

Club Codes

BP	Barron Park Striders	IG	Issaquah Gliders	SP	Spartans
CN	Club Northwest	King	King	SHR	South Hill Running
CS	Cascade Striders	KIT	Kitsap Flyers	SU	Speed Unlimited
FW	Federal Way Track Club	RBTC	Rainier Beach Track Club	SNO	Snohomish Track Club
HL	Highline	RCF	Rain City Flyers	WT	Whatcom Tesseract
HV	Hill & Valley	STC	Sammamish Track Club	WS	West Seattle Road Runners
High	Highpoint	SB	Sonic Boom	UA	Unattached

Results

6 & Under Girls 800 Meters					6 & Under Boys 800 Meters				
Place	Runner	Club	Time	Pt	Place	Runner	Club	Time	Pt
1	Beau Sitzmann	WS	4:17.67		1	Tyler Kao	WS	3:51.71	1
2	Caroline Chung	WS	4:21.30		2	Alister Wallace	UA	4:01.05	
3	Andie Price	KIT	4:23.47	1	3	Maxton Snyder	WS	4:01.54	2
4	Emma Withey Evans	RCF	4:30.93		4	Liam Karr	WS	4:17.00	3
5	Adele Atchley	KIT	4:42.34	2	5	Sebastian Rodero	WS	4:29.39	4
6	Artemis Michelin	SB	5:22.83		6	Isaac Couch	FW	4:33.62	
7	Jazmine Resendiz	FW	5:33.27		7	Micah Baniaga	SP	4:34.54	
8	Lanna Caprara	FW	6:15.62		8	Sean Wixted	KIT	4:35.07	
9	Maddie Atkinson	KIT	6:28.23	3	9	James Dimitriu	UA	4:55.93	
10					10	Miles Atchley	KIT	5:13.25	
11					11	Jackson Mowrey	WS	5:17.56	5
12					12	Lincoln West	RBTC	5:22.57	
13					13	Henry Olson	SP	6:06.50	
14					14	Jacob Townsend	SB	6:46.07	
15					15	Alex Rigby	UA	6:48.89	
	Team	Total Points				Team	Total Points		
1 st	Kitsap Flyers	6			1 st	West Seattle	6		
2 nd					2 nd				
3 rd					3 rd				

7 & 8 Year Old Girls 2000 Meters									
Place	Runner	Club	Time	Pt					
1	Abigail Wallace	UA	8:54.42						
2	Paetyn Price	KF	9:33.55						
3	Jordan Mae Daligcon	RCF	9:48.96	1					
4	Lianna Bloom	WSRR	10:06.12	2					
5	Lily Lendrum Fort	RCF	10:27.64	3					
6	Ella Haber	RCF	10:30.04	4					
7	Grace Gilson	CN	10:31.22						
8	Amaya Snyder	WSRR	10:36.82	5					
9	Lieke Pauzauskie	RCF	11:30.29	6					
10	Catherine Harju	FW	11:31.75	7					
11	Quinn Sitzmann	WSRR	11:32.00	8					
12	Sol Sitzmann	WSRR	11:36.50	9					
13	Gloria Shillito	RB	11:46.94						
14	Anika Sethi	RCF	11:50.97	10					
15	Cassidy Smith	WSRR	11:57.26	11					
16	Sofia Busch	RCF	12:19.97	12					
17	Amelia Nunez	FW	12:21.70	13					
18	Marti Atkinson	KF	12:25.82						
19	Mira Sherotsky	WSRR	12:30.10	14					
20	Peyton Washburn	WSRR	12:30.58	15					
21	Kiki Punke	SU	12:32.60						
22	Lola Hammock	WSRR	13:52.82	16					
23	Reyzi Press	RCF	13:59.10	17					
24	Allison Olsen	SP	14:11.58						
25	Celina Seeger	FW	14:42.53	18					
26									
27									
	Team	Total Points							
1 st	Rain City	8							
2 nd	West Seattle	15							
3 rd	Federal Way	38							

