

**2007 WIAA/Dairy Farmers of Washington/Les Schwab Tires  
2A Boys Track & Field Championships**

**100 Meter Dash**

Finals

1 Cade Wandling Prosser 11.21

**200 Meter Dash**

Finals

1 Sam Rucker Klahowya 22.36

**400 Meter Dash**

Finals

1 Sam Rucker Klahowya 48.72

**800 Meter Run**

Finals

1 Isak Bergman Ellensburg 1:52.65

**1,600 Meter Run**

Finals

1 Mason McHenry Sehome 4:15.70

**3,200 Meter Run**

Finals

1 Chris Kwiatkowski Bellingham 9:05.88

**110 Meter Hurdles**

Finals

1 Nick Snyder Archbishop Murphy 15.07

**300 Meter Hurdles**

Finals

1 Christian Stark Elma 38.49

**4x100 Meter Relay**

Finals

1 Aaron Galvan Cody Bruns Prosser 43.11  
Drake Washington Cade Wandling

**4x400 Meter Relay**

Finals

1 Brocken Baltrus Robby Robinson Bellingham 3:26.43  
Andrew Buehrer Logan Darling

**Shot Put**

Finals

1 Steven Ayers Sehome 64-7.5

**Discus Throw**

Finals	1 Steven Ayers	Sehome	171-0
<b>Javelin Throw</b>			
Finals	1 David Musson	Colville	211-10
<b>Long Jump</b>			
Finals	1 Brett Blanshan	Selah	21-10.75
<b>Triple Jump</b>			
Finals	1 William Basham	Washington	43-11.75
<b>High Jump</b>			
Finals	1 Matt Pfeiffer	Ellensburg	6-5
<b>Pole Vault</b>			
Finals	1 Wes Chamberlin	Ephrata	14-0

#### 2007 1A Boys Team Track & Field Finals

1	Sehome	79
2	Prosser	39
3	Burlington-Edison	39
4	Ellensburg	38
5	Bellingham	33
6	River Ridge	32
7	Hockinson	32
8	Klahowya	24
9	Centralia	23
10	Archbishop Murphy	22
11	Selah	20.5
12	Woodland	18
13	Toppenish	18
14	Elma	18
15	Pullman	17
16	Colville	17
17	Anacortes	13.5
18	Foster	13
19	Blaine	12.5
20	Hoquiam	12.5
21	South Whidbey	11.5
22	Washougal	11.5
23	Sequim	11
24	Washington	10
25	Ephrata	10
26	Othello	10
27	Port Townsend	10

28 Black Hills	9
29 Fife	9
30 Riverside	7
31 West Valley (Spokane)	6
32 Eatonville	6
33 Cheney	6
34 Medical Lake	6
35 Mark Morris	6
36 Grandview	6
37 Lakewood	4
38 East Valley (Yakima)	3
39 Lynden	3
40 Quincy	3

**2007 WIAA/Dairy Farmers of Washington/Les Schwab Tires  
2A Girls Track & Field Championships**

**100 Meter Dash**

Finals

1 Angela Jensen Fife 12.24

**200 Meter Dash**

Finals

1 Alex Davidson Steilacoom 25.50

**400 Meter Dash**

Finals

1 Alex Davidson Steilacoom 57.62

**800 Meter Run**

Finals

1 Becca Friday Bellingham 2:16.48

**1,600 Meter Run**

Finals

1 Stephanie Marcy Sequim 4:54.14

**3,200 Meter Run**

Finals

1 Shannon Porter Hockinson 10:50.00

**110 Meter Hurdles**

Finals

1 Angela Jensen Fife 14.3

**300 Meter Hurdles**

Finals

1 Angela Jensen Fife 44.93

**4x100 Meter Relay**

Finals

1  
Michelle Kennedy Anna Latham Burlington-Edison 50.05  
Sarah Berentson Alicia Shapiro

**4x200 Meter Relay**

Finals

1  
Lauren Sandri Hope Richards South Whidbey 1:45.63  
McKenzie Walker Gwen Bakke

**4x400 Meter Relay**

Finals

1  
Jessica Tarvin Santia Sanders River Ridge 3:59.71  
Tay Dunklee Brianna Schmid

**Shot Put**

Finals

1 Anna Albrecht Pullman 43-11.25

**Discus Throw**

Finals

1 Anna Albrecht Pullman 145-6

**Javelin Throw**

Finals

1 Courtney Kirkwood Othello 158-10

**Long Jump**

Finals

1 Courtney Kirkwood Othello 16-10

**Triple Jump**

Finals

1 Shene Davis Selah 36-3.75

**High Jump**

Finals

1 Melissa Mauro West Valley (Spokane) 5-5

**Pole Vault**

Finals

1 Heidi Dorling Black Hills Dec-00

**2007 1A Boys Team Track & Field Finals**

1	Sehome	54
2	Burlington-Edison	47
3	Pullman	43
4	Fife	41
5	Black Hills	41
6	West Valley (Spokane)	39
7	River Ridge	38
8	Selah	34
9	South Whidbey	30
10	Othello	28
11	Steilacoom	26
12	Sequim	25
13	Bellingham	24
14	W.F. West	21
15	Ellensburg	19
16	Hockinson	19
17	Cheney	19
18	Aberdeen	17
19	Mark Morris	12
20	Archbishop Murphy	11
21	Tumwater	10

22	Washington	10
23	Centralia	10
24	Sultan	9
25	Ridgefield	8
26	Blaine	8
27	Washougal	7
28	Lakewood	6
29	Elma	6
30	Colville	5
31	Woodland	5
32	North Mason	5
33	Lynden	4
34	Medical Lake	4
35	Deer Park	4
36	Prosser	4
37	Anacortes	2
38	Hoquiam	2
39	Port Townsend	2
40	Grandview	1
41	Klahowya	1
42	Clarkston	1

**2007 WIAA/Dairy Farmers of Washington/Les Schwab Tires  
3A Boys Track & Field Championships**

**3A Boys 100 Meter Dash**

Finals

1	Marlon Murray	12	Highline	10.90
2	Chris Mallard	12	Ferndale	11.01
3	Kevin Ramos	12	Shorecrest	11.14
4	Jack Holley	12	Peninsula	11.21
5	Kelvin Miller	12	Lakes	11.24
6	Markeem Adams	9	West Seattle	11.25
7	Avi Castro	11	Rainier Beach	11.36
8	Kody Winsor	10	Hanford	11.39

**3A Boys 200 Meter Dash**

Finals

1	Markeem Adams	9	West Seattle	22.16
2	Alex Griffin	11	Bremerton	22.23
3	Jack Holley	12	Peninsula	22.50
4	Nick Roark	10	North Central	22.67
5	Donald Lisowski	11	O'Dea	22.73
6	Drew Guttormsen	12	Bishop Blanchet	22.82
7	Avi Castro	11	Rainier Beach	22.85
8	Frank McLaughlin	11	Mount Si	23.01

**3A Boys 400 Meter Dash**

Finals

1	Max Lutton	11	Franklin Pierce	48.86
2	Case Parker	11	East Valley	49.35
3	Darriell Beaumonte	12	Clover Park	49.36
4	Paul Winger	11	Bonney Lake	49.67
5	John Thomas	12	Rainier Beach	50.03
6	Frank McLaughlin	11	Mount Si	50.24
7	Stephen Foster	10	Squalicum	50.30
8	Jasen Meyers	11	Renton	50.47

**3A Boys 800 Meter Run**

Finals

1	Abdi Hassan	12	Nathan Hale	1:54.78
2	Logan Ordon	12	Everett	1:55.22
3	Dan Doperalski	12	Newport	1:56.59
4	Ian Smith	11	Liberty	1:57.25
5	Chris Stone	12	Renton	1:57.87
6	Tim Kruse	11	West Valley	1:57.89
7	Leon Dean	10	North Central	1:59.72
8	Ryan Styrk	12	Seattle Prep	2:03.28

**3A Boys 1,600 Meter Run**

Finals

1	Abdi Hassan	12	Nathan Hale	4:13.45
2	Shane Geiger	11	Camas	4:13.74
3	Matt Frerker	12	Skyline	4:14.74
4	Max O'Donoghue-McDonald	12	Seattle Prep	4:15.48
5	Graydon Manning	12	Capital	4:16.32
6	Leon Dean	10	North Central	4:20.52

7 Axel Stanovsky	12	Everett	4:21.30
8 Tyler Pavel	12	Auburn-Riverside	4:21.95
9 Ryan Prentice	11	Mt Rainier	4:23.71
10 Seth Bridges	11	Lakes	4:24.20
11 Bevan Taylor	12	Bainbridge	4:24.21
12 Steve Hicks	11	North Central	4:24.54
13 Matt Miland	10	Lindbergh	4:24.61
14 Jeremy Swenson	12	Bishop Blanchet	4:26.63
15 Alex Wipf	12	Meadowdale	4:35.65
16 Faisal Abdullahi	12	Kelso	4:50.12

