

Club Codes

BP	Barron Park Striders	IG	Issaquah Gliders	SM	Spokane Mercury
CS	Cascade Striders	King	King	SNO	Snohomish Track Club
FW	Federal Way Track Club	KIT	Kitsap Flyers	SU	Speed Unlimited
HCC	Highland Community Center	RBTC	Rainier Beach Track Club	SC	Sun City Harriers
HL	Highline	RCF	Rain City Flyers	WT	Whatcom Tesseract
HV	Hill & Valley	RUFIT	Running Unlimited Fitness	WS	West Seattle Road Runners
Hig h	Highpoint	SB	Sonic Boom	UA	Unattached

Results

5 & 6 Year Old Girls 800 Meters					5 & 6 Year Old Boys 800 Meters				
Place	Runner	Club	Time	Pt	Place	Runner	Club	Time	Pt
1	Emma Lally	SC	4:00.49		1	Hugh Rearden	KIT	3:53.44	1
2	Korra Caprera	FW	4:25.77	1	2	Matthew Wixted	KIT	3:57.54	2
3	Sadie Durkee	SC	4:38.87		3	Matthew Gonzalez	SC	4:23.47	3
4	Rayanna Dech	SB	4:44.76		4	Charlie Kramer	FW	4:26.17	4
5	Andie Price	KIT	4:47.14	2	5	Forrest Johnson	SC	4:27.51	5
6	Quinn Sitzmann	WS	4:59.46	3	6	Riker Rass	WS	4:28.41	
7	Marisol Sitzmann	WS	5:01.49	4	7	Cruz Sheffield	UA	4:44.09	
8	Carrie Chung	WS	5:03.18	5	8	Nils Mickelson	SC	4:50.21	6
9	Peyton Washburn	WS	5:03.77	6	9	Niko Hamilton	SB	4:52.31	
10	Michah Wit	WS	5:07.75	7	10	Isaac Couch	FW	5:11.70	7
11	Beau Sitzmann	WS	5:10.21		11	Zachary Ryan	UA	5:12.13	
12	Hope Cumins	UA	5:20.04		12	Sean Wixted	KIT	5:35.44	8
13	Emma Witney-Evans	RCF	5:20.49		13	Warner Lieb	SC	5:44.80	9
14	Rosie Worwood	KIT	5:26.83	8	14	Miles Atchley	KIT	6:08.84	10
15	Adele Atchley	KIT	5:43.29	9	15	Atticus Hakkton	UA	6:13.37	
16	Rose Cummins	UA	5:47.11		16	Dylan Gardner	FW	6:18.26	11
17	Hannah Gardner	FW	5:50.33	10	17	Harry Lyman	WS	6:30.61	
18	Ruby Gardner	FW	6:55.23	11	18	Jacob Townsend	SB	6:54.12	
19	Lanna Caprara	FW	7:47.75	12					
	Team	Total Points				Team	Total Points		
1 st	West Seattle Road Runners	12			1 st	Kitsap Flyers	11		
2 nd	Kitsap Flyers	19			2 nd	Sun City	14		
3 rd	Federal Way	22			3 rd	Federal Way	22		

Track Club		Track Club		
7 & 8 Year Old Girls 2000 Meters				
Place	Runner	Club	Time	Pt
1	Corinne Hudders	RCF	9:24.38	1
2	Flora Lovejoy	RCF	10:05.16	2
3	Paetyn Price	KIT	10:05.76	
4	Leanna Bloom	WS	10:11.63	3
5	Macy Powell	WS	10:13.12	4
6	Jordan Baliglon	RCF	10:34.78	5
7	Taitum Couch	FW	10:43.23	6
8	Jasmine Johnson	FW	10:44.00	7
9	Weiju Wu	CS	10:46.34	
10	Anastasia Corner	WS	11:08.38	8
11	Zapnie Hopkins	SC	11:09.17	9
12	Lincoln Sitzmann	WS	11:18.63	10
13	Lilly Ledram-Fort	RCF	11:19.87	11
14	Gemma Caprara	FW	11:26.06	12
15	Caitlyn Ross	WS	11:51.31	13
16	Isabel Whitaker	SB	11:53.69	14
17	Madeline Chung	WS	12:15.42	
18	Emily Alexander	IG	12:24.16	
19	Violet Carrell	CS	12:26.73	
20	Leah Thompson	WT	12:30.39	
21	Symone Shepard	UA	13:02.55	
22	Anna Bayless	SB	13:07.46	15
23	Sophia Lebkang	RCF	13:53.54	16
24	Ryan Frisbie-Smith	RCF	14:17.13	
25	Maeli Gamez	RCF	14:33.43	
26	Reyzl Press	RCF	14:46.40	
27	Khloe Zavala	SB	17:28.97	17
	Team	Total Points		
1 st	Rain City Flyers	8		
2 nd	West Seattle Road Runners	15		
3 rd	Federal Way Track Club	25		

