

**2019 Northwest & Wesco 3A South League Champs - 5/8/2019 to 5/10/2019****Edmonds Woodway Stadium  
Team Rankings - Through Event 235****Combined Team Scores**

| Place        | School          | Points        | Sprints     | Distance     | Hurdles     | Relays       | Field Events  | Combined    |
|--------------|-----------------|---------------|-------------|--------------|-------------|--------------|---------------|-------------|
| 1            | Edmonds-Woodway | 123           | 0           | 48           | 0           | 10           | 65            | 0           |
| 2            | Shorecrest      | 79            | 0           | 20           | 0           | 8            | 51            | 0           |
| 3            | Shorewood       | 60            | 0           | 1            | 0           | 6            | 53            | 0           |
| 4            | Meadowdale      | 40            | 0           | 0            | 0           | 4            | 36            | 0           |
| 5            | Lynnwood        | 38            | 0           | 6            | 0           | 3            | 29            | 0           |
| 6            | Ferndale        | 24            | 0           | 0            | 0           | 0            | 24            | 0           |
| 7            | Squalicum       | 23            | 0           | 3            | 0           | 5            | 15            | 0           |
| <b>Total</b> |                 | <b>387.00</b> | <b>0.00</b> | <b>78.00</b> | <b>0.00</b> | <b>36.00</b> | <b>273.00</b> | <b>0.00</b> |

**Female Team Scores**

| Place        | School          | Points        | Sprints     | Distance     | Hurdles     | Relays       | Field Events  | Combined    |
|--------------|-----------------|---------------|-------------|--------------|-------------|--------------|---------------|-------------|
| 1            | Edmonds-Woodway | 88            | 0           | 23           | 0           | 10           | 55            | 0           |
| 2            | Shorecrest      | 50            | 0           | 10           | 0           | 8            | 32            | 0           |
| 3            | Shorewood       | 40            | 0           | 0            | 0           | 6            | 34            | 0           |
| 4            | Squalicum       | 23            | 0           | 3            | 0           | 5            | 15            | 0           |
| 5            | Meadowdale      | 14            | 0           | 0            | 0           | 4            | 10            | 0           |
| 6            | Lynnwood        | 11            | 0           | 3            | 0           | 3            | 5             | 0           |
| 7            | Ferndale        | 5             | 0           | 0            | 0           | 0            | 5             | 0           |
| <b>Total</b> |                 | <b>231.00</b> | <b>0.00</b> | <b>39.00</b> | <b>0.00</b> | <b>36.00</b> | <b>156.00</b> | <b>0.00</b> |

**Male Team Scores**

| Place        | School          | Points        | Sprints     | Distance     | Hurdles     | Relays      | Field Events  | Combined    |
|--------------|-----------------|---------------|-------------|--------------|-------------|-------------|---------------|-------------|
| 1            | Edmonds-Woodway | 35            | 0           | 25           | 0           | 0           | 10            | 0           |
| 2            | Shorecrest      | 29            | 0           | 10           | 0           | 0           | 19            | 0           |
| 3            | Lynnwood        | 27            | 0           | 3            | 0           | 0           | 24            | 0           |
| 4            | Meadowdale      | 26            | 0           | 0            | 0           | 0           | 26            | 0           |
| 5            | Shorewood       | 20            | 0           | 1            | 0           | 0           | 19            | 0           |
| 6            | Ferndale        | 19            | 0           | 0            | 0           | 0           | 19            | 0           |
| <b>Total</b> |                 | <b>156.00</b> | <b>0.00</b> | <b>39.00</b> | <b>0.00</b> | <b>0.00</b> | <b>117.00</b> | <b>0.00</b> |

**2019 Northwest & Wesco 3A South League Champs - 5/8/2019 to 5/10/2019****Edmonds Woodway Stadium****Results - Day 1 - Wednesday****Girls 100 Meter Dash****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

| =====         |       |                    |                           |         |        |          |
|---------------|-------|--------------------|---------------------------|---------|--------|----------|
| WESCO 3A:     | 12.11 | 2016               | Wurrie Njadoo, Shorecrest |         |        |          |
| Name          | Year  | School             | Seed                      | Prelims | H#     |          |
| =====         |       |                    |                           |         |        |          |
| Preliminaries |       |                    |                           |         |        |          |
| 1             |       | Wollman, Gilana    | Shorewood                 | 13.00   | 13.22Q | 1        |
| 2             |       | Gary, Nevaeh       | Edmonds-Woodway           | 13.16   | 13.28Q | 3        |
| 3             |       | Kongira, Kaddy     | Edmonds-Woodway           | 13.10   | 13.35Q | 2        |
| 4             |       | Johnson, Audra     | Squalicum                 | 13.27   | 13.54Q | 1        |
| 5             |       | Chappell, Gaby     | Edmonds-Woodway           | 13.24   | 13.55Q | 2        |
| 6             |       | Kagarabi, Amanda   | Shorecrest                | 13.24   | 13.58Q | 3        |
| 7             |       | Cline, Josie       | Ferndale                  | 13.49   | 13.66q | 1        |
| 8             |       | Di Virgilio, Mina  | Shorewood                 | 13.40   | 13.87q | 3        |
| 9             |       | Meas, Julia        | Meadowdale                | 13.44   | 13.95  | 2 13.943 |
| 10            |       | McCudden, Ashli    | Squalicum                 | 13.34   | 13.95  | 2 13.945 |
| 11            |       | Reitan, Julia      | Meadowdale                | 13.40   | 13.98  | 3        |
| 12            |       | Pallares, Cordelia | Ferndale                  | 13.28   | 13.99  | 1        |
| 13            |       | Jackson, Isabel    | Shorewood                 | 13.80   | 14.01  | 2        |
| 14            |       | Afshari, Sara      | Squalicum                 | 13.73   | 14.07  | 1        |
| 15            |       | Dierdorff, Jamie   | Squalicum                 | 13.79   | 14.10  | 3        |
| 16            |       | Hoffman, Christine | Shorecrest                | 13.97   | 14.19  | 1        |
| 17            |       | Espiritu, Kat      | Edmonds-Woodway           | 13.79   | 14.22  | 1        |
| 18            |       | Mason, Emily       | Shorecrest                | 14.01   | 14.32  | 3        |
| 19            |       | Sokolik, Talia     | Squalicum                 | 13.80   | 14.37  | 3 14.363 |
| 20            |       | Navarro, Asia      | Lynnwood                  | 13.86   | 14.37  | 2 14.367 |
| 21            |       | Gutierrez, Sharon  | Edmonds-Woodway           | 14.21   | 14.57  | 1        |
| 22            |       | Nelson, Chloe      | Ferndale                  | 13.87   | 14.60  | 2        |
| 23            |       | Whatmore, Kaylee   | Meadowdale                | 14.08   | 14.61  | 3        |
| 24            |       | Rees, Ava          | Edmonds-Woodway           | 14.27   | 14.74  | 2        |

**Girls 200 Meter Dash****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

| =====     |       |                       |                           |         |        |   |
|-----------|-------|-----------------------|---------------------------|---------|--------|---|
| WESCO 3A: | 24.57 | 2016                  | Wurrie Njadoo, Shorecrest |         |        |   |
| Name      | Year  | School                | Seed                      | Prelims | H#     |   |
| =====     |       |                       |                           |         |        |   |
| 1         |       | Kongira, Kaddy        | Edmonds-Woodway           | 26.58   | 26.77Q | 1 |
| 2         |       | Gary, Nevaeh          | Edmonds-Woodway           | 27.80   | 27.17Q | 3 |
| 3         |       | McAllister, Dahlia    | Shorecrest                | 26.88   | 27.38Q | 2 |
| 4         |       | Cline, Josie          | Ferndale                  | 27.48   | 27.21Q | 1 |
| 5         |       | Wollman, Gilana       | Shorewood                 | 26.96   | 27.26Q | 3 |
| 6         |       | Love, Sesley          | Meadowdale                | 27.79   | 27.65Q | 2 |
| 7         |       | Chappell, Gaby        | Edmonds-Woodway           | 27.75   | 27.40q | 1 |
| 8         |       | Di Virgilio, Mina     | Shorewood                 | 27.12   | 27.66q | 3 |
| 9         |       | Johnson, Audra        | Squalicum                 | 27.46   | 27.71  | 2 |
| 10        |       | Danyo, Michaela       | Edmonds-Woodway           | 28.38   | 27.97  | 1 |
| 11        |       | McCudden, Ashli       | Squalicum                 | 28.20   | 28.33  | 3 |
| 12        |       | Hoffman, Christine    | Shorecrest                | 28.95   | 28.45  | 1 |
| 13        |       | Chappell, Sydney      | Edmonds-Woodway           | 29.30   | 28.53  | 2 |
| 14        |       | Harris, Donna Marie   | Lynnwood                  | 28.57   | 28.59  | 1 |
| 15        |       | Reitan, Julia         | Meadowdale                | 28.22   | 28.68  | 2 |
| 16        |       | Andry, Alayjah        | Lynnwood                  | 28.58   | 28.73  | 2 |
| 17        |       | Jackson, Isabel       | Shorewood                 | 28.59   | 28.80  | 3 |
| 18        |       | Schlenbaker, Djennika | Squalicum                 | 28.94   | 29.04  | 3 |
| 19        |       | Wu, Joey              | Shorewood                 | 29.59   | 29.13  | 1 |

