

## MEET 10 -- 30 JULY 2003

Edmonds District Stadium, Edmonds, Washington

### OUTSTANDING PERFORMANCES

Male -- Jeff Skiba, CNW, high jump and javelin

Female -- Sandy Erickson, pole vault

**TOTAL ENTRIES** -- 338

### FIELD EVENT RESULTS

#### Kid's High Jump

1. Anthony Mickelsen (un/M11) 1.20m (3-11 1/4); 2. Brian Mapili (un/M09) 0.99m (3-3); 3. Gracie Russell (un/F11) 0.94m (3-1); 4. Parisa Sonsagele (un/F09) 0.84m (2-9); 5. Luke Russell (un/M09) 0.84m (2-9); nh. Shina Wang (un/F06), Kathleen Pennington (un/F07), Katrina Sonsagele (un/F07), Lili Simon (un/F09), and Jason Winters (un/M09).

#### Women's High Jump

1. Susan Sifferman (un/F18) 1.30m (4-3 1/4).

#### Men's High Jump

1. Jeff Skiba (CNW/M19) 2.03m (6-8); 2. Andrew Lyle (un/M20) 1.93m (6-4); 3. John Forier (un/M41) 1.83m (6-0); 4. Jeremy McIver (un/M28) 1.78m (5-10); 5. Bobby Good (un/M16) 1.78m (5-10); 6. Rod Wilcox (un/M37) 1.72m (5-7 3/4); 7. Cameron Bailey (un/M17) 1.67m (5-5 3/4); 8. Bruce McLean (CNW/M47) 1.62m (5-3 3/4); 9. Tim Carrithers (un/M14) 1.57m (5-1 3/4).

#### Women's Pole Vault

1. Sandy Erickson (un/F23) 3.74m (12-3 1/4); 2. Ally Studer (un/F21) 3.43m (11-3); 3. Merrilee Jones (un/F21) 3.13m (10-3 1/4); 4. Christina Simunds (un/F18) 2.90m (9-6 1/4); 5. Kelly Wright (un/F22) 2.67m (8-9); 6. Andrea Madison (un/F17) 2.67m (8-9); 7. Kim Dahm (un/F17) 2.67m (8-9); 8. (tie) Emma George (un/F16) and Kirsten Hansen-Day (un/F15) 2.44m (8-0); 10. Chandra Redmond (un/F15) 2.44m (8-0); 11. Susan Sifferman (un/F18) 2.44m (8-0); 12. Sandy Gutierrez (un/F18) 2.21m (7-3); 13. (tie) Shelby Contreras (un/F17) and Callie Jones (un/F19) 1.98m (6-6); scratch Nicole Rodriguez (un/F16).

#### Men's Pole Vault

1. McKane Lee (un/M19) 4.58m (15-0 1/4); 2. Jack Hoyt (Falcon TC/M39) 3.89m (12-9 1/4); 3. Charlie Villagrancia (un/M19) 3.89m (12-9 1/4); 4. Ryan Vu (un/M15) 3.66m (12-0); 5. Charlie Shugart (un/M44) 3.66m (12-0); 6. (tie) Bryon Cabonting (un/M16), Chris Csonka (un/M17), and Dominique Anderson (un/M19) 3.43m (); 9. Paul Angell (un/M40) 3.43m (11-3); 10. Jose Castoneda (un/M16) 3.20m (10-6); 11. Jayson Joosten (un/M23) 3.20m (10-6); 12. Russ Acea (un/M50) 3.13m (10-3 1/4); 13. Chris Peterson (un/M16) 2.90m (9-6 1/4); 14. Paul Mach (SPU/M21) 2.44m (8-0); 15. Dave Butler (un/M63) 2.44m (8-0); nh. Andy Miller (un/M??), Julian Clymer (un/M??), Jesse Winters (un/M13), and Andrew Duenas (un/M17).

