

**2017 EMERALD CITY LEAGUE XC MEET #3**  
**Presented By Emerald City League**  
**Tuesday - September 26, 2017**  
**Upper Woodland Park - Seattle, WA**  
**Men's Open - Team Results**

| RANK | TEAM                 | TEAM       | PLACES OF FINISHERS |    |    |    |    |     |     | AVERAGE  | TOP 5  |
|------|----------------------|------------|---------------------|----|----|----|----|-----|-----|----------|--------|
|      |                      | SCORE      | #1                  | #2 | #3 | #4 | #5 | #6* | #7* | TIME     | SPREAD |
| 1    | Northwest            | <b>46</b>  | 1                   | 6  | 11 | 12 | 16 | 19  | 21  | 18:32.40 | 02:37  |
| 2    | Overlake             | <b>54</b>  | 5                   | 7  | 8  | 14 | 20 | 23  | 24  | 18:55.09 | 01:17  |
| 3    | University Prep      | <b>86</b>  | 2                   | 15 | 18 | 25 | 26 | 28  | 31  | 19:25.03 | 02:33  |
| 4    | Mt Vernon Christian  | <b>104</b> | 4                   | 10 | 22 | 33 | 41 | 42  | 57  | 20:09.94 | 03:32  |
| 5    | Bear Creek           | <b>113</b> | 9                   | 13 | 27 | 32 | 37 |     |     | 19:40.42 | 02:26  |
| 6    | Bush                 | <b>123</b> | 3                   | 17 | 29 | 39 | 53 |     |     | 20:03.04 | 05:10  |
| 7    | Seattle Academy      | <b>197</b> | 40                  | 44 | 50 | 60 | 62 | 65  | 67  | 22:34.90 | 02:15  |
|      | Eastside Preparatory | <b>0</b>   | 63                  | 75 | 76 |    |    |     |     | -        | -      |

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**Northwest**

| Score     | Name            | Grade | Time     |
|-----------|-----------------|-------|----------|
| 1         | PROCTOR, Tamire | 12    | 16:27.90 |
| 6         | POLAKOFF, Jamie | 12    | 18:12.90 |
| 11        | MINAHAN, Keegan | 10    | 18:33.80 |
| 12        | CLARK, Dylan    | 11    | 18:46.20 |
| 16        | GREENBERG, Milo | 10    | 19:05.10 |
| 19        | POLAKOFF, Jarod | 10    | 19:19.70 |
| 21        | WHITE, Lewis    | 9     | 19:21.20 |
| <b>46</b> |                 |       |          |

**Overlake**

| Score     | Name             | Grade | Time     |
|-----------|------------------|-------|----------|
| 5         | ARONS, Spencer   | 12    | 18:03.70 |
| 7         | FOSTER, Zach     | 11    | 18:17.60 |
| 8         | NGOUNET, Alan    | 9     | 18:18.30 |
| 14        | THOMAS, Oliver   | 9     | 19:01.50 |
| 20        | STRAFFORD, Tyler | 12    | 19:20.70 |
| 23        | SINHA, Kunal     | 10    | 19:32.00 |
| 24        | SÁNCHEZ, Esteban | 11    | 19:51.80 |
| <b>54</b> |                  |       |          |

**University Prep**

| Score     | Name              | Grade | Time     |
|-----------|-------------------|-------|----------|
| 2         | SMIDT, Arie       | 11    | 17:21.50 |
| 15        | COLUCCIO, Gus     | 11    | 19:04.50 |
| 18        | MCHUGH, Nick      | 9     | 19:07.80 |
| 25        | DOUGLAS, Sam      | 9     | 19:52.30 |
| 26        | LAGUNOFF, Max     | 9     | 19:54.40 |
| 28        | TALBOT, Remy      | 10    | 20:12.00 |
| 30        | RENSCHLER, Julian | 10    | 20:22.70 |
| <b>86</b> |                   |       |          |

**Mt Vernon Christian**

| Score      | Name                | Grade | Time     |
|------------|---------------------|-------|----------|
| 4          | DEVRIES, Russell    | 10    | 17:31.40 |
| 10         | VANZANTEN, Kendall  | 12    | 18:20.40 |
| 22         | BROWN, Jonathan     | 10    | 19:30.10 |
| 32         | DROOG, Dalton       | 12    | 20:27.00 |
| 36         | WOOD, Jace          | 10    | 21:03.10 |
| 37         | FLURY, Ian          | 10    | 21:11.10 |
| 41         | TIMMERMANS, Hendrik | 11    | 23:06.50 |
| <b>104</b> |                     |       |          |

