

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

Time Schedule and Meet Records

TIME	EVENT	RECORD HOLDER	SCHOOL	MARK	YEAR
10:00 AM	Javelin	Erica Wheeler	Sequim	179' 8"	1985
10:30 AM	Pole Vault	Doria Halbbrook	Eisenhower	12' 0"	2003
10:30 AM	Shot Put	Whitney Hooks	Cascade-Everett	46' 3"	2004
10:30 AM	Long Jump	LaShonda Christopher	River Ridge	19' 10½"	1995
10:30 AM	High Jump	Mary Moore	Issaquah	6' 0"	1983
10:30 AM	100m Hurdles (prelims)				
11:00 AM	100m Dash (prelims)				
11:30 AM	400m Relay (prelims)				
11:30 AM	Triple Jump	LaShonda Christoper	River Ridge	40' 4½"	1995
12:00 PM	100m Hurdles (finals)	Seville Broussard Sarah Lavallee	Walla Walla Mount Si	14.34	1994 1998
12:10 PM	100m Dash (finals)	Danielle Marshall	Lake Washington	11.65	1992
12:20 PM	1500m Run	Patty Matava Patty Ley	Bellevue Gig Harbor	4:28.6	1981 1981
12:30 PM	Discus	Mandy Borschowa	Mount Si	176' 5"	1998
12:35 PM	400m Relay (finals)		Skyline	48.26	2007
12:45 PM	400m Dash	Erika Harris	Gig Harbor	54.6	1981
1:15 PM	300m Hurdles	Seville Broussard	Walla Walla	43.27	1994
1:50 PM	800m Run	Becca Noble	Rogers- Spokane	2:06.75	2005
2:10 PM	200m Dash	Donna Dennis Camara Jones	Clover Park Mountain View	24.4	1982 1989
2:35 PM	3000m Run	Patty Matava	Bellevue	9:27.3	1981
2:55 PM	800m Relay		Garfield	1:42.0	1986
3:20 PM	3200m Relay		Gig Harbor	9:28.76	2007
3:50 PM	1600m Relay		Sammamish	3:53.0	1978
4:15 PM	TROPHY PRESENTATIONS				

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

Javelin Throw

10:00 AM

Meet Record: 179-05 1985

ERICA WHEELER, Sequim

Name	Year	School	Entry Mark
1 Shannon Johnson	11	Central Vall	135-07
2 Emilee Deishl	12	Central Vall	130-09
3 Caity Cunningham	10	Lewis and Cl	127-07
4 Kim Harbine	12	Ferndale	126-11
5 Kenna Campbell	12	Woodinville	119-11
6 Taylor Herzog	11	West Valley-	116-11
7 Natasha Caldwell	10	Cascade-Ever	116-05
8 Kendra Ansotigue	11	Thomas Jeffe	116-05
9 Christina Meehan	12	Newport-Bell	115-08
10 Haley Ziegler	10	Skyline	114-09
11 Grace Pevin	9	Wenatchee	113-04
12 Amanda Samms	12	Highline	111-05
13 Jazmine Frazier	12	Eisenhower	111-00
14 Kim Nguyen	10	Wenatchee	110-11
15 Anna Guenther	11	Gig Harbor	
16 Leslie Mikolaizik	12	Hazen	
17 Monica Webber	10	Everett	
18 Mariah Skeen	12	Newport-Bell	
19 Emily Anderberg	12	Kamiak	
20 Brenda Agus	10	Interlake	
21 Aurora Charouhas	10	Lake Washing	
22 Carly Andersen	9	Mercer Islan	
23 Nazlee Ghoreishi	12	Newport-Bell	
24 Destry Seiler	10	Juanita	
25 Brittney Grandy	10	Sedro-Woolle	
26 Elizabeth Borneman	12	King's	
27 Amanda Bard	12	Liberty-Issa	
28 Nicole Betts	10	Edmonds-Wood	
29 Sam Bush	12	Inglemoor	
30 Toya Morrow	12	Bellevue	
31 Elizabeth Kirsten	12	Eastlake	
32 Laura Merle	11	Tahoma	
33 Lauren Johnson	10	Meadowdale	

State Leaders (as listed on athletic.net)

1. Jordin Seekins	Washougal	140-11
2. Teira Graham	Burlington-Edison	138-02
3. Jamie Nikander	W.F. West	137-11
4. Bianca Pope	Shadle Park	137-02
5. Brooke Randall	Eastmont	137-00

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

Long Jump

10:30 AM

Meet Record: 19-10.50 1994

LASHONDA CHRISTOPHER, River Ridge

Name	Year	School	Entry Mark
1 Savannah Johnson	12	Tahoma	17-09.00
2 Olivia Ward	12	Cleveland	17-03.00
3 Holly DeHart	10	Kentwood	17-01.25
4 Katie Lake	9	Kentridge	17-00.00
5 Bianca Walton	11	Tahoma	16-11.00
6 Jenna Donohue	11	Mountlake Te	16-09.50
7 Kendra Szoke	10	Central Vall	16-07.00
8 Wyatt Piro	12	Wenatchee	16-06.50
9 Taylor Moravec	12	Sammamish	16-05.00
10 Chloe Stiggelbout	11	Roosevelt	16-03.25
11 Jaleecia Roland	10	Federal Way	16-03.00
12 Mande McKinney	10	Tahoma	16-02.50
13 Jordan Esfeld	12	Mercer Islan	16-00.00
14 Natalie Bergstrom	9	Stanwood	16-00.00
15 Celia Smith	12	Stanwood	16-00.00
16 Kaylyn Berry	12	Skyline	
17 Natalie Lambert	12	Eastlake	
18 Lizzie Perkins	12	West Seattle	
19 Kaya Mills	12	Newport-Bell	
20 Brittany McKinney	11	Inglemoor	
21 Rachael Butenko	12	Skyline	
22 Rachel Richardson	10	Juanita	
23 Kaysie Rozsonits	12	Hazen	
24 Beth Klingele	9	Eisenhower	
25 Kira Lewis	12	West Valley-	
26 Laura Tesch	12	Kentridge	
27 Kayli Kohlrus	11	Skyline	
28 Sandra Meyer	12	Bonney Lake	
29 Kristin Suzuki	11	Bellevue	
30 Shanley DeFrancia	10	Seattle Prep	
31 Sydney Rogalla	9	Todd Beamer	
32 Michelle Klaue	9	Joel Ferris	
33 Julia Young	11	Meadowdale	
34 Kristin Haag	10	Renton	
35 Lindsay Duhamel	12	Wenatchee	
36 Tori Wilson	9	Glacier Peak	
37 Bryttany Enge	12	Woodinville	
38 Hannah Blue	11	Liberty-Issa	
39 Chelsea Fidler	11	Ballard	
40 Leah Fantle	12	Newport-Bell	

