

 Mens**100 Meters**

1.	11	Maxwell Nelson	11.36 PR	May 16	3A/4A NW District 1 Championships - Day 1
2.	12	Sean Sibley	11.67 PR	Apr 26	Cascade @ Monroe
3.	9	Michael Purl	11.68 PR	Apr 26	Cascade @ Monroe
4.	10	Kolby Kirkpatrick	11.93 PR	Apr 26	Cascade @ Monroe
5.	9	Max White	12.32 PR	Jun 2	Washington State Multi Events Championship
6.	11	Kyle Monroe	12.51 PR	May 4	Everett All City Meet
7.	11	Rylee Griffith	12.56 PR	Jun 2	Washington State Multi Events Championship
8.	9	Amir Andrews	12.76 PR	Mar 22	Kamiak at Cascade
9.	10	Efrain Moreno	12.93 PR	Mar 15	Mukilteo/Everett Jamboree
10.	11	Ricky Le	13.01 PR	Mar 22	Kamiak at Cascade
11.	11	Sehajdeep Singh	13.25 PR	Apr 12	Meadowdale/Shorecrest at Cascade
12.	11	Josh Velhagen	13.38	Mar 29	Glacier Peak vs Cascade
13.	9	Emilio Cubilla	13.77 PR	May 1	WESCO Freshman Championships
14.	11	Eric Cho	13.98	Mar 15	Mukilteo/Everett Jamboree

**200 Meters**

1.	11	Maxwell Nelson	23.52 PR	May 4	Everett All City Meet
2.	9	Michael Purl	23.71 PR	May 11	Boys Wesco 4A Track and Field Championship
3.	10	Kolby Kirkpatrick	23.83 PR	May 4	Everett All City Meet
4.	12	Sean Sibley	24.12 PR	Apr 26	Cascade @ Monroe
5.	11	Kyle Monroe	25.68 PR	May 4	Everett All City Meet
6.	9	Max White	26.44c PR	Mar 22	Kamiak at Cascade
7.	10	Obadiah Ortiz	26.63 PR	Mar 29	Glacier Peak vs Cascade
		Miglorie			
8.	11	Sehajdeep Singh	26.75	Apr 19	Cascade @ Lake Stevens
9.	9	Amir Andrews	26.86 PR	May 1	WESCO Freshman Championships
10.	11	Ricky Le	27.03 PR	Apr 19	Cascade @ Lake Stevens
11.	9	Emilio Cubilla	28.96 PR	May 1	WESCO Freshman Championships
12.	10	Efrain Moreno	29.37 PR	Mar 29	Glacier Peak vs Cascade

**400 Meters**

1.	11	Maxwell Nelson	51.39 PR	May 4	Everett All City Meet
2.	12	Sean Sibley	52.62 PR	May 11	Boys Wesco 4A Track and Field Championship
3.	10	Kolby Kirkpatrick	53.63 PR	May 4	Everett All City Meet
4.	9	Max White	56.74 PR	Jun 2	Washington State Multi Events Championship
5.	10	Chorin Weller	58.23 PR	Apr 19	Cascade @ Lake Stevens
6.	11	Kyle Monroe	58.83 PR	Apr 28	15th Annual Tomahawk Classic
7.	11	Sehajdeep Singh	59.95 PR	Apr 26	Cascade @ Monroe
8.	11	Rylee Griffith	1:00.16	Jun 2	Washington State Multi Events Championship
9.	9	Michael Purl	1:01.15 PR	Apr 19	Cascade @ Lake Stevens
10.	9	Amir Andrews	1:07.37 PR	Apr 12	Meadowdale/Shorecrest at Cascade
11.	10	Henry Nguyen	1:10.55 PR	Apr 26	Cascade @ Monroe

