

# USATF Pacific Northwest Association Junior Olympic Championships

ClubUnA

## OFFICIAL RESULTS

Saturday, November 11, 2017 Woodland Park, Seattle, Meet Website USATF National Office

### Mens Results

#### 2,000 Meters 8U

##### Official Team Scores

1. Rain City Flyers A 24
2. Kitsap Fliers Track and Field 59
3. Federal Way Track 64
4. West Seattle Road Runners 79
5. Rain City Flyers B 115

1. -8 Luke Atchley 8:34.49 Kitsap Fliers Track ...
2. -8 Henry Herb 8:47.86 Rain City Flyers A
3. -8 Brooks Oliver 8:48.15 Rain City Flyers A
4. -8 Filip Cizek 9:06.62 Issaquah Parks & Rec...
5. -8 John Herb Jr 9:18.93 Rain City Flyers A
6. -8 Caleb McAdams 9:22.41 Rain City Flyers A
7. -8 David Stone 9:23.10 Federal Way Track
8. -8 Tate Broadbent 9:23.46 Snohomish Track
9. -8 Ryan Wixted 9:23.88 Kitsap Fliers Track ...
10. -8 Luke Slater 9:24.17 Federal Way Track
11. -8 Jude Papineau 9:26.61 West Seattle Road Ru...
12. -8 Case Van Niel 9:31.74 Rain City Flyers A
13. -8 Austin Hight 9:33.52 Rain City Flyers A
14. -8 Weston Ford 9:48.80 Speed Unlimited
15. 6U Hugh Bearden 9:51.61 Kitsap Fliers Track ...
16. -8 Nery Lopez-Tapia 9:59.92 Federal Way Track
17. -8 Jacob Tyhuis 10:00.54 36-Unattached
18. -8 Marcelo Slye 10:05.85 West Seattle Road Ru...
19. -8 Matthew Zhang 10:06.57 Cascade Striders
20. 6U Riker Ross 10:08.47 West Seattle Road Ru...
21. -8 Quinnton Sing 10:10.26 Federal Way Track
22. -8 Henry Schnackenberg 10:11.85 West Seattle Road Ru...
23. -8 Benjamin Gamez 10:15.59 Rain City Flyers B
24. -8 Trae Petett 10:19.66 Issaquah Parks & Rec...
25. -8 Thomas Bearden 10:30.71 Kitsap Fliers Track ...

26. 6U Matthew Wixed	10:33.25 Kitsap Fliers Track ...
27. -8 Leonardo Miramontes	10:39.17 Federal Way Track
28. -8 William Bigelow	10:49.29 Rain City Flyers B
29. -8 Cooper Smith	10:53.27 Rain City Flyers B
30. -8 Oliver Nisbet	10:54.62 Barron Park Striders
31. -8 Kristopher Brady	11:00.81 36-Unattached
32. -8 Ruben Hancock Brewer	11:02.91 West Seattle Road Ru...
33. -8 Jadon Cairus	11:12.18 Rain City Flyers B
34. 6U Mickey McCulley	11:15.02 King Cobras Track & ...
35. -8 Jacksen Kramer	11:22.62 Federal Way Track
36. -8 Ethan Mayachar	11:46.25 Rain City Flyers B
37. -8 Asher Baughn	11:47.38 Rain City Flyers A
38. -8 Ryan Fowler	11:52.05 36-Unattached
39. -8 Colby Whelan	11:59.11 West Seattle Road Ru...
40. -8 Xayvion Thompson	12:51.89 36-Unattached
41. -8 Henry Ingraham	13:09.21 West Seattle Road Ru...

