

## 2016 Cascade Conference Championships - 5/5/2016

## Cedarcrest HS

## Results - Conference

**Girls 100 Meter Dash**

Stadium: 12.22 S 5/18/2012 Cherish Morrison

Name	Yr	School	Finals
<b>Finals</b>			
1 Weaver, Tayla	11	Cedarcrest	12.78 10
2 Forsyth, Bailey	11	South Whidbe	12.79 8
3 Ochoa, Yareli	10	Lakewood	12.96 6
4 Buzzell, Emilee	11	Sultan	13.06 5
5 Doud, Claire	9	Archbishop M	13.26 4
6 Jones, Sydney	10	King's	13.34 3
7 Kurtz, Alexandra	9	South Whidbe	13.41 2
8 Luxem, Natalie	11	Cedar Park C	13.41 1
9 Hezel, Mikayla	10	South Whidbe	13.50
10 Krause, Lauren	9	Cedarcrest	13.56
11 Sudol, Holly	9	Archbishop M	13.57
12 Bryant, Mikayla	12	King's	13.61
13 Seth, Stella	9	Lakewood	13.85
14 Storms, Taylor	12	Lakewood	14.00
15 Cymbaluk, Jaime	11	Archbishop M	14.03
16 Beaupre, Pauline	12	Cedarcrest	14.25

**Girls 200 Meter Dash**

Stadium: 25.01 S 5/18/2012 Cherish Morrison

Name	Yr	School	Finals
<b>Finals</b>			
1 Forsyth, Bailey	11	South Whidbe	26.88 10
2 Weaver, Tayla	11	Cedarcrest	26.96 8
3 Buzzell, Emilee	11	Sultan	27.09 6
4 Garmanian, Kianna	12	Archbishop M	27.53 5
5 Asher, Tia	9	Archbishop M	27.73 4
6 Jones, Sydney	10	King's	27.76 3
7 Krause, Lauren	9	Cedarcrest	28.04 2
8 Wilson, Hattie	12	Cedar Park C	28.06 1
9 Doud, Claire	9	Archbishop M	28.51
10 Fisher, Bethany	11	Lakewood	28.52
11 Baer, Marissa	12	Archbishop M	29.12
12 Jones, Aubrey	11	King's	29.27
13 Hegnes, Kat	12	Lakewood	29.39
14 Ligman, Brittany	11	Archbishop M	29.70
15 Beaupre, Pauline	12	Cedarcrest	29.92
16 York, Lauraina	9	Sultan	30.01

**Girls 400 Meter Dash**

Stadium: 57.06 S 5/18/2012 Cherish Morrison

Name	Yr	School	Finals
<b>Finals</b>			
1 Devereaux, Briana	11	Cedarcrest	1:00.54 10
2 Asher, Tia	9	Archbishop M	1:01.24 8
3 Buzzell, Emilee	11	Sultan	1:02.29 6
4 Meischke, Jewelia	12	Sultan	1:03.71 5
5 Warwick, Kendra	12	South Whidbe	1:05.29 4
6 Swift, Alison	10	Cedarcrest	1:05.99 3
7 Fisher, Bethany	11	Lakewood	1:06.35 2
8 Wilson, Hattie	12	Cedar Park C	1:06.63 1
9 Mayer, Brittany	9	Granite Fall	1:07.20

**Girls 800 Meter Run**

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

Name	Yr	School	Finals
<b>Finals</b>			
1 Donnelly, Elizabeth	10	South Whidbe	2:23.72 10
2 Edgar, Gillian	12	King's	2:25.63 8
3 Vergillo, Kate	10	Cedarcrest	2:30.56 6
4 Mitchem, Mallorie	12	South Whidbe	2:32.80 5
5 Chavez, Jerrica	11	Granite Fall	2:33.62 4
6 Dorney, Megan	10	Archbishop M	2:33.69 3
7 Kindle, Faith	9	Sultan	2:34.72 2
8 Hines, Alaina	11	Archbishop M	2:36.27 1
9 Brown, Maddie	10	Cedar Park C	2:40.31
10 Eager, Kinsey	11	South Whidbe	2:41.00
11 Barron, Teresa	11	Archbishop M	2:47.39
12 Austin, Emily	12	Archbishop M	2:48.14
13 Clark, Hunter	12	Lakewood	2:50.49
14 Christophilis, Alexandra	9	King's	2:51.45
15 Marsh, Bailey	10	South Whidbe	2:53.65

