

WCD 3 and SWD 4 Track & Field Meet-3A& 4A - 5/22/2009 to 5/23/2009

Mount Tahoma Stadium

Meet Program

Event 201 Boys 100 Meter Dash 3A

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Andrew Almeida	11	Yelm	
2	Taylor Gustman	12	Foster	
3	Michael Okoro	11	Clover Park	
4	Alexander Fuchs	11	North Kitsap	
5	Anthony Wright	12	Lakes	
6	Stanley Ojukwu	11	Union	
7	Devonte Green	10	Foster	
8	Jarey Suiter	9	Auburn-Mountai	

Heat 2 of 2 Prelims

1	John Taufa	12	Lakes	
2	Michael Herlinger-Hopkin	10	Yelm	
3	Josh Moore	12	Frank Pierce	
4	Kinsley Ojukwu	11	Union	
5	Duncan Mackay	11	Hazen	
6	Adam Freed	11	Lindbergh	
7	Chris Hayes	12	Camas	
8	Charles Stull	12	North Kitsap	

Event 202 Boys 200 Meter Dash 3A

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Rashaun Johnson	11	Foster	
2	Michael Herlinger-Hopkin	10	Yelm	
3	Michael Okoro	11	Clover Park	
4	Josh Moore	12	Frank Pierce	
5	Jarell Flora	11	Bremerton	
6	Taylor Gustman	12	Foster	
7	Cameron Black	11	Lakes	
8	Alexander Fuchs	11	North Kitsap	

Heat 2 of 2 Prelims

1	Devonte Green	10	Foster	
2	Chris Pokorny	12	Bonney Lake	
3	Chris Hayes	12	Camas	
4	Kinsley Ojukwu	11	Union	
5	Duncan Mackay	11	Hazen	
6	Jarey Suiter	9	Auburn-Mountai	
7	Anthony Wright	12	Lakes	
8	Zack Marshall	9	Camas	

Event 203 Boys 400 Meter Dash 3A

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Tolen Mcgregor	11	North Kitsap	
2	Duncan Mackay	11	Hazen	
3	Ryan Putman	12	Columbia River	
4	Jarell Flora	11	Bremerton	
5	Michael Okoro	11	Clover Park	
6	Josh Moore	12	Frank Pierce	
7	Gary Hay	12	Renton	
8	Alex Benzegala	11	Peninsula	

Heat 2 of 2 Prelims

1	Adam Freed	11	Lindbergh	
2	Taylor Hughes	12	Auburn-Mountai	
3	Chris Pokorny	12	Bonney Lake	

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4	Stanley Ojukwu	11	Union
5	Michael McGillivray	11	Hazen
6	Collin Green	11	White River
7	Cale Snider	12	Bonney Lake
8	Zak Valenter	12	Camas

Event 204 Boys 800 Meter Run 3A

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Brad Garrett	12	Port Angeles
2	Matt Dickson	11	White River
3	Nathan Huynh	11	Capital
4	Michael Miller	12	Mt Rainier
5	Tyler Spear	10	North Kitsap
6	Larry Calvert	10	Enumclaw
7	Markus Duhamel	10	Columbia River
8	Abdul Kamara	11	Hudson's Bay

Heat 2 of 2 Prelims

1	Clay Strom		Hazen
2	Braden Timpe	11	Enumclaw
3	Keegan Hall	11	Peninsula
4	Seth Rumbaugh	12	Auburn-Mountai
5	Scott Winkleblack	12	Prairie
6	Brandon Baumchen	11	Bonney Lake
7	Matt Dorsett		Kennedy
8	Nate Tandeki		Lindbergh

Event 205 Boys 1600 Meter Run 3A

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Michael Miller	12	Mt Rainier
2	Trevor Thompson	11	Lindbergh
3	Tabor Reedy	11	North Kitsap
4	Matt Miland	12	Lindbergh
5	Tanner Boyd	12	Camas
6	Joseph Patti	12	Lindbergh
7	Marcus Dickson	9	White River
8	Josh Reiter	11	Camas
9	David Lee	11	Peninsula
10	Brenden Schruhl	12	Olympic
11	Chris Borg	11	Peninsula
12	Wesley Blundell	12	Prairie
13	Seth Rumbaugh	12	Auburn-Mountai
14	Larry Calvert	10	Enumclaw
15	Keegan Hall	11	Peninsula
16	Brandon Baumchen	11	Bonney Lake

