

**MEET 07 — 07 JULY 2004**

**SPONSORED BY FOOTZONE**

**Edmonds District Stadium, Edmonds, Washington**

### **OUTSTANDING PERFORMANCES**

Male -- Uli Steidl, Seattle Running Club, mile

Female -- Ashley Wildheber, pole vault

**TOTAL ENTRIES** -- 319

### **FIELD EVENT RESULTS**

#### **Kids High Jump**

1. Patrick Powell (un/M09) 0.99m (3-3); 2. Will Powell (un/M11) 0.94m (3-1); nh. Shina Cook (un/F07) and LiLi Simon (un/F10).

#### **Women's High Jump**

1. Molly Gibson (un/F15) 1.42m (4-8); 2. Abby J (un/F16) 1.37m (4-6).

#### **Men's High Jump**

1. Jeff Skiba (CNW/M20) 1.93m (6-4); 2. Nate Murillo (un/M22) 1.73m (5-8); 3. Tim Carrithers (LynnHS/M15) 1.67m (5-5 3/4); 4. David Kranich (un/M19) 1.67m (5-5 3/4); 5. Mike Tuon (un/M14) 1.52m (4-11 3/4).

#### **Women's Pole Vault**

1. Ashley Wildheber (un/F20) 3.66m (12-0); 2. Kathleen Donoghue (un/F22) 3.50m (11-5 3/4); 3. Caroline Jean (un/F24) 3.35m (11-0); 4. Amy Harris (un/F20) 2.89m (9-5 3/4); 5. Chelsea Nicholas (un/F16) 2.59m (8-6); 6. Susan Sifferman (un/F19) 2.28m (7-5 3/4); 7. Kirsten Hansen-Day (un/F16) 2.13m (6-11 3/4); nh. Alena Schlumpf (un/F25) and Emily Bertrand (un/F20).

#### **Men's Pole Vault**

1. Francois Thenault (un/M32) 4.42m (14-6); 2. Michel Genest-LaHaye (un/M31) 4.42m (14-6); 3. Mathiew Houle (un/M22) 4.27m (14-0); 4. Jack Hoyt (FalTC/M40) 3.96m (13-0); 5. Kyle Duncan (un/M17) 3.81m (12-6); 6. Pat Licari (un/M35) 3.81m (12-6); 7. Sean Beighton (un/M15) 3.66m (12-0); 8. Joe Chiarelli (un/M18) 3.20m (10-6); 9. (tie) Josh Fischer (un/M17) and Vince Kinney (LynnHS/M17) 3.05m (10-0); 11. Brian Keith (un/M17) 2.89m (9-5 3/4); 12. (tie) Zach Herrmann (un/M15) and Bob Good (un/M46) 2.74m (8-11 3/4); 14. Dave Butler (un/M64) 2.28m (7-5 3/4); 15. Mohler Simpson (un/M66) 2.13m (6-11 3/4); nh. Kameron Eckert (un/M15).

#### **Kid's Long Jump**

1. Trevor Harron (un/M13) 3.68m (12-1); 2. Patrick Powell (un/M09) 3.03m (9-11 1/4); 3. Will Powell (un/M11) 2.98m (9-9 3/4); 4. Aaron Kelly (un/M08) 2.83m (9-3 1/2); 5. Allison Kelly (un/F09) 2.58m (8-5 1/2); 6. KayKay Good (un/F10) 2.57m (8-5 1/4); 7. Ben Reidy (un/M08) 2.52m (8-3 1/4); 8. Katelin Licari (un/F08) 2.21m (7-3); 9. LiLi Simon (un/F10) 2.13m (6-11 3/4); 10. Miranda Reddick (un/F09) 2.10m (6-10 3/4); 11. Shina Cook (un/F07) 1.91m (6-3 1/4); 12. Andrew Ayers (un/M07) 1.76m (5-9 1/4); 13. George Reidy (un/M04) 1.28m (4-2 1/2); 14. Liam Elias (un/M04) 1.16m (3-9 3/4); 15. Allison Namba (un/F04) 0.99m (3-3).

#### **Women's Long Jump**

1. Alexandra Rozefort (un/F19) 5.29m (17-4 1/4); 2. Susan Quick (un/F18) 4.62m (15-2); 3. Renee Gittins (un/F14) 4.18m (13-8 1/2).