### 800 Meters

1.	11	Killian Mckenzie	2:07.16 PR	May 11	Boys Wesco 4A Track and Field Championship
2.	10	Chorin Weller	2:08.57 PR	May 11	Boys Wesco 4A Track and Field Championship
3.	11	Adrian Hartup	2:19.58 PR	Apr 26	Cascade @ Monroe
4.	12	Zachary Marxer	2:23.14 PR	Apr 12	Meadowdale/Shorecrest at Cascade
5.	11	Brian Duong	2:27.84 PR	May 4	Everett All City Meet
6.	11	David Crum	2:28.87 PR	May 4	Everett All City Meet
7.	9	Glenn Crum	2:31.12 PR	Apr 12	Meadowdale/Shorecrest at Cascade
8.	10	Michael Glover	2:32.31 PR	May 4	Everett All City Meet
9.	9	Aiden Bruner	2:32.60 PR	Mar 29	Glacier Peak vs Cascade
10.	10	Ryan Culpepper	2:36.97 PR	Apr 28	15th Annual Tomahawk Classic
11.	10	Henry Nguyen	2:50.43 PR	Apr 12	Meadowdale/Shorecrest at Cascade
12.	9	Hayden Fox	2:52.14 PR	May 4	Everett All City Meet
13.	9	Micha Anderson	2:56.74 PR	Apr 19	Cascade @ Lake Stevens
14.	10	Innis Flores	2:57.30 PR	Mar 29	Glacier Peak vs Cascade
15.	9	Cody Murrweiss	3:11.48 PR	Apr 19	Cascade @ Lake Stevens

### 1500 Meters

1.	9	Max White	5:15.50 PR	Jun 2	Washington State Multi Events Championship
2.	11	Rylee Griffith	5:31.80 PR	Jun 2	Washington State Multi Events Championship

### 1600 Meters

1.	10	Chorin Weller	4:41.28 PR	Apr 28	15th Annual Tomahawk Classic
2.	11	Adrian Hartup	4:45.99 PR	Mar 29	Glacier Peak vs Cascade
3.	12	Zachary Marxer	5:02.60 PR	May 4	Everett All City Meet
4.	10	Ilya Karakotov	5:08.78 PR	May 4	Everett All City Meet
5.	9	Aiden Bruner	5:12.21 PR	May 4	Everett All City Meet
6.	11	Killian Mckenzie	5:14.07 PR	Apr 26	Cascade @ Monroe
7.	11	David Crum	5:17.63 PR	Apr 28	15th Annual Tomahawk Classic
8.	10	Michael Glover	5:25.93 PR	May 4	Everett All City Meet
9.	10	Ryan Culpepper	5:31.56 PR	Apr 26	Cascade @ Monroe
10.	11	Brian Duong	5:31.62 PR	May 4	Everett All City Meet
11.	9	Max White	5:42.60 PR	Apr 19	Cascade @ Lake Stevens
12.	9	Nathaniel Rogers	5:45.20 PR	May 1	WESCO Freshman Championships
13.	9	Glenn Crum	5:51.25 PR	Apr 19	Cascade @ Lake Stevens
14.	11	Ron Isarankura	5:52.02 PR	May 4	Everett All City Meet
15.	9	Micha Anderson	5:56.43 PR	May 4	Everett All City Meet
16.	11	Rylee Griffith	5:56.92 PR	Apr 26	Cascade @ Monroe
17.	11	Nicholas Nguyen	6:01.02 PR	Mar 29	Glacier Peak vs Cascade
18.	9	Hayden Fox	6:02.66 PR	May 4	Everett All City Meet
19.	10	Henry Nguyen	6:09.02 PR	May 4	Everett All City Meet
	10	Innis Flores	6:09.02 PR	May 4	Everett All City Meet
21.	12	Kevin Nguyen	6:40.4h	Mar 15	Mukilteo/Everett Jamboree
22.	9	Cody Murrweiss	6:40.50 PR	May 1	WESCO Freshman Championships

### 3200 Meters

1.	11	Adrian Hartup	10:38.12 PR	May 11	Boys Wesco 4A Track and Field Championship
2.	10	Chorin Weller	10:46.19 PR	Mar 29	Glacier Peak vs Cascade
3.	11	Brian Duong	12:55.38 PR	Apr 28	15th Annual Tomahawk Classic
4.	11	Nicholas Nguyen	13:04.16	May 4	Everett All City Meet

