

100 Meters

1.	12	Maxwell Nelson	11.28PR	Apr 18	Monroe vs. Kamiak and Cascade
2.	10	Michael Purl	11.38PR	May 15	3A/4A NW District 1 Championships
3.	10	Michael Doran	11.66PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
4.	9	Keanu Ortega	12.09PR	Apr 27	16th Annual Tomahawk Classic
5.	11	Kolby Kirkpatrick	12.14c	Mar 28	Cascade @ Lake Stevens
6.	10	Max White	12.26PR	Jun 1	Washington State Combined Event
7.	9	Anouthai Vongphet	12.29PR	Apr 18	Monroe vs. Kamiak and Casc
8.	12	Kyle Monroe	12.30PR	Apr 18	Monroe vs. Kamiak and Cascade
9.	9	Dylan Austin	12.40PR	Apr 18	Monroe vs. Kamiak and Cascade
10.	12	Casey Roark	12.42PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
11.	9	Riefa Farqi	12.42PR	Apr 30	Wesco Freshmen Championships
12.	10	Amir Andrews	12.52PR	Apr 11	Edmonds-Woodway at Cascade
13.	12	Rylee Griffith	12.54PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
14.	9	Jonah Henderson	12.56PR	Apr 25	Cascade & Mountlake Terrace
15.	11	Devin Huynh	12.59PR	Apr 18	Monroe vs. Kamiak and Cascade
16.	12	TJ Nguyen	12.78	Mar 14	Everett- Mukilteo Jamboree
17.	12	Sehajdeep Singh	12.84PR	Apr 25	Cascade & Mountlake Terrace
18.	11	Andrew Eckhardt	12.89PR	Apr 25	Cascade & Mountlake Terrace
19.	10	Murphy Barry	12.97PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
20.	11	Hilton Nguyen	13.05PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
21.	12	Danzel Mendoza	13.17PR	Apr 25	Cascade & Mountlake Terrace
22.	12	Ricky Le	13.26	Mar 14	Everett- Mukilteo Jamboree
23.	12	Josh Velhagen	13.35	Apr 11	Edmonds-Woodway at Cascade
24.	9	Matthew Scheuffele	13.36PR	Apr 25	Cascade & Mountlake Terrace
25.	12	Eric Cho	13.78	Mar 14	Everett- Mukilteo Jamboree
26.	9	Son Le	13.82PR	Apr 25	Cascade & Mountlake Terrace @ Cedarcrest
27.	10	Rolando Le	13.90PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
28.	9	Bodie Williams	14.42PR	Apr 25	Cascade & Mountlake Terrace @ Cedar

29.	9	Diego Corpening	14.76PR	Apr 30	Wesco Freshmen Champs
30.	12	Christopher Rabideau	14.82PR	Mar 14	Everett- Mukilteo Jamboree
31.	10	Jesse Dinh	15.04cPR	Mar 28	Cascade @ Lake Stevens
32.	10	Daniel Nguyen	15.22PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
33.	11	Brandon Del Rosario	17.41PR	Mar 14	Everett- Mukilteo Jamboree

200 Meters

1.	10	Michael Purl	23.12PR	May 10	WESCO 4A Track & Field Championships
2.	12	Maxwell Nelson	23.15PR	Apr 18	Monroe vs. Kamiak and Cascade
3.	11	Kolby Kirkpatrick	23.81PR	May 10	WESCO 4A Track & Field Champ
4.	10	Michael Doran	24.04PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
5.	9	Keanu Ortega	24.28PR	May 10	WESCO 4A Track & Field Championships
6.	11	Devin Huynh	25.17PR	May 3	Everett SD Championships
7.	9	Anouthai Vongphet	25.18PR	Apr 18	Monroe vs. Kamiak and Casc
8.	10	Amir Andrews	25.40PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
9.	10	Max White	25.54cPR	Mar 28	Cascade @ Lake Stevens
10.	9	Riefa Farqi	25.56PR	Apr 30	Wesco Freshmen Championships
11.	12	Kyle Monroe	25.59PR	Mar 21	Glacier Peak & Jackson @ Cascade
12.	12	Casey Roark	25.63PR	Apr 11	Edmonds-Woodway at Cascade
13.	9	Dylan Austin	25.64PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
14.	9	Jonah Henderson	25.93PR	Apr 25	Cascade & Mountlake Terrace
15.	12	TJ Nguyen	26.31	Mar 21	Glacier Peak & Jackson @ Cascade
16.	12	Alan Garcia-Luna	26.34cPR	Mar 28	Cascade @ Lake Stevens
17.	12	Sehajdeep Singh	26.40	Apr 18	Monroe vs. Kamiak and Cascade
18.	10	Jonathan Lopez	26.44cPR	Mar 28	Cascade @ Lake Stevens
19.	10	Murphy Barry	26.98PR	Apr 30	Wesco Freshmen Championships
20.	11	Hilton Nguyen	27.47PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
21.	12	Danzel Mendoza	27.91PR	Apr 18	Monroe vs. Kamiak and Casc
22.	9	Brandon McDaniel	28.20PR	Apr 25	Cascade & Mountlake Terrace