**Girls 1600 Meter Run**

Stadium: 5:07.03 S 5/16/2012 Brittany Gappa

Name	Yr	School	Finals
<b>Finals</b>			
1 Whitehead, Lilly	12	Lakewood	5:29.79 10
2 Shinn, Madi	11	Cedarcrest	5:33.79 8
3 Hall, Kelly	10	Cedarcrest	5:43.16 6
4 Kiesow, Cecelia	9	Cedarcrest	5:45.01 5
5 Hines, Alaina	11	Archbishop M	5:46.42 4
6 Krueger, Lily	11	Cedarcrest	5:48.78 3
7 Barron, Teresa	11	Archbishop M	5:50.26 2
8 Wirkkala, Spencer	10	Granite Fall	5:54.57 1
9 Brown, Maddie	10	Cedar Park C	5:59.30
10 Gunning, Greta	9	King's	6:03.01
11 Krivanek, Alicia	10	Cedarcrest	6:10.76
12 Christophilis, Alexandra	9	King's	6:12.73
13 Farias, Ruby	12	Cedarcrest	6:20.11
14 Frame, Nina	9	Sultan	6:24.04

**Girls 3200 Meter Run**

Stadium: 10:59.82 S 5/18/2012 Brittany Gappa

Name	Yr	School	Finals
<b>Finals</b>			
1 Whitehead, Lilly	12	Lakewood	12:38.78 10
2 Krueger, Lily	11	Cedarcrest	12:39.05 8
3 Kiesow, Cecelia	9	Cedarcrest	12:41.27 6
4 Babcock, MaryCate	10	Cedarcrest	12:41.45 5
5 Krivanek, Alicia	10	Cedarcrest	12:45.94 4
6 Gunning, Greta	9	King's	12:56.79 3
7 Ryan, Mackenzie	10	Archbishop M	12:57.90 2
8 Buchanan, Palina	10	Lakewood	13:20.93 1
9 Mayer, Tori	9	Sultan	13:34.13
10 Klaiber, Greta	11	Cedarcrest	13:35.02
11 Hall, Keely	11	Lakewood	13:35.86
12 Kosche, Emma	10	Cedar Park C	13:41.86

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**Finals ... (Girls 3200 Meter Run)**

Name	Yr	School	Finals
13 Limb, Hannah	10	King's	13:55.44
14 Cairns, Chloe	11	Cedarcrest	14:26.44

**Girls 100 Meter Hurdles**

Stadium: 14.89 S 5/15/2009 Sarah Schireman

Name	Yr	School	Finals
<b>Finals</b>			
1 Nielsen, Sophia	10	South Whidbe	16.18 10
2 Diaz, Dayana	10	Granite Fall	16.25 8
3 Smith, Stephanie	12	Lakewood	16.78 6
4 Cox, Josephine	11	Lakewood	16.99 5
5 Vanbenschoten, Allie	12	South Whidbe	17.16 4
6 Culberson, Emma	9	King's	17.69 3
7 Wallace, Zoi	12	Sultan	18.21 2
8 Dumaol, Cienna	9	Cedar Park C	18.60 1
9 Hogle, Kaylah	11	Archbishop M	18.90
10 Mack, Destiny	12	Lakewood	20.99

**Girls 300 Meter Hurdles**

Stadium: 45.39 S 5/16/2008 Sarah Schireman

Name	Yr	School	Finals
<b>Finals</b>			
1 Diaz, Dayana	10	Granite Fall	47.00 10
2 Vanbenschoten, Allie	12	South Whidbe	47.83 8
3 Smith, Stephanie	12	Lakewood	48.44 6
4 Culberson, Emma	9	King's	49.77 5
5 Garmanian, Kianna	12	Archbishop M	50.96 4
6 Hogle, Kaylah	11	Archbishop M	52.67 3
7 Dumaol, Cienna	9	Cedar Park C	52.69 2
8 Cox, Josephine	11	Lakewood	53.92 1
9 Mack, Destiny	12	Lakewood	54.19
10 Day, Tiannah	11	Sultan	55.97
11 Mayer, Tori	9	Sultan	1:03.05

**Girls 4x100 Meter Relay**

Stadium: 48.83 S 5/18/2012 Sehome

K Thomas, H Tarleton, S DeBacker, S Dolese

Team	Relay	Finals
<b>Finals</b>		
1 South Whidbey		50.57 10
2 Archbishop Murphy		50.85 8
3 Lakewood		52.28 6
4 Cedar Park C		52.67 5
5 King's		52.92 4

**Girls 4x200 Meter Relay**

Stadium: 1:42.88 S 5/18/2012 Sehome

K Thomas, H Tarleton, S DeBacker, S Dolese

Team	Relay	Finals
<b>Finals</b>		
1 Cedarcrest		1:48.95 10
2 Granite Falls		1:48.96 8
3 King's		1:50.59 6
4 Cedar Park C		1:52.86 5

