

## 2006 Cascade Conference Championships - 5/10/2006 to 5/12/2006

## Cedarcrest HS

## Results

**Event 1 Girls 100 Meter Dash**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Mayhle, Kimi	Jr	King's	12.65Q
2 York, Chelsey	Sr	Sultan	12.89Q
3 Sandri, Lauren	So	South Whidbe	12.93Q
4 Mitchell, Becca	So	Archbishop M	13.39Q
5 Richards, Hope	Jr	South Whidbe	13.46Q
6 Quist, Kelli	So	Cedarcrest	13.57Q
7 Bremond, Erin	So	King's	13.49q
8 York, Zara	Fr	Sultan	13.61q
9 Bakke, Gwen	Fr	South Whidbe	13.63
10 Denoso, Allyson	So	King's	13.70
11 McKenna, Katie	Jr	Sultan	13.77
12 Hordyk, Corley	Fr	Granite Fall	13.84
13 Gifford, Laura	Jr	King's	13.87
14 Daviscourt, Jenny	Fr	Archbishop M	13.99
15 Vahratian, Allyssa	So	King's	14.00
16 Lever, Courtney	Fr	Lakewood	14.22
17 Collins, Shanekquia	So	Lakewood	14.42
18 Rondorf, Jade	So	Granite Fall	14.50
19 Pedersen, Kathleen	Fr	Archbishop M	14.97
20 Dorgan, Jackie	So	Granite Fall	15.74

**Event 1 Girls 100 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 York, Chelsey	Sr	Sultan	12.91 10
2 Mayhle, Kimi	Jr	King's	12.93 8
3 Sandri, Lauren	So	South Whidbe	12.96 6
4 Mitchell, Becca	So	Archbishop M	13.43 5
5 Richards, Hope	Jr	South Whidbe	13.51 4
6 Bremond, Erin	So	King's	13.81 3
7 York, Zara	Fr	Sultan	13.91 2
8 Quist, Kelli	So	Cedarcrest	13.93 1

**Event 2 Girls 200 Meter Dash**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Mayhle, Kimi	Jr	King's	26.1hQ
2 York, Chelsey	Sr	Sultan	26.4hQ
3 Sandri, Lauren	So	South Whidbe	26.9hQ
4 Mitchell, Becca	So	Archbishop M	27.2hQ
5 Mock, Lindsey	Jr	South Whidbe	27.5hQ
6 Cullimore, Lisa	Jr	Cedarcrest	27.9hQ
7 Brown, Audrey	Fr	Granite Fall	27.7hq
8 Richards, Hope	Jr	South Whidbe	27.8hq
9 Bakke, Gwen	Fr	South Whidbe	28.1h
10 Olson, Sarah	Sr	South Whidbe	28.2h
11 Friar, Laura	Fr	King's	28.6h
11 York, Zara	Fr	Sultan	28.6h
13 McKenna, Katie	Jr	Sultan	28.8h
14 Kevin, Rachael	Fr	Cedarcrest	28.9h
14 Hordyk, Corley	Fr	Granite Fall	28.9h
16 Daviscourt, Jenny	Fr	Archbishop M	29.0h

17 Vahratian, Allyssa	So	King's	29.7h
18 Lever, Courtney	Fr	Lakewood	30.1h
19 Collins, Shanekquia	So	Lakewood	30.3h
20 Pedersen, Kathleen	Fr	Archbishop M	30.9h
21 Hallenbeck, Chantille	So	Granite Fall	32.0h

**Event 2 Girls 200 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 York, Chelsey	Sr	Sultan	26.21 10
2 Mayhle, Kimi	Jr	King's	26.44 8
3 Sandri, Lauren	So	South Whidbe	26.74 6
4 Cullimore, Lisa	Jr	Cedarcrest	27.26 5
5 Mitchell, Becca	So	Archbishop M	27.29 4
6 Brown, Audrey	Fr	Granite Fall	27.59 3
7 Mock, Lindsey	Jr	South Whidbe	27.69 2
8 Richards, Hope	Jr	South Whidbe	28.13 1

**Event 3 Girls 400 Meter Dash**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Bremond, Erin	So	King's	1:01.7hQ
2 McCann, Renee	Fr	Sultan	1:02.9hQ
3 Brown, Audrey	Fr	Granite Fall	1:03.9hQ
4 Sannon, Lindsey	So	Granite Fall	1:04.4hQ
5 Fletcher, Lauren	Fr	South Whidbe	1:04.6hQ
6 Quist, Kelli	So	Cedarcrest	1:06.7hQ
7 Farmer, Alisha	Jr	Cedarcrest	1:06.7hq
8 Bass, Taylor	Jr	Archbishop M	1:08.5hq
9 Kieling, Holly	So	King's	1:11.1h
10 Smith, China	Fr	Archbishop M	1:15.2h
11 Gemmer, Sierra	Sr	Lakewood	1:15.7h
12 Edeen, Kristen	Jr	Lakewood	1:16.3h

**Event 3 Girls 400 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 Bremond, Erin	So	King's	1:01.28 10
2 McCann, Renee	Fr	Sultan	1:02.00 8
3 Brown, Audrey	Fr	Granite Fall	1:02.12 6
4 Sannon, Lindsey	So	Granite Fall	1:03.94 5
5 Fletcher, Lauren	Fr	South Whidbe	1:04.99 4
6 Quist, Kelli	So	Cedarcrest	1:06.86 3
7 Bass, Taylor	Jr	Archbishop M	1:08.07 2
8 Farmer, Alisha	Jr	Cedarcrest	1:09.19 1

