

ASAA Track and Field 2010 Championships

Lathrop HS Track
Hosted by Lathrop HS
May 21-22, 2010

Meet Information Packet
for Saturday, May 22
Meet Schedule
Heat Sheets
ASAA, 4A, 3A Records
Season State Bests

Meets organized and officiated by Running Club North
Data and results services provided by SportAlaska

All meet information available at: <http://region6.sportalaska.com/2010/>

Track & Field Championships -- 2010						
Track & Field Championships -- Lathrop HS Track -- Saturday, May 22, 2010						
Time	Event	Sex	First Call	Second Call	Final Call	
8:45 AM						
8:30	<i>Announce that check-in for 9:00AM field events is now open at 8:30AM</i>					
8:45	PA Announcer Begins Calls (check in started at 8:30)		1A-2A-3A Boys Discus			
			1A-2A-3A Girls Shotput			
			1A-2A-3A Girls Long Jump			
			1A-2A-3A Boys Long Jump			
8:50	Competitors should check in with the clerk and get their stickers at first call for their events. Instructions will be given to competitors at second call. At final call, competitors will move to the start for introductions			1A-2A-3A Boys Discus		
				1A-2A-3A Girls Shotput		
				1A-2A-3A Girls Long Jump		
				1A-2A-3A Boys Long Jump		
8:55					1A-2A-3A Boys Discus	
					1A-2A-3A Girls Shotput	
					1A-2A-3A Girls Long Jump	
					1A-2A-3A Boys Long Jump	
9:00 AM						
9:00	1A-2A-3A Discus	M			Girls' Shot Put	
	1A-2A-3A Shot Put	F				
	1A-2A-3A Long Jump	F			Boys' Long Jump	
	1A-2A-3A Long Jump	M				
9:05						
9:10						
9:15						
9:20						
9:25						
9:30						
9:35						
9:40						
9:45	<i>Calls for Track Events begin</i>		4A Boys' Discus			
			4A Girls' Shot Put			
			4A Girls' Long Jump			
			1A-2A-3A Girls' Girls' 4 x 800m			
9:50				4A Boys' Discus		
				4A Girls' Shot Put		
				4A Girls' Long Jump		
				1A-2A-3A Girls' Girls' 4 x 800m		
9:55					4A Boys' Discus	
					4A Girls' Shot Put	
					4A Girls' Long Jump	
					4A Boys' Long Jump	
					1A-2A-3A Girls' Girls' 4 x 800m	
10:00 AM						
10:00	4A Discus	M	4A Girls' 4 x 800m			
	4A Shot Put	F				
	4A Long Jump	F				
	4A Long Jump	M				
	1A-2A-3A Girls' 4 x 800m	relay	F			
10:05				4A Girls' 4 x 800m		
10:10					4A Girls' 4 x 800m	
10:15	4A Girls' 4 x 800m	relay	F	1A-2A-3A Boy's 4 x 800m		
10:20				1A-2A-3A Boy's 4 x 800m		
10:25					1A-2A-3A Boy's 4 x 800m	
10:30	1A-2A-3A Boy's 4 x 800m	relay	M	4A Boy's 4 x 800m		
10:35				4A Boy's 4 x 800m		
10:40					4A Boy's 4 x 800m	
10:45	4A Boy's 4 x 800m	relay	M			
10:50				1A-2A-3A Girls' 100m HH		
10:55				4A Girls' 100m HH	1A-2A-3A Girls' 100m HH	

Track & Field Championships -- 2010							
Track & Field Championships -- Lathrop HS Track -- Saturday, May 22, 2010							
Time		Event		Sex	First Call	Second Call	Final Call
3:00 PM							
15:00	4A	Boys' 400m	<i>individua</i>	M	1A-2A-3A Girls' 300m IH		
15:05					4A Girls' 300m IH	1A-2A-3A Girls' 300m IH	
15:10						4A Girls' 300m IH	1A-2A-3A Girls' 300m IH
15:15	1A-2A-3A	Girls' 300m IH	<i>individua</i>	F	1A-2A-3A Boys' 300m IH		4A Girls' 300m IH
15:20	4A	Girls' 300m IH	<i>individua</i>	F	4A Boys' 300m IH	1A-2A-3A Boys' 300m IH	
15:25						4A Boys' 300m IH	1A-2A-3A Boys' 300m IH
15:30	1A-2A-3A	Boys' 300m IH	<i>individua</i>	M			4A Boys' 300m IH
15:35	4A	Boys' 300m IH	<i>individua</i>	M	1A-2A-3A Girls' 800m		
15:40					4A Girls' 800m	1A-2A-3A Girls' 800m	
15:45						4A Girls' 800m	1A-2A-3A Girls' 800m
15:50	1A-2A-3A	Girls' 800m	<i>individua</i>	F	1A-2A-3A Boys' 800m		4A Girls' 800m
15:55	4A	Girls' 800m	<i>individua</i>	F	4A Boys' 800m	1A-2A-3A Boys' 800m	
4:00 PM							
16:00						4A Boys' 800m	1A-2A-3A Boys' 800m
16:05	1A-2A-3A	Boys' 800m	<i>individua</i>	M			4A Boys' 800m
16:10	4A	Boys' 800m	<i>individua</i>	M	1A-2A-3A Girls' 200m		
16:15					4A Girls' 200m	1A-2A-3A Girls' 200m	
16:20						4A Girls' 200m	1A-2A-3A Girls' 200m
16:25	1A-2A-3A	Girls' 200m	<i>individua</i>	F	1A-2A-3A Boys' 200m		4A Girls' 200m
16:30	4A	Girls' 200m	<i>individua</i>	F	4A Boys' 200m	1A-2A-3A Boys' 200m	
16:35						4A Boys' 200m	1A-2A-3A Boys' 200m
16:40	1A-2A-3A	Boys' 200m	<i>individua</i>	M			4A Boys' 200m
16:45	4A	Boys' 200m	<i>individua</i>	M	1A-2A-3A Girls' 4 x 400m		
16:50						1A-2A-3A Girls' 4 x 400m	
16:55					4A Girls' 4 x 400m		1A-2A-3A Girls' 4 x 400m
5:00 PM							
17:00	1A-2A-3A	Girls' 4 x 400m	<i>relay</i>	F		4A Girls' 4 x 400m	
17:05					1A-2A-3A Boys' 4 x 400m		4A Girls' 4 x 400m
17:10	4A	Girls' 4 x 400m	<i>relay</i>	F		1A-2A-3A Boys' 4 x 400m	
17:15					4A Boys' 4 x 400m		1A-2A-3A Boys' 4 x 400m
17:20	1A-2A-3A	Boys' 4 x 400m	<i>relay</i>	M		4A Boys' 4 x 400m	
17:25							4A Boys' 4 x 400m
17:30	4A	Boys' 4 x 400m	<i>relay</i>	M			

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HEAT SHEETS

for Saturday, May 22

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2010 ASAA Championships - 5/21/2010 to 5/22/2010

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Lathrop HS Track

Meet Program - Day 2 Field Events - MLJ, FLJ,MDT, FSP

Event 301 Girls Long Jump 1A-2A-3A

Saturday 5/22/2010 - 9:00 AM

.SAA Champ's: 15-07.50 5/23/2000 Gabriella Serventi
Season Best: 17-07.50 Kathryn Medinger

Pos	Name	School	Seed	Mark
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Flight 1 of 1 Finals

1	371 Lynch, Teolani	Haines		14-00.25
2	686 Medinger, Kathryn	Sitka		14-02.00
3	209 Bauder, Megan	Cook Inlet		14-03.25
4	420 Garrett, Jakeera	Hutchison		14-03.50
5	116 Madren, Karley	Anch. Christian		14-04.25
6	105 Bennett, Jenelle	Anch. Christian		14-06.00
7	351 Serventi, Gabriella	Grace Christian		14-11.50
8	125 Simmers, Debbiee	Anch. Christian		15-01.75

Event 302 Boys Long Jump 1A-2A-3A

Saturday 5/22/2010 - 9:00 AM

.SAA Champ's: 20-00.75 5/23/2009 Travis Price
Season Best: 19-01.25 Kevin Rima

Pos	Name	School	Seed	Mark
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Flight 1 of 1 Finals

1	542 Fears, Brandon	Monroe Catholic		17-05.00
2	108 Charters, Luke	Anch. Christian		17-08.00
3	162 Nichols, Bryce	Cantwell		17-09.00
4	546 Holmes, James	Monroe Catholic		18-02.75
5	388 Hanks, Pete	Her. Christian		18-04.00
6	691 Reeder, Gordon	Sitka		18-05.00
7	705 Wilson, Mickey	Skagway		18-11.25
8	423 Rima, Kevin	Hutchison		19-00.75

Event 303 Girls Shot Put 1A-2A-3A

Saturday 5/22/2010 - 9:00 AM

.SAA Champ's: 33-02.75 5/23/2009 Anna Simmers
Season Best: 33-01.75 Fran Daly

Pos	Name	School	Seed	Mark
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Flight 1 of 1 Finals

1	549 Obermeyer, Demi	Monroe Catholic		29-00.75
2	892 Esbenshade, Ellen	Yakutat		29-10.50
3	653 Adelman, Tessa	Seward		29-11.00
4	384 Anderson, Jessica	Her. Christian		30-01.00
5	114 James, Olivia	Anch. Christian		31-00.50
6	555 Hansen, Megan	Nikiski		32-00.25
7	557 Johnson, Kassi	Nikiski		32-03.00
8	365 Daly, Fran	Haines		33-01.75

Event 304 Boys Discus Throw 1A-2A-3A

Saturday 5/22/2010 - 9:00 AM

.SAA Champ's: 141-01 5/23/2009 Kevin Rima
Season Best: 142-04 Kevin Rima

Pos	Name	School	Seed	Mark
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Flight 1 of 1 Finals

1	397 Vreeman, Gideon	Her. Christian		105-00
2	346 Lu, Andy	Grace Christian		107-11
3	357 Walker, Dane	Grace Christian		114-11
4	661 Crosby, Beau	Seward		115-00
5	121 Richwine, Aaron	Anch. Christian		118-03
6	670 Pullins, Evan	Seward		119-04
7	374 Piper, Jesse	Haines		128-09
8	423 Rima, Kevin	Hutchison		142-04

Event 305 Girls Long Jump 4A

Top 8 Advance by Mark

Saturday 5/22/2010 - 10:00 AM

.SAA Champ's: 19-05 2003 Janay DeLoach
Season Best: 16-08 Alisha Allen, Lathrop

Pos	Name	School	Seed	Mark
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Flight 1 of 2 Prelims

1	154 Smith, Rosie	Bartlett		14-08.25
2	259 Todd, Jessica	Dimond		16-00.50
3	598 Houchen, Sarah	Palmer		15-01.50
4	875 Mackey, Julia	West Valley		16-08.00
5	741 Bassler, Lauren	South Anchorage		14-11.25
6	254 Parish, Tonya	Dimond		14-03.25
7	165 Collins, Alexandria	Chugiak		15-03.00
8	237 Engel, Keiahnna	Dimond		15-08.00

Flight 2 of 2 Prelims

1	506 Allen, Alisha	Lathrop		16-08.00
2	785 Thorne, Sydney	Thunder Moun		14-04.50
3	196 Maresh, Laura	Colony		15-06.25
4	631 Kudinova, Veronika	Service		15-00.25
5	811 Okasaktaruk, Alice	Wasilla		15-06.00
6	443 Neary, Iris	Juneau-Douglas		14-05.00
7	803 Harris, Dajanae	Wasilla		16-01.00
8	712 Penrod, Casee	Skyview		14-11.50

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Meet Program - Day 2 Field Events - MLJ, FLJ,MDT, FSP

Event 306 Boys Long Jump 4A**Top 8 Advance by Mark**

Saturday 5/22/2010 - 10:00 AM

.SAA Champ's: 23-00 1997

Derek Ladson

Season Best: 21-07.75

Cyrus Chenault

Pos	Name	School	Seed	Mark
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Flight 1 of 2 Prelims

1	192 Jaronik, Matt	Colony		19-03.50
2	273 Summers, Clarence	Eagle River		18-11.75
3	133 Chenault, Cyrus	Bartlett		20-10.75
4	492 Gilbert, Michael	Kodiak		18-05.50
5	832 HoltMan, Terry	West Anchorage		19-02.50
6	508 Barnett, Vincent	Lathrop		19-06.00
7	469 Spalding, Tyler	Kenai		18-11.50
8	441 Miller, Jesse	Juneau-Douglas		19-07.75

Flight 2 of 2 Prelims

1	798 Edwards, Isaiah	Wasilla		18-07.00
2	847 Agae, Ishmael	West Valley		19-04.00
3	603 McCall, James	Palmer		20-07.50
4	152 Predmore, Richard	Bartlett		19-02.00
5	142 Haley, Bryan	Bartlett		18-11.00
6	891 Vealy, Will	West Valley		20-03.50
7	784 Stokes, Donald	Thunder Moun		19-04.25
8	866 Hassebroek, Brey	West Valley		19-01.00

Event 307 Girls Shot Put 4A**Top 8 Advance by Mark**

Saturday 5/22/2010 - 10:00 AM

.SAA Champ's: 44-04.75 1997

Jenny Luer

Season Best: 35-10.75

Shellina Irwin

Pos	Name	School	Seed	Mark
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Flight 1 of 2 Prelims

1	282 Dumpson, Tekoa	East Anchorage		33-00.50
2	241 Grant, Ashley	Dimond		33-01.00
3	605 Nuernberg, Monica	Palmer		32-03.25
4	844 Tufi, Pauline	West Anchorage		33-05.00
5	283 Dunbar, Tina-Louise	East Anchorage		35-09.00
6	889 Swanson, Sarah	West Valley		31-11.00
7	821 Troisi, Jillian	Wasilla		33-02.25
8	601 LaMere, Erin	Palmer		32-02.50

Flight 2 of 2 Prelims

1	822 Ward, Chayna	Wasilla		32-01.00
2	578 Joseph, T'Keyah	North Pole		32-09.50
3	501 Oliver, Samantha	Kodiak		33-01.00
4	888 Solomon, Shelby	West Valley		34-00.75
5	436 Highley, Mercedes (A	Juneau-Douglas		33-02.00
6	873 Kurth, Zoe	West Valley		32-00.00
7	190 Irwin, Shellina	Colony		35-06.50
8	804 Imoe, Alexis	Wasilla		32-10.50

Event 308 Boys Discus Throw 4A**Top 8 Advance by Mark**

Saturday 5/22/2010 - 10:00 AM

.SAA Champ's: 192-07 5/23/2007

Jordan Clarke

Season Best: 167-10

John Knowles

Pos	Name	School	Seed	Mark
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Flight 1 of 2 Prelims

1	847 Agae, Ishmael	West Valley		147-05
2	258 Swensen, Mitchell	Dimond		156-11
3	710 Parham, Derrick	Skyview		118-00
4	149 Masalosalo, Troy	Bartlett		134-11
5	862 Garris-Shoemaker, Ra	West Valley		116-01
6	753 Markel, Chase	South Anchorage		134-02
7	434 Fenumiai, Lawrence	Juneau-Douglas		124-05
8	754 McLean, Spencer	South Anchorage		128-06

Flight 2 of 2 Prelims

1	469 Spalding, Tyler	Kenai		130-01
2	832 HoltMan, Terry	West Anchorage		139-00
3	526 Silva, Jonah	Lathrop		119-02
4	301 Tran, Brandon	East Anchorage		129-06
5	807 Knowles, John	Wasilla		162-10
6	134 Clarke, Matthew	Bartlett		138-08
7	586 Wentland, Chris	North Pole		114-11
8	730 Minogue, Tanner	Soldotna		122-09

2010 ASAA Championships - 5/21/2010 to 5/22/2010**Hosted by Lathrop High School****Lathrop HS Track****Meet Program - Day 2 Track Events****Event 401 Girls 4x800 Meter Relay 1A-2A-3A****Saturday 5/22/2010 - 10:00 AM**