State Leaders (as listed on athletic.net)

1. Andrea Geubelle	Curtis	19-10.50
2. Kayla Stueckle	Emerald Ridge	18-01.25
3. Kasey McNeill	Southridge	18-00.00
4. Savannah Johnson	Tahoma	17-09.00
4. Stephanie Schreiner	Enumclaw	17-09.00

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

High Jump

10:30 AM

Opening Height is 4-08

Meet Record: 6-00 1983

MARY MOORE, Issaquah

Name	Year	School	Entry Mark
1 Charnele Odingo	12	Bothell	5-04.00
2 Elise Jones	11	Auburn River	5-04.00
3 Alice Verhovek	12	Holy Names A	5-04.00
4 Jaleecia Roland	10	Federal Way	5-03.00
5 Brittany Phillio	12	Hazen	5-02.00
6 Kaysie Rozsonits	12	Hazen	5-02.00
7 Brittney Grandy	10	Sedro-Woolle	5-02.00
8 Julia Bicknell	12	Eastlake	5-02.00
9 Audrey Ketcham	9	Wenatchee	5-02.00
10 McCall Holm	11	Stanwood	5-02.00
11 Katy Gross	12	Cascade-Ever	
12 Katie Brush	11	Cascade-Ever	
13 Alex Ballenger	10	King's	
14 Qiaoyi (joy) Zhang	9	Interlake	
15 Kristine Wong	9	Newport-Bell	
16 Laura Tesch	12	Kentridge	
17 Daria Winckler	12	A.C. Davis	
18 Dyesha Belhumeur	9	Federal Way	
19 Mikaela Raschick	10	Cedar Park C	
20 Kelsey Potter	12	Gig Harbor	
21 Janelle Johnson	11	Inglemoor	
22 McKensie Clark	11	Ferndale	
23 Alannah Anderson	11	Highline	
24 Khettery Un	11	Glacier Peak	
25 Taylor Pflughoft	9	Kentwood	
26 Kaylie Gray	10	Bellevue	
27 Erin Peterson	12	Bellingham	
28 Kristin Haag	10	Renton	
29 ReeceAnn Buendia	11	Woodinville	
30 Tasia Clark	11	Mariner	
31 Caroline Stephens	12	Mercer Islan	
32 Anne Lundquist	11	Shorewood	

State Leaders (as listed on athletic.net)

1. Lindsey Moore	Kentwood	5-07.00
Melanie Vertrees	Kent Meridian	5-07.00
Sasha Weber	Timberline	5-07.00
4. Christine Rice	Mountain View	5-06.00
5. Taymussa Miller	Hanford	5-05.00
Sarah Doumit	Wahkiakum	5-05.00

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

Pole Vault

10:30 AM

Opening Height is 8-06

Meet Record: 12-00 2003

DORIA HALBROOK, Eisenhower

Name	Year	School	Entry Mark
1 Rachel Wirtz	12	Newport-Bell	11-00.00
2 Emma Vidmar	11	Central Vall	10-10.00
3 Jamie Larsen	12	Kentwood	10-03.00
4 Amber Troyer	11	Central Vall	10-00.00
5 Ali Alderman	10	Central Vall	9-06.00
6 Elizabeth Melnikas	12	Edmonds-Wood	9-06.00
7 Brynn Hubbard	12	Bellingham	9-06.00
8 Christina Lancaster	12	Stanwood	9-06.00
9 Shelby Oliver	12	Joel Ferris	9-06.00
10 Brianne Gould	12	Kentlake	9-03.00
11 Carly Carson	10	Decatur	9-00.00
12 Amelia Carpenter	10	Kentridge	9-00.00
13 Gina Head	11	Bellevue	9-00.00
14 Julia Young	11	Meadowdale	9-00.00
15 Daisha Kantola	11	Stanwood	9-00.00
16 Krista Lockhart	12	Liberty-Issa	9-00.00
17 Tori Sander	12	Newport-Bell	
18 Sarah Blatchford	11	King's	
19 Bryttany Enge	12	Woodinville	
20 Alyssa Bettinger	12	Eastlake	
21 Joselle Speirs	12	Joel Ferris	
22 Alison Callero	11	Franklin Pie	
23 Hannah Robins	12	Liberty-Issa	
24 Maya Erler	9	Joel Ferris	
25 Kathryn Shimer	12	Federal Way	
26 Korinne Zoellick	9	Cedar Park C	
27 Anna Dean	11	King's	
28 Kara Winchell	12	Federal Way	
29 Andrea Musa	12	Juanita	
30 Isabella Torgerson	10	Inglemoor	
31 Taylor Green	11	Ballard	
32 Morgan Cottle	11	Sammamish	
33 Caroline Stephens	12	Mercer Islan	

State Leaders (as listed on athletic.net)

1. Tasha Clark	Mead	12-00.00
Jessica Christian	Richland	12-00.00
3. Mackenzie Hill	Southridge	11-04.00
4. Klarissa Wren	W.F. West	11-00.00
Rachel Wirtz	Newport-Bellevue	11-00.00
6. Emma Vidmar	Central Valley	10-10.00

