

Portland Track Festival - 6/3/2023 to 6/4/2023
Mt. Hood Community College
Meet Program

Event 1 Girls 2000 Meter Steeplechase High School**Saturday 6/3/2023 - 5:00 PM****HS Girls/Junior/Masters Women Combined**

PTF Meet: 6:46.22 2019 Olivia Markezich

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	Grunow, Anna	16	Sherwood Tra	
2	Bridge, Hope	18	Stayton Runn	
3	Segeholt, Moa		Unattached	
4	Butenschoen, Haley		Stayton Runn	

Event 2 Boys 2000 Meter Steeplechase High School**Saturday 6/3/2023 - 5:15 PM****HS Boys/Junior/Masters Men Combined**

PTF Meet: 5:52.06 2022 Benjamin Balazs

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	Mackey, Garrett	18	Stark Street	
2	Lord, Jensen	17	Mondo Track	
3	Bothwell, Ethan	18	Unattached	
4	Johnson, Nathan	18	Unattached	
5	Deacon, Jeffery	16	Unattached	
6	Hvall, Ryder	18	Unattached	
7	Steves, Owen	17	Unattached	
8	Bumgardner, Noah	16	Unattached	
9	Ruybalid, Nathan	17	Unattached	
10	Wayman, Blake	18	Arlington	
11	Fournier, Grady	15	Unattached	
12	Ashworth, Caden	17	Unattached	
13	Coelho, Orion	17	Unattached	
14	Anderson, Garret	18	Ultimate Spe	

Event 3 Men 5000 Meter Run Open**Saturday 6/3/2023 - 5:50 PM****Wavelight H3 Pace: 15:20****Wavelight H2 Pace: 14:40****Wavelight H1 Pace: 14:10**

PTF Meet: 13:19.14 2022 Patrick Tiernan

USAs Qual: 13:20.00

Worlds Qual: 13:07.00

Lane	Name	Age	Team	Seed Time
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Section 1 of 3 Finals

1	Haile, Yonas	21	Adams State	
2	Martinez ambrosio, Alejandro	25	T.E.A.M Boul	
3	Jabaz, Jorge	36	Valor Track	
4	Cusmano, Andrew	30	BTC Elite	
5	Goff, Micah	22	BTC Elite	
6	Rutkowski, Cole	20	T.E.A.M Boul	
7	Saulnier, Emmett	27	UO Running C	
8	Lakeman, Aaron	18	Oregon Inter	
9	Beaven, Paul	19	Unattached	
10	Ibrahim, Abdi	26	Portland Sta	
11	Morganti, Dominic	23	Portland Sta	
12	Head, Spencer	33	Unattached	
13	Fernandes, Carlos	25	Roots Runnin	
14	Jarpey, Josh	23	Unattached	
15	Kuchar, Jaxon	19	Victoria End	
16	Kreuz, Cameron	36	Jacuzzi Boys	
17	Van Hezewijk, Gabe	22	Victoria End	
18	Rosenbluth, Mike	21	Unattached	
19	Garnica, Shaun		Unattached	
20	Kitchen, Tayvon		Unattached	
21	Reed, Kellen	18	Unattached	
22	Foote, Alex		Unattached	

Section 2 of 3 Finals

1	Spencer, Kyle	17	Unattached	
2	Williams, Cohen	20	University o	
3	Patel, Panth	27	Unattached	
4	Aden, Jonah	19	Spokane	
5	Solberg, Alex	21	Portland Sta	
6	Baker, Jackson	29	Mount Tabor	
7	Pearson, Russell	18	Calgary Spar	
8	Sanchez, Joshua	33	Bowerman Tra	
9	Stadler, James	26	Unattached	
10	Berens, Chad	27	Lrcn	
11	Hayward, Connor	26	Valor Track	
12	Webster, Jacob	19	Victoria End	
13	Perez, Carlos	24	Unattached	
14	Judson, Antonio	24	Unattached	
15	Spink, Kolby	21	Western Oreg	
16	Blake, Kanoa		Unattached	
17	McEwen, Brennan	17	Mount Tabor	
18	Howell, Michael	26	Unattached	
19	Barry, Brad	29	Jacuzzi Boys	
20	Michaels, Lev	18	Mount Tabor	
21	Schulte, Jake	24	Portland Sta	

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Section 3 of 3 Finals...(Event 3 Men 5000 Meter Run Open)

1	Ensoe, Charlie	34	Tftc
2	Comer, Brian	29	Club Northwe
3	Courcelle, Zafer	15	Mount Tabor
4	McQuillen, Leaf	16	Mount Tabor
5	Nelson, Emil	17	Mount Tabor
6	Lenz, Lucas		Unattached
7	Horner, Gwilym	19	Mount Tabor
8	Davis, Douglas	26	Distance Pro
9	Mugrage, Kristoffer	29	Distance Pro
10	Beddes, Jonah	18	Unattached
11	Roos, Pat	24	Portland Sta
12	Caiyem, Zev	26	Elmwood Athl
13	Fernandez, Alexander		Unattached
14	Cino, Sebastian	19	Vancouver Th
15	Allen, Mike	23	Unattached
16	Miller, Evan		Vancouver Th
17	Dittell, Sandy	30	Team Red Liz
18	Mason, Bennet	18	Unattached
19	Horner, Rowan	16	Mount Tabor
20	Matteson, Alexander	23	Team Red Liz
21	Abraham, Trent	18	Unattached
22	Connelly, James	20	Vancouver Th
23	Matherly, Jack	24	Unattached
24	Misjan, Ryan		Rose City Tr

