

**2004 WIAA/Dairy Farmers of Washington/Les Schwab Tires  
4A Boys Track & Field Championships**

**4A Boys 100 Meter Dash**

Finals

1	Victor Cheng	12	Inglemoor	11.00
2	Terry Johnson	11	Bothell	11.13
3	Skylar Jessen	10	Mead	11.14
4	Kenjamine Jackson	11	Kentwood	11.20
5	Andre' Jennings	9	Lewis & Clark	11.23
6	Ryan Jewell	12	Olympia	11.29
7	Jonell Hodge	12	Olympic	11.30
8	Ben Pentz	11	Curtis	11.34

**4A Boys 200 Meter Dash**

Finals

1	James Fredrickson	12	Kentridge	22.62
2	Carlos Fontenot	11	Redmond	22.87
3	Andre' Jennings	9	Lewis & Clark	22.88
4	Kenjamine Jackson	11	Kentwood	22.95
5	Terry Johnson	11	Bothell	23.02
6	Dan Costello	11	Marysville-Pilchuck	23.35
7	Ben Pentz	11	Curtis	23.36
8	Ryan Jewell	12	Olympia	23.45

**4A Boys 400 Meter Dash**

Finals

1	Dan Tyson	11	Ballard	49.18
2	Chris Stephens	11	Ballard	49.47
3	Chris Michels	10	Skyview	49.52
4	Jason Kirk	11	Olympia	49.70
5	Jimmy Schofield	11	Bethel	49.88
6	Marcus Dawkins	11	Mount Tahoma	49.95
7	Carlsson Howe	12	Rogers (Puyallup)	50.31
8	Malik Martin	12	Shadle Park	51.90

**4A Boys 800 Meter Run**

Finals

1	Alex McClary	12	Shelton	1:50.43
2	Kevin Hawkins	12	Sumner	1:51.03
3	Andrew McClary	12	Shelton	1:53.32
4	Ben Poffenroth	11	Ferris	1:55.28
5	Bernie Moses	12	Wilson	1:56.20
6	Travis Watt	12	Ballard	1:57.20
7	Kevin Klein	12	Shorewood	1:57.37
8	Nick Siebert	12	North Central	1:57.79

**4A Boys 1,600 Meter Run**

Finals

1	Evan Garber	12	Mead	4:10.72
2	David Kinsella	12	Inglemoor	4:14.61
3	Charles Cummings	12	Eisenhower	4:17.51

4	Brian Cronrath	12	Battle Ground	4:18.19
5	Jeff Helmer	10	Jackson	4:18.89
6	Curtis Suver	12	Tahoma	4:19.27
7	Mike Quackenbush	12	Ferris	4:19.42
8	Jordan McNamara	11	Auburn-Riverside	4:20.16
9	Jon Lewis	12	Inglemoor	4:20.85
10	Dominic Smargiassi	11	Auburn HS	4:21.10
11	Daniel Lucero	11	Port Angeles	4:23.21
12	Kelly Spady	11	Kamiak HS	4:25.88
13	Gary Walsh	12	Battle Ground	4:27.76
14	Justin Houck	12	Ferris	4:37.39
15	Gabe Renfro	12	Bellarmine Prep	4:45.74
--	Josh Clough	11	Auburn-Riverside	DQ

#### 4A Boys 3,200 Meter Run

##### Finals

1	Evan Garber	12	Mead	9:13.41
2	David Kinsella	12	Inglemoor	9:16.11
3	Charles Cummings	12	Eisenhower	9:17.11
4	Justin Houck	12	Ferris	9:19.30
5	Jeff Helmer	10	Jackson	9:19.80
6	Mike Quackenbush	12	Ferris	9:20.31
7	Jordan McNamara	11	Auburn-Riverside	9:23.90
8	Brian Cronrath	12	Battle Ground	9:27.90
9	Paul Limpf	11	Evergreen (Vancouver)	9:29.29
10	Kevin Krohn	12	Heritage	9:30.08
11	Colin Longmuir	12	Woodinville	9:30.49
12	CJ Godfrey	12	South Kitsap	9:30.95
13	Kelly Spady	11	Kamiak HS	9:33.75
14	Allen Wood	12	Tahoma	9:34.92
15	Jordan Swarthout	10	Capital	9:45.37
16	Dominic Smargiassi	11	Auburn HS	9:52.99

#### 4A Boys 110 Meter Hurdles

##### Finals

1	James Fredrickson	12	Kentridge	14.46
2	Elvie Releford	12	Spanaway Lake	14.87
3	Jared Bjerkestrand	12	Shadle Park	14.88
4	Amir Owens	11	Curtis	14.94
5	Peter Tait	11	Central Kitsap	14.99
6	Tom Ballinger	11	Wenatchee	15.15
7	Brynsen Brown	11	Emerald Ridge	15.20
8	Marcus DeLaRosa	12	Southridge	15.32

