

**WESTERN LUTHERAN  
ATHLETIC LEAGUE**

**TRACK MEET**



**LUTHERAN HIGH  
WESTLAND**

**MAY 10, 2013**

# WLAL TRACK MEET

Friday, May 10, 2013

Participating schools:

Christ the King, Southgate (CTK)  
Concordia, Redford (CON)  
Guardian, Dearborn (GRD)  
Northville Christian (NCS)  
St. John's, Waltz (SJW)  
St. Matthew, Walled Lake (SMWLK)  
St. Matthew, Westland (SMWLD)  
St. Michael, Wayne (SMWYN)  
St. Paul, Royal Oak (SPRO)  
St. Paul's, Northville (SPNV)

Records broken at 2013 WLAL Meet (Previous record in parentheses):

## BOYS B:

**400m**

**Pierce Brooks, SJW – 1:09.59**

*(Lucas Moody, SMWLD – 1:09.90 – 2012)*

**800m**

**Jake Dykstra, SMWLK – 2:39.9**

*(Wes Warren, SMWLD – 2:51.00 – 2010)*

**4x100m Relay**

**SMWLK (Adams, Aguilera, Dykstra, Yearn) – 1:03.79**

*(SMWLK (Competitors unknown) – 1:04.40 – 2008)*

## BOYS A:

**NONE**

## GIRLS B:

**Shot Put**

**Alexis Johnson, CON – 31'10"**

*(Leah Refenes, GRD – 30'1" – 2008)*

**800m**

**Laiken Osborne, GRD – 3:00.4**

*(Laiken Osborne, GRD – 3:04.5 – 2012)*

## GIRLS A:

**4x400m Relay**

**SJW (Lovse, Matsos, Brooks, McGinnis) – 4:53.0**

*(SJW (Murphy, Rantala, Lovse, Matsos) – 5:14.6 – 2012)*

# DIVISION B – BOYS

(The top 6 in each event are in bold)

(\*\*\* = New WLAL Record)

## 100m

### HEAT 1

1. Dominic Kondratowicz, SMWLD	14.44
2. Dominic Dolane, CTK	14.52
3. Zach Johnson, SPRO	14.63
4. Martin Russenberger, SPNV	14.90
5. Jack Oberly, GRD	16.97
6. Kaden Manthei, SJW	18.03

### HEAT 2

1. Austin Poe, CTK	15.03
2. Jack Karabajakian, NCS	15.44
3. Jack Dirske, SPNV	16.09
4. Dakhari Carr, SMWLK	17.44
5. Ty Cowen, SMWYN	18.10

### HEAT 3

1. Marcus Sheppard, NCS	15.12
2. Jake O'Reilly, CON	15.33
3. Dylan Yearn, SMWLK	15.50
4. Ezra Simon, SPRO	16.72
5. Landen Wood, CTK	19.00

### HEAT 4

1. Devin Grant, NCS	16.72
2. Gavin Woodard, SMWYN	17.64
3. Andrew Boehm, SMWLD	17.70
4. Griffin Andrews, GRD	18.56
5. Ian Passeger, CON	22.31

### HEAT 5

1. Dillon O'Reilly, CON	15.78
2. Aaron Shuster, SPNV	16.58
3. Alex Khoury, GRD	18.38
4. Brendan Tatman, SJW	20.93

### 100m FINALS

1. <b>Dominic Kondratowicz, SMWLD</b>	<b>14.31</b>
2. <b>Zach Johnson, SPRO</b>	<b>14.65</b>
3. <b>Dominic Dolane, CTK</b>	<b>14.96</b>
4. <b>Martin Russenberger, SPNV</b>	<b>15.22</b>
5. <b>Marcus Sheppard, NCS</b>	<b>15.52</b>
6. <b>Austin Poe, CTK</b>	<b>15.66</b>

