









For more information and stats go to www.asaa.org























take the pledge

ItCanWait.com



Table of Contents

•	Championship Schedule and Course Map 3
•	Participating Schools and Meet Personnel 5
•	1A-2A-3A Girls Regional Qualifiers7-9
•	1A-2A-3A Boys Regional Qualifiers 11-13
•	Participating Team Photos
•	4A Girls Regional Qualifiers25-27
•	4A Boys Regional Qualifiers27-29
•	2014 State Tournament Results - Girls
•	2014 State Tournament Results - Boys

Welcome from ASAA

On behalf of the Alaska School Activities Association (ASAA) Board of Directors and ASAA's corporate partners, welcome to the 2015 ASAA/First National Bank Alaska State High School Cross Country Running Championships! To the student-athletes, we applaud your dedication to doing your best for yourself and for your school. To the coaches, counselors and parents, thank you for continuing to support interscholastic sports and activities. And to the spectators, we appreciate your being part of this statewide championship event.

Billy Strickland, 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 2013 ASAA/ First National Bank State High School Cross Country Running Championships.

Photos by Kevin Lane Photography.

We go further so that you can too.

There are more than 20 brands of cars being sold in America.

How do we make Ford stand out?

Not just with all-electric vehicles that get a projected 100 miles per gallon equivalent (MPGe); but also with a line of gas vehicles equipped with innovative EcoBoost® engines — combining power with efficiency.

Our technology will go to work just from hearing your voice plus will practically park and open doors for you?

And we make this kind of advanced technology available in our cars.

We have to go further than anyone thought we could.

So you can too.



Proud Sponsor of Alaska School Actitives Association

Estimate based on Ford Development Testing and U.S. EPA petroleum equivalence factor. ²Optional SYNC; active park assist and hands-free liftgate. SYNC is available on most Ford vehicles. Features/functionality vary by vehicle/model. Driving while distracted can result in loss of vehicle control. Only use SYNC/MyFord Touch/other devices, even with voice commands, when it is safe to do so. Some features may be locked out while the vehicle is in gear. Traffic alerts and turn-by-turn directions available in select markets. Message and data rates may apply.

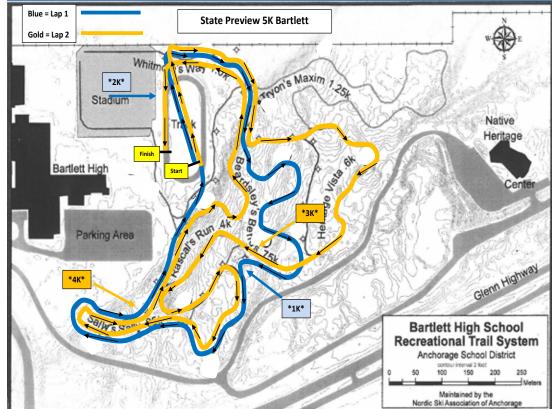


Go Further

Your Local Alaska Ford Store CompareFord.com

Championship Schedule





Scoring & Awards

for High School Cross-Country Running

Individual Scoring & Awards

Racers are awarded medals based on their order of finish in the race —in the state meet, the top ten in each event will receive an award. In today's events, there will be individual medals awarded to the top 10 finishers, as well as to the seven racers of the top two teams in each category.

Team Scoring & Awards

Team awards are determined by adding up the finish place of the top five runners on a team. For example, if a team has runners finishing in positions 1, 3, 7, 10, 15, 21 and 28 (only 7 racers from each team may participate in a varsity race), then the team score would be 1 + 3 + 7 + 10 + 15 = 36. In the case of a tie score with a five-person total, the team with the lowest 6th place finisher is declared the winner.

The lower a team's score, the better. A "perfect" score would be 15 where all five runners from one team came across in the first five places.

Today's event will have team awards for the top two varsity teams in each race.

Other Awards

ASAA recognizes a Good Sport Team, chosen from among participating schools with at least five runners. 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.



People Behind the Scenes

ASAA extends its appreciation to the following people for contributing their time and energy in making this year's State Cross-country Running Meet a success.

Meet Director: Doug Herron

Head Referee: Tom Pargeter

Bartlett Activities
Principal:
David Little

Bartlett Principal: Sean Prince

Timing: Skinny Ravens

Plus the countless number of volunteers that make this state championship possible.

Thanks for all you do.







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



www.sbsalaska.com

Regional Qualifiers - Girls IA/2A/3A

Region 1-South

Region 1 South Champions - Unalaska

Competitor	School	Grade	<u>Time</u>
Alanna Kochuten	Unalaska	12	0:22:56
Bridget Nalam	Unalaska	10	0:25:54
Taylor Holman	Unalaska	11	0:26:07
Amelia Napper	Unalaska	12	0:26:24
Mia McWilliams	Unalaska	9	0:27:17
Citaly Garcia	Unalaska	12	0:27:21
Angela Mountain	Unalaska	10	31:18.3

Region 1 South Other Qualifiers

Chloe Gardner	Sand Point	12		
Anna Hanson	Bristol Bay			
Sharon Hanson	Bristol Bay		23:50	
Marylee Yatchmeneff	King Cove	12	0:23:55	
Elizabeth Fowler	Port Alsworth	10	0:24:06	
Brittany Gardner	Sand Point	9	0:24:49	
Sharelle Anelon	Newhalen	10	0:27:34	
Katie Moore	Dillinghan	11	0:25:22	

Region 1-North

Region 1 North Champions - Nome-Beltz

Competitor	School	Grade	<u>Time</u>	
Starr Erickson	Nome-Beltz	9		
Bianca Twobridge	Nome-Beltz	11		
Mary Fiskeaux	Nome-Beltz	10		
Christine Buffas	Nome-Beltz	12		
Daynon Medlin	Nome-Beltz	9		
Katie Kelso	Nome-Beltz	9		
Wilson Hoogendorn	Nome-Beltz	11		

Region 1 North Other Qualifiers

Alaina Wolgemuth	Barrow	11	
Melissa Nicely	Barrow	11	
EJ Rochon	Unalakleet	9	
Shea Matthias	Stebbins	9	
Lynn Schaeffer	Kotzebue	12	
Moira Sheldon	Kotzebue	11	

Region 1-Central

Region 1 Central Champions - Bethel Regional

Competitor	School	Grade	<u>Time</u>
Haley O'Brien	Bethel Regional	12	22:30:00
Dorothy Bukowski	Bethel Regional	11	22:43:00
Sophie Swope	Bethel Regional	12	22:48:00
Brittney Boney	Bethel Regional	11	22:55:00
Amber Wade	Bethel Regional	11	23:14:00
Sophie Poe	Bethel Regional	12	23:21:00
Joan Klejka	Bethel Regional	12	3:41:00

Region 1 Central Other Qualifiers

Jasmine Lake	Hooper Bay	9	21:37:00	
Ester Rivers	Scammon Bay	11	22:10:00	
Raini Pinggayak	Chevak	10	22:53:00	
Monica Slats		11	23:00:00	