**2019 Northwest & Wesco 3A South League Champs - 5/8/2019 to 5/10/2019****Edmonds Woodway Stadium****Results - Day 1 - Wednesday****....Girls 200 Meter Dash**

|    |                   |                 |       |       |   |
|----|-------------------|-----------------|-------|-------|---|
| 20 | Aw, Teagan        | Shorewood       | 29.75 | 29.25 | 2 |
| 21 | Gutierrez, Sharon | Edmonds-Woodway | 29.51 | 29.52 | 3 |
| 22 | Whatmore, Kaylee  | Meadowdale      | 29.99 | 30.51 | 1 |
| -- | Nelson, Chloe     | Ferndale        | 29.34 | DNS   | 3 |
| -- | Weg, Rylee        | Ferndale        | 29.41 | DNS   | 2 |

**Girls 400 Meter Dash****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

| =====     |                         |                 |                          |          |    |
|-----------|-------------------------|-----------------|--------------------------|----------|----|
| WESCO 3A: | 56.61                   | 2016            | Jordyn Edwards, Lynnwood |          |    |
| Name      | Year                    | School          | Seed                     | Prelims  | H# |
| =====     |                         |                 |                          |          |    |
| 1         | Rust, Kaitlyn           | Edmonds-Woodway | 1:00.11                  | 1:00.18Q | 1  |
| 2         | Schemmel, Eloika        | Shorecrest      | 1:01.14                  | 1:02.12Q | 2  |
| 3         | Starr, Lorelei          | Shorecrest      | 1:02.85                  | 1:01.84Q | 1  |
| 4         | Love, Sesley            | Meadowdale      | 1:02.47                  | 1:02.32Q | 2  |
| 5         | Harris, Donna Marie     | Lynnwood        | 1:03.26                  | 1:02.69Q | 1  |
| 6         | Nephew, Skye            | Shorewood       | 1:03.01                  | 1:02.86Q | 2  |
| 7         | Kamila, Grace           | Shorewood       | 1:03.22                  | 1:03.48q | 1  |
| 8         | Serafini, Chiara        | Edmonds-Woodway | 1:03.32                  | 1:03.61q | 2  |
| 9         | Sherry, Keegan          | Shorewood       | 1:04.73                  | 1:04.45  | 2  |
| 10        | Getnet, Hermon          | Shorewood       | 1:04.39                  | 1:05.40  | 1  |
| 11        | Wu, Joey                | Shorewood       | 1:06.84                  | 1:06.35  | 2  |
| 12        | Montero-Duong, Kristina | Squalicum       | 1:09.09                  | 1:08.53  | 2  |
| 13        | Georgieva, Gergana      | Lynnwood        | 1:05.76                  | 1:08.84  | 1  |
| 14        | Dailer, Maya            | Meadowdale      | 1:10.16                  | 1:09.65  | 1  |
| --        | McArthur, Allyson       | Lynnwood        | 1:05.23                  | DNF      | 2  |

**Girls 800 Meter Run****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

| =====     |                        |                 |                                |          |    |
|-----------|------------------------|-----------------|--------------------------------|----------|----|
| WESCO 3A: | 2:08.22                | 2013            | Amy Eloise Neale, Glacier Peak |          |    |
| Name      | Year                   | School          | Seed                           | Prelims  | H# |
| =====     |                        |                 |                                |          |    |
| 1         | Block, Lauren          | Shorecrest      | 2:22.38                        | 2:25.06Q | 1  |
| 2         | GlascocK, Livia        | Shorecrest      | 2:24.53                        | 2:26.92Q | 2  |
| 3         | Gard, Ellie            | Edmonds-Woodway | 2:25.57                        | 2:29.58Q | 3  |
| 4         | Savenkova, Christina   | Lynnwood        | 2:33.09                        | 2:29.15Q | 2  |
| 5         | Gard, Sofia            | Edmonds-Woodway | 2:32.46                        | 2:30.19Q | 1  |
| 6         | Askew, Hailey          | Squalicum       | 2:30.79                        | 2:33.20Q | 3  |
| 7         | Hershey, Alyssa        | Edmonds-Woodway | 2:30.81                        | 2:29.71q | 2  |
| 8         | Salomon, Maria         | Squalicum       | 2:32.84                        | 2:35.04q | 1  |
| 9         | Amy, Sonja             | Meadowdale      | 2:36.00                        | 2:37.64  | 3  |
| 10        | Samione, Siena         | Edmonds-Woodway | 2:40.36                        | 2:38.36  | 2  |
| 11        | Beeks, Braunte         | Edmonds-Woodway | 2:36.81                        | 2:39.43  | 3  |
| 12        | Kim, Janice            | Shorewood       | 2:45.38                        | 2:45.51  | 1  |
| 13        | Kolmer, Naomi          | Shorecrest      | 2:47.94                        | 2:46.48  | 3  |
| 14        | Goett, Eile            | Shorewood       | 2:51.48                        | 2:49.54  | 3  |
| 15        | Sperry, Kally          | Edmonds-Woodway | 2:45.29                        | 2:49.92  | 1  |
| 16        | Hakim, Natalie         | Shorecrest      | 2:51.71                        | 2:53.44  | 2  |
| 17        | Dailer, Maya           | Meadowdale      | 2:46.49                        | 2:54.78  | 2  |
| 18        | Frederick, Savannah    | Shorecrest      | 2:57.38                        | 2:55.08  | 1  |
| 19        | Fleiger-Holmes, Kahlan | Meadowdale      | 2:59.72                        | 2:58.01  | 2  |
| 20        | Lynch, Ellie           | Meadowdale      | 2:53.83                        | 2:59.97  | 1  |

**2019 Northwest & Wesco 3A South League Champs - 5/8/2019 to 5/10/2019****Edmonds Woodway Stadium****Results - Day 1 - Wednesday****Girls 1600 Meter Run**

| =====         |                        |                 |                                |         |        |
|---------------|------------------------|-----------------|--------------------------------|---------|--------|
| WESCO 3A:     | 4:49.74                | 2013            | Amy Eloise Neale, Glacier Peak |         |        |
| Name          | Year                   | School          | Seed                           | Finals  | Points |
| =====         |                        |                 |                                |         |        |
| <b>Finals</b> |                        |                 |                                |         |        |
| 1             | Visser, Lillian        | Shorecrest      | 5:15.43                        | 5:20.75 | 10     |
| 2             | Gard, Ellie            | Edmonds-Woodway | 5:27.19                        | 5:27.23 | 8      |
| 3             | Hershey, Alyssa        | Edmonds-Woodway | 5:19.77                        | 5:28.40 | 6      |
| 4             | Wroblewski, Stephanie  | Edmonds-Woodway | 5:34.41                        | 5:29.55 | 5      |
| 5             | Willcox, Jemma         | Edmonds-Woodway | 5:23.15                        | 5:29.87 | 4      |
| 6             | Savenkova, Christina   | Lynnwood        | 5:40.65                        | 5:34.27 | 3      |
| 7             | Doud, Grace            | Squalicum       | 5:44.40                        | 5:35.43 | 2      |
| 8             | Halsell, Laura         | Squalicum       | 5:31.20                        | 5:37.73 | 1      |
| 9             | McCormack, Delaney     | Shorecrest      | 5:38.45                        | 5:37.88 |        |
| 10            | Amy, Sonja             | Meadowdale      | 5:42.22                        | 5:40.84 |        |
| 11            | Beres, Eileen          | Shorewood       | 5:46.95                        | 5:43.74 |        |
| 12            | Miller, Jenna          | Lynnwood        | 5:36.82                        | 5:44.46 |        |
| 13            | Nelson, Julia          | Shorewood       | 5:53.17                        | 5:47.09 |        |
| 14            | Lee, Samantha          | Shorewood       | 5:57.40                        | 5:49.22 |        |
| 15            | Carroll, Jules         | Shorewood       | 5:54.84                        | 5:51.62 |        |
| 16            | Goett, Eile            | Shorewood       | 6:00.97                        | 6:00.88 |        |
| 17            | Beam, Jill             | Edmonds-Woodway | 6:12.85                        | 6:04.02 |        |
| 18            | Johnson, Kyla          | Shorewood       | 6:02.21                        | 6:05.08 |        |
| 19            | Iloff, Anne            | Meadowdale      | 5:57.77                        | 6:08.78 |        |
| 20            | Tunkara, Eya           | Lynnwood        | 6:03.00                        | 6:15.30 |        |
| 21            | Ball, Helen            | Edmonds-Woodway | 6:10.69                        | 6:21.31 |        |
| 22            | Schmidt, Clara         | Meadowdale      | 6:24.46                        | 6:29.84 |        |
| 23            | Rhodes, Shannon        | Shorecrest      | 6:40.00                        | 6:51.66 |        |
| 24            | Dailer, Maya           | Meadowdale      | 6:38.59                        | 7:00.47 |        |
| --            | Lynch, Ellie           | Meadowdale      | 7:04.50                        | SCR     |        |
| --            | Fleiger-Holmes, Kahlan | Meadowdale      | 6:54.71                        | SCR     |        |
| --            | Schmidt, Elena         | Meadowdale      | 7:22.74                        | SCR     |        |
| --            | Van, Laura             | Shorecrest      | 6:43.38                        | SCR     |        |
| --            | Denham, Jaclyn         | Ferndale        | 5:32.37                        | SCR     |        |
| --            | Frederick, Savannah    | Shorecrest      | 6:47.00                        | SCR     |        |

