# CLUB NORTHWEST SUMMER ALL-COMERS TRACK & FIELD SERIES

*Presented by*
**Bill Roe**
*Meet Director since 1969*

## Results • Meet 3 of Year 50

Wednesday, June 13, 2018 • Shoreline District Stadium, Shoreline, WA

*Sponsored by USATF-Pacific Northwest and Bill Roe, Series Director*

**Weather** – wettest weather in the 50-year history of the series!

**Outstanding performance** – Luke George in the Mile Run.

**Total entries** –255

## FIELD EVENTS

### Kid's High Jump

| Place | BOYS 9-10 | Age | Team | Mark | |
|---|---|---|---|---|---|
| 1 | Kelly, Cooper | 10 | Unattached | 1.15m | 3-09.25 |
| **Place** | **GIRLS 13-14** | **Age** | **Team** | **Mark** | |
| 1 | Ascher, Kylie | 14 | Unattached | 1.45m | 4-09.00 |

### Women's High Jump

| Place | GIRLS 15-18 | Age | Team | Mark | |
|---|---|---|---|---|---|
| 1 | Riehl, Emily | 17 | Unattached | 1.50m | 4-11.00 |
| 2 | Degreen, Isabel | 17 | Unattached | 1.45m | 4-09.00 |
| **Place** | **WOMEN 60-69** | **Age** | **Team** | **Mark** | |
| 1 | Watchie, Nancy | 61 | Unattached | 1.05m | 3-05.25 |

### Men's High Jump

| Place | MEN 19-34 | Age | Team | Mark | |
|---|---|---|---|---|---|
| 1 | Pavlovics, Jacob | 23 | Franklin HS WA | 1.75m | 5-08.75 |
| 2 | Nguyen, Andrew | 19 | Unattached | 1.55m | 5-01.00 |
| -- | Race, Trent | 19 | Unattached | NH | |
| **Place** | **MEN 50-59** | **Age** | **Team** | **Mark** | |
| 1 | Degreen, Todd | 53 | Unattached | 1.35m | 4-05.00 |

### Women's Pole Vault — cancelled due to unsafe weather conditions

### Men's Pole Vault — cancelled due to unsafe weather conditions

### Kid's Long Jump

| Place | GIRLS 1-4 | Age | Team | Mark | |
|---|---|---|---|---|---|
| 1 | Gilson, Evelyn | 4 | Unattached | 0.91m | 3-00.00 |
| **Place** | **BOYS 1-4** | **Age** | **Team** | **Mark** | |
| 1 | Schulte, Karsten | 4 | Unattached | 0.45m | 1-05.75 |
| **Place** | **GIRLS 7-8** | **Age** | **Team** | **Mark** | |
| 1 | Gilson, Grace | 7 | Unattached | 2.32m | 7-07.50 |
| **Place** | **BOYS 7-8** | **Age** | **Team** | **Mark** | |
| 1 | Davies, William | 7 | Unattached | 1.93m | 6-04.00 |
| 2 | Blanvelt, Elliot | 7 | Unattached | 1.83m | 6-00.00 |
| **Place** | **GIRLS 9-10** | **Age** | **Team** | **Mark** | |
| 1 | Carter, Sonya | 10 | Rain City Flyers WA | 2.87m | 9-05.00 |
| **Place** | **BOYS 9-10** | **Age** | **Team** | **Mark** | |
| 1 | Maher, Joe | 10 | Unattached | 3.22m | 10-06.75 |
| 2 | Carta, Kason | 9 | Unattached | 3.08m | 10-01.25 |
| 3 | Kelly, Cooper | 10 | Unattached | 2.48m | 8-01.75 |
| 4 | Perera, Lucca | 9 | Unattached | 2.20m | 7-02.75 |

| Place | GIRLS 11-12 | Age | Team | Mark | |
|---|---|---|---|---|---|
| 1 | Masunaga, Mio | 11 | Club Northwest WA | 3.06m | 10-00.50 |

