

Region 2

Results

Region II 2010 - 5/13/2010 to 5/14/2010

Nikiski High School

Results

Girls 100 Meter Dash

Name	School	Finals
Section 1		
1 Arneson, Sadie	Cook Inlet A	13.63
2 Railing, Emily	Heritage Chr	14.08
3 Bauder, Lauren	Cook Inlet A	14.83
4 Starbuck, Hannah	Su Valley	14.95
5 O'Conner, Teal	Tri Valley	15.56
6 Smith, Arianna	Su Valley	16.05
7 Chepoda, Raechel	Tri Valley	16.20

Girls 200 Meter Dash

Name	School	Finals
Section 1		
1 Arneson, Sadie	Cook Inlet A	28.92
2 Scott, Missy	Su Valley	29.64
3 Railing, Emily	Heritage Chr	29.82
4 Bauder, Lauren	Cook Inlet A	30.14
5 Starbuck, Hannah	Su Valley	31.97
6 O'Conner, Teal	Tri Valley	32.14
7 Stahl, Laura	Su Valley	33.71

Girls 400 Meter Dash

Name	School	Finals
Section 1		
1 Bauder, Megan	Cook Inlet A	1:04.72
2 Scott, Missy	Su Valley	1:08.27
3 Harpel, Clair	Lumen Christ	1:16.78
4 Halsey, Abby	Heritage Chr	1:18.74

Girls 800 Meter Run

Name	School	Finals
Section 1		
1 Wilson, Kailey	Kenny Lake	2:30.71
2 Stevenson, Bailey	Su Valley	2:36.48
3 Harpel, Clair	Lumen Christ	3:05.57
4 Halsey, Abby	Heritage Chr	3:26.16

Girls 1600 Meter Run

Name	School	Finals
Section 1		
1 Wilson, Kailey	Kenny Lake	5:22.04
2 Winkler, Anitra	Cantwell	5:52.14

Girls 3200 Meter Run

Name	School	Finals
Section 1		
1 Wilson, Kailey	Kenny Lake	11:36.17
2 Stevenson, Bailey	Su Valley	13:23.06
3 Turner, Mariah	Seldoviasusa	14:58.69

Girls 100 Meter Hurdles

Name	School	Finals
Section 1		
1 Bauder, Megan	Cook Inlet A	18.64
2 Chepoda, Raechel	Tri Valley	23.49

Girls 300 Meter Hurdles

Name	School	Finals
Section 1		
1 Stahl, Laura	Su Valley	57.59
2 Turner, Mariah	Seldoviasusa	1:00.12
3 Winkler, Anitra	Cantwell	1:01.32
4 Chepoda, Raechel	Tri Valley	1:04.09
5 Parrott, Brittany	Heritage Chr	1:08.88
6 Gore, Windy	Cantwell	1:10.55

Girls 4x100 Meter Relay

Team	Relay	Finals
Section 1		
1 Cook Inlet Academy	A	55.68
1) Arneson, Sadie	2) Bauder, Lauren	
3) Davidson, Cara	4) Bauder, Megan	
2 Heritage Christian	A	58.66
1) Anderson, Jessica	2) Railing, Emily	
3) Parrott, Brittany	4) Halsey, Abby	
5) Scott, Kali		
3 Su Valley	A	1:01.21
1) Scott, Missy	2) Stahl, Laura	
3) Starbuck, Hannah	4) Smith, Arianna	

Girls 4x200 Meter Relay

Team	Relay	Finals
Section 1		
1 Su Valley	A	2:03.36
1) Scott, Missy	2) Stahl, Laura	
3) Starbuck, Hannah	4) Stevenson, Bailey	
5) Smith, Arianna		
--- Heritage Christian	A	DQ
1) Parrott, Brittany	2) Scott, Kali	
3) Halsey, Abby	4) Railing, Emily	
5) Anderson, Jessica		

Girls High Jump

Name	School	Finals
Flight 1		
1 Goins, Brianna	Ninilchik	4-06.00
1 Stevenson, Bailey	Su Valley	J4-06.00
3 Winkler, Anitra	Cantwell	4-02.00

Girls Long Jump

Name	School	Finals
Flight 1		
1 Bauder, Megan	Cook Inlet A	14-03.25
2 Bauder, Lauren	Cook Inlet A	13-11.25
3 Gore, Windy	Cantwell	12-06.50
4 Davidson, Cara	Cook Inlet A	12-06.00
5 Goins, Brianna	Ninilchik	12-04.75
6 Anderson, Jessica	Heritage Chr	11-06.75

Region II 2010 - 5/13/2010 to 5/14/2010**Nikiski High School****Results****Girls Triple Jump**

