morgan Danner	Langley	34' 5.5"
2009	Alex Maybury	Langley	44' 2"	Brittany Johnson	GC Marshall	36' 1.5"
2010	Sean Price	South Lakes	45' 8.25"	Michelle Peal	South Lakes	34' 2.5"
2011	Sean Price	South Lakes	44' 2"	Tania Ermak	Jefferson	32' 6"
2012	Corey Gilmore	South Lakes	43' 2.5"	Danielle Hale	South Lakes	35' 9.5"
2013	Alex Jacobsen	Langley	40' 10.25"	Danielle Hale	South Lakes	35' 3"

<b>2014</b>	Khayri Denny	South Lakes	41' 10"	Danielle Hale	South Lakes	36' 10.75"
<b>2015</b>	Eric Kirlew	South Lakes	44' 6.5"	Comfort Reed	South Lakes	34' 11.25"
<b>2016</b>	Skander Ballard	South Lakes	43' 9"	Rachel Jackson	Madison	34' 0"
<b>2017</b>	Tyrese Bender	Fairfax	43' 1.75"	Samantha Brascia	Langley	35' 0.25"
<b>2018</b>	Zachary Sutton	Langley	42' 7"	Jane Anne Tvedt	McLean	35' 11.75"
<b>2019</b>	Mohamad	Herndon	44' 7"	Rebecca Stewart	Washington-Lee	36' 2.25"
<b>2020</b>	Jackson Cooley	South Lakes	42' 5.5"	Hannah Waller	South Lakes	37' 10.5"

### High Jump

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
<b>1995</b>	Alan Lippert	Madison	5' 8"	Meghan Schott	Langley	5' 0"
<b>1996</b>	Walden Burgess	Langley	5' 9"	Lindsey Culin	Fairfax	4' 10"
<b>1997</b>	Jonathan Walden	Fairfax	5' 10"	Nora Sayasithsena	Fairfax	5' 2"
<b>1998</b>	Jonathan Walden	Fairfax	6' 0"	Ayanna Patterson	McLean	5' 5"
<b>1999</b>	Ryan Post	RE Lee	6' 1"	Rachel Dailey	Fairfax	5' 5"
<b>2000</b>	Brandon Royster	Fairfax	6' 1"	Ayanna Alexander	McLean	5' 6"
<b>2001</b>	Mark Armour	RE Lee	6' 0"	Rachel Dailey	Fairfax	5' 4"
<b>2002</b>	Jon Schott	Langley	5' 8"	Meghan Punaro	McLean	5' 2"
<b>2003</b>	Nick Crumpton	Langley	5' 8"	Tiana Boykin	Fairfax	5' 2"
<b>2004</b>	Atain Ibia	South Lakes	6' 0"	Tiana Boykin	Fairfax	4' 10"
<b>2005</b>	Douglas Zimmer	McLean	6' 5"	Megan Ney	McLean	5' 2"
<b>2006</b>	Buzz Moorman	WT Woodson	6' 3"	Megan Ney	McLean	5' 2"
<b>2007</b>	Jordan Calderwood	Langley	6' 3"	Leila Drici	South Lakes	5' 0"
<b>2008</b>	Michael Harrell	South Lakes	6' 2"	Dominique Graham	McLean	5' 0"
<b>2009</b>	Michael Harrell	South Lakes	6' 2"	Brittany Johnson	GC Marshall	5' 2"
<b>2010</b>	Efosa Guobadia	Langley	6' 0"	Dominique Graham	McLean	5' 3"
<b>2011</b>	Sean Price	South Lakes	6' 3"	Pague Richards	McLean	4' 8"
<b>2012</b>	Rahaan Jones	South Lakes	6' 7"	Danielle Hale	South Lakes	4' 10"
<b>2013</b>	Alex Jacobsen	Langley	5' 10"	Danielle Hale	South Lakes	4' 10"
<b>2014</b>	Cole Bishop	Madison	6' 1"	Kelly Oler	McLean	5' 0"
<b>2015</b>	James Carver	McLean	6' 4"	Rose Castle	McLean	5' 0"
<b>2016</b>	Anas Fain	South Lakes	5' 10"	Danielle Maynard	McLean	4' 10"
<b>2017</b>	Jack Hecker	McLean	6' 0"	Jane Anne Tvedt	McLean	5' 0"
<b>2018</b>	Cameron Edgington	Langley	5' 10"	Jane Anne Tvedt	McLean	5' 6"
<b>2019</b>	Charles Male	Washington-Lee	5' 8"	Jane Anne Tvedt	McLean	5' 7"
<b>2020</b>	Dominic Lowe	Yorktown	6' 0"	Mirtha Cuthill	South Lakes	5' 4"

### Pole Vault

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
<b>1995</b>	Peter Martin	Madison	11' 0"	n/a		
<b>1996</b>	Jason Snook	RE Lee	11' 0"	n/a		
<b>1997</b>	Jason Dunham	Madison	11' 0"	n/a		
<b>1998</b>	Sam Sutton	Madison	8' 4"	n/a		
<b>1999</b>	Jason Dunham	Madison	11' 0"	Jacquelin Munyard	Fairfax	7' 6"
<b>2000</b>	Mark Kupets	Langley	13' 6"	Allison Brown	Langley	9' 0"
<b>2001</b>	Jason Langley	Madison	13' 7"	Meredith Rothrock	Langley	8' 6"
<b>2002</b>	Justin Loda	Madison	10' 0"	Meredith Rothrock	Langley	8' 6"