7 & 8 Year Old Boys 2000 Meters								
Pl	Runner	Club	Time	Pt				
1	Brooks Oliver	RCF	9:17.13	1				
2	Gabe Kolsrud	FW	9:28.90	2				
3	Ryan Wisted	KF	9:37.90	3				
4	Austin Hight	RCF	9:41.28	4				
5	Tai Shih	CS	10:05.68	5				
6	Spencer Broadbent	SNO	10:05.99					
7	Nash Campbell	RCF	10:06.85	6				
8	Connor Linenfelser	SB	10:20.50					
9	Francois Pierre	CS	10:26.16	7				
10	Hugh Bearden	KF	10:31.37	8				
11	Jaden Cairus	RCF	10:39.75	9				
12	Weston Ford	CS	10:45.77	10				
13	Thomas Bearden	KF	10:50.96	11				
14	Matthew Wisted	KF	10:53.81	12				
15	Jonah Baniger	SP	11:03.39					
16	Phoenix Barrera	KF	11:07.06	13				
17	Rowan Hansen	CS	11:22.43	14				
18	William Moir	WSRR	11:29.15	15				
19	Leo Miramontes	FW	11:38.69	16				
20	Henry Schumacher	BPS	11:41/21					
21	Cameron Barndt	FW	11:45.34	17				
22	London West	RB	11:59.14					
23	Henry O'Claire	WSRR	13:18.57	18				
24	Ian Faulkner	WSRR	13:27.59	19				
25	Guthrie Moon	WS	13:34.79					
26	Connor Rigby	RCF	14:08.28	20				
27	Eli Olson	SP	14:35.52					
28	Kai Dee Davis	SB	18:37.00					
29								
30								
	Team	Total Points				Team	Tot Pts	
1 st	Rain City	11			4 th	Federal Way	35	
2 nd	Kitsap Flyers	22			5 th	West Seattle	72	
3 rd	Cascade Striders	22			6 th			

9 & 10 Year Old Girls 3000 Meters									
Pl	Runner	Club	Time	Pt	Pl	Runner	Club	Time	Pt
1	Corinne Hudders	RCF	12:20.27	1	39	Micah Langhoff	WS	17:10.24	36
2	Wiejia Wu	CS	13:06.83	2	40	Madelyn Thomas	WS	17:10.50	37
3	Lucy Minning	UA	13:15.60		41	Bella Joy Verbal	RB	17:17.56	
4	Vala Borgelt	SB	13:17.84	3	42	Dahlia Parekh	CS	17:18.01	38
5	Gemma Caprara	FW	13:37.73	4	43	Chyler Fuhlman	CS	17:18.64	39
6	Addison Washburn	WS	13:42.31	5	44	Sophia Whitaker	SB	19:12.55	40
7	Piper Russel	FW	13:45.42	6	45	Sonia William	RB	21:51.22	
8	Taitum Couch	FW	13:54.03	7	46				
9	Makenzie Foree	FW	13:55.96	8	47				
10	Ella Hansen	CS	13:56.70	9	48				
11	Ida Bralower	RCF	14:14.51	10					
12	Jasmine Johnson	FW	14:19.52	11					
13	Isabel Osborn	RCF	14:24.33	12					
14	Macy Powell	WS	14:24.33	13					
15	Anna Haber	RCF	14:27.80	14					
16	Lilly Rodero	WS	14:34.24	15					
17	Kaarin Weedon	SB	14:34.64	16					
18	Sydney Herzog	RCF	15:01.43	17					
19	Isabel Whitaker	SB	15:06.24	18					
20	Anastasia Corner	WS	15:09.23	19					
21	Elena Latterell	WS	15:10.52	20					
22	Lincoln Sitzmann	WS	15:11.52	21					
23	Riley Hill	WS	15:13.71	22					
24	Emily Alexander	CS	15:14.76	23					
25	Meredith Geiger	RCF	15:19.33	24					
26	Violet Carrel	CS	15:19.61	25					
27	Taylor Heesacker	UA	15:27.02						
28	Jilian Roswenne	UA	15:30.73						
29	Cailin Ross	WS	15:33.95	26					
30	Madeline Chung	WS	15:35.25	27					
31	Sonya Carter	RCF	15:37.59	28					
32	Manisha Manogaran	CS	15:44.77	29					
33	Jessica Schlumpf	FW	15:48.91	30					
34	Sydney Davis	SB	15:49.14	31					
35	Daphne Houghton	WS	16:11.23	32					
36	Anna Bayless	SB	16:40.11	33					
37	Mia McDonald	CS	16:47.91	34					
38	Myllenia Seeger	FW	16:51.17	35					
	Team	Total Points				Team	Tot Pts		
1 st	Federal Way	17			4 th	Cascade Striders	34		
2 nd	Rain City	23			5 th	Sonic Boom	37		
3 rd	West Seattle	33			6 th				