5 Lakewood	1:55.11	4
6 Sultan	1:55.61	3
7 South Whidbey	1:58.06	2
8 Archbishop Murphy	1:59.06	1

**Girls 4x400 Meter Relay**

Stadium: 3:58.70 S 5/18/2012 Blaine

K Villars, O Adams, O Olason, C Morrison

Team	Relay	Finals
<b>Finals</b>		
1 Granite Falls		4:13.27 10
2 South Whidbey		4:14.30 8
3 King's		4:26.49 6
4 Sultan		4:27.05 5
5 Cedarcrest		4:30.00 4
6 Lakewood		4:34.33 3
7 Archbishop Murphy		4:36.19 2

**Girls High Jump**

Stadium: 5-03 S 2003

Kara Bennett

Name	Yr	School	Finals
<b>Finals</b>			
1 Nielsen, Maddie	11	King's	5-02.00 10
2 Ochoa, Yareli	10	Lakewood	5-00.00 8
3 Sudol, Holly	9	Archbishop M	4-06.00 5.5
3 Hansen, Hayley	11	Granite Fall	4-06.00 5.5
5 Howell, Grace	11	Archbishop M	J4-06.00 4
6 Sorgen, Claire	10	Sultan	J4-06.00 3
7 Tapert, Zoe	12	South Whidbe	J4-06.00 2
8 Cymbaluk, Jaime	11	Archbishop M	J4-06.00 1
9 Wallace, Zoi	12	Sultan	4-04.00
10 Krueger, Regan	11	Archbishop M	J4-04.00
11 Massena, Madalyn	11	Granite Fall	4-02.00
12 Potter, Mattea	9	Granite Fall	J4-02.00
--- Bicknell, Stephanie	11	King's	NH

**Girls Pole Vault**

Stadium: 11-00 S 5/18/2012 Kirsten Webber

Name	Yr	School	Finals
<b>Finals</b>			
1 Perry, Alexis	12	Lakewood	10-06.00 10
2 Bassett, Kelsey	10	Granite Fall	10-03.00 8
3 Shimkus, Morgan	12	Lakewood	10-00.00 6
4 Northey, Emily	11	King's	9-06.00 5
5 Krueger, Regan	11	Archbishop M	J9-06.00 4
6 Howell, Grace	11	Archbishop M	8-06.00 3
7 Mulvaney, Keara	11	Archbishop M	J8-06.00 2
8 Budig, Megan	12	Cedarcrest	8-00.00 1
9 Mitchem, Mallorie	12	South Whidbe	7-06.00
9 Anastasi, Emma	10	South Whidbe	7-06.00
11 Barker, Emma	10	South Whidbe	J7-06.00
--- Krueger, Reilly	12	Archbishop M	NH
--- Cymbaluk, Jaime	11	Archbishop M	NH
--- Thom, Tessa	11	Granite Fall	NH

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**Girls Long Jump**

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

Name	Yr	School	Finals
<b>Finals</b>			
1 Nielsen, Maddie	11	King's	16-01.50 10
2 Nielsen, Sophia	10	South Whidbe	16-01.00 8
3 Devereaux, Briana	11	Cedarcrest	16-00.25 6
4 Sudol, Holly	9	Archbishop M	16-00.00 5
5 Fox, Eden	11	Cedar Park C	15-11.50 4
6 Ochoa, Yareli	10	Lakewood	15-10.50 3
7 Smith, Stephanie	12	Lakewood	15-04.00 2
8 Storms, Taylor	12	Lakewood	15-00.25 1
9 Bicknell, Stephanie	11	King's	14-11.25
10 Baer, Marissa	12	Archbishop M	14-08.25
11 Doud, Claire	9	Archbishop M	14-05.50
12 Swift, Sarah	12	Sultan	14-03.75
13 Senyitko, Emily	10	Lakewood	14-02.00
14 Massena, Madalyn	11	Granite Fall	14-01.75
15 Beaupre, Pauline	12	Cedarcrest	14-00.00
16 Barker, Emma	10	South Whidbe	13-06.75

