

2007 ALL-METRO: Boys Indoor Track

BOYS ATHLETES OF THE YEAR

Ulrick Smith and Michael Quash

The Douglas Freeman duo can fly, and in conjunction with several distance standouts, had much to do with the Rebels winning the Colonial District and Central Region meets. Smith ran indoor track for the first time this season. He set a school record in the 300 (35.76), but just barely in front of Quash (35.96). They were No. 1 and No. 2 in the event for the All-Metro rankings. Smith also had the region's fastest time in the 500 (1:06.54), but the No. 2 runner in the rankings, Reid Taylor of James River, edged Smith in a photo finish at the region meet. Quash ruled the 55 hurdles. He's first on the All-Metro list with a 7.50. He won the district and region races and finished third at the state meet. Each ran legs on the 800 and 1,600 relay teams that set school records.

BOYS

Long jump : Wesley Benitez (Matoaca) 22-4; Jamar Parham (Matoaca) 21-6³/₄; Antonio Miller (Manchester) 21-6¹/₄; Ben Katz (St. Christopher's) 21-6; Bernard Seward (Armstrong) 21-5¹/₂; Demondre Woodson (Petersburg) 21-4 ³/₄.

Triple jump : Antonio Miller (Manchester) 46-2¹/₄; Antonio Puller (Lee-Davis) 44-6¹/₄; Chris Kourlesis (J.R. Tucker) 44-6; Wesley Benitez (Matoaca) 44-5¹/₂ ; Brandon Patterson (Trinity Episcopal) 44-0¹/₂; Quintaze Jackson (Dinwiddie) 44-0.

High jump : Ben Katz (St. Christopher's) 6-6; Kirk Fischer (Deep Run) 6-4; Antonio Puller (Lee-Davis) 6-4; Ronelle Stephens (Hermitage) 6-4; Mandela Stephens (Hermitage) 6-2; Feild Craddock (Deep Run) 6-2.

Pole vault : Matthew Armentrout (Deep Run) 14-3; Alex Habermehl (Prince George) 14-0; Robby Dodson (Douglas Freeman) 13-6; Spencer Aldridge (Mills Godwin) 13-0; C.J. Norris (Atlee) 13-0; Matt Ludvik (Deep Run) 13-0.

Shot put : Theo Duncan (Patrick Henry) 57-7³/₄; Adam Taylor (Lee-Davis) 52-11³/₄; Michael Jones (Hermitage) 52-9; Justin Simmons (Manchester) 51-10; Earnest Lynch (Hermitage) 49-11; Ricky Bland (Manchester) 49-3¹/₂.

3200 relay : Midlothian 8:02.67; Douglas Freeman 8:03.45; Maggie Walker 8:09.11; St. Christopher's 8:13.08; Varina 8:19.17; Patrick Henry 8:24.91.

55 hurdles : Michael Quash (Douglas Freeman) 7.50; Matt Clark (St. Christopher's) 7.85; Aaron Harris (Patrick Henry) 7.94; Jameal Harris (Matoaca) 7.98; Akeem Fayson (Manchester) 8.0; Chris Montgomery (Colonial Heights) 8.05.

55 : **Mitchell Shifflett (Cosby) 6.51**; Jamar Parham (Matoaca) 6.56; Darnell Washington (Petersburg) 6.56; Ronelle Stephens (Hermitage) 6.57; **Joe Thomas (Cosby) 6.65**; **Anthony Carlie (Cosby) 6.66**.

800 relay : Douglas Freeman 1:32.52; Cosby 1:32.85; Petersburg 1:33.53; Matoaca 1:33.54; St. Christopher's 1:34.86; Collegiate 1:35.17.

1600 : Ben DeJarnette (Atlee) 4:16.53; Jason Witt (Midlothian) 4:16.96; Davis Barry (Patrick Henry) 4:18.94; Michael Hammond (Midlothian) 4:21.16; Lewis McPherson (Douglas Freeman) 4:21.46; Brian Welch (Mills Godwin) 4:22.73.

500 : Ulrick Smith (Douglas Freeman) 1:06.54; Reid Taylor (James River) 1:06.93; Jay Weisbrod (St. Christopher's) 1:08.21; Jonathan Sorah (Atlee) 1:08.59; Joshua Moore (Matoaca) 1:08.68; Bernard Seward (Armstrong) 1:09.23.

1000 : Robert Reynolds (Lee-Davis) 2:34.18; Matt Turner (Deep Run) 2:36.36; Jason Witt (Midlothian) 2:37.31; 6; Nathan Puckett (Hermitage) 2:38.10; Lewis McPherson (Douglas Freeman) 2:38.14; Jason Thorpe (Manchester) 2:39.28.

300 : Ulrick Smith (Douglas Freeman) 35.76; Michael Quash (Douglas Freeman) 35.96; Marcus Burley (Highland Springs) 36.15; Bobby Adiele (Midlothian) 36.32; Dorian Jackson (Matoaca) 36.38; Alieu Sillah (Collegiate) 36.49.

3200 : Jason Witt (Midlothian) 9:19.18; Michael Hammond (Midlothian) 9:19.88; Ben DeJarnette (Atlee) 9:22.65; Davis Barry (Patrick Henry) 9:28.96; Brian Welch (Mills Godwin) 9:34.01; Lewis McPherson (Douglas Freeman) 9:35.62.

1600 relay : Douglas Freeman 3:29.14; St. Christopher's 3:29.75; J.R. Tucker 3:34.58; Maggie Walker 3:36.65; Mills Godwin 3:37.53; Colonial Heights 3:37.82.