

Cascade Conference Championships - 5/11/2011 to 5/13/2011

Cedarcrest HS

Results

Event 1 Girls 4x200 Meter Relay

Championship: 1:46.12 C 2004 King's
Stadium: 1:46.24 S 5/16/2008 South Whidbey

Team	Relay	Finals
Finals		
1 Archbishop Murphy		1:49.37 10
1) Beck, Allyson 11	2) Hoban, Eileen 11	
3) Pabisz, Tasha 11	4) Loutsis, Megan 11	
2 King's		1:51.64 8
1) Baker, Olivia 10	2) Hendrix, Michaela 10	
3) Storkson, Karlie 11	4) Hauck, Taylor 11	
3 Coupeville		1:53.15 6
1) Bailey, Anna 10	2) LaPoint, Grace 11	
3) Hoskins, Jai'Lysa 10	4) Tisa-McPhee, Madison 10	
4 Lakewood		1:53.94 5
1) Smith, Adrienne 12	2) O'Kinsella, Kendall 9	
3) Cannon, Skylar 9	4) Jensen, Ariel 10	
5 Sultan		1:54.12 4
1) Khamsaly, Amberly 9	2) McCann, Jessica 10	
3) Nelson, Carley 10	4) Ott, Kalyn 10	
6 South Whidbey		1:58.79 3
1) Boyd, Madi 9	2) Kaul-Anderson, Sylvie 10	
3) Hood, Anna 10	4) Cepowski, Sarah 11	
--- Cedarcrest		DQ
1) Paradis, Hanna 12	2) Vergillo, Miranda 9	
3) Reiman, Carissa 12	4) Zakrajsek, Tanya 11	

Event 2 Boys 110 Meter Hurdles

Championship: 14.94 C 1984 Craig Wrolstad
Stadium: 14.94 S 4/5/2007 Nick Snyder

Name	Yr	School	Prelims
Preliminaries			
1 Day, Zach	12	Sultan	16.61Q
2 DeGroot, Jordan	11	Lakewood	17.14Q
3 Lucas, Jonathan	12	Archbishop M	17.20Q
4 Jordan, Zach	11	Cedarcrest	17.13Q
5 Schober, Zachary	11	King's	17.29Q
6 Sheppard, Ben	11	Granite Fall	17.73Q
7 Jones, Reid	10	King's	18.10q
8 Metcalfe, Sean	12	Lakewood	18.36q
9 Jackson, Andrew	11	Granite Fall	18.69
10 Gadbois, Rhys	9	Granite Fall	19.03
11 Almasi, Sawyer	11	Lakewood	19.19
12 Stich, Andrew	9	Lakewood	19.29
13 Hellinger, Caleb	9	South Whidbe	19.30
14 Force, Tyler	9	Sultan	20.10
15 Fernandes, James	9	Lakewood	20.43
16 Tomkins, Sam	9	King's	20.50
17 Dalton, Tyler	9	Lakewood	20.58
18 Cooper, Brandon	9	Granite Fall	21.15
19 Ritchie, Dylan	12	Coupeville	21.51
20 Whitehead, Ryan	9	Lakewood	29.74

Event 2 Boys 110 Meter Hurdles

Championship: 14.94 C 1984 Craig Wrolstad
Stadium: 14.94 S 4/5/2007 Nick Snyder

Name	Yr	School	Finals
Finals			
1 Sheppard, Ben	11	Granite Fall	16.26 10
2 Day, Zach	12	Sultan	16.56 8
3 DeGroot, Jordan	11	Lakewood	16.82 6
4 Schober, Zachary	11	King's	16.91 5
5 Lucas, Jonathan	12	Archbishop M	17.16 4
6 Jones, Reid	10	King's	17.24 3
7 Metcalfe, Sean	12	Lakewood	18.37 2

Event 3 Girls 100 Meter Hurdles

Championship: 14.89 C 5/15/2009 Sarah Schireman
Stadium: 14.89 S 5/15/2009 Sarah Schireman

Name	Yr	School	Prelims
Preliminaries			
1 Tisa-McPhee, Madison	10	Coupeville	17.36Q
2 Kieling, Daphne	10	King's	17.85Q
3 Maggs, Kristen	9	King's	17.84Q
4 Haunreiter, Ilyssa	11	Lakewood	18.33Q
5 Kaul-Anderson, Sylvie	10	South Whidbe	18.09Q
6 Main, Sarah	12	Archbishop M	18.80Q
7 Corrigan, Rosalie	12	Archbishop M	18.96q
8 Sandoval, Jasmine	9	Lakewood	20.35q
9 Little, Elena	9	Sultan	22.30

Event 3 Girls 100 Meter Hurdles

Championship: 14.89 C 5/15/2009 Sarah Schireman
Stadium: 14.89 S 5/15/2009 Sarah Schireman

Name	Yr	School	Finals
Finals			
1 Tisa-McPhee, Madison	10	Coupeville	16.91 10
2 Kieling, Daphne	10	King's	17.26 8
3 Maggs, Kristen	9	King's	17.32 6
4 Haunreiter, Ilyssa	11	Lakewood	17.39 5
5 Kaul-Anderson, Sylvie	10	South Whidbe	17.54 4
6 Corrigan, Rosalie	12	Archbishop M	18.61 3
7 Main, Sarah	12	Archbishop M	18.77 2
8 Sandoval, Jasmine	9	Lakewood	21.06 1

Event 4 Boys 100 Meter Dash

Championship: 11.07 C 2003 Joey Greene
Stadium: 11.09 S 5/13/2011 James Cameron Guy

Name	Yr	School	Prelims
Preliminaries			
1 Scott, Andre	12	Lakewood	11.33Q
2 Guy, James Cameron	11	Archbishop M	11.34Q
3 VanGorkom, Aaron	12	King's	11.72Q
4 Hallberg, Will	12	South Whidbe	11.75Q
5 Byrne, Brandon	10	Archbishop M	11.82Q
6 Pelroy, Mitch	11	Coupeville	11.82Q
7 Bingaman, Nolan	11	Lakewood	11.87q
8 Perry, Manny	12	King's	11.94q

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Preliminaries ... (Event 4 Boys 100 Meter Dash)

Name	Yr	School	Prelims
9 Jaeger, JJ	12	King's	12.05
10 Bulaclac, Brandon	11	Archbishop M	12.17
11 Olander, Jarad	10	Granite Fall	12.19
12 Erickson, Matt	11	Cedarcrest	12.24
13 VanderWel, Hans	10	Archbishop M	12.25
14 Reilly, Jaden	11	Sultan	12.39

Event 4 Boys 100 Meter Dash

Championship: 11.07 C 2003 Joey Greene

Stadium: 11.09 S 5/13/2011 James Cameron Guy

Name	Yr	School	Finals
Finals			
1 Guy, James Cameron	11	Archbishop M	11.09S 10
2 Scott, Andre	12	Lakewood	11.31 8
3 Hallberg, Will	12	South Whidbe	11.54 6
4 Perry, Manny	12	King's	11.63 5
5 VanGorkom, Aaron	12	King's	11.64 4
6 Pelroy, Mitch	11	Coupeville	11.66 3
7 Byrne, Brandon	10	Archbishop M	11.76 2
8 Bingaman, Nolan	11	Lakewood	11.78 1

