

**2005 WIAA/Dairy Farmers of Washington/Les Schwab Tires
3A Girls Track & Field Championships**

3A Girls 100 Meter Dash

Finals

1	Jacqua Williams	12	Rainier Beach	12.51
2	Jamie Carver	12	WF West	12.60
3	Devin Brooks	10	Holy Names	12.70
4	Nkeiru Ugwoaba	11	Highline	12.84
5	Gail Butler	12	Issaquah	12.95
6	NaTeisha Poe	11	Clover Park	12.99
7	Susan McLean	9	Timberline	13.04
8	Kelly Mason	10	Highline	13.16
9	Nia Jackson	10	Sealth	13.48

3A Girls 200 Meter Dash

Finals

1	Jacqua Williams	12	Rainier Beach	24.98
2	Devin Brooks	10	Holy Names	25.89
3	Nkeiru Ugwoaba	11	Highline	25.97
4	Mitra Akhavan	11	North Thurston	26.20
5	NaTeisha Poe	11	Clover Park	26.24
6	Dominque James	12	Franklin Pierce	26.40
7	Kat Tarr	12	Columbia River	26.52
8	Anna Walters	11	North Central	26.74

3A Girls 400 Meter Dash

Finals

1	Laura Vogel	10	Mercer Island	57.94
2	Anna Walters	11	North Central	58.31
3	Elena Brandford	11	Lakeside	58.37
4	Whitney Knox	12	Blanchet	58.56
5	Rachael Johnson	10	West Valley (Yakima)	58.77
6	Leslie Baker	12	Tumwater	59.20
7	Tasha Shipman	9	Black Hills	60.00
8	Erica McMillan	9	Clover Park	60.93

3A Girls 800 Meter Run

Finals

1	Laura Vogel	10	Mercer Island	57.94
2	Anna Walters	11	North Central	58.31
3	Elena Brandford	11	Lakeside	58.37
4	Whitney Knox	12	Blanchet	58.56
5	Rachael Johnson	10	West Valley (Yakima)	58.77
6	Leslie Baker	12	Tumwater	59.20
7	Tasha Shipman	9	Black Hills	60.00
8	Erica McMillan	9	Clover Park	60.93

3A Girls 1,600 Meter Run

Finals

1	Kelsey Walker	11	Bellevue	5:05.84
2	Bevin Peters	12	Holy Names	5:06.55

3	Aubrey White	12	Newport	5:09.70
4	Sifrash Ademe	12	Tyee	5:13.06
5	Emily Schick	10	Squalicum	5:14.38
6	Mary Graesser	10	North Central	5:17.00
7	Madeleine O'Meara	12	Mercer Island	5:18.59
8	Bronwyn Crossman	9	Squalicum	5:18.68
9	Stephanie Shuel	9	West Valley (Yakima)	5:19.71
10	Sam McGhee	11	Kelso	5:25.08
11	Zara Lukens	10	Columbia River	5:29.27
12	Josie Becker	9	White River	5:33.21
13	Melissa Carlson	12	Lindbergh	5:34.69
14	Marie Porter	12	Highline	5:38.27
15	Akina Lantow	11	River Ridge	5:43.95
16	Meghan Baker	9	Yelm	5:50.36

3A Girls 3,200 Meter Run

Finals

1	Kelsey Walker	11	Bellevue	10:51.86
2	Bronwyn Crossman	9	Squalicum	10:52.27
3	Bevin Peters	12	Holy Names	10:59.32
4	Sifrash Ademe	12	Tyee	11:01.55
5	Madeleine O'Meara	12	Mercer Island	11:04.59
6	Aubry White	12	Newport	11:17.20
7	Mary Graesser	10	North Central	11:21.10
8	Stephanie Marcy	10	Sequim	11:24.84
9	Jackie Dargitz	12	Sehome	11:33.15
10	Katherine Ellis	11	Columbia River	11:40.37
11	Larsen Agee	11	West Valley (Spokane)	11:51.45
12	Melissa Carlson	12	Lindbergh	12:01.81
13	Jolene Boogaard	12	Kelso	12:11.18
14	Marie Porter	12	Highline	12:11.24
15	Erin Flinn	11	Camas	12:28.00
16	Kyann Martin	11	Camas	12:40.12

3A Girls 100 Meter Hurdles

Finals

1	Devin Brooks	10	Holy Names	14.54
2	Jamie Carver	12	WF West	14.64
3	Angela Jensen	10	Fife	15.24
4	Jessica Erickson	10	Peninsula	15.26
5	Kayla Standish	9	Ellensburg	15.60
6	Lauren Zegers	12	Sehome	15.67
7	Katie Kimball	12	Cheney	15.84
8	Lindsay McAleer	12	Lakeside	16.18

3A Girls 300 Meter Hurdles

Finals

1	Jamie Carver	12	WF West	43.30
2	Caitlin Bonney	11	Lynnwood	44.6
3	Jessica Erickson	10	Peninsula	44.81
4	Katie Kimball	12	Cheney	45.68
5	Elizabeth Mattila	10	Ferndale	45.80