23.	12	Josh Velhagen	28.41	Apr 11	Edmonds-Woodway at Cascade
24.	9	Son Le	29.03PR	Apr 25	Cascade & Mountlake Terrace @ Cedarcrest
25.	9	Matthew Scheuffele	29.04PR	Apr 25	Cascade & Mountlake Terrace
26.	10	Rolando Le	29.64cPR	Mar 28	Cascade @ Lake Stevens
27.	9	Dallin Agler	30.44PR	Mar 21	Glacier Peak & Jackson @ Cascade
28.	11	Obadiah Ortiz Miglorie	30.51	Mar 21	Glacier Peak & Jackson @ Cascade
29.	10	Jacob Marrs	31.12PR	Mar 21	Glacier Peak & Jackson @ Cascade
30.	10	Daniel Nguyen	32.64PR	Apr 11	Edmonds-Woodway at Cascade

400 Meters

1.	12	Maxwell Nelson	51.93	Mar 14	Everett- Mukilteo Jamboree
2.	10	Max White	52.65PR	May 10	WESCO 4A Track & Field Championships
3.	11	Kolby Kirkpatrick	53.78	May 15	3A/4A NW District 1 Championships
4.	9	Keanu Ortega	54.44PR	May 10	WESCO 4A Track & Field Championships
5.	11	Devin Huynh	54.93PR	May 10	WESCO 4A Track & Field Championships
6.	9	Riefa Farqi	57.12PR	May 10	WESCO 4A Track & Field Championships
7.	9	Anouthai Vongphet	57.58PR	May 10	WESCO 4A Track & Field Champ
8.	12	Kyle Monroe	58.33PR	May 3	Everett SD Championships
9.	10	Jonathan Lopez	58.45PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
10.	12	Alan Garcia-Luna	58.81PR	Mar 21	Glacier Peak & Jackson @ Casc
11.	9	Jonah Henderson	59.71PR	Apr 30	Wesco Freshmen Champion
12.	9	Joshua Maritz	59.78PR	Apr 18	Monroe vs. Kamiak and Cascade
13.	12	Rylee Griffith	1:00.04	Apr 11	Edmonds-Woodway at Cascade
14.	12	Casey Roark	1:00.47PR	Mar 14	Everett- Mukilteo Jamboree
15.	9	Dylan Austin	1:00.67PR	Apr 18	Monroe vs. Kamiak and Cascade
16.	12	Sehajdeep Singh	1:00.84	Apr 11	Edmonds-Woodway at Cascade
17.	12	Ricky Le	1:01.94cPR	Mar 28	Cascade @ Lake Stevens
18.	12	Danzel Mendoza	1:03.93PR	Mar 21	Glacier Peak & Jackson @ Casc
19.	11	Andrew Eckhardt	1:05.92PR	Mar 21	Glacier Peak & Jackson @ Casc

20.	9	Anash Jammu	1:06.31PR	Apr 30	Wesco Freshmen Championships
21.	11	Hilton Nguyen	1:06.90PR	Mar 21	Glacier Peak & Jackson @ Cascade
22.	10	Rolando Le	1:07.97PR	Apr 11	Edmonds-Woodway at Cascade
23.	9	Son Le	1:09.44cPR	Mar 28	Cascade @ Lake Stevens
24.	10	Jacob Marrs	1:11.64PR	Mar 14	Everett- Mukilteo Jamboree
25.	10	Daniel Nguyen	1:12.54PR	Apr 25	Cascade & Mountlake Terrace @ Cedar

