

MEET 05 -- 25 JUNE 2003

Edmonds District Stadium, Edmonds, Washington

OUTSTANDING PERFORMANCES

Male -- Andy Miller (Valley Royals BC) in the Men's Pole Vault

Female -- Sarah Kraybill (Falcon TC) 100 and 400 meter dash winner

TOTAL ENTRIES -- 276

FIELD EVENT RESULTS

Kids High Jump

1. Calvin Grover (un/M12) 1.42m (4-8); 2. Steven Sifferman (un/M11) 1.04m (3-5).

Women's High Jump

1. Shannon Weems (un/F14) 1.47m (4-9 3/4); 2. Susan Sifferman (un/F18) 1.42m (4-8).

Men's High Jump

1. Ben Dillow (un/M18) 1.93m (6-4); 2. Shin Kobayashi (un/M18) 1.83m (6-0); 3. Vince Kinney (un/M16) 1.83m (6-0); 4. Jeremy McIver (un/M28) 1.73m (5-8); 5. Rod Wilcox (un/M38) 1.67m (5-5 3/4); 6. Gary Zasimovich (un/M47) 1.62m (5-3 3/4); 7. Jesse Dillow (un/M20) 1.62m (5-3 3/4); 8. Bruce McLean (un/M47) 1.57m (5-1 3/4); 9. Bryant Shiu (un/M14) 1.52m (4-11 3/4); 10. Russ Acea (un/M50) 1.47m (4-9 3/4).

Women's Pole Vault

1. Carly Dockendorf (un/F20) 3.35m (10-11 3/4); 3. Kelly Wright (un/F22) 2.59m (8-6) 3. Susan Sifferman (un/F18) 2.44m (8-0); 4. Kim Dahm (un/F17) 2.44m (8-0); 5. Chandra Redmond (un/F15) 2.13m (6-11 3/4); nh. Sandy Erickson (un/F23).

Men's Pole Vault

1. Andy Miller (Valley Royals TC/M28) 5.08m (16-8); 2. Fumi Nagahisa (un/M21) 4.85m (15-11); 3. McKane Lee (un/M19) 4.85m (15-11); 4. Adam Redmond (un/M16) 4.10m (13-5 1/2); 5. Brian Walley (un/M43) 3.65m (11-11 3/4); 6. Pat Licari (un/M34) 3.50m (11-5 3/4); 7. Russ Acea (un/M50) 3.20m (10-6); 8. Rick Roll (un/M46) 2.89m (9-6); 9. Paul Angell (un/M40) 2.89m (9-6); 10. Dave Butler (un/M63) 2.59m (8-6).

Kid's Long Jump

1. Betsy Wade (un/F10) 3.29m (10-9 1/2); 2. Chris Namba (un/M08) 2.86m (9-4 1/2); 3. Dustin McPhillips (un/M07) 2.82m (9-3); 4. Steven Sifferman (un/M11) 2.55m (8-4 1/2); 5. Mara Willaford (un/F10) 2.45m (8-0 1/2); 6. Alec Wade (un/M07) 2.45m (8-0 1/2); 7. Michael McFadden (un/M06) 2.42m (7-11 1/4); 8. Patrick Willaford (un/M12) 1.85m (6-0 3/4); 9. Allison Namba (un/F03) 1.02m (3-4 1/4); 10. Nathan McIver (un/M05) 0.93m (3-0 1/2).

Women's Long Jump

1. Susan Sifferman (un/F18) 4.15m (13-7 1/2).

Men's Long Jump

1. Vince Kinney (un/M16) 6.75m (22-1 3/4); 2. Hadley Ma (un/M18) 5.58m (18-3 3/4); 3. Coby Dilling (un/M27) 5.35m (17-6 3/4); 4. Pieter Salverda (un/M31) 4.89m (16-0 1/2); 5. Brandon Linstead (un/M15) 4.28m (14-0 1/2).

Women's Triple Jump

1. Susan Sifferman (un/F18) 8.47m (27-9 1/2).

Men's Triple Jump

1. Garrett Brown (un/M18) 12.22m (40-1); 2. Hadley Ma (un/M18) 11.73m (38-5 3/4); 3. Vince Kinney (un/M16) 11.45m (37-6 3/4); 4. Tyronne Hattingh (un/M17) 11.28m (37-0).

Kid's Shot Put

(6lb) 1. Steven Sifferman (un/M11) 4.67m (15-3 3/4).

(10lb) 1. Darren Anderson (un/M15) 7.69m (25-2 3/4); 2. Rob Webster (un/M13) 7.46m (24-5 3/4).

Women's Shot Put (4.0kg only)

1. Shirley Bocian (un/F18) 10.80m (35-5 1/4).

Men's Shot Put

(16lb) 1. David Phax (un/M19) 12.86m (42-2 1/4); 2. Gary Zasimovich (un/M47) 10.95m (35-11)
(12lb) 1. Matt Briones (un/M18) 13.35m (43-9 1/2).

