

MONTGOMERY COUNTY PUBLIC SCHOOLS
27th ANNUAL
INDOOR TRACK & FIELD
CHAMPIONSHIPS



January 23, 2012
Prince George's Sports & Learning Complex
Landover, MD

**2012 Montgomery County
Indoor Track & Field Championships
MEET SCHEDULE**

TRACK EVENTS

Girls 55 high hurdle prelims	3:30 pm
Boys 55 high hurdle prelims	3:40 pm
Girls 55 dash prelims	3:50 pm
Boys 55 dash prelims	4:00 pm
Girls 3200 meter relay (4 x 800)	4:10 pm
Boys 3200 meter relay (4 x 800)	4:25 pm
Girls 300 meter dash	4:45 pm
Boys 300 meter dash	5:00 pm
Girls 1600 meter run	5:15 pm
Boys 1600 meter run	5:40 pm
Girls 500 meter dash	6:00 pm
Boys 500 meter dash	6:25 pm
Boys High hurdle finals	6:40 pm
Girls High hurdle finals	6:45 pm
Boys 55 meter dash finals	6:50 pm
Girls 55 meter dash finals	6:55 pm
Girls 3200 meter run	7:00 pm
Boys 3200 meter run	7:20 pm
Girls 800 meter relay (4x200)	7:50 pm
Boys 800 meter relay (4x200)	8:05 pm
Girls 800 meter run	8:20 pm
Boys 800 meter run	8:35 pm
Girls 1600 meter relay (4x400)	8:50 pm
Boys 1600 meter relay (4x400)	9:05 pm

FIELD EVENTS***SPECIAL JUMPING SCHEDULE***

3:30 – 4:00	Runway open for long jumpers
4:00 – 5:30	GIRLS AND BOYS LONG JUMP
5:30 – 6:00	Runway open for triple jumpers
6:00 – 8:30	GIRLS AND BOYS TRIPLE JUMP
3:30pm	Boys Shot Put Girls High Jump
6:30pm	Girls Shot Put Boys High Jump

MEET FACTS AND INFORMATION

CHAMPIONSHIP FACTS

The MCPS Indoor Track and Field Championships have been held since 1986.

The meet has twice been cancelled because of inclement weather (1996 and 1999).

Gaithersburg High has won the most Boys' team titles with 10.

Walt Whitman and Winston Churchill have won the most Girls' team titles with 4.

The same school has won both team titles in the same year only twice in meet history:

Paint Branch – 1993

Gaithersburg – 2002

There are currently 25 high schools in Montgomery County.

Only 4 schools have won a girls' and a boys' team title:

Paint Branch

Gaithersburg

Richard Montgomery

Walter Johnson

There were 6 meet records set (3 by the girls and 3 by the boys) at the 2006 Championships.

There were 10 meet records set (8 by the girls and 2 by the boys) at the 2007 Championships.

There were 10 meet records set (2 by the girls and 8 by the boys) at the 2008 Championships.

There were 8 meet records set (1 by the girls 7 by the boys) at the 2009 Championships.

There were 9 meet records set (2 by the girls 7 by the boys) at the 2010 Championships.

There were 3 meet records set (3 by the girls 0 by the boys) at the 2011 Championships.

2012 CHAMPIONSHIPS

Awards:

Medals for top 3 finishers

Ribbons for 4 – 6 finishers

Trophies for team champion and team runner-up

Scoring:

The top 8 in each event will score in this meet:

10 – 8 – 6 – 5 – 4 – 3 – 2 – 1

Fully Automatic Timing (FAT) will be used for all running events.

The 55 meter final and 55 meter high hurdle final will be 1 heat each consisting of the eight fastest runners from the semi-final heats.

