

2013 Cascade / Kingco Sub Districts - 5/8/2013 to 5/10/2013

Cedarcrest HS

Results

Girls 100 Meter Dash

Name	Yr	School	Prelims
Preliminaries			
1 Larsen, Lis	10	Archbishop M	13.16Q
2 Curlanis, Lauren	10	Lake Washing	13.26Q
3 Garmanian, Kianna	9	Archbishop M	13.31Q
4 Therriault, Marissa	10	Sammamish	13.40Q
5 Kelleher, Katie	10	Archbishop M	13.66Q
6 Ward, Jaclyn	10	Cedarcrest	13.73Q
7 Sentman, Chrishelle	10	Sultan	13.69q
8 Rivera, Melissa	11	Archbishop M	13.80q
9 Gonzales, Tiana	10	Sammamish	13.86
10 Chan, Kristi	12	Lake Washing	13.90
11 Mitchell, Caitlyn	9	Archbishop M	13.98
12 Hegnes, Kat	9	Lakewood	14.24
13 Benshoof, Paige	11	Cedarcrest	14.31
14 Flores, Ale	11	Sammamish	14.32
15 McIlroy, Hannah	12	Lake Washing	14.47
16 Baer, Marissa	9	Archbishop M	14.73

Girls 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Larsen, Lis	10	Archbishop M	13.07 10
2 Curlanis, Lauren	10	Lake Washing	13.10 8
3 Garmanian, Kianna	9	Archbishop M	13.12 6
4 Therriault, Marissa	10	Sammamish	13.30 5
5 Ward, Jaclyn	10	Cedarcrest	13.40 4
6 Sentman, Chrishelle	10	Sultan	13.53 3
7 Kelleher, Katie	10	Archbishop M	13.60 2
8 Rivera, Melissa	11	Archbishop M	14.80 1

Girls 200 Meter Dash

Name	Yr	School	Prelims
Preliminaries			
1 Therriault, Marissa	10	Sammamish	27.81Q
2 Feeney, Claire	9	Archbishop M	27.92Q
3 Garmanian, Kianna	9	Archbishop M	28.03Q
4 Clark, Hunter	9	Lakewood	28.20Q
5 Smith, Stephanie	9	Lakewood	28.50Q
6 Rock, Rachel	11	Sammamish	28.51Q
7 Rivera, Melissa	11	Archbishop M	28.57q
8 May, Michelle	11	Lake Washing	28.58q
9 Callanan, DeAsia	10	Lakewood	28.81
10 Whiteley, Taegan	12	Sammamish	29.30
11 Valeson, Grace	10	Sammamish	29.34
12 Mitchell, Caitlyn	9	Archbishop M	29.45
13 Hegnes, Kat	9	Lakewood	29.59
14 Benshoof, Paige	11	Cedarcrest	29.79
15 Shimkus, Morgan	9	Lakewood	29.89
16 McIlroy, Hannah	12	Lake Washing	29.99

Girls 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Therriault, Marissa	10	Sammamish	27.11 10
2 Garmanian, Kianna	9	Archbishop M	27.58 8
3 Feeney, Claire	9	Archbishop M	27.68 6
4 Clark, Hunter	9	Lakewood	28.28 5
5 Smith, Stephanie	9	Lakewood	28.48 4
6 Rock, Rachel	11	Sammamish	28.55 3
7 May, Michelle	11	Lake Washing	28.60 2
8 Rivera, Melissa	11	Archbishop M	30.95 1

Girls 400 Meter Dash

Name	Yr	School	Prelims
Preliminaries			
1 Rock, Rachel	11	Sammamish	1:02.69Q
2 Wells, Allison	9	Lake Washing	1:02.96Q
3 May, Michelle	11	Lake Washing	1:02.72Q
4 Nordness, Jillian	10	Lake Washing	1:04.03Q
5 Ward, Jaclyn	10	Cedarcrest	1:04.11Q
6 Whiteley, Taegan	12	Sammamish	1:04.88Q
7 MacKenzie, Khayla	10	Sultan	1:05.38q
8 Gormley, Chase	10	Lakewood	1:05.84q
9 Valeson, Grace	10	Sammamish	1:08.03
10 Yowell, Jordyn	9	Cedarcrest	1:08.27
11 Tirado, Rochelle	10	Lake Washing	1:10.05

Girls 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Wells, Allison	9	Lake Washing	1:03.18 10
2 Ward, Jaclyn	10	Cedarcrest	1:03.20 8
3 Rock, Rachel	11	Sammamish	1:04.08 6
4 May, Michelle	11	Lake Washing	1:04.48 5
5 MacKenzie, Khayla	10	Sultan	1:05.12 4
6 Nordness, Jillian	10	Lake Washing	1:05.40 3
7 Whiteley, Taegan	12	Sammamish	1:06.15 2
8 Gormley, Chase	10	Lakewood	1:07.14 1

