

## 6th ANNUAL LIGHTNING RELAYS - 5/16/2021

Freedom High School  
Results - High School

## Event 406 1600 Meter Run High School Girls

Name	Team	Finals
<b>Finals</b>		
1 Dillard, Sadie	Nva Track	5:35.48
2 Floyd, Hannah	Nva Track	5:43.12
3 Harris, Genevieve	DC Select Tr	5:44.17
4 Gage, Elise	Unattached	6:12.94
5 Edmundson, Bailey	Nva Track	6:15.44
6 Kelly-Mavretic, Maeve	DC Select Tr	6:21.09
7 Bello, Marisa	DC Select Tr	6:33.32
8 Ortega, Brooke	Dale City Li	6:34.92
9 Beniyam, Lidya	Dale City Li	6:43.88
10 Turk, Ella	Nva Track	6:44.62
11 Metcalfe, Syerra	Pwc Panthers	6:48.84
12 Beers, Charlotte	DC Select Tr	7:07.80

## Event 456 1600 Meter Run High School Boys

Name	Team	Finals
<b>Finals</b>		
1 Way, Joshua	Unattached	4:38.36
2 Bollinger III, Gregory	The Lake	4:48.29
3 Pettyjohn, Ethan	My Vision El	4:52.42
4 Isler, Bryce	Firebirds Tr	4:54.19
5 Douglas, Malcolm	DC Select Tr	5:13.42
6 Richards, Rowan	Firebirds Tr	5:17.28
7 Galil, Joachim	DC Select Tr	5:17.31
8 Arrieta, Rashad	Firebirds Tr	5:29.15
9 Bowman, Isaiah	DC Select Tr	5:31.22
10 Harmon, Jonathan	Nva Track	5:32.17
11 White, Jakobi	McKinley Tec	5:39.10
12 Zaslavsky, Yoni	Firebirds Tr	7:08.46

## Event 410 100 Meter Hurdles High School Girls

Name	Team	Finals
<b>Finals</b>		
1 Thomas, Lauren	Unattached	15.40 1.5
2 O'Neil, Indira	Nva Track	15.65 1.5
3 Lytle, Nicole	DC Select Tr	16.16 1.5
4 Johnson, Camille	Nva Track	17.25 +0.0
5 Murray, Amiyah	Dunbar High	18.09 0.5
6 Moody, Miracle	Dunbar High	18.28 0.5
7 Bell, Daija	Nva Track	18.93 0.5
8 Gore, Dajuana	Dunbar High	20.58 +0.0
9 Waymer, Addie Olivia	DC Select Tr	20.86 0.5

## Event 460 110 Meter Hurdles High School Boys

Name	Team	Finals
<b>Finals</b>		
1 Strong, David	Unattached	15.12 1.9
2 Southall, Xavier	Spartan Chos	15.54 1.9
3 Townes Jr., Kareem	DC Select Tr	17.48 1.9
4 Robinson, Nathan	Nva Track	18.27 1.9