Name	School	Finals
Flight 1		
1 Goins, Brianna	Ninilchik	28-00.00
2 Arneson, Sadie	Cook Inlet A	27-08.25
3 Gore, Windy	Cantwell	26-07.00
4 Winkler, Anitra	Cantwell	24-07.75

Girls Shot Put

Name	School	Finals
Flight 1		
1 Anderson, Jessica	Heritage Chr	30-01.00
2 Gore, Windy	Cantwell	24-06.50
3 Scott, Kali	Heritage Chr	22-11.50
4 Davidson, Cara	Cook Inlet A	22-06.75
5 Turner, Mariah	Seldoviasusa	21-09.50
6 O'Conner, Teal	Tri Valley	20-10.50
7 Chepoda, Raechel	Tri Valley	19-06.50
8 Tieaskie, Ariana	Cook Inlet A	19-03.50

Girls Discus Throw

Name	School	Finals
Flight 1		
1 Davidson, Cara	Cook Inlet A	75-10
2 Anderson, Jessica	Heritage Chr	75-00
3 Turner, Mariah	Seldoviasusa	66-02
4 Parrott, Brittany	Heritage Chr	59-05
5 O'Conner, Teal	Tri Valley	53-07
6 Tieaskie, Ariana	Cook Inlet A	49-02

Women - Team Rankings - 14 Events Scored

1) Cook Inlet Academy	105
2) Su Valley	63
3) Heritage Christian	61
4) Cantwell	45
5) Kenny Lake	30
6) Seldoviasusan B English	22
6) Ninilchik	22
8) Tri Valley	18
9) Lumen Christi	12

Men - Team Rankings - 16 Events Scored

1) Heritage Christian	109
2) Su Valley	106
3) Tri Valley	63
4) Ninilchik	60
5) Cook Inlet Academy	30
6) Lumen Christi	27
7) Cantwell	24
8) Kenny Lake	19
9) Nenana	9

Region 3

Results

Region III 2010 - 5/13/2010 to 5/14/2010

Nikiski High School

Results

Girls 100 Meter Dash			Girls 1600 Meter Run		
Name	School	Finals	Name	School	Finals
Section 1			Section 1		
1 Bennett, Chantell	Anchorage Ch	13.52	1 Barnwell, Alison	Seward	5:27.54
2 Bennett, Jenelle	Anchorage Ch	14.18	2 Applegate, Mariah	Grace Christ	5:38.14
3 Ihde, Sarah	Grace Christ	14.22	3 Boyles, Monae	Grace Christ	5:56.04
4 Sutton, Jenna	Grace Christ	14.53	4 Trujillo, Claire	Grace Christ	5:58.14
5 Thibodeaux, Briana	Anchorage Ch	14.78	5 Dyer, Laura	Seward	5:58.64
6 Melville, Serena	Seward	15.38	6 Winkle, Betsy	Grace Christ	6:13.24
7 Becker, Rain	Seward	16.34	7 Wallis, Sienna	Nikiski	6:31.14
Girls 200 Meter Dash			Girls 3200 Meter Run		
Name	School	Finals	Name	School	Finals
Section 1			Section 1		
1 Serventi, Gabriella	Grace Christ	27.69	1 Barnwell, Alison	Seward	11:58.21
2 Bennett, Chantell	Anchorage Ch	28.07	2 Applegate, Mariah	Grace Christ	12:14.94
3 Ihde, Sarah	Grace Christ	29.04	3 Dyer, Laura	Seward	13:03.61
4 Anderson, Leisha	Anchorage Ch	29.41	4 Winkle, Betsy	Grace Christ	13:06.26
5 Sutton, Jenna	Grace Christ	30.13	5 Boyles, Monae	Grace Christ	13:15.86
6 Erchinger, Neeka	Seward	30.78	Girls 100 Meter Hurdles		
7 Sefton, Kelley	Seward	31.84	Name	School	Finals
8 Melville, Serena	Seward	32.43	Section 1		
Girls 400 Meter Dash			1 Madren, Karley	Anchorage Ch	17.56
Name	School	Finals	2 Bennett, Chantell	Anchorage Ch	18.72
Section 1			3 Karlberg, Hannah	Grace Christ	19.01
1 Serventi, Gabriella	Grace Christ	1:02.13	4 Campbell, Maddy	Seward	19.34
2 Price, Blair	Grace Christ	1:04.50	5 Thibodeaux, Briana	Anchorage Ch	20.09
3 Simmers, Debbiey	Anchorage Ch	1:04.58	6 Goulet, Rochelle	Grace Christ	22.31
4 Tulip, Anna	Grace Christ	1:05.11	Girls 300 Meter Hurdles		
5 Herbert, Maggie	Seward	1:05.16	Name	School	Finals
6 Sefton, Kelley	Seward	1:12.76	Section 1		
7 Thompson, Krystal	Anchorage Ch	1:21.36	1 Madren, Karley	Anchorage Ch	51.44
Girls 800 Meter Run			2 Cresap, Sarah	Grace Christ	51.62
Name	School	Prelims	3 Atherton, Kristina	Seward	55.09
Heat 1 Preliminaries			4 Karlberg, Hannah	Grace Christ	57.17
1 Anderson, Leisha	Anchorage Ch	2:43.63Q	5 Hughes, Kylie	Anchorage Ch	59.11
2 Johnson, Kassie	Nikiski	2:47.67Q	6 Thibodeaux, Briana	Anchorage Ch	1:01.03
3 Dyer, Laura	Seward	2:50.61Q	7 Goulet, Rochelle	Grace Christ	1:06.52
4 Davis, BethAnne	Grace Christ	2:51.39Q	Girls 4x100 Meter Relay		
5 Conti, Haley	Nikiski	3:51.07	Team	Relay	Finals
Heat 2 Preliminaries			Section 1		
1 Barnwell, Alison	Seward	2:39.45Q	1 Grace Christian	A	56.18
2 Trujillo, Anna	Grace Christ	2:49.14Q	1) Sutton, Jenna	2) Cresap, Sarah	
3 Boyles, Monae	Grace Christ	2:51.48Q	3) Price, Blair	4) Ihde, Sarah	
4 Wallis, Sienna	Nikiski	2:52.98Q	5) Trujillo, Anna	6) Tulip, Anna	
5 Jaconette, Olivia	Anchorage Ch	2:54.95	Girls 800 Meter Run		
Name	School	Finals	Name	School	Finals
Section 1 Finals			Section 1 Finals		
1 Barnwell, Alison	Seward	2:31.14	1 Barnwell, Alison	Seward	2:31.14
2 Davis, BethAnne	Grace Christ	2:32.02	2 Davis, BethAnne	Grace Christ	2:32.02
3 Anderson, Leisha	Anchorage Ch	2:38.50	3 Anderson, Leisha	Anchorage Ch	2:38.50

