

FWTC Autumn Classic XC Meet - 10/2/2021**Five Mile Lake Park****Results****Girls 1600 Meter Run CC 7-8**

Name	Year Team	Seed	Finals	Points
Results - Women				
1 Eagan-Hefferman, Sage	Club Northwest		6:52.90	
2 Amrine, Zara	West Seattle Roa		6:53.10	1
3 Hill, Geneva	West Seattle Roa		7:15.50	2
4 Jones, Carys	Rainier Beach Tr		7:26.60	3
5 DiGennaro, Aida	Rain City Flyers		7:44.90	4
6 Keper, Teagan	West Seattle Roa		7:54.70	5
7 Sibay, Ayana	Mercer Island Bl		8:24.40	6
8 Rush, Dorothy	Federal Way Trac		8:25.30	7
9 Sitzmann, Beau	West Seattle Roa		8:35.70	
10 Roth, Eleanor	West Seattle Roa		8:36.00	
10 Moreals Roew, Maya	West Seattle Roa		8:36.00	
12 Holscher, Claire	Trailblazers		8:37.10	
13 Gribble, Anna	Cascade Striders		8:37.70	
14 Woods, Nora	Rain City Flyers		8:39.20	9
14 White, Shea	Sonic Boom		8:39.20	8
16 Keany, Farah	Rainier Beach Tr		8:43.30	10
16 Withey-Evans, Emma	Rain City Flyers		8:43.30	11
18 Haase, Everly	West Seattle Roa		8:44.90	
19 Newhouse, Annika	Federal Way Trac		8:51.60	12
19 Brondsetter, Savannah	Mercer Island Bl		8:51.60	13
21 Jones, Sima	Rain City Flyers		9:02.60	
22 Berry, Beau	Mercer Island Bl		9:05.70	14
23 Loepky, Emma	West Seattle Roa		9:12.60	
24 Resendiz, Jazmine	Federal Way Trac		9:21.00	15
25 Gunn, Audrey	West Seattle Roa		9:21.20	
26 Cameron, Amelia	Club Northwest		9:24.90	
27 Yoo, Alyssa	Sonic Boom		10:11.30	16
28 Caprara, Lanna	West Seattle Roa		10:54.60	
29 Holman, Hailey	Federal Way Trac		10:57.90	
30 Lemley, Blair	West Seattle Roa		10:58.10	
30 Laing, Isobel	West Seattle Roa		10:58.10	
32 Dahlke, Miriam	Sonic Boom		11:25.00	17
33 Apfel, Maisie	Rainier Beach Tr		11:27.90	18

Girls 3k Run CC 9-10

Name	Year Team	Seed	Finals	Points
1 Beeler, Elin	Cascade Striders		12:23.90	1
2 Haber, Ella	Rain City Flyers		12:50.90	2
3 Caprara, Korra	West Seattle Roa		13:21.00	3
4 Gilson, Grace	Club Northwest		13:24.30	4
5 Sitzmann, Quinn	West Seattle Roa		13:45.30	5
6 Sitzmann, Marisol	West Seattle Roa		13:49.00	6
7 Nelson, Mariah	Federal Way Trac		14:07.20	7
8 Andrews-Waller, Rosemary	West Seattle Roa		14:13.80	
9 Seely, June	West Seattle Roa		14:24.70	
10 Arnsdorf, Ava	Cascade Striders		14:48.90	8
11 Pratt, Laura	West Seattle Roa		14:53.10	
12 Foster, Lailah	West Seattle Roa		14:55.20	
13 Stowell, Lillian	West Seattle Roa		14:57.50	
14 Chung, Carrie	West Seattle Roa		15:05.80	

FWTC Autumn Classic XC Meet - 10/2/2021**Five Mile Lake Park****Results****....Girls 3k Run CC 9-10**

