

Results - USATF Pacific Northwest Association Junior Olympic Cross Country Championships

11/14/09 - Woodland Park

Event 1 3k Run CC Bantam Girls

Name	Year	Team	Finals	Points
Results - Women				
1 4816 Cantine, Sophie	99	Issaquah Gliders	11:57.37	
2 4621 Copeland, Katherin	99	Issaquah Gliders	12:04.30	
3 4800 Rodeheffer, Laura	99	Whidbey Running	12:41.16	
4 4542 Schenck, Aliya	00	Cascade Striders	13:01.00	
5 4632 McVay, Marley	99	Issaquah Gliders	13:05.85	
6 4783 Chelberg, Kaityn	99	Whidbey Running	13:09.40	
7 4775 Ries, Sofia	99	Unity Running	13:21.75	
8 4778 Shields, Emily	99	Unity Running	13:23.96	
9 4804 Wicker, Carolyn	99	Whidbey Running	13:48.92	
10 4658 Wilhite, Ariel	99	Issaquah Gliders	14:00.59	
11 4689 Fujita-Yuhas, Nora	98	Rain City Flyers	14:02.78	
12 4509 Corff, Anna	99	Cascade Striders	14:09.20	
13 4633 Meja, Callie	00	Issaquah Gliders	14:21.93	
14 4527 Laidler, Kristin	99	Cascade Striders	14:35.14	
15 4697 Hirschfeld, Anya	01	Rain City Flyers	14:36.54	
16 4793 Maronde, Caitlin	99	Whidbey Running	14:40.44	
17 4528 LaPella, Anna	99	Cascade Striders	14:49.63	
18 4655 Tidball, Jennifer	99	Issaquah Gliders	14:53.52	
19 4763 Furrer, Anna	99	Unity Running	15:19.34	
20 4725 Young, Mina	01	Rain City Flyers	15:25.24	
21 4618 Batura, Josey	99	Issaquah Gliders	15:39.01	
22 4791 Keating, Megan	98	Whidbey Running	15:43.85	
23 4613 Haskins, Shelby	99	Flan Clan	15:45.84	
24 4706 Kramer, Marlana	01	Rain City Flyers	15:51.89	
25 4798 Reed, MacKenzie	01	Whidbey Running	16:07.84	
26 4818 Nicholas, Geana	01	Rain City Flyers	16:12.74	
27 4807 Sullivan, Emmie	02	Rain City Flyers	16:29.56	
28 4615 Renner, Kadie	99	Flan Clan	16:52.73	
29 4677 Andrews, Elsa	00	Rain City Flyers	17:02.70	
30 4805 Wicker, Catherine	02	Whidbey Running	17:05.00	
31 4758 Collazo, Dani	99	Unity Running	17:46.05	
32 4709 Margarones, Chloe	00	Rain City Flyers	18:13.02	
33 4505 Brown, Jacqueline	01	Cascade Striders	22:23.37	

Event 2 3k Run CC Bantam Boys

Name	Year	Team	Finals	Points
Results - Men				
1 4569 Goldstone, Jesse	99	Fed Way	11:30.49	
2 4552 Blake, Zachary	99	Fed Way	12:01.46	
3 4779 Shields, Jack	99	Unity Running	12:05.37	
4 4551 Bianchini, Christo	99	Fed Way	12:28.41	
5 4723 Whalen, Alex	99	Rain City Flyers	12:32.47	
6 4716 Rathbun, Parker	00	Rain City Flyers	12:36.92	

