

2011 Runner's Soul - 5/12/2011 to 5/14/2011
District 8 3A/4A Championships
Spokane Falls Community College
Results

Girls 100 Meter Dash 3A

2011 Records: 12.30 1997 Staci Adams

Name	Yr	School	Prelims
Preliminaries			
1 McKinlay, Afton	12	Mt Spokane	12.77q
2 Bemis, Brianna	12	University	13.13q
3 Patterson, Sharese	12	University	13.27q
4 Konynebelt, Amanda	9	Shadle Park	13.34q
5 Devon, Peighton	9	Shadle Park	13.63q
6 Nilsson, Katie	9	Mt Spokane	13.70q
7 Clutter, Cheyenne	10	Mt Spokane	13.84q
8 Vogel, Raelyn	10	Mt Spokane	14.01q
9 Bolam, Katelyn	9	Mt Spokane	14.19

Girls 100 Meter Dash 3A

2011 Records: 12.30 1997 Staci Adams

Name	Yr	School	Finals
Finals			
1 McKinlay, Afton	12	Mt Spokane	12.55 10
2 Bemis, Brianna	12	University	12.85 8
3 Patterson, Sharese	12	University	12.86 6
4 Konynebelt, Amanda	9	Shadle Park	13.14 5
5 Nilsson, Katie	9	Mt Spokane	13.22 4
6 Devon, Peighton	9	Shadle Park	13.42 3
7 Clutter, Cheyenne	10	Mt Spokane	13.54 2
8 Vogel, Raelyn	10	Mt Spokane	13.69 1

Girls 200 Meter Dash 3A

2011 Records: 25.30 1998 Staci Adams

Name	Yr	School	Finals
Finals			
1 McKinlay, Afton	12	Mt Spokane	26.34 10
2 Bemis, Brianna	12	University	27.10 8
3 Patterson, Sharese	12	University	27.27 6
4 Williams, Rashae	9	Shadle Park	27.28 5
5 Bethely, Jasmine	10	Mt Spokane	27.58 4
6 Murphy, Megan	9	North Centra	28.07 3
7 Bolam, Katelyn	9	Mt Spokane	28.59 2
8 Nilsson, Katie	9	Mt Spokane	28.66 1

Girls 400 Meter Dash 3A

2011 Records: 57.80 1978 Cheryl Byers

Name	Yr	School	Finals
Finals			
1 Pedersen, Ashlee	9	Mt Spokane	1:00.92 10
2 Standow, Ashlie	10	University	1:00.99 8
3 Hereford, Lexi	10	Mt Spokane	1:03.25 6
4 Roske, Michaela	10	North Centra	1:04.90 5
5 Avila, Katelyn	10	North Centra	1:07.83 4
6 Brooks, Chloe	9	Shadle Park	1:08.63 3

Girls 800 Meter Dash 3A

2011 Records: 2:14.58 5/13/2011 Katie Morris

Name	Yr	School	Prelims
Preliminaries			
1 Frank, Carly	9	Mt Spokane	2:26.61q
2 Cole, Molly	11	Mt Spokane	2:28.49q
3 Morris, Katie	11	Shadle Park	2:29.04q
4 Thornton, Amy	12	University	2:29.50q
5 Young, Brooklin	10	Mt Spokane	2:29.86q
6 Flager, Dallas	9	Mt Spokane	2:30.84q
7 McDaniel, Jasmine	10	University	2:31.64q
8 Fall, Hannah	12	North Centra	2:33.15q
9 Gennett, Hallie	10	University	2:35.38
10 Cooper, Lexi	10	Shadle Park	2:38.21

Girls 800 Meter Dash 3A

2011 Records: 2:14.58 5/13/2011 Katie Morris

Name	Yr	School	Finals
Finals			
1 Morris, Katie	11	Shadle Park	2:14.58 10
2 Young, Brooklin	10	Mt Spokane	2:19.99 8
3 Cole, Molly	11	Mt Spokane	2:21.58 6
4 Thornton, Amy	12	University	2:22.26 5
5 Frank, Carly	9	Mt Spokane	2:24.14 4
6 Flager, Dallas	9	Mt Spokane	2:27.12 3
7 McDaniel, Jasmine	10	University	2:28.33 2
8 Fall, Hannah	12	North Centra	2:33.79 1

Girls 1600 Meter Run 3A

2011 Records: 4:58.98 2010 Kathryn Knight

Name	Yr	School	Finals
Finals			
1 Knight, Katie	10	North Centra	5:03.88 10
2 Weitz, Kendra	10	Shadle Park	5:15.21 8
3 Chandler, Chelsea	12	Shadle Park	5:27.61 6
4 Morris, Katie	11	Shadle Park	5:28.43 5
5 Lindley, Michaela	11	Shadle Park	5:33.63 4
6 Walter, Caitlyn	11	University	5:38.60 3
7 Stone, Emily	10	Shadle Park	5:40.60 2
8 Duchow, Kelly	11	Mt Spokane	5:59.90 1
9 Spilker, Sophie	11	Mt Spokane	6:27.26

Girls 3200 Meter Run 3A

2011 Records: 10:32.23 5/12/2011 Katie Knight

Name	Yr	School	Finals
Finals			
1 Knight, Katie	10	North Centra	10:32.23 10



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

Name	Yr	School	Finals
2 Weitz, Kendra	10	Shadle Park	10:42.51 8
3 Chandler, Chelsea	12	Shadle Park	11:36.96 6
4 Walter, Caitlyn	11	University	11:46.84 5
5 Lindley, Michaela	11	Shadle Park	11:55.72 4
6 Johnston, Kira	10	University	12:35.69 3
7 Martin, Molly	12	North Centra	12:37.00 2
8 Potter, Magen	11	University	12:44.07 1
9 Cermak, Brittany	11	University	13:07.28
10 Inouye, Melissa	11	Mt Spokane	13:15.69

Girls 100 Meter Hurdles 3A

2011 Records: 15.00 1981 Sydney Armstead

Name	Yr	School	Prelims
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Preliminaries

1 Pajimola, Tiara	11	Shadle Park	16.13q
2 Pedersen, Sammie	12	Mt Spokane	17.02q
3 Bokma, Hannah	11	Shadle Park	17.71q
4 Condron, Alexa	11	Mt Spokane	17.76q
5 Bessmer, Ainslee	10	Shadle Park	17.78q
6 Seymore, Laura	11	University	18.10q
7 Brixey, Xandria	11	Shadle Park	18.13q
8 Markin, Cady	12	University	18.15q
9 Flanagan, Taylor	9	Mt Spokane	18.31
10 Harris, Jordan	9	Mt Spokane	19.06
11 Wanke, Courtney	9	North Centra	19.08
12 Hoffman, Lauren	9	Shadle Park	19.10

Girls 100 Meter Hurdles 3A

2011 Records: 15.00 1981 Sydney Armstead

Name	Yr	School	Finals
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Finals

1 Pajimola, Tiara	11	Shadle Park	15.83 10
2 Pedersen, Sammie	12	Mt Spokane	16.80 8
3 Condron, Alexa	11	Mt Spokane	17.04 6
4 Bokma, Hannah	11	Shadle Park	17.36 5
5 Markin, Cady	12	University	17.45 4
6 Brixey, Xandria	11	Shadle Park	18.23 3
7 Bessmer, Ainslee	10	Shadle Park	18.25 2
8 Seymore, Laura	11	University	20.96 1

Girls 300 Meter Hurdles 3A

2011 Records: 44.40 1981 Sydney Armstead

Name	Yr	School	Prelims
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Preliminaries

1 Pajimola, Tiara	11	Shadle Park	48.36q
2 Svastisalee, Deja	9	North Centra	48.70q
3 Bessmer, Ainslee	10	Shadle Park	49.53q
4 Clute, Kennedie	10	Mt Spokane	50.05q
5 Bokma, Hannah	11	Shadle Park	50.23q

6 Pedersen, Sammie	12	Mt Spokane	53.10q
7 Harris, Jordan	9	Mt Spokane	53.61q
9 Brixey, Xandria	11	Shadle Park	55.19
10 Condron, Alexa	11	Mt Spokane	55.41

Girls 300 Meter Hurdles 3A

2011 Records: 44.40 1981 Sydney Armstead

Name	Yr	School	Finals
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Finals

1 Pajimola, Tiara	11	Shadle Park	47.62 10
2 Svastisalee, Deja	9	North Centra	47.96 8
3 Clute, Kennedie	10	Mt Spokane	49.36 6
4 Bokma, Hannah	11	Shadle Park	50.55 5
5 Bessmer, Ainslee	10	Shadle Park	51.21 4
6 Pedersen, Sammie	12	Mt Spokane	52.99 3
7 Harris, Jordan	9	Mt Spokane	53.55 2

Girls 4x100 Meter Relay 3A

2011 Records: 49.30 1982

Team	Relay	Finals
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Finals

1 Shadle Park	A	52.10 10
1) Jones, Taylor 9	2) Hicks, Hannah 9	
3) Williams, Rashae 9	4) Konynenbelt, Amanda 9	
2 Mt Spokane	A	53.64 8
1) McKinlay, Afton 12	2) Pedersen, Ashlee 9	
3) Clute, Kennedie 10	4) Nilsson, Katie 9	
3 North Central	A	53.74 6
1) Johnson, Carolyn 10	2) Sullivan, Brianna 10	
3) Konynenbelt, Brittney 12	4) Svastisalee, Deja 9	
4 University	A	1:09.94 5
1) Bemis, Briana 12	2) Keenan, Abby 11	
3) Patterson, Sharese 12	4) Hamm, Kendra 10	

Girls 4x200 Meter Relay 3A

2011 Records: 1:44.10 1981

Team	Relay	Finals
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Finals

1 University	A	1:46.27 10
1) Standow, Ashlie 10	2) Bemis, Briana 12	
3) Patterson, Sharese 12	4) Hamm, Kendra 10	
2 North Central	A	1:51.09 8
1) Roske, Michaela 10	2) Konynenbelt, Brittney 12	
3) Murphy, Megan 9	4) Svastisalee, Deja 9	
3 Shadle Park	A	1:51.66 6
1) Hicks, Hannah 9	2) Brooks, Chloe 9	
3) Williams, Rashae 9	4) Pajimola, Tiara 11	
--- Mt Spokane	A	DQ
1) Bethely, Jasmine 10	2) Clute, Kennedie 10	
3) Pedersen, Ashlee 9	4) McKinlay, Afton 12	



