

## 2008 Cascade Conference Championships - 5/7/2008 to 5/9/2008

## Cedarcrest HS

## Results

**Event 1 Girls 100 Meter Dash**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Walker, McKenzie	So	South Whidbe	13.02Q
2 Sandri, Lauren	Sr	South Whidbe	13.11Q
3 Quist, Kelli	Sr	Cedarcrest	13.35Q
4 Bakke, Gwen	Jr	South Whidbe	13.41Q
5 McCann, Krista	Fr	Sultan	13.52Q
6 Mitchell, Becca	Sr	Archbishop M	13.65Q
7 MacKay, Stephanie	Jr	Cedarcrest	13.76q
8 Brown, Audrey	Jr	Granite Fall	13.88q
9 Davis, Tenaya	Fr	Cedarcrest	14.11
10 Blatchford, Sarah	So	King's	14.29
11 Gould, Casey	Sr	Archbishop M	14.40
12 Howell, Kaitlan	So	Granite Fall	14.49
13 Diemert, Mary	Fr	King's	14.54
14 Otte, Elizabeth	Fr	Lakewood	14.94
15 Heckathorn, Tiffany	So	Coupeville	15.02

**Event 1 Girls 100 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 Sandri, Lauren	Sr	South Whidbe	12.96 10
2 Walker, McKenzie	So	South Whidbe	13.25 8
3 McCann, Krista	Fr	Sultan	13.47 6
4 Quist, Kelli	Sr	Cedarcrest	13.52 5
5 Bakke, Gwen	Jr	South Whidbe	13.60 4
6 Mitchell, Becca	Sr	Archbishop M	13.65 3
7 MacKay, Stephanie	Jr	Cedarcrest	13.75 2
8 Brown, Audrey	Jr	Granite Fall	14.00 1

**Event 2 Girls 200 Meter Dash**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Sandri, Lauren	Sr	South Whidbe	26.50Q
2 Walker, McKenzie	So	South Whidbe	26.70Q
3 Bos, Lindsey	So	Archbishop M	27.30Q
4 Brown, Audrey	Jr	Granite Fall	27.40Q
5 Bakke, Gwen	Jr	South Whidbe	27.80Q
5 Mitchell, Becca	Sr	Archbishop M	27.80Q
7 McCann, Krista	Fr	Sultan	28.20q
8 MacKay, Stephanie	Jr	Cedarcrest	28.70q
9 McCann, Renee	Jr	Sultan	28.90
10 Davis, Tenaya	Fr	Cedarcrest	29.00
11 Dean, Anna	So	King's	29.80
12 Diemert, Mary	Fr	King's	30.30
13 Weaver, Jackie	Jr	Lakewood	31.40
14 Otte, Elizabeth	Fr	Lakewood	31.80
--- Howell, Kaitlan	So	Granite Fall	DQ

**Event 2 Girls 200 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 Sandri, Lauren	Sr	South Whidbe	26.51 10
2 Walker, McKenzie	So	South Whidbe	26.98 8

3 Bos, Lindsey	So	Archbishop M	27.16 6
4 Mitchell, Becca	Sr	Archbishop M	27.71 5
5 McCann, Krista	Fr	Sultan	28.07 4
6 Brown, Audrey	Jr	Granite Fall	28.10 3
7 Bakke, Gwen	Jr	South Whidbe	28.17 2
8 MacKay, Stephanie	Jr	Cedarcrest	28.70 1

**Event 3 Girls 400 Meter Dash**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Bos, Lindsey	So	Archbishop M	1:02.01Q
2 Quinn, Hillary	So	King's	1:02.65Q
3 Rice, Stephanie	Fr	King's	1:04.43Q
4 Brown, Audrey	Jr	Granite Fall	1:04.63Q
5 Robinson, Laurie	Fr	South Whidbe	1:05.02Q
6 McCann, Renee	Jr	Sultan	1:05.51Q
7 Bosman, Courtney	Jr	South Whidbe	1:05.79q
8 Smith, Sydney	Fr	Cedarcrest	1:06.36q
9 Kearney, Erin	Jr	Cedarcrest	1:07.62
10 Caldwell, Keely	So	Lakewood	1:08.71
11 Smith, Adrienne	Fr	Lakewood	1:09.35
12 Phipps, Leah	So	Coupeville	1:18.80

**Event 3 Girls 400 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 Bos, Lindsey	So	Archbishop M	1:00.44 10
2 Quinn, Hillary	So	King's	1:03.59 8
3 Brown, Audrey	Jr	Granite Fall	1:04.29 6
4 Robinson, Laurie	Fr	South Whidbe	1:04.77 5
5 Rice, Stephanie	Fr	King's	1:04.88 4
6 McCann, Renee	Jr	Sultan	1:05.33 3
7 Smith, Sydney	Fr	Cedarcrest	1:06.88 2
8 Bosman, Courtney	Jr	South Whidbe	1:07.74 1

**Event 4 Girls 800 Meter Run**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Thomas, Olivia	Jr	King's	2:21.00Q
2 Moran, Lauren	Sr	Archbishop M	2:25.61Q
3 Strodel, Cara	Fr	Cedarcrest	2:25.69Q
4 Northey, Megan	Sr	King's	2:26.86Q
5 Johnson, Erica	Sr	South Whidbe	2:25.84Q
6 Werner, Taylor	So	Cedarcrest	2:32.23Q
7 Taylor, Makenzie	So	King's	2:26.12q
8 Ulowetz, Elyse	Fr	Archbishop M	2:33.54q
9 Cashman, Katie	Fr	Granite Fall	2:34.38
10 Littlefield, Kayleen	Jr	Granite Fall	2:35.80
11 Rice, Stephanie	Fr	King's	2:35.91
12 Bosman, Cassie	Jr	South Whidbe	2:36.30
13 Kearney, Erin	Jr	Cedarcrest	2:36.72
14 Sowards, Chelsea	So	Lakewood	2:38.06
15 Burnell, Amber	So	Lakewood	2:38.44
--- Fletcher, Savannah	So	Archbishop M	DQ