6 Lindsey Lunderman	11	Franklin Pierce	45.86
7 Angela Jensen	10	Fife	46.44
8 Jessica Oliver	10	Mount Si	46.84

3A Girls 4x100 Meter Relay

Finals

1 Highline	49.18
2 Seattle Prep	49.86
3 Issaquah	50.12
4 Hanford	50.26
5 South Whidbey	50.37
6 East Valley	50.39
7 Clover Park	50.40
8 Timberline	50.62

3A Girls 4x200 Meter Relay

Finals

1 Rainier Beach	1:44.26
2 Holy Names	1:44.62
3 Timberline	1:45.58
4 South Whidbey	1:45.68
5 West Valley (Yakima)	1:45.75
6 Franklin Pierce	1:46.33
7 Renton	1:47.26
8 East Valley	1:48.15

3A Girls 4x400 Meter Relay

Finals

1 Lakeside	3:59.33
2 Bainbridge	4:01.32
3 Issaquah	4:02.20
4 West Valley (Yakima)	4:02.21
5 North Central	4:02.86
6 Burlington-Edison	4:06.04
7 Lynnwood	4:09.09
8 Black Hills	4:16.11

3A Girls Shot Put

Finals

1 Brittany Tillman	10	Lakes	40-11.5
2 Devon Cresse	12	Ellensburg	39-11.5
3 Molly Frolich	12	Sehome	39-05
4 Emily Jacobsen	11	Sammamish	39-04
5 Karen Chase	12	West Valley (Yakima)	39-00.5
6 Emily Sasse	12	West Valley (Spokane)	39-00.5
7 Dominique Owens	12	Issaquah	38-10.5
8 Tiffany Bigham	12	Renton	38-00.5
9 Ashlee Michelson	11	North Central	36-11.5
10 Allison Dickson	12	Aberdeen	36-08
11 Lucy Carlson	12	North Central	36-07.5
12 Samantha McDonald	12	North Mason	36-01.5
13 Ashley Gagner	11	Yelm	35-07.5

14	Pepper Glessner	11	Holy Names	34-05.5
15	Paige Gehrman	11	Kelso	33-06.5
16	Robyn Simmons	12	WF West	33-01.5
17	Katie Reed	12	Franklin Pierce	32-08.5
18	Gena Taylor	12	Newport	31-10.5
19	Kimery Hern	12	South Whidbey	30-11

3A Girls Discus Throw

Finals

1	Becky Scherer	12	Shorecrest	125-00
2	Ashlee Michelson	11	North Central	123-03
3	Kimery Hern	12	South Whidbey	123-00
4	Emily Jacobsen	11	Sammamish	122-07
5	Tiffany Bigham	12	Renton	120-05
6	Devon Cresse	12	Ellensburg	118-01
7	Latrece Weakley	11	Lakes	112-10
8	Katie Reed	12	Franklin Pierce	112-02
9	Allison Dickson	12	Aberdeen	109-06
10	Kerrin Feather	10	Camas	102-06
11	Shannon Posey	12	Mount Si	102-05
12	Georgina Tiatia	12	Franklin Pierce	100-08
13	Heather Warner	12	North Thurston	94-00
14	Blessing Palaita	11	RA Long	91-04
15	Gena Taylor	12	Newport	90-05
16	Anna Haberman	9	Ingraham	79-08

3A Girls Javelin Throw

Finals

1	Lynnea Braun	12	West Valley (Yakima)	140-03
2	Shantel Haugen	12	North Central	129-11
3	Kelli Christianson	12	Ferndale	122-01
4	Brett Bogachus	12	Bellevue	115-10
5	Jill Blake	12	Tumwater	114-03
6	Elise Knutzen	11	Nathan Hale	113-11
7	Crystal Woolsey	12	Timberline	112-01
8	Whitney Scott	11	Black Hills	111-09
9	Jessica Smith	12	Columbia River	109-06
10	Sheshana Mahmood	12	Hazen	107-06
11	Georgina Tiatia	12	Franklin Pierce	104-04
12	Shannon Posey	12	Mount Si	103-06
13	Samantha McDonald	12	North Mason	102-11
14	Allison Mackay	12	Anacortes	99-09
15	Tricia Dixon	11	Newport	99-01
16	Shatanya Fernandez	12	Renton	95-01

3A Girls Long Jump

Finals

1	Kelsey Burns	12	Kennedy	18-06
2	Jacqua Williams	12	Rainier Beach	18-01.25
3	Kasey Hostetler	12	Hanford	17-06.5
4	Dominique Radcliffe	11	Kelso	17-00.75
5	Eleaya Schuerch	10	East Valley	16-04.5