Event 4 Women 5000 Meter Run Open

Saturday 6/3/2023 - 5:25 PM

Wavelight H1 Pace: 17:00

PTF Meet: 14:57.00 2021 Jessica Hull

USAs Qual: 15:09.59

Worlds Qual: 14:57.00

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Brooks, Sage	20	Unattached	
2	Reynolds, Faith	25	Peninsula Di	
3	Allison, Katrina	29	Vancouver Th	
4	Johnson, Sarah	32	Peninsula Di	
5	Gayer, Sarah	23	Peninsula Di	
6	Katbi, Olivia	31	Jacuzzi Boys	
7	Heineck, Carre	41	Team Red Liz	
8	Taylor, Abigail	26	Central Park	
9	Warren, Chelsea		Team Red Liz	
10	Marcil, Jalen	20	Unattached	
11	Surage, Aubrey	20	Unattached	
12	Cotterell, Katelyn	21	Vancouver Th	
13	Koplowitz, Caroline	38	Club Northwe	
14	Cockburn, Samara	19	Victoria End	
15	Weilert, Valerie	37	Team Red Liz	
16	Orth, Sydney	17	Discovery Ca	
17	Morrow, Kate	15	Discovery Ca	
18	McCarthy, Niamh	29	Unattached	
19	Nichols, Ashley	31	Unattached	
20	Fredrickson, Erin	29	Unattached	

Event 5 Men 3000 Meter Steeplechase High Performance

Saturday 6/3/2023 - 6:50 PM

Wavelight Green Pace: 8:29

Wavelight White Pace: 8:40

PTF Meet: 8:18.55 2017 Stanley Kebenei

USAs Qual: 8:29.00

Worlds Qual: 8:15.00

Lane	Name	Age	Team	Seed Time
Section 2 of 2 Finals				
1	Garner, Ben		Roots Runnin	
2	Grannetia, Simon	28	The North We	
3	Drover, Alex		Horizon Trac	
4	Reyna, Israel		Quintanilla	
5	Adams, Kale	27	Unattached	
6	Ledesma Fuentes, Ayrton	25	Unattached	
7	Collet, Christopher	22	Wartburg College	
8	Nohilly, Eion	25	Empire Elite	
9	Balazs, Benjamin	19	Unattached	
10	Randazzo, Nick	23	Unattached	
11	Hesse, Albert	24	Unattached	
12	Niednagel, Caleb	21	Unattached	
13	Bishop, Joshua	22	Tiffin Unive	
14	Salomon, Dustyn	27	HOKA Aggie R	
15	Knapp, Zac	18	University o	

Event 6 Men 3000 Meter Steeplechase TrackTown Kids Club

Saturday 6/3/2023 - 7:05 PM

Wavelight Green Pace: 8:15 World

Wavelight White Pace: 8:29 US

PTF Meet: 8:18.55 2017 Stanley Kebenei

USAs Qual: 8:29.00

Worlds Qual: 8:15.00

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Barraza, Brian	28	Tinman Elite	
2	Keter, Bernie		U.S Army	
3	Michalski, Daniel	27	US Air Force	
4	Basten, Alec	25	Under Armour	
5	Mestler, Jackson	25	Oregon Track	
6	Cross, Jordan		Run Elite Pr	
7	Huff, Craig	26	HOKA Aggie R	
8	Jordan, Michael	32	Unattached	
9	Swami, Shankar Lal	27	ADP/India	
10	MacIntosh, Jordan	24	Portland Sta	
11	Dinsdale, Cole	25	Norm's Athle	
12	Mitchem, Jacob	25	Unattached	
13	Tooker, Aidan	24	Oregon Track	
14	Ribich, David	27	Union Athlet	

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Event 7 Women 3000 Meter Steeplechase High Performance

Saturday 6/3/2023 - 7:20 PM

Wavelight Pace: 10:00

PTF Meet: 9:21.13 2021 Courtney Frerichs

USAs Qual: 9:35.00

Worlds Qual: 9:23.00

Lane	Name	Age	Team	Seed Time
Section 2 of 2 Finals...(Event 7 Women 3000 Meter Steeplechase High				
1	Melanson, Jenna	25	Vancouver Th	
2	Scheriff, Jessica	26	Unattached	
3	Dickson, Madey	27	Lrcn	
4	Styblova, Bara	24	Portland Sta	
5	Morse, Lindsey	26	BTC Elite	
6	Hennessey, Jamie	23	Norm's Athle	
7	Hegemann Berens, Hanna	26	Lrcn	
8	Laureano-Rosado, Ashley	28	Unattached	

