

**2011 Runner's Soul - 5/20/2011 to 5/21/2011
District's 5,6 & 8 Regional Championships
Spokane Falls Community College**

Results

Girls 100 Meter Dash 3A

Reg. Record: 12.11 5/21/2011 Chantel Jaeger
State Record: 11.61 1992 Danielle Marshall
Reg. Record: 12.11 5/21/2011 Chantel Jaeger
Reg. Record: 12.12 5/20/2011 Chantel Jaeger
 12.37 - State Standard

Name	Yr	School	Prelims
Preliminaries			
1 710 Jaeger, Chantel	12	West Valley-	12.12q -
2 122 Tarbert, Rebecca	9	Eastmont	12.49q
3 426 McKinlay, Afton	12	Mt Spokane	12.61q
4 285 Toure, Khadidja	11	Kamiakin	12.69q
5 565 Fraga, Kylie	9	Southridge	12.93q
6 620 Patterson, Sharese	12	University	12.98q
7 269 Neal, Rebecca	10	Kamiakin	13.01q
8 605 Bemis, Briana	12	University	13.02q
9 543 Konynenbelt, Amanda	9	Shadle Park	13.16
10 566 Griffiths, Kamree	10	Southridge	13.23
11 198 Frey, Jessy	9	Hanford	13.37
12 555 Arnberg, Kirstie	12	Southridge	13.47

Girls 100 Meter Dash 3A

Reg. Record: 12.11 5/21/2011 Chantel Jaeger
State Record: 11.61 1992 Danielle Marshall
Reg. Record: 12.11 5/21/2011 Chantel Jaeger
Reg. Record: 12.12 5/20/2011 Chantel Jaeger
 12.37 - State Standard

Name	Yr	School	Finals
Finals			
1 710 Jaeger, Chantel	12	West Valley-	12.11 -
2 122 Tarbert, Rebecca	9	Eastmont	12.50 8
3 285 Toure, Khadidja	11	Kamiakin	12.62 6
4 605 Bemis, Briana	12	University	12.77 5
5 565 Fraga, Kylie	9	Southridge	12.98 4
6 620 Patterson, Sharese	12	University	13.10 3
7 269 Neal, Rebecca	10	Kamiakin	13.14 2
--- 426 McKinlay, Afton	12	Mt Spokane	DQ

Girls 200 Meter Dash 3A

Reg. Record: 24.25 2010 Chantel Jaeger
State Record: 24.05 2009 Germe Poston
 25.38 - State Standard

Name	Yr	School	Prelims
Preliminaries			
1 710 Jaeger, Chantel	12	West Valley-	24.37q -
2 426 McKinlay, Afton	12	Mt Spokane	25.70q
3 303 Whistocken, Angeliqu	11	Kennewick	26.46q
4 605 Bemis, Briana	12	University	26.53q
5 620 Patterson, Sharese	12	University	26.83q
6 592 Broersma, Marisa	11	Sunnyside	26.96q

7 291 Ines, Jacqueline	10	Kennewick	26.98q
8 553 Williams, Rashae	9	Shadle Park	27.13q
9 555 Arnberg, Kirstie	12	Southridge	27.68
10 477 Townsend, Shaunice	12	Pasco	27.78
10 476 Snider, Makena	9	Pasco	27.78
12 121 Simpson, Rachel	9	Eastmont	29.08

Girls 200 Meter Dash 3A

Reg. Record: 24.25 2010 Chantel Jaeger
State Record: 24.05 2009 Germe Poston
 25.38 - State Standard

Name	Yr	School	Finals
Finals			
1 710 Jaeger, Chantel	12	West Valley-	24.67 -
2 426 McKinlay, Afton	12	Mt Spokane	25.84 8
3 303 Whistocken, Angeliqu	11	Kennewick	26.47 6
4 605 Bemis, Briana	12	University	26.61 5
5 553 Williams, Rashae	9	Shadle Park	27.05 4
6 620 Patterson, Sharese	12	University	27.30 3
7 291 Ines, Jacqueline	10	Kennewick	27.36 2
8 592 Broersma, Marisa	11	Sunnyside	27.90 1

Girls 400 Meter Dash 3A

Reg. Record: 55.74 5/21/2011 Lindsay Burns
State Record: 54.14 2005 Becca Noble
Reg. Record: 55.74 5/21/2011 Lindsay Burns
 57.33 - State Standard

Name	Yr	School	Prelims
Preliminaries			
1 704 Burns, Lindsay	10	West Valley-	56.31q -
2 260 Heiden, Ellie	9	Kamiakin	58.26q
3 432 Pedersen, Ashlee	9	Mt Spokane	59.66q
4 592 Broersma, Marisa	11	Sunnyside	59.94q
5 253 Brandon, Danielle	9	Kamiakin	1:00.15q
6 623 Standow, Ashlie	10	University	1:00.29q
7 198 Frey, Jessy	9	Hanford	1:01.89q
8 421 Hereford, Lexi	10	Mt Spokane	1:02.84q
9 477 Townsend, Shaunice	12	Pasco	1:03.68
10 706 Cluff, Mikele	12	West Valley-	1:04.83
11 210 Rasmussen, Lilliana	9	Hanford	1:04.92
12 461 Roske, Michaela	10	North Centra	1:05.99

Girls 400 Meter Dash 3A

Reg. Record: 55.74 5/21/2011 Lindsay Burns
State Record: 54.14 2005 Becca Noble
Reg. Record: 55.74 5/21/2011 Lindsay Burns
 57.33 - State Standard

Name	Yr	School	Finals
Finals			
1 704 Burns, Lindsay	10	West Valley-	55.74 -
2 260 Heiden, Ellie	9	Kamiakin	56.54 -



**2011 Runner's Soul - 5/20/2011 to 5/21/2011
District's 5,6 & 8 Regional Championships
Spokane Falls Community College**

Results

Finals ... (Girls 400 Meter Dash 3A)

Name	Yr	School	Finals
3 432 Pedersen, Ashlee	9	Mt Spokane	58.40 6
4 253 Brandon, Danielle	9	Kamiakin	1:00.07 5
5 623 Standow, Ashlie	10	University	1:00.17 4
6 592 Broersma, Marisa	11	Sunnyside	1:01.58 3
7 198 Frey, Jessy	9	Hanford	1:02.53 2
8 421 Hereford, Lexi	10	Mt Spokane	1:04.97 1

Girls 800 Meter Run 3A

Reg. Record: 2:14.18 2008 Lisa Chandler
State Record: 2:08.61 2005 Becca Noble
2:16.58 - State Standard

Name	Yr	School	Prelims
------	----	--------	---------

Preliminaries

1 545 Morris, Katie	11	Shadle Park	2:20.17q
2 624 Thornton, Amy	12	University	2:26.11q
3 441 Young, Brooklin	10	Mt Spokane	2:26.29q
4 559 Butler, Emily	12	Southridge	2:26.36q
5 708 Gjestrum, Jaden	11	West Valley-	2:26.49q
6 411 Cole, Molly	11	Mt Spokane	2:26.79q
7 195 Downen, Rebekah	9	Hanford	2:28.17q
8 95 Benge, Grace	10	Eastmont	2:28.41q
9 255 Brooks, Kaylee	12	Kamiakin	2:28.89
10 471 Bonnington, Andrea	9	Pasco	2:30.32
11 114 Moreland, Hannah	12	Eastmont	2:33.96
12 719 Sebren, Alyssa	10	West Valley-	2:37.91

Girls 800 Meter Run 3A

Reg. Record: 2:14.18 2008 Lisa Chandler
State Record: 2:08.61 2005 Becca Noble
2:16.58 - State Standard

Name	Yr	School	Finals
------	----	--------	--------

Finals

1 545 Morris, Katie	11	Shadle Park	2:14.99 -
2 624 Thornton, Amy	12	University	2:19.08 8
3 441 Young, Brooklin	10	Mt Spokane	2:19.44 6
4 708 Gjestrum, Jaden	11	West Valley-	2:21.79 5
5 411 Cole, Molly	11	Mt Spokane	2:22.12 4
6 195 Downen, Rebekah	9	Hanford	2:23.88 3
7 95 Benge, Grace	10	Eastmont	2:25.62 2
8 559 Butler, Emily	12	Southridge	2:27.58 1

Girls 1600 Meter Run 3A

Reg. Record: 4:49.70 5/21/2011 Katie Knight
State Record: 4:42.50 1978 Deanna Coleman
Reg. Record: 4:49.70 5/21/2011 Katie Knight
5:04.71 - State Standard

Name	Yr	School	Finals
------	----	--------	--------

Finals

1 454 Knight, Katie	10	North Centra	4:49.70 -
---------------------	----	--------------	-----------

2 551 Weitz, Kendra	10	Shadle Park	4:51.89 -
3 545 Morris, Katie	11	Shadle Park	5:00.42 -
4 252 Beauchene, Megan	9	Kamiakin	5:00.43 -
5 203 Hegarty, Erin	12	Hanford	5:19.04 4
6 535 Chandler, Chelsea	12	Shadle Park	5:20.28 3
7 257 Fletcher, Michelle	10	Kamiakin	5:22.50 2
8 258 Freese, Amity	9	Kamiakin	5:34.91 1
9 93 Albrecht, Jenny	9	Eastmont	5:37.16
10 577 Olsen, Leslie	10	Southridge	5:42.38
11 99 Frasier, Emily	12	Eastmont	5:49.87
12 717 Parobek, Margret	11	West Valley-	6:04.25

Girls 3200 Meter Run 3A

Reg. Record: 10:24.08 5/20/2011 Katie Knight
State Record: 10:05.81 2006 Megan O'Reilly
Reg. Record: 10:24.08 5/20/2011 Katie Knight
10:59.43 - State Standard

Name	Yr	School	Finals
------	----	--------	--------

Finals

1 454 Knight, Katie	10	North Centra	10:24.08 -
2 551 Weitz, Kendra	10	Shadle Park	10:33.41 -
3 203 Hegarty, Erin	12	Hanford	11:02.89 6
4 277 Rexus, Stephanie	11	Kamiakin	11:23.84 5
5 535 Chandler, Chelsea	12	Shadle Park	11:30.15 4
6 561 Dahl, Rachel	11	Southridge	11:33.93 3
7 257 Fletcher, Michelle	10	Kamiakin	11:46.87 2
8 628 Walter, Caitlyn	11	University	12:08.18 1
9 101 Gelb, Kayla	12	Eastmont	12:10.34
10 717 Parobek, Margret	11	West Valley-	12:21.50
11 724 Thiry-Hardenburg, Ci	10	West Valley-	12:53.78
12 118 Rocha, Jasmin	11	Eastmont	13:22.58

Girls 100 Meter Hurdles 3A

Reg. Record: 14.77 5/21/2011 Andrea Smith
State Record: 13.88 2001 Ginny Powell
Reg. Record: 14.77 5/21/2011 Andrea Smith
15.23 - State Standard

Name	Yr	School	Prelims
------	----	--------	---------

Preliminaries

1 583 Smith, Andrea	12	Southridge	15.17q-
2 285 Toure, Khadidja	11	Kamiakin	15.63q
3 548 Pajimola, Tiara	11	Shadle Park	15.77q
4 562 Floyd, Erica	12	Southridge	16.40q
5 585 Snider, Michelle	10	Southridge	16.43q
6 275 Quinn, ShaRaya	9	Kamiakin	16.62q
7 433 Pedersen, Sammie	12	Mt Spokane	16.66q
8 533 Bokma, Hannah	11	Shadle Park	17.03q
9 205 Kline, Phenix	11	Hanford	17.43
10 248 Akker, Kaileah	9	Kamiakin	17.62
11 265 Lyons, Wynteria	10	Kamiakin	17.67
12 413 Condron, Alexa	11	Mt Spokane	17.74



**2011 Runner's Soul - 5/20/2011 to 5/21/2011
District's 5,6 & 8 Regional Championships
Spokane Falls Community College**

Results

Girls 100 Meter Hurdles 3A

Reg. Record: 14.77 5/21/2011 Andrea Smith
State Record: 13.88 2001 Ginny Powell
Reg. Record: 14.77 5/21/2011 Andrea Smith
 15.23 - State Standard

Name	Yr	School	Finals
Finals			
1 583 Smith, Andrea	12	Southridge	14.77 -
2 285 Toure, Khadidja	11	Kamiakin	15.43
3 562 Floyd, Erica	12	Southridge	15.82
4 548 Pajimola, Tiara	11	Shadle Park	15.91
5 585 Snider, Michelle	10	Southridge	16.41
6 433 Pedersen, Sammie	12	Mt Spokane	16.75
7 275 Quinn, ShaRaya	9	Kamiakin	16.93
8 533 Bokma, Hannah	11	Shadle Park	17.11

Girls 300 Meter Hurdles 3A

Reg. Record: 43.36 2008 Morgan Clem
State Record: 42.12 2000 Ginnie Powell
 45.43 - State Standard

Name	Yr	School	Prelims
Preliminaries			
1 192 Covert, Shelby	11	Hanford	47.21q
2 548 Pajimola, Tiara	11	Shadle Park	47.60q
3 275 Quinn, ShaRaya	9	Kamiakin	47.71q
4 409 Clute, Kennedie	10	Mt Spokane	48.40q
5 463 Svastisalee, Deja	9	North Centra	48.71q
6 533 Bokma, Hannah	11	Shadle Park	49.45q
7 280 Rodriguez, Marissa	11	Kamiakin	49.96q
8 273 Perrins, Jori	9	Kamiakin	50.39q
9 205 Kline, Phenix	11	Hanford	50.68
10 269 Neal, Rebecca	10	Kamiakin	50.74
11 265 Lyons, Wynteria	10	Kamiakin	51.09
12 206 Merrill, Melissa	11	Hanford	52.26

Girls 300 Meter Hurdles 3A

Reg. Record: 43.36 2008 Morgan Clem
State Record: 42.12 2000 Ginnie Powell
 45.43 - State Standard

Name	Yr	School	Finals
Finals			
1 548 Pajimola, Tiara	11	Shadle Park	45.70 10
2 275 Quinn, ShaRaya	9	Kamiakin	47.31 8
3 409 Clute, Kennedie	10	Mt Spokane	47.48 6
4 463 Svastisalee, Deja	9	North Centra	47.63 5
5 533 Bokma, Hannah	11	Shadle Park	48.30 4
6 280 Rodriguez, Marissa	11	Kamiakin	50.62 3
7 273 Perrins, Jori	9	Kamiakin	51.64 2
8 192 Covert, Shelby	11	Hanford	51.83 1