### 3,000 Meters 9-10

#### Official Team Scores

1. Rain City Flyers A	32
2. Speed Unlimited	48
3. Federal Way Track	54
4. Cascade Striders A	95
5. West Seattle Road Runners A	141
6. Rain City Flyers B	156

1. 10 Charlie McManus	12:08.37 Rain City Flyers A
2. 10 Andrew Kolenski	12:14.11 Speed Unlimited
3. 10 Connor Rickey	12:21.05 Speed Unlimited
4. 10 Jonah Kearns	12:23.95 Rain City Flyers A
5. 10 Quinten Brooks	12:38.91 Speed Unlimited
6. 10 Hudson Wallace	12:42.21 36-Unattached
7. 10 Ashton Berwick	12:42.75 South Hill Running
8. 10 Leonidas Michelin	12:50.99 Federal Way Track
9. 10 Michael McCoy III	12:55.22 Whisper Running
10. 10 Camden Korb-Nice	12:56.12 Rain City Flyers A
11. 10 Ronan Barringer	13:00.46 Federal Way Track
12. 10 Ethan Urquhart	13:01.30 Rain City Flyers A
13. 10 Aiden Miller	13:05.99 Skagit Swift
14. 10 Spencer Ballard	13:08.41 Federal Way Track
15. Patrick Mirkin	13:17.09 36-Unattached
16. 10 Evan Jakubek	13:20.58 Rain City Flyers A
17. 10 Alejandro Miramontes	13:23.92 Federal Way Track
18. 10 Jack Evans	13:25.79 Cascade Striders A

19. 10	Tamir Stern	13:26.50	Cascade Striders A
20. 10	Max Billett	13:28.75	Rain City Flyers A
21. 10	Dawson Berwick	13:32.31	South Hill Running
22. 10	Jackson Punke	13:38.13	Speed Unlimited
23. 10	Cash Nowicki	13:45.47	West Seattle Road Ru...
24. 10	Hawker Nostrom	13:52.02	Federal Way Track
25. 10	Wesley Stevick	13:53.67	Barron Park Striders
26. 10	William Frederick	14:06.12	West Seattle Road Ru...
27. 10	Oscar Zimmerman	14:11.31	Rain City Flyers A
28. 10	William Leonard	14:11.71	Cascade Striders A
29. 10	Heath Terry	14:16.68	Chuckanut Raptors Ru...
30. 10	Tucker Punke	14:18.99	Speed Unlimited
31. 10	Rayhan Sathiq	14:25.47	Cascade Striders A
32. 10	Rodrigo Montano	14:29.73	Cascade Striders A
33. 10	Dylan Zehr	14:30.04	Federal Way Track
34. 10	Jonah Parda-Jay	14:33.87	Rain City Flyers A
35. 10	Robbie Morris	14:40.32	Cascade Striders A
36. 10	Calvin Forsberg	14:45.55	Cascade Striders A
37. 10	William Souza-Ponce	14:49.64	Rain City Flyers B
38. 10	Connor Withey Evans	14:51.60	Rain City Flyers B
39. 10	Chance Mason	14:59.01	West Seattle Road Ru...
40. 10	Huey Hoff	15:11.77	Rain City Flyers B
41. 10	Oliver Li	15:12.95	Speed Unlimited
42. 10	Nicholas Wittmann	15:26.29	Rain City Flyers B
43. 10	Jonathan Brady	15:28.59	36-Unattached
44. 10	Jonas Couch	15:39.88	Federal Way Track
45. 10	Riley Magill	15:41.46	Rain City Flyers B
46. 10	Tyler Knox	15:45.90	Rain City Flyers B
47. 10	Logan Lyman	15:52.13	West Seattle Road Ru...
48. 10	Evan Leonard	16:02.57	Federal Way Track
49. 10	Boden Hammerstad	16:05.00	West Seattle Road Ru...
50. 10	Craig Crowell	16:34.56	36-Unattached
51. 10	Gavin Maclean	16:57.60	Cascade Striders A
52. 10	Josiah Corner	17:36.24	West Seattle Road Ru...
53. 10	Ben Grimes	18:21.05	West Seattle Road Ru...
54. 10	Ryan Ashley	18:53.22	Cascade Striders B
55. 10	Everett Burdett	19:15.12	West Seattle Road Ru...
56. 10	Gibson Bay	19:17.89	West Seattle Road Ru...
57. 10	Whit Linxweiler	21:25.48	West Seattle Road Ru...