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Girls 4x400 Meter Relay 3A

2011 Records: 3:59.90 1978

Team	Relay	Finals
Finals		
1 University	A	4:07.68 10
1) Bemis, Briana 12	2) Thornton, Amy 12	
3) Holm, Hannah 9	4) Standow, Ashlie 10	
2 Mt Spokane	A	4:10.75 8
1) Frank, Carly 9	2) Flager, Dallas 9	
3) Pedersen, Ashlee 9	4) Clute, Kennedie 10	
3 Shadle Park	A	4:15.76 6
1) Bokma, Hannah 11	2) Brooks, Chloe 9	
3) Pajimola, Tiara 11	4) Morris, Katie 11	
4 North Central	A	4:20.70 5
1) Roske, Michaela 10	2) Avila, Katelyn 10	
3) Svastisalee, Deja 9	4) Knight, Katie 10	

Girls High Jump 3A

2011 Records: 5-08 1976 Sally McCarthy

Name	Yr	School	Finals
Finals			
1 Richardson, Sara	11	Mt Spokane	5-00.00 10
2 Hamm, Kendra	10	University	4-10.00 8
3 Thornton, Paige	10	University	4-08.00 6
4 Talbott, Courtney	10	North Centra	J4-08.00 4.5
4 Flanagan, Taylor	9	Mt Spokane	J4-08.00 4.5
6 Devon, Peighton	9	Shadle Park	4-06.00 3
7 Vent-Gmeiner, Jessica	10	University	J4-06.00 2
--- Meng, Tammi	11	Mt Spokane	NH
--- Day, Shyan	11	University	NH
--- Lockett, Malesha	9	Shadle Park	NH
--- Hereford, Lexi	10	Mt Spokane	NH

Girls Pole Vault 3A

2011 Records: 11-01 5/13/2011 Courtney Bray

2011 Records: 11-01 5/13/2011 Courtney Bray

Name	Yr	School	Finals
Finals			
1 Bray, Courtney	10	Mt Spokane	11-01.00 10
2 LaVoie, Britta	12	Mt Spokane	10-00.00 8
3 Markin, Cady	12	University	J10-00.00 6
4 Miller, Anna	12	Mt Spokane	8-06.00 4.5
4 Vent-Gmeiner, Jessica	10	University	8-06.00 4.5
6 Andrews, Emily	11	Shadle Park	7-06.00 3
--- Knowles, Moriah	10	University	NH

Girls Long Jump 3A

2011 Records: 18-11.75 1978 Brenda Allwine

Name	Yr	School	Finals
Finals			
1 Konynenbelt, Brittney	12	North Centra	17-05.00 10
2 Bray, Courtney	10	Mt Spokane	16-09.50 8
3 Konynenbelt, Amanda	9	Shadle Park	16-06.00 6
4 Hamm, Kendra	10	University	15-10.50 5
5 Meng, Tammi	11	Mt Spokane	15-10.00 4
6 Faraca, Jade	12	University	15-08.50 3
7 Murphy, Megan	9	North Centra	15-07.00 2
8 Williams, Rashae	9	Shadle Park	15-06.00 1
9 Lewis, Ashley	9	University	15-03.25
10 Bethely, Jasmine	10	Mt Spokane	15-00.75
11 Clark, Lexi	11	University	14-09.00
12 Vogel, Raelyn	10	Mt Spokane	14-01.25

Girls Triple Jump 3A

2011 Records: 36-00 1995 Star Olsen

Name	Yr	School	Finals
Finals			
1 Hill, Sam	11	North Centra	35-09.50 10
2 Konynenbelt, Amanda	9	Shadle Park	34-01.00 8
3 Konynenbelt, Brittney	12	North Centra	33-11.50 6
4 Faraca, Jade	12	University	33-08.00 5
5 Meng, Tammi	11	Mt Spokane	32-08.00 4
6 Bethely, Jasmine	10	Mt Spokane	32-07.00 3
7 Bowles, Robyn	11	North Centra	31-08.00 2
8 Condron, Alexa	11	Mt Spokane	31-04.50 1
9 Talbott, Courtney	10	North Centra	31-01.50
10 Clark, Lexi	11	University	31-00.50
11 Lewis, Ashley	9	University	29-06.50

Girls Shot Put 3A

2011 Records: 46-02 1985 Lisa Merrell

Name	Yr	School	Finals
Finals			
1 Ward, Celena	12	North Centra	33-09.50 10
2 Frank, Kelsey	10	Mt Spokane	32-03.00 8
3 Woods, Audrianna	11	University	32-00.50 6
4 Pedersen, Sammie	12	Mt Spokane	30-01.00 5
5 Flynn, Emily	11	University	29-04.00 4
6 Hicks, Hannah	9	Shadle Park	29-02.00 3
7 Watkins, Taylor	9	University	28-01.50 2
8 Wordell, Danya	10	North Centra	27-10.00 1
9 Solomon, Janay	9	University	27-08.00



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Girls Discus Throw 3A

2011 Records: 145-08 1984 Sandy Whitlock

Name	Yr	School	Finals
Finals			
1 Ward, Celena	12	North Centra	122-10 10
2 Flynn, Emily	11	University	100-07.50 8
3 Woods, Audrianna	11	University	99-09 6
4 Damiano, Gianna	11	Mt Spokane	95-10 5
5 Day, Shyan	11	University	95-05.50 4
6 Wordell, Danya	10	North Centra	89-10 3
7 Romaneschi, Kendall	12	North Centra	83-03 2
8 Becker, Jodie	12	Shadle Park	75-06.50 1

Girls Javelin Throw 3A

2011 Records: 143-05 5/12/2011 Celena Ward

2011 Records: 143-05 5/12/2011 Celena Ward

Name	Yr	School	Finals
Finals			
1 Ward, Celena	12	North Centra	143-05 10
2 Damiano, Gianna	11	Mt Spokane	116-03 8
3 Ulias, Megan	10	Mt Spokane	113-07 6
4 Pace, Ashley	11	Mt Spokane	112-11 5
5 Frame, Ellie	12	University	107-09 4
6 Flynn, Emily	11	University	104-10 3
7 Bowles, Robyn	11	North Centra	104-04 2
8 Markham-Patti, Hailey	11	North Centra	95-11 1
9 Callahan, Brooklynn	9	Mt Spokane	89-11
10 Stubbs, Nicole	12	Shadle Park	88-03
11 Woods, Audrianna	11	University	84-04
12 Frank, Kelsey	10	Mt Spokane	80-09

Girls 100 Meter Dash 4A

2011 Records: 12.00 2005 Catie Schuetzle

Name	Yr	School	Prelims
Preliminaries			
1 Hoekstra, Savannah	9	Central Vall	12.82q
2 Nemeth, Michelle	10	Central Vall	12.98q
3 Grant, Tymen	11	Mead	13.06q
4 Maack, Malia	9	Mead	13.17q
5 Tucker, Kayla	11	Central Vall	13.41q
6 Fitzhugh, Katie	11	Lewis and Cl	J13.41q
7 Weiler, Maddie	10	Gonzaga Prep	13.46q
8 Smith, Hannah	11	Gonzaga Prep	13.49q
9 Mix, Kelsey	11	Mead	13.60
10 Pennebaker, Hannah	10	Lewis and Cl	13.68
11 Budworth, Shannon	10	Joel Ferris	13.75
12 Backsen, Rachel	10	Central Vall	13.90
13 Richardson, Carmen	10	Joel Ferris	14.07
13 Anton, Tessa	11	Gonzaga Prep	14.07
15 Smith, Chelsea	12	Rogers-Spoka	14.11

16 Hamlin, Cassandra 11 Rogers-Spoka 14.19

Girls 100 Meter Dash 4A

2011 Records: 12.00 2005 Catie Schuetzle

Name	Yr	School	Finals
Finals			
1 Grant, Tymen	11	Mead	12.68 10
2 Hoekstra, Savannah	9	Central Vall	12.81 8
3 Nemeth, Michelle	10	Central Vall	12.83 6
4 Weiler, Maddie	10	Gonzaga Prep	12.99 5
5 Maack, Malia	9	Mead	13.00 4
6 Tucker, Kayla	11	Central Vall	13.06 3
7 Fitzhugh, Katie	11	Lewis and Cl	13.35 2
8 Smith, Hannah	11	Gonzaga Prep	13.53 1

Girls 200 Meter Dash 4A

2011 Records: 24.80 1987 Karen Shines

Name	Yr	School	Prelims
Preliminaries			
1 Nemeth, Michelle	10	Central Vall	26.49q
2 Hoekstra, Savannah	9	Central Vall	26.79q
3 Leland, Kayla	9	Gonzaga Prep	J26.79q
4 Macy, Melissa	10	Mead	26.94q
5 Codd, Evie	12	Mead	27.39q
6 Tucker, Kayla	11	Central Vall	27.42q
7 Fitzhugh, Katie	11	Lewis and Cl	27.45q
8 Doneen, Sydney	9	Lewis and Cl	27.55q
9 Edstrom, Kate	9	Lewis and Cl	27.70
10 Cunningham, Mariah	9	Central Vall	27.74
11 Kunz-Pfeiffer, Jessie	9	Central Vall	27.94
12 Backsen, Rachel	10	Central Vall	28.05
13 Helmbrecht, Lauren	9	Gonzaga Prep	28.29
14 Pennebaker, Hannah	10	Lewis and Cl	28.53
15 Mix, Kelsey	11	Mead	28.55
16 Owens, Sophia	9	Lewis and Cl	29.02

Girls 200 Meter Dash 4A

2011 Records: 24.80 1987 Karen Shines

Name	Yr	School	Finals
Finals			
1 Leland, Kayla	9	Gonzaga Prep	26.41 10
2 Nemeth, Michelle	10	Central Vall	26.54 8
3 Hoekstra, Savannah	9	Central Vall	27.09 6
4 Codd, Evie	12	Mead	27.26 5
5 Tucker, Kayla	11	Central Vall	27.48 4
6 Doneen, Sydney	9	Lewis and Cl	27.54 3
7 Macy, Melissa	10	Mead	27.57 2
8 Fitzhugh, Katie	11	Lewis and Cl	28.13 1