Girls 4x100 Meter Relay 3A

Reg. Record: 48.36 5/20/2011 Kamiakin
R Neal, K Toure, K Brannan, E Heiden
State Record: 47.05 1983 Garfield
Reg. Record: 48.36 5/20/2011 Kamiakin
R Neal, K Toure, K Brannan, E Heiden
 49.22 - State Standard

Team	Relay	Finals
Finals		
1 Kamiakin	A	48.36 -
1) 269 Neal, Rebecca 10	2) 285 Toure, Khadidja 11	
3) 254 Brannan, Kyra 10	4) 260 Heiden, Ellie 9	
2 Mt Spokane	A	48.96 -
1) 432 Pedersen, Ashlee 9	2) 409 Clute, Kennedie 10	
3) 405 Bethely, Jasmine 10	4) 426 McKinlay, Afton 12	
3 Eastmont	A	49.59 6
1) 112 McCart, Megan 10	2) 119 Scott, Kendra 12	
3) 122 Tarbert, Rebecca 9	4) 117 Reynolds, Taylor 12	
4 Kennewick	A	50.48 5
1) 291 Ines, Jacqueline 10	2) 288 Clinton, Sophia 10	
3) 287 Ballandby, Jenna 10	4) 303 Whistocken, Angelique	
5 Shadle Park	A	51.08 4
1) 542 Jones, Taylor 9	2) 536 Devon, Peighton 9	
3) 553 Williams, Rashae 9	4) 543 Konynenbelt, Amanda 9	
6 Hanford	A	52.00 3
1) 192 Covert, Shelby 11	2) 198 Frey, Jessy 9	
3) 199 Hansen, Anna 9	4) 188 Baysinger, Bret 9	

Girls 4x200 Meter Relay 3A

Reg. Record: 1:42.58 5/21/2011 Kamiakin
R Neal, K Toure, K Brannan, E Heiden
State Record: 1:39.12 1983 Garfield
Reg. Record: 1:42.58 5/21/2011 Kamiakin
R Neal, K Toure, K Brannan, E Heiden
 1:43.70 - State Standard

Team	Relay	Finals
Finals		
1 Kamiakin	A	1:42.58 -
1) 269 Neal, Rebecca 10	2) 285 Toure, Khadidja 11	
3) 254 Brannan, Kyra 10	4) 260 Heiden, Ellie 9	
2 West Valley-Yakima	A	1:44.58 8
1) 706 Cluff, Mikele 12	2) 708 Gjestrum, Jaden 11	
3) 704 Burns, Lindsay 10	4) 710 Jaeger, Chantel 12	
3 Eastmont	A	1:44.89 6
1) 112 McCart, Megan 10	2) 117 Reynolds, Taylor 12	
3) 119 Scott, Kendra 12	4) 122 Tarbert, Rebecca 9	
4 University	A	1:45.81 5
1) 613 Hamm, Kendra 10	2) 620 Patterson, Sharese 12	
3) 605 Bemis, Briauna 12	4) 616 Keenan, Abby 11	



2011 Runner's Soul - 5/20/2011 to 5/21/2011
District's 5,6 & 8 Regional Championships
Spokane Falls Community College

Results

Finals ... (Girls 4x200 Meter Relay 3A)

Team	Relay	Finals
5 North Central	A	1:52.31 4
1) 461 Roske, Michaela 10	2) 455 Konynenbelt, Brittney 1:	
3) 460 Murphy, Megan 9	4) 463 Svastisalee, Deja 9	
6 Sunnyside	A	1:53.88 3
1) 597 Montes, Ashley 10	2) 590 Barajas, Nereyda 9	
3) 593 Carrillo, Laura 9	4) 591 Borrego, Miranda 9	

Girls 4x400 Meter Relay 3A

Reg. Record: 3:55.87 2002 Eastmont
State Record: 3:50.60 1978 Sammamish
3:58.67 - State Standard

Team	Relay	Finals
------	-------	--------

Finals

1 West Valley-Yakima	A	3:56.81 -
1) 706 Cluff, Mikele 12	2) 710 Jaeger, Chantel 12	
3) 708 Gjestrum, Jaden 11	4) 704 Burns, Lindsay 10	
2 Kamiakin	A	3:59.58 8
1) 253 Brandon, Danielle 9	2) 252 Beauchene, Megan 9	
3) 257 Fletcher, Michelle 10	4) 260 Heiden, Ellie 9	
3 University	A	4:02.04 6
1) 605 Bemis, Briana 12	2) 623 Standow, Ashlie 10	
3) 624 Thornton, Amy 12	4) 618 McDaniel, Jasmine 10	
4 Mt Spokane	A	4:02.79 5
1) 432 Pedersen, Ashlee 9	2) 417 Frank, Carly 9	
3) 415 Flager, Dallas 9	4) 426 McKinlay, Afton 12	
5 Hanford	A	4:05.89 4
1) 198 Frey, Jessy 9	2) 213 Rovira, Amy 12	
3) 189 Bradley, Veronica 12	4) 195 Downen, Rebekah 9	
6 Eastmont	A	4:11.47 3
1) 114 Moreland, Hannah 12	2) 122 Tarbert, Rebecca 9	
3) 117 Reynolds, Taylor 12	4) 119 Scott, Kendra 12	

Girls High Jump 3A

Reg. Record: 5-06 2002 Kayla Mainer
State Record: 6-01 1983 Mary Moore
5-03.50 - State Standard

Name	Yr	School	Finals
------	----	--------	--------

Finals

1 206 Merrill, Melissa	11	Hanford	5-02.00 10
2 189 Bradley, Veronica	12	Hanford	5-00.00 8
3 213 Rovira, Amy	12	Hanford	4-10.00 6
4 105 Hankins, Tati	12	Eastmont	J4-10.00 5
5 435 Richardson, Sara	11	Mt Spokane	J4-10.00 4
6 625 Thornton, Paige	10	University	J4-10.00 2.5
6 248 Akker, Kaileah	9	Kamiakin	J4-10.00 2.5
8 613 Hamm, Kendra	10	University	4-08.00 1
9 187 Almberg, Julian	11	Hanford	J4-08.00
10 288 Clinton, Sophia	10	Kennewick	J4-08.00
11 416 Flanagan, Taylor	9	Mt Spokane	J4-08.00

---	703 Brantner, Aryssa	10	West Valley-	NH
---	465 Talbott, Courtney	10	North Centra	NH

Girls Pole Vault 3A

Reg. Record: 12-08 2007 Jordan Roskelley
State Record: 12-06 2003 Stevie Marshalek
10-06.00 - State Standard

Name	Yr	School	Finals
------	----	--------	--------

Finals

1 406 Bray, Courtney	10	Mt Spokane	11-07.00 -
2 735 LaVoie, Britta	12	Mt Spokane	10-06.00 -
3 256 Cuevas, Danielle	12	Kamiakin	J10-06.00 -
4 617 Markin, Cady	12	University	9-09.00 5
5 627 Vent-Gmeiner, Jessica	10	University	J9-09.00 4
6 213 Rovira, Amy	12	Hanford	9-06.00 3
7 718 Phillips, Linnea	11	West Valley-	9-00.00 2
8 427 Miller, Anna	12	Mt Spokane	J9-00.00 1
9 574 Ogle, Maeloni	11	Southridge	8-06.00
10 107 Heminger, Marina	11	Eastmont	J8-06.00
11 575 O'Leary, Megan	11	Southridge	8-00.00
12 253 Brandon, Danielle	9	Kamiakin	J8-00.00
---	295 McIntyre, Meghan	11	Kennewick NH

Girls Long Jump 3A

Reg. Record: 18-08 2004 Kasey Hostetler
State Record: 19-09.75 1977 Patsy Walker
16-11.75 - State Standard

Name	Yr	School	Finals
------	----	--------	--------

Finals

1 704 Burns, Lindsay	10	West Valley-	18-02.50 -
2 189 Bradley, Veronica	12	Hanford	17-10.00 -
3 583 Smith, Andrea	12	Southridge	17-07.25 -
4 254 Brannan, Kyra	10	Kamiakin	17-01.50 -
5 455 Konynenbelt, Brittney	12	North Centra	17-00.00 -
6 543 Konynenbelt, Amanda	9	Shadle Park	16-06.75 3
7 565 Fraga, Kylie	9	Southridge	16-06.00 2
8 613 Hamm, Kendra	10	University	16-05.75 1
9 406 Bray, Courtney	10	Mt Spokane	16-02.25
10 703 Brantner, Aryssa	10	West Valley-	14-11.50
11 287 Ballandby, Jenna	10	Kennewick	14-04.00
12 585 Snider, Michelle	10	Southridge	13-11.50

Girls Triple Jump 3A

Reg. Record: 38-01.75 2006 Shene Davis
State Record: 41-07.50 1994 LaShonda Christopher
37-00.00 - State Standard

Name	Yr	School	Finals
------	----	--------	--------

Finals

1 117 Reynolds, Taylor	12	Eastmont	37-06.25 -
2 189 Bradley, Veronica	12	Hanford	35-09.50
3 450 Hill, Sam	11	North Centra	34-10.00



**2011 Runner's Soul - 5/20/2011 to 5/21/2011
District's 5,6 & 8 Regional Championships
Spokane Falls Community College**

Results

Finals ... (Girls Triple Jump 3A)

Name	Yr	School	Finals
4 455 Konynenbelt, Brittney	12	North Centra	34-07.00
5 562 Floyd, Erica	12	Southridge	34-06.50
6 610 Faraca, Jade	12	University	34-00.00
7 543 Konynenbelt, Amanda	9	Shadle Park	33-03.00
8 288 Clinton, Sophia	10	Kennewick	32-11.75
9 105 Hankins, Tati	12	Eastmont	32-06.00
10 282 Short, Breanne	12	Kamiakin	31-11.00
11 602 Schmick, Ayla	12	Sunnyside	31-05.50
12 586 Thompson, Paige	9	Southridge	30-09.25

Girls Shot Put 3A

Reg. Record: 42-07.50 2003 **Amanda Faire**
State Record: 50-05.50 1978 **Carrie Albano**
38-07.50 - State Standard

Name	Yr	School	Finals
Finals			
1 289 Coleman, Kaytlyn	12	Kennewick	40-04.50 -
2 110 King, Casey	10	Eastmont	38-02.00 8
3 467 Ward, Celena	12	North Centra	36-02.00 6
4 569 Hinojosa, Gabby	11	Southridge	35-11.50 5
5 216 Skinner, Kendreya	10	Hanford	33-05.00 4
6 200 Harris, Kyrsten	11	Hanford	J33-05.00 3
7 286 Toure, Sira	9	Kamiakin	32-07.00 2
8 418 Frank, Kelsey	10	Mt Spokane	32-04.50 1
9 433 Pedersen, Sammie	12	Mt Spokane	31-01.00
10 558 Brinkworth, Kimberly	9	Southridge	30-11.50
11 629 Woods, Audrianna	11	University	29-09.00
11 714 Murphy, Emily	10	West Valley-	29-09.00

Girls Discus Throw 3A

Reg. Record: 139-07 2001 **Shannon Groh**
State Record: 173-01 1998 **Mandy Borschowa**
121-10 - State Standard

Name	Yr	School	Finals
Finals			
1 289 Coleman, Kaytlyn	12	Kennewick	133-04.00 -
2 467 Ward, Celena	12	North Centra	126-00.00 -
3 292 Julian, Kelsey	12	Kennewick	123-08.00 -
4 110 King, Casey	10	Eastmont	117-02.00 5
5 302 Taimani, Panisesi	10	Kennewick	114-01.00 4
6 611 Flynn, Emily	11	University	109-07.00 3
7 281 Scott, Alexis	11	Kamiakin	102-10.00 2
8 294 Lester, Samantha	9	Kennewick	100-06.00 1
9 414 Damiano, Gianna	11	Mt Spokane	98-11.00
10 629 Woods, Audrianna	11	University	93-09.00
11 286 Toure, Sira	9	Kamiakin	93-07.00
12 290 Harrod, Kim	11	Kennewick	89-00.00

Girls Javelin Throw 3A

Reg. Record: 141-01 2009 **Bianca Pope**
State Record: 189-07 1985 **Erica Wheeler**
124-06 - State Standard

Name	Yr	School	Finals
Finals			
1 467 Ward, Celena	12	North Centra	130-02.00 -
2 569 Hinojosa, Gabby	11	Southridge	117-01.00 8
3 414 Damiano, Gianna	11	Mt Spokane	113-09.00 6
4 290 Harrod, Kim	11	Kennewick	112-01.00 5
5 438 Ulias, Megan	10	Mt Spokane	110-08.00 4
6 589 Amaro, Mellissa	12	Sunnyside	104-04.00 3
7 431 Pace, Ashley	11	Mt Spokane	102-09.00 2
8 573 Midili, Isabella	11	Southridge	98-06.00 1
9 120 Seyster, Niki	11	Eastmont	96-10.00
10 303 Whistocken, Angeliqu	11	Kennewick	96-01.00
11 199 Hansen, Anna	9	Hanford	95-07.00
12 720 Segaline, Jillian	10	West Valley-	87-08.00

Girls 100 Meter Dash 4A

Reg. Record: 11.98 1999 **Bree Skinner**
State Record: 11.61 1992 **Danielle Marshall**
12.23 - State Standard

Name	Yr	School	Prelims
Preliminaries			
1 349 Grant, Tymen	11	Mead	12.56q
2 3 Bautista, Tracey	10	A.C. Davis	12.76q
3 698 Sharp, Ashley	12	Wenatchee	12.79q
4 667 Adams, Christie	10	Wenatchee	J12.79q
5 45 Nemeth, Michelle	10	Central Vall	12.80q
6 362 Maack, Malia	9	Mead	12.94q
7 186 Weiler, Maddie	10	Gonzaga Prep	12.97q
8 682 Harris, Lynette	12	Wenatchee	13.00q
9 151 Sanford, Destiny	10	Eisenhower	13.14
10 86 Pierce, Sarah	11	Chiawana	13.21
11 74 Conger, Alyssa	10	Chiawana	J13.21
12 483 Dickey, Chynna	12	Richland	13.23
13 314 Fitzhugh, Katie	11	Lewis and Cl	13.24
14 64 Tucker, Kayla	11	Central Vall	13.30
15 183 Smith, Hannah	11	Gonzaga Prep	13.60
16 324 Pennebaker, Hannah	10	Lewis and Cl	13.64