Event 206 Boys 3200 Meter Run 3A

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Chris Borg	11	Peninsula
2	John Christian	11	Port Angeles
3	Kyle Boe	11	Columbia River
4	Trevor Thompson	11	Lindbergh
5	Josh Reiter	11	Camas
6	Tabor Reedy	11	North Kitsap
7	David Lee	11	Peninsula
8	Wesley Blundell	12	Prairie

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9	James Cornell	11	Lindbergh
10	Joe Berger	12	Enumclaw
11	Matt Miland	12	Lindbergh
12	Joseph Patti	12	Lindbergh
13	Dalton Morgan	12	Capital
14	Josh Echols	11	Capital
15	Ian Hash	12	Peninsula
16	Matt Link	12	Auburn-Mountai

Event 207 Boys 110 Meter Hurdles 3A

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

2	Kramer Green	11	White River
3	Guyson Jaramillo King	11	Highline
4	Rashaun Johnson	11	Foster
5	James Holland	11	Hazen
6	Mikey Lauritzen	11	Camas
7	Zac Farino	12	Yelm
8	Mike Lovato	11	North Kitsap

Heat 2 of 3 Prelims

2	Corey LiaBraaten	12	Auburn-Mountai
3	Adriel Johnson	12	Hazen
4	Taylor Schmidt	12	Prairie
5	Tevin Ponders	12	Renton
6	Marc Jackson	12	Hudson's Bay
7	Tyler Rogers	11	Lakes

Heat 3 of 3 Prelims

2	Logan Myers	10	Capital
3	Anthony Palfrey	12	Mt Rainier
4	Abe Kellogg	11	Enumclaw
5	Nick Peterson	11	Port Angeles
6	Tuifua Tausinga	10	Foster
7	Travis Brooks	11	Clover Park

Event 208 Boys 300 Meter Hurdles 3A

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Benjamin Tucker	10	North Kitsap
2	Adriel Johnson	12	Hazen
3	Tevin Ponders	12	Renton
4	David Pierce	10	Bremerton
5	Rashaun Johnson	11	Foster
6	Abe Kellogg	11	Enumclaw
7	Michael Maloney	12	Yelm
8	Taylor Nelson	11	Union

Heat 2 of 2 Prelims

1	Jordin Andrade	11	Bonney Lake
2	Collin Milligan	12	Capital
3	Marc Jackson	12	Hudson's Bay
4	Jesse Elvrom	12	Yelm
5	Taylor Schmidt	12	Prairie
6	D'Mario Carter	12	Kennedy
7	Kramer Green	11	White River
8	Corey LiaBraaten	12	Auburn-Mountai

Event 209 Boys 4x100 Meter Relay 3A

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

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Meet Program

- 1 Columbia River
- 2 Bonney Lake
- 3 Yelm
- 4 North Kitsap
- 5 Lakes
- 6 Renton
- 7 Camas
- 8 Bremerton

Heat 2 of 2 Prelims...(Event 209 Boys 4x100 Meter Relay 3A)

- 1 Peninsula
- 2 Capital
- 3 Mt Rainier
- 4 Union
- 5 Foster
- 6 Clover Park
- 7 Lindbergh
- 8 Sumner

Event 210 Boys 4x400 Meter Relay 3A

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

- 1 Columbia River
- 2 Enumclaw
- 3 White River
- 4 North Kitsap
- 5 Auburn-Mountainv
- 6 Clover Park
- 7 Peninsula
- 8 Bremerton

Heat 2 of 2 Prelims

- 1 Renton
- 2 Hazen
- 3 Bonney Lake
- 4 Mt Rainier
- 5 Camas
- 6 Yelm
- 7 Union
- 8 Foster

