

## 2023 Ralph Vernacchia - 4/29/2023

## Civic Stadium

## Results - Meet Day

## Women 100 Meter Dash

|               | Name                  | School       | Finals |      |
|---------------|-----------------------|--------------|--------|------|
| <b>Finals</b> |                       |              |        |      |
| 1             | Hollis, E'Lexis       | Central Wash | 11.63  | 1.4  |
| 2             | Sobkowich, Hanna      | British Colu | 11.70  | 1.4  |
| 3             | Lucas, Katherine      | Vancouver Th | 11.76  | 1.4  |
| 4             | Williams, Juliette    | Central Wash | 12.01  | 1.4  |
| 5             | Rastad, Emma          | British Colu | 12.04  | 1.4  |
| 6             | Cummings, Jaeland     | Simon Fraser | 12.11  | 1.4  |
| 7             | Reed, Jordyn          | Vancouver Th | 12.14  | 1.4  |
| 8             | Calabretta, Sofia     | Rsg Sprinter | 12.32  | 0.9  |
| 9             | Olson, Alina          | Trinity West | 12.46  | -0.1 |
| 10            | Macdonald, Allison    | British Colu | 12.55  | 0.9  |
| 11            | Self, Makenna         | Coq. Cheetah | 12.56  | 1.4  |
| 12            | Smith, Cayla          | British Colu | 12.60  | -0.1 |
| 13            | Vu, Madison           | Saint Martin | 12.69  | -0.1 |
| 14            | Adomi, Aliyah         | Coq. Cheetah | 12.69  | 0.9  |
| 15            | Callanan, Alexa       | Green River  | 12.73  | 0.9  |
| 16            | Behnke, Lizzy         | Northwest U. | 12.78  | -0.1 |
| 17            | Sills, Grace          | Saint Martin | 12.80  | 0.9  |
| 18            | Green, Kiarra         | Central Wash | 12.82  | -0.1 |
| 19            | Polkinghorn, Hannah   | Western Wash | 12.83  | -0.1 |
| 20            | Chung, Candice        | Coq. Cheetah | 12.88  | 0.9  |
| 21            | Porter, Isabella      | Western Wash | 12.94  | 0.9  |
| 22            | Jacobs, Jordan        | Simon Fraser | 12.95  | -0.1 |
| 23            | Chandler, Lauryn      | Central Wash | 13.05  | 1.8  |
| 24            | Kennedy-Hailu, Serena | Coq. Cheetah | 13.14  | -0.1 |
| 25            | VanAssche, Gracie     | Northwest U. | 13.20  | 0.9  |
| 26            | Soderstrom, Kayla     | Northwest U. | 13.36  | 1.7  |
| 27            | Capetillo, Gabriella  | Everett CC   | 13.46  | 1.7  |
| 28            | Dupont, Averie        | Olympic Coll | 13.62  | 1.8  |
| 29            | Hicks, Maliyah        | Seattle Paci | 13.72  | 1.7  |
| 30            | Karsten, Karlie       | Green River  | 13.91  | 1.7  |
| 31            | Clark, Kailey         | Ubc Thunderb | 14.14  | 1.7  |
| 32            | Ixmayer, Angelina     | Olympic Coll | 14.15  | 1.7  |
| 33            | Flood, Nathalie       | Royal City T | 14.19  | 1.7  |
| 34            | Zumek, Alexia         | Green River  | 14.34  | 1.8  |
| 35            | Scott, Daphne         | POET         | 14.58  | 1.8  |
| 36            | Martinez, Karla       | Green River  | 14.78  | 1.8  |
| 37            | Anderholm, Caitlin    | Green River  | 14.86  | 1.8  |
| 38            | Miller, Nadya         | Evergreen St | 15.81  | 1.8  |

## Women 200 Meter Dash

|               | Name                | School       | Finals |     |
|---------------|---------------------|--------------|--------|-----|
| <b>Finals</b> |                     |              |        |     |
| 1             | Lucas, Katherine    | Vancouver Th | 24.27  | 1.8 |
| 2             | Williams, Juliette  | Central Wash | 25.03  | 1.8 |
| 3             | Hollis, E'Lexis     | Central Wash | 25.41  | 1.8 |
| 4             | Cheney, Caitlyn     | Western Wash | 25.46  | 1.8 |
| 5             | Green, Aniya        | Seattle Paci | 25.51  | 1.8 |
| 6             | Cummings, Jaeland   | Simon Fraser | 25.51  | 1.8 |
| 7             | Miller, Anna        | Western Wash | 25.58  | 1.8 |
| 8             | Vidad, Joei         | Alaska Ancho | 25.91  | 0.9 |
| 9             | Polkinghorn, Hannah | Western Wash | 26.17  | 0.9 |
| 10            | Backman, Kaitlyn    | Alaska Ancho | 26.21  | 0.9 |

|    |                       |              |       |     |
|----|-----------------------|--------------|-------|-----|
| 11 | Callanan, Alexa       | Green River  | 26.31 | 2.4 |
| 12 | Darroch, Jayda        | Rsg Sprinter | 26.32 | 0.9 |
| 13 | Beuthin, Michela      | Coq. Cheetah | 26.33 | 2.4 |
| 14 | Vu, Madison           | Saint Martin | 26.35 | 0.9 |
| 15 | Olson, Alina          | Trinity West | 26.36 | 1.8 |
| 16 | Jacobs, Jordan        | Simon Fraser | 26.38 | 2.4 |
| 17 | Hopper, Elise         | Central Wash | 26.40 | 0.9 |
| 18 | Calabretta, Sofia     | Rsg Sprinter | 26.46 | 0.9 |
| 19 | Behnke, Lizzy         | Northwest U. | 26.65 | 2.4 |
| 20 | Porter, Isabella      | Western Wash | 26.70 | 2.4 |
| 21 | Adomi, Aliyah         | Coq. Cheetah | 26.71 | 3.0 |
| 22 | Robertson, Veronica   | Simon Fraser | 27.00 | 2.4 |
| 23 | VanAssche, Gracie     | Northwest U. | 27.22 | 3.0 |
| 24 | Chung, Candice        | Coq. Cheetah | 27.25 | 3.0 |
| 25 | Kennedy-Hailu, Serena | Coq. Cheetah | 27.26 | 0.9 |
| 26 | Thompson, Corri       | Vancouver Th | 27.29 | 3.0 |
| 27 | Sills, Grace          | Saint Martin | 27.31 | 2.4 |
| 28 | Soderstrom, Kayla     | Northwest U. | 27.51 | 3.0 |
| 29 | Pittman, Jayda        | Everett CC   | 27.93 | 3.0 |
| 30 | Dupont, Averie        | Olympic Coll | 28.14 | 3.0 |
| 31 | Capetillo, Gabriella  | Everett CC   | 28.21 | 2.7 |
| 32 | Karsten, Karlie       | Green River  | 29.01 | 2.7 |
| 33 | Flood, Nathalie       | Royal City T | 29.21 | 2.7 |
| 34 | Barnes, Jamira        | Everett CC   | 29.31 | 2.7 |
| 35 | Briggs, Annika        | Saint Martin | 29.34 | 2.7 |
| 36 | Ibrahim, Damaris      | Pacific Luth | 29.65 | 2.7 |
| 37 | Ixmayer, Angelina     | Olympic Coll | 29.71 | 2.7 |
| 38 | Trim, Neo             | Olympic Coll | 30.13 | 0.3 |
| 39 | Scott, Daphne         | POET         | 31.31 | 0.3 |
| 40 | Martinez, Karla       | Green River  | 32.20 | 0.3 |

## Women 400 Meter Dash

|               | Name                    | School       | Finals  |  |
|---------------|-------------------------|--------------|---------|--|
| <b>Finals</b> |                         |              |         |  |
| 1             | Andrews-Paul, Alison    | Unattached   | 56.18   |  |
| 2             | Ledesma, Marian         | Western Wash | 57.69   |  |
| 3             | Bosma, Claire           | Simon Fraser | 57.75   |  |
| 4             | Darroch, Jayda          | Rsg Sprinter | 57.85   |  |
| 5             | Miller, Anna            | Western Wash | 58.01   |  |
| 6             | O'Connor, Haley         | Bellingham D | 58.44   |  |
| 7             | Brown, Johanna          | Seattle Paci | 58.65   |  |
| 8             | Crane, Marissa          | Seattle Paci | 58.70   |  |
| 9             | Hopper, Elise           | Central Wash | 59.01   |  |
| 10            | Backman, Kaitlyn        | Alaska Ancho | 59.55   |  |
| 11            | Harris, Donna Marie     | Central Wash | 59.60   |  |
| 12            | McDevitt, Zoe           | Central Wash | 59.71   |  |
| 13            | Beuthin, Michela        | Coq. Cheetah | 59.77   |  |
| 14            | Robertson, Veronica     | Simon Fraser | 1:00.47 |  |
| 15            | Cvancara, Sophia        | Alaska Ancho | 1:00.77 |  |
| 16            | Thompson, Corri         | Vancouver Th | 1:01.02 |  |
| 17            | Smith, Charisma         | Seattle Paci | 1:01.41 |  |
| 18            | Pittman, Jayda          | Everett CC   | 1:01.98 |  |
| 19            | Flood, Nathalie         | Royal City T | 1:03.86 |  |
| 20            | Arceo, Emma             | Everett CC   | 1:04.36 |  |
| 21            | Van Den Bulk, Jeannette | Unattached   | 1:05.22 |  |
| 22            | Clarke, Camille         | Everett CC   | 1:06.62 |  |

