

2025



TRACK & FIELD

STATE CHAMPIONSHIPS



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WELCOME

to the CELEBRATION of CHAMPIONS



Dear Athletes, Coaches, Sponsors, and Fans,

On behalf of the Alaska School Activities Association Board of Directors, welcome to the 2025 ASAA/First National Bank Alaska Track & Field State Championships! We are excited to gather for this pinnacle event, where Alaska's finest high school teams compete for state titles. Today is the culmination of months of dedication, teamwork, and determination, and we are honored to celebrate the achievements of these student-athletes. Sports and activities teach resilience, leadership, and the power of unity, values that will carry you far beyond the rink.

To the athletes, this is your moment to shine, and we commend you for the hard work, discipline, and passion you've demonstrated throughout the season. Whether this is your first time at the state championships or you're returning for another shot at victory, know that you have made your communities proud. To our corporate sponsors, we express our deepest gratitude for your unwavering support of ASAA and our student-athletes.

Your contributions are vital to making these championships possible and to helping us provide enriching experiences for young athletes across the state. To the coaches, families, and fans, thank you for your endless support, guidance, and enthusiasm. You are an integral part of the journey, and your encouragement fuels the success of these teams. The energy and excitement you bring to the stands make this event truly special.

Good luck to all teams—let's enjoy a fantastic weekend of State Track & Field!

Billy Strickland
ASAA Executive Director

Indigenous Land Acknowledgement:

The Alaska School Activities Association is honored to be guests on the traditional homelands of the Eklutna Dena'ina Peoples for this championship event. We are committed to recognizing, celebrating and honoring the continued culture, language and heritage of the Dena'ina Peoples. Chin'an!

Learn more about Indigenous people of Alaska
by visiting the Alaska Native Heritage Center
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NATIVE
HERITAGE
CENTER



The Alaska School Activities Association is a statewide nonprofit organization established to direct, develop and support Alaska's high school interscholastic sports, academic and fine arts activities since 1956.

ASAA MISSION STATEMENT

Provide and promote opportunities through activities for all Alaska students.

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2025 ASAA/FIRST NATIONAL BANK TRACK & FIELD STATE CHAMPIONSHIPS SCHEDULE

Hosted by: ASAA & Dimond HS / Location: Dimond High School

FRIDAY, MAY 30

FINAL FIELD EVENTS

8:15am - Clerk Check In Available

HIGH JUMP

9:00 am Div II Boys and Div I Boys
9:00 am Div II Girls and Div I Girls

DISCUS

9:15 am Div I Girls
11:00 am Div II Girls

SHOT PUT

9:30 am Div II Boys
11:15 am Div I Boys
1:30 pm Unified Coed

TRIPLE JUMP

12:00 pm Div II Girls (Pit 2) and Div I Boys (Pit 1)
2:30 pm Div I Girls (Pit 2) and Div II Boys (Pit 1)

LONG JUMP

4:30 pm Unified Girls/Partners Girls (Pit 2)
Unified Boys/Partners Boys (Pit 1)

RUNNING EVENTS

9:30am - Clerk Check In Available

11:20 am - National Anthem

FINALS

11:30 am Div II Girls 3200M Final 11:55 am Div I Girls 3200M Final
12:20 pm Div II Boys 3200M Final 12:45 pm Div I Boys 3200M Final

PRELIMINARIES

1:20 pm Div II Girls 100M Hurdles	1:30 pm Div I Girls 100M Hurdles
1:45 pm Div II Boys 110M Hurdles	1:55 pm Div I Boys 110M Hurdles
2:05 pm Div II Girls 100M	2:15 pm Div I Girls 100M
2:25 pm Div II Boys 100M	2:35 pm Div I Boys 100M
2:45 pm Div II Girls 400M	2:55 pm Div I Girls 400M
3:05 pm Div II Boys 400M	3:15 pm Div I Boys 400M
3:30 pm Div II Girls 300M Hurdles	3:40 pm Div I Girls 300M Hurdles
3:55 pm Div II Boys 300M Hurdles	4:05 pm Div I Boys 300M Hurdles
4:20 pm Div II Girls 800M	4:30 pm Div I Girls 800M
4:40 pm Div II Boys 800M	4:50 pm Div I Boys 800M
5:05 pm Div II Girls 200M	5:15 pm Div I Girls 200M
5:25 pm Div II Boys 200M	5:35 pm Div I Boys 200M

5:50 pm Possible Run-Offs

SATURDAY, MAY 31

FINAL FIELD EVENTS

8:15am - Clerk Check In Available

LONG JUMP

9:00 am Div I Girls (Pit 2)
Div II Boys (Pit 1)
11:30 pm Div II Girls (Pit 2)
Div I Boys (Pit 1)

DISCUS

9:15 am Div I Boys
11:30 am Div II Boys

SHOT PUT

9:30 am Div II Girls
11:30 am Div I Girls

FINAL RUNNING EVENTS

9:45 - Clerk Check In Available

10:20 am - National Anthem

10:30 am Div II Girls 4x800M Relay	10:45 am Div I Girls 4x800M Relay
11:00 am Div II Boys 4x800M Relay	11:15 am Div I Boys 4x800M Relay
11:30 am Div II Girls 100M Hurdles	11:35 am Div I Girls 100M Hurdles
11:48 am Div II Boys 110M Hurdles	11:53 am Div I Boys 110M Hurdles
12:05 pm - Div II Girls 100M	12:10 pm Div I Girls 100M
12:15 pm Unified 100M (partner heat / athlete heat)	
12:40 pm Div II Boys 100M	12:45 pm Div I Boys 100M
12:57 pm Div II Girls 4x200M Relay	1:07 pm Div I Girls 4x200M Relay
1:23 pm Div II Boys 4x200M Relay	1:32 pm Div I Boys 4x200M Relay
1:40 pm Div II Girls 1600M	1:50 pm Div I Girls 1600M
2:00 pm Div II Boys 1600M	2:10 pm Div I Boys 1600M
2:25 pm Div II Girls 4x100M Relay	2:33 pm Div I Girls 4x100M Relay
2:43 pm Unified 4x100M Relay (Girls)	
2:53 pm Unified 4x100M Relay (Boys)	
3:05 pm Div II Boys 4x100M Relay	3:13 pm Div I Boys 4x100M Relay
3:20 pm Div II Girls 400M	3:30 pm Div I Girls 400M
3:37 pm Div II Boys 400M	3:44 pm Div I Boys 400M
3:55 pm Div II Girls 300M Hurdles	4:05 pm Div I Girls 300M Hurdles
4:15 pm Div II Boys 300M Hurdles	4:25 pm Div I Boys 300M Hurdles
4:40 pm Div II Girls 800M	4:50 pm Div I Girls 800M
5:00 pm Div II Boys 800M	5:05 pm Div I Boys 800M
5:10 pm Div II Girls 200M	5:18 pm Div I Girls 200M
5:26 pm Div II Boys 200M	5:34 pm Div I Boys 200M
5:50 pm Div II Girls 4x400M Relay	6:00 pm Div I Girls 4x400M Relay
6:10 pm Div II Boys 4x400M Relay	6:20 pm Div I Boys 4x400M Relay



GO THE EXTRA MILE.

We like the way you never settle for less. That's why our team is happy to support your team at the 2025 ASAA/First National Bank Alaska Track and Field State Championships. Good luck out there.

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AIRLINES





CHAMPIONSHIP STAFF

ASAA extends its appreciation to the following people for contributing their time and energy in making this year's 2025 ASAA/First National Bank Alaska Track & Field State Championship a success.

- **Dimond HS - Activities Principal Chris Ruggles**
- **Don Winchester & Dimond Alumni Association**
- **Anchorage School District**

Plus the countless number of volunteers which make this ASAA State Championship event possible!



Thank you





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HISTORY OF ASAA

ASAA's roots predate statehood. In the early 1950s, school leaders in the Territory of Alaska recognized the need to separate the high school basketball program from the local town business leagues. William Zahradnicek of Palmer, and W.W. Lahnum and Gordon Guffey of Anchorage, joined forces to organize the Western Alaska High School Activities Association. Sterling Sears of Juneau, Les Wingard, J.E. Danielson of Ketchikan were moving ahead at the same time to form the Southeast Alaska Activities Association with a mandate to ensure educational leadership.

In 1956, the Territorial Department of Education Superintendents Advisory Commission determined the need for an organization that could establish common rules and regulations to guide the activities of the two associations. In the Fall of 1957, the commission approved the Constitution and Bylaws of the Alaska High School Activities Association (ASAA). Officers representing the two divisions were elected. The first Board of Control consisted of William Zahradnicek, Palmer, as Chairman, J.E. Danielson, Ketchikan, Secretary-Treasurer; and members George McMillan, Juneau, Joe Montgomery, Anchorage, and Sterling Sears, Juneau.

This informal arrangement worked very well until the early 1970s, when the State Legislature added a section to the Educational Statutes placing the Association under the Department of Education. School populations and the number of participating schools were increasing. After many meetings, the two original associations became five distinct Regions based on school size and geographic location. One year later, in 1976, Regions increased to six. The new Board of Control consisted of one member from each Region, a representative of the Association of Alaska School Boards, and a representative of the Superintendents Association. In 1978, the board added a representative of the Alaska Association of Student Governments.

Due to the increasing number of schools participating in boys and girls basketball, the need for additional statewide culminating events became evident. This required the formation of a classification system that spanned all of the Regions. This task fell to a committee composed of representatives from all six Regions. It was known as the "Black and Blue" Ribbon Study Commission because of the difficulties faced in satisfying the needs of each Region. In June 1981, the Board of Control adopted the Commission's recommendation to establish four classifications based on school enrollment with some overlap in the two smallest classes due to geographic location. The first statewide event for the smaller classes was an invitational basketball tournament held in Anchorage in 1983-84.

In 1986, the Department of Education eliminated funding for ASAA. The Board of Control voted to incorporate as a 501(c)(3) non-profit corporation, beginning July 1, 1987. Because of ongoing jurisdictional issues between the Association and the State of Alaska, both entities sought a legal resolution. This resulted in the 1995 repeal of the Legislative Statute that had placed ASAA under the Department of Education.

In 2007, in order to ensure consistent tobacco, alcohol and controlled substances policies by member schools and districts, the Board of Directors adopted the "Play for Keeps-Win for Life" program for all student participants. In 2011, the Alaska Legislature passed House Bill 15, (amended in 2012 under Senate Bill 119), that sets standards for concussion awareness, education, treatment and return to participation protocols. ASAA developed recommended policies and procedures to assist in the implementation of the law. In 2013, the Alaska Legislature passed Senate Bill 41 that addressed interscholastic participation by "alternative education program students." ASAA developed bylaws and policies to assist schools, students and families in the implementation of the statute.

Currently, the Alaska School Activities Association serves over 200 schools and 26,000 student participants. These student participants are active in 22 athletic activities and 6 academic activities culminating in 54 State Championship events! Without the support of the schools, students, coaches/advisors, parents, and fans ASAA couldn't be as successful as it has been since 1956. **THANK YOU!**



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DII STATE MEET PROGRAM

Mens

100 Meters

V: 16

	Seed		
● V	12 Ronan Bickling	11.39	SEW R3 #1
● V	11 Sahli Howard	11.42	MCCA * R3 #2
● V	12 Andrew Baczuk	11.57	VDZ R6 #1
● V	11 Calder Prussian	11.67	SIT R5 #1
● V	11 Austin Barnard	11.70	SUV R2 #1
● V	10 Merrick McCumby	11.82	VDZ * R6 #2
● V	12 Rex Adres	11.89	SIT * R5 #2
● V	12 Cordell Randall	11.95	TVS * R2 #2
● V	12 Jaidhen Oyao	11.96	MCCA * R3 #4
● V	9 Blake Colvin	12.04	GRA * R3 #5
● V	10 Ben Kandoll	12.06	PSG * R5 #3
● V	11 Elias Johnson	12.10	HOU * R3 #6
● V	9 Keegan James Musich	12.11	NBHS
● V	12 Jacob Shockey	12.15	SUV * R2 #3
● V	9 Andrew Mullin	12.18	SIT * R5 #4
● V	12 Calvin Miller	12.23	SKG * R5 #5

200 Meters

V: 16

	Seed		
● V	12 Ronan Bickling	23.03	SEW R3 #1
● V	12 Andrew Baczuk	23.57	VDZ R6 #1
● V	11 Sahli Howard	23.72	MCCA * R3 #3
● V	11 Brady Bevard	23.83	DEL * R6 #2
● V	10 Aidan Jackman	23.84	KEN * R3 #4
● V	11 Calder Prussian	24.19	SIT R5 #1
● V	10 Ben Kandoll	24.27	PSG * R5 #2
● V	10 Isaiah Harris	24.45	SIT * R5 #3
● V	10 Gage Ivy	24.54	KEN * R3 #5
● V	11 Royce Borst	24.67	SKG * R5 #4
● V	11 Ashton Clarkson	24.84	GRA * R3 #6
● V	10 Timothy Edmondson	24.86	MCCA * R3 #7
● V	12 Graelin Chaney	24.89	DLG
● V	12 Talon Loving	24.90	MON * R6 #3
● V	12 Cordell Randall	25.11	TVS R2 #1
● V	12 Jace Wadsworth	25.12	VDZ * R6 #4

400 Meters

V: 16

	Seed		
● V	12 Orson Hoogendorn	51.82	NBHS
● V	12 Lukas Underhile	52.69	MCCA R3 #1
● V	11 Calder Prussian	53.20	SIT * R5 #1
● V	12 Stryder Kronberger	53.88	MCCA * R3 #2
● V	11 Brady Bevard	54.32	DEL * R6 #2
● V	10 Mason Stanley	54.32	MCCA * R3 #3
● V	12 Phoenix Swaner	54.89	HNS * R5 #2
● V	11 Jai Badajos	55.23	HOM * R3 #4
● V	11 Elias Johnson	55.38	HOU * R3 #5
● V	12 Cordell Randall	55.50	TVS R2 #1
● V	12 Oliver Trobaugh	55.59	SEW * R3 #6
● V	10 Ryder Maguire	55.86	NIK * R3 #7
● V	11 Bristol Tobin	56.72	GRA * R3 #8
● V	9 Will McMahan	57.19	GLEN * R2 #2
● V	9 Brody Ferrin	57.34	HNS * R5 #3
● V	11 Brenden Moncibaiz	57.57	SKG * R5 #4

800 Meters

V: 16

	Seed		
● V	12 Robbie Annett	1:56.79	GRA R3 #1
● V	12 Colton Merriner	1:57.74	GRA * R3 #2
● V	12 Lukas Underhile	2:01.18	MCCA * R3 #3
● V	11 Boomchain Loucks	2:02.42	WRAN R5 #1
● V	11 Johannes Bynagle	2:06.75	HOM * R3 #4
● V	12 Trey Demmert	2:07.15	SIT * R5 #2
● V	11 Jai Badajos	2:07.43	HOM * R3 #5
● V	10 Ryder Maguire	2:07.78	NIK * R3 #6
● V	11 Reggie Baksis	2:08.60	VDZ R6 #1
● V	10 Granite Peacock	2:08.66	NBHS
● V	10 Jack Matthew	2:10.10	MCCA * R3 #7
● V	10 Aulis Nelson	2:12.32	CRAI * R5 #3
● V	10 Eli Martin	2:12.44	MCCA * R3 #8
● V	11 Gideon Bedingfield	2:14.87	SUV R2 #1
● V	11 Ash Blake	2:15.97	DEL * R6 #3
● V	11 Landon Kirkness	2:18.20	SIT * R5 #4

Womens

100 Meters

V: 16

	Seed		
● V	11 Ourea Busk	12.89	UNK
● V	12 Gracie Miotke	12.97	HOM R3 #1
● V	9 Molly Evans	13.07	HOM * R3 #2
● V	11 Taylor Eddington	13.16	TVS R2 #1
● V	11 Adalya Moore	13.29	SIT R5 #1
● V	12 Jenna Houck	13.32	MCCA * R3 #3
● V	11 Sophie Tapley	13.42	KEN * R3 #4
● V	10 Jaelynn Kennon	13.53	HOM * R3 #5
● V	11 Sarah Jones	13.75	HNS * R5 #2
● V	9 Logyn Randall	13.76	TVS * R2 #2
● V	10 Kenleigh Newton	13.80	MON R6 #1
● V	9 Hannah Leatherman	13.82	SEW * R3 #6
● V	9 River Smelcer	13.96	VDZ * R6 #2
● V	10 Aliya Valeriano	14.09	VDZ * R6 #4
● V	9 Bryleigh Williams	14.14	KEN * R3 #7
● V	11 Alyssa Hansen	14.17	MON * R6 #5

200 Meters

V: 16

	Seed		
● V	9 Molly Evans	26.96	HOM R3 #1
● V	10 Mia Bukala	27.01	REDI * R3 #2
● V	11 Ourea Busk	27.22	UNK
● V	12 Hope Jackson	27.38	GRA * R3 #3
● V	11 Adalya Moore	27.38	SIT R5 #1
● V	11 Taylor Eddington	27.40	TVS R2 #1
● V	12 Jenna Houck	27.59	MCCA * R3 #4
● V	11 Immi Im	27.68	HOM * R3 #5
● V	10 Regan Seibert	28.04	SEW * R3 #6
● V	9 Hannah Leatherman	28.12	SEW * R3 #7
● V	10 Emma Mersdorf	28.26	MCCA * R3 #8
● V	10 Kenleigh Newton	28.46	MON R6 #1
● V	11 Natalie Hall	28.52	SIT * R5 #2
● V	11 Sarah Jones	29.03	HNS * R5 #3
● V	9 River Smelcer	29.22	VDZ * R6 #2
● V	9 Logyn Randall	29.32	TVS * R2 #2

400 Meters

V: 16

	Seed		
● V	11 Ourea Busk	59.10	UNK
● V	11 Taylor Eddington	59.37	TVS R2 #1
● V	9 Vera Bates	1:00.06	HOM R3 #1
● V	9 Olive Jordan	1:00.28	SEW * R3 #2
● V	11 Tagan Rinner	1:00.90	GRA * R3 #3
● V	10 Regan Seibert	1:00.97	SEW * R3 #4
● V	11 Kate Matthew	1:01.63	MCCA * R3 #5
● V	10 Maddy Miotke	1:02.14	HOM * R3 #6
● V	11 Immi Im	1:02.93	HOM * R3 #7
● V	10 Kenleigh Newton	1:03.66	MON * R6 #2
● V	10 Ayla Burcar	1:04.52	SUV * R2 #2
● V	12 Brightly Thoning	1:05.73	HOM * R3 #8
● V	11 Leilynn Swain	1:07.05	SIT R5 #1
● V	11 Gabrielle Whitacre	1:08.50	PSG * R5 #2
● V	9 CC Elliot	1:09.94	HNS * R5 #3
● V	11 Lily Esmailka	1:10.74	SUV * R2 #3

800 Meters

V: 16

	Seed		
● V	12 Clare Mullin	2:18.46	SIT R5 #1
● V	9 Etta Bynagle	2:26.41	HOM R3 #1
● V	9 Isabella Eller	2:26.62	UNK
● V	11 Tagan Rinner	2:28.41	GRA * R3 #2
● V	11 Lily Slaughenhoup	2:30.36	MCCA * R3 #3
● V	12 Marina Dill	2:31.01	SIT * R5 #2
● V	12 Beatrix McDonough	2:31.05	HOM * R3 #4
● V	11 Clairaa Booz	2:32.28	HOM * R3 #5
● V	12 Ari'el Godinez Long	2:33.45	HNS * R5 #3
● V	10 Lillian Stewart	2:34.03	SUV R2 #1
● V	9 Olive Jordan	2:35.01	SEW * R3 #6
● V	12 Katie Van Buskirk	2:35.47	SEW * R3 #7
● V	11 Juniper Ingalls	2:38.73	SEW * R3 #8
● V	11 Iris Haas	2:38.79	DEL R6 #1
● V	12 Anya Simard	2:41.23	MON * R6 #3
● V	12 Aliyah Mercurief	2:41.99	SIT * R5 #4

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DII STATE MEET PROGRAM

1600 Meters

V: 16

		Seed	
● V	12 Robbie Annett	4:18.90	GRA R3 #1
● V	12 Connor Hitchcock	4:26.35	SIT R5 #1
● V	11 Boomchain Loucks	4:26.48	WRAN * R5 #2
● V	12 Colton Merriner	4:29.62	GRA * R3 #2
● V	11 Johannes Bynagle	4:37.84	HOM * R3 #3
● V	9 Breyden Nottinghamham	4:43.00	MCCA * R3 #4
● V	11 Jai Badajos	4:46.89	HOM * R3 #5
● V	12 Ned Peters	4:48.14	BETH
● V	11 Reggie Baksis	4:48.53	VDZ R6 #1
● V	10 Ryder Maguire	4:49.03	NIK * R3 #6
● V	12 Andrew Severs	4:50.02	GLEN R2 #1
● V	10 Aulis Nelson	4:50.05	CRAI * R5 #3
● V	11 Caleb Bunker	4:51.14	HOM * R3 #7
● V	11 Jude Rozeboom	4:51.66	HOM * R3 #8
● V	10 Ryan Annett	4:51.67	GRA * R3 #9
● V	11 Easton Roads	4:54.09	GRA * R3 #10

3200 Meters

V: 16

		Seed	
● V	12 Robbie Annett	9:30.52	GRA R3 #1
● V	12 Colton Merriner	9:51.77	GRA * R3 #2
● V	12 Connor Hitchcock	9:52.66	SIT R5 #1
● V	12 Ned Peters	10:01.50	BETH
● V	11 Johannes Bynagle	10:03.41	HOM * R3 #3
● V	10 Zach Martins	10:19.11	SIT * R5 #2
● V	9 Breyden Nottinghamham	10:20.02	MCCA * R3 #4
● V	10 Aulis Nelson	10:20.58	CRAI * R5 #3
● V	12 Andrew Severs	10:20.76	GLEN R2 #1
● V	11 Caleb Bunker	10:24.48	HOM * R3 #5
● V	11 Gaje Ventress	10:26.02	PSG * R5 #4
● V	11 Jude Rozeboom	10:30.75	HOM * R3 #6
● V	10 Jack Matthew	10:30.99	MCCA * R3 #7
● V	10 Ryan Annett	10:34.29	GRA * R3 #8
● V	9 Joseph Laudermilch	10:35.54	BCS * R2 #2
● V	10 Myles Werle	10:47.46	MON R6 #1

