

WCD 3 and SWD 4 Track & Field Meet-2A,3A& 4A - 5/21/2010 to 5/22/2010

Mount Tahoma Stadium

Meet Program

Event 301 Boys 100 Meter Dash 4A

8 Advance: Top 3 Each Heat plus Next 2 Best Times
Friday 5/21/2010 - 1:10 AM

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Prelims				
1	Marcus Chambers	9	Henry Foss	11.33
2	Aaron Abrams	12	Kentridge	11.24
3	David Jones	11	Kent Meridia	11.17
4	Aaron Jeong	11	Thomas Jeffe	11.12
5	Anthony Rathbun	12	Spanaway Lak	10.83
6	Allen Malone	10	Auburn	11.23
7	Dylan Fletcher	12	Bethel	11.27
8	Shawn Priggett	10	Todd Beamer	11.28
Heat 2 of 2 Prelims				
1	Ryan Adams	11	Shelton	11.30
2	Keelynn Johnson	12	Woodrow Wils	11.26
3	Quadelle Satterwhite	10	Lincoln	11.20
4	Darrius Leaphart	11	Mt Tahoma	11.15
5	Trenton Pinson	12	Federal Way	10.87
6	Christian Porter	11	Curtis	11.21
7	Brian Wilkerson	11	Spanaway Lak	11.28
8	Kevin Lacanlale	11	Central Kits	11.32

Event 302 Boys 200 Meter Dash 4A

8 Advance: Top 3 Each Heat plus Next 2 Best Times
Friday 5/21/2010 - 6:30 PM

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Prelims				
1	Allen Malone	10	Auburn	23.09
2	Christian Porter	11	Curtis	22.60
3	Marcus Chambers	9	Henry Foss	22.38
4	Anthony Rathbun	12	Spanaway Lak	21.89
5	Maurice McNeal	12	Federal Way	21.94
6	Ryan Adams	11	Shelton	22.51
7	Daniel Daye	12	Olympia	22.89
8	Aaron Jeong	11	Thomas Jeffe	22.92
Heat 2 of 2 Prelims				
1	Isaac Ochoa	11	Decatur	22.94
2	Austin Thummel-Gravitt	11	Rogers-Puyal	22.81
3	Keelynn Johnson	12	Woodrow Wils	22.43
4	Quadelle Satterwhite	10	Lincoln	22.17
5	Rahmel Dockery	11	Curtis	21.92
6	Trenton Pinson	12	Federal Way	22.38
7	David Jones	11	Kent Meridia	22.88
8	Tyler Kahl	11	Central Kits	23.05

Event 303 Boys 400 Meter Dash 4A

8 Advance: Top 3 Each Heat plus Next 2 Best Times
Friday 5/21/2010 - 5:15 PM

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Prelims				
1	Andrew Smith	12	Kent Meridia	52.29
2	Isaac Ochoa	11	Decatur	51.80
3	Austin Thummel-Gravitt	11	Rogers-Puyal	50.15
4	Maurice McNeal	12	Federal Way	49.14
5	Marcus Chambers	9	Henry Foss	48.84
6	Michael Tate	9	Federal Way	51.18
7	Austin Roth	10	Olympia	51.25
8	Tyson Duckett	12	Stadium	51.87
Heat 2 of 2 Prelims				
1	Prescott Jackson	12	Kent Meridia	51.94
2	Nathan O'Guin	11	South Kitsap	51.52
3	Calvin Chandler	9	Bellarmino P	50.43
4	Derek Jones	10	Rogers-Puyal	50.39
5	Ezekiel McNeal	9	Federal Way	49.69
6	Derek Titus	11	Bellarmino P	50.41
7	Tyrone Faulkner	12	Decatur	51.26
8	Jeff Seid	10	Kentridge	51.96

Event 304 Boys 800 Meter Run 4A

8 Advance: Top 3 Each Heat plus Next 2 Best Times
Friday 5/21/2010 - 1:50 PM

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Prelims				
1	Andrew Crock	12	South Kitsap	1:59.74
2	Andrew Caldwell	12	Curtis	1:58.85
3	Dylan Brown	11	Auburn River	1:58.71
4	Kenny Krotzer	12	Auburn River	1:53.23
5	Tim Pettit	12	Kentwood	1:53.60
6	Jesse Jorgensen	12	Puyallup	1:57.20
7	Brendan Franz	11	Bellarmino P	1:59.09
8	Will Drinkwater	10	Gig Harbor	2:00.03
Heat 2 of 2 Prelims				
1	Sam Fleckenstein	12	Olympia	2:00.46
2	Alex Horton	11	Kentridge	1:58.93
3	Madison Allen	12	Auburn River	1:58.53
4	Derrick Daigre	11	Kent Meridia	1:53.58
5	Zackery Weber	11	Central Kits	1:58.46
6	Spencer Payne	12	Gig Harbor	1:58.69
7	Danny Lunder	10	Kentwood	1:59.52
8	Patrick Crews	11	Federal Way	1:59.77

WCD 3 and SWD 4 Track & Field Meet-2A,3A& 4A - 5/21/2010 to 5/22/2010

Mount Tahoma Stadium

Meet Program

Event 305 Boys 1600 Meter Run 4A

Saturday 5/22/2010 - 3:25 PM

Lane Name	Yr	School	Seed Time
Section 1 of 1 Finals			
1 Brent Felnagle	12	Bellarmine P	4:18.46
2 Kenny Krotzer	12	Auburn River	4:18.98
3 Nate Brennand	11	Olympia	4:17.01
4 Zackery Weber	11	Central Kits	4:19.52
5 Will Ferguson	11	Curtis	4:20.48
6 Shane Moskowitz	12	Central Kits	4:12.95
7 Casey Peloquin	10	Gig Harbor	4:20.23
8 Conner Peloquin	12	Gig Harbor	4:19.28
9 Jeff Baklund	12	Thomas Jeffe	4:24.69
10 Casey Campbell	12	Tahoma	4:22.23
11 Meron Simon	11	Federal Way	4:25.08
12 Daniel Caldwell	12	Curtis	4:26.89
13 Chris Schroll	12	Emerald Ridg	4:24.83
14 Deshawn Williams	12	Federal Way	4:23.93
15 Korey Krotzer	10	Auburn River	4:26.55
16 Chase Braxmeyer	11	Thomas Jeffe	4:21.05

Event 306 Boys 3200 Meter Run 4A

Friday 5/21/2010 - 6:00 PM

Lane Name	Yr	School	Seed Time
Section 1 of 1 Finals			
1 Korey Krotzer	10	Auburn River	9:37.23
2 Chase Braxmeyer	11	Thomas Jeffe	9:31.38
3 Will Ferguson	11	Curtis	9:36.04
4 Nate Brennand	11	Olympia	9:40.15
5 Conner Peloquin	12	Gig Harbor	9:39.92
6 Chris Schroll	12	Emerald Ridg	9:42.93
7 Casey Peloquin	10	Gig Harbor	9:40.83
8 Shane Moskowitz	12	Central Kits	9:35.70
9 Meron Simon	11	Federal Way	9:48.24
10 Michael Thorsen	10	Central Kits	9:43.57
11 Luke Hoffinan	10	Gig Harbor	9:44.85
12 Daniel Caldwell	12	Curtis	9:45.11
13 Nate Gesell	12	Auburn River	9:43.32
14 Jeff Miles	11	Auburn River	9:48.87
15 Keefe Hanson	11	Auburn River	9:55.99
16 Andrew McClellan	12	Curtis	9:56.89