9 & 10 Year Old Boys 3000 Meters									
Pl	Runner	Club	Time	Pt	Pl	Runner	Club	Time	Pt
1	Hudson Wallace	UA	11:17.53		31	Nick Jackson	WS	14:18.79	27
2	Quinten Brooks	SU	11:22.56	1	32	Huey Hoff	RCF	14:21.52	28
3	Ethan Urquhart	RCF	11:48.06	2	33	Luke Slater	SB	14:24.78	
4	Henry Herb	RCF	12:01.70	3	34	Calvin Forsberg	CS	14:31.59	29
5	Jaxon Sheffield	CS	12:07.88	4	35	Graeme Maclean	CS	14:33.84	30
6	Davis Kelsey	CS	12:14.23	5	36	Lucas Hansen	RCF	14:36.23	31
7	Evan Jakubek	RCF	12:21.99	6	37	Boden Hammerstad	WS	14:36.68	32
8	Luke Allen	CS	12:26.50	7	38	Matthew Zhang	CS	14:41.04	33
9	Rodrigo Montano	CS	12:27.03	8	39	Elliot North	CS	14:45.77	34
10	Spencer Ballard	FW	12:33.99	9	40	Marcelo Slye	WS	14:46.32	35
11	Luke Atchley	KIT	12:39.49		41	Milo Legros	CS	14:47.68	36
12	Suriya Sethi	RCF	12:42.21	10	42	Jude Papineau	WS	14:57.92	37
13	Jake Herb	RCF	12:47.37	11	43	Edmund Faulkner	WS	15:02.06	38
14	William Leonard	CS	12:47.67	12	44	Tymur Zinchuk	SU	15:05.63	39
15	Adam Butterfield	BP	12:48.44		45	Griffin Spottswood	CS	15:07.90	40
16	Thomas Ryan	CS	12:51.03	13	46	Will Schumacher	BP	15:11.06	
17	Tamir Stern	CS	13:09.52	14	47	Achilles Reyna	CS	15:18.12	41
18	Cash Nowicki	WS	13:17.23	15	48	Aiden Mio	CS	15:30.38	42
19	Alex Miramontes	FW	13:21.31	16	49	Srivas Kandukuri	CS	15:34.21	43
20	Caleb McAdams	RCF	13:24.07	17	50	Emmett Cox	WS	15:43.77	44
21	Case VanNiel	RCF	13:24.97	18	51	William Bigelow	RCF	15:45.01	45
22	Benjamin Kauppila	RCF	13:25.82	19	52	Zachary Gruben	CS	15:45.31	46
23	Chase Stancik	WS	13:32.55	20	53	Jonathan Xie	SU	15:47.03	47
24	Tate Broadbent	SNO	13:40.29		54	Quinnton Sing	FW	15:53.12	48
25	Hawker Nostrom	FW	13:42.14	21	55	George Busby	CS	16:01.84	49
26	Chance Mason	WS	13:55.19	22	56	Evan Leonard	FW	16:22.54	50
27	Dylan Zehr	FW	13:58.62	23	57	Topher Moran	SP	16:25.39	
28	Nick Whittmann	RCF	13:58.90	24	58	Colby Whelan	WS	16:45.54	51
29	Tucker Punke	SU	13:59.70	25	59	Preston Liwanag	SB	19:16.79	
30	Raphael Jeannerod	CS	14:13.94	26	60	Dresden Dada	WS	21:01.32	52
					61	Wit Linxweiler	WS	21:09.35	53
	Team	Total Pts				Team	Tot Pts		
1 st	Rain City	11			4 th	West Seattle	57		
2 nd	Cascade Striders	16			5 th	Speed Unlimited	65		
3 rd	Federal Way	46			6 th				

11&12 Year Old Girls 3000 Meters							
Place	Runner	Club	Time	Pt			
1	Ava Borsheim	FW	11:10.94	1			
2	Julia Couch	FW	11:22.97	2			
3	Gwen Evans	CS	12:12.19	3			
4	Hou'ley Wallace	UA	12:14.92				
5	Mio Masonaga	CN	12:16.93				
6	Sarah Lindquist	RCF	12:23.40	4			
7	Sydney Collier	CS	12:30.79	5			
8	Mesafint Englert	FW	12:37.05	6			
9	Elsa Minnig	WS	12:56.79	7			
10	Anna Lendrum-Fort	RCF	12:57.53	8			
11	Sadie Miller	WS	13:03.56	9			
12	Samantha Sherick	WS	13:08.60	10			
13	Tatum Ford	CS	13:15.92	11			
14	Kimberly Zhao	CS	13:25.41	12			
15	Elle Papineau	WS	13:29.17	13			
16	Kimmie McGrew	KIT	13:33.77				
17	Ashley Whitten	CS	13:45.27	14			
18	Lilian Gregorich	RCF	13:49.64	15			
19	Rosa Van Niel	RCF	13:56.16	16			
20	Prama Singh	CS	14:03.38	17			
21	Kaiylee VanSanten	FW	14:29.11	18			
22	Stella Martinez	CS	14:31.53	19			
23	Serafina Shin-Von Nordenflycht	RCF	14:39.72	20			
24	Sienna Shoemaker	WS	15:17.45	21			
25	Emma Teters	SB	15:54.94				
26	Stella Klem	WS	17:12.69	22			
27	Darinah Hou	CS	17:52.71	23			
28	Maya Amandus	WS	21:56.50	24			
29							
30							
	Team	Total Points			Team	Tot Pts	
1 st	Federal Way	9		4 th	Rain City	27	
2 nd	Cascade Striders	19		5 th			
3 rd	West Seattle	26		6 th			