110m Hurdles

V: 14

		Seed	
● V	12 Rowan Olney-Miller	16.81	SIT R5 #1
● V	11 JC Davis	16.88	HNS * R5 #2
● V	11 Chris Jones	16.95	GRA R3 #1
● V	12 Delen Byrd	17.19	KEN * R3 #2
● V	11 Noah Pawuk	17.29	PSG * R5 #3
● V	12 Matthew Krol	17.84	KEN * R3 #3
● V	12 Asher Mcglinchy	18.03	MON R6 #1
● V	11 Luke Walter	18.15	MON * R6 #2
● V	10 Maxwell Herndon	18.26	HOM * R3 #4
● V	12 Jomar Molina	18.34	SIT * R5 #4
● V	11 Brenden Moncibaiz	18.54	SKG * R5 #5
● V	12 Carlos Stevens	19.41	MCCA * R3 #5
● V	9 Logan Ward	20.26	SKG * R5 #6
● V	9 Drake Attwood	20.44	HOU * R3 #6

300m Hurdles

V: 16

		Seed	
● V	11 Tait Ostrom	42.97	HOM R3 #1
● V	11 Liam Pettit	43.45	MCCA * R3 #2
● V	11 Chris Jones	43.90	GRA * R3 #3
● V	12 Rowan Olney-Miller	44.00	SIT R5 #1
● V	12 Delen Byrd	44.38	KEN * R3 #4
● V	12 Matthew Krol	44.39	KEN * R3 #5
● V	11 Luke Walter	44.50	MON R6 #1
● V	10 Tristin Nicholson	44.57	MON * R6 #2
● V	11 Noah Pawuk	44.97	PSG * R5 #2
● V	11 JC Davis	46.04	HNS * R5 #3
● V	12 Asher Mcglinchy	46.19	MON * R6 #3
● V	12 Ethan Clark	46.21	SIT * R5 #4
● V	10 Maxwell Herndon	46.51	HOM * R3 #6
● V	10 Dylan Passage	46.58	VDZ * R6 #4
● V	12 Andrew Severs	46.70	GLEN R2 #1
● V	11 Clay Martin	51.06	DLG

4x100 Relay

V: 53

		Seed	
● V-A1	10 Timothy Edmondson	45.38	MCCA R3 #1
● V-A2	11 Sahli Howard	45.38	MCCA R3 #1
● V-A3	12 Carlos Stevens	45.38	MCCA R3 #1
● V-A4	12 Jaidhen Oyao	45.38	MCCA R3 #1
● V-A5	11 Ryan Earhart	45.38	MCCA R3 #1
● V-A6	10 Kole MacLachlan	45.38	MCCA R3 #1
● V-A7	11 Liam Pettit	45.38	MCCA R3 #1
● V-A8	10 Jaylin Whitener	45.38	MCCA R3 #1
● V-A1	12 Jace Wadsworth	46.10	VDZ R6 #1

1600 Meters

V: 16

		Seed	
● V	12 Clare Mullin	5:09.75	SIT R5 #1
● V	9 Olive Jordan	5:27.43	SEW R3 #1
● V	12 Marina Dill	5:28.81	SIT * R5 #2
● V	12 Katie Van Buskirk	5:30.39	SEW * R3 #2
● V	9 Etta Bynagle	5:31.06	HOM * R3 #3
● V	11 Iris Haas	5:32.14	DEL R6 #1
● V	11 Clair Booz	5:34.07	HOM * R3 #4
● V	10 Indigo Leslie	5:37.04	SEW * R3 #5
● V	10 Sydney Mondeel	5:42.76	GRA * R3 #6
● V	11 Juniper Ingalls	5:47.85	SEW * R3 #7
● V	12 Aliyah Mercurief	5:51.09	SIT * R5 #3
● V	9 Arielle Tucker	5:53.75	PSG * R5 #4
● V	11 Kayla Abbott	5:54.88	GLEN R2 #1
● V	12 Anya Simard	5:55.41	MON * R6 #2
● V	9 Ashlyn Elliot	5:58.49	GRA * R3 #8
● V	12 Jaela Marchbanks	6:01.29	HOM * R3 #9

3200 Meters

V: 16

		Seed	
● V	12 Clare Mullin	11:17.94	SIT R5 #1
● V	12 Marina Dill	11:29.33	SIT * R5 #2
● V	11 Iris Haas	11:59.83	DEL R6 #1
● V	10 Indigo Leslie	12:00.37	SEW R3 #1
● V	12 Katie Van Buskirk	12:04.13	SEW * R3 #2
● V	11 Clair Booz	12:06.85	HOM * R3 #3
● V	9 Isabella Eller	12:09.43	UNK
● V	9 Etta Bynagle	12:14.00	HOM * R3 #4
● V	12 Aliyah Mercurief	12:32.12	SIT * R5 #3
● V	11 Juniper Ingalls	12:35.65	SEW * R3 #5
● V	12 Anya Simard	12:39.23	MON * R6 #2
● V	9 Arielle Tucker	12:40.74	PSG * R5 #4
● V	10 Sydney Mondeel	12:49.39	GRA * R3 #6
● V	11 Kayla Abbott	12:53.55	GLEN R2 #1
● V	12 Jaela Marchbanks	12:58.39	HOM * R3 #7
● V	10 Maria Toth	13:02.32	PSG * R5 #5

100m Hurdles

V: 16

		Seed	
● V	12 Hope Jackson	16.20	GRA R3 #1
● V	11 Emma Heuer	17.07	SIT R5 #1
● V	10 Mia Bukala	17.15	REDI * R3 #2
● V	11 Maddie Haas	17.21	SEW * R3 #3
● V	12 Jenna Houck	17.42	MCCA * R3 #4
● V	11 Abigail McKay	17.60	GRA * R3 #5
● V	10 Emma Mersdorf	17.94	MCCA * R3 #6
● V	10 Leila Church	18.21	MON R6 #1
● V	9 Abigail Ostrom	18.26	HOM * R3 #7
● V	9 Lexie Tow	18.67	PSG * R5 #2
● V	10 Avery Reger	19.18	HNS * R3 #8
● V	12 Lilly Robinson	19.26	GRA * R5 #3
● V	11 Nora Sterner	20.44	MON * R6 #2
● V	11 Freya Tucker	20.44	PSG * R5 #4
● V	10 Haylie Wahlin	20.58	TVS R2 #1
● V	11 Kalin Clouse	20.85	DLG

300m Hurdles

V: 16

		Seed	
● V	10 Mia Bukala	47.68	REDI R3 #1
● V	11 Taylor Eddington	48.44	TVS R2 #1
● V	11 Maddie Haas	49.30	SEW * R3 #2
● V	10 Leila Church	50.47	MON R6 #1
● V	10 Piper McKenzie	50.58	HUT * R6 #2
● V	10 Jaelynn Kennon	50.67	HOM * R3 #3
● V	10 Emma Mersdorf	50.99	MCCA * R3 #4
● V	11 Natalie Hall	51.30	SIT R5 #1
● V	9 Vera Bates	52.82	HOM * R3 #5
● V	11 Eilish Keenan	53.30	SUV * R2 #2
● V	9 Lexie Tow	54.29	PSG * R5 #2
● V	12 Kelly Gregor	54.58	HUT * R6 #3
● V	10 Haylie Wahlin	55.78	TVS * R2 #3
● V	9 Abigail Ostrom	55.80	HOM * R3 #6
● V	11 Kalin Clouse	56.36	DLG
● V	10 Avery Reger	56.82	GRA * R3 #7

4x100 Relay

V: 52

		Seed	
● V-A1	10 Jaelynn Kennon	50.92	HOM R3 #1
● V-A2	12 Gracie Miotke	50.92	HOM R3 #1
● V-A3	11 Immi Im	50.92	HOM R3 #1
● V-A4	9 Molly Evans	50.92	HOM R3 #1
● V-A5	9 Isabella Clarke	50.92	HOM R3 #1
● V-A6	9 Liliana Harris	50.92	HOM R3 #1
● V-A7	10 Reilly Sue Baker	50.92	HOM R3 #1



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DII STATE MEET PROGRAM

● V-A2 11 Brody Lijedahl	46.10	VDZ	R6 #1
● V-A3 10 Merrick McCumby	46.10	VDZ	R6 #1
● V-A4 12 Andrew Baczuk	46.10	VDZ	R6 #1
● V-A5 11 Kyle Petersen	46.10	VDZ	R6 #1
● V-A6 9 Kaden VanBuskirk	46.10	VDZ	R6 #1
● V-A1 12 Delen Byrd	46.43	KEN	*R3 #2
● V-A2 10 Aidan Jackman	46.43	KEN	*R3 #2
● V-A3 12 Elliot Hanson	46.43	KEN	*R3 #2
● V-A4 10 Gage Ivy	46.43	KEN	*R3 #2
● V-A5 12 Matthew Krol	46.43	KEN	*R3 #2
● V-A1 11 Nikolai Macauly	46.59	HOM	*R3 #3
● V-A2 10 Jackson Fraley	46.59	HOM	*R3 #3
● V-A3 10 Javan Weisser	46.59	HOM	*R3 #3
● V-A4 10 Maxwell Herndon	46.59	HOM	*R3 #3
● V-A5 9 Asher Rozeboom	46.59	HOM	*R3 #3
● V-A6 9 Gryffyn Linder	46.59	HOM	*R3 #3
● V-A1 12 Rex Adres	46.82	SIT	R5 #1
● V-A2 11 Zander Dumag	46.82	SIT	R5 #1
● V-A3 10 Marc Tomas	46.82	SIT	R5 #1
● V-A4 9 Andrew Mullin	46.82	SIT	R5 #1
● V-A5 10 Isaiah Harris	46.82	SIT	R5 #1
● V-A6 12 Jomar Molina	46.82	SIT	R5 #1
● V-A7 10 Ashton Peterson	46.82	SIT	R5 #1
● V-A8 11 Cole McLaughlin	46.82	SIT	R5 #1
● V-A1 12 Jacob Shockey	46.90	SUV	R2 #1
● V-A2 10 Ryan Gossett	46.90	SUV	R2 #1
● V-A3 11 Gideon Bedingfield	46.90	SUV	R2 #1
● V-A4 11 Austin Barnard	46.90	SUV	R2 #1
● V-A5 10 Owen Drumm	46.90	SUV	R2 #1
● V-A6 9 Enzo Keenan	46.90	SUV	R2 #1
● V-A1 9 Blake Colvin	47.34	GRA	*R3 #4
● V-A2 9 Dylan Poe	47.34	GRA	*R3 #4
● V-A3 11 Henry Beck	47.34	GRA	*R3 #4
● V-A4 11 Ashton Clarkson	47.34	GRA	*R3 #4
● V-A5 12 Ben Monrad	47.34	GRA	*R3 #4
● V-A6 9 Brendon Romang	47.34	GRA	*R3 #4
● V-A7 12 Theo Garcia	47.34	GRA	*R3 #4
● V-A8 10 Grant Eldridge	47.34	GRA	*R3 #4
● V-A1 10 Levi Pederson	48.52	NBHS	
● V-A2 9 Keegan James Musich	48.52	NBHS	
● V-A3 10 Granite Peacock	48.52	NBHS	
● V-A4 11 Kendall Ulroan	48.52	NBHS	
● V-A5 11 Young Erikson	48.52	NBHS	
● V-A6 9 Preston Sund	48.52	NBHS	

4x200 Relay

V: 51

	Seed	
● V-A1 11 Liam Pettit	1:33.49	MCCA R3 #1
● V-A2 11 Sahli Howard	1:33.49	MCCA R3 #1
● V-A3 10 Mason Stanley	1:33.49	MCCA R3 #1
● V-A4 12 Lukas Underhile	1:33.49	MCCA R3 #1
● V-A5 10 Timothy Edmondson	1:33.49	MCCA R3 #1
● V-A6 12 Carlos Stevens	1:33.49	MCCA R3 #1
● V-A7 11 Ryan Earhart	1:33.49	MCCA R3 #1
● V-A8 12 Stryder Kronberger	1:33.49	MCCA R3 #1
● V-A1 9 Blake Colvin	1:36.20	GRA *R3 #2
● V-A2 12 Theo Garcia	1:36.20	GRA *R3 #2
● V-A3 11 Henry Beck	1:36.20	GRA *R3 #2
● V-A4 11 Ashton Clarkson	1:36.20	GRA *R3 #2
● V-A5 9 Dylan Poe	1:36.20	GRA *R3 #2
● V-A6 12 Ben Monrad	1:36.20	GRA *R3 #2
● V-A7 11 Bristol Tobin	1:36.20	GRA *R3 #2
● V-A8 10 Grant Eldridge	1:36.20	GRA *R3 #2
● V-A1 12 Jace Wadsworth	1:37.31	VDZ R6 #1
● V-A2 9 Kaden VanBuskirk	1:37.31	VDZ R6 #1
● V-A3 11 Brody Lijedahl	1:37.31	VDZ R6 #1
● V-A4 10 Merrick McCumby	1:37.31	VDZ R6 #1
● V-A5 11 Kyle Petersen	1:37.31	VDZ R6 #1
● V-A1 11 Nikolai Macauly	1:37.37	HOM *R3 #3
● V-A2 10 Jackson Fraley	1:37.37	HOM *R3 #3
● V-A3 10 Javan Weisser	1:37.37	HOM *R3 #3
● V-A4 9 Gryffyn Linder	1:37.37	HOM *R3 #3
● V-A5 10 Maxwell Herndon	1:37.37	HOM *R3 #3
● V-A6 9 Asher Rozeboom	1:37.37	HOM *R3 #3
● V-A1 11 Luke Walter	1:37.87	MON *R6 #2
● V-A2 10 Zavier Oleson	1:37.87	MON *R6 #2
● V-A3 10 Tristin Nicholson	1:37.87	MON *R6 #2
● V-A4 12 Talon Loving	1:37.87	MON *R6 #2
● V-A5 12 Asher McGlinchy	1:37.87	MON *R6 #2
● V-A1 11 Brayden Tucker	1:38.05	PSG R5 #1
● V-A2 10 Nolan Lutomski	1:38.05	PSG R5 #1
● V-A3 11 Noah Pawuk	1:38.05	PSG R5 #1
● V-A4 10 Ben Kandoll	1:38.05	PSG R5 #1
● V-A5 12 Markus Anderson	1:38.05	PSG R5 #1
● V-A6 11 Alex Holmgrain	1:38.05	PSG R5 #1
● V-A1 10 Levi Pederson	1:43.12	NBHS
● V-A2 9 Preston Sund	1:43.12	NBHS
● V-A3 9 Keegan James Musich	1:43.12	NBHS
● V-A4 11 Kendall Ulroan	1:43.12	NBHS
● V-A5 10 Granite Peacock	1:43.12	NBHS
● V-A1 11 Rinaldo Janjua	1:44.29	HRA R2 #1
● V-A2 10 Kai Jaramillo	1:44.29	HRA R2 #1
● V-A3 10 Luke Owens	1:44.29	HRA R2 #1
● V-A4 12 Erik Helzer	1:44.29	HRA R2 #1

● V-A8 12 Brightly Thoning	50.92	HOM	R3 #1
● V-A1 12 Hayla Trigg	53.44	SIT	R5 #1
● V-A2 11 Emma Heuer	53.44	SIT	R5 #1
● V-A3 12 Gwen White	53.44	SIT	R5 #1
● V-A4 11 Adalyna Moore	53.44	SIT	R5 #1
● V-A5 12 Melody Peacock	53.44	SIT	R5 #1
● V-A6 11 Natalie Hall	53.44	SIT	R5 #1
● V-A7 11 Jadelynn Kubik	53.44	SIT	R5 #1
● V-A8 11 Leilynn Swain	53.44	SIT	R5 #1
● V-A1 9 Selah Coots	54.62	KEN	*R3 #2
● V-A2 9 Bryleigh Williams	54.62	KEN	*R3 #2
● V-A3 10 Elliot Stockton	54.62	KEN	*R3 #2
● V-A4 11 Sophie Tapley	54.62	KEN	*R3 #2
● V-A1 11 Alyssa Hansen	56.39	MON	R6 #1
● V-A2 11 Trinity Turiel	56.39	MON	R6 #1
● V-A3 11 Nora Sterner	56.39	MON	R6 #1
● V-A4 11 Emma Walsh	56.39	MON	R6 #1
● V-A5 11 Emersyn Cortez	56.39	MON	R6 #1
● V-A1 9 Maelle Boitor	56.72	PSG	*R5 #2
● V-A2 12 Ashley Eilenberger	56.72	PSG	*R5 #2
● V-A3 9 Lexie Tow	56.72	PSG	*R5 #2
● V-A4 11 Freya Tucker	56.72	PSG	*R5 #2
● V-A5 9 Cadence Flint	56.72	PSG	*R5 #2
● V-A6 11 Gabrielle Whitacre	56.72	PSG	*R5 #2
● V-A1 10 Caroline Klebs	56.75	GRA	*R3 #3
● V-A2 10 Sarah Murphy	56.75	GRA	*R3 #3
● V-A3 10 Avery Reger	56.75	GRA	*R3 #3
● V-A4 11 Abigail McKay	56.75	GRA	*R3 #3
● V-A5 9 Phoebe Herrera	56.75	GRA	*R3 #3
● V-A6 11 Faith Salima	56.75	GRA	*R3 #3
● V-A7 10 Eva King	56.75	GRA	*R3 #3
● V-A8 9 Maddie Ayers	56.75	GRA	*R3 #3
● V-A1 10 Haylie Wahlin	57.51	TVS	R2 #1
● V-A2 11 Florence Brannen	57.51	TVS	R2 #1
● V-A3 9 Logyn Randall	57.51	TVS	R2 #1
● V-A4 11 Iris Wappel	57.51	TVS	R2 #1
● V-A5 10 Emma Frisbe	57.51	TVS	R2 #1
● V-A1 10 Autumn Braquet	57.99	MCCA	*R3 #4
● V-A2 10 Emma Rutledge	57.99	MCCA	*R3 #4
● V-A3 11 Rose Monfrey	57.99	MCCA	*R3 #4
● V-A4 11 Jieaya Siatini Williams	57.99	MCCA	*R3 #4
● V-A5 11 Madalynn Morris	57.99	MCCA	*R3 #4
● V-A6 9 Kora Robinson	57.99	MCCA	*R3 #4
● V-A7 12 Mia Martin	57.99	MCCA	*R3 #4
● V-A8 9 Victoria Lee	57.99	MCCA	*R3 #4

4x200 Relay

V: 53

	Seed	
● V-A1 9 Liliana Harris	1:49.93	HOM R3 #1
● V-A2 12 Gracie Miotke	1:49.93	HOM R3 #1
● V-A3 11 Immi Im	1:49.93	HOM R3 #1
● V-A4 9 Molly Evans	1:49.93	HOM R3 #1
● V-A5 10 Reilly Sue Baker	1:49.93	HOM R3 #1
● V-A6 10 Jaelynn Kennon	1:49.93	HOM R3 #1
● V-A7 9 Vera Bates	1:49.93	HOM R3 #1
● V-A8 9 Isabella Clarke	1:49.93	HOM R3 #1
● V-A1 10 Caroline Klebs	1:51.19	GRA *R3 #2
● V-A2 10 Sarah Murphy	1:51.19	GRA *R3 #2
● V-A3 12 Hope Jackson	1:51.19	GRA *R3 #2
● V-A4 11 Tagan Rinner	1:51.19	GRA *R3 #2
● V-A5 11 Abigail McKay	1:51.19	GRA *R3 #2
● V-A6 10 Avery Reger	1:51.19	GRA *R3 #2
● V-A7 9 Phoebe Herrera	1:51.19	GRA *R3 #2
● V-A8 9 Maddie Ayers	1:51.19	GRA *R3 #2
● V-A1 11 Natalie Hall	1:51.80	SIT R5 #1
● V-A2 11 Jadelynn Kubik	1:51.80	SIT R5 #1
● V-A3 12 Hayla Trigg	1:51.80	SIT R5 #1
● V-A4 11 Leilynn Swain	1:51.80	SIT R5 #1
● V-A5 12 Gwen White	1:51.80	SIT R5 #1
● V-A6 11 Emma Heuer	1:51.80	SIT R5 #1
● V-A7 12 Melody Peacock	1:51.80	SIT R5 #1
● V-A1 10 Emma Mersdorf	1:55.05	MCCA *R3 #3
● V-A2 11 Rose Monfrey	1:55.05	MCCA *R3 #3
● V-A3 12 Ruthie Land	1:55.05	MCCA *R3 #3
● V-A4 11 Kate Matthew	1:55.05	MCCA *R3 #3
● V-A5 9 Kora Robinson	1:55.05	MCCA *R3 #3
● V-A6 10 Autumn Braquet	1:55.05	MCCA *R3 #3
● V-A7 10 Corrina Hunt	1:55.05	MCCA *R3 #3
● V-A8 10 Emma Rutledge	1:55.05	MCCA *R3 #3
● V-A1 12 Ashlyn Ganey	1:56.27	HNS *R5 #2
● V-A2 10 Sydney Salmon	1:56.27	HNS *R5 #2
● V-A3 9 CC Elliot	1:56.27	HNS *R5 #2
● V-A4 11 Sarah Jones	1:56.27	HNS *R5 #2
● V-A5 12 Ari'el Godinez Long	1:56.27	HNS *R5 #2
● V-A6 12 Lilly Robinson	1:56.27	HNS *R5 #2
● V-A1 11 Alyssa Hansen	1:57.11	MON R6 #1
● V-A2 11 Trinity Turiel	1:57.11	MON R6 #1
● V-A3 11 Emersyn Cortez	1:57.11	MON R6 #1
● V-A4 10 Kenleigh Newton	1:57.11	MON R6 #1
● V-A5 11 Nora Sterner	1:57.11	MON R6 #1
● V-A1 10 Ayla Burcar	1:57.14	SUV R2 #1
● V-A2 12 Poppy Moren	1:57.14	SUV R2 #1
● V-A3 10 Jessie Wentworth	1:57.14	SUV R2 #1
● V-A4 10 Maura McDaniel	1:57.14	SUV R2 #1



