

MEET 03 — 09 JUNE 2004

SPONSORED BY SVR DESIGN COMPANY

Mountlake Terrace High School, Mountlake Terrace, Washington

OUTSTANDING PERFORMANCES

Male -- Justin Lawrence (CNW) long and triple jumps

Female -- Kristina Proticova (NWC) 800m and 3000m

TOTAL ENTRIES -- 186

FIELD EVENT RESULTS

Kids High Jump

1. Trevor Herron (un/M13) 1.20m (3-11 1/4); 2. J.J. Waglin (un/M12) 1.20m (3-11 1/4); 3. Kyle Flanigan (un/M11) 1.05m (3-5 1/4).

Women's High Jump

1. Susan Sifferman (un/F19) 1.16m (3-9 3/4).

Men's High Jump

1. Vince Kinney (LynnHS/M17) 1.93m (6-4); 2. Brian Burns (un/M18) 1.83m (6-0); 3. Jeremy McIver (un/M29) 1.72m (5-7 3/4); 4. Tim Carrithers (LynnHS/M15) 1.62m (5-3 3/4); 5. Bruce McLean (CNW/M48) 1.42m (4-8).

Kid's Long Jump

1. Dustin McPhillips (un/M08) 3.38m (11-1); 2. Lauren Anderson (un/F10) 2.74m (8-11 3/4); 3. Katie Shoemaker (un/F10) 2.57m (8-5 1/4); 4. Christian Hinrichsen (un/M07) 2.12m (6-11 1/2).

Women's Long Jump

1. Allie Hedges (un/F20) 4.69m (15-4 3/4); 2. Susan Sifferman (un/F19) 3.55m (11-7 3/4).

Men's Long Jump

1. Justin Lawrence (CNW/M23) 6.51m (21-4 1/4); 2. Tim Carrithers (LynnHS/M15) 6.14m (20-1 3/4); 3. Jack Hoyt (FalTC/M39) 6.11m (20-0 1/2); 4. Travis Glover (un/M18) 5.36m (17-7); 5. Sean Beighton (un/M15) 5.17m (16-11 1/2); 6. Drew Beighton (un/M26) 4.77m (15-7 3/4); 7. Trevor Harron (un/M13) 2.96m (9-8 1/2); nm. Vince Kinney (LynnHS/M17).

Men's Triple Jump

1. Justin Lawrence (CNW/M23) 14.52m (47-7 3/4); 2. Tim Carrithers (LynnHS/M15) 12.06m (39-6 3/4).

Kid's Shot Put

(6lb) 1. Molly Flanigan (un/F14) 7.18m (23-6 3/4).

Men's Shot Put

(16lb) 1. Ben Dillow (un/M19) 10.46m (34-3 3/4); 2. Aaron Dillow (un/M25) 8.27m (27-1 1/2).

(12lb) 1. Howie Kellogg (un/M57) 9.40m (30-10).

Men's Discus Throw

(2.0kg) 1. Jack Hoyt (FalTC/M39) 40.45m (132-8); Rod Wilcox (KingsTC/M38) 31.16m (102-3).

(1.6kg) 1. Tim Carrithers (LynnHS/M15) 24.18m (78-9 3/4); Tanner Smith (un/M14) 18.40m (60-4).

Kids TurboJav™ Toss (measured in yards using football hashmarks)

1. Trevor Harron (un/M13) 34 1/2y; 2. Kyle Flanigan (un/M11) 32y; 3. Molly Flanigan (un/F14) 18y; 4. Dustin McPhillips (un/M08) 16y; 5. Ryan Deem (un/M10) 12 1/2y; 6. Nathan McIver (un/M06) 8y; 7. Nicholas McIver (un/M03) 1 1/2y.

Men's Javelin Throw

(700g) 1. Vince Kinney (LynnHS/M17) 41.05m (134-8); 2. Tim Carrithers (LynnHS/M15) 38.90m (127-7); 3. Russell Acea (un/M51) 35.45m (116-3); 4. Travis Glover (un/M18) 35.20m (115-6); 5. Chad Smith (un/M18) 31.60m (103-8).

TRACK EVENT RESULTS

Kid's 100-meter Dash

1. Kyle Flanigan (un/M11) 16.6h; 2. Lauren Anderson (un/F10) 18.4h; 3. Dustin McPhillips (un/M08) 18.8h; 4. Christian Hinrichsen (un/M07) 19.6h; 5. Katie Shoemaker (un/F10) 21.1h.