Region III 2010 - 5/13/2010 to 5/14/2010

Nikiski High School

Results

Section 1 ... (Girls 4x100 Meter Relay)

Team	Relay	Finals
2 Seward	A	57.32
1) Adelman, Tessa	2) Erchinger, Neeka	
3) Sefton, Kelley	4) Herbert, Maggie	
5) Atherton, Kristina	6) Campbell, Maddy	
3 Anchorage Christian	A	58.13
1) Thibodeaux, Briana	2) Quinlan, Callie	
3) Thompson, Krystal	4) Hughes, Kylie	
5) Anderson, Leisha	6) Bennett, Jenelle	
4 Nikiski	A	1:03.49
1) Conti, Haley	2) Hansen, Megan	
3) Wallis, Sienna	4) Johnson, Kassi	

Girls 4x200 Meter Relay

Team	Relay	Finals
Section 1		
1 Anchorage Christian	A	1:54.44
1) Bennett, Jenelle	2) Anderson, Leisha	
3) Simmers, Debbiey	4) Bennett, Chantell	
5) Madren, Karley	6) Quinlan, Callie	
2 Grace Christian	A	1:56.11
1) Ihde, Sarah	2) Sutton, Jenna	
3) Tulip, Anna	4) Serventi, Gabriella	
5) Davis, BethAnne	6) Price, Blair	
3 Seward	A	1:59.31
1) Adelman, Tessa	2) Erchinger, Neeka	
3) Herbert, Maggie	4) Campbell, Maddy	
5) Atherton, Kristina	6) Sefton, Kelley	

Girls 4x400 Meter Relay

Team	Relay	Finals
Section 1		
1 Grace Christian	A	4:31.05
1) Price, Blair	2) Davis, BethAnne	
3) Applegate, Mariah	4) Cresap, Sarah	
5) Serventi, Gabriella	6) Tulip, Anna	
2 Anchorage Christian	A	5:05.70
1) Jaconette, Olivia	2) Thompson, Krystal	
3) Sobek, Lydia	4) Quinlan, Callie	
5) Anderson, Leisha	6) Simmers, Debbiey	

Girls 4x800 Meter Relay

Team	Relay	Finals
Section 1		
1 Seward	A	10:26.56
1) Atherton, Kristina	2) Herbert, Maggie	
3) Sefton, Kelley	4) Barnwell, Alison	
5) Dyer, Laura		
2 Grace Christian	A	10:44.94
1) Winkle, Betsy	2) Boyles, Monae	
3) Applegate, Mariah	4) Davis, BethAnne	
5) Trujillo, Anna	6) Serventi, Gabriella	

3 Anchorage Christian	A	11:58.03
1) Thompson, Krystal	2) Jaconette, Olivia	
3) Sobek, Lydia	4) Anderson, Leisha	
5) Nale, Margaret	6) James, Olivia	

