



SYDNEY RHODES

**VARSITY SPRINTER
HOWARD HIGH SCHOOL
CLASS OF 2025**

12
YR

4.33
GPA

5'8"
HEIGHT

158lbs
WEIGHT

BIO

- National Honor Society
- Congress of Future Medical Leaders Award of Excellence
- Member of the National Society of High School Scholars
- 6 years - Black Student Achievement Award Recipient
- Study Interests: Business and Sports Management

2025 INDOOR + 2024 OUTDOOR

7.12s
55m

7.69s
60m

12.05s
100m

24.70s
200m

41.48
300m

58.9s
400m

- #1 100m & 200m County & 3A South Regional Champion (2024)
- #1 55m County, MD 3A Reg. & State Champion (2024, 2025)
- 2024 MVP Award, Howard HS Track & Field
- #4 100m MD 3A State Finals (2023)
- 4x200m Relay (leg 2) MD 3A State Champions
- 55m, 100m Howard County Champion (2022)
- 55m, 100m, 200m, 300m Record Howard HS
- 100m Frosh Record Howard HS
- 2022 Rookie of the Year, Howard HS Track & Field

LET'S CONNECT!



srhodes2025@gmail.com



[sydney.rhodes_](https://www.instagram.com/sydney.rhodes_)