Girls 800 Meter Run

Name	Yr	School	Prelims
Preliminaries			
1 Albro, Britney	9	Lakewood	2:33.08Q
2 Bartz, Kristi	10	Archbishop M	2:33.41Q
3 Thronsdon, Darby	10	Lakewood	2:36.66Q
4 Matora, Katia	10	Lake Washing	2:38.58Q
5 Holeman, Camilla	10	Archbishop M	2:39.41Q
6 Osterman, Lilja	12	Lake Washing	2:40.92Q
7 Espinoza, Celine	11	Lakewood	2:39.91q
8 Smith, Alisa	11	Lakewood	2:41.75q
9 Nelson, Kayla	12	Cedarcrest	2:43.00
10 Main, Anna	10	Sammamish	2:43.03
11 Gould, Baylee	11	Lakewood	2:45.20
12 McCann, Chloe	10	Lakewood	2:46.91
13 Hedreen, Siri	9	Lake Washing	2:52.60

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Results

Preliminaries ... (Girls 800 Meter Run)

Name	Yr	School	Prelims
14 Phillips, Megan	9	Lake Washing	2:54.03

Girls 800 Meter Run

Name	Yr	School	Finals
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Finals

1 Bartz, Kristi	10	Archbishop M	2:22.74 10
2 Albro, Britney	9	Lakewood	2:25.56 8
3 Matora, Katia	10	Lake Washing	2:31.46 6
4 Throndsen, Darby	10	Lakewood	2:35.03 5
5 Holeman, Camilla	10	Archbishop M	2:40.04 4
6 Espinoza, Celine	11	Lakewood	2:43.93 3
7 Smith, Alisa	11	Lakewood	2:48.31 2

Girls 1600 Meter Run

Name	Yr	School	Finals
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Finals

1 De Sa E Silva, Pascale	10	Sammamish	5:19.10 10
2 Meischke, Jewelia	9	Sultan	5:26.34 8
3 Matora, Katia	10	Lake Washing	5:27.74 6
4 Waterman, Olivia	11	Cedarcrest	5:29.58 5
5 Dorney, Lindsay	10	Archbishop M	5:33.76 4
6 Carr, Diana	11	Cedarcrest	5:36.40 3
7 Anderson, Amelia	11	Cedarcrest	5:37.10 2
8 Throndsen, Darby	10	Lakewood	5:38.55 1
9 Gwinn, Alyssa	10	Lake Washing	5:38.90
10 Fekri, Tarah	11	Lake Washing	5:42.30
11 Sowards, Rachel	11	Lakewood	5:46.73
12 Roberts, Rachel	10	Sammamish	5:47.31
13 Loesche, Courtney	12	Granite Fall	5:54.05
14 Smith, Madison	12	Cedarcrest	5:55.69
15 Knowles, Ellen	10	Lakewood	6:03.39
16 Whitehead, Lilly	9	Lakewood	6:04.38

Girls 3200 Meter Run

Name	Yr	School	Finals
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Finals

1 De Sa E Silva, Pascale	10	Sammamish	11:32.20 10
2 Meischke, Jewelia	9	Sultan	11:50.75 8
3 Waterman, Olivia	11	Cedarcrest	11:54.69 6
4 Carr, Diana	11	Cedarcrest	12:09.60 5
5 Sowards, Rachel	11	Lakewood	12:14.26 4
6 Anderson, Amelia	11	Cedarcrest	12:15.36 3
7 Dorney, Lindsay	10	Archbishop M	12:27.18 2
8 Burns, Chloe	11	Lake Washing	12:46.49 1
9 Fekri, Tarah	11	Lake Washing	12:53.54
10 Knowles, Ellen	10	Lakewood	12:58.93
11 Whitehead, Lilly	9	Lakewood	13:00.97
12 Smith, Madison	12	Cedarcrest	13:05.67
13 McCloskey, Claire	12	Archbishop M	13:19.09
14 Newman, Sara	11	Lakewood	13:25.84
15 Espinoza, Celine	11	Lakewood	13:39.69
16 Wittke, Bridget	11	Lake Washing	13:48.13

Girls 100 Meter Hurdles

Name	Yr	School	Prelims
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Preliminaries

1 Wilson, Sara	12	Lake Washing	15.89Q
2 Mears, Aya	12	Sammamish	16.86Q
3 Tess, Ruth	10	Sultan	17.71Q
4 Orta, Gabriella	11	Lake Washing	17.99Q
5 Troje, McKenna	9	Sammamish	17.95Q
6 Khamsaly, Amberly	11	Sultan	18.29Q
7 Parks, Kaylee	9	Lakewood	18.32q
8 Roberts, Kate	12	Lake Washing	18.34q
9 Cairns, Amara	11	Lake Washing	18.37
10 Page, Jessie	10	Lake Washing	18.66
11 Elie, Crystal	10	Sultan	18.75
12 Prichard, Julie	11	Lake Washing	19.18
13 Cairns, Stephanie	9	Lake Washing	19.56
14 Fenton, Megan	9	Lakewood	19.75
15 Kassa, Shalom	12	Sammamish	21.39

Girls 100 Meter Hurdles

Name	Yr	School	Finals
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Finals

1 Wilson, Sara	12	Lake Washing	15.54 10
2 Mears, Aya	12	Sammamish	16.31 8
3 Orta, Gabriella	11	Lake Washing	17.29 6
4 Tess, Ruth	10	Sultan	17.63 5
5 Troje, McKenna	9	Sammamish	17.66 4
6 Parks, Kaylee	9	Lakewood	17.98 3
7 Roberts, Kate	12	Lake Washing	18.10 2
8 Khamsaly, Amberly	11	Sultan	18.11 1

