

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010**Hosted by Lathrop High School****Lathrop HS Track****Team Rankings - Through Event 168****Female Team Scores - 11 1A-2A-3A Division**

Place	School		Points
1	Monroe Catholic HS	MON	128
2	Eielson HS	EIE	47
3	Hutchison HS	HUT	44
4	Delta HS	DEL	19
		Total	238.00

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010

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Lathrop HS Track

Results

Girls 100 Meter Dash 1A-2A-3A**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

ASAAMtRecd: 12.94 & 5/23/2009 **Melissa Grammer, Valdez**
R6MtRecord: 13.63 * 5/16/2009 **Britney Anderson, EIE**
AK Best 2010: 13.41 **Sadie Anderson, Cook Inlet Academy**
R6 Best 2010: 13.76 **Jakeera Garrett, Hutchison**

Name	School	Seed	Prelims
Heat 1 Preliminaries Wind: NWI			
1 53 Garrett, Jakeera	Hutchison HS	13.76	13.66 Q
2 184 Lundgren, Talia	Monroe Catholic HS	14.18	14.03 Q
2 181 Gavora, Alexis	Monroe Catholic HS	14.34	14.03 Q
4 60 Teegardin, Julie	Hutchison HS	16.39	15.73 q
5 59 Swaim, Veronica	Hutchison HS	16.78	16.00 q
Heat 2 Preliminaries Wind: NWI			
1 32 Williams, Jazzmyn	Eielson HS	13.90	13.91 Q
2 179 Clark, Monica	Monroe Catholic HS	14.09	14.20 Q
3 2 Bynum, Ruby	Delta HS	14.68	14.41 Q
4 5 Heintz, Angie	Delta HS	16.32	16.24

Girls 100 Meter Dash 1A-2A-3A

ASAAMtRecd: 12.94 & 5/23/2009 **Melissa Grammer, Valdez**
R6MtRecord: 13.63 * 5/16/2009 **Britney Anderson, EIE**
AK Best 2010: 13.41 **Sadie Anderson, Cook Inlet Academy**
R6 Best 2010: 13.76 **Jakeera Garrett, Hutchison**

Name	School	Prelims	Finals	Points
Section 1 Finals Wind: 0.8				
1 53 Garrett, Jakeera	Hutchison HS	13.66	13.66	6
2 179 Clark, Monica	Monroe Catholic HS	14.20	13.88	4
3 184 Lundgren, Talia	Monroe Catholic HS	14.03	14.00	3
4 32 Williams, Jazzmyn	Eielson HS	13.91	14.01	2
5 181 Gavora, Alexis	Monroe Catholic HS	14.03	14.13	1
6 2 Bynum, Ruby	Delta HS	14.41	14.40	
7 60 Teegardin, Julie	Hutchison HS	15.73	15.98	
8 59 Swaim, Veronica	Hutchison HS	16.00	16.20	
Preliminaries				
9 5 Heintz, Angie	Delta HS	16.24		

Girls 200 Meter Dash 1A-2A-3A

ASAAMtRecd: 27.13 & 5/23/2009 **Lexy Siefert, Barrow**
R6MtRecord: 27.43 * 5/16/2009 **Britney Anderson, EIE**
AK Best 2010: 28.04 **Gabriella Serventi, Grace Christian**
R6 Best 2010: 28.71 **Jakeera Garrett, Hutchison**

Name	School	Seed	Finals	Points
Section 1 Wind: -3.1				
1 53 Garrett, Jakeera	Hutchison HS	28.71	28.54	6
2 32 Williams, Jazzmyn	Eielson HS	29.20	29.93	4
3 2 Bynum, Ruby	Delta HS	30.72	30.55	3
4 188 Schreder, Nicole	Monroe Catholic HS		31.71	2
5 189 Smith, Anne	Monroe Catholic HS		33.43	1
6 177 Barnard, Kirsten	Monroe Catholic HS	32.59	33.49	

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010

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Lathrop HS Track

Results

Section 1 Wind: -3.1 ... (Girls 200 Meter Dash 1A-2A-3A)

Name	School	Seed	Finals	Points
7 5 Heintz, Angie	Delta HS	34.60	35.47	

Girls 400 Meter Dash 1A-2A-3A

ASAAMtRecd: 1:01.11 & 5/23/2009 Britney Anderson, Eielson
 R6MtRecord: 1:03.56 * 5/16/2009 Britney Anderson, EIE
 AK Best 2010: 1:03.67 Gabriella Serventi, Grace Christian
 R6 Best 2010: 1:05.56 Macala Fifield, Monroe

Name	School	Seed	Finals	Points
Section 1				
1 187 Schreder, Megan	Monroe Catholic HS	1:10.84	1:09.17	6
2 25 Armour, Andie	Eielson HS	1:09.34	1:12.44	4
3 190 Stokes, Delaney	Monroe Catholic HS	1:13.58	1:12.94	3
4 189 Smith, Anne	Monroe Catholic HS	1:15.22	1:16.72	2

Girls 800 Meter Run 1A-2A-3A

ASAAMtRecd: 2:25.41 & 5/23/2009 Kailey Wilson, Kenny Lake
 R6MtRecord: 2:39.06 * 5/16/2009 Megan Schreder, MON
 AK Best 2010: 2:25.75 Lizzy Bennett, Monroe
 R6 Best 2010: 2:25.75 Lizzy Bennett, Monroe

Name	School	Seed	Finals	Points
Section 1				
1 178 Bennett, Lizzy	Monroe Catholic HS	2:25.75	2:29.96 *	6
2 190 Stokes, Delaney	Monroe Catholic HS	2:50.43	2:54.86	4
3 52 Alexander, Maddy	Hutchison HS	3:09.36	3:11.25	3

Girls 1600 Meter Run 1A-2A-3A

ASAAMtRecd: 5:18.10 & 5/23/2009 Kailey Wilson, Kenny Lake
 R6MtRecord: 6:02.95 * 5/16/2009 Megan Schreder, MON
 AK Best 2010: 5:20.85 Kailey Wilson, Kenny Lake
 R6 Best 2010: 5:38.28 Macala Fifield, Monroe

Name	School	Seed	Finals	Points
Section 1				
1 180 Fifield, Macala	Monroe Catholic HS	5:38.28	5:43.43 *	6
2 190 Stokes, Delaney	Monroe Catholic HS	6:12.07	6:10.68	4
3 187 Schreder, Megan	Monroe Catholic HS	6:34.12	6:24.87	3
4 4 Green, Crystal	Delta HS	6:58.05	6:55.87	2
5 52 Alexander, Maddy	Hutchison HS	6:58.98	6:59.95	1

Girls 3200 Meter Run 1A-2A-3A

ASAAMtRecd: 11:37.18 & 5/22/2009 Kailey Wilson, Kenny Lake
 R6MtRecord: 13:04.89 * 5/15/2009 Lizzy Bennett, MON
 AK Best 2010: 11:23.24 Kailey Wilson, Kenny Lake
 R6 Best 2010: 12:19.90 Macala Fifield, Monroe

Name	School	Seed	Finals	Points
Section 1				
1 180 Fifield, Macala	Monroe Catholic HS	12:19.90	12:45.84 *	6
2 190 Stokes, Delaney	Monroe Catholic HS	13:33.40	13:20.86	4
3 52 Alexander, Maddy	Hutchison HS	15:06.70	15:55.38	3

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010

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Lathrop HS Track

Results**Girls 100 Meter Hurdles 1A-2A-3A**

ASAAMtRecd: 15.29 & 5/23/2009 Anna Simmers, Grace Christian
 R6MtRecord: 18.82 * 5/16/2009 Brandi Swanson, HUT
 AK Best 2010: 17.64 Karley Madren, Anchorage Christian
 R6 Best 2010: 19.27 Jakeera Garrett, Hutchison

Name	School	Seed	Finals	Points
Section 1 Wind: 0.7				
1 53 Garrett, Jakeera	Hutchison HS	19.27	19.08	6
2 183 Jessica, Stokes	Monroe Catholic HS	21.10	20.04	4
3 31 Son, Kaylin	Eielson HS		21.34	3
4 182 Halvarson, Josie	Monroe Catholic HS		22.00	2
5 3 Fellman, Hannah	Delta HS	22.31	22.71	1

Girls 300 Meter Hurdles 1A-2A-3A

ASAAMtRecd: 48.51 & 5/23/2009 Amie Smithwick, Cook Inlet Academy
 R6MtRecord: 51.94 * 5/16/2009 Lizzy Bennett, MON
 AK Best 2010: 54.03 Sarah Cresap, Grace Christian
 R6 Best 2010: 54.24 Lizzy Bennett, Monroe

Name	School	Seed	Finals	Points
Section 1				
1 178 Bennett, Lizzy	Monroe Catholic HS	54.24	52.10	6
2 31 Son, Kaylin	Eielson HS	59.31	57.45	4
3 183 Jessica, Stokes	Monroe Catholic HS		58.10	3
4 182 Halvarson, Josie	Monroe Catholic HS		1:02.60	2
5 9 Wrigley, Mallory	Delta HS	1:03.63	1:03.35	1
6 5 Heintz, Angie	Delta HS		1:05.80	
--- 4 Green, Crystal	Delta HS	1:08.21	DQ	

Girls 4x100 Meter Relay 1A-2A-3A

ASAAMtRecd: 52.83 & 5/23/2009 Anchorage Christian, Anchorage Christian
 R Senko, J Bennett, L Anderson, C Bennett
 R6MtRecord: 58.31 * 5/16/2009 Monroe Catholic HS, MON
 M Clark, K Barnard, E Anderson, T Lundgren
 AK Best 2010: 54.54 Anchorage Christian
 R6 Best 2010: 56.52 Monroe Catholic

Team	Relay	Seed	Finals	Points
Section 1				
1 Eielson HS	A	57.11	56.39 *	6
1) 25 Armour, Andie	2) 26 Belt, Mallorie	3) 27 Boyd, Taylor	4) 30 Murtiff, Mickey	
2 Monroe Catholic HS	A	56.52	56.46 *	4
1) 179 Clark, Monica	2) 177 Barnard, Kirsten	3) 184 Lundgren, Talia	4) 181 Gavora, Alexis	
3 Delta HS	A	1:02.04	1:00.59	2
1) 3 Fellman, Hannah	2) 7 Olsen, Kari	3) 9 Wrigley, Mallory	4) 8 Trainor, Sam	

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010**Hosted by Lathrop High School****Lathrop HS Track****Results****Girls 4x200 Meter Relay 1A-2A-3A**

ASAAMtRecd: 1:54.00 & 5/23/2009 Anchorage Christian, Anchorage Christian
C Klein, J Bennett, R Senko, L Anderson
R6MtRecord: 2:05.77 * 5/16/2009 Monroe Catholic HS, MON
K Barnard, J Stokes, E Anderson, T Lundgren
AK Best 2010: 1:55.60 Anchorage Christian
R6 Best 2010: 1:59.98 Eielson

Team	Relay	Seed	Finals	Points
Section 1				
1 Monroe Catholic HS	A	2:00.03	1:59.10 *	6
1) 179 Clark, Monica	2) 177 Barnard, Kirsten	3) 184 Lundgren, Talia	4) 181 Gavora, Alexis	
2 Eielson HS	A	1:59.88	1:59.27 *	4
1) 26 Belt, Mallorie	2) 25 Armour, Andie	3) 27 Boyd, Taylor	4) 32 Williams, Jazzmyn	
3 Delta HS	A	2:05.00	2:01.68 *	2
1) 7 Olsen, Kari	2) 8 Trainor, Sam	3) 2 Bynum, Ruby	4) 9 Wrigley, Mallory	

Girls 4x400 Meter Relay 1A-2A-3A

ASAAMtRecd: 4:36.38 & 5/23/2009 Grace Christian, Grace Christian
S Cresap, H Kopp, H Johnson, M Dupea
R6MtRecord: 4:49.88 * 5/16/2009 Eielson HS, EIE
M Belt, M Byman, K Davis, T Boyd
AK Best 2010: 4:23.30 Grace Christian
R6 Best 2010: 4:35.64 Monroe

Team	Relay	Seed	Finals	Points
Section 1				
1 Monroe Catholic HS	A	4:35.64	4:42.76 *	6
1) 180 Fifield, Macala	2) 188 Schreder, Nicole	3) 187 Schreder, Megan	4) 178 Bennett, Lizzy	
2 Eielson HS	A	4:54.65	4:53.40	4
1) 31 Son, Kaylin	2) 25 Armour, Andie	3) 30 Murtiff, Mickey	4) 27 Boyd, Taylor	
3 Delta HS	A	4:51.84	4:56.61	2
1) 2 Bynum, Ruby	2) 7 Olsen, Kari	3) 8 Trainor, Sam	4) 1 Byam, Anna	

Girls 4x800 Meter Relay 1A-2A-3A

ASAAMtRecd: 10:13.57 & 5/23/2009 Grace Christian, Grace Christian
N Leman, M Applegate, H Kopp, Dupea
R6MtRecord: 10:48.43 * 5/16/2009 Monroe Catholic HS, MON
E Anderson, M Schreder, N Schreder, L Bennett
AK Best 2010: 10:25.40 Grace Christian
R6 Best 2010: 10:42.20 Monroe

Team	Relay	Seed	Finals	Points
Section 1				
2 Monroe Catholic HS	A	10:42.20	10:42.42 *	6
1) 180 Fifield, Macala	2) 188 Schreder, Nicole	3) 187 Schreder, Megan	4) 178 Bennett, Lizzy	
--- Eielson HS	A	11:37.80	11:26.97	4
1) 30 Murtiff, Mickey	2) 27 Boyd, Taylor	3) 29 Hebert, Ashlynn	4) 31 Son, Kaylin	

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010**Hosted by Lathrop High School****Lathrop HS Track****Results****Girls High Jump 1A-2A-3A**

