

MEET 10 — 28 JULY 2004

SPONSORED BY THE SEATTLE RUNNING COMPANY

Edmonds District Stadium, Edmonds, Washington

OUTSTANDING PERFORMANCES

Female -- Stephanie Jaross in the high jump

Male -- Justin Lawrence in the triple jump

TOTAL ENTRIES -- 260

FIELD EVENT RESULTS

Kids High Jump

1. Natalie Buslach (un/F12) 1.14m (3-9); 2. Shelley Koehn (un/F12) 1.04m (3-5); 3. Michael Barrock (un/M11) 0.99m (3-3); nh. Xavier Mickelsen (un/M12).

Women's High Jump

1. Stephanie Jaross (un/F22) 1.67m (5-5 3/4).

Men's High Jump

1. Brian Burns (un/M18) 1.82m (5-11 3/4); 2. (tie) Tim Carrithers (un/M15) and Jeremy Taiwo (un/M14) 1.72m (5-7 3/4); 4. Jeremy McIver (un/M29) 1.67m (5-6); 5. (tie) Bryant Shiu (un/M15) and Bruce McLean (un/M48) 1.62m (5-3 3/4).

Women's Pole Vault

1. Stevie Marshalek (un/F19) 3.65m (12-0); 2. Kathleen Donoghue (un/F22) 3.43m (11-3); 3. Andrea Peterson (un/F18) 2.97m (9-9); 4. Jessica Creelman (un/F18) 2.97m (9-9); 5. Susan Sifferman (un/F19) 2.06m (6-9); nh. Julia Byers (un/F17).

Men's Pole Vault

1. Ryan Vu (un/M16) 3.88m (12-9); 2. Steve Marshalek (un/M??) 3.20m (10-6); 3. Steven Fell (un/M17) 3.20m (10-6); 4. Matt Fonda (un/M15) 2.97m (9-9); 5. David Cole (un/M??) 2.51m (8-3); 6. Dave Butler (un/M64) 2.28m (7-6); nh. Charlie Shugart (un/M45).

Kid's Long Jump

1. Dustin McPhillips (un/M08) 3.71m (12-2); 2. Trevor Harron (un/M13) 3.66m (12-0); 3. Michael Barrack (un/M11) 3.12m (10-3); 4. Jennifer Barrack (un/F09) 2.67m (8-9); 5. Hannah Day (un/F08) 2.30m (7-6); 6. Austin Venhaus (un/M09) 2.21m (7-3); 7. Nathan McIver (un/M06) 1.73m (5-8); 8. (tie) Matthew Wilkinson (un/M07) and Charley Funk (un/M04) 1.52m (5-0); 10. Jonathon (un/M04) 1.22m (4-0); 11. Jon Ezra (un/M05) 1.06m (3-6); 12. Taj Hitee-Magee (un/M04) 1.06 (3-6); 13. (tie) Jonas Kohn (un/M04) and Nicholas McIver (un/M03) 1.00m (3-3).

Women's Long Jump

1. Katelyn Waterhouse (un/F20) 4.93m (16-2); 2. Susan Quick (un/F18) 4.62m (15-2); 3. Renee Gittins (un/F14) 3.91m (12-10); 4. Susan Sifferman (un/F19) 3.74m (12-3 1/2).

Men's Long Jump

1. Rickey Moody (un/M19) 6.86m (22-6); 2. Justin Lawrence (CNW/M23) 6.73m (22-1); 3. Joseph Taiwo (un/M44) 6.46m (21-2 1/4); 4. Tim Carrithers (un/M15) 5.92m (19-5); 5. Brian Van (un/M17) 5.69m (18-8).

Women's Triple Jump

1. Katelyn Waterhouse (un/F20) 10.12m (33-2 1/2); 2. Renee Gittins (un/F14) 8.22m (26-11 1/2).

Men's Triple Jump

1. Justin Lawrence (CNW/M23) 14.41m (47-3 1/4); 2. Rickey Moody (un/M19) 12.94m (42-5 1/2); 3. Brian Van (un/M17) 12.21m (40-0 3/4); 4. Jon Beardsley (un/M17) 10.80m (35-5 1/4); 5. Travis Glover (un/M19) 10.67m (35-0 1/4).

Kid's Shot Put

(6lb) 1. Trevor Harron (un/M13) 6.67m (21-10 1/2).

Men's Shot Put

(16lb) 1. Jacob Lipson (un/M19) 9.78m (32-1).

