

Cascade Striders Flying Feet Invitational
Saturday, October 8, 2016

5 & 6 Year Old Girls 800 meters			
Place	Runner	Club	Time
1	Paetyn Price	Kit	4:30
2	Rayanna Dech	Sonic	5:15
3	Ryan Frisbie-Smith	RCF	5:22
4	Andre Price	RCF	8:21

5 & 6 Year Old Boys 800 meters			
Place	Runner	Club	Time
1	Ryan Wixted	Kit	4:03
2	Weston Ford	UA	4:16
3	Thomas Bearden	Kit	4:42
4	Hugh Bearden	Kit	4:52
5	Ethan Worley	SUN	5:05
6	Veselin Hrle	SUN	5:14
7	Cruz Gibson	Sonic	5:14
8	Matthew Gonzalez	SUN	5:18
9	Romeo Shriner	SUN	5:22
10	Matthew Wixted	Kit	5:27

Boys Team Results		
1st	Kitsay	6 pts
2nd	Sun City	15 pts

7 & 8 Year Old Girls 2000 meters			
Place	Runner	Club	Time
1	Corrine Hudders	RCF	10:27
2	Joy Lally	SUN	10:35
3	Kennedy Love	UA	11:13
4	Macy Powell	High	11:15
5	Isabel Whitaker	Sonic	11:17
6	Makenzie Foree	FWTC	11:20
7	Chance Nelson	Sonic	11:38
8	Violet Carrel	CS	12:01
9	Sonya Carter	RCF	12:17
10	Weijia Wu	CS	12:31
11	Symone Sherpara	UA	12:38
12	Claire Branch	SUN	12:54
13	Katherine Novakoski	Sonic	13:00
14	Anastasia Cofner	High	13:01
15	Anvi Bharia	RBTC	13:09
16	Addison Liddell	RCF	13:26
17	Taltum Couch	FWTC	13:34
18	Daphne Houghton	RCF	13:52
19	Jose Ambrose	High	18:31

Girls Team Results		
1st	Sonic Boom	13 pts
2nd	RCF	14 pts
3rd	High Point	19 pts

7 & 8 Year Old Boys 2000 meters			
Place	Runner	Club	Time
1	Quinten Brooks	SU	9:12
2	Hunter Hurl	MTC	9:28
3	Colton Worley	Sun	9:36
4	Jack Evans	SU	9:38
5	Hawker Nostrom	FWTC	9:45
6	Jacen Reyes	Sun	9:54
7	Rodrigo Montano	CS	9:55
8	Jaxon Sheffield	CS	10:10
9	Adam Rutger	Sun	10:13
10	Suriya Sethi	RCF	10:13
11	Zayn Trimmer	Sonic	10:20
12	Tamir Stern	CS	10:21
13	Evan Jakllbek	RCF	10:22
14	Ethan Urquhart	RCF	10:23
15	Shepherd Lally	Sun	10:34
16	Brent Johnson	Sun	10:34
17	Caleb Mendams	RCF	10:50
18	Spencer Ballard	FWTC	11:03
19	Emerson Nemeth	FWTC	11:10
20	Boden Hammerstad	High	11:11
21	Gracin Nemeth	FWTC	11:58
22	Quinnton Sing	FWTC	11:41
23	Calvin Forsberg	CS	11:43
24	Declan Phelps	Sonic	11:46
25	James Braich	Sun	11:50
26	William Bigelow	RCF	11:53
27	Nick Wittman	RCF	11:57
28	Henry Johnson	Sun	12:38
29	Luke Slater	Sonic	12:38
30	Silas Phelps	FWTC	12:40
31	Noah Gonzalez	Sun	12:45
32	Zavion Wilkening	Sonic	12:59
33	Josiah Corner	High	13:06
34	Alex Schmidt	Sun	13:09
35	Colby Whelan	High	13:38
36	Owen Camberlin	RCF	13:40
37	Logan Lyman	High	13:44

Boys Team Results		
1st	Sun City	10 pts
2nd	Cascade Striders	18 pts
3rd	Rain City Flyers	28 pts