Event 307 Boys 110 Meter Hurdles 4A

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Friday 5/21/2010 - 12:00 PM

Lane Name	Yr	School	Seed Time
Heat 1 of 2 Prelims			
1 Charlandez Powell	11	Mt Tahoma	16.29
2 Shaq Franklin-Thomas	12	Kent Meridia	15.32
3 Jordan Jainga	12	Kentwood	14.80
4 Cory Okazaki	12	Emerald Ridg	14.47
5 Abu Kamara	9	Kent Meridia	14.72
6 Terrance Stubblefield	11	Rogers-Puyal	15.21
7 Chris Herron	10	Gig Harbor	15.93
8 Isaiah Martin	12	Woodrow Wils	16.71
Heat 2 of 2 Prelims			
1 Zigquille Mabry	11	Woodrow Wils	16.41
2 Collin Nelson	12	Bethel	15.43
3 Louis Garmon	12	Kent Meridia	15.27
4 Robert Shelby	12	Federal Way	14.58
5 Isaiah Bennett	12	Gig Harbor	15.42
6 Jacob Wilcher	12	Kentwood	15.19
7 Scott Sanford	12	Thomas Jeffe	15.39
8 Martese Hightower	12	Bellarmine P	16.54

Event 308 Boys 300 Meter Hurdles 4A

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Friday 5/21/2010 - 2:35 PM

Lane Name	Yr	School	Seed Time
Heat 1 of 2 Prelims			
1 Jacob Wilcher	12	Kentwood	41.19
2 John Mahaffie	11	Emerald Ridg	41.13
3 Shad Hall	11	Kentlake	40.55
4 Scott Sanford	12	Thomas Jeffe	39.08
5 Robert Shelby	12	Federal Way	37.41
6 Andrey Zadneprovskiy	10	Auburn River	40.06
7 Chris Herron	10	Gig Harbor	40.81
8 Zigquille Mabry	11	Woodrow Wils	41.86
Heat 2 of 2 Prelims			
1 Gabe Iniguez	12	Olympia	42.00
2 Cooper Hartman	12	Central Kits	40.79
3 Abu Kamara	9	Kent Meridia	40.14
4 Cory Okazaki	12	Emerald Ridg	39.01
5 Isaiah Bennett	12	Gig Harbor	40.11
6 Donavin Goode	12	Rogers-Puyal	40.36
7 Andrew Blount	12	Graham-Kapow	40.94
8 Isaiah Martin	12	Woodrow Wils	41.29

WCD 3 and SWD 4 Track & Field Meet-2A,3A& 4A - 5/21/2010 to 5/22/2010

Mount Tahoma Stadium

Meet Program

Event 309 Boys 4x100 Meter Relay 4A

8 Advance: Top 3 Each Heat plus Next 2 Best Times
Friday 5/21/2010 - 3:30 PM

Lane	Team	Relay	Seed Time
Heat 1 of 2 Prelims			
1	Shelton		44.11
	1) Ryan Adams 11	2) Tre' Fisher 11	
	3) Kyle Bonita 10	4) Ben Foss 11	
2	Woodrow Wils		43.85
	1) Devon Phillips 9	2) Daviyonta Booth 10	
	3) Devon Trapps 11	4) Keelynn Johnson 12	
	5) Zigquille Mabry 11	6) Isaiah Martin 12	
3	Rogers-Puyal		43.25
	1) Kyle Caviezel 10	2) Austin Thummel-Gravitt 11	
	3) Donavin Goode 12	4) Terrance Stubblefield 11	
	5) Dan Dattilo 11	6) Max McIntosh 10	
4	Kent Meridia		42.87
	1) Andrew Smith 12	2) Brandon Harris 11	
	3) Prescott Jackson 12	4) David Jones 11	
	5) Derrick Daigre 11	6) BJ Arceneaux 11	
5	Federal Way		41.93
	1) Ezekiel McNeal 9	2) Trenton Pinson 12	
	3) Robert Shelby 12	4) Maurice McNeal 12	
	5) Michael Tate 9	6) Jeremiah McNeal 9	
6	Todd Beamer		43.60
	1) TJ Esekielu 11	2) Shawn Priggett 10	
	3) Austin Hitchcock 10	4) Dominique Maxie 11	
	5) Kevin Oyer 12	6) Xavier Williams 12	
7	Gig Harbor		44.01
	1) Nick Lanier 11	2) Evan Kavanaugh 11	
	3) Chris Herron 10	4) Troy Castle 11	
	5) Hunter Trunk 11		
8	Graham-Kapow		44.64
	1) Grant Schwallie 12	2) Erik McKeown 12	
	3) Isaac Winters 12	4) Steven White 11	
	5) Justin Clarke 12		

Heat 2 of 2 Prelims

1	Thomas Jeffe		44.62
	1) Michael Sallee 12	2) Scott Sanford 12	
	3) Aaron Jeong 11	4) Jaden Sand 11	
	5) Yobel Mengistu 10	6) Kendall Green 10	
2	Emerald Ridg		43.89
	1) Jakob Kovaleskie 12	2) Chris Hefner 12	
	3) Cory Okazaki 12	4) Daniel Dobbins 12	
	5) Kyler Osborne 11	6) John Mahaffie 11	
3	Decatur		43.29
	1) Isaac Ochoa 11	2) CJ Pellum 12	
	3) Dalvin Yarbrough 10	4) Tre Kelly 12	
	5) Greg Iglesias 12	6) Peter Iglesias 10	
4	Lincoln		43.48
	1) Demarea Kirk 11	2) J'Mel Williams 11	
	3) CJ Wright 12	4) Quadelle Satterwhite 10	
	5) Camarei Lewis 12	6) Damien Harmon 9	
5	Spanaway Lak		42.79
	1) Drakkar Sweet 11	2) Marqui Makuupson 11	
	3) Brian Wilkerson 11	4) Anthony Rathbun 12	
	5) Obinna Nnadi 10		
6	Olympia		43.55
	1) Daniel Daye 12	2) Anthony DeAguiar 12	
	3) Andy Moore 12	4) Jordan Pine 12	
	5) Austin Roth 10	6) Tyler Spice 11	
7	Central Kits		43.89
	1) Marcus D'Angelo 12	2) Alex Mackenzie 12	
	3) Tyler Kahl 11	4) Cooper Hartman 12	
	5) Kevin Lakanlale 11	6) Romel Ramos 12	
8	Kentridge		44.11
	1) Alec McKenzie 10	2) Cameron McKernan 11	
	3) Jimmie Davis 9	4) Aaron Abrams 12	
	5) Christopher Topps 12	6) Michael Carter 12	

WCD 3 and SWD 4 Track & Field Meet-2A,3A& 4A - 5/21/2010 to 5/22/2010

Mount Tahoma Stadium

Meet Program

Event 310 Boys 4x400 Meter Relay 4A**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Friday 5/21/2010 - 7:45 PM**

