

## 41st Annual Club Northwest Summer All-Comers Track & Field Meet Series

MEET 04 -- 17 JUNE 2009

SPONSORED BY EASTSIDE RUNNERS with matching support from MICROSOFT

Thanks to the donors for this pilot project – Brenda Carter (who coordinated everything!) and her husband Ross, John (the coach) and Karen Swenson, Susan Pappalardo and Brad Weed, Timothy Young and Catherine Tsai, Lance Logan and Selah Rose, Becky Chan, Rod Brown, Daniel Kavet, and Julie Taylor.

Series kid's ribbons sponsored by VSM Contractors

Shoreline District Stadium, Shoreline, Washington

Cool, dry, slightly windy

### OUTSTANDING PERFORMANCES

Male -- Jared O'Connor, UW, Pole Vault

Female -- Amy-Eloise Neale, STC, 3000-meters, and Kate Conwell, CNW, Pole Vault

**TOTAL ENTRIES -- 538! After week #3's 555 entries, the second highest total in the last 20 years!**

*Full disclosure financials -- \$1,126 gate and passes.*

### FIELD EVENT RESULTS

#### Kid's High Jump

1. Reid Jones (un/M14) 1.40m (4-7); 2. Miky Machacek (un/M13) 1.40m (4-7); 3. Alex Lanser (FWTC/M12) 1.25m (4-1 1/4); 4. Brendan Meucci (un/M12) 1.20m (3-11 1/4); 5. Connor Stroyan (un/M13) 1.15m (3-9 1/4); 6. (tie) Shawn Herring (un/M13) and Clinton Allen Jr (un/M11) 1.10m (3-7 1/4); 8. Kyle Cole (LHCC/M11) 1.05m (3-5 1/2); 9. Allysia Sewell (un/F11) 1.00m (3-3 1/4); 10. John Cramer (un/M09) 0.97m (3-2 1/4); 11. Hailey Carlson (un/F11) 0.94m (3-1); 12. Kaitlin Carlson (un/F09) 0.94m (3-1); 13. Sophia Bickel (un/F12) 0.91m (2-11 3/4); nh. Cole Cox (un/M09) and Emma Sewell (un/F09).

#### Women's High Jump

1. Stephanie Burk (un/F18) 1.40m (4-7); 2. Alex Ballenger (un/F16) 1.40m (4-7); nh. Brittany Tri (un/F19) and Jenny Brogdon (CNW/F27).

#### Men's High Jump

1. Alec Fellows (un/M16) 1.90m (6-2 3/4); 2. Brandon Roddenig (un/M18) 1.80m (5-10 3/4); 3. Monroe Jones (un/M18) 1.65m (5-5); 4. Anthony Pollfrey (un/M18) 1.65m (5-5); 5. Chris Russell (un/M17) 1.60m (5-3); 6. Dwight McMaster (un/M48) 1.55m (5-1); 7. Bill Tri (un/M53) 1.25m (4-1 1/4); nh. Chris Rusnak (un/M17), Zach Semon (un/M30), and Russell Jacquet-Acea (un/M56).

#### Women's Pole Vault (Tuesday at Kings HS)

1. Andrea Peterson (UW/F23) 3.65m (11-11 3/4); 2. Becca Peter (CNW/F26) 2.60m (8-6 1/4); 3. (tie) Christin Dulaney (un/F23) and Katy McClintic (un/F15) 2.30m (7-6 1/2); 5. Libby Cope (CNW/F16) 2.00m (6-6 3/4).

#### Men's Pole Vault (Tuesday at Kings HS)

1. Nick Iverson (un/M20) 4.10m (13-5 1/2); 2. Garrett Ochs (un/M19) 3.65m (11-11 3/4); 3. Ryan Weed (un/M17) 3.50m (11-5 3/4); 4. Don Davis (un/M33) 3.05m (10-0); 5. Rod Wilcox (CNW/M43) 2.60m (8-6 1/4); 6. Fred Zapf (CNW/M67) 2.45m (8-0 1/2); 7. Al Erickson (CNW/M79) 2.15m (7-0 3/4); 8. Will Leslie (un/M63) 2.15m (7-0 3/4).

#### Women's Pole Vault (Wednesday at Shoreline)

1. Kate Conwell (CNW/F26) 3.95m (12-11 1/2); 2. Andrea Peterson (UW/F23) 3.95m (12-11 1/2); 3. Catherine Tomber (un/F17) 2.60m (8-6 1/4); 4. Christin Dulaney (un/F23) 2.30m (7-6 1/2); 5. Liz Fuller (CNW/F22) 2.15m (7-0 3/4); 6. Jessica Throolin (un/F15) 2.15m (7-0 3/4); 7. Stacia Martineau (un/F16) 2.15m (7-0 3/4).