.SAA Champ's: 10:13.57 5/23/2009 Grace Christian

N Leman, M Applegate, H Kopp, Dupea

Season Best: 10:25.40

Grace Christian

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Seward	A	10:26.56
	1) 655 Atherton, Kristina	2) 665 Herbert, Maggie	
	3) 671 Sefton, Kelley	4) 656 Barnwell, Alison	
	5) 662 Dyer, Laura		
2	Monroe Catholic	A	10:42.42
	1) 543 Fifield, Macala	2) 551 Schreder, Nicole	
	3) 550 Schreder, Megan	4) 539 Bennett, Lizzy	
3	Grace Christian	A	10:44.94
	1) 358 Winkle, Betsy	2) 331 Boyles, Monae	
	3) 329 Applegate, Mariah	4) 333 Davis, BethAnne	
	5) 354 Trujillo, Anna	6) 351 Serventi, Gabriella	
4	Eielson	A	11:26.97
	1) 316 Murtiff, Mickey	2) 307 Boyd, Taylor	
	3) 313 Hebert, Ashlynn	4) 320 Son, Kaylin	
	5) 304 Armour, Andie	6) 305 Belt, Mallorie	
5	Anch. Christian	A	11:58.03
	1) 113 Jaconette, Olivia	2) 127 Thompson, Krystal	
	3) 118 Nale, Margaret	4) 101 Anderson, Leisha	
	5) 125 Simmers, Debbiey		

Event 402 Girls 4x800 Meter Relay 4A**Saturday 5/22/2010 - 10:15 AM**

.SAA Champ's: 9:35.21 2004 West Valley

L Johnson, C Gillis, C Miller, M Callahan

Season Best: 9:46.84

South Anchorage

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	South Anchorage	A	9:46.84
	1) 755 Minge, Emma	2) 765 Wiita, Cayla	
	3) 763 Vania, Merielle	4) 767 Yanoshek, Kelly	
	5) 761 Stophlet, Catherine	6) 749 Kirk, Stephanie	
2	Dimond	A	9:48.92
	1) 264 Wray, Nikki	2) 244 Hennessy, Amelia	
	3) 239 Freistone, Sarah	4) 263 Wilcox, Cara	
	5) 256 Stramp, Robin	6) 232 Best, Tori	
3	Kodiak	A	9:59.58
	1) 499 Ng, Sarah	2) 504 Smith, Allie	
	3) 495 Ivanoff, Chloe	4) 482 Bethea, Jaymi	
	5) 488 Delos Santos, Analise	6) 489 Ernest, Selma	
4	Lathrop	A	10:03.22
	1) 520 King, Sarah	2) 507 Angell, Christine	
	3) 511 Edic, Megan	4) 514 Fitzgerald, Kim	
	5) 516 Geddings, Brianna	6) 512 Farnham, Nicole	
5	North Pole	A	10:08.31
	1) 587 Wood, Sam	2) 588 Wright, Jessica	
	3) 581 Schmitz, Christi	4) 582 Schmitz, Kelly	
	5) 583 Taiclut, Sabrina	6) 580 Rood, Nicole	
6	Wasilla	A	10:08.89
	1) 801 Ford, Jenna	2) 823 Young, Haley	
	3) 814 Rinngenberg, Mandi	4) 794 Clump, Keri	
	5) 808 Nelson, Brooke		
7	Soldotna	A	10:19.56
	1) 728 Merkes, Miranda	2) 719 Barkman, Kaitlyn	
	3) 731 Mucha, Bree	4) 735 Skjold, Kaylee	
	5) 736 Smith, Melanie		
8	Juneau-Douglas	A	10:52.39
	1) 431 Clark, Lindsay	2) 442 Miller, Martina	
	3) 440 McDermott, Sarah	4) 427 Burger-Pothier, Lillian	
	5) 445 Ostrom, Nani	6) 446 Ottoson-McKeen, Alice	

2010 ASAA Championships - 5/21/2010 to 5/22/2010**Hosted by Lathrop High School****Lathrop HS Track****Meet Program - Day 2 Track Events****Event 403 Boys 4x800 Meter Relay 1A-2A-3A****Saturday 5/22/2010 - 10:30 AM****.SAA Champ's: 8:35.74 5/23/2009 Grace Christian****J Klein, Q Metcalf, J Dillon, J Kirk****Season Best: 8:22.30****Grace Christian**

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Grace Christian	A	8:42.34
	1) 345 Klein, John	2) 336 Eller, Matthew	
	3) 334 Dillon, Joseph	4) 330 Arnold, Andrew	
	5) 343 Kirk, Jacob	6) 347 Metcalf, Quinton	
2	Delta Junction	A	8:51.72
	1) 212 Bialik, Josh	2) 221 Pelto, Eric	
	3) 222 Tatarenko, David	4) 218 Ionashku, Andrey	
	5) 217 Herman, Charlie	6) 223 Tirrell, Tony	
3	Seward	A	8:52.68
	1) 657 Buchanan, Andrew	2) 660 Chase, Brett	
	3) 664 Gillespie, Austin	4) 667 Lindquist, Jared	
	5) 668 Marshall, Jacob	6) 666 Knotek, Miles	
4	Hutchison	A	9:06.63
	1) 425 Sands, Tyler	2) 422 Jacobson, Zach	
	3) 424 Rubio, Marcos	4) 417 Burgett, Brandon	
5	Eielson	A	9:10.25
	1) 308 Connolly, Patrick	2) 322 Valero, Jeremy	
	3) 318 Smith, Chris	4) 306 Borberly, Mike	
6	Anch. Christian	A	9:15.24
	1) 103 Baker, Matt	2) 128 Williams, Ryan	
	3) 119 Pospisil, Jake	4) 110 Finn, Matt	
	5) 107 Brown, Alex	6) 124 Simmers, Augustus	
7	Sitka	A	9:24.43
	1) 683 Gillespie, Arnold	2) 688 Patrick, Will	
	3) 677 Davis, Darin	4) 685 Mathson, Peter	
8	Her. Christian	A	9:31.03
	1) 386 Brady, Jesse	2) 398 Whisman, Curtis	
	3) 397 Vreeman, Gideon	4) 385 Beier, Christian	
	5) 389 Millar, Jonathon	6) 390 Miller, Nate	

Event 404 Boys 4x800 Meter Relay 4A**Saturday 5/22/2010 - 10:45 AM****.SAA Champ's: 8:02.77 5/23/2009 Service****S Talbot, J Lane, R Walgren, C Phelps****Season Best: 7:58.08****Service**

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Kodiak	A	8:28.22
	1) 490 Fogle, Jordan	2) 500 Nymeyer, Caleb	
	3) 486 Davidson, Chaven	4) 480 Anthony, Dylan	
	5) 502 Osowski, James	6) 487 Deer, Nathan	
2	Wasilla	A	8:35.45
	1) 792 Chafin, Patrick	2) 819 Thompson, Keith	
	3) 805 Johnston, Michael	4) 793 Christenson, Jaron	
	5) 820 Tracy, Ryan		
3	Juneau-Douglas	A	8:39.61
	1) 428 Bursell, Zachary	2) 455 Walker, Dawson	
	3) 456 Woodby, Robin	4) 426 Bunton, Andre	
	5) 441 Miller, Jesse	6) 449 Rudick, Shadd	
4	Service	A	8:41.93
	1) 649 Wheattall, Benjamin	2) 620 Bailey, Mackenzie	
	3) 632 Lane, Jani	4) 647 Walgren, Robert	
	5) 645 Talbot, Silas	6) 636 Mamikunian, Connor	
5	Palmer	A	8:44.51
	1) 602 Mangelsdorf, Wylie	2) 604 Minturn, Mason	
	3) 600 King, Ben	4) 595 Dunlap, Davis	
	5) 594 Day, Joe	6) 606 Osiensky, Chris	
6	Lathrop	A	8:45.79
	1) 509 Castellini, Luke	2) 523 Nixon-Helms, Dylan	
	3) 532 Wilkinson, Kipp	4) 521 Kornkven, Ryer	
	5) 519 Hanson, Kyle	6) 525 Rankin, Keegan	
7	West Valley	A	8:47.18
	1) 879 Mayo, Wyatt	2) 872 Kowalski, Brandon	
	3) 853 Bishop, Andrew	4) 864 Grzeda, Kuba	
	5) 874 Leder, James	6) 880 Noon, Peter	
8	Bartlett	A	8:49.67
	1) 132 Butler, Stephen	2) 143 Highlander, Willie	
	3) 137 Dolan, Thomas	4) 130 Bramer, Michael	
	5) 155 Tharps, Javon	6) 153 Sebastiani, Philip	

2010 ASAA Championships - 5/21/2010 to 5/22/2010

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Lathrop HS Track

Meet Program - Day 2 Track Events**Event 405 Girls 100 Meter Hurdles 1A-2A-3A**

Saturday 5/22/2010 - 11:05 AM

.SAA Champ's: 15.29 5/23/2009 Anna Simmers
Season Best: 17.56 Karley Madren

Lane	Name	School	Seed	Time
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Section 1 of 1 Finals

1	547 Jessica, Stokes	Monroe Catholic		20.04
2	420 Garrett, Jakeera	Hutchison		19.08
3	104 Bennett, Chantell	Anch. Christian		18.72
4	116 Madren, Karley	Anch. Christian		17.56
5	209 Bauder, Megan	Cook Inlet		18.64
6	342 Karlberg, Hannah	Grace Christian		19.01
7	659 Campbell, Maddy	Seward		19.34
8	126 Thibodeaux, Briana	Anch. Christian		20.09

Event 406 Girls 100 Meter Hurdles 4A

Saturday 5/22/2010 - 11:10 AM

.SAA Champ's: 14.92 5/21/2010 Emily Sharp
Season Best: 15.01 Rosie Smith

Lane	Name	School	Prelims
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Section 1 of 1 Finals

1	460 DeVito, Shaynee	Kenai	16.76
2	146 Kueter, Morgan	Bartlett	16.64
3	237 Engel, Keiahna	Dimond	14.96
4	452 Sharp, Emily	Juneau-Douglas	14.92
5	154 Smith, Rosie	Bartlett	15.44
6	453 Sharp, Samantha	Juneau-Douglas	16.32
7	145 Kiyutelluk, Robin	Bartlett	16.71
8	824 Bohn, Brianne	West Anchorage	16.87

Event 409 Boys 110 Meter Hurdles 1A-2A-3A

Saturday 5/22/2010 - 11:25 AM

.SAA Champ's: 15.99 5/23/2009 Dylan Beck
Season Best: 16.60 Jesse Piper

Lane	Name	School	Seed	Time
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Section 1 of 1 Finals

1	675 Carroll, Josh	Sitka		17.80
2	563 Covey, Dillon	Ninilchik		16.92
3	679 Dunn, Keefer	Sitka		16.85
4	108 Charters, Luke	Anch. Christian		16.80
5	374 Piper, Jesse	Haines		16.83
6	106 Brandon, Daniel	Anch. Christian		16.87
7	312 Hamilton, Antonio	Eielson		17.15
8	117 McKoy, BJ	Anch. Christian		18.60

Event 410 Boys 110 Meter Hurdles 4A

Saturday 5/22/2010 - 11:30 AM

.SAA Champ's: 14.4h 1989 Ollie Massengale
Season Best: 15.65 Elliott Bauer

Lane	Name	School	Prelims
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Section 1 of 1 Finals

1	477 Credito, Carlo	Ketchikan	16.18
2	515 Gallegos, Tim	Lathrop	15.78
3	651 Wilson, Travis	Service	15.75
4	742 Bauer, Elliott	South Anchorage	15.45
5	503 Schick, Karsten	Kodiak	15.68
6	251 McCloskey, Mason	Dimond	15.97
7	188 Bricker, Anthony	Colony	16.24
8	726 Kauffman, Alex	Soldotna	16.36

Event 413 Girls 100 Meter Dash 1A-2A-3A

Saturday 5/22/2010 - 11:45 AM

.SAA Champ's: 12.94 5/23/2009 Melissa Grammer
Season Best: 13.41 Sadie Arneson

Lane	Name	School	Seed	Time
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Section 1 of 1 Finals

1	323 Williams, Jazzmyn	Eielson	14.01
2	541 Clark, Monica	Monroe Catholic	13.88
3	420 Garrett, Jakeera	Hutchison	13.66
4	104 Bennett, Chantell	Anch. Christian	13.52
5	207 Arneson, Sadie	Cook Inlet	13.63
6	892 Esbenshade, Ellen	Yakutat	13.74
7	548 Lundgren, Talia	Monroe Catholic	14.00
8	392 Railing, Emily	Her. Christian	14.08

Event 414 Girls 100 Meter Dash 4A

Saturday 5/22/2010 - 11:50 AM

.SAA Champ's: 11.8h 1981 Startlett Jackson
Season Best: 12.54 Alisha Allen

Lane	Name	School	Prelims
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Section 1 of 1 Finals

1	257 Sweet, MiCall	Dimond	13.09
2	506 Allen, Alisha	Lathrop	13.00
3	156 Tillmon, Jessica	Bartlett	12.88
4	625 Ferguson, Shaai	Service	12.87
5	803 Harris, Dajanae	Wasilla	12.93
6	797 Dampier, Morgan	Wasilla	12.96
7	157 Walker, Brittany	Bartlett	13.12
8	148 Little, Destiny	Bartlett	13.15

2010 ASAA Championships - 5/21/2010 to 5/22/2010

Hosted by Lathrop High School

Lathrop HS Track

Meet Program - Day 2 Track Events**Event 417 Boys 100 Meter Dash 1A-2A-3A**

Saturday 5/22/2010 - 12:05 PM

.SAA Champ's: 15.99 5/23/2009 Dylan Beck
Season Best: 11.88 Nick Nysewander-Kellard

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	559 Parrish, Sayyid	Nikiski	12.35
2	339 Hickok, Ryan	Grace Christian	12.24
3	379 Taylor, Caullen	Haines	12.15
4	775 Nysewander-Kellard,	Su Valley	11.92
5	676 Clement, Chris	Sitka	11.98
6	117 McKoy, BJ	Anch. Christian	12.20
7	563 Covey, Dillon	Ninilchik	12.32
8	310 Ellsworth, Tyler	Eielson	12.43

Event 418 Boys 100 Meter Dash 4A

Saturday 5/22/2010 - 12:10 PM

.SAA Champ's: 10.90 1995 Joel Knight
Season Best: 11.14 Cyrus Chenault

Lane	Name	School	Prelims
Section 1 of 1 Finals			
1	571 Anderson, Frankie	North Pole	11.41
2	287 Holley, Caleb	East Anchorage	11.36
3	891 Vealy, Will	West Valley	11.29
4	898 Canady, Emanuel	East Anchorage	11.20
5	133 Chenault, Cyrus	Bartlett	11.21
6	603 McCall, James	Palmer	11.34
7	479 Meredith, Austin	Ketchikan	11.54
8	158 Watts, Marcus	Bartlett	11.67

Event 421 Girls 4x200 Meter Relay 1A-2A-3A

Saturday 5/22/2010 - 12:25 PM

.SAA Champ's: 1:54.00 5/23/2009 Anchorage Christian
C Klein, J Bennett, R Senko, L Anderson