9 & 10 Year Old Girls 3000 meters			
Place	Runner	Club	Time
1	Ava Borsheim	FWTC	12:26
2	Kira Bringemeier	CS	13:02
3	Fiona Wolf	CS	13:03
4	Gwen Evans	CS	13:12
5	Syndey Collier	CS	13:17
6	Julia Couch	FWTC	13:20
7	Tatum Ford	SU	13:25
8	Thea Smith	SU	14:21
9	Clara Peno	RCF	13:50
10	Kate Michelson	Sun	14:24
11	Molly Hoover	CS	14:35
12	Prama Singh	CS	14:35
13	Emmie McGrew	Kit	14:39
14	Frances Atehison	RCF	14:40
15	Lilian Gregorich	RCF	14:41
16	Brienna Nemeth	FWTC	14:55
17	Olivia McGrew	Kit	14:59
18	Isabella Olson	RCF	15:09
19	Carmen Spoonemore	RCF	15:20
20	Kimberly Zhao	CS	15:34
21	Anna Lendrum Fort	RCF	15:38
22	Malia Odegaard	RBTC	15:42
23	Andrea Scheffer	SU	15:50
24	Dasia Phelps	FWTC	15:55
25	Cymran McDonald	FWTC	16:07
26	Mackenzie Walker	RCF	16:37
27	Dahlia Fuhlman	CS	16:45
28	Emma Teters	Sonic	16:47
29	Lilly Warren	High	17:13
30	Hannah Krueger	Sun	17:22
31	Leshay Jones	UA	17:56

Girls Team Results		
1st	Cascade Striders	9 pts
2nd	Federal Way	20 pts
3rd	Speed Unlimited	31 pts

9 & 10 Year Old Boys 3000 meters			
Place	Runner	Club	Time
1	Paul Secheyron	CS	11:39
2	Joshua Patel	SU	11:56
3	Hudson Atrosh	SU	12:00
4	Duncan Frisbie-Smith	RCF	12:15
5	Camden Korb-Nice	RCF	12:19
6	Jackson Fitch	RCF	12:24
7	Charlie McManis	RCF	12:25
8	Keyshawn Love	UA	12:42
9	Joachim Jakuc	CS	12:49
10	Zach Wilkins	CS	13:00
11	Caleb Hirschfield	RCF	13:00
12	Grayson Deiner	RCF	13:09
13	Jack Shipley	RCF	13:13
14	Daniel Montano	CS	13:13
15	Caden Ragsdale	RCF	13:23
16	Elijah Krueger	Sun	13:24
17	Jack Skinner	CS	13:31
18	Zachary Wagner	Sun	13:32
19	Max Billett	RCF	13:47
20	William Frederick	High	14:01
21	Jack Punke	SU	14:06
22	CJ Nelson	Sonic	14:06
23	Spencer Johnson	Sun	14:09
24	Nathan Hudders	RCF	14:09
25	Jack Bigelow	RCF	14:26
26	Jonah Keams	RCF	14:29
27	Nikolas Maragarones	RCF	14:59
28	Simeon McAdams	RCF	15:02
29	Samuel Gonzalez	Sun	15:10
30	Logan Fisher	FWTC	15:14
31	David Shinn	Sonic	15:15
32	Jackson Ambrose	High	15:27
33	Ewen Nelson	SU	15:27
34	Charley Kae	High	15:28
35	Eli Folsom	RBTC	15:30
36	Paul Lally	Sun	15:51
37	Aaron Beltran	FWTC	16:23
38	Markus Wilkening	Sonic	16:25
39	Gabriel Anselm	High	16:46
40	Everett Burdett	High	17:35
41	Ollie Lockhart	RCF	21:06

Boys Team Results		
1st	Rain City Flyers	15 pts
2nd	Speed Unlimited	22 pts
3rd	Cascade Striders	28 pts