### 3A Boys 3,200 Meter Run

Finals

1 Max O'Donoghue-McDonald	12	Seattle Prep	9:02.69
2 Ryan Prentice	11	Mt Rainier	9:06.58
3 Matt Frerker	12	Skyline	9:06.87
4 Graydon Manning	12	Capital	9:16.57
5 Shane Geiger	11	Camas	9:24.31
6 Andrew Kimpel	10	North Central	9:24.46
7 Andrew Gonzales	10	Southridge	9:25.67
8 Jeremy Swenson	12	Bishop Blanchet	9:26.89
9 Seth Bridges	11	Lakes	9:32.21
10 Simon Sorenson	10	Skyline	9:38.30
11 Axel Stanovsky	12	Everett	9:39.25
12 Matt Miland	10	Lindbergh	9:46.43
13 Grant Fujii	12	Renton	9:47.34
14 Dan Hutchins	12	Newport	9:48.10
15 Cody MacDougall	9	Everett	9:48.50
16 Julian-Blake Cowan	10	Auburn-Riverside	9:51.70

### 3A Boys 110 Meter Hurdles

Finals

1 Anthony Stadeker	12	Yelm	14.59
2 Preston Borth	12	Issaquah	14.89
3 Armon Blackwell	12	Clover Park	15.01
4 David Butler	11	North Central	15.14
5 Andrew Gray	11	Skyline	15.22
6 Kyle Acheson	12	Port Angeles	15.72
7 J. Hopkins	11	Everett	15.78
-- Tim Armstrong	12	East Valley	DQ

### 3A Boys 300 Meter Hurdles

Finals

1 J. Hopkins	11	Everett	37.99
2 Miles Timpe	12	Enumclaw	38.60
3 Tim Armstrong	12	East Valley	39.28
4 Kyle Acheson	12	Port Angeles	39.41
5 Gante Price	11	Lakes	39.63
6 Scottie Duclos	12	Kamiakin	39.73
7 Armon Blackwell	12	Clover Park	39.91
8 Preston Borth	12	Issaquah	40.01

### 3A Boys 4x100 Meter Relay

Finals

1 Rainier Beach			42.31
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2 Lakes	1) John Thomas 3) Damien Harper	12 12	2) Vonzell McDowell 4) Avi Castro	12 11	42.62
3 North Central	1) Dominick Davis 3) Koreye Dixon	11 11	2) Jermaine Kearse 4) Kelvin Miller	11 12	42.77
4 Peninsula	1) Tim Hight 3) David Butler	12 11	2) Alex Cassis 4) Nick Roark	11 10	42.85
5 West Seattle	1) Johnny Sly 3) Andy O'Brien	12 12	2) Michael Chopp 4) Jack Holley	12 12	43.36
6 O'Dea	1) Aaron Grymes 3) Paul Palu	10 12	2) Markeem Adams 4) Christian Crain	9 11	43.91
-- Bonney Lake	1) Donald Lisowski 3) Eric Patterson-Floyd	11 9	2) Quinton Richardson 4) Tony Melonson	12 12	DNF
-- Franklin Pierce					DNF

### 3A Boys 4x400 Meter Relay

Finals

1 Liberty	1) KaeBee Burns 3) Mitchell Byron	12 10	2) Reid Christensen 4) Ian Smith	11 11	3:22.14
2 Renton	1) Jason Harris 3) Seth Trowbridge	12 11	2) Chris Stone 4) Jasen Meyers	12 11	3:22.47
3 Bainbridge	1) Austin Hallett 3) Greg Nance	11 12	2) Patrick Wauters 4) Bevan Taylor	12 12	3:22.55
4 East Valley (Spokane)	1) Tim Armstrong 3) McKay Clarkson	12 12	2) Sam Hale 4) Case Parker	12 11	3:22.78
5 Bonney Lake	1) Paul Winger 3) Eric Schroeder	11 10	2) Cale Snider 4) Travis Christian	10 11	3:23.10
6 Highline	1) Anthony Watkins 3) Roger Pierce	12 10	2) Brian Watkins 4) Marlon Murray	12 12	3:24.51
7 Lakes	1) Jamaal James 3) Jeremiah Vaughn	11 12	2) Thaddeus Miller 4) Gante Price	11 11	3:24.62
8 Rainier Beach	1) John Thomas 3) Ronelle McGraw	12 9	2) Khayree Johnson 4) Michael Berry	9 9	3:26.97

### 3A Boys Pole Vault

Finals

1 Sam Sampson	12	Squalicum	16-02.00
2 Jason Marks	11	Interlake	14-06.00
3 Daniel Thompson	12	Camas	J14-06.00
4 Carter Nell	11	Eastmont	J14-06.00
5 Garrett Handy	12	Interlake	14-00.00
6 Justin George		Yelm	J14-00.00

7	Chris Grist	12	Sumner	13-06.00
8	Bryce Borer	10	Mercer Island	J13-06.00
9	Jordan Wishard	11	Kelso	13-00.00
10	Gabe Cadero-Smith	10	Yelm	J13-00.00
11	Cheyne Clark	11	Bainbridge	J13-00.00
11	AJ Cox	12	Auburn-Riverside	J13-00.00
13	Cameron Fancher	11	Southridge	J13-00.00
14	Dylan Gaudette	11	Kelso	12-06.00
--	Brian Gegenhuber	12	Squalicum	NH
--	Kiel Rasp	12	Nathan Hale	NH

### 3A Boys Long Jump

#### Finals

1	Magaiva Herman	12	Hudson's Bay	23-00.25
2	Chris Mallard	12	Ferndale	22-01.75
3	Melvin Jones	12	Chief Sealth	21-10.00
4	Brandon Jared	11	Mt Spokane	21-07.75
5	Vicente Cordova	11	Evergreen (Seattle)	21-06.00
6	Robert Cramer	11	Camas	21-05.50
7	Julian Bardwell	10	Franklin Pierce	21-02.50
8	Damien Harper	12	Rainier Beach	21-01.50
9	Antoine Sims	12	Yelm	20-10.75
10	Christian Crain	11	West Seattle	20-10.00
11	Kelvin Miller	12	Lakes	20-09.75
12	Andy Green	12	Sammamish	20-07.00
13	Vien Hua	12	Hanford	20-05.00
14	Mike Winkler	12	Columbia River	19-10.75
15	Mosie Mallard	11	Ferndale	19-03.75
16	Ethan Spiro	11	Mercer Island	19-00.75

### 3A Boys Discus Throw

#### Finals

1	Conner Larned	11	Enumclaw	164-07
2	Josh Davis	11	Mount Si	164-02
3	Matt Gill	12	West Valley	163-02
4	Dustin Schneider	12	Mt Spokane	150-06
5	Zach Nielsen	10	Lindbergh	150-05
6	Chris Jackson	12	Clover Park	148-09
7	Marek Domanski	11	Shorecrest	148-02
8	Jacob Hanes	11	Shelton	145-05
9	Darry Rupe	12	Kelso	143-07
10	Cary Purchase	12	Mount Si	139-11
11	Nick Stewart	11	Columbia River	135-10
12	Quinton Agosta	12	Bainbridge	J131-01
12	Gabe Shoemaker	12	Shelton	131-01
14	Jeff Boyden	12	Arlington	130-10
15	Kyle Dennison	11	Liberty	124-10
--	Richard Silva	11	Interlake	ND

### 3A Boys High Jump

#### Finals

1	Keefe Brockman	12	Hanford	6-08.00
2	Justin Brayton	12	North Central	6-04.00
3	Vicente Cordova	11	Evergreen (Seattle)	J6-04.00
4	Jesse Schaab-Martin	12	Lindbergh	J6-04.00

5	Brandon Yakaboski	12	Mount Si	6-02.00
5	Daniel Allan	12	Interlake	6-02.00
7	Quin Breeland	12	Issaquah	J6-02.00
8	Tyler Sechrest	12	Bremerton	J6-02.00
9	Chris Jones	11	Lindbergh	J6-02.00
10	Tony Melonson	12	O'Dea	6-00.00
11	Nathan Isaacs	10	Camas	J6-00.00
12	Antonio Gonzalez	10	Kennedy	J6-00.00
13	Robert Cramer	11	Camas	5-10.00
14	Chris Wilson	11	O'Dea	J5-10.00
15	Ryan Schimpf	11	Arlington	J5-10.00
--	Spencer Sawyer	11	Everett	NH

### 3A Boys Triple Jump

Finals

1	Magaiva Herman	12	Hudson's Bay	47-04.75
2	Robert Cramer	11	Camas	45-08.00
3	Jermaine Kearse	11	Lakes	45-06.50
4	Rendel Jones	11	Everett	44-07.50
5	Antoine Sims	12	Yelm	J44-07.50
6	Keefe Brockman	12	Hanford	44-06.00
7	Andy Green	12	Sammamish	44-02.50
8	KaeBee Burns	12	Liberty	44-01.50
9	Melvin Jones	12	Chief Sealth	43-07.75
10	Ethan Spiro	11	Mercer Island	43-02.50
11	Bryan Mack	11	Arlington	42-06.00
12	Vicente Cordova	11	Evergreen (Seattle)	42-00.50
13	Quinton Agosta	12	Bainbridge	41-08.75
14	Kyle Ehlers	10	Mt Rainier	41-06.50
15	Jason Feser	11	Kamiakin	41-05.25
16	Jordan Wishard	11	Kelso	40-10.75

