

**2004 WIAA/Dairy Farmers of Washington/Les Schwab Tires  
1A Girls Track & Field Championships**

**1A Girls 100 Meter Dash**

Finals

1	Katherine Reynolds	10	University Prep.	12.73
2	Kelsey Sutherland	10	Cascade Christian (Puyallup)	12.97
3	Chira Louie	11	King's	13.13
4	Britany Hood	12	White Pass	13.15
5	Kelsey Dunne	11	Adna	13.23
6	Lynne Siefert	12	Seattle Academy	13.32
7	Daniele Moser	12	Tonasket	13.46
8	Staci Schrrader	11	Cle Elum	13.63

**1A Girls 200 Meter Dash**

Finals

1	Katherine Reynolds	10	University Prep.	25.17
2	Katie McCurry	11	Liberty Bell	26.02
3	Britany Hood	12	White Pass	26.13
4	Kelsey Sutherland	10	Cascade Christian (Puyallup)	26.57
5	Kelsie Lashaw	12	Freeman	26.89
6	Daniele Moser	12	Tonasket	27.09
7	Lynne Siefert	12	Seattle Academy	27.34
8	Erica Hayes	9	Bush	27.40

**1A Girls 400 Meter Dash**

Finals

1	Katherine Reynolds	10	University Prep.	57.40
2	Katie McCurry	11	Liberty Bell	58.78
3	Britany Hood	12	White Pass	59.24
4	Amy Keller	12	Highland	59.85
5	Lisa Mensonides	11	Tacoma Baptist	1:00.00
6	Heather Lambert	10	Dayton	1:01.54
7	Anna McLain	12	Bellevue Christian	1:01.83
8	Kathleen Phelan	10	Charles Wright	1:04.23

**1A Girls 800 Meter Run**

Finals

1	Jane Larson	10	Cedar Park	2:17.92
2	Anna McLain	12	Bellevue Christian	2:18.83
3	Emily Timmer	11	Tacoma Baptist	2:23.16
4	Amy Layton	12	Toledo	2:26.17
5	Tiffany Barry		Lake Roosevelt	2:27.49
6	Carley Higgins	10	LaConner	2:29.03
7	Maeve Sayres	9	Freeman	2:34.34
8	Alyssa Powers	10	Goldendale	2:36.84

**1A Girls 1,600 Meter Run**

Finals

1	Jane Larson	10	Cedar Park	5:14.02
2	Allison Ritchie	12	Seattle Christian	5:26.89
3	Carley Higgins	10	LaConner	5:30.28
4	Chelsea Shilter	10	Toutle Lake	5:30.66
5	Amy Layton	12	Toledo	5:30.84
6	Alyssa Powers	10	Goldendale	5:30.91

7	Christina Overbeck	12	Bellevue Christian	5:31.43
8	Amber Raines	12	Freeman	5:34.26
9	Liz Smit	10	Bellevue Christian	5:35.03
10	Tiffany Barry		Lake Roosevelt	5:38.65
11	Kristin Connelly	9	LaConner	5:45.05
12	Karissa Owen	9	Rainier	5:50.96
13	Cody Landis	11	Royal	5:52.69
14	Maeve Sayres	9	Freeman	5:53.00
15	Endi Lloyd	10	Granger	5:53.52
16	Ariel Grubb	12	Freeman	5:57.49

### 1A Girls 3,200 Meter Run

Finals

1	Jane Larson	10	Cedar Park	11:30.27
2	Allison Ritchie	12	Seattle Christian	11:47.54
3	Chelsea Shilter	10	Toutle Lake	11:51.51
4	Christina Overbeck	12	Bellevue Christian	11:55.93
5	Carley Higgins	10	LaConner	12:01.74
6	Liz Smit	10	Bellevue Christian	12:03.38
7	Danica McKenzie	11	Tacoma Baptist	12:15.60
8	Amber Raines	12	Freeman	12:28.66
9	Melissa Delmaney		Onalaska	12:32.80
10	Endi Lloyd	10	Granger	12:37.30
11	Ariel Grubb	12	Freeman	12:48.35
12	Melissa Better	11	Goldendale	12:49.95
13	Raychel Wilson	10	Napavine	12:54.62
14	Kourtney Craft	10	Cle Elum	12:56.77
15	Andrea Collins	9	Liberty	13:08.14
16	Candy Vallade	9	Oroville	13:37.21