**Event 4 Girls 800 Meter Run**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Kearney, Erin	Fr	Cedarcrest	2:23.15q
2 Thomas, Olivia	Fr	King's	2:24.85q
3 Northey, Megan	So	King's	2:26.15q
4 Moran, Lauren	So	Archbishop M	2:26.53q
5 Johnson, Erica	So	South Whidbe	2:27.56q
6 Osti, Danielle	Jr	Lakewood	2:31.44q
7 Sandoval, Liz	So	Archbishop M	2:33.28q

## 2006 Cascade Conference Championships - 5/10/2006 to 5/12/2006

## Cedarcrest HS

## Results

**Preliminaries ... (Event 4 Girls 800 Meter Run)**

Name	Yr	School	Prelims
8 Thompson, Lauren	So	King's	2:33.41q
9 Littlefield, Kayleen	Fr	Granite Fall	2:36.85
10 Bosman, Courtney	Fr	South Whidbe	2:37.06
11 Bosman, Cassie	Fr	South Whidbe	2:41.65
12 Kero, Nettie	Jr	Cedarcrest	2:42.42
13 Nation, Lacey	Fr	Lakewood	2:44.89
14 Prentice, Erica	So	Archbishop M	2:46.90
15 Hess, Alyssa	Sr	Lakewood	2:56.53
16 Green, Heather	Jr	Sultan	3:05.79

**Event 4 Girls 800 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1 Thomas, Olivia	Fr	King's	2:20.17 9
1 Kearney, Erin	Fr	Cedarcrest	2:20.17 9
3 Johnson, Erica	So	South Whidbe	2:23.06 6
4 Northey, Megan	So	King's	2:26.24 5
5 Moran, Lauren	So	Archbishop M	2:27.20 4
6 Osti, Danielle	Jr	Lakewood	2:27.90 3
7 Thompson, Lauren	So	King's	2:30.65 2
8 Sandoval, Liz	So	Archbishop M	2:37.76 1

**Event 5 Girls 1600 Meter Run**

Name	Yr	School	Finals
1 Thomas, Olivia	Fr	King's	5:24.53 10
2 Bakeman, Mary	Sr	South Whidbe	5:28.08 8
3 Ramirez, Caitlin	So	Cedarcrest	5:28.40 6
4 Gordon, Katy	Jr	South Whidbe	5:29.32 5
5 Dunn, Sarah	So	Lakewood	5:31.15 4
6 Moran, Lauren	So	Archbishop M	5:34.10 3
7 Gogert, Corrine	Jr	Lakewood	5:34.75 2
8 Foster, Leah	Fr	Granite Fall	5:46.07 1
9 Eslinger, Karissa	Sr	King's	5:48.50
10 Bunker, Katie	Fr	Cedarcrest	5:54.69
11 Cotterill, Lacey	So	Sultan	5:57.56
12 Littlefield, Kayleen	Fr	Granite Fall	5:58.44
13 Hitchcock, Amanda	Fr	Archbishop M	5:59.24
14 Koelblinger, Jean	Fr	South Whidbe	6:06.95
15 Smith, Lauresa	Fr	King's	6:07.79
16 Costigan, Jessica	So	Granite Fall	6:10.62
17 Nation, Lacey	Fr	Lakewood	6:15.69
18 Gunderson, Kristina	Fr	Cedarcrest	6:29.29
19 Green, Heather	Jr	Sultan	6:49.09

**Event 6 Girls 3200 Meter Run**

Name	Yr	School	Finals
1 Gordon, Katy	Jr	South Whidbe	11:43.27 10
2 Bakeman, Mary	Sr	South Whidbe	11:49.90 8
3 Ramirez, Caitlin	So	Cedarcrest	11:55.50 6
4 Gogert, Corrine	Jr	Lakewood	12:06.66 5
5 Dunn, Sarah	So	Lakewood	12:08.00 4
6 Johnson, Erica	So	South Whidbe	12:14.52 3
7 Foster, Leah	Fr	Granite Fall	12:27.22 2
8 Eslinger, Karissa	Sr	King's	12:54.31 1
9 Cotterill, Lacey	So	Sultan	12:56.15

10 Hitchcock, Amanda	Fr	Archbishop M	13:06.27
11 Smith, Lauresa	Fr	King's	13:10.50
12 Costigan, Jessica	So	Granite Fall	13:17.92
13 McDade, Sarah	Fr	Archbishop M	13:18.64
14 Bodensteiner, Amy	Sr	King's	13:35.60
15 Gunderson, Kristina	Fr	Cedarcrest	13:43.13

**Event 7 Girls 100 Meter Hurdles**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Howe, Michelle	Jr	Lakewood	15.64Q
2 Richer, Britney	Jr	Sultan	16.75Q
3 Lampe, Rebekah	So	King's	17.02Q
4 Hartman, Jamie	Sr	King's	17.26Q
5 Kevin, Rachael	Fr	Cedarcrest	17.46Q
6 Snyder, Chelsea	Sr	King's	17.70Q
7 Peters, Ann	Fr	King's	17.49q
8 Louie, Mariah	Fr	King's	17.87q
9 Schireman, Sarah	Fr	Archbishop M	17.95
10 Gregory, Amanda	Fr	Lakewood	18.23
11 Livermore, Rose	Fr	Granite Fall	18.65
12 McCann, Shannon	Jr	Archbishop M	19.10
13 Westlund, Katy	Jr	Archbishop M	19.69
--- Leggett, Danelle	Fr	South Whidbe	DQ