Men's Discus Throw

(2k) 1. David Phax (un/M18) 42.31m (138-9 1/2); 2. Andrew Steiner (un/M22) 37.82m (124-1); 3. Gary Zasimovich (un/M47) 37.05m (121-7 1/2); 4. Pieter Salverda (un/M31) 26.45m (86-9 1/2).
(1.6k) 1. Alan Shi (Woodinville/M18) 35.80m (117-5); 2. David Nyland (un/M17) 32.70m (107-3)
(1.5k) 1. Jack Miller (un/M52) 26.26m (86-2).
(1k) 1. Jake Miller (un/M13) 16.94m (55-7).

Kids TurboJav™ Toss (measured in meters this week for some unknown reason)

1. Deborah Anderson (un/F10) 24m; 2. Steven Sifferman (un/M11) 20m; 3. Patrick Willaford (un/M12) 15m; 4. Dustin McPhillips (un/M07) 12.5m; 5. Alec Wade (un/M07) 11m; 6. David Goldstone (un/M08) 10.5m; 7. Michael McFadden (un/M06) 6.5m; 8. Mara Willaford (un/F10) 5.5m; 9. (tie) Nathan McIver (un/M05) and Desiree Anderson (un/F06) 5m; 11. Jesse Goldstone (un/M04) 3.5m; 12. Erin Grove (un/F04) 1.5m; 13. (tie) Allison Namba (un/F03) and Jonathon Robinson (un/M03) 1m.

Women's Javelin Throw (600g only)

1. Kim Behrends (un/F18) 33.33m (109-4 1/4); 2. Susan Sifferman (un/F18) 10.75m (35-3 1/4).

Men's Javelin Throw

(800g) 1. Ian Wells (un/M18) 45.15m (148-1 1/2); 2. David Nyland (un/M17) 43.61m (143-0 3/4); 3. Ben Dillow (un/M18) 39.56m (129-9); 4. Alan Shi (un/M18) 31.49m (103-3 1/2); 5. Brandon Linstead (un/M15) 30.95m (101-6 1/2); 6. Jesse Dillow (un/M20) 19.30m (63-3 3/4).

TRACK EVENT RESULTS

Kid's 100-meter Dash

1. Rob Webster (un/M13) 13.0h; 2. Kaitlyn Petterson (un/F12) 14.1h; 3. Chris Namba (un/M08) 17.2h; 4. Dustin McPhillips (un/M07) 18.4h; 5. Michael McFadden (un/M06) 22.2h; 6. Nathan McIver (un/M05) 26.8h; 7. Allison Namba (un/F03) 35.6h.

Kid's 50-meter Dash

1. Deborah Anderson (un/F10) 8.4h; 2. Betsy Wade (un/F10) 8.6h; 3. Mara Willaford (un/F10) 9.0h; 4. Chris Namba (un/M08) 9.3h; 5. Dustin McPhillips (un/M07) 9.3h; 6. David Goldstone (un/M08) 9.6h; 7. Alex Wade (un/M07) 10.0h; 8. Devon Grove (un/M07) 11.2h; 9. Desiree Anderson (un/F06) 13.1h; 10. Nathan McIver (un/M05) 13.1h; 11. Jesse Goldstone (un/M04) 13.9h; 12. Erin Grove (un/F04) 15.2h; 13. Allison Namba (un/F03) 15.9h; 14. Patrick Willaford (un/M12) 16.5h.

Kid's 200-meter Dash

1. Rob Webster (un/M13) 26.9h; 2. Kaitlyn Petterson (un/F12) 31.7h; 3. Deborah Anderson (un/F10) 33.7h; 4. Betsy Wade (un/F10) 36.5h; 5. Dustin McPhillips (un/M07) 37.5h; 6. Chris Namba (un/M08) 37.7h; 7. Matthew Petterson (un/M09) 37.8h; 8. David Goldstone (un/M08) 39.4h; 9. Desiree Anderson (un/F06) 43.0h; 10. Devon Grove (un/M07) 45.3h; 11. Michael McFadden (un/M06) 48.4h; 12. Jesse Goldstone (un/M04) 62.7h; 13. Allison Namba (un/F03) 1:32.1h.

Co-ed Mile Race Walk

1. Ann Tuberg (un/F43) 8:57.4h; dnf. Deidre Roberts (un/F46).

Kid's Mile Jog

1. Rob Webster (un/M13) 5:38.2h; 2. Deborah Anderson (un/F10) 7:07.5h; 3. David Goldstone (un/M8) 7:15.4h; 4. Michael McFadden (un/M6) 9:45.8h.