Girls High Jump

Name	School	Finals
Flight 1		
1 Cresap, Sarah	Grace Christ	4-08.00
2 Jaconette, Olivia	Anchorage Ch	J4-04.00
2 Quinlan, Callie	Anchorage Ch	4-04.00
4 Price, Blair	Grace Christ	4-00.00
4 Karlberg, Hannah	Grace Christ	J4-00.00

Girls Long Jump

Name	School	Finals
Flight 1		
1 Simmers, Debbiey	Anchorage Ch	15-01.75
2 Serventi, Gabriella	Grace Christ	14-11.50
3 Bennett, Jenelle	Anchorage Ch	14-06.00
4 Madren, Karley	Anchorage Ch	14-04.25
5 Davis, BethAnne	Grace Christ	12-11.50
6 Wallis, Sienna	Nikiski	12-00.25
7 Conti, Haley	Nikiski	10-00.00

Girls Triple Jump

Name	School	Finals
Flight 1		
1 Bennett, Jenelle	Anchorage Ch	32-09.25
2 Simmers, Debbiey	Anchorage Ch	32-05.25
3 Tulip, Anna	Grace Christ	32-03.50
4 Madren, Karley	Anchorage Ch	31-07.50
5 Erchinger, Neeka	Seward	28-03.75
6 Campbell, Maddy	Seward	8-09.75

Girls Shot Put

Name	School	Finals
Flight 1		
1 Green, Kylee	Grace Christ	26-10.25
2 Campbell, Maddy	Seward	26-01.50
3 Eckmann, Heidi	Grace Christ	25-02.75
4 Richardson, Sara	Grace Christ	24-06.25
5 Bassler, Lillian	Grace Christ	23-11.25
6 Melville, Serena	Seward	23-10.50
7 Elsholz, Moriah	Anchorage Ch	22-10.75
8 Conti, Haley	Nikiski	21-04.75

Flight 2

1 Johnson, Kassi	Nikiski	32-03.00
2 Hansen, Megan	Nikiski	32-00.25
3 James, Olivia	Anchorage Ch	31-00.50
4 Adelman, Tessa	Seward	29-11.00
5 Erhardt, Charis	Anchorage Ch	27-10.50
6 Nale, Margaret	Anchorage Ch	27-01.25
7 Hughes, Kylie	Anchorage Ch	24-04.00
8 Becker, Rain	Seward	23-11.75

Region III 2010 - 5/13/2010 to 5/14/2010**Nikiski High School****Results****Girls Discus Throw**

Name	School	Finals
Flight 1		
1 Adelman, Tessa	Seward	72-09
2 Bassler, Lillian	Grace Christ	70-07
3 Becker, Rain	Seward	68-09
4 Melville, Serena	Seward	66-04
5 Erhardt, Charis	Anchorage Ch	64-07
6 Rose, Patricia	Anchorage Ch	62-11
7 Riopelle, Sarah	Grace Christ	48-00
8 Elsholz, Moriah	Anchorage Ch	44-08
Flight 2		
1 Richardson, Sara	Grace Christ	92-02
2 Johnson, Kassi	Nikiski	92-01
3 Hansen, Megan	Nikiski	88-00
4 Nale, Margaret	Anchorage Ch	85-10
5 Green, Kylee	Grace Christ	85-06
6 James, Olivia	Anchorage Ch	83-00
7 Eckmann, Heidi	Grace Christ	72-06
8 Hughes, Kylie	Anchorage Ch	71-02

Women - Team Rankings - 17 Events Scored

1) Grace Christian	162
2) Anchorage Christian	143
3) Seward	68
4) Nikiski	33

Men - Team Rankings - 17 Events Scored

1) Anchorage Christian	135
2) Grace Christian	129
3) Seward	86
4) Glennallen	16
5) Nikiski	14

Region 5 Results

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

Thunder Mountain HS Track

Results

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

Name	Yr	School	Finals
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Section 1 Wind: NWI

1	Esbenshade, Ellen	11	Yakutat	13.74
2	Pratt, Emily	10	Sitka	14.67
3	Swansen, Jael	9	Petersburg	15.02
4	Yip, Shriley	11	Petersburg	15.45
5	Lopez, Maria	10	Petersburg	15.60
6	Sparks, Samantha	11	Sitka	16.08

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

Name	Yr	School	Finals
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Section 1 Wind: NWI

1	Esbenshade, Ellen	11	Yakutat	28.39
2	Engell, Emma	9	Petersburg	30.25
3	St. Clair, Jackie	9	Haines	30.70
4	Pratt, Emily	10	Sitka	31.27
5	Peters, Ida	9	Gustavus	34.06
6	Vogel, Avi	9	Skagway City	34.26