**Event 7 Girls 100 Meter Hurdles**

Name	Yr	School	Finals
<b>Finals</b>			
1 Howe, Michelle	Jr	Lakewood	15.49 10
2 Richer, Britney	Jr	Sultan	16.66 8
3 Lampe, Rebekah	So	King's	16.83 6
4 Hartman, Jamie	Sr	King's	16.91 5
5 Kevin, Rachael	Fr	Cedarcrest	17.21 4
6 Snyder, Chelsea	Sr	King's	17.64 3
7 Louie, Mariah	Fr	King's	17.69 2
8 Peters, Ann	Fr	King's	17.79 1

**Event 8 Girls 300 Meter Hurdles**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 O'Hara, Breianna	So	Sultan	48.06Q
2 Lawton, Karen	Sr	Cedarcrest	48.29Q
3 Howe, Michelle	Jr	Lakewood	49.78Q
4 Snyder, Chelsea	Sr	King's	50.11Q
5 Gregory, Amanda	Fr	Lakewood	52.11Q
6 Schireman, Sarah	Fr	Archbishop M	52.28Q
7 DeSuler, Tamara	Jr	Sultan	52.48q
8 Lampe, Rebekah	So	King's	53.11q
9 Louie, Mariah	Fr	King's	53.34
10 Livermore, Rose	Fr	Granite Fall	55.51
11 McCann, Shannon	Jr	Archbishop M	59.54
--- Westlund, Katy	Jr	Archbishop M	DQ

## 2006 Cascade Conference Championships - 5/10/2006 to 5/12/2006

## Cedarcrest HS

## Results

## Event 8 Girls 300 Meter Hurdles

Name	Yr	School	Finals
<b>Finals</b>			
1 Lawton, Karen	Sr	Cedarcrest	47.29 10
2 O'Hara, Breianna	So	Sultan	47.65 8
3 Howe, Michelle	Jr	Lakewood	47.77 6
4 Snyder, Chelsea	Sr	King's	49.32 5
5 Schireman, Sarah	Fr	Archbishop M	50.54 4
6 Gregory, Amanda	Fr	Lakewood	50.89 3
7 Lampe, Rebekah	So	King's	51.49 2
8 DeSuler, Tamara	Jr	Sultan	55.63 1

## Event 9 Girls 4x100 Meter Relay

Team	Relay	Finals
1 Sultan	A	50.82 10
2 South Whidbey	A	51.14 8
3 King's	A	51.46 6
4 Granite Falls	A	54.29 5
--- Archbishop Murphy	A	DQ

## Event 10 Girls 4x200 Meter Relay

Team	Relay	Finals
1 Sultan	A	1:48.58 10
2 King's	A	1:50.73 8
3 South Whidbey	A	1:50.93 6
4 Archbishop Murphy	A	1:56.83 5
5 Granite Falls	A	2:01.07 4

## Event 11 Girls 4x400 Meter Relay

Team	Relay	Finals
1 Cedarcrest	A	4:12.12 10
2 King's	A	4:19.81 8
3 Sultan	A	4:23.14 6
4 Granite Falls	A	4:29.23 5
5 South Whidbey	A	4:30.23 4
6 Lakewood	A	4:36.71 3
7 Archbishop Murphy	A	4:46.97 2

## Event 12 Girls Long Jump

Name	Yr	School	Finals
1 Sumpter, Molly	Sr	Sultan	16-06.50 10
2 Schireman, Sarah	Fr	Archbishop M	15-06.50 8
3 Northey, Rachel	Sr	King's	15-02.50 6
4 Denoso, Allyson	So	King's	15-00.00 5
5 King, Ashley	So	Sultan	14-10.50 4
6 Madrazo, Natalie	Sr	King's	J14-10.50 3
7 Lever, Courtney	Fr	Lakewood	14-02.50 2
8 Doran, Annie	So	South Whidbe	13-00.50 1
9 Antetomaso, Julie	Fr	South Whidbe	12-11.00
10 Rondorf, Jade	So	Granite Fall	12-09.00
11 Chanthamalay, Olivia	So	Sultan	10-03.00

## Event 13 Girls Triple Jump

Name	Yr	School	Finals
1 Madrazo, Natalie	Sr	King's	33-08.00 10
2 Jack, Jana	So	King's	33-00.00 8
3 Snyder, Chelsea	Sr	King's	32-11.00 6

4 King, Ashley	So	Sultan	32-06.00 5
5 Mosiman, Sara	Sr	King's	32-03.00 4
6 Hartman, Jamie	Sr	King's	32-02.00 3
7 Bremond, Erin	So	King's	31-09.00 2
8 Moran, Lauren	So	Archbishop M	31-08.00 1
9 Gould, Casey	So	Archbishop M	31-03.00
10 Jelinek, Lauren	Jr	Archbishop M	31-00.00
11 Northey, Rachel	Sr	King's	30-03.00
12 Sannon, Lindsey	So	Granite Fall	29-11.00
13 Antetomaso, Julie	Fr	South Whidbe	29-07.00
14 Thoreson, Kendall	Fr	King's	28-08.00
15 Peters, Ann	Fr	King's	27-08.50
16 Livermore, Rose	Fr	Granite Fall	25-05.00
--- Denoso, Allyson	So	King's	DQ
--- Doran, Annie	So	South Whidbe	DQ
--- O'Neil, Audrey	Fr	King's	DQ