### Women's Long Jump

| Place | GIRLS 15-18 | Age | Team | Mark | |
|---|---|---|---|---|---|
| 1 | Brandt, Sydney | 18 | Unattached | 5.33m | 17-06.00 |
| 2 | Trafton, Jada | 17 | Kitsap Flyers WA | 4.65m | 15-03.25 |
| 3 | McWhirter, Tyishea | 17 | Kitsap Flyers WA | 4.22m | 13-10.25 |
| 4 | Musinorie, Sanela | 16 | Unattached | 3.85m | 12-07.75 |
| 5 | Bk, Nisha | 16 | Unattached | 3.53m | 11-07.00 |
| 6 | Chiu, Alexandria | 16 | Unattached | 3.14m | 10-03.75 |
| **Place** | **WOMEN 60-69** | **Age** | **Team** | **Mark** | |
| 1 | Watchie, Nancy | 61 | Unattached | 2.61m | 8-06.75 |

### Men's Long Jump

| Place | BOYS 15-18 | Age | Team | Mark | |
|---|---|---|---|---|---|
| 1 | Dillow, Sammy | 18 | Kitsap Flyers WA | 5.38m | 17-08.00 |
| -- | Dougherty, Kian | 15 | Kitsap Flyers WA | FOUL | |
| **Place** | **MEN 19-34** | **Age** | **Team** | **Mark** | |
| 1 | Nguyen, Andrew | 19 | Unattached | 5.82m | 19-01.25 |

### Women's Triple Jump

| Place | GIRLS 15-18 | Age | Team | Mark | |
|---|---|---|---|---|---|
| 1 | Brandt, Sydney | 18 | Unattached | 11.14m | 36-06.75 |
| 2 | McWhirter, Tyishea | 17 | Kitsap Flyers WA | 10.41m | 34-02.00 |
| 3 | Trafton, Jada | 17 | Kitsap Flyers WA | 9.18m | 30-01.50 |

### Men's Triple Jump

| Place | BOYS 15-18 | Age | Team | Mark | |
|---|---|---|---|---|---|
| 1 | Dillow, James | 18 | Kitsap Flyers WA | 11.33m | 37-02.25 |
| 2 | Cherra, Apram | 16 | Unattached | 11.12m | 36-05.75 |
| 3 | Dougherty, Kian | 15 | Kitsap Flyers WA | 10.35m | 33-11.50 |
| **Place** | **MEN 19-34** | **Age** | **Team** | **Mark** | |
| 1 | Nguyen, Andrew | 19 | Unattached | 12.21m | 40-00.75 |

### Kid's Shot Put

| Place | GIRLS 9-10 6lb | Age | Team | Mark | |
|---|---|---|---|---|---|
| 1 | Beard, Kim | 10 | Get Strong | 6.55m | 21-06.00 |

### Women's Shot Put

| Place | GIRLS 15-18 4kg | Age | Team | Mark | |
|---|---|---|---|---|---|
| 1 | Reeder, Emily | 17 | Thriller T&F | 12.42m | 40-09.00 |
| 2 | Triou, Abbi | 17 | Mt Si HS | 9.33m | 30-07.50 |
| 3 | Reeder, Amanda | 15 | Unattached | 9.19m | 30-02.00 |
| 4 | Gaeaz, Elizabeth | 15 | Unattached | 8.86m | 29-01.00 |
| 5 | Riehl, Emily | 17 | Unattached | 7.23m | 23-08.75 |

### Men's Shot Put

| Place | BOYS 15-18 12lb | Age | Team | Mark | |
|---|---|---|---|---|---|
| 1 | Bang, Roy | 17 | Unattached | 13.35m | 43-09.75 |
| 2 | Bacon-Gershman, Ezra | 17 | Unattached | 11.22m | 36-09.75 |
| 3 | Richardson, Xavier | 17 | Thriller T&F | 9.19m | 30-02.00 |

| Place | MEN 19-34 16lb | Age | Team | Mark | |
|---|---|---|---|---|---|
| 1 | Whitcutt, Grant | 20 | Unattached | 10.80m | 35-05.25 |

### Women's Discus Throw

| Place | GIRLS 9-12 1kg | Age | Team | Mark | |
|---|---|---|---|---|---|
| 1 | Beard, Kim | 10 | Get Strong | 14.94m | 49-00 |
| **Place** | **GIRLS 15-18 1kg** | **Age** | **Team** | **Mark** | |
| 1 | Reeder, Emily | 17 | Thriller T&F | 34.95m | 114-08 |
| 2 | Triou, Abbi | 17 | Mt Si HS | 27.80m | 91-02 |
| 3 | Reeder, Amanda | 15 | Unattached | 20.46m | 67-01 |
| -- | Usselman, Jenae | 17 | Unattached | FOUL | |