Girls 300 Meter Hurdles

Name	Yr	School	Prelims
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Preliminaries

1 Wilson, Sara	12	Lake Washing	47.51Q
2 Hammontree, Molly	12	Cedarcrest	50.59Q
3 Khamsaly, Amberly	11	Sultan	50.58Q
4 McLaughlin, Megan	9	Lake Washing	50.66Q
5 Mears, Aya	12	Sammamish	52.20Q
6 Roberts, Kate	12	Lake Washing	52.41Q
7 Parks, Kaylee	9	Lakewood	52.84q
8 Elie, Crystal	10	Sultan	53.48q
9 Cairns, Amara	11	Lake Washing	53.48
10 Villanueva, Jamie	10	Sammamish	53.86
11 Prichard, Julie	11	Lake Washing	54.01
12 Tess, Ruth	10	Sultan	54.06
13 Orta, Gabriella	11	Lake Washing	54.21
14 Ziegen, Blair	9	Sammamish	54.23
15 Kassa, Shalom	12	Sammamish	54.93
16 Cairns, Stephanie	9	Lake Washing	56.53

Girls 300 Meter Hurdles

Name	Yr	School	Finals
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Finals

1 Wilson, Sara	12	Lake Washing	47.78 10
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Finals ... (Girls 300 Meter Hurdles)

Name	Yr	School	Finals	
2 Khamsaly, Amberly	11	Sultan	49.99	8
3 McLaughlin, Megan	9	Lake Washing	50.05	6
4 Hammontree, Molly	12	Cedarcrest	52.07	5
5 Parks, Kaylee	9	Lakewood	52.29	4
6 Roberts, Kate	12	Lake Washing	52.37	3
7 Mears, Aya	12	Sammamish	52.69	2
8 Elie, Crystal	10	Sultan	53.12	1

Girls 4x100 Meter Relay

Team	Relay	Finals	
Finals			
1 Archbishop Murphy		52.28	10
2 Lake Washington		52.30	8
3 Lakewood		53.28	6
4 Sultan		53.77	5
5 Sammamish		54.35	4

Girls 4x200 Meter Relay

Team	Relay	Finals	
Finals			
1 Sammamish		1:50.81	10
2 Lake Washington		1:51.44	8
3 Lakewood		1:52.38	6
4 Archbishop Murphy		1:52.61	5
5 Sultan		1:52.94	4

Girls 4x400 Meter Relay

Team	Relay	Finals	
Finals			
1 Lake Washington		4:13.07	10
2 Sultan		4:25.87	8
3 Lakewood		4:30.36	6
4 Sammamish		4:37.06	5

Girls High Jump

Name	Yr	School	Finals	
Finals				
1 Bartz, Kristi	10	Archbishop M	5-00.00	10
2 Bawden, Allison	12	Cedarcrest	4-10.00	8
3 Hasert, Dana	12	Lake Washing	4-08.00	6
4 Knibbe, Megan	12	Lakewood	4-06.00	3.5
4 Callanan, Alicia	9	Lakewood	4-06.00	3.5
4 Orta, Gabriella	11	Lake Washing	4-06.00	3.5
4 Tutor, Chloe	11	Sultan	4-06.00	3.5
8 Mears, Aya	12	Sammamish	J4-06.00	1
9 Anderson, Madeleine	12	Archbishop M	J4-06.00	
10 Peterson, Rianne	12	Lake Washing	J4-06.00	
10 Helgeson, Maret	9	Lake Washing	J4-06.00	
12 McNaughton, Maria	11	Sultan	4-04.00	
13 Prichard, Julie	11	Lake Washing	J4-04.00	
14 Cairns, Stephanie	9	Lake Washing	4-02.00	
--- Flores, Ale	11	Sammamish	NH	
--- Swift, Sarah	9	Sultan	NH	

Girls Pole Vault

Name	Yr	School	Finals	
Finals				
1 Parish, Bailey	11	Cedarcrest	10-06.00	10
2 Studzinski, Taylor	12	Lakewood	9-06.00	8
3 Krueger, Reilly	9	Archbishop M	8-06.00	6
4 Street, Katie	11	Sultan	8-00.00	5
5 Shimkus, Morgan	9	Lakewood	J8-00.00	4
6 Troje, McKenna	9	Sammamish	7-06.00	3
7 Elie, Crystal	10	Sultan	J7-06.00	1.5
7 Gasparini, Angela	11	Sultan	J7-06.00	1.5
9 Del Pozo, Tasha	12	Lakewood	J7-06.00	
10 Knibbe, Megan	12	Lakewood	7-00.00	
10 Main, Claire	10	Archbishop M	7-00.00	
12 Loch, Robin	10	Sultan	J7-00.00	
13 Kelleher, Katie	10	Archbishop M	6-06.00	
14 Bequette, Sierra	10	Archbishop M	J6-06.00	
--- Risenmay, Bailey	9	Sultan	NH	

