

2016 SOUTH PUGET SOUND LEAGUE 4A CHAMPIONSHIPS
Presented By SPSL & South Kitsap HS
Wednesday - October 19, 2016
Fort Steilacoom Park - Lakewood, WA
Men's Varsity - Team Results

RANK	TEAM	TEAM	PLACES OF FINISHERS							AVERAGE	TOP 5
		SCORE	#1	#2	#3	#4	#5	#6*	#7*	TIME	SPREAD
1	Bellarmino Prep	22	1	3	4	6	8	14	19	16:02.60	00:40
2	Olympia	105	15	17	21	23	29	33	34	16:55.53	00:23
3	South Kitsap	115	10	20	24	26	35	45	46	17:02.50	00:56
4	Curtis	120	2	11	31	32	44	48	57	17:02.30	02:00
5	Emerald Ridge	120	5	18	25	30	42	51	62	17:12.76	01:36
6	Graham-Kapowsin	148	9	27	28	41	43	59	60	17:23.93	01:23
7	Puyallup	154	7	13	38	47	49	50	54	17:15.17	01:38
8	Sumner	154	12	16	36	37	53	56	58	17:22.63	01:12
9	Rogers (Puyallup)	208	22	39	40	52	55	61	63	17:47.81	01:04

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Men's Varsity - Team Breakdown

Bellarmine Prep

Score	Name	Grade	Time
1	WYMAN, Cameron	12	15:25.20
3	OSTRANDER, Luke	12	15:40.70
4	FISCHER, Spencer	11	15:45.60
6	SHERMAN, Ben	10	15:58.30
8	PATEL, Deven	11	16:05.60
14	PIERSON, Lucas	11	16:34.80
19	OIE, Josh	10	16:48.00
22			

Olympia

Score	Name	Grade	Time
15	CASTRO, Tilahun	10	16:38.20
17	MILLER, Dylan	11	16:45.10
21	FLECKENSTEIN, Sam	10	16:49.90
23	DICKINSON-COVE, Caleb	11	16:52.00
29	MCCAULEY, Jack	11	17:01.30
33	VAN HAIT SMA, Ben	11	17:09.10
34	MCDONALD, Sayer	11	17:13.10
105			

South Kitsap

Score	Name	Grade	Time
10	SIMON, Jacob	10	16:19.40
20	LAWS, Jacob	9	16:48.50
24	GRAMS, Zach	10	16:54.30
26	MORRIS, Connor	12	16:57.80
35	CLOUGH, Shawn	10	17:15.00
45	MCDERMOTT, Kevin	10	17:31.20
46	VANDOORNIK, Mark	10	17:31.30
115			

Curtis

Score	Name	Grade	Time
2	JACOT, Ben	12	15:29.60
11	KEITH, Dennis	11	16:28.10
31	STEERS, Ewan	10	17:05.40
32	VANVALKENBERG, Aaron	9	17:06.10
44	TOYOKAWA, Kaoru	12	17:29.90
48	DOBOSZ, Nathaniel	10	17:35.80
57	SODON, Brody	11	18:01.20
120			

Emerald Ridge

Score	Name	Grade	Time
5	SLICHKO, Lance	12	15:52.60
18	HOVDE, Drew	11	16:47.50
25	DE OCAMPO, Raphael	12	16:55.10
30	MCNABB, Sean	10	17:02.10
42	CLARKE, Ben	11	17:28.30
51	HECHT, Justin	12	17:44.50
62	KALER, Harman	12	18:39.20
120			

Graham-Kapowsin

Score	Name	Grade	Time
9	KAAS, Jesse	11	16:06.80
27	MORK, Trenton	12	16:58.30
28	COOPER, Hunter	12	16:59.10
41	DUNCANSON, Kade	10	17:23.50
43	NOBLE, Zach	11	17:29.30
59	KAMALIAN, Paurisa	12	18:21.50
60	WEBBER, Casey	11	18:29.00
148			