### Men's Discus Throw

| Place | BOYS 15-18 1.6kg | Age | Team | Mark | |
|---|---|---|---|---|---|
| 1 | Bang, Roy | 17 | Unattached | 29.27m | 96-00 |
| 2 | Bacon-Gershman, Ezra | 17 | Unattached | 28.51m | 93-06 |
| 3 | Richardson, Xavier | 17 | Thriller T&F | 26.96m | 88-05 |
| **Place** | **MEN 19-34 2kg** | **Age** | **Team** | **Mark** | |
| 1 | Whitcutt, Grant | 20 | Unattached | 27.88m | 91-06 |
| **Place** | **MEN 60-69 1kg** | **Age** | **Team** | **Mark** | |
| 1 | Jacquet-Acea, Russell | 65 | Club Northwest WA | 29.25m | 95-11 |

### Kid's TurboJav™ Toss

| Place | BOYS 1-4 | Age | Team | Mark | |
|---|---|---|---|---|---|
| 1 | Schulte, Karsten | 4 | Unattached | 4-00 | 1.21m |
| **Place** | **GIRLS 7-8** | **Age** | **Team** | **Mark** | |
| 1 | Gilson, Grace | 7 | Unattached | ND | |
| **Place** | **BOYS 7-8** | **Age** | **Team** | **Mark** | |
| -- | Blanvelt, Elliot | 7 | Unattached | FOUL | |
| **Place** | **GIRLS 9-10** | **Age** | **Team** | **Mark** | |
| 1 | Beard, Kim | 10 | Get Strong | ND | |
| **Place** | **BOYS 9-10** | **Age** | **Team** | **Mark** | |
| 1 | Maher, Joe | 10 | Unattached | 25-00 | 7.62m |
| -- | Carta, Kason | 9 | Unattached | FOUL | |

### Women's Javelin Throw

| Place | GIRLS 09-10 FinnJav | Age | Team | Mark | |
|---|---|---|---|---|---|
| 1 | Beard, Kim | 10 | Get Strong | 14.42m | 47-04 |
| **Place** | **GIRLS 15-18 600g** | **Age** | **Team** | **Mark** | |
| 1 | Usselman, Jenae | 17 | Unattached | 38.12m | 125-01 |

### Men's Javelin Throw

| Place | BOYS 15-18 800g | Age | Team | Mark | |
|---|---|---|---|---|---|
| 1 | Enciso, Daniel | 16 | Unattached | 39.12m | 128-04 |
| 2 | Wilson, Jordan | 16 | Unattached | 29.14m | 95-07 |
| **Place** | **MEN 19-34 800g** | **Age** | **Team** | **Mark** | |
| 1 | Herzog, Jacob | 23 | Unattached | 49.27m | 161-08 |
| **Place** | **MEN 60-69 600g** | **Age** | **Team** | **Mark** | |
| 1 | Jacquet-Acea, Russell | 65 | Club Northwest WA | 28.50m | 93-06 |
| 2 | Turock, Art | 67 | Unattached | 22.71m | 74-06 |