(12lb) 1. Tim Carrithers (LynnHS/M15) 11.25m (36-11); Jeff Skiba (CNW/M20) 10.94m (35-10 3/4); 3. David Parnell (un/M23) 10.53m (34-6 1/2); 4. Robin Gunterman (un/M19) 9.48m (31-1 1/4).

Women's Discus Throw

(1.0kg) 1. Stephanie Skiba (un/F14) 15.98m (52-5 1/4).

Men's Discus Throw

(1.0kg) 1. Trevor Harron (un/M13) 15.42m (50-7 1/4).

(1.5kg) 1. Jeff Skiba (CNW/M20) 42.70m (140-1); 2. David Parnell (un/M24) 32.82m (107-8).

(2.0kg) 1. Rickey Moody (un/M19) 38.95m (127-9 1/2); 2. Vincent Radish (un/M19) 37.08m (121-8); 3. Ben Dillow (un/M19) 33.39m (109-6 1/2); 4. Travis Glover (un/M19) 21.06m (69-1 1/4).

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

1. Trevor Harron (un/M13) 32.0y (105-0); 2. Dustin McPhillips (un/M08) 22.0y (72-2 1/4); 3. Austin Venhaus (un/M09) 19.0y (62-4); 4. Michael Barrack (un/M11) 15.5y (50-10 1/2); 5. Natalie Buslach (un/F12) 14.0y (45-11 1/4); 6. Shelley Koehn (un/F12) 12y 39-4 1/2); 7. Casey Funk (un/M06) 10.0y (32-9 3/4); 8. Nathan McIver (un/M06) 6.5y (21-4); 9. Cassidy Buslach (un/F06) 5.5y (18-0 3/4); 10. Jonas Kohn (un/M04) 4.5y (14-9 1/4); 11. Taj Hitee-Magee (un/M04) 3.5y (11-6); 12. (tie) Nicholas McIver (un/M03) and Jonathan Robinson (un/M04) 3y (9-10).

Men's Javelin Throw

(800g) 1. Ben Dillow (un/M19) 49.38m (162-0); 2. Stephen Kreiger (un/M16) 42.12m (138-2); 3. Jacob Lipson (un/M19) 39.19m (128-7); 4. Keith Barrack (un/M16) 30.47m (99-11); 5. Trevor Harron (un/M13) 20.92m (68-7 1/2).

TRACK EVENT RESULTS

Kid's 100-meter Dash

1. Trevor Harron (un/M13) 15.8h; 2. Natalie Buslach (un/F12) 15.9h; 3. Michael Barrack (un/M11) 16.6h; 4. Shelley Koehn (un/F12) 16.7h; 5. Dustin McPhillips (un/M08) 17.4h; 6. Brian Hughes (un/M09) 17.8h; 7. Tommy McDonald (un/M08) 19.8h; 8. Jacob Kohn (un/M06) 21.3h; 9. Matthew Wilkinson (un/M07) 21.8h; 10. Sabine Stonkus (un/F07) 22.0h; 11. Cassidy Buslach (un/F06) 22.2h; 12. Nathan McIver (un/M06) 24.9h; 13. Jonas Kohn (un/M04) 25.2h; 14. Charlie Funk (un/M04) 27.1h; 15. Taj Hitee-Mague (un/M04) 27.2h; 16. Casey Funk (un/M06) 28.9h.

Kid's 50-meter Dash

1. Trevor Harron (un/M13) 8.0h; 2. Natalie Buslach (un/F12) 8.1h; 3. Shelley Koehn (un/F12) 8.6h; 4. (tie) Jennifer Barrack (un/F09) and Michael Barrack (un/M11) 8.8h; 6. Dustin McPhillips (un/M08) 8.9h; 7. Brian Hughes (un/M09) 9.1h; 8. Tom McDonald (un/M08) 9.2h; 9. Hannah Day (un/F08) 10.3h; 10. (tie) Jacob Kohn (un/M06) and Sabine Stonkus (un/F07) 10.5h; 12. Matthew Wilkinson (un/M07) 10.8h; 13. Cassidy Buslach (un/F06) 10.9h; 14. Jonas Kohn (un/M04) 11.9h; 15. Nathan McIver (un/M06) 11.8h; 16. Jonathan Robinson (un/M04) 12.0h; 17. Casey Funk (un/M06) 13.2h; 18. Taj Hitee-Magee (un/M04) 11.9h; 19. John Ezra Day (un/M05) 13.9h; 20. Charlie Funk (un/M04) 15.4h.