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Girls 400 Meter Dash 4A

2011 Records: 53.30 2005 Becca Noble

Name	Yr	School	Prelims
Preliminaries			
1 Drynan, Kylie	9	Mead	59.31q
2 Mires, Baylee	12	Mead	59.48q
3 Kunz-Pfeiffer, Jessie	9	Central Vall	1:00.01q
4 Hawkins, Hailey	9	Central Vall	1:00.11q
5 Doneen, Sydney	9	Lewis and Cl	1:01.12q
6 Barnes, Sarah	11	Gonzaga Prep	1:01.65q
7 Miller, Holly	9	Central Vall	1:01.93q
8 Jordan, Allison	11	Central Vall	1:02.12q
9 Otholt, Hayley	9	Joel Ferris	1:02.58
10 Ballou, Maddie	12	Lewis and Cl	1:02.93
11 Grozdanich, Sara	9	Central Vall	1:04.18
12 Barcellos, Peyton	10	Mead	1:05.01
13 Fitting, Chantelle	11	Central Vall	1:06.63
14 McDonald, McKenzi	11	Central Vall	1:06.71
15 Farmer, Lakecia	12	Lewis and Cl	1:06.89

Girls 400 Meter Dash 4A

2011 Records: 53.30 2005 Becca Noble

Name	Yr	School	Finals
Finals			
1 Mires, Baylee	12	Mead	58.84 10
2 Drynan, Kylie	9	Mead	59.77 8
3 Kunz-Pfeiffer, Jessie	9	Central Vall	1:01.04 6
4 Hawkins, Hailey	9	Central Vall	1:01.33 5
5 Doneen, Sydney	9	Lewis and Cl	1:01.53 4
6 Barnes, Sarah	11	Gonzaga Prep	1:02.33 3
7 Jordan, Allison	11	Central Vall	1:02.81 2
8 Miller, Holly	9	Central Vall	1:04.46 1

Girls 800 Meter Dash 4A

2011 Record: 2:13.60 1992 Emily Johnson

Name	Yr	School	Prelims
Preliminaries			
1 Mires, Baylee	12	Mead	2:25.97q
2 Ballou, Maddie	12	Lewis and Cl	2:26.53q
3 Sanders, Skye	10	Central Vall	2:26.56q
4 Earthman, Lauren	12	Joel Ferris	2:26.61q
5 Contos, Erica	12	Mead	2:27.60q
6 Warner, Josie	12	Central Vall	2:29.02q
7 Barcellos, Peyton	10	Mead	2:29.05q
8 Ingebritsen, Taylor	12	Mead	2:29.08q
9 McDonald, McKenzi	11	Central Vall	2:30.29
10 Heaps, Martha	9	Mead	2:31.31
11 Fitting, Chantelle	11	Central Vall	2:31.90
12 Owens, Courtney	9	Central Vall	2:32.10
13 Scott, Elizabeth	11	Joel Ferris	2:34.89

Girls 800 Meter Dash 4A

2011 Record: 2:13.60 1992 Emily Johnson

Name	Yr	School	Finals
Finals			
1 Mires, Baylee	12	Mead	2:15.11 10
2 Ballou, Maddie	12	Lewis and Cl	2:22.57 8
3 Ingebritsen, Taylor	12	Mead	2:25.23 6
4 Earthman, Lauren	12	Joel Ferris	2:26.21 5
5 Contos, Erica	12	Mead	2:26.69 4
6 Sanders, Skye	10	Central Vall	2:26.97 3
7 Barcellos, Peyton	10	Mead	2:29.38 2
8 Warner, Josie	12	Central Vall	2:30.37 1

Girls 1600 Meter Dash 4A

2011 Records: 4:54.90 1990 Sara Schwald

Name	Yr	School	Finals
Finals			
1 Mires, Baylee	12	Mead	5:20.78 10
2 Keenan, Alison	11	Lewis and Cl	5:27.87 8
3 Contos, Erica	12	Mead	5:28.04 6
4 Condos, Kiah	11	Central Vall	5:29.14 5
5 Johnson, Abbi	11	Lewis and Cl	5:30.79 4
6 Hanson, Sarah	12	Gonzaga Prep	5:31.18 3
7 Hiatt, Audrey	12	Gonzaga Prep	5:31.59 2
8 Warner, Josie	12	Central Vall	5:32.29 1
9 Barnes, Madi	12	Central Vall	5:37.06
10 Cherry, Taylor	11	Gonzaga Prep	5:37.66
11 Casey, Rachel	9	Central Vall	5:40.66
12 Moore, Alexandria	10	Central Vall	5:43.44
13 Amsden, Leah	11	Central Vall	5:44.05
14 Sanders, Skye	10	Central Vall	5:44.74
15 Palmer, Natalie	10	Mead	5:48.52
16 Yang, Samantha	9	Mead	5:49.36

Girls 3200 Meter Dash 4A

2011 Records: 10:14.07 2006 Meagan O'Reilly

Name	Yr	School	Finals
Finals			
1 Keenan, Alison	11	Lewis and Cl	11:31.96 10
2 Hiatt, Audrey	12	Gonzaga Prep	11:32.23 8
3 Hanson, Sarah	12	Gonzaga Prep	11:32.60 6
4 Moore, Alexandria	10	Central Vall	11:33.21 5
5 Condos, Kiah	11	Central Vall	11:34.21 4
6 Cherry, Taylor	11	Gonzaga Prep	11:36.58 3
7 Barnes, Madi	12	Central Vall	11:44.69 2
8 Smith, Acacia	12	Central Vall	11:49.11 1
9 Maldonado, Danielle	11	Mead	12:01.45
10 Casey, Rachel	9	Central Vall	12:11.37
11 Vanderwilde, Calli	11	Lewis and Cl	12:20.68
12 Lambie, Jamie	11	Central Vall	12:27.00



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Finals ... (Girls 3200 Meter Dash 4A)

Name	Yr	School	Finals
13 Palmer, Natalie	10	Mead	12:35.77
14 West, Ciara	9	Mead	12:36.36
15 Hennessey, Shea	11	Joel Ferris	12:51.96
16 Kinzel, Amanda	9	Joel Ferris	12:55.80

Girls 100 Meter Hurdles 4A

2011 Records: 14.60 1981 Annette Helling

Name	Yr	School	Prelims
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Preliminaries

1 Baker, Lindzee	12	Mead	16.54q
2 Davis, Megan	11	Joel Ferris	16.57q
3 Kondryszyn, Mica	12	Central Vall	17.05q
4 Romasko, Emily	9	Lewis and Cl	17.16q
5 Santorsola, Vanessa	10	Gonzaga Prep	J17.16q
6 Korotish, Emily	11	Central Vall	17.26q
7 Mauro, Carina	12	Rogers-Spoka	17.34q
8 Woodd, Emilie	10	Mead	17.51q
9 Neal, Brittney	11	Mead	17.86
10 Mackin, Sara	9	Gonzaga Prep	18.21
11 Moloney, Molly	11	Gonzaga Prep	18.34
12 Kost, Emma	11	Mead	19.50
13 Liss, Abby	10	Joel Ferris	28.12

Girls 100 Meter Hurdles 4A

2011 Records: 14.60 1981 Annette Helling

Name	Yr	School	Finals
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Finals

1 Davis, Megan	11	Joel Ferris	16.23 10
2 Baker, Lindzee	12	Mead	16.48 8
3 Kondryszyn, Mica	12	Central Vall	16.71 6
4 Korotish, Emily	11	Central Vall	16.91 5
5 Romasko, Emily	9	Lewis and Cl	17.14 4
6 Santorsola, Vanessa	10	Gonzaga Prep	17.27 3
7 Mauro, Carina	12	Rogers-Spoka	17.39 2
8 Woodd, Emilie	10	Mead	17.90 1

Girls 300 Meter Hurdles 4A

2011 Records: 44.40 1996 Autmun Wood

Name	Yr	School	Prelims
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Preliminaries

1 Bennett, Jessica	11	Gonzaga Prep	46.96q
2 Baker, Lindzee	12	Mead	46.98q
3 Kondryszyn, Mica	12	Central Vall	48.63q
4 Romasko, Emily	9	Lewis and Cl	49.20q
5 Kost, Emma	11	Mead	49.63q
6 Santorsola, Vanessa	10	Gonzaga Prep	49.74q
7 Macy, Melissa	10	Mead	49.76q
8 Liss, Abby	10	Joel Ferris	49.88q
9 Weber, Sydney	12	Gonzaga Prep	51.37

10 Turnbow, Cassandra	9	Central Vall	51.85
11 Neal, Brittney	11	Mead	52.14
12 Ames, Erica	12	Mead	52.17
13 Jackowich, Sierra	12	Lewis and Cl	52.25
14 Korotish, Emily	11	Central Vall	52.58
15 Mackin, Sara	9	Gonzaga Prep	55.15

Girls 300 Meter Hurdles 4A

2011 Records: 44.40 1996 Autmun Wood

Name	Yr	School	Finals
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Finals

1 Bennett, Jessica	11	Gonzaga Prep	46.56 10
2 Baker, Lindzee	12	Mead	47.63 8
3 Kondryszyn, Mica	12	Central Vall	48.44 6
4 Kost, Emma	11	Mead	49.15 5
5 Liss, Abby	10	Joel Ferris	49.98 4
6 Santorsola, Vanessa	10	Gonzaga Prep	50.24 3
7 Macy, Melissa	10	Mead	50.39 2
8 Romasko, Emily	9	Lewis and Cl	50.77 1

Girls 4x100 Meter Relay 4A

2011 Records: 48.50 1998

Team	Relay	Finals
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Finals

1 Mead	A	49.66 10
1) Codd, Evie 12	2) Grant, Tymen 11	
3) Drynan, Kylie 9	4) Maack, Malia 9	
2 Central Valley	A	50.38 8
1) Backsen, Rachel 10	2) Nemeth, Michelle 10	
3) Tucker, Kayla 11	4) Hoekstra, Savannah 9	
3 Gonzaga Prep	A	50.44 6
1) Weiler, Maddie 10	2) Leland, Kayla 9	
3) Smith, Hannah 11	4) Bennett, Jessica 11	
4 Joel Ferris	A	50.98 5
1) Hicks, Jozlin 12	2) Budworth, Shannon 10	
3) Davis, Megan 11	4) Klaue, Michelle 11	
5 Lewis and Clark	A	51.13 4
1) Edstrom, Kate 9	2) Farmer, Le'Ecia 12	
3) Pennebaker, Hannah 10	4) Fitzhugh, Katie 11	
6 Rogers-Spokane	A	53.88 3
1) Smith, Chelsea 12	2) Hamlin, Cassandra 11	
3) Ta, Giang 12	4) Mauro, Carina 12	

