

**Continental Relays (March 11, 2023) @ Echo Park - 3/11/2023 to 3/12/2023****Echo Park Stadium****Meet Program - Field Events****Event 34 Girls Discus Throw**

Pos	Name	School	Seed Mark
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**Flight 1 of 2 Finals**

1	Burgess, Ashlyn	Chaparral Hi	ND
2	Hurley, Jillian	Heritage Hig	ND
3	Hurley, Genevieve	Heritage Hig	83-06
4	Sandy, Elizabeth	Legend High	80-05
5	Iwata, Katelyn	Mountain Vis	79-08
6	Holt, Hayley	Legend High	ND
7	Taylor, Macee	Douglas Coun	ND
8	Shoemaker, Amelia	Chaparral Hi	ND
9	Dunkleberger, Hannah	Rock Canyon	88-03
10	Hamm, Madi	Highlands Ra	81-09
11	Kayser-Cochran, Keira	ThunderRidge	85-02
12	Webb, Laney	Ponderosa Hi	89-07
13	Reffel, Kaylee	Legend High	ND
14	Akey, Ariana	Mountain Vis	ND

**Flight 2 of 2 Finals**

1	Young, Sophia	Regis Jesuit	64-02
2	Romalia, Annie	Mountain Vis	ND
3	Brown, Anabel	Chaparral Hi	ND
4	Brown, Dani	Legend High	80-04
5	Trombley, Olivia	Ponderosa Hi	ND
6	Vigilante, Mikayla	Castle View	ND
7	Valley, Paige	Douglas Coun	61-01
8	Dahl, Abby	ThunderRidge	ND
9	Bafford, Alyssa	Heritage Hig	89-00
10	Byrne, Josie	ThunderRidge	105-01
11	Ogu, Ozioma	ThunderRidge	56-09
12	Waggoner, Lauren	Chaparral Hi	ND
13	Goodman, Jordan	Rock Canyon	ND
14	Larkin, Hannah	Castle View	ND
15	West, Taylor	Mountain Vis	87-05.50

**Event 35 Boys Discus Throw**

Pos	Name	School	Seed Mark
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**Flight 1 of 3 Finals**

1	Kapusta, Coleman	Ponderosa Hi	147-11
2	Short, Matthew	Mountain Vis	ND
3	Heath, Jack	Mountain Vis	122-05
4	Gaston, Evan	Castle View	101-05
5	Marsh, Zachary	Chaparral Hi	119-03.50
6	Orellana, Isaac	ThunderRidge	ND
7	Hardy, Grayson	Legend High	139-02
8	Perun, Austin	Heritage Hig	ND
9	Hanchett, Cole	ThunderRidge	105-04
10	Kerstiens, Reagan	Rock Canyon	101-04

**Flight 2 of 3 Finals**

1	Rathbun, Spencer	Rock Canyon	110-06
2	Marsh, Brock	Chaparral Hi	ND
3	Fischer, Nicholas	ThunderRidge	ND
4	Humphrey, Avery	Douglas Coun	ND
5	Haile, Brett	Chaparral Hi	103-09
6	Pierce, Grant	Regis Jesuit	70-11
7	Graham, Turner	Heritage Hig	71-10
8	Rinehart, Derek	Regis Jesuit	98-08
9	Provence, Garrett	Legend High	97-03
10	Nieto, Jonathan	Castle View	112-01
11	Pack, Quinn	Regis Jesuit	95-02
12	Susser, Aidan	Mountain Vis	99-10.50

**Flight 3 of 3 Finals**

1	Moskoff, Aaron	Rock Canyon	106-05
2	Pesola, Gianluca	Heritage Hig	ND
3	Stevens, James	Rock Canyon	ND
4	Schmitz, Isaac	Legend High	ND
5	MacPhee, Seamus	Regis Jesuit	ND
6	Lemcke, Ryland	Chaparral Hi	ND
7	Polutchko, Mitchell	ThunderRidge	ND
8	Bernstein, Max	Douglas Coun	118-07
9	Stubbs, Ethan	Douglas Coun	109-10
10	Glen, Maxwell	Legend High	ND
11	Tinseth, Grayson	Mountain Vis	89-08
12	Schwalm, Tyler	Heritage Hig	97-02