Region 2

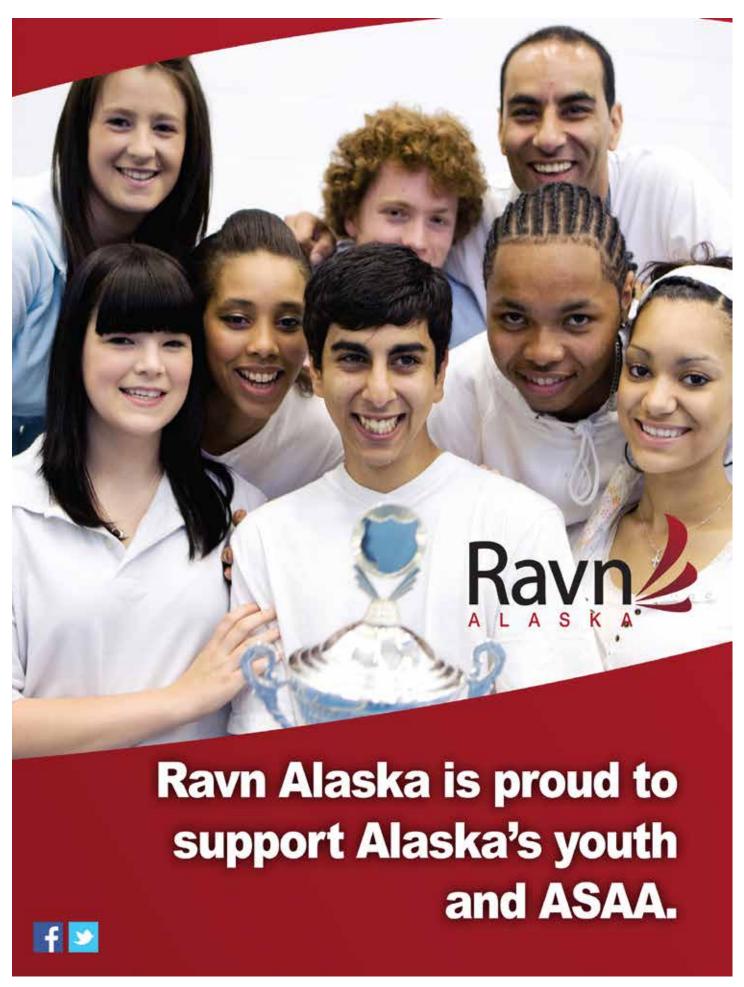
Region 2 Champions - Su-Valley

Competitor	School	Grade	<u>Time</u>
Ellie Bietsch	Su-Valley	11	20:26.4
Sienna Carey	Su-Valley	9	21:15.9
Katherine Germaine	Su-Valley	10	22:42.6
Bernadette Hartley	Su-Valley	12	23:46.4
Celeste Harrell	Su-Valley	11	24:32.4
Frauke Heuton	Su-Valley	12	24:46.2
Kestrel Gilliam	Su-Valley	11	28:45.9

Region 2 Runner Up - None

Region 2 Other Qualifiers

Briahna Gerlach	Glennallen	11	18:10.9	
Gloria Jacobsen	Glennallen	10	22:00.5	
Megan Hickman	Nikolaevsk	12	22:06.3	
Jesslyn West	Nenana	10	22:11.3	
Aquinnah Tremblay	Nenana		22:37.9	
Chelsea Johnson	Nikolaevsk	9	24:22.8	



Regional Qualifiers - Girls IA/2A/3A

Region 3

Region 3 Champions - Homer

Competitor	School	Grade	<u>lime</u>
Megan Pitzman	Homer	11	19:48.7
Audrey Rosencrans	Homer	11	19:56.0
Alex Moseley	Homer	10	20:25.0
Aurora Waclawski	Homer	12	20:59.6
Laren Evarts	Homer	11	21:19.4
Ziza Shemet Pitcher	Homer	12	21:28.3
Haley Knott	Homer	11	21:46.1

Region 3 Runner Up - Grace Christian

Grace Annett	672	9	20:57.7	
Maddy Morgan	GCS	9	20:58.1	
Mazzy Jackson	GCS	9	21:07.1	
Charlee Demientieff	GCS	9	21:22.9	
Sarah Newton	GCS	12	21:41.2	
Brooke Plaster	GCS	11	22:44.7	
lenna Markel	GCS	9	23-27 9	

Region 3 Third Place - Anchorage Christian

Elizabeth Balsan	ACS	12	20:19.2	
Tanner Ealum	ACS	12	20:41.6	
Tessa O'Hara	ACS	10	20:58.5	
Jesssie Davis	ACS	9	22:05.9	
Mary Kate Parks	ACS	9	23:44.2	
Courtney Mitchell	ACS	12	24:28.0	
Ruth Sobek	ACS	9		

Region 3 Fourth Place - Seward

Ruby Lindquist	Seward	10	19:42.0	
EmmaLee Moore	Seward	10	21:31.5	
Ashley Guernsey	Seward	10	22:06.1	
Sadie Lindquist	Seward	9	23:39.7	
Iris Anderson	Seward	12	24:01.2	
Cassidy DeLand	Seward	11	29:18.8	

Region 3 Other Qualifiers

•	-			
Allsion Vanpelt		Houston	9	20:08.2

Region 5

Region 5 Champions - Petersburg

Competitor	School	Grade	<u>Time</u>	
Kayleigh Eddy	Petersburg	10	22:00	
Avery Skeek	Petersburg	9	22:08	
Hannah Pfundt	Petersburg	12	22:40	
Erin Pfundt	Petersburg	10	22:56	
Julia Murph	Petersburg	10	23:18	
Madisyn Parker	Petersburg	10	26:21	
Alexandra Bless	Petersburg	11	26:55	
•	Ū			

Regi	ion	5	Runner	Up	-	Mt.	Ec	lgecum	be
------	-----	---	--------	----	---	-----	----	--------	----

Laura Ekada	Mt. Edgecumbe 10	22:59	
Jasmine Jemewouk	Mt. Edgecumbe 12	23:28	
Bianca Willis	Mt. Edgecumbe 11	23:33	
Victoria Thomas	Mt. Edgecumbe 12	23:52	
Rebecca Hollander	Mt. Edgecumbe 9	24:41	
Madison Clark	Mt. Edgecumbe 12	25:16	
Julie Amaktoolik	Mt. Edgecumbe 11	25:54	

Region 5 Third Place - Wrangell

Reyn Hutten	Wrangell	10	21:13	
Amy Jenson	Wrangell	12	23:44 _	
Kaylauna Churchill	Wrangell	11	25:12	
Helen Decker	Wrangell	9	26:39	
Abigail Gerald	Wrangell	9	27:59	
Kiara Meissner	Wrangell	10	30:38	
Name 7th Runner (if applies)	Wranaell		_	