### 1A Girls 100 Meter Hurdles

Finals

1	Kelsey Dunne	11	Adna	15.74
2	Katie McCurry	11	Liberty Bell	16.09
3	Breyanne Nordtvedt	12	King's	16.4
4	Jamie Attwood	12	Tonasket	16.41
5	Tina Williams	9	North Beach	16.45
6	Chelsey Johnson	10	Rainier	16.72
7	Tara Leaman	10	Tacoma Baptist	16.76
8	Melissa Elder	12	Adna	17.27

### 1A Girls 300 Meter Hurdles

Finals

1	Kelsey Dunne	11	Adna	45.81
2	Lisa Mensonides	11	Tacoma Baptist	46.52
3	Daniele Moser	12	Tonasket	46.94
4	Nicole Orr	10	Rainier	47.26
5	Raychel Wilson	10	Napavine	47.37
6	Lynn Voth	10	Bellevue Christian	47.52
7	Breyanne Nordtvedt	12	King's	48.33
8	Liz Ramsden	11	Seattle Academy	49.47

### 1A Girls 4x100 Meter Relay

Finals

1	King's			49.70
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	1) Tatianna Noel	10	2) Chira Louie	11	
	3) Kimi Mayhle	9	4) Sarah Smart	11	
2	Seattle Academy				49.91
	1) Yael Grundstein	11	2) Lauren Johnson	12	
	3) Mimi Maritz	10	4) Lynne Siefert	12	
3	Tonasket				51.69
	1) Megan Austin	10	2) Kristi Ogborn	9	
	3) Jamie Attwood	12	4) Daniele Moser	12	
4	Freeman				51.87
	1) Shannon Hinch	12	2) Jessie Depell	10	
	3) Jenessa Miller	9	4) Kelsie Lashaw	12	
5	Lind-Ritzville				51.90
	1) Jessica Heidenreich	12	2) Jenna Kragt	9	
	3) Marcy Heidenreich	9	4) Ann Marie Hunt	10	
6	Bellevue Christian				52.00
	1) Lynn Voth	10	2) Chelsea Miller	9	
	3) Megan Paulsen	9	4) Alexa Schmuland	9	
7	Cascade Christian (Puyallup)				52.55
	1) Chelsea Lackey	11	2) Jill Oldright	12	
	3) Tessa Krebs	11	4) Kelsey Sutherland	10	
8	Rainier				52.75
	1) Ashley Boydston	11	2) Eliza Funk	11	
	3) Chelsey Johnson	10	4) Nicole Orr	10	

### 1A Girls 4x200 Meter Relay

#### Finals

1	King's				1:46.13
	1) Kimi Mayhle	9	2) Chira Louie	11	
	3) Tatianna Noel	10	4) Sarah Smart	11	
2	White Pass				1:48.04
	1) Ashley Roady	11	2) Leanne Lamping	10	
	3) Kristen Andrew	10	4) Brittany Hood	12	
3	Bellevue Christian				1:49.04
	1) Nacole Kiss	9	2) Chelsea Miller	9	
	3) Megan Paulsen	9	4) Alexa Schmuland	9	
4	Rainier				1:50.81
	1) Janelle Vick	9	2) Eliza Funk	11	
	3) Chelsey Johnson	10	4) Nicole Orr	10	
5	Cascade Christian (Puyallup)				1:51.26
	1) Kelsey Sutherland	10	2) Chelsea Lackey	11	
	3) Tessa Krebs	11	4) Jill Oldright	12	
6	Charles Wright				1:51.32
	1) Jaleesa Robinson	9	2) Dawn Riley	11	
	3) Kathleen Phelan	10	4) McKenzie Brooks	12	
7	Lind-Ritzville				1:51.35
	1) Jessica Heidenreich	12	2) Destry Killian	11	
	3) Marcy Heidenreich	9	4) Jenna Kragt	9	
8	Royal				1:53.85
	1) Amber Delay	12	2) Elisha Allred	11	
	3) Sarah Anderson	11	4) Angela Lang	11	

