

**2003 WIAA/Dairy Farmers of Washington/Les Schwab Tires
3A Girls Track & Fields Championships**

3A Girls 100 Meter Dash

Finals

1	Jaqua Williams	10	Rainier Beach	12.64
2	Jamie Carver	10	W.F. West	12.74
3	Patrice Pierre	12	North Thurston	12.77
4	Whitney Knox	10	Bishop Blanchet	12.94
5	Leanne Bellar	11	Bellevue	12.95
6	McKayla Sutton	11	Selah	12.96
7	Kesha Bivens	11	River Ridge	13.07
8	Stephanie Hardin	11	Kennedy	13.13

3A Girls 200 Meter Dash

Finals

1	Jaqua Williams	10	Rainier Beach	25.03
2	Patrice Pierre	12	North Thurston	25.27
3	Jamie Carver	10	W.F. West	25.76
4	Stephanie Hardin	11	Kennedy	26.19
5	McKayla Sutton	11	Selah	26.28
6	Kristen Patterson	12	Holy Names	26.36
7	Sara Mountjoy-Pepka	12	Peninsula	26.47
8	Brynne Lieb	12	Tumwater	26.75

3A Girls 400 Meter Dash

Finals

1	Whitney Knox	10	Bishop Blanchet	57.19
2	Leanne Bellar	11	Bellevue	57.76
3	Sara Mountjoy-Pepka	12	Peninsula	57.79
4	Lydia Boswell	12	Grandview	58.38
5	Brynne Lieb	12	Tumwater	59.06
6	Madison Bush	11	Bellevue	60.18
7	Lauren Olander	11	West Valley (Yakima)	60.24
8	Kacie Fischer	12	Sehome	61.65

3A Girls 800 Meter Run

Finals

1	Veronica Ivey	11	Bainbridge	2:19.15
2	Mickey Pelland	11	Shorecrest	2:19.21
3	Katie Troy	12	Bellevue	2:20.37
4	Anna Wheatley	10	Seattle Prep	2:20.89
5	Danielle Shimota	10	Sehome	2:24.82
6	Stephanie Melrose	11	Hazen	2:25.08
7	Cara Damminga	10	Columbia River	2:26.22
8	Leanne Schaafsma	11	Sequim	2:26.46

3A Girls 1,600 Meter Run

Finals

1	Marie Foushee	12	Bellevue	5:18.65
2	Madeline O'Meara	10	Mercer Island	5:20.48
3	Isley Gonzalez	11	Sunnyside	5:20.60

4	Anna Wheatley	10	Seattle Prep	5:21.44
5	Sara Thon	11	Squalicum	5:22.26
6	Bevin Peters	10	Holy Names	5:23.89
7	Kelly Ramirez	12	Cedarcrest	5:23.93
8	Natalie Smith	12	Sehome	5:24.85
9	Rachael Draper	11	Highline	5:26.28
10	Kristie Rice	12	Mt. Rainier	5:26.41
11	Molly Cole	11	West Valley (Spokane)	5:29.32
12	Holly Evans	12	W.F. West	5:33.44
13	Leanne Schaafsma	11	Sequim	5:34.75
14	Jolene Boogaard	11	Kelso	5:35.86
15	Katherine Ellis	9	Columbia River	5:40.58
16	Sifrash Ademe	10	Tyee	5:41.96

3A Girls 3,200 Meter Run

Finals

1	Marie Foushee	12	Bellevue	11:08.21
2	Bevin Peters	10	Holy Names	11:16.04
3	Sara Thon	11	Squalicum	11:18.45
4	Madeline O'Meara	10	Mercer Island	11:18.48
5	Kristie Rice	12	Mt. Rainier	11:19.52
6	Isley Gonzalez	11	Sunnyside	11:22.53
7	Molly Cole	11	West Valley (Spokane)	11:23.56
8	Grace Coulter	12	Sehome	11:24.36
9	Rachel Belt	11	Bainbridge	11:35.14
10	Kelly Ramirez	12	Cedarcrest	11:45.08
11	Katherine Ellis	9	Columbia River	11:55.90
12	Jennifer Grover	12	Tumwater	11:58.18
13	Sifrash Ademe	10	Tyee	12:18.71
14	Kim Agren	12	Yelm	12:24.03
15	Stephanie Bulick	12	Lakes HS	12:28.90
--	Kjerstein Bailey	12	Sequim	DNF

3A Girls 100 Meter Hurdles

Finals

1	Christina Tupper	10	Skyline	14.97
2	Dana Allen	12	Interlake	15.24
3	Jeslyn Lemke	12	Cheney	15.55
4	Alex Merrick	11	Holy Names	16.14
5	Kristen Berndt	11	Mt. Si	16.45
6	Courtney Olsen	10	Squalicum	16.49
7	Elin Waldman	11	Fife	16.75
8	Chloe Yeldon	10	Washington	17.17

