



## MCDC 2017 FRIDAY START LISTS

Check in 30-60 minutes before your event. No pre-meet packet pick-up.

### SATURDAY, JUNE 10

#### ALL-COMERS SECTION

##### 5:00pm | Kids' Super Hero Dash 200m

Miles Sellers	M4	
Wills Michelson	M7	
Libby Michelson	F8	
Olympia Van Holten	F6	Q Elite
Sara Rose Shaw	F6	
Raelyn Andrews	F7	ROK Running Squad
Madison Ransom	F6	ROK Running Squad
Charlotte Sutton	F5	

##### 5:20pm | Elementary School Girls' 800m

Molly Lomax	MYA	2:48.00
Zoe Marsh	MYA	2:49.41
Faith Tankersley	MYA	3:01.13
Rachel Tankersley	MYA	3:03.87
Haeley McGinley	MYA	3:19.07
Ellen Burkett	Farmington Falcons	3:22.00
Savannah McCalla	MYA	3:32.82
Taniyah Tabb	MYA	3:39.55
Eden Cullison	Nashville Youth Athletics	3:40.00
Anna Michelson	Nashville Youth Athletics	NT
Brynlie Smith	ROK Running Squad	NT

##### 5:30pm | Elementary School Boys' 800m

Hays Adams	MYA	2:33.95
Wilson Boutwell	MYA	2:44.67
Dnell Marshall	MYA	2:50.58
Kaleb Smith	MYA	2:55.58
Davis Kelsey	MYA	2:57.54
Vincent Yao	MYA	2:59.95
Thackston Stewart	MYA	3:00.16
Griffin Hebert	Nashville Youth Athletics	2:48.00
Parker Sellers	Unattached	NT

**5:40pm I Girls Middle School Mile**

Sofia Rutherford	Nashville Youth Athletics	5:15.00
Gabrielle Boulay	Nashville Youth Athletics	5:15.00
Lydia Tankersley	MYA	5:25.36
Eden Mittelsdorf	Nashville Youth Athletics	5:28.00
Mckinsey Spinks	Unattached	5:35.00
Jan Hatleberg	Nashville Youth Athletics	5:36.00
Harper Frogge	Nashville Youth Athletics	5:36.00
Elle Hemmelgarn	Music City Super Squad	5:50.00
Maggie Roy	MYA	5:54.74
Janie Pleasant	MYA	6:18.00
Emma Adair	MYA	6:19.47
Sophia Cunningham	MYA	6:44.59
Kaylee Bennett	MYA	7:03.66
Nathaly Castillo	MYA	7:13.35
Savanna Shaw	Nashville Youth Athletics	NT

**5:55pm I Boys Middle School Mile**

Miles Ally	Nashville Youth Athletics	4:44.00
Nick Sieders	Nashville Youth Athletics	4:47.24
Connor Henson	Nashville Youth Athletics	4:49.00
Cayden Durrough	Nashville Youth Athletics	4:49.00
Sam Dark	Nashville Youth Athletics	5:08.00
Chase Rose	Unattached	5:16.31
Max Putnam	MYA	5:19.00
Will Beasley	Nashville Youth Athletics	5:20.00
Liam Cullison	Nashville Youth Athletics	5:29.00
Jett Hardin	Unattached	5:30.00
Samuel Tankersley	MYA	5:34.33
Ben Nganga	MYA	5:36.78
Jake Arnold	MYA	5:41.89
Andrew Cunningham	MYA	5:42.80
Mohamed Balcha	MYA	5:46.68
Owen Copeland	MYA	5:53.49
Jack Gibbs	Nashville Youth Athletics	NT
Robert Correia	Nashville Youth Athletics	NT
Rylan Smith	ROK Running Squad	NT
Peyton Shaw	Nashville Youth Athletics	NT
Landon Morgan	ROK Running Squad	NT