Event 8 Women 3000 Meter Steeplechase Beynon

Saturday 6/3/2023 - 7:35 PM

Wavelight Green Pace: 9:23 World

Wavelight White Pace: 9:35 US

PTF Meet: 9:21.13 2021 Courtney Frerichs

USAs Qual: 9:35.00

Worlds Qual: 9:23.00

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Quigley, Colleen		lululemon	
2	Cashin, Amy	28	Hoka	
3	Butterworth, Alycia	30	Unattached	
4	Rainsberger, Katie	24	New Balance	
5	Niggemann, Alissa	25	Unattached	
6	Kohut-Jackson, Abby	24	Under Armour	
7	Rizzo, Meredith	28	Tracksmith /	
8	Austin, Caroline		Idaho Afoot	
9	Strandemo, Madeline	27	Oiselle / Li	
10	Adams, Lindsey	25	Speedy G Tah	
11	Orie, Gabrielle	24	Unattached	
12	Gee, Emma	25	Unattached	
13	McClain, Harper		Unattached	

Event 9 Men 10000 Meter Run IncubatorU

Saturday 6/3/2023 - 7:50 PM

Wavelight Green Pace: 27:20

Wavelight White Pace: 27:50 US

PTF Meet: 27:56.44 2021 Suguru Osako

USAs Qual: 27:50.00

Worlds Qual: 27:10.00

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Scullion, Stephen	34	Under Armour	
2	Blankenship, Ben	34	Unattached	
3	Kipkoech, Lawrence	30	Adp	
4	Kipchumba, Geoffrey	35	U.S Army	
5	Rees, Logan	26	Idaho Distan	
6	Harding, Isaac		Hansons-Broo	
7	Shrader, Brian	31	Saucony	
8	Ferro, Blaise	25	Puma	
9	Sandusky, Alec		Hansons-Broo	
10	Kendell, Ben		Hansons-Broo	
11	Kutch, Ryan	24	CPTC Tracksmith	
12	Gertsen, Jonas	24	University o	
13	Gorze, Tyrone	18	Unattached	
14	Singh, Gulveer	25	ADP/India	
15	Eckstein, Curtis	24	Unattached	
16	Swoboda, Robert	24	Unattached	
17	Cruz Perez, Jorge	26	Gondi Mx Sta	
18	Pal, Abhishek	25	ADP/India	
19	Ritter, Jake	24	Unattached	
20	Gemeda, Merga	23	University O	
21	Mulcaire, Kevin		University o	
22	Morganti, Dominic	23	Portland Sta	
23	Flores, Hesiquio	29	Gondi Mx	
24	Joseph, Joshua	25	Unattached	
25	Lautenslager, Craig	30	Lautenslager	
26	Tedeschi, Jonathan	28	Caul	
27	Richie, Patrick	32	Johnny's Tra	
28	Donlea, Leo	24	University o	
29	Caroul, Joseph	19	Caroul	
30	Munoz Martinez, Juan Dante	19	UO Running C	
31	Kioko, Athanas	28	On	
32	Easker, Aaron	32	Unattached	
33	Raftis, Anthony	25	ASICS Mammot	

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Event 10 Women 10000 Meter Run Rose City PT**Saturday 6/3/2023 - 8:30 PM**

Wavelight Green Pace: 31:50

Wavelight White Pace: 33:00

PTF Meet: 31:38.68 2017 Shalana Flanagan

USAs Qual: 31:32.00

Worlds Qual: 30:40.00

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Nadel, Sam	28	Athletic Clu	
2	Zarbo, Alessia	21	Unattached	
3	Jadhav, Sanjivani	26	adidas/ADP/I	
4	Munks, Kathryn		Hansons-Broo	
5	Sherman, Stephanie		Hansons-Broo	
6	Keyser-Gibson, Amelia	26	Cascadia Eli	
7	Rafter, Angelia		Hansons-Broo	
8	Chelanga, Marybeth		MBizzle	

Event 11 Mixed 1 Mile Run Masters**Sunday 6/4/2023 - 3:40 PM**

PTF Meet: 4:14.47 2009 Jim Sorenson

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Spurling, Lucas	M16	Unattached	
2	Gutierrez, Orestes	M47	Nike Bowerma	
3	Dilly, Wayne	M41	Portland Run	
4	Cushing-murray, Christian	M55	Cal Coast Tr	
5	Bauman, Ahrlin	M50	Bowerman Tra	
6	Straka, Todd	M56	Boulder Road	
7	Short, Steven	M46	Team Red Liz	
8	King, Daniel	M64	Unattached	
9	Coughlan, Greg	M	Bowerman Tra	
10	Yorges, Chris	M57	Unattached	
11	McDonald, Chris	M54	Unattached	
12	Macleane, Craig	M51	Unattached	
13	Cochran, Jaiden	W18	Unattached	
14	Bromka, Peter	M	BTC Elite	