## TRACK EVENTS

### Kid's 100-meter Dash

| Place | GIRLS 1-4 | Age | Team | Mark | Heat |
|---|---|---|---|---|---|
| 1 | Velozo-Swift, Ryla | 4 | Unattached | 26.7h | 4 |
| 2 | Gilson, Evelyn | 4 | Unattached | 27.5h | 1 |
| 3 | Langi, Kalo | 3 | Unattached | 30.9h | 1 |
| 4 | Mateaki, Ane | 4 | Unattached | 34.1h | 1 |
| **Place** | **BOYS 1-4** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Schulte, Karsten | 4 | Unattached | 37.8h | 1 |
| **Place** | **GIRLS 5-6** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Skoog, Audrey | 6 | Unattached | 19.2h | 3 |
| 2 | Daugherty, Anna | 6 | Snohomish TC | 19.7h | 2 |
| 3 | Johnson, Amaiyah | 6 | Unattached | 20.22 | 6 |
| 4 | Langi, Mia | 6 | Unattached | 23.2h | 2 |
| **Place** | **BOYS 5-6** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Mateaki, Inoke | 6 | Unattached | 26.5h | 2 |
| **Place** | **GIRLS 7-8** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Gilson, Grace | 7 | Unattached | 19.0h | 3 |
| **Place** | **BOYS 7-8** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Blanvelt, Elliot | 7 | Unattached | 19.6h | 3 |
| **Place** | **GIRLS 9-10** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Beard, Kim | 10 | Get Strong | 16.3h | 5 |
| **Place** | **BOYS 9-10** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Maher, Joe | 10 | Unattached | 15.5h | 4 |
| 2 | Carta, Kason | 9 | Unattached | 16.0h | 4 |
| 3 | Perera, Lucca | 9 | Unattached | 18.0h | 4 |
| 4 | Kelly, Cooper | 10 | Unattached | 19.1h | 4 |
| **Place** | **GIRLS 11-12** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Estes, Tali Rose | 12 | Sewell Speed WA | 13.50** | 1 |
| 2 | Skoog, Allison | 11 | Unattached | 16.9h | 5 |

***ran in open event*

### Kid's 50-meter Dash

| Place | GIRLS 1-4 | Age | Team | Mark | Heat |
|---|---|---|---|---|---|
| 1 | Velozo-Swift, Ryla | 4 | Unattached | 12.0h | 1 |
| 2 | Gilson, Evelyn | 4 | Unattached | 12.5h | 1 |
| 3 | Mateaki, Ane | 4 | Unattached | 17.5h | 1 |
| **Place** | **BOYS 1-4** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Schulte, Karsten | 4 | Unattached | 17.9h | 1 |
| **Place** | **GIRLS 5-6** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Daugherty, Anna | 6 | Snohomish TC | 9.6h | 2 |
| 2 | Skoog, Audrey | 6 | Unattached | 9.7h | 3 |
| 3 | Lovejoy, Penelope | 6 | Unattached | 10.8h | 2 |
| 4 | Curtis, Madelyn | 6 | Unattached | 11.1h | 2 |
| 5 | Langi, Mia | 6 | Unattached | 11.5h | 2 |
| **Place** | **BOYS 5-6** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Mateaki, Inoke | 6 | Unattached | 13.2h | 2 |
| **Place** | **GIRLS 7-8** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Gilson, Grace | 7 | Unattached | 10.1h | 3 |
| **Place** | **BOYS 7-8** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Blanvelt, Elliot | 7 | Unattached | 9.9h | 3 |

| Place | GIRLS 9-10 | Age | Team | Mark | Heat |
|---|---|---|---|---|---|
| 1 | Curtis, Emma | 9 | Unattached | 8.3h | 5 |
| 2 | Beard, Kim | 10 | Get Strong | 8.6h | 5 |
| 3 | Houck, Finley | 10 | Unattached | 9.3h | 5 |
| **Place** | **BOYS 9-10** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Maher, Joe | 10 | Unattached | 7.9h | 3 |
| 2 | Carta, Kason | 9 | Unattached | 8.3h | 3 |
| 3 | Perera, Lucca | 9 | Unattached | 8.8h | 3 |
| **Place** | **GIRLS 11-12** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Skoog, Allison | 11 | Unattached | 8.8h | 5 |