### 3A Boys Shot Put

Finals

1	Gabe Shoemaker	12	Shelton	52-09.50
2	Chris Jackson	12	Clover Park	52-08.00
3	Andrey Levkiv	10	Hazen	J52-08.00
4	Alameeda Taamu	11	Rainier Beach	51-08.50
5	David Decastro	11	Bellevue	50-11.50
6	Jacob Hanes	11	Shelton	50-03.50
7	Cody Clark	12	Kelso	49-06.50
8	Matt Gill	12	West Valley	J49-06.50
9	Richard Silva	11	Interlake	48-02.50
10	Josh Davis	11	Mount Si	48-02.00
11	Kurtis Hampton	11	Arlington	46-11.50
12	Nathan Raglin	12	Kelso	46-08.00
13	Jeremy Salinas	12	Southridge	45-09.50
14	Tom Kim	11	Camas	44-05.50
15	Paul Palu	12	West Seattle	43-03.50
16	Jesse Potes	11	Squalicum	41-04.50

### 3A Boys Javelin Throw

Finals

1	Jason Harris	12	Renton	194-04
2	Andrew Stiger	12	Everett	189-10

3 Dylan Burnett-Lewis	10	Lynnwood	182-02
4 Braden Keller	11	Kelso	180-11
5 Jesse Elvrom	10	Yelm	179-10
6 Keith Keller	12	Mount Si	177-08
7 Alec Simmons	12	Sumner	174-04
8 Kevin Jeffery	12	Auburn	173-01
9 Derek Devine	12	Timberline	167-11
10 Tommy Sheriff	12	Bellevue	166-06
11 JJ Cadwell	11	Columbia River	166-05
12 Zach Ames	9	East Valley	161-03
13 Taylor Tanasse	12	West Valley	157-09
14 Tom Perry	12	Mount Si	153-04
15 Daniel Harden	12	Bellevue	148-10
16 Drew Turner	10	Seattle Prep	144-09

### 2007 3A Boys Track & Field Team Finals

1 Everett	35
2 North Central	32
3 Camas	29
4 Rainier Beach	25
5 Clover Park	25
6 Lakes	24
7 Renton	23
8 Yelm	21
9 Hudson's Bay	20
10 Nathan Hale	20
11 East Valley (Spokane)	19
12 Mount Si	18.5
13 Enumclaw	18
14 West Seattle	17
15 Liberty	16
16 Peninsula	16
17 Seattle Prep	16
18 Ferndale	16
19 Skyline	16
20 nterlake	15.5
21 Hanford	14
22 Shelton	14
23 Highline	13
24 Squalicum	12
25 Franklin Pierce	12
26 Issaquah	11
27 West Valley (Yakima)	10
29 Mt Spokane	10
30 Capital	9
31 Lindbergh	9
32 Bonney Lake	9
33 Bremerton	9
34 Mt Rainier	8
35 Shorecrest	8
36 O'Dea	7
38 Kelso	7
39 Chief Sealth	6
40 Lynnwood	6

41 Newport	6
42 Bainbridge	6
43 Hazen	6
44 Eastmont	5
45 Bellevue	4
46 Bishop Blanchet	4
47 Sumner	4
48 Kamiakin	3
49 Southridge	2
50 Sammamish	2
51 Auburn-Riverside	1
52 Mercer Island	1
53 Auburn	1

**2007 WIAA/Dairy Farmers of Washington/Les Schwab Tires  
3A Girls Track & Field Championships**

**3A Girls 100 Meter Dash**

Finals

1	Morgan Clem	11	Eastmont	12.45
2	Charnay Combs	10	Rainier Beach	12.46
3	Tiffany Tibbot	11	Skyline	12.51
4	Cora Speidel	12	Shorecrest	12.77
5	Shea O'Donnell	9	Skyline	12.83
6	Rachel Kirkwood	11	North Thurston	12.90
7	Devin Brooks	12	Holy Names	12.94
8	Johanna Carr	10	Issaquah	13.03

**3A Girls 200 Meter Dash**

Finals

1	Charnay Combs	10	Rainier Beach	24.88
2	Tiffany Tibbot	11	Skyline	25.09
3	Latoya Tidwell	12	Franklin Pierce	25.52
4	Chantel Green	11	Ferndale	25.58
5	Jacki Hill	11	Bremerton	25.93
6	Kelsey Werre	10	Liberty	25.96
7	Shea O'Donnell	9	Skyline	26.01
8	Devin Brooks	12	Holy Names	26.21

**3A Girls 400 Meter Dash**

Finals

1	Rachel Van Rijn	12	Auburn-Riverside	56.69
2	Jacki Hill	11	Bremerton	56.73
3	Megan O'Connell	12	Skyline	57.45
4	Ariele Reeves	9	Lakes	57.64
5	Jasmine Cho	10	Newport	57.95
6	Jenna Haven	12	Eastmont	58.46
7	Abbie Richert	11	Issaquah	59.07
8	Dyneeca Adams	11	Rainier Beach	60.78

**3A Girls 800 Meter Run**

Finals

1	Sophie Curl	10	Squalicum	2:16.96
2	Mary Wuest	12	Issaquah	2:17.21
3	April Johnson	10	West Seattle	2:17.74
4	Courtney Zalud	10	Mt Spokane	2:18.79
5	Olivia Sylvester	10	Seattle Prep	2:19.32
6	Margo Cramer	11	Lakeside	2:19.51
7	Kalee Cipra	10	Auburn-Riverside	2:20.42
8	Phoebe Merritt	10	Mercer Island	2:29.28

**3A Girls 1,600 Meter Run**

Finals

1	Lisa Olander	11	West Valley	4:51.05
2	Katrina Drennen	12	Sumner	4:52.80
3	Bronwyn Crossman	11	Squalicum	5:07.45

4	Chelsea Burns	11	Holy Names	5:09.65
5	Mary Graesser	12	North Central	5:09.79
6	Michael Paulston	9	Auburn	5:10.51
7	Emily Farrar	11	Bainbridge	5:11.45
8	Suzy Olsen	10	Everett	5:12.42
9	Ashlee Sincraugh	9	Sumner	5:14.95
10	Theresa Edwards	10	Bonney Lake	5:17.22
11	Kalee Cipra	10	Auburn-Riverside	5:17.25
12	Melissa Conlin	12	Hazen	5:19.07
13	Amber Giordano	12	Holy Names	5:20.12
14	McKenzie Barney	11	Skyline	5:25.24
15	Nelly Evans	11	Auburn-Riverside	5:32.23
16	Anna Fero	12	Holy Names	5:36.19

### 3A Girls 3,200 Meter Run

#### Finals

1	Katrina Drennen	12	Sumner	10:31.79
2	Bronwyn Crossman	11	Squalicum	10:35.96
3	Chelsea Burns	11	Holy Names	10:59.67
4	Mary Graesser	12	North Central	11:00.75
5	Anna Fero	12	Holy Names	11:02.94
6	Theresa Edwards	10	Bonney Lake	11:05.24
7	Melissa Conlin	12	Hazen	11:05.80
8	McKenzie Barney	11	Skyline	11:10.76
9	Jessica Klier	12	Mt Spokane	11:13.92
10	Amanda Wright	11	Capital	11:23.73
11	Alex Rudd	9	Mount Si	11:33.48
12	Veronica Stinnett	9	Bonney Lake	11:34.42
13	Ashley Llapitan	10	White River	11:37.84
14	Emily Schick	12	Squalicum	11:38.77
15	Zara Lukens	12	Columbia River	11:44.35
16	Jillian Altizer	10	Newport	12:16.35

### 3A Girls 100 Meter Hurdles

#### Finals

1	Devin Brooks	12	Holy Names	14.65
2	Chelsea Conrad	12	Columbia River	15.45
3	Elizabeth Mattila	12	Ferndale	15.49
4	Chelsea Bourque	9	Southridge	15.62
5	Stephanie Jones	9	Enumclaw	15.75
6	Laurie Bourgeois	11	East Valley	15.82
7	Kiara Williams	10	Skyline	16.17
8	Laniece Luster	10	Kennedy	16.36

### 3A Girls 300 Meter Hurdles

#### Finals

1	Morgan Clem	11	Eastmont	42.75
2	Elizabeth Mattila	12	Ferndale	43.96
3	Olivia Johnston	11	Kamiakin	43.99
4	Sarah Brownell	12	Yelm	44.22
5	Brooke Bekkedahl	12	Columbia River	45.39
6	Rachel Thompson	10	Capital	45.99

7 Bethany Freeburg	12	Enumclaw	46.08
8 Tanya Bjornsson	10	Ferndale	47.03

### 3A Girls 4x100 Meter Relay

#### Finals

1 Skyline			47.90
1) Shea O'Donnell	9	2) Kaylyn Berry	10
3) Lauren Matthews	12	4) Tiffany Tibbot	11
2 Eastmont			48.84
1) Kimaree Miller	12	2) Jenna Haven	12
3) Chelsea Putnam	11	4) Morgan Clem	11
3 Southridge			49.02
1) Laquilla Upton	9	2) Karissa Strebin	12
3) Kasey McNeill	10	4) Chelsea Bourque	9
4 Franklin Pierce			49.23
1) Celina Mortensen	9	2) Germe Poston	9
3) Kelsey Mueller	9	4) Latoya Tidwell	12
5 Holy Names			49.45
1) Hannah Modin	11	2) Devin Brooks	12
3) Taylor Thornton	11	4) Ava Ames	9
6 East Valley (Spokane)			49.64
1) Angela Shearer	12	2) Eleaya Schuerch	12
3) Katie Arnold	11	4) Laurie Bourgeois	11
7 Auburn-Riverside			50.78
1) Julianne Moore	12	2) Ariell Swan	10
3) Gina Hagerty	11	4) Leonie Fiebig	11
8 Ferndale			50.82
1) Kim Harbine	10	2) Elizabeth Mattila	12
3) Tanya Bjornsson	10	4) Chantel Green	11