Event 12 Men 1500 Meter Run Open**Sunday 6/4/2023 - 3:50 PM**

Wavelight H4 Pace: 4:00

Wavelight H3 Pace: 3:55

Wavelight H2 Pace: 3:50

Wavelight H1 Pace: 3:48

PTF Meet: 3:32.97 2015 Evan Jager

USAs Qual: 3:37.00

Worlds Qual: 3:34.20

Lane	Name	Age	Team	Seed Time
Section 1 of 4 Finals				
1	Smith, Aiden	19	Unattached	
2	Stark, Nathan	28	Cascadia Eli	
3	Reynolds, Benjamin	20	Vbtc	
4	Martinez, Moises		Mexico	
5	Kolor, Michael	25	Club Northwe	
6	Tostenson, Josiah		Unattached	
7	Seymour, Brayden	18	Unattached	
8	Drew, Ben	26	Portland Sta	
9	Mukai, Carp	20	Gonzaga	
10	Grundy, Gilbert		Jacuzzi Boys	
11	Law, Logan		Unattached	
12	Head, Spencer	33	Unattached	
13	Kramer, Liam	22	Vancouver Th	
14	Collins, Benjamin	19	Unattached	
15	Miller, Riley	22	Coastal trac	
Section 2 of 4 Finals				
1	Castro, Jose	20	Horizon Trac	
2	Hosking, Elwood	19	Unattached	
3	Baughan, Aidan	21	Unattached	
4	Miller, Aiden	22	Coastal trac	
5	Kuipers, Anton	22	Victoria End	
6	Minen, Johnny	34	Colorado Spo	
7	Cameron, Peter	29	Edinburgh AC	
8	Van Schepdael, Matthew	26	Unattached	
9	Lautenslager, Jared	24	Hill College	
10	Goudron, Ryan	20	Coastal trac	
11	Tiwana, Jaiveer	22	Coastal trac	
12	Garcia, Ricky	32	Unattached	
13	Thiessen, Maximus	22	University o	
14	Langford, Kellen	18	Unattached	

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Section 3 of 4 Finals...(Event 12 Men 1500 Meter Run Open)

1	Baruch-Fry, Josh	23	Roots Runnin
2	Van Hezewijk, Gabe	22	Victoria End
3	Reed, Kellen	18	Unattached
4	Hussein, Abdiaziz	20	Unattached
5	Fisher, Paul	23	Unattached
6	Kuchar, Jaxon	19	Victoria End
7	Drover, Conrad	30	University o
8	Fernandez, Alexander		Unattached
9	Doddington, Caleb		Unattached
10	Torres, Richard	26	Unattached
11	Janecko, Sean		Unattached
12	Desmond, Spencer	19	Spencer Desm
13	Sandmaier, Luke	19	Victoria End
14	Hopkins, Matthew	21	Victoria End

Section 4 of 4 Finals

1	McLeish, Tion	19	Victoria End
2	Dickson, Marcus	29	Lren
3	Sasso, Anthony	23	Two Italian
4	Sine, Riley	25	Lostboys Tra
5	Cabalse, Rylie John	23	Unattached
6	Cappellano, Matteo	19	Vancouver Th
7	Roos, Pat	24	Portland Sta
8	Orndorff, Joseph	20	Unattached
9	Randolph, Max	33	Brownstars T
10	Chin Shue, Kevin	30	Unattached
11	Marshall-Pryde, Stirling	20	Portland Sta
12	Flynn, Gavin		Jacuzzi Boys
13	Timm, Jacob	44	Tinman Elite
14	Heffernan, Rylan	23	Unattached
15	Dear, Rami	20	Los Lobos
16	Lackey, James	19	Western Oreg

Event 13 Women 1500 Meter Run Open**Sunday 6/4/2023 - 4:30 PM****Wavelight H2 Pace: 4:30****Wavelight H1 Pace: 4:20****PTF Meet: 4:00.75 2022 Karissa Schweizer****USAs Qual: 4:05.00****Worlds Qual: 4:03.50**

<u>Lane</u>	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>
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Section 1 of 2 Finals

1	Chapman, Larkin	25	Unattached
2	Pomainville, Emily	24	Cascadia Eli
3	Bassett, Rebecca		Unattached
4	Hawkins, Fiona	19	Unattached
5	Deswaef, Mathilde	24	University o
6	Styblova, Bara	24	Portland Sta
7	Chan, Delaney	21	Victoria End
8	Barbour, Alexandra	24	Portland Sta
9	Reynolds, Faith	25	Peninsula Di
10	Linkus, Rosie	23	Unattached
11	Prusse, Samantha	21	University o
12	Miller, Tatum	21	Portland Sta
13	Perez, Teresa	21	University o
14	Martino, Natalia	20	Portland Sta
15	Atkins, Sierra	22	Unattached

Section 2 of 2 Finals

1	Owens, Erin	21	Victoria End
2	Gayer, Sarah	23	Peninsula Di
3	Hull, Ellie		Oregon State
4	Johnson, Sarah	32	Peninsula Di
5	Campbell, Mackenzie	20	Vancouver Th
6	Zamrin, Jamie	23	Portland Sta
7	Thompson, Anika	20	Unattached
8	Blaine, Haley	17	West Albany
9	Doorenspleet, Zoe	21	Vancouver Th
10	Mackenzie, Aimee	23	Unattached
11	Brown, Phoebe	23	Portland Sta
12	Brookham, Lucy		Rose City Tr
13	Ohring, Sofie	20	Victoria End
14	Stanczak, Weronkia	21	Portland Sta
15	Jones, Sophie	22	Portland Sta
16	Knox, Skye	14	Summit High
17	Knox, Ainslie	16	Summit High