Lane	Team	Relay	Seed Time
Heat 1 of 2 Prelims			
1	Kentridge		3:28.85
	1) Jeff Seid 10	2) Bralen Westendorf 9	
	3) Reggie Collins 10	4) Alex Horton 11	
	5) Kaid Tipton 10	6) Michael Carter 12	
2	Decatur		3:27.97
	1) Dalvin Yarbrough 10	2) Tyrone Faulkner 12	
	3) Junior Choun 12	4) Isaac Ochoa 11	
	5) Spencer Vivitson 12	6) Tre Kelly 12	
3	Olympia		3:24.18
	1) Nate Brennand 11	2) Daniel Daye 12	
	3) Andy Moore 12	4) Austin Roth 10	
	5) Tyler Spice 11	6) Ted Knudsen 12	
4	Kent Meridia		3:23.95
	1) Jordan Thompson-Walker	2) Prescott Jackson 12	
	3) David Jones 11	4) Derrick Daigre 11	
	5) BJ Arceneaux 11	6) Andrew Smith 12	
5	Federal Way		3:20.11
	1) Ezekiel McNeal 9	2) Trenton Pinson 12	
	3) Robert Shelby 12	4) Maurice McNeal 12	
	5) Michael Tate 9	6) Jeremiah McNeal 9	
6	Lincoln		3:25.92
	1) Demarea Kirk 11	2) CJ Wright 12	
	3) J'Mel Williams 11	4) Quadelle Satterwhite 10	
	5) Julius Colwash 10	6) Camarei Lewis 12	
7	Auburn River		3:27.49
	1) Andy Andrews 12	2) Dylan Brown 11	
	3) Kenny Krotzer 12	4) Madison Allen 12	
	5) Matt Carralez 10	6) Eduard Yakimchuk 10	
8	South Kitsap		3:30.84
	1) Nathan O'Guin 11	2) Aaron La Deaux 10	
	3) Zach Marshall 10	4) Andrew Crock 12	
	5) Scott Javier 11	6) Dan Schulte 10	

Heat 2 of 2 Prelims

1	Kentwood		3:30.34
	1) Kevin Massimino 12	2) Tristan Askew 12	
	3) Danny Lunder 10	4) Tim Pettit 12	
	5) Joshua Jainga 12	6) Jordan Jainga 12	
2	Todd Beamer		3:27.58
	1) Austin Hitchcock 10	2) Sean Eidsmoe 10	
	3) Bronson Martinez 11	4) Dominique Maxie 11	
	5) Shawn Priggett 10	6) Kenny Pickens 10	
3	Woodrow Wils		3:25.66
	1) Daviyonta Booth 10	2) Devon Trapps 11	
	3) Keith Matsen 12	4) Keelynn Johnson 12	
	5) Zigquille Mabry 11	6) Isaiah Martin 12	
4	Rogers-Puyal		3:21.76
	1) Spencer Hollandsworth 12	2) Ronelle McGraw 12	
	3) Derek Jones 10	4) Austin Thummel-Gravitt 11	
	5) Johnny Jones 11	6) Donavin Goode 12	
5	Gig Harbor		3:23.37
	1) Nick Lanier 11	2) Troy Castle 11	
	3) Isaiah Bennett 12	4) Spencer Payne 12	
	5) Wyatt George 10	6) Sean Dennis 10	
6	Bellarmine P		3:25.21
	1) Derek Titus 11	2) Jimmy Polwarth 12	
	3) Brendan Franz 11	4) Calvin Chandler 9	
	5) Brent Felnagle 12	6) Michael Holland 12	
7	Puyallup		3:27.65
	1) James Absten 12	2) Jesse Jorgensen 12	
	3) Nathan McLaughlin 10	4) Tyler Ottesen 11	
	5) Jacob Rhoades 11	6) Nick Sanderfer 11	
8	Thomas Jeffe		3:30.33
	1) Daniel Green 10	2) Kendall Green 10	
	3) Jeff Baklund 12	4) Oscar Iraheta 10	
	5) Eric Radford 12	6) Chase Braxmeyer 11	

Event 311 Boys High Jump 4A**Saturday 5/22/2010 - 10:00 AM****Starting Height - 5'6"**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Tre James	11	Woodrow Wils	5-08.00
2	Kramer McEleney	11	Kentridge	5-10.00
3	George Roberts	12	Shelton	5-10.00
4	Nathan Jowett	11	Federal Way	5-10.00
5	Drakkar Sweet	11	Spanaway Lak	5-10.00
6	D'Londo Tucker	9	Federal Way	5-10.00
7	Michael French	11	Tahoma	5-10.00
8	Alex Straus	11	Kentlake	6-00.00
9	Devon Lopes	11	Bethel	6-01.00
10	Jack Schorno	10	Olympia	6-02.00
11	CJ Wright	12	Lincoln	6-02.00
12	Josh Traylor	11	Mt Tahoma	6-02.00
13	Shad Hall	11	Kentlake	6-02.00
14	Tre' Fisher	11	Shelton	6-02.00
15	Andrey Zadneprovskiy	10	Auburn River	6-03.00
16	Rahmel Dockery	11	Curtis	6-08.00

WCD 3 and SWD 4 Track & Field Meet-2A,3A& 4A - 5/21/2010 to 5/22/2010

Mount Tahoma Stadium

Meet Program

Event 312 Boys Pole Vault 4A

Saturday 5/22/2010 - 9:30 AM

Starting Height - 10'6"

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	William Hoza	10	Olympia	11-00.00	
2	Anthony Noakes	12	Bellarmino P	11-00.00	
3	Brandon Waters- Morales	10	Woodrow Wils	11-00.00	
4	Jonathan Volland	12	Thomas Jeffe	11-06.00	
5	Bryton Rodgers	10	Shelton	11-06.00	
6	Joey Buslon	11	Kentridge	11-06.00	
7	Matthew Chun	11	Federal Way	11-06.00	
8	Eddie Alupay	12	Auburn River	11-06.00	
9	Nick Lemmon	12	Kent Meridia	12-06.00	
10	Andrew Burzo	12	Kentlake	12-06.00	
11	Travis Otis	12	Bethel	12-06.00	
12	Matt Hankins	11	Olympia	12-06.00	
13	Thomas Reinhart	12	Kent Meridia	13-00.00	
14	Matt Barner	12	Thomas Jeffe	13-00.00	
15	Keenan Komoto	12	Kent Meridia	13-00.00	
16	Jay Watermeyer	12	Bellarmino P	13-03.00	

Event 313 Boys Long Jump 4A

Saturday 5/22/2010 - 3:10 PM

2 flights of 8 - 8 into the finals

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Steven Gee	11	Olympia	18-11.00	
2	My'Kyeke Cheatham	10	Woodrow Wils	19-00.50	
3	Aaron Sullivan	11	Mt Tahoma	19-01.00	
4	Brandon Gagliardi	11	Gig Harbor	19-08.50	
5	George Roberts	12	Shelton	20-00.00	
6	Hunter Trunk	11	Gig Harbor	20-01.00	
7	Jesse Kuwick	12	Graham-Kapow	20-05.50	
8	Michael Sallee	12	Thomas Jeffe	20-07.50	
9	Tre Kelly	12	Decatur	20-10.25	
10	Donavin Goode	12	Rogers-Puyal	20-11.25	
11	Terrance Stubblefield	11	Rogers-Puyal	20-11.50	
12	Michael Tate	9	Federal Way	21-02.75	
13	Anthony Rathbun	12	Spanaway Lak	21-04.50	
14	Wilfred DeLaRosa	12	Auburn River	21-09.50	
15	Rahmel Dockery	11	Curtis	22-07.25	
16	Brandon Harris	11	Kent Meridia	22-08.25	

