

South Puget Sound League Track & Field Meet

Subdistrict - 5/10/2006 to 5/12/2006

Sunset Chev Stadium

Meet Program**Event 18 Girls 100 Meter Dash****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Wednesday 5/10/2006 - 6:20 PM**

Meet: 11.83 2003 LaShawnda Porter, Kent-Meridi

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Amanda Attaway	11	Kentlake	
2	Ronda Nicholson	12	T Jefferson	
3	Irene Devera	10	Todd Beamer	
4	Princess Joy Griffey	12	Decatur	
5	Sammy Smith	10	Curtis	
6	Megan Zukowski	11	Tahoma	
7	Lakia Arceneaux	11	Em Ridge	
8	Kristin Beck	11	Sumner	

Heat 2 of 2 Prelims

1	Andee Robinson	12	Span Lake	
2	Brittany Grigsby	10	Graham-Kapows	
3	Amber Bradley	11	Kentridge	
4	Vanessa Harris	10	Curtis	
5	Sadena Parks	10	Bethel	
6	Renee Plummer	10	Auburn	
7	Susan Kim	11	Decatur	
8	Shionda Baker	9	Todd Beamer	

Event 19 Girls 200 Meter Dash**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Thursday 5/11/2006 - 6:30 PM**

Meet: 24.4h 1982 Donna Dennis, Clover Park

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Amanda Attaway	11	Kentlake	
2	Lakia Arceneaux	11	Em Ridge	
3	Ronda Nicholson	12	T Jefferson	
4	Brittany Grigsby	10	Graham-Kapows	
5	Princess Joy Griffey	12	Decatur	
6	Megan Zukowski	11	Tahoma	
7	Shionda Baker	9	Todd Beamer	
8	Andee Robinson	12	Span Lake	

Heat 2 of 2 Prelims

1	Julianne Moore	11	A-Riverside	
2	Savannah Johnson	9	Tahoma	
3	Susan Kim	11	Decatur	
4	Vanessa Harris	10	Curtis	
5	Renee Plummer	10	Auburn	
6	Brittany Young	11	Span Lake	
7	Gina Rounds	11	Todd Beamer	
8	Shelby Condon	9	Enumclaw	

Event 20 Girls 400 Meter Dash**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 5/10/2006 - 7:40 PM**

Meet: 56.9h 1977 Janice Nomiyama, Federal Way

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Emily Millbauer	11	Enumclaw	
2	Gina Rounds	11	Todd Beamer	
3	Natalie Murphy	10	Rogers	
4	Kristin Felderman	12	Tahoma	

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5	Shelby Condon	9	Enumclaw
6	Laura Henderson	12	Kentridge
7	Lakia Arceneaux	11	Em Ridge
8	Rebecca Perkins	12	Kentwood

Heat 2 of 2 Prelims

1	Ambree Forsell	9	Kentlake
2	Lacey Schreiner	11	Enumclaw
3	Madison Smith	10	Curtis
4	Brittany Young	11	Span Lake
5	Rachel Van Rijn	11	A-Riverside
6	Stephanie Jones	9	Enumclaw
7	Laura Guender	12	Sumner
8	Brittany Orr	10	Todd Beamer

Event 21 Girls 800 Meter Run**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 5/10/2006 - 8:10 PM****Meet: 2:15.5h 1978****Lori Norton, Washington**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Teryn Taylor	11	Tahoma
2	Jessica Fritschle	9	T Jefferson
3	Molli Bahlenhorst	9	Tahoma
4	Chelsie Jorgensen	11	Puyallup
5	Cassidy Robey	10	T Jefferson
6	Emi Parker	12	Curtis
7	Annie Laweryson	11	Rogers
8	Nelly Evans	10	A-Riverside

Heat 2 of 2 Prelims

1	Samantha Hollinger	11	Tahoma
2	Chase Lane	9	A-Riverside
3	Brandee Devine	12	Sumner
4	Amber Drumm	10	Tahoma
5	Becky Williams	12	Decatur
6	Hilorie Hildebrandt	12	T Jefferson
7	Katie Shields	10	A-Riverside
8	Danika Lawson	12	Puyallup

Event 22 Girls 1600 Meter Run**Thursday 5/11/2006 - 7:15 PM****Meet: 4:59.3h 1989****Andrea Anderson, Federal Way**