7 & 8 Year Old Boys 2000 Meters										
Pl	Runner	Club	Time	Pt						
1	Luke Atchley	KF	9:13.13	1						
2	Adam Rutger	SC	9:57.87	2						
3	Shepherd Lally	SC	10:04.11	3						
4	Henry Herb	RCF	10:08.26	4						
5	David Stone	FW	10:18.79	5						
6	Thomas Ryan	UA	10:19.15							
7	James Branch	SC	10:19.54	6						
8	Ryan Wixted	KF	10:24.17	7						
9	Caleb McAdams	RCF	10:32.30	8						
10	Jordan Baligcon	RCF	10:34.78	9						
11	Henry Johnson	SC	10:35.48	10						
12	Jude Papindeu	WS	10:41.85	11						
13	Jake Herb	RCF	10:56.90	12						
14	Quinten Sing	FW	11:04.75	13						
15	Luke Slater	SB	11:05.66							
16	William Bigelow	RCF	11:06.65	14						
17	Weston Ford	SU	11:07.48							
18	Case VanNiel	RCF	11:08.15							
19	Marcelo Slye	WS	11:15.70	15						
20	Henry Schackenberg	WS	11:29.09	16						
21	Cooper Smith	RCF	11:27.81							
22	Ruben Hancock-Breuer	WS	11:42.34	17						
23	Matthew Zhang	CS	11:44.71							
24	Thomas Bearden	KF	11:45.12	18						
25	Ethan Worley	SC	12:10.15	19						
26	Benjamin Gamez	RCF	12:22.46							
27	Leo Miramontes	FW	12:25.21	20						
28	Micah Lien	SC	12:25.83							
29	John Donegan	IG	12:27.22							
30	Colby Whalen	WS	12:31.34	21						
31	John Durkee	SC	12:35.06							
32	Jadon Cairus	RCF	12:42.52							
33	Titus Wit	WS	13:08.43	22						
34	Cameron Eancovic	KF	13:36.02	23						
35	Kramer Jackson	FW	13:38.55	24						
36	Henry Ingraham	WS	13:44.71	25						
37	Kekoa Mayachar	RCF	13:52.92	26						
38	Romeo Schriener	SC	17:28.66	27						
39	Veselin Herle	SC	17:40.85	28						
	Team	Total Points								
1 st	Sun City Harriers	11								
2 nd	Rain City Flyers	21								
3 rd	Kitsap Flyers	26								

9 & 10 Year Old Girls 3000 Meters									
Pl	Runner	Club	Time	Pt					
1	Joy Lally	SC	12:37.28	1					
2	Sydney Collier	CS	12:56.21	2					
3	Kate Mickelson	SC	13:29.58	3					
4	Amelia Ryan	UA	13:31.50						
5	Mariel Robles	UA	13:33.03						
6	Danielle Jacobson	CS	13:58.93	4					
7	Sarah Lindquist	RCF	14:09.61	5					
8	Ida Bralower	RCF	14:22.01	6					
9	Kimberly Zhao	CS	14:25.61	7					
10	Tegan Holme	FW	14:26.04	8					
11	Nora Luloff	SB	14:28.95	9					
12	Rosa VanNiel	RCF	14:31.43	1 0					
13	Mackenzie Walker	RCF	14:34.18	1 1					
14	Kennedy Shepard	UA	14:34.50						
15	Anna Kuhn	SB	14:40.35	1 2					
16	Mesaphint Englert	FW	14:41.07	1 3					
17	Addison Washburn	WS	14:52.35	1 4					
18	Camila Miller	CS	14:53.14	1 5					
19	Olivia McGrew	KF	14:53.81						
20	Piper Russell	FW	14:54.26	1 6					
21	Elle Papineow	WS	15:10.48	1 7					
22	Naomi Dunn-Loper	RCF	15:14.45	1 8					
23	Riley Hill	WS	15:33.03	1 9					
24	Sydney Herzog	RCF	16:00.23	2 0					
25	Erinn Swenson	FW	16:14.48	2 1					
26	Lucy Smith	RCF	11:19.56						
27	Mia Mayachar	RCF	16:40.52						
28	Hannah Krueger	SC	16:40.99	2 2					
29	Claire Blanch	SC	16:42.25	2 3					
30	Charlee Nelson	SB	16:51.20	2					