Event 314 Boys Triple Jump 4A

Friday 5/21/2010 - 1:40 PM

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Cody Gilje	12	Tahoma	40-06.00	
2	Terrance Stubblefield	11	Rogers-Puyal	40-11.75	
3	Scott Comfort	11	Bellarmino P	41-00.00	
4	Anthony Davis	9	Lincoln	41-00.50	
5	Yobel Mengistu	10	Thomas Jeffe	41-03.50	
6	Johnny Jones	11	Rogers-Puyal	41-08.50	
7	Brandon Gagliardi	11	Gig Harbor	41-08.50	
8	Michael Sallee	12	Thomas Jeffe	41-11.75	
9	Marqui Makuupson	11	Spanaway Lak	42-00.75	
10	Scott Sanford	12	Thomas Jeffe	42-04.75	
11	Wilfred DeLaRosa	12	Auburn River	43-03.25	
12	Deandrie Baines	11	Mt Tahoma	43-05.00	
13	Hunter Trunk	11	Gig Harbor	44-04.00	
14	CJ Wright	12	Lincoln	44-07.00	
15	Brandon Harris	11	Kent Meridia	45-08.50	
16	Louis Garmon	12	Kent Meridia	46-00.50	

Event 315 Boys Shot Put 4A

Friday 5/21/2010 - 11:10 AM

2 flights of 8 - 8 into the finals

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Phoung Truong	10	Mt Tahoma	44-11.25	
2	George Williams	12	Federal Way	45-00.25	
3	Quincy Gray	10	Lincoln	45-03.75	
4	Jordan Pulu	10	Federal Way	45-05.50	
5	Nicky Fualaa	11	Todd Beamer	45-07.25	
6	Mikhail Vlasenko	11	Thomas Jeffe	45-11.50	
7	Cody Tarver	10	Shelton	46-02.00	
8	Griffin Boudia	11	Olympia	48-00.00	
9	Dalton Mendenhall	11	Rogers-Puyal	48-04.00	
10	Jake Lippel	11	Graham-Kapow	48-11.50	
11	Danny Shelton	11	Auburn	50-02.50	
12	Nick Conlan	11	Auburn	50-03.00	
13	Kyle Peart	12	Woodrow Wils	50-06.50	
14	Conor Framke	12	Puyallup	50-07.00	
15	Dan Henehan	11	Woodrow Wils	51-05.00	
16	Derek Eager	12	Tahoma	56-03.00	

WCD 3 and SWD 4 Track & Field Meet-2A,3A& 4A - 5/21/2010 to 5/22/2010

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Meet Program

Event 316 Boys Discus Throw 4A

Friday 5/21/2010 - 4:20 PM

2 flights of 8 - 8 into the finals

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Danny Shelton	11	Auburn	129-06	
2	Joel Ragazzo	10	Bethel	130-00	
3	Nicky Fualaau	11	Todd Beamer	130-02	
4	Mikhail Vlasenko	11	Thomas Jeffe	130-07	
5	Andrew Jowett	12	Decatur	130-08	
6	Quincy Gray	10	Lincoln	131-05	
7	Tommy Joyce	12	Bellarmino P	131-09	
8	Elijah Walker	12	Kent Meridia	133-07	
9	Jeff Waldner	12	Olympia	134-07	
10	Kyle Peart	12	Woodrow Wils	135-07	
11	Jonathan Kwon	12	Kentridge	135-11	
12	Colin Burgh	12	South Kitsap	136-08	
13	Skyler Rubadue	12	Tahoma	136-08	
14	Dan Henehan	11	Woodrow Wils	141-03	
15	Nick Conlan	11	Auburn	161-11	
16	Derek Eager	12	Tahoma	173-03	

Event 317 Boys Javelin Throw 4A

Saturday 5/22/2010 - 12:35 PM

2 flights of 8 - 8 into the finals

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Madison Hoebet	12	Auburn River	140-04	
2	Jake Lippel	11	Graham-Kapow	147-07	
3	Nathan Jowett	11	Federal Way	147-08	
4	Kyler Osborne	11	Emerald Ridg	151-11	
5	Joel Ragazzo	10	Bethel	152-08	
6	Kevin Brown	11	Kentridge	155-02	
7	Doug Parker	9	Bellarmino P	156-07	
8	Tommy Joyce	12	Bellarmino P	158-00	
9	Paul Brennan	12	Kentwood	158-05	
10	Mike Roy	12	Kentwood	159-02	
11	Zac Fennel	10	Shelton	159-08	
12	Jon Ownby	11	Shelton	164-01	
13	Nick Laketa	11	Gig Harbor	171-10	
14	Max Pratt	11	Auburn	179-01	
15	Quinn Hale	11	Bellarmino P	196-10	
16	Derek Eager	12	Tahoma	206-06	

Event 318 Girls 100 Meter Dash 4A

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Friday 5/21/2010 - 1:30 AM

Lane	Name	Yr	School	Seed	Time
Heat 1 of 2 Prelims					
1	Brandi Williams	9	Auburn River	13.02	
2	Keyana Bell	12	Spanaway Lak	12.74	
3	Madelayne Varela	10	Kentlake	12.59	
4	Kishia Mitchell	12	Rogers-Puyal	12.29	
5	Majerae Gates	9	Federal Way	12.18	
6	Ebony Barnes	12	Mt Tahoma	12.52	
7	Martasha Scott	11	Kent Meridia	12.63	
8	Nyzhe Primas	10	Bellarmino P	12.91	
Heat 2 of 2 Prelims					
1	Shaniece Latham	11	Woodrow Wils	12.93	
2	Sydney Davis	12	Rogers-Puyal	12.81	
3	Lauren Hoskie	12	Bethel	12.56	
4	Iesha Holt	11	Central Kits	12.49	
5	Holly DeHart	11	Kentwood	12.27	
6	Midori Moorehead	12	Puyallup	12.57	
7	Tasia Baldwin	11	Henry Foss	12.65	
8	Bethany Sanchez	11	South Kitsap	12.92	

Event 319 Girls 200 Meter Dash 4A

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Friday 5/21/2010 - 6:50 PM

Lane	Name	Yr	School	Seed	Time
Heat 1 of 2 Prelims					
1	Brenna Thompson	11	Shelton	26.15	
2	Keyana Bell	12	Spanaway Lak	26.05	
3	Iesha Holt	11	Central Kits	25.71	
4	Kayla Stueckle	12	Emerald Ridg	25.17	
5	Kishia Mitchell	12	Rogers-Puyal	24.77	
6	Madelayne Varela	10	Kentlake	25.52	
7	Quincie Proctor-Guyton	11	Kentwood	25.76	
8	Chelsi Swanson	11	South Kitsap	26.89	
Heat 2 of 2 Prelims					
1	Maria Abando	10	Stadium	26.80	
2	Martasha Scott	11	Kent Meridia	26.03	
3	Sydney Davis	12	Rogers-Puyal	25.62	
4	Tasia Baldwin	11	Henry Foss	25.51	
5	Holly DeHart	11	Kentwood	24.84	
6	Haley Winters	10	Bethel	25.70	
7	Midori Moorehead	12	Puyallup	26.04	
8	Ebony Barnes	12	Mt Tahoma	26.81	