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

Name	Yr	School	Prelims
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Heat 1 Preliminaries

1	Medinger, Kathryn	12	Sitka	1:09.93Q
2	Wheeler, Justyne	12	Yakutat	1:10.17Q
3	St. Clair, Jackie	9	Haines	1:11.31q
4	Hunter, Hillary	11	Petersburg	1:15.27q
5	Vogel, Avi	9	Skagway City	1:18.25

Heat 2 Preliminaries

1	Rasmussen, Marnie	10	Haines	1:06.49Q
2	Giddings, Jess	9	Haines	1:11.06Q
3	Hughey, Alaire	10	Sitka	1:12.41q
4	Peters, Ida	9	Gustavus	1:14.25q
5	Doland, Elise	12	Skagway City	1:17.51
6	Fonseca, Brittany	10	Petersburg	1:29.52

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

Name	Yr	School	Finals
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Section 1 Finals

1	Medinger, Kathryn	12	Sitka	1:05.26
2	Rasmussen, Marnie	10	Haines	1:06.75
3	Wheeler, Justyne	12	Yakutat	1:08.49
4	St. Clair, Jackie	9	Haines	1:10.16
5	Hughey, Alaire	10	Sitka	1:11.60
6	Giddings, Jess	9	Haines	1:12.28
7	Peters, Ida	9	Gustavus	1:16.00

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

Name	Yr	School	Finals
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Section 1

1	Medinger, Kathryn	12	Sitka	2:33.64
2	Surdyk, Kaitlyn	11	Skagway City	2:36.13
3	Jensen, Amanda	12	Skagway City	2:37.89
4	Wheeler, Justyne	12	Yakutat	2:38.49
5	Hughey, Alaire	10	Sitka	2:51.54

6	Jacobson, Anna	10	Haines	2:52.97
7	Hunter, Hillary	11	Petersburg	3:00.20
8	Horner, Elena	10	Haines	3:10.00
9	Webb, Justine	10	Sitka	3:16.37
10	Myers, Hailley	11	Yakutat	3:19.96

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

Name	Yr	School	Finals
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Section 1

1	Jensen, Amanda	12	Skagway City	5:44.19
2	Surdyk, Kaitlyn	11	Skagway City	5:47.19
3	Esbenshade, Tina	10	Yakutat	6:06.87
4	Jacobson, Anna	10	Haines	6:22.19
5	Webb, Justine	10	Sitka	6:38.82
6	Myers, Hailley	11	Yakutat	6:52.72

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

Name	Yr	School	Finals
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Section 1

1	Paustian, Kari	12	Sitka	12:27.01
2	Jensen, Amanda	12	Skagway City	12:33.34
3	Surdyk, Kaitlyn	11	Skagway City	12:42.21
4	Esbenshade, Tina	10	Yakutat	13:29.22
5	Webb, Justine	10	Sitka	13:44.64
6	Myers, Hailley	11	Yakutat	15:20.10
7	Galasso, Cassie	10	Haines	15:59.87

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

Name	Yr	School	Finals
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Section 1 Wind: NWI

1	Yip, Shriley	11	Petersburg	20.74
2	Olson, Paige	11	Petersburg	21.80
2	Swansen, Jael	9	Petersburg	21.80
4	Pratt, Emily	10	Sitka	22.02
---	Bower, Esther	10	Haines	DNF

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

Name	Yr	School	Finals
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Section 1

1	Esbenshade, Tina	10	Yakutat	55.24
2	Pratt, Emily	10	Sitka	58.78

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

Team	Relay	Finals
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Section 1

1	Haines	A	58.08	
1)	St. Clair, Jackie	9	2) Bower, Esther	10
3)	Smalley, Amanda	11	4) Daly, Fran	12
5)	Lynch, Teolani	10	6) Giddings, Jess	9
2	Sitka	A	1:01.91	
1)	Dodson, Kaycie	11	2) Fuller, Karley	10
3)	Tipton, Diane	12	4) Sparks, Samantha	11
5)	Hughey, Alaire	10		

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

Thunder Mountain HS Track

Results

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

Team	Relay	Finals
Section 1		
1 Haines	A	1:59.67
1) Lynch, Teolani 10	2) Rasmussen, Marnie 10	
3) Smalley, Amanda 11	4) Daly, Fran 12	
5) St. Clair, Jackie 9	6) Giddings, Jess 9	
2 Sitka	A	2:15.75
1) Dodson, Kaycie 11	2) Webb, Justine 10	
3) Tipton, Diane 12	4) Sparks, Samantha 11	
5) Fuller, Karley 10		

