

## 2012 Cascade Conference Championships - 5/9/2012 to 5/11/2012

## Cedarcrest HS

## Results

**Event 1 Girls 4x200 Meter Relay**

Championship: 1:46.21 C 2004

Stadium: 1:46.24 S 5/16/2008 South Whidbey

G Bakke, L Sandri, C Calderwood, M Walker

Team	Relay	Finals
<b>Finals</b>		
1 King's		1:49.53 10
2 Archbishop Murphy		1:50.16 8
3 Sultan		1:52.70 6
4 Lakewood		1:53.88 5
5 Coupeville		1:54.08 4
6 South Whidbey		1:57.67 3
7 Granite Falls		1:58.32 2

**Event 2 Boys 110 Meter Hurdles**

Championship: 14.94 C 1984 Craig Wrolstad

Stadium: 14.94 S 2007 Nick Snyder

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Jordan, Zach	12	Cedarcrest	16.03Q
2 Schober, Zachary	12	King's	16.06Q
3 Gadbois, Rhys	10	Granite Fall	17.47Q
4 DeGroot, Jordan	12	Lakewood	16.55Q
5 Stich, Andrew	10	Lakewood	16.96Q
6 Sheppard, Ben	12	Granite Fall	17.87Q
7 Whitehead, Ryan	10	Lakewood	17.88q
8 Zuvich, Alex	10	Cedarcrest	18.10q
9 Dalton, Tyler	10	Lakewood	18.47
10 Almasi, Sawyer	12	Lakewood	18.66
11 Force, Tyler	10	Sultan	18.69
12 Tompkins, Sam	10	King's	18.76
13 Koenig, Derek	9	Sultan	19.80
14 Fernandes, James	10	Lakewood	19.89
15 Shepard, Bryce	11	Lakewood	19.91
16 Jones, Brett	9	King's	19.91
17 Sanders, Brendan	9	Granite Fall	23.22

**Event 2 Boys 110 Meter Hurdles**

Championship: 14.94 C 1984 Craig Wrolstad

Stadium: 14.94 S 2007 Nick Snyder

Name	Yr	School	Finals
<b>Finals</b>			
1 Jordan, Zach	12	Cedarcrest	15.50 10
2 Schober, Zachary	12	King's	15.60 8
3 DeGroot, Jordan	12	Lakewood	16.00 6
4 Stich, Andrew	10	Lakewood	16.70 5
5 Gadbois, Rhys	10	Granite Fall	16.90 4
6 Zuvich, Alex	10	Cedarcrest	17.00 2.5
6 Whitehead, Ryan	10	Lakewood	17.00 2.5
8 Sheppard, Ben	12	Granite Fall	17.80 1

**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
<b>Preliminaries</b>			
1 Kieling, Daphne	11	King's	17.14Q
2 Maggs, Kristen	10	King's	17.19Q
3 Kaul-Anderson, Sylvie	11	South Whidbe	17.49Q
4 Tess, Ruth	9	Sultan	17.57Q
5 Brown, Kiley	12	Lakewood	18.32Q
6 Khamsaly, Amberly	10	Sultan	18.54Q
7 Haunreiter, Ilyssa	12	Lakewood	18.59q
8 Gleason, Faith	12	King's	18.61q
9 Miller, Riley	9	Lakewood	19.04
10 Elie, Crystal	9	Sultan	20.58
11 Gero-Northup, Camlin	9	South Whidbe	20.95

**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
<b>Finals</b>			
1 Kieling, Daphne	11	King's	16.85 10
2 Maggs, Kristen	10	King's	16.91 8
3 Kaul-Anderson, Sylvie	11	South Whidbe	17.35 6
4 Tess, Ruth	9	Sultan	17.65 5
5 Haunreiter, Ilyssa	12	Lakewood	17.95 4
6 Khamsaly, Amberly	10	Sultan	18.37 2.5
6 Gleason, Faith	12	King's	18.37 2.5
8 Brown, Kiley	12	Lakewood	18.75 1

**Event 4 Boys 100 Meter Dash**

Championship: 11.07 C 2003 Joey Greene

Stadium: 11.09 S 2011 James Cameron Guy

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Guy, James Cameron	12	Archbishop M	11.13Q
2 Byrne, Brandon	11	Archbishop M	11.46Q
3 Driscoll, Luke	11	Cedarcrest	11.34Q
4 Pelroy, Mitch	12	Coupeville	11.54Q
5 VanderWel, Hans	11	Archbishop M	11.56q
6 Olander, Jarad	11	Granite Fall	11.64q
7 Bingaman, Nolan	12	Lakewood	11.66q
8 Mackey, Andrew	11	Sultan	11.68q
9 Bieda, James	10	Archbishop M	11.73
10 Westlund, Isaac	9	Archbishop M	J11.73
11 Brouwer, Alex	11	King's	11.89
12 Hamilton, Matthew	9	Granite Fall	12.03
13 Jackson, Keana	10	Lakewood	12.06
14 Nichols, Elijah	9	South Whidbe	12.54

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## Cedarcrest HS

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**Event 4 Boys 100 Meter Dash**

**Championship:** 11.07 C 2003 **Joey Greene**  
**Stadium:** 11.09 S 2011 **James Cameron Guy**

Name	Yr	School	Finals
<b>Finals</b>			
1 Guy, James Cameron	12	Archbishop M	11.27 10
2 Driscoll, Luke	11	Cedarcrest	11.42 8
3 VanderWel, Hans	11	Archbishop M	11.53 6
4 Pelroy, Mitch	12	Coupeville	11.60 5
5 Bieda, James	10	Archbishop M	11.67 4
6 Bingaman, Nolan	12	Lakewood	11.68 3
7 Olander, Jarad	11	Granite Fall	11.77 2
8 Mackey, Andrew	11	Sultan	11.88 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
<b>Preliminaries</b>			
1 Driscoll, Ashley	9	King's	12.93Q
2 Storkson, Karlie	12	King's	13.04Q
3 Sentman, Chrishelle	9	Sultan	13.05Q
4 Hendrix, Michaela	11	King's	13.55Q
5 Larsen, Lis	9	Archbishop M	13.45Q
6 Rivera, Melissa	10	Archbishop M	13.64Q
7 Ward, Jaclyn	9	Cedarcrest	13.53q
8 Hood, Anna	11	South Whidbe	13.57q
9 Pabisz, Tasha	12	Archbishop M	13.66
10 Kelleher, Katie	9	Archbishop M	13.72
11 Hoskins, Jai'Lysa	11	Coupeville	13.81
12 Etzell, Marisa	9	Coupeville	13.87
13 Cline, Emily	9	King's	13.88
14 Ishmael, Miqueala	9	King's	13.92
15 Cepowski, Sarah	12	South Whidbe	14.00
16 Green, Kaila	11	Granite Fall	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
<b>Finals</b>			
1 Storkson, Karlie	12	King's	12.71 10
2 Driscoll, Ashley	9	King's	12.73 8
3 Sentman, Chrishelle	9	Sultan	13.19 6
4 Larsen, Lis	9	Archbishop M	13.44 5
5 Ward, Jaclyn	9	Cedarcrest	13.48 4
6 Rivera, Melissa	10	Archbishop M	13.54 3
7 Hood, Anna	11	South Whidbe	13.56 2
8 Hendrix, Michaela	11	King's	13.63 1