11 & 12 Year Old Girls 3000 meters			
Place	Runner	Club	Time
1	Ella Borsheim	FWTC	11:22
2	Cierra Reyes	Sun	11:38
3	Maya Cantine	SU	11:39
4	Alyvia Brown	CS	11:40
5	Alivia Evans	SU	11:50
6	Ainsley Herron	CS	12:04
7	Sloane Selenis	RCF	12:16
8	Sara Evans	SU	12:36
9	Sabrina Chun	SU	12:45
10	Viole Miller	RCF	12:46
11	Maisie McManis	RCF	12:47
12	Sydney Steshal	SU	12:49
13	Talia Willson	SU	12:49
14	Anika Segall	RCF	13:01
15	Anna Petrbookova	CS	13:19
16	Vesta Weed	CS	13:27
17	Abigal MacDonal	RCF	13:27
18	Ella Korb-Nice	RCF	13:27
19	Rachel Jin	SU	13:35
20	Marie Petrbookova	CS	13:37
21	Claudia Wolf	CS	13:48
22	Viktoria Sutara	CS	13:57
23	Charlotte Peng	RCF	14:08
24	Yesenia Soriano	FWTC	14:10
25	Arya Shuhia	SU	14:20
26	Riley Rogue	CS	14:23
27	Kesley Love	UA	14:34
28	Ava Carrel	CS	14:36
29	Adeline Brown	CS	15:08
30	Lily Wad	CS	15:13
31	Finnley O'Brien	FWTC	15:24
32	Mary Michelson	Sun	15:39
33	Elinor Sabol	RCF	15:39
34	Dari McDonald	FWTC	16:06
35	Tresley Love	UA	16:22
36	Margie McDonald	CS	16:31
37	Georgia Dhaliwal	CS	16:50
38	Karina Foree	FWTC	17:36
39	Weitong Wang	CS	19:19
40	Mimi Stone	CS	19:28

Girls Team Results		
1st	Speed Unlimited	13 pts
2nd	Cascade Striders	21 pts
3rd	Rain City Flyers	25 pts

11 & 12 Year Old Boys 3000 meters			
Place	Runner	Club	Time
1	Will Sandner	RCF	10:49
2	Hayden Fisher	FWTC	11:13
3	Kya Villanueva	CS	11:13
4	Rayjin Olson	CS	11:22
5	Melkamu Englert	FWTC	11:29
6	Caden Davis	CS	11:36
7	Ian McArthur	RCF	11:38
8	Rowan Greer	CS	11:51
9	Avery Jenkins	RCF	11:54
10	Mason Bloeser	RCF	11:56
11	Northern Brown	CS	12:02
12	Matan Gurman	CS	12:12
13	Miles Herndon	RCF	12:17
14	Henry Perkins	RCF	12:21
15	Ethan Erichson	RCF	12:21
16	Ewan Kae	High	12:22
17	Nathan Johnson	Sun	12:23
18	Quinn Hoesington	RCF	12:26
19	Peter Leary	RCF	12:32
20	Merek Weed	CS	13:07
21	Lane Swenson	FWTC	13:17
22	Conner Jensen	CS	13:22
23	Kadin Phelps	Sonic	13:30

24	Andres Dunne-Loper	RCF	13:38
25	Orion Knopick	FWTC	13:40
26	Andrew Rygel	FWTC	13:41
27	Cole Baversfeld	High	13:41
28	Owen Watkins	RCF	14:28
29	Lloyd Todaro	RCF	14:34
30	Elliott Burdett	High	14:49
31	Owen Hill	High	14:55
32	Andre Carter	FWTC	14:58
33	Kurt Nusbauan	Sonic	14:58
34	Shane Liddell	RCF	15:03
35	Nathan Rene	RBTC	15:11
36	Levi Slover	High	15:20
37	Beaudry Beneditti	Sun	15:25
38	Will Lewis	RCF	15:47
39	Sebastian Facq	CS	16:33
40	Thor Bjerhlie	High	16:48
41	Taylor Frederick	High	18:18
42	Jackson Murphy	Sun	18:33
43	Paarth Nair	CS	21:11
44	Gibson Chilion	Sonic	DNF

Boys Team Results		
1st	Cascade Striders	13 pts
2nd	Rain City Flyers	17 pts
3rd	Speed Unlimited	22 pts

