

## Club Northwest Summer All-Comers Track & Field Meets Presented by Road Runner Sports

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**MEET 07 -- 13 JULY 2005**

**Sponsored by the Lost Planet Runners as**

**THE THROWER'S CARNIVALE**

**Shoreline District Stadium, Shoreline, Washington (Hammer at West Seattle Stadium, Seattle, Washington)**

### OUTSTANDING PERFORMANCES

Male -- Rob Minnitti in the Javelin

Female -- Danielle Ayers-Stamper in several events

**TOTAL ENTRIES** -- 330

### FIELD EVENT RESULTS

#### Kids High Jump

1. Ashley Cormier (un/F13) 1.20m (3-11 1/4); 2. Amy-Eloise Neale (ESTC/F9) 1.15m (3-9 1/4); nh. Brad Riggs (un/M9).

#### Women's High Jump

1. Amy Brewin (un/F28) 1.15m (3-9 1/4); 2. RaeAnne Grabowski (un/F19) 1.15m (3-9 1/4); nh. Allie Burner (un/F15), Brittlyn Zella (un/F15).

#### Men's High Jump

1. Norris Frederick (un/M19) 2.00m (6-6 3/4); 2. Vince Kinney (un/M18) 1.85m (6-0 3/4); 3. Roger Bly (un/M39) 1.75m (5-9); 4. Rod Wilcox (un/M39) 1.70m (5-7); 5. JR Wolfork (un/M22) 1.65m (5-5); 6. Tim Carrithers (un/M16) 1.60m (5-5); 7. Bruce McLean (un/M49) 1.60m (5-3); 8. Nikko Heurtas (un/M17) 1.50m (4-11); 9. Alec Fellows (un/M12) 1.45m (4-9); 10. Phil Milliman (un/M53) 1.35m (4-5 1/4); 11. Chuck Milliman (un/M72) 1.10m (3-7 1/4).

#### Women's Pole Vault

1. Allie Hedges (SPU/F21) 3.36m (11-0 1/4); 2. Taylor Fjeran (Kamiak/F16) 2.67m (8-9); 3. Valan Calvo (un/F15) 2.67m (8-9); 4. (tie) Stephanie Singer (Kamiak/F18) and RaeAnne Grabowski (un/F19) 2.44m (8-0); 6. Julie Mitchell (Snohomish/F14) 2.44m (8-0); 7. Chelsea Nicholas (un/F17) 2.44m (8-0); 8. Susan Sifferman (un/F20) 2.44m (8-0); 9. Brittlyn Zeller (un/F15) 1.98m (6-6); nh. Allie Barner (un/F150) and Amy Brewin (un/F27).

#### Men's Pole Vault

1. Josh Winters (un/M17) 4.35m (14-3 1/4); 2. Ryan Vu (un/M17) 4.12m (13-6 1/2); 3. Sean Beighton (un/M16) 3.89m (12-9 1/4); 4. Garret Handy (un/M16) 3.89m (12-9 1/4); 5. Ron Johnson (un/M35) 3.89m (12-9 1/4); 6. Seth Cordell (Everett/M18) 3.66m (12-0); 7. David Pinkerton (Snohomish/M17) 3.66m (12-0); 8. Kiel Rasp (un/M16) 3.66m (12-0); 9. Paul Angell (un/M42) 3.43m (11-3); 10. Richard Notturmo (un/M16) 3.36m (11-0 1/4); 11. Sirak Chhao (un/M15) 3.20m (10-6); 12. (tie) Vince Kinney (un/M18) and Phil Milliman (Federal Way/M53) 3.13m (10-3 1/4); 14. Danny Coleman (CPCS/M15) 2.90m (9-6 1/4); 15. Mitch Sontra (Everett/M17) 2.67m (8-9); 16. Ray Zoellick (un/M15) 2.44m (8-0); 17. Chuck Milliman (Sequim/M72) 1.98m (6-6); nh. Brian Leith (un/M18).

#### Kid's Long Jump

1. Jordan Duncan (un/M9) 3.20m (10-6); 2. Dustin McPhilips (un/M9) 3.17m (10-4 3/4); 3. Alec Wade (un/M9) 2.74m (8-11 3/4); 4. Wayanna Dolan (un/F10) 2.62m (8-7 1/4); 5. Arianna Duncan (un/F7) 2.52m (8-3 1/4); 6. Daniel Jennings (un/M8) 2.50m (8-2 1/2); 7. Beck Fosberg (un/M6) 2.33m (7-7 3/4); 8. Mathew Jennings (un/M6) 2.25m (7-4 1/2); 9. Nathan McIver (un/M7) 2.23m (7-3 3/4); 10. Dylan Tumbic (un/M9) 2.00m (6-6 3/4); 11. Ingrid Fosberg (un/F4) 1.60m (5-3); 12. Nicholas McIver (un/M4) 1.26m (4-1 1/2); 13. Chase Johnson (un/M3) 1.00m (3-3 1/4); 14. Jonathan Robinson (un/M5) 0.90m (2-11 1/2); 15. Gabriel Robinson (un/M3) 0.87m (2-10 1/4); 16. Evan Brown (un/M4) 0.82m (2-8 1/4); 17. Catherine Bemini (un/F4) 0.50m (1-7 3/4).