Event 5 Girls 100 Meter Dash

Championship: 12.60 C 2007 Laurin Sandri

Stadium: 12.33 S 5/16/2008 Chelsea Genter

Name	Yr	School	Prelims
Preliminaries			
1 Storkson, Karlie	11	King's	13.26Q
2 Yant, Kortney	11	Archbishop M	13.55Q
3 Hoskins, Jai'Lysa	10	Coupeville	13.59Q
4 Towey, Christine	11	Archbishop M	13.54Q
5 Baker, Olivia	10	King's	13.60Q
6 Hauck, Taylor	11	King's	13.78Q
7 Shinn, Maddy	10	King's	13.64q
8 Pabisz, Tasha	11	Archbishop M	13.83q
9 Hood, Anna	10	South Whidbe	13.84
10 Beck, Allyson	11	Archbishop M	13.89
11 Arndt, Kelsey	10	Granite Fall	14.01
12 Loutsis, Megan	11	Archbishop M	14.05
13 Kather, Morgan	10	Cedarcrest	14.11
14 Jensen, Ariel	10	Lakewood	14.11
15 O'Kinsella, Kendall	9	Lakewood	14.17
16 Cannon, Skylar	9	Lakewood	14.19
17 Zakrajsek, Tanya	11	Cedarcrest	14.26
18 Smith, Adrienne	12	Lakewood	14.29
19 Cepowski, Sarah	11	South Whidbe	14.30
20 Otte, Elizabeth	12	Lakewood	14.36

Event 5 Girls 100 Meter Dash

Championship: 12.60 C 2007 Laurin Sandri

Stadium: 12.33 S 5/16/2008 Chelsea Genter

Name	Yr	School	Finals
Finals			
1 Storkson, Karlie	11	King's	12.95 10
2 Yant, Kortney	11	Archbishop M	13.15 8

3 Pabisz, Tasha	11	Archbishop M	13.32 6
4 Hoskins, Jai'Lysa	10	Coupeville	13.35 5
5 Hood, Anna	10	South Whidbe	13.40 4
6 Towey, Christine	11	Archbishop M	13.45 3
7 Hauck, Taylor	11	King's	13.53 2
8 Baker, Olivia	10	King's	13.72 1

Event 6 Boys 1600 Meter Run

Championship: 4:21.00 C 1994 Jon Murray

Stadium: 4:19.53 S 5/14/2008 Mason McHenry

Name	Yr	School	Finals
Finals			
1 King, Tyler	12	Coupeville	4:24.25 10
2 Ballew, Conner	12	Archbishop M	4:28.87 8
3 Emmons, Hap	11	King's	4:30.06 6
4 Mugrage, Kris	11	Lakewood	4:31.69 5
5 Montgomery, Mitchell	11	Cedarcrest	4:32.09 4
6 Holeman, Sam	11	Archbishop M	4:35.00 3
7 Linnerooth, Chad	12	Cedarcrest	4:35.31 2
8 Saari, Ben	12	South Whidbe	4:39.15 1
9 Dams, Dominic	10	Cedarcrest	4:39.72
10 Orndorf, Logan	9	Cedarcrest	4:40.95
11 Jensen, Avery	11	Lakewood	4:41.65
12 Mow, Ben	12	Granite Fall	4:42.62
13 Bryson, Hunter	9	King's	4:44.86
14 Culp, Christian	12	Sultan	4:45.99
15 Yu, Jonathan	11	King's	4:48.08
16 Franz, Timmy	12	Sultan	4:53.07
17 Wanichek, Cody	10	Cedarcrest	4:53.65
18 Dreyer, Connor	11	Lakewood	4:54.03
19 Griffin, Keith	11	Cedarcrest	4:54.07
20 Green, Colton	9	Cedarcrest	4:57.90
21 Hyatt, Patrick	10	Archbishop M	5:01.19
22 Espinoza, Peter	10	Lakewood	5:12.02

Event 7 Girls 1600 Meter Run

Championship: 5:01.29 C 2003 Kira Harrison

Stadium: 5:11.19 S 5/13/2009 Olivia Thomas

Name	Yr	School	Finals
Finals			
1 Kemper, Kacey	9	King's	5:23.17 10
2 Strodel, Cara	12	Cedarcrest	5:24.96 8
3 Cundy, Rachel	11	Lakewood	5:25.51 6
4 Stokes, Chelsea	12	Lakewood	5:25.74 5
5 Anderson, Kelsey	12	Lakewood	5:29.36 4
6 Stelling, Lillianna	10	South Whidbe	5:31.32 3
7 Eldredge, Brenna	12	Cedarcrest	5:32.15 2
8 Beam, Jessica	12	Cedarcrest	5:36.04 1
9 Sowards, Rachel	9	Lakewood	5:45.18
10 Alexander, Rhiannon	10	Granite Fall	5:45.61
11 Thomas, Sophia	9	King's	5:45.90
12 Anderson, Amelia	9	Cedarcrest	5:47.97
13 Carr, Diana	9	Cedarcrest	5:48.52
14 Dang, Annie	11	Archbishop M	5:51.90
15 Felt, Nora	10	South Whidbe	5:55.89
16 Krawiec, Cassidy	10	Cedarcrest	5:56.11

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Finals ... (Event 7 Girls 1600 Meter Run)

Name	Yr	School	Finals
17 Mow, Rachel	10	Granite Fall	5:59.48
18 Loesche, Courtney	10	Granite Fall	5:59.88
19 Skiles, Mikaela	11	Lakewood	6:05.02
20 Oakes, Melissa	9	Coupeville	6:42.92

Event 8 Boys 4x100 Meter Relay

Championship: 43.75 C 2002 South Whidbey
Stadium: 43.46 S 5/16/2008 Lynden

B Bomber, J DeWitt, B Bomber, J Weeks

Team	Relay	Finals
Finals		
1 Archbishop Murphy		44.23 10
1) Byrne, Brandon 10	2) VanderWel, Hans 10	
3) Bulaclac, Brandon 11	4) VanderWel, Austin 12	
2 Lakewood		44.86 8
1) Evans, Donovan 10	2) Scott, Andre 12	
3) Micheletti, Jacob 11	4) Bingaman, Nolan 11	
3 King's		45.36 6
1) Hirst, Slater 12	2) Hong, Wu-Bene 12	
3) Perry, Manny 12	4) VanGorkom, Aaron 12	
4 Sultan		46.65 5
1) Day, Zach 12	2) Vandenekart, Theo 12	
3) Doubek, Steven 10	4) Freymuth, Deon 11	
5 Granite Falls		48.86 4
1) Campbell, Tysen 9	2) Gadbois, Rhys 9	
3) Olander, Jarad 10	4) Kadey, Robert 9	
6 Coupeville		52.52 3
1) Nell, Aaron 12	2) Kelley, Brandon 9	
3) Edwards, Stephen 9	4) Potts, Chris 12	

Event 9 Girls 4x100 Meter Relay

Championship: 50.25 C 2001 Sultan
Stadium: 50.11 S 5/16/2008 Burlington-Edison

C Genter, D Nordlund, M Kennedy, S Berentson

Team	Relay	Finals
Finals		
1 Archbishop Murphy		51.83 10
1) Towey, Christine 11	2) Yant, Kortney 11	
3) Loutsis, Megan 11	4) Pabisz, Tasha 11	
2 King's		53.23 8
1) Baker, Olivia 10	2) Hendrix, Michaela 10	
3) Halle, Kristen 9	4) Storkson, Karlie 11	
3 Sultan		54.48 6
1) Khamsaly, Amberly 9	2) McCann, Jessica 10	
3) Nelson, Carley 10	4) Ott, Kalyn 10	
4 Granite Falls		54.78 5
1) Arndt, Kelsey 10	2) Green, Kaila 10	
3) Schneiders, Emily 10	4) Crawford, Danielle 9	
5 Lakewood		54.96 4
1) Smith, Adrienne 12	2) O'Kinsella, Kendall 9	
3) Studzinski, Taylor 10	4) Cannon, Skylar 9	
6 Coupeville		1:00.18 3
1) Jackson, Joye 9	2) Wenzel, Rachel 10	
3) Clay, Emily 10	4) Becker, Nicole 10	