**Girls Triple Jump**

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

Name	Yr	School	Finals
<b>Finals</b>			
1 Nielsen, Maddie	11	King's	34-02.00 10
2 Perry, Alexis	12	Lakewood	32-04.25 8
3 Fox, Eden	11	Cedar Park C	31-06.25 6
4 Wallace, Zoei	12	Sultan	30-09.50 5
5 Massena, Madalyn	11	Granite Fall	30-09.00 4
6 Sorgen, Claire	10	Sultan	29-05.75 3
7 Barker, Emma	10	South Whidbe	29-00.50 2
8 Potter, Mattea	9	Granite Fall	28-11.50 1
9 Eager, Kinsey	11	South Whidbe	28-07.00
10 Pilet, Tirzah	11	King's	26-09.75
11 Day, Tiannah	11	Sultan	24-06.25
--- Moore, Kayleen	11	King's	ND
--- Bicknell, Stephanie	11	King's	ND
--- Nielsen, Sarah	9	King's	ND

**Girls Shot Put**

Stadium: 45-07.75 S 5/18/2012 Gina Flint

Name	Yr	School	Finals
<b>Finals</b>			
1 Jones, Reille	12	Lakewood	37-11.00 10
2 Korolenko, Sasha	12	Cedar Park C	36-10.00 8
3 Jacobson, Nicole	11	King's	36-01.75 6
4 Shimkus, Morgan	12	Lakewood	34-03.75 5
5 Hansen, Hayley	11	Granite Fall	33-11.00 4
6 Hendrix, Sylvia	10	King's	32-05.00 3
7 Cunningham, Maddy	11	Cedar Park C	31-04.50 2
8 Hubbard, Claudia	12	Sultan	30-09.00 1
9 Van Ess, Mieke	11	Cedarcrest	29-06.00
10 Pilet, Tirzah	11	King's	29-02.50
11 Ramirez, Reyna	12	Cedarcrest	27-01.50

12 Davis, Morgan	12	South Whidbe	25-08.50
13 Browne, Makeda	10	South Whidbe	J25-08.50
14 Schwab, Kenzie	11	King's	25-06.75
15 Goodwin, Laurel	11	Cedarcrest	24-09.25
16 Amaral, Judy	11	Cedarcrest	23-07.25

**Girls Discus Throw**

Stadium: 141-00 S 5/16/2012 Gina Flint

Name	Yr	School	Finals
<b>Finals</b>			
1 Hubbard, Claudia	12	Sultan	109-07 10
2 Fenton, Megan	12	Lakewood	107-02 8
3 Jones, Reille	12	Lakewood	105-06 6
4 Pilet, Tirzah	11	King's	102-10 5
5 Simchuk, Hailey	12	South Whidbe	99-09 4
6 Schwab, Kenzie	11	King's	97-01 3
7 Yang, Angelique	12	Cedar Park C	91-00 2
8 Shimkus, Morgan	12	Lakewood	87-07 1
9 Davis, Morgan	12	South Whidbe	83-04
9 Browne, Makeda	10	South Whidbe	83-04
11 Van Ess, Mieke	11	Cedarcrest	80-03
12 Ramirez, Reyna	12	Cedarcrest	78-06
13 Seth, Stella	9	Lakewood	74-08
14 Thom, Tessa	11	Granite Fall	74-03
15 Jacobson, Nicole	11	King's	73-05
16 Goodwin, Laurel	11	Cedarcrest	66-00

**Girls Javelin Throw**

Stadium: 130-00 S 2007 Danielle Clauson

Name	Yr	School	Finals
<b>Finals</b>			
1 Cunningham, Maddy	11	Cedar Park C	118-02 10
2 Shimkus, Paige	10	Lakewood	115-01 8
3 Guinn, Sophia	11	Lakewood	110-02 6
4 Davis, Morgan	12	South Whidbe	106-01 5
5 Barclay, Kristen	12	Cedar Park C	105-02 4
6 Coomer, Abby	11	Cedarcrest	104-07 3
7 Hubbard, Claudia	12	Sultan	100-05 2
8 Amaral, Judy	11	Cedarcrest	97-11 1
9 Fenton, Megan	12	Lakewood	92-07
10 Jensen, Autumn	11	Lakewood	92-02
11 Ramirez, Reyna	12	Cedarcrest	92-01
12 Pilet, Tirzah	11	King's	89-11
13 Hansen, Hayley	11	Granite Fall	85-08
14 Luxem, Natalie	11	Cedar Park C	82-10
15 Drye, Maddy	9	South Whidbe	79-10
16 Hendrix, Sylvia	10	King's	73-07

**Boys 100 Meter Dash**

Stadium: 10.98 S 5/5/2016 Caleb Perry

Name	Yr	School	Finals
<b>Finals</b>			
1 Perry, Caleb	11	King's	10.98S 10
2 Boak, Dave	11	Cedarcrest	11.39 8
3 Ballweber, Jacob	12	Sultan	11.43 6
4 Griffin, Cruz	12	Lakewood	11.43 5