ASAAMtRecd: 5-01 & 5/22/2009 Daisy Morgan, Tok
 R6MtRecord: 4-10 * 5/15/2009 Meghan McKinnell, NPL
 AK Best 2010: 4-10 Sarah Cresap, Grace Christian, Bailey Stevenson, Su Val
 R6 Best 2010: 4-06 Courtney Francis, Eielson

Name	School	Seed	Finals	Points
Flight 1				
1 181 Gavora, Alexis	Monroe Catholic HS	4-04.00	J4-06.00	6
2 28 Francis, Courtney	Eielson HS	4-06.00	J4-04.00	4
3 3 Fellman, Hannah	Delta HS	4-02.00	J4-04.00	3

Girls Long Jump 1A-2A-3A

ASAAMtRecd: 15-07.50 & 5/23/2000 Gabriella Serventi, Grace Christian
 R6MtRecord: 13-04 * 5/16/2009 Talia Lundgren, MON
 AK Best 2010: 17-07 Kathryn Medinger, Sitka
 R6 Best 2010: 14-02.50 Monica Clark, Monroe

Name	School	Seed	Finals	Wind	Points
Flight 1					
1 53 Garrett, Jakeera	Hutchison HS	13-09.25	14-03.50 *	-0.8	6
2 179 Clark, Monica	Monroe Catholic HS	14-02.50	13-08.00 *	-1.9	4
3 188 Schreder, Nicole	Monroe Catholic HS	12-07.00	12-10.75	-1.3	3
4 184 Lundgren, Talia	Monroe Catholic HS	13-00.50	12-01.50	-2.9	2
5 9 Wrigley, Mallory	Delta HS	11-11.00	11-09.50	0.9	1
6 7 Olsen, Kari	Delta HS	12-04.00	11-08.50	0.1	

Girls Triple Jump 1A-2A-3A

ASAAMtRecd: 31-11.75 & 5/22/2009 Lexy Siefert, Barrow
 R6MtRecord: 25-04.75 * 5/15/2009 Joanna Wallace, MON
 AK Best 2010: 32-09.25 Jenelle Bennett, Anchorage Christian
 R6 Best 2010: 31-01.50 Courtney Francis, Eielson

Name	School	Seed	Finals	Wind	Points
Flight 1					
1 28 Francis, Courtney	Eielson HS	31-01.50	31-01.50	2.3	6
2 183 Jessica, Stokes	Monroe Catholic HS	28-06.00	29-00.25 *	1.8	4

Girls Shot Put 1A-2A-3A

ASAAMtRecd: 33-02.75 & 5/23/2009 Anna Simmers, Anchorage Christian
 R6MtRecord: 28-01.75 * 5/16/2009 Demi Obermeyer, MON
 AK Best 2010: 32-11.75 Fran Daly, Haines
 R6 Best 2010: 28-07.50 Demi Obermeyer, Monroe

Name	School	Seed	Finals	Points
Flight 1				
1 185 Obermeyer, Demi	Monroe Catholic HS	28-07.50	29-00.75 *	6
2 54 Goepfert, Ava	Hutchison HS	25-07.00	26-01.75	4
3 186 Obermeyer, Mia	Monroe Catholic HS	24-04.75	25-07.50	3
4 57 Roehl, Sky	Hutchison HS	23-08.00	24-05.00	2
5 3 Fellman, Hannah	Delta HS	22-08.00	21-03.00	1

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010**Hosted by Lathrop High School****Lathrop HS Track****Results****Girls Discus Throw 1A-2A-3A**

ASAAMtRecd: 104-11 & 5/22/2009 Megan Hansen, Nikiski
R6MtRecord: 77-00 * 5/15/2009 Demi Obermeyer, MON
AK Best 2010: 111-06 Fran Daly, Haines
R6 Best 2010: 91-03 Demi Obermeyer, Monroe

Name		School	Seed	Finals	Points
Flight 1					
1	185 Obermeyer, Demi	Monroe Catholic HS	91-03	92-04 *	6
2	54 Goepfert, Ava	Hutchison HS	82-09	85-01 *	4
3	57 Roehl, Sky	Hutchison HS	78-00	81-09 *	3
4	29 Hebert, Ashlynn	Eielson HS	63-05	71-03	2
5	1 Byam, Anna	Delta HS	65-10	69-09	1
6	186 Obermeyer, Mia	Monroe Catholic HS	70-03	64-02	
7	59 Swaim, Veronica	Hutchison HS	58-09	62-11	
8	4 Green, Crystal	Delta HS	58-09	61-03	

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010**Hosted by Lathrop High School****Lathrop HS Track****Team Rankings - Through Event 168****Male Team Scores - 11 1A-2A-3A Division**

Place	School		Points
1	Delta HS	DEL	85
2	Eielson HS	EIE	81
3	Hutchison HS	HUT	52
4	Monroe Catholic HS	MON	27
		Total	245.00

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010

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Lathrop HS Track

Results**Boys 100 Meter Dash 1A-2A-3A****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

ASAAMtRecd: 15.99 & 5/23/2009 Dylan Beck, Seward
 R6MtRecord: 11.98 * 5/16/2009 Sam Rogers, EIE
 AK Best 2010: 11.88 Nick Nysewander-Kellard, Su Valley
 R6 Best 2010: 12.28 Tyler Ellsworth, Eielson

Name	School	Seed	Prelims
Heat 1 Preliminaries Wind: NWI			
1 13 Herman, Charlie	Delta HS	12.53	& 12.49 Q
2 198 Fears, Brandon	Monroe Catholic HS	12.79	& 12.65 Q
3 195 Brown, Rashad	Monroe Catholic HS	13.45	& 13.06 Q
4 42 Kincade, Jovante	Eielson HS	13.44	& 13.30 q
5 19 Robertson, Darren	Delta HS		& 14.07 q
Heat 2 Preliminaries Wind: NWI			
1 38 Ellsworth, Tyler	Eielson HS	12.28	& 12.39 Q
2 79 Tompkins, Taylor	Hutchison HS	13.13	& 12.83 Q
3 37 Davis, Kevon	Eielson HS	13.08	& 13.02 Q
4 70 Lemelin, Tom	Hutchison HS	14.55	& 14.36
5 193 Bowder, Nathen	Monroe Catholic HS	15.28	& 14.72

Boys 100 Meter Dash 1A-2A-3A

ASAAMtRecd: 15.99 & 5/23/2009 Dylan Beck, Seward
 R6MtRecord: 11.98 * 5/16/2009 Sam Rogers, EIE
 AK Best 2010: 11.88 Nick Nysewander-Kellard, Su Valley
 R6 Best 2010: 12.28 Tyler Ellsworth, Eielson

Name	School	Prelims	Finals	Points
Section 1 Finals Wind: -1.7				
1 38 Ellsworth, Tyler	Eielson HS	12.39	12.43 &	6
2 13 Herman, Charlie	Delta HS	12.49	12.72 &	4
3 198 Fears, Brandon	Monroe Catholic HS	12.65	12.88 &	3
4 79 Tompkins, Taylor	Hutchison HS	12.83	13.10 &	2
5 37 Davis, Kevon	Eielson HS	13.02	13.16 &	1
6 195 Brown, Rashad	Monroe Catholic HS	13.06	13.45 &	
7 42 Kincade, Jovante	Eielson HS	13.30	13.59 &	
8 19 Robertson, Darren	Delta HS	14.07	14.21 &	
Preliminaries				
9 70 Lemelin, Tom	Hutchison HS	14.36		
10 193 Bowder, Nathen	Monroe Catholic HS	14.72		

Boys 200 Meter Dash 1A-2A-3A

ASAAMtRecd: 24.35 & 5/23/2009 Shane Cawley, Valdez
 R6MtRecord: 24.41 * 5/16/2009 Sam Rogers, EIE
 AK Best 2010: 23.74 Brian Sears, Grace Christian
 R6 Best 2010: 25.11 Tyler Ellsworth, Eielson

Name	School	Seed	Finals	Points
Section 1 Wind: -4.8				
1 13 Herman, Charlie	Delta HS	25.68	25.17	6
2 38 Ellsworth, Tyler	Eielson HS	25.11	25.21	4
3 18 Pelto, Eric	Delta HS		26.30	3
4 205 Moore, Michael	Monroe Catholic HS	26.69	26.32	2

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010

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Lathrop HS Track

Results

Section 1 Wind: -4.8 ... (Boys 200 Meter Dash 1A-2A-3A)

Name	School	Seed	Finals	Points
5 207 Therriault, Justin	Monroe Catholic HS	26.97	26.50	1
6 49 Sprankle, Jacob	Eielson HS		26.75	
7 37 Davis, Kevon	Eielson HS	27.37	27.80	
8 193 Bowder, Nathen	Monroe Catholic HS	32.94	33.43	

Boys 400 Meter Dash 1A-2A-3A

ASAAMtRecd: 49.82 & 5/23/2009	Travis Price, Seward
R6MtRecord: 57.21 * 5/16/2009	Josh Cowart, DEL
AK Best 2010: 53.82	Jacob Kirk, Grace Christian
R6 Best 2010: 57.31	Mike Borberly, Eielson

Name	School	Seed	Finals	Points
Section 1				
1 10 Bialik, Josh	Delta HS	57.43	56.22 *	6
2 18 Pelto, Eric	Delta HS	57.66	56.87 *	4
3 205 Moore, Michael	Monroe Catholic HS	58.77	57.28	3
4 41 Hamilton, Antonio	Eielson HS	58.49	57.42	2
5 34 Borberly, Mike	Eielson HS	57.31	57.89	1
6 207 Therriault, Justin	Monroe Catholic HS	59.94	58.16	
7 195 Brown, Rashad	Monroe Catholic HS	1:00.91	59.27	
8 44 Renner, Charles	Eielson HS	1:03.31	1:01.03	

Boys 800 Meter Run 1A-2A-3A

ASAAMtRecd: 1:59.66 & 5/23/2009	Travis Price, Seward
R6MtRecord: 2:09.08 * 5/16/2009	Blake Hughes, HUT
AK Best 2010: 2:01.28	Jacob Kirk, Grace Christian
R6 Best 2010: 2:07.32	Andrey Ionashku, Delta

Name	School	Seed	Finals	Points
Section 1				
1 14 Ionashku, Andrey	Delta HS	2:07.32	2:08.65 *	6
2 23 Tatarenko, David	Delta HS	2:16.74	2:12.98	4
3 62 Burgett, Brandon	Hutchison HS	2:13.83	2:14.49	3
4 50 Valero, Jeremy	Eielson HS	2:18.09	2:20.50	2
5 77 Sands, Tyler	Hutchison HS	2:22.93	2:23.45	1
6 205 Moore, Michael	Monroe Catholic HS	2:24.73	2:24.37	
7 76 Rubio, Marcos	Hutchison HS	2:20.00	2:25.30	
8 47 Smith, Chris	Eielson HS	2:26.31	2:28.46	
9 194 Brouillard, Ross	Monroe Catholic HS	2:37.48	2:40.81	
10 20 St. Peter, Garrett	Delta HS	2:52.07	2:55.44	
11 206 Parent, Adam	Monroe Catholic HS	3:03.15	3:05.73	

Boys 1600 Meter Run 1A-2A-3A

ASAAMtRecd: 4:27.95 & 5/23/2009	Jacob Kirk, Grace Christian
R6MtRecord: 4:47.98 * 5/16/2009	Michael Borbely, EIE
AK Best 2010: 4:26.30	Jacob Kirk, Grace Christian
R6 Best 2010: 4:33.71	Andrey Ionashku, Delta

Name	School	Seed	Finals	Points
Section 1				
1 14 Ionashku, Andrey	Delta HS	4:33.71	4:44.14 *	6
2 23 Tatarenko, David	Delta HS	5:01.31	5:06.26	4

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Name	School	Seed	Finals	Points
3 36 Connolly, Patrick	Eielson HS	5:11.63	5:08.42	3
4 76 Rubio, Marcos	Hutchison HS	5:14.76	5:17.14	2
5 77 Sands, Tyler	Hutchison HS	5:14.17	5:17.43	1
6 47 Smith, Chris	Eielson HS	5:17.28	5:22.01	
7 202 Kjera, Leanard	Monroe Catholic HS	5:50.38	5:36.17	
8 66 Elmer, Ian	Hutchison HS	5:34.79	5:39.29	
9 194 Brouillard, Ross	Monroe Catholic HS	5:43.78	5:49.69	
10 21 Swan, Henry	Delta HS	5:38.29	5:55.49	
11 43 Mitchell, William	Eielson HS		6:22.83	
12 197 Cerny, Tommy	Monroe Catholic HS	6:23.62	7:05.01	

Boys 3200 Meter Run 1A-2A-3A

ASAAMtRecd: 9:28.81 & 5/22/2009 Jacob Kirk, Grace Christian

R6MtRecord: 10:15.07 * 5/15/2009 Andrey Ionashku, DEL

AK Best 2010: 9:16.40 Jacob Kirk, Grace Christian

R6 Best 2010: 9:45.10 Andrey Ionashku, Delta

Name	School	Seed	Finals	Points
Section 1				
1 14 Ionashku, Andrey	Delta HS	9:45.20	9:41.77 *	6
2 23 Tatarenko, David	Delta HS	11:12.85	11:07.85	4
3 36 Connolly, Patrick	Eielson HS	11:18.53	11:11.91	3
4 47 Smith, Chris	Eielson HS	11:44.55	11:28.30	2
5 76 Rubio, Marcos	Hutchison HS	11:50.26	11:28.36	1
6 50 Valero, Jeremy	Eielson HS	12:07.60	11:45.54	
7 205 Moore, Michael	Monroe Catholic HS	10:34.50	12:00.79	
8 202 Kjera, Leanard	Monroe Catholic HS	12:14.50	12:13.14	
9 66 Elmer, Ian	Hutchison HS	11:52.09	12:30.25	
10 194 Brouillard, Ross	Monroe Catholic HS	12:09.25	12:34.33	
11 20 St. Peter, Garrett	Delta HS	13:23.78	13:41.37	