800 Meters

1.	11	Chorin Weller	2:04.65PR	May 15	3A/4A NW District 1 Championships
2.	9	John Graham	2:07.88PR	May 10	WESCO 4A Track & Field Championships
3.	12	Killian Mckenzie	2:10.24	May 3	Everett SD Championships
4.	11	Ilya Karakotov	2:10.30PR	May 10	WESCO 4A Track & Field Championships
5.	9	Joshua Maritz	2:16.5hPR	Mar 28	Cascade @ Lake Stevens
6.	9	Aidan Bruner	2:20.73PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
7.	9	Jonah Henderson	2:24.57PR	May 3	Everett SD Championships
8.	12	Adrian Hartup	2:25.17	Mar 21	Glacier Peak & Jackson @ Cascade
9.	9	Bodie Williams	2:25.85PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
10.	12	Brian Duong	2:27.16PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
11.	9	Joshua Bouma	2:31.74PR	Apr 11	Edmonds-Woodway at Cascade
12.	10	Hayden Fox	2:35.55PR	Apr 18	Monroe vs. Kamiak and Cascade
13.	9	Dallin Agler	2:39.24PR	Apr 18	Monroe vs. Kamiak and Cascade
14.	9	Nickolas Wood	2:43.6hPR	Mar 28	Cascade @ Lake Stevens
15.	11	Henry Nguyen	2:44.61PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
16.	9	Connor Conklin	2:45.90PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
17.	9	Spencer Gamero	2:45.90PR	Apr 25	Cascade & Mountlake Terrace
18.	11	Sean Stavig	2:50.07PR	Apr 11	Edmonds-Woodway at Cascade
19.	11	Ryan Culpepper	2:52.3h	Mar 14	Everett- Mukilteo Jamboree
20.	11	Innis Flores	2:58.39	Mar 21	Glacier Peak & Jackson @ Cascade
21.	12	Nicholas Nguyen	2:59.2h	Mar 28	Cascade @ Lake Stevens

22. 10 Cody Murrweiss 3:07.1hPR Mar 14 Everett- Mukilteo Jamboree

1500 Meters

1. 12 Rylee Griffith 6:05.56 Jun 1 Washington State Combined Event Champs

1600 Meters

1. 11 Chorin Weller 4:44.32 May 10 WESCO 4A Track & Field Championships

2. 12 Adrian Hartup 4:53.97 Mar 14 Everett- Mukilteo Jamboree

3. 9 Aidan Bruner 4:55.36PR May 3 Everett SD Championships

4. 9 Joshua Maritz 5:00.10PR Apr 11 Edmonds-Woodway at Cascade

5. 11 Ilya Karakotov 5:01.51PR Apr 27 16th Annual Tomahawk Classic

6. 12 Nicholas Nguyen 5:11.18PR Mar 14 Everett- Mukilteo Jamboree

7. 10 Max White 5:18.10PR Apr 11 Edmonds-Woodway at Cascade

8. 9 Bodie Williams 5:23.60PR Mar 21 Glacier Peak & Jackson @ Cascade

9. 11 Ryan Culpepper 5:24.62PR May 3 Everett SD Championships

10. 10 Hayden Fox 5:25.65PR May 3 Everett SD Championships

11. 12 Killian Mckenzie 5:27.04 Apr 18 Monroe vs. Kamiak and Cascade

12. 12 Brian Duong 5:30.83PR May 3 Everett SD Championships

13. 11 Michael Glover 5:36.50 Mar 14 Everett- Mukilteo Jamboree

14. 9 Connor Conklin 5:36.73PR May 3 Everett SD Championships

15. 9 John Graham 5:41.96PR Mar 14 Everett- Mukilteo Jamboree

16. 9 Spencer Gamero 5:55.33PR May 3 Everett SD Championships

17. 11 Henry Nguyen 5:55.6hPR Apr 25 Cascade & Mountlake Terrace @ Cedar

18. 11 Sean Stavig 5:56.48PR May 3 Everett SD Championships

19. 9 Joshua Bouma 6:01.38PR Apr 18 Monroe vs. Kamiak and Cascade

20. 9 Jonah Henderson 6:10.35PR Mar 14 Everett- Mukilteo Jamboree

21. 12 Rylee Griffith 6:10.71 Apr 18 Monroe vs. Kamiak and Cascade

22. 12 Kyle Monroe 6:11.6hPR Apr 25 Cascade & Mountlake Terrace @ Cedar

23. 9 Nickolas Wood 6:13.94PR Apr 11 Edmonds-Woodway at Cascade

24.	12	Sehajdeep Singh	6:14.9hPR	Apr 25	Cascade & Mountlake Terrace
25.	11	Innis Flores	6:21.65	Mar 21	Glacier Peak & Jackson @ Cascade
26.	12	Danzel Mendoza	6:26.44PR	May 3	Everett SD Championships
27.	10	Cody Murrweiss	6:33.19PR	May 3	Everett SD Championships

3200 Meters

1.	9	Aidan Bruner	10:55.29PR	May 3	Everett SD Championships
2.	9	Bodie Williams	11:37.90PR	May 3	Everett SD Championships
3.	11	Chorin Weller	11:38.20	Apr 11	Edmonds-Woodway at Cascade
4.	11	Ryan Culpepper	12:21.68PR	Apr 27	16th Annual Tomahawk Classic
5.	11	Michael Glover	12:38.03PR	Apr 27	16th Annual Tomahawk Classic
6.	12	Adrian Hartup	12:39.37	Apr 27	16th Annual Tomahawk Classic
7.	12	Nicholas Nguyen	13:03.14	May 3	Everett SD Championships
8.	11	Sean Stavig	13:36.03PR	May 3	Everett SD Championships