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

Shot Put

10:30 AM

Meet Record: 46-03 2004

WHITNEY HOOKS, Cascade - Everett

Name	Year	School	Entry Mark
1 Kayla Adams	10	Thomas Jeffe	42-01.75
2 Jackie Brown	12	Bethel	40-00.00
3 Tiara Killmer	11	Bonney Lake	39-10.00
4 Trista Peterson	12	Stanwood	39-05.50
5 Alyx Toeaina	9	Kentwood	39-02.00
6 Roylanda Jackson	12	Renton	39-00.00
7 Jessica Bush	11	Eisenhower	38-09.00
8 Melissa Yapp	12	Mt Rainier	37-06.50
9 Tremaine Frazier	12	Mariner	36-11.25
10 Paula Jennings	10	Central Vall	36-09.50
11 Jazmine Frazier	12	Eisenhower	36-06.75
12 Becky Duhamel	11	Wenatchee	36-05.00
13 Tori Fesili	10	Highline	36-01.75
14 Brittany Jones	12	Cascade-Ever	35-10.00
15 Mahana Lutali	10	Lakes	35-07.50
16 Mariah Skeen	12	Newport-Bell	35-07.00
17 Lindzy Debie	11	Decatur	35-06.00
18 KaraLea Follmer	12	Kentridge	35-05.00
19 Danielle Tabb	10	Bethel	35-02.25
20 Jasmine Cochoran	12	Rainier Beac	35-02.00
21 Brittney Szoke	12	Central Vall	35-00.50
22 Litia Ngauamo	11	Interlake	
23 Anna Kaminski	12	Bainbridge	
24 Julia Peel	12	Everett	
25 Jamila Culcleasure	9	Highline	
26 Alexa Lindseth	11	Joel Ferris	
27 Aliana Dinish	9	Garfield	
28 Anjeleka McGill	10	Highline	
29 Maggie Roe	11	Newport-Bell	
30 Katherine Severin	11	Woodinville	
31 Bethany Tuiasosopo	10	Mariner	
32 Kenna Campbell	12	Woodinville	
33 Jackie Hamilton	10	Bellevue	
34 Alannah Anderson	11	Highline	
35 Kila Fuller	11	Joel Ferris	
36 Larissa Jackson	12	Mt Tahoma	
37 Rakayla Robertson	12	Garfield	
38 Bethany Richards	11	Shoreline Ch	
39 Elizabeth Kirsten	12	Eastlake	
40 Haley Ziegler	10	Skyline	

State Leaders (as listed on athletic.net)

1. Kayla Adams	Thomas Jefferson	42-01.75
2. Ashlee Coffey	Toledo	40-04.50
3. Anna LaBeaume	Sequim	40-02.25
4. Jackie Brown	Bethel	40-00.00
5. Tiara Killmer	Bonney Lake	39-10.00

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

Triple Jump

11:30 AM

Meet Record: 40-04.50 1995

LASHONDA CHRISTOPHER, River Ridge

Name	Year	School	Entry Mark
1 Savannah Johnson	12	Tahoma	40-05.00
2 Jaleecia Roland	10	Federal Way	38-00.50
3 Tess Parent	11	Inglemoor	37-07.00
4 Olivia Ward	12	Cleveland	37-06.75
5 Kathleen Mulligan	10	Mt Rainier	36-06.50
6 Kayli Kohlrus	11	Skyline	35-10.50
7 Kira Lewis	12	West Valley-	35-00.00
8 Natalie Lambert	12	Eastlake	34-11.75
9 Taylor McKinney	10	Garfield	34-11.50
10 Wyatt Piro	12	Wenatchee	34-03.25
11 Rachael Butenko	12	Skyline	34-03.25
12 Kayla Warren	10	Holy Names A	34-02.50
13 Jenna Donohue	11	Mountlake Te	34-00.75
14 Kaya Mills	12	Newport-Bell	33-09.50
15 Janelle Chow	12	Mercer Islan	33-08.50
16 Bianca Walton	11	Tahoma	33-08.50
17 Titi Chikoore	12	Mountlake Te	33-07.50
18 Ellyn Erving	11	Bishop Blanc	33-07.00
19 Kendra Szoke	10	Central Vall	33-06.50
20 Lindsay Duhamel	12	Wenatchee	33-05.25
21 Caroline Codd	10	Mt Rainier	33-03.00
22 Tressa Angle	12	Bellingham	33-02.00
23 Rachel Wirtz	12	Newport-Bell	33-00.50
24 Julia Young	11	Meadowdale	33-00.00
25 Lizzie Blanchard	9	Eisenhower	33-00.00
26 Kelsey Dingman	12	Stanwood	33-00.00
27 Carrie Ojeda	12	Mt Tahoma	33-00.00
28 Khettery Un	11	Glacier Peak	
29 Layla Bader	10	Yelm	
30 Dyesha Belhumeur	9	Federal Way	
31 Kaysie Rozsonits	12	Hazen	
32 Emma Cortes	11	Todd Beamer	
33 Brittany Herring	12	Juanita	
34 Kristin Suzuki	11	Bellevue	
35 Jaclyn Onosko	11	Kentridge	
36 Michelle Klaue	9	Joel Ferris	
37 Kelsey Sparks	11	Renton	
38 Awa Marenah	9	Edmonds-Wood	
39 Ashley Luther	12	Kentwood	
40 Cassie Winter	9	Ballard	

State Leaders (as listed on athletic.net)

1. Andrea Geubelle	Curtis	41-09.00
2. Savannah Johnson	Tahoma	40-05.00
3. Shaniae Lakes	Richland	38-08.25
4. Jaleecia Roland	Federal Way	38-00.50
5. Amanda Alvarez	Columbia River	37-07.75

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

Discus Throw

12:30 PM

Meet: 176-05 1998

MANDY BORSCHOWA, Mount Si

Name	Year	School	Entry Mark
1	Brittany Jones	12 Cascade-Ever	135-09
2	Becky Duhamel	11 Wenatchee	129-05
3	Anna Kaminski	12 Bainbridge	128-06
4	Alyx Toeaina	9 Kentwood	123-10
5	Jackie Brown	12 Bethel	120-10
6	Jessica Bush	11 Eisenhower	119-03
7	Kayla Adams	10 Thomas Jeffe	117-05
8	Melissa Yapp	12 Mt Rainier	117-03
9	Alexa Lindseth	11 Joel Ferris	116-08
10	Maggie Roe	11 Newport-Bell	115-10
11	Emily Anderberg	12 Kamiak	114-03
12	Larissa Jackson	12 Mt Tahoma	114-00
13	Roylanda Jackson	12 Renton	112-10
14	Ashley Sandoval	12 Todd Beamer	110-07
15	Jazmine Frazier	12 Eisenhower	110-00
16	Kenna Campbell	12 Woodinville	108-01
17	Tusalava Kuaea	11 Lakes	106-09
18	Alex Ballenger	10 King's	105-09
19	Bethany Tuiasosopo	10 Mariner	103-07
20	Danielle Tabb	10 Bethel	103-00
21	Destinie Fluno	12 Central Vall	102-03
22	Haley Ziegler	10 Skyline	102-02
23	Kellyn McCann	12 Sammamish	101-06
24	KaraLea Follmer	12 Kentridge	101-02
25	Mahana Lutali	10 Lakes	
26	Julia Peel	12 Everett	
27	Kellie Lind	11 Gig Harbor	
28	Monica Lee	12 Mercer Islan	
29	Jamila Culcleasure	9 Highline	
30	Kila Fuller	11 Joel Ferris	
31	Nadine Hyde	9 Tahoma	
32	Mariah Skeen	12 Newport-Bell	
33	Amanda Grantham	11 Mountlake Te	
34	Hannah Fabert	10 Gig Harbor	
35	Megan Rawie	10 Kentwood	
36	Brenda Agus	10 Interlake	
37	Taylor Herzog	11 West Valley-	
38	Morgan Murrey	10 Tahoma	
39	Elizabeth Kirsten	12 Eastlake	
40	Amanda Bard	12 Liberty-Issa	
41	Tina Kellogg	11 Ballard	