**6:10pm I Open Women's 1 Mile**

Lisa Cary	Runnababez	4:45.00
Rebekah Sass	Stride Ahead Tough Track	4:45.37
Brooke Koblitz	Unattached	4:50.00
Eliza Parker	Atlanta TC	5:01.00

Quinn Anderson	Stride Ahead Tough Track	5:17.00
Mikala Mann	Stride Ahead Tough Track	5:18.50
Sherry Spinks	Unattached	5:35.00
Cheyenne Spinks	Unattached	5:45.00

### 6:20pm I Open Men's 1 Mile

John Brigham	Unattached	4:12.00
Connor Boyd	Stride Ahead Tough Track	4:16.89
Cody Mages	Stride Ahead Tough Track	4:20.53
Alex Beruscha	Fleet Feet Louisville	4:21.20
Todd Straka (M50)	Unattached	4:25.00
Tim Thacker	Unattached	4:28.00
Adam Sommers	Unattached	4:29.00
Bryan Adamowicz	Unattached	4:29.10
Jack Lowry	Unattached	4:29.30
Timothy Gore (M45)	Unattached	4:31.70
Gavin Cooper	Unattached	4:30.05
Davis Holliday	Unattached	4:31.28
Alex Ponce	Unattached	4:32.00
Keith Powell	ROK Racing	4:40.63
Hunter Hall	Fleet Feet Sports	4:41.00
George Payne	Unattached	4:41.84
Kaleb Meredith	Fleet Feet	4:47.37
Russell Riggan	Unattached	4:48.18
Warren Adler	High Gravity Racing	4:55.00
Simeon Michelson	Unattached	4:59.42
Sam Payne	Unattached	5:03.35
Charlie Simon (M45)	Unattached	5:15.00
Colin Dalton (M50)	Unattached	5:19.00
Sabir Muhammad	Unattached	NT

### 7:00pm I CORPORATE 4 x 800m Relay

Belmont University			
1. Haskell Murray (M36)		11:00.00	
2. Tracy Johnson (F47)			
3. Andy Miller (M40)			
4. Jonathan Thorndike (M57)			
Brown & Brown Insurance			
1. Addison Folcher - 23 M		11:10.00	-
2. Ryan Rothrock - 37 M			
3. Robert Petree - 34 M			
4. Neil Howard - 27 M			

### ELITE SECTION

#### 7:30pm I HS Girls' 800m

McKenzie Ellison	12	Snellville, GA (Brookwood HS)	2:13.70
------------------	----	-------------------------------	---------

Chloe McEachern	12	CANADA	2:14.00
Brynne Sumner	10	Woodstock, GA (Woodstock HS)	2:14.58
Julie Karsten	10	Mt Juliet, TN (Mt Juliet HS)	2:15.88
Loral Winn	10	Dresden, TN (Dresden HS)	2:16.27
Julie Anne Dillon	11	Springdale, AR (Har-Ber HS)	2:16.45
Jessica Lord	12	Morristown (Morristown West HS)	2:16.77

### 7:40pm I HS Boys' 800m

Kenton Bachmann	12	Knoxville (Hardin Valley Academy)	1:53.27
Tyler Whorton	12	GA (Alexander HS)	1:53.61
Baylor Franklin	11	Lebabon, TN (Wilson Central HS)	1:53.64
Devin Martin	12	Cordova, TN (Germantown HS)	1:54.99
Patrick Dougherty	12	Covington, GA (IMG Academy, FL)	1:56.21
Max Benson	11	Brentwood (Brentwood HS)	1:56.30

### 7:50pm I Women's 800m

1	Laura Roesler	Nike	1:59.54
2	Crishuna Williams	Nike	2:00.41
3	Natoya Goule	JAMAICA	2:00.75
4	Kendra Chambers	Texas Elite TC	2:01.10
5	Latavia Thomas	Unattached	2:02.06
6	Jenny Simpson	New Balance	2:02.32
7	Emily Richards	Ohio Northern	2:02.34
8	Alena Brooks	TRINIDAD & TOBAGO	2:03.09
9	Hannah Segrave	Milligan/GBR	2:03.80
10	Stephanie Herrick	New Balance CPTC	2:05.62
11	Rachel Aubry	CANADA	2:05.74
12	Madeleine Kelly	CANADA	2:05.85
13	Ericka Charles	G.W. Express	2:07.01
14	Kimberly Ficenec	Unattached	2:07.28
15	Jordan Anderson	W. Michigan TC	2:08.33
16	Kristen Metcalfe	Unattached	2:06.67

