

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Event 1 Girls 800 Meter Run Middle School

Podium HS: 2:30.23 1 3/2/2024 Lorelai Freese

Name	Age	School	Finals
Finals			
1 #613 Freese, Lorelai	11	Spokane Merc	2:30.231 10
35.62 (35.62)	1:14.62 (39.00)	1:54.03 (39.41)	
2:30.228 (36.21)			
2 #837 Storm, Addisyn	13	Unattached	2:32.47 8
35.17 (35.17)	1:14.74 (39.57)	1:56.33 (41.59)	
2:32.466 (36.15)			
3 #284 Dreher, Jillian	12	Cascade Stri	2:34.64 6
35.06 (35.06)	1:14.41 (39.35)	1:55.42 (41.01)	
2:34.639 (39.23)			
4 #483 Delaney, Quinn	12	Mission Moun	2:36.00 5
35.97 (35.97)	1:15.49 (39.52)	1:56.96 (41.47)	
2:36.000 (39.05)			
5 #832 McNeill, Aya	12	Unattached	2:36.68 4
35.95 (35.95)	1:14.63 (38.68)	1:57.05 (42.42)	
2:36.674 (39.64)			
6 #486 Scott, Kimora	12	Mission Moun	2:39.00 3
37.65 (37.65)	1:16.16 (38.51)	1:57.33 (41.17)	
2:39.000 (41.68)			
7 #317 Eash, Emery		Flathead Hig	2:40.56 2
36.24 (36.24)	1:15.82 (39.58)	1:57.85 (42.03)	
2:40.560 (42.72)			
8 #518 Richter, Peyton	13	North Idaho	2:41.20 1
36.14 (36.14)	1:15.99 (39.85)	1:58.99 (43.00)	
2:41.199 (42.22)			
9 #529 Jones, Eleanor	10	Rain City Fl	2:41.50
36.95 (36.95)	1:16.85 (39.90)	1:59.15 (42.30)	
2:41.494 (42.36)			
10 #638 Hilton, Andie	12	SPOKANE SPEE	2:47.55
37.05 (37.05)	1:17.53 (40.48)	2:02.94 (45.41)	
2:47.548 (44.62)			
11 #652 Scharosch, Abigail	12	SPOKANE SPEE	2:48.00
34.30 (34.30)	1:13.20 (38.90)	1:58.46 (45.26)	
2:47.992 (49.55)			
12 #411 Kauffman, Nara	11	Helena Novas	2:48.52
37.89 (37.89)	1:18.52 (40.63)	2:05.59 (47.07)	
2:48.511 (42.93)			
13 #614 Piper, Audrey	12	Spokane Merc	3:01.31
38.99 (38.99)	1:23.01 (44.02)	2:15.24 (52.23)	
3:01.306 (46.08)			

Event 2 Boys 800 Meter Run Middle School

Podium HS: 2:17.39 1 3/2/2024 Pascal Dirks

Name	Age	School	Finals
Finals			
1 #194 Dirks, Pascal	12	Atlas Run Cl	2:17.391 10
32.19 (32.19)	1:08.18 (35.99)	1:44.52 (36.34)	
2:17.386 (32.87)			
2 #667 Danaraj, Jackson	12	SPOKANE SPEE	2:17.76 8
32.97 (32.97)	1:07.55 (34.58)	1:43.44 (35.89)	
2:17.755 (34.32)			

3 #191 Bertapelle, Caden	12	Atlas Run Cl	2:18.35 6
31.56 (31.56)	1:06.68 (35.12)	1:44.46 (37.78)	
2:18.345 (33.89)			
4 #192 Creasy, Rider	12	Atlas Run Cl	2:18.77 5
31.93 (31.93)	1:07.45 (35.52)	1:44.76 (37.31)	
2:18.765 (34.01)			
5 #195 Sniffen, Edgar	12	Atlas Run Cl	2:20.02 4
32.04 (32.04)	1:07.63 (35.59)	1:45.24 (37.61)	
2:20.013 (34.78)			
6 #519 Baune, Blake	12	North Idaho	2:25.93 3
33.35 (33.35)	1:10.16 (36.81)	1:49.09 (38.93)	
2:25.927 (36.84)			
7 #523 Wood, Will	11	North Idaho	2:27.49 2
33.19 (33.19)	1:10.45 (37.26)	1:49.95 (39.50)	
2:27.485 (37.54)			
8 #907 Cheney, Samuel	11	Valley Flash	2:33.24 1
33.88 (33.88)	1:14.51 (40.63)	1:58.26 (43.75)	
2:33.236 (34.98)			
9 #178 Landeros, Isayah	13	37-Unattache	2:36.24
33.58 (33.58)	1:12.18 (38.60)	1:55.48 (43.30)	
2:36.235 (40.76)			
10 #615 Cleveland, Brooks	9	Spokane Merc	2:49.01
37.28 (37.28)	1:20.43 (43.15)	2:07.08 (46.65)	
2:49.003 (41.93)			

Event 3 Girls 800 Meter Run High School

Podium HS: 2:03.85 1 2/27/2022 Sophia Gorriaran

Name	Age	School	Finals
Finals			
1 #825 Cullen, Charlotte		Unattached	2:16.42 10
32.56 (32.56)	1:06.00 (33.44)	1:41.04 (35.04)	
2:16.414 (35.39)			
2 #525 Tittel, Lauren	16	Oregon Episc	2:23.07 8
33.18 (33.18)	1:09.78 (36.60)	1:46.96 (37.18)	
2:23.068 (36.12)			
3 #840 Tomlinson, Emma	17	Unattached	2:24.09 6
34.36 (34.36)	1:11.08 (36.72)	1:49.33 (38.25)	
2:24.090 (34.77)			
4 #754 Oblad, Miranda	15	The Inner Ci	2:24.49 5
34.64 (34.64)	1:11.25 (36.61)	1:49.06 (37.81)	
2:24.482 (35.44)			
5 #218 Winkler, Grace	17	Bolt Track a	2:25.87 4
34.84 (34.84)	1:12.16 (37.32)	1:50.37 (38.21)	
2:25.867 (35.51)			
6 #460 Beightol, Mia	17	IMUA Athleti	2:26.25 3
34.93 (34.93)	1:13.39 (38.46)	1:51.47 (38.08)	
2:26.247 (34.79)			
7 #313 Luczkow, Ava		Evoke Elite	2:26.37 2
34.84 (34.84)	1:12.23 (37.39)	1:49.60 (37.37)	
2:26.364 (36.78)			
8 #306 Flaten, Aizalyn	15	Electric Cit	2:26.71 1
34.65 (34.65)	1:13.94 (39.29)	1:52.25 (38.31)	
2:26.708 (34.47)			
9 #435 Petrini, Gia		Hellgate XCT	2:26.84
34.52 (34.52)	1:13.66 (39.14)	1:52.21 (38.55)	
2:26.835 (34.64)			

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Finals ... (Event 3 Girls 800 Meter Run High School)

	Name	Age	School	Finals
10	#316 Conan, Mikenna		Flathead Hig	2:27.97
	34.38 (34.38)	1:12.40 (38.02)	1:51.70 (39.30)	
	2:27.963 (36.28)			
11	#556 Campbell, Amelia		Rose City St	2:28.03
	35.18 (35.18)	1:12.77 (37.59)	1:52.09 (39.32)	
	2:28.024 (35.95)			
12	#166 Bowen, Taylin	15	37-Unattache	2:28.14
	34.96 (34.96)	1:13.89 (38.93)	1:52.84 (38.95)	
	2:28.133 (35.30)			
13	#247 Cooper, Hazel	13	Bozeman Trac	2:29.28
	34.54 (34.54)	1:13.74 (39.20)	1:52.48 (38.74)	
	2:29.279 (36.81)			
14	#805 Pihlstrom, Raquel		Ultimate Spe	2:30.79
	35.39 (35.39)	1:13.24 (37.85)	1:51.82 (38.58)	
	2:30.782 (38.98)			
15	#183 Tussing-Adkinson, E	14	38-Unattache	2:31.01
	35.96 (35.96)	1:13.77 (37.81)	1:53.59 (39.82)	
	2:31.002 (37.43)			
16	#504 Sugden, Adelaide		Mountain Wes	2:31.22
	37.38 (37.38)	1:15.51 (38.13)	1:55.82 (40.31)	
	2:31.214 (35.41)			
17	#169 Jones, Sonja	16	37-Unattache	2:31.61
	35.41 (35.41)	1:13.54 (38.13)	1:52.78 (39.24)	
	2:31.605 (38.84)			
18	#408 Garza, Hadyn	16	Helena Novas	2:32.46
	37.71 (37.71)	1:16.32 (38.61)	1:56.01 (39.69)	
	2:32.458 (36.46)			
19	#708 Vollertsen, Alyssa	16	Stumptown Tr	2:33.41
	34.14 (34.14)	1:12.82 (38.68)	1:53.18 (40.36)	
	2:33.405 (40.24)			
20	#645 Metzler, Maya	17	SPOKANE SPEE	2:34.98
	33.11 (33.11)	1:12.32 (39.21)	1:54.30 (41.98)	
	2:34.972 (40.68)			
21	#245 Axtman, Zoe	16	Bozeman Trac	2:35.12
	37.33 (37.33)	1:15.99 (38.66)	1:54.76 (38.77)	
	2:35.120 (40.37)			
22	#410 Irey, Ella	16	Helena Novas	2:35.18
	35.25 (35.25)	1:14.28 (39.03)	1:54.67 (40.39)	
	2:35.176 (40.51)			
23	#407 Gallagher, Caoimhe	16	Helena Novas	2:35.45
	34.70 (34.70)	1:13.84 (39.14)	1:55.25 (41.41)	
	2:35.444 (40.20)			
24	#404 Bermingham, Bella	16	Helena Novas	2:35.55
	33.80 (33.80)	1:13.26 (39.46)	1:54.21 (40.95)	
	2:35.542 (41.34)			
25	#648 Perkins, Paige	16	SPOKANE SPEE	2:35.94
	35.75 (35.75)	1:14.13 (38.38)	1:54.91 (40.78)	
	2:35.932 (41.03)			
26	#500 Gooden, Shae	15	Mountain Wes	2:36.26
	35.84 (35.84)	1:15.01 (39.17)	1:56.79 (41.78)	
	2:36.254 (39.47)			
27	#639 Kiltz, Remmy	15	SPOKANE SPEE	2:36.45
	36.41 (36.41)	1:14.78 (38.37)	1:55.45 (40.67)	
	2:36.448 (41.00)			

