

**2009 WIAA/Dairy Farmers of Washington/Les Schwab Tires  
3A Girls Track & Field Championships**

**3A Girls 100 Meter Dash**

Finals

1	Germe Poston	11	Franklin Pierce	11.63
2	Charnay Combs	12	Rainier Beach	12.10
3	Haley Locker	10	Ferndale	12.12
4	Ariele Reeves	11	Rainier Beach	12.29
5	Siara Byers	11	North Kitsap	12.39
6	Chantel Jaeger	10	West Valley-Yakima	12.39
7	Briana Welsh	10	Timberline	12.52
8	Alexis Ramos	11	Shorecrest	12.69

**3A Girls 200 Meter Dash**

Finals

1	Germe Poston	11	Franklin Pierce	24.05
2	Charnay Combs	12	Rainier Beach	24.96
3	Chantel Jaeger	10	West Valley-Yakima	24.99
4	Kelsey Werre	12	Liberty-Issaquah	25.52
5	Keiresia Vasser	11	Rainier Beach	26.09
6	Deven Wilson	12	Peninsula	26.10
7	Helen Hasbun	11	Mt Si	26.12
8	Tia Brogna	11	Mt Vernon	26.28

**3A Girls 400 Meter Dash**

Finals

1	Dyneeca Adams	12	Rainier Beach	56.89
2	Stephenie Cummings	11	Glacier Peak	57.28
3	Megan Kelley	10	Camas	57.73
4	Tia Brogna	11	Mt Vernon	58.20
5	Seanna Pitassi	11	Camas	58.42
6	Alex Bachmeier	10	Yelm	59.03
7	Ashlee Sincraugh	11	Sumner	59.67
8	Stephanie Schreiner	11	Enumclaw	1:01.94

**3A Girls 800 Meter Run**

Finals

1	Madeline Rathbun	10	Lakeside	2:14.95
2	Hillary Norris	12	Sumner	2:16.06
3	Courtney Zalud	12	Mt Spokane	2:16.67
4	Jessica Bottelberghe	10	Columbia River	2:16.90
5	Amy Before	12	Shadle Park	2:16.97
6	Tracey Stolz	9	Highline	2:17.67
7	Veronica Stinnett	11	Bonney Lake	2:19.54
8	Casey Warendorf	11	Bellevue	2:21.13

**3A Girls 1,600 Meter Run**

Finals

1	Phoebe Merritt	12	Mercer Island	5:08.82
2	Carey Parker	12	Seattle Prep	5:08.90
3	Andrea Nelson	11	Shadle Park	5:11.75

4	Emilie Gilbert	12	Bellevue	5:13.65
5	Suzy Olsen	12	Everett	5:14.91
6	Lauryn Wate	9	White River	5:15.00
7	Veronica Stinnett	11	Bonney Lake	5:15.78
8	Tansey Lystad	10	Juanita	5:16.33

### 3A Girls 3,200 Meter Run

#### Finals

1	Carey Parker	12	Seattle Prep	11:00.51
2	Theresa Edwards	12	Bonney Lake	11:03.85
3	Sarah Bobbe	11	Columbia River	11:11.32
4	Lindsay Benster	9	Mercer Island	11:14.91
5	Erin Hegarty	10	Hanford	11:16.65
6	Andrea Nelson	11	Shadle Park	11:26.00
7	Emilie Gilbert	12	Bellevue	11:33.27
8	Suzy Olsen	12	Everett	11:34.41

### 3A Girls 100 Meter Hurdles

#### Finals

1	Tanya Bjornsson	12	Ferndale	14.66
2	Diana Keller	12	Mt Si	14.71
3	Shayle Dezellem	11	Shadle Park	15.13
4	Shelby Rowland	12	Bonney Lake	15.15
5	Joanna Luse	11	Mt Spokane	15.26
6	Kate Holman	11	Bishop Blanchet	15.42
7	Stephanie Jones	12	Enumclaw	15.54
8	Naivasha Sophusson Smith	10	Nathan Hale	20.30

