

**2004 WIAA/Dairy Farmers of Washington/Les Schwab Tires
3A Girls Track & Field Championships**

3A Girls 100 Meter Dash

Finals

1	Jacqua Williams	11	Rainier Beach	12.29
2	Jamie Carver	11	WF West	12.63
3	Whitney Knox	11	Bishop Blanchet	12.69
4	Kesha Bivens	12	River Ridge	12.75
5	Nateisha Poe	10	Clover Park	12.87
6	Devin Brooks	9	Holy Names	12.94
7	Stephanie Hardin	12	Kennedy	13.07
8	Leanne Bellar	12	Bellevue	15.98

3A Girls 200 Meter Dash

Finals

1	Jacqua Williams	11	Rainier Beach	24.62
2	Jamie Carver	11	WF West	25.2
3	Devin Brooks	9	Holy Names	26.02
4	Melissa Guthrie	11	Hanford	26.25
5	Stephanie Hardin	12	Kennedy	26.48
6	Mitra Akhavan	10	North Thurston	26.78
7	Nateisha Poe	10	Clover Park	27.01
--	Leanne Bellar	12	Bellevue	DNF

3A Girls 400 Meter Dash

Finals

1	Whitney Knox	11	Bishop Blanchet	57.34
2	Elena Brandford	10	Lakeside	59.49
3	Rubie Palmer	12	Cheney	59.59
4	Mitra Akhavan	10	North Thurston	59.97
5	Madison Bush	12	Bellevue	60.17
6	Rachael Johnson	9	West Valley (Yakima)	61.89
7	Lauren Thrasher	12	White River	63.46
8	Leanne Bellar	12	Bellevue	73.49

3A Girls 800 Meter Run

Finals

1	Veronica Ivey	12	Bainbridge	2:19.05
2	Anna Wheatley	11	Seattle Prep	2:19.13
3	Lauren Flynn	10	Sehome	2:20.84
4	Chelsea VanDeBrake	10	West Valley (Yakima)	2:21.45
5	Leanne Schaafsma	12	Sequim	2:23.71
6	Madeleine O'Meara	11	Mercer Island	2:24.66
7	Brittnee Sanchez	9	Grandview	2:26.16
8	Danielle Shimota	11	Sehome	2:26.58

3A Girls 1,600 Meter Run

Finals

1	Kelsey Walker	10	Bellevue	5:04.06
2	Brittnee Sanchez	9	Grandview	5:05.79
3	Madeleine O'Meara	11	Mercer Island	5:08.03

4	Bevin Peters	11	Holy Names	5:10.13
5	Michelle Schubert	10	West Valley (Yakima)	5:11.70
6	Isley Gonzalez	12	Sunnyside	5:13.09
7	Lauren Flynn	10	Sehome	5:16.09
8	Lauren Maris	9	Issaquah	5:24.72
9	Jennifer Grover	12	Tumwater	5:24.92
10	Sarah Smith	12	Lynden	5:27.33
11	Jolene Boogaard	11	Kelso	5:28.57
12	Ashley Dutton	11	Peninsula	5:29.07
13	Anne Hinckley	9	Hazen	5:33.50
14	Sifrash Ademe	11	Tyee	5:34.66
15	Nikki D'Amico	12	Lynnwood	5:43.19
16	Sam McGhee	10	Kelso	5:54.58

3A Girls 3,200 Meter Run

Finals

1	Isley Gonzalez	12	Sunnyside	10:58.69
2	Kelsey Walker	10	Bellevue	10:59.76
3	Bevin Peters	11	Holy Names	11:06.95
4	Rachel Belt	12	Bainbridge	11:09.40
5	Sarah McFadden	12	Mercer Island	11:12.20
6	Michelle Schubert	10	West Valley (Yakima)	11:17.31
7	Emily Schick	9	Squalicum	11:28.80
8	Katherine Ellis	10	Columbia River	11:33.80
9	Anne Hinckley	9	Hazen	11:45.52
10	Sifrash Ademe	11	Tyee	11:46.85
11	Ruth Becker	12	Selah	11:48.45
12	Mara Engle	11	Bellingham	11:55.95
13	Katrina Brett	12	Mark Morris	11:57.74
14	Missy Floyd	9	Peninsula	12:01.67
15	Zara Lukens	9	Columbia River	12:02.91

3A Girls 100 Meter Hurdles

Finals

1	Devin Brooks	9	Holy Names	14.61
2	Christina Tupper	11	Skyline	15.31
3	Alex Merrick	12	Holy Names	15.67
4	Sarah Brownell	9	Yelm	15.79
5	Jessica Erickson	9	Peninsula	15.88
6	Katie Kimball	11	Cheney	15.91
7	Cortney Hahn	12	Columbia River	15.96
8	Allison Simonds	10	WF West	16.19