Girls 100 Meter Dash 4A

Reg. Record: 11.98 1999 **Bree Skinner**
State Record: 11.61 1992 **Danielle Marshall**
12.23 - State Standard

Name	Yr	School	Finals
Finals			
1 349 Grant, Tymen	11	Mead	12.54 10
2 667 Adams, Christie	10	Wenatchee	12.55 8



**2011 Runner's Soul - 5/20/2011 to 5/21/2011
District's 5,6 & 8 Regional Championships
Spokane Falls Community College**

Results

Finals ... (Girls 100 Meter Dash 4A)

Name	Yr	School	Finals
3 698 Sharp, Ashley	12	Wenatchee	12.69 6
4 45 Nemeth, Michelle	10	Central Vall	12.73 5
5 3 Bautista, Tracey	10	A.C. Davis	12.90 4
6 186 Weiler, Maddie	10	Gonzaga Prep	12.94 3
7 682 Harris, Lynette	12	Wenatchee	12.95 2
8 362 Maack, Malia	9	Mead	12.97 1

Girls 200 Meter Dash 4A

Reg. Record: 24.30 1999 Teresa Brooks
State Record: 24.05 2009 Germe Poston
24.94 - State Standard

Name	Yr	School	Prelims
Preliminaries			
1 667 Adams, Christie	10	Wenatchee	26.05q
2 3 Bautista, Tracey	10	A.C. Davis	26.17q
3 45 Nemeth, Michelle	10	Central Vall	26.22q
4 175 Leland, Kayla	9	Gonzaga Prep	26.36q
5 77 Ellsworth, Shelby	12	Chiawana	26.51q
6 698 Sharp, Ashley	12	Wenatchee	26.89q
7 505 Powell, Alyssa	10	Richland	26.92q
8 363 Macy, Melissa	10	Mead	26.97q
9 639 Gibbar, Brittany	10	Walla Walla	27.37
10 483 Dickey, Chynna	12	Richland	27.53
11 314 Fitzhugh, Katie	11	Lewis and Cl	27.58
12 309 Doneen, Sydney	9	Lewis and Cl	27.61
13 18 Backsen, Rachel	10	Central Vall	27.75
14 25 Cunningham, Mariah	9	Central Vall	27.92
15 394 Cleverly, London	10	Moses Lake	28.08
16 310 Edstrom, Kate	9	Lewis and Cl	28.16

Girls 200 Meter Dash 4A

Reg. Record: 24.30 1999 Teresa Brooks
State Record: 24.05 2009 Germe Poston
24.94 - State Standard

Name	Yr	School	Finals
Finals			
1 667 Adams, Christie	10	Wenatchee	26.11 10
2 175 Leland, Kayla	9	Gonzaga Prep	26.34 8
3 3 Bautista, Tracey	10	A.C. Davis	26.36 6
4 45 Nemeth, Michelle	10	Central Vall	26.81 5
5 77 Ellsworth, Shelby	12	Chiawana	26.92 4
6 698 Sharp, Ashley	12	Wenatchee	27.17 3
7 363 Macy, Melissa	10	Mead	27.24 2
8 505 Powell, Alyssa	10	Richland	27.27 1

Girls 400 Meter Dash 4A

Reg. Record: 53.79 2005 Becca Noble
State Record: 54.14 2005 Becca Noble
57.33 - State Standard

Name	Yr	School	Prelims
Preliminaries			
1 368 Mires, Baylee	12	Mead	58.02q
2 637 Davisson, Kailee	12	Walla Walla	58.88q
3 40 Kunz-Pfeiffer, Jessie	9	Central Vall	59.76q
4 344 Drynan, Kylie	9	Mead	59.79q
5 137 Freeman, Rachel	11	Eisenhower	1:00.19q
6 32 Hawkins, Hailey	9	Central Vall	1:00.65q
7 512 Shanley, Roddie	11	Richland	1:00.88q
8 309 Doneen, Sydney	9	Lewis and Cl	1:01.14q
9 635 Cox, Dominique	10	Walla Walla	1:01.34
10 163 Barnes, Sarah	11	Gonzaga Prep	1:01.44
11 37 Jordan, Allison	11	Central Vall	1:01.66
12 493 Lakes, Shanice	10	Richland	1:01.85
13 675 Chapman, Tegan	11	Wenatchee	1:01.99
14 631 Callan, Maggie	10	Walla Walla	1:02.37
15 401 Munoz, Magie	12	Moses Lake	1:02.70
16 42 Miller, Holly	9	Central Vall	1:03.25

Girls 400 Meter Dash 4A

Reg. Record: 53.79 2005 Becca Noble
State Record: 54.14 2005 Becca Noble
57.33 - State Standard

Name	Yr	School	Finals
Finals			
1 368 Mires, Baylee	12	Mead	57.50 10
2 637 Davisson, Kailee	12	Walla Walla	58.16 8
3 344 Drynan, Kylie	9	Mead	58.70 6
4 137 Freeman, Rachel	11	Eisenhower	1:00.03 5
5 40 Kunz-Pfeiffer, Jessie	9	Central Vall	1:00.69 4
6 32 Hawkins, Hailey	9	Central Vall	1:00.86 3
7 309 Doneen, Sydney	9	Lewis and Cl	1:01.78 2
8 512 Shanley, Roddie	11	Richland	1:02.10 1

Girls 800 Meter Run 4A

Reg. Record: 2:09.99 2000 Renee Wageman
State Recor: 2:08.61 2005 Becca Noble
2:15.78 - State Standard

Name	Yr	School	Prelims
Preliminaries			
1 502 Perry, Lauren	9	Richland	2:20.60q
2 368 Mires, Baylee	12	Mead	2:23.12q
3 5 Kaluzny, Kaitlin	11	A.C. Davis	2:23.50q
4 1 Allen, Sydney	9	A.C. Davis	2:24.28q
5 341 Contos, Erica	12	Mead	2:24.29q
6 226 Earthman, Lauren	12	Joel Ferris	2:24.65q



2011 Runner's Soul - 5/20/2011 to 5/21/2011
District's 5,6 & 8 Regional Championships
Spokane Falls Community College

Results

Preliminaries ... (Girls 800 Meter Run 4A)

Name	Yr	School	Prelims
7 356 Ingebritsen, Taylor	12	Mead	2:25.08q
8 54 Sanders, Skye	10	Central Vall	2:28.17q
9 401 Munoz, Magie	12	Moses Lake	2:28.60
10 663 Vargas, Jocelyn	11	Walla Walla	2:28.63
11 679 Dotter, Marissa	10	Wenatchee	2:28.72
12 67 Warner, Josie	12	Central Vall	2:30.16
13 41 McDonald, McKenzie	11	Central Vall	2:30.99
14 687 Miller, Paighton	10	Wenatchee	2:31.82
15 336 Barcellos, Peyton	10	Mead	2:33.74
16 87 Pink, Danika	9	Chiawana	2:33.76

Girls 800 Meter Run 4A

Reg. Record: 2:09.99 2000 Renee Wageman
State Record: 2:08.61 2005 Becca Noble
2:15.78 - State Standard

Name	Yr	School	Finals
Finals			
1 368 Mires, Baylee	12	Mead	2:15.40 -
2 502 Perry, Lauren	9	Richland	2:17.22 8
3 5 Kaluzny, Kaitlin	11	A.C. Davis	2:20.93 6
4 226 Earthman, Lauren	12	Joel Ferris	2:22.21 5
5 341 Contos, Erica	12	Mead	2:24.97 4
6 356 Ingebritsen, Taylor	12	Mead	2:27.98 3
7 1 Allen, Sydney	9	A.C. Davis	2:33.52 2
--- 54 Sanders, Skye	10	Central Vall	NT

Girls 1600 Meter Run 4A

Reg. Record: 4:51.98 1994 Shelly Zickler
State Record: 4:42.50 1978 Deanna Coleman
4:59.36 - State Standard

Name	Yr	School	Finals
Finals			
1 368 Mires, Baylee	12	Mead	5:09.06 10
2 502 Perry, Lauren	9	Richland	5:09.77 8
3 494 Mahoney, Katie	12	Richland	5:11.11 6
4 131 Chavez, Mayra	11	Eisenhower	5:12.47 5
5 490 Jones, Maggie	12	Richland	5:20.32 4
6 655 Nelson, Rachel	10	Walla Walla	5:21.68 3
7 24 Condos, Kiah	11	Central Vall	5:22.39 2
8 5 Kaluzny, Kaitlin	11	A.C. Davis	5:23.92 1
9 171 Hanson, Sarah	12	Gonzaga Prep	5:24.46
10 318 Keenan, Alison	11	Lewis and Cl	5:26.01
11 317 Johnson, Abbi	11	Lewis and Cl	5:26.66
12 488 Hazen, Emily	12	Richland	5:26.77
13 689 Nordt, Emily	11	Wenatchee	5:26.80
14 67 Warner, Josie	12	Central Vall	5:28.10
15 173 Hiatt, Audrey	12	Gonzaga Prep	5:29.05
16 341 Contos, Erica	12	Mead	5:30.23

Girls 3200 Meter Run 4A

Reg. Record: 10:36.95 1997 Jennifer Smith
State Record: 10:05.81 2006 Megan O'Reilly
10:47.29 - State Standard

Name	Yr	School	Finals
Finals			
1 490 Jones, Maggie	12	Richland	11:11.45 10
2 131 Chavez, Mayra	11	Eisenhower	11:11.91 8
3 494 Mahoney, Katie	12	Richland	11:14.18 6
4 148 Penaloza, Berenice	12	Eisenhower	11:15.88 5
5 24 Condos, Kiah	11	Central Vall	11:26.09 4
6 655 Nelson, Rachel	10	Walla Walla	11:30.27 3
7 488 Hazen, Emily	12	Richland	11:35.10 2
8 318 Keenan, Alison	11	Lewis and Cl	11:37.94 1
9 173 Hiatt, Audrey	12	Gonzaga Prep	11:38.56
10 155 Tello, Elise	9	Eisenhower	11:38.97
11 171 Hanson, Sarah	12	Gonzaga Prep	11:39.89
12 689 Nordt, Emily	11	Wenatchee	11:40.73
13 169 Cherry, Taylor	11	Gonzaga Prep	11:46.37
14 43 Moore, Alexandria	10	Central Vall	11:54.11
15 19 Barnes, Madi	12	Central Vall	11:54.80
16 58 Smith, Acacia	12	Central Vall	12:06.84

Girls 100 Meter Hurdles 4A

Reg. Record: 14.11 1999 Lindsey Johnson
State Record: 13.88 2001 Ginny Powell
15.03 - State Standard

Name	Yr	School	Prelims
Preliminaries			
1 90 Sparks, Sadie	11	Chiawana	14.83q-
2 678 Dorsey, Nicole	11	Wenatchee	15.41q
3 686 Ketcham, Audrey	11	Wenatchee	15.50q
4 630 Anderson, Gabby	12	Walla Walla	15.69q
5 38 Kondryszyn, Mica	12	Central Vall	16.31q
6 495 Manning, Charlene	11	Richland	16.36q
7 334 Baker, Lindzee	12	Mead	16.38q
8 224 Davis, Megan	11	Joel Ferris	16.50q
9 39 Korotish, Emily	11	Central Vall	16.91
10 524 Mauro, Carina	12	Rogers-Spoka	16.99
11 648 Klicker, Jami	10	Walla Walla	17.13
12 181 Santorsola, Vanessa	10	Gonzaga Prep	17.20
13 387 Woodd, Emilie	10	Mead	17.31
14 88 Powers, Madison	10	Chiawana	17.65
15 325 Romasko, Emily	9	Lewis and Cl	18.02
--- 151 Sanford, Destiny	10	Eisenhower	DNS



**2011 Runner's Soul - 5/20/2011 to 5/21/2011
District's 5,6 & 8 Regional Championships
Spokane Falls Community College**

Results

Girls 100 Meter Hurdles 4A

Reg. Record: 14.11 1999 Lindsey Johnson
State Record: 13.88 2001 Ginny Powell
15.03 - State Standard

Name	Yr	School	Finals
Finals			
1 90 Sparks, Sadie	11	Chiawana	14.81 -
2 686 Ketcham, Audrey	11	Wenatchee	15.38 8
3 678 Dorsey, Nicole	11	Wenatchee	15.57 6
4 630 Anderson, Gabby	12	Walla Walla	15.99 5
5 38 Kondryszyn, Mica	12	Central Vall	16.12 4
6 334 Baker, Lindzee	12	Mead	16.29 3
7 224 Davis, Megan	11	Joel Ferris	16.57 2
8 495 Manning, Charlene	11	Richland	16.65 1

Girls 300 Meter Hurdles 4A

Reg. Record: 43.61 1994 Seville Broussard
State Record: 42.12 2000 Ginny Powell
44.73 - State Standard

Name	Yr	School	Prelims
Preliminaries			
1 678 Dorsey, Nicole	11	Wenatchee	46.07q
2 92 Valdez, Melanie	12	Chiawana	46.18q
3 38 Kondryszyn, Mica	12	Central Vall	46.41q
4 164 Bennett, Jessica	11	Gonzaga Prep	46.43q
5 334 Baker, Lindzee	12	Mead	46.46q
6 128 Bravo, Katherine	12	Eisenhower	48.39q
7 359 Kost, Emma	11	Mead	48.68q
8 363 Macy, Melissa	10	Mead	48.92q
9 634 Cornia, Ashley	10	Walla Walla	48.93
10 684 Johnson, Jenny	12	Wenatchee	49.09
11 181 Santorsola, Vanessa	10	Gonzaga Prep	49.20
12 325 Romasko, Emily	9	Lewis and Cl	49.42
13 235 Liss, Abby	10	Joel Ferris	49.50
14 479 Breard, Kelly	10	Richland	50.24
15 690 Nygard, Lynnette	10	Wenatchee	50.46
16 495 Manning, Charlene	11	Richland	51.01

Girls 300 Meter Hurdles 4A

Reg. Record: 43.61 1994 Seville Broussard
State Record: 42.12 2000 Ginny Powell
44.73 - State Standard

Name	Yr	School	Finals
Finals			
1 678 Dorsey, Nicole	11	Wenatchee	45.53 10
2 164 Bennett, Jessica	11	Gonzaga Prep	45.80 8
3 38 Kondryszyn, Mica	12	Central Vall	46.17 6
4 128 Bravo, Katherine	12	Eisenhower	46.46 5
5 334 Baker, Lindzee	12	Mead	46.98 4
6 92 Valdez, Melanie	12	Chiawana	48.41 3