Women's 100-meter Hurdles

(30") 1. Shaylee Roberts (un/F14) 20.7h; 2. Monika Tippie (un/F14) 22.2h.
(33") 1. Susan Sifferman (un/F18) 16.3h; 2. Mallory Higgins (un/F19) 21.9h.

Men's 110-meter Hurdles

(36") dnf. SungMin Kim (un/M14).

(39") 1. Clinton Seal (un/M21) 16.8h; 2. Phillip Ng (un/M18) 17.1h; 3. Vince Kinney (un/M16) 17.5h; 4. Gary Zasimovich (un/M47) 22.4h.

(42") 1. Ben Dillow (un/M18) 16.7h.

Women's 100-meter Dash

1. Sarah Kraybill (FalconTC/F21) 13.4h; 2. Alana Deines (Sport of the Gods/F38) 14.6h; 3. LeeAnn Morgan (Sport of the Gods/F41) 15.4h.

Men's 100-meter Dash

1. Coby Dilling (un/M27) 11.5h; 2. Ben Dillow (un/M18) 11.7h; 3. Hadley Ma (un/M18) 11.8h; 4. Clinton Seal (un/M21) 11.9h; 5. Jed Sires (un/M24) 11.9h; 6. Garrett Brown (un/M18) 12.0h; 7. William Abbashioi (un/M17) 12.2h; 8. (tie) James Maciel (un/M18) and Pieter Salverda (un/M31) and Jesse Dillow (un/M20) 12.3h; 12. Vince Kinney (un/M16) 12.4h; 13. Sung-Min Kim (un/M14) 12.6h 14. (tie) Edison Castaneda (un/M16) and Gary Zasimovich (un/M47) 13.2h; 16. Will Leslie (un/M57) 14.0h; 17. Tony Deegun (un/M25) 14.2h; 18. Phil Hodges (un/M52) 15.2h.

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

1. John Goldstone (un/M45) 6:00-6:01 **+1**; 2. Andrew Macoleni (un/M7:45-7:43 **-2**; 3. David Kane (un/M17) 6:00-6:03 **+3**; 4. (tie) Bill Etnyre (un/M56) 6:08-6:12 **+4** and Dave Johnson (un/M46) 6:02-6:06 **+4**; 6. (tie) Army Stonkus (un/M48) 7:30-7:25 **-5** and Alex Looi (un/M14) 8:00-7:55 **-5**; 8. (tie) Dean Koga (un/M52) 6:05-6:13 **+8**, Alex Litzinger (un/M17) 7:00-7:08 **+8**, and Rod Wilcox (un/M37) 7:00-6:52 **-8**; 11. (tie) John Kaiser (un/M59) 8:20-8:29 **+9** and Kelly Spady (un/M16) 7:00-6:51 **-9**; 13. (tie) Beth Anderson (un/F24) 7:30-7:40 **+10** and Matt Zuvela (un/M19) 7:00-7:10 **+10** and Cheryl Robinson (un/F31) 8:10-8:20 **+10**; 16. (tie) Travis Boyd (un/M19) 7:00-7:11 **+11** and Matt Hinckley (un/M23) 7:30-7:41 **+11** and Shane Foster (un/M34) 7:30-7:19 **-11**; 19. (tie) Jeff Helmer (un/M15) 6:00-5:48 **-12** and Charley LeWarne (un/M37) 7:03-6:51 **-12** and Dustin Pittis (un/M18) 6:00-5:48 **-12** and Jose Ayala (un/M19) 6:00-5:48 **-12**; 23. (tie) Mark Looi (un/M42) 8:20-8:07 **-13** and Caleb Knox (un/M17) 6:00-5:47 **-13**; 25. Tom Muckerheide (un/M45) 6:30-6:16 **-14**; 26. Paul Rice (un/M38) 5:20-5:37 **+17**; 27. Phil Welch (SnoTC/M54) 7:46-7:28 **-18**; 28. (tie) Juan Jose Cabrera (un/M25) 7:30-7:11 **-19** and John Muckerheide (un/M51) 7:25-7:44 **+19** and Nick Welch (RCFlyers/M15) 7:39-7:20 **-19**; 31. Michael Allison (CNW/M51) 7:05-6:43 **-22**; 32. Monika Tippie (un/F14) 6:20-6:56 **+36**; 33. Matt Goiney (un/M15) 7:00-5:47 **-1:13**; 34. Jesse Goldstone (did 2 laps, time estimated) (un/M04) 12:50-18:32 **+7:42**.