**Girls 100 Meter Hurdles****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

| =====                |                        |                 |                      |         |    |
|----------------------|------------------------|-----------------|----------------------|---------|----|
| WESCO 3A:            | 14.70                  | 1984            | Amy Moore, Shorewood |         |    |
| Name                 | Year                   | School          | Seed                 | Prelims | H# |
| =====                |                        |                 |                      |         |    |
| <b>Preliminaries</b> |                        |                 |                      |         |    |
| 1                    | Metales, Nadia         | Shorewood       | 15.66                | 15.99Q  | 1  |
| 2                    | Leavitt, Morgan        | Shorecrest      | 16.80                | 16.97Q  | 3  |
| 3                    | Hollingsworth, Ellison | Squalicum       | 16.57                | 17.14Q  | 2  |
| 4                    | Do, Catherine          | Meadowdale      | 17.26                | 17.39Q  | 2  |
| 5                    | Prunier, Jocelyn       | Meadowdale      | 17.65                | 17.46Q  | 1  |
| 6                    | Bolonduro, Yemisi      | Shorecrest      | 17.04                | 17.63Q  | 3  |
| 7                    | Knyphausen, Anna       | Shorecrest      | 18.16                | 17.80q  | 2  |
| 8                    | DeRyan, Valerie        | Shorewood       | 18.13                | 18.24q  | 3  |
| 9                    | Pope, Natalie          | Meadowdale      | 18.21                | 18.27   | 3  |
| 10                   | Ely, Katelyn           | Edmonds-Woodway | 17.90                | 18.54   | 1  |
| 11                   | Finazzo, Gina          | Shorecrest      | 18.59                | 18.66   | 1  |
| 12                   | Francisco, Erin        | Edmonds-Woodway | 18.34                | 18.68   | 2  |
| 13                   | Nash, Summer           | Lynnwood        | 19.35                | 19.19   | 2  |

**2019 Northwest & Wesco 3A South League Champs - 5/8/2019 to 5/10/2019****Edmonds Woodway Stadium****Results - Day 1 - Wednesday****....Girls 100 Meter Hurdles**

|    |                    |                 |       |       |   |
|----|--------------------|-----------------|-------|-------|---|
| 14 | Russell-Hoff, Maya | Edmonds-Woodway | 19.60 | 19.57 | 3 |
| 15 | Sokolik, Talia     | Squalicum       | 19.34 | 19.88 | 1 |
| 16 | Cassiau, Maelle    | Edmonds-Woodway | 20.68 | 20.80 | 3 |
| 17 | Engel, Ally        | Meadowdale      | 21.20 | 21.35 | 2 |
| 18 | Finley, Riessa     | Meadowdale      | 21.37 | 21.67 | 1 |

**Girls 300 Meter Hurdles****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

| =====     |                    |                 |                              |         |    |
|-----------|--------------------|-----------------|------------------------------|---------|----|
| WESCO 3A: | 44.57              | 1999            | Cambrielle Jensen, Arlington |         |    |
| Name      | Year               | School          | Seed                         | Prelims | H# |
| =====     |                    |                 |                              |         |    |
| 1         | Metales, Nadia     | Shorewood       | 48.44                        | 47.71Q  | 1  |
| 2         | Francisco, Erin    | Edmonds-Woodway | 48.98                        | 49.03Q  | 2  |
| 3         | Do, Catherine      | Meadowdale      | 50.20                        | 50.39Q  | 3  |
| 4         | Leavitt, Morgan    | Shorecrest      | 50.49                        | 50.74Q  | 2  |
| 5         | Bolonduro, Yemisi  | Shorecrest      | 50.38                        | 50.81Q  | 3  |
| 6         | Knyphausen, Anna   | Shorecrest      | 51.72                        | 51.14Q  | 1  |
| 7         | Heagler, Lucy      | Shorewood       | 51.80                        | 51.16q  | 2  |
| 8         | DeRyan, Valerie    | Shorewood       | 53.45                        | 51.54q  | 2  |
| 9         | Cassiau, Maelle    | Edmonds-Woodway | 52.48                        | 51.73   | 3  |
| 10        | Ely, Katelyn       | Edmonds-Woodway | 51.90                        | 53.13   | 1  |
| 11        | Finazzo, Gina      | Shorecrest      | 54.90                        | 54.38   | 1  |
| 12        | Pope, Natalie      | Meadowdale      | 55.38                        | 54.94   | 1  |
| 13        | Russell-Hoff, Maya | Edmonds-Woodway | 57.26                        | 55.16   | 3  |
| 14        | Paule, Stacey      | Shorecrest      | 56.04                        | 56.23   | 2  |
| 15        | Engel, Ally        | Meadowdale      | 56.53                        | 58.11   | 3  |
| 16        | Nash, Summer       | Lynnwood        | 58.94                        | 58.13   | 2  |
| 17        | Petit, Clairra     | Shorewood       | 52.82                        | 58.56   | 3  |
| 18        | Jacobs, Jackie     | Squalicum       | 1:00.93                      | 59.05   | 1  |

**Girls 4x200 Meter Relay**

| =====                             |                        |                       |            |    |  |
|-----------------------------------|------------------------|-----------------------|------------|----|--|
| WESCO 3A:                         | 1:44.33                | 2016                  | , Lynnwood |    |  |
| Brown - Bell - Sakharov - Edwards |                        |                       |            |    |  |
| School                            | Seed                   | Finals                | Points     |    |  |
| =====                             |                        |                       |            |    |  |
| <b>Finals</b>                     |                        |                       |            |    |  |
| 1                                 | Edmonds-Woodway 'A'    | 1:47.10               | 1:46.46    | 10 |  |
|                                   | 1) Gary, Nevaeh        | 2) Chappell, Sydney   |            |    |  |
|                                   | 3) Danyo, Michaela     | 4) Rust, Kaitlyn      |            |    |  |
| 2                                 | Shorecrest 'A'         | 1:49.86               | 1:49.26    | 8  |  |
|                                   | 1) Hoffman, Christine  | 2) Starr, Lorelei     |            |    |  |
|                                   | 3) Schemmel, Eloika    | 4) McAllister, Dahlia |            |    |  |
| 3                                 | Shorewood 'A'          | 1:49.81               | 1:50.11    | 6  |  |
|                                   | 1) Nephew, Skye        | 2) Heagler, Lucy      |            |    |  |
|                                   | 3) Di Virgilio, Mina   | 4) Kamila, Grace      |            |    |  |
| 4                                 | Squalicum 'A'          | 1:54.00               | 1:50.97    | 5  |  |
|                                   | 1) Johnson, Audra      | 2) Sokolik, Talia     |            |    |  |
|                                   | 3) McCudden, Ashli     | 4) Dierdorff, Jamie   |            |    |  |
| 5                                 | Meadowdale 'A'         | 1:53.00               | 1:51.85    | 4  |  |
|                                   | 1) Reitan, Julia       | 2) Love, Kesley       |            |    |  |
|                                   | 3) Whatmore, Kaylee    | 4) Love, Sesley       |            |    |  |
| 6                                 | Lynnwood 'A'           | 1:55.00               | 1:52.54    | 3  |  |
|                                   | 1) Harris, Donna Marie | 2) Andry, Alayjah     |            |    |  |