3A Girls 300 Meter Hurdles

Finals

1	Katie Kimball	11	Cheney	45.36
2	Cortney Hahn	12	Columbia River	45.88
3	Lorette Hanson	12	Anacortes	46.03
4	Mary Kuder	12	Lakeside	46.05
5	Janet Gratton	10	Cleveland	46.50
6	Sarah Brownell	9	Yelm	47.07
7	Lindsey Lunderman	10	Franklin Pierce	47.46

8	Morganne Jenkins	11	Clarkston	47.51
9	Jessica Erickson	9	Peninsula	47.55

3A Girls 4x100 Meter Relay

Finals

1	Skyline	49.22
2	Issaquah	49.35
3	Rainier Beach	49.49
4	WF West	49.88
5	Lakes HS	50.56
6	Bellingham	50.58
7	Clover Park	50.60
8	Sehome	55.82

3A Girls 4x200 Meter Relay

Finals

1	Rainier Beach	1:43.07
2	West Valley (Yakima)	1:44.55
3	Issaquah	1:44.56
4	Hanford	1:45.20
5	Bellingham	1:45.91
6	Skyline	1:45.98
7	River Ridge	1:46.67
8	Timberline	1:48.54

3A Girls 4x400 Meter Relay

Finals

1	Bainbridge	4:02.60
2	Lakeside	4:04.46
3	Bishop Blanchet	4:06.93
4	Bellevue	4:07.12
5	West Valley (Yakima)	4:09.97
6	Sehome	4:10.96
7	Burlington-Edison	4:11.51
8	Cheney	4:18.98

3A Girls Shot Put

Finals

1	Liz McCarrell	12	Ferndale	41-01
2	Molly Frolich	11	Sehome	40-08.5
3	Dominique Owens	11	Issaquah	39-08
4	Emily Jacobsen	10	Sammamish	39-07.5
5	Karen Chase	11	West Valley (Yakima)	38-06
6	Piper Sherbon	12	Mount Si	37-10
7	Devon Cresse	11	Ellensburg	37-10
8	Danielle Alexander	12	Columbia River	37-05.5
9	Jane Demme	12	Columbia River	37-04.75
10	Tiffany Bigham	11	Renton	37-01
11	Tiffany Ulmer	12	Ellensburg	36-05.5
12	Melanie Walker	12	Sehome	35-11.25
13	Caitlin Braun	12	Mount Si	35-07
14	Ryann Hansen	12	Fife	35-05.5

15 Chelsea Sadler	12	North Thurston	35-02.5
16 Shatanya Fernandez	12	Renton	33-09.25

3A Girls Discus Throw

Finals

1 Jane Demme	12	Columbia River	142-04
2 Liz McCarrell	12	Ferndale	127-06
3 Caitlin Braun	12	Mount Si	124-02
4 Erica Rance	12	Renton	122-03
5 Tiffany Ulmer	12	Ellensburg	121-07
6 Christine Labrie	12	Skyline	120-11
7 Emily Jacobsen	10	Sammamish	115-01
8 Katie Reed	11	Franklin Pierce	113-07
9 Ryann Hansen	12	Fife	112-10
10 Becky Scherer	11	Shorecrest	111-05
11 Melanie Walker	12	Sehome	109-06
12 Krista Leistiko	11	Cheney	105-09
13 Samantha Elliott	11	Clarkston	104-09
14 Chelsea Sadler	12	North Thurston	102-11
15 Piper Sherbon	12	Mount Si	92-07
-- Alicia Edwards	12	Kelso	nd

3A Girls Javelin Throw

Finals

1 Jamie Anderson	12	White River	131-08
2 Kristen Berndt	12	Mount Si	129-10
3 Michelle Dudley	12	Lakes	125-05
4 Tawni Russell	12	Camas	123-11
5 Lynnea Braun	11	West Valley (Yakima)	121-05
6 Tiffany Ulmer	12	Ellensburg	121-03
7 Erica Rance	12	Renton	121-01
8 Monika Gruszecki	10	Meadowdale	120-00
9 Shannon Posey	11	Mount Si	118-01
10 Drew Kreager	12	Issaquah	117-11
11 Kelli Christianson	11	Ferndale	117-04
12 Samantha Elliott	11	Clarkston	112-01
13 Elise Knutzen	10	Nathan Hale	111-02
14 Heather Warner	11	North Thurston	108-02
15 Jessica Smith	11	Columbia River	104-00
16 Liz McCarrell	12	Ferndale	103-05

3A Girls Long Jump

Finals

1 Jacqua Williams	11	Rainier Beach	18-02
2 Kasey Hostetler	11	Hanford	17-04
3 Dominique Radcliffe	10	Kelso	17-03.75
4 Christina Tupper	11	Skyline	17-02
5 Tyra Ball	12	Ferndale	16-07
6 Kristi Skreen	12	Kelso	16-04.5
7 Alex Merrick	12	Holy Names	16-02.5
8 Kayla Mainer	12	West Valley (Spokane)	16-01
9 Ryann Hansen	12	Fife	15-10