### 3A Girls 300 Meter Hurdles

#### Finals

1	Ariele Reeves	11	Rainier Beach	43.60
2	Tanya Bjornsson	12	Ferndale	45.20
3	Stephanie Jones	12	Enumclaw	45.46
4	Rachel Thompson	12	Capital	45.80
5	Brina Sych	11	Union	45.83
6	Alyssa Turner	12	Hudson's Bay	45.88
7	Shayle Dezellem	11	Shadle Park	45.94
8	Emily Hutchins	12	Bishop Blanchet	46.57

### 3A Girls 4x100 Meter Relay

#### Finals

1	Rainier Beach			48.42
	1) Ariele Reeves	11	2) Queen Ealy	9
	3) Dyneeca Adams	12	4) Charnay Combs	12
	5) Ta Pri Nelthrope	10	6) Keiresia Vasser	11
2	Franklin			49.20
	1) Charissa Shoecraft	10	2) Whitney Echols	9
	3) Danita Hamptonie	11	4) Ariana Jones	12
	5) Sheresse Heard	12	6) Gabby Holman	11
3	Mt Si			49.38
	1) Nikki Stanton	12	2) Helen Hasbun	11
	3) Hannah Hasbun	11	4) Diana Keller	12

4 Shorecrest	5) Sophie Rockow	9	6) Natalie Opsvig	11	49.39
	1) Marisa Brown	12	2) Lynleigh Oliver	9	
	3) Nicole Harris	9	4) Alexis Ramos	11	
	5) Emily Corona	10	6) Rachel Schrote	10	
5 Lynnwood					49.90
	1) Ta'Jah Cochran	11	2) Stephanie Bidondo	10	
	3) Colleen Hill	10	4) Danielle Alexander	10	
	5) Jessika Barlow	11	6) Chelsie Martell	9	
6 Bonney Lake					50.08
	1) Shelby Rowland	12	2) Taylor Howick	11	
	3) Kimber Kober	11	4) Leslie Cannon	11	
	5) Haylie Cannon	11	6) Emma Martin	10	
7 Peninsula					50.14
	1) Kayla Erickson	11	2) Hannah Gilman	12	
	3) Kelsie Williams	12	4) Deven Wilson	12	
	5) Nicole Holcomb	9			
8 West Valley-Yakima					51.66
	1) Mikele Cluff	10	2) Keely Hausken	9	
	3) Chelsea Nell	11	4) Chantel Jaeger	10	
	5) Kira Lewis	12	6) Ashley Packard	10	
<b>3A Girls 4x200 Meter Relay</b>					
Finals					
1 Rainier Beach					1:39.49R
	1) Ariele Reeves	11	2) Charnay Combs	12	
	3) Ta Pri Nelthrope	10	4) Dyneeca Adams	12	
	5) Keiresia Vasser	11	6) Queen Ealy	9	
2 Shorecrest					1:44.03
	1) Lynleigh Oliver	9	2) Nicole Harris	9	
	3) Erin Springer	12	4) Alexis Ramos	11	
	5) Marisa Brown	12	6) Nicole Wanamaker	11	
3 Capital					1:44.25
	1) Emily Enz	10	2) Mary Agnes Villanueva	9	
	3) Aubrey Cronk	9	4) Tosha Hollingsworth	11	
	5) Tess Peckler	12	6) Rachel Thompson	12	
4 Liberty-Issaquah					1:44.61
	1) Alli Agnew	12	2) Haile Erickson	10	
	3) Madison Birdsall	10	4) Kelsey Werre	12	
	5) Elizabeth Ryker	9	6) Aimee Christensen	9	
5 Ferndale					1:45.28
	1) McKensie Clark	11	2) Laurel Erdman	9	
	3) Tanya Bjornsson	12	4) Haley Locker	10	
	5) Madison Hart	10	6) Shandel Yanney	11	
6 Mt Si					1:45.90
	1) Nikki Stanton	12	2) Helen Hasbun	11	
	3) Hannah Hasbun	11	4) Taylor Robbins	11	
	5) Sophie Rockow	9	6) Natalie Opsvig	11	
7 Union					1:46.18
	1) Leina Buchanan	12	2) Brina Sych	11	
	3) Sarah Takayoshi	12	4) Alyssa Vera	12	
	5) Alexis Ransom	10	6) Megan Dire	12	

