

**2010 WIAA/Dairy Farmers of Washington/Les Schwab Tires
3A Boys Track & Field Championships**

3A Boys 100 Meter Dash

Finals

1	Markeem Adams	12	West Seattle	11.19
2	Michael Berry	12	Rainier Beach	11.30
3	Corde Bailey	12	Rogers-Spokane	11.36
4	Kinsley Ojukwu	12	Union	11.41
5	Stanley Ojukwu	12	Union	11.50
6	Tatum Taylor	9	O'Dea	11.53
7	Roman Vern	11	Capital	11.61
8	Duncan Mackay	12	Hazen	11.69

3A Boys 200 Meter Dash

Finals

1	Michael Berry	12	Rainier Beach	21.83
2	Markeem Adams	12	West Seattle	22.06
3	Corde Bailey	12	Rogers-Spokane	22.23
4	Michael Okoro	12	Clover Park	22.45
5	Alex Flores	12	North Kitsap	22.69
6	Michael Herlinger-Hopkins	11	Yelm	22.88
7	Montez McGee	12	West Seattle	23.06
8	Marquin Russell	9	Lakes	23.13

3A Boys 400 Meter Dash

Finals

1	Michael Berry	12	Rainier Beach	46.81
2	Michael Okoro	12	Clover Park	49.05
3	Collin Green	12	White River	49.84
4	Anthony Do	12	Sammamish	50.03
5	Trent Sewell	10	O'Dea	50.66
6	Bruce Thomas	12	Bellevue	50.77
7	Andre Washington	12	Hudson's Bay	51.03
8	Christopher Stokes	11	Franklin Pierce	51.05

3A Boys 800 Meter Run

Finals

1	Michael Williams	12	Bellevue	1:53.69
2	Kyle Blume	12	Bishop Blanchet	1:53.75
3	Alex Avila	12	North Central	1:54.08
4	J.T. Mellgren	12	North Central	1:54.96
5	Brandon Baumchen	12	Bonney Lake	1:56.72
6	Eric Bice	12	Liberty-Issaquah	1:57.93
7	Braden Timpe	12	Enumclaw	1:58.85
8	Jeff Bastian	11	Glacier Peak	1:59.55

3A Boys 1,600 Meter Run

Finals

1	Ben Johnston	12	North Central	4:12.96
2	Drew O'Donoghue-McDonald	12	Seattle Prep	4:13.80
3	Casey Adams	11	North Central	4:18.55

4 Kyle Boe	12	Columbia River	4:18.56
5 Steven Robinson	11	Bishop Blanchet	4:19.59
6 Chris Borg	12	Peninsula	4:19.85
7 Michael Williams	12	Bellevue	4:20.41
8 Lee George	12	Ferndale	4:21.38

3A Boys 3,200 Meter Run

Finals

1 Ben Johnston	12	North Central	8:58.68
2 Drew O'Donoghue-McDonald	12	Seattle Prep	8:58.80
3 Allan Schroeder	12	Mt Spokane	9:06.80
4 Steven Robinson	11	Bishop Blanchet	9:14.32
5 Kyle Boe	12	Columbia River	9:14.36
6 Chris Borg	12	Peninsula	9:14.54
7 Lee George	12	Ferndale	9:14.82
8 Trevor Thompson	12	Lindbergh	9:15.53

3A Boys 110 Meter Hurdles

Finals

1 Montez McGee	12	West Seattle	14.97
2 Rashaun Johnson	12	Foster	15.03
3 James Holland	12	Hazen	15.18
4 Mikey Lauritzen	12	Camas	15.52
5 Guyson Jaramillo King	12	Highline	15.66
6 Evan Curry	12	Renton	15.77
7 Joe Clements	12	Hanford	16.06

3A Boys 300 Meter Hurdles

Finals

1 Rashaun Johnson	12	Foster	38.20
2 Montez McGee	12	West Seattle	38.76
3 Kramer Green	12	White River	38.93
4 Markeem Adams	12	West Seattle	39.25
5 Jordin Andrade	12	Bonney Lake	39.71
6 Isaac Akers	12	Ferndale	40.27
7 Joesph Collett	10	Hanford	40.66
8 Kennedy Sarmiento	12	Sunnyside	41.75

3A Boys 4x100 Meter Relay

Finals

1 West Seattle	42.50
2 Union	42.70
3 Clover Park	43.36
4 Yelm	43.56
5 North Kitsap	43.56
6 Mt Spokane	43.72
7 Hazen	43.88

3A Boys 4x400 Meter Relay

Finals

1 White River	3:21.40
2 Liberty-Issaquah	3:21.47

3 Bonney Lake	3:21.62
4 Clover Park	3:24.15
5 Mt Spokane	3:25.31
6 Timberline	3:25.33
7 Bellevue	3:27.38
8 Rainier Beach	3:42.60

