

2012 USATF Northwest Regional Track & Field Championships

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Event 1 • Women's Long Jump

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>imperial</i>	<i>wind</i>	<i>pts</i>
1	36	Lake	Katherine	Seatown Express	Y	5.42m	5.42m	17-9 1/2	+1.0	5
2	37	Lanzafame	Alexandra	Flying AJs	Y	5.61m	5.41m	17-0	+0.4	3
3	15	Cronie	Alesha	unattached	Y	nm	5.41m	17-0	+0.4	-

Event 2 • Women's Shot Put

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>imperial</i>	<i>pts</i>	
1	32	Jinkins	Laurie	unattached	Y	nm	9.52m	31-2 3/4	-	-

Event 3 • Men's Hammer Throw

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>imperial</i>	<i>pts</i>	
1	27	Hoffman	Zeb	unattached	Y	51.96m	51.71m	169-7	-	-
2	92	Shannon	Tim	Seattle Masters	Y	nm	47.64m	156-3	-	5

Also throwing:

12lb	19	Eager	Brock	Seatown Express	Y	49.66m	48.94m	160-7	-	-
12lb	96	White	Kyle	unattached	Y	55.00m	47.54m	155-11	-	-
5kg	43	Mathews	George	Seattle Masters	Y	nm	45.35m	148-9	-	-

Event 4 • Women's Javelin Throw

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>imperial</i>	<i>pts</i>	
1	98	Peterson	Amanda	unattached	Y	53.06m	50.42m	165-6	-	-
2	97	Pighin	Brooke	unattached	Y	51.93m	48.92m	160-6	-	-
3	99	Carvajal	Addison	Club Northwest	Y	29.72m	26.61m	87-3	-	5

Event 5 • Women's 10,000-meter Run

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>pts</i>
1	28	Houk	Kristi	Club Northwest	Y	nm	37:24.7h	5
2	87	Steidl	Trisha	Seattle RC	Y	nm	38:57.2h	3
-	20	Ekemo	Morgan	unattached	Y	nm	dnf-	-

Event 6 • Men's 10,000-meter Run

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>pts</i>
1	100	Steidl	Uli	Seattle RC	Y	31:08.97	31:14.8h	5
2	9	Brunnquell	Chris	Club Northwest	Y	32:35.73	33:11.8h	3
3	30	Huynh (Young)	Paul	Club Northwest	Y	nm	34:39.2h	2
4	72	Bokor	Mark	Club Northwest	Y	nm	35:45.4h	1

Event 7 • Women's 3000-meter Steeplechase

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>pts</i>		
<i>No entries</i>										

Event 8 • Women's High Jump

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>imperial</i>	<i>pts</i>	
1	6	Brogdon	Jenny	Club Northwest	Y	1.79m	1.68m	5-6 1/4	-	5
2	48	Mendenhall	Martha	unattached	Y	nm	1.33m	4-4 1/4	-	-

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Event 9 • Men's Pole Vault

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>imperial</i>	<i>pts</i>
1	45	McCoy	Scott	Club Northwest	Y	5.08m	4.73m	15-6 1/4	5
2	17	Dunford	Nathan	unattached	Y	4.65m	4.43m	14-6 1/2	-
3	62	Thomas	Spencer	unattached	Y	4.24m	3.98m	13-0 3/4	-
4	71	Black	Blaise	unattached	Y	nm	3.98m	13-0 3/4	-
-	8	Brown	Ryan	Club Northwest	Y	5.24m	nh		-

Event 10 • Men's Long Jump

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>imperial</i>	<i>wind</i>	<i>pts</i>
1	12	Butts	Ryan	unattached	Y	7.66m	6.70m	21-11 3/4	+0.6	-
2	18	Durr	Kris	unattached	Y	6.56m	6.66m	21-10 1/4	+0.0	-
3	90	Turock	Art	Club Northwest	Y	3.53m	3.66m	12-0	-0.4	5

Event 11 • Men's Shot Put

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>imperial</i>	<i>pts</i>
1	3	Anderson	Brett	unattached	Y	14.07m	14.43m	47-4	-
2	92	Shannon	Tim	Seattle Masters	Y	nm	11.78m	38-7 3/4	5

Also throwing:

12lb 19	Eager	Brock	Seatown Express	Y	12.23m	12.30m	40-4 1/2	-
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Event 12 • Women's Hammer Throw