## 3,000 Meters 11-12

### Official Team Scores

1. Rain City Flyers A 16
2. Camas XC 69
3. Federal Way Track 77
4. Cascade Striders A 80
5. Rain City Flyers B 118

1. 12 Drew Oliver 10:49.25 Rain City Flyers A
2. 12 William Schneider 10:50.31 Rain City Flyers A
3. 12 Carter Joy 10:55.67 Rain City Flyers A
4. 12 Will Sandnes 10:56.31 Rain City Flyers A
5. 12 Liam Heninger 11:27.24 Issaquah Parks & Rec...
6. 12 Tenichi Gordon 11:33.01 Kitsap Fliers Track ...
7. 12 James Puffer 11:39.93 Camas XC
8. 12 Shane Effgen 11:41.01 36-Unattached
9. 12 Logan Plesko 11:41.61 Rain City Flyers A
10. 12 Melkamu Englert 11:47.79 Federal Way Track
11. 12 Alexander Trevino 11:54.11 36-Unattached
12. 12 Aiden Stewart 11:55.21 Camas XC
13. 12 Joachim Jakuc 11:56.44 Cascade Striders A
14. 12 Robert Dunne-Loper 12:05.04 Rain City Flyers A
15. 12 Joshua McKinstry 12:13.11 Whisper Running
16. 12 Brennen Rickey 12:16.47 Speed Unlimited
17. 12 Hudson Atrosh 12:17.93 Speed Unlimited
18. 12 Reidar Aageson 12:20.05 Issaquah Parks & Rec...
19. 12 Ben Archer 12:25.53 Issaquah Parks & Rec...
20. 12 Duncan Frisbie-Smith 12:26.64 Rain City Flyers A
21. 12 Yusuf Moazzam 12:36.16 Cascade Striders A
22. 12 Braden Benner 12:41.62 South Hill Running
23. 12 Ewan Kae 12:42.38 West Seattle Road Ru...
24. 12 Zohar Rafalovich 12:46.51 Cascade Striders A
25. 12 Keefe Russell 12:47.24 Federal Way Track
26. 12 Decius Michelin 12:51.56 Federal Way Track
27. 12 Alan Penrose III 12:57.17 Barron Park Striders
28. 12 Giovanni Slye 12:59.52 West Seattle Road Ru...
29. 12 Riley Potter 13:05.80 Camas XC
30. 12 Ethan Miller 13:10.80 Skagit Swift
31. 12 Bryce Borst 13:12.62 Camas XC
32. 12 Caleb Hirschfeld 13:17.91 Rain City Flyers B
33. 12 Finn Dunne 13:20.63 Issaquah Parks & Rec...
34. 12 Brennen Bowman 13:25.29 South Hill Running
35. 12 Aaron Beltran 13:25.72 Federal Way Track
36. 12 Jackson Fitch 13:26.81 Rain City Flyers B

37. 12 Daniel Montano	13:28.42 Cascade Striders A
38. 12 Tony Lopez-Tapia	13:30.13 Federal Way Track
39. 12 Elliott Burdett	13:36.67 West Seattle Road Ru...
40. 12 Quincy Purcell	13:39.31 Rain City Flyers A
41. 12 Collin Burgess	13:43.05 Camas XC
42. 12 Kyle Atkinson	13:44.00 36-Unattached
43. 12 Jack Bigelow	13:48.92 Rain City Flyers B
44. 12 Benjamin Huh	13:59.31 Speed Unlimited
45. 12 Gabriel Rader Rice	14:00.99 Barron Park Striders
46. 12 Paul Frederick	14:08.07 West Seattle Road Ru...
47. 12 Isaac Adkins	14:12.77 Skagit Swift
48. 12 Aiden Cardona Ruud	14:19.26 Cascade Striders A
49. 12 Lewis Huh	14:28.29 Speed Unlimited
50. 12 Ammar Ghouse	14:33.04 Cascade Striders A
51. 12 Johan Leuschke	15:00.03 Rain City Flyers B
52. 12 Logan Strongwill	15:10.30 Camas XC
53. 12 Simeon McAdams	15:26.34 Rain City Flyers B
54. 12 Logan Fisher	15:52.85 Federal Way Track
55. 12 Edan Jacobson	15:57.79 Cascade Striders A
56. 12 Lloyd Todaro	15:59.62 Rain City Flyers B
57. 12 Christopher Carrillo	16:27.56 Camas XC
58. 12 Jameson Morrison	17:44.40 South Hill Running
59. 12 Max Swenson	18:15.32 Rain City Flyers B