**Event 37 Boys Shot Put**

Pos	Name	School	Seed Mark
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**Flight 1 of 3 Finals**

1	Graham, Turner	Heritage Hig	39-00.00
2	Fischer, Nicholas	ThunderRidge	ND
3	Stubbs, Ethan	Douglas Coun	28-03.00
4	Glen, Maxwell	Legend High	ND
5	Lemcke, Ryland	Chaparral Hi	ND
6	McIntosh, Gus	Heritage Hig	ND
7	Humphrey, Avery	Douglas Coun	ND
8	Hanchett, Cole	ThunderRidge	41-06.50
9	Rathbun, Spencer	Rock Canyon	35-08.00
10	Polutchko, Mitchell	ThunderRidge	ND
11	Marsh, Zachary	Chaparral Hi	38-06.00

**Flight 2 of 3 Finals**

1	Marsh, Brock	Chaparral Hi	ND
2	Shankar, Melson	ThunderRidge	ND
3	Rinehart, Derek	Regis Jesuit	33-00.00
4	Pierce, Grant	Regis Jesuit	37-01.25
5	Perun, Austin	Heritage Hig	35-02.50
6	Heath, Jack	Mountain Vis	36-07.50
7	Schmitz, Isaac	Legend High	ND
8	Hardy, Grayson	Legend High	42-07.50
9	Nieto, Jonathan	Castle View	37-05.00
10	Bernstein, Max	Douglas Coun	35-04.00
11	Pesola, Gianluca	Heritage Hig	ND

**Continental Relays (March 11, 2023) @ Echo Park - 3/11/2023 to 3/12/2023****Echo Park Stadium****Meet Program - Field Events****Flight 3 of 3 Finals...(Event 37 Boys Shot Put)**

1	Moskoff, Aaron	Rock Canyon	30-04.00
2	Pack, Quinn	Regis Jesuit	36-08.25
3	Tinseth, Grayson	Mountain Vis	29-00.00
4	Olson, Aaron	Legend High	ND
5	Stevens, James	Rock Canyon	ND
6	MacPhee, Seamus	Regis Jesuit	31-01.50
7	Susser, Aidan	Mountain Vis	34-02.50
8	Short, Matthew	Mountain Vis	ND
9	Haile, Brett	Chaparral Hi	37-06.50
10	Bitz, Caden	Rock Canyon	ND
11	Gaston, Evan	Castle View	33-04.00

**Event 36 Girls Shot Put**

Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Finals</b>			
1	Kayser-Cochran, Keira	ThunderRidge	27-05.50
2	Iwata, Katelyn	Mountain Vis	22-02.00
3	Ogu, Ozioma	ThunderRidge	25-06.50
4	Young, Sophia	Regis Jesuit	26-08.00
5	Webb, Laney	Ponderosa Hi	34-06.25
6	Vigilante, Mikayla	Castle View	ND
7	Dahl, Abby	ThunderRidge	ND
8	Goodman, Jordan	Rock Canyon	ND
9	Valley, Paige	Douglas Coun	23-10.50
10	Bafford, Alyssa	Heritage Hig	28-10.00
11	Larkin, Hannah	Castle View	ND
12	Byrne, Josie	ThunderRidge	31-10.00
13	Taylor, Macee	Douglas Coun	ND
14	Hamm, Madi	Highlands Ra	26-08.00

**Flight 2 of 2 Finals**

1	Sandy, Elizabeth	Legend High	25-10.00
2	Reffel, Kaylee	Legend High	29-07.00
3	Brown, Dani	Legend High	22-06.00
4	Brown, Anabel	Chaparral Hi	ND
5	Derickson, Jessica	Mountain Vis	ND
6	Akey, Ariana	Mountain Vis	ND
7	Burgess, Ashlyn	Chaparral Hi	ND
8	Hurley, Genevieve	Heritage Hig	24-08.50
9	Hurley, Jillian	Heritage Hig	ND
10	Blackman, Sophie	Legend High	ND
11	Bair, Rachel	Mountain Vis	29-09.00
12	Waggoner, Lauren	Chaparral Hi	ND
13	Shoemaker, Amelia	Chaparral Hi	ND
14	Dunkleberger, Hannah	Rock Canyon	30-04.50

