

## MEET 12 -- 13 AUGUST 2003

Edmonds District Stadium, Edmonds, Washington

### OUTSTANDING PERFORMANCES

Male -- Jeff Skiba, CNW, high jump, long jump, and javelin -- third time this summer for this outstanding disabled athlete to win

Female -- Emily Enders in the women's pole vault

**TOTAL ENTRIES** -- 343

### FIELD EVENT RESULTS

#### Kid's High Jump

1. Anthony Mickelsen (un/M11) 1.12m (3-8); 2. Matt Reams (un/M12) 1.09m (3-7); 3. Brian Mapili (un/M09) 1.02m (3-4 1/4); 4. Gracie Russell (un/F11) 0.91m (2-11 3/4); 5. Luke Russell (un/M09) 0.82m (2-8 1/4); nh. Tim Carrithers (un/M14), Lili Simon (un/F09), and Olivia Reams (un/F10).

#### Women's High Jump

1. Susan Sifferman (un/F18) 1.33m (4-4 1/4).

#### Men's High Jump

1. Jeff Skiba (CNW/M19) 2.08m (6-10); 2. Ben Dillow (un/M18) 1.93m (6-4); 3. Eric Green (un/M25) 1.83m (6-0); 4. John Forier (un/M41) 1.78m (5-10); 5. Cameron Bailey (un/M17) 1.73m (5-8); 6. Jeremy McIver (un/M28) 1.67m (5-5 3/4); 7. Bobby Good (un/M16) 1.67m (5-5 3/4); 8. Tim Carrithers (un/M14) 1.63m (5-4 1/4); 9. David Dillow (un/M14) 1.57m (5-1 3/4); 10. Bruce McLean (CNW/M47) 1.52m (4-11 3/4); 11. Nathan Dillow (un/M14) 1.52m (4-11 3/4); nh. Jesse Dillow (un/M21).

#### Women's Pole Vault

1. Emily Enders (un/F18) 3.66m (12-0); 2. Sarah Hagna (un/F18) 3.43m (11-3); 3. Sandy Erickson (un/F23) 3.36m (11-0 1/4); 4. Ally Studer (un/F21) 3.20m (10-6); 5. Merilee Jones (un/F21) 3.13m (10-3 1/4); 6. Christina Simunds (un/F??) 2.90m (9-6 1/4); 7. Kim Dahm (un/F17) 2.67m (8-9); 8. Amber Rose (un/F21) 2.67m (8-9); 9. Andrea Madison (un/F17) 2.44m (8-0); 10. Ricki Johnson (un/F17) 2.44m (8-0); 11. Shelby Contreras (un/F17) 2.44m (8-0); 12. Susan Sifferman (un/F18) 2.21m (7-3); 13. (tie) MacKenzie Rogers (un/F21) and Callie Jones (un/F19) 2.21m (7-3);

#### Men's Pole Vault

1. Keegan Burnett (un/M19) 4.35m (14-3); 2. McKane Lee (un/M19) 4.35m (14-3); 3. Ron Johnson (un/M34) 4.35m (14-3); 4. Charles Villagrancia (un/M19) 3.89m (12-9); 5. Pat Licari (un/M35) 3.89m (12-9); 6. Dave Snyder (un/M??) 3.43m (11-3); 7. Ryan Vu (un/M15) 3.43m (11-3); 8. Ryan Fonda (un/M17) 3.43m (11-3); 9. J.R. Price (un/M18) 3.43m (11-3); 10. Ben Dillow (un/M18) 3.36m (11-0 1/4); 11. Yu Nakayama (un/M17) 3.13m (10-3 1/4); 12. Russell Jacquet-Acea (un/M50) 3.13m (10-3 1/4); 13. Pete Taylor (un/M38) 3.13m (10-3 1/4); 14. Dave Butler (un/M63) 2.44m (8-0); nh. Robert McGarry (un/M18), Phil Milliman (un/M51), and Paul Angell (un/M40).