110m Hurdles - 39"

1.	10	Max White	18.35PR	Apr 18	Monroe vs. Kamiak and Cascade
2.	9	Brandon McDaniel	20.52PR	Apr 30	Wesco Freshmen Champs
3.	11	Henry Nguyen	22.62PR	Apr 11	Edmonds-Woodway at Cascade

110m Hurdles - 42"

1.	12	Rylee Griffith	22.43	Jun 1	Washington State Combined Event Champ
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300m Hurdles - 36"

1.	12	Maxwell Nelson	39.34	Apr 20	NIKE Eason Invitational
2.	10	Max White	42.42PR	May 3	Everett SD Championships
3.	10	Jonathan Lopez	45.16PR	May 10	WESCO 4A Track & Field Championships
4.	12	Rylee Griffith	49.94PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
5.	11	Henry Nguyen	57.57PR	May 3	Everett SD Championships

6. 10 Rolando Le 58.99PR Apr 25 Cascade & Mountlake Terrace @ Cedar

4x100 Relay

1.

Michael Purl

Keanu Ortega

Michael Doran

Anouthai Vongphet 44.62 May 10 WESCO 4A Track & Field Championships

4x400 Relay

1.

Kolby Kirkpatrick

Max White

Keanu Ortega

Maxwell Nelson 3:26.71 May 25 WIAA 2A, 3A, 4A State Championship Meet (HS)

2.

Max White

Keanu Ortega

Kolby Kirkpatrick

Devin Huynh 3:27.98 May 17 3A/4A NW District 1 Championships - Day 2

Shot Put - 12lb

1. 10 Jesse Dinh 42' 5PR May 3 Everett SD Championships

2. 10 Zakary Walters 42' 3PR Mar 28 Cascade @ Lake Stevens

3. 11 Obadiah Ortiz Miglorie 39' 6.5 Mar 14 Everett- Mukilteo Jamboree

4. 10 Max White 34' 5PR Apr 11 Edmonds-Woodway at Cascade

5. 12 Moe Morsi 34' 1PR Apr 18 Monroe vs. Kamiak and Cascade

6. 12 Christopher Rabideau 31' 8.5 Mar 28 Cascade @ Lake Stevens

7. 9 Ian Humphries 27' 9.5PR Apr 11 Edmonds-Woodway at Cascade

8. 9 Joe Rose 22' 2.5PR Mar 28 Cascade @ Lake Stevens

Shot Put - 16lb

1. 12 Rylee Griffith 25' 9.5PR Jun 1 Washington State Combined Event

Discus - 1.6kg

1. 10 Max White 108' 11PR May 3 Everett SD Championships
2. 12 Christopher Rabideau 103' 0PR Mar 28 Cascade @ Lake Stevens
3. 12 Rylee Griffith 102' 11PR Mar 21 Glacier Peak & Jackson @ Cascade
4. 10 Jesse Dinh 95' 10PR Apr 18 Monroe vs. Kamiak and Cascade
5. 9 Preston Nielsen 92' 3PR Mar 21 Glacier Peak & Jackson @ Cascade
6. 10 Zakary Walters 87' 4PR Apr 25 Cascade & Mountlake Terrace @ Cedarcrest
7. 9 Ian Humphries 87' 3.5PR Mar 21 Glacier Peak & Jackson @ Cascade
8. 12 Moe Morsi 81' 6.5PR Mar 21 Glacier Peak & Jackson @ Cascade
9. 12 Ricky Le68' 0PR Apr 18 Monroe vs. Kamiak and Cascade
10. 10 Rolando Le 65' 7PR Apr 11 Edmonds-Woodway at Cascade
11. 11 Brandon Del Rosario 49' 6PR Apr 25 Cascade & Mountlake Terrace @ Cedar

Discus - 2kg

1. 12 Rylee Griffith 83' 2.75PR Jun 1 Washington State Combined Event Ch

Javelin - 800g

1. 10 Max White 126' 9PR Apr 27 16th Annual Tomahawk Classic
2. 11 Michael Glover 125' 5PR Apr 27 16th Annual Tomahawk Classic
3. 12 Josh Velhagen 120' 5PR Mar 28 Cascade @ Lake Stevens
4. 12 Moe Morsi 107' 5PR Mar 28 Cascade @ Lake Stevens
5. 12 Alan Garcia-Luna 94' 5PR Apr 11 Edmonds-Woodway at Cascade
6. 12 Rylee Griffith 81' 5.5 Jun 1 Washington State Combined Event Champs