3A Girls 300 Meter Hurdles

Finals

1	Cortney Hahn	11	Columbia River	45.05
2	Lindsey Buttrey	11	W.F. West	45.91
3	Dana Allen	12	Interlake	46.16
4	Chloe Yeldon	10	Washington	46.9
5	Jeslyn Lemke	12	Cheney	46.91
6	Katie Kimball	10	Cheney	47.01

7 Jessica Daiger	12	Bishop Blanchet	47.15
8 Lorette Hanson	11	Anacortes	47.64

3A Girls 4x100 Meter Relay

Finals

1 Sehome	49.03
2 Bellingham	49.49
3 River Ridge	49.97
4 Lakes HS	50.37
5 Rainier Beach	50.4
6 Skyline	50.71
7 Bellevue	51.22
8 Kennedy	53.35

3A Girls 4x200 Meter Relay

Finals

1 Bellingham	1:44.36
2 Hanford	1:45.16
3 Shorecrest	1:45.43
4 West Valley (Yakima)	1:45.83
5 Holy Names	1:45.85
6 Issaquah	1:46.35
7 Lakes HS	1:46.59
8 Skyline	1:47.80

3A Girls 4x400 Meter Relay

Finals

1 Shorecrest	3:57.84
2 Bellevue	3:59.74
3 Sehome	4:00.26
4 Bishop Blanchet	4:03.98
5 Clover Park	4:04.36
6 West Valley (Yakima)	4:05.72
7 Lakeside	4:10.66
8 Peninsula	4:11.92

3A Girls Shot Put

Finals

1 Amanda Faire	12	Ellensburg	43-01
2 Liz McCarrell	11	Ferndale	39-10.25
3 Piper Sherbon	11	Mt. Si	39-04
4 Dominique Owens	10	Issaquah	38-07
5 Emily Jacobsen	9	Sammamish	37-04.75
6 Danielle Alexander	11	Columbia River	37-02
7 Tiffany Ulmer	11	Ellensburg	36-06.75
8 Chelsea Sadler	11	North Thurston	36-05.25
9 Shirley Bocian	12	Bishop Blanchet	35-06.25
10 Jane Demme	11	Columbia River	35-00.5
11 Whitney Rance	11	West Seattle	34-08.5
12 Ryann Hansen	11	Fife	33-01.25
13 Kyeesha Baldwin	12	Renton	32-03.5
14 Leah Rogers	10	Renton	32-00.75

15 Jennifer Patnode	12	Kennedy	31-02.25
16 Emily Berentson	12	Burlington-Edison	30-06.5

3A Girls Discus Throw

Finals

1 Jane Demme	11	Columbia River	132-06
2 Amanda Faire	12	Ellensburg	129-08
3 Liz McCarrell	11	Ferndale	122-03
4 Tiffany Ulmer	11	Ellensburg	120-06
5 Erica Rance	11	Renton	119-05
6 Kelsey Nagel	12	Meadowdale	119-02
7 Christine Labrie	11	Skyline	106-09
8 Tawni Russell	11	Camas	104-07
9 Caitlin Braun	11	Mt. Si	104-02
10 Chelsea Sadler	11	North Thurston	104-00
11 Emily Pierce	9	Bainbridge	101-05
12 Hannah Kirby	11	Skyline	99-06
13 Ryann Hansen	11	Fife	97-01
14 Katie Reed	10	Franklin Pierce	97-00
15 Katie Taylor	12	Interlake	95-11
16 Stephanie Lewis	12	Lakes HS	91-02

3A Girls Javelin Throw

Finals

1 Kelly Stovin	12	Newport	130-11
2 Tiffany Ulmer	11	Ellensburg	129-05
3 Kristen Berndt	11	Mt. Si	126-11
4 Jamie Anderson	11	White River	125-01
5 Drew Kreager	11	Issaquah	125-01
6 Michelle Dudley	11	Lakes	123-01
7 Shannon Posey	10	Mt. Si	121-06
8 Devon Cresse	10	Ellensburg	120-09
9 Molly Hornbuckle	12	Highline	118-09
10 Jill Blake	10	Tumwater	118-00
11 Liz McCarrell	11	Ferndale	109-02
12 Kelli Christensen	10	Ferndale	108-11
13 Marianne Madsen	11	Sequim	108-01
14 Caitlin Johnson	12	Newport	99-05
15 Tawni Russell	11	Camas	97-08
16 Lauren Groce	11	Kelso	93-07

3A Girls Long Jump

Finals

1 Lakeshia Cockrell	12	River Ridge	18-08
2 Jaqua Williams	10	Rainier Beach	18-03.25
3 Kasey Hostetler	10	Hanford	18-02.5
4 Christina Tupper	10	Skyline	18-01.5
5 Breanne Lindquist	11	Lynden	17-06.75
6 Mallory Johnson	12	Lindbergh	17-04.5
7 Alex Merrick	11	Holy Names	17-03
8 Shawna Wayman	11	Burlington-Edison	17-01.25
9 Christine Jones	9	Bellevue	17-01