#### Women's Long Jump

1. Susan Sifferman (un/F20) 3.68m (12-1).

#### Men's Long Jump

1. J.R. Wolfork (un/M22) 7.12m (23-4 1/4); 2. Norris Frederick (un/M19) 7.08m (23-2 3/4); 3. Tim Carrithers (un/M16) 6.20m (20-4); 4. Joe Horsman (un/M18) 6.18m (20-3 1/4); 5. Rod Wilcox (un/M39) 5.49m (18-0 1/4); 6. Ben Duncan (un/M39) 5.25m (17-2 3/4).

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

1. Tim Carrithers (un/M16) 12.00m (39-4 1/2).

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

(6lb) 1. Derek Eager (un/M13) 9.28m (30-5 1/4); 2. Brock Eager (un/M9) 6.27m (20-6 3/4).

### **Women's Shot Put**

(8lb) 1. Danielle Ayers-Stamper (un/F21) 12.57m (41-3); 2. Anyka Ozog (un/F16) 10.47m (34-4 1/4); 3. Jenaé Christiansen (un/F16) 9.48m (31-1 1/4); 4. Amanda Tallman (un/F17) 9.36m (30-8 1/2); 5. Jaz'min Daniels (un/F17) 8.63m (28-3 3/4).

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

(16lb) 1. Chase Mancuso (un/M18) 12.48m (40-11 1/4); 2. Jack Hoyt (un/M41) 11.72m (38-5 1/2); 3. Andrew Steiner (un/M24) 11.26m (36-11 1/4).

(12lb) 1. Korion Morris (un/M17) 16.98m (55-8 1/2); 2. Jeremiah Olivarez (un/M16) 10.13m (33-2 3/4); 3. Gabriel Guevara (un/M18) 8.49m (27-10 1/4).

### **Women's Discus Throw**

(1kg) 1. Anyka Ozog (un/F17) 32.46m (106-6); 2. Amanda Tallman (un/F17) 31.22m (102-5); 3. Jaz'min Daniels (un/F17) 26.77m (87-9 3/4); 4. Jenaé Christiansen (un/F16) 21.37m (70-1 1/4); 5. Rachel Olivarez (un/F14) 19.27m (63-2 3/4).

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

(2.0kg) 1. Chase Mancuso (un/M18) 43.72m (143-5); 2. Vinnie Radish (un/M20) 40.41m (132-6 3/4); 3. Andrew Steiner (un/M24) 38.26m (125-6).

(1.6kg) 1. Korion Morris (un/M17) 59.53m (195-3 1/2); 2. Jeremiah Olivarez (un/M16) 34.73m (113-11 1/2); 3. Tim Carrithers (un/M16) 30.71m (100-8 3/4); 4. Vince Kinney (un/M18) 30.45m (99-10 1/2); 5. Jerome Olivarez (un/M42) 26.80m (87-11).

(1kg) 1. Derek Eager (un/M13) 36.98m (121-4); 2. Brock Eager (un/M9) 10.71m (35-1 3/4).

### **Women's Hammer Throw** (held at West Seattle Stadium) – SPECIAL EVENT

(4kg) 1. Mary Etter (un/F24) 50.59m (165-11); 2. MacKenzie Parker (un/F17) 39.29m (128-10); 3. Stephanie Lewis (un/F20) 36.51m (119-9); 4. Jennifer Conner (CNW/F20) 36.07m (118-3).

### **Men's Hammer Throw** (held at West Seattle Stadium) – SPECIAL EVENT

(6kg) 1. Howie Kellogg (un/M58) 31.51m (103-4).

(12lb) 1. Jordan Stray (un/M18) 53.04m (174-0).

(16lb) 1. Martin Bingisser (CNW/M21) 59.96m (186-10); 2. Dan Haakenson (un/M22) 52.12m (171-0); 3. Zack Middles (un/M18) 50.44m (165-6); 4. Jordan Stray (un/M18) 46.60m (152-10).