7	4813	Klingler, Myles	00	Fed Way	12:46.35
8	4532	McCormack, RJ	99	Cascade Striders	12:48.40
9	4659	Woodward, Duncan	00	Issaquah Gliders	12:59.60
10	4688	Fitch, Harrison	01	Rain City Flyers	13:00.89
11	4526	Joseph, Ruben	00	Cascade Striders	13:06.64
12	4685	Doshi, Ethan	00	Rain City Flyers	13:15.23
13	4575	Ho, Brandon	99	Fed Way	13:23.99
14	4803	Vasileff, Ryan	00	Whidbey Running	13:51.04
15	4592	Paulino, Riley	01	Fed Way	14:12.24
16	4774	Ries, Colin	01	Unity Running	14:22.80
17	4517	Donnel, Jared	00	Cascade Striders	14:23.13
18	4821	Johnson, William	00	Fed Way	14:25.81
19	4739	Hellker, Marcus	00	Cascade Striders	14:28.02
20	4622	DaPonte, Rhys	01	Issaquah Gliders	14:34.59
21	4735	Armstrong, Landon	00	Una-Cascade Stri	14:35.02
22	4511	Curran, Zach	01	Cascade Striders	14:36.80
23	4513	DeJarlais, Nichola	99	Cascade Striders	14:39.77
24	4695	Herndon, Coleman	00	Rain City Flyers	14:42.82
25	4780	Sparling, Jack	00	Unity Running	14:56.18
26	4703	Jones-Toutant, Emm	00	Rain City Flyers	15:04.45
27	4650	Stone, Patrick	99	Issaquah Gliders	15:12.02
28	4529	Lau, Bobby	00	Cascade Striders	15:18.15
29	4760	Cranford, Garrett	99	Unity Running	15:34.33
30	4819	Brindle, Calvin	00	Issaquah Gliders	15:48.26
31	4767	Johnson, Conrad	00	Unity Running	15:53.25
32	4512	Dailidenas, Avery	00	Cascade Striders	15:58.75
33	4724	Young, Elliott	99	Rain City Flyers	16:04.13
34	4737	Choudhry, Tanner	00	Una-Cascade Stri	16:09.72
35	4787	Grehan, Tyler	00	Whidbey Running	16:11.49
36	4766	Johnson, Andrew	00	Unity Running	16:31.70
37	4776	Ries, Thomas	02	Unity Running	16:37.61
38	4814	Rathburn, Rowan	03	Rain City Flyers	18:42.38
39	4785	Eliassen, Josh	00	Whidbey Running	20:10.82

Event 3 3k Run CC Midget Girls

Name	Year	Team	Finals	Points	
Results - Women					
1	4704	Kingma, Brooke	97	Rain City Flyers	11:51.88
2	4823	Pivec, Mikayla	97	Snohomish Track	11:56.24
3	4530	Manns, Alexis	97	Cascade Striders	11:56.56
4	4682	Carr, Hazel	97	Rain City Flyers	12:09.11
5	4667	Clarke, Casey	98	Oiselle	12:29.84
6	4588	McWilliams, Patryc	97	Fed Way	12:33.18
7	4531	Matora, Katia	97	Cascade Striders	12:39.95
8	4617	Tompkins, Nicole	97	Flan Clan	12:41.38
9	4669	Gibson, Briahna	97	Oiselle	12:44.66
10	4664	Brinkman, Tanna	97	Oiselle	12:45.54
11	4718	Rice, Sydda	98	Rain City Flyers	12:46.22
12	4711	Oviatt, Rebekah	98	Rain City Flyers	12:47.00
13	4687	Farkas, Paloma	98	Rain City Flyers	13:00.92
14	4801	Sligh, Marissa	97	Whidbey Running	13:03.26
15	4668	Ferguson, Anne	97	Oiselle	13:05.36
16	4514	DeSaESilva, Pascal	97	Cascade Striders	13:06.99

17	4525	Joseph, Elena	97	Cascade Striders	13:07.89
18	4671	Lower, Emma	97	Oiselle	13:10.22
19	4662	Best, Amelia	97	Oiselle	13:10.87
20	4612	Arn, Hannah	97	Flan Clan	13:15.07
21	4672	Maher, Anne	98	Oiselle	13:19.82
22	4661	Maraghe, Margot	97	Oiselle Running	13:27.21
23	4789	Horn, Jonalynn	97	Whidbey Running	13:27.47
24	4771	Purtzer, Hailey	98	Unity Running	13:31.40
25	4720	Sullivan, Zanna	98	Rain City Flyers	13:34.91
26	4702	Jones-Toutant, Eli	98	Rain City Flyers	14:01.71
27	4537	Phillips, Megan	98	Cascade Striders	14:30.03
28	4549	Bateh, Zabrina	97	Fed Way	14:32.98
29	4539	Richardson, Sarah	97	Cascade Striders	14:44.81
30	4674	Sharp, Caroline	98	Oiselle	15:36.29
31	4684	Davis, Flora	98	Rain City Flyers	16:09.80
32	4786	Grehan, Breanna	98	Whidbey Running	16:39.42
33	4784	Crowther, Carly	98	Whidbey Running	17:04.56
34	4726	Orndorff, Clara	97	Rain City Unatta	17:14.76

