

2008 All-Metro Boys Outdoor Track

Jason Witt, Midlothian - The Central Region's best distance runner Witt won his last race for the Trojans, the 3,200 in the state Group AAA outdoors meet at Todd Stadium in Newport News. The Brigham Young-bound Witt posted the best time in three events (1,600,800 and 3,200) in the final region outdoor rankings. Witt was the only Central Region boy to win at the state meet this year. That was enough to give Witt the edge over the Douglas Freeman pair of Michael Quash and Ulrick Smith (indoor athletes of the year) for the outdoors honor.

Longjump: Quran Page, J.R. Tucker, 23-¹/₄; Jamar Parham, Matoaca, 22-10¹/₂; Wesley Benitez, Matoaca, 22-9¹/₄; De-mondre Wilson, Petersburg, 22-9; Antonio Puller, Lee-Davis, 22-8¹/₄; **Anthony Carlie, Cosby, 22-5¹/₂**; Eric Watts, Powhatan, 22-¹/₂; Chris Kourlesis, J.R. Tucker, 22-0.

Triple Jump: Antonio Miller, Manchester, 47-1¹/₄; Antonio Puller, Lee-Davis, 46-9¹/₄; Chris Kourlesis, J.R. Tucker, 46-2¹/₂; Jamel Wilford, George Wythe, 45-9¹/₂; Tim Grumpier, Henrico, 45-9K; Wesley Benitez, Matoaca, 45-2¹/₄; Brandon Patterson, Trinity Episcopal, 45-1; Deon Miller, Highland Springs, 44-7.

. High jump: Ben Katz, St. Christopher's, 6-7; Terneil Rhodes, Petersburg, 6-5; Feild Craddoek, Deep Run, 6-5; Marc Payne, Petersburg, 6-5; Branden Craft, Thomas Dale, 6-4; Isaiah Cox, Matoaca, 6-4;. Bobby Smith, Varina, 6-4; Shawn Minor, Powhatan, 6-4.

Pole vault: Matthew Armentrout, Deep Run, 15-6; Joey Taylor, Prince George, 14-0; Matt Ludvik, Deep Run, 14-0; Alex Habermehl, Prince George, 14-0; Jack Smith, Douglas Freeman, 13-6; Spencer Aldridge, Mills Godwin 13-6; Robby Dodson, Douglas Freeman, 13-0; Eric Zwarycz, Milts Godwin, 13-0; Eric Spott, Lee-Davis, 13-0.

Shot put: Justin Simmons, Manchester, 54-8; Theo Duncan, Patrick Henry, 53-6¹/₂; Michael Jones, Hermitage, 51-10¹/₄; Alex James, St. Christopher's, 51-6¹/₂; Steven Bunce, Henrico, 50-4; Justin Miller, Petersburg, 50-1; Terrell Lynch, Hermitage, 49-11; Adam Taylor, Lee-Davis, 49-7.

Nscus: Michael Williams, Meadow-brook, 170-11; Laroyce Lewis, Prince George, 163-10; Bryant Frazier, Meadow-brook, 160-10; Adam Taylor, Lee-Davis, 160-8; Austin Hersh, James River, 153-1; Nick Acree, King William, 150-10; Orlando Irby, J.R. Tucker, 149-0; Equon Johnson, LC. Bird, 148-6¹/₂.

8,200 relay: Midlothian 7:51.27; Varina 7:57.85; Douglas Freeman, 7:58.53; Deep Run 8:01.12; Maggie Walker GS 8:02.48; St.

Christopher's 8:04.35; Lee-Davis 8:08.27; Patrick Henry 8:13.56.

t10 hurdles: Michael Quash, Douglas Freeman, 14.03; Gregory Caines, Varina, 14.35; Brad Carnahan, Deep Run, 15.05; Devon Harris, Manchester, 15.06; Will Brown, Douglas Freeman, 15.11; Akeem Fayson, Manchester, 15.13; Aaron Harris, Patrick Henry, 15.15; Jamison Kenney, Patrick Henry, 15.18.

WO: [Mitchell Shiflett, Cosby, 10.66](#); Dar-nell Washington, Petersburg, 10.92; Matt Harris, Prince George, 11.06; Deshawn Holmes, Highland Springs, 11.09; Marquis Bagby, Petersburg, 11.10; Jamar Parham, Matoaca, 11.12; Ulrick Smith, Douglas Freeman, 11.14; Bobby Adiele, Midlothian, 11.17.

1,600: Jason Witt, Midlothian, 4:12.23; Ben DeJarnette, Atlee, 4:14.84; Lewis McPherson, Douglas Freeman, 4:16.95; Davis Barry, Patrick Henry, 4:17.39; Michael Hammond, Midlothian, 4:17.73; Brian Welch, Mills Godwin, 4:19.47; Brayden Burleigh, Midlothian, 4:20.82; Robert Reynolds, Lee-Davis, 4:24.61.

400 relay: [Cosby 42.28](#); Petersburg 42.97; Powhatan 43.20; Henrico 43.23; Lee-Davis 43.96; New Kent 43.98; Midlothian 44.0; Matoaca 44.14.

400: Ulrick Smith, Douglas Freeman, 47.71; [Andre Redd, Cosby, 48.17](#); Marcus . Burley, Highland Springs, 49.80; Alieu Sillah, Collegiate, 49.87; Wesley Hurd, J.R. Tucker, 50.45; Kelvin Taylor, Highland Springs, 50.55; Mitchell Pereira, Midlothian, 50.63; Josh Bostick, Clover Hill, 50.65.

300 hurdles: Michael Quash, Douglas • Freeman, 37.56; Brad Carnahan, Deep Run, 39.53; Michael Haynes, Clover Hill, 39.70; Brad Davis, Lee-Davis, 40.16; Devon Harris, Manchester, 40.50; Jameal Harris, Matoaca, 40.70; Chris Kourlesis, J.R. Tucker, 40.86; Deon Miller, Highland Springs, 40.99.

800: Jason Witt, Midlothian, 1:55.85; Robert Reynolds, Lee-Davis, 1:57.31; Lewis McPherson, Douglas Freeman, 1:57.44; Matt Turner, Deep Run, 1:57.47; Conor Farrell, Maggie Walker GS, 1:57.50; Jay Weisbrod, St. Christopher's, 1:58.14; Chris Kain, Patrick Henry, 1:58.16; Alec Ward, Douglas Freeman, 1:58.65.

200: Ulrick Smith, Douglas Freeman, 21.84; Michael .Quash, Douglas Freeman, 21.94; [Mitchell Shiflett, Cosby, 22.03](#); Dar-nell Washington, Petersburg, 22.19; Anthony Finney, Varina, 22.34; Joe Thomas, Cpsby, 22.44; Matt Harris, Prince George, 22.45; Marcus Burley, Highland Springs, 22.47.

3,200: Jason Witt.Mdlothian, 9:07.23; Lewis McPherson, Douglas Freeman, 9:17.54; Ben DeJarnette, Atlee, 9:19.50; Michael Hammond, Midlothian, 9:24.93; [Mark Merritt, Cosby, 9:34.44](#); Ted Richardson, James River, 9:37.34; Booth Hornsby, Deep Run, 9:37.99; Davis Barry, Patrick Henry, 9:3*49.

1,600 relay: Douglas Freeman 3:20.45; flew Kent 3:24.17; Matoaca, 3:25.76; Clover Hill 3:26.39; Varina, 3:26.54; Lee-Davis 3:28.54; J.R. Tucker, 3:28.70; Mills Godwin 3:29.86.