## 2023 Ralph Vernacchia - 4/29/2023

## Civic Stadium

## Results - Meet Day

## Finals ... (Women 400 Meter Dash)

| Name               | School       | Finals  |
|--------------------|--------------|---------|
| 23 Campesino, Iris | Evergreen St | 1:11.20 |

## Women 800 Meter Run

| Name | School | Finals |
|------|--------|--------|
|------|--------|--------|

## Finals

|     |                      |              |         |
|-----|----------------------|--------------|---------|
| 1   | Cameron, Kate        | Simon Fraser | 2:14.95 |
| 2   | Vanderput, Elizabeth | Simon Fraser | 2:15.19 |
| 3   | McGaffie, Lauren     | Club Northwe | 2:16.73 |
| 4   | Kroontje, Emmy       | Western Wash | 2:16.84 |
| 5   | Nyamasyo, Alfin      | Alaska Ancho | 2:17.06 |
| 6   | Pfohl, Amelia        | British Colu | 2:19.12 |
| 7   | Roe, Bailey          | Alaska Ancho | 2:19.76 |
| 8   | Tasdemir, Selin      | Simon Fraser | 2:20.64 |
| 9   | Prangley, Sarah      | Simon Fraser | 2:20.90 |
| 10  | Fleming, Elysse      | British Colu | 2:21.56 |
| 11  | Ranahan, Alicia      | Simon Fraser | 2:24.13 |
| 12  | Sioda, Alexia        | Pacific Luth | 2:27.16 |
| 13  | Bohuta, Anya         | Northwest U. | 2:28.25 |
| 14  | Smiegelwski, Natasha | Simon Fraser | 2:28.32 |
| 15  | Yonkman, Michaela    | Unattached   | 2:30.35 |
| 16  | Astridge, Robyn      | Vancouver Th | 2:34.09 |
| 17  | Becker, Gabrielle    | Olympic Coll | 2:34.36 |
| 18  | Olmos, Adalia        | Pacific Luth | 2:36.86 |
| 19  | Neff, Alexa          | Central Wash | 2:37.40 |
| 20  | Choy, Nozomi         | Coq. Cheetah | 2:41.65 |
| 21  | Farrington, Julia    | Green River  | 2:44.10 |
| 22  | Johnston, Hailey     | Coq. Cheetah | 2:44.32 |
| 23  | Meyang, Manuela      | Coq. Cheetah | 2:45.52 |
| 24  | Jones, Lauren        | Green River  | 2:53.20 |
| 25  | Markrakis, Isabella  | Olympic Coll | 3:05.09 |
| --- | Becker, Kyla         | British Colu | DNF     |

## Women 1500 Meter Run

| Name | School | Finals |
|------|--------|--------|
|------|--------|--------|

## Finals

|    |                        |              |         |
|----|------------------------|--------------|---------|
| 1  | Kilmartin, Sandra      | Vancouver Th | 4:27.94 |
| 2  | Walchak-Sloan, Cassidy | Saint Martin | 4:27.97 |
| 3  | Beckett, Marley        | British Colu | 4:31.35 |
| 4  | Becker, Kyla           | British Colu | 4:31.95 |
| 5  | Reeck, Ashley          | Western Wash | 4:33.80 |
| 6  | Davis, Ila             | Western Wash | 4:36.45 |
| 7  | Wright, Sophie         | Western Wash | 4:38.53 |
| 8  | Watkins, Rachael       | Simon Fraser | 4:40.41 |
| 9  | Baker, Nell            | Alaska Ancho | 4:40.72 |
| 10 | Pfohl, Amelia          | British Colu | 4:41.13 |
| 11 | Michael, Libby         | Seattle Paci | 4:41.44 |
| 12 | Collins-Winn, Evelyn   | Western Wash | 4:42.10 |
| 13 | Campbell, Mackenzie    | British Colu | 4:42.56 |
| 14 | Chilton, Emily         | Simon Fraser | 4:43.33 |
| 15 | Nyamasyo, Alfin        | Alaska Ancho | 4:45.11 |
| 16 | Doorenspleet, Zoe      | British Colu | 4:46.05 |
| 17 | Bassett, Elie          | Western Wash | 4:46.37 |
| 18 | Paquet, Sarah          | Pacific Luth | 4:46.43 |
| 19 | Crocker, Mia           | Western Wash | 4:48.49 |

|    |                     |              |         |
|----|---------------------|--------------|---------|
| 20 | Strausbaugh, Jordan | Alaska Ancho | 4:51.04 |
| 21 | Wood, Tressa        | Alaska Ancho | 4:51.89 |
| 22 | Miller, Sidra       | Western Wash | 5:05.69 |
| 23 | Kalnins, Ella       | Coq. Cheetah | 5:19.12 |
| 24 | Olvera, Alex        | Evergreen St | 5:51.01 |
| 25 | Markrakis, Isabella | Olympic Coll | 6:42.25 |

## Women 5000 Meter Run

| Name | School | Finals |
|------|--------|--------|
|------|--------|--------|

## Finals

|     |                     |              |          |
|-----|---------------------|--------------|----------|
| 1   | Welling, Tara       | Unattached   | 17:22.42 |
| 2   | Sabra, Sara         | Saint Martin | 18:02.36 |
| 3   | Shannon, Meaera     | Western Wash | 18:13.25 |
| 4   | Sucedo, Alisha      | Saint Martin | 18:29.53 |
| 5   | Smith, Emma         | Western Wash | 18:46.08 |
| 6   | Halsell, Laura      | Western Wash | 18:49.04 |
| 7   | Parker, Alexis      | Western Wash | 19:09.61 |
| 8   | Kalisch, Milena     | Simon Fraser | 19:11.82 |
| 9   | Marion, Ella        | Simon Fraser | 19:15.18 |
| 10  | Ramirez, Kya        | Saint Martin | 19:15.61 |
| 11  | Hartley, Naomi      | Saint Martin | 19:34.92 |
| 12  | Himelbloom, Arielle | Alaska Ancho | 19:37.68 |
| 13  | Ruelas, Monica      | Alaska Ancho | 19:53.93 |
| 14  | Thompson, Lauren    | Central Wash | 20:21.31 |
| 15  | Lopez, Monserrat    | Edmonds Coll | 20:35.99 |
| 16  | Wyatt, Olivia       | Central Wash | 21:25.70 |
| 17  | Howard, Grace       | Central Wash | 23:36.84 |
| --- | Esvelt, Annika      | Seattle Paci | DNF      |
| --- | Mulch, Matise       | Seattle Paci | DNF      |
| --- | O'Connor, Haley     | Bellingham D | DNF      |

## Women 100 Meter Hurdles

| Name | School | Finals |
|------|--------|--------|
|------|--------|--------|

## Finals

|    |                           |              |       |     |
|----|---------------------------|--------------|-------|-----|
| 1  | Chandler, Lauryn          | Central Wash | 14.11 | 0.6 |
| 2  | Voloshin, Diana           | Simon Fraser | 14.69 | 0.6 |
| 3  | De Arvizu Sarrias, Blanca | Alaska Ancho | 15.09 | 0.6 |
| 4  | Simmons, Lacie            | Com. Cougars | 15.16 | 0.6 |
| 5  | Porter, Isabella          | Western Wash | 15.30 | 0.6 |
| 6  | Avery, Nicole             | Western Wash | 15.33 | 1.3 |
| 7  | Bates, Naomi              | Western Wash | 15.63 | 1.3 |
| 8  | Mansfield, Brooke         | Western Wash | 15.64 | 1.3 |
| 9  | Dupont, Averie            | Olympic Coll | 15.85 | 0.6 |
| 10 | Twiss, Grace              | Central Wash | 15.97 | 1.3 |
| 11 | Mader, Mikayla            | Alaska Ancho | 16.03 | 1.3 |
| 12 | McDevitt, Zoe             | Central Wash | 16.21 | 1.3 |
| 13 | Sewell, Sarah             | Central Wash | 16.22 | 0.6 |
| 14 | Strickland, Abigail       | Evergreen St | 16.45 | 1.3 |
| 15 | Brewer, Iayanah           | Everett CC   | 16.50 | 0.9 |
| 16 | Parker, Corona            | Evergreen St | 16.51 | 0.6 |
| 17 | Barnes, Jamira            | Everett CC   | 19.33 | 0.9 |
| 18 | Karsten, Karlie           | Green River  | 19.97 | 0.9 |