Girls Long Jump

Name	Yr	School	Finals	
Finals				
1 Curlanis, Lauren	10	Lake Washing	16-06.50	10
2 Parish, Bailey	11	Cedarcrest	15-11.00	8
3 Chan, Kristi	12	Lake Washing	15-06.25	6
4 Sullivan, Holly	12	Lake Washing	15-06.00	5
5 Storms, Taylor	9	Lakewood	15-02.75	4
6 Larsen, Lis	10	Archbishop M	15-02.50	3
7 Bawden, Allison	12	Cedarcrest	15-02.25	2
8 Brown, Lauren	12	Sammamish	15-01.00	1
9 Helgeson, Maret	9	Lake Washing	15-00.25	
10 May, Michelle	11	Lake Washing	14-07.50	
11 McLaughlin, Megan	9	Lake Washing	14-05.75	
12 Erickson, Monica	11	Archbishop M	14-03.75	
13 Risenmay, Hannah	11	Sultan	13-11.00	
14 Callanan, DeAsia	10	Lakewood	13-10.25	
15 Lucas, Jane	12	Archbishop M	13-10.00	
16 Wilson, Tara	12	Archbishop M	13-03.25	

Girls Triple Jump

Name	Yr	School	Finals	
Finals				
1 Curlanis, Lauren	10	Lake Washing	35-01.75	10
2 Bawden, Allison	12	Cedarcrest	33-07.00	8
3 Sullivan, Holly	12	Lake Washing	32-07.50	6
4 Wilson, Tara	12	Archbishop M	31-05.75	5
5 Risenmay, Hannah	11	Sultan	J31-05.75	4
6 Chan, Kristi	12	Lake Washing	31-02.50	3
7 Biddle, Anna	11	Sultan	31-00.75	2
8 Studzinski, Taylor	12	Lakewood	30-06.50	1
9 Askman, Sara	12	Archbishop M	29-02.00	
10 Troje, McKenna	9	Sammamish	29-00.00	
11 Erickson, Monica	11	Archbishop M	28-11.50	
12 Simecek, Helen	10	Lake Washing	28-10.50	
13 Lucas, Jane	12	Archbishop M	28-05.50	

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Results

Girls Shot Put

Name	Yr	School	Finals
Finals			
1 Kirchgessner, Jordyn	11	Archbishop M	33-03.00 10
2 McNaughton, Makayla	12	Sultan	31-11.50 8
3 Block, Larrisa	11	Lakewood	31-11.00 6
4 Hubbard, Claudia	9	Sultan	31-02.25 5
5 Johnson, Courtney	10	Lake Washing	30-01.75 4
6 Onderbeke, Emily	11	Granite Fall	29-01.00 3
7 Hanson, Montana	11	Lake Washing	J29-01.00 2
8 Winter, Austin	11	Lakewood	27-04.50 1
9 Flegel, Selena	9	Granite Fall	26-07.25
10 Day, Natalie	10	Sultan	26-03.75
11 Risken, Jennifer	12	Sultan	26-01.75
12 Alford, Rachel	11	Archbishop M	25-11.25
13 Phillips, Megan	9	Lake Washing	25-09.00
14 Atkinson, Jenni	10	Sultan	J25-09.00
15 Phillips, Danielle	10	Sammamish	23-06.00
16 Grant, Gillian	10	Archbishop M	23-05.75

Girls Discus Throw

Name	Yr	School	Finals
Finals			
1 McNaughton, Makayla	12	Sultan	108-06 10
2 Hanson, Montana	11	Lake Washing	96-03 8
3 Block, Larrisa	11	Lakewood	93-03 6
4 Stuller, Molly	11	Lakewood	88-04 5
5 Hubbard, Claudia	9	Sultan	85-02 4
6 Winter, Austin	11	Lakewood	84-08 3
7 Onderbeke, Emily	11	Granite Fall	84-03 2
8 Grant, Gillian	10	Archbishop M	77-11 1
9 Risken, Jennifer	12	Sultan	75-03
10 Johnson, Courtney	10	Lake Washing	73-01
11 Clune, Miriam	9	Sultan	72-00
12 Atkinson, Jenni	10	Sultan	69-07
13 Kirchgessner, Jordyn	11	Archbishop M	68-10
14 Day, Natalie	10	Sultan	63-00
15 Flegel, Selena	9	Granite Fall	59-05
--- Alford, Rachel	11	Archbishop M	ND

Girls Javelin Throw

Name	Yr	School	Finals
Finals			
1 Cannon, Skylar	11	Lakewood	121-00 10
2 St. Jean, Shantel	11	Lakewood	104-03 8
3 McNaughton, Makayla	12	Sultan	101-04 6
4 Fox, Alexandra	12	Archbishop M	99-07 5
5 Peterson, Rianne	12	Lake Washing	97-06 4
6 Hubbard, Claudia	9	Sultan	94-09 3
7 Onderbeke, Emily	11	Granite Fall	91-03 2
8 Guy, Taylor	11	Archbishop M	87-10 1
9 White, Aimee	11	Lakewood	81-01
10 Day, Natalie	10	Sultan	78-02
11 Risken, Jennifer	12	Sultan	75-03
12 Tutor, Chloe	11	Sultan	74-09

13 Palafox, Mackenzie	11	Lakewood	71-11
14 Denning, Kailey	12	Lakewood	67-08
15 Turner, Jessica	11	Archbishop M	61-04
--- Kirchgessner, Jordyn	11	Archbishop M	ND

