

2015 SPSSL / SEAMOUNT / KINGCO LEAGUE XC CHAMPIONSHIPS

Presented By Lakes High School

Saturday - October 24, 2015

Fort Steilacoom Park - Steilacoom, WA

Men's 4A Varsity - Team Results

RANK	TEAM	TEAM	PLACES OF FINISHERS							AVERAGE	TOP 5
		SCORE	#1	#2	#3	#4	#5	#6*	#7*	TIME	SPREAD
1	Tahoma	15	1	2	3	4	5	11	13	16:09.07	00:20
2	Mt Rainier	137	10	12	27	28	60	93	99	17:28.24	01:17
3	Thomas Jefferson	138	9	18	26	36	49	54	112	17:24.89	01:09
4	Emerald Ridge	161	7	32	35	40	47	55	63	17:17.87	01:10
5	Puyallup	199	17	23	41	43	75	87	92	17:38.30	01:24
6	Federal Way	223	14	16	30	73	90	100	101	17:48.51	01:52
7	Rogers-Puyallup	229	20	24	48	66	71	74	83	17:39.87	01:17
8	Kentwood	248	34	39	56	58	61	64	80	17:42.30	00:42
9	Kentridge	250	25	31	57	59	78	96	106	17:55.17	01:22
10	Kent Meridian	252	6	52	53	62	79	82	86	17:46.31	02:05
11	Todd Beamer	258	19	42	51	69	77	89	95	17:52.36	01:29
12	Graham-Kapowsin	260	21	37	46	72	84	105	119	18:07.54	01:34
13	Decatur	285	8	22	70	91	94	98	107	18:01.86	02:11
14	Curtis	315	15	50	65	81	104	108	117	18:16.73	02:13
15	Kentlake	337	29	45	76	85	102	109	116	18:22.50	01:51
16	Spanaway Lake	338	33	38	44	110	113	114	118	18:28.77	02:14
17	Bethel	423	67	68	88	97	103	111	115	18:39.49	00:58

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Tahoma

Score	Name	Grade	Time
1	SCHROEDER, Graeme	12	15:48.40
2	FITZPATRICK, Keegan	12	15:56.00
3	BESST, Dawson	10	15:56.80
4	WALTERS, Devon	11	16:05.80
5	HOUSER, Tristan	12	16:08.00
11	GENNARELLI, Nick	12	16:31.40
13	EGBERG, Colton	11	16:37.10
15			

Mt Rainier

Score	Name	Grade	Time
10	REGIER, Austin	12	16:30.00
12	HARANG, Erik	10	16:36.60
27	WOOD, Ben	12	17:00.70
28	BAKLUND, Stephen	12	17:02.10
60	BURDINE, Joseph	12	17:47.30
93	RODRIGUEZ, Alex	12	18:34.40
99	GILL, Harsimran	11	18:46.60
137			

Thomas Jefferson

Score	Name	Grade	Time
9	DAHL, Garrett	12	16:25.90
18	JAQUISH, David	12	16:44.70
26	MILLER, Austin	10	16:55.80
36	GILL, Rajesh	11	17:14.60
49	MURRAY, Alex	12	17:34.50
54	MINNICK, Will	11	17:40.30
112	KASTANIS, Ladon	9	19:18.40
138			

Emerald Ridge

Score	Name	Grade	Time
7	SLICHKO, Lance	11	16:22.70
32	MCNALLY, Kyle	12	17:05.80
35	HOVDE, Drew	10	17:10.80
40	MILLER, Reis	12	17:19.70
47	DE OCAMPO, Raphael	11	17:32.70
55	HECHT, Justin	11	17:41.60
63	BARNETT, Carter	12	17:51.80
161			

Puyallup

Score	Name	Grade	Time
17	AVERILL, Daniel	9	16:43.60
23	MONAGHAN, Colin	10	16:50.50
41	OSLIN, Andrew	10	17:20.10
43	WAITS, Xander	10	17:26.50
75	CULPEPPER, Ryan	11	18:07.50
87	BENI, Andrew	9	18:27.30
92	SUTHERLAND, Jacob	10	18:32.60
199			

Federal Way

Score	Name	Grade	Time
14	GOLDSTONE, Jesse	11	16:39.80
16	LOW, Connor	12	16:42.40
30	FORWARD, Jonathan	12	17:04.00
73	BEUMELER, Justin	9	18:04.90
90	JOHNSON, Jerin	9	18:31.30
100	LOW, Colton	9	18:46.80
101	MAHDI, Sakarie	12	18:50.40
223			