#### Kid's Long Jump

1. Tim "Curfew Boy" Carrithers (un/M14) 5.72m (18-9 1/4); 2. Kate Southcote-Want (un/F14) 3.87m (12-8 1/4); 3. Matt Reams (un/M12) 3.78m (12-4 3/4); 4. Dustin McPhillips (un/M07) 3.10m (10-2); 5. Mara Willaford (un/F10) 3.06m (10-0 1/2); 6. Anthony Mickelsen (un/M11) 2.99m (9-9 3/4); 7. Jamie Good (un/M09) 2.83m (9-3 1/2); 8. Luke Russell (un/M09) 2.63m (8-7 1/2); 9. Ian Southcote-Want (un/M10) 2.56m (8-4 3/4); 10. Brian Malipi (un/M09) 2.54m (8-4); 11. Olivia Reams (un/F10) 2.48m (8-1 3/4); 12. Kay Kay Good (un/F09) 2.43m (7-11 3/4); 13. Gracie Russell (un/F11) 2.41m (7-11); 14. Li Li Simon (un/F09) 2.01m (6-7 1/4); 15. Nathan McIver (un/M05) 1.77m (5-9 3/4); 16. Liam Elias (un/M03) 1.13m (3-8 1/2); 17. Alex Nelson (un/M06) 1.09m (3-7).

#### Women's Long Jump

1. Susan Quick (un/F20) 4.76m (15-7 1/2); 2. Susan Sifferman (un/F18) 3.91m (12-10); 3. Renee Gittins (un/F13) 3.61m (11-10 1/4).

#### Men's Long Jump

1. Tim Carrithers (un/M14) 5.83m (19-1 1/2); 2. Garrett Brown (un/M18) 5.82m (19-1 1/4); 3. Antonio Williams (un/M16) 5.81m (19-0 3/4); 4. Jeff Skiba (CNW/M19) 5.60m (18-4 1/2); 5. Dave Snyder (un/M19) 4.83m (15-10 1/4).

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

1. Susan Sifferman (un/F18) 8.43m (27-8); 2. Renee Gittins (un/F13) 7.61m (24-11 1/2).

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

1. Garrett Brown (un/M18) 11.96m (39-2 3/4); 2. Antonio Sevilla-Williams (un/M16) 11.65m (38-2 3/4); 3. Tim Carrithers (un/M14) 11.48m (37-8); 4. Dave Snyder (un/M19) 9.67m (31-8 3/4).

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

(12lb) 1. Tim Carrithers (un/M14) 10.06m (33-0).

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

1. Jennifer Conner (un/F18) 10.70m (35-1 1/4); 2. Lauren Kooy (un/F22) 10.49m (34-5).

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

(16lb) 1. Christian Salas (un/M32) 12.25m (40-2 1/4); 2. Nolan Gatewood (un/M22) 11.93m (39-1 3/4); 3. Doug Blaty (un/M20) 10.78m (35-4 1/2); 4. Shaun Stoddard (un/M20) 8.28m (27-2); 5. Mike Dillow (un/M48) 7.71m (25-3 1/2).

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

1. Jennifer Conner (un/F18) 33.85m (111-0); 2. Lauren Kooy (un/F22) 31.00m (101-8).

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

(1.0kg) 1. David Dillow (un/M14) 20.57m (67-5).

(2.0kg) 1. Christian Salas (un/M32) 35.07m (115-0); 2. Phil Hodges (un/M52) 25.00m (82-0); 3. Mike Dillow (un/M48) 22.64m (74-3).

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

1. Matt Reams (un/M12) 24.5y; 2. Kate Southcote (un/F14) 23.0y; 3. Jamie Good (un/M09) 15.5y; 4. Dustin McPhillips (un/M07) 15.0y; 5. Luke Russell (un/M09) 13.0y; 6. Ian Southcote (un/M10) 12.5y; 7. Gracie Russell (un/F11) 12.0y; 8. Olivia Reams (un/F10) 11.0y; 9. KayKay Good (un/F09) 11.0y; 10. David Goldstone (un/M08) 9.0y; 11. Anders Jorstad (un/M07) 8.0y; 12. Nathan McIver (un/M05) 6.5y; 13. Alex Nelson (un/M06) 4.5y; 14. Jesse Goldstone (un/M04) 4.0y; 15. Liam Elias (un/M03) 3.5y; 16. Sabine Stonkus (un/F06) 2.5y.

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

(700g) 1. Russ Jacquet Acea (un/M50) 33.93m (111-3).

(800g) 1. Nolan Gatewood (un/M22) 42.34m (138-11); 2. Jeff Skiba (CNW/M19) 41.55m (136-3); 3. Doug Blaty (un/M20) 35.52m (116-6); 4. Jeff Jergens (un/M16) 26.25m (86-1); 5. Dave "TheArm" Cronin (un/M18) 22.77m (74-8 1/2); 6. Jeremy Rasar (un/M14) 18.76m (61-6 1/2).