				4					
31	Julia Darringer	RCF	16:52.30						
32	Daphne Houghton	RCF	17:12.71						
33	Anjali Hoodik	SU	17:28.04						
34	Aidy Dahlke	SB	18:12.46	2 5					
35	Sophia Whitaker	SB	19:58.99	2 6					
36	Illiana Harty	WS	20:57.03	2 7					
37	Darinah Hou	CS	23:15.87	2 8					
38	Lauren Mathweson	CS	23:39.08	2 9					
	Team	Total Points							
1 st	Cascade Striders	13							
2 nd	Rain City Flyers	21							
3 rd	Sun City Harriers	26							

9 & 10 Year Old Boys 3000 Meters									
Pl	Runner	Club	Time	Pt	Pl	Runner	Club	Time	Pt
1	Kian Compton	SC	11:27.38	1	31	Coen Johnson	SC	14:31.4 4	26
2	Conur Ricky	SU	11:34.34	2	32	Nick Wittmann	RCF	14:34.4 7	
3	Charlie McManus	RCF	11:34.81	3	33	Boden Hammerstead		14:35.6 9	
4	Quinten Brooks	SU	11:45.28	4	34	Calvin Forsberg	CS	14:39.5 0	
5	Jonah Kearns	RCF	11:47.19	5	35	Jonah Herd	SB	14:40.7 2	
6	Andrew Kolenski	SU	11:51.86	6	36	Connor Whitney- Evers	RCF	14:44.8 0	
7	Colton Wacley	SU	11:53.81	7	37	William Leonard	CS	14:53.3 5	
8	Ashton Berwick	SNO	12:34.22		38	Noah Gonzalez	SC	14:58.5 1	27
9	Etheon Urquhart	RCF	12:34.57	8	39	Tyler Knox	RCF	14:59.0 1	
10	Max Billett	RCF	12:38.11	9	40	Oliver Li	SU	15:00.7 1	
11	Luke Cardenas	SC	12:45.00	10	41	Dylan Zehr	FW	15:04.3 7	28
12	Camden Korb-Nie	RCF	12:45.62	11	42	Spencer Cunier	RCF	15:05.5 3	
13	Jaxon Sheffield	CS	12:50.02	12	43	Gavin Maclean	CS	15:05.9 7	
14	Dawson Berwick	SNO	12:54.56		44	Noah Collins	SC	15:06.4 7	29
15	Jack Evans	CS	12:56.46	13	45	Robbie Morris	CS	15:07.0 4	
16	Rodrigo Montano	CS	12:57.01	14	46	Chance Mason	WS	15:12.7 5	30
17	Spencer Ballard	FW	13:02.54	15	47	Samuel Gonzalez	SC	15:14.2 3	
18	Ronan Baminger	FW	13:07.25	16	48	Jonas Couch	FW	15:22.0 3	
19	Hawker Nostrom	FW	13:10.74	17	49	Nash Cagen	WS	15:24.3 4	31
20	Tamir Stern	CS	13:15.06	18	50	Evan Leonard	FW	15:34.4 4	
21	Evan Jakubek	RCF	13:16.56		51	Riley Magill	RCF	15:37.6 0	
22	William Fredrick	WS	13:34.31	19	52	Seiji Dolakoff	RCF	15:38.5 6	
23	Rahan Satiq	CS	13:36.13	20	53	Graeme Maclean	CS	16:18.3	

								8	
24	Oscar Zimmerman	RCF	13:45.63		54	Ben Grimes	WS	16:34.70	32
25	Alex Miramontes	FW	13:48.13	21	55	Logan Lyman	WS	17:19.37	
26	Cash Nowicki	WS	13:51.16	22	56	Ryan Ashley	CS	17:38.50	
27	William Souzaponce	RCF	13:55.54		57	Josia Corned	WS	17:53.69	
28	Brent Johnson	SC	13:55.99	23					
29	Jack Punke	SU	14:01.38	24					
30	Tucker Punke	SU	14:13.87	25					
	Team	Total Pts							
1 st	Speed Unlimited	12							
2 nd	Rain City Flyers	16							
3 rd	Sun City Harriers	18							