7 359 Kost, Emma	11	Mead	49.18 2
8 363 Macy, Melissa	10	Mead	49.48 1

Girls 4x100 Meter Relay 4A

Reg. Record: 48.10 2009 Southridge
State Record: 47.05 1983 Garfield
48.59 - State Standard

Team	Relay	Finals
Finals		
1 Mead	A	49.05 10
1) 340 Codd, Evie 12	2) 349 Grant, Tymen 11	
3) 344 Drynan, Kylie 9	4) 362 Maack, Malia 9	
2 Chiawana	A	49.51 8
1) 74 Conger, Alyssa 10	2) 86 Pierce, Sarah 11	
3) 77 Ellsworth, Shelby 12	4) 90 Sparks, Sadie 11	
3 Central Valley	A	49.58 6
1) 18 Backsen, Rachel 10	2) 45 Nemeth, Michelle 10	
3) 64 Tucker, Kayla 11	4) 33 Hoekstra, Savannah 9	
4 Richland	A	49.91 5
1) 483 Dickey, Chynna 12	2) 509 Quick, Elizabeth 10	
3) 482 Deen, Megan 10	4) 484 Foster, Kendyl 9	
5 Gonzaga Prep	A	50.42 4
1) 186 Weiler, Maddie 10	2) 175 Leland, Kayla 9	
3) 183 Smith, Hannah 11	4) 164 Bennett, Jessica 11	
6 A.C. Davis	A	50.75 3
1) 9 Osegueda, Julisa 10	2) 11 Saiz, Alyssa 11	
3) 10 Perez, Alexis 9	4) 3 Bautista, Tracey 10	
7 Moses Lake	A	51.05 2
1) 397 Grigg, Kayla 9	2) 400 Lunning, Caylah 9	
3) 396 Garcia, Keiley 10	4) 401 Munoz, Magie 12	
8 Joel Ferris	A	51.35 1
1) 229 Hicks, Jozlin 12	2) 222 Budworth, Shannon 10	
3) 224 Davis, Megan 11	4) 233 Klaue, Michelle 11	

Girls 4x200 Meter Relay 4A

Reg. Record: 1:41.76 2009 Southridge
State Record: 1:39.12 1983 Garfield
1:42.69 - State Standard

Team	Relay	Finals
Finals		
1 Wenatchee	A	1:43.89 10
1) 698 Sharp, Ashley 12	2) 671 Blanksma, Korynn 12	
3) 678 Dorsey, Nicole 11	4) 667 Adams, Christie 10	
2 Mead	A	1:44.09 8
1) 340 Codd, Evie 12	2) 363 Macy, Melissa 10	
3) 349 Grant, Tymen 11	4) 344 Drynan, Kylie 9	
3 Chiawana	A	1:45.17 6
1) 92 Valdez, Melanie 12	2) 86 Pierce, Sarah 11	
3) 90 Sparks, Sadie 11	4) 77 Ellsworth, Shelby 12	



2011 Runner's Soul - 5/20/2011 to 5/21/2011
District's 5,6 & 8 Regional Championships
Spokane Falls Community College

Results

Finals ... (Girls 4x200 Meter Relay 4A)

Team	Relay	Finals
4 Central Valley	A	1:46.01 5
1) 64 Tucker, Kayla 11	2) 45 Nemeth, Michelle 10	
3) 65 Turnbow, Cassandra 9	4) 25 Cunningham, Mariah 9	
5 Gonzaga Prep	A	1:47.01 4
1) 186 Weiler, Maddie 10	2) 175 Leland, Kayla 9	
3) 163 Barnes, Sarah 11	4) 164 Bennett, Jessica 11	
6 Lewis and Clark	A	1:47.72 3
1) 310 Edstrom, Kate 9	2) 312 Farmer, Le'Ecia 12	
3) 309 Doneen, Sydney 9	4) 314 Fitzhugh, Katie 11	
7 A.C. Davis	A	1:48.49 2
1) 3 Bautista, Tracey 10	2) 14 Silvas, Sheila 10	
3) 10 Perez, Alexis 9	4) 9 Osegueda, Julisa 10	
--- Walla Walla	A	DQ
1) 637 Davisson, Kailee 12	2) 658 Seekamp, Sarai 11	
3) 634 Cornia, Ashley 10	4) 639 Gibbar, Brittany 10	

Girls 4x400 Meter Relay 4A
Reg. Record: 3:52.27 2007 Mead
State Record: 3:50.60 1978 Sammamish
3:59.49 - State Standard

Team	Relay	Finals
Finals		
1 Mead	A	3:57.51 -
1) 363 Macy, Melissa 10	2) 340 Codd, Evie 12	
3) 344 Drynan, Kylie 9	4) 368 Mires, Baylee 12	
2 Walla Walla	A	4:01.25 8
1) 634 Cornia, Ashley 10	2) 635 Cox, Dominique 10	
3) 637 Davisson, Kailee 12	4) 631 Callan, Maggie 10	
3 Gonzaga Prep	A	4:01.77 6
1) 163 Barnes, Sarah 11	2) 175 Leland, Kayla 9	
3) 186 Weiler, Maddie 10	4) 164 Bennett, Jessica 11	
4 Richland	A	4:03.87 5
1) 503 Podhaisky, Sophie 9	2) 493 Lakes, Shanice 10	
3) 494 Mahoney, Katie 12	4) 490 Jones, Maggie 12	
5 Central Valley	A	4:04.07 4
1) 37 Jordan, Allison 11	2) 32 Hawkins, Hailey 9	
3) 40 Kunz-Pfeiffer, Jessie 9	4) 38 Kondryszyn, Mica 12	
6 Wenatchee	A	4:06.44 3
1) 684 Johnson, Jenny 12	2) 675 Chapman, Tegan 11	
3) 678 Dorsey, Nicole 11	4) 692 Peven, Grace 11	
7 Eisenhower	A	4:10.10 2
1) 137 Freeman, Rachel 11	2) 127 Arnold, McKenzie 12	
3) 131 Chavez, Mayra 11	4) 128 Bravo, Katherine 12	

Girls High Jump 4A
Reg. Record: 5-10 2008 Kelly McNamee
State Record: 6-01 1983 Mary Moore
5-05.00 - State Standard

Name	Yr	School	Finals
Finals			
1 686 Ketcham, Audrey	11	Wenatchee	5-08.00 -
2 509 Quick, Elizabeth	10	Richland	5-02.00 8
3 369 Mix, Kelsey	11	Mead	J5-02.00 6
4 25 Cunningham, Mariah	9	Central Vall	5-01.00 5
5 531 White, Tierra	9	Rogers-Spoka	5-00.00 4
6 52 Riel, Natalie	10	Central Vall	4-10.00 3
7 681 Gould, Jennifer	9	Wenatchee	J4-10.00 2
8 398 Koon, Selina	9	Moses Lake	J4-10.00 1
9 495 Manning, Charlene	11	Richland	4-08.00
9 230 Kantner, Shelby	9	Joel Ferris	4-08.00
9 166 Brown, Jazmine	11	Gonzaga Prep	4-08.00
12 167 Brown, Whitney	11	Gonzaga Prep	J4-08.00
12 319 Martin, Indiah	12	Lewis and Cl	J4-08.00
12 221 Bowton, Maya	11	Joel Ferris	J4-08.00
15 160 Wilson, Cicily	12	Eisenhower	J4-08.00
--- 90 Sparks, Sadie	11	Chiawana	NH
--- 659 Simcock, Alexa	11	Walla Walla	NH

Girls Pole Vault 4A
Reg. Record: 12-07 2004 Doria Holbrook
State Record: 12-06 2003 Stevie Marshalek
11-09.00 - State Standard

Name	Yr	School	Finals
Finals			
1 480 Chen, Joanna	12	Richland	11-00.00 10
2 509 Quick, Elizabeth	10	Richland	J11-00.00 8
3 153 Suarez, Maria	12	Eisenhower	10-03.00 6
4 346 Ennis, Alizabeth	12	Mead	J10-03.00 5
5 375 Pratt, Cadie	10	Mead	10-00.00 4
6 225 Dinwoodie, Alex	10	Joel Ferris	J10-00.00 3
7 372 Pawluk, Natalya	11	Mead	9-06.00 2
8 160 Wilson, Cicily	12	Eisenhower	J9-06.00 1
9 385 Vogel, Eva	11	Mead	J9-06.00
10 220 Arbanas, Amber	11	Joel Ferris	J9-06.00
11 389 Wyman, Maria	12	Mead	9-00.00
12 221 Bowton, Maya	11	Joel Ferris	J9-00.00
13 670 Black, Kenzi	11	Wenatchee	8-06.00
14 643 Heath, Rebekah	11	Walla Walla	J8-06.00
15 516 Weitz, Macey	9	Richland	J8-06.00
--- 146 Mares, Brianna	12	Eisenhower	NH



**2011 Runner's Soul - 5/20/2011 to 5/21/2011
District's 5,6 & 8 Regional Championships
Spokane Falls Community College**

Results

Girls Long Jump 4A

Reg. Record: 19-05 1995 Francesca Green
State Record: 19-09.75 1977 Patsy Walker
17-10.50 - State Standard

Name	Yr	School	Finals
Finals			
1 33 Hoekstra, Savannah	9	Central Vall	17-08.50 10
2 686 Ketcham, Audrey	11	Wenatchee	17-01.25 8
3 377 Redmon, Jade	10	Mead	16-10.75 6
4 698 Sharp, Ashley	12	Wenatchee	16-10.25 5
5 312 Farmer, Le'Ecia	12	Lewis and Cl	16-10.00 4
6 509 Quick, Elizabeth	10	Richland	16-09.25 3
7 25 Cunningham, Mariah	9	Central Vall	16-05.00 2
8 83 Loving, Danielle	10	Chiawana	16-01.50 1
9 88 Powers, Madison	10	Chiawana	15-11.75
10 61 Szoke, Kendra	12	Central Vall	15-08.25
11 182 Simon, Kenna	9	Gonzaga Prep	15-06.50
12 400 Lunning, Caylah	9	Moses Lake	15-06.25
13 364 Marbury, Kara	9	Mead	15-05.25
14 82 Kelly, Ashley	12	Chiawana	14-11.50
15 391 Bakker, Kimberly	11	Moses Lake	14-06.00
--- 323 McNeil, Paige	10	Lewis and Cl	DNS

Girls Triple Jump 4A

Reg. Record: 39-00 2009 Shaniae Lakes
State Record: 41-07.50 1994 LaShonda Christopher
38-02.50 - State Standard

Name	Yr	School	Finals
Finals			
1 88 Powers, Madison	10	Chiawana	36-00.25 10
2 377 Redmon, Jade	10	Mead	35-08.50 8
3 83 Loving, Danielle	10	Chiawana	35-04.75 6
4 86 Pierce, Sarah	11	Chiawana	35-04.00 5
5 61 Szoke, Kendra	12	Central Vall	34-10.75 4
6 42 Miller, Holly	9	Central Vall	34-06.00 3
7 229 Hicks, Jozlin	12	Joel Ferris	34-01.75 2
8 20 Barnhart, Molly	9	Central Vall	34-00.50 1
9 636 Crawford, Torrin	10	Walla Walla	33-07.00
10 230 Kantner, Shelby	9	Joel Ferris	33-02.50
11 316 Hudson, Hannah	10	Lewis and Cl	32-11.00
12 319 Martin, Indiah	12	Lewis and Cl	32-06.00
13 684 Johnson, Jenny	12	Wenatchee	32-05.00
14 646 Jacobson, Madeline	11	Walla Walla	31-10.50
15 666 Wood, Elizabeth	11	Walla Walla	31-07.00
16 391 Bakker, Kimberly	11	Moses Lake	30-10.25

Girls Shot Put 4A

Reg. Record: 45-04.50 1994 Regan Leahy
State Record: 50-05.50 1978 Carrie Albano
39-10.25 - State Standard

Name	Yr	School	Finals
Finals			
1 354 Hutchinson, Courtney	10	Mead	42-00.50 -
2 36 Jennings, Paula	12	Central Vall	38-07.50 8
3 159 Williams, Ewieona	11	Eisenhower	37-09.00 6
4 633 Christensen, Sydney	12	Walla Walla	35-08.00 5
5 370 Nelson, Meaghan	11	Mead	35-03.00 4
6 402 Nielsen, Sadie	10	Moses Lake	35-02.00 3
7 61 Szoke, Kendra	12	Central Vall	34-07.00 2
8 73 Balderas, Ariana	12	Chiawana	34-03.00 1
9 34 Hogue, Sidney	12	Central Vall	33-01.50
10 515 Webb, Kenzie	11	Richland	33-00.00
11 493 Lakes, Shanice	10	Richland	32-07.00
12 392 Ballard, Taylor	12	Moses Lake	32-05.00
13 178 Nelson, Diana	11	Gonzaga Prep	30-06.00
14 321 McCammon, Dani	12	Lewis and Cl	30-05.00
15 520 Dewey- Buchanan, Ta	9	Rogers-Spoka	30-02.00
16 478 Baker, Indanecia	10	Richland	30-01.50

Girls Discus Throw 4A

Reg. Record: 141-05 1999 Mari Ruiz
State Record: 173-01 1998 Mandy Borschowa
126-00 - State Standard

Name	Yr	School	Finals
Finals			
1 402 Nielsen, Sadie	10	Moses Lake	125-09.00 10
2 633 Christensen, Sydney	12	Walla Walla	125-06.00 8
3 73 Balderas, Ariana	12	Chiawana	119-11.00 6
4 159 Williams, Ewieona	11	Eisenhower	118-10.00 5
5 370 Nelson, Meaghan	11	Mead	114-08.00 4
6 142 Johnston, Carrie	12	Eisenhower	107-05.00 3
7 321 McCammon, Dani	12	Lewis and Cl	107-00.00 2
8 184 Taylor, Ymanni	12	Gonzaga Prep	103-02.00 1
9 139 Goins, Claire	10	Eisenhower	102-02.00
10 129 Brown, Brooke	10	Eisenhower	100-01.00
11 382 Spence, Tiffany	11	Mead	99-10.00
12 46 Ness, Mikayla	11	Central Vall	97-03.00
13 661 Thompson, Megan	11	Walla Walla	95-04.00
14 736 Pochis, Grace	10	Joel Ferris	94-05.00
15 17 Backsen, Alex	12	Central Vall	89-08.00