11&12 Year Old Boys 3000 Meters									
Place	Runner	Club	Time	Pt	Pl	Runner	Club	Time	Pt
1	Joachim Jakuc	CS	11:01.39	1	36	Connor Whithey Evans	RCF	14:01.90	35
2	Connor Rickey	SU	11:03.71	2	37	Maceo Rivers	FW	14:25.96	36
3	Joshua Patel	SU	11:17.42	3	38	Spencer Powell	WS	14:26.26	37
4	Hudson Atrosh	SU	11:17.97	4	39	Eli Powell	WS	14:28.03	38
5	Keefe Russell	FW	11:28.78	5	40	Kaeden VanSanten	FW	14:37.20	39
6	Charlie McManus	RCF	11:29.32	6	41	Jonas Couch	FW	14:49.70	40
7	Sam Schubert	RCF	11:29.60	7	42	William McDonald	CS	14:50.93	41
8	Jonah Kearns	RCF	11:41.63	8	43	Simeon McAdams	RCF	14:51.26	42
9	Zackary Wilkins	CS	11:49.66	9	44	Gavin Maclean	CS	15:07.54	43
10	Ivan Hernandez Villa	CS	11:56.67	10	45	Robbie Morris	CS	15:21.28	44
11	Col Snelling	RCF	12:17.68	11	46	Ryan Ashley	CS	15:29.72	45
12	Duncan Frisbie- Smith	RCF	12:22.42	12	47	Antoine Artigalas	RCF	16:08.58	46
13	Max Billett	RCF	12:25.73	13	48	Everett Burdett	WS	17:02.45	47
14	Daniel Montano	CS	12:26.62	14	49	Gareth Phelps	RCF	17:09.50	48
15	Caleb Hirschfield	RCF	12:30.55	15	50	Nathan Schlumpf	FW	18:43.12	49
16	Levi Hanson	RCF	12:33.30	16	51	Orion Reyna	CS	20:20.76	50
17	Aaron Beltran	FW	12:34.59	17					
18	Yusuf Moazzam	CS	12:36.14	18					
19	Noam Rafalovich	CS	12:40.12	19					
20	Ronan Barringer	FW	12:42.05	20					
21	Myles Barrera	KIT	12:42.34						
22	Milo Schriber	RCF	12:48.84	21					
23	Aiden Ruud	CS	12:55.22	22					
24	Nathan Hudders	RCF	13:07.16	23					
25	Jackson Fitch	RCF	13:07.50	24					
26	Oscar Zimmerman	RCF	13:11.37	25					
27	Cameron Trichel	SU	13:15.30	26					
28	Rayhan Sathiq	CS	13:16.25	27					
29	Jack Punke	SU	13:17.28	28					
30	Jude Dooley	FW	13:25.60	29					
31	Hans Wilwerding	RCF	13:25.92	30					
32	Riley Magill	RCF	13:29.11	31					
33	Jack Bigelow	RCF	13:31.08	32					
34	William Frederick	WS	13:34.12	33					
35	Finn Gilbert	WS	13:53.03	34					
	Team	Total Points				Team	Tot Pts		
1 st	Speed Unlimited	9			4 th	Federal Way	42		
2 nd	Cascade Striders	20			5 th	West Seattle	104		
3 rd	Rain City Flyers	21			6 th				