Boys 110 Meter Hurdles 1A-2A-3A

ASAAMtRecd: 15.99 & 5/23/2009 Dylan Beck, Seward

R6MtRecord: 18.06 * 5/16/2009 Antonio Hamilton, EIE

AK Best 2010: 16.60 Jesse Piper, Haines

R6 Best 2010: 17.84 Antonio Hamilton, Eielson

Name	School	Seed	Finals	Points
Section 1 Wind: -1.6				
1 41 Hamilton, Antonio	Eielson HS	17.84	17.15 *	6
2 49 Sprankle, Jacob	Eielson HS	22.12	20.55	4
3 42 Kincade, Jovante	Eielson HS		21.81	3
4 24 Tirrell, Tony	Delta HS	21.24	22.22	2
5 21 Swan, Henry	Delta HS		22.25	1

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010**Hosted by Lathrop High School****Lathrop HS Track****Results****Boys 300 Meter Hurdles 1A-2A-3A**

ASAAMtRecd: 40.81 & 5/23/2009 Dylan Beck, Seward
R6MtRecord: 47.42 * 5/16/2009 Tucker Heyrend, EIE
AK Best 2010: 44.34 Daniel Brandon, Anchorage Christian
R6 Best 2010: 45.45 Antonio Hamilton, Eielson

Name	School	Seed	Finals	Points
Section 1				
1 41 Hamilton, Antonio	Eielson HS	45.45	45.26 *	6
2 46 Schneider, Codi	Eielson HS	49.33	48.15	4
3 24 Tirrell, Tony	Delta HS	49.82	49.49	3
4 44 Renner, Charles	Eielson HS	53.08	52.25	2
5 21 Swan, Henry	Delta HS	56.15	55.35	1
6 15 Jensen, Patrick	Delta HS	59.41	58.78	
7 193 Bowder, Nathen	Monroe Catholic HS		1:00.34	

Boys 4x100 Meter Relay 1A-2A-3A

ASAAMtRecd: 47.11 & 5/23/2009 Grace Christian, Grace Christian
 M Dockter, C Davis, J Hansen, L Turner
R6MtRecord: 51.29 * 5/16/2009 Delta HS, DEL
 J Heintz, C Trim, A Michie, K Kelderman
AK Best 2010: 48.25 Anchorage Christian
R6 Best 2010: 49.56 Monroe Catholic

Team	Relay	Seed	Finals	Points
Section 1				
1 Eielson HS	A	50.42	49.36 *	6
1) 49 Sprankle, Jacob	2) 46 Schneider, Codi	3) 37 Davis, Kevon	4) 38 Ellsworth, Tyler	
--- Monroe Catholic HS	A	49.56	DQ	
1) 199 Holmes, James	2) 195 Brown, Rashad	3) 192 Bartels, Jordan	4) 198 Fears, Brandon	

Boys 4x200 Meter Relay 1A-2A-3A

ASAAMtRecd: 1:39.08 & 5/23/2009 Haines, Haines
 B Huntsman, R Olsen, J Piper, K Rush
R6MtRecord: 1:51.64 * 5/16/2009 Delta HS, DEL
 J Heintz, D Robertson, A Michie, J Cowart
AK Best 2010: 1:39.27 Su Valley
R6 Best 2010: 1:44.43 Eielson

Team	Relay	Seed	Finals	Points
Section 1				
1 Monroe Catholic HS	A	1:46.76	1:43.09 *	6
1) 199 Holmes, James	2) 195 Brown, Rashad	3) 192 Bartels, Jordan	4) 198 Fears, Brandon	
2 Eielson HS	A	1:44.50	1:44.11 *	4
1) 49 Sprankle, Jacob	2) 46 Schneider, Codi	3) 48 Smith, Shawn	4) 38 Ellsworth, Tyler	

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010

Hosted by Lathrop High School

Lathrop HS Track

Results**Boys 4x400 Meter Relay 1A-2A-3A**

ASAAMtRecd: 3:44.16 & 5/23/2009 Sitka, Sitka
 A Gillespie, G Reeder, I Longridge, R Doggett
R6MtRecord: 3:58.67 * 5/16/2009 Eielson HS, EIE
 M Borbely, T Heyrend, A Hamilton, S Rogers
AK Best 2010: 3:40.90 Grace Christian
R6 Best 2010: 3:56.30 Delta

Team	Relay	Seed	Finals	Points
Section 1				
1 Delta HS	A	3:56.30	3:59.90	6
1) 10 Bialik, Josh	2) 24 Tirrell, Tony	3) 13 Herman, Charlie	4) 18 Pelto, Eric	
2 Eielson HS	A	4:03.35	4:04.39	4
1) 50 Valero, Jeremy	2) 36 Connolly, Patrick	3) 41 Hamilton, Antonio	4) 34 Borberly, Mike	
3 Monroe Catholic HS	A	4:11.68	4:38.24	2
1) 191 Balko, Michael	2) 206 Parent, Adam	3) 196 Cerny, Danny	4) 207 Therriault, Justin	

Boys 4x800 Meter Relay 1A-2A-3A

ASAAMtRecd: 8:35.74 & 5/23/2009 Grace Christian, Grace Christian
 J Klein, Q Metcalf, J Dillon, J Kirk
R6MtRecord: 9:04.52 * 5/16/2009 Delta HS, DEL
 E Pelto, A Ionashku, J Bialik, S Tappen
AK Best 2010: 8:22.30 Grace Christian
R6 Best 2010: 8:55.70 Delta

Team	Relay	Seed	Finals	Points
Section 1				
1 Delta HS	A	8:55.70	8:51.72 *	6
1) 10 Bialik, Josh	2) 18 Pelto, Eric	3) 23 Tatarenko, David	4) 14 Ionashku, Andrey	
2 Hutchison HS	A	9:38.00	9:06.63	4
1) 77 Sands, Tyler	2) 69 Jacobson, Zach	3) 76 Rubio, Marcos	4) 62 Burgett, Brandon	
3 Eielson HS	A	9:07.50	9:10.25	2
1) 36 Connolly, Patrick	2) 50 Valero, Jeremy	3) 47 Smith, Chris	4) 34 Borberly, Mike	
4 Monroe Catholic HS	A	10:01.93	10:40.51	
1) 197 Cerny, Tommy	2) 206 Parent, Adam	3) 202 Kjera, Leonard	4) 207 Therriault, Justin	

Boys High Jump 1A-2A-3A

ASAAMtRecd: 6-06 & 5/22/2009 Dylan Beck, Seward
R6MtRecord: 6-01 * 5/15/2009 Charles King, EIE
AK Best 2010: 5-10 Augustus Simmers, Anchorage Christian
R6 Best 2010: 5-02 Alex Weldon, Eielson

Name	School	Seed	Finals	Points
Flight 1				
1 51 Weldon, Alex	Eielson HS	5-02.00	J5-11.00	6
2 42 Kincade, Jovante	Eielson HS		J4-10.00	4
3 44 Renner, Charles	Eielson HS		J4-10.00	3
--- 21 Swan, Henry	Delta HS		NH	

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010**Hosted by Lathrop High School****Lathrop HS Track****Results****Boys Long Jump 1A-2A-3A****ASAAMtRecd: 20-00.75 & 5/23/2009 Travis Price, Seward****R6MtRecord: 19-00 * 5/16/2009 Charles King, EIE****AK Best 2010: 19-01.25 Kevin Rima, Monroe****R6 Best 2010: 19-01.25 Kevin Rima, Monroe**

Name	School	Seed	Finals	Wind	Points
Flight 1					
1 75 Rima, Kevin	Hutchison HS	19-01.25	19-00.75 *	2.0	6
2 199 Holmes, James	Monroe Catholic HS	18-04.75	18-02.75	2.1	4
3 198 Fears, Brandon	Monroe Catholic HS	17-09.75	17-05.00	1.9	3
4 46 Schneider, Codi	Eielson HS	15-06.75	15-06.75	-0.9	2
5 192 Bartels, Jordan	Monroe Catholic HS	16-06.00	15-05.50	1.0	1
--- 70 Lemelin, Tom	Hutchison HS	13-09.50	12-11.00	-1.1	

Boys Triple Jump 1A-2A-3A**ASAAMtRecd: 41-09.25 & 5/22/2009 Travis Price, Seward****R6MtRecord: 36-10.25 * 5/15/2009 Charles King, EIE****AK Best 2010: 40-07.75 Ryan Scott, Anchorage Christian****R6 Best 2010: 39-03.75 Kevin Rima, Monroe**

Name	School	Seed	Finals	Wind	Points
Flight 1					
1 75 Rima, Kevin	Hutchison HS	39-03.75	38-08.50 *	NWI	6
2 13 Herman, Charlie	Delta HS	35-11.25	34-09.75	NWI	4
3 24 Tirrell, Tony	Delta HS	34-06.25	34-06.25	NWI	3
4 192 Bartels, Jordan	Monroe Catholic HS	33-02.50	33-01.00	NWI	2
5 37 Davis, Kevon	Eielson HS	31-00.25	29-03.75	NWI	1
6 15 Jensen, Patrick	Delta HS		25-06.50	NWI	

Boys Shot Put 1A-2A-3A**ASAAMtRecd: 41-08 & 5/22/2009 Kevin Rima, Monroe****R6MtRecord: 43-02.25 * 5/15/2009 Kevin Rima, HUT****AK Best 2010: 43-09.25 Kevin Rima, Monroe****R6 Best 2010: 43-09.25 Kevin Rima, Hutchison**

Name	School	Seed	Finals	Points
Flight 1				
1 75 Rima, Kevin	Hutchison HS	43-09.25	44-10.25 *	6
2 64 Deveraux, Jackson	Hutchison HS	36-07.75	38-00.25	4
3 63 Cornelius, Chris	Hutchison HS	37-01.25	36-02.75	3
4 19 Robertson, Darren	Delta HS	33-00.25	33-05.25	2
5 15 Jensen, Patrick	Delta HS	32-01.75	30-07.50	1
6 199 Holmes, James	Monroe Catholic HS	35-00.00	30-06.75	
7 33 Biggane, Joe	Eielson HS	30-05.00	29-06.50	
8 40 Fry, Devin	Eielson HS	26-07.25	27-07.25	
9 196 Cerny, Danny	Monroe Catholic HS	32-03.25	27-06.25	
10 200 Johnson, Darrin	Monroe Catholic HS	31-06.50	25-11.75	
11 39 Fritch, Edwin	Eielson HS		23-10.50	

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010**Hosted by Lathrop High School****Lathrop HS Track****Results****Boys Discus Throw 1A-2A-3A****ASAAMtRecd: 141-01 & 5/23/2009 Kevin Rima, Monroe****R6MtRecord: 127-10 * 5/16/2009 Kevin Rima, HUT****AK Best 2010: 134-07 Kevin Rima, Monroe****R6 Best 2010: 134-07 Kevin Rima, Monroe**

	Name	School	Seed	Finals	Points
Flight 1					
1	75 Rima, Kevin	Hutchison HS	134-07	142-04 &	6
2	63 Cornelius, Chris	Hutchison HS	109-02	107-10	4
3	64 Deveraux, Jackson	Hutchison HS	121-10	100-02	3
4	10 Bialik, Josh	Delta HS	109-04	89-07	2
5	15 Jensen, Patrick	Delta HS	87-11	86-08	1
6	19 Robertson, Darren	Delta HS	92-08	84-04	
7	33 Biggane, Joe	Eielson HS	83-08	83-10	
8	48 Smith, Shawn	Eielson HS		75-04	
9	200 Johnson, Darrin	Monroe Catholic HS	69-04	70-11	
10	40 Fry, Devin	Eielson HS	62-06	66-03	
11	196 Cerny, Danny	Monroe Catholic HS	76-09	62-10	

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010**Hosted by Lathrop High School****Lathrop HS Track****Team Rankings - Through Event 168****Female Team Scores - 12 4A Division**

Place	School		Points
1	West Valley HS	WVL	76
2	Lathrop HS	LAT	71
3	North Pole HS	NPL	25
		Total	172.00

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010**Hosted by Lathrop High School****Lathrop HS Track****Results****Girls 100 Meter Dash 4A****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

ASAAMtRecd: 11.8h & 1981 Startlett Jackson, Bartlett
R6MtRecord: 12.3h * 1990 Passion Richardson, LAT
AK Best 2010: 12.54 Alisha Allen, Lathrop
R6 Best 2010: 12.54 Alisha Allen, Lathrop

Name	School	Seed	Prelims	
Heat 1 Preliminaries Wind: NWI				
1 82 Allen, Alisha	Lathrop HS	12.54	13.09	Q
2 284 Ashmore, Lawjen	West Valley HS	14.10	13.57	Q
3 328 Oates, Jacqueline	West Valley HS	13.76	13.67	Q
4 306 Jones, Kinzea	West Valley HS	13.96	13.81	q
5 105 Glaeser, Britt	Lathrop HS	14.24	14.68	
6 319 Martellaro, Jessie	West Valley HS	15.13	15.08	
Heat 2 Preliminaries Wind: NWI				
1 331 Oneil, Kieran	West Valley HS	13.67	13.79	Q
1 321 Mattson, Hannah	West Valley HS	13.71	13.79	Q
3 225 Trusdall, Brittany	North Pole HS	14.02	14.11	Q
4 309 Kennedy, Jaime	West Valley HS	14.08	14.15	q
5 334 Reitano, Jordin	West Valley HS	14.44	14.45	
6 91 Davis, Da'asha	Lathrop HS	14.48	14.75	
Girls 100 Meter Dash 4A				
ASAAMtRecd: 11.8h & 1981 Startlett Jackson, Bartlett				
R6MtRecord: 12.3h * 1990 Passion Richardson, LAT				
AK Best 2010: 12.54 Alisha Allen, Lathrop				
R6 Best 2010: 12.54 Alisha Allen, Lathrop				
Name	School	Prelims	Finals	Points
Section 1 Finals Wind: 1.0				
1 82 Allen, Alisha	Lathrop HS	13.09	13.09	5
2 328 Oates, Jacqueline	West Valley HS	13.67	13.35	3
3 331 Oneil, Kieran	West Valley HS	13.79	13.50	2
4 321 Mattson, Hannah	West Valley HS	13.79	13.52	1
5 284 Ashmore, Lawjen	West Valley HS	13.57	13.59	
6 225 Trusdall, Brittany	North Pole HS	14.11	13.77	
7 306 Jones, Kinzea	West Valley HS	13.81	13.80	
8 309 Kennedy, Jaime	West Valley HS	14.15	13.84	
Preliminaries				
9 334 Reitano, Jordin	West Valley HS	14.45		
10 105 Glaeser, Britt	Lathrop HS	14.68		
11 91 Davis, Da'asha	Lathrop HS	14.75		
12 319 Martellaro, Jessie	West Valley HS	15.08		