11&12 Year Old Girls 3000 Meters									
Place	Runner	Club	Time	Pt					
1	Alyvia Brown	CS	11:08.7 1	1					
2	Ava Borsheim	FW	11:13.0 8	2					
3	Maisie McManus	RCF	11:47.7 0	3					
4	Ainsley Herron	CS	11:54.1 1	4					
5	Morgan Thompson	TCT	11:59.7 4						
6	Ali Evans	CS	12:07.2 4	5					
7	Sara Evans	CS	12:14.6 7	6					
8	Talia Willson	SU	12:15.9 7	7					
9	Julia Couch	FW	12:18.4 5	8					
10	Julia Ryan	CS	12:33.2 3	9					
11	Sabrina Chun	SU	12:47.2 9	1 0					
12	Olive Clark	SC	12:51.5 9						
13	Fiona Wolf	CS	13:03.8 5						
14	Anya Souzaponge	RCF	13:07.1 9	1 1					
15	Anika Jones	RCF	13:08.2 9	1 2					
16	Emmie McGrew	KF	13:10.7 9						
17	Tatum Ford	SU	13:14.3 6	1 3					
18	June Pierson	WS	13:21.1 0	1 4					
19	Samantha Sherick	WS	13:24.9 8	1 5					
20	Yesenia Soriano	FW	13:25.3 9	1 6					
21	Lilian Gregorich	RCF	13:34.7 8	1 7					
22	Sierra Mason	WS	14:14.7 4	1 8					
23	Molly Hoover	CS	14:34.0						

			1						
24	Stella Cagan	WS	14:49.1 6	1 9					
25	Viktoria Sutara	CS	14:52.3 1						
26	Elise Whaley	WS	14:55.5 1	2 0					
27	Tresley Love	UA	15:00.1 3						
28	Mary Mickelson	SC	15:07.6 0						
29	Riley Pogue	CS	15:31.2 6						
30	Stella Martinez	CS	15:43.9 6						
31	Margie McKnight	CS	15:47.9 6						
32	Maria Borges	CS	17:59.5 0						
33	Wei Tong Wang	CS	18:21.7 2						
34	Brienz Dahlke	SB	18:28.7 7						
	Team	Total Points							
1 st	Cascade Striders	10							
2 nd	Federal Way Track Club (tie)	26							
2 nd	Rain City Flyers (tie)	26							

11&12 Year Old Boys 3000 Meters									
Place	Runner	Club	Time	Pt	Place	Runner	Club	Time	Pt
1	Will Schneider	RCF	10:45.7 2	1	36	Shen Nelson	SB	15:00.19	
2	Tenichi Garden	KF	11:15.5 6		37	Edan Jacobson	CS	15:04.69	
3	Brennan Ricky	SU	11:19.9 0	2	38	Riese Delaney	SC	15:44.14	26
4	Logan Plesko	RCF	11:32.0 3	3	39	Paul Lally	SC	15:55.27	27
5	Zach Willkins	CS	11:38.1 2	4	40	Riley Delaney	SC	15:56.44	28
6	Joachim Jakuc	CS	11:42.3	5	41	Eli Folsom	RB	21:58.07	

			8						
7	Nathan Johnson	SC	11:46.0 3	6					
8	Andres Dunn-Lopez	RCF	11:46.7 5	7					
9	Hudson Otrosh	SU	11:48.6 0	8					
10	Duncan Frisbe-Smith	RCF	11:58.7 4	9					
11	Yusuf Moazzam	CS	12:01.0 7	10					
12	Zohar Rafalovich	CS	12:03.6 1	11					
13	Caleb Hirschfeld	RCF	12:12.7 9	12					
14	Keyshun Shepard		12:26.0 1						
15	Quincy Parcell	RCF	12:35.8 0						
16	Baird Soriano	SU	12:41.4 7	13					
17	Keefe Russell	FW	12:43.9 8	14					
18	Elijah Kruegar	SC	12:47.3 2	15					
19	Jackson Fitch	RCF	12:54.8 8						
20	Giovanni Slye	WS	12:57.9 6	16					
21	Ewan Kae	WS	12:58.8 7	17					
22	Jack Bigelow	RCF	13:09.2 4						
23	Daniel Montano	CS	13:14.8 4	18					
24	Aaron Beltran	FW	13:14.9 9	19					
25	Joseph Sherick	WS	13:51.6 0	20					
26	Benjamin Huh	SU	14:00.5 4	21					
27	Spencer Johnson	SC	14:01.7 3	22					
28	Nathan Rene	RB	14:08.1 3						
29	Ammar Ghouse	CS	14:11.4 7						

30	Peter Roscoe	SB	14:18.1 2						
31	Simeon McAdams	RCF	14:21.1 3						
32	Lewis Huh	SU	14:25.2 4	23					
33	Taylor Frederick	WS	14:28.7 1	24					
34	Etienne Redpath	RCF	14:31.5 1						
35	Logan Fisher	FW	14:32.5 6	25					
	Team	Total Point s							
1 st	Rain City Flyers	11							
2 nd	Cascade Striders	19							
3 rd	Speed Unlimited	23							