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

Team	Relay	Finals
Section 1		
1 Haines	A	4:43.37
1) Lynch, Teolani 10	2) Jacobson, Anna 10	
3) Giddings, Jess 9	4) Rasmussen, Marnie 10	
5) Bower, Esther 10	6) St. Clair, Jackie 9	
2 Yakutat	A	4:45.96
1) Wheeler, Justyne 12	2) Esbenshade, Tina 10	
3) Esbenshade, Ellen 11	4) Myers, Hailley 11	
3 Skagway City Schools	A	4:53.75
1) Surdyk, Kaitlyn 11	2) Vogel, Avi 9	
3) Doland, Elise 12	4) Jensen, Amanda 12	
5) Leverton, Rori 10		

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

Team	Relay	Finals
Section 1		
--- Haines	A	DQ
1) Jacobson, Anna 10	2) Daly, Maggie 11	
3) Horner, Elena 10	4) Galasso, Cassie 10	
5) Hinsens, Benita 12		

Girls High Jump 1A-2A-3A

Name	Yr	School	Finals
Flight 1			
1 Paustian, Kari	12	Sitka	4-08.00
1 Medinger, Kathryn	12	Sitka	4-08.00
3 Piper, Jordan	12	Haines	4-04.00
4 Fuller, Karley	10	Sitka	14-04.00
5 Hinsens, Benita	12	Haines	4-02.00

Girls Long Jump 1A-2A-3A

Name	Yr	School	Finals
Flight 1			
1 Medinger, Kathryn	12	Sitka	14-02.00 NWI
2 Lynch, Teolani	10	Haines	14-00.25 NWI
3 Swansen, Jael	9	Petersburg	13-10.25 NWI
4 Giddings, Jess	9	Haines	13-03.25 NWI
5 Fuller, Karley	10	Sitka	13-00.00 NWI
6 Engell, Emma	9	Petersburg	12-11.50 NWI
7 Olson, Paige	11	Petersburg	11-11.25 NWI
8 Hughey, Alaire	10	Sitka	11-06.25 NWI

9 Cinocco, Brook	10 Haines	11-02.50 NWI
10 Peters, Ida	9 Gustavus	10-05.50 NWI

Girls Triple Jump 1A-2A-3A

Name	Yr	School	Finals
Flight 1			
1 Hughey, Alaire	10	Sitka	30-09.50 NWI
2 Paustian, Kari	12	Sitka	30-07.50 NWI
3 Engell, Emma	9	Petersburg	29-02.75 NWI
4 Bower, Esther	10	Haines	28-09.00 NWI
5 Bryner, Lauren	9	Petersburg	28-06.00 NWI
6 Fuller, Karley	10	Sitka	27-03.00 NWI
7 Piper, Jordan	12	Haines	27-02.75 NWI
8 Olson, Paige	11	Petersburg	26-11.25 NWI

Girls Shot Put 1A-2A-3A

Name	Yr	School	Finals
Flight 1			
1 Daly, Fran	12	Haines	33-01.75
2 Esbenshade, Ellen	11	Yakutat	29-10.50
3 Paustian, Kari	12	Sitka	27-10.25
4 Young, Alisha	9	Haines	27-08.25
5 Dodson, Kaycie	11	Sitka	26-06.00
6 Tipton, Diane	12	Sitka	23-07.25
7 Bowman, Emily	11	Haines	22-02.00
8 Fonseca, Brittany	10	Petersburg	20-05.50

Girls Discus Throw 1A-2A-3A

Name	Yr	School	Finals
Flight 1			
1 Daly, Fran	12	Haines	117-07
2 Dodson, Kaycie	11	Sitka	84-09
3 Young, Alisha	9	Haines	76-07
4 Sparks, Samantha	11	Sitka	63-10
5 Fonseca, Brittany	10	Petersburg	63-04
6 Tipton, Diane	12	Sitka	62-01
7 Leverton, Rori	10	Skagway City	54-08
8 Bowman, Emily	11	Haines	51-03

Women - 1A-2A-3A - Team Rankings - 17 Events Scored

1) Sitka	154
2) Haines	108
3) Yakutat	68
4) Petersburg	61
5) Skagway City Schools	53
6) Gustavus	2

Women - 4A - Team Rankings - 17 Events Scored

1) Juneau Douglas	115
2) Ketchikan	45
3) Thunder Mountain	14

2010 Region 5 Track & Field Championships - 5/14/2010 to 5/15/2010**Thunder Mountain HS Track****Results**

Men - 1A-2A-3A - Team Rankings - 17 Events Scored

1) Sitka	173
2) Haines	124
3) Skagway City Schools	96
4) Petersburg	35
5) Gustavus	19
6) Yakutat	18

