

**2010 ASAA/FIRST NATIONAL BANK ALASKA
STATE TRACK AND FIELD CHAMPIONSHIPS**

AWARDS & WINNERS

4A GIRLS

FINAL TEAM STANDINGS

• 1st Place	DIMOND - 80
• 2nd Place	Bartlett - 56
• 3rd Place	Kenai - 44
• 4th Place	Wasilla - 43
• 5th Place	West Valley - 41
• 6th Place (tie)	Colony & Service - 38
• 8th Place	Juneau-Douglas - 36
• 9th Place	Lathrop - 33
• 10th Place	Skyview - 28
• 11th Place	Palmer - 18
• 12th Place	Soldotna - 16
• 13th Place	Kodiak - 11
• 14th Place (tie)	Houston & South - 10
• 16th Place (tie)	West & East - 8
• 18th Place	Chugiak - 6
• 19th Place	North Pole - 3

Sportsmanship Award **Kenai Cardinals**

Academic Award **Juneau-Douglas (3.78)**

Outstanding Competitor

LIERIN FLANIGAN---KENAI

Meet Results

100 Meter Dash	Dajanae Harris, Wasilla	12.73
200 Meter Dash	Lierin Flanagan, Kenai	25.86
400 Meter Dash	Lierin Flanagan, Kenai	55.95
800 Meter Run	Morgan Dampier, Wasilla	2:13.95
1600 Meter Run	Ivy O'Guinn, Skyview	5:09.41
3200 Meter Run	Ivy O'Guinn, Skyview	11:06.97
100 M.Hurdles	Keiahna Engel, Dimond	14.90
300 M. Hurdles	Rosie Smith, Bartlett	45.37
4 X 100 Relay	Bartlett	49.80
4 X 200 Relay	Bartlett	1:45.58
4 X 400 Relay	Kenai	4:01.72
4 X 800 Relay	Dimond	9:42.16
High Jump	Veronika Kudinova, Service	5' 01"
Long Jump	Jessica Todd, Dimond	17' 05"
Triple Jump	Alisha Allen, Lathrop	36' 00.5"
Shot Put	Shellina Irwin, Colony	35' 9.25"
Discus	Danielle Barney, Houston	108' 04"

New State Record in Bold Print

4A BOYS

FINAL TEAM STANDINGS

• 1st Place	BARTLETT - 80
• 2nd Place	Service - 76
• 3rd Place	Kodiak - 64
• 4th Place	South - 43
• 5th Place (tie)	West Valley & East - 36
• 7th Place	Kenai - 35
• 8th Place	Dimond - 32
• 9th Place	Lathrop - 27
• 10th Place	Wasilla - 25
• 11th Place	Palmer - 23
• 12th Place	Juneau-Douglas - 13
• 13th Place	North Pole - 12
• 14th Place	West Anchorage - 10
• 15th Place	Eagle River - 6
• 16th Place	Colony - 5
• 17th Place	Soldotna - 4

Sportsmanship Award **Service Cougars**

Academic Award **Kenai Cardinals (3.66)**

Outstanding Competitor

SILAS TALBOT-----SERVICE

Meet Results

100 Meter Dash	Cyrus Chenault, Bartlett	11.27
200 Meter Dash	David Sollars, South	22.62
400 Meter Dash	J.J. Jack-Nixon, Dimond	49.51
800 Meter Run	Hans Roelle, West	1:55.68
1600 Meter Run	Silas Talbot, Service	4:19.29
3200 Meter Run	Silas Talbot, Service	9:20.41
110 M. Hurdles	Karsten Schick, Kodiak	15.16
300 M. Hurdles	Karsten Schick, Kodiak	39.82
4 X 100 Relay	Bartlett	43.67
4 X 200 Relay	Bartlett	1:31.23
4 X 400 Relay	Bartlett	3:27.66
4 X 800 Relay	Service	7:54.39
High Jump	Tyler Spalding, Kenai	6' 04"
Long Jump	Cyrus Chenault, Bartlett	21' 02.5"
Triple Jump	Tyler Spalding, Kenai	43' 02.25"
Shot Put	John Knowles, Wasilla	50' 08.25"
Discus	John Knowles, Wasilla	148' 10"