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Puyallup			Sumner		
Score	Name	Grade Time	Score	Name	Grade Time
7	MONAGHAN, Colin	11 16:04.30	12	PENNEY, Dash	11 16:33.50
13	OSLIN, Andrew	11 16:34.10	16	MOTT, Joel	12 16:38.30
38	BRAUEN, Andrew	11 17:18.00	36	BOURGEOIS, Nicolas	12 17:16.90
47	CULPEPPER, Ryan	12 17:32.30	37	ROACH, Ethan	10 17:17.20
49	SUTHERLAND, Jacob	11 17:42.70	53	HOLME, Matthew	9 17:46.00
50	SMITH, Myles	12 17:44.30	56	SJOLUND, Adam	10 17:59.00
54	BENI, Andrew	10 17:50.50	58	TAYLOR, Carson	9 18:07.50
154			154		

Rogers (Puyallup)			
Score	Name	Grade Time	
22	SMITH, Aidan	11 16:50.50	
39	BREWER, Scott	9 17:19.60	
40	ANDERSON, James	12 17:20.40	
52	ATKINS, Nathanael	11 17:44.60	
55	ELLSON, Colten	11 17:54.40	
61	WARD, Tyler	12 18:30.30	
63	CATHEY, James	12 18:54.90	
208			0

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Men's Varsity - Individual Results

Start Time

2:30 PM

Race Distance

5,000 meters

PLACE	TEAM POINTS	BIB	ATHLETE	TEAM	GRADE	FINISH TIME	TIME BACK	MILE PACE
1	1	7	WYMAN, Cameron	Bellarmino Prep	12	15:25.20	00:00	04:58
2	2	9	JACOT, Ben	Curtis	12	15:29.60	00:04	04:59
3	3	3	OSTRANDER, Luke	Bellarmino Prep	12	15:40.70	00:15	05:03
4	4	1	FISCHER, Spencer	Bellarmino Prep	11	15:45.60	00:20	05:04
5	5	21	SLICHKO, Lance	Emerald Ridge	12	15:52.60	00:27	05:07
6	6	6	SHERMAN, Ben	Bellarmino Prep	10	15:58.30	00:33	05:08
7	7	41	MONAGHAN, Colin	Puyallup	11	16:04.30	00:39	05:10
8	8	4	PATEL, Deven	Bellarmino Prep	11	16:05.60	00:40	05:11
9	9	25	KAAS, Jesse	Graham-Kapowsin	11	16:06.80	00:41	05:11
10	10	59	SIMON, Jacob	South Kitsap	10	16:19.40	00:54	05:15
11	11	10	KEITH, Dennis	Curtis	11	16:28.10	01:03	05:18
12	12	64	PENNEY, Dash	Sumner	11	16:33.50	01:08	05:20
13	13	42	OSLIN, Andrew	Puyallup	11	16:34.10	01:09	05:20
14	14	5	PIERSON, Lucas	Bellarmino Prep	11	16:34.80	01:09	05:20
15	15	31	CASTRO, Tilahun	Olympia	10	16:38.20	01:13	05:21
16	16	63	MOTT, Joel	Sumner	12	16:38.30	01:13	05:21
17	17	36	MILLER, Dylan	Olympia	11	16:45.10	01:20	05:24
18	18	18	HOVDE, Drew	Emerald Ridge	11	16:47.50	01:22	05:24
19	19	2	OIE, Josh	Bellarmino Prep	10	16:48.00	01:23	05:24
20	20	56	LAWS, Jacob	South Kitsap	9	16:48.50	01:23	05:25
21	21	33	FLECKENSTEIN, Sam	Olympia	10	16:49.90	01:24	05:25
22	22	52	SMITH, Aidan	Rogers (Puyallup)	11	16:50.50	01:25	05:25
23	23	32	DICKINSON-COVE, Caleb	Olympia	11	16:52.00	01:27	05:26
24	24	55	GRAMS, Zach	South Kitsap	10	16:54.30	01:29	05:26
25	25	16	DE OCAMPO, Raphael	Emerald Ridge	12	16:55.10	01:30	05:27
26	26	58	MORRIS, Connor	South Kitsap	12	16:57.80	01:32	05:28
27	27	28	MORK, Trenton	Graham-Kapowsin	12	16:58.30	01:33	05:28
28	28	23	COOPER, Hunter	Graham-Kapowsin	12	16:59.10	01:34	05:28
29	29	34	MCCAULEY, Jack	Olympia	11	17:01.30	01:36	05:29
30	30	20	MCNABB, Sean	Emerald Ridge	10	17:02.10	01:37	05:29
31	31	12	STEERS, Ewan	Curtis	10	17:05.40	01:40	05:30
32	32	14	VANVALKENBERG, Aaron	Curtis	9	17:06.10	01:41	05:30
33	33	37	VAN HAITSMAN, Ben	Olympia	11	17:09.10	01:44	05:31
34	34	35	MCDONALD, Sayer	Olympia	11	17:13.10	01:48	05:33
35	35	54	CLOUGH, Shawn	South Kitsap	10	17:15.00	01:50	05:33
36	36	61	BOURGEOIS, Nicolas	Sumner	12	17:16.90	01:51	05:34