## 2023 Ralph Vernacchia - 4/29/2023

## Civic Stadium

## Results - Meet Day

## Women 400 Meter Hurdles

| Name                        | School       | Finals  |
|-----------------------------|--------------|---------|
| <b>Finals</b>               |              |         |
| 1 Twiss, Grace              | Central Wash | 1:03.83 |
| 2 Binder, Erika             | Simon Fraser | 1:04.02 |
| 3 Mansfield, Brooke         | Western Wash | 1:04.18 |
| 4 De Arvizu Sarrias, Blanca | Alaska Ancho | 1:06.46 |
| 5 Sewell, Sarah             | Central Wash | 1:07.14 |
| 6 Bates, Naomi              | Western Wash | 1:07.55 |
| 7 Simmons, Lacie            | Com. Cougars | 1:07.94 |
| 8 Fletcher, McKenzie        | Seattle Paci | 1:09.81 |
| 9 Strickland, Abigail       | Evergreen St | 1:09.87 |
| 10 Rohu, Robin              | Coq. Cheetah | 1:10.19 |
| 11 Self, Delaney            | Coq. Cheetah | 1:11.34 |
| 12 Brewer, Iayanah          | Everett CC   | 1:12.03 |
| 13 Bartolaba, Haley         | Alaska Ancho | 1:12.74 |
| 14 Harris, Donna Marie      | Central Wash | 1:13.61 |
| 15 Zumek, Alexia            | Green River  | 1:16.19 |
| 16 Vicente, Barbara         | Olympic Coll | 1:17.16 |

## Women 3000 Meter Steeplechase

| Name                | School       | Finals   |
|---------------------|--------------|----------|
| <b>Finals</b>       |              |          |
| 1 Gibson, Kiana     | British Colu | 10:11.52 |
| 2 Madsen, Ella      | Coq. Cheetah | 11:20.04 |
| 3 Ewing, Maya       | Seattle Paci | 11:38.40 |
| 4 Williamson, Avery | Alaska Ancho | 12:26.00 |
| 5 Flolo, Katelyn    | Seattle Paci | 12:32.41 |
| 6 Spaic, Sofija     | Alaska Ancho | 12:39.63 |
| 7 Neff, Alexa       | Central Wash | 13:02.27 |
| 8 Mitchell, Olivia  | Green River  | 13:21.84 |
| 9 Wansitler, Alivia | Green River  | 15:03.74 |

## Women 4x100 Meter Relay

| Team                    | Relay                | Finals |
|-------------------------|----------------------|--------|
| <b>Finals</b>           |                      |        |
| 1 British Columbia      | A                    | 46.91  |
| 1) Rastad, Emma         | 2) Urbanowicz, Sonya |        |
| 3) Smith, Cayla         | 4) Sobkowich, Hanna  |        |
| 2 Western Washington    | A                    | 47.55  |
| 1) Mansfield, Brooke    | 2) Miller, Anna      |        |
| 3) Polkinghorn, Hannah  | 4) Cheney, Caitlyn   |        |
| 3 Saint Martin's        | A                    | 49.95  |
| 1) Vu, Madison          | 2) Duncan, Alyssa    |        |
| 3) Sills, Grace         | 4) Zilla, Margaret   |        |
| 4 Northwest U.          | A                    | 51.20  |
| 1) Bohuta, Anya         | 2) Soderstrom, Kayla |        |
| 3) VanAssche, Gracie    | 4) Behnke, Lizzy     |        |
| 5 Everett CC            | A                    | 51.79  |
| 1) Capetillo, Gabriella | 2) Pittman, Jayda    |        |
| 3) Barnes, Jamira       | 4) Brewer, Iayanah   |        |
| 6 Green River College   | A                    | 52.91  |
| 1) Martinez, Karla      | 2) Karsten, Karlie   |        |
| 3) Zumek, Alexia        | 4) Callanan, Alexa   |        |

|                    |                     |       |
|--------------------|---------------------|-------|
| 7 Olympic College  | A                   | 53.08 |
| 1) Dupont, Averie  | 2) Orocu, Callie    |       |
| 3) Ixmay, Angelina | 4) Vicente, Barbara |       |

## Women 4x400 Meter Relay

| Team                 | Relay                   | Finals  |
|----------------------|-------------------------|---------|
| <b>Finals</b>        |                         |         |
| 1 Western Washington | A                       | 3:56.98 |
| 1) Cheney, Caitlyn   | 2) Ledesma, Marian      |         |
| 3) Miller, Anna      | 4) Wright, Sophie       |         |
| 2 Seattle Pacific    | A                       | 3:58.68 |
| 1) Green, Aniya      | 2) Brown, Johanna       |         |
| 3) Smith, Charisma   | 4) Crane, Marissa       |         |
| 3 British Columbia   | A                       | 4:01.00 |
| 1) Smith, Cayla      | 2) Riak, Akuol          |         |
| 3) Sobkowich, Hanna  | 4) MacGillivray, Holly  |         |
| 4 Western Washington | B                       | 4:10.19 |
| 1) Bassett, Elie     | 2) Kroontje, Emmy       |         |
| 3) Reeck, Ashley     | 4) Collins-Winn, Evelyn |         |
| 5 Everett CC         | A                       | 4:21.73 |
| 1) Brewer, Iayanah   | 2) Arceo, Emma          |         |
| 3) Clarke, Camille   | 4) Pittman, Jayda       |         |

## Women High Jump

| Name                  | School       | Finals |
|-----------------------|--------------|--------|
| <b>Finals</b>         |              |        |
| 1 Kania, Sydney       | Simon Fraser | 1.64m  |
| 2 Mader, Mikayla      | Alaska Ancho | J1.64m |
| 3 Pimblett, Sarah     | British Colu | 1.54m  |
| 4 Polkinghorn, Hannah | Western Wash | 1.44m  |
| 5 Arthur, Virginia    | Pacific Luth | J1.44m |
| 6 Messineo, Tabitha   | Pacific Luth | J1.44m |
| 7 Youngs, Allie       | Pacific Luth | 1.39m  |
| 8 Harris, Donna Marie | Central Wash | J1.39m |
| 9 Lara, Stephanie     | Olympic Coll | 1.34m  |
| 10 Orocu, Callie      | Olympic Coll | J1.34m |
| 11 Bracy, Kaylie      | Pacific Luth | 1.29m  |

## Women Pole Vault

| Name                    | School       | Finals |
|-------------------------|--------------|--------|
| <b>Finals</b>           |              |        |
| 1 Cunliffe, Chloe       | Unattached   | 4.36m  |
| 2 Daugherty, Lizzy      | Seattle Paci | 3.76m  |
| 3 Thomason, Emily       | Seattle Paci | J3.66m |
| 4 Tran, Annie           | Western Wash | J3.66m |
| 5 Hurtubise, Mackenzie  | Langley Must | 3.56m  |
| 6 Fonseca, Ana          | Trinity West | 3.41m  |
| 7 Nguyen, Kristine      | Pacific Luth | J3.26m |
| 8 Coble, Kaylee         | Western Wash | J3.26m |
| 9 Flood, Nathalie       | Royal City T | 2.96m  |
| 9 Skaggs, Claire        | Saint Martin | 2.96m  |
| 11 Theunissen, Lise-Ann | Langley Must | 2.81m  |
| --- Urbanowicz, Sonya   | British Colu | NH     |
| --- Cyr, Molly          | Rctfc        | NH     |
| --- Sykes, Jancy        | Central Wash | NH     |