Event 17 Men 400 Meter Dash High Performance**Sunday 6/4/2023 - 5:10 PM****PTF Meet: 46.45 2022 Eric Janise****USAs Qual: 45.20****Worlds Qual: 45.00**

<u>Lane</u>	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>
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Section 1 of 1 Finals

3	Baricevic, Max	16	Unattached
4	Baricevic, Sam	21	Unattached
5	Leeper, Blake	33	NIKE
6	Parker, Max	27	Unattached

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Event 18 Men 800 Meter Run High Performance

Sunday 6/4/2023 - 5:15 PM

Heats 4, 3 @ 5:15, 5:20 / Heat 2 @ 6:55

Wavelight H4 Pace: 53s thru 400

Wavelight H3 Pace: 52s thru 400

Wavelight H2 Pace: 64.25s thru 500

PTF Meet: 1:44.79 2013 Tyler Mulder

USAs Qual: 1:46.25

Worlds Qual: 1:44.70

Lane	Name	Age	Team	Seed Time
Section 2 of 4 Finals...(Event 18 Men 800 Meter Run High Performan				
1	Timlin, David	28	Wannabeast	
2	Gilley, Jared	24	Unattached	
3	Young, Emilio	18	Newbury Park	
4	Harrison, Christian	29	adidas / Gol	
5	Ramirez, Edgar	24	Mexico	
6	Heslam, William		Athletics NW	
7	Hathaway, Konnor	22	University o	
8	Walsh, Liam	22	Unattached	
Section 3 of 4 Finals				
1	Klus, Emmett	20	Western Oreg	
2	Brown, Spencer		Last Resort	
3	Powell, Owen	16	Unattached/	
4	Grosvenor, Grant	31	Unattached	
5	Fitzgerald, Aidan	22	University o	
6	Leopoldo, Rincon	22	Nuevos Valor	
7	Mangan, Aaron	22	Tullamore Ha	
8	Amell, Tristan		Plots Athlet	
Section 4 of 4 Finals				
1	Balazs, Patrik	20	Unattached	
2	Thompson, Clifton	20	Otc Elevatio	
3	Fykerud, Eric	25	Unattached	
4	Weaver, Patrick	29	Unattached	
5	Pueschner, Matt	19	Unattached	
6	Shipsey, Wesley	19	Bowerman Tra	
7	Mytopher, Adam	19	University o	

Event 19 Women 800 Meter Run High Performance

Sunday 6/4/2023 - 5:25 PM

Heat 3 @ 5:25, Heat 2 @ 6:50

Wavelight H3 Pace: 61s thru 400m

Wavelight H2 Pace: 73.75 thru 500m

PTF Meet: 1:58.70 2021 Gabriela Stafford

USAs Qual: 1:59.80

Worlds Qual: 1:59.80

Lane	Name	Age	Team	Seed Time
Section 2 of 3 Finals				
1	Cooper, Olivia	22	Grizzly Endu	
2	Zhang, Guiping		China AA	
3	Townsend, Addy	25	New Balance	
4	Meyer, Michaela	24	Nike Union A	
5	Labach, Julianne	26	Tracksmith	
6	Das, Lili	25	ADP/India	
7	Manson, Brooke	22	Unattached	
8	Wagenaar, Megan		BTC Elite	
Section 3 of 3 Finals				
2	Siebert, Lindsay		Unattached	
3	James, Brooklyn	23	Unattached	
4	Bauer, Nicole	29	Calgary Inte	
5	Ramsay, McKenna	25	BTC Elite	
6	Pomainville, Emily	24	Cascadia Eli	
7	Brown, Alyssa		Unattached	

Event 20 Men 1500 Meter Run High Performance

Sunday 6/4/2023 - 5:30 PM

Heats 4, 3 @ 5:30, 5:40 / Heat 2 @ 7:10

Wavelight H4 Pace: 3:42

Wavelight H3 Pace: 3:39

Wavelight H2 Pace: 3:37 US Standard

PTF Meet: 3:32.97 2015 Evan Jager

USAs Qual: 3:37.00

Worlds Qual: 3:34.20

Lane	Name	Age	Team	Seed Time
Section 2 of 4 Finals				
1	Johnson, Jinson	32	ADP/India	
2	Dalquist, Austen	27	Roots Runnin	
3	Yearian, Jack	25	Oregon Track	
4	Maggard, Dillon		Brooks Beast	
5	Ahl, Aaron		Unattached	
6	Liu, Dezhu	22	China AA	
7	Saroj, Ajay Kumar	26	ADP/India	
8	Wisner, Matt		Oregon Track	
9	Palfrey, Tomas	20	Unattached	
10	Miller, Austin	26	Tinman Elite	
11	Driouch, Hamza		Unattached	
12	Young, Alexio	18	Unattached	

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Section 3 of 4 Finals...(Event 20 Men 1500 Meter Run High Performa