Event 211 Boys High Jump 3A

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

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|----|------------------|----|----------------|--|
| 1 | Eric Beisley | 12 | North Kitsap | |
| 2 | Josh Zahnnow | 11 | Bonney Lake | |
| 3 | Michael Moore | 12 | Renton | |
| 4 | Trey Watson | 12 | Kennedy | |
| 5 | Nick Peterson | 11 | Port Angeles | |
| 6 | Sharrod Cradle | 12 | Foster | |
| 7 | Michael Hazel | 12 | North Thurston | |
| 8 | Josh Farrar | 11 | Capital | |
| 9 | Darrien Creamer | 11 | Peninsula | |
| 10 | Kelcey Woods | 12 | Timberline | |
| 11 | Devin Davis | 12 | Lakes | |
| 12 | Nathan Isaacs | 12 | Camas | |
| 13 | Kelly Morris | 12 | Union | |
| 14 | Joshua Armstrong | 12 | Mt Rainier | |
| 15 | Jacob Troupe | 10 | Union | |
| 16 | Logan Myers | 10 | Capital | |
| 17 | Tory Petry | 12 | Columbia River | |

WCD 3 and SWD 4 Track & Field Meet-3A& 4A - 5/22/2009 to 5/23/2009

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Meet Program**Event 212 Boys Pole Vault 3A**

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Tyler Hill	12	Enumclaw	
2	Travis Ottele	12	Olympic	
3	Clifford Newman	12	Enumclaw	
4	Al Jiggs Paredes	12	Highline	
5	Austin Shirey	10	White River	
6	Grant Stevens	11	Sumner	
7	Vidal Hillard	10	Foster	
8	Kevin Johnson	11	Sumner	
9	Blake Bier	11	Prairie	
10	Bogdan Goncharuk	12	Fort Vancouver	
11	Glenn Runnels	11	North Kitsap	
12	Kyle Martin	10	Hazen	
13	Gunnar Christensen	11	Capital	
14	Gabe Cadero-Smith	12	Yelm	
15	Jeff Hinckley	12	Hazen	
16	Taylor Schmidt	12	Prairie	

Event 213 Boys Long Jump 3A

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 2 Finals

1	Harley Dakis	11	Olympic	
2	Jesse Banda	11	North Kitsap	
3	Alex Guzman-Tucker	12	North Thurston	
4	Joseph Ingman	12	Capital	
5	Aaron Hall	11	Capital	
6	Luke Plummer	9	Peninsula	
7	PJ Benedictus	10	Renton	
8	Stephen Goree	12	Columbia River	

Flight 2 of 2 Finals

1	Anthony Palfrey	12	Mt Rainier	
2	Darrien Creamer	11	Peninsula	
3	Quentin Sison	9	Timberline	
4	Kyle Ehlers	12	Mt Rainier	
5	Spencer Marr	11	Clover Park	
6	Chris Hayes	12	Camas	
7	Ronnielle Kelly-Battles	12	Renton	
8	Kevin Reddington	12	Union	

Event 214 Boys Triple Jump 3A

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 2 Finals

1	Buddy Woodman	12	North Kitsap	
2	Richard Lumagui	11	Olympic	
3	Cedric Fillmore	11	Clover Park	
4	Lee Boggan	10	Bonney Lake	
5	Josh Melu	11	Auburn-Mountai	
6	Darrien Creamer	11	Peninsula	
7	Taylor Warner	12	North Thurston	
8	John Ingman	12	Capital	

Flight 2 of 2 Finals...(Event 214 Boys Triple Jump 3A)

1	Justin Hansen	12	Columbia River	
2	Kyle Ehlers	12	Mt Rainier	
3	Anthony Palfrey	12	Mt Rainier	
4	Ronnielle Kelly-Battles	12	Renton	

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5	PJ Benedictus	10	Renton
6	Kevin Reddington	12	Union
7	Darian Brooks	10	Kennedy
8	Kinsley Ojukwu	11	Union
9	Spencer Marr	11	Clover Park

Event 215 Boys Shot Put 3A

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Troy Martin	10	Port Angeles
2	Grant Peckham	12	White River
3	Ethan Shackelford	12	Frank Pierce
4	Tuiasosopo Niusulu	12	Lakes
5	John Goldwire	11	Lakes
6	Chris Gage	12	Capital
7	Matthew Lloyd	11	Camas
8	Jon Lawson	10	Prairie

Flight 2 of 2 Finals

1	Justin Byrd	12	Yelm
2	Zack Nielsen	12	Lindbergh
3	Armin Basic	12	Renton
4	Spencer Moorman	11	Port Angeles
5	Immanuel Garraway	12	Timberline
6	Zach Uskoski	12	Prairie
7	Courtney Sanders	12	Hazen
8	Andrey Levkiv	12	Hazen