#### **Men's Long Jump**

1. Tim Carrithers (LynnHS/M15) 6.16m (20-2 1/2); 2. Alex Clark (un/M18) 5.87m (19-3); 3. Brian Graham (un/M22) 5.66m (18-6 3/4); 4. Nick Shults (un/M22) 5.63m (18-5 3/4); 5. Dean Yeh (un/M15) 5.49m (18-0 1/4); 6. Stephen Graham (un/M15) 5.36m (17-7); 7. SungMin Kim (un/M15) 4.51m (14-9 1/2); 8. Ken Reidy (un/M45) 3.76m (12-4).

#### **Women's Triple Jump**

1. Chelsea Nicholas (un/F16) 10.20m (33-5 1/2); 2. Renee Gittins (un/F14) 8.24m (27-0 1/2).

#### **Men's Triple Jump**

1. Brian Graham (un/M22) 12.80m (42-0); 2. Skylar Jaxson (un/M17) 12.01m (39-4 3/4); 3. Stephen Graham (un/M15)

11.99m (39-4); 4. Tim Carrithers (LynnHS/M15) 11.57m (37-11 1/2).

### **Kid's Shot Put**

(6lb) 1. Trevor Harron (un/M13) 6.72m (22-0 1/2).

### **Women's Shot Put**

(4.0kg) 1. Jennifer Conner (CNW/F19) 10.58m (34-8 1/2).

### **Men's Shot Put**

(16lb) 1. Phil Bayley (un/M21) 11.84m (38-10 1/4); 2. Ben Dillow (un/M19) 10.52m (34-6 1/4).

(12lb) 1. Korey Morris (un/M16) 13.20m (43-3 3/4); 2. Tim Carrithers (LynnHS/M15) 11.37m (37-3 3/4); 3. Mark Cook (un/M31) 10.63m (34-10 1/2); 4. John Keples (un/M16) 10.58m (34-8 1/2).

### **Women's Discus Throw**

(1.0kg) 1. Jennifer Conner (CNW/F19) 33.29m (109-2); 2. Mersi Begley (un/F13) 22.78m (74-8 3/4); 3. Jessica Butler (un/F19) 19.29m (63-3 1/2).

### **Men's Discus Throw**

(2.0kg) 1. Vince Kinney (LynnHS/M17) 32.73m (107-4); 2. Dave Nyland (un/M18) 30.08m (98-8).

(1.6kg) 1. Korey Morris (un/M16) 45.25m (148-5); 2. Phil Bayley (un/M21) 40.24m (132-0)(note: should not be throwing 1.6kg discus); 3. Rod Wilcox (KingsTC/M38) 38.79m (127-3); 4. John Kepler (un/M16) 30.96m (101-7); 5. Travis Glover (un/M19) 24.79m (81-3); 6. Jason Venable (un/M20) 20.35m (66-9 3/4).

(1.5kg) 1. Jeff Skiba (CNW/M20) 43.48m (142-8); 2. Russ Jacquet-Acea (un/M51) 30.30m (99-5).

### **Kids TurboJav™ Toss** (measured in yards using football hashmarks)

1. Trevor Harron (un/M13) 32y; 2. Ben Reidy (un/M08) 25y; 3. Chris Namba (un/M09) 17y; 4. Nikki Gilbert (un/F09) 13.5y; 5. KayKay Good (un/F10) 12y; 6. Grant Gilbert (un/M07) 11y; 7. George Reidy (un/M04) 8y; 8. Liam Elias (un/M04) 3y.

### **Men's Javelin Throw**

(800g) 1. Dave Nyland (un/M18) 52.81m (173-3); 2. Adam Lattin (KamiakinHS/M16) 46.91m (153-10); 3. Stephen Kreiger (un/M16) 43.57m (142-11); 4. David Cronin (un/M19) 32.32m (106-0); 5. Jeff Jergens (un/M16) 31.36m (102-10); 6. Todd Kinney (un/M37) 25.29m (82-11); 7. Trevor Harron (un/M13) 18.86m (61-10 1/2); nm. Spencer Nietmann (un/M15).