State Leaders (as listed on athletic.net)

1.	Brittany Jones	Cascade-Everett	135-09
2.	Gabi Dixon	Battle Ground	135-04
3.	Ana Zapien	Prosser	133-10
4.	Vanessa Garris	Washington	129-11
5.	Becky Duhamel	Wenatchee	129-05

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

100 Meter Hurdles Prelims - 10:30 AM

Heat 1 Prelims

1	Mary Carr	9	Newport-Bell
2	Alaina Butler	11	Decatur
3	Shelby Rowland	12	Bonney Lake
4	Tanya Bjornsson	12	Ferndale
5	Caitlin Hendricks	12	Kentridge
6	Hayley Lawrence	11	Bethel
7	Nicole Dorsey	9	Wenatchee
8	Angela Evans	10	Shorewood

Heat 2 Prelims

1	Megan Davis	9	Joel Ferris
2	Cora Miller	10	Mercer Islan
3	Kate Holman	11	Bishop Blanc
4	Brieccia Lewis	12	Lake Washing
5	Katy Gross	12	Cascade-Ever
6	Victoria Fernandez	12	Renton
7	Tess Harpur	9	Bainbridge
8	Mariah Louie	12	King's

Heat 3 Prelims

1	Devan Paxton	12	Newport-Bell
2	Clarisa Hammer	11	Kentwood
3	Titi Chikoore	12	Mountlake Te
4	Becca Berge	10	Inglemoor
5	Laniece Luster	12	Kennedy
6	JeMonica Stoudamire	12	Cleveland
7	Andrea DeKoekkoek	12	Shoreline Ch
8	Montana Malarkey-Kessler	10	Interlake

Heat 4 Prelims

1	Leah Bennett	9	Meadowdale
2	Celina Mortensen	11	Franklin Pie
3	Josie Graybeal	11	Gig Harbor
4	Kira Lewis	12	West Valley-
5	Sarah Daigneault	12	Shoreline Ch
6	Sierra Haverfield	11	Tahoma
7	Kaylene Thiel	10	Kentwood
8	Victoria Thomas	11	Bellevue

Heat 5 Prelims

1	Mica Kondryszyn	10	Central Vall
2	Carly Stewart	9	Sedro-Woolle
3	Erin Allen	10	Inglemoor
4	Jacqie Evenson	12	Federal Way
5	Ashleigh Chambers	11	Mt Tahoma
6	Lacy Newbold	11	Lake Washing
7	Brittany Herring	12	Juanita
8	Jenna McDevitt	10	Woodinville

Heat 6 Prelims

1	Amadi Bentley	10	Renton
2	Caitlyn Rowland	11	Gig Harbor
3	Taylor Anderson	10	Rainier Beac
4	Tate Latimer	11	Tahoma
5	Amber Dodd	11	Skyline
6	Ericka Mcdaniel	11	Inglemoor
7	Ally Lund	12	Everett
8	Quashana Barber	12	Sammamish

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

100 Meter Hurdles Finals

12:00 PM

Meet Record: 14.10 2007

DEVIN BROOKS, Holy Names

Name	Year	School
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____
7	_____	_____
8	_____	_____

Heat Winners Plus next 2 fastest times

State Leaders (as listed on athletic.net)

1. Kayla Stueckle	Emerald Ridge	14.46
2. Shaquana Logan	Bellermine Prep	14.92
3. Tate Latimer	Tahoma	15.27
4. Chelsea Bourque	Southridge	15.32
4. Chelsea Genther	Burlington-Edison	15.32

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

100 Meter Dash Prelims

11:00 AM

Meet Record: 11.65 1992

DANIELLE MARSHALL, Lake Washington

Name	Year	School
Heat 1 Prelims		
1 Mikele Cluff	10	West Valley-
2 Taylor McKinney	10	Garfield
3 Mercedes Sullivan	11	Todd Beamer
4 Kaylyn Berry	12	Skyline
5 Holly DeHart	10	Kentwood
6 Tyra Jones	9	Lakes
7 Donnesha Mitchell	12	Cleveland
8 Alli Cahill	10	Bellevue
Heat 2 Prelims		
1 Tierra Whitaker	10	Mariner
2 Payton Shrum	9	Meadowdale
3 McKenna Grimsby	11	Inglemoor
4 Katie Tougas	11	Edmonds-Wood
5 Rachel Richardson	10	Juanita
6 Mykala Benjamin	9	Kentwood
7 Mckayla Nunes	11	Bellevue
8 Erin McNeil	12	Franklin Pie
Heat 3 Prelims		
1 Keely Hausken	9	West Valley-
2 Sarah Lorber	11	Joel Ferris
3 Shlonda Baker	12	Decatur
4 Shanai Campbell	11	Eisenhower
5 Katie Lake	9	Kentridge
6 Celia Smith	12	Stanwood
7 Starr Williams	10	Hazen
8 Haile Erickson	10	Liberty-Issa
Heat 4 Prelims		
1 Bianca Walton	11	Tahoma
2 Makaela Nellams	9	Everett
3 Rachael Butenko	12	Skyline
4 Kelsey Lin	11	Joel Ferris
5 Ebony Barnes	11	Mt Tahoma
6 Beth Klingele	9	Eisenhower
7 Mollie Picha	10	Tahoma
8 Cherish Mauck	9	Sedro-Woolle
Heat 5 Prelims		
1 Alexis Taylor	9	Tahoma
2 Savannah Cutbill	11	Bellingham
3 Jeannie Nelson	12	Joel Ferris
4 Chantel Jaeger	10	West Valley-
5 Mande McKinney	10	Tahoma
6 Christina Lancaster	12	Stanwood
7 Paige Ellingson	9	Central Vall
8 Emily Idemoto	9	Newport-Bell

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

100 Meter Dash Finals

12:10 PM

Meet Record: 11.65 1992

DANIELLE MARSHALL, Lake Washington

Name	Year	School
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____
7	_____	_____
8	_____	_____