#### Men's Pole Vault (Wednesday at Shoreline)

1. Jared O'Connor (UW/M23) 5.20m (17-0 3/4); 2. Scott Roth (UW/M20) 4.90m (16-1); 3. Ryan Vu (UW/M21) 4.60m (15-1); 4. Jason Marks (un/M18) 4.25m (13-11 1/4); 5. Brandon Roddenig (un/M18) 4.10m (13-5 1/2); 6. Ryan Weed (un/M17) 3.65m (11-11 3/4); 7. Wes Zhao (un/M17) 3.65m (11-11 3/4); 8. Mason Klein (un/M17) 3.50m (11-5 3/4); 9. Chris Robertson (un/M17) 3.50m (11-5 3/4); 10. (tie) Charlie Shugart (un/M49) and Mark Bode (un/M36) 3.50m (11-5 3/4); 12. (tie) Ben Sheppard (un/M15) and Quinn Gemperline (un/M17) 3.35m (11-0);

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14. Paul Sheppard (un/M46) 3.35m (11-0); 15. Alex Lehmann (un/M16) 3.20m (10-6); 16. Chris Tobey (CNW/M42) 3.20m (10-6); 17. Paul Angell (un/M46) 3.05m (10-0); 18. Eric Scaia (un/M31) 3.05m (10-0); 19. Kendrick Tang (un/M17) 3.05m (10-0); 20. (tie) Kyle Flanigan (un/M16) and Evan Watts (un/M19) 2.75m (9-0 3/4); 22. Chris Bentley (un/M16) 2.75m (9-0 1/4); 23. (tie) Dave Butler (CNW/M69) and Connor Sullivan (un/M16) 2.45m (8-0 1/2); 25. Pat ?? (un/M41) 2.30m (7-6 1/2); 26. Nick Shugart (un/M12) 2.15m (7-0 3/4); nh. Jake White (un/M17), Ryuji Kawashima (un/M14), Thomas Guidon (un/M19), and Tim Clendaniel (un/M18).

### Kid's Long Jump

1. Miky Machacek (un/M13) 4.44m (14-6 3/4); 2. Shawn Herring (un/M13) 4.23m (13-10 1/2); 3. Tori Wilson (STC/F14) 4.10m (13-5 1/2); 4. Alex Lanser (FWTC/M12) 3.82m (12-6 1/2); 5. Catherine Carr (un/F10) 3.35m (11-0); 6. Hazel Carr (un/F12) 3.33m (10-11); 7. Anna Smith (un/F10) 2.88m (9-5 1/2); 8. Thomas Lindgren (un/M11) 2.72m (8-11); 9. Cole Cox (un/M09) 2.69m (8-10); 10. Claire Sims (un/F10) 2.68m (8-9 1/2); 11. Natalie Church (un/F10) 2.56m (8-4 3/4); 12. John Cramer (un/M09) 2.55m (8-4 1/2); 13. Mitchel Tiglan (un/M08) 2.50m (8-2 1/2); 14. Sam Mainwaring (un/M06) 2.18m (7-1 3/4); 15. Nicole Foster (un/F08) 2.17m (7-1 1/2); 16. Sarah Sewell (un/F06) 2.04m (6-8 1/4); 17. Jenna Ramsdell (un/F09) 2.00m (6-6 3/4); 18. Allysa Sewell (un/F11) 1.92m (6-3 12); 19. Lianna Boede (un/F08) 1.90m (6-2 3/4); 20. Kalaina Stroyan (un/F08) 1.89m (6-2 1/2); 21. Sarah Mainwaring (un/F09) 1.60m (5-3); 22. Jake Ramsdell (un/M08) 1.58m (5-2 1/4); 23. Roman Drake (un/M08) 1.43m (4-8 1/4); 24. Kaedin Sergeant (un/M05) 1.24m (4-0 3/4); 25. Andre Pieters (un/M04) 1.10m (3-7 1/4).

### Women's Long Jump

1. Liz Fuller (CNW/F22) 5.31m (17-5); 2. Addy Carvajal (un/F15) 4.62m (15-2); 3. Stacia Martineau (un/F16) 3.86m (12-8); 4. Jessica Throolin (SW/F15) 3.58m (11-9); 5. Amanda Grantham (un/F17) 3.22m (10-6 3/4).