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PLACE	TEAM POINTS	BIB	ATHLETE	TEAM	GRADE	FINISH TIME	TIME BACK	MILE PACE
37	37	65	ROACH, Ethan	Sumner	10	17:17.20	01:52	05:34
38	38	39	BRAUEN, Andrew	Puyallup	11	17:18.00	01:53	05:34
39	39	47	BREWER, Scott	Rogers (Puyallup)	9	17:19.60	01:54	05:35
40	40	45	ANDERSON, James	Rogers (Puyallup)	12	17:20.40	01:55	05:35
41	41	24	DUNCANSON, Kade	Graham-Kapowsin	10	17:23.50	01:58	05:36
42	42	15	CLARKE, Ben	Emerald Ridge	11	17:28.30	02:03	05:37
43	43	29	NOBLE, Zach	Graham-Kapowsin	11	17:29.30	02:04	05:38
44	44	13	TOYOKAWA, Kaoru	Curtis	12	17:29.90	02:04	05:38
45	45	57	MCDERMOTT, Kevin	South Kitsap	10	17:31.20	02:06	05:38
46	46	60	VANDOORNIK, Mark	South Kitsap	10	17:31.30	02:06	05:38
47	47	40	CULPEPPER, Ryan	Puyallup	12	17:32.30	02:07	05:39
48	48	8	DOBOSZ, Nathaniel	Curtis	10	17:35.80	02:10	05:40
49	49	44	SUTHERLAND, Jacob	Puyallup	11	17:42.70	02:17	05:42
50	50	43	SMITH, Myles	Puyallup	12	17:44.30	02:19	05:43
51	51	17	HECHT, Justin	Emerald Ridge	12	17:44.50	02:19	05:43
52	52	46	ATKINS, Nathanael	Rogers (Puyallup)	11	17:44.60	02:19	05:43
53	53	62	HOLME, Matthew	Sumner	9	17:46.00	02:21	05:43
54	54	38	BENI, Andrew	Puyallup	10	17:50.50	02:25	05:45
55	55	50	ELLSON, Colten	Rogers (Puyallup)	11	17:54.40	02:29	05:46
56	56	66	SJOLUND, Adam	Sumner	10	17:59.00	02:34	05:47
57	57	11	SODON, Brody	Curtis	11	18:01.20	02:36	05:48
58	58	67	TAYLOR, Carson	Sumner	9	18:07.50	02:42	05:50
59	59	26	KAMALIAN, Paursa	Graham-Kapowsin	12	18:21.50	02:56	05:55
60	60	30	WEBBER, Casey	Graham-Kapowsin	11	18:29.00	03:04	05:57
61	61	53	WARD, Tyler	Rogers (Puyallup)	12	18:30.30	03:05	05:57
62	62	19	KALER, Harman	Emerald Ridge	12	18:39.20	03:14	06:00
63	63	48	CATHEY, James	Rogers (Puyallup)	12	18:54.90	03:29	06:05