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DII STATE MEET PROGRAM

● V-A5 11 Gio Mocerì-Guillen	1:44.29	HRA	R2 #1
● V-A6 11 Anthony Murray	1:44.29	HRA	R2 #1
● V-A7 10 Teddy Jackson	1:44.29	HRA	R2 #1
● V-A8 10 Andrew Hippler	1:44.29	HRA	R2 #1

4x400 Relay

V: 54

		Seed	
● V-A1 11 Joshua Woko	3:35.69	MCCA	R3 #1
● V-A2 12 Stryder Kronberger	3:35.69	MCCA	R3 #1
● V-A3 10 Mason Stanley	3:35.69	MCCA	R3 #1
● V-A4 12 Lukas Underhile	3:35.69	MCCA	R3 #1
● V-A5 10 Eli Martin	3:35.69	MCCA	R3 #1
● V-A6 11 Colten Bitz	3:35.69	MCCA	R3 #1
● V-A7 9 Jason Brotherton	3:35.69	MCCA	R3 #1
● V-A8 12 Carlos Stevens	3:35.69	MCCA	R3 #1
● V-A1 10 Grant Eldridge	3:37.16	GRA	* R3 #2
● V-A2 11 Bristol Tobin	3:37.16	GRA	* R3 #2
● V-A3 12 Colton Merriner	3:37.16	GRA	* R3 #2
● V-A4 12 Robbie Annett	3:37.16	GRA	* R3 #2
● V-A5 12 Theo Garcia	3:37.16	GRA	* R3 #2
● V-A6 11 Joe Adolfae	3:37.16	GRA	* R3 #2
● V-A7 11 Henry Beck	3:37.16	GRA	* R3 #2
● V-A8 9 Dylan Poe	3:37.16	GRA	* R3 #2
● V-A1 11 James Humphrey	3:45.52	VDZ	R6 #1
● V-A2 9 Kaden VanBuskirk	3:45.52	VDZ	R6 #1
● V-A3 10 Merrick McCumby	3:45.52	VDZ	R6 #1
● V-A4 11 Reggie Baksis	3:45.52	VDZ	R6 #1
● V-A5 9 Cirque Carter	3:45.52	VDZ	R6 #1
● V-A6 9 Zane Caruthers	3:45.52	VDZ	R6 #1
● V-A1 11 Tait Ostrom	3:45.71	HOM	* R3 #3
● V-A2 9 Asher Rozeboom	3:45.71	HOM	* R3 #3
● V-A3 11 Nikolai Macauly	3:45.71	HOM	* R3 #3
● V-A4 10 Jackson Fraley	3:45.71	HOM	* R3 #3
● V-A5 10 Maxwell Herndon	3:45.71	HOM	* R3 #3
● V-A6 11 Jai Badajos	3:45.71	HOM	* R3 #3
● V-A7 11 Johannes Bynagle	3:45.71	HOM	* R3 #3
● V-A1 9 Noah Flowers	3:46.72	SEW	* R3 #4
● V-A2 12 Van Shank	3:46.72	SEW	* R3 #4
● V-A3 12 Oliver Trobaugh	3:46.72	SEW	* R3 #4
● V-A4 12 Ronan Bickling	3:46.72	SEW	* R3 #4
● V-A5 12 Marty Fink	3:46.72	SEW	* R3 #4
● V-A6 11 Micah Brueckner	3:46.72	SEW	* R3 #4
● V-A1 12 Trey Demmert	3:47.38	SIT	R5 #1
● V-A2 11 Calder Prussian	3:47.38	SIT	R5 #1
● V-A3 12 Connor Hitchcock	3:47.38	SIT	R5 #1
● V-A4 12 Ethan Clark	3:47.38	SIT	R5 #1
● V-A5 10 Zach Martins	3:47.38	SIT	R5 #1
● V-A6 9 Andrew Mullin	3:47.38	SIT	R5 #1
● V-A7 11 Cole McLaughlin	3:47.38	SIT	R5 #1
● V-A8 12 Rowan Olney-Miller	3:47.38	SIT	R5 #1
● V-A1 11 Brady Bevard	3:48.62	DEL	* R6 #2
● V-A2 9 Eli Rothe	3:48.62	DEL	* R6 #2
● V-A3 11 Ash Blake	3:48.62	DEL	* R6 #2
● V-A4 11 Jaylon Jackson	3:48.62	DEL	* R6 #2
● V-A5 9 Ben Glass	3:48.62	DEL	* R6 #2
● V-A6 11 Gavin Smith	3:48.62	DEL	* R6 #2
● V-A7 11 Josiah Ruse	3:48.62	DEL	* R6 #2
● V-A1 11 Gideon Bedingfield	4:02.89	SUV	R2 #1
● V-A2 9 Enzo Keenan	4:02.89	SUV	R2 #1
● V-A3 10 Owen Drumm	4:02.89	SUV	R2 #1
● V-A4 12 Jacob Shockey	4:02.89	SUV	R2 #1

4x800 Relay

V: 53

		Seed	
● V-A1 10 Jack Matthew	8:42.05	MCCA	R3 #1
● V-A2 10 Eli Martin	8:42.05	MCCA	R3 #1
● V-A3 9 Breyden Nottingham	8:42.05	MCCA	R3 #1
● V-A4 12 Stryder Kronberger	8:42.05	MCCA	R3 #1
● V-A5 11 Colten Bitz	8:42.05	MCCA	R3 #1
● V-A6 10 Mason Stanley	8:42.05	MCCA	R3 #1
● V-A7 11 Drew Carter	8:42.05	MCCA	R3 #1
● V-A8 9 Nico Williams	8:42.05	MCCA	R3 #1
● V-A1 11 Caleb Bunker	8:49.07	HOM	* R3 #2
● V-A2 11 Jai Badajos	8:49.07	HOM	* R3 #2
● V-A3 11 Tait Ostrom	8:49.07	HOM	* R3 #2
● V-A4 11 Johannes Bynagle	8:49.07	HOM	* R3 #2
● V-A5 11 Jude Rozeboom	8:49.07	HOM	* R3 #2
● V-A6 9 Gryffyn Linder	8:49.07	HOM	* R3 #2
● V-A7 10 Javan Weissler	8:49.07	HOM	* R3 #2
● V-A8 10 Jackson Fraley	8:49.07	HOM	* R3 #2
● V-A1 11 Joe Adolfae	8:49.10	GRA	* R3 #3
● V-A2 12 Royce Rock	8:49.10	GRA	* R3 #3
● V-A3 10 Ryan Annett	8:49.10	GRA	* R3 #3
● V-A4 10 Grant Eldridge	8:49.10	GRA	* R3 #3
● V-A5 11 Easton Roads	8:49.10	GRA	* R3 #3
● V-A6 9 Asher Swanson	8:49.10	GRA	* R3 #3
● V-A7 9 Austin Merriner	8:49.10	GRA	* R3 #3
● V-A8 11 Andrew Zingone	8:49.10	GRA	* R3 #3
● V-A1 12 Trey Demmert	9:01.32	SIT	R5 #1
● V-A2 12 Connor Hitchcock	9:01.32	SIT	R5 #1
● V-A3 11 Justin Hames	9:01.32	SIT	R5 #1
● V-A4 11 Landon Kirkness	9:01.32	SIT	R5 #1

● V-A5 11 Lily Esmailka	1:57.14	SUV	R2 #1
● V-A6 11 Eilish Keenan	1:57.14	SUV	R2 #1
● V-A1 9 Audrey Burner-Alvanna	2:06.31	NBHS	
● V-A2 11 Cassidy Martinson	2:06.31	NBHS	
● V-A3 12 Lacey Sherman	2:06.31	NBHS	
● V-A4 12 Taylor Gorn	2:06.31	NBHS	
● V-A5 11 Damara Sobie	2:06.31	NBHS	

4x400 Relay

V: 52

		Seed	
● V-A1 12 Brightly Thoning	4:20.60	HOM	R3 #1
● V-A2 12 Beatrix McDonough	4:20.60	HOM	R3 #1
● V-A3 10 Maddy Miotke	4:20.60	HOM	R3 #1
● V-A4 12 Gracie Miotke	4:20.60	HOM	R3 #1
● V-A5 9 Etta Bynagle	4:20.60	HOM	R3 #1
● V-A6 11 Immi Im	4:20.60	HOM	R3 #1
● V-A7 9 Vera Bates	4:20.60	HOM	R3 #1
● V-A8 9 Isabella Clarke	4:20.60	HOM	R3 #1
● V-A1 11 Natalie Hall	4:24.62	SIT	R5 #1
● V-A2 11 Jadelynn Kubik	4:24.62	SIT	R5 #1
● V-A3 11 Leilynn Swain	4:24.62	SIT	R5 #1
● V-A4 11 Adalyna Moore	4:24.62	SIT	R5 #1
● V-A5 12 Melody Peacock	4:24.62	SIT	R5 #1
● V-A6 12 Clare Mullin	4:24.62	SIT	R5 #1
● V-A7 12 Aliyah Mercurief	4:24.62	SIT	R5 #1
● V-A8 12 Madison Dill	4:24.62	SIT	R5 #1
● V-A1 9 Isabella Eller	4:25.26	UNK	
● V-A2 12 Cedar Busk	4:25.26	UNK	
● V-A3 11 Violet Jack	4:25.26	UNK	
● V-A4 11 Ourea Busk	4:25.26	UNK	
● V-A1 9 Hannah Leatherman	4:26.03	SEW	* R3 #2
● V-A2 9 Olive Jordan	4:26.03	SEW	* R3 #2
● V-A3 11 Maddie Haas	4:26.03	SEW	* R3 #2
● V-A4 10 Regan Seibert	4:26.03	SEW	* R3 #2
● V-A5 10 Selah Brueckner	4:26.03	SEW	* R3 #2
● V-A6 10 Maren Bickling	4:26.03	SEW	* R3 #2
● V-A1 12 Ruthie Land	4:27.38	MCCA	* R3 #3
● V-A2 11 Rose Monfrey	4:27.38	MCCA	* R3 #3
● V-A3 11 Lily Slaughenhoup	4:27.38	MCCA	* R3 #3
● V-A4 11 Kate Matthew	4:27.38	MCCA	* R3 #3
● V-A5 10 Emma Rutledge	4:27.38	MCCA	* R3 #3
● V-A6 9 Kora Robinson	4:27.38	MCCA	* R3 #3
● V-A7 10 Corrina Hunt	4:27.38	MCCA	* R3 #3
● V-A8 10 Haizel Ezell	4:27.38	MCCA	* R3 #3
● V-A1 9 Pearl Adolfae	4:27.64	GRA	* R3 #4
● V-A2 10 Sarah Murphy	4:27.64	GRA	* R3 #4
● V-A3 10 Sydney Mondeel	4:27.64	GRA	* R3 #4
● V-A4 11 Tagan Rinner	4:27.64	GRA	* R3 #4
● V-A5 9 Ashlyn Elliot	4:27.64	GRA	* R3 #4
● V-A6 10 Caroline Klebs	4:27.64	GRA	* R3 #4
● V-A7 12 Hope Jackson	4:27.64	GRA	* R3 #4
● V-A8 11 Faith Elliott	4:27.64	GRA	* R3 #4
● V-A1 11 Eilish Keenan	4:32.85	SUV	R2 #1
● V-A2 12 Poppy Moren	4:32.85	SUV	R2 #1
● V-A3 10 Lillian Stewart	4:32.85	SUV	R2 #1
● V-A4 10 Ayla Burcar	4:32.85	SUV	R2 #1
● V-A5 11 Lily Esmailka	4:32.85	SUV	R2 #1
● V-A1 11 Trinity Turiel	4:44.07	MON	R6 #1
● V-A2 11 Emersyn Cortez	4:44.07	MON	R6 #1
● V-A3 12 Anya Simard	4:44.07	MON	R6 #1
● V-A4 10 Leila Church	4:44.07	MON	R6 #1
● V-A5 11 Nora Sterner	4:44.07	MON	R6 #1

4x800 Relay

V: 50

		Seed	
● V-A1 9 Vera Bates	10:27.19	HOM	R3 #1
● V-A2 11 Clair Booz	10:27.19	HOM	R3 #1
● V-A3 12 Beatrix McDonough	10:27.19	HOM	R3 #1
● V-A4 9 Etta Bynagle	10:27.19	HOM	R3 #1
● V-A5 12 Jaela Marchbanks	10:27.19	HOM	R3 #1
● V-A6 12 Cassidy Hardyman	10:27.19	HOM	R3 #1
● V-A7 9 Abigail Ostrom	10:27.19	HOM	R3 #1
● V-A8 9 Isabella Clarke	10:27.19	HOM	R3 #1
● V-A1 10 Indigo Leslie	10:31.42	SEW	* R3 #2
● V-A2 11 Juniper Ingalls	10:31.42	SEW	* R3 #2
● V-A3 10 Selah Brueckner	10:31.42	SEW	* R3 #2
● V-A4 12 Katie Van Buskirk	10:31.42	SEW	* R3 #2
● V-A5 11 Lucy Bamford	10:31.42	SEW	* R3 #2
● V-A6 10 Maren Bickling	10:31.42	SEW	* R3 #2
● V-A1 12 Marina Dill	10:32.72	SIT	R5 #1
● V-A2 11 Jadelynn Kubik	10:32.72	SIT	R5 #1
● V-A3 12 Aliyah Mercurief	10:32.72	SIT	R5 #1
● V-A4 12 Clare Mullin	10:32.72	SIT	R5 #1
● V-A5 12 Gwen White	10:32.72	SIT	R5 #1
● V-A6 11 Emma Heuer	10:32.72	SIT	R5 #1
● V-A7 11 Leilynn Swain	10:32.72	SIT	R5 #1
● V-A8 12 Melody Peacock	10:32.72	SIT	R5 #1
● V-A1 10 Maria Toth	11:03.10	PSG	* R5 #2
● V-A2 9 Arielle Tucker	11:03.10	PSG	* R5 #2
● V-A3 9 Cadence Flint	11:03.10	PSG	* R5 #2
● V-A4 11 Gabrielle Whitacre	11:03.10	PSG	* R5 #2
● V-A1 9 Kora Robinson	11:17.55	MCCA	* R3 #3



SALTCHUK

FAMILY OF COMPANIES

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DII STATE MEET PROGRAM

● V-A5 12 Ethan Clark	9:01.32	SIT	R5 #1
● V-A6 12 Rowan Olney-Miller	9:01.32	SIT	R5 #1
● V-A7 9 Andrew Mullin	9:01.32	SIT	R5 #1
● V-A8 10 Zach Martins	9:01.32	SIT	R5 #1
● V-A1 12 Liam Phelan	9:06.37	BETH	
● V-A2 12 Aubrey Kasayuli	9:06.37	BETH	
● V-A3 12 Ned Peters	9:06.37	BETH	
● V-A4 12 Sheldon Smith	9:06.37	BETH	
● V-A1 10 Ben Kandoll	9:07.89	PSG	* R5 #2
● V-A2 11 Alex Holmgren	9:07.89	PSG	* R5 #2
● V-A3 12 Elias Ward	9:07.89	PSG	* R5 #2
● V-A4 11 Gaje Ventress	9:07.89	PSG	* R5 #2
● V-A5 12 Markus Anderson	9:07.89	PSG	* R5 #2
● V-A6 11 Brayden Tucker	9:07.89	PSG	* R5 #2
● V-A1 11 Tobyn Dolge	9:25.81	GLEN	R2 #1
● V-A2 10 Simon McMahan	9:25.81	GLEN	R2 #1
● V-A3 9 Will McMahan	9:25.81	GLEN	R2 #1
● V-A4 12 Andrew Severs	9:25.81	GLEN	R2 #1
● V-A5 10 Timothy Severs	9:25.81	GLEN	R2 #1
● V-A1 11 James Humphrey	9:58.17	VDZ	R6 #1
● V-A2 9 Kaden VanBuskirk	9:58.17	VDZ	R6 #1
● V-A3 9 Zane Caruthers	9:58.17	VDZ	R6 #1
● V-A4 11 Reggie Baksis	9:58.17	VDZ	R6 #1
● V-A5 9 Cirque Carter	9:58.17	VDZ	R6 #1
● V-A6 10 Dylan Passage	9:58.17	VDZ	R6 #1

Shot Put

V: 16

	Seed		
● V 12 Gage Hawes	43' 9.25"	HOU	R3 #1
● V 11 Kyle Petersen	43' 7.5"	VDZ	R6 #1
● V 12 Kaden Duke	42' 9"	PSG	R5 #1
● V 12 Angus Olsen	42' 7.75"	PSG	* R5 #2
● V 12 Gavin Stoddard	41' 4.75"	GRA	* R3 #2
● V 11 Ethan Slaton	41' 2.25"	HOU	* R3 #3
● V 11 Liam Pettit	40' 6.5"	MCCA	* R3 #4
● V 12 Zach Martel	40' 1.75"	REDI	* R3 #5
● V 11 Shane Tincher	39' 9"	SIT	* R5 #3
● V 11 Ryan Earhart	39' 8.25"	MCCA	* R3 #6
● V 10 Rex Wittmer	39' 1"	NIK	* R3 #7
● V 12 Erik Thynes	39' 0.5"	PSG	* R5 #4
● V 10 Brayden McClenning	37' 5.25"	HOM	* R3 #8
● V 12 Kenneth Larsen	36' 8"	TVS	R2 #1
● V 11 Noah Welch	36' 6.25"	REDI	* R3 #9
● V 11 Jacob Carmichael	30' 10.5"	BETH	

Discus

V: 16

	Seed		
● V 12 Erik Thynes	135' 5"	PSG	R5 #1
● V 12 Gavin Stoddard	135' 2"	GRA	R3 #1
● V 11 Kyle Petersen	131' 8"	VDZ	R6 #1
● V 12 Angus Olsen	131' 6"	PSG	* R5 #2
● V 12 Seger McLean	128' 11"	LCH	R2 #1
● V 12 Kaden Duke	128' 0"	PSG	* R5 #3
● V 12 Gage Hawes	126' 2"	HOU	* R3 #2
● V 11 JC Davis	119' 6.5"	HNS	* R5 #4
● V 11 Daniel Bettis	118' 4"	KEN	* R3 #3
● V 12 Cordell Randall	116' 6"	TVS	* R2 #2
● V 12 Zach Martel	116' 4"	REDI	* R3 #4
● V 12 Zach Webb	113' 1"	SIT	* R5 #5
● V 11 Liam Pettit	111' 7"	MCCA	* R3 #5
● V 12 Kenneth Larsen	111' 6"	TVS	* R2 #3
● V 9 Logan Ward	110' 5.5"	SKG	* R5 #6
● V 11 Young Erikson	87' 8"	NBHS	

High Jump

V: 12

	Seed		
● V 11 Olin Liljemark	6' 1"	SEW	R3 #1
● V 11 Royce Borst	6' 0"	SKG	R5 #1
● V 9 Luke Elhard	5' 10"	SEW	* R3 #2
● V 11 Austin Barnard	5' 10"	SUV	R2 #1
● V 12 Phoenix Swaner	5' 8"	HNS	* R5 #2
● V 12 Van Shank	5' 8"	SEW	* R3 #3
● V 12 Rowan Olney-Miller	5' 8"	SIT	* R5 #4
● V 10 Ashton Peterson	5' 8"	SIT	* R5 #3
● V 11 Chris Jones	5' 4"	GRA	* R3 #5
● V 11 Joshua Woko	5' 4"	MCCA	* R3 #4
● V 12 Markus Anderson	5' 4"	PSG	* R5 #5
● V 10 Ryan Gossett	5' 4"	SUV	* R2 #2

Long Jump

V: 16

	Seed		
● V 12 Jaidhen Oyao	20' 10.75"	MCCA	R3 #1
● V 11 Joshua Woko	19' 3.25"	MCCA	* R3 #2
● V 11 Ashton Clarkson	19' 1.75"	GRA	* R3 #3
● V 12 Andrew Baczuk	19' 1.5"	VDZ	R6 #1
● V 11 Cole McLaughlin	18' 10.25"	SIT	R5 #1
● V 11 Bristol Tobin	18' 6.75"	GRA	* R3 #4

● V-A2 11 Rose Monfrey	11:17.55	MCCA	* R3 #3
● V-A3 10 Haizel Ezell	11:17.55	MCCA	* R3 #3
● V-A4 11 Lily Slaughenhoup	11:17.55	MCCA	* R3 #3
● V-A5 12 Ruthie Land	11:17.55	MCCA	* R3 #3
● V-A6 10 Corrina Hunt	11:17.55	MCCA	* R3 #3
● V-A1 10 Maura McDaniel	11:19.00	SUV	R2 #1
● V-A2 11 Eilish Keenan	11:19.00	SUV	R2 #1
● V-A3 9 Amelia Fish	11:19.00	SUV	R2 #1
● V-A4 10 Lillian Stewart	11:19.00	SUV	R2 #1
● V-A5 11 Calla Fish	11:19.00	SUV	R2 #1
● V-A6 11 Lily Esmailka	11:19.00	SUV	R2 #1
● V-A1 9 Ashlyn Elliot	11:47.70	GRA	* R3 #4
● V-A2 11 Faith Elliott	11:47.70	GRA	* R3 #4
● V-A3 9 Pearl Adolfae	11:47.70	GRA	* R3 #4
● V-A4 12 Maya Carlson	11:47.70	GRA	* R3 #4
● V-A5 10 Sydney Mondeel	11:47.70	GRA	* R3 #4
● V-A6 11 Tagan Rinner	11:47.70	GRA	* R3 #4
● V-A7 10 Sarah Murphy	11:47.70	GRA	* R3 #4
● V-A8 11 Abigail McKay	11:47.70	GRA	* R3 #4
● V-A1 12 Morgan Hamilton	13:02.57	VDZ	R6 #1
● V-A2 11 Hailey Major	13:02.57	VDZ	R6 #1
● V-A3 9 Laken Unger	13:02.57	VDZ	R6 #1
● V-A4 10 Jewelry Weber	13:02.57	VDZ	R6 #1