Boys 100 Meter Dash

Name	Yr	School	Prelims
Preliminaries			
1 Tundrea, Justin	11	Sammamish	11.21Q
2 Dickey, Josh	9	Lakewood	11.37Q
3 Leitzke, Brandon	12	Granite Fall	11.39Q
4 Owen, Blake	11	Lake Washing	11.46Q
5 Griffin, Cruz	9	Lakewood	11.70Q
6 Olander, Jarad	12	Granite Fall	11.75Q
7 Bieda, James	11	Archbishop M	11.80q
8 Courtney, Tyler	9	Lakewood	11.83q
9 Whaley, Sean	12	Lake Washing	11.84
10 Bustad, Brett	10	Lakewood	11.92
11 Lin, Jeffrey	11	Lake Washing	11.98
12 Pretorius, Prieuer	9	Archbishop M	12.16
13 Hafizi, Arash	12	Lake Washing	12.47
--- Byrne, Brandon	12	Archbishop M	DNF

Boys 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Tundrea, Justin	11	Sammamish	11.09 10
2 Leitzke, Brandon	12	Granite Fall	11.29 8
3 Dickey, Josh	9	Lakewood	11.31 6
4 Owen, Blake	11	Lake Washing	11.36 5
5 Courtney, Tyler	9	Lakewood	11.63 4
6 Bieda, James	11	Archbishop M	11.66 3
7 Olander, Jarad	12	Granite Fall	11.69 2
8 Griffin, Cruz	9	Lakewood	11.79 1

Boys 200 Meter Dash

Name	Yr	School	Prelims
Preliminaries			
1 Driscoll, Luke	12	Cedarcrest	22.38Q
2 Butler, Kenyon	12	Lake Washing	22.81Q
3 Tundrea, Justin	11	Sammamish	23.15Q
4 Westlund, Isaac	10	Archbishop M	23.18Q
5 Dickey, Josh	9	Lakewood	23.60Q
6 Mackey, Andrew	12	Sultan	23.78Q
7 St. Paul, Austin	9	Sultan	23.83q
8 Whaley, Sean	12	Lake Washing	23.93q
9 Rivas, Antonio	11	Sultan	23.93
10 Hamilton, Matthew	10	Granite Fall	J23.93
11 Kadey, Robert	11	Granite Fall	23.98
12 Bieda, James	11	Archbishop M	24.10
13 Griffin, Cruz	9	Lakewood	24.45
14 Backous, Jonathan	11	Sammamish	24.47
15 Lin, Jeffrey	11	Lake Washing	24.73
16 McCarthy, Shane	10	Sammamish	24.85

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Results

Boys 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Driscoll, Luke	12	Cedarcrest	22.33 10
2 Westlund, Isaac	10	Archbishop M	23.01 8
3 Tundra, Justin	11	Sammamish	23.18 6
4 Butler, Kenyon	12	Lake Washing	23.53 5
5 Mackey, Andrew	12	Sultan	23.80 4
6 Dickey, Josh	9	Lakewood	23.81 3
7 Whaley, Sean	12	Lake Washing	23.91 2
8 St. Paul, Austin	9	Sultan	23.96 1

Boys 400 Meter Dash

Name	Yr	School	Prelims
Preliminaries			
1 Driscoll, Luke	12	Cedarcrest	50.80Q
2 Westlund, Isaac	10	Archbishop M	51.51Q
3 St. Paul, Austin	9	Sultan	53.75Q
4 Zimmerman, Josh	11	Cedarcrest	54.50Q
5 McCarthy, Shane	10	Sammamish	55.01Q
6 Jones, Remy	10	Lake Washing	58.16Q
7 Skelton, Matt	11	Lake Washing	55.76q
8 Dawson, Sean	9	Lakewood	57.60q
9 Golovin, Alex	10	Lakewood	57.88
10 Smith, Jonathan	9	Granite Fall	58.41
11 Mendoza, Justin	10	Cedarcrest	58.44
12 Price, Gentry	9	Cedarcrest	58.67
13 Hine, Matthew	9	Cedarcrest	59.22
14 Casey, TJ	12	Lakewood	59.39

Boys 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Driscoll, Luke	12	Cedarcrest	50.15 10
2 Westlund, Isaac	10	Archbishop M	50.33 8
3 St. Paul, Austin	9	Sultan	53.49 6
4 Zimmerman, Josh	11	Cedarcrest	54.09 5
5 Skelton, Matt	11	Lake Washing	55.89 4
6 Dawson, Sean	9	Lakewood	55.97 3
7 McCarthy, Shane	10	Sammamish	55.99 2
8 Jones, Remy	10	Lake Washing	58.14 1

Boys 800 Meter Run

Name	Yr	School	Prelims
Preliminaries			
1 Butler, Kenyon	12	Lake Washing	2:00.50Q
2 Lanning, Conor	10	Sammamish	2:04.13Q
3 Wanichek, Cody	12	Cedarcrest	2:02.45Q
4 Radbourne, Quinn	11	Cedarcrest	2:05.30Q
5 Smith, Peter	11	Archbishop M	2:04.22Q
6 Maggard, Dillon	11	Lake Washing	2:05.56Q
7 Catherman, Gage	11	Cedarcrest	2:05.81q
8 Barrus, Jacob	10	Sultan	2:06.85q
9 Gadbois, Dante	9	Granite Fall	2:08.04
10 McGoorty, Paul	12	Archbishop M	2:13.16