## 2008 Cascade Conference Championships - 5/7/2008 to 5/9/2008

## Cedarcrest HS

## Results

**Event 4 Girls 800 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1 Thomas, Olivia	Jr	King's	2:20.35 10
2 Northey, Megan	Sr	King's	2:26.18 8
3 Moran, Lauren	Sr	Archbishop M	2:26.88 6
4 Strodel, Cara	Fr	Cedarcrest	2:27.31 5
5 Johnson, Erica	Sr	South Whidbe	2:27.53 4
6 Werner, Taylor	So	Cedarcrest	2:31.13 3
7 Ulowetz, Elyse	Fr	Archbishop M	2:32.35 2
8 Taylor, Makenzie	So	King's	2:32.72 1

**Event 5 Girls 1600 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1 Thomas, Olivia	Jr	King's	5:15.43 10
2 Dunn, Sarah	Sr	Lakewood	5:23.17 8
3 Strodel, Cara	Fr	Cedarcrest	5:23.42 6
4 Eldredge, Brenna	Fr	Cedarcrest	5:23.57 5
5 Morrill, Ricci	So	Sultan	5:26.17 4
6 Moran, Lauren	Sr	Archbishop M	5:27.16 3
7 Bunker, Katie	Jr	Cedarcrest	5:27.96 2
8 Dowd, Missy	So	Cedarcrest	5:28.02 1
9 Royal, Adrianna	Fr	Coupeville	5:28.19
10 Habel, Caroline	Jr	South Whidbe	5:30.94
11 Taylor, Makenzie	So	King's	5:33.53
12 Eslinger, Adele	So	King's	5:33.80
13 Cashman, Katie	Fr	Granite Fall	5:33.98
14 Martin, Emily	Fr	South Whidbe	5:36.53
15 Ulowetz, Elyse	Fr	Archbishop M	5:37.52
16 Hamm, Morgan	So	King's	5:37.83
17 Nation, Lacey	Jr	Lakewood	5:48.90
18 Smith, Lauresa	Jr	King's	5:54.60
19 Costigan, Jessica	Sr	Granite Fall	6:01.34
20 Isaacson, Madeline	Jr	Coupeville	6:11.73
--- Thompson, Becca	Sr	King's	DQ

**Event 6 Girls 3200 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1 Eldredge, Brenna	Fr	Cedarcrest	11:41.62 10
2 Dunn, Sarah	Sr	Lakewood	11:48.89 8
3 Dowd, Missy	So	Cedarcrest	11:50.16 6
4 Royal, Adrianna	Fr	Coupeville	11:50.28 5
5 Eslinger, Adele	So	King's	11:50.38 4
6 Bunker, Katie	Jr	Cedarcrest	11:52.55 3
7 Martin, Emily	Fr	South Whidbe	12:07.51 2
8 Hamm, Morgan	So	King's	12:09.08 1
9 Habel, Caroline	Jr	South Whidbe	12:16.10
10 Cashman, Katie	Fr	Granite Fall	12:16.89
11 Smith, Lauresa	Jr	King's	12:19.54
12 Taylor, Makenzie	So	King's	12:26.08
13 Stokes, Chelsea	Fr	Lakewood	12:26.46
14 Beam, Jessica	Fr	Cedarcrest	12:49.92
15 Costigan, Jessica	Sr	Granite Fall	12:50.96

16 Kelly, Kaitlyn	So	Archbishop M	13:06.00
17 McDade, Sarah	Jr	Archbishop M	13:10.84

**Event 7 Girls 100 Meter Hurdles**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Schireman, Sarah	Jr	Archbishop M	15.66Q
2 O'Hara, Breianna	Sr	Sultan	16.85Q
3 Quist, Kelli	Sr	Cedarcrest	17.18Q
4 Louie, Mariah	Jr	King's	17.34Q
5 Barrow, Laura	So	South Whidbe	17.59Q
6 Livermore, Rose	Jr	Granite Fall	18.30Q
7 Nicefaro, Caroline	So	Archbishop M	18.48q
8 Webster, Katie	So	Archbishop M	18.96q
9 Main, Sarah	Fr	Archbishop M	19.06
10 Lampe, Rebeka	Sr	King's	19.11
11 Vass, Sarah	Sr	Coupeville	19.16
12 Leonard, Danielle	Fr	Archbishop M	19.38
13 Carr, Alea	Fr	Cedarcrest	19.38
14 Nelson, Andi	So	King's	20.18
15 Smith, Adrienne	Fr	Lakewood	21.05
16 Leonard, Tamara	Fr	South Whidbe	24.34

**Event 7 Girls 100 Meter Hurdles**

Name	Yr	School	Finals
<b>Finals</b>			
1 Schireman, Sarah	Jr	Archbishop M	15.67 10
2 O'Hara, Breianna	Sr	Sultan	16.19 8
3 Quist, Kelli	Sr	Cedarcrest	17.13 6
4 Louie, Mariah	Jr	King's	17.24 5
5 Barrow, Laura	So	South Whidbe	17.31 4
6 Nicefaro, Caroline	So	Archbishop M	18.33 3
7 Livermore, Rose	Jr	Granite Fall	18.38 2
8 Webster, Katie	So	Archbishop M	18.86 1