#### Kid's Long Jump

1. Tim "Curfew Boy" Carrithers (un/M14) 5.66m (18-6 3/4); 2. Dustin McPhillips (un/M07) 2.98m (9-9 1/4); 3. Anthony Mickelsen (un/M11) 2.88m (9-5 1/2); 4. Gracie Russell (un/F11) 2.58m (8-5 1/2); 5. Mara Willaford (un/F10) 2.56m (8-4 3/4); 6. Kay Kay Good (un/F09) 2.52m (8-3 1/4); 7. Jamie Good (un/M09) 2.38m (7-9 3/4); 8. Parisa Sonsagele (un/F09) 2.29m (7-6 1/4); 9. Nathan McIver (un/M05) 1.66m (5-5 1/4); 10. Nathaniel Schuessler (un/M05) 1.65m (5-5); 11. Shina Wang (un/F06) 1.47m (4-9 3/4); 12. Kathleen Pennington (un/F07) 1.37m (4-6); 13. Katrina Sonsagele (un/F07) 1.17m (3-10); 14. Jonathan Robinson (CNW/M04) 1.00m (3-3 1/4).

#### Women's Long Jump

1. Susan Quick (un/F20) 4.65m (15-3); 2. Susan Sifferman (un/F18) 3.96m (13-0); 3. Andrea Quick (un/F17) 3.79m (12-5 1/4).

#### Men's Long Jump

1. Garrett Brown (un/M18) 5.98m (19-5 1/4); 2. Rod Wilcox (un/M37) 5.82m (19-1 1/4); 3. Hadley Ma (un/M18) 5.70m (18-8 1/2); 4. John Forier (un/M41) 5.48m (17-11 3/4); 5. Dale Kellett (un/M18) 4.80m (15-9); 6. Mike Schuessler (un/M36) 3.66m (12-0).

#### Women's Triple Jump

1. Susan Sifferman (un/F18) 8.33m (27-4).

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

1. Andrew Lyle (un/M20) 13.14m (43-1 1/4); 2. Taylor Ferie (un/M19) 10.57m (34-8 1/4).

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

(12lb) 1. Tim Carrithers (un/M14) 7.98m (26-2 1/4).

### **Women's Shot Put (4.0kg only)**

1. Dionna Anderson (un/F25) 12.08m (39-7 1/2); 2. Ally Studer (SPU/F21) 7.00m (22-11 1/2).

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

(12lb) 1. Nick Hecker (un/M20) 15.78m (51-9 1/4); 2. Taylor Ferre (un/M18) 11.61m (38-1); 3. Philip Pohl (PLU/M20) 11.44m (37-6 1/2); 4. Jarrett Habu (un/M18) 10.88m (35-8 1/4); 5. Garrett Brown (un/M18) 10.35m (33-11 1/2); 6. Hadley Ma (un/M18) 9.53m (31-3 1/4); 7. Kyle Smith (un/M17) 9.09m (29-9 3/4).

(16lb) 1. Jack Hoyt (FalconTC/M39) 11.29m (37-0 1/2); 2. Shaun Stoddard (un/M20) 8.85m (29-0 1/2); 3. Jack Lewis (un/M39) 7.61m (24-11 1/2).

### **Women's Discus Throw (1.0kg only)**

1. Dionna Anderson (un/F25) 30.60m (100-5); 2. Janice McCallon (un/F17) 27.74m (91-0); 3. Mackenzie Parker (un/F15) 24.28m (79-8); 4. Ally Studer (un/F21) 19.73m (64-8 3/4).

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

(1.6kg) 1. David Nylund (un/M17) 38.25m (125-5); 2. Hadley Ma (un/M18) 26.81m (87-11); 3. Garrett Brown (un/M18) 21.10m (69-2 3/4).

(2.0kg) 1. Jack Hoyt (FalconTC/M39) 39.44m (129-5); 2. Rod Wilcox (un/M37) 33.04m (108-5); 3. Philip Pohl (PLU/M20) 29.27m (96-0); 4. Gilles Belin (un/M29) 25.06m (82-2); 5. Jack Lewis (un/M39) 22.06m (72-4 1/3).

### **Kid's TurboJav Toss (measured in yards using football hashmarks)**

1. Dustin McPhillips (un/M07) 16.0y; 2. (tie) Gracie Russell (un/F11) and KayKay Good (un/F09) 12.0y; 4. Leike Russell (un/M09) 11.0y; 5. Hanna Black (un/F11) 10.5y; 6. David Goldstone (un/M08) 10.0y; 7. Levi Royal (un/M09) 9.5y; 8. Parisa Sonsagele (un/F09) 7.5y; 9. Anders Jorstad (un/M07) 7.0y; 10. Jesse Goldstone (un/M04) 6.5y; 11. (tie) Kathleen Pennington (un/F07) and Nathan McIver (un/M05) 5.5y; 13. (tie) Shina Wang (un/F06), Katrina Sonsagele (un/F06), and Nathaniel Schuessler (un/M08) 4.5y; 16. Nicholas McIver (un/M02) 1.0y;

### **Women's Javelin Throw (600g only)**

1. Chandra Redmond (un/F15) 27.50m (90-2).

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

(700g) 1. Russ Jacquet Acea (un/M50) 31.50m (103-4); 2. David Cronin (un/M18) 26.12m (85-8); 3. Jeff Rasor (un/M19) 19.05m (62-6).