Event 216 Boys Discus Throw 3A

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Spencer Moorman	11	Port Angeles
2	Mack Kunold	12	North Kitsap
3	Eric Smith	11	Yelm
4	Phuong Truong	9	Frank Pierce
5	Jared Boynton	11	Union
6	Zach Uskoski	12	Prairie
7	Grant Peckham	12	White River
8	Justin Byrd	12	Yelm

Flight 2 of 2 Finals

1	Alex Griffith	11	Sumner
2	Jon Lawson	10	Prairie
3	Jacob Allie	12	Lindbergh
4	Jordan Arakawa	11	Capital
5	Darrien Creamer	11	Peninsula
6	Andrey Levkiv	12	Hazen
7	Armin Basic	12	Renton
8	Zack Nielsen	12	Lindbergh

Event 217 Boys Javelin Throw 3A

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Travis Ottele	12	Olympic
2	Devante Botello	10	Evergreen-Se
3	Cody Cottrill	11	Hazen
4	Tyler Blakley	11	Hazen
5	Alex Nguyen	12	Renton
6	Scotty Miller	10	Yelm
7	Seth Rodriguez	11	Sumner

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8	Kevin Olsen	12	Enumclaw
Flight 2 of 2 Finals			
1	John Ingman	12	Capital
2	JR Grosshans	11	Peninsula
3	Joseph Ingman	12	Capital
4	Kyle Kennedy	10	Bremerton
5	Zach Uskoski	12	Prairie
6	Mitch Saylor	11	Union
7	Jesse Elvrom	12	Yelm
8	Mikey Lauritzen	11	Camas

Event 218 Girls 100 Meter Dash 3A

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Becca Cross	10	Enumclaw
2	Obia Muoneke	9	Kennedy
3	Morgan Reader	10	Tyee
4	Melissa Kunold	11	North Kitsap
5	Germe Poston	11	Frank Pierce
6	Deven Wilson	12	Peninsula
7	Treneisha Doyle	9	Hudson's Bay
8	Airashay Rogers	9	Hazen

Heat 2 of 2 Prelims

1	Athena Alvarez	12	Columbia River
2	Tosha Hollingsworth	11	Capital
3	Briana Welsh	10	Timberline
4	Sarah Takayoshi	12	Union
5	Starr Williams	10	Hazen
6	Siara Byers	11	North Kitsap
7	Haylie Cannon	11	Bonney Lake
8	Nicole Holcomb	9	Peninsula

Event 219 Girls 200 Meter Dash 3A

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Cassidy France	9	White River
2	Kayla Vera	9	Union
3	Deven Wilson	12	Peninsula
4	Germe Poston	11	Frank Pierce
5	Starr Williams	10	Hazen
6	Tosha Hollingsworth	11	Capital
7	Stephanie Schreiner	11	Enumclaw
8	Indigo Williams	9	North Kitsap

Heat 2 of 2 Prelims

1	Celina Mortensen	11	Frank Pierce
2	Arinesha Smith	9	Tyee
3	Briana Welsh	10	Timberline
4	Sarah Takayoshi	12	Union
5	Melissa Kunold	11	North Kitsap
6	Venecia Rowan	12	Hazen
7	Mackenzie Ebbers	10	Mt Rainier
8	Alexis Ransom	10	Union

Event 220 Girls 400 Meter Dash 3A

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Makenzie Simpson	12	Hazen
2	Lauren Bulzomi	10	Sumner

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3	Kristine Brons	12	White River
4	Kathryn Moseley	9	Port Angeles
5	Stephanie Schreiner	11	Enumclaw
6	Seanna Pitassi	11	Camas
7	Ericka Galindo	11	Lindbergh
8	Alexandra White	9	Columbia River

Heat 2 of 2 Prelims

1	Kiah Jones	9	Port Angeles
2	Samantha Ling	12	Clover Park
3	Ashlee Sincraugh	11	Sumner
4	Megan Kelley	10	Camas
5	Brittany Bennett	9	Kennedy
6	Alex Bachmeier	10	Yelm
7	Hannah Lekson	10	Peninsula
8	Erin Anderson	10	Hazen