6 Kara Bennett	11	Liberty	16-01.75
7 Hannah O'Neal	10	Sehome	16-01
8 Laura Vogel	10	Mercer Island	15-10
9 Briana Junior	12	Eastside Catholic	15-09.75
10 Maria Mazur	12	Highline	15-08
11 Alicia McArtor	12	White River	15-06.5
12 Molly Gibson	10	Shorecrest	15-03.5
13 Mitra Akhavan	11	North Thurston	15-03
14 Whitney Scott	11	Black Hills	14-09.25
15 Catherine Gagnier	12	Lindbergh	14-03.75
16 Alisha Skreen	10	Kelso	14-00.5

3A Girls Triple Jump

Finals

1 Kara Bennett	11	Liberty	37-08
2 Nkeiru Ugwoaba	11	Highline	37-05
3 Dominique Radcliffe	11	Kelso	36-11.25
4 Kayla Standish	9	Ellensburg	36-03.75
5 Victoria Coats	12	River Ridge	35-10.75
6 Briana Junior	12	Eastside Catholic	35-09.75
7 Alicia McArtor	12	White River	35-05
8 Shene' Davis	10	Selah	35-02.75
9 Chloe Yeldon	12	Washington	34-10.75
10 Katrina Bakamas	12	Mark Morris	34-05.5
11 Kim Shen	12	Shorecrest	34-0.75
12 Katie Hayden	11	Sehome	34.05.25
13 Charlotte White	9	West Seattle	33-0.75
14 Maria Mazur	12	Highline	32-10.25
15 Julianna Sackefio	10	Ingraham	31-05
-- Erin Kelly	11	Black Hills	ND

3A Girls High Jump

Finals

1 Meghan Dahl	11	Ferndale	5-05.0
2 Kara Bennett	11	Liberty	5-04.0
3 Kelsey Burns	12	Kennedy	5-03.0
4 Ambria Brantner	12	West Valley (Yakima)	5-02.0
5 Kelsie Davis	11	Kelso	5-01.0
6 Allie Leaf	11	Kelso	5-00.0
7 Ashlee Lindstrom	12	Centralia	4-10.0
8T Kara VanZanten	12	Mark Morris	4-10.0
8T Amy Farquhar	12	Shorecrest	4-10.0
10 Stephanie Slatt	11	Kennedy	4-08.0
11 Julia Grant	12	Holy Names	4-08.0
12 Whitney Engle	12	Interlake	4-08.0
-- Dani Gibson	12	Highline	NH
-- Elena Brandford	11	Lakeside	NH
-- Megan Cogley	11	Cheney	NH
-- Helena Bottemiller	12	Highline	NH

3A Girls Polve Vault

Finals

1	Laura Schvaneveldt	11	Interlake	12-00.0
2	Kendall Mays	11	North Central	11-06.0
3	Alexa Huestis	10	WF West	11-00.0
4	Dominique Daba	10	Seattle Prep	10-09.0
5	Katie Davis	10	Tumwater	10-09.0
6T	Deanna Denmark	12	Highline	10-06.0
6T	Krista Hoffman	11	North Central	10-06.0
8T	Heidi Dorling	10	Black Hills	10-00.0
8T	Elizabeth Andrews	11	Bellevue	10-00.0
10	Stephanie Janigo	11	Bellingham	9-06.0
11	Kelsey Shimada	10	Newport	9-06.0
12	Amy Williams	12	Tumwater	9-06.0
13	Taylor Fowler	10	Franklin Pierce	9-00.0
14	Camille Clarke	12	Bellingham	9-00.0
15	Emily Herr	11	Kennedy	8-06.0
16	Amber Williams	9	Peninsula	8-06.0

2005 3A Girls Track & Field Team Finals

1	Holy Names	48
2	North Central	44.5
3	Rainier Beach	38
4	West Valley (Yakima)	37
5	Highline	34.5
6	WF West	34
7	Issaquah	29
8	Bellevue	25.5
9	Lakeside	25
10	Mercer Island	23
11	Liberty	21
12	Ellensburg	20
13	Ferndale	20
14	Kelso	18
15	Kennedy	16
16	Sehome	15
17	South Whidbey	15
18	Seattle Prep	13
19	Squalicum	13
20	Lakes	12
21	Timberline	12
22	Clover Park	11
23	Hanford	11
24	Peninsula	11
25	Tumwater	11
26	Shorecrest	10.5
27	Franklin Pierce	10
28	Interlake	10
29	Lynnwood	10
30	Sammamish	10
31	Tyee	10
32	Bainbridge	9
33	Newport	9

34 East Valley	8
35 Fife	8
36 Cheney	7
37 Renton	7
38 Blanchet	5
39 North Thurston	5
40 Black Hills	4.5
41 River Ridge	4
42 Sequim	4
43 White River	4
44 Burlington-Edison	3
45 Eastside Catholic	3
46 Nathan Hale	3
47 West Valley (Spokane)	3
48 Centralia	2
49 Columbia River	2
50 Selah	1
51 Mount Si	1
52 Mark Morris	0.5