## 2023 Ralph Vernacchia - 4/29/2023

## Civic Stadium

## Results - Meet Day

| Women Long Jump    |                       |              |            | 11                 | Flores, Sierra        | Everett CC   | 9.68m  |
|--------------------|-----------------------|--------------|------------|--------------------|-----------------------|--------------|--------|
| Name School Finals |                       |              |            | 12                 | Mackenzie, Sophia     | Everett CC   | 9.10m  |
| Finals             |                       |              |            | 13                 | Franco, Felicia       | Northwest U. | 9.03m  |
| 1                  | Wiley, Sheleena       | Trinity West | 5.67m NWI  | 14                 | Green, Jenisha        | Northwest U. | 8.86m  |
| 2                  | Rastad, Emma          | British Colu | 5.66m NWI  | 15                 | Avery, Nicole         | Western Wash | 7.99m  |
| 3                  | Macdonald, Allison    | British Colu | 5.55m NWI  | 16                 | Anderholm, Caitlin    | Green River  | 7.88m  |
| 4                  | Lagerwey, Matty       | Western Wash | 5.51m NWI  | Women Discus Throw |                       |              |        |
| 5                  | Duncan, Alyssa        | Saint Martin | 5.50m NWI  | Name School Finals |                       |              |        |
| 6                  | Slate, Essence        | Alaska Ancho | 5.39m NWI  | Finals             |                       |              |        |
| 7                  | Avery, Nicole         | Western Wash | 5.21m NWI  | 1                  | Potts, Katie          | Western Wash | 46.67m |
| 8                  | Stewart, Kyra         | Simon Fraser | 5.18m NWI  | 2                  | Fuiava, Pono          | Olympic Coll | 44.35m |
| 9                  | Glaze, Jayden         | Alaska Ancho | 5.11m NWI  | 3                  | Colson, Yvonne        | Unattached   | 41.13m |
| 10                 | Cabanas, Erica        | Central Wash | 5.09m NWI  | 4                  | Arthur, Virginia      | Pacific Luth | 40.77m |
| 11                 | Ronse, Dominique      | Simon Fraser | 5.08m NWI  | 5                  | Board, Brenna         | Central Wash | 39.30m |
| 12                 | Parker, Corona        | Evergreen St | 4.99m NWI  | 6                  | Holmes, Isabella      | Central Wash | 37.98m |
| 13                 | Moore, Tehya          | Central Wash | 4.98m NWI  | 7                  | Elenbaas, Payton      | Central Wash | 37.32m |
| 14                 | Reed, Jordyn          | Vancouver Th | 4.96m NWI  | 8                  | Santos, Peyton        | Pacific Luth | 36.62m |
| 15                 | Pimblett, Sarah       | British Colu | 4.95m NWI  | 9                  | Franklin, Dorothy     | Unattached   | 35.92m |
| 16                 | Green, Kiarra         | Central Wash | 4.86m NWI  | 10                 | Sackrider, Jalyn      | Evergreen St | 34.96m |
| 17                 | Cote, Larissa         | Simon Fraser | 4.78m NWI  | 11                 | Mackenzie, Sophia     | Everett CC   | 33.64m |
| 18                 | Cook, Hannah          | Saint Martin | 4.60m NWI  | 12                 | Parks, Mara           | Western Wash | 31.91m |
| 19                 | Lara, Stephanie       | Olympic Coll | 4.06m NWI  | 13                 | Stewart, Lily         | Evergreen St | 31.87m |
| 20                 | Orocu, Callie         | Olympic Coll | 4.05m NWI  | 14                 | Gerber-Perham, Brooke | Olympic Coll | 29.08m |
| ---                | Zilla, Margaret       | Saint Martin | FOUL       | 15                 | Flores, Sierra        | Everett CC   | 28.79m |
| Women Triple Jump  |                       |              |            | 16                 | Franco, Felicia       | Northwest U. | 27.46m |
| Name School Finals |                       |              |            | 17                 | Stewart, Colbi        | Evergreen St | 26.41m |
| Finals             |                       |              |            | 18                 | Yamasaki, Shy         | Saint Martin | 25.54m |
| 1                  | Macdonald, Allison    | British Colu | 12.05m NWI | 19                 | Green, Jenisha        | Northwest U. | 20.54m |
| 2                  | Duncan, Alyssa        | Saint Martin | 11.55m NWI | Women Hammer Throw |                       |              |        |
| 3                  | Cabanas, Erica        | Central Wash | 11.03m NWI | Name School Finals |                       |              |        |
| 4                  | Moore, Tehya          | Central Wash | 10.77m NWI | Finals             |                       |              |        |
| 5                  | Zilla, Margaret       | Saint Martin | 10.68m NWI | 1                  | Butler, Kaila         | Unattached   | 68.83m |
| 6                  | Paugh, Madison        | Simon Fraser | 10.65m NWI | 2                  | willing, tasha        | Dynamo Throw | 61.01m |
| 7                  | Sewell, Sarah         | Central Wash | 10.36m NWI | 3                  | castello, jordana     | Dynamo Throw | 60.12m |
| 8                  | Glaze, Jayden         | Alaska Ancho | 10.33m NWI | 4                  | Colson, Yvonne        | Unattached   | 51.90m |
| 9                  | Green, Kiarra         | Central Wash | 10.31m NWI | 5                  | Hall, Bella           | British Colu | 50.70m |
| 10                 | Trim, Neo             | Olympic Coll | 9.55m NWI  | 6                  | Friesen, Lauren       | British Colu | 50.02m |
| 11                 | Cook, Hannah          | Saint Martin | 9.46m NWI  | 7                  | Dadson, Michelle      | British Colu | 49.93m |
| ---                | Reed, Jordyn          | Vancouver Th | ND NWI     | 8                  | Westfall, Raine       | Western Wash | 49.92m |
| ---                | Primrose, Kennedy     | Simon Fraser | ND NWI     | 9                  | dhillon, keerat       | Dynamo Throw | 49.73m |
| Women Shot Put     |                       |              |            | 10                 | Liniewski, Zuzanna    | Simon Fraser | 48.69m |
| Name School Finals |                       |              |            | 11                 | Hanger, Kaitlyn       | Simon Fraser | 48.42m |
| Finals             |                       |              |            | 12                 | Messineo, Tabitha     | Pacific Luth | 47.39m |
| 1                  | Dadson, Michelle      | British Colu | 13.52m     | 13                 | Board, Brenna         | Central Wash | 44.66m |
| 2                  | Parks, Mara           | Western Wash | 13.06m     | 14                 | Saribay, Jocelyn      | Saint Martin | 44.62m |
| 3                  | Fuiava, Pono          | Olympic Coll | 12.60m     | 15                 | Parks, Mara           | Western Wash | 43.94m |
| 4                  | Saribay, Jocelyn      | Saint Martin | 12.17m     | 16                 | Mendoza, Jazmin       | Central Wash | 42.69m |
| 5                  | Potts, Katie          | Western Wash | 11.94m     | 17                 | Valmonte, Alessandra  | Pacific Luth | 41.29m |
| 6                  | Solai, Georjina       | Pacific Luth | 11.58m     | 18                 | Santos, Peyton        | Pacific Luth | 40.41m |
| 7                  | Messineo, Tabitha     | Pacific Luth | 11.26m     | 19                 | Neilsen, Sarah        | Saint Martin | 39.69m |
| 8                  | Board, Brenna         | Central Wash | 11.25m     | 20                 | Stewart, Lily         | Evergreen St | 37.53m |
| 9                  | Gerber-Perham, Brooke | Olympic Coll | 10.00m     | 21                 | Suka, Taylor          | Evergreen St | 37.12m |
| 10                 | Mendoza, Jazmin       | Central Wash | 9.79m      | 22                 | Franklin, Dorothy     | Unattached   | 36.20m |
|                    |                       |              |            | 23                 | Flowers, Quinci       | Saint Martin | 32.45m |

## 2023 Ralph Vernacchia - 4/29/2023

## Civic Stadium

## Results - Meet Day

## Finals ... (Women Hammer Throw)

|     | Name              | School       | Finals |
|-----|-------------------|--------------|--------|
| 24  | Green, Jenisha    | Northwest U. | 29.85m |
| 25  | Franco, Felicia   | Northwest U. | 29.83m |
| 26  | Mackenzie, Sophia | Everett CC   | 27.34m |
| 27  | Cook, Katy        | Pacific Luth | 26.88m |
| 28  | Arthur, Virginia  | Pacific Luth | 26.71m |
| --- | Elenbaas, Payton  | Central Wash | FOUL   |

## Women Javelin Throw

|               | Name               | School       | Finals |
|---------------|--------------------|--------------|--------|
| <b>Finals</b> |                    |              |        |
| 1             | Kjaer, Hailey      | Vancouver Th | 43.21m |
| 2             | Schroeder, Ashley  | Unattached   | 42.95m |
| 3             | Paugh, Madison     | Simon Fraser | 39.19m |
| 4             | Bajarunas, Liepa   | British Colu | 38.00m |
| 5             | Janes, Giovanna    | British Colu | 37.08m |
| 6             | Cook, Katy         | Pacific Luth | 33.40m |
| 7             | Gibb, Denna        | Everett CC   | 31.49m |
| 8             | Holmes, Isabella   | Central Wash | 28.06m |
| 9             | Sanchez, Lexi      | Evergreen St | 25.96m |
| 10            | Anderholm, Caitlin | Green River  | 21.38m |
| ---           | Nelson, Ava        | Pacific Luth | ND     |