### 110m Hurdles - 39"

1.	12	Sean Sibley	17.95 PR	Apr 21	Eason Invitational
2.	9	Max White	20.02 PR	May 11	Boys Wesco 4A Track and Field Championship
3.	11	Eric Cho	20.22 PR	Apr 12	Meadowdale/Shorecrest at Cascade
4.	11	Rylee Griffith	21.08 PR	Apr 19	Cascade @ Lake Stevens
5.	10	Henry Nguyen	23.56 PR	Apr 12	Meadowdale/Shorecrest at Cascade

### 110m Hurdles - 42"

1.	9	Max White	20.54 PR	Jun 2	Washington State Multi Events Championship
2.	11	Rylee Griffith	22.09 PR	Jun 2	Washington State Multi Events Championship

### 300m Hurdles - 36"

1.	11	Maxwell Nelson	39.22 PR	May 26	WIAA 2A, 3A, 4A State Championship Meet (HS)
2.	11	Eric Cho	51.84	Mar 22	Kamiak at Cascade
3.	10	Henry Nguyen	59.50 PR	Mar 29	Glacier Peak vs Cascade

### Shot Put - 12lb

1.	10	Obadiah Ortiz Miglorie	40' 2 PR	Apr 26	Cascade @ Monroe
2.	12	Keeghan Ordonez	38' 3 PR	Apr 26	Cascade @ Monroe
3.	9	Zakary Walters	35' 8.25 PR	May 4	Everett All City Meet
4.	12	Pavel Urbanovic	33' 9.25 PR	May 4	Everett All City Meet
5.	9	Jesse Dinh	33' 6.75 PR	May 1	WESCO Freshman Championships
6.	11	Moe Morsi	32' 1 PR	Mar 29	Glacier Peak vs Cascade
7.	11	Christopher Rabideau	32' 0 PR	Apr 26	Cascade @ Monroe
8.	9	Max White	30' 7 PR	Apr 26	Cascade @ Monroe
9.	11	Rylee Griffith	30' 2 PR	Apr 19	Cascade @ Lake Stevens
10.	10	Jonathan Barschaw	29' 0.75 PR	May 4	Everett All City Meet
11.	10	Logan Meadows	28' 2 PR	Apr 19	Cascade @ Lake Stevens
	11	Isrrael Munoz	28' 2 PR	Mar 22	Kamiak at Cascade
13.	11	Sergio Rojas- Guzman	26' 10	Apr 19	Cascade @ Lake Stevens
14.	9	Kyle Lee	21' 6 PR	Apr 26	Cascade @ Monroe

**Shot Put - 16lb**

1.	9	Max White	25' 9.5 PR	Jun 2	Washington State Multi Events Championship
2.	11	Rylee Griffith	24' 6 PR	Jun 2	Washington State Multi Events Championship

**Discus - 1.6kg**

1.	12	Pavel Urbanovic	133' 8 PR	May 18	3A/4A NW District 1 Championships - Day 2
2.	11	Rylee Griffith	97' 4 PR	Mar 15	Mukilteo/Everett Jamboree
3.	11	Christopher Rabideau	92' 6 PR	Mar 22	Kamiak at Cascade
4.	10	Obadiah Ortiz Miglorie	91' 6 PR	Mar 22	Kamiak at Cascade
5.	9	Zakary Walters	85' 1 PR	May 1	WESCO Freshman Championships
6.	11	Moe Morsi	78' 7 PR	Apr 28	15th Annual Tomahawk Classic
7.	10	Logan Meadows	77' 5 PR	Apr 19	Cascade @ Lake Stevens
8.	9	Max White	76' 7.75 PR	Jun 2	Washington State Multi Events Championship
9.	9	Sean Stauffer	64' 11.5 PR	Mar 22	Kamiak at Cascade
10.	10	Joseph Presley	59' 9	Mar 15	Mukilteo/Everett Jamboree
11.	10	Jonathan Barschaw	54' 10.5 PR	Mar 22	Kamiak at Cascade
12.	11	Isrrael Munoz	52' 8 PR	Mar 15	Mukilteo/Everett Jamboree
13.	9	Kyle Lee	48' 3 PR	Apr 19	Cascade @ Lake Stevens