## **TRACK EVENT RESULTS**

### **Kid's 100-meter Dash**

1. Trevor Harron (un/M13) 17.1h; 2. Will Powell (un/M11) 17.2h; 3. Patrick Powell (un/M09) 17.4h; 4. Chris Namba (un/M09) 17.4h; 5. Allison Kelly (un/F09) 17.5h; 6. KayKay Good (un/F10) 17.9h; 7. Aaron Kelly (un/M08) 18.7h; 8. Andrew Ayers (un/M07) 18.9h; 9. Nikki Gilbert (un/F09) 19.4h; 10. Sam Prestrud (un/M08) 20.3h; 11. Grant Gilbert (un/M07) 20.9h; 12. Matthew Wilkinson (un/M07) 21.4h; 13. Shina Cook (un/F07) 22.0h; 14. Allison Namba (un/F04) 30.7h.

### **Kid's 50-meter Dash**

1. Patrick Powell (un/M09) 9.0h; 3. Chris Namba (un/M09) 9.2h; 3. Allison Kelly (un/F09) 9.4h; 4. (tie) Aaron Kelly (un/M08) and Andrew Ayers (un/M07) 9.7h; 6. Will Powell (un/M11) 9.7h; 7. Miranda Reddick (un/F09) 10.1h; 8. Ben Reidy (un/M08) 10.3h; 9. Grant Gilbert (un/M07) 10.5h; 10. Sam Prestrud (un/M08) 10.9h; 11. Matthew Wilkinson (un/M07) 11.1h; 12. Shina Cook (un/F07) 11.5h; 13. George Reidy (un/M07) 11.8h; 14. Liam Elias (un/M04) 13.5h; 15. Allison Namba (un/F04) 14.6h; 16. LiLi Simon (un/F10) 14.9h; 17. Tori Wang (un/F03) 28.5h.

### **Kid's 200-meter Dash**

1. Trevor Harron (un/M13) 36.5h; 2. Patrick Powell (un/M09) 38.2h; 3. Andrew Ayers (un/M07) 39.1h; 4. Allison Kelly (un/F09) 39.6h; 5. Aaron Kelly (un/M08) 39.8h; 6. Will Powell (un/M11) 41.3h; 7. Nikki Gilbert (un/F09) 42.6h; 8. Grant Gilbert (un/M07) 44.9h; 9. Sam Prestrud (un/M08) 45.0h; 10. Brooke Nicholson (un/F09) 46.1h; 11. Matthew Wilkinson (un/M07) 47.4h; 12. Liam Elias (un/M04) 65.3h; 13. Allison Namba (un/F04) 70.8h.

### **Kid's Mile Jog**

1. Andrew Ayers (un/M07) 7:49.6h; 2. Miranda Reddick (un/F09) 8:13.6h; 3. Aaron Kelly (un/M08) 8:38.4h; 4. Katelin Licari (un/F08) 8:41.0h; 5. Matthew Wilkinson (un/M07) 9:09.1h; 6. Brooke Nicholson (un/F09) 9:31.6h; 7. Allison

Kelly (un/F09) 9:39.8h.

### **Co-ed Mile Race Walk**

1. Ann Tuberg (PPacers/F44) 8:51.6h.

### **Men's 110-meter Hurdles**

(42") 1. Alex Clark (un/M18) 15.3h; 2. Yves McDavid (un/M25) 15.5h; 3. Sean Williams (un/M21) 15.6h; 4. Ben Dillow (un/M19) 15.6h; 5. Clinton Seal (un/M22) 18.2h.

(39") 1. Kyle Schauble (un/M16) 16.5h; 2. Rod Wilcox (KingsTC/M38) 17.8h; 3. Austin Dean (un/M14) 20.2h.

### **Women's 100-meter Dash**

1. Brittany Gates (un/F16) 13.6h; 2. Susan Quick (un/F18) 13.7h; 3. Jenny Serrato (un/F16) 14.0h; 4. Sophie Merrick (un/F16) 14.1h; 5. Renee Gittins (un/F14) 14.7h; 6. Lindsey Nietman (un/F17) 15.0h.