15 Hoffman, Juliette	West Seattle Roa	15:09.10	
16 O'Connor, Makenna	West Seattle Roa	15:21.10	
17 Gribble, Julia	Cascade Striders	15:29.20	9
18 Highland, Elsa	Cascade Striders	15:30.40	
19 Maria, Ella	Trailblazers	15:33.40	
20 Boyer, Hayden	West Seattle Roa	15:34.70	
21 Martin, Angelina	Club Northwest	15:40.60	10
22 Chiang, Marlowe	Rain City Flyers	15:55.50	11
23 Porter, Vivian	West Seattle Roa	16:01.40	
24 Woolley, Hope	Rain City Flyers	16:01.60	12
25 Bralower, Delia	Rain City Flyers	16:10.50	
26 Diamond, Stella	West Seattle Roa	16:12.30	
27 Jones, Daphne	Rainier Beach Tr	16:14.80	
28 Winston, Eliana	West Seattle Roa	16:27.40	
29 Zehr, Ellie	Federal Way Trac	16:29.90	13
30 Brondsetter, Sierra	Mercer Island Bl	16:38.60	
31 Buyukcetin, Luna	Rain City Flyers	16:40.70	
32 Tardit, Ponte	Rain City Flyers	16:46.50	
33 Arrow, Ahvaliyah	Federal Way Trac	16:48.00	14
34 Eagan-Hefferman, Ruby	Club Northwest	16:58.80	15
35 Woods, Harper	Rain City Flyers	17:06.30	
36 Cooper, Eliza	West Seattle Roa	17:34.30	
37 Tegart, Audrey	Cascade Striders	18:09.00	
38 Zanis, Willow	Club Northwest	18:28.70	
39 Pedigo, Grace	Sonic Boom	19:07.20	
40 Steiner, Clarke	Federal Way Trac	21:47.90	
41 Dahlke, Ruth	Sonic Boom	23:55.70	

Girls 3k Run CC 11-12

Name	Year Team	Seed	Finals	Points
1 Hudders, Corinne	Rain City Flyers		11:50.50	1
2 Daligcon, Jordan	Cascade Striders		12:05.40	2
3 Johnson, Ciana	Rain City Flyers		12:06.40	3
4 Sitzmann, Lincoln	West Seattle Roa		12:11.30	4
5 Caprara, Gemma	West Seattle Roa		12:12.60	5
6 Rosauer, Emilia	Rain City Flyers		12:41.10	6
7 Haber, Ann	Rain City Flyers		12:41.60	
8 Lendrum Fort, Lilly	Rain City Flyers		13:00.40	
9 Corr, Elise	West Seattle Roa		13:15.70	7
10 Couch, Taitum	Federal Way Trac		13:28.30	8
11 Rodero, Lily	West Seattle Roa		13:28.60	
12 Wheelwright, Iris	Cascade Striders		13:28.80	9
13 Powell, Macy	West Seattle Roa		13:37.50	
14 Carpenter, Alisha	Rain City Flyers		13:47.40	
15 Urquhart, Alex	Rain City Flyers		13:52.00	
16 Handsen, Rees	West Seattle Roa		13:56.40	
17 Wagner, Leighton	West Seattle Roa		13:59.10	
18 Carrel, Violet	Cascade Striders		14:03.90	10
19 Coy, Jasmine	Cascade Striders		14:05.50	
20 Ross, Cailin	West Seattle Roa		14:16.00	
21 Snyder, Amaya	West Seattle Roa		14:37.40	
22 Rush, Frances	Federal Way Trac		14:43.20	11
23 Wang, Cynthia	Cascade Striders		14:44.90	

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...Girls 3k Run CC 11-12

24	Breck, Elizabeth	Club Northwest	14:49.50	
25	Harju, Catherine	Federal Way Trac	14:52.90	12
26	Chung, Maddie	West Seattle Roa	14:55.60	
27	Huang, Anna	Cascade Striders	14:59.10	
28	Pratt, June	West Seattle Roa	14:59.30	
29	Weedon, Kaarin	Sonic Boom	15:00.10	13
30	Shillito, Gloria	Rainier Beach Tr	15:22.60	
31	Shan, Helen	Cascade Striders	15:35.10	
32	Whitaker, Isabel	Sonic Boom	15:42.40	14
33	Wagnild, Zoe	West Seattle Roa	15:46.90	
34	Higginson, Clara	Federal Way Trac	16:02.10	
35	Bott, Shayla	Sonic Boom	16:07.80	15
36	Fuentes, Avery	Sonic Boom	16:10.30	
37	Burnett, Helena	Rain City Flyers	16:15.90	
38	Barnett, Kei	Cascade Striders	16:17.80	
39	DiGennaro, Lucy	Rain City Flyers	16:24.50	
40	Lorenz, Esther	Cascade Striders	16:30.00	
41	Williams, Harper	Rain City Flyers	16:49.30	
42	Perrault, Ember	Rain City Flyers	16:56.50	
43	Peng, Olivia	Cascade Striders	17:04.80	
44	Sibay, Ayla	Mercer Island Bl	17:35.70	
45	Shaw, Sylvia	Rain City Flyers	17:40.00	
46	Bair, Megan	Trailblazers	17:41.30	
47	Smith, Finley	Trailblazers	17:59.30	
48	Lerner, Lucy	Rain City Flyers	18:24.40	
49	Lehman, Callie	Rain City Flyers	18:28.20	
50	Page, Riley	Rain City Flyers	19:11.50	
51	Williams, Sonia	Rain City Flyers	20:11.30	
52	Rosales, Jasmin	Sonic Boom	22:38.30	
53	Rosen, Kestrel	Rain City Flyers	22:59.20	