**Event 6 Boys 1600 Meter Run**

**Championship:** 4:20.31 C 5/9/2012 **Hap Emmons**  
**Stadium:** 4:19.53 S 5/14/2008 **Mason McHenry**

Name	Yr	School	Finals
<b>Finals</b>			
1 Emmons, Hap	12	King's	4:20.31 C 10
2 Montgomery, Mitchell	12	Cedarcrest	4:24.62 8
3 Holeman, Sam	12	Archbishop M	4:29.47 6
4 Orndorf, Logan	10	Cedarcrest	4:29.91 5
5 Radbourne, Quinn	10	Cedarcrest	4:30.51 4
6 Mugrage, Kris	12	Lakewood	4:31.42 3
7 Ayers, Andrew	9	King's	4:36.95 2
8 Darrah, Mitchell	10	Lakewood	4:40.18 1
9 Green, Colton	10	Cedarcrest	4:40.90
10 Wanichek, Cody	11	Cedarcrest	4:43.04
11 Buckley, Preston	12	Cedarcrest	4:45.82
12 Smith, Peter	10	Archbishop M	4:46.27
13 Catherman, Gage	10	Cedarcrest	4:47.96
14 Nelson, James	12	Sultan	4:50.59
15 Zink, Cole	9	South Whidbe	4:50.69
16 Cabales, Drew	10	Lakewood	4:52.68
17 Barnett, Jake	9	King's	4:53.31
18 Dams, Dominic	11	Cedarcrest	4:54.78
19 Espinoza, Peter	11	Lakewood	4:58.72
20 Cooper, Alex	9	Lakewood	4:59.17
21 Emmons, Arthur	9	King's	4:59.37
22 Atwater, Evan	10	Cedarcrest	5:18.49
23 Landau, Sam	11	Coupeville	5:19.24

**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
<b>Finals</b>			
1 Cundy, Rachel	12	Lakewood	5:15.94 10
2 Kemper, Kacey	10	King's	5:19.70 8
3 Bartz, Michaela	12	Archbishop M	5:28.02 6
4 Stelling, Lillianna	11	South Whidbe	5:31.09 5
5 Smith, McKenna	9	King's	5:32.79 4
6 Anderson, Amelia	10	Cedarcrest	5:37.18 3
7 Dorney, Lindsay	9	Archbishop M	5:37.82 2
8 Carr, Diana	10	Cedarcrest	5:38.88 1
9 Tompkins, Allison	9	Sultan	5:39.57
10 Thronsdon, Darby	9	Lakewood	5:39.60
11 Klamm, Bonnie	11	South Whidbe	5:48.93
12 Barr, Emma	12	King's	5:49.49
13 Felt, Nora	11	South Whidbe	5:53.97
14 Smith, Madison	11	Cedarcrest	5:54.03
15 Sowards, Rachel	10	Lakewood	5:54.45
16 Duitsman, Hailey	10	Lakewood	5:59.30
17 Loesche, Courtney	11	Granite Fall	6:00.39
18 McCann, Chloe	9	Lakewood	6:03.96
19 Krawiec, Cassidy	11	Cedarcrest	6:09.00
20 Knowles, Ellen	9	Lakewood	6:14.79
21 Oakes, Megan	10	Coupeville	7:06.29

## 2012 Cascade Conference Championships - 5/9/2012 to 5/11/2012

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**Event 8 Boys 4x100 Meter Relay**

Championship: 43.75 C 2002

Stadium: 43.46 S 5/16/2008 Lynden

B Bomber, J DeWitt, B Bomber, J Weeks

Team	Relay	Finals
<b>Finals</b>		
1	Archbishop Murphy	44.82 10
2	Lakewood	45.01 8
3	Cedarcrest	45.29 6
4	King's	45.72 5
5	Sultan	46.26 4
6	South Whidbey	47.84 3
7	Coupeville	49.54 2

**Event 9 Girls 4x100 Meter Relay**

Championship: 50.25 C 2001

Stadium: 50.11 S 5/16/2008 Burlington-Edison

C Genter, D Nordlund, M Kennedy, S Berentson

Team	Relay	Finals
<b>Finals</b>		
1	Archbishop Murphy	51.51 10
2	Lakewood	52.66 8
3	Sultan	52.73 6
4	King's	53.03 5
5	Coupeville	55.83 4

**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
<b>Preliminaries</b>			
1	Westlund, Isaac	9 Archbishop M	52.85Q
2	Broadwell, Austin	12 Archbishop M	53.40Q
3	Hurlburt, Larry	12 Coupeville	53.14Q
4	Erickson, Matt	12 Cedarcrest	54.30Q
5	Freythuth, Deon	12 Sultan	54.54Q
6	Zimmerman, Josh	10 Cedarcrest	54.92Q
7	Mackey, Andrew	11 Sultan	55.59q
8	Reilly, Jaden	12 Sultan	55.82q
9	McGinnis, Ryan	11 Cedarcrest	56.76
10	Thomas, Liam	9 Cedarcrest	56.83
11	Yand, Chris	10 King's	57.71
12	Greenlaw, Marshall	10 King's	58.01
13	Hamilton, Matthew	9 Granite Fall	58.36
14	Watts, Blake	9 Lakewood	59.86
15	Chapman, Brandon	9 South Whidbey	1:01.25