## 4,000 Meters 13-14

### Official Team Scores

1. Federal Way Track	47
2. Camas XC A	49
3. Speed Unlimited	88
4. Rain City Flyers	96
5. Snohomish Track	97
6. Cascade Striders A	134

1. 14 Caleb Goulet	13:52.05 Rain City Flyers
2. 14 Evan Jenkins	14:24.44 Camas XC A
3. 14 Hale Behan	14:26.32 Cascade Striders A
4. 14 Hayden Fisher	14:30.56 Federal Way Track
5. 14 Adrean Tafolla	14:37.07 Speed Unlimited
6. 14 Wilson Fresh	14:41.73 Camas XC A
7. 14 Michael Hanrahan	14:42.47 Skagit Swift
8. 14 Alec Ibarra	14:48.36 36-Unattached
9. 14 Eric Souza-Ponce	14:49.99 Rain City Flyers
10. 14 Landon Guaderrama	14:50.72 Federal Way Track
11. 14 Maximus Sing	14:51.18 Federal Way Track

12. 14	Mason Wrede	14:52.08	Camas XC A
13. 14	Jakob Broadbent	14:53.77	Snohomish Track
14. 14	Harrison Lyons	14:54.87	Federal Way Track
15. 14	Alex Oathout	14:55.98	36-Unattached
16. 14	Ryan Horr	14:58.07	Skagit Swift
17. 14	Mateo Castillo	15:06.05	Snohomish Track
18. 14	Jameson Karmell	15:06.93	Federal Way Track
19. 14	Vincenzo Robles	15:07.41	Camas XC A
20. 14	Tyler Dinh	15:08.14	Camas XC A
21. 14	Braden Wallace	15:08.62	Snohomish Track
22. 14	Alex Miller	15:11.08	Skagit Swift
23. 14	Anthony Smith	15:11.79	Speed Unlimited
24. 14	Rustam Guest	15:13.19	Speed Unlimited
25. 14	Tanner Pecheos	15:13.59	Federal Way Track
26. 14	Tanner Dozier	15:16.83	Camas XC A
27. 14	Kya Villanueva	15:19.30	Speed Unlimited
28. 14	Jude Helmes	15:23.97	Whisper Running
29. 14	Triton Vitale	15:28.10	Federal Way Track
30. 14	John Pratapas	15:28.38	Speed Unlimited
31. 14	Maxwell Aldrich	15:28.83	Rain City Flyers
32. 14	Carson Frawley	15:32.99	Camas XC A
33. 14	Luke Stafford	15:35.60	Snohomish Track
34. 14	Alexander Serper	15:38.43	Cascade Striders A
35. 14	Paarth Singh	15:40.46	Issaquah Parks & Rec...
36. 14	Kelton Gagnon	15:50.81	36-Unattached
37. 14	Preston Lee	15:52.75	Snohomish Track
38. 14	Josh Slate	15:53.40	Cascade Striders A
39. 14	Peterson King	15:57.40	Rain City Flyers
40. 14	Covey Stark	16:01.42	Camas XC A
41. 14	Camden Jaureguy	16:07.39	Rain City Flyers
42. 14	Ethan Erickson	16:08.82	Rain City Flyers
43. 14	Cody Kuss	16:14.88	36-Unattached
44. 14	Soren Hansen	16:16.86	Cascade Striders A
45. 14	Rett Stevens	16:17.17	Snohomish Track
46. 14	Seth Hicks	16:24.39	Snohomish Track
47. 14	Leonardo Reyes Mar...	16:30.44	Speed Unlimited
48. 14	Levi Powers	16:54.67	Snohomish Track
49. 14	Danny Pree	16:58.00	Barron Park Striders
50. 14	Quinn Hoisington	17:01.94	Rain City Flyers
51. 14	Ben Jordan	17:04.67	Whisper Running
52. 14	Leo Rosales	17:08.10	Rain City Flyers
53. 14	Nicholas DeYoung	17:12.29	South Hill Running
54. 14	Braxton Williams	17:16.99	36-Unattached
55. 14	Northern Brown	17:17.81	Cascade Striders A
56. 14	Luke Ensminger	17:24.19	Cascade Striders A
57. 14	Merek Weed	17:32.85	Cascade Striders B
58. 14	Tomer Kalach	17:38.25	Cascade Striders A