Girls 4k Run CC 13-14

Name	Year	Team	Seed	Finals	Points
1		Villamizar, Sofia	Cascade Striders	16:59.70	1
2		Rush, Alice	Federal Way Trac	17:46.80	
3		Ryan, Amelia	Cascade Striders	17:50.60	2
4		Lindquist, Sarah	Rain City Flyers	17:51.90	3
5		Seeger, Myllenia	West Seattle Roa	17:55.80	4
6		Latterell, Elena	West Seattle Roa	18:00.30	5
6		Frahm, Sophia	Rain City Flyers	18:00.30	6
8		Carlstedt, Zooey	West Seattle Roa	18:03.10	7
9		Kelly, Darla	West Seattle Roa	19:02.50	
10		O'Connor, Bree	West Seattle Roa	19:39.70	
11		Amitay, Yuval	Cascade Striders	19:41.30	8
12		Borgelt, Vala	Sonic Boom	19:59.30	9
13		Barlower, Ida	Rain City Flyers	20:15.70	10
14		Carter, Sonya	Rain City Flyers	20:30.20	
15		Geldien, Lorelei	Trailblazers	20:31.90	
16		Parekh, Dahlia	Cascade Striders	20:58.10	
17		Ehrlich, Chloe	West Seattle Roa	22:07.50	
18		Dahlke, Aidylein	Sonic Boom	22:10.10	11
19		Leonard, Greta	Federal Way Trac	23:40.50	
20		DeBock, Taya	Sonic Boom	24:06.00	12

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Results

...Girls 4k Run CC 13-14

21 Youngquitt, Saga	Rain City Flyers	25:07.00
22 Whitaker, Sophia	Sonic Boom	25:07.80
23 Coglou, Claire	Rain City Flyers	27:25.70
24 Borden, Phoebe	Sonic Boom	27:54.60
25 Jones, Daphne	Rainier Beach Tr	29:33.50
25 Borden, Keira	Sonic Boom	29:33.50
27 Holladay, Kennedy	Sonic Boom	31:18.00

Boys 1600 Meter Run CC 7-8

Name	Year Team	Seed	Finals	Points
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Results - Men

1 Yeager, Dylan	Unattached	7:00.20		
2 Rodero, Sebastian	West Seattle Roa	7:13.20	1	
3 Andrews, Caleb	Rain City Flyers	7:23.80	2	
4 Ekure, Martin	Rain City Flyers	7:29.50	3	
5 Wahlborg, Oliver	West Seattle Roa	7:35.20	4	
6 West, Lincoln	Rainier Beach Tr	7:44.30		
7 Kinder, Desmond	Federal Way Trac	7:55.00	5	
8 Newhouse, Brady	West Seattle Roa	7:55.30	6	
9 Carpenter, Christopher	Unattached	7:59.20		
10 Clukey, Madsen	Federal Way Trac	8:00.20	7	
11 Osborne, Bodi	West Seattle Roa	8:05.30		
12 Keller, James	West Seattle Roa	8:05.40		
13 Baker, Grayson	West Seattle Roa	8:22.40		
14 Luckey, Olin	West Seattle Roa	8:30.10		
15 Ignacio, Keoni	West Seattle Roa	8:37.50		
16 Peterson, Emmett	West Seattle Roa	8:47.30		
17 Woods, Evan	Rain City Flyers	8:50.70	8	
18 Buyukcetin, Luca	Rain City Flyers	8:53.00		
19 Weber, Titus	Federal Way Trac	8:53.10	9	
20 Patjens, Elliott	Unattached	8:56.20		
21 Jacke, Olin	West Seattle Roa	8:56.50		
22 Hansen, Micah	West Seattle Roa	8:56.70		
23 Hughes, Anton	West Seattle Roa	9:00.10		
24 Brooks, Bradley	West Seattle Roa	9:07.10		
25 Holman, Jack	Federal Way Trac	9:26.00		
26 Taylor, Camden	Federal Way Trac	9:26.50		
27 Montgomery, Judah	Sonic Boom	9:28.00		
28 Steiner, Millen	Federal Way Trac	9:51.90		
29 Kelly, Hamilton	West Seattle Roa	12:10.90		

