

First National
ALASKA
ASAA

2013 TRACK & FIELD STATE CHAMPIONSHIP



- 2013 Meet Schedule
- Event Lineups
- Team Photos
- Past Tournament Results



FOR MORE INFORMATION, GO TO: WWW.ASAA.ORG



Spenard Builders Supply





*AT&T is proud
to sponsor ASAA.*



Rethink Possible®



FREE SHIPPING | 1.866.MOBILITY – ATT.COM – VISIT A STORE

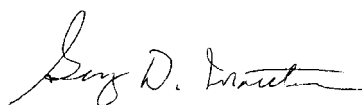
Screen images simulated. ©2011 AT&T Intellectual Property. Service provided by AT&T Mobility. All rights reserved. AT&T and the AT&T logo are trademarks of AT&T Intellectual Property. All other marks contained herein are the property of their respective owners.

TABLE OF CONTENTS

• Championship Schedule	3
• Line-ups:.....	5
Boys High Jump 1234A, Girls Triple Jump 1234A	
• Line-ups:.....	6
Girls Discus 1234A, Boys Shot Put 1234A, Girls High Jump 1234A, Boys Triple Jump 1234A	
• Line-ups:.....	7
Boys & Girls 3200 1234A, Girls 1234A & Boys 123A Long Jump, Girls Shot Put 123A, Boys Discus 123A	
• Line-ups:.....	9
Boys Long Jump 4A, Girls Shot Put 4A, Boys Discus 4A, Girls 4x800 Relay 1234A	
• Line-ups:.....	11
Boys 4x800 Relay 1234A, Girls 100 Hurdles 1234A, Boys 110 Hurdles 1234A, Girls 100 Dash 1234A	
• Line-ups:.....	13
Boys 100 Dash 1234A, Girls 4x200 Relay 1234A, Boys 4x200 Relay 1234A	
• Line-ups:.....	15
Girls 1600 1234A, Boys 1600 1234A, Girls 4x100 Relay 1234A, Boys 4x100 Relay 123A	
• Line-ups:.....	16
Boys 4x100 Relay 4A, Girls 400 Dash 1234A, Boys 400 Dash 1234A, Girls 300 Hurdles 1234A, Boys 300 Hurdles 123A	
• Line-ups:.....	23
Boys 300 Hurdles 4A, Girls 800 1234A, Boys 800 1234A, Girls 200 1234A, Boys 200 123A	
• Line-ups:.....	25
Boys 200 4A, Girls 4x400 Relay 1234A, Boys 4x400 Relay 1234A	
• Participating Team Photos	27-30
• Recordbook: State Tournament Records in Each Event	31
• Past Tournament Results	32

WELCOME FROM ASAA

On behalf of the Alaska School Activities Association (ASAA) Board of Directors and ASAA's corporate partners, welcome to the 2013 ASAA/First National Bank Alaska State High School Track & Field 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.



Gary Matthews, ASAA Executive Director

Sportsmanship Creed

"This contest is being played under the authority of the Alaska School Activities Association. ASAA rules provide for fair play and good sportsmanship among athletes and coaches. Since booing and jeering do not support anyone, we expect fans to be positive in supporting their favorite team with encouraging comments and cheers. Please refrain from words or actions that would reflect negatively on your school and team. In other words, BE A FAN—NOT A FANATIC."

About the Cover: Photos taken during the 2012 ASAA/First National Bank State High School Track and Field Championships.

Photos by Kevin Lane Photography.

BELIEVE IN THE BUILDING



We believe in the home. We believe in the office park. We believe in the building and we want to help you make each one great. We operate more than 20 building material facilities all across the state, all devoted to those who create the buildings that shape Alaska. We are Spenard Builders Supply. And we believe in the building. If you do too, visit us at www.sbsalaska.com.

- Lumber
- Cabinets
- Decking
- Doors
- Windows
- Insulation
- Millwork
- Roofing
- Paint

YOUR SOURCE FOR ALL YOUR HOME IMPROVEMENTS

21 locations statewide

Spenard Builders Supply
PROBuild

www.sbsalaska.com

2013 TOURNAMENT SCHEDULE

HOSTED BY LATHROP HIGH SCHOOL

FRIDAY, MAY 17

FIELD EVENTS

8:30 AM Clerk Check-In

LONG JUMP

9:00 am 123A Girls (Finals)
4A Girls (Prelim & Finals)
10:00am Unified Coed (Finals)
11:00am 123A Boys (Finals)
4A Boys (Prelim & Finals)

HIGH JUMP

9:00am 123A Boys (Finals)
4A Boys (Prelim & Finals)
11:30am 123A Girls (Finals)
4A Girls (Prelim & Finals)

DISCUS

9:30am 123A Boys (Finals)
10:30am 4A Boys (Prelim & Finals)

SHOT PUT

9:45am 123A Girls (Finals)
10:45am Unified Coed (Finals)
11:45am 4A Girls (Prelim & Finals)

RUNNING EVENTS

RUNNING EVENTS

11:00am Clerk Check-in

Finals only

12:00pm 123A Girls 3200 meters
12:25pm 4A Girls 3200 meters
12:50pm 123A Boys 3200 meters
1:15pm 4A Boys 3200 meters

Preliminary Heats (2 per event)

2:00pm 4A Girls 100m Hurdles
2:20pm 4A Boys 110m Hurdles
2:30pm 4A Girls 100 meters
2:40pm 4A Boys 100 meters
2:50pm 4A Girls 400 meters
3:00pm 4A Boys 400 meters
3:15pm 4A Girls 300 m Hurdles
3:30pm 4A Boys 300m Hurdles
3:45pm 4A Girls 800 meters
3:55pm 123A Girls 4x800 meter relay (Final)
4:15pm 4A Boys 800 meters
4:25pm 123A Boys 4x800 meter relay (Final)
4:40pm 4A Girls 200 meters
4:50pm 4A Boys 200 meters

SATURDAY, MAY 18

FIELD EVENTS

8:30 AM Clerk Check-In

TRIPLE JUMP

9:00am 123A Boys (Finals)
10:00am 123A Girls (Finals)
11:00am 4A Girls (Prelim/Finals)

DISCUS

9:15am 123A Girls (Finals)
4A Boys (Prelim/Finals)
10:15am 4A Girls (Prelim/Finals)

SHOT PUT

9:30am 123A Boys (Finals)
10:30am 4A Boys (Prelim/Finals)

RUNNING EVENTS

10:00 AM Clerk Check-In
11:00am 4A Girls 4x800 meter Relay
11:15am 4A Boys 4x800 meter Relay
11:30am 123A Girls 100 meter Hurdles
11:35am 4A Girls 100 meter Hurdles
11:48am 123A Boys 110 meter Hurdles
11:53am 4A Boys 110 meter Hurdles
12:05pm 123A Girls 100 meters
12:10pm 4A Girls 100 meters
12:15pm Unified 100 Meters (1PH/1AT heats)
12:33pm 123A Boys 100 meters
12:38pm 4A Boys 100 meters
12:50pm 123A Girls 4x200 meter Relay
1:00pm 4A Girls 4x200 meter Relay
1:15pm 123A Boys 4x200 meter Relay
1:25pm 4A Boys 4x200 meter Relay
1:33pm 123A Girls 1600 meters
1:43pm 4A Girls 1600 meters
1:50pm 123A Boys 1600 meters
2:00pm 4A Boys 1600 meters
2:08pm 123A Girls 4x100 meter Relay
2:18pm 4A Girls 4x100 meter Relay
2:28pm Unified 4x100 meter Relay
2:38pm 123A Boys 4x100 meter Relay
2:48pm 4A Boys 4x100 meter Relay
2:55pm 123A Girls 400 meters
3:03pm 4A Girls 400 meters
3:10pm 123A Boys 400 meters
3:18pm 4A Boys 400 meters
3:30pm 123A Girls 300 meter Hurdles
3:35pm 4A Girls 300 meter Hurdles
3:43pm 123A Boys 300 meter Hurdles
3:48pm 4A Boys 300 meter Hurdles
4:00pm 123A Girls 800 meters
4:05pm 4A Girls 800 meters
4:10pm 123A Boys 800 meters
4:15pm 4A Boys 800 meters
4:25pm 123A Girls 200 meters
4:30pm 4A Girls 200 meters
4:38pm 123A Boys 200 meters
4:43pm 4A Boys 200 meters
4:55pm 123A Girls 4x400 meter Relay
5:05pm 4A Girls 4x400 meter Relay
5:12pm 123A Boys 4x400 meter Relay
5:22pm 4A Boys 4x400 meter Relay

Special thanks to



PRINCESS CRUISES
COMMUNITY FOUNDATION™

for their generous support of the
2013 ASAA Track & Field Competitions



For more information visit
princesscruisescommunityfoundation.org



EVENT LINEUPS

Event 131 Boys High Jump 1A-2A-3A

Pos	Name	School	Seed Mark
1	Wheeler, Jack	Ninilchik	5-04.00
2	Hodges, Denny	Delta HS	5-04.00
3	Henderson, Patrick	Haines	5-06.00
4	Moore, Matthew	Seward	5-06.00
5	Barron, Matt	Houston	5-06.00
6	Duke, Tim	Skyview	5-08.00
7	Carstens, Seth	Nikiski	5-08.00
8	Reinert, Sam	Homer	5-08.00
9	Johnson, Luke	Nikiski	5-08.00
10	Simmers, Augustus	Anchorage Christian	6-03.00

Event 132 Boys High Jump 4A

Pos	Name	School	Seed Mark
1	Liaga, Samuel	Dimond	5-06.00
2	Swenson, David	West Valley HS	5-06.00
3	Both, Gatwech	Colony	5-06.00
4	Hawk, Chase	East Anchorage	5-06.00
5	Tui, Esene	West Anchorage	5-06.00
6	Parker, C.J.	Dimond	5-08.00
7	Hellman, Bryce	Bartlett	5-08.00
8	Ma'inifo, Michael	Kodiak	5-08.00
9	Clayton, Wilson	Dimond	5-08.00
10	Looney, Connor	Palmer	5-10.00
11	Elliott, Leroy	West Anchorage	5-10.00
12	Ulen, Jay	Soldotna	5-10.00
13	Bursell, Nick	Thunder Mountain	5-10.00
14	Stalker, Wade	Bartlett	5-10.00
15	Fullmer, Payton	Chugiak	5-10.00
16	Gladden, Tevin	Lathrop HS	6-00.00

Event 129 Girls Triple Jump 1A-2A-3A

Pos	Name	School	Seed Mark
1	Hanson, Beth	Delta HS	29-06.00
2	Adams, Kasia	Yakutat	30-05.75
3	Rowe, Kayla	Grace Christian	31-00.00
4	Dickerson, Dallas	Anchorage Christian	31-02.00
5	Soistman, Cassidy	Homer	31-02.00
6	Cunningham, Marlee	Skyview	31-02.25
7	Badgley, Serena	Haines	31-03.25
8	Orth, Madison	Cook Inlet Academy	31-09.75

Event 130 Girls Triple Jump 4A

Pos	Name	School	Seed Mark
Flight 1 of 2 Prelims			
1	Clark, Kayla	South Anchorage	31-04.00
2	Nelson, Shawna	Ketchikan	29-11.75
3	Aquino, Rosie	Kodiak	30-01.25
4	Evern, Sylvia	Dimond	30-03.50
5	Drange, Megan	West Valley HS	30-04.50
6	Corral, Abigail	Dimond	30-10.25
7	Reitz, Alicia	Chugiak	31-09.50
8	Gregg, Rachel	Chugiak	31-08.00
Flight 2 of 2 Prelims			
1	Barcus, Hannah	Kenai Central	32-08.50
2	Welling, Naomi	Thunder Mountain	33-11.25
3	Harding, Kiana	Kenai Central	32-09.50
4	Stephens, Chase	Colony	34-00.25
5	Harris, Dajanae	Service	34-07.25
6	Nelson, Paige	Chugiak	32-11.75
7	Treder, Kathryn	West Anchorage	32-10.00
8	Johnson, Chrisalyn	Dimond	35-02.50



ALASKA FINANCIAL ASSOCIATES

financial planning
for a better tomorrow

Terry P. Welsh, CFP[®], ChFC, CLU

621 Pine B, Ketchikan • 225-0619

1400 K Street, Anchorage • 276-0619

Email to: afa@afa-associates.com • **Fax number:** 866-905-8876

Securities offered through NATIONAL PLANNING CORPORATION (NPC), Member
NASD/SIPC

Advisory services offered through the Planners Network, Inc. (TPN).

AFA, NPC, and TPN are separate and unrelated companies

PERSONAL AND BUSINESS PLANNING

We're here to get you back in the game.



OPA is dedicated to preventing sports injuries, enhancing athletic performance and providing immediate medical attention on the field of play. That's why OPA's certified athletic trainers work with athletes and coaches before, during and after their games. At Orthopedic Physicians Anchorage, we're here for you.