Region 5 Other Qualifiers

Jordan McLuckie	Hoonah	12	22:52	
Aspen Hansen	Craig	11	22:57	
Lillian Borromeo	Hydaburg		23:13	
Alexandra Weber	Skagway	12	23:20	
Ayla McNeilley	Sitka	10	23:25	
Hailey Jensen	Skagway	11	23:26	

Region 6

Region 6 Champions - Galena

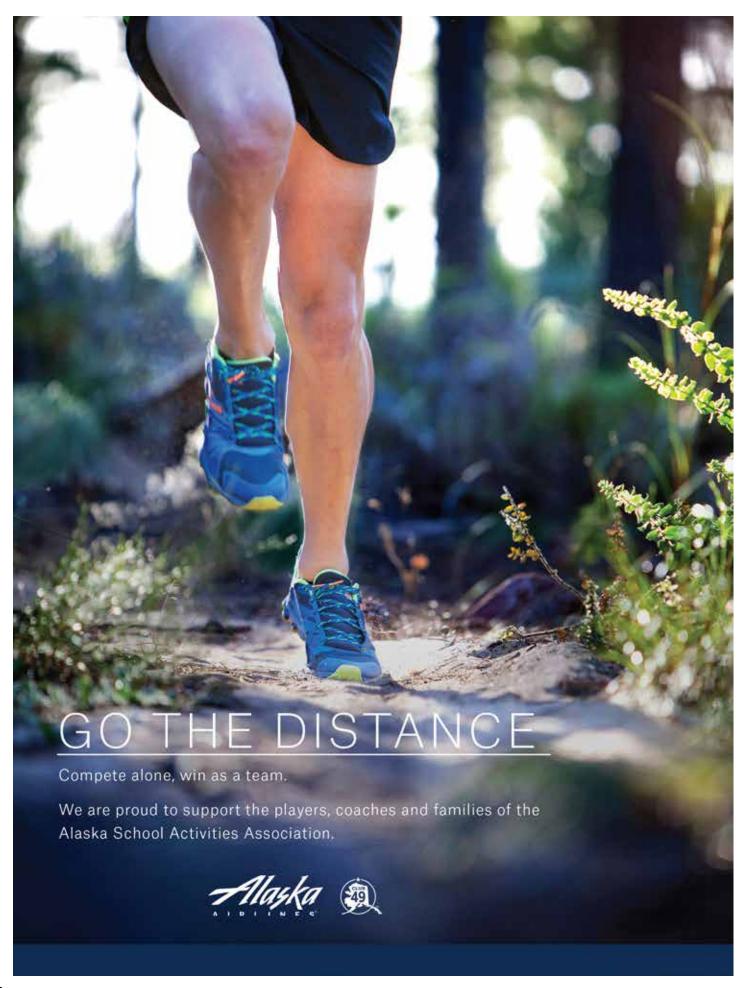
Competitor	School	Grade	<u>lime</u>
Kiana Korta	Galena	10	24:02.4
Sarah Brown	Galena	11	24:25.1
Kameron Reitan	Galena	11	25:09.6
Julia Riddle	Galena	11	25:41.9
Elizabeth Green	Galena	9	26:56.5
Carolyn Sam	Galena	12	27:32.3
Angelica Firmin	Galena	9	28:30.8

Region 6 Runner Up - Hutchison

Grace Moore	Hutchison	10	23:19./	
Cora Farrell	Hutchison	11	23:23.3	
Kianna Kriska	Hutchison	9	27:28.7	
Kiana Wood	Hutchison	12	28:08.5	·
Hannah Tribby	Hutchison	10	30:02.2 _	
Sydney Carlo	Hutchison	10	30:50.5	

Region 6 Other Qualifiers

Brianna Hernandez	Eielson	10	24:44.3 _	
Roxanne Marchuk	Delta Junction	10	23:21.8	



Regional Qualifiers - Boys IA/2A/3A

Region 1-South

Region	1	South	Champions -	_	Hnalacka
NGUIUII		JUUIII	CHUIIIDIUIS .	-	Ullulusku

Competitor	School	Grade	<u>Time</u>
Ross Enslow	Unalaska	12	0:17:11
Cade Tereda	Unalaska	11	0:18:30
Trevor Wilson	Unalaska	9	0:19:07
Raul Garcia	Unalaska	9	0:19:06
Carter Price	Unalaska	11	0:09:31
Alex Esnardo	Unalaska	9	0:19:45
Talon Shaishnikoff	Unalaska	10	0:20:15

Region 1 South Other Qualifiers

Region I South Other Qualitiers				
Callen Davis	Port Alsworth	10	0:18:08	
Cole Dull	Dillingham	11	0:18:25	
Casey Konukpeok	Chief Ivan Blunko	ı 10		
Noah Smith	Bristol Bay	12		
Colton Mack	Sand Point	11		
Sam Bloom	Port Alsworth		0:18:52	

Region 1-North

Region 1 North Champions - Kotzebue

Competitor	School	<u>Grade</u>	<u>Time</u>	
Spencer Woods	Kotzebue	12		
Sam Smith	Kotzebue	12		
Gary Eakin	Kotzebue	12		
Gavin Maslen	Kotzebue	12		
Harry Baldwin	Kotzebue	11		
Ezekiel Eakin	Kotzebue	11		
Lenie Lane	Kotzebue	12		

Region 1 North Other Qualifiers

Harrison Moore	Nome	10	
Jayden Wilson	Unalakleet	11	
Wilson Hoogendorn	Nome	11	
Jonah Amaktoolik	Elim	12	
Jeremy Simmonds	Atqasuk	10	
Ben Cross	Nome	9	
Robert Sheldon	Noatak	9	

Region 1-Central

Region 1 Central Champions - Chevak

Competitor	School	Grade	<u>Time</u>
Shain Hardiman-Agimuk	Chevak	11	17:42:00
Jeremy Ulroan	Chevak	11	18:11:00
Thomas Burkowski	Chevak	12	18:34:00
Joshua Boyscout	Chevak	9	18:38:00
Mason Martins	Chevak	12	19:32:00
Iverson Tulim	Chevak	11	19:55:00
Mickey Matchian	Chevak	12	20:04:00

Region 1 Central Other Qualifiers

Eugene Alexie	Kuskokwim L. A. 9	17:45:00
Nicholas Sugar	Tuntutuliak 11	18:01:00
Rhett Jackson	Kuskokwim L. A. 11	18:11:00
Clevon Constantine	Bethel Regional 10	18:19:00
Lawrence Poe	Bethel Regional 9	18:23:00
Branden Dallman	Aniak 10	18:35:00

Region 2

Region 2 Champions - None

Region 2 Runner Up - None

Region 2 Other Qualifiers

Competitor	School	Grade	<u>Time</u>
Greg Trail	Nikolaevsk	12	17:35.8
Caden Gerlach	Glennallen	9	18:00.1
Sean Dorsey	Glennallen	10	18:11.5
Jonah Fefelov	Nikolaevsk	12	19:08.8
David Kokrine	Effie Kokrine	10	19:32.0
Stanton Jones	Fort Yukon	11	20:05.5
Michael Trail	Nikolaevsk	9	20:12.3
Jonathan Miller	Glennallen	10	20:24.5
Ron Salpino	Effie Kokrine	11	20:31.7
Christian Hunter	Minto	10	20:49.6