2011 Runner's Soul - 5/20/2011 to 5/21/2011
District's 5,6 & 8 Regional Championships
Spokane Falls Community College

Results

Girls Javelin Throw 4A

Reg. Record: 145-03 2009 Kenna Ross
State Record: 189-07 1985 Erica Wheeler
129-07 - State Standard

Name	Yr	School	Finals
Finals			
1 77 Ellsworth, Shelby	12	Chiawana	133-00.00 -
2 129 Brown, Brooke	10	Eisenhower	128-06.00 8
3 646 Jacobson, Madeline	11	Walla Walla	126-09.00 6
4 36 Jennings, Paula	12	Central Vall	123-01.00 5
5 27 Dringle, Roni	11	Central Vall	118-00.00 4
6 692 Peven, Grace	11	Wenatchee	117-00.00 3
7 355 Imming, Kathryn	10	Mead	111-03.00 2
8 20 Barnhart, Molly	9	Central Vall	111-02.00 1
9 694 Prater, Lauren	11	Wenatchee	104-10.00
10 367 Mills, Michaelyn	11	Mead	103-02.00
11 729 Underwood, Bridgette	9	Richland	101-05.00
12 335 Baker, Samantha	10	Mead	99-09.00
13 661 Thompson, Megan	11	Walla Walla	99-05.00
14 338 Bilyeu, Gabby	10	Mead	98-05.00
15 321 McCammon, Dani	12	Lewis and Cl	88-08.00
16 695 Schauss, Sabrina	11	Wenatchee	88-01.00

Boys 100 Meter Dash 3A

Reg. Record: 10.93 2003 Aaron Gunn
State Record: 10.35 1997 Ja'Warren Hooker
11.05 - State Standard

Name	Yr	School	Prelims
Preliminaries			
1 262 Johnston, Jerrod	12	Kamiakin	11.05Q-
2 428 Naccarato, Chase	11	Mt Spokane	11.10Q
3 462 Stratton, Jon	12	North Centra	11.27Q
4 581 Richards, Joshua	11	Southridge	11.33Q
5 733 Griffin, Darneal	9	North Centra	11.28Q
6 190 Brown, Elijah	12	Hanford	11.39Q
7 104 Hancock, Brandon	12	Eastmont	11.45q
8 267 McLean, Corey	11	Kamiakin	11.46q
9 439 Walsh, Averey	12	Mt Spokane	11.49
10 304 Woods, Grant	11	Kennewick	11.61
10 274 Perrins, Tyler	10	Kamiakin	11.61
12 270 Nickerson, Codi	12	Kamiakin	11.71

Boys 100 Meter Dash 3A

Reg. Record: 10.93 2003 Aaron Gunn
State Record: 10.35 1997 Ja'Warren Hooker
11.05 - State Standard

Name	Yr	School	Finals
Finals			
1 262 Johnston, Jerrod	12	Kamiakin	10.95 -
2 428 Naccarato, Chase	11	Mt Spokane	11.17 8

3 462 Stratton, Jon	12	North Centra	J11.17 6
4 267 McLean, Corey	11	Kamiakin	11.28 5
5 733 Griffin, Darneal	9	North Centra	11.32 4
6 190 Brown, Elijah	12	Hanford	11.37 3
7 581 Richards, Joshua	11	Southridge	11.46 2
8 104 Hancock, Brandon	12	Eastmont	11.65 1

Boys 200 Meter Dash 3A

Reg. Record: 21.66 2010 Corde Bailey
State Record: 21.11 2000 Anthon Bucanan
22.16 - State Standard

Name	Yr	School	Prelims
Preliminaries			
1 428 Naccarato, Chase	11	Mt Spokane	22.30q
2 262 Johnston, Jerrod	12	Kamiakin	22.41q
3 104 Hancock, Brandon	12	Eastmont	22.63q
4 733 Griffin, Darneal	9	North Centra	22.64q
5 581 Richards, Joshua	11	Southridge	22.77q
6 626 Upmeyer, Austin	10	University	22.81q
7 473 Powell, Presley	11	Pasco	23.21q
8 598 Ramirez, Jorge	12	Sunnyside	23.26q
9 204 Kelly, Ben	9	Hanford	23.45
10 544 Mendoza, Hernan	12	Shadle Park	23.54
11 217 Staten, Elon	11	Hanford	23.81
12 250 Ballo, Spencer	10	Kamiakin	24.48

Boys 200 Meter Dash 3A

Reg. Record: 21.66 2010 Corde Bailey
State Record: 21.11 2000 Anthon Bucanan
22.16 - State Standard

Name	Yr	School	Finals
Finals			
1 262 Johnston, Jerrod	12	Kamiakin	22.16 -
2 428 Naccarato, Chase	11	Mt Spokane	22.52 8
3 733 Griffin, Darneal	9	North Centra	22.97 6
4 104 Hancock, Brandon	12	Eastmont	23.08 5
5 581 Richards, Joshua	11	Southridge	23.09 4
6 626 Upmeyer, Austin	10	University	23.18 3
7 598 Ramirez, Jorge	12	Sunnyside	23.79 2
8 473 Powell, Presley	11	Pasco	24.40 1

Boys 400 Meter Dash 3A

Reg. Record: 48.73 2007 Case Parker
State Record: 45.74 1982 Darrell Robinson
49.76 - State Standard

Name	Yr	School	Prelims
Preliminaries			
1 408 Cerenzia, Jack	12	Mt Spokane	50.55q
2 452 Hoffman, Jake	10	North Centra	51.05q
3 626 Upmeyer, Austin	10	University	51.37q
4 544 Mendoza, Hernan	12	Shadle Park	51.85q



2011 Runner's Soul - 5/20/2011 to 5/21/2011
District's 5,6 & 8 Regional Championships
Spokane Falls Community College

Results

Preliminaries ... (Boys 400 Meter Dash 3A)

Name	Yr	School	Prelims
5 113 Meyers, Mitch	10	Eastmont	52.34q
6 270 Nickerson, Codi	12	Kamiakin	52.36q
7 473 Powell, Presley	11	Pasco	52.72q
8 211 Rathbone, Brian	12	Hanford	53.33q
9 208 Nelson, Ryan	12	Hanford	53.34
10 264 Lee, Tyce	11	Kamiakin	54.38
11 94 Ballard, Michael	10	Eastmont	54.89
12 723 Swanson, James	10	West Valley-	55.72

Boys 400 Meter Dash 3A

Reg. Record: 48.73 2007 Case Parker
State Record: 45.74 1982 Darrell Robinson
49.76 - State Standard

Name	Yr	School	Finals
Finals			
1 408 Cerenzia, Jack	12	Mt Spokane	50.07 10
2 452 Hoffman, Jake	10	North Centra	50.68 8
3 626 Upmeyer, Austin	10	University	50.70 6
4 473 Powell, Presley	11	Pasco	51.08 5
5 544 Mendoza, Hernan	12	Shadle Park	51.31 4
6 270 Nickerson, Codi	12	Kamiakin	52.02 3
7 113 Meyers, Mitch	10	Eastmont	52.27 2
8 211 Rathbone, Brian	12	Hanford	54.52 1

Boys 800 Meter Run 3A

Reg. Record: 1:52.54 2005 Nectaly Barbosa
State Record: 1:50.43 2004 Alex McClary
1:54.83 - State Standard

Name	Yr	School	Prelims
Preliminaries			
1 468 Williams, Keith	10	North Centra	1:57.19q
2 470 Wordell, Andrew	12	North Centra	1:58.90q
3 712 Mears, Chase	11	West Valley-	1:58.97q
4 622 Smith, Jon	12	University	1:59.47q
5 582 Smith, Aaron	12	Southridge	2:01.11q
6 201 Hathaway, Noel	11	Hanford	2:01.14q
7 300 Schuldheisz, Joseph	10	Kennewick	2:01.51q
8 737 Mosley, Robert	12	North Centra	2:01.67q
9 102 Guilmette, Dylan	11	Eastmont	2:01.97
10 713 Moreno, Marco	11	West Valley-	2:02.93
11 587 Thoul, Gimis	12	Southridge	2:03.35
12 299 Schoenwald, Ty	12	Kennewick	2:06.07

Boys 800 Meter Run 3A

Reg. Record: 1:52.54 2005 Nectaly Barbosa
State Record: 1:50.43 2004 Alex McClary
1:54.83 - State Standard

Name	Yr	School	Finals
Finals			
1 470 Wordell, Andrew	12	North Centra	1:55.28 10
2 468 Williams, Keith	10	North Centra	1:55.63 8
3 622 Smith, Jon	12	University	1:56.88 6
4 712 Mears, Chase	11	West Valley-	1:58.46 5
5 737 Mosley, Robert	12	North Centra	1:59.46 4
6 201 Hathaway, Noel	11	Hanford	1:59.88 3
7 300 Schuldheisz, Joseph	10	Kennewick	2:02.86 2
8 582 Smith, Aaron	12	Southridge	2:06.38 1

Boys 1600 Meter Run 3A

Reg. Record: 4:10.61 5/21/2011 Anthony Armstrong
State Record: 4:04.60 1964 Gerry Lindgren
Reg. Record: 4:10.61 5/21/2011 Anthony Armstrong
4:18.27 - State Standard

Name	Yr	School	Finals
Finals			
1 249 Armstrong, Anthony	11	Kamiakin	4:10.61 -
2 552 Weitz, Nathan	11	Shadle Park	4:11.29 -
3 442 Adams, Casey	12	North Centra	4:13.63 -
4 470 Wordell, Andrew	12	North Centra	4:13.66 -
5 448 Hamilton, Vince	12	North Centra	4:15.36 -
6 263 Kraal, Taylor	11	Kamiakin	4:30.84
7 599 Reynoso, Juan	11	Sunnyside	4:31.48
8 711 Matheson, Joseph	12	West Valley-	4:32.98
9 278 Richards, Austin	11	Kamiakin	4:34.13
10 102 Guilmette, Dylan	11	Eastmont	4:34.50
11 266 McCormick, Keegan	9	Kamiakin	4:36.13
12 594 Gonzalez, Nathan	11	Sunnyside	4:41.37

Boys 3200 Meter Run 3A

Reg. Record: 9:03.96 5/20/2011 Nathan Weitz
State Record: 8:48.30 1966 Rick Riley
Reg. Record: 9:03.96 5/20/2011 Nathan Weitz
9:13.12 - State Standard

Name	Yr	School	Finals
Finals			
1 552 Weitz, Nathan	11	Shadle Park	9:03.96 -
2 249 Armstrong, Anthony	11	Kamiakin	9:08.96 -
3 448 Hamilton, Vince	12	North Centra	9:14.17 6
4 422 Johnson, Hunter	11	Mt Spokane	9:28.69 5
5 445 Frostad, Austen	10	North Centra	9:28.73 4
6 266 McCormick, Keegan	9	Kamiakin	9:48.79 3
7 599 Reynoso, Juan	11	Sunnyside	9:52.20 2
8 116 Parsons, Mitch	12	Eastmont	9:53.42 1



**2011 Runner's Soul - 5/20/2011 to 5/21/2011
District's 5,6 & 8 Regional Championships
Spokane Falls Community College**

Results

Finals ... (Boys 3200 Meter Run 3A)

Name	Yr	School	Finals
9 271 Oser, Austin	10	Kamiakin	10:00.54
10 279 Rodriguez, Christian	10	Kamiakin	10:09.02
11 283 Snyder, Phillip	11	Kamiakin	10:11.93
12 272 Paulson, Kevin	11	Kamiakin	10:22.48

Boys 110 Meter Hurdles 3A

Reg. Record: 14.41 2006 Jarom Smith
State Record: 13.86 1987 Cecil Bowie
 14.85 - State Standard

Name	Yr	School	Prelims
------	----	--------	---------

Preliminaries

1 191 Collett, Joseph	11	Hanford	14.74q-
2 434 Person, Darius	11	Mt Spokane	15.34q
3 449 Haven, Bill	12	North Centra	15.52q
4 98 Doneen, Cam	12	Eastmont	15.68q
5 598 Ramirez, Jorge	12	Sunnyside	15.81q
6 621 Peterson, Ryan	12	University	15.85q
7 725 Phenneger, Sean	12	Southridge	15.92q
8 612 Fry, Jacob	12	University	16.01q
9 475 Search, Brandon	12	Pasco	16.03
10 196 Finger, Josh	11	Hanford	16.13
11 588 Amaro, Eric	10	Sunnyside	16.63
12 715 Oram, Jeremy	11	West Valley-	17.41

Boys 110 Meter Hurdles 3A

Reg. Record: 14.41 2006 Jarom Smith
State Record: 13.86 1987 Cecil Bowie
 14.85 - State Standard

Name	Yr	School	Finals
------	----	--------	--------

Finals

1 191 Collett, Joseph	11	Hanford	14.87	10
2 434 Person, Darius	11	Mt Spokane	15.14	8
3 449 Haven, Bill	12	North Centra	15.33	6
4 98 Doneen, Cam	12	Eastmont	15.79	5
5 598 Ramirez, Jorge	12	Sunnyside	16.02	4
6 612 Fry, Jacob	12	University	16.23	3
7 725 Phenneger, Sean	12	Southridge	16.23	2
8 621 Peterson, Ryan	12	University	16.64	1

Boys 300 Meter Hurdles 3A

Reg. Record: 37.97 2004 Trevor Rollinger
State Record: 37.97 2004 Trevor Rollinger
 39.32 - State Standard

Name	Yr	School	Prelims
------	----	--------	---------

Preliminaries

1 191 Collett, Joseph	11	Hanford	39.26q-
2 464 Swager, Gunnar	12	North Centra	39.68q
3 612 Fry, Jacob	12	University	40.43q
4 475 Search, Brandon	12	Pasco	40.64q

5 621 Peterson, Ryan	12	University	40.67q
6 196 Finger, Josh	11	Hanford	40.84q
7 537 Graham, Thilo	9	Shadle Park	40.91q
8 715 Oram, Jeremy	11	West Valley-	40.92q
9 580 Quam, Addison	12	Southridge	40.96
10 598 Ramirez, Jorge	12	Sunnyside	41.40
11 301 Simpson, Bodie	10	Kennewick	41.68
12 98 Doneen, Cam	12	Eastmont	41.83

Boys 300 Meter Hurdles 3A

Reg. Record: 37.97 2004 Trevor Rollinger
State Record: 37.97 2004 Trevor Rollinger
 39.32 - State Standard