### Men's Long Jump

1. Anthony Palfrey (un/M18) 6.88m (22-6 3/4); 2. Chris Rusnak (un/M17) 5.98m (19-7 1/2); 3. Brandon Roddenig (un/M18) 5.88m (19-3 1/2); 4. Carlos Fontenot (un/M22) 5.85m (19-2 1/4); 5. Paul Houfek (un/M26) 5.68m (18-7 1/2); 6. Jason Zhu (un/M18) 5.58m (18-3 3/4); 7. Stephen Graham (un/M20) 5.43m (17-9 3/4); 8. Sam Zarky (un/M16) 5.14m (16-10 1/4); 9. Greg Font (un/M47) 5.08m (16-8); 10. Raphael Fish (un/M17) 5.06m (16-7 1/4); 11. Armin Basic (un/M18) 4.96m (16-3 1/4); 12. Michael Tang (un/M16) 4.94m (16-2 1/2); 13. Kendrick Tang (un/M17) 4.62m (15-2); 14. Zach Nielson (un/M17) 4.43m (14-6 1/2); 15. Eric Scaia (un/M31) 4.06m (13-3 3/4); 16. Ryan Madsen (un/M16) 3.76m (12-4); 17. Roger Vergin (CNW/M71) 3.25m (10-8).

### Women's Triple Jump

1. Addy Carvasal (un/F15) 10.02m (32-10 1/2); 2. Ally Mueller (un/F18) 9.97m (32-8 1/2); 3. Lindsey Vandergirt (un/F15) 8.05m (26-5).

### Men's Triple Jump

1. Chris Rusnak (un/M17) 12.44m (40-9 3/4); 2. Anthony Palfrey (un/M18) 12.44m (40-9 3/4); 3. Monroe Jones (un/M18) 12.10m (39-8 1/2); 4. Jason Zhu (un/M18) 11.59m (38-0 1/4); 5. Michael Tang (un/M16) 11.45m (37-7); 6. Sam Zarky (un/M16) 10.64m (34-11); 7. Greg Font (un/M47) 9.47m (31-0 3/4); 8. Reid Jones (un/M14) 8.89m (29-2).

### Kid's Shot Put

(6lb) 1. Riley Scoll (un/F11) 7.04m (23-1 1/4); 2. Alex Lanser (FWTC/M12) 5.74m (18-10); 3. Jenna Ramsdell (un/F09) 2.81m (9-2 3/4).

### Women's Shot Put

(4kg) 1. Brittany Tri (un/F19) 9.62m (31-6 3/4); 2. Connie Schmidt (un/F52) 8.46m (27-9); 3. Flavia Sterciuc (CedarPark/F16) 7.95m (26-1); 4. Molly Flanigan (un/F19) 7.68m (25-2 1/4); 5. Melissa Johnson (un/F17) 6.53m (21-5).

### Men's Shot Put

(8lb) 1. Brock Eager (un/M13) 7.85m (25-9); *NOTE: Athletes this age should throw the 4kg shot put.*  
(4kg) 1. Gary Wright (un/M71) 5.89m (19-4).

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(12lb) 1. Jackson Pierce (Bothell/M18) 14.07m (46-2); 2. Dylan Woll (MtSi/M17) 12.58m (41-3 1/4); 3. Tim Clendaniel (un/M18) 12.47m (40-11); 4. Alec Fellows (un/M16) 10.32m (33-10 1/4); 5. Bill Tri (un/M53) 9.52m (31-2 3/4); 6. Jaren Hormann (un/M17) 9.49m (31-1 1/2).

(16lb) 1. Shaun Strahoe (un/M27) 15.01m (49-3); 2. Ryan Ransavage (un/M18) 12.16m (39-10 3/4); 3. Kyle Stevens (MtSi/M18) 10.69m (35-0 3/4) 4. Rod Wilcox (CNW/M43) 9.01m (29-6 3/4).

### Women's Discus Throw

(1.0kg) 1. Jodie Ramsdell (un/F36) 30.94m (101-6); 2. Molly Flanigan (un/F19) 23.18m (76-01/2).

### Men's Discus Throw

(1,0kg) 1. Brock Eager (un/M13) 29.34m (96-3).

(1.5kg) 1. Greg Stotsenberg (CNW/M59) 35.93m (117-10); 2. David Ortman (un/M56) 31.37m (102-10); 2. Brock Eager (un/M13) 20.93m (68-8).