**Javelin - 800g**

1.	12	Austin Brandt	118' 7 PR	May 4	Everett All City Meet
2.	12	Keeghan Ordonez	118' 5 PR	Apr 28	15th Annual Tomahawk Classic
3.	10	Michael Glover	113' 5 PR	May 4	Everett All City Meet
4.	9	Max White	109' 11.75 PR	Jun 2	Washington State Multi Events Championship
5.	11	Josh Velhagen	109' 11	Apr 26	Cascade @ Monroe
6.	11	Moe Morsi	102' 6 PR	Apr 12	Meadowdale/Shorecrest at Cascade
7.	9	Francisco Beltran	99' 4 PR	May 1	WESCO Freshman Championships
8.	10	Logan Meadows	96' 8 PR	Apr 26	Cascade @ Monroe
9.	9	Jesse Dinh	86' 11 PR	May 1	WESCO Freshman Championships
10.	11	Christopher Rabideau	84' 7	Apr 26	Cascade @ Monroe
11.	11	Rylee Griffith	82' 6.5	Jun 2	Washington State Multi Events Championship
12.	11	Sergio Rojas-Guzman	82' 4	Apr 19	Cascade @ Lake Stevens
13.	9	Anthony Johnson	81' 5 PR	Apr 26	Cascade @ Monroe
14.	11	Isrrael Munoz	76' 8 PR	Mar 29	Glacier Peak vs Cascade
15.	9	Sean Stauffer	71' 8 PR	Apr 12	Meadowdale/Shorecrest at Cascade
16.	9	Kyle Lee	60' 3 PR	May 1	WESCO Freshman Championships
17.	10	Efrain Moreno	54' 10 PR	Apr 26	Cascade @ Monroe
18.	12	Andrew Key	50' 6 PR	Mar 15	Mukilteo/Everett Jamboree
19.	10	Henry Nguyen	49' 2 PR	Apr 12	Meadowdale/Shorecrest at Cascade

### High Jump

1.	11	Rylee Griffith	5' 7 PR	Apr 19	Cascade @ Lake Stevens
2.	9	Max White	5' 0 PR	Apr 12	Meadowdale/Shorecrest at Cascade

### Pole Vault

1.	11	Rylee Griffith	10' 6 PR	Apr 26	Cascade @ Monroe
2.	11	Eric Cho	10' 0 PR	May 4	Everett All City Meet
3.	9	Max White	9' 0 PR	Apr 26	Cascade @ Monroe

### Long Jump

1.	12	Sean Sibley	19' 6.5 PR	Apr 12	Meadowdale/Shorecrest at Cascade
2.	11	Maxwell Nelson	19' 2 PR	Apr 26	Cascade @ Monroe
3.	12	Austin Brandt	18' 8.75 PR	May 4	Everett All City Meet
4.	11	Rylee Griffith	18' 6.75 PR	May 11	Boys Wesco 4A Track and Field Championship
5.	9	Amir Andrews	17' 1 PR	Apr 19	Cascade @ Lake Stevens
	9	Michael Purl	17' 1 PR	Apr 26	Cascade @ Monroe
7.	9	Max White	16' 9 PR	Mar 29	Glacier Peak vs Cascade
8.	10	Obadiah Ortiz Miglorie	16' 5 PR	Mar 29	Glacier Peak vs Cascade
9.	11	Ricky Le	16' 3.75 PR	Mar 22	Kamiak at Cascade
10.	11	Kyle Monroe	15' 10	Mar 22	Kamiak at Cascade
11.	11	Eric Cho	15' 0.5 PR	Mar 29	Glacier Peak vs Cascade
12.	11	Josh Velhagen	14' 8	Mar 29	Glacier Peak vs Cascade
13.	11	Sehajdeep Singh	14' 6.25	Mar 15	Mukilteo/Everett Jamboree
14.	9	Emilio Cubilla	13' 11 PR	Apr 12	Meadowdale/Shorecrest at Cascade
15.	12	Andrew Key	12' 5.5 PR	May 4	Everett All City Meet
16.	12	Pavel Urbanovic	11' 6.5 PR	Apr 12	Meadowdale/Shorecrest at Cascade
17.	10	Henry Nguyen	10' 0.25	Mar 22	Kamiak at Cascade