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024**The Podium
Results**

28	#463 Taylor, Kennedy	17	IMUA Athleti	2:36.70
	35.79 (35.79)		1:15.93 (40.14)	1:56.54 (40.61)
	2:36.694 (40.17)			
29	#628 Carter, Gretchyn	15	SPOKANE SPEE	2:37.45
	36.29 (36.29)		1:15.42 (39.13)	1:57.83 (42.41)
	2:37.450 (39.63)			
30	#631 Danaraj, Madilyn	17	SPOKANE SPEE	2:38.93
	35.46 (35.46)		1:14.73 (39.27)	1:56.51 (41.78)
	2:38.923 (42.42)			
31	#459 Baker, Chelsie	16	IMUA Athleti	2:39.23
	35.34 (35.34)		1:16.65 (41.31)	1:59.87 (43.22)
	2:39.227 (39.37)			
32	#803 Megowan, Cordellia		Ultimate Spe	2:39.29
	37.49 (37.49)		1:17.08 (39.59)	1:59.20 (42.12)
	2:39.284 (40.10)			
33	#128 Depew, Adalyn	13	35-Unattache	2:39.35
	36.90 (36.90)		1:14.98 (38.08)	1:56.88 (41.90)
	2:39.350 (42.48)			
34	#630 Danaraj, Emma	15	SPOKANE SPEE	2:39.87
	36.10 (36.10)		1:15.09 (38.99)	1:58.44 (43.35)
	2:39.864 (41.43)			
35	#415 Muszkiewicz, Margo	15	Helena Novas	2:41.11
	35.87 (35.87)		1:15.67 (39.80)	1:58.22 (42.55)
	2:41.103 (42.89)			
36	#491 Nofziger, Rachel	13	Moses Lake A	2:42.27
	37.23 (37.23)		1:19.96 (42.73)	2:02.91 (42.95)
	2:42.266 (39.36)			
37	#104 Kreitner, Olivia	16	31-Unattache	2:42.34
	37.45 (37.45)		1:19.77 (42.32)	2:02.07 (42.30)
	2:42.332 (40.27)			
38	#930 Tate, Sierra	15	SPOKANE SPEE	2:42.83
	38.14 (38.14)		1:19.92 (41.78)	2:02.04 (42.12)
	2:42.824 (40.79)			
39	#406 Coburn, Ellie	14	Helena Novas	2:43.22
	36.635 (36.635)		1:16.172 (39.537)	1:59.670 (43.499)
	2:43.220 (43.550)			
40	#557 Dechet-Wetzel, Mala	15	Rose City St	2:43.34
	37.67 (37.67)		1:20.08 (42.41)	2:04.08 (44.00)
	2:43.337 (39.27)			
41	#492 Roueche, Asia	14	Moses Lake A	2:45.15
	39.47 (39.47)		1:21.57 (42.10)	2:06.48 (44.91)
	2:45.146 (38.67)			
42	#565 Negovetic, Zoe	16	Rose City St	2:46.15
	38.04 (38.04)		1:20.15 (42.11)	2:05.07 (44.92)
	2:46.146 (41.08)			
43	#433 Glaser, Sabine		Hellgate XCT	2:46.41
	39.11 (39.11)		1:20.99 (41.88)	2:04.88 (43.89)
	2:46.409 (41.54)			
44	#567 Siemens, Ada		Rose City St	2:46.66
	38.48 (38.48)		1:20.56 (42.08)	2:05.34 (44.78)
	2:46.658 (41.33)			
45	#637 Henson, Addison	16	SPOKANE SPEE	2:48.53
	38.66 (38.66)		1:20.71 (42.05)	2:05.66 (44.95)
	2:48.527 (42.88)			

Finals ... (Event 3 Girls 800 Meter Run High School)

Name	Age	School	Finals
46 #148 McGrew, Olivia	15	36-Unattache	2:48.66
36.17 (36.17)	1:19.49 (43.32)	2:05.58 (46.09)	
2:48.654 (43.08)			
47 #563 Lange, Reese	15	Rose City St	2:50.06
38.69 (38.69)	1:21.97 (43.28)	2:07.53 (45.56)	
2:50.052 (42.53)			
48 #413 McDonald, Margaret	16	Helena Novas	2:51.06
37.69 (37.69)	1:19.48 (41.79)	2:05.89 (46.41)	
2:51.060 (45.18)			
49 #836 Sangray, Kaelyn	15	Unattached	2:52.18
38.94 (38.94)	1:21.22 (42.28)	2:07.32 (46.10)	
2:52.174 (44.86)			
50 #559 Echeverria, AJ	14	Rose City St	2:57.02
39.32 (39.32)	1:22.68 (43.36)	2:10.13 (47.45)	
2:57.020 (46.90)			
51 #307 Flaten, Mylah	14	Electric Cit	3:00.02
40.83 (40.83)	1:25.50 (44.67)	2:14.50 (49.00)	
3:00.015 (45.52)			
52 #570 Winterbower, Verity	15	Rose City St	3:16.98
40.53 (40.53)	1:27.51 (46.98)	2:22.76 (55.25)	
3:16.978 (54.23)			
53 #564 Lewis, Lucy	15	Rose City St	3:18.63
40.18 (40.18)	1:26.70 (46.52)	2:22.37 (55.67)	
3:18.621 (56.26)			

Event 4 Boys 800 Meter Run High School**Podium HS: 1:52.77 1 1/14/2023 Wesley Shipsey**

Name	Age	School	Finals
1 #222 Hartshorn, Findlay	15	Bolt Track a	1:55.50
27.57 (27.57)	56.39 (28.82)	1:25.41 (29.02)	10
1:55.500 (30.10)			
2 #179 Lord, Jensen	17	37-Unattache	1:56.02
27.91 (27.91)	57.36 (29.45)	1:26.72 (29.36)	8
1:56.015 (29.30)			
3 #918 Wright, Aaron	16	Valley Flash	1:57.59
28.72 (28.72)	58.97 (30.25)	1:28.38 (29.41)	6
1:57.590 (29.22)			
4 #680 Lemmon, Peyton	16	SPOKANE SPEE	1:57.76
29.39 (29.39)	59.27 (29.88)	1:28.89 (29.62)	5
1:57.755 (28.87)			
5 #309 Rask, Ashtyn	16	Electric Cit	1:59.25
29.23 (29.23)	1:00.05 (30.82)	1:29.79 (29.74)	4
1:59.244 (29.46)			
6 #590 Rumberger, Nate	16	Rose City St	1:59.99
29.69 (29.69)	59.60 (29.91)	1:30.79 (31.19)	3
1:59.988 (29.20)			
7 #421 Hill, Dylan	15	Helena Novas	2:00.23
29.47 (29.47)	59.72 (30.25)	1:30.52 (30.80)	2
2:00.222 (29.71)			
8 #260 Bartholomew, Reid	15	Bozeman Trac	2:00.59
29.33 (29.33)	59.34 (30.01)	1:29.64 (30.30)	1
2:00.590 (30.96)			