**Event 8 Girls 300 Meter Hurdles**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Schireman, Sarah	Jr	Archbishop M	46.50Q
2 O'Hara, Breianna	Sr	Sultan	48.20Q
3 Quist, Kelli	Sr	Cedarcrest	50.30Q
4 Louie, Mariah	Jr	King's	50.60Q
5 Leonard, Danielle	Fr	Archbishop M	52.00Q
6 Nelson, Andi	So	King's	53.00Q
7 Livermore, Rose	Jr	Granite Fall	53.30q
8 Main, Sarah	Fr	Archbishop M	53.90q
9 Corrigan, Rosalie	Fr	Archbishop M	54.90
10 Vass, Sarah	Sr	Coupeville	55.30
11 Webster, Katie	So	Archbishop M	55.60
12 Gress, Cassie	Fr	Sultan	57.50
--- Leonard, Tamara	Fr	South Whidbe	DQ

**Event 8 Girls 300 Meter Hurdles**

Name	Yr	School	Finals
<b>Finals</b>			
1 Schireman, Sarah	Jr	Archbishop M	46.24 10

## 2008 Cascade Conference Championships - 5/7/2008 to 5/9/2008

## Cedarcrest HS

## Results

**Finals ... (Event 8 Girls 300 Meter Hurdles)**

Name	Yr	School	Finals	
2 O'Hara, Breianna	Sr	Sultan	48.47	8
3 Quist, Kelli	Sr	Cedarcrest	48.51	6
4 Louie, Mariah	Jr	King's	50.79	5
5 Nelson, Andi	So	King's	52.96	4
6 Leonard, Danielle	Fr	Archbishop M	53.28	3
7 Main, Sarah	Fr	Archbishop M	54.38	2
8 Livermore, Rose	Jr	Granite Fall	55.21	1

**Event 9 Girls 4x100 Meter Relay**

Team	Relay	Finals	
<b>Finals</b>			
1 South Whidbey	A	50.64	10
2 Archbishop Murphy	A	52.62	8
3 Sultan	A	53.04	6
4 King's	A	53.29	5
5 Lakewood	A	56.56	4
6 Coupeville	A	56.66	3
7 Granite Falls	A	57.56	2

**Event 10 Girls 4x200 Meter Relay**

Team	Relay	Finals	
<b>Finals</b>			
1 South Whidbey	A	1:46.49	10
2 King's	A	1:47.66	8
3 Archbishop Murphy	A	1:53.16	6
4 Lakewood	A	1:59.32	5

**Event 11 Girls 4x400 Meter Relay**

Team	Relay	Finals	
<b>Finals</b>			
1 King's	A	4:02.48	10
2 Archbishop Murphy	A	4:09.04	8
3 Cedarcrest	A	4:22.75	6
4 South Whidbey	A	4:24.29	5
5 Granite Falls	A	4:29.94	4
6 Lakewood	A	4:30.51	3

**Event 12 Girls High Jump**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Calderwood, Cayla	So	South Whidbe	5-01.00	10
2 King, Ashley	Sr	Sultan	4-08.00	8
3 Dondrea, Charnie	Fr	Lakewood	J4-08.00	6
4 O'Neil, Audrey	Jr	King's	J4-08.00	4.5
5 Pedersen, Kathleen	Jr	Archbishop M	J4-08.00	4.5
6 Ballenger, Alex	Fr	King's	J4-06.00	3
7 Gregory, Amanda	Jr	Lakewood	J4-06.00	2
8 Leonard, Tamara	Fr	South Whidbe	J4-06.00	1
9 Chamberlin, Maddie	Fr	Lakewood	J4-06.00	
10 Rouleau, Gabby	So	Cedarcrest	4-04.00	
11 Vass, Sarah	Sr	Coupeville	4-02.00	
--- DeMartini, Kylie	Sr	South Whidbe	DQ	
--- Fletcher, Savannah	So	Archbishop M	DQ	

**Event 13 Girls Pole Vault**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Crosby, Megan	Sr	King's	9-03.00	10
2 Hoidal, Jeneca	Sr	Lakewood	9-00.00	8
3 Young, Julia	So	King's	J9-00.00	6
4 Blatchford, Sarah	So	King's	8-06.00	5
5 Nelson, Andi	So	King's	8-00.00	4
6 Hefflinger, Ann	So	South Whidbe	J8-00.00	3
7 Walker, Autumn	Sr	South Whidbe	7-06.00	2
8 Reisdorff, Hanna	Jr	Lakewood	J7-06.00	1
9 Griffen, Ashton	So	Cedarcrest	J7-06.00	
10 Warren, Samantha	Jr	Lakewood	J7-06.00	
11 Dean, Anna	So	King's	J7-06.00	
12 Diemert, Mary	Fr	King's	7-00.00	
12 Henning, Lindsay	Jr	Sultan	7-00.00	
12 Carlson, Kelsey	Fr	Granite Fall	7-00.00	
15 Butler, Aisha	Fr	Lakewood	J7-00.00	
16 Howe, Elizabeth	Jr	Sultan	J7-00.00	
17 Johnson, Brennan	Jr	Granite Fall	6-06.00	
--- Nixon, Christian	Fr	Sultan	DQ	