## 2016 Cascade Conference Championships - 5/5/2016

## Cedarcrest HS

## Results - Conference

## Finals ... (Boys 100 Meter Dash)

Name	Yr	School	Finals
5 Simmons, Matthew	9	South Whidbe	11.71 4
6 Cull, Duncan	12	King's	11.78 3
7 Toponce, George	10	Lakewood	11.85 2
8 Kelleher, Max	10	Archbishop M	11.85 1
9 Schireman, Paul	11	Archbishop M	11.91
10 Courtney, Tyler	12	Lakewood	11.99
11 Malone, Kyle	12	Archbishop M	12.18
12 McCarroll, Nash	11	South Whidbe	12.21
13 Hermes, Ben	12	King's	12.23
14 Gonzales, Jordan	9	Lakewood	12.25
15 Heil, Derek	11	Lakewood	12.26

## Boys 200 Meter Dash

Stadium: 22.04 S 5/5/2016 Caleb Perry

Name	Yr	School	Finals
1 Perry, Caleb	11	King's	22.04S 10
2 Griffin, Cruz	12	Lakewood	22.93 8
3 Boak, Dave	11	Cedarcrest	23.10 6
4 Courtney, Tyler	12	Lakewood	23.38 5
5 Simmons, Matthew	9	South Whidbe	23.74 4
6 Pretorius, Prieuer	12	Archbishop M	24.07 3
7 Walker, Callum	10	Cedarcrest	24.54 2
8 Blevins, Brennon	10	King's	24.69 1
9 Toponce, George	10	Lakewood	24.71
10 Malone, Kyle	12	Archbishop M	24.88
11 McCarroll, Nash	11	South Whidbe	25.15
12 Hetherington, Zach	11	Cedarcrest	25.38
13 Jakubek, Alex	9	Cedarcrest	25.94
14 Guy, Colin	9	Archbishop M	26.14
15 Aaby, Jonathan	10	Archbishop M	26.41

## Boys 400 Meter Dash

Stadium: 49.16 S 5/9/2008 Devon Smith

Name	Yr	School	Finals
1 Brewer, Kelson	12	Lakewood	51.67 10
2 Hixon, Joey	12	Cedarcrest	52.03 8
3 Golden, Ryan	11	Cedarcrest	54.30 6
4 Kelleher, Max	10	Archbishop M	54.37 5
5 Walker, Callum	10	Cedarcrest	54.81 4
6 Lewis, Jacob	11	Archbishop M	55.16 3
7 Gonzales, Jordan	9	Lakewood	56.39 2
8 Klingsheim, Josh	11	Cedarcrest	57.02 1
9 Newby, Silas	10	King's	57.25
10 Malone, Kyle	12	Archbishop M	57.69
11 Guy, Colin	9	Archbishop M	57.76
12 Aaby, Jonathan	10	Archbishop M	57.80
13 Henry, Jacob	9	Cedarcrest	57.92
14 Jakubek, Alex	9	Cedarcrest	58.66
15 Garmanian, Jaeden	10	Archbishop M	1:03.74

## Boys 800 Meter Run

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

Name	Yr	School	Finals
1 Gadbois, Dante	12	Granite Fall	1:57.19 10
2 Abdalla, Ryan	11	Cedar Park C	2:00.97 8
3 Hammontree, Cameron	11	Cedarcrest	2:03.54 6
4 McElmurry, Connor	10	King's	2:04.01 5
5 Mellish, Evan	12	South Whidbe	2:04.51 4
6 Jackson, Matt	11	King's	2:05.44 3
7 Young, Justin	10	Cedarcrest	2:06.15 2
8 Yale, Callahan	9	South Whidbe	2:06.86 1
9 Frame, Foster	11	Sultan	2:10.57
10 Black, McCrea	11	Sultan	2:13.25
11 LaTurner, Ryan	9	Cedarcrest	2:14.20
12 Dams, Vincent	12	Cedarcrest	2:14.40
13 Solvberg, Spencer	10	Lakewood	2:14.98
14 McCabe, Patrick	10	Cedarcrest	2:17.20
15 Holm, Aiden	10	Granite Fall	2:19.23
16 Harper, Isaac	12	Cedarcrest	2:20.82

