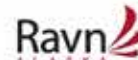


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NORDIC SKIING



- **2015 Schedule**
- **Participating Teams**
- **Past Tournament Results**





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Welcome from ASAA

On behalf of the Alaska School Activities Association Board of Directors and ASAA's corporate partners, welcome to the 2015 First National Bank Alaska State High School Nordic Skiing Championships!

Student-athletes, we applaud your dedication to doing your best for yourself and for your school. 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, Executive Director

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- 2014 Boys State Championship Results 27
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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 2014 ASAA/First National Bank State High School Nordic Skiing Championships.

Photos by Kevin Lane Photography.



POWER THROUGH

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Tournament Schedule



First National Bank
ALASKA

ASAA/FNBA 2015 NORDIC SKIING STATE CHAMPIONSHIPS

Kincaid Park Anchorage / February 19-21, 2015

Hosted by: Dimond High School & Nordic Skiing Association of Anchorage

2015 SCHEDULE OF EVENTS

Wednesday, February 18

- 12:00pm Facilities open for inspection including Bunker
- 6:00pm Coaches Meeting at Dimond High School

Thursday, February 19

- 7:00am Kincaid Park Wax Bunker open
- 11:40am Presentation of Colors
- 12:00pm Boys 7.5k Interval Start Classic Technique Race
- 1:30pm Girls 5k Interval Start Classic Technique Race
- 4:30pm Coaches Meeting at Dimond High School

Friday, February 20

- 7:00am Kincaid Park Wax Bunker open
- 11:40am Presentation of Colors
- 12:00pm Girls 7.5k Mass Start Freestyle Technique Race
- 1:00pm Boys 10k Mass Start Freestyle Technique Race
- 4:00pm Coaches Meeting at Dimond High School
- 5:00pm Awards at Dimond High School (Thursday and Friday Awards)

Saturday, February 21

- 7:00am Kincaid Park Wax Bunker open
- 11:40am Presentation of Colors
- 12:00pm Girls 4 x 3 K Mixed Technique (Classic-Classic-Free-Free)
- 1:30pm Boys 4 x 5 K Mixed Technique (Classic-Classic-Free-Free)
- 2:30pm Awards

CONDITIONS OF THE KINCAID PARK VENUE

1. Snow making loop will be used as well as other courses as available.

NOTE:

1. Races will be multi-lap.

Scoring Skiing

Individual Awards

Racers are awarded medals based on their order of finish in the race - in the state meet, the top 10 in each event will receive an award.

In addition, there will be individual medals awarded members of the 1st and 2nd place relay teams, and members of the teams placing 1st and 2nd place overall.

An All-State team composed of the top ten individuals

overall will receive a certificate and the top skier will be declared "Skimeister".

Team Awards

There will be 1st and 2nd place team trophies awarded for both boys and girls. A first place plaque for the highest scoring 2A/3A team for boys and girls.

Other Awards

ASAA recognizes a Good Sport Team, chosen from among participating schools

with at least four skiers. This award recognizes the good citizenship and sportsmanship demonstrated throughout the whole season. Good Sport Team members are selected by each qualifying team's head coach.

An Academic Award is presented to the team with the highest GPA.

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Kikkan Randall

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Team Rosters

Bartlett Golden Bears



Name	Grade	Gender	Seeding
Isaac Larson	10	M	
Ryan Reid	10	M	
Declan Reid	10	M	
Robert Magrath	11	M	
David Magrath	9	M	
Sarah Tucker	9	F	

School Colors Blue and Gold	Athletic Administrator Lisa Prince	Assistant Coaches Tom Barnett	
Principal Dan Gallego	Head Coach Kelly FitzGerald		

Chugiak Mustangs



Name	Grade	Gender	Seeding
Hannah Booher			1
Heidi Booher			2
Sara Hartke			5
Kate Arthen			6
Clare Cook			4
Emma Nelson			3
Olivia Mueller			ALT
Brian Wing			1
Ty Jordan			4
James Anderson			5
Nathan Keller			3
Carter Moncur			6
Jack Ginter			2
Charlie Latimer			ALT

School Colors Black, Aqua	Athletic Administrator James Bell	Assistant Coaches Andy Hall Anna Rix	
Principal David Legg	Head Coach Cody Priest		