**Bear Creek**

| Score      | Name           | Grade | Time     |
|------------|----------------|-------|----------|
| 9          | FINAN, Alex    | 11    | 18:19.30 |
| 13         | LEVASSEUR, Ian | 12    | 18:52.50 |
| 27         | FINAN, Jj      | 12    | 20:02.10 |
| 31         | HE, Johnny     | 10    | 20:23.40 |
| 33         | TSOU, Joseph   | 11    | 20:44.80 |
| <b>113</b> |                |       |          |

**Bush**

| Score      | Name             | Grade | Time     |
|------------|------------------|-------|----------|
| 3          | WIDLANSKY, Ethan | 12    | 17:23.60 |
| 17         | CUNDIFF, Taylor  | 11    | 19:05.50 |
| 29         | FESSEHAYE, Esrom | 11    | 20:18.40 |
| 34         | CAPLOW, Emil     | 10    | 20:54.30 |
| 40         | MOKODAM, Kiran   | 9     | 22:33.40 |
| <b>123</b> |                  |       |          |

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**Seattle Academy**

| <b>Score</b> | <b>Name</b>      | <b>Grade</b> | <b>Time</b> |          |
|--------------|------------------|--------------|-------------|----------|
| 35           | TORRES, Max      | 10           | 20:58.10    |          |
| 38           | TAYLOR, Jared    | 12           | 21:19.60    |          |
| 39           | JACOBSEN, Slater | 12           | 22:16.10    |          |
| 42           | MCMILLAN, Taya   | 11           | 23:10.20    |          |
| 43           | GELTZER, Aurele  | 10           | 23:12.70    |          |
| 44           | PIERCE, Conner   | 12           | 23:30.00    |          |
| 45           | BISHOP, Adam     | 9            | 23:37.60    |          |
| <b>197</b>   |                  |              |             | <b>0</b> |

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Upper Woodland Park - Seattle, WA

Men's Open - Individual Results

Start Time

5:05 PM

Race Distance

5,000 meters

| PLACE | TEAM POINTS | BIB | ATHLETE               | TEAM                | GRADE | FINISH TIME | TIME BACK | MILE PACE |
|-------|-------------|-----|-----------------------|---------------------|-------|-------------|-----------|-----------|
| 1     | 1           | 80  | PROCTOR, Tamire       | Northwest           | 12    | 16:27.90    | 00:00     | 05:18     |
| 2     | 2           | 414 | SMIDT, Arie           | University Prep     | 11    | 17:21.50    | 00:54     | 05:35     |
| 3     | 3           | 30  | WIDLANSKY, Ethan      | Bush                | 12    | 17:23.60    | 00:56     | 05:36     |
| 4     | 4           | 55  | DEVRIES, Russell      | Mt Vernon Christian | 10    | 17:31.40    | 01:04     | 05:38     |
| 5     | 5           | 116 | ARONS, Spencer        | Overlake            | 12    | 18:03.70    | 01:36     | 05:49     |
| 6     | 6           | 78  | POLAKOFF, Jamie       | Northwest           | 12    | 18:12.90    | 01:45     | 05:52     |
| 7     | 7           | 119 | FOSTER, Zach          | Overlake            | 11    | 18:17.60    | 01:50     | 05:53     |
| 8     | 8           | 123 | NGOUNET, Alan         | Overlake            | 9     | 18:18.30    | 01:51     | 05:54     |
| 9     | 9           | 14  | FINAN, Alex           | Bear Creek          | 11    | 18:19.30    | 01:52     | 05:54     |