New State Record in Bold Print

**2010 ASAA/FIRST NATIONAL BANK ALASKA
STATE TRACK AND FIELD CHAMPIONSHIPS**

123A GIRLS

FINAL TEAM STANDINGS

• 1st Place	ANCHORAGE CHRISTIAN - 98.5
• 2nd Place	Grace Christian - 84
• 3rd Place	Monroe - 61
• 4th Place	Sitka - 41
• 5th Place	Seward - 36
• 6th Place (tie)	Nikiski - 30
• 6th Place (tie)	Haines - 30
• 6th Place (tie)	Kenny Lake - 30
• 9th Place (tie)	Yakutat - 28
• 9th Place (tie)	Cook Inlet - 28
• 11th Place	Hutchison - 16
• 12th Place	Skagway - 13
• 13th Place	Eielson - 11.5
• 14th Place	Su Valley - 8
• 15th Place	Ninilchik - 7
• 16th Place	Heritage - 4

Sportsmanship Award Sitka Wolves

Academic Award Heritage Eagles (3.90)

Outstanding Competitor

KAILEY WILSON---KENNY LAKE

Meet Results

100 Meter Dash	Ellen Esbenshade, Yakutat	13.44
200 Meter Dash	Gabriella Serventi, Grace	28.04
400 Meter Dash	Gabriella Serventi, Grace	1:01.47
800 Meter Run	Kailey Wilson, Kenny Lake	2:22.16
1600 Meter Run	Kailey Wilson, Kenny Lake	5:27.82
3200 Meter Run	Kailey Wilson, Kenny Lake	11:33.61
100 M. Hurdles	Karley Madren, ACS	17.19
300 M. Hurdles	Lizzy Bennett, Monroe	49.90
4 X 100 Relay	Cook Inlet Academy	54.72
4 X 200 Relay	Grace Christian	1:51.70
4 X 400 Relay	Monroe	4:23.74
4 X 800 Relay	Seward	10:20.34
High Jump	Kathryn Medinger, Sitka	4' 10"
Long Jump	Jenelle Bennett, ACS	14' 08.25"
Triple Jump	Debbiey Simmers, ACS	33' 02.50"
Shot Put	Kassi Johnson, Nikiski	34' 02.50"
Discus	Fran Daly, Haines	111' 08"

Best Performance at State this year indicated in Bold

123A BOYS

FINAL TEAM STANDINGS

• 1st Place	GRACE CHRISTIAN - 106
• 2nd Place	Anchorage Christian - 77
• 3rd Place	Su Valley - 48
• 4th Place	Sitka - 46
• 5th Place	Seward - 44
• 6th Place	Skagway - 36
• 7th Place	Hutchison - 34
• 8th Place	Haines - 29
• 9th Place	Delta Junction - 28
• 10th Place	Heritage - 23
• 11th Place	Eielson - 17
• 12th Place	Nome - 10
• 13th Place	Glennallen - 7
• 14th Place	Ninilchik - 6
• 15th Place	Tri-Valley - 5
• 16th Place	Monroe - 4
• 17th Place (tie)	Nikiski & Cook Inlet - 3

Sportsmanship Award Su Valley Rams

Academic Award Glennallen (3.63)

Outstanding Competitor

JACOB KIRK----GRACE CHRISTIAN

Meet Results

100 Meter Dash	Nick Nysewander-Kellard, Su Valley	11.78
200 Meter Dash	Nick Nysewander-Kellard, Su Valley	23.96
400 Meter Dash	Mickey Wilson, Skagway	52.42
800 Meter Run	Mickey Wilson, Skagway	1:59.29
1600 Meter Run	Jacob Kirk, Grace	4:22.76
3200 Meter Run	Jacob Kirk, Grace	9:20.27
110 M. Hurdles	Antonio Hamilton, Eielson	16.16
300 M. Hurdles	Quinton Metcalf, Grace	42.64
4 X 100 Relay	Seward	47.16
4 X 200 Relay	Su Valley	1:37.75
4 X 400 Relay	Grace Christian	3:38.22
4 X 800 Relay	Seward	8:26.50
High Jump	Augustus Simmers, ACS	5' 06"
Long Jump	Pete Hanks, Heritage	19' 03.75"
Triple Jump	Ryan Scott, ACS	40' 06.75"
Shot Put	Kevin Rima, Hutchison	45' 08"
Discus	Jesse Piper, Haines	137' 02"

Best Performance at State this year indicated in Bold