Girls 4x200 Meter Relay 4A

2011 Records: 1:42.70 1997

Team	Relay	Finals
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Finals

1 Central Valley	A	1:46.74 10
1) Tucker, Kayla 11	2) Nemeth, Michelle 10	
3) Cunningham, Mariah 9	4) Hoekstra, Savannah 9	



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

Team	Relay	Finals
2 Mead	A	1:47.61 8
1) Codd, Evie 12	2) Macy, Melissa 10	
3) Grant, Tymen 11	4) Drynan, Kylie 9	
3 Gonzaga Prep	A	1:47.74 6
1) Weiler, Maddie 10	2) Leland, Kayla 9	
3) Barnes, Sarah 11	4) Bennett, Jessica 11	
4 Lewis and Clark	A	1:48.12 5
1) Edstrom, Kate 9	2) Farmer, Le'Ecia 12	
3) Doneen, Sydney 9	4) Fitzhugh, Katie 11	
--- Joel Ferris	A	DQ
1) Richardson, Carmen 10	2) Hicks, Jozlin 12	
3) Budworth, Shannon 10	4) Klaue, Michelle 11	

Girls 4x400 Meter Relay 4A
2011 Records: 3:51.70 2007

Team	Relay	Finals
Finals		
1 Mead	A	4:03.61 10
1) Macy, Melissa 10	2) Codd, Evie 12	
3) Drynan, Kylie 9	4) Mires, Baylee 12	
2 Gonzaga Prep	A	4:06.27 8
1) Barnes, Sarah 11	2) Leland, Kayla 9	
3) Weiler, Maddie 10	4) Bennett, Jessica 11	
3 Central Valley	A	4:07.58 6
1) Jordan, Allison 11	2) Hawkins, Hailey 9	
3) Kunz-Pfeiffer, Jessie 9	4) Kondryszyn, Mica 12	

Girls High Jump 4A
2011 Records: 5-09 2007 Kelly McNamee

Name	Yr	School	Finals
Finals			
1 McNeil, Paige	10	Lewis and Cl	5-02.00 10
2 White, Tierra	9	Rogers-Spoka	5-00.00 8
3 Brown, Jazmine	11	Gonzaga Prep	4-10.00 4.5
3 Bowton, Maya	11	Joel Ferris	4-10.00 4.5
3 Cunningham, Mariah	9	Central Vall	4-10.00 4.5
3 Martin, Indiah	12	Lewis and Cl	4-10.00 4.5
7 Riel, Natalie	10	Central Vall	J4-10.00 2
8 Brown, Whitney	11	Gonzaga Prep	J4-10.00 0.5
8 Mix, Kelsey	11	Mead	J4-10.00 0.5
10 Kantner, Shelby	9	Joel Ferris	J4-10.00
11 Marbury, Kara	9	Mead	4-08.00
12 Redmon, Jade	10	Mead	J4-08.00
13 Moore, Shannon	10	Central Vall	J4-08.00
14 Dandoy, Mackenzie	12	Joel Ferris	4-06.00
14 Samaha, Maya	11	Mead	4-06.00
--- Beck, Amanda	10	Mead	NH

Girls Pole Vault 4A
2011 Records: 12-00 2010 Tasha Clark

Name	Yr	School	Finals
Finals			
1 Ennis, Elizabeth	12	Mead	10-06.00 10
2 Pratt, Cadie	10	Mead	J10-06.00 8
3 Dinwoodie, Alex	10	Joel Ferris	9-06.00 6
4 Pawluk, Natalya	11	Mead	J9-06.00 4.5
4 Arbanas, Amber	11	Joel Ferris	J9-06.00 4.5
6 Vogel, Eva	11	Mead	J9-06.00 3
7 Bowton, Maya	11	Joel Ferris	9-00.00 1.5
7 Wyman, Maria	12	Mead	9-00.00 1.5
9 Johnson, Sarah	10	Joel Ferris	J9-00.00
10 Carl, Ali	12	Gonzaga Prep	8-06.00
11 Brown, Stephanie	10	Central Vall	J8-06.00
12 Drynan, Kylie	9	Mead	J8-06.00
13 Lancaster, McKenzie	11	Central Vall	J8-06.00
14 Inkpen, Sierra	11	Mead	8-00.00
--- McCaslin, Anne	12	Central Vall	NH

Girls Long Jump 4A
2011 Records: 19-02.25 2005 Catie Schuetzle

Name	Yr	School	Finals
Finals			
1 Hoekstra, Savannah	9	Central Vall	17-01.00 10
2 Cunningham, Mariah	9	Central Vall	16-10.00 8
3 Redmon, Jade	10	Mead	16-08.50 6
4 Farmer, Le'Ecia	12	Lewis and Cl	16-07.00 5
5 Szoke, Kendra	12	Central Vall	16-06.50 4
6 Simon, Kenna	9	Gonzaga Prep	16-06.00 3
7 Marbury, Kara	9	Mead	16-03.50 2
8 McNeil, Paige	10	Lewis and Cl	16-03.00 1
9 Moore, Shannon	10	Central Vall	16-02.00
10 Hicks, Jozlin	12	Joel Ferris	16-00.50
11 Klaue, Michelle	11	Joel Ferris	15-09.50
12 Hudson, Hannah	10	Lewis and Cl	15-05.75
13 Grozdanich, Sara	9	Central Vall	15-03.50
14 Edstrom, Kate	9	Lewis and Cl	J15-03.50
15 Mix, Kelsey	11	Mead	14-09.50
16 Brown, Whitney	11	Gonzaga Prep	13-06.50

Girls Triple Jump 4A
2011 Records: 38-05 2005 Catie Schuetzle

Name	Yr	School	Finals
Finals			
1 Redmon, Jade	10	Mead	35-03.00 10
2 Hicks, Jozlin	12	Joel Ferris	34-11.50 8
3 Kantner, Shelby	9	Joel Ferris	34-05.75 6
4 Szoke, Kendra	12	Central Vall	34-02.75 5
5 Miller, Holly	9	Central Vall	34-00.50 4



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Finals ... (Girls Triple Jump 4A)

Name	Yr	School	Finals
6 Barnhart, Molly	9	Central Vall	33-10.00 3
7 Hudson, Hannah	10	Lewis and Cl	33-07.75 2
8 Martin, Indiah	12	Lewis and Cl	33-02.75 1
9 Al-Ghani, Kalima	11	Central Vall	33-02.50
10 Thompson, Shanna	12	Central Vall	32-07.00
11 Andrews, Jasmin	11	Rogers-Spoka	32-05.00
12 Klaue, Michelle	11	Joel Ferris	32-03.00
13 Rennick, Ashley	12	Central Vall	32-01.50
13 Moore, Shannon	10	Central Vall	32-01.50
15 Davis, Megan	11	Joel Ferris	32-01.25
--- McNeil, Paige	10	Lewis and Cl	ND

Girls Shot Put 4A

2011 Records: 46-05.50 1989 Dori Reeves

Name	Yr	School	Finals
1 Hutchinson, Courtney	10	Mead	43-08.00 10
2 Jennings, Paula	12	Central Vall	39-02.50 8
3 Szoke, Kendra	12	Central Vall	35-03.00 6
4 Nelson, Meaghan	11	Mead	33-10.00 5
5 Hogue, Sidney	12	Central Vall	32-09.00 4
6 Dewey- Buchanon, Taylor	9	Rogers-Spoka	32-03.00 3
7 McCammon, Dani	12	Lewis and Cl	31-03.00 2
8 Nelson, Diana	11	Gonzaga Prep	31-02.00 1
9 Franklin, Audre	12	Joel Ferris	30-05.00
10 Sanchez, Christina	9	Mead	30-03.00
11 Pendelton, Samatha	12	Central Vall	29-06.00
12 Schilb, Lauren	12	Central Vall	28-09.00
13 Beck, Amanda	10	Mead	27-06.00
14 Spence, Tiffany	11	Mead	J27-06.00
15 Belton, Katara	12	Joel Ferris	26-04.00
16 Combs, Mashayla	9	Rogers-Spoka	25-00.00

Girls Discus Throw 4A

2011 Records: 139-08 1994 Niki Stillian

Name	Yr	School	Finals
1 Nelson, Meaghan	11	Mead	122-11 10
2 Spence, Tiffany	11	Mead	102-09.50 8
3 McCammon, Dani	12	Lewis and Cl	101-02.50 6
4 Wanner, Paige	12	Central Vall	100-09 5
5 Taylor, Ymanni	12	Gonzaga Prep	100-07.50 4
6 Ness, Mikayla	11	Central Vall	100-06 3
7 Hutchinson, Courtney	10	Mead	96-10.50 2
8 Backsen, Alex	12	Central Vall	95-08 1
9 Graff, Marisa	11	Mead	95-06
10 Love, Christine	12	Mead	92-04.50
11 Pochis, Grace	10	Joel Ferris	87-05
12 Helmbrecht, Lauren	9	Gonzaga Prep	85-11

13 Jones, Maddie 10 Joel Ferris 76-07

Girls Javelin Throw 4A

2011 Records: 142-03 1995 Allison Beatty

Name	Yr	School	Finals
1 Mills, Michaelyn	11	Mead	127-06 10
2 Jennings, Paula	12	Central Vall	123-11 8
3 Dringle, Roni	11	Central Vall	123-04 6
4 Bilyeu, Gabby	10	Mead	114-03 5
5 Imming, Kathryn	10	Mead	112-01 4
6 Barnhart, Molly	9	Central Vall	110-06 3
7 Baker, Samantha	10	Mead	107-04 2
8 McCammon, Dani	12	Lewis and Cl	104-01 1
9 Rogers, Chloe	11	Gonzaga Prep	102-02
10 Smith, Emma	9	Gonzaga Prep	100-05
11 Cozza, Clare	10	Gonzaga Prep	99-11
12 Paine, Hannah	9	Gonzaga Prep	97-08
13 Belton, Katara	12	Joel Ferris	89-07
14 Jones, Maddie	10	Joel Ferris	87-09
15 Bade, Isabella	9	Rogers-Spoka	86-04
16 Neumann, Noel	11	Central Vall	81-06

Boys 100 Meter Dash 3A

2011 Records: 10.77 2010 Corde Bailey

Name	Yr	School	Prelims
1 Naccarato, Chase	11	Mt Spokane	11.27q
2 Upmeyer, Austin	10	University	11.52q
3 Griffin, Darneal	9	North Centra	11.55q
4 Stratton, Jon	12	North Centra	11.57q
5 Concepcion, Shane	11	Mt Spokane	11.64q
6 Walsh, Aveyrey	12	Mt Spokane	J11.64q
7 Mitzenberg, Darian	11	University	11.80q
8 Bender, Josh	11	Shadle Park	J11.80q
9 Stiles, Stu	9	Mt Spokane	J11.80
10 Whitsett, Marquise	10	University	11.92
11 Wilton, Justin	12	North Centra	11.95
12 Lappano, Tanner	12	North Centra	12.03

