

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

3A Girls 100 Meter Dash

Finals

1 Germe Poston	12	Franklin Pierce	12.56
2 Alexi Morton	12	Auburn-Mountainview	12.79
3 Haley Locker	11	Ferndale	12.88
4 Keiresia Vasser	12	Rainier Beach	12.99
5 Chantel Jaeger	11	West Valley-Yakima	13.14
6 Morgan Reader	11	Tyee	13.24
7 Briana Welsh	11	Timberline	13.29
8 Siara Byers	12	North Kitsap	13.34

3A Girls 200 Meter Dash

Finals

1 Germe Poston	12	Franklin Pierce	25.14
2 Chantel Jaeger	11	West Valley-Yakima	25.49
3 Stephenie Cummings	12	Glacier Peak	25.96
4 Michelle Fero	12	Holy Names Academy	26.08
5 Alanna Coker	10	Juanita	26.21
6 Taylor Williams	12	Renton	26.42
7 Stephanie Schreiner	12	Enumclaw	26.48
8 Kahiesha Johnson	11	Hanford	26.86

3A Girls 400 Meter Dash

Finals

1 Stephenie Cummings	12	Glacier Peak	56.17
2 Lindsay Burns	9	West Valley-Yakima	56.32
3 Michelle Fero	12	Holy Names Academy	56.86
4 Megan Kelley	11	Camas	57.63
5 Ashlee Sincraugh	12	Sumner	57.88
6 Stephanie Schreiner	12	Enumclaw	58.39
7 Kris Tollefson	10	West Seattle	58.68
8 Whitney Diggs	9	Highline	1:00.76

3A Girls 800 Meter Run

Finals

1 Madeline Rathbun	11	Lakeside	2:11.95
2 Jessica Bottelberghe	11	Columbia River	2:14.39
3 Veronica Stinnett	12	Bonney Lake	2:16.02
4 Brittany Bennett	10	Kennedy	2:16.99
5 Hannah Lemm	9	Lynnwood	2:18.25
6 Casey Warendorf	12	Bellevue	2:20.24
7 Elizabeth Staker	12	North Kitsap	2:22.40
8 Tracey Stolz	10	Highline	2:26.75

3A Girls 1,600 Meter Run

Finals

1 Amy Eloise Neale	9	Glacier Peak	4:54.82
2 Kathryn Knight	9	North Central	4:55.77
3 Madeline Rathbun	11	Lakeside	4:55.78

4	Tansey Lystad	11	Juanita	4:56.52
5	Kendra Weitz	9	Shadle Park	4:57.60
6	Allison Clark	12	Columbia River	5:04.08
7	Katie Bianchini	9	Glacier Peak	5:05.45
8	Veronica Stinnett	12	Bonney Lake	5:09.40

3A Girls 3200 Meter Run

Finals

1	Amy Eloise Neale	9	Glacier Peak	10:31.75 R
2	Kathryn Knight	9	North Central	10:31.86
3	Kendra Weitz	9	Shadle Park	10:37.13
4	Tansey Lystad	11	Juanita	10:39.88
5	Allison Clark	12	Columbia River	10:56.64
6	Sarah Bobbe	12	Columbia River	10:59.92
7	Kayla Blackford	12	Camas	11:02.56
8	Tessa Murray	12	Mt Vernon	11:04.50

3A Girls 100 Meter Hurdles

Finals

1	Alexi Morton	12	Auburn-Mountainview	15.05
2	Cecelia Jackson	9	Holy Names Academy	15.42
3	Amadi Bentley	11	Renton	15.49
4	Naivasha Sophusson Smith	11	Nathan Hale	15.63
5	Shayle Dezellem	12	Shadle Park	15.72
6	Emi Lawson	12	Lakeside	15.91
7	Reagan Colyer	9	North Kitsap	16.22
8	Taylor Anderson	11	Rainier Beach	16.48

3A Girls 300 Meter Hurdles

Finals

1	Hannah Hasbun	12	Mt Si	45.15
2	Michelle Stolz	10	Highline	45.33
3	Sara Slayton	11	Camas	45.54
4	Brina Sych	12	Union	45.63
5	Shayle Dezellem	12	Shadle Park	46.00
6	Carley McCutchen	12	White River	46.42
7	Carly Stewart	10	Sedro-Woolley	46.94
8	Haley Curtis	12	West Valley-Yakima	47.08

3A Girls 4x100 Meter Relay

Finals

1	Auburn-Mountainview	49.20
2	North Kitsap	49.50
3	Nathan Hale	49.52
4	Holy Names Academy	49.86
5	Mt Spokane	50.40
6	Franklin Pierce	50.41
7	Rainier Beach	50.52
8	Timberline	51.00

3A Girls 4x200 Meter Relay

Finals

1 Franklin Pierce	1:43.69
2 West Valley-Yakima	1:43.72
3 Camas	J1:43.72
4 North Kitsap	1:45.77
5 Highline	1:45.88
6 Mt Spokane	1:46.30
7 Liberty-Issaquah	1:47.13
8 Seattle Prep	1:47.76