### 3A Girls 4x200 Meter Relay

#### Finals

1 Skyline			1:41.91
1) Shea O'Donnell	9	2) Kaylyn Berry	10
3) Danielle Matthews	9	4) Tiffany Tibbot	11
2 Southridge			1:42.63
1) Chelsea Bourque	9	2) Christina Lee	12
3) Karissa Strebin	12	4) Kasey McNeill	10
3 Eastmont			1:42.86
1) Erika Wolk	12	2) Kimaree Miller	12
3) Jenna Haven	12	4) Morgan Clem	11
4 Rainier Beach			1:43.15
1) Jessica Mccool	11	2) Charnay Combs	10
3) Deborah Spencer	12	4) Dyneeca Adams	11
5 Auburn-Riverside			1:45.18
1) Julianne Moore	12	2) Gina Hagerty	11
3) Leonie Fiebig	11	4) Rachel Van Rijn	12
6 Issaquah			1:45.28
1) Johanna Carr	10	2) Jenna Suttmeier	12
3) Mary Wuest	12	4) Abbie Richert	11
7 Ferndale			1:47.40
1) Tanya Bjornsson	10	2) Lauren Marks	10

3) Chantel Green	11	4) Elizabeth Mattila	
8 Franklin Pierce			1:55.33
1) Celina Mortensen	9	2) Germe Poston	9
3) Kelsey Mose	10	4) Latoya Tidwell	12

### 3A Girls 4x400 Meter Relay

#### Finals

1 West Valley (Yakima)			3:56.58
1) Melissa Trammell	11	2) Emily George	11
3) Rachael Johnson	12	4) Lisa Olander	11
2 Issaquah			3:56.82
1) Kaley Allison	9	2) Johanna Carr	10
3) Mary Wuest	12	4) Abbie Richert	11
3 Skyline			3:59.15
1) Lauren Matthews	12	2) McKenzie Barney	11
3) Shannon Melser	9	4) Megan O'Connell	12
4 Liberty			4:00.15
1) Kelsey Were	10	2) Alli Agnew	10
3) Jordan Hanson	11	4) Clair Bergam	12
5 Eastmont			4:01.25
1) Erika Wolk	12	2) Sarah Lindell	12
3) Nikki Dotter	10	4) Jenna Haven	12
6 Bishop Blanchet			4:01.91
1) Maddy Mercier	10	2) Andrea Toulouse	9
3) Ryann McChesney	11	4) Bridget Toulouse	9
7 Camas			4:02.52
1) Seanna Pitassi	9	2) Jamie Wongwai	12
3) Allison Kellmer	12	4) Sami Andrews	12
8 Holy Names			4:16.74
1) Hannah Modin	11	2) Michelle Fero	9
3) Corey Fawcett	10	4) Ava Ames	9

### 3A Girls High Jump

#### Finals

1 Elise Jepsen	10	Kamiakin	5-02.00
2 Stephanie Burk	10	Mount Si	J5-02.00
3 Barbara Holladay	11	Skyline	5-01.00
4 Elise Jones	9	Auburn-Riverside	5-00.00
5 Karah Ambrose	10	Columbia River	J5-00.00
6 Amanda Overdick	10	Lynnwood	J5-00.00
7 Irene Lowe	12	Yelm	4-10.00
8 Kaylee Hartshorn	10	East Valley	J4-10.00
8 Athena Alvarez	10	Columbia River	J4-10.00
10 Tess Peckler	10	Capital	J4-10.00
11 Shelby Napiontek	10	Port Angeles	J4-10.00
12 Alice Verhovek	10	Holy Names	4-08.00
12 Lauren Fleming	11	Bainbridge	4-08.00
12 Samantha King	11	Issaquah	4-08.00
15 Molly Gibson	12	Shorecrest	J4-08.00
-- Omni Gipson	12	Timberline	NH

### 3A Girls Long Jump

## Finals

1	Cora Speidel	12	Shorecrest	18-00.75
2	Emily Warman	11	Sedro-Woolley	17-07.25
3	Eleaya Schuerch	12	East Valley	17-00.50
4	Chelsea Putnam	11	Eastmont	16-11.50
5	Amanda Alvarez	10	Columbia River	16-10.75
6	Olivia Ward	10	Cleveland	16-07.50
7	Laura Vogel	12	Mercer Island	16-06.25
7	Stephanie Jones	9	Enumclaw	J16-06.25
9	Ashley Bonnell	11	Interlake	16-06.00
10	Samantha Brewer	11	Olympic	16-04.75
11	Hannah Peckler	12	Capital	16-03.50
12	Maggie Bruns	10	Seattle Prep	16-03.00
13	Sara Meessen	12	Auburn	15-08.25
14	Kyly Rutherford	12	Peninsula	15-07.25
15	Melissa Koontz	11	Enumclaw	14-07.75
--	Kaylyn Berry	10	Skyline	ND

## 3A Girls Shot Put

### Finals

1	Kjirsetn Jensen	11	Arlington	37-08.00
2	Sam Damiano	12	Mt Spokane	37-07.50
3	Naomi Afereti	12	Evergreen (Seattle)	37-05.00
4	Gail Considine	12	West Seattle	36-08.50
5	Mady Miller	10	Eastmont	36-06.00
6	Emee Mathew	11	Issaquah	36-03.00
7	Kaylee Baumstark	12	Port Angeles	36-00.00
8	Melissa Yapp	10	Mt Rainier	35-10.50
9	Mileka Grager	11	Enumclaw	34-10.00
10	Kayla Huddleston	12	Lindbergh	34-00.00
11	Kristen Smith	11	Everett	33-08.50
12	Boryana Atanasova	10	Renton	33-00.00
13	Courtney Fisher	12	Nathan Hale	31-07.00
14	Christy Ometu	10	Auburn-Mountainview	31-02.50
15	Alisha Larion	11	Mount Si	J31-02.00
15	Kelsey Tarp	11	Mount Si	31-02.00

## 3A Girls Javelin Throw

### Finals

1	Amanda Peterson	12	Peninsula	157-01
2	Lindsey Snyder	11	Mt Spokane	126-03
3	Mileka Grager	11	Enumclaw	125-03
4	Richelle Stewart	11	Kamiakin	123-07
5	Anna Banks	12	Mt Spokane	122-01
6	Jackie Goldman	11	Mt Spokane	120-02
7	Boryana Atanasova	10	Renton	117-02
8	Megan Youngblood	10	Camas	116-01
9	Kaylee Baumstark	12	Port Angeles	115-02
10	Brit Garrett	11	Skyline	114-03
11	Kirsten Smith	11	Everett	111-05
12	McKensie Gelber	11	Skyline	107-11
13	Shayna Prause	12	Arlington	107-03

14 Jackie Otto	11	Interlake	106-02
15 Elissa Seid	12	Columbia River	105-06
16 Lauren Holman	11	Bishop Blanchet	104-00
17 Halima Essien	11	Lindbergh	99-07
18 Mariah Skeen	10	Newport	91-05

### 3A Girls Pole Vault

#### Finals

1 Jordan Roskelley	12	Mt Spokane	12-03.00
2 Dani Weatherbee	12	Port Angeles	11-00.00
3 Kelsey Shimada	12	Newport	10-09.00
4 Kara Kitchens	11	Kelso	J10-09.00
5 Tana Loan	12	Auburn-Riverside	10-06.00
5 Dominique Daba	12	Seattle Prep	10-06.00
7 Lacey Radach	12	Eastmont	J10-06.00
8 Rachael Severtson	10	Lakeside	10-00.00
8 Jamie Hughes	12	Mt Vernon	10-00.00
10 Amber Williams	11	Peninsula	J10-00.00
11 Carly Fitzpatrick	11	Sumner	9-06.00
11 Angela Gardner	11	Fort Vancouver	9-06.00
13 Courtney Violette	12	Squalicum	J9-06.00
14 Brett Konen	11	Newport	9-00.00
15 Whitney Gassaway	11	Columbia River	J9-00.00
16 Erika Sanchez	12	Bishop Blanchet	8-00.00

### 3A Girls Triple Jump

#### Finals

1 Olivia Ward	10	Cleveland	37-04.25
2 Stephanie Jones	9	Enumclaw	36-06.25
3 Emily Warman	11	Sedro-Woolley	36-02.75
4 Elise Jepsen	10	Kamiakin	35-07.00
5 Dani Weatherbee	12	Port Angeles	35-01.75
6 Julianna Sackeyfio	12	Ingraham	34-10.50
7 Kira Lewis	10	West Valley	34-09.50
8 Rachel Butenko	10	Skyline	34-05.75
9 Molly Gibson	12	Shorecrest	34-03.50
10 Janelle Chow	10	Mercer Island	34-02.75
11 Kayla Davis	10	Kelso	34-00.00
12 Tanya Tarabochia	10	West Seattle	J34-00.00
13 Kyly Rutherford	12	Peninsula	33-10.50
14 Melissa Koontz	11	Enumclaw	33-08.75
15 Angela Gardner	11	Fort Vancouver	33-05.50
16 Amanda Alvarez	10	Columbia River	33-00.50