**Event 14 Girls Long Jump**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Schireman, Sarah	Jr	Archbishop M	17-06.00	10
2 Calderwood, Cayla	So	South Whidbe	17-00.25	8
3 Decker, Bre	Sr	Cedarcrest	16-10.00	6
4 O'Hara, Breianna	Sr	Sultan	16-04.00	5
5 Gregory, Amanda	Jr	Lakewood	15-01.00	4
6 Kelly, Kaitlyn	So	Archbishop M	14-10.25	3
7 Kearney, Erin	Jr	Cedarcrest	14-08.75	2
8 Osborne, Emily	Fr	Lakewood	14-06.00	1
9 Johnson, Brittany	So	Coupeville	14-05.00	
10 Loeffelbein, Mickala	Jr	Cedarcrest	14-00.50	
11 Young, Julia	So	King's	13-09.00	
12 Huie, Jamie	Fr	Cedarcrest	13-06.00	
13 O'Neil, Audrey	Jr	King's	13-00.25	
14 Beucherie, Cassie	So	Sultan	12-11.50	
15 Roberts, Eliza	So	Granite Fall	12-07.00	
--- Kent, Daisy	So	Coupeville	DQ	
--- Diemert, Mary	Fr	King's	DQ	
--- DeMartini, Kylie	Sr	South Whidbe	DQ	

**Event 15 Girls Triple Jump**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Calderwood, Cayla	So	South Whidbe	35-07.75	10
2 Decker, Bre	Sr	Cedarcrest	34-08.00	8
3 Bremond, Erin	Sr	King's	34-01.75	6
4 Moran, Lauren	Sr	Archbishop M	33-00.00	5
5 Louie, Mariah	Jr	King's	32-11.50	4
6 Young, Julia	So	King's	32-01.00	3
7 O'Neil, Audrey	Jr	King's	J31-08.50	2
8 King, Ashley	Sr	Sultan	J31-08.50	1

## 2008 Cascade Conference Championships - 5/7/2008 to 5/9/2008

## Cedarcrest HS

## Results

**Finals ... (Event 15 Girls Triple Jump)**

Name	Yr	School	Finals
9 DeMartini, Kylie	Sr	South Whidbe	31-02.00
10 Gould, Casey	Sr	Archbishop M	30-04.00
11 Darby, Kara	Fr	Sultan	29-11.25
12 Gregory, Amanda	Jr	Lakewood	29-06.75
13 Beucherie, Cassie	So	Sultan	29-01.25

**Event 16 Girls Shot Put**

Name	Yr	School	Finals
<b>Finals</b>			
1 Hartman, Rachael	Sr	Lakewood	36-01.75 10
2 Hulslander, Tawnya	Sr	Lakewood	35-05.50 8
3 McConnaughey, Ali	So	King's	30-11.00 6
4 Ordonez, Christina	Jr	Lakewood	30-05.00 5
5 Ilyankoff, Kyra	Fr	Coupeville	29-07.00 4
6 Enters, Nikki	Jr	South Whidbe	27-09.75 3
7 Engstrom, Kelsey	Fr	South Whidbe	27-02.25 2
8 Moore, Monesa	Fr	Granite Fall	26-11.25 1
9 Smith, Ericka	Fr	Granite Fall	26-02.25
10 Rebich, Kylie	Fr	Archbishop M	26-02.00
11 Johnson, Christine	Jr	South Whidbe	25-08.75
12 Carlson, Muriah	Fr	Cedarcrest	24-02.25
13 Wetli, Jennie	Fr	Cedarcrest	24-01.25
14 Klipp, Maggie	Fr	King's	23-08.50
15 Hines, Jessalyn	Fr	Archbishop M	23-04.75

**Event 17 Girls Discus Throw**

Name	Yr	School	Finals
<b>Finals</b>			
1 Hulslander, Tawnya	Sr	Lakewood	114-05 10
2 Ballenger, Alex	Fr	King's	101-10 8
3 McConnaughey, Ali	So	King's	98-08 6
4 Hickey, Erin	Sr	Coupeville	95-02 5
5 Enters, Nikki	Jr	South Whidbe	93-10 4
6 Albro, Breonna	Jr	Lakewood	91-05 3
7 Klipp, Maggie	Fr	King's	84-11 2
8 Ilyankoff, Kyra	Fr	Coupeville	80-05 1
9 Carlson, Muriah	Fr	Cedarcrest	76-02
10 Moore, Monesa	Fr	Granite Fall	74-04
11 Espinoza, Alexandria	So	King's	73-09
12 Hayton, Emily	Jr	Lakewood	69-10
13 Johnson, Christine	Jr	South Whidbe	68-10
14 Gress, Cassie	Fr	Sultan	68-01
15 Dobbs, Kathryn	Fr	King's	65-09
16 Cooley, Sydney	Fr	Archbishop M	60-04
17 Rebich, Kylie	Fr	Archbishop M	57-02
--- Smith, Ericka	Fr	Granite Fall	DQ

**Event 18 Girls Javelin Throw**

Name	Yr	School	Finals
<b>Finals</b>			
1 Hulslander, Tawnya	Sr	Lakewood	103-06 10
2 Ilyankoff, Kyra	Fr	Coupeville	99-03 8
3 Gil-Osorio, Martha	Sr	South Whidbe	94-11 6
4 Calderwood, Cayla	So	South Whidbe	93-02 5

5 McConnaughey, Ali	So	King's	85-06 4
6 Hefflinger, Ann	So	South Whidbe	83-10 3
7 Enters, Nikki	Jr	South Whidbe	80-03 2
8 Cessari, Anna	So	King's	78-11 1
9 Wetzel, Brianna	Fr	Lakewood	75-01
10 Wiederkehr, Maria	So	Lakewood	73-10
11 Richter, Michaela	Jr	Cedarcrest	73-05
12 Kelp, Yvette	Jr	Lakewood	72-09
13 Borneman, Elizabeth	Jr	King's	71-10
14 Klipp, Maggie	Fr	King's	63-11
15 MacKay, Stephanie	Jr	Cedarcrest	60-03
16 Cooley, Sydney	Fr	Archbishop M	54-05
17 Nolan, Ellen	Fr	Archbishop M	44-02

