

MEET 12 — 11 AUGUST 2004
SPONSORED BY VSM CONTRACTORS
Edmonds District Stadium, Edmonds, Washington

OUTSTANDING PERFORMANCES

Male -- Zachary Lowery, Bakersfield CA Yellowjackets/M10, in at least five kids events
Female -- Caitlin Bonney, CNW, in the 400-meter hurdles

TOTAL ENTRIES -- 265

FIELD EVENT RESULTS

Kids High Jump

1. Kyle Lowery (Bakersfield CA Yellowjackets/M12) .88m (2-10 3/4).

Women's High Jump

1. Tina Shoemaker (un/F16) 1.43m (4-8 1/4).

Men's High Jump

1. Lars Teigen (un/M19) 1.88m (6-2); 2. John Forier (un/M42) 1.88 (6-2); 3. Vince Kinney (un/M17) 1.83 (6-0); 4. Cam Baily (un/M18) 1.73m (5-8); 5. Jeremy McIver (un/M29) 1.68m (5-6 1/4); 6. Tim Carrithers (un/M15) 1.63 (5-4 1/4); 7. (tie) David Ortman (un/M51) and Bruce McLean (CNW/M48) 1.63m (5-4 1/4).

Women's Pole Vault

1. Jessica Creelman (un/F18) m (9-6); 2. Susan Sifferman (un/F19) m (6-0).

Men's Pole Vault

1. Ron Johnson (un/M34) m (14-0); 2. Seth Marshalek (un/M21) m (13-0); 3. Mat Jelley (un/M18) m (12-6); 4. Seth Cordell (un/M17) m (11-6); 5. Steven Fell (un/M17) 3.20m (10-6); 6. Matthew Palfenier (un/M16) 3.05m (10-0); 7. David Pinkerton (un/M16) 3.05m (10-0); 8. Joe Chiarrilli (un/M18) 3.05m (10-0); 9. David Cole (un/M27) m (8-6); 10. Michael Turner (un/M15) m (8-0); 11. Dave Butler (un/M64) m (7-6); 12. Jesse Winters (un/M14) m (6-6); nh John Winters (CNW/M49).

Kid's Long Jump

1. Trevor Harron (un/M13) 3.52m (11-6 1/2); 2. Zachary Lowery (Bakersfield CA Yellowjackets/ M10) 3.48m (11-5); 3. Dustin McPhillips (un/M08) 3.12m (10-2 3/4); 4. Spencer Shangrow (un/M09) 3.05m (10-0); 5. Spencer Mitchell (un/M07) 2.61m (8-7); 6. Brooks Terry (un/M09) 2.50m (8-2 1/2); 7. Hannah Day (un/F08) 2.40 (7-10 1/2); 8. Christopher Telomen (un/M13) 2.31m (7-7); 9. Conner Mitchell (un/M07) 2.23m (7-3 1/4); 10. Beck Fosberg (un/M05) 2.17m (7-1 1/2); 11. Nathan McIver (un/M06) 1.75m (5-9); 12. Jack Delich (un/M07) 1.60m (5-3); 13. Jeffrey Telomen (un/M06) 1.59m (5-2 1/2); 14. John Ezra Day (un/M05) 1.36m (4-5 1/2); 15. Ingrid Fosberg (un/F03) 1.28m (4-2 1/2); 16. Nicholas McIver (un/M03) 1.1m (3-3 3/4).

Women's Long Jump

1. Caitlen Waterhouse (un/F20) 5.18m (17-0); 2. Susan Sifferman (un/F19) 4.03m (13-2 3/4).

Men's Long Jump

1. Ben Dillow (un/M19) 6.14m (20-1 3/4); 2. Tim Carrithers (un/M15) 5.99m (19-8).

Men's Triple Jump

1. John Forier (un/M42) 11.36m (37-3 1/4); 2. David E. Ortman (un/M51) 10.49m (34-5); nm Justin Lawrence (CNW/M23).

Kid's Shot Put

(4kg) 1. Trevor Harron (un/M13) 6.49m (21-3 1/2).

Women's Shot Put

(4kg) 1. Jennifer Conner (CNW/F19) 10.27m (33-8 1/4).

Men's Shot Put

(16lb) 1. Doug Blaty (un/M21) 11.39m (37-4 1/2); 2. Rod Wilcox (un/M38) 8.98m (29-5 1/2); 3. Doug Prestrud (un/M47)

8.04m (26-4 1/2).

(12lb) 1. Donovan Montrogs (un/M16) 10.67m (35-0).