## Kid's 200-meter Dash

| Place | GIRLS 1-4 | Age | Team | Mark | Heat |
|---|---|---|---|---|---|
| 1 | Gilson, Evelyn | 4 | Unattached | 54.7h | 1 |
| 2 | Velozo-Swift, Ryla | 4 | Unattached | 55.3h | 1 |
| 3 | Langi, Kalo | 3 | Unattached | 1:10.0h | 1 |
| 4 | Mateaki, Ane | 4 | Unattached | 1:39.6h | 1 |
| **Place** | **BOYS 1-4** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Schulte, Karsten | 4 | Unattached | 2:18.90 | 1 |
| **Place** | **GIRLS 5-6** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Skoog, Audrey | 6 | Unattached | 44.3h | 3 |
| 2 | Daugherty, Anna | 6 | Snohomish TC | 44.5h | 2 |
| 3 | Lovejoy, Penelope | 6 | Unattached | 49.7h | 2 |
| 4 | Langi, Mia | 6 | Unattached | 51.1h | 2 |
| 5 | Curtis, Madelyn | 6 | Unattached | 52.4h | 2 |
| **Place** | **BOYS 5-6** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Mateaki, Inoke | 6 | Unattached | 1:02.9h | 2 |
| **Place** | **GIRLS 7-8** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Gilson, Grace | 7 | Unattached | 40.3h | 3 |
| **Place** | **BOYS 7-8** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Blanvelt, Elliot | 7 | Unattached | 44.5h | 3 |
| 2 | Davies, William | 7 | Unattached | 44.8h | 3 |
| **Place** | **GIRLS 9-10** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Beard, Kim | 10 | Get Strong | 35.3h | 4 |
| **Place** | **BOYS 9-10** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Maher, Joe | 10 | Unattached | 32.8h | 4 |
| 2 | Carta, Kason | 9 | Unattached | 36.2h | 4 |
| 3 | Perera, Lucca | 9 | Unattached | 39.3h | 4 |
| **Place** | **GIRLS 11-12** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Kelly, Cassandra | 12 | Unattached | 32.1h | 5 |
| 2 | Skoog, allison | 11 | Unattached | 39.2h | 5 |

## Kid's Mile Jog

| Place | GIRLS 1-6 | Age | Team | Mark | Overall |
|---|---|---|---|---|---|
| 1 | Gilson, Evelyn | 4 | Unattached | 7:57.8h | 5 |
| 2 | Daugherty, Anna | 6 | Snohomish TC | 9:02.6h | 7 |
| **Place** | **BOYS 7-8** | **Age** | **Team** | **Mark** | **Overall** |
| 1 | Davies, William | 7 | Unattached | 9:10.5h | 9 |
| **Place** | **GIRLS 9-10** | **Age** | **Team** | **Mark** | **Overall** |
| 1 | Houck, Finley | 10 | Unattached | 7:16.0h | 3 |
| 2 | Beard, Kim | 10 | Get Strong | 7:43.6h | 4 |

| Place | BOYS 9-10 | Age | Team | Mark | Overall |
|---|---|---|---|---|---|
| 1 | Maher, Joe | 10 | Unattached | 6:24.0h | 1 |
| 2 | Kelly, Cooper | 10 | Unattached | 7:14.6h | 2 |
| 3 | Perera, Lucca | 9 | Unattached | 9:07.2h | 8 |
| 4 | Carta, Kason | 9 | Unattached | 9:32.5h | 10 |
| **Place** | **GIRLS 11-12** | **Age** | **Team** | **Mark** | **Overall** |
| 1 | Skoog, Allison | 11 | Unattached | 8:52.1h | 6 |

*Two athletes did not finish…*

### Co-Ed Mile Race Walk — no entrants

### Women's 100-meter Hurdles *(unless otherwise noted, this is standard women's spacing with 33" hurdles)*

| Place | GIRLS 13-14 | Age | Team | Mark | Heat |
|---|---|---|---|---|---|
| 1 | Armstrong, Maile | 13 | Unattached | 18.92 | 1 |
| **Place** | **GIRLS 15-18** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Fortado, Lucia | 16 | Thriller T&F | 18.15 | 1 |
| 2 | Daugherty, Elizabeth | 15 | Snohomish TC | 18.40 | 1 |
| 3 | Riehl, Emily | 17 | Unattached | 19.01 | 1 |
| 4 | Degreen, Isabel | 17 | Unattached | 20.50 | 1 |

### Men's 110-meter Hurdles

| Place | BOYS 15-18 110m 39" | Age | Team | Mark | Heat |
|---|---|---|---|---|---|
| 1 | Dougherty, Kian | 15 | Kitsap Flyers WA | 17.72 | 2 |
| 2 | Tran, Truc | 16 | Unattached | 21.18 | 2 |
| **Place** | **MEN 19-34 110m 42"** | **Age** | **Team** | **Mark** | **Heat** |
| -- | Johnson, Rashaun | 26 | Unattached | DNF | 2 |