## Men 100 Meter Dash

|               | Name                    | School       | Finals     |
|---------------|-------------------------|--------------|------------|
| <b>Finals</b> |                         |              |            |
| 1             | Penson-McCoy, Jesaiah   | Simon Fraser | 10.63 0.7  |
| 2             | Johnson, Noah           | Western Wash | 10.66 0.7  |
| 3             | Blackman.Jr, Kenny      | Trinity West | 10.69 0.7  |
| 4             | Belcher, Jeremy         | Simon Fraser | 10.85 0.7  |
| 5             | Davis, Shemar           | Unattached   | 10.94 0.7  |
| 6             | Sebastianelli, Nickolas | British Colu | 10.95 -0.5 |
| 7             | Eastman, Mattias        | Vancouver Th | 10.99 1.0  |
| 8             | Lofstrom, Ryan          | Com. Cougars | 11.04 -0.5 |
| 9             | Beecroft, Riley         | British Colu | 11.06 0.7  |
| 9             | Gordon, Jeff            | Seattle Paci | 11.06 0.7  |
| 11            | Georgia, Nick           | Saint Martin | 11.06 -0.5 |
| 12            | Webster, Isaiah         | Central Wash | 11.07 0.7  |
| 13            | Jamison, Wayne          | Olympic Coll | 11.15 -0.5 |
| 14            | Johnson, Jaden          | Western Wash | 11.19 -0.5 |
| 15            | Ganz, Tony              | British Colu | 11.20 -0.5 |
| 16            | Harris, Ashtin          | Green River  | 11.21 2.8  |
| 17            | Woodard, Tyrone         | Western Wash | 11.22 1.9  |
| 18            | Barnes, Donald          | Unattached   | 11.28 3.0  |
| 19            | Williams jr., Alphonso  | Unattached   | 11.31 1.0  |
| 20            | Tarasov, Nazar          | Green River  | 11.33 1.0  |
| 21            | Luhr, Aiden             | Everett CC   | 11.34 2.8  |
| 22            | Westbrook, Calum        | Unattached   | 11.37 -0.5 |
| 22            | Moore, Hudson           | Central Wash | 11.37 2.8  |
| 24            | Belanger, Jacob         | Alaska Ancho | 11.38 1.0  |
| 25            | Wise, Aiden             | Central Wash | 11.40 2.8  |
| 26            | Thomas, Nate            | Seattle Paci | 11.41 2.8  |
| 27            | Greenlee, Manu          | Western Wash | 11.42 2.8  |
| 28            | Jones, Daniel           | Unattached   | 11.50 3.0  |
| 29            | Wittrell, Solomon       | Seattle Paci | 11.54 3.0  |

|     |                     |              |            |
|-----|---------------------|--------------|------------|
| 30  | Cantarella, Egidio  | British Colu | 11.57 2.8  |
| 31  | Armstrong, Landon   | Saint Martin | 11.58 -0.5 |
| 32  | Le, Christian       | Saint Martin | 11.59 3.0  |
| 33  | Carter, Kenneth     | Saint Martin | 11.59 1.0  |
| 34  | Zaman, Saif         | Vancouver Th | 11.64 3.0  |
| 35  | Brookover, Ethan    | Unattached   | 11.69 3.0  |
| 36  | Wani, Modi          | Green River  | 11.81 3.0  |
| 37  | Provo, Kacey        | Western Wash | 11.88 1.9  |
| 38  | Jones, Luke         | Unattached   | 11.93 1.0  |
| 39  | Brown, Nakota       | Green River  | 11.95 3.0  |
| 40  | Uzoma, William      | Everett CC   | 11.96 1.9  |
| 41  | Charles, Guyland    | Olympic Coll | 12.01 1.9  |
| 42  | Baisden, Scott      | Northwest U. | 12.16 1.9  |
| 43  | Jackson, Sieh       | Unattached   | 12.26 1.9  |
| 44  | Vizcarra, Sebastian | Green River  | 15.96 1.9  |
| --- | Hurtado, Miguel     | Everett CC   | DNF 2.8    |

## Men 200 Meter Dash

|               | Name                  | School       | Finals    |
|---------------|-----------------------|--------------|-----------|
| <b>Finals</b> |                       |              |           |
| 1             | Campbell, Enrique     | Alaska Ancho | 21.55 1.3 |
| 2             | George, Nathan        | Coq. Cheetah | 21.65 1.3 |
| 3             | Penson-McCoy, Jesaiah | Simon Fraser | 21.78 1.3 |
| 4             | McCabe, Jaylen        | Unattached   | 21.88 1.7 |
| 5             | Turner, Aidan         | Kajaks       | 22.17 0.6 |
| 6             | Belcher, Jeremy       | Simon Fraser | 22.33 0.6 |
| 7             | Johnson, Noah         | Western Wash | 22.34 1.3 |
| 8             | Lofstrom, Ryan        | Com. Cougars | 22.38 2.3 |
| 9             | Davis, Shemar         | Unattached   | 22.41 1.3 |
| 10            | Wagner, Joshua        | Alaska Ancho | 22.53 1.3 |
| 11            | Johnson, Jaden        | Western Wash | 22.54 1.7 |
| 12            | Georgia, Nick         | Saint Martin | 22.56 0.6 |
| 13            | Hunter, Timothy       | Alaska Ancho | 22.62 1.7 |
| 14            | Anderson, Dawson      | Unattached   | 22.68 0.6 |
| 15            | Vongphet, Anouthai    | Western Wash | 22.69 0.6 |
| 16            | Tarasov, Nazar        | Green River  | 22.75 1.7 |
| 17            | Ganz, Tony            | British Colu | 22.82 2.3 |
| 18            | Viriri, Tinashe       | Coq. Cheetah | 22.84 1.7 |
| 19            | Tjernagel, Benjamin   | Trinity West | 22.92 1.3 |
| 20            | Thomas, Cantrell      | Central Wash | 23.00 2.3 |
| 21            | Barnes, Donald        | Unattached   | 23.13 2.7 |
| 22            | Westbrook, Calum      | Unattached   | 23.23 1.7 |
| 23            | Toews, Jonathan       | Trinity West | 23.35 2.7 |
| 24            | Franco, Zachary       | Saint Martin | 23.40 2.3 |
| 25            | Lowe, Garrett         | Unattached   | 23.49 2.3 |
| 26            | Wise, Aiden           | Central Wash | 23.50 2.7 |
| 27            | Jones, Daniel         | Unattached   | 23.51 2.2 |
| 28            | Luhr, Aiden           | Everett CC   | 23.57 2.7 |
| 29            | Armstrong, Landon     | Saint Martin | 23.69 0.6 |
| 30            | Wani, Modi            | Green River  | 23.93 2.2 |
| 31            | Belanger, Jacob       | Alaska Ancho | 23.95 1.7 |
| 32            | Wittrell, Solomon     | Seattle Paci | 24.01 2.2 |
| 33            | Jackson, Elisha       | Everett CC   | 24.02 2.7 |
| 34            | Carter, Kenneth       | Saint Martin | 24.04 2.2 |
| 35            | Shvets, Vitalii       | Unattached   | 24.06 2.3 |
| 36            | Jones, Luke           | Unattached   | 24.07 2.7 |

## 2023 Ralph Vernacchia - 4/29/2023

## Civic Stadium

## Results - Meet Day

## Finals ... (Men 200 Meter Dash)

|     | Name                | School       | Finals    |
|-----|---------------------|--------------|-----------|
| 37  | Brown, Nakota       | Green River  | 24.62 2.2 |
| 38  | Bellefontaine, Matt | Coq. Cheetah | 24.98 2.5 |
| 39  | McKay, Fraser       | Universal At | 25.39 2.5 |
| 40  | Tanrikulu, Alp      | Unattached   | 25.59 2.7 |
| 41  | Hurtubise, Hayden   | Langley Must | 26.63 2.5 |
| --- | Ramsay, Camron      | Central Wash | FS 2.7    |

## Men 400 Meter Dash

|        | Name              | School       | Finals  |
|--------|-------------------|--------------|---------|
| Finals |                   |              |         |
| 1      | Archer, Isaiah    | Seattle Paci | 48.48   |
| 2      | Angarita, Kevin   | Alaska Ancho | 49.14   |
| 3      | Brenck, Lucas     | Western Wash | 49.27   |
| 4      | Anderson, Dawson  | Unattached   | 50.32   |
| 5      | Thomas, Cantrell  | Central Wash | 50.37   |
| 6      | Hunter, Timothy   | Alaska Ancho | 50.52   |
| 7      | Shepherd, Julius  | Seattle Paci | 50.93   |
| 8      | Franco, Zachary   | Saint Martin | 51.30   |
| 9      | Viriri, Tinashe   | Coq. Cheetah | 51.90   |
| 10     | Williams, Reilly  | Central Wash | 52.03   |
| 11     | Carpenter, Evan   | Seattle Paci | 52.18   |
| 12     | Pearson, Kaden    | Evergreen St | 52.40   |
| 13     | Baltz, Steven     | Saint Martin | 53.05   |
| 14     | Ramsay, Camron    | Central Wash | 53.14   |
| 15     | Chidester, Kaden  | Everett CC   | 53.23   |
| 16     | Heidner, Salvin   | Olympic Coll | 53.24   |
| 17     | Jackson, Elisha   | Everett CC   | 53.78   |
| 18     | Esparza, Brian    | Fairhaven Ru | 54.05   |
| 19     | Jones, Daniel     | Unattached   | 54.40   |
| 20     | Wong, Jayden      | Coq. Cheetah | 54.98   |
| 21     | Jones, Luke       | Unattached   | 55.16   |
| 22     | Woodard, Gabe     | Seattle Paci | 55.52   |
| 23     | Hurtubise, Hayden | Langley Must | 1:01.08 |