Colony Knights



Name	Grade	Gender	Seeding
Tracen Knopp	10	M	2
Dawson Knopp	10	M	1
Dakota Peterson-thompson	11	M	3
Nick Harrison	12	M	4
Garrett Birch	12	M	5
Tim Farring	11	M	6
Greta Jenkins	12	F	1
Jordyn Block	11	F	2
Lisbeth Olsen	11	F	3
Coleen Geraghty	10	F	4
Marcella Meyerhofer	12	F	5
Alyson Kopsack	9	F	6

School Colors Green, black, white	Athletic Administrator Michael Boyd	Assistant Coaches David Knopp Justin Aulie	Managers Jana Jenkins
Principal Cyd Duffin	Head Coach Mark Strabel		

Dimond Lynx



Name	Grade	Gender	Seeding
Kelson Denton	12	M	1
Luke Cvancara	12	M	2
Dax Cvancara	11	M	3
Micah Barber	9	M	4
Morgan Hartley	12	M	5
Jack Wright	10	M	6
Kinsey Denton	11	F	1
Ruth Cvancara	10	F	2
Liesel Von Imhof	10	F	3
Ally Carney	9	F	4
Jasmine Langmann	10	F	5
Cora Berbig	11	F	6

School Colors Maroon & Gold	Athletic Administrator Tim Helvey	Assistant Coaches Shelly Laws Sarah Freistone Kyle Whisenant	Managers Lilly Bee Makayla Clark Emily Carey
Principal Tina Johnson- Harris	Head Coach Nate Normandin		



At Home in Alaska

**“Thanks to ASAA
and Princess Cruises,
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on the right track for
years!”**

- Kathi Porter

I was born and raised in Alaska, but in high school, I was just as uncertain about the future as my classmates.

Thankfully, I was blessed to participate in several ASAA activities and sports that helped put my future on the right track.

As a participant of East High School Student Government and soccer team, I learned the value of teamwork and proactive participation. Today, as Princess Guest Services Manager for the Anchorage Transportation and Guest Services Division, my life is still right on track.

I'm proud to work for a company who sponsors the Alaska School Activities Association (ASAA), providing today's young Alaskans with 22 sports and activities to enrich their lives and ensure Alaska's future.

- Kathi Porter
Manager, Guest Services

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Team Rosters

Eagle River Wolves



Name	Grade	Gender	Seeding
Jacob Walsh	11	M	Fastest Skier
Adam Blackley	11	M	2nd
Bradán Tobin	11	M	3rd
Michael Altenburg	9	M	4th
Jace Jerome	12	M	5th
Brock Fitzgerald	12	M	6th
Summer Frazier	11	F	Fastest Skier
Tessa Heagy	11	F	2nd
Tori Parsons	12	F	3rd
Kate Paskevitch	10	F	4th
Dani Owens	11	F	5th
Anna Ripp	9	F	6th

School Colors Navy Blue & Silver	Athletic Administrator Vikki McConnell	Assistant Coaches Mary Turner
Principal Martin Lang	Head Coach Liz Turner	

East Anchorage Thunderbirds



Name	Grade	Gender	Seeding
Morgan Flynn	11	F	
Abby Amick	9	f	
Ana Jager	12	f	
Megan Fink	12	F	
Sarah Freeman	9	f	
Max Robicheaux	12	m	
Paul Matyas	12	m	
Riley Jones	11	m	
Conor Hickey	11	m	
Ari Hinrichs	10	m	

School Colors Blue and Red	Athletic Administrator Megan Hatswell	Assistant Coaches Galen Johnston Katie Porter Allie Phillips
Principal Samuel Spinella	Head Coach Doug Spurr	

Grace Christian Grizzlies



Name	Grade	Gender	Seeding
Trent Fritzel	10	M	Fastest Skier
John Cosgrave	11	M	2nd-Fastest
Ty Mumford	11	M	3rd-Fastest
Josh Roach	11	M	4th-Fastest
Wyatt Brown	12	M	5th-Fastest
Taylor Sheldon	12	M	6th-Fastest
Sarah Cosgrave	12	F	Fastest Skier
Lauren Tsao-Wu	12	F	2nd-Fastest
Anna Jarvis	11	F	3rd-Fastest
Natalie Moore	12	F	4th-Fastest
Abigail Beveridge	9	F	5th-Fastest
Valerie DeMarzo	9	F	6th-Fastest