**Event 19 Boys 100 Meter Dash**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Ayers, Bryan	Sr	King's	11.64Q
2 Candland, Adam	Jr	Cedarcrest	11.65Q
3 Poolman, Jon	So	South Whidbe	11.71Q
4 Sanda, Hisashi	Sr	South Whidbe	11.78Q
5 Garabedian, Dom	Sr	Sultan	11.73Q
6 Cogger, Brian	Sr	Sultan	11.87Q
7 Scott, Andre	Fr	Lakewood	11.90q
8 Blatchford, Jean	Jr	King's	11.95q
9 VanderWel, Austin	Fr	Archbishop M	11.97
10 McDonald, Steven	Sr	Coupeville	12.08
11 Zhang, Raymond	Jr	King's	12.28
12 Regimbal, David	Fr	Lakewood	12.29
13 Gordon, Randall	Fr	Archbishop M	12.51

**Event 19 Boys 100 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 Garabedian, Dom	Sr	Sultan	11.50 10
2 Ayers, Bryan	Sr	King's	11.52 8
3 Poolman, Jon	So	South Whidbe	11.55 6
4 Candland, Adam	Jr	Cedarcrest	11.65 4.5
4 Blatchford, Jean	Jr	King's	11.65 4.5
6 Cogger, Brian	Sr	Sultan	11.89 3
7 Scott, Andre	Fr	Lakewood	11.90 2
8 Sanda, Hisashi	Sr	South Whidbe	12.29 1

**Event 20 Boys 200 Meter Dash**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Smith, Devon	Jr	Lakewood	23.03Q
2 Fuller, Josh	Jr	King's	23.73Q
3 Poolman, Jon	So	South Whidbe	23.67Q
4 Cogger, Brian	Sr	Sultan	23.81Q
5 McDonald, Steven	Sr	Coupeville	23.95Q
6 Garabedian, Dom	Sr	Sultan	23.97Q
7 Blatchford, Jean	Jr	King's	24.34q
8 Stallman, Eric	Sr	South Whidbe	24.45q
9 VanderWel, Austin	Fr	Archbishop M	24.50
10 Burley, John	Jr	King's	24.67

## 2008 Cascade Conference Championships - 5/7/2008 to 5/9/2008

## Cedarcrest HS

## Results

**Preliminaries ... (Event 20 Boys 200 Meter Dash)**

Name	Yr	School	Prelims
11 Erickson, Tyler	So	Cedarcrest	24.75
12 Brugger, Sean	So	King's	24.81
13 Smith, Caleb	So	Archbishop M	25.02
14 Kavanaugh, Evan	Fr	Cedarcrest	25.34
15 Regimbal, David	Fr	Lakewood	26.20

**Event 20 Boys 200 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 Smith, Devon	Jr	Lakewood	22.84 10
2 Poolman, Jon	So	South Whidbe	23.14 8
3 Fuller, Josh	Jr	King's	23.51 6
4 Garabedian, Dom	Sr	Sultan	23.58 5
5 Blatchford, Jean	Jr	King's	24.06 4
6 McDonald, Steven	Sr	Coupeville	24.08 3
7 Cogger, Brian	Sr	Sultan	24.21 2
8 Stallman, Eric	Sr	South Whidbe	24.28 1

**Event 21 Boys 400 Meter Dash**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Smith, Devon	Jr	Lakewood	51.05Q
2 McDonald, Steven	Sr	Coupeville	53.06Q
3 Candland, Adam	Jr	Cedarcrest	52.21Q
4 Fuller, Josh	Jr	King's	53.36Q
5 Ayers, Bryan	Sr	King's	52.72Q
6 Erickson, Tyler	So	Cedarcrest	53.91Q
7 Tyler, Jasper	Fr	South Whidbe	53.66q
8 Rovang, Nick	Sr	South Whidbe	54.11q
9 Jones, Cameron	So	Lakewood	55.07
10 Thompson, Derek	Jr	Cedarcrest	56.33
11 Smith, Jared	Sr	Archbishop M	56.79
12 Scheine, Daniel	So	Granite Fall	1:00.13
13 Henshaw, David	Fr	Archbishop M	1:00.23

**Event 21 Boys 400 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 Smith, Devon	Jr	Lakewood	49.16 10
2 Fuller, Josh	Jr	King's	51.08 8
3 Candland, Adam	Jr	Cedarcrest	51.36 6
4 McDonald, Steven	Sr	Coupeville	52.01 5
5 Ayers, Bryan	Sr	King's	52.13 4
6 Rovang, Nick	Sr	South Whidbe	53.28 3
7 Erickson, Tyler	So	Cedarcrest	53.46 2
8 Tyler, Jasper	Fr	South Whidbe	53.65 1

**Event 22 Boys 800 Meter Run**

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 King, Kyle	Sr	Coupeville	2:03.40Q
2 Halvorson, Erik	Jr	King's	2:05.40Q
3 Stallman, Scott	Jr	South Whidbe	2:06.20Q
4 Ordonez, Terrence	Sr	Lakewood	2:05.50Q

