

MEET 03 -- 07 JUNE 2000

Lynnwood High School, Lynnwood, Washington

OUTSTANDING PERFORMANCES

Male -- Dan Franek, CNW, 5000-meter run

Female -- Amy Wells, UPS, pole vault

TOTAL ENTRIES -- 212

FIELD EVENT RESULTS

Kid's High Jump

1. Alex Hutchinson (un/M11) 1.08m (3-6 1/2).

Men's High Jump

1. Mike Odle (un/M20) 1.78m (5-10); 2. Rob Amidow (un/M19) 1.62m (5-3 3/4); 3. Bruce Hart (un/M36) 1.52m (4-11 3/4); 4. T.J. Garlatz (un/M19) 1.47m (4-9 3/4); 5. Devin Paschke (un/M16) 1.47m (4-9 3/4); 6. Geoff O'Neil (un/M17) 1.37m (4-6); nh. Kevin Well (un/M17).

Women's Pole Vault

1. Amy Wells (UPS/F22) 3.65m (11-11 3/4); 2. Marisa Omori (un/F19) 3.05m (10-0); 3. Libby Ludlow (un/F18) 2.90m (9-6 1/4); 4. (tie) Becca Gillespy (un/F17), and Kierstin Schuaneveldt (un/F17) 2.90m (9-6 1/4); 6. Kelly Wright (un/F19) 2.60m (8-6 1/4); 7. Laura Weigel (un/F15) 2.30m (7-6 1/2); 8. Katie Brick (un/F15) 2.15m (7-0 3/4).

Men's Pole Vault

1. Fumi Nagahisa (un/M18) 4.25m (13-11 1/2); 2. Jamie Wilson (un/M17) 4.25m (13-11 1/2); 3. Seth Marshalek (un/M16) 3.65m (11-11 3/4); 4. Russ Jacquet-Acea (un/M47) 3.05m (10-0); nh. Robert Bartholomew (un/M16) & Ben Hadfield (un/M15).

Kid's Long Jump

1. Monica Shuck (un/F09) 2.54m (8-4); 2. Jacqueline Cako (un/F08) 2.21m (7-3).

Women's Long Jump

1. Emy Routkowski (un/F19) 4.18m (13-8 1/2); 2. Rachel Gronvold (un/F16) 3.92m (12-10 1/4).

Men's Long Jump

1. Spencer Stiglets (un/M18) 5.62m (18-5 1/4); 2. Gary Hawkes (un/M20) 16-9 1/2); 3. T.J. Garlatz (un/M19) 4.97m (16-3 3/4); 4. Kevin Weil (un/M17) 4.64m (15-2 3/4); 5. Seth Marshalek (un/M16) 4.38m (14-4 1/2).

Women's Triple Jump

1. Rachel Gronvold (un/F16) 10.46m (34-3 3/4).

Men's Triple Jump

1. Spencer Stiglets (un/M18) 11.96m (39-2 3/4); 2. Kevin Weil (un/M17) 9.75m (31-11 3/4).

Kid's Shot Put

(6 lb) 1. Greg Anfinsen (un/M12) 7.66m (25-1 1/2); 2. Alex Hutchinson (SFMars/M11) 5.35m (18-7 1/4); 3. Chris Wallace (un/M08) 3.88m (12-9); 4. Michael Hutchinson (SFMars/M07) 1.70m (5-7).

Women's Shot Put

(4kg) 1. Dominique Boivin (un/F17) 12.15m (39-10 1/2); 2. Julie Reese (un/F17) 10.12m (33-2 1/2); 3. Charli Hancock (un/F18) 8.44m (27-8 1/4).

Men's Shot Put

(12lb) 1. Nate Carter (un/M17) 14.39m (47-2 3/4); 2. David Phaxayseng (un/M16) 12.06m (39-6 3/4); 3. Josh Martin (un/M16) 8.61m (28-3).

Women's Discus Throw

(1kg) 1. Dominique Boivin (un/F17) 40.16m (131-9); 2. Julie Reese (un/F17) 28.22m (92-7); 3. Charli Hancock (un/F18)

24.52m (80-5);

Men's Discus Throw

(1.6kg) 1. Nate Carter (un/M17) 41.44m (135-11); 2. David Phaxayseng (un/M16) 39.94m (131-0); 3. Geoff O'Neil (un/M17) 31-86m (104-6).

Kid's Softball Throw

1. Robert Ortiz (un/M14) 58.52m (192-0); 2. Greg Anfinson (un/M12) 33.54m (110-0); 3. Jessie Hart (un/F09) 17.68m (58-0); 4. Sean Hart (un/M07) 13.74m (45-1).