Shot Put

V: 16

	Seed		
● V 11 Jieaya Siatini Williams	40' 9.5"	MCCA	R3 #1
● V 12 Elise Brady	32' 0"	SIT	R5 #1
● V 11 Kate Matthew	31' 7.25"	MCCA	* R3 #2
● V 10 Anya Chernich	31' 0.5"	MON	R6 #1
● V 12 Madison Dill	29' 9.25"	SIT	* R5 #2
● V 9 Aubrey Bialik	29' 3.75"	DEL	* R6 #2
● V 10 Corrina Hunt	29' 3.75"	MCCA	* R3 #3
● V 12 Leia West	29' 1.75"	BCS	R2 #1
● V 11 Madalynn Morris	28' 5.25"	MCCA	* R3 #4
● V 9 Dayten Van Ostrand	27' 11.5"	HOM	* R3 #5
● V 9 Victoria Lee	27' 5.25"	MCCA	* R3 #6
● V 11 Esmé Wilder	27' 2"	SEW	* R3 #7
● V 12 Ruthie Land	27' 1.25"	MCCA	* R3 #8
● V 9 Emilia Anderson	26' 9.75"	PSG	* R5 #4
● V 12 Lacey Sherman	26' 9"	NBHS	
● V 11 Gabrielle Whitacre	26' 4.25"	PSG	* R5 #5

Discus

V: 16

	Seed		
● V 11 Jieaya Siatini Williams	120' 10"	MCCA	R3 #1
● V 12 Alexia Pike	114' 2"	REDI	* R3 #2
● V 9 Dayten Van Ostrand	105' 4"	HOM	* R3 #3
● V 9 Aubrey Bialik	95' 7"	DEL	R6 #1
● V 12 Madison Dill	92' 5.5"	SIT	R5 #1
● V 12 Emma Dohrn	91' 7.5"	HNS	* R5 #2
● V 12 Amara Warren	90' 9"	LCH	R2 #1
● V 10 Anya Chernich	88' 0"	MON	* R6 #2
● V 12 Elise Brady	87' 8.5"	SIT	* R5 #3
● V 11 Violet Cole	86' 3"	SUV	* R2 #2
● V 10 Piper McKenzie	81' 9"	HUT	* R6 #3
● V 10 Aleena Pike	80' 11"	REDI	* R3 #4
● V 12 Leia West	79' 7"	BCS	* R2 #3
● V 12 Desirae Hutton	79' 4"	SIT	* R5 #4
● V 9 Emilia Anderson	78' 1.5"	PSG	* R5 #5
● V 10 Roselyn Daniel	65' 7"	BETH	

High Jump

V: 13

	Seed		
● V 10 Jessie Wentworth	5' 2"	SUV	R2 #1
● V 11 Emma Walsh	5' 0"	MON	R6 #1
● V 10 Jaelynn Kennon	4' 10"	HOM	R3 #1
● V 11 Abby Sampson	4' 10"	HUT	* R6 #2
● V 12 Brightly Thoning	4' 8"	HOM	* R3 #2
● V 9 Cadence Flint	4' 8"	PSG	R5 #1
● V 10 Maura McDaniel	4' 8"	SUV	* R2 #2
● V 10 Reilly Sue Baker	4' 6"	HOM	* R3 #4
● V 11 Lily Slaughenhoup	4' 6"	MCCA	* R3 #3
● V 11 Emma Heuer	4' 6"	SIT	* R5 #2
● V 10 Jayden Sliker	4' 6"	SUV	* R2 #3
● V 12 Kelly Gregor	4' 4"	HUT	* R6 #3
● V 9 Lexie Tow	4' 4"	PSG	* R5 #3

Long Jump

V: 16

	Seed		
● V 10 Reilly Sue Baker	16' 7"	HOM	R3 #1
● V 11 Sophie Tapley	16' 2.75"	KEN	* R3 #2
● V 12 Jenna Houck	16' 0"	MCCA	* R3 #3
● V 12 Brightly Thoning	15' 7.75"	HOM	* R3 #4
● V 10 Caroline Klebs	15' 6.25"	GRA	* R3 #5
● V 12 Hope Jackson	15' 3.75"	GRA	* R3 #6
● V 10 Maddy Miotke	15' 1.75"	HOM	* R3 #7

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PREMERA |  

BLUE CROSS BLUE SHIELD OF ALASKA

Mental Health May

In many Alaskan communities, access to mental health resources is limited. Harsh winters, isolation, and performance pressures can intensify students' mental health struggles. By encouraging open conversations and promoting wellness, ASAA's Be Nice program supported by Premera Blue Cross Blue Shield of Alaska helps break stigma and provides essential support for young athletes navigating both personal and athletic challenges.





DII STATE MEET PROGRAM

● V	12 Jacob Shockey	18' 6.75"	SUV	R2 #1
● V	11 Kendall Ulroan	18' 6.5"	NBHS	
● V	12 Ethan Ellis	18' 6"	NIK	* R3 #5
● V	11 Chris Jones	18' 5.5"	GRA	* R3 #6
● V	11 Zander Dumag	18' 3"	SIT	* R5 #2
● V	10 Ashton Peterson	18' 0.75"	SIT	* R5 #3
● V	12 Alex Weerasinghe	17' 10.25"	HNS	* R5 #4
● V	11 Olin Liljemark	17' 8.5"	SEW	* R3 #7
● V	12 Jason Johnson	17' 6.75"	KEN	* R3 #8
● V	11 Luke Walter	17' 4.25"	MON	* R6 #4

● V	11 Jadelynn Kubik	15' 0"	SIT	R5 #1
● V	11 Emma Walsh	14' 8.5"	MON	R6 #1
● V	12 Ruthie Land	14' 7.5"	MCCA	* R3 #8
● V	10 Emma Frisbe	14' 4"	TVS	R2 #1
● V	11 Emma Heuer	14' 0"	SIT	* R5 #2
● V	10 Leila Church	13' 11.5"	MON	* R6 #2
● V	9 Logyn Randall	13' 11.5"	TVS	* R2 #2
● V	12 Ari'el Godinez Long	13' 9.75"	HNS	* R5 #3
● V	11 Marion Coupchiak	12' 8.5"	DLG	

Triple Jump

V: 16

		Seed		
● V	10 Gage Ivy	42' 11.5"	KEN	R3 #1
● V	11 Joshua Woko	41' 8"	MCCA	* R3 #2
● V	12 Jaidhen Oyao	39' 9"	MCCA	* R3 #3
● V	11 Cole McLaughlin	39' 6"	SIT	R5 #1
● V	9 Gryffyn Linder	39' 0.5"	HOM	* R3 #4
● V	12 Phoenix Swaner	38' 6.5"	HNS	* R5 #2
● V	11 Gideon Bedingfield	38' 3.75"	SUV	R2 #1
● V	11 Royce Borst	38' 3.5"	SKG	* R5 #3
● V	12 Alex Weerasinghe	37' 7"	HNS	* R5 #4
● V	12 Van Shank	37' 5.25"	SEW	* R3 #5
● V	11 Bristol Tobin	36' 3.5"	GRA	* R3 #6
● V	10 Javan Weisser	36' 3"	HOM	* R3 #7
● V	12 Ethan Ellis	36' 1"	NIK	* R3 #8
● V	12 Jomar Molina	35' 11"	SIT	* R5 #5
● V	12 Sheldon Smith	35' 5"	BETH	
● V	12 Asher Mcglinchy	35' 3.5"	MON	* R6 #3

Triple Jump

V: 16

		Seed		
● V	10 Mia Bukala	35' 10"	REDI	R3 #1
● V	10 Caroline Klebs	34' 2.5"	GRA	* R3 #2
● V	10 Reilly Sue Baker	32' 8.75"	HOM	* R3 #3
● V	10 Maddy Miotke	30' 9.5"	HOM	* R3 #4
● V	12 Alexia Pike	30' 7"	REDI	* R3 #5
● V	11 Abby Sampson	30' 3"	HUT	R6 #1
● V	12 Ashlyn Ganey	29' 11.5"	HNS	R5 #1
● V	9 Selah Coots	29' 7.5"	KEN	* R3 #6
● V	12 Lilly Robinson	29' 4.25"	HNS	* R5 #2
● V	10 Autumn Braquet	29' 0.75"	MCCA	* R3 #7
● V	12 Ari'el Godinez Long	29' 0.5"	HNS	* R5 #3
● V	12 Melody Peacock	29' 0"	SIT	* R5 #4
● V	10 Aleena Pike	28' 7.25"	REDI	* R3 #8
● V	11 Taylor Cushing	28' 2.25"	SIT	* R5 #5
● V	9 Cadence Flint	27' 10"	PSG	* R5 #6
● V	12 Cassidy Hardyman	27' 5.5"	HOM	* R3 #9



ALASKA'S

HOME TOWN

HEROES

STATE EMERGENCY RESPONSE

DO YOU HAVE WHAT IT TAKES?

SCAN
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UNIFIED STATE QUALIFIERS

Girls Long Jump:

Athlete	Partner	School	Combined Distance	Qualification
Pepper Noel	Sophie Tapley	Kenai	21-6.5	Region 3
Anna Stewart	Anna Burrup	Chugiak	20-3	Region 4
Paisley Price	Azalea Daugherty	Chugiak	18-2	Region 4
Emi Hamazaki	Dallas Macon	Bettye Davis East	18-0.5	Region 4
Zoe Black	Isabella Clarke	Homer	14-11.5	Region 3
Lindsey McCleod	Dylenn Donovan	Chugiak	14-2.25	Region 4
Gianna Fraize	Emmalee Griffin	Chugiak	13-10	Region 4
Vivian Johns	Cadence Johns	Chugiak	13-9.5	Region 4

Girls Shot Put:

Athlete	Partner	School	Combined Distance	Qualification
Zoe Black	Dayten Van Ostrand	Homer	21-6.5	Region 3
Emi Hamazaki	Dallas Macon	Bettye Davis East	43-7.75	Region 4
Gianna Fraize	Emmalee Griffin	Chugiak	33-10	Region 4
Paisley Price	Azalea Daugherty	Chugiak	33-1.5	Region 4
Anna Stewart	Anna Burrup	Chugiak	31-4.75	Region 4
Lindsey McCleod	Dylenn Donovan	Chugiak	30-0	Region 4
Katie Tracy	Ronnie Garrett	Chugiak	27-8.75	Region 4

Girls 100 Meters:

Athlete	Partner	School	Combined Time	Qualification
Pepper Noel	Elliot Stockton	Kenai	35.71	Region 3
Emi Hamazaki	Alexa Estrada	Bettye Davis East	31.29	Region 4
Paisley Price	Azalea Daugherty	Chugiak	34.12	Region 4
Anna Stewart	Anna Burrup	Chugiak	35.63	Region 4
Averie Wolf	Isabella Christensen	Colony	35.99	Region 3
Gianna Fraize	Emmalee Griffin	Chugiak	39.90	Region 4
Katie Tracy	Ronnie Garrett	Chugiak	39.98	Region 4
Lindsey McCleod	Dylenn Donovan	Chugiak	43.14	Region 4

Girls 4 X 100m Relay:

School	Athlete	Partner	Partner	Athlete	Time	Qualification
Chugiak	Paisley Price	Azalea Daugherty	Anna Burrup	Anna Stewart	1:08.78	Region 4
Chugiak	Katie Tracy	Ronnie Garrett	Emmalee Griffin	Gianna Fraize	1:18.22	Region 4
Chugiak	Lindsey McCleod	Dylenn Donovan	Cadey Johns	Vivian Johns	1:30.76	Region 4



UNIFIED STATE QUALIFIERS

Boys Long Jump:

Athlete	Partner	School	Combined Distance	Qualification
Cody Evan	Richard Wolf	Kuspuk ESSS		Region 1
Jack Mickelson	Jomar Molina	Sitka	28-9.25	Region 5
Jackson Holman	Devin Cooper-Jackson	North Pole	28-6	Region 6
Noah Zamora	Jacob Wahlman	Service	26-3.25	Region 4
Christopher Jemison	Niko Standifer	Bettye Davis East	25-11.75	Region 4
Garick Imperato	Aedan Harris	Colony	22-5.75	Region 3
Rakim King	Maximus McFall	Chugiak	22-3.5	Region 4

Boys Shot Put:

Athlete	Partner	School	Combined Distance	Qualification
Cody Evan	Justin Steeves	Kuspuk ESSS		Region 1
Norbert Keyes	Jacob Wahlman	Service	54-7.25	Region 4
Jack Mickelson	Shane Tincher	Sitka	42-10.75	Region 5
Jackson Holman	Orion Nelson	North Pole	54-6	Region 6
Christopher Jemison	Karl Hoeft	Bettye Davis East	53-9.25	Region 4
Indy Billingslea	Jarett Jackson	Dimond	40-7.25	Region 5
Jay Main	Heidi Schumacher	Service	39-0.25	Region 4

Boys 100 Meters:

Athlete	Partner	School	Combined Time	Qualification
Cody Evan	Jonah Kameroff	Kuspuk ESSS		Region 1
Christopher Jemison	Niko Standifer	Bettye Davis East	26.50	Region 4
Jack Mickelson	Jomar Molina	Sitka	31.02	Region 5
Jackson Holman	Niko Alvarado	North Pole	31.03	Region 6
Noah Zamora	Jacob Wahlman	Service	26.64	Region 4
Collin Hester	Odin Han Haz	Dimond	26.86	Region 4
Aidan Zamora	Kellan Witter	Service	28.53	Region 4
Rakim King	Maximus McFall	Chugiak	29.83	Region 4

Boys 4 X 100m Relay:

School	Athlete	Partner	Partner	Athlete	Time	Qualification
Wasilla	Trig Palin	Tammy Lee	Claire Bredberg	Jaden Monroe	1:05.5	Region 3
Service	Aiden Zamora	Jacob Wahlman	Kellan Witter	Noah Zamora	56.64	Region 4
East	Chris Jemison	Niko Standifer	Dallas Macon	Emi Hamazaki	58.13	Region 4
Chugiak	Daidaroon Amnatkeo	Ian Johns	Maximus McFall	Rakim King	1:11.18	Region 4
Colony	Averie Wolf	Isabella Christiansen	Aedan Harris	Garick Imperato	1:14.30	Region 3
Service	Versailles Jones	Annaleisse Fischer	Dee Khamis	Immanuel Aragon	1:49.94	Region 4
Dimond	Indy Billingslea	Odin Han Haz	Collin Hester	Nina Carmack	1:24.32	Region 4
Service	Jay Main	Heidi Schumacher	Elizabeth Harris	Norbert Keys		Region 4



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DI STATE MEET PROGRAM

Mens

100 Meters

VAR: 16

		Seed		
● VAR	11 Tyce Escott	10.80	SOL	R3 #1
● VAR	12 Jason Lorig	11.06	KTN	R5 #1
● VAR	12 Beckett Stolp	11.19	WANC	R4 #1
● VAR	9 Sawyer Wilhelm	11.21	PAL	*R3 #2
● VAR	10 Kabari Little	11.26	COL	*R3 #3
● VAR	11 Hayden Shafer	11.26	COL	*R3 #3
● VAR	12 Lokeni Wong	11.28	SOL	*R3 #5
● VAR	12 Murad Wright	11.29	EANC	*R4 #2
● VAR	10 Cooper Scherffius	11.33	CHU	*R4 #3
● VAR	12 Finley Hightower	11.33	JNU	*R5 #2
● VAR	9 Frederick Millen	11.34	CHU	*R4 #4
● VAR	11 Chrystchen Font	11.41	SER	*R4 #5
● VAR	12 Ariel Sanchez	11.41	WANC	*R4 #6
● VAR	12 Conrad Lassey	11.48	WVL	R6 #1
● VAR	12 Zayden Nerbonne	11.49	NPL	*R6 #2
● VAR	11 Cy Garcia	11.54	SOL	*R3 #6

200 Meters

VAR: 16

		Seed		
● VAR	11 Tyce Escott	22.29	SOL	R3 #1
● VAR	11 Malachi Coski	22.74	DIM	R4 #1
● VAR	12 Jabari Johnson	22.97	CHU	*R4 #2
● VAR	11 Chrystchen Font	22.98	SER	*R4 #3
● VAR	12 Jason Lorig	23.02	KTN	R5 #1
● VAR	12 Brenden Jones	23.02	SOL	*R3 #2
● VAR	12 Niko Alvarado	23.04	NPL	R6 #1
● VAR	9 Frederick Millen	23.13	CHU	*R4 #4
● VAR	11 Elijah Johnson	23.13	NPL	*R6 #2
● VAR	9 Sawyer Wilhelm	23.13	PAL	*R3 #3
● VAR	12 Beckett Stolp	23.26	WANC	*R4 #5
● VAR	12 Johnathyn Kestel	23.28	JNU	*R5 #2
● VAR	11 Elijah Lemaster	23.32	BAR	*R4 #6
● VAR	10 Kabari Little	23.32	COL	*R3 #4
● VAR	11 Matthew Varney	23.33	CHU	*R4 #7
● VAR	12 Seth Cupper	23.39	ERHS	*R4 #8

400 Meters

VAR: 16

		Seed		
● VAR	12 James Innes	50.67	SOL	R3 #1
● VAR	12 Logan Reinheller	50.74	WVL	R6 #1
● VAR	11 Matthew Varney	50.86	CHU	R4 #1
● VAR	11 Elijah Lemaster	51.18	BAR	*R4 #2
● VAR	11 Reubin Williams	51.19	SER	*R4 #3
● VAR	12 Niko Alvarado	51.51	NPL	*R6 #2
● VAR	12 Kaleb Boothby	51.54	WAS	*R3 #2
● VAR	11 Marcus Meerstein	51.68	ERHS	*R4 #4
● VAR	11 Ansel Alexander	51.68	WANC	*R4 #5
● VAR	10 Henry Vail	52.75	KTN	R5 #1
● VAR	10 Kenneth Hopkins	52.81	COL	*R3 #4
● VAR	12 Lars Robinson	52.90	WANC	*R4 #6
● VAR	12 Makai Warren-Dowl	53.08	CHU	*R4 #7
● VAR	11 Dausen Loughman	53.18	CHU	*R4 #8
● VAR	12 Kenneth Motton	53.25	COL	*R3 #5
● VAR	9 Nathan Stapley	54.18	WAS	*R3 #6

800 Meters

VAR: 17

		Seed		
● VAR	11 Luke Shaw	1:58.70	ERHS	R4 #1
● VAR	12 Nick Iverson	2:00.19	JNU	R5 #1
● VAR	11 Vebjorn Flagstad	2:00.81	SANC	*R4 #2
● VAR	12 Jarrett Jackson	2:01.61	DIM	*R4 #3
● VAR	12 David Penfield	2:01.71	CHU	*R4 #4
● VAR	12 Sage Janes	2:03.41	JNU	*R5 #2
● VAR	11 Ethan Anding	2:03.45	SOL	R3 #1
● VAR	11 Kohen Galloway	2:04.62	CHU	*R4 #6
● VAR	12 Miles Grimes	2:04.95	KOD	*R3 #2
● VAR	11 Gabriel Koehler	2:05.16	KOD	*R3 #3
● VAR	11 Loch Johnson	2:05.23	NPL	*R6 #2
● VAR	12 Stephen Hafen	2:05.53	WAS	*R3 #4
● VAR	12 Finn Lamb	2:05.58	JNU	*R5 #3
● VAR	11 Owen Harth	2:05.59	SANC	*R4 #7
● VAR	12 Corder Janes	2:06.08	JNU	*R5 #4
● VAR	11 Carter Phillips	2:06.16	KTN	*R5 #5
● VAR	10 Ryker Riggs	2:45.33	SER	

Womens

100 Meters

VAR: 16

		Seed		
● VAR	10 Jihana Williams	12.42	CHU	R4 #1
● VAR	11 Anna Green	12.49	SANC	*R4 #2
● VAR	12 Sarah Dittman	12.52	DIM	*R4 #3
● VAR	10 Sailor Waddell	12.69	WVL	R6 #1
● VAR	9 Bella Connally	12.70	JNU	R5 #1
● VAR	12 Layla Fields	12.71	WVL	*R6 #2
● VAR	12 Avrey Campbell	12.80	DIM	*R4 #4
● VAR	10 Cameron Hunter	12.94	CHU	*R4 #5
● VAR	9 Evonna Council	13.02	EANC	*R4 #6
● VAR	10 Heaven Copeland	13.12	EANC	*R4 #7
● VAR	11 Sarah Brown	13.26	SOL	R3 #1
● VAR	11 Caelynn Carter	13.34	WAS	*R3 #3
● VAR	12 Denali Anderson-Berghoff	13.37	COL	*R3 #4
● VAR	11 Victoria Tostemar	13.39	SANC	*R4 #8
● VAR	9 Addie Hartman	13.66	JNU	*R5 #2
● VAR	9 Shandiin Frommherz	13.67	JNU	*R5 #3

200 Meters

VAR: 16

		Seed		
● VAR	10 Sailor Waddell	25.85	WVL	R6 #1
● VAR	10 Jihana Williams	26.01	CHU	R4 #1
● VAR	11 Anna Green	26.09	SANC	*R4 #2
● VAR	12 Sarah Dittman	26.24	DIM	*R4 #3
● VAR	9 Bella Connally	26.32	JNU	R5 #1
● VAR	10 Leila Petersen	26.33	PAL	R3 #1
● VAR	12 Layla Fields	26.37	WVL	*R6 #2
● VAR	10 Shiloh Zichko	26.49	SOL	*R3 #2
● VAR	12 Alliyah Fields	26.52	CHU	*R4 #5
● VAR	10 Lucy Uhlir	26.85	SOL	*R3 #4
● VAR	12 Izzy Kizer	27.07	NPL	*R6 #3
● VAR	12 Katherine Reinbold	27.21	DIM	*R4 #6
● VAR	12 Clara Odden	27.31	KTN	*R5 #2
● VAR	12 Brooklyn Bailey	27.35	SANC	*R4 #7
● VAR	10 Annelise Larsen	27.44	COL	*R3 #5
● VAR	9 Taryn Barkemeyer	27.57	KOD	*R3 #6