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

9	#572 Aslaksen, Leo	Rose City St	2:00.95	Finals ... (Event 4 Boys 800 Meter Run High School)			
	29.96 (29.96)	59.94 (29.98)	1:31.09 (31.15)	Name	Age	School	Finals
	2:00.949 (29.86)			27	#342 Hobbs, Caden	15 Fliers	2:06.95
10	#430 Sund, Henry	16 Helena Novas	2:01.24		30.68 (30.68)	1:01.89 (31.21)	1:33.57 (31.68)
	29.50 (29.50)	1:00.14 (30.64)	1:30.80 (30.66)		2:06.941 (33.38)		
	2:01.233 (30.44)			28	#679 Lemmon, Parker	13 SPOKANE SPEE	2:06.97
11	#662 Branstetter, Gabe	16 SPOKANE SPEE	2:01.35		31.39 (31.39)	1:02.93 (31.54)	1:35.89 (32.96)
	28.55 (28.55)	58.07 (29.52)	1:29.04 (30.97)		2:15.841 (39.96)		
	2:01.344 (32.31)			29	#719 Kreitner, Jonas	Stumptown Tr	2:08.28
12	#843 Arthur, JD	Unattached	2:01.57		31.06 (31.06)	1:02.96 (31.90)	1:36.14 (33.18)
	27.96 (27.96)	58.69 (30.73)	1:30.53 (31.84)		2:08.278 (32.15)		
	2:01.563 (31.04)			30	#842 Aker, AJ	Unattached	2:08.29
13	#120 Tomac, Caleb	17 31-Unattache	2:01.84		30.92 (30.92)	1:03.28 (32.36)	1:35.84 (32.56)
	29.52 (29.52)	1:30.88 (1:01.36)	2:01.837 (30.96)		2:08.288 (32.46)		
	2:01.86 (0.03)			31	#423 Kauffman, Milo	14 Helena Novas	2:08.73
14	#905 Bruck, Oliver	16 Valley Flash	2:02.42		29.90 (29.90)	1:02.05 (32.15)	1:35.70 (33.65)
	29.75 (29.75)	1:00.39 (30.64)	1:31.10 (30.71)		2:08.727 (33.04)		
	2:02.420 (31.33)			32	#425 Maus, Ryan	16 Helena Novas	2:08.83
15	#444 Key, Ridley	Hellgate XCT	2:03.43		30.09 (30.09)	1:02.39 (32.30)	1:35.95 (33.56)
	30.05 (30.05)	1:01.08 (31.03)	1:32.46 (31.38)		2:08.826 (32.89)		
	2:03.422 (30.97)			33	#312 Sundquist, Brayden	16 Electric Cit	2:08.85
16	#324 Kastner, Kasen	Flathead Hig	2:03.48		32.20 (32.20)	1:04.17 (31.97)	1:37.14 (32.97)
	29.24 (29.24)	58.92 (29.68)	1:30.44 (31.52)		2:08.850 (31.72)		
	2:03.476 (33.04)			34	#717 Douglas, Simon	Stumptown Tr	2:09.16
17	#922 Walker, Ayden	16 Whisper Runn	2:03.82		30.36 (30.36)	1:02.81 (32.45)	1:37.20 (34.39)
	30.00 (30.00)	1:00.31 (30.31)	1:32.41 (32.10)		2:09.152 (31.96)		
	2:03.815 (31.41)			35	#581 Hasser, Colton	15 Rose City St	2:09.50
18	#726 Thiel, Owen	15 Stumptown Tr	2:04.11		30.76 (30.76)	1:03.13 (32.37)	1:36.35 (33.22)
	30.34 (30.34)	1:01.68 (31.34)	1:32.93 (31.25)		2:09.495 (33.16)		
	2:04.101 (31.18)			36	#571 Akita, Nick	14 Rose City St	2:09.71
19	#874 Matos, Lucas	Unattached	2:04.31		30.24 (30.24)	1:04.53 (34.29)	1:38.09 (33.56)
	29.89 (29.89)	1:00.71 (30.82)	1:31.66 (30.95)		2:09.710 (31.63)		
	2:04.302 (32.65)			37	#595 Talmadge, Ben	17 Rose City St	2:09.78
20	#156 Grabowski, Calvin	16 36-Unattache	2:04.70		31.29 (31.29)	1:06.33 (35.04)	1:39.62 (33.29)
	28.96 (28.96)	1:00.39 (31.43)	1:32.37 (31.98)		2:09.777 (30.16)		
	2:04.696 (32.33)			38	#507 Bowen, Carsten	Mountain Wes	2:09.93
21	#921 Caldwell, Grayson	17 Whisper Runn	2:04.89		32.48 (32.48)	1:04.97 (32.49)	1:39.04 (34.07)
	28.17 (28.17)	59.35 (31.18)	1:31.35 (32.00)		2:09.924 (30.90)		
	2:04.889 (33.54)			39	#158 Howard, Nash	14 36-Unattache	2:10.14
22	#617 Freese, Caughnery	16 Spokane Merc	2:05.08		30.50 (30.50)	1:05.25 (34.75)	1:38.13 (32.88)
	29.73 (29.73)	1:01.02 (31.29)	1:33.06 (32.04)		2:10.133 (32.01)		
	2:05.076 (32.02)			40	#512 Tobiason, Matthew	16 Mountain Wes	2:10.38
23	#695 Spencer, Cade	16 SPOKANE SPEE	2:05.13		29.21 (29.21)	1:01.04 (31.83)	1:36.86 (35.82)
	30.35 (30.35)	1:02.07 (31.72)	1:34.11 (32.04)		2:10.380 (33.53)		
	2:05.129 (31.03)			41	#577 DuVivier, Noah	16 Rose City St	2:10.42
24	#422 Jenemann, Chris	16 Helena Novas	2:05.72		30.26 (30.26)	1:01.83 (31.57)	1:34.88 (33.05)
	30.60 (30.60)	1:02.07 (31.47)	1:33.64 (31.57)		2:10.412 (35.54)		
	2:05.715 (32.09)			42	#911 Huntsinger, Kean	13 Valley Flash	2:10.46
25	#580 Gilkey, Grady	Rose City St	2:06.50		30.87 (30.87)	1:03.82 (32.95)	1:38.17 (34.35)
	30.65 (30.65)	1:03.17 (32.52)	1:35.61 (32.44)		2:10.458 (32.29)		
	2:06.493 (30.89)			43	#710 Ackerly, Gabe	Stumptown Tr	2:10.47
26	#424 Matthews, Jake	16 Helena Novas	2:06.92		30.63 (30.63)	1:01.68 (31.05)	1:37.08 (35.40)
	30.19 (30.19)	1:02.24 (32.05)	1:34.27 (32.03)		2:10.463 (33.40)		
	2:06.914 (32.65)			44	#508 Gale, Liam	15 Mountain Wes	2:10.66
					31.92 (31.92)	1:03.85 (31.93)	1:36.95 (33.10)
					2:10.655 (33.72)		

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024**The Podium
Results**

45	#109 Gregoire, Mason	16	31-Unattache	2:11.46
	31.66 (31.66)		1:05.16 (33.50)	1:38.53 (33.37)
	2:11.454 (32.93)			
46	#779 Oblad, Manuel	14	The Inner Ci	2:11.59
	32.45 (32.45)		1:06.54 (34.09)	1:40.35 (33.81)
	2:11.590 (31.25)			
47	#113 Minton, Colby	14	31-Unattache	2:11.91
	31.05 (31.05)		1:03.69 (32.64)	1:38.43 (34.74)
	2:11.905 (33.49)			
48	#596 Uyeda, Kael	14	Rose City St	2:12.76
	31.60 (31.60)		1:06.56 (34.96)	1:40.11 (33.55)
	2:12.753 (32.65)			
49	#587 Martinez-Plachta, W	13	Rose City St	2:13.44
	30.61 (30.61)		1:04.95 (34.34)	1:39.39 (34.44)
	2:13.439 (34.05)			
50	#660 Armstrong, Ezra	14	SPOKANE SPEE	2:13.88
	31.06 (31.06)		1:05.17 (34.11)	1:40.03 (34.86)
	2:13.880 (33.85)			
51	#814 Eftekhari, Rylan		Ultimate Spe	2:14.29
	29.58 (29.58)		1:01.29 (31.71)	1:36.02 (34.73)
	2:14.286 (38.27)			
52	#685 Mosar, Garrett	16	SPOKANE SPEE	2:14.34
	33.77 (33.77)		1:08.58 (34.81)	1:43.35 (34.77)
	2:14.340 (31.00)			
53	#275 Houchin, Camden		Butte High	2:14.52
	32.87 (32.87)		1:06.86 (33.99)	1:41.24 (34.38)
	2:14.515 (33.29)			
54	#442 Henderson, Sayer		Hellgate XCT	2:14.57
	30.99 (30.99)		1:06.06 (35.07)	1:41.28 (35.22)
	2:14.569 (33.29)			
55	#578 Fullerton, Jack	13	Rose City St	2:14.83
	31.58 (31.58)		1:05.91 (34.33)	1:40.70 (34.79)
	2:14.827 (34.13)			
56	#323 Johnson, Jacob		Flathead Hig	2:15.09
	33.08 (33.08)		1:06.93 (33.85)	1:42.11 (35.18)
	2:15.085 (32.98)			
57	#589 Paulson, Liam		Rose City St	2:15.72
	31.97 (31.97)		1:07.11 (35.14)	1:42.83 (35.72)
	2:15.713 (32.90)			
58	#426 Rasmann, Ian	17	Helena Novas	2:15.85
	33.11 (33.11)		1:07.29 (34.18)	1:42.10 (34.81)
	2:15.841 (33.75)			
59	#498 Whitaker, Parks	15	Moses Lake A	2:15.96
	31.76 (31.76)		1:06.85 (35.09)	1:42.06 (35.21)
	2:15.953 (33.90)			
60	#271 Nash, John	16	Bozeman Trac	2:16.36
	32.08 (32.08)		1:07.25 (35.17)	1:43.22 (35.97)
	2:16.352 (33.14)			
61	#419 Fitterer, Samuel	16	Helena Novas	2:16.43
	30.22 (30.22)		1:04.81 (34.59)	1:39.89 (35.08)
	2:16.428 (36.54)			
62	#858 Frantzich, Liam		Unattached	2:16.46
	33.59 (33.59)		1:08.34 (34.75)	1:43.59 (35.25)
	2:16.455 (32.87)			

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Finals ... (Event 4 Boys 800 Meter Run High School)

Name		Age	School	Finals
63	#821 Tobin, Asher		Ultimate Spe	2:18.92
	33.43 (33.43)	1:08.14 (34.71)	1:44.17 (36.03)	
	2:18.919 (34.76)			
64	#420 Highness, Eli	15	Helena Novas	2:19.69
	32.22 (32.22)	1:06.11 (33.89)	1:42.36 (36.25)	
	2:19.690 (37.34)			
65	#676 Heinecke, Ethan	16	SPOKANE SPEE	2:25.14
	35.08 (35.08)	1:11.37 (36.29)	1:48.74 (37.37)	
	2:25.137 (36.40)			
66	#593 Sounders, Orion		Rose City St	2:25.33
	33.13 (33.13)	1:08.80 (35.67)	1:46.19 (37.39)	
	2:25.326 (39.14)			
67	#579 Gilkey, Atticus		Rose City St	2:26.35
	33.46 (33.46)	1:09.02 (35.56)	1:47.49 (38.47)	
	2:26.345 (38.86)			
68	#441 Hanson, Will		Hellgate XCT	2:27.28
	35.14 (35.14)	1:11.54 (36.40)	1:50.42 (38.88)	
	2:27.273 (36.86)			
69	#790 Gather, Micah	16	Three Forks	2:27.42
	35.81 (35.81)	1:12.89 (37.08)	1:51.38 (38.49)	
	2:27.411 (36.04)			
70	#302 Urbaniak, Nicco	13	Cascade Stri	2:28.25
	35.31 (35.31)	1:13.73 (38.42)	1:54.12 (40.39)	
	2:28.248 (34.13)			
71	#244 Powell, Owen		Bozeman	2:28.27
	34.89 (34.89)	1:13.44 (38.55)	1:52.55 (39.11)	
	2:28.266 (35.72)			
72	#238 Burroughs, Johnny		Bozeman	2:28.29
	34.88 (34.88)	1:13.35 (38.47)	1:51.76 (38.41)	
	2:28.289 (36.54)			
73	#298 Minnis, Braylon	13	Cascade Stri	2:28.31
	35.36 (35.36)	1:13.29 (37.93)	1:51.40 (38.11)	
	2:28.309 (36.91)			
74	#591 Sahli, Dylan	14	Rose City St	2:34.79
	36.90 (36.90)	1:15.26 (38.36)	1:57.54 (42.28)	
	2:34.787 (37.26)			
75	#575 Cole, Eben	14	Rose City St	2:35.69
	34.24 (34.24)	1:13.73 (39.49)	1:55.65 (41.92)	
	2:35.683 (40.04)			
76	#586 Martin, Augustus	14	Rose City St	3:00.73
	43.51 (43.51)	1:29.95 (46.44)	2:18.02 (48.07)	
	3:00.722 (42.71)			

Event 5 Girls 60 Meter Hurdles High School

Podium HS:		8.78	1	1/20/2024	Mia Holden
Name		Age	School	Prelims	
Preliminaries					
1	#747 Hardy, Rachel 9.317 (9.317)	16	The Inner Ci	9.32q	
2	#531 Connell, Bella 9.389 (9.389)	15	Ready-Set-Go	9.39q	
3	#745 Gatlin, Cameron 9.395 (9.395)	15	The Inner Ci	9.40q	