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Seward	A	1:59.31
	1) 663 Erchinger, Neeka	2) 655 Atherton, Kristina	
	3) 665 Herbert, Maggie	4) 653 Adelman, Tessa	
	5) 671 Sefton, Kelley	6) 669 Melville, Serena	
2	Monroe Catholic	A	1:59.10
	1) 541 Clark, Monica	2) 537 Barnard, Kirsten	
	3) 548 Lundgren, Talia	4) 544 Gavora, Alexis	
	5) 552 Smith, Anne		
3	Anch. Christian	A	1:54.44
	1) 105 Bennett, Jenelle	2) 101 Anderson, Leisha	
	3) 125 Simmers, Debbiee	4) 104 Bennett, Chantell	
	5) 116 Madren, Karley	6) 120 Quinlan, Callie	
4	Grace Christian	A	1:56.11
	1) 340 Ihde, Sarah	2) 353 Sutton, Jenna	
	3) 356 Tulip, Anna	4) 351 Serventi, Gabriella	
	5) 333 Davis, BethAnne	6) 348 Price, Blair	
5	Eielson	A	1:59.27
	1) 304 Armour, Andie	2) 305 Belt, Mallorie	
	3) 307 Boyd, Taylor	4) 316 Murtiff, Mickey	
	5) 320 Son, Kaylin	6) 323 Williams, Jazzmyn	
6	Haines	A	1:59.67
	1) 371 Lynch, Teolani	2) 376 Rasmussen, Marnie	
	3) 377 Smalley, Amanda	4) 365 Daly, Fran	
	5) 378 St. Clair, Jackie	6) 367 Giddings, Jess	
7	Delta Junction	A	2:01.68
	1) 214 Bynum, Ruby	2) 219 Ionashku, Tonya	
	3) 220 Olsen, Kari	4) 225 Wrigley, Mallory	
	5) 216 Heintz, Angie	6) 224 Trainor, Sam	
8	Su Valley	A	2:03.36
	1) 776 Scott, Missy	2) 778 Stahl, Laura	
	3) 779 Starbuck, Hannah	4) 780 Stevenson, Bailey	
	5) 777 Smith, Arianna		

2010 ASAA Championships - 5/21/2010 to 5/22/2010**Hosted by Lathrop High School****Lathrop HS Track****Meet Program - Day 2 Track Events****Event 422 Girls 4x200 Meter Relay 4A****Saturday 5/22/2010 - 12:35 PM****.SAA Champ's: 1:44.86 2003 Lathrop****Baily Preston Dollison, Smith****Season Best: 1:45.89****Service**

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Palmer	A	1:52.03
	1) 591 Blake, Taylor	2) 616 Whitfield, Tress	
	3) 614 VanHoomissen, Jamie	4) 598 Houchen, Sarah	
	5) 593 Cummings, Deanna	6) 589 Acker, Shanara	
2	Bartlett	A	1:47.49
	1) 148 Little, Destiny	2) 156 Tillmon, Jessica	
	3) 161 Young, Kayla	4) 157 Walker, Brittany	
	5) 154 Smith, Rosie	6) 144 Jackson, Rayana	
3	Service	A	1:45.89
	1) 644 Souders, Hannah	2) 652 Zanders, Katelynn	
	3) 643 Smelker, Jordan	4) 625 Ferguson, Shaai	
	5) 642 Serrano, Gaby	6) 628 Haas, Emily	
4	Dimond	A	1:47.43
	1) 248 Jackson, Kimmy	2) 257 Sweet, MiCall	
	3) 233 Bozeman, Jaley	4) 230 Bagsby, Symphony	
	5) 237 Engel, Keiahnna	6) 246 Imig, Madison	
5	Wasilla	A	1:48.06
	1) 803 Harris, Dajanae	2) 816 Schleich, Cori	
	3) 809 Nickerson, Gladys	4) 797 Dampier, Morgan	
	5) 811 Okasaktaruk, Alice	6) 796 Dampier, Haley	
6	Chugiak	A	1:53.08
	1) 174 Harter, Kendra	2) 187 Wehrheim, Barbara	
	3) 169 Fore, Rachel	4) 181 Matthis, MacKenzie	
	5) 168 Forbush, Kierra	6) 165 Collins, Alexandria	
7	West Valley	A	1:54.97
	1) 871 Kennedy, Jaime	2) 870 Jones, Kinzea	
	3) 863 Gaskins, Erika	4) 877 Mattson, Hannah	
	5) 884 Reitano, Jordin	6) 883 Oneil, Kieran	
8	Juneau-Douglas	A	1:57.28
	1) 448 Rieselbach, Maya	2) 453 Sharp, Samantha	
	3) 439 Jackson, Karissa	4) 454 Siddeek, Esra	
	5) 433 Cumlat, Jean	6) 452 Sharp, Emily	

Event 423 Boys 4x200 Meter Relay 1A-2A-3A**Saturday 5/22/2010 - 12:50 PM****.SAA Champ's: 1:39.08 5/23/2009 Haines****B Huntsman, R Olsen, J Piper, K Rush****Season Best: 1:39.27****Su Valley**

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Haines	A	1:43.04
	1) 360 Badger, Austin	2) 380 Thomas, Tyler	
	3) 379 Taylor, Caullen	4) 369 Huntsman, Brian	
	5) 374 Piper, Jesse	6) 372 Olsen, Chris	
2	Grace Christian	A	1:39.69
	1) 337 Fischbach, Johnny	2) 334 Dillon, Joseph	
	3) 350 Sears, Brian	4) 347 Metcalf, Quinton	
	5) 344 Klein, Jeremiah	6) 339 Hickok, Ryan	
3	Su Valley	A	1:37.80
	1) 770 Figley, Dylan	2) 772 Kelly, Bill	
	3) 783 Timmers, Steen	4) 775 Nysewander-Kellard, Ni	
	5) 773 Kidd, Saber		
4	Seward	A	1:39.27
	1) 670 Pullins, Evan	2) 654 Atherton, Jesse	
	3) 667 Lindquist, Jared	4) 658 Buchanan, Jeff	
	5) 673 Sorenson, Aaron	6) 674 Willis, Jacob	
5	Anch. Christian	A	1:42.21
	1) 106 Brandon, Daniel	2) 102 Bahnke, Brandon	
	3) 107 Brown, Alex	4) 122 Rosier, Radhames	
	5) 128 Williams, Ryan	6) 111 Garner, Kaylon	
6	Monroe Catholic	A	1:43.09
	1) 546 Holmes, James	2) 540 Brown, Rashad	
	3) 538 Bartels, Jordan	4) 542 Fears, Brandon	
	5) 554 Therriault, Justin		
7	Glennallen	A	1:44.02
	1) 328 Weimer, Nick	2) 324 Craig, Cory	
	3) 326 Mossgrove, Arlen	4) 327 Sutherland, Josh	
	5) 325 Finau, Samisoni		
8	Eielson	A	1:44.11
	1) 321 Sprankle, Jacob	2) 317 Schneider, Codi	
	3) 319 Smith, Shawn	4) 310 Ellsworth, Tyler	
	5) 309 Davis, Kevon	6) 314 Kincade, Jovante	

2010 ASAA Championships - 5/21/2010 to 5/22/2010

Hosted by Lathrop High School

Lathrop HS Track

Meet Program - Day 2 Track Events

Event 424 Boys 4x200 Meter Relay 4A

Saturday 5/22/2010 - 1:00 PM

.SAA Champ's: 1:28.5h 1995 Bartlett
Ingraham, Roginson, Myles, Pennino

Season Best: 1:31.66 Bartlett

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Dimond	A	1:35.23
	1) 262 Watson, Dominique	2) 252 Nasir, Ahmad	
	3) 260 Tufaga, Armani	4) 242 Gray, Darrion	
	5) 250 Malamon, Nathachai	6) 247 Jack-Nixon, J.J.	
2	West Valley	A	1:34.68
	1) 852 Billesbach, Alex	2) 885 Rodenberger, Brent	
	3) 857 Clark, Willie	4) 861 Fairbanks, Jared	
	5) 881 Nuttall, Chris		
3	Bartlett	A	1:31.66
	1) 136 Daly, John	2) 158 Watts, Marcus	
	3) 131 Brunson, Daquon	4) 133 Chenault, Cyrus	
	5) 160 Yates, Jacob	6) 141 Hale, Jamal	
4	East Anchorage	A	1:34.52
	1) 292 Lopez, NaVarr	2) 294 Nichols, Myles	
	3) 280 DeBrill, Jeffery	4) 898 Canady, Emanuel	
	5) 300 Tennant, Jordan	6) 288 Holley, Quintavis	
5	Palmer	A	1:35.08
	1) 596 Forkner, Chris	2) 613 Turner, Levi	
	3) 597 Gentz, AJ	4) 609 Scoresby, John	
	5) 603 McCall, James	6) 592 Clement, David	
6	Soldotna	A	1:36.43
	1) 734 Schneider, Colton	2) 732 Nolden, Chris	
	3) 727 McGillivary, Tyler	4) 720 Bennett, Philip	
	5) 729 Michael, Lucas	6) 721 Carrico, Christian	
7	Eagle River	A	1:37.09
	1) 266 Hahn, Cody	2) 273 Summers, Clarence	
	3) 265 Fox, Devon	4) 271 Owolabi, John	
	5) 270 Norgaard, Eric	6) 268 King, Brandon	
8	Juneau-Douglas	A	1:37.30
	1) 450 Rutecki, Nick	2) 437 Holloway, Christopher	
	3) 441 Miller, Jesse	4) 447 Parker, Christian	
	5) 456 Woodby, Robin	6) 426 Bunton, Andre	

Event 425 Girls 1600 Meter Run 1A-2A-3A

Saturday 5/22/2010 - 1:10 PM

.SAA Champ's: 5:18.10 5/23/2009 Kailey Wilson
Season Best: 5:20.85 Kailey Wilson

Lane Name	School	Seed Time
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Section 1 of 1 Finals

1	475 Wilson, Kailey	Kenny Lake	5:22.04
2	656 Barnwell, Alison	Seward	5:27.54
3	329 Applegate, Mariah	Grace Christian	5:38.14
4	543 Fifield, Macala	Monroe Catholic	5:43.43
5	698 Jensen, Amanda	Skagway	5:44.19
6	701 Surdyk, Kaitlyn	Skagway	5:47.19
7	163 Winkler, Anitra	Cantwell	5:52.14
8	331 Boyles, Monae	Grace Christian	5:56.04

Event 426 Girls 1600 Meter Run 4A

Saturday 5/22/2010 - 1:20 PM

.SAA Champ's: 4:55.89 2003 Kris Smith
Season Best: 5:14.00 Ivy O'Guinn

Lane Name	School	Seed Time
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Section 1 of 1 Finals

1	709 O'Guinn, Ivy	Skyview	5:15.97
2	482 Bethea, Jaymi	Kodiak	5:23.56
3	511 Edic, Megan	Lathrop	5:24.78
4	767 Yanoshek, Kelly	South Anchorage	5:25.26
5	755 Minge, Emma	South Anchorage	5:25.66
6	801 Ford, Jenna	Wasilla	5:26.13
7	749 Kirk, Stephanie	South Anchorage	5:26.19
8	175 Hartke, Samantha	Chugiak	5:26.46
9	435 Francis, Leah	Juneau-Douglas	5:26.48
10	239 Freistone, Sarah	Dimond	5:28.64
11	855 Callahan, Molly	West Valley	5:30.40
12	763 Vania, Merielle	South Anchorage	5:30.53
13	744 Culver, Katherine	South Anchorage	5:33.86
14	581 Schmitz, Christi	North Pole	5:34.38
15	244 Hennessy, Amelia	Dimond	5:34.78
16	751 Mahlen, Tsaina	South Anchorage	5:35.82

Event 427 Boys 1600 Meter Run 1A-2A-3A

Saturday 5/22/2010 - 1:30 PM

.SAA Champ's: 4:27.95 5/23/2009 Jacob Kirk
Season Best: 4:26.30 Jacob Kirk

Lane Name	School	Seed Time
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Section 1 of 1 Finals

1	343 Kirk, Jacob	Grace Christian	4:37.10
2	330 Arnold, Andrew	Grace Christian	4:38.14
3	704 Weber, Quinn	Skagway	4:40.60
4	664 Gillespie, Austin	Seward	4:41.54
5	345 Klein, John	Grace Christian	4:43.94
6	218 Ionashku, Andrey	Delta Junction	4:44.14
7	211 Holly, Josh	Cook Inlet	4:47.84
8	474 Leahy, Daniel	Kenny Lake	4:52.08

2010 ASAA Championships - 5/21/2010 to 5/22/2010**Hosted by Lathrop High School****Lathrop HS Track****Meet Program - Day 2 Track Events****Event 428 Boys 1600 Meter Run 4A****Saturday 5/22/2010 - 1:40 PM**

.SAA Champ's: 4:13.0h 1985

Doug Herron

Season Best: 4:22.29

Silas Talbot

Lane	Name	School	Seed Time
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Section 1 of 1 Finals

1	645 Talbot, Silas	Service	4:22.29
2	840 Roelle, Hans	West Anchorage	4:28.48
3	647 Walgren, Robert	Service	4:28.60
4	480 Anthony, Dylan	Kodiak	4:29.31
5	632 Lane, Jani	Service	4:34.52
6	573 DeWilde, Gavin	North Pole	4:35.81
7	519 Hanson, Kyle	Lathrop	4:36.10
8	602 Mangelsdorf, Wylie	Palmer	4:36.70
9	746 Huffman, Mason	South Anchorage	4:37.42
10	290 Knapp, Nathaniel	East Anchorage	4:40.99
11	874 Leder, James	West Valley	4:42.62
12	743 Brewster, Brandon	South Anchorage	4:43.68
13	487 Deer, Nathan	Kodiak	4:44.82
14	268 King, Brandon	Eagle River	4:45.63
15	502 Osowski, James	Kodiak	4:45.74
16	428 Bursell, Zachary	Juneau-Douglas	4:47.53

Event 429 Girls 4x100 Meter Relay 1A-2A-3A**Saturday 5/22/2010 - 1:50 PM**

.SAA Champ's: 52.83 5/23/2009 Anchorage Christian

R Senko, J Bennett, L Anderson, C Bennett

Season Best: 54.54

Anchorage Christian

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Seward	A	57.32
1)	663 Erchinger, Neeka	2)	655 Atherton, Kristina
3)	665 Herbert, Maggie	4)	659 Campbell, Maddy
5)	653 Adelmann, Tessa	6)	671 Sefton, Kelley
2	Eielson	A	56.39
1)	304 Armour, Andie	2)	305 Belt, Mallorie
3)	307 Boyd, Taylor	4)	316 Murttiff, Mickey
5)	320 Son, Kaylin	6)	323 Williams, Jazzmyn
3	Cook Inlet	A	55.68
1)	207 Arneson, Sadie	2)	208 Bauder, Lauren
3)	210 Davidson, Cara	4)	209 Bauder, Megan
4	Grace Christian	A	56.18
1)	353 Sutton, Jenna	2)	332 Cresap, Sarah
3)	348 Price, Blair	4)	340 Ihde, Sarah
5)	354 Trujillo, Anna	6)	356 Tulip, Anna
5	Monroe Catholic	A	56.46
1)	541 Clark, Monica	2)	537 Barnard, Kirsten
3)	548 Lundgren, Talia	4)	544 Gavora, Alexis
5)	552 Smith, Anne		
6	Haines	A	58.08
1)	378 St. Clair, Jackie	2)	363 Bower, Esther
3)	377 Smalley, Amanda	4)	365 Daly, Fran
5)	371 Lynch, Teolani	6)	367 Giddings, Jess
7	Anch. Christian	A	58.13
1)	126 Thibodeaux, Briana	2)	120 Quinlan, Callie
3)	127 Thompson, Krystal	4)	112 Hughes, Kylie
5)	105 Bennett, Jenelle	6)	101 Anderson, Leisha
8	Her. Christian	A	58.66
1)	392 Railing, Emily	2)	391 Parrott, Brittany
3)	394 Scott, Kali	4)	384 Anderson, Jessica
5)	387 Halsey, Abby		

2010 ASAA Championships - 5/21/2010 to 5/22/2010**Hosted by Lathrop High School****Lathrop HS Track****Meet Program - Day 2 Track Events****Event 430 Girls 4x100 Meter Relay 4A****Saturday 5/22/2010 - 2:00 PM****.SAA Champ's: 49.77 2005 East Anchorage****Black, Preston, Smith, Vanzant****Season Best: 50.41 Bartlett**