(1.6kg) 1. Armin Basic (un/M18) 50.21m (164-8); 2. Zack Nielsen (un/M17) 47.74m (156-7); 3. Jackson Pierce (Bothell/M18) 41.38m (135-9); 4. Connor Wingo (un/M16) 40.15m (131-8); 5. Ryan Sonsavage (un/M18) 34.68m (113-9); 6. Dylan Woll (MtSi/M17) 32.53m (106-8).

(2.0kg) 1. Armin Basic (un/M18) 44.94m (147-5); 2. Zack Nielsen (un/M17) 37.97m (124-6); 3. Jackson Pierce (Bothell/M18) 36.51m (119-9).

### Kid's TurboJav™ Toss (measured in yards)

(300g) 1. Cole Cox (un/M09) 20y; 2. Stile Wigglesworth (un/M10) 18.5y; 3. Bryce Tiglon (un/M08) 17y; 4. Hailey Carlson (un/F11) 14y; 5. John Cramer (un/M09) 14y; 6. Nicholas Goodwin (un/M06) 14y; 7. Sophie Bickel (un/F12) 13y; 8. Mitchel Tiglon (un/M08) 13y; 9. Sam Mainwaring (un/M06) 12y; 10. Jeff Tiglon (un/M06) 12y; 11. Kaitlin Carlson (un/F09) 10.5y; 12. Emma Sewell (un/F09) 10y; 13. Kaedin Sargent (un/M05) 7y; 14. Roman Drake (un/M08) 7y; 15. Lianna Boede (un/F08) 6.5y; 16. Jake Ramsdell (un/M08) 6y; 17. Kalaina Stroyan (un/F08) 5.5y; 18. Jenna Ramsdell (un/F09) 5y; 19. Erin Boede (un/F06) 5y; 20. Andre Pieters (un/M04) 2.5y; 21. McKenzie Sargent (un/F03) 2y; 22. Maya Racine (un/F03) 2y; 23. Liv Wigglesworth (un/F05) 2y; 24. Kaya Anderson (un/F03) 1.5y.

### Women's Javelin Throw

(600g) 1. Jeeni Schantin (un/F22) 42.33m (138-10); 2. Amy Reed (un/F23) 40.21m (131-10); 3. Ally Mueller (un/F18) 32.65m (107-1); 4. Melissa Martinsen (un/F17) 27.88m (91-5); 5. Brittany Tri (un/F19) 27.56m (90-5); 6. Flavia Stercuic (CPark/F16) 25.18m (82-7); 7. Amanda Grantham (un/F17) 21.72m (71-3); 8. Melessa Johnson (CPark/F17) 15.41m (50-6 3/4).

### Men's Javelin Throw

(700g) 1. Tom Sinclair (un/M52) 46.11m (151-3); 2. Bill Tri (un/M52) 31.31m (102-8); 3. Bob Gilson (un/M52) 28.38m (93-1).

(800g) 1. Kyle Stevens (MtSi/M18) 58.61m (192-3); 2. Jimmy Brookman (un/M18) 56.39m (184-11); 3. Steve Wilhelmly (un/M19) 48.64m (159-7); 4. Tim Clendaniel (un/M18) 46.79m (153-2); 5. Brad Reaves (MtSi/M18) 42.43m (139-2); 6. Matt Downey (un/M16) 37.72m (123-9); 7. Chris Rusnak (un/M17) 34.95m (114-7); 8. Erik Sklover (un/M19) 33.04m (108-5); 9. Jaren Hormann (un/M17) 28.55m (93-7).

## TRACK EVENT RESULTS

### Kid's 100-meter Dash

1. Miky Machacek (un/M13) 13.1h; 2. Shaun Herring (un/M13) 13.9h; 3. Clinton Allen Jr (un/M11) 14.6h; 4. Jerome Kidd (un/M11) 14.8h; 5. Alex Lanser (FWTC/M12) 15.3h; 6. (tie) Kyle Cole (un/M11) and Catherine Carr (un/F10) 15.6h; 8. Claire Sims (un/F10) 15.9h; 9. Taylor Freeman (un/F12) 16.1h; 10. Stile Wigglesworth (un/M10) 16.2h; 11. Natalie Church (un/F10) 16.9h; 12. John Cramer (un/F09) 17.1h; 13. Anna Smith (un/F10) 17.3h; 14. (tie) Allysa Sewell (un/F11) and Kaitlin Carlson (un/F09) 17.6h; 16. Bryce Tiglon (un/M08) 17.8h; 17. Amelia Stonkus (un/F07) 17.9h; 18. (tie) Nicole foster (un/F08), Anton Bingham (un/M11), and Hailey Carlson (un/F11) 18.4h; 21. Sabine Stonkus (un/F12) 18.8h; 22. Emma Sewell (un/F09) 19.1h; 23. Sophia Bickel (un/F12) 19.2h; 24. Cole Cox (un/M09) 19.3h; 25. Sarah Mainwaring (un/F09) 19.5h; 26. Sarah Sewell (un/F06) 19.6h; 27. Jenna Ramsdell (un/F09) 19.8h; 28. Erin Boede (un/F06) 20.1h; 29. Lianna Boede (un/F08) 21.0h; 30. Mikayla Goodwin (un/F08) 21.3h;