*OPA's Certified Athletic Trainers
Lynne Young and Paul Stoufflet*

OPA's Injury Walk-in Clinic

7 Days A Week:

Monday - Friday 12 - 8p

Saturday & Sunday 12 - 6p

3801 Lake Otis Parkway, Suite 300
OPAnchorage.com



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

EVENT LINEUPS

Event 121 Girls Discus Throw 1A-2A-3A

Pos	Name	School	Seed Mark
1	Spud, Karly	Haines	84-03.75
2	Riopelle, Sarah	Grace Christian	84-04
3	Obermeyer, Mia	Monroe Catholic HS	86-04
4	Hartley, Emily	Su Valley	90-01.50
5	Hanson, Beth	Delta HS	90-04
6	Young, Alisha	Haines	92-02
7	Davidson, Cara	Cook Inlet Academy	102-01
8	Adelmann, Tessa	Seward	107-02

Event 122 Boys Shot Put 1A-2A-3A

Pos	Name	School	Seed Mark
1	Griffith, Tony	Ben Eielson HS	38-01.50
2	Marsh, Evan	Petersburg	38-09.25
3	Brown, Cody	Kenny Lake	39-11.00
4	Johnson, Lincoln	Nikiski	40-02.75
5	Johnson, Luke	Nikiski	41-03.00
6	Conner, Chatham	Sitka	42-01.00
7	Taplin, Zach	Cook Inlet Academy	46-10.25
8	George, Grant	Grace Christian	52-00.25

Event 127 Girls Discus Throw 4A

Pos	Name	School	Seed Mark
Flight 1 of 2 Prelims			
1	Hutchinson, Helen	North Pole HS	88-03
2	DePriest, Leya	Palmer	85-03
3	Walters, Dakayla	Dimond	86-04
4	Mixson, Jenna	Dimond	87-09
5	Clark, Kayla	South Anchorage	93-10
6	Foo-Chong, Uinise	Thunder Mountain	86-11.50
7	Boonprasert, Patty	Lathrop HS	91-02
8	Noga, Taylor	Bartlett	87-01
Flight 2 of 2 Prelims			
1	Luhrs, Jenna	Thunder Mountain	105-00.50
2	Benfield, Kate	Service	93-11
3	Burbank, Megan	South Anchorage	93-11
4	Lavern-Tosi, Anastasia	Dimond	124-02
5	Nelson, Shawna	Ketchikan	96-11.50
6	Wong, McKayla	Soldotna	96-07
7	Tufi, Pauline	West Anchorage	111-05
8	McVee, Malia	Chugiak	102-04

Event 128 Boys Shot Put 4A

Pos	Name	School	Seed Mark
Flight 1 of 2 Prelims			
1	Webb, Jeremiah	Lathrop HS	40-03.50
2	Agae, Elijah	Lathrop HS	41-01.00
3	Nichols, Morgan	Thunder Mountain	40-03.25
4	Charoonsophonsak, Victor	Dimond	40-09.25
5	Niekamp, Hayden	Palmer	41-02.00
6	Fenumiai, Phillip	Juneau Douglas	41-07.00
7	Looney, Connor	Palmer	40-11.75
8	Tosi, Tarini	East Anchorage	41-10.75
Flight 2 of 2 Prelims			
1	Harren, William	Wasilla	45-11.75
2	Sega, Leo	Kodiak	44-03.75
3	Reinbold, Rydell	Eagle River	42-07.75
4	Criswell, Cole	Chugiak	42-06.50
5	Coger, Damian	Lathrop HS	45-09.25
6	Hall, Ed	Eagle River	42-03.00
7	Tosi, Ma'o	East Anchorage	45-09.00
8	Ring, Cody	Ketchikan	41-11.50

Event 123 Girls High Jump 1A-2A-3A

Pos	Name	School	Seed Mark
1	Clark, Andi	Monroe Catholic HS	4-06.00
2	Johnson, Evonne	Ben Eielson HS	4-06.00
3	Davis, Hannah	Sitka	4-06.00
4	Dickerson, Dallas	Anchorage Christian	4-08.00
5	Broderick, Bridget	Grace Christian	4-08.00
6	Riley, Robin	Ninilchik	4-08.00
7	Loper, Ayla	Su Valley	4-08.00
8	Heinrichs, Lina	Hutchison HS	4-08.00
9	Boskofsky, Raissa	Port Lions	5-00.00

Event 124 Girls High Jump 4A

Pos	Name	School	Seed Mark
1	Ames, Hailey	Soldotna	4-06.00
2	Gregg, Rachel	Chugiak	4-06.00
3	Kausal, Alexandria	Palmer	4-06.00
4	Porter, Emily	Ketchikan	4-06.00
5	West, Deshunta	Lathrop HS	4-06.00
6	Tompkins, Ava	Thunder Mountain	4-06.00
7	Evern, Sylvia	Dimond	4-06.00
8	Warners, Scout	Eagle River	4-06.00
9	Johnson, Chrisalyn	Dimond	4-08.00
10	Martellaro, Jessie	West Valley HS	4-08.00
11	Cooper, Samantha	Chugiak	4-08.00
12	Barnett, McKenzie	Kodiak	4-08.00
13	Skjold, Kaillee	Soldotna	4-08.00
14	Michalsen, Kaia	Ketchikan	4-08.00
15	Franz, Callie	West Valley HS	4-08.00
16	Weimer, Kalena	West Anchorage	4-08.00
17	Harding, Kiana	Kenai Central	5-00.00
18	Kueter, Taylir	Bartlett	5-01.00
19	Drange, Megan	West Valley HS	5-02.00

Event 125 Boys Triple Jump 1A-2A-3A

Pos	Name	School	Seed Mark
1	Bowder, Nathan	Monroe Catholic HS	35-09.00
2	Collier, DJ	Skyview	36-03.50
3	Stengl, Samson	Sitka	37-03.50
4	Wheeler, Jack	Ninilchik	38-01.25
5	Simmers, Nate	Anchorage Christian	38-04.25
6	Barron, Matt	Houston	38-05.50
7	Terry, Jalen	Anchorage Christian	38-05.50
8	Olsen, Chris	Haines	39-01.50

Event 126 Boys Triple Jump 4A

Pos	Name	School	Seed Mark
Flight 1 of 2 Prelims			
1	Black, Jordan	Colony	39-05.75
2	Guillen, Jerry	Bartlett	39-03.50
3	Fullmer, Payton	Chugiak	38-00.25
4	Casebeer, Lucas	Kenai Central	37-11.50
5	Bringhurst, Kyle	Chugiak	39-00.00
6	Adams, Daniel	Palmer	37-11.25
7	Elliott, Leroy	West Anchorage	38-10.25
8	Pietz, Brendan	Thunder Mountain	39-03.00
Flight 2 of 2 Prelims			
1	Both, Gatwech	Colony	39-11.75
2	Gladden, Tevin	Lathrop HS	42-02.75
3	Jones, Susumu	Dimond	40-08.25
4	Parish, Brandon	Eagle River	42-02.00
5	Ma'inifo, Michael	Kodiak	40-08.50
6	Pearce, Alex	Service	39-06.25
7	Afoa, Stanson	Dimond	40-04.75
8	Schaffer, David	Dimond	40-04.00



MURRAY
ORTHODONTICS

**SPECTACULAR SMILE,
SUPERIOR SERVICE!**

(907) 277-0502

Eastside Anchorage

2211 E. Northern Lights Blvd., Ste. #207

Southside Anchorage

12350 Industry Way, Ste. #205

*Specialist in Braces and
Invisalign for Children and Adults.*

www.murrayorthodontics.com

**Here's the
definition of
"one for the road."**



Over **HALF** of all teen driving deaths involve alcohol! Here are three sobering facts you will never see in a beer commercial:

- 80% of alcohol-related fatalities are caused by beer consumption
- 11,769 impaired drivers **DIED** in 2009, over 700,000 injured.
- **ONE** beer is the equivalent of a shot of 80 proof hard liquor.

Drive as if your life depends on it.

It does!



Play for Keeps
Win For Life!

www.playforkeepsalaska.org



PROVIDENCE
Behavioral Health

EVENT LINEUPS

Event 201 Girls 3200 Meter Run 1A-2A-3A

Lane	Name	School	Seed Time
1	Trujillo, Claire	Grace Christian	11:38.72
2	Farrell, Casey	Homer	12:08.95
3	Weller, Grace	Petersburg	12:09.85
4	Hirsch, Barae	Homer	12:13.19
5	Ohotnicky, Colette	Holy Family Academy	12:17.62
6	Wayner, Harmony	Grace Christian	12:40.80
7	Dyer, Laura	Seward	12:44.27
8	Timoshenko, Zoya	Delta HS	12:49.50

Event 202 Boys 3200 Meter Run 1A-2A-3A

Lane	Name	School	Seed Time
1	Knotek, Miles	Seward	9:56.86
2	Monzon, Austin	Anchorage Christian	9:59.96
3	Serventi, Daniel	Grace Christian	10:09.79
4	Cochran, Airk	Skagway City Schools	10:21.97
5	Sorensen, Graysen	Grace Christian	10:25.50
6	Ochoa, Pedro	Homer	10:28.11
7	Tatarenko, Daniel	Delta HS	10:37.30
8	Korta, Kaleb	Galena	10:40.48

Event 203 Girls 3200 Meter Run 4A

Lane	Name	School	Seed Time
1	Ostrander, Allie	Kenai Central	10:25.74
2	Michaelson, Audrey	Colony	10:59.29
3	Northey, Jenette	Service	11:20.31
4	Hall, Maddie Thunder	Mountain	11:26.62
5	Thompson, Makenzie	Colony	11:40.59
6	Mondl, Kaitlyn	Eagle River	11:50.21
7	Blanchet, Lydia	West Anchorage	11:52.69
8	Ford, Jenna	Wasilla	11:56.38
9	Cawthorn, Leah	Kodiak	12:03.95
10	Stevens, Hannah	Eagle River	12:04.42
11	Fox, Sadie	Soldotna	12:11.34
12	O'Donnell, Dorothy	West Valley HS	12:13.27
13	Hartke, Sara	Chugiak	12:14.51
14	Contraras, Sami	Palmer	12:17.23
15	Booher, Hannah	Chugiak	12:24.22
16	Bohman, Hana	Palmer	12:28.33

Event 204 Boys 3200 Meter Run 4A

Lane	Name	School	Seed Time
1	Thomet, Levi	Kodiak	9:24.12
2	Christiansen, Cole	Kodiak	9:42.97
3	McCarthy, Julian	Kodiak	9:54.15
4	Sayre, Mikko	West Valley HS	10:02.60
5	Turney, Taylor	Service	10:02.91
6	Farr, John	East Anchorage	10:04.59
7	Szweda-Mittelstadt,	Gilly Service	10:04.94
8	Theisen, Jordan	Kenai Central	10:07.44
9	Perry, Iain	Dimond	10:07.66
10	English, Khalil	Thunder Mountain	10:08.72
11	McPhetres, David	Chugiak	10:08.78
12	Lokanin, Chandler	Dimond	10:09.13
13	Hoefler, Erich	West Valley HS	10:10.42
14	Moser, Riley	Juneau Douglas	10:11.24
15	Steele, Derek	South Anchorage	10:14.64
16	Schafer, Brandon	Colony	10:15.30

Event 301 Girls Long Jump 1A-2A-3A

Pos	Name	School	Seed Mark
1	Fifield, Macala	Monroe Catholic HS	13-10.50
2	Riley, Robin	Ninilchik	14-06.50
3	Cagle, Gabriella	Sitka	14-06.75
4	Cabana, Tayla	Homer	14-08.25
5	Orth, Madison	Cook Inlet Academy	14-09.00
6	Adams, Kasia	Yakutat	15-00.25
7	Rowe, Kayla	Grace Christian	15-00.50
8	Cunningham, Marlee	Skyview	15-01.25

Event 302 Boys Long Jump 1A-2A-3A

Pos	Name	School	Seed Mark
1	Wheeler, Jack	Ninilchik	16-11.75
2	Terry, Jalen	Anchorage Christian	18-01.00
3	Fears, Brandon	Monroe Catholic HS	18-01.50
4	Fowler, Chevy	Haines	18-01.75
5	Stengl, Samson	Sitka	18-03.00
6	Simmers, Nate	Anchorage Christian	18-09.25
7	Griffith, Tony	Ben Eielson HS	18-10.00
8	Simmers, Augustus	Anchorage Christian	19-07.25

Event 303 Girls Shot Put 1A-2A-3A

Pos	Name	School	Seed Mark
1	Malyk, Natasha	Delta HS	28-04.75
2	Obermeyer, Mia	Monroe Catholic HS	29-00.50
3	Young, Alisha	Haines	29-11.75
4	Harrell, Mariyah	Sitka	30-11.00
5	Hartley, Emily	Su Valley	31-11.00
6	Voss, Jennifer	Anchorage Christian	33-04.75
7	Hueton, Rekia	Su Valley	33-07.25
8	Adelmann, Tessa	Seward	36-07.50

Event 304 Boys Discus Throw 1A-2A-3A

Pos	Name	School	Seed Mark
1	Crabtree, John	Delta HS	91-11
2	Jensen, Alan	Petersburg	114-01
3	Simmers, Nate	Anchorage Christian	115-01
4	Conner, Chatham	Sitka	115-07.50
5	McGregor, Mark	Homer	117-01
6	Johnson, Lincoln	Nikiski	129-10
7	Taplin, Zach Cook	Inlet Academy	150-09.50
8	George, Grant	Grace Christian	152-06

Event 305 Girls Long Jump 4A

Pos	Name	School	Seed Mark
Flight 1 of 2 Prelims			
1	Warners, Scout	Eagle River	14-03.75
2	Van den Berg, Abigail	Idea - Juneau	14-07.00
3	Williams, Jaclyn	Service	15-03.25
4	Reitz, Alicia	Chugiak	14-07.75
5	Maybin, Nia	Bartlett	14-03.75
6	Davis, Jazlan	Lathrop HS	14-00.25
7	Gregg, Rachel	Chugiak	15-02.50
8	Nolden, Jelly	Soldotna	14-11.25
Flight 2 of 2 Prelims			
1	Johnson, Chrisalyn	Dimond	16-02.75
2	Welling, Naomi	Thunder Mountain	16-03.75
3	Owens, Dreanna	Eagle River	15-06.50
4	Walker, Elexa	Eagle River	15-03.75
5	Stephens, Chase	Colony	15-08.00
6	Harris, Dajanae	Service	15-11.75
7	Nelson, Paige	Chugiak	15-05.75
8	Treder, Kathryn	West Anchorage	15-03.50
9	Barcus, Hannah	Kenai Central	15-05.25



Is there anything better than vacationing with your family?

Perhaps booking that trip at alaskaair.com. Okay, that may be stretching things a bit. But when you book an Alaska Airlines Vacation, you'll enjoy some pretty outstanding perks. Like pre-reserved seating, no booking fees and 5,000 Mileage Plan™ Bonus Miles per booking when you book online. And of course you'll always receive Alaska's award-winning customer service, whether you speak to one of our experts or make your plans online at **alaskaair.com**.