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Palmer	A	52.95
	1) 605 Nuernberg, Monica	2) 591 Blake, Taylor	
	3) 614 VanHoomissen, Jamie	4) 598 Houchen, Sarah	
	5) 589 Acker, Shanara	6) 616 Whitfield, Tress	
2	Dimond	A	51.45
	1) 233 Bozeman, Jaley	2) 257 Sweet, MiCall	
	3) 248 Jackson, Kimmy	4) 259 Todd, Jessica	
	5) 249 Jones, Alyssa	6) 230 Bagsby, Symphony	
3	Bartlett	A	50.41
	1) 144 Jackson, Rayana	2) 156 Tillmon, Jessica	
	3) 161 Young, Kayla	4) 157 Walker, Brittany	
	5) 148 Little, Destiny	6) 154 Smith, Rosie	
4	Service	A	50.96
	1) 643 Smelker, Jordan	2) 644 Souders, Hannah	
	3) 625 Ferguson, Shaai	4) 652 Zanders, Katelynn	
	5) 642 Serrano, Gaby	6) 630 Honeycutt, Alyssa	
5	East Anchorage	A	51.46
	1) 295 Phillips, Ashanti	2) 296 Reagle, Josephine	
	3) 276 Butler, Synclaire	4) 285 Gardner, Amber	
	5) 275 Bell, Ciera	6) 291 Leier, Alyssa	
6	Soldotna	A	53.39
	1) 724 Gordon, Megan	2) 725 Hamilton, Alicia	
	3) 733 Nolden, Jelly	4) 737 Sperber, Kaiti	
	5) 739 Ulen, Mariah	6) 738 Tice, Olivia	
7	Juneau-Douglas	A	53.93
	1) 443 Neary, Iris	2) 448 Rieselbach, Maya	
	3) 453 Sharp, Samantha	4) 454 Siddeek, Esra	
	5) 433 Cumlat, Jean	6) 436 Highley, Mercedes (Anr)	
8	Lathrop	A	55.92
	1) 529 Spencer, Dominique	2) 518 Glaeser, Britt	
	3) 513 Fitzgerald, Keri-Lyn	4) 512 Farnham, Nicole	
	5) 524 Oba, Elli	6) 528 Sloat, Alex	

Event 431 Boys 4x100 Meter Relay 1A-2A-3A**Saturday 5/22/2010 - 2:10 PM****.SAA Champ's: 47.11 5/23/2009 Grace Christian****M Dockter, C Davis, J Hansen, L Turner****Season Best: 47.31 Grace Christian**

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Anch. Christian	A	49.59
	1) 123 Scott, Ryan	2) 102 Bahnke, Brandon	
	3) 122 Rosier, Radhames	4) 117 McKoy, BJ	
	5) 121 Richwine, Aaron	6) 111 Garner, Kaylon	
2	Eielson	A	49.36
	1) 321 Sprankle, Jacob	2) 317 Schneider, Codi	
	3) 309 Davis, Kevon	4) 310 Ellsworth, Tyler	
	5) 319 Smith, Shawn	6) 314 Kincade, Jovante	
3	Su Valley	A	47.31
	1) 770 Figley, Dylan	2) 772 Kelly, Bill	
	3) 775 Nysewander-Kellard, Ni	4) 783 Timmers, Steen	
	5) 773 Kidd, Saber		
4	Seward	A	48.52
	1) 670 Pullins, Evan	2) 654 Atherton, Jesse	
	3) 673 Sorenson, Aaron	4) 658 Buchanan, Jeff	
	5) 674 Willis, Jacob	6) 672 Smith, Dezi	
5	Grace Christian	A	49.54
	1) 335 Dockter, Matthew	2) 344 Klein, Jeremiah	
	3) 339 Hickok, Ryan	4) 350 Sears, Brian	
	5) 337 Fischbach, Johnny	6) 347 Metcalf, Quinton	
6	Haines	A	50.01
	1) 381 Thomson, Jimmy	2) 360 Badger, Austin	
	3) 379 Taylor, Caullen	4) 369 Huntsman, Brian	
	5) 374 Piper, Jesse	6) 380 Thomas, Tyler	
7	Sitka	A	52.54
	1) 687 Partido, Johnny	2) 680 Forrester, Cody	
	3) 677 Davis, Darin	4) 691 Reeder, Gordon	

2010 ASAA Championships - 5/21/2010 to 5/22/2010

Hosted by Lathrop High School

Lathrop HS Track

Meet Program - Day 2 Track Events**Event 432 Boys 4x100 Meter Relay 4A****Saturday 5/22/2010 - 2:20 PM**.SAA Champ's: **43.50** 5/20/2006 East Anchorage

D Wilson, T Knutson, S Sosa, D Wilson

Season Best: **44.40**

Bartlett

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	South Anchorage	A	45.25
	1) 742 Bauer, Elliott	2) 756 Pessetto, Jared	
	3) 750 MacDowell, Camden	4) 752 Manneh, Modou	
	5) 762 Turner, Levi	6) 760 Sollars, David	
2	Palmer	A	44.76
	1) 596 Forkner, Chris	2) 592 Clement, David	
	3) 603 McCall, James	4) 609 Scoresby, John	
	5) 590 Ahrens, Coleman	6) 613 Turner, Levi	
3	Bartlett	A	44.40
	1) 133 Chenault, Cyrus	2) 158 Watts, Marcus	
	3) 160 Yates, Jacob	4) 136 Daly, John	
	5) 135 Curtis, Adam	6) 141 Hale, Jamal	
4	East Anchorage	A	44.45
	1) 898 Canady, Emanuel	2) 294 Nichols, Myles	
	3) 287 Holley, Caleb	4) 292 Lopez, NaVarr	
	5) 279 Cox, DaMarcus	6) 288 Holley, Quintavis	
5	North Pole	A	44.95
	1) 577 Jones, Lee	2) 576 Isaacson, Jared	
	3) 585 Ward, Jesse	4) 571 Anderson, Frankie	
	5) 572 Arnold, Mike	6) 579 Markie, Chris	
6	Dimond	A	45.42
	1) 242 Gray, Darrion	2) 252 Nasir, Ahmad	
	3) 260 Tufaga, Armani	4) 262 Watson, Dominique	
	5) 235 Carney, Frank	6) 250 Malamon, Nathachai	
7	West Valley	A	45.50
	1) 852 Billesbach, Alex	2) 857 Clark, Willie	
	3) 891 Vealy, Will	4) 848 Anderson, Dominick	
	5) 861 Fairbanks, Jared	6) 865 Harrington, Alex	
8	Juneau-Douglas	A	48.18
	1) 430 Chapman, Zane	2) 437 Holloway, Christopher	
	3) 447 Parker, Christian	4) 441 Miller, Jesse	
	5) 456 Woodby, Robin	6) 432 Cordero, Samuel	

Event 433 Girls 400 Meter Dash 1A-2A-3A**Saturday 5/22/2010 - 2:30 PM**.SAA Champ's: **1:01.11** 5/23/2009 Britney AndersonSeason Best: **1:02.13**

Gabriella Serventi

Lane Name	School	Seed Time
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Section 1 of 1 Finals

1	356 Tulip, Anna	Grace Christian	1:05.11
2	125 Simmers, Debbiey	Anch. Christian	1:04.58
3	351 Serventi, Gabriella	Grace Christian	1:02.13
4	348 Price, Blair	Grace Christian	1:04.50
5	209 Bauder, Megan	Cook Inlet	1:04.72
6	665 Herbert, Maggie	Seward	1:05.16
7	686 Medinger, Kathryn	Sitka	1:05.26
8	550 Schreder, Megan	Monroe Catholic	1:09.17

Event 434 Girls 400 Meter Dash 4A**Saturday 5/22/2010 - 2:40 PM**.SAA Champ's: **56.96** 5/21/2010 Lierin FlanaganSeason Best: **56.84**

Lierin Flanagan

Lane Name	School	Prelims
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Section 1 of 1 Finals

1	259 Todd, Jessica	Dimond	1:00.09
2	797 Dampier, Morgan	Wasilla	59.30
3	461 Flanagan, Lierin	Kenai	56.96
4	458 Beeson, Bailey	Kenai	59.29
5	230 Bagsby, Symphony	Dimond	1:00.05
6	296 Reagle, Josephine	East Anchorage	1:01.01
7	129 Bick, Susan	Bartlett	1:00.62
8	246 Imig, Madison	Dimond	1:01.15

Event 437 Boys 400 Meter Dash 1A-2A-3A**Saturday 5/22/2010 - 2:50 PM**.SAA Champ's: **49.82** 5/23/2009 Travis PriceSeason Best: **52.77**

Mickey Wilson

Lane Name	School	Seed Time
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Section 1 of 1 Finals

1	683 Gillespie, Arnold	Sitka	55.05
2	334 Dillon, Joseph	Grace Christian	53.41
3	705 Wilson, Mickey	Skagway	52.77
4	388 Hanks, Pete	Her. Christian	53.27
5	657 Buchanan, Andrew	Seward	54.49
6	790 Talerico, Jonathan	Tri Valley	55.27
7	212 Bialik, Josh	Delta Junction	56.22
8	569 Head, Jeremy	Nome	NT

2010 ASAA Championships - 5/21/2010 to 5/22/2010

Hosted by Lathrop High School

Lathrop HS Track

Meet Program - Day 2 Track Events**Event 438 Boys 400 Meter Dash 4A**

Saturday 5/22/2010 - 3:00 PM

.SAA Champ's: 47.78 5/26/2007 Ethan Hewitt
Season Best: 49.97 J. J. Jack-Nixon

Lane Name	School	Prelims
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Section 1 of 1 Finals

1	636 Mamikunian, Connor	Service	50.69
2	585 Ward, Jesse	North Pole	50.27
3	760 Sollars, David	South Anchorage	50.22
4	247 Jack-Nixon, J.J.	Dimond	50.81
5	271 Owolabi, John	Eagle River	50.86
6	812 Owens, Taylor	Wasilla	52.23
7	500 Nymeyer, Caleb	Kodiak	52.43
8	734 Schneider, Colton	Soldotna	52.56

Event 441 Girls 300 Meter Hurdles 1A-2A-3A

Saturday 5/22/2010 - 3:15 PM

.SAA Champ's: 48.51 5/23/2009 Amie Smithwick
Season Best: 51.44 Karley Madren

Lane Name	School	Seed Time
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Section 1 of 1 Finals

1	893 Esbenshade, Tina	Yakutat	55.24
2	539 Bennett, Lizzy	Monroe Catholic	52.10
3	116 Madren, Karley	Anch. Christian	51.44
4	332 Cresap, Sarah	Grace Christian	51.62
5	655 Atherton, Kristina	Seward	55.09
6	342 Karlberg, Hannah	Grace Christian	57.17
7	320 Son, Kaylin	Eielson	57.45
8	778 Stahl, Laura	Su Valley	57.59

Event 442 Girls 300 Meter Hurdles 4A

Saturday 5/22/2010 - 3:20 PM

.SAA Champ's: 44.93 1994 Lara Kelly
Season Best: 45.79 Rosie Smith

Lane Name	School	Prelims
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Section 1 of 1 Finals

1	263 Wilcox, Cara	Dimond	48.50
2	237 Engel, Keiahna	Dimond	46.70
3	154 Smith, Rosie	Bartlett	46.16
4	452 Sharp, Emily	Juneau-Douglas	46.86
5	261 Vaitohi, Mary	Dimond	48.01
6	460 DeVito, Shaynee	Kenai	49.09
7	453 Sharp, Samantha	Juneau-Douglas	48.58
8	289 Inch, Deven	East Anchorage	49.12

Event 445 Boys 300 Meter Hurdles 1A-2A-3A

Saturday 5/22/2010 - 3:30 PM

.SAA Champ's: 40.81 5/23/2009 Dylan Beck
Season Best: 43.09 Quinton Metcalf

Lane Name	School	Seed Time
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Section 1 of 1 Finals

1	312 Hamilton, Antonio	Eielson	45.26
2	108 Charters, Luke	Anch. Christian	44.49
3	347 Metcalf, Quinton	Grace Christian	43.09
4	106 Brandon, Daniel	Anch. Christian	43.77
5	679 Dunn, Keefer	Sitka	45.09
6	673 Sorenson, Aaron	Seward	45.84
7	675 Carroll, Josh	Sitka	46.29
8	563 Covey, Dillon	Ninilchik	46.45

Event 446 Boys 300 Meter Hurdles 4A

Saturday 5/22/2010 - 3:35 PM

.SAA Champ's: 38.9h 1991 Nathan Moffett
Season Best: 40.62 Elliott Bauer

Lane Name	School	Prelims
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Section 1 of 1 Finals

1	651 Wilson, Travis	Service	41.87
2	251 McCloskey, Mason	Dimond	41.86
3	742 Bauer, Elliott	South Anchorage	39.99
4	503 Schick, Karsten	Kodiak	40.33
5	201 Niver, Blake	Colony	41.94
6	188 Bricker, Anthony	Colony	42.40
7	160 Yates, Jacob	Bartlett	41.92
8	594 Day, Joe	Palmer	42.50

Event 449 Girls 800 Meter Run 1A-2A-3A

Saturday 5/22/2010 - 3:50 PM

.SAA Champ's: 2:25.41 5/23/2009 Kailey Wilson
Season Best: 2:25.75 Lizzy Bennett

Lane Name	School	Seed Time
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Section 1 of 1 Finals

1	539 Bennett, Lizzy	Monroe Catholic	2:29.96
2	475 Wilson, Kailey	Kenny Lake	2:30.71
3	656 Barnwell, Alison	Seward	2:31.14
4	333 Davis, BethAnne	Grace Christian	2:32.02
5	686 Medinger, Kathryn	Sitka	2:33.64
6	701 Surdyk, Kaitlyn	Skagway	2:36.13
7	780 Stevenson, Bailey	Su Valley	2:36.48
8	698 Jensen, Amanda	Skagway	2:37.89

2010 ASAA Championships - 5/21/2010 to 5/22/2010

Hosted by Lathrop High School

Lathrop HS Track

Meet Program - Day 2 Track Events**Event 450 Girls 800 Meter Run 4A**

Saturday 5/22/2010 - 3:55 PM

.SAA Champ's: 2:14.56 2003 Kris Smith
Season Best: 2:15.06 Morgan Dampier

Lane Name	School	Prelims
Section 1 of 1 Finals		
1 482 Bethea, Jaymi	Kodiak	2:21.18
2 797 Dampier, Morgan	Wasilla	2:24.41
3 709 O'Guinn, Ivy	Skyview	2:22.22
4 263 Wilcox, Cara	Dimond	2:24.47
5 841 Roelle, Rachel	West Anchorage	2:23.12
6 197 Michaelson, Audrey	Colony	2:24.67
7 514 Fitzgerald, Kim	Lathrop	2:24.05
8 264 Wray, Nikki	Dimond	2:25.29

Event 453 Boys 800 Meter Run 1A-2A-3A

Saturday 5/22/2010 - 4:05 PM

.SAA Champ's: 1:59.66 5/23/2009 Travis Price
Season Best: 2:00.39 Jacob Kirk

Lane Name	School	Seed Time
Section 1 of 1 Finals		
1 343 Kirk, Jacob	Grace Christian	2:00.39
2 660 Chase, Brett	Seward	2:02.02
3 211 Holly, Josh	Cook Inlet	2:06.33
4 330 Arnold, Andrew	Grace Christian	2:07.13
5 218 Ionashku, Andrey	Delta Junction	2:08.65
6 345 Klein, John	Grace Christian	2:09.16
7 705 Wilson, Mickey	Skagway	2:09.70
8 704 Weber, Quinn	Skagway	2:10.95