**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
<b>Finals</b>			
1	Westlund, Isaac	9 Archbishop M	51.91 10
2	Freythuth, Deon	12 Sultan	52.18 8

3	Hurlburt, Larry	12 Coupeville	52.43 6
4	Broadwell, Austin	12 Archbishop M	53.21 5
5	Erickson, Matt	12 Cedarcrest	54.21 4
6	Zimmerman, Josh	10 Cedarcrest	54.23 3
7	Reilly, Jaden	12 Sultan	54.55 2
8	Mackey, Andrew	11 Sultan	56.28 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
<b>Preliminaries</b>			
1	Storkson, Karlie	12 King's	1:01.55Q
2	Jensen, Ariel	11 Lakewood	1:02.46Q
3	Bartz, Kristi	9 Archbishop M	1:04.25Q
4	Hoban, Eileen	12 Archbishop M	1:04.37Q
5	Hartwig, Tasha	12 Cedarcrest	1:04.56Q
6	Flake, Alexandra	12 Archbishop M	1:05.66Q
7	Vergillo, Miranda	10 Cedarcrest	1:06.03q
8	Loutsis, Megan	12 Archbishop M	1:07.99q
9	Romack, Alacia	10 Granite Fall	1:08.15
10	Clark, Andrea	12 Archbishop M	1:08.88
11	Bailey, Anna	11 Coupeville	1:08.99

**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
<b>Finals</b>			
1	Storkson, Karlie	12 King's	59.33 10
2	Bartz, Kristi	9 Archbishop M	1:01.54 8
3	Jensen, Ariel	11 Lakewood	1:02.70 6
4	Hartwig, Tasha	12 Cedarcrest	1:03.46 5
5	Hoban, Eileen	12 Archbishop M	1:04.27 4
6	Flake, Alexandra	12 Archbishop M	1:06.33 3
7	Vergillo, Miranda	10 Cedarcrest	1:07.51 2
8	Loutsis, Megan	12 Archbishop M	1:07.61 1

**Event 12 Boys 300 Meter Hurdles**

Championship: 38.95 C 5/14/2010 Curtis Clauson

Stadium: 38.65 S 5/14/2010 Curtis Clauson

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Stich, Andrew	10 Lakewood	42.61Q
2	Jordan, Zach	12 Cedarcrest	43.00Q
3	Zuvich, Alex	10 Cedarcrest	44.05Q
4	Candland, Dallin	12 Cedarcrest	43.42Q
5	Schober, Zachary	12 King's	43.88Q
6	Jackson, Andrew	12 Granite Fall	44.92Q
7	Pelroy, Mitch	12 Coupeville	43.90q
8	Whitehead, Ryan	10 Lakewood	45.07q
9	Gadbois, Rhys	10 Granite Fall	46.25
10	Force, Tyler	10 Sultan	46.58
11	Taylor, Christian	12 King's	46.78

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**Preliminaries ... (Event 12 Boys 300 Meter Hurdles)**

Name	Yr	School	Prelims
12 DeGroot, Jordan	12	Lakewood	46.91
13 Almasi, Sawyer	12	Lakewood	47.18
14 Dalton, Tyler	10	Lakewood	47.27
15 Shepard, Bryce	11	Lakewood	49.19
16 Tompkins, Sam	10	King's	49.49
17 Koenig, Derek	9	Sultan	50.09
18 Kelley, Brandon	10	Coupeville	51.00
19 Jones, Brett	9	King's	53.77
20 Sanders, Brendan	9	Granite Fall	1:02.77

**Event 12 Boys 300 Meter Hurdles**

Championship: 38.95 C 5/14/2010 Curtis Clauson

Stadium: 38.65 S 5/14/2010 Curtis Clauson

Name	Yr	School	Finals
<b>Finals</b>			
1 Jordan, Zach	12	Cedarcrest	41.49 10
2 Candland, Dallin	12	Cedarcrest	41.77 8
3 Stich, Andrew	10	Lakewood	41.94 6
4 Pelroy, Mitch	12	Coupeville	42.76 5
5 Schober, Zachary	12	King's	43.14 4
6 Whitehead, Ryan	10	Lakewood	43.67 3
7 Jackson, Andrew	12	Granite Fall	43.91 2
8 Zuvich, Alex	10	Cedarcrest	44.53 1

**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
<b>Preliminaries</b>			
1 Khamsaly, Amberly	10	Sultan	49.62Q
2 Kieling, Daphne	11	King's	49.74Q
3 Hammontree, Molly	11	Cedarcrest	51.32Q
4 Maggs, Kristen	10	King's	51.59Q
5 Cline, Emily	9	King's	52.91Q
6 Grome, Kimberly	12	Archbishop M	52.96Q
7 Brown, Kiley	12	Lakewood	54.60q
8 Tess, Ruth	9	Sultan	54.66q
9 Miller, Riley	9	Lakewood	57.18
10 Haunreiter, Ilyssa	12	Lakewood	57.83
11 Elie, Crystal	9	Sultan	58.22

**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
<b>Finals</b>			
1 Kieling, Daphne	11	King's	47.99 10
2 Khamsaly, Amberly	10	Sultan	48.84 8
3 Hammontree, Molly	11	Cedarcrest	50.25 6
4 Maggs, Kristen	10	King's	50.81 5
5 Cline, Emily	9	King's	51.81 4
6 Grome, Kimberly	12	Archbishop M	52.21 3
7 Tess, Ruth	9	Sultan	52.78 2

8 Brown, Kiley	12	Lakewood	55.05	1
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**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
<b>Preliminaries</b>			
1 Bryson, Hunter	10	King's	2:03.36Q
2 Montgomery, Mitchell	12	Cedarcrest	2:05.71Q
3 Mugrage, Kris	12	Lakewood	2:04.09Q
4 Radbourne, Quinn	10	Cedarcrest	2:06.33Q
5 Buckley, Preston	12	Cedarcrest	2:05.19Q
6 Duitsman, Tyler	12	Lakewood	2:11.06Q
7 Catherman, Gage	10	Cedarcrest	2:06.53q
8 Zink, Cole	9	South Whidbe	2:12.12q
9 Griffin, Keith	12	Cedarcrest	2:12.18
10 Zink, Will	12	South Whidbe	2:13.57
11 Barrus, Jacob	9	Sultan	2:14.08
12 Hampton, Matthew	9	Coupeville	2:15.10
13 Barnett, Jake	9	King's	2:17.94
14 Callaghan, Timothy	12	Archbishop M	2:23.59
15 Gibson, Adam	9	Granite Fall	2:29.52