Heat Winners Plus next 3 fastest times

State Leaders (as listed on athletic.net)

1. Germe Poston	Franklin Pierce	12.12
2. Andrea Geubelle	Curtis	12.14
3. Johanna Carr	Issaquah	12.19
4. Kasey McNeill	Southridge	12.24
4. Chantel Jaeger	West Valley - Yakima	12.24

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

4x100 Meter Relay Prelims

11:30 AM

Meet Record: 48.26 2007

SKYLINE, Skyline

School	Entry Mark
Heat 1 Prelims	
1 Mercer Island	53.04
2 Bellevue	52.24
3 Todd Beamer	51.28
4 Inglemoor	50.24
5 Federal Way	50.44
6 Kentridge	51.39
7 Cleveland	52.44
8 Mariner	53.26
Heat 2 Prelims	
1 Meadowdale	52.94
2 Lewis and Clark	52.14
3 Kentwood	51.24
4 Ferndale	49.34
5 Joel Ferris	50.44
6 Wenatchee	51.43
7 Hazen	52.54
8 Ballard	53.54
Heat 3 Prelims	
1 Newport-Bellevue	52.94
2 Stadium	51.89
3 West Valley-Yakima	51.24
4 Skyline	49.14
5 Gig Harbor	50.67
6 Edmonds-Woodway	51.64
7 Bonney Lake	52.54
8 Shorewood	53.60
Heat 4 Prelims	
1 Eastlake	52.94
2 Central Valley	51.84
3 Eisenhower	51.14
4 Rainier Beach	48.54
5 Tahoma	51.01
6 West Seattle	51.74
7 Stanwood	52.64
8 Liberty-Issaquah	54.14

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

400 Meter Relay Finals

12:10 PM

Meet Record: 11.65 1992

DANIELLE MARSHALL, Lake Washington

Name	Year	School
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____
7	_____	_____
8	_____	_____

Heat Winners Plus next 4 fastest times

State Leaders (as listed on athletic.net)

1. Rainier Beach 48.44
2. Southridge 48.88
3. Skyline 48.98
4. Skyview 49.14
5. Issaquah 49.54

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

1500 Meter Run

12:20 PM

Meet Record: 4:28.60 1981

PATTY MATAVA, Bellevue

Name	Year	School	Entry Mark
(Heats will be assigned after check-in, athletes must check-in to be seeded)			
1	Anna Dailey	11 Garfield	4:37.80
2	Chelsea Orr	11 Eastlake	4:40.00
3	Annie Pokorny	10 Lewis and Cl	4:41.02
4	Sandra Martinez	12 A.C. Davis	4:44.00
5	Suzy Olsen	12 Everett	4:48.40
6	Katie Hungerford	10 Inglemoor	4:49.00
7	Haley Piper	12 Mercer Islan	4:49.00
8	Shawna Schooley	12 A.C. Davis	4:49.00
9	Kate Reidy	12 St George's	4:51.20
10	Katelyn Steen	10 Eastlake	4:53.00
11	Minna Fields	10 Stanwood	4:53.62
12	Eden Lake	12 Central Vall	4:55.00
13	Lauren Earthman	10 Joel Ferris	4:55.00
14	Ashley Jensen	10 Glacier Peak	4:55.10
15	Molly Billingham	12 Bush	4:57.80
16	Betsie Hopper	10 Edmonds-Wood	4:59.00
17	Molli Bahlenhorst	12 Tahoma	4:59.38
18	Berenice Penaloza	10 Eisenhower	5:00.00
19	Kailey Ulland	10 Kentwood	5:00.80
20	Maggie Bulger	11 Joel Ferris	5:02.00
21	Kaitlin Kaluzny	9 A.C. Davis	5:02.00
22	Cara Saxon	11 Gig Harbor	5:03.10
23	Kelly Williams	10 Gig Harbor	5:03.30
24	Jade Borseth	9 Stanwood	5:04.24
25	Micheal Paulston	11 Auburn	5:05.00
26	Alisha Connors	10 Skyline	5:05.00
27	Avery Unterreiner	9 Gig Harbor	
28	Christine Dollard	12 Newport-Bell	
29	Emily Coic	9 Stadium	
30	Emily Bunch	9 Ferndale	
31	Ari Rios	12 Central Vall	
32	Stephanie Moore	11 Kamiak	
33	Anna Billmaier	11 Woodinville	
34	Annemarie Wegely	9 Kamiak	
35	Megan Blocker	10 Kamiak	
36	Tori Zellerhoff	9 Decatur	
37	Natalie White	10 Ballard	
38	Elsie Howell	9 Holy Names A	
39	Alayna Martin	12 Sedro-Woolle	
40	Liz Green	9 Sammamish	
41	Rochelle Erskine	9 Ballard	

National Leaders (from dyestat.com)

1	4:30.84	Silva, Sammy (2009) (<u>Our Lady of Peace, CA</u>)
2	4:36.60	Tverman, Kayleigh (2009) (<u>Crater, OR</u>)
3	4:37.03	Houlihan, Shelby (2011) (<u>East, IA</u>)
4	4:37.12	Murphy, Kevyn (2009) (<u>Mira Costa, CA</u>)
5	4:39.11	Flood, Katie (2010) (<u>Dowling Catholic, IA</u>)