Men - 4A - Team Rankings - 17 Events Scored

1) Juneau Douglas	93
2) Ketchikan	50
3) Thunder Mountain	25

Region 6 Results

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 1A-2A-3A

ASAAMtRecd: 12.94 & 5/23/2009 Melissa Grammer

R6MtRecord: 13.63 * 5/16/2009 Britney Anderson

AK Best 2010: 13.41 Sadie Anderson

R6 Best 2010: 13.76 Jakeera Garrett

Name	School	Prelims
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Heat 1 Preliminaries Wind: NWI

1 53 Garrett, Jakeera H 13.66Q

2 184 Lundgren, Talia M 14.03Q

2 181 Gavora, Alexis M 14.03Q

4 60 Teegardin, Julie H 15.73q

5 59 Swaim, Veronica H 16.00q

Heat 2 Preliminaries Wind: NWI

1 32 Williams, Jazzmyn EIE 13.91Q

2 179 Clark, Monica M 14.20Q

3 2 Bynum, Ruby D 14.41Q

4 5 Heintz, Angie D 16.24

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

ASAAMtRecd: 12.94 & 5/23/2009 Melissa Grammer

R6MtRecord: 13.63 * 5/16/2009 Britney Anderson

AK Best 2010: 13.41 Sadie Anderson

R6 Best 2010: 13.76 Jakeera Garrett

Name	School	Finals
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Section 1 Finals Wind: 0.8

1 53 Garrett, Jakeera H 13.66 6

2 179 Clark, Monica M 13.88 4

3 184 Lundgren, Talia M 14.00 3

4 32 Williams, Jazzmyn EIE 14.01 2

5 181 Gavora, Alexis M 14.13 1

6 2 Bynum, Ruby D 14.40

7 60 Teegardin, Julie H 15.98

8 59 Swaim, Veronica H 16.20

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

ASAAMtRecd: 27.13 & 5/23/2009 Lexy Siefert

R6MtRecord: 27.43 * 5/16/2009 Britney Anderson

AK Best 2010: 28.04 Gabriella Serventi

R6 Best 2010: 28.71 Jakeera Garrett

Name	School	Finals
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Section 1 Wind: -3.1

1 53 Garrett, Jakeera H 28.54 6

2 32 Williams, Jazzmyn EIE 29.93 4

3 2 Bynum, Ruby D 30.55 3

4 188 Schreder, Nicole M 31.71 2

5 189 Smith, Anne M 33.43 1

6 177 Barnard, Kirsten M 33.49

7 5 Heintz, Angie D 35.47

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

ASAAMtRecd: 1:01.11 & 5/23/2009 Britney Anderson

R6MtRecord: 1:03.56 * 5/16/2009 Britney Anderson

AK Best 2010: 1:03.67 Gabriella Serventi

R6 Best 2010: 1:05.56 Macala Fifield

Name	School	Finals
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Section 1

1 187 Schreder, Megan M 1:09.17 6

2 25 Armour, Andie EIE 1:12.44 4

3 190 Stokes, Delaney M 1:12.94 3

4 189 Smith, Anne M 1:16.72 2

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

ASAAMtRecd: 2:25.41 & 5/23/2009 Kailey Wilson

R6MtRecord: 2:39.06 * 5/16/2009 Megan Schreder

AK Best 2010: 2:25.75 Lizzy Bennett

R6 Best 2010: 2:25.75 Lizzy Bennett

Name	School	Finals
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Section 1

1 178 Bennett, Lizzy M 2:29.96* 6

2 190 Stokes, Delaney M 2:54.86 4

3 52 Alexander, Maddy H 3:11.25 3

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

ASAAMtRecd: 5:18.10 & 5/23/2009 Kailey Wilson

R6MtRecord: 6:02.95 * 5/16/2009 Megan Schreder

AK Best 2010: 5:20.85 Kailey Wilson

R6 Best 2010: 5:38.28 Macala Fifield

Name	School	Finals
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Section 1

1 180 Fifield, Macala M 5:43.43* 6

2 190 Stokes, Delaney M 6:10.68 4

3 187 Schreder, Megan M 6:24.87 3

4 4 Green, Crystal D 6:55.87 2

5 52 Alexander, Maddy H 6:59.95 1

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

ASAAMtRecd: 11:37.18 & 5/22/2009 Kailey Wilson

R6MtRecord: 13:04.89 * 5/15/2009 Lizzy Bennett

AK Best 2010: 11:23.24 Kailey Wilson

R6 Best 2010: 12:19.90 Macala Fifield

Name	School	Finals
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Section 1

1 180 Fifield, Macala M 12:45.84* 6

2 190 Stokes, Delaney M 13:20.86 4

3 52 Alexander, Maddy H 15:55.38 3

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 Hurdles 1A-2A-3A

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

Name	School	Finals
Section 1 Wind: 0.7		
1 53 Garrett, Jakeera	H	19.08 6
2 183 Jessica, Stokes	M	20.04 4
3 31 Son, Kaylin	EIE	21.34 3
4 182 Halvarson, Josie	M	22.00 2
5 3 Fellman, Hannah	D	22.71 1