Boys 100 Meter Dash 3A

2011 Records: 10.77 2010 Corde Bailey

Name	Yr	School	Finals
1 Naccarato, Chase	11	Mt Spokane	11.04 10
2 Griffin, Darneal	9	North Centra	11.35 8
3 Stratton, Jon	12	North Centra	11.36 6
4 Walsh, Aveyrey	12	Mt Spokane	11.46 5
5 Upmeyer, Austin	10	University	11.48 4
6 Concepcion, Shane	11	Mt Spokane	11.54 3
7 Mitzenberg, Darian	11	University	11.63 2



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Finals ... (Boys 100 Meter Dash 3A)

Name	Yr	School	Finals
8 Bender, Josh	11	Shadle Park	J11.63 1

Boys 200 Meter Dash 3A

2011 Records: 21.85 2010 Corde Bailey

Name	Yr	School	Prelims
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Preliminaries

1 Naccarato, Chase	11	Mt Spokane	22.62q
2 Hoffman, Jake	10	North Centra	22.80q
3 Upmeyer, Austin	10	University	22.91q
4 Griffin, Darneal	9	North Centra	23.33q
5 Jensen, Cole	10	Shadle Park	23.79q
6 Mendoza, Hernan	12	Shadle Park	23.81q
7 Whitsett, Marquise	10	University	23.94q
8 Stensland, Zach	10	Mt Spokane	23.97q
9 Stiles, Stu	9	Mt Spokane	23.98
10 Bonner, Adrian	10	University	24.15
11 Mitzemberg, Darian	11	University	24.24
12 Lappano, Tanner	12	North Centra	24.43

Boys 200 Meter Dash 3A

2011 Records: 21.85 2010 Corde Bailey

Name	Yr	School	Finals
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Finals

1 Naccarato, Chase	11	Mt Spokane	22.41 10
2 Hoffman, Jake	10	North Centra	23.02 8
3 Upmeyer, Austin	10	University	23.12 6
4 Griffin, Darneal	9	North Centra	23.40 5
5 Mendoza, Hernan	12	Shadle Park	23.95 4
6 Jensen, Cole	10	Shadle Park	24.04 3
7 Whitsett, Marquise	10	University	24.12 2
8 Stensland, Zach	10	Mt Spokane	24.28 1

Boys 400 Meter Dash 3A

2011 Records: 48.99 2008 Case Parker

Name	Yr	School	Prelims
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Preliminaries

1 Upmeyer, Austin	10	University	50.41q
2 Cerenzia, Jack	12	Mt Spokane	50.49q
3 Hoffman, Jake	10	North Centra	50.73q
4 Mendoza, Hernan	12	Shadle Park	51.82q
5 Flynn, Austin	10	University	52.10q
6 Brunner, Michael	12	University	52.38q
7 O'Leary, Casey	12	Mt Spokane	52.56q
8 Bonner, Adrian	10	University	52.62q
9 Brown, David	11	Shadle Park	52.92
10 Stensland, Zach	10	Mt Spokane	53.94
11 Rhodes, Kiel	11	North Centra	54.27

Boys 400 Meter Dash 3A

2011 Records: 48.99 2008 Case Parker

Name	Yr	School	Finals
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Finals

1 Cerenzia, Jack	12	Mt Spokane	50.55 10
2 Hoffman, Jake	10	North Centra	50.69 8
3 Upmeyer, Austin	10	University	50.96 6
4 Mendoza, Hernan	12	Shadle Park	52.46 5
5 Brunner, Michael	12	University	52.98 4
6 Flynn, Austin	10	University	53.04 3
7 O'Leary, Casey	12	Mt Spokane	53.27 2
8 Bonner, Adrian	10	University	53.33 1

Boys 800 Meter Dash 3A

2011 Records: 1:54.46 1991 Matt Chaplin

Name	Yr	School	Prelims
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Preliminaries

1 Williams, Keith	10	North Centra	1:57.75q
2 Smith, Jon	12	University	1:59.89q
3 Mosley, Robert	12	North Centra	2:00.26q
4 Hafferkamp, Stephen	12	Shadle Park	2:01.17q
5 Adams, Casey	12	North Centra	2:03.10q
6 Wordell, Andrew	12	North Centra	2:03.13q
7 Rogers, Jordan	12	North Centra	2:03.49q
8 Stark, Travis	12	University	2:04.21q
9 Brunner, Daniel	10	University	2:06.94

Boys 800 Meter Dash 3A

2011 Records: 1:54.46 1991 Matt Chaplin

Name	Yr	School	Finals
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Finals

1 Williams, Keith	10	North Centra	1:55.40 10
2 Wordell, Andrew	12	North Centra	1:56.03 8
3 Smith, Jon	12	University	1:56.32 6
4 Adams, Casey	12	North Centra	1:59.07 5
5 Mosley, Robert	12	North Centra	2:01.71 4
6 Stark, Travis	12	University	2:02.42 3
7 Hafferkamp, Stephen	12	Shadle Park	2:04.18 2
8 Rogers, Jordan	12	North Centra	2:15.08 1

Boys 1600 Meter Run 3A

2011 Records: 4:13.29 5/13/2011 Casey Adams

2011 Records: 4:13.29 5/13/2011 Casey Adams

Name	Yr	School	Finals
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Finals

1 Adams, Casey	12	North Centra	4:13.29 10
2 Weitz, Nathan	11	Shadle Park	4:13.30 8
3 Hamilton, Vince	12	North Centra	4:15.93 6
4 Wordell, Andrew	12	North Centra	4:16.80 5
5 Johnson, Hunter	11	Mt Spokane	4:22.32 4



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Finals ... (Boys 1600 Meter Run 3A)

Name	Yr	School	Finals
6 Bucko, Christian	12	University	4:25.73 3
7 Hombel, Jake	11	University	4:25.80 2
8 Fry, Matthew	11	University	4:30.08 1
9 Frostad, Austen	10	North Centra	4:30.71
10 Hafferkamp, Stephen	12	Shadle Park	4:30.91
11 Wilmont, Kai	9	North Centra	4:31.36
12 Rogers, Jordan	12	North Centra	4:32.34
13 Jones, Connor	12	Mt Spokane	4:34.45
14 Fullmer, Christian	11	Mt Spokane	4:35.46
15 Deitz, Eli	12	Mt Spokane	4:38.38
16 Taylor, Nik	10	North Centra	4:48.93

Boys 3200 Meter Run 3A

2011 Records: 9:07.55 5/12/2011 Nathan Weitz

2011 Records: 9:07.55 5/12/2011 Nathan Weitz

Name	Yr	School	Finals
Finals			
1 Weitz, Nathan	11	Shadle Park	9:07.55 10
2 Hamilton, Vince	12	North Centra	9:17.74 8
3 Johnson, Hunter	11	Mt Spokane	9:23.02 6
4 Frostad, Austen	10	North Centra	9:23.21 5
5 Bucko, Christian	12	University	9:25.45 4
6 Wilmont, Kai	9	North Centra	9:35.73 3
7 Jones, Connor	12	Mt Spokane	9:43.71 2
8 Deitz, Eli	12	Mt Spokane	9:46.56 1
9 Hombel, Jake	11	University	9:48.21
10 Taylor, Nik	10	North Centra	9:55.84
11 Hiebert, Trevin	12	University	9:56.27
12 Fry, Matthew	11	University	9:56.40
13 Von Michalofski, Kees	9	Mt Spokane	9:58.61
14 Kitzen, Isaac	10	North Centra	10:10.32
15 Banning, Shane	11	Shadle Park	10:10.80
16 Collier, Vance	10	North Centra	10:26.80

Boys 110 Meter Hurdles 3A

2011 Records: 14.00 1998 Brandon Blize

Name	Yr	School	Prelims
Preliminaries			
1 Haven, Bill	12	North Centra	15.55q
2 Person, Darius	11	Mt Spokane	15.74q
3 Peterson, Ryan	12	University	16.02q
4 Green, Tyler	11	Mt Spokane	16.11q
5 Fry, Jacob	12	University	16.26q
6 Graham, Thilo	9	Shadle Park	16.86q
7 Munter, Joshua	11	Shadle Park	17.08q
8 McDonald, Zane	11	University	17.22q
9 Nichols, Jordan	10	Shadle Park	17.69
10 Blue, David	10	North Centra	18.34
11 Sylvester, Randy	10	University	18.75

Boys 110 Meter Hurdles 3A

2011 Records: 14.00 1998 Brandon Blize

Name	Yr	School	Finals
Finals			
1 Haven, Bill	12	North Centra	15.20 10
2 Person, Darius	11	Mt Spokane	15.21 8
3 Peterson, Ryan	12	University	15.71 6
4 Fry, Jacob	12	University	15.72 5
5 Green, Tyler	11	Mt Spokane	15.76 4
6 Graham, Thilo	9	Shadle Park	16.55 3
7 Munter, Joshua	11	Shadle Park	16.86 2

Boys 300 Meter Hurdles 3A

2011 Records: 37.90 1998 Brandon Blize

Name	Yr	School	Prelims
Preliminaries			
1 Fry, Jacob	12	University	40.92q
2 Swager, Gunnar	12	North Centra	41.12q
3 Peterson, Ryan	12	University	41.34q
4 Green, Tyler	11	Mt Spokane	41.40q
5 Munter, Joshua	11	Shadle Park	41.54q
6 Graham, Thilo	9	Shadle Park	42.11q
7 Person, Darius	11	Mt Spokane	42.40q
8 Blue, David	10	North Centra	42.59q
9 Nichols, Jordan	10	Shadle Park	46.91

Boys 300 Meter Hurdles 3A

2011 Records: 37.90 1998 Brandon Blize

Name	Yr	School	Finals
Finals			
1 Swager, Gunnar	12	North Centra	39.88 10
2 Fry, Jacob	12	University	40.34 8
3 Peterson, Ryan	12	University	40.58 6
4 Graham, Thilo	9	Shadle Park	41.40 5
5 Munter, Joshua	11	Shadle Park	41.94 4
6 Blue, David	10	North Centra	42.49 3
7 Person, Darius	11	Mt Spokane	45.32 2
8 Green, Tyler	11	Mt Spokane	52.51 1