High Jump

1.	10	Amir Andrews	5' 6PR	May 10	WESCO 4A Track & Field Championships
2.	12	Rylee Griffith	5' 5.25	Jun 1	Washington State Combined Event Champs
3.	10	Max White	4' 10	Mar 14	Everett- Mukilteo Jamboree
4.	9	Preston Nielsen	4' 8PR	Mar 14	Everett- Mukilteo Jamboree
5.	10	Murphy Barry	4' 6PR	Mar 14	Everett- Mukilteo Jamboree

Pole Vault

1.	12	Eric Cho	11' 0PR	May 3	Everett SD Championships
2.	12	Rylee Griffith	10' 2	Jun 1	Washington State Combined Event Champs
3.	10	Max White	9' 0	Apr 18	Monroe vs. Kamiak and Cascade
4.	9	Dallin Agler	8' 6PR	Apr 25	Cascade & Mountlake Terrace @ Cedarcrest
5.	10	Jacob Marrs	8' 0PR	Mar 21	Glacier Peak & Jackson @ Cascade

Long Jump

1.	12	Maxwell Nelson	21' 2.5PR	May 10	WESCO 4A Track & Field Championships
2.	9	Anouthai Vongphet	19' 10.75PR	May 15	3A/4A NW District 1 Champs
3.	10	Amir Andrews	18' 6PR	May 10	WESCO 4A Track & Field Championships
4.	12	Rylee Griffith	18' 0.5	Jun 1	Washington State Combined Event Champs
5.	10	Michael Purl	17' 7PR	Mar 14	Everett- Mukilteo Jamboree
6.	10	Max White	17' 5.75PR	Apr 11	Edmonds-Woodway at Cascade
7.	12	Ricky Le	16' 7PR	May 3	Everett SD Championships
8.	12	TJ Nguyen	16' 6.5PR	Mar 21	Glacier Peak & Jackson @ Cascade
9.	9	Riefa Farqi	16' 0.25PR	May 3	Everett SD Championships
10.	9	Preston Nielsen	16' 0PR	May 3	Everett SD Championships
11.	9	Dallin Agler	15' 7.5PR	May 3	Everett SD Championships
12.	10	Murphy Barry	14' 6.75PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
13.	11	Andrew Eckhardt	14' 0.75PR	Mar 21	Glacier Peak & Jackson @ Casc
14.	10	Jacob Marrs	13' 7PR	Apr 11	Edmonds-Woodway at Cascade

15.	11	Hilton Nguyen	13' 4.75PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
16.	9	Joshua Bouma	13' 3.5PR	Apr 18	Monroe vs. Kamiak and Cascade
17.	10	Rolando Le	12' 10PR	Mar 21	Glacier Peak & Jackson @ Cascade
18.	9	Bodie Williams	12' 7PR	Apr 11	Edmonds-Woodway at Cascade
19.	9	Brandon McDaniel	11' 11PR	Apr 25	Cascade & Mountlake Terrace

Triple Jump

1.	10	Amir Andrews	39' 3.5PR	May 10	WESCO 4A Track & Field Championships
2.	12	Rylee Griffith	37' 9PR	May 3	Everett SD Championships
3.	12	Ricky Le	35' 7.5PR	Apr 27	16th Annual Tomahawk Classic
4.	9	Dallin Agler	33' 1.25PR	May 3	Everett SD Championships
5.	9	Preston Nielsen	33' 1PR	Apr 30	Wesco Freshmen Championships
6.	11	Kolby Kirkpatrick	32' 5.25PR	May 3	Everett SD Championships
7.	9	Anouthai Vongphet	32' 3.25PR	Apr 25	Cascade & Mountlake Terrace
8.	10	Jacob Marrs	31' 4.25PR	Mar 28	Cascade @ Lake Stevens
9.	11	Andrew Eckhardt	29' 10PR	Apr 25	Cascade & Mountlake Terrace
10.	11	Hilton Nguyen	29' 6.25PR	May 3	Everett SD Championships
11.	10	Rolando Le	28' 4.75PR	Apr 25	Cascade & Mountlake Terrace @ Cedar

Decathlon Score

1.	12	Rylee Griffith	3485	Jun 1	Washington State Combined Event Champs
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Womens

100 Meters

1.	10	Nichole Biery	13.93PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
2.	9	Taylor Boyle	14.04PR	Apr 30	Wesco Freshmen Championships
3.	12	Sabrina Reilly	14.09PR	Apr 18	Monroe vs. Kamiak and Cascade
4.	12	Tyrza Lamma	14.20	Apr 25	Cascade & Mountlake Terrace @ Cedarcrest
5.	9	Mariana Oliva-Jauregui	14.96PR	Apr 27	16th Annual Tomahawk Classic