Event 10 Boys 400 Meter Dash

Championship: 49.16 C 2008 Devon Smith
Stadium: 49.16 S 5/9/2008 Devon Smith

Name	Yr	School	Prelims
Preliminaries			
1 Broadwell, Austin	11	Archbishop M	52.69Q
2 Mathis, Parker	12	Archbishop M	52.90Q
3 King, Tyler	12	Coupeville	52.82Q
4 Denison, Josh	12	Cedarcrest	53.44Q
5 Freymuth, Deon	11	Sultan	53.42Q
6 Pelroy, Mitch	11	Coupeville	53.50Q
7 Koons, Austin	11	Cedarcrest	53.72q
8 VanGorkom, Aaron	12	King's	54.29q
9 Biddle, Jacob	12	Sultan	54.49
10 Reilly, Jaden	11	Sultan	55.10
11 Benedetto, Gabe	12	Archbishop M	56.16
12 Balcos, Josh	12	King's	57.36
13 Howe, Jake	11	Lakewood	57.79
14 Gordon, Ricky	10	Archbishop M	58.54
15 Hileman, Max	11	South Whidbe	1:04.68

Event 10 Boys 400 Meter Dash

Championship: 49.16 C 2008 Devon Smith
Stadium: 49.16 S 5/9/2008 Devon Smith

Name	Yr	School	Finals
Finals			
1 Freymuth, Deon	11	Sultan	52.61 10
2 Broadwell, Austin	11	Archbishop M	52.99 8
3 King, Tyler	12	Coupeville	53.29 6
4 Denison, Josh	12	Cedarcrest	53.34 5
5 Pelroy, Mitch	11	Coupeville	53.69 4
6 VanGorkom, Aaron	12	King's	53.96 3
7 Mathis, Parker	12	Archbishop M	54.42 2
8 Koons, Austin	11	Cedarcrest	54.66 1

Event 11 Girls 400 Meter Dash

Championship: 58.74 C 1979 Wendy Westergard
Stadium: 59.31 S 5/13/2011 Karlie Storkson

Name	Yr	School	Prelims
Preliminaries			
1 Storkson, Karlie	11	King's	1:00.63Q
2 Hoban, Eileen	11	Archbishop M	1:02.98Q
3 Davis, Tenaya	12	Cedarcrest	1:03.73Q
4 Loutsis, Megan	11	Archbishop M	1:04.45Q
5 LaPoint, Grace	11	Coupeville	1:05.55Q
6 Hartwig, Tasha	11	Cedarcrest	1:05.93Q
7 Cashman, Katie	12	Granite Fall	1:06.88q
8 Romack, Alacia	9	Granite Fall	1:07.72q
9 Bailey, Anna	10	Coupeville	1:07.74
10 Reiman, Carissa	12	Cedarcrest	1:08.15
11 Vergillo, Miranda	9	Cedarcrest	1:08.53

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Event 11 Girls 400 Meter Dash

Championship: 58.74 C 1979 Wendy Westergard
Stadium: 59.31 S 5/13/2011 Karlie Storkson

Name	Yr	School	Finals
Finals			
1 Storkson, Karlie	11	King's	59.31 S 10
2 Davis, Tenaya	12	Cedarcrest	1:02.00 8
3 Hoban, Eileen	11	Archbishop M	1:02.03 6
4 Cashman, Katie	12	Granite Fall	1:03.93 5
5 Loutsis, Megan	11	Archbishop M	1:05.00 4
6 Hartwig, Tasha	11	Cedarcrest	1:05.10 3
7 LaPoint, Grace	11	Coupeville	1:06.17 2
8 Romack, Alacia	9	Granite Fall	1:08.32 1

Event 12 Boys 300 Meter Hurdles

Championship: 38.95 C 5/14/2010 Curtis Clauson
Stadium: 38.95 S 5/14/2010 Curtis Clauson

Name	Yr	School	Prelims
Preliminaries			
1 Clauson, Curtis	12	King's	42.43Q
2 Day, Zach	12	Sultan	42.73Q
3 Sheppard, Ben	11	Granite Fall	43.66Q
4 Jordan, Zach	11	Cedarcrest	43.83Q
5 Candland, Dallin	11	Cedarcrest	45.20Q
6 Schober, Zachary	11	King's	45.45Q
7 Culp, Christian	12	Sultan	44.73q
8 Jones, Reid	10	King's	45.93q
9 Lucas, Jonathan	12	Archbishop M	46.17
10 Gadbois, Rhys	9	Granite Fall	46.40
11 Stich, Andrew	9	Lakewood	47.00
12 Metcalfe, Sean	12	Lakewood	48.46
13 DeGroot, Jordan	11	Lakewood	48.50
14 Mills, Ryan	9	King's	48.53
15 Whitehead, Ryan	9	Lakewood	50.05
16 Benedetto, Gabe	12	Archbishop M	50.29
17 Almasi, Sawyer	11	Lakewood	50.34
18 Dixon, Gage	11	Cedarcrest	51.06
19 Force, Tyler	9	Sultan	51.77
20 Cooper, Brandon	9	Granite Fall	52.47

Event 12 Boys 300 Meter Hurdles

Championship: 38.95 C 5/14/2010 Curtis Clauson
Stadium: 38.95 S 5/14/2010 Curtis Clauson

Name	Yr	School	Finals
Finals			
1 Clauson, Curtis	12	King's	39.88 10
2 Day, Zach	12	Sultan	42.45 8
3 Sheppard, Ben	11	Granite Fall	42.78 6
4 Culp, Christian	12	Sultan	43.65 5
5 Candland, Dallin	11	Cedarcrest	44.78 4
6 Schober, Zachary	11	King's	45.12 3
7 Jones, Reid	10	King's	45.33 2

Event 13 Girls 300 Meter Hurdles

Championship: 45.24 C 1980 Wendy Westergard
Stadium: 45.39 S 5/16/2008 Sarah Schireman

Name	Yr	School	Prelims
Preliminaries			
1 Kieling, Daphne	10	King's	50.58Q
2 Tisa-McPhee, Madison	10	Coupeville	52.18Q
3 Hammontree, Molly	10	Cedarcrest	51.92Q
4 Khamsaly, Amberly	9	Sultan	52.63Q
5 Maggs, Kristen	9	King's	52.90Q
6 Nelson, Carley	10	Sultan	53.22Q
7 Hagstrom, Ashlee	10	Archbishop M	53.60q
8 Kaul-Anderson, Sylvie	10	South Whidbe	54.57q
9 Main, Sarah	12	Archbishop M	57.16
10 Sandoval, Jasmine	9	Lakewood	58.59
11 Farrell, Jennifer	12	Archbishop M	58.77
12 Arenz, Dana	9	Lakewood	58.94
13 Corrigan, Rosalie	12	Archbishop M	59.54
14 Little, Elena	9	Sultan	1:03.35

Event 13 Girls 300 Meter Hurdles

Championship: 45.24 C 1980 Wendy Westergard
Stadium: 45.39 S 5/16/2008 Sarah Schireman