Boys 4x100 Meter Relay 3A

2011 Records: 42.80 1978

Team	Relay	Finals
Finals		
1 North Central	A	43.23 10
1) Griffin, Darneal 9	2) Stratton, Jon 12	
3) Hoffman, Jake 10	4) Swager, Gunnar 12	
2 Mt Spokane	A	43.81 8
1) Walsh, Averey 12	2) Concepcion, Shane 11	
3) Green, Tyler 11	4) Stiles, Stu 9	



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Finals ... (Boys 4x100 Meter Relay 3A)

Team	Relay	Finals
3 University	A	44.53 6
1) Bonner, Adrian 10	2) Mitzemberg, Darian 11	
3) Whitsett, Marquise 10	4) Flanigan, Ben 12	
4 Shadle Park	A	44.96 5
1) Graham, Thilo 9	2) Brown, David 11	
3) Porter, Doran 10	4) Bender, Josh 11	

Boys 4x400 Meter Relay 3A

2011 Records: 3:21.52 5/13/2011 Mt Spokane

T Green, C O'Leary, J Cerenzia, C Naccarato

Team	Relay	Finals
Finals		
1 Mt Spokane	A	3:21.52 10
1) Green, Tyler 11	2) O'Leary, Casey 12	
3) Cerenzia, Jack 12	4) Naccarato, Chase 11	
2 North Central	A	3:22.86 8
1) Hoffman, Jake 10	2) Wordell, Andrew 12	
3) Williams, Keith 10	4) Swager, Gunnar 12	
3 University	A	3:23.79 6
1) Upmeyer, Austin 10	2) Flynn, Austin 10	
3) Brunner, Michael 12	4) Smith, Jon 12	
4 Shadle Park	A	3:33.36 5
1) Graham, Thilo 9	2) Hafferkamp, Stephen 12	
3) Brown, David 11	4) Mendoza, Hernan 12	

Boys High Jump 3A

2011 Records: 6-08.75 1991 Mark Munns

Name	Yr	School	Finals
Finals			
1 Haven, Bill	12	North Centra	6-04.00 10
2 Morgan, Andrew	10	University	6-00.00 8
3 Bruce, Zachery	11	University	J6-00.00 6
4 Jensen, Cole	10	Shadle Park	J6-00.00 5
5 Hahn, Hunter	12	Mt Spokane	5-10.00 4
6 Hisaw, Colin	12	North Centra	J5-10.00 3
8 Hollister, Isaiah	12	North Centra	J5-10.00 1
8 Molett, Braxton	11	North Centra	5-08.00 1
8 Kissinger, Trevor	12	Mt Spokane	5-08.00 1
--- Roberts, Brady	12	Mt Spokane	NH
--- Crum, Logan	10	University	NH
--- Larson, Dane	10	Mt Spokane	NH
--- Flynn, Austin	10	University	NH

Boys Pole Vault 3A

2011 Records: 16-00 1999 Rick Collins

Name	Yr	School	Finals
Finals			
1 Wilson, Tyler	12	Shadle Park	14-00.00 10
2 Davies, Ned	12	North Centra	J14-00.00 8

3 Alexander, Jay	10	University	13-06.00 6
4 Wurst, Scott	11	Mt Spokane	J13-06.00 5
5 Haven, John	12	North Centra	13-00.00 4
6 Labenne, Brock	12	Mt Spokane	12-06.00 3
7 DePledge, Jake	12	Mt Spokane	J12-06.00 2
8 Stoddard, Camden	9	Mt Spokane	J12-06.00 1
9 Foxworth, Connor	12	North Centra	12-00.00
10 Wilkes, Sam	11	Mt Spokane	11-00.00

Boys Long Jump 3A

2011 Records: 23-04.75 1997 Ricardo Colon

Name	Yr	School	Finals
Finals			
1 Naccarato, Chase	11	Mt Spokane	21-06.25 10
2 Larson, Dane	10	Mt Spokane	20-07.75 8
3 Jensen, Cole	10	Shadle Park	20-03.50 6
4 Campbell, Pierce	12	University	19-11.50 5
5 Drumheller, Matt	12	Mt Spokane	19-09.50 4
6 Kissinger, Trevor	12	Mt Spokane	19-09.00 3
7 Bender, Josh	11	Shadle Park	19-05.50 2
8 Hollister, Isaiah	12	North Centra	19-05.00 1
9 McDuffie, Chase	11	North Centra	J19-05.00
10 Bruce, Zachery	11	University	19-01.50
11 Concepcion, Shane	11	Mt Spokane	19-00.50
12 Flanigan, Ben	12	University	18-10.25
13 Molett, Braxton	11	North Centra	18-02.00
14 Larson, Kyle	10	Mt Spokane	17-09.50

Boys Triple Jump 3A

2011 Records: 46-03.50 1991 Dustin Spooner

Name	Yr	School	Finals
Finals			
1 Larson, Dane	10	Mt Spokane	42-06.50 10
2 Concepcion, Shane	11	Mt Spokane	42-06.00 8
3 Kissinger, Trevor	12	Mt Spokane	42-02.75 6
4 Bruce, Zachery	11	University	40-10.50 5
5 Trumpour, Austin	10	North Centra	40-03.25 4
6 Bender, Josh	11	Shadle Park	38-06.75 3
7 Hollister, Isaiah	12	North Centra	38-06.25 2
8 Campbell, Pierce	12	University	38-03.00 1
--- Drumheller, Matt	12	Mt Spokane	ND
--- Molett, Braxton	11	North Centra	ND
--- Flanigan, Ben	12	University	ND

Boys Shot Put 3A

2011 Records: 63-03 1978 Mike Shill

Name	Yr	School	Finals
Finals			
1 Lill, Matthew	12	North Centra	47-09.00 10
2 Bates, Durran	11	North Centra	47-02.00 8
3 Harrington, Colton	12	University	45-10.00 6



2011 Runner's Soul - 5/12/2011 to 5/14/2011

**District 8 3A/4A Championships
Spokane Falls Community College**

Results

Finals ... (Boys Shot Put 3A)

Name	Yr	School	Finals
4 Walsh, Aveyrey	12	Mt Spokane	45-07.00 5
5 Failauga, TJ	11	University	44-07.50 4
6 Rayman, Gage	10	Shadle Park	44-07.00 3
7 Failauga, Moreli	10	University	43-04.00 2
8 Hansen, Chris	12	Mt Spokane	42-01.00 1
9 Graham, Joshua	10	Shadle Park	40-08.00
10 Riley, Nolan	9	North Centra	38-07.00

Boys Discus Throw 3A

2011 Records: 207-02 1997 Vinnie Pecht			
Name	Yr	School	Finals
Finals			
1 Lill, Matthew	12	North Centra	148-07 10
2 Bates, Durran	11	North Centra	138-09 8
3 Failauga, Moreli	10	University	136-11 6
4 Brosmore, Levi	10	Mt Spokane	136-09 5
5 Hansen, Chris	12	Mt Spokane	134-09 4
6 Anderson, Levi	10	University	126-05 3
7 Gray, Alex	10	Mt Spokane	122-07 2
8 Cook, Conner	11	University	121-08 1
9 Lowery, CJ	10	North Centra	119-11
10 Riley, Daniel	10	North Centra	114-00.50
11 Graham, Brandon	12	Mt Spokane	105-07

Boys Javelin Throw 3A

2011 Records: 231-01 1974 Gene Lorenzen			
Name	Yr	School	Finals
Finals			
1 Walsh, Aveyrey	12	Mt Spokane	172-10 10
2 Lappano, Josh	12	North Centra	162-02 8
3 Hisaw, Colin	12	North Centra	160-00 6
4 Fry, Jacob	12	University	159-06 5
5 Gabel, Micah	12	Mt Spokane	159-00 4
6 Trumpour, Austin	10	North Centra	153-01 3
7 Wilson, Jacob	11	North Centra	149-02 2
8 Rooney, Jonathon	12	Shadle Park	146-04 1
9 Campbell, Pierce	12	University	138-01
10 Young, Nick	10	University	138-00
11 Buratto, Anthony	10	University	137-06
12 Johnson, Dakota	11	Shadle Park	130-03

Boys 100 Meter Dash 4A

2011 Records: 10.30 2000 Anthony Buchanan			
Name	Yr	School	Prelims
Preliminaries			
1 Maack, Evan	11	Mead	11.29q
2 Condon, Bobby	12	Gonzaga Prep	11.41q
3 Visconti, Victor	12	Joel Ferris	11.49q
4 Barlow, Davian	10	Mead	11.63q

5 Karstetter, Kurtis	11	Joel Ferris	11.68q
6 Ontiveros, Brandon	12	Central Vall	11.81q
7 Stone, Austin	10	Mead	11.84q
8 Smith, Devante	12	Rogers-Spoka	11.87q
9 Jacot, Alex	11	Central Vall	11.92
10 Davis, Tom	9	Gonzaga Prep	11.93
11 Nelson, Taylor	12	Central Vall	12.27

Boys 100 Meter Dash 4A

2011 Records: 10.30 2000 Anthony Buchanan			
Name	Yr	School	Finals
Finals			
1 Condon, Bobby	12	Gonzaga Prep	11.11 10
2 Maack, Evan	11	Mead	11.14 8
3 Visconti, Victor	12	Joel Ferris	11.30 6
4 Barlow, Davian	10	Mead	11.42 5
5 Stone, Austin	10	Mead	11.47 4
6 Ontiveros, Brandon	12	Central Vall	11.57 3
7 Smith, Devante	12	Rogers-Spoka	11.66 2
8 Karstetter, Kurtis	11	Joel Ferris	11.68 1

Boys 200 Meter Dash 4A

2011 Records: 21.30 2000 Anthony Buchanan			
Name	Yr	School	Prelims
Preliminaries			
1 Bailey, Wes	11	Mead	22.54q
2 Tullos, Alex	10	Joel Ferris	22.76q
3 York, Tyler	12	Mead	23.30q
4 Condon, Bobby	12	Gonzaga Prep	23.33q
5 Kayser, Gunnar	10	Mead	23.58q
6 Ontiveros, Brandon	12	Central Vall	J23.58q
7 Jacot, Alex	11	Central Vall	23.59q
8 Williams, Deandre	10	Lewis and Cl	23.74q
9 Chamberlain, Adam	9	Central Vall	23.89
10 Nelson, Taylor	12	Central Vall	24.48