Event 4 3k Run CC Midget Boys

Name	Year	Team	Finals	Points	
Results - Men					
1	4822	Gillman, Sam	98	Unattached	11:09.95
2	4797	Powers, Dakota	97	Whidbey Running	11:12.03
3	4548	Barry, Alexander	97	Fed Way	11:25.91
4	4694	Heffernan, Ryan	97	Rain City Flyers	11:26.16
5	4636	Morrison, Cooper	97	Issaquah Gliders	11:29.31
6	4582	Lanser, Alexander	97	Fed Way	11:37.69
7	4628	Harvey, Eric	98	Issaquah Gliders	11:39.22
8	4591	Myrick, Brendan	98	Fed Way	11:44.35
9	4764	Hilger, Maxwell	98	Unity Running	11:52.15
10	4607	Woodruff, Alec	98	Fed Way	12:10.35
11	4521	Glouner, Thomas	97	Cascade Striders	12:10.58
12	4578	Jenkins, Jacob	98	Fed Way	12:10.86
13	4794	Melnick, Gunnar	97	Whidbey Running	12:40.65
14	4573	Haneberg, Mats	98	Fed Way	12:45.02
15	4520	Glouner, Brandon	97	Cascade Striders	12:56.88
16	4825	Lindgren, Thomas	97	Snohomish Track	12:57.52
17	4570	Goleekee, Nicolas	98	Fed Way	12:58.01
18	4710	Megalli, Samy	97	Rain City Flyers	13:07.05
19	4576	Howard, David	98	Fed Way	13:10.40
20	4504	Beauchamp, Luke	97	Cascade Striders	13:28.10
21	4736	Armstrong, Logan	97	Una-Cascade Stri	13:33.69
22	4769	Knorr, Garrett	97	Unity Running	13:48.13
23	4503	Aras, Tay	98	Cascade Striders	13:51.87
24	4652	Symmes, Samuel	97	Issaquah Gliders	13:53.07
25	4788	Guzman, Miguel	98	Whidbey Running	14:04.90
26	4502	Aras, Rohan	97	Cascade Striders	14:08.28
27	4540	Robinson, Aidan	98	Cascade Striders	14:13.27
28	4768	Johnson, Zachary	97	Unity Running	14:48.49
29	4579	Johnson, Tristan	98	Fed Way	15:06.12
30	4566	Gegoux, Sami	97	Fed Way W	15:08.86
31	4744	Rayment, Masaki	97	Una-Cascade Stri	15:32.64

32	4583 LaPella, Sam	97 Fed Way W	15:38.17
33	4523 Hori, TJ	97 Cascade Striders	15:44.42
34	4743 Oden, Will	97 Una-Cascade Stri	16:03.31