Name	Yr	School	Finals
Finals			
1 Kieling, Daphne	10	King's	50.01 10
2 Tisa-McPhee, Madison	10	Coupeville	50.28 8
3 Khamsaly, Amberly	9	Sultan	50.58 6
4 Hammontree, Molly	10	Cedarcrest	51.71 5
5 Maggs, Kristen	9	King's	51.93 4
6 Hagstrom, Ashlee	10	Archbishop M	52.40 3
7 Kaul-Anderson, Sylvie	10	South Whidbe	52.81 2
8 Nelson, Carley	10	Sultan	53.91 1

Event 14 Boys 800 Meter Run

Championship: 1:55.34 C 5/14/2010 Tyler King
Stadium: 1:52.66 S 5/16/2008 Mason McHenry

Name	Yr	School	Prelims
Preliminaries			
1 Emmons, Hap	11	King's	2:03.34Q
2 Linnerooth, Chad	12	Cedarcrest	2:03.74Q
3 King, Tyler	12	Coupeville	2:04.50Q
4 Loutsis, Ryan	12	Archbishop M	2:04.67Q
5 Bryson, Hunter	9	King's	2:05.60Q
6 Ballew, Conner	12	Archbishop M	2:07.51Q
7 Denison, Josh	12	Cedarcrest	2:07.10q
8 Catherman, Gage	9	Cedarcrest	2:07.46q
9 Biddle, Jacob	12	Sultan	2:07.80
10 Saari, Ben	12	South Whidbe	2:08.53
11 Yu, Jonathan	11	King's	2:10.10
12 Sowinski, Josh	12	King's	2:10.89
13 Jensen, Avery	11	Lakewood	2:11.12
14 Griffin, Keith	11	Cedarcrest	2:12.70
15 Nash, Ryan	10	Granite Fall	2:12.72
16 Dreyer, Connor	11	Lakewood	2:13.01

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Preliminaries ... (Event 14 Boys 800 Meter Run)

Name	Yr	School	Prelims
17 Waterman, Madison	11	Cedarcrest	2:16.17
18 Zink, Will	11	South Whidbe	2:17.27

Event 14 Boys 800 Meter Run

Championship: 1:55.34 C 5/14/2010 Tyler King

Stadium: 1:52.66 S 5/16/2008 Mason McHenry

Name	Yr	School	Finals
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Finals

1 Emmons, Hap	11	King's	1:57.16	10
2 King, Tyler	12	Coupeville	1:59.62	8
3 Ballew, Conner	12	Archbishop M	2:00.03	6
4 Linnerooth, Chad	12	Cedarcrest	2:01.67	5
5 Loutsis, Ryan	12	Archbishop M	2:04.22	4
6 Bryson, Hunter	9	King's	2:04.44	3
7 Catherman, Gage	9	Cedarcrest	2:09.01	2
8 Denison, Josh	12	Cedarcrest	2:10.29	1

Event 15 Girls 800 Meter Run

Championship: 2:15.54 C 2003 Andrea Brown

Stadium: 2:15.47 S 5/16/2008 Becca Friday

Name	Yr	School	Prelims
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Preliminaries

1 Kemper, Kacey	9	King's	2:26.74Q
2 Strodel, Cara	12	Cedarcrest	2:27.87Q
3 Anderson, Kelsey	12	Lakewood	2:27.04Q
4 Rice, Stephanie	12	King's	2:29.00Q
5 Martin, Emily	12	South Whidbe	2:27.13Q
6 Fransen, Caitlin	11	King's	2:33.01Q
7 McDevitt, Sami	11	King's	2:27.44q
8 Bartz, Michaela	11	Archbishop M	2:33.62q
9 Dang, Annie	11	Archbishop M	2:40.33
10 Rosenkrance, Cassidi	11	Coupeville	2:41.93
11 Waterman, Olivia	9	Cedarcrest	2:42.93
12 Cashman, Katie	12	Granite Fall	2:44.72
13 Felt, Nora	10	South Whidbe	2:49.13

Event 15 Girls 800 Meter Run

Championship: 2:15.54 C 2003 Andrea Brown

Stadium: 2:15.47 S 5/16/2008 Becca Friday

Name	Yr	School	Finals
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Finals

1 Anderson, Kelsey	12	Lakewood	2:22.96	10
2 Strodel, Cara	12	Cedarcrest	2:23.27	8
3 Martin, Emily	12	South Whidbe	2:23.86	6
4 Rice, Stephanie	12	King's	2:26.24	5
5 McDevitt, Sami	11	King's	2:28.91	4
6 Fransen, Caitlin	11	King's	2:29.21	3
7 Bartz, Michaela	11	Archbishop M	2:36.50	2

Event 16 Boys 200 Meter Dash

Championship: 22.33 C 5/15/2009 Josh Fuller

Stadium: 22.33 S 5/15/2009 Josh Fuller

Name	Yr	School	Prelims
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Preliminaries

1 Scott, Andre	12	Lakewood	22.94Q
2 Guy, James Cameron	11	Archbishop M	23.38Q
3 Byrne, Brandon	10	Archbishop M	23.71Q
4 Bingaman, Nolan	11	Lakewood	24.16Q
5 VanGorkom, Aaron	12	King's	24.24Q
6 Bulaclac, Brandon	11	Archbishop M	24.45Q
7 Broadwell, Austin	11	Archbishop M	24.24q
8 Mathis, Parker	12	Archbishop M	24.56q
9 Pelroy, Mitch	11	Coupeville	24.80
10 Freymuth, Deon	11	Sultan	24.83
11 Gordon, Ricky	10	Archbishop M	24.86
12 Erickson, Matt	11	Cedarcrest	24.88
13 VanderWel, Hans	10	Archbishop M	25.00
14 Evans, Donovan	10	Lakewood	25.03
15 Olander, Jarad	10	Granite Fall	25.26
16 Reilly, Jaden	11	Sultan	25.60
17 Asheim, Brandon	12	Cedarcrest	25.70

Event 16 Boys 200 Meter Dash

Championship: 22.33 C 5/15/2009 Josh Fuller

Stadium: 22.33 S 5/15/2009 Josh Fuller

Name	Yr	School	Finals
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Finals

1 Guy, James Cameron	11	Archbishop M	22.42	10
2 Scott, Andre	12	Lakewood	22.82	8
3 VanGorkom, Aaron	12	King's	23.34	6
4 Byrne, Brandon	10	Archbishop M	24.07	5
5 Bulaclac, Brandon	11	Archbishop M	24.14	4
6 Bingaman, Nolan	11	Lakewood	24.21	3
7 Broadwell, Austin	11	Archbishop M	24.47	2
8 Mathis, Parker	12	Archbishop M	24.59	1

Event 17 Girls 200 Meter Dash

Championship: 26.14 C 1994 Tami Darden

Stadium: 25.78 S 5/16/2008 Lauren Sandri

Name	Yr	School	Prelims
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Preliminaries

1 Storkson, Karlie	11	King's	27.89Q
2 Hoskins, Jai'Lysa	10	Coupeville	28.00Q
3 Pabisz, Tasha	11	Archbishop M	28.00Q
4 Beck, Allyson	11	Archbishop M	28.39Q
5 Baker, Olivia	10	King's	28.37Q
6 Shinn, Maddy	10	King's	28.41Q
7 Hoban, Eileen	11	Archbishop M	28.39q
8 Towey, Christine	11	Archbishop M	28.61q
9 Kather, Morgan	10	Cedarcrest	28.94
10 Hood, Anna	10	South Whidbe	28.99
11 Jensen, Ariel	10	Lakewood	29.39
12 Cepowski, Sarah	11	South Whidbe	29.57
13 Smith, Adrienne	12	Lakewood	29.68