Event 454 Boys 800 Meter Run 4A

Saturday 5/22/2010 - 4:10 PM

.SAA Champ's: 1:49.2h 1985 Doug Herron
Season Best: 1:56.61 Silas Talbot

Lane Name	School	Prelims
Section 1 of 1 Finals		
1 647 Walgren, Robert	Service	2:00.61
2 840 Roelle, Hans	West Anchorage	2:02.35
3 632 Lane, Jani	Service	2:00.85
4 573 DeWilde, Gavin	North Pole	2:02.58
5 464 Kiefer, Billy	Kenai	2:01.66
6 480 Anthony, Dylan	Kodiak	2:02.75
7 519 Hanson, Kyle	Lathrop	2:02.04
8 602 Mangelsdorf, Wylie	Palmer	2:03.47

Event 457 Girls 200 Meter Dash 1A-2A-3A

Saturday 5/22/2010 - 4:25 PM

.SAA Champ's: 27.13 5/23/2009 Lexy Siefert
Season Best: 26.79 Gabriella Serventi

Lane Name	School	Seed Time
Section 1 of 1 Finals		
1 207 Arneson, Sadie	Cook Inlet	28.92
2 892 Esbenshade, Ellen	Yakutat	28.39
3 351 Serventi, Gabriella	Grace Christian	27.69
4 104 Bennett, Chantell	Anch. Christian	28.07
5 420 Garrett, Jakeera	Hutchison	28.54
6 340 Ihde, Sarah	Grace Christian	29.04
7 101 Anderson, Leisha	Anch. Christian	29.41
8 776 Scott, Missy	Su Valley	29.64

Event 458 Girls 200 Meter Dash 4A

Saturday 5/22/2010 - 4:30 PM

.SAA Champ's: 25.1h 1982 Yvette Ervin
Season Best: 25.99 Lierin Flanagan

Lane Name	School	Prelims
Section 1 of 1 Finals		
1 803 Harris, Dajanae	Wasilla	27.30
2 233 Bozeman, Jaley	Dimond	27.19
3 461 Flanagan, Lierin	Kenai	26.77
4 506 Allen, Alisha	Lathrop	26.81
5 148 Little, Destiny	Bartlett	27.21
6 625 Ferguson, Shaai	Service	27.30
7 157 Walker, Brittany	Bartlett	27.50
8 174 Harter, Kendra	Chugiak	27.75

Event 461 Boys 200 Meter Dash 1A-2A-3A

Saturday 5/22/2010 - 4:40 PM

.SAA Champ's: 24.35 5/23/2009 Shane Cawley
Season Best: 23.74 Brian Sears

Lane Name	School	Seed Time
Section 1 of 1 Finals		
1 676 Clement, Chris	Sitka	24.71
2 347 Metcalf, Quinton	Grace Christian	24.38
3 775 Nysewander-Kellard,	Su Valley	24.04
4 128 Williams, Ryan	Anch. Christian	24.36
5 772 Kelly, Bill	Su Valley	24.62
6 350 Sears, Brian	Grace Christian	24.78
7 559 Parrish, Sayyid	Nikiski	24.93
8 217 Herman, Charlie	Delta Junction	25.17

2010 ASAA Championships - 5/21/2010 to 5/22/2010**Hosted by Lathrop High School****Lathrop HS Track****Meet Program - Day 2 Track Events****Event 462 Boys 200 Meter Dash 4A****Saturday 5/22/2010 - 4:45 PM**.SAA Champ's: **21.99 1995 Joel Knight**
Season Best: **22.67 J. J. Jack-Nixon**

Lane	Name	School	Prelims
Section 1 of 1 Finals			
1	136 Daly, John	Bartlett	23.49
2	247 Jack-Nixon, J.J.	Dimond	22.72
3	760 Sollars, David	South Anchorage	22.69
4	898 Canady, Emanuel	East Anchorage	22.92
5	603 McCall, James	Palmer	23.31
6	479 Meredith, Austin	Ketchikan	23.51
7	609 Scoresby, John	Palmer	23.54
8	571 Anderson, Frankie	North Pole	23.64

Event 465 Girls 4x400 Meter Relay 1A-2A-3A**Saturday 5/22/2010 - 5:00 PM**.SAA Champ's: **4:36.38 5/23/2009 Grace Christian**
S Cresap, H Kopp, H Johnson, M Dupea
Season Best: **4:23.30 Grace Christian**

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Eielson	A	4:53.40
	1) 320 Son, Kaylin	2) 304 Armour, Andie	
	3) 316 Murtiff, Mickey	4) 307 Boyd, Taylor	
	5) 313 Hebert, Ashlynn	6) 305 Belt, Mallorie	
2	Haines	A	4:43.37
	1) 371 Lynch, Teolani	2) 370 Jacobson, Anna	
	3) 367 Giddings, Jess	4) 376 Rasmussen, Marnie	
	5) 363 Bower, Esther	6) 378 St. Clair, Jackie	
3	Grace Christian	A	4:31.05
	1) 348 Price, Blair	2) 333 Davis, BethAnne	
	3) 329 Applegate, Mariah	4) 332 Cresap, Sarah	
	5) 351 Serventi, Gabriella	6) 356 Tulip, Anna	
4	Monroe Catholic	A	4:42.76
	1) 543 Fifield, Macala	2) 551 Schreder, Nicole	
	3) 550 Schreder, Megan	4) 539 Bennett, Lizzy	
	5) 545 Halvarson, Josie		
5	Yakutat	A	4:45.96
	1) 895 Wheeler, Justyne	2) 893 Esbenshade, Tina	
	3) 892 Esbenshade, Ellen	4) 894 Myers, Hailley	
6	Skagway	A	4:53.75
	1) 700 Leverton, Rori	2) 702 Vogel, Avi	
	3) 698 Jensen, Amanda	4) 701 Surdyk, Kaitlyn	
	5) 696 Doland, Elise		
7	Delta Junction	A	4:56.61
	1) 214 Bynum, Ruby	2) 220 Olsen, Kari	
	3) 224 Trainor, Sam	4) 213 Byam, Anna	
	5) 219 Ionashku, Tonya		
8	Anch. Christian	A	5:05.70
	1) 127 Thompson, Krystal	2) 120 Quinlan, Callie	
	3) 114 James, Olivia	4) 113 Jaconette, Olivia	
	5) 101 Anderson, Leisha	6) 125 Simmers, Debbiey	

Event 466 Girls 4x400 Meter Relay 4A**Saturday 5/22/2010 - 5:10 PM**.SAA Champ's: **4:04.46 5/23/2009 Kenai Central**
K Louthan, S DeVito, B Beeson, L Flanagan
Season Best: **4:04.99 Dimond**

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Bartlett	A	4:17.70
	1) 154 Smith, Rosie	2) 151 Poole, Jasmine	
	3) 148 Little, Destiny	4) 129 Bick, Susan	
	5) 145 Kiyutelluk, Robin	6) 150 May, Danielle	
2	Service	A	4:16.22
	1) 623 Barrus, Natalie	2) 652 Zanders, Katelynn	
	3) 642 Serrano, Gaby	4) 650 Wheatall, Elizabeth	
	5) 634 LeClaire, Scottie Su	6) 621 Barleen, Audrey	
3	Dimond	A	4:04.99
	1) 237 Engel, Keiahnna	2) 230 Bagsby, Symphony	
	3) 248 Jackson, Kimmy	4) 259 Todd, Jessica	
	5) 261 Vaitohi, Mary	6) 246 Imig, Madison	
4	Kenai	A	4:12.02
	1) 468 Sandahl, Leah	2) 460 DeVito, Shaynee	
	3) 458 Beeson, Bailey	4) 461 Flanagan, Lierin	
	5) 470 Thompson, Sasha	6) 466 Mucha, Kailey	
5	South Anchorage	A	4:16.55
	1) 767 Yanoshek, Kelly	2) 755 Minge, Emma	
	3) 768 Zakurdaew, Lida	4) 761 Stophlet, Catherine	
	5) 749 Kirk, Stephanie	6) 765 Wiita, Cayla	
6	Palmer	A	4:18.50
	1) 615 Whitfield, Morgan	2) 616 Whitfield, Tress	
	3) 617 Winter, Gretchen	4) 598 Houchen, Sarah	
	5) 611 Smith, Kalene	6) 599 Johns, Mary	
7	Juneau-Douglas	A	4:26.50
	1) 439 Jackson, Karissa	2) 452 Sharp, Emily	
	3) 427 Burger-Pothier, Lillian	4) 435 Francis, Leah	
	5) 454 Siddeek, Esra	6) 445 Ostrom, Nani	
8	Lathrop	A	4:27.38
	1) 514 Fitzgerald, Kim	2) 513 Fitzgerald, Keri-Lyn	
	3) 528 Sloat, Alex	4) 507 Angell, Christine	
	5) 511 Edic, Megan	6) 527 Skille, Makayla	

2010 ASAA Championships - 5/21/2010 to 5/22/2010**Hosted by Lathrop High School****Lathrop HS Track****Meet Program - Day 2 Track Events****Event 467 Boys 4x400 Meter Relay 1A-2A-3A****Saturday 5/22/2010 - 5:20 PM**

.SAA Champ's: 3:44.16 5/23/2009 Sitka

A Gillespie, G Reeder, I Longridge, R Doggett

Season Best: 3:37.85

Grace Christian

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Anch. Christian	A	3:55.41
	1) 124 Simmers, Augustus	2) 128 Williams, Ryan	
	3) 110 Finn, Matt	4) 107 Brown, Alex	
	5) 115 Johnson, Brayton	6) 122 Rosier, Radhames	
2	Sitka	A	3:48.52
	1) 676 Clement, Chris	2) 685 Mathson, Peter	
	3) 691 Reeder, Gordon	4) 683 Gillespie, Arnold	
	5) 688 Patrick, Will	6) 675 Carroll, Josh	
3	Grace Christian	A	3:37.85
	1) 347 Metcalf, Quinton	2) 334 Dillon, Joseph	
	3) 330 Arnold, Andrew	4) 343 Kirk, Jacob	
	5) 337 Fischbach, Johnny	6) 339 Hickok, Ryan	
4	Seward	A	3:40.97
	1) 667 Lindquist, Jared	2) 657 Buchanan, Andrew	
	3) 664 Gillespie, Austin	4) 660 Chase, Brett	
	5) 658 Buchanan, Jeff	6) 673 Sorenson, Aaron	
5	Tri Valley	A	3:52.01
	1) 791 Young, Nick	2) 789 Talerico, Andrew	
	3) 790 Talerico, Jonathan	4) 786 Carter, Jake	
	5) 788 Shreeve, Forest	6) 787 Mercer, Eric	
6	Her. Christian	A	3:59.71
	1) 396 Vreeman, Amos	2) 397 Vreeman, Gideon	
	3) 389 Millar, Jonathon	4) 386 Brady, Jesse	
	5) 388 Hanks, Pete	6) 385 Beier, Christian	
7	Delta Junction	A	3:59.90
	1) 212 Bialik, Josh	2) 223 Tirrell, Tony	
	3) 217 Herman, Charlie	4) 221 Pelto, Eric	
	5) 222 Tatarenko, David	6) 218 Ionashku, Andrey	
8	Nikiski	A	4:00.77
	1) 556 Hartley, Stephen	2) 562 Taylor, Jordon	
	3) 560 Ray, Trevor	4) 559 Parrish, Sayyid	
	5) 561 Sterling, Patrick	6) 558 Newton, Joe	

Event 468 Boys 4x400 Meter Relay 4A**Saturday 5/22/2010 - 5:30 PM**

.SAA Champ's: 3:23.6h 1982 East Anchorage

Singleton, Perham, Brownsberger, Stephens

Season Best: 3:28.60

Service

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Eagle River	A	3:38.43
	1) 265 Fox, Devon	2) 270 Norgaard, Eric	
	3) 268 King, Brandon	4) 271 Owolabi, John	
	5) 273 Summers, Clarence	6) 267 Howard, Ryan	
2	Bartlett	A	3:31.75
	1) 136 Daly, John	2) 143 Highlander, Willie	
	3) 160 Yates, Jacob	4) 131 Brunson, Daquon	
	5) 133 Chenault, Cyrus	6) 141 Hale, Jamal	
3	Service	A	3:28.60
	1) 636 Mamikunian, Connor	2) 632 Lane, Jani	
	3) 624 Dobbins, Matt	4) 645 Talbot, Silas	
	5) 651 Wilson, Travis	6) 649 Wheatall, Benjamin	
4	Kodiak	A	3:30.88
	1) 486 Davidson, Chaven	2) 500 Nymeyer, Caleb	
	3) 490 Fogle, Jordan	4) 503 Schick, Karsten	
	5) 491 Gilbert, Brandon	6) 497 McFarlin, Riley	
5	Dimond	A	3:32.52
	1) 260 Tufaga, Armani	2) 252 Nasir, Ahmad	
	3) 247 Jack-Nixon, J.J.	4) 250 Malamon, Nathachai	
	5) 231 Bennett, Tyler	6) 251 McCloskey, Mason	
6	Kenai	A	3:40.15
	1) 467 Sandahl, Joe	2) 457 Agosti, Adam	
	3) 462 Hull, AJ	4) 464 Kiefer, Billy	
	5) 471 Wensley, Lincoln	6) 465 Mole, Andrew	
7	East Anchorage	A	3:40.90
	1) 294 Nichols, Myles	2) 300 Tennant, Jordan	
	3) 292 Lopez, NaVarr	4) 287 Holley, Caleb	
	5) 898 Canady, Emanuel	6) 284 Ebert, Kai	
8	Lathrop	A	3:48.86
	1) 519 Hanson, Kyle	2) 530 Tippett, Colin	
	3) 522 McCoy, Matt	4) 521 Kornkven, Ryer	
	5) 515 Gallegos, Tim	6) 531 Van Flein, Isaac	

ASAA Track and Field 2010 Championships

Lathrop HS Track
Hosted by Lathrop HS
May 21-22, 2010

RESULTS

for Friday, May 21

Meets organized and officiated by Running Club North
Data and results services provided by SportAlaska

All meet information available at: <http://region6.sportalaska.com/2010/>

2010 ASAA Championships - 5/21/2010 to 5/22/2010**Hosted by Lathrop High School****Lathrop HS Track****Team Rankings - Through Event 204****Female Team Scores - 11 1A-2A-3A Division**

Place	School		Points
1	Sitka HS	SIT	25
2	Anchorage Christian	ACS	21.50
3	Nikiski HS	NIK	14
4	Haines HS	HAI	10
4	Kenny Lake HS	KELA	10
6	Seward HS	SEW	8
6	Grace Christian	GRA	8
8	Su Valley HS	SUV	7
8	Ninilchik HS	NIN	7
8	Monroe Catholic HS	MON	7
11	Skagway HS	SKG	4
12	Eielson HS	EIE	2.50
Total			124.00

Female Team Scores - 12 4A Division

Place	School		Points
1	West Valley HS	WVL	22
2	Colony HS	COL	21
3	Soldotna HS	SOL	14
4	Lathrop HS	LAT	10
4	Service HS	SER	10
4	Skyview HS	SKY	10
4	Houston HS	HOU	10
8	Wasilla HS	WAS	9
9	Juneau-Douglas HS	JNU	6
10	Dimond HS	DIM	4
11	Kodiak HS	KOD	2
11	West Anchorage HS	WANC	2
11	Bartlett	BAR	2
14	East Anchorage HS	EANC	1
14	North Pole HS	NPL	1
Total			124.00

2010 ASAA Championships - 5/21/2010 to 5/22/2010**Hosted by Lathrop High School****Lathrop HS Track****Team Rankings - Through Event 204****Male Team Scores - 11 1A-2A-3A Division**

Place	School		Points
1	Anchorage Christian	ACS	36
2	Grace Christian	GRA	24
3	Hutchison HS	HUT	18
4	Nome-Beltz	NOM	9
5	Delta Junction HS	DEL	8
6	Skagway HS	SKG	6
6	Su Valley HS	SUV	6
8	Glennallen HS	GLEN	5
9	Haines HS	HAI	4
10	Ninilchik HS	NIN	3
10	Heritage Christian	HER	3
12	Tri Valley	TVS	1
Total			123.00