11 Barnard, Braden	10	Lake Washing	2:13.81
12 Ly, Thomas	11	Lake Washing	2:16.28
13 Atwater, Evan	11	Cedarcrest	2:18.11
14 Hafen, Caleb	9	Cedarcrest	2:19.51
15 Overturf, Caleb	10	Lakewood	2:20.65
16 Dams, Vincent	9	Cedarcrest	2:21.65

Boys 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Butler, Kenyon	12	Lake Washing	1:56.61 10
2 Radbourne, Quinn	11	Cedarcrest	1:57.62 8
3 Lanning, Conor	10	Sammamish	1:58.62 6
4 Smith, Peter	11	Archbishop M	1:59.99 5
5 Wanichek, Cody	12	Cedarcrest	2:00.53 4
6 Maggard, Dillon	11	Lake Washing	2:04.08 3
7 Catherman, Gage	11	Cedarcrest	2:06.80 2
8 Barrus, Jacob	10	Sultan	2:09.02 1

Boys 1600 Meter Run

Name	Yr	School	Finals
Finals			
1 Grove, Devon	11	Lake Washing	4:21.16 10
2 Orndorf, Logan	11	Cedarcrest	4:21.41 8
3 Radbourne, Quinn	11	Cedarcrest	4:23.48 6
4 Davis, Douglas	10	Lakewood	4:29.22 5
5 Davis, Preston	11	Lakewood	4:29.40 4
6 Green, Colton	11	Cedarcrest	4:33.29 3
7 Smith, Peter	11	Archbishop M	4:34.89 2
8 Nguyen, Tommy	10	Sammamish	4:36.99 1
9 Cabales, Drew	11	Lakewood	4:39.00
10 Fykerud, Eric	9	Lake Washing	4:40.08
11 Lamon, Kurt	10	Lake Washing	4:42.83
12 Maggard, Dillon	11	Lake Washing	4:44.79
13 Lockhart, Ethan	10	Lake Washing	4:45.49
14 Darrah, Mitchell	11	Lakewood	4:46.20
15 Espinoza, Peter	12	Lakewood	4:47.72
16 Cooper, Alex	10	Lakewood	4:54.21

Boys 3200 Meter Run

Name	Yr	School	Finals
Finals			
1 Grove, Devon	11	Lake Washing	9:27.32 10
2 Orndorf, Logan	11	Cedarcrest	9:30.44 8
3 Davis, Douglas	10	Lakewood	9:48.84 6
4 Darrah, Mitchell	11	Lakewood	9:50.56 5
5 Green, Colton	11	Cedarcrest	9:55.82 4
6 Davis, Preston	11	Lakewood	10:01.19 3
7 Fykerud, Eric	9	Lake Washing	10:02.41 2
8 Nguyen, Tommy	10	Sammamish	10:04.56 1
9 Cabales, Drew	11	Lakewood	10:08.76
10 Lamon, Kurt	10	Lake Washing	10:18.97
11 Lockhart, Ethan	10	Lake Washing	10:22.48
12 Espinoza, Peter	12	Lakewood	10:28.92
13 Cooper, Alex	10	Lakewood	10:37.56
14 Heidlage, Aaron	11	Sultan	10:39.01

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Cedarcrest HS

Results

Finals ... (Boys 3200 Meter Run)

Name	Yr	School	Finals
15 Harper, Isaac	9	Cedarcrest	11:18.75
16 Byrne, Sam	10	Archbishop M	11:32.91

Boys 110 Meter Hurdles

Name	Yr	School	Prelims
Preliminaries			
1 Main, Jackson	12	Sammamish	16.23Q
2 Stich, Andrew	11	Lakewood	16.35Q
3 Lewis, Anden	12	Lake Washing	16.50Q
4 Thomas, Liam	10	Cedarcrest	16.58Q
5 Whitehead, Ryan	11	Lakewood	17.03Q
6 Dick, Elliot	10	Cedarcrest	17.08Q
7 Buckles, Neal	12	Sammamish	17.12q
8 Dalton, Tyler	11	Lakewood	17.28q
9 Force, Tyler	11	Sultan	17.75
10 Gadbois, Rhys	11	Granite Fall	18.10
11 Brewer, Kelson	9	Lakewood	18.18
12 Backous, Jonathan	11	Sammamish	18.20
13 Fernandes, James	11	Lakewood	18.63
14 Gilbert, Morgan	9	Lake Washing	18.65
15 Koenig, Derek	10	Sultan	18.82
16 Hedreen, Mark	11	Lake Washing	19.83

Boys 110 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Stich, Andrew	11	Lakewood	15.57 10
2 Thomas, Liam	10	Cedarcrest	16.12 8
3 Buckles, Neal	12	Sammamish	16.29 6
4 Main, Jackson	12	Sammamish	16.30 5
5 Whitehead, Ryan	11	Lakewood	16.64 4
6 Dick, Elliot	10	Cedarcrest	17.00 3
7 Dalton, Tyler	11	Lakewood	17.05 2
8 Lewis, Anden	12	Lake Washing	18.50 1