## **TRACK EVENT RESULTS**

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

1. Tim "Curfew Boy" Carrithers (un/M14) 12.2h; 2. Danny Nelson (un/M14) 12.7h; 3. Jasmine Royal (un/F10) 15.9h; 4. Matt Reams (un/M12) 16.5h; 5. Olivia Reams (un/F10) 17.2h; 6. Mara Willaford (un/F10) 17.2h; 7. Gracie Russell (un/F11) 17.9h; 8. KayKay Good (un/F09) 18.3h; 9. (tie) Dustin McPhillips (un/M07) and Jamie Good (un/M09) 18.5h; 11. Sabine Stonkus (un/F06) 22.6; 12. Alex Nelson (un/M06) 25.2h; 13. Li Li Simon (un/F09) 26.4h.

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

1. Matt Reams (un/M12) 8.2h; 2. Olivia Reams (un/F10) 8.6h; 3. Dustin McPhillips (un/M07) 9.1h; 4. Gracie Russell (un/F11) 9.2h; 5. Mara Willaford (un/F10) 9.3h; 6. (tie) Levi Royal (un/M09) and KayKay Good (un/F09) 9.5h; 8. Ian Southcote (un/M10) 9.9h; 9. Sam Prestrud (un/M07) 10.1h; 10. David Goldstone (un/M08) 10.1h; 11. Li Li Simon (un/F09) 10.2h; 12. Patrick Willaford (un/M12) 10.3h; 13. Miranda Reddick (un/F07) 10.4h; 14. Sabine Stonkus (un/F06) 12.1h; 15. Nathan McIver (un/M05) 12.3h; 16. Jesse Goldstone (un/M04) 12.7h; 17. Alex Nelson (un/M06) 13.0h.

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

1. Tim "Curfew Boy" Carrithers (un/M14) 27.7h; 2. Jasmine Royal (un/F10) 33.0h; 3. Dustin McPhillips (un/M07) 39.6h; 4. Olivia Reams (un/F10) 40.5h; 5. Levi Royal (un/M09) 40.5h; 6. David Goldstone (un/M08) 40.9h; 7. Gracie Russell (un/F11) 44.9h; 8. Sam Prestrud (un/M07) 46.5h; 9. Jesse Goldstone (un/M04) 57.2h; 10. Alex Nelson (un/M06) 60.8h; 11. LiamElias (un/M03) 83.3h.

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

1. David Goldstone (un/M08) 7:31.2h; 2. Miranda Reddick (un/F07) 8:15.5h; 3. Brian Mapili (un/M09) 8:17.8h; 4. Anders Jorstad (un/M07) 8:35.7h; 5. Ian Southcote (un/M10) 10:09.7h; 6. Jesse Goldstone (un/M04) 13:21.9h.

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

1. Ann Tuberg (un/F43) 8:48.5h.

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

1. Renee Gittins (un/F13) 81.2h; 2. Susan Sifferman (un/F18) 82.8h; 3. Barbara Johnshoy (un/F16) 85.5h.

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

(36") 1. Alex Mitchell (un/M16) 64.3h; 2. Antonio Sevilla-Williams (un/M16) 66.0h.

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

1. Susan Quick (un/F17) 27.5h; 2. Sophie Merrick (un/F16) 28.6h.

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

1. Ben Dillow (un/M18) 23.4h; 2. Tim Carrithers (un/M14) 24.8h; 3. Robert McGarry (un/M18) 26.4h; 4. Ron Johnson (CNW/M34) 26.8h; 5. Jesse Dillow (un/M21) 27.0h; 6. Nathan Dillow (un/M14) 28.7h.