## 200m

1. <b>Jose Aguilera, SMWLK</b>	<b>31.38</b>
2. <b>Marcus Sheppard, NCS</b>	<b>32.78</b>
3. <b>Jack Karabajakian, NCS</b>	<b>32.79</b>
4. <b>Austin Poe, CTK</b>	<b>33.87</b>
5. <b>Devin Grant, NCS</b>	<b>34.47</b>
6. <b>Derik Roseberry, SPNV</b>	<b>34.85</b>
7. Andrew Burk, SMWLD	35.00
8. Colin Wagner, SMWYN	35.37
9. Jacob Ponder, CON	37.34
10. Dakhari Carr, SMWLK	37.41
11. Gavin Woodard, SMWYN	37.50
12. Isaak Sagan, SPRO	37.75
13. Rhasean Scales, SPRO	37.97
14. Craig Hammond, CTK	38.69
15. Robert Maciejewski, GRD	38.72
16. Jonah Garrabrant, SJW	38.81
17. Jake Aumann, CON	41.06
18. Ian Passeger, CON	49.00

## 400m

1. <b>Pierce Brooks, SJW</b>	<b>1:09.59***</b>
2. <b>Jake O'Reilly, CON</b>	<b>1:10.69</b>
3. <b>Dillon O'Reilly, CON</b>	<b>1:12.63</b>
4. <b>Austin Poe, CTK</b>	<b>1:17.53</b>
5. <b>Colin Wagner, SMWYN</b>	<b>1:18.00</b>
6. <b>Brenan Genther, SJW</b>	<b>1:19.25</b>
7. Nathan Tuttle, GRD	1:19.63
8. Andrew Burk, SMWLD	1:21.66
9. Craig Hammond, CTK	1:24.28
10. Brendan Spangler, CTK	1:26.47
11. Zach Johnson, SPRO	1:27.09
12. Isaak Sagan, SPRO	1:30.42
13. Jack Dirske, SPNV	1:30.43
14. Jake Aumann, CON	1:31.68
15. Ezra Simon, SPRO	1:38.97

(Division B - Boys Cont'd)

### **800m**

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1. Jake Dykstra, SMWLK	2:39.9***
2. Karson Mastos, SJW	2:45.0
3. Luke Benford, SMWYN	2:48.1
4. Grant Ingersoll, CON	3:20.0
5. Jacob Ponder, CON	3:32.3
6. Vincent Loftis, CTK	3:35.4
7. Noah Segal, CTK	3:43.9

### **1600m**

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1. Luke Benford, SMWYN	5:56.4
2. Jacob Adams, SMWLK	6:03.8
3. Nathan Tuttle, GRD	6:18.0
4. Ty Cowen, SMWYN	6:56.1
5. Jack Oberly, GRD	7:12.5
6. Sam McCormick, CTK	7:25.8
7. Ben Pratt, SPRO	7:32.8
8. Aaron Seta, GRD	7:46.9
9. Noah Segal, CTK	7:47.8
10. Landen Wood, CTK	8:13.5

### **4x100m Relay**

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1. SMWLK (Adams, Aguilera, Dykstra, Yearn)	1:03.79***
2. SJW (Genther, Matsos, Garrabrant, Brooks)	1:05.28
3. SMWLD (Talbert, Evans, Meister, Kondratowicz)	1:10.40
4. GRD (Andrews, Khoury, Maciejewski, Seta)	1:14.72
5. CTK (McCormick, Segal, Hammond, Loftis)	1:15.37
6. CON (Aumann, Ingersoll, Passeger, Ponder)	1:19.19

### **4x200m Relay**

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SJW (Genther, Matsos, Garrabrant, Brooks)	2:18.4
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### **4x400m Relay**

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NONE

### **High Jump**

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1. Jake Dykstra, SMWLK	4' 2"
2. Aaron Seta, GRD	3' 4"
3. Michael Deeter, SMWLK	3' 4"
4. Owen Downer, SMWLD	3' 4"
5. Andrew Boehm, SMWLD	----

(Division B - Boys Cont'd)