Boys 300 Meter Hurdles

Name	Yr	School	Prelims
Preliminaries			
1 Stich, Andrew	11	Lakewood	41.69Q
2 Zuvich, Alex	11	Cedarcrest	42.91Q
3 Main, Jackson	12	Sammamish	42.49Q
4 Whitehead, Ryan	11	Lakewood	44.10Q
5 Force, Tyler	11	Sultan	44.05Q
6 Lee, Jonathan	10	Sammamish	44.58Q
7 Dalton, Tyler	11	Lakewood	44.20q
8 Gear, Will	10	Lake Washing	44.66q
9 Gadbois, Rhys	11	Granite Fall	45.40
10 Dick, Elliot	10	Cedarcrest	45.44
11 Brewer, Kelson	9	Lakewood	45.71
12 Backous, Jonathan	11	Sammamish	45.97
13 Aikens, Zealand	10	Sammamish	46.47
14 Gilbert, Morgan	9	Lake Washing	47.17
15 Koenig, Derek	10	Sultan	47.20
16 Buckles, Neal	12	Sammamish	47.55

Boys 300 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Stich, Andrew	11	Lakewood	41.14 10
2 Force, Tyler	11	Sultan	42.52 8
3 Zuvich, Alex	11	Cedarcrest	42.64 6
4 Whitehead, Ryan	11	Lakewood	43.06 5
5 Main, Jackson	12	Sammamish	43.86 4
6 Dalton, Tyler	11	Lakewood	44.06 3
7 Gear, Will	10	Lake Washing	44.38 2
8 Lee, Jonathan	10	Sammamish	45.14 1

Boys 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Lake Washington		44.57 10
2 Sammamish		44.59 8
3 Lakewood		44.76 6
4 Granite Falls		44.89 5
5 Archbishop Murphy		45.46 4
6 Sultan		45.92 3

Boys 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Cedarcrest		3:30.73 10
2 Lake Washington		3:35.05 8
3 Sultan		3:39.67 6
4 Lakewood		3:47.83 5
5 Sammamish		3:55.47 4

Boys High Jump

Name	Yr	School	Finals
Finals			
1 Flegel, Aaron	11	Granite Fall	6-00.00 10
2 Peterson, Justin	12	Lakewood	J6-00.00 8
3 Chabot, Ryan	12	Granite Fall	5-10.00 6
4 Heimdahl, Drew	11	Lake Washing	J5-10.00 5
5 Rivas, Antonio	11	Sultan	5-08.00 4
6 Jordan, Grant	10	Sammamish	5-06.00 3
7 Lewis, Anden	12	Lake Washing	J5-06.00 2
8 Gray, Riley	9	Lake Washing	5-04.00 1
9 Gear, Will	10	Lake Washing	J5-04.00
10 Brewer, Kelson	9	Lakewood	5-02.00
11 Backous, Jonathan	11	Sammamish	J5-02.00
12 Del Carpio, Gonzalo	11	Lake Washing	5-00.00
13 Poyner, Michael	11	Granite Fall	J5-00.00
--- Roa, Chris	9	Lake Washing	NH
--- Smith, Jonathan	9	Granite Fall	NH
--- McGoorty, Paul	12	Archbishop M	NH

Boys Pole Vault

Name	Yr	School	Finals
Finals			
1 Lewis, Anden	12	Lake Washing	13-06.00 10
2 Calderwood, Dalton	12	Lake Washing	13-00.00 8

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Cedarcrest HS

Results

Finals ... (Boys Pole Vault)

Name	Yr	School	Finals
3 Campbell, Tysen	11	Granite Fall	12-06.00 5.5
3 Minnie, Bennett	12	Cedarcrest	12-06.00 5.5
5 Mosteller, Drake	11	Lakewood	J12-06.00 4
6 Krueger, Rory	10	Archbishop M	11-06.00 3
7 Foreman, Will	12	Cedarcrest	11-00.00 2
8 Smith, Connor	11	Lakewood	10-06.00 1
9 Olander, Jarad	12	Granite Fall	J10-06.00
10 Littlelight, Jesse	12	Granite Fall	10-00.00
11 Hawkins, Michael	11	Lakewood	9-06.00
12 Kelleher, Sean	12	Archbishop M	J9-06.00
13 Barrus, Jacob	10	Sultan	9-00.00
14 Compton, KJ	9	Sultan	J9-00.00
--- Chu, Tyler	10	Archbishop M	NH
--- Treml, George	11	Lakewood	NH

Boys Long Jump

Name	Yr	School	Finals
1 Doubek, Steven	12	Sultan	21-03.50 10
2 Hamilton, Matthew	10	Granite Fall	20-03.75 8
3 Leitzke, Brandon	12	Granite Fall	20-01.50 6
4 Byrne, Brandon	12	Archbishop M	20-01.25 5
5 Bustad, Brett	10	Lakewood	19-10.75 4
6 Flegel, Aaron	11	Granite Fall	19-07.75 3
7 Lin, Jeffrey	11	Lake Washing	19-02.75 2
8 Dickey, Josh	9	Lakewood	18-11.75 1
9 Jackson, Keana	11	Lakewood	18-02.25
10 Hafizi, Arash	12	Lake Washing	18-02.00
11 Campbell, Tysen	11	Granite Fall	17-09.50
12 Griffin, Cruz	9	Lakewood	17-09.25
13 Duong, Trong	11	Archbishop M	17-08.00
14 Chaves, Drake	10	Lakewood	17-04.25
15 Watts, Blake	10	Lakewood	17-00.00
16 Malcolm, Forrest	9	Lake Washing	16-02.00