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Meet Program

Event 320 Girls 400 Meter Dash 4A**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Friday 5/21/2010 - 5:35 AM**

Lane Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Sydney Walker	11 Thomas Jeffe	1:02.15
2	Stephanie O'Hara	9 Kent Meridia	1:01.81
3	Jaclyn Onosko	12 Kentridge	58.92
4	Kishia Mitchell	12 Rogers-Puyal	57.76
5	Madelayne Varela	10 Kentlake	58.37
6	Maria Abando	10 Stadium	59.69
7	Dana Wareham	12 Kentwood	1:00.31
8	Courtney MacIsaac	12 Auburn River	1:04.20

Heat 2 of 2 Prelims

1	Bianca Arizpe	9 Federal Way	1:02.44
2	Megan Schmitt	10 Olympia	1:01.09
3	Kelsey Tracy	11 Stadium	59.57
4	Riley Dopps	11 South Kitsap	58.24
5	Brenna Thompson	11 Shelton	58.28
6	Alexis Fesenbek	10 Olympia	59.31
7	Kimmie Stueckle	10 Emerald Ridg	1:01.39
8	Kelsi Woods	10 Spanaway Lak	1:03.28

Event 321 Girls 800 Meter Run 4A**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Friday 5/21/2010 - 2:10 PM**

Lane Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Mariah Steen	9 Olympia	2:22.52
2	Cassidy Brown	9 Auburn River	2:20.10
3	Megan McNally	10 Kentwood	2:20.03
4	Jasmine Johnson	11 Federal Way	2:16.41
5	Daryl Phill	9 Bellarmine P	2:19.62
6	Taylor Kartes	12 Todd Beamer	2:19.63
7	Molly Shiroishi	10 Kentridge	2:22.07
8	Lindsay Deck	12 Tahoma	2:24.84

Heat 2 of 2 Prelims

1	Savannah Luther	10 Kentwood	2:26.61
2	Carly Horn	9 Kentwood	2:26.52
3	Erica Copeland	12 South Kitsap	2:21.78
4	Jordan McCann	12 Bethel	2:18.47
5	Kelly Williams	11 Gig Harbor	2:19.23
6	Shannon Moskowitz	12 Central Kits	2:19.96
7	Kara Sherman	11 Olympia	2:21.79
8	Chelsea Olson	11 Tahoma	2:23.68

Event 322 Girls 1600 Meter Run 4A**Saturday 5/22/2010 - 3:35 PM**

Lane Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Alexia Martin	10 Kent Meridia	5:13.17
2	Erica Copeland	12 South Kitsap	5:13.57
3	Kelly Williams	11 Gig Harbor	5:09.45
4	Maureen Tremblay	11 Gig Harbor	5:14.36
5	Shannon Moskowitz	12 Central Kits	5:10.49
6	Clare Kane	12 Olympia	5:14.20
7	Rachel Atwood	10 Auburn River	5:11.73
8	Sarah Johnson	12 Shelton	5:14.56
9	Julianna Mock	10 Tahoma	5:21.36
10	Carly Wilczynski	11 Emerald Ridg	5:16.64
11	Ashley Shatto	10 Rogers-Puyal	5:23.57
12	Chelsea Olson	11 Tahoma	5:23.82
13	Lauren Clawson	11 Tahoma	5:17.96
14	Tori Zellerhoff	10 Decatur	5:23.41
15	Cassidy Brown	9 Auburn River	5:15.71
16	Jasmine Johnson	11 Federal Way	5:18.19

Event 323 Girls 3200 Meter Run 4A**Friday 5/21/2010 - 7:15 PM**

Lane Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Alexia Martin	10 Kent Meridia	11:25.81
2	Maureen Tremblay	11 Gig Harbor	11:26.30
3	Julianna Mock	10 Tahoma	11:33.53
4	Rachel Atwood	10 Auburn River	11:12.60
5	Izze Arens	10 Bellarmine P	11:32.22
6	Carly Wilczynski	11 Emerald Ridg	11:20.11
7	Erin Hull	12 Gig Harbor	11:33.73
8	Cara Saxon	12 Gig Harbor	11:34.52
9	Lacey Printz	12 Thomas Jeffe	11:47.34
10	Clare Kane	12 Olympia	11:36.58
11	Kailey Ulland	11 Kentwood	11:47.98
12	Megan McCabe	12 Auburn River	11:43.76
13	Tori Zellerhoff	10 Decatur	11:50.76
14	Sarah Johnson	12 Shelton	11:34.87
15	Blair Slater	12 Tahoma	11:42.22
16	Leah Kiyohara	10 Thomas Jeffe	11:44.87

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Meet Program

Event 324 Girls 100 Meter Hurdles 4A

8 Advance: Top 3 Each Heat plus Next 2 Best Times
Friday 5/21/2010 - 12:25 PM

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Prelims				
1	Suzanna Barnett	11	Stadium	17.26
2	Tiara Fuller	12	Federal Way	15.96
3	Taylor Fettig	11	Olympia	15.72
4	Kayla Stueckle	12	Emerald Ridg	14.52
5	Ashleigh Chambers	12	Mt Tahoma	15.52
6	Sierra Haverfield	12	Tahoma	15.88
7	Alaina Butler	12	Decatur	16.46
8	Tori Lanza	9	Kentlake	16.67

Heat 2 of 2 Prelims

1	Tiara Mays-Neal	10	Lincoln	17.17
2	Emily Walters	12	Olympia	16.21
3	Aiesha Goodlow	12	Kentwood	15.80
4	Caitlyn Rowland	12	Gig Harbor	15.09
5	Tate Latimer	12	Tahoma	15.07
6	Mikayla Douglas	10	Puyallup	15.95
7	Mackenzie Hickel	12	Todd Beamer	16.32
8	Paige Yamada	11	Rogers-Puyal	16.75

Event 325 Girls 300 Meter Hurdles 4A

8 Advance: Top 3 Each Heat plus Next 2 Best Times
Friday 5/21/2010 - 3:00 PM

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Prelims				
1	Erin Chinchar	11	Kentwood	49.25
2	Dallas Edge	9	Gig Harbor	48.88
3	Sierra Haverfield	12	Tahoma	47.80
4	Kayla Stueckle	12	Emerald Ridg	42.68
5	Tiara Fuller	12	Federal Way	45.70
6	Hayley Lawrence	12	Bethel	45.70
7	Lindsey Dahl	10	Thomas Jeffe	48.03
8	Sierra Brooks	9	Henry Foss	50.30

Heat 2 of 2 Prelims

1	Sydney Stuckey	9	Woodrow Wils	49.89
2	Mikhail Heidecker	11	Emerald Ridg	47.82
3	Tori Lanza	9	Kentlake	47.65
4	Samantha Dowling	11	Bellarmino P	47.73
5	Tate Latimer	12	Tahoma	45.46
6	Mackenzie Hickel	12	Todd Beamer	47.03
7	Tashi Sharp	10	Olympia	48.68
8	Julia Jones	10	Lincoln	50.05