6.	9	Mariam Sylla	14.98PR	Apr 18	Monroe vs. Kamiak and Cascade
7.	9	Aliana Marquez	15.64cPR	Mar 28	Cascade @ Lake Stevens
8.	9	Veronika Glotov	15.91PR	May 3	Everett SD Championships
9.	11	Cameron Arreola	16.33	Mar 14	Everett- Mukilteo Jamboree
10.	9	Anna Gavrishchuk	16.43PR	Apr 18	Monroe vs. Kamiak and Casc
11.	10	Jazmyne Thistle	17.34cPR	Mar 28	Cascade @ Lake Stevens
12.	11	Maija Coats	17.38PR	Mar 14	Everett- Mukilteo Jamboree
13.	10	Margot Strzelec	17.99	Mar 21	Glacier Peak & Jackson @ Cascade

200 Meters

1.	10	Nichole Biery	27.75PR	May 10	WESCO 4A Track & Field Championships
2.	11	Grace Mitchell	29.12PR	May 3	Everett SD Championships
3.	11	Kimberly Ibarra	29.20PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
4.	12	Sabrina Reilly	29.90PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
5.	9	Taylor Boyle	29.94cPR	Mar 28	Cascade @ Lake Stevens
6.	12	Kennedy Patterson	30.19PR	May 3	Everett SD Championships
7.	11	Andrea Bui	30.57PR	Apr 11	Edmonds-Woodway at Cascade
8.	9	Shea Koger	31.14cPR	Mar 28	Cascade @ Lake Stevens
9.	11	Cameron Arreola	31.56PR	Apr 18	Monroe vs. Kamiak and Casc
10.	9	Emma McMurtry	32.14PR	Apr 27	16th Annual Tomahawk Classic
11.	9	Angela Bui	32.70PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
12.	11	Ely Espinoza	33.44cPR	Mar 28	Cascade @ Lake Stevens
13.	9	Aliana Marquez	33.70PR	Mar 21	Glacier Peak & Jackson @ Cascade
14.	9	Veronika Glotov	33.89PR	Apr 25	Cascade & Mountlake Terrace
15.	9	Anna Gavrishchuk	34.32PR	Apr 25	Cascade & Mountlake Terrace
16.	10	Cynthia Luna	35.45PR	Mar 21	Glacier Peak & Jackson @ Cascade
17.	11	Maija Coats	36.04cPR	Mar 28	Cascade @ Lake Stevens
18.	10	Jazmyne Thistle	37.74cPR	Mar 28	Cascade @ Lake Stevens
19.	10	Margot Strzelec	38.54c	Mar 28	Cascade @ Lake Stevens

400 Meters

1.	10	Nichole Biery	1:02.63PR	May 15 3A/4A NW District 1 Championships
2.	11	Kimberly Ibarra	1:05.91PR	May 10 WESCO 4A Track & Field Championships
3.	12	Tyrza Lamma	1:06.90	Mar 14 Everett- Mukilteo Jamboree
4.	12	Kennedy Patterson	1:07.86	Apr 27 16th Annual Tomahawk Classic
5.	11	Grace Mitchell	1:08.06PR	Apr 27 16th Annual Tomahawk Classic
6.	9	Laura Alcantar Soto	1:11.08PR	Apr 11 Edmonds-Woodway at Cascade
7.	9	Emma McMurtry	1:12.94cPR	Mar 28 Cascade @ Lake Stevens
8.	12	Sabrina Reilly	1:13.43PR	Mar 14 Everett- Mukilteo Jamboree
9.	11	Andrea Bui	1:14.45PR	Mar 14 Everett- Mukilteo Jamboree
10.	10	Arshpreet Kaur	1:14.84cPR	Mar 28 Cascade @ Lake Stevens
11.	9	Shea Koger	1:17.52PR	Mar 14 Everett- Mukilteo Jamboree
12.	9	Anna Gavrishchuk	1:18.21PR	Apr 25 Cascade & Mountlake Terrace
13.	9	Angela Bui	1:19.38PR	Apr 25 Cascade & Mountlake Terrace @ Cedar
14.	10	Cynthia Luna	1:20.17PR	Apr 25 Cascade & Mountlake Terrace @ Cedar
15.	12	Nicole Moreno	1:20.70	May 3 Everett SD Championships
16.	11	Maija Coats	1:22.24cPR	Mar 28 Cascade @ Lake Stevens
17.	9	Aliana Marquez	1:22.56PR	Mar 14 Everett- Mukilteo Jamboree
18.	10	Margot Strzelec	1:36.47PR	Mar 14 Everett- Mukilteo Jamboree