**Event 27 Boys High Jump**

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Axelrod, Sam	Legend High	4-10.00
2	Neyenhuis, Cameron	ThunderRidge	NH
3	Trimmer, Jacob	Chaparral Hi	NH
4	Jump, Michael	ThunderRidge	NH
5	Cottrell, Sumner	Castle View	5-09.75
6	Sinclair, Keenan	Legend High	NH
7	Keith, Caleb	ThunderRidge	NH
8	Khanal, Avin	Rock Canyon	5-10.00
9	Dutmer, Charlie	Regis Jesuit	5-01.00
10	Donahue, Logan	Chaparral Hi	NH
11	Thomason, Trey	Chaparral Hi	NH
12	Haag, Andrew	Chaparral Hi	NH
13	Hanchett, Cole	ThunderRidge	NH
14	Sarver, Mason	Legend High	NH
15	Saunders, Mason	Regis Jesuit	5-00.50
16	Bair, Grant	Mountain Vis	NH
17	Grote, Sam	Mountain Vis	5-06.00
18	Ruffel, Zachary	Mountain Vis	5-06.00
19	Stair, Nico	Mountain Vis	5-08.00
20	Thayer, Eli	Castle View	6-01.00
21	Abramowicz, Ward	Regis Jesuit	5-04.00
22	Gerken, Brady	Regis Jesuit	NH
23	Allen, Kaeden	Legend High	NH
24	Porter, Hudson	Heritage Hig	NH

**Event 26 Girls High Jump**

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Weingang, Linda	Heritage Hig	4-08.00
2	Goble, Nevaeh	Douglas Coun	4-07.00
3	Hinkel, Bella	Highlands Ra	4-07.00
4	Smith, Claire	Mountain Vis	4-04.00
5	McGowan, Petra	Rock Canyon	5-03.00
6	Cribbs, Erin	Regis Jesuit	NH
7	Maley, Leila	Chaparral Hi	NH
8	Ervin, Laura	Heritage Hig	4-05.00
9	Gaddis, Cadence	Highlands Ra	4-10.00
10	Houghton, Delilah	ThunderRidge	NH
11	Schulte, Amy	ThunderRidge	4-09.00
12	Hebinck, Arabella	Mountain Vis	4-04.00
13	Narang, Sophie	Mountain Vis	4-00.00
14	Brinkmann, Teagan	Highlands Ra	NH
15	Pratte, Sophia	Heritage Hig	4-02.00
16	Bair, Rachel	Mountain Vis	4-09.00
17	Halvas, Kate	Rock Canyon	4-08.00
18	Carroll, Addison	Chaparral Hi	4-05.00
19	Wortman, Lucy	Ponderosa Hi	4-08.00
20	Perla, Amelia	Highlands Ra	4-10.00
21	Harvey, Isabel	Heritage Hig	NH

## Continental Relays (March 11, 2023) @ Echo Park - 3/11/2023 to 3/12/2023

## Echo Park Stadium

## Meet Program - Field Events

## Event 28 Girls Pole Vault

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Kulish, Samantha	Castle View	10-03.00
2	Rankin, Alora	Ponderosa Hi	10-03.00
3	Moldowan, Raquel	Castle View	8-03.00
4	Delaney, Alexis	Ponderosa Hi	9-03.00
5	Halker, Eva	Regis Jesuit	8-00.00
6	Appel, Emilee	Chaparral Hi	NH
7	Billinger, Macy	Castle View	9-00.00
8	Crawford, Piper	Castle View	8-08.00
9	Quinlan, Colleen	Chaparral Hi	9-00.00
10	Blais, Alexis	Ponderosa Hi	7-09.00
11	Watts, Karlee	Chaparral Hi	8-03.00
12	Gommel, Dylan	Legend High	8-07.50
13	Kennett, Sydney	Ponderosa Hi	9-06.00
14	Gray, Aidan	Douglas Coun	NH
15	Vuolo, Holly	Chaparral Hi	10-03.00
16	Odle, Sarah	Regis Jesuit	6-00.00
17	Chuha, Whitney	ThunderRidge	6-09.00
18	Kelly, Kamrynn	Regis Jesuit	7-02.00
19	Mohr, Reilly	Regis Jesuit	8-09.00