## Event 402 100 Meter Dash High School Girls

Name	Team	Finals
<b>Finals</b>		
1 Badoo, Giselle	i5 Elite	12.31 1.9
2 Hudson, Deianna	Dale City Li	12.34 1.9
3 Diggs, Kasey	Pwc Panthers	12.49 1.9
4 Addo, Rakyia	Dunbar High	12.52 1.9
5 Kennedy, Raven	The Lake	12.58 1.9
6 Woods, Ayanna	Dale City Li	12.81 0.7
7 Sharps, Jasmine	i5 Elite	12.83 0.1
8 Thomas, Lauren	Unattached	12.85 0.7
9 Bennett, Kaylee	Unattached	12.99 0.7
10 Wallace, Indie	Speed Unlimi	13.13 1.8
11 Gordon, Kayla	Firebirds Tr	13.19 1.8
12 Johnson, Iyana	Dale City Li	13.20 1.9
13 Mendoza, Janayis	i5 Elite	13.22 0.7
14 Clark, Shiyenne	i5 Elite	13.31 1.3
15 Lyttle, Brooklyn	Mvp League	13.35 0.7
16 Moody, Miracle	Dunbar High	13.36 1.8
17 Bradley, Shanelle	Southern Spr	13.47 1.9
18 Eubanks, Unique	The Lake	13.49 0.7
19 Byrd, Ruqayyah	Dale City Li	13.60 1.8
20 McEwen, Laura	Mvp League	13.71 0.7
21 Shorters, Kamea	Speed Unlimi	13.78 1.5
22 Upshaw, Alyssa	Dale City Li	13.90 1.8
23 Hill, Majoriti	Speed Unlimi	13.92 0.7
23 Peyton, Honesty	Dale City Li	13.92 1.5
25 Wright, Storm	DC Select Tr	14.01 0.7
26 Sharps, Raquel	i5 Elite	14.06 0.1
27 Amah, Ogechukwu	McKinley Tec	14.29 0.7
28 Gueye, Salmata	Firebirds Tr	14.35 1.5
29 Waymer, Addie Olivia	DC Select Tr	14.38 1.5
30 Scott, Kaia	DC Select Tr	14.40 1.8
31 Wright, Ke'shae	Dale City Li	14.41 0.7
31 Anderson, Charis	Nva Track	14.41 0.1
33 Davis, Nyshonne	McKinley Tec	14.74 2.3
34 Smith, Mackenzie	Nva Track	14.82 1.5
35 Leath, Soraya	Dale City Li	14.95 2.3
36 Elliott, Janae	Dale City Li	15.09 2.3
37 Leo, Asiah	Speed Unlimi	15.35 2.3
38 Blackwell, Meagan	i5 Elite	15.59 1.3
39 Sakhel, Lana	Nva Track	15.78 1.5
40 Duvall, Courtney	McKinley Tec	15.82 2.3
41 Ellis, Katherine	Christ Chape	16.63 2.3

## Event 452 100 Meter Dash High School Boys

Name	Team	Finals
<b>Finals</b>		
1 Staats, Shavar	Unattached	10.93 0.6
2 Black, Jaelan	Pwc Panthers	10.99 0.6
3 Brown, Marcus	Archbishop C	11.15 0.6
4 Sims, Antonio	Unattached	11.19 0.6
5 Bell, Jayson	Nva Track	11.25 0.6
6 Mendoza, Joel	i5 Elite	11.35 0.6
7 Mendoza, Jadiel	i5 Elite	11.43 2.2

## 6th ANNUAL LIGHTNING RELAYS - 5/16/2021

Freedom High School  
Results - High School

## Finals ... (Event 452 100 Meter Dash High School Boys)

Name	Team	Finals
8 Sims, Alonzo	Unattached	11.44 0.6
9 Osai, Chilowe	McKinley Tec	11.45 2.2
10 Mintzer, Nathaniel	Georgetown D	11.61 0.6
11 Thomas, Aaron	Speed Unlimi	11.63 2.2
12 Towler, Joseph	Unattached	11.75 0.6
13 Johar, Bhavya	Nva Track	11.77 2.2
14 Williams, Israel	Unattached	11.79 0.6
15 Evans, Kai	Legacy Track	11.82 2.2
16 Winters, Jordan	The Lake	11.87 2.2
17 Brown, Marcel	Capital City	11.92 -1.2
18 Johnson, Mekhi	The Lake	11.98 2.2
19 Thompson, Brent	The Lake	12.06 2.2
20 Powers, Brandon	Dale City Li	12.07 0.6
21 Hudson, Stephen	Nva Track	12.14 1.0
22 Nwachukwu, Chike	Full Speed A	12.19 -1.2
23 Ware, Neko	i5 Elite	12.20 -1.3
24 Walker, Morris	DC Select Tr	12.22 1.0
25 Manfredi, Jacomo	Legacy Track	12.39 1.0
26 Williams, Keion	Capital City	12.52 2.6
27 Davis, Mekah	Speed Unlimi	12.61 1.2
28 Okon, Elijah	Capital City	12.62 1.0
29 Martin, Nathanael	Nva Track	12.66 1.0
30 Ellis, Dejuan	Speed Unlimi	12.81 0.6
31 Lai, Minh-Nhat	Nva Track	12.97 1.0
32 Marsh, Juan	Capital City	13.15 -1.2
33 Hemsley, Dewand	Capital City	13.33 1.2
34 Howard III, Merl	DC Select Tr	13.52 1.2
35 Gore, David	Speed Unlimi	13.63 1.2
36 Coates, Donald	DC Select Tr	13.84 1.2
37 Jackson, Tyrique	Speed Unlimi	13.94 1.2
38 Schneider, Maddox	Nva Track	14.13 1.2
39 Pope, Jalen	Speed Unlimi	14.31 1.2
40 Powell, Laurence	Capital City	14.36 2.6
41 Canda, Andrew	Christ Chape	15.58 -1.3
42 Grady, Jaylen	Dale City Li	15.92 2.6
43 Thurston, Damien	Capital City	16.03 2.6
44 Hill, Zion	Firebirds Tr	16.10 -1.3