Male Team Scores - 12 4A Division

Place	School		Points
1	Service HS	SER	24
2	Kenai Central HS	KEN	20
3	Bartlett	BAR	19
4	Kodiak HS	KOD	16
5	West Valley HS	WVL	10
5	Wasilla HS	WAS	10
5	Lathrop HS	LAT	10
8	Dimond HS	DIM	6
9	East Anchorage HS	EANC	4
10	North Pole HS	NPL	2
10	South Anchorage HS	SANC	2
12	Juneau-Douglas HS	JNU	1
Total			124.00

2010 ASAA Championships - 5/21/2010 to 5/22/2010

Hosted by Lathrop High School

Lathrop HS Track

Results - Day 1 Field Events - MTJ, FTJ, MHJ, FHJ, MSP, FDT

Girls High Jump 1A-2A-3A

ASAA Champ's: 5-01 % 5/22/2009 Daisy Morgan

Season Best: 4-10 * Sarah Cresap, Grace

Name	School	Finals
Flight 1		
1 Medinger, Kathryn	Sitka	J4-10.00* 10
2 Goins, Brianna	Ninilchik	J4-08.00 7
2 Stevenson, Bailey	Su Valley	J4-08.00 7
4 Paustian, Kari	Sitka	J4-08.00 4
5 Francis, Courtney	Eielson	J4-06.00 1.5
5 Quinlan, Callie	Anch. Christian	J4-06.00 1.5
7 Cresap, Sarah	Grace Christian	4-04.00
7 Gavora, Alexis	Monroe Catholic	4-04.00
9 Piper, Jordan	Haines	J4-04.00
--- Jaconette, Olivia	Anch. Christian	NH
--- Fellman, Hannah	Delta Junction	NH

Girls Triple Jump 1A-2A-3A

ASAA Champ's: 31-11.75 % 5/22/2009 Lexy Siefert

Season Best: 32-09.25 * Jenelle Bennett

Name	School	Finals
Flight 1		
1 Simmers, Debbiey	Anch. Christian	33-02.50* 10
2 Bennett, Jenelle	Anch. Christian	32-02.75% 8
3 Hughey, Alaire	Sitka	31-11.75% 6
4 Paustian, Kari	Sitka	31-09.25 4
5 Tulip, Anna	Grace Christian	31-01.75 2
6 Francis, Courtney	Eielson	30-08.75 1
7 Goins, Brianna	Ninilchik	27-04.25 1.2
--- Madren, Karley	Anch. Christian	FOUL

Girls Discus Throw 1A-2A-3A

ASAA Champ's: 104-11 % 5/22/2009 Megan Hansen

Season Best: 117-07 * Fran Daly

Name	School	Finals
Flight 1		
1 Daly, Fran	Haines	111-08% 10
2 Johnson, Kassi	Nikiski	99-08 8
3 Hansen, Megan	Nikiski	95-01 6
4 Richardson, Sara	Grace Christian	93-03 4
5 Nale, Margaret	Anch. Christian	84-04 2
6 Obermeyer, Demi	Monroe Catholic	83-11 1
7 Davidson, Cara	Cook Inlet	82-09
8 Green, Kylee	Grace Christian	72-02

Girls High Jump 4A

ASAA Champ's: 5-06 % 1983

Season Best: 5-01 * Rene Pickarsky
Hannah Matson, West Valley

Name	School	Finals
Flight 1		
1 Kudinova, Veronika	Service	J5-01.00* 10
2 Ulen, Mariah	Soldotna	J5-01.00* 8
3 Mattson, Hannah	West Valley	J5-01.00* 5
3 Mackey, Julia	West Valley	J5-01.00* 5

5 Kueter, Morgan	Bartlett	J5-00.00 2
6 Stewart, Taylor	Colony	J4-08.00 1
7 Mather, Laura	West Valley	J4-08.00
7 Broquet, Nicole	Dimond	J4-08.00
9 Warners, Scout	Eagle River	4-06.00
9 Okasaktaruk, Alice	Wasilla	4-06.00
11 Zakurdaew, Lida	South Anchorage	J4-06.00
12 James, Savanna	Houston	J4-06.00
--- Dumpson, Tekoa	East Anchorage	NH
--- Parish, Tonya	Dimond	NH
--- Smith, Kalene	Palmer	NH
--- Covault, Crystal	Ketchikan	NH

Girls Triple Jump 4A

ASAA Champ's: 37-04.50 % 5/19/2006 Sylvia Bullock

Season Best: 36-09 * Alisha Allen

Name	School	Prelims
Flight 1 Preliminaries		
1 Allen, Alisha	Lathrop	36-00.50q-0.6
2 Mackey, Julia	West Valley	33-01.25q-1.5
3 Collins, Alexandria	Chugiak	32-09.50q-2.1
4 Wilcox, Cara	Dimond	32-07.00q-0.1
5 Parish, Tonya	Dimond	32-02.75q-0.4
6 Steiner, Taylor	Wasilla	31-00.25 +0.0
7 Laster, Mercedes	Service	30-10.00 -0.9
8 Orbistondo, Cassie	Juneau-Douglas	29-02.25 -0.5
Flight 2 Preliminaries		
1 Stewart, Taylor	Colony	32-08.00q 0.6
2 Johansen, Siobhan	Colony	32-06.50q 0.8
3 Okasaktaruk, Alice	Wasilla	32-03.25q-1.6
4 Rust, Kiera	Wasilla	32-01.25 -0.4
5 West, Brianna	East Anchorage	31-10.75 0.3
6 Bassler, Lauren	South Anchorage	29-10.75 -1.0
7 Maresh, Laura	Colony	29-01.75 0.2

Girls Triple Jump 4A

ASAA Champ's: 37-04.50 % 5/19/2006 Sylvia Bullock

Season Best: 36-09 * Alisha Allen

Name	School	Finals
Flight 1 Finals		
1 Allen, Alisha	Lathrop	36-00.50 10
2 Mackey, Julia	West Valley	34-08.75 8
3 Johansen, Siobhan	Colony	34-00.50 6
4 Wilcox, Cara	Dimond	34-00.25 4
5 Stewart, Taylor	Colony	33-05.00 2
6 Okasaktaruk, Alice	Wasilla	33-04.00 1
7 Collins, Alexandria	Chugiak	32-09.50 -2.1
8 Parish, Tonya	Dimond	32-02.75 -0.4

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Girls Discus Throw 4A

ASAA Champ's: 143-02 % 1997

Jenny Luer

Season Best: 117-11 *

Tekoa Dumpson

Name	School	Prelims
Flight 1 Preliminaries		
1 Duke, Jessie	Soldotna	103-10q
2 Tufi, Pauline	West Anchorage	101-02q
3 Irwin, Shellina	Colony	97-07q
4 Holland, Megan	South Anchorage	96-09q
5 Swanson, Sarah	West Valley	93-09q
6 Howard, Kristy	Chugiak	89-03
7 Pearce, Kristen	Service	84-05
--- Houser, Victoria	Chugiak	FOUL

Flight 2 Preliminaries

1 Johansen, Gaynor	Colony	102-11q
2 Dumpson, Tekoa	East Anchorage	100-01q
3 Barney, Danielle	Houston	99-03q
4 Troisi, Jillian	Wasilla	91-05
5 Parham, Megan	Skyview	91-03
6 Cristiano, Hannah	Soldotna	89-07
7 Anderson, Katie M.	Dimond	74-06
--- Grant, Ashley	Dimond	FOUL

Girls Discus Throw 4A

ASAA Champ's: 143-02 % 1997

Jenny Luer

Season Best: 117-11 *

Tekoa Dumpson

Name	School	Finals
Flight 1 Finals		
1 Barney, Danielle	Houston	108-04 10
2 Irwin, Shellina	Colony	103-11 8
3 Duke, Jessie	Soldotna	103-10 6
4 Johansen, Gaynor	Colony	102-11 4
5 Tufi, Pauline	West Anchorage	101-02 2
6 Dumpson, Tekoa	East Anchorage	100-01 1
7 Holland, Megan	South Anchorage	96-09
8 Swanson, Sarah	West Valley	95-07

Boys High Jump 1A-2A-3A

ASAA Champ's: 6-06 % 5/22/2009 Dylan Beck

Season Best: 5-11 *

Alex Weldon

Name	School	Finals
Flight 1		
1 Simmers, Augustus	Anch. Christian	J5-06.00 10
2 Head, Jeremy	Nome	J5-04.00 8
3 Figley, Dylan	Su Valley	J5-04.00 6
4 Wheeler, Jack	Ninilchik	J5-04.00 3
4 Hanks, Pete	Her. Christian	J5-04.00 3
--- Kidd, Saber	Su Valley	NH
--- Sholl, Michael	Her. Christian	NH

Boys Triple Jump 1A-2A-3A

ASAA Champ's: 41-09.25 % 5/22/2009 Travis Price

Season Best: 40-07.75 *

Ryan Scott

Name	School	Finals
Flight 1		
1 Scott, Ryan	Anch. Christian	40-06.75 10
2 Rima, Kevin	Hutchison	38-11.00 8
3 Richwine, Aaron	Anch. Christian	38-06.75 6
4 Weimer, Nick	Glennallen	38-03.25 4
5 Charters, Luke	Anch. Christian	37-08.50 2
6 Head, Jeremy	Nome	37-00.00 1
7 Goins, Scott	Ninilchik	35-09.50 0.8
8 Manchester, Zachary	Gustavus	34-02.00 0.6

Boys Shot Put 1A-2A-3A

ASAA Champ's: 41-08 % 5/22/2009 Kevin Rima

Season Best: 44-10.25 *

Kevin Rima

Name	School	Finals
Flight 1		
1 Rima, Kevin	Hutchison	45-08.00* 10
2 Walker, Dane	Grace Christian	41-08.25% 8
3 Richwine, Aaron	Anch. Christian	40-05.75 6
4 Piper, Jesse	Haines	39-09.25 4
5 Johnson, Erik	Grace Christian	39-06.00 2
6 Finau, Samisoni	Glennallen	37-05.00 1
7 Vreeman, Amos	Her. Christian	34-08.25
--- Deveraux, Jackson	Hutchison	FOUL

Boys High Jump 4A

ASAA Champ's: 6-09 % 5/22/2009 Ben Jackson

Season Best: 6-03 *

Brey Hassebroek, West Valley

Name	School	Finals
Flight 1		
1 Spalding, Tyler	Kenai	6-04.00* 10
2 Schick, Karsten	Kodiak	6-03.00* 8
3 Hassebroek, Brey	West Valley	6-01.00 6
4 Gladden, Tevin	Lathrop	J6-01.00 4
5 Groesbeck, Greg	North Pole	J6-01.00 2
6 Ariola, Kent	West Valley	5-10.00 1
7 Bennett, Tyler	Dimond	J5-10.00
7 Curtis, Manny	Wasilla	J5-10.00
9 Palmer, Colten	Eagle River	5-08.00
10 Rasmussen, Ethan-John	Service	J5-08.00
10 Esteves-Cruz, Nelson	Bartlett	J5-08.00
12 Enloe, Tanner	Colony	J5-08.00
13 Buzby, Charlie	Houston	J5-08.00
13 Vealy, Will	West Valley	J5-08.00
--- Vealy, Anthony	West Valley	NH
--- Fogle, Jordan	Kodiak	NH
--- Rias, Jacory	East Anchorage	NH
--- Albert, Cody	North Pole	NH

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Boys Triple Jump 4A

ASAA Champ's: 45-10.25 % 1993

Season Best: 42-11.50 *

Joel Mahaffey

Tyler Spalding

Name	School	Prelims
Flight 1 Preliminaries		
1 Talbot, Silas	Service	42-03.25q 0.1
2 Predmore, Richard	Bartlett	40-02.25q 0.1
3 Barnett, Vincent	Lathrop	40-01.00q 0.6
4 Gallegos, Tim	Lathrop	39-04.50q 0.1
5 Haley, Bryan	Bartlett	38-11.00q 0.8
6 Davis, Ty	West Valley	38-07.00 -0.9
7 Afoa, Stanson	Dimond	38-01.75 +0.0
8 Michaelson, Greg	Colony	37-11.25 0.3
Flight 2 Preliminaries		
1 Spalding, Tyler	Kenai	* 43-02.25q 1.0
2 Bunton, Andre	Juneau-Douglas	40-01.50q -0.1
3 Winbush, Deandre	Bartlett	39-03.75q 0.8
4 Groesbeck, Greg	North Pole	38-10.00 +0.0
5 Turner, Levi	South Anchorage	38-09.00 0.6
6 Curtis, Manny	Wasilla	38-01.25 -0.8
7 Gladden, Tevin	Lathrop	36-09.50 -0.7

Boys Triple Jump 4A

ASAA Champ's: 45-10.25 % 1993

Season Best: 42-11.50 *

Joel Mahaffey

Tyler Spalding

Name	School	Finals
Flight 1 Finals		
1 Spalding, Tyler	Kenai	43-02.25* 10
2 Talbot, Silas	Service	42-03.25 8
3 Barnett, Vincent	Lathrop	41-04.25 6
4 Predmore, Richard	Bartlett	40-11.25 4
5 Winbush, Deandre	Bartlett	40-07.50 2
6 Bunton, Andre	Juneau-Douglas	40-01.50 1
7 Haley, Bryan	Bartlett	39-07.00 -1.1
8 Gallegos, Tim	Lathrop	39-04.50 0.1

Boys Shot Put 4A

ASAA Champ's: 71-03 % 5/23/2008 Jordan Clarke

Season Best: 54-02 *

Mitchell Swenson

Name	School	Prelims
Flight 1 Preliminaries		
1 Dommek, Tim	Bartlett	49-01.50q
2 Swensen, Mitchell	Dimond	48-11.25q
3 Masalosalo, Troy	Bartlett	44-00.75q
4 Fenumiai, Lawrence	Juneau-Douglas	41-09.75q
5 HoltMan, Terry	West Anchorage	41-05.00
6 Kauffman, Justin	West Anchorage	40-10.75
7 Sele, Eric	Juneau-Douglas	39-04.50
8 Chiu, Trey	West Valley	38-08.75
Flight 2 Preliminaries		
1 Knowles, John	Wasilla	46-09.00q

2 Agae, Ishmael	West Valley	44-07.75q
3 Hotch, Franklin	Juneau-Douglas	42-04.75q
4 Levao, Chavous	Bartlett	41-10.25q
5 Tran, Brandon	East Anchorage	40-11.25
6 Teeling, Devon	Wasilla	40-03.00
7 Hueners, Eric	Dimond	39-09.75
8 Parsons, Evan	Palmer	38-05.75

Boys Shot Put 4A

ASAA Champ's: 71-03 % 5/23/2008 Jordan Clarke

Season Best: 54-02 *

Mitchell Swenson

Name	School	Finals
Flight 1 Finals		
1 Knowles, John	Wasilla	50-08.25 10
2 Dommek, Tim	Bartlett	50-04.00 8
3 Swensen, Mitchell	Dimond	48-11.25 6
4 Masalosalo, Troy	Bartlett	45-10.25 4
5 Agae, Ishmael	West Valley	44-07.75 2
6 Levao, Chavous	Bartlett	43-08.50 1
7 Hotch, Franklin	Juneau-Douglas	42-04.75
8 Fenumiai, Lawrence	Juneau-Douglas	41-09.75

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

ASAA Champ's: 11:37.18 % 5/22/2009 Kailey Wilson

Season Best: 11:23.24 * Kailey Wilson

Name	School	Finals
Section 1		
1 Wilson, Kailey	Kenny Lake	11:33.61% 10
2 Barnwell, Alison	Seward	11:42.37 8
3 Fifield, Macala	Monroe Catholic	12:13.17 6
4 Jensen, Amanda	Skagway	12:13.50 4
5 Applegate, Mariah	Grace Christian	12:14.39 2
6 Paustian, Kari	Sitka	12:22.68 1
7 Surdyk, Kaitlyn	Skagway	12:34.91
8 Dyer, Laura	Seward	13:04.18