Event 326 Girls 4x100 Meter Relay 4A

8 Advance: Top 3 Each Heat plus Next 2 Best Times
Friday 5/21/2010 - 4:00 PM

Lane	Team	Relay	Seed Time
Heat 1 of 2 Prelims			
1	Rogers-Puyal		51.02
	1) Kiara Horsley 10	2) Nichole Jones 12	
	3) Sherelle Williams 12	4) Sydney Davis 12	
	5) Paige Yamada 11	6) Ashley Shatto 10	
2	South Kitsap		50.31
	1) Hillary Hestead 11	2) Bethany Sanchez 11	
	3) Chelsi Swanson 11	4) Amanda Wilson 10	
	5) Samantha O'Neill 10	6) Ashlee Becker 11	
3	Central Kits		49.86
	1) Ashley Weathers 11	2) Alanna Flynn 11	
	3) Rebekah Daniel 12	4) Iesha Holt 11	
	5) Megan Denis 12	6) Alexis Wesley 11	
4	Olympia		49.28
	1) Sammi Thompson 12	2) Emily Walters 12	
	3) Taylor Edwards 9	4) Alexis Fesenbek 10	
	5) Jesse Ridenour 11	6) Taylor Fiskness 11	
5	Kent Meridia		49.54
	1) Deedra Patterson 9	2) Martesha Scott 11	
	3) Tapri Nelthrope 11	4) Zhitaya Garrett 12	
	5) Stephanie O'Hara 9	6) Chloe Watson 9	
6	Tahoma		49.55
	1) Kassie Jensen 11	2) Cassidy Richmond 10	
	3) Paige Hammock 9	4) Mande McKinney 11	
	5) Savanna Haverfield 9	6) Bianca Walton 12	
7	Lincoln		50.86
	1) Kentara Brown El 11	2) Shauniece Peters 11	
	3) Nettie Wayne 11	4) Imari Jones 11	
	5) Julia Jones 10	6) D'Nara Jones 10	
8	Auburn		52.79
	1) Kelsey Morgan 11	2) Sienna Pollard 10	
	3) Christine Olsen 9	4) Sonja Thomas 12	
	5) Nicole Cramer 10	6) Abi Shaver 10	

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Heat 2 of 2 Prelims...(Event 326 Girls 4x100 Meter Relay

1	Puyallup	52.36
	1) Heidi Boethcher 12	2) Mikayla Douglas 10
	3) Mandy Malkuch 12	4) Midori Moorehead 12
	5) Siri Waldow 10	6) Kayla Krantz 11
2	Kentwood	50.69
	1) Aiesha Goodlow 12	2) Quincie Proctor-Guyton 11
	3) Alena Davis 11	4) Dana Wareham 12
	5) Mikaela Armstead 11	6) Reiney Meyers 11
3	Todd Beamer	49.75
	1) Emma Cortes 12	2) Mercedes Sullivan 12
	3) Sydney Rogalla 10	4) Mackenzie Hickel 12
	5) Taylor Kartes 12	6) Keturah Saddler 9
4	Gig Harbor	49.48
	1) Brittany Werner 12	2) Sofia Pasarow 12
	3) Sara Meisburger 9	4) Caitlyn Rowland 12
	5) Christina Mercurio 10	6) Katherine Frame 9
5	Federal Way	49.29
	1) Tiara Fuller 12	2) Bianca Arizpe 9
	3) Chantel Dixon 11	4) Majerae Gates 9
	5) Jaleecia Roland 11	6) Dyesha Belhumeur 10
6	Kenridge	49.76
	1) Madison Agnew 11	2) Katie Lake 10
	3) Jaclyn Onosko 12	4) Danyell Wilson 12
	5) Haley Bertelsen 10	6) Asjeha McLemore 9
7	Mt Tahoma	50.39
	1) Kimisha Johnson 11	2) Ashleigh Chambers 12
	3) Ashyna Davis 10	4) Ebony Barnes 12
	5) My'Kaila Young 9	6) Yona Chambers 10
8	Curtis	51.65
	1) Miko Starks 11	2) Keza King 11
	3) Lauren Larson 10	4) Monika Davis 10
	5) Natalie Johnson 10	6) Alyssa Weber 12

Event 327 Girls 4x200 Meter Relay 4A**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Friday 5/21/2010 - 11:30 AM

<u>Lane</u>	<u>Team</u>	<u>Relay</u>	<u>Seed Time</u>
Heat 1 of 2 Prelims			
1	Woodrow Wils		4:19.94
	1) Shaniece Latham 11	2) Shannon Roberts 11	
	3) Emily Black 9	4) Nancy Lavovchina	
	5) Trang Nguyen	6) Jazmine Rambo	
2	Olympia		1:46.25
	1) Megan Schmitt 10	2) Sammi Thompson 12	
	3) Tayler Fettig 11	4) Alexis Fesenbek 10	
	5) Tashi Sharp 10	6) Nicole Dandridge 9	
3	Kent Meridia		1:45.14
	1) Stephanie O'Hara 9	2) Martesha Scott 11	
	3) Tapri Nelthrope 11	4) Zhitaya Garrett 12	
	5) Deedra Patterson 9	6) Chloe Watson 9	
4	Kentwood		1:42.74
	1) Aiesha Goodlow 12	2) Holly DeHart 11	
	3) Quincie Proctor-Guyton 11	4) Dana Wareham 12	
	5) Alena Davis 11	6) Reiney Meyers 11	
5	Tahoma		1:43.18
	1) Kassie Jensen 11	2) Cassidy Richmond 10	
	3) Paige Hammock 9	4) Mande McKinney 11	
	5) Tate Latimer 12	6) Bianca Walton 12	
6	Federal Way		1:46.02
	1) Tiara Fuller 12	2) Chantel Dixon 11	
	3) Bianca Arizpe 9	4) Majerae Gates 9	
	5) Jasmine Johnson 11	6) Dyesha Belhumeur 10	
7	Lincoln		1:47.96
	1) Kentara Brown El 11	2) Nettie Wayne 11	
	3) Imari Jones 11	4) Julia Jones 10	
	5) Shauniece Peters 11	6) D'Nara Jones 10	
8	Thomas Jeffe		1:48.56
	1) Sydney Walker 11	2) Bailey Warrior 11	
	3) Cheryl Hong 9	4) Nicolette Carnahan 11	
	5) Lacey Printz 12	6) Lindsey Jackson 9	

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Heat 2 of 2 Prelims...(Event 327 Girls 4x200 Meter Relay