Event 5 4k Run CC Youth Girls

Name	Year Team	Finals	Points
Results - Women			
1 4696 Hielkema, Marissa	96 Rain City Flyers	15:29.71	
2 4663 Bolibol, Keagan	96 Oiselle	15:29.95	
3 4676 Western, Audrey	96 Oiselle	15:48.67	
4 4675 Sharp, Natalie	96 Oiselle	15:54.15	
5 4522 Hill, Anna	95 Cascade Striders	16:37.90	
6 4795 Meyer, Olivia	95 Whidbey Running	16:44.90	
7 4806 Wicker, Christina	95 Whidbey Running	16:45.69	
8 4639 Pletcher, Elise	95 Issaquah Gliders	16:50.96	
9 4553 Brown, Cassidy	95 Fed Way	17:00.05	
10 4506 Chaffey, Isabella	96 Cascade Striders	17:01.61	
11 4811 Jones, Kendall	95 Fed Way	17:02.02	
12 4557 Carr, Christine	96 Fed Way	17:09.36	
13 4673 Maher, Kathryn	96 Oiselle	17:12.78	
14 4683 Cunningham, Caitli	95 Rain City Flyers	17:13.73	
15 4670 Haley, Abigail	96 Oiselle	17:15.10	
16 4631 Krahling, Samantha	96 Issaquah Gliders	17:20.11	
17 4524 Johnson, Kysa	96 Cascade Striders	17:25.47	
18 4587 McGinnis, Terra	95 Fed Way	17:27.33	
19 4601 Tacke, Emily	95 Fed Way	17:32.09	
20 4572 Hallstrom, Paige	96 Fed Way	17:33.82	
21 4826 Sahl, Kendall	95 Rain City Flyers	17:41.47	
22 4584 Larson, Kari	96 Fed Way	17:45.54	
23 4757 Sowards, Rachel	95 Unattached	17:52.38	
24 4678 Barnes, Joy	95 Rain City Flyers	17:54.08	
25 4644 Rylands, Erin	95 Issaquah Gliders	18:00.99	
26 4657 Volken, Christina	95 Issaquah Gliders	18:15.63	
27 4647 Shaw, Rachel	95 Issaquah Gliders	18:20.31	
28 4733 Limesand, Elle	96 Snohomish Track	18:24.31	
29 4810 Vesteinsdottir, Ra	95 Fed Way	18:26.33	
30 4790 Kagey, Hannah	96 Whidbey Running	18:40.44	
31 4637 Murphy, Erin	95 Issaquah Gliders	18:48.30	
32 4580 Kjenstad, Karissa	96 Fed Way	18:52.60	
33 4608 Chittenden, Alexis	95 Fed Way	19:59.20	
34 4700 Jewett, Samantha	95 Rain City Flyers	20:02.55	
35 4510 Coyle, Meg	96 Cascade Striders	20:33.72	
36 4753 Mazza-Smith, Erika	96 Unattached	20:36.38	
37 4765 Hills, Delaney	96 Unity Running	20:54.57	
38 4501 Ahearn, Kathryn	95 Cascade Striders	20:55.96	
39 4792 Maronbe, Megan	96 Whidbey Running	22:30.44	

Event 6 4k Run CC Youth Boys

Name	Year Team	Finals	Points
Results - Men			
1 4717 Reed, Kyler	95 Rain City Flyers	14:01.32	

2	4799	Rodeheffer, John	96	Whidbey Running	14:06.59
3	4714	Pearce, Jack	95	Rain City Flyers	14:09.41
4	4541	Roe, Aaron	96	Cascade Striders	14:29.69
5	4596	Riordan, Ruben	95	Fed Way	14:35.49
6	4577	Jasperson, James	95	Fed Way	14:44.82
7	4547	Barbe, Simon	95	Fed Way	14:52.12
8	4568	Goldstone, David	95	Fed Way	14:59.45
9	4626	Flindt, Spencer	95	Issaquah Gliders	15:01.97
10	4567	Glackin-Coley, Sha	96	Fed Way	15:10.93
11	4679	Beck, Wolfgang	95	Rain City Flyers	15:18.28
12	4748	DeGraff, Kyle	95	Unattached	15:20.52
13	4581	Kunzelman, Stewart	96	Fed Way	15:22.07
14	4722	Thompson, Matthew	95	Rain City Flyers	15:24.71
15	4796	Miller, Stephen	96	Whidbey Running	15:31.45
16	4772	Purtzer, Quentin	95	Unity Running	15:38.74
17	4649	Stewart, Mark	95	Issaquah Gliders	15:39.72
18	4777	Shields, Charlie	95	Unity Running	15:41.78
19	4707	Madson, Warren	95	Rain City Flyers	15:49.73
20	4534	Melrose, Marshall	95	Cascade Striders	15:52.26
21	4629	Howe, Tom	95	Issaquah Gliders	16:04.08
22	4802	Stanford, Nathanae	95	Whidbey Running	16:06.76
23	4734	Smith, Keagan	95	Snohomish Track	16:15.08
24	4635	Moo, Keagan	95	Issaquah Gliders	16:18.14
25	4598	Schrader, Danny	96	Fed Way	16:18.68
26	4654	Tidball, Eric	96	Issaquah Gliders	16:32.72
27	4508	Corff, Alexander	96	Cascade Striders	16:46.33
28	4751	Kondo, Teruhito	96	Unattached	17:02.60
29	4538	Phillips, Tyler	96	Cascade Striders	17:21.96
30	4750	Ghiglione, John	95	Unattached	17:30.86
31	4507	Cipoletti, Conrad	95	Cascade Striders	17:55.81
32	4515	Devine, Harrison	96	Cascade Striders	17:59.00
33	4770	Peterson, Conner	96	Unity Running	18:24.15
34	4762	Flannigan, Owen	95	Unity Running	18:24.69
35	4773	Reynolds, Joseph	96	Unity Running	18:27.02
36	4705	Koney, Nicholas	95	Rain City Flyers	18:46.89
37	4519	Garcia, Vincent	96	Cascade Striders	18:47.16
38	4730	Burns, Nathan	96	Snohomish Track	19:01.52
39	4731	Forkey, Blake	96	Snohomish Track	19:08.50
40	4824	Nicholas, Jose Man	95	Rain City Flyers	20:41.19
41	4747	Clarke, Jamie	96	Unattached	21:15.22