Co-ed 4x100-meter Relay

1. Whatever (Jed Sires M24, Cody Vandermyn M20, Clinton Seal M21, Will Abbasmoi M17) 46.8h.

Women's Mile Run

1. Christine James (Sport of the God/F29) 5:11.4h.

Men's Mile Run

1. Travis Boyd (un/M19) 4:34.3h; 2. Jeff Grove (un/M39) 4:49.5h; 3. Kelly Spady (un/M16) 4:57.6h; 4. Brian Van Houten (CNW/M28) 5:00.8h; 5. Alex Litzinger (un/M17) 5:02.8h; 6. Alex Looi (un/M14) 5:07.2h; 7. Dave Flowers (un/M46) 5:09.0h; 8. Dave Johnson (un/M46) 5:11.9h; 9. Matt Zuvela (un/M19) 5:19.0h; 10. Shane Foster (un/M34) 5:30.5h; 11. Mark Looi (un/M42) 5:34.1h; 12. Elliot Allen (un/M13) 5:52.0h; 13. Justin Ricarte (un/M17) 5:55.1h; 14. Andrew Macoleni (un/M35) 5:59.0h; 15. Joe McConaughy (un/M11) 6:16.9h; 16. Jake Miller (un/M13) 7:51.0h.

Women's 400-meter Dash

1. Sarah Kraybill (FalconTC/F21) 59.1h; 2. Megan Barnes (un/F13) 80.3h.

Men's 400-meter Dash

1. Ben Dillow (un/M18) 53.5h; 2. Greg Flowers (un/M18) 53.6h; 3. Matt Hinckley (un/M23) 59.7h; 4. Russ Acea (un/M50) 61.4h; 5. James Maciel (un/M18) 61.5h; 6. Jesse Dillow (un/M20) 63.6h; 7. Gary Zasimovich (un/M47) 63.8h; 8. Edison Castaneda (un/M16) 66.0h; 9. Will Leslie (un/M57) 66.1h; 10. Dean Koga (un/M52) 66.4h; 11. Juan Jose Cabrera (un/M25) 66.7h; 12. Tom Muckerheide (un/M45) 67.5h; 13. Bob Burwell (un/M58) 68.5h; 14. Tony Deegan (un/M25) 71.3h; 15. Scott Heartfield (un/M50) 77.4h.

Women's 800-meter Dash

1. Megan Finaly (un/F37) 2:25.3h; 2. Susan Werner (un/F23) 2:28.7h; 3. Susan Sifferman (un/F18) 2:52.4h.

Men's 800-meter Dash

1. Vince Kinney (un/M16) 2:05.9h; 2. Ian Brown (un/M40) 2:06.8h; 3. Jose Ayala (un/M19) 2:15.7h; 4. Dustin Pittis

(un/M18) 2:16.2h; 5. Brian VanHouten (CNW/M28) 2:17.8h; 6. Michael Allison (CNW/M51) 2:22.0h; 7. Paul Rice (un/M38) 2:24.7h; 8. Matt Hinckley (un/M23) 2:27.0h; 9. Army Stonkus (un/M48) 2:28.0h; 10. Rick Hammond (un/M51) 2:29.3h; 11. Calvin Grover (un/M12) 2:32.4h; 12. Andrew Macoleni (un/M35) 2:42.7h; 13. Bill Etnyne (un/M56) 2:44.6h; 14. Scott Heartsfield (un/M50) 3:00.3h.

Co-ed 4x400-meter Relay

1. Cascade (Dustin Pittis M18 60.5, Jose Ayala M19 56.1, Cody Vanderman M20 55.9, Will Abbasmoi M17 58.7) 3:51.2h;
2. Ex-Knights (Greg Flowers M18 60.8, Hadley Ma M18 67.2, Rod Wilcox M38 73.0, Tyronne M17 56.6) 4:17.2h.

Men's 3000-meter Run

1. Caleb Knox (un/M17) 9:38.9h; 2. Jeff Helmer (un/M15) 9:39.3h; 3. Daniel Kore (un/M17) 10:05.4h; 4. Ian Brown (CNW/M40) 10:13.8h; 5. Alex Looi (un/M14) 10:18.4h; 6. Jeff Grove (un/M39) 10:20.7h; 7. Charley LeWarne (un/M37) 10:22.8h; 8. Ted Winskill (un/M29) 10:23.1h; 9. Mike Allison (CNW/M51) 10:28.2h; 10. Phil Collins (un/M17) 10:30.2h; 11. Brian VanHouten (CNW/M28) 10:36.9h; 12. Shaun Foster (un/M34) 10:55.6h; 13. Phil Welch (SnoTC/M54) 11:00.7h; 14. Mark Looi (un/M42) 11:01.5h; 15. Rob Webster (un/M13) 11:02.2h; 16. Zach Mason (un/M16) 11:36.7h; 17. Paul Rice (un/M38) 11:39.8h; 18. Justin Ricarte (un/M17) 11:46.0h; 19. Frank Covelli (un/M45) 11:49.2h; 20. Doug Prestrud (un/M46) 11:51.3h; 21. Calvin Grover (un/M12) 12:10.6h.

No Entrants

Women's Discus Throw, Women's 3000-meter Run.