Alaska Airlines[®]
NORTH of EXPECTEDSM



EVENT LINEUPS

Event 306 Boys Long Jump 4A

Pos	Name	School	Seed Mark
Flight 1 of 2 Prelims			
1	Both, Gatwech	Colony	18-06.75
2	Fox, Kenny	Thunder Mountain	18-09.50
3	Davis, Michael	East Anchorage	19-08.50
4	Alsworth, Michael	South Anchorage	19-00.25
5	Pietz, Brendan	Thunder Mountain	18-11.75
6	Jennis, Tyreke	Lathrop HS	19-00.75
7	Lindemuth, Paul	West Anchorage	18-05.75
8	Deal, Cole	Service	18-06.50
Flight 2 of 2 Prelims			
1	Jones, Susumu	Dimond	21-02.50
2	Gladden, Tevin	Lathrop HS	20-03.50
3	Ulen, Jay	Soldotna	20-01.25
4	Afoa, Stanson	Dimond	21-00.00
5	Parish, Brandon	Eagle River	20-03.75
6	Ma'inifo, Michael	Kodiak	20-05.50
7	Schaffer, David	Dimond	21-00.50

Event 307 Girls Shot Put 4A

Pos	Name	School	Seed Mark
Flight 1 of 2 Prelims			
1	Tuisaula, Sylvia	Wasilla	29-00.00
2	Hutchinson, Helen	North Pole HS	29-08.00
3	A'Asa, Faitupe	East Anchorage	29-10.50
4	Wong, McKayla	Soldotna	31-05.75
5	Buresh, Sammy	Palmer	28-10.25
6	Hendricks, Kiana	Soldotna	30-05.25
7	DePriest, Leya	Palmer	29-03.75
8	Nelson, Shawna	Ketchikan	30-05.00
Flight 2 of 2 Prelims			
1	Staveland, Jonelle	Thunder Mountain	31-08.00
2	Tufi, Pauline	West Anchorage	35-04.00
3	Boonprasert, Patty	Lathrop HS	32-07.00
4	Foo-Chong, Uinise	Thunder Mountain	32-10.50
5	Fenumiai, Gabrielle	Juneau Douglas	32-11.00
6	Lavern-Tosi, Anastasia	Dimond	36-01.75
7	Levao, Carmen	Bartlett	31-09.00
8	Blake, Taylor	Palmer	35-07.50

Event 308 Boys Discus Throw 4A

Pos	Name	School	Seed Mark
Flight 1 of 2 Prelims			
1	Ring, Cody	Ketchikan	118-11
2	Harren, William	Wasilla	117-06
3	Hopp, Thomas	South Anchorage	117-08
4	Summers, Fischer	Colony	122-04
5	Martines, Joaquin	West Valley HS	123-06
6	Webb, Jeremiah	Lathrop HS	120-01
7	Nichols, Morgan	Thunder Mountain	117-03.50
8	Paden, Joe	Thunder Mountain	115-09
Flight 2 of 2 Prelims			
1	Hall, Ed	Eagle River	147-00
2	Charoonsophonsak, Victor	Dimond	145-06
3	Corpuz, Brandon	Dimond	130-05
4	Tosi, Tarini	East Anchorage	126-09
5	Launiuvao, Prince	Dimond	136-07
6	Reinbold, Rydell	Eagle River	136-09
7	Brownlee, Jake	Chugiak	135-08
8	Su'a-Te'o, Diego	East Anchorage	124-05

Event 501 Girls 4x800 Meter Relay 1A-2A-3A

Lane	Team	Relay	Seed Time
1	Grace Christian	A	10:12.74
1) Trujillo, Claire 2) Green, Krista 3) Arnold, Elle 4) Applegate, Cheyenne 5) Trujillo, Anna 6) Cusick, Emily			
2	Homer	A	10:12.98
1) Farrell, Casey 2) Hirsch, Barae 3) Mitchell, Molly 4) Wacławski, Aurora 5) Brant, Abigale 6) Cabana, Tayla			
3	Glennallen	A	10:21.66
1) Cyr, MacKenzie 2) Heinbaugh, Hannah 3) Lorence, Kelti 4) Maslen, Kendal			
4	Su Valley	A	10:49.25
1) Lush, Shenendoah 2) Hartley, Bernadette 3) Jurasec, Sabrina 4) Loper, Ayla 5) Spaulding, Robin			
5	Seward	A	10:56.10
1) Barnwell, Isabel 2) Braun, Josephine 3) Dyer, Laura 4) Kromrey, Lindsey 5) Pfeifferberger, Alice 6) Estes, Brooke			
6	Haines	A	11:07.96
1) Azquith-Heinz, Zayla 2) Humphreys, Jennie 3) Taylor, Natalia 4) Jacobson, Libby 5) Larsen, Janae 6) Green, Rebekah			
7	Petersburg	A	11:13.26
1) Wallace, Kylie 2) Pfundt, Hannah 3) Morton, Summer 4) Murph, Diane 5) Weller, Grace 6) Schwartz, Robyn			
8	Delta HS	A	11:43.73
1) Timoshenko, Zoya 2) Mills, Kailey 3) Kulakevich, Christina 4) Timoshenko, Tavifa 5) Hanson, Beth 6) Rivera, Raychel			

Event 402 Girls 4x800 Meter Relay 4A

Lane	Team	Relay	Seed Time
1	Soldotna	A	9:52.47
1) Nelson, Daisy 2) Hutchings, Olivia 3) Fox, Sadie 4) McCormick, Dani 5) Skjold, Kaillee 6) Pothast, Hannah			
2	Eagle River	A	9:59.67
1) Bruce, Jordyn 2) Walker, Allonna 3) Mondl, Kaitlyn 4) Stevens, Hannah 5) Boggs, Nikole 6) Frazier, Summer			
3	Wasilla	A	9:59.86
1) Burroughs, Mariah 2) Devine, Alysha 3) Ringgenberg, Mandi 4) Burroughs, Riley 5) Mathis, Peggy 6) Ford, Jenna			
4	West Anchorage	A	10:04.78
1) Roelle, Rachel 2) Weddleton, Katherine 3) Kuiper, Morgan 4) Boutet, Maddy 5) Roelle, Andy 6) Blanchet, Lydia			
5	Dimond	A	10:08.96
1) Heil, Erica 2) Hennessy, Amelia 3) Imig, Madison 4) Seidl, Hannah 5) Epke, Allie 6) Wilcox, Jenny			
6	Bartlett	A	10:11.02
1) Widger, Veronika 2) Mann, Chenelle 3) Widger, Mikayla 4) Pedrick, Fiona 5) Desaussure, Bailey 6) Mann, Cheyenne			
7	Lathrop HS	A	10:26.07
1) Lizotte, Brooke 2) Mondelli, Christina 3) Kubichek, Megan 4) Hebard, Allison 5) Fournier, Autumn 6) Angell, Christine			
8	Thunder Mountain	A	11:00.23
1) Jones, Katie 2) Hall, Maddie 3) Lohrey, Emilyanne 4) Dawson, Estie 5) Luhrs, Jenna 6) Tompkins, Ava			

Event 511 Boys 4x800 Meter Relay 1A-2A-3A

Lane	Team	Relay	Seed Time
1	Grace Christian	A	8:32.73
1) Eller, Andrew 2) Sorensen, Graysen 3) Serventi, Daniel 4) McLaughlin, Luke 5) Isaacs, Ivan David 6) Eckmann, Karl			
2	Seward	A	8:39.94
1) Knotek, Miles 2) Marshall, Michael 3) Moore, Matthew 4) Berry, Tannen 5) Moore, Brandon 6) Gillespie, Dylan			
3	Anchorage Christian	A	9:01.43
1) Monzon, Austin 2) Terry, Jalen 3) Evans, Keaton 4) Johnson, Brayton 5) Miller, Josh 6) Coverdell, Luke			
4	Skyview	A	9:08.10
1) Gibbons, Charles 2) Musgrave, Brenner 3) Rice, Brandon 4) Hilbisch, Micah 5) Shuler, Daniel 6) Schlung, Sky			
5	Monroe Catholic HS	A	9:17.51
1) Button, Lucas 2) Bowder, Nathan 3) Frank, William 4) Walter, Andrew 5) Balko, Michael 6) Metz, Troy			
6	Haines	A	9:21.35
1) Tuohy, Dalton 2) Rossman, Zack 3) Davis, Terry 4) Sato - Franks, Kai 5) Little, Neil 6) Wilde, Elliott			
7	Delta HS	A	9:22.41
1) Warren, John 2) St. Peter, Garrett 3) Williams, Aaron 4) Mock, Ben 5) Tatarenko, Daniel 6) Jensen, Mathew			
8	Birchwood Christian	A	10:46.81
1) Peterson, Hunter 2) Sladko, Jonathan 3) Pokepupec, Brighton 4) Roark, Dante			

**CHARACTER
PERSONAL
RESPONSIBILITY**

**CITIZENSHIP
LEADERSHIP**

**SUBWAY
PLAY HARD
EAT FRESH™**

**SUBWAY®
RESTAURANTS
ARE PROUD
TO SUPPORT
ASAA**

SUBWAY® RESTAURANT LOCATIONS:

Anchorage
Bethel
Denali Park
Eagle River
Eielson
Fairbanks
Homer
Juneau
Kenai
Ketchikan
Kodiak
Nome
North Pole
Palmer
Seward
Sitka
Soldotna
Talkeetna
Valdez
Wasilla

**ART • MUSIC
RUNNING • TENNIS
FOOTBALL • SWIMMING & DIVING
VOLLEYBALL • WRESTLING • HOCKEY
WORLD LANGUAGE • DEBATE • DRAMA • FORENSICS
SKIING • BASKETBALL • TRACK & FIELD • SOCCER
SOFTBALL • BASEBALL • CHEERLEADING**

***SUBWAY*®**

©2011 Doctor's Associates Inc. SUBWAY® is a registered trademark of Doctor's Associates Inc.

EVENT LINEUPS

Event 404 Boys 4x800 Meter Relay 4A

Lane	Team	Relay	Seed Time
1	Dimond	A	8:30.34
1) Ham, Jae 2) Wilcox, Erik 3) Kenning, Kiel 4) Lokanin, Chandler 5) Clayton Brunelle, Cedarian 6) Perry, Iain			
2	West Anchorage	A	8:30.35
1) Peterson, Konnor 2) Lynch, Larkin 3) Sicks, Curtis 4) Shayer, Eli 5) Nur, Ibrahim 6) Claman, Benjamin			
3	Chugiak	A	8:35.93
1) Jordan, Ty 2) Sorensen, Tim 3) McPhetres, David 4) Hall, Roan 5) Dennis, Nathan 6) Berg, Karl			
4	Bartlett	A	8:40.38
1) Ogrigewitch, Jacob 2) Widger, Alex 3) Johnson, Joel 4) Obregon, Miguel 5) Lecrone, Gavin 6) Hull-Johnson, Solomon			
5	Ketchikan	A	8:40.76
1) Voelz, Ricky 2) Llanos, Christopher 3) Albertson, Beau 4) Guenther, Jacob 5) Kacenas, Ben			
6	South Anchorage	A	8:40.87
1) Toomey, Griffin 2) Steele, Derek 3) Sexauer, Jack 4) Light, Isaac 5) Light, Levi 6) Carroll, Quinn			
7	Kodiak	A	8:45.59
1) Hannah, Clayton 2) Fried, Levi 3) Thomet, Levi 4) Christiansen, Cole 5) Foster, Hayden 6) Rubina, Anthony			
8	West Valley HS	A	9:08.42
1) O'Donoghue, Tommy 2) Rogers, Oliver 3) Grzeda, Kuba 4) Koenig, Jonathon 5) Noon, Peter 6) Sayre, Mikko			

Event 405 Girls 100 Meter Hurdles 1A-2A-3A

Lane	Name	School	Seed Time
1	Brockman, Emily	Seward	18.44
2	Davis, Jodi	Grace Christian	17.80
3	Rowe, Kayla	Grace Christian	17.39
4	Geagel, Sarah	Anchorage Christian	16.75
5	Orth, Madison	Cook Inlet Academy	17.18
6	Adams, Kasia	Yakutat	17.69
7	Sanders, Marisa	Ben Eielson HS	18.16
8	Weller, Grace	Petersburg	18.49

Event 406 Girls 100 Meter Hurdles 4A

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Siscar, Ranie	Kodiak	18.06
2	Lautrup, Natalie	Colony	17.49
3	Schindler, Beverly	Kenai Central	16.83
4	Johnson, Chrisalyn	Dimond	15.86
5	Winchester, Mekayla	West Anchorage	16.36
6	Sandahl, Leah	Kenai Central	16.84
7	Ng, Sarah	Kodiak	17.56
8	Brice, Caitlyn	West Valley HS	18.17
Heat 2 of 2 Prelims			
1	McKoy, Jamie	Bartlett	17.86
2	Jackson, Sarah	West Valley HS	17.48
3	Stephens, Chase	Colony	16.62
4	Sims, Taylor	Dimond	15.79
5	Williams, Jaclyn	Service	16.39
6	Armstrong, Shannon	Kodiak	17.31
7	Babin, Hannah	Chugiak	17.68
8	Kay, Ashlynn	Thunder Mountain	18.62

Event 409 Boys 110 Meter Hurdles 1A-2A-3A

Lane	Name	School	Seed Time
1	Montalvo, Brandon	Ben Eielson HS	18.88
2	Beard, Hayden	Seward	18.55
3	McGregor, Mark	Homer	16.78
4	Duke, Tim	Skyview	15.66
5	Bayne, Ben	Houston	16.71
6	Hebard, Jacob	Monroe Catholic HS	17.43
7	Susky, Christone	Su Valley	18.60
8	Marsh, Raleigh	Sitka	19.08