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

1. Tyler Newbould (un/M11) 25y; 2. Jordan Duncan (un/M9) 23.5y; 3. Dustin McPhillips (un/M9) 20y; 4. Simon Barbe (un/M10) 16.5y; 5. Alec Wade (un/M9) 15.5y; 6. Wayana Dolan (un/F10) 13.5y; 7. (tie) Tyler Shugart (un/M8) and Nick Shugart (un/M8) 13y; 9. Daniel Jennings (un/M8) 10y; 10. Matthew Jennings (un/M6) 9y; 11. Arienna Duncan (un/F7) 7y; 12. Beck Fosberg (un/M6) 6.5y; 13. Ingrid Fosberg (un/F4) 2.5y.

### **Women's Javelin Throw**

(600g) 1. Danielle Ayers-Stamper (un/F21) 41.22m (135-3); 2. Lauren Segó (un/F17) 34.65m (113-8); 3. Elise Knutzen (un/F17) 30.25m (99-2 3/4); 4. Stephanie Singer (un/F18) 24.31m (79-9); 5. Amanda Tallman (un/F17) 20.91m (68-7 1/4).

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

(800g) 1. Rob Minnitti (un/M26) 74.69m (245-0); 2. Kiel Rasp (un/M16) 41.30m (135-6).

(600g) 1. Derek Eager (un/M13) 32.31m (105-11).

## **TRACK EVENT RESULTS**

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

1. Amy-Eloise Neal (ESTC/F9) 16.0h; 2. Wayana Dolan (un/F10) 16.3h; 3. Jordan Duncan (un/M9) 16.4h; 4. Dustin McPhillips (un/M9) 16.5h; 5. Simon Barbe (un/M10) 16.8h; 6. Sam Prestrud (un/M9) 17.8h; 7. Alec Wade (un/M9) 18.0h; 8. Arianna Duncan (un/F7) 18.6h; 9. Dylan Tumbic (un/M9) 19.7h; 10. Tyler Shugart (un/M8) 19.9h; 11. Beck Fosberg (un/M6) 20.0h; 12. Brad Riggs (un/M9) 21.2h; 13. Nathan McIver (un/M7) 22.2h; 14. Nick Shugart (un/M8) 22.6h; 15. Ingrid Fosberg (un/F4) 24.5h; 16. Mikayla Goodwin (un/F4) 28.1h.

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

1. Shykila Flake (un/F12) 6.9h; 2. (tie) Dustin McPhillips (un/M9) and Julia Tumbic (un/F14) 7.5h; 4. (tie) Amy-Eloise Neale (ESTC/F9) and Jordan Duncan (un/M9) 7.7h; 6. Wayana Dolan (un/F10) 7.9h; 7. Julia Winters (un/F8) 8.0h; 8. (tie) Daniel Jennings (un/M8) and Joab Payton (un/M10) 8.2h; 10. Arianna Duncan (un/F7) 8.3h; 11. Goran Tumbic (un/M11) 8.4h; 12. Sam Prestrud (un/M9) 8.5h; 13. Alec Wade (un/M9) 8.7h; 14. (tie) Tyler Shugart (un/M8) and Dylan Tumbic (un/M9) 9.1h; 16. (tie) Nick Shugart (un/M8) and Brad Riggs (un/M9) and Mathew Jennings (un/M6) 9.3h; 19. (tie) Beck Fosberg (un/M6) and Ben Tuberg (un/M8) 9.5h; 21. (tie) Sabine Stonkus (un/F8) and Bryjet Flake (un/F6) 9.8h; 23. Nathan McIver (un/M7) 10.1h; 24. Jonathan Robinson (un/M5) 10.1h; 25. Nicholas McIver (un/M4) 11.6h; 26. Ingrid Fosberg (un/F4) 12.0h; 27. Evan Brun (un/M3) 12.2h; 28. Jauna Flake (un/F3) 12.4h; 29. Amelie Stonkus (un/F3) 12.5h; 30. Chase Johnson (un/M3) 12.9h; 31. Mikayla Goodwin (un/F4) 14.0h; 32. Gabriel Robinson (un/M3) 16.4h; 33. Nicholas Goodwin (un/M3) 18.9h.