#### 4A Boys 300 Meter Hurdles

##### Finals

1	James Fredrickson	12	Kentridge	37.00
2	Lester Jones	12	Foss	38.48
3	Tasheen Garry	12	Central Valley	38.53
4	Tom Ballinger	11	Wenatchee	39.18
5	Ben Spaun	12	Wenatchee	39.29
6	Jared Bjerkestrand	12	Shadle Park	39.51

7 L'Shawn Dennis	12	Lincoln	39.62
8 Jay Komar	12	Auburn-Riverside	40.08

#### 4A Boys 4x100 Meter Relay

Finals

1 Bothell	42.39
2 Lewis & Clark	42.55
3 Inglemoor	42.77
4 Olympia	42.82
5 Foss	43.01
6 Olympic	43.12
7 Kentlake	43.27
8 Pasco	43.75

#### 4A Boys 4x400 Meter Relay

Finals

1 Ballard	3:20.51
2 Federal Way	3:23.41
3 Shelton	3:23.49
4 Bethel	3:25.01
5 Wenatchee	3:25.46
6 Wilson	3:26.46
7 Skyview	3:27.83
8 Auburn-Riverside	3:30.77

#### 4A Boys Shot Put

Finals

1 Nate Rolfe	12	Inglemoor	59-02.5
2 Clint Osborn	11	Lake Stevens	57-05
3 Kenny Alfred	11	Gig Harbor	56-03.5
4 Jake Stevens	12	Everett	56-00.5
5 Mat Webb	11	Heritage	55-02.75
6 Michael Johnson	12	Lincoln	54-08.5
7 Luke Kravitz	12	Olympia	54-06.25
8 Jabari Watkins	12	Kentridge	53-09.5
9 Zach Midles	11	Capital	52-00.25
10 Dave Howard	11	East Valley	50-11.75
11 Matt Hermsen	12	Wilson	50-01.5
12 Julian Stewart	12	Lewis & Clark	49-09
13 Mark Kogan	11	Capital	49-02
14 Cameron Elisara	10	Ferris	48-04.75
15 Steve Palmer	12	Bothell	47-09
-- Andy Roof	12	East Valley	ND

#### 4A Boys Discus Throw

Finals

1 Nate Rolfe	12	Inglemoor	190-02
2 Zach Midles	11	Capital	166-05
3 Andy Roof	12	East Valley	164-08
4 Jake Stevens	12	Everett	164-01
5 Chase Mancuso	11	Kamiak	158-06
6 Lance Witherspoon	12	Decatur	149-04

7 Nick Cantlon	12	Lewis & Clark	147-03
8 Julian Stewart	12	Lewis & Clark	142-01
9 Dimitri Beauliere	12	Mountain View	141-09
10 Adam Rooney	12	Juanita	141-05
11 Matt Hermsen	12	Wilson	140-09
12 Nick Aberle	12	Eisenhower	139-04
13 Jabari Watkins	12	Kentridge	138-07
14 Dennis Einarson	11	Skyview	137-00
15 Pat Kennar	12	Jefferson	136-00
-- Hamilton Higgins	12	Olympic	ND

#### 4A Boys Javelin Throw

##### Finals

1 Ryan Young	11	North Kitsap	185-05
2 David Nyland	12	Woodinville	183-11
3 Rick Gervasi	10	Everett	183-10
4 Cameron Schwisow	11	Olympia	177-10
5 Kevin Hickenbottom	11	Ballard	177-01
6 Bryan Braman	11	Shadle Park	175-08
7 Pat McCormick	12	Olympia	175-07
8 Jake Stevens	12	Everett	174-08
9 Alex Doroshkin	10	Heritage	165-07
10 Charles Filbeck	11	Heritage	165-05
11 David Moor	11	Moses Lake	163-06
12 Steen Raisl	12	Stadium	163-11
13 Jake Kinderman	10	Capital	151-08
14 William Babcock	12	Auburn HS	151-00
15 Cody Irby	11	East Valley	146-04
16 Travis Rund	11	Central Valley	145-05

#### 4A Boys Long Jump

##### Finals

1 Norris Frederick	12	Roosevelt	24-07.5
2 Kyle Jenkins	12	Jefferson	23-09.5
3 Larry Mays	12	Foss	23-00.75
4 Jeff Kaune	11	Gig Harbor	22-10.75
5 Jeremy Brett	11	Mead	22-01
6 Peter Deelstra	12	Inglemoor	22-00.25
7 Marcus Miller	12	Gonzaga Prep	21-09.5
8 Daris Hall	11	Kentridge	21-06.5
9 Jeff Andrews	11	Heritage	21-06
10 David Ridenour	12	Walla Walla	21-03.75
11 Corey Fredericks	12	Evergreen (Vancouver)	21-03.5
12 Brenton Bodewig	12	Arlington	21-03.5
13 Jake Webb	10	Arlington	20-09.5
14 Manuel Ellis	12	Wilson	19-10.75
-- Nick Isaac	12	Decatur	ND
-- Tasheen Garry	12	Central Valley	ND