## Event 413 1600 Sprint Medley High School Girls

Team	Relay	Finals
<b>Finals</b>		
1 Baltimore Wh	A	1:50.70 10
2 Dunbar High School	A	1:53.70 8
1) Addo, Rakyia	2) Moody, Miracle	
3) Sirleaf, Ayana	4) Lowder, Anaya	
3 Nva Track	A	1:56.04 6
4 Nva Track	B	2:01.11 4
5 Speed Unlimited	A	2:03.59 2
1) Hasan, Layla	2) Hill, Majoriti	
3) Leo, Asiah	4) Shaw, Ayana	

## Event 463 1600 Sprint Medley High School Boys

Team	Relay	Finals
<b>Finals</b>		
1 Nva Track	A	1:37.53 10
2 Speed Unlimited	A	1:38.25 8
1) Webb, Nikko	2) Thomas, Aaron	
3) Murray, Emmanuel	4) Garrett, Christian	
3 Nva Track	B	1:45.93 6
4 McKinley Tec	A	1:50.95 4
1) Banu, David	2) Osai, Chilowe	
3) Chapman, Jeremiah	4) West, Maurice	
5 Speed Unlimited	B	1:52.29 2
1) Davis, Mekah	2) Jackson, Tyrique	
3) Slye, Terrell	4) Pope, Jalen	
6 Capital City	B	1:54.14 1
1) Okon, Elijah	2) Hemsley, Dewand	
3) Powell, Laurence	4) Johnson, Caleb	
7 Capital City	A	2:03.21
1) Brown, Marcel	2) Marsh, Juan	
3) Thurston, Damien	4) Williams, Keion	

## Event 576 4x800 Meter Relay High School Girls

Team	Relay	Finals
<b>Finals</b>		
1 DC Select Track Club	A	11:47.69 10
1) Beers, Charlotte	2) Bello, Marisa	
3) Caruth, Liyah	4) Walker, Joel	
2 DC Select Track Club	B	12:20.77 8
1) Kelly-Mavretic, Maeve	2) Harris, Genevieve	
3) Black, Arewynn	4) Simon, Kaylee	
3 Dunbar High School	A	13:28.57 6
1) Gore, Dajuana	2) Gavins, Zaniya	
3) Cook, Lindsey	4) Beal, Kimora	

## Event 575 4x800 Meter Relay High School Boys

Team	Relay	Finals
<b>Finals</b>		
1 DC Select Track Club	B	9:39.97 10
1) Samuel, Andre	2) Stowers-DeWolfe, Maximo	
3) Liesegang, Alexander	4) Campbell, Jamiel	
2 DC Select Track Club	A	10:01.53 8
1) Galil, Joachim	2) Douglas, Malcolm	
3) Bowman, Isaiah	4) Townes Jr., Kareem	

## Event 404 400 Meter Dash High School Girls

Name	Team	Finals
<b>Finals</b>		
1 Parham, Madison	Baltimore Wh	56.97
2 Hudson, Deianna	Dale City Li	57.89
3 Cornelius, Raichelle	Dale City Li	1:00.34
4 Sharps, Jasmine	i5 Elite	1:01.92
5 Clark, Shiyenne	i5 Elite	1:02.16
6 Gordon, Kayla	Firebirds Tr	1:02.36
7 Hasan, Layla	Speed Unlimi	1:03.44
8 Mendoza, Janayis	i5 Elite	1:04.13