**2019 Northwest & Wesco 3A South League Champs - 5/8/2019 to 5/10/2019****Edmonds Woodway Stadium****Results - Day 1 - Wednesday****....Girls 4x200 Meter Relay**

|                       |                    |         |    |
|-----------------------|--------------------|---------|----|
| 3) Navarro, Asia      | 4) Vo, Madelyn     |         |    |
| -- Ferndale 'A'       |                    | 1:56.00 | DQ |
| 1) Weg, Rylee         | 2) Cline, Josie    |         |    |
| 3) Pallares, Cordelia | 4) Leishman, Paige |         |    |

**Girls Pole Vault**

| =====                |      |                   |                                     |         |          |    |
|----------------------|------|-------------------|-------------------------------------|---------|----------|----|
| WESCO 3A: 12-07 2015 |      |                   | Chinne Okoronkwo, Mountlake Terrace |         |          |    |
| Name                 | Year | School            | Seed                                | Finals  | Points   |    |
| =====                |      |                   |                                     |         |          |    |
| 1                    |      | Livingston, Megan | Edmonds-Woodway                     | 9-00.00 | 9-00.00  | 10 |
| 2                    |      | Giles, Chloe      | Shorewood                           | 8-06.00 | J9-00.00 | 8  |
| 3                    |      | Johns, Amy        | Edmonds-Woodway                     | 8-06.00 | J9-00.00 | 6  |
| 4                    |      | Nash, Summer      | Lynnwood                            | 7-06.00 | J9-00.00 | 5  |
| 5                    |      | Prunier, Jocelyn  | Meadowdale                          | 8-06.00 | 8-00.00  | 4  |
| 6                    |      | Yamane, Lexi      | Shorewood                           | 8-00.00 | J8-00.00 | 3  |
| 7                    |      | Orcutt, Aria      | Shorewood                           | 7-06.00 | 7-06.00  | 1  |
| 7                    |      | Dailer, Maya      | Meadowdale                          | 8-06.00 | 7-06.00  | 1  |
| 7                    |      | Singkeo, Sarah    | Edmonds-Woodway                     | 8-00.00 | 7-06.00  | 1  |
| 10                   |      | Pritchard, Mariah | Shorewood                           | 6-06.00 | 7-00.00  |    |
| --                   |      | Enriquez, Valeria | Shorewood                           | 6-00.00 | NH       |    |
| --                   |      | Radvany, Ella     | Squalicum                           | 5-06.00 | NH       |    |
| --                   |      | Powell, Ainsley   | Edmonds-Woodway                     | 6-06.00 | NH       |    |
| --                   |      | Jackson, Isabel   | Shorewood                           | 6-00.00 | NH       |    |

**Girls Long Jump**

| =====                |      |                    |                                     |          |          |    |
|----------------------|------|--------------------|-------------------------------------|----------|----------|----|
| WESCO 3A: 18-09 2014 |      |                    | Chinne Okoronkwo, Mountlake Terrace |          |          |    |
| Name                 | Year | School             | Seed                                | Finals   | Points   |    |
| =====                |      |                    |                                     |          |          |    |
| 1                    |      | Aw, Hai-Ying       | Shorewood                           | 17-08.75 | 18-00.00 | 10 |
| 2                    |      | McAllister, Dahlia | Shorecrest                          | 16-04.00 | 16-11.00 | 8  |
| 3                    |      | Wollman, Gilana    | Shorewood                           | 16-02.75 | 16-07.00 | 6  |
| 4                    |      | Hicks, Kyra        | Edmonds-Woodway                     | 16-04.00 | 16-06.00 | 5  |
| 5                    |      | Meas, Julia        | Meadowdale                          | 16-00.00 | 16-00.50 | 4  |
| 6                    |      | Weg, Rylee         | Ferndale                            | 16-02.50 | 15-10.00 | 3  |
| 7                    |      | Pallares, Cordelia | Ferndale                            | 15-03.00 | 15-07.00 | 2  |
| 8                    |      | Afshari, Sara      | Squalicum                           | 15-03.75 | 15-05.00 | 1  |
| 9                    |      | Flores, Amy        | Squalicum                           | 15-01.50 | 15-03.00 |    |
| 10                   |      | Mason, Emily       | Shorecrest                          | 15-01.00 | 15-00.00 |    |
| 10                   |      | Beeks, Braunte     | Edmonds-Woodway                     | 15-01.00 | 15-00.00 |    |
| 12                   |      | Reyes, Victoria    | Shorecrest                          | 15-00.00 | 14-09.00 |    |
| 13                   |      | Quinones, Vianca   | Edmonds-Woodway                     | 15-03.00 | 14-07.00 |    |
| 14                   |      | Rammell, Morgan    | Shorecrest                          | 14-07.25 | 14-06.00 |    |
| 15                   |      | Pham, Kendra       | Squalicum                           | 14-09.75 | 14-04.50 |    |
| 16                   |      | Bryan, Abby        | Ferndale                            | 14-03.50 | 14-03.00 |    |
| 17                   |      | Hoffman, Christine | Shorecrest                          | 14-06.50 | 13-09.50 |    |
| 18                   |      | Nash, Summer       | Lynnwood                            | 13-06.50 | 13-05.00 |    |
| 19                   |      | Templin, Bonnie    | Ferndale                            | 12-08.50 | 13-02.00 |    |
| 20                   |      | Smith, Cecilia     | Edmonds-Woodway                     | 13-01.50 | 13-01.00 |    |
| 20                   |      | Barlean, Hannah    | Ferndale                            | 14-03.75 | 13-01.00 |    |
| 22                   |      | Broce, Lilianna    | Meadowdale                          | 14-00.00 | 12-04.50 |    |
| 23                   |      | Kasap, Emine       | Ferndale                            | 10-05.25 | 9-09.00  |    |
| --                   |      | Weber, Alex!       | Edmonds-Woodway                     | 12-06.50 | SCR      |    |
| --                   |      | Leishman, Paige    | Ferndale                            | 13-09.50 | SCR      |    |

**2019 Northwest & Wesco 3A South League Champs - 5/8/2019 to 5/10/2019****Edmonds Woodway Stadium****Results - Day 1 - Wednesday****....Girls Long Jump**

-- Danyo, Michaela Edmonds-Woodway 14-08.50 SCR

**Girls Discus Throw**

| =====                 |                    |                                |        |        |        |
|-----------------------|--------------------|--------------------------------|--------|--------|--------|
| WESCO 3A: 133-04 2017 |                    | Vernice Keyes, Edmonds-Woodway |        |        |        |
| Name                  | Year               | School                         | Seed   | Finals | Points |
| =====                 |                    |                                |        |        |        |
| 1                     | Keyes, Vatoria     | Edmonds-Woodway                | 122-01 | 120-06 | 10     |
| 2                     | Eunson, Bella      | Edmonds-Woodway                | 114-09 | 113-09 | 8      |
| 3                     | Lino, Kiana        | Shorecrest                     | 117-06 | 103-06 | 6      |
| 4                     | Sherry, Timony     | Shorewood                      | 87-06  | 90-06  | 5      |
| 5                     | Thurston, Hannah   | Squalicum                      | 92-09  | 87-03  | 4      |
| 6                     | Welch, Amehra      | Shorecrest                     | 91-07  | 85-09  | 3      |
| 7                     | Apio, Kaiona       | Edmonds-Woodway                | 83-08  | 79-02  | 2      |
| 8                     | Watson, Madison    | Shorewood                      | 80-06  | 76-11  | 1      |
| 9                     | Kerns, Lindsey     | Edmonds-Woodway                | 74-04  | 75-03  |        |
| 10                    | Lopez, Marilyn     | Shorewood                      | 82-00  | 71-11  |        |
| 11                    | Strong, Johanna    | Meadowdale                     | 86-00  | 71-09  |        |
| 12                    | Reardon, Madison   | Squalicum                      | 66-07  | 70-11  |        |
| 13                    | Rainville, Madison | Lynnwood                       | 71-09  | 69-02  |        |
| 14                    | Sandoval, Isabella | Meadowdale                     | 66-08  | 58-01  |        |
| 15                    | Tran, Cindy        | Edmonds-Woodway                | 57-07  | 51-00  |        |
| 16                    | Doph, Mya          | Meadowdale                     | 43-00  | 44-02  |        |
| 17                    | Heckle, Kaylee     | Meadowdale                     | 39-06  | 36-04  |        |
| --                    | Christianson, Maya | Lynnwood                       | 64-09  | DNS    |        |
| --                    | Rankin, Julia      | Meadowdale                     | 43-07  | SCR    |        |
| --                    | Lindberg, Annika   | Meadowdale                     | 51-07  | SCR    |        |