School Colors Maroon & Gold	Athletic Administrator Pete Johnson	Assistant Coaches Jenna De Yong Bob Arnold
Principal Tyler Jackson	Head Coach Nicole De Yong	

Homer Mariners



Name	Grade	Gender	Seeding
Aspen Daigle	12	F	
Rachel Ellert	11	F	
Sarah Wolf	9	F	
Mariah Vantrease	11	F	
Mia Alexson	9	F	
Audrey Russell	10	F	
Ghen Sasakura	12	M	
Jacob Davis	9	M	
Hoxie Parks	10	M	
Tagdh Scholz	11	M	

School Colors Navy Blue and Gold	Athletic Administrator Chris Perk	Assistant Coaches Alison O'hara
Principal Doug Waclawski	Head Coach Alan Parks	

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PERSONAL AND BUSINESS PLANNING

Team Rosters

Hutchison Hawks



Name	Grade	Height	Gender
Gabe Rueter	11	6'0"	M

School Colors Columbia Blue, Silver, & Black	Athletic Administrator Jenny Benson		
Principal Tyrone Oates	Head Coach Greg Whisenant		

Kenai Kardinals



Name	Grade	Gender	Seeding
Travis Cooper	12	M	1
Jordan Theisen	12	M	2
James Butler	11	M	4
Liam Floyd	11	M	5
Patrick Michaels	10	M	6
Karl Danielson	9	M	3
Alexandria Bergholtz	12	F	3
Kirsten Nyquist	12	F	6
Mikaela Salzetti	11	F	5
Katie Cooper	10	F	4
Riana Boonstra	9	F	2
Addison Gibson	9	F	1

School Colors Red/Black/White	Athletic Administrator Stacia Rustad	Assistant Coaches Christine Bergholtz Nate Mole Mike Bergholtz	Managers Maddie Michaud
Principal Alan Fields	Head Coach Brad Nyquist		

Lathrop Malemutes



Name	Grade	Gender	Seeding
Mackenzie Parrott	12	F	1
Allison Hebard	12	F	2
Lupua Oba	10	F	3
Emma Shawcroft	9	F	4
Lydia Porter	10	F	5
Naomi Dershin	9	F	6
Logan Mowry	10	M	1
Kevin Brune	11	M	2
Andrew Hanneman	10	M	3
Chandler Wappet	9	M	4
Nathan Sanches	9	M	5

School Colors Purple & Gold	Athletic Administrator Steve Zanazzo	Assistant Coaches Kristan Kelly	
Principal Bob Meade	Head Coach Jim Lokken		

Monroe Catholic Rams



Name	Grade	Gender	Seeding
Luke Button	12	m	
Andrew Walter	12	m	

School Colors Blue and Gold	Athletic Administrator Frank Ostanik	Assistant Coaches Kristan Kelly	
Principal Patrick Riggs	Head Coach Jim Lokken		



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support Alaska's youth
and ASAA.**



Team Rosters

North Pole Patriots



Name	Grade	Gender	Seeding
Jordyn Hickman	10	Female	
Austin Stewart	10	Male	
Andrew Accola	10	Male	
Saige Davila	11	Male	
Nicholas Taylor	11	Male	

School Colors Red, White, Blue	Athletic Administrator Walter Armstrong	Trainers Jeremy Lindgren ATC
Principal Annie Keep-Barnes	Head Coach Charles Patten	

Palmer Moose



Name	Grade	Gender	Seeding
Josiah Alverts	10	M	Fastest Skier
Colbe Hand	12	M	2nd-Fastest
Ben Mordue-Swalling	11	M	3rd-Fastest
Caden Hand	9	M	4th-Fastest
Jeremy Houston	9	M	5th-Fastest
Sam Haney	12	M	6th-Fastest
Rya Berrigan	10	F	Fastest Skier
Ruby Woodings	10	F	2nd-Fastest
Anahelene Taylor	10	F	3rd-Fastest
Rebekah Youngblood	12	F	4th-Fastest
Eva Bingham	11	F	5th-Fastest
Sidney Feige	10	F	6th-Fastest