Event 8 5k Run CC Intermediate Boys

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	Name	Year	Team	Finals	Points
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1	4625	Elefson, Aaron	93	Issaquah Gliders	16:52.87
2	4624	Duffy, Alex	93	Issaquah Gliders	17:11.00
3	4692	Gibson, Patrick	94	Rain City Flyers	17:21.65
4	4838	Campbell, Aaron	93	Seattle Running	17:28.43
5	4698	Hoffman, Luke	93	Rain City Flyers	17:33.06
6	4651	Symmes, Keegan	94	Issaquah Gliders	17:38.18
7	4715	Peloquin, Casey	93	Rain City Flyers	17:40.20
8	4690	Gagliano, Joseph	93	Rain City Flyers	17:43.01
9	4656	Tidball, Kevin	94	Issaquah Gliders	17:44.49
10	4832	Dickson, Marcus	94	Fed Way	17:55.31

11	4605	White, Sean	93	Fed Way	18:10.90
12	4713	Parker, Zachary	94	Rain City Flyers	18:15.93
13	4754	Meler, Heath	94	Unattached	18:20.02
14	4571	Grant, Thomas	94	Fed Way	18:23.11
15	4833	Gould, Kody	93	Fed Way	18:38.35
16	4554	Brown, Dylan	93	Fed Way W	18:40.61
17	4752	Leniski, Ivan	94	Unattached	18:42.91
18	4686	Drathman, Leif	94	Rain City Flyers	18:43.30
19	4831	Byram, Lloyd	93	Fed Way W	18:43.61
20	4836	Fox, Colten	94	Unattached	18:52.92
21	4646	Sharps, Devin	94	Issaquah Gliders	18:54.77
22	4642	Rogers, Jamon	94	Issaquah Gliders	18:58.09
23	4701	Jones, Nathan	93	Rain City Flyers	19:09.77
24	4834	McCranie, Cody	93	Fed Way W	19:17.23
25	4749	Fritz, Austin	93	Unattached	19:34.64
26	4841	Cyra, Aidan	93	Unattached	19:41.36
27	4712	Page, Ryan	94	Rain City Flyers	19:41.76
28	4812	Coughlin, James	94	Fed Way W	20:27.93
29	4732	Horn, Troy	94	Fed Way	20:38.96
30	4837	Larson, Nicolas	93	Unattached	20:57.99
31	4808	Stewart, Michael	93	Issaquah Gliders	21:53.44
32	4561	Devine, Cameron	94	Fed Way W	25:30.00
33	4630	Johnson, Lucas	94	Issaquah Gliders	26:01.00