Event 410 Boys 110 Meter Hurdles 4A

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Voelz, Ricky	Ketchikan	18.47
2	Kurtz, Clay	Dimond	17.98
3	Rilatos, Mitchell	Wasilla	16.35
4	West, Andrew	South Anchorage	15.27
5	Elliott, Leroy	West Anchorage	15.28
6	Jensen, Nick	Lathrop HS	17.00
7	Millington, Devin	Lathrop HS	18.02
8	Foster, Hayden	Kodiak	18.75
Heat 2 of 2 Prelims			
1	Wantenabe, Shouya	Palmer	18.48
2	Elliott, Chardo	West Anchorage	17.13
3	la, Joe	Thunder Mountain	16.42
4	Showalter, Taj	Bartlett	14.49
5	Gladden, Tevin	Lathrop HS	16.35
6	Cook, Douglas	Ketchikan	16.48
7	Ulen, Jay	Soldotna	18.30
8	Jones, Osamu	Dimond	18.52

Event 413 Girls 100 Meter Dash 1A-2A-3A

Lane	Name	School	Seed Time
1	Rivera, Raychel	Delta HS	14.00
2	Badgley, Serena	Haines	13.93
3	Gavara, Alexis	Monroe Catholic HS	13.64
4	Fisher, Kaylee	Skyview	13.38
5	Johnson, Evonne	Ben Eielson HS	13.62
6	Ross, Kerry	Nikiski	13.92
7	Roumagoux, Sidney	Skyview	13.97
8	Goward, Tia	Birchwood Christian	14.05

Event 414 Girls 100 Meter Dash 4A

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Ingersoll, Danika	Wasilla	13.76
2	Franulovich, Bernadette	Ketchikan	13.60
3	Harris, Dajanae	Service	13.38
4	McKoy, Catherine	Bartlett	13.23
5	Hines, Katherine	South Anchorage	13.26
6	Carter, Gen	Service	13.43
7	Eagan, Patty	West Valley HS	13.65
8	Tompkins, Ava	Thunder Mountain	13.76
Heat 2 of 2 Prelims			
1	Crellin, Alexis	Ketchikan	13.72
2	Butler, Synclaire	East Anchorage	13.59
3	Stephens, Chase	Colony	13.34
4	Mathis, Peggy	Wasilla	13.09
5	Lyken, Malia	Dimond	13.28
6	Davis, Jazlan	Lathrop HS	13.48
7	Fagerstrom, Kaitlin	Juneau Douglas	13.66
8	Tookes, Cya	Lathrop HS	13.80

inspiration in *action*



Leading Alaska's active teens

At Providence, we believe that active teens become active adults – living happy, healthy lives. Kikkan Randall agrees. She grew up running, skiing and hiking around Alaska. Today, she's America's Olympic cross-country skiing star.

Providence supports Alaska's teens and role models like Kikkan Randall by providing programs and services that encourage healthy lifestyles for all Alaskans.

Providence – you have our word.



www.providence.org/alaska

Kikkan Randall

Two-time Olympian, cross-country skiing

EVENT LINEUPS

Event 417 Boys 100 Meter Dash 1A-2A-3A

Lane	Name	School	Seed Time
1	Boord, Mitchell	Sitka	12.29
2	Sumauang, Jaren	Sitka	11.98
3	Buzby, Charlie	Houston	11.69
4	Griffith, Tony	Ben Eielson HS	11.56
5	De LaCruz, Jon	Sitka	11.69
6	Atwood, Preston	Seward	11.79
7	Fears, Brandon	Monroe Catholic HS	12.15
8	Sondergaard, Jordan	Glennallen	12.30

Event 418 Boys 100 Meter Dash 4A

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Luafulu, Kevin	Bartlett	11.88
2	Jones, Eric	Service	11.71
3	Bobo, Fua	Dimond	11.61
4	Bell, Jakeil	East Anchorage	11.27
5	Brown, Antonio	East Anchorage	11.36
6	Morman, Brett	South Anchorage	11.69
7	Michael, Luke	Soldotna	11.78
8	Obas, Josh	Kodiak	11.99

Heat 2 of 2 Prelims			
1	Lee, Kaelen	Lathrop HS	11.89
2	Desmond, Hunter	Lathrop HS	11.70
3	Sudduth, Charles	West Valley HS	11.62
4	Kott, Peter	Eagle River	11.26
5	Tufaga, Jordan	Dimond	11.49
6	Anderson, Dominick	West Valley HS	11.66
7	Eagan, Danny	West Valley HS	11.84
8	Thompson, Kelton	Ketchikan	11.98

Event 421 Girls 4x200 Meter Relay 1A-2A-3A

Lane	Team	Relay	Seed Time
1	Ben Eielson HS	A	2:00.62
	1) Sanders, Marisa 2) Vivens, Brittany 3) Williams, Jazzmyn 4) Stalder, Emileigh 5) Johnson, Evonne 6) McCahon, Shelby		
2	Homer	A	1:59.02
	1) Shemet Pitcher, Azizza 2) Mitchell, Molly 3) Simmons, Elsa 4) Soistman, Cassidy 5) Crane, Crystal 6) Brant, Abigale		
3	Skyview	A	1:53.44
	1) Ramsell, Hayley 2) Roumagoux, Sidney 3) Cunningham, Marlee 4) Fisher, Kaylee 5) Tolliver, Heather 6) Neill, Casey		
4	Grace Christian	A	1:53.94
	1) Tsao-Wu, Maya 2) Broderick, Bridget 3) Applegate, Cheyenne 4) Arnold, Elle 5) Davis, Jodi 6) Moore, Natalie		
5	Nikiski	A	1:59.74
	1) Wallis, Sienna 2) Stock, Jeaneelee 3) Parrish, Arianne 4) Ross, Kerry 5) Schmidt, Alexa		
6	Seward	A	2:01.03
	1) Estes, Brooke 2) Brockman, Emily 3) Degnan, Jessica 4) Anderson, Iris 5) Powell, Ruth 6) Pfeifferberger, Alice		
7	Su Valley	A	2:05.50
	1) Hartley, Bernadette 2) Hartley, Emily 3) Spaulding, Robin 4) Jurasec, Sabrina 5) Hueton, Rekia 6) Lush, Shenendoah		
8	Sitka	A	2:06.74
	1) Villanueva, Melanie 2) Seehafer, Nicole 3) Ramil, Isa 4) Cagle, Gabriella 5) Hansen, Carley 6) Davis, Hannah		

Event 422 Girls 4x200 Meter Relay 4A

Lane	Team	Relay	Seed Time
1	Eagle River	A	1:51.95
	1) Boggs, Nikole 2) Owens, Dreanna 3) Wolery, Shayna 4) Walker, Elexa 5) Brown, Samantha 6) Warners, Scout		
2	West Valley HS	A	1:50.80
	1) Ashmore, Lawjen 2) Jackson, Sarah 3) Eagan, Patty 4) Acquistapace, Ellen 5) Ackiss, Maddison 6) Rasmussen, Leah		
3	Dimond	A	1:49.76
	1) Sims, Taylor 2) Tufaga, Vanessa 3) Bagsby, Brittany 4) Alston, D'Rhema 5) Lyken, Malia 6) Imig, Madison		
4	Chugiak	A	1:50.74
	1) Bensch, Victoria 2) Gregg, Rachel 3) Bookout, Brandy 4) Babin, Hannah 5) Mathis, MacKenzie 6) Reitz, Alicia		
5	Bartlett	A	1:51.56
	1) McKoy, Catherine 2) Mann, Chenelle 3) Mann, Cheyenne 4) Kueter, Taylor 5) Stadler, Vanessa 6) Thao, Pa		
6	Kenai Central	A	1:53.20
	1) McNamara, Jessie 2) Whannell, Kyla 3) Harding, Kiana 4) Sandahl, Leah 5) Barcus, Hannah 6) McKinsty, Lexi		
7	West Anchorage	A	1:53.91
	1) Patella, Maggie 2) Cockerhan, Chamia 3) Roberts, Anna Sophia 4) Kubitz, Grace 5) Jarvis-Mensoff, Sunny 6) Lowe, Melody		
8	Thunder Mountain	A	1:54.76
	1) Tompkins, Ava 2) Kay, Ashlynn 3) Luhrs, Jenna 4) Welling, Naomi 5) Dawson, Estie		

Event 423 Boys 4x200 Meter Relay 1A-2A-3A

Lane	Team	Relay	Seed Time
1	Monroe Catholic HS	A	1:42.94
	1) Metz, Troy 2) Grahek, Garrett 3) Minder, John 4) Hebard, Jacob		
2	Homer	A	1:41.27
	1) Seay, Connor 2) McGregor, Mark 3) Wilson, Peyton 4) Reinert, Sam 5) Carrol, Kyle		
3	Anchorage Christian	A	1:37.53
	1) Brown, Alex 2) Simmers, Augustus 3) Terry, Jalen 4) Todd, Michael 5) Simmers, Nate 6) Hoffman, Calvin		
4	Grace Christian	A	1:40.43
	1) Rowe, Carson 2) McLaughlin, Luke 3) Eller, Andrew 4) Winkle, Frew 5) Turner, Josiah 6) Nieder, Braden		
5	Seward	A	1:42.05
	1) Atwood, Preston 2) Stiebner, Rico 3) Swanson, Jerry 4) Mow, Peter 5) Berry, Tannen 6) Estes, Alex		
6	Delta HS	A	1:43.00
	1) Lind, Daniel 2) Sidorenko, David 3) Blankenship, Martese 4) Rivera, Raul 5) Mock, Ben		
7	Sitka	A	1:43.87
	1) Boord, Mitchell 2) Marsh, Raleigh 3) Sumauang, Jaren 4) De LaCruz, Jon 5) Barragan, Oscar 6) Villanueva, Jovani		
8	Su Valley	A	1:54.41
	1) Davenport, James 2) Timmers, Johan 3) Drover, Dustin 4) Goodman, Dustin 5) Helton, Noah		

Event 424 Boys 4x200 Meter Relay 4A

Lane	Team	Relay	Seed Time
1	Bartlett	A	1:34.35
	1) Luafulu, Kevin 2) Showalter, Taj 3) Malietufa-Lauofo, Kasiah 4) Belgarde, Dustin 5) Torres, Dimitri 6) Irving, Edress		
2	Lathrop HS	A	1:32.56
	1) Phillips, Travis 2) Lee, Kaelen 3) Jennis, Tyreke 4) Desmond, Hunter 5) Bryant, Cameron 6) Seminarario, Chris		
3	Chugiak	A	1:31.98
	1) Williams, Michael 2) Pratt, Dillon 3) Kveseth, Chris 4) Rohde, Tyler 5) Bringham, Curtis 6) Carnahan, Tyler		
4	Dimond	A	1:31.99
	1) Tufaga, Jordan 2) Parker, C.J. 3) Bobo, Fua 4) Jones, Michael 5) Schaffer, David 6) Jones, Susumu		
5	East Anchorage	A	1:34.17
	1) Su'a-Te'o, Diego 2) Brown, Antonio 3) Hawk, Chase 4) Bell, Jakeil 5) Scott, TreVon 6) Scott, Keeyan		
6	Eagle River	A	1:34.89
	1) Hall, Ed 2) Smith, Alec 3) Davis, Julian 4) Kott, Peter 5) Randall, John 6) King, Brandon		
7	Kenai Central	A	1:35.62
	1) Daniels, Jason 2) Casebeer, Lucas 3) Michaud, Fox 4) Smithwick, Brad 5) Kirsch, Jake 6) Fredric, Austin		
8	Thunder Mountain	A	1:38.03
	1) Jahn, Ben 2) Bursell, Nick 3) Steeves, James 4) Pietz, Brendan 5) Luna, Chris 6) Ia, Joe		



Go Further
Your Local Ford Store



SAFER KIDS—DRIVE A SAFER COMMUNITY

Last year our Driving Skills For Life program provided 11,975 teen drivers in the Northwest with the life-saving information and instruction they need to be safer on our roads. Educating teens to save lives—that's what Driving Skills for Life is all about.

DID YOU KNOW?