## **Long Jump**

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1. Luke Benford, SMWYN	12' 1 <sup>3</sup> / <sub>4</sub> "
2. Martin Russenberger, SPNV	11' 10 <sup>1</sup> / <sub>2</sub> "
3. Marcus Sheppard, NCS	11' 7 <sup>1</sup> / <sub>2</sub> "
4. Jose Aguilera, SMWLK	11' 1 <sup>1</sup> / <sub>2</sub> "
5. Dominic Dolane, CTK	11' 1 <sup>1</sup> / <sub>4</sub> "
6. Jackson Vacca, SMWYN	10' 8 <sup>3</sup> / <sub>4</sub> "
7. Aaron Shuster, SPNV	10' 8"
8. Andrew Burk, SMWLD	10' 7"
T-9. Ty Cowen, SMWYN	10' 4"
T-9. Jack Karabajakian, NCS	10' 4"
T-11. Grant Ingersoll, CON	10' 1 <sup>1</sup> / <sub>2</sub> "
T-11. Nathan Tuttle, GRD	10' 1 <sup>1</sup> / <sub>2</sub> "
13. Devin Grant, NCS	10' 0 <sup>1</sup> / <sub>4</sub> "
14. Michael Deeter, SMWLK	9' 10 <sup>1</sup> / <sub>4</sub> "
15. Isaak Sagan, SPRO	9' 1 <sup>1</sup> / <sub>4</sub> "
16. Griffin Andrews, GRD	8' 10"
17. Ezra Simon, SPRO	8' 9 <sup>1</sup> / <sub>4</sub> "
18. Alex Khoury, GRD	8' 7"
19. Sam McCormick, CTK	8' 2 <sup>1</sup> / <sub>4</sub> "
T-20. Dakhari Carr, SMWLK	8' 2"
T-20. Aiken Meister, SMWLD	8' 2"
22. Kaden Manthei, SJW	7' 8 <sup>1</sup> / <sub>2</sub> "
23. Tyler Evans, SMWLD	6' 3 <sup>3</sup> / <sub>4</sub> "

## **Shot Put**

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1. Brendan Spangler, CTK	23' 3"
2. Rhasean Scales, SPRO	22' 5 <sup>1</sup> / <sub>2</sub> "
3. Brandan Tatman, SJW	22' 3 <sup>1</sup> / <sub>2</sub> "
4. Dylan Yearn, SMWLK	20' 0"
5. Lee Billings, SMWLD	19' 5 <sup>1</sup> / <sub>2</sub> "
6. Collin Wagner, SMWYN	17' 5 <sup>1</sup> / <sub>2</sub> "
7. Gavin Woodard, SMWYN	17' 1 <sup>3</sup> / <sub>4</sub> "
T-8. Jacob Adams, SMWLK	15' 1 <sup>3</sup> / <sub>4</sub> "
T-8. Joshua Prim, GRD	15' 1 <sup>3</sup> / <sub>4</sub> "
T-10. Aiken Meister, SMWLD	14' 4"
T-10. Jack Oberly, GRD	14' 4"
12. Robert Maciejewski, GRD	13' 10"
13. Michael Deeter, SMWLK	13' 5 <sup>1</sup> / <sub>4</sub> "
14. Tyler Evans, SMWLD	11' 5 <sup>3</sup> / <sub>4</sub> "

# DIVISION A – BOYS

(The top 6 in each event are in bold)

(\*\*\* = New WLAL Record)

## 100m

### HEAT 1

1. Kory Barikmo, SMWLD	13.32
2. Tim Ott, CON	14.44
3. Luke Smith, GRD	14.51
4. Emmett Matasovsky, SMWYN	17.09

### HEAT 2

1. Christian Vacca, SMWYN	13.56
2. Nathan Ivey, SMWLD	14.33
3. Will Hagelthorn, NCS	14.37
4. Bryce Cosman, NCS	14.94

### HEAT 3

1. Daryl Nykiel, SPRO	12.35
2. Coyet Simpson, SMWLD	14.33
3. Tyler Vlk, SMWLK	15.78
4. Noah Kohtz, SMWYN	16.21

## 100m FINALS

1. <b>Daryl Nykiel, SPRO</b>	<b>12.34</b>
2. <b>Kory Barikmo, SMWLD</b>	<b>13.15</b>
3. <b>Christian Vacca, SMWYN</b>	<b>13.65</b>
4. <b>Coyet Simpson, SMWLD</b>	<b>14.19</b>
5. <b>Nathan Ivey, SMWLD</b>	<b>14.25</b>

## 200m

1. Daryl Nykiel, SPRO	27.19
2. Douglas Tischler, SPNV	28.18
3. Zach Burk, SMWLD	30.32
4. Tim Ott, CON	30.91
5. Joey Seta, GRD	31.22
6. Alex Best, GRD	31.47
7. Christian Martin, NCS	32.40
8. Tyler Vlk, SMWLK	33.00
9. Henry Dodson, SPRO	35.29
10. Emmett Matasovsky, SMWYN	37.00