## 6th ANNUAL LIGHTNING RELAYS - 5/16/2021

Freedom High School  
Results - High School

## Finals ... (Event 404 400 Meter Dash High School Girls)

Name	Team	Finals
9 Byrd, Ruqayyah	Dale City Li	1:04.31
10 Wright, Storm	DC Select Tr	1:05.96
11 Woods, Ayanna	Dale City Li	1:06.08
12 Hernandez, Mariela	McKinley Tec	1:07.19
13 Chineme, Zoey	DC Select Tr	1:07.33
14 Bryson, Brianna	Dale City Li	1:07.45
15 Upshaw, Alyssa	Dale City Li	1:07.47
16 Oliver, Tiffany	Archbishop C	1:07.67
17 Sharps, Raquel	i5 Elite	1:08.49
18 Ebron, Kyden	Archbishop C	1:10.28
19 Todd, A'Mya	Mach 5 Athle	1:12.77
20 Leath, Soraya	Dale City Li	1:13.82
21 Davis, Nyshonne	McKinley Tec	1:14.32
22 Peyton, Honesty	Dale City Li	1:18.03
23 Elliott, Janae	Dale City Li	1:24.25
24 Leo, Asiah	Speed Unlimi	1:26.70
25 Blackwell, Meagan	i5 Elite	1:32.95

## Event 454 400 Meter Dash High School Boys

Name	Team	Finals
1 Miller, Marquis	Unattached	49.92
2 Atkins, Talil	Baltimore Wh	50.05
3 Maxwell, Jeremiah	The Lake	51.35
4 Brown, Marcus	Archbishop C	51.80
5 Webb, Nikko	Speed Unlimi	52.10
6 Temoney, Reece	Archbishop C	52.50
7 Collins, Jordan	Dale City Li	52.80
8 James, Jordan	Baltimore Wh	52.93
9 Mendoza, Joel	i5 Elite	53.01
10 Garrett, Christian	Speed Unlimi	53.30
11 Southall, Xavier	Spartan Chos	53.45
12 Germain, Josiah	Dale City Li	53.50
13 Towler, Joseph	Unattached	54.17
14 Bell, Justin	Nva Track	55.03
15 Mclemore, Justice	Mach 5 Athle	55.03
16 Mendoza, Jadiel	i5 Elite	55.07
17 Ware, Neko	i5 Elite	55.63
18 Powers, Brandon	Dale City Li	55.69
19 Hall, Aidan	Mvp League	55.95
20 Harris, Michael	Unattached	56.16
21 Manfredi, Jacomo	Legacy Track	56.35
22 Minor, Brayden	Unattached	56.50
23 Hunter, Cardwell	Mach 5 Athle	56.93
24 Samuel, Andre	DC Select Tr	57.81
25 Brown, Cole	Nva Track	58.01
26 Gordon, Jayden	Unattached	58.54
27 Davis, Mekah	Speed Unlimi	58.94
28 Lesesne, Josh	Archbishop C	1:00.64
29 Xavier, Jones	Mach 5 Athle	1:02.49
30 Slye, Terrell	Speed Unlimi	1:02.89
31 Liesegang, Alexander	DC Select Tr	1:03.04
32 Johnson, Caleb	Capital City	1:05.27
33 Jackson, Tyrique	Speed Unlimi	1:06.76

34 Pope, Jalen	Speed Unlimi	1:08.66
35 Gore, David	Speed Unlimi	1:09.02
36 Robinson, James	Speed Unlimi	1:14.66
37 Barnes, Jaylen	Cavalier Cav	1:16.82

## Event 412 4x100 Meter Relay High School Girls

Team	Relay	Finals
<b>Finals</b>		
1 Dunbar High School	A	50.39 10
1) Addo, Rakyia	2) Lowder, Anaya	
3) Moody, Miracle	4) Murray, Amiyah	
2 Baltimore Wh	A	51.42 8
3 Nva Track	A	51.43 6
4 Speed Unlimited	A	54.36 4
1) Hasan, Layla	2) Hill, Majoriti	
3) Leo, Asiah	4) Shaw, Ayana	
5 Nva Track	B	55.37 2