### Triple Jump

1.	12	Sean Sibley	43' 6.5 PR	May 18	3A/4A NW District 1 Championships - Day 2
2.	11	Rylee Griffith	37' 1.75 PR	Apr 28	15th Annual Tomahawk Classic
3.	9	Amir Andrews	36' 1 PR	Apr 26	Cascade @ Monroe
4.	9	Max White	35' 7.25 PR	Mar 29	Glacier Peak vs Cascade
5.	12	Austin Brandt	34' 8.5 PR	Apr 26	Cascade @ Monroe
6.	11	Ricky Le	33' 7 PR	Apr 26	Cascade @ Monroe
7.	11	Sehajdeep Singh	26' 11.25 PR	Mar 22	Kamiak at Cascade

### Hammer - 12lb

1.	11	Moe Morsi	72' 6 PR	Apr 21	Eason Invitational
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### Decathlon Score

1.	9	Max White	3982 PR	Jun 2	<u>Washington State Multi Events Championship</u>
2.	11	Rylee Griffith	3519 PR	Jun 2	Washington State Multi Events Championship

 **Womens****100 Meters**

1.	11	Tyrza Lamma	13.70 PR	Jun 2	Washington State Multi Events Championship
2.	12	Jessica Stoller	13.82 PR	Apr 26	Cascade @ Monroe
3.	9	Nichole Biery	13.94c PR	Mar 15	Mukilteo/Everett Jamboree
4.	10	Alexanndra Gibson	14.07 PR	May 4	Everett All City Meet
5.	12	Fatou Jobe	14.56 PR	Apr 26	Cascade @ Monroe
6.	9	Margot Strzelec	14.85 PR	May 4	Everett All City Meet
7.	10	Cameron Arreola	15.04 PR	Apr 26	Cascade @ Monroe
8.	10	Karen Vo	15.06	Mar 15	Mukilteo/Everett Jamboree
9.	10	Andrea Bui	15.34c PR	Mar 15	Mukilteo/Everett Jamboree
10.	9	Laura Vreeland	19.84 PR	May 1	WESCO Freshman Championships

**200 Meters**

1.	9	Nichole Biery	28.38 PR	Apr 26	Cascade @ Monroe
2.	10	Alexanndra Gibson	28.77 PR	Apr 28	15th Annual Tomahawk Classic
3.	12	Jessica Stoller	29.12 PR	Apr 26	Cascade @ Monroe
4.	11	Tyrza Lamma	29.13 PR	Apr 26	Cascade @ Monroe
5.	10	Grace Mitchell	30.66 PR	Mar 22	Kamiak at Cascade
6.	9	Margot Strzelec	30.74 PR	Mar 22	Kamiak at Cascade
7.	12	Fatou Jobe	31.86 PR	Apr 12	Meadowdale/Shorecrest at Cascade
8.	11	Krista Schafte	33.03 PR	Jun 2	Washington State Multi Events Championship
9.	10	Cameron Arreola	33.56 PR	Mar 22	Kamiak at Cascade
10.	10	Andrea Bui	33.81	Mar 22	Kamiak at Cascade

**400 Meters**

1.	9	Nichole Biery	1:05.67 PR	Apr 28	15th Annual Tomahawk Classic
2.	11	Kennedy Patterson	1:05.92 PR	May 10	Girls Wesco 4A Track and Field Championship
3.	11	Tyrza Lamma	1:06.20 PR	Jun 2	Washington State Multi Events Championship
4.	10	Kimberly Ibarra	1:08.19 PR	Apr 28	15th Annual Tomahawk Classic
5.	10	Grace Mitchell	1:11.32 PR	Apr 12	Meadowdale/Shorecrest at Cascade
6.	12	Stefanie Groom	1:17.49 PR	Apr 26	Cascade @ Monroe
7.	11	Nadia Prater	1:23.20 PR	Mar 15	Mukilteo/Everett Jamboree
8.	12	Bobbie Bouma	1:35.91 PR	Apr 26	Cascade @ Monroe