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

400 Meter Run

12:45 PM

Meet Record: 54.60 1981

ERIKA HARRIS, Gig Harbor

Name	Year	School	Entry Mark
(Heats will be assigned after check-in, athletes must check-in to be seeded)			
1	Michelle Fero	11 Holy Names A	57.07
2	Jasmine Cho	12 Newport-Bell	58.06
3	Haley Locker	10 Ferndale	58.79
4	Brittany Schroeder	12 Gig Harbor	58.82
5	Dana Wareham	11 Kentwood	59.11
6	Taylor Kartes	11 Todd Beamer	59.90
7	McKenzie Luth	11 Woodinville	60.04
8	April Dick	11 Woodinville	60.06
9	Kit Parker	11 Lewis and Cl	60.24
10	Victoria Sheffield	11 Garfield	60.34
11	Leiran Cornish	9 Snohomish	60.47
12	Michelle Stolz	9 Highline	60.84
13	Amia Nash	10 Edmonds-Wood	60.85
14	Alex Bachmeier	10 Yelm	60.89
15	Brittany McGinnis	10 Granite Fall	61.14
16	Kelsey Tracy	10 Stadium	61.25
17	Kris Tollefson	9 West Seattle	61.34
18	Taylor Moravec	12 Sammamish	61.34
19	Cassidy Richmond	9 Tahoma	61.58
20	Kate Hisken	9 Seattle Prep	61.65
21	Haley O'Connor	10 Eastlake	61.76
22	Grace Pevin	9 Wenatchee	61.92
23	Madison Birdsall	10 Liberty-Issa	61.94
24	Chelsea Nell	11 West Valley-	62.04
25	Renee Wahlman	9 Holy Names A	62.05
26	Robyn Robertson	12 Inglemoor	62.08
27	Hailey Storbeck	11 Stanwood	62.14
28	Ashley Pinson	9 Thomas Jeffe	
29	Brittany Bennett	9 Kennedy	
30	Megan McNally	9 Kentwood	
31	Elizabeth Scott	9 Joel Ferris	
32	Tenaya Davis	10 Cedarcrest	
33	Sarah Daigneault	12 Shoreline Ch	
34	Amanda Savage	11 Central Vall	
35	Makenzie Simpson	12 Hazen	
36	Lauren Cloward	9 Ballard	
37	Julia Jordan	11 Bellevue	
38	Taylor Wilkins	10 Skyline	
39	Olivia Smith	9 Cleveland	
40	Julia Stafford	11 Mercer Islan	

State Leaders (as listed on athletic.net)

1.	Dyneeca Adams	Rainier Beach	56.80
2.	Cherish Morrison	Blaine	57.53
3.	Jasmine Cho	Newport-Bellevue	58.06
4.	Kelsey Lin	Ferris	58.24
5.	Becca Friday	Bellingham	58.44

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

300 Meter Hurdles

1:15 PM

Meet: 43.27 1994

SEVILLE BROUSSARD, Walla Walla

Name Year School Entry Mark

(Heats will be assigned after check-in, athletes must check-in to be seeded)

1	Ariele Reeves	11	Rainier Beac	45.64
2	Becca Berge	10	Inglemoor	45.84
3	Amber Dodd	11	Skyline	46.03
4	Emily Hutchins	12	Bishop Blanc	46.90
5	Celina Mortensen	11	Franklin Pie	46.92
6	Tate Latimer	11	Tahoma	46.96
7	Erin Allen	10	Inglemoor	46.97
8	Charnele Odingo	12	Bothell	46.98
9	Jacqie Evenson	12	Federal Way	47.09
10	Taylor Anderson	10	Rainier Beac	47.14
11	Hayley Lawrence	11	Bethel	47.37
12	Katherine Bravo	10	Eisenhower	47.64
13	Kiana Cheng	12	Garfield	47.74
14	Josie Graybeal	11	Gig Harbor	47.79
15	Lacy Newbold	11	Lake Washing	47.81
16	Mary Carr	9	Newport-Bell	47.84
17	Ericka Mcdaniel	11	Inglemoor	48.29
18	Corey Fawcett	12	Holy Names A	48.54
19	Julia Fjortoft	11	Meadowdale	48.86
20	Laura Barrow	11	South Whidbe	48.94
21	Sandra Meyer	12	Bonney Lake	49.07
22	Natalie Bergstrom	9	Stanwood	49.14
23	Veronica Kelly	10	Thomas Jeffe	49.14
24	Tokara Tinner	12	Rainier Beac	49.14
25	Paula Jennings	10	Central Vall	49.14
26	Brenda Bingham	9	Stanwood	49.14
27	Tanya Bjornsson	12	Ferndale	
28	Courtney Reames	11	Bellevue	
29	Victoria Fernandez	12	Renton	
30	Caitlin Hendricks	12	Kentridge	
31	Amadi Bentley	10	Renton	
32	Brieccia Lewis	12	Lake Washing	
33	Montana Malarkey-Kessler	10	Interlake	
34	Richelle Signer	11	Lewis and Cl	
35	Carly Stewart	9	Sedro-Woolle	
36	Ally Lund	12	Everett	
37	Kate Holman	11	Bishop Blanc	
38	Jenny Johnson	10	Wenatchee	
39	Devan Paxton	12	Newport-Bell	
40	Connie Wessman	9	Joel Ferris	
41	Adama Marenah	9	Edmonds-Wood	
42	Tess Harpur	9	Bainbridge	
43	Kimber Kober	11	Bonney Lake	
44	Mica Kondryszyn	10	Central Vall	
45	Cora Miller	10	Mercer Islan	
46	Vanessa Stienberg	12	Sammamish	
47	Brianna Martensen	12	Eastlake	
48	Alli Agnew	12	Liberty-Issa	
49	Brittany Herring	12	Juanita	

State Leaders (as listed on athletic.net)

1.	Kayla Stueckle	Emerald Ridge	43.41
2.	Shaquana Logan	Bellermine Prep	45.12
3.	Sarah Schireman	Archbishop Murphy	45.20
4.	Maddy Fuchs	University	45.57
5.	Rachel McQuivey	Skyview	45.64

