Frederick's Best HIGH SCHOOL SPORTS

ALL-COUNTY GIRLS TRACK & FIELD

Runner of the Year

KATE MINER

URBANA, SOPHOMORE, DISTANCE

■ One of the county's most talented and versatile runners, she qualified for the Class 4A state meet in the 800-meter run, the 1,600, the 3,200 and the 4x400 and 4x800 relays.

■ She placed sixth in the 3,200 (a personal-best 11:08.74) and was part of a sixth-place finish for the Hawks in the 4x800 relay (9:45.85) and finished eighth in the 1,600 (5:08.28) at states.

■ Won the county title in the 1,600 in 5:21.49 and the 3,200 at the regional meet in 11:41.57.

■ Helped lead the Hawks to their 13th consecutive regional championship and 11th straight county title.

Field Athlete of the Year

AVA MORALES

FREDERICK, JUNIOR, JUMPS

■ One of the best overall athletes in the county, she won her fourth state title in the high jump (two indoor, two outdoor) with a leap of 5 feet, 4 inches to claim the Class 3A title. That was a little more than a week after she cleared a personal-best 5 feet, 10 inches to win the 3A West regional title. She won the high jump in every big meet this season except the Penn Relays, during which she placed eighth with a leap of 5-5.

■ Captured county (a personal-best 18 feet, 8½ inches) and 3A West regional titles in the long jump (17-5) before placing third at the state meet.

■ Also ran a leg for the Cadets' 4x400 relay, which won county (4:07.14) and regional (4:02.23) titles before placing sixth at the state meet in 4:00.52.

FIRST TEAM

OLIVIA BAKER
SENIOR, MIDDLE DISTANCE
CATOCTIN

■ Posted the top time in the county this season in the 800-meter run (a personal-best 2:16.19) to place second at the Class 1A state meet. Also was second in the 1,600 run (a personal-best 5:11.02) and ran a leg for the Cougars' second-place (4:08.86) 4x400 relay at states.

MORGAN BILBREY
SOPHOMORE, SPRINTS
BRUNSWICK

■ Won the 200-meter dash at the Class 1A West regional meet in a personal-best 25.98 seconds and ran a leg for Brunswick's state championship 4x400 relay team (4:04.20), which is believed to be the first in school history in that race.

FIONA COLLINS
JUNIOR, POLE VAULT
OAKDALE

■ Successfully defended her Class 3A championship in the pole vault, clearing the bar at 11 feet during the state meet. Also won the Class 3A West regional title with a mark of 10-6. Cleared a personal-best 11-6 earlier in the season.

FAITH DOUE
FRESHMAN, SPRINTS
BRUNSWICK

■ A promising freshman who shined in the sprints all season, including winning the 100-meter dash (12.77 seconds) and 400-meter dash (1:01.04) at the CMC small-school meet. Ran a leg for Brunswick's state championship 4x400 relay (4:04.20).

ZIKORA ETOLUE
JUNIOR, JUMPS, SPRINTS
URBANA

■ Captured the triple jump title at the county meet with a leap of 37 feet before finishing second at the Class 4A North regional meet (35-7¾) and sixth at states (37-3½). Also placed seventh at states in the long jump (17-0½).

JAIDAH EZCAMAN
JUNIOR, JUMPS, SPRINTS
URBANA

■ Won the Class 4A North regional championship in the long jump with a personal-best leap of 18 feet, 10¼ inches, the best in the county this season. She placed second at states (17-10½). Also qualified for states in the 100 dash, the high jump and the 4x100 and 4x200 relays.

GABBY GRANT
JUNIOR, SPRINTS
URBANA

■ Battled injuries over the course of the season and still managed to put up some of the county's best times in the 100-meter and 200-meter dashes. Also ran a leg for the Hawks' 4x100 relay, which finished second in Class 4A at the state meet in 47.58 seconds.

Submitted photo

KAILA JONES
FRESHMAN, THROWS
CATOCTIN

■ Notched a personal-best mark in the shot put (38 feet, 9½ inches) to win the county title in the event. Went on to capture the Class 1A West regional title (38-1½) and place fourth in 1A at the state meet (35-4½). Also qualified for states in the discus.

HAILEY LANE
SENIOR, MIDDLE DISTANCE
TUSCARORA

■ Outleaned Urbana's Kate Miner at the finish line to win one of the highest profile races of the season in the FCPS 800-meter run. She won in 2:18.63. She went on to place third in Class 3A at states in 2:17.66 and placed second at states in the 1,600 in 5:05.32.