PAST TEAM CHAMPIONS

GIRLS

1986	Walt Whitman	82 pts
1987	Walt Whitman	128 pts
1988	Walt Whitman	106 pts
1989	John F. Kennedy	71 pts
1990	Seneca Valley	69 pts
1991	Walt Whitman	61 pts
1992	Bethesda-Chevy Chase	41 pts
1993	Paint Branch	48 pts
1994	Paint Branch	70 pts
1995	Paint Branch	58 pts
1996	Meet cancelled – because of snow	
1997	Damascus	61 pts
1998	Richard Montgomery	76 pts
1999	Meet cancelled – because of snow	
2000	Walter Johnson	76.5
2001	Quince Orchard	58 pts
2002	Gaithersburg	73 pts
2003	Walter Johnson	74 pts
2004	Poolesville	59.5 pts
2005	Damascus	81 pts
2006	Winston Churchill	98.5 pts
2007	Winston Churchill	100 pts
2008	Thomas S. Wootton	84 pts
2009	Winston Churchill	105 pts
2010	Winston Churchill	89 pts
2011	Northwest	66.50 pts

BOYS

1986	John F. Kennedy	72 pts
1987	Albert Einstein	70 pts
1988	Albert Einstein	91.5 pts
1989	Albert Einstein	76 pts
1990	Gaithersburg	52 pts
1991	Springbrook	68 pts
1992	Springbrook	92 pts
1993	Paint Branch	70 pts
1994	Gaithersburg	69 pts
1995	Gaithersburg	67 pts
1996	Meet cancelled – because of snow	
1997	Richard Montgomery	68 pts
1998	Gaithersburg	99 pts
1999	Meet cancelled – because of snow	
2000	Gaithersburg	99 pts
2001	Walter Johnson	59 pts
2002	Gaithersburg	101 pts
2003	Gaithersburg	90.5 pts
2004	Gaithersburg	57.5 pts
2005	Gaithersburg	103.5 pts
2006	Richard Montgomery	98 pts
2007	Richard Montgomery	113.5 pts
2008	Richard Montgomery	86 pts
2009	Gaithersburg	84.5 pts
2010	Damascus	86 pts
2011	Winston Churchill	93 pts

**2011 Montgomery County
Indoor Track & Field Championships
Girls Champions**

Event	Name	School	Time/Distance
Girls 55 Meter Dash	Olivia Ekpone	Northwest	7.02
Girls 300 Meter Dash	Olivia Ekpone	Northwest	39.18
Girls 500 Meter Run	Britt Eckerstrom	Northwest	76.43
Girls 800 Meter Run	Camille Bouvet	Walter Johnson	2:21.79
Girls 1600 Meter Run	Alex Doll	Bethesda Chevy Chase	5:13.97
Girls 3200 Meter Run	Anna Bosse	Walter Johnson	11:28.37
Girls 55 Meter Hurdles	Thea LaFond	John F. Kennedy	8.64
Girls High Jump	Thea LaFond	John F. Kennedy	5-04.00
Girls Long Jump	Thea LaFond	John F. Kennedy	18-04.00
Girls Triple Jump	Thea LaFond	John F. Kennedy	39-05.75
Girls Shot Put	Rachel Porzel	James Hubert Blake	36-06.5
Girls 4x200 Meter Relay	S. Allen, O. Ekpone I. Knight, B. Eckerstrom	Northwest	1:46.07
Girls 4x400 Meter Relay	B. Eckerstrom, I. Knight T. Wellman, O. Ekpone	Northwest	4:09.63
Girls 4x800 Meter Relay	A. Achamorfaw, N. Sheppard K. Gularson, B. Eckerstrom	Northwest	9:40.64
Women's Team Champion		Northwest	66.50 Points
Women's Runner-Up		Walter Johnson	46.00 Points

Bold – New Record

**All-Time Montgomery County
Indoor Track & Field Championships
Girls Record Holders**

Event	Name	School	Time/Distance	Year
Girls 55 Meter Dash	Olivia Ekpone	Northwest	7.02	2011
Girls 300 Meter Dash	Olivia Ekpone	Thomas Wootton	38.96	2009
Girls 500 Meter Run	Leslie Morrison	Walt Whitman	1:16.26	2007
Girls 800 Meter Run	Leslie Morrison	Walt Whitman	2:17.43	2007
Girls 1600 Meter Run	Morgane Gay	Walt Whitman	5:05.66	2007
Girls 3200 Meter Run	Sally Glynn	Walter Johnson	11:07.5h	1995
Girls 55 Meter Hurdles	Audrey Gariepy-Bogui	Winston Churchill	8.22	2007
Girls High Jump	Audrey Gariepy-Bogui	Winston Churchill	5-08.50	2007
Girls Long Jump	Thea LaFond	John F. Kennedy	18-04.00	2011
Girls Triple Jump	Thea LaFond	John F. Kennedy	39-05.75	2011
Girls Shot Put	Ruth Kura	Quince Orchard	38-08.50	1998
Girls 4x200 Meter Relay	B. Eckerstrom, I. Knight, O. Ekpone, A. Rule	Northwest	1:43.21	2010
Girls 4x400 Meter Relay	A. Achamorfaw, I. Knight B. Eckerstrom, A. Henshaw	Northwest	4:00.58	2010
Girls 4x800 Meter Relay	A. Achamorfaw, I Knight, B. Eckerstrom, A. Henshaw	Northwest	9:35.01	2010
Girls Team Points		Walt Whitman	128.00 pts.	1988
Girls Team Titles		Walt Whitman Winston Churchill	4 Titles	