Girls 100 Meter Dash 4A

ASAA Champ's: 11.8h % 1981 Startlett Jackson

Season Best: 12.54 * Alisha Allen

Name	School	Prelims
Heat 1 Preliminaries Wind: -0.1		
1 Ferguson, Shaai	Service	12.87Q
2 Tillmon, Jessica	Bartlett	12.88Q
3 Allen, Alisha	Lathrop	13.00Q
4 Sweet, MiCall	Dimond	13.09Q
5 Schleich, Cori	Wasilla	13.57
6 Mattson, Hannah	West Valley	13.66

Heat 2 Preliminaries Wind: -1.5

1 Harris, Dajanae	Wasilla	12.93Q
2 Dampier, Morgan	Wasilla	12.96Q
3 Walker, Brittany	Bartlett	13.12Q
4 Little, Destiny	Bartlett	13.15Q
5 Jackson, Rayana	Bartlett	13.18
6 Souders, Hannah	Service	13.40
7 Oliver, Samantha	Kodiak	13.87

Girls 200 Meter Dash 4A

ASAA Champ's: 25.1h % 1982 Yvette Ervin

Season Best: 25.99 * Lierin Flanagan

Name	School	Prelims
Heat 1 Preliminaries Wind: NWI		
1 Allen, Alisha	Lathrop	26.81Q
2 Bozeman, Jaley	Dimond	27.19Q
3 Ferguson, Shaai	Service	27.30Q
3 Harris, Dajanae	Wasilla	27.30Q
5 Matthis, MacKenzie	Chugiak	27.54
6 Ernest, Selma	Kodiak	28.34
7 Kennedy, Jaime	West Valley	28.52
8 Sweet, MiCall	Dimond	28.88
Heat 2 Preliminaries Wind: NWI		
1 Flanagan, Lierin	Kenai	26.77Q
2 Little, Destiny	Bartlett	27.21Q
3 Walker, Brittany	Bartlett	27.50Q

4 Harter, Kendra	Chugiak	27.75Q
5 Cooper, Paris	Skyview	28.43
6 Siddeek, Esra	Juneau-Douglas	28.48
7 Schleich, Cori	Wasilla	28.62

Girls 400 Meter Dash 4A

ASAA Champ's: 57.14 % 5/20/2006 Andrea Crook

Season Best: 56.84 * Lierin Flanagan

Name	School	Prelims
Heat 1 Preliminaries		
1 Beeson, Bailey	Kenai	59.29Q
2 Bagsby, Symphony	Dimond	1:00.05Q
3 Todd, Jessica	Dimond	1:00.09Q
4 Bick, Susan	Bartlett	1:00.62Q
5 Ernest, Selma	Kodiak	1:02.09
6 Stophlet, Catherine	South Anchorage	1:02.36
7 Ashmore, Lawjen	West Valley	1:02.89
8 Matthis, MacKenzie	Chugiak	1:03.63
Heat 2 Preliminaries		
1 Flanagan, Lierin	Kenai	% 56.96Q
2 Dampier, Morgan	Wasilla	59.30Q
3 Reagle, Josephine	East Anchorage	1:01.01Q
4 Imig, Madison	Dimond	1:01.15Q
5 Wood, Sam	North Pole	1:02.30
6 Angell, Christine	Lathrop	1:02.33
7 Mucha, Bree	Soldotna	1:03.33
8 Burger-Pothier, Lillian	Juneau-Douglas	1:04.58

Girls 800 Meter Run 4A

ASAA Champ's: 2:14.56 % 2003 Kris Smith

Season Best: 2:15.06 * Morgan Dampier

Name	School	Prelims
Heat 1 Preliminaries		
1 Bethea, Jaymi	Kodiak	2:21.18Q
2 O'Guinn, Ivy	Skyview	2:22.22Q
3 Roelle, Rachel	West Anchorage	2:23.12Q
4 Fitzgerald, Kim	Lathrop	2:24.05Q
5 Mucha, Kailey	Kenai	2:26.18
6 Ivanoff, Chloe	Kodiak	2:30.27
7 Rorabaugh, Eliza	West Valley	2:31.45
Heat 2 Preliminaries		
1 Dampier, Morgan	Wasilla	2:24.41Q
2 Wilcox, Cara	Dimond	2:24.47Q
3 Michaelson, Audrey	Colony	2:24.67Q
4 Wray, Nikki	Dimond	2:25.29Q
5 Clump, Keri	Wasilla	2:25.31
6 Wheatall, Elizabeth	Service	2:30.12
7 Schmitz, Kelly	North Pole	2:36.61

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Girls 3200 Meter Run 4A

ASAA Champ's: 10:37.7h % 1986

Kristi Klinnert

Season Best: 11:13.16 *

Ivy O'Guinn

Name	School	Finals
Section 1		
1 O'Guinn, Ivy	Skyview	11:06.97* 10
2 Ford, Jenna	Wasilla	11:13.47 8
3 Francis, Leah	Juneau-Douglas	11:26.76 6
4 Callahan, Molly	West Valley	11:29.69 4
5 Ivanoff, Chloe	Kodiak	11:32.41 2
6 Wright, Jessica	North Pole	11:38.20 1
7 Schmitz, Christi	North Pole	11:41.78
8 Freistone, Sarah	Dimond	11:43.92
9 Hennessy, Amelia	Dimond	11:47.04
10 Stewart, Sydney	Colony	11:58.46
11 Mahlen, Tsaina	South Anchorage	12:00.58
12 Edic, Megan	Lathrop	12:00.64
13 Lange, Katherine	Chugiak	12:02.32
14 Smith, Melanie	Soldotna	12:05.17
15 Rinngenberg, Mandi	Wasilla	12:07.96
16 Culver, Katherine	South Anchorage	12:08.63

Girls 100 Meter Hurdles 4A

ASAA Champ's: 15.03 % 2000

Jana Schaafsma

Season Best: 15.01 *

Rosie Smith

Name	School	Prelims
Heat 1 Preliminaries Wind: 1.1		
1 Sharp, Emily	Juneau-Douglas	* 14.92Q
2 Engel, Keiahna	Dimond	* 14.96Q
3 Kueter, Morgan	Bartlett	16.64Q
4 DeVito, Shaynee	Kenai	16.76Q
5 Sandahl, Leah	Kenai	16.87
6 Bassler, Lauren	South Anchorage	16.94
7 Rust, Kiera	Wasilla	17.19
8 Vaitohi, Mary	Dimond	17.28
Heat 2 Preliminaries Wind: -0.6		
1 Smith, Rosie	Bartlett	15.44Q
2 Sharp, Samantha	Juneau-Douglas	16.32Q
3 Kiyutelluk, Robin	Bartlett	16.71Q
4 Bohn, Brianne	West Anchorage	16.87Q
5 Oliver, Samantha	Kodiak	16.87
6 Klecka, Jacqueline	Eagle River	17.01
7 Oba, Elli	Lathrop	17.60
8 Nuernberg, Monica	Palmer	17.91

Girls 300 Meter Hurdles 4A

ASAA Champ's: 44.93 % 1994

Lara Kelly

Season Best: 45.79 *

Rosie Smith

Name	School	Prelims
Heat 1 Preliminaries		
1 Sharp, Emily	Juneau-Douglas	46.86Q

2 Vaitohi, Mary	Dimond	48.01Q
3 Wilcox, Cara	Dimond	48.50Q
4 Sharp, Samantha	Juneau-Douglas	48.58Q
5 Ulen, Mariah	Soldotna	49.04
6 Kiyutelluk, Robin	Bartlett	50.93
7 Hollers, Elisha	Skyview	51.61
8 Johansen, Siobhan	Colony	51.96

Heat 2 Preliminaries

1 Smith, Rosie	Bartlett	46.16Q
2 Engel, Keiahna	Dimond	46.70Q
3 DeVito, Shaynee	Kenai	49.09Q
4 Inch, Deven	East Anchorage	49.12Q
5 Rorabaugh, Marisa	West Valley	49.80
6 LeClaire, Scottie Su	Service	50.38
7 Bassler, Lauren	South Anchorage	51.03
8 Jackson, Sarah	West Valley	52.69

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

ASAA Champ's: 9:28.81 % 5/22/2009 Jacob Kirk

Season Best: 9:16.40 *

Jacob Kirk

Name	School	Finals
Section 1		
1 Kirk, Jacob	Grace Christian	9:20.27% 10
2 Ionashku, Andrey	Delta Junction	9:52.08 8
3 Weber, Quinn	Skagway	10:03.84 6
4 Klein, John	Grace Christian	10:06.54 4
5 Baker, Matt	Anch. Christian	10:23.67 2
6 Carter, Jake	Tri Valley	10:26.77 1
7 Gillespie, Austin	Seward	10:28.50
8 Knotek, Miles	Seward	10:45.95

Boys 100 Meter Dash 4A

ASAA Champ's: 10.90 % 1995

Joel Knight

Season Best: 11.14 *

Cyrus Chenault

Name	School	Prelims
Heat 1 Preliminaries Wind: 1.0		
1 Canady, Emanuel	East Anchorage	11.20Q
2 Vealy, Will	West Valley	11.29Q
3 Holley, Caleb	East Anchorage	11.36Q
4 Anderson, Frankie	North Pole	11.41Q
5 Forkner, Chris	Palmer	11.62
6 Simmons, YoRel	Colony	11.62
7 Pessetto, Jared	South Anchorage	11.71
8 Gray, Darriion	Dimond	11.72
Heat 2 Preliminaries Wind: 1.2		
1 Chenault, Cyrus	Bartlett	11.21Q
2 McCall, James	Palmer	11.34Q
3 Meredith, Austin	Ketchikan	11.54Q
4 Watts, Marcus	Bartlett	11.67Q
5 Manneh, Modou	South Anchorage	11.87
--- Holloway, Christopher	Juneau-Douglas	FS

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Boys 200 Meter Dash 4A

ASAA Champ's: 21.99 % 1995 Joel Knight
 Season Best: 22.67 * J. J. Jack-Nixon

Name	School	Prelims
Heat 1 Preliminaries Wind: NWI		
1 Canady, Emanuel	East Anchorage	22.92Q
2 McCall, James	Palmer	23.31Q
3 Daly, John	Bartlett	23.49Q
4 Anderson, Frankie	North Pole	23.64Q
5 Owolabi, John	Eagle River	23.66
6 Ward, Jesse	North Pole	23.76
7 Pessetto, Jared	South Anchorage	23.94
8 Turner, Levi	Palmer	24.27

Heat 2 Preliminaries Wind: NWI

1 Sollars, David	South Anchorage	22.69Q
2 Jack-Nixon, J.J.	Dimond	22.72Q
3 Meredith, Austin	Ketchikan	23.51Q
4 Scoresby, John	Palmer	23.54Q
5 McFarlin, Riley	Kodiak	23.67
6 Jaronik, Matt	Colony	23.75
7 Owens, Taylor	Wasilla	24.04
8 Schneider, Colton	Soldotna	24.07

Boys 400 Meter Dash 4A

ASAA Champ's: 47.78 % 5/26/2007 Ethan Hewitt
 Season Best: 49.97 * J. J. Jack-Nixon

Name	School	Prelims
Heat 1 Preliminaries		
1 Sollars, David	South Anchorage	50.22Q
2 Ward, Jesse	North Pole	50.27Q
3 Mamikunian, Connor	Service	50.69Q
4 Schneider, Colton	Soldotna	52.56Q
5 Rutecki, Nick	Juneau-Douglas	52.82
6 Kornkven, Ryer	Lathrop	53.62
7 Fogle, Jordan	Kodiak	54.07
--- Brunson, Daquon	Bartlett	FS

Heat 2 Preliminaries

1 Jack-Nixon, J.J.	Dimond	50.81Q
2 Owolabi, John	Eagle River	50.86Q
3 Owens, Taylor	Wasilla	52.23Q
4 Nymeyer, Caleb	Kodiak	52.43Q
5 Jaronik, Matt	Colony	52.48
6 McFarlin, Riley	Kodiak	52.75
7 Ebert, Kai	East Anchorage	53.02
8 Isaacson, Jared	North Pole	54.71

Boys 800 Meter Run 4A

ASAA Champ's: 1:49.2h % 1985 Doug Herron
 Season Best: 1:56.61 * Silas Talbot

Name	School	Prelims
Heat 1 Preliminaries		
1 Walgren, Robert	Service	2:00.61Q
2 Lane, Jani	Service	2:00.85Q
3 Kiefer, Billy	Kenai	2:01.66Q
4 Hanson, Kyle	Lathrop	2:02.04Q
5 Enloe, Tanner	Colony	2:02.60
6 Deer, Nathan	Kodiak	2:04.42
7 Kveseth, Chris	Chugiak	2:05.97

Heat 2 Preliminaries

1 Roelle, Hans	West Anchorage	2:02.35Q
2 DeWilde, Gavin	North Pole	2:02.58Q
3 Anthony, Dylan	Kodiak	2:02.75Q
4 Mangelsdorf, Wylie	Palmer	2:03.47Q
5 Chenier, Trey	West Anchorage	2:03.81
6 Osowski, James	Kodiak	2:04.83
7 Walker, Dawson	Juneau-Douglas	2:05.14
8 Minturn, Mason	Palmer	2:06.70

Boys 3200 Meter Run 4A

ASAA Champ's: 9:11.27 % 5/23/2008 Jake Parisien
 Season Best: 9:17.44 * Silas Talbot

Name	School	Finals
Section 1		
1 Talbot, Silas	Service	9:20.41 10
2 Anthony, Dylan	Kodiak	9:22.08 8
3 Walgren, Robert	Service	9:45.91 6
4 Knapp, Nathaniel	East Anchorage	9:50.99 4
5 Huffman, Mason	South Anchorage	9:58.08 2
6 Leder, James	West Valley	10:08.94 1
7 Williams, Cody	Skyview	10:15.65
8 Christiansen, Cole	Kodiak	10:17.80
9 Bursell, Zachary	Juneau-Douglas	10:18.00
10 Smith, Carl	South Anchorage	10:22.28
11 Wheatall, Aaron	Service	10:24.65
12 Fischer, Simon	Wasilla	10:25.28
13 Osiensky, Chris	Palmer	10:33.87
14 Pahkala, Josh	Wasilla	10:35.47
15 Nixon-Helms, Dylan	Lathrop	10:42.54
16 Holt, Brayden	Skyview	10:46.15

Boys 110 Meter Hurdles 4A

ASAA Champ's: 14.4h % 1989 Ollie Massengale
 Season Best: 15.65 * Elliott Bauer

Name	School	Prelims
Heat 1 Preliminaries Wind: -1.2		
1 Schick, Karsten	Kodiak	15.68Q
2 Wilson, Travis	Service	15.75Q

2010 ASAA Championships - 5/21/2010 to 5/22/2010**Hosted by Lathrop High School****Lathrop HS Track****Results - Day 1 Track Events****Heat 1 Preliminaries Wind: -1.2 ... (Boys 110 Meter Hurdles)**

Name	School	Prelims
3 Gallegos, Tim	Lathrop	15.78Q
4 Credito, Carlo	Ketchikan	16.18Q
5 Yates, Jacob	Bartlett	16.20
6 Corr, John	Dimond	16.77
7 Niver, Blake	Colony	17.15
8 Tippett, Colin	Lathrop	17.36

Heat 2 Preliminaries Wind: -0.6

1 Bauer, Elliott	South Anchorage	* 15.45Q
2 McCloskey, Mason	Dimond	15.97Q
3 Bricker, Anthony	Colony	16.24Q
4 Kauffman, Alex	Soldotna	16.36Q
5 Eisses, Jacob	West Anchorage	16.50
6 DeLoria, Brody	East Anchorage	16.62
7 Pena, Pedro	West Anchorage	17.26
8 Foran, Walter	North Pole	17.39

Boys 300 Meter Hurdles 4A**ASAA Champ's: 38.9h % 1991****Nathan Moffett****Season Best: 40.62 *****Elliott Bauer**