## Event 29 Boys Pole Vault

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Kucinski, Aaron	ThunderRidge	10-01.00
2	Alvarado, Frankie	Chaparral Hi	12-00.00
3	Martin, Sullivan	Regis Jesuit	12-00.00
4	Gerdes, Connor	ThunderRidge	10-06.00
5	Weis, Owen	Regis Jesuit	9-07.00
6	Gamet, Luke	ThunderRidge	NH
7	Vuolo, Eric	Chaparral Hi	13-06.00
8	Weber, Steven	Ponderosa Hi	9-07.00
9	Barrett, Liam	Chaparral Hi	9-00.00
10	Robinson, Jason	Ponderosa Hi	NH
11	Gray, Brian	Douglas Coun	10-07.00
12	Taylor, Lane	Chaparral Hi	10-07.25

## Event 31 Boys Long Jump

Pos	Name	School	Seed Mark
<b>Flight 1 of 3 Finals</b>			
1	Donahue, Logan	Chaparral Hi	ND
2	Neuenschwander, Joe	Legend High	18-06.75
3	Dell'Orfano, Cooper	Regis Jesuit	ND
4	Muhammad, Aqeel	Heritage Hig	16-02.50
5	Pezeshki, Ryan	Highlands Ra	18-00.50
6	Axelrod, Sam	Legend High	21-04.00
7	Spilsbury, Wyatt	Heritage Hig	15-02.25
8	Stout, Brandon	Rock Canyon	19-01.00
9	Kiehn, Carter	Douglas Coun	ND
10	Billington, Josiah	Castle View	21-05.50
11	Wilson, Judah	Mountain Vis	19-10.00
12	Houchen, Thaddeus	Chaparral Hi	ND
13	Grote, Sam	Mountain Vis	21-03.50

## Flight 2 of 3 Finals

1	Carlson, Seann	Regis Jesuit	17-05.50
2	Dutmer, Charlie	Regis Jesuit	16-07.00
3	Hufford, Maximus	Ponderosa Hi	21-02.50
4	Shrestha, Nathan	Rock Canyon	17-10.50
5	Savko, Christopher	ThunderRidge	ND
6	Wember, Joshua	Regis Jesuit	16-03.25
7	Fiddler, Jacari	Highlands Ra	ND
8	Porter, Hudson	Heritage Hig	ND
9	Miller, Zachary	Douglas Coun	20-01.50
10	Young, Heigen	Ponderosa Hi	13-08.50
11	Morris, Benjamin	ThunderRidge	ND
12	Sinclair, Keenan	Legend High	18-01.50
13	Baker, Zachary	Ponderosa Hi	ND
14	Adams, Kenneth	Douglas Coun	ND

## Flight 3 of 3 Finals

1	Stewart, Isaiah	Heritage Hig	ND
2	Hanchett, Cole	ThunderRidge	20-00.00
3	Brown II, Ulysses	ThunderRidge	15-03.25
4	Watson, Nate	Rock Canyon	ND
5	Pasley, Lele	Highlands Ra	ND
6	Kerstiens, Reagan	Rock Canyon	18-01.00
7	Cash, Jackson	Mountain Vis	19-02.75
8	Mendl, Colton	Ponderosa Hi	17-01.50
9	Besch, Zander	Mountain Vis	19-06.00
10	Dean, Matthew	Highlands Ra	ND
11	Baca, Jeffrey	Legend High	ND
12	Thayer, Eli	Castle View	20-02.25
13	Brejcha, Brayden	Chaparral Hi	ND
14	Truax, Tyler	Chaparral Hi	ND