## Event 14 Girls High Jump

Name	Yr	School	Finals
1 Moran, Lauren	So	Archbishop M	4-10.00 10
2 Mosiman, Sara	Sr	King's	J4-10.00 8
3 Jack, Jana	So	King's	4-08.00 6
4 Friar, Laura	Fr	King's	J4-08.00 5
5 Antetomaso, Julie	Fr	South Whidbe	4-06.00 3.5
5 Gregory, Amanda	Fr	Lakewood	4-06.00 3.5
7 Jelinek, Lauren	Jr	Archbishop M	J4-06.00 2
8 DeSuler, Tamara	Jr	Sultan	J4-06.00 1
9 Fletcher, Lauren	Fr	South Whidbe	J4-06.00
9 Westlund, Katy	Jr	Archbishop M	J4-06.00
11 King, Emiley	So	Sultan	J4-06.00
--- Engelhart, Jericha	Fr	King's	DQ
--- Doran, Annie	So	South Whidbe	DQ
--- Mock, Lindsey	Jr	South Whidbe	DQ

## Event 15 Girls Pole Vault

Name	Yr	School	Finals
1 Stonebridge, Ashley	Sr	South Whidbe	9-00.00 10
2 Hoidal, Jeneca	So	Lakewood	8-09.00 8
3 Crosby, Megan	So	King's	8-06.00 6
4 Zaragoza, Kaylee	Jr	Sultan	7-06.00 5
5 Turner, Allison	Jr	Sultan	7-00.00 4
6 VandeGriend, Carryn	Fr	King's	J7-00.00 2.5
6 Engelhart, Jericha	Fr	King's	J7-00.00 2.5
8 Henning, Lindsay	Fr	Sultan	J7-00.00 1
9 Walker, Autumn	So	South Whidbe	6-06.00
10 McKeever, Jean	Jr	Lakewood	6-00.00
--- Kelp, Yvette	Fr	Lakewood	NH

## Event 16 Girls Shot Put

Name	Yr	School	Finals
1 Paszkeicz, Krystal	Jr	Sultan	37-07.00 10
2 York, Zara	Fr	Sultan	32-05.50 8
3 Clauson, Danielle	Jr	King's	32-05.00 6
4 Mosiman, Sara	Sr	King's	32-01.50 5
5 Bennett, Jillian	Jr	Granite Fall	28-02.00 4
6 Nelson, Nikki	Fr	South Whidbe	27-09.00 3
7 Medema, Michelle	Sr	King's	27-06.00 2

## 2006 Cascade Conference Championships - 5/10/2006 to 5/12/2006

## Cedarcrest HS

## Results

**(Event 16 Girls Shot Put)**

Name	Yr	School	Finals
8 Jones, Ruby	Fr	South Whidbe	27-00.00 1
9 Brickner, Emily	Jr	Archbishop M	26-08.00
10 Gemmer, Sierra	Sr	Lakewood	26-07.00
11 McKeever, Jean	Jr	Lakewood	26-01.00
12 LaFave, Brandi	Jr	Lakewood	26-00.00
13 Taylor, Kathleen	So	Sultan	24-01.50
14 Hoban, Kaitlin	Jr	Archbishop M	24-01.00
--- Ruggiero, Emma	Jr	South Whidbe	DQ

**Event 17 Girls Discus Throw**

Name	Yr	School	Finals
1 Paszkeicz, Krystal	Jr	Sultan	119-09 10
2 LaFave, Brandi	Jr	Lakewood	112-11 8
3 Ruggiero, Emma	Jr	South Whidbe	110-01 6
4 Medema, Michelle	Sr	King's	109-02 5
5 Hammontree, Allyson	Sr	Cedarcrest	105-10 4
6 Clauson, Danielle	Jr	King's	104-06 3
7 Albro, Breonna	Fr	Lakewood	89-06 2
8 Nelson, Nikki	Fr	South Whidbe	89-00 1
9 Bennett, Jillian	Jr	Granite Fall	83-04
10 York, Zara	Fr	Sultan	82-05
11 Jones, Ruby	Fr	South Whidbe	79-11
12 Hayton, Emily	Fr	Lakewood	78-07
13 Hoban, Kaitlin	Jr	Archbishop M	72-08
14 Taylor, Kathleen	So	Sultan	72-05
15 Brickner, Emily	Jr	Archbishop M	71-04
16 Hallenbeck, Chantille	So	Granite Fall	66-02
--- Bell, Meghann	Fr	Archbishop M	DQ

**Event 18 Girls Javelin Throw**

Name	Yr	School	Finals
1 Mosiman, Sara	Sr	King's	120-08 10
2 Clauson, Danielle	Jr	King's	111-10 8
3 Fuller, Sunni	So	Sultan	98-04 6
4 Larmore, Caitilyn	Jr	South Whidbe	97-08 5
5 McKeever, Jean	Jr	Lakewood	87-00 4
6 Bell, Meghann	Fr	Archbishop M	83-05 3
7 Hayton, Emily	Fr	Lakewood	77-10 2
8 Medema, Michelle	Sr	King's	74-01 1
9 Bennett, Jillian	Jr	Granite Fall	73-03
10 Nelson, Nikki	Fr	South Whidbe	66-05
11 Gil-Osorio, Martha	So	South Whidbe	62-01
12 Bloom, Katie	So	Archbishop M	60-04
13 Kelp, Yvette	Fr	Lakewood	59-03
14 Brickner, Emily	Jr	Archbishop M	57-08
15 Moon, Jamie	Jr	Sultan	31-09