59. 14	William Laskey	17:58.54	Camas XC B
60. 14	Hayden Goldberg	18:12.05	Cascade Striders B
61. 14	Clark Dinh	18:24.96	Camas XC B
62. 14	Cash Gallaher	19:14.71	36-Unattached
63. 14	Michael Trinh	21:37.28	West Seattle Road Ru...

## 5,000 Meters 15-18

### Official Team Scores

#### 1. Rain City Flyers 15

1. 16	Garrett McSheffrey	17:33.79	36-Unattached
2. 16	Michael Lewis	17:38.80	Rain City Flyers
3. 16	Lucas Becker	17:50.99	36-Unattached
4. 16	Ben Heagler	18:07.73	Rain City Flyers
5. 16	Aidan Cantine	18:11.99	Speed Unlimited
6. 18	Ethan Ashley	18:17.05	Cascade Striders
7. 18	Joel Slominski	18:20.24	36-Unattached
8. 16	Adam Flood	18:24.66	Rain City Flyers
9. 16	John Romano-Olsen	18:28.11	Rain City Flyers
10. 16	Lucas Seeley	18:37.35	Rain City Flyers
11. 18	Zachary Sundt	19:01.21	Barron Park Striders
12. 16	Elian Joseph	19:06.75	Speed Unlimited
13. 16	Tanyr Gagnon	19:30.52	36-Unattached
14. 16	Asa Danforth	19:40.91	Chuckanut Raptors Ru...
15. 16	Grant Swettenam	19:41.39	36-Unattached
16. 18	Sven Krattinger	19:56.66	Barron Park Striders
17. 18	James Cushman VI	20:13.34	36-Unattached
18. 16	Ethan Anderson	20:18.49	Rain City Flyers
19. 18	Justin Christopher...	21:11.35	South Hill Running
20. 16	Carson Hammer	21:11.61	Cascade Striders
21. 18	Usman Moazzam	21:32.58	Cascade Striders

# Womens Results

## 2,000 Meters 8U

### Official Team Scores

1. **Rain City Flyers** 36
2. **West Seattle Road Runners** 41
3. **Federal Way Track A** 43

1. -8 Corinne Hudders 8:23.54 Rain City Flyers
2. -8 Lianna Bloom 8:56.30 West Seattle Road Ru...
3. -8 Abigail Wallace 9:03.09 36-Unattached
4. -8 Flora Lovejoy 9:03.37 Rain City Flyers
5. -8 Macy Powell 9:05.78 West Seattle Road Ru...
6. -8 Weijia Wu 9:11.97 Cascade Striders
7. -8 Jasmine Johnson 9:27.84 Federal Way Track A
8. -8 Anna Haber 9:32.86 Rain City Flyers
9. -8 Taitum Couch 9:38.35 Federal Way Track A
10. -8 Makenzie Foree 9:39.94 Federal Way Track A
11. -8 Gemma Caprara 9:42.61 Federal Way Track A
12. -8 Clare Effgen 9:43.48 36-Unattached
13. -8 Grace Hardie 9:44.86 Issaquah Parks & Rec...
14. -8 McKenzi Berwick 9:50.74 South Hill Running
15. -8 Anastasia Corner 9:56.47 West Seattle Road Ru...
16. -8 Lillian Lendrum Fort 9:56.98 Rain City Flyers
17. -8 Cailin Ross 9:59.52 West Seattle Road Ru...
18. -8 Lincoln Sitzmann 10:05.77 West Seattle Road Ru...
19. -8 Isabel Whitaker 10:06.51 Federal Way Track A
20. -8 Aaria Garhwal 10:28.58 Rain City Flyers
21. -8 Emily Alexander 10:40.15 Issaquah Parks & Rec...
22. -8 Maddie Chung 10:48.79 West Seattle Road Ru...
23. -8 Violet Carrel 10:58.76 Cascade Striders
24. -8 Ryan Frisbie-Smith 11:15.67 Rain City Flyers
25. 6U Korra Caprara 11:18.32 Federal Way Track A
26. 6U Rayanna Dech 11:29.01 Federal Way Track B
27. -8 Kealohilani Truebl... 11:40.39 King Cobras Track & ...
28. -8 Zoe Trueblood 11:55.97 King Cobras Track & ...
29. -8 Anna Bayless 12:13.28 Federal Way Track A
30. 6U Hannah Gardner 13:21.98 Federal Way Track A
31. 6U Emma Withey Evans 14:02.39 Rain City Flyers