## Event 462 4x100 Meter Relay High School Boys

Team	Relay	Finals
<b>Finals</b>		
1 Nva Track	A	43.92 10
2 Spartan Chosen	A	44.27 8
1) Carmichael, Xavier	2) Coles, David	
3) Peterson, Joshua	4) Southall, Xavier	
3 McKinley Tec	A	46.28 6
1) Banu, David	2) Murray, Emmanuel	
3) Chapman, Jeremiah	4) Osai, Chilowe	
4 Speed Unlimited	A	47.30 4
1) Ellis, Dejuan	2) Webb, Nikko	
3) Thomas, Aaron	4) Garrett, Christian	
5 Nva Track	B	47.79 2
6 Nva Track	C	49.70 1

## Event 405 800 Meter Run High School Girls

Name	Team	Finals
<b>Finals</b>		
1 Prasad, Himagowri	Unattached	2:37.99
2 Floyd, Hannah	Nva Track	2:38.27
3 Smith, Rakira	Baltimore Wh	2:49.52
4 Edmundson, Bailey	Nva Track	2:50.52
5 Metcalfe, Syerra	Pwc Panthers	2:52.70
6 Turk, Ella	Nva Track	2:58.98
7 Beniyam, Lidya	Dale City Li	3:00.90
8 Ortega, Brooke	Dale City Li	3:01.89
9 Gage, Elise	Unattached	3:04.93
10 Mcduffie, Alexis	Dale City Li	3:06.14

## Event 455 800 Meter Run High School Boys

Name	Team	Finals
<b>Finals</b>		
1 Otusajo, Korede	Unattached	1:56.49
2 Dachos, Alexander	My Vision El	2:01.80
3 Sims, Alonzo	Unattached	2:05.91
4 Isler, Bryce	Firebirds Tr	2:07.75
5 Bollinger III, Gregory	The Lake	2:10.29

## 6th ANNUAL LIGHTNING RELAYS - 5/16/2021

Freedom High School  
Results - High School

## Finals ... (Event 455 800 Meter Run High School Boys)

Name	Team	Finals
6 Way, Joshua	Unattached	2:13.85
7 Perry, Jayden	Dale City Li	2:24.62
8 Arrieta, Rashad	Firebirds Tr	2:29.89
9 White, Jakobi	McKinley Tec	2:38.56
10 West, Maurice	McKinley Tec	2:48.02

## Event 403 200 Meter Dash High School Girls

Name	Team	Finals
<b>Finals</b>		
1 Hudson, Deianna	Dale City Li	25.47 -0.2
2 Cornelius, Raichelle	Dale City Li	25.82 -0.2
3 Badoo, Giselle	i5 Elite	25.84 -0.2
4 Collins, Kayla	Archbishop C	25.96 -0.2
5 Diggs, Kasey	Pwc Panthers	26.09 -0.2
6 Sharps, Jasmine	i5 Elite	26.14 -0.6
7 Kennedy, Raven	The Lake	26.34 1.4
8 Thomas, Lauren	Unattached	26.61 -0.2
9 Bennett, Kaylee	Unattached	26.83 1.4
10 Wise, Akata	Baltimore Wh	26.88 -0.6
11 Mendoza, Janayis	i5 Elite	26.92 1.4
12 Clark, Shiyenne	i5 Elite	26.99 1.0
13 Gordon, Kayla	Firebirds Tr	27.01 -0.4
14 Woods, Ayanna	Dale City Li	27.46 1.4
15 Hasan, Layla	Speed Unlimi	27.64 -0.6
16 Bradley, Shanelle	Southern Spr	27.73 -0.2
17 Husbands, Layla	Archbishop C	27.77 -0.4
18 Germain, Jordann	Dale City Li	27.90 -0.4
19 Lyttle, Brooklyn	Mvp League	27.97 -0.2
20 Eubanks, Unique	The Lake	28.00 1.1
21 Ward, Alaya	McKinley Tec	28.00 1.4
22 Jones, Azariah	Baltimore Wh	28.59 1.4
23 Singleton, Raniah	Dale City Li	28.61 NWI
24 Bryson, Brianna	Dale City Li	28.65 1.1
25 Hill, Majoriti	Speed Unlimi	28.77 -0.4
26 Sadler, sofia	Nva Track	28.93 NWI
27 Wilson, Zakiyah	Dunbar High	28.96 1.4
28 Wright, Ke'shae	Dale City Li	29.07 1.1
29 Smith, Alyson	Unattached	29.21 1.0
30 Sharps, Raquel	i5 Elite	29.38 1.2
31 Wooten, Alisha	DC Select Tr	29.46 1.1
32 Peyton, Honesty	Dale City Li	29.46 1.3
33 Shorters, Kamea	Speed Unlimi	29.77 NWI
34 Gueye, Salmata	Firebirds Tr	29.89 NWI
35 Anderson, Charis	Nva Track	30.18 1.2
36 Mcduffie, Alexis	Dale City Li	30.23 NWI
37 Dorre, Kathryn	Nva Track	30.28 -0.2
38 Todd, A'Mya	Mach 5 Athle	30.50 1.3
39 Smith, Mackenzie	Nva Track	30.69 -0.2
40 Davis, Nyshonne	McKinley Tec	31.06 1.3
41 Fortune, Kyndahl	Baltimore Wh	31.20 -0.2
42 Leath, Soraya	Dale City Li	31.68 1.3
43 Taylor, Alyssa	Mach 5 Athle	32.08 1.0
44 Sakhel, Lana	Nva Track	32.75 1.3
45 Elliott, Janae	Dale City Li	32.88 1.3