### Women's 100-meter Dash

| Place | GIRLS 15-18 | Age | Team | Mark | Heat |
|---|---|---|---|---|---|
| 1 | Stermer, Colyn | 17 | Ballard HS WA | 13.19 | 1 |
| 2 | Brandt, Sydney | 18 | Unattached | 14.38 | 1 |

*Two athletes too young ran in the open section. One was WAY too young…*

### Men's 100-meter Dash

| Place | BOYS 15-18 | Age | Team | Mark | Heat |
|---|---|---|---|---|---|
| 1 | Dillow, James | 18 | Kitsap Flyers WA | 11.64 | 3 |
| 2 | Rentic, Joren | 14 | Thriller T&F WA | 12.05 | 3 |
| 3 | Cherra, Apram | 16 | Unattached | 12.28 | 2 |
| 4 | Dougherty, Kian | 15 | Kitsap Flyers WA | 12.44 | 2 |
| 5 | Nguyen, Brian | 15 | Unattached | 12.45 | 2 |
| 6 | Jones, De'troit | 16 | Unattached | 12.48 | 2 |
| 7 | Hamade, Siraj | 18 | Unattached | 12.85 | 4 |
| 8 | Morales, Ronaldo | 15 | Foster HS WA | 13.17 | 3 |
| 9 | Tran, Truc | 16 | Unattached | 14.27 | 2 |
| **Place** | **MEN 19-34** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Davis, Aaron | 24 | Christ Life TC WA | 11.73 | 3 |
| 2 | Johnson, Rashaun | 26 | Unattached | 12.02 | 3 |
| 3 | Prestrud, Sam | 22 | Unattached | 13.37 | 4 |
| **Place** | **MEN 35-39** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Ma, Maxwell | 35 | Unattached | 12.60 | 4 |
| **Place** | **MEN 40-49** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Pearson, Shane | 42 | Unattached | 13.42 | 1 |

| Place | MEN 50-59 | Age | Team | Mark | Heat |
|---|---|---|---|---|---|
| 1 | Wilcox, Rod | 52 | Club Northwest WA | 13.78 | 1 |
| **Place** | **MEN 60-69** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Jacquet-Acea, Russell | 65 | Club Northwest WA | 14.68 | 4 |
| 2 | Edwards, George | 60 | Unattached | 15.18 | 2 |

### Co-Ed Jogger's Mile Run

| Place | Name | Age | Team | Prediction | Mark | Diff |
|---|---|---|---|---|---|---|
| 1 | Rodgers, Perry | M55 | Eastside Runners WA | 8:40 | 8:39 | -1 |
| 2 | Rasor, Jeff | M34 | Unattached | 6:30 | 6:33 | +3 |
| 3t | Bk, Nisha | W16 | Unattached | 8:00 | 7:54 | -6 |
| 3t | Prestrud, Jack | M60 | Unattached | 6:15 | 6:09 | -6 |
| 5t | Jorstad, Jon | M64 | Unattached | 8:01 | 7:54 | -7 |
| 5t | Randal, Scott | M52 | Unattached | 6:49 | 6:56 | +7 |
| 7 | Masunaga, Mio | W11 | Club Northwest WA | 6:30 | 6:21 | -9 |
| 8 | Kelly, Kurt | M40 | Unattached | 6:10 | 6:26 | +16 |
| 9 | Carta, Kason | M9 | Unattached | 7:30 | 8:05 | +35 |
| -- | Kodal, Mathilde | W18 | Bothell HS WA | none | 6:42 | DNP |
| -- | Hopkins, Jerroid | M28 | Sonic Boom | none | 6:07 | DNP |

### Co-Ed 4x100-meter Relay

| Place | Team (members) | Mark |
|---|---|---|
| 1 | Unattached A (Kian Dougherty M16, Tyishea McWhirter F17, Jada Trafton F17, James Dillow M18) | 49.82 |
| 2 | Unattached C (Joren Rentic M14, De'troit Jones M16, Xavier Richardson M17, Angela Scolari F16) | 50.66 |
| 3 | Unattached B (Todd Degreen M53, Sydney Brandt F17, Kerot Degreen F17, Celyn Sterner F18) | 55.55 |