13 & 14 Year Old Girls 4000 meters			
Place	Runner	Club	Time
1	Julia Smith	SU	14:28
2	Serena Tyron	WT	15:02
3	Emily Dejarlais	CS	15:18
4	Kathleen Riordan	FWTC	15:36
5	Jazmyn Stone	SU	16:24
6	Olivia Freeman	RCF	16:42
7	Maja Van Zuylen	RCF	16:46
8	Hannah Brown	WT	16:55
9	Beatrice Wingfield	RCF	17:00
10	Isabella Dowd	CS	17:17
11	Chloe Connolly	CS	17:18
12	Lauren Arnold	CS	17:33
13	Linda Yan	CS	17:40
14	Jordan Allen	RCF	17:41
15	Hailey Roberts	FWTC	17:49
16	Merin Rensch	CS	17:49
17	Kate Cannistra	CS	17:53
18	Katherine Van Horn	CS	18:04
19	Lauren Lewis	FWTC	18:15
20	Stella Otis	RCF	18:52
21	Yeheli Jacobson	CS	19:04
22	Nitzan Stern	CS	19:19
23	Kelsey Ballard	FWTC	19:57
24	Kara Michelson	Sun	20:16
25	Jadyn Foree	FWTC	20:29
26	Sarah Olson	CS	20:44
27	Sabreen Moazzam	CS	21:14
28	Olivia Facq	CS	21:57
29	Julia Johnson	Sun	23:12
	Pippa Stoddy	RCF	DQ

13 & 14 Year Old Boys 4000 meters			
Place	Runner	Club	Time
1	Brayden Packerd	Sun	13:49
2	Elian Joseph	SU	14:48
3	Anthony Smith	SU	14:51
4	Maximus Sing	FWTC	15:09
5	Hale Beehan	CS	15:15
6	Landon Guaderrama	FWTC	15:18
7	Simon Kwon	SU	15:21
8	Benjamin Moushon	SU	15:22
9	Miki Kusunose	SU	15:30
10	Cooper Bargfrede	RCF	15:39
11	Mason Herndon	RCF	15:42
12	Max Aldrich	RCF	15:45
13	Ian Greer	CS	15:50
14	Jameson Karmell	FWTC	15:50
15	Alexander Serper	CS	15:51
16	Eashver Elango	SU	16:06
17	Sam Grant	BP	16:08
18	Carson Hammer	CS	16:37
19	Harrison Lyons	FWTC	16:51
20	Nolan Cedarquist	FWTC	16:52
21	Sam Guest	SU	17:21
22	Luke Ensminger	CS	17:42
23	John Van Horn	CS	17:47
24	Hayden Goldberg	CS	18:03
25	Jonathan Walker	RCF	18:26
26	Pete King	RCF	18:42
27	Leonardo Reyes	SU	18:45
28	Yoav Kraft	CS	19:40
29	Josh King	RCF	20:05
30	Mason Ott	RBTC	21:23

Girls Team Results		
1st	Rain City Flyers	15 pts
2nd	Cascade Striders	17pts
3rd	Federal Way TC	38 pts

Boys Team Results		
1st	Speed Unlimited	9 pts
2nd	Federal Way	20 pts
3rd	Rain City Flyers	27 pts

15 & 16 Year Old Girls 4000 meters			
Place	Runner	Club	Time
1	Heidi Yagan	FWTC	22:05

15 & 16 Year Old Boys 4000 meters			
Place	Runner	Club	Time
1	Usman Moazzam	CS	17:39

Open Women 4000 meters			
Place	Runner	Club	Time
1	Susan Pappalardo	CS	16:35
2	Suzanne Olson	CS	18:31
3	Tina Enminger	CS	19:15

Open Men 4000 meters			
Place	Runner	Club	Time
1	Joe Johnson	CS	14:36
2	Steve Corley	CS	15:19
3	Dan Evans	CS	16:25
4	Kieth Wilkens	CS	19:16
5	Brad Weed	CS	20:43

Club Codes

BP Barron Park Striders

CS Cascade Striders

FW Federal Way Track Club

HCC Highland Community Center

HL Highline

HV Hill & Valley

High High Point

IG Issaquah Gliders

King King

KIT Kitsap

RBTC Rainier Beach Track Club

RCF Rain City Flyers

RUFIT Running Unlimited Fitness

SB Sonic Boom

SM Spokane Mercury

SNO Snohomish Track Club

SU Speed Unlimited

SUN Sun City Harriers

WT Whatcom Tesseract

UA Unattached