Region 3

Region 3 Champions - Homer

Competitor	School	Grade	<u>Time</u>
Jared Brandt	Homer	11	17:18.4
Jordan Beachy	Homer	10	17:20.9
Charlie Menke	Homer	10	17:36.1
Jacob Davis	Homer	10	17:39.6
Luciano Fasulo	Homer	9	17:41.3
Dexter Lowe	Homer	9	17:54.7

Region 3 Runner Up - Grace Christian

Cameron Sheldon	GCS	9	17:31.4	
Trent Fritzel	GCS	11	17:36.5	
Zach Young	GCS	12	17:50.1	
Zethan Isaacson	GCS	11	18:00.1	
Luke Fritzel	GCS	9	18:04.5	
Nick Snow	GCS	12	18:09.9	
Riley Martin	GCS	12	18:17.2	

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



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/SPIC

Advisory services offered through the Planners Network, Inc. (TPN). AFA, NPC, and TPN are separate and unrelated companies

PERSONAL AND BUSINESS PLANNING

Regional Qualifiers - Boys IA/2A/3A

Region 3 Third Pla	ıce - Seward		
Hunter Kratz	Seward	11	16:45.7
Paxson Berry	Seward	12	17:41.8
Seth Brewi	Seward	12	17:57.7
Case Estes	Seward	10	18:03.1
Thomas Zweifel	Seward	12	18:28.9
Region 3 Fourth Place - A	nchorage Christian		
Blake Bennett	ACS	10	17:03.7
Timothy Stoorza	ACS	12	17:51.6
Ben Sobek	ACS	11	18:19.2
William Parks	ACS	9	18:25.0
Shaun Quinn	ACS	12	18:27.8
John Sanford	ACS	11	18:32.6
Alex Wuerth	ACS	10	18:33.6

Cordova

11

17:00.5

Region 3 Other Qualifiers Zach Hamberger

Brayden Bahnke

Region 5				
Region 5 Champio	ns - Sitka			
Competitor	School	Grade	Time	
Colin Baciocco	Sitka	10	17:01	
David Wilcox	Sitka	11	17:05	
Joseph Pate	Sitka	9	17:23	
Jordan Zellhuber	Sitka	11	17:43	
Triston Rosas	Sitka	11	18:04	
Neil Little	Sitka	12	18:31	
Connor Buxton	Sitka	10	19:10	
Region 5 Runner (Jp - Craig			
Andrew Marker	Craig	10	18:00	
Wyatt Patten	Craig	12	19:12	
Morgan House	Craig	12	20:12	
Seth Packer	Craig	12	20:12	
Gabriel Almenzor	Craig	9	20:24	
Timber Burnham	Craig	11	20:29	
Isaiah Records	Craig	11	21:20	
Region 5 Third Pla	ıce - Mt. Edgecum	be		
Kendrick Hoblet	Mt. Edgecumbe	11	19:10	
Kobe Rutherford	Mt. Edgecumbe	12	19:25	
Aaron Rose	Mt. Edgecumbe	10	19:30	
James Simeonoff	Mt. Edgecumbe	12	19:41	
Joseph Kewan	Mt. Edgecumbe	12	20:31	
Karl Ivanoff	Mt. Edgecumbe	10	20:47	

Mt. Edgecumbe 9

21:07

Region 5 Other Qualifiers

Matthew Gerald	Wrangell	12	17:57	
Danny Brady	Skagway	9	18:14	
Tucker Hagerman	Petersburg	12	18:22	
Emmanuel Budke	Hoonah	11	18:39	
Nathaniel Lenhard	Petersburg	11	18:47	

Region 6

Region 6 Champions - Galena

Competitor	School	Grade	<u>Time</u>
Kaleb Korta	Galena	12	17:00.9
Jacob Moos	Galena	10	17:18.6
Joe Apfelbeck	Galena	12	19:23.6
Walter Lord	Galena	11	21:51.1
Marvin Sheldon	Galena	12	23:15.1
Harold Naneng	Galena	11	23:19.3

Region 6 Runner Up - Monroe Catholic

Garrett Grahek	Monroe	12	19:47.1	
Nathaniel Walsh	Monroe	9	20:22.5	
Landon Nicholson	Monroe	9	20:26.6	
Sam Bloom	Monroe	11	20:50.7	
Troy Metz	Monroe	12	22:31.4	
Walker Ringstad	Monroe	11	23:08.0	
Christian Balko	Monroe	10	25:18.7	

Region 6 Other Qualifiers

Jack Matherly	Hutchison	11	19:26.7	
Thomas Warren	Delta Junction	10	19:29.0	
Kasper Maier	Hutchison	10	20:20.6	
Ben Culver	Eielson	10	20:41.4	
Charles Marchuk	Delta Junction	12	20:53.9	
Graham Staley	Eielson	9	21:30.6	
Tristan Pearson	Eielson	12	21:44.2	



At Home in Alaska

"Thanks to ASAA
and Princess Cruises,
my future has been
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 participate 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

For more information about employment possibilities in Alaska with Princess Cruises, go to www.alaskatourjobs.com





