

2019 MEET SCHEDULE | QUALIFIERS & TEAM PHOTOS | 2019 CHAMPIONSHIP RESULTS



# 2019

ASAA/First National Bank Alaska

# TRACK & FEILD

# STATE CHAMPIONSHIPS



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We Believe in Alaska



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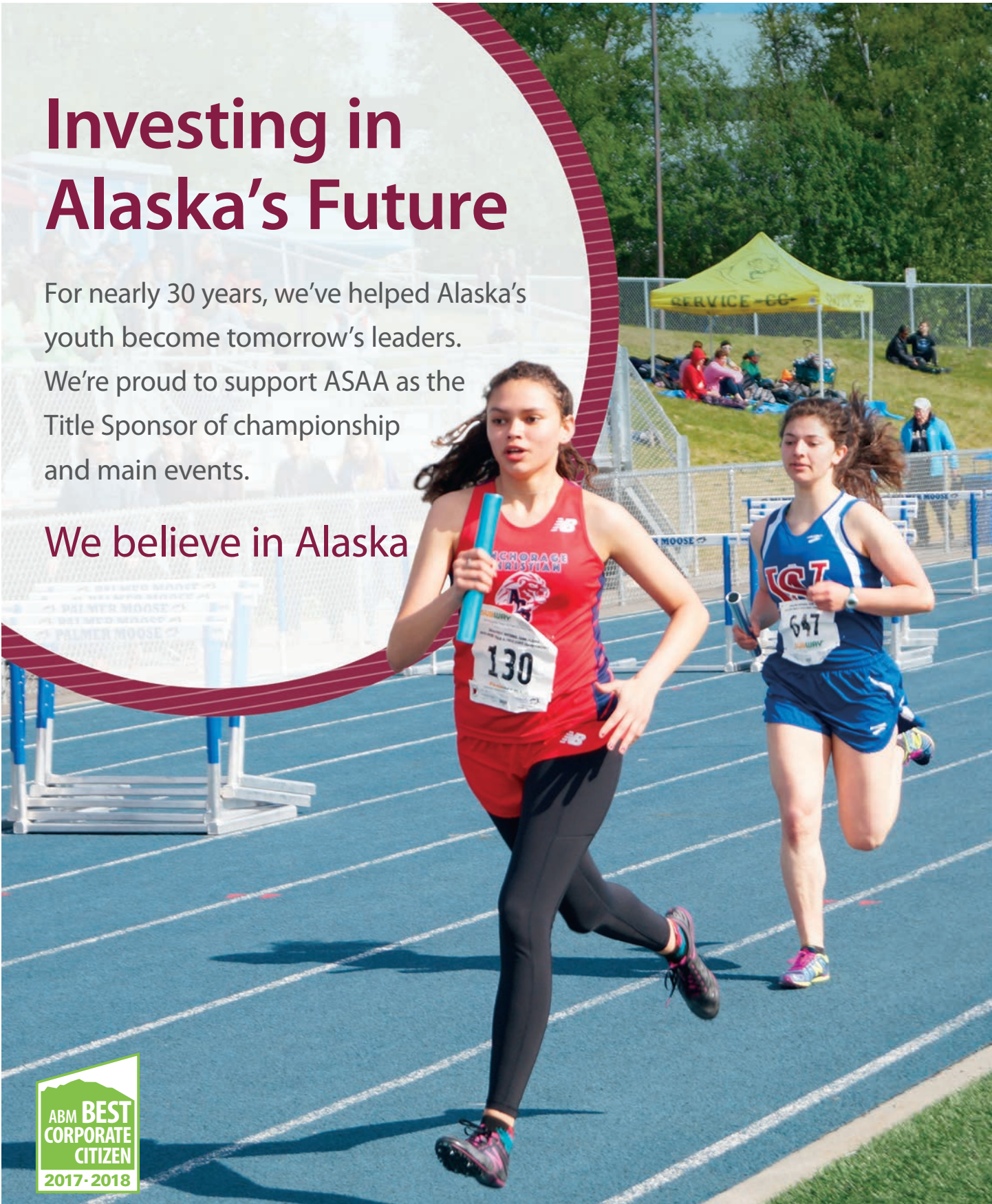




# Investing in Alaska's Future

For nearly 30 years, we've helped Alaska's youth become tomorrow's leaders. We're proud to support ASAA as the Title Sponsor of championship and main events.

We believe in Alaska



**First National Bank**  
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NMLS# 640297

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# Welcome

On behalf of the Alaska School Activities Association (ASAA) Board of Directors and ASAA's corporate partners, welcome to the 2019 ASAA/First National Bank Alaska Track & Field State Championships! To the student-athletes, we applaud your dedication to doing your best for yourself and for your school. To the coaches, counselors and parents, thank you for continuing to support interscholastic sports and activities. And to the spectators, we appreciate your being part of this statewide championship event.



Billy Strickland  
ASAA Executive Director







# Strengthening Alaska Through Our Values

Proud sponsor of the Alaska School Activities Association



 WeAreASRC  @ASRC\_AK  @WeAreASRC



Seek More



## Official Technology Sponsor of ASAA

GCI is proud to support ASAA in their efforts to direct, develop, and support Alaska's high school athletics and activities.



#AlaskaBornAndRaised

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## *People Behind the Scenes*

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

- Dale Ewart - Palmer High School Athletic Director
- Palmer High School Booster Club
- Palmer Elks Club

***PLUS THE COUNTLESS NUMBER OF VOLUNTEERS THAT MAKE THIS STATE CHAMPIONSHIP POSSIBLE!! THANK YOU!!***

# Thanks for All You Do!

## **We set the standard**



**Alaskan Memories  
*Awards for All Occasions***



401 W. Northern Lights Blvd. Suite 3 • Anchorage, AK 99503  
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# WE'RE TEAMING UP!

Giving all Alaska students the opportunity to join in activities and reach their goals.

Thanks to our loyal customers and committed employees, ACC has grown to 35 retail stores throughout the state. Together with our meat processing plant, North Star Quality Meats, and our wholesale division, Pacific Alaska Wholesale, we strive to meet the food and merchandise needs of the communities we serve.

Sponsoring ASAA provides ACC with great opportunity to extend that same dedication to the youth of our villages.



Alaska Commercial Company, serving rural Alaska since 1867



Proud of our Alaska workforce.

**24,200+**

Total jobs supported

**79%**

Alaska hire

**\$26 million+**

Community giving in the last 5 years

**\$2.25 billion+**

Taxes and royalties paid (2014)

**Sean Glasheen**  
Production Engineer  
BP Alaska



Find out more about BP Alaska at [alaska.bp.com](http://alaska.bp.com)







# FINISH STRONG.

Alaska Airlines is proud to support Alaska's incredible athletes at the 2019 ASAA/First National Bank Alaska Track & Field State Championships. Ready, set, go.



Fly smart.  
Land happy.





# Meet Schedule



## 2019 ASAA/FIRST NATIONAL BANK TRACK & FIELD STATE CHAMPIONSHIPS SCHEDULE

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

### FRIDAY, MAY 24

#### FINAL FIELD EVENTS

8:15am - Clerk Check In Available

8:55 am - National Anthem

#### HIGH JUMP

9:00 am Div I Boys and Div II Girls  
11:30 am Div I Girls and Div II Boys

#### DISCUS

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

#### SHOT PUT

9:30 am Div I Girls  
11:15 am Unified Coed  
12:15 pm Div II Girls

#### LONG JUMP

1:00 pm Div I Girls and Div II Boys  
3:00 pm Unified Coed  
3:45 pm Div I Boys and Div II Girls

#### RUNNING EVENTS

9:30am - Clerk Check In Available

#### FINALS

11:00 am Div II Girls 3200M Final    11:25 am Div I Girls 3200M Final  
11:50 am Div II Boys 3200M Final    12:15 pm Div I Boys 3200M Final

#### PRELIMINARIES

12:50 pm Div II Girls 100M Hurdles	1:00 pm Div I Girls 100M Hurdles
1:15 pm Div II Boys 110M Hurdles	1:25 pm Div I Boys 110M Hurdles
1:35 pm Div II Girls 100M	1:45 pm Div I Girls 100M
1:55 pm Div II Boys 100M	2:05 pm Div I Boys 100M
2:15 pm Div II Girls 400M	2:25 pm Div I Girls 400M
2:35 pm Div II Boys 400M	2:45 pm Div I Boys 400M
3:00 pm Div II Girls 300M Hurdles	3:10 pm Div I Girls 300M Hurdles
3:25 pm Div II Boys 300M Hurdles	3:35 pm Div I Boys 300M Hurdles
3:50 pm Div II Girls 800M	4:00 pm Div I Girls 800M
4:10 pm Div II Boys 800M	4:20 pm Div I Boys 800M
4:35 pm Div II Girls 200M	4:45 pm Div I Girls 200M
4:55 pm Div II Boys 200M	5:05 pm Div I Boys 200M

5:20 pm Possible Run-Offs

### SATURDAY, MAY 25

#### FINAL FIELD EVENTS

8:15am - Clerk Check In Available

8:55 am - National Anthem

#### TRIPLE JUMP

9:00 am Div II Girls  
Div I Boys  
12:00 pm Div II Boys  
Div I Girls

#### DISCUS

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

#### SHOT PUT

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

#### FINAL RUNNING EVENTS

9:45 - Clerk Check In Available

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 (athlete heat / partner heat)	
12:33 pm Div II Boys 100M	12:38 pm Div I Boys 100M
12:50 pm Div II Girls 4x200M Relay	1:00 pm Div I Girls 4x200M Relay
1:15 pm Div II Boys 4x200M Relay	1:25 pm Div I Boys 4x200M Relay
1:33 pm Div II Girls 1600M	1:43 pm Div I Girls 1600M
1:53 pm Div II Boys 1600M	2:03 pm Div I Boys 1600M
2:15 pm Div II Girls 4x100M Relay	2:23 pm Div I Girls 4x100M Relay
2:33 pm Unified 4x100M Relay (Girls)	
2:43 pm Unified 4x100M Relay (Boys)	
2:53 pm Div II Boys 4x100M Relay	3:01 pm Div I Boys 4x100M Relay
3:08 pm Div II Girls 400M	3:17 pm Div I Girls 400M
3:24 pm Div II Boys 400M	3:31 pm Div I Boys 400M
3:40 pm Div II Girls 300M Hurdles	3:50 pm Div I Girls 300M Hurdles
4:00 pm Div II Boys 300M Hurdles	4:10 pm Div I Boys 300M Hurdles
4:25 pm Div II Girls 800M	4:35 pm Div I Girls 800M
4:45 pm Div II Boys 800M	4:50 pm Div I Boys 800M
5:00 pm Div II Girls 200M	5:07 pm Div I Girls 200M
5:14 pm Div II Boys 200M	5:21 pm Div I Boys 200M
5:35 pm Div II Girls 4x400M Relay	5:45 pm Div I Girls 4x400M Relay
5:55 pm Div II Boys 4x400M Relay	6:05 pm Div I Boys 4x400M Relay

# We're on the sidelines, so you don't have to be.



## OPA Certified Athletic Trainers

*Brittany Bergens,  
MA, MEd, ATC*

*Mary Perez,  
MS, ATC*

*Bryan Beechem,  
MS, ATC*

*Lynne Young,  
MEd, ATC, ITAT*

*James Berry,  
MS, ATC, LAT*

*Kristi Castellaw,  
ATC*

*Kimberly Gilmore,  
LAT, ATC*

OPA provides full-time certified athletic trainers to all Anchorage and Mat-Su area high schools — free of charge.

These full-time medical professionals work with student-athletes, coaches and parents to prevent injuries, save thousands of health care dollars and help build a stronger, healthier community.

Learn more about OPA's individual trainers, injury prevention tips and more at:

**OPAlaska.com**

As a division of OrthoAlaska, OPA is an in-Network Preferred Provider for Blue Cross Blue Shield and many other insurance providers.

## Injury Walk-in Hours

### Anchorage:

Mon - Fri, 12-8p; Sat & Sun, 12-6p  
3801 Lake Otis Pkwy., Suite 300

### Wasilla:

Mon - Fri, 12-6p  
1700 E Bogard Rd., Suite 102

## Appointments

Anchorage & Eagle River, 562-2277  
Wasilla, 357-2267



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A L A S K A

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NOT A CERTIFIED EMERGENCY MEDICAL SERVICE AS DESCRIBED IN ALASKA STATUTE 18.08.082.084,200.



# DAY 1 FIELD EVENTS HEAT SHEETS (1/4)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019

Palmer High School

Machetanz Stadium

Meet Program - Field Events

## Event 309 Men High Jump Division 1

Friday 5/24/2019 - 9:00 AM

State Record: 6-09 2009 Ben Jackson

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	688 Bent, Jack	West Anchora	5-06.00	_____
2	724 Thomas, Dylan	West Valley	5-06.00	_____
3	206 Mikaele, Iulai	East Anchora	5-06.00	_____
4	93 Etienne, Dray	Chugiak	5-08.00	_____
5	713 Campbell, Koen	West Valley	5-08.00	_____
6	664 Jeffus, Dylan	Wasilla	5-08.00	_____
7	384 Knott, Riley	Lathrop	5-08.00	_____
8	109 Wall, Jackson	Chugiak	5-08.00	_____
9	469 Anderson, Will	Service	5-08.00	_____
10	605 Peterson, Pike	South Anchor	5-10.00	_____
11	122 McPhail, Julian	Colony	5-10.00	_____
12	369 Hardy, Michael	Kodiak	5-10.00	_____
13	575 Morrison, Tyler	Soldotna	5-10.00	_____
14	579 Swank, Kaleb	Soldotna	6-00.00	_____
15	715 Daoust, Keegan	West Valley	6-00.00	_____
16	718 Johnson, Terrell	West Valley	6-02.00	_____

## Event 27 Women High Jump Division 2

Friday 5/24/2019 - 9:00 AM

State Record: 5-09 2018 Emma Nelson

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	226 Tompkins, Dani	Grace Christ	4-04.00	_____
2	608 Mischenko, Bailey	Su Valley	4-06.00	_____
3	540 Hansen, Jennifer	Skagway	4-06.00	_____
4	610 Roderick, India	Su Valley	4-06.00	_____
5	521 Stroemer, Matthey	Sitka	4-09.00	_____
6	410 Carstens, Bethany	Nikiski	4-10.00	_____
7	255 Carroll, Marina	Homer	4-10.00	_____
8	634 Howard, Kassandra	Valdez	5-00.00	_____
9	609 Mossanen, Maya	Su Valley	5-02.25	_____

## Event 13 Men Discus Throw Division 2

Friday 5/24/2019 - 9:15 AM

State Record: 192-07 2007 Jordan Clarke

Pos	Name	School	Seed	Mark
<b>Flight 1 of 2 Prelims</b>				
1	417 Greene, Hunter	Nikiski	115-09	_____
2	60 Rodriguez, Joey	Ben Eielson	118-02	_____
3	231 Coulombe, James	Grace Christ	154-04	_____
4	140 Bialik, Ben	Delta Juncti	111-08	_____
5	337 Carver, Andrew	Kenai Centra	119-01	_____
6	452 Sandefur, Cort	Redington	110-09	_____
7	617 Jolley, Cy	Su Valley	124-00	_____
8	251 Verhamme, Wesley	Haines	118-02	_____

## Flight 2 of 2 Prelims

1	265 Manwiller, Joshua	Homer	107-07	_____
2	58 Johnson, Mason	Ben Eielson	108-05	_____
3	129 Beard, Grizzly	Cook Inlet A	103-01	_____
4	419 Clark, Jake	Ninilchik	108-11	_____
5	451 Sperl, Koren	Petersburg	111-00	_____
6	72 Hanson, Jackson	Birchwood Ch	110-04	_____
7	644 DeLeon, Gaspar	Valdez	100-11	_____
8	250 Kanahele, Kamakana	Haines	102-02	_____

## Event 330 Women Shot Put Division 1

Friday 5/24/2019 - 9:30 AM

State Record: 44-04.75 1997 Jenny Luer

Pos	Name	School	Seed	Mark
<b>Flight 1 of 2 Prelims</b>				
1	363 Timu, Ahlissa	Kodiak	36-11.00	_____
2	435 Uschmann, Sarah	Palmer	37-03.50	_____
3	378 Pelayo, Maya	Lathrop	33-11.00	_____
4	159 Pili, Alissa	Dimond	40-10.75	_____
5	566 Tuisaula, Ituuu	Soldotna	40-01.00	_____
6	118 Tennesen, Hanna	Colony	34-09.00	_____
7	432 Nicholai, Teeana	Palmer	36-02.50	_____
8	200 Tosi, Laila	East Anchora	39-10.50	_____

## Flight 2 of 2 Prelims

1	583 Brandt, Abigail	South Anchor	32-01.50	_____
2	683 Stone, Taylor	West Anchora	30-11.00	_____
3	694 Blasey, Hadley	West Valley	32-09.50	_____
4	349 Rhoads, Jenae	Ketchikan	28-06.00	_____
5	555 Leach, Bailey	Soldotna	30-09.50	_____
6	672 Brown, Paige	West Anchora	32-07.25	_____
7	655 Hays, Isabella	Wasilla	31-11.75	_____
8	552 Fisher, Autumn	Soldotna	33-11.00	_____

## Event 313 Men Discus Throw Division 1

Friday 5/24/2019 - 11:00 AM

State Record: 192-07 2007 Jordan Clarke

Pos	Name	School	Seed	Mark
<b>Flight 1 of 2 Prelims</b>				
1	99 Huffer, Kenny	Chugiak	137-09	_____
2	205 Light, Dante	East Anchora	134-01	_____
3	568 Brantley III, Galen	Soldotna	134-01	_____
4	47 Sio, Thomas	Bartlett	159-09	_____
5	723 Stacy, Merrick	West Valley	132-05	_____
6	96 Girard, Torrin	Chugiak	132-07	_____
7	382 Henry, Jace	Lathrop	134-11	_____
8	42 Naufahu Gaspar, Shaistin	Bartlett	133-05	_____

# DAY 1 FIELD EVENTS HEAT SHEETS (2/4)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019

Palmer High School

Machetanz Stadium

Meet Program - Field Events

## Flight 2 of 2 Prelims...(Event 313 Men Discus Throw Division 1)

1	576 Nye, Cody	Soldotna	128-01	_____
2	604 Jesse, Brody	South Anchor	129-10	_____
3	390 Tomaszewski, Corbin	Lathrop	122-06	_____
4	445 Rogers, James	Palmer	118-02	_____
5	357 Yoder, Justice	Ketchikan	127-01	_____
6	208 VaiVai, Kymani	East Anchora	121-00	_____
7	119 Bayle, Alexander	Colony	123-05	_____
8	374 Yamashita, Yasuhiro	Kodiak	125-10	_____

## Event 412 Mixed Shot Put Unified

Friday 5/24/2019 - 11:15 AM

Pos	Name	School	Seed Mark	
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### Flight 1 of 2 Finals