(800g) 1. David Nyland (un/M17) 48.41m (158-9); 2. Jeff Skiba (CNW/M19) 45.38m (148-10); 3. Jeff Jergens (un/M16) 25.80m (84-8); 4. Brandon Shori Naidu (un/M17) 20.50m (67-3).

## **TRACK EVENT RESULTS**

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

1. Maggie Graham (un/F11) 15.5h; 2. Jasmine Royal (un/F10) 17.3h; 3. (tie) Mara Willaford (un/F10) and Gracie Russell (un/F11) 17.4h; 5. Brian Mapili (un/M09) 17.8h; 6. Dustin McPhillips (un/M07) 18.2h; 7. Levi Royal (un/M09) 18.5h; 8. KayKay Good (un/F09) 18.7h; 9. Jamie Good (un/M09) 18.8h; 10. Parisa Sonsagele (un/F09) 18.9h; 11. Lila Rice (un/F08) 19.7h; 12. Lili Simon (un/F09) 21.9h; 13. Katrina Sonsagele (un/F06) 22.8h; 14. Nathaniel Schuessler (un/M05) 25.2h; 15. Nathan McIver (un/M05) 25.5h; 16. Sydda Rice (un/F05) 26.5h.

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

1. (tie) Hanna Black (un/F11) and Brian Mapili (un/M09) 9.0h; 3. (tie) Dustin McPhillips (un/M07) and Mara Willaford (un/F10) 9.2h; 5. Levi Royal (un/M09) 9.3h; 6. Parisa Sonsagele (un/F09) 9.5h; 7. KayKay Good (un/F09) 9.6h; 8. Sam Prestrud (un/M07) 10.2h; 9. Katrina Sonsagele (un/F06) 11.2h; 10. Nathaniel Schuessler (un/M05) 12.8h; 11. Lili Simon (un/F09) 12.9h; 12. Nathaniel McIver (un/M05) 12.9h; 13. Sydda Rice (un/F05) 12.9h; 14. Tori Cook (un/F02) 38.7h; 15. Nicholas McIver (un/M02) 46.6h.

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

1. Maggie Graham (un/F11) 32.3h; 2. Jasmine Royal (un/F10) 34.8h; 3. Dustin McPhillips (un/M07) 37.4h; 4. Jamie Good (un/M09) 39.4h; 5. Gracie Russell (un/F11) 41.0h; 6. David Goldstone (un/M08) 41.4h; 7. Levi Royal (un/M09) 41.9h; 8. Parisa Sonsagele (un/F09) 43.9h; 9. Sam Prestrud (un/M07) 48.4h; 10. Anders Jorstad (un/M07) 59.0h; 11. Katrina Sonsagele (un/F06) 60.5h; 12. Jesse Goldstone (un/M04) 61.5h.

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

1. Anthony Mickelsen (un/M11) 6:52.1h; 2. David Goldstone (un/M08) 7:19.7h; 3. Dustin McPhillips (un/M07) 7:51.4h; 4. Lila Rice (un/F08) 8:19.0h; 5. Brian Mapili (un/M09) 9:06.3h; 6. Jesse Goldstone (un/M04) 12:21.5h; 7. Sydda Rice (un/F05) 12:35.7h.

### **Women's 400-meter Hurdles (30" only)**

1. Lindsey Redfern (un/F19) 76.0h; 2. Barbara Johnshoy (un/F16) 76.7h; 3. Susan Sifferman (un/F18) 82.4h; 4. Sara Mackenzie (un/F37) 86.0h.

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

(33") 1. David Ortman (un/M50) 62.2h.  
(36") 1. Vince Kinney (un/M16) 59.1h.

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

1. Leanne Bellar (un/F17) 27.2h; 2. Susan Quick (un/F17) 28.1h; 3. Rachel Tynan (un/F18) 28.4h; 4. Kristianna Odom (un/F19) 29.2h; 5. Leilani Tynan (un/F14) 29.9h; 6. Andrea Quick (un/F20) 30.7h; 7. Jessica Elliott (un/F16) 31.0h; 8. Kelsy Pince (un/F17) 36.7h.