400 Meters

VAR: 15

		Seed		
● VAR	12 Alliyah Fields	57.59	CHU	R4 #1
● VAR	10 Leila Petersen	57.78	PAL	R3 #1
● VAR	11 Sophia Jedlicki	58.35	SOL	*R3 #2
● VAR	11 Anna Green	59.47	SANC	*R4 #2
● VAR	10 Annelise Larsen	59.72	COL	*R3 #3
● VAR	10 Kendall Barnett	1:00.46	WANC	*R4 #3
● VAR	11 Petra Knox	1:01.08	CHU	*R4 #4
● VAR	9 Olivia Sandoval	1:02.12	CHU	*R4 #5
● VAR	11 June Breitenbach	1:02.13	WVL	*R6 #2
● VAR	11 Alexia McCarter	1:02.19	SANC	*R4 #6
● VAR	9 Taryn Barkemeyer	1:02.75	KOD	*R3 #5
● VAR	9 Kaitlyn Farr	1:03.16	CHU	*R4 #7
● VAR	12 Katherine Reinbold	1:03.75	DIM	*R4 #8
● VAR	9 Alivia Tiihonen	1:04.68	WAS	*R3 #6
● VAR	9 Rayne Personett	1:04.71	WVL	*R6 #4

800 Meters

VAR: 17

		Seed		
● VAR	12 Alliyah Fields	2:20.16	CHU	R4 #1
● VAR	12 Annie Burns	2:20.92	SOL	R3 #1
● VAR	10 Sydney Simpich	2:21.53	COL	*R3 #2
● VAR	10 Kendall Barnett	2:21.80	WANC	*R4 #2
● VAR	12 Ella Hopkins	2:22.16	COL	*R3 #3
● VAR	11 Petra Knox	2:23.55	CHU	*R4 #3
● VAR	9 Olivia Sandoval	2:23.56	CHU	*R4 #4
● VAR	10 Solveig Finstad	2:24.48	LAT	R6 #1
● VAR	9 Hailey Colgrove	2:26.40	CHU	*R4 #5
● VAR	12 Ryleigh Ervin	2:26.94	CHU	*R4 #6
● VAR	11 Sasha Brott	2:27.35	SOL	*R3 #4
● VAR	12 Carol Frey	2:33.03	KTN	R5 #1
● VAR	9 Sigrid Eller	2:33.05	JNU	*R5 #2
● VAR	11 Molly McBride	2:33.81	DIM	*R4 #7
● VAR	9 Lilli Bond	2:33.98	WVL	*R6 #2
● VAR	10 Kathryn Cox	2:37.07	SOL	*R3 #5
● VAR	12 Anna Boltz	3:24.74	SANC	



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DI STATE MEET PROGRAM

1600 Meters

VAR: 17

		Seed		
● VAR	12 Nick Iverson	4:22.68	JNU	R5 #1
● VAR	11 Vebjorn Flagstad	4:26.81	SANC	R4 #1
● VAR	12 Sage Janes	4:28.46	JNU	*R5 #2
● VAR	11 Luke Shaw	4:29.47	ERHS	*R4 #2
● VAR	12 David Penfield	4:31.95	CHU	*R4 #3
● VAR	11 Jaxon Henrie	4:32.34	SANC	*R4 #4
● VAR	12 Owen Woodruff	4:34.72	JNU	*R5 #3
● VAR	11 Owen Harth	4:35.94	SANC	*R4 #5
● VAR	12 Ferguson Wheeler	4:36.46	JNU	*R5 #4
● VAR	10 Katahdin Staples	4:36.91	EANC	*R4 #6
● VAR	12 Miles Grimes	4:37.37	KOD	R3 #1
● VAR	11 Kohen Galloway	4:38.88	CHU	*R4 #7
● VAR	11 Weston Roberts	4:39.57	KOD	*R3 #2
● VAR	9 Finnegan Spillane	4:41.76	SANC	*R4 #8
● VAR	11 Gabriel Black	4:42.33	COL	*R3 #3
● VAR	11 Loch Johnson	4:43.01	NPL	R6 #1
● VAR	10 Ryker Riggs	6:07.79	SER	

3200 Meters

VAR: 16

		Seed		
● VAR	11 Vebjorn Flagstad	9:39.08	SANC	R4 #1
● VAR	10 Katahdin Staples	9:46.43	EANC	*R4 #2
● VAR	12 David Penfield	9:58.82	CHU	*R4 #3
● VAR	12 Owen Woodruff	10:00.45	JNU	R5 #1
● VAR	11 Weston Roberts	10:04.42	KOD	R3 #1
● VAR	11 Jaxon Henrie	10:09.07	SANC	*R4 #4
● VAR	11 Trygve Vang-Thompson	10:10.69	COL	*R3 #2
● VAR	11 Kohen Galloway	10:20.62	CHU	*R4 #5
● VAR	11 Gabriel Carey	10:21.28	WAS	*R3 #3
● VAR	9 Ollie Dahl	10:23.31	SOL	*R3 #4
● VAR	9 Julian Kiefer	10:23.87	KOD	*R3 #5
● VAR	11 Carter Phillips	10:23.91	KTN	*R5 #2
● VAR	10 Maksim Millwood	10:28.35	DIM	*R4 #6
● VAR	12 Joseph Hathaway	10:30.03	KOD	*R3 #6
● VAR	11 Noah James-Tagaban	10:33.66	COL	*R3 #7
● VAR	11 Loch Johnson	10:43.50	NPL	R6 #1

110m Hurdles

VAR: 16

		Seed		
● VAR	12 Tyler Drake	15.10	BAR	R4 #1
● VAR	12 Isaiah Douyon	15.31	SANC	*R4 #2
● VAR	12 Wyatt Faircloth	15.52	SOL	R3 #1
● VAR	10 Matthew Jackson	15.67	EANC	*R4 #3
● VAR	11 Malachi Coski	15.86	DIM	*R4 #4
● VAR	11 Elijah Adams	17.00	ERHS	*R4 #5
● VAR	11 Adrien Phiachantharath	17.13	BAR	*R4 #6
● VAR	12 Jesus Perez	17.17	BAR	*R4 #7
● VAR	11 Jaylyn Williams	17.27	COL	*R3 #2
● VAR	11 Jozaiah DelaCruz	17.60	KTN	R5 #1
● VAR	9 Jayden Yeager	17.67	SOL	*R3 #3
● VAR	11 William Klein	17.98	SOL	*R3 #4
● VAR	12 Jackson Mollenhauer	18.48	NPL	*R6 #2
● VAR	12 Ram Caballa	18.58	KOD	*R3 #5
● VAR	10 Louis Dugal	18.64	WANC	*R4 #8
● VAR	10 Haakon Erickson	19.30	COL	*R3 #6

300m Hurdles

VAR: 16

		Seed		
● VAR	12 Isaiah Douyon	40.46	SANC	R4 #1
● VAR	12 Tyler Drake	40.48	BAR	*R4 #2
● VAR	12 Wyatt Faircloth	40.79	SOL	R3 #1
● VAR	11 Malachi Coski	41.38	DIM	*R4 #3
● VAR	10 Matthew Jackson	42.48	EANC	*R4 #4
● VAR	9 Jayden Yeager	43.19	SOL	*R3 #2
● VAR	11 Elijah Adams	43.23	ERHS	*R4 #5
● VAR	12 Braun Endicott	43.40	WVL	R6 #1
● VAR	12 Finley Hightower	43.45	JNU	R5 #1
● VAR	11 Elijah Johnson	43.54	NPL	*R6 #2
● VAR	10 Haakon Erickson	43.56	COL	*R3 #3
● VAR	12 Eli Armstrong	43.63	SANC	*R4 #6
● VAR	12 Ferguson Wheeler	43.95	JNU	*R5 #2
● VAR	11 Adrien Phiachantharath	44.18	BAR	*R4 #7
● VAR	10 Christian Enriquez	44.24	KOD	*R3 #4
● VAR	11 William Klein	44.52	SOL	*R3 #5

4x100 Relay

VAR: 57

		Seed		
● VAR-A1	12 Lokeni Wong	43.05	SOL	R3 #1
● VAR-A2	11 Tyce Escott	43.05	SOL	R3 #1
● VAR-A3	12 Wyatt Faircloth	43.05	SOL	R3 #1
● VAR-A4	12 Brenden Jones	43.05	SOL	R3 #1
● VAR-A5	12 James Innes	43.05	SOL	R3 #1

1600 Meters

VAR: 16

		Seed		
● VAR	11 Hannah Shaha	5:16.57	CHU	R4 #1
● VAR	11 Rosie Conway	5:17.32	EANC	*R4 #2
● VAR	10 Hailee Giacobbe	5:17.69	WAS	R3 #1
● VAR	10 Sydney Simpich	5:17.82	COL	*R3 #2
● VAR	12 Ella Hopkins	5:21.26	COL	*R3 #3
● VAR	10 Kathryn DeBardelaben	5:22.54	SOL	*R3 #4
● VAR	10 Aubrey Virgin	5:22.79	COL	*R3 #5
● VAR	10 Ellie Stull	5:24.39	DIM	*R4 #3
● VAR	9 Olivia Sandoval	5:27.04	CHU	*R4 #4
● VAR	10 Madeleine Lojewski	5:32.10	EANC	*R4 #5
● VAR	12 Ryleigh Ervin	5:32.24	CHU	*R4 #6
● VAR	12 Ida Meyer	5:33.12	JNU	R5 #1
● VAR	9 Hailey Colgrove	5:33.85	CHU	*R4 #7
● VAR	12 Elsa Henderson	5:34.01	ERHS	*R4 #8
● VAR	9 Meadow Bailly	5:35.75	SANC	*R4 #9
● VAR	9 Miriam Armstrong	5:36.09	WVL	R6 #1

3200 Meters

VAR: 16

		Seed		
● VAR	10 Hailee Giacobbe	11:29.64	WAS	R3 #1
● VAR	11 Hannah Shaha	11:29.79	CHU	R4 #1
● VAR	11 Rosie Conway	11:37.33	EANC	*R4 #2
● VAR	12 Ella Hopkins	11:42.33	COL	*R3 #2
● VAR	10 Madeleine Lojewski	11:43.02	EANC	*R4 #3
● VAR	10 Ellie Stull	11:44.76	DIM	*R4 #4
● VAR	9 Fiona Selvik	11:49.99	SER	*R4 #5
● VAR	12 Ida Meyer	11:53.07	JNU	R5 #1
● VAR	10 Aubrey Virgin	11:53.68	COL	*R3 #3
● VAR	9 Miriam Armstrong	12:00.09	WVL	R6 #1
● VAR	12 Elsa Henderson	12:06.06	ERHS	*R4 #6
● VAR	10 Kyra Walter	12:18.95	CHU	*R4 #7
● VAR	12 Allison Macy	12:26.02	CHU	*R4 #8
● VAR	12 Pacific Ricke	12:28.42	JNU	*R5 #2
● VAR	9 Meadow Bailly	12:33.70	SANC	*R4 #9
● VAR	12 Zoe Rodgers	12:39.16	WANC	*R4 #10

100m Hurdles

VAR: 16

		Seed		
● VAR	10 Nevaeh Watkins	15.56	DIM	R4 #1
● VAR	12 Sarah Dittman	15.61	DIM	*R4 #2
● VAR	11 Emilia Zych	16.36	SER	*R4 #3
● VAR	9 Kaitlyn Farr	16.49	CHU	*R4 #4
● VAR	10 Anna Lunoe	16.53	SER	*R4 #5
● VAR	10 Samantha Piscoya	17.01	SOL	R3 #1
● VAR	11 Kensley Denmon	17.14	SER	*R4 #6
● VAR	11 Katrina Baisa	17.15	KOD	*R3 #3
● VAR	10 Alyssa Christian	17.38	SANC	*R4 #7
● VAR	11 Annabelle Foster	17.55	LAT	R6 #1
● VAR	9 Jewel Gardner	17.64	WAS	*R3 #4
● VAR	10 Jaelynn Colby	17.82	NPL	*R6 #2
● VAR	12 Ellen Kruchoski	17.88	CHU	*R4 #8
● VAR	12 Hallie Fischer	17.94	SOL	*R3 #5
● VAR	9 Claire Ruaro	18.02	KTN	R5 #1
● VAR	9 Addie Hartman	18.06	JNU	*R5 #2

300m Hurdles

VAR: 16

		Seed		
● VAR	12 Avrey Campbell	46.55	DIM	R4 #1
● VAR	11 Hannah Bodkin	47.61	CHU	*R4 #2
● VAR	12 Anaulie Sedivy	48.54	SOL	R3 #1
● VAR	12 Clara Odden	48.58	KTN	R5 #1
● VAR	11 Katrina Baisa	48.66	KOD	*R3 #2
● VAR	11 Emilia Zych	49.18	SER	*R4 #3
● VAR	9 Jewel Gardner	49.57	WAS	*R3 #3
● VAR	11 Maya Tirpack	49.72	SANC	*R4 #4
● VAR	10 Tegan Zalewski	49.96	KOD	*R3 #4
● VAR	9 Aubrey Hess	50.98	PAL	*R3 #5
● VAR	11 Kensley Denmon	51.27	SER	*R4 #5
● VAR	9 Claire Ruaro	51.82	KTN	*R5 #2
● VAR	12 Chloe Harrison	52.39	BAR	*R4 #6
● VAR	10 Jaelynn Colby	52.55	NPL	*R6 #2
● VAR	10 Josie Schrecengost	52.59	WAS	*R3 #6
● VAR	10 Heaven Copeland	54.14	EANC	*R4 #7

4x100 Relay

VAR: 58

		Seed		
● VAR-A1	10 Cameron Hunter	50.30	CHU	R4 #1
● VAR-A2	10 Amelia Dempsey	50.30	CHU	R4 #1
● VAR-A3	9 Teagan Mantyla	50.30	CHU	R4 #1
● VAR-A4	10 Jihšana Williams	50.30	CHU	R4 #1
● VAR-A5	9 Autumn Larson	50.30	CHU	R4 #1
● VAR-A6	12 Ada Burrup	50.30	CHU	R4 #1
● VAR-A7	11 Hannah Bodkin	50.30	CHU	R4 #1

CONGRATULATIONS

ASAA State Championship Athletes!

Tarranqegteq (Yup'ik)
To be active and healthy



CALISTA
CORPORATION



DI STATE MEET PROGRAM

● VAR-A6 11 Cy Garcia	43.05	SOL	R3 #1
● VAR-A7 11 William Klein	43.05	SOL	R3 #1
● VAR-A8 11 Dax Walden	43.05	SOL	R3 #1
● VAR-A1 12 Devin Cooper-Jackson	43.46	NPL	R6 #1
● VAR-A2 12 Niko Alvarado	43.46	NPL	R6 #1
● VAR-A3 11 Elijah Johnson	43.46	NPL	R6 #1
● VAR-A4 12 Zayden Nerbonne	43.46	NPL	R6 #1
● VAR-A5 12 Kaiden Thompson	43.46	NPL	R6 #1
● VAR-A6 9 Aiden Diggs	43.46	NPL	R6 #1
● VAR-A1 12 Lars Robinson	43.55	WANC	R4 #1
● VAR-A2 12 Ariel Sanchez	43.55	WANC	R4 #1
● VAR-A3 12 Kevin Wright	43.55	WANC	R4 #1
● VAR-A4 12 Beckett Stolp	43.55	WANC	R4 #1
● VAR-A5 12 Dylan Sanders	43.55	WANC	R4 #1
● VAR-A6 11 David Sanders	43.55	WANC	R4 #1
● VAR-A7 11 Allen Diaz	43.55	WANC	R4 #1
● VAR-A8 11 Ansel Alexander	43.55	WANC	R4 #1
● VAR-A1 11 Jacob Scherer	44.10	WVL	*R6 #2
● VAR-A2 11 Adom Lassey	44.10	WVL	*R6 #2
● VAR-A3 12 Zaire Stebbins	44.10	WVL	*R6 #2
● VAR-A4 12 Conrad Lassey	44.10	WVL	*R6 #2
● VAR-A5 11 Cedar Robichaud	44.10	WVL	*R6 #2
● VAR-A6 11 Landon Wiedmaier	44.10	WVL	*R6 #2
● VAR-A1 11 Ryker Putman	44.16	CHU	*R4 #2
● VAR-A2 9 Frederick Millen	44.16	CHU	*R4 #2
● VAR-A3 12 Jabari Johnson	44.16	CHU	*R4 #2
● VAR-A4 10 Cooper Scherffius	44.16	CHU	*R4 #2
● VAR-A5 12 Vassar Callahan	44.16	CHU	*R4 #2
● VAR-A6 9 Ahmir Walker	44.16	CHU	*R4 #2
● VAR-A7 9 Malakai Noonan	44.16	CHU	*R4 #2
● VAR-A8 12 Makai Warren-Dowl	44.16	CHU	*R4 #2
● VAR-A1 10 Wilson Lawson	44.48	LAT	*R6 #3
● VAR-A2 12 Vern Charfauros	44.48	LAT	*R6 #3
● VAR-A3 12 Jamison Lesseig	44.48	LAT	*R6 #3
● VAR-A4 12 Khalil Jackson	44.48	LAT	*R6 #3
● VAR-A5 12 Chris Kinga	44.48	LAT	*R6 #3
● VAR-A6 11 Israel Kinga	44.48	LAT	*R6 #3
● VAR-A7 12 Oschaun Easaw	44.48	LAT	*R6 #3
● VAR-A8 10 Jaycee Brooks	44.48	LAT	*R6 #3
● VAR-A1 12 James Connelly	44.51	KTN	R5 #1
● VAR-A2 10 Henry Vail	44.51	KTN	R5 #1
● VAR-A3 12 Trey Colbert	44.51	KTN	R5 #1
● VAR-A4 12 Jason Lorig	44.51	KTN	R5 #1
● VAR-A5 11 Edward Delacruz	44.51	KTN	R5 #1
● VAR-A6 11 Jozaiah Delacruz	44.51	KTN	R5 #1
● VAR-A1 11 Daelvin Guzman	44.93	BAR	*R4 #3
● VAR-A2 9 Jaxson Ezell	44.93	BAR	*R4 #3
● VAR-A3 11 Elijah Lemaster	44.93	BAR	*R4 #3
● VAR-A4 12 Theo Mejia	44.93	BAR	*R4 #3
● VAR-A5 11 Adrien Phiachantharath	44.93	BAR	*R4 #3
● VAR-A6 10 Chris Goodson	44.93	BAR	*R4 #3
● VAR-A7 11 David Wrighten	44.93	BAR	*R4 #3

4x200 Relay

VAR: 58

	Seed		
● VAR-A1 9 Ahmir Walker	1:30.31	CHU	R4 #1
● VAR-A2 9 Frederick Millen	1:30.31	CHU	R4 #1
● VAR-A3 11 Matthew Varney	1:30.31	CHU	R4 #1
● VAR-A4 12 Jabari Johnson	1:30.31	CHU	R4 #1
● VAR-A5 12 Vassar Callahan	1:30.31	CHU	R4 #1
● VAR-A6 11 Ryker Putman	1:30.31	CHU	R4 #1
● VAR-A7 9 Malakai Noonan	1:30.31	CHU	R4 #1
● VAR-A8 10 Cooper Scherffius	1:30.31	CHU	R4 #1
● VAR-A1 11 Ethan Anding	1:31.47	SOL	R3 #1
● VAR-A2 12 Brenden Jones	1:31.47	SOL	R3 #1
● VAR-A3 11 Tyce Escott	1:31.47	SOL	R3 #1
● VAR-A4 12 Wyatt Faircloth	1:31.47	SOL	R3 #1
● VAR-A5 11 Cy Garcia	1:31.47	SOL	R3 #1
● VAR-A6 12 James Innes	1:31.47	SOL	R3 #1
● VAR-A1 11 Ethan Labio	1:31.95	SER	*R4 #2
● VAR-A2 10 Josiah Thompson	1:31.95	SER	*R4 #2
● VAR-A3 10 Hunter Davis	1:31.95	SER	*R4 #2
● VAR-A4 11 Chrystchen Font	1:31.95	SER	*R4 #2
● VAR-A5 11 Cassidy Phillip	1:31.95	SER	*R4 #2
● VAR-A6 11 Cameron Anderson	1:31.95	SER	*R4 #2
● VAR-A7 11 Kevan Henderson	1:31.95	SER	*R4 #2
● VAR-A8 10 Thomas Frost	1:31.95	SER	*R4 #2
● VAR-A1 11 Cedar Robichaud	1:32.31	WVL	R6 #1
● VAR-A2 11 Landon Glynn	1:32.31	WVL	R6 #1
● VAR-A3 11 Landon Wiedmaier	1:32.31	WVL	R6 #1
● VAR-A4 12 Conrad Lassey	1:32.31	WVL	R6 #1
● VAR-A5 12 Logan Reinhellner	1:32.31	WVL	R6 #1
● VAR-A6 11 Adom Lassey	1:32.31	WVL	R6 #1
● VAR-A1 10 Wilson Lawson	1:32.81	LAT	*R6 #2
● VAR-A2 12 Vern Charfauros	1:32.81	LAT	*R6 #2
● VAR-A3 12 Jamison Lesseig	1:32.81	LAT	*R6 #2
● VAR-A4 12 Khalil Jackson	1:32.81	LAT	*R6 #2
● VAR-A5 12 Chris Kinga	1:32.81	LAT	*R6 #2
● VAR-A6 11 Israel Kinga	1:32.81	LAT	*R6 #2
● VAR-A7 10 Jaycee Brooks	1:32.81	LAT	*R6 #2
● VAR-A8 12 Oschaun Easaw	1:32.81	LAT	*R6 #2
● VAR-A1 11 Zachary Brendle	1:33.34	COL	*R3 #2
● VAR-A2 10 Kabari Little	1:33.34	COL	*R3 #2
● VAR-A3 11 Daniel Raybon	1:33.34	COL	*R3 #2