- Vehicle crashes are #1 killer of teens
- 16-year-olds are 10 times more likely to be involved in a crash than an adult
- Additional passengers increase the risk of a fatal crash for 16- and 17-year old drivers
- You can learn more at DrivingSkillsForLife.com

GOING FURTHER—TO KEEP OUR TEENS SAFE



CompareFord.com

PROUD SPONSORS OF:

ASAA
ALASKA SCHOOL ACTIVITIES ASSOCIATION


WE ARE LOCAL

FORD OPERATION GOODWILL

EVENT LINEUPS

Event 425 Girls 1600 Meter Run 1A-2A-3A

Lane	Name	School	Seed Time
1	Trujillo, Claire	Grace Christian	5:23.24
2	Fifield, Macala	Monroe Catholic HS	5:30.83
3	Trujillo, Anna	Grace Christian	5:32.40
4	Ohotnick, Colette	Holy Family Academy	5:38.90
5	Cyr, MacKenzie	Glennallen	5:39.55
6	Farrell, Casey	Homer	5:40.11
7	Balsan, Elizabeth	Anchorage Christian	5:41.98
8	Schwartz, Robyn	Petersburg	5:57.93

Event 426 Girls 1600 Meter Run 4A

Lane	Name	School	Seed Time
1	Ostrander, Allie	Kenai Central	4:58.21
2	Michaelson, Audrey	Colony	5:05.42
3	Northey, Jenette	Service	5:12.55
4	Burroughs, Mariah	Wasilla	5:23.85
5	Thompson, Makenzie	Colony	5:25.42
6	Blanchet, Lydia	West Anchorage	5:27.18
7	Walker, Allonna	Eagle River	5:29.72
8	Ford, Jenna	Wasilla	5:32.20
9	Hall, Maddie	Thunder Mountain	5:32.67
10	O'Donnell, Dorothy	West Valley HS	5:32.71
11	Kubich, Megan	Lathrop HS	5:35.04
12	Bauer, Meagan	Service	5:35.86
13	Seidl, Hannah	Dimond	5:36.91
14	Bigley, Zoe	Kodiak	5:37.48
15	Hutchings, Olivia	Soldotna	5:38.23
16	Mondl, Kaitlyn	Eagle River	5:38.48

Event 427 Boys 1600 Meter Run 1A-2A-3A

Lane	Name	School	Seed Time
1	Knotek, Miles	Seward	4:37.42
2	Serventi, Daniel	Grace Christian	4:39.19
3	Mossgrrove, Arlen	Glennallen	4:39.27
4	Monzon, Austin	Anchorage Christian	4:40.46
5	Korta, Kaleb	Galena	4:43.36
6	Ochoa, Pedro	Homer	4:45.92
7	Cochran, Airk	Skagway City Schools	4:49.03
8	Tatarenko, Daniel	Delta HS	4:58.73

Event 428 Boys 1600 Meter Run 4A

Lane	Name	School	Seed Time
1	Thomet, Levi	Kodiak	4:24.42
2	Theisen, Jonah	Kenai Central	4:28.21
3	Noon, Peter	West Valley HS	4:28.31
4	Christiansen, Cole	Kodiak	4:30.09
5	Dolan, Thomas	Bartlett	4:30.77
6	Turney, Taylor	Service	4:31.00
7	Fried, Levi	Kodiak	4:33.34
8	Schafer, Brandon	Colony	4:34.36
9	Farr, John	East Anchorage	4:35.46
10	King, Sam	Lathrop HS	4:36.44
11	Theisen, Jordan	Kenai Central	4:36.90
12	Moser, Riley	Juneau Douglas	4:37.52
13	Grzeda, Kuba	West Valley HS	4:38.02
14	English, Khalil	Thunder Mountain	4:38.72
15	Perry, Iain	Dimond	4:38.98
16	McCarthy, Julian	Kodiak	4:41.30

Event 429 Girls 4x100 Meter Relay 1A-2A-3A

Lane	Team	Relay	Seed Time
1	Nikiski	A	56.17
	1) Wallis, Sienna 2) Stock, Jeaneelee 3) Parrish, Arianne 4) Ross, Kerry		
2	Grace Christian	A	55.29
	1) Ellis, Christina 2) Broderick, Bridget 3) Tsao-Wu, Maya 4) Davis, Jodi		
3	Anchorage Christian	A	53.63
	1) Dickerson, Dallas 2) Geagel, Sarah 3) Ealum, Madison 4) Ealum, Tanner		
4	Skyview	A	53.82
	1) Toller, Heather 2) Roumagoux, Sidney 3) Cunningham, Marlee 4) Fisher, Kaylee		
5	Ben Eielson HS	A	55.96
	1) McCahon, Shelby 2) Stalder, Emileigh 3) Johnson, Evonne 4) Williams, Jazzmyn		
6	Monroe Catholic HS	A	56.98
	1) Clark, Andi 2) Pfister, Emily 3) Younker, Alicia 4) Gavora, Alexis		
7	Sitka	A	57.61
	1) Cagle, Gabriella 2) Iwamoto, Erin 3) Ramil, Isa 4) Dumag, Melissa		
8	Su Valley	A	59.16
	1) Hartley, Bernadette 2) Lush, Shenendoah 3) Spaulding, Robin 4) Jurasec, Sabrina		
	5) Hueton, Reikia 6) Loper, Ayla		

Event 430 Girls 4x100 Meter Relay 4A

Lane	Team	Relay	Seed Time
1	Dimond	A	53.58
	1) Abello, Celine 2) Alston, D'Rhema 3) Tufaga, Vanessa 4) Lyken, Malia		
2	West Valley HS	A	53.23
	1) Ashmore, Lawjen 2) Ackiss, Maddison 3) Benjamin, Emma 4) Acquistapace, Ellen		
3	Service	A	52.28
	1) Cuddihy, Lauren 2) Carter, Gen 3) Haas, Emily 4) Harris, Dajanae		
4	Chugiak	A	52.52
	1) Bensel, Victoria 2) Bookout, Brandy 3) Matthis, MacKenzie 4) Babin, Hannah		
5	Kenai Central	A	53.55
	1) McKinstrey, Lexi 2) Whannell, Kyla 3) Harding, Kiana 4) Sandahl, Leah		
6	South Anchorage	A	53.93
	1) Hines, Katherine 2) Bartenstein, Melanie 3) Coleman, Mya 4) Ashby, Jasmine		
7	Lathrop HS	A	53.99
	1) Raymond, Tahnee 2) Fitzgerald, Karli 3) Davis, Jazlan 4) Tookes, Cya		
8	Juneau Douglas	A	55.37
	1) Garcia, Tianna-Jae 2) Wittwer, Ashley 3) Hintermeister, Arianna 4) Fagerstrom, Kaitlin		
	5) Walsh, Catherine		

Event 431 Boys 4x100 Meter Relay 1A-2A-3A

Lane	Team	Relay	Seed Time
1	Ben Eielson HS	A	48.53
	1) Montalvo, Brandon 2) Foster, James 3) Baugh, Justin 4) Griffith, Tony		
2	Anchorage Christian	A	47.86
	1) Brown, Alex 2) Hoffman, Calvin 3) Nicholson, Brian 4) Todd, Michael		
3	Houston	A	47.55
	1) Buzby, Charlie 2) Griffith, Dustin 3) Bayne, Ben 4) Barron, Matt		
4	Sitka	A	47.56
	1) Boord, Mitchell 2) Marsh, Raleigh 3) Sumauang, Jaren 4) De LaCruz, Jon		
5	Skyview	A	48.31
	1) Collier, DJ 2) Rice, Brandon 3) Gibbons, Charles 4) Duke, Tim		
6	Monroe Catholic HS	A	48.99
	1) Metz, Troy 2) Grahek, Garrett 3) Minder, John 4) Hebard, Jacob		
7	Nikiski	A	49.08
	1) Johnson, Lincoln 2) Johnson, Luke 3) Carstens, Seth 4) Apted, Tristin		
8	Glennallen	A	49.64
	1) Sondergaard, Jordan 2) Grams, Trevor 3) Jones, Jacob 4) Miller, Aaron		

ANCHOR POINT • ANAKTUVUK PASS • ANCHORAGE • BARROW • BETHEL • CANTWELL • CHICKALOON • CHUGIAK • CLAM
 GULCH • COOPER LANDING • CORDOVA • CRAIG • DOUGLAS • EAGLE RIVER • ELMENDORF AFB • EYAK • FAIRBANKS • FORT
 RICHARDSON • GIRDWOOD • GLENNALLEN • GUSTAVUS • HOMER • HOUSTON • JUNEAU • KAKTOVIK • KALSKAG • KASILO
 KENAI • KETCHIKAN • KING SALMON • KLAWOOCK • KODIAK • NIKISKI • NINILCHIK • NORTH POLE • NUIQSUT • PALMER
 EWARD • SHUNGNAK • SITKA • SOLDOTNA • STERLING • TALKEETNA • TATITLEK • TRAPPER CREEK • VALDEZ • WAINWRIGHT
 WASILLA • WILLOW • ANCHOR POINT • ANAKTUVUK PASS • ANCHORAGE • BARROW • BETHEL • CANTWELL • CHICKALOON
 CHUGIAK • CLAM GULCH • COOPER LANDING • CORDOVA • CRAIG • DOUGLAS • EAGLE RIVER • ELMENDORF AFB • EYAK
 FAIRBANKS • FORT RICHARDSON • GIRDWOOD • GLENNALLEN • GUSTAVUS • HOMER • HOUSTON • JUNEAU • KAKTOVIK

community



What comes around
 goes around

Last year BP and its employees supported
 more than 700 education and service
 organizations in 49 different communities
 across Alaska. We believe these are
 investments that reach Alaskans everywhere.



alaska.bp.com

EVENT LINEUPS

Event 432 Boys 4x100 Meter Relay 4A

Lane	Team	Relay	Seed Time
1	South Anchorage	A	45.11
	1) West, Andrew 2) Stephan, Roman 3) Morman, Brett 4) Pudlo, Joshua		
2	West Valley HS	A	44.58
	5) Hull, Arthur 6) Ellis, Wade		
3	Dimond	A	44.01
	1) Chafin, Yong-Ray 2) Sudduth, Charles 3) Eagan, Danny 4) Anderson, Dominick		
4	Lathrop HS	A	44.38
	5) Banks, Micah 6) Moore, Michael		
5	East Anchorage	A	45.03
	1) Tufaga, Jordan 2) Afoa, Stanson 3) Bobo, Fua 4) Jones, Michael		
6	Service	A	45.43
	5) Parker, C.J. 6) Tufaga, Armani		
7	Kodiak	A	45.68
	1) Lee, Kaelen 2) Jennis, Tyreke 3) Seminarrio, Chris 4) Desmond, Hunter		
8	Thunder Mountain	A	47.38
	5) Hoppough, Braeden 6) Phillips, Travis		
	1) Su'a-Te'o, Diego 2) Brown, Antonio 3) Scott, Keeyon 4) Bell, Jakeil		
	5) McKee, Jason 6) Washington, Deonta		
	1) Obas, Josh 2) Alcaide, Billy 3) Llorente, Frederick 4) Mangalus, Jemuel		
	5) Rodas, Daniel 6) Ma'inifo, Michael		
	1) Van Tamelen, Neal 2) Ia, Joe 3) Jahn, Ben 4) Bursell, Nick		
	5) Fox, Kenny 6) Luna, Chris		

Event 433 Girls 400 Meter Dash 1A-2A-3A

Lane	Name	School	Seed Time
1	Loper, Ayla	Su Valley	1:04.88
2	Cabana, Tayla	Homer	1:04.13
3	Waclawski, Aurora	Homer	1:03.36
4	Arnold, Elle	Grace Christian	1:03.03
5	Langseth, Zoe	Valdez	1:03.23
6	Applegate, Cheyenne	Grace Christian	1:03.91
7	Fifield, Macala	Monroe Catholic HS	1:04.66
8	Schwartz, Robyn	Petersburg	1:08.09

Event 434 Girls 400 Meter Dash 4A

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Crellin, Alexis	Ketchikan	1:03.15
2	Angell, Christine	Lathrop HS	1:01.79
3	Michaelson, Audrey	Colony	58.71
4	Acquistapace, Ellen	West Valley HS	1:00.74
5	Nelson, Daisy	Soldotna	1:02.71
6	Fagerstrom, Kaitlin	Juneau Douglas	1:03.63
7	Sanchez, Zaidybel	Lathrop HS	1:03.91
8	Mann, Chenelle	Bartlett	1:04.68
Heat 2 of 2 Prelims			
1	Imig, Madison	Dimond	1:03.15
2	Bookout, Brandy	Chugiak	1:01.96
3	Mathis, Peggy	Wasilla	57.59
4	Boggs, Nikole	Eagle River	1:00.78
5	Wilkins, Marley	Kodiak	1:02.51
6	Bruce, Jordyn	Eagle River	1:03.70
7	Tufaga, Vanessa	Dimond	1:04.22
8	Owens, Dreanna	Eagle River	1:04.63

Event 437 Boys 400 Meter Dash 1A-2A-3A

Lane	Name	School	Seed Time
1	Fears, Brandon	Monroe Catholic HS	55.38
2	Sunburg, Keegan	Haines	55.06
3	Reinert, Sam	Homer	54.47
4	Hilbish, Micah	Skyview	53.64
5	Atwood, Preston	Seward	54.04
6	Mossgrrove, Arlen	Glennallen	54.70
7	Johnson, Brayton	Anchorage Christian	55.09
8	Simmers, Augustus	Anchorage Christian	55.46

Event 438 Boys 400 Meter Dash 4A

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Moore, Michael	West Valley HS	53.09
2	Remington, Daniel	West Valley HS	52.30
3	Pudlo, Joshua	South Anchorage	50.96
4	Michael, Luke	Soldotna	51.69
5	Clayton Brunelle, Cedarian	Dimond	52.79
6	Schafer, Brandon	Colony	53.19
7	Smith, Alec	Eagle River	53.36
8	Kimball, Julien	Dimond	53.74
Heat 2 of 2 Prelims			
1	Sinnett, Darien	Colony	53.06
2	Thompson, Kelton	Ketchikan	52.40
3	Kveseth, Chris	Chugiak	50.00
4	Nur, Ibrahim	West Anchorage	52.16
5	Roylance, Kristopher	West Anchorage	52.42
6	Bilafer, Daniel	Colony	53.24
7	Smithwick, Brad	Kenai Central	53.50
8	Hoog, Kit	Eagle River	53.71

Event 441 Girls 300 Meter Hurdles 1A-2A-3A

Lane	Name	School	Seed Time
1	Boskofsky, Raissa	Port Lions	52.45
2	Rowe, Kayla	Grace Christian	50.61
3	Geagel, Sarah	Anchorage Christian	48.68
4	Davis, Jodi	Grace Christian	49.70
5	Cabana, Tayla	Homer	52.28
6	Fifield, Macala	Monroe Catholic HS	52.47
7	Weller, Grace	Petersburg	52.70
8	Schmiedt, Leah	Grace Christian	53.11

Event 442 Girls 300 Meter Hurdles 4A

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Barnett, McKenzie	Kodiak	50.74
2	Lautrup, Natalie	Colony	48.87
3	Sims, Taylor	Dimond	46.76
4	Warners, Scout	Eagle River	47.92
5	Winchester, Mekayla	West Anchorage	49.32
6	Jackson, Sarah	West Valley HS	50.85
7	Hubbard, Tiffany	Dimond	51.09
8	McNamara, Jessie	Kenai Central	52.34
Heat 2 of 2 Prelims			
1	Esplin, Elissa	South Anchorage	49.38
2	Ng, Sarah	Kodiak	48.95
3	Welling, Naomi	Thunder Mountain	46.56
4	Devine, Alysha	Wasilla	48.35
5	Ostrander, Allie	Kenai Central	49.13
6	Brice, Caitlyn	West Valley HS	50.86
7	Schindler, Beverly	Kenai Central	51.29
8	Abello, Celine	Dimond	51.92

Event 445 Boys 300 Meter Hurdles 1A-2A-3A

Lane	Name	School	Seed Time
1	Berry, Tannen	Seward	46.62
2	Seay, Connor	Homer	43.98
3	Duke, Tim	Skyview	41.11
4	Bayne, Ben	Houston	41.73
5	Hoffman, Calvin	Anchorage Christian	45.07
6	Walter, Andrew	Monroe Catholic HS	46.80
7	Marsh, Raleigh	Sitka	47.73
8	Susky, Christone	Su Valley	50.90



Your place to stay in AK.com



(find yours)



www.yourplacetostayinak.com

ASAA rates available at SpringHill Suites and the Courtyard. Call 907-273-3724 and ask for ASAA rates.