13&14 Year Old Girls 4000 Meters							
Place	Runner	Club	Time	Pt			
1	Alyvia Brown	CS	15:23.60	1			
2	Claire Archer	RCF	15:31.81	2			
3	Ava Hagwell	SU	15:40.88	3			
4	Ainsley Herron	CS	15:54.56	4			
5	Megan Kolenski	SU	15:58.98	5			
6	Ella Budden	SU	16:19.07	6			
7	Julia Ryan	CS	16:29.53	7			
8	Maisie McManus	RCF	16:32.02	8			
9	Anika Jones	RCF	16:37.31	9			
10	Keya Gillenwater	RCF	17:18.62	10			
11	Rachel Jin	SU	17:30.51	11			
12	Sabrina Chun	SU	17:38.93	12			
13	Kayla Lucas	SHR	17:47.73				
14	Ava Carrel	CS	18:01.33	13			
15	Sophia Litton	WSRR	18:06.45	14			
16	Sophie Hollinger	SU	18:11.68	15			
17	Ava Woodrich	WSRR	18:13.26	16			
18	Yesenia Soriano	FW	18:18.61				
19	Sierra Mason	WSRR	18:23.29	17			
20	Catrin Wodrich	WSRR	18:35.19	18			
21	Elsie Whaley	WSRR	18:35.66	19			
22	Anya Souza-Ponce	RCF	18:48.62	20			
23	Finnley O'Brien	FW	21:08.67				
24	Sofia Alvi	CS	23:51.14	21			
25	Esme Jabolonsky	WSRR	24:06.89	22			
26	Weitong Wang	CS	24:07.15	23			
	Team	Total Points			Team	Tot Pts	
1 st	Cascade Striders	12			4 th	West Seattle	47
2 nd	Speed Unlimited	14					
3 rd	Rain City	19					

13&14 Year Old Boys 4000 Meters							
Place	Runner	Club	Time	Pt			
1	Will Schneider	RCF	13:50.14	1			
2	Adrean Tafolla	SU	13:51.50				
3	Jenichi Gordon	KF	14:11.17				
4	Carter Joy	RCF	14:34.65	2			
5	Jakob Broadbent	SNO	14:46.32	3			
6	Braden Wallace	UA	14:58.62				
7	Brennen Rickey	SU	15:02.12				
8	Camden Jaureguy	RCF	15:13.43	4			
9	Andres Dunne-Loper	RCF	15:34.58	5			
10	Jakson Currit	RCF	15:47.25	6			
11	Ammon Wagner	SNO	15:57.19	7			
12	Leo Clarke	RCF	16:04.60	8			
13	Melkamu Englert	FW	16:11.31	9			
14	Zohar Rafalovich	CS	16:13.38				
15	Seth Hicks	SNO	16:13.91	10			
16	Cole Ericksson	KF	16:18.87				
17	Niko Manolides	FW	16:48.38	11			
18	Carter Mitchell	FW	17:01.34	12			
19	Elliott Burdett	WSRR	17:45.79	13			
20	Joseph Lee	WSRR	17:57.92	14			
21	Nathan Reece	RB	18:00.80				
22	Cole Bauersfeld	WSRR	18:07.93	15			
23	Miles Kelley	WSRR	18:10.28	16			
24	Ewan Kae	WSRR	19:19.26	17			
25	Taylor Frederick	WSRR	19:31.20	18			
26	Owen Hill	WSRR	21:50.59	19			
27	Edan Jacobsen	CS	21:53.27				
28							
29							
30							
	Team	Total Points					
1 st	Rain City	7			4 th	West Seattle	42
2 nd	Snohomish TC	20					
3 rd	Federal Way	32					

15-18 Year Old Ladies 4000 Meters									
Place	Runner	Club	Time	Pt					
1									
2									
	Team	Total Points							
1 st									
2 nd									
3 rd									

15-18 Year Old Men 4000 Meters									
Place	Runner	Club	Time	Pt					
1	Logan Burk	KF	13:43.00						
2	Narendra Manogaran	CS	16:07.08						
3	Jonathan Mio	CS	16:30.09						
4	Noah Dooley	FW	16:44.75						
5	Usman Mozzam	CS	17:28.23						
6	Jimme He	RCF	22:01.89						
7									
8									
9									
	Team	Total Points							
1 st									
2 nd									
3 rd									

Open Womens 4000 Meters									
Place	Runner	Club	Time	Pt					
1	Karen King	RCF	22:13.91						
2									
3									
4									
5									
	Team	Total Points							
1 st									
2 nd									
3 rd									

Open Mens 4000 Meters									
Place	Runner	Club	Time	Pt					
1	Mike Ryan	CS	15:19.99	1					
2	Steve Corley	CS	15:32.36	2					
3	Christopher Gregory	UA	15:33.62						
4	Marc Papineau	WSRR	15:34.25	3					
5	James Powell	WSRR	15:51.62	4					
6	Arie Wagner	SNO	16:03.13						
7	Jeff Permuy	WSRR	16:04.13	5					
8	Dan Evans	CS	16:08.75	6					
9	Adam Holdorf	UA	16:29.70						
10									
11									
12									
13									
	Team	Total Points							
1 st	Cascade Striders	9							
2 nd	West Seattle	12							
3 rd									