Boys 3k Run CC 9-10

Name	Year Team	Seed	Finals	Points
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1 Weber, Micah	Federal Way Trac	12:01.50	1	
2 Stevenson, Nils	West Seattle Roa	12:44.70	2	
3 Highland, Max	Cascade Striders	13:05.80	3	
4 Clukey, Jakoby	Federal Way Trac	13:06.70	4	
5 Salaver, Jayden	Federal Way Trac	13:07.70	5	
6 Deniel, Enzo	Cascade Striders	13:12.20	6	
7 Shih, Bei	Cascade Striders	13:21.60	7	
8 Snyder, Maxton	West Seattle Roa	13:23.10	8	

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....Boys 3k Run CC 9-10

8	Wolf, Ethan	Federal Way Trac	13:23.10	
10	Kao, Tyler	West Seattle Roa	13:26.90	9
11	Ross, Riker	West Seattle Roa	13:27.90	
12	Baker, Henry	Cascade Striders	13:31.50	
13	Christiansen, Charles	Trailblazers	13:37.80	10
14	Fenton, Bryce	Trailblazers	13:52.60	11
15	Galloway, Levi	Federal Way Trac	13:53.90	
16	Martinez, Marco	Cascade Striders	13:54.30	
17	Ignacio, Keanu	West Seattle Roa	13:59.50	
18	West, London	Rainier Beach Tr	14:03.40	12
19	Mansfield, Jared	Rainier Beach Tr	14:15.30	13
20	Jobe-Karras, Luke	Rainier Beach Tr	14:22.60	14
21	Thomas, Neil	Rain City Flyers	14:23.40	15
22	Jones, Jacoby	West Seattle Roa	14:23.70	
22	Salsibury, Brett	Trailblazers	14:23.70	16
24	Hiraiwa, Lucian	Rain City Flyers	14:41.10	17
25	Sandoval, Grayson	West Seattle Roa	14:53.80	
26	Crandall, Kento	West Seattle Roa	14:54.10	
27	Karr, Liam	West Seattle Roa	15:03.20	
28	Jernstrom, Ben	Rain City Flyers	15:07.10	18
29	Faulkner, Bennet	West Seattle Roa	15:12.10	
30	Vaughey, Wyatt	West Seattle Roa	15:13.70	
31	Benson, Gunnar	West Seattle Roa	15:16.00	
32	Faulkner, Ian	West Seattle Roa	15:16.10	
33	Helenske, Madaak	West Seattle Roa	15:23.30	
34	Wahlborg, Elliott	West Seattle Roa	15:36.90	
35	Loeppky, Eli	West Seattle Roa	15:39.90	
36	Dean, Jack	West Seattle Roa	15:43.60	
37	Apfel, Max	Rainier Beach Tr	16:04.30	
38	chin, Andy	Rain City Flyers	16:23.10	
39	Hill, Jedidiah	West Seattle Roa	16:25.00	
40	Bazakas, Roman	West Seattle Roa	16:25.20	
41	Poffenroth, Graham	Club Northwest	16:30.80	
42	Bott, Jameson	Sonic Boom	16:34.90	
43	Parazbok, Arlo	Rain City Flyers	16:44.80	
44	Ramsborg, Judah	Rain City Flyers	16:49.50	
45	Hill, Samuel	West Seattle Roa	16:51.60	
46	Ramsey, Jack	Rainier Beach Tr	17:32.70	
47	Berning, William	Rainier Beach Tr	17:33.20	
48	Hellrwell, Baird	Rain City Flyers	17:45.70	