Event 221 Girls 800 Meter Run 3A

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Micaela Rasmussen	11	Lakes
2	Christine Sonners	11	Prairie
3	Alison Vrbanc	12	Mt Rainier
4	Jessica Bottelberghe	10	Columbia River
5	Elizabeth Staker	11	North Kitsap
6	Carissa Gwerder	11	Enumclaw
7	Rachel Estep	12	Timberline
8	Shelby Reiter	12	Lindbergh

Heat 2 of 2 Prelims

1	Rachel Turner	9	Columbia River
2	Brittany Bennett	9	Kennedy
3	Hillary Norris	12	Sumner
4	Tracey Stolz	9	Highline
5	Veronica Stinnett	11	Bonney Lake
6	Laurn Wate	9	White River
7	Emily Eilertson	10	Enumclaw
8	Grace Carlson	9	North Kitsap

Event 222 Girls 1600 Meter Run 3A

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Hillary Norris	12	Sumner
2	Theresa Edwards	12	Bonney Lake
3	Laurn Wate	9	White River
4	Allison Clark	11	Columbia River
5	Ashley Taylor	11	Yelm
6	Sarah Bobbe	11	Columbia River
7	Veronica Stinnett	11	Bonney Lake
8	Emily Wallen	12	Capital
9	Lia Swartout	12	Kennedy
10	Alex Dombek	9	Camas
11	Jasmine Fallgreen	9	Lindbergh
12	Wubi Acheson	11	Port Angeles
13	Sarah Reiter	9	Lindbergh
14	Palca Mwenesi	10	Mt Rainier
15	Hilary Leonard	11	North Kitsap
16	Madison Guscott	9	Capital
17	Sydney Schneider	9	Capital

Event 223 Girls 3200 Meter Run 3A

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Mount Tahoma Stadium
Meet Program

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Theresa Edwards	12	Bonney Lake	
2	Alex Dombek	9	Camas	
3	Alison Maxwell	10	Port Angeles	
4	Ashley Taylor	11	Yelm	
5	Palca Mwenesi	10	Mt Rainier	
6	Emily Wallen	12	Capital	
7	Addi Johnson	9	Peninsula	
8	Sarah Bobbe	11	Columbia River	
9	Jasmine Fallgreen	9	Lindbergh	
10	Ashley Llapitan	12	White River	
11	Kristina Cordy	10	Peninsula	
12	Kayla Blackford	11	Camas	
13	Julia Hansen	11	Port Angeles	
14	Sarah Reiter	9	Lindbergh	
15	Madison Guscott	9	Capital	
16	Lia Swartout	12	Kennedy	

Event 224 Girls 100 Meter Hurdles 3A

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

3	Kimber Kober	11	Bonney Lake	
4	Laniece Luster	12	Kennedy	
5	Kelsie Williams	12	Peninsula	
6	Alyssa Turner	12	Hudson's Bay	
7	Cece Stevenson	11	Port Angeles	

Heat 2 of 3 Prelims

2	Victoria Fernandez	12	Renton	
3	Rachel Thompson	12	Capital	
4	Shelby Rowland	12	Bonney Lake	
5	Stephanie Jones	12	Enumclaw	
6	Kristina Owsinski	10	Prairie	
7	Sarah Schoville	9	Hazen	

Heat 3 of 3 Prelims

2	Amadi Bentley	10	Renton	
3	Sara Slayton	10	Camas	
4	Amanda Alvarez	12	Columbia River	
5	Stephanie Himmelsbach	12	Bremerton	
6	Kaylee Holloway	11	Sumner	
7	Jayne Wright	9	Peninsula	

Event 225 Girls 300 Meter Hurdles 3A

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Stephanie Himmelsbach	12	Bremerton	
2	Haylie Cannon	11	Bonney Lake	
3	Brina Sych	11	Union	
4	Cece Stevenson	11	Port Angeles	
5	Michelle Stolz	9	Highline	
6	Sara Slayton	10	Camas	
7	Kaylee Holloway	11	Sumner	
8	Laniece Luster	12	Kennedy	

Heat 2 of 2 Prelims

1	Victoria Fernandez	12	Renton	
2	Sandra Meyer	12	Bonney Lake	
3	Rachel Thompson	12	Capital	
4	Kelsie Williams	12	Peninsula	

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5	Alyssa Turner	12	Hudson's Bay
6	Stephanie Jones	12	Enumclaw
7	Joanna Mazer	9	Yelm
8	Amadi Bentley	10	Renton

