

2009 All-Metro Boys Indoor Track

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Quran Page

School: J.R. Tucker

Year: Senior

Event: Triple jump

The skinny : Posted 47-5½ at the Virginia Tech Invitational.

Ben Katz

School: St. Christopher's

Year: Senior

Event: High jump

The skinny: Leaped 6-8 to win the Prep League meet.

Matthew Armentrout

School: Deep Run

Year: Senior

Event: Pole vault

The skinny: Vaulted 15-0 at the VHSL Group AAA meet.

Alex James

School: St. Christopher's

Year: Senior

Event: Shot put

The skinny: Tossed a 54-11¾ at the VISAA state meet.

3,200 relay

School : Varina

Team: Khris Johnson, Nyler Gaskins, Matt Nolte and Devin Lacks

The skinny : Ran an 8:05.10 in the Douglas Freeman Polar Bear meet.

Brad Carnahan

School: Deep Run

Year: Junior

Event: 55 hurdles

The skinny : Posted a 7.63 at the Southeastern Invitational.

Mitchell Shifflett

School: Cosby

Year: Junior

Event: 55 dash

The skinny : Ran a 6.40 at the St. Christopher's Invitational.

800 relay

School: St. Christopher's

Team: Kurt Fleming, Edward Rives, Ben Katz, Hiter Harris

The skinny: Recorded 1:31.74 at the Eastern States Championships.

Marques Atkinson

School: Atlee

Year: Sophomore

Event: 500

The skinny: Ran 1:08.34 at the St. Christopher's Mini-Invitational.

Alec Ward

School: Douglas Freeman

Year: Senior

Event: 1,000

The skinny: His region-best time came in the VHSL Group AAA meet.

Kurt Fleming

School: St. Christopher's

Year: Junior

Event: 300

The skinny: Turned in 35.35 at the Prep League meet.

1,600 relay

School: Douglas Freeman

Team: Taurean Adams, Lonnie Spurell, Eric Addison, Alec Ward

The skinny: Raced to a 3:25.41 in the Douglas Freeman Polar Bear meet.

Anthony Carlie

School: Prince George

Year: Senior

Event: Long jump

The skinny : Jumped 22-10 at the East Coast Invitational.