Anchorage Christian Lions



Barrow Whalers



Bartlett Golden Bears



Bethel Warriors



Chevak Comets



Cordova Wolverines



Craig Panthers



Delta Junction Huskies



East Anchorage Thunderbirds



Galena Hawks



Glennallen Panthers



Grace Christian Grizzlies



Homer Mariners



Juneau-Douglas Crimson Bears



Kenai Kardinals



Kotzebue Huskies



Kodiak Bears



Lathrop Malemutes



Minto Lakers



Mt. Edgecumbe Braves



Nikolaevsk Warriors



Nome Nanooks



Palmer Moose



Petersburg Vikings



Seward Sehawks



Service Cougars



Sitka Wolves



Soldotna Stars



South Wolverines



Su-Valley Rams



Thunder Mountain Falcons



Unalaska Raiders



Valdez Buccaneers



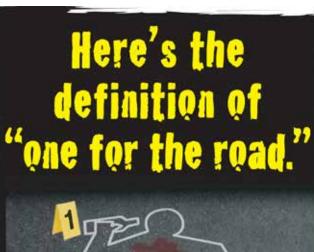
Wasilla Warriors



West Anchorage Eagles



West Valley Wolf Pack





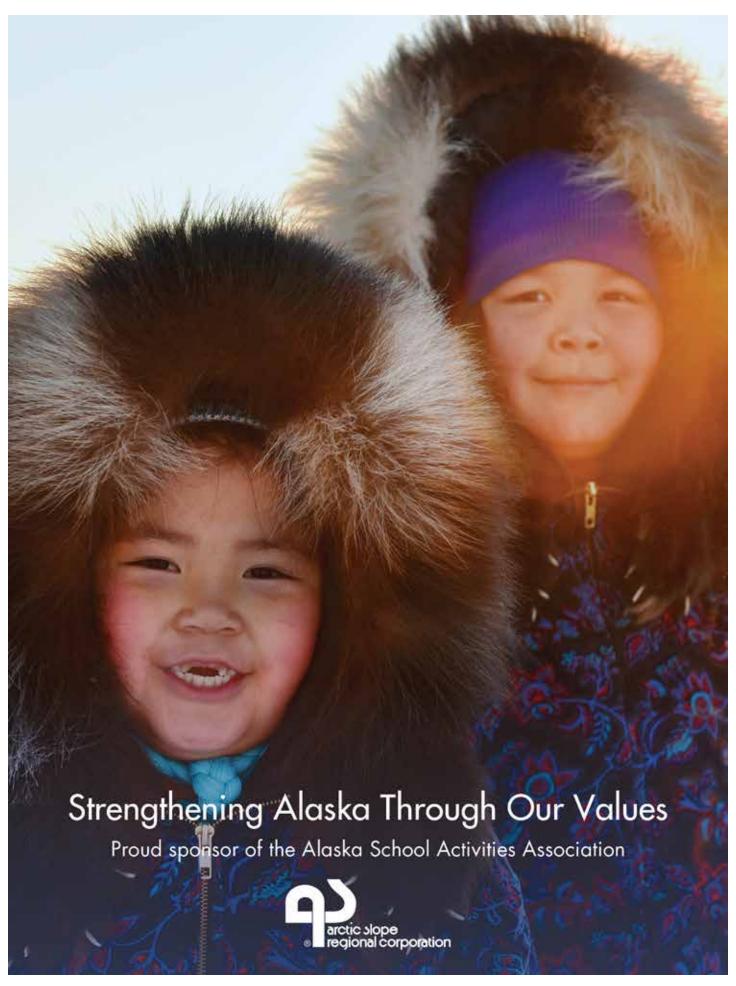
Over **HALF** of all teen driving deaths involve alcohol! Here are three sobering facts you will never see in a beer commercial:

- 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!







Alex Hotel & Suites/Airport features 123 oversized, non-smoking guest rooms



Reservations: 1-800-221-7550 Phone: 907-243-3131 4615 Spenard Rd. • Anchorage, AK 99517 www.alexhotelalaska.com

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



OPA's Certified Athletic Trainers Alyssa Babcock, Candi Cartledge, Mary Jackaway and Lynne Young.

OPA's Injury Walk-in Clinic

and after their events. Orthopedic Physicians Anchorage

7 Days A Week:

Monday - Friday 12 - 8p

— the right care at the right time.

Saturday & Sunday 12-6p

3801 Lake Otis Parkway, Suite 300

OPAnchorage.com



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.



Proudly Sponsored By

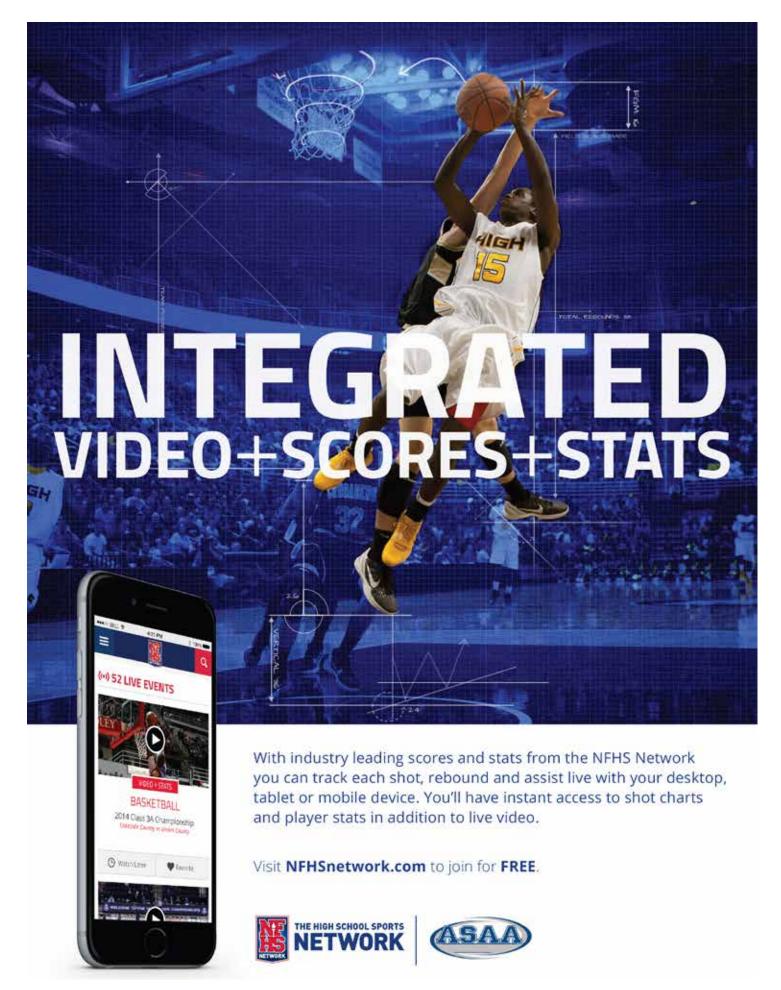








Alaska Division of Public Health



Regional Qualifiers - Girls 4A

Region 3

Region 3 Champions - Kenai Central

Competitor	School	Grade	<u>Time</u>
Riana Boonstra	Kenai Central	10	19:04.7
Jaycie Calvert	Kenai Central	9	19:27.7
Ithaca Bergholtz	Kenai Central	10	19:32.1
Addison Gibson	Kenai Central	10	20:14.1
Leah Johnson	Kenai Central	10	21:24.4
Kasey Paxton	Kenai Central	10	21:28.8
Brooke Satathite	Kenai Central	9	21:38.0
Region 3 Runn	er Up - Colony		
Jill Bowker	Colony	10	19:46.0
Alex Mathis	Colony	11	20:22.8
Elisabeth Bowker	Colony	11	22:23.7
Jordyn Block	Colony	12	20:24.2
Cathelyne Powers	Colony	11	20:50.1
Sydney Bruce	Colony	11	21:07.6
Lisbeth Olsen	Colony	12	21:32.8
Region 3 Third	Place - Soldotna		
Daisy Nelson	Soldotna	12	20:22.4
Kellie Arthur	Soldotna	10	20:33.0
Molly Erickson	Soldotna	11	20:58.2
Hannah Pothast	Soldotna	12	21:25.5
Emily Werner	Soldotna	12	21:51.7
Olivia Hutchings	Soldotna	12	22:30.1
Fiona Boze	Soldotna	10	23:07.0
Region 3 Other	Qualifiers		
Ruby Woodings	Palmer	11	19:29.0
Zoe Bigley	Kodiak	12	20:18.6
-			