### 1A Girls 4x400 Meter Relay

#### Finals

1	Bellevue Christian				4:09.62
	1) Lynn Voth	10	2) Alicia Stacy	10	

	3) Nacole Kiss	9	4) Anna McLain	12	
2	Seattle Academy				4:12.83
	1) Allison Leonard	11	2) Geneva Shaunette	11	
	3) Susannah Scruggs-James	10	4) Mimi Maritz	10	
3	Tacoma Baptist				4:13.09
	1) Elizabeth Brown	9	2) Tara Leaman	10	
	3) Kelli McGowan	11	4) Lisa Mensonides	11	
4	Cedar Park				4:13.26
	1) Sophie Merwick	12	2) Jessica Innes	10	
	3) Abby Jermasek	10	4) Jane Larson	10	
5	King's				4:13.58
	1) Melody Miles	11	2) Audrey Baker	11	
	3) Breyanne Nordtvedt	12	4) Chelsea Snyder	10	
6	Highland				4:14.08
	1) Calti Schmitz	9	2) Kelly Bain	11	
	3) Amy Keller	12	4) Chelsea Wyles	10	
7	Bear Creek				4:21.73
	1) Kelli Geiger	10	2) Katie Moravec	11	
	3) Bess Snider	10	4) Anna Lavin	11	
8	Liberty Bell				4:23.00
	1) Rachel Scholler	10	2) Natalie Houk	10	
	3) Kate Honsinger	11	4) Katie McCurry	11	

### 1A Girls High Jump

#### Finals

1	Jessica Heidenreic	12	Lind-Ritzville	5-03.00
2	Sara Mosiman	10	King's	5-02.00
3	Destry Killian	11	Lind-Ritzville	5-00.00
4	Amy Keller	12	Highland	4-10.00
4	Jamie Attwood	12	Tonasket	4-10.00
6	Kathleen Phelan	10	Charles Wright	J4-10.00
7	Lauren Mellor	9	Colfax	J4-10.00
8	Ashley Roady	11	White Pass	J4-10.00
9	Stephanie Turner	10	Dayton	4-08.00
10	Jaleesa Robinson	9	Charles Wright	J4-08.00
11	Rikki Carter	11	Royal	J4-08.00
12	Lisa Mensonides	11	Tacoma Baptist	J4-08.00
13	Gena Rogerson	11	Winlock	J4-08.00
13	Kimi Mayhle	9	King's	J4-08.00
15	Brittnie Baker	9	Toledo	4-06.00
15	Sarah Smart	11	King's	4-06.00

### 1A Girls Pole Vault

#### Finals

1	Maria Savoca	11	Rainier	9-09.00
2	Jessie Depell	10	Freeman	9-06.00
2	Shalene Jensen	12	Oroville	9-06.00
4	Ashley Werner	11	Archbishop Murphy	J9-06.00
5	Kirsten Hansen-Day	11	University Prep.	8-09.00
6	Kristen Andrew	10	White Pass	J8-09.00
7	Tyann McFall	11	Freeman	8-00.00
8	Sara Mosiman	10	King's	7-06.00
9	Sammy Rothrock	11	Tonasket	J7-06.00
10	Arianna Bizzarri	12	Seattle Academy	J7-06.00
11	Mimi Maritz	10	Seattle Academy	J7-06.00

12 Leslie Christensen	11 Royal	7-00.00
13 Tiffany Ferch	10 Goldendale	J7-00.00
14 Chelsea Johnson	10 Rainier	J7-00.00
15 Keri Stout	10 Goldendale	6-00.00
-- Geneva Shaunette	11 Seattle Academy	NH

### 1A Girls Long Jump

#### Finals

1 Katherine Reynolds	10 University Prep.	17-10.75
2 Allison Leonard	11 Seattle Academy	17-07.25
3 Leanne Lamping	10 White Pass	17-03.00
4 Vanessa Moreno	10 Napavine	16-05.75
5 Sara Mosiman	10 King's	16-00.25
6 Jenna Kragt	9 Lind-Ritzville	15-10.00
7 Shawn Hennessy	9 Liberty	15-09.50
8 Jenny Thompson	11 Cle Elum	15-04.50
9 Yael Grundstein	11 Seattle Academy	14-11.25
10 Stephanie Ames	12 Seattle Christian	14-10.00
11 Tiffany Barry	Lake Roosevelt	14-09.50
12 Jamie Attwood	12 Tonasket	14-06.75
13 Angela Lang	11 Royal	14-04.25
14 Brooke Hoon	10 Dayton	13-03.50

### 1A Girls Triple Jump

#### Finals

1 Allison Leonard	11 Seattle Academy	34-01.75
2 Leanne Lamping	10 White Pass	33-08.50
3 Jessie Depell	10 Freeman	33-06.25
4 Yael Grundstein	11 Seattle Academy	33-04.50
5 Cami Bullock	9 Liberty	33-04.00
6 Maria Savoca	11 Rainier	J33-04.00
7 Alison West	12 King's	33-01.00
8 Alex Keeney	11 King's	32-11.50
9 Kristen Andrew	10 White Pass	32-07.50
10 Breyanne Nordtvedt	12 King's	32-07.00
11 Brenna Rice	11 Archbishop Murphy	32-01.00
12 Tiffany Barry	Lake Roosevelt	32-00.50
13 Sammy Brooks	10 Cle Elum	30-10.25
14 Chelsea Wyles	10 Highland	29-08.00
15 Maybeline Pantaleo	9 Wahluke	27-02.50
-- Shawn Hennessy	9 Liberty	FOUL