Load 'em up.
Move 'em out
with Dollar!



3730 Spenard Rd.
and at the Airport
907-248-5338

DOLLAR
RENT A CAR

DOLLAR.com
1-800-800-4000

Dollar features a wide selection of quality vehicles. ©2012 Floyd and Sons, Inc. A licensee of Dollar Rent A Car, Inc.

When Alaska's Best Need
To Be Seen and Heard,
They Go To...



MIRROR STUDIOS
AK . DC . LA

Award Winning Corporate Stories and Documentaries
World Renowned Safety and Training Programs
Radio and Television
Audition / Demo's / Full-Length CD Projects
CD's, DVD's, HD, 5.1 Dolby Surround

907-245-8888 • mirrorstudios.com

Alaska's Premier Studio

Proud Supporter of
Alaska School Activities Association

Your

- Custom balls for Basketball (The Rock), Softball, Soccer, Baseball.

Official

- Special pricing on Mikasa Volleyball (VFC 200).

Sporting

- Lowest prices on ALL your sporting goods needs.

Goods

- \$5 million inventory to serve your immediate needs.

Supplier.

- We stock every major manufacturer.



ANACONDA SPORTS®

Orders: 800-398-7625

Info: 845-336-4024 • Fax: 845-336-0355

www.anacondasports.com

IMAGINE...

hundreds of Alaskans coming together from across
the Last Frontier in perfect rhythm and harmony.



Proud supporter of ASAA and the
next generation of Alaskan leaders.

eye-cue.com

907.248.7663

Kevin Lane Photography

Action - Real Estate - Weddings

klaneak@gmail.com - 907-382-7460
Anchorage, AK



Sports/Events - Real Estate/Architecture - Wedding/Portraits

Your ASAA Action Sports Professional

Official Photographer

*Kevin Lane Photography is pleased to be the
Official Photographer for All ASAA State Events.*

Find your best shots at: www.asaa.org

Follow the links to Kevin Lane Photography

New - State Tournament Image DVD's

You can now buy Image DVD's of past ASAA events
goto www.kevinlanephoto.com for more info



WWW.KEVINLANEPHOTO.COM

907-382-7460 KLANEAK@GMAIL.COM

EVENT LINEUPS

Event 446 Boys 300 Meter Hurdles 4A

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Williams, Michael	Chugiak	42.86
2	Ellis, Wade	South Anchorage	41.56
3	Rohde, Tyler	Chugiak	39.21
4	West, Andrew	South Anchorage	40.71
5	Millington, Devin	Lathrop HS	42.79
6	Rilatos, Mitchell	Wasilla	43.36
7	Jensen, Nick	Lathrop HS	44.28
8	Charles, Melvin	Colony	45.16
Heat 2 of 2 Prelims			
1	McCoy, Kenneth	Colony	42.83
2	Bryant, Cameron	Lathrop HS	42.05
3	Showalter, Taj	Bartlett	38.34
4	Elliott, Leroy	West Anchorage	40.88
5	Parish, Brandon	Eagle River	42.05
6	Voelz, Ricky	Ketchikan	43.64
7	Cook, Douglas	Ketchikan	44.32
8	Brownlee, Sam	Chugiak	45.13

Event 449 Girls 800 Meter Run 1A-2A-3A

Lane	Name	School	Seed Time
1	Applegate, Cheyenne	Grace Christian	2:31.30
2	Maslen, Kendal	Glennallen	2:32.08
3	Waclawski, Aurora	Homer	2:32.19
4	Trujillo, Anna	Grace Christian	2:32.61
5	Ohotnick, Colette	Holy Family Academy	2:33.85
6	Mitchell, Molly	Homer	2:34.06
7	Timoshenko, Zoya	Delta HS	2:36.00
8	Schwartz, Robyn	Petersburg	2:46.53

Event 450 Girls 800 Meter Run 4A

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Roelle, Rachel	West Anchorage	2:21.63
2	Michaelson, Audrey	Colony	2:22.24
3	Burroughs, Mariah	Wasilla	2:25.00
4	Hebard, Allison	Lathrop HS	2:27.70
5	Boutet, Maddy	West Anchorage	2:29.32
6	Seidl, Hannah	Dimond	2:30.01
7	Crellin, Alexis	Ketchikan	2:32.49
8	Burroughs, Riley	Wasilla	2:33.76
Heat 2 of 2 Prelims			
1	Mathis, Peggy	Wasilla	2:19.35
2	Northey, Jenette	Service	2:22.85
3	Williams, Grace	South Anchorage	2:26.62
4	McCormick, Dani	Soldotna	2:27.52
5	Walker, Allonna	Eagle River	2:29.16
6	O'Donnell, Dorothy	West Valley HS	2:30.69
7	Hall, Maddie	Thunder Mountain	2:32.68
8	Bruce, Jordyn	Eagle River	2:32.89

Event 506 Boys 800 Meter Run 1A-2A-3A

Lane	Name	School	Seed Time
1	Hilbish, Micah	Skyview	2:05.88
2	Marshall, Michael	Seward	2:07.01
3	Eller, Andrew	Grace Christian	2:07.64
4	Johnson, Brayton	Anchorage Christian	2:08.18
5	Ochoa, Pedro	Homer	2:08.87
6	Cochran, Airk	Skagway City Schools	2:10.10
7	Patterson, George	Ben Eielson HS	2:13.28
8	Mossgrrove, Arlen	Glennallen	2:14.33

Event 505 Boys 800 Meter Run 4A

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Noon, Peter	West Valley HS	2:00.76
2	Dolan, Thomas	Bartlett	2:00.91
3	Hannah, Clayton	Kodiak	2:01.56
4	Cooley, Andrew	Wasilla	2:02.73
5	King, Sam	Lathrop HS	2:03.26
6	Sessom, Christian	Colony	2:04.01
7	Turney, Taylor	Service	2:04.70
8	English, Khalil	Thunder Mountain	2:06.73
Heat 2 of 2 Prelims			
1	Kveseth, Chris	Chugiak	2:00.30
2	Thomet, Levi	Kodiak	2:01.05
3	Schafer, Brandon	Colony	2:01.94
4	Fried, Levi	Kodiak	2:02.45
5	Theisen, Jonah	Kenai Central	2:02.97
6	Cooper, Travis	Kenai Central	2:04.63
7	Peterson, Konnor	West Anchorage	2:05.75
8	Farr, John	East Anchorage	2:05.82

Event 521 Girls 200 Meter Dash 1A-2A-3A

Lane	Name	School	Seed Time
1	Davis, Jodi	Grace Christian	28.57
2	Arnold, Elle	Grace Christian	27.96
3	Ealum, Tanner	Anchorage Christian	27.00
4	Fisher, Kaylee	Skyview	27.41
5	Roumagoux, Sidney	Skyview	28.37
6	Cagle, Gabriella	Sitka	28.75
7	Stalder, Emileigh	Ben Eielson HS	28.76
8	Goward, Tia	Birchwood Christian	28.88

Event 522 Girls 200 Meter Dash 4A

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Devine, Alysha	Wasilla	27.84
2	Boggs, Nikole	Eagle River	27.05
3	Mathis, Peggy	Wasilla	26.57
4	Lyken, Malia	Dimond	26.65
5	Ashby, Jasmine	South Anchorage	27.67
6	Owens, Dreanna	Eagle River	27.84
7	Wilkins, Marley	Kodiak	28.26
8	Sandahl, Leah	Kenai Central	28.62
Heat 2 of 2 Prelims			
1	Eagan, Patty	West Valley HS	27.76
2	McKoy, Catherine	Bartlett	27.15
3	Warners, Scout	Eagle River	26.22
4	Hines, Katherine	South Anchorage	26.82
5	Carter, Gen	Service	27.62
6	Ingersoll, Danika	Wasilla	28.14
7	Franulovich, Bernadette	Ketchikan	28.33
8	Lautrup, Natalie	Colony	28.37

Event 461 Boys 200 Meter Dash 1A-2A-3A

Lane	Name	School	Seed Time
1	Brown, Alex	Anchorage Christian	24.45
2	De LaCruz, Jon	Sitka	24.09
3	Buzby, Charlie	Houston	23.55
4	Todd, Michael	Anchorage Christian	24.04
5	McIntosh, Keefe	Valdez	24.37
6	Fears, Brandon	Monroe Catholic HS	24.61
7	Carstens, Seth	Nikiski	24.90
8	Sondergaard, Jordan	Glennallen	25.35

WELCOME TO COMPETITORS

FROM ALL OVER THE STATE!



COCA-COLA OF ALASKA,
YOUR LOCAL POWERADE,
DASANI AND SOFT
DRINKS DISTRIBUTOR
FOR OVER SEVENTY YEARS.



EVENT LINEUPS

Event 524 Boys 200 Meter Dash 4A

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	Brown, Antonio	East Anchorage	23.64
2	Bobo, Fua	Dimond	22.95
3	Bell, Jakeil	East Anchorage	22.59
4	Showalter, Taj	Bartlett	22.64
5	Desmond, Hunter	Lathrop HS	23.59
6	Smithwick, Brad	Kenai Central	23.68
7	Jones, Lucas	Colony	23.78
8	Obas, Josh	Kodiak	24.11
Heat 2 of 2 Prelims			
1	Thompson, Kelton	Ketchikan	23.62
2	Kott, Peter	Eagle River	23.35
3	Rohde, Tyler	Chugiak	22.44
4	Pudlo, Joshua	South Anchorage	22.94
5	Michael, Luke	Soldotna	23.58
6	Eagan, Danny	West Valley HS	23.68
7	Hall, Ed	Eagle River 23.	92
8	Sudduth, Charles	West Valley HS	24.06

Event 525 Girls 4x400 Meter Relay 1A-2A-3A

Lane	Team	Relay	Seed Time
1	Seward	A	4:44.47
	1) Braun, Josephine 2) Dyer, Laura 3) Kromrey, Lindsey 4) Estes, Brooke 5) Pfeifferberger, Alice 6) Barnwell, Isabel		
2	Glennallen	A	4:39.40
	1) Maslen, Kendal 2) Cyr, MacKenzie 3) Lorence, Kelti 4) Heinbaugh, Hannah		
3	Homer	A	4:22.58
	1) Shemet Pitcher, Azizza 2) Cabana, Tayla 3) Soistman, Cassidy 4) Wacławski, Aurora 5) Brant, Abigale 6) Mitchell, Molly		
4	Grace Christian	A	4:24.55
	1) Tsao-Wu, Maya 2) Green, Krista 3) Trujillo, Anna 4) Trujillo, Claire 5) Arnold, Elle 6) Applegate, Cheyenne		
5	Valdez	A	4:39.66
	1) Morrison, Mikayla 2) Woods, Alexis 3) Merioles, Emily 4) Langseth, Zoe 5) Hursh, Veronica 6) Fleming, Madison		
6	Petersburg	A	4:46.21
	1) Weller, Grace 2) Taylor, Abigail 3) Wallace, Kylie 4) Schwartz, Robyn 5) Pfundt, Hannah		
7	Anchorage Christian A		4:48.09
	1) Coderre, Michelle 2) Davis, Kathleen 3) Ealum, Madison 4) Balsan, Elizabeth 5) Ealum, Tanner 6) Geagel, Sarah		
8	Monroe Catholic HS A		4:56.32
	1) Pfister, Emily 2) Everette, Christine 3) Younker, Alicia 4) Bristow, Spalding 5) Hoppner, Kylie		

Event 526 Girls 4x400 Meter Relay 4A

Lane	Team	Relay	Seed Time
1	Lathrop HS	A	4:21.41
	1) Sanchez, Zaidybell 2) Kubichek, Megan 3) Angell, Christine 4) Hebard, Allison 5) Lizotte, Brooke 6) Mondelli, Christina		
2	Wasilla	A	4:20.33
	1) Burroughs, Mariah 2) Devine, Alysha 3) Mathis, Peggy 4) Burroughs, Riley 5) Ford, Jenna 6) Ingersoll, Danika		
3	Eagle River	A	4:15.36
	1) Brown, Samantha 2) Bruce, Jordyn 3) Walker, Allonna 4) Boggs, Nikole 5) Wolery, Shayna 6) Owens, Dreanna		
4	Dimond	A	4:15.79
	1) Alston, D'Rhema 2) Tufaga, Vanessa 3) Sims, Taylor 4) Imig, Madison 5) Bagsby, Brittany 6) Epke, Allie		
5	Soldotna	A	4:20.69
	1) McCormick, Dani 2) Hutchings, Olivia 3) Fox, Sadie 4) Nelson, Daisy 5) Pothast, Hannah 6) Hensley, McKayla 7) Skjold, Kaillee		
6	Bartlett	A	4:21.43
	1) Mann, Chenelle 2) Widger, Mikayla 3) Hale, Mica 4) Mann, Cheyenne 5) Widger, Veronika		
7	Kenai Central	A	4:21.57
	1) McNamara, Jessie 2) Schindler, Beverly 3) Whannell, Kyla 4) Ostrander, Allie 5) Barcus, Hannah 6) Sandahl, Leah		
8	Ketchikan	A	4:32.53
	1) Nelson, Shawna 2) Enright, Vona 3) Crellin, Alexis 4) Michalsen, Kaia 5) Franulovich, Bernadette		