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

1. Ashley Cormier (un/F13) 27.4h; 2. Carrie Flake (un/F14) 29.3h; 3. Shykila Flake (un/F12) 34.6h; 4. Wayana Dolan (un/F10) 34.8h; 5. (tie) Amy-Eloise Neal (ESTC/F9) and Julia Tumbic (un/F14) 35.4h; 7. Jordan Duncan (un/M9) 35.7h; 8. Simon Barbe (un/M10) 36.0h; 9. Dustin McPhillips (un/M9) 36.2h; 10. Daniel Jennings (un/M8) 38.2h; 11. Arianna Duncan (un/F7) 39.2h; 12. Joab Henderson (un/M10) 40.0h; 13. Goran Tumbic (un/M11) 41.6h; 14. Tyler Shugart (un/M8) 44.4h; 15. Sam Prestrud (un/M9) 45.0h; 16. Ben Tuberg (un/M9) 45.5h; 17. Matthew Jennings (un/M6) 45.7h; 18. Briget Henderson (un/F6) 47.1h; 19. Sabine Stonkus (un/F8) 49.8h; 20. Brad Riggs (un/M9) 50.3h; 21. Catherine Bennion (un/F4) 56.5h; 22. Ingrid Fosberg (un/F4) 56.8h; 23. Evan Brown (un/M4) 59.2h; 24. Mikayla Goodwin (un/F4) 1:07.9h; 25. Jauna Flake (un/F3) 1:19.9h.

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

1. Amy-Eloise Neale (ESTC/F9) 6:23.7h; 2. Simon Barbe (un/M10) 6:36.8h; 3. Jordan Duncan (un/M9) 7:40.0h; 4. Dustin McPhillips (un/M9) 8:05.0h; 5. Sam Prestrud (un/M9) 10:13.9h; dnf. Brad Riggs (un/M9) and Dylan Tumbic (un/M9).

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

1. Ann Tuberg (un/F45) 9:09.3h.

### **Women's 100-meter Hurdles**

(33") 1. Holly Allan (un/F18) 20.3h; 2. Julia Tumbic (un/F14) 21.6h.

### **Men's 110-meter Hurdles**

(36" 100m) 1. Russ Jacquet-Acea (un/M52) 16.5h.

(39") 1. Jack Hoyt (un/M41) 15.6h; 2. Vince Kinney (un/M18) 16.6h; 3. Rod Wilcox (un/M39) 17.8h.

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

1. Ashley Cormier (un/F13) 13.3h; 2. Michelle Burk (un/F25) 13.6h; 3. Carrie Flake (un/F14) 13.9h; 4. Shykila Flake (un/F12) 15.4h; 5. Julia Tumbic (un/F14) 16.5h; 6. Donna Flake (un/F30) 17.9h; 7. Wendy Kendall (un/F46) 18.2h; 8. Jaz'min Daniels (un/F17) 18.3h.

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

1. Hollywood Radford (un/M20) 11.0h; 2. Tim Carrithers (un/M16) 11.4h; 3. Evan DeCuiere (un/M17) 11.4h; 4. Roger Bly (un/M39) 11.8h; 5. Joe Horsman (un/M18) 11.8h; 6. Rod Wilcox (un/M39) 12.2h; 7. Rob Voce (un/M39) 12.2h; 8. Shane Carothers (un/M24) 12.4h; 9. Nick Iverson (un/M16) 12.5h; 10. Nikko Huertas (un/M17) 12.7h; 11. Russ Jacquet-Acea (un/M52) 12.9h; 12. Rob Amidon (un/M24) 13.4h; 13. Ian McKissick (un/M24) 13.6h; 14. Chuck Milliman (un/M72) 17.7h; 15. Goran Tumbic (un/M11) 19.2h.

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

1. Stohn Nishino (un/M17) 6:50-6:50 **ZERO**; 2. Ben Hait-Campbell (un/M16) 6:49-6:50 **-1**; 3. Simon Barbe (un/M10) 6:30-6:28 **-2**; 4. T.J. Garlatz (CNW/M24) 6:02-6:05 **+3**; 5. Jeremy Rasor (un/M16) 6:15-6:10 **-5**; 6. (tie) Mark Looi (un/M45) 8:10-8:16 **+6** and Ian McKissick (un/M24) 6:00-5:54 **-6** and Jeff Rasor (un/M21) 6:30-6:24 **-6**; 9. (tie) Barbara Schaeffler