1	465 Shuttleworth, Allie	W Service	32-02.75	_____
2	463 Main, Sofia	W Service	32-02.75	_____
3	461 Koshimizu, Rianna	W Service	27-05.25	_____
4	467 Varnadoe, Adrianna	W Service	27-05.25	_____
5	466 Sticka, Jordan	W Service	25-06.75	_____
6	462 Lim, Esther	W Service	26-06.75	_____

### Flight 2 of 2 Finals

2	531 Dumag, Aedon	M Sitka	61-02.75	_____
3	491 Vonda, Simon	M Service	52-10.00	_____
4	478 Hermanson, Eli	M Service	52-10.00	_____
5	308 Canon, Gabriel	M Juneau-Dougl	52-09.75	_____
6	314 Ireland-Haight, Steven	M Juneau-Dougl	52-09.75	_____
7	485 McCrae-Hunter, Jonathon	M Service	40-06.75	_____
8	728 Moon, Lia	W Service	40-06.75	_____
9	483 Lathrop, Logan	M Service	35-06.75	_____
10	475 Fraczek, Michael	M Service	35-06.75	_____
11	486 Miller, Logan	M Service	35-06.50	_____
12	733 Tsukada, Saku	M Service	35-06.50	_____
13	477 Gerhardt, Jacob	M Service	34-07.00	_____
14	489 Sura, Jonathan	M Service	34-07.00	_____
15	471 Binion, Jaeden	M Service	30-06.25	_____
16	730 Kwon, Hana	W Service	30-06.25	_____

## Event 327 Women High Jump Division 1

Friday 5/24/2019 - 11:30 AM

State Record: 5-09 2018 Emma Nelson

Pos	Name	School	Seed Mark	
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### Flight 1 of 1 Finals

1	597 Soland, Maris	South Anchor	4-06.00	_____
2	115 Johnston, Audrey	Colony	4-06.00	_____
3	198 Gatluak, Nyakuoth	East Anchora	4-06.00	_____
4	624 Harvey, Sophia	Thunder Moun	4-06.00	_____
5	679 Ruhlin-Hicks, Clarice	West Anchora	4-06.00	_____
6	596 Smith, Hailey	South Anchor	4-06.00	_____
7	157 Madden, Lauren	Dimond	4-06.00	_____
8	694 Blasey, Hadley	West Valley	4-08.00	_____
9	421 O'Rear, Breeauna	North Pole	4-08.00	_____
10	425 Beames, Kristen	Palmer	4-08.00	_____
11	704 Pollen, Kristin	West Valley	4-08.00	_____
12	376 Johnson, Jordyn	Lathrop	4-08.00	_____
13	560 Schmidt, Aliann	Soldotna	4-10.00	_____
14	699 Lovell, Kendall	West Valley	4-10.00	_____
15	561 Schmidt, Danica	Soldotna	4-10.00	_____
16	590 Maisey, Olivia	South Anchor	5-00.00	_____
17	587 Henrie, Hanna	South Anchor	5-00.00	_____
18	199 Morgan, Khadijah	East Anchora	5-00.00	_____
19	420 Berg, Olivia	North Pole	5-00.00	_____

## Event 9 Men High Jump Division 2

Friday 5/24/2019 - 11:30 AM

State Record: 6-09 2009 Ben Jackson

Pos	Name	School	Seed Mark	
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### Flight 1 of 1 Finals

1	343 McKibben, Kaden	Kenai Centra	5-02.00	_____
2	645 Freeman, Jalen	Valdez	5-04.00	_____
3	616 Jolley, Bryson	Su Valley	5-06.00	_____
4	544 Goebel, Gavin	Skagway	5-06.00	_____
5	141 Caslin, James	Delta Juncti	5-06.00	_____
6	449 Luhr, Aiden	Petersburg	5-06.00	_____
7	55 Bolton, Christian	Ben Eielson	5-08.00	_____
8	61 Scott, Christopher	Ben Eielson	5-08.00	_____
9	617 Jolley, Cy	Su Valley	5-08.00	_____
10	648 LaBonte, Kyler	Valdez	5-10.00	_____
11	535 Lass, Garrison	Sitka	6-02.00	_____



# DAY 1 FIELD EVENTS HEAT SHEETS (3/4)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019

Palmer High School

Machetanz Stadium

Meet Program - Field Events

## Event 30 Women Shot Put Division 2

Friday 5/24/2019 - 12:15 PM

State Record: 44-04.75 1997

Jenny Luer

Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Prelims</b>			
1	13 Terrell, Ayrieanne	Anchorage Ch	30-01.00
2	221 Markel, Jenna	Grace Christ	35-02.25
3	410 Carstens, Bethany	Nikiski	29-11.00
4	257 Fisk, Izzy	Homer	31-03.25
5	414 Johnson, Kaitlyn	Nikiski	32-10.25
6	515 Feldpausch, Morgan	Sitka	29-09.00
7	254 Brock, Anna	Homer	35-01.25
8	514 Davis, Jessica	Sitka	31-09.25

### Flight 2 of 2 Prelims

1	259 Kulhanek, Isabel	Homer	28-04.75
2	211 Killingsworth, Shelby	Galena	25-07.25
3	210 Aloysius, Katelyn	Galena	28-01.25
4	244 Wheeler, Becca	Haines	26-11.75
5	407 Standifer, Selma	Nenana	28-05.75
6	329 Morrow, Grace	Kenai Centra	27-00.50
7	243 Boron, Haley	Haines	28-01.00
8	633 Hoppe, Hunter	Valdez	29-02.50

## Event 335 Women Long Jump Division 1

Friday 5/24/2019 - 1:00 PM

State Record: 19-05 2003

Janay Deloach

Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Prelims</b>			
1	80 Griffin, Shaylee	Chugiak	15-06.75
2	599 Turvey, Tia	South Anchor	15-02.25
3	305 Wery Tagaban, Bailey	Juneau-Dougl	16-01.50
4	556 Leadens, Mikayla	Soldotna	15-09.00
5	187 Talton, Madisen	Eagle River	15-04.00
6	161 Stokes, Danae	Dimond	16-01.25
7	156 Lewallen, Harlie	Dimond	15-10.00
8	558 Ness, Kylie	Soldotna	15-10.75
9	457 Chanonto, Jocelyne	Service	15-10.50

### Flight 2 of 2 Prelims

1	420 Berg, Olivia	North Pole	15-01.50
2	435 Uschmann, Sarah	Palmer	13-10.50
3	361 Mangrobang, Marielle	Kodiak	14-09.00
4	421 O'Rear, Breeauna	North Pole	14-11.00
5	549 Bouschor, Morgan	Soldotna	14-04.50
6	182 Garber, Chloe	Eagle River	14-07.00
7	298 Jackson, Trinity	Juneau-Dougl	14-01.50
8	626 Welling, Audrey	Thunder Moun	15-02.00

## Event 17 Men Long Jump Division 2

Friday 5/24/2019 - 1:00 PM

State Record: 23-00 1997

Dereck Ladson

Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Prelims</b>			
1	531 Dumag, Aedon	Sitka	18-10.00
2	229 Beck, Andrew	Grace Christ	18-09.25
3	447 Cumps, Julian	Petersburg	19-03.00
4	141 Caslin, James	Delta Juncti	18-03.50
5	530 Diga, Jemar	Sitka	18-00.50
6	22 Parks, William	Anchorage Ch	19-02.25
7	266 McGhee, Silas	Homer	18-00.75
8	416 Ellis, Garrett	Nikiski	18-02.75

### Flight 2 of 2 Prelims

1	276 Caballero, Riesen	Houston	17-06.00
2	418 McCollum, Bryan	Nikiski	17-04.25
3	616 Jolley, Bryson	Su Valley	16-10.00
4	67 Martins, Jaymes	Bethel	14-09.50
5	640 Baczuk, Joshua	Valdez	17-05.25
6	343 McKibben, Kaden	Kenai Centra	17-03.50
7	251 Verhamme, Wesley	Haines	17-04.75
8	534 Heim, Rheece	Sitka	17-09.50

## Event 417 Women Long Jump Unified

Friday 5/24/2019 - 3:00 PM

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	736 Wilson, Lorren	Lathrop	13-07.75
2	737 Milliam, Thea	Lathrop	13-07.75
3	461 Koshimizu, Rianna	Service	13-03.25
4	467 Varnadoe, Adrianna	Service	13-03.25
5	465 Shuttleworth, Allie	Service	11-09.00
6	463 Main, Sofia	Service	11-09.00
7	466 Sticka, Jordan	Service	10-06.00
8	462 Lim, Esther	Service	10-06.00
9	130 Elkins, Kiana	Delta Juncti	9-09.50
10	132 Howell, Abigail	Delta Juncti	9-09.50

# DAY 1 FIELD EVENTS HEAT SHEETS (4/4)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019

Palmer High School

Machetanz Stadium

Meet Program - Field Events

## Event 418 Mixed Long Jump Unified

Friday 5/24/2019 - 3:00 PM

Pos	Name	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>				
1	738 Morrow, John	M Sitka	27-04.50	_____
2	534 Heim, Rheece	M Sitka	27-04.50	_____
3	491 Vonda, Simon	M Service	23-00.00	_____
4	478 Hermanson, Eli	M Service	23-00.00	_____
5	108 Sparks, Oz	M Chugiak	21-01.75	_____
6	100 Lattier, Caleb	M Chugiak	21-01.75	_____
7	483 Lathrop, Logan	M Service	21-01.75	_____
8	475 Fraczek, Michael	M Service	21-01.75	_____
9	423 Kowalski, Cody	M North Pole	19-09.75	_____
10	739 Massey, Kristy	W North Pole	19-09.75	_____
11	471 Binion, Jaeden	M Service	18-03.25	_____
12	730 Kwon, Hana	W Service	18-03.25	_____
13	485 McCrae-Hunter, Jonathon	M Service	17-08.75	_____
14	728 Moon, Lia	W Service	17-08.75	_____
15	477 Gerhardt, Jacob	M Service	16-10.00	_____
16	489 Sura, Jonathan	M Service	16-10.00	_____

## Event 317 Men Long Jump Division 1

Friday 5/24/2019 - 3:45 PM

State Record: 23-00 1997

Dereck Ladson

Pos	Name	School	Seed	Mark
<b>Flight 1 of 2 Prelims</b>				
1	123 Reeves, Brayden	Colony	20-00.50	_____
2	366 Asuncion, Jastine	Kodiak	20-07.00	_____
3	603 Heartwell, Quincy	South Anchor	20-04.00	_____
4	201 Charles, Zaci	East Anchora	20-07.75	_____
5	575 Morrison, Tyler	Soldotna	20-02.25	_____
6	203 Herman, Colton	East Anchora	21-04.75	_____
7	602 Christian, Thomas	South Anchor	19-04.00	_____
8	718 Johnson, Terrell	West Valley	21-06.50	_____
<b>Flight 2 of 2 Prelims</b>				
1	664 Jeffus, Dylan	Wasilla	19-03.00	_____
2	472 Chang, Zachary	Service	18-11.00	_____
3	687 Bahr, Theodore	West Anchora	19-00.75	_____
4	101 Lewis, Owen	Chugiak	18-11.25	_____
5	577 O'Reagan, Trenton	Soldotna	19-02.25	_____
6	315 Johns, Colton	Juneau-Dougl	18-11.75	_____
7	662 Helton, Wyatt	Wasilla	19-03.75	_____
8	120 Campbell, Ty	Colony	19-01.50	_____

## Event 35 Women Long Jump Division 2

Friday 5/24/2019 - 3:45 PM

State Record: 19-05 2003

Janay Deloach

Pos	Name	School	Seed	Mark
<b>Flight 1 of 2 Prelims</b>				
1	227 Tompkins, Jessee	Grace Christ	16-03.25	_____
2	51 Curry, Jenna	Ben Eielson	15-02.00	_____
3	330 Plagge, Chelsea	Kenai Centra	15-01.50	_____
4	218 Ellis, Laura	Grace Christ	17-01.25	_____
5	258 Inama, Laura	Homer	15-11.75	_____
6	134 Marchuk, Brenna	Delta Juncti	15-04.50	_____
7	242 Seay, Baily	Gustavus	14-07.75	_____
8	632 Fletcher-Gilbert, Kylie	Valdez	14-08.75	_____
<b>Flight 2 of 2 Prelims</b>				
1	65 Cedars, Cadence	Bethel	12-07.00	_____
2	282 Kohntopp, Lauren	Hutchison	14-05.50	_____
3	415 Martin, Destiny	Nikiski	13-08.00	_____
4	225 Schmeling, Maddie	Grace Christ	14-07.25	_____
5	271 Bronson, Belle	Houston	13-09.75	_____
6	670 Halstead, Grace	Wasilla Lake	12-07.25	_____
7	226 Tompkins, Dani	Grace Christ	14-03.50	_____
8	223 Murphy, Megan	Grace Christ	14-02.00	_____





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# DAY 1 PRELIMS & 3200M FINALS (1/7)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019

Palmer High School

Machetanz Stadium

Meet Program - Running Prelims & 3200 Final

## Event 61 Women 3200 Meter Run Division 2

Friday 5/24/2019 - 11:00 AM

State Record: 10:09.72 2015

Allie Ostrander

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	322 Calvert, Jaycie	Kenai Centra	11:36.87
2	220 Jackson, Mazzy	Grace Christ	11:49.46
3	392 Bast, Katie	Monroe Catho	11:57.97
4	256 Daigle, Autumn	Homer	12:10.06
5	216 Annett, Grace	Grace Christ	12:19.93
6	70 Becker, Serena	Birchwood Ch	12:26.37
7	398 White, Lauren	Monroe Catho	12:45.42
8	324 Fallon, Leah	Kenai Centra	12:47.93
9	325 Foster, Summer	Kenai Centra	12:48.62
10	12 Tedrick, Emily	Anchorage Ch	12:59.87
11	222 McLaughlin, Anna	Grace Christ	13:03.43
12	228 Widener, Kiah	Grace Christ	13:16.63
13	500 Sieminski, Shelby	Seward	13:23.58
14	494 Cooney, Hana	Seward	13:26.48
15	224 Schaffer, Michaella	Grace Christ	13:38.70
16	1 Bohlman, Caroline	Anchorage Ch	13:48.48

## Event 361 Women 3200 Meter Run Division 1

Friday 5/24/2019 - 11:25 AM

State Record: 10:09.72 2015

Allie Ostrander

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	698 Kramer, Kendall	West Valley	10:37.00
2	585 Earl, Ava	South Anchor	10:56.12
3	188 Walsh, Emily	Eagle River	11:02.65
4	458 Fahrney, Grace	Service	11:06.37
5	74 Day, Breanna	Chugiak	11:12.53
6	304 Tuckwood, Sadie	Juneau-Dougl	11:14.71
7	600 Young, Lucy	South Anchor	11:43.54
8	185 Nelson, Claire	Eagle River	11:51.27
9	591 Novakovich, Liz	South Anchor	11:57.00
10	692 Bailey, Gloria	West Valley	12:00.14
11	297 Iverson, Anna	Juneau-Dougl	12:01.64
12	548 Arthur, Erika	Soldotna	12:15.83
13	652 Boucher, Abbi	Wasilla	12:26.95
14	88 Smedley, Kali	Chugiak	12:33.38
15	360 Griffin, Naomi	Kodiak	12:36.28
16	686 Yi, Hannah	West Anchora	12:39.50

## Event 60 Men 3200 Meter Run Division 2

Friday 5/24/2019 - 11:50 AM

State Record: 9:09.41 2015

Levi Thomet

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	20 Merchant, Tristian	Anchorage Ch	9:30.61
2	524 Baciocco, Dominic	Sitka	9:45.92
3	536 McIntyre, Skyler	Sitka	9:45.92
4	235 Martin, Gabe	Grace Christ	10:00.42
5	249 George, Siyel	Haines	10:24.31
6	338 Dunham, Maison	Kenai Centra	10:24.84
7	346 Roberts, Samuel	Kenai Centra	10:24.91
8	448 Eddy, Tolin	Petersburg	10:28.80
9	240 Wethington, Preston	Grace Christ	10:32.08
10	618 Macdonald, Thomas	Su Valley	10:36.92
11	234 Fritz, Cole	Grace Christ	10:45.83
12	23 Smith, Kaleb	Anchorage Ch	11:02.52
13	294 Silas, Preseton	Hutchison	11:07.05
14	248 Faverty, Kirby	Haines	11:14.00
15	345 Mueller, Tucker	Kenai Centra	11:22.63

## Event 360 Men 3200 Meter Run Division 1

Friday 5/24/2019 - 12:15 PM

State Record: 9:09.41 2015

Levi Thomet

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	90 Bausch, Daniel	Chugiak	9:12.03
2	104 Nelson, Hyrum	Chugiak	9:28.98
3	601 Beloy, Kaleb	South Anchor	9:54.49
4	167 Gardiner, Dallin	Dimond	9:59.62
5	310 Ellefson-Carnes, Arne	Juneau-Dougl	10:02.63
6	174 Rygh, Fred	Dimond	10:12.55
7	194 Olson, Michael	Eagle River	10:13.31
8	708 Abramowicz, Daniel	West Valley	10:14.33
9	372 Marbrey, Connor	Kodiak	10:30.17
10	711 Baurick, Josh	West Valley	10:31.83
11	424 McBroom, Jonathan	North Pole	10:33.42
12	175 Rygh, Marty	Dimond	10:33.52
13	719 Kendall, Jack	West Valley	10:33.64
14	371 Hubert, Colt	Kodiak	10:34.69
15	580 Walters, Bradley	Soldotna	10:36.46
16	440 Gurney, Noble	Palmer	10:40.01

# DAY 1 PRELIMS & 3200M FINALS (2/7)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019

Palmer High School

Machetanz Stadium

Meet Program - Running Prelims & 3200 Final

## Event 28 Women 100 Meter Hurdles Division 2

Friday 5/24/2019 - 12:50 PM			
State Record: 14.82 2011		Rosie Smith	
Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	5 Gatpandan, Janah	Anchorage Ch	19.89
2	606 Grenier, Kenna	Su Valley	19.52
3	630 Byfuglien, Jazmyn	Tri-Valley	17.89
4	509 Bartolaba, Haley	Sitka	17.29
5	52 Lucas, Jolie	Ben Eielson	17.79
6	50 Baker, Robin	Ben Eielson	18.61
7	496 Hewitt, Malia	Seward	19.54
8	607 Mangione, Gretchen	Su Valley	20.58
<b>Heat 2 of 2 Prelims</b>			
1	281 Gough, Rebecca	Hutchison	20.44
2	334 Stockton, Katie	Kenai Centra	19.03
3	242 Seay, Baily	Gustavus	18.13
4	335 Wilson, Savanna	Kenai Centra	16.51
5	395 Hendricks, Erin	Monroe Catho	17.80
6	634 Howard, Kassandra	Valdez	18.45
7	637 Prax, Marianne	Valdez	19.78
8	219 Gerwin, Meg	Grace Christ	20.57