Name	School	Prelims
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Heat 1 Preliminaries

1 Schick, Karsten	Kodiak	* 40.33Q
2 McCloskey, Mason	Dimond	41.86Q
3 Wilson, Travis	Service	41.87Q
4 Yates, Jacob	Bartlett	41.92Q
5 Davidson, Chaven	Kodiak	42.55
6 Hull, AJ	Kenai	42.77
7 Tippett, Colin	Lathrop	43.16
8 Pena, Pedro	West Anchorage	43.87

Heat 2 Preliminaries

1 Bauer, Elliott	South Anchorage	* 39.99Q
2 Niver, Blake	Colony	41.94Q
3 Bricker, Anthony	Colony	42.40Q
4 Day, Joe	Palmer	42.50Q
5 Gilbert, Michael	Kodiak	42.91
6 Oen, Johnathon	Service	42.97
7 Corr, John	Dimond	44.00
8 Credito, Carlo	Ketchikan	45.54

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

101	Girls High Jump 1A-2A-3A	5-01.00	5/22/2009	Daisy Morgan - Tok
102	Girls High Jump 4A	5-06.00	1983	Rene Pickarsky - Soldotna
103	Boys High Jump 1A-2A-3A	6-06.00	5/22/2009	Dylan Beck - Seward
104	Boys High Jump 4A	6-09.00	5/22/2009	Ben Jackson - Service
105	Girls Triple Jump 1A-2A-3A	31-11.75	5/22/2009	Lexy Siefert - Barrow
106	Girls Triple Jump 4A	37-04.50	5/19/2006	Sylvia Bullock - Service
107	Boys Triple Jump 1A-2A-3A	41-09.25	5/22/2009	Travis Price - Seward
108	Boys Triple Jump 4A	45-10.25	1993	Joel Mahaffey - Soldotna
109	Girls Long Jump 1A-2A-3A	15-07.50	5/23/2000	Gabriella Serventi - Grace Christian
110	Girls Long Jump 4A	19-05.00	2003	Janay DeLoach - Eielson
111	Boys Long Jump 1A-2A-3A	20-00.75	5/23/2009	Travis Price - Seward
112	Boys Long Jump 4A	23-00.00	1997	Derek Ladson - West Valley
113	Girls Discus Throw 1A-2A-3A	104-11	5/22/2009	Megan Hansen - Nikiski
114	Girls Discus Throw 4A	143-02	1997	Jenny Luer - Palmer
115	Boys Discus Throw 1A-2A-3A	141-01	5/23/2009	Kevin Rima - Monroe
116	Boys Discus Throw 4A	192-07	5/23/2007	Jordan Clarke - Bartlett
117	Girls Shot Put 1A-2A-3A	33-02.75	5/23/2009	Anna Simmers - Anchorage Christian
118	Girls Shot Put 4A	44-04.75	1997	Jenny Luer - Palmer
119	Boys Shot Put 1A-2A-3A	41-08.00	5/22/2009	Kevin Rima - Monroe
120	Boys Shot Put 4A	71-03.00	5/23/2008	Jordan Clarke - Bartlett
121	Girls 3200 Meter Run 1A-2A-3A	11:37.18	5/22/2009	Kailey Wilson - Kenny Lake
122	Girls 3200 Meter Run 4A	10:37.7h	1986	Kristi Klinnert - Kodiak
123	Boys 3200 Meter Run 1A-2A-3A	9:28.81	5/22/2009	Jacob Kirk - Grace Christian
124	Boys 3200 Meter Run 4A	9:11.27	5/23/2008	Jake Parisien - Palmer
125	Girls 4x800 Meter Relay 1A-2A-3A	10:13.57	5/23/2009	Grace Christian - Grace Christian N Lemman, M Applegate, H Kopp, Dupea
126	Girls 4x800 Meter Relay 4A	9:35.21	2004	West Valley - West Valley L Johnson, C Gillis, C Miller, M Callahan
127	Boys 4x800 Meter Relay 1A-2A-3A	8:35.74	5/23/2009	Grace Christian - Grace Christian J Klein, Q Metcalf, J Dillon, J Kirk
128	Boys 4x800 Meter Relay 4A	8:02.77	5/23/2009	Service - Service S Talbot, J Lane, R Walgren, C Phelps
129	Girls 100 Meter Hurdles 1A-2A-3A	15.29	5/23/2009	Anna Simmers - Grace Christian
130	Girls 100 Meter Hurdles 4A	15.03	2000	Jana Schaafsma - Soldotna
131	Boys 110 Meter Hurdles 1A-2A-3A	15.99	5/23/2009	Dylan Beck - Seward
132	Boys 110 Meter Hurdles 4A	14.4h	1989	Ollie Massengale - Bartlett
133	Girls 100 Meter Dash 1A-2A-3A	12.94	5/23/2009	Melissa Grammer - Valdez
134	Girls 100 Meter Dash 4A	11.8h	1981	Startlett Jackson - Bartlett
135	Boys 100 Meter Dash 1A-2A-3A	15.99	5/23/2009	Dylan Beck - Seward
136	Boys 100 Meter Dash 4A	10.90	1995	Joel Knight - Soldotna
137	Girls 4x200 Meter Relay 1A-2A-3A	1:54.00	5/23/2009	Anchorage Christian - Anchorage Christian C Klein, J Bennett, R Senko, L Anderson
138	Girls 4x200 Meter Relay 4A	1:44.86	2003	Lathrop - Lathrop Baily Preston Dollison, Smith
139	Boys 4x200 Meter Relay 1A-2A-3A	1:39.08	5/23/2009	Haines - Haines B Huntsman, R Olsen, J Piper, K Rush
140	Boys 4x200 Meter Relay 4A	1:28.5h	1995	Bartlett - Bartlett Ingraham, Roginson, Myles, Pennino
141	Girls 1600 Meter Run 1A-2A-3A	5:18.10	5/23/2009	Kailey Wilson - Kenny Lake
142	Girls 1600 Meter Run 4A	4:55.89	2003	Kris Smith - West Anchorage
143	Boys 1600 Meter Run 1A-2A-3A	4:27.95	5/23/2009	Jacob Kirk - Grace Christian
144	Boys 1600 Meter Run 4A	4:13.0h	1985	Doug Herron - Bartlett
145	Girls 4x100 Meter Relay 1A-2A-3A	52.83	5/23/2009	Anchorage Christian - Anchorage Christian R Senko, J Bennett, L Anderson, C Bennett
146	Girls 4x100 Meter Relay 4A	49.77	2005	East Anchorage - East Anchorage Black, Preston, Smith, Vanzant

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ASAAMtRecd - Records

147	Boys 4x100 Meter Relay 1A-2A-3A	47.11	5/23/2009	Grace Christian - Grace Christian M Dockter, C Davis, J Hansen, L Turner
148	Boys 4x100 Meter Relay 4A	43.50	5/20/2006	East Anchorage - East Anchorage D Wilson, T Knutson, S Sosa, D Wilson
149	Girls 400 Meter Dash 1A-2A-3A	1:01.11	5/23/2009	Britney Anderson - Eielson
150	Girls 400 Meter Dash 4A	57.14	5/20/2006	Andrea Crook - Bartlett
151	Boys 400 Meter Dash 1A-2A-3A	49.82	5/23/2009	Travis Price - Seward
152	Boys 400 Meter Dash 4A	47.78	5/26/2007	Ethan Hewitt - Chugiak
153	Girls 300 Meter Hurdles 1A-2A-3A	48.51	5/23/2009	Amie Smithwick - Cook Inlet Academy
154	Girls 300 Meter Hurdles 4A	44.93	1994	Lara Kelly - Chugiak
155	Boys 300 Meter Hurdles 1A-2A-3A	40.81	5/23/2009	Dylan Beck - Seward
156	Boys 300 Meter Hurdles 4A	38.9h	1991	Nathan Moffett - Chugiak
157	Girls 800 Meter Run 1A-2A-3A	2:25.41	5/23/2009	Kailey Wilson - Kenny Lake
158	Girls 800 Meter Run 4A	2:14.56	2003	Kris Smith - West Anchorage
159	Boys 800 Meter Run 1A-2A-3A	1:59.66	5/23/2009	Travis Price - Seward
160	Boys 800 Meter Run 4A	1:49.2h	1985	Doug Herron - Bartlett
161	Girls 200 Meter Dash 1A-2A-3A	27.13	5/23/2009	Lexy Siefert - Barrow
162	Girls 200 Meter Dash 4A	25.1h	1982	Yvette Ervin - Eielson
163	Boys 200 Meter Dash 1A-2A-3A	24.35	5/23/2009	Shane Cawley - Valdez
164	Boys 200 Meter Dash 4A	21.99	1995	Joel Knight - Soldotna
165	Girls 4x400 Meter Relay 1A-2A-3A	4:36.38	5/23/2009	Grace Christian - Grace Christian S Cresap, H Kopp, H Johnson, M Dupea
166	Girls 4x400 Meter Relay 4A	4:04.46	5/23/2009	Kenai Central - Kenai K Louthan, S DeVito, B Beeson, L Flanagan
167	Boys 4x400 Meter Relay 1A-2A-3A	3:44.16	5/23/2009	Sitka - Sitka A Gillespie, G Reeder, I Longridge, R Doggett
168	Boys 4x400 Meter Relay 4A	3:23.6h	1982	East Anchorage - East Anchorage Singleton, Perham, Brownsberger, Stephens

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AK Best 2010 - Records

101	Girls High Jump 1A-2A-3A	4-10.00	Sarah Cresap, Grace Christian - Bailey Stevenson, Su Val
102	Girls High Jump 4A	5-01.00	Hannah Matson - West Valley
103	Boys High Jump 1A-2A-3A	5-10.00	Augustus Simmers - Anchorage Christian
104	Boys High Jump 4A	6-03.00	Brey Hassebroek, West Valley - Tyler Spalding, Kenai
105	Girls Triple Jump 1A-2A-3A	32-09.25	Jenelle Bennett - Anchorage Christian
106	Girls Triple Jump 4A	36-09.00	Alisha Allen - Lathrop
107	Boys Triple Jump 1A-2A-3A	40-07.75	Ryan Scott - Anchorage Christian
108	Boys Triple Jump 4A	42-11.50	Tyler Spalding - Kenai Central
109	Girls Long Jump 1A-2A-3A	17-07.00	Kathryn Medinger - Sitka
110	Girls Long Jump 4A	16-02.50	Jessica Todd - Dimond
111	Boys Long Jump 1A-2A-3A	19-01.25	Kevin Rima - Monroe
112	Boys Long Jump 4A	21-07.75	Cyrus Chenault - Bartlett
113	Girls Discus Throw 1A-2A-3A	111-06	Fran Daly - Haines
114	Girls Discus Throw 4A	117-11	Tekoa Dumpson - East Anchorage
115	Boys Discus Throw 1A-2A-3A	134-07	Kevin Rima - Monroe
116	Boys Discus Throw 4A	167-10	John Knowles - Wasilla
117	Girls Shot Put 1A-2A-3A	32-11.75	Fran Daly - Haines
118	Girls Shot Put 4A	35-10.75	Shellina Irwin - Colony
119	Boys Shot Put 1A-2A-3A	43-09.25	Kevin Rima - Monroe
120	Boys Shot Put 4A	50-11.50	John Knowles - Wasilla
121	Girls 3200 Meter Run 1A-2A-3A	11:23.24	Kailey Wilson - Kenny Lake
122	Girls 3200 Meter Run 4A	11:14.40	Jenna Ford - Wasilla
123	Boys 3200 Meter Run 1A-2A-3A	9:16.40	Jacob Kirk - Grace Christian
124	Boys 3200 Meter Run 4A	9:17.44	Silas Talbot - Service
125	Girls 4x800 Meter Relay 1A-2A-3A	10:25.40	Grace Christian
126	Girls 4x800 Meter Relay 4A	9:48.16	South Anchorage
127	Boys 4x800 Meter Relay 1A-2A-3A	8:22.30	Grace Christian
128	Boys 4x800 Meter Relay 4A	7:58.08	Service
129	Girls 100 Meter Hurdles 1A-2A-3A	17.64	Karley Madren - Anchorage Christian
130	Girls 100 Meter Hurdles 4A	15.36	Emily Sharp - Juneau-Douglas
131	Boys 110 Meter Hurdles 1A-2A-3A	16.60	Jesse Piper - Haines
132	Boys 110 Meter Hurdles 4A	15.77	Elliott Bauer - South Anchorage
133	Girls 100 Meter Dash 1A-2A-3A	13.41	Sadie Anderson - Cook Inlet Academy
134	Girls 100 Meter Dash 4A	12.54	Alisha Allen - Lathrop
135	Boys 100 Meter Dash 1A-2A-3A	11.88	Nick Nysewander-Kellard - Su Valley
136	Boys 100 Meter Dash 4A	11.14	Cyrus Chenault - Bartlett
137	Girls 4x200 Meter Relay 1A-2A-3A	1:55.60	Anchorage Christian
138	Girls 4x200 Meter Relay 4A	1:47.07	Dimond
139	Boys 4x200 Meter Relay 1A-2A-3A	1:39.27	Su Valley
140	Boys 4x200 Meter Relay 4A	1:32.70	Bartlett
141	Girls 1600 Meter Run 1A-2A-3A	5:20.85	Kailey Wilson - Kenny Lake
142	Girls 1600 Meter Run 4A	5:14.00	Ivy O'Guinn - Skyview
143	Boys 1600 Meter Run 1A-2A-3A	4:26.30	Jacob Kirk - Grace Christian
144	Boys 1600 Meter Run 4A	4:22.80	Silas Talbot - Service
145	Girls 4x100 Meter Relay 1A-2A-3A	54.54	Anchorage Christian
146	Girls 4x100 Meter Relay 4A	50.91	Bartlett
147	Boys 4x100 Meter Relay 1A-2A-3A	48.25	Anchorage Christian
148	Boys 4x100 Meter Relay 4A	44.91	Bartlett
149	Girls 400 Meter Dash 1A-2A-3A	1:03.67	Gabriella Serventi - Grace Christian
150	Girls 400 Meter Dash 4A	56.84	Lierin Flanagan - Kenai Central
151	Boys 400 Meter Dash 1A-2A-3A	53.82	Jacob Kirk - Grace Christian
152	Boys 400 Meter Dash 4A	50.63	J. J. Jack-Nixon - Dimond
153	Girls 300 Meter Hurdles 1A-2A-3A	54.03	Sarah Cresap - Grace Christian
154	Girls 300 Meter Hurdles 4A	46.84	Emily Sharp - Juneau-Douglas
155	Boys 300 Meter Hurdles 1A-2A-3A	44.34	Daniel Brandon - Anchorage Christian
156	Boys 300 Meter Hurdles 4A	41.26	Karsten Schick - Kodiak

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AK Best 2010 - Records

157	Girls 800 Meter Run 1A-2A-3A	2:25.75	Lizzy Bennett - Monroe
158	Girls 800 Meter Run 4A	2:17.43	Morgan Dampier - Wasilla
159	Boys 800 Meter Run 1A-2A-3A	2:01.28	Jacob Kirk - Grace Christian
160	Boys 800 Meter Run 4A	1:56.61	Silas Talbot - Service
161	Girls 200 Meter Dash 1A-2A-3A	28.04	Gabriella Serventi - Grace Christian
162	Girls 200 Meter Dash 4A	26.00	Lierin Flanagan - Kenai Central
163	Boys 200 Meter Dash 1A-2A-3A	23.74	Brian Sears - Grace Christian
164	Boys 200 Meter Dash 4A	22.93	J. J. Jack-Nixon - Dimond
165	Girls 4x400 Meter Relay 1A-2A-3A	4:23.30	Grace Christian
166	Girls 4x400 Meter Relay 4A	4:05.92	Kenai Central
167	Boys 4x400 Meter Relay 1A-2A-3A	3:40.90	Grace Christian
168	Boys 4x400 Meter Relay 4A	3:29.98	Service