**Event 19 Boys 100 Meter Dash**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Smith, Stan	Sr	Archbishop M	11.52Q
2 Hulse, Matthew	Sr	Sultan	11.55Q
3 Mauer, Mitch	Sr	Lakewood	11.67Q
4 Thompson, Chandler	Fr	South Whidbe	11.75Q
5 Garabedian, Dom	So	Sultan	11.73Q

6 Davis, Michael	Sr	King's	11.82Q
7 Fuller, Josh	Fr	King's	11.88q
8 Sweany, Tim	Sr	Cedarcrest	11.90q
9 Smith, Devon	Fr	Lakewood	11.97
10 Lukone, Ben	Sr	Sultan	12.05
11 Vicenzotti, Luca	Sr	South Whidbe	12.34
12 Masaki, Alex	Fr	King's	12.37
13 Stallman, Eric	So	South Whidbe	12.65
14 Davenport, Joey	Fr	Lakewood	12.68
15 Lopez, Brycn	Fr	Granite Fall	12.78
16 Houts, Tony	Jr	Archbishop M	12.80

**Event 19 Boys 100 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 Smith, Stan	Sr	Archbishop M	11.35 10
2 Hulse, Matthew	Sr	Sultan	11.67 8
3 Mauer, Mitch	Sr	Lakewood	11.68 6
4 Garabedian, Dom	So	Sultan	11.70 5
5 Thompson, Chandler	Fr	South Whidbe	11.83 4
6 Fuller, Josh	Fr	King's	11.84 3
7 Davis, Michael	Sr	King's	11.85 2
8 Sweany, Tim	Sr	Cedarcrest	11.97 1

**Event 20 Boys 200 Meter Dash**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Snyder, Nick	Jr	Archbishop M	23.54Q
2 Smith, Devon	Fr	Lakewood	23.89Q
3 Hulse, Matthew	Sr	Sultan	23.94Q
4 Garabedian, Dom	So	Sultan	23.96Q
5 Blauert, Jonathan	Jr	King's	24.12Q
6 Thompson, Chandler	Fr	South Whidbe	24.26Q
7 Mauer, Mitch	Sr	Lakewood	24.38q
8 Sweany, Tim	Sr	Cedarcrest	24.43q
9 Hayton, Kyle	Jr	Lakewood	24.46
10 Blatchford, Jean	Fr	King's	25.26
11 Masaki, Alex	Fr	King's	25.45
12 Lopez, Brycn	Fr	Granite Fall	25.73
13 Houts, Tony	Jr	Archbishop M	25.76
14 Vicenzotti, Luca	Sr	South Whidbe	25.94
15 Stallman, Eric	So	South Whidbe	26.34

**Event 20 Boys 200 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 Snyder, Nick	Jr	Archbishop M	23.27 10
2 Garabedian, Dom	So	Sultan	23.72 8
3 Smith, Devon	Fr	Lakewood	23.96 6
4 Thompson, Chandler	Fr	South Whidbe	24.16 5
5 Mauer, Mitch	Sr	Lakewood	24.21 4
6 Sweany, Tim	Sr	Cedarcrest	24.23 3
7 Blauert, Jonathan	Jr	King's	24.31 2
8 Hulse, Matthew	Sr	Sultan	24.66 1

## 2006 Cascade Conference Championships - 5/10/2006 to 5/12/2006

## Cedarcrest HS

## Results

## Event 21 Boys 400 Meter Dash

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Hulse, Matthew	Sr	Sultan	53.66Q
2 Fuller, Josh	Fr	King's	54.02Q
3 Tucksen, Robert	Jr	Lakewood	54.92Q
4 Ayers, Bryan	So	King's	55.56Q
5 Hayton, Kyle	Jr	Lakewood	55.52Q
6 Stallman, Eric	So	South Whidbe	56.63Q
7 Candland, Adam	Fr	Cedarcrest	55.94q
8 Stallman, Scott	Fr	South Whidbe	57.92q
9 Lopez, Brycn	Fr	Granite Fall	59.29
10 Kennedy, Houston	Sr	King's	1:00.48
11 Scheffer, Thomas	Fr	Lakewood	1:03.80
12 Hitchcock, Aaron	Jr	Archbishop M	1:08.20

## Event 21 Boys 400 Meter Dash

Name	Yr	School	Finals
<b>Finals</b>			
1 Fuller, Josh	Fr	King's	53.69 10
2 Tucksen, Robert	Jr	Lakewood	54.67 8
3 Ayers, Bryan	So	King's	54.82 6
4 Hulse, Matthew	Sr	Sultan	54.95 5
5 Candland, Adam	Fr	Cedarcrest	56.15 4
6 Stallman, Eric	So	South Whidbe	56.34 3
7 Stallman, Scott	Fr	South Whidbe	56.50 2
8 Hayton, Kyle	Jr	Lakewood	57.42 1