Boys Triple Jump

Name	Yr	School	Finals
1 Doubek, Steven	12	Sultan	41-08.75 10
2 Peterson, Justin	12	Lakewood	40-11.50 8
3 McGinnis, Ryan	12	Cedarcrest	40-08.75 6
4 Duong, Trong	11	Archbishop M	40-01.50 5
5 Bustad, Brett	10	Lakewood	40-00.50 4
6 Chabot, Ryan	12	Granite Fall	39-09.50 3
7 Hafizi, Arash	12	Lake Washing	39-07.50 2
8 MacKenzie, James	10	Sultan	39-01.25 1
9 Jordan, Grant	10	Sammamish	37-02.75
10 Morod, Mike	12	Cedarcrest	36-11.00
11 Castro, Joe	12	Lake Washing	36-04.25
12 Golovin, Alex	10	Lakewood	36-02.75
13 Truhan, Josh	12	Lake Washing	34-06.50
14 Myhre, Austin	12	Lake Washing	32-11.75
--- Jain, Shobhit	9	Lake Washing	ND
--- Smith, Michael	12	Lake Washing	ND

Boys Shot Put

Name	Yr	School	Finals
1 Otte, David	12	Lakewood	46-04.25 10
2 Somers, Sam	10	Cedarcrest	41-03.50 8
3 Soule, John	12	Cedarcrest	41-01.00 6
4 White, Max	12	Lake Washing	40-11.50 5
5 Daviscourt, Kyle	11	Archbishop M	39-00.50 4
6 Funderburk, Skyler	10	Sultan	38-08.75 3
7 Poyner, Michael	11	Granite Fall	38-02.00 2
8 Kuloloia, Preston	12	Sammamish	37-11.25 1
9 Murphy, Brogan	11	Archbishop M	37-01.25
10 Routon, Mark	11	Lake Washing	36-08.75
11 Rutledge, Lucas	12	Sammamish	36-07.25
12 Golovin, Alex	10	Lakewood	36-02.00
13 Jira, Jordan	9	Lakewood	35-01.50
14 Mansanarez, Victor	9	Lake Washing	34-06.50
15 Burbee, Alec	10	Lakewood	34-04.75
16 Knott, Kalan	10	Lakewood	32-02.00

Boys Discus Throw

Name	Yr	School	Finals
1 Nelson, Tristan	11	Lakewood	134-10 10
2 Zuvich, Alex	11	Cedarcrest	128-04 8
3 Otte, David	12	Lakewood	124-06 6
4 Poyner, Michael	11	Granite Fall	123-10 5
5 Burbee, Alec	10	Lakewood	123-04 4
6 Somers, Sam	10	Cedarcrest	118-11 3
7 Morod, Mike	12	Cedarcrest	118-02 2
8 Soule, John	12	Cedarcrest	113-09 1
9 Owen, Blake	11	Lake Washing	110-10
10 Kooyman, Dietrick	9	Lakewood	95-09
11 Kuloloia, Preston	12	Sammamish	91-02
12 Jira, Jordan	9	Lakewood	90-07
13 Jackson, Dilin	11	Lakewood	80-07
14 Routon, Mark	11	Lake Washing	80-05
15 Funderburk, Skyler	10	Sultan	61-09
--- Prussing, Nick	12	Sammamish	ND

Boys Javelin Throw

Name	Yr	School	Finals
1 VanderWel, Hans	12	Archbishop M	169-08 10
2 Daviscourt, Dylan	9	Archbishop M	158-02 8
3 Doubek, Steven	12	Sultan	153-07 6
4 Harrison, Jeff	11	Lakewood	142-02 5
5 Lord, Gary	11	Archbishop M	140-05 4
6 Stich, Andrew	11	Lakewood	139-01 3
7 Raz, Mike	11	Lakewood	136-08 2
8 Poyner, Michael	11	Granite Fall	J136-08 1
9 Leitzke, Brandon	12	Granite Fall	133-11
10 Kuloloia, Preston	12	Sammamish	127-08
11 Casey, TJ	12	Lakewood	J127-08
12 Cole, Keith	10	Lake Washing	125-07

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Results

Finals ... (Boys Javelin Throw)

	Name	Yr	School	Finals
13	Beeston, Taylor	12	Lakewood	120-09
14	Peterson, Justin	12	Lakewood	118-08
15	Del Carpio, Gonzalo	11	Lake Washing	113-11
16	Morod, Mike	12	Cedarcrest	110-09
17	Lane, Bo	9	Lakewood	104-11

Women - Team Rankings - 18 Events Scored

1)	Lake Washington	171.5
2)	Lakewood	121
3)	Archbishop Murphy	110
4)	Sultan	108.5
5)	Sammamish	84
6)	Cedarcrest	77
7)	Granite Falls	7

Men - Team Rankings - 17 Events Scored

1)	Lakewood	155
2)	Cedarcrest	136.5
3)	Lake Washington	108
4)	Archbishop Murphy	69
5)	Granite Falls	64.5
6)	Sultan	63
7)	Sammamish	58