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>imperial</i>	<i>pts</i>
1	10	Bryant	Elisa	unattached	Y	59.09m	54.41m	178-6	-
2	93	Rodgers	Angel	Club Northwest	Y	43.65m	42.86m	140-7	5
3	32	Jinkins	Laurie	unattached	Y	nm	32.61m	106-11	-

Event 13 • Men's Javelin Throw

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>imperial</i>	<i>pts</i>
1	69	Zimmerman	Joe	Univ Washington	Y	nm	68.73m	225-5	5
2	7	Brown	Dan	unattached	Y	nm	40.19m	131-10	-

Also throwing:

700g58	Sinclair	Tom	unattached	Y	51.10m	54.03m	177-3	-
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Event 14 • Men's 3000-meter Steeplechase

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>pts</i>
1	34	King	Alan	unattached	Y	nm	9:41.3h	-

Event 15 • Women's 4x100-meter Relay

<i>plc</i>	<i>bib</i>	<i>last names</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>pts</i>
		<i>No entries</i>					

Event 16 • Men's 4x100-meter Relay

<i>plc</i>	<i>bib</i>	<i>last names</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>pts</i>
1		Moreton/Danielson/Hostetler/Conklin	Club Northwest	Y	nm	45.1h	5

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Event 17 • Women's 1500-meter Run

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>pts</i>
<i>No entries</i>								

Event 18 • Men's 1500-meter Run

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>pts</i>
1	81	O'Hearn	John	Club Northwest	Y	nm	4:34.7h	5

Event 19 • Women's 100-meter Hurdles - no wind information

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>pts</i>
1	91	Walton	Wednesday	unattached	Y	15.40	16.3h	-

Event 20 • Men's 110-meter Hurdles - no wind information

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>pts</i>
1	49	Moody	Skip	Christ Life TC	Y	15.81	15.1h	5
2	41	Lutterloh	Austin	unattached	Y	nm	16.7h	-

Event 21 • Men's Triple Jump

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>imperial</i>	<i>wind</i>	<i>pts</i>
1	101	Lakes	Shakeem	unattached	Y	nm	12.68m	41-7 1/4	-1.6	-
2	68	Yeoman	Michael	unattached	Y	11.64m	11.84m	38-10 1/4	+0.4	-

Event 22 • Women's Discus Throw

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>imperial</i>	<i>pts</i>
1	32	Jenkins	Laurie	unattached	Y	nm	25.05m	82-2	-

Event 23 • Women's 400-meter Dash

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>pts</i>
1	203	Shabazz	Angela	unattached	N	nm	1:12.1h	-
2	79	Kuhnly	Gail	Christ Life TC	Y	1:13.20	1:13.5h	5

Event 24 • Men's 400-meter Dash

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>pts</i>
1	24	Herrick	Charles	Club Northwest	Y	1:00.47	1:00.0h	5
2	88	Stonkus	Arny	Club Northwest	Y	nm	1:10.4h	3
3	59	Stover	Allan	unattached	Y	nm	1:36.1h	-

Event 25 • Women's 100-meter Dash - no wind information

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>pts</i>
1	5	Birade	Dena	unattached	Y	12.44	12.0h	-
2	63	Ulrey	Sarah	Club Northwest	Y	12.46	12.1h	5
3	203	Shabazz	Angela	unattached	N	nm	12.7h	-

Event 26 • Men's 100-meter Dash - no wind information

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>heat</i>	<i>pts</i>
1	18	Durr	Kris	unattached	Y	11.05	10.9h	2	-
2	80	Moreton	Chris	Club Northwest	Y	11.24	11.3h	2	5
3	95	Fryberger	Matthew	unattached	Y	11.30	11.6h	2	-

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4	76	Danielson	Al	Club Northwest	Y	11.55	11.9h	2	3
5	31	Ibarreta	Xavier	unattached	Y	12.51	12.0h	1	-
6	65	Waller	Michael	Christ Life TC	Y	nm	12.1h	2	2
7	86	Rozema	Mark	unattached	Y	nm	13.0h	1	-
8	57	Silva	Jonathan	unattached	Y	nm	13.7h	1	-
9	39	Leslie	Will	Christ Life TC	Y	14.15	13.9h	1	1

Event 27 • Women's 800-meter Dash

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>		<i>pts</i>
1	82	Pearson	Heather	Club Northwest	Y	2:23.13	2:35.7h		5
2	16	Dunford	Katherine	Whatcom Tesseract	Y	nm	2:57.1h		3
3	89	Sweeney	Caroline	Club Northwest	Y	2:50.0h	2:58.5h		2