46 Duvall, Courtney	McKinley Tec	33.84 1.3
47 Leo, Asiah	Speed Unlimi	33.99 -0.2
48 Mazyck, Kyria	i5 Elite	35.20 1.0
49 Blackwell, Meagan	i5 Elite	37.85 1.2

## Event 453 200 Meter Dash High School Boys

Name	Team	Finals
<b>Finals</b>		
1 Harbor, Nyckoles	Archbishop C	21.46 -1.2
2 Sims, Antonio	Unattached	22.05 -1.2
3 Black, Jaelan	Pwc Panthers	22.52 -1.2
4 Atkins, Talil	Baltimore Wh	22.66 -1.2
5 Strong, David	Unattached	22.83 -0.6
6 Mendoza, Joel	i5 Elite	22.85 -0.6
7 Maxwell, Jeremiah	The Lake	23.09 -1.2
8 Mendoza, Jadiel	i5 Elite	23.28 0.6
9 James, Jordan	Baltimore Wh	23.62 -0.6
10 Thomas, Aaron	Speed Unlimi	23.72 -0.6
11 Osai, Chilowe	McKinley Tec	23.94 1.0
12 Harris, Brian	Virginia Bla	24.19 0.8
13 Murray, Emmanuel	McKinley Tec	24.21 0.8
14 Miller, Jordan	Mach 5 Athle	24.31 -1.3
15 Powers, Brandon	Dale City Li	24.34 1.0
16 Ware, Neko	i5 Elite	24.56 -1.3
17 Garrett, Christian	Speed Unlimi	24.66 0.6
18 Johnson, Mekhi	The Lake	24.67 0.6
19 Chapman, Jeremiah	McKinley Tec	24.85 -0.1
20 Nwachukwu, Chike	Full Speed A	24.87 2.7
21 Hudson, Stephen	Nva Track	24.88 -0.1
22 Morrad, Dean	Nva Track	24.92 0.8
23 Williams, Keion	Capital City	24.93 0.9
24 Thompson, Brent	The Lake	25.03 0.8
25 Harris, Michael	Unattached	25.07 0.8
26 Belcher, Roman	Nva Track	25.20 0.8
27 Mclemore, Justice	Mach 5 Athle	25.40 2.7
28 Manfredi, Jacomo	Legacy Track	25.45 -0.1
29 Minor, Braylen	Virginia Bla	25.48 1.0
30 Todd, Justin	Mach 5 Athle	25.71 -1.3
31 Davis, Mekah	Speed Unlimi	25.80 -0.1
32 Lai, Minh-Nhat	Nva Track	25.82 1.0
33 Martin, Nathanael	Nva Track	25.86 0.8
34 King, Dalion	Unattached	25.88 0.9
35 Brown, Cole	Nva Track	25.94 1.0
36 Marsh, Juan	Capital City	26.99 0.9
37 Jackson, Tyrique	Speed Unlimi	27.45 1.0
38 Gore, David	Speed Unlimi	27.94 2.7
39 Howard III, Merl	DC Select Tr	28.38 0.9
40 Schneider, Maddox	Nva Track	28.52 2.7
41 Powell, Laurence	Capital City	29.66 2.7
42 Hemsley, Dewand	Capital City	30.33 0.9
43 Robinson, James	Speed Unlimi	32.29 2.7
44 Barnes, Jaylen	Cavalier Cav	33.29 2.7
45 Zaslavsky, Yoni	Firebirds Tr	34.01 2.7
46 Hill, Zion	Firebirds Tr	34.81 2.7