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Molli Bahlenhorst	9	Tahoma
2	Amanda Westrick	12	Sumner
3	Becky Williams	12	Decatur
4	Nelly Evans	10	A-Riverside
5	Kenna Patrick	11	T Jefferson
6	Chelsie Jorgensen	11	Puyallup
7	Adrienne Rothschild	10	Tahoma
8	Katrina Drennen	11	Sumner

Section 2 of 2 Finals

1	Janae Larson	11	Bethel
2	Cassidy Robey	10	T Jefferson
3	Teryn Taylor	11	Tahoma
4	Bridgette Doremus	10	Enumclaw
5	Samantha Hollinger	11	Tahoma
6	Amber Drumm	10	Tahoma
7	Ciara Peterson	10	Rogers
8	Annie Laweryson	11	Rogers

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Event 23 Girls 3200 Meter Run

Wednesday 5/10/2006 - 5:15 PM

Meet: 10:23.90 2001

Alison Tubbs, Enumclaw

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Adrienne Rothschild	10	Tahoma	
2	Kenna Patrick	11	T Jefferson	
3	Janae Larson	11	Bethel	
4	Molli Bahlenhorst	9	Tahoma	
5	Claire Groo	11	Em Ridge	
6	Katrina Drennen	11	Sumner	
7	Annie Laweryson	11	Rogers	
8	Hilorie Hildebrandt	12	T Jefferson	

Section 2 of 2 Finals

1	Jessica Petersen	11	Tahoma	
2	Justinne Ross	10	Rogers	
3	Amanda Westrick	12	Sumner	
4	McKinley Williams	12	Todd Beamer	
5	Natalie Jarvey	12	T Jefferson	
6	Melanie Ramsey	11	Kentlake	
7	Apris Lewis	10	Curtis	
8	Leah Pappajohn	12	Tahoma	

Event 24 Girls 100 Meter Hurdles

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Wednesday 5/10/2006 - 5:50 PM

Meet: 14.1h 1985

Joyce Schweim, Puyallup

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Molly Gebhardt	10	T Jefferson	
2	Jordan Powers	10	Kentlake	
3	Stephanie Jones	9	Enumclaw	
4	Christina Williams	11	Todd Beamer	
5	Jenna Malinen	10	Em Ridge	
6	Markelle Gallagher	11	Bethel	
7	Kara Mittelstaedt	12	Tahoma	
8	Carmen Winqvist	10	Curtis	

Heat 2 of 2 Prelims

1	Sarah Boggs	12	Todd Beamer	
2	Savannah Johnson	9	Tahoma	
3	Asia Session	10	Kentwood	
4	Jessica Duran	12	Kent-Merid	
5	Gillian Griffin	12	Federal Way	
6	Brionna Williams	11	Tahoma	
7	Ally Newman	10	Sumner	
8	Jocelyn McCurtain	11	Em Ridge	

Event 25 Girls 300 Meter Hurdles

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Thursday 5/11/2006 - 6:15 PM

Meet: 43.5h 1986

Joyce Schweim, Puyallup

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Brionna Williams	11	Tahoma	
2	Livia Mehaffie	10	Curtis	
3	Jocelyn McCurtain	11	Em Ridge	
4	Gillian Griffin	12	Federal Way	

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5	Julie Futch	12	A-Riverside
6	Irene Devera	10	Todd Beamer
7	Stephanie Cox	9	T Jefferson
8	Brittany Hodge	11	Bethel
Heat 2 of 2 Prelims			
1	Dana Johnson	9	Kentridge
2	Jennifer Scott	11	Rogers
3	Asia Session	10	Kentwood
4	Bethany Freeburg	11	Enumclaw
5	Jessica Duran	12	Kent-Merid
6	Markelle Gallagher	11	Bethel
7	Paige Farr	12	Kentlake
8	Jenna Malinen	10	Em Ridge

Event 26 Girls 4x100 Meter Relay**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Wednesday 5/10/2006 - 7:10 PM****Meet: 48.42 2004 Curtis**

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

- Kent-Merid
- Kentwood
- Span Lake
- T Jefferson
- Curtis
- A-Riverside
- Auburn
- Puyallup