Event 28 • Men's 800-meter Dash

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>		<i>pts</i>
1	29	Hughey	Mitchell	unattached	Y	1:59.32	2:03.5h		-
2	201	Robby	Hayes	unattached	N	2:05.0h	2:09.6h		-
3	94	Dustin	Kommes	unattached	Y	2:13.0h	2:15.3h		-

Event 29 • Men's High Jump

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>imperial</i>	<i>pts</i>
1	26	Hightower	Dakarai	Flying AJs	Y	2.08m	1.98m	6-6	5
2	53	Pharis	Chad	unattached	Y	nm	1.93m	6-4	-
3	18	Durr	Kris	unattached	Y	1.95m	1.88m	6-2	-
4	8	Brown	Ryan	Club Northwest	Y	1.67m	1.78m	5-10	3
5	47	McMaster	Dwight	Club Northwest	Y	nm	1.50m	4-11	2

Event 30 • Women's Pole Vault

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>imperial</i>	<i>pts</i>
1	66	Webber	Kirsten	unattached	Y	3.58m	3.50m	11-5 3/4	-
2	21	Franzen	Tori	unattached	Y	nm	3.50m	11-5 3/4	-
3	52	Okoronkwo	Chinne	unattached	Y	3.55m	3.35m	11-0	-
4	54	Pinley	Cheyenna	unattached	Y	3.60m	3.35m	11-0	-
5	35	Krussow	Madi	unattached	Y	3.20m	2.90m	9-6 1/4	-
6	16	Dunford	Katherine	Whatcom Tesseract	Y	nm	2.15m	7-0 3/4	5

Event 31 • Women's Triple Jump

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>imperial</i>	<i>wind</i>	<i>pts</i>
1	205	Lakes	Shaniae	unattached	N	nm	12.44m	40-9 3/4	+0.2	-
2	52	Okoronkwo	Chinne	unattached	Y	11.76m	11.63m	38-1 3/4	-1.2	-
3	37	Lanzafame	Alexandra	Flying AJs	Y	11.82m	10.94m	35-10 3/4	+0.6	5
4	99	Carvajal	Addison	Club Northwest	Y	10.51m	10.43m	34-2 3/4	-0.6	3

Event 32 • Men's Discus Throw

<i>plc</i>	<i>bib</i>	<i>last name</i>	<i>first name</i>	<i>affiliation</i>	<i>usatf?</i>	<i>qualmark</i>	<i>mark</i>	<i>imperial</i>	<i>pts</i>
1	92	Shannon	Tim	Seattle Masters	Y	nm	34.35m	112-8	5

Also throwing:

1.6kg	19	Eager	Brock	Seatown Express	Y	39.00m	35.37m	116-0	-
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1kg	11	Busch	Roger	unattached	Y	nm	40.92m	134-3	-
1kg	25	Hicks	Bruce	unattached	Y	nm	33.75m	110-8	-
1kg	90	Turock	Art	Club Northwest	Y	nm	28.90m	94-10	-

Event 33 • Women's 400-meter Hurdles

plc	bib	last name	first name	affiliation	usatf?	qualmark	mark	pts
	63	Ulrey	Sarah	Club Northwest	Y	1:02.04	1:03.4h	5
	91	Walton	Wednesday	unattached	Y	1:07.0h	1:07.4h	-

Event 34 • Men's 400-meter Hurdles

plc	bib	last name	first name	affiliation	usatf?	qualmark	mark	pts
	41	Lutterloh	Austin	unattached	Y	nm	59.4h	-

Event 35 • Women's 200-meter Dash - no wind information

plc	bib	last name	first name	affiliation	usatf?	qualmark	mark	pts
1	5	Birade	Dena	unattached	Y	nm	25.7h	-
2	70	Birkenfeld	Carolyn	Club Northwest	Y	25.77	26.3h	5
3	15	Cronie	Alesha	unattached	Y	25.8h	26.6h	-
4	73	Brooks	Sophie	Club Northwest	Y	27.02	27.1h	3
5	203	Shabazz	Angela	unattached	N	nm	29.4h	-
6	89	Sweeney	Caroline	Club Northwest	Y	31.36	32.2h	2
7	79	Kuhnly	Gail	Christ Life TC	Y	32.72	33.0h	1