● VAR-A8 11 Finley Moffett	50.30	CHU	R4 #1
● VAR-A1 10 Sailor Waddell	50.55	WVL	R6 #1
● VAR-A2 9 Ayla McGee	50.55	WVL	R6 #1
● VAR-A3 11 June Breitenbach	50.55	WVL	R6 #1
● VAR-A4 12 Layla Fields	50.55	WVL	R6 #1
● VAR-A5 11 Lucy Lhokta	50.55	WVL	R6 #1
● VAR-A1 11 Madisyn Carlson	51.17	LAT	*R6 #2
● VAR-A2 12 Anastasia Pletnikoff	51.17	LAT	*R6 #2
● VAR-A3 9 Dominique Wiggins	51.17	LAT	*R6 #2
● VAR-A4 12 Havilah Walker	51.17	LAT	*R6 #2
● VAR-A5 11 Annebelle Foster	51.17	LAT	*R6 #2
● VAR-A6 12 Nina Foster	51.17	LAT	*R6 #2
● VAR-A7 9 Rylie Boy Scout	51.17	LAT	*R6 #2
● VAR-A8 10 Christianna Walker	51.17	LAT	*R6 #2
● VAR-A1 12 Viviana Boney	51.22	SER	*R4 #2
● VAR-A2 10 Attia Braham	51.22	SER	*R4 #2
● VAR-A3 11 Kensley Denmon	51.22	SER	*R4 #2
● VAR-A4 11 Emilia Zych	51.22	SER	*R4 #2
● VAR-A5 9 Lillian Anderson	51.22	SER	*R4 #2
● VAR-A6 9 Aniya Threatts	51.22	SER	*R4 #2
● VAR-A7 10 Anna Lunoe	51.22	SER	*R4 #2
● VAR-A8 9 Fiona Selvik	51.22	SER	*R4 #2
● VAR-A1 9 Quynn Campbell	51.23	DIM	*R4 #3
● VAR-A2 12 Katherine Reinbold	51.23	DIM	*R4 #3
● VAR-A3 10 Jamyra Fleming	51.23	DIM	*R4 #3
● VAR-A4 12 Ayla Ertekin	51.23	DIM	*R4 #3
● VAR-A5 10 Nevaeh Watkins	51.23	DIM	*R4 #3
● VAR-A6 12 Sienna Pederson	51.23	DIM	*R4 #3
● VAR-A7 12 Avrey Campbell	51.23	DIM	*R4 #3
● VAR-A1 12 Anaulie Sedivy	51.32	SOL	R3 #1
● VAR-A2 11 Sarah Brown	51.32	SOL	R3 #1
● VAR-A3 11 Grayson Henry	51.32	SOL	R3 #1
● VAR-A4 10 Lucy Uhlir	51.32	SOL	R3 #1
● VAR-A5 11 Sophia Jedlicki	51.32	SOL	R3 #1
● VAR-A6 10 Shiloh Zichko	51.32	SOL	R3 #1
● VAR-A1 9 Bella Connally	51.69	JNU	R5 #1
● VAR-A2 9 Addie Hartman	51.69	JNU	R5 #1
● VAR-A3 12 Cailynn Baxter	51.69	JNU	R5 #1
● VAR-A4 9 Shandiin Frommherz	51.69	JNU	R5 #1
● VAR-A5 9 Zoe Brown-Cortes	51.69	JNU	R5 #1
● VAR-A6 11 Siena Farr	51.69	JNU	R5 #1
● VAR-A7 11 Lua Mangacat	51.69	JNU	R5 #1
● VAR-A8 12 Ida Meyer	51.69	JNU	R5 #1
● VAR-A1 11 Victoria Tostemar	51.72	SANC	*R4 #4
● VAR-A2 10 Alyssa Christian	51.72	SANC	*R4 #4
● VAR-A3 11 Rachael White	51.72	SANC	*R4 #4
● VAR-A4 11 Alexia McCarter	51.72	SANC	*R4 #4
● VAR-A5 10 Darby D'Amico	51.72	SANC	*R4 #4
● VAR-A6 11 Addysen Gasser	51.72	SANC	*R4 #4
● VAR-A7 10 Maleah Robinson	51.72	SANC	*R4 #4
● VAR-A8 9 Meadow Bailly	51.72	SANC	*R4 #4

4x200 Relay

VAR: 55

	Seed		
● VAR-A1 11 Petra Knox	1:44.99	CHU	R4 #1
● VAR-A2 10 Cameron Hunter	1:44.99	CHU	R4 #1
● VAR-A3 9 Kaitlyn Farr	1:44.99	CHU	R4 #1
● VAR-A4 10 Jihvana Williams	1:44.99	CHU	R4 #1
● VAR-A5 10 Amelia Dempsey	1:44.99	CHU	R4 #1
● VAR-A6 9 Autumn Larson	1:44.99	CHU	R4 #1
● VAR-A7 11 Hannah Bodkin	1:44.99	CHU	R4 #1
● VAR-A8 9 Teagan Mantyla	1:44.99	CHU	R4 #1
● VAR-A1 9 Quynn Campbell	1:45.52	DIM	*R4 #2
● VAR-A2 12 Katherine Reinbold	1:45.52	DIM	*R4 #2
● VAR-A3 10 Jamyra Fleming	1:45.52	DIM	*R4 #2
● VAR-A4 12 Ayla Ertekin	1:45.52	DIM	*R4 #2
● VAR-A5 10 Nevaeh Watkins	1:45.52	DIM	*R4 #2
● VAR-A6 12 Avrey Campbell	1:45.52	DIM	*R4 #2
● VAR-A7 12 Sienna Pederson	1:45.52	DIM	*R4 #2
● VAR-A1 10 Sailor Waddell	1:45.56	WVL	R6 #1
● VAR-A2 9 Ayla McGee	1:45.56	WVL	R6 #1
● VAR-A3 11 June Breitenbach	1:45.56	WVL	R6 #1
● VAR-A4 12 Layla Fields	1:45.56	WVL	R6 #1
● VAR-A5 11 Lucy Lhokta	1:45.56	WVL	R6 #1
● VAR-A6 9 Lilli Bond	1:45.56	WVL	R6 #1
● VAR-A1 11 Victoria Tostemar	1:45.98	SANC	*R4 #3
● VAR-A2 11 Alexia McCarter	1:45.98	SANC	*R4 #3
● VAR-A3 12 Brooklyn Bailey	1:45.98	SANC	*R4 #3
● VAR-A4 11 Addysen Gasser	1:45.98	SANC	*R4 #3
● VAR-A5 11 Rachael White	1:45.98	SANC	*R4 #3
● VAR-A6 10 Maleah Robinson	1:45.98	SANC	*R4 #3
● VAR-A1 10 Shiloh Zichko	1:48.12	SOL	R3 #1
● VAR-A2 12 Anaulie Sedivy	1:48.12	SOL	R3 #1
● VAR-A3 11 Sarah Brown	1:48.12	SOL	R3 #1
● VAR-A4 10 Naomi Zichko	1:48.12	SOL	R3 #1
● VAR-A5 10 Lucy Uhlir	1:48.12	SOL	R3 #1
● VAR-A6 9 Shelby Huffer	1:48.12	SOL	R3 #1
● VAR-A7 11 Sophia Jedlicki	1:48.12	SOL	R3 #1
● VAR-A1 9 Lillian Anderson	1:48.67	SER	*R4 #4
● VAR-A2 10 Attia Braham	1:48.67	SER	*R4 #4
● VAR-A3 10 Anna Lunoe	1:48.67	SER	*R4 #4
● VAR-A4 12 Viviana Boney	1:48.67	SER	*R4 #4
● VAR-A5 11 Emilia Zych	1:48.67	SER	*R4 #4
● VAR-A6 9 Aniya Threatts	1:48.67	SER	*R4 #4

Fans:

ENOUGH IS ENOUGH!

Bad behavior at high school athletic events
has gotten OUT OF CONTROL.

Are YOU part of the problem?

Always be respectful, encouraging and positive.

Let's come together to [#BenchBadBehavior](#) for good!

BenchBadBehavior.com





DI STATE MEET PROGRAM

● VAR-A4 11 Hayden Shafer	1:33.34	COL	* R3 #2
● VAR-A5 10 Kenneth Hopkins	1:33.34	COL	* R3 #2
● VAR-A6 10 Haakon Erickson	1:33.34	COL	* R3 #2
● VAR-A7 12 Nick Bailey	1:33.34	COL	* R3 #2
● VAR-A8 10 Aedan Harris	1:33.34	COL	* R3 #2
● VAR-A1 12 Jason Lorig	1:34.19	KTN	R5 #1
● VAR-A2 11 Edward Delacruz	1:34.19	KTN	R5 #1
● VAR-A3 12 James Connelly	1:34.19	KTN	R5 #1
● VAR-A4 10 Henry Vail	1:34.19	KTN	R5 #1
● VAR-A5 11 Jozaiah Delacruz	1:34.19	KTN	R5 #1
● VAR-A6 12 Trey Colbert	1:34.19	KTN	R5 #1
● VAR-A1 11 Marcus Meerstein	1:34.44	ERHS	* R4 #3
● VAR-A2 11 Elijah Adams	1:34.44	ERHS	* R4 #3
● VAR-A3 12 Seth Cupper	1:34.44	ERHS	* R4 #3
● VAR-A4 11 Nolan Beaty	1:34.44	ERHS	* R4 #3
● VAR-A5 10 Caleb Driscoll	1:34.44	ERHS	* R4 #3
● VAR-A6 11 David Shipley	1:34.44	ERHS	* R4 #3
● VAR-A7 11 Gabriel Duffy	1:34.44	ERHS	* R4 #3
● VAR-A8 11 Luke Shaw	1:34.44	ERHS	* R4 #3

4x400 Relay

VAR: 61

	Seed		
● VAR-A1 11 Ethan Anding	3:28.67	SOL	R3 #1
● VAR-A2 12 Brenden Jones	3:28.67	SOL	R3 #1
● VAR-A3 12 James Innes	3:28.67	SOL	R3 #1
● VAR-A4 11 Parker Richards	3:28.67	SOL	R3 #1
● VAR-A5 10 Paxton Roach	3:28.67	SOL	R3 #1
● VAR-A6 12 Wyatt Faircloth	3:28.67	SOL	R3 #1
● VAR-A7 11 Michael Davidson	3:28.67	SOL	R3 #1
● VAR-A1 11 Dausen Loughman	3:30.91	CHU	R4 #1
● VAR-A2 9 Ahmir Walker	3:30.91	CHU	R4 #1
● VAR-A3 9 Malakai Noonan	3:30.91	CHU	R4 #1
● VAR-A4 11 Matthew Varney	3:30.91	CHU	R4 #1
● VAR-A5 12 James Eddy	3:30.91	CHU	R4 #1
● VAR-A6 12 Makai Warren-Dowl	3:30.91	CHU	R4 #1
● VAR-A7 12 Vassar Callahan	3:30.91	CHU	R4 #1
● VAR-A8 12 David Penfield	3:30.91	CHU	R4 #1
● VAR-A1 12 Eric Lemmons	3:31.18	DIM	* R4 #2
● VAR-A2 11 Creed Cvancara	3:31.18	DIM	* R4 #2
● VAR-A3 12 Jarrett Jackson	3:31.18	DIM	* R4 #2
● VAR-A4 11 Malachi Coski	3:31.18	DIM	* R4 #2
● VAR-A5 9 Odin Han Haz	3:31.18	DIM	* R4 #2
● VAR-A6 10 Maksim Millwood	3:31.18	DIM	* R4 #2
● VAR-A7 9 Silas Hartlieb	3:31.18	DIM	* R4 #2
● VAR-A8 11 Corde Bates	3:31.18	DIM	* R4 #2
● VAR-A1 11 Cameron Anderson	3:31.77	SER	* R4 #3
● VAR-A2 11 Elias Oswald	3:31.77	SER	* R4 #3
● VAR-A3 10 Josiah Thompson	3:31.77	SER	* R4 #3
● VAR-A4 11 Reubin Williams	3:31.77	SER	* R4 #3
● VAR-A5 10 Hunter Davis	3:31.77	SER	* R4 #3
● VAR-A6 11 Kevan Henderson	3:31.77	SER	* R4 #3
● VAR-A7 12 Levi Knickerbocker	3:31.77	SER	* R4 #3
● VAR-A8 12 Zane Griffis	3:31.77	SER	* R4 #3
● VAR-A1 11 Nolan Beaty	3:32.57	ERHS	* R4 #4
● VAR-A2 12 Seth Cupper	3:32.57	ERHS	* R4 #4
● VAR-A3 10 Caleb Driscoll	3:32.57	ERHS	* R4 #4
● VAR-A4 11 Marcus Meerstein	3:32.57	ERHS	* R4 #4
● VAR-A5 11 Luke Shaw	3:32.57	ERHS	* R4 #4
● VAR-A6 11 Elijah Adams	3:32.57	ERHS	* R4 #4
● VAR-A7 11 Atlas Payne	3:32.57	ERHS	* R4 #4
● VAR-A8 12 Josean Olivieri	3:32.57	ERHS	* R4 #4
● VAR-A1 12 Jakan Rein heller	3:32.57	WVL	R6 #1
● VAR-A2 11 Landen Glynn	3:32.57	WVL	R6 #1
● VAR-A3 10 Merrick Zook	3:32.57	WVL	R6 #1
● VAR-A4 12 Logan Rein heller	3:32.57	WVL	R6 #1
● VAR-A5 12 Braun Endicott	3:32.57	WVL	R6 #1
● VAR-A6 11 Dayton Nunley	3:32.57	WVL	R6 #1
● VAR-A7 12 Greyson DeV Vaughn	3:32.57	WVL	R6 #1
● VAR-A1 12 Finley Hightower	3:32.58	JNU	R5 #1
● VAR-A2 12 Nick Iverson	3:32.58	JNU	R5 #1
● VAR-A3 12 Finn Lamb	3:32.58	JNU	R5 #1
● VAR-A4 12 Ben Sikes	3:32.58	JNU	R5 #1
● VAR-A5 12 Corder Janes	3:32.58	JNU	R5 #1
● VAR-A6 12 Owen Woodruff	3:32.58	JNU	R5 #1
● VAR-A7 12 Sage Janes	3:32.58	JNU	R5 #1
● VAR-A8 12 Ferguson Wheeler	3:32.58	JNU	R5 #1
● VAR-A1 12 Lars Robinson	3:35.13	WANC	* R4 #5
● VAR-A2 12 Dylan Sanders	3:35.13	WANC	* R4 #5
● VAR-A3 10 Louis Dugal	3:35.13	WANC	* R4 #5
● VAR-A4 11 Ansel Alexander	3:35.13	WANC	* R4 #5
● VAR-A5 12 Kevin Wright	3:35.13	WANC	* R4 #5
● VAR-A6 10 John Gurney	3:35.13	WANC	* R4 #5
● VAR-A7 10 Wyatt Flemming	3:35.13	WANC	* R4 #5

4x800 Relay

VAR: 56

	Seed		
● VAR-A1 12 Joshua Hathaway	8:09.43	KOD	R3 #1
● VAR-A2 11 Weston Roberts	8:09.43	KOD	R3 #1
● VAR-A3 11 Gabriel Koehler	8:09.43	KOD	R3 #1
● VAR-A4 12 Miles Grimes	8:09.43	KOD	R3 #1
● VAR-A5 12 Joseph Hathaway	8:09.43	KOD	R3 #1
● VAR-A6 9 Henry Pys her	8:09.43	KOD	R3 #1

● VAR-A7 11 Jase Emerson	1:48.67	SER	* R4 #4
● VAR-A8 9 Fiona Selvik	1:48.67	SER	* R4 #4
● VAR-A1 11 Madisyn Carlson	1:49.74	LAT	* R6 #2
● VAR-A2 12 Anastasia Pletnikoff	1:49.74	LAT	* R6 #2
● VAR-A3 9 Dominique Wiggins	1:49.74	LAT	* R6 #2
● VAR-A4 12 Havilah Walker	1:49.74	LAT	* R6 #2
● VAR-A5 11 Annabelle Foster	1:49.74	LAT	* R6 #2
● VAR-A6 12 Nina Foster	1:49.74	LAT	* R6 #2
● VAR-A7 10 Christianna Walker	1:49.74	LAT	* R6 #2
● VAR-A8 9 Rylie Boy scout	1:49.74	LAT	* R6 #2
● VAR-A1 10 Mariah Colbert	1:53.28	KTN	R5 #1
● VAR-A2 9 Claire Ruaro	1:53.28	KTN	R5 #1
● VAR-A3 12 Carol Frey	1:53.28	KTN	R5 #1
● VAR-A4 12 Clara Odden	1:53.28	KTN	R5 #1
● VAR-A5 10 Ryan Elerding	1:53.28	KTN	R5 #1

4x400 Relay

VAR: 56

	Seed		
● VAR-A1 11 Sophia Jedlicki	4:02.30	SOL	R3 #1
● VAR-A2 10 Shiloh Zichko	4:02.30	SOL	R3 #1
● VAR-A3 12 Annie Burns	4:02.30	SOL	R3 #1
● VAR-A4 11 Sasha Brott	4:02.30	SOL	R3 #1
● VAR-A5 11 Sarah Brown	4:02.30	SOL	R3 #1
● VAR-A6 10 Kathryn DeBardelaben	4:02.30	SOL	R3 #1
● VAR-A7 12 Anaulie Sedivy	4:02.30	SOL	R3 #1
● VAR-A8 10 Kathryn Cox	4:02.30	SOL	R3 #1
● VAR-A1 10 Annelise Larsen	4:10.94	COL	* R3 #2
● VAR-A2 10 Sydney Simpich	4:10.94	COL	* R3 #2
● VAR-A3 12 Ella Hopkins	4:10.94	COL	* R3 #2
● VAR-A4 12 Hallie Clark	4:10.94	COL	* R3 #2
● VAR-A5 10 Molly VanTassel	4:10.94	COL	* R3 #2
● VAR-A6 12 Mary Burnett	4:10.94	COL	* R3 #2
● VAR-A7 10 Aubrey Virgin	4:10.94	COL	* R3 #2
● VAR-A8 9 Dominique Porter	4:10.94	COL	* R3 #2
● VAR-A1 11 Alexia McCarter	4:11.12	SANC	R4 #1
● VAR-A2 11 Maya Tirpack	4:11.12	SANC	R4 #1
● VAR-A3 10 Maleah Robinson	4:11.12	SANC	R4 #1
● VAR-A4 11 Anna Green	4:11.12	SANC	R4 #1
● VAR-A5 9 Meadow Bailly	4:11.12	SANC	R4 #1
● VAR-A1 9 Gelis Liggins	4:12.81	WANC	* R4 #2
● VAR-A2 11 Natalie Boothman	4:12.81	WANC	* R4 #2
● VAR-A3 12 Zoe Rodgers	4:12.81	WANC	* R4 #2
● VAR-A4 10 Kendall Barnett	4:12.81	WANC	* R4 #2
● VAR-A5 11 Lana Mike	4:12.81	WANC	* R4 #2
● VAR-A6 12 Fatou Sallah	4:12.81	WANC	* R4 #2
● VAR-A7 11 Izabela Sullivan	4:12.81	WANC	* R4 #2
● VAR-A8 11 Re'Zhanai Wyche	4:12.81	WANC	* R4 #2
● VAR-A1 11 Petra Knox	4:14.43	CHU	* R4 #3
● VAR-A2 9 Charlotte Knox	4:14.43	CHU	* R4 #3
● VAR-A3 9 Olivia Sandoval	4:14.43	CHU	* R4 #3
● VAR-A4 12 Alliyah Fields	4:14.43	CHU	* R4 #3
● VAR-A5 12 Ada Burrup	4:14.43	CHU	* R4 #3
● VAR-A6 11 Hannah Shaha	4:14.43	CHU	* R4 #3
● VAR-A7 11 Hannah Bodkin	4:14.43	CHU	* R4 #3
● VAR-A8 12 Ryleigh Ervin	4:14.43	CHU	* R4 #3
● VAR-A1 12 Madeline Knolmayer	4:15.89	PAL	* R3 #3
● VAR-A2 12 Avery Johnson	4:15.89	PAL	* R3 #3
● VAR-A3 9 Aubrey Hess	4:15.89	PAL	* R3 #3
● VAR-A4 10 Leila Petersen	4:15.89	PAL	* R3 #3
● VAR-A5 9 Ximena Alcalá	4:15.89	PAL	* R3 #3
● VAR-A1 12 Anastasia Pletnikoff	4:17.86	LAT	R6 #1
● VAR-A2 11 Annabelle Foster	4:17.86	LAT	R6 #1
● VAR-A3 11 Madisyn Carlson	4:17.86	LAT	R6 #1
● VAR-A4 10 Solveig Finstad	4:17.86	LAT	R6 #1
● VAR-A5 12 Havilah Walker	4:17.86	LAT	R6 #1
● VAR-A6 12 Carly Pilon	4:17.86	LAT	R6 #1
● VAR-A7 12 Nina Foster	4:17.86	LAT	R6 #1
● VAR-A8 11 Daria Mantei	4:17.86	LAT	R6 #1
● VAR-A1 12 Carol Frey	4:23.80	KTN	R5 #1
● VAR-A2 10 Ryan Elerding	4:23.80	KTN	R5 #1
● VAR-A3 9 Claire Ruaro	4:23.80	KTN	R5 #1
● VAR-A4 12 Clara Odden	4:23.80	KTN	R5 #1
● VAR-A5 11 Payton Hagan	4:23.80	KTN	R5 #1
● VAR-A6 10 Mariah Colbert	4:23.80	KTN	R5 #1

4x800 Relay

VAR: 53

	Seed		
● VAR-A1 9 Charlotte Knox	10:06.42	CHU	R4 #1
● VAR-A2 9 Hailey Colgrove	10:06.42	CHU	R4 #1
● VAR-A3 9 Kathryn Shaha	10:06.42	CHU	R4 #1
● VAR-A4 11 Hannah Bodkin	10:06.42	CHU	R4 #1
● VAR-A5 12 Ryleigh Ervin	10:06.42	CHU	R4 #1
● VAR-A6 11 Hannah Shaha	10:06.42	CHU	R4 #1
● VAR-A7 9 Olivia Sandoval	10:06.42	CHU	R4 #1
● VAR-A8 10 Kyra Walter	10:06.42	CHU	R4 #1
● VAR-A1 9 Quynn Campbell	10:09.92	DIM	* R4 #2
● VAR-A2 11 Molly McBride	10:09.92	DIM	* R4 #2
● VAR-A3 10 Ellie Stull	10:09.92	DIM	* R4 #2
● VAR-A4 9 Madeline Eschbacher	10:09.92	DIM	* R4 #2
● VAR-A5 12 Katherine Reinbold	10:09.92	DIM	* R4 #2
● VAR-A6 11 Cierra Norris	10:09.92	DIM	* R4 #2
● VAR-A7 11 Maryjane Baxter	10:09.92	DIM	* R4 #2

BE THE



INFLUENCE

LEARN IT. LIVE IT. LEAD IT.