School Colors Blue and White	Athletic Administrator Dale Ewart	Assistant Coaches Shelli Franckowiak
Principal Reese Everett	Head Coach Mikey Evans	

Service Cougars



Name	Grade	Gender	Seeding
Emma Tarbath	11	F	
Taryn Hunt-Smith	12	F	
Ryan Terry	11	F	
Sage Romey	11	F	
Alisa Aist	12	F	
Julia Ditto	11	F	
Gus Schumacher	9	M	
Conner Truskawski	12	M	
Canyon Tobin	10	M	
Matthew Muffoletto	12	M	
Zach Bassett	10	M	
Hiunter Thompson	11	M	

School Colors Gold/Green	Athletic Administrator James Hancock	Assistant Coaches Cole Talbot Kelsey Coolidge Tom Coolidge	Rebecca Coolidge-Haviland
Principal John Gaskin	Head Coach Jan Buron		

Seward Seahawks



Name	Grade	Gender	Seeding
Ruby Lindquist	9	F	
Dylan Gillespie	12	M	
Hunter Kratz	10	M	
Smith Logan	10	M	

School Colors Green and Gold	Athletic Administrator Albert Plan	
Principal Trevan Walker	Head Coach Logan Schulz	

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Soldotna Stars



Name	Grade	Gender	Seeding
John-Mark Pothast	9	M	1
Levi Michael	11	M	2
Tanner Best	12	M	3
Koby Vinson	9	M	4
Daniel Schuler	12	M	5
Aaron Swedberg	11	M	6
SadieFox	12	F	1
Hannah Pothast	11	F	2
Emily Werner	11	F	3
Olivia Hutchings	11	F	4
Kellie Arthur	9	F	5
Mieka Chythlook	11	F	6

School Colors Navy & White	Athletic Administrator Kent Peterson	Assistant Coaches Isaac Erhardt Steve Milliron	Statisticians Laura Pillifant
Principal Todd Syverson	Head Coach Dan Harbison		

South Anchorage Wolverines



Name	Grade	Gender	Seeding
Anna Darnell	11	F	1
Annika Flynn	12	F	2
Irene Bembek	12	F	3
Naomi Kiekintveld	11	F	4
Jenni Grunblatt	11	F	5
Kaylee Heck	9	F	6
Maggie Meeds	9	F	7
Hunter Wonders	10	M	1
Matthew Hoefler	11	M	2
Hamish Wolfe	10	M	3
Will Balcao	11	M	4
Brett Egeland	12	M	5
Andrew Hull	10	M	6
Grant Klug	11	M	7

School Colors Black & gold	Athletic Administrator Kern Mcginley	Assistant Coaches Matt Johnson Greta Anderson Branden Fontana Rachelle Kanady	
Principal Kersten Johnson- Struempler	Head Coach Liz Brewster		

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Team Rosters

Valdez Buccaneers



Name	Grade	Gender	Seeding
Sergei Wegner	12	M	
Stuart Relay	11	M	
Colton Prevost	10	M	
Ben Swanson	9	M	
Stephanie Allen	12	F	
Kathryn Keeney	12	F	
Josie McNelly	11	F	
Rylee Norris	10	F	
Taylor Huston	10	F	

School Colors Columbia Blue & White	Athletic Administrator Lea Cockerham	Assistant Coaches Nathan Albright Mark Prevost	Managers Emily Chase
Principal Rodney Schug	Head Coach Pete Toye		

Wasilla Warriors



Name	Grade	Gender	Seeding
Logan Seims	12	M	1
Eli Ickes	11	M	2
Isadora Warhus	12	F	1
Angela Syvertson	11	F	2
Lauren Leadbetter	9	F	alt

School Colors Red and black	Athletic Administrator Charles Martin	Assistant Coaches Natalie King	
Principal Amy Spargo	Head Coach Jeff Kase		