Region 4

Region 4 Champions - Chugiak

Competitor	School	Grade	<u>Time</u>
Emma Nelson	Chugiak	10	19:36.0
KayLee Manwaring	Chugiak	10	19:51.0
Hannah Booher	Chugiak	12	20:07.0
Emma Sees	Chugiak	9	20:12.0
Brynn Kruchoski	Chugiak	10	20:32.0
Gwendolyn Mueller	Chugiak	9	20:34.0
Claire Cook	Chugiak	12	20:46.0
Region 4 Runner U _l	p - West Anchora	ge	
Molly Gellert	West Anchorage	10	19:02.0
Lauren Corkran	West Anchorage	9	19:48.0
Cinnamon Monterrosa	West Anchorage	10	20:27.0
Mimi Allen	West Anchorage	9	20:38.0
Jania Tumey	West Anchorage		20:55.0
Tatiana Harris	West Anchorage	11	21:24.0
Fiona Fick	West Anchorage	10	
Region 4 Third Plac	e - Service		
Sarah Souders	Service	12	20:13.0
Nicole Blake	Service	9	20:22.0
Bryn Waite	Service	10	20:26.0
Grace Trimborn	Service	9	20:33.0
Aislinn Waite	Service	12	20:42.0
Sage Romey	Service	12	21:36.0
Clare Howard	Service	9	22:09.0
Region 4 Fourth Pla	ıce -Eagle River		
Paige McManus	Eagle River	9	19:43.0
Abbie Johnson	Eagle River	9	20:26.0
Peyton Young	Eagle River	11	20:28.0
Helen Wilson	Eagle River	9	20:38.0
Myah Smith	Eagle River	9	20:59.0
Kate Paskievitch	Eagle River	11	21:00.0
Summer Frazier	Eagle River	12	21:02.0
Region 4 Other Qua	ılifiers		
	Caush Aushanna	12	18:52.0
Morgan Lash	South Anchorage	,	10.52.0
-	South Anchorage Bartlett	11	19:45.0
Morgan Lash Carolynn Pype Maggie Meeds	_	11	

Special Thanks to,



Your generous support helps make the Cross Country Running Championships Possible!

Regional Qualifiers - Girls 4A

Region 5

Region 5 Champions - Juneau-Douglas

Competitor	School	Grade	Time	
Malia Miller	Juneau-Douglas	9	21:47	
Katline Barrows	Juneau-Douglas	12	21:49	
Maddy Handley	Juneau-Douglas	12	22:06	
Toma Kimlinger	Juneau-Douglas	12	22:18	
Kyra Barrows	Juneau-Douglas	9	22:21	
Gillian Smith	Juneau-Douglas	10	22:55	
Nicole Mannix	Juneau-Douglas	9	23:59	

Region 5 Other Qualifiers

Naomi Welling	Thunder Mountain	12	19:37
Erin Wallace	Thunder Mountain	10	19:56
Erika Rodanhisler	Ketchikan	9	19:58
Sarah Cool	Ketchikan	12	21:56
Dunya Hermann	Thunder Mountain	12	22:10

Region 6

Region 6 Champions - West Valley

Competitor	School	Grade	<u>Time</u>
Jenna Difolco	West Valley	11	20:39.9
Faith Widman	West Valley	10	20:56.6
Grace Marks	West Valley	10	21:04.9
Brooke Gottmeier	West Valley	12	21:09.9
Samantha Starks	West Valley	9	21:17.9
Bailey Roe	West Valley	10	21:22.4
Nieca Murphy	West Valley	11	21:23.1
Region 6 Runner U	Jp - Lathrop		
Rahab Porter	Lathrop	9	21:24.5
Lupua Oba	Lathrop	11	21:26.6
Jahnna Hajdukovich	Lathrop	10	21:53.1
Kaylee Bockert	Lathrop	11	24:34.7
Abigal Steffan	Lathrop	12	24:42.3
Cristina Mondelli	Lathrop	12	24:53.0



Reserve at **dollar.com** and use Promo Code ASAA for special rates.

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

The Spenard Road location features free hotel pick up service.

Studded Snow Tires are available but in a very limited supply. Ask the rental counter for details.