### **Men's 100-meter Dash**

1. Sean Williams (un/M21) 10.9h; 2. (tie) Tanj Houston (un/M16) and Wesley Rehel (un/M22) 11.2h; 4. Travis Glover (un/M19) 11.3h; 5. Ben Blackmer (un/M28) 11.5h; 6. Eric Pederson (un/M25) 11.5h; 7. (tie) David Anguilo (un/M18) and Tim Carrithers (LynnHS/M15) 11.6h; 9. Cody Lou (un/M21) 11.8h; 10. (tie) Ben Dillow (un/M19) and Clinton Seal (un/M22) 12.0h; 12. (tie) Justin O'Dell (un/M17) and Kyle Schauble (un/M16) 12.2h; 14. Corey Diamond (un/M18) 12.2h; 15. (tie) Rod Wilcox (KingsTC/M38) and Adam Lattin (un/M16) 12.3h; 17. David Ortman (un/M51) 12.4h; 18. Rob Voce (un/M38) 12.4h; 19. (tie) Dean Yeh (un/M15) and Jason Venable (un/M20) 12.6h; 21. Maurice Fabien (un/M15) 12.6h; 22. SungMin Kim (un/M15) 12.8h; 23. Jeff Skiba (CNW/M20) 13.0h; 24. (tie) Scott Nicholson (un/M39) and Wil McFarland (un/M15) 13.5h; 26. Michael Turon (un/M14) 13.9h; 27. Jarrett Habu (un/M19) 14.4h; 28. Bob Good (un/M46) 14.8h.

### **Co-ed Jogger's Mile** (listed by order of best prediction)

1. Jenny Serrato (un/F16) 7:20-7:19 **-1**; 2. Tim Magdziare (un/M31) 7:20-7:18 **-2**; 3. (tie) Shawn O'Donnell Jr. (un/M15) 6:01-5:58 **-3**, Phyllis Nelson (un/F56) 7:05-7:02 **-3**, Austin Dean (un/M14) 5:57-6:00 **+3**, Mike Tuon (un/M14) 7:30-7:33 **+3**, and Scott Nicholson (un/M39) 7:30-7:33 **+3**; 8. (tie) Mark Cook (un/M31) 7:30-7:34 **+4**, Nikki D'Amico (un/F18) 6:25-6:29 **+4**, and Jessica Nicholson (un/F14) 8:20-8:16 **-4**; 11. (tie) Ron Rutherford (un/M47) 7:30-7:23 **-7** and Karen Dean (un/F44) 8:45-8:52 **+7**; 13. Shawn O'Donnell Sr. (un/M44) 7:10-7:02 **-8**; 14. (tie) David Cronin (un/M19) 6:08-6:17 **+9**, Michael Allison (CNW/M52) 7:10-7:19 **+9**, Kirsten Hansen-Day (un/F16) 6:20-6:29 **+9**, and Jeff Jergens (un/M16) 6:04-6:13 **+9**; 18. Doug Rakel (un/M17) 6:03-6:13 **+10**; 19. Ann Dougherty (un/F53) 7:53-8:02 **+11**; 20. Todd Kinney (un/M37) 8:45-8:33 **-12**; 21. (tie) Jeremy Rasor (un/M25) 6:00-6:13 **+13** and Jeff Rasor (un/M20) 5:58-6:11 **+13**; 23. (tie) Tina Gall (un/F19) 6:45-6:31 **+14** and Regina Joyce (CNW/F47) 6:45-6:31 **-14**; 25. Nick Shults (un/M22) 8:00-8:16 **+16**; 26. David Kane (un/M18) 8:00-8:17 **+17**; 27. Garrett Rutherford (un/M14) 6:55-6:37 **-18**; 28. Mark Logue (un/M12) 8:15-7:54 **-21**; 29. Lindsey Nietmann (un/F17) 6:38-6:14 **-24**; 30. Spencer Nietmann (un/M15) 6:41-6:15 **-26**; 31. Brandon Dean (un/M12) 6:05-6:34 **+29**; 32. Jeff Logue (un/M45) 8:30-7:56 **-34**; 33. Peter P-J (un/M16) 7:00-6:22 **-38**; 34. Tony Robinson (CNW/M37) 7:45-6:56 **-49**.