| 10    | 10          | 61  | VANZANTEN, Kendall    | Mt Vernon Christian | 12    | 18:20.40    | 01:53     | 05:54     |
| 11    | 11          | 74  | MINAHAN, Keegan       | Northwest           | 10    | 18:33.80    | 02:06     | 05:58     |
| 12    | 12          | 66  | CLARK, Dylan          | Northwest           | 11    | 18:46.20    | 02:19     | 06:02     |
| 13    | 13          | 17  | LEVASSEUR, Ian        | Bear Creek          | 12    | 18:52.50    | 02:25     | 06:05     |
| 14    | 14          | 130 | THOMAS, Oliver        | Overlake            | 9     | 19:01.50    | 02:34     | 06:07     |
| 15    | 15          | 403 | COLUCCIO, Gus         | University Prep     | 11    | 19:04.50    | 02:37     | 06:08     |
| 16    | 16          | 68  | GREENBERG, Milo       | Northwest           | 10    | 19:05.10    | 02:38     | 06:09     |
| 17    | 17          | 27  | CUNDIFF, Taylor       | Bush                | 11    | 19:05.50    | 02:38     | 06:09     |
| 18    | 18          | 410 | MCHUGH, Nick          | University Prep     | 9     | 19:07.80    | 02:40     | 06:09     |
| 19    | 19          | 79  | POLAKOFF, Jarod       | Northwest           | 10    | 19:19.70    | 02:52     | 06:13     |
| 20    | 20          | 129 | STRAFFORD, Tyler      | Overlake            | 12    | 19:20.70    | 02:53     | 06:14     |
| 21    | 21          | 85  | WHITE, Lewis          | Northwest           | 9     | 19:21.20    | 02:54     | 06:14     |
| 22    | 22          | 54  | BROWN, Jonathan       | Mt Vernon Christian | 10    | 19:30.10    | 03:03     | 06:17     |
| 23    | 23          | 126 | SINHA, Kunal          | Overlake            | 10    | 19:32.00    | 03:05     | 06:17     |
| 24    | 24          | 125 | SÁNCHEZ, Esteban      | Overlake            | 11    | 19:51.80    | 03:24     | 06:24     |
| 25    | 25          | 404 | DOUGLAS, Sam          | University Prep     | 9     | 19:52.30    | 03:25     | 06:24     |
| 26    | 26          | 407 | LAGUNOFF, Max         | University Prep     | 9     | 19:54.40    | 03:27     | 06:24     |
| 27    | 27          | 15  | FINAN, Jj             | Bear Creek          | 12    | 20:02.10    | 03:35     | 06:27     |
| 28    | 28          | 415 | TALBOT, Remy          | University Prep     | 10    | 20:12.00    | 03:45     | 06:30     |
| 29    | 29          | 28  | FESSEHAYE, Esrom      | Bush                | 11    | 20:18.40    | 03:51     | 06:32     |
| 30    |             | 121 | MIHATA, Kai           | Overlake            | 12    | 20:20.10    | 03:53     | 06:33     |
| 31    | 30          | 412 | RENSCHLER, Julian     | University Prep     | 10    | 20:22.70    | 03:55     | 06:34     |
| 32    | 31          | 16  | HE, Johnny            | Bear Creek          | 10    | 20:23.40    | 03:56     | 06:34     |
| 33    | 32          | 56  | DROOG, Dalton         | Mt Vernon Christian | 12    | 20:27.00    | 04:00     | 06:35     |
| 34    |             | 401 | BUSCHER, Henry        | University Prep     | 9     | 20:28.50    | 04:01     | 06:35     |
| 35    |             | 124 | PETERSON, Roman       | Overlake            | 9     | 20:34.30    | 04:07     | 06:37     |
| 36    |             | 71  | LE DU- MEDINA, Marcel | Northwest           | 10    | 20:43.80    | 04:16     | 06:40     |