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Rogers-Puyallup

Score	Name	Grade	Time
20	MAYES, Colin	12	16:46.70
24	MAXA, Scott	12	16:51.30
48	ANDERSON, James	11	17:34.10
66	SMITH, Aidan	10	17:54.00
71	ATKINS, Nathanael	10	18:03.70
74	WARD, Tyler	11	18:06.10
83	ELLSON, Colten	10	18:23.20
229			

Kentwood

Score	Name	Grade	Time
34	NECHIPORUK, Matt	11	17:09.10
39	WHEELER, Adam	12	17:19.40
56	STAMPER, Brendan	12	17:41.90
58	BELTER, Bobby	12	17:43.80
61	PRINCIPE, Ross	9	17:51.50
64	NATSUHARA, Koji	9	17:52.50
80	MILLER, Alex	11	18:17.90
248			

Kentridge

Score	Name	Grade	Time
25	ZIELKE, Jacob	12	16:54.90
31	WELDESELASSIE, Fanuel	10	17:05.10
57	ELLER, Isaiah	10	17:43.30
59	SALEH, Maamoon	11	17:46.90
78	KASSEBAUM, Steven	11	18:16.70
96	CHAN, Brandon	9	18:40.40
106	SHINE, Nathan	11	18:58.90
250			

Kent Meridian

Score	Name	Grade	Time
6	RAFTIS, Anthony	12	16:12.20
52	ROSABAL, Adonis	11	17:38.10
53	AYELE, Binyam	12	17:39.90
62	HERNANDEZ, Jose	12	17:51.60
79	FREDELL, Max	11	18:17.10
82	BUGINGO, Ghislain	10	18:19.40
86	CHARBONEAU, Zacharie	12	18:25.90
252			

Todd Beamer

Score	Name	Grade	Time
19	CHOPRA, Aj	10	16:45.20
42	PICKENS, Lorenzo	12	17:21.20
51	BASS, Austin	11	17:36.60
69	BANUELOS, Alonso	9	17:59.60
77	BROWN, Austin	12	18:14.30
89	JEX, Jake	11	18:29.70
95	MESSIAH, Malik	12	18:39.90
258			

Graham-Kapowsin

Score	Name	Grade	Time
21	KAAS, Jesse	10	16:49.20
37	KREIER, Porter	12	17:15.60
46	DRISKELL, Bo	10	17:32.20
72	MORK, Trenton	11	18:04.70
84	DUNCANSON, Kade	9	18:23.30
105	NOBLE, Zach	10	18:58.50
119	ATTAWAY, Austn	10	19:49.30
260			

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Men's 4A Varsity - Team Results

Decatur

Score	Name	Grade	Time
8	WILLIAMS, Josiah	12	16:24.40
22	FIELDS, Duncan	12	16:49.80
70	KEARNEY, Dylan	12	18:02.30
91	ABDI, Abdi	12	18:31.60
94	DONAVON, Quinten	10	18:34.90
98	SINGH, Anirudh	12	18:45.30
107	PICKENS, Cordell	12	19:04.70
285			

Curtis

Score	Name	Grade	Time
15	JACOT, Ben	11	16:42.20
50	SHAFER, Matthew	12	17:34.80
65	KEITH, Dennis	10	17:53.10
81	HOWARD, David	12	18:18.90
104	TOYOKAWA, Kaoru	11	18:55.60
108	SODON, Brody	10	19:05.30
117	STEERS, Ewan	9	19:27.20
315			

Kentlake

Score	Name	Grade	Time
29	GOODWIN, Hezekiah	11	17:02.70
45	GEALTA, Christian	10	17:31.10
76	WENGER, Tyson	11	18:11.40
85	EVERSOLE, Garrett	9	18:24.10
102	HENNING, Niklas	11	18:53.50
109	SANDIFER, Nolan	10	19:07.90
116	GEALTA, Logan	9	19:26.80
337			

Spanaway Lake

Score	Name	Grade	Time
33	SMITH, Colton	11	17:05.90
38	HESS, Anthony	11	17:17.30
44	TRUJILLO, Josh	10	17:27.30
110	BICKFORD, Jordan	10	19:11.60
113	SUNDQUIST, Alexander	12	19:19.40
114	NEWSOME, Nolan	9	19:19.70
118	ATWOOD, Tyler	11	19:40.20
338			