Kid's 200-meter Dash

1. Trevor Harron (un/M13) 36.0h; 2. Shelley Koehn (un/F12) 37.6h; 3. Dustin McPhillips (un/M08) 37.9h; 4. Brian Hughes (un/M09) 38.0h; 5. Matthew Wilkinson (un/M07) 48.2h; 6. Hannah Day (un/F08) 48.6h; 7. Jacob Kohn (un/M06) 49.3h; 8. Sabine Stonkus (un/F07) 51.4h; 9. John Ezra Day (un/M05) 67.6h.

Kid's Mile Jog

1. Xavier Mickelson (un/M12) 6:40.3h; 2. Trevor Harron (un/M13) 7:31.3h; 3. Brian Hughes (un/M09) 7:33.6h.

Women's 400-meter Hurdles

1. Renee Gittins (un/F14) 75.8h; 2. Barbara Johnshoy (un/F17) 78.3h.

Men's 400-meter Hurdles

(36") 1. Jeremiah Avila (un/M17) 64.9h.

(33") 1. David Ortman (un/M51) 63.3h.

Women's 200-meter Dash

1. Susan Quick (un/F18) 28.0h; 2. Sophie Merrick (un/F17) 28.8h; 3. Heather Black (un/F15) 32.7h.

Men's 200-meter Dash

1. Travis Glover (un/M19) 23.1h; 2. (tie) Janssen Solberg (un/M16) and Ben Dillow (un/M19) 23.8h; 4. Tim Carrithers (un/M15) 24.1h; 5. (tie) Chad Smith (un/M18) and David Hanssler (GER/M20) 24.3h; 7. Ben Blackmer (un/M28) 24.5h; 8. (tie) Jarrett Habu (un/M19) and Kevin Means (un/M18) 24.9h; 10. Brian Burns (un/M18) 25.3h; 11. David E. Ortman (un/M51) 25.7h; 12. Keith Barrack (un/M16) 26.6h; 13. Maurice Fabien (un/M15) 26.7h; 14. Scott Copeland (Un/M45) 27.6h; 15. Will Leslie (un/M59) 28.6h.

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

1. Bruce McLean (un/M48) 7:59-7:58 -1; 2. (tie) Mark Looi (un/M44) 8:00-7:58 -2 and Michael Allison (un/M52) 7:10-7:12 +2; 4. Barbara Johnshoy (un/F17) 7:20-7:23 +3; 5. (tie) Jacob Lipson (un/M19) 6:09-6:13 +4 and Jeff Jergens (un/M17) 7:00-7:04 +4; 7. (tie) Sven Koehush (un/M33) 8:15-8:10 -5 and Nikki D'Amico (un/F18) 6:20-6:25 +5; 9. (tie) Amanuel Erichson (un/M20) 7:20-7:13 -7 and Shane Carothers (un/M23) 6:00-5:53 -7; 11. Geoff Weatherbie (un/M23) 6:13-6:05 -8; 12. (tie) Taneal Detschman (un/F15) 7:18-7:08 -10 and Jeff Razor (un/M20) 6:55-7:05 +10; 14. Robin Conterman (un/M19) 6:00-5:49 -11; 15. Jenny Serrato (un/F16) 7:20-7:33 +13; 16. Paul Ku (un/M39) 7:35-7:21 -14; 17. Alex Looi (un/M13) 7:00-7:15 +15; 18. Kelvine Freeman (un/M37) 7:02-6:44 -18; 19. (tie) Lawrence Xia (un/M42) 7:30-7:49 +19 and Max Moehs (un/M42) 6:30-6:11 -19; 21. Will Leslie (un/M59) 8:30-8:52 +22; 22. Bjorn Begelman (un/M20) 7:30-7:07 -23; 23. David Cole (un/M27) 7:30-7:06 -24; 24. Robin Brooks (un/F19) 7:30-7:01 -29; 25. Jesse Childs (un/M18) 8:00-7:27 -33; 26. (tie) Steve Meyer (un/M48) 8:00-7:25 -35 and Joe Fata (un/M26) 8:00-7:25 -35; 28. Charles Seirier (un/M15) 6:30-7:09 +39; 29. John Beardsley (un/M17) 7:24-6:44 -40; 30. Stephanie Jaross (un/F22) 7:32-6:50 -42; 31. Sandra Stafford (un/F18) 7:45-7:02 -43; 32. Jamie Gifford (un/M42) 8:00-7:09 -51; 33. Abe Hehn (un/M13) 8:40-7:41 -59; 34. (tie) Jason Wimbush (un/M13) 8:00-6:43 -1:17 and Kevin Means (un/M18) 8:00-6:43 -1:17; 36. Mark Anderson (un/M16) 7:35-6:15 -1:20; 37. Jim Gadell (un/M45) 10:00-8:04 -1:56.