(un/F43) 8:03-7:56 -7 and John Winters (un/M??) 8:10-8:17 +7; 11. (tie) Army Stonkus (un/M50) 8:00-7:52 -8 and Patrick Lindsay (un/M33) 7:47-7:39 -8; 13. Michael Allison (CNW/M53) 7:56-7:47 -9; 14. Shane Carothers (un/M24) 6:10-6:20 +10; 15. Paul Swenson (un/M39) 7:45-7:34 -11; 16. Ben Duncan (un/M39) 6:40-6:28 +12; 17. Derek Yamamoto (un/M14) 6:15-6:02 -13; 18. (tie) Mark Alexander (un/M40) 7:49-7:33 -16 and Bill Cusworth (un/M37) 6:50-6:34 -16; 20. Eric Bone (un/M31) 6:50-6:33 -17; 21. Tom Skinner (un/M52) 8:00-7:41 -19; 22. Kevin Iverson (un/M19) 5:30-5:10 -20; 23. Monger (un/M28) 7:12-6:47 -25; 24. (tie) Wendy Kendall (un/F46) 7:20-7:55 +35 and Tony Robinson (un/M52) 7:12-6:37 -35; 26. Matt Hart (un/M23) 7:30-6:53 -37; 27. Alex Looi (un/M16) 7:40-7:01 -39; 28. Rob Amidon (un/M24) 7:37-6:53 -44; 29. Nick Iverson (un/M16) 6:00-7:47 +1:47.

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

1. Lane 3 (Matt Hart M24, Shane Carothers M24, Rob Amidon M23, Ian McKissick M24) 53.7h; 2. Lane 2 (Michelle ?? F37, Ja'zmin Daniels F17, Carrie Flake F15, Ashley Comier F13) 55.9h; 3. Lane 1 (Shykila Flake F12, Joabe Flake M10, Paul Payton M37, Donna Flake F37) 65.1h.

#### **Men's Mile Run**

1. Abe Wehmiller (un/M32) 4:51.8h; 2. Jeff Razor (un/M21) 4:57.9h; 3. Patrick Lindsay (un/M33) 5:05.5h; 4. Mark Alexander (un/M40) 5:08.6h; 5. Paul Swenson (un/M39) 5:10.4h; 6. Jack Prestrud (un/M48) 5:13.4h; 7. Case Banden (un/M17) 5:13.6h; 8. Michael Allison (CNW/M53) 5:14.8h; 9. Bo Rohrback (un/M17) 5:16.9h; 10. Tom Skinner (un/M52) 5:17.7h; 11. Mark Steen (un/M44) 5:20.0h; 12. Stohn Nishino (un/M17) 5:31.8h.

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

1. Sarah Leonard (CNW/F35) 1:01.1h; 2. Ashley Cormier (un/F13) 1:03.9h; 3. Amy-Eloise Neale (ESTC/F9) 1:19.9h; 4. Shykila Flake (un/F12) 1:35.0h.

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

1. Hollywood Radford (un/M20) 52.8h; 2. Jeremy Razor (un/M16) 57.0h; 3. Daren Monroe (un/M37) 57.6h; 4. Army Stonkus (un/M50) 1:06.0h; 5. Will Leslie (CNW/M59) 1:08.1h.

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

1. Amy-Eloise Neale (ESTC/F9) 2:59.4h.

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

1. Ryan Johnson (SETA/M20) 1:53.1h; 2. Vince Kinney (un/M18) 2:11.5h; 3. Joey Domingues (SETA/M16) 2:23.5h; 4. Lance Albertson (un/M43) 2:25.9h; 5. Michael Allison (CNW/M53) 2:28.1h.

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

1. Tyler Hart (un/M18) 16:44.5h; 2. Chris Owre (un/M35) 16:52.1h; 3. Eric Ardissono (un/M17) 17:08.3h; 4. Joshua Simons (un/M15) 17:43.7h; 5. Case Banden 18:11.3h; 6. Bo Rohrback (un/M17) 18:23.9h; 7. Steve James (un/M44) 18:34.8h; 8. Eric Newbould (un/M49) 19:07.1h; 9. Michael Allison (CNW/M53) 19:49.6h; 10. Devin Branson (un/M18) 19:53.2h; 11. Brad Newbould (un/M15) 21:17.3h; 12. Simon Barbe (un/M10) 24:23.2h.

#### **Women's 10,000-meter Run – SPECIAL EVENT**

1. Trisha Rosenberg (SRC/F28) 36:22.9h.

#### **Men's 10,000-meter Run – SPECIAL EVENT**

1. Uli Steidl (SRC/M33) 29:56.6h; 2. David Martin (CNW/M27) 30:36.7h; 3. TJ Garlatz (CNW/M24) 33:57.9h; 4. Paul Abdalla (CNW/M43) 34:08.9h; 5. Eric Bone (un/M31) 34:37.4h; 6. Greg Crowther (SRC/M32) 36:22.7h; 7. Alex Looi (un/M16) 36:47.9h; 8. Bill Cusworth (un/M37) 38:41.2h; 9. Mark Looi (un/M45) 39:59.2h; 10. Tim Woods (un/M18) 40:18.7h; dnf. David Kinsella (un/M19).

#### **No Entrants**

Women's Triple Jump, Women's Mile Run, Co-ed 4x400-meter Relay, and Women's 5000-meter Run.