## 400m

1. Lucas Moody, SMWLD	1:05.69
2. Joshua Tuttle, GRD	1:13.34
3. Zach Ponder, CON	1:14.56
4. Greg Gephart, GRD	1:18.38
5. Christ Riegel, SMWLD	1:20.46
6. Quinten Carver, CTK	1:24.12
7. Johnny McCormick, CTK	1:27.72

## 800m

1. Douglas Tischler, SPNV	2:37.5
2. Joel Childers, CTK	2:39.5
3. Joshua Tuttle, GRD	2:56.7
4. Zach Ponder, CON	3:01.3
5. Luke Konkel, CTK	3:10.2
6. Seth Lambart, SMWLD	3:12.2
7. Alex Baetz, SPNV	3:32.0

## 1600m

1. Joel Childers, CTK	5:45.9
2. Jacob Fergan, SMWLD	6:47.6
3. Alex Baetz, SPNV	7:31.8

### **4x100m Relay**

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1. SMWLD (Ivey, Simpson, Barikmo, Kuhn) :55.47
2. GRD (Best, Gephart, Seta, Smith) :59.81

### **4x200m Relay**

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1. SMWLD (Moody, Barikmo, Burk, Kuhn) 1:56.4
2. SPNV (Baetz, Tischler, Shuster, Roseberry) 2:14.0
3. SPRO (Johnson, Pratt, Dodson, Nykiel) 2:14.7
4. CTK (Konkel, Carver, McCormick, Dolane) 2:15.6

### **4x400m Relay**

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1. CON (D. O'Reilly, J. O'Reilly, Ott, Ponder) 5:06.0

### **High Jump**

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1. Alex Best, GRD 4' 5"
2. Seth Lambart, SMWLD 4' 4"
3. Joey Seta, GRD 4' 2"
4. Will Hagelthorn, NCS 3' 10"

### **Long Jump**

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- T-1. Joel Childers, CTK 13' 8 <sup>3</sup>/<sub>4</sub>"
- T-1. Jake Kuhn, SMWLD 13' 8 <sup>3</sup>/<sub>4</sub>"
3. Christian Vacca, SMWYN 13' 8 <sup>1</sup>/<sub>4</sub>"
4. Nathan Ivey, SMWLD 13' 0 <sup>1</sup>/<sub>4</sub>"
5. Greg Gephart, GRD 13' 0"
6. Will Hagelthorn, NCS 12' 5 <sup>3</sup>/<sub>4</sub>"
7. Zach Burk, SMWLD 12' 5 <sup>1</sup>/<sub>4</sub>"
8. Angelo Sorce, NCS 11' 9 <sup>1</sup>/<sub>4</sub>"
9. Bryce Cosman, NCS 11' 2 <sup>1</sup>/<sub>2</sub>"
10. Noah Kohtz, SMWYN 9' 9 <sup>1</sup>/<sub>2</sub>"
11. Joshua Tuttle, GRD 9' 5"

### **Shot Put**

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1. Luke Smith, GRD 36' 7 <sup>1</sup>/<sub>2</sub>"
2. Josh Schwaegerle, SMWLD 30' 3 <sup>1</sup>/<sub>2</sub>"
3. Johnn McCormick, CTK 27' 8 <sup>1</sup>/<sub>2</sub>"
4. Bryce Cosman, NCS 27' 6"
5. Quinten Carver, CTK 27' 4 <sup>1</sup>/<sub>2</sub>"
6. John Davenport, SMWLD 25' 8"
7. Jacob Fergan, SMWLD 24' 0 <sup>1</sup>/<sub>4</sub>"
8. Henry Dodson, SPRO 23' 4"
9. Tyler Vlk, SMWLK 23' 2 <sup>1</sup>/<sub>4</sub>"
10. Noah Kohtz, SMWYN 21' 0"
11. Christian Martin, NCS 20' 3 <sup>1</sup>/<sub>2</sub>"
12. Angelo Sorce, NCS 18' 5"

# DIVISION B – GIRLS

(The top 6 in each event are in bold)

(\*\*\* = New WLAL Record)

## 100m

### HEAT 1

1. Brooke Swan, CTK	14.95
2. Bailey Pratt, SPRO	16.89
3. Hollyann Moody, SMWLD	19.31
4. Sarah Zaske, CON	19.88
5. Aysia Lansu, SMWLD	20.54
6. Michaela McMillan, GRD	21.88