### 8:00pm I Men's 800m

1	Alex Amankwah	GHANA	1:44.80
2	Edose Ibadin	Garden TC	1:45.91
3	Ryan Martin	Asics/Furman Elite	1:46.03
4	Ryan Manahan	Ole Miss	1:46.96
5	Sampson Laari	GHANA	1:47.34
6	Patrick Rollo	Unattached	1:47.71
7	Anthony Romaniw	Speed River	1:48.17
8	Quamel Prince	Unattached	1:48.21
9	Matt Molinaro	Ohio Northern	1:48.92
10	Kain Ellis	Unattached	1:49.73
11	Ryan Speer	Lipscomb	1:50.14
12	Robert Domanic	Unattached	1:50.65

13	Bryce Choate	Tennessee Wesleyan	1:50.97
14	Abraham Kiplagat	KENYA	1:51.00
15	Nolan Daniels	Xavier	1:51.61
16	Aaron Combs	Unattached	1:51.80
17	Jacob Dumford	Unattached	1:51.82
18	Benjamin Edmondson	Unattached	1:51.88
19	Shane Dillon	CANADA	1:51.90

### 8:10pm | Women's 3000m Steeplechase

1	Sarah Pease	Unattached	9:48.89
2	Erin Teschuk	Asics Furman Elite	9:49.32
3	Katie Landwehr	Unattached	9:56.27
4	Jessica Kamilos	Saucony	10:02.03
5	Breanna Colbenson	Minnesota-Duluth	10:02.12
6	Emily Oren	Unattached	10:08.35
7	Liz Weiler	Unattached	10:11.67
8	Rolanda Bell	NB Central Park TC	10:17.83
9	Paige Kouba	Saucony	10:20.18
10	Erin Herrmann	Hope College	10:21.08
11	Ciara Scott	E. Kentucky	10:30.63
12	Emma Neigel	Denver TC	10:36.41

### 8:25pm | Men's 3000m Steeplechase

1	Mason Ferlic	Nike	8:21.57
2	Brian Barraza	Unattached	8:32.48
3	Michael Jordan	ADP	8:33.31
4	Caleb Hoover	Asics Furman Elite	8:33.77
5	Mark Parrish	PURE Athletics	8:35.56
6	Donnie Cowart	Saucony Hurricanes	8:23.28
7	Kent Pecora	Lil' Bear TC	8:40.39
8	Aaron Nelson	Zap Fitness/Reebok	8:39.58
9	Daniel Michalski	Cedarville	8:44.49
10	Jake Edwards	Unattached	8:45.30
11	Adam Visokay	GREAT BRITAIN	8:43.60
12	Lamont Marshall	BERMUDA	8:58.56
13	Patrick Rohr	SWITZERLAND	8:55.79
14	Salvatore Perdomo	Dukes TC	8:58.11
15	Ryan Gousse	Unattached	8:47.76
16	Kameron Casey	Rxrunners	9:04.10
17	Joel Keller	Dukes TC	9:01.94
18	Alex Willis	Altra Running	8:59.84
19	Corey Purcella	Dukes TC	9:05.00
20	Andrew Benkovsky	Red Cedar Running Club	9:04.84