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Preliminaries ... (Event 17 Girls 200 Meter Dash)

Name	Yr	School	Prelims
14 McCann, Jessica	10	Sultan	29.81
15 O'Kinsella, Kendall	9	Lakewood	29.86
16 Knibbe, Megan	10	Lakewood	30.06

Event 17 Girls 200 Meter Dash

Championship: 26.14 C 1994 Tami Darden

Stadium: 25.78 S 5/16/2008 Lauren Sandri

Name	Yr	School	Finals
Finals			
1 Storkson, Karlie	11	King's	26.48 10
2 Pabisz, Tasha	11	Archbishop M	27.13 8
3 Hoskins, Jai'Lysa	10	Coupeville	27.29 6
4 Beck, Allyson	11	Archbishop M	27.59 5
5 Kather, Morgan	10	Cedarcrest	27.83 4
6 Hoban, Eileen	11	Archbishop M	27.98 3
7 Baker, Olivia	10	King's	28.09 2
8 Towey, Christine	11	Archbishop M	28.38 1

Event 18 Boys 3200 Meter Run

Championship: 9:32.75 C 5/9/2008 Kyle King

Stadium: 9:32.75 S 5/9/2008 Kyle King

Name	Yr	School	Finals
Finals			
1 King, Tyler	12	Coupeville	9:44.99 10
2 Ballew, Conner	12	Archbishop M	9:47.54 8
3 Holeman, Sam	11	Archbishop M	9:47.88 6
4 Montgomery, Mitchell	11	Cedarcrest	9:49.39 5
5 Mugrage, Kris	11	Lakewood	9:58.85 4
6 Orndorf, Logan	9	Cedarcrest	9:59.67 3
7 Dams, Dominic	10	Cedarcrest	10:09.25 2
8 Saari, Ben	12	South Whidbe	10:11.97 1
9 Culp, Christian	12	Sultan	10:15.05
10 Mow, Ben	12	Granite Fall	10:23.68
11 Wanichak, Cody	10	Cedarcrest	10:28.27
12 Darrah, Mitchell	9	Lakewood	10:32.74
13 Franz, Timmy	12	Sultan	10:34.34
14 Yu, Jonathan	11	King's	10:40.33
15 Green, Colton	9	Cedarcrest	10:43.70
16 Espinoza, Peter	10	Lakewood	10:47.44
17 Warwick, Scott	12	South Whidbe	10:47.80
18 Zink, Will	11	South Whidbe	10:52.66
19 Bailey, Matte	12	King's	10:52.92
20 Hyatt, Patrick	10	Archbishop M	10:57.06
21 Nelson, James	11	Sultan	11:06.07
22 Gouette, Chris	12	Lakewood	11:40.16

Event 19 Girls 3200 Meter Run

Championship: 11:22.92 C 2002 Bobeya Krishnek

Stadium: 11:14.90 S 5/16/2008 Annie Moore

Name	Yr	School	Finals
Finals			
1 Stokes, Chelsea	12	Lakewood	11:45.30 10
2 Cundy, Rachel	11	Lakewood	11:49.20 8
3 Strodel, Cara	12	Cedarcrest	11:51.10 6

4 Alexander, Rhiannon	10	Granite Fall	11:54.50 5
5 Beam, Jessica	12	Cedarcrest	11:55.50 4
6 Eldredge, Brenna	12	Cedarcrest	11:59.40 3
7 Sowards, Rachel	9	Lakewood	12:09.30 2
8 Stelling, Lillianna	10	South Whidbe	12:17.80 1
9 Thomas, Sophia	9	King's	12:38.80
10 Anderson, Amelia	9	Cedarcrest	12:46.90
11 Dang, Annie	11	Archbishop M	12:52.90
12 Krawiec, Cassidy	10	Cedarcrest	12:58.90
13 Skiles, Mikaela	11	Lakewood	13:06.50
14 Mow, Rachel	10	Granite Fall	13:07.00
15 Barr, Emma	11	King's	13:31.50
16 Gouette, Joleen	10	Lakewood	14:37.90

Event 20 Boys 4x400 Meter Relay

Championship: 3:25.02 C 2001 South Whidbey

Stadium: 3:25.16 S 5/16/2008 Lynden

B Bomber, D Duncan, J Weeks, B Bomber

Team	Relay	Finals
Finals		
1 Archbishop Murphy		3:35.00 10
1) Broadwell, Austin 11	2) Guy, James Cameron 11	
3) Benedetto, Gabe 12	4) Ballew, Conner 12	
2 Sultan		3:37.62 8
1) Biddle, Jacob 12	2) Day, Zach 12	
3) Freymuth, Deon 11	4) Culp, Christian 12	
3 King's		3:38.57 6
1) Emmons, Hap 11	2) Hirst, Slater 12	
3) Schober, Zachary 11	4) Bryson, Hunter 9	
4 Cedarcrest		3:38.92 5
1) Houser, Justin 11	2) Linnerooth, Chad 12	
3) Koons, Austin 11	4) Denison, Josh 12	
5 Lakewood		3:46.11 4
1) Bingaman, Nolan 11	2) Burnell, Tad 12	
3) Dreyer, Connor 11	4) Howe, Jake 11	
6 Granite Falls		3:58.74 3
1) Flegel, Aaron 9	2) Kadey, Robert 9	
3) Nash, Ryan 10	4) Mow, Ben 12	
7 South Whidbey		4:00.96 2
1) Imes, Gavin 9	2) Warwick, Scott 12	
3) Saari, Ben 12	4) Zink, Will 11	
8 Coupeville		4:11.72 1
1) Hurlburt, Larry 11	2) Edwards, Stephen 9	
3) McCormick, Jake 9	4) Landau, Sam 10	

Event 21 Girls 4x400 Meter Relay

Championship: 4:02.48 C 5/9/2008 King's

Stadium: 4:02.39 S 5/16/2008 Bellingham

R Sager, S Rivers, M Short-Miller, C Cassidy

Team	Relay	Finals
Finals		
1 King's		4:15.66 10
1) Fransen, Caitlin 11	2) McDevitt, Sami 11	
3) Storkson, Karlie 11	4) Kemper, Kacey 9	

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Finals ... (Event 21 Girls 4x400 Meter Relay)

Team	Relay	Finals
2 Cedarcrest		4:20.15 8
1) Hartwig, Tasha 11	2) Hammontree, Molly 10	
3) Strodel, Cara 12	4) Davis, Tenaya 12	
3 Coupeville		4:26.54 6
1) Rosenkrance, Cassidi 11	2) Bailey, Anna 10	
3) Hoskins, Jai'Lysa 10	4) LaPoint, Grace 11	
4 South Whidbey		4:30.81 5
1) Boyd, Madi 9	2) Kaul-Anderson, Sylvie 10	
3) Rodden, Jaime 9	4) Martin, Emily 12	
5 Sultan		4:33.28 4
1) Khamsaly, Amberly 9	2) Nelson, Carley 10	
3) McCann, Jessica 10	4) Spahr, Mackenna 9	
6 Granite Falls		4:33.39 3
1) Alexander, Rhiannon 10	2) Mow, Rachel 10	
3) Loesche, Courteney 10	4) Romack, Alacia 9	
7 Lakewood		4:44.64 2
1) Anderson, Kelsey 12	2) Stokes, Chelsea 12	
3) Cundy, Rachel 11	4) Gouette, Joleen 10	