### Women's Mile Run

| Place | GIRLS 13-14 | Age | Team | Mark | Overall |
|---|---|---|---|---|---|
| 1 | Lopez, Monserrat | 14 | Unattached | 5:17.42 | 1-4 |
| **Place** | **GIRLS 15-18** | **Age** | **Team** | **Mark** | **Overall** |
| 1 | Haddad, Anna | 17 | Unattached | 5:15.13 | 1-3 |
| 2 | Ly, Kerstin | 16 | Bothell HS WA | 5:36.04 | 1-7 |
| 3 | Yusem, Liza | 17 | Unattached | 6:06.07 | 1-10 |
| 4 | Scolari, Angela | 16 | Thriller T&F WA | 6:28.45 | 1-11 |
| 5 | Kodal, Mathilde | 18 | Bothell HS WA | 6:36.94 | 1-12 |
| 6 | Crumbaugh, Samantha | 17 | Unattached | 7:02.91 | 1-14 |
| **Place** | **WOMEN 19-34** | **Age** | **Team** | **Mark** | **Overall** |
| 1 | Treleven, Chloe | 27 | Unattached | 5:06.31 | 1-1 |

### Men's Mile Run

| Place | BOYS 13-14 | Age | Team | Mark | Overall |
|---|---|---|---|---|---|
| 1 | Ibarra, Alec | 13 | Unattached | 4:55.70 | 2-12 |
| **Place** | **BOYS 15-18** | **Age** | **Team** | **Mark** | **Overall** |
| 1 | George, Luke | 18 | Unattached | 4:08.79 | 2-1 |
| 2 | Uyttendaele, Xander | 17 | Unattached | 4:52.97 | 2-11 |
| 3 | Keyt, Devon | 17 | Unattached | 4:58.93 | 2-13 |
| 4 | Yu, Kyle | 16 | Kamiak HS WA | 5:08.66 | 1-2 |
| 5 | Mueller, Ethan | 16 | Unattached | 5:19.97 | 1-5 |
| -- | Stancik, Zach | 17 | Kamiak HS WA | DNF | 2 |

| Place | MEN 19-34 | Age | Team | Mark | Overall |
|---|---|---|---|---|---|
| 1 | Van Dooren, Tyler | 27 | Club Northwest WA | 4:22.13 | 2-2 |
| 2 | Christian, John | 26 | Club Northwest WA | 4:22.33 | 2-3 |
| 3 | Moore, Jared | 23 | Club Northwest WA | 4:25.34 | 2-4 |
| 4 | Gorab, Anthony | 19 | Unattached | 4:34.83 | 2-5 |
| 5 | Welch, Nick | 30 | Club Northwest WA | 4:38.92 | 2-6 |
| 6 | Kent, Dylan | 30 | Club Northwest WA | 4:39.73 | 2-7 |
| 7 | Siegel, Ben | 24 | Club Northwest WA | 4:46.71 | 2-9 |
| 8 | Gray, Keenan | 19 | Unattached | 4:50.39 | 2-10 |
| 9 | Rahman, Samir | 23 | Unattached | 4:59.21 | 2-14 |
| 10 | Pau, William | 34 | Unattached | 5:05.65 | 2-15 |
| 11 | Rasor, Jeff | 34 | Unattached | 5:32.19 | 1-6 |
| -- | Brueckman, Jacob | 20 | Unattached | DNF | 2 |
| **Place** | **MEN 35-39** | **Age** | **Team** | **Mark** | **Overall** |
| 1 | Moroney, Andrew | 37 | Unattached | 4:40.73 | 2-8 |
| **Place** | **MEN 40-49** | **Age** | **Team** | **Mark** | **Overall** |
| 1 | Frindell, Alan | 40 | Unattached | 5:38.01 | 1-8 |
| 2 | Davies, Mark | 47 | Unattached | 5:41.88 | 1-9 |
| **Place** | **MEN 60-69** | **Age** | **Team** | **Mark** | **Overall** |
| 1 | Anderson, Dave | 63 | Unattached | 6:51.73 | 1-13 |