## Men 800 Meter Run

|        | Name              | School       | Finals  |
|--------|-------------------|--------------|---------|
| Finals |                   |              |         |
| 1      | Bloom, Jonah      | Western Wash | 1:50.75 |
| 2      | Correa, Johan     | Central Wash | 1:50.78 |
| 3      | Weber, Drew       | Western Wash | 1:50.81 |
| 4      | Schmidt, Jordan   | Simon Fraser | 1:51.65 |
| 5      | Good, Aiden       | Simon Fraser | 1:52.65 |
| 6      | Thomson, Andrew   | Simon Fraser | 1:52.71 |
| 7      | House, kaelan     | Simon Fraser | 1:53.99 |
| 8      | Henry, Will       | Western Wash | 1:54.02 |
| 9      | Meadows, Devon    | British Colu | 1:55.26 |
| 10     | Bogale, Kirubel   | Simon Fraser | 1:55.29 |
| 11     | Castro, Jose      | Simon Fraser | 1:55.56 |
| 12     | Palmen, Connor    | Western Wash | 1:55.57 |
| 13     | Miller, Riley     | British Colu | 1:56.07 |
| 14     | Eifert, Ian       | Western Wash | 1:56.28 |
| 15     | Curtis, Joseph    | Unattached   | 1:56.33 |
| 16     | Rees-Jones, Mitch | Club Northwe | 1:56.49 |
| 17     | Chapman, Tomas    | Simon Fraser | 1:56.68 |

|    |                           |              |         |
|----|---------------------------|--------------|---------|
| 18 | Ahl, Braden               | Simon Fraser | 1:56.93 |
| 19 | Barber, Michael           | Prairie Inn  | 1:57.08 |
| 20 | Wani, Rudu                | Saint Martin | 1:57.20 |
| 21 | Torres, Richard           | Unattached   | 1:58.09 |
| 22 | Crespi, Adam              | British Colu | 1:58.85 |
| 23 | Plummer, Colton           | Coastal Trac | 1:59.84 |
| 24 | Perkins, Ryan             | Green River  | 1:59.97 |
| 25 | Pearson, Dhevin           | Unattached   | 1:59.97 |
| 26 | Murphy, Micah             | Unattached   | 2:00.62 |
| 27 | Phillips Nichols, William | Green River  | 2:00.92 |
| 28 | Sorensen, Kai             | Pacific Luth | 2:01.75 |
| 29 | Stanley, Liam             | Prairie Inn  | 2:02.07 |
| 30 | Serowka, Theo             | Prairie Inn  | 2:02.64 |
| 31 | Molina, Mark              | Unattached   | 2:03.07 |
| 32 | Shvets, Vitalii           | Unattached   | 2:03.56 |
| 33 | Rahkola, Maverik          | Penticton Tr | 2:03.72 |
| 34 | Arcos, Erick              | Pacific Luth | 2:05.40 |
| 35 | Tymos, Matthew            | Coastal Trac | 2:06.53 |
| 36 | Coon, Ethan               | Central Wash | 2:07.75 |
| 37 | Kipchirchir, Kelvin       | Central Wash | 2:08.56 |
| 38 | Hicks, Rowan              | Green River  | 2:10.73 |
| 39 | O'Brien, Blaze            | Green River  | 2:20.48 |
| 40 | Guinther, Joshua          | Olympic Coll | 2:21.83 |
| 41 | Barrett, Asher            | Coq. Cheetah | 2:22.32 |
| 42 | Alonzo- Miquel, Juan      | Olympic Coll | 2:31.39 |

## Men 1500 Meter Run

|        | Name                        | School       | Finals  |
|--------|-----------------------------|--------------|---------|
| Finals |                             |              |         |
| 1      | McDermott, Kevin            | Western Wash | 3:48.47 |
| 2      | Johnson, Drew               | Alaska Ancho | 3:49.19 |
| 3      | Uhrich, Dylan               | British Colu | 3:50.51 |
| 4      | Miller, Aiden               | British Colu | 3:53.85 |
| 5      | Murphy, Micah               | Unattached   | 3:54.55 |
| 6      | Kolor, Michael              | Club Northwe | 3:54.66 |
| 7      | Cortes, Isaac               | Saint Martin | 3:55.48 |
| 8      | Perrier, John               | British Colu | 3:55.73 |
| 9      | Brinkman, Sebastian         | Simon Fraser | 3:56.43 |
| 10     | Dwyer, Liam                 | British Colu | 3:57.87 |
| 11     | Schimmelpenninck van, Sacha | British Colu | 3:58.25 |
| 12     | Ritter, Alec                | Western Wash | 3:58.64 |
| 13     | Barber, Michael             | Prairie Inn  | 3:59.38 |
| 14     | Mackwae, Bill               | British Colu | 4:00.01 |
| 15     | Wadhvani, Jacob             | Unattached   | 4:00.28 |
| 16     | Drozynski, Chris            | Club Northwe | 4:05.12 |
| 17     | Stanley, Liam               | Prairie Inn  | 4:05.62 |
| 18     | Molina, Mark                | Unattached   | 4:07.60 |
| 19     | Moore, Brendan              | Simon Fraser | 4:08.51 |
| 20     | Ruckman-Utting, Henry       | Unattached   | 4:12.22 |
| 21     | Dale, Eli                   | Saint Martin | 4:12.96 |
| 22     | Arcos, Erick                | Pacific Luth | 4:13.19 |
| 23     | Owen, Jon                   | Seattle Paci | 4:13.58 |
| 24     | McClelland, Rory            | Seattle Paci | 4:14.66 |
| 25     | Slichko, Lance              | Saint Martin | 4:16.60 |
| 26     | Cino, Sebastian             | Vancouver Th | 4:17.41 |
| 27     | Phillips, John              | Unattached   | 4:22.59 |

## 2023 Ralph Vernacchia - 4/29/2023

## Civic Stadium

## Results - Meet Day

## Finals ... (Men 1500 Meter Run)

| Name                | School       | Finals  |
|---------------------|--------------|---------|
| 28 Gibney, Zachary  | Coq. Cheetah | 4:27.36 |
| 29 Esparza, Brian   | Fairhaven Ru | 4:29.54 |
| 30 Wheeler, Cole    | Coq. Cheetah | 4:35.20 |
| 31 Ochoa, Jonathan  | Pacific Luth | 4:43.06 |
| 32 Elliott, Brady   | Northwest U. | 4:51.11 |
| 33 Heinrichs, James | Coq. Cheetah | 4:53.87 |

## Men 5000 Meter Run

| Name                        | School       | Finals   |
|-----------------------------|--------------|----------|
| <b>Finals</b>               |              |          |
| 1 Oslin, Andrew             | Western Wash | 14:32.83 |
| 2 Zapherson, Michael        | Alaska Ancho | 14:57.92 |
| 3 Serafimovici, Maxim       | Husky Runnin | 14:58.57 |
| 4 Clough, Ryan              | Western Wash | 15:02.80 |
| 5 Peckham, John             | Alaska Ancho | 15:03.24 |
| 6 Souza-Ponce, Eric Anthony | Western Wash | 15:26.20 |
| 7 Quimby, Jonathan          | Bellingham D | 15:40.86 |
| 8 Sands, Sean               | Western Wash | 15:49.88 |
| 9 Medhaug, Blake            | Unattached   | 15:58.01 |
| 10 Lambert, Craig           | Northwest U. | 16:06.57 |
| 11 Andrews, Dawson          | Northwest U. | 16:15.16 |
| 12 Dhatt, Jaskaran          | Saint Martin | 16:18.91 |
| 13 Sanchez, Noah            | Green River  | 16:23.24 |
| 14 Hitchcock, Colin         | Green River  | 16:24.47 |
| 15 Ransford, Jarron         | Northwest U. | 16:26.54 |
| 16 Kopatich, Jack           | Northwest U. | 16:27.21 |
| 17 Hegarty, Tiernan         | Olympic Coll | 16:29.71 |
| 18 Miller, Evan             | Vancouver Th | 16:36.98 |
| 19 Shepard, Nick            | Green River  | 16:49.76 |
| 20 Nielsen, Cameron         | Northwest U. | 17:49.06 |
| 21 Blair, Trevor            | Northwest U. | 17:49.13 |
| --- Koontz, Brennan         | Northwest U. | DNF      |
| --- Meier, John             | Husky Runnin | DNF      |
| --- Kary, Gabriel           | Husky Runnin | DNF      |
| --- Blinn, Jason            | Western Wash | DNF      |

## Men 10000 Meter Run

| Name              | School       | Finals   |
|-------------------|--------------|----------|
| <b>Finals</b>     |              |          |
| 1 Jones, Aidan    | Western Wash | 33:33.12 |
| 2 Venable, Isaac  | Seattle Paci | 34:09.89 |
| 3 Accola, Oliver  | Edmonds Coll | 34:25.03 |
| 4 Gale, Nathaniel | Seattle Paci | 34:30.15 |
| 5 Endresen, Gabe  | Seattle Paci | 34:38.14 |
| 6 Norman, Anders  | Western Wash | 34:59.52 |
| 7 Sheirbon, Ben   | Seattle Paci | 35:20.08 |
| 8 O'Brien, Blaze  | Green River  | 35:24.29 |
| 9 Williams, Alex  | Edmonds Coll | 36:29.39 |