### **Co-ed 4x100-meter Relay**

1. D-Crew (Justin M16, Corey M17, Jonathan M16, Daniel M17) 47.8h; 2. Team Sauce (2x200m, Scott M20, Travis M19) 51.0h; 3. The Cheetahs (Lindsey F16, Jenny F16, Doug M17, Jeff M16) 54.3h; 4. Flying Turtles (Brian M16, Shawn Jr. M15, Shawn Sr. M44, Sean M15) 55.1h; 5. Blanks (Will M15, Mike M14, Hannah M14, Scott M39) 55.5h; 6. The Kings (Rod M38, Karen F44, Austin M14, Brandon M12) 58.2h.

### **Women's Mile Run**

1. Regina Joyce (CNW/F47) 5:20.7h; 2. Honisty Back (un/F17) 5:45.0h; 3. Tina Gall (un/F19) 6:02.8h; 4. Hannah Blakeslee (un/F14) 6:34.9h.

### **Men's Mile Run**

1. Uli Steidl (SRC/M32) 4:23.1h (fastest time of the summer); 2. Dan Welsh (un/M27) 4:49.1h; 3. Robert Bartholomew (un/M20) 5:10.8h; 4. Duy Tran (un/M15) 5:21.4h; 5. Mark Cook (un/M31) 5:37.9h; 6. Tim Magdziarz (un/M31) 6:01.2h.

### **Women's 400-meter Dash**

1. Brittany Gates (un/F16) 64.5h; 2. Phyllis Nelson (un/F56) 86.4h.

### **Men's 400-meter Dash**

1. Daniel Reese (un/M17) 54.9h; 2. Ben Blackmer (un/M28) 55.9h; 3. Doug Rakel (un/M17) 57.3h; 4. Justin O'Dell (un/M17) 57.7h; 5. Adam Lattin (un/M16) 60.9h; 6. Arny Stonkus (un/M49) 61.5h.

**Women's 800-meter Dash**

1. Jessica Butcherite (un/F18) 2:29.4h; 2. Kirsten Hansen-Day (un/F16) 3:00.4h; 3. Karen Dean (un/F44) 3:07.0h; 4. Phyllis Nelson (un/F56) 3:15.2h.

**Men's 800-meter Dash**

1. Julian Aguirre (un/M26) 2:03.3h; 2. Corey Nuro (un/M20) 2:04.5h; 3. Spencer Nietmann (un/M15) 2:08.4h; 4. Dan Welsh (un/M28) 2:08.9h; 5. Jeff Razor (un/M20) 2:09.9h; 6. Jeremy Razor (un/M15) 2:11.6h; 7. Jonathan Bautista (un/M16) 2:14.3h; 8. Kyle Smith (un/M18) 2:27.8h; 9. Garrett Rutherford (un/M14) 2:35.3h; 10. Austin Dean (un/M14) 2:36.3h; 11. Brandon Dean (un/M12) 3:06.6h; dnf. Mr. Rabbit, Evan Wirrkila (un/M20), and Daniel Reese (un/M17).

**Co-ed 4x400-meter Relay**

1. D-Crew (Justin O'Dell, Corey Diamond, Dan Reese, Jon Bautista, all M17) 3:58.2h; 2. Mixed Bag (Nick Shults M22, Mark Cook M31, Mike Brydges M16, Garrett Rutherford M14) 4:17.4h; 3. Too Fast For You (Jeff Razor M20, Duy Tran M15, Lindsey Nietmann F17, Jeremy Razor M15) 4:23.0h; 4. Kids and Coach (Hannah B F14, Will M15, Mike Tuon M14, Scott N M39) 4:32.8h.

**Women's 3000-meter Run**

1. Phyllis Nelson (un/F56) 14:01.0h.

**Men's 3000-meter Run**

1. Daniel Kore (un/M18) 9:47.8h; 2. Robert Bartholomew (un/M20) 9:56.8h; 3. Dan Welsh (un/M28) 10:11.7h; 4. Paul Rice (un/M39) 10:15.0h; 5. Michael Allison (CNW/M52) 10:15.9h; 6. Patrick Lindsay (un/M32) 10:18.5h; 7. Army Stonkus (un/M49) 10:55.1h; 8. Mark Cook (un/M31) 12:53.6h; 9. Todd Kinney (un/M37) 14:50.6h; dnf. Ron Rutherford (un/M47).

**No entries**

Women's Javelin Throw and Women's 100-meter Hurdles.