Name	Yr	School	Finals
------	----	--------	--------

Finals

1 464 Swager, Gunnar	12	North Centra	39.16	-
2 191 Collett, Joseph	11	Hanford	39.78	8
3 612 Fry, Jacob	12	University	40.24	6
4 621 Peterson, Ryan	12	University	41.04	5
5 475 Search, Brandon	12	Pasco	41.18	4
6 537 Graham, Thilo	9	Shadle Park	41.40	3
7 196 Finger, Josh	11	Hanford	41.49	2
8 715 Oram, Jeremy	11	West Valley-	42.48	1

Boys 4x100 Meter Relay 3A

Reg. Record: 42.20 2007 North Central
State Record: 41.94 1986 Garfield
 43.08 - State Standard

Team	Relay	Finals
------	-------	--------

Finals

1 North Central	A	42.92	-
1) 733 Griffin, Darneal 9	2) 462 Stratton, Jon 12		
3) 452 Hoffman, Jake 10	4) 464 Swager, Gunnar 12		
2 Mt Spokane	A	43.46	8
1) 439 Walsh, Averej 12	2) 412 Concepcion, Shane 11		
3) 437 Stiles, Stu 9	4) 420 Green, Tyler 11		
3 Eastmont	A	43.95	6
1) 111 Mayer, Carl 12	2) 106 Hardgrove, Darin 10		
3) 115 Osborn, Trenton 10	4) 104 Hancock, Brandon 12		
4 Southridge	A	44.09	5
1) 584 Snider, John 12	2) 567 Harris, Quinn 11		
3) 568 Haueter, Chris 11	4) 581 Richards, Joshua 11		
5 Kennewick	A	44.32	4
1) 304 Woods, Grant 11	2) 296 Najera, Alfonso 12		
3) 301 Simpson, Bodie 10	4) 297 Powell, Anthony 11		
--- Kamiakin	A	DQ	
1) 267 McLean, Corey 11	2) 261 Holle, Tyler 12		
3) 274 Perrins, Tyler 10	4) 262 Johnston, Jerrod 12		



**2011 Runner's Soul - 5/20/2011 to 5/21/2011
District's 5,6 & 8 Regional Championships
Spokane Falls Community College**

Results

Boys 4x400 Meter Relay 3A

Reg. Record: 3:21.59 2003 Hanford
State Record: 3:16.09 1982 Wilson
3:23.19 - State Standard

Team	Relay	Finals
Finals		
1 Mt Spokane	A	3:22.12 -
1) 420 Green, Tyler 11	2) 430 O'Leary, Casey 12	
3) 408 Cerenzia, Jack 12	4) 428 Naccarato, Chase 11	
2 North Central	A	3:24.32 8
1) 452 Hoffman, Jake 10	2) 470 Wordell, Andrew 12	
3) 468 Williams, Keith 10	4) 464 Swager, Gunnar 12	
3 Hanford	A	3:25.82 6
1) 211 Rathbone, Brian 12	2) 208 Nelson, Ryan 12	
3) 201 Hathaway, Noel 11	4) 191 Collett, Joseph 11	
4 Kamiakin	A	3:26.24 5
1) 270 Nickerson, Codi 12	2) 261 Holle, Tyler 12	
3) 249 Armstrong, Anthony 11	4) 262 Johnston, Jerrod 12	
5 Eastmont	A	3:33.07 4
1) 94 Ballard, Michael 10	2) 104 Hancock, Brandon 12	
3) 115 Osborn, Trenton 10	4) 113 Meyers, Mitch 10	
6 Southridge	A	3:34.90 3
1) 587 Thoul, Gimis 12	2) 567 Harris, Quinn 11	
3) 580 Quam, Addison 12	4) 582 Smith, Aaron 12	

Boys High Jump 3A

Reg. Record: 6-08 2008 Jason Feser
State Record: 7-02.25 1978 Terry Ellis
6-05.00 - State Standard

Name	Yr	School	Finals
Finals			
1 449 Haven, Bill	12	North Centra	6-04.00 10
2 261 Holle, Tyler	12	Kamiakin	6-02.00 7
2 475 Search, Brandon	12	Pasco	6-02.00 7
4 274 Perrins, Tyler	10	Kamiakin	J6-02.00 5
5 540 Jensen, Cole	10	Shadle Park	6-00.00 4
6 563 Floyd, Parker	10	Southridge	J6-00.00 3
7 619 Morgan, Andrew	10	University	J6-00.00 2
8 568 Haueter, Chris	11	Southridge	J6-00.00 1
9 194 Deatherage, Bernard	11	Hanford	J6-00.00
10 284 Stapleton, Jacob	12	Kamiakin	5-10.00
11 607 Bruce, Zachery	11	University	5-08.00
12 125 Walker, Berlie	11	Eastmont	J5-08.00

Boys Pole Vault 3A

Reg. Record: 16-00 1998 Rick Collins
State Record: 17-00 2002 Tyson Byers
14-04.00 - State Standard

Name	Yr	School	Finals
Finals			
1 125 Walker, Berlie	11	Eastmont	14-00.00 10
2 554 Wilson, Tyler	12	Shadle Park	J14-00.00 8
3 444 Davies, Ned	12	North Centra	J14-00.00 6
4 603 Alexander, Jay	10	University	13-00.00 4.5
4 259 Gonzalez, Arturo	11	Kamiakin	13-00.00 4.5
6 709 Irvine, Zane	11	West Valley-	12-06.00 2
6 474 Schmits, Kyle	11	Pasco	12-06.00 2
6 97 Caron, Joey	12	Eastmont	12-06.00 2
9 600 Rice, Ryan	12	Sunnyside	12-00.00
10 472 Gibson, Joshua	11	Pasco	J12-00.00
10 207 Miller, Dan	11	Hanford	J12-00.00
--- 440 Wurst, Scott	11	Mt Spokane	NH

Boys Long Jump 3A

Reg. Record: 22-11.50 5/20/2011 Trenton Osborn
State Record: 24-10.25 1988 Peter Phillips
Reg. Record: 22-11.50 5/20/2011 Trenton Osborn
22-03.75 - State Standard

Name	Yr	School	Finals
Finals			
1 115 Osborn, Trenton	10	Eastmont	22-11.50 -
2 428 Naccarato, Chase	11	Mt Spokane	22-01.00 8
3 475 Search, Brandon	12	Pasco	22-00.75 6
4 261 Holle, Tyler	12	Kamiakin	21-08.50 5
5 568 Haueter, Chris	11	Southridge	21-01.00 4
6 584 Snider, John	12	Southridge	20-11.00 3
7 424 Larson, Dane	10	Mt Spokane	20-09.50 2
8 601 Salmeron, Eduardo	10	Sunnyside	20-08.75 1
9 540 Jensen, Cole	10	Shadle Park	20-02.75
10 296 Najera, Alfonso	12	Kennewick	20-02.50
11 106 Hardgrove, Darin	10	Eastmont	19-08.75
12 608 Campbell, Pierce	12	University	19-04.00

Boys Triple Jump 3A

Reg. Record: 46-07 2004 Keefe Brockman
State Record: 49-11.75 2005 Rashad Toussaint
45-11.50 - State Standard

Name	Yr	School	Finals
Finals			
1 424 Larson, Dane	10	Mt Spokane	42-11.00 10
2 423 Kissinger, Trevor	12	Mt Spokane	42-09.25 8
3 412 Concepcion, Shane	11	Mt Spokane	42-05.00 6
4 601 Salmeron, Eduardo	10	Sunnyside	42-04.00 5
5 250 Ballo, Spencer	10	Kamiakin	40-10.50 4



2011 Runner's Soul - 5/20/2011 to 5/21/2011
District's 5,6 & 8 Regional Championships
Spokane Falls Community College

Results

Finals ... (Boys Triple Jump 3A)

Name	Yr	School	Finals
6 596 Lugo, Sergio	10	Sunnyside	40-09.00 3
7 297 Powell, Anthony	11	Kennewick	40-07.00 2
8 106 Hardgrove, Darin	10	Eastmont	40-02.00 1
9 607 Bruce, Zachery	11	University	40-01.00
10 219 Young, Ryan	10	Hanford	39-06.25
11 556 Bourque, Graham	10	Southridge	39-05.75
12 113 Meyers, Mitch	10	Eastmont	38-11.75

Boys Shot Put 3A

Reg. Record: 57-11.50 2006 **Bob Wilske**
State Record: 68-08.50 1977 **Vince Goldsmith**
 54-00.25 - State Standard

Name	Yr	School	Finals
Finals			
1 614 Harrington, Colton	12	University	52-05.50
2 218 Wagar, Cameron	12	Hanford	50-02.50
3 214 Rueter, Kurt	12	Hanford	49-10.50
4 458 Lill, Matthew	12	North Centra	49-02.00
5 276 Reading, Forrest	11	Kamiakin	46-04.00
6 572 Meyer, Steve	12	Southridge	J46-04.00
7 443 Bates, Durran	11	North Centra	45-10.50
8 439 Walsh, Aveyrey	12	Mt Spokane	45-07.00
9 707 Devlin, Oliver	11	West Valley-	44-03.50
10 557 Brinkworth, Austin	12	Southridge	42-03.50
11 578 Osborne, Caleb	12	Southridge	40-08.00
--- 100 Frazier, Jordan	11	Eastmont	ND

Boys Discus Throw 3A

Reg. Record: 167-09 2007 **Matt Gill**
State Record: 193-08 1979 **Gary Lettler**
 156-08 - State Standard

Name	Yr	School	Finals
Finals			
1 458 Lill, Matthew	12	North Centra	159-08.00 -
2 100 Frazier, Jordan	11	Eastmont	140-08.00 8
3 609 Failauga, Moreli	10	University	140-01.00 6
4 209 Quinton, Cody	11	Hanford	134-11.00 5
5 443 Bates, Durran	11	North Centra	134-01.00 4
6 407 Brosmore, Levi	10	Mt Spokane	132-09.00 3
7 193 Cunningham, Aarron	10	Hanford	130-11.00 2
8 251 Bare, Luke	11	Kamiakin	127-10.00 1
9 96 Bussell, AJ	10	Eastmont	118-04.00
10 705 Clark, Ryan	12	West Valley-	118-02.00
11 564 Fowler, Kyle	12	Southridge	105-09.00
--- 707 Devlin, Oliver	11	West Valley-	DNS

Boys Javelin Throw 3A

Reg. Record: 197-10 2010 **Luke Evans**
State Record: 233-08 1982 **Bob Rockett**
 182-11 - State Standard

Name	Yr	School	Finals
Finals			
1 218 Wagar, Cameron	12	Hanford	183-07.00 -
2 588 Amaro, Eric	10	Sunnyside	167-04.00 8
3 595 Guzman, Miguel	11	Sunnyside	166-00.00 6
4 612 Fry, Jacob	12	University	160-01.00 5
5 439 Walsh, Aveyrey	12	Mt Spokane	159-10.00 4
6 451 Hisaw, Colin	12	North Centra	159-05.00 3
7 268 Meier, Tanner	12	Kamiakin	154-08.00 2
8 108 Jacobus, Nick	10	Eastmont	151-09.00 1
9 197 Freeman, Chris	11	Hanford	148-09.00
10 725 Phenneger, Sean	12	Southridge	144-05.00
11 103 Gwinn, Sam	12	Eastmont	141-08.00

Boys 100 Meter Dash 4A

Reg. Record: 10.45 2000 **Anthony Bucanan**
State Record: 10.35 1997 **Ja'Warren Hooker**
 11.07 - State Standard

Name	Yr	School	Prelims
Preliminaries			
1 673 Brandt-Sims, Isaiah	9	Wenatchee	10.82q -
2 170 Condon, Bobby	12	Gonzaga Prep	11.11q
3 246 Visconti, Victor	12	Joel Ferris	11.19q
4 361 Maack, Evan	11	Mead	11.21q
5 499 McKinney, Jacob	12	Richland	J11.21q
6 72 Adamson, Brett	12	Chiawana	11.30q
7 16 Wagner, Austin	11	A.C. Davis	11.40q
8 510 Reynolds, Gage	12	Richland	11.47q
9 49 Ontiveros, Brandon	12	Central Vall	11.52
10 337 Barlow, Davian	10	Mead	11.54
11 507 Powell, Tyler	12	Richland	11.56
12 529 Smith, Devante	12	Rogers-Spoka	11.57
13 384 Stone, Austin	10	Mead	11.63
14 231 Karstetter, Kurtis	11	Joel Ferris	11.65
14 136 Esparza, Mike	12	Eisenhower	11.65
16 701 Smith, Spencer	9	Wenatchee	11.85

Boys 100 Meter Dash 4A

Reg. Record: 10.45 2000 **Anthony Bucanan**
State Record: 10.35 1997 **Ja'Warren Hooker**
 11.07 - State Standard

Name	Yr	School	Finals
Finals			
1 673 Brandt-Sims, Isaiah	9	Wenatchee	10.81 -
2 170 Condon, Bobby	12	Gonzaga Prep	11.14 8
3 361 Maack, Evan	11	Mead	11.15 6



2011 Runner's Soul - 5/20/2011 to 5/21/2011
District's 5,6 & 8 Regional Championships
Spokane Falls Community College

Results

Finals ... (Boys 100 Meter Dash 4A)

Name	Yr	School	Finals
4 246 Visconti, Victor	12	Joel Ferris	11.16 5
5 499 McKinney, Jacob	12	Richland	11.34 4
6 72 Adamson, Brett	12	Chiawana	11.39 3
7 16 Wagner, Austin	11	A.C. Davis	11.48 2
8 510 Reynolds, Gage	12	Richland	11.75 1

Boys 200 Meter Dash 4A

Reg. Record: 21.13 2000 Anthony Bucanan
State Record: 21.11 2000 Anthony Bucanan
22.04 - State Standard

Name	Yr	School	Prelims
------	----	--------	---------

Preliminaries

1 673 Brandt-Sims, Isaiah	9	Wenatchee	21.76q-
2 332 Bailey, Wes	11	Mead	22.12q
3 145 Mandapat, Dimitri	12	Eisenhower	22.43q
4 244 Tullos, Alex	10	Joel Ferris	22.60q
5 16 Wagner, Austin	11	A.C. Davis	22.72q
6 499 McKinney, Jacob	12	Richland	22.85q
7 136 Esparza, Mike	12	Eisenhower	22.91q
8 358 Kayser, Gunnar	10	Mead	23.01q
9 390 York, Tyler	12	Mead	23.05
10 170 Condon, Bobby	12	Gonzaga Prep	23.13
11 49 Ontiveros, Brandon	12	Central Vall	23.28
12 507 Powell, Tyler	12	Richland	23.33
13 510 Reynolds, Gage	12	Richland	23.35
14 72 Adamson, Brett	12	Chiawana	23.38
15 35 Jacot, Alex	11	Central Vall	23.78
16 330 Williams, Deandre	10	Lewis and Cl	23.87