## Men 110 Meter Hurdles

| Name             | School       | Finals    |
|------------------|--------------|-----------|
| <b>Finals</b>    |              |           |
| 1 McCabe, Jaylen | Unattached   | 14.56 0.9 |
| 2 Wagner, Joshua | Alaska Ancho | 14.93 0.9 |

|                  |              |           |
|------------------|--------------|-----------|
| 3 Edwards, Jaden | Western Wash | 15.30 0.9 |
| 4 Wise, Aiden    | Central Wash | 15.93 0.9 |
| 5 Harris, Ashtin | Green River  | 17.99 0.9 |

## Men 400 Meter Hurdles

| Name                | School       | Finals  |
|---------------------|--------------|---------|
| <b>Finals</b>       |              |         |
| 1 Woodring, Maurice | Western Wash | 53.61   |
| 2 Adhemar, Joshua   | Coq. Cheetah | 53.78   |
| 3 Albertin, Austin  | Central Wash | 53.81   |
| 4 Edwards, Jaden    | Western Wash | 55.54   |
| 5 Williams, Reilly  | Central Wash | 56.57   |
| 6 Lenton, Jorin     | Simon Fraser | 57.66   |
| 7 McQueen, Jaelin   | Western Wash | 1:00.04 |
| 8 Boyd, Noah        | Saint Martin | 1:01.56 |
| 9 Baisden, Scott    | Northwest U. | 1:02.38 |
| 10 McKay, Fraser    | Universal At | 1:04.87 |

## Men 3000 Meter Steeplechase

| Name                    | School       | Finals   |
|-------------------------|--------------|----------|
| <b>Finals</b>           |              |          |
| 1 Gillingham, Jeret     | Western Wash | 8:57.80  |
| 2 Tiwana, Jaiveer       | British Colu | 9:26.70  |
| 3 Korta, Kaleb          | Western Wash | 9:28.43  |
| 4 Pagente, Kainalu      | Saint Martin | 9:28.51  |
| 5 Javurek, Jalen        | Western Wash | 9:39.49  |
| 6 Harris, Owen          | British Colu | 9:48.31  |
| 7 Fairbanks, Aaron      | Western Wash | 9:50.37  |
| 8 LeBlanc, Brennan      | Seattle Paci | 9:55.12  |
| 9 Salazar, Matthew      | Western Wash | 9:55.99  |
| 10 Harwell, Michael     | Saint Martin | 9:59.21  |
| 11 Tveit, Ries          | Alaska Ancho | 10:00.20 |
| 12 Coon, Ethan          | Central Wash | 10:31.47 |
| 13 Hicks, Rowan         | Green River  | 10:45.05 |
| 14 Estrada, Harlan      | Green River  | 10:55.76 |
| 15 Kipchirchir, Kelvin  | Central Wash | 11:02.45 |
| 16 Guinther, Joshua     | Olympic Coll | 11:50.65 |
| 17 Alonzo- Miquel, Juan | Olympic Coll | 13:35.37 |

## Men 4x100 Meter Relay

| Team                       | Relay                    | Finals |
|----------------------------|--------------------------|--------|
| <b>Finals</b>              |                          |        |
| 1 Simon Fraser             | A                        | 41.98  |
| 1) Furtado, Blake          | 2) Belcher, Jeremy       |        |
| 3) Suzuki, Kaito           | 4) Penson-Mccoy, Jesaiah |        |
| 2 British Columbia         | A                        | 42.04  |
| 1) Sebastianelli, Nickolas | 2) Ganz, Tony            |        |
| 3) Beecroft, Riley         | 4) Paris, Nathaniel      |        |
| 3 Alaska Anchorage         | A                        | 42.47  |
| 1) Belanger, Jacob         | 2) Hunter, Timothy       |        |
| 3) Sample, Collin          | 4) Wagner, Joshua        |        |
| 4 Central Washington       | A                        | 42.66  |
| 1) Wise, Branden           | 2) Albertin, Austin      |        |
| 3) Thomas, Cantrell        | 4) Webster, Isaiah       |        |

## 2023 Ralph Vernacchia - 4/29/2023

## Civic Stadium

## Results - Meet Day

## Finals ... (Men 4x100 Meter Relay)

| Team                   | Relay              | Finals |
|------------------------|--------------------|--------|
| 5 Saint Martin's       | A                  | 43.16  |
| 1) Nguyen, Hewson      | 2) Carter, Kenneth |        |
| 3) Franco, Zachary     | 4) Georgia, Nick   |        |
| 6 Green River College  | A                  | 44.15  |
| 1) Brown, Nakota       | 2) Tarasov, Nazar  |        |
| 3) Wani, Modi          | 4) Harris, Ashtin  |        |
| 7 Seattle Pacific      | A                  | 44.65  |
| 1) Njeri, David        | 2) Gordon, Jeff    |        |
| 3) Shepherd, Julius    | 4) Archer, Isaiah  |        |
| 8 Olympic College      | A                  | 45.72  |
| 1) Armbruster, Garrett | 2) Jamison, Wayne  |        |
| 3) Vicente, Christian  | 4) Heidner, Salvin |        |

## Men 4x400 Meter Relay

| Team                 | Relay              | Finals  |
|----------------------|--------------------|---------|
| <b>Finals</b>        |                    |         |
| 1 Western Washington | A                  | 3:17.67 |
| 1) Woodring, Maurice | 2) Edwards, Jaden  |         |
| 3) Brenek, Lucas     | 4) Weber, Drew     |         |
| 2 Central Washington | A                  | 3:18.80 |
| 1) Albertin, Austin  | 2) Correa, Johan   |         |
| 3) Thomas, Cantrell  | 4) Webster, Isaiah |         |
| 3 Seattle Pacific    | A                  | 3:26.40 |
| 1) Shepherd, Julius  | 2) Carpenter, Evan |         |
| 3) Gordon, Jeff      | 4) Archer, Isaiah  |         |
| 4 Western Washington | B                  | 3:30.50 |
| 1) Eifert, Ian       | 2) Bloom, Jonah    |         |
| 3) Palmen, Connor    | 4) Korta, Kaleb    |         |
| 5 Saint Martin's     | A                  | 3:30.59 |
| 1) Georgia, Nick     | 2) Wani, Rudu      |         |
| 3) Baltz, Steven     | 4) Franco, Zachary |         |

## Men 4x800 Meter Relay

| Team               | Relay           | Finals  |
|--------------------|-----------------|---------|
| <b>Finals</b>      |                 |         |
| 1 British Columbia | A               | 7:36.47 |
| 1) Hardy, Spencer  | 2) Fisher, Paul |         |
| 3) Miller, Riley   | 4) Kramer, Liam |         |

## Men High Jump

| Name                | School       | Finals |
|---------------------|--------------|--------|
| <b>Finals</b>       |              |        |
| 1 Greenlee, Manu    | Western Wash | 1.89m  |
| 2 Morse, Jack       | Green River  | 1.84m  |
| 3 Webster, Isaiah   | Central Wash | 1.84m  |
| 4 Menicke, Gabe     | Western Wash | 1.84m  |
| 5 Dances, Seren     | Western Wash | 1.79m  |
| 6 McDiarmid, Caysen | Simon Fraser | 1.74m  |
| --- Provo, Kacey    | Western Wash | NH     |
| --- Kibler, Trent   | Western Wash | NH     |

## Men Pole Vault

| Name                  | School       | Finals |
|-----------------------|--------------|--------|
| <b>Finals</b>         |              |        |
| 1 Martin, Jaime       | Trinity West | 4.57m  |
| 2 Montero, Kurt       | Western Wash | 4.42m  |
| 3 Okinaka, Deylan     | Central Wash | 4.27m  |
| 3 Bowman, Brad        | Seattle Paci | 4.27m  |
| 5 Doidge, Ryan        | Saint Martin | 4.27m  |
| 6 Armbruster, Garrett | Olympic Coll | 4.12m  |
| 6 Hussein, Ali        | British Colu | 4.12m  |
| 8 Klein, Aidan        | Western Wash | 4.12m  |
| 9 Lee, Kainoa         | Seattle Paci | 4.12m  |
| 10 Gill, Gurshaan     | Royal City T | 3.97m  |
| --- Provo, Kacey      | Western Wash | NH     |