## Event 328 Women 100 Meter Hurdles Division 1

Friday 5/24/2019 - 1:00 PM			
State Record: 14.82 2011		Rosie Smith	
Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	153 Doucet, Grayson	Dimond	17.59
2	558 Ness, Kylie	Soldotna	17.09
3	553 Jaime, Holleigh	Soldotna	16.82
4	79 Gould, Brooklynn	Chugiak	15.62
5	359 Blair, Hallee	Kodiak	15.98
6	695 Blasey, Sheridan	West Valley	16.96
7	682 Snow, Denisha	West Anchora	17.22
8	83 Peters, Maria	Chugiak	18.26
<b>Heat 2 of 2 Prelims</b>			
1	114 Engebretsen, Lilyahna	Colony	17.62
2	364 Villaroya, Hannah	Kodiak	16.98
3	348 Odden, Ada	Ketchikan	16.86
4	180 Bolin, Morgan	Eagle River	15.10
5	622 Brewer, Iayanah	Thunder Moun	16.66
6	565 Thomas, Sophie	Soldotna	16.87
7	626 Welling, Audrey	Thunder Moun	17.50
8	550 Brantley, Emma	Soldotna	17.92

## Event 10 Men 110 Meter Hurdles Division 2

Friday 5/24/2019 - 1:15 PM			
State Record: 14.61 2012		Tyler Rhode	
Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	296 Watkins, Greyson	Hutchison	20.19
2	450 O'Brocta, Owen	Petersburg	19.64
3	650 Prevost, Jeffrey	Valdez	18.70
4	22 Parks, William	Anchorage Ch	16.62
5	402 Nicholson, Garren	Monroe Catho	17.88
6	18 Hayner, Kacey	Anchorage Ch	19.54
7	26 Thayer, Matthew	Anchorage Ch	19.71
8	19 Hofacker, Luke	Anchorage Ch	25.26
<b>Heat 2 of 2 Prelims</b>			
1	288 Evans, Rodney	Hutchison	21.00
2	293 Schiff, John	Hutchison	19.61
3	528 Danielson, Levi	Sitka	19.45
4	347 Wilson, Jarett	Kenai Centra	16.51
5	62 Staley, Graham	Ben Eielson	18.55
6	263 Brost, Aiden	Homer	19.51
7	453 Wilhour, Joseph	Redington	19.80
8	54 Baker, Brad	Ben Eielson	21.65

## Event 310 Men 110 Meter Hurdles Division 1

Friday 5/24/2019 - 1:25 PM			
State Record: 14.61 2012		Tyler Rhode	
Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	107 Rohde, Wyatt	Chugiak	17.33
2	123 Reeves, Brayden	Colony	16.88
3	102 Mathes, James	Chugiak	16.28
4	662 Helton, Wyatt	Wasilla	16.01
5	103 Mathieu, Logan	Chugiak	16.11
6	124 Robertson, Felix	Colony	16.56
7	125 Shields, Oscar	Colony	16.97
8	320 Weldon, Tyler	Juneau-Dougl	17.78
<b>Heat 2 of 2 Prelims</b>			
1	350 Carlson, Christopher	Ketchikan	17.71
2	727 Weston, Avery	West Valley	16.69
3	443 Owens, Connor	Palmer	16.30
4	179 Velasco, Adrian	Dimond	15.99
5	469 Anderson, Will	Service	16.16
6	383 Johnson, Kevin	Lathrop	16.35
7	581 Wirz, Corbin	Soldotna	17.20
8	352 Credito, Ivers	Ketchikan	17.74



# DAY 1 PRELIMS & 3200M FINALS (3/7)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019

Palmer High School

Machetanz Stadium

Meet Program - Running Prelims & 3200 Final

## Event 19 Women 100 Meter Dash Division 2

Friday 5/24/2019 - 1:35 PM			
State Record: 11.8h 1981		Starlett Jackson	
Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	394 Grahek, Maura	Monroe Catho	13.83
2	245 Williamson, Avery	Haines	13.69
3	258 Inama, Laura	Homer	13.11
4	218 Ellis, Laura	Grace Christ	12.75
5	328 Maw, Hayley	Kenai Centra	12.80
6	69 Becker, Mariyah	Birchwood Ch	13.50
7	331 Raye, Kylie-Anne	Kenai Centra	13.81
8	71 Sullivan, KiAra	Birchwood Ch	14.02
<b>Heat 2 of 2 Prelims</b>			
1	632 Fletcher-Gilbert, Kylie	Valdez	13.86
2	540 Hansen, Jennifer	Skagway	13.54
3	6 Houck, Carissa	Anchorage Ch	13.36
4	138 Williams, Hailey	Delta Juncti	12.44
5	523 Vidad, Joei	Sitka	12.81
6	9 Parks, Mary Kate	Anchorage Ch	13.45
7	260 LaFleur, Olivia	Homer	13.83
8	413 Freeman, Shylea	Nikiski	13.93

## Event 319 Women 100 Meter Dash Division 1

Friday 5/24/2019 - 1:45 PM			
State Record: 11.8h 1981		Starlett Jackson	
Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	703 Mease, Ezra	West Valley	13.47
2	197 Bibbs, Loralana	East Anchora	13.17
3	80 Griffin, Shaylee	Chugiak	12.78
4	593 Robinson, Sarah	South Anchor	12.48
5	85 Scherffius, Ellie	Chugiak	12.75
6	180 Bolin, Morgan	Eagle River	13.13
7	298 Jackson, Trinity	Juneau-Dougl	13.24
8	622 Brewer, Iyanah	Thunder Moun	13.69
<b>Heat 2 of 2 Prelims</b>			
1	556 Leadens, Mikayla	Soldotna	13.65
2	149 Childers, Madison	Dimond	13.17
3	116 Kenley, Abigail	Colony	12.86
4	594 Searles, Paige	South Anchor	12.47
5	432 Nicholai, Teeana	Palmer	12.76
6	455 Blair, Autumn	Service	13.08
7	701 Manley, Olivia	West Valley	13.47
8	653 Burke, Abigail	Wasilla	13.68

## Event 1 Men 100 Meter Dash Division 2

Friday 5/24/2019 - 1:55 PM			
State Record: 10.90 1995		Joel Knight	
Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	502 Freiberg, Beau	Seward	12.09
2	418 McCollum, Bryan	Nikiski	11.95
3	27 Thomas, Jayden	Anchorage Ch	11.61
4	449 Luhr, Aiden	Petersburg	11.52
5	642 Chadwick, Owen	Valdez	11.58
6	614 Hicks, John	Su Valley	11.86
7	342 Machen-Gray, Elias	Kenai Centra	12.02
8	66 Alexie, Brycen	Bethel	13.07
<b>Heat 2 of 2 Prelims</b>			
1	287 Evans, Jayson	Hutchison	12.13
2	506 Spanos, Connor	Seward	11.89
3	619 Pinard, Dalton	Su Valley	11.70
4	21 Onochie, Fredrick	Anchorage Ch	11.25
5	405 Walsh, Nathan	Monroe Catho	11.58
6	544 Goebel, Gavin	Skagway	11.76
7	527 Buxton, Tabor	Sitka	12.08
8	525 Bailey, Thomas	Sitka	12.17

## Event 301 Men 100 Meter Dash Division 1

Friday 5/24/2019 - 2:05 PM			
State Record: 10.90 1995		Joel Knight	
Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	388 Rones, Jhon	Lathrop	11.48
2	484 Lyken, Nathaniel	Service	11.40
3	367 Bartel, Micah	Kodiak	11.28
4	110 Wilson, Jeremiah	Chugiak	10.95
5	481 Jines, Jacob	Service	11.19
6	567 Booth, Ben	Soldotna	11.37
7	721 Perez, Jomar	West Valley	11.44
8	387 Roder, Griffen	Lathrop	11.62
<b>Heat 2 of 2 Prelims</b>			
1	627 Beya, Ali	Thunder Moun	11.56
2	201 Charles, Zaci	East Anchora	11.38
3	714 Cummings, Justin	West Valley	11.33
4	203 Herman, Colton	East Anchora	10.79
5	48 Suber, Treyone	Bartlett	11.21
6	49 Suber, Tyler	Bartlett	11.35
7	446 Tucker, Chance	Palmer	11.46
8	569 Cravens, Eli	Soldotna	11.61

# DAY 1 PRELIMS & 3200M FINALS (4/7)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019

Palmer High School

Machetanz Stadium

Meet Program - Running Prelims & 3200 Final

## Event 21 Women 400 Meter Dash Division 2

Friday 5/24/2019 - 2:15 PM

State Record: 54.86 2015 Tanner Ealum

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	610 Roderick, India	Su Valley	1:05.13
2	69 Becker, Mariyah	Birchwood Ch	1:03.35
3	523 Vidad, Joei	Sitka	59.71
4	245 Williamson, Avery	Haines	1:02.28
5	280 Clemente, Natalie	Hutchison	1:03.82
6	540 Hansen, Jennifer	Skagway	1:05.35
7	333 Satathite, Logan	Kenai Centra	1:06.24
8	8 Martin, Madison	Anchorage Ch	1:06.73
<b>Heat 2 of 2 Prelims</b>			
1	255 Carroll, Marina	Homer	1:04.05
2	512 Clifton, Bailey	Sitka	1:03.60
3	138 Williams, Hailey	Delta Juncti	59.40
4	510 Bartolaba, Lindsey	Sitka	1:02.66
5	217 Coverdell, Sophia	Grace Christ	1:03.78
6	499 Petrosius, Coral	Seward	1:06.09
7	412 Epperheimer, Sidney	Nikiski	1:06.44
8	497 Jacoby, Lydia	Seward	1:06.60

## Event 321 Women 400 Meter Dash Division 1

Friday 5/24/2019 - 2:25 PM

State Record: 54.86 2015 Tanner Ealum

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	112 Bustillos, Monica	Colony	1:02.00
2	564 Taylor, Brittany	Soldotna	1:01.22
3	685 Wyche, Ta'zhay	West Anchora	59.39
4	671 Backman, Kaitlyn	West Anchora	1:01.12
5	623 Deer, Hannah	Thunder Moun	1:01.64
6	362 Nicholson, Ashleigh	Kodiak	1:02.72
7	87 Schoelen, Abigail	Chugiak	1:03.73
8	162 Wilcox, Renee	Dimond	1:03.88
<b>Heat 2 of 2 Prelims</b>			
1	31 Jones, Damecia	Bartlett	1:02.05
2	584 Bui, Linh	South Anchor	1:01.20
3	657 VanPelt, Allison	Wasilla	1:00.29
4	82 Hall, Reilly	Chugiak	1:00.87
5	425 Beames, Kristen	Palmer	1:01.77
6	679 Ruhlin-Hicks, Clarice	West Anchora	1:02.54
7	551 Burns, Ellie	Soldotna	1:03.02
8	375 Alvanna, Laura	Lathrop	1:06.16

## Event 3 Men 400 Meter Dash Division 2

Friday 5/24/2019 - 2:35 PM

State Record: 47.78 2007 Ethan Hewitt

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	139 Anderson, Jacob	Delta Juncti	55.14
2	403 Nicholson, Landon	Monroe Catho	52.82
3	506 Spanos, Connor	Seward	52.34
4	405 Walsh, Nathan	Monroe Catho	52.42
5	538 Pate, Joseph	Sitka	54.73
6	539 Rosas, Gaige	Sitka	55.47
7	416 Ellis, Garrett	Nikiski	57.28
8	233 Crotts, Logan	Grace Christ	57.95
<b>Heat 2 of 2 Prelims</b>			
1	614 Hicks, John	Su Valley	54.77
2	27 Thomas, Jayden	Anchorage Ch	53.09
3	21 Onochie, Fredrick	Anchorage Ch	50.67
4	232 Coverdell, Vincent	Grace Christ	52.69
5	532 Gagner, Jacob	Sitka	54.32
6	229 Beck, Andrew	Grace Christ	55.56
7	339 Graves, Riley	Kenai Centra	57.80
8	73 Murphy, Garrett	Birchwood Ch	57.83

## Event 303 Men 400 Meter Dash Division 1

Friday 5/24/2019 - 2:45 PM

State Record: 47.78 2007 Ethan Hewitt

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	121 Erwin, Landis	Colony	53.68
2	41 King, Rian	Bartlett	52.75
3	487 Rand, Nolan	Service	52.38
4	35 Cargill, Austin	Bartlett	52.57
5	661 Hayes, Hunter	Wasilla	53.32
6	470 Belanger, Jacob	Service	53.97
7	126 Torres, Kolby	Colony	54.72
8	312 Hollingsworth, Aiden	Juneau-Dougl	55.24
<b>Heat 2 of 2 Prelims</b>			
1	389 Thomas, Ian	Lathrop	53.60
2	127 Vrvilo, Zane	Colony	52.76
3	192 Gladwill, Carter	Eagle River	51.22
4	484 Lyken, Nathaniel	Service	52.67
5	196 Wesolowski, Deven	Eagle River	53.21
6	439 Christiansen, Tucker	Palmer	54.22
7	689 Cason, Everett	West Anchora	54.96
8	380 Averett, Owen	Lathrop	55.23

# DAY 1 PRELIMS & 3200M FINALS (5/7)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019

Palmer High School

Machetanz Stadium

Meet Program - Running Prelims & 3200 Final

## Event 29 Women 300 Meter Hurdles Division 2

Friday 5/24/2019 - 3:00 PM

State Record: 43.49 2016 Naomi Welling

Lane	Name	School	Seed Time
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### Heat 1 of 2 Prelims

1	52 Lucas, Jolie	Ben Eielson	52.95
2	499 Petrosius, Coral	Seward	51.33
3	509 Bartolaba, Haley	Sitka	49.42
4	335 Wilson, Savanna	Kenai Centra	50.81
5	630 Byfuglien, Jazmyn	Tri-Valley	52.36
6	406 Lake, Jasmine	Nenana	54.23
7	637 Prax, Marianne	Valdez	55.35
8	606 Grenier, Kenna	Su Valley	56.00

### Heat 2 of 2 Prelims

1	242 Seay, Baily	Gustavus	52.46
2	395 Hendricks, Erin	Monroe Catho	51.97
3	258 Inama, Laura	Homer	47.81
4	334 Stockton, Katie	Kenai Centra	51.20
5	512 Clifton, Bailey	Sitka	52.34
6	521 Stroemer, Matthey	Sitka	55.25
7	50 Baker, Robin	Ben Eielson	55.46
8	410 Carstens, Bethany	Nikiski	55.47

## Event 329 Women 300 Meter Hurdles Division 1

Friday 5/24/2019 - 3:10 PM

State Record: 43.49 2016 Naomi Welling

Lane	Name	School	Seed Time
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### Heat 1 of 2 Prelims

1	695 Blasey, Sheridan	West Valley	49.80
2	180 Bolin, Morgan	Eagle River	48.56
3	359 Blair, Hallee	Kodiak	46.94
4	364 Villaroya, Hannah	Kodiak	47.87
5	151 Cvancara, Maria	Dimond	48.78
6	598 Syren, Maya	South Anchor	50.50
7	468 Wells, Grace	Service	50.86
8	656 Parsons, Cheyanne	Wasilla	51.91

### Heat 2 of 2 Prelims

1	348 Odden, Ada	Ketchikan	49.19
2	682 Snow, Denisha	West Anchora	48.64
3	79 Gould, Brooklynn	Chugiak	46.73
4	553 Jaime, Holleigh	Soldotna	48.23
5	83 Peters, Maria	Chugiak	48.75
6	565 Thomas, Sophie	Soldotna	50.73
7	622 Brewer, Iayanah	Thunder Moun	51.07
8	626 Welling, Audrey	Thunder Moun	51.80

## Event 11 Men 300 Meter Hurdles Division 2

Friday 5/24/2019 - 3:25 PM

State Record: 38.58 2011 Elliott Bauer

Lane	Name	School	Seed Time
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### Heat 1 of 2 Prelims

1	236 McKay, Nate	Grace Christ	46.69
2	347 Wilson, Jarett	Kenai Centra	44.09
3	619 Pinar, Dalton	Su Valley	42.69
4	613 Graupman, Luke	Su Valley	43.10
5	402 Nicholson, Garren	Monroe Catho	45.36
6	293 Schiff, John	Hutchison	46.98
7	62 Staley, Graham	Ben Eielson	48.16
8	263 Brost, Aiden	Homer	49.38

### Heat 2 of 2 Prelims

1	447 Cumps, Julian	Petersburg	46.09
2	246 Crager, Carson	Haines	44.54
3	642 Chadwick, Owen	Valdez	41.93
4	22 Parks, William	Anchorage Ch	43.23
5	247 Davis, Mark	Haines	44.90
6	528 Danielson, Levi	Sitka	47.80
7	18 Hayner, Kacey	Anchorage Ch	48.36
8	650 Prevost, Jeffrey	Valdez	48.74

## Event 311 Men 300 Meter Hurdles Division 1

Friday 5/24/2019 - 3:35 PM

State Record: 38.58 2011 Elliott Bauer

Lane	Name	School	Seed Time
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### Heat 1 of 2 Prelims

1	469 Anderson, Will	Service	43.09
2	727 Weston, Avery	West Valley	42.39
3	443 Owens, Connor	Palmer	41.96
4	718 Johnson, Terrell	West Valley	42.02
5	179 Velasco, Adrian	Dimond	42.88
6	176 Rygh, Noah	Dimond	43.27
7	476 Gebauer, Roger	Service	43.49
8	352 Credito, Ivers	Ketchikan	44.54

### Heat 2 of 2 Prelims

1	391 Zadra, Michael	Lathrop	42.88
2	102 Mathes, James	Chugiak	42.45
3	107 Rohde, Wyatt	Chugiak	41.90
4	103 Mathieu, Logan	Chugiak	42.23
5	383 Johnson, Kevin	Lathrop	42.80
6	573 Medcoff, Wyatt	Soldotna	43.46
7	365 Alonzo, Joshua	Kodiak	43.62
8	725 Thomas, Ty	West Valley	43.89



# DAY 1 PRELIMS & 3200M FINALS (6/7)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019

Palmer High School

Machetanz Stadium

Meet Program - Running Prelims & 3200 Final

## Event 22 Women 800 Meter Run Division 2

Friday 5/24/2019 - 3:50 PM			
State Record: 2:10.42 2011		Morgan Dampier	
Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	220 Jackson, Mazzy	Grace Christ	2:30.06
2	261 Miller, Brooke	Homer	2:30.35
3	520 Smith, Tawny	Sitka	2:34.20
4	393 Cook, Jeannie	Monroe Catho	2:39.37
5	634 Howard, Kassandra	Valdez	2:39.80
6	222 McLaughlin, Anna	Grace Christ	2:41.07
7	408 Stringfellow, Areli	Nenana	2:46.39
<b>Heat 2 of 2 Prelims</b>			
1	322 Calvert, Jaycie	Kenai Centra	2:29.95
2	392 Bast, Katie	Monroe Catho	2:34.04
3	70 Becker, Serena	Birchwood Ch	2:34.78
4	498 Lindquist, Sadie	Seward	2:36.95
5	332 Satathite, Brooke	Kenai Centra	2:39.71
6	253 Blanton-Yourkowsi, Ella	Homer	2:45.59
7	398 White, Lauren	Monroe Catho	2:48.55
8	215 Annett, Faith	Grace Christ	2:48.98