3A Boys High Jump

Finals

1 Jacob Troupe	11	Union	6-06.00
2 Luke Evans	12	North Central	6-05.00
3 Brett Watson	11	Ferndale	J6-05.00
4 Devon Kiser	12	Glacier Peak	6-04.00
5 Chase Walker	11	O'Dea	J6-04.00
6 Nathan Hofer	12	Port Angeles	6-03.00
7 Bill Haven	11	North Central	6-02.00
8 Logan Myers	11	Capital	6-00.00
8 Jacob Gilman	10	Peninsula	6-00.00

3A Boys Pole Vault

Finals

1 Blake Bier	12	Prairie	14-06.00
2 Tyler Wilson	11	Shadle Park	J14-06.00
3 Kevin Johnson	12	Sumner	14-00.00
4 Jason Jones	12	Camas	13-06.00
5 Kyle Martin	11	Hazen	J13-06.00
6 Austin Shirey	11	White River	13-00.00
7 Scott Wurst	10	Mt Spokane	J13-00.00
7 Gunnar Christensen	12	Capital	J13-00.00

3A Boys Long Jump 3A

Finals

1 Marquis Davis	9	Rainier Beach	22-03.00
2 Joshua Gordon	10	Liberty-Issaquah	22-02.00
3 Quinton Sison	10	Timberline	22-01.00
4 Spencer Marr	12	Clover Park	22-00.00
5 Jordan Brown	12	Shorecrest	21-10.50
6 Sean Dever	11	Shorecrest	21-09.50
7 Luke Plummer	10	Peninsula	21-07.75
8 Shane Concepcion	10	Mt Spokane	21-06.50

3A Boys Triple Jump

Finals

1 PJ Benedictus	11	Renton	49-00.75
2 Darian Brooks	11	Kennedy	47-03.50
3 Kinsley Ojukwu	12	Union	46-03.50
4 Spencer Marr	12	Clover Park	46-02.00
5 Luke Plummer	10	Peninsula	44-11.00
6 Tyler Rogers	12	Lakes	J44-11.00
7 Casey Burns	11	Kennedy	44-10.00
8 Devin Bennett	11	Liberty-Issaquah	44-08.00

3A Boys Shot Put

Finals

1	Jon Lawson	11	Prairie	59-07.75
2	Matthew Lloyd	12	Camas	54-05.75
3	Larry Dixon	12	Olympic	53-02.25
4	Willie Gervais	12	Bellevue	52-04.75
5	David Cannon	12	Shorecrest	52-02.50
6	Kenny Packard	12	Mt Vernon	51-10.75
7	Kolton Auxier	10	Mt Si	50-07.25
8	RJ Harris	12	Hanford	49-05.50

3A Boys Discus Throw

Finals

1	Alex Griffith	12	Sumner	163-09
2	Jon Lawson	11	Prairie	163-06
3	Jordan Arakawa	12	Capital	162-07
4	Matthew Lloyd	12	Camas	159-11
5	Bobby Rodgers	12	Everett	156-11
6	Ben Riva	12	O'Dea	153-02
7	Peter Stacy	12	Liberty-Issaquah	146-02
8	Devante Botello	11	Evergreen-Seattle	140-04

3A Boys Javelin Throw

Finals

1	Tanner Lien	11	Bellevue	188-06
2	Luke Evans	12	North Central	178-04
3	Peter Stacy	12	Liberty-Issaquah	175-05
4	Mikey Lauritzen	12	Camas	172-01
5	Malaki Seanoa	12	Everett	171-05
6	Kyle Kennedy	11	Bremerton	168-04
7	Sam Ferenchak	11	Union	163-06
8	Roman Vern	11	Capital	158-05

2010 3A Boys Track & Field Team Finals

1)	North Central	55
2)	West Seattle	53
3)	Rainier Beach	39
4)	Union	35
5)	Clover Park	34
6)	Bellevue	32
7)	Camas	28
7)	Liberty-Issaquah	28
7)	Prairie	28
10)	White River	25
11)	Foster	18
12)	Bishop Blanchet	17
13)	Seattle Prep	16
13)	Sumner	16
15)	Mt Spokane	15.5
16)	Bonney Lake	14
16)	O'Dea	14
18)	Renton	13

18)	Hazen	13
20)	Peninsula	12.5
21)	Ferndale	12
21)	Rogers-Spokane	12
23)	Shorecrest	11
23)	Capital	11
25)	Kennedy	10
26)	Timberline	9
26)	Columbia River	9
28)	North Kitsap	8
28)	Yelm	8
28)	Shadle Park	8
28)	Everett	8
32)	Glacier Peak	6
32)	Olympic	6
34)	Sammamish	5
34)	Hanford	5
36)	Lakes	4
36)	Highline	4
38)	Mt Vernon	3
38)	Bremerton	3
38)	Port Angeles	3
41)	Mt Si	2
41)	Enumclaw	2
41)	Hudson's Bay	2
44)	Evergreen-Seattle	1
44)	Lindbergh	1
44)	Franklin Pierce	1
44)	Sunnyside	1