800 Meters

1.	11	Kimberly Ibarra	2:33.53PR	May 3 Everett SD Championships
2.	11	Sydney Williams	2:42.64PR	Apr 25 Cascade & MLT @ Cedar
3.	12	Krista Schafte	2:46.27PR	Apr 11 Edmonds-Woodway at Cascade
4.	9	Laura Alcantar Soto	2:47.63PR	Apr 11 Edmonds-Woodway at Cascade
5.	10	Emily Woodrum	2:49.69	Apr 25 Cascade & Mountlake Terrace @ Cedar
6.	10	Anika Nelson	2:53.21	Apr 11 Edmonds-Woodway at Cascade
7.	10	Arshpreet Kaur	2:56.16	Mar 21 Glacier Peak & Jackson @ Cascade

8.	12	Nicole Moreno	3:01.30	Apr 11	Edmonds-Woodway at Cascade
9.	9	Emma McMurtry	3:05.56PR	Apr 18	Monroe vs. Kamiak and Casc
10.	12	Kennedy Patterson	3:25.22	Mar 14	Everett- Mukilteo Jamboree

1600 Meters

1.	11	Sydney Williams	5:44.68PR	May 10	WESCO 4A Track & Field Champ
2.	9	Laura Alcantar Soto	5:53.09PR	May 3	Everett SD Championships
3.	12	Krista Schafte	5:56.27	Apr 11	Edmonds-Woodway at Cascade
4.	10	Emily Woodrum	6:07.00	May 3	Everett SD Championships
5.	10	Arshpreet Kaur	6:16.07PR	May 3	Everett SD Championships
6.	9	Emma McMurtry	6:44.6hPR	Mar 14	Everett- Mukilteo Jamboree
7.	10	Anika Nelson	6:45.3hPR	Mar 14	Everett- Mukilteo Jamboree
8.	10	Margot Strzelec	7:39.21PR	Apr 18	Monroe vs. Kamiak and Cascade
9.	12	Nicole Moreno	8:19.98	May 3	Everett SD Championships

3200 Meters

1.	11	Sydney Williams	12:35.94	May 10	WESCO 4A Track & Field Champ
2.	12	Krista Schafte	13:05.05	Apr 27	16th Annual Tomahawk Classic
3.	10	Emily Woodrum	13:36.02PR	Mar 21	Glacier Peak & Jackson @ Casc

100m Hurdles - 33"

1.	10	Cynthia Luna	18.78PR	May 10	WESCO 4A Track & Field Championships
2.	11	Andrea Bui	19.02PR	May 3	Everett SD Championships
3.	9	Mariam Sylla	19.88PR	May 10	WESCO 4A Track & Field Championships
4.	9	Shea Koger	20.04PR	May 10	WESCO 4A Track & Field Championships
5.	9	Angela Bui	20.52PR	Apr 25	Cascade & Mountlake Terrace @ Cedar
6.	9	Veronika Glotov	21.10PR	Apr 30	Wesco Freshmen Champs

7. 10 Margot Strzelec 24.03PR Apr 18 Monroe vs. Kamiak and Cascade

300m Hurdles - 30"

1. 12 Tyrza Lamma 49.02PR May 17 3A/4A NW District 1 Champs Day 2
2. 11 Andrea Bui 52.36PR May 10 WESCO 4A Track & Field Championships
3. 10 Margot Strzelec 1:07.63PR May 3 Everett SD Championships

Shot Put - 4kg

1. 12 Jayda Akanni 37' 8.5 Mar 14 Everett- Mukilteo Jamboree
2. 10 Jazmyne Thistle 33' 5.25PR Apr 25 Cascade & MLT @ Cedarcrest
3. 9 Mariam Sylla 27' 1.75PR May 3 Everett SD Championships
4. 9 Joyce Takali 26' 0PR Apr 25 Cascade & Mountlake Terrace @ Cedarcrest
5. 12 Christine Stephen 25' 5.5PR Apr 18 Monroe vs. Casc and Kam
6. 11 Gloria Mendoza 24' 2PR Mar 21 Glacier Peak & Jackson @ Cascade
7. 10 Natalie Soksam 23' 10.5PR Apr 25 Cascade & Mountlake Terrace @
8. 12 Logan Morrison 22' 3 Mar 21 Glacier Peak & Jackson @ Cascade
9. 10 Angela Tran 22' 2.5PR Apr 25 Cascade & Mountlake Terrace @
10. 10 Rebecca Collins 21' 7.25PR Apr 11 Edmonds-Woodway at Cascade
11. 10 Margot Strzelec 20' 7 Mar 28 Cascade @ Lake Stevens
12. 11 Regina Brown 18' 10.5PR Apr 11 Edmonds-Woodway at Cascade