**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
<b>Finals</b>			
1 Montgomery, Mitchell	12	Cedarcrest	1:58.25 10
2 Mugrage, Kris	12	Lakewood	2:00.59 8
3 Bryson, Hunter	10	King's	2:01.19 6
4 Radbourne, Quinn	10	Cedarcrest	2:01.31 5
5 Buckley, Preston	12	Cedarcrest	2:02.17 4
6 Duitsman, Tyler	12	Lakewood	2:04.41 3
7 Catherman, Gage	10	Cedarcrest	2:04.96 2
8 Zink, Cole	9	South Whidbe	2:07.11 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
<b>Preliminaries</b>			
1 Thronsen, Darby	9	Lakewood	2:33.75Q
2 Kemper, Kacey	10	King's	2:35.46Q
3 Diede, Grace	9	King's	2:35.23Q
4 Rodden, Jaime	10	South Whidbe	2:37.32Q
5 Boyd, Madi	10	South Whidbe	2:36.48Q
6 Felt, Nora	11	South Whidbe	2:40.02Q
7 Tompkins, Allison	9	Sultan	2:39.25q
8 Holeman, Camilla	9	Archbishop M	2:43.92q
9 Wildon, Terra	10	South Whidbe	2:45.09
10 McCann, Chloe	9	Lakewood	2:45.56
11 Dang, Annie	12	Archbishop M	2:46.39
12 Sadowski, Andrea	12	Archbishop M	2:48.84

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**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
<b>Finals</b>			
1 Kemper, Kacey	10	King's	2:24.98 10
2 Rodden, Jaime	10	South Whidbe	2:30.99 8
3 Throndsen, Darby	9	Lakewood	2:31.91 6
4 Diede, Grace	9	King's	2:33.08 5
5 Tompkins, Allison	9	Sultan	2:35.21 4
6 Felt, Nora	11	South Whidbe	2:35.61 3
7 Holeman, Camilla	9	Archbishop M	2:38.75 2
8 McCann, Chloe	9	Lakewood	2:38.83 1

**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
<b>Preliminaries</b>			
1 Guy, James Cameron	12	Archbishop M	22.85Q
2 Driscoll, Luke	11	Cedarcrest	23.03Q
3 Erickson, Matt	12	Cedarcrest	23.50Q
4 Bingaman, Nolan	12	Lakewood	23.68Q
5 VanderWel, Hans	11	Archbishop M	23.60Q
6 Pelroy, Mitch	12	Coupeville	23.70Q
7 Freymuth, Deon	12	Sultan	24.01q
8 Beschta, Josh	12	Granite Fall	24.25q
9 Langford, Colby	12	King's	24.35
10 Zimmerman, Josh	10	Cedarcrest	24.53
11 Olander, Jarad	11	Granite Fall	24.56
12 Mills, Ryan	10	King's	24.58
13 Reilly, Jaden	12	Sultan	24.70
14 Yand, Chris	10	King's	24.98

**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
<b>Finals</b>			
1 Driscoll, Luke	11	Cedarcrest	22.79 10
2 Pelroy, Mitch	12	Coupeville	23.18 8
3 Erickson, Matt	12	Cedarcrest	23.41 6
4 VanderWel, Hans	11	Archbishop M	23.43 5
5 Bingaman, Nolan	12	Lakewood	23.46 4
6 Beschta, Josh	12	Granite Fall	24.30 3
7 Freymuth, Deon	12	Sultan	24.60 2
8 Guy, James Cameron	12	Archbishop M	25.20 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
<b>Preliminaries</b>			
1 Storkson, Karlie	12	King's	26.88Q
2 Driscoll, Ashley	9	King's	27.44Q
3 Sentman, Chrishelle	9	Sultan	27.50Q
4 Towey, Christine	12	Archbishop M	27.69Q
5 Rivera, Melissa	10	Archbishop M	28.09q
6 Ward, Jaelyn	9	Cedarcrest	28.27q
7 Jensen, Ariel	11	Lakewood	28.30q
8 Cepowski, Sarah	12	South Whidbe	28.74q
9 Callanan Seegars, DeAsia	9	Lakewood	28.92
10 Hood, Anna	11	South Whidbe	28.96
11 Flake, Alexandra	12	Archbishop M	29.31
12 Ishmael, Miqueala	9	King's	29.64
13 Green, Kaila	11	Granite Fall	30.12
14 Galindo, Isabella	9	King's	30.29
15 Vergillo, Miranda	10	Cedarcrest	30.34

**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
<b>Finals</b>			
1 Storkson, Karlie	12	King's	26.60 10
2 Sentman, Chrishelle	9	Sultan	27.03 8
3 Driscoll, Ashley	9	King's	27.30 6
4 Rivera, Melissa	10	Archbishop M	27.43 5
5 Towey, Christine	12	Archbishop M	27.56 4
6 Ward, Jaelyn	9	Cedarcrest	28.18 3
7 Jensen, Ariel	11	Lakewood	28.32 2
8 Cepowski, Sarah	12	South Whidbe	28.83 1

**Event 18 Boys 3200 Meter Run**

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

Name	Yr	School	Finals
<b>Finals</b>			
1 Montgomery, Mitchell	12	Cedarcrest	9:35.48 10
2 Orndorf, Logan	10	Cedarcrest	9:36.50 8
3 Holeman, Sam	12	Archbishop M	9:41.75 6
4 Darrah, Mitchell	10	Lakewood	9:43.92 5
5 Ayers, Andrew	9	King's	10:01.82 4
6 Mugrage, Kris	12	Lakewood	10:07.63 3
7 Wanichak, Cody	11	Cedarcrest	10:08.63 2
8 Green, Colton	10	Cedarcrest	10:19.09 1
9 Dams, Dominic	11	Cedarcrest	10:25.06
10 Davis, Douglas	9	Lakewood	10:26.26
11 Cabales, Drew	10	Lakewood	10:26.63
12 Nelson, James	12	Sultan	10:26.83
13 Barnett, Jake	9	King's	10:31.30
14 Espinoza, Peter	11	Lakewood	10:34.54