### 3A Girls Discus Throw

#### Finals

1 Kjirsten Jensen	11	Arlington	117-03
2 Kaylee Baumstark	12	Port Angeles	J117-03
3 Mileka Grager	11	Enumclaw	116-10
4 Kirsten Smith	11	Everett	115-06
5 Rachel Damiano	10	Mt Spokane	114-06
6 Christina Johnsen	11	Timberline	112-04

7	Kerrin Feather	12	Camas	111-03
8	Boryana Atanasova	10	Renton	108-06
9	Tephra Brune	12	Mount Si	103-00
10	Sam Damiano	12	Mt Spokane	102-02
11	Cadie Kneip	11	Bellevue	100-09
12	Sophie Kordula	11	Renton	100-04
13	Theresa Johansen	11	Bainbridge	97-03
14	Katie Fickel	12	Sammamish	96-02
15	Rebecca Mulkey	12	North Thurston	94-08
16	Kirarra Witcher	11	Eastside Catholic	90-04

### 2007 3A Girls Track & Field Team Finals

1	Skyline	62
2	Eastmont	52
3	Mt Spokane	42
4	Holy Names	33
5	Enumclaw	27
6	Auburn-Riverside	26.5
7	Kamiakin	26
8	Issaquah	25
9	Rainier Beach	24
10	Squalicum	24
11	Ferndale	23
12	Port Angeles	22
13	West Valley (Yakima)	22
14	Columbia River	20.5
15	Arlington	20
16	Southridge	19
17	Sumner	18
18	Shorecrest	15
19	Sedro-Woolley	14
20	Cleveland	13
21	East Valley (Spokane)	12.5
22	Bremerton	12
23	Franklin Pierce	12
24	West Seattle	11
25	Newport	10
26	Peninsula	10
27	North Central	9
28	Liberty	8
29	Mount Si	8
30	Seattle Prep	7.5
31	Yelm	7
32	Everett	6
33	Evergreen (Seattle)	6
34	Kelso	5
35	Camas	5
36	Lakes	5
37	Lakeside	3.5
38	Renton	3
39	Bishop Blanchet	3

40 Bonney Lake	3
41 Timberline	3
42 North Thurston	3
43 Lynnwood	3
44 Ingraham	3
45 Capital	3
46 Auburn	3
47 Mercer Island	3
48 Bainbridge	2
49 Hazen	2
50 Mt Rainier	1
51 Kennedy	1
52 Mt. Vernon	0.5

**2007 WIAA/Dairy Farmers of Washington/Les Schwab Tires  
4A Boys Track & Field Championships**

**4A Boys 100 Meter Dash**

Finals

1	Ryan Hamilton	12	Evergreen	11.09
2	Kinsley Ojukwu	9	Evergreen	11.11
3	Ezra John Griffey	11	Decatur	11.17
4	Josh Waller	12	Todd Beamer	11.23
5	Ryan Barrett	12	Graham-Kapowsin	11.29
6	Nate Washington	12	Mariner	11.30
7	Morrey Brown	12	Kentridge	11.35
8	Ashtin Mott	12	Lake Stevens	11.41
9	Andre Jennings	12	Ferris	11.47

**4A Boys 200 Meter Dash**

Finals

1	Stephone Jordan	11	Garfield	21.91
2	Ezra John Griffey	11	Decatur	22.06
3	Andrew Battenburg	12	Walla Walla	22.20
4	Ashtin Mott	12	Lake Stevens	22.43
5	William Shepherd	12	Foss	22.45
6	Nic Johnson	11	Wilson	22.65
7	Justin Drayer	11	Todd Beamer	22.66
8	Demetrius Douglas-Davis	11	Mount Tahoma	22.69

**4A Boys 400 Meter Dash**

Finals

1	Ryan Barrett	12	Graham-Kapowsin	48.67
2	Isaac Teichgrab	11	Stanwood	48.69
3	Dan Sloat	11	Eastlake	48.84
4	William Shepherd	12	Foss	49.3
5	Andrew Battenburg	12	Walla Walla	49.31
6	Trevor Roush	11	Juanita	50.14
7	James Adams	11	Central Valley	50.45
8	Demetrius Douglas-Davis	11	Mount Tahoma	53.43

**4A Boys 800 Meter Run**

Finals

1	Chris Selvar	11	Kentwood	1:54.36
2	Charlie Williams	12	Gig Harbor	1:54.40
3	David Hickerson	12	Ferris	1:54.93
4	Ben Search	12	Battle Ground	1:55.70
5	Tyler Noland	12	Richland	1:56.20
6	Josiah Cheslick	12	Lake Stevens	1:56.43
7	Cody VanDeBrake	11	Eisenhower	1:57.05
8	Jonathan Lafler	11	Tahoma	2:07.23

**4A Boys 1,600 Meter Run**

Finals

1	Joey Bywater	11	Lake Stevens	4:10.70
2	Charlie Williams	12	Gig Harbor	4:11.17

3	David Hickerson	12	Ferris	4:13.36
4	Tyler Noland	12	Richland	4:14.02
5	Miles Unterreiner	11	Gig Harbor	4:14.21
6	Dak Riek	12	Mariner	4:14.49
7	Jonathan Lafler	11	Tahoma	4:14.63
8	Michael Chinchar	12	Kentwood	4:16.81
9	Taylor Nepon	12	Mead	4:17.32
10	Jacob Goodin	12	Olympia	4:19.21
11	Yonathan Yilma	11	Edmonds-Wood	4:21.04
12	Sean Coyle	12	Central Valley	4:21.62
13	Rob Webster	11	Puyallup	4:23.84
14	Etienne Pierson	12	Woodinville	4:23.86
15	Doug Holt	12	Woodinville	4:28.20
16	Yonas Berhe	12	Roosevelt	4:28.53
17	Anthony Ellis	11	Redmond	4:43.54

#### 4A Boys 3,200 Meter Run

##### Finals

1	Joey Bywater	11	Lake Stevens	9:09.19
2	Sean Coyle	12	Central Valley	9:10.84
3	Miles Unterreiner	11	Gig Harbor	9:12.90
4	Dak Riek	12	Mariner	9:16.25
5	Anthony Ellis	11	Redmond	9:21.67
6	Rob Webster	11	Puyallup	9:22.64
7	Michale Chinchar	12	Kentwood	9:24.75
8	Yonathan Yilma	11	Edmonds-Woodway	9:26.05
9	Eric Brill	12	Kentwood	9:26.44
10	Peter Miller	12	Shadle Park	9:31.10
11	Kevin Rosaaen	10	Wilson	9:33.62
12	Doug Holt	12	Woodinville	9:34.01
13	Dylan Hatcher	12	Mead	9:39.57
14	Matt Moncour	11	Skyview	9:47.55
15	Kris Brown	12	Garfield	9:53.02
--	Colin Oleary	11	Olympia	DQ

#### 4A Boys 110 Meter Hurdles

##### Finals

1	Stephone Jordan	11	Garfield	14.51
2	Sean Harris	11	Kent-Meridian	14.70
3	Josh Garrett	12	Curtis	14.71
4	Steven Warner	10	Kentwood	15.00
5	Isaac Butts	12	Richland	15.01
6	Casey Stevick	12	Olympia	15.12
7	James Hunter	12	Curtis	15.13
8	Ekai Stone	11	Evergreen	15.44

#### 4A Boys 300 Meter Hurdles

##### Finals

1	Stephone Jordan	11	Garfield	38.28
2	James Hunter	12	Curtis	38.92
3	Justin Helwege	12	Eastlake	38.93
4	Austin Victor	11	Inglemoor	39.21

5	Brandon Walker	11	Shadle Park	39.37
6	Phillip Villanueva	12	Bethel	39.85
7	Sean Walker	11	Central Kitsap	40.46
8	Steven Warner	10	Kentwood	40.47

#### 4A Boys 4x100 Meter Relay

##### Finals

1	Evergreen			42.16
	1) Chessjuan Monk	12	2) Jerry Bruner	11
	3) James Monk	10	4) Ryan Hamilton	12
2	Todd Beamer			42.37
	1) Duran Ward	10	2) Josh Waller	12
	3) Justin Drayer	11	4) Anthony Hogan	10
3	Garfield			42.82
	1) LeRoy Johnson	12	2) Stephone Jordan	11
	3) Chris Owes	11	4) Geordan Newbill	11
4	Cascade			42.88
	1) Paul Heer	11	2) Derek Sepe	11
	3) Julian Willis	11	4) Lorne Bridgford	11
5	Lake Stevens			43.01
	1) James Little	11	2) David McMurray	12
	3) Isaac Molstre	11	4) Ashtin Mott	12
6	Marysville-Pilchuck			43.36
	1) Andy Abadam	10	2) Duane LaPeyri	12
	3) Jonathan Jorgensen	12	4) Josh Rabung	12
7	Kentwood			43.45
	1) Nikiel Taylor	11	2) Devin St. Clair	10
	3) Chris Selvar	11	4) Demetrius Bronson	11
8	Mount Tahoma			43.49
	1) Charles Enoch	11	2) Ron Baines	10
	3) Terrance Brown	11	4) Demetrius Douglas-Davis	11