## Boys 1600 Meter Run

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

Name	Yr	School	Finals
1 Abdalla, Ryan	11	Cedar Park C	4:32.71 10
2 Fay, Ian	11	Cedarcrest	4:34.22 8
3 Van Valkenburg, Grant	10	Cedarcrest	4:38.95 6
4 Benson, Ben	10	Cedarcrest	4:41.87 5
5 Meza, Anthony	11	Lakewood	4:43.25 4
6 Hafner, James	11	Lakewood	4:44.21 3
7 Black, McCrea	11	Sultan	4:45.10 2
8 Jackson, Matt	11	King's	4:45.31 1
9 Holm, Aiden	10	Granite Fall	4:50.15
10 Dams, Vincent	12	Cedarcrest	4:52.70
11 Sorgen, Nicholas	12	Sultan	4:53.24
12 DeVon, Dylan	10	Lakewood	4:54.85
13 Ward, Austin	10	Cedarcrest	4:55.06
14 Gorc, Grant	10	Cedar Park C	4:56.81
15 Burns, Collin	11	South Whidbe	4:58.27
16 Fraser, Simon	12	Cedarcrest	5:02.52

## Boys 3200 Meter Run

Stadium: 9:07.00 S 5/18/2012 Patrick Gibson

Name	Yr	School	Finals
1 Rauvola, Joshua	10	Archbishop M	9:34.85 10
2 Fay, Ian	11	Cedarcrest	10:13.38 8
3 Chew, Cameron	10	King's	10:18.63 6
4 Van Valkenburg, Grant	10	Cedarcrest	10:23.46 5
5 Balthis, Owen	11	Cedar Park C	10:24.57 4
6 Benson, Ben	10	Cedarcrest	10:27.83 3
7 Klaiber, Emmett	10	Cedarcrest	10:29.17 2
8 Hafner, James	11	Lakewood	10:32.21 1
9 Meza, Anthony	11	Lakewood	10:39.95

## 2016 Cascade Conference Championships - 5/5/2016

## Cedarcrest HS

## Results - Conference

## Finals ... (Boys 3200 Meter Run)

Name	Yr	School	Finals
10 Murphy, Daniel	10	Cedarcrest	10:47.23
11 DeVon, Dylan	10	Lakewood	10:50.96
12 Gorc, Grant	10	Cedar Park C	10:51.66
13 Klinman, James	10	Granite Fall	10:57.45
14 Ackerman, Cory	11	South Whidbe	11:08.56
15 Frank, Jackson	10	Cedarcrest	11:29.82

## Boys 110 Meter Hurdles

Stadium: 14.94 S 2007 Nick Snyder

Name	Yr	School	Finals
<b>Finals</b>			
1 Brewer, Kelson	12	Lakewood	15.83 10
2 Dixon, Kristopher	9	South Whidbe	16.93 8
3 Papke, Pierce	9	King's	17.86 6
4 Zaffram, Camry	10	Sultan	18.89 5
5 Christiansen, Larsen	10	South Whidbe	18.95 4
6 Acedo, Pablo	11	Lakewood	19.22 3
7 Nelson, Cole	10	Lakewood	19.34 2
8 Dawes, Riley	12	Archbishop M	19.36 1
9 Black, Garrett	10	Sultan	20.24
10 Nguyen, Billy	12	King's	20.31
11 Kulits, Peter	10	King's	20.98
12 Knoth, Joseph	9	Lakewood	24.65

## Boys 300 Meter Hurdles

Stadium: 38.65 S 5/14/2010 Curtis Clauson

Name	Yr	School	Finals
<b>Finals</b>			
1 Schultz, Gunnar	11	Cedarcrest	41.72 10
2 Brewer, Kelson	12	Lakewood	43.75 8
3 Dixon, Kristopher	9	South Whidbe	43.79 6
4 Papke, Pierce	9	King's	44.03 5
5 Biddle, Ben	10	Sultan	45.64 4
6 Balthis, Owen	11	Cedar Park C	45.98 3
7 Nelson, Cole	10	Lakewood	47.33 2
8 Christiansen, Larsen	10	South Whidbe	47.67 1
9 Zaffram, Camry	10	Sultan	48.50
10 Acedo, Pablo	11	Lakewood	49.12
11 Dawes, Riley	12	Archbishop M	49.40
12 Hall, Anthony	11	Sultan	49.67
13 Nguyen, Billy	12	King's	50.32
14 Knoth, Joseph	9	Lakewood	1:05.57

## Boys 4x100 Meter Relay

Stadium: 43.46 S 5/16/2008 Lynden

B Bomber, J DeWitt, B Bomber, J Weeks

Team	Relay	Finals
<b>Finals</b>		
1 Cedarcrest		43.85 10
2 Lakewood		44.02 8
3 South Whidbey		44.97 6
4 King's		45.32 5
5 Archbishop Murphy		46.24 4
6 Sultan		48.63 3