2	., Rahul	26	ADP/India
3	Burks, Cade	25	Beau Prince
4	Palmer, Matthew	35	BTC Elite
5	Sado, Ahmed	23	University o
6	Bienenfeld, Aaron	25	Unattached
7	Vincent, Sam	31	Unattached
8	Smith, Miles	25	Peninsula Di
9	Cook, Nick	22	Grizzly Endu
10	Kirk, Zak	24	University o
11	Gravel, Christian	29	Vancouver Th
12	Harrison, Rheinhardt	19	Unattached
13	Ruiz, Estanis		University o

Section 4 of 4 Finals

1	Mytopher, Brayden	23	University o
2	Reina, Rueben		BBTC
3	Omara, Colin	28	Limerick AC
4	Affolder, Luke		Unattached
5	Ondracek, Nathaniel	22	Tiffin Unive
6	Cutting, Carter		Unattached-W
7	Riech, Nate	28	Unattached
8	Roelle, Hans	31	Unattached
9	Podbielski, Jonathan	18	University o
10	VanDyke, Clayton	24	The Running

Event 21 Women 1500 Meter Run High Performance**Sunday 6/4/2023 - 5:50 PM****Heat 3 @ 5:50 / Heat 2 @ 7:00****Wavelight H3 Pace: 4:15****Wavelight H2 Pace: 4:05 US Standard****PTF Meet: 4:00.75 2022 Karissa Schweizer****USAs Qual: 4:05.00****Worlds Qual: 4:03.50**

Lane	Name	Age	Team	Seed Time
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Section 2 of 3 Finals

1	Aragon, Danielle	28	Empire Elite
2	Viljoen, Carina	26	ASICS Mammot
3	Donaghu, Ella	25	Nike Union A
4	DeGenero, Micaela	25	Puma
5	Aragon, Christina		Nike Bowerma
6	Camarena, Katie	25	Unattached
7	Randall, Jenn	31	Tracksmith/C
8	Engelhardt, Sadie	16	Beach Elite
9	Das, Lili	25	ADP/India
10	Parsons, Stephanie		University o
11	Greene, Rebekah	29	Hill City- U
12	Kain, Jessica		Unattached
13	MacGillivray, Holly	20	Vancouver Th
14	Huffsmith, Courtney	24	University o

Section 3 of 3 Finals

1	van der Wyk, Tracee	31	Unattached
2	Congdon, Maggi	20	Unattached
3	Borsheim, Ella	19	Unattached
4	David-Smith, Julia		Unattached
5	Lopizzo, Gioana	17	Unattached
6	Moerck, Mia	23	Bagsvaerd o
7	Monoszlay, Casey	26	Valor Track
8	Mortimer, Rachel	21	Vancouver Th
9	Neigum, Kaila	23	University o
10	Nordenholz, Sophia	18	Unattached
11	O'Connor, Haley	30	Bellingham D
12	Tinkham, Mikayla	24	Norm's Athle
13	Van Dyke, Sara	29	Unattached
14	Olshanski, Therese	24	Unattached
15	Pretre, Kyra		Unattached

Event 22 Women 3000 Meter Run PDX - SEA**Sunday 6/4/2023 - 6:10 PM****PTF Meet: 8:05.28 2022 Tom Anderson**

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	Klecker, Sarah		Portland
2	Wagner, Erin		Seattle
3	Welling, Tara		Portland
4	Keyser-Gibson, Amelia		Seattle
5	Oda, Chelsea		Portland
6	Hailey, Theresa		Portland
7	Maton, Ashley		Seattle
8	Maxwell, Alison		Seattle
9	Lacey, Lana		Seattle
10	Rowan, Grace		Portland
11	Brookham, Lucy		Portland
12	Wessel, Kaylee		Portland
13	Fredrickson, Erin		Seattle

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Event 23 Men 3000 Meter Run PDX - SEA**Sunday 6/4/2023 - 6:10 PM**

PTF Meet: 9:29.56 2022 Amelia Keysey-Gibson

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Drozynski, Chris		Seattle	
2	Knight, Matthew		Seattle	
3	Serricchio, Owen		Portland	
4	Kary, Gabriel		Seattle	
5	Craven, Jeremy		Portland	
6	Kreuz, Cameron		Portland	
7	Goff, Micah		Portland	
8	Heninger, Julian		Portland	
9	Kolor, Michael		Seattle	
10	Cusmano, Andrew		Portland	
11	Baraldi, Bobby		Seattle	
12	Saulnier, Emmett		Portland	
13	Van Dooren, Tyler		Seattle	
14	Sealand, Daniel		Portland	
15	Thompson, Will		Seattle	
16	Grundy, Gilbert		Portland	
17	Rees-Jones, Mitch		Seattle	