## Event 322 Women 800 Meter Run Division 1

Friday 5/24/2019 - 4:00 AM			
State Record: 2:10.42 2011		Morgan Dampier	
Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	188 Walsh, Emily	Eagle River	2:22.72
2	657 VanPelt, Allison	Wasilla	2:23.11
3	375 Alvanna, Laura	Lathrop	2:23.95
4	437 Wright, Sophie	Palmer	2:27.63
5	460 Howard, Clare	Service	2:29.06
6	456 Chang, Zoe	Service	2:29.99
7	111 Bushey, Lydia	Colony	2:31.91
8	434 Snelders, Gretchen	Palmer	2:35.60
<b>Heat 2 of 2 Prelims</b>			
1	585 Earl, Ava	South Anchor	2:22.07
2	693 Bailey, Naomi	West Valley	2:23.88
3	155 Judd, Kylie	Dimond	2:25.06
4	600 Young, Lucy	South Anchor	2:25.50
5	185 Nelson, Claire	Eagle River	2:28.46
6	189 Wilson, Helen	Eagle River	2:30.13
7	692 Bailey, Gloria	West Valley	2:33.96
8	300 McKenna, Katherine	Juneau-Dougl	2:35.41

## Event 4 Men 800 Meter Run Division 2

Friday 5/24/2019 - 4:10 AM			
State Record: 1:49.2h 1985		Doug Harron	
Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	338 Dunham, Maison	Kenai Centra	2:03.28
2	232 Coverdell, Vincent	Grace Christ	2:03.54
3	340 Haakenson, Nathan	Kenai Centra	2:05.86
4	532 Gagner, Jacob	Sitka	2:07.96
5	618 Macdonald, Thomas	Su Valley	2:10.33
6	507 Van Dyke, Jaden	Seward	2:10.89
7	448 Eddy, Tolin	Petersburg	2:12.34
8	291 Kesey, Cormac	Hutchison	2:15.05
<b>Heat 2 of 2 Prelims</b>			
1	235 Martin, Gabe	Grace Christ	2:02.52
2	15 Davis, Joshua	Anchorage Ch	2:05.49
3	403 Nicholson, Landon	Monroe Catho	2:06.22
4	538 Pate, Joseph	Sitka	2:07.67
5	543 Brady, Danny	Skagway	2:08.43
6	529 Demmert, Asa	Sitka	2:11.86
7	240 Wethington, Preston	Grace Christ	2:12.95
8	68 Phelan, Thomas	Bethel	2:13.20

## Event 304 Men 800 Meter Run Division 1

Friday 5/24/2019 - 4:20 PM			
State Record: 1:49.2h 1985		Doug Harron	
Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	90 Bausch, Daniel	Chugiak	1:58.90
2	192 Gladwill, Carter	Eagle River	1:59.43
3	173 Prosser, Santiago	Dimond	2:01.14
4	690 Dammeyer, Issac	West Anchora	2:03.03
5	441 Maclean, Amiqaq	Palmer	2:06.03
6	98 Hartke, Max	Chugiak	2:06.10
7	572 Johnson, Nathanael	Soldotna	2:06.42
8	368 Bitanga, Rafael	Kodiak	2:10.49
<b>Heat 2 of 2 Prelims</b>			
1	717 Herron, Camron	West Valley	1:57.22
2	104 Nelson, Hyrum	Chugiak	2:00.71
3	372 Marbrey, Connor	Kodiak	2:01.99
4	128 Waterhouse, Jake	Colony	2:02.54
5	169 Latva-Kiskola, Niko	Dimond	2:05.99
6	313 Hoy, Dalton	Juneau-Dougl	2:06.38
7	422 Johnson, Matthew	North Pole	2:07.95
8	720 Olson, Alex	West Valley	2:09.44

# DAY 1 PRELIMS & 3200M FINALS (7/7)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019

Palmer High School

Machetanz Stadium

Meet Program - Running Prelims & 3200 Final

## Event 20 Women 200 Meter Dash Division 2

Friday 5/24/2019 - 4:35 PM

State Record: 24.73 2015 Tanner Ealum

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	273 Rusher, Leiah	Houston	28.51
2	499 Petrosius, Coral	Seward	27.43
3	523 Vidad, Joei	Sitka	25.93
4	218 Ellis, Laura	Grace Christ	25.96
5	69 Becker, Mariyah	Birchwood Ch	27.95
6	609 Mossanen, Maya	Su Valley	28.64
7	413 Freeman, Shylea	Nikiski	29.03
8	632 Fletcher-Gilbert, Kylie	Valdez	29.15
<b>Heat 2 of 2 Prelims</b>			
1	245 Williamson, Avery	Haines	28.02
2	9 Parks, Mary Kate	Anchorage Ch	27.49
3	138 Williams, Hailey	Delta Juncti	25.59
4	328 Maw, Hayley	Kenai Centra	26.09
5	540 Hansen, Jennifer	Skagway	27.90
6	394 Grahek, Maura	Monroe Catho	28.74
7	415 Martin, Destiny	Nikiski	29.07
8	252 Biggs, Rachelle	Homer	29.12

## Event 320 Women 200 Meter Dash Division 1

Friday 5/24/2019 - 4:45 PM

State Record: 24.73 2015 Tanner Ealum

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	298 Jackson, Trinity	Juneau-Dougl	27.65
2	82 Hall, Reilly	Chugiak	26.95
3	593 Robinson, Sarah	South Anchor	25.90
4	594 Searles, Paige	South Anchor	26.19
5	671 Backman, Kaitlyn	West Anchora	27.18
6	699 Lovell, Kendall	West Valley	28.29
7	554 Kessler, Madylin	Soldotna	28.46
8	654 Coates, Courtney	Wasilla	29.03
<b>Heat 2 of 2 Prelims</b>			
1	85 Scherffius, Ellie	Chugiak	27.51
2	457 Chanonto, Jocelyn	Service	27.02
3	31 Jones, Damecia	Bartlett	25.83
4	685 Wyche, Ta'zhay	West Anchora	26.24
5	564 Taylor, Brittany	Soldotna	27.06
6	112 Bustillos, Monica	Colony	28.43
7	377 Lucksavage, Zoie	Lathrop	28.47
8	625 Hauck, Tzadi	Thunder Moun	28.74

## Event 2 Men 200 Meter Dash Division 2

Friday 5/24/2019 - 4:55 PM

State Record: 21.90 1995 Joel Knight

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	342 Machen-Gray, Elias	Kenai Centra	24.60
2	63 Styles, Aric	Ben Eielson	23.93
3	642 Chadwick, Owen	Valdez	23.45
4	449 Luhr, Aiden	Petersburg	23.59
5	287 Evans, Jayson	Hutchison	24.16
6	646 Howard, Hayden	Valdez	24.64
7	143 Lovett, Leonard	Delta Juncti	24.83
8	67 Martins, Jaymes	Bethel	26.22
<b>Heat 2 of 2 Prelims</b>			
1	502 Freiberg, Beau	Seward	24.32
2	544 Goebel, Gavin	Skagway	23.99
3	21 Onochie, Fredrick	Anchorage Ch	23.40
4	418 McCollum, Bryan	Nikiski	23.88
5	614 Hicks, John	Su Valley	24.02
6	533 Grant, Carson	Sitka	24.80
7	404 Otey, Bruce	Monroe Catho	25.00
8	528 Danielson, Levi	Sitka	25.06

## Event 302 Men 200 Meter Dash Division 1

Friday 5/24/2019 - 5:05 AM

State Record: 21.90 1995 Joel Knight

Lane	Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	721 Perez, Jomar	West Valley	23.55
2	481 Jines, Jacob	Service	23.00
3	110 Wilson, Jeremiah	Chugiak	22.47
4	48 Suber, Treyone	Bartlett	22.58
5	201 Charles, Zaci	East Anchora	23.41
6	569 Cravens, Eli	Soldotna	23.66
7	627 Beya, Ali	Thunder Moun	23.84
8	658 Butrlakorn, Collin	Wasilla	24.06
<b>Heat 2 of 2 Prelims</b>			
1	387 Roder, Griffen	Lathrop	23.52
2	367 Bartel, Micah	Kodiak	23.10
3	203 Herman, Colton	East Anchora	22.18
4	567 Booth, Ben	Soldotna	22.89
5	49 Suber, Tyler	Bartlett	23.20
6	127 Vrvilo, Zane	Colony	23.79
7	668 Reynolds, Mason	Wasilla	23.95
8	709 Alston, Ellis	West Valley	24.05





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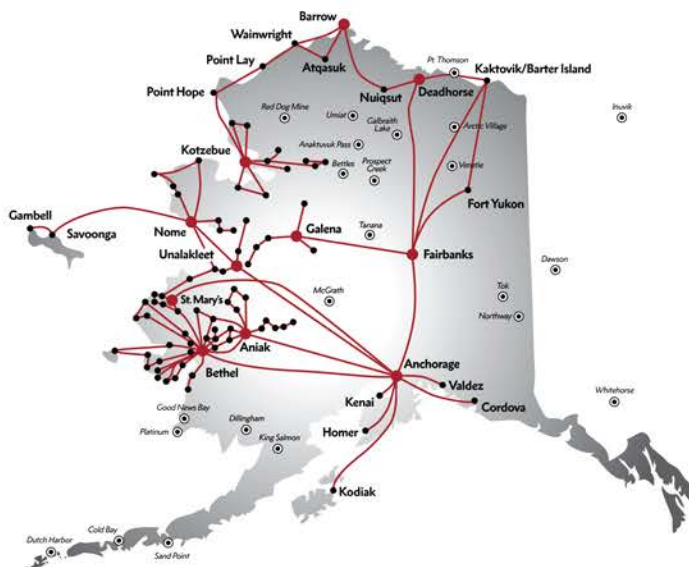


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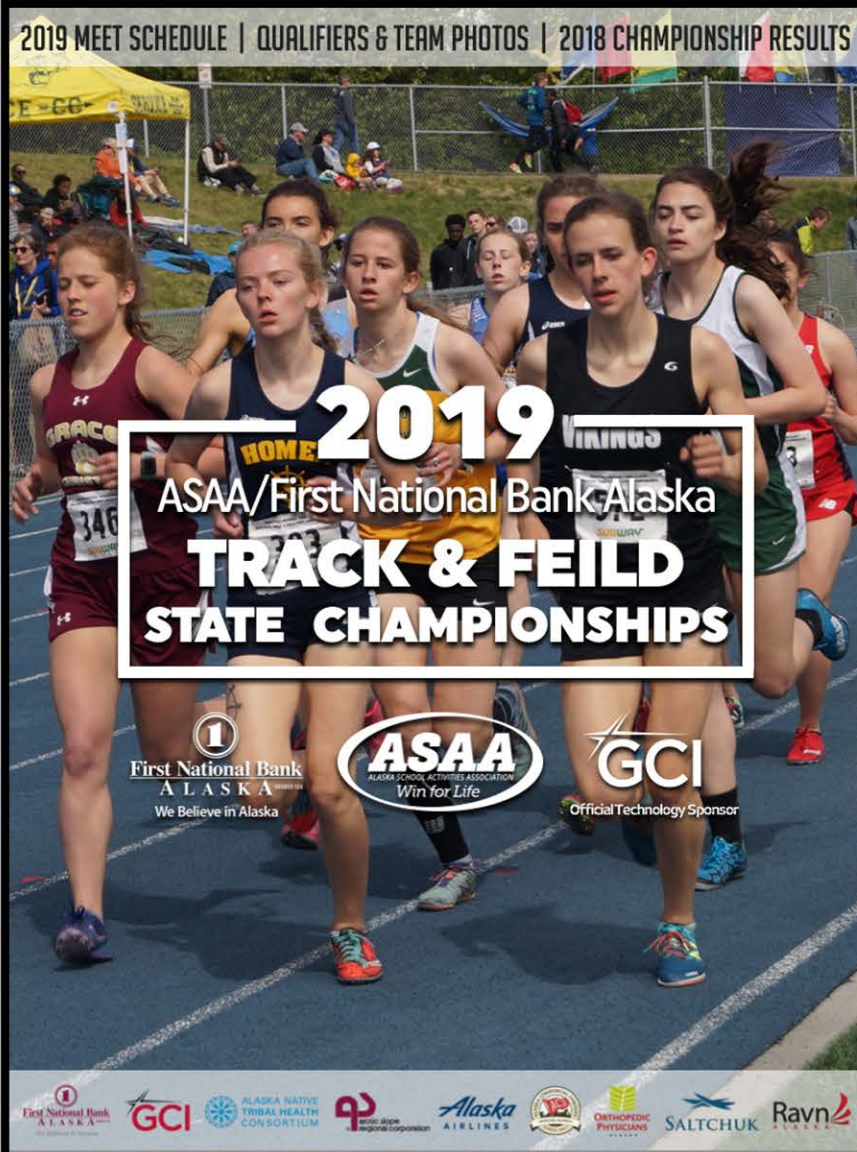
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# DAY 2 FIELD EVENTS HEAT SHEETS (1/2)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019

Palmer High School

Machetanz Stadium

Meet Program - Field Events

## Event 36 Women Triple Jump Division 2

Saturday 5/25/2019 - 9:00 AM			
State Record: 38-10.25 2012		Alisha Allen	
Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Prelims</b>			
1	331 Raye, Kylie-Anne	Kenai Centra	31-00.50
2	217 Coverdell, Sophia	Grace Christ	31-10.75
3	9 Parks, Mary Kate	Anchorage Ch	30-08.75
4	227 Tompkins, Jesse	Grace Christ	31-05.50
5	134 Marchuk, Brenna	Delta Juncti	32-00.00
6	513 Clifton, Tayler	Sitka	30-02.00
7	330 Plagge, Chelsea	Kenai Centra	34-04.75
8	255 Carroll, Marina	Homer	31-00.25
<b>Flight 2 of 2 Prelims</b>			
1	519 Saiz, Audrey	Sitka	29-09.50
2	53 Williams, Keiara	Ben Eielson	26-11.00
3	631 Graham, Serafiina	Tri-Valley	26-09.75
4	670 Halstead, Grace	Wasilla Lake	27-01.00
5	259 Kulhanek, Isabel	Homer	28-07.50
6	638 Woodgate, Ambrosia	Valdez	28-02.75
7	51 Curry, Jenna	Ben Eielson	30-01.00
8	541 Sager, Tatum	Skagway	28-07.00

## Event 318 Men Triple Jump Division 1

Saturday 5/25/2019 - 9:00 AM			
State Record: 46-02 2016		Brandon Nicholson	
Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Prelims</b>			
1	41 King, Rian	Bartlett	43-04.00
2	661 Hayes, Hunter	Wasilla	39-05.25
3	105 Nevells, Justin	Chugiak	40-06.75
4	388 Rones, Jhon	Lathrop	39-09.50
5	44 Rowland, Keeshawn	Bartlett	40-06.50
6	443 Owens, Connor	Palmer	39-04.75
7	106 Parks, Jared	Chugiak	39-04.25
<b>Flight 2 of 2 Prelims</b>			
1	664 Jeffus, Dylan	Wasilla	37-02.00
2	602 Christian, Thomas	South Anchor	38-08.25
3	709 Alston, Ellis	West Valley	37-05.25
4	476 Gebauer, Roger	Service	38-08.75
5	627 Beya, Ali	Thunder Moun	37-06.50
6	446 Tucker, Chance	Palmer	38-08.25
7	123 Reeves, Brayden	Colony	38-11.50
8	101 Lewis, Owen	Chugiak	38-02.50

## Event 331 Women Discus Throw Division 1

Saturday 5/25/2019 - 9:15 AM			
State Record: 143-02 1997		Jenny Luer	
Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Prelims</b>			
1	694 Blasey, Hadley	West Valley	114-06
2	695 Blasey, Sheridan	West Valley	127-07
3	566 Tuisaula, Ituau	Soldotna	117-11
4	363 Timu, Ahlissa	Kodiak	103-05
5	378 Pelayo, Maya	Lathrop	103-10
6	159 Pili, Alissa	Dimond	115-01
7	200 Tosi, Laila	East Anchora	107-02
8	181 Brown, Avery	Eagle River	107-09
<b>Flight 2 of 2 Prelims</b>			
1	118 Tennesen, Hanna	Colony	98-05
2	592 Oswald, Willow	South Anchor	99-02
3	78 Eastman, Kaitlyn	Chugiak	96-09
4	117 Laasch-Gray, Kaitlin	Colony	98-02
5	303 Rehder, Lainey	Juneau-Dougl	85-09
6	655 Hays, Isabella	Wasilla	98-11
7	563 Spence, Rachel	Soldotna	97-11
8	706 Swanson, Annika	West Valley	98-10

## Event 12 Men Shot Put Division 2

Saturday 5/25/2019 - 9:30 AM			
State Record: 71-03 2008		Jordan Clarke	
Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Prelims</b>			
1	231 Coulombe, James	Grace Christ	46-00.50
2	58 Johnson, Mason	Ben Eielson	42-02.50
3	615 Johnston, David	Su Valley	39-07.25
4	251 Verhamme, Wesley	Haines	44-05.00
5	250 Kanahele, Kamakana	Haines	38-10.75
6	214 Wightman, Koby	Galena	42-03.00
7	337 Carver, Andrew	Kenai Centra	42-05.25
8	531 Dumag, Aedon	Sitka	40-08.75
<b>Flight 2 of 2 Prelims</b>			
1	336 Arness, Aiden	Kenai Centra	37-04.00
2	344 Morrow, Billy	Kenai Centra	37-03.50
3	213 Felarca, Joshua	Galena	36-06.25
4	535 Lass, Garrison	Sitka	35-06.50
5	267 Molodih, Kalen	Homer	36-01.25
6	17 Guzman, Danilo	Anchorage Ch	36-00.50
7	417 Greene, Hunter	Nikiski	37-06.50
8	212 Diehl, Aiden	Galena	38-04.25