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

1. (tie) Garnett Brown (un/M18) 7:30-7:30 **ZERO**, T.J. Garlatz (WWU/M22) 5:59-5:59 **ZERO**, and Dave Johnson (un/M46) 6:00-6:00 **ZERO**; 4. (tie) Ryan Robinson (un/M19) 7:31-7:30 **-1**, Sean Doyle (un/M17) 7:29-7:30 **+1**, Travis Allbaugh (un/M18) 6:00-5:59 **-1**, John Winters (un/M48) 6:55-6:56 **+1**; 8. (tie) Ian Brown (CNW/M40) 6:0-6:02 **+2**, and Jamie Good (un/M09) 7:10-7:08 **-2**; 10. (tie) John O'Hearn (CNW/M41) 6:55-6:58 **+3**, Neal Stoddard (SnoTC/M60) 7:55-7:52 **-3**, and Barbara Johnshoy (un/F16) 7:21-7:18 **-3**; 13. James O'Connor (un/M29) 6:10-6:06 **-4**; 14. (tie) Alex Mitchell (un/M16) 6:50-6:55 **+5**, Dustin Pittis (un/M18) 7:00-7:05 **+5**, Cheryl Robinson (un/F31) 7:38-7:43 **+5**, and Michael Allison (CNW/M51) 7:10-7:05 **-5**; 18. (tie) Joe Melnyk (un/M18) 7:01-6:55 **-6**, and Toby Mickelsen (un/M46) 6:58-7:04 **+6**; 20. (tie) Arny Stonkus (CNW/M48) 7:30-7:23 **-7**, and Sam Brancheau (un/M18) 7:30-7:23 **-7**; 22. (tie) John Jorstad (SnoTC/M50) 7:02-6:54 **-8**, Jose Ayala (un/M19) 7:00-7:08 **+8**, Dirty Dan Harris (un/M17) 7:00-7:08 **+8**, Nels Harper (un/M14) 7:30-7:22 **-8**, and Mark Looi (un/M43) 8:00-7:52 **-8**; 27. (tie) Jack Prestrud (CNW/M46) 6:35-6:45 **+10**, and Tim Magdziarz (un/M30) 7:00-7:10 **+10**; 29. Matt Zuvella (un/M19) 7:00-6:48 **-12**; 30. Mac Rogers (un/F21) 8:30-8:17 **-13**; 31. Alex Litzinger (un/M17) 7:25-7:11 **+14**; 32. Jeff Jurgens (un/M16) 6:39-6:24 **-15**; 33. (tie) Jeremy Razor (un/M14) 6:40-6:24 **-16**, and Jeff Razor (un/M19) 6:40-6:24 **-16**; 35. (tie) Kenny Johnson (un/M17) 6:42-6:25 **-17**, Chris Glover (un/M31) 7:50-7:33 **-17**, and John Swenson (un/M44) 6:30-6:47 **+17**; 38. (tie) Aaron Litzinger (un/M14) 7:25-7:07 **-18**, and Dave Cronin (un/M18) 7:00-6:42 **-18**; 40. Susan Cheng-Looi (un/F43) 8:15-7:55 **-20**; 41. Lena Peloso (un/F15) 7:00-7:21 **-21**; 42. Ally Studer (un/F21) 8:30-8:04 **-26**; 43. John Goldstone (un/M45) 5:50-6:20 **+30**; 44. Joel Constable (un/M22) 6:30-5:59 **-31**; 45. Ian Struiksma (un/M17) 6:30-5:54 **-36**; 46. (tie) Phil Paul (un/M21) 8:06-7:25 **-41**, and Mindy Moffet (un/F22) 8:07-7:26 **-41**; 48. (tie) Hans Harper (un/M17) 6:30-5:47 **-43**, and Tim Brady (un/M17) 6:29-5:46 **-43**.

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

1. Do It All (Bryant Sharifi M16, Doug Seaton M16, Cort Koenig M17, Rony ??) 52.1h; 2. Nels (Tim Brady, Nels Harper, Ian Struiksma, Hans Harper) 54.9; 3. Rock the Shorts (Alex Mitchell M16, Barbara Johnshoy F16, Joe Melnyk M18, ??) 58.4h; 4. Sam's Team (Arny Stonkus M48, Michael Allison M51, Jack Prestrud M46, Sam Prestrud M07) 69.0h; 5. The Good Clan (KayKay F09, Donna F45, Jamie M09, Bobby M16) 69.1h.