Boys 200 Meter Dash 4A

Reg. Record: 21.13 2000 Anthony Bucanan
State Record: 21.11 2000 Anthony Bucanan
22.04 - State Standard

Name	Yr	School	Finals
------	----	--------	--------

Finals

1 673 Brandt-Sims, Isaiah	9	Wenatchee	21.43 -
2 332 Bailey, Wes	11	Mead	21.54 -
3 145 Mandapat, Dimitri	12	Eisenhower	22.32 6
4 244 Tullos, Alex	10	Joel Ferris	22.64 5
5 499 McKinney, Jacob	12	Richland	22.97 4
6 16 Wagner, Austin	11	A.C. Davis	23.02 3
7 358 Kayser, Gunnar	10	Mead	23.06 2
8 136 Esparza, Mike	12	Eisenhower	23.28 1

Boys 400 Meter Dash 4A

Reg. Record: 47.06 1999 Tahivo Gratton
State Record: 45.74 1982 Darrell Robinson
49.42 - State Standard

Name	Yr	School	Prelims
------	----	--------	---------

Preliminaries

1 313 Fitzgerald, Coleton	9	Lewis and Cl	50.28q
2 683 Helm, Cooper	12	Wenatchee	50.31q
3 145 Mandapat, Dimitri	12	Eisenhower	50.38q
4 492 Lakes, Shakeem	12	Richland	51.22q
5 152 Schreiber, Drew	9	Eisenhower	51.74q
6 60 Sykes, Grayson	10	Central Vall	51.77q
7 358 Kayser, Gunnar	10	Mead	51.92q
8 645 Hoe, Jonah	10	Walla Walla	52.07q
9 23 Chamberlain, Adam	9	Central Vall	52.09
10 26 Deyarmin, Gaven	11	Central Vall	52.45
11 702 Wilson, Spencer	11	Wenatchee	52.49
12 693 Pipkin, Zach	12	Wenatchee	52.61
13 31 Hatten, Austin	11	Central Vall	53.14
14 79 Gilbert, Matthew	11	Chiawana	53.31
15 330 Williams, Deandre	10	Lewis and Cl	53.62
16 174 Hoskins, Tanner	12	Gonzaga Prep	53.86

Boys 400 Meter Dash 4A

Reg. Record: 47.06 1999 Tahivo Gratton
State Record: 45.74 1982 Darrell Robinson
49.42 - State Standard

Name	Yr	School	Finals
------	----	--------	--------

Finals

1 145 Mandapat, Dimitri	12	Eisenhower	49.55 10
2 313 Fitzgerald, Coleton	9	Lewis and Cl	50.01 8
3 683 Helm, Cooper	12	Wenatchee	50.65 6
4 492 Lakes, Shakeem	12	Richland	50.84 5
5 152 Schreiber, Drew	9	Eisenhower	51.59 4
6 358 Kayser, Gunnar	10	Mead	51.96 3
7 60 Sykes, Grayson	10	Central Vall	52.46 2
8 645 Hoe, Jonah	10	Walla Walla	52.54 1

Boys 800 Meter Run 4A

Reg. Record: 1:52.60 2009 Justin Zimmerman
State Record: 1:50.43 2004 Alex McClary
1:54.29 - State Standard

Name	Yr	School	Prelims
------	----	--------	---------

Preliminaries

1 179 Overbay, Collin	12	Gonzaga Prep	1:58.08q
2 672 Boersma, Nick	11	Wenatchee	1:58.09q
3 652 Morgan, Austin	12	Walla Walla	1:59.05q
4 8 Melchor, Alberto	11	A.C. Davis	1:59.47q
5 353 Howland, Taylen	12	Mead	1:59.67q
6 47 Nicholls, Josh	12	Central Vall	2:00.20q



2011 Runner's Soul - 5/20/2011 to 5/21/2011
District's 5,6 & 8 Regional Championships
Spokane Falls Community College

Results

Preliminaries ... (Boys 800 Meter Run 4A)

Name	Yr	School	Prelims
7 237 Pochis, Nick	10	Joel Ferris	2:01.16q
8 320 Mathieu, Davis	10	Lewis and Cl	2:02.92q
9 641 Hafen, Ty	11	Walla Walla	2:03.01
10 91 Sturtevant, Matthew	12	Chiawana	2:03.40
11 69 Weiser, John	12	Central Vall	2:04.06
12 677 Cordes, Joe	12	Wenatchee	2:04.12
13 697 Shales, Tyler	12	Wenatchee	2:04.19
14 138 Garcia, Gabriel	10	Eisenhower	2:04.40
15 383 Spivey, Josh	12	Mead	2:04.55

Boys 800 Meter Run 4A
Reg. Record: 1:52.60 2009 Justin Zimmerman
State Record: 1:50.43 2004 Alex McClary
1:54.29 - State Standard

Name	Yr	School	Finals
Finals			
1 672 Boersma, Nick	11	Wenatchee	1:56.74 10
2 652 Morgan, Austin	12	Walla Walla	1:58.30 8
3 353 Howland, Taylen	12	Mead	1:58.46 6
4 237 Pochis, Nick	10	Joel Ferris	1:59.31 5
5 8 Melchor, Alberto	11	A.C. Davis	1:59.44 4
6 179 Overbay, Collin	12	Gonzaga Prep	2:01.88 3
7 320 Mathieu, Davis	10	Lewis and Cl	2:02.26 2
8 47 Nicholls, Josh	12	Central Vall	2:02.38 1

Boys 1600 Meter Run 4A
Reg. Record: 4:11.44 2001 Michael Kiter
State Record: 4:06.00 1964 Gerry Lindgren
4:15.61 - State Standard

Name	Yr	School	Finals
Finals			
1 307 Bierig, Kenji	12	Lewis and Cl	4:15.90 10
2 348 Gardner, Andrew	10	Mead	4:18.17 8
3 654 Nelson, Aaron	12	Walla Walla	4:18.52 6
4 132 Cummings, Timothy	12	Eisenhower	4:19.16 5
5 514 Turpen, Cayle	12	Richland	4:21.45 4
6 665 Wolpert, John-Paul	11	Walla Walla	4:21.86 3
7 734 Kimsey, Alex	11	Joel Ferris	4:23.14 2
8 177 McCandless, Conor	11	Gonzaga Prep	4:25.03 1
9 179 Overbay, Collin	12	Gonzaga Prep	4:27.11
10 71 Woolf, Kaden	12	Central Vall	4:27.89
11 8 Melchor, Alberto	11	A.C. Davis	4:35.25
12 315 Goodwin, Sumner	10	Lewis and Cl	4:36.78
13 306 Arguinchona, Baxter	12	Lewis and Cl	4:37.47
14 134 Dominguez, Delfino	10	Eisenhower	4:40.08
15 154 Svendsen, Carter	10	Eisenhower	4:54.88
--- 699 Smith, Jacob	11	Wenatchee	DQ

Boys 3200 Meter Run 4A
Reg. Record: 9:03.35 1997 Issac Hawkins
State Record: 8:48.30 1966 Ricky Riley
9:10.98 - State Standard

Name	Yr	School	Finals
Finals			
1 307 Bierig, Kenji	12	Lewis and Cl	9:04.96 -
2 348 Gardner, Andrew	10	Mead	9:08.48 -
3 699 Smith, Jacob	11	Wenatchee	9:10.85 -
4 654 Nelson, Aaron	12	Walla Walla	9:21.57 5
5 306 Arguinchona, Baxter	12	Lewis and Cl	9:22.98 4
6 665 Wolpert, John-Paul	11	Walla Walla	9:24.39 3
7 177 McCandless, Conor	11	Gonzaga Prep	9:24.76 2
8 158 Vargas, Santos	11	Eisenhower	9:26.97 1
9 150 Rodriguez, Jaziel	11	Eisenhower	9:28.57
10 315 Goodwin, Sumner	10	Lewis and Cl	9:34.71
11 379 Schofield, Daniel	10	Mead	9:44.06
12 734 Kimsey, Alex	11	Joel Ferris	9:45.78
13 243 Thorne, Travis	10	Joel Ferris	10:03.97
14 644 Heller, Gregory	11	Walla Walla	10:07.35
15 130 Chapman, Kyle	11	Eisenhower	10:12.27
16 518 Williams, Michael	9	Richland	10:16.05

Boys 110 Meter Hurdles 4A
Reg. Record: 14.29 2006 Kyle Schauble
State Record: 13.86 1987 Cecil Bowie
14.78 - State Standard

Name	Yr	School	Prelims
Preliminaries			
1 491 Kafentzis, Travis	12	Richland	14.79q
2 366 McDowell, Dashea	12	Mead	14.93q
3 381 Smith, Mike	12	Mead	15.22q
4 322 McClendon, Alex	11	Lewis and Cl	15.32q
5 57 Seitz, Dylan	12	Central Vall	15.33q
6 674 Broberg, Curtis	11	Wenatchee	16.08q
7 357 Johnson, Sam	9	Mead	16.09q
8 632 Ceron, Jesus	12	Walla Walla	16.13q
9 228 Herrera, Ryan	11	Joel Ferris	16.39
10 685 Keeler, Kyle	11	Wenatchee	16.61
11 669 Bendito-Zepeda, Arm:	12	Wenatchee	16.83
12 331 Bagdon, Zach	11	Mead	16.85
13 60 Sykes, Grayson	10	Central Vall	16.95
14 15 Socha, Ryan	11	A.C. Davis	17.13
15 485 Galat, Anthony	9	Richland	17.85
16 647 Jameson, Kyle	11	Walla Walla	18.21



2011 Runner's Soul - 5/20/2011 to 5/21/2011
District's 5,6 & 8 Regional Championships
Spokane Falls Community College

Results

Boys 110 Meter Hurdles 4A

Reg. Record: 14.29 2006 Kyle Schauble
State Record: 13.86 1987 Cecil Bowie
 14.78 - State Standard

Name	Yr	School	Finals
Finals			
1 491 Kafentzis, Travis	12	Richland	14.71 -
2 366 McDowell, Dashea	12	Mead	14.80 8
3 57 Seitz, Dylan	12	Central Vall	15.13 6
4 381 Smith, Mike	12	Mead	15.31 5
5 322 McClendon, Alex	11	Lewis and Cl	15.99 4
6 674 Broberg, Curtis	11	Wenatchee	16.10 3
7 357 Johnson, Sam	9	Mead	16.59 2
8 632 Ceron, Jesus	12	Walla Walla	16.73 1

Boys 300 Meter Hurdles 4A

Reg. Record: 37.77 2010 Garrett Gerling
State Record: 36.57 1986 Mark Phillips
 39.15 - State Standard

Name	Yr	School	Prelims
Preliminaries			
1 381 Smith, Mike	12	Mead	39.87q
2 57 Seitz, Dylan	12	Central Vall	39.98q
3 647 Jameson, Kyle	11	Walla Walla	40.28q
4 366 McDowell, Dashea	12	Mead	40.50q
5 332 Bailey, Wes	11	Mead	40.79q
6 653 Neiffer, Sawyer	12	Walla Walla	41.74q
7 6 Lynn, Austin	11	A.C. Davis	42.16q
8 491 Kafentzis, Travis	12	Richland	42.31q
9 322 McClendon, Alex	11	Lewis and Cl	42.52
10 244 Tullos, Alex	10	Joel Ferris	43.03
10 403 Sanabia, Cesar	12	Moses Lake	43.03
12 485 Galat, Anthony	9	Richland	43.15
13 180 Padon, Sean	11	Gonzaga Prep	43.20
14 305 Aldworth, Tyler	11	Lewis and Cl	43.25
15 674 Broberg, Curtis	11	Wenatchee	45.76
16 649 Mathews, Michael	11	Walla Walla	47.44

Boys 300 Meter Hurdles 4A

Reg. Record: 37.77 2010 Garrett Gerling
State Record: 36.57 1986 Mark Phillips
 39.15 - State Standard

Name	Yr	School	Finals
Finals			
1 332 Bailey, Wes	11	Mead	38.79 -
2 381 Smith, Mike	12	Mead	39.52 8
3 57 Seitz, Dylan	12	Central Vall	39.71 6
4 647 Jameson, Kyle	11	Walla Walla	40.11 5
5 491 Kafentzis, Travis	12	Richland	41.10 4
6 366 McDowell, Dashea	12	Mead	41.19 3

7 653 Neiffer, Sawyer	12	Walla Walla	41.30 2
8 6 Lynn, Austin	11	A.C. Davis	42.76 1

Boys 4x100 Meter Relay 4A

Reg. Record: 42.00 1999 Davis
State Record: 41.34 1986 Garfield
 42.90 - State Standard

Team	Relay	Finals
Finals		
1 Mead	A	42.27 -
1) 361 Maack, Evan 11	2) 358 Kayser, Gunnar 10	
3) 381 Smith, Mike 12	4) 332 Bailey, Wes 11	
2 Richland	A	42.78 -
1) 510 Reynolds, Gage 12	2) 507 Powell, Tyler 12	
3) 499 McKinney, Jacob 12	4) 491 Kafentzis, Travis 12	
3 Wenatchee	A	42.90 -
1) 676 Clemans, Kyle 12	2) 683 Helm, Cooper 12	
3) 701 Smith, Spencer 9	4) 673 Brandt-Sims, Isaiah 9	
4 Central Valley	A	43.45 5
1) 44 Nelson, Taylor 12	2) 727 Gonzalez, Miguel	
3) 49 Ontiveros, Brandon 12	4) 48 Nungester, Ryan 12	
5 A.C. Davis	A	45.19 4
1) 2 Bahena, Luis 11	2) 6 Lynn, Austin 11	
3) 13 Shead, Scotty 11	4) 16 Wagner, Austin 11	
6 Walla Walla	A	45.43 3
1) 645 Hoe, Jonah 10	2) 662 Torres, Miguel 10	
3) 649 Mathews, Michael 11	4) 650 Miller, Robert 10	
--- Joel Ferris	A	DQ
1) 246 Visconti, Victor 12	2) 231 Karstetter, Kurtis 11	
3) 234 Lemer, Cole 11	4) 244 Tullos, Alex 10	
--- Rogers-Spokane	A	DQ
1) 521 Douglas, Chris 11	2) 525 Moss, Joseph 10	
3) 526 Murray, Carson 10	4) 529 Smith, Devante 12	