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010

Hosted by Lathrop High School

Lathrop HS Track

Results

Girls 200 Meter Dash 4A**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

ASAAMtRecd: 25.1h & 1982 Yvette Ervin, Eielson
R6MtRecord: 25.3h * 1990 Passion Richardson, LAT
AK Best 2010: 26.00 Lierin Flanagan, Kenai Central
R6 Best 2010: 26.80 Alisha Allen, Lathrop

Name	School	Seed	Prelims
Heat 1 Preliminaries Wind: 1.8			
1 328 Oates, Jacqueline	West Valley HS	28.34	27.96 Q
2 309 Kennedy, Jaime	West Valley HS	28.59	28.34 Q
3 306 Jones, Kinzea	West Valley HS	29.60	29.44 Q
4 293 Craft, Savannah	West Valley HS	31.15	31.61
Heat 2 Preliminaries Wind: -0.4			
1 82 Allen, Alisha	Lathrop HS	26.80	27.05 Q
2 331 Oneil, Kieran	West Valley HS	28.66	28.26 Q
3 300 Gaskins, Erika	West Valley HS	29.54	28.58 Q
4 334 Reitano, Jordin	West Valley HS	30.64	29.58 q
5 330 Odonnell, Dorothy	West Valley HS	30.67	30.50 q
6 302 Hinzman, Heather	West Valley HS	31.91	31.34

Girls 200 Meter Dash 4A

ASAAMtRecd: 25.1h & 1982 Yvette Ervin, Eielson
R6MtRecord: 25.3h * 1990 Passion Richardson, LAT
AK Best 2010: 26.00 Lierin Flanagan, Kenai Central
R6 Best 2010: 26.80 Alisha Allen, Lathrop

Name	School	Prelims	Finals	Points
Section 1 Finals Wind: -2.6				
1 82 Allen, Alisha	Lathrop HS	27.05	27.40	5
2 328 Oates, Jacqueline	West Valley HS	27.96	28.11	3
3 309 Kennedy, Jaime	West Valley HS	28.34	28.44	2
4 300 Gaskins, Erika	West Valley HS	28.58	28.78	1
5 331 Oneil, Kieran	West Valley HS	28.26	28.91	
6 306 Jones, Kinzea	West Valley HS	29.44	29.25	
7 334 Reitano, Jordin	West Valley HS	29.58	29.26	
8 330 Odonnell, Dorothy	West Valley HS	30.50	30.24	
Preliminaries				
9 302 Hinzman, Heather	West Valley HS	31.34		
10 293 Craft, Savannah	West Valley HS	31.61		

Girls 400 Meter Dash 4A**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

ASAAMtRecd: 57.14 & 5/20/2006 Andrea Crook, Bartlett
R6MtRecord: 59.66 * 1998 Regina Cambilargiu, NPL
AK Best 2010: 56.84 Lierin Flanagan, Kenai Central
R6 Best 2010: 1:00.59 Christine Angell, Lathrop

Name	School	Seed	Prelims
Heat 1 Preliminaries			
1 84 Angell, Christine	Lathrop HS	1:00.59	1:00.59 Q
2 328 Oates, Jacqueline	West Valley HS	1:08.81	1:08.81 Q
3 123 Skille, Makayla	Lathrop HS	1:11.73	1:11.73 Q

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010

Hosted by Lathrop High School

Lathrop HS Track

Results**Heat 1 Preliminaries ... (Girls 400 Meter Dash 4A)**

Name	School	Seed	Prelims
4 98 Farnham, Nicole	Lathrop HS	1:12.24	1:12.24 q

Heat 2 Preliminaries

1 231 Wood, Sam	North Pole HS	1:02.77	1:02.77 Q
2 284 Ashmore, Lawjen	West Valley HS	1:03.42	1:03.42 Q
3 124 Sloat, Alex	Lathrop HS	1:09.17	1:09.17 Q
4 224 Taiclut, Sabrina	North Pole HS	1:11.50	1:11.50 q

Girls 400 Meter Dash 4A

ASAAMtRecd: 57.14 & 5/20/2006 Andrea Crook, Bartlett
 R6MtRecord: 59.66 * 1998 Regina Cambilargiu, NPL
 AK Best 2010: 56.84 Lierin Flanagan, Kenai Central
 R6 Best 2010: 1:00.59 Christine Angell, Lathrop

Name	School	Prelims	Finals	Points
Section 1 Finals				
1 84 Angell, Christine	Lathrop HS	1:00.59	1:01.27	5
2 284 Ashmore, Lawjen	West Valley HS	1:03.42	1:01.59	3
3 231 Wood, Sam	North Pole HS	1:02.77	1:02.54	2
4 328 Oates, Jacqueline	West Valley HS	1:08.81	1:06.92	1
5 124 Sloat, Alex	Lathrop HS	1:09.17	1:08.52	
6 123 Skille, Makayla	Lathrop HS	1:11.73	1:10.12	
7 224 Taiclut, Sabrina	North Pole HS	1:11.50	1:10.69	
8 98 Farnham, Nicole	Lathrop HS	1:12.24	1:11.38	

Girls 800 Meter Run 4A

ASAAMtRecd: 2:14.56 & 2003 Kris Smith, West Anchorage
 R6MtRecord: 2:17.00 * 5/19/2007 Samantha Davis, WVL
 AK Best 2010: 2:17.43 Morgan Dampier, Wasilla
 R6 Best 2010: 2:26.06 Kim Fitzgerald, Lathrop

Name	School	Seed	Finals	Points
Section 1				
1 100 Fitzgerald, Kim	Lathrop HS	2:26.06	2:29.47	5
2 94 Edic, Megan	Lathrop HS	2:29.58	2:30.73	3
3 337 Rorabaugh, Eliza	West Valley HS	2:30.27	2:32.59	2
4 287 Callahan, Molly	West Valley HS	2:26.83	2:32.84	1
5 223 Schmitz, Kelly	North Pole HS	2:33.13	2:35.10	
6 232 Wright, Jessica	North Pole HS	2:33.35	2:37.62	
7 109 King, Sarah	Lathrop HS	2:32.17	2:39.16	
8 286 Boyer, Hannah	West Valley HS	2:36.51	2:40.38	
9 322 Mayo, Ema	West Valley HS	2:42.97	2:41.33	
10 103 Geddings, Brianna	Lathrop HS	2:40.54	2:42.48	
11 295 Egger, Gathoni	West Valley HS	2:44.47	2:43.69	
12 350 Sudkamp-Walker, Helen	West Valley HS	2:49.08	2:43.71	
13 326 Noon, Abigail	West Valley HS	2:44.37	2:47.38	
14 128 Temple, Stephanie	Lathrop HS	2:48.07	2:49.37	

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010

Hosted by Lathrop High School

Lathrop HS Track

Results**Girls 1600 Meter Run 4A**

ASAAMtRecd: 4:55.89 & 2003 Kris Smith, West Anchorage

R6MtRecord: 4:57.17 * 5/19/2007 Samantha Davis, WVU

AK Best 2010: 5:14.00 Ivy O'Guinn, Skyview

R6 Best 2010: 5:21.30 Megan Edic, Lathrop

Name	School	Seed	Finals	Points
Section 1				
1 94 Edic, Megan	Lathrop HS	5:21.30	5:24.78	5
2 287 Callahan, Molly	West Valley HS	5:27.88	5:30.40	3
3 222 Schmitz, Christi	North Pole HS	5:31.36	5:34.38	2
4 232 Wright, Jessica	North Pole HS	5:45.70	5:45.05	1
5 286 Boyer, Hannah	West Valley HS	5:45.73	5:49.67	
6 337 Rorabaugh, Eliza	West Valley HS	5:38.61	5:54.82	
7 295 Egger, Gathoni	West Valley HS	6:00.26	5:56.00	
8 327 Noon, Brigit	West Valley HS	6:03.17	6:00.47	
9 128 Temple, Stephanie	Lathrop HS	5:58.31	6:02.22	
10 339 Sherman, Julia	West Valley HS	6:10.57	6:05.20	
11 103 Geddings, Brianna	Lathrop HS	6:14.36	6:10.05	
12 314 Lilly, Sarah	West Valley HS	6:18.68	6:21.90	
13 322 Mayo, Ema	West Valley HS	6:01.96	6:22.40	
14 292 Covell, Julia	West Valley HS	6:40.34	6:43.53	
15 221 Rood, Nicole	North Pole HS	7:05.92	6:43.56	

Girls 3200 Meter Run 4A

ASAAMtRecd: 10:37.7h & 1986 Kristi Klinnert, Kodiak

R6MtRecord: 11:04.4h * 1988 Sara Gish, LAT

AK Best 2010: 11:14.40 Jenna Ford, Wasilla

R6 Best 2010: 11:42.60 Courtney Kisner, West Valley

Name	School	Seed	Finals	Points
Section 1				
1 287 Callahan, Molly	West Valley HS	11:44.70	11:34.98	5
2 94 Edic, Megan	Lathrop HS	11:48.10	11:41.30	3
3 222 Schmitz, Christi	North Pole HS	11:44.00	11:48.58	2
4 232 Wright, Jessica	North Pole HS	12:00.00	11:55.40	1
5 327 Noon, Brigit	West Valley HS	12:56.00	12:51.52	
6 128 Temple, Stephanie	Lathrop HS	13:02.00	13:12.99	
7 296 Fairbanks, Tamara	West Valley HS	14:12.80	14:39.06	
8 315 Lindley, Rachel	West Valley HS	14:59.70	14:51.91	
--- 121 Shier, Katie	Lathrop HS	14:49.60	DNF	

Girls 100 Meter Hurdles 4A

8 Advance: Top 3 Each Heat plus Next 2 Best Times

ASAAMtRecd: 15.03 & 2000 Jana Schaafsma, Soldotna

R6MtRecord: 15.70 * 1999 Stephanie Jackson, EIE

AK Best 2010: 15.36 Emily Sharp, Juneau-Douglas

R6 Best 2010: 18.24 Elli Oba, Lathrop

Name	School	Seed	Prelims
Heat 1 Preliminaries Wind: NWI			
1 212 Joseph, T'Keyah	North Pole HS	19.27	17.93 Q
2 305 Jackson, Sarah	West Valley HS	18.45	18.64 Q

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010

Hosted by Lathrop High School

Lathrop HS Track

Results**Heat 1 Preliminaries Wind: NWI ... (Girls 100 Meter Hurdles 4A)**

Name	School	Seed	Prelims
3 351 Swanson, Sarah	West Valley HS	19.63	19.23 Q
4 319 Martellaro, Jessie	West Valley HS	18.66	19.48
5 92 Dickerson, Rachel	Lathrop HS	19.63	19.50
6 296 Fairbanks, Tamara	West Valley HS	20.88	21.79

Heat 2 Preliminaries Wind: NWI

1 113 Oba, Elli	Lathrop HS	18.24	18.00 Q
2 338 Rorabaugh, Marisa	West Valley HS	18.85	18.05 Q
3 125 Spencer, Dominique	Lathrop HS	18.91	18.78 Q
4 120 Ruckhaus, Thea	Lathrop HS	19.47	18.96 q
5 357 Walling-Bell, Sophia	West Valley HS	19.42	19.16 q
6 297 Feist, Julianna	West Valley HS	19.79	20.10
7 307 Jorgenson, Karen	West Valley HS	19.96	20.12

Girls 100 Meter Hurdles 4A

ASAAMtRecd: 15.03 & 2000

R6MtRecord: 15.70 * 1999

AK Best 2010: 15.36

R6 Best 2010: 18.24

Jana Schaafsma, Soldotna

Stephanie Jackson, EIE

Emily Sharp, Juneau-Douglas

Elli Oba, Lathrop

Name	School	Prelims	Finals	Points
Section 1 Finals Wind: -1.0				
1 113 Oba, Elli	Lathrop HS	18.00	18.04	5
2 212 Joseph, T'Keyah	North Pole HS	17.93	18.11	3
3 305 Jackson, Sarah	West Valley HS	18.64	18.24	2
4 338 Rorabaugh, Marisa	West Valley HS	18.05	18.37	1
5 125 Spencer, Dominique	Lathrop HS	18.78	18.83	
6 351 Swanson, Sarah	West Valley HS	19.23	19.17	
7 357 Walling-Bell, Sophia	West Valley HS	19.16	19.24	
--- 120 Ruckhaus, Thea	Lathrop HS	18.96	DQ	

Preliminaries

9 319 Martellaro, Jessie	West Valley HS	19.48	
10 92 Dickerson, Rachel	Lathrop HS	19.50	
11 297 Feist, Julianna	West Valley HS	20.10	
12 307 Jorgenson, Karen	West Valley HS	20.12	
13 296 Fairbanks, Tamara	West Valley HS	21.79	

Girls 300 Meter Hurdles 4A**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