4	#374 Newman, Eloise	15	GLS Speed TC	9.44q
	9.431 (9.431)			
5	#706 Rinehart, Alivia	16	Stumptown Tr	9.44q
	9.433 (9.433)			
6	#368 Manago, D'Yanni	15	GLS Speed TC	9.60q
	9.596 (9.596)			
7	#741 Brintnall, Campbell	15	The Inner Ci	9.66q
	9.660 (9.660)			
8	#246 Black, Anita	15	Bozeman Trac	9.79q
	9.787 (9.787)			
9	#750 Kirkland, Psalm	15	The Inner Ci	10.00
	9.991 (9.991)			
10	#363 Guggino, Zoe	16	GLS Speed TC	10.10
	10.097 (10.097)			
11	#461 Gledhill, Iouesa	16	IMUA Athleti	10.17
	10.162 (10.162)			
12	#217 Seelhoff, Ella	16	Bolt Track a	10.20
	10.197 (10.197)			
13	#757 Rice-Whittingham, K	16	The Inner Ci	10.27
	10.261 (10.261)			
14	#360 Brouillard, Madelein	15	GLS Speed TC	10.27
	10.266 (10.266)			
15	#762 Tillman, Simone	16	The Inner Ci	10.41
	10.401 (10.401)			
16	#636 Harmer, Jordis	16	SPOKANE SPEE	10.45
	10.441 (10.441)			
17	#703 Barnes, Breanna	15	Stumptown Tr	10.74
	10.736 (10.736)			
18	#126 Dainty, Abigayl	15	35-Unattache	10.77
	10.770 (10.770)			
19	#705 Hussion, Courtney		Stumptown Tr	10.83
	10.827 (10.827)			
20	#746 Greenspan, Abby	16	The Inner Ci	10.96
	10.957 (10.957)			
21	#252 Miller, Ella	16	Bozeman Trac	10.99
	10.989 (10.989)			
22	#462 Kennell, Hannah	17	IMUA Athleti	11.21
	11.206 (11.206)			
23	#629 Cleveland, Keely	13	SPOKANE SPEE	11.30
	11.293 (11.293)			
24	#125 Cates, Tamia	16	35-Unattache	11.31
	11.301 (11.301)			
25	#487 Stene, Amelia	14	Mission Moun	11.46
	11.457 (11.457)			
26	#605 Radhakrishnan, Shriy	15	Sierra Footh	11.89
	11.885 (11.885)			
27	#292 Simms, Ariana	14	Cascade Stri	12.93
	12.928 (12.928)			

Event 6 Boys 60 Meter Hurdles High School

Podium HS:		7.74	1	1/15/2023	Andre Korbmacher
Name		Age	School	Prelims	
Preliminaries					
1	#388 Flint, Sutton	15	GLS Speed TC	8.14q	
	8.135 (8.135)				

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium

Results

Preliminaries ... (Event 6 Boys 60 Meter Hurdles High School)

Name	Age	School	Prelims
2 #453 Shelton, Zion 8.137 (8.137)		Unattached-HS	8.14q
3 #711 Anderson, Ethan 8.199 (8.199)	16	Stumptown Tr	8.20q
4 #515 Weltzien, Corbin 8.203 (8.203)	16	Mountain Wes	8.21q
5 #132 Burns, Jackson 8.231 (8.231)	17	35-Unattache	8.24q
6 #261 Coley, Nash 8.252 (8.252)	16	Bozeman Trac	8.26q
7 #669 Dewey, Cameron 8.333 (8.333)	16	SPOKANE SPEE	8.34q
8 #211 Calhoon, Ian 8.348 (8.348)	17	Blue Mountai	8.35q
9 #540 Preau, Amare 8.435 (8.435)	16	Ready-Set-Go	8.44
10 #788 Widdows, Joshua 8.469 (8.469)	17	The Inner Ci	8.47
11 #381 Balzarini, Ty (Noah) 8.473 (8.473)		GLS Speed TC	8.48
12 #208 Ogradowski, Gray 8.513 (8.513)	17	Black Star A	8.52
13 #336 Altheimer, Nick 8.515 (8.515)	15	Fliers	8.52
14 #735 Bell, Andrew 8.541 (8.541)	17	Team Blackou	8.55
15 #536 Deschenes, Hunter 8.561 (8.561)	16	Ready-Set-Go	8.57
16 #114 Mow, Gavin 8.564 (8.564)	16	31-Unattache	8.57
17 #716 Dolezal, Jacob 8.611 (8.611)	16	Stumptown Tr	8.62
18 #687 Newell, William 8.628 (8.628)	17	SPOKANE SPEE	8.63
19 #513 Tuinstra, Nathan 8.638 (8.638)	17	Mountain Wes	8.64
20 #226 Schimmel, Kurt 8.642 (8.642)	17	Bolt Track a	8.65
21 #718 Krack, Carson 8.676 (8.676)	16	Stumptown Tr	8.68
22 #111 Henderson, Sam 8.693 (8.693)	15	31-Unattache	8.70
23 #786 Timmins, James 8.696 (8.696)	16	The Inner Ci	8.70
24 #384 Carta, Kason 8.762 (8.762)	14	GLS Speed TC	8.77
25 #228 Seitz, Max 8.816 (8.816)	17	Bolt Track a	8.82
26 #509 Hylton, Connor 9.369 (9.369)	17	Mountain Wes	9.37
27 #174 Busi, Aaron 9.476 (9.476)	17	37-Unattache	9.48
28 #220 Figueira, Felipe 9.540 (9.540)	14	Bolt Track a	9.54

29 #427 Salisbury, Rowen 9.569 (9.569)	16	Helena Novas	9.57
30 #776 Kirkland, Asa 9.719 (9.719)	14	The Inner Ci	9.72
31 #380 Andersen, Esben 10.776 (10.776)		GLS Speed TC	10.78
--- #358 Smith-Bates, Teka	17	Ford Sports	DQ

Event 7 Girls 60 Meter Dash Middle School

Podium HS: 7.99 1 3/2/2024 Lauren Smith

Name	Age	School	Prelims
Preliminaries			
1 #599 Miller, Reagan 8.114 (8.114)	12	Ruby Jewell	8.12q
2 #199 Williams, Olivia 8.148 (8.148)	12	Black Star A	8.15q
3 #643 Messing, Alisa 8.170 (8.170)	12	SPOKANE SPEE	8.17q
4 #153 Witherspoon, Laylah 8.179 (8.179)	12	36-Unattache	8.18q
5 #456 Smith, Lauren 8.212 (8.212)	12	Idaho Dash T	8.22q
6 #760 Scott, Olivia 8.219 (8.219)	11	The Inner Ci	8.22q
7 #371 Morton, Alexis 8.267 (8.267)	12	GLS Speed TC	8.27q
8 #753 Miller, Addie 8.430 (8.430)	12	The Inner Ci	8.43q
9 #370 Miller, Katelyn 8.540 (8.540)	10	GLS Speed TC	8.54
10 #547 Piepkorn, Zoe 8.563 (8.563)	12	Redmond Spri	8.57
11 #171 Mitchell, Jaidyn 8.616 (8.616)	12	37-Unattache	8.62
12 #898 Leong, Tegan 8.634 (8.634)	12	Valley Flash	8.64
13 #172 Newborne, Camyla 8.682 (8.682)	12	37-Unattache	8.69
14 #892 Atkins, Ishana 8.683 (8.683)	12	Valley Flash	8.69
15 #288 Mitchell, Lourdes 8.699 (8.699)	12	Cascade Stri	8.70
16 #641 Leale, Preslie 8.750 (8.750)	13	SPOKANE SPEE	8.75
17 #647 Olson, Austyn 8.768 (8.768)	13	SPOKANE SPEE	8.77
18 #290 Om Prakash, jodhaa 8.793 (8.793)	11	Cascade Stri	8.80
19 #924 Wheeler-Henderson, 8.944 (8.944)	12	Xtreme Speed	8.95
20 #923 Nelson, Aaliyah 8.948 (8.948)	12	Xtreme Speed	8.95
21 #150 Olive, Valentina 8.985 (8.985)	11	36-Unattache	8.99

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Preliminaries ... (Event 7 Girls 60 Meter Dash Middle School)

Name	Age	School	Prelims
22 #833 Mendenhall, Ella		Unattached	9.79 9.786 (9.786)
--- #502 Metellus, Marlie	11	Mountain Wes	DNF
--- #650 Ritter, Kira	12	SPOKANE SPEE	DQ

Event 8 Boys 60 Meter Dash Middle School

Podium HS: 7.56 1 3/2/2024 alexsander Arrieta

Name	Age	School	Prelims
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Preliminaries

1 #794 Arrieta, alexsander	13	Tri City Thu	7.64q 7.634 (7.634)
2 #352 Burrell, Oliver	13	Ford Sports	7.78q 7.779 (7.779)
3 #675 Gering, Jacob	13	SPOKANE SPEE	7.80q 7.793 (7.793)
4 #181 Warren, Christian	12	37-Unattache	7.91q 7.903 (7.903)
5 #665 Corfield Jr., James	13	SPOKANE SPEE	8.08q 8.075 (8.075)
6 #457 Anderson, Rock	12	Idaho Dash T	8.08q 8.079 (8.079)
7 #670 Dicus, Holden	13	SPOKANE SPEE	8.18q 8.178 (8.178)
8 #697 Thornburg, Brent	12	SPOKANE SPEE	8.19q 8.188 (8.188)
9 #909 Gifford, David	12	Valley Flash	8.47 8.469 (8.469)
10 #878 Olson, Ayven	11	Unattached	8.51 8.510 (8.510)
11 #927 Prior, Shane	11	Xtreme Speed	8.53 8.528 (8.528)
12 #203 Jackson, Gael	11	Black Star A	8.66 8.654 (8.654)
13 #785 Sturgeon, Jackson	11	The Inner Ci	8.75 8.750 (8.750)
14 #796 Smith, Colt	12	Tri City Thu	8.76 8.756 (8.756)
15 #906 Cheney, Marcus	11	Valley Flash	9.89 9.885 (9.885)