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

1. Chris Charles (CNW/M26) 4:05.2h; 2. Sam Brancheau (un/M18) 4:14.2h; 3. Kenny Johnson (un/M17) 4:16.3h; 4. T.J. Garlatz (WWU/M22) 4:16.7h; 5. Derry Betts (un/M16) 4:17.1h; 6. Sean Doyle (un/M17) 4:22.5h; 7. James O'Connor (un/M29) 4:22.9h; 8. Jeff Grove (un/M39) 4:25.0h; 9. Duncan Hendrick (un/M17) 4:25.5h; 10. Alex Litzinger (un/M17) 4:27.1h; 11. Jack Prestrud (CNW/M46) 4:27.9h; 12. David Kale (un/M17) 4:33.3h; 13. Jeremy Razor (un/M14) 4:36.2h; 14. Paul Swenson (un/M38) 4:46.6h; 15. Jose Ayala (un/M19) 4:49.3h; 16. Matt Zuvella (un/M19) 4:55.3h; 17. Dustin Pittis (un/M18) 4:56.3h; 18. Mark Looi (un/M43) 4:59.6h; 19. Doug Blaty (un/M??) 5:10.0h; 20. Ryan Robinson (un/M19) 5:17.6h; 21. Tony Robinson (CNW/M36) 5:27.3h; 22. Nolan Gatewood (un/M22) 5:53.5h; 23. Anthony Mickelsen (un/M11) 6:01.6h; dnf. Jon Jorstad (SnoTC/M50).

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

1. Ben Dillow (un/M18) 51.8h; 2. Jamaal Rivers (un/M17) 52.3h; 3. Craig Atkinson (un/M19) 52.8h; 4. Junior Price (un/M18) 59.0h; 5. Hans Harper (un/M17) 61.1h; 6. Arny Stonkus (CNW/M48) 63.3h; 7. Tim Brady (un/M17) 63.4h; 8.

Neal Stoddard (un/M60) 83.5h.

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

1. Susan Sifferman (un/F18) 2:47.7h; 2. Renee Gittins (un/F13) 2:53.1h; 3. Lena Peloso (un/F15) 3:07.8h.

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

1. Michael Allison (CNW/M51) 2:19.2h; 2. Matthew Johnson (un/M21) 2:20.4h; 3. Lance Albertson (un/M41) 2:22.8h; 4. Bryant Sharifi (un/M16) 2:25.6h; 5. Jarrett Habu (un/M18) 2:35.3h; 6. Tim Magdzrarc (un/M30) 2:41.5h; 7. Will Leslie (un/M58) 2:58.5h; dnf. Ryan Robinson (un/M19), Rick Hammond (un/M51), Cort Koenig (un/M17), Doug Seaton (un/M16), and Bryan Burdo (CNW/M46).

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

1. Ninjas (Derry M16, Ryan M19, Garret M18, Doyle M17), 3:46.8h; 2. Imports (Dirty Dan M17, Jose Ayala M19, Dustin Pittis M18, DPiddy M18) 3:57.9h; 3. Armadillos (Jesse Dillow M21, Nathan Dillow M14, David Dillow M14, Ben Dillow M18) 4:08.2h; 4. Do It All (Bryant Sharifi M16, Doug Seaton M16, Cort Koenig M17, Kenny Johnson M17) 4:15.6h; 5. Aardvarks (Bryan Burdo M46, Will Leslie M58, Michael Allison M51, Ian Brown M40) 4:38.6h.

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

1. Tirhsa Rosenberg (CNW/F26) 20:16.8h; 2. Jessica Scalzo (ASU/F20) 20:17.1h; 3. Mindy Moffet (un/F22) 23:24.4h; 4. Susan Cheng-Looi (un/F43) 24:04.2h; dnf. Susan Sifferman (un/F18).

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

1. Uli Steidl (CNW/M31) 14:46.3h; 2. Chris Charles (CNW/M26) 15:50.1h; 3. T.J. Garlatz (WWU/M22) 15:54.0h; 4. Alan Triggs (CNW/M31) 15:56.2h; 5. John O'Hearn (CNW/M41) 16:19.4h; 6. Phil Paul (CWU/M21) 16:31.0h; 7. Patrick McAuliffe (un/M19) 16:45.8h; 8. Jon Murray (un/M27) 16:51.7h; 9. John O'Leary (un/M29) 16:54.0h; 10. Brian Van Houten (CNW/M28) 16:55.9h; 11. Jeff Rasor (un/M19) 17:49.9h; 12. Patrick Lindsay (un/M31) 17:55.4h; 13. Dave Johnson (un/M46) 18:04.4h; 14. Mark Looi (un/M43) 19:22.3h; 15. Jim Gardell (un/M49) 19:51.8h; 16. Chris Glover (un/M31) 19:59.3h; dnf. Ian Brown (CNW/M40), Travis Allbaugh (un/M18), John Jergens (un/M16), James O'Connor (un/M29), and Garret Van Swearingen (un/M15).

#### **No entrants**

Women's Javelin Throw, Women's 1500-meter Run, and Women's 400-meter Dash.