# DAY 2 FIELD EVENTS HEAT SHEETS (2/2)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019

Palmer High School

Machetanz Stadium

Meet Program - Field Events

## Event 312 Men Shot Put Division 1

Saturday 5/25/2019 - 11:15 AM			
State Record: 71-03 2008		Jordan Clarke	
Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Prelims</b>			
1	34 Abrego, Richard	Bartlett	47-00.75
2	374 Yamashita, Yasuhiro	Kodiak	46-08.50
3	568 Brantley III, Galen	Soldotna	48-11.00
4	370 Harper, Orion	Kodiak	44-01.00
5	47 Sio, Thomas	Bartlett	58-06.25
6	571 Faletoi, Aaron	Soldotna	44-09.00
7	576 Nye, Cody	Soldotna	48-01.00
8	42 Naufahu Gaspar, Shaistin	Bartlett	44-02.50
<b>Flight 2 of 2 Prelims</b>			
1	99 Huffer, Kenny	Chugiak	43-02.75
2	629 Tupou, Maikeli	Thunder Moun	41-02.00
3	355 Sasser, Tarrant	Ketchikan	42-01.75
4	356 Wong, Brendan	Ketchikan	44-00.50
5	357 Yoder, Justice	Ketchikan	43-09.00
6	208 VaiVai, Kymani	East Anchora	41-10.50
7	390 Tomaszewski, Corbin	Lathrop	41-10.75
8	723 Stacy, Merrick	West Valley	41-04.75

## Event 31 Women Discus Throw Division 2

Saturday 5/25/2019 - 11:30 AM			
State Record: 143-02 1997		Jenny Luer	
Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Prelims</b>			
1	221 Markel, Jenna	Grace Christ	86-06
2	254 Brock, Anna	Homer	114-09
3	492 Anderson, Hailey	Seward	86-07
4	514 Davis, Jessica	Sitka	94-02
5	211 Killingsworth, Shelby	Galena	86-09
6	414 Johnson, Kaitlyn	Nikiski	118-01
7	511 Brady, Jocelyn	Sitka	87-11
8	499 Petrosius, Coral	Seward	114-10
<b>Flight 2 of 2 Prelims</b>			
1	210 Aloysius, Katelyn	Galena	81-03
2	259 Kulhanek, Isabel	Homer	83-07
3	243 Boron, Haley	Haines	81-00
4	11 Sorrells, Sarah	Anchorage Ch	77-11
5	606 Grenier, Kenna	Su Valley	77-11
6	515 Feldpausch, Morgan	Sitka	80-06
7	244 Wheeler, Becca	Haines	83-06
8	7 Martin, Ashleigh	Anchorage Ch	85-00

## Event 18 Men Triple Jump Division 2

Saturday 5/25/2019 - 12:00 PM			
State Record: 46-02 2016		Brandon Nicholson	
Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Prelims</b>			
1	141 Caslin, James	Delta Juncti	38-09.25
2	57 Holmly, Zoltan	Ben Eielson	39-02.50
3	530 Diga, Jemar	Sitka	38-02.50
4	534 Heim, Rheece	Sitka	39-04.50
5	22 Parks, William	Anchorage Ch	40-03.25
6	617 Jolley, Cy	Su Valley	38-03.75
7	246 Crager, Carson	Haines	37-07.50
8	531 Dumag, Aedon	Sitka	39-10.00
<b>Flight 2 of 2 Prelims</b>			
1	61 Scott, Christopher	Ben Eielson	36-01.25
2	618 Macdonald, Thomas	Su Valley	36-11.00
3	62 Staley, Graham	Ben Eielson	35-05.25
4	399 Christian, Trevor	Monroe Catho	36-04.50
5	343 McKibben, Kaden	Kenai Centra	35-09.25
6	416 Ellis, Garrett	Nikiski	35-02.50
7	341 Hippchen, Tyler	Kenai Centra	35-03.00
8	645 Freeman, Jalen	Valdez	37-04.75

## Event 336 Women Triple Jump Division 1

Saturday 5/25/2019 - 12:00 PM			
State Record: 38-10.25 2012		Alisha Allen	
Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Prelims</b>			
1	113 Cruse, Kaarena	Colony	31-00.75
2	697 Ingersoll, Dianna	West Valley	31-03.25
3	156 Lewallen, Harlie	Dimond	32-09.75
4	112 Bustillos, Monica	Colony	32-00.00
5	597 Soland, Maris	South Anchor	31-06.25
6	558 Ness, Kylie	Soldotna	32-07.00
7	420 Berg, Olivia	North Pole	33-02.25
8	161 Stokes, Danae	Dimond	33-06.00
<b>Flight 2 of 2 Prelims</b>			
1	81 Hales, Jordan	Chugiak	30-05.25
2	182 Garber, Chloe	Eagle River	30-06.75
3	651 Aphthorp, Andrea	Wasilla	30-10.25
4	599 Turvey, Tia	South Anchor	30-02.00
5	625 Hauck, Tzadi	Thunder Moun	30-10.25
6	707 Tate, Sierra	West Valley	31-01.00
7	626 Welling, Audrey	Thunder Moun	30-10.00





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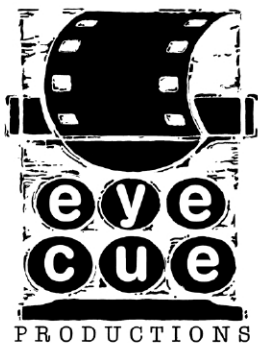
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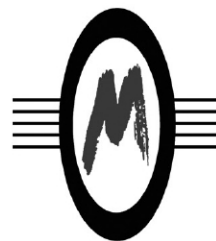


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# DAY 2 RUNNING FINALS & RELAYS HEAT SHEETS (1/10)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019  
 Palmer High School  
 Machetanz Stadium  
 Meet Program - Running Finals

## Event 67 Women 4x800 Meter Relay Division 2

Saturday 5/25/2019 - 10:30 AM

State Record: 9:27.39 2015

Nelson, Hutchings, Fox, McCormick

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Kenai Centra	A	10:23.09
	1) #323 Efta, Melita	2) #325 Foster, Summer	
	3) #327 Marlowe, Lydia	4) #332 Satathite, Brooke	
	5) #324 Fallon, Leah		
2	Homer	A	10:27.35
	1) #253 Blanton-Yourkowsi, Ella	2) #262 Overson, Haylee	
	3) #261 Miller, Brooke	4) #256 Daigle, Autumn	
3	Monroe Catho	A	10:40.47
	1) #393 Cook, Jeannie	2) #398 White, Lauren	
	3) #397 Leslie, Madlyn	4) #392 Bast, Katie	
	5) #396 Hodges, Grace		
4	Grace Christ	A	10:45.11
	1) #215 Annett, Faith	2) #217 Coverdell, Sophia	
	3) #222 McLaughlin, Anna	4) #228 Widener, Kiah	
	5) #224 Schaffer, Michaela	6) #216 Annett, Grace	
5	Seward	A	10:57.18
	1) #500 Sieminski, Shelby	2) #494 Cooney, Hana	
	3) #493 Brueckner, Maranatha	4) #498 Lindquist, Sadie	
	5) #495 Hankins, Lucy		
6	Sitka	A	11:20.66
	1) #520 Smith, Tawny	2) #521 Stroemer, Matthey	
	3) #522 Sweeney, Kathleen	4) #516 Guillory, Razie	
	5) #519 Saiz, Audrey	6) #518 Poulson, Adelaide	
7	Anchorage Ch	A	11:41.60
	1) #4 Fuller, Ashley	2) #1 Bohlman, Caroline	
	3) #10 Smith, Kyla	4) #12 Tedrick, Emily	
	5) #2 DeGraaf, Grace	6) #5 Gatpandan, Janah	
8	Delta Juncti	A	12:25.06
	1) #136 Sidorenko, Rosa	2) #131 Hicks, Elin	
	3) #137 Vertz, Kaylee	4) #135 Ruse, Abigail	
	5) #133 Klein, Alyssa	6) #138 Williams, Hailey	

## Event 367 Women 4x800 Meter Relay Division 1

Saturday 5/25/2019 - 10:45 AM

State Record: 9:27.39 2015

Nelson, Hutchings, Fox, McCormick

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Eagle River	A	10:00.27
	1) #183 Goodwin, Mary	2) #186 Ripp, Laura	
	3) #189 Wilson, Helen	4) #184 Longhurst, Lucille	
	5) #185 Nelson, Claire	6) #188 Walsh, Emily	
2	South Anchor	A	10:07.39
	1) #582 Biegel, Nancy	2) #589 Kilby, Elizabeth	
	3) #591 Novakovich, Liz	4) #600 Young, Lucy	
	5) #584 Bui, Linh	6) #585 Earl, Ava	
3	Soldotna	A	10:11.62
	1) #548 Arthur, Erika	2) #560 Schmidt, Aliann	
	3) #557 Lorrington, Tanis	4) #551 Burns, Ellie	
	5) #562 Shaeffer, Kaidence	6) #553 Jaime, Holleigh	
4	Chugiak	A	10:14.68
	1) #75 Dedmore, Sophia	2) #84 Proffitt, Adrianna	
	3) #77 Dunn, Grace	4) #88 Smedley, Kali	
	5) #89 Thompson, Reagan	6) #74 Day, Breanna	
5	West Anchora	A	10:14.77
	1) #673 Doris, Ryann	2) #686 Yi, Hannah	
	3) #684 VaAila, Lupelanai	4) #676 Kauffman, Lorien	
	5) #680 Slatonbarker, Lily	6) #681 Smith, Payton	
6	Palmer	A	10:15.61
	1) #427 Copp, Zoe	2) #426 Berrigan, Aila	
	3) #434 Snelders, Gretchen	4) #437 Wright, Sophie	
	5) #433 Nowers, Sophia	6) #429 Edminson, Grace	
7	West Valley	A	10:17.20
	1) #691 Axelsson, Emma	2) #702 Mayo, Laura	
	3) #705 Suleimani, Catherine	4) #693 Bailey, Naomi	
	5) #692 Bailey, Gloria	6) #700 Macander, Gwen	
8	Juneau-Dougl	A	10:45.93
	1) #304 Tuckwood, Sadie	2) #297 Iverson, Anna	
	3) #299 Lentfer, Linnea	4) #300 McKenna, Katherine	
	5) #301 McNutt, McKenna	6) #306 York, Shelby	

# DAY 2 RUNNING FINALS & RELAYS HEAT SHEETS (2/10)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019

Palmer High School

Machetanz Stadium

Meet Program - Running Finals

## Event 39 Men 4x800 Meter Relay Division 2

Saturday 5/25/2019 - 11:00 AM

State Record: 7:54.30 2010

Mamikunian, Lane, Walgren, Talbot

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Sitka	A	8:25.40 _____
	1) #538 Pate, Joseph	2) #524 Baciocco, Dominic	
	3) #536 McIntyre, Skyler	4) #532 Gagner, Jacob	
	5) #529 Demmert, Asa	6) #539 Rosas, Gaige	
2	Anchorage Ch	A	8:59.17 _____
	1) #15 Davis, Joshua	2) #23 Smith, Kaleb	
	3) #24 Szepanski, Daniel	4) #20 Merchant, Tristian	
	5) #25 Tedrick, Micah	6) #19 Hofacker, Luke	
3	Seward	A	9:05.38 _____
	1) #504 Kingsland, Chris	2) #503 Hollingsworth, Hunter	
	3) #505 Paperman, Sam	4) #507 Van Dyke, Jaden	
	5) #508 Wendt, Jacob		
4	Grace Christ	A	9:07.36 _____
	1) #233 Crotts, Logan	2) #240 Wethington, Preston	
	3) #234 Fritzel, Cole	4) #241 Whitt, Jonny	
	5) #238 Shields, Nathan		
5	Haines	A	9:08.38 _____
	1) #247 Davis, Mark	2) #246 Crager, Carson	
	3) #248 Faverty, Kirby	4) #249 George, Siyel	
6	Hutchison	A	9:33.45 _____
	1) #294 Silas, Preseton	2) #291 Kesey, Cormac	
	3) #295 Waln, Seth	4) #290 Jerome, Alden	
	5) #292 Peede, Robert	6) #289 Gregor, Riley	
7	Delta Juncti	A	9:48.05 _____
	1) #146 Schmidt, Jacob	2) #144 Malyk, Viktor	
	3) #145 Ruse, Issac	4) #142 Elkins, Kai	
	5) #139 Anderson, Jacob		
8	Valdez	A	9:49.03 _____
	1) #640 Baczuk, Joshua	2) #643 Chadwick, Tate	
	3) #639 Anderson, Logan	4) #641 Baczuk, Luke	
	5) #649 Morrison, Blake		

## Event 339 Men 4x800 Meter Relay Division 1

Saturday 5/25/2019 - 11:15 AM

State Record: 7:54.30 2010

Mamikunian, Lane, Walgren, Talbot

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Dimond	A	8:17.40 _____
	1) #165 Cvancara, George	2) #173 Prosser, Santiago	
	3) #167 Gardiner, Dallin	4) #169 Latva-Kiskola, Niko	
	5) #163 Bates, Aaron	6) #174 Rygh, Fred	
2	Eagle River	A	8:22.45 _____
	1) #190 Bay, Curtis	2) #191 Bradley, Jacob	
	3) #192 Gladwill, Carter	4) #194 Olson, Michael	
	5) #195 Teller, Colby	6) #196 Wesolowski, Deven	
3	Chugiak	A	8:35.09 _____
	1) #98 Hartke, Max	2) #91 Brady, Calvin	
	3) #95 Gerlach, Will	4) #94 Fugere, Riley	
	5) #90 Bausch, Daniel	6) #104 Nelson, Hyrum	
4	Service	A	8:36.21 _____
	1) #473 Denmon, Ayden	2) #482 Kearns, Dylan	
	3) #490 Szweda Mittelstadt, Sebast	4) #488 Ross, Matthew	
	5) #479 Hines, Chris	6) #480 Huntman, Zach	
5	Juneau-Dougl	A	8:37.09 _____
	1) #310 Ellefson-Carnes, Arne	2) #319 Squires, Owen	
	3) #317 Morley, Finn	4) #313 Hoy, Dalton	
	5) #318 Sellers, Ethan	6) #312 Hollingsworth, Aiden	
6	Kodiak	A	8:37.75 _____
	1) #373 Seto, Youji	2) #369 Hardy, Michael	
	3) #368 Bitanga, Rafael	4) #372 Marbrey, Connor	
	5) #367 Bartel, Micah	6) #371 Hubert, Colt	
7	Bartlett	A	8:38.12 _____
	1) #46 Schwingendorf, Merrich	2) #45 Schmitt, Drydden	
	3) #37 Chadwick, Carson	4) #43 Richie, Justin	
	5) #38 Fiechtner, Daniel	6) #35 Cargill, Austin	
8	West Valley	A	9:32.70 _____
	1) #708 Abramowicz, Daniel	2) #712 Bueler, Thomas	
	3) #719 Kendall, Jack	4) #711 Baurick, Josh	
	5) #716 Endestad, Ari	6) #720 Olson, Alex	

## Event 401 Women 100 Meter Dash Unified

Saturday 5/25/2019 - 12:15 PM

Lane	Name	School	Seed Time
<b>Section 1 of 3 Finals</b>			
1	461 Koshimizu, Rianna	Service	42.78 _____
2	130 Elkins, Kiana	Delta Juncti	35.22 _____
3	467 Varnadoe, Adrianna	Service	42.78 _____
4	308 Canon, Gabriel	Juneau-Dougl	17.70 _____
5	466 Sticka, Jordan	Service	38.35 _____
6	465 Shuttleworth, Allie	Service	43.19 _____
7	385 Lundberg, Kyle	Lathrop	29.67 _____

# DAY 2 RUNNING FINALS & RELAYS HEAT SHEETS (3/10)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019

Palmer High School

Machetanz Stadium

Meet Program - Running Finals

## Section 2 of 3 Finals...(Event 401 Women 100 Meter Dash Unified)

1	423 Kowalski, Cody	North Pole	16.65	_____
2	379 Sonnek, Carmen	Lathrop	15.81	_____
3	463 Main, Sofia	Service	43.19	_____
4	483 Lathrop, Logan	Service	15.81	_____
5	132 Howell, Abigail	Delta Juncti	35.22	_____
6	462 Lim, Esther	Service	38.35	_____
7	108 Sparks, Oz	Chugiak	17.30	_____
8	491 Vonda, Simon	Service	17.43	_____

## Section 3 of 3 Finals

1	475 Fraczek, Michael	Service	13.87	_____
2	307 Bathija, Sahil	Juneau-Dougl	13.29	_____
3	534 Heim, Rheece	Sitka	12.46	_____
4	100 Lattier, Caleb	Chugiak	12.82	_____
5	477 Gerhardt, Jacob	Service	13.85	_____
6	489 Sura, Jonathan	Service	14.13	_____
7	478 Hermanson, Eli	Service	14.42	_____

## Event 419 Mixed 100 Meter Dash Unified

Saturday 5/25/2019 - 12:15 PM

Lane Name School Seed Time

### Section 1 of 2 Finals

1	738 Morrow, John	M Sitka	27.38	_____
2	534 Heim, Rheece	M Sitka	27.38	_____
3	477 Gerhardt, Jacob	M Service	27.98	_____
4	489 Sura, Jonathan	M Service	27.98	_____
5	483 Lathrop, Logan	M Service	29.68	_____
6	475 Fraczek, Michael	M Service	29.68	_____
7	108 Sparks, Oz	M Chugiak	30.12	_____
8	100 Lattier, Caleb	M Chugiak	30.12	_____

### Section 2 of 2 Finals

1	308 Canon, Gabriel	M Juneau-Dougl	30.99	_____
2	307 Bathija, Sahil	M Juneau-Dougl	30.99	_____
3	491 Vonda, Simon	M Service	31.85	_____
4	478 Hermanson, Eli	M Service	31.85	_____
5	423 Kowalski, Cody	M North Pole	33.61	_____
6	739 Massey, Kristy	W North Pole	33.61	_____
7	385 Lundberg, Kyle	M Lathrop	42.18	_____
8	740 Carmichael, Kage	M Lathrop	42.18	_____

## Event 51 Women 4x200 Meter Relay Division 2

Saturday 5/25/2019 - 12:50 PM

State Record: 1:44.86 2003

Bailey, Preston, Dollison, A. Smith

Lane Team Relay Seed Time

### Section 1 of 1 Finals

1	Hutchison	A	1:56.88	_____
	1) #284 Paneak, Gwendy	2) #286 Williams, Dymond		
	3) #280 Clemente, Natalie	4) #282 Kohntopp, Lauren		
	5) #285 Pflughoeft, Emma	6) #279 Berg, Sophia		
2	Monroe Catho	A	1:55.20	_____
	1) #396 Hodges, Grace	2) #395 Hendricks, Erin		
	3) #392 Bast, Katie	4) #394 Grahek, Maura		
	5) #397 Leslie, Madlyn			
3	Kenai Centra	A	1:52.83	_____
	1) #331 Raye, Kylie-Anne	2) #321 Ashley, Brooke		
	3) #330 Plagge, Chelsea	4) #328 Maw, Hayley		
	5) #333 Satathite, Logan			
4	Nikiski	A	1:53.90	_____
	1) #411 Epperheimer, Bailey	2) #412 Epperheimer, Sidney		
	3) #413 Freeman, Shylea	4) #415 Martin, Destiny		
	5) #414 Johnson, Kaitlyn			
5	Sitka	A	1:56.68	_____
	1) #512 Clifton, Bailey	2) #518 Poulson, Adelaide		
	3) #517 Moore, Makayla	4) #510 Bartolaba, Lindsey		
	5) #509 Bartolaba, Haley	6) #521 Stroemer, Matthey		
6	Anchorage Ch	A	1:58.43	_____
	1) #8 Martin, Madison	2) #14 Wood, Carlisa		
	3) #2 DeGraaf, Grace	4) #6 Houck, Carissa		
	5) #3 Ealum, Ashton	6) #9 Parks, Mary Kate		
7	Houston	A	2:01.94	_____
	1) #271 Bronson, Belle	2) #272 Finkenbinder, Alyssa		
	3) #273 Rusher, Leiah	4) #274 Timmons, Olivia		