3A Girls 4x400 Meter Relay

Finals

1 West Valley-Yakima	3:51.45 R
2 Camas	3:53.23 R
3 Holy Names Academy	3:56.36
4 Sumner	3:59.98
5 Lakeside	4:00.38
6 Glacier Peak	4:00.84
7 Highline	4:03.01
8 Union	4:03.76

3A Girls High Jump

Finals

1 Sasha Weber	10	Timberline	5-08.00
2 Ceci Stevenson	12	Port Angeles	5-05.00
3 Brittany Grandy	11	Sedro-Woolley	J5-05.00
4 Emily Corona	11	Shorecrest	J5-05.00
5 KJ Cason	9	Capital	5-02.00
6 Heather Browning	9	Union	J5-02.00
7 Emi Lawson	12	Lakeside	J5-02.00
8 Lauren Neff	9	Camas	J5-02.00

3A Girls Pole Vault

Finals

1 Georgia Reynolds	12	Mt Si	11-00.00
2 Alexandra Uhrich	12	Union	10-09.00
3 Jennifer DeBellis	10	Columbia River	J10-09.00
4 Kristina Owsinski	11	Prairie	10-06.00
5 Jessica Yraeburu		Camas	10-03.00
6 Courtney Bray	9	Mt Spokane	10-00.00
7 Britta LaVoie	11	Mt Spokane	9-06.00
8 Kaeley Scruggs	11	Nathan Hale	J9-06.00

3A Girls Long Jump

Finals

1 Kate Adler	9	Seattle Prep	17-06.50
2 Alexi Morton	12	Auburn-Mountainview	17-05.25
3 Alanna Coker	10	Juanita	17-04.75
4 Megan Kelley	11	Camas	17-02.25
5 Ellyn Erving	12	Bishop Blanchet	17-01.75
6 Lindsay Burns	9	West Valley-Yakima	17-00.75
7 Briana Welsh	11	Timberline	16-06.25
8 Emily Corona	11	Shorecrest	16-04.75

3A Girls Triple Jump

Finals

1	Alanna Coker	10	Juanita	36-01.75
2	Ellyn Erving	12	Bishop Blanchet	35-05.75
3	Kathleen Mulligan	11	Mt Rainier	35-04.50
4	Sasha Weber	10	Timberline	35-02.50
5	Stephanie Schreiner	12	Enumclaw	35-01.25
6	Karolin Anders	11	Ferndale	34-11.75
7	Elisa Ahern	11	Shorecrest	34-10.50
8	Rachel Richardson	11	Juanita	33-10.25

3A Girls Shot Put

Finals

1	Adara Winder	10	Bonney Lake	40-09.25
2	Johna McEllrath	10	Prairie	38-08.25
3	Emi Lawson	12	Lakeside	38-07.75
4	Anna Adamko	11	Columbia River	38-03.75
5	Molly Meyers	12	Mt Si	37-06.25
6	Jamila Culcleasure	10	Highline	37-06.00
7	Sewa Adekoya	12	Lakeside	36-06.50
8	Sabrina Grandke-Bawab	12	Juanita	35-06.25

3A Girls Discus Throw

Finals

1	Anna Adamko	11	Columbia River	126-11
2	Katie Higgins	12	Glacier Peak	120-10
3	Marissa Paopao	11	Auburn-Mountainview	120-04
4	Summer Nash	12	Bishop Blanchet	120-01
5	Corina Linder	12	Mt Si	116-10
6	Johna McEllrath	10	Prairie	115-05
7	Celena Ward	11	North Central	114-04
8	Chandler Mason	10	Peninsula	110-01

3A Girls Javelin Throw

Finals

1	Anna Adamko	11	Columbia River	133-08
2	Kelly Besmer	12	Mt Si	129-11
3	Caitlin Bower		Camas	114-01
4	Emily Ferree	12	Mt Si	113-02
5	Felicia Odle	12	Union	110-06
6	Johna McEllrath	10	Prairie	109-00
7	Celena Ward	11	North Central	108-10
8	Monica Webber	11	Everett	106-04

2010 3A Girls Track & Field Team Finals

1	Glacier Peak	49
1	Columbia River	49
3	Camas	43
4	Auburn-Mountainview	42
4	West Valley-Yakima	42

6 Mt Si	41
7 Franklin Pierce	33
7 Lakeside	33
9 Juanita	32
10 Holy Names Academy	30
11 Union	21
12 Timberline	20
12 North Central	20
14 Highline	19
14 Prairie	19
16 North Kitsap	18
16 Shadle Park	18
18 Bishop Blanchet	17
18 Bonney Lake	17
20 Mt Spokane	12
20 Nathan Hale	12
22 Seattle Prep	11
23 Enumclaw	9
23 Renton	9
23 Ferndale	9
23 Sumner	9
27 Rainier Beach	8
27 Sedro-Woolley	8
27 Port Angeles	8
27 Shorecrest	8
31 Mt Rainier	6
32 Kennedy	5
33 Lynnwood	4
33 Capital	4
35 Tyee	3
35 White River	3
35 Bellevue	3
38 Liberty-Issaquah	2
38 West Seattle	2
40 Everett	1
40 Peninsula	1
40 Hanford	1
40 Mt Vernon	1