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

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Meet Program - Running Events

Event 62 Girls 3200 Meter Run CC

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	Hamilton, Aspen	Rock Canyon	NT
2	Parry, Hayden	Chaparral Hi	NT
3	Kendall, Lindsay	Rock Canyon	NT
4	Adams, Peyton	Mountain Vis	NT
5	Dugan, Aurora	Rock Canyon	NT
6	Gamily, Keira	Mountain Vis	NT
7	Santiago, Sierra	Chaparral Hi	NT
8	Parry, Kapri	Chaparral Hi	NT
9	Erickson, Sabine	Rock Canyon	NT
10	Derickson, Jessica	Mountain Vis	NT
11	Romalia, Annie	Mountain Vis	NT
12	Perrin, Kaylee	Chaparral Hi	NT

Event 63 Boys 3200 Meter Run CC

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	Smith, Tanner	Douglas Coun	NT
2	Schade, Hudson	Rock Canyon	NT
3	Moyer, Jacob	Legend High	NT
4	Laity, Dylan	Rock Canyon	NT
5	Lawlor, Gavin	Mountain Vis	NT
6	Duris, Austin	Rock Canyon	NT
7	Simmons, Jack	Mountain Vis	NT
8	Fincham, Jeffrey	Legend High	NT
9	D'Souza, Jack	Rock Canyon	NT
10	Wachter, William	Mountain Vis	NT
11	Goutell, Dane	Douglas Coun	NT
12	Romalia, Daniel	Mountain Vis	NT
13	Reichler, Benjamin	Legend High	NT

Event 4 Girls 100 Meter Hurdles

Lane	Name	School	Seed Time
Section 1 of 3 Finals			
2	Mayhew, Madilyn	Legend High	NT
3	Miller, Morgan	Douglas Coun	NT
4	Dawson, Danielle	Heritage Hig	NT
5	Goble, Nevaeh	Douglas Coun	NT
6	Taylor, Macee	Douglas Coun	NT
7	Holmes, Lillian	Legend High	NT
Section 2 of 3 Finals			
1	Martinez, Elen	Castle View	NT
2	Urban, Summer	Heritage Hig	19.55
3	Bonds, Anna	Mountain Vis	19.00
4	Lagarenne, Zoe	Rock Canyon	18.78
5	Harper, Sarah	Castle View	18.78
6	Fleck, Eva	Castle View	19.01
7	Smith, Claire	Mountain Vis	20.12
8	Cowling, Sara	Legend High	NT
Section 3 of 3 Finals			
1	Ervin, Laura	Heritage Hig	18.68
2	Pratte, Sophia	Heritage Hig	18.41
3	Kramer, Brek	Castle View	17.04
4	McGowan, Petra	Rock Canyon	16.18
5	Bair, Rachel	Mountain Vis	16.94
6	Hansen, Kendelle	Legend High	17.06
7	Hebinck, Arabella	Mountain Vis	18.50
8	Bridgman, Lilly	Douglas Coun	18.77

Event 5 Boys 110 Meter Hurdles

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	Leeman, Grant	Douglas Coun	NT
2	VerBrugge, Cole	Castle View	19.35
3	VerBrugge, Zach	Castle View	18.73
4	Betts, Brennen	Mountain Vis	15.76
5	Heppe, Logan	Rock Canyon	16.38
6	Garcia, Benjamin	Castle View	18.73
7	Yore, Isaac	Castle View	NT
8	Murphy, Ryan	Rock Canyon	NT

Event 50 Girls 4x1600 Meter Relay

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
2	Rock Canyon	A	NT
3	Ponderosa Hi	A	NT
4	Mountain Vis	A	NT
5	ThunderRidge	A	NT
6	Douglas Coun	A	NT
7	Legend High	A	NT

Event 55 Boys 4x1600 Meter Relay

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Douglas Coun	A	NT
2	Highlands Ra	A	NT
3	Rock Canyon	A	NT
4	Heritage Hig	A	NT
5	Mountain Vis	A	NT
6	Castle View	A	NT
7	Legend High	A	NT
8	ThunderRidge	A	NT

Event 41 Girls 4x100 Meter Relay

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
2	Highlands Ra	A	NT
3	Heritage Hig	A	NT
	1) Shinabery, Alena	2) Ervin, Laura	
	3) Nichols, Abigail	4) Urban, Summer	
4	Mountain Vis	A	NT
5	Legend High	A	NT
6	Regis Jesuit	A	NT

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Section 2 of 2 Finals...(Event 41 Girls 4x100 Meter Relay)

2	Castle View	A	NT
	1) Markert, Kyra	2) Fleck, Eva	
	3) Wilks, Kaiya	4) Freiberger, Elle	
3	ThunderRidge	A	NT
4	Douglas Coun	A	NT
5	Chaparral Hi	A	NT
6	Rock Canyon	A	NT