## Event 22 Boys 800 Meter Run

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Peters, JD	Sr	South Whidbe	2:01.77Q
2 Ervin, James	Jr	Lakewood	2:06.50Q
3 Tadele, Biniam	Jr	King's	2:06.70Q
4 Dull, Evan	Jr	King's	2:07.30Q
5 Ordonez, Terrence	So	Lakewood	2:08.99Q
6 Rossow, Miles	So	Lakewood	2:09.40Q
7 Dean, Austin	So	King's	2:10.92q
8 Eggleston, Aaron	Sr	Granite Fall	2:11.29q
9 Arsenault, Peter	Sr	Granite Fall	2:12.15
10 Brasko, Jeffery	Fr	South Whidbe	2:16.38
11 Bunker, Tom	Jr	Cedarcrest	2:18.78
12 Lambert, Quinn	Jr	Archbishop M	2:21.63
13 Kettler, Noah	So	Granite Fall	2:22.31
14 Cooley, Perry	Fr	South Whidbe	2:25.56
15 Wagner, Austin	So	Archbishop M	2:30.91
16 Andriani, Kohjiro	Fr	Archbishop M	2:36.29

## Event 22 Boys 800 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1 Peters, JD	Sr	South Whidbe	1:57.39 10
2 Ervin, James	Jr	Lakewood	1:58.98 8
3 Dull, Evan	Jr	King's	2:00.50 6
4 Tadele, Biniam	Jr	King's	2:04.08 5

5 Ordonez, Terrence	So	Lakewood	2:06.28 4
6 Rossow, Miles	So	Lakewood	2:08.22 3
7 Eggleston, Aaron	Sr	Granite Fall	2:09.10 2
8 Dean, Austin	So	King's	2:17.70 1

## Event 23 Boys 1600 Meter Run

Name	Yr	School	Finals
1 Peters, JD	Sr	South Whidbe	4:24.34 10
2 Dull, Evan	Jr	King's	4:30.33 8
3 Dull, Jeff	Jr	King's	4:31.45 6
4 Tadele, Biniam	Jr	King's	4:32.61 5
5 Skiles, Scott	Jr	Lakewood	4:32.98 4
6 Chappell, Cody	Sr	Cedarcrest	4:37.90 3
7 Rapp, Tyler	Sr	Lakewood	4:46.73 2
8 Rovang, Nick	So	South Whidbe	4:54.40 1
9 Heller, Mason	So	Cedarcrest	4:54.60
10 Eggleston, Aaron	Sr	Granite Fall	5:06.65
11 Quillen, Lakin	So	Granite Fall	5:11.69
12 Morrison, Jeff	Sr	Archbishop M	5:12.80
13 Kettler, Noah	So	Granite Fall	5:13.84
14 Shafer, JC	Jr	Lakewood	5:15.01
15 Snow, Gareth	Sr	South Whidbe	5:27.30
16 Claggett, Kevin	Fr	Archbishop M	5:33.78

## Event 24 Boys 3200 Meter Run

Name	Yr	School	Finals
1 Peters, JD	Sr	South Whidbe	9:53.16 10
2 Skiles, Scott	Jr	Lakewood	9:55.91 8
3 Chappell, Cody	Sr	Cedarcrest	9:59.20 6
4 Dull, Jeff	Jr	King's	10:00.19 5
5 Rapp, Tyler	Sr	Lakewood	10:16.70 4
6 Dull, Evan	Jr	King's	10:16.92 3
7 Heller, Mason	So	Cedarcrest	10:27.59 2
8 Rovang, Nick	So	South Whidbe	11:07.50 1
9 Eggleston, Aaron	Sr	Granite Fall	11:07.53
10 Halvorsen, Erik	Fr	King's	11:13.64
11 Shafer, JC	Jr	Lakewood	11:16.68
12 Quillen, Lakin	So	Granite Fall	11:29.04
13 Morrison, Jeff	Sr	Archbishop M	11:34.66
14 Claggett, Kevin	Fr	Archbishop M	12:08.55
15 Lennon, Nate	Fr	South Whidbe	12:17.32
16 Christensen, Kyle	Fr	Granite Fall	12:30.47
17 Weller, Van	Fr	Archbishop M	12:34.44

## Event 25 Boys 110 Meter Hurdles

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Snyder, Nick	Jr	Archbishop M	15.38Q
2 Fitz, Jason	Jr	South Whidbe	17.21Q
3 Borisov, Nic	Fr	Lakewood	17.05Q
4 Vicenzotti, Luca	Sr	South Whidbe	17.42Q
5 Metsker, Taylor	Jr	Archbishop M	17.12Q
6 Zhang, Raymond	Fr	King's	17.77Q
7 Trudell, Jordan	So	Lakewood	18.59q
8 Hitchcock, Aaron	Jr	Archbishop M	18.60q
9 Winch, Andrew	Sr	King's	18.96
10 Blatchford, Jean	Fr	King's	19.98

## 2006 Cascade Conference Championships - 5/10/2006 to 5/12/2006

## Cedarcrest HS

## Results

**Preliminaries ... (Event 25 Boys 110 Meter Hurdles)**

Name	Yr	School	Prelims
--- Sadowski, Nick	Sr	Archbishop M	DQ

**Event 25 Boys 110 Meter Hurdles**

Name	Yr	School	Finals
<b>Finals</b>			
1 Snyder, Nick	Jr	Archbishop M	15.26 10
2 Borisov, Nic	Fr	Lakewood	17.14 8
3 Metsker, Taylor	Jr	Archbishop M	17.33 6
4 Vicenzotti, Luca	Sr	South Whidbe	17.61 5
5 Zhang, Raymond	Fr	King's	18.46 4
6 Trudell, Jordan	So	Lakewood	18.64 3
7 Hitchcock, Aaron	Jr	Archbishop M	18.69 2
8 Winch, Andrew	Sr	King's	18.76 1