Kid's 50-meter Dash

1. Trevor Harron (un/M13) 8.1h; 2. Kyle Flanigan (un/M11) 8.2h; 3. Desmond Young (un/M09) 8.7h; 4. Dustin McPhillips (un/M08) 8.7h; 5. Lauren Anderson (un/F10) 9.7h; 6. (tie) Katie Shoemaker (un/F10) and Christian Hinrichsen (un/M07) 10.3h; 8. Nathan McIver (un/M06) 11.9h; 9. Nicholas McIver (un/M03) 18.9h.

Kid's 200-meter Dash

1. (tie) Jasmin Young (un/F13) and Kyle Flanigan (un/M11) 34.7h; 3. Dustin McPhillips (un/M08) 36.2h; 4. Desmond Young (un/M09) 42.6h; 5. Christian Hinrichsen (un/M07) 43.5h.

Kid's Mile Jog

1. Kyle Flanigan (un/M11) 7:33.2h; 2. Dustin McPhillips (un/M08) 7:39.7h; 3. Christian Hinrichsen (un/M07) 8:07.4h.

Co-ed Mile Race Walk

1. Ann Tuberg (PPacers/F44) 8:55.3h.

Men's 110-meter Hurdles

(36" 100-meters) 1. Russell Acea (un/M50) 16.1h.

(39") 1. Vince Kinney (LynnHS/M17) 16.9h.

(42") 1. Ben Dillow (un/M19) 15.7h; 2. Travis Glover (un/M18) 19.1h.

Women's 100-meter Dash

1. Ali Hedge (un/F20) 14.3h; 2. Sherri Prather (CNW/F50) 19.0h.

Men's 100-meter Dash

1. Justin Lawrence (CNW/M23) 11.2h; 2. Alex Harcourt (un/M19) 11.2h; 3. Travis Glover (un/M18) 11.3h; 4. Chris Wada (un/M19) 11.5h; 5. Ben Dillow (un/M19) 11.7h; 6. Chad Smith (un/M18) 11.7h; 7. Tim Carrithers (LynnHS/M15) 11.9h; 8. Vince Kinney (LynnHS/M17) 12.3h; 9. Jack Hoyt (FalTC/M39) 12.6h (also a 13.4h 110m); 10. Rod Wilcox (KingsTC/M38) 12.7h (also a 13.5h 110m); 11. Rob Voce (un/M38) 12.9h (also a 13.9h 110m); 12. Rogelio Atherley (un/M38) 13.1h (converted from 13.9h 110m); 13. Sean Beighton (un/M15) 13.7h; 14. Drew Beighton (un/M26) 15.2h; 15. J.J. Weglin (un/M12) 16.1h; 16. Trevor Harron (un/M13) 17.0h. *NOTE: Heat 1 ran 110m, most chose to run a second time.*

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

1. Chad Smith (un/M18) 7:45-7:45 **zero**; 2. Sherri Prather (CNW/M48) 8:00-8:01 **+1**; 3. (tie) Tanner Smith (un/M14) 7:45-7:47 **+2**, Mike Flanigan (un/M43) and John Flanigan (un/M72) 7:59-8:01 **+2**, and Mark Looi (un/M43) 6:00-6:02 **+2**; 7. Jim Hansen (un/M52) 6:10-6:13 **+3** and Paul Rice (un/M39) 7:05-7:08 **+3**; 9. Taneal Smith (un/F15) 7:45-7:51 **+6**; 10. Alex Looi (un/M15) 8:00-8:08 **+8**; 11. Nikki D'Amico (LynnHS/F18) 6:50-6:39 **-11**; 12. Alissa Lee (un/F21) 7:15-7:30 **+15**; 13. (tie) Skylar Lee (un/M17) 6:50-7:06 **+16** and Jeff Rasor (un/M20) 6:20-6:04 **-16**; 15. Nic Castona (un/M20) 7:45-8:02 **+17**; 16. Patrick Lindsay (un/M32) 5:30-5:52 **+22**; 17. (tie) Lauren Anderson (un/F10) 8:50-8:27 **-23** and Bob Prather (CNW/M48) 7:00-6:37 **-23**; 19. Christian Murphy (un/F21) 7:45-7:21 **-24**; 20. Molly Flanigan (un/F14) 7:59-8:26 **+27**; 21. Kevin Flanigan (un/M42) 7:59-8:27 **+28**; 22. Michael Allison (CNW/M52) 7:30-7:01 **-29**; 23. Marc Perrautz (un/M23) 7:45-7:14 **-31**; 24. Katrine Schmerdtfeger (un/F20) 7:45-7:13 **-32**; 25. Katie Shoemaker (un/F10) 8:50-9:28 **+38**; 26. Tom Anderson (SJJ/M47) 7:50-9:28 **+1:38**.