13&14 Year Old Girls 4000 Meters									
Place	Runner	Club	Time	Pt					
1	Ella Borsheim	FW	14:27.22	1					
2	Faith Martinez	UA	15:19.48						
3	Jessalyn Robles	UA	15:37.75						
4	Sloan Selenis	RCF	15:48.08						
5	Anna Petrboikova	CS	16:29.90	2					
6	Hannah Hilton	SC	16:31.89						
7	Jazmyn Stone	FW	16:55.10	3					
8	Kara Mickelson	SC	17:04.27						
9	Kayla Lucas	SNO	17:06.95						
10	Rachel Jin	SU	17:19.39						
11	Natalie Hinds	RCF	17:21.94						
12	Kate Cannistra	CS	17:55.36	4					
13	Claudia Wolf	CS	17:57.29	5					
14	Sydney Steskal	SU	17:59.71						
15	Hannah Davidson	FW	19:54.96	6					
16	Kelsey Love	UA	20:28.53						
17	Shrilekaha Bhat	CS	21:07.46	7					
18	Sabreen Moazzam	CS	21:23.95	8					
19	Sanjita Rishikesan	CS	22:42.27	9					
20	Alyssa Bayless	SB	26:12.11						
	Team	Total							

		Points							
1 st	Federal Way Track Club	10							
2 nd	Cascade Striders	11							
3 rd	N/A								

13&14 Year Old Boys 4000 Meters									
Place	Runner	Club	Time	Pt					
1	Anthony Smith	SU	13:53.5 3	1					
2	Hayden Fisher	FW	14:03.0 4	2					
3	Hale Behan	CS	14:03.9 5	3					
4	Adrean Toffola	SU	14:12.2 1	4					
5	Maximus Sing	FW	14:17.2 3	5					
6	Aaron Heisse	SU	14:59.4 5	6					
7	Harrison Lyons	FW	15:02.7 5	7					
8	Kya Villanueva	SU	15:07.1 4	8					
9	Sam Guest	SU	15:20.2 8	9					
10	Tanner Pecheos	FW	15:25.2 5	10					
11	Caden Davis	CS	15:28.3 5	11					
12	Northern Brown	CS	15:36.2 7	12					
13	Josh Slate	CS	15:41.1 9	13					
14	Camden Jaureguy	RCF	15:47.7 8	14					
15	Alex Serper	CS	15:49.4 9	15					
16	Ethan Erickson	RCF	15:49.8 8	16					
17	Leonardo Reyes	SU	15:51.7 9						
18	Matan Gruman	CS	15:58.0 0						
19	Lahar Ori	CS	16:17.6 1						
20	Tomer Kalach	CS	16:35.7 4						
21	Mason Shaw	SIT	16:41.6 4						
22	Quinn Hoisington	RCF	16:50.1 6	17					
23	Luke Ensminger	CS	16:59.1						

			1						
24	Tyler Floyd	SU	17:09.6 4						
25	Hayden Goldberg	CS	18:16.3 4						
26	Jack McMurray	CS	18:50.6 9						
27	Merek Weed	CS	18:56.3 4						
28	Peter Leary	RCF	19:15.7 3	18					
29	Samuel Turnbull	RCF	19:54.3 3	19					
30	Caleb Franklin	SC	21:48.2 5						
31	Michael Trinh	WS	22:47.4 0						
	Team	Total Point s							
1 st	Speed Unlimited	11							
2 nd	Federal Way Track Club	17							
3 rd	Cascade Striders	26							

15-18 Year Old Ladies 4000 Meters									
Place	Runner	Club	Time	Pt					
1	Vendula Pokludova	CS	20:37.9 5						
2	Therese Gordon	KIT	25:01.1 3						
	Team	Total Points							
1 st									
2 nd									
3rd									

Open Ladies 4000 Meters									
Place	Runner	Club	Time	Pt					
1	Susan Pappalardo	CS	16:44.7 3						
2	Lei Wu	CS	22:13.0 2						
	Team	Total Points							
1 st									
2 nd									
3rd									

Open Mens 4000 Meters									
Place	Runner	Club	Time	Pt					
1	Casey Campbell	SC	13:10.3 7						
2	Joe Johnson	CS	13:52.4 1						
3	Craig Maclean	CS	14:30.1 7						
4	Darryl Genest	FW	15:10.0 4						
5	Dan Evans	CS	16:01.3 8						
	Team	Total Points							

1 st									
2 nd									
3 rd									