Women's Discus Throw

(1.0kg) 1. Jennifer Conner (CNW/F19) 30.81m (101-1).

Men's Discus Throw

(1.6kg) 1. Donovan Montross (un/M16) 35.01m (114-10).

(2.0kg) 1. Vince Radish (un/M19) 39.79m (130-6); 2. Doug Blaty (un/M21) 33.76m (110-9); 3. Rod Wilcox (un/M38) 30.83m (101-1).

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

1. Trevor Harron (un/M13) 31.0y; 2. (tie) Kyle Lowery (Bakersfield CA Yellowjackets/M12) and Spencer Shangrow (un/M09) 22.0y; 4. Christopher Teloman (un/M13) 20.5y; 5. Dustin McPhillips (un/M08) 18.0y; 6. (tie) Jason Winters (un/M10) and Jesse Winters (un/M14) 15.0y; 8. Andrew Ayers (un/M07) 13.5y; 9. Conner Mitchell (un/M07) 13.0y; 10. Jack Delich (un/M07) 11.0y; 11. Brooks Terry (un/M09) 10.5y; 12. Spencer Mitchell (un/M07) 10.0y; 13. Jesse Goldstone (un/M05) 7.0y; 14. Beck Fosberg (un/M05) 6.5y; 15. Jeffrey Telomen (un/M06) 6.0y; 16. Nathan McIver (un/M06) 5.5y; 17. Nicholas McIver (un/M03) 4.0y; 18. (tie) Sailor Delich (un/F05) and Sam Delich (un/M03) 3.0y; 20. Ingrid Fosberg (un/F03) 2.5y.

Men's Javelin Throw

(800g) 1. Lars Telgen (un/M19) 40.24m (132-0); 2. Donovan Montran (un/M16) 33.76m (110-9); 3. Scott Copeland (un/M45) 29.34m (96-3); 4. Trevor Harron (un/M13) 25.60m (84-0).

TRACK EVENT RESULTS

Kid's 100-meter Dash

1. Zachary Lowery (Bakersfield CA Yellowjackets/M10) 15.7h; 2. Trevor Harron (un/M13) 16.3h; 3. Spencer Shangrow (un/M9) 17.0h; 4. Dustin McPhillips (un/M8) 18.0h; 5. Andrew Ayers (un/M7) 19.1h; 6. Hannah Day (un/F8) 21.4h; 7. Jack Delich (un/M7) 21.7h; 8. Beck Fosberg (un/M5) 23.2h; 9. Jeffrey Telomen (un/M6) 26.5h; 10. John Ezra Day (un/M5) 29.5h; 11. Ingrid Fosberg (un/F3) 31.4h.

Kid's 50-meter Dash

1. Zachary Lowery (Bakersfield CA Yellowjackets/M10) 8.3h; 2. Spencer Shangrow (un/M09) 8.6h; 3. Dustin McPhillips (un/M08) 9.1h; 4. Julia Winters (un/F07) 9.4h; 5. Andrew Ayers (un/M07) 9.8h; 6. David Goldstone (un/M09) 9.9h; 7. Spencer Mitchell (un/M07) 10.3h; 8. (tie) Brooks Terry (un/M09) and Ava Oakley (un/F07) 10.4h; 10. Hannah Day (un/F08) 10.5h; 11. Conner Michell (un/M07) 11.0 12. Jack Delich (un/M07) 11.5h; 13. Jesse Goldstone (un/M05) 11.6h; 14. Beck Fosberg (un/M50) 11.9h; 15. Nathan McIver (un/M06) 12.3h; 16. John Ezra Day (un/M05) 15.6h; 17. (tie) Sailor Delich (un/F07) and Ingrid Fosberg (un/F03) and Nicholas McIver (un/M03) 16.1h; 20. Sam Delich (un/M03) 21.4h.

Kid's 200-meter Dash

1. Zachary Lowery (Bakersfield CA Yellowjackets/M10) 33.5h; 2. Trevor Harron (un/M13) 34.1h; 3. Spencer Shangrow (un/M09) 35.3h; 4. David Goldstone (un/M09) 35.9h; 5. Andrew Ayers (un/M07) 38.2h; 6. Dustin McPhillips (un/M08) 38.4h; 7. Julia Winters (un/F07) 41.0h; 8. Jesse Goldstone (un/M05) 46.7h; 9. Jack Delich (un/M07) 50.9h; 10. Beck Fosberg (un/M05) 53.0h; 11. Nathan McIver (un/M06) 56.7; 12. Sailor Delich (un/F05) 58.2h; 15. Sam Delich (un/M03) 86.7h.