Event 22 Boys Long Jump

Championship: 21-11 C 1961 Wiggs
Stadium: 21-10.75 S 5/14/2008 Thomas Kassa

Name	Yr	School	Finals
Finals			
1 Hallberg, Will	12	South Whidbey	21-07.25 10
2 Clauson, Curtis	12	King's	21-00.00 8
3 Scott, Andre	12	Lakewood	20-05.75 6
4 Mulvanny, Devin	11	King's	18-11.50 5
5 Lam, Emmett	12	King's	18-10.50 4
6 Peterson, Justin	10	Lakewood	18-08.75 3
7 VanderWel, Hans	10	Archbishop M	18-07.75 2
8 Doubek, Steven	10	Sultan	18-06.25 1
9 Benedetto, Gabe	12	Archbishop M	18-04.75
10 Jones, Reid	10	King's	18-03.00
11 Schober, Zachary	11	King's	17-11.00
12 Strohm, Kelby	10	Archbishop M	17-10.00
13 Muri, Christian	12	King's	17-06.75
14 Duong, Trong	9	Archbishop M	17-03.00
15 McGinnis, Ryan	10	Cedarcrest	16-03.25
16 Burley, Joseph	11	King's	16-01.50
17 Nell, Aaron	12	Coupeville	14-02.00
--- Helm, Luke	12	Sultan	ND
--- Campbell, Tysen	9	Granite Fall	ND
--- Jackson, Keana	9	Lakewood	ND
--- Nichols, Cooper	9	South Whidbey	ND
--- Bulaclac, Brandon	11	Archbishop M	ND

Event 23 Girls Long Jump

Championship: 17-06 C 5/9/2008 Sarah Schireman
Stadium: 18-02.75 S 5/13/2009 Sarah Schireman

Name	Yr	School	Finals
Finals			
1 VanDyke, Alysanne	9	King's	15-01.75 10
2 Yant, Kortney	11	Archbishop M	15-00.50 8

3 Green, Kaila	10	Granite Fall	14-10.25 6
4 Hendrix, Michaela	10	King's	14-09.00 5
5 Hauck, Taylor	11	King's	14-04.75 4
6 Studzinski, Taylor	10	Lakewood	14-04.25 3
7 Hammon, MacKenzie	12	Sultan	14-04.00 2
8 Bawden, Allison	10	Cedarcrest	14-03.50 1
9 Main, Sarah	12	Archbishop M	13-07.75
10 Parrick, Brenna	11	South Whidbey	13-06.50
11 Wilson, Tara	10	Archbishop M	13-05.50
12 Bader, Elizabeth	9	Archbishop M	13-05.25
12 Wood, Camylle	10	Sultan	13-05.25
14 Askman, Sara	10	Archbishop M	13-04.00
15 Dondrea, Charnie	12	Lakewood	13-00.50
16 Arndt, Kelsey	10	Granite Fall	12-10.00
17 Haunreiter, Ilyssa	11	Lakewood	12-07.75
18 Scherrer, Maddy	9	King's	12-06.50
19 Ott, Kalya	10	Sultan	12-06.00
20 Risenmay, Hannah	9	Sultan	12-04.50
21 Decker, Sierra	9	King's	12-03.25
--- Jackson, Joye	9	Coupeville	ND

Event 24 Boys Triple Jump

Championship: 46-04.25 C 5/14/2010 Will Hallberg
Stadium: 46-04.25 S 5/14/2010 Will Hallberg

Name	Yr	School	Finals
Finals			
1 Hallberg, Will	12	South Whidbey	44-02.00 10
2 Beebe, Jake	12	Sultan	41-02.75 8
3 Clauson, Curtis	12	King's	41-01.25 6
4 Peterson, Justin	10	Lakewood	40-01.75 5
5 Vandenekart, Theo	12	Sultan	38-11.00 4
6 Lam, Emmett	12	King's	38-08.50 3
7 Mulvanny, Devin	11	King's	38-07.00 2
8 Strohm, Kelby	10	Archbishop M	38-04.75 1
9 Duong, Trong	9	Archbishop M	37-10.75
10 Hartmann, Matt	11	King's	36-02.75
11 Doubek, Steven	10	Sultan	35-05.75
12 McGinnis, Ryan	10	Cedarcrest	35-03.00
13 Burley, Joseph	11	King's	35-00.75
14 Muri, Christian	12	King's	34-09.00
15 Tomkins, Sam	9	King's	32-08.00
16 Jackson, Shoen	12	Granite Fall	31-04.25
--- Shapiro, Daniel	10	King's	ND

Event 25 Girls Triple Jump

Championship: 37-02.50 C 5/13/2009 Sarah Schireman
Stadium: 37-02.50 S 5/13/2009 Sarah Schireman

Name	Yr	School	Finals
Finals			
1 Leonard, Danielle	12	Archbishop M	32-07.00 10
2 Hendrix, Michaela	10	King's	32-05.75 8
3 VanDyke, Alysanne	9	King's	31-02.00 6
4 Bawden, Allison	10	Cedarcrest	30-07.50 5
5 Gleason, Faith	11	King's	30-06.75 4
6 Hammon, MacKenzie	12	Sultan	30-05.25 3
7 Wilson, Tara	10	Archbishop M	30-02.50 2

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Finals ... (Event 25 Girls Triple Jump)

Name	Yr	School	Finals	
8 Shinn, Maddy	10	King's	29-11.75	1
9 Rebich, Kylie	12	Archbishop M	29-03.25	
10 Parrick, Brenna	11	South Whidbe	27-08.75	
11 Maggs, Kristen	9	King's	27-08.00	
12 Risenmay, Hannah	9	Sultan	27-06.50	
13 Scherrer, Maddy	9	King's	27-03.75	
14 Schneiders, Emily	10	Granite Fall	27-02.00	
15 Cervarich, Tia	11	Granite Fall	26-10.50	
16 Arndt, Kelsey	10	Granite Fall	26-00.00	
--- Perry, Ashton	9	King's	ND	
--- Thorstenson, Ingrid	9	King's	ND	
--- Dondrea, Charnie	12	Lakewood	ND	

Event 26 Boys High Jump

Championship: 6-08.50 C 1990 **Jed Stannard**
Stadium: 6-04 S 2005 **Andrew Kincaid**
Stadium: 6-04 S 2009 **Jackson Pleis**

Name	Yr	School	Finals	
Finals				
1 Hirst, Slater	12	King's	6-00.00	10
2 Helm, Luke	12	Sultan	5-10.00	6.3
2 Schireman, Mark	11	Archbishop M	5-10.00	6.3
2 Peterson, Justin	10	Lakewood	5-10.00	6.3
5 Jackson, Andrew	11	Granite Fall	J5-10.00	4
6 Vandenekart, Theo	12	Sultan	5-08.00	3
7 Froland, Taylor	12	Archbishop M	J5-08.00	2
8 Byrne, Brandon	10	Archbishop M	5-06.00	0.5
8 Flegel, Aaron	9	Granite Fall	5-06.00	0.5
10 Muri, Christian	12	King's	5-04.00	
10 Gadbois, Rhys	9	Granite Fall	5-04.00	
10 Jones, Reid	10	King's	5-04.00	
10 Mulvanny, Devin	11	King's	5-04.00	
14 Nichols, Cooper	9	South Whidbe	J5-04.00	
15 Harris, Josh	10	Lakewood	J5-04.00	
16 Jackson, Keana	9	Lakewood	5-02.00	
17 Poyner, Michael	9	Granite Fall	4-10.00	