DOLLAR,
RENTAGAR

Do More with Your Dollar

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



MIRROR STUDIOS

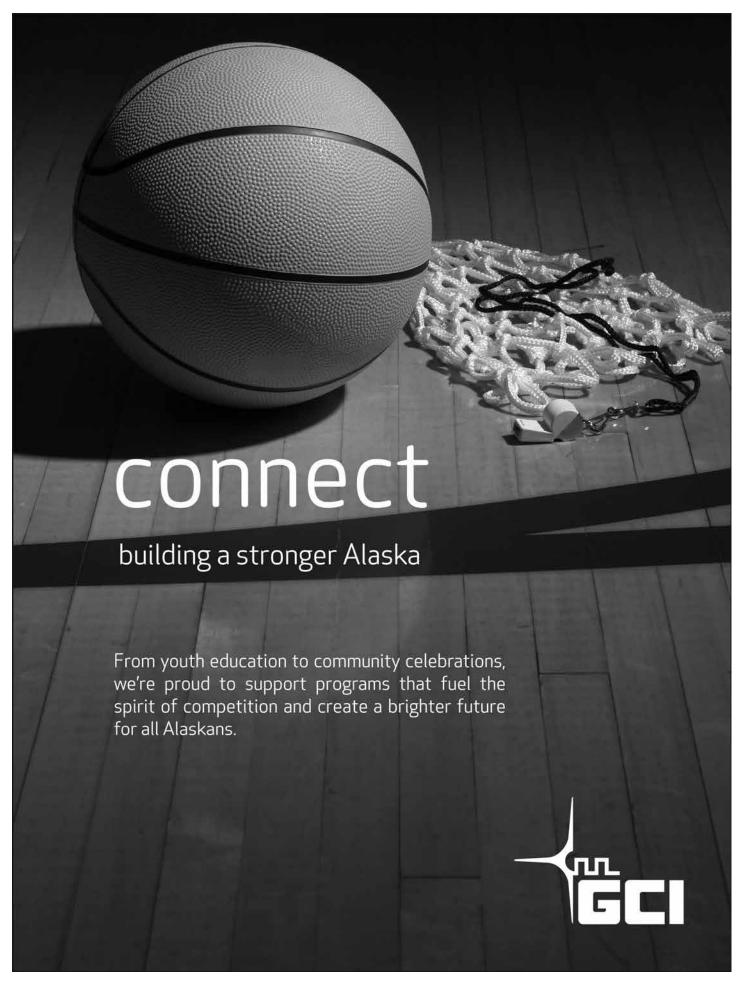
AK . DC . LA

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, S. 1 Dolby Surround

907-245-8888 • mirrorstudios.com

Alaska's Premier Studio

Proud Supporter of Alaska School Activities Association



Regional Qualifiers - Boys 4A

Region 3

Region 3 Champions - Kodiak

9 manubions				
Bib Competitor	School	<u>Time</u>		
Michael Parnell	Kodiak	12	16:22.0	
Keith Osowski	Kodiak	11	16:23.9	
Jack Hannah	Kodiak	11	17:06.7	
Richie McKinney	Kodiak	12	17:07.7	
Micah Burnett	Kodiak	12	17:54.8	
Anthony Maghupoy	Kodiak	11	18:16.0	
Daniel Johnson	Kodiak	11	17:54.1	
Region 3 Runner Up	- Wasilla			
Quincy Fuller	Wasilla	12	16:37.7	
Karl Greathouse	Wasilla	12	17:43.8	
Thorsten Warhus	Wasilla	11	17:45.1	
Isaak Bell	Wasilla	10	17:47.0	
Kaleb Greathouse	Wasilla	10	18:11.5	
McKinley Larson	Wasilla	9	18:17.5	
Hayden Steiner	Wasilla	11	18:50.1	
Region 3 Third Place	- Colony			
Tracen Knopp	Colony	11	16:42.4	
Dakota Peterson-Thompson	Colony	12	17:09.2	
Dawson Knopp	Colony	11	17:20.2	
Cade Johnstone	Colony	10	18:03.2	
Luke Mellor	Colony	9	10.10.1	
Josh Taylor	Colony	10	18:32.2	
Jeff Lautrup	Colony	11	18:44.0	
Region 3 Other Qual	ifiers			
Aaron Swedberg	Soldotna	12	17:02.8	
Ryan Kavalok	Palmer	12	17:23.8	
Leif Mumma	Palmer	9	17:34.4	
Josh Shuler	Soldotna	10	17:48.7	

Region 4

Region 4 Champions - West Anchorage

kegion 4 Champion	12 - MAST VUCUOLO	ıye		
Bib Competitor	School	Time		
Finn Walker	West Anchorage	11	15:43.0	
Luke Jager	West Anchorage	10	16:34.0	
Brycen Lynch	West Anchorage	10	16:49.0	
Joaquin Monterrosa	West Anchorage	11	16:52.0	
Brian Britt	West Anchorage	11	16:55.0	
Tristan Wiese	West Anchorage	11	17:03.0	
Foster Birnbaum	West Anchorage	11	17:06.0	
Region 4 Runner U	p - South Anchor	age		
Derek Steele	South Anchorage	12	15:56.0	
Hamish Wolfe	South Anchorage	11	16:19.0	
Luke Meiwes	South Anchorage	11	16:44.0	
Hunter Wonders	South Anchorage	11	17:00.0	
Lyle Chamberlain	South Anchorage	11	17:15.0	
Mason Keffalos	South Anchorage	10	17:15.0	
Will Balcao	South Anchorage	12	17:50.0	
Region 4 Third Plac	ce - Chugiak			
Ty Jordan	Chugiak	12	15:39.0	
Max Hartke	Chugiak	9	16:22.0	
Roan Hall	Chugiak	12	16:23.0	
Jack Ginter	Chugiak	12	17:17.0	
Charlie Latimer	Chugiak	10	17:32.0	
Ryan Dearborn	Chugiak	10	18.00.0	
Liam Baez-Terry	Chugiak	10	18:02.0	
Region 4 Fourth Pl	ace - Service			
Gus Schumacher	Service	10	15:41.0	
Riley Howard	Service	12	16:24.0	
Hunter Thompson	Service	12	17:03.0	
Brennan Baumgartner	Service	11	17:12.0	
Fintan Nakada	Service	11	17:26.0	
Justin Carpenter	Service	11	17:31.0	
Bailey Milani	Service	11	17:33.0	
Region 4 Other Qu	alifiers			
Jacob Walsh	Eagle River	12	16:29.0	
Isaac Larson	Bartlett	11	16:45.0	
Nick Carl	Eagle River	9	16:47.0	



Our Commitment to Alaska: Investing in Our Communities.

BP and its employees donate millions of dollars and thousands of hours to more than 400 community organizations throughout Alaska.

These are investments that impact each and every Alaskan.

And they are ones that we're proud to make.

Find out more about BP Alaska at alaska.bp.com



Regional Qualifiers - Boys 4A

Region 5

Region 5 Champions - Juneau-Douglas

Competitor	School	Grade	<u>Time</u>	
Alize Arthur	Juneau-Douglas	12	17:13	
Ethan Goebel	Juneau-Douglas	11	17:26	
Arne Ellefson-Carnes	Juneau-Douglas	9	17:48	
Tim McKenna	Juneau-Douglas	10	18:29	
Clem Taylor-Roth	Juneau-Douglas	9	18:34	
John White	Juneau-Douglas	11	18:45	
Ryan Moritz	Juneau-Douglas	12	21:00	

Region 5 Other Qualifiers

Sylvan Blankenship	Ketchikan	12	17:28
Leif Svenson	Ketchikan	12	18:01
Trent Rodanhisler	Ketchikan	11	18:09
Justin Sleepy	Thunder Mountain	11	18:11
Jonah Penrose	Thunder Mountain	10	18:15
Obadiah Dawson	Thunder Mountain	12	18:16
Leif Stephens	Ketchikan	9	18:23

Region 6

Region 6 Champions - Lathron

kegion o Champio	ns - raturop			
Competitor	School	Grade	<u>Time</u>	
Vance Underwood	Lathrop	12	17:27.7	
Logan Mowry	Lathrop	11	17:28.3	
Enoch Porter	Lathrop	12	17:32.9	
Alex Beehler	Lathrop	12	17:46.1	
Kevin Brune	Lathrop	12	17:50.7	
Parker Trosper	Lathrop	11	17:53.8	
Isaac Hendrickson	Lathrop	10	19:26.4	
Region & Runner I	in . West Valle	v		

Region 6 Runner Up - West Valley

West Valley	10	17:16.8	
West Valley	11	17:27.1	
West Valley	11	17:35.8	
West Valley	12	18:12.4	
West Valley	11	18:13.1	
West Valley	11	18:26.0	
West Valley	12	18:47.0	
	West Valley West Valley West Valley West Valley West Valley	West Valley 11 West Valley 11 West Valley 12 West Valley 11 West Valley 11	West Valley 11 17:27.1 West Valley 11 17:35.8 West Valley 12 18:12.4 West Valley 11 18:13.1 West Valley 11 18:26.0



inspiration in a cartion



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

2014 Tournament Results - Girls

123A GIRLS

Champion	Homer	29
Runner-up	Seward	68
3rd	Grace Christian	108
4th	ACS	126
5th	Mt. Edgecombe	143
6th	Petersburg	158
7th	Wrangell	188
8th	Barrow	206
9th	Hutchison	219
10th	Bethel	229

Academic Award: Wrangell (3.91)

Top Ten Individual Finishers

Glenallen	18:49.3
Homer	18:57.2
Thorne Bay	19:08.6
Homer	19:14.0
Seward	19:41.9
Seward	19:41.9
Cordova	19:48.6
G.C.	20:14.0
Homer	20:33.8
Barrow	20:33.9
	Homer Thorne Bay Homer Seward Seward Cordova G.C. Homer

4A GIRLS

•		
Champion West	Anchorage	50
Runner up	Soldotna	74
3rd	Kenai	86
4th	Colony	111
5th	West Valley	125
6th	South Anchorage	131
7th	Chugiak	149
8th	Eagle River	162
9th	Lathrop	224
10th	Juneau-Douglas	287

Academic Award: Kenai (4.0)

Top Ten Individual Finishers

•		
1. Allie Ostrander	Kenai	1 <i>7</i> :05.3
2. Olivia Hutchings	Soldotna	18:44.0
3. Morgan Lash	South Anc.	18:58.5
4. Dani McCormick	Soldotna	19:10.3
5. Jill Bowker	Colony	19:16.0
6. Kayle Blackmore	West	19:17.3
7. Naomi Welling	Thunder Mt.	19:17.9
8. Jenna Difolco	West Valley	19:23.1
9. Rianna Boobnstra	Kenai	19:24.5
10. Megan Fink	East	19:27.5

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.