Alcohol misuse impacts the health of our people and our communities. *Be The Influence* empowers our young people to learn about the risks of alcohol use, have honest conversations about alcohol, delay alcohol use, and make healthy, alcohol-free life choices.

We want our young people to be the change they want to see in the world and *Be The Influence*.



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DI STATE MEET PROGRAM

● VAR-A7 10 Stokely Williams	8:09.43	KOD	R3 #1
● VAR-A8 9 Julian Kiefer	8:09.43	KOD	R3 #1
● VAR-A1 9 Jayden Yeager	8:09.81	SOL	* R3 #2
● VAR-A2 11 Michael Davidson	8:09.81	SOL	* R3 #2
● VAR-A3 12 James Innes	8:09.81	SOL	* R3 #2
● VAR-A4 11 Ethan Anding	8:09.81	SOL	* R3 #2
● VAR-A5 11 Parker Richards	8:09.81	SOL	* R3 #2
● VAR-A6 9 Ollie Dahl	8:09.81	SOL	* R3 #2
● VAR-A1 11 Gabriel Carey	8:27.23	WAS	* R3 #3
● VAR-A2 12 Tobias Shreve	8:27.23	WAS	* R3 #3
● VAR-A3 12 Stephen Hafen	8:27.23	WAS	* R3 #3
● VAR-A4 12 Ammon Seims	8:27.23	WAS	* R3 #3
● VAR-A5 9 Nathan Stapley	8:27.23	WAS	* R3 #3
● VAR-A6 9 William Edgerton	8:27.23	WAS	* R3 #3
● VAR-A1 10 Kodiak Coleman	8:30.04	DIM	R4 #1
● VAR-A2 11 Creed Cvcancara	8:30.04	DIM	R4 #1
● VAR-A3 9 Christopher Sharpe	8:30.04	DIM	R4 #1
● VAR-A4 12 Jarrett Jackson	8:30.04	DIM	R4 #1
● VAR-A5 9 Silas Hartlieb	8:30.04	DIM	R4 #1
● VAR-A6 10 Maksim Millwood	8:30.04	DIM	R4 #1
● VAR-A7 12 Noa Kam-Magruder	8:30.04	DIM	R4 #1
● VAR-A8 12 Eric Lemmons	8:30.04	DIM	R4 #1
● VAR-A1 9 Finnegan Spillane	8:41.13	SANC	* R4 #2
● VAR-A2 12 Mason Card	8:41.13	SANC	* R4 #2
● VAR-A3 12 Jaxon Freeman	8:41.13	SANC	* R4 #2
● VAR-A4 11 Owen Harth	8:41.13	SANC	* R4 #2
● VAR-A5 11 Ethan Styvar	8:41.13	SANC	* R4 #2
● VAR-A1 12 Zane Griffis	8:54.43	SER	* R4 #3
● VAR-A2 10 Barret Malouf	8:54.43	SER	* R4 #3
● VAR-A3 12 Dylan Autrey	8:54.43	SER	* R4 #3
● VAR-A4 11 Elias Oswald	8:54.43	SER	* R4 #3
● VAR-A5 12 Levi Knickerbocker	8:54.43	SER	* R4 #3
● VAR-A6 10 Jack Leveque	8:54.43	SER	* R4 #3
● VAR-A7 11 Reubin Williams	8:54.43	SER	* R4 #3
● VAR-A8 10 Thomas Frost	8:54.43	SER	* R4 #3
● VAR-A1 12 Finn Lamb	8:58.92	JNU	R5 #1
● VAR-A2 12 Corder Janes	8:58.92	JNU	R5 #1
● VAR-A3 12 Ferguson Wheeler	8:58.92	JNU	R5 #1
● VAR-A4 12 Nick Iverson	8:58.92	JNU	R5 #1
● VAR-A5 12 Sage Janes	8:58.92	JNU	R5 #1
● VAR-A6 12 Owen Woodruff	8:58.92	JNU	R5 #1
● VAR-A7 12 Finley Hightower	8:58.92	JNU	R5 #1
● VAR-A8 12 Ben Sikes	8:58.92	JNU	R5 #1
● VAR-A1 12 Jakan Rein heller	9:23.44	WVL	R6 #1
● VAR-A2 12 William Roe	9:23.44	WVL	R6 #1
● VAR-A3 10 Merrick Zook	9:23.44	WVL	R6 #1
● VAR-A4 12 Logan Rein heller	9:23.44	WVL	R6 #1
● VAR-A5 10 Reid Merrill	9:23.44	WVL	R6 #1
● VAR-A6 10 Thomas Armbruster	9:23.44	WVL	R6 #1
● VAR-A7 12 Braun Endicott	9:23.44	WVL	R6 #1

Shot Put

VAR: 18

	Seed		
● VAR 11 Deuce Alailefaleula	53' 2.75"	BAR	R4 #1
● VAR 12 Luke Miller	49' 4"	SOL	R3 #1
● VAR 12 George Lane	48' 0.25"	EANC	* R4 #2
● VAR 10 Benjamin Hiestand	47' 5.25"	CHU	* R4 #3
● VAR 11 Grant Ousley	46' 5"	COL	* R3 #2
● VAR 12 Tyler Cage	46' 4.75"	CHU	* R4 #4
● VAR 12 Kenton Phelps	45' 10.5"	COL	* R3 #3
● VAR 12 Braeden Smith	45' 6"	NPL	R6 #1
● VAR 11 Tino Timu	45' 2.5"	KOD	* R3 #4
● VAR 11 Julian Jones	45' 2"	SANC	* R4 #5
● VAR 11 Theo Huff	44' 6"	SOL	* R3 #5
● VAR 12 Kenai Lepule	44' 1"	SOL	* R3 #6
● VAR 10 Gabe Guffey	43' 7.5"	LAT	* R6 #2
● VAR 12 Pusa Lilo	43' 6"	EANC	* R4 #6
● VAR 9 Leonidas Taualo-Tasi	43' 0"	JNU	R5 #1
● VAR 10 Lucas Griffin	42' 11.5"	SANC	* R4 #7
● VAR 12 Evan Nicholson	22' 7"	SANC	
● VAR 9 Kooper Matteson	19' 6.5"	NPL	

Discus

VAR: 18

	Seed		
● VAR 10 Benjamin Hiestand	164' 8"	CHU	* R4 #1
● VAR 12 Pusa Lilo	152' 5"	EANC	* R4 #2
● VAR 12 Tyler Cage	147' 10"	CHU	* R4 #3
● VAR 11 Deuce Alailefaleula	147' 1"	BAR	* R4 #4
● VAR 12 Aaron Lotu-Muavaa	142' 11"	EANC	* R4 #5
● VAR 11 Nolan Garner	141' 8"	PAL	* R3 #1
● VAR 10 Tyrus Fischer	140' 8"	COL	* R3 #2
● VAR 12 Andrew Richardson	139' 6"	COL	* R3 #3
● VAR 11 Theo Huff	139' 1"	SOL	* R3 #4
● VAR 11 Curtis Forbes	139' 0"	LAT	* R6 #2
● VAR 11 Tino Timu	136' 11"	KOD	* R3 #5
● VAR 12 Luke Miller	136' 4"	SOL	* R3 #6
● VAR 12 George Lane	134' 11"	EANC	* R4 #6
● VAR 12 Kenton Phelps	134' 0"	COL	* R3 #7
● VAR 12 Oschaun Easaw	132' 2"	LAT	* R6 #3
● VAR 12 Gunnar Tarver	125' 2.5"	JNU	R5 #1
● VAR 12 Evan Nicholson	65' 8"	SANC	
● VAR 9 Kooper Matteson	41' 6"	NPL	

● VAR-A1 9 Meadow Bailly	10:14.21	SANC	* R4 #3
● VAR-A2 11 Maya Tirpack	10:14.21	SANC	* R4 #3
● VAR-A3 10 Shayla Lee	10:14.21	SANC	* R4 #3
● VAR-A4 10 Maleah Robinson	10:14.21	SANC	* R4 #3
● VAR-A5 11 Addysen Gasser	10:14.21	SANC	* R4 #3
● VAR-A6 12 Brooklyn Bailey	10:14.21	SANC	* R4 #3
● VAR-A1 11 Daria Mantei	10:35.00	LAT	R6 #1
● VAR-A2 12 Carly Pilon	10:35.00	LAT	R6 #1
● VAR-A3 10 Solveig Finstad	10:35.00	LAT	R6 #1
● VAR-A4 9 Alexa Pilon	10:35.00	LAT	R6 #1
● VAR-A5 11 Marais Anderson	10:35.00	LAT	R6 #1
● VAR-A6 9 Rylie Boy Scout	10:35.00	LAT	R6 #1
● VAR-A7 12 Nina Foster	10:35.00	LAT	R6 #1
● VAR-A8 10 Alice Balash	10:35.00	LAT	R6 #1
● VAR-A1 11 Sasha Brott	10:38.39	SOL	R3 #1
● VAR-A2 10 Kathryn Cox	10:38.39	SOL	R3 #1
● VAR-A3 12 Annie Burns	10:38.39	SOL	R3 #1
● VAR-A4 10 Kathryn DeBardelaben	10:38.39	SOL	R3 #1
● VAR-A5 11 Anna Bailey	10:38.39	SOL	R3 #1
● VAR-A6 11 Sophia Jedlicki	10:38.39	SOL	R3 #1
● VAR-A7 12 Ariana Cannava	10:38.39	SOL	R3 #1
● VAR-A1 9 Miriam Armstrong	10:40.81	WVL	* R6 #2
● VAR-A2 9 Rayne Personett	10:40.81	WVL	* R6 #2
● VAR-A3 11 Alexa Crabb	10:40.81	WVL	* R6 #2
● VAR-A4 9 Isabelle Jenkins	10:40.81	WVL	* R6 #2
● VAR-A5 9 Lilli Bond	10:40.81	WVL	* R6 #2
● VAR-A6 9 Hazel Sutton	10:40.81	WVL	* R6 #2
● VAR-A1 11 Siena Farr	10:47.90	JNU	R5 #1
● VAR-A2 9 Sigrid Eller	10:47.90	JNU	R5 #1
● VAR-A3 12 Pacific Ricke	10:47.90	JNU	R5 #1
● VAR-A4 11 Lua Mangaccat	10:47.90	JNU	R5 #1
● VAR-A5 12 Ida Meyer	10:47.90	JNU	R5 #1
● VAR-A6 9 Addie Hartman	10:47.90	JNU	R5 #1
● VAR-A1 9 Lily Poray	10:48.74	WANC	* R4 #4
● VAR-A2 11 Whitney Walstead	10:48.74	WANC	* R4 #4
● VAR-A3 12 Zoe Rodgers	10:48.74	WANC	* R4 #4
● VAR-A4 11 Natalie Boothman	10:48.74	WANC	* R4 #4
● VAR-A5 10 Kendall Barnett	10:48.74	WANC	* R4 #4

Shot Put

VAR: 16

	Seed		
● VAR 12 Layla Hays	38' 10.5"	WAS	R3 #1
● VAR 11 Lilly Davidge	35' 10"	LAT	R6 #1
● VAR 10 Ailafo Fautanu	35' 6.5"	DIM	R4 #1
● VAR 12 Tonya Karpow	34' 5.5"	COL	* R3 #2
● VAR 12 Mona Koko	34' 0"	WANC	* R4 #2
● VAR 11 Claire Bredberg	32' 10.5"	WAS	* R3 #3
● VAR 12 Maxie Lehauli	32' 3.75"	JNU	R5 #1
● VAR 12 Alessa Scott	32' 1"	DIM	* R4 #3
● VAR 12 Ayla Keller	31' 7.5"	JNU	* R5 #2
● VAR 12 Audrie Fischer	31' 3"	COL	* R3 #4
● VAR 11 Rachael White	30' 11.25"	SANC	* R4 #4
● VAR 11 Juliet Innes	30' 8"	SOL	* R3 #5
● VAR 12 Valentina Krejci	30' 6.75"	LAT	* R6 #2
● VAR 11 Eva Johnson	29' 11.5"	DIM	* R4 #5
● VAR 11 Meliame Tupou	29' 1.75"	JNU	* R5 #3
● VAR 11 Kenya-Marie Bruno	28' 6.25"	EANC	* R4 #6

Discus

VAR: 16

	Seed		
● VAR 12 Layla Hays	123' 9"	WAS	R3 #1
● VAR 12 Alessa Scott	116' 2"	DIM	R4 #1
● VAR 12 Audrie Fischer	114' 2"	COL	* R3 #2
● VAR 11 Juliet Innes	111' 5"	SOL	* R3 #3
● VAR 12 Mona Koko	109' 9"	WANC	* R4 #2
● VAR 11 Mia Christensen	106' 2"	WAS	* R3 #4
● VAR 10 Ailafo Fautanu	101' 4"	DIM	* R4 #3
● VAR 10 Maya Sandefur	99' 0"	COL	* R3 #5
● VAR 11 Kyleigh Boling	98' 8"	WAS	* R3 #6
● VAR 11 Claire Bredberg	98' 2"	WAS	* R3 #7
● VAR 11 Lilly Davidge	98' 0"	LAT	R6 #1
● VAR 9 Mattelyn Elliott	95' 2"	COL	* R3 #8
● VAR 11 Silver Gonzales	92' 5"	KOD	* R3 #9
● VAR 11 Adelaide Masimer	91' 9"	ERHS	* R4 #4
● VAR 10 Avery Wilson	91' 6"	CHU	* R4 #5
● VAR 11 Issy Martin	88' 8"	JNU	* R5 #1

High Jump

VAR: 17

	Seed		
● VAR 10 Nevaeh Watkins	5' 8"	DIM	R4 #1
● VAR 9 Autumn Larson	5' 1"	CHU	* R4 #2
● VAR 12 Avery Johnson	5' 0"	PAL	R3 #1
● VAR 9 Elettette Svencer	4' 10"	CHU	* R4 #3
● VAR 10 Sophia Allen	4' 10"	COL	* R3 #2
● VAR 11 Hannah Bodkin	4' 8"	CHU	* R4 #6
● VAR 9 Kaitlyn Farr	4' 8"	CHU	* R4 #4
● VAR 10 Halie Sandstrom	4' 8"	COL	* R3 #3
● VAR 11 Lola Poitevin	4' 8"	EANC	* R4 #4
● VAR 10 Emily Crabtree	4' 8"	WAS	* R3 #4

10 TIPS

FOR SUPPORTING THE

MENTAL WELL-BEING

OF STUDENTS

WANT TO SUPPORT THE HIGH SCHOOL STUDENTS IN YOUR LIFE?

LET THEM KNOW YOU CARE.

They want someone to invest in them. To make them feel seen and heard. To love them for who they are and who they're becoming. **Be that person.**

Reference these 10 tips before each season and implement the #WeSeeYou culture within your athletic department. You can also distribute them to teachers, principals, superintendents and other school staff.

1. UNDERSTAND THE REAL DEFINITION OF MENTAL HEALTH.

"Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community," per the World Health Organization. It's a spectrum that is less often about extremes or crises and more often about coping with everyday challenges—most of us live in the middle.

2. ACKNOWLEDGE AND CONNECT WITH ALL STUDENTS.

All students—not just the ones who help win championships—want to feel seen by someone who matters to them, like a coach, athletic director or teacher.

3. KEEP IN MIND THAT STUDENTS ARE SEEING LIFE THROUGH A HIGHLIGHT REEL.

Teenagers are "seen" a lot on social media, but are they seen for who they truly are? Be the person who wants to know and support the real them.

4. CREATE A CULTURE WHERE EVERYONE IS LOOKING OUT FOR EACH OTHER.

It is not one sole person's responsibility to check in and see how everyone on the team is doing. We can all play a part in noticing, acknowledging and offering support to one another.

5. REMEMBER YOUR INFLUENCE IS GREATER THAN YOU OFTEN REALIZE.

Far beyond their athletic potential, you can make subtle differences in your students' lives by paying attention to their behavior and who they are as people.

6. DON'T FORGET WE ALL HAVE DIFFERENT CAPACITIES FOR STRESS.

And it can change day to day. Rather than judging the validity of someone else's stressor, consider how many stressors they are juggling at one time and empathize that they may have one too many to handle at once.

7. DETERMINE IF STUDENTS ARE "SORE" OR IF THEY ARE "INJURED."

Like with physical endurance, coping with stress can feel exhausting. But it's important to notice the difference between being "sore" (feeling anxious or down) and being "injured" (a mental health crisis). Help your students work through their "soreness" by developing coping skills to build stamina.

8. OFFER SUPPORT AND GUIDANCE.

While most high school students might not experience a mental health crisis, they are still faced with adversities they have never dealt with before. Remember it's not your job to diagnose or treat; it's your job to offer support and guidance and teach them how to be resilient.

9. ENCOURAGE STUDENTS TO GET MORE SLEEP.

A consistent lack of sleep is directly correlated with lacking the ability to cope with stress properly.

10. CONTINUE SEEKING RESOURCES.

Again, the mental well-being of students is not one sole person's responsibility. Surround yourself with resources to reference and a network of support to turn to.

Learn more and get free resources on our website:

[WeSeeYou.Community](https://www.weseeyou.com)



#WESEEYOU





DI STATE MEET PROGRAM

High Jump

VAR: 12

		Seed		
● VAR	12 Trey Colbert	6' 0"	KTN	R5 #1
● VAR	10 Maverick Rodriguez	5' 10"	COL	R3 #1
● VAR	12 Ariel Sanchez	5' 10"	WANC	R4 #1
● VAR	12 Jordan Sterling	5' 8"	COL	* R3 #4
● VAR	9 Julian Kiefer	5' 8"	KOD	* R3 #2
● VAR	11 Corbin Gerkin	5' 8"	PAL	* R3 #3
● VAR	11 Cameron Anderson	5' 8"	SER	* R4 #2
● VAR	11 Kevan Henderson	5' 8"	SER	* R4 #3
● VAR	10 Deontae Cromer	5' 8"	WVL	R6 #1
● VAR	10 Christian Enriquez	5' 6"	KOD	* R3 #5
● VAR	11 Jaxon Henrie	5' 6"	SANC	* R4 #4
● VAR	9 Kooper Matteson	4' 7"	NPL	

Long Jump

VAR: 17

		Seed		
● VAR	12 Ariel Sanchez	23' 0.75"	WANC	R4 #1
● VAR	12 Tyler Drake	21' 6"	BAR	* R4 #2
● VAR	11 Corde Bates	21' 4.5"	DIM	* R4 #3
● VAR	12 Devin Cooper-Jackson	21' 4"	NPL	R6 #1
● VAR	12 Seth Cupper	21' 2.25"	ERHS	* R4 #4
● VAR	12 Isaiah Douyon	21' 0.25"	SANC	* R4 #5
● VAR	10 Wilson Lawson	20' 11.5"	LAT	* R6 #2
● VAR	12 Nick Bailey	20' 7"	COL	R3 #1
● VAR	11 Nolan Beaty	20' 5.75"	ERHS	* R4 #6
● VAR	11 Bruce Sommerville	20' 5.5"	WAS	* R3 #2
● VAR	12 Jabari Johnson	20' 4.25"	CHU	* R4 #7
● VAR	10 Maverick Rodriguez	20' 4"	COL	* R3 #3
● VAR	12 Kenneth Motton	19' 8"	COL	* R3 #5
● VAR	11 Ethan Labio	19' 6.25"	SER	* R4 #8
● VAR	10 Trayvon Lott	19' 4.25"	COL	* R3 #6
● VAR	12 Johnathyn Kestel	19' 0.75"	JNU	R5 #1
● VAR	9 Kooper Matteson	13' 4.25"	NPL	

Triple Jump

VAR: 16

		Seed		
● VAR	12 Isaiah Douyon	43' 11"	SANC	R4 #1
● VAR	12 Kenneth Motton	42' 10.75"	COL	R3 #1
● VAR	11 Elijah Adams	41' 4.5"	ERHS	* R4 #2
● VAR	12 Tyler Drake	41' 2.75"	BAR	* R4 #3
● VAR	11 Corde Bates	41' 2.75"	DIM	* R4 #4
● VAR	12 Devin Cooper-Jackson	41' 2.5"	NPL	R6 #1
● VAR	10 Solomon Johnson	41' 1"	SANC	* R4 #5
● VAR	10 Zack Kemp	41' 1"	SOL	* R3 #2
● VAR	12 Johnathyn Kestel	40' 9.5"	JNU	R5 #1
● VAR	12 Zaire Stebbins	40' 0"	WVL	* R6 #2
● VAR	11 Bruce Sommerville	39' 9"	WAS	* R3 #3
● VAR	11 Corbin Gerkin	39' 4.75"	PAL	* R3 #4
● VAR	10 Matthew Jackson	39' 4.5"	EANC	* R4 #6
● VAR	9 Hans Erickson	39' 3.5"	COL	* R3 #5
● VAR	12 Aiden Agnew	39' 1.25"	SANC	* R4 #7
● VAR	10 Richard Rogers	39' 1.25"	WAS	* R3 #6