**2011 Montgomery County
Indoor Track & Field Championships
Boys Champions**

Event	Name	School	Time/Distance
Boys 55 Meter Dash	Micah Phillips-Spencer	Winston Churchill	6.60
Boys 300 Meter Dash	Robert Bowis	Winston Churchill	35.85
Boys 500 Meter Run	Kemol Anderson	John F. Kennedy	68.21
Boys 800 Meter Run	Sam Martin	Richard Montgomery	2:02.18
Boys 1600 Meter Run	Sam Martin	Richard Montgomery	4:29.16
Boys 3200 Meter Run	Zachary Weinstein	Winston Churchill	9:45.08
Boys 55 Meter Hurdles	Damiete Roberts	Watkins Mill	7.98
Boys High Jump	Zach Fetters	Gaithersburg	6-02.00
Boys Long Jump	Sheldon Trotman	Northwest	21-02.50
Boys Triple Jump	Sheldon Trotman	Northwest	44-01.50
Boys Shot Put	Nnamdi Edokobi	Richard Montgomery	48-02.50
Boys 4x200 Meter Relay	M. Phillips-Spencer, Z. Raker R. Smith, R. Bowis	Winston Churchill	1:31.89
Boys 4x400 Meter Relay	N. Agyire, T. James T. Stephens, F. Nzekele	Bethesda Chevy Chase	3:35.81
Boys 4x800 Meter Relay	J. Ellis, N. Regan A. Willett, S. Sheehan	Walter Johnson	8:13.86
Boys Team Champion		Winston Churchill	93.00 Points
Boys Runner-Up		Quince Orchard	73.00 Points

Bold – New Record

**All-Time Montgomery County
Indoor Track & Field Championships
Boys Record Holders**

Event	Name	School	Time/Distance	Year
Boys 55 Meter Dash	Gary Frazier	Richard Montgomery	6.50	2008
	Jay Colbert	Gaithersburg	6.3h	2000
	Van Free	Gaithersburg	6.3h	1998
Boys 300 Meter Dash	Bryan Steele	Gaithersburg	35.1h	2002
Boys 500 Meter Run	Wil Zahorodny	Damascus	1:05.09	2008
Boys 800 Meter Run	Thomas Arias	Damascus	1:58.11	2010
Boys 1600 Meter Run	Solomon Haile	Sherwood	4:24.97	2009
Boys 3200 Meter Run	Solomon Haile	Sherwood	9:32.06	2009
Boys 55 Meter Hurdles	Matt McGuire	Richard Montgomery	7.2h	1998
Boys High Jump	Owen Cain	Gaithersburg	6-07.00	2009
	Jeremy Smith	Gaithersburg	6-07.00	1998
	Tuan Wreh	Richard Montgomery	6-07.00	1998
Boys Long Jump	Gary Frazier	Richard Montgomery	21-09.00	2008
Boys Triple Jump	Marcus Willacy	Paint Branch	45-04.00	2009
Boys Shot Put	Sean Stanley	Gaithersburg	59-10.00	2009
Boys 4x200 Meter Relay		Gaithersburg	1:31.5h	2002
Boys 4x400 Meter Relay	A. Arias, J. Constantinides B. Constantinides, C. Jonas	Damascus	3:30.23	2009
Boys 4x800 Meter Relay	Woode, Constantinides, Arias, Constantinides	Damascus	8:04.18	2010
Boys Team Points		Richard Montgomery	113.5 pts.	2007
Boys Team Titles		Gaithersburg	9 Titles	