West Anchorage Eagles



Name	Grade	Gender	Seeding
Lydia Blanchet	12	F	1
Molly Gellert	9	F	2
Magdalen York	10	F	3
Zoe Hancock	9	F	4
Fiona Fick	9	F	5
Alejandra Legate	10	F	6
Katarina Grumman	11	F	NA
Jack Consenstein	11	M	1
Luke Jager	9	M	2
Riley Bickford	12	M	3
Will Mans	12	M	4
Paul Butera	12	M	5
Tristan Weise	10	M	6
Ryan Bickford	10	M	NA
Anton Clark	12	M	NA

School Colors Orange & Black	Athletic Administrator Brian Hosken	Assistant Coaches Mick Wendland Otto Gilbert Andrea Notopoulos Aubrey Smith Bryan Friedrichs	
Principal Tim Stone	Head Coach Anson Moxness		

West Valley Wolfpack



Name	Grade	Gender	Seeding
Max Donaldson	12	M	6
Tristan Sayer	12	M	5
Jonathon Koenig	12	M	4
Jesse Mayo	12	M	3
Colin Lease	10	M	2
Benjamin Koenig	10	M	1
Jenna Difolco	10	F	6
Jewel Hediger	11	F	5
Zoe Ratzlaff	9	F	4
Deriene Nickisch	9	F	3
Kelin Reitano	12	F	2
Peyton Presler	10	F	1

School Colors Red/Gold	Athletic Administrator Missy Poeschel		
Principal Dave Foshee	Head Coach Greg Whisenant		



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2014 Boys Tournament Results

CHAMPION: SOUTH ANCH

Overall Runner-up: WEST VALLEY

Academic Award: Service (3.86)

1st Place 2A/3A Team: Grace Christian

ALL-STATE TEAM

1. Max Donaldson	West Valley	48:11.2
2. Seiji Takagi	South Anch.	48:35.4
3. Thomas O'Harra	East Anch.	48:58.9
4. Hunter Wonders	South Anch.	49:16.7
5. Daniel Serventi	Grace Christian	49:17.6
6. Tanner Ramey	South Anch.	49:26.7
7. Jacob Volz	West Anch.	49:31.7
8. Luke McLaughlin	Grace Christian	50:16.4
9. Jonathan Koenig	West Valley	50:40.5
10. Tristan Sayre	West Valley	50:46.7

TOP TEN FREESTYLE (7.5K)

1. Max Donaldson	West Valley	19:14.7
2. Seiji Takagi	South Anch.	19:29.9
3. Thomas O'Harra	East Anch.	19:57.1
4. Hunter Wonders	South Anch.	20:05.2
5. Daniel Serventi	Grace Christian	20:08.6
6. Tanner Ramey	South Anch.	20:16.1
7. Jacob Volz	West Anch.	20:22.5
8. Jonathan Koenig	West Valley	20:24.9
9. Joe Bue	West Valley	20:28.3
10. Ben Koenig	West Valley	20:50.6

TOP THREE IN 2A/3A

1. Daniel Serventi	Grace Christian	20:08.6
2. Luke McLaughlin	Grace Christian	21:10.1
3. Brian Rowe	Homer	22:03.6

TOP TEN MASS CLASSIC (10K)

1. Jake Bassett	Service	28:53.2
2. Max Donaldson	West Valley	28:56.5
3. Thomas O'Harra	East Anch.	29:01.8
4. Seiji Takagi	South Anch.	29:05.5
5. Luke McLaughlin	Grace Christian	29:06.3
6. Daniel Serventi	Grace Christian	29:09.0
7. Jacob Volz	West Anch.	29:09.2
8. Tanner Ramey	South Anch.	29:10.6
9. Hunter Wonders	South Anch.	29:11.5
10. Matthew Muffoletto	Service	29:26.3