**6th ANNUAL LIGHTNING RELAYS - 5/16/2021****Freedom High School  
Results - High School****Event 414 4x400 Meter Relay High School Girls**

Team	Relay	Finals
<b>Finals</b>		
1 Nva Track	A	4:17.38 10
2 Dunbar High School	A	4:32.39 8
1) Lowder, Anaya	2) Guerrero, Ariana	
3) Beal, Kimora	4) Gavins, Zaniya	

**Event 464 4x400 Meter Relay High School Boys**

Team	Relay	Finals
<b>Finals</b>		
1 Nva Track	A	3:31.33 10
2 Nva Track	B	3:49.87 8

**Women - 8 & Under Division - Team Rankings - 7 Events Scored**

1) NVA Track	18
2) Firebirds Athletic Club	10
3) Legion of Zoom Track Club	8
4) Spartan Chosen VA	6

**Women - 9-10 Division - Team Rankings - 10 Events Scored**

1) NVA Track	10
1) I5 Elite	10
1) Firebirds Athletic Club	10
4) Charles County Elite Track & F	8
5) White Knights - Baltimore	6
6) Dale City Lightning	4

**Women - 11-12 Division - Team Rankings - 11 Events Scored**

1) NVA Track	27
2) Dale City Lightning	18
3) Firebirds Athletic Club	12
4) Legion of Zoom Track Club	10
5) QUICK SPEED	6
5) Charles County Elite Track & F	6
5) Virginia Pride Track & Field C	6

**Women - 13-14 Division - Team Rankings - 10 Events Scored**

1) NVA Track	21
2) Speed Unlimited	20
3) Firebirds Athletic Club	14
3) Dale City Lightning	14
5) Legion of Zoom Track Club	10
6) White Knights - Baltimore	4
7) Charles County Elite Track & F	3

**Women - High School - Team Rankings - 10 Events Scored**

1) Dunbar High School	32
2) NVA Track	28

3) DC Select Track Club	18
3) Baltimore White Knight Track C	18
5) Speed Unlimited	6

**Men - 8 & Under Division - Team Rankings - 8 Events Scored**

1) Dale City Lightning	18
1) Firebirds Athletic Club	18
3) Virginia Pride Track & Field C	14
4) NVA Track	10
5) Charles County Elite Track & F	6
6) White Knights - Baltimore	4
7) New Wave Track Club	1

**Men - 9-10 Division - Team Rankings - 9 Events Scored**

1) New Wave Track Club	14
2) NVA Track	10
2) Forever Strong Elite Track Clu	10
2) Charles County Elite Track & F	10
2) White Knights - Baltimore	10
6) Dale City Lightning	7
7) Firebirds Athletic Club	4

**Men - 11-12 Division - Team Rankings - 11 Events Scored**

1) Southern Sprinters Elite Track	28
2) Dale City Lightning	14
3) Firebirds Athletic Club	10
4) White Knights - Baltimore	8
4) Speed Unlimited	8
4) Virginia State Renegades	8
7) New Wave Track Club	6
7) NVA Track	6
9) Legion of Zoom Track Club	2

**Men - 13-14 Division - Team Rankings - 11 Events Scored**

1) Charles County Elite Track & F	20
2) NVA Track	14
3) Southern Sprinters Elite Track	10
3) VA House of Speed	10
5) Speed Unlimited	6
6) Firebirds Athletic Club	4

**Men - High School - Team Rankings - 10 Events Scored**

1) NVA Track	47
2) DC Select Track Club	18
3) Speed Unlimited	14
4) McKinley Tech High School	10
5) Spartan Chosen	8
6) Capital City Blazers Track & F	1