

2018 SPSL SUB-DISTRICT XC CHAMPS
Presented By South Puget Sound League
Thursday - October 18, 2018
Fort Steilacoom Park - Lakewood, WA
SPSL 4A 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	Olympia	60	2	6	13	19	20	32	58	17:09.99	00:56
2	Bellarmino Prep	63	1	3	10	21	28	37	42	16:47.84	01:31
3	South Kitsap	67	4	7	15	16	25	26		16:41.30	00:46
4	Curtis	81	11	12	14	17	27	39	44	17:03.37	00:36
5	Rogers (Puyallup)	132	5	23	30	31	43	49	53	17:37.04	01:33
6	Sumner	134	9	18	33	36	38	41	45	17:23.79	01:16
7	Emerald Ridge	165	8	24	40	46	47	56	60	18:22.31	02:02
8	Puyallup	168	22	29	34	35	48	50	51	17:50.23	01:37
9	Graham-Kapowsin	277	52	54	55	57	59	61		20:00.85	01:21

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Olympia

Score	Name	Grade	Time
2	GRIFFITH, Connor	11	15:55.20
6	CASTRO, Tilahun	12	16:19.90
13	BARNES, Max	11	16:34.80
19	COLEMAN, Ethan	9	16:50.70
20	KOSA, Ben	11	16:51.20
32	FLECKENSTEIN, Sam	12	17:19.40
58	VAN NUYS, Jack	11	20:18.70
60			

Bellarmine Prep

Score	Name	Grade	Time
1	SHERMAN, Ben	12	15:39.60
3	OIE, Josh	12	16:02.70
10	JAMES, Will	12	16:27.00
21	PATEL, Aiden	10	16:51.30
28	EMERICK, Ludvig	12	17:10.80
37	HILLYER, Matthew	9	17:34.90
42	O'FLAHERTY, Christopher	10	17:48.60
63			

South Kitsap

Score	Name	Grade	Time
4	GRAMS, Zach	12	16:13.20
7	LAWS, Jacob	11	16:21.20
15	MCDERMOTT, Kevin	12	16:43.60
16	ROWDEN, Jacob	10	16:46.10
25	CLOUGH, Shawn	12	16:58.80
26	SIMON, Jacob	12	17:04.90
67			

Curtis

Score	Name	Grade	Time
11	VANVALKENBURG, Aaron	11	16:31.70
12	STEERS, Ewan	12	16:34.40
14	WATAMURA, Mason	10	16:35.50
17	MELLOTT, Josiah	10	16:49.00
27	DOBOSZ, Nathaniel	12	17:08.10
39	SHIRK, Noah	12	17:43.50
44	HELMBERGER, Dane	11	18:01.40
81			

Rogers (Puyallup)

Score	Name	Grade	Time
5	MILLER, Logan	11	16:16.40
23	STRACKE, Ryan	12	16:55.30
30	BREWER, Scott	11	17:15.70
31	SCEARCY, Isaias	11	17:17.90
43	TACY, Leon	12	17:49.00
49	CHO, Minwoo	12	18:33.00
53	REEVES, Jackson	11	19:12.00
132			

Sumner

Score	Name	Grade	Time
9	SJOLUND, Adam	12	16:21.80
18	HOLME, Matthew	11	16:49.40
33	FISHER, Hayden	9	17:26.10
36	MELDRUM, Ryan	10	17:30.90
38	ROACH, Ethan	12	17:37.50
41	PEROVICH, Jacob	11	17:46.60
45	LUND, Parker	10	18:14.20
134			

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Emerald Ridge

Score	Name	Grade	Time
8	FOSTER, Jessie	11	16:21.50
24	ROHRBACH, Blake	11	16:56.80
40	NEALON, Joel	9	17:45.40
46	PIERCE, Daniel	10	18:21.00
47	JOHNSON, Lucas	9	18:23.70
56	ROHRBACH, Levi	9	20:04.60
60	VOLKMAN, Adam	12	20:43.20
165			

Puyallup

Score	Name	Grade	Time
22	ZIELKE, Samuel	10	16:51.90
29	BLEDSON, Alec	11	17:11.30
34	SEGERS, Nate	12	17:26.20
35	VILHAUER, Hunter	11	17:27.70
48	BENI, Andrew	12	18:29.00
50	HUSON, Dylan	10	18:38.80
51	MONAGHAN, Cian	9	18:46.70
168			

Graham-Kapowsin

Score	Name	Grade	Time
52	OLSON, Mason	11	19:08.50
54	WRIGHT, Jed	9	19:20.90
55	FELIX, Diego	12	19:57.50
57	KIRKEGAARD, Ryan	11	20:13.80
59	GUZMAN, Gabriel	11	20:29.60
61	NILES, Michael	9	20:54.80
277			

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Start Time
2:50 PM
Race Distance
5,000 meters