### HEAT 2

1. Alexis Johnson, CON	13.78
2. Kennedee Green, NCS	16.59
3. Skye Livingston, CTK	17.31
4. Joslyn Talbert, SMWLD	17.91
5. Katie Blunden, NCS	17.92
6. Sheryl Ramesh, CON	19.06

### HEAT 3

1. Alex Johnson, SPRO	16.31
2. Emily Hagelthorn, NCS	16.97
3. Rachel Smithon, GRD	17.50
4. Leah Steinkopf, SMWLK	17.84
5. Ashley Jones, SMWYN	18.91

### HEAT 4

1. Nicole Pappas, GRD	16.53
2. Rachel Moorman, NCS	16.97
3. Maggie Smith, SMWYN	17.34
4. Grace Kruse, SMWLK	18.15
5. Sarah Owens, SPRO	19.19
6. Marley Long, SJW	19.31

## 100m FINALS

1. <b>Alexis Johnson, CON</b>	<b>13.94</b>
2. <b>Brooke Swan, CTK</b>	<b>15.72</b>
3. <b>Alex Johnson, SPRO</b>	<b>16.62</b>
4. <b>Nicole Pappas, GRD</b>	<b>16.72</b>
5. <b>Bailey Pratt, SPRO</b>	<b>17.09</b>
6. <b>Kennedee Green, NCS</b>	<b>17.12</b>

## 200m

1. <b>Alexis Johnson, CON</b>	<b>29.75</b>
2. <b>Riley Day, SMWLD</b>	<b>33.31</b>
3. <b>Jordan Fisher, SMWLD</b>	<b>34.45</b>
4. <b>Alex Johnson, SPRO</b>	<b>35.19</b>
5. <b>Tara Drinane, CTK</b>	<b>35.69</b>
6. <b>Elle Donigian, CTK</b>	<b>35.81</b>
7. Emilie Fremder, CON	36.16
8. Kaitlyn Mott, GRD	37.01
9. Hannah Kindree, NCS	37.47
10. Andrea Aguirre, GRD	37.75
11. Sydney Day, SMWLD	38.18
12. Maggie Smith, SMWYN	38.40
13. Maddie Andrews, GRD	38.42
14. Madison DeLuca, SJW	38.60
15. Madison Clark, CTK	39.00
16. Sarah Owens, SPRO	39.47
17. Lina Reis, SPNV	39.65
18. Avery Millsbaugh, SMWLK	40.91
19. Katie Schultz, SJW	42.63
20. Sarah Zaske, CON	43.85



(Division B - Girls Cont'd)

### **400m**

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1. Abby Grant, SJW	1:13.59
2. Samantha Dorn, CTK	1:13.94
3. Riley Day, SMWLD	1:15.07
4. Natalie Corrigan, NCS	1:21.15
5. Victoria Pereyra, SMWLD	1:21.82
6. Sophie Serrano, GRD	1:21.89
7. Emilie Fremder, CON	1:24.44
8. Jojo Pollack, NCS	1:26.96
9. Brianna Sowa, GRD	1:27.25
10. Lina Reis, SPNV	1:31.44
11. Julia McGuire, SJW	1:32.84
12. Laura Gharios, GRD	1:34.97
13. Emma Kwasniewski, CTK	1:42.09
14. Sheryl Ramesh, CON	1:47.44
15. Skye Livingston, CTK	1:47.78
16. Rebecca Barron, SJW	1:47.93

### **800m**

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1. Laiken Osborne, GRD	3:00.4***
2. Lily Grantham, GRD	3:15.0
3. Bailey Pratt, SPRO	3:18.7
4. Laura Gharios, GRD	3:33.5
5. Sola Mewha, NCS	3:35.3
6. Lauren Valli, NCS	3:37.5
7. Ashley Jones, SMWYN	3:49.0
8. Reyna Hughes, CTK	4:05.7
9. Emma Kwasniewski, CTK	4:31.4

### **1600m**

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1. Sidney Wood, CTK	7:24.2
2. Julia Klug, CTK	8:05.9
3. Reyna Hughes, CTK	8:14.6
4. Jenna Kozal, NCS	8:18.2