#### 4A Boys 4x400 Meter Relay

##### Finals

1	Graham-Kapowsin			3:19.56
	1) Ryan Barrett	12	2) Matt Smith	12
	3) Ryan Ancheta	12	4) Evan Schwantner	12
2	Eastlake			3:20.67
	1) Eric Hill	12	2) Taylor Corr	12
	3) Jordan Cole	12	4) Dan Sloat	11
3	Lake Stevens			3:21.17
	1) Ashtin Mott	12	2) David McMurray	12
	3) Josiah Cheslick	12	4) Isaac Molstre	11
4	Central Valley			3:21.68
	1) James Adams	11	2) Danny Groby	11
	3) David Churchill	12	4) Brad Whitley	10
5	Kentwood			3:23.40
	1) Steven Warner	10	2) Devin St. Clair	10
	3) Demetrius Bronson	11	4) Chris Selvar	11
6	Wilson			3:23.54
	1) Nic Johnson	11	2) Isiah Dawkins	12
	3) Alex Lavochin	11	4) Anthony France	11

7 Ferris				3:24.52
	1) Cameron Quackenbush	12	2) Justin Zimmerman	9
	3) McKenzie Murphy	11	4) David Hickerson	12
8 Mount Tahoma				3:29.09
	1) Geno Munoz	11	2) Ron Baines	10
	3) Demarcus Garner	11	4) Demetrius Douglas-Davis	11

#### 4A Boys Pole Vault

##### Finals

1	Sean Beighton	12	Kamiak	14-09.00
2	Viktor Gruy	12	Federal Way	14-06.00
3	Nathan Simunds	11	Stanwood	14-03.00
4	Trevor Sodorff	12	Woodinville	J14-00.00
5	Adam Neace	12	Walla Walla	14-00.00
6	Jeff Crumbaker	12	Evergreen	J13-06.00
7	Jeff Timmons	11	Gig Harbor	13-06.00
8	Jeff Bowers	12	Wilson	J13-06.00
9	Nick Lackman	12	Gig Harbor	J13-00.00
9	Andrew Ditto	12	University	J13-00.00
9	Ben Nicholas	11	Bothell	13-00.00
9	Dan Durkin	11	Bellarmine Prep	13-00.00
9	Aaron Bilbao	11	North Kitsap	J13-00.00
14	Keith Webber	10	Mead	12-06.00
--	Mark Leineweber	12	Skyview	NH
--	Brandon Kilpatrick	12	Snohomish	NH

#### 4A Boys Long Jump

##### Finals

1	Toney Henderson	12	Gig Harbor	23-02.00
2	David Pollard	12	Emerald Ridge	21-08.75
3	David McMurray	12	Lake Stevens	21-08.00
4	Mickey Mukai	11	Inglemoor	21-04.50
5	Jay Davis	12	Federal Way	21-03.25
6	Casey Stevick	12	Olympia	21-01.00
7	James Monk	10	Evergreen	20-10.00
8	Kyle Cho	12	Kamiak	20-07.50
9	Manny Melo	12	Battle Ground	20-06.25
10	Kai Pedro	12	Spanaway Lake	20-05.75
11	Greg Barnes	10	Central Valley	20-04.75
12	Shane Gruger	12	Shorewood	20-02.50
13	Justin Piek	10	Walla Walla	19-09.00
14	DJ McNeil	11	Lewis & Clark	19-08.50
15	Michael O'Brien	12	Heritage	18-10.50
16	Christian Drewery	12	Mount Tahoma	17-01.25

#### 4A Boys Discus Throw

##### Finals

1	Billy Matthews	12	Moses Lake	164-08
2	Garrett Comfort	12	Skyview	164-02
3	Alex Nelson	12	Evergreen	164-01
4	Sam Washington	12	Lincoln	162-01
5	Oliver Henry	11	Bethel	159-02

6	Kelley Neubauer	12	Shorewood	156-03
7	Renard Williams	12	South Kitsap	155-10
8	Dan Kreksbach	12	Kamiak	147-04
9	Tad Harman	11	Moses Lake	144-02
10	Logwone Mitz	12	Redmond	139-10
11	Evan Cook	11	Todd Beamer	138-00
12	Ben Kendo	12	Cascade	137-05
13	Donovan Cunningham	11	Heritage	136-11
14	AJ Crews	12	Eisenhower	136-04
15	Jeremiah Olivarez	12	Federal Way	129-09
16	Aaron Lenk	11	Graham-Kapowsin	125-11

#### 4A Boys High Jump

##### Finals

1	Cody McCargar	11	Richland	6-07.00
2	Amin Tufa	11	Roosevelt	J6-07.00
3	Rodrick Rumble	11	Oak Harbor	6-06.00
4	Casey Stevick	12	Olympia	J6-06.00
5	Eric Kasinger	12	Skyview	6-04.00
6	Corey Lusby	11	Olympia	J6-04.00
7	Dorian Smith	12	Richland	6-02.00
7	Adam Stewart	12	Davis	6-02.00
9	Josh Gillis	12	Kentridge	J6-02.00
9	David Pollard	12	Emerald Ridge	J6-02.00
11	Eric Greenwood	12	Edmonds-Woodway	J6-02.00
12	Greylin James	11	Federal Way	6-00.00
12	Patrick Ni	12	Ballard	6-00.00
14	Dorian Dolleman	12	Inglemoor	J6-00.00
14	Cody Fishel	10	Kentwood	J6-00.00
14	Duane LaPeyri	12	Marysville-Pilchuck	J6-00.00

#### 4A Boys Triple Jump

##### Finals

1	Toney Henderson	12	Gig Harbor	48-10.50
2	Stephan Scott-Ellis	11	Curtis	47-00.50
3	Andre Moore	11	Kent-Meridian	45-03.25
4	Manny Melo	12	Battle Ground	45-02.50
5	Kinsley Ojukwu	9	Evergreen	45-01.00
6	Desmond Trufant	10	Wilson	J45-01.00
7	Tim Clendaniel	11	Bothell	44-11.00
8	James Cho	12	Spanaway Lake	44-08.50
9	William Davis	11	Central Valley	44-02.50
10	Mickey Mukai	11	Inglemoor	43-04.25
11	Clayton Johnson	11	Snohomish	43-03.00
12	Jay Davis	12	Federal Way	42-09.50
13	Evander Cobbs	10	Central Valley	42-07.50
14	Jonathan Miller	11	Richland	42-03.75
15	Steven Graham	12	Lake Stevens	41-09.25
16	Kyle Cho	12	Kamiak	40-06.00

#### 4A Boys Shot Put

##### Finals

1	Renard Williams	12	South Kitsap	59-03.00
2	Richard Anderson	12	Wilson	58-00.00
3	Tad Harman	11	Moses Lake	53-08.00
4	Sam Washington	12	Lincoln	53-07.00
5	Mike Magee	12	Mead	53-06.50
6	Jake Stenfeld	12	Mountain Vie	53-06.00
7	Oliver Henry	11	Bethel	53-04.50
8	William Hunter	12	Oak Harbor	51-00.00
9	Alex Nelson	12	Evergreen	49-06.50
10	Kelly Kirisu	11	Lake Stevens	49-03.00
11	Marlyn Anderson	10	Snohomish	48-11.50
12	Codie Mendenhall	12	Mount Tahoma	47-10.50
13	Brandon Thurston	11	Inglesmoor	47-00.50
14	Andre Davis	12	Franklin	46-11.00
--	Landon Welch	10	Kentlake	ND

#### 4A Boys Javelin Throw

##### Finals

1	Aaron Mettler	12	Walla Walla	191-08
2	Kenny Yorky	12	Marysville-Pilchuck	185-09
3	Joe Zimmerman	10	Lewis & Clark	178-11
4	Justin Graff	10	Mead	178-01
5	Jake Wilson	10	Heritage	170-10
6	Sean Bucy	12	Kamiak	170-03
7	Kika Gleason	11	Bethel	166-08
8	Eric Gillison	11	Lake Washington	166-04
9	Jered Leslie	12	Woodinville	165-02
10	Sean Allison	10	South Kitsap	164-09
11	Jason Erickson	12	Bothell	164-01
12	Curtis West	12	Mount Tahoma	163-06
13	Pierce Monton	11	Olympia	150-02
14	Chris Wells	11	Mountlake Terrace	149-01
15	Anthony Olague	12	Wilson	145-03
16	Ronnie Dudley	10	Curtis	129-02

#### 2007 4A Boys Track & Field Team Finals

1	Gig Harbor	49
2	Lake Stevens	45
3	Evergreen	43
4	Garfield	36
5	Kentwood	25
6	Walla Walla	25
7	Richland	24.5
8	Graham-Kapowsin	24
9	Curtis	24
10	Eastlake	20
11	Wilson	18
12	Moses Lake	16
13	Kamiak	15
14	Central Valley	15
15	Todd Beamer	15

16 Decatur	14
17 Kent-Meridian	14
18 Stanwood	14
19 Ferris	14
20 Olympia	14
21 Federal Way	12
22 Skyview	12
23 South Kitsap	12
24 Mariner	11
25 Marysville-Pilchuck	11
26 Bethel	11
27 Inglemoor	10
28 Battle Ground	10
29 Lincoln	10
30 Foss	9
31 Mead	9
32 Roosevelt	8
33 Emerald Ridge	8
34 Oak Harbor	7
35 Lewis & Clark	6
36 Cascade	5
37 Redmond	4
38 Woodinville	4
39 Heritage	4
40 Mount Tahoma	4
41 Shadle Park	4
42 Shorewood	3
43 Mountain View	3
44 Puyallup	3
45 Juanita	3
46 Tahoma	3
47 Eisenhower	2
48 Central Kitsap	2
49 Kentridge	2
50 Bothell	2
51 Davis	1.5
52 Spanaway Lake	1
53 Lake Washington	1
54 Edmonds-Woodway	1