5 Mattson, James	Jr	Lakewood	2:06.70Q
6 Skiles, Chad	So	Lakewood	2:07.90Q
7 Warren, Andy	Sr	Lakewood	2:07.40q
8 Faubion, Nate	So	King's	2:08.40q
9 Rossow, Miles	Sr	Lakewood	2:08.90
10 Hammontree, Clay	So	Cedarcrest	2:10.60
11 Melly, Ciaran	So	Archbishop M	2:13.70
12 Rovang, Nick	Sr	South Whidbe	2:14.20
13 Houk, Jon	So	Coupeville	2:14.40
14 Torres, Blake	So	Archbishop M	2:14.50
15 Denison, Josh	Fr	Cedarcrest	2:14.70
16 Howe, Nick	So	Lakewood	2:15.20
17 Culp, Christian	Fr	Sultan	2:19.10
18 Johnson, Connor	Fr	Granite Fall	2:29.60

**Event 22 Boys 800 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1 Ordonez, Terrence	Sr	Lakewood	1:58.20 10
2 King, Kyle	Sr	Coupeville	1:58.62 8
3 Stallman, Scott	Jr	South Whidbe	1:58.69 6
4 Halvorson, Erik	Jr	King's	2:04.48 5
5 Skiles, Chad	So	Lakewood	2:04.58 4
6 Mattson, James	Jr	Lakewood	2:06.21 3
7 Faubion, Nate	So	King's	2:06.35 2
8 Warren, Andy	Sr	Lakewood	2:06.60 1

**Event 23 Boys 1600 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1 King, Kyle	Sr	Coupeville	4:22.73 10
2 Guske, Taylor	So	Lakewood	4:31.30 8
3 King, Tyler	Fr	Coupeville	4:31.44 6
4 Ordonez, Terrence	Sr	Lakewood	4:31.90 5
5 Halvorson, Erik	Jr	King's	4:37.16 4
6 Young, Austin	Sr	Lakewood	4:39.91 3
7 Ballew, Conner	Fr	Archbishop M	4:42.30 2
8 Skiles, Chad	So	Lakewood	4:42.76 1
9 Walker, Trevor	Sr	Lakewood	4:43.25
10 Conard, Zach	Jr	Archbishop M	4:44.07
11 Torres, Blake	So	Archbishop M	4:47.17
12 Kettler, Noah	Sr	Granite Fall	4:48.00
13 Rossow, Miles	Sr	Lakewood	4:49.35
14 Mattson, James	Jr	Lakewood	4:50.17
15 Culp, Christian	Fr	Sultan	4:54.71
16 Linnerooth, Chad	Fr	Cedarcrest	4:56.06
17 Gouette, Byron	Jr	Lakewood	4:59.23
18 Grady, Sam	Jr	Cedarcrest	4:59.40
19 Howe, Nick	So	Lakewood	5:00.95
20 Asay, Kyle	Sr	South Whidbe	5:03.60
21 Peterson, Alex	So	King's	5:15.41
22 Hart, Tyler	Fr	Granite Fall	5:21.07

## 2008 Cascade Conference Championships - 5/7/2008 to 5/9/2008

## Cedarcrest HS

## Results

## Event 24 Boys 3200 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1 King, Kyle	Sr	Coupeville	9:32.75 10
2 Guske, Taylor	So	Lakewood	9:51.10 8
3 King, Tyler	Fr	Coupeville	9:55.09 6
4 Ballew, Conner	Fr	Archbishop M	10:15.06 5
5 Young, Austin	Sr	Lakewood	10:18.33 4
6 Kettler, Noah	Sr	Granite Fall	10:22.11 3
7 Walker, Trevor	Sr	Lakewood	10:25.28 2
8 Tresch, Trent	Fr	Lakewood	10:34.88 1
9 Grady, Sam	Jr	Cedarcrest	10:39.85
10 Halvorson, Erik	Jr	King's	10:46.02
11 Gouette, Byron	Jr	Lakewood	10:58.48
12 Warren, Andy	Sr	Lakewood	11:07.02
13 Mach, Phillip	Jr	King's	11:07.69
14 Zuniga, Daryl	Jr	Cedarcrest	11:08.86
15 Asay, Kyle	Sr	South Whidbe	11:12.81
16 Hart, Tyler	Fr	Granite Fall	11:25.66
17 Mathis, Parker	Fr	Archbishop M	12:02.96

## Event 25 Boys 110 Meter Hurdles

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Brugger, Sean	So	King's	15.72Q
2 Zhang, Raymond	Jr	King's	16.10Q
3 Bennett, Ben	So	Archbishop M	15.92Q
4 Borisov, Nick	Jr	Lakewood	16.20Q
5 Dean, Brandon	Jr	King's	16.60Q
6 Bennett, Andy	So	South Whidbe	17.04Q
7 Dean, Austin	Sr	King's	16.90q
8 Clauson, Curtis	Fr	King's	17.20q
9 Farias, Hernan	So	Cedarcrest	17.40
10 van Veen, Nick	So	Cedarcrest	17.44
11 Soderlund, Sean	So	Sultan	17.78
12 Lowry, Shaw St	Fr	Archbishop M	19.63
13 Tanner, Anthony	Jr	Lakewood	20.93
14 Vilgalys, Taurus	So	Archbishop M	21.08

## Event 25 Boys 110 Meter Hurdles

Name	Yr	School	Finals
<b>Finals</b>			
1 Brugger, Sean	So	King's	15.79 10
2 Zhang, Raymond	Jr	King's	15.92 8
3 Borisov, Nick	Jr	Lakewood	16.44 6
4 Clauson, Curtis	Fr	King's	16.50 5
5 Bennett, Ben	So	Archbishop M	16.79 4
6 Dean, Austin	Sr	King's	16.84 3
7 Bennett, Andy	So	South Whidbe	16.90 2
8 Dean, Brandon	Jr	King's	17.39 1

## Event 26 Boys 300 Meter Hurdles

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Bennett, Andy	So	South Whidbe	41.32Q