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## Cedarcrest HS

## Results

**Finals ... (Event 18 Boys 3200 Meter Run)**

Name	Yr	School	Finals
15 Emmons, Arthur	9	King's	10:49.69
16 Gunderson, Jonathan	10	Cedarcrest	10:50.65
17 Cooper, Alex	9	Lakewood	10:52.39
18 Zink, Cole	9	South Whidbe	10:54.66
19 Zink, Will	12	South Whidbe	10:54.67
20 Smith, Blake	11	King's	10:56.99
21 Atwater, Evan	10	Cedarcrest	11:34.65
22 Littlelight, Jesse	11	Granite Fall	11:51.86
23 Radbourne, Weylin	12	Cedarcrest	12:00.69
24 McCormick, Jake	10	Coupeville	12:04.58

**Event 19 Girls 3200 Meter Run**

Championship: 11:22.92 C 2002 Bobeya Krishnek

Stadium: 11:14.90 S 5/14/2008 Annie Moore

Name	Yr	School	Finals
<b>Finals</b>			
1 Cundy, Rachel	12	Lakewood	11:24.13 10
2 Smith, McKenna	9	King's	11:45.88 8
3 Stelling, Lillianna	11	South Whidbe	11:58.63 6
4 Bartz, Michaela	12	Archbishop M	12:01.60 5
5 Anderson, Amelia	10	Cedarcrest	12:07.71 4
6 Dorney, Lindsay	9	Archbishop M	12:07.72 3
7 Carr, Diana	10	Cedarcrest	12:08.62 2
8 Barr, Emma	12	King's	12:14.33 1
9 Klamm, Bonnie	11	South Whidbe	12:34.17
10 Sowards, Rachel	10	Lakewood	12:40.59
11 Krawiec, Cassidy	11	Cedarcrest	12:46.85
12 Smith, Madison	11	Cedarcrest	12:50.45
13 Duitsman, Hailey	10	Lakewood	12:54.05
14 Tompkins, Allison	9	Sultan	12:54.19
15 Lungren, Emma	9	South Whidbe	13:53.90
16 Knowles, Ellen	9	Lakewood	13:58.68
17 Espinoza, Celine	10	Lakewood	14:00.15
18 Gouette, Joleen	11	Lakewood	14:45.63

**Event 20 Boys 4x400 Meter Relay**

Championship: 3:25.02 C 2001

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

**B Bomber, D Duncan, J Weeks, B Bomber**

Team	Relay	Finals
<b>Finals</b>		
1 Cedarcrest		3:38.44 10
2 Archbishop Murphy		3:40.78 8
3 Lakewood		3:41.14 6
4 King's		3:41.34 5
5 Sultan		3:42.16 4
6 Coupeville		3:44.28 3
7 South Whidbey		4:04.32 2

**Event 21 Girls 4x400 Meter Relay**

Championship: 4:02.48 C 2008

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

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

Team	Relay	Finals
<b>Finals</b>		
1 Cedarcrest		4:19.49 10
2 Archbishop Murphy		4:21.75 8
3 King's		4:22.88 6
4 Coupeville		4:31.06 5
5 Lakewood		4:35.89 4
6 South Whidbey		4:40.45 3

**Event 22 Girls Discus Throw**

Championship: 134-03 C 2005

Kimery Hern

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

Name	Yr	School	Finals
<b>Finals</b>			
1 Stillwell, Madison	12	Sultan	112-06 10
2 McNaughton, Makayla	11	Sultan	108-06 8
3 Berger, Angelina	11	South Whidbe	104-03 6
4 Young, Courtney	11	Granite Fall	93-06 5
5 Ellisen, McKenzy	9	King's	90-11 4
6 Decker, Sierra	10	King's	89-07 3
7 Sandoval, Jasmine	10	Lakewood	85-04 2
8 Risken, Jennifer	11	Sultan	82-08 1
9 Hibbard, Karly	10	King's	82-04
10 Collinwood, Melissa	12	Cedarcrest	80-07
11 Richards, Becca	12	King's	80-06
12 Schuster, Kristen	9	South Whidbe	77-10
13 LaPoint, Grace	12	Coupeville	76-07
14 Stuller, Molly	10	Lakewood	73-01
14 Grant, Gillian	9	Archbishop M	73-01
16 Winter, Austin	10	Lakewood	67-02
17 Hermann, Hannah	10	King's	66-00
18 Onderbeke, Emily	10	Granite Fall	64-05
19 Hermann, Kaitlin	10	King's	63-10
20 Johannessen, Kaia	9	King's	63-06
21 Conaway, Courtney	12	Granite Fall	63-05
22 Snitselaar, Grace	9	King's	60-04
23 Barger, Paige	12	Granite Fall	55-04
24 Crain, Jessica	9	Lakewood	52-04
--- Pitts, Kim	10	Lakewood	ND

**Event 23 Boys Long Jump**

Championship: 21-11 C 1961

Wiggs

Stadium: 21-10.75 S 5/14/2008 Thomas Kassa

Name	Yr	School	Finals
<b>Finals</b>			
1 Byrne, Brandon	11	Archbishop M	21-00.50 10
2 Doubek, Steven	11	Sultan	20-03.25 8
3 Peterson, Justin	11	Lakewood	19-08.00 6
4 Hamilton, Matthew	9	Granite Fall	18-10.75 5
5 Langford, Colby	12	King's	18-09.50 4
6 Prim, Aaron	12	Lakewood	18-04.50 3

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## Cedarcrest HS

## Results

## Finals ... (Event 23 Boys Long Jump)

Name	Yr	School	Finals
7 Campbell, Tysen	10	Granite Fall	18-03.50 2
8 Zuvich, Alex	10	Cedarcrest	18-00.75 1
9 MacKenzie, James	9	Sultan	17-08.00
10 Bustad, Brett	9	Lakewood	17-07.00
11 Jackson, Keana	10	Lakewood	17-06.75
12 Nichols, Elijah	9	South Whidbe	17-06.00
13 He, Matt	12	Lakewood	17-03.25
14 Duong, Trong	10	Archbishop M	17-03.00
15 Edwards, Stephen	10	Coupeville	16-03.50
15 Yand, Chris	10	King's	16-03.50
17 Tompkins, Sam	10	King's	16-02.00
18 Dick, Elliot	9	Cedarcrest	15-11.75
19 Watts, Blake	9	Lakewood	15-05.00