**2007 WIAA/Dairy Farmers of Washington/Les Schwab Tires  
4A Girls Track & Field Championships**

**4A Girls 100 Meter Dash**

Finals

1	Chanel James	12	Wilson	12.15
2	Candace Missouri	12	Evergreen	12.38
3	Lateashea Currie	11	Heritage	12.46
4	Jordan Carlson	11	Shadle Park	12.57
5	Vanessa Harris	11	Curtis	12.61
6	Kayla McKeirnan	12	Richland	12.62
7	Brianna Okoro	11	Bellarmino Prep	12.65
8	Kelsey Lin	9	Ferris	12.84

**4A Girls 200 Meter Dash**

Finals

1	Chanel James	12	Wilson	24.60
2	Bianca Greene	11	Garfield	24.83
3	Kelly Jacka	10	Bellarmino Prep	25.04
4	Jordan Carlson	11	Shadle Park	25.27
5	Kayla McKeirnan	12	Richland	25.35
6	Lateashea Currie	11	Heritage	25.47
7	Brianna Okoro	11	Bellarmino Prep	25.51
8	Eleanor Siler	11	Lewis & Clark	25.89

**4A Girls 400 Meter Dash**

Finals

1	Kristen Ballinger	12	Wenatchee	55.54
2	Eleanor Siler	11	Lewis & Clark	56.11
3	Brianne Brown	11	Shadle Park	56.15
4	Kelly Jacka	10	Bellarmino Prep	57.45
5	Brittany Schroeder	10	Gig Harbor	58.57
6	Midori Starks	10	Bellarmino Prep	58.94
7	Toni Thompson	12	Gig Harbor	59.01
8	Kishia Mitchell	9	Lincoln	59.06

**4A Girls 800 Meter Run**

Finals

1	Nikki Codd	12	Mead	2:11.04
2	Kristen Ballinger	12	Wenatchee	2:13.46
3	Chelsie Jorgensen	12	Puyallup	2:14.51
4	Danielle Hunter	11	Mount Tahoma	2:15.00
5	Brittany Henderson	11	Prairie	2:16.79
6	Sahar Bala	11	Snohomish	2:17.51
7	Mietra Smollack	11	Oak Harbor	2:19.15
8	Brittany Hungerford	10	Inglemoor	2:22.20

**4A Girls 1,600 Meter Run**

Finals

1	Nicole Cochran	11	Bellarmino Prep	4:55.94
2	Nikki Codd	12	Mead	4:56.20
3	Kesslee Payne	12	Gig Harbor	4:56.97

4	Mietra Smollack	11	Oak Harbor	4:58.16
5	Andrea Nelson	9	Shadle Park	5:00.56
6	Kenna Patrick	12	Thomas Jefferson	5:03.14
7	Anna Kalbrener	11	Gig Harbor	5:03.16
8	Taylor Bolibol	10	Woodinville	5:04.97
9	Theresa Hailey	12	Gonzaga Prep	5:05.23
10	Sarah Lord	10	Redmond	5:07.63
11	Jillian Jaccard	10	Redmond	5:09.58
12	Kara Sporrng	12	Snohomish	5:09.81
13	Paige Pattillo	12	Bothell	5:10.22
14	Shelly Davis	9	Kamiak	5:11.25
15	Alyssa Andrews	10	Gig Harbor	5:11.41
16	Kayla Evans	11	Bellarmino Prep	5:18.38

#### 4A Girls 3,200 Meter Run

##### Finals

1	Nicole Cochran	11	Bellarmino Prep	10:42.03
2	Kesslee Payne	12	Gig Harbor	10:44.03
3	Andrea Nelson	9	Shadle Park	10:48.24
4	Amanda Andrews	12	Gig Harbor	10:51.56
5	Sandra Martinez	10	Davis	10:52.50
6	Sarah Lord	10	Redmond	10:55.88
7	Kayla Evans	11	Bellarmino Prep	10:56.04
8	Kenna Patrick	12	Thomas Jefferson	10:57.08
9	Kara Sporrng	12	Snohomish	10:58.85
10	Ashlee Wall	12	Walla Walla	10:59.11
11	Ellie Bonner	11	Snohomish	11:04.27
12	Paige Pattillo	12	Bothell	11:06.75
13	Taylor Bolibol	10	Woodinville	11:07.73
14	Chelsie Jorgensen	12	Puyallup	11:11.60
15	Bridget Bergt	11	Ballard	11:26.46
16	Lyndy Davis	11	Monroe	11:37.71

#### 4A Girls 100 Meter Hurdles

##### Finals

1	Shaquana Logan	10	Lincoln	14.72
2	Bree LeRoy	11	Gig Harbor	14.86
3	Caroline Hedel	12	Richland	14.92
4	Galia Deitz	11	Richland	15.34
5	Natalie Kirk	12	Olympia	15.65
6	Kelly McNamee	11	Ferris	15.81
7	Jennifer Pike	12	Skyview	16.04
8	Ilena Flynn	12	Lincoln	16.44

#### 4A Girls 300 Meter Hurdles

##### Finals

1	Shaquana Logan	10	Lincoln	43.43
2	Galia Deitz	11	Richland	44.60
3	Jacqie Evenson	10	Federal Way	44.84
4	Brynn DeLong	12	Shadle Park	45.16
5	Lauren Visoria	12	Evergreen	45.63
6	Sarah Jackson	11	Stanwood	45.80

7 Mackenzie Hickel	9	Todd Beamer	46.01
8 Laurel Stormans	10	Olympia	46.33

**4A Girls 4x100 Meter Relay**

Finals

1 Evergreen			48.13
1) Aimee Teuscher	11	2) Sarah Takayoshi	10
3) Lauren Visoria	12	4) Candace Missouri	12
2 Richland			48.33
1) Shaniae Lakes	10	2) Martha Sanford	9
3) Galia Deitz	11	4) Kayla McKeirnan	12
3 Bellarmine Prep			48.36
1) Alicia Tellis	12	2) Kelly Jacka	10
3) Erica Tellis	12	4) Brianna Okoro	11
4 Lincoln			48.45
1) Keyana Bell	9	2) L'Shray Jones	12
3) Kishia Mitchell	9	4) Shaquana Logan	10
5 Garfield			48.73
1) Sharkyla Truth	9	2) Bianca Greene	11
3) Erica Hayes	12	4) Alexis Williams-Edwards	11
6 Mead			48.88
1) Andrea Silver	11	2) Taylor Cook	12
3) Jazmine Redmon	9	4) Amanda Dahlstrom	11
7 Shadle Park			49.22
1) Amy Before	10	2) Brynn Delong	12
3) Lexi Bishop	12	4) Jordan Carlson	11
8 Tahoma			49.98
1) Rachel Meis	11	2) Savannah Johnson	10
3) Erin Curtis	10	4) Megan Zukowski	12

**4A Girls 4x200 Meter Relay**

Finals

1 Garfield			1:42.02
1) Sharkyla Truth	9	2) Alexis Williams-Edwards	11
3) Erica Hayes	12	4) Bianca Greene	11
2 Bellarmine Prep			1:42.10
1) Kelly Jacka	10	2) Midori Starks	10
3) Erica Tellis	12	4) Brianna Okoro	11
3 Todd Beamer			1:42.72
1) Mercedes Sullivan	9	2) Shlonda Baker	10
3) Jessica Niewoehner	9	4) Mackenzie Hickel	9
4 Richland			1:42.79
1) Shaniae Lakes	10	2) Martha Sanford	9
3) Ashley Hofferber	10	4) Kayla McKeirnan	12
5 Mead			1:42.85
1) Andrea Silver	11	2) Taylor Cook	12
3) Jazmine Redmon	9	4) Amanda Dahlstrom	11
6 Mount Tahoma			1:43.93
1) Rachal San Nichols	11	2) Ashleigh Chambers	9
3) Nana Opore	12	4) Kayann Hastings	12
7 Tahoma			1:43.96
1) Rachel Meis	11	2) Savannah Johnson	10

3) Erin Curtis	10	4) Megan Zukowski	12	
8 Shadle Park				1:44.89
1) Amy Before	10	2) Lindsay Niemeier	10	
3) Brianne Brown	11	4) Brynn Delong	12	

#### 4A Girls 4x400 Meter Relay

##### Finals

1 Mead				3:52.39
1) Alexa Banaugh	9	2) Jazmine Redmon	9	
3) Taylor Cook	12	4) Nikki Codd	12	
2 Shadle Park				3:54.91
1) Amy Before	10	2) Lindsay Niemeier	10	
3) Brianne Brown	11	4) Jordan Carlson	11	
3 Gig Harbor				3:58.80
1) Hanna Marsh	12	2) Kesslee Payne	12	
3) Toni Thompson	12	4) Brittany Schroeder	10	
4 Marysville-Pilchuck				4:00.94
1) Megan Crenshaw	12	2) Haley Nemra	11	
3) Alisha Oden	9	4) Nicolette Runyan	11	
5 Inglemoor				4:02.13
1) Alanah Dillard	12	2) Rachel Williamson	11	
3) Brittany Hungerford	10	4) Lindsay Finch	11	
6 Gonzaga Prep				4:06.60
1) Caitlin Padon	9	2) Megan Lindsay	10	
3) Shannon Miner	10	4) Renee Vandermause	11	
7 Olympia				4:07.01
1) Natalie Daniels	11	2) Brandi Wolff	11	
3) Addie Provenzano	10	4) Cheri Watson	12	
8 Lincoln				4:27.20
1) Ilena Flynn	12	2) Shaquana Logan	10	
3) L'Shray Jones	12	4) Kishia Mitchell	9	