Event 9 Girls 60 Meter Dash High School

Podium HS: 7.31 1 1/20/2024 Keelan Wright

Name	Age	School	Prelims
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Preliminaries

1 #361 Cole, Journey	15	GLS Speed TC	7.61q 7.609 (7.609)
2 #542 Baker, Braelyn	17	Redmond Spri	7.70q 7.695 (7.695)
3 #530 Calabretta, Sofia	17	Ready-Set-Go	7.72q 7.711 (7.711)
4 #197 Jones, Aster	14	Black Star A	7.78q 7.771 (7.771)

5 #377 Sarrys, Jada	16	GLS Speed TC	7.84q 7.834 (7.834)
6 #105 Reiter, Kaydance	16	31-Unattache	7.89q 7.884 (7.884)
7 #369 Manley, Quinn	16	GLS Speed TC	7.89q 7.887 (7.887)
8 #505 Szollosi, Sofia	16	Mountain Wes	7.92q 7.912 (7.912)
9 #709 Zetooney, Brooke	17	Stumptown Tr	7.92 7.917 (7.917)
10 #364 Hudacsko, Elaine	16	GLS Speed TC	7.92 7.919 (7.919)
11 #759 Ruppe, Emersen	16	The Inner Ci	7.97 7.967 (7.967)
12 #830 Kennybrew, Lulu		Unattached	8.02 8.013 (8.013)
13 #533 Delgatto, Morgan	16	Ready-Set-Go	8.05 8.047 (8.047)
14 #182 Adams, Clara	14	38-Unattache	8.07 8.066 (8.066)
15 #748 Hathaway, Tilda	13	The Inner Ci	8.11 8.104 (8.104)
16 #544 Fleenor, Keira	16	Redmond Spri	8.11 8.106 (8.106)
17 #350 Balousek, Lauren	13	Ford Sports	8.12 8.111 (8.111)
18 #196 Heslam, Ellis	15	Black Star A	8.14 8.137 (8.137)
19 #250 Jones, Scotland	14	Bozeman Trac	8.15 8.147 (8.147)
20 #755 Patton, Addison	15	The Inner Ci	8.16 8.151 (8.151)
21 #405 Bishop, Hazel	15	Helena Novas	8.18 8.179 (8.179)
22 #752 McAuliffe, Hanna	16	The Inner Ci	8.18 8.180 (8.180)
23 #215 Martinez, Stella	16	Bolt Track a	8.19 8.188 (8.188)
24 #548 Schneider, Julia	14	Redmond Spri	8.21 8.205 (8.205)
25 #167 Ford, Faizah	16	37-Unattache	8.22 8.216 (8.216)
26 #568 Stockton, Willa	15	Rose City St	8.28 8.276 (8.276)
27 #761 Segerholt, Freja	15	The Inner Ci	8.29 8.288 (8.288)
28 #531 Connell, Bella	15	Ready-Set-Go	8.29 8.289 (8.289)
29 #740 Berger, Maddie	14	The Inner Ci	8.30 8.291 (8.291)
30 #526 Leduc, Baylee	15	Penticton Tr	8.30 8.293 (8.293)
31 #763 Tsai, Ella	14	The Inner Ci	8.34 8.331 (8.331)
32 #334 Williams, Kayla	15	Fliers	8.34 8.336 (8.336)

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Preliminaries ... (Event 9 Girls 60 Meter Dash High School)

Name	Age	School	Prelims
33 #325 Bond, Hayli 8.338 (8.338)	15	Fliers	8.34
34 #487 Stene, Amelia 8.390 (8.390)	14	Mission Moun	8.39
35 #289 Okoronkwo, Leynna 8.423 (8.423)	14	Cascade Stri	8.43
36 #566 Rainbird, Paikea 8.429 (8.429)	16	Rose City St	8.43
37 #558 Divine, Laela 8.447 (8.447)	15	Rose City St	8.45
38 #546 Miele, Sophia 8.453 (8.453)	15	Redmond Spri	8.46
39 #635 Gering, Ashley 8.475 (8.475)	14	SPOKANE SPEE	8.48
40 #758 Rosenbaum, Abigail 8.526 (8.526)	14	The Inner Ci	8.53
41 #188 Hobart, Dawn 8.555 (8.555)		Acceleration	8.56
42 #534 Hill, Madeleine 8.592 (8.592)	14	Ready-Set-Go	8.60
42 #216 Riskin, Ruby 8.592 (8.592)	16	Bolt Track a	8.60
44 #125 Cates, Tamia 8.617 (8.617)	16	35-Unattache	8.62
45 #331 Rankin, Kaela 8.624 (8.624)	16	Fliers	8.63
46 #626 Burnette, Maya 8.638 (8.638)	14	SPOKANE SPEE	8.64
47 #190 Perry, Ja'Kieya 8.652 (8.652)	15	Acceleration	8.66
48 #333 Wayne, Neiyonne 8.656 (8.656)	16	Fliers	8.66
49 #149 Olive, Mazzy 8.668 (8.668)	15	36-Unattache	8.67
50 #500 Gooden, Shae 8.688 (8.688)	15	Mountain Wes	8.69
51 #281 Cooper, Norah 8.738 (8.738)	13	Cascade Stri	8.74
52 #634 Flaig, Megan 8.747 (8.747)	17	SPOKANE SPEE	8.75
53 #746 Greenspan, Abby 8.754 (8.754)	16	The Inner Ci	8.76
54 #249 Fritz, Zoey 8.768 (8.768)	16	Bozeman Trac	8.77
55 #412 Linden, Evey 8.814 (8.814)		Helena Novas	8.82
56 #895 Cheney, Sarah 8.840 (8.840)	14	Valley Flash	8.84
57 #561 helprin, Lola 8.846 (8.846)	14	Rose City St	8.85
58 #604 Arison, Braylyn 8.946 (8.946)	14	Sierra Footh	8.95
59 #283 Davis, Sloane 8.948 (8.948)	14	Cascade Stri	8.95

60 #287 Merino, Cherish 8.953 (8.953)	13	Cascade Stri	8.96
61 #545 Lam, Kiara 8.974 (8.974)	16	Redmond Spri	8.98
62 #351 Rivas, Tatiana 9.261 (9.261)	16	Ford Sports	9.27

Event 10 Boys 60 Meter Dash High School

Podium HS: 6.64 1 1/20/2024 Dominick Corley

Name	Age	School	Prelims
Preliminaries			
1 #666 Corley, Dominick 6.704 (6.704)	16	SPOKANE SPEE	6.71q
2 #809 Bauman, James 6.745 (6.745)	17	Ultimate Spe	6.75q
3 #385 Davis, Mason 6.885 (6.885)	16	GLS Speed TC	6.89q
4 #224 Lorig, Jason 6.894 (6.894)	16	Bolt Track a	6.90q
5 #451 Harper, Daniel 6.915 (6.915)	16	Unattached-HS	6.92q
6 #403 Witherspoon III, Reg 6.921 (6.921)	16	GLS Speed TC	6.93q
7 #671 Engel, Rashaun 6.939 (6.939)	15	SPOKANE SPEE	6.94q
8 #354 Murph Jr., Akeem 6.939 (6.939)	15	Ford Sports	6.94q
9 #686 Munteanu, Alex 7.005 (7.005)	17	SPOKANE SPEE	6.99
10 #552 Ganje, Mateo 7.005 (7.005)	16	Redmond Spri	7.01
11 #455 Works-Wright, Chad 7.006 (7.006)	13	Unattached-HS	7.01
12 #598 Wood, Peyton 7.025 (7.025)	15	Rose City St	7.03
13 #668 Davis, Kimoni 7.028 (7.028)	17	SPOKANE SPEE	7.03
14 #389 Ford, Evin 7.050 (7.050)	16	GLS Speed TC	7.05
15 #454 Smallwood, Jaylyn 7.051 (7.051)	13	Unattached-HS	7.06
16 #859 Goicoechea, Kash 7.053 (7.053)		Unattached	7.06
17 #688 Newman, Isaiah 7.063 (7.063)	15	SPOKANE SPEE	7.06
18 #700 Woods, Easton 7.063 (7.063)	16	SPOKANE SPEE	7.07
19 #448 Avery, Micah 7.082 (7.082)		Unattached-HS	7.09
20 #401 Streufert, Max 7.086 (7.086)	17	GLS Speed TC	7.09
21 #871 Macdonald, Jack 7.088 (7.088)	16	Unattached	7.09
22 #535 Daughters, Tegan 7.093 (7.093)	16	Ready-Set-Go	7.10
23 #452 Lewis, Donavyn 7.099 (7.099)	16	Unattached-HS	7.10

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Preliminaries ... (Event 10 Boys 60 Meter Dash High School)

Name	Age	School	Prelims
24 #202 Davidson, Nathanael	17	Black Star A	7.11 7.103 (7.103)
25 #808 Bauman, Jalen	15	Ultimate Spe	7.11
26 #769 Donnelly, Joseph	14	The Inner Ci	7.12 7.112 (7.112)
27 #446 Boyles, Jayden	16	HIFO Sports	7.12 7.116 (7.116)
28 #683 Moore, Orlando	16	SPOKANE SPEE	7.12 7.118 (7.118)
29 #276 Carpenter, Noah	16	Carpenter Tr	7.13 7.125 (7.125)
30 #184 Ventura, Jordan	17	38-Unattache	7.14 7.136 (7.136)
31 #715 Bliven, Ben		Stumptown Tr	7.14 7.137 (7.137)
32 #692 Sanders, Michael	15	SPOKANE SPEE	7.15 7.141 (7.141)
33 #398 Singletary, Jeshua		GLS Speed TC	7.15 7.147 (7.147)
34 #211 Calhoon, Ian	17	Blue Mountai	7.16 7.153 (7.153)
35 #592 Schnell, Max	16	Rose City St	7.16 7.157 (7.157)
36 #261 Coley, Nash	16	Bozeman Trac	7.17 7.162 (7.162)
37 #107 Conver, Caleb	15	31-Unattache	7.17 7.165 (7.165)
38 #114 Mow, Gavin	16	31-Unattache	7.17 7.166 (7.166)
39 #550 Chu, Austin	16	Redmond Spri	7.17 7.168 (7.168)
39 #395 Miller, Dallas	17	GLS Speed TC	7.17 7.168 (7.168)
41 #382 Beasley, Ellis		GLS Speed TC	7.18 7.173 (7.173)
42 #449 Bolds, Jayvon		Unattached-HS	7.18 7.180 (7.180)
43 #392 Krishnamurthy, Roar	15	GLS Speed TC	7.19 7.224 (7.224)
44 #582 Hawthorne, Antoin		Rose City St	7.19 7.190 (7.190)
45 #387 De Oliveira, Kevin		GLS Speed TC	7.20 7.193 (7.193)
46 #658 Alexander, Nikko	15	SPOKANE SPEE	7.20 7.200 (7.200)
47 #162 Olsen Jr., Shane	16	36-Unattache	7.21 7.201 (7.201)
48 #223 Hundrup, Corbin	15	Bolt Track a	7.21 7.204 (7.204)
49 #765 Avalos, Matthew	16	The Inner Ci	7.21 7.210 (7.210)
50 #890 Warner, Ulrich		Unattached	7.23
51 #539 Leak, Porter	15	Ready-Set-Go	7.23 7.224 (7.224)