ASAAMtRecd: 44.93 & 1994

R6MtRecord: 46.93 * 1999

AK Best 2010: 46.84

R6 Best 2010: 52.10

Lara Kelly, Chugiak

Karessa Frazier, WVL

Emily Sharp, Juneau-Douglas

Marisa Rorabaugh, West Valley

Name	School	Seed	Prelims
Heat 1 Preliminaries			
1 305 Jackson, Sarah	West Valley HS	54.00	52.45 Q
2 113 Oba, Elli	Lathrop HS	53.15	53.41 Q
3 302 Hinzman, Heather	West Valley HS	56.15	54.53 Q
4 120 Ruckhaus, Thea	Lathrop HS	55.97	55.38 q
5 330 Odonnell, Dorothy	West Valley HS	57.38	56.15
6 307 Jorgenson, Karen	West Valley HS	57.19	57.18

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010

Hosted by Lathrop High School

Lathrop HS Track

Results**Heat 1 Preliminaries ... (Girls 300 Meter Hurdles 4A)**

Name	School	Seed	Prelims
7 107 Jagow, Joanna	Lathrop HS	1:02.06	58.82

Heat 2 Preliminaries

1 338 Rorabaugh, Marisa	West Valley HS	52.10	52.66 Q
2 92 Dickerson, Rachel	Lathrop HS	55.32	52.71 Q
3 125 Spencer, Dominique	Lathrop HS	56.74	54.47 Q
4 313 Leonard, Kira	West Valley HS	55.55	55.51 q
5 319 Martellaro, Jessie	West Valley HS	56.59	57.03
6 357 Walling-Bell, Sophia	West Valley HS	59.03	58.13
7 297 Feist, Julianna	West Valley HS	58.76	1:00.51

Girls 300 Meter Hurdles 4A

ASAAMtRecd: 44.93 & 1994

R6MtRecord: 46.93 * 1999

AK Best 2010: 46.84

R6 Best 2010: 52.10

Lara Kelly, Chugiak

Karessa Frazier, WVL

Emily Sharp, Juneau-Douglas

Marisa Rorabaugh, West Valley

Name	School	Prelims	Finals	Points
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Section 1 Finals

1 338 Rorabaugh, Marisa	West Valley HS	52.66	49.90	5
2 305 Jackson, Sarah	West Valley HS	52.45	51.87	3
3 113 Oba, Elli	Lathrop HS	53.41	51.90	2
4 92 Dickerson, Rachel	Lathrop HS	52.71	52.61	1
5 125 Spencer, Dominique	Lathrop HS	54.47	54.29	
6 302 Hinzman, Heather	West Valley HS	54.53	54.33	
7 313 Leonard, Kira	West Valley HS	55.51	55.02	
8 120 Ruckhaus, Thea	Lathrop HS	55.38	55.78	

Preliminaries

9 330 Odonnell, Dorothy	West Valley HS	56.15	
10 319 Martellaro, Jessie	West Valley HS	57.03	
11 307 Jorgenson, Karen	West Valley HS	57.18	
12 357 Walling-Bell, Sophia	West Valley HS	58.13	
13 107 Jagow, Joanna	Lathrop HS	58.82	
14 297 Feist, Julianna	West Valley HS	1:00.51	

Girls 4x100 Meter Relay 4A

ASAAMtRecd: 49.77 & 2005

R6MtRecord: 50.14 * 1999

AK Best 2010: 50.91

R6 Best 2010: 52.96

East Anchorage, East Anchorage

Black, Preston, Smith, Vanzant

Lathrop HS, LAT

A Binder, McFarlane, Burras, J Binder

Bartlett

West Valley

Team	Relay	Seed	Finals	Points
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Section 1

1 Lathrop HS	A	56.84	55.92	5
1) 125 Spencer, Dominique	2) 105 Glaeser, Britt	3) 99 Fitzgerald, Keri-Lyn	4) 98 Farnham, Nicole	
--- West Valley HS	A	52.96	DQ	
1) 306 Jones, Kinzea	2) 318 Mackey, Julia	3) 321 Mattson, Hannah	4) 331 Oneil, Kieran	

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010**Hosted by Lathrop High School****Lathrop HS Track****Results****Girls 4x200 Meter Relay 4A****ASAAMtRecd: 1:44.86 & 2003****Lathrop, Lathrop
Baily Preston Dollison, Smith****R6MtRecord: 1:45.1h * 1990****Lathrop HS, LAT
Jackson, Walther, Fisher, Richardson
Dimond****AK Best 2010: 1:47.07****R6 Best 2010: 1:51.51****West Valley**

Team	Relay	Seed	Finals	Points
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Section 1

1	West Valley HS 1) 309 Kennedy, Jaime	A 2) 306 Jones, Kinzea	1:52.51 3) 300 Gaskins, Erika	1:54.97 4) 321 Mattson, Hannah	5
2	North Pole HS 1) 225 Trusdall, Brittany	A 2) 223 Schmitz, Kelly		1:57.62 4) 231 Wood, Sam	3
3	Lathrop HS 1) 125 Spencer, Dominique	A 2) 99 Fitzgerald, Keri-Lyn	1:56.70 3) 124 Sloat, Alex	1:57.78 4) 105 Glaeser, Britt	

Girls 4x400 Meter Relay 4A**ASAAMtRecd: 4:04.46 & 5/23/2009****Kenai Central, Kenai
K Louthan, S DeVito, B Beeson, L Flanagan****R6MtRecord: 4:14.0h * 1998****North Pole HS, LAT****AK Best 2010: 4:05.92****Kenai Central****R6 Best 2010: 4:23.98****Lathrop**

Team	Relay	Seed	Finals	Points
------	-------	------	--------	--------

Section 1

1	Lathrop HS 1) 100 Fitzgerald, Kim	A 2) 99 Fitzgerald, Keri-Lyn	4:24.00 3) 124 Sloat, Alex	4:27.38 4) 84 Angell, Christine	5
2	West Valley HS 1) 338 Rorabaugh, Marisa	A 2) 287 Callahan, Molly	4:29.40 3) 337 Rorabaugh, Eliza	4:36.83 4) 284 Ashmore, Lawjen	3
3	North Pole HS 1) 231 Wood, Sam	A 2) 224 Taiclut, Sabrina	4:40.19 3) 225 Trusdall, Brittany	4:48.02 4) 223 Schmitz, Kelly	

Girls 4x800 Meter Relay 4A**ASAAMtRecd: 9:35.21 & 2004****West Valley, West Valley
L Johnson, C Gillis, C Miller, M Callahan****R6MtRecord: 10:12.43 * 5/16/2009****Lathrop HS, LAT****AK Best 2010: 9:48.16****M Edic, R Hanson, K Fitzgerald, H Edic****R6 Best 2010: 10:17.42****South Anchorage**

Team	Relay	Seed	Finals	Points
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Section 1

1	Lathrop HS 1) 109 King, Sarah	A 2) 84 Angell, Christine	10:17.50 3) 94 Edic, Megan	10:03.22 * 4) 100 Fitzgerald, Kim	5
2	North Pole HS 1) 231 Wood, Sam	A 2) 232 Wright, Jessica	10:25.60 3) 222 Schmitz, Christi	10:08.31 * 4) 223 Schmitz, Kelly	3
3	West Valley HS 1) 338 Rorabaugh, Marisa	A 2) 286 Boyer, Hannah	10:40.40 3) 322 Mayo, Ema	10:32.25 4) 337 Rorabaugh, Eliza	

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010**Hosted by Lathrop High School****Lathrop HS Track****Results****Girls High Jump 4A**

ASAAMtRecd: 5-06 & 1983 **Rene Pickarsky, Soldotna**
R6MtRecord: 5-03 * 2005 **Marjorie Rima, MON**
AK Best 2010: 5-01 **Hannah Matson, West Valley**
R6 Best 2010: 5-01 **Hannah Mattson, West Valley**

Name	School	Seed	Finals	Points
Flight 1				
1 215 McKinnell, Megan	North Pole HS	5-00.00	J5-00.00	5
2 321 Mattson, Hannah	West Valley HS	5-01.00	J5-00.00	3
3 318 Mackey, Julia	West Valley HS	4-10.00	J5-00.00	2
4 320 Mather, Laura	West Valley HS	4-10.00	J4-10.00	1
5 361 Wolters, Paige	West Valley HS	4-04.00	4-04.00	
6 120 Ruckhaus, Thea	Lathrop HS	4-10.00	J4-04.00	
7 92 Dickerson, Rachel	Lathrop HS	4-06.00	J4-04.00	
8 343 Slater, Jenna	West Valley HS	4-04.00	J4-04.00	
9 103 Geddings, Brianna	Lathrop HS	4-04.00	4-02.00	

Girls Long Jump 4A**Top 8 Advance by Time**

ASAAMtRecd: 19-05 & 2003 **Janay DeLoach, Eielson**
R6MtRecord: 18-11 * 2003 **Janay Deloach, EIE**
AK Best 2010: 16-02.50 **Jessica Todd, Dimond**
R6 Best 2010: 16-01 **Alisha Allen, Lathrop**

Name	School	Seed	Prelims	Wind
Flight 1 Preliminaries				
1 318 Mackey, Julia	West Valley HS	16-00.75	15-09.25 q	-0.3
2 82 Allen, Alisha	Lathrop HS	16-01.00	15-06.00 q	1.5
3 105 Glaeser, Britt	Lathrop HS	14-01.50	13-04.50 q	0.1
4 351 Swanson, Sarah	West Valley HS	13-00.00	12-11.25 q	-1.8
4 284 Ashmore, Lawjen	West Valley HS	14-00.00	12-11.25 q	-1.3
6 320 Mather, Laura	West Valley HS	10-07.75	12-08.25 q	-1.8
7 229 Wilkes, Ashley	North Pole HS	11-11.75	12-04.00 q	-0.4
8 212 Joseph, T'Keyah	North Pole HS		11-11.75 q	-1.3
9 91 Davis, Da'asha	Lathrop HS	12-06.50	11-07.75	0.6
10 343 Slater, Jenna	West Valley HS	12-01.25	11-07.25	-1.0

Girls Long Jump 4A

ASAAMtRecd: 19-05 & 2003 **Janay DeLoach, Eielson**
R6MtRecord: 18-11 * 2003 **Janay Deloach, EIE**
AK Best 2010: 16-02.50 **Jessica Todd, Dimond**
R6 Best 2010: 16-01 **Alisha Allen, Lathrop**

Name	School	Prelims	Finals	Wind	Points
Flight 1 Finals					
1 82 Allen, Alisha	Lathrop HS	15-06.00	J16-08.00	-1.5	5
2 318 Mackey, Julia	West Valley HS	15-09.25	J16-08.00	-0.3	3
3 105 Glaeser, Britt	Lathrop HS	13-04.50	13-05.50	0.2	2
4 284 Ashmore, Lawjen	West Valley HS	12-11.25	13-02.50	0.8	1
5 351 Swanson, Sarah	West Valley HS	12-11.25	12-11.25	-1.8	
6 320 Mather, Laura	West Valley HS	12-08.25	12-08.00	-1.8	
7 229 Wilkes, Ashley	North Pole HS	12-04.00	12-04.00	-0.4	

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010

Hosted by Lathrop High School

Lathrop HS Track

Results**Flight 1 Finals ... (Girls Long Jump 4A)**

Name	School	Prelims	Finals	Wind	Points
8 212 Joseph, T'Keyah	North Pole HS	11-11.75	11-11.75	-1.3	
Preliminaries					
9 91 Davis, Da'asha	Lathrop HS	11-07.75		0.6	
10 343 Slater, Jenna	West Valley HS	11-07.25		-1.0	

Girls Triple Jump 4A**Top 8 Advance by Time**

ASAAMtRecd: 37-04.50	& 5/19/2006	Sylvia Bullock, Service
R6MtRecord: 34-05	* 1994	Bev Krupa, WV
AK Best 2010: 36-09		Alisha Allen, Lathrop
R6 Best 2010: 36-09		Alisha Allen, Lathrop

Name	School	Seed	Prelims	Wind	Points
Flight 1 Preliminaries					
1 82 Allen, Alisha	Lathrop HS	36-09.00*	35-00.75 q	0.7	
2 318 Mackey, Julia	West Valley HS	33-04.00	32-11.75 q	1.3	
3 84 Angell, Christine	Lathrop HS	31-10.25	30-00.00 q	0.7	
4 120 Ruckhaus, Thea	Lathrop HS	29-00.50	29-00.75 q	0.4	
5 92 Dickerson, Rachel	Lathrop HS	30-09.00	29-00.00 q	1.5	
6 212 Joseph, T'Keyah	North Pole HS	30-03.00	28-09.50 q	0.7	

Girls Triple Jump 4A

ASAAMtRecd: 37-04.50	& 5/19/2006	Sylvia Bullock, Service
R6MtRecord: 34-05	* 1994	Bev Krupa, WV
AK Best 2010: 36-09		Alisha Allen, Lathrop
R6 Best 2010: 36-09		Alisha Allen, Lathrop

Name	School	Prelims	Finals	Wind	Points
Flight 1 Finals					
1 82 Allen, Alisha	Lathrop HS	35-00.75	35-00.75	2.2	5
2 318 Mackey, Julia	West Valley HS	32-11.75	33-02.25	0.6	3
3 84 Angell, Christine	Lathrop HS	30-00.00	30-05.75	1.9	2
4 92 Dickerson, Rachel	Lathrop HS	29-00.00	30-01.50	0.8	1
5 120 Ruckhaus, Thea	Lathrop HS	29-00.75	29-05.75	2.2	
6 212 Joseph, T'Keyah	North Pole HS	28-09.50	28-09.50	NWI	

Girls Shot Put 4A**Top 8 Advance by Time**

ASAAMtRecd: 44-04.75	& 1997	Jenny Luer, Palmer
R6MtRecord: 40-09.75	* 2005	Alana Clouten, LAT
AK Best 2010: 35-10.75		Shellina Irwin, Colony
R6 Best 2010: 33-04.50		Sarah Swanson, West Valley