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31. Kalaina Stroyan (un/F08) 21.8h; 32. (tie) Jake Ramsdell (un/M08) and Nicholas Goodwin (un/M06) 22.0h; 34. Jeff Tiglan (un/M06) 22.4h; 35. Olivia Freeman (un/F05) 23.0h; 36. Mason Tobey (CNW/M04) 23.3h; 37. Roman Drake (un/M08) 23.6h; 38. Sam Mainwaring (un/M06) 23.9h; 39. Liv Wigglesworth (un/F05) 25.6h; 40. Vesta Weed (un/F05) 26.9h; 41. Cael Scanlon (un/M04) 27.5h; 42. Nicole Penner (un/F04) 29.6h; 43. Merek Weed (un/M05) 31.6h; 44. Andre Pieters (un/M04) 37.4h; 45. Anna Schmidt (un/F02) 42.9h; 46. Berit Astley (un/F02) 50.4h; dnf. Aerial Astley (un/F06).

### Kid's 50-meter Dash

1. Clinton Allen Jr (un/M11) 7.9h; 2. Jerome Kidd (un/M11) 8.2h; 3. Claire Sims (un/F10) 8.4; 4. Kyle Cole (un/M12) 8.5h; 5. Allysa Sewell (un/F11) 8.6h; 6. Makennan Hurd (ESR/M10) 8.7h; 7. John Cramer (un/M09) 8.8h; 8. (tie) Hailey Carlson (un/F11) and Anna Smith (un/F10) 8.9h; 10. (tie) Kaitlin Carlson (un/F09) and Taylor Freeman (un/F12) 9.0h; 12. Bryce Tiglon (un/M08) 9.1h; 13. Anton Bingham (un/M11) 9.2h; 14. Amelia Stonkus (un/F07) 9.4h; 15. (tie) Stile Wigglesworth (un/M10), Jake Ramsdell (un/M08), and Cole Cox (un/M09) 9.6h; 18. (tie) Sophia Bickel (un/F11) and Sabine Stonkus (un/F12) 9.7h; 20. Emma Sewell (un/F09) 9.9h; 21. (tie) Mitchel Tiglon (un/M08) and Nicole Foster (un/F08) 10.0h; 23 (tie) Jenna Ramsdell (un/F09), Sarah Sewell (un/F06), and Mariah Hurd (ESR/F08) 10.2h; 26. Sam Mainwaring (un/M06) 10.3h; 27. Nicholas Goodwin (un/M06) 10.8h; 28. Mikayla Goodwin (un/F08) 10.9h; 29. (tie) Lianna Boede (un/F08), Jeff Tiglon (un/M06), and Kalaina Stroyan (un/F08) 11.0h; 32. Olivia Freeman (un/F05) 11.5h; 33. Liv Wigglesworth (un/F05) 11.8h; 34. Erin Boede (un/F06) 12.0h; 35. Mason Tobey (CNW/M04) 12.6h; 36. Leyton Houck (un/M05) 13.1h; 37. Kaedin Sargent (un/M05) 13.6h; 38. Cael Scanlon (un/M04) 14.3h; 39. Nicole Penner (un/F04) 14.6h; 40. Vesta Weed (un/F05) 18.4h; 41. Andre Pieters (un/M04) 20.3h; 42. Berit Astley (un/F02) 23.3h; 43. Anna Schmidt (un/F02) 25.1h; 44. Kara Mickelson (un/F05) 26.0h; 45. Mary Mickelson (un/F04) 31.3h; dnf. three of our youngest got shy of the finish line...