52 #540 Preau, Amare	16	Ready-Set-Go	7.24 7.234 (7.234)
53 #391 James, Dean	17	GLS Speed TC	7.25 7.245 (7.245)
54 #513 Tuinstra, Nathan	17	Mountain Wes	7.25 7.248 (7.248)
55 #267 Kadillak, Lucas	15	Bozeman Trac	7.27 7.110 (7.110)
56 #396 Miller, Royce	13	GLS Speed TC	7.27 7.264 (7.264)
57 #783 Russak, John	16	The Inner Ci	7.27 7.268 (7.268)
58 #795 Kinteh, Modou	17	Tri City Thu	7.27 7.269 (7.269)
59 #134 Cates, Tomeko	16	35-Unattache	7.28 7.275 (7.275)
60 #207 Morrison, Calder	17	Black Star A	7.28 7.278 (7.278)
61 #394 MacDonald, Aidan	15	GLS Speed TC	7.28 7.280 (7.280)
62 #778 Kopplin, Kai	14	The Inner Ci	7.29 7.283 (7.283)
63 #724 Schwaderer, Christia		Stumptown Tr	7.29 7.289 (7.289)
64 #915 Smith, Canyon	16	Valley Flash	7.31 7.305 (7.305)
65 #268 Kamps, Louis	15	Bozeman Trac	7.32 7.315 (7.315)
66 #774 Jackson, Edrees	16	The Inner Ci	7.32 7.317 (7.317)
67 #515 Weltzien, Corbin	16	Mountain Wes	7.33 7.325 (7.325)
68 #400 Stetler, Hayes	13	GLS Speed TC	7.34 7.333 (7.333)
69 #272 Patterson, Osker	17	Bozeman Trac	7.35 7.346 (7.346)
70 #115 Nelson, Cooper	15	Helena Novas	7.36 7.354 (7.354)
71 #339 Eisma, Janssen	15	Fliers	7.36 7.359 (7.359)
72 #664 Cooper, Zachary	16	SPOKANE SPEE	7.37 7.363 (7.363)
73 #588 Normington, Nick	14	Rose City St	7.38 7.373 (7.373)
74 #226 Schimmel, Kurt	17	Bolt Track a	7.39
75 #718 Krack, Carson	16	Stumptown Tr	7.39 7.387 (7.387)
76 #913 Noble, Logan	17	Valley Flash	7.39 7.389 (7.389)
77 #204 Jackson, Jalen	15	Black Star A	7.40 7.395 (7.395)
78 #209 Teglassy, Adam	15	Black Star A	7.40 7.396 (7.396)
79 #554 Piepkorn, Cameron	16	Redmond Spri	7.41 7.401 (7.401)
80 #549 Calbucci, Victor	17	Redmond Spri	7.41

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Preliminaries ... (Event 10 Boys 60 Meter Dash High School)

	Name	Age	School	Prelims
81	#397 Morton, Aiden 7.410 (7.410)	13	GLS Speed TC	7.41
82	#359 Starnes, Julian 7.414 (7.414)		Ford Sports	7.42
83	#727 Zetooney, Riley 7.415 (7.415)	16	Stumptown Tr	7.42
84	#932 Wagner, John 7.417 (7.417)	17	SPOKANE SPEE	7.42
85	#875 Mchugh, Harry 7.418 (7.418)		Unattached	7.42
86	#850 Corpuz, Alvic 7.443 (7.443)		Unattached	7.45
87	#340 Golden, Deegan 7.457 (7.457)	16	Fliers	7.46
88	#712 Barinowski, Ryder 7.460 (7.460)		Stumptown Tr	7.46
89	#538 Kruyswijk, Carson 7.470 (7.470)	17	Ready-Set-Go	7.47
90	#690 Pikulik, krystian 7.477 (7.477)	16	SPOKANE SPEE	7.48
91	#343 Mcmillan, Jaylen 7.487 (7.487)	15	Fliers	7.49
92	#174 Busi, Aaron 7.495 (7.495)	17	37-Unattache	7.50
92	#537 Johnson, Dylan 7.495 (7.495)	15	Ready-Set-Go	7.50
94	#200 Ames, Ahmad 7.504 (7.504)	14	Black Star A	7.51
95	#884 Smith, Bridger 7.533 (7.533)	16	Unattached	7.54
96	#201 Charon, Brady 7.534 (7.534)	17	Black Star A	7.54
97	#263 Fetterman, Jordan 7.539 (7.539)	16	Bozeman Trac	7.54
98	#810 Best, Colin 7.542 (7.542)		Ultimate Spe	7.55
99	#772 Hernandez, Saul 6.988 (6.988)	17	The Inner Ci	7.56
99	#735 Bell, Andrew 7.551 (7.551)	17	Team Blackou	7.56
101	#511 Nicolarsen, Colter 7.561 (7.561)	15	Mountain Wes	7.57
102	#721 Miller, Christian 7.570 (7.570)	16	Stumptown Tr	7.57
103	#357 Salbino III, Jon 7.580 (7.580)	13	Ford Sports	7.58
104	#265 Heck, Christian 7.592 (7.592)	17	Bozeman Trac	7.60
105	#876 Mohon, Carsen 7.612 (7.612)	14	Unattached	7.62
106	#888 Thornton, Brandon 7.621 (7.621)		Unattached	7.63
107	#851 Corpuz, Andre 7.624 (7.624)		Unattached	7.63

108	#873 Masuda, Reagan 7.628 (7.628)	16	Unattached	7.63
109	#797 Smith, Gunner 7.639 (7.639)	15	Tri City Thu	7.64
109	#766 Chavez-Long, Marcc 7.639 (7.639)	16	The Inner Ci	7.64
111	#594 Stevenson-Harjo, Fræ 7.673 (7.673)	14	Rose City St	7.68
112	#576 Currier, Quentin 7.691 (7.691)	16	Rose City St	7.70
113	#887 Thornton, Blake 7.696 (7.696)		Unattached	7.70
114	#585 Levin, Rio 7.737 (7.737)	16	Rose City St	7.74
115	#910 Godfrey, Brayden 7.738 (7.738)	17	Valley Flash	7.74
116	#553 Meikle, Chase 7.762 (7.762)		Redmond Spri	7.77
117	#784 Sauer, Aidan 7.766 (7.766)	14	The Inner Ci	7.77
118	#903 Bazar, Jared 7.785 (7.785)	16	Valley Flash	7.77
119	#479 Marimo, Tatenda 7.785 (7.785)	15	Unattached	7.79
120	#206 Mirzakhali, Camerc 7.799 (7.799)	13	Black Star A	7.80
121	#186 Hurtubise, Hayden 7.801 (7.801)	14	57-Unattache	7.81
122	#210 Yoder, Noah 7.808 (7.808)	15	Black Star A	7.81
123	#597 Waineo, Seth 7.821 (7.821)	16	Rose City St	7.83
124	#916 Smith, Danner 7.845 (7.845)	17	Valley Flash	7.85
125	#299 Sathiq, Rayhan 7.846 (7.846)	15	Cascade Stri	7.85
126	#205 Jordan, James 7.849 (7.849)	16	Black Star A	7.85
127	#301 Triplett, Myles 7.869 (7.869)	15	Cascade Stri	7.87
128	#776 Kirkland, Asa 7.903 (7.903)	14	The Inner Ci	7.91
129	#818 Prasad, Eddie 7.936 (7.936)		Ultimate Spe	7.94
130	#551 Dhuvor, Arya 7.995 (7.995)	17	Redmond Spri	8.00
131	#792 Violet, Rhett 8.098 (8.098)	17	Three Forks	8.10
132	#489 Wyena, Patrick 9.118 (9.118)	13	Mission Moun	9.12
---	#770 Ezell-Rojas, Keoni	16	The Inner Ci	DQ

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Event 11 Girls 60 Meter Hurdles Middle School

Podium HS: 10.56 1 3/2/2024 Tegan Leong

Name	Age	School	Finals
Finals			
1 #898 Leong, Tegan 10.553 (10.553)	12	Valley Flash	10.561 10
2 #901 Racicot, Kennedy 10.799 (10.799)	11	Valley Flash	10.80 8
3 #502 Metellus, Marlie 10.832 (10.832)	11	Mountain Wes	10.84 6
4 #293 Wilson, Chloe 11.488 (11.488)	12	Cascade Stri	11.49 5
5 #129 Schwarz, Malya 11.609 (11.609)	12	35-Unattache	11.61 4
6 #411 Kauffman, Nara 13.106 (13.106)	11	Helena Novas	13.11 3

Event 12 Boys 60 Meter Hurdles Middle School

Podium HS: 9.80 1 3/2/2024 Griffin R. Carpenter

Name	Age	School	Finals
Finals			
1 #133 Carpenter, Griffin R. 9.792 (9.792)	13	Carpenter Tr	9.801 10
2 #908 Delay, Fischer 10.775 (10.775)	12	Valley Flash	10.78 8
3 #296 Flint, Brighton 11.819 (11.819)	12	Cascade Stri	11.82 6
4 #612 Harrington, Jackson 12.541 (12.541)	10	Spokane Athl	12.55 5