Name	School	Seed	Prelims	Wind	Points
Flight 1 Preliminaries					
1 311 Kurth, Zoe	West Valley HS	29-08.25	32-00.00 q		
2 351 Swanson, Sarah	West Valley HS	33-04.50	31-11.00 q		
3 127 Taylor, Lindsey	Lathrop HS	28-03.00	25-05.50 q		
4 336 Rohn, Ella	West Valley HS	24-03.75	24-10.50 q		
5 301 Greenblatt, Claire	West Valley HS	24-05.00	24-00.25 q		
6 85 Benedix, Michelle	Lathrop HS	19-10.00	21-03.50		
7 317 Lockwood, Robin	West Valley HS	19-05.75	20-00.25		

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010**Hosted by Lathrop High School****Lathrop HS Track****Results****Flight 1 Preliminaries ... (Girls Shot Put 4A)**

Name	School	Seed	Prelims
8 217 Perkins, Kyle	North Pole HS	18-05.50	18-07.00

Flight 2 Preliminaries

1 344 Solomon, Shelby	West Valley HS	33-04.00	34-00.75 q
2 212 Joseph, T'Keyah	North Pole HS	30-01.25	32-09.50 q
3 347 Stockwell, Emily	West Valley HS	23-03.50	24-01.50 q
4 111 Ness, Taylor	Lathrop HS	26-00.00	22-06.25
5 283 Allen, Melissa	West Valley HS	24-10.25	21-09.25
6 129 Weber, Julia	Lathrop HS	21-00.00	21-02.25
7 218 Perkins, Shelby	North Pole HS	18-08.00	18-02.50
8 285 Baxter, Amber	West Valley HS	18-11.00	16-10.75

Girls Shot Put 4A

ASAAMtRecd: 44-04.75 & 1997

R6MtRecord: 40-09.75 * 2005

AK Best 2010: 35-10.75

R6 Best 2010: 33-04.50

Jenny Luer, Palmer

Alana Clouten, LAT

Shellina Irwin, Colony

Sarah Swanson, West Valley

Name	School	Prelims	Finals	Points
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Flight 1 Finals

1 344 Solomon, Shelby	West Valley HS	34-00.75	34-00.75	5
2 212 Joseph, T'Keyah	North Pole HS	32-09.50	32-09.50	3
3 311 Kurth, Zoe	West Valley HS	32-00.00	32-00.00	2
4 351 Swanson, Sarah	West Valley HS	31-11.00	31-11.00	1
5 127 Taylor, Lindsey	Lathrop HS	25-05.50	25-09.00	
6 347 Stockwell, Emily	West Valley HS	24-01.50	24-11.50	
7 336 Rohn, Ella	West Valley HS	24-10.50	24-10.50	
8 301 Greenblatt, Claire	West Valley HS	24-00.25	24-00.25	

Preliminaries

9 111 Ness, Taylor	Lathrop HS	22-06.25	
10 283 Allen, Melissa	West Valley HS	21-09.25	
11 85 Benedix, Michelle	Lathrop HS	21-03.50	
12 129 Weber, Julia	Lathrop HS	21-02.25	
13 317 Lockwood, Robin	West Valley HS	20-00.25	
14 217 Perkins, Kyle	North Pole HS	18-07.00	
15 218 Perkins, Shelby	North Pole HS	18-02.50	
16 285 Baxter, Amber	West Valley HS	16-10.75	

Girls Discus Throw 4A

Top 8 Advance by Time

ASAAMtRecd: 143-02 & 1997

R6MtRecord: 126-05 * 2004

AK Best 2010: 117-11

R6 Best 2010: 94-04

Jenny Luer, Palmer

Alana Clouten, LAT

Tekoa Dumpson, East Anchorage

Shelby Solomon, West Valley

Name	School	Seed	Prelims
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Flight 1 Preliminaries

1 111 Ness, Taylor	Lathrop HS	66-08	83-07 q
2 311 Kurth, Zoe	West Valley HS	89-11	81-10 q
3 336 Rohn, Ella	West Valley HS	78-02	75-11 q
4 127 Taylor, Lindsey	Lathrop HS	85-02	69-03 q
5 85 Benedix, Michelle	Lathrop HS	66-02	68-02

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010**Hosted by Lathrop High School****Lathrop HS Track****Results****Flight 1 Preliminaries ... (Girls Discus Throw 4A)**

Name	School	Seed	Prelims
6 218 Perkins, Shelby	North Pole HS	58-07	57-00

Flight 2 Preliminaries

1 351 Swanson, Sarah	West Valley HS	84-09	93-08 q
2 344 Solomon, Shelby	West Valley HS	94-04	89-03 q
3 283 Allen, Melissa	West Valley HS	80-07	80-02 q
4 352 Swenson, Sara	West Valley HS	74-08	74-11 q
5 228 Wenzlick, Micheala	North Pole HS	65-04	67-07
6 301 Greenblatt, Claire	West Valley HS	63-09	64-04
7 304 Huff, Jenna	West Valley HS	67-02	56-09

Girls Discus Throw 4A**ASAAMtRecd: 143-02 & 1997****R6MtRecord: 126-05 * 2004****AK Best 2010: 117-11****R6 Best 2010: 94-04****Jenny Luer, Palmer****Alana Clooten, LAT****Tekoa Dumpson, East Anchorage****Shelby Solomon, West Valley**

Name	School	Prelims	Finals	Points
Flight 1 Finals				
1 351 Swanson, Sarah	West Valley HS	93-08	93-08	5
2 344 Solomon, Shelby	West Valley HS	89-03	91-09	3
3 111 Ness, Taylor	Lathrop HS	83-07	84-08	2
4 311 Kurth, Zoe	West Valley HS	81-10	81-10	1
5 283 Allen, Melissa	West Valley HS	80-02	80-02	
6 336 Rohn, Ella	West Valley HS	75-11	75-11	
7 352 Swenson, Sara	West Valley HS	74-11	74-11	
8 127 Taylor, Lindsey	Lathrop HS	69-03	69-03	
Preliminaries				
9 85 Benedix, Michelle	Lathrop HS	68-02		
10 228 Wenzlick, Micheala	North Pole HS	67-07		
11 301 Greenblatt, Claire	West Valley HS	64-04		
12 218 Perkins, Shelby	North Pole HS	57-00		
13 304 Huff, Jenna	West Valley HS	56-09		

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010**Hosted by Lathrop High School****Lathrop HS Track****Team Rankings - Through Event 168****Male Team Scores - 12 4A Division**

Place	School		Points
1	West Valley HS	WVL	66
2	Lathrop HS	LAT	58
3	North Pole HS	NPL	51
		Total	175.00

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010

Hosted by Lathrop High School

Lathrop HS Track

Results

Boys 100 Meter Dash 4A

8 Advance: Top 3 Each Heat plus Next 2 Best Times

ASAAMtRecd: 10.90 & 1995 Joel Knight, Soldotna
 R6MtRecord: 10.6h * 1993 Sandreikis Roginson, LAT
 AK Best 2010: 11.14 Cyrus Chenault, Bartlett
 R6 Best 2010: 11.54 Frankie Anderson, North Pole

Name	School	Seed	Prelims	
Heat 1 Preliminaries Wind: NWI				
1 236 Anderson, Frankie	North Pole HS	11.54	11.46	Q
2 373 Comeau, Brandon	West Valley HS	12.02	11.84	Q
3 132 Barnett, Vincent	Lathrop HS	12.01	11.89	Q
4 375 Davis, Ty	West Valley HS	12.20	11.93	q
5 419 Rodenberger, Brent	West Valley HS	12.29	12.17	q
6 238 Barrie, Mark	North Pole HS	12.50	12.18	
7 131 Baade, Nolan	Lathrop HS	12.48	12.27	
Heat 2 Preliminaries Wind: NWI				
1 431 Vealy, Will	West Valley HS	11.93	11.64	Q
2 364 Anderson, Dominick	West Valley HS	12.08	12.08	Q
3 164 Olson, Brandon	Lathrop HS	12.16	12.13	Q
4 262 Jones, Lee	North Pole HS	11.94	12.18	
5 430 Vealy, Anthony	West Valley HS	12.41	12.41	
Boys 100 Meter Dash 4A				
ASAAMtRecd: 10.90 & 1995 Joel Knight, Soldotna				
R6MtRecord: 10.6h * 1993 Sandreikis Roginson, LAT				
AK Best 2010: 11.14 Cyrus Chenault, Bartlett				
R6 Best 2010: 11.54 Frankie Anderson, North Pole				
Name	School	Prelims	Finals	Points
Section 1 Finals Wind: -0.3				
1 236 Anderson, Frankie	North Pole HS	11.46	11.49	5
2 431 Vealy, Will	West Valley HS	11.64	11.58	3
3 373 Comeau, Brandon	West Valley HS	11.84	11.84	2
4 419 Rodenberger, Brent	West Valley HS	12.17	12.18	1
5 364 Anderson, Dominick	West Valley HS	12.08	12.18	
6 132 Barnett, Vincent	Lathrop HS	11.89	12.19	
7 375 Davis, Ty	West Valley HS	11.93	12.21	
8 164 Olson, Brandon	Lathrop HS	12.13	12.35	
Preliminaries				
9 238 Barrie, Mark	North Pole HS	12.18		
10 262 Jones, Lee	North Pole HS	12.18		
11 131 Baade, Nolan	Lathrop HS	12.27		
12 430 Vealy, Anthony	West Valley HS	12.41		

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010

Hosted by Lathrop High School

Lathrop HS Track

Results

Boys 200 Meter Dash 4A**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

ASAAMtRecd: 21.99 & 1995 Joel Knight, Soldotna
 R6MtRecord: 21.82 * 1994 Ambrose Mazion, LAT
 AK Best 2010: 22.93 J. J. Jack-Nixon, Dimond
 R6 Best 2010: 23.34 Frankie Anderson, North Pole

Name	School	Seed	Prelims
Heat 1 Preliminaries Wind: -0.1			
1 278 Ward, Jesse	North Pole HS	23.85	23.43 Q
2 373 Comeau, Brandon	West Valley HS	24.31	23.78 Q
3 419 Rodenberger, Brent	West Valley HS	25.20	24.64 Q
4 237 Arnold, Mike	North Pole HS	24.99	24.75 q
5 381 Fairbanks, Jared	West Valley HS	25.97	24.95 q
Heat 2 Preliminaries Wind: NWI			
1 236 Anderson, Frankie	North Pole HS	23.34	23.68 Q
2 132 Barnett, Vincent	Lathrop HS	24.39	24.94 Q
3 137 Desmond, Hunter	Lathrop HS	25.51	25.30 Q
4 163 Odutola, Marquise	Lathrop HS	26.04	25.50
5 131 Baade, Nolan	Lathrop HS	25.78	25.84

Boys 200 Meter Dash 4A

ASAAMtRecd: 21.99 & 1995 Joel Knight, Soldotna
 R6MtRecord: 21.82 * 1994 Ambrose Mazion, LAT
 AK Best 2010: 22.93 J. J. Jack-Nixon, Dimond
 R6 Best 2010: 23.34 Frankie Anderson, North Pole

Name	School	Prelims	Finals	Points
Section 1 Finals Wind: -4.3				
1 278 Ward, Jesse	North Pole HS	23.43	23.85	5
2 236 Anderson, Frankie	North Pole HS	23.68	24.41	3
3 373 Comeau, Brandon	West Valley HS	23.78	25.08	2
4 237 Arnold, Mike	North Pole HS	24.75	25.19	1
5 419 Rodenberger, Brent	West Valley HS	24.64	25.38	
6 132 Barnett, Vincent	Lathrop HS	24.94	25.43	
7 381 Fairbanks, Jared	West Valley HS	24.95	25.64	
8 137 Desmond, Hunter	Lathrop HS	25.30	26.04	
Preliminaries				
9 163 Odutola, Marquise	Lathrop HS	25.50		
10 131 Baade, Nolan	Lathrop HS	25.84		

Boys 400 Meter Dash 4A**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

ASAAMtRecd: 47.78 & 5/26/2007 Ethan Hewitt, Chugiak
 R6MtRecord: 49.27 * 1998 Munya Maraire, EIE
 AK Best 2010: 50.63 J. J. Jack-Nixon, Dimond
 R6 Best 2010: 51.13 Jesse Ward, North Pole

Name	School	Seed	Prelims
Heat 1 Preliminaries			
1 151 Kornkven, Rver	Lathrop HS	52.02	55.78 Q
2 259 Isaacson, Jared	North Pole HS	54.47	57.93 Q
3 233 Albert, Cody	North Pole HS	57.01	58.35 Q

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010**Hosted by Lathrop High School****Lathrop HS Track****Results****Heat 1 Preliminaries ... (Boys 400 Meter Dash 4A)**

Name	School	Seed	Prelims
4 174 Van Flein, Isaac	Lathrop HS	56.89	58.70 q
5 176 Williams, Storm	Lathrop HS	58.40	59.30
6 144 Hebard, Dawson	Lathrop HS	58.36	1:00.73

Heat 2 Preliminaries

1 278 Ward, Jesse	North Pole HS	51.13	54.88 Q
2 410 Nuttall, Chris	West Valley HS	54.88	56.07 Q
3 388 Graham, Lorenzo	West Valley HS	55.41	56.69 Q
4 158 McCoy, Matt	Lathrop HS	57.47	57.86 q
5 363 Agnew, Daide	West Valley HS	57.56	59.36

Boys 400 Meter Dash 4A

ASAAMtRecd: 47.78	& 5/26/2007	Ethan Hewitt, Chugiak
R6MtRecord: 49.27	* 1998	Munya Maraire, EIE
AK Best 2010: 50.63		J. J. Jack-Nixon, Dimond
R6 Best 2010: 51.13		Jesse Ward, North Pole