Event 42 Boys 4x100 Meter Relay

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
2	Douglas Coun	A	NT
3	Rock Canyon	A	NT
4	Ponderosa Hi	A	NT
	1) Hufford, Maximus	2) Chase, Jacob	
	3) Mendl, Colton	4) Baker, Zachary	
5	ThunderRidge	A	NT
6	Legend High	A	NT
Section 2 of 2 Finals			
2	Highlands Ra	A	NT
3	Regis Jesuit	A	NT
4	Heritage Hig	A	NT
	1) Freng, Isaac	2) Tarzwell, Jeremiah	
	3) Rolfe, Xavier	4) Guthrie, Rex	
5	Mountain Vis	A	NT
6	Chaparral Hi	A	NT
7	Castle View	A	NT
	1) Billington, Josiah	2) Tashie, Kevin	
	3) Newman, Cole	4) Cazer, Keaton	

Event 39 Girls 4x800 Meter Relay

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
2	Castle View	A	NT
	1) Garvin, Ayden	2) King, Ava	
	3) Lev, Neev	4) Boekes, Mariana	
3	Chaparral Hi	A	NT
4	Mountain Vis	A	NT
5	Regis Jesuit	A	NT
	1) Collins, Jo	2) Danzer, Erika	
	3) Stratman, Christie	4) Small, Zoe	
6	ThunderRidge	A	NT
7	Rock Canyon	A	NT

Event 40 Boys 4x800 Meter Relay

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Regis Jesuit	A	NT
	1) Beatty, Joseph	2) Wilson, Zane	
	3) O'Keefe, Thomas	4) Focht, Braeden	
2	Rock Canyon	A	NT
3	Legend High	A	NT
4	Castle View	A	NT
	1) Scott, Kellen	2) Higgs, Matthew	
	3) Bartunek, Luke	4) Zenyuh, Austin	
5	Highlands Ra	A	NT
6	Ponderosa Hi	A	NT
	1) Frey, Jonah	2) Harrell, Taten	
	3) Allen, Cooper	4) Lotito, Gabe	
7	Mountain Vis	A	NT
8	Douglas Coun	A	NT
9	ThunderRidge	A	NT

Event 8 Girls 4x200 Meter Relay

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
3	Chaparral Hi	A	NT
4	Heritage Hig	A	NT
	1) Shinabery, Alena	2) Taylor, Ryan	
	3) Harvey, Isabel	4) Jacobs, Anna	
5	Legend High	A	NT
6	Ponderosa Hi	A	NT
	1) Jones, Taylor	2) Cagianut, Kiley	
	3) Craft, Keela	4) Nolan, Katie	
7	Mountain Vis	A	NT
Section 2 of 2 Finals			
2	Douglas Coun	A	NT
3	ThunderRidge	A	NT
4	Regis Jesuit	A	NT
5	Rock Canyon	A	NT
6	Castle View	A	NT
	1) Kramer, Brek	2) Baker, Logan	
	3) Dellorco, Eva	4) Freiberger, Elle	
7	Highlands Ra	A	NT

Event 9 Boys 4x200 Meter Relay

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
2	Chaparral Hi	A	NT
3	ThunderRidge	A	NT
4	Regis Jesuit	A	NT
5	Legend High	A	NT
6	Heritage Hig	A	NT
	1) Freng, Isaac	2) Tarzwell, Jeremiah	
	3) Rolfe, Xavier	4) Jones, Michael	

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Meet Program - Running Events

Section 2 of 2 Finals...(Event 9 Boys 4x200 Meter Relay)

2	Rock Canyon	A	NT
3	Ponderosa Hi	A	NT
	1) Baxter, Sean	2) Baker, Zachary	
	3) Young, Heigen	4) Stanley, Breyden	
4	Castle View	A	NT
	1) Cazer, Keaton	2) Newman, Cole	
	3) Tashie, Kevin	4) Ishman, Darrell	
5	Douglas Coun	A	NT
6	Highlands Ra	A	NT
7	Mountain Vis	A	NT

Event 43 Girls Distance Medley

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Rock Canyon	A	NT
2	Chaparral Hi	A	NT
3	Castle View	A	NT
	1) Boekes, Mariana	2) Plummer, Reese	
	3) Baker, Ciara	4) Wendell, Brenna	
4	Douglas Coun	A	NT
5	ThunderRidge	A	NT
6	Mountain Vis	A	NT
7	Regis Jesuit	A	NT
	1) Stratman, Christie	2) Collins, Jo	
	3) Hull, Emilia	4) Levkulich, Caitlin	
8	Legend High	A	NT
9	Heritage Hig	A	NT
	1) Fender, Caroline	2) Weigang, Linda	
	3) Schwalm, Emry	4) Ervin, Laura	