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

1. Elliott Anderson (un/M17) 23.7h; 2. Jamaal Rivers (un/M17) 23.9h; 3. Garnett Brown (un/M18) 24.3h; 4. Tim Carrithers (un/M14) 24.8h; 5. Greg Stettler (un/M17) 25.1h; 6. Rod Wilcox (un/M37) 25.1h; 7. Dale Kellett (un/M18) 25.2h; 8. Kyle Smith (un/M17) 25.9h; 9. Russ Acea (un/M50) 26.5h; 10. Jesse Alyea (un/M16) 26.8h; 11. Gilles Belin (un/M29) 27.9h; 12. Rick Hammond (un/M51) 29.5h.

### **Co-ed Joggers Mile Run (listed in order of best prediction)**

1. (tie) Dale Kellett (un/M18) 7:30-7:30 **ZERO**, John Goldstone (un/M45) 5:50-5:50 **ZERO**, and Kelly Spady (un/M16) 8:00-8:00 **ZERO**; 4. (tie) John Teal (un/M17) 5:30-5:29 -1, Garnett Brown (un/M18) 7:30-7:31 +1, Lauren Kaligis (un/F15) 8:00-8:01 +1, Dustin Goodnight (un/M17) 5:45-5:44 -1, and Paul Rice (un/M38) 7:00-6:59 -1; 9. (tie) Alex Litzinger (un/M17) 8:00-8:02 +2 and Elliott Anderson (un/M17) 7:45-7:43 -2; 11. (tie) Travis Bold (un/M19) 8:00-7:57 -3, Jeff Rasor (un/M19) 5:49-5:46 -3, and Chad Smith (un/M17) 7:30-7:33 +3; 14. (tie) Vince Kinney (un/M16) 7:30-7:26 -4, Tim Carrithers (un/M14) 7:30-7:26 -4, and Karl Kunkle (CNW/M49) 7:30-7:34 +4; 17. (tie) Mark Looi (un/M43) 8:00-7:55 -5, Dave Cronin (un/M18) 6:02-5:57 -5, and Jon Jorstad (un/M50) 6:40-6:45 +5; 20. Jeff Jergens (un/M16) 6:03-5:56 -7; 21. Kelsy Pince (un/F17) 8:00-7:51 -9; 22. Jackie Liberda (un/F16) 7:00-7:10 +10; 23. Dave Johnson (un/M46) 6:02-5:51 -11; 24. Tim Magdziarz (un/M30) 6:43-6:30 -13; 25. Jeff James (un/M33) 6:00-5:44 -16; 26. Barbara Johnshoy (un/F16) 7:20-7:37 +17; 27. (tie) Robert Ortiz (un/M18) 7:15-7:33 +18 and Kris Maraveller (un/F34) 8:03-7:45 -18; 29. Nels Harper (un/M14) 8:00-7:40 -20; 30. Robert Serpas (un/M16) 7:30-7:08 -22; 31. (tie) Bob Good (un/M45) 9:00-8:36 -24 and Cheryl Robinson (CNW/F31) 7:20-7:44 +24; 33. Lindsay Redfern (un/F19) 6:18-6:44 +26; 34. Hans Harper (un/M17) 6:30-6:03 -27; 35. Susan Cheng-Looi (un/F43) 9:00-8:31 -29; 36. Gary Fox (un/M19) 6:50-6:20 -30; 37. Aaron Litzinger (un/M14) 8:30-7:59 -31; 38. Levi Royal (un/M09) 10:00-10:38 +38; 39. Ben Brantl (un/M35) 6:42-7:28 +46; 40. Doug Rakel (un/M16) 6:50-7:41 +51; 41. Lena Peloso (un/F15) 6:50-7:43 +53; 43. Derry Betts (un/M16) 7:30-8:25 +55; 44. Joel Constable (un/M22) 7:00-5:52 -1:08; 45. Evan Wirkkila (un/M19) 10:39-6:41 -3:58; one runner did not predict or report back.