Kid's Mile Jog

1. David Goldstone (un/M09) 6:13.1h; 2. Andrew Ayers (un/M07) 7:36.3h; 3. Trevor Harron (un/M13) 7:40.6h; 4. Spencer Shangrow (un/M09) 7:52.1h; 5. Dustin McPhillips (un/M08) 7:55.3h; 6. Jesse Goldstone (un/M05) 8:15.0h; 7. Jeffrey Telomen (un/M06) 10:34.3h; 8. Hannah Day (un/F08) 11:50.0h; 9. Jack Delich (un/M07) 13:57.0h.

Women's 400-meter Hurdles

1. Caitlin Bonney (CNW/F16) 69.1h; 2. Robyn Embrey (un/F19) 69.9h; 3. Susan Sifferman (un/F19) 84.7.

Men's 200-meter Dash

1. (tie) Blake Marshall (un/M19) and Ben Dillow (un/M19) 23.3h; 3. Tim Carrithers (un/M15) 24.6h; 4. Daniel Hanssler (un/M20) 24.7h; 5. (tie) Vince Kinney (un/M17) and Brett Ronville (un/M17) 25.1h; 7. David Ortman (un/M51) 25.2; 8. Taylor Reid (un/M17) 25.8h; 9. Cam Bailey (un/M18) 26.4h; 10. Jeremy Koenig (un/M17) 26.8h; 11. Scott Copeland

(un/M45) 27.3h; 12. David Koenig (un/M19) 27.5h; 13. Kelvin Freeman (un/M37) 27.9h.

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

1. (tie) Nikki D'Amico (CNW/F18) 6:23-6:23 **ZERO** and Jonathon Nelson (un/M15) 7:15-7:15 **ZERO**; 3. David Goldstone (un/M09) 6:15-6:16 **+1**; 4. (tie) Phyllis Nelson (un/F57) 8:00-7:58 **-2**, Mark Looi (un/M44) 8:00-7:58 **-2**, Jack Prestrud (CNW/M47) 6:15-6:13 **-2** and Bruce McLean (CNW/M48) 7:54-7:52 **-2**; 8. Alex Looi (un/M15) 7:15-7:19 **+4**; 9. David Cole (un/M27) 7:15-7:20 **+5**; 10. (tie) Uli Steidl (SRC/M32) 6:00-5:54 **+6** and Garret Van Swearingen (un/M16) 7:00-6:54 **-6**; 12. (tie) Regina Joyce (CNW/F48) 7:00-6:53 **-7** and Lawrence Xiao 7:30-7:37 **+7**; 13. Jason Winters (un/M10) 9:00-9:08 **+8**; 14. (tie) Jeff Helmer **+10** and Cheryl Robinson (CNW/F32) 7:08-7:18 **+10** and Jeff Jergens (un/M17) 7:04-6:54 **-10**; 17. Max Moehls (un/M/42) 5:45-5:56 **+11**; 18. (tie) Jason Paur (un/M34) 6:30-6:42 **+12** and Jon Beardsley (un/M17) 7:00-6:48 **-12** and Jeremy Rasor (un/M15) 7:00-6:48 **-12**; 21. John Goldstone (un/M46) 5:45-5:58 **+13**; 22. Jordan Jolliffe (un/M16) 5:55-6:09 **+14**; 23. Jan Winters (un/F48) 9:00-9:15 **+15**; 24. Jeremiah Jolliffe (un/M16) 5:30-5:46 **+16**; 25. Jeff Rasor (un/M20) 7:01-6:44 **-17**; 26. Brian Van Houten (CNW/M29) 7:26-7:08 **-18**; 27. Neal Stoddard (un/M61) 8:15-7:51 **-24**; 28. David Koenig (un/M19) 5:45-6:24 **+39**; 29. Jesse Goldstone (un/M05) 8:50-9:47 **+57**; 30. (tie) Christopher Telomen (un/M13) 10:00-8:15 **-1:45** and Rodney Telomen (un/M50) 10:00-8:15 **-1:45**; 32. Jim Gardell (un/M50) 10:00-8:01 **-1:59**.