Bethel

Score	Name	Grade	Time
67	VALENZUELA, Victor	11	17:56.70
68	GARCIA, Kase	9	17:56.80
88	HARRIS, Brody	10	18:29.50
97	SHAFFER, Brian	12	18:42.70
103	SWEEM, Devyn	10	18:54.50
111	EVANGER, Brayden	10	19:15.10
115	FERGUSON, Matthew	10	19:21.10
423			

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Fort Steilacoom Park - Steilacoom, WA

Men's 4A Varsity - Team Results

Start Time

1:30 PM

Race Distance

5,000 meters

PLACE	TEAM POINTS	BIB	ATHLETE	TEAM	GRADE	FINISH TIME	TIME BACK	MILE PACE
1	1	1934	SCHROEDER, Graeme	Tahoma	12	15:48.40	00:00	05:05
2	2	1931	FITZPATRICK, Keegan	Tahoma	12	15:56.00	00:08	05:08
3	3	1929	BESST, Dawson	Tahoma	10	15:56.80	00:08	05:08
4	4	1935	WALTERS, Devon	Tahoma	11	16:05.80	00:17	05:11
5	5	1933	HOUSER, Tristan	Tahoma	12	16:08.00	00:20	05:12
6	6	1239	RAFTIS, Anthony	Kent Meridian	12	16:12.20	00:24	05:13
7	7	1155	SLICHKO, Lance	Emerald Ridge	11	16:22.70	00:34	05:16
8	8	1108	WILLIAMS, Josiah	Decatur	12	16:24.40	00:36	05:17
9	9	2684	DAHL, Garrett	Thomas Jefferson	12	16:25.90	00:37	05:17
10	10	1421	REGIER, Austin	Mt Rainier	12	16:30.00	00:42	05:19
11	11	1932	GENNARELLI, Nick	Tahoma	12	16:31.40	00:43	05:19
12	12	1420	HARANG, Erik	Mt Rainier	10	16:36.60	00:48	05:21
13	13	1930	EGBERG, Colton	Tahoma	11	16:37.10	00:49	05:21
14	14	1193	GOLDSTONE, Jesse	Federal Way	11	16:39.80	00:51	05:22
15	15	1064	JACOT, Ben	Curtis	11	16:42.20	00:54	05:23
16	16	1196	LOW, Connor	Federal Way	12	16:42.40	00:54	05:23
17	17	1487	AVERILL, Daniel	Puyallup	9	16:43.60	00:55	05:23
18	18	2687	JAQUISH, David	Thomas Jefferson	12	16:44.70	00:56	05:23
19	19	1982	CHOPRA, Aj	Todd Beamer	10	16:45.20	00:57	05:24
20	20	1801	MAYES, Colin	Rogers-Puyallup	12	16:46.70	00:58	05:24
21	21	1210	KAAS, Jesse	Graham-Kapowsin	10	16:49.20	01:01	05:25
22	22	1104	FIELDS, Duncan	Decatur	12	16:49.80	01:01	05:25
23	23	1490	MONAGHAN, Colin	Puyallup	10	16:50.50	01:02	05:25
24	24	1800	MAXA, Scott	Rogers-Puyallup	12	16:51.30	01:03	05:26
25	25	1341	ZIELKE, Jacob	Kentridge	12	16:54.90	01:06	05:27
26	26	2688	MILLER, Austin	Thomas Jefferson	10	16:55.80	01:07	05:27
27	27	1423	WOOD, Ben	Mt Rainier	12	17:00.70	01:12	05:29
28	28	1417	BAKLUND, Stephen	Mt Rainier	12	17:02.10	01:14	05:29
29	29	1279	GOODWIN, Hezekiah	Kentlake	11	17:02.70	01:14	05:29
30	30	1192	FORWARD, Jonathan	Federal Way	12	17:04.00	01:16	05:30
31	31	1340	WELDESELASSIE, Fanuel	Kentridge	10	17:05.10	01:17	05:30
32	32	1153	MCNALLY, Kyle	Emerald Ridge	12	17:05.80	01:17	05:30
33	33	1822	SMITH, Colton	Spanaway Lake	11	17:05.90	01:17	05:30
34	34	1378	NECHIPORUK, Matt	Kentwood	11	17:09.10	01:21	05:31
35	35	1152	HOVDE, Drew	Emerald Ridge	10	17:10.80	01:22	05:32
36	36	2686	GILL, Rajesh	Thomas Jefferson	11	17:14.60	01:26	05:33