2 Dean, Austin	Sr	King's	42.04Q
3 Borisov, Nick	Jr	Lakewood	42.49Q
4 Farias, Hernan	So	Cedarcrest	42.92Q
5 Bennett, Ben	So	Archbishop M	43.74Q
6 Soderlund, Sean	So	Sultan	44.26Q
7 Dean, Brandon	Jr	King's	44.03q
8 Clauson, Curtis	Fr	King's	44.41q
9 Berg, Zack	Fr	King's	44.52
10 Trudell, Jordan	Sr	Lakewood	44.54
11 van Veen, Nick	So	Cedarcrest	45.44
12 Zhang, Raymond	Jr	King's	45.56
13 Lowry, Shaw St	Fr	Archbishop M	49.11
--- Bourne, Lucas	Sr	Archbishop M	DQ

## Event 26 Boys 300 Meter Hurdles

Name	Yr	School	Finals
<b>Finals</b>			
1 Bennett, Andy	So	South Whidbe	41.33 10
2 Borisov, Nick	Jr	Lakewood	42.25 8
3 Bennett, Ben	So	Archbishop M	42.63 6
4 Clauson, Curtis	Fr	King's	42.70 5
5 Dean, Austin	Sr	King's	42.93 4
6 Farias, Hernan	So	Cedarcrest	43.27 3
7 Dean, Brandon	Jr	King's	44.20 2
8 Soderlund, Sean	So	Sultan	44.27 1

## Event 27 Boys 4x100 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 South Whidbey	A	43.99 10
2 King's	A	44.03 8
3 Lakewood	A	44.88 6
4 Sultan	A	45.40 5
5 Archbishop Murphy	A	46.98 4

## Event 28 Boys 4x400 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 Lakewood	A	3:27.30 10
2 King's	A	3:27.55 8
3 South Whidbey	A	3:31.87 6
4 Cedarcrest	A	3:32.77 5
5 Archbishop Murphy	A	3:38.39 4
6 Coupeville	A	3:38.59 3

## Event 29 Boys High Jump

Name	Yr	School	Finals
<b>Finals</b>			
1 Hesselman, Nathan	So	Lakewood	5-10.00 10
2 Miller, Brian	Sr	Coupeville	J5-10.00 8
3 Brugger, Sean	So	King's	J5-10.00 5.5
3 Grossi, John	Sr	Sultan	J5-10.00 5.5
5 Pleis, Jackson	So	Cedarcrest	5-08.00 3.5
5 Talbot, Kyle	Jr	King's	5-08.00 3.5
7 Hirst, Slater	Fr	King's	J5-08.00 2
8 Hulslander, Spencer	Jr	Lakewood	5-06.00 1

## 2008 Cascade Conference Championships - 5/7/2008 to 5/9/2008

## Cedarcrest HS

## Results

**Finals ... (Event 29 Boys High Jump)**

Name	Yr	School	Finals
9 Helm, Luke	Fr	Sultan	5-04.00
10 Dean, Brandon	Jr	King's	5-02.00

**Event 30 Boys Pole Vault**

Name	Yr	School	Finals
------	----	--------	--------

**Finals**

1 Flynn, Ned	Jr	Cedarcrest	14-03.00	10
2 Hulslander, Spencer	Jr	Lakewood	13-00.00	8
3 Lehman, Alex	Sr	King's	12-09.00	6
4 Blatchford, Jean	Jr	King's	11-06.00	5
5 Klein, Mason	So	Sultan	J11-06.00	4
6 Zesbaugh, Zachary	Jr	Sultan	J11-06.00	3
7 Soderlund, Sean	So	Sultan	10-00.00	2
8 Borisov, Nick	Jr	Lakewood	J10-00.00	1
9 Sanda, Hisashi	Sr	South Whidbe	J10-00.00	
10 Bartel, Isaac	Fr	South Whidbe	9-06.00	
10 Lessley, Win	Fr	King's	9-06.00	
12 Scheine, Daniel	So	Granite Fall	8-06.00	
13 Scheffer, Matt	Sr	Lakewood	J8-06.00	
14 O'Brien, Ramsey	Jr	South Whidbe	8-00.00	
15 Parrish, Danny	So	Sultan	J8-00.00	
16 Mennega, Damon	Fr	Lakewood	7-06.00	
16 Cameron, Paul	So	Sultan	7-06.00	
--- Wild, Emmett	Jr	Lakewood	DQ	

**Event 31 Boys Long Jump**

Name	Yr	School	Finals
------	----	--------	--------

**Finals**

1 Yakovich, Tony	Sr	King's	21-09.25	10
2 Burley, John	Jr	King's	20-10.00	8
3 Bennett, Andy	So	South Whidbe	20-09.50	6
4 Grossi, John	Sr	Sultan	20-03.00	5
5 Clauson, Curtis	Fr	King's	19-10.25	4
6 Scott, Andre	Fr	Lakewood	19-10.00	3
7 Pleis, Jackson	So	Cedarcrest	19-04.75	2
8 Brugger, Sean	So	King's	19-01.50	1
9 Dean, Austin	Sr	King's	18-01.25	
10 Lam, Emmett	Fr	King's	17-07.50	
11 Grant, Austin	So	Sultan	17-07.00	
12 Lehman, Alex	Sr	King's	17-06.00	
13 Rutkowski, CJ	Jr	Lakewood	17-04.00	
14 McClure, Alex	Jr	Archbishop M	16-04.50	
15 Harjo, Robby	So	Cedarcrest	16-01.00	
16 Hoskins, Will	Fr	Coupeville	15-09.75	
--- Marler, Zac	So	Sultan	DQ	