**Girls Javelin Throw**

| =====                 |                    |                         |        |        |        |
|-----------------------|--------------------|-------------------------|--------|--------|--------|
| WESCO 3A: 138-04 2016 |                    | Mikayla Pivec, Lynnwood |        |        |        |
| Name                  | Year               | School                  | Seed   | Finals | Points |
| =====                 |                    |                         |        |        |        |
| 1                     | Censale, Paige     | Squalicum               | 121-05 | 122-01 | 10     |
| 2                     | Lino, Kiana        | Shorecrest              | 115-08 | 112-05 | 8      |
| 3                     | Apio, Kaiona       | Edmonds-Woodway         | 106-01 | 108-07 | 6      |
| 4                     | Eunson, Bella      | Edmonds-Woodway         | 110-09 | 102-08 | 5      |
| 5                     | Sellentini, Ella   | Shorecrest              | 96-06  | 97-07  | 4      |
| 6                     | Reyes, Victoria    | Shorecrest              | 103-03 | 96-03  | 3      |
| 7                     | Jatta, Oumie       | Edmonds-Woodway         | 102-00 | 90-01  | 2      |
| 8                     | Valadez, Adriana   | Meadowdale              | 94-10  | 88-08  | 1      |
| 9                     | Lynch, Trinity     | Meadowdale              | 91-10  | 87-08  |        |
| 10                    | Lyons, Nikki       | Edmonds-Woodway         | 86-07  | 82-08  |        |
| 11                    | Iliff, Anne        | Meadowdale              | 80-11  | 81-05  |        |
| 12                    | Sherry, Keegan     | Shorewood               | 84-07  | 80-10  |        |
| 13                    | Hill, Sophia       | Lynnwood                | 80-05  | 73-08  |        |
| 14                    | Sandoval, Isabella | Meadowdale              | 69-00  | 70-06  |        |
| 15                    | Sanchez, Brezan'e  | Meadowdale              | 69-03  | 68-02  |        |
| 16                    | Aw, Teagan         | Shorewood               | 72-00  | 66-09  |        |
| 16                    | Kleyn, Anna        | Shorewood               | 68-01  | 66-09  |        |
| 18                    | McArthur, Allyson  | Lynnwood                | 85-10  | 66-06  |        |
| 19                    | Jossi, Sabrina     | Edmonds-Woodway         | 65-02  | 65-05  |        |
| 20                    | Greene, Imani      | Squalicum               | 80-06  | 64-01  |        |
| 21                    | Watson, Madison    | Shorewood               | 65-10  | 60-08  |        |
| 22                    | DeRyan, Valerie    | Shorewood               | 67-02  | 58-06  |        |

**2019 Northwest & Wesco 3A South League Champs - 5/8/2019 to 5/10/2019****Edmonds Woodway Stadium****Results - Day 1 - Wednesday****....Girls Javelin Throw**

|                       |                 |       |     |
|-----------------------|-----------------|-------|-----|
| -- Olds-Craig, Reanna | Edmonds-Woodway | 80-08 | DNS |
| -- Barlean, Bailey    | Ferndale        | 77-05 | DNS |
| -- Christianson, Maya | Lynnwood        | 72-10 | SCR |

**Boys 100 Meter Dash****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

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WESCO 3A: 10.68 2014 Austin Joyner, Marysville-Pilchuck

=====

| Name | Year | School | Seed | Prelims | H# |
|------|------|--------|------|---------|----|
|------|------|--------|------|---------|----|

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**Preliminaries**

|                          |  |                 |       |        |          |
|--------------------------|--|-----------------|-------|--------|----------|
| 1 Acholonu, Chinedu      |  | Edmonds-Woodway | 10.97 | 11.19Q | 3        |
| 2 Nguyen, Alex           |  | Lynnwood        | 10.92 | 11.25Q | 1        |
| 3 Williamson, Joseph     |  | Shorewood       | 11.46 | 11.52Q | 2        |
| 4 Williams, Tallen       |  | Ferndale        | 11.00 | 11.20Q | 3        |
| 5 Taylor, Chris          |  | Shorewood       | 11.24 | 11.33Q | 1        |
| 6 Stevenson, Sebastian   |  | Squalicum       | 11.18 | 11.72Q | 2        |
| 7 Ridenhour, Zachary     |  | Shorecrest      | 11.24 | 11.64q | 1        |
| 8 Becker, Cole           |  | Shorewood       | 11.96 | 11.85q | 2        |
| 9 Seliga, Sammy          |  | Shorecrest      | 11.64 | 11.87  | 3        |
| 10 Quick, Hunter         |  | Shorecrest      | 11.93 | 11.93  | 1        |
| 11 Morales, Elijah       |  | Shorecrest      | 11.84 | 11.98  | 3 11.978 |
| 12 Wijayasundara, Mihin  |  | Edmonds-Woodway | 11.85 | 11.98  | 3 11.979 |
| 13 Tu, Preston           |  | Shorewood       | 11.56 | 12.00  | 3        |
| 14 Morrison, Brady       |  | Ferndale        | 11.80 | 12.03  | 1        |
| 15 Nelson, Gabe          |  | Shorecrest      | 11.81 | 12.06  | 2 12.054 |
| 16 Morgan, Adrian        |  | Lynnwood        | 11.67 | 12.06  | 2 12.059 |
| 17 Swinton, Steele       |  | Edmonds-Woodway | 11.92 | 12.12  | 1        |
| 18 Beck, Hans            |  | Meadowdale      | 11.96 | 12.18  | 3        |
| 19 Johansen, Levi        |  | Ferndale        | 11.99 | 12.19  | 2        |
| 20 Soumpholphakdy, Pavin |  | Lynnwood        | 11.71 | 12.20  | 1        |
| 21 Lybeer, Sam           |  | Meadowdale      | 11.89 | 12.27  | 2        |
| 22 Smet, Hayden          |  | Squalicum       | 11.96 | 12.37  | 3        |
| 23 Swinson, Denver       |  | Meadowdale      | 12.01 | 12.43  | 1        |
| -- Lolkema, Christopher  |  | Squalicum       | 10.95 | DQ     | 2        |

**Boys 200 Meter Dash****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

=====

WESCO 3A: 22.29 2011 Nate Schmidt, Lynnwood

=====

| Name | Year | School | Seed | Prelims | H# |
|------|------|--------|------|---------|----|
|------|------|--------|------|---------|----|

=====

|                        |  |                 |       |        |   |
|------------------------|--|-----------------|-------|--------|---|
| 1 Acholonu, Chinedu    |  | Edmonds-Woodway | 22.64 | 22.52Q | 2 |
| 2 Nguyen, Alex         |  | Lynnwood        | 22.24 | 22.88Q | 1 |
| 3 Salvione, Anthony    |  | Shorewood       | 23.15 | 23.21Q | 3 |
| 4 Lolkema, Christopher |  | Squalicum       | 23.19 | 23.16Q | 2 |
| 5 Stevenson, Sebastian |  | Squalicum       | 23.02 | 23.34Q | 3 |
| 6 Weitkamp, David      |  | Lynnwood        | 23.70 | 23.35Q | 1 |
| 7 Ridenhour, Zachary   |  | Shorecrest      | 23.47 | 23.38q | 1 |
| 8 Wijayasundara, Mihin |  | Edmonds-Woodway | 24.09 | 23.86q | 2 |
| 9 Quick, Hunter        |  | Shorecrest      | 24.12 | 24.05  | 3 |
| 10 Mortensen, Ian      |  | Shorecrest      | 23.77 | 24.08  | 2 |
| 11 Carlson, Isaac      |  | Meadowdale      | 23.97 | 24.18  | 3 |
| 12 Morgan, Adrian      |  | Lynnwood        | 24.37 | 24.30  | 3 |
| 13 Stoecker, Logan     |  | Shorecrest      | 24.54 | 24.47  | 2 |



**2019 Northwest & Wesco 3A South League Champs - 5/8/2019 to 5/10/2019****Edmonds Woodway Stadium****Results - Day 1 - Wednesday****....Boys 200 Meter Dash**

|    |                      |                 |       |       |   |
|----|----------------------|-----------------|-------|-------|---|
| 14 | Becker, Cole         | Shorewood       | 24.03 | 24.49 | 1 |
| 15 | Swinton, Steele      | Edmonds-Woodway | 24.54 | 24.52 | 3 |
| 16 | Smith, Isaac         | Shorecrest      | 24.46 | 24.53 | 1 |
| 17 | Morales, Elijah      | Shorecrest      | 24.41 | 24.58 | 2 |
| 18 | Freitas, Brayden     | Shorewood       | 24.58 | 24.65 | 3 |
| 19 | Swinson, Denver      | Meadowdale      | 24.21 | 24.67 | 1 |
| 20 | Olguin, Damian       | Ferndale        | 24.33 | 24.70 | 2 |
| 21 | Beck, Hans           | Meadowdale      | 24.66 | 24.81 | 1 |
| 22 | Carroll, Kadin       | Lynnwood        | 24.34 | 24.86 | 3 |
| 23 | Lease, Jaymar        | Squalicum       | 24.53 | 25.06 | 1 |
| -- | Burk-Woodard, Isaiah | Meadowdale      | 24.66 | DNS   | 2 |