**Event 26 Boys 300 Meter Hurdles**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Sadowski, Nick	Sr	Archbishop M	41.75Q
2 Snyder, Nick	Jr	Archbishop M	42.85Q
3 Parsons, Zach	Sr	Archbishop M	44.12Q
4 Winch, Andrew	Sr	King's	45.70Q
5 Johnson, Shane	Sr	Sultan	45.38Q
6 Trudell, Jordan	So	Lakewood	46.37Q
7 Hellman, Cliff	Jr	Cedarcrest	46.42q
8 Metsker, Taylor	Jr	Archbishop M	46.47q
9 Blatchford, Jean	Fr	King's	48.77
10 Dean, Brandon	Fr	King's	49.72
--- Borisov, Nic	Fr	Lakewood	DQ

**Event 26 Boys 300 Meter Hurdles**

Name	Yr	School	Finals
<b>Finals</b>			
1 Snyder, Nick	Jr	Archbishop M	41.63 10
2 Sadowski, Nick	Sr	Archbishop M	41.98 8
3 Parsons, Zach	Sr	Archbishop M	43.95 6
4 Winch, Andrew	Sr	King's	45.50 5
5 Johnson, Shane	Sr	Sultan	45.87 4
6 Trudell, Jordan	So	Lakewood	46.07 3
7 Hellman, Cliff	Jr	Cedarcrest	46.43 2
8 Metsker, Taylor	Jr	Archbishop M	47.90 1

**Event 27 Boys 4x100 Meter Relay**

Team	Relay	Finals
1 Archbishop Murphy	A	46.14 10
2 Lakewood	A	46.15 8
3 King's	A	46.44 6
4 Sultan	A	46.49 5
--- Granite Falls	A	DQ

**Event 28 Boys 4x400 Meter Relay**

Team	Relay	Finals
1 King's	A	3:39.29 10
2 Lakewood	A	3:41.01 8
3 Cedarcrest	A	3:45.42 6
4 Granite Falls	A	3:53.83 5

5 Sultan	A	3:56.42 4
6 Archbishop Murphy	A	4:04.01 3
--- South Whidbey	A	DQ

**Event 29 Boys Long Jump**

Name	Yr	School	Finals
1 Kincaid, Andy	Sr	Sultan	20-00.25 10
2 Johnson, Shane	Sr	Sultan	19-08.00 8
3 Blauert, Jonathan	Jr	King's	19-07.25 6
4 Yakovich, Tony	So	King's	19-06.75 5
5 Davis, Michael	Sr	King's	19-03.75 4
6 Cullimore, Daren	Sr	Cedarcrest	18-08.50 3
7 Thompson, Chandler	Fr	South Whidbe	18-08.25 2
8 Camp, Bryce	Jr	Lakewood	17-02.50 1
9 Stallman, Eric	So	South Whidbe	16-08.75
10 Davenport, Joey	Fr	Lakewood	16-08.00
11 Bray, Abe	Fr	Sultan	16-03.50
12 Stallman, Scott	Fr	South Whidbe	15-08.00

**Event 30 Boys Triple Jump**

Name	Yr	School	Finals
1 Cullimore, Daren	Sr	Cedarcrest	41-05.00 10
2 Yakovich, Tony	So	King's	41-02.00 8
3 Sadowski, Nick	Sr	Archbishop M	40-11.25 6
4 Burley, John	Fr	King's	37-01.50 5
5 Bryan, John	Jr	King's	36-10.75 4
6 Bartelheimer, Jeremie	Sr	Archbishop M	36-01.75 3
7 Perry, Jess	Sr	Granite Fall	35-05.75 2
8 Bray, Abe	Fr	Sultan	33-08.75 1
9 Stallman, Scott	Fr	South Whidbe	33-04.75
10 Houts, Tony	Jr	Archbishop M	32-08.50
11 Paulhus, Matt	Jr	Granite Fall	27-04.50

**Event 31 Boys High Jump**

Name	Yr	School	Finals
1 Perry, Jess	Sr	Granite Fall	5-10.00 10
2 Kincaid, Andy	Sr	Sultan	5-08.00 7
2 Cullimore, Daren	Sr	Cedarcrest	5-08.00 7
4 Blauert, Jonathan	Jr	King's	J5-08.00 5
5 Terpstra, Erik	Sr	Archbishop M	5-06.00 4
6 Talbot, Kyle	Fr	King's	J5-06.00 3
7 Bartelheimer, Jeremie	Sr	Archbishop M	5-04.00 2
8 Camp, Bryce	Jr	Lakewood	5-02.00 0.5
8 Smith, Devon	Fr	Lakewood	5-02.00 0.5
10 Hineline, Jonathon	So	Cedarcrest	5-00.00
10 Lehman, Alex	So	King's	5-00.00
--- Vicenzotti, Luca	Sr	South Whidbe	NH
--- Bray, Abe	Fr	Sultan	NH

**Event 32 Boys Pole Vault**

Name	Yr	School	Finals
1 Hamilton, Kyle	Jr	Cedarcrest	13-06.00 10
2 Caldwell, Nic	Sr	Lakewood	12-09.00 8
3 Long, Matt	Jr	South Whidbe	11-00.00 6
4 Tharp, Joe	Sr	King's	10-06.00 5
5 Borisov, Nic	Fr	Lakewood	10-00.00 4
6 Winch, Andrew	Sr	King's	9-00.00 2.5