**Event 32 Boys Triple Jump**

Name	Yr	School	Finals
------	----	--------	--------

**Finals**

1 Yakovich, Tony	Sr	King's	44-02.25	10
2 Burley, John	Jr	King's	42-08.25	8
3 Bennett, Andy	So	South Whidbe	42-03.75	6
4 Pleis, Jackson	So	Cedarcrest	42-03.25	5
5 Scott, Andre	Fr	Lakewood	41-02.25	4

6 Grossi, John	Sr	Sultan	40-05.00	3
7 Hoidal, Jacob	So	Lakewood	38-05.25	2
8 Beebe, Jake	Fr	Sultan	37-08.75	1
9 Lam, Emmett	Fr	King's	36-08.00	
10 Harjo, Robby	So	Cedarcrest	36-05.00	
11 Grant, Austin	So	Sultan	36-02.25	

**Event 33 Boys Shot Put**

Name	Yr	School	Finals
------	----	--------	--------

**Finals**

1 Swanson, Victor	Sr	King's	51-11.75	10
2 Erickson, Joel	Sr	Granite Fall	49-00.75	8
3 Stevens, Freddie	Jr	Cedarcrest	46-11.75	6
4 Lam, DQ	Sr	King's	44-06.00	5
5 Monell, David	Jr	South Whidbe	43-04.00	4
6 Engstrom, Jackson	So	South Whidbe	43-01.00	3
7 Govier, Mike	So	Cedarcrest	41-01.75	2
8 Oswald, Stephen	Fr	Archbishop M	38-05.50	1
9 Roach, Bobby	Sr	King's	37-11.50	
10 Martin, Billy	Jr	King's	37-02.00	
11 Kruse, Keegan	Jr	Archbishop M	37-00.00	
12 Monell, Chris	So	South Whidbe	36-05.75	
13 Gardner, Andrew	Jr	Sultan	36-00.25	
14 Bayley, Kyle	Jr	Lakewood	35-05.50	
15 Skelton, Tyler	So	Cedarcrest	35-00.00	
16 Quan, Baron	Sr	King's	34-00.00	

**Event 34 Boys Discus Throw**

Name	Yr	School	Finals
------	----	--------	--------

**Finals**

1 Swanson, Victor	Sr	King's	150-09	10
2 Culbertson, Ryan	Sr	Lakewood	144-11	8
3 Martin, Billy	Jr	King's	131-08	6
4 Stotsenberg, Keegan	Sr	King's	128-03	5
5 Idso, Zach	So	South Whidbe	121-04	4
6 Engstrom, Jackson	So	South Whidbe	120-05	3
7 Govier, Mike	So	Cedarcrest	119-02	2
8 Stevens, Freddie	Jr	Cedarcrest	117-01	1
9 Zuver, Danny	So	South Whidbe	114-08	
10 Erickson, Joel	Sr	Granite Fall	112-01	
11 Monell, Chris	So	South Whidbe	111-08	
12 Fernandez, Mark	So	Lakewood	109-04	
13 Monell, David	Jr	South Whidbe	108-00	
14 Harnden, Adam	Sr	Archbishop M	102-00	
15 Lessley, Win	Fr	King's	98-09	
16 Habeck, Curtis	Jr	Coupeville	97-11	
17 Grove, Kely	Fr	Sultan	95-09	
18 Piercy, Zach	So	Coupeville	92-06	
19 Plumb, Joseph	Fr	Granite Fall	90-03	
--- Liechty, Andrew	Jr	King's	DQ	
--- Hassebrock, Jeff	Jr	Archbishop M	DQ	
--- Richards, Joseph	Jr	King's	DQ	

## 2008 Cascade Conference Championships - 5/7/2008 to 5/9/2008

## Cedarcrest HS

## Results

**Event 35 Boys Javelin Throw**

Name	Yr	School	Finals
<b>Finals</b>			
1 Miller, Brian	Sr	Coupeville	167-06 10
2 Clauson, Curtis	Fr	King's	165-10 8
3 Butler, Payden	Jr	Lakewood	154-07 6
4 Hess, Cameron	Jr	Lakewood	153-03 5
5 Bell, Jeremiah	Jr	Cedarcrest	151-09 4
6 Bretz, Thomas	Sr	King's	151-02 3
7 Lehman, Alex	Sr	King's	147-05 2
8 Rushold, Adam	Sr	South Whidbe	139-06 1
9 Baird, Zach	Sr	Sultan	135-09
10 Throckmorton, Patrick	So	Archbishop M	133-07
11 Gardner, Andrew	Jr	Sultan	133-02
12 Stevens, Freddie	Jr	Cedarcrest	132-02
13 Christiansen, Rob	Sr	Lakewood	130-10
14 Martin, Billy	Jr	King's	130-07
15 Mattson, James	Jr	Lakewood	130-03
16 Berg, Zack	Fr	King's	127-05
17 Hirst, Slater	Fr	King's	126-02
18 Moore, Michael	Jr	Archbishop M	120-05
19 Ross, Killian	Jr	South Whidbe	112-09
20 Plumb, Joseph	Fr	Granite Fall	105-00

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

1) King's	157.5
2) South Whidbey	142
3) Archbishop Murphy	108.5
4) Lakewood	96
5) Cedarcrest	85
6) Sultan	53
7) Coupeville	26
8) Granite Falls	20

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

1) King's	211.5
2) Lakewood	150
3) South Whidbey	81
4) Coupeville	69
5) Cedarcrest	56
6) Sultan	49.5
7) Archbishop Murphy	26
8) Granite Falls	11