**Boys 400 Meter Dash****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

| =====     |                      |                 |                            |         |          |
|-----------|----------------------|-----------------|----------------------------|---------|----------|
| WESCO 3A: | 48.87                | 2000            | Nik Williams, Lake Stevens |         |          |
| Name      | Year                 | School          | Seed                       | Prelims | H#       |
| =====     |                      |                 |                            |         |          |
| 1         | Acholonu, Chinedu    | Edmonds-Woodway | 51.03                      | 50.34Q  | 1        |
| 2         | Taylor, Chris        | Shorewood       | 51.16                      | 51.08Q  | 2        |
| 3         | Adjibly, Reed        | Shorecrest      | 51.89                      | 51.46Q  | 3        |
| 4         | Nouwens, Cole        | Shorewood       | 52.41                      | 51.78Q  | 3        |
| 5         | Carlson, Isaac       | Meadowdale      | 52.66                      | 52.43Q  | 2        |
| 6         | Mueller, Morgan      | Shorewood       | 52.70                      | 52.73Q  | 1        |
| 7         | Salvione, Anthony    | Shorewood       | 53.21                      | 52.74q  | 1 52.736 |
| 8         | Mortensen, Ian       | Shorecrest      | 53.45                      | 52.74q  | 3 52.740 |
| 9         | Burk-Woodard, Isaiah | Meadowdale      | 53.38                      | 52.93   | 3        |
| 10        | Smith, Isaac         | Shorecrest      | 53.30                      | 53.63   | 2        |
| 11        | Seeber, Adrian       | Lynnwood        | 54.08                      | 53.84   | 2        |
| 12        | Bates, Josh          | Squalicum       | 54.31                      | 54.32   | 1        |
| 13        | McAfee, Colin        | Edmonds-Woodway | 55.07                      | 54.89   | 2        |
| 14        | Mueller, Lake        | Shorewood       | 54.49                      | 55.24   | 2        |
| 15        | Bruneau, Shane       | Edmonds-Woodway | 54.44                      | 55.60   | 1        |
| 16        | Freitas, Brayden     | Shorewood       | 54.52                      | 56.20   | 3        |
| 17        | Paavola, Kalevi      | Edmonds-Woodway | 54.89                      | 56.36   | 3        |
| 18        | Broadhead, David     | Shorecrest      | 56.73                      | 56.48   | 1        |
| 19        | Cuprynski, Casey     | Meadowdale      | 57.01                      | 56.69   | 1        |
| 20        | Cambron, Carlos      | Ferndale        | 58.93                      | 58.10   | 3        |
| --        | Fajarillo, David     | Meadowdale      | 59.89                      | DNS     | 3        |
| --        | Alrobae, Zayn        | Lynnwood        | 57.90                      | DNS     | 2        |

**Boys 800 Meter Run****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

| =====     |                    |                 |                       |          |    |
|-----------|--------------------|-----------------|-----------------------|----------|----|
| WESCO 3A: | 1:51.98            | 2016            | Devan Kirk, Shorewood |          |    |
| Name      | Year               | School          | Seed                  | Prelims  | H# |
| =====     |                    |                 |                       |          |    |
| 1         | Lacambra, Lucas    | Edmonds-Woodway | 1:58.49               | 2:02.62Q | 2  |
| 2         | Christian, Grant   | Edmonds-Woodway | 1:57.51               | 2:03.29Q | 1  |
| 3         | Mueller, Stefan    | Shorewood       | 1:59.97               | 2:04.18Q | 3  |
| 4         | Sturdevant, Landon | Ferndale        | 2:02.15               | 2:02.68Q | 2  |
| 5         | Gandara, Jose Luis | Shorewood       | 2:02.70               | 2:03.68Q | 1  |
| 6         | Christian, John    | Edmonds-Woodway | 2:01.78               | 2:04.70Q | 3  |
| 7         | Kruse, Rafe        | Shorecrest      | 2:03.13               | 2:04.91q | 2  |
| 8         | Ponton, Josiah     | Edmonds-Woodway | 2:03.40               | 2:05.13q | 1  |

**2019 Northwest & Wesco 3A South League Champs - 5/8/2019 to 5/10/2019****Edmonds Woodway Stadium****Results - Day 1 - Wednesday****....Boys 800 Meter Run**

|    |                      |                 |         |         |   |
|----|----------------------|-----------------|---------|---------|---|
| 9  | Bartlett, Miles      | Squalicum       | 2:07.24 | 2:06.58 | 3 |
| 10 | Regimbal, Gabe       | Squalicum       | 2:07.64 | 2:11.09 | 3 |
| 11 | Burk-Woodard, Isaiah | Meadowdale      | 2:09.22 | 2:11.63 | 2 |
| 12 | Potter, Jacob        | Lynnwood        | 2:16.89 | 2:12.65 | 3 |
| 13 | Burk, Andrew         | Meadowdale      | 2:12.99 | 2:13.25 | 1 |
| 14 | Smith, Nathan        | Edmonds-Woodway | 2:15.27 | 2:13.26 | 2 |
| 15 | Latta, Benjamin      | Squalicum       | 2:09.46 | 2:13.30 | 1 |
| 16 | Chambers, Charles    | Lynnwood        | 2:19.38 | 2:13.88 | 2 |
| 17 | Hiett, Will          | Shorewood       | 2:16.42 | 2:14.50 | 2 |
| 18 | Espinola, Elijah     | Edmonds-Woodway | 2:16.08 | 2:14.77 | 3 |
| 19 | Carroll, Jackson     | Shorewood       | 2:20.47 | 2:16.49 | 3 |
| 20 | Laflin, Quincy       | Shorewood       | 2:19.36 | 2:17.94 | 1 |
| 21 | Barrie, Jack         | Shorecrest      | 2:17.83 | 2:21.25 | 1 |

**Boys 1600 Meter Run**

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WESCO 3A: 4:13.93 1999 Dustin Duke, Jackson

Name Year School Seed Finals Points

## =====

## Finals

|    |                     |                 |         |         |    |
|----|---------------------|-----------------|---------|---------|----|
| 1  | Hartono, Dylan      | Edmonds-Woodway | 4:24.50 | 4:20.34 | 10 |
| 2  | Lacambra, Lucas     | Edmonds-Woodway | 4:17.09 | 4:21.39 | 8  |
| 3  | Luu, Erik           | Shorecrest      | 4:21.16 | 4:22.54 | 6  |
| 4  | Peraza, Deyago      | Edmonds-Woodway | 4:25.10 | 4:24.28 | 5  |
| 5  | Thurman, Spencer    | Shorecrest      | 4:19.87 | 4:26.18 | 4  |
| 6  | Murphy, Micah       | Lynnwood        | 4:26.57 | 4:26.93 | 3  |
| 7  | Willcox, Jacob      | Edmonds-Woodway | 4:29.88 | 4:27.24 | 2  |
| 8  | Mueller, Stefan     | Shorewood       | 4:35.70 | 4:30.66 | 1  |
| 9  | Lin, Steven         | Shorewood       | 4:30.77 | 4:37.87 |    |
| 10 | Regimbal, Gabe      | Squalicum       | 4:49.08 | 4:41.53 |    |
| 11 | Brodeur, Joe        | Squalicum       | 4:41.93 | 4:42.52 |    |
| 12 | Walde, Andrew       | Edmonds-Woodway | 4:45.23 | 4:42.60 |    |
| 13 | Miller, Brandon     | Lynnwood        | 4:53.30 | 4:48.55 |    |
| 14 | Latta, Benjamin     | Squalicum       | 4:54.95 | 4:48.98 |    |
| 15 | Kleyn, Lucas        | Shorewood       | 4:40.51 | 4:49.12 |    |
| 16 | Lacambra, Matthew   | Edmonds-Woodway | 4:49.62 | 4:50.07 |    |
| 17 | Panteleeff, Alex    | Shorewood       | 4:51.02 | 4:50.52 |    |
| 18 | Rinauro, Griffin    | Squalicum       | 4:58.21 | 4:51.65 |    |
| 19 | Burk, Andrew        | Meadowdale      | 4:50.85 | 4:51.93 |    |
| 20 | Hiett, Will         | Shorewood       | 4:49.50 | 4:52.71 |    |
| 21 | Broderhausen, Lance | Meadowdale      | 4:57.46 | 4:53.91 |    |
| 22 | Shellito, Silas     | Squalicum       | 4:58.89 | 4:57.35 |    |
| 23 | Chambers, Charles   | Lynnwood        | 4:59.71 | 4:58.47 |    |
| 24 | Bury, Logan         | Edmonds-Woodway | 4:53.02 | 4:59.49 |    |
| -- | Barrie, Jack        | Shorecrest      | 5:16.00 | SCR     |    |
| -- | Bushnell, Josiah    | Ferndale        | 5:15.71 | SCR     |    |
| -- | Ramirez, Nolan      | Ferndale        | 5:18.00 | SCR     |    |
| -- | Berg, Miles         | Meadowdale      | 5:09.20 | SCR     |    |
| -- | Callan, Matthew     | Meadowdale      | 5:11.09 | SCR     |    |
| -- | North, TJ           | Meadowdale      | 5:24.01 | SCR     |    |
| -- | Muszala, Luke       | Meadowdale      | 5:26.69 | SCR     |    |
| -- | Osborne, Henry      | Shorewood       | 5:18.09 | SCR     |    |
| -- | Nyssen, Sten        | Shorewood       | 5:18.10 | SCR     |    |
| -- | Heagler, Ben        | Shorewood       | 4:33.44 | SCR     |    |
| -- | Gandara, Jose Luis  | Shorewood       | 4:43.05 | SCR     |    |