## Event 30 Girls Long Jump

Pos	Name	School	Seed Mark
<b>Flight 1 of 3 Finals</b>			
1	Narang, Sophie	Mountain Vis	13-11.50
2	Maley, Leila	Chaparral Hi	ND
3	Hruby, Emily	Legend High	17-03.00
4	Plummer, Reese	Castle View	14-06.75
5	Cagianut, Kiley	Ponderosa Hi	11-08.50
6	Overbaugh, Ainsley	Rock Canyon	15-02.50
7	Jones, Taylor	Ponderosa Hi	ND
8	Burch, Gianna	Heritage Hig	ND
9	Parke, Alexis	Ponderosa Hi	12-05.00
10	Harvey, Isabel	Heritage Hig	ND
<b>Flight 2 of 3 Finals</b>			
1	Vivek, Nandhana	Legend High	16-03.25
2	Adams, Presley	ThunderRidge	ND
3	Marzolf, Abbi	Highlands Ra	16-03.50
4	Wilks, Kaiya	Castle View	15-10.00
5	Fustich, Jaclyn	Heritage Hig	ND
6	Markert, Kyra	Castle View	16-03.50
7	Oliver, Avery	Mountain Vis	ND
8	Dailey, Samantha	Ponderosa Hi	13-02.75
9	Meyer, Isabelle	ThunderRidge	14-05.50
10	Bair, Rachel	Mountain Vis	17-09.50

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1	McGowan, Petra	Rock Canyon	ND
2	Young, Chloe	Highlands Ra	14-01.00
3	Louden, Catherine	Legend High	ND
4	Naushad, Sasha	Highlands Ra	12-04.00
5	Lind, Addyson	Chaparral Hi	ND
6	Smich, Kiley	Chaparral Hi	ND
7	Salum, Izabelle	Regis Jesuit	15-04.50
8	Brinkmann, Teagan	Highlands Ra	14-01.25
9	Hebinck, Arabella	Mountain Vis	ND
10	Coyle, Carina	Chaparral Hi	ND

**Event 32 Girls Triple Jump**

Pos	Name	School	Seed Mark
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**Flight 1 of 2 Finals**

1	Harvey, Isabel	Heritage Hig	ND
2	Baker, Logan	Castle View	ND
3	Fustich, Jaclyn	Heritage Hig	ND
4	Plummer, Reese	Castle View	32-01.00
5	Young, Chloe	Highlands Ra	31-09.75

**Flight 2 of 2 Finals**

1	Brinkmann, Teagan	Highlands Ra	ND
2	Naushad, Sasha	Highlands Ra	32-07.50
3	Smith, Claire	Mountain Vis	32-00.00
4	Adams, Presley	ThunderRidge	ND
5	Kottenstette, Ella	Regis Jesuit	32-03.00
6	Mann, Sarah	Regis Jesuit	31-02.75
7	Oliver, Avery	Mountain Vis	ND
8	Stair, Abby	Mountain Vis	32-11.50
9	Happs, Lily	Highlands Ra	ND
10	Vivek, Nandhana	Legend High	35-00.00
11	Narang, Sophie	Mountain Vis	31-11.50

**Event 33 Boys Triple Jump**

Pos	Name	School	Seed Mark
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**Flight 1 of 2 Finals**

1	Schmitt, Caleb	Mountain Vis	ND
2	Diaz, Dominick	Highlands Ra	ND
3	Young, Hudson	ThunderRidge	ND
4	Adams, Kenneth	Douglas Coun	ND
5	Brewer, Kyle	Legend High	31-11.50
6	Shrestha, Nathan	Rock Canyon	40-09.00
7	Gould, Hayden	Mountain Vis	34-00.00
8	Axelrod, Sam	Legend High	42-01.50
9	Morris, Benjamin	ThunderRidge	ND
10	Behringer, Jaden	Regis Jesuit	38-00.00
11	Kerstiens, Reagan	Rock Canyon	39-08.00
12	Kim, Jordan	Mountain Vis	37-02.50
13	Abramowicz, Ward	Regis Jesuit	32-00.75

**Flight 2 of 2 Finals**

1	Stewart, Isaiah	Heritage Hig	ND
2	Muhammad, Aqeel	Heritage Hig	33-00.75
3	Christopher, Jaden	Rock Canyon	37-09.25
4	Brown II, Ulysses	ThunderRidge	36-11.75
5	Bailey, Bryce	Mountain Vis	42-09.00
6	Neyenhuis, Cameron	ThunderRidge	ND
7	Spilsbury, Wyatt	Heritage Hig	ND
8	Kiehn, Carter	Douglas Coun	ND
9	Billington, Josiah	Castle View	40-07.75
10	Doolittle, Ryland	Regis Jesuit	34-09.25
11	Gray, Brian	Douglas Coun	41-10.50
12	Stout, Brandon	Rock Canyon	ND
13	Porter, Hudson	Heritage Hig	ND