SERGIA NYAMBI
SENIOR, SPRINTS, JUMPS
BRUNSWICK

■ Ran anchor for Brunswick's winning 4x400 relay (4:04.20) in the 1A state meet. Also placed second in the 300 hurdles (personal-best 45.48 seconds) and high jump (personal-best 5 feet, 2 inches) at states and ran a leg for the third-place 4x100 and 4x200 relays.

JULIE PATCHOU
JUNIOR, THROWS
URBANA

■ Won the discus at the FCPS championships with a mark of 126 feet, 7 inches, helping the Hawks claim their 11th consecutive county team title. Also was a standout all season in the shot put, finishing fourth at the county meet with a distance of 34 feet, 0¾.

JENELL QUANSAH
FRESHMAN, SPRINTS, JUMPS
LINGANORE

■ In her first season of high school track, she posted the best time in the county in the 100-meter dash (a personal-best 12.10 seconds) in winning the Class 3A West regional title in the race. Also qualified for states in the 200 dash and the triple jump.

MADDIE ROQUE
JUNIOR, SPRINTS
URBANA

■ Captured the county title in the 200-meter dash with a winning time of 25.37 seconds before going on to place seventh in Class 4A at the state meet in 26.01 seconds. Ran legs for the Hawks' 4x100 and 4x200 relays, as each finished second at states.

JORDYN SUMMERS
JUNIOR, SPRINTS, JUMPS
FREDERICK

■ Won county (15.50 seconds) and Class 3A West regional (15.63) titles in the 100-meter hurdles before finishing fifth (personal-best 15.32) in the event at the state meet. Also was third in the triple jump (38-0½) and fifth in the long jump (18 feet) at states.

SADE TAIWO
SENIOR, SPRINTS
URBANA

■ A stalwart in the sprints for the county-champion Hawks, she won the county title in the 100-meter dash in 12.21 seconds and helped them to second-place finishes in Class 4A in the 4x100 (47.58 seconds) and 4x200 (1:42.22) relays at the state meet.

GABRIELA UMPIERRE
SENIOR, POLE VAULT
THOMAS JOHNSON

■ Capped another dominant season in the pole vault with the Class 4A state title, following up on her championship during the indoor season. Her winning height was 12 feet. Also did well in the hurdle races and the long and triple jumps.

TIANA WELBON
JUNIOR, SPRINTS
FREDERICK

■ Claimed county (57.85 seconds) and Class 3A West regional (56.77) titles in the 400 dash before placing second at states (a personal-best 55.76). Also won the regional title in the 200 dash (a personal-best 24.94) before finishing second at states (25.22).

HONORABLE MENTION

Brunswick — Abigail Ashley, Shelby Kenawell, Leah Smallwood, Hailey Tyler, Kierstyn Uppercue, Kate Virgilio
Catoctin — Leyna Durrschmidt, Olivia Hoyt
Frederick — Olivia Gregory, Zaila Griffin, Kennedy Jones
Linganore — Kayla Butler, Sydney Hall, Carly Moyer, Jordyn Shipley, Elizabeth Watkins, Samantha Whiteman
Maryland School for the Deaf — Leticia Detrow
Middletown — Addison Brown, Naomi Layne, Lucinda Rodriguez, Riley Schmidt, Sophia Tsapenko
Oakdale — Morgan Booth, Lilah Colbert, Trinity McLaurin, Angelyn Quansah, Heather Twum
Thomas Johnson — Ramona Atkins, Lennah Bailey, Addison Brockey-Rogers, Aubrey Hankey, Nina Kirkendall-Plaia, Elizabeth Lombardo, Salma Mahfoud, Trinity Owusu, Madelene Kate Partlow
Tuscarora — Deborah Adeyemi, Assiatou Camara, Katelyn Dorsey, Siena Foster
Urbana — Briana Barberena, Brenna Davies, Elianna Dougan, Julia Duerr, Maya Osher, Aria Piermarini, Bailey Smith, Aliyah Williams
Walkersville — Joelle Ahanogbe, Cadence Boller, Koen McDonald, Journae Myles, Hawa Traore

■ **Editor's Note:** Our All-County teams are selected by News-Post sports staff members based on observations, statistics and consultation with county coaches.