Boys 3k Run CC 11-12

Name	Year Team	Seed	Finals	Points
1	Herb, Henry	Rain City Flyers	10:46.70	1
2	Herb, Jake	Rain City Flyers	11:09.10	2
3	Jones, Ansel	Rain City Flyers	11:40.90	3
4	Ryan, Thomas	Cascade Striders	11:44.30	4
5	Easter, Braxton	Sonic Boom	12:00.90	5
6	Whitlinger, Lyle	Cascade Striders	12:01.00	6
7	Nelson, Preston	Federal Way Trac	12:06.20	7
8	McAteer, Benji	Rain City Flyers	12:15.70	
9	Whitlinger, Wyatt	Cascade Striders	12:18.10	8
10	Campbell, Nash	Rain City Flyers	12:22.10	

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Five Mile Lake Park

Results

...Boys 3k Run CC 11-12

11	Gowans, Jarek	Rain City Flyers	12:26.30	
12	Atchley, Luke	Rain City Flyers	12:36.60	
13	Andrews-Waller, Atticus	West Seattle Roa	12:56.50	9
14	Baughn, Asher	Rain City Flyers	13:03.20	
15	Beam, Zach	Cascade Striders	13:11.20	
16	Slater, Luke	Sonic Boom	13:12.30	10
17	Aykens, Charlie	West Seattle Roa	13:22.40	11
18	Baker, Callum	Rain City Flyers	13:31.80	
19	Childs, Isaac	Sonic Boom	13:31.90	12
20	Zhang, Matthew	Cascade Striders	13:39.80	
21	Phelps, Silas	Federal Way Trac	13:44.30	13
22	Thomas, Mayeul	Rain City Flyers	13:45.10	
23	Shih, Tai	Cascade Striders	13:46.40	
24	Townsend, Gabriel	West Seattle Roa	13:54.60	14
25	Ballast, Zeke	Rain City Flyers	13:54.70	
26	Baker, James	Cascade Striders	13:56.90	
27	Behunin, Noah	Trailblazers	13:59.10	15
28	Moir, William	West Seattle Roa	14:01.40	
29	Pauls, Alazar	Rain City Flyers	14:03.30	
30	LaFlamme, Roan	West Seattle Roa	14:06.00	
31	Kadobayashi, Hiroto	Rain City Flyers	14:20.20	
32	Parzybok, Jerome	Rain City Flyers	14:24.20	
33	Barnett, Kenzo	Cascade Striders	14:24.40	
34	Goodleaf, Jack	West Seattle Roa	14:28.10	
35	Diamond, Isaac	West Seattle Roa	14:31.70	
36	Simpers, Jason	Trailblazers	14:31.80	16
37	Ross, Sawyer	Trailblazers	14:36.60	17
38	Faulkner, Edmund	West Seattle Roa	14:42.40	
39	Golden, Sadler	Rain City Flyers	14:51.70	
40	Hembrow, Alex	West Seattle Roa	15:29.40	
41	Bishop, Corbin	West Seattle Roa	15:30.10	
42	Foster, Kolton	West Seattle Roa	15:30.60	
43	Holscher, Dane	Trailblazers	15:57.70	
44	Riemer, Wyatt	Federal Way Trac	15:59.60	18
45	Dillard, Raphi	Rainier Beach Tr	16:00.70	
46	Miramontes, Leo	Federal Way Trac	16:07.30	
47	Spitzer, Oliver	West Seattle Roa	16:11.30	
48	Sidibe, Mohamed	Rainier Beach Tr	16:13.30	
49	O'Claire, Henry	West Seattle Roa	16:20.90	
50	Pacem, Wyatt	Cascade Striders	16:26.80	
51	Wickliff, Craiggan	West Seattle Roa	16:27.90	
52	Morgan, Grant	West Seattle Roa	16:39.40	
53	Tegart, Henry	Cascade Striders	16:45.70	
54	Watters, Zef	Federal Way Trac	17:55.20	
55	De La Cantera, Gavin	Club Northwest	18:43.50	
55	Marois, Sebastien	West Seattle Roa	18:43.50	
57	Janis, Charles	West Seattle Roa	19:03.40	
58	Mohundro, Theo	West Seattle Roa	20:58.70	
--	Fehlberg, Max	Trailblazers		DQ

Boys 4k Run CC 13-14

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Name	Year	Team	Seed	Finals Points
=====				
1		Billett, Max	Rain City Flyers	14:40.90 1