## 3,000 Meters 9-10

### Official Team Scores

1. Cascade Striders A 18
2. Rain City Flyers A 46
3. Rain City Flyers B 74

1.	10	Sydney Collier	12:46.96	Cascade Striders A
2.	10	Greta Watson	13:21.37	Chuckanut Raptors Ru...
3.	10	Tegan Holme	13:24.96	Cascade Striders A
4.	10	Natalie Oathout	13:45.56	36-Unattached
5.	10	Sarah Lindquist	13:49.48	Rain City Flyers A
6.	10	Danielle Jacobson	14:03.87	Cascade Striders A
7.	10	Piper Russell	14:21.84	Cascade Striders A
8.	10	Mio Masunaga	14:25.65	36-Unattached
9.	10	Mesafint Englert	14:29.33	Cascade Striders A
10.	10	Anna Lendrum Fort	14:29.79	Rain City Flyers A
11.	10	Audrey Schneider	14:43.59	Rain City Flyers B
12.	10	Anna Kuhn	14:58.01	Sonic Boom Running
13.	10	Ida Bralower	14:59.24	Rain City Flyers A
14.	10	Kimberly Zhao	15:02.32	Cascade Striders A
15.	10	Lorelei Geldien	15:05.15	Issaquah Parks & Rec...
16.	10	Camila Miller	15:09.15	Cascade Striders A
17.	10	Olivia McGrew	15:12.27	Kitsap Fliers Track ...
18.	10	Serafina Shin vonN...	15:13.37	Rain City Flyers B
19.	10	Rosa Van Niel	15:18.26	Rain City Flyers A
20.	10	Naomi Dunne-Loper	15:30.95	Rain City Flyers A
21.	10	Addison Washburn	15:53.38	West Seattle Road Ru...
22.	10	Sydney Herzog	15:55.56	Rain City Flyers A
23.	10	Riley Hill	15:57.48	West Seattle Road Ru...
24.	10	Sonya Carter	16:15.39	Rain City Flyers A
25.	10	Anjali Hodack	16:31.84	Speed Unlimited
26.	10	Mackenzie Walker	16:46.53	Rain City Flyers A
27.	10	Lucy Smith	16:52.18	Rain City Flyers B
28.	10	Erin Swenson	17:07.33	Cascade Striders A
29.	10	Julia Darringer	17:30.27	Rain City Flyers B
30.	10	Daphne Houghton	18:21.47	Rain City Flyers B
31.	10	Iliana Hasty	19:50.70	West Seattle Road Ru...
32.	10	Darinah Hou	21:09.43	Cascade Striders B

## 3,000 Meters 11-12

### Official Team Scores

1. Cascade Striders A 37
2. Speed Unlimited 62
3. Federal Way Track 67
4. Rain City Flyers 76
5. Issaquah Parks & Rec Gliders 95