Heat 2 of 2 Prelims

- Enumclaw
- Rogers
- Todd Beamer
- Tahoma
- Decatur
- Bethel
- Kentridge
- Sumner

Event 27 Girls 4x200 Meter Relay**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Thursday 5/11/2006 - 7:35 PM****Meet: 1:42.2h 1980 Clover Park**

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

- Span Lake
- Sumner
- Decatur
- Curtis
- Todd Beamer
- A-Riverside
- Kentwood
- Puyallup

Heat 2 of 2 Prelims

- Kentlake
- Rogers
- Bethel
- Tahoma
- Kentridge
- T Jefferson
- Auburn

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Meet Program

8 Enumclaw

Event 28 Girls 4x400 Meter Relay**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Thursday 5/11/2006 - 8:05 PM****Meet: 3:59.42 2004****Auburn**

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

- 1 Todd Beamer
- 2 Kentlake
- 3 Em Ridge
- 4 A-Riverside
- 5 Sumner
- 6 Puyallup
- 7 Kentridge
- 8 A-Mountainview

Heat 2 of 2 Prelims

- 1 Auburn
- 2 T Jefferson
- 3 Span Lake
- 4 Enumclaw
- 5 **Tahoma**
- 6 Federal Way
- 7 Rogers
- 8 Kentwood

Event 29 Girls High Jump**Wednesday 5/10/2006 - 5:30 PM****Meet: 5-07****Henry, Bethel & Hovey. Puyallu**

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

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|----|-------------------------|----|---------------|
| 1 | Rachael Harris | 11 | A-Riverside |
| 2 | Erin Bradfield | 10 | Kentwood |
| 3 | Jocelyn Levig | 9 | Sumner |
| 4 | Erin Williams | 9 | Auburn |
| 5 | Carley Redpath | 10 | Rogers |
| 6 | Shannon Stark | 10 | Em Ridge |
| 7 | Mandi Gosney | 10 | Enumclaw |
| 8 | Savannah Johnson | 9 | Tahoma |
| 9 | Melanie Vertrees | 9 | Kent-Merid |
| 10 | Amanda Stewart | 11 | Decatur |
| 11 | Jill Rogers | 11 | Rogers |
| 12 | Jennifer Wamsley | 10 | T Jefferson |
| 13 | Brittany Young | 11 | Span Lake |
| 14 | Courtney Vandersloot | 11 | Kentwood |
| 15 | Lindsey Moore | 9 | Kentwood |
| 16 | Laura Tesch | 9 | Kentridge |

Event 30 Girls Pole Vault**Thursday 5/11/2006 - 3:00 PM****Meet: 11-09 2002****Stevie Marchalek, Kentlake**

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

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|---|----------------|----|----------------|
| 1 | Allie Barner | 10 | T Jefferson |
| 2 | Jessica Eith | 11 | Kentridge |
| 3 | Jordan Powers | 10 | Kentlake |
| 4 | Kendra Alexson | 9 | A-Mountainview |
| 5 | Nicole Koontz | 12 | Enumclaw |

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6	Rachel Trudeau	10	A-Riverside
7	Krysta Berrios	12	Kent-Merid
8	Amy Colvin	10	T Jefferson
9	Molly Gebhardt	10	T Jefferson
10	Larissa Johnson	11	Tahoma
11	Kaitlyn Roberts	12	Kentridge
12	Lindsay Haggman	12	Kentridge
13	Maariet Schmid	11	A-Riverside
14	Rosie Ruth	11	Bethel
15	Tana Loan	11	A-Riverside
16	Jenna Marshall	12	A-Riverside

Event 31 Girls Long Jump**Wednesday 5/10/2006 - 3:30 PM****Meet: 18-11 1978****Susie Morehart, Bethel**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Brittany Sebastian	10	Puyallup
2	Alicia Brannan	10	Em Ridge
3	Laura Guender	12	Sumner
4	Christina Bergersen	10	Todd Beamer
5	Cecile Devera	12	Todd Beamer
6	Rachel Veenker	12	Auburn
7	Natalie Baker	10	Tahoma
8	Jenna Malinen	10	Em Ridge

Flight 2 of 2 Finals

1	Jade Woodke	9	Decatur
2	Kandyse Priggett	11	A-Riverside
3	Laura Tesch	9	Kentridge
4	Shirley Leung	10	Kentridge
5	Erin Curtis	9	Tahoma
6	Sara Meessen	11	Auburn
7	Jocelyn Charette	12	Curtis
8	Jessica Duran	12	Kent-Merid