Name	School	Prelims	Finals	Points
Section 1 Finals				
1 278 Ward, Jesse	North Pole HS	54.88	51.90	5
2 151 Kornkven, Ryer	Lathrop HS	55.78	53.72	3
3 259 Isaacson, Jared	North Pole HS	57.93	53.94	2
4 410 Nuttall, Chris	West Valley HS	56.07	55.49	1
5 388 Graham, Lorenzo	West Valley HS	56.69	56.56	
6 174 Van Flein, Isaac	Lathrop HS	58.70	56.72	
7 158 McCoy, Matt	Lathrop HS	57.86	56.78	
8 233 Albert, Cody	North Pole HS	58.35	57.27	

Preliminaries

9 176 Williams, Storm	Lathrop HS	59.30	
10 363 Agnew, Daide	West Valley HS	59.36	
11 144 Hebard, Dawson	Lathrop HS	1:00.73	

Boys 800 Meter Run 4A

ASAAMtRecd: 1:49.2h	& 1985	Doug Herron, Bartlett
R6MtRecord: 1:56.92	* 1998	Michael Jordan, NPL
AK Best 2010: 1:56.61		Silas Talbot, Service
R6 Best 2010: 2:03.12		Kyle Hanson, Lathrop

Name	School	Seed	Finals	Points
Section 1				
1 249 DeWilde, Gavin	North Pole HS	2:06.06	2:03.00	5
2 143 Hanson, Kyle	Lathrop HS	2:03.12	2:03.40	3
3 406 Mayo, Wyatt	West Valley HS	2:11.08	2:12.05	2
4 175 Wilkinson, Kipp	Lathrop HS	2:14.40	2:12.26	1
5 160 Nixon-Helms, Dylan	Lathrop HS	2:12.04	2:13.24	
6 401 Kowalski, Brandon	West Valley HS	2:10.94	2:13.25	
7 369 Bishop, Andrew	West Valley HS	2:11.50	2:14.02	
8 427 Toelle, Neill	West Valley HS	2:18.00	2:15.90	
9 399 Kendall, Sam	West Valley HS	2:18.78	2:18.55	
10 273 Smith, Zack	North Pole HS	2:33.94	2:29.81	
11 244 Copeland, Leonard	North Pole HS	2:35.12	2:37.44	

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010**Hosted by Lathrop High School****Lathrop HS Track****Results****Boys 1600 Meter Run 4A****ASAAMtRecd: 4:13.0h & 1985****R6MtRecord: 4:25.44 * 1992****AK Best 2010: 4:22.80****R6 Best 2010: 4:32.09****Doug Herron, Bartlett****David Dyer, LAT****Silas Talbot, Service****Kyle Hanson, Lathrop**

Name	School	Seed	Finals	Points
Section 1				
1 249 DeWilde, Gavin	North Pole HS	4:36.97	4:35.81	5
2 143 Hanson, Kyle	Lathrop HS	4:32.09	4:36.10	3
3 405 Leder, James	West Valley HS	4:46.43	4:42.62	2
4 389 Grzeda, Kuba	West Valley HS	4:39.57	4:47.82	1
5 409 Noon, Peter	West Valley HS	4:52.87	4:53.63	
6 160 Nixon-Helms, Dylan	Lathrop HS	4:54.59	4:54.62	
7 427 Toelle, Neill	West Valley HS	4:57.69	4:56.40	
8 406 Mayo, Wyatt	West Valley HS	4:55.84	4:56.45	
9 369 Bishop, Andrew	West Valley HS	4:55.33	4:56.91	
10 425 Stout, Seth	West Valley HS	4:56.81	4:57.34	
11 133 Castellini, Luke	Lathrop HS	5:04.85	4:59.50	
12 400 Keskinen, Zach	West Valley HS	4:57.00	5:12.48	
13 253 Gilmore, Joseph	North Pole HS	5:36.37	5:44.46	
14 268 Martin, James	North Pole HS	5:58.50	5:57.89	

Boys 3200 Meter Run 4A**ASAAMtRecd: 9:11.27 & 5/23/2008****R6MtRecord: 9:38.3h * 1985****AK Best 2010: 9:17.44****R6 Best 2010: 10:06.80****Jake Parisien, Palmer****Mike Kramer, LAT****Silas Talbot, Service****Kyle Hanson, Lathrop**

Name	School	Seed	Finals	Points
Section 1				
1 143 Hanson, Kyle	Lathrop HS	10:06.80	10:10.46	5
2 249 DeWilde, Gavin	North Pole HS	10:19.00	10:18.57	3
3 405 Leder, James	West Valley HS	10:26.71	10:23.95	2
4 160 Nixon-Helms, Dylan	Lathrop HS	10:38.35	10:32.94	1
5 401 Kowalski, Brandon	West Valley HS	10:45.50	10:37.25	
6 409 Noon, Peter	West Valley HS	10:48.20	10:38.90	
7 425 Stout, Seth	West Valley HS	11:09.30	10:40.51	
8 427 Toelle, Neill	West Valley HS	10:49.96	10:40.80	
9 400 Keskinen, Zach	West Valley HS	10:48.39	10:51.91	
10 422 Sayre, Mikko	West Valley HS	11:12.95	11:10.77	
11 175 Wilkinson, Kipp	Lathrop HS	10:59.70	11:24.84	
12 253 Gilmore, Joseph	North Pole HS	12:09.10	12:13.65	
13 273 Smith, Zack	North Pole HS	12:13.20	12:35.30	

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010

Hosted by Lathrop High School

Lathrop HS Track

Results**Boys 110 Meter Hurdles 4A****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

ASAAMtRecd: 14.4h & 1989 Ollie Massengale, Bartlett
 R6MtRecord: 15.01 * 2004 Mike Titus, LAT
 AK Best 2010: 15.77 Elliott Bauer, South Anchorage
 R6 Best 2010: 16.19 Tim Gallegos, Lathrop

Name	School	Seed	Prelims
Heat 1 Preliminaries Wind: NWI			
1 139 Gallegos, Tim	Lathrop HS	16.19	15.79 Q
2 393 Hinzman, Austin	West Valley HS	18.57	17.31 Q
3 368 Billesbach, Alex	West Valley HS	18.26	18.13 Q
4 233 Albert, Cody	North Pole HS	20.63	20.00 q
Heat 2 Preliminaries Wind: NWI			
1 173 Tippett, Colin	Lathrop HS	17.23	16.70 Q
2 252 Foran, Walter	North Pole HS	18.08	17.60 Q
3 366 Andresen, Nik	West Valley HS	19.35	18.85 Q
4 255 Grzesiuk, Danny	North Pole HS	19.78	19.67 q
5 417 Reed, Wyatt	West Valley HS	21.44	20.82
6 272 Reece, Trevor	North Pole HS	22.57	22.77

Boys 110 Meter Hurdles 4A

ASAAMtRecd: 14.4h & 1989 Ollie Massengale, Bartlett
 R6MtRecord: 15.01 * 2004 Mike Titus, LAT
 AK Best 2010: 15.77 Elliott Bauer, South Anchorage
 R6 Best 2010: 16.19 Tim Gallegos, Lathrop

Name	School	Prelims	Finals	Points
Section 1 Finals Wind: 0.6				
1 139 Gallegos, Tim	Lathrop HS	15.79	16.62	5
2 173 Tippett, Colin	Lathrop HS	16.70	16.96	3
3 252 Foran, Walter	North Pole HS	17.60	17.40	2
4 368 Billesbach, Alex	West Valley HS	18.13	17.91	1
5 393 Hinzman, Austin	West Valley HS	17.31	17.97	
6 366 Andresen, Nik	West Valley HS	18.85	18.85	
7 233 Albert, Cody	North Pole HS	20.00	19.89	
Preliminaries				
7 255 Grzesiuk, Danny	North Pole HS	19.67		
9 417 Reed, Wyatt	West Valley HS	20.82		
10 272 Reece, Trevor	North Pole HS	22.77		

Boys 300 Meter Hurdles 4A**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

ASAAMtRecd: 38.9h & 1991 Nathan Moffett, Chugiak
 R6MtRecord: 40.5h * 1988 Roman Gray, WVL
 AK Best 2010: 41.26 Karsten Schick, Kodiak
 R6 Best 2010: 42.84 Colin Tippett, Lathrop

Name	School	Seed	Prelims
Heat 1 Preliminaries			
1 139 Gallegos, Tim	Lathrop HS	43.03	43.73 Q
2 368 Billesbach, Alex	West Valley HS	45.23	44.68 Q
3 280 Wentland, Matt	North Pole HS		47.98 Q

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010

Hosted by Lathrop High School

Lathrop HS Track

Results

Heat 1 Preliminaries ... (Boys 300 Meter Hurdles 4A)

Name	School	Seed	Prelims
4 135 Cole, Taylor	Lathrop HS	1:00.34	59.43 q
--- 429 Turner, Jerrico	West Valley HS	48.49	DNF

Heat 2 Preliminaries

1 173 Tippett, Colin	Lathrop HS	42.84	47.81 Q
2 393 Hinzman, Austin	West Valley HS	45.90	47.90 Q
3 366 Andresen, Nik	West Valley HS	47.57	48.54 Q
4 417 Reed, Wyatt	West Valley HS	53.12	52.60 q

Boys 300 Meter Hurdles 4A

ASAAMtRecd: 38.9h & 1991	Nathan Moffett, Chugiak
R6MtRecord: 40.5h * 1988	Roman Gray, WVL
AK Best 2010: 41.26	Karsten Schick, Kodiak
R6 Best 2010: 42.84	Colin Tippett, Lathrop

Name	School	Prelims	Finals	Points
Section 1 Finals				
1 173 Tippett, Colin	Lathrop HS	47.81	43.46	5
2 139 Gallegos, Tim	Lathrop HS	43.73	43.91	3
3 368 Billesbach, Alex	West Valley HS	44.68	44.56	2
4 393 Hinzman, Austin	West Valley HS	47.90	45.92	1
5 366 Andresen, Nik	West Valley HS	48.54	47.73	
6 280 Wentland, Matt	North Pole HS	47.98	48.06	
7 417 Reed, Wyatt	West Valley HS	52.60	52.51	
8 135 Cole, Taylor	Lathrop HS	59.43	1:00.34	

Preliminaries

--- 429 Turner, Jerrico	West Valley HS	DNF		
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Boys 4x100 Meter Relay 4A

ASAAMtRecd: 43.50 & 5/20/2006	East Anchorage, East Anchorage
	D Wilson, T Knutson, S Sosa, D Wilson
R6MtRecord: 43.72 * 1994	Lathrop HS, LAT
	Mazion, Mullin, Jones, Robinson
AK Best 2010: 44.91	Bartlett
R6 Best 2010: 45.10	North Pole

Team	Relay	Seed	Finals	Points
Section 1				
1 North Pole HS	A	45.10	44.95	5
1) 262 Jones, Lee	2) 259 Isaacson, Jared	3) 278 Ward, Jesse	4) 236 Anderson, Frankie	
2 West Valley HS	A	46.00	45.50	3
1) 368 Billesbach, Alex	2) 371 Clark, Willie	3) 431 Vealy, Will	4) 364 Anderson, Dominick	
3 Lathrop HS	A	47.54	48.35	
1) 131 Baade, Nolan	2) 153 Lee, Kaelen	3) 164 Olson, Brandon	4) 158 McCoy, Matt	

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010**Hosted by Lathrop High School****Lathrop HS Track****Results****Boys 4x200 Meter Relay 4A****ASAAMtRecd: 1:28.5h & 1995****Bartlett, Bartlett****R6MtRecord: 1:28.8h * 1994****Ingraham, Roginson, Myles, Pennino****Lathrop HS, LAT****Mazion, Knight, Pendergrass, Robinson****AK Best 2010: 1:32.70****Bartlett****R6 Best 2010: 1:37.87****West Valley**

Team	Relay	Seed	Finals	Points
Section 1				
1 West Valley HS	A	1:37.87	1:34.68	5
1) 368 Billesbach, Alex	2) 419 Rodenberger, Brent	3) 371 Clark, Willie	4) 373 Comeau, Brandon	
2 Lathrop HS	A	1:39.90	1:39.66	3
1) 131 Baade, Nolan	2) 153 Lee, Kaelen	3) 164 Olson, Brandon	4) 137 Desmond, Hunter	
--- North Pole HS	A	1:38.15	DQ	
1) 262 Jones, Lee	2) 259 Isaacson, Jared	3) 278 Ward, Jesse	4) 236 Anderson, Frankie	

Boys 4x400 Meter Relay 4A**ASAAMtRecd: 3:23.6h & 1982****East Anchorage, East Anchorage****Singleton, Perham, Brownsberger, Stephens****Lathrop HS, LAT****Reaves, Snelling, Tongue, York****AK Best 2010: 3:29.98****Service****R6 Best 2010: 3:43.17****Lathrop**

Team	Relay	Seed	Finals	Points
Section 1				
1 Lathrop HS	A	3:43.20	3:48.86	5
1) 143 Hanson, Kyle	2) 173 Tippett, Colin	3) 158 McCoy, Matt	4) 151 Kornkven, Ryer	
2 West Valley HS	A	3:45.02	3:52.85	3
1) 410 Nuttall, Chris	2) 406 Mayo, Wyatt	3) 371 Clark, Willie	4) 373 Comeau, Brandon	
3 North Pole HS	A	4:02.95	3:57.56	
1) 233 Albert, Cody	2) 267 Markie, Chris	3) 249 DeWilde, Gavin	4) 259 Isaacson, Jared	

Boys 4x800 Meter Relay 4A**ASAAMtRecd: 8:02.77 & 5/23/2009****Service, Service****S Talbot, J Lane, R Walgren, C Phelps****North Pole HS, NPL****R6MtRecord: 8:21.26 * 2002****Service****AK Best 2010: 7:58.08****Lathrop****R6 Best 2010: 8:40.62****Lathrop**