Event 44 Boys Distance Medley

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Rock Canyon	A	NT
2	Heritage Hig	A	NT
	1) Christensen, Tyler	2) Garcia, Sam	
	3) Parish, Drew	4) Wolff, Benjamin	
3	Chaparral Hi	A	NT
4	Castle View	A	NT
	1) Royer, Blake	2) Kissell, Liam	
	3) Graham, Parker	4) Frueh, TJ	
5	Highlands Ra	A	NT
6	Ponderosa Hi	A	NT
	1) Harrell, Taten	2) Koranda, William	
	3) Beary, Cian	4) Frey, Jonah	
7	Regis Jesuit	A	NT
	1) Aex, Caleb	2) Focht, Braeden	
	3) Sullivan, Liam	4) Taylor, Zion	
8	Mountain Vis	A	NT
9	ThunderRidge	A	NT

Event 1 Girls 800 Sprint Medley

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
3	Rock Canyon	A	NT
4	Chaparral Hi	A	NT
5	Highlands Ra	A	NT
6	Heritage Hig	A	NT
	1) Dawson, Danielle	2) Taylor, Ryan	
	3) Harvey, Isabel	4) Jacobs, Anna	
Section 2 of 2 Finals			
2	Legend High	A	NT
3	Castle View	A	NT
	1) Kramer, Brek	2) Freiberger, Elle	
	3) Baker, Logan	4) Dellorco, Eva	
4	Regis Jesuit	A	NT
5	ThunderRidge	A	NT
6	Mountain Vis	A	NT

Event 38 Boys 800 Sprint Medley

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
2	ThunderRidge	A	NT
3	Regis Jesuit	A	NT
4	Heritage Hig	A	NT
	1) Freng, Isaac	2) Tarzwell, Jeremiah	
	3) Perreault, Ben	4) Stewart, Isaiah	
5	Mountain Vis	A	NT
6	Legend High	A	NT
Section 2 of 2 Finals			
2	Highlands Ra	A	NT
3	Castle View	A	NT
	1) Kinne, Jacob	2) VerBrugge, Cole	
	3) Yore, Isaac	4) Kissell, Liam	
4	Ponderosa Hi	A	NT
	1) Hufford, Maximus	2) Davis, Sean	
	3) Young, Heigen	4) Robinson, Jason	
5	Rock Canyon	A	NT
6	Chaparral Hi	A	NT

Event 60 Girls 1600 Sprint Medley

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Heritage Hig	A	NT
2	ThunderRidge	A	NT
3	Chaparral Hi	A	NT
4	Mountain Vis	A	NT
5	Ponderosa Hi	A	NT
6	Rock Canyon	A	NT
7	Legend High	A	NT
8	Regis Jesuit	A	NT

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Meet Program - Running Events

Event 59 Boys 1600 Sprint Medley

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
2	ThunderRidge	A	NT
3	Douglas Coun	A	NT
4	Highlands Ra	A	NT
5	Heritage Hig	A	NT
6	Chaparral Hi	A	NT
Section 2 of 2 Finals			
2	Rock Canyon	A	NT
3	Regis Jesuit	A	NT
4	Castle View	A	NT
5	Mountain Vis	A	NT
6	Legend High	A	NT

Event 24 Girls 4x400 Meter Relay

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
2	Regis Jesuit	A	NT
3	Legend High	A	NT
4	Mountain Vis	A	NT
5	Castle View	A	NT
	1) Kramer, Brek	2) Plummer, Reese	
	3) Berquist, Sage	4) Boekes, Mariana	
6	ThunderRidge	A	NT
Section 2 of 2 Finals			
2	Douglas Coun	A	NT
3	Rock Canyon	A	NT
4	Ponderosa Hi	A	NT
	1) Barrett, Ava	2) Foco, Zoey	
	3) Murphy, Lilianna	4) Valkner, Shea	
5	Chaparral Hi	A	NT
6	Heritage Hig	A	NT
	1) Weigang, Linda	2) Haskell, Elle	
	3) Dawson, Danielle	4) Urban, Summer	

Event 25 Boys 4x400 Meter Relay

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
2	Legend High	A	NT
3	Rock Canyon	A	NT
4	Regis Jesuit	A	NT
5	ThunderRidge	A	NT
6	Ponderosa Hi	A	NT
	1) Allen, Cooper	2) Beary, Cian	
	3) Fairweather, Joshua	4) Lotito, Gabe	
Section 2 of 2 Finals			
2	Highlands Ra	A	NT
3	Mountain Vis	A	NT
4	Heritage Hig	A	NT
	1) Stephenson, Sam	2) Rapp, Andrew	
	3) Perreault, Ben	4) Woodley, Demetrius	
5	Chaparral Hi	A	NT
6	Castle View	A	NT
	1) Martinez, Abrehem	2) Cazer, Keaton	
	3) Garcia, Benjamin	4) Vasil, Nicholas	
7	Douglas Coun	A	NT