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

800 Meter Run

1:50 PM

Meet Record: 2:06.75 2005

BECCA NOBLE, Rogers - Spokane

Name	Year	School	Entry Mark	Name	Year	School	Entry Mark				
(Heats will be assigned after check-in, athletes must check-in to be seeded)											
1	Becca	Friday	12	Bellingham	2:11.40	29	Alex	Neil	11	Bothell	2:26.44
2	Phoebe	Merritt	12	Mercer Islan	2:17.00	30	Lucy	Cheadle	10	Roosevelt	2:26.48
3	Olivia	Thomas	12	King's	2:17.87	31	Kirsten	Sheffield	11	Eisenhower	2:27.00
4	Anna	Dailey	11	Garfield	2:18.38	32	Avery	Unterreiner	9	Gig Harbor	2:27.36
5	Megan	Batty	10	Eastlake	2:19.10	33	Molly	Shiroishi	9	Kentridge	2:27.50
6	Brittany	Hungerford	12	Inglemoor	2:20.92	34	Lauren	Earthman	10	Joel Ferris	2:27.74
7	Hillary	Norris	12	Sumner	2:21.00	35	Josie	Warner	10	Central Vall	2:27.80
8	Breanna	Huschka	12	Cascade-Ever	2:21.00	36	Emily	Albrecht	11	Newport-Bell	2:27.91
9	Casey	Warendorf	11	Bellevue	2:22.50	37	Kaitlin	Kaluzny	9	A.C. Davis	
10	Jordan	McCann	11	Bethel	2:22.63	38	Micaela	Rasmussen	11	Lakes	
11	Nina	Penner	9	Mountlake Te	2:22.64	39	Maegan	Tracy	10	Stadium	
12	Amia	Nash	10	Edmonds-Wood	2:22.91	40	Stephanie	Rice	10	King's	
13	Jasmine	Johnson	10	Federal Way	2:23.00	41	Stasia	Demick	9	Holy Names A	
14	Kate	Reidy	12	St George's	2:23.00	42	Audrey	Nordness	10	Lake Washing	
15	Chelsea	Orr	11	Eastlake	2:23.00	43	Chelsea	Olson	10	Tahoma	
16	Shawna	Schooley	12	A.C. Davis	2:23.15	44	Maddie	Graham	10	Woodinville	
17	Alison	Vrbanac	12	Mt Rainier	2:23.72	45	Shelley	Koehn	11	Meadowdale	
18	Brenna	Condon	10	Glacier Peak	2:23.89	46	Alex	MacCormac	12	Everett	
19	Emilie	Gilbert	12	Bellevue	2:24.10	47	Kiah	Condos	9	Central Vall	
20	Michelle	Ireland	12	Skyline	2:24.51	48	Katie	Sexton	9	Seattle Prep	
21	Lisa	Olander	12	West Valley-	2:24.92	49	Madison	Davis	10	Stanwood	
22	Mayra	Chavez	9	Eisenhower	2:25.00	50	Kodie	Talley	10	Ferndale	
23	Maureen	Tremblay	10	Gig Harbor	2:25.09	51	Haylee	Rabenstein	9	Sedro-Woolle	
24	Alisa	Poplawski	9	Newport-Bell	2:25.65	52	Katri	Gilbert	12	Bellevue	
25	Lauren	Clawson	10	Tahoma	2:25.90	53	Mary Grace	Asirot	10	Renton	
26	Lacey	London	11	Inglemoor	2:26.10	54	Amber	Hambrecht	10	Kamiak	
27	Sarah	Whybark	10	Glacier Peak	2:26.27	55	Blair	Howisey	12	Juanita	
28	Taylor	Kartes	11	Todd Beamer	2:26.37	56	Raechel	Gano	10	Sammamish	
						57	Katelyn	Clark	9	Ballard	

State Leaders (as listed on athletic.net)

1.	Becca Friday	Bellingham	2:11.40
2.	Baylee Mires	Mead	2:14.32
3.	Li Murphy	Annie Wright	2:15.79
4.	Nikki Dotter	Eastmont	2:16.14
5.	Annie Moore	Sehome	2:16.87

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

200 Meter Dash

2:10 PM

Meet Record: 24.40 1989
24.40 1982

CAMARA JONES, Mountain View
DONNA DENNIS, Clover Park

Name	Year	School	
(Heats will be assigned after check-in, athletes must check-in to be seeded)			
1	Kelsey Lin	11 Joel Ferris	25.45
2	Charnay Combs	12 Rainier Beac	25.72
3	Savannah Johnson	12 Tahoma	25.75
4	Holly DeHart	10 Kentwood	25.81
5	Jasmine Cho	12 Newport-Bell	25.94
6	Shealee O'Donnell	11 Skyline	25.94
7	Michelle Fero	11 Holy Names A	25.96
8	Dyneeca Adams	12 Rainier Beac	26.04
9	Haley Locker	10 Ferndale	26.04
10	Sharkyla Truth	11 Garfield	26.44
11	Katie Tougas	11 Edmonds-Wood	26.55
12	Tiara Fuller	11 Federal Way	26.60
13	Ta Pri Nelthrope	10 Rainier Beac	26.64
14	Kris Tollefson	9 West Seattle	26.74
15	Olivia Ward	12 Cleveland	26.74
16	Caitlyn Rowland	11 Gig Harbor	26.81
17	Victoria Felton	10 Edmonds-Wood	26.93
18	McKenzie Luth	11 Woodinville	27.01
19	Dana Wareham	11 Kentwood	27.04
20	Sydney Rogalla	9 Todd Beamer	27.04
21	Lindsay Johanson	11 Inglemoor	27.04
22	Celia Smith	12 Stanwood	27.14
23	Christina Lancaster	12 Stanwood	27.14
24	Kelsey Dix	12 Eisenhower	27.14
25	Shlonda Baker	12 Decatur	
26	Michelle Stolz	9 Highline	
27	Trece Lawson	12 Mt Tahoma	
28	Paige Ellingson	9 Central Vall	
29	Haile Erickson	10 Liberty-Issa	
30	Makaela Nellams	9 Everett	
31	Taylor Howick	11 Bonney Lake	
32	Haylie Cannon	11 Bonney Lake	
33	Quincie Proctor-Guyton	10 Kentwood	
34	Marshelle Mathew	12 Mt Tahoma	
35	Montana Malarkey-Kessler	10 Interlake	
36	Mckayla Nunes	11 Bellevue	
37	Maria Zamora	10 Wenatchee	
38	Savannah Cutbill	11 Bellingham	
39	Ann Heine	10 Eastlake	
40	Lacy Newbold	11 Lake Washing	
41	Keely Hausken	9 West Valley-	
42	Celina Mortensen	11 Franklin Pie	
43	Enjoli Fowler	11 Highline	
44	Alexis Taylor	9 Tahoma	
45	Alli Cahill	10 Bellevue	
46	Maddison Crothamel	9 Mercer Islan	

State Leaders (as listed on athletic.net)

1.	Kayla Stueckle	Emerald Ridge	24.84
2.	Germe Poston	Franklin Pierce	25.03
3.	Chantel Jaeger	West-Valley Yakima	25.30
4.	Andrea Geubelle	Curtis	25.32
5.	Whitney Leavitt	Kiona Benton	25.37