**800 Meters**

1.	10	Kimberly Ibarra	2:39.08 PR	May 10	Girls Wesco 4A Track and Field Championship
2.	11	Kennedy Patterson	2:43.78 PR	Apr 28	15th Annual Tomahawk Classic
3.	9	Emily Woodrum	2:45.24 PR	May 1	WESCO Freshman Championships
4.	10	Sydney Williams	2:47.12 PR	Apr 19	Cascade @ Lake Stevens
5.	11	Krista Schafte	2:47.8h PR	Apr 12	Meadowdale/Shorecrest at Cascade
6.	9	Anika Nelson	2:49.43 PR	May 4	Everett All City Meet
7.	9	Arshpreet Kaur	2:51.94 PR	May 1	WESCO Freshman Championships
8.	12	Katie Arnett	3:41.72 PR	Apr 26	Cascade @ Monroe



### 1500 Meters

1. 11 Tyrza Lamma 6:03.41 Jun 2 Washington State Multi Events Championship

### 1600 Meters

1. 9 Emily Woodrum 5:47.09 PR May 4 Everett All City Meet  
2. 11 Krista Schafte 5:56.02 PR Apr 28 15th Annual Tomahawk Classic  
3. 10 Sydney Williams 5:57.30 Mar 29 Glacier Peak vs Cascade  
4. 10 Kimberly Ibarra 6:21.56 Apr 12 Meadowdale/Shorecrest at Cascade  
5. 11 Kennedy Patterson 6:26.84 PR Mar 29 Glacier Peak vs Cascade  
6. 9 Arshpreet Kaur 6:27.18 PR Mar 29 Glacier Peak vs Cascade  
7. 12 Stefanie Groom 6:28.87 Apr 28 15th Annual Tomahawk Classic  
8. 12 Katie Arnett 8:05.1h PR Mar 15 Mukilteo/Everett Jamboree  
9. 12 Bobbie Bouma 9:28.05 PR Apr 12 Meadowdale/Shorecrest at Cascade

### 3200 Meters

1. 10 Sydney Williams 12:27.70 PR May 10 Girls Wesco 4A Track and Field Championship  
2. 11 Krista Schafte 12:58.96 PR May 10 Girls Wesco 4A Track and Field Championship

### 100m Hurdles - 30"

1. 11 Tyrza Lamma 17.19 PR May 4 Everett All City Meet  
2. 10 Andrea Bui 19.95 PR May 4 Everett All City Meet

### 100m Hurdles - 33"

1. 11 Tyrza Lamma 17.18 PR Jun 2 Washington State Multi Events Championship  
2. 10 Andrea Bui 19.29 PR May 10 Girls Wesco 4A Track and Field Championship  
3. 11 Krista Schafte 20.54 PR Jun 2 Washington State Multi Events Championship

### 300m Hurdles - 30"

1. 11 Tyrza Lamma 49.26 PR May 4 Everett All City Meet  
2. 10 Andrea Bui 55.87 PR May 4 Everett All City Meet

### Shot Put - 4kg

1. 11 Jayda Akanni 38' 0 May 10 Girls Wesco 4A Track and Field Championship  
2. 11 Logan Morrison 24' 9 PR May 4 Everett All City Meet  
3. 11 Tyrza Lamma 24' 0.5 PR Jun 2 Washington State Multi Events Championship  
4. 12 Bobbie Bouma 23' 2 PR Apr 28 15th Annual Tomahawk Classic  
5. 10 Aspen Billings 21' 7 PR Mar 29 Glacier Peak vs Cascade  
6. 9 Margot Strzelec 20' 10 PR May 1 WESCO Freshman Championships  
7. 11 Krista Schafte 20' 5.75 PR Jun 2 Washington State Multi Events Championship  
8. 9 Rebecca Collins 20' 1 PR May 1 WESCO Freshman Championships  
9. 9 Aneesah Spaulding 19' 11.25 PR May 4 Everett All City Meet  
10. 9 Natalie Soksam 19' 7.5 PR May 1 WESCO Freshman Championships  
11. 12 Agnese Merelli 19' 7 PR Apr 26 Cascade @ Monroe

