

D.C.R.R TRACK CHAMPS
Incorporating the
EASTERN TRACK LEAGUE SERIES FINAL



Washington, D.C
SATURDAY JULY 13th, 2019

TENTATIVE START LISTS as at 07.08.19 1pm ET

- **5:59pm Women's 800m C Heat**
- **6:03pm Women's 800m B Heat**
- **6:07pm Men's 800m D Heat (if needed)**
- **6:11pm Men's 800m C Heat**
- 6:15pm Master Mile Ladies (must run under 10:00)
- 6:27pm Mile heat 2 mixed under 7:00
- **6:49pm Women's 800m A Heat**
- 6:53pm Mile heat 3 mixed under 6:30
- 7:03pm Mile heat 4 mixed under 6:00
- 7:12pm Mile heat 5 mixed under 5:45
- 7:20pm Mile heat 6 fast ladies under 5:45
- 7:28pm Mile heat 7 fast men under 5:00
- **7:35pm Men's 800m B Heat**
- **7:39pm Men's 800m A Heat**
- **7:43pm Women's Atlanta Track Club 1500**
- **7:50pm Men's Atlanta Track Club Mile**

Notes

- 🇺🇸 Has 2019 U.S Championships qualifier (if in different event, that event is denoted)
- 🌐 Has 2019 World Championships qualifier (if in different event, that event is denoted)
- 🏅 Has 2020 Olympics qualifier (if in different event, that event is denoted)

Number in parentheses after SB denotes U.S ranking for 2019 outdoor season


























Women's 800m (C Heat: 5:59pm | B Heat 6:03pm | A Heat 6:49pm)

U.S Champs: 2:03.00

World Champs: 2:00.60

Olympic Standard: 1:59.50

Meet Record: 2:05.50 Claudia Saunders 2018

		Nat.	Affiliation	PB	SB
A Heat (6:49pm)					
1	Olivia Baker 		Garden State TC	2:00.08 ('18)	2:01.21 (6)
2	Agnes Abu		GHANA	2:00.77 ('18)	2:01.86
3	Heather MacLean 		New Balance Boston	2:01.86 ('19)	2:01.86
4	Julia Rizk 		Unattached	2:01.99 ('19)	2:01.99 (11)
5	Yolanda Ngarambe		Atlanta TC	2:02.18 ('19)	2:02.18
6	Dana Mecke 		CSTC Elite	2:00.76 ('15)	2:02.98 (19)
7	Emily Richards 		HOKA NJNYTC	2:00.62 ('17)	2:03.07
8	Maddie Kopp		District TC/Under Armour	2:00.88 ('18)	2:03.20
9	Kenyetta Iyevbele		HOKA NJNYTC	2:01.86 ('17)	2:03.27
10	Olga Kosichenko		New Balance CPTC	2:02.92i ('18)	2:03.39
11	Brenna Detra		B.A.A	2:03.95 ('19)	2:03.95
12	Annette Melcher		Air Force	2:02.32 ('15)	2:04.52i
13	Megan Malasarte		Atlanta TC	2:02.06 ('13)	2:04.73
14	Stephanie Schappert		HOKA NJNYTC	2:03.68 ('16)	2:05.28
15	Michelle Howell		District TC/Under Armour	2:04.01 ('18)	2:05.75
16	Kendra Chambers		Oiselle	2:00.76 ('17)	2:06.06
17	Johanna Schulz		Unattached	2:06.24 ('19)	2:06.24
18	Jordan Anderson		Unattached	2:06.05 ('18)	2:06.65
19	Sydnee Over		Unattached	2:04.92 ('15)	2:07.74
20	Jamie Phelan		Unattached	2:04.15 ('17)	2:07.84i
21	Ericka Charles		Unattached	2:06.11 ('17)	2:08.39
22	Maria Marascia		Unattached	2:08.75 ('19)	2:08.75
23	Carey Celata		Unattached	2:07.31 ('15)	2:09.15
Pace					
A	Michelle Howell		District TC/Under Armour	58.0 @ 400m	
B	Andrea Keklak		District TC/Under Armour	59.0 @ 400m	
C	??		??	60.0-61.0 @ 400m	

Men's 800m (C Heat 6:11pm | B Heat 7:35pm | A Heat 7:39pm)





























U.S Champs: 1:47.50

World Champs: 1:45.80

Olympic Standard: 1:45.20

Meet Record: 1:46.16 Isaiah Harris 2017

A Heat (7:20pm)