Women's Mile Run

1. Bevin Peters (un/F17) 5:17.8h; 2. Regina Joyce (CNW/F47) 5.17.9h; 3. Phyllis Nelson (un/F57) 6:47.9h.

Men's Mile Run

1. Brian Brancheau (CNW/M23) 4:24.1h; 2. Jeff Bigham (un/M23) 4:30.8h; 3. Ryan Reed (un/M26) 4:46.7h; 4. Pat Dill (un/M27) 4:46.9h; 5. Keith Laverty (un/M17) 4:50.4h; 6. Jason Pair (un/M34) 4:55.6h; 7. Jack Prestrud (CNW/M47) 5:02.1h; 8. Amanuel Erickson (un/M20) 5:02.5h; 9. Sean Delich (un/M35) 5:03.2h; 10. Alex Looi (un/M13) 5:03.5h; 11. Ted Winskill (un/M30) 5:04.5h; 12. Brian VanHouten (CNW/M29) 5:09.3h; 13. Jeremiah Jolliffe (un/M16) 5:16.4h; 14. Kevin Iverson (un/M18) 5:17.6h; 15. David Cole (un/M27) 5:21.7h; 16. Matthew Paul (un/M24) 5:32.9h; 17. Mark Looi (un/M44) 5:40.2h; 18. Jim Sullivan (un/M48) 5:42.4h; 19. Abe Hehn (un/M13) 5:42.6h; 20. Thomas Sullivan (un/M15) 5:46.8h; 21. Tony Robinson (CNW/M32) 5:48.6h; 22. Lawrence Xiao (un/M42) 6:26.3h.

Men's 400-meter Dash

1. Ben Dillow (un/M17) 52.6h; 2. Vince Kinney (un/M17) 53.3h; 3. Tim Carrithers (un/M15) 53.4; 4. Taylor Reid (un/M17) 56.5h; 5. Scott Copeland (un/M45) 63.7h; 6. Brian Van Houten (CNW/M29) 64.2h; 7. Will Lescie (un/M59) 69.5h.

Women's 800-meter Dash

1. Robyn Embrey (un/F19) 2:39.4h; 2. Phyllis Nelson (un/F57) 3:11.3h.

Men's 800-meter Dash

1. Jeff Bigham (un/M23) 2:06.4h; 2. John Rudd (un/M35) 2:06.6h; 3. Jason Wimbish (un/M15) 2:13.1h; 4. Keith Laverty (un/M17) 2:14.6h; 5. Jeremy Rasor (un/M15) 2:18.9h; 6. Jon Beardsley (un/M17) 2:19.1h; 7. Zach Williams (un/M18) 2:21.4h; 8. Brian Van Houten (CNW/M29) 2:29.9h; 9. David Cole (un/M27) 2:33.5h; 10. Thomas Sullivan (un/M15) 2:42.8h; 11. Jim Sullivan (un/M48) 2:42.9h; 12. Neal Stoddard (un/M61) 3:25.3h.

Co-ed 4x400-meter Relay

1. Sam (un/M19)/Doyle(un/M18)/Sam/Doyle 3:53.3h.

Women's 5000-meter Run

1. Bevin Peters (un/F17) 20:32.3h; 2. Kaitlyn Golden (un/F16) 21:04.7h; 3. Phyllis Nelson (un/F57) 24:14.6h.

Men's 5000-meter Run

1. Floyd Bangerter (un/M23) 15:33.1h; 2. Carlo Lozano (un/M19) 15:39.9h; 3. Dagen Bendixen (un/M25) 16:11.5h; 4. J. Aguirre (un/M26) 16:15.0h; 5. Jeff Bigham (un/M23) 16:32.4h; 6. Todd Clancy (un/M17) 16:39.9h; 7. Garret Van Swearingen (un/M16) 16:43.9h; 8. Jeff Rasor (un/M20) 16:46.5h; 9. Curt Lockard (un/M17) 16:48.9h; 10. Justin Wolfe (un/M16) 17:17.6h; 11. Jeff Helmer (un/M16) 17:52.5h; 12. Alex Looi (un/M19) 18:15.5h; 13. Julian A. Sister (un/M17) 18:22.3h; 14. Kevin Iverson (un/M18) 18:23.6h; 15. Jonathon Nelson (un/M15) 18:56.8h; 16. Jim Gardell (un/M50) 19:23.7h; 17. Mark Looi (un/M44) 19:46.4h; 18. Nick Iverson (un/M15) 20:12.6h; 19. David Cole (un/M27) 20:16.6h; 20. Justin O. (un/M17) 20:19.0h; 21. Thomas Sullivan (un/M15) 20:39.5h; 22. Brian Van Houten (CNW/M29) 20:40.0h; 23. Jim Sullivan (un/M48) 20:45.2h; 24. Lawrence Xiao (un/M42) 24:39.2h.

No entries

Women's Triple Jump, Women's Javelin Throw, Co-ed Mile Race Walk, Men's 400 Meter Hurdles, Women's 200-meter Dash, Co-ed 4x100-meter Relay, and Women's 400-meter Dash.