Event 36 • Men's 200-meter Dash - no wind information

plc	bib	last name	first name	affiliation	usatf?	qualmark	mark	heat	pts
1	80	Moreton	Chris	Club Northwest	Y	nm	22.8h	2	5
2	75	Conklin	Nick	Club Northwest	Y	nm	23.1h	2	3
3	95	Fryberger	Matthew	unattached	Y	22.94	23.3h	2	-
4	31	Ibarreta	Xavier	unattached	Y	24.75	23.9h	2	-
5	76	Danielson	Al	Club Northwest	Y	nm	24.2h	2	2
6	65	Waller	Michael	Christ Life TC	Y	23.89	24.6h	2	1
7	86	Rozema	Mark	unattached	Y	nm	26.0h	1	-
8	24	Herrick	Charles	Club Northwest	Y	27.3h	27.2h	1	-
9	57	Silva	Jonathan	unattached	Y	nm	27.9h	1	-
10	39	Leslie	Will	Christ Life TC	Y	29.08	28.5h	1	-
11	59	Stover	Allan	unattached	Y	nm	35.2h	1	-

Event 39 • Women's 5000-meter Run

plc	bib	last name	first name	affiliation	usatf?	qualmark	mark	pts
1	38	Lemon	Kimberly	Club Northwest	Y	nm	18:18.1h	5
2	46	McDevitt	Janet	unattached	Y	nm	18:35.0h	-
3	42	Lyle	Meghan	Club Northwest	Y	nm	18:40.3h	3
4	20	Ekemo	Morgan	unattached	Y	nm	19:07.7h	-
5	78	Kiser	Jessica	Harrier TC	Y	nm	19:31.7h	2

Event 40 • Men's 5000-meter Run

plc	bib	last name	first name	affiliation	usatf?	qualmark	mark	pts
1	64	VanDooren	Tyler	unattached	Y	15:38.0h	15:52.4h	-

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2	1	Adams	Travis	Eastside Runners	Y	16:02.17	15:54.3h	5
3	50	Moroney	Andrew	Eastside Runners	Y	nm	16:32.8h	3
4	30	Huynh	Paul	Club Northwest	Y	17:21.0h	16:59.6h	2
5	13	Carmichael	Richard	Sports Warriors TC	Y	nm	17:28.5h	1
6	14	Conradt	Robert	Bowerman AC	Y	17:18.0h	18:06.1h	-
7	22	Gillman	Joel	unattached	Y	18:34.0h	18:36.4h	-
8	202	Beasley	Keith	unattached	N	20:00.0h	19:09.7h	-

Event 41 • Women's 4x400-meter Relay

plc	bib	name / splits	affiliation	usatf?	qualmark	mark	pts
1	-		Club Northwest	Y	nm	4:15.7h	5
<i>Addison Carvajal 63.7 / Heather Pearson 67.4 / Sophie Brooks 63.3 / Carolyn Birkenfeld 61.3</i>							

Event 42 • Men's 4x400-meter Relay

plc	bib	name / splits	affiliation	usatf?	qualmark	mark	pts
1	-		Club Northwest	Y	nm	4:07.7h	5
<i>Chris Moreton 53.0 / Albert Danielson 54.1 / Jacob Hostetler 68.5 / Nick Conklin 52.0</i>							

TEAM SCORES

Please note: teams noted on day-of-meet registration were checked for membership. Teams which are not actual USATF member clubs were not scored. Unattached athletes are not awarded points.

Team	Men		Women		Combined	
	Place	Points	Place	Points	Place	Points
Club Northwest	1	62	1	63	1	125
Seattle Masters	2	15	-	-	2t	15
Christ Life TC	3	9	4	6	2t	15
Flying AJs	5t	5	2t	8	4	13
Eastside Runners	4	8	-	-	5t	8
Whatcom Tesseract	-	-	2t	8	5t	8
Seattle RC	5t	5	6	3	5t	8
Univ Washington	5t	5	-	-	8t	5
Seatown Express	-	-	5	5	8t	5
Harrier TC	-	-	7	2	10	2
Sports Warriors TC	8	1	-	-	11	1

VOLUNTEERS

Many thanks to our excellent volunteers, who gave up most of a (summer?) Saturday to be there for our athletes.

Rex Philpott, Ivars Ikstrums, Tom Cotner, Christin Dulaney, Thomas Jugeta, Ed Viering, Mick Holt, Bob and Carole Langenbach, Tracy Silva, Jim Ryan, Tom Potter, Ryan Brown, Scott McCoy, Mark Bokor, Spencer Walsh, John O'Hearn, Paul Young, Gavin Tucker,

Apologies that the electronic timing camera was non-functional. We did not have a back-up plan for electronic timing. It's time to buy a new system instead of borrowing old ones!

Bill Roe

Co-Meet Directors

Becca Peter