Event 24 Girls 1 Mile Run High School**Sunday 6/4/2023 - 6:30 PM**

Wavelight Pace: 4:50

PTF Meet: 4:47.96 2019 Allie Janke

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Bennett, Emma		Unattached	
2	Justema, Barrett		Unattached	
3	Wisniewski, Emily	15	Unattached	
4	Thorsett, Ella		Unattached	
5	Bruce, Allie		Unattached	
6	Hudnut, Liliana		Unattached	
7	Fale, Josie		Unattached	
8	Bennett, Maggie		Unattached	
9	Peters, Ana		Unattached	
10	Collier, Sydney		Unattached	
11	O'Scannlain, Maura		Unattached	
12	Biesinger, Sophia		Unattached	
13	Roos, Jane		Unattached	
14	Meier, Avery		Unattached	
15	Roos, Sally		Unattached	
16	O'Neill, Audrey		Unattached	
17	Galloway, Katelyn		Unattached	
18	Colbert, Sabrina		Unattached	

Event 25 Boys 1 Mile Run High School**Sunday 6/4/2023 - 6:40 PM**

Wavelight Pace: 4:08

PTF Meet: 4:02.90 2009 Mac Fleet

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Lakeman, Aaron	18	Oregon Inter	
2	Mitchell-Reiis, Kai		Unattached	
3	Fast Horse, Anthony		Beach Elite	
4	Grossman, Micah		Beach Elite	
5	Danielson, Asher		Unattached	
6	Laughlin Hall, Noah		Unattached	
7	Henzke, Jack		Unattached	
8	Horn, Connor		Unattached	
9	Meier, Jack		Unattached	
10	Garcia-Silver, Alexander		Unattached	
11	Trevino, Alexander		Unattached	
12	Fiegener, Cole		Unattached	
13	Swanson, Caden		Unattached	
14	Horn, Justin		Unattached	
15	Boaz, Hayden	16	Unattached	
16	Coen, Strub		Unattached	
17	Brakstad, Sten		Unattached	
18	Aden, Micaiah	17	North Spokan	
19	Niednagel, Jacob		Unattached	

Event 26 Women 5000 Meter Run High Performance**Sunday 6/4/2023 - 7:20 PM**

Wavelight Pace: 16:00

PTF Meet: 14:57.00 2021 Jessica Hull

USAs Qual: 15:09.59

Worlds Qual: 14:57.00

Lane	Name	Age	Team	Seed Time
Section 2 of 2 Finals				
1	Ginther, Ally	27	Vancouver Th	
2	Peale, Kaitlyn		BTC Elite	
3	Swenson, Kelsey		Unattached	
4	Gockley, Jessica	25	Unattached	
5	Mack, Carrie	36	Oiselle / Li	
6	Monoszlay, Casey	26	Valor Track	
7	Thompson, Anika	20	Unattached	
8	Kilmartin, Sandra	30	Vancouver Th	
9	Beckett, Marley	23	Vancouver Th	
10	Heisterman, Madison		Unattached	
11	Clarizio, Hannah		Unattached	

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Event 27 Men 5000 Meter Run High Performance**Sunday 6/4/2023 - 7:40 PM****Wavelight Pace: 13:50****PTF Meet: 13:19.14 2022 Patrick Tiernan****USAs Qual: 13:20.00****Worlds Qual: 13:07.00**

Lane	Name	Age	Team	Seed Time
Section 2 of 2 Finals...(Event 27 Men 5000 Meter Run High Performance)				
1	Diaz, Alejandro	25	Team White R	
2	Distel, Jamar	19	Unattached	
3	Smith, Aiden	19	Unattached	
4	Moore, Riley	22	Unattached	
5	Jenkins, Evan	19	Unattached	
6	Carpenter, Jaret	24	Unattached	
7	Laguera, Marcelo	27	Mexico	
8	Davidson, Sean	31	HOKA Aggie R	
9	Jett-Reynolds, Davonte	26	Adams State	
10	Alvarado, Jesse	21	Unattached	
11	Metzger, Noah	24	Unattached	
12	Feeny, Travis	24	Unattached	
13	Morneau-Cartier, Philippe	22	Caul	
14	Scherer, Jack		Unattached	
15	Lautenslager, Jeff	27	New Zealand	
16	Koon, Patrick		Unattached	
17	Cathcart, Christopher		Colorado Sch	
18	Daschbach, Leo		Unattached	
19	Ledesma Fuentes, Ayrton	25	Unattached	

Event 28 Women 800 Meter Run TrackTown Kids Club**Sunday 6/4/2023 - 8:00 PM****Wavelight Pace: 73.125s thru 500m****PTF Meet: 1:58.70 2021 Gabriela Stafford****USAs Qual: 1:59.80****Worlds Qual: 1:59.80**

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Mehra, Rebecca	28	Oiselle / Li	
2	Edwards, Kaela	29	Unattached	
3	Rawlings, Taryn	27	Adidas	
4	Rogers, Raevyn		Nike UAC	
5	Akins, Nia	24	BROOKS Beast	
6	Schoffield, Kristie	24	New Balance	
7	Shukla, Jazz	24	Royal City A	
8	Keegan, McKenna	24	Nike Union A	

Event 29 Men 800 Meter Run Total Running Prod**Sunday 6/4/2023 - 8:05 PM****Wavelight Pace: 63.125s thru 500m****PTF Meet: 1:44.79 2013 Tyler Mulder****USAs Qual: 1:46.25****Worlds Qual: 1:44.70**