### **4x100m Relay**

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1. CTK (Swan, Dorn, Wood, Donigian)	1:07.44
2. SMWLD (Pereyra, Day, Fisher, Mitchell)	1:08.19
3. NCS (Place, Blunden, Green, Hagelthorn)	1:10.54
4. GRD (Serrano, Andrews, Sowa, Aguirre)	1:10.94
5. SJW (Grant, Pinchem, Stephens, DeLuca)	1:12.28
6. SMWLD (Steinkopf, Miller, Millspaugh, Nichols)	1:18.40

## **4x200m Relay**

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1. SJW (Grant, Pinchem, Fuller, Stephens) 2:26.7
2. NCS (Green, Kindree, Mewha, Pollack) 2:32.3
3. SMWLD (Day, Farmer, Moody, Woods) 2:41.4

## **4x400m Relay**

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1. GRD (Mott, Grantham, Osborne, Pappas) 5:45.2
2. NCS (Corrigan, Grunzweig, Valli, Zarran) 6:43.6
3. SJW (Fuller, McGuire, Barron, Schultz) 7:27.5

## **High Jump**

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1. Rachel Smithon, GRD 3' 7"
2. Sophie Serrano, GRD 3' 4"
3. Katie Blunden, NCS 3' 4"
4. Emily Hagelthorn, NCS 3' 2"
- T-5. Emily Grunzweig, NCS 3' 2"
- T-5. Emma Kwasniewski, CTK 3' 2"
- T-5. Joslyn Talbert, SMWLD 3' 2"
- T-8. Laiken Osborne, GRD 3' 0"
- T-8. Victoria Pereyra, SMWLD 3' 0"
10. Zoe Mitchell, SMWLD 3' 0"
11. Julia Klug, CTK ----

## **Long Jump**

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1. Tara Drinane, CTK 10' 9"
2. Steph Somjak, NCS 9' 11 ¼"
3. Bailey Pratt, SPRO 9' 10 ¾"
4. Katie Kuhn, SMWLD 9' 10"
5. Lily Grantham, GRD 9' 3 ¾"
6. Andrea Aguirre, GRD 9' 3 ½"
7. Emilie Fremder, CON 9' 0"
8. Alex Johnson, SPRO 8' 11 ½"
9. Sarah Owens, SPRO 8' 9 ¾"
10. Calla Place, NCS 8' 9"
11. Lina Reis, SPNV 8' 8 ½"
12. Elle Donigian, CTK 8' 7 ¼"
13. Avery Millspaugh, SMWLK 8' 0 ¾"
- T-14. Leah Steinkopf, SMWLK 7' 11 ¼"
- T-14. Rachel Moorman, NCS 7' 11 ¼"
16. Maddie Andrews, GRD 7' 5 ¼"
17. Paula Farmer, SMWLD 7' 3 ¼"
18. Sheryl Ramesh, CON 7' 2 ½"
19. Sarah Zaske, CON 6' 5 ¾"
20. Clarissa Miller, SMWLK 6' 4"

## **Shot Put**

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1. Alexis Johnson, CON 31' 10"\*\*\*\*
2. Olivia Chote, SMWLD 24' 8 ½"
3. Ainsley Kirkland, NCS 22' 2"
4. Madison Clark, CTK 21' 5 ½"
5. Hannah Kindree, NCS 20' 0 ½"
6. Catie Schultz, SJW 18' 10"
7. Nicole Pappas, GRD 18' 9 ½"
8. Marley Long, SJW 17' 9 ¼"
9. Kaitlyn Mott, GRD 17' 7 ¼"
10. Sola Mewha, NCS 17' 5 ¾"
11. Maggie Smith, SMWYN 17' 3 ¾"
12. Brianna Sowa, GRD 17' 2 ¼"
13. Clarissa Miller, SMWLK 16' 7"
14. Grace Kruse, SMWLK 16' 1 ¾"
15. Aysia Lansu, SMWLD 14' 7 ½"
16. Shelby Woods, SMWLD 13' 6 ¾"
17. Ashley Jones, SMWYN 10' 8 ½"

# DIVISION A – GIRLS

(The top 6 in each event are in bold)

(\*\*\* = New WLAL Record)

## 100m

### HEAT 1

1. Courtney Smithon, GRD	14.59
2. Jessica Moorman, NCS	15.03
3. Katelyn Sparks, CTK	15.05
4. Connor Martin, SMWLK	15.50
5. Renee Farmer, SMWLD	16.43