FWTC Autumn Classic XC Meet - 10/2/2021

Five Mile Lake Park

Results

...Boys 4k Run CC 13-14

2	Brooks, Quinten	Speed Unlimited	14:52.60	
3	Valdman, Charlie	Speed Unlimited	15:02.20	
4	Montano, Rodrigo	Cascade Striders	15:05.70	2
5	Campbell, Huston	Rain City Flyers	15:11.00	3
6	Urquhart, Ethan	Rain City Flyers	15:27.80	4
7	Miramontes, Alex	Federal Way Trac	15:31.60	5
8	Kameda, Kai	Rain City Flyers	15:34.50	
9	Sheffield, Jaxon	Cascade Striders	15:35.80	6
10	Pedigo, Russ	Sonic Boom	15:36.70	
11	Conner, Jordan	Federal Way Trac	15:57.20	7
12	Shillito, Kingston	Rainier Beach Tr	16:06.10	
13	Swihart, Luke	Rain City Flyers	16:12.00	
14	Campbell, Milo	Rain City Flyers	16:20.20	
15	Nowicki, Cash	West Seattle Roa	16:21.20	8
16	Frederick, William	West Seattle Roa	16:21.90	9
17	Fenton, Brayden	Trailblazers	16:29.60	10
18	Leonard, William	Cascade Striders	16:36.00	11
19	Forrester, Gilbert	Rain City Flyers	16:43.60	
20	Leplante, Casey	West Seattle Roa	16:55.50	12
21	Couch, Jonas	Federal Way Trac	17:08.10	13
22	Gilbert, Finn	West Seattle Roa	17:11.20	
23	Wolf, Chandler	Federal Way Trac	17:18.30	
24	Zehr, Dylan	Federal Way Trac	17:36.00	
25	Cho, Ethan	Cascade Striders	17:51.60	
26	Thomson, Ewen	Rain City Flyers	17:52.70	
27	Egan-Hefferman, Owen	Club Northwest	18:01.00	
28	Barnett, Rei	Cascade Striders	18:17.10	
29	Forcum, Brayden	West Seattle Roa	18:23.40	
30	Mason, Chance	West Seattle Roa	18:34.60	
31	Zimmerman, Oscar	Rain City Flyers	18:47.60	
32	Perkins, Dallin	Trailblazers	19:17.00	14
33	Rust, Gryffin	West Seattle Roa	19:17.30	
34	Robinson, Ian	Federal Way Trac	19:23.10	
35	Black, Marshall	Trailblazers	19:23.80	15
36	Parda-Jay, Jonah	Rain City Flyers	19:51.80	
37	Peloza, Cole	West Seattle Roa	19:52.00	
38	Irish, Simon	Sonic Boom	20:46.30	
39	Grimes, Sam	West Seattle Roa	20:56.90	
40	Hembrow, Jack	West Seattle Roa	20:58.60	
41	Smith, Asher	Trailblazers	21:24.00	
42	Robinson, Bennett	Federal Way Trac	21:49.60	
43	Johnston, Arthur	West Seattle Roa	22:33.80	
44	Starner, Ben	West Seattle Roa	22:38.00	
45	Mohammed, Nada	West Seattle Roa	23:47.70	
46	Bright, Owen	West Seattle Roa	24:29.30	
47	Mata, Justin	West Seattle Roa	24:43.70	
48	Barker, Polk	Rain City Flyers	25:31.10	
49	Martinez, Manny	Cascade Striders	31:16.17	

Mixed 800 Meter Run CC 6-Under

Name	Year Team	Seed	Finals	Points
Results - Mixed				
1	Seegel, Carieh	W West Seattle Roa	3:50.90	1

FWTC Autumn Classic XC Meet - 10/2/2021

Five Mile Lake Park

Results

Mixed 3k Run CC 15-18/OPEN

Name	Year	Team	Seed	Finals	Points
1 Ryan, Mike	M	Cascade Striders		11:16.50	
1 Leonard, Alexis	W	Federal Way Trac		13:23.50	
2 Kinder, Dayne	M	Federal Way Trac		12:01.30	1
2 Clukey, Mary Grace	W	Federal Way Trac		15:45.10	
3 Eidsmoe, Tyler	M	Federal Way Trac		12:05.60	2
4 McMillan, Isaiah	M	Cascade Striders		12:41.40	
5 Weber, Dan	M	Federal Way Trac		13:06.00	3