# DAY 2 RUNNING FINALS & RELAYS HEAT SHEETS (4/10)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019  
 Palmer High School  
 Machetanz Stadium  
 Meet Program - Running Finals

## Event 351 Women 4x200 Meter Relay Division 1

Saturday 5/25/2019 - 1:00 PM

State Record: 1:44.86 2003

Bailey, Preston, Dollison, A. Smith

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Dimond	A	1:49.20
	1) #150 Coleman, Skyler	2) #148 Badua, Grachelle	
	3) #149 Childers, Madison	4) #156 Lewallen, Harlie	
	5) #161 Stokes, Danae	6) #154 Johnson, Rikki	
2	West Anchora	A	1:46.64
	1) #671 Backman, Kaitlyn	2) #677 Liles, Ava	
	3) #682 Snow, Denisha	4) #685 Wyche, Ta'zhay	
	5) #678 Reed, Veronika	6) #684 VaAila, Lupelana	
3	Chugiak	A	1:44.10
	1) #82 Hall, Reilly	2) #80 Griffin, Shaylee	
	3) #85 Scherffius, Ellie	4) #79 Gould, Brooklyn	
	5) #76 DuBois, Katelynn	6) #83 Peters, Maria	
4	South Anchor	A	1:44.89
	1) #590 Maisey, Olivia	2) #593 Robinson, Sarah	
	3) #594 Searles, Paige	4) #599 Turvey, Tia	
	5) #598 Syren, Maya	6) #584 Bui, Linh	
5	Bartlett	A	1:47.91
	1) #32 Kahunanui, Ilikea	2) #28 Douglas-Haynes, September	
	3) #33 Marshall, Taiyah	4) #31 Jones, Damecia	
	5) #29 Douglas-Owens, Azariah	6) #30 Jackson, Sariya	
6	Soldotna	A	1:49.84
	1) #553 Jaime, Holleigh	2) #559 Read, Ayla	
	3) #556 Leadens, Mikayla	4) #564 Taylor, Brittany	
	5) #554 Kessler, Madylin	6) #549 Bouschor, Morgan	
7	West Valley	A	1:53.57
	1) #707 Tate, Sierra	2) #705 Suleimani, Catherine	
	3) #699 Lovell, Kendall	4) #701 Manley, Olivia	
	5) #706 Swanson, Annika	6) #695 Blasey, Sheridan	
8	Palmer	A	1:54.99
	1) #431 Keil, Hailey	2) #430 Irsik, Tracy	
	3) #436 Villnerve, Talia	4) #428 Cutsforth, Shandra	
	5) #434 Snelders, Gretchen	6) #432 Nicholai, Teeana	

## Event 50 Men 4x200 Meter Relay Division 2

Saturday 5/25/2019 - 1:15 PM

State Record: 1:28.5h 1990

Ingram, Robinson, Myles, Pennino

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Sitka	A	1:43.22
	1) #527 Buxton, Tabor	2) #528 Danielson, Levi	
	3) #525 Bailey, Thomas	4) #533 Grant, Carson	
	5) #530 Diga, Jemar	6) #535 Lass, Garrison	
2	Ben Eielson	A	1:36.48
	1) #57 Holmly, Zoltan	2) #56 DeVaughn, Payton	
	3) #63 Styles, Aric	4) #55 Bolton, Christian	
	5) #64 Tristan, Toby	6) #59 Mayo Jr., LeVander	
3	Monroe Catho	A	1:35.51
	1) #405 Walsh, Nathan	2) #402 Nicholson, Garren	
	3) #404 Otey, Bruce	4) #403 Nicholson, Landon	
	5) #399 Christian, Trevor	6) #400 Evans, Eric	
4	Anchorage Ch	A	1:36.23
	1) #16 Earhart, Jonathan	2) #15 Davis, Joshua	
	3) #27 Thomas, Jayden	4) #21 Onochie, Fredrick	
	5) #18 Hayner, Kacey	6) #26 Thayer, Matthew	
5	Seward	A	1:39.13
	1) #502 Freiberg, Beau	2) #504 Kingsland, Chris	
	3) #501 Dean, Jared	4) #506 Spanos, Connor	
	5) #508 Wendt, Jacob		
6	Houston	A	1:45.11
	1) #276 Caballero, Riesen	2) #277 Henry, Cody	
	3) #278 Seyer, Ralph	4) #275 Bolduc, Dakota	
7	Homer	A	1:50.22
	1) #268 Patton, Hunter	2) #269 Veldstra, Adams	
	3) #264 Evans, Caleb	4) #265 Manwiller, Joshua	
	5) #270 Welty, Evan		

# DAY 2 RUNNING FINALS & RELAYS HEAT SHEETS (5/10)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019  
 Palmer High School  
 Mchetanz Stadium  
 Meet Program - Running Finals

## Event 350 Men 4x200 Meter Relay Division 1

Saturday 5/25/2019 - 1:25 PM			
State Record: 1:28.5h 1990			
Ingram, Robinson, Myles, Pennino			
Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Wasilla	A	1:34.18
	1) #669 Wagle, Isaac	2) #659 Conant, Gavin	
	3) #661 Hayes, Hunter	4) #668 Reynolds, Mason	
	5) #665 Matthews, Anthony (Junior)	6) #658 Butrlakorn, Collin	
2	East Anchora	A	1:32.80
	1) #202 Hamlett, Jordan	2) #204 Jenn-Lundfelt, Jason	
	3) #201 Charles, Zaci	4) #203 Herman, Colton	
	5) #207 Salih, Ahmed	6) #209 Webster, Luke	
3	West Valley	A	1:32.32
	1) #727 Weston, Avery	2) #718 Johnson, Terrell	
	3) #721 Perez, Jomar	4) #714 Cummings, Justin	
	5) #726 Warner, Isaiah	6) #709 Alston, Ellis	
4	Chugiak	A	1:32.46
	1) #92 Erickson, Ezra	2) #97 Harr, Austin	
	3) #103 Mathieu, Logan	4) #110 Wilson, Jeremiah	
	5) #107 Rohde, Wyatt	6) #105 Nevells, Justin	
5	Lathrop	A	1:33.80
	1) #387 Roder, Griffen	2) #383 Johnson, Kevin	
	3) #389 Thomas, Ian	4) #388 Rones, Jhon	
	5) #381 Hamlin, Ethan		
6	Soldotna	A	1:34.60
	1) #573 Medcoff, Wyatt	2) #570 Edelman, Christopher	
	3) #569 Cravens, Eli	4) #567 Booth, Ben	
	5) #574 Mize, Robert	6) #578 Spies, Jordan	
7	Dimond	A	1:34.85
	1) #166 Fernandez, Edgie	2) #170 Lemke, David	
	3) #168 Helgesen, Roos	4) #164 Brandt, Leviticus	
	5) #171 Link, Evan	6) #177 Skeete, Preston	
8	Ketchikan	A	1:39.41
	1) #351 Credito, Ivan	2) #352 Credito, Ivers	
	3) #350 Carlson, Christopher	4) #358 Zartman, Cody	
	5) #353 Cruz, Gabe	6) #354 Deal, Riley	

## Event 53 Women 1600 Meter Run Division 2

Saturday 5/25/2019 - 1:33 PM			
State Record: 4:48.31 2015		Allie Ostrander	
Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	322 Calvert, Jaycie	Kenai Centra	5:21.99
2	220 Jackson, Mazzy	Grace Christ	5:27.59
3	332 Satathite, Brooke	Kenai Centra	5:34.09
4	256 Daigle, Autumn	Homer	5:37.24
5	70 Becker, Serena	Birchwood Ch	5:37.57
6	216 Annett, Grace	Grace Christ	5:41.59
7	520 Smith, Tawny	Sitka	5:45.35
8	324 Fallon, Leah	Kenai Centra	5:48.82
9	280 Clemente, Natalie	Hutchison	5:49.26
10	325 Foster, Summer	Kenai Centra	5:51.40
11	222 McLaughlin, Anna	Grace Christ	5:51.90
12	228 Widener, Kiah	Grace Christ	5:52.49
13	398 White, Lauren	Monroe Catho	5:52.80
14	215 Annett, Faith	Grace Christ	5:54.41
15	500 Sieminski, Shelby	Seward	6:09.06
16	12 Tedrick, Emily	Anchorage Ch	6:11.21

## Event 353 Women 1600 Meter Run Division 1

Saturday 5/25/2019 - 1:43 PM			
State Record: 4:48.31 2015		Allie Ostrander	
Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	585 Earl, Ava	South Anchor	5:04.37
2	188 Walsh, Emily	Eagle River	5:06.77
3	698 Kramer, Kendall	West Valley	5:06.82
4	657 VanPelt, Allison	Wasilla	5:08.63
5	155 Judd, Kylie	Dimond	5:08.90
6	458 Fahrney, Grace	Service	5:10.94
7	693 Bailey, Naomi	West Valley	5:12.36
8	304 Tuckwood, Sadie	Juneau-Dougl	5:17.45
9	74 Day, Breanna	Chugiak	5:19.19
10	600 Young, Lucy	South Anchor	5:19.86
11	681 Smith, Payton	West Anchora	5:23.08
12	680 Slatonbarker, Lily	West Anchora	5:23.67
13	185 Nelson, Claire	Eagle River	5:25.75
14	300 McKenna, Katherine	Juneau-Dougl	5:33.33
15	297 Iverson, Anna	Juneau-Dougl	5:34.33
16	437 Wright, Sophie	Palmer	5:37.89

# DAY 2 RUNNING FINALS & RELAYS HEAT SHEETS (6/10)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019

Palmer High School

Machetanz Stadium

Meet Program - Running Finals

## Event 52 Men 1600 Meter Run Division 2

Saturday 5/25/2019 - 1:53 PM			
State Record: 4:12.17 2015		Levi Thomet	
Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	20 Merchant, Tristian	Anchorage Ch	4:29.43
2	524 Baciocco, Dominic	Sitka	4:32.28
3	536 McIntyre, Skyler	Sitka	4:33.20
4	235 Martin, Gabe	Grace Christ	4:33.64
5	240 Wethington, Preston	Grace Christ	4:44.30
6	249 George, Siyel	Haines	4:46.65
7	529 Demmert, Asa	Sitka	4:47.16
8	543 Brady, Danny	Skagway	4:48.27
9	618 Macdonald, Thomas	Su Valley	4:50.37
10	409 Stringfellow, Andrew	Nenana	4:53.04
11	448 Eddy, Tolin	Petersburg	4:54.01
12	234 Fritzel, Cole	Grace Christ	4:55.74
13	346 Roberts, Samuel	Kenai Centra	4:58.60
14	542 Belisle, Wyatt	Skagway	4:59.27
15	401 Higbee, Jordan	Monroe Catho	5:07.75
16	68 Phelan, Thomas	Bethel	5:08.00

## Event 352 Men 1600 Meter Run Division 1

Saturday 5/25/2019 - 2:03 PM			
State Record: 4:12.17 2015		Levi Thomet	
Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	90 Bausch, Daniel	Chugiak	4:16.68
2	104 Nelson, Hyrum	Chugiak	4:18.97
3	717 Herron, Camron	West Valley	4:24.04
4	173 Prosser, Santiago	Dimond	4:25.65
5	689 Cason, Everett	West Anchora	4:25.88
6	628 Kelly, Tucker	Thunder Moun	4:34.19
7	601 Beloy, Kaleb	South Anchor	4:35.10
8	167 Gardiner, Dallin	Dimond	4:35.81
9	310 Ellefson-Carnes, Arne	Juneau-Dougl	4:36.02
10	720 Olson, Alex	West Valley	4:42.81
11	169 Latva-Kiskola, Niko	Dimond	4:43.04
12	174 Rygh, Fred	Dimond	4:43.60
13	165 Cvancara, George	Dimond	4:44.80
14	480 Huntman, Zach	Service	4:49.09
15	372 Marbrey, Connor	Kodiak	4:49.36
16	708 Abramowicz, Daniel	West Valley	4:49.63

## Event 25 Women 4x100 Meter Relay Division 2

Saturday 5/25/2019 - 2:15 PM			
State Record: 49.77 2005		Black, Preston, Dollison, A. Smith	
Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Monroe Catho	A	54.60
1)	#396 Hodges, Grace	2)	#395 Hendricks, Erin
3)	#393 Cook, Jeannie	4)	#394 Grahek, Maura
5)	#397 Leslie, Madlyn		
2	Sitka	A	53.72
1)	#512 Clifton, Bailey	2)	#517 Moore, Makayla
3)	#509 Bartolaba, Haley	4)	#510 Bartolaba, Lindsey
5)	#523 Vidad, Joei	6)	#518 Poulson, Adelaide
3	Kenai Centra	A	52.00
1)	#335 Wilson, Savanna	2)	#331 Raye, Kylie-Anne
3)	#330 Plagge, Chelsea	4)	#328 Maw, Hayley
5)	#326 Johnson, Sydney		
4	Anchorage Ch	A	53.68
1)	#3 Ealum, Ashton	2)	#6 Houck, Carissa
3)	#8 Martin, Madison	4)	#9 Parks, Mary Kate
5)	#2 DeGraaf, Grace	6)	#5 Gatpandan, Janah
5	Grace Christ	A	53.82
1)	#218 Ellis, Laura	2)	#226 Tompkins, Dani
3)	#225 Schmeling, Maddie	4)	#227 Tompkins, Jesse
5)	#219 Gerwin, Meg	6)	#223 Murphy, Megan
6	Nikiski	A	54.90
1)	#411 Epperheimer, Bailey	2)	#412 Epperheimer, Sidney
3)	#413 Freeman, Shylea	4)	#415 Martin, Destiny
5)	#414 Johnson, Kaitlyn		
7	Su Valley	A	55.79
1)	#608 Mischenko, Bailey	2)	#610 Roderick, India
3)	#609 Mossanen, Maya	4)	#612 Wilson, Myka
5)	#611 Wildermuth, Ria		
8	Valdez	A	55.86
1)	#636 Palomar, Sophia	2)	#635 Palomar, Cherubim
3)	#632 Fletcher-Gilbert, Kylie	4)	#634 Howard, Kassandra
5)	#637 Prax, Marianne	6)	#638 Woodgate, Ambrosia



# DAY 2 RUNNING FINALS & RELAYS HEAT SHEETS (7/10)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019  
 Palmer High School  
 Machetanz Stadium  
 Meet Program - Running Finals

## Event 325 Women 4x100 Meter Relay Division 1

Saturday 5/25/2019 - 2:23 PM

State Record: 49.77 2005

Black, Preston, Dollison, A. Smith

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Dimond	A	51.39
	1) #154 Johnson, Rikki	2) #150 Coleman, Skyler	
	3) #148 Badua, Grachelle	4) #149 Childers, Madison	
	5) #156 Lewallen, Harlie	6) #161 Stokes, Danae	
2	Bartlett	A	51.34
	1) #33 Marshall, Taiyah	2) #31 Jones, Damecia	
	3) #28 Douglas-Haynes, September	4) #32 Kahunanui, Ilikea	
	5) #29 Douglas-Owens, Azariah	6) #30 Jackson, Sariya	
3	Chugiak	A	49.37
	1) #82 Hall, Reilly	2) #80 Griffin, Shaylee	
	3) #85 Scherffius, Ellie	4) #79 Gould, Brooklynn	
	5) #76 DuBois, Katelynn	6) #86 Scherffius, Skylar	
4	South Anchor	A	49.78
	1) #593 Robinson, Sarah	2) #594 Searles, Paige	
	3) #599 Turvey, Tia	4) #598 Syren, Maya	
	5) #590 Maisey, Olivia		
5	Palmer	A	51.35
	1) #425 Beames, Kristen	2) #428 Cutsforth, Shandra	
	3) #431 Keil, Hailey	4) #432 Nicholai, Teeana	
	5) #430 Irsik, Tracy	6) #436 Villnerve, Talia	
6	Thunder Moun	A	52.85
	1) #623 Deer, Hannah	2) #625 Hauck, Tzadi	
	3) #624 Harvey, Sophia	4) #621 Bleakley, Reece	
	5) #622 Brewer, Iayanah		
7	Soldotna	A	53.20
	1) #549 Bouschor, Morgan	2) #556 Leadens, Mikayla	
	3) #559 Read, Ayla	4) #554 Kessler, Madylin	
	5) #564 Taylor, Brittany		
8	West Valley	A	54.73
	1) #706 Swanson, Annika	2) #707 Tate, Sierra	
	3) #701 Manley, Olivia	4) #703 Mease, Ezra	
	5) #699 Lovell, Kendall	6) #696 Davis, Kathryn	

## Event 407 Mixed 4x100 Meter Relay Unified

Saturday 5/25/2019 - 2:33 PM

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Service	E	1:28.22
	1) #486 Miller, Logan	2) #733 Tsukada, Saku	
	3) #734 Lathrop, Taryn	4) #735 DelRosario, Gabe	
2	Service	C	1:07.89
	1) #471 Binion, Jaeden	2) #730 Kwon, Hana	
	3) #731 Fortunato, Stephanie	4) #732 Brehmer, Bronson	
3	Service	A	56.78
	1) #454 Adams-Sherban, Brooklyn	2) #478 Hermanson, Eli	
	3) #489 Sura, Jonathan	4) #477 Gerhardt, Jacob	
4	Service	B	1:03.53
	1) #483 Lathrop, Logan	2) #475 Fraczek, Michael	
	3) #728 Moon, Lia		
5	Service	D	1:24.09
	1) #465 Shuttleworth, Allie	2) #463 Main, Sofia	
	3) #467 Varnadoe, Adrianna	4) #461 Koshimizu, Rianna	