### HEAT 2

1. Lauren Drinane, CTK	15.00
2. Priscilla Pinchem, SJW	15.15
3. Kathryn Moorman, NCS	15.38
4. Rilee Manning, SMWLK	16.09
5. Mason Lauryn, SMWLD	17.25

### HEAT 3

1. Kendra Brooks, SJW	14.48
2. Becca Gembarski, SMWLD	15.85
3. Emily McGrath, CTK	15.91
4. Alexis Koehler, NCS	17.69

## 100m FINALS

<b>1. Courtney Smithon, GRD</b>	<b>14.44</b>
<b>2. Kendra Brooks, SJW</b>	<b>14.52</b>
<b>3. Priscilla Pinchem, SJW</b>	<b>14.75</b>
<b>4. Jessica Moorman, NCS</b>	<b>14.90</b>
<b>5. Lauren Drinane, CTK</b>	<b>14.94</b>
<b>6. Katelyn Sparks, CTK</b>	<b>15.08</b>

## 200m

1. Sami Rasmussen, SPRO	30.35
2. Courtney Smithon, GRD	30.78
3. Priscilla Pinchem, SJW	31.00
4. Jessica Moorman, NCS	31.60
5. Katelyn Sparks, CTK	32.34
6. Lauren O'Connor, NCS	33.06
7. Becca Gembarski, SMWLD	33.69
8. Katie Hoehne, SMWLD	33.72
9. Lauren Drinane, CTK	34.25
10. Emily McGrath, CTK	35.47
11. Eliza Aprahamian, NCS	43.18

## 400m

1. Halee Dorn, CTK	1:13.25
2. Sami Rasmussen, SPRO	1:14.25
3. Madison McGinnis, SJW	1:16.47
4. Olivia Grantham, GRD	1:19.13
5. Brianna Padilla, CTK	1:22.85
6. Ava Abramowicz, NCS	1:34.72
7. Alli Berghian, NCS	NTA

## 800m

1. Brianna Lovse, SJW	2:48.8
2. Alex Petix, NCS	2:52.5
3. Kaelyn Matsos, SJW	2:53.5
4. Katie Rainey, CTK	2:56.7
5. Halee Dorn, CTK	3:01.6

## 1600m

1. Brianna Lovse, SJW	6:17.1
2. Brianna Padilla, CTK	7:10.1

### **4x100m Relay**

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1. NCS (Koehler, Modjeski, Kozal, Pollack) 1:05.47
2. SMWLD (Mason, Hinck, Hoehne, Farmer) 1:06.78
3. CTK (Sparks, L. Drinane, Rainey, T. Drinane) 1:08.28

### **4x200m Relay**

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1. SJW (Matsos, Brooks, McGinnis, Pinchem) 2:06.4
2. CTK (McGrath, H. Dorn, Swan, S. Dorn) 2:12.4
3. NCS (Moorman, O'Connor, Petix, Pollack) 2:14.1

### **4x400m Relay**

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1. SJW (Lovse, Matsos, Brooks, McGinnis) 4:53.0\*\*\*

### **High Jump**

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1. Courtney Smithon, GRD 4' 4"
2. Renee Farmer, SMWLD 3' 10"

### **Long Jump**

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1. Jessica Moorman, NCS 12' 9 <sup>3</sup>/<sub>4</sub>"
2. Sami Rasmussen, SPRO 12' 7"
3. Connor Martin, SMWLK 11' 5 <sup>1</sup>/<sub>2</sub>"
4. Kathryn Moorman, NCS 11' 3"
5. Alexis Koehler, NCS 11' 0 <sup>1</sup>/<sub>4</sub>"
6. Olivia Grantham, GRD 11' 0"
7. Breanna Moody, SMWLD 9' 7 <sup>3</sup>/<sub>4</sub>"

### **Shot Put**

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1. Connor Martin, SMWLK 25' 0 <sup>1</sup>/<sub>4</sub>"
2. Katie Rainey, CTK 23' 4"
3. Lydia Hinck, SMWLD 22' 11 <sup>1</sup>/<sub>2</sub>"
4. Alex Petix, NCS 21' 6 <sup>1</sup>/<sub>4</sub>"
5. Jordan Modjeski, NCS 21' 0 <sup>1</sup>/<sub>2</sub>"
6. Katie Hoehne, SMWLD 20' 10"
7. Lauren O'Connor, NCS 19' 11 <sup>1</sup>/<sub>2</sub>"