1	Quamel Prince 🇺🇸 🌐		District TC/Under Armour	1:45.58 ('19)	1:45.58 (5)
2	Edose Ibadin 🌐		District TC/Under Armour	1:45.60 ('19)	1:45.60
3	Thomas Staines 🌐		Unattached	1:45.57 ('18)	1:45.67
4	Sam Ellison 🇺🇸		B.A.A	1:46.10 ('19)	1:46.10 (6)
5	Erik Sowinski 🇺🇸		Nike	1:44.58 ('14)	1:46.25 (9)
6	Cooper Williams 🇺🇸		Unattached	1:46.06 ('18)	1:46.45 (12)
7	Chris Giesting 🇺🇸		Hoka NJNYTC	1:46.48i ('19)	1:46.48i (17)
8	Isaiah Harris 🇺🇸		Nike	1:44.42 ('18)	1:46.61 (15)
9	Dylan Capwell 🇺🇸		Atlanta TC	1:46.70i ('15)	1:47.38
10	C.J. Jones		District TC/Under Armour	1:46.70 ('17)	1:47.58
11	Patrick Peterson		Atlanta TC	1:47.68 ('19)	1:47.68
12	Edward Kemboi		Atlanta TC	1:44.77 ('17)	1:47.86
13	Brandon Lasater		Atlanta TC	1:45.85 ('18)	(3:59.11i) =1:47.90
14	Alex Amankwah		District TC/Under Armour	1:44.80 ('17)	1:48.07
15	Otis Jones		Unattached	1:47.83 ('18)	1:48.09
16	Sergio Miranda		Unattached	1:48.14 ('19)	1:48.14
17	Myles Marshall		Unattached	1:47.79 ('17)	1:48.23
18	Robert Downs		Unattached	1:48.42 ('19)	1:48.42
19	John Lewis		Unattached	1:47.62 ('17)	1:48.86
20	Dean Cronin		Atlanta TC	1:46.67 ('18)	1:48.91
21	Ian Jones		Unattached	1:48.46 ('17)	1:49.07
22	Christian Harrison		B.A.A	1:46.69 ('16)	1:49.47
23	Anthony Romaniw		CANADA	1:45.60 ('13)	1:49.63
24	Shaquille Dill		BERMUDA	1:47.39 ('16)	1:49.69i
25	Russell Dinkins		Unattached	1:46.40 ('17)	(1:17.89) = 1:49.70
26	Josh Hoey		Unattached	1:47.67 ('18)	1:49.85
27	Brian Bell		Unattached	1:47.18 ('16)	1:53.69
Pace					
A	Kameron Jones		Unattached	50.5 @ 400m	
B	Donte Holmes		Unattached	50.5 @ 400m	
C	Eldon Phillips			51.5 @ 400m	

7:43pm: Atlanta Track Club Women's 1500m

U.S Champs: 4:09.00

World Champs: 4:06.50

Olympic Standard: 4:04.20

1	Elinor Purrier    (1500 & 5K)		New Balance Boston	4:02.34 ('19)	4:02.34 (3)
2	Shannon Osika  		Nike	4:06.17 ('17)	4:06.28 (14)
3	Katrina Coogan   (5K)		New Balance Boston	4:11.12 ('19)	4:11.12
4	Lianne Farber		New Balance Boston	4:11.30 ('19)	4:11.30
5	Millie Paladino		Ocean State AC/New Balance	4:12.54 ('17)	4:12.92
6	Anna Shields		Unattached	4:12.36 ('18)	4:15.60
7	Dana Giordano 		B.A.A	4:08.62 ('18)	4:14.66
8	Angel Piccirillo		Juventus TC	4:13.40 ('17)	4:17.03
9	Abbey Cooper  (5K)		New Balance	4:08.04 ('15)	4:17.06
10	Madison Offstein		Unattached	4:21.57 ('19)	4:21.57
11	Janelle Noe		Unattached	4:10.83 ('18)	4:23.65
12	Katy Kunc		HOKA NJNYTC	4:25.64 ('19)	4:25.64
13	Nuhamine Bogale 		Unattached	4:03.94 ('11)	-
Pacer					
P1	Heather MacLean		New Balance Boston	2:09 @ 800m	


















7:50pm: Atlanta Track Club Men's Mile

U.S Champs: 3:56.50 (5000 – 13:35.00, 10,000 – 28:40.00)

World Champs: 3:53.10

Olympic Standard: Can't qualify with Mile

Meet Record: 4:03.70 Willy Fink 2018

1	James Randon		Saucony Freedom TC	3:56.51 ('19)	3:56.51
2	Jake Edwards 🇺🇸		Columbus Running Co	3:58.09 ('14)	(3:38.77)
3	Chris Hatler		Philadelphia Runner TC	3:58.52 ('19)	3:58.52
4	Ben Malone		HOKA NJNYTC	3:58.90i ('19)	3:58.90i
5	David Timlin		District TC/Under Armour	3:57.69 ('18)	(3:42.88)
6	Daniel Winn		Brooklyn TC	3:56.73 ('16)	(3:43.74)
7	Willy Fink 🇺🇸 (5K & 10K)		Unattached	3:57.69 ('18)	4:02.11i
8	Jacob Thomson 🇺🇸 (10K)		B.A.A	3:57.07 ('18)	(13:46.88) =4:02.53
9	Ryan McGorty		Unattached	4:04.66i ('19)	(3:44.94)
10	Trevor Dunbar		B.A.A	3:55.54 ('17)	(3:44.97)
11	James Quattlebaum		Unattached	4:03.04 ('19)	4:03.04
12	Brandon Hudgins		HPAC	3:59.67 ('15)	(3:45.17)
13	Eric Holt		Garden State TC	4:00.65 ('17)	4:03.50i
14	Mikey Brannigan		NYAC	3:57.58 ('16)	(3:47.97)
15	Michael McGonnigle		Unattached	4:11.29i ('19)	(3:47.92)
16	Craig Lautenslager		Unattached	4:03.24 ('16)	(3:48.18)
Pacer					
P1	Colin Abert		Unattached	58.5/lap 2:26.25 @ 1000m	