Boys 200 Meter Dash 4A

2011 Records: 21.30 2000 Anthony Buchanan			
Name	Yr	School	Finals
Finals			
1 Bailey, Wes	11	Mead	21.99 10
2 Tullos, Alex	10	Joel Ferris	22.91 8
3 Kayser, Gunnar	10	Mead	23.09 6
4 Condon, Bobby	12	Gonzaga Prep	23.22 5
5 York, Tyler	12	Mead	23.30 4
6 Ontiveros, Brandon	12	Central Vall	23.64 3
7 Jacot, Alex	11	Central Vall	24.02 2
8 Williams, Deandre	10	Lewis and Cl	24.27 1



2011 Runner's Soul - 5/12/2011 to 5/14/2011

**District 8 3A/4A Championships
Spokane Falls Community College**

Results

Boys 400 Meter Dash 4A

2011 Records: 47.80 1984 Rob Simpson

Name	Yr	School	Prelims
Preliminaries			
1 Kayser, Gunnar	10	Mead	51.22q
2 Fitzgerald, Coleton	9	Lewis and Cl	51.32q
3 Chamberlain, Adam	9	Central Vall	52.47q
4 Sykes, Grayson	10	Central Vall	52.56q
5 Deyarmin, Gaven	11	Central Vall	53.16q
6 Hatten, Austin	11	Central Vall	53.37q
7 Hoskins, Tanner	12	Gonzaga Prep	53.90q
8 Williams, Deandre	10	Lewis and Cl	53.92q
9 McClung, Brandon	10	Central Vall	54.26
10 Markham, Brandon	11	Mead	54.46

Boys 400 Meter Dash 4A

2011 Records: 47.80 1984 Rob Simpson

Name	Yr	School	Finals
Finals			
1 Fitzgerald, Coleton	9	Lewis and Cl	50.73 10
2 Kayser, Gunnar	10	Mead	51.54 8
3 Sykes, Grayson	10	Central Vall	52.15 6
4 Chamberlain, Adam	9	Central Vall	52.70 5
5 Deyarmin, Gaven	11	Central Vall	53.11 4
6 Hatten, Austin	11	Central Vall	53.54 3
7 Hoskins, Tanner	12	Gonzaga Prep	54.58 2
8 Williams, Deandre	10	Lewis and Cl	54.85 1

Boys 800 Meter Dash 4A

2011 Records: 1:51.69 2009 Justin Zimmerman

Name	Yr	School	Prelims
Preliminaries			
1 Overbay, Collin	12	Gonzaga Prep	1:59.61q
2 Nicholls, Josh	12	Central Vall	1:59.81q
3 Mathieu, Davis	10	Lewis and Cl	2:00.00q
4 Pochis, Nick	10	Joel Ferris	2:00.05q
5 Howland, Taylen	12	Mead	2:01.62q
6 Spivey, Josh	12	Mead	2:02.52q
7 Cypro, Nick	12	Lewis and Cl	2:02.89q
8 Weiser, John	12	Central Vall	2:02.98q
9 Minkler, Douglas	10	Joel Ferris	2:05.78
10 Summers, Matt	12	Central Vall	2:05.89
11 Pearman, Joe	11	Gonzaga Prep	2:05.90
12 Knight, Ryan	12	Rogers-Spoka	2:09.22

Boys 800 Meter Dash 4A

2011 Records: 1:51.69 2009 Justin Zimmerman

Name	Yr	School	Finals
Finals			
1 Howland, Taylen	12	Mead	1:57.41 10

2 Overbay, Collin	12	Gonzaga Prep	1:58.44 8
3 Pochis, Nick	10	Joel Ferris	2:00.04 6
4 Nicholls, Josh	12	Central Vall	2:00.48 5
5 Mathieu, Davis	10	Lewis and Cl	2:00.63 4
6 Cypro, Nick	12	Lewis and Cl	2:05.10 3
7 Weiser, John	12	Central Vall	2:07.03 2
8 Spivey, Josh	12	Mead	2:11.20 1

Boys 1600 Meter Run 4A

2011 Records: 4:04.30 1964 Gerry Lindgren

Name	Yr	School	Finals
Finals			
1 Gardner, Andrew	10	Mead	4:17.31 10
2 Bierig, Kenji	12	Lewis and Cl	4:24.04 8
3 Overbay, Collin	12	Gonzaga Prep	4:24.40 6
4 Arguinchona, Baxter	12	Lewis and Cl	4:25.83 5
5 McCandless, Conor	11	Gonzaga Prep	4:25.98 4
6 Kimsey, Alex	11	Joel Ferris	4:26.15 3
7 Wolf, Kaden	12	Central Vall	4:26.96 2
8 Goodwin, Sumner	10	Lewis and Cl	4:28.23 1
9 Griffith, Isaac	12	Lewis and Cl	4:28.52
10 Schofield, Daniel	10	Mead	4:30.08
11 Spivey, Josh	12	Mead	4:31.95
12 Thorne, Travis	10	Joel Ferris	4:37.49
13 Estelle, Joel	11	Lewis and Cl	4:41.07
14 Brandt, Cory	12	Lewis and Cl	4:41.37
15 Rahn, Daniel	10	Mead	4:41.93
16 Helman, Peter	9	Joel Ferris	4:44.84

Boys 3200 Meter Run 4A

2011 Records: 9:00.10 1989 Chris Lewis

Name	Yr	School	Finals
Finals			
1 Gardner, Andrew	10	Mead	9:04.70 10
2 Bierig, Kenji	12	Lewis and Cl	9:21.65 8
3 Arguinchona, Baxter	12	Lewis and Cl	9:22.77 6
4 McCandless, Conor	11	Gonzaga Prep	9:26.27 5
5 Goodwin, Sumner	10	Lewis and Cl	9:28.42 4
6 Kimsey, Alex	11	Joel Ferris	9:37.31 3
7 Thorne, Travis	10	Joel Ferris	9:41.31 2
8 Schofield, Daniel	10	Mead	9:43.45 1
9 Wolf, Kaden	12	Central Vall	9:44.40
10 Estelle, Joel	11	Lewis and Cl	9:56.86
11 Giese, Logan	10	Central Vall	10:03.14
12 Brandt, Cory	12	Lewis and Cl	10:08.88
13 Hommel, Matt	9	Central Vall	10:11.86
14 Sams, Kyle	11	Mead	10:18.21
15 Allen, Scott	11	Central Vall	10:29.22
16 Samuelson, Bryce	12	Central Vall	10:33.22



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**District 8 3A/4A Championships
Spokane Falls Community College**

Results

Boys 110 Meter Hurdles 4A

2011 Records: 14.00 1979 Dan Vickery

Name	Yr	School	Prelims
Preliminaries			
1 Seitz, Dylan	12	Central Vall	15.41q
2 McDowell, Dashea	12	Mead	15.64q
3 Smith, Mike	12	Mead	15.97q
4 McClendon, Alex	11	Lewis and Cl	16.25q
5 Johnson, Sam	9	Mead	16.71q
6 Sykes, Grayson	10	Central Vall	16.90q
7 Bagdon, Zach	11	Mead	17.04q
8 Herrera, Ryan	11	Joel Ferris	17.42q
9 Salisbury, Ben	11	Central Vall	17.49
10 King, Marcus	10	Lewis and Cl	17.79
11 Johnson, Jeremy	11	Gonzaga Prep	17.90
12 Padon, Jack	9	Gonzaga Prep	18.08
13 Riordan, Tyler	11	Mead	18.09
14 Walden, Nick	11	Gonzaga Prep	18.23
15 Engelbertson, Alex	9	Lewis and Cl	18.41
16 Davis, Martell	11	Rogers-Spoka	19.29

Boys 110 Meter Hurdles 4A

2011 Records: 14.00 1979 Dan Vickery

Name	Yr	School	Finals
Finals			
1 Smith, Mike	12	Mead	14.92 10
2 Seitz, Dylan	12	Central Vall	14.97 8
3 McDowell, Dashea	12	Mead	15.02 6
4 McClendon, Alex	11	Lewis and Cl	15.70 5
5 Sykes, Grayson	10	Central Vall	16.43 4
6 Herrera, Ryan	11	Joel Ferris	16.54 3
7 Bagdon, Zach	11	Mead	16.81 2
8 Johnson, Sam	9	Mead	16.85 1

Boys 300 Meter Hurdles 4A

2011 Records: 37.40 2002 Josh Leyk

Name	Yr	School	Prelims
Preliminaries			
1 Seitz, Dylan	12	Central Vall	39.52q
2 Smith, Mike	12	Mead	39.97q
3 Bailey, Wes	11	Mead	40.55q
4 Tullos, Alex	10	Joel Ferris	41.62q
5 McClendon, Alex	11	Lewis and Cl	41.74q
6 McDowell, Dashea	12	Mead	41.75q
7 Aldworth, Tyler	11	Lewis and Cl	43.01q
8 Padon, Sean	11	Gonzaga Prep	J43.48q
9 Herrera, Ryan	11	Joel Ferris	J43.28
10 Riordan, Tyler	11	Mead	44.16
11 Butler, Michael	10	Central Vall	44.27
12 King, Marcus	10	Lewis and Cl	44.84

13 Bischoff, Scott	12	Central Vall	45.44
14 Engelbertson, Alex	9	Lewis and Cl	46.92
15 Johnson, Jeremy	11	Gonzaga Prep	47.08

Boys 300 Meter Hurdles 4A

2011 Records: 37.40 2002 Josh Leyk

Name	Yr	School	Finals
Finals			
1 Bailey, Wes	11	Mead	38.85 10
2 Smith, Mike	12	Mead	39.79 8
3 Seitz, Dylan	12	Central Vall	40.21 6
4 Tullos, Alex	10	Joel Ferris	40.87 5
5 McDowell, Dashea	12	Mead	41.55 4
6 McClendon, Alex	11	Lewis and Cl	42.94 3
7 Aldworth, Tyler	11	Lewis and Cl	43.82 2
8 Padon, Sean	11	Gonzaga Prep	43.94 1

Boys 4x100 Meter Relay 4A

2011 Records: 42.10 1977

Team	Relay	Finals
Finals		
1 Mead	A	42.47 10
1) Maack, Evan 11	2) Kayser, Gunnar 10	
3) Smith, Mike 12	4) Bailey, Wes 11	
2 Joel Ferris	A	43.45 8
1) Visconti, Victor 12	2) Karstetter, Kurtis 11	
3) Lemer, Cole 11	4) Tullos, Alex 10	
3 Central Valley	A	44.46 6
1) Nelson, Taylor 12	2) Ontiveros, Brandon 12	
3) Chamberlain, Adam 9	4) Jacot, Alex 11	
4 Rogers-Spokane	A	45.61 5
1) Douglas, Chris 11	2) Moss, Joseph 10	
3) Murray, Carson 10	4) Smith, Devante 12	
--- Gonzaga Prep	A	DQ
1) Condon, Bobby 12	2) Davis, Tom 9	
3) Wacholz, Kyle 10	4) Padon, Sean 11	