8 West Valley-Yakima				1:46.50
1) Keely Hausken	9	2) Chelsea Nell	11	
3) Kira Lewis	12	4) Chantel Jaeger	10	
5) Ashley Packard	10	6) Mikele Cluff	10	

### 3A Girls 4x400 Meter Relay

#### Finals

1 Camas				3:56.48
1) Sara Slayton	10	2) Megan Kelley	10	
3) Seanna Pitassi	11	4) Dakota Forgey	12	
5) Renee Valenter	9	6) Shelby Bodily	11	
2 Liberty-Issaquah				3:57.86
1) Alli Agnew	12	2) Hailey Erickson	10	
3) Madison Birdsall	10	4) Kelsey Werre	12	
5) Elizabeth Ryker	9	6) Emily Pestl-Dimmitt	9	
3 Bainbridge				3:57.88
1) Pearl Terry	9	2) Isabel Ferguson	9	
3) Courtney O'Dell	10	4) Sylvia Stellmacher	11	
5) Maddiy Sheldon	12	6) Annie Taylor	11	
4 Lakeside				3:58.59
1) Lara Adekoya	10	2) Madeline Rathbun	10	
3) Emi Lawson	11	4) Whitney Best	10	
5) Allanah Whitehall	9	6) Allegra Roberts	12	
5 Shadle Park				3:59.15
1) Shayle Dezelle	11	2) Katie Morris	9	
3) Mary Rogers	12	4) Amy Before	12	
5) Andrea Nelson	11	6) Martha Wagley	11	
6 Mt Spokane				4:02.18
1) Courtney	12	2) Sarah Craig	11	
3) Averil Hollman	12	4) Afton McKinlay	10	
5) Joanna Luse	11	6) Chelsea Padrta	12	
7 Bishop Blanchet				4:03.62
1) Maddy Mercier	12	2) Andrea Toulouse	11	
3) Emily Hutchins	12	4) Bridget Toulouse	11	
5) Ellyn Erving	11	6) Katrina VanTassell	10	
8 Bonney Lake				4:05.91
1) Veronica Stinnett	11	2) Haylie Cannon	11	
3) Sandra Meyer	12	4) Shelby Rowland	12	
5) Theresa Edwards	12	6) Emma Martin	10	

### 3A Girls High Jump

#### Finals

1 Emily Corona	10	Shorecrest	5-07.00
2 Sasha Weber	9	Timberline	5-06.00
3 Taymussa Miller	12	Hanford	5-05.00
4 McKensie Clark	11	Ferndale	5-04.00
5 Brittany Grandy	10	Sedro-Woolley	5-03.00
6 Tess Peckler	12	Capital	5-02.00
7 Ashley Graybeal	11	North Central	J5-02.00
8 Emi Lawson	11	Lakeside	J5-02.00
9 Melissa Merrill	9	Hanford	J5-02.00

### 3A Girls Pole Vault

#### Finals

1	Kaycee Smith	12	Mt Spokane	10-06.00
2	Kristina Owsinski	10	Prairie	10-03.00
3	Georgia Reynolds	11	Mt Si	10-00.00
4	Jennifer Debellis	9	Columbia River	9-09.00
5	Zoey Dingel	11	Ferndale	J9-09.00
6	Krista Lockhart	12	Liberty-Issaquah	9-06.00
7	Nicole Harris	9	Shorecrest	J9-06.00
8	Hannah Robins	12	Liberty-Issaquah	9-00.00
8	Britta LaVoie	10	Mt Spokane	9-00.00
8	Jordan Hess	10	Columbia River	9-00.00
8	Samantha Sanches	12	Columbia River	9-00.00