- |     |    |               |            |        |                        |
|-----|----|---------------|------------|--------|------------------------|
| 12. | 9  | Angela Tran   | 19' 6.5 PR | Apr 19 | Cascade @ Lake Stevens |
| 13. | 12 | Trinity Baker | 15' 7.25   | Mar 22 | Kamiak at Cascade      |

### Discus - 1kg

- |     |    |                   |             |        |  |
|-----|----|-------------------|-------------|--------|--|
| 1.  | 11 | Jayda Akanni      | 106' 2      | May 4  | Everett All City Meet                      |
| 2.  | 12 | Trinity Baker     | 91' 0       | Mar 22 | Kamiak at Cascade                          |
| 3.  | 11 | Krista Schafte    | 77' 0 PR    | Mar 22 | Kamiak at Cascade                          |
| 4.  | 11 | Logan Morrison    | 74' 1 PR    | May 4  | Everett All City Meet                      |
| 5.  | 11 | Tyrza Lamma       | 70' 6.75 PR | Jun 2  | Washington State Multi Events Championship |
| 6.  | 11 | Nadia Prater      | 67' 4 PR    | May 4  | Everett All City Meet                      |
| 7.  | 9  | Angela Tran       | 65' 2 PR    | May 1  | WESCO Freshman Championships               |
| 8.  | 12 | Agnese Merelli    | 60' 9 PR    | May 4  | Everett All City Meet                      |
| 9.  | 9  | Rebecca Collins   | 57' 7 PR    | May 4  | Everett All City Meet                      |
| 10. | 9  | Natalie Soksam    | 56' 6 PR    | May 1  | WESCO Freshman Championships               |
| 11. | 9  | Margot Strzelec   | 48' 4 PR    | Apr 19 | Cascade @ Lake Stevens                     |
| 12. | 9  | Aneesah Spaulding | 45' 10 PR   | Apr 26 | Cascade @ Monroe                           |

### Javelin - 600g

- |    |    |                |             |        |  |
|----|----|----------------|-------------|--------|--|
| 1. | 11 | Logan Morrison | 83' 1 PR    | May 4  | Everett All City Meet                      |
| 2. | 11 | Nadia Prater   | 75' 8 PR    | May 4  | Everett All City Meet                      |
| 3. | 11 | Jayda Akanni   | 68' 10      | Mar 22 | Kamiak at Cascade                          |
| 4. | 11 | Tyrza Lamma    | 65' 4.75 PR | Jun 2  | Washington State Multi Events Championship |
| 5. | 11 | Krista Schafte | 64' 6 PR    | Apr 28 | 15th Annual Tomahawk Classic               |
| 6. | 10 | Aspen Billings | 45' 2       | Apr 12 | Meadowdale/Shorecrest at Cascade           |
| 7. | 9  | Arshpreet Kaur | 43' 2 PR    | Apr 19 | Cascade @ Lake Stevens                     |
| 8. | 9  | Angela Tran    | 30' 1 PR    | Mar 15 | Mukilteo/Everett Jamboree                  |

### High Jump

- |    |    |                 |          |        |  |
|----|----|-----------------|----------|--------|--|
| 1. | 10 | Katie Nelson    | 5' 2 PR  | Apr 19 | Cascade @ Lake Stevens                     |
| 2. | 10 | Grace Mitchell  | 4' 4 PR  | Apr 26 | Cascade @ Monroe                           |
| 3. | 11 | Tyrza Lamma     | 4' 0.75  | Jun 2  | Washington State Multi Events Championship |
| 4. | 9  | Margot Strzelec | 3' 10 PR | Mar 15 | Mukilteo/Everett Jamboree                  |