Event 27 Girls High Jump

Championship: 5-06 C 1983 **Melissa MacNeil**
Stadium: 5-03 S 4/10/2003 **Kara Bennett**

Name	Yr	School	Finals	
Finals				
1 Dondrea, Charnie	12	Lakewood	5-02.00	10
2 Ballenger, Alex	12	King's	4-08.00	8
3 Teitzel, Julia	10	King's	J4-08.00	6
4 Knibbe, Megan	10	Lakewood	J4-08.00	4
4 Hauck, Madi	9	King's	J4-08.00	4
4 Cervarich, Tia	11	Granite Fall	J4-08.00	4
7 Anderson, Madeleine	10	Archbishop M	J4-08.00	2
8 Tutor, Chloe	9	Sultan	J4-08.00	0.3
8 Berendsen, Andrea	12	King's	J4-08.00	0.3
8 Bawden, Allison	10	Cedarcrest	J4-08.00	0.3
11 Hammon, MacKenzie	12	Sultan	4-06.00	
12 Cary, Amber	9	Archbishop M	4-04.00	

13 Steele, Alexa	9	Sultan	J4-04.00
14 Pettyjohn, Tessa	11	Sultan	4-02.00
15 McNaughton, Maria	9	Sultan	J4-02.00

Event 28 Boys Pole Vault

Championship: 14-03 C 5/7/2008 **Ned Flynn**

Stadium: 14-06 S 5/14/2008 **Ned Flynn**

Name	Yr	School	Finals	
Finals				
1 Sheppard, Ben	11	Granite Fall	J12-00.00	10
2 Taylor, Caleb	10	King's	J12-00.00	7
2 Minnie, Bennett	10	Cedarcrest	J12-00.00	7
4 Jackson, Andrew	11	Granite Fall	11-00.00	5
5 Stewart, Matt	11	King's	J11-00.00	4
6 Perry, Manny	12	King's	J11-00.00	3
7 Kiefer, Sam	12	Lakewood	J11-00.00	2
8 Madsen, Andy	9	South Whidbe	10-06.00	1
9 Olander, Jarad	10	Granite Fall	10-00.00	
10 Lopez-Jolly, Dustin	12	Lakewood	J10-00.00	
11 Cao, Cody	11	Lakewood	9-06.00	
12 Bonin, Mikel	10	Sultan	9-00.00	
12 Littlelight, Jesse	10	Granite Fall	9-00.00	
12 Almasi, Sawyer	11	Lakewood	9-00.00	
15 Hillis, Tristan	11	Lakewood	8-06.00	
15 Myers, Loren	12	Cedarcrest	8-06.00	
15 Harris, Christian	11	Lakewood	8-06.00	
15 Axthelem, Kolani	11	Lakewood	8-06.00	
19 Vidamo, AJ	11	Archbishop M	8-00.00	
--- Thompson, Caleb	10	King's	NH	
--- Campbell, Tysen	9	Granite Fall	NH	

Event 29 Girls Pole Vault

Championship: 10-07 C 2004 **Erin Lippie**

Stadium: 10-09 S 5/16/2008 **Robin Taylor**

Name	Yr	School	Finals	
Finals				
1 Tompkins, Emily	11	Sultan	9-06.00	10
2 Gorman, Molly	11	Cedarcrest	8-03.00	8
3 Cervarich, Tia	11	Granite Fall	8-00.00	6
4 Studzinski, Taylor	10	Lakewood	J8-00.00	5
5 Tabor, Brittany	11	Sultan	7-09.00	4
6 Knibbe, Megan	10	Lakewood	7-06.00	3
7 Main, Sarah	12	Archbishop M	7-00.00	2
8 Barger, Paige	11	Granite Fall	J7-00.00	0.2
8 Gasparini, Angela	9	Sultan	J7-00.00	0.2
8 Butler, Aisha	12	Lakewood	J7-00.00	0.2
8 Conaway, Courtney	11	Granite Fall	J7-00.00	0.2
8 Barr, Emma	11	King's	J7-00.00	0.2
8 Gleason, Faith	11	King's	J7-00.00	0.2
14 Cao, Ternessa	12	Lakewood	6-06.00	
14 Absalon, Molly	11	Sultan	6-06.00	
--- Street, Katie	9	Sultan	NH	
--- Corrigan, Rosalie	12	Archbishop M	NH	
--- Schneiders, Hannah	12	Granite Fall	NH	

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Event 30 Boys Shot Put

Championship: 60-06.50 C 1967 Mike Williams

Stadium: 56-01 S 5/15/2009 Freddie Stevens

Name	Yr	School	Finals
Finals			
1 Hammer, Hunter	12	Coupeville	51-03.75 10
2 Browning, Parker	12	King's	47-10.00 8
3 Lessley, Win	12	King's	47-03.00 6
4 Friedline, Mason	10	King's	45-10.00 5
5 Boivin, Andrew	10	King's	42-00.00 4
6 Oswald, Stephen	12	Archbishop M	41-09.00 3
7 Mulvaney, Kyle	11	Archbishop M	40-05.75 2
8 Huddell, Tyler	12	Sultan	39-06.75 1
9 Jackson, Shoen	12	Granite Fall	39-04.00
10 Otte, David	10	Lakewood	39-02.25
11 Lucas, Jonathan	12	Archbishop M	39-01.75
12 Peckham, James	11	Archbishop M	38-11.25
13 Smith, Tyler	12	Cedarcrest	38-06.25
14 Plumb, Joseph	12	Granite Fall	37-04.75
15 Thompson, Ben	12	King's	37-03.75
16 Jacobson, Zach	9	King's	36-08.25
17 Justus, Colton	11	South Whidbe	36-03.00
18 Eadie, Thomas	10	Granite Fall	35-09.50
19 Tranter, Jordan	10	King's	34-08.25
20 Gremmert, Eli	11	Cedarcrest	33-08.25
21 Eckert, Seth	11	South Whidbe	33-04.50
22 Nelson, Tristan	9	Lakewood	31-09.50
23 Ishmael, Donavan	9	King's	28-02.50

Event 31 Girls Shot Put

Championship: 39-11 C 5/11/2007 Krystal Paszkeicz

Stadium: 42-01 S 5/16/2008 Brittany Todhunter

Name	Yr	School	Finals
Finals			
1 Berger, Angelina	10	South Whidbe	36-03.75 10
2 Stillwell, Madison	11	Sultan	33-05.25 8
3 Carlson, Muriah	12	Cedarcrest	33-01.25 6
4 Engstrom, Kelsey	12	South Whidbe	32-07.00 5
5 McNaughton, Makayla	10	Sultan	32-00.00 4
6 Kjelland, Emily	12	Sultan	31-11.00 3
7 Ilyankoff, Kyra	12	Coupeville	31-01.75 2
8 Hibbard, Karly	9	King's	30-11.75 1
9 Mulvanny, Rachel	10	King's	28-01.75
10 Aquino, Sonia	12	Granite Fall	28-01.00
11 Onderbeke, Emily	9	Granite Fall	27-03.50
12 Rebich, Kylie	12	Archbishop M	26-04.00
13 Anderson, Zoe	10	King's	25-10.00
14 Decker, Sierra	9	King's	25-08.75
15 Barger, Paige	11	Granite Fall	25-07.75
16 Young, Courtney	10	Granite Fall	25-07.50
17 Collinwood, Melissa	11	Cedarcrest	25-04.00
18 Conaway, Courtney	11	Granite Fall	25-02.75
19 Stuller, Molly	9	Lakewood	25-01.25
20 Alford, Rachel	9	Archbishop M	25-00.50
21 Winter, Austin	9	Lakewood	25-00.00

