

MEET 01 -- 26 MAY 2004

SPONSORED BY THE GRIEF FAMILY IN MEMORY OF CHRISTINE GRIEF

Mountlake Terrace High School, Mountlake Terrace, Washington

### OUTSTANDING PERFORMANCES

Male -- Jeff Skiba, CNW, Discus qualifier for Paralympics

Female -- Regina Joyce, CNW, Mile Run

**TOTAL ENTRIES** -- 65 (as wet and cold a meet as we have ever had!)

### FIELD EVENT RESULTS

#### Kid's Long Jump

1. Chris Namba (un/M09) 2.84m (9-10 3/4); 2. Allison Namba (un/F04) 0.68m (2-9).

#### Men's Shot Put

(16lb) 1. Chris Salas (un/M33) 12.65m (41-6); 2. Tim Carrithers (un/M15) 9.09m (29-9 3/4); 3. Vince Kinney (un/M17) 8.66m (28-5).

#### Men's Discus Throw

(1.5kg) 1. Jeff Skiba (CNW/M20) 41.27m (135-4); 2. Russ Acea (un/M51) 28.64m (93-11).

(2.0kg) 1. Chris Salas (un/M33) 32.70m (107-3); 2. Vince Kinney (Lynnwood HS/M17) 30.15m (98-11); 3. Tim Carrithers (Lynnwood HS/M15) 25.12m (82-5).

#### Kids TurboJav™ Toss (*measured in yards*)

1. Chris Namba (un/M9) 15y; 2. Allison Namba (un/F4) 2 1/2y.

### TRACK EVENT RESULTS

#### Kid's 100-meter Dash

1. Chris Namba (un/M09) 17.4h; 2. Allison Namba (un/F04) 29.1h.

#### Kid's 50-meter Dash

1. Chris Namba (un/M09) 9.0h; 2. Allison Namba (un/F04) 15.3h.

#### Kid's 200-meter Dash

1. Chris Namba (un/M09) 43.6h; 2. Allison Namba (un/F04) 67.5h.

#### Men's Hurdles

(100 meters 36") 1. Russ Acea (un/M51) 16.1h.

#### Women's 100-meter Dash

1. Tonya Vickers (un/F22) 12.5h.

#### Men's 100-meter Dash

1. Chris Wada (un/M19) 11.2h; 2. Tim Carrithers (un/M15) 12.0h; 3. Russ Acea (un/M51) 12.7h; 4. Will Leslie (un/M58) 13.8h.

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

1. Paul Swenson (un/M38) 7:00-7:02 **+2**; 2. Rich Hinrichsen (un/M42) 8:30-8:26 **-4**; 3. Kyle Walker (un/M17) 6:50-6:57 **+7**; 4. (tie) Jesse Douglas-Tesch (un/M17) 7:22-7:32 and Sean Doyle (un/M18) 7:23-7:33 both **+10**; 6. (tie) Tim Carrithers (un/M15) 12:25-12:13 **-12** and Army Stonkus (un/M49) 7:45-7:57 **+12**; 8. (tie) Greg Hinrichsen (un/M45) 9:00-8:44 **-16** and Joel Hamilton (un/M31) 6:45-7:01 **+16**; 10. (tie) Vince Kinney (un/M17) 12:32-12:15 and Regina Joyce (CNW/F47) 6:36-6:19 both **-17**; 12. Michael Allison (CNW/M52) 7:10-7:57 **+47**; 13. Bill Roe (CNW/M53) 9:20-8:04 **-1:16**; 14. Matt Goiney (CNW/M16) 7:00-5:38 **-1:22**.

#### Women's Mile Run

1. Regina Joyce (CNW/F47) 5:13.9h; 2. Jessica Daiger (un/F18) 5:24.1h; 3. Sherri Prather (CNW/F50) 7:27.4h.

**Men's Mile Run**

1. Tim Freeman (un/M19) 4:25.8h; 2. Kevin Hansen (un/M20) 4:27.4h; 3. Chris Goiney (UW/M18) 4:28.1h; 4. Ryan Brown (un/M19) 4:38.6h; 5. Jesse Douglas-Tesch (un/M17) 4:46.2h; 6. Bob Prather (CNW/M48) 4:49.0h; 7. Joel Hamilton (un/M31) 5:03.6h; 8. Patrick Lindsay (un/M32) 5:11.2h; 9. Paul Swenson (un/M38) 5:13.1; 10. Army Stonkus (un/M49) 5:30.4h; 11. Rich Hinrichsen (un/M42) 5:33.1h.

**Men's 400-meter Dash**

1. Russ Acea (un/M51) 63.8h.

**Men's 800-meter Dash**

1. Tim Freeman (un/M19) 2:06.9h; 2. Patrick Lindsay (un/M32) 2:26.2h; 3. Michael Allison (CNW/M52) 2:30.6h; 4. Army Stonkus (un/M49) 2:35.3h; dnf. Russ Acea (un/M51).

**Women's 3000-meter Run**

1. Noe Kaneko (UW/F20) 10:55.8h.

**Men's 3000-meter Run**

1. Justin Culver (un/M18) 9:11.8h (2:55 1k, 6:03 2k); 2. Sean Doyle (un/M18) 9:50.0h (3:14 1k, 6:36 2k); 3. Jack Prestrud (CNW/M46) 10:19.5h (3:21 1k, 6:44 2k); 4. Patrick Lindsay (un/M32) 10:44.8h (3:32 1k, 7:08 2k); 5. Michael Allison (CNW/M52) 10:54.3h (3:34 1k, 7:14 2k); 6. Army Stonkus (un/M49) 12:01.8h (3:56 1k, 8:04 2k).

**No Entrants**

Kids High Jump, Women's High Jump, Men's High Jump, Women's Pole Vault, Men's Pole Vault, Women's Long Jump, Men's Long Jump, Women's Triple Jump, Men's Triple Jump, Kid's Shot Put, Women's Shot Put, Women's Discus, Men's Javelin, Women's Javelin, Kid's Mile Run, Co-Ed Race Walk, Women's 100-meter Hurdles, Women's 100-meter Dash, Co-ed 4x100-meter Relay, Women's 400-meter Dash, Women's 800-meter Dash, Co-ed 4x400-meter Relay.