### Pole Vault

- |    |    |             |       |        |   |
|----|----|-------------|-------|--------|---|
| 1. | 11 | Tyrza Lamma | 11' 6 | May 16 | 3A/4A NW District 1 Championships - Day 1 |
|----|----|-------------|-------|--------|---|

### Long Jump

- |    |    |                 |              |        |  |
|----|----|-----------------|--------------|--------|--|
| 1. | 11 | Tyrza Lamma     | 15' 1        | Apr 19 | Cascade @ Lake Stevens                     |
| 2. | 10 | Katie Nelson    | 14' 3 PR     | Mar 29 | Glacier Peak vs Cascade                    |
| 3. | 10 | Grace Mitchell  | 13' 11.25 PR | Apr 28 | 15th Annual Tomahawk Classic               |
| 4. | 10 | Karen Vo        | 13' 2.5      | Mar 15 | Mukilteo/Everett Jamboree                  |
| 5. | 12 | Fatou Jobe      | 12' 11.25 PR | Apr 19 | Cascade @ Lake Stevens                     |
| 6. | 9  | Nichole Biery   | 12' 11 PR    | Apr 19 | Cascade @ Lake Stevens                     |
| 7. | 10 | Cameron Arreola | 12' 8        | Mar 22 | Kamiak at Cascade                          |
| 8. | 11 | Krista Schafte  | 12' 1.25 PR  | Jun 2  | Washington State Multi Events Championship |



- |     |   |                 |            |        |                                  |
|-----|---|-----------------|------------|--------|----------------------------------|
| 9.  | 9 | Margot Strzelec | 9' 4 PR    | Apr 12 | Meadowdale/Shorecrest at Cascade |
| 10. | 9 | Laura Vreeland  | 7' 6.25 PR | Apr 26 | Cascade @ Monroe                 |

### Triple Jump

- |    |    |                 |            |        |   |
|----|----|-----------------|------------|--------|---|
| 1. | 10 | Katie Nelson    | 34' 1 PR   | May 10 | Girls Wesco 4A Track and Field Championship |
| 2. | 10 | Grace Mitchell  | 29' 0.5 PR | May 10 | Girls Wesco 4A Track and Field Championship |
| 3. | 10 | Karen Vo        | 28' 8.25   | Mar 29 | Glacier Peak vs Cascade                     |
| 4. | 10 | Cameron Arreola | 28' 7.5 PR | May 4  | Everett All City Meet                       |
| 5. | 12 | Fatou Jobe      | 27' 2.5 PR | Apr 28 | 15th Annual Tomahawk Classic                |
| 6. | 10 | Andrea Bui      | 25' 0.5 PR | Apr 19 | Cascade @ Lake Stevens                      |

### Hammer - 4kg

- |    |    |                 |           |        |                    |
|----|----|-----------------|-----------|--------|--------------------|
| 1. | 11 | Krista Schafte  | 57' 11 PR | Apr 21 | Eason Invitational |
| 2. | 9  | Margot Strzelec | 55' 5 PR  | Apr 21 | Eason Invitational |
| 3. | 9  | Rebecca Collins | 40' 11 PR | Apr 21 | Eason Invitational |
| 4. | 9  | Arshpreet Kaur  | 35' 10 PR | Apr 21 | Eason Invitational |
| 5. | 9  | Natalie Soksam  | 26' 8 PR  | Apr 21 | Eason Invitational |

### Heptathlon Score

- |    |    |                |         |       |  |
|----|----|----------------|---------|-------|--|
| 1. | 11 | Krista Schafte | 1816 PR | Jun 2 | Washington State Multi Events Championship |
|----|----|----------------|---------|-------|--|

### Decathlon Score

- |    |    |             |         |       |  |
|----|----|-------------|---------|-------|--|
| 1. | 11 | Tyrza Lamma | 4538 PR | Jun 2 | Washington State Multi Events Championship |
|----|----|-------------|---------|-------|--|