Team	Relay	Seed	Finals	Points
Section 1				
1 Lathrop HS	A	8:40.70	8:45.79	5
1) 133 Castellini, Luke	2) 160 Nixon-Helms, Dylan	3) 175 Wilkinson, Kipp	4) 151 Kornkven, Ryer	
2 West Valley HS	A	9:16.50	8:47.18	3
1) 406 Mayo, Wyatt	2) 401 Kowalski, Brandon	3) 369 Bishop, Andrew	4) 389 Grzeda, Kuba	
3 North Pole HS	A	10:13.41	10:12.75	
1) 263 Jutila, Kevin	2) 249 DeWilde, Gavin	3) 253 Gilmore, Joseph	4) 268 Martin, James	

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010**Hosted by Lathrop High School****Lathrop HS Track****Results****Boys High Jump 4A**

ASAAMtRecd: 6-09 & 5/22/2009 **Ben Jackson, Service**
R6MtRecord: 6-04 * 1999 **Anthony North, DEL**
AK Best 2010: 6-03 **Brey Hassebroek, West Valley, Tyler Spalding, Kenai**
R6 Best 2010: 6-03 **Brey Hassebroek, West Valley**

Name	School	Seed	Finals	Points
Flight 1				
1 392 Hassebroek, Brey	West Valley HS	6-03.00	J6-02.00	5
2 254 Groesbeck, Greg	North Pole HS	5-10.00	J6-02.00	3
3 140 Gladden, Tevin	Lathrop HS	6-01.00	J6-00.00	2
4 431 Vealy, Will	West Valley HS	6-01.00	J5-10.00	1
5 367 Ariola, Kent	West Valley HS	5-10.00	5-08.00	
6 233 Albert, Cody	North Pole HS	5-08.00	J5-08.00	
7 430 Vealy, Anthony	West Valley HS	5-06.00	5-06.00	
8 364 Anderson, Dominick	West Valley HS	5-04.00	5-02.00	

Boys Long Jump 4A**Top 8 Advance by Time**

ASAAMtRecd: 23-00 & 1997 **Derek Ladson, West Valley**
R6MtRecord: 22-03.50 * 1997 **Dereck Ladson, WVL**
AK Best 2010: 21-07.75 **Cyrus Chenault, Bartlett**
R6 Best 2010: 20-03 **Will Vealy, West Valley**

Name	School	Seed	Prelims	Wind
Flight 1 Preliminaries				
1 431 Vealy, Will	West Valley HS	20-03.00	20-03.50 q	1.9
2 392 Hassebroek, Brey	West Valley HS	18-02.00	18-10.00 q	0.9
3 139 Gallegos, Tim	Lathrop HS	18-06.75	18-02.00 q	-0.8
4 140 Gladden, Tevin	Lathrop HS	18-02.25	17-04.25	-0.1
5 163 Odutola, Marquise	Lathrop HS	17-06.00	17-03.00	0.8
6 394 Hornsby, Jarael	West Valley HS	18-05.00	17-00.75	1.7
Flight 2 Preliminaries				
1 362 Agae, Ishmael	West Valley HS	18-04.75	19-04.00 q	0.1
2 132 Barnett, Vincent	Lathrop HS	20-02.50	19-02.50 q	1.8
3 370 Chiu, Trey	West Valley HS	18-00.25	18-04.75 q	NWI
4 254 Groesbeck, Greg	North Pole HS	18-09.25	18-03.50 q	3.7
5 375 Davis, Ty	West Valley HS	18-03.00	17-06.50 q	1.6
6 364 Anderson, Dominick	West Valley HS	16-11.25	16-07.00	0.8

Boys Long Jump 4A

ASAAMtRecd: 23-00 & 1997 **Derek Ladson, West Valley**
R6MtRecord: 22-03.50 * 1997 **Dereck Ladson, WVL**
AK Best 2010: 21-07.75 **Cyrus Chenault, Bartlett**
R6 Best 2010: 20-03 **Will Vealy, West Valley**

Name	School	Prelims	Finals	Wind	Points
Flight 1 Finals					
1 431 Vealy, Will	West Valley HS	20-03.50	20-03.50	1.9	5
2 132 Barnett, Vincent	Lathrop HS	19-02.50	19-06.00	1.1	3
3 362 Agae, Ishmael	West Valley HS	19-04.00	19-04.00	0.1	2
4 392 Hassebroek, Brey	West Valley HS	18-10.00	19-01.00	0.6	1
5 370 Chiu, Trey	West Valley HS	18-04.75	18-04.75	NWI	

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010**Hosted by Lathrop High School****Lathrop HS Track****Results****Flight 1 Finals ... (Boys Long Jump 4A)**

Name	School	Prelims	Finals	Wind	Points
6 254 Groesbeck, Greg	North Pole HS	18-03.50	18-03.50	3.7	
7 139 Gallegos, Tim	Lathrop HS	18-02.00	18-02.00	-0.8	
8 375 Davis, Ty	West Valley HS	17-06.50	17-06.50	1.6	

Preliminaries

9 140 Gladden, Tevin	Lathrop HS	17-04.25		-0.1	
10 163 Odutola, Marquise	Lathrop HS	17-03.00		0.8	
11 394 Hornsby, Jarael	West Valley HS	17-00.75		1.7	
12 364 Anderson, Dominick	West Valley HS	16-07.00		0.8	

Boys Triple Jump 4A**Top 8 Advance by Time**

ASAAMtRecd: 45-10.25	& 1993	Joel Mahaffey, Soldotna
R6MtRecord: 44-03.25	* 5/18/2007	Tommy Woolf, WV
AK Best 2010: 42-11.50		Tyler Spalding, Kenai Central
R6 Best 2010: 41-08.50		Vincent Barnett, Lathrop

Name	School	Seed	Prelims	Wind
Flight 1 Preliminaries				
1 140 Gladden, Tevin	Lathrop HS	40-05.75	39-11.25 q	NWI
2 132 Barnett, Vincent	Lathrop HS	41-08.50	39-05.75 q	NWI
3 375 Davis, Ty	West Valley HS	38-00.75	38-06.25 q	NWI
4 139 Gallegos, Tim	Lathrop HS	38-11.75	38-04.50 q	NWI
5 254 Groesbeck, Greg	North Pole HS	39-09.75	38-04.50 q	NWI
6 394 Hornsby, Jarael	West Valley HS	37-01.50	37-03.75 q	NWI
7 163 Odutola, Marquise	Lathrop HS	37-02.00	35-10.25 q	NWI
8 367 Ariola, Kent	West Valley HS	34-07.25	34-08.00 q	NWI
9 269 Priest, Traigh	North Pole HS	30-04.00	30-09.50	NWI
--- 258 Hughes, Rorey	North Pole HS	27-01.00	ND	NWI
--- 241 Brenner, Nick	North Pole HS	31-07.75	ND	NWI

Boys Triple Jump 4A

ASAAMtRecd: 45-10.25	& 1993	Joel Mahaffey, Soldotna
R6MtRecord: 44-03.25	* 5/18/2007	Tommy Woolf, WV
AK Best 2010: 42-11.50		Tyler Spalding, Kenai Central
R6 Best 2010: 41-08.50		Vincent Barnett, Lathrop

Name	School	Prelims	Finals	Wind	Points
Flight 1 Finals					
1 254 Groesbeck, Greg	North Pole HS	38-04.50	40-06.00	NWI	5
2 375 Davis, Ty	West Valley HS	38-06.25	40-05.25	NWI	3
3 139 Gallegos, Tim	Lathrop HS	38-04.50	40-04.50	NWI	2
4 140 Gladden, Tevin	Lathrop HS	39-11.25	40-00.75	NWI	1
5 132 Barnett, Vincent	Lathrop HS	39-05.75	39-05.75	NWI	
6 394 Hornsby, Jarael	West Valley HS	37-03.75	37-03.75	NWI	
7 163 Odutola, Marquise	Lathrop HS	35-10.25	35-10.25	NWI	
8 367 Ariola, Kent	West Valley HS	34-08.00	34-08.00	NWI	
Preliminaries					
9 269 Priest, Traigh	North Pole HS	30-09.50		NWI	
--- 258 Hughes, Rorey	North Pole HS	ND		NWI	
--- 241 Brenner, Nick	North Pole HS	ND		NWI	

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010

Hosted by Lathrop High School

Lathrop HS Track

Results**Boys Shot Put 4A****Top 8 Advance by Time**

ASAAMtRecd: 71-03 & 5/23/2008 Jordan Clarke, Bartlett
 R6MtRecord: 53-08 * 1990 Howard Harrell, MON
 AK Best 2010: 50-11.50 John Knowles, Wasilla
 R6 Best 2010: 46-02 Ismael Agae, West Valley

Name	School	Seed	Prelims
Flight 1 Preliminaries			
1 362 Agae, Ishmael	West Valley HS	46-02.00	43-04.50 q
2 370 Chiu, Trey	West Valley HS	37-07.00	39-11.00 q
3 384 Garris-Shoemaker, Ray	West Valley HS	37-10.50	38-03.25 q
4 403 Kuntz, Nyk	West Valley HS	29-08.00	30-05.50
5 166 Owens, Paul	Lathrop HS	33-00.00	29-06.25
Flight 2 Preliminaries			
1 279 Wentland, Chris	North Pole HS	38-10.50	39-08.75 q
2 171 Silva, Jonah	Lathrop HS	39-02.25	38-09.75 q
3 412 Orozco, Alex	West Valley HS	35-00.00	36-00.75 q
4 154 Madsen, Elliot	Lathrop HS	30-06.50	32-06.75 q
5 429 Turner, Jerrico	West Valley HS	30-10.00	32-04.25 q

Boys Shot Put 4A

ASAAMtRecd: 71-03 & 5/23/2008 Jordan Clarke, Bartlett
 R6MtRecord: 53-08 * 1990 Howard Harrell, MON
 AK Best 2010: 50-11.50 John Knowles, Wasilla
 R6 Best 2010: 46-02 Ismael Agae, West Valley

Name	School	Prelims	Finals	Points
Flight 1 Finals				
1 362 Agae, Ishmael	West Valley HS	43-04.50	44-11.75	5
2 370 Chiu, Trey	West Valley HS	39-11.00	40-02.75	3
3 171 Silva, Jonah	Lathrop HS	38-09.75	39-11.00	2
4 279 Wentland, Chris	North Pole HS	39-08.75	39-08.75	1
5 384 Garris-Shoemaker, Ray	West Valley HS	38-03.25	39-04.25	
6 412 Orozco, Alex	West Valley HS	36-00.75	36-00.75	
7 154 Madsen, Elliot	Lathrop HS	32-06.75	32-06.75	
8 429 Turner, Jerrico	West Valley HS	32-04.25	32-04.25	
Preliminaries				
9 403 Kuntz, Nyk	West Valley HS	30-05.50		
10 166 Owens, Paul	Lathrop HS	29-06.25		

Boys Discus Throw 4A**Top 8 Advance by Time**

ASAAMtRecd: 192-07 & 5/23/2007 Jordan Clarke, Bartlett
 R6MtRecord: 171-05 * 1990 Howard Harrell, MON
 AK Best 2010: 167-10 John Knowles, Wasilla
 R6 Best 2010: 147-05 Ismael Agae, West Valley

Name	School	Seed	Prelims
Flight 1 Preliminaries			
1 362 Agae, Ishmael	West Valley HS	147-05	147-05 q
2 384 Garris-Shoemaker, Ray	West Valley HS	109-06	110-10 q
3 166 Owens, Paul	Lathrop HS	106-10	110-06 q

2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010**Hosted by Lathrop High School****Lathrop HS Track****Results****Flight 1 Preliminaries ... (Boys Discus Throw 4A)**

Name	School	Seed	Prelims
4 370 Chiu, Trey	West Valley HS	99-08	95-04 q
5 403 Kuntz, Nyk	West Valley HS	87-04	86-05
6 376 Dawson, Dakota	West Valley HS	87-08	79-03
--- 378 Eastwood, Logan	West Valley HS	95-09	ND

Flight 2 Preliminaries

1 171 Silva, Jonah	Lathrop HS	103-00	119-02 q
2 279 Wentland, Chris	North Pole HS	106-08	114-11 q
3 251 Fell, Cohl	North Pole HS	91-10	92-00 q
4 421 Sample, Joe	West Valley HS	95-06	91-06 q
5 412 Orozco, Alex	West Valley HS	122-01	85-07
6 277 Tucker, Garrett	North Pole HS	80-05	63-06
--- 262 Jones, Lee	North Pole HS	115-03	ND

Boys Discus Throw 4A

ASAAMtRecd: 192-07	& 5/23/2007	Jordan Clarke, Bartlett
R6MtRecord: 171-05	* 1990	Howard Harrell, MON
AK Best 2010: 167-10		John Knowles, Wasilla
R6 Best 2010: 147-05		Ishmael Agae, West Valley

Name	School	Prelims	Finals	Points
Flight 1 Finals				
1 362 Agae, Ishmael	West Valley HS	147-05	147-05	5
2 171 Silva, Jonah	Lathrop HS	119-02	119-02	3
3 384 Garris-Shoemaker, Ray	West Valley HS	110-10	116-01	2
4 279 Wentland, Chris	North Pole HS	114-11	114-11	1
5 166 Owens, Paul	Lathrop HS	110-06	110-06	
6 370 Chiu, Trey	West Valley HS	95-04	108-02	
7 421 Sample, Joe	West Valley HS	91-06	99-09	
8 251 Fell, Cohl	North Pole HS	92-00	92-00	
Preliminaries				
9 403 Kuntz, Nyk	West Valley HS	86-05		
10 412 Orozco, Alex	West Valley HS	85-07		
11 376 Dawson, Dakota	West Valley HS	79-03		
12 277 Tucker, Garrett	North Pole HS	63-06		
--- 262 Jones, Lee	North Pole HS	ND		
--- 378 Eastwood, Logan	West Valley HS	ND		