Event 527 Boys 4x400 Meter Relay 1A-2A-3A

Lane	Team	Relay	Seed Time
1	Glennallen	A	3:56.87
	1) Grams, Trevor 2) Miller, Aaron 3) Sondergaard, Jordan 4) Mossgröve, Arlen		
2	Haines	A	3:54.84
	1) Olsen, Chris 2) Henderson, Patrick 3) Tuohy, Dalton 4) Sunburg, Keegan 5) Blair, Walker 6) Sato - Franks, Kai		

3	Anchorage Christian A	3:47.32
	1) Simmers, Nate 2) Brown, Alex 3) Todd, Michael 4) Johnson, Brayton 5) Terry, Jalen 6) Monzon, Austin	
4	Seward A	3:52.76
	1) Marshall, Michael 2) Moore, Matthew 3) Berry, Tannen 4) Berry, Paxson 5) Swanson, Jerry 6) Atwood, Preston	
5	Skyview A	3:56.07
	1) Schlung, Sky 2) Musgrave, Brenner 3) Shuler, Daniel 4) Hilbish, Micah 5) Fair, Kely 6) Harley, Chad	
6	Monroe Catholic HS A	4:01.79
	1) Bowder, Nathan 2) Button, Lucas 3) Grahek, Garrett 4) Frank, William 5) Metz, Troy	
7	Houston A	4:03.26
	1) Grace, Zach 2) Gardner, Andrew 3) Styers, Lane 4) Kleewein, Kruz 5) Barron, Matt 6) Buzby, Charlie	
8	Delta HS A	4:03.46
	1) Morden, Jimmy 2) Mock, Ben 3) Becker, Joseph 4) Williams, Aaron 5) Rivera, Raul 6) Tatarenko, Daniel	

Event 528 Boys 4x400 Meter Relay 4A

Lane	Team	Relay	Seed Time
1	Lathrop HS	A	3:37.46
	1) Jennis, Tyreke 2) King, Sam 3) Tsigonis, Noah 4) Bryant, Cameron 5) Williams, Storm 6) Oba, Ewa		
2	Kodiak	A	3:35.71
	1) Alcaide, Billy 2) Fried, Levi 3) Hannah, Clayton 4) Ma'inifo, Michael 5) Carstens, Andrew 6) Rodas, Daniel		
3	Dimond	A	3:34.20
	1) Jones, Michael 2) Schaffer, David 3) Afoa, Stanson 4) Clayton Brunelle, Cedarian 5) Clayton, Wilson 6) Parker, C.J.		
4	Eagle River	A	3:34.45
	1) Smith, Alec 2) Randall, John 3) Kott, Peter 4) Hoog, Kit 5) Tubon, Anthony 6) King, Brandon		
5	Colony	A	3:37.46
	1) McCoy, Kenneth 2) Sinnett, Darien 3) Sessom, Christian 4) Bilafer, Daniel 5) Jones, Lucas 6) Schafer, Brandon		
6	West Anchorage	A	3:39.36
	1) Corpuz, Desmond 2) Royle, Kristopher 3) Nur, Ibrahim 4) Rayford, Marquie 5) Elliott, Leroy 6) Shayer, Eli		
7	Ketchikan	A	3:39.68
	1) Guenther, Jacob 2) Albertson, Beau 3) Thompson, Kelton 4) Cook, Douglas 5) Ulanos, Christopher		
8	West Valley HS	A	3:42.05
	1) Grzeda, Kuba 2) Sayre, Mikko 3) Banks, Micah 4) Remington, Daniel 5) Moore, Michael 6) Noon, Peter		

Win for Life

Play for Keeps is a statewide Tobacco, Alcohol and Controlled Substance program focused on students participating in high school interscholastic activities. The program is designed to reinforce good decisions and a healthy lifestyle for young people.



Play for Keeps
www.playforkeepsalaska.org

Proudly Sponsored By



Rent from Thrifty and Score Big



In Anchorage:
907-276-2855

1-800-THRIFTY®
Thrifty.com

2 locations to serve you:
Ted Stevens Anchorage Int'l Airport
or Spenard Road & Minnesota Drive

Thrifty features a wide selection of quality vehicles. ©2012 Floyd and Sons, Inc. A licensee of Thrifty Rent-A-Car System, Inc.

Thrifty
Car Rental

50/50 Raffle



LASKA
FUTURE SPORTS
BENTON BAY ATHLETIC LIONS

*Watch for the Gold and
you may win the Green!*

Benton Bay Athletic Lions, dressed in gold, will be circulating among you during the game, selling tickets for the 50/50 Raffle. Buy a chance and you could win one-half (50%) of the total proceeds from ticket sales at each contest. You will also become part of a major source of revenue support for Alaska School Activities Association activities - 25% of the proceeds goes directly to ASAA.

The 50/50 Raffle is simple and easy to play. One raffle ticket costs just \$1 and \$5 buys six tickets. Or purchase 13 chances to win for just \$10! The winning ticket will be announced during the final minutes of the game. Join thousands of fans who support ASAA athletics. Play the Benton Bay Athletic Lions 50/50 Raffle each game. *You could take home the Green!*

We set the standard

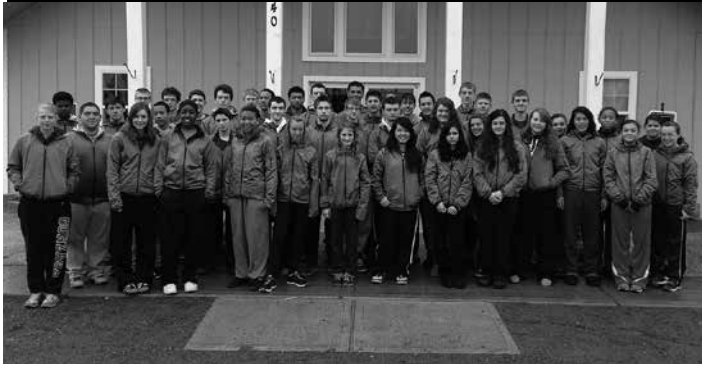


Alaskan Memories
Awards for All Occasions



401 W. Northern Lights Blvd. Suite 3 • Anchorage, AK 99503
(907) 277-1124 • Fax: 272-1943

TEAM PHOTOS



ANCHORAGE CHRISTIAN LIONS



COOK INLET ACADEMY EAGLES



EAGLE RIVER WOLVES



EAST ANCHORAGE THUNDERBIRDS



GRACE CHRISTIAN GRIZZLIES



HOLY FAMILY



HOMER MARINERS



JUNEAU DOUGLAS CRIMSON BEARS



Game - Set - Match

Era Alaska is a proud sponsor of the Alaska Schools Activities Association. We believe in supporting our community and the activities that build character and allow Alaskans to achieve success.

With routes to nearly 100 communities statewide, Era Alaska has a game plan to get you where you're going - fast.



**Earn FlyAway
Rewards with
every flight!**

800-866-8394 | flyera.com

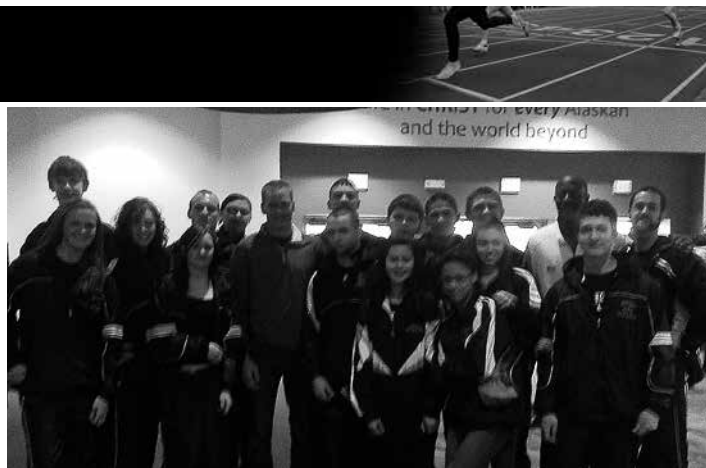


Go to flyera.com for more details on reward levels and restrictions. *5 refers to number of segments flown. Each flown segment earns 10 points. 50 points may be used for a basic, one-way travel award. Ask your local Era Alaska agent for more details.

TEAM PHOTOS



KODIAK BEARS



NIKISKI BULLDOGS



SERVICE COUGARS



SKYBIEW PANTHERS



SOUTH ANCHORAGE WOLVERINES



THUNDER MOUNTAIN FALCONS



WASILLA WARRIORS



WEST ANCHORAGE EAGLES

TEAM PHOTOS



YAKUTAT EAGLES

The "10 and 2"
driving technique
NEVER included a
cheeseburger and
cell phone!



Distracted Driving is **ANY** activity or diversion that decreases your focus on driving. Distracted Driving is comparable to a blood alcohol level of .08%!

What are the consequences of Distracted Driving?

- 5,474 Americans **DIED** and 448,000 were injured in 2009.
- Distracted Driving fatalities **INCREASED** 6% since 2005.

**U.S. DEPT. OF TRANSPORTATION STATISTICS

Drive as if your life depends on it.
It does!



Play for Keeps
Win For Life!
www.playforkeepsalaska.org



PROVIDENCE
Behavioral Health

STATE RECORDS IN EACH EVENT

Alaska State High School Track and Field All-Time Records

NOTE: State Records may only be established or tied at State Championships

WOMEN'S EVENTS

Event	Athlete	School	Mark	Year
Girls' Long Jump	Janay Deloach	Eielson	19'05.00"	2003
Girls' Triple Jump	Alisha Allen	Lathrop	38' 10.25"	2012
Girls' High Jump	Renae Pickarsky	Soldotna	5' 6.00"	1983
Girls' Shotput	Jenny Luer	Palmer	44' 4.75"	1997
Girls' Discus	Jenny Luer	Palmer	143'02.00"	1997
Girls' 100m dash	Starlett Jackson	Bartlett	11.8h	1981
Girls' 200m dash	Yvette Ervin	Eielson	25.1h	1982
Girls' 400m run	Lierin Flanagan	Kenai	55.95	2010
Girls' 800m run	Morgan Dampier	Wasilla	2:10.42	2011
Girls' 1600m run	Kris Smith	West	4:55.89	2003
Girls' 3200 meter run	Kristi Klinnert	Kodiak	10:37.7h	1986
Girls' 100m hurdles	Rosie Smith	Bartlett	14.82	2011
Girls' 300m hurdles	Laura Kelly	Chugiak	44.93	1994
Girls' 4 x 100m relay		East	49.77	2005
Girls' 4 x 200m relay		East	1:44.86	2003
Girls' 4 x 400m relay		Kenai	4:01.72	2010
Girls' 4 x 800m relay		West Valley	9:35.21	2004

MEN'S EVENTS

Event	Athlete	School	Mark	Year
Boys' Long Jump	Dereck Ladson	West Valley	23' 0.00"	1997
Boys' Triple Jump	Joel Mahaffey	Soldotna	45'10.25"	1993
Boys' High Jump	Ben Jackson	Service	6' 9.00"	2009
Boys' Shotput	Jordan Clarke	Bartlett	71' 03"	2008
Boys' Discus	Jordan Clarke	Bartlett	192' 07"	2007
Boys' 100m dash	Joel Knight	Soldotna	10.90	1995
Boys' 200m dash	Joel Knight	Soldotna	21.90	1995
Boys' 400m run	Ethan Hewitt	Chugiak	47.78	2007
Boys' 800m run	Doug Herron	Bartlett	1:49.2h	1985
Boys' 1600m run	Doug Herron	Bartlett	4:13.0h	1985
Boys' 3200 meter run	Jake Parisien	Palmer	9:11.27	2008
Boys' 110m hurdles	Tyler Rhode	Chugiak	14.61	2012
Boys' 300m hurdles	Elliott Bauer	South	38.58	2011
Boys' 4 x 100m relay		East	43.50	2006
Boys' 4 x 200m relay		Bartlett	1:28.5h	1990
Boys' 4 x 400m relay		East	3:23.6h	1982
Boys' 4 x 800m relay		Service	7:54.39	2010

NOTE:

Don Clary's 2-mile(3219m) time of 9:04.4(h) in 1975 is superior to the state 3200m record of 9:11.27

Betsy Haines' 1-mile (1609m) time of 4:55.3(h) in 1977 is superior to the state 1600m record of 4:55.89

PLEASE NOTE: The conversion factor between hand times and Fully Automatic Times (FAT) is 0.24 seconds. This means that a hand time of 20.00 is equal to a FAT time of 20.24. Therefore, it is possible that a FAT time that looks slower than a hand time can supercede the faster-looking hand time as a state best mark.

PAST TOURNAMENT RESULTS

RECENT STATE CHAMPIONS IN EACH EVENT Prior to 1994, times were handheld and, by rule, were rounded up to the next nearest tenth of a second. When Fully Automated Timing (FAT) was incorporated into the state tournament, times could accurately be measured to the hundredth. For state record conversion, the NFHS rules book determined that the difference between a handheld time and automatic time was 0.24 seconds. The old handheld time is compared to the result with the FAT time by adding this .24. If the recent FAT time was faster, it would then be accepted as the new state record.