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

ASAAMtRecd: 48.51 & 5/23/2009 Amie Smithwick
 R6MtRecord: 51.94 * 5/16/2009 Lizzy Bennett
 AK Best 2010: 54.03 Sarah Cresap
 R6 Best 2010: 54.24 Lizzy Bennett

Name	School	Finals
Section 1		
1 178 Bennett, Lizzy	M	52.10 6
2 31 Son, Kaylin	EIE	57.45 4
3 183 Jessica, Stokes	M	58.10 3
4 182 Halvarson, Josie	M	1:02.60 2
5 9 Wrigley, Mallory	D	1:03.35 1
6 5 Heintz, Angie	D	1:05.80
--- 4 Green, Crystal	D	DQ

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

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

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

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

ASAAMtRecd: 1:54.00 & 5/23/2009 Anchorage Christian
 C Klein, J Bennett, R Senko, L Anderson
 R6MtRecord: 2:05.77 * 5/16/2009 Monroe Catholic HS
 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	Finals
Section 1		
1 Monroe Catholic HS	A	1:59.10* 6
1) 179 Clark, Monica	2) 177 Barnard, Kirsten	
3) 184 Lundgren, Talia	4) 181 Gavora, Alexis	
2 Eielson HS	A	1:59.27* 4
1) 26 Belt, Mallorie	2) 25 Armour, Andie	
3) 27 Boyd, Taylor	4) 32 Williams, Jazzmyn	
3 Delta HS	A	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
 S Cresap, H Kopp, H Johnson, M Dupea
 R6MtRecord: 4:49.88 * 5/16/2009 Eielson HS
 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	Finals
Section 1		
1 Monroe Catholic HS	A	4:42.76* 6
1) 180 Fifield, Macala	2) 188 Schreder, Nicole	
3) 187 Schreder, Megan	4) 178 Bennett, Lizzy	
2 Eielson HS	A	4:53.40 4
1) 31 Son, Kaylin	2) 25 Armour, Andie	
3) 30 Murtiff, Mickey	4) 27 Boyd, Taylor	
3 Delta HS	A	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
 N Leman, M Applegate, H Kopp, Dupea
 R6MtRecord: 10:48.43 * 5/16/2009 Monroe Catholic HS
 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	Finals
Section 1		
2 Monroe Catholic HS	A	10:42.42* 6
1) 180 Fifield, Macala	2) 188 Schreder, Nicole	
3) 187 Schreder, Megan	4) 178 Bennett, Lizzy	
--- Eielson HS	A	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
 R6MtRecord: 4-10 * 5/15/2009 Meghan McKinnell
 AK Best 2010: 4-10 Sarah Cresap, Grace
 R6 Best 2010: 4-06 Courtney Francis

Name	School	Finals
Flight 1		
1 181 Gavora, Alexis	M	J4-06.00 6
2 28 Francis, Courtney	EIE	J4-04.00 4
3 3 Fellman, Hannah	D	J4-04.00 3

Girls Long Jump 1A-2A-3A

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

Name	School	Finals
Flight 1		
1 53 Garrett, Jakeera	H	14-03.50* 6
2 179 Clark, Monica	M	13-08.00* 4
3 188 Schreder, Nicole	M	12-10.75 3
4 184 Lundgren, Talia	M	12-01.50 2
5 9 Wrigley, Mallory	D	11-09.50 1
6 7 Olsen, Kari	D	11-08.50 0.1

Girls Triple Jump 1A-2A-3A

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

Name	School	Finals
Flight 1		
1 28 Francis, Courtney	EIE	31-01.50 6
2 183 Jessica, Stokes	M	29-00.25* 4

Girls Shot Put 1A-2A-3A

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

Name	School	Finals
Flight 1		
1 185 Obermeyer, Demi	M	29-00.75* 6
2 54 Goepfert, Ava	H	26-01.75 4
3 186 Obermeyer, Mia	M	25-07.50 3
4 57 Roehl, Sky	H	24-05.00 2
5 3 Fellman, Hannah	D	21-03.00 1

Girls Discus Throw 1A-2A-3A

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

Name	School	Finals
Flight 1		
1 185 Obermeyer, Demi	M	92-04* 6
2 54 Goepfert, Ava	H	85-01* 4
3 57 Roehl, Sky	H	81-09* 3
4 29 Hebert, Ashlynn	EIE	71-03 2
5 1 Byam, Anna	D	69-09 1
6 186 Obermeyer, Mia	M	64-02
7 59 Swaim, Veronica	H	62-11
8 4 Green, Crystal	D	61-03