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Start Time

1:30 PM

Race Distance

5,000 meters

PLACE	TEAM POINTS	BIB	ATHLETE	TEAM	GRADE	FINISH TIME	TIME BACK	MILE PACE
37	37	1212	KREIER, Porter	Graham-Kapowsin	12	17:15.60	01:27	05:33
38	38	1820	HESS, Anthony	Spanaway Lake	11	17:17.30	01:29	05:34
39	39	1381	WHEELER, Adam	Kentwood	12	17:19.40	01:31	05:35
40	40	1154	MILLER, Reis	Emerald Ridge	12	17:19.70	01:31	05:35
41	41	1491	OSLIN, Andrew	Puyallup	10	17:20.10	01:32	05:35
42	42	1985	PICKENS, Lorenzo	Todd Beamer	12	17:21.20	01:33	05:35
43	43	1493	WAITS, Xander	Puyallup	10	17:26.50	01:38	05:37
44	44	1824	TRUJILLO, Josh	Spanaway Lake	10	17:27.30	01:39	05:37
45	45	1277	GEALTA, Christian	Kentlake	10	17:31.10	01:43	05:38
46	46	1208	DRISKELL, Bo	Graham-Kapowsin	10	17:32.20	01:44	05:39
47	47	1150	DE OCAMPO, Raphael	Emerald Ridge	11	17:32.70	01:44	05:39
48	48	1797	ANDERSON, James	Rogers-Puyallup	11	17:34.10	01:46	05:39
49	49	2690	MURRAY, Alex	Thomas Jefferson	12	17:34.50	01:46	05:39
50	50	1066	SHAFER, Matthew	Curtis	12	17:34.80	01:46	05:40
51	51	1980	BASS, Austin	Todd Beamer	11	17:36.60	01:48	05:40
52	52	1240	ROSABAL, Adonis	Kent Meridian	11	17:38.10	01:50	05:41
53	53	1233	AYELE, Binyam	Kent Meridian	12	17:39.90	01:51	05:41
54	54	2689	MINNICK, Will	Thomas Jefferson	11	17:40.30	01:52	05:41
55	55	1151	HECHT, Justin	Emerald Ridge	11	17:41.60	01:53	05:42
56	56	1380	STAMPER, Brendan	Kentwood	12	17:41.90	01:53	05:42
57	57	1336	ELLER, Isaiah	Kentridge	10	17:43.30	01:55	05:42
58	58	1375	BELTER, Bobby	Kentwood	12	17:43.80	01:55	05:42
59	59	1338	SALEH, Maamoon	Kentridge	11	17:46.90	01:58	05:43
60	60	1418	BURDINE, Joseph	Mt Rainier	12	17:47.30	01:59	05:44
61	61	1379	PRINCIPE, Ross	Kentwood	9	17:51.50	02:03	05:45
62	62	1238	HERNANDEZ, Jose	Kent Meridian	12	17:51.60	02:03	05:45
63	63	1149	BARNETT, Carter	Emerald Ridge	12	17:51.80	02:03	05:45
64	64	1377	NATSUHARA, Koji	Kentwood	9	17:52.50	02:04	05:45
65	65	1065	KEITH, Dennis	Curtis	10	17:53.10	02:05	05:45
66	66	1802	SMITH, Aidan	Rogers-Puyallup	10	17:54.00	02:06	05:46
67	67	1010	VALENZUELA, Victor	Bethel	11	17:56.70	02:08	05:47
68	68	1006	GARCIA, Kase	Bethel	9	17:56.80	02:08	05:47
69	69	1979	BANUELOS, Alonso	Todd Beamer	9	17:59.60	02:11	05:47
70	70	1105	KEARNEY, Dylan	Decatur	12	18:02.30	02:14	05:48
71	71	1798	ATKINS, Nathanael	Rogers-Puyallup	10	18:03.70	02:15	05:49
72	72	1214	MORK, Trenton	Graham-Kapowsin	11	18:04.70	02:16	05:49