### Kid's 200-meter Dash

1. Miky Michacek (un/M13) 27.2h; 2. Shaun Herring (un/M13) 28.6h; 3. Jerome Kidd (un/M11) 31.6h; 4. Kyle Cole (un/M11) 32.9h; 5. Stile Wigglesworth (un/M10) 34.0h; 6. Claire Sims (un/F10) 34.3h; 7. Allysa Sewell (un/F11) 35.2h; 8. Natalie Church (un/F10) 35.3h; 9. Brendan Meucci (un/M12) 36.3h; 10. John Cramer (un/M09) 37.4h; 11. Bryce Tiglon (un/M08) 37.8h; 12. Clinton Allen Jr (un/M11) 37.9h; 13. Anton Bingham (un/M11) 38.1h; 14. Amelia Stonkus (un/F07) 38.2h; 15. Makennan Hurd (un/M10) 39.0h; 16. Kaitlin Carlson (un/F09) 40.0h; 17. Sabine Stonkus (un/F12) 42.0h; 18. (tie) Sarah Sewell (un/F06) and Emma Sewell (un/F09) 42.8h; 20. Mariah Hurd (un/F08) 44.0h; 21. Nicole Foster (un/F08) 44.3h; 22. Cole Cox (un/M09) 44.8h; 23. Mikayla Goodwin (un/F08) 45.3h; 24. Jake Ramsdell (un/M08) 45.8h; 25. Kalaina Stroyan (un/F08) 46.4h; 26. Nicholas Goodwin (un/M06) 47.0h; 27. Sophia Bickel (un/F12) 51.8h; 28. Erin Boede (un/F06) 53.2h; 29. (tie) Roman Drake (un/M08) and Olivia Freeman (un/F05) 54.0h; 31. Leyton Houck (un/M05) 56.0h; 32. Hailey Carlson (un/F11) 57.0h; 33. Liv Wigglesworth (un/F05) 57.2h; 34. Kara Mickelson (un/F05) 59.1h; 35. Kaedin Sargent (un/M05) 1:00.8h; 36. Mary Mickelson (un/F04) 1:21.4h; 37. Andre Pieters (un/M04) 1:23.1h; 38. McKenzie (un/M03) 1:29.3h; 39. Berit Astley (un/F02) 1:58.5h.

### Kid's Mile Jog

1. Alex Lanser (FWTC/M12) 5:39.4h; 2. John Cramer (un/M09) 6:57.7h; 3. Mitchel Tiglon (un/M08) 7:04.1h; 4. Anton Bingham (un/M11) 7:04.7h; 5. Natalie Church (un/F10) 7:14.4h; 6. Makennan Hurd (un/F10) 7:54.2h; 7. Sarah Mainwaring (un/F09) 7:58.2h; 8. Aerial Astley (un/F06) 7:58.3h; 9. Sam Mainwaring (un/M06) 8:04.5h; 10. Taylor Freeman (un/F12) 8:09.5h.

### Co-Ed Mile Race Walk

1. Ann Tuberg (PPacers/F49) 8:46.9h; 2. Bob Novak (PPacers/M60) 8:47.9h; 3. Kaye Smith (un/F46) 9:35.3h.

### Men's 400-meter Hurdles

(36") 1. Austin Dean (un/M19) 1:01.4h; 2. Ben Pace (un/M15) 1:03.9h.

### Women's 200-meter Dash

1. Alexis Ramos (un/F16) 26.4h; 2. Marjorie Milligan (un/F44) 28.2h; 3. Michelle McGuire (un/F42) 28.6h; 4. Traci Marcy (un/F21) 28.9h; 5. Amy Racine (un/F27) 31.5h; 6. Darla Atwood (un/F51) 31.9h.

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### Men's 200-meter Dash

1. Adam Freed (un/M17) 23.6h; 2. Michael Tran (un/M18) 23.8h; 3. David Webster (un/M39) 24.3h; 4. (tie) Austin Dean (un/M19) and Tim Darby (un/M15) 24.7h; 6. Paul Houfek (un/M26) 25.0h; 7. Raphael Fish (un/M17) 25.2h; 8. Ben Pace (un/M15) 25.4h; 9. Michael Tang (un/M16) 25.5h; 10. David Ortman (un/M56) 25.6h; 11. Kyle Flannagan (un/M16) 25.8h; 12. Ryan Madsen (un/M16) 25.9h; 13. John Moren (un/M46) 26.0h; 14. (tie) Randle Montgomery (un/M61) and Zach Semon (un/M30) 26.4h; 16. Clinton Allen Sr (un/M32) 26.6; 17. Jonathan Yu (un/M15) 26.8h; 18. Quinn Gemperline (un/M17) 26.9h; 19. Army Stonkus (CNW/M54) 29.0h; 20. Jerome Kidd (un/M11) 29.2h; 21. Jack Prestrud (un/M52) 29.4h; 22. Russell Jacquet-Acea (un/M56) 29.7h; 23. Clinton Allen Jr (un/M11) 30.1h; 24. Art Turock (un/M59) 30.2h; 25. Roger Vergin (CNW/M71) 32.9h; 26. Kyle Cole (un/M11) 33.2h; 27. Gary Wright (un/M71) 38.9h.