**8:40pm I HS Girls' 1 Mile**

1	Rebecca Story	11	Knoxville, TN (Christian Acad. of Knox.)	4:49.83
2	Morgan Claire Rose	11	Grenada, MS (Grenada HS)	5:00.77
3	Gracie Hyde	11	Lonoke, AR (Lonoke HS)	5:00.83
4	Ella Baran	11	Germantown, TN (Houston HS)	5:02.34
5	Riley Coggin	11	Brentwood, TN (Brentwood HS)	5:05.02
6	Niki Narayani	10	Knoxville, TN (Webb School)	5:06.72
7	Madeline Shook	9	Knoxville, TN (West HS)	5:08.16
8	Taylor Cuneo	11	Murfreesboro, TN (Central Magnet HS)	4:57.18
9	Meredith Helton	11	Brentwood, TN (Brentwood Academy)	5:09.08

**8:50pm I HS Boys' 1 Mile**

1	Waleed Suliman	12	Richmond, VA (Douglas Freeman HS)	4:05.53
2	Brodey Hasty	11	Brentwood, TN (Brentwood HS)	4:06.81
3	Carter Cheeseman	10	Brentwood, TN (Brentwood Academy)	4:14.76
4	Braeden Collins	12	Villa Rica, GA (Alexander HS)	4:16.88
5	Austin Matthews	10	Lexington, KY (Paul Dunbar HS)	4:17.68
6	Davis Bove	10	Franklin, TN (Centennial HS)	4:18.21
7	Alex Mortimer	12	Lexington, KY (Tates Creek HS)	4:20.12
8	John Elrod	12	Lebanon, TN (Lebanon HS)	4:20.47
9	Leif Anderson	10	Duluth, GA (Marist HS)	4:20.54
10	Georde Goodwyn	12	Knoxville, TN (Knoxville Catholic HS)	4:21.05
11	Carter Coughlin	11	Knoxville, TN (Webb School)	4:21.57

**9:00pm I Men's 1 Mile**

1	Matthew Elliott	Brooks	3:57.16
2	Kevin Greene	NB Battle Road TC	4:00.00
3	Andy Trouard	The Rebel Alliance	4:00.81
4	Anthony Kostelac	Shore AC	4:02.26
5	Jackson Thomas	Bacone	4:04.36
6	Philo Saunders (M40)	AUSTRALIA	4:01.81
7	Louis Falland	Q Elite	4:05.59
8	Jacob Poyner	Lipscomb	4:06.23
9	Adam Barnard	Georgetown	4:07.18
10	Luke Brahm	Unattached	4:06.79
11	Geoffrey Cheruiyot	MTSU	4:09.67

**9:15pm I Women's 1500m**

1	Stephanie Garcia	New Balance	4:05.98
2	Shannon Osika	Saucony	4:06.17
3	Sasha Gollish	Oiselle/Skechers	4:07.70
4	Sara Vaughn	Brooks	4:08.69
5	Lauren Paquette	Brooks	4:09.86
6	Gabe Grunewald	Brooks	4:12.29

7	Emilee Trost	Minnesota-Duluth	4:12.64
8	Dana Mecke	Brooks	4:13.42
9	Rebecca Addison	Saucony	4:08.93
10	Greta Feldman	Unattached	4:12.29
11	Martina Rodriguez	Unattached/SPAIN	4:15.33
13	Dana Giordano	Cambridge-Boston TC	4:11.86
14	Agnès Laurent	BELGIUM	4:22.32
15	Stephanie Brown	Unattached	4:07.55
15	Grace Walther	Unattached	4:25.00
16	Rebekah Sass	Stride Ahead Tough Track	4:25.37

### 9:30pm | Men's 1500m

1	Chad Noelle	Asics	3:39.29
2	Nate Brannen	Nike/CANADA	3:34.22
3	German Fernandez	Unattached	3:34.60
4	Geoffrey Cheruiyot	MTSU	3:42.52
5	Brandon Doughty	Zap Fitness/Reebok	3:45.02
6	Abraham Cheplaiti	KENYA	3:39.40
7	Ned Willig	Unattached	3:45.02
8	Simon Rogers	NEW ZEALAND	3:46.41
9	Avery Martin	Unattached	3:48.15
10	Sam Vincent	Stride Ahead Tough Track	3:45.91