### 1A Girls Shot Put

#### Finals

1 Whitney Bryant	11 Winlock	36-03.00
2 Jennifer Knutsen	Onalaska	32-11.00
3 Bridget Hauswirth	12 Brewster	32-09.00
4 Nancy Donato	11 White Swan	32-08.50
5 Alexis Hickey	12 Seattle Christian	32-05.00
6 LaNika Knight	10 Northwest (Seattle)	32-00.50
7 Kaitlyn Brown	10 LaConner	31-07.50
8 Esmeralda Mosqueda	10 Okanogan	J31-07.50
9 Allison Leonard	11 Seattle Academy	31-04.00
9 Lexie Black	11 Coupeville	31-04.00
11 Tonya Lee	12 Goldendale	30-03.50

12 Erika Fredricksen	10 Seattle Christian	29-00.50
13 Addie Estes	11 Liberty Bell	28-09.50
14 Silvia Blanco	10 Zillah	27-10.00
15 Leticia Andersch	12 Freeman	26-01.50

### 1A Girls Discus Throw

#### Finals

1 Tara Leaman	10 Tacoma Baptist	114-11
2 Meeghan Zahorsky	11 Rainier	109-00
3 Danielle Clauson	9 King's	106-05
4 Melissa Baker	11 Freeman	105-05
5 Kathleen Phelan	10 Charles Wright.	105-00
6 Bridget Hauswirth	12 Brewster	104-09
7 Brittni Coran	12 Rainier	104-00
8 Jennifer Shockley	12 Lake Roosevelt	100-00
9 Leticia Andersch	12 Freeman	99-00
10 Whitney Bryant	11 Winlock	J99-00
11 Alexis Hickey	12 Seattle Christian	98-07
12 Tessa Krebs	11 Cascade Christian (Puyallup)	98-04
13 Nancy Donato	11 White Swan	94-09
14 Adrienne Ransom	10 Goldendale	93-08
15 Laura Hughes	11 River View	93-04
16 Michelle Medema	10 King's	92-09

### 1A Girls Javelin Throw

#### Finals

1 Sara Mosiman	10 King's	138-03
2 Janice Morrow	11 Kalama	116-06
3 Danielle Clauson	9 King's	113-04
4 Meeghan Zahorsky	11 Rainier	112-04
5 Karen Morill	12 Friday Harbor	111-04
6 Kristina Gorham	12 Tonasket	108-04
7 Tara Leaman	10 Tacoma Baptist	106-10
8 Shalene Jensen	12 Oroville	106-02
9 Addie Estes	11 Liberty Bell	104-11
10 Holly Robertson	11 Zillah	102-10
11 Liz Orrestad	10 Bellevue Christian	98-03
12 Erica Carpenter	11 Granger	97-02
13 Esmeralda Mosqueda	10 Okanogan	94-07
14 LaNika Knight	10 Northwest (Seattle)	87-04
15 Rikki Carter	11 Royal	83-10
16 Raychel Wallace	9 Toledo	80-09

### 2004 1A Girls Track & Field Team Finals

1 King's	76
2 Seattle Academy	45
3 University Preparatory	44
4 White Pass	43
5 Bellevue Christian	42
5 Rainier	42
7 Tacoma Baptist	40
8 Cedar Park	35
9 Freeman	33
10 Tonasket	29.5
11 Adna	25

11 Liberty Bell	25
11 Lind-Ritzville	25
14 Seattle Christian	20
15 Cascade Christian (Puyallup)	19
16 LaConner	15
17 Highland	12.5
18 Toutle Lake	11
18 Charles Wright	11
20 Winlock	10
21 Napavine	9
21 Brewster	9
21 Toledo	9
24 Kalama	8
24 Oroville	8
24 Onalaska	8
27 Liberty	6
28 White Swan	5
28 Archbishop Murphy	5
28 Lake Roosevelt	5
31 Goldendale	4
31 Friday Harbor	4
31 North Beach	4
34 Northwest (Seattle)	3
34 Dayton	3
36 Cle Elum/Roslyn	2
36 Bear Creek	2
36 Colfax	2
39 Okanogan	1
39 Bush	1
39 Royal	1