Event 32 Girls Triple Jump**Thursday 5/11/2006 - 3:30 PM****Meet: 39-00 2004****Tisha Uwadiale, Curtis**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Tiffani Wilson	12	Span Lake
2	Katie Broberg	11	Puyallup
3	Halley Kimball	10	Sumner
4	Michelle Borth	11	T Jefferson
5	Sheila Jaegerman	12	Tahoma
6	Courtney Vandersloot	11	Kentwood
7	Monica Paulson	10	Curtis
8	Savannah Johnson	9	Tahoma

Flight 2 of 2 Finals

1	Shirley Leung	10	Kentridge
2	Melissa Koontz	10	Enumclaw
3	Stephanie Jones	9	Enumclaw
4	Jordyn Woodke	10	Decatur
5	Jenna Warren	12	Federal Way
6	Jocelyn Charette	12	Curtis
7	Erika Hughes	12	Decatur
8	Lindsey Fleishman	11	Kentridge

Event 33 Girls Shot Put

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Meet: 46-02.50 2000

Cherron Davis, Auburn-Riversid

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 2 Finals

1	Sara Bristow	10	Puyallup	
2	Jackie Ward	12	Bethel	
3	Bailey Williams	10	Rogers	
4	Lendria Unutoa	10	Decatur	
5	Dalyan Morris	11	Kent-Merid	
6	Tiara Gero	10	Em Ridge	
7	Samantha Harrison	11	Kentridge	
8	Samantha Willis	11	Federal Way	

Flight 2 of 2 Finals

1	Brionna Williams	11	Tahoma	
2	Torrie Self	11	Kent-Merid	
3	Gena Wodke	12	Decatur	
4	Liz Ralph	12	Kentlake	
5	Sofia Malamura	10	T Jefferson	
6	Jessica Duran	12	Kent-Merid	
7	Mileka Grager	10	Enumclaw	
8	Megan Tyler	12	Kentwood	

Event 34 Girls Discus Throw**Wednesday 5/10/2006 - 3:30 PM**

Meet: 152-11 2001

Cherron Davis, Auburn-Riversid

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 2 Finals

1	Bailey Williams	10	Rogers	
2	Sara Bristow	10	Puyallup	
3	Samantha Harrison	11	Kentridge	
4	Katherine Cross	11	Graham-Kapows	
5	Kaitlyn Roberts	12	Kentridge	
6	Lamborghini Bailey	11	Span Lake	
7	Kim Hurst	11	Enumclaw	
8	Liz Ralph	12	Kentlake	

Flight 2 of 2 Finals

1	Tanesha Saylor	10	Auburn	
2	Rita Helmbrecht	11	Federal Way	
3	Sofia Malamura	10	T Jefferson	
4	Mileka Grager	10	Enumclaw	
5	Amanda Gilman	11	Sumner	
6	Gena Wodke	12	Decatur	
7	Torrie Self	11	Kent-Merid	
8	Megan Tyler	12	Kentwood	

Event 35 Girls Javelin Throw**Thursday 5/11/2006 - 3:30 PM**

Meet: 137-00 2002

Jessica Brodie, Emerald Ridge

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 2 Finals

1	Sarah Issac	9	Decatur	
2	Monica Copsey	12	T Jefferson	
3	Elyse Rester	12	Auburn	
4	Kim Hurst	11	Enumclaw	
5	Kady Bieber	11	Sumner	
6	Bailey Williams	10	Rogers	
7	Kanela Strickland	11	Auburn	
8	Valerie Voeliger	10	T Jefferson	

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Flight 2 of 2 Finals

- | | |
|------------------|----------------|
| 1 Torrie Self | 11 Kent-Merid |
| 2 Lendria Unutoa | 10 Decatur |
| 3 Amber Choate | 12 Sumner |
| 4 Megan Tyler | 12 Kentwood |
| 5 Alison Horne | 12 T Jefferson |
| 6 Kelsey Racicot | 11 T Jefferson |
| 7 Mileka Grager | 10 Enumclaw |
| 8 Carli McCrabb | 12 A-Riverside |