#### 4A Boys Triple Jump

##### Finals

1 Kyle Jenkins	12	Jefferson	49-09.25wa
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2	Norris Frederick	12	Roosevelt	48-07.25
3	Moreno Zapata	11	Curtis	48-03.25
4	Jonier West	12	Foss	46-04.75
5	Corey Fredericks	12	Evergreen (Vancouver)	46-03.5
6	David Ridenour	12	Walla Walla	45-01.25
7	Jeff Kaune	11	Gig Harbor	44-08
8	Elvie Releford	12	Spanaway Lake	44-06
9	Antues Wright	12	Shorewood	43-04.75
10	Evan Jordan	10	Mount Vernon	43-04.25
11	Jordan Gardner	11	Ballard	43-00.25
12	Brandon Kennedy	11	Gonzaga Prep	42-10.25
13	Jason Lo	12	Auburn-Riverside	42-01.25
14	Monte Livingston	10	Curtis	41-02.25
--	Aaron Smith	12	Eisenhower	ND
--	Jeremy Brett	11	Mead	ND

#### 4A Boys High Jump

##### Finals

1	Norris Frederick	12	Roosevelt	6-11.0
2	Bryan Braman	11	Shadle Park	6-07.0
3	Paige Sagen	12	Bethel	6-05.0
4	Sam Taylor	12	Central Valley	6-04.0
5	Tim Proby	12	Eastlake	6-02.0
6T	Aaron Grothe	11	Central Valley	6-02.0
6T	Bill Richardson	12	Shelton	6-02.0
6T	Vince Santamria	12	Enumclaw	6-02.0
9	Bryan Lucke	12	Monroe	6-02.0
10	Nick Harter	10	Mead	6-02.0
11	Stephen Praast	10	Tahoma	6-02.0
12	Ben Colwell	12	Stanwood	6-02.0
13	Elvie Releford	12	Spanaway Lake	6-02.0
14	Eric Paulson	12	Kentlake	6-00.0
15	Andrew Stranack	12	Auburn HS	6-00.0
16	Payton Foutz	11	Emerald Ridge	6-00.0

#### 4A Boys Pole Vault

##### Finals

1	Vance Taylor	12	Everett	15-06.0
2	Mike Uhlenkott	12	North Central	15-03.0
3	Andrew Alton	12	Mead	15-00.0
4	Bron Shelton	11	Mead	15-00.0
5	Jake Hull	11	Heritage	14-03.0
6	Joe McFarlane	12	Central Valley	14-00.0
7	Philip Lohrmann	12	Battle Ground	13-09.0
8	Eli Harry	12	Federal Way	13-06.0
9	Josh Winters	10	Bothell	13-00.0
10	Garret Stroud	12	South Kitsap	12-06.0
11	Blaine Bradshaw	10	Cascade	12-06.0
12	James O'Keefe	12	Bellarmino Prep	12-06.0
13	James Murphy	12	Bellarmino Prep	12-06.0
14	Thomas Ng	11	Bothell	12-06.0
15	Tyson Baldwin	11	Gig Harbor	12-06.0

**2004 4A Boys Track & Field Team Finals**

1 Inglemoor	55
2 Mead	41
3 Ballard	35
4 Kentridge	32
5 Roosevelt	28
6 Everett	27
7 Shelton	24
8 Foss	23
9 Olympia	23
10 Bothell	22
11 Lewis & Clark	21
12 Shadle Park	21
13 Jefferson	18
14 Central Valley	16
15 Wenatchee	16
16 Bethel	15
17 Ferris	15
18 Curtis	14
19 Gig Harbor	13
20 Eisenhower	12
21 Kentwood	10
22 North Kitsap	10
23 Federal Way	9
24 North Central	9
25 Spanaway Lake	9
26 Battle Ground	8
27 Capital	8
28 Heritage	8
29 Jackson	8
30 Lake Stevens	8
31 Redmond	8
32 Skyview	8
33 Sumner	8
34 Woodinville	8
35 Wilson	7
36 East Valley	6
37 Auburn-Riverside	5
38 Lincoln	5
39 Olympic	5
40 Central Kitsap	4
41 Eastlake	4
42 Evergreen (Vancouver)	4
43 Kamiak	4
44 Decatur	3
45 Marysville-Pilchuck	3
46 Mount Tahoma	3
47 Tahoma	3
48 Walla Walla	3

49 Emerald Ridge	2
50 Enumclaw	2
51 Gonzaga Prep	2
52 Kentlake	2
53 Rogers (Puyallup)	2
54 Shorewood	2
55 Pasco	1
56 Southridge	1