

# Track Runs off to Regionals

After a successful season, loaded with PRs, Annandale High School varsity Track and Field headed to T.C. Williams High School to compete in the Gunston district meet on May 15 and May 17.

The first portion of the two day meet, May 15, included the entirety of the relay events such as the 4×800 meter, 4×100 meter, and the 4×400 meter.

The second day of the meet contained all other individual events.

After both days of events, final results were established. Boys varsity placed third in the district and girls varsity placed fourth of the five teams.

“Most of the girls’ talent lies in the middle to long distance races such as the 400 meter and 800 meter. However, much of the talent on the boys’ side is in the shorter distance races,” head coach Phil Harris said.

Additionally, another huge achievement from the meet was the girls 4×800. Annandale has not run this specific event in six seasons. More importantly though, they placed third in the district and will move on the regional meet to compete and hopefully qualify for states.

“To prepare our relays to compete and hopefully win the regional meet, we need to get our handoffs down in practice,” coach Harris said.

The meet this year featured many more individuals, relays, and field events advancing to compete at the regional level.

“Some of those who will be going to the regional meet are: Julia Ghiselli for the 1600 and 3200 meter (both of which she placed first), Nedezha Drojinsky for the 800 meter, girls

4×100 meter relay, Kelsey Lazard for the 400, Kayla Campbell for the 100 meter hurdles, Ellie Hohenstein for pole vault, Asher Campbell for the long jump,” coach Harris said.

For the boys distance events, Mousa Ayoub advanced for the 1600 meter run and Mikyas Sahlou advanced for the 1600 meter and 3200 meter runs.

Another feat during the Gunston district meet was the fact that four different boys who ran the 400 advanced to regionals. They are Jay Pendarvis, Mathew McKiver, Dazon Harrison, and Ahmed Ibrahim who placed second, third, fifth, and sixth respectively.

Additionally, the 4×400 meter relay will go to the state meet as they have already obtained a qualifying time this season.

From these excellent performances, coach Harris has set some tangible goals for the team in the regional meet.

“I would like for Annandale boys or girls to win regionals and for 3 of the four 400 meter runners to move on to states,” Harris said.

Each the boys and the girls track and field have specific strengths that can help them reach their goals.

“Annandale boys have a strong sprint team and Annandale girls have a strong mid-distance team. Additionally, Kayla Campbell is strong in the hurdles, we placed second in pole vault, and most of our team’s points were scored by Mathew McKiver in high jump,” Harris said.

Whatever happens in the regional meet, both boys and girls cross country can expect to see massive amounts of improvement due to their accomplishments during track.

“Annandale cross country during the Fall 2018 season will be much stronger because we have seen a lot of all around improvements. Last year we went to regionals and the boys

cross country won their district," Harris said.