10 Breanne Lindquist	12	Lynden	15-09.75
11 Ambria Brantner	11	West Valley (Yakima)	15-08.75
12 Mitra Akhavan	10	North Thurston	15-01.25
13 Bevan Elliott	12	Franklin Pierce	14-05
14 Olyvhia Essien	12	Lindbergh	13-07.75
-- Shawna Wayman	12	Burlington-Edison	nd
-- Janet Gratton	10	Cleveland	nd

3A Girls Triple Jump

Finals

1 Nkeiru Ugwoaba	10	Highline	37-10
2 Christina Tupper	11	Skyline	37-09
3 Piper Sherbon	12	Mount Si	37-06
4 Ryann Hansen	12	Fife	37-05.5
5 Kara Bennett	10	Liberty	36-09.75
6 Dominique Radcliffe	10	Kelso	36-03.5
7 Briana Junior	11	Eastside Catholic	36-01
8 Victoria Coats	11	River Ridge	35-11
9 Kim Shen	11	Shorecrest	35-03.75
10 Katrina Bakamus	11	Mark Morris	34-10.75
11 Lindsay Leonard	12	Squalicum	34-05.5
12 Alicia McArtor	11	White River	33-06.25
13 Lynnea Braun	11	West Valley (Yakima)	33-01.75
14 Shene' Davis	9	Selah	33-01
15 Katie Hayden	10	Sehome	32-11.25
16 Calynne Oyolokor	10	Cheney	32-06.75

3A Girls High Jump

Finals

1 Kara Bennett	10	Liberty	5-06.0
2 Kayla Mainer	12	West Valley (Spokane)	5-06.0
3 Meghan Dahl	10	Ferndale	5-05.0
4 Kelsey Burns	11	Kennedy	5-04.0
5 Helena Bottemiller	11	Highline	5-03.0
6 Kimmie Halwachs	11	Ferndale	5-02.0
7 Ambria Brantner	11	West Valley (Yakima)	5-00.0
8T Christine Witcher	12	Bishop Blanchet	5-00.0
8T Meghan Cogley	10	Cheney	5-00.0
10 Kelly McCloud	11	Mercer Island	4-10.0
11 Kelsie Davis	10	Kelso	4-10.0
12 Jessica Fernen	12	Ingraham	4-10.0
13 Julia Daly	10	Columbia River	4-10.0
14 Samara Jamison	12	Lakes	4-10.0
15 Amy Farquhar	11	Shorecrest	4-08.0
16 Kara VanZanten	11	Mark Morris	4-08.0

3A Girls Pole Vault

Finals

1 Laura Schvaneveldt	10	Interlake	12-00.0
2 Lara Jones	12	Lakeside	11-09.0
3 Courtney Doughty	12	Burlington-Edison	11-03.0
4 Alli Moore	12	Sehome	11-00.0

5	Stefanie Sternagel	12	RA Long	11-00.0
6T	Lauren Thrasher	12	White River	10-06.0
6T	Jessica LaCambra	11	Cheney	10-06.0
8T	Melony Goforth	11	Clarkston	10-06.0
8T	Amy Williams	11	Tumwater	10-06.0
10	Morgen Leonard-Fleckman	12	Lakeside	10-06.0
11	Julie Stone	12	Sehome	10-00.0
12	Shelley Bunday	12	Sammamish	10-00.0
13	Deanna Denmark	11	Highline	10-00.0
14	Hilary Moore	9	Prosser	10-00.0
15	Lauryn Claassen	12	Columbia River	9-06.0
16	Taylor Fowler	9	Franklin Pierce	8-06.0

2004 3A Girls Track & Field Team Finals

1	Rainier Beach	46
2	Holy Names	38
3	Skyline	37
4	West Valley (Yakima)	37
5	Ferndale	31
6	Bellevue	29
7	Lakeside	29
8	Sehome	26
9	Bainbridge	25
10	Cheney	23
11	Mount Si	23
12	Bishop Blanchet	22.5
13	Columbia River	22
14	WF West	22
15	Issaquah	21
16	Hanford	18
17	White River	14.5
18	Highline	14
19	Liberty	14
20	Mercer Island	13
21	Sunnyside	13
22	Kelso	12
23	Kennedy	11
24	Grandview	10
25	Interlake	10
26	Lakes	10
27	Ellensburg	9
28	West Valley (Spokane)	9
29	Burlington-Edison	8
30	Clover Park	8
31	North Thurston	8
32	River Ridge	8
33	Seattle Prep	8
34	Yelm	8
35	Bellingham	7
36	Renton	7
37	Sammamish	7

38 Anacortes	6
39 Camas	5
40 Fife	5
41 Cleveland	4
42 Peninsula	4
43 RA Long	4
44 Sequim	4
45 Franklin Pierce	3
46 Eastside Catholic	2
47 Squalicum	2
48 Clarkston	1.5
49 Meadowdale	1
50 Timberline	1
51 Tumwater	0.5