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Holdsworth, Derek	27	Bell lap eli	
2	Kibet, Noah	19	Nike UAC	
3	Langford, Kyle	27	Brooks Beast	
4	Hunter, Charlie	26	NIKE	
5	Harris, Isaiah	26	BROOKS Beast	
6	Dixon, Devin	25	Brooks / BRO	
7	Kerr, Josh	25	BROOKS Beast	
8	Cook, Elliott	21	Unattached	

Event 30 Women 5000 Meter Run Dae Sheng**Sunday 6/4/2023 - 8:10 PM****Wavelight Green Pace: 14:57 World****Wavelight White Pace: 15:09.59 US****PTF Meet: 14:57.00 2021 Jessica Hull****USAs Qual: 15:09.59****Worlds Qual: 14:57.00**

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Rogers, Natosha		Puma Elite	
2	Staehli, Julie-Anne	29	New Balance	
3	Buchalski, Allie	28	BROOKS Beast	
4	Werner, Taylor		Puma Elite	
5	Taylor, Kellyn	36	HOKA / HOKA	
6	Izzo, Katie	26	Adidas	
7	Xu, Shuangshuang	27	China AA	
8	Coogan, Katrina	29	New Balance	
9	Flanagan, Roisin		Ireland	
10	Wasserman, Katherine	25	HOKA NAZ Eli	
11	Alm, Maddie		Team Boss	
12	Nadel, Sam	28	Athletic Clu	
13	Herberg, Haley	23	Unattached	
14	Dhiyani, Ankita	21	ADP/India	
15	Sim, Glynis	25	Vancouver Th	
16	Sexton, Leslie	36	Vancouver Th	
17	Scott, Briana	32	Mile2Maratho	
18	Lacourse, Jessy	26	Caul	

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Event 31 Men 5000 Meter Run Paul Banta Mem**Sunday 6/4/2023 - 8:30 PM****Wavelight Pace: 13:20 US****PTF Meet: 13:19.14 2022 Patrick Tiernan****USAs Qual: 13:20.00****Worlds Qual: 13:07.00**

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Hacker, Olin	26	HOKA NAZ Eli	
2	Martinez Estrada, Fernando D	30	Mexico	
3	Anderson, Tom	33	Hoka	
4	Esparza, Jose	32	Mexico	
5	Hasty, Brodey	23	Unattached	
6	Fafard, Thomas		Caul	
7	Eidenschink, Benjamin	26	Unattached	
8	Rodriguez, Jose Eduardo	25	Gondimxteam	
9	Xie, Dongsheng		China AA	
10	Dozzi, Tyler	24	Vancouver Th	
11	Frantz, Silas	29	HOKA Aggie R	
12	Edwards, Josh		Unattached	
13	Norman, Quincy	21	Lobby Athlet	
14	Huizar, Mark	27	HOKA Aggie R	
15	Howard, Chase	24	Bowerman Tra	
16	Pal, Abhishek	25	ADP/India	
17	Singh, Gulveer	25	ADP/India	

Event 32 Women 1500 Meter Run Nike Running**Sunday 6/4/2023 - 8:50 PM****Wavelight Pace: 4:03.50 World Standard****PTF Meet: 4:00.75 2022 Karissa Schweizer****USAs Qual: 4:05.00****Worlds Qual: 4:03.50**

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Schlachtenhaufen, Helen	28	NIKE	
2	Stafford, Lucia	24	NIKE	
3	Pen Freitas, Marta	29	BROOKS Beast	
4	Heymach, Julia	24	BROOKS Beast	
5	Barnett, Grace	27	ASICS Mammot	
6	Lipari, Emily	30	Adidas	
7	Hermansson, Hanna		Valor Track	
8	Cash, Allison	28	Asics	
9	Rawlings, Taryn	27	Adidas	
10	Cortes, Alma Delia	25	Mexico	
11	Webb, Skylyn		Saucony	

Event 33 Men 1500 Meter Run Nike Running**Sunday 6/4/2023 - 9:00 PM****Wavelight Pace: 3:34.20 World Standard****PTF Meet: 3:32.97 2015 Evan Jager****USAs Qual: 3:37.00****Worlds Qual: 3:34.20**

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Hocker, Cole	21	NIKE	
2	Engels, Craig	29	NIKE	
3	Wynne, Henry	28	Brooks / BRO	
4	Philibert-Thiboutot, Charles	32	New Balance	
5	Gregorek, Johnny	31	Asics	
6	Bartelsmeyer, Amos	28	Nike Union A	
7	Prakel, Samuel	28	Adidas	
8	Ryan, Paul	26	Adidas	
9	Kemboi, Amon		Puma Elite	
10	Lumb, Kieran		On	
11	Proceviat, Cameron	29	Unattached	
12	Centrowitz, Matthew	33	NIKE	

Event 35 Girls 1 Mile Run Middle School

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Aden, Alexandra	13	North Spokan	
2	Lanese, Caitlin	12	Unattached	

Event 36 Boys 1 Mile Run Middle School

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Herb, Henry	14	Unattached	
2	Yegge, Elliot	14	North Spokan	
3	Kolsrud, Gabriel	13	Federal way	
4	Boaz, Hudson	14	Unattached	
5	Lanese, Quenton	12	Unattached	