Discus - 1kg

1. 12 Jayda Akanni 109' 0 May 15 3A/4A NW District 1 Championships - Day 1
2. 10 Jazmyne Thistle 102' 2PR Mar 28 Cascade @ Lake Stevens
3. 12 Krista Schafte 79' 9PR May 3 Everett SD Championships
4. 12 Logan Morrison 77' 8PR Apr 11 Edmonds-Woodway at Cascade
5. 11 Gloria Mendoza 74' 9PR Mar 21 Glacier Peak & Jackson @ Cascade
6. 10 Angela Tran 71' 2PR Apr 25 Cascade & Mountlake Terrace @ Cedarcrest

7. 9 Mariana Oliva-Jauregui 66' 11PR Mar 14 Everett- Mukilteo Jamboree
8. 10 Natalie Soksam 64' 9PR May 3 Everett SD Championships
9. 10 Rebecca Collins 64' 4PR Apr 11 Edmonds-Woodway at Cascade
10. 9 Mariam Sylla 54' 3PR Mar 14 Everett- Mukilteo Jamboree
11. 11 Regina Brown 47' 7PR Mar 14 Everett- Mukilteo Jamboree
12. 11 Ely Espinoza 46' 2PR Apr 11 Edmonds-Woodway at Cascade
13. 10 Margot Strzelec 44' 8 Apr 11 Edmonds-Woodway at Cascade
14. 10 Destiny Robinson 36' 8PR Mar 14 Everett- Mukilteo Jamboree

Javelin - 600g

1. 12 Logan Morrison 81' 4 Apr 25 Cascade & Mountlake Terrace @ Cedarcrest
2. 11 Gloria Mendoza 67' 7PR Mar 28 Cascade @ Lake Stevens
3. 9 Joyce Takali 63' 9PR Apr 18 Monroe vs. Kamiak and Cascade
4. 12 Christine Stephen 59' 11PR Apr 25 Cascade & Mountlake Terrace @ Cedarcrest
5. 12 Jayda Akanni 56' 10 Mar 21 Glacier Peak & Jackson @ Cascade
6. 11 Ely Espinoza 47' 1PR Apr 25 Cascade & Mountlake Terrace @ Cedarcrest
7. 10 Margot Strzelec 36' 7PR Apr 11 Edmonds-Woodway at Cascade

High Jump

1. 11 Katie Nelson 5' 5PR May 17 3A/4A NW District 1 Championships - Day 2
2. 11 Grace Mitchell 4' 8PR May 10 WESCO 4A Track & Field Championships
3. 9 Taylor Boyle 4' 2PR Mar 21 Glacier Peak & Jackson @ Cascade
4. 9 Aliana Marquez 3' 10PR Mar 14 Everett- Mukilteo Jamboree
5. 12 Tyrza Lamma 3' 10 Mar 14 Everett- Mukilteo Jamboree

Pole Vault

1. 12 Tyrza Lamma 11' 0 May 3 Everett SD Championships

Long Jump

1.	11	Katie Nelson	16' 4.25PR	May 3	Everett SD Championships
2.	12	Tyrza Lamma	14' 9.5	Mar 28	Cascade @ Lake Stevens
3.	11	Grace Mitchell	14' 8PR	Apr 25	Cascade & Mountlake Terrace @ Cedarcrest
4.	9	Mariana Oliva-Jauregui	13' 8PR	Mar 14	Everett- Mukilteo Jamboree
5.	11	Cameron Arreola	13' 2PR	Apr 11	Edmonds-Woodway at Cascade
6.	9	Shea Koger	12' 9.25PR	Mar 28	Cascade @ Lake Stevens
7.	9	Veronika Glotov	11' 10PR	May 3	Everett SD Championships
8.	9	Angela Bui	10' 10.5PR	Mar 14	Everett- Mukilteo Jamboree
9.	10	Margot Strzelec	9' 3.75	Apr 25	Cascade & Mountlake Terrace @ Cedarcrest
10.	9	Anna Gavrishchuk	9' 2PR	Mar 14	Everett- Mukilteo Jamboree

Triple Jump

1.	11	Katie Nelson	36' 4PR	Apr 11	Edmonds-Woodway at Cascade
2.	11	Grace Mitchell	30' 9PR	May 10	WESCO 4A Track & Field Championships
3.	9	Taylor Boyle	30' 1PR	May 3	Everett SD Championships
4.	11	Cameron Arreola	29' 10.5PR	Apr 27	16th Annual Tomahawk Classic
5.	9	Shea Koger	27' 10PR	Apr 25	Cascade & Mountlake Terrace @
6.	11	Andrea Bui	26' 2.5PR	Mar 28	Cascade @ Lake Stevens

Hammer - 4kg

1.	12	Krista Schafte	91' 10PR	May 19	Lacey Hammer Meet 7
2.	10	Margot Strzelec	53' 8	Apr 20	NIKE Eason Invitational