Event 226 Girls 4x100 Meter Relay 3A

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

1	White River
2	Camas
3	Capital
4	North Kitsap
5	Peninsula
6	Bonney Lake
7	Tyee
8	Port Angeles

Heat 2 of 2 Prelims

1	North Thurston
2	Kennedy
3	Renton
4	Union
5	Hazen
6	Enumclaw
7	Hudson's Bay
8	Sumner

Event 227 Girls 4x200 Meter Relay 3A

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

1	Port Angeles
2	Lindbergh
3	White River
4	North Kitsap
5	Camas
6	Prairie
7	Frank Pierce
8	Auburn-Mountainv

Heat 2 of 2 Prelims

1	Renton
2	Enumclaw
3	Union
4	Hazen
5	Capital
6	Peninsula
7	Highline
8	Bonney Lake

Event 228 Girls 4x400 Meter Relay 3A

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

1	Enumclaw
2	Yelm
3	White River
4	Port Angeles
5	Camas
6	Bonney Lake
7	Capital
8	North Kitsap

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Meet Program**Heat 2 of 2 Prelims**

- 1 Renton
- 2 Kennedy
- 3 Prairie
- 4 Highline
- 5 Sumner
- 6 Union
- 7 Auburn-Mountainv
- 8 Mt Rainier

Event 229 Girls High Jump 3A

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

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|----|-----------------------|----|----------------|--|
| 1 | Carly Crane | 12 | Peninsula | |
| 2 | Courtney Perkins | 10 | Sumner | |
| 3 | Natalie Brundage | 9 | Peninsula | |
| 4 | Jessica Vandergiessen | 11 | Sumner | |
| 5 | Rachel Cox | 11 | Peninsula | |
| 6 | Cece Stevenson | 11 | Port Angeles | |
| 7 | Madisen Kellogg | 11 | North Kitsap | |
| 8 | Athena Alvarez | 12 | Columbia River | |
| 9 | Shelby Napiontek | 12 | Port Angeles | |
| 10 | Caroline Codd | 10 | Mt Rainier | |
| 11 | Marleen de Zoete | 10 | Camas | |
| 12 | Taylor Ottomano | 11 | North Kitsap | |
| 13 | Kristin Haag | 10 | Renton | |
| 14 | Tess Peckler | 12 | Capital | |
| 15 | Brittany Phillio | 12 | Hazen | |
| 16 | Leina Buchanan | 12 | Union | |
| 17 | Karah Ambrose | 12 | Columbia River | |
| 18 | Kaysie Rozsonits | 12 | Hazen | |
| 19 | Alannah Anderson | 11 | Highline | |
| 20 | Sasha Weber | 9 | Timberline | |

Event 230 Girls Pole Vault 3A

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

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|----|-------------------|----|----------------|--|
| 1 | Merissa Mitchell | 11 | Highline | |
| 2 | Tricia Bui | 10 | Renton | |
| 3 | Shelby Kesterke | 12 | Highline | |
| 4 | Laurel Howdeshell | 9 | Yelm | |
| 5 | Tawny Gallegos | 10 | Yelm | |
| 6 | Kelsie Williams | 12 | Peninsula | |
| 7 | Angela Pruitt | 12 | Port Angeles | |
| 8 | McKenna Bukovnik | 11 | Port Angeles | |
| 9 | Robin Lee | 12 | Hazen | |
| 10 | Michaela Trulson | 9 | Sumner | |
| 11 | Hailey Menzel | 11 | White River | |
| 12 | Alison Callero | 11 | Frank Pierce | |
| 13 | Kendra Alexson | 12 | Auburn-Mountai | |
| 14 | Samantha Sanches | 12 | Columbia River | |
| 15 | Jordan Hess | 10 | Columbia River | |
| 16 | Jessica Yraceburu | 11 | Camas | |
| 17 | Jennifer Debellis | 9 | Columbia River | |
| 18 | Kristina Owsinski | 10 | Prairie | |
| 19 | Alexandra Uhrich | 11 | Union | |

Event 231 Girls Long Jump 3A

Pos	Name	Yr	School	Seed Mark
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WCD 3 and SWD 4 Track & Field Meet-3A& 4A - 5/22/2009 to 5/23/2009