PLACE	TEAM POINTS	BIB	ATHLETE	TEAM	GRADE	FINISH TIME	TIME BACK	MILE PACE
1	1	213	SHERMAN, Ben	Bellarmine Prep	12	15:39.60	00:00	05:02
2	2	239	GRIFFITH, Connor	Olympia	11	15:55.20	00:16	05:07
3	3	211	OIE, Josh	Bellarmine Prep	12	16:02.70	00:23	05:10
4	4	257	GRAMS, Zach	South Kitsap	12	16:13.20	00:34	05:13
5	5	251	MILLER, Logan	Rogers (Puyallup)	11	16:16.40	00:37	05:14
6	6	236	CASTRO, Tilahun	Olympia	12	16:19.90	00:40	05:15
7	7	258	LAWS, Jacob	South Kitsap	11	16:21.20	00:42	05:16
8	8	221	FOSTER, Jessie	Emerald Ridge	11	16:21.50	00:42	05:16
9	9	268	SJOLUND, Adam	Sumner	12	16:21.80	00:42	05:16
10	10	209	JAMES, Will	Bellarmine Prep	12	16:27.00	00:48	05:18
11	11	218	VANVALKENBURG, Aaron	Curtis	11	16:31.70	00:52	05:19
12	12	217	STEERS, Ewan	Curtis	12	16:34.40	00:55	05:20
13	13	235	BARNES, Max	Olympia	11	16:34.80	00:55	05:20
14	14	220	WATAMURA, Mason	Curtis	10	16:35.50	00:56	05:20
15	15	259	MCDERMOTT, Kevin	South Kitsap	12	16:43.60	01:04	05:23
16	16	260	ROWDEN, Jacob	South Kitsap	10	16:46.10	01:07	05:24
17	17	219	MELLOTT, Josiah	Curtis	10	16:49.00	01:10	05:25
18	18	263	HOLME, Matthew	Sumner	11	16:49.40	01:10	05:25
19	19	237	COLEMAN, Ethan	Olympia	9	16:50.70	01:11	05:25
20	20	240	KOSA, Ben	Olympia	11	16:51.20	01:12	05:25
21	21	212	PATEL, Aiden	Bellarmine Prep	10	16:51.30	01:12	05:26
22	22	248	ZIELKE, Samuel	Puyallup	10	16:51.90	01:12	05:26
23	23	254	STRACKE, Ryan	Rogers (Puyallup)	12	16:55.30	01:16	05:27
24	24	225	ROHRBACH, Blake	Emerald Ridge	11	16:56.80	01:17	05:27
25	25	256	CLOUGH, Shawn	South Kitsap	12	16:58.80	01:19	05:28
26	26	261	SIMON, Jacob	South Kitsap	12	17:04.90	01:25	05:30
27	27	214	DOBOSZ, Nathaniel	Curtis	12	17:08.10	01:29	05:31
28	28	207	EMERICK, Ludvig	Bellarmine Prep	12	17:10.80	01:31	05:32
29	29	243	BLEDSOE, Alec	Puyallup	11	17:11.30	01:32	05:32
30	30	249	BREWER, Scott	Rogers (Puyallup)	11	17:15.70	01:36	05:33
31	31	253	SCEARCY, Isaias	Rogers (Puyallup)	11	17:17.90	01:38	05:34
32	32	238	FLECKENSTEIN, Sam	Olympia	12	17:19.40	01:40	05:35
33	33	262	FISHER, Hayden	Sumner	9	17:26.10	01:47	05:37
34	34	246	SEGRS, Nate	Puyallup	12	17:26.20	01:47	05:37
35	35	247	VILHAUER, Hunter	Puyallup	11	17:27.70	01:48	05:37
36	36	265	MELDRUM, Ryan	Sumner	10	17:30.90	01:51	05:38

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PLACE	TEAM POINTS	BIB	ATHLETE	TEAM	GRADE	FINISH TIME	TIME BACK	MILE PACE
37	37	208	HILLYER, Matthew	Bellarmino Prep	9	17:34.90	01:55	05:40
38	38	267	ROACH, Ethan	Sumner	12	17:37.50	01:58	05:40
39	39	216	SHIRK, Noah	Curtis	12	17:43.50	02:04	05:42
40	40	223	NEALON, Joel	Emerald Ridge	9	17:45.40	02:06	05:43
41	41	266	PEROVICH, Jacob	Sumner	11	17:46.60	02:07	05:43
42	42	210	O'FLAHERTY, Christopher	Bellarmino Prep	10	17:48.60	02:09	05:44
43	43	255	TACY, Leon	Rogers (Puyallup)	12	17:49.00	02:10	05:44
44	44	215	HELMBERGER, Dane	Curtis	11	18:01.40	02:22	05:48
45	45	264	LUND, Parker	Sumner	10	18:14.20	02:35	05:52
46	46	224	PIERCE, Daniel	Emerald Ridge	10	18:21.00	02:42	05:54
47	47	222	JOHNSON, Lucas	Emerald Ridge	9	18:23.70	02:44	05:55
48	48	242	BENI, Andrew	Puyallup	12	18:29.00	02:50	05:57
49	49	250	CHO, Minwoo	Rogers (Puyallup)	12	18:33.00	02:54	05:58
50	50	244	HUSON, Dylan	Puyallup	10	18:38.80	02:59	06:00
51	51	245	MONAGHAN, Cian	Puyallup	9	18:46.70	03:07	06:03
52	52	233	OLSON, Mason	Graham-Kapowsin	11	19:08.50	03:29	06:10
53	53	252	REEVES, Jackson	Rogers (Puyallup)	11	19:12.00	03:33	06:11
54	54	234	WRIGHT, Jed	Graham-Kapowsin	9	19:20.90	03:41	06:14
55	55	463	FELIX, Diego	Graham-Kapowsin	12	19:57.50	04:18	06:25
56	56	226	ROHRBACH, Levi	Emerald Ridge	9	20:04.60	04:25	06:28
57	57	466	KIRKEGAARD, Ryan	Graham-Kapowsin	11	20:13.80	04:34	06:31
58	58	241	VAN NUYS, Jack	Olympia	11	20:18.70	04:39	06:32
59	59	229	GUZMAN, Gabriel	Graham-Kapowsin	11	20:29.60	04:50	06:36
60	60	227	VOLKMAN, Adam	Emerald Ridge	12	20:43.20	05:04	06:40
61	61	232	NILES, Michael	Graham-Kapowsin	9	20:54.80	05:15	06:44