# DAY 2 RUNNING FINALS & RELAYS HEAT SHEETS (8/10)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019

Palmer High School

Machetanz Stadium

Meet Program - Running Finals

## Event 7 Men 4x100 Meter Relay Division 2

Saturday 5/25/2019 - 2:53 PM

State Record: 43.24 2018

Henderson, Haynes, Wilson, Suber

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Houston	A	49.38
	1) #276 Caballero, Riesen	2) #277 Henry, Cody	
	3) #278 Seyer, Ralph	4) #275 Bolduc, Dakota	
2	Sitka	A	46.71
	1) #531 Dumag, Aedon	2) #527 Buxton, Tabor	
	3) #533 Grant, Carson	4) #525 Bailey, Thomas	
	5) #530 Diga, Jemar	6) #534 Heim, Rheece	
3	Valdez	A	45.52
	1) #646 Howard, Hayden	2) #648 LaBonte, Kyle	
	3) #645 Freeman, Jalen	4) #642 Chadwick, Owen	
	5) #641 Baczuk, Luke	6) #647 Kockentiet, Ethaniel	
4	Ben Eielson	A	46.13
	1) #57 Holmly, Zoltan	2) #63 Styles, Aric	
	3) #61 Scott, Christopher	4) #55 Bolton, Christian	
	5) #56 DeVaughn, Payton	6) #64 Tristan, Toby	
5	Su Valley	A	49.12
	1) #614 Hicks, John	2) #617 Jolley, Cy	
	3) #613 Graupman, Luke	4) #619 Pinard, Dalton	
	5) #616 Jolley, Bryson	6) #620 Sidelinger, Sacha	
6	Anchorage Ch	A	50.02
	1) #16 Earhart, Jonathan	2) #26 Thayer, Matthew	
	3) #18 Hayner, Kacey	4) #17 Guzman, Danilo	
	5) #27 Thomas, Jayden	6) #24 Szepanski, Daniel	
7	Delta Juncti	A	50.28
	1) #141 Caslin, James	2) #143 Lovett, Leonard	
	3) #139 Anderson, Jacob	4) #147 Smith, Jamal	
	5) #146 Schmidt, Jacob	6) #144 Malyk, Viktor	
8	Grace Christ	A	50.38
	1) #236 McKay, Nate	2) #230 Boyce, Kaleb	
	3) #237 Pepperd, Aidan	4) #239 Trevitihck, Jaxon	
	5) #229 Beck, Andrew	6) #233 Crotts, Logan	

## Event 307 Men 4x100 Meter Relay Division 1

Saturday 5/25/2019 - 3:01 PM

State Record: 43.24 2018

Henderson, Haynes, Wilson, Suber

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Wasilla	A	45.33
	1) #667 Quenga, Jordan	2) #662 Helton, Wyatt	
	3) #665 Matthews, Anthony (Junior)	4) #668 Reynolds, Mason	
	5) #663 Hicks, Chevy		
2	Soldotna	A	45.12
	1) #577 O'Reagan, Trenton	2) #567 Booth, Ben	
	3) #570 Edelman, Christopher	4) #569 Cravens, Eli	
	5) #574 Mize, Robert	6) #573 Medcoff, Wyatt	
3	Chugiak	A	43.68
	1) #92 Erickson, Ezra	2) #97 Harr, Austin	
	3) #107 Rohde, Wyatt	4) #110 Wilson, Jeremiah	
	5) #105 Nevells, Justin	6) #103 Mathieu, Logan	
4	Bartlett	A	43.71
	1) #40 Ingram, Don'Rail	2) #36 Cepeda, Julian	
	3) #48 Suber, Treyone	4) #49 Suber, Tyler	
	5) #39 Fudge, Tsuginori	6) #45 Schmitt, Drydden	
5	Lathrop	A	45.16
	1) #387 Roder, Griffen	2) #386 Maschmeier, Brendyn	
	3) #389 Thomas, Ian	4) #388 Rones, Jhon	
6	West Valley	A	45.36
	1) #709 Alston, Ellis	2) #710 Arnold, Zack	
	3) #721 Perez, Jomar	4) #714 Cummings, Justin	
	5) #718 Johnson, Terrell	6) #727 Weston, Avery	
7	Dimond	A	46.14
	1) #166 Fernandez, Edgie	2) #171 Link, Evan	
	3) #178 Talbert, Miguelito	4) #172 Parker, Ethan	
	5) #170 Lemke, David	6) #168 Helgesen, Roos	
8	Juneau-Dougl	A	46.90
	1) #311 Hickok, Dawson	2) #320 Weldon, Tyler	
	3) #309 D'Amore, Ian	4) #315 Johns, Colton	
	5) #307 Bathija, Sahil	6) #316 Maloney, Jaydon	

# DAY 2 RUNNING FINALS & RELAYS HEAT SHEETS (9/10)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019  
 Palmer High School  
 Machetanz Stadium  
 Meet Program - Running Finals

## Event 26 Women 4x400 Meter Relay Division 2

Saturday 5/25/2019 - 5:35 PM

State Record: 4:01.72 2010

Sandahl, Devito, Beesonm Flannagan

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Hutchison	A	4:33.13
	1) #280 Clemente, Natalie	2) #284 Paneak, Gwendy	
	3) #282 Kohntopp, Lauren	4) #283 Millinton, Maya	
	5) #285 Pflughoeft, Emma	6) #286 Williams, Dymond	
2	Grace Christ	A	4:29.76
	1) #217 Coverdell, Sophia	2) #228 Widener, Kiah	
	3) #220 Jackson, Mazzy	4) #227 Tompkins, Jesse	
	5) #222 McLaughlin, Anna	6) #215 Annett, Faith	
3	Sitka	A	4:17.36
	1) #509 Bartolaba, Haley	2) #510 Bartolaba, Lindsey	
	3) #520 Smith, Tawny	4) #523 Vidad, Joei	
	5) #512 Clifton, Bailey	6) #518 Poulson, Adelaide	
4	Homer	A	4:21.91
	1) #255 Carroll, Marina	2) #258 Inama, Laura	
	3) #261 Miller, Brooke	4) #256 Daigle, Autumn	
5	Kenai Centra	A	4:30.93
	1) #335 Wilson, Savanna	2) #321 Ashley, Brooke	
	3) #322 Calvert, Jaycie	4) #333 Satathite, Logan	
	5) #332 Satathite, Brooke	6) #334 Stockton, Katie	
6	Anchorage Ch	A	4:36.65
	1) #3 Ealum, Ashton	2) #12 Tedrick, Emily	
	3) #2 DeGraaf, Grace	4) #8 Martin, Madison	
	5) #1 Bohlman, Caroline	6) #4 Fuller, Ashley	
7	Delta Juncti	A	4:40.88
	1) #137 Vertz, Kaylee	2) #133 Klein, Alyssa	
	3) #136 Sidorenko, Rosa	4) #138 Williams, Hailey	
	5) #132 Howell, Abigail	6) #131 Hicks, Elin	
8	Seward	A	4:51.83
	1) #497 Jacoby, Lydia	2) #493 Brueckner, Maranatha	
	3) #498 Lindquist, Sadie	4) #494 Cooney, Hana	
	5) #500 Sieminski, Shelby		

## Event 326 Women 4x400 Meter Relay Division 1

Saturday 5/25/2019 - 5:45 PM

State Record: 4:01.72 2010

Sandahl, Devito, Beesonm Flannagan

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Soldotna	A	4:16.46
	1) #551 Burns, Ellie	2) #553 Jaime, Holleigh	
	3) #559 Read, Ayla	4) #564 Taylor, Brittany	
	5) #560 Schmidt, Aliann		
2	South Anchor	A	4:15.38
	1) #584 Bui, Linh	2) #586 Grenier, Genevieve	
	3) #588 Kenny, Amber	4) #595 Sears, Nellie	
	5) #585 Earl, Ava	6) #594 Searles, Paige	
3	West Anchora	A	4:11.39
	1) #671 Backman, Kaitlyn	2) #679 Ruhlin-Hicks, Clarice	
	3) #684 VaAila, Lupelana	4) #685 Wyche, Ta'zhay	
	5) #675 Hoppenworth, Elsa	6) #674 Galloway-davis, Ah'kayzee	
4	Palmer	A	4:15.19
	1) #425 Beames, Kristen	2) #432 Nicholai, Teeana	
	3) #428 Cutsforth, Shandra	4) #434 Snelders, Gretchen	
	5) #431 Keil, Hailey	6) #437 Wright, Sophie	
5	Dimond	A	4:16.11
	1) #151 Cvancara, Maria	2) #152 Cvancara, Sophia	
	3) #155 Judd, Kylie	4) #158 Osborne, Kadyn	
	5) #160 Snow, Cylena	6) #162 Wilcox, Renee	
6	Service	A	4:20.47
	1) #455 Blair, Autumn	2) #454 Adams-Sherban, Brooklyn	
	3) #459 Frazier, Feliscyanna	4) #456 Chang, Zoe	
	5) #457 Chanonto, Jocelyn	6) #464 Rohwer, Rachel	
7	West Valley	A	4:26.02
	1) #691 Axelsson, Emma	2) #693 Bailey, Naomi	
	3) #705 Suleimani, Catherine	4) #694 Blasey, Hadley	
	5) #698 Kramer, Kendall	6) #692 Bailey, Gloria	
8	Juneau-Dougl	A	4:27.27
	1) #301 McNutt, McKenna	2) #300 McKenna, Katherine	
	3) #302 Neal, Gretchen	4) #304 Tuckwood, Sadie	
	5) #299 Lentfer, Linnea	6) #297 Iverson, Anna	



# DAY 2 RUNNING FINALS & RELAYS HEAT SHEETS (10/10)

2019 ASAA State Track & Field Championships - 5/24/2019 to 5/25/2019  
 Palmer High School  
 Machetanz Stadium  
 Meet Program - Running Finals

## Event 8 Men 4x400 Meter Relay Division 2

Saturday 5/25/2019 - 5:55 PM  
 State Record: 3:23.6h 1982  
 Singleton, Perham, Stephens, Brownsberger

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Kenai Centra	A	3:45.83
	1) #342 Machen-Gray, Elias	2) #343 McKibben, Kaden	
	3) #340 Haakenson, Nathan	4) #347 Wilson, Jarett	
	5) #339 Graves, Riley	6) #338 Dunham, Maison	
2	Sitka	A	3:40.76
	1) #527 Buxton, Tabor	2) #532 Gagner, Jacob	
	3) #524 Baciocco, Dominic	4) #538 Pate, Joseph	
	5) #533 Grant, Carson	6) #526 Bartlett, Derek	
3	Anchorage Ch	A	3:40.14
	1) #27 Thomas, Jayden	2) #15 Davis, Joshua	
	3) #23 Smith, Kaleb	4) #20 Merchant, Tristian	
	5) #21 Onochie, Fredrick	6) #24 Szepanski, Daniel	
4	Seward	A	3:40.19
	1) #502 Freiberg, Beau	2) #504 Kingsland, Chris	
	3) #507 Van Dyke, Jaden	4) #506 Spanos, Connor	
5	Grace Christ	A	3:41.23
	1) #232 Coverdell, Vincent	2) #235 Martin, Gabe	
	3) #241 Whitt, Jonny	4) #229 Beck, Andrew	
	5) #233 Crotts, Logan	6) #240 Wethington, Preston	
6	Monroe Catho	A	3:47.58
	1) #405 Walsh, Nathan	2) #402 Nicholson, Garren	
	3) #404 Otey, Bruce	4) #403 Nicholson, Landon	
	5) #399 Christian, Trevor	6) #400 Evans, Eric	
7	Skagway	A	3:50.06
	1) #547 Myers, Silas	2) #542 Belisle, Wyatt	
	3) #543 Brady, Danny	4) #544 Goebel, Gavin	
	5) #545 Hansen, Tanner	6) #546 Leggett, Matthew	
8	Haines	A	3:51.08
	1) #247 Davis, Mark	2) #246 Crager, Carson	
	3) #248 Faverty, Kirby	4) #249 George, Siyel	

## Event 308 Men 4x400 Meter Relay Division 1

Saturday 5/25/2019 - 6:05 PM  
 State Record: 3:23.6h 1982  
 Singleton, Perham, Stephens, Brownsberger

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Palmer	A	3:37.60
	1) #438 Caple, Jaden	2) #443 Owens, Connor	
	3) #441 Maclean, Amiqaq	4) #439 Christiansen, Tucker	
	5) #444 Portney, Payton	6) #442 Miller, Brynn	
2	Chugiak	A	3:36.24
	1) #107 Rohde, Wyatt	2) #98 Hartke, Max	
	3) #97 Harr, Austin	4) #105 Nevells, Justin	
	5) #90 Bausch, Daniel	6) #104 Nelson, Hyrum	
3	Service	A	3:31.23
	1) #474 Edmondson, Brent	2) #481 Jines, Jacob	
	3) #487 Rand, Nolan	4) #470 Belanger, Jacob	
	5) #484 Lyken, Nathaniel	6) #490 Szweda Mittelstadt, Sebasti	
4	West Valley	A	3:32.66
	1) #727 Weston, Avery	2) #722 Schnabel, Jesse	
	3) #716 Endestad, Ari	4) #717 Herron, Camron	
	5) #720 Olson, Alex	6) #709 Alston, Ellis	
5	Dimond	A	3:36.62
	1) #168 Helgesen, Roos	2) #165 Cvancara, George	
	3) #170 Lemke, David	4) #177 Skeete, Preston	
	5) #173 Prosser, Santiago	6) #169 Latva-Kiskola, Niko	
6	Eagle River	A	3:37.89
	1) #190 Bay, Curtis	2) #192 Gladwill, Carter	
	3) #193 Jennings, Ethan	4) #194 Olson, Michael	
	5) #195 Teller, Colby	6) #196 Wesolowski, Deven	
7	Wasilla	A	3:38.25
	1) #658 Butrlakorn, Collin	2) #669 Wagle, Isaac	
	3) #660 Devine, Luke	4) #661 Hayes, Hunter	
	5) #666 Mujica, Henry		
8	Juneau-Dougl	A	3:42.62
	1) #309 D'Amore, Ian	2) #312 Hollingsworth, Aiden	
	3) #310 Ellefson-Carnes, Arne	4) #313 Hoy, Dalton	
	5) #319 Squires, Owen	6) #317 Morley, Finn	



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# DII TEAM PICTURES & COACHES INFORMATION

## ANCHORAGE CHRISTIAN LIONS

Principal Jason Hofacker  
 Athletic Administrator Dylan Hoch  
 Head Coach Jason Hofacker  
 Assistant Coach Dylan Hoch



## BEN EIELSON RAVENS

Principal Bruce Bell  
 Head Coach David DaVaughn  
 Assistant Coaches David Brannan



## BETHEL REGIONAL WARRIORS

Principal Douglas Boyer  
 Athletic Administrator Paul Saltzman  
 Head Coach Patrick Williams  
 Assistant Coaches Liann Walgenbach  
 Alex Bernard



## BIRCHWOOD CHRISTIAN WARRIORS

Principal Todd Clark  
 Athletic Administrator Todd Clark  
 Head Coach Nikki Strzempka  
 Assistant Coach Collin Becker



## COOK INLET ACADEMY EAGLES

Principal Ron Gherman  
 Head Coach Lacy May West  
 Assistant Coach Steve Milliron





# DII TEAM PICTURES & COACHES

## DELTA JUNCTION HUSKIES

Principal Brett Stirling  
 Athletic Administrator Daniel Klein  
 Head Coach  
 Assistant Coach



## GALENA HAWKS

Principal John Riddle  
 Athletic Administrator David Huntington  
 Head Coach  
 Assistant Coaches



## GRACE CHRISTIAN GRIZZLIES

Principal Chris Gionet  
 Athletic Administrator Paul Salima  
 Head Coach Tara Edwards  
 Assistant Coaches Russ Edwards,  
 Marc Coulombe, Jacob Kirk  
 Todd Jackson, Anna Trujillo



## GUSTAVUS FOX

Principal Bradley King  
 Athletic Administrator Rachel Parks  
 Head Coach Davita Marchbanks



## HAINES GLACIER BEARS

Principal Rene Martin  
 Athletic Administrator Tiana Taylor  
 Head Coach James Blilie  
 Assistant Coach Ben Brad





# DII TEAM PICTURES & COACHES INFORMATION

## HOMER MARINERS

Principal Doug Waclawski  
 Athletic Administrator Chris Perk  
 Head Coach  
 Assistant Coaches



## HOUSTON HAWKS

Principal Ben Howard  
 Athletic Administrator Norm Bouchard  
 Girls Head Coach Lane Styers  
 Boys Head Coach Charlie Buzby



## HUTCHISON HAWKS

Principal Robyn Taylor  
 Athletic Administrator Rhonda Driscoll  
 Head Coach Benjamin Johnson  
 Assistant Coaches Ryan Radmer, Robert Marcotte



## KENAI CENTRAL KARDINALS

Principal Alan Fields  
 Athletic Administrator Jesse Settlemeier  
 Head Coach Jesse Settlemeier  
 Assistant Coach Maria Calvert  
 John Morton, Ivy O'Guinn



## MONROE CATHOLIC RAMS

Principal Patrick Riggs  
 Athletic Administrator Frank Ostanik  
 Head Coach Shane Nicholson  
 Assistant Coaches Ivy Nicholson  
 Susan Kramer, Kaylee Morton





# DII TEAM PICTURES & COACHES INFORMATION

## NENANA LYNX

Principal **Annalee Coy**  
 Athletic Administrator **Collin Stone**  
 Head Coach **Stephen Stringfellow**



## NIKISKI BULLDOGS

Principal **Dan Carstens**  
 Athletic Administrator **Dylan Hooper**  
 Head Coach  
 Assistant Coaches



## NINILCHIK WOLVERINES

Principal **Dan Carstens**  
 Athletic Administrator **Dylan Hooper**  
 Head Coach  
 Assistant Coaches



## PETERSBURG VIKINGS

Principal **Richard Dormer**  
 Athletic Administrator **Jaime Cabral**  
 Head Coach **Tyler Thain**  
 Assistant Coach **Debra Eddy**



## REDINGTON HUSKIES

Principal **Thomas Lytle**  
 Athletic Administrator **Matthew Swalling**  
 Head Coach **Mathias Weinberger**  
 Assistant Coaches **Kathrine Wolanin, Stephen Martin, Dustin Wilson, Wade Schirack, Todd Whitehurst**





# DII TEAM PICTURES & COACHES INFORMATION

## SEWARD SEAHAWKS

Principal **Trevan Walker**  
 Athletic Administrator **Al Plan**  
 Head Coach **Solomon D'Amico**  
 Assistant Coaches **Tessa Adelman**  
**Paxson Berry**



## SITKA WOLVES

Principal **Laura Rogers**  
 Athletic Administrator **Rich Krupa**  
 Head Coach **Jeremy Strong**  
 Assistant Coaches **Shasta Smith, Simmon Connelly**



## SKAGWAY PANTHERS

Principal **Josh Coughran**  
 Athletic Administrator **Josh Coughran**  
 Head Coach **Kent Fielding**  
 Assistant Coach **Kate Bauer**



## SUSITNA VALLEY RAMS

Principal **Lisa Shelby**  
 Athletic Administrator **James Sickler**  
 Head Coach