Mount Tahoma Stadium
Meet Program**Flight 1 of 2 Finals**

1	Jayne Wright	9	Peninsula
2	Kaysie Rozsonits	12	Hazen
3	Stacie Brown	11	North Kitsap
4	Katie Endresen	12	Fort Vancouver
5	Siara Byers	11	North Kitsap
6	Kylie Olenick	11	Auburn-Mountai
7	Carley McCutchen	11	White River
8	Kristin Haag	10	Renton

Flight 2 of 2 Finals

1	Layla Bader	10	Yelm
2	Taryn Willie	11	Camas
3	Taylor Howick	11	Bonney Lake
4	Tiana Gibson	12	Renton
5	Briana Welsh	10	Timberline
6	Amanda Alvarez	12	Columbia River
7	Makala Williams	12	Lindbergh
8	Stephanie Schreiner	11	Enumclaw

Event 232 Girls Triple Jump 3A

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Robin Lee	12	Hazen
2	Kimber Kober	11	Bonney Lake
3	Sasha Weber	9	Timberline
4	Sarah Dominiak	12	Timberline
5	Stacie Brown	11	North Kitsap
6	Kateese Carter	11	North Kitsap
7	Makala Williams	12	Lindbergh
8	Taryn Willie	11	Camas

Flight 2 of 2 Finals

1	Jessica Vandergiessen	11	Sumner
2	Caroline Codd	10	Mt Rainier
3	Kathleen Mulligan	10	Mt Rainier
4	Layla Bader	10	Yelm
5	Kayla Erickson	11	Peninsula
6	Athena Alvarez	12	Columbia River
7	Stephanie Jones	12	Enumclaw
8	Amanda Alvarez	12	Columbia River

Event 233 Girls Shot Put 3A

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Kateese Carter	11	North Kitsap
2	Lynna Rachele Logue	12	Olympic
3	Natosha Lyonais	11	Bonney Lake
4	Kayla Roberts	11	Sumner
5	Tusalava Kuaea	11	Lakes
6	Adara Winder	9	Bonney Lake
7	Mahana Lutali	10	Lakes
8	Madelaine Midles	12	Camas

Flight 2 of 2 Finals

1	Airashay Rogers	9	Hazen
2	Boryana Atanasova	12	Renton
3	Melissa Yapp	12	Mt Rainier
4	Roylanda Jackson	12	Renton
5	Maureen Ojukwu	12	Union
6	Christi Ometu	12	Auburn-Mountai

WCD 3 and SWD 4 Track & Field Meet-3A& 4A - 5/22/2009 to 5/23/2009

Mount Tahoma Stadium
Meet Program

7	Carolina Siofele	12	Union
8	Tiara Killmer	11	Bonney Lake

Event 234 Girls Discus Throw 3A

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 2 Finals

1	Kiana Andrus	9	Port Angeles
2	Elise Reid	11	Port Angeles
3	Jamila Culcleasure	9	Highline
4	Shastina George	11	Frank Pierce
5	Billie Walter	11	Lakes
6	Christi Ometu	12	Auburn-Mountai
7	Danica Wolfe	11	Capital
8	Maureen Ojukwu	12	Union

Flight 2 of 2 Finals

1	Olivia Midles	11	Capital
2	Mahana Lutali	10	Lakes
3	Anna Adamko	10	Columbia River
4	Melissa Yapp	12	Mt Rainier
5	Roylanda Jackson	12	Renton
6	Tusalava Kuaea	11	Lakes
7	Boryana Atanasova	12	Renton
8	Carolina Siofele	12	Union

Event 235 Girls Javelin Throw 3A

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 2 Finals

1	AnnaMarie Forza	9	Enumclaw
2	Tiara Killmer	11	Bonney Lake
3	Colleen Reyes	11	Timberline
4	Chandler Mason	9	Peninsula
5	Catherine Hildebrand	11	Kennedy
6	Sarah Gleaves	12	North Thurston
7	Leslie Mikolaizik	12	Hazen
8	Stephanie Himmelsbach	12	Bremerton

Flight 2 of 2 Finals

1	Katee Dobler	10	Union
2	Kristen Munson	12	Prairie
3	Carly Crane	12	Peninsula
4	Sasha Weber	9	Timberline
5	Michelle Lloyd	12	North Kitsap
6	Amanda Samms	12	Highline
7	Anna Adamko	10	Columbia River
8	Boryana Atanasova	12	Renton