Event 10 5k Run CC Young Men

	Name	Year	Team	Finals	Points
1	4555	Campbell, Casey	92	Fed Way	16:30.27
2	4599	Schroll, Chris	91	Fed Way	16:49.48
3	4846	Villavicencio, Ala	92	Unattached	17:02.75
4	4843	Mcleod, Ian	91	Unattached	17:03.05
5	4691	Gibson, Daniel	91	Rain City Flyers	17:03.36
6	4840	Garrison, Ethan	92	Rain City Flyers	17:05.57
7	4560	Cross, Michael	91	Fed Way	17:08.67
8	4620	Branch, Kyle	92	Issaquah Gliders	17:16.27
9	4839	Hopper, Dylan	91	Seattle Running	17:20.41
10	4627	Frerker, Mark	92	Issaquah Gliders	17:25.64
11	4755	Minor, Nathan	91	Rain City Flyers	17:28.25
12	4844	Baker, Andrew	91	Unattached	17:31.08
13	4721	Swanson, Danile	92	Rain City Flyers	17:36.96
14	4606	Wittman, Jacob	92	Fed Way	17:51.52
15	4845	Gross, Matt	92	Rain City Flyers	17:58.93
16	4610	Cowan, Skylar	92	Fed Way	18:01.49
17	4550	Beckman, James	92	Fed Way W	18:04.58
18	4564	Dverson, Wiley	91	Fed Way	18:12.66
19	4556	Cardenas, Michael	91	Fed Way W	18:17.87
20	4660	Sherwood, Josiah	92	Issaquah Gliders	18:25.42
21	4589	Melrose, Christoph	92	Fed Way W	18:31.02
22	4756	Phipps, Jacob	91	Rain City Flyers	18:31.27
23	4562	Duffy, Daniel	92	Fed Way W	18:35.60
24	4842	Hamilton, Aaron	92	Rain City Flyers	18:49.56
25	4847	Williams, Deshawn	92	Fed Way W	18:55.19
26	4653	Thomas, Brandon	92	Issaquah Gliders	19:01.28
27	4641	Ressler, Benjamin	92	Issaquah Gliders	19:12.18

28	4559	Cowan, Hunter	91	Fed Way W	19:33.94
29	4638	Murphy, Kyle	91	Issaquah Gliders	19:34.95
30	4815	Pletcher, Martin	92	Issaquah Gliders	19:55.34

Event 11 5000 Meter Run InterG & Yng Women

Name	Year	Team	Finals	Points	
Results - Women 15-16					
1	4619	Benster, Lindsay	93	Issaquah Gliders	19:50.96
2	4546	Atwood, Rachel	94	Fed Way	20:13.11
3	4830	Johnson, Jasmine	93	Fed Way	20:31.97
4	4597	Royal, Adrianna	93	Fed Way	21:03.09
5	4616	Tompkins, Lindsay	94	Flan Clan	21:08.39
6	4634	Migotsky, Nicole	93	Issaquah Gliders	21:19.43
7	4817	Hunter, Haley	93	Issaquah Gliders	21:58.11
8	4586	Luther, Savannah	94	Fed Way	22:17.35
9	4640	Poplawski, Alisa	94	Issaquah Gliders	22:30.75
10	4623	Davies, Kaily	94	Issaquah Gliders	22:36.36
11	4574	Helliker, Claire	94	Fed Way	22:41.83
12	4585	Larson, Kristen	93	Fed Way	23:24.81
13	4727	Holmberg, Alene	93	Seattle Running	23:34.79
14	4729	Rundle, Josephine	93	Seattle Running	24:34.17
15	4828	Carmichael, Gwen	94	Unattached	24:41.59
16	4719	Sullivan, Madison	94	Rain City Flyers	25:00.99
17	4835	Crawford, Kendal	93	Seattle Running	25:27.51
18	4594	Rayment, Mizuki	94	Fed Way	25:57.25
19	4645	Rylands, Katie	93	Issaquah Gliders	26:14.95

Event 11 5000 Meter Run InterG & Yng Women

Name	Year	Team	Finals	Points	
Results - Women 17-18					
1	4614	Meler, Holly	91	Flan Clan	20:03.48
2	4820	Johnson, Sarah	92	Fed Way	20:47.73
3	4728	Nichols, Ashley	92	Seattle Running	21:18.57
4	4603	Turner, Kayley	91	Fed Way	21:37.20
5	4643	Rudd, Alex	92	Issaquah Gliders	21:45.33
6	4829	McCabe, Megan	92	Fed Way	22:03.56
7	4693	Heffernan, Agen	91	Rain City Flyers	23:30.09
8	4827	Hallstrom, Heather	92	Fed Way	24:07.44
9	4543	Tucker, Summer	92	Fed Way	28:39.00