1	Auburn	1:49.30
	1) Sonja Thomas 12	2) Kelsey Morgan 11
	3) Sienna Pollard 10	4) Christine Olsen 9
	5) Nicole Cramer 10	6) Abi Shaver 10
2	Todd Beamer	1:46.29
	1) Taylor Kartes 12	2) Sydney Rogalla 10
	3) Mackenzie Hickel 12	4) Mercedes Sullivan 12
	5) Emma Cortes 12	6) Makayla Sullivan 9
3	South Kitsap	1:45.78
	1) Hillary Hestead 11	2) Bethany Sanchez 11
	3) Chelsi Swanson 11	4) Amanda Wilson 10
	5) Samantha O'Neill 10	6) Ashlee Becker 11
4	Central Kits	1:44.71
	1) Ashley Weathers 11	2) Alanna Flynn 11
	3) Rebekah Daniel 12	4) Iesha Holt 11
	5) Megan Denis 12	6) Alexis Wesley 11
5	Rogers-Puyal	1:42.96
	1) Sydney Davis 12	2) Nichole Jones 12
	3) Sherelle Williams 12	4) Kishia Mitchell 12
	5) Kiara Horsley 10	6) Paige Yamada 11
6	Kentridge	1:45.84
	1) Haley Bertelsen 10	2) Katie Lake 10
	3) Madison Agnew 11	4) Danyell Wilson 12
	5) Jaclyn Onosko 12	6) Kristen Young 10
7	Gig Harbor	1:46.31
	1) Christina Mercurio 10	2) Noelle Marchesini 12
	3) Sammy Bowman 10	4) Sofia Pasarow 12
	5) Christy Sipes 12	6) Dallas Edge 9
8	Puyallup	1:48.75
	1) Heidi Boethcer 12	2) Mikayla Douglas 10
	3) Mandy Malkuch 12	4) Midori Moorehead 12
	5) Kayla Krantz 11	6) Lauren Farnsworth

Event 328 Girls 4x400 Meter Relay 4A**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Friday 5/21/2010 - 8:15 PM

Lane	Team	Relay	Seed Time
Heat 1 of 2 Prelims			
1	Todd Beamer		4:21.82
	1) Makayla Sullivan 9	2) Lauren Thomas 11	
	3) Jordyn Brown 10	4) Taylor Kartes 12	
	5) Sydney Rogalla 10	6) Heather Hallstrom 12	
2	Bellarmine P		4:08.19
	1) Samantha Dowling 11	2) Daryl Phill 9	
	3) Jessica Christian 11	4) Nyzhe Primas 10	
	5) Alyssa Zuehlsdorff 11	6) Amy Busch 11	
3	Tahoma		4:07.31
	1) Holly Pebles 10	2) Sierra Haverfield 12	
	3) Cassidy Richmond 10	4) Lauren Clawson 11	
	5) Tate Latimer 12	6) Kassie Jensen 11	
4	Stadium		4:02.48
	1) Maria Abando 10	2) Megan Montgomery 10	
	3) Maegan Tracy 11	4) Kelsey Tracy 11	
	5) Emily Coit 10	6) Amanda Adams 10	
5	Kentwood		4:00.95
	1) Quincie Proctor-Guyton 11	2) Megan McNally 10	
	3) Alena Davis 11	4) Dana Wareham 12	
	5) Savannah Luther 10	6) Erin Chinchar 11	
6	Central Kits		4:03.20
	1) Megan Denis 12	2) Shannon Moskowicz 12	
	3) Alanna Flynn 11	4) Rebekah Daniel 12	
	5) Alexis Wesley 11	6) Gee Mi Jorde 11	
7	Thomas Jeffe		4:13.51
	1) Sydney Walker 11	2) Cheryl Hong 9	
	3) Kristina Jones 12	4) Lacey Printz 12	
	5) Lindsey Jackson 9	6) Leah Kiyohara 10	
8	Kentridge		4:14.91
	1) Haley Bertelsen 10	2) Kenedy Ramos 9	
	3) Kristen Young 10	4) Asjeah McLemore 9	
	5) Madison Agnew 11	6) Amelia Carpenter 11	

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Heat 2 of 2 Prelims...(Event 328 Girls 4x400 Meter Relay

1	Emerald Ridg	4:15.09
	1) Mikail Heidecker 11	2) Kimmie Stueckle 10
	3) Ally Molver 10	4) Courtney Craft 12
	5) Katie Clark 12	6) Alex Schuster 11
2	Gig Harbor	4:09.21
	1) Noelle Marchesini 12	2) Katherine Frame 9
	3) Christy Sipes 12	4) Cara Saxon 12
	5) Erin Hull 12	6) Dallas Edge 9
3	Kent Meridia	4:06.79
	1) Stephanie O'Hara 9	2) Alexia Martin 10
	3) Zhitaya Garrett 12	4) Tapri Nelthrope 11
	5) Martesha Scott 11	6) Chloe Watson 9
4	Olympia	4:01.84
	1) Jesse Ridenour 11	2) Mariah Steen 9
	3) Megan Schmitt 10	4) Alexis Fesenbek 10
	5) Sammi Thompson 12	6) Kara Sherman 11
5	Bethel	4:02.40
	1) Hayley Lawrence 12	2) Jordan McCann 12
	3) Cherish Akana 10	4) Haley Winters 10
	5) Jesstine Yost 12	6) Lauren Hoskie 12
6	South Kitsap	4:04.96
	1) Hillary Hestead 11	2) Amanda Wilson 10
	3) Rhianna Boe 10	4) Riley Dopps 11
	5) Chelsi Swanson 11	6) Erica Copeland 12
7	Auburn River	4:12.94
	1) Lauren Saunders 9	2) Rachel Atwood 10
	3) Cassidy Brown 9	4) Courtney MacIsaac 12
	5) Carly Morgan 10	6) Diane Manchik 10
8	Puyallup	4:20.32
	1) Heidi Boethcer 12	2) Hannah Heinz 11
	3) Nikki Bohart 10	4) Joey Hope 10
	5) Salena Spees 11	6) Emily Potter 10

Event 329 Girls High Jump 4A

Saturday 5/22/2010 - 12:30 PM

Starting Height - 4'8"

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Jesstine Yost	12	Bethel	4-10.00
2	Courtney Jost	9	Gig Harbor	5-00.00
3	Sarah Stoker	12	Olympia	5-00.00
4	Elise Jones	12	Auburn River	5-00.00
5	Carly Horn	9	Kentwood	5-00.00
6	Tara Ramsey	12	Shelton	5-00.00
7	Erin Collins	12	Kentlake	5-00.00
8	Lexi Marriott	12	Lincoln	5-00.00
9	Moriah Bentley	11	Todd Beamer	5-01.00
10	Alyssa Weber	12	Curtis	5-01.00
11	Miranda Vaara	9	Todd Beamer	5-02.00
12	Taylor Fetting	11	Olympia	5-02.00
13	Dana Goularte	11	South Kitsap	5-02.00
14	Nichole Jones	12	Rogers-Puyal	5-03.00
15	Chelsea Muskelly	10	Kent Meridia	5-04.00
16	Jaleecia Roland	11	Federal Way	5-05.00

Event 330 Girls Pole Vault 4A

Saturday 5/22/2010 - 3:00 PM

Starting Height - 7'6"

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Lexi Bonbright	10	Olympia	8-00.00
2	Ashlee Becker	11	South Kitsap	8-00.00
3	Hayley Vivian	10	Gig Harbor	8-00.00
4	Sarah Johnson	11	Bellarmino P	8-00.00
5	Juliana Adams	9	Kent Meridia	8-06.00
6	Alexis Moore	11	Auburn	9-00.00
7	Becca Peterson	11	Kentlake	9-00.00
8	Beth Parrish	9	Kentwood	9-00.00
9	Jenna Crain	11	Kent Meridia	9-00.00
10	Kim Concillado	11	Kentridge	9-06.00
11	Kylec Smith	11	Auburn River	9-06.00
12	Sarah Burley	12	Olympia	9-06.00
13	Andrea Clarke	10	Olympia	10-00.00
14	Amelia Carpenter	11	Kentridge	10-06.00
15	Rebecca Turnbow	12	Auburn River	11-06.00
16	Kelsey Bueno	12	Kent Meridia	12-00.00