Co-ed 4x100-meter Relay

1. Solberg Family (Janssen/Sheryl/Chris/Seely) 53.1h; 2. GHS (Means M18/Wimbish M15) 59.4h; 3. The Lockers of the Keys in the Car (Sandra F18/Barbara F17) 66.5h.

Women's Mile Run

1. Robin Brooks (un/F19) 6:02.2h.

Men's Mile Run

1. Michael Dols (un/M17) 4:28.7h; 2. Charles Serisler (un/M15) 4:52.1h; 3. Bjorn Begelman (un/M20) 4:55.0h; 4. Shellay Schenell (un/M37) 4:56.1h; 5. Craig Atkinson (un/M20) 4:56.6h; 6. Alex Looi (un/M15) 4:57.6h; 7. Paul Rice (un/M39) 4:59.3h; 8. Jake Nist (un/M27) 5:05.3h; 9. Joe Fitta (un/M26) 5:10.5h; 10. Jamie Gifford (un/M42) 5:11.7h; 11. Ted Winskill (un/M30) 5:13.4h; 12. David Cole (un/M27) 5:13.9h; 13. Steve Grichel (un/M29) 5:14.1h; 14. Sven Koehusk (un/M33) 5:18.0h; 15. Amanuel Erickson (un/M20) 5:18.2h; 16. Scot Neff (un/M28) 5:30.9h; 17. Matthew Paul (un/M24) 5:38.9h; 18. Abe Hehn (un/M13) 5:42.0h; 19. Mark Cooi (un/M44) 5:43.8h; 20. Jim Sullivan (un/M38) 5:44.8h; 21. Tony Robinson (un/M37) 6:05.3h; 22. Steve Meyer (un/M48) 6:05.8h; 23. Lawrence Xiu (un/M43) 7:06.3.

Women's 400-meter Dash

1. Robin Brooks (un/F19) 72.4h; 2. Taneal Detschman (un/F15) 73.7h.

Men's 400-meter Dash

1. Kevin Means (un/M18) 55.8h; 2. Robin Conterman (un/M19) 57.7h; 3. Shane Carothers (un/M23) 58.3h; 4. Slavo Vicskicek (un/M32) 58.5h; 5. Geoff Weatherbie (un/M23) 59.5h.

Women's 800-meter Dash

1. Robin Brooks (un/F19) 2:56.8h.

Men's 800-meter Dash

1. John Ruud (un/M35) 2:07.9h; 2. Bjorn Begelman (un/M20) 2:13.4h; 3. Jason Wimbish (un/M13) 2:16.9h; 4. Arny Stonkus (un/M49) 2:17.6h; 5. Joe Fata (un/M26) 2:21.5h; 6. David Cole (un/M27) 2:25.3h; 7. Michael Allison (un/M52) 2:25.6h; 8. Mark Anderson (un/M16) 2:26.9h; 9. Jim Sullivan (un/M48) 2:45.6h; 10. Kevin Means (un/M18) 3:06.9.

Men's 5000-meter Run

1. Jeff Razor (un/M20) 17:20.8; 2. Alex Looi (un/M15) 17:45.8; 3. Casey Kellogg (un/M22) 17:59.5; 4. Patrick Linday (un/M32) 18:06.9; 5. Brian VanHouten (un/M29) 18:16.1; 6. Michael Allison (un/M52) 19:14.7; 7. Ben Hait-Campbell (un/M15) 19:19.1; 8. Mark Looi (un/M44) 19:22.0; 9. Jim Gardell (un/M??) 19:31.4; 10. David Cole (un/M27) 19:40.7; 11. Joe Wilcox (un/M61) 20:57.6; 12. Jim Sullivan (un/M48) 21:01.4. DNF: Lawrence Xian (un/M42).

No entries

Women's Shot Put, Women's Javelin Throw, Co-ed Race Walk, Co-ed 4x400-meter Relay, and Women's 5000-meter Run.