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

3000 Meter Run

2:35 PM

Meet Record: 9:27.30 1981

PATTY MATAVA, Bellevue

Name	Year School	Entry Mark
(Heats will be assigned after check-in, athletes must check-in to be seeded)		
1 Sandra Martinez	12 A.C. Davis	10:00.00
2 Minna Fields	10 Stanwood	10:30.90
3 Stephanie Jones	11 Glacier Peak	10:33.00
4 Jade Borseth	9 Stanwood	10:34.10
5 Ashley Taylor	11 Yelm	10:36.00
6 Suzy Olsen	12 Everett	10:39.00
7 Erin Hull	11 Gig Harbor	10:41.50
8 Margret Parobek	9 West Valley-	10:44.10
9 Anna Dailey	11 Garfield	10:48.90
10 Shelly Davis	11 Kamiak	10:52.40
11 Cara Saxon	11 Gig Harbor	10:53.00
12 Katelyn Steen	10 Eastlake	10:54.00
13 Tansey Lystad	10 Juanita	10:54.00
14 Monica Jaenicke	11 Thomas Jeffe	10:55.00
15 Lauren Hammerle	12 Ballard	10:58.20
16 Brittany Kealy	10 Gig Harbor	10:58.90
17 Erin Blodnick	11 Eastlake	10:59.00
18 Erin Philbeck	11 Ballard	10:59.10
19 Kara Walther	11 Joel Ferris	11:00.00
20 Emily Barecca	11 Bainbridge	11:00.00
21 Brenna Eldredge	10 Cedarcrest	11:02.64
22 Chelsea Dowdell	10 Everett	11:03.00
23 Hannah Kaluzny	11 A.C. Davis	11:05.00
24 Palca Mwenesi	10 Mt Rainier	11:07.00
25 Cara Strodel	10 Cedarcrest	11:07.20
26 Julianna Mock	9 Tahoma	11:13.66
27 Jillian Altizer	12 Newport-Bell	11:16.00
28 Lyndsey Rakestraw	12 Woodinville	11:16.00
29 Hannah Gastineau	11 Inglemoor	11:20.00
30 Jamie Lambie	9 Central Vall	11:20.00
31 Allison Keenen	9 Lewis and Cl	
32 Allie Reynolds	10 Bellingham	
33 Sarah Fester	11 Eastlake	
34 Claire Betterbed	12 Gig Harbor	
35 Tori Zellerhoff	9 Decatur	
36 Kailey Ulland	10 Kentwood	
37 Ashley Hamman	12 West Seattle	
38 Maddie Starnes	10 Eastlake	
39 Tamzin Atkins	9 Garfield	
40 Molly Leischner	9 Bellingham	
41 Christine Dollard	12 Newport-Bell	
42 Ashley Densmore	12 Stadium	
43 Erin Vanderwall	10 Skyline	
44 Emma Jornlin	12 Garfield	
45 Katie Johnson	10 St George's	

National Leaders (from dyestat.com)

- 1 9:31.32 **Morgan, Stephanie** (2009) (Barnesville, OH)
- 2 9:32.22 **Jones, Emily** (2009) (Bromfield, MA)
- 3 9:35.42 **Greany, Shelby** (2009) (Suffern, NY)
- 4 9:45.82 **Cuffe, Aisling** (2011) (Cornwall Central, NY)
- 5 9:50.96 **Lipari, Emily** (2010) (Roslyn, NY)

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

4x200 Meter Relay

2:55 PM

Meet Record: 1:42.00 1986

GARFIELD, Garfield

School

Entry Mark

(Heats will be assigned after check-in, athletes must check-in to be seeded)

1	Rainier Beach	1:43.00
2	Skyline	1:45.10
3	Joel Ferris	1:47.50
4	Garfield	1:47.60
5	Tahoma	1:47.70
6	Kentwood	1:47.79
7	Ferndale	1:48.00
8	Edmonds-Woodway	1:48.20
9	Bellevue	1:49.20
10	Todd Beamer	1:49.29
11	West Valley-Yakima	1:50.00
12	Inglemoor	1:50.00
13	Lewis and Clark	1:50.00
14	Wenatchee	1:50.03
15	Federal Way	1:50.40
16	Sedro-Woolley	1:51.20
17	Thomas Jefferson	1:51.55
18	Shorewood	1:51.58
19	Mountlake Terrace	1:51.80
20	Bonney Lake	1:51.90
21	Eisenhower	1:52.00
22	Eastlake	1:52.10
23	Hazen	1:52.50
24	Stadium	
25	Meadowdale	
26	Bishop Blanchet	
27	Mariner	
28	Liberty-Issaquah	
29	Cleveland	

State Leaders (as listed on athletic.net)

1.	Rainier Beach	1:40.58
2.	Issaquah	1:44.00
3.	Southridge	1:44.92
4.	Skyline	1:45.10
5.	Eastmont	1:45.61

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

4x800 Meter Relay

3:20 PM

Meet Record: 9:28.76 2007

GIG HARBOR, Gig Harbor

School

1	Central Valley	9:58.00
2	Shorewood	9:59.00
3	Gig Harbor	10:00.00
4	Skyline	10:00.00
5	Ballard	10:01.00
6	Tahoma	10:08.25
7	Eisenhower	10:10.00
8	Lakes	10:13.60
9	Newport-Bellevue	10:15.00
10	Kentwood	10:28.00
11	Kamiak	10:30.00
12	Lake Washington	10:45.00
13	Stadium	11:05.00
14	Cedarcrest	11:15.00
15	Mercer Island	11:20.00
16	Inglemoor	11:30.00
17	Garfield	NT

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

4x400 Meter Relay

3:50 PM

Meet Record: 3:53.00 1978

SAMMAMISH, Sammamish

School	Entry Mark
(Heats will be assigned after check-in, athletes must check-in to be seeded)	
1 Newport-Bellevue	4:05.00
2 Gig Harbor	4:06.74
3 Woodinville	4:07.50
4 Bainbridge	4:07.80
5 Eastlake	4:09.50
6 Kentwood	4:09.81
7 Bothell	4:10.00
8 Kentridge	4:10.89
9 Inglemoor	4:11.00
10 Stadium	4:11.90
11 Snohomish	4:12.50
12 Stanwood	4:13.00
13 Central Valley	4:14.00
14 Skyline	4:15.00
15 Lewis and Clark	4:15.30
16 Glacier Peak	4:17.00
17 Tahoma	4:17.66
18 West Seattle	4:17.98
19 West Valley-Yakima	4:18.00
20 Bellevue	4:18.00
21 Todd Beamer	
22 Ballard	
23 Kennedy	
24 Juanita	
25 Yelm	
26 Shoreline Christian	
27 Sedro-Woolley	
28 Wenatchee	
29 Hazen	

State Leaders (as listed on athletic.net)

1. Mead	4:00.79
2. Gonzaga Prep	4:03.72
3. Newport- Bellevue	4:05.20
4. Liberty-Issaquah	4:05.30
5. Pasco	4:05.78

LAKE WASHINGTON INVITATIONAL

May 2nd, 2009

Trophy Presentation

4:15 PM

Complete Results will be available on athletic.net soon!

(Heats will be assigned after check-in, athletes must check-in to be seeded)

Thanks to Volunteers!!!

Thanks for attending!

Multi-Sport Meet