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

1. Two by Two (Vince Kinney M16, Tim Carrithers M14, Chad Smith M??, Robert Ortiz M??) 48.6h; 2. No Names (Kyle, Kristen, John, Jarrett) 55.7h; 3. The Cheetah Team (Leilani Tynan F14, Callie Vaulter F19, DanFerguson M19, Rachel Tynan F18) 55.8h; 4. Harpers Plus (Kelsey Pince F17, Jackie Liburda F16, Hans Harper M17, Nels Harper M14) 61.4h; 5. Sam's Team (Jack Prestrud, Doug Prestrud, Sam Prestrud, Runner X) 70.7h.

### **Men's 1500-meter Run**

1. Deny Betts (un/M16) 4:18.4h; 2. Kelly Spady (un/M16) 4:22.7h; 3. Alex Litzinger (un/M17) 4:31.3h; 4. Gary Fox (un/M19) 4:37.5h; 5. Michael Allison (CNW/M51) 4:40.3h; 6. Karl Kunkle (CNW/M47) 4:43.2h; 7. Paul Lee (un/M38) 4:47.4h; 8. Army Stonkus (un/M48) 4:54.5h; 9. Ted Winskill (un/M29) 4:56.2h; 10. Mark Looi (un/M43) 5:03.3h; 11. Josh

Anderson (un/M17) 5:12.4h; 12. Tony Robinson (CNW/M36) 5:32.9h.

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

1. Leanne Bellar (un/F17) 64.9h; 2. Kalia Mills (un/F16) 65.4h; 3. Jasmin Royal (un/F10) 77.2h; 4. Lily Lewis (un/F41) 82.0h.

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

1. Scott Anabel (un/M27) 51.6h; 2. Craig Atkinson (un/M19) 52.9h; 3. Rick Hammond (un/M51) 64.7h; 4. Bob Burwell (un/M57) 68.1h.

#### **Women's 800-meter Dash**

1. Susan Sifferman (un/F18) 2:57.0h.

#### **Men's 800-meter Dash**

1. Jeff Grive (un/M39) 2:10.3h; 2. Matthew Johnson (un/M21) 2:22.1h; 3. Lance Albertson (un/M41) 2:22.8h; 4. John Teal (un/M17) 2:26.6h; 5. Kyle Smith (un/M17) 2:28.4h; 6. Andrew Duenas (un/M17) 2:28.8h; 7. Ted Winskill (un/M29) 2:33.2h; 8. Jeff James (un/M33) 2:34.1h.

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

1. Big Pimpin' (Dan-o, Phil, Dan-o, Phil) 4:12.2h; 2. Lane Three (Karl Kunkle M49, Army Stonkus M48, Tony ?, Morlin Elias M37) 4:21.0h; 3. Three Guys, a Girl, and a Pizza Place (Jeff Jergans M16, Lena Peloso F15, Jeff Rasor M19, Dave Cronin M17) 4:34.6h; 4. Harpers Plus (Nels Harper M14, Jackie Liburda F16, Hans Harper M17, Kelsy Pince F17) 5:12.7h.

#### **Women's 5000-meter Run**

1. Kris Maraveller (un/F34) 21:02.0h; 2. Kristine Duncan (un/F17) 21:15.7h; 3. Syrina Remillard (un/F18) 21:17.9h; 4. Susan Cheng-Looi (un/F43) 23:43.0h; 5. Betsy Williams (un/F19) 24:07.2h.

#### **Men's 5000-meter Run**

1. Alan Ticus (un/M31) 16:10.5h; 2. Brian Van Houten (CNW/M28) 17:07.7h; 3. Michael Cassella-Blackburn (un/M45) 17:47.0h; 4. Jack Prestrud (CNW/M46) 17:51.3h; 5. Dave Johnson (un/M46) 17:51.7h; 6. Phil Paul (un/M21) 18:10.4h; 7. Patrick Lindsay (un/M31) 18:24.7h; 8. Nick Welch (RCFlyers/M15) 18:56.2h; 9. Mark Looi (un/M43) 19:05.4h; 10. Frank Covelli (un/M45) 19:21.4h; 11. Phil Welch (SnoTC/M54) 19:58.7h; 12. Gilles Belin (un/M29) 20:09.5h; 13. Karl Kunkle (CNW/M49) 20:14.6h; 14. Jim Gardell (un/M49) 20:53.2h; 15. Evan Wirkkila (un/M19) 21:17.3h; 16. Morlin Elias (CNW/M37) 21:42.0h; 17. Michael Allison (CNW/M51) 23:08.2h.

#### **No entrants**

Women's 1500-meter Run, Co-ed Mile Race Walk.