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

1. Army Stonkus (CNW/M54) 7:30-7:30 **ZERO**; 2. (tie) Karl Kunkle (CNW/M54) 7:30-7:31 **+1** and Perry Rodgers (un/M47) 7:44-7:43 **-1**; 4. Patrick Lindsay (un/M37) 7:55-7:53 **-2**; 5. (tie) Lisa Santroch (un/F16) 6:00-5:57 **-3**, John Greengo (un/M41) 6:45-6:48 **+3**, Robert Smallwood (un/M43) 6:50-6:53 **+3**, and John Beattie (un/M31) 5:40-5:37 **-3**; 9. (tie) Michael Allison (CNW/M57) 7:20-7:16 **-4** and Chris Goiney (un/M23) 6:00-5:56 **-4**; 11. (tie) Matt Goiney (un/M21) 6:00-5:55 **-5**, Janet Palmer (CNW/F52) 9:51-9:46 **-5**, and Scott Houck (un/M24) 8:00-7:55 **-5**; 14. Kane Thomas (un/M17) 6:00-5:54 **-6**; 15. Alex Brock (un/M17) 6:01-5:54 **-7**; 16. (tie) John Swenson (ESR/M50) 6:15-6:06 **-9**, and Christine Carr (un/F45) 7:10-7:01 **-9**; 18. Will Leslie (un/M63) 8:15-8:05 **-10**; 19. (tie) Chrissy McKissick (un/F26) 6:35-6:46 **+11** and Molly Hurd (ESR/F46) 8:00-7:49 **-11**; 21. (tie) Brenda Carter (ESR/F41) 8:37-8:21 **-16**, Paul Swenson (un/M43) 7:30-7:46 **+16**, and Quinn Chasan (un/M18) 6:40-6:24 **-16**; 24. Mark Hurd (ESR/M45) 7:00-6:42 **-18**; 25. Lance Logan (ESR/M44) 7:00-6:41 **-19**; 26. Jonathan Yu (un/M15) 7:11-6:50 **-21**; 27. (tie) Tory Bridger (un/M17) 7:00-7:22 **+22**, and Kelsey Johnson (un/F16) 7:00-7:22 **+22**; 29. David Ortman (un/M56) 6:30-6:53 **+23**; 30. Dani Lyons (un/F16) 5:50-6:22 **+32**; 31. Marisa Brown (un/F18) 8:00-7:27 **-33**; 32. Paul Carr (un/M46) 6:48-6:14 **-34**; 33. Carl Schlossman (un/M52) 9:14-10:02 **+48**; 34. Russ Darby (un/M44) 10:00-8:48 **-1:12**; 35. Becky Darby (un/F44) 10:00-8:47 **-1:13**; 36. Conner Lindgren (un/M14) 10:00-8:33 **-1:27**; 37. Aaron Schlossman (un/M13) 8:00-5:59 **-2:01**; 38. Austin Dean (un/M19) 6:00-8:16 **+2:16!**.

### Co-ed 400-meter Relay – Come on, you slackers – come up with some names!!

1. Unnamed (Tory M17, Raphael M17, Kelsey F 16, Kendrick M17) 50.5h; 2. Unnamed (Alex M17, Ryan M17, Lisa F16, Kane M17) 52.2h; 3. Unnamed Lane 4 (Clinton Sr M32, Jerome M11, Kyle M 11, Clinton Jr M11) 54.5h; 4. Unnamed Lane 3 (Marisa F18, Dani F16, Profa F26, Alexis F17) 55.2h.

### Women's 1500-meter Run

1. Sarah Smith (ESR/F43) 5:11.0h; 2. Michelle McGuire (un/F42) 5:51.4h.

### Men's 1500-meter Run

1. John Darmody (un/M19) 4:00.8h; 2. Chris Freeborn (un/M17) 4:26.4h; 3. Brian Hodges (un/M32) 4:37.4h; 4. John Greengo (un/M41) 4:38.6h; 5. Erik Mickelson (un/M32) 4:39.0h; 6. Albert Du (un/M17) 4:42.4h; 7. Matt Freeborn (un/M17) 4:45.4h; 8. Lance Logan (ESR/M44) 4:48.2h; 9. Jack Prestrud (un/M52) 4:49.9h; 10. Michael Allison (CNW/M57) 4:58.0h; 11. Jimmy Lwangsyetha (un/M17) 5:06.8h; 12. Daniel Kavet (ESR/M51) 5:07.0h; 13. David Cannon (CNW/M52) 5:10.7h; 14. Scott Houck (un/M24) 5:26.1h; 15. James Armstrong (CNW/M44) 5:26.4h; 16. Army Stonkus (CNW/M54) 5:33.8h; 17. Kyle Cole (un/M11) 5:49.3h; 18. Joe Wilcox (un/M66) 6:06.3h; dnf. Quinn Chasan (un/M18).