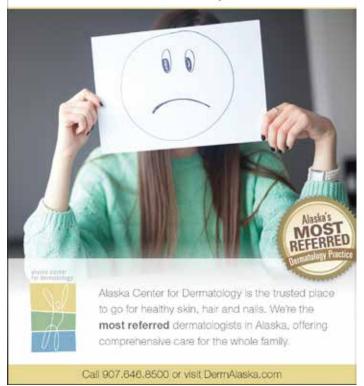
We stock every major manufacturer.



Orders: 800-398-7625
Info: 845-336-4024 • Fax: 845-336-0355
www.anacondasports.com

For a Complete History of Cross Country State Tournament Results go to: www.asaa.org

Not a fan of your skin? We can help.





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!

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!









2014 Tournament Results - Boys

123A Boys

Champion	Grace Christian	61
Runner-up	Seward	63
3rd	Homer	94
4th	Galena	105
5th	Sitka	121
6th	ACS	134
7th	Unalaska	165
8th	Nome	196
9th	Petersburg	238
10th	Monroe	287

Academic Award: Grace Christian (3.84)

Top Ten Individual Finishers

•		
1. Kaleb Korta	Galena	16:34.5
2. Zach Young	Grace	16:47.3
3. Hunter Kratz	Seward	17:02.4.
4. Ross Enlow	Unalaska	1 <i>7</i> :05.9
5. Michael Marshall	Seward	1 <i>7</i> :13.2
6. Miles King	Bristol Bay	1 <i>7</i> :18.5
7. Jared Brant	Homer	1 <i>7</i> :19.2
8. Bryce Gerald	Wrangell	17.22.8
9. Jordan Sondergaard	Glenallen	1 <i>7</i> :24.1
10. Zach Hamberger	Cordova	1 <i>7</i> :26.9

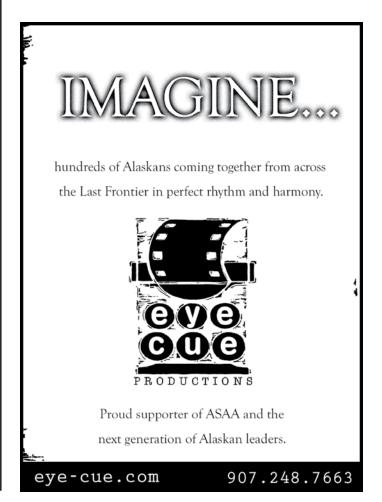
4A BOYS

Champion	Kodiak	49
Runner Up	West Anchorage	81
3rd	West Valley	81
4th	South Anchorage	111
5th	Kenai	149
6th	Service	152
7th	Wasilla	174
8th	Juneau-Douglas	174
9th	Eagle River	203
10th	Lathrop	209

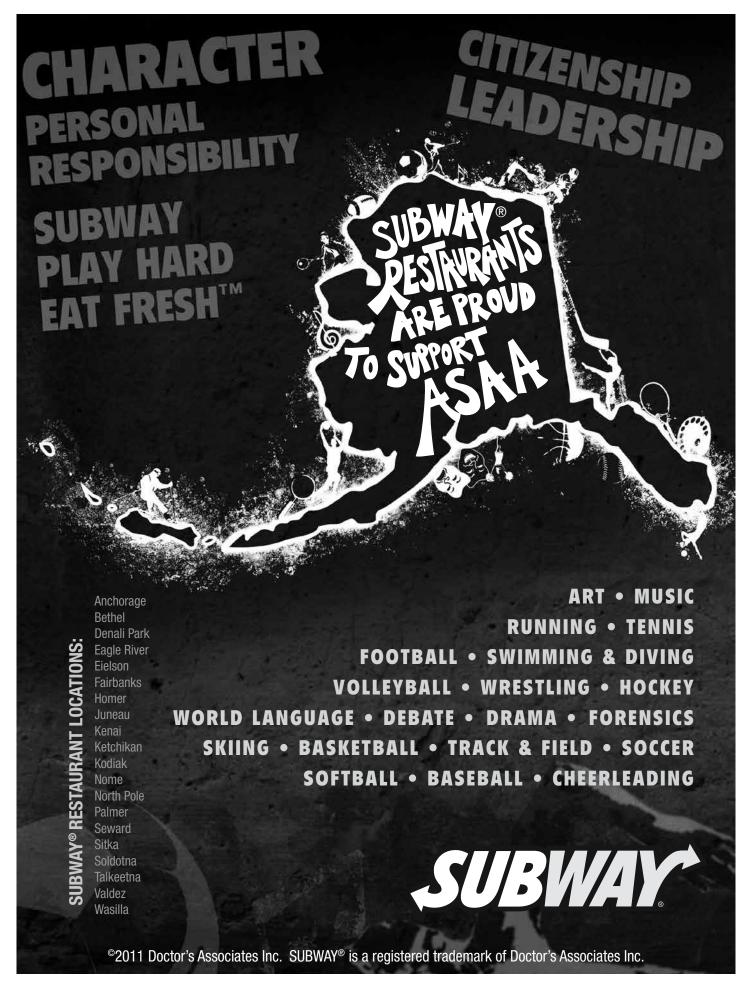
Academic Award: West Anchorage (3.96)

Top Ten Individual Finishers

•		
1. Levi Thomet	Kodiak	15:09.8
2. Jonah Theisen	Kenai	15:42.2
3. Ty Jordan	Chugiak	15:59.3
4. Levi Fried	Kodiak	16:09.0
5. Finn Walker	West	16:13.0
6. Jordan Theisen	Kenai	16:18.4
7. Keith Osowski	Kodiak	16:22.9
8. Max Donaldson	West Valley	16:27.6
9. Chandler Lokania	Dimond	16:28.8
10. Gillean Szeda-Mitt	Service	16:29.0



For a Complete History of Cross Country 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



A Record of Success

For nearly a century, **ONE** Alaska bank has believed in Alaska's youth. We're proud to support students in communities throughout the state who value teamwork and the determination to reach new heights.

Congratulations to all 2015 ASAA/First National Cross Country Running State Championship participants.

Together, we'll build Alaska's bright future.



We Believe in Alaska

Image courtesy of ASAA

NUM Se Admires