## Men Long Jump

| Name                    | School       | Finals     |
|-------------------------|--------------|------------|
| <b>Finals</b>           |              |            |
| 1 Greenwalt, Ryan       | Western Wash | 7.13m 0.4  |
| 2 Dances, Seren         | Western Wash | 7.09m +0.0 |
| 3 Soriano, Jason        | British Colu | 7.02m NWI  |
| 4 Kuzyk, Zack           | Unattached   | 6.91m NWI  |
| 5 Furtado, Blake        | Simon Fraser | 6.82m 0.5  |
| 6 Sample, Collin        | Alaska Ancho | 6.80m NWI  |
| 7 Paris, Nathaniel      | British Colu | 6.75m 1.2  |
| 8 Nguyen, Hewson        | Saint Martin | 6.66m NWI  |
| 9 Jamison, Wayne        | Olympic Coll | 6.62m NWI  |
| 10 Hanafi Bacha, Yoosuf | British Colu | 6.57m 1.4  |
| 10 Gibbs, Mitchell      | Simon Fraser | 6.57m NWI  |
| 12 Njeri, David         | Seattle Paci | 6.56m NWI  |
| 12 Vongphet, Anouthai   | Western Wash | 6.56m NWI  |
| 14 Webster, Isaiah      | Central Wash | 6.55m NWI  |
| 15 Tran, David          | Unattached   | 6.52m 0.3  |
| 16 Hines, Christopher   | Central Wash | 6.49m NWI  |
| 17 McDiarmid, Caysen    | Simon Fraser | 6.39m 2.9  |
| 18 Silva, Tre           | Central Wash | 6.34m 1.0  |
| 19 Manwell, Jeshua      | Central Wash | 6.23m 0.5  |
| 20 Toews, Jonathan      | Trinity West | 6.20m 1.3  |
| 21 Cantarella, Egidio   | British Colu | 6.02m 0.3  |
| 22 Robertson, Felix     | Alaska Ancho | 5.73m +0.0 |
| 23 Brookover, Ethan     | Unattached   | 5.58m NWI  |
| 24 Boun, Brady          | Seattle Paci | 5.56m 0.2  |
| 25 Jackson, Sieh        | Unattached   | 5.10m 0.6  |
| 26 Hurtubise, Hayden    | Langley Must | 4.97m NWI  |
| 27 Guidry, Ethan        | Saint Martin | 4.94m 1.2  |
| --- Catalan, Alex       | Olympic Coll | FOUL       |

## Men Triple Jump

| Name              | School       | Finals      |
|-------------------|--------------|-------------|
| <b>Finals</b>     |              |             |
| 1 Njeri, David    | Seattle Paci | 14.66m 1.8  |
| 2 Menicke, Gabe   | Western Wash | 13.71m 1.6  |
| 3 Webster, Isaiah | Central Wash | 13.35m +0.0 |
| 4 Sample, Collin  | Alaska Ancho | 13.00m 1.0  |
| 5 Salisbury, Zach | Simon Fraser | 12.69m +0.0 |

## 2023 Ralph Vernacchia - 4/29/2023

## Civic Stadium

## Results - Meet Day

## Finals ... (Men Triple Jump)

| Name                   | School       | Finals      |
|------------------------|--------------|-------------|
| 6 Manwell, Jeshua      | Central Wash | 12.47m +0.0 |
| 7 Robertson, Felix     | Alaska Ancho | 12.45m +0.0 |
| 8 Silva, Tre           | Central Wash | 12.38m +0.0 |
| 9 Hauser, Colin        | Evergreen St | 12.15m NWI  |
| 10 Harris, Ashtin      | Green River  | 11.89m 0.7  |
| 11 Chidester, Kaden    | Everett CC   | 11.70m 0.3  |
| --- Nguyen, Hewson     | Saint Martin | FOUL        |
| --- Hines, Christopher | Central Wash | FOUL        |

## Men Shot Put

| Name                   | School       | Finals |
|------------------------|--------------|--------|
| <b>Finals</b>          |              |        |
| 1 Real, Masum          | Pacific Luth | 15.91m |
| 2 Malquist, Ben        | Unattached   | 15.00m |
| 3 Franklin, Wyatt      | Central Wash | 14.63m |
| 4 Asiff, Mohamed       | Unattached   | 14.52m |
| 5 Uliana, Matthew      | British Colu | 14.47m |
| 6 Ramos, Angelo        | Western Wash | 13.40m |
| 7 Engel, Sebastian     | Olympic Coll | 13.28m |
| 8 Campbell, Miller     | Western Wash | 13.18m |
| 9 Simicich, Nathan     | Western Wash | 12.70m |
| 10 Lee, Jarrod         | Team Salty   | 12.63m |
| 11 Beaton, Angus       | Central Wash | 12.52m |
| 12 Hawley, Gavin       | Pacific Luth | 12.09m |
| 13 Warren, Jacob       | Saint Martin | 11.74m |
| 14 Cantarella, Egidio  | British Colu | 11.41m |
| 15 Sonko, George       | Pacific Luth | 10.87m |
| 16 Davis, Nathan       | Olympic Coll | 10.28m |
| 17 Catalan, Alex       | Olympic Coll | 9.13m  |
| 18 Bereket, Nayel      | Northwest U. | 8.74m  |
| 19 Kremser, Maximilian | Alaska Ancho | 8.19m  |
| 20 Mandujano, Jesse    | Alaska Ancho | 6.83m  |
| 21 Avalos, Jesus       | Alaska Ancho | 4.25m  |

## Men Discus Throw

| Name                | School       | Finals |
|---------------------|--------------|--------|
| <b>Finals</b>       |              |        |
| 1 Uliana, Matthew   | British Colu | 48.55m |
| 2 Real, Masum       | Pacific Luth | 47.27m |
| 3 Kizell, William   | British Colu | 45.99m |
| 4 Franklin, Wyatt   | Central Wash | 45.64m |
| 5 Malquist, Ben     | Unattached   | 44.56m |
| 6 Fairbairn, Larson | Pacific Luth | 43.62m |
| 7 Martin, Logan     | Central Wash | 41.74m |
| 8 Sonko, George     | Pacific Luth | 40.07m |
| 9 Lux, Avery        | Team Salty   | 38.56m |
| 10 Warren, Jacob    | Saint Martin | 37.56m |
| 11 Lee, Bryan       | Team Salty   | 37.12m |
| 12 Tryon, Jaydon    | Western Wash | 37.06m |
| 13 Simicich, Nathan | Western Wash | 36.68m |
| 14 Ramos, Angelo    | Western Wash | 35.63m |
| 15 Campbell, Miller | Western Wash | 33.19m |
| 16 Kenny, Ryan      | Western Wash | 32.68m |
| 17 Hawley, Gavin    | Pacific Luth | 31.82m |

|                   |              |        |
|-------------------|--------------|--------|
| 18 Davis, Nathan  | Olympic Coll | 31.49m |
| 19 Seals, Austin  | Western Wash | 28.42m |
| 20 Bereket, Nayel | Northwest U. | 27.34m |
| 21 McKay, Fraser  | Universal At | 24.14m |

## Men Hammer Throw

| Name                | School       | Finals |
|---------------------|--------------|--------|
| <b>Finals</b>       |              |        |
| 1 Lux, Avery        | Team Salty   | 56.44m |
| 2 Campbell, Miller  | Western Wash | 54.73m |
| 3 Martin, Logan     | Central Wash | 54.63m |
| 4 Lee, Bryan        | Team Salty   | 53.62m |
| 5 Beaton, Angus     | Central Wash | 53.54m |
| 6 Ramos, Angelo     | Western Wash | 52.26m |
| 7 Fairbairn, Larson | Pacific Luth | 48.36m |
| 8 Real, Masum       | Pacific Luth | 46.13m |
| 9 Kizell, William   | British Colu | 45.02m |
| 10 Lee, Jarrod      | Team Salty   | 41.80m |
| 11 Engel, Sebastian | Olympic Coll | 40.98m |
| 12 Franklin, Wyatt  | Central Wash | 38.91m |
| 13 Hawley, Gavin    | Pacific Luth | 38.03m |
| 14 Davis, Nathan    | Olympic Coll | 36.94m |
| 15 Simicich, Nathan | Western Wash | 35.30m |
| 16 Bereket, Nayel   | Northwest U. | 27.08m |

## Men Javelin Throw

| Name                  | School       | Finals |
|-----------------------|--------------|--------|
| <b>Finals</b>         |              |        |
| 1 Tryon, Jaydon       | Western Wash | 59.83m |
| 2 Cortes, Bryan       | Simon Fraser | 59.69m |
| 3 Koehn, Kacey        | Northwest U. | 55.74m |
| 4 Wise, Branden       | Central Wash | 55.02m |
| 5 Ciarniello, Dean    | British Colu | 49.37m |
| 6 Chaffin, Darius     | Pacific Luth | 46.45m |
| 7 Yonko, Gabe         | Northwest U. | 45.78m |
| 8 Hines, Christopher  | Central Wash | 44.36m |
| 9 Charles, Guyland    | Olympic Coll | 38.74m |
| 10 Slupski, Ryan      | Northwest U. | 37.92m |
| --- Kuziak, Cameron   | British Colu | ND     |
| --- Olmstead, Carson  | Pacific Luth | ND     |
| --- Armstrong, Landon | Saint Martin | ND     |
| --- Guidry, Ethan     | Saint Martin | ND     |