#### 4A Girls High Jump

##### Finals

1 Kelly McNamee	11	Ferris	5-10.00
2 Bree LeRoy	11	Gig Harbor	5-05.00
3 Brittany Aanstad	12	Lake Stevens	5-04.00
4 Christine Rice	10	Mountain View	J5-04.00
5 Jennifer Wamsley	11	Thomas Jefferson	J5-04.00
6 Amanda Stewart	12	Decatur	5-02.00
7 Melanie Vertrees	10	Kent-Meridian	J5-02.00
7 Carline Soules	11	Shorewood	J5-02.00
9 Laura Tesch	10	Kentridge	J5-02.00
10 Jessica Clements	11	Richland	J5-02.00
11 Lindsey Moore	10	Kentwood	J5-02.00
12 Kelsey Adams	11	Ferris	5-00.00
13 Olivia Christianson	12	Mountain View	J5-00.00
14 Jessica Yates	11	Snohomish	4-10.00
15 Jessica Wyman	11	Woodinville	J4-10.00
-- Emily White	11	Woodinville	NH

#### 4A Girls Long Jump

## Finals

1	Bree LeRoy	11	Gig Harbor	18-08.50
2	Rachele Kloke	12	Stanwood	J18-08.50
3	Chanel James	12	Wilson	18-05.00
4	Candace Missouri	12	Evergreen	18-04.75
5	Andrea Geubelle	10	Curtis	17-04.50
6	Jazmine Redmon	9	Mead	17-03.50
7	Brittany Kennedy	11	Lewis & Clark	J17-03.50
8	Jessica Yates	11	Snohomish	17-00.25
9	Laura Tesch	10	Kentridge	17-00.00
10	Chawncy McClenan	10	Heritage	16-11.00
11	Brittany Aanstad	12	Lake Stevens	16-08.25
12	Ally Mueller	10	Redmond	16-03.50
13	Natalie Kirk	12	Olympia	16-03.00
14	Jenn Hull	12	Skyview	16-01.00
15	Jennifer Wamsley	11	Thomas Jefferson	15-09.75
16	Shanie Bushman	11	Walla Walla	15-02.00

## 4A Girls Shot Put

### Finals

1	Ashley Hutchinson	12	Mead	43-08.00
2	Tanya Romanchuk	12	Ferris	40-01.50
3	Elisa Bryant	12	Inglemoor	39-09.00
4	Sofia Malamura	11	Thomas Jefferson	39-06.00
5	Mari Bingham	12	Mount Tahoma	38-10.00
6	Gaby Dixson	10	Battle Ground	38-02.00
7	Tiara Gero	11	Emerald Ridge	36-08.00
8	Jade Niemeyer	12	North Kitsap	36-05.00
9	Trista Peterson	10	Stanwood	35-09.50
10	Torrie Self	12	Kent-Meridian	35-06.50
11	Jenae Christiansen	12	Shorewood	35-00.50
11	Lauren Puhek	10	Central Valley	J35-00.50
13	Jacqueline Brown	10	Bethel	J34-10.00
13	Leah Grassl	11	Lake Stevens	34-10.00
15	Shayla Robinson	12	Inglemoor	32-03.00
16	Mackenzie Walker	12	Evergreen	31-07.00

## 4A Girls Javelin Throw

### Finals

1	Brittany Aanstad	12	Lake Stevens	139-11
2	Kelsey Brennan	11	Monroe	131-07
3	Sara Nichols	11	Shadle Park	131-02
4	Josephine Anyiri	12	Pasco	126-09
5	Marika Miura	12	Kamiak	119-11
6	Michelle Lloyd	10	North Kitsap	117-01
7	Kelsey Racicot	12	Thomas Jefferson	114-02
8	Kayla Smith	10	Battle Ground	112-03
9	Melissa Jensen	12	Inglemoor	111-03
10	Lindsey Moore	10	Kentwood	111-01
11	Emilee Deishel	10	Central Valley	110-05
12	Bridgette Gray	12	South Kitsap	106-09
13	Taylor Smith	12	Wilson	103-00

14	Rebecca Collins	11	Woodinville	99-01
15	Joelle Perez	12	Heritage	96-01
16	Alivia Hale	11	Bellarmine Prep	95-04

#### 4A Girls Pole Vault

##### Finals

1	Melissa Peaslee	12	Gig Harbor	11-09.00
2	Taylor Fjeran	12	Kamiak	11-06.00
3	Shanie Bushman	11	Walla Walla	11-03.00
4	Tonya Turner	12	Mead	11-03.00
5	Elena Dominguez	12	Wenatchee	11-03.00
6	Jessica Christian	10	Richland	11-00.00
7	Teresa Teng	12	Eastlake	11-00.00
8	Courtney Bratrude	11	Wenatchee	11-00.00
8	Colleen Meas	11	Stanwood	11-00.00
10	Kjersti Gedde	11	Olympia	10-06.00
10	Aimee Teuscher	11	Evergreen	10-06.00
12	Rosie Ruth	12	Bethel	10-06.00
13	Lindsey Porter	11	South Kitsap	10-06.00
14	Michaela Caldwell	11	Marysville-Pilchuck	10-06.00
15	Laura Jones	11	Gig Harbor	10-00.00
16	Ferin Barry	11	Kent-Meridian	9-06.00
16	Annette Puccio	11	Bothell	9-06.00
18	Lindsey Wessa	11	Battle Ground	9-06.00

#### 4A Girls Triple Jump

##### Finals

1	Rachele Kloke	12	Stanwood	38-00.00
2	Jessica Yates	11	Snohomish	37-10.25
3	Lindsey Fleishman	12	Kentridge	37-10.00
4	Savannah Johnson	10	Tahoma	37-04.50
5	Jordyn Woodke	11	Decatur	36-05.75
6	Jennifer Wamsley	11	Thomas Jefferson	36-02.50
7	Kaitlin McBride	12	Bothell	35-10.25
8	Melissa Flower	12	Mountain View	35-07.00
9	Chawncy McClenan	10	Heritage	35-02.25
10	Samantha Potvin	12	Davis	35-01.50
11	Andrea Geubelle	10	Curtis	35-01.25
12	Lindsay Roberts	11	Richland	35-00.00
13	Shaniae Lakes	10	Richland	34-10.75
14	Brittany Aanstad	12	Lake Stevens	34-00.75
15	Natalie Kirk	12	Olympia	33-11.50

#### 4A Girls Discus Throw

##### Finals

1	Elisa Bryant	12	Inglemoor	142-01
2	Mari Bingham	12	Mount Tahoma	131-03
3	Larisa Bloomstrom	11	Skyview	125-04
4	Bailey Williams	11	Rogers (Puyallup)	123-05
5	Sofia Malamura	11	Thomas Jefferson	J123-05
6	Gena Woodke	12	Decatur	123-00
7	Ashley Hutchinson	12	Mead	115-06

8	Torrie Self	12	Kent-Meridian	115-03
9	Carolina Siofele	10	Heritage	114-02
10	Annelise Cook	12	Snohomish	113-01
11	Gaby Dixon	10	Battle Ground	111-05
12	Laree Weaver	11	Lewis & Clark	110-09
13	Tanya Romanchuk	12	Ferris	108-00
14	Jacqueline Brown	10	Bethel	107-04
15	Brittany Jones	10	Cascade	106-08
16	Trista Peterson	10	Stanwood	83-01

### 2007 4A Girls Track & Field Team Finals

1	Gig Harbor	69
2	Mead	55
3	Bellarmino Prep	54
4	Shadle Park	48
5	Richland	42
6	Lincoln	28
7	Evergreen	27
8	Wilson	26
9	Wenatchee	22.5
10	Garfield	22
11	Ferris	22
12	Jefferson	22
13	Stanwood	21.5
14	Inglemoor	21
15	Mount Tahoma	20
16	Lake Stevens	16
17	Kamiak	12
18	Snohomish	12
19	Lewis & Clark	11
20	Decatur	10
21	Heritage	9
22	Curtis	8
23	Skyview	8
24	Todd Beamer	8
25	Tahoma	8
26	Monroe	8
27	Oak Harbor	7
28	Olympia	7
29	Puyallup	6
30	Mountain View	6
31	Kentridge	6
32	Federal Way	6
33	Rogers (Puyallup)	5
34	Marysville-Pilchuck	5
35	Pasco	5
36	Walla Walla	5
37	Davis	4
38	North Kitsap	4
39	Battle Ground	4
40	Prairie	4

41 Redmond	3
42 Gonzaga Prep	3
43 Kent-Meridian	2.5
44 Bothell	2
45 Emerald Ridge	2
46 Shorewood	1.5
47 Eastlake	1
48 Woodinville	1