### 3A Girls Long Jump

#### Finals

1	Diana Keller	12	Mt Si	17-06.50
2	Olivia Ward	12	Cleveland	16-10.25
3	Taryn Willie	11	Camas	16-06.50
4	Lizzie Perkins	12	West Seattle	16-05.75
5	Maddy Mercier	12	Bishop Blanchet	J16-05.75
6	Amanda Alvarez	12	Columbia River	16-05.50
7	Briana Welsh	10	Timberline	16-04.50
8	Taymussa Miller	12	Hanford	16-03.50

### 3A Girls Triple Jump

#### Finals

1	Olivia Ward	12	Cleveland	40-08.50
2	Amanda Alvarez	12	Columbia River	37-07.00
3	Athena Alvarez	12	Columbia River	37-01.00
4	Kira Lewis	12	West Valley-Yakima	36-10.50
5	Stephanie Jones	12	Enumclaw	36-06.00
6	Ellyn Erving	11	Bishop Blanchet	35-06.25
7	Kayla Erickson	11	Peninsula	35-05.25
8	Makala Williams	12	Lindbergh	35-05.00

### 3A Girls Shot Put

#### Finals

1	Tiara Killmer	11	Bonney Lake	39-07.75
2	Carolina Siofele	12	Union	39-05.25
3	Adara Winder	9	Bonney Lake	38-02.00
4	Emi Lawson	11	Lakeside	37-11.00
5	Boryana Atanasova	12	Renton	37-05.50
6	Christi Ometu	12	Auburn Mountain View	37-03.75
7	Tressae Herrera	11	North Central	36-06.50
8	Roylanda Jackson	12	Renton	36-05.00

### 3A Girls Discus Throw

#### Finals

1	Carolina Siofele	12	Union	128-07
2	Anna Kaminski	12	Bainbridge	122-10
3	Rachel Damiano	12	Mt Spokane	119-07

4 Boryana Atanasova	12	Renton	115-06
5 Melissa Youmans	12	East Valley-Spokane	114-04
6 Anna Adamko	10	Columbia River	113-03
7 Tusalava Kuaea	11	Lakes	112-00
8 Corina Linder	11	Mt Si	109-07

### 3A Girls Javelin Throw

#### Finals

1 Anna Adamko	10	Columbia River	141-04
2 Bianca Pope	12	Shadle Park	138-11
3 Sasha Weber	9	Timberline	130-10
4 Haley Tank	12	Hanford	127-06
5 Kim Harbine	12	Ferndale	126-10
6 Boryana Atanasova	12	Renton	120-05
7 Kristen Munson	12	Prairie	117-07
8 Caroline Towles	12	Shorecrest	116-11

### 2009 3A Girls Track & Field Team Finals

1) Rainier Beach	65
2) Columbia River	46.5
3) Ferndale	41
4) Bonney Lake	37
5) Mt Si	36
6) Shadle Park	33
7) Mt Spokane	29.3
8) Shorecrest	27
9) Camas	26
10) Union	24
11) Liberty-Issaquah	21.3
12) Lakeside	21
13) Franklin Pierce	20
14) Seattle Prep	18
14) Cleveland	18
14) Timberline	18
17) West Valley-Yakima	16
17) Hanford	16
19) Mercer Island	15
20) Capital	14
20) Bainbridge	14
22) Bishop Blanchet	13
22) Renton	13
22) Enumclaw	13
25) Sumner	10
25) Prairie	10
27) Glacier Peak	8
27) Franklin	8
27) Bellevue	8
30) Peninsula	7
31) Mt Vernon	6
32) Everett	5
32) West Seattle	5

34)	North Central	4
34)	East Valley-Spokane	4
34)	Sedro-Woolley	4
34)	Lynnwood	4
34)	North Kitsap	4
39)	Auburn Mountain View	3
39)	White River	3
39)	Highline	3
39)	Hudson's Bay	3
39)	Yelm	3
44)	Lakes	2
45)	Juanita	1
45)	Nathan Hale	1
45)	Lindbergh	1