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Start Time

5:05 PM

Race Distance

5,000 meters

| PLACE | TEAM POINTS | BIB | ATHLETE             | TEAM                 | GRADE | FINISH TIME | TIME BACK | MILE PACE |
|-------|-------------|-----|---------------------|----------------------|-------|-------------|-----------|-----------|
| 37    | 33          | 18  | TSOU, Joseph        | Bear Creek           | 11    | 20:44.80    | 04:17     | 06:41     |
| 38    |             | 77  | PHINNEY, Abbott     | Northwest            | 10    | 20:48.90    | 04:21     | 06:42     |
| 39    | 34          | 26  | CAPLOW, Emil        | Bush                 | 10    | 20:54.30    | 04:27     | 06:44     |
| 40    | 35          | 156 | TORRES, Max         | Seattle Academy      | 10    | 20:58.10    | 04:31     | 06:45     |
| 41    | 36          | 63  | WOOD, Jace          | Mt Vernon Christian  | 10    | 21:03.10    | 04:36     | 06:47     |
| 42    | 37          | 57  | FLURY, Ian          | Mt Vernon Christian  | 10    | 21:11.10    | 04:44     | 06:49     |
| 43    |             | 402 | CAO, Doran          | University Prep      | 10    | 21:12.20    | 04:45     | 06:49     |
| 44    | 38          | 155 | TAYLOR, Jared       | Seattle Academy      | 12    | 21:19.60    | 04:52     | 06:52     |
| 45    |             | 117 | BRANDES, Nathan     | Overlake             | 10    | 21:28.20    | 05:01     | 06:55     |
| 46    |             | 70  | HASELEY, Jonah      | Northwest            | 12    | 21:30.20    | 05:03     | 06:55     |
| 47    |             | 82  | SHAPIRO, Noah       | Northwest            | 11    | 21:45.30    | 05:18     | 07:00     |
| 48    |             | 118 | BREZAK, Luke        | Overlake             | 12    | 21:58.30    | 05:31     | 07:04     |
| 49    |             | 75  | PALOMINO, Preston   | Northwest            | 9     | 22:00.70    | 05:33     | 07:05     |
| 50    | 39          | 150 | JACOBSEN, Slater    | Seattle Academy      | 12    | 22:16.10    | 05:49     | 07:10     |
| 51    |             | 120 | KIM GODBOUT, Louis  | Overlake             | 9     | 22:21.90    | 05:54     | 07:12     |
| 52    |             | 416 | TODD, Jerome        | University Prep      | 10    | 22:31.00    | 06:04     | 07:15     |
| 53    | 40          | 29  | MOKODAM, Kiran      | Bush                 | 9     | 22:33.40    | 06:06     | 07:16     |
| 54    |             | 411 | POHLMANN, Anders    | University Prep      | 9     | 22:39.00    | 06:12     | 07:17     |
| 55    |             | 127 | SMITH, Aiden        | Overlake             | 9     | 23:00.90    | 06:33     | 07:24     |
| 56    |             | 406 | LAFRENIERE, Max     | University Prep      | 12    | 23:03.70    | 06:36     | 07:25     |
| 57    | 41          | 60  | TIMMERMANS, Hendrik | Mt Vernon Christian  | 11    | 23:06.50    | 06:39     | 07:26     |
| 58    |             | 72  | MCMILLEN, Gabriel   | Northwest            | 10    | 23:07.10    | 06:40     | 07:26     |
| 59    |             | 413 | SHEGO, Adam         | University Prep      | 10    | 23:08.60    | 06:41     | 07:27     |
| 60    | 42          | 152 | MCMILLAN, Taya      | Seattle Academy      | 11    | 23:10.20    | 06:43     | 07:27     |
| 61    |             | 84  | WEINER, Ben         | Northwest            | 11    | 23:11.70    | 06:44     | 07:28     |
| 62    | 43          | 149 | GELTZER, Aurele     | Seattle Academy      | 10    | 23:12.70    | 06:45     | 07:28     |
| 63    |             | 40  | RAY, Brandon        | Eastside Preparatory | 12    | 23:16.50    | 06:49     | 07:29     |
| 64    |             | 409 | LEVINE, Sidney      | University Prep      | 9     | 23:25.40    | 06:58     | 07:32     |
| 65    | 44          | 154 | PIERCE, Conner      | Seattle Academy      | 12    | 23:30.00    | 07:03     | 07:34     |
| 66    |             | 417 | VAN DUESEN, Keenan  | University Prep      | 11    | 23:34.70    | 07:07     | 07:35     |
| 67    | 45          | 148 | BISHOP, Adam        | Seattle Academy      | 9     | 23:37.60    | 07:10     | 07:36     |
| 68    |             | 153 | ORKAND, Oliver      | Seattle Academy      | 9     | 23:37.60    | 07:10     | 07:36     |
| 69    |             | 147 | ARNTZ, Grant        | Seattle Academy      | 10    | 23:39.60    | 07:12     | 07:37     |
| 70    |             | 67  | CRAIN-MERZ, Jackson | Northwest            | 10    | 23:49.10    | 07:22     | 07:40     |
| 71    |             | 81  | RAMAN, Ashwin       | Northwest            | 10    | 23:59.70    | 07:32     | 07:43     |
| 72    |             | 62  | VICTOR, Jeremy      | Mt Vernon Christian  | 9     | 24:04.40    | 07:37     | 07:45     |

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Start Time  
5:05 PM  
Race Distance  
5,000 meters

| PLACE | TEAM POINTS | BIB | ATHLETE           | TEAM                 | GRADE | FINISH TIME | TIME BACK | MILE PACE |
|-------|-------------|-----|-------------------|----------------------|-------|-------------|-----------|-----------|
| 73    |             | 58  | GERRISH, Joshua   | Mt Vernon Christian  | 9     | 24:21.60    | 07:54     | 07:50     |
| 74    |             | 59  | PHIFER, John      | Mt Vernon Christian  | 12    | 24:42.70    | 08:15     | 07:57     |
| 75    |             | 38  | CHATFIELD, Lathan | Eastside Preparatory | 11    | 24:56.50    | 08:29     | 08:02     |
| 76    |             | 39  | MAYMUDES, Nat     | Eastside Preparatory | 10    | 25:01.10    | 08:34     | 08:03     |
| 77    |             | 151 | JONES, Jackson    | Seattle Academy      | 10    | 25:28.70    | 09:01     | 08:12     |
| 78    |             | 65  | CASTRO, German    | Northwest            | 9     | 26:01.10    | 09:34     | 08:22     |
| 79    |             | 87  | YUN, David        | Northwest            | 10    | 26:19.60    | 09:52     | 08:28     |
| 80    |             | 405 | GARCIA, Jeremy    | University Prep      | 10    | 26:22.00    | 09:55     | 08:29     |
| 81    |             | 76  | PARK, Yeonwook    | Northwest            | 11    | 26:22.70    | 09:55     | 08:29     |
| 82    |             | 408 | LEE, Nicholas     | University Prep      | 9     | 26:39.20    | 10:12     | 08:35     |
| 83    |             | 88  | ZHU, Rex          | Northwest            | 12    | 29:55.70    | 13:28     | 09:38     |