10 Kelsey Burns	10	Kennedy	16-11.75
11 Ambria Brantner	10	West Valley (Yakima)	16-11.75
12 Dominique Radcliffe	9	Kelso	16-07.75
13 Ryann Hansen	11	Fife	16-06.5
14 Mitra Akhavan	9	North Thurston	16-05.75
15 Piper Sherbon	11	Mt. Si	16-01
16 Bevan Elliott	11	Franklin Pierce	15-08

3A Girls Triple Jump

Finals

1 Kaylee Gardner	12	Bellingham	38-05.25
2 Christina Tupper	10	Skyline	37-11.25
3 Becky Hamm	12	Kelso	37-04.75
4 Kara Bennett	9	Liberty	36-06.75
5 Betsy McElhinney	12	West Valley (Yakima)	36-04
6 Cortney Hahn	11	Columbia River	35-09.75
7 Kacie Fischer	12	Sehome	35-09.5
8 Ryann Hansen	11	Fife	35-05
9 Alex Allen	12	Clover Park	35-03
10 Lindsey Leonard	11	Squalicum	35-00.75
11 Kelsey Burns	10	Kennedy	34-10.25
12 Briana Junior	10	Eastside Catholic	34-08
13 Dominique Radcliffe	9	Kelso	34-07.75
14 Mallory Johnson	12	Lindbergh	34-03.25
15 Piper Sherbon	11	Mt. Si	34-01.25
16 Caitlin Johnson	12	Newport	34-00.25
17 Sarah Jones	12	Ellensburg	33-08

3A Girls High Jump

Finals

1 Kayla Mainer	11	West Valley (Spokane)	5-05.0
2 Emily Berentson	12	Burlington-Edison	5-05.0
3 Malia Cunningham	10	Bellevue	5-03.0
4T Katie Hill	12	White River	5-02.0
4T Kara Bennett	9	Liberty	5-02.0
6 Becky Hamm	12	Kelso	5-02.0
7 Betsy McElhinney	12	West Valley (Yakima)	5-02.0
8 Ambria Brantner	10	West Valley(Yakima)	5-00.0
9 Jazmine Silafau	9	Clover Park	5-00.0
10 Julianna Williams	12	Newport	5-00.0
11 Collese Dornan	11	Fife	5-00.0
12 Patrice Pierre	12	North Thurston	5-00.0
13 Bri Thompson	12	W.F. West	4-10.0
14 Amanda Clark	11	Interlake	4-10.0
15 Amy Farquhar	10	Shorecrest	4-10.0
-- Christine Witcher	11	Bishop Blanchet	NH
-- Lindsey Cox	12	Fife	NH

3A Girls Pole Vault

Finals

1 Alli Moore	11	Sehome	12-02.0
2 Lara Jones	11	Lakeside	11-09.0

3	Lynae Newby	12	R.A. Long	11-06.0
4	Piper Petterson	12	Lakeside	11-00.0
5	Courtney Doughty	11	Burlington-Edison	10-09.0
6	Sarah Jones	12	Ellensburg	10-06.0
7	Beth Porterfield	12	Bellevue	10-06.0
8	Stefanie Sternagel	11	R.A. Long	10-00.0
9	Lori Jackson	12	Nathan Hale	10-00.0
10	Reagan Sutton	12	Sammamish	10-00.0
11	Jessica Lacambra	10	Cheney	10-00.0
12	Julie Stone	11	Sehome	10-00.0
13	Tiffany Millet	12	Sequim	9-06.0
14	Tessa Sagle	12	Peninsula	9-00.0
15	Deanna Denmark	10	Highline	8-06.0
16	Chelsea Gilman	12	Highline	8-06.0
17	Amy Williams	10	Tumwater	8-06.0

2003 3A Girls Track & Field Team Finals

1	Bellevue	59
2	Ellensburg	37
3	Sehome	35
4	Rainier Beach	32
5	Skyline	29
6	Bellingham	28
7	Columbia River	28
8	Holy Names	25
9	Shorecrest	24
10	Bishop Blanchet	22
11	W.F. West	22
12	Mt. Si	18
13	River Ridge	18
14	West Valley (Yakima)	17
15	Lakeside	15
16	North Thurston	15
17	Ferndale	14
18	Hanford	14
19	Interlake	14
20	Burlington-Edison	13
21	Cheney	13
22	Mercer Island	13
23	Squaticum	13
24	Issaquah	12
25	West Valley (Spokane)	12
26	Bainbridge	10
27	Lakes	10
28	Newport	10
29	Seattle Prep	10
30	Liberty	9.5
31	White River	9.5
32	Kelso	9
33	Peninsula	9
34	Sunnyside	9

35 Kennedy	7
36 R.A. Long	7
37 Selah	7
38 Washington	6
39 Grandview	5
40 Tumwater	5
41 Clover Park	4
42 Lynden	4
43 Mt. Rainier	4
44 Renton	4
45 Sammamish	4
46 Fife	3
47 Hazen	3
48 Lindbergh	3
49 Meadowdale	3
50 Cedarcrest	2
51 Anacortes	1
52 Camas	1
53 Sequim	1