1. 12 Alyvia Brown 11:42.37 Cascade Striders A
2. 12 Ava Borsheim 11:44.59 Federal Way Track
3. 12 Maisie McManus 12:07.33 Rain City Flyers
4. 12 Sara Cordova 12:22.46 Whisper Running
5. 12 Julia Couch 12:35.60 Federal Way Track
6. 12 Megan Kolenski 12:38.13 Speed Unlimited
7. 12 Alivia Evans 12:41.28 Cascade Striders A
8. 12 Ainsley Herron 12:46.13 Cascade Striders A
9. 12 Sara Evans 12:50.20 Cascade Striders A
10. 12 Talia Willson 12:56.09 Speed Unlimited
11. 12 Anika Jones 13:09.53 Rain City Flyers
12. 12 Sabrina Chun 13:20.57 Speed Unlimited
13. 12 Alyssa Flindt 13:23.06 Issaquah Parks & Rec...
14. 12 Ela Wojewoda 13:24.46 Issaquah Parks & Rec...
15. 12 Hailey Wallace 13:26.12 36-Unattached
16. 12 Selly Beyene 13:30.46 Barron Park Striders
17. 12 Yesenia Soriano 13:42.03 Federal Way Track
18. 12 Fiona Wolf 13:47.29 Cascade Striders A
19. 12 June Pierson 13:50.52 West Seattle Road Ru...
20. 12 Thea Smith 13:55.14 Speed Unlimited
21. 12 Giada Oliva 13:58.06 Issaquah Parks & Rec...
22. 12 Emmie McGrew 13:58.30 Kitsap Fliers Track ...
23. 12 Lilian Gregorich 14:11.03 Rain City Flyers
24. 12 Clara Mackison 14:12.20 Barron Park Striders
25. 12 Anya Souza-Ponce 14:13.87 Rain City Flyers
26. 12 Aaliyah Clemons 14:15.69 Federal Way Track
27. 12 Samantha Sherick 14:18.96 West Seattle Road Ru...
28. 12 Tatum Ford 14:20.65 Speed Unlimited
29. 12 Ava Carrel 14:21.50 Cascade Striders A
30. 12 Jana Willems 14:41.18 Speed Unlimited
31. 12 Sierra Mason 14:44.47 West Seattle Road Ru...
32. 12 Molly Hoover 14:54.65 Cascade Striders A
33. 12 Elise Whaley 15:00.71 West Seattle Road Ru...
34. 12 Viktoria Sutara 15:16.17 Cascade Striders B
35. 12 Stella Martinez 15:59.06 Cascade Striders A
36. 12 Lily Yu 15:59.86 Issaquah Parks & Rec...

37. 12	Mia Abigail Mayachar	17:26.20	Rain City Flyers
38. 12	Lily Thompson	17:50.59	Federal Way Track
39. 12	Emily Stevens	18:14.58	Issaquah Parks & Rec...
40. 12	Weitong Wang	18:14.87	Cascade Striders B

## 4,000 Meters 13-14

### Official Team Scores

1.	Whisper Running A	67
2.	Rain City Flyers A	70
3.	Speed Unlimited	78
4.	Cascade Striders A	81
5.	Federal Way Track	103
6.	Whisper Running B	122
7.	South Hill Running	131

  

1.	14	Ella Borsheim	14:43.58	Federal Way Track
2.	14	Olivia Freeman	15:34.91	Rain City Flyers A
3.	14	Chloe Connolly	15:37.22	Cascade Striders A
4.	14	Sarah Mirkin	15:45.63	Speed Unlimited
5.	14	Ella Montgomery	15:47.07	Rain City Flyers A
6.	14	Milena Kalisch	15:51.91	36-Unattached
7.	14	Sloane Selenis	15:52.86	Rain City Flyers A
8.	14	Maya Cantine	15:53.12	Speed Unlimited
9.	14	Abigail Wall	16:05.97	Whisper Running A
10.	14	Kaia Swegler Richm...	16:09.29	36-Unattached
11.	14	Kira Mahaffy	16:09.61	Whisper Running A
12.	14	Amelia Hoagland	16:14.43	Skagit Swift
13.	14	Kylee Shakespeare	16:15.73	South Hill Running
14.	14	Sage Mailhiot	16:16.04	Skagit Swift
15.	14	Faith Martinez	16:21.66	Speed Unlimited
16.	14	Katelyn Flolo	16:28.42	Whisper Running A
17.	14	Keanna Krueger	16:33.26	36-Unattached
18.	14	Olivia Stiles	16:34.82	Cascade Striders A
19.	14	Callie Ulin	16:36.13	Whisper Running B
20.	14	Anna Petrbookova	16:37.52	Cascade Striders A
21.	14	Lauren Lewis	16:37.80	Federal Way Track
22.	14	Emily DeJarlais	16:40.17	Cascade Striders A
23.	14	Ashley Mckinstry	16:40.70	Whisper Running A
24.	14	Candice Owen	16:41.14	Whisper Running B
25.	14	Kiley O'Brien	16:42.74	Whisper Running A
26.	14	Lauren Holford	16:46.30	Speed Unlimited
27.	14	Jill Philbin	16:47.64	Rain City Flyers B
28.	14	Emily Rosenkranz	16:49.05	Whisper Running A
29.	14	Kennedy Shakespeare	16:51.33	South Hill Running