## Boys 4x400 Meter Relay

Stadium: 3:23.08 S 5/18/2012 Squalicum

J Pfannenstiel, C Fredlund, J Malloy, K Reed

Team	Relay	Finals
<b>Finals</b>		
1 Cedarcrest		3:34.93 10
2 Cedar Park C		3:36.79 8
3 Granite Falls		3:38.78 6
4 South Whidbey		3:40.93 5
5 King's		3:45.93 4
6 Archbishop Murphy		3:49.89 3
7 Lakewood		3:59.81 2
8 Sultan		4:02.94 1

## Boys High Jump

Stadium: 6-04 S 5/18/2012 Justin Peterson

Stadium: 6-04 S 2009 Jackson Pleis

Stadium: 6-04 S 2005 Andrew Kincaid

Name	Yr	School	Finals
<b>Finals</b>			
1 Zevenbergen, Chewy	11	King's	6-00.00 10
2 Zuvich, Duncan	11	Cedarcrest	5-06.00 8
3 Perry, Caleb	11	King's	5-04.00 6
4 Hall, Anthony	11	Sultan	J5-04.00 5
5 Wetzstein, Zane	9	King's	J5-04.00 4
6 Sanders, Quinton	11	Granite Fall	J5-04.00 3
7 Christiansen, Larsen	10	South Whidbe	5-00.00 1.5
7 Caferro, Nathan	10	Archbishop M	5-00.00 1.5
9 Garmanian, Jaeden	10	Archbishop M	J5-00.00
--- Reynaud, Chris	11	Archbishop M	NH
--- LaTurner, Ryan	9	Cedarcrest	NH

## Boys Pole Vault

Stadium: 15-00 S 5/16/2012 Nathan Dunford

Name	Yr	School	Finals
<b>Finals</b>			
1 Hinline, Matthew	12	Cedarcrest	13-00.00 10
2 Wicks, Luke	11	King's	12-06.00 8
3 Reynaud, Chris	11	Archbishop M	12-00.00 6
4 Smith, Jon	12	Granite Fall	J11-00.00 4
5 Rohde, Romey	10	South Whidbe	J11-00.00 5
6 Madan, Dylan	10	Lakewood	10-06.00 3
7 Grimm, Alex	9	King's	J10-00.00 1.5
7 Zuvich, Duncan	11	Cedarcrest	J10-00.00 1.5
9 Root, Chase	10	King's	J10-00.00
9 Labrecque, Justin	10	Lakewood	J10-00.00
9 Root, Mason	12	King's	J10-00.00
12 Shirley, Judah	10	Cedar Park C	J10-00.00
13 Hudson, Austin	12	Lakewood	9-00.00
14 Allen, Vincent	9	Lakewood	J9-00.00
14 Lane, Bo	12	Lakewood	J9-00.00

## 2016 Cascade Conference Championships - 5/5/2016

## Cedarcrest HS

## Results - Conference

**Boys Long Jump**

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

Name	Yr	School	Finals
<b>Finals</b>			
1 Griffin, Cruz	12	Lakewood	19-10.75 10
2 Schireman, Paul	11	Archbishop M	19-04.75 8
3 Chambers, Kyle	12	South Whidbe	19-01.50 6
4 Kulits, Peter	10	King's	18-11.00 5
5 Peng, Niceway	11	Archbishop M	18-10.50 4
6 Van Mechelen, Brendan	12	Granite Fall	18-10.00 3
7 Irish-Lodge, Samson	9	Archbishop M	18-07.00 2
8 Blevins, Brennon	10	King's	18-04.75 1
9 Toponce, George	10	Lakewood	18-04.00
10 Sanders, Caleb	9	King's	18-00.00
11 Chambers, Kelly	12	South Whidbe	17-09.75
12 Hepner, Jeffrey	12	Cedarcrest	16-10.50
13 Caferro, Nathan	10	Archbishop M	16-01.75
14 Garmanian, Jaeden	10	Archbishop M	15-09.50
--- Wetzstein, Zane	9	King's	ND
--- Johnson, Sam	9	Archbishop M	ND

**Boys Triple Jump**

Stadium: 46-04.25 S 2010 Will Hallberg

Name	Yr	School	Finals
<b>Finals</b>			
1 Kulits, Peter	10	King's	41-00.25 10
2 Cull, Duncan	12	King's	40-00.50 8
3 Hepner, Jeffrey	12	Cedarcrest	39-00.00 6
4 Van Mechelen, Brendan	12	Granite Fall	38-02.50 5
5 Zuvich, Duncan	11	Cedarcrest	37-04.75 4
6 Newby, Silas	10	King's	36-10.25 3
7 Blevins, Brennon	10	King's	36-07.25 2
8 Sanders, Caleb	9	King's	35-07.75 1
9 Playstead, Alec	10	Cedarcrest	34-06.25
10 Mundt, Htet	12	Cedar Park C	33-03.00
11 Tharp, Zach	12	Archbishop M	31-04.00
--- Le, David	11	Lakewood	DQ