Event 13 Girls 60 Meter Hurdles High School

Podium HS: 8.78 1 1/20/2024 Mia Holden

Name	Age	School	Finals
Finals			
1 #745 Gatlin, Cameron 9.150 (9.150)	15	The Inner Ci	9.15 10
2 #747 Hardy, Rachel 9.181 (9.181)	16	The Inner Ci	9.19 8
3 #374 Newman, Eloise 9.262 (9.262)	15	GLS Speed TC	9.27 6
4 #368 Manago, D'Yanni 9.409 (9.409)	15	GLS Speed TC	9.41 5
5 #531 Connell, Bella 9.424 (9.424)	15	Ready-Set-Go	9.43 4
6 #741 Brintnall, Campbell 9.634 (9.634)	15	The Inner Ci	9.64 3
7 #706 Rinehart, Alivia 9.938 (9.938)	16	Stumptown Tr	9.94 2
8 #246 Black, Anita 9.962 (9.962)	15	Bozeman Trac	9.97 1

Event 14 Boys 60 Meter Hurdles High School

Podium HS: 7.74 1 1/15/2023 Andre Korbmacher

Name	Age	School	Finals
Finals			
1 #388 Flint, Sutton 8.042 (8.042)	15	GLS Speed TC	8.05 10
2 #453 Shelton, Zion 8.089 (8.089)		Unattached-HS	8.09 8
3 #211 Calhoon, Ian 8.197 (8.197)	17	Blue Mountai	8.20 6
4 #515 Weltzien, Corbin 8.214 (8.214)	16	Mountain Wes	8.22 5
5 #711 Anderson, Ethan 8.215 (8.215)	16	Stumptown Tr	8.22 4
6 #261 Coley, Nash 8.271 (8.271)	16	Bozeman Trac	8.28 3
7 #669 Dewey, Cameron 8.286 (8.286)	16	SPOKANE SPEE	8.29 2
8 #132 Burns, Jackson 8.347 (8.347)	17	35-Unattache	8.35 1

Event 15 Girls 60 Meter Dash Middle School

Podium HS: 7.99 1 3/2/2024 Lauren Smith

Name	Age	School	Finals
Finals			
1 #456 Smith, Lauren 7.988 (7.988)	12	Idaho Dash T	7.991 10
2 #599 Miller, Reagan 8.077 (8.077)	12	Ruby Jewell	8.08 8
3 #199 Williams, Olivia 8.104 (8.104)	12	Black Star A	8.11 6
4 #643 Messing, Alisa 8.144 (8.144)	12	SPOKANE SPEE	8.15 5
5 #153 Witherspoon, Laylah 8.148 (8.148)	12	36-Unattache	8.15 4
6 #760 Scott, Olivia 8.194 (8.194)	11	The Inner Ci	8.20 3
7 #371 Morton, Alexis 8.368 (8.368)	12	GLS Speed TC	8.37 2
8 #753 Miller, Addie 8.381 (8.381)	12	The Inner Ci	8.39 1

Event 16 Boys 60 Meter Dash Middle School

Podium HS: 7.56 1 3/2/2024 alexsander Arrieta

Name	Age	School	Finals
Finals			
1 #794 Arrieta, alexsander 7.551 (7.551)	13	Tri City Thu	7.561 10
2 #352 Burrell, Oliver 7.755 (7.755)	13	Ford Sports	7.76 8
3 #181 Warren, Christian 7.829 (7.829)	12	37-Unattache	7.83 6
4 #675 Gering, Jacob 7.890 (7.890)	13	SPOKANE SPEE	7.89 5

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Finals ... (Event 16 Boys 60 Meter Dash Middle School)

Name	Age	School	Finals	
5 #457 Anderson, Rock 7.921 (7.921)	12	Idaho Dash T	7.93	4
6 #697 Thornburg, Brent 8.128 (8.128)	12	SPOKANE SPEE	8.13	3
7 #665 Corfield Jr., James 8.150 (8.150)	13	SPOKANE SPEE	8.15	2
8 #670 Dicus, Holden 8.325 (8.325)	13	SPOKANE SPEE	8.33	1

Event 17 Girls 60 Meter Dash High School

Podium HS: 7.31 1 1/20/2024 Keelan Wright

Name	Age	School	Finals	
Finals				
1 #361 Cole, Journey 7.509 (7.509)	15	GLS Speed TC	7.51	10
2 #542 Baker, Braelyn 7.569 (7.569)	17	Redmond Spri	7.57	8
3 #530 Calabretta, Sofia 7.648 (7.648)	17	Ready-Set-Go	7.65	6
4 #197 Jones, Aster 7.703 (7.703)	14	Black Star A	7.71	5
5 #369 Manley, Quinn 7.856 (7.856)	16	GLS Speed TC	7.86	4
6 #505 Szollosi, Sofia 7.862 (7.862)	16	Mountain Wes	7.87	3
7 #377 Sarrys, Jada 7.890 (7.890)	16	GLS Speed TC	7.89	2
8 #105 Reiter, Kaydance 7.898 (7.898)	16	31-Unattache	7.90	1

Event 18 Boys 60 Meter Dash High School

Podium HS: 6.64 1 1/20/2024 Dominick Corley

Name	Age	School	Finals	
Finals				
1 #666 Corley, Dominick 6.651 (6.651)	16	SPOKANE SPEE	6.66	10
2 #809 Bauman, James 6.684 (6.684)	17	Ultimate Spe	6.69	8
3 #224 Lorig, Jason 6.784 (6.784)	16	Bolt Track a	6.79	6
4 #403 Witherspoon III, Reg 6.828 (6.828)	16	GLS Speed TC	6.83	5
5 #385 Davis, Mason 6.862 (6.862)	16	GLS Speed TC	6.87	4
6 #451 Harper, Daniel 6.864 (6.864)	16	Unattached-HS	6.87	3
7 #354 Murph Jr., Akeem 6.870 (6.870)	15	Ford Sports	6.87	2
8 #671 Engel, Rashaun 6.938 (6.938)	15	SPOKANE SPEE	6.94	1

Event 19 Girls 3000 Meter Run Middle School

Podium HS: 11:01.90 1 3/2/2024 Victoria Howard

Name	Age	School	Finals	
Finals				
1 #517 Howard, Victoria 39.18 (39.18)	11	North Idaho	11:01.901	10
2:51.64 (45.60)			2:06.04 (43.68)	
5:07.37 (46.16)			4:21.21 (44.54)	
7:24.73 (46.21)			6:38.52 (45.61)	
9:38.45 (43.01)			8:55.44 (45.15)	
10:21.93 (43.48)			11:01.899 (39.97)	
2 #483 Delaney, Quinn 39.56 (39.56)	12	Mission Moun	11:05.12	8
2:51.98 (45.42)			2:06.56 (43.74)	
5:08.04 (46.20)			4:21.84 (44.67)	
7:25.45 (46.10)			6:39.35 (45.81)	
9:41.66 (44.61)			8:57.05 (45.74)	
10:24.51 (42.85)			11:05.120 (40.61)	
3 #516 Blanchard, Kalia 39.50 (39.50)	12	North Idaho	11:09.88	6
2:51.73 (45.52)			2:06.21 (43.70)	
5:07.76 (46.23)			4:21.53 (44.97)	
7:25.26 (46.40)			6:38.86 (45.55)	
9:41.69 (44.95)			8:56.74 (45.81)	
10:25.57 (43.88)			11:09.874 (44.31)	
4 #613 Freese, Lorelai 39.36 (39.36)	11	Spokane Merc	11:16.96	5
2:49.26 (44.70)			2:04.56 (43.30)	
5:00.60 (44.49)			4:16.11 (44.01)	
7:18.73 (46.39)			6:32.34 (45.97)	
9:41.15 (48.07)			8:53.08 (47.29)	
10:29.36 (48.21)			11:16.954 (47.60)	
5 #529 Jones, Eleanor 39.52 (39.52)	10	Rain City Fl	11:39.32	4
2:49.57 (44.81)			2:04.76 (43.09)	
5:08.46 (46.16)			4:22.30 (47.36)	
7:33.19 (50.83)			6:42.36 (48.34)	
10:03.00 (50.59)			9:12.41 (50.06)	
10:52.70 (49.70)			11:39.319 (46.62)	
6 #486 Scott, Kimora 40.70 (40.70)	12	Mission Moun	11:39.40	3
2:52.54 (44.96)			2:07.58 (43.81)	
5:09.53 (46.15)			4:23.38 (44.91)	
7:33.07 (48.64)			6:44.43 (47.83)	
10:02.85 (50.82)			9:12.03 (49.76)	
10:53.67 (50.82)			11:39.392 (45.73)	
7 #501 Inabnit, Madison 41.51 (41.51)	12	Mountain Wes	12:11.98	2
3:00.62 (47.81)			2:12.81 (46.37)	
5:29.47 (50.28)			4:39.19 (50.01)	
8:00.81 (50.16)			7:10.65 (50.83)	
10:36.61 (53.46)			9:43.15 (51.03)	
11:28.71 (52.10)			12:11.977 (43.27)	
8 #304 Weishaar, Brynn 43.12 (43.12)	12	Eastern Oreg	13:11.41	1
3:09.34 (50.90)			2:18.44 (49.22)	
5:50.05 (55.32)			4:54.73 (54.12)	
8:39.26 (57.72)			7:41.54 (56.28)	
11:27.15 (54.33)			10:32.82 (56.77)	
			12:20.60 (53.45)	
			13:11.401 (50.81)	

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Finals ... (Event 19 Girls 3000 Meter Run Middle School)

Name	Age	School	Finals
9 #484 Lapotka, Cora	13	Mission Moun	15:12.74
46.22 (46.22)	1:42.58 (56.36)	2:44.25 (1:01.67)	
3:48.11 (1:03.86)	4:53.30 (1:05.19)	5:59.20 (1:05.90)	
7:00.25 (1:01.05)	8:06.44 (1:06.19)	9:10.96 (1:04.52)	
10:15.77 (1:04.81)	11:19.22 (1:03.45)	12:22.37 (1:03.15)	
13:23.29 (1:00.92)	14:21.04 (57.75)	15:12.737 (51.70)	