**2019 Northwest & Wesco 3A South League Champs - 5/8/2019 to 5/10/2019****Edmonds Woodway Stadium****Results - Day 1 - Wednesday****....Boys 1600 Meter Run**

|                     |                 |         |     |
|---------------------|-----------------|---------|-----|
| -- Awori, Christian | Shorecrest      | 5:03.16 | SCR |
| -- Bryan, Connor    | Edmonds-Woodway | 4:54.49 | SCR |
| -- DeBell, Deklund  | Meadowdale      | 4:43.41 | SCR |
| -- Miranda, Raphael | Lynnwood        | 5:04.86 | SCR |
| -- Carroll, Jackson | Shorewood       | 5:05.15 | SCR |
| -- Trull, Isaac     | Shorewood       | 5:03.85 | SCR |
| -- O'Brien, Rory    | Shorecrest      | 5:04.44 | SCR |

**Boys 110 Meter Hurdles****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

| WESCO 3A: 14.48 2001 |      | Ryan McKinney, Lake Stevens |                 |         |          |
|----------------------|------|-----------------------------|-----------------|---------|----------|
| Name                 | Year | School                      | Seed            | Prelims | H#       |
| -----                |      |                             |                 |         |          |
| Preliminaries        |      |                             |                 |         |          |
| 1                    |      | Birchman, Jonathan          | Shorewood       | 14.37   | 14.68Q 1 |
| 2                    |      | Dilworth, Marcus            | Edmonds-Woodway | 15.40   | 15.49Q 2 |
| 3                    |      | Aboudou, Amdane             | Shorecrest      | 15.45   | 15.52Q 3 |
| 4                    |      | Bangsberg, Matthew          | Shorewood       | 15.82   | 16.14Q 3 |
| 5                    |      | Toyo, Amado                 | Shorecrest      | 16.37   | 16.25Q 2 |
| 6                    |      | Graves, Evan                | Edmonds-Woodway | 16.37   | 16.86Q 1 |
| 7                    |      | Vo, Richard                 | Lynnwood        | 17.07   | 17.00q 1 |
| 8                    |      | Fox, Colton                 | Ferndale        | 17.26   | 17.31q 2 |
| 9                    |      | Rogers, Jacob               | Squalicum       | 17.47   | 17.45 3  |
| 10                   |      | DeBell, Deklund             | Meadowdale      | 17.45   | 17.70 3  |
| 11                   |      | Secrest, Ryan               | Meadowdale      | 17.75   | 17.87 2  |
| 12                   |      | Myers, Charley              | Squalicum       | 17.85   | 18.21 1  |
| 13                   |      | Phan, Alan                  | Meadowdale      | 18.30   | 18.48 1  |
| 14                   |      | Johnston, Soren             | Shorecrest      | 18.46   | 18.59 2  |
| 15                   |      | Downes, Sebastian           | Shorecrest      | 19.22   | 18.94 3  |
| 16                   |      | Holman, Joshua              | Squalicum       | 19.58   | 19.10 2  |
| 17                   |      | Rose, Josh                  | Edmonds-Woodway | 20.65   | 19.87 3  |
| 18                   |      | Park, Daniel                | Edmonds-Woodway | 21.73   | 21.42 1  |
| 19                   |      | Hewitt, Gregory             | Edmonds-Woodway | 21.85   | 22.53 2  |
| --                   |      | Seefedt, Ryan               | Squalicum       | 19.15   | DNS 3    |

**Boys 300 Meter Hurdles****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

| WESCO 3A: 39.02 2001 |      | Ryan McKinney, Lake Stevens |                 |         |          |
|----------------------|------|-----------------------------|-----------------|---------|----------|
| Name                 | Year | School                      | Seed            | Prelims | H#       |
| -----                |      |                             |                 |         |          |
| 1                    |      | Birchman, Jonathan          | Shorewood       | 39.40   | 38.84Q 1 |
| 2                    |      | Dilworth, Marcus            | Edmonds-Woodway | 42.22   | 40.34Q 2 |
| 3                    |      | Bangsberg, Matthew          | Shorewood       | 41.93   | 42.13Q 3 |
| 4                    |      | Aboudou, Amdane             | Shorecrest      | 40.88   | 41.56Q 2 |
| 5                    |      | Toyo, Amado                 | Shorecrest      | 42.87   | 42.31Q 1 |
| 6                    |      | Fox, Colton                 | Ferndale        | 41.64   | 42.65Q 3 |
| 7                    |      | DeBell, Deklund             | Meadowdale      | 42.46   | 42.34q 1 |
| 8                    |      | Secrest, Ryan               | Meadowdale      | 43.61   | 43.89q 2 |
| 9                    |      | Vo, Richard                 | Lynnwood        | 44.56   | 44.06 3  |
| 10                   |      | Downes, Sebastian           | Shorecrest      | 45.97   | 44.86 2  |
| 11                   |      | Rogers, Jacob               | Squalicum       | 46.12   | 44.99 1  |
| 12                   |      | Myers, Charley              | Squalicum       | 46.65   | 45.06 1  |
| 13                   |      | Graves, Evan                | Edmonds-Woodway | 44.46   | 45.39 3  |

**2019 Northwest & Wesco 3A South League Champs - 5/8/2019 to 5/10/2019****Edmonds Woodway Stadium****Results - Day 1 - Wednesday****....Boys 300 Meter Hurdles**

|    |                 |                 |       |       |   |        |
|----|-----------------|-----------------|-------|-------|---|--------|
| 14 | Johnston, Soren | Shorecrest      | 48.61 | 47.25 | 1 |        |
| 15 | Mcdevitt, Ian   | Squalicum       | 47.50 | 47.88 | 3 |        |
| 16 | Felix, Beau     | Ferndale        | 47.99 | 48.13 | 3 |        |
| 17 | Cook, Edgerton  | Ferndale        | 47.23 | 48.82 | 2 |        |
| 18 | Hewitt, Gregory | Edmonds-Woodway | 50.31 | 50.98 | 1 |        |
| 19 | Park, Daniel    | Edmonds-Woodway | 50.46 | 51.26 | 2 | 51.252 |
| 20 | Phan, Alan      | Meadowdale      | 50.71 | 51.26 | 3 | 51.255 |
| -- | Seefeldt, Ryan  | Squalicum       | 48.88 | DNS   | 2 |        |