2003	Justin Loda	Madison	13' 0"	Amanda Russell	Fairfax	8' 0"
2004	Victor Lee	McLean	12' 0"	Alison Robins	Madison	9' 0"
2005	Stephen Dockery	WT Woodson	12' 6"	Alison Robins	Madison	9' 0"
2006	Ryan Kruba	Jefferson	12' 0"	Megan Debettencourt	Jefferson	8' 6"
2007	Michael Chisholm	Langley	12' 6"	Morgan Danner	Langley	8' 6"
2008	Joe Baerenz	Jefferson	12' 6"	Morgan Danner	Langley	10' 0"
2009	Dan Markwalter	Jefferson	12' 6"	Sheila Bushman	Jefferson	8' 0"
2010	Stephen Browne	Langley	11' 0"	Amanda Gilbert	Jefferson	8' 6"
2011	Lucas Grim	Langley	12' 4.5"	Meigan McManus	Langley	9' 0"
2012	Logan Besougloff	Langley	13' 8"	Meigan McManus	Langley	9' 0"
2013	Robert Yu	Langley	14' 5.75"	Lizzy Miranda	Jefferson	8' 6"
2014	Conor Maddry	Langley	12' 6"	Geena May	Madison	9' 3.25"
2015	Conor Maddry	Langley	12' 6"	Rachel Barborek	Fairfax	9' 3"
2016	Decker Barborek	Fairfax	12' 0"	Kelsie Hao	Langley	9' 9"
2017	Decker Barborek	Fairfax	13' 6"	Kelsie Hao	Langley	10' 9"
2018	Jim Keys	Langley	13' 6"	Hannah Richardson	Langley	10' 9"
2019	Asher Levy-Myers	South Lakes	13' 4"	Hannah Richardson	Langley	10' 0"
2020	Thomas Allison	South Lakes	12' 0"	Hannah Richardson	Langley	12' 0"

### Shot Put

	<b>Boys Winner</b>	<b>School</b>	<b>Time</b>	<b>Girls Winner</b>	<b>School</b>	<b>Time</b>
1995	Matt Spaeder	Langley	48' 1.5"	Ellen Gotthardt	Langley	35' 10.75"
1996	Matt Peel	Langley	50' 10"	Inhar Chong	Fairfax	33' 11.75"
1997	Billy Huyler	Langley	46' 2"	Inhar Chong	Fairfax	33' 7"
1998	Jose Portillo	GC Marshall	50' 3.5"	Inhar Chong	Fairfax	37' 7"
1999	Jose Portillo	GC Marshall	55' 1"	Leigh Trayers	RE Lee	??? 9.75"
2000	TJ Stahl	GC Marshall	53' 0"	Meghan Roman	McLean	33' 9"
2001	Chris Barham	GC Marshall	50' 10.5"	Rachelle Wigenton	Fairfax	34' 8"
2002	Chris Barham	GC Marshall	48' 11.75"	Carissa Culbreath	GC Marshall	35' 0.25"
2003	Tim Silver	GC Marshall	47' 4.5"	Heather Byrnes	RE Lee	31' 4"
2004	Josh Ronan	RE Lee	49' 8"	Ann McGrane	Saxons	33' 1"
2005	Yaky Ibia	South Lakes	45' 4"	Mobolaji Falaiye	South Lakes	32' 8.25"
2006	Yaky Ibia	South Lakes	46' 7.25"	Kristen Sourbeer	Jefferson	33' 2"
2007	Frank Nothaft	Jefferson	49' 1.25"	Jacqueline Hargrove	GC Marshall	29' 3.25"
2008	Travis Mueller	WT Woodson	46' 11"	Meara Goss	GC Marshall	33' 0"
2009	Alexander Saures	GC Marshall	44' 3.75"	Meara Goss	GC Marshall	35' 4"
2010	Richard Lowe	Fairfax	49' 10.25"	Meara Goss	GC Marshall	34' 0.75"
2011	Travis Johnson	Madison	44' 11.75"	Sumiya Yates	South Lakes	33' 3.75"
2012	Scott Lafoon	McLean	49' 3.25"	Sumiya Yates	South Lakes	35' 4.5"
2013	Jordan Lopez	Langley	43' 9"	Tangie Shaw	GC Marshall	30' 7.25"
2014	Thomas Blazon	Langley	47' 8.25"	Elli Panagiotopolous	Washington-Lee	35' 8.75"
2015	Matt Ohlson	McLean	49' 7"	Ozioma Chinaka	South Lakes	28' 4.5"
2016	Benedict Draghi	Washington-Lee	61' 4.75"	Katherine Cressey	Yorktown	28' 1.5"
2017	Benedict Draghi	Washington-Lee	57' 3"	Kayla Deehan	Langley	39' 3.75"
2018	Jabari Bennett	Washington-Lee	62' 2"	Jamie Richards	South Lakes	32' 0"
2019	Caleb Miller	South Lakes	46' 4"	Sarah Jane Brown	South Lakes	30' 3.75"
2020	Caleb Miller	South Lakes	49' 2.5"	Sarah Jane Brown	South Lakes	33' 1.25"