30. 14	Chloe Buzzard	16:52.17	Whisper Running B
31. 14	Sarah Ellis	16:52.51	Issaquah Parks & Rec...
32. 14	Abigail Atkins	17:04.92	South Hill Running
33. 14	Ashley Reeck	17:11.82	36-Unattached
34. 14	Kaitlyn Johnson	17:12.56	36-Unattached
35. 14	Makenzie Dilworth	17:21.17	Federal Way Track
36. 14	Natalie Hinds	17:21.40	Rain City Flyers A
37. 14	Rubee Mickel	17:22.66	Whisper Running B
38. 14	Emily Van Valkenburg	17:25.42	36-Unattached
39. 14	Jazmyn Stone	17:31.91	Federal Way Track
40. 14	Abigail MacDonald	17:34.64	Rain City Flyers A
41. 14	Kelsey Ballard	17:35.84	Federal Way Track
42. 14	Anika Segall	17:38.40	Rain City Flyers A
43. 14	Kathryn Cannistra	17:43.13	Cascade Striders A
44. 14	Kayla Lucas	17:45.24	South Hill Running
45. 14	Rachel Jin	17:47.05	Speed Unlimited
46. 14	Alyson Barrett	17:48.62	Speed Unlimited
47. 14	Natalie Peddie	17:51.61	Whisper Running B
48. 14	Kathleen Riordan	17:55.43	Federal Way Track
49. 14	Addison Pettingill	18:03.42	South Hill Running
50. 14	Paige Maas	18:05.96	Whisper Running B
51. 14	Sophia Diseth	18:09.10	South Hill Running
52. 14	Merin Rensch	18:12.80	Cascade Striders A
53. 14	Claudia Wolf	18:28.29	Cascade Striders A
54. 14	Marie Petrboikova	18:32.49	Cascade Striders B
55. 14	Ellen Lewis	19:07.67	Rain City Flyers A
56. 14	Brooklyn Liang	19:10.43	Cascade Striders A
57. 14	Jaycee Clark	19:24.46	South Hill Running
58. 14	Hannah Davidson	19:37.68	Federal Way Track
59. 14	Sarah Olson	20:05.96	Cascade Striders B
60. 14	Lauren Arnold	20:34.63	Cascade Striders B
61. 14	Janae Morrison	21:31.20	South Hill Running
62. 14	Hannah Isabelle Ma...	22:14.87	Rain City Flyers A
63. 14	Sabreen Moazzam	23:10.15	Cascade Striders B
64. 14	Sanjita Rishikesan	23:45.73	Cascade Striders A

## 5,000 Meters 15-18

1.	16	Anya Hirschfeld	20:51.81	Rain City Flyers
2.	18	Brooke Wallace	21:15.16	36-Unattached
3.	16	Miri Nakamura	21:29.44	Speed Unlimited
4.	16	Christina Crow	21:52.67	Speed Unlimited
5.	16	Danielle Jaculewicz	22:19.27	Rain City Flyers
6.	16	Jada Morrison	22:42.94	South Hill Running
7.	18	Sarah Lovan	23:03.24	36-Unattached
8.	16	Anna Groene	23:14.19	Cascade Striders
9.	18	Rachel Lawson	23:41.09	Cascade Striders
10.	16	Hannah Meehan	23:55.02	36-Unattached
11.	16	Katherine Hinds	24:32.88	Rain City Flyers
12.	18	Kae Nakamura	25:18.56	Speed Unlimited
13.	16	Asa Selenis	25:20.54	Rain City Flyers
14.	16	Payton Van denBosch	25:48.15	36-Unattached

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