**Boys Shot Put**

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

Name	Yr	School	Finals
<b>Finals</b>			
1 Freed, Caleb	12	Cedar Park C	49-02.25 10
2 Moorhead, Kobe	10	Archbishop M	47-06.25 8
3 Napeahi, Martin	10	Archbishop M	47-00.50 6
4 Schoenfeld, Taylor	10	King's	44-10.00 5
5 Barthlett, Chase	11	South Whidbe	43-11.75 4
6 Provencher, Sebastian	12	Sultan	43-02.25 3
7 Schubert, Brock	11	Lakewood	41-10.25 2
8 Main, Billy	11	Lakewood	40-10.00 1
9 McLeod, Jack	12	King's	40-05.00
10 Land-Quinn, JP	9	Archbishop M	39-04.25
11 Bartlett, Evan	10	Lakewood	38-10.25
12 Courtney, Tyler	12	Lakewood	37-10.25
13 Price, Gentry	12	Cedarcrest	37-07.75

14 Solomon, Kobby	10	King's	37-04.50
15 Burbee, Camden	10	Lakewood	35-08.25
16 Yarnell, Zander	11	Lakewood	35-07.25

**Boys Discus Throw**

Stadium: 171-09 S 5/16/2012 Nick Majeske

Stadium: 171-09 S 2008 Nick Lohse

Name	Yr	School	Finals
<b>Finals</b>			
1 Napeahi, Martin	10	Archbishop M	147-00 10
2 Freed, Caleb	12	Cedar Park C	134-07 8
3 Schoenfeld, Taylor	10	King's	131-07 6
4 Nelson, Cole	10	Lakewood	128-09 5
5 Bartlett, Evan	10	Lakewood	123-07 4
6 Moorhead, Kobe	10	Archbishop M	123-04 3
7 Burbee, Camden	10	Lakewood	122-01 2
8 Sanders, Quinton	11	Granite Fall	121-00 1
9 Kooyman, Dietrick	12	Lakewood	119-08
10 Schubert, Brock	11	Lakewood	115-10
11 Provencher, Sebastian	12	Sultan	113-05
12 Main, Billy	11	Lakewood	104-09
13 Solomon, Kobby	10	King's	101-08
14 Renneke, Jakob	9	King's	100-02
15 Barthlett, Chase	11	South Whidbe	95-09
16 McLeod, Jack	12	King's	94-00

**Boys Javelin Throw**

Stadium: 202-10 S 2006 Michael Davis

Stadium: 202-10 S 2010 Curtis Clauson

Name	Yr	School	Finals
<b>Finals</b>			
1 Pettett, Carson	11	Cedar Park C	164-08 10
2 Nixon, Blake	12	Archbishop M	154-05 8
3 Daviscourt, Dylan	12	Archbishop M	148-11 6
4 Schubert, Brock	11	Lakewood	148-05 5
5 Cull, Duncan	12	King's	145-00 4
6 McDonald, Charles	12	Archbishop M	140-04 3
7 Stevenson, Duncan	12	Archbishop M	139-09 2
8 Heil, Derek	11	Lakewood	135-11 1
9 Taflin, Benji	12	King's	132-08
10 Eveland, Anthony	12	South Whidbe	130-11
11 Hetherington, Zach	11	Cedarcrest	130-03
12 McVickar, John	12	Archbishop M	130-02
13 Stenberg, Jacob	11	Lakewood	128-03
14 Sanders, Quinton	11	Granite Fall	124-01
15 Le, David	11	Lakewood	119-04
16 Boram, Owen	9	South Whidbe	106-06

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

1) Lakewood	142
2) Cedarcrest	109
3) South Whidbey	102
4) King's	93
5) Archbishop Murphy	75.5
6) Granite Falls	63.5

**2016 Cascade Conference Championships - 5/5/2016****Cedarcrest HS****Results - Conference**

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7) Sultan	58
8) Cedar Park Chr. (Bothell)	52

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

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1) Cedarcrest	139.5
2) King's	133.5
3) Lakewood	108
4) Archbishop Murphy	97.5
5) Cedar Park Chr. (Bothell)	61
6) South Whidbey	59.5
7) Granite Falls	32
8) Sultan	29