## 2006 Cascade Conference Championships - 5/10/2006 to 5/12/2006

## Cedarcrest HS

## Results

**(Event 32 Boys Pole Vault)**

Name	Yr	School	Finals	
6 Blatchford, Jean	Fr	King's	9-00.00	2.5
8 Butler, Payden	Fr	Lakewood	J9-00.00	1
9 Stark, Josh	Fr	Cedarcrest	J9-00.00	
10 Arsenault, Peter	Sr	Granite Fall	8-06.00	
11 Soderlund, Kenny	Jr	Sultan	8-00.00	
--- McCarty, Jeff	Sr	Granite Fall	NH	

**Event 33 Boys Shot Put**

Name	Yr	School	Finals	
1 Corp, Nate	Jr	Cedarcrest	47-09.00	10
2 Swanson, Victor	So	King's	45-04.00	8
3 Brown, James	Sr	Lakewood	43-08.50	6
4 Binge, Cody	Jr	Sultan	43-05.50	5
5 Switzer, Josh	Sr	Sultan	42-11.00	4
6 Thorsen, Matt	Jr	King's	42-06.50	3
7 Schweigert, George	Sr	Lakewood	41-09.00	2
8 Perry, Jess	Sr	Granite Fall	41-08.50	1
9 Quan, Baron	So	King's	37-10.50	
10 Berry, Todd	Sr	South Whidbe	37-07.00	
11 Sinex, David	Jr	Archbishop M	37-03.00	
12 Jones, Luke	Sr	Granite Fall	36-11.50	
13 Duncan, Joey	Jr	Archbishop M	36-05.50	
14 Johnson, Damien	Sr	Lakewood	36-02.50	
15 Monell, David	Fr	South Whidbe	35-08.00	
16 Wiltse, Caleb	Jr	Sultan	35-05.00	
16 Smith, Corey	Jr	Cedarcrest	35-05.00	
18 Throckmorton, Ryan	Jr	Archbishop M	35-04.00	
19 Martin, Nick	Sr	South Whidbe	34-01.00	

**Event 34 Boys Discus Throw**

Name	Yr	School	Finals	
1 Schweigert, George	Sr	Lakewood	153-02	10
2 Swanson, Victor	So	King's	131-06	8
3 Culbertson, Ryan	So	Lakewood	129-03	6
4 Binge, Cody	Jr	Sultan	128-04	5
5 Corp, Nate	Jr	Cedarcrest	125-11	4
6 Berry, Todd	Sr	South Whidbe	122-03	3
7 Duncan, Joey	Jr	Archbishop M	118-00	2
8 Jones, Luke	Sr	Granite Fall	107-09	1
9 Liden, Leif	Fr	Lakewood	107-05	
10 Throckmorton, Ryan	Jr	Archbishop M	106-11	
11 Stotsenberg, Keegan	So	King's	106-08	
12 Jones, Cris	Jr	Granite Fall	105-07	
13 Monell, David	Fr	South Whidbe	101-11	
14 Wiltse, Caleb	Jr	Sultan	98-00	
14 Martin, Nick	Sr	South Whidbe	98-00	
16 Davis, Nick	Jr	Archbishop M	96-01	
--- Switzer, Josh	Sr	Sultan	DQ	

**Event 35 Boys Javelin Throw**

Name	Yr	School	Finals	
1 Davis, Michael	Sr	King's	202-10	10
2 Cortez, David	Sr	Cedarcrest	155-04	8
3 Lehman, Alex	So	King's	150-10	6
4 Lutton, Andrew	Sr	King's	150-05	5

5 Bretz, Thomas	So	King's	146-05	4
6 Amidon, Woody	Sr	Archbishop M	140-05	3
7 Berry, Todd	Sr	South Whidbe	139-00	2
8 Sinex, David	Jr	Archbishop M	138-06	1
9 Lehman, Chris	Sr	King's	137-05	
10 Binge, Cody	Jr	Sultan	129-10	
11 McDonald, Zach	Fr	King's	122-04	
12 Ritter, Jake	Fr	Cedarcrest	121-11	
13 Martin, Billy	Fr	King's	118-04	
14 Smith, Josh	Fr	Lakewood	114-04	
15 Metsker, Taylor	Jr	Archbishop M	111-08	
16 Flynn, Ned	Fr	Cedarcrest	111-07	
17 Hoch, Kyle	So	South Whidbe	109-11	
18 Christiansen, Rob	So	Lakewood	106-10	
19 Jones, Luke	Sr	Granite Fall	105-10	
20 Fernandez, Jason	So	Lakewood	100-10	
21 Monell, David	Fr	South Whidbe	98-03	
22 Jones, Cris	Jr	Granite Fall	77-08	

**Women - Team Rankings - 18 Events Scored**

1) King's	219
2) Sultan	137
3) South Whidbey	111.5
4) Lakewood	69.5
5) Cedarcrest	59
6) Archbishop Murphy	54
7) Granite Falls	35

**Men - Team Rankings - 17 Events Scored**

1) King's	182
2) Lakewood	127
3) Archbishop Murphy	97
4) Sultan	80
5) Cedarcrest	79
6) South Whidbey	64
7) Granite Falls	21