Boys 4x400 Meter Relay 4A

2011 Records: 3:19.20 1969

Team	Relay	Finals
Finals		
1 Central Valley	A	3:28.15 10
1) Sykes, Grayson 10	2) Seitz, Dylan 12	
3) Deyarmin, Gaven 11	4) Nicholls, Josh 12	
2 Mead	A	3:28.86 8
1) Kayser, Gunnar 10	2) McDowell, Dashea 12	
3) Barlow, Davian 10	4) Howland, Taylen 12	
3 Gonzaga Prep	A	3:33.67 6
1) Condon, Bobby 12	2) Overbay, Collin 12	
3) Padon, Sean 11	4) Wacholz, Kyle 10	



2011 Runner's Soul - 5/12/2011 to 5/14/2011
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Spokane Falls Community College
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Boys High Jump 4A

2011 Records: 7-00.50 1977 Jeff Barrett

Name	Yr	School	Finals
Finals			
1 Schon, Brennan	10	Lewis and Cl	6-02.00 10
2 Murray, Carson	10	Rogers-Spoka	J6-02.00 8
3 Camp, Galen	10	Mead	6-00.00 5.5
3 Terrell, Phillip	11	Central Vall	6-00.00 5.5
5 Leonard, McLain	12	Gonzaga Prep	5-10.00 4
6 Seely, Mark	11	Central Vall	5-08.00 2.5
6 Peterson, Tanner	10	Mead	5-08.00 2.5
8 Marvin, Drew	11	Joel Ferris	J5-08.00 1
9 Gillum, Matt	11	Gonzaga Prep	5-06.00

Boys Pole Vault 4A

2011 Records: 17-01 2002 Tyson Byers

Name	Yr	School	Finals
Finals			
1 Wehde, Jared	12	Mead	14-00.00 10
2 Neumann, Blase'	10	Mead	13-06.00 8
3 Wilkins, Calvin	11	Joel Ferris	13-00.00 6
4 Brown, Drew	11	Central Vall	J13-00.00 5
5 Green, Micheal	12	Mead	12-06.00 3.5
5 Reinkens, Austin	11	Joel Ferris	12-06.00 3.5
7 David, Marc	11	Mead	12-00.00 2
8 Seppi, Nathan	11	Joel Ferris	J12-00.00 1
9 Bischoff, Scott	12	Central Vall	11-06.00
10 Demars, McKay	10	Central Vall	J11-06.00
11 Akerhielm, Sam	10	Gonzaga Prep	11-00.00

Boys Long Jump 4A

2011 Records: 23-07 1968 Wayne Sepolen

Name	Yr	School	Finals
Finals			
1 Barlow, Davian	10	Mead	20-09.75 10
2 Sims, Phillip	10	Mead	20-09.25 8
3 Tullos, Alex	10	Joel Ferris	20-09.00 6
4 Langenheder, Wyatt	10	Mead	20-08.50 5
5 Deyarmin, Gaven	11	Central Vall	20-08.00 4
6 Smith, Devante	12	Rogers-Spoka	20-07.00 3
7 Murray, Carson	10	Rogers-Spoka	19-10.50 2
8 Byrd, Giacobbe	11	Gonzaga Prep	19-07.50 1
9 Hampton, Anthony	10	Rogers-Spoka	J19-07.50
10 Seely, Mark	11	Central Vall	19-02.50
11 Douglas, Chris	11	Rogers-Spoka	18-10.00
12 Sorensen, Dillin	12	Joel Ferris	18-08.00
13 Scherich, Ryan	11	Central Vall	18-05.00
14 Deckard, Ryan	10	Central Vall	18-01.00
--- Wacholz, Kyle	10	Gonzaga Prep	ND

Boys Triple Jump 4A

2011 Records: 47-00 1985 Robert Jefferson

Name	Yr	School	Finals
Finals			
1 Radezky, Jake	11	Mead	43-10.00 10
2 Peckham, Jon	12	Mead	43-03.75 8
3 Seely, Mark	11	Central Vall	42-02.00 6
4 Smith, Devante	12	Rogers-Spoka	42-00.75 5
5 Baird, Sam	12	Mead	41-07.00 4
6 Schon, Brennan	10	Lewis and Cl	41-01.50 3
7 Byrd, Giacobbe	11	Gonzaga Prep	40-01.00 2
8 Sorensen, Dillin	12	Joel Ferris	39-07.50 1
9 Scherich, Ryan	11	Central Vall	39-05.75
10 Deckard, Ryan	10	Central Vall	39-01.50
11 LaVios, Andrew	9	Mead	38-06.00
12 Deyarmin, Gaven	11	Central Vall	38-05.00
13 Picard, Dakota	11	Rogers-Spoka	38-02.00
14 Wacholz, Kyle	10	Gonzaga Prep	36-08.50
--- Langenheder, Wyatt	10	Mead	ND

Boys Shot Put 4A

2011 Records: 60-07.50 1971 Mark Crull

Name	Yr	School	Finals
Finals			
1 Rowell, Billy	12	Central Vall	57-08.00 10
2 Stanley, Kevin	12	Central Vall	53-05.00 8
3 Elmore, Matt	12	Mead	53-02.00 6
4 Talafili, JJ	11	Central Vall	48-04.50 5
5 Canton, Anthony	12	Joel Ferris	47-04.00 4
6 Vanwert, Michael	10	Lewis and Cl	45-11.00 3
7 Dour, Moody	12	Mead	45-04.00 2
8 Greenlund, Joey	12	Central Vall	45-00.00 1
9 Regalado, Seth	11	Mead	43-11.50
10 Evans, Nicholas	12	Central Vall	42-10.00
11 Unland, Damon	10	Joel Ferris	41-06.00
12 Volz, James	11	Mead	40-08.00
13 Buck, Shawn	10	Central Vall	40-07.00

Boys Discus Throw 4A

2011 Records: 181-06 1982 Pat Kosteka

Name	Yr	School	Finals
Finals			
1 Unland, Damon	10	Joel Ferris	155-04.50 10
2 Stanley, Kevin	12	Central Vall	154-09 8
3 Syrotchen, Joshua	11	Lewis and Cl	153-03 6
4 Werley, Tony	11	Lewis and Cl	147-04.50 5
5 Regalado, Seth	11	Mead	144-08.50 4
6 Greenlund, Joey	12	Central Vall	139-03 3
7 Buck, Shawn	10	Central Vall	136-02.50 2
8 Canton, Anthony	12	Joel Ferris	133-07 1



2011 Runner's Soul - 5/12/2011 to 5/14/2011

**District 8 3A/4A Championships
Spokane Falls Community College**

Results

Finals ... (Boys Discus Throw 4A)

Name	Yr	School	Finals
9 Sharkey, Drew	11	Joel Ferris	131-02
10 Davis, Eli	9	Mead	125-08.50
11 Berg, Lance	11	Lewis and Cl	121-10.50
12 Rowell, Billy	12	Central Vall	108-00

Boys Javelin Throw 4A

2011 Records: 208-01 2010 Levi Taylor

Name	Yr	School	Finals
Finals			
1 Hilmes, Sam	11	Mead	180-09 10
2 Fuller, Carson	11	Joel Ferris	180-00 8
3 Lemer, Cole	11	Joel Ferris	177-10 6
4 Wright, Chase	12	Mead	175-06 5
5 Wollan, Tanner	12	Central Vall	164-06 4
6 Hilmes, Luke	9	Mead	161-05 3
7 Haas, Derek	12	Central Vall	161-02 2
8 Farr, Jacob	12	Mead	157-10 1
9 Moore, Evan	11	Mead	153-08
10 Black, Connor	9	Lewis and Cl	143-09
11 Murray, Carson	10	Rogers-Spoka	142-04
12 Davis, Martell	11	Rogers-Spoka	141-04
13 Johnston, Maverick	10	Gonzaga Prep	134-10
14 Butler, Michael	10	Central Vall	134-07
15 Heintz, Nathan	12	Central Vall	130-02
16 Moore, Nic	12	Mead	129-08

Mixed 100 Meter Dash Wheelchair Wheel Chair

2011 Records: 19.19 5/13/2011 Amber Weber

2011 Records: 19.19 5/13/2011 Amber Weber

Name	Yr	School	Finals
Finals			
1 Weber, Amber	W11	Central Vall	19.19
2 Owens, Emily	W11	Central Vall	27.04

Mixed 200 Meter Dash Wheelchair Wheel Chair

2011 Records: 52.92 5/12/2011 Amber Weber

2011 Records: 52.92 5/12/2011 Amber Weber

Name	Yr	School	Finals
Finals			
1 Weber, Amber	W11	Central Vall	52.92

Mixed 400 Meter Dash Wheelchair Wheel Chair

2011 Records: 57.78 5/13/2011 Austin Pruitt

2011 Records: 57.78 5/13/2011 Austin Pruitt

Name	Yr	School	Finals
Finals			
1 Pruitt, Austin	M11	Central Vall	57.78
2 Weber, Amber	W11	Central Vall	1:03.20
3 Owens, Emily	W11	Central Vall	1:51.79

Mixed 800 Meter Dash Wheelchair Wheel Chair

2011 Records: 3:58.34 5/13/2011 Austin Pruitt

Name	Yr	School	Finals
Finals			
1 Pruitt, Austin	M11	Central Vall	3:58.34
2 Weber, Amber	W11	Central Vall	4:24.10

Mixed 1600 Meter Run Wheelchair Wheel Chair

2011 Records: 2:01.14 5/13/2011 Austin Pruitt

Name	Yr	School	Finals
Finals			
1 Pruitt, Austin	M11	Central Vall	2:01.14
2 Weber, Amber	W11	Central Vall	2:10.69

Mixed 3200 Meter Run Wheelchair Wheel Chair

2011 Records: 8:33.71 5/12/2011 Austin Pruitt

2011 Records: 8:33.71 5/12/2011 Austin Pruitt

Name	Yr	School	Finals
Finals			
1 Pruitt, Austin	M11	Central Vall	8:33.71