TOP THREE IN 2A/3A

1. Luke McLaughlin	Grace Christian	29:06.3
2. Daniel Serventi	Grace Christian	29:09.0
3. Brian Rowe	Homer	31:38.3

TOP TEN BOYS 4X5K RELAY TEAMS

1st	WEST VALLEY 52:20.8 (Koenig, Sayre, Bue, Donaldson)
2nd	SOUTH ANCHORAGE 52:59.0 (Takagi, Ramey, Hoefler, Wonders)
3rd	SERVICE 53:25.1 (Bassett, Muffoletto, Tobin, Truskowski)
4th	WEST ANCHORAGE 54:49.3 (Mans, Butera, Wise, Volz)
5th	EAST ANCHORAGE 55:26.2 (Robicheaux, Jones, Farr, O'Harra)
6th	DIMOND 55:30.0 (Denton, Swalling, D. Cvancara, I Cvancara)
7th	COLONY 55:45.5 (Schafer, B. Knopp, T. Knopp, Kopsack)
8th	GRACE CHRISTIAN 55:50.7 (Issacs, McLaughlin, Fritzel, Serventi)
9th	CHUGIAK 56:13.0 (Hall, Warner, McPhetres, Sorensen)
10th	LATHROP 56:28.9 (King, Mowry, Underwood, Brune)

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2014 Girls Tournament Results



CHAMPION: SOUTH ANCH.

Runner-up: SERVICE

Academic Award: Colony/Lathrop/Service (4.00)

1st Place 2A/3A Team: Grace Christian

ALL-STATE TEAM

1. Sarissa Lammers	Chugiak	39:56.4
2. Sadie Fox	Soldotna	40:21.0
3. Morgan Flynn	East Anch.	41:01.4
4. Emma Tarbath	Service	41:18.6
5. Annika Flynn	South Anch.	41:41.1
6. Janey Hoefler	South Anch.	41:42.1
7. Anna Darnell	South Anch.	41:55.3
8. Taryn Hunt-Smith	Service	42:02.7
9. Magdalen York	West Anch.	42:06.5
10. Hannah Pothast	Soldotna	42:25.1

TOP TEN CLASSIC (5K)

1. Sarissa Lammers	Chugiak	14:43.3
2. Sadie Fox	Soldotna	15:05.2
3. Anna Darnell	South Anch.	15:20.6
4. Annika Flynn	South Anch.	15:34.3
5. Emma Tarbath	Service	15:35.3
6. Morgan Flynn	East Anch.	15:36.6
7. Magdalen York	West Anch.	15:36.8
8. Barae Hirsch	West Anch.	15:48.0
9. Jenna DiFolco	West Valley	15:57.3
10. Janey Hoefler	South Anch.	16:01.3

TOP THREE IN 2A/3A

1. Kayla Rowe	Grace Christian	16:34.5
2. Elle Arnold	Grace Christian	16:41.6
3. Aspen Daigle	Homer	17:13.0

TOP TEN MASS CLASSIC (7.5K)

1. Sarissa Lammers	Chugiak	25:13.1
2. Taryn Hunt-Smith	Service	25:13.7
3. Sadie Fox	Soldotna	25:15.8
4. Morgan Flynn	East Anch.	25:24.8
5. Janey Hoefler	South Anch.	25:40.8
6. Emma Tarbath	Service	25:43.3
7. Annika Flynn	South Anch.	26:06.8
8. Hannah Pothast	Soldotna	26:09.0
9. Magdalen York	West Anch.	26:29.7
10. Anna Darnell	South Anch.	26:34.7

TOP THREE IN 2A/3A

1. Elle Arnold	Grace Christian	27:37.1
2. Kayla Rowe	Grace Christian	28:01.8
3. Mika Morton	Skyview	28:13.2

TOP TEN GIRLS 4X3K RELAY TEAMS

1st	SERVICE 36:43.3 (Hunt-Smith, Terry, Romey, Tarbath)
2nd	SOUTH ANCHORAGE 36:59.0 (Hoefler, Bembenek, Flynn, Darnell)
3rd	WEST ANCHORAGE 38:14.3 (York, Legate, Gellert, Hirsch)
4th	CHUGIAK 38:17.8 (Booher, Hartke, Connelly, Lammers)
5th	EAST ANCHORAGE 38:29.4 (Jager, Beiring, Fink, Flynn)
6th	SOLDOTNA 39:07.0 (Pothast, Werner, McCormick, Fox)
7th	COLONY 39:45.8 (Haan, Jenkins, Spaic, Block)
8th	WEST VALLEY 39:58.7 (Hediger, Gottmeier, DiFolco, Reitano)
9th	DIMOND 40:16.2 (Denton, Cvancara, McWhite, Von Imhof)
10th	PALMER 40:31.5 (Woodings, Lundin, Berrigan, Johnson)

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