### Women's 400-meter Dash

| Place | GIRLS 11-12 | Age | Team | Mark | Heat |
|---|---|---|---|---|---|
| 1 | Estes, Tali Rose | 12 | Sewell Speed | 1:07.88 | 1 |

### Men's 400-meter Dash

| Place | BOYS 15-18 | Age | Team | Mark | Heat |
|---|---|---|---|---|---|
| 1 | Cherra, Apram | 16 | Unattached | 57.21 | 2 |
| **Place** | **MEN 40-49** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Hainsworth, Mike | 49 | Unattached | 58.80 | 2 |
| **Place** | **MEN 50-59** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Monroe, Daren | 50 | Unattached | 1:02.18 | 2 |
| **Place** | **MEN 60-69** | **Age** | **Team** | **Mark** | **Heat** |
| 1 | Prestrud, Jack | 60 | Unattached | 1:10.23 | 1 |
| 2 | Stonkus, Arny | 63 | Club Northwest WA | 1:10.81 | 1 |
| 3 | Edwards, George | 60 | Unattached | 1:15.16 | 1 |
| 4 | Allison, Michael | 66 | Club Northwest WA | 1:20.39 | 1 |

### Women's 800-meter Run

| Place | GIRLS 15-18 | Age | Team | Mark |
|---|---|---|---|---|
| 1 | Shackell, Ava | 17 | Unattached | 2:21.69 |
| **Place** | **WOMEN 19-34** | **Age** | **Team** | **Mark** |
| 1 | Summers, Ellie | 19 | Unattached | 2:20.58 |

### Men's 800-meter Run

| Place | MEN 19-34 | Age | Team | Mark |
|---|---|---|---|---|
| 1 | Steimel, Tommy | 26 | Unattached | 2:07.44 |
| 2 | Prestrud, Sam | 22 | Unattached | 2:42.36 |
| **Place** | **MEN 35-39** | **Age** | **Team** | **Mark** |
| 1 | Wilson, Samuel | 37 | Unattached | 2:19.37 |
| **Place** | **MEN 40-49** | **Age** | **Team** | **Mark** |
| 1 | Pearson, Shane | 42 | Club Northwest WA | 2:45.10 |

| Place | MEN 50-59 | Age | Team | Mark |
|---|---|---|---|---|
| 1 | Rodgers, Perry | 55 | Eastside Runners WA | 2:56.99 |
| **Place** | **MEN 60-69** | **Age** | **Team** | **Mark** |
| 1 | MacGilvra, John | 62 | Stanwood HS WA | 2:41.33 |
| 2 | Allison, Michael | 66 | Club Northwest WA | 2:52.16 |

*One athlete did not finish…*

### Co-Ed 4x400-meter Relay - no teams entered

### Women's 5000-meter Run

| Place | WOMEN 19-34 | Age | Team | Mark | Overall |
|---|---|---|---|---|---|
| 1 | Manley, Claire | 20 | Unattached | 17:10.0h | 6 |
| 2 | Beuer, Abi | 28 | Unattached | 18:48.5h | 11 |
| 3 | Yoshinaga, Sayaka | 28 | Unattached | 18:49.9h | 12 |

### Men's 5000-meter Run

| Place | BOYS 15-18 | Age | Team | Mark | Overall |
|---|---|---|---|---|---|
| 1 | Ruiz, Christopher | 18 | Ballard HS WA | 16:33.5h | 3 |
| 2 | Stancik, Zach | 17 | Kamiak HS WA | 17:37.6h | 8 |
| 3 | Livneh, Ori | 15 | Unattached | 17:42.6h | 9 |
| 4 | Mueller, Ethan | 16 | Unattached | 18:39.2h | 10 |
| **Place** | **MEN 19-34** | **Age** | **Team** | **Mark** | **Overall** |
| 1 | Welch, Nick | 30 | Club Northwest WA | 16:11.4h | 1 |
| 2 | Christian, John | 26 | Club Northwest WA | 16:13.1h | 2 |
| 3 | Randal, Max | 19 | Unattached | 16:45.2h | 4 |
| 4 | Vial, John | 29 | Unattached | 16:58.4h | 5 |
| 5 | Steimel, Tommy | 26 | Unattached | 17:33.8h | 7 |
| -- | Perrin, Jake | 28 | Unattached | DNF | |