Event 331 Girls Long Jump 4A

Saturday 5/22/2010 - 10:05 AM

2 flights of 8 - 8 into the finals

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Nkeiruka Medani	9	Bellarmino P	16-00.00
2	Allyssa Marzano	10	Woodrow Wils	16-00.00
3	Sonja Thomas	12	Auburn	16-02.75
4	Kristy Coughlin	11	Shelton	16-03.00
5	Nichole Jones	12	Rogers-Puyal	16-03.75
6	Brandi Williams	9	Auburn River	16-03.75
7	Bethany Sanchez	11	South Kitsap	16-08.00
8	Lindsey Dahl	10	Thomas Jeffe	16-09.00
9	Alli Rodseth	10	Auburn River	16-11.00
10	Aiesha Goodlow	12	Kentwood	16-11.75
11	Brittany Werner	12	Gig Harbor	17-01.00
12	Katie Lake	10	Kentridge	17-04.00
13	Holly DeHart	11	Kentwood	17-05.50
14	Emily Walters	12	Olympia	17-10.25
15	Kayla Stueckle	12	Emerald Ridg	17-11.75
16	Bianca Walton	12	Tahoma	18-00.00

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Event 332 Girls Triple Jump 4A

Friday 5/21/2010 - 11:05 AM

2 flights of 8 - 8 into the finals

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Lexi Marriott	12	Lincoln	33-04.75
2	Chloe Watson	9	Kent Meridia	33-05.75
3	Nkeiruka Medani	9	Bellarmino P	33-08.50
4	Alaina Butler	12	Decatur	34-00.00
5	Dyesha Belhumeur	10	Federal Way	34-04.00
6	Emma Cortes	12	Todd Beamer	34-06.50
7	Miko Starks	11	Curtis	34-10.00
8	Allyssa Marzano	10	Woodrow Wils	34-11.75
9	Jaleecia Roland	11	Federal Way	35-07.50
10	Courtney Jost	9	Gig Harbor	35-08.50
11	Rebekah Daniel	12	Central Kits	36-00.00
12	Keza King	11	Curtis	36-03.00
13	Emily Walters	12	Olympia	36-07.50
14	Kimmie Stueckle	10	Emerald Ridg	36-09.00
15	Lindsey Dahl	10	Thomas Jeffe	37-09.00
16	Bianca Walton	12	Tahoma	39-09.00

Event 333 Girls Shot Put 4A

Friday 5/21/2010 - 1:40 PM

2 flights of 8 - 8 into the finals

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Gina Cardenas	12	Auburn River	31-10.00
2	Saibra Rubadue	11	Tahoma	32-01.00
3	Siao Wilson	10	Auburn	32-02.00
4	Alivia Ward	10	Tahoma	32-05.00
5	Briana Carlin	11	Bellarmino P	34-00.00
6	Abria Jones	12	Kent Meridia	34-02.00
7	Charly Williams	11	Mt Tahoma	34-04.50
8	Siatunuu Tuupo	12	Henry Foss	34-09.00
9	Amanda Amundson	11	Bethel	35-03.00
10	Adaeze Medani	10	Bellarmino P	36-00.50
11	Kelsie Forcier	10	South Kitsap	36-05.50
12	Bev Coleman	10	Bethel	39-01.00
13	Danielle Tabb	11	Bethel	39-04.00
14	Alyx Toeaina	10	Kentwood	39-09.00
15	Krystall Fowler	12	Lincoln	40-04.75
16	Kayla Adams	11	Thomas Jeffe	42-11.00

Event 334 Girls Discus Throw 4A

Saturday 5/22/2010 - 10:00 AM

2 flights of 8 - 8 into the finals

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Bev Coleman	10	Bethel	96-08
2	Megan Rawie	11	Kentwood	97-00
3	Jennica Robinson	10	Kentwood	97-04
4	Nadine Hyde	10	Tahoma	97-05
5	Siatunuu Tuupo	12	Henry Foss	98-06
6	Sara Fabeck	11	Graham-Kapow	100-02
7	Briana Carlin	11	Bellarmino P	102-02
8	Hannah Fabert	11	Gig Harbor	102-05
9	Rose Fulgham	12	Graham-Kapow	103-01
10	Kelsie Forcier	10	South Kitsap	104-10
11	Kellie Lind	12	Gig Harbor	104-11
12	Abria Jones	12	Kent Meridia	108-02
13	Michelle Davis	12	Shelton	108-05
14	Danielle Tabb	11	Bethel	118-06
15	Alyx Toeaina	10	Kentwood	125-03
16	Kayla Adams	11	Thomas Jeffe	128-00

Event 335 Girls Javelin Throw 4A

Saturday 5/22/2010 - 3:05 PM

2 flights of 8 - 8 into the finals

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Gina Cardenas	12	Auburn River	91-05
2	Amanda Lind	9	Tahoma	91-07
3	Tetiana Pyatokha	12	Kent Meridia	92-04
4	Karina Ragazzo	11	Bethel	92-09
5	Nakaira Petty	10	Bellarmino P	98-07
6	Savanna Haverfield	9	Tahoma	102-06
7	Kacie Seims	10	Kentwood	104-11
8	Jaclyn Onosko	12	Kentridge	104-11
9	Rachel Fleener	10	Olympia	105-02
10	Alyx Toeaina	10	Kentwood	107-04
11	Lindsey Dahl	10	Thomas Jeffe	108-08
12	Kendra Ansotigue	12	Thomas Jeffe	108-08
13	A'Jee Randle	10	Lincoln	113-11
14	Anna Guenther	12	Gig Harbor	118-03
15	Shelby Jackson	11	South Kitsap	118-08
16	Cassidy Stevick	12	Olympia	120-09

WCD 3 and SWD 4 Track & Field Meet-2A,3A& 4A - 5/21/2010 to 5/22/2010

Mount Tahoma Stadium

Meet Program

Event 401 Mixed 100 Meter Run Wheel Chair**Saturday 5/22/2010 - 1:00 PM**

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

2	Travis Rimestad	M12	Bethel Wheel Ct	20.29
4	Kyle Ralphs	M12	Decatur Wheel C	22.90
6	Olivia Morrison	W11	Decatur Wheel C	27.76

Event 402 Mixed 200 Yard Run Wheel Chair**Friday 5/21/2010 - 6:15 PM****This is the 600 Gram Javelin**

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

4	Travis Rimestad	M12	Bethel Wheel Ct	40.91
6	Kyle Ralphs	M12	Decatur Wheel C	43.38

Event 403 Mixed 400 Meter Run Wheel Chair**Friday 5/21/2010 - 4:25 PM**

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

3	Kyle Ralphs	M12	Decatur Wheel C	1:42.11
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Event 407 Mixed Shot Put Wheel Chair**Friday 5/21/2010 - 6:00 PM**

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Macy Westrick	W10	Decatur Wheel C	4-01.00
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