## Event 24 Boys Pole Vault

Championship: 14-03 C 2008 Ned Flynn  
 Stadium: 14-06 S 5/14/2008 Ned Flynn

Name	Yr	School	Finals
<b>Finals</b>			
1 Minnie, Bennett	11	Cedarcrest	12-06.00 10
2 Sheppard, Ben	12	Granite Fall	12-00.00 7
2 Jackson, Andrew	12	Granite Fall	12-00.00 7
4 Taylor, Caleb	11	King's	J12-00.00 5
5 Campbell, Tysen	10	Granite Fall	11-06.00 4
6 Harris, Christian	12	Lakewood	11-00.00 3
7 Mosteller, Drake	10	Lakewood	10-06.00 2
8 Cao, Cody	12	Lakewood	J10-06.00 1
9 Axthelem, Kolani	11	Lakewood	10-00.00
10 Foreman, Will	11	Cedarcrest	J10-00.00
11 Vidamo, AJ	12	Archbishop M	J10-00.00
12 Mills, Ryan	10	King's	J10-00.00
13 Olander, Jarad	11	Granite Fall	9-06.00
14 Hayes, Austin	9	King's	J9-06.00
15 Almasi, Sawyer	12	Lakewood	9-00.00
15 Thiel, Alex	9	King's	9-00.00
16 Brouwer, Alex	11	King's	J9-00.00
16 Littlelight, Jesse	11	Granite Fall	J9-00.00
19 Bocalini, Mateus	11	Lakewood	8-06.00
19 Hillis, Tristan	12	Lakewood	8-06.00
21 Smith, Connor	10	Lakewood	8-00.00
21 Harris, Josh	11	Lakewood	8-00.00
--- Treml, George	10	Lakewood	NH
--- Stich, Andrew	10	Lakewood	NH
--- Barrus, Jacob	9	Sultan	NH
--- Nech, Aaron	12	Lakewood	NH
--- Madsen, Andy	10	South Whidbe	NH

## 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
<b>Finals</b>			
1 Studzinski, Taylor	11	Lakewood	31-09.50 10
2 Hanson, Savanna	9	King's	31-01.50 8

3 Hendrix, Michaela	11	King's	30-10.00 6
4 Bawden, Allison	11	Cedarcrest	30-07.75 5
5 Risenmay, Hannah	10	Sultan	30-06.25 4
6 Barretto, Sonja	9	King's	30-05.75 3
7 Biddle, Anna	10	Sultan	30-03.75 2
8 Maggs, Kristen	10	King's	30-02.50 1
9 Gleason, Faith	12	King's	30-01.25
10 Cervarich, Tia	12	Granite Fall	29-06.25
11 Wilson, Tara	11	Archbishop M	29-04.50
12 Scherrer, Maddy	10	King's	29-00.25
13 Erickson, Monica	10	Archbishop M	27-09.75
14 McNaughton, Maria	10	Sultan	27-05.50
15 Askman, Sara	11	Archbishop M	27-00.75

## Event 26 Girls High Jump

Championship: 5-06 C 1983 Melissa MacNeil  
 Stadium: 5-03 S 2003 Kara Bennett

Name	Yr	School	Finals
<b>Finals</b>			
1 Bartz, Kristi	9	Archbishop M	4-10.00 10
2 Teitzel, Julia	11	King's	4-08.00 8
3 Bawden, Allison	11	Cedarcrest	J4-08.00 6
4 Hauck, Madi	10	King's	4-06.00 5
5 Hoskins, Jai'Lysa	11	Coupeville	J4-06.00 4
6 Anderson, Madeleine	11	Archbishop M	J4-06.00 2.5
6 Steele, Alexa	10	Sultan	J4-06.00 2.5
8 Tutor, Chloe	10	Sultan	J4-06.00 1
9 Knibbe, Megan	11	Lakewood	J4-06.00
10 Hanson, Savanna	9	King's	J4-06.00
11 Jones, Marilyn	9	King's	4-02.00
12 Erickson, Monica	10	Archbishop M	J4-02.00
13 Spahr, Mackenna	10	Sultan	4-00.00
13 Gormley, Chase	9	Lakewood	4-00.00
15 McNaughton, Maria	10	Sultan	J4-00.00
15 Yant, Kortney	12	Archbishop M	J4-00.00

## Event 27 Boys Discus Throw

Championship: 167-06 C 1967 Mike Williams  
 Stadium: 171-09 S 5/14/2008 Nick Lohse

Name	Yr	School	Finals
<b>Finals</b>			
1 Zuvich, Alex	10	Cedarcrest	131-08 10
2 Otte, David	11	Lakewood	129-11 8
3 Nelson, Tristan	10	Lakewood	123-08 6
4 Jacobson, Zach	10	King's	123-05 5
5 Soule, John	11	Cedarcrest	123-03 4
6 Streubel, Nick	10	Coupeville	116-11 3
7 Peckham, James	12	Archbishop M	113-07 2
8 Boivin, Andrew	11	King's	108-06 1
9 Mulvaney, Kyle	12	Archbishop M	107-00
10 Poyner, Michael	10	Granite Fall	106-04
11 Jackson, Dilin	10	Lakewood	101-05
12 Dick, Elliot	9	Cedarcrest	100-02
13 Burbee, Alec	9	Lakewood	99-02
14 Jones, Angus	9	South Whidbe	93-11
15 Valko, Caleb	11	Coupeville	93-10

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## Results

**Finals ... (Event 27 Boys Discus Throw)**

Name	Yr	School	Finals
16 Ishmael, Donavan	10	King's	93-06
17 Giorgio, James	11	Lakewood	92-10
18 Houston, Roderick	9	Lakewood	87-01
19 Jarman, Nick	10	Granite Fall	83-07