Men's Javelin Throw

1. Tim Adams (un/M34) 41.60m (136-6); 2. Rod Wilcox (un/M34) 36.42m (119-6); 3. Russ Jacquet-Acea (un/M47) 32.83m (107-8).

TRACK EVENT RESULTS

Kid's 100-meter Dash

1. Robert Ortiz (un/M14) 13.3h; 2. Monica Shuck (un/F09) 17.1h; 3. Jacqueline Cako (un/F08) 19.3h; 4. Jessica Hart (un/F09) 20.5h; 5. Sean Hart (un/M07) 23.4h; Jadon Jackson (un/M04) didn't like the gun...

Kid's 50-meter Dash

1. Monica Shuck (un/F09) 8.7h; 2. Ariel Anfinson (un/F10) 9.1h; 3. Jessica Hart (un/F09) 9.6h; 4. Jacqueline Cako (un/F08) 9.9h; 5. Sean Hart (un/M07) 11.3h; 6. P.J. Goshorn (un/M05) 12.8h; 7. Lili Simon (un/F06) 14.1h; Jadon dns...

Kid's 200-meter Dash

1. Robert Ortiz (un/M14) 26.5h; 2. Monica Shuck (un/F09) 39.4h; 3. Jessica Hart (un/F09) 42.1h; 4. Jacqueline Cako (un/F08) 44.1h; 5. Sean Hart (un/M07) 52.4h. Jadon didn't show at the starting line...

Kid's Mile Jog

1. Monica Shuck (un/F09) 8:04.0h; 2. Jacqueline Cako (un/F08) 8:11.0h.

Women's 100-meter Hurdles

1. Stella Orechia (un/F43) 13.3h; 2. Laura Weigel (un/F15) 17.3h; 3. Becca Gillespy (un/F17) nt; 4. Kelly Wright (un/F19) nt. (Printing timer died during event.)

Men's 110-meter Hurdles

1. Spencer Stiglets (un/M18) 17.0h; 2. Russ Acea (un/M47) nt; 3. John Chang (un/M15) nt. (Printer jammed.)

Women's 100-meter Dash

1. Laura Weigel (un/F15) 14.2h; 2. Rachel Gronvold (un/F16) 14.2h; 3. Katie Brick (un/F15) 15.3h.

Men's 100-meter Dash

1. Shane Carothers (WWU/M19) 11.6h; 2. Gary Hawkes (Coupe/M20) 11.9h; 3. John Chang (un/M15) 12.3h; 4. Robert Ortiz (un/M14) 12.8h; 5. Shane McDermott (un/M28) 12.9h; 6. (tie) Bryan Hill (un/M20) and Rob Amidon (un/M18) 13.4h; 8. Jim Selk (un/M40) 13.7h; 9. unknown 14.1h; three others failed to start.

Co-ed Jogger's Mile *(listed by order of best prediction)*

1. Ian Finlayson (M26) 7:35-7:35 ZERO; 2. Mika LaVaque-Manty (M34) 6:20-6:21 +1; 3. (tie) Brian Peterman (M50) 6:04-6:02 -2 and Rod Wilcox (M34) 7:30-7:32 +2; 5. (tie) Bill Cusworth (CNW/M32) 5:40-5:37 -3 and Bill Iffrig (M65) 6:20-6:23 +3; 7. Jeff Gilfoy (M49) 7:44-7:40 -4; 8. Devin Paschlee (M16) 6:00-6:05 +5; 9. Kelly Wright (F19) 6:40-6:34 -6; 10. (tie) Adam Baines (M17) 6:30-6:23 -7, Erik Simon (M27) 6:15-6:22 +7, and Don Atkinson (M56) 7:00-6:53 -7; 13. (tie) Adam Lawless (M17) 6:51-6:59 +8, Dominique Boivin (F17) 8:00-7:52 -8, and Mitch Leffler (DJC/M28) 6:54-7:02 +8; 16. (tie) Erica Ruland (WWU/F21) 6:45-6:36 -9 and Paul Mau (M18) 7:00-7:09 +9; 18. (tie) Uli Steidl (CNW/M28) 6:30-6:20 -10 and Skippy Longfoot (M21) 7:00-7:10 +10; 20. Meat Monger (M24) 6:35-6:22 -13; 21. T. J. Garlatz (M19) 7:25-7:11 -14; 22. (tie) Evan Wirkkala (M16) 6:00-5:45 -15, Saku Uchikawa (M19) 7:59-7:44 -15, and Ken Zener (WWU/M18) 7:59-7:44 -15; 25. Karl Simon (M62) 7:20-7:36 +16; 26. (tie) Bryan Halferty (M18) 7:30-7:12 -18 and Ben Hadfield (M16) 6:27-6:09 -18; 28. (tie) Lana Rigelman (F17) and Shane Carothers (WWU/M19) 8:00-7:41 -19; 30. (tie) Tim Adams (M34) 7:45-7:25 -20, Jason Porter (M18) 7:30-7:10 -20, and James O'Connor (DJC/M26) 7:30-7:10 -20; 33. Corey Nuro (M16) 5:45-6:07 +22; 34. Sarah Emerson (F17) 7:05-7:33 +28; 35. Josh Martin (M16) 8:27-9:00 +33.