## TRI-VALLEY WARRIORS

Principal **Nathan Pitt**  
 Athletic Administrator **Lori Brewer**  
 Head Coach **Kerry McLiver**



# DII TEAM PICTURES & COACHES INFORMATION

## VALDEZ BUCCANEERS

Principal **David Macri**  
Athletic Administrator **Trisa Rooney**  
Head Coach  
Assistant Coach



## WASILLA LAKE CHRISTIAN RAMS

Principal **Cheralea Purcell**  
Athletic Administrator **Janelle Sheveland**  
Head Coach **Kirk Palmberg**





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- Tallon Shreeve, *Hotel Services Manager*  
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# DI TEAM PICTURES & COACHES INFORMATION

## BARTLETT GOLDEN BEARS

Principal Sean Prince  
 Athletic Administrator Leif Jacobsen  
 Head Coach John Schmitz



## CHUGIAK MUSTANGS

Principal Megan Hatswell Homer  
 Athletic Administrator Ben Johrendt  
 Head Coach  
 Assistant Coach



## COLONY KNIGHTS

Principal Brendon McMahon  
 Athletic Administrator Kristy Johnston  
 Head Coach  
 Assistant Coaches



## DIMOND LYNX

Principal Tina Johnson-Harris  
 Athletic Administrator James Hancock  
 Girls Head Coach Kathleen Navarre  
 Assistant Coaches Nate Normandin & Sarah Freistone  
 Boys Head Coach Scott Campbell  
 Assistant Coaches Kade Bullard & Mason McCloskey



## EAGLE RIVER WOLVES

Principal Tim Helvey  
 Athletic Administrator Vikki McConnell  
 Head Coach Matthew Turner  
 Assistant Coaches Chris Morhain, Luke Davis,  
 Renee Esparza, Annie Connelly





# DI TEAM PICTURES & COACHES INFORMATION

## EAST ANCHORAGE THUNDERBIRDS

Principal Sam Spenella  
 Athletic Director Scott Thomas  
 Head Coach Duncan Shackelford  
 Assistant Coaches Christina Shurtleff  
 Jan Michael Leal, Ronnie Melvin  
 Leslie Rawson, Papapa Silverio



## JUNEAU-DOUGLAS CRIMSON BEARS

Principal Paula Casperson  
 Athletic Administrator Chad Bentz  
 Head Coach  
 Assistant Coach



## KETCHIKAN KINGS

Principal Bob Marshall  
 Athletic Administrator Melissa Johnson  
 Head Coach Alex Peninno  
 Assistant Coach



## KODIAK BEARS

Principal Dr. Mel LeVan  
 Athletic Administrator Deb Rohrer  
 Girls Head Coach Rob Stauffer  
 Assistant Coach Dave Horne  
 Boys Head Coach Ashley Mortenson  
 Assistant Coach Adam Hrnicek



## LATHROP MALEMUTES

Principal Carly Sween  
 Athletic Administrator Steve Zanazzo  
 Head Coach Kim Kelly  
 Assistant Coaches Clem Clooten, Tobias Albrigtsen





# DI TEAM PICTURES & COACHES INFORMATION

## NORTH POLE PATRIOTS

Principal Sherry McKenzie  
Athletic Administrator Robyn Myrum  
Head Coach Philip Castillo  
Assistant Coaches Brenson Hardy



**ASAA**  
ALASKA SCHOOL ACTIVITIES ASSOCIATION  
*Win for Life*

## PALMER MOOSE

Principal Paul Reid  
Athletic Administrator Dale Ewart  
Head Coach  
Assistant Coaches



## SERVICE COUGARS

Principal Frank Hauser  
Athletic Administrator James Bell  
Head Coach Alexia Blalock  
Assistant Coach Kristyn Turney, Travis Turner  
Ann Penelope Spencer  
Adam Ahonen



**ASAA**  
ALASKA SCHOOL ACTIVITIES ASSOCIATION  
*Win for Life*

## SOLDOTNA STARS

Principal Tony Graham  
Athletic Administrator Kyle McFall  
Head Coach Phil Leck  
Assistant Coaches Galen Brantley, Eric Pomerleau,  
Matt Walton, Ted McKenney,  
Jenny Henry



## SOUTH ANCHORAGE WOLVERINES

Principal Wendy Pondolfino  
Athletic Administrator Vernon Lindo  
Head Coach John Lewis  
Assistant Coaches Walter Harmon, Tom Grenier,  
Jerry Ross, Todd Heuston



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# DI TEAM PICTURES & COACHES INFORMATION

## THUNDER MOUNTAIN FALCONS

Principal Dan Larson  
 Athletic Administrator Jake Jacoby  
 Head Coach Dwayne Duskin  
 Assistant Coaches Brandi Adams  
 John Nagel



## WASILLA WARRIORS

Principal Carol Boatman  
 Athletic Administrator Stacia Rustad  
 Head Coach Leslie Varys  
 Assistant Coaches Sean Fabanich, Kirk Palmberg  
 Gary Howell



## WEST ANCHORAGE EAGLES

Principal Sven Gustafson  
 Athletic Administrator Ja Dorris  
 Head Coach Antonio Wyche  
 Assistant Coach Ruth Barndt, Steve Odonnell,  
 Stanley Engel



## WEST VALLEY WOLFPACK

Principal Sarah Gilliam  
 Athletic Administrator Wayne Sawchuk  
 Head Coach  
 Assistant Coaches



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# 2019 Championship Results

## 2019 DII RESULTS

### D II GIRLS

#### TEAM RESULTS

Champion	Kenai	110
Runner-up	Grace Christian	95
3 <sup>rd</sup>	Sitka	94
4 <sup>th</sup>	Homer	72
5 <sup>th</sup>	Delta Junction	32
6 <sup>th</sup>	Nikiski	30.5
7 <sup>th</sup>	Anchorage Christian	28
8 <sup>th</sup>	Monroe Catholic	25
9 <sup>th</sup>	Seward	19
10 <sup>th</sup>	Birchwood Christian	17
11 <sup>th</sup>	Valdez	15

#### AWARDS

Academic Award: Nikiski (3.90)

Sportsmanship: Delta Junction

Outstanding Competitor: Hailey Williams (Delta)

### D II BOYS

#### TEAM RESULTS

Champion	Anchorage Christian	113
Runner-up	Sitka	94
3 <sup>rd</sup>	Grace Christian	63
4 <sup>th</sup>	Valdez	56
5 <sup>th</sup>	Su Valley	38
6 <sup>th</sup>	Kenai	36
7 <sup>th</sup>	Monroe Catholic	29
8 <sup>th</sup>	Ben Eielson	27
8 <sup>th</sup>	Haines	27
10 <sup>th</sup>	Petersburg	25
11 <sup>th</sup>	Seward	21

#### AWARDS

Academic Award: Anchorage Christian (3.60)

Sportsmanship: Valdez

Outstanding Competitor: Frederick Onochie (ACS)

### INDIVIDUAL CHAMPIONS

#### GIRLS

100 Meters	Hailey Williams-Delta	12.45
200 Meters	Hailey Williams-Delta	25.06
400 Meters	Hailey Williams-Delta	58.10
800 Meters	Mazzy Jackson-Grace	2:25.23
1600 Meters	Jaycie Calvert-Kenai	5:17.70
3200 Meters	Jaycie Calvert-Kenai	11:26.77
110 Hurdles	Savanna Wilson-Kenai	16.88
300 Hurdles	Laura Inama-Homer	48.42
4x100 Relay	Kenai	51.75
4x200 Relay	Kenai	1:50.43
4x400 Relay	Sitka	4:17.30
4x800 Relay	Homer	10:22.04
Shot Put	Anna Brock-Homer	36'7"
Discus	Coral Petrosius-Seward	128'3"
High Jump	Maya Mossanen Su Valley	5'
Long Jump	Laura Ellis-Grace	17'3"
Triple Jump	Chelsea Plagge-Kenai	33'1"

#### BOYS

Fredrick Onochie-ACS	11.51
Fredrick Onochie-ACS	22.93
Fredrick Onochie-ACS	51.06
Maison Dunham-Kenai	2:00.88
Tristian Merchant-ACS	4:25.98
Tristian Merchant-ACS	9:31.76
Jarett Wilson-Kenai	16.11
Owen Chadwick-Valdez	40.80
Valdez	45.44
Anchorage Christian	1:34.24
Anchorage Christian	3:38.14
Sitka	8:22.77
James Coulombe-Grace	48'1"
James Coulombe-Grace	156'
Kyler LaBonte-Valdez	5'10"
William Parks-ACS	20'2"
William Parks-ACS	39'6"



**TO SEE MORE RESULTS PRIOR TO 2018, PLEASE VISIT:  
ASAA Track & Field State Championship Results**



# 2019 Championship Results

## 2019 DI RESULTS

### DI GIRLS

#### TEAM RESULTS

Champion	South Anchorage	88
Runner-up	Dimond	60
3 <sup>rd</sup>	Chugiak	56
4 <sup>th</sup>	West Valley	46.33
5 <sup>th</sup>	Soldotna	42
6 <sup>th</sup>	Eagle River	40
7 <sup>th</sup>	West Anchorage	36
8 <sup>th</sup>	Kodiak	31
9 <sup>th</sup>	Palmer	30
10 <sup>th</sup>	East Anchorage	24
11 <sup>th</sup>	Juneau-Douglas	23

#### AWARDS

Academic Award: South Anchorage (3.90)

Sportsmanship: Colony

Outstanding Competitor: Brooklyn Gould (CHG)

### DI BOYS

#### TEAM RESULTS

Champion	Chugiak	123
Runner-up	West Valley	100
3 <sup>rd</sup>	Bartlett	63
4 <sup>th</sup>	Dimond	47
5 <sup>th</sup>	East Anchorage	42
5 <sup>th</sup>	Soldotna	42
7 <sup>th</sup>	Lathrop	30
7 <sup>th</sup>	Service	30
9 <sup>th</sup>	Eagle River	29
10 <sup>th</sup>	Wasilla	15
11 <sup>th</sup>	Colony/JDHS/South	12

#### AWARDS

Academic Award: Juneau-Douglas (3.62)

Sportsmanship: East Anchorage

Outstanding Competitor: Colton Herman (EAST)

#### INDIVIDUAL CHAMPIONS

##### GIRLS

100 Meters	Sarah Robinson-South	12.76
200 Meters	Damecia Jones-Bartlett	25.95
400 Meters	Damecia Jones-Bartlett	58.94
800 Meters	Alison VanPelt-Wasilla	2:18.95
1600 Meters	Kendall Kramer-WVHS	4:56.15
3200 Meters	Kendall Kramer-WVHS	10:27.18
110 Hurdles	Morgan Bolin-ERHS	15.06
300 Hurdles	Brooklyn Gould-Chugiak	45.54
4x100 Relay	Chugiak	49.12
4x200 Relay	Chugiak	1:43.12
4x400 Relay	West Anchorage	4:06.44
4x800 Relay	Eagle River	9:41.50
Shot Put	Alissa Pili-Dimond	42'9"
Discus	Alissa Pili-Dimond	122'1"
High Jump	Khadjah Morgan-East	5'3"
Long Jump	Jocelyn Chanonto-Service	16'8"
Triple Jump	Danae Stokes-Dimond	33'5"

##### BOYS

Colton Herman-East	10.94
Colton Herman-East	22.11
Carter Gladwill-ERHS	50.30
Camron Herron-WVHS	1:55.48
Daniel Bausch-Chugiak	4:13.06
Daniel Bausch-Chugiak	9:21.78
Logan Mathieu-Chugiak	15.66
Terrell Johnson-WVHS	40.28
Chugiak	43.71
West Valley	1:30.79
West Valley	3:28.88
Dimond	8:18.10
Thomas Sio-Bartlett	58'5"
Thomas Sio-Bartlett	163'8"
Terrell Johnson-WVHS	6'3"
Terrell Johnson-WVHS	21'3"
Rian King-Bartlett	44'0"



TO SEE MORE RESULTS PRIOR TO 2018, PLEASE VISIT:  
[ASAA Track & Field State Championship Results](#)

# 2019 Championship Results

## 2019 GOOD SPORT RECIPIENTS

Schools with 4 or more boys, or 4 or more girls, may select a student who exemplifies outstanding citizenship and sportsmanship through out the season. Coaches chose the following athletes. CONGRATULATIONS!

### Anchorage Christian

Ashley Fuller  
Daniel Szepanski  
Emily Tedrick  
Jonathan Earhart

### Bartlett

Treyone Suber  
Tyler Suber

### Chugiak

Austin Harr  
Breanna Day  
Ellie Scherffius  
Hyrum Nelson

### Colony

Audrey Johnson  
Kolby Torres  
Laurine Sutherland  
Zane Vrvilo

### Delta Junction

Elin Hicks  
Jacob Anderson

### Dimond

Dallin Gardiner  
Danae Stokes  
Edgie Fernandez  
Kylie Judd

### Eagle River

Carter Gladwill  
Laura Ripp

### East Anchorage

Colton Herman  
Laila Tosi  
Zaci Charles

### Eielson

Christopher Scott  
Kierara Williams  
Mason Johnson

### Grace Christian

Gabe Martin  
Grace Annett  
Jesse Tompkins  
Johnathan Whitt

### Haines

Siyel George

### Homer

Adam Veldstra  
Anna Brock  
Rachelle Biggs

### Houston

Leia Rusher  
Risen Caballero

### Hutchison

Jason Evans  
Lauren Kohntopp  
Rebecca Gough  
Rodney Evans

### Juneau-Douglas

Anna Iverson  
Arne Ellefson-Carnes  
Dalton Hoy  
Gretchen Neal

### Kenai Central

Brooke Satathite  
Elias Machen-Gray  
Haley Maw  
Kaden McKibben

### Ketchikan

Brendan Wong

### Kodiak

Hannah Villaroya  
Joshua Alonzo

### Lathrop

Gridden Roder  
Jordyn Johnson  
Kevin Johnson

### Monroe Catholic

Landon Nicholson  
Sarah Lindner

### Nikiski

Beth Carstens

### Palmer

Conner Owens  
Jaden Caple  
Kristen Beames  
Teeana Nicholai

### Service

Jacob Belanger  
Jocelyn Chanonto

### Seward

Beau Freiberg  
Jaden Van Dyke  
Maranatha Brueckner  
Sadie Lindquist

### Sitka

Carson Grant  
Jemar Diga  
Morgan Feldpausch  
Tayler Clifton

### Skagway

Wyatt Belisle

### Soldotna

Brittany Taylor  
Bradley Walters  
Cody Nye  
Sophie Thomas

### South Anchorage

Ava Earl  
Olivia Maisey

### Su Valley

Bailey Mischenko  
Davis Johnston  
Luke Graupman

### Thunder Mt

Audrey Welling

### Valdez

Gasper DeLeon  
Kassi Howard  
Luke Baczuk  
Sophia Palomar

### Wasilla

Abbi Boucher  
Hunter Hayes  
Isaac Wagle

### West Anchorage

Jack Bent  
Lupelanai Vaaila

### West Valley

Emma Axelsson  
Jomar Perez  
Josh Baurick  
Olivia Manley



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[ASAA Track & Field State Championship Results](#)



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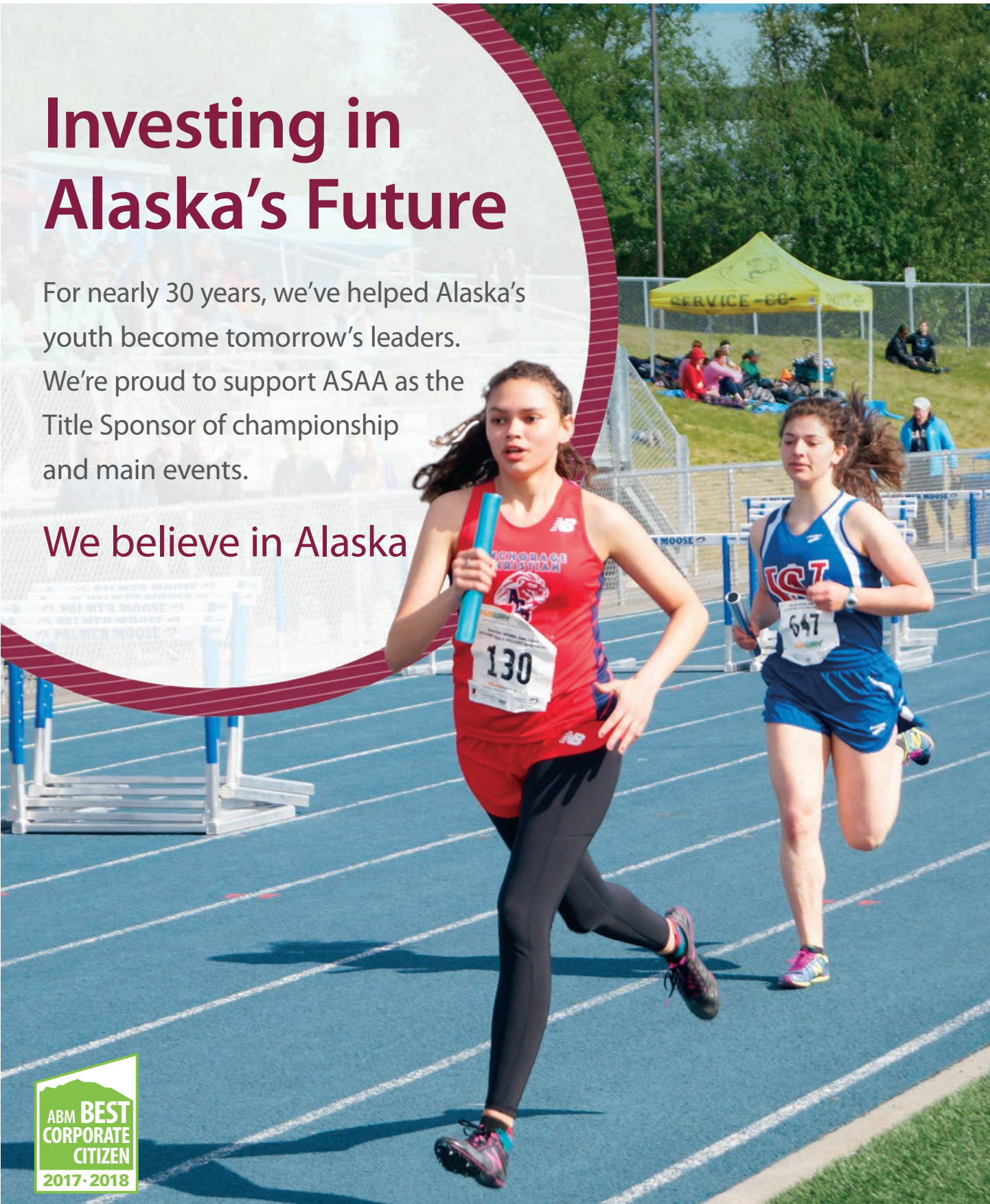


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