**Event 28 Boys Shot Put**

Championship: 60-06.50 C 1967 Mike Williams

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

Name	Yr	School	Finals
<b>Finals</b>			
1 Friedline, Mason	11	King's	47-00.25 10
2 Otte, David	11	Lakewood	45-04.00 8
3 Boivin, Andrew	11	King's	45-00.25 6
4 Kispert, Calvin	9	King's	44-00.00 5
5 Donohue, Dylan	10	Lakewood	43-05.50 4
6 Soule, John	11	Cedarcrest	43-03.00 3
7 Peckham, James	12	Archbishop M	42-06.75 2
8 Streubel, Nick	10	Coupeville	42-02.50 1
9 Justus, Colton	12	South Whidbe	39-11.25
10 Morod, Mike	11	Cedarcrest	38-10.75
11 Nelson, Tristan	10	Lakewood	38-09.50
12 Jones, Angus	9	South Whidbe	J38-09.50
13 Jacobson, Zach	10	King's	38-02.50
14 Mulvaney, Kyle	12	Archbishop M	38-01.50
15 Schireman, Mark	12	Archbishop M	37-10.25
16 Jackson, Dilin	10	Lakewood	37-05.25
17 Valko, Caleb	11	Coupeville	37-00.50
18 Taylor, Christian	12	King's	36-09.50
19 Poyner, Michael	10	Granite Fall	36-01.50
20 Giorgio, James	11	Lakewood	35-05.50
21 Somers, Sam	9	Cedarcrest	35-02.75
22 Flegel, Aaron	10	Granite Fall	33-10.75
--- Ishmael, Donavan	10	King's	ND

**Event 29 Girls Long Jump**

Championship: 18-02.75 C 5/15/2009 Sarah Schireman

Stadium: 18-02.75 S 5/15/2009 Sarah Schireman

Name	Yr	School	Finals
<b>Finals</b>			
1 Yant, Kortney	12	Archbishop M	16-00.25 10
2 Parish, Bailey	10	Cedarcrest	15-05.75 8
3 Bawden, Allison	11	Cedarcrest	15-05.50 6
4 Ott, Kalyn	11	Sultan	15-03.50 5
5 Barretto, Sonja	9	King's	15-00.25 4
6 Pabisz, Tasha	12	Archbishop M	14-09.75 3
7 Ishmael, Miqueala	9	King's	14-04.25 2
8 Green, Kaila	11	Granite Fall	14-03.50 1
9 Larsen, Lis	9	Archbishop M	14-03.25
10 Biddle, Anna	10	Sultan	14-02.75
11 Bartz, Kristi	9	Archbishop M	14-01.75
12 Callanan Seegars, DeAsia	9	Lakewood	14-00.25
13 Askman, Sara	11	Archbishop M	13-11.50
14 Wilson, Tara	11	Archbishop M	13-11.00
15 Erickson, Monica	10	Archbishop M	13-10.25

16 Kelleher, Katie	9	Archbishop M	J13-10.25
17 Risenmay, Hannah	10	Sultan	13-09.00
18 Gleason, Faith	12	King's	13-07.00
19 Scherrer, Maddy	10	King's	13-02.25
20 Decker, Sierra	10	King's	12-03.75
21 Jackson, Joye	10	Coupeville	12-02.75
22 Brennan, Tiana	9	South Whidbe	11-05.00
--- Tompkins, Emily	12	Sultan	ND

**Event 30 Girls Pole Vault**

Championship: 10-07 C 2004 Erin Lippie

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

Name	Yr	School	Finals
<b>Finals</b>			
1 Parish, Bailey	10	Cedarcrest	9-00.00 10
2 Gorman, Molly	12	Cedarcrest	8-00.00 7
2 Studzinski, Taylor	11	Lakewood	8-00.00 7
4 Tabor, Brittany	12	Sultan	J8-00.00 5
5 Street, Katie	10	Sultan	7-06.00 4
6 Kelleher, Katie	9	Archbishop M	J7-06.00 2.5
6 Tompkins, Emily	12	Sultan	J7-06.00 2.5
8 Knibbe, Megan	11	Lakewood	J7-06.00 1
9 Jones, Marilyn	9	King's	7-00.00
9 Elie, Crystal	9	Sultan	7-00.00
9 Cervarich, Tia	12	Granite Fall	7-00.00
12 Main, Claire	9	Archbishop M	J7-00.00
13 Mitchell, Briell	12	King's	J7-00.00
14 Barger, Paige	12	Granite Fall	J7-00.00
15 Gasparini, Angela	10	Sultan	J7-00.00
16 Dreher, Makenna	9	King's	6-06.00
16 Conaway, Courtney	12	Granite Fall	6-06.00
--- Hales, Kianna	10	Cedarcrest	NH

**Event 31 Boys Triple Jump**

Championship: 46-04.25 C 5/13/2010 Will Hallberg

Stadium: 44-10.50 S 2007 Tony Yakovich

Name	Yr	School	Finals
<b>Finals</b>			
1 Peterson, Justin	11	Lakewood	43-09.50 10
2 Bustad, Brett	9	Lakewood	40-05.75 8
3 Hartmann, Matt	12	King's	39-07.50 6
4 McGinnis, Ryan	11	Cedarcrest	39-06.50 5
5 Doubek, Steven	11	Sultan	38-07.75 4
6 Langford, Colby	12	King's	38-05.00 3
7 MacKenzie, James	9	Sultan	38-01.75 2
8 Duong, Trong	10	Archbishop M	37-06.75 1
9 Jackson, Keana	10	Lakewood	37-05.25
10 Morod, Mike	11	Cedarcrest	36-11.25
11 Gunselman, Adam	12	Archbishop M	36-04.50
12 Tompkins, Sam	10	King's	35-10.75
13 Burley, Joseph	12	King's	34-07.50
14 Edwards, Stephen	10	Coupeville	33-08.50
15 Greenlaw, Marshall	10	King's	33-06.75
16 Elverum, Stryder	11	South Whidbe	32-07.00
17 Graham, Taylor	11	King's	32-01.00
18 Jones, Brett	9	King's	29-08.00



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**Finals ... (Event 31 Boys Triple Jump)**

Name	Yr	School	Finals
19 Kadey, Robert	10	Granite Fall	29-04.50

**Event 32 Boys High Jump**

Championship: 6-08.50 C 1990 Jed Stannard

Stadium: 6-04 S 5/15/2009 Jackson Pleis

Stadium: 6-04 S 2005 Andrew Kincaid

Name	Yr	School	Finals
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**Finals**