**Boys High Jump**

| =====     |                    |                 |         |                                |        |  |
|-----------|--------------------|-----------------|---------|--------------------------------|--------|--|
| WESCO 3A: |                    | 6-07.50         | 1987    | Darren Nicholson, Lake Stevens |        |  |
| Name      | Year               | School          | Seed    | Finals                         | Points |  |
| =====     |                    |                 |         |                                |        |  |
| Finals    |                    |                 |         |                                |        |  |
| 1         | Birchman, Jonathan | Shorewood       | 6-02.00 | 6-02.00                        | 10     |  |
| 2         | Swinson, Denver    | Meadowdale      | 5-08.00 | 5-08.00                        | 8      |  |
| 3         | Seals, Austin      | Meadowdale      | 5-06.00 | 5-06.00                        | 5.50   |  |
| 3         | Kautzman, Brayden  | Meadowdale      | 5-09.00 | 5-06.00                        | 5.50   |  |
| 5         | Potter, Jacob      | Lynnwood        | 5-04.00 | J5-06.00                       | 4      |  |
| 6         | Vo, Richard        | Lynnwood        | 5-06.00 | 5-04.00                        | 2.50   |  |
| 6         | Johnson, Nathaniel | Lynnwood        | 5-10.00 | 5-04.00                        | 2.50   |  |
| 8         | Stearns, Nathan    | Meadowdale      | 5-06.00 | J5-04.00                       | 1      |  |
| 9         | Nguyen, Quang      | Edmonds-Woodway | 5-06.00 | J5-04.00                       |        |  |
| 10        | Edwards, Cayden    | Edmonds-Woodway | 5-02.00 | J5-04.00                       |        |  |
| 11        | Rink, Brian        | Squalicum       | 5-02.00 | 5-02.00                        |        |  |
| 11        | Jackson, Keon      | Shorecrest      | 5-06.00 | 5-02.00                        |        |  |
| 13        | Zuze, Benito       | Shorecrest      | 5-06.00 | J5-02.00                       |        |  |
| --        | Washington, Alvis  | Ferndale        | 5-00.00 | NH                             |        |  |
| --        | Myers, Charley     | Squalicum       | 4-10.00 | NH                             |        |  |
| --        | Birdsell, Dylan    | Ferndale        | 5-04.00 | SCR                            |        |  |
| --        | Silk, Johnny       | Ferndale        | 5-06.00 | SCR                            |        |  |

**Boys Long Jump**

| =====     |                         |                 |          |                                |        |  |
|-----------|-------------------------|-----------------|----------|--------------------------------|--------|--|
| WESCO 3A: |                         | 23-02.25        | 1990     | Levon Major, Mountlake Terrace |        |  |
| Name      | Year                    | School          | Seed     | Finals                         | Points |  |
| =====     |                         |                 |          |                                |        |  |
| 1         | Williams, Tallen        | Ferndale        | 21-08.00 | 22-01.00                       | 10     |  |
| 2         | Aboudou, Amdane         | Shorecrest      | 22-01.25 | 21-08.00                       | 8      |  |
| 3         | Free, Raymond           | Meadowdale      | 22-02.00 | 21-03.50                       | 6      |  |
| 4         | Quick, Hunter           | Shorecrest      | 19-10.00 | 20-05.50                       | 5      |  |
| 5         | Taylor, Chris           | Shorewood       | 19-10.25 | 20-03.00                       | 4      |  |
| 6         | Dilworth, Marcus        | Edmonds-Woodway | 20-09.50 | 20-02.00                       | 3      |  |
| 7         | Becker, Cole            | Shorewood       | 20-02.50 | 19-11.50                       | 2      |  |
| 8         | Tipple, Andersen (Andy) | Shorewood       | 18-06.75 | 19-02.00                       | 1      |  |
| 9         | Morales, Elijah         | Shorecrest      | 19-08.50 | 18-08.50                       |        |  |
| 10        | Nguyen, Nam             | Shorecrest      | 19-05.50 | 18-06.50                       |        |  |
| 11        | Seeber, Adrian          | Lynnwood        | 18-02.00 | 18-04.50                       |        |  |
| 12        | Mahinan, Julian         | Shorewood       | 17-07.50 | 18-03.50                       |        |  |
| 13        | Lease, Jaymar           | Squalicum       | 16-11.50 | 18-02.50                       |        |  |
| 14        | Hartono, Matthew        | Meadowdale      | 18-00.50 | 18-02.00                       |        |  |
| 15        | Cao, Brian              | Edmonds-Woodway | 17-08.00 | 17-08.00                       |        |  |
| 16        | Zuze, Benito            | Shorecrest      | 19-07.50 | 17-00.25                       |        |  |
| 17        | Stearns, Nathan         | Meadowdale      | 18-02.25 | 16-06.50                       |        |  |

**2019 Northwest & Wesco 3A South League Champs - 5/8/2019 to 5/10/2019****Edmonds Woodway Stadium****Results - Day 1 - Wednesday****....Boys Long Jump**

|                         |                 |          |          |
|-------------------------|-----------------|----------|----------|
| 18 Decker, Kai          | Lynnwood        | 17-00.25 | 16-03.00 |
| 19 Merril, Justin       | Meadowdale      | 16-11.00 | 16-02.50 |
| 20 Brim, Anthony        | Squalicum       | 16-10.25 | 16-01.25 |
| 21 Prempeh, Andy        | Meadowdale      | 17-05.00 | 15-03.00 |
| 22 Petroff, Noah        | Meadowdale      | 17-00.00 | 15-00.00 |
| -- Lybeer, Sam          | Meadowdale      | 19-01.00 | SCR      |
| -- Quintans, George     | Edmonds-Woodway | 17-08.50 | SCR      |
| -- Cherry, Capassio     | Edmonds-Woodway | 19-02.00 | SCR      |
| -- Vanwoudenberg, Mason | Squalicum       | 16-08.50 | SCR      |
| -- Kautzman, Brayden    | Meadowdale      | 19-02.00 | SCR      |

**Boys Shot Put**

| =====                   |          |                 |                       |          |        |  |
|-------------------------|----------|-----------------|-----------------------|----------|--------|--|
| WESCO 3A:               | 64-04.25 | 1996            | Ben Lindsey, Lynnwood |          |        |  |
| Name                    | Year     | School          | Seed                  | Finals   | Points |  |
| =====                   |          |                 |                       |          |        |  |
| 1 Bjornson, Ian         |          | Lynnwood        | 44-05.50              | 45-00.00 | 10     |  |
| 2 Fairbarin, Larson     |          | Ferndale        | 46-09.00              | 44-08.00 | 8      |  |
| 3 Rivera, David         |          | Shorecrest      | 47-05.50              | 44-00.00 | 6      |  |
| 4 Reed-Henderson, Blake |          | Lynnwood        | 42-06.00              | 41-04.50 | 5      |  |
| 5 Montgomery, Clifton   |          | Edmonds-Woodway | 39-09.00              | 40-08.00 | 3      |  |
| 6 Woo, Anthony          |          | Edmonds-Woodway | 45-04.75              | 40-07.75 | 4      |  |
| 7 Thongdee, Taejin      |          | Shorewood       | 43-01.00              | 39-06.50 | 2      |  |
| 8 Yakovlev, David       |          | Ferndale        | 37-02.00              | 37-05.25 | 1      |  |
| 9 Holland, Maclain      |          | Shorecrest      | 37-07.75              | 35-11.00 |        |  |
| 10 Hornaday, Hunter     |          | Edmonds-Woodway | 36-00.00              | 35-10.00 |        |  |
| 11 Mcdevitt, Ian        |          | Squalicum       | 33-09.00              | 35-01.00 |        |  |
| 12 Holand, Chase        |          | Edmonds-Woodway | 36-00.00              | 35-00.50 |        |  |
| 13 Gimse, Brandon       |          | Squalicum       | 39-11.00              | 35-00.00 |        |  |
| 14 Reyes, Gabriel       |          | Shorecrest      | 40-04.50              | 34-08.00 |        |  |
| 15 Berger, Gage         |          | Edmonds-Woodway | 34-02.00              | 34-07.00 |        |  |
| 15 Cherry, Capassio     |          | Edmonds-Woodway | 35-09.00              | 34-07.00 |        |  |
| 17 Atayev, Murad        |          | Shorewood       | 36-03.00              | 34-06.50 |        |  |
| 18 DeBella, Joey        |          | Edmonds-Woodway | 34-09.00              | 33-06.50 |        |  |
| 19 Schlichting, Mark    |          | Ferndale        | 33-10.00              | 33-02.50 |        |  |
| 20 Kiewicz, Noah        |          | Meadowdale      | 33-10.00              | 33-00.75 |        |  |
| 21 Paul, Tyler          |          | Meadowdale      | 33-00.50              | 33-00.25 |        |  |
| 22 Bui, Alain           |          | Meadowdale      | 33-06.75              | 32-11.00 |        |  |
| -- Elder, Brian         |          | Shorewood       | 32-08.50              | DNS      |        |  |
| -- Latta, Julian        |          | Shorewood       | 37-10.00              | DNS      |        |  |
| -- Wydur, Eliyjah       |          | Ferndale        | 29-07.00              | SCR      |        |  |
| -- Yglesias, Joseph     |          | Meadowdale      | 31-05.00              | SCR      |        |  |
| -- Orrego, John         |          | Ferndale        | 29-01.50              | SCR      |        |  |
| -- Smith, Gabriel       |          | Squalicum       | 36-10.75              | SCR      |        |  |
| -- Krueger, Alex        |          | Meadowdale      | 36-04.75              | SCR      |        |  |