● VAR	12 Ellen Kruchoski	4' 6"	CHU	* R4 #8
● VAR	9 Dominique Porter	4' 6"	COL	* R3 #6
● VAR	9 Katelyn Behymer	4' 6"	DIM	* R4 #7
● VAR	11 Payton Hagan	4' 6"	KTN	R5 #1
● VAR	11 Jase Emerson	4' 6"	SER	* R4 #9
● VAR	12 Hallie Fischer	4' 6"	SOL	* R3 #5
● VAR	11 Ayla Weller	4' 4"	WVL	R6 #1

Long Jump

VAR: 16

		Seed		
● VAR	12 Sarah Dittman	18' 4"	DIM	R4 #1
● VAR	12 Sofia Zaccanti	17' 2"	EANC	* R4 #2
● VAR	12 Havilah Walker	16' 5.75"	LAT	R6 #1
● VAR	11 Izabela Sullivan	16' 5"	WANC	* R4 #3
● VAR	11 Finley Moffett	16' 1.75"	CHU	* R4 #4
● VAR	12 Izzy Kizer	16' 0.75"	NPL	* R6 #2
● VAR	10 Darby D'Amico	15' 9.5"	SANC	* R4 #5
● VAR	11 Grayson Henry	15' 8.25"	SOL	R3 #1
● VAR	11 Kensley Denmon	15' 8"	SER	* R4 #6
● VAR	12 Cailynn Baxter	15' 7.25"	JNU	R5 #1
● VAR	12 Hallie Clark	15' 3.25"	COL	* R3 #3
● VAR	9 Elliette Svencer	15' 2.75"	CHU	* R4 #8
● VAR	11 Rachael White	15' 1.25"	SANC	* R4 #9
● VAR	12 Hallie Fischer	15' 1"	SOL	* R3 #4
● VAR	12 Tess Fernandes Renoir	15' 0.5"	ERHS	* R4 #10
● VAR	11 McKinley Hafen	15' 0.25"	WAS	* R3 #5

Triple Jump

VAR: 17

		Seed		
● VAR	12 Izzy Kizer	36' 6"	NPL	R6 #1
● VAR	12 Avrey Campbell	34' 3.25"	DIM	R4 #1
● VAR	11 Izabela Sullivan	34' 2.5"	WANC	* R4 #2
● VAR	10 Kathryn DeBardelaben	33' 9.5"	SOL	R3 #1
● VAR	12 Sofia Zaccanti	33' 2"	EANC	* R4 #3
● VAR	11 Maya Tirpack	33' 1.5"	SANC	* R4 #4
● VAR	11 Annebel Foster	32' 9.25"	LAT	* R6 #2
● VAR	10 Darby D'Amico	32' 8.25"	SANC	* R4 #5
● VAR	12 Hallie Fischer	32' 7.75"	SOL	* R3 #2
● VAR	12 Chloe Harrison	32' 7.25"	BAR	* R4 #6
● VAR	11 Grayson Henry	32' 6"	SOL	* R3 #3
● VAR	11 McKinley Hafen	32' 2.25"	WAS	* R3 #4
● VAR	10 Amelia Dempsey	31' 11.75"	CHU	* R4 #8
● VAR	10 Sophia Allen	31' 11.5"	COL	* R3 #5
● VAR	10 Halie Sandstrom	31' 8.25"	COL	* R3 #6
● VAR	12 Cailynn Baxter	31' 6.75"	JNU	R5 #1
● VAR	10 Ryan Elerding	31' 5.5"	KTN	* R5 #2

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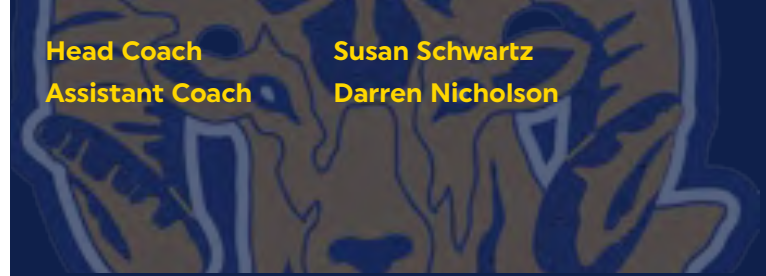
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Head Coach **John Warren**



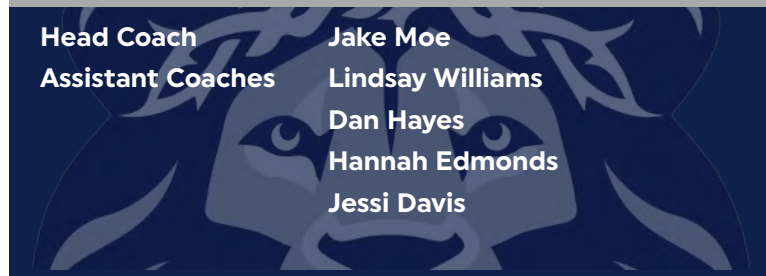
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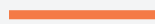
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 Assistant Coach **Shane Rupprecht**



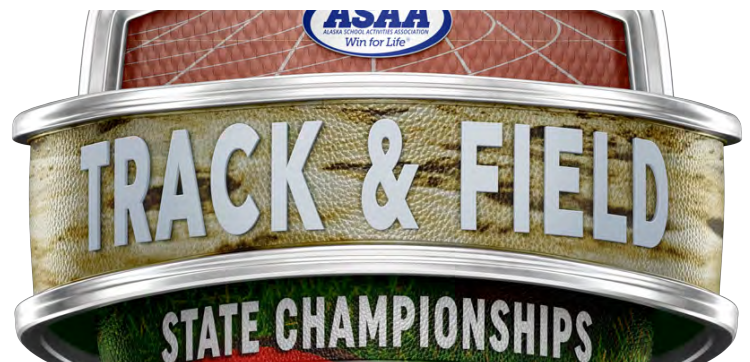
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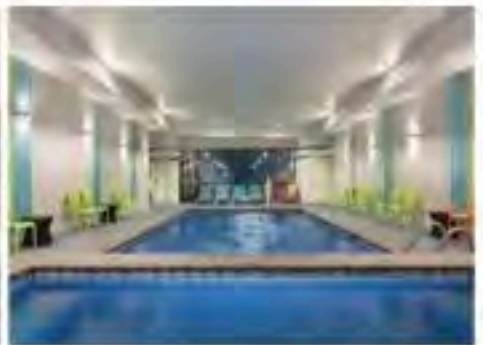
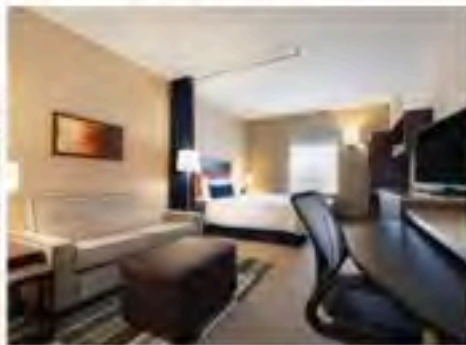
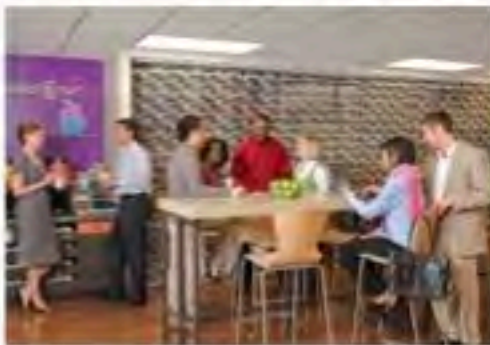




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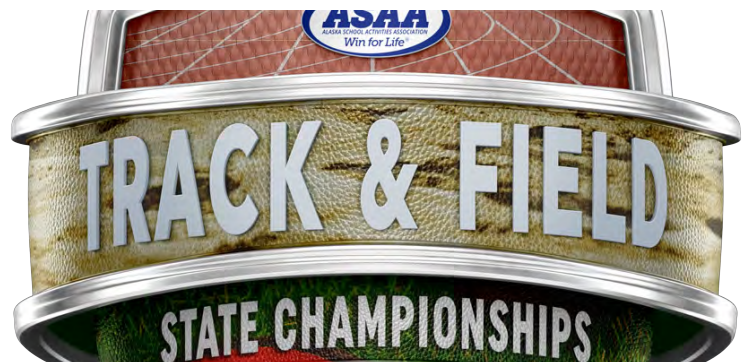
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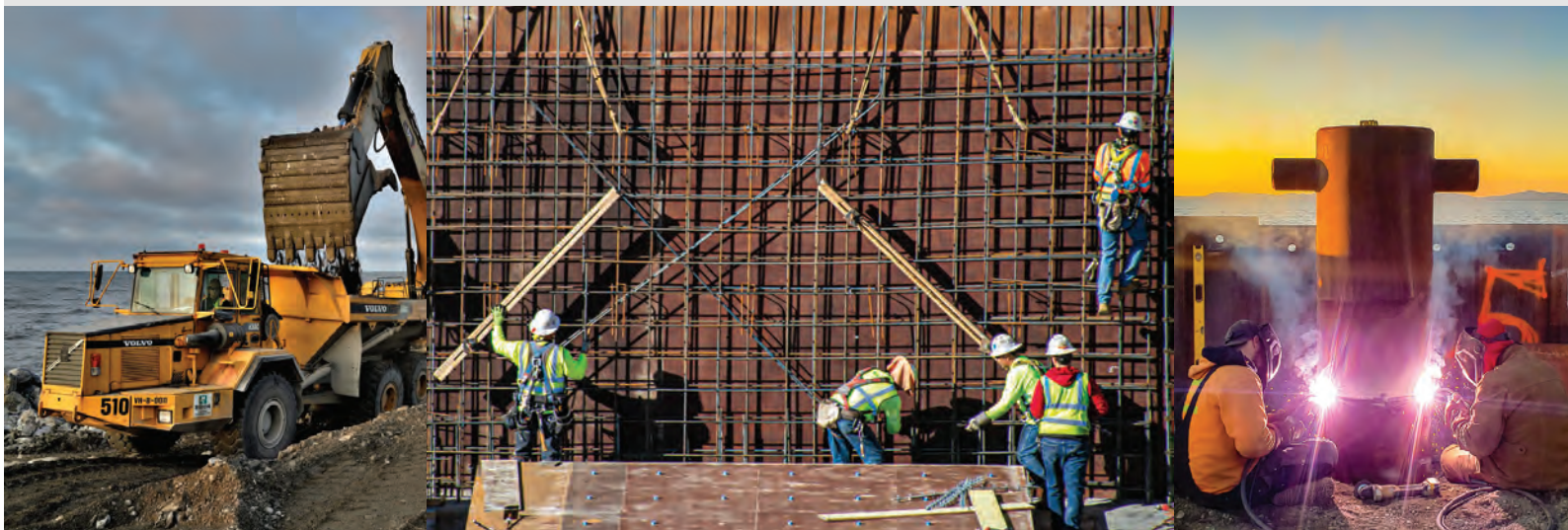
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GIRLS

EVENT	MARK	ATHLETE	SCHOOL	YEAR
100 Meter	11.8h	Starlett Jackson	Bartlett	1981
200 Meter	24.74	Tanner Ealum	Anchorage Christian	2015
400 Meter	54.87	Tanner Ealum	Anchorage Christian	2015
800 Meter	2:10.42	Morgan Dampier	Wasilla	2011
1600 Meter	4:48.31	Allie Ostrander	Kenai	2015
3200 Meter	10:09.73	Allie Ostrander	Kenai	2015
100m Hurdles	14.82	Rosie Smith	Bartlett	2011
300m Hurdles	43.49	Naomi Welling	Thunder Mt	2016
4 x 100m Relay	49.12	Hall, Griffin, Scherffius, Gould	Chugiak	2019
4 x 200m Relay	1:43.12	Hall, Griffin, Scherffius, Gould	Chugiak	2019
4 x 400m Relay	4:01.72	Sandahl, DeVito, Beeson, Flanagan	Kenai	2010
4 x 800m Relay	9:27.39	Nelson, Hutchings, Fox, McCormick	Soldotna	2015
High Jump	5'9"	Emma Nelson	Chugiak	2018
Long Jump	19'05.00"	Janay Deloach	Eielson	2003
Triple Jump	38'10.25"	Alisha Allen	Lathrop	2012
Discus	143'02.00"	Jenny Luer	Palmer	1997
Shot Put	44'4.75"	Jenny Luer	Palmer	1997

BOYS

EVENT	MARK	ATHLETE	SCHOOL	YEAR
100 Meter	10.81	Jason Lorig	Ketchikan	2024
200 Meter	21.90	Joel Knight	Soldotna	1995
400 Meter	47.78	Ethan Hewitt	Chugiak	2007
800 Meter	1:49.2h	Doug Herron	Bartlett	1985
1600 Meter	4:12.17	Levi Thomet	Kodiak	2015
3200 Meter	8:52.53	Tristian Merchant	Anchorage Christian	2021
110m Hurdles	14.47	Logan Mathieu	Chugiak	2021
300m Hurdles	38.58	Elliott Bauer	South Anchorage	2011
4 x 100m Relay	43.24	Henderson, Haynes, Wilson, Suber	Bartlett	2018
4 x 200m Relay	1:28.5h	Ingram, Robinson, Myles, Pennino	Bartlett	1990
4 x 400m Relay	3:23.6h	Singleton, Perham, Stephens, Brownsberger	East Anchorage	1982
4 x 800m Relay	7:54.39	Mamikunian, Lane, Walgren, Talbot	Service	2010
High Jump	6'9.00"	Ben Jackson	Service	2009
Long Jump	23'0.00"	Dereck Ladson	West Valley	1997
Triple Jump	46'7.00"	Brandon Nicholson	Colony	2017
Discus	192'07"	Jordan Clarke	Bartlett	2007
Shot Put	71'03"	Jordan Clarke	Bartlett	2008

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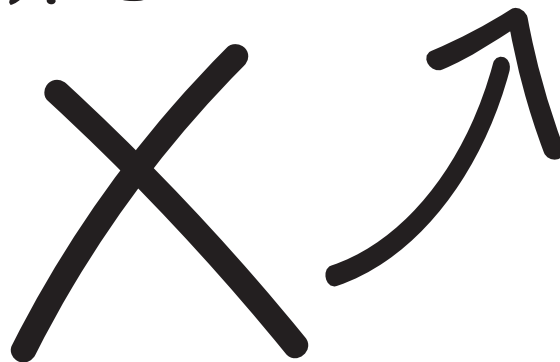
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D II GIRLS

TEAM RESULTS

Champion	Sitka	94.5
Runner-up	Homer	76
3 rd	Grace Christian	63
4 th	Tri-Valley	62
5 th	Mountain City	56
6 th	Seward	40
7 th	Redington	39
8 th	Monroe Catholic	28
9 th	Unalakleet	27
10 th	Valdez	20
10 th	Delta	20
12 th	Kenai Central	19
13 th	Su Valley	13
14 th	Gustavus	6
14 th	Haines	6

AWARDS

Sportsmanship Award: Seward
Presented by OPA

Academic Award: Seward (3.82)
Presented by Donlin Gold

Outstanding Competitor: Clare Mullen (Sitka)

D II BOYS

TEAM RESULTS

Champion	Sitka	127.5
Runner-up	Grace Christian	66
3 rd	Mountain City	63
4 th	Kenai Central	60
5 th	Seward	54.5
6 th	Valdez	33
7 th	Monroe Catholic	30
8 th	Petersburg	23
9 th	Su Valley	20
10 th	Tri-Valley	19
11 th	Delta	17
12 th	Nikiski	12
13 th	Redington	10.5
14 th	Nome	10
15 th	Hutchison	9.5

AWARDS

Sportsmanship Award: Sitka
Presented by OPA

Academic Award: Tri-Valley (3.83)
Presented by Donlin Gold

Outstanding Competitor: Robbie Annett (Grace)

INDIVIDUAL CHAMPIONS

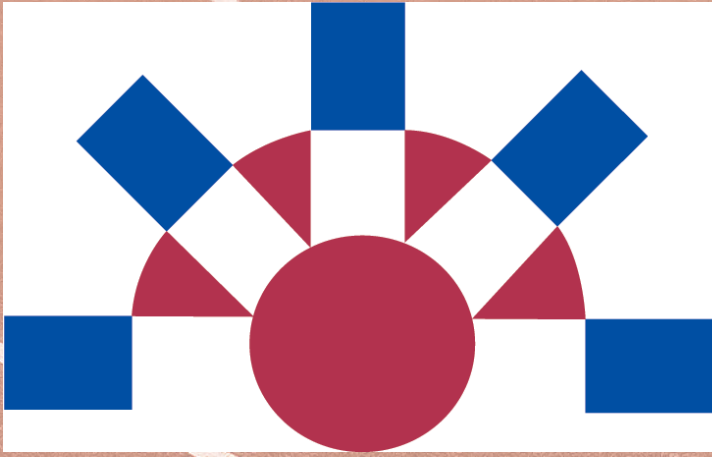
GIRLS

100 Meters	Taylor Eddington-TV	12.85
200 Meters	Taylor Eddington-TV	26.70
400 Meters	Ourea Busk-UNA	57.79
800 Meters	Clare Mullin-Sitka	2:20.39
1600 Meters	Clare Mullin-Sitka	5:18.54
3200 Meters	Clare Mullin-Sitka	11:19.51
110 Hurdles	Hope Jackson-Grace	16.57
300 Hurdles	Gracie Miotke-Homer	45.78
4x100 Relay	Homer	52.39
4x200 Relay	Sitka	1:51.03
4x400 Relay	Homer	4:14.71
4x800 Relay	Homer	10:32.29
Shot Put	Jieaya Siatini-MCC	39'07"
Discus	Emma Beck-Kenai	124'05"
High Jump	Emma Walsh-Monroe	5'0"
Long Jump	Mya Campbell-RDN	17'02"
Triple Jump	Mya Campbell-RDN	34'0"

BOYS

Ronan Bickling-Seward	11.54
Calder Prussian-Sitka	23.47
Orson Hoogendorn-Nome	51.73
Gregory Fallon-Kenai	1:55.59
Robbie Annett-Grace	4:24.34
Robbie Annett-Grace	9:29.28
Nolan Warren-MCC	17.18
Nolan Warren-MCC	41.97
Seward	45.79
Sitka	1:34.96
Sitka	3:35.51
Sitka	8:19.03
James Wright-Kenai	45'00"
William Roberts-Kenai	133'09"
Hayden Hughes-Kenai	5'10"
Jaidhen Oyao-MCC	19'10"
Francis Myers-Sitka	41'7"

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DI GIRLS

TEAM RESULTS

Champion	Chugiak	133
Runner-up	South Anchorage	77
3 rd	Dimond	76
4 th	Colony	48
5 th	Soldotna	42
5 th	West Anchorage	42
7 th	Juneau-Douglas	39
8 th	Palmer	26
9 th	Eagle River	24
9 th	Lathrop	24
11 th	Bettye Davis East	12
12 th	West Valley	11
13 th	Service	7
13 th	Wasilla	7
15 th	Ketchikan	5

AWARDS

Sportsmanship Award: West Anchorage
Presented by OPA

Academic Award: Soldotna (3.94)
Presented by Donlin Gold

Outstanding Competitor: Alliyah Fields (CHG)

DI BOYS

TEAM RESULTS

Champion	Bartlett	75
Runner-up	Chugiak	61
3 rd	South Anchorage	52
4 th	Soldotna	48
5 th	Juneau-Douglas	43
6 th	Ketchikan	39
7 th	Kodiak	37
7 th	West Valley	37
9 th	Colony	35
10 th	West Anchorage	34
11 th	Bettye Davis East	31
12 th	Eagle River	26
13 th	Dimond	23
14 th	North Pole	11
15 th	Service	10

AWARDS

Sportsmanship Award: Juneau-Douglas
Presented by OPA

Academic Award: Wasilla (3.76)
Presented by Donlin Gold

Outstanding Competitor: A'Lante Owens (BRT)

INDIVIDUAL CHAMPIONS

GIRLS

100 Meters	Jihsana Williams-CHG	12.33
200 Meters	Jihsana Williams-CHG	25.81
400 Meters	Alliyah Fields-CHG	57.93
800 Meters	Alliyah Fields-CHG	2:22.24
1600 Meters	Etta Eller-JD	5:11.93
3200 Meters	Etta Eller-JD	11:09.22
110 Hurdles	Nevaeh Watkins-DMD	15.56
300 Hurdles	Makaylen King-South	47.28
4x100 Relay	Chugiak	51.02
4x200 Relay	Dimond	1:46.42
4x400 Relay	Chugiak	4:09.76
4x800 Relay	Chugiak	9:41.34
Shot Put	Leileanah Toleafoa-West	41'09"
Discus	Leileanah Toleafoa-West	112'09"
High Jump	Nevaeh Watkins-DMD	5'4"
Long Jump	Sarah Dittman-DMD	17'07"
Triple Jump	Gabrielle Okorodudo-ERHS	36'04"

BOYS

Jason Lorig-Ketchikan	11.06
Wilder Dillingham-JD	22.20
Curtis Beck-WV	49.36
Murphy Kimball-West	1:57.04
Tobias Buchanan-CLN	4:25.77
Tobias Buchanan-CLN	9:28.01
Alan Szewczyk-ERHS	15.07
Alan Szewczyk-ERHS	40.02
West Anchorage	43.59
Soldotna	1:31.09
Chugiak	3:27.31
Dimond	8:11.56
Deuce Alailefaleula-BRT	50'10"
Pusa Lilo-Bettye Davis	150'03"
Phoenix Perkins-SRV	6'4"
A'lante Owens-Player-BRT	22'05"
A'lante Owens-Player-BRT	46'01"

**FOR YEARLY RESULTS, PLEASE VISIT:
ASAA Track & Field State Championship Results**



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Play for Keeps

ALASKA SCHOOL ACTIVITIES ASSOCIATION

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