Boys 4x400 Meter Relay 4A

Reg. Record: 3:17.97 1999 Davis
State Record: 3:16.09 1982 Wilson
 3:21.81 - State Standard

Team	Relay	Finals
Finals		
1 Wenatchee	A	3:22.12 10
1) 693 Pipkin, Zach 12	2) 672 Boersma, Nick 11	
3) 673 Brandt-Sims, Isaiah 9	4) 683 Helm, Cooper 12	
2 Richland	A	3:24.84 8
1) 508 Qualheim, Connor 11	2) 492 Lakes, Shakeem 12	
3) 514 Turpen, Cayle 12	4) 499 McKinney, Jacob 12	
3 Eisenhower	A	3:24.93 6
1) 152 Schreiber, Drew 9	2) 136 Esparza, Mike 12	
3) 132 Cummings, Timothy 12	4) 145 Mandapat, Dimitri 12	



2011 Runner's Soul - 5/20/2011 to 5/21/2011
District's 5,6 & 8 Regional Championships
Spokane Falls Community College

Results

Finals ... (Boys 4x400 Meter Relay 4A)

Team	Relay	Finals
4 Central Valley	A	3:24.95 5
1) 60 Sykes, Grayson 10	2) 47 Nicholls, Josh 12	
3) 23 Chamberlain, Adam 9	4) 57 Seitz, Dylan 12	
5 Walla Walla	A	3:28.04 4
1) 647 Jameson, Kyle 11	2) 645 Hoe, Jonah 10	
3) 652 Morgan, Austin 12	4) 653 Neiffer, Sawyer 12	
6 Gonzaga Prep	A	3:29.62 3
1) 170 Condon, Bobby 12	2) 179 Overbay, Collin 12	
3) 180 Padon, Sean 11	4) 185 Wacholz, Kyle 10	

Boys High Jump 4A

Reg. Record: 7-00.25 1999 Casey Clark
State Record: 7-02.25 1978 Terry Ellis
 6-07.00 - State Standard

Name	Yr	School	Finals
Finals			
1 491 Kafentzis, Travis	12	Richland	6-02.00 10
2 526 Murray, Carson	10	Rogers-Spoka	J6-02.00 8
3 326 Schon, Brennan	10	Lewis and Cl	6-00.00 6
4 339 Camp, Galen	10	Mead	J6-00.00 5
5 700 Smith, Keaton	12	Wenatchee	J6-00.00 4
6 657 Robertson, Jake	12	Walla Walla	5-10.00 3
7 157 Urlacher, Tanner	12	Eisenhower	J5-10.00 2
8 56 Seely, Mark	11	Central Vall	J5-10.00 1
9 662 Torres, Miguel	10	Walla Walla	5-08.00
10 6 Lynn, Austin	11	A.C. Davis	J5-08.00
10 511 Robinson, Patrick	11	Richland	J5-08.00
12 63 Terrell, Phillip	11	Central Vall	J5-08.00
12 176 Leonard, McLain	12	Gonzaga Prep	J5-08.00
12 89 Sparks, Austin	10	Chiawana	J5-08.00
15 374 Peterson, Tanner	10	Mead	5-06.00
16 236 Marvin, Drew	11	Joel Ferris	J5-06.00

Boys Pole Vault 4A

Reg. Record: 16-03 2001 Tyson Byers
State Record: 17-00 2002 Tyson Byers
 14-06.00 - State Standard

Name	Yr	School	Finals
Finals			
1 12 Schooley, Marcus	12	A.C. Davis	14-06.00 -
2 386 Wehde, Jared	12	Mead	14-00.00 8
3 141 Hino, Jacob	11	Eisenhower	13-09.00 6
4 513 Stevenson, Joe	12	Richland	13-06.00 5
5 399 Law, Cameron	10	Moses Lake	J13-06.00 4
6 247 Wilkins, Calvin	11	Joel Ferris	13-00.00 3
7 238 Reinkens, Austin	11	Joel Ferris	J13-00.00 2
8 143 Keeton, Joseph	12	Eisenhower	12-06.00 1
9 21 Brown, Drew	11	Central Vall	J12-06.00
9 371 Neumann, Blase'	10	Mead	J12-06.00

11 240 Seppi, Nathan	11	Joel Ferris	12-00.00
12 680 Faulkner, Conner	10	Wenatchee	J12-00.00
13 156 Thai, Nelson	12	Eisenhower	11-06.00
13 84 McBride, Nathan	10	Chiawana	11-06.00
15 342 David, Marc	11	Mead	J11-06.00
--- 350 Green, Micheal	12	Mead	NH

Boys Long Jump 4A

Reg. Record: 23-06.50 1994 Leo Slack
State Record: 24-10.25 1988 Peller Phillips
 22-10.50 - State Standard

Name	Yr	School	Finals
Finals			
1 76 Duckworth, Geramey	12	Chiawana	21-03.00 10
2 529 Smith, Devante	12	Rogers-Spoka	21-02.00 8
3 337 Barlow, Davian	10	Mead	J21-02.00 6
4 360 Langenheder, Wyatt	10	Mead	20-08.75 5
5 404 Simmons, Justin	10	Moses Lake	20-07.25 4
6 517 Wildey, Matt	12	Richland	20-07.00 3
7 26 Deyarmin, Gaven	11	Central Vall	20-06.25 2
8 380 Sims, Phillip	10	Mead	20-02.75 1
9 632 Ceron, Jesus	12	Walla Walla	20-02.25
10 244 Tulllos, Alex	10	Joel Ferris	20-00.25
11 492 Lakes, Shakeem	12	Richland	19-11.00
11 72 Adamson, Brett	12	Chiawana	19-11.00
13 511 Robinson, Patrick	11	Richland	19-10.50
14 486 Gardaya, Elijah	11	Richland	19-05.00
15 523 Hampton, Anthony	10	Rogers-Spoka	19-03.50
16 168 Byrd, Giacobbe	11	Gonzaga Prep	18-08.00

Boys Triple Jump 4A

Reg. Record: 47-10 2002 Will Robinson
State Record: 49-11.75 2005 Rashad Toussaint
 46-05.50 - State Standard

Name	Yr	School	Finals
Finals			
1 492 Lakes, Shakeem	12	Richland	44-00.25 10
2 56 Seely, Mark	11	Central Vall	43-05.75 8
3 333 Baird, Sam	12	Mead	42-11.75 6
4 373 Peckham, Jon	12	Mead	42-07.50 5
5 376 Radezky, Jake	11	Mead	42-07.00 4
6 529 Smith, Devante	12	Rogers-Spoka	41-07.75 3
7 168 Byrd, Giacobbe	11	Gonzaga Prep	41-00.25 2
8 657 Robertson, Jake	12	Walla Walla	40-09.75 1
9 55 Scherich, Ryan	11	Central Vall	39-08.25
9 487 Hall, Christian	12	Richland	39-08.25
11 632 Ceron, Jesus	12	Walla Walla	39-06.00
12 242 Sorensen, Dillin	12	Joel Ferris	38-11.50
13 76 Duckworth, Geramey	12	Chiawana	38-10.75
14 4 Carter, Syllas	12	A.C. Davis	38-10.00
15 157 Urlacher, Tanner	12	Eisenhower	38-06.00



**2011 Runner's Soul - 5/20/2011 to 5/21/2011
District's 5,6 & 8 Regional Championships
Spokane Falls Community College**

Results

Finals ... (Boys Triple Jump 4A)

Name	Yr	School	Finals
16 696 Scroggie, Jake	11	Wenatchee	37-06.25

Boys Shot Put 4A

Reg. Record: 62-04.50 2006 Cameron Elisara
State Record: 68-08.50 1977 Vince Goldsmith
54-07.00 - State Standard

Name	Yr	School	Finals
------	----	--------	--------

Finals

1 80 Hughes, Daniel	12	Chiawana	59-10.00 -
2 53 Rowell, Billy	12	Central Vall	56-01.50 -
3 481 Christensen, Dennis	11	Richland	55-07.00 -
4 59 Stanley, Kevin	12	Central Vall	54-03.00 5
5 345 Elmore, Matt	12	Mead	53-04.00 4
6 78 Espinoza, Jaden	12	Chiawana	48-06.00 3
7 62 Talafili, JJ	11	Central Vall	48-03.50 2
8 497 Mayfield, Scott	11	Richland	46-09.50 1
9 393 Bradley, Brandon	12	Moses Lake	45-05.50
10 223 Canton, Anthony	12	Joel Ferris	J45-05.50
11 29 Greenlund, Joey	12	Central Vall	44-11.00
12 343 Dour, Moody	12	Mead	44-02.00
13 133 DeLeon, Luis	12	Eisenhower	43-08.00
14 75 Dahl, Cameron	12	Chiawana	43-07.00
15 656 Reardon, Logan	10	Walla Walla	43-06.00

Boys Discus Throw 4A

Reg. Record: 183-03 2003 Drew Ulrick
State Record: 193-08 1979 Gary Lettler
156-06 - State Standard

Name	Yr	School	Finals
------	----	--------	--------

Finals

1 241 Sharkey, Drew	11	Joel Ferris	161-00.00 -
2 245 Unland, Damon	10	Joel Ferris	159-00.00 -
3 378 Regalado, Seth	11	Mead	157-00.00 -
4 59 Stanley, Kevin	12	Central Vall	155-05.00 5
5 329 Werley, Tony	11	Lewis and Cl	147-04.00 4
6 481 Christensen, Dennis	11	Richland	145-07.00 3
7 78 Espinoza, Jaden	12	Chiawana	140-08.00 2
8 85 Nay, Zachary	10	Chiawana	135-11.00 1
9 29 Greenlund, Joey	12	Central Vall	135-08.00
10 497 Mayfield, Scott	11	Richland	135-00.00
11 501 Payne, Joe	11	Richland	127-00.00
12 144 Livingston, Mikal	10	Eisenhower	125-09.00
13 393 Bradley, Brandon	12	Moses Lake	123-05.00
14 489 Jackson, Tyler	10	Richland	120-07.00
--- 327 Syrotchen, Joshua	11	Lewis and Cl	ND
--- 22 Buck, Shawn	10	Central Vall	ND

Boys Javelin Throw 4A

Reg. Record: 203-01 2009 Justin Graff
State Record: 233-08 1982 Bob Rockett
198-03 - State Standard

Name	Yr	School	Finals
------	----	--------	--------

Finals

1 352 Hilmes, Sam	11	Mead	192-00.00
2 227 Fuller, Carson	11	Joel Ferris	181-06.00
3 388 Wright, Chase	12	Mead	171-04.00
4 501 Payne, Joe	11	Richland	169-11.00
5 30 Haas, Derek	12	Central Vall	169-06.00
6 351 Hilmes, Luke	9	Mead	163-10.00
7 657 Robertson, Jake	12	Walla Walla	161-10.00
8 78 Espinoza, Jaden	12	Chiawana	160-06.00
9 347 Farr, Jacob	12	Mead	159-00.00
10 234 Lemer, Cole	11	Joel Ferris	158-01.00
11 688 Morley, Tyler	12	Wenatchee	154-11.00
12 668 Aguilar, Blake	9	Wenatchee	151-01.00
13 80 Hughes, Daniel	12	Chiawana	149-07.00
14 70 Wollan, Tanner	12	Central Vall	146-08.00
15 656 Reardon, Logan	10	Walla Walla	142-11.00
16 135 Easter, Jason	11	Eisenhower	134-06.00

Mixed 100 Meter Dash Wheelchair Wheel Chair

Reg. Record: 19.68 5/21/2011 Amber Weber
Reg. Record: 19.68 5/21/2011 Amber Weber
0.40 - State Standard

Name	Yr	School	Finals
------	----	--------	--------

Finals

1 68 Weber, Amber	W11	Central Vall	19.68
2 50 Owens, Emily	W11	Central Vall	28.34

Mixed 200 Meter Dash Wheelchair Wheel Chair

Reg. Record: 54.47 5/20/2011 Emily Owens
Reg. Record: 54.47 5/20/2011 Emily Owens
1:25.00 - State Standard

Name	Yr	School	Finals
------	----	--------	--------

Finals

1 50 Owens, Emily	W11	Central Vall	54.47 -
-------------------	-----	--------------	---------

Mixed 400 Meter Dash Wheelchair Wheel Chair

Reg. Record: 58.82 5/21/2011 Austin Pruitt
Reg. Record: 58.82 5/21/2011 Austin Pruitt
3:00.00 - State Standard

Name	Yr	School	Finals
------	----	--------	--------

Finals

1 51 Pruitt, Austin	M11	Central Vall	58.82 -
2 498 McClammer, Chelsea	W11	Richland	1:01.38 -
3 68 Weber, Amber	W11	Central Vall	1:01.80 -
4 50 Owens, Emily	W11	Central Vall	1:52.50 -



2011 Runner's Soul - 5/20/2011 to 5/21/2011
District's 5,6 & 8 Regional Championships
Spokane Falls Community College
Results

Mixed 800 Meter Run Wheelchair Wheel Chair

Reg. Record: 2:00.64 5/21/2011 Austin Pruitt
6:00.00 - State Standard

Name	Yr	School	Finals
Finals			
1 51 Pruitt, Austin	M11	Central Vall	2:00.64 -
2 498 McClammer, Chelsea	W11	Richland	2:09.11 -
3 68 Weber, Amber	W11	Central Vall	2:09.41 -

Mixed 1600 Meter Run Wheelchair Wheel Chair

Reg. Record: 3:57.79 5/21/2011 Austin Pruitt
10:00.00 - State Standard

Name	Yr	School	Finals
Finals			
1 51 Pruitt, Austin	M11	Central Vall	3:57.79 -
2 68 Weber, Amber	W11	Central Vall	4:17.00 -
3 498 McClammer, Chelsea	W11	Richland	4:17.03 -

Mixed 3200 Meter Run Wheelchair Wheel Chair

Reg. Record: 8:24.97 5/20/2011 Austin Pruitt
Reg. Record: 8:24.97 5/20/2011 Austin Pruitt
15:50.00 - State Standard

Name	Yr	School	Finals
Finals			
1 51 Pruitt, Austin	M11	Central Vall	8:24.97 -
2 498 McClammer, Chelsea	W11	Richland	8:25.41 -