100 METERS

Year	Men's Champion	Time	Women's Champion	Time
2009-4A	A.J. Allen (Lathrop)	10.96	Gabrielle Todd (Bartlett)	12.48
2009-123A	Nick Nysewander (Su Valley)	11.79	Melissa Grammer (Valdez)	12.94
2010-4A	Cyrus Chenault, Bartlett	11.27	Dajanae Harris, Wasilla	12.73
2010-123A	Nick Nysewander-Kellard, Su Valley	11.78	Ellen Esbenshade, Yakutat	13.44
2011 123A	Pat Brown (Eielson)	11.18	Gabriella Serventi (Grace)	13.12
2012 4A	Keenan Honore (Bartlett)	11.36	Destiny Little (Bartlett)	12.54
2012 123A	Devin Light (Haines)	11:61	Catherine McKay (ACS)	13.07

200 METERS

Year	Men's Champion	Time	Women's Champion	Time
2009-4A	Ryan Clay (South)	22.74	Gabrielle Todd (Bartlett)	25.74
2009-123A	Shane Cawley (Valdez)	24.35	Lexy Seifert (Barrow)	27.13
2010-4A	David Sollars, South	22.62	Lierin Flanagan, Kenai	25.86
2010-123A	Nick Nysewander-Kellard, Su Valley	23.96	Gabriella Serventi, Grace	28.04
2011 123A	Pat Brown (Eielson)	23.07	Gabriella Serventi (Grace)	26.91
2012 4A	Daquan Brunson (Bartlett)	22.58	Morgan Dampier (Wasilla)	25.82
2012 123A	Scott Delauder (Eielson)	23.86	Catherine McKay (ACS)	27.61

400 METERS

Year	Men's Champion	Time	Women's Champion	Time
2009-4A	Raymond Reid (Bartlett)	50.18	Gabrielle Todd (Bartlett)	57.24
2009-123A	Travis Price (Seward)	49.82	Britney Anderson (Eielson)	61.11
2010-4A	J.J. Jack-Nixon, Dimond	49.51	Lierin Flanagan, Kenai	55.95
2010-123A	Mickey Wilson, Skagway	52.42	Gabriella Serventi, Grace	1:01.47
2011 123A	Austin Gillespie (Seward)	53.02	Gabriella Serventi (Grace)	1:00.13
2012 4A	Daquan Brunson (Bartlett)	50.43	Morgan Dampier (Wasilla)	57.65
2012 123A	Alex Weldon (Eielson)	52.87	Macala Fifield (Monroe)	1:01.52

800 METERS

Year	Men's Champion	Time	Women's Champion	Time
2009-4A	Ryan Hanley (Dimond)	1:56.15	Ivy O'Guinn (Skyview)	2:16.94
2009-123A	Travis Price (Seward)	1:59.66	Kailey Wilson (Kenny Lake)	2:25.41
2010-4A	Hans Raelle, West	1:55.68	Morgan Dampier, Wasilla	2:13.95
2010-123A	Mickey Wilson, Skagway	1:59.29	Kailey Wilson, Kenny Lake	2:22.16
2011 123A	Joseph Dillon (Grace)	2:00.04	Katie Strong (Port Lions)	2:25.86
2012 4A	Jordan Fagle (Kodiak)	1:54.86	Morgan Dampier (Wasilla)	2:20.04
2012 123A	Jon Klein (Grace Christian)	2:01.72	Anna Trujillo (Grace Chr)	2:24.97

1600 METERS

Year	Men's Champion	Time	Women's Champion	Time
2009-4A	Trevor Dunbar (Kodiak)	4:13.32	Leah Francis (Juneau)	5:05.52
2009-123A	Jacob Kirk (Grace)	4:27.95	Kailey Wilson (Kenny Lake)	5:18.10
2010-4A	Silas Talbot, Service	4:19.29	Ivy O'Guinn, Skyview	5:09.41
2010-123A	Jacob Kirk, Grace	4:22.76	Kailey Wilson, Kenny Lake	5:27.82
2011 123A	Andrey Ionashku (Delta)	4:26.51	Macala Fifield (Monroe)	5:24.69
2012 4A	Max Ramey (Service)	4:21.75	Audrey Michaelson (Colony)	5:03.45
2012 123A	Jon Klein (Grace Christian)	4:27.42	Macala Fifield (Monroe)	5:27.52

3200 METERS

Year	Men's Champion	Time	Women's Champion	Time
2009-4A	Trevor Dunbar (Kodiak)	9:19.96	Leah Francis (Juneau)	11:13.52
2009-123A	Jacob Kirk (Grace)	9:28.81	Kailey Wilson (Kenny Lake)	11:37.18
2010-4A	Silas Talbot, Service	9:20.41	Ivy O'Guinn, Skyview	11:06.97
2010-123A	Jacob Kirk, Grace	9:20.27	Kailey Wilson, Kenny Lake	11:33.61
2011 123A	Andrey Ionashku (Delta)	9:34.98	Katie Strong (Port Lions)	11:48.00
2012 4A	Max Ramey (Service)	9:29.78	Audrey Michaelson (Colony)	11:04.22
2012 123A	Andrey Ionashku (Delta)	9:50.25	Anna Trujillo (Grace)	11:56.33

110/100 HURDLES

Year	Men's Champion	Time	Women's Champion	Time
2009-4A	Elliott Bauer (South)	15.20	Keiahanna Engel (Dimond)	15.52
2009-123A	Dylan Beck (Seward)	15.99	Anna Simmers (ACS)	15.29
2010-4A	Karsten Schick, Kodiak	15.16	Keiahanna Engel, Dimond	14.90
2010-123A	Antonio Hamilton, Eielson	16.16	Karley Madren, ACS	17.19
2011 123A	Antonio Hamilton (Eielson)	15.87	Jenelle Bennet (ACS)	17.09
2012 4A	Tyler Rhode (Chugiak)	14.61	Rosie Smith (Bartlett)	14.89
2012 123A	Joe Zarlengo (Petersburg)	17.60	Madison Orth (CIA)	16.80

300 HURDLES

Year	Men's Champion	Time	Women's Champion	Time
2009-4A	Elliott Bauer (South)	40.05	Keiahanna Engel (Dimond)	46.27
2009-123A	Dylan Beck (Seward)	40.81	Amie Swithwick (CIA)	48.51
2010-4A	Karsten Schick, Kodiak	39.82	Rosie Smith, Bartlett	45.37
2010-123A	Quinton Metcalf, Grace	42.64	Lizzy Bennett, Monroe	49.90
2011 4A	Elliott Bauer (South)	38.58	Keiahanna Engel (Dimond)	46.76
2012 4A	Tyler Rhode (Chugiak)	39.34	Rosie Smith (Bartlett)	45.19
2012 123A	Devin Braaten (Haines)	41.62	Raissa Boskofsky (Port Lions)	47.18

4x100 RELAY

Year	Men's Champion	Time	Women's Champion	Time
2009-4A	BARTLETT	43.80	DIMOND	50.87
2009-123A	GRACE	47.11	ACS	52.83
2010-4A	Bartlett	43.67	Bartlett	49.80
2010-123A	Seward	47.16	Cook Inlet Academy	54.72
2011 123A	EIELSON	45.52	GRACE CHRISTIAN	53.92
2012 4A	BARTLETT	43.76	BARTLETT	50.38
2012 123A	HAINES	46.43	ACS	53.49

4x200 RELAY

Year	Men's Champion	Time	Women's Champion	Time
2009-4A	BARTLETT	1:31.95	SERVICE	1:47.71
2009-123A	HAINES	1:39.08	ACS	1:54.00
2010-4A	Bartlett	1:31.23	Bartlett	1:45.58
2010-123A	Su Valley	1:37.75	Grace Christian	1:51.70
2011 123A	EIELSON	1:36.38	GRACE CHRISTIAN	1:53.18
2012 4A	BARTLETT	1:31.03	BARTLETT	1:46.66
2012 123A	EIELSON	1:35.62	ACS	1:54.20

4x400 RELAY

Year	Men's Champion	Time	Women's Champion	Time
2009-4A	BARTLETT	3:29.08	KENAI	4:04.46
2009-123A	SITKA	3:44.16	GRACE	4:27.68
2010-4A	Bartlett	3:27.66	Kenai	4:01.72
2010-123A	Grace Christian	3:38.22	Monroe	4:23.74
2011 123A	SEWARD	3:36.55	GRACE CHRISTIAN	4:20.22
2012 4A	CHUGIAK	3:28.60	WASILLA	4:09.49
2012 123A	ACS	3:36.74	GRACE CHRISTIAN	4:23.32

4x800 RELAY

Year	Men's Champion	Time	Women's Champion	Time
2009-4A	SERVICE	8:02.77	LATHROP	9:44.89
2009-123A	GRACE	8:35.74	GRACE	10:13.57
2010-4A	Service	7:54.39	Dimond	9:42.16
2010-123A	Seward	8:26.50	Seward	10:20.34
2011 123A	SEWARD	8:42.42	GRACE CHRISTIAN	10:49.80
2012 4A	KODIAK	8:06.43	WASILLA	9:51.15
2012 123A	GRACE CHRISTIAN	8:40.06	GRACE CHRISTIAN	10:16.51

HIGH JUMP

Year	Men's Champion	Height	Women's Champion	Height
2009-4A	Ben Jackson (Service)	6' 9"	Caroline Cole (South)	5' 1"
2009-123A	Dylan Beck (Seward)	6' 6"	Daisy Morgan (Tok)	5' 1"
2010-4A	Tyler Spalding, Kenai	6' 04"	Veronika Kudimova, Service	5' 01"
2010-123A	Augustus Simmers, ACS	5' 06"	Kathryn Medinger, Sitka	4' 10"
2011 123A	Kacey Walker (Valdez)	6' 1"	Raissa Boskofsky (Port Lions)	4' 8"
2012 4A	Tevin Gladden (Lathrop)	6' 2"	Morgan Kueter (Bartlett)	5' 2"
2012 123A	Augustus Simmer (ACS)	5' 10"	Raissa Boskofsky (Port Lions)	5' 01"

LONG JUMP

Year	Men's Champion	Distance	Women's Champion	Distance
2009-4A	Ben Jackson (Service)	21' 05"	Jessica Todd (Dimond)	15' 10"
2009-123A	Travis Price (Seward)	20' 00.75"	Gabrielle Serventi (Grace)	15' 7.5"
2010-4A	Cyrus Chenault, Bartlett	21' 02.5"	Jessica Todd, Dimond	17' 05"
2010-123A	Pete Hanks, Heritage	19' 03.75"	Jenelle Bennett, ACS	14' 08.25"
2011 4A	Vincent Barnett (Lathrop)	22' 04"	Alisha Allen (Lathrop)	16' 06"
2011 123A	Nathan Piper (Haines)	19' 11.50"	Jenelle Bennet (ACS)	15' 08.00"
2012 4A	MonTea Tate (Lathrop)	21' 3"	Alisha Allen (Lathrop)	17' 08.50"
2012 123A	Augustus Simmers (ACS)	19' 11.75"	Macala Fifield (Monroe)	15' 03.75"

TRIPLE JUMP

Year	Men's Champion	Distance	Women's Champion	Distance
2009-4A	Chris Plooy (Dimond)	45' 09.25"	Ambrosia Wilkerson (Chugiak)	33' 11.25"
2009-123A	Travis Price (Seward)	41' 09.25"	Anna Simmers (ACS)	33' 2.75"
2010-4A	Tyler Spalding, Kenai	43' 02.25"	Alisha Allen, Lathrop	36' 00.5"
2010-123A	Ryan Scott, ACS	40' 06.75"	Debbiey Simmers, ACS	33' 02.50"
2011 4A	Tyler Spalding (Kenai)	45' 00"	Alisha Allen (Lathrop)	37' 08.75"
2011 123A	Drew Donovan (Delta)	40' 05.75"	Jenelle Bennet (ACS)	32' 06.25"
2012 4A	Richard Predmore (Bartlett)	43' 05.25"	Alisha Allen (Lathrop)	38' 10.25"
2012 123A	Jordan Railing (ACS)	37' 09.25"	Madison Orth (CIA)	32' 07.25"

SHOT PUT

Year	Men's Champion	Distance	Women's Champion	Distance
2009-4A	John Knowles (Wasilla)	49' 09.25"	Crystal Tui (West)	40' 05.25"
2009-123A	Kevin Rima (Hutchison)	41' 08"	Anna Simmers (ACS)	33' 2.75"
2010-4A	John Knowles, Wasilla	50' 08.25"	Shellina Irwin, Colony	35' 9.25"
2010-123A	Kevin Rima, Hutchison	45' 08"	Kassi Johnson, Nikiski	34' 02.50"
2011 4A	Devon Teeling (Wasilla)	47' 07"	Erin LaMere (Palmer)	35' 10.75"
2012 4A	Ma'o Tosi (East Anchorage)	49' 04.75"	Lagi Wong (Soldotna)	37' 01.25"
2012 123A	Erik Johnson (Grace)	47' 00.50"	Tessa Adelmann (Seward)	34' 03.25"

DISCUS

Year	Men's Champion	Distance	Women's Champion	Distance
2009-4A	Mitchell Swensen (Dimond)	148' 01"	Crystal Tui (West)	116' 03"
2009-123A	Kevin Rima (Hutchison)	141' 02"	Megan Hansen (Nikiski)	104' 11"
2010-4A	John Knowles, Wasilla	148' 10"	Danielle Barney, Houston	108' 04"
2010-123A	Jesse Piper, Haines	137' 02"	Fran Daly, Haines	111' 08"
2011 4A	Tyler Spalding (Kenai)	165' 02"	Shellina Irwin (Colony)	118' 01"
2012 4A	Terry Holtman (West Anc)	158' 00"	Sarah Swanson (West Valley)	107' 07"
2012 123A	Brandon Haxton (Haines)	135' 09"	Cara Davidson (CIA)	102' 02"

**For the ENTIRE HISTORY of the Alaska
Track & Field State Tournament
Results go to: www.asaa.org**



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

Setting a strong pace for almost a century



The old adage "slow and steady wins the race" may not always apply, especially to those competing in the 100-meter dash. But when it comes to consistently meeting the banking needs of Alaskans, First National Bank Alaska has proven the state's front-runner for almost a century.

For more than 20 of those years, First National has supported the state's students through its title sponsorship of all Alaska School Activities Association (ASAA) championship events.

As we move forward, First National will continue to help Alaskans remain ahead of the pack when it comes to making financial dreams grow.

**Best of luck to all the
2013 ASAA/First National
Track and Field
State Championship
participants.**



**Forbes | 2013
AMERICA'S MOST
TRUSTWORTHY
COMPANIES**