Co-ed 4x100-meter Relay

1. Shane's Team (Amidon, Ichikawa, Carothers, Rigelman) 52.7h; 2. Chicas Locos (Weigel, Brick, Gronvold, Hart) 63.9h; 3. Chicos Locos (Weigel, Johnson, Gronvold, Chang) 65.2h.

Boys 4x800-meter Relay -- SPECIAL EVENT

1. South Whidbey HS (Renfrow, Candelario, Perkins, Bradon) 8:18.3h; 2. Jackson HS (Scraffer, Nuro, Wirkkala, Pascke) 8:40.2h.

Men's Mile Run

1. Uli Steidl (CNW/M28) 4:33.1h; 2. Naz Merchant (un/M27) 4:39.8h; 3. Matt Hennigan (un/M20) 4:55.5h; 4. Ken Zenner (WWU/M18) 4:56.2h; 5. Mark Alexander (un/M35) 4:56.6h; 6. Ryan Johnson (un/M15) 5:03.1h; 7. Bruce Hart (un/M36) 5:42.5h.

Men's 400-meter Dash

1. Gary Hawks (Coupe/M20) 55.0h; 2. Brett Perkins (un/M??) 55.6h; 3. T.J. Garlatz (un/M19) 56.1h; 4. Joe Candelario (un/M??) 56.3h; 5. Robert Ortiz (un/M14) 59.5h; 6. Uli Steidl (CNW/M28) 59.8h; 7. Russ Acea (un/M47) 60.7h; 8. Mika LaVaque-Manty (un/M34) 61.3h; 9. John Chang (un/M15) 61.4h; 10. Ben Hadfield (un/M15) 66.0h; 11. Bryan Hill (un/M20) 68.1h.

Men's 800-meter Dash

1. Mitch Leffler (DJC/M28) 1:58.0h; 2. Adam Lawless (un/M17) 2:01.1h; 3. Jason Porter (un/M18) 2:05.0h; 4. Bryan Halferty (un/M18) 2:07.0h; 5. James O'Connor (DJC/M26) 2:07.3h; 6. Uli Steidl (CNW/M28) 2:08.2h; 7. Bruce Jackson (RCFly/M16) 2:10.5; 8. Skippy Longfoot (un/M21) 2:10.9h; 9. Ryan Johnson (un/M15) 2:12.5h; 10. T.J. Garlatz (un/M19) 2:16.4h; 11. Keith Wasberg (un/M19) 2:21.3h; 12. Rick Hammond (un/M48) 2:24.1h; 13. Mike LaVaque-Manty (un/M34) 2:25.5h; 14. Erik Simon (un/M27) 2:26.9h. Seven more signed up, but didn't show at the start!!

Co-ed 4x400-meter Relay

1. Knights (Mau, Wilcox, Stiglets, Mau?) 3:56.0h; 2. Speedsters (Rigelman, Uchikawa, Carothers, Zener) 4:09.1h; 3. Jumpsters (Halferty, Garlatz, Porter, O'Connor) 4:13.5h.

Men's 5000-meter Run

1. Dan Franek (CNW/M34) 14:55.6h; 2. Uli Steidl (CNW/M28) 15:11.0h; 3. Eric Bone (CNW/M26) 16:12.7h; 4. Corey Nuro (un/M16) 17:00.7h; 5. Brandon Renfrow (un/M16) 17:12.0h; 6. Evan Wirkkala (un/M16) 17:25.4h; 7. Bill Cusworth (CNW/M32) 17:50.3h; 8. Mika LaVaque-Manty (un/M34) 17:52.9h; 9. Robert Bartholomew (un/M16) 17:57.9h; 10. Ian Finlayson (un/M26) 17:58.9h; 11. Nick Welch (RCFly/M12) 18:38.8h; 12. Fat Matt Kite (TeamR/M32) 18:42.2h; 13. Don Atkinson (un/M56) 22:03.2h; 14. Jeff Gilfoy (CNW/M49) 23:57.5h. Two others started.

No entries

Women's High Jump, Women's Javelin Throw, Co-ed Mile Race Walk, Women's Mile Run, Women's 400-meter Dash, Women's 800-meter Dash, and Women's 5000-meter Run