22 Davis, Megan	10	Granite Fall	24-04.00
--- Dobbs, Kathryn	12	King's	ND

Event 32 Boys Discus Throw

Championship: 167-06 C 1967 Mike Williams

Stadium: 171-09 S 5/14/2008 Nick Lohse

Name	Yr	School	Finals
Finals			
1 Browning, Parker	12	King's	146-03 10
2 Hammer, Hunter	12	Coupeville	144-06 8
3 Lessley, Win	12	King's	137-02 6
4 Otte, David	10	Lakewood	120-01 5
5 Plumb, Joseph	12	Granite Fall	118-01 4
6 Thompson, Ben	12	King's	115-05 3
7 Jacobson, Zach	9	King's	103-10 2
8 Zuvich, Alex	9	Cedarcrest	103-03 1
9 Peckham, James	11	Archbishop M	101-02
10 Mulvaney, Kyle	11	Archbishop M	100-07
11 Smith, Tyler	12	Cedarcrest	100-03
12 Gremmert, Eli	11	Cedarcrest	98-04
13 Tranter, Jordan	10	King's	97-04
14 Jackson, Shoen	12	Granite Fall	96-04
15 Poyner, Michael	9	Granite Fall	95-00
16 Nelson, Tristan	9	Lakewood	92-09
17 Hellinger, Caleb	9	South Whidbe	90-09
18 Justus, Colton	11	South Whidbe	88-06
19 Friedline, Mason	10	King's	86-02
20 Boivin, Andrew	10	King's	85-11
21 Eckert, Seth	11	South Whidbe	85-03
22 Sherrill, Michael	9	Sultan	81-10

Event 33 Girls Discus Throw

Championship: 134-03 C 2005 Kimery Hern

Stadium: 135-04 S 5/14/2008 Kaila Hammond

Name	Yr	School	Finals
Finals			
1 McNaughton, Makayla	10	Sultan	105-01 10
2 Gress, Cassie	12	Sultan	99-11 8
3 Berger, Angelina	10	South Whidbe	99-05 6
4 Ballenger, Alex	12	King's	99-03 5
5 Stillwell, Madison	11	Sultan	95-06 4
6 Kjelland, Emily	12	Sultan	95-00 3
7 Rebich, Kylie	12	Archbishop M	91-03 2
8 Mulvanny, Rachel	10	King's	90-05 1
9 Carlson, Muriah	12	Cedarcrest	85-11
10 Engstrom, Kelsey	12	South Whidbe	84-05
11 Young, Courtney	10	Granite Fall	83-03
12 Wetli, Jennie	12	Cedarcrest	82-06
13 Collinwood, Melissa	11	Cedarcrest	82-03
14 Dobbs, Kathryn	12	King's	77-07
15 Eller, Amy	12	King's	76-02
16 Davis, Megan	10	Granite Fall	75-02
17 Decker, Sierra	9	King's	74-05
18 Owen, Renee	10	King's	73-06
19 Hibbard, Karly	9	King's	72-00
20 Anderson, Zoe	10	King's	71-03

Cascade Conference Championships - 5/11/2011 to 5/13/2011

Cedarcrest HS

Results

Finals ... (Event 33 Girls Discus Throw)

Name	Yr	School	Finals
21 Russell, Anna	10	Lakewood	64-07
22 Richards, Becca	11	King's	64-05
23 Sandoval, Jasmine	9	Lakewood	62-05
24 Aquino, Sonia	12	Granite Fall	61-06

Event 34 Boys Javelin Throw

Championship: 208-01 C 1973 Duncan Atwood

Stadium: 202-10 S 5/13/2011 Curtis Clauson

Stadium: 202-10 S 2006 Michael Davis

Name	Yr	School	Finals
Finals			
1 Clauson, Curtis	12	King's	202-10S 10
2 Hirst, Slater	12	King's	168-07 8
3 Talbot, Nathan	12	King's	168-02 6
4 Downey, Matthew	12	Archbishop M	167-00 5
5 O'Kinsella, Connor	11	Lakewood	155-09 4
6 Thompson, Ben	12	King's	149-02 3
7 Schireman, Mark	11	Archbishop M	144-07 2
8 Doubek, Steven	10	Sultan	142-04 1
9 Evans, Donovan	10	Lakewood	139-11
10 French, Nick	9	South Whidbe	137-08
11 Froland, Taylor	12	Archbishop M	137-06
12 Houser, Justin	11	Cedarcrest	132-03
13 Peterson, Justin	10	Lakewood	128-02
14 Micheletti, Jacob	11	Lakewood	123-10
15 Biddle, Jacob	12	Sultan	123-05
16 Harris, Josh	10	Lakewood	120-02
17 Madsen, Andy	9	South Whidbe	117-10
18 Justus, Colton	11	South Whidbe	117-04
19 Helm, Luke	12	Sultan	113-07
20 Raz, Mike	9	Lakewood	113-05
--- Poyner, Michael	9	Granite Fall	ND
--- Hong, Wu-Bene	12	King's	ND
--- Beebe, Jake	12	Sultan	ND

Event 35 Girls Javelin Throw

Championship: 137-00 C 1997 Heather Reichmann

Stadium: 130-00 S 5/11/2007 Danielle Clauson

Name	Yr	School	Finals
Finals			
1 Ilyankoff, Kyra	12	Coupeville	116-06 10
2 Cannon, Skylar	9	Lakewood	107-06 8
3 Smith, Ericka	12	Granite Fall	107-05 6
4 Hibbard, Karly	9	King's	103-06 5
5 VanDyke, Alysanne	9	King's	102-10 4
6 Adams, Samantha	12	Lakewood	102-04 3
7 Gibson, Hanna	11	Cedarcrest	94-00 2
8 Keefe, Marissa	12	Cedarcrest	93-05 1
9 LaPoint, Grace	11	Coupeville	92-07
9 Berger, Angelina	10	South Whidbe	92-07
11 McNaughton, Makayla	10	Sultan	89-07
12 Paradis, Hanna	12	Cedarcrest	84-06
13 Gress, Cassie	12	Sultan	83-10
14 Young, Courtney	10	Granite Fall	83-05

15 Mulvanny, Rachel	10	King's	83-01
16 Davis, Megan	10	Granite Fall	79-10
17 Engstrom, Kelsey	12	South Whidbe	76-00
18 Gleason, Faith	11	King's	75-02
19 Cao, Ternessa	12	Lakewood	73-09
20 Collinwood, Melissa	11	Cedarcrest	72-10
21 Onderbeke, Emily	9	Granite Fall	72-00
22 Pettyjohn, Tessa	11	Sultan	71-05
23 Aquino, Sonia	12	Granite Fall	70-11
23 Cervarich, Tia	11	Granite Fall	70-11
25 Guy, Taylor	9	Archbishop M	68-04

Women - Team Rankings - 18 Events Scored

1) King's	183.666
2) Archbishop Murphy	100
3) Lakewood	98.1666
4) Cedarcrest	83.3333
5) Sultan	80.5
6) Coupeville	58
7) South Whidbey	49
8) Granite Falls	41.3333

Men - Team Rankings - 17 Events Scored

1) King's	195
2) Archbishop Murphy	126.833
3) Lakewood	80.3333
4) Sultan	68.3333
5) Coupeville	63
6) Cedarcrest	47
7) Granite Falls	46.5
8) South Whidbey	31