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Start Time

1:30 PM

Race Distance

5,000 meters

PLACE	TEAM POINTS	BIB	ATHLETE	TEAM	GRADE	FINISH TIME	TIME BACK	MILE PACE
73	73	1191	BEUMELER, Justin	Federal Way	9	18:04.90	02:16	05:49
74	74	1803	WARD, Tyler	Rogers-Puyallup	11	18:06.10	02:18	05:50
75	75	1489	CULPEPPER, Ryan	Puyallup	11	18:07.50	02:19	05:50
76	76	1282	WENGER, Tyson	Kentlake	11	18:11.40	02:23	05:51
77	77	1981	BROWN, Austin	Todd Beamer	12	18:14.30	02:26	05:52
78	78	1337	KASSEBAUM, Steven	Kentridge	11	18:16.70	02:28	05:53
79	79	1237	FREDELL, Max	Kent Meridian	11	18:17.10	02:29	05:53
80	80	1376	MILLER, Alex	Kentwood	11	18:17.90	02:29	05:53
81	81	1063	HOWARD, David	Curtis	12	18:18.90	02:30	05:54
82	82	1234	BUGINGO, Ghislain	Kent Meridian	10	18:19.40	02:31	05:54
83	83	1799	ELLSON, Colten	Rogers-Puyallup	10	18:23.20	02:35	05:55
84	84	1209	DUNCANSON, Kade	Graham-Kapowsin	9	18:23.30	02:35	05:55
85	85	1276	EVERSOLE, Garrett	Kentlake	9	18:24.10	02:36	05:55
86	86	1235	CHARBONEAU, Zacharie	Kent Meridian	12	18:25.90	02:37	05:56
87	87	1488	BENI, Andrew	Puyallup	9	18:27.30	02:39	05:56
88	88	1007	HARRIS, Brody	Bethel	10	18:29.50	02:41	05:57
89	89	1983	JEX, Jake	Todd Beamer	11	18:29.70	02:41	05:57
90	90	1194	JOHNSON, Jerin	Federal Way	9	18:31.30	02:43	05:58
91	91	1102	ABDI, Abdi	Decatur	12	18:31.60	02:43	05:58
92	92	1492	SUTHERLAND, Jacob	Puyallup	10	18:32.60	02:44	05:58
93	93	1422	RODRIGUEZ, Alex	Mt Rainier	12	18:34.40	02:46	05:59
94	94	1103	DONAVON, Quinten	Decatur	10	18:34.90	02:46	05:59
95	95	1984	MESSIAH, Malik	Todd Beamer	12	18:39.90	02:51	06:00
96	96	1335	CHAN, Brandon	Kentridge	9	18:40.40	02:52	06:01
97	97	1008	SHAFFER, Brian	Bethel	12	18:42.70	02:54	06:01
98	98	1107	SINGH, Anirudh	Decatur	12	18:45.30	02:57	06:02
99	99	1419	GILL, Harsimran	Mt Rainier	11	18:46.60	02:58	06:03
100	100	1195	LOW, Colton	Federal Way	9	18:46.80	02:58	06:03
101	101	1197	MAHDI, Sakarie	Federal Way	12	18:50.40	03:02	06:04
102	102	1280	HENNING, Niklas	Kentlake	11	18:53.50	03:05	06:05
103	103	1009	SWEEM, Devyn	Bethel	10	18:54.50	03:06	06:05
104	104	1069	TOYOKAWA, Kaoru	Curtis	11	18:55.60	03:07	06:06
105	105	1215	NOBLE, Zach	Graham-Kapowsin	10	18:58.50	03:10	06:06
106	106	1339	SHINE, Nathan	Kentridge	11	18:58.90	03:10	06:07
107	107	1106	PICKENS, Cordell	Decatur	12	19:04.70	03:16	06:08
108	108	1067	SODON, Brody	Curtis	10	19:05.30	03:17	06:09

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Men's 4A Varsity - Team Results

Start Time

1:30 PM

Race Distance

5,000 meters

PLACE	TEAM POINTS	BIB	ATHLETE	TEAM	GRADE	FINISH TIME	TIME BACK	MILE PACE
109	109	1281	SANDIFER, Nolan	Kentlake	10	19:07.90	03:19	06:09
110	110	1819	BICKFORD, Jordan	Spanaway Lake	10	19:11.60	03:23	06:11
111	111	1004	EVANGER, Brayden	Bethel	10	19:15.10	03:27	06:12
112	112	2674	KASTANIS, Ladon	Thomas Jefferson	9	19:18.40	03:30	06:13
113	113	1823	SUNDQUIST, Alexander	Spanaway Lake	12	19:19.40	03:31	06:13
114	114	1821	NEWSOME, Nolan	Spanaway Lake	9	19:19.70	03:31	06:13
115	115	1005	FERGUSON, Matthew	Bethel	10	19:21.10	03:33	06:14
116	116	1278	GEALTA, Logan	Kentlake	9	19:26.80	03:38	06:16
117	117	1068	STEERS, Ewan	Curtis	9	19:27.20	03:39	06:16
118	118	1818	ATWOOD, Tyler	Spanaway Lake	11	19:40.20	03:52	06:20
119	119	1207	ATTAWAY, Austn	Graham-Kapowsin	10	19:49.30	04:01	06:23