Co-ed 4x100-meter Relay

1. Four Slow White Guys (Nic M20/Tim M15/Vince M17/Chad M18) 47.1h; 2. Flanigans (Molly F14/Kevin M42/Kyle M11/Mike M43) 66.1h; 3. The Yellows (Bryan Mold/Katie F10/Tom Mold/Lauren F10) 68.1h.

Women's Mile Run

1. Katrina Drennan (FWayTC/M15) 5:09.5h; 2. Nikki D'Amico (LynnHS/F18) 5:50.5h.

Men's Mile Run

1. Ryan Brown (un/M19) 4:31.6h; 2. Jeff Bigham (un/M23) 4:35.2h; 3. Doug Welch (un/M40) 4:49.2h; 4. Alex Looi (un/M15) 4:53.6h; 5. Martin Guttmann (un/M26) 4:55.5h; 6. Jack Prestrud (CNW/M46) 5:02.8h; 7. Paul Rice (un/M39) 5:06.2h; 8. Blake Cowan (FWayTC/M14) 5:06.5h; 9. Mike Flanigan (un/M43) 5:08.5h; 10. Ben Hait-Campbell (un/M15)

5:23.6h; 11. Kevin Flanigan (un/M42) 5:29.1h; 12. Patrick Lindsay (un/M32) 5:37.6h; 13. Mark Looi (un/M43) 5:56.5h.

Women's 400-meter Dash

1. Taneal Detschman (un/F15) 71.6h; 2. Sherri Prather (CNW/F50) 89.8h.

Men's 400-meter Dash

1. Alex Harcourt (un/M19) 50.0h; 2. Travis Glover (un/M18) 51.4h; 3. Ryan Brown (un/M19) 52.2h; 4. Bryan Burdo (CNW/M47) 59.4h; 5. Army Stonkus (un/M49) 61.5h; 6. Patrick Lindsay (un/M32) 68.2h.

Women's 800-meter Dash

1. Krsitina Proticova (NWC/F24) 2:15.9h; 2. Katrina Drennan (FWayTC/F15) 2:23.7h; 3. Susan Sifferman (un/F19) 3:12.7h.

Men's 800-meter Dash

1. Vince Kinney (LynnHS/M17) 2:07.1h; 2. Jeff Bigham (un/M23) 2:10.9h; 3. Jeff Rasor (un/M20) 2:15.4h; 4. Uli Steidl (SRC/M32) 2:15.9h; 5. Mike Flanigan (un/M43) 2:28.7h; 6. Blake Cowan (FWayTC/M14) 2:29.3h; 7. Patrick Lindsay (un/M32) 2:36.0h; 8. Mark Looi (un/M43) 2:59.4h.

Co-ed 4x400-meter Relay

1. Bumble Bees (Chad M18/Janeal F15/Tanner M14/Vince M17) 4:34.1h; 2. Flanigans (John M72/Kevin M42/Kyle M11/Mike M43) 5:51.3h.

Women's 3000-meter Run

1. Kristina Proticova (NWC/F24) 10:40.0h; 2. Katrina Schwerdtfeger (un/F20) 13:21.3h; 3. Alissa Lee (un/F21) 14:01.2h; 4. Christina Murphy (un/F21) 14:27.1h.

Men's 3000-meter Run

1. Uli Steidl (SRC/M32) 9:17.9h; 2. Jeff Bigham (un/M23) 9:36.2h; 3. Doug Welch (un/M40) 9:45.0h; 4. Alex Looi (un/M15) 10:09.5h; 5. Bob Prather (CNW/M48) 10:21.9h; 6. Michael Allison (CNW/M52) 10:22.1h; 7. Paul Rice (un/M39) 10:46.1h; 8. Jack Prestrud (CNW/M46) 10:51.9h; 9. Patrick Lindsay (un/M32) 10:57.6h; 10. Mark Looi (un/M43) 11:36.9h; dnf. Martin Guttmann (un/M26) and Bryan Burdo (CNW/M47).

No Entrants

Men's Pole Vault, Women's Pole Vault, Women's Triple Jump, Women's Shot Put, Women's Discus Throw, Women's Javelin Throw, and Women's 100-meter Hurdles.