1 Peterson, Justin	11	Lakewood	6-02.00	10
2 Flegel, Aaron	10	Granite Fall	5-10.00	8
3 Green, Billy	11	King's	5-08.00	6
4 He, Matt	12	Lakewood	5-06.00	5
5 Jones, Brett	9	King's	J5-06.00	3.5
5 Jackson, Andrew	12	Granite Fall	J5-06.00	3.5
7 Sather, Karl	9	King's	J5-06.00	2
8 Gregory, Paulmer	9	Lakewood	J5-06.00	1
9 Schireman, Mark	12	Archbishop M	5-04.00	
10 Campbell, Tysen	10	Granite Fall	J5-04.00	
11 Graham, Taylor	11	King's	5-00.00	
--- Jensen, Taylor	10	Lakewood	NH	
--- Foreman, Will	11	Cedarcrest	NH	

**Event 33 Girls Javelin Throw**

Championship: 137-00 C 1997 Heather Reichmann

Stadium: 130-00 S 2007 Danielle Clauson

Name	Yr	School	Finals
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**Finals**

1 Hibbard, Karly	10	King's	126-07	10
2 Cannon, Skylar	10	Lakewood	120-01	8
3 Berger, Angelina	11	South Whidbe	104-07	6
4 LaPoint, Grace	12	Coupeville	103-02	5
5 St. Jean, Shantel	10	Lakewood	103-01	4
6 McNaughton, Makayla	11	Sultan	98-02	3
7 Guy, Taylor	10	Archbishop M	93-04	2
8 Kirchgessner, Jordyn	10	Archbishop M	92-07	1
9 Collinwood, Melissa	12	Cedarcrest	91-03	
10 Gibson, Hanna	12	Cedarcrest	90-07	
11 Onderbeke, Emily	10	Granite Fall	88-01	
12 Young, Courtney	11	Granite Fall	86-06	
13 White, Aimee	10	Lakewood	82-05	
14 Cervarich, Tia	12	Granite Fall	80-08	
15 Conaway, Courtney	12	Granite Fall	78-00	
16 Orr, Ashley	12	Lakewood	77-07	
17 Parmentier, Brittany	12	Lakewood	75-11	
18 Schuster, Kristen	9	South Whidbe	73-07	
19 Wenzel, Rachel	11	Coupeville	73-04	
20 Lucas, Jessica	10	Archbishop M	72-11	
21 Atkinson, Jenni	9	Sultan	70-11	
22 Palafox, McKenzie	10	Lakewood	70-01	
23 Gleason, Faith	12	King's	69-07	
24 Tutor, Chloe	10	Sultan	57-08	

**Event 34 Boys Javelin Throw**

Championship: 208-01 C 1973 Duncan Atwood

Stadium: 202-10 S 2006 Michael Davis

Stadium: 202-10 S 5/14/2010 Curtis Clauson

Name	Yr	School	Finals
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**Finals**

1 O'Kinsella, Connor	12	Lakewood	173-04	10
2 French, Nick	10	South Whidbe	162-06	8
3 Schireman, Mark	12	Archbishop M	160-11	6
4 Houser, Justin	12	Cedarcrest	157-04	5
5 Doubek, Steven	11	Sultan	157-00	4
6 VanderWel, Hans	11	Archbishop M	154-04	3
7 Raz, Mike	10	Lakewood	145-07	2
8 Hartmann, Matt	12	King's	141-05	1
9 Harrison, Jeff	10	Lakewood	133-07	
10 Justus, Colton	12	South Whidbe	132-03	
11 Jackson, Andrew	12	Granite Fall	131-04	
12 Sather, Karl	9	King's	128-04	
13 Poyner, Michael	10	Granite Fall	128-02	
14 Stack, Joe	10	King's	124-04	
15 Harris, Josh	11	Lakewood	J124-04	
16 Murray, Eric	10	Lakewood	123-07	
17 Madsen, Andy	10	South Whidbe	123-01	
18 Beeston, Taylor	11	Lakewood	122-01	
19 Turner, Jordan	10	King's	113-00	
20 Zimmerman, Josh	10	Cedarcrest	109-00	
21 Duitsman, Tyler	12	Lakewood	96-08	
--- Parker, Chris	11	King's	ND	

**Event 35 Girls Shot Put**

Championship: 39-11 C 2007 Krystal Paszkeicz

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

Name	Yr	School	Finals
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**Finals**

1 Berger, Angelina	11	South Whidbe	38-02.75	10
2 Stillwell, Madison	12	Sultan	34-06.00	8
3 Hibbard, Karly	10	King's	33-10.75	6
4 Ellisen, McKenzie	9	King's	32-02.50	5
5 McNaughton, Makayla	11	Sultan	31-10.50	4
6 Decker, Sierra	10	King's	29-01.25	3
7 Barger, Paige	12	Granite Fall	28-11.50	2
8 Young, Courtney	11	Granite Fall	28-09.00	1
9 Sather, Kyra	9	King's	27-04.50	
10 Kirchgessner, Jordyn	10	Archbishop M	26-07.25	
11 Onderbeke, Emily	10	Granite Fall	26-00.75	
12 Collinwood, Melissa	12	Cedarcrest	25-09.00	
13 Alford, Rachel	10	Archbishop M	24-11.00	
14 Risken, Jennifer	11	Sultan	24-10.75	
15 Snitselaar, Grace	9	King's	24-09.50	
16 Burke, Sydney	9	Cedarcrest	24-07.75	
17 Arenz, Dana	10	Lakewood	24-07.00	
18 Conaway, Courtney	12	Granite Fall	24-06.50	
19 Grant, Gillian	9	Archbishop M	24-00.50	
20 Stuller, Molly	10	Lakewood	23-10.75	
21 Winter, Austin	10	Lakewood	23-10.00	

**2012 Cascade Conference Championships - 5/9/2012 to 5/11/2012****Cedarcrest HS****Results****Finals ... (Event 35 Girls Shot Put)**

<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Finals</b>
22 Schuster, Kristen	9	South Whidbe	23-09.25
23 Atkinson, Jenni	9	Sultan	21-11.00
24 Rickard, Dani	11	Coupeville	17-10.75

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

1) King's	209.5
2) Archbishop Murphy	111
3) Sultan	107.5
4) Lakewood	90
5) Cedarcrest	82
6) South Whidbey	59
7) Coupeville	22
8) Granite Falls	11

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

1) Cedarcrest	175.5
2) Lakewood	153.5
3) King's	101.5
4) Archbishop Murphy	95
5) Granite Falls	48.5
6) Sultan	40
7) Coupeville	33
8) South Whidbey	14