### Women's 400-meter Dash

1. Rose Wetzal (CNW/F27) 1:01.2h; 2. Hazel Carr (un/F12) 1:05.1h.

### Men's 400-meter Dash

1. Adam Freed (un/M17) 54.1h; 2. Kevin Decker (un/M19) 54.5h; 3. David Webster (un/M39) 57.9h; 4. John Moren (un/M46) 1:00.2h; 5. Clinton Allen Sr (un/M32) 1:00.4h; 6. Ryan Madsen (un/M16) 1:01.2h; 7. Rod Wilcox (CNW/M43) 1:01.5h; 8. Jonathan Yu (un/M15) 1:03.0h; 9. Perry Rodgers (un/M47) 1:04.0h; 10. Army Stonkus (CNW/M54) 1:05.9h; 11. Kelvin Freeman (un/M42) 1:07.9h; 12. Russell Jacquet-Acea (un/M56) 1:11.9h; 13. Jerome Kidd (un/M11) 1:57.6h. *NOTE: several times in this race were originally posted incorrectly.*

## 41st Annual Club Northwest Summer All-Comers Track & Field Meet Series

### Women's 800-meter Dash

1. Brenda Carter (ESR/F41) 2:28.5h; 2. Rose Wetzel (CNW/F27) 2:29.5h.

### Men's 800-meter Dash

1. John Ruud (ESR/M46) 2:10.4h; 2. Alec Fellows (un/M16) 2:13.2h; 3. David Cannon (CNW/M52) 2:13.5h; 4. Paul Swenson (un/M43) 2:16.2h; 5. Albert Du (un/M17) 2:17.9h; 6. Aaron Schlossman (un/M13) 2:22.7h; 7. Army Stonkus (CNW/M54) 2:50.4h.

### Co-ed 1600-meter Relay

1. Team Humperdink (Alex Brock M17, Ryan Madsen M16, Matt Freeborn M17, Chris Freeborn M17) 4:07.2h; 2. Unnamed Lane 4 (Kendrick Tang M17, Tory Brediger M17, Kelsey Johnson F16, Lisa Santroch F16) 4:17.4h; 3. Eastside Runners "B" (Brenda)(Sarah Smith F43, John Ruud M46, David Cannon M52, Brenda Carter F41) 4:41.6h; 4. Eastside Runners "C" (Coach)(Lance Logan M44, John Swenson M50, Mark Hurd M45, Molly Hurd F46) 4:54.9h.

### Women's 3000-meter Run

1. Amy-Eloise Neale (STC/F13) 10:14.6h.

### Men's 3000-meter Run

1. Robert Smallwood (un/M43) 9:22.1h; 2. Andrew Moroney (un/M28) 9:35.1h; 3. John Greengo (un/M41) 10:08.1h; 4. John Beattie (un/M31) 10:27.5h; 5. Michael Allison (CNW/M57) 10:33.0h; 6. Karl Kunkle (CNW/M54) 10:35.9h; 7. Albert Du (un/M17) 10:42.8h; 8. Kevin Decker (un/M19) 10:58.6h; 9. Keagan Smith (un/M13) 11:06.6h; 10. Doug Prestrud (un/M52) 11:09.7h; 11. Jimmy Lwangssyyetha (un/M17) 11:20.6h; 12. Herschel Wallen (un/M38) 11:32.1h; 13. Paul Swenson (un/M43) 11:44.3h; 14. Jack Prestrud (un/M52) 11:44.5h; 15. David Longmuir (un/M61) 11:56.5h; 16. Patrick Lindsay (un/M37) 11:57.9h; 17. David Carroll (un/M49) 12:11.8h; 18. Andre Penner (un/M12) 12:34.7h; 19. Thomas Lindgren (STC/M11) 12:45.1h; 20. Gary Wright (un/M71) 19:18.0h; dnf. Joe Wilcox (un/M66).

### Events not held

Only the Women's 400-meter Hurdles!