Event 20 Boys 3000 Meter Run Middle School

Podium HS: 9:31.78 1 3/2/2024 Clayton Jero

Name	Age	School	Finals
1 #175 Jero, Clayton	12	37-Unattache	9:31.781 10
35.99 (35.99)	1:14.95 (38.96)	1:55.56 (40.61)	
2:37.65 (42.09)	3:16.22 (38.57)	3:53.93 (37.71)	
4:31.71 (37.78)	5:08.93 (37.22)	5:46.00 (37.07)	
6:23.77 (37.77)	7:02.37 (38.60)	7:40.95 (38.58)	
8:20.25 (39.30)	8:56.46 (36.21)	9:31.780 (35.33)	
2 #520 Henry, Rowan	12	North Idaho	9:38.60 8
36.24 (36.24)	1:15.16 (38.92)	1:55.76 (40.60)	
2:37.64 (41.88)	3:16.12 (38.48)	3:53.99 (37.87)	
4:31.87 (37.88)	5:08.81 (36.94)	5:45.89 (37.08)	
6:23.83 (37.94)	7:02.58 (38.75)	7:41.34 (38.76)	
8:20.37 (39.03)	8:59.07 (38.70)	9:38.596 (39.54)	
3 #177 Kjorstad, Landon	13	37-Unattache	9:53.77 6
35.76 (35.76)	1:15.28 (39.52)	1:55.54 (40.26)	
2:37.77 (42.23)	3:16.58 (38.81)	3:54.62 (38.04)	
4:32.90 (38.28)	5:12.24 (39.34)	5:52.30 (40.06)	
6:32.71 (40.41)	7:13.88 (41.17)	7:54.75 (40.87)	
8:35.55 (40.80)	9:15.25 (39.70)	9:53.769 (38.53)	
4 #521 Howard, Blaise	13	North Idaho	10:02.61 5
36.67 (36.67)	1:15.98 (39.31)	1:56.22 (40.24)	
2:38.33 (42.11)	3:17.93 (39.60)	3:57.09 (39.16)	
4:36.74 (39.65)	5:17.47 (40.73)	5:58.57 (41.10)	
6:40.23 (41.66)	7:22.29 (42.06)	8:03.55 (41.26)	
8:43.91 (40.36)	9:24.76 (40.85)	10:02.606 (37.86)	
5 #917 Stafford, Carson	13	Valley Flash	10:08.10 4
36.09 (36.09)	1:15.59 (39.50)	1:55.85 (40.26)	
2:37.86 (42.01)	3:17.22 (39.36)	3:55.47 (38.25)	
4:34.31 (38.84)	5:14.25 (39.94)	5:54.89 (40.64)	
6:36.29 (41.40)	7:19.00 (42.71)	8:02.07 (43.07)	
8:43.99 (41.92)	9:24.96 (40.97)	10:08.100 (43.15)	
6 #618 Julian, Cole	12	Spokane Merc	10:09.34 3
36.59 (36.59)	1:16.46 (39.87)	1:56.66 (40.20)	
2:38.29 (41.63)	3:19.28 (40.99)	3:59.77 (40.49)	
4:40.63 (40.86)	5:22.10 (41.47)	6:03.76 (41.66)	
6:45.86 (42.10)	7:26.95 (41.09)	8:09.47 (42.52)	
8:51.40 (41.93)	9:32.68 (41.28)	10:09.336 (36.67)	
7 #193 Dechet-Wetzel, Joha	12	Atlas Run Cl	10:22.86 2
36.79 (36.79)	1:15.40 (38.61)	1:55.66 (40.26)	
2:37.87 (42.21)	3:16.55 (38.68)	3:54.39 (37.84)	
4:33.10 (38.71)	5:13.62 (40.52)	5:55.32 (41.70)	
6:43.33 (48.01)	7:27.56 (44.23)	8:12.04 (44.48)	
8:56.53 (44.49)	9:39.22 (42.69)	10:22.860 (43.65)	

8 #882 Ridl, Luke	10	Unattached	10:40.55 1
37.90 (37.90)	1:17.89 (39.99)	1:59.98 (42.09)	
2:42.35 (42.37)	3:25.64 (43.29)	4:07.87 (42.23)	
4:50.37 (42.50)	5:34.46 (44.09)	6:18.95 (44.49)	
7:03.28 (44.33)	7:47.70 (44.42)	8:31.55 (43.85)	
9:15.51 (43.96)	9:59.66 (44.15)	10:40.544 (40.89)	
9 #173 Bash, Calvin	13	37-Unattache	10:56.58
34.60 (34.60)	1:13.78 (39.18)	1:55.22 (41.44)	
2:38.21 (42.99)	3:20.10 (41.89)	4:03.88 (43.78)	
4:48.72 (44.84)	5:34.41 (45.69)	6:20.54 (46.13)	
7:06.42 (45.88)	7:54.30 (47.88)	8:41.22 (46.92)	
9:27.25 (46.03)	10:12.84 (45.59)	10:56.578 (43.75)	
10 #495 Christensen, Lane	12	Moses Lake A	11:03.52
37.01 (37.01)	1:16.20 (39.19)	1:57.43 (41.23)	
2:39.54 (42.11)	3:22.41 (42.87)	4:08.08 (45.67)	
4:50.57 (42.49)	5:37.59 (47.02)	6:25.42 (47.83)	
7:13.29 (47.87)	8:01.99 (48.70)	8:49.45 (47.46)	
9:37.88 (48.43)	10:23.49 (45.61)	11:03.518 (40.04)	
11 #616 Edgar, Elliot	10	Spokane Merc	11:16.53
37.29 (37.29)	1:18.31 (41.02)	2:01.25 (42.94)	
2:45.70 (44.45)	3:31.27 (45.57)	4:17.47 (46.20)	
5:03.81 (46.34)	5:51.01 (47.20)	6:38.83 (47.82)	
7:26.07 (47.24)	8:14.00 (47.93)	9:01.38 (47.38)	
9:48.07 (46.69)	10:33.88 (45.81)	11:16.522 (42.65)	
--- #315 Kolsrud, Gabriel	13	Federal Way	DNF
36.35 (36.35)	1:15.30 (38.95)		

Event 21 Girls 400 Meter Dash Middle School

Podium HS: 1:03.03 1 3/2/2024 Reagan Miller

Name	Age	School	Finals
1 #599 Miller, Reagan	12	Ruby Jewell	1:03.031 10
29.71 (29.71)	1:03.022 (33.33)		
2 #643 Messing, Alisa	12	SPOKANE SPEE	1:03.10 8
29.30 (29.30)	1:03.092 (33.80)		
3 #931 Williams, Chloe	12	Xtreme Speed	1:03.76 6
30.00 (30.00)	1:03.758 (33.77)		
4 #547 Piepkorn, Zoe	12	Redmond Spri	1:03.95 5
29.66 (29.66)	1:03.943 (34.29)		
5 #832 McNeill, Aya	12	Unattached	1:05.12 4
31.55 (31.55)	1:05.115 (33.57)		
6 #753 Miller, Addie	12	The Inner Ci	1:05.30 3
30.23 (30.23)	1:05.291 (35.07)		
7 #650 Ritter, Kira	12	SPOKANE SPEE	1:05.46 2
31.655 (31.655)	1:05.459 (33.804)		
8 #502 Metellus, Marlie	11	Mountain Wes	1:05.83 1
31.34 (31.34)	1:05.822 (34.50)		
9 #279 Clouse, Audrey	10	Cascade Stri	1:08.04
32.49 (32.49)	1:08.038 (35.56)		
10 #248 Cooper, Marin	12	Bozeman Trac	1:08.65
32.26 (32.26)	1:08.641 (36.39)		
11 #284 Dreher, Jillian	12	Cascade Stri	1:08.67
33.64 (33.64)	1:08.668 (35.03)		
12 #506 Walters, Peyton	14	Mountain Wes	1:08.96
33.08 (33.08)	1:08.958 (35.89)		

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Finals ... (Event 21 Girls 400 Meter Dash Middle School)

	Name	Age	School	Finals
13	#129 Schwarz, Malya	12	35-Unattache	1:09.47
	32.93 (32.93)		1:09.469 (36.55)	
14	#837 Storm, Addisyn	13	Unattached	1:09.60
	32.44 (32.44)		1:09.594 (37.17)	
15	#171 Mitchell, Jaidyn	12	37-Unattache	1:11.08
	32.88 (32.88)		1:11.080 (38.21)	
16	#150 Olive, Valentina	11	36-Unattache	1:11.33
	30.87 (30.87)		1:11.327 (40.47)	
17	#172 Newborne, Camyla	12	37-Unattache	1:12.60
	33.23 (33.23)		1:12.594 (39.38)	
18	#924 Wheeler-Henderson, 12		Xtreme Speed	1:13.29
	30.44 (30.44)		1:13.282 (42.85)	

Event 22 Boys 400 Meter Dash Middle School

Podium HS: 54.69 1 3/2/2024 Zachariah O'Keefe

	Name	Age	School	Finals
Finals				
1	#926 O'Keefe, Zachariah	12	Xtreme Speed	54.69 10
	26.66 (26.66)		54.685 (28.03)	
2	#675 Gering, Jacob	13	SPOKANE SPEE	57.16 8
	25.57 (25.57)		57.152 (31.59)	
3	#670 Dicus, Holden	13	SPOKANE SPEE	57.47 6
	27.16 (27.16)		57.468 (30.31)	
4	#902 Barker, Toby	12	Valley Flash	58.14 5
	27.59 (27.59)		58.134 (30.55)	
5	#457 Anderson, Rock	12	Idaho Dash T	59.49 4
	28.23 (28.23)		59.489 (31.27)	
6	#697 Thornburg, Brent	12	SPOKANE SPEE	1:01.10 3
	28.30 (28.30)		1:01.094 (32.80)	
7	#678 Kilgore, Drew	13	SPOKANE SPEE	1:01.13 2
	28.43 (28.43)		1:01.123 (32.70)	
8	#296 Flint, Brighton	12	Cascade Stri	1:03.99 1
	30.83 (30.83)		1:03.990 (33.17)	
9	#181 Warren, Christian	12	37-Unattache	1:05.99
	32.26 (32.26)		1:05.989 (33.74)	
10	#909 Gifford, David	12	Valley Flash	1:06.15
	31.52 (31.52)		1:06.142 (34.63)	
11	#796 Smith, Colt	12	Tri City Thu	1:06.25
	31.32 (31.32)		1:06.248 (34.93)	
12	#927 Prior, Shane	11	Xtreme Speed	1:06.50
	31.16 (31.16)		1:06.496 (35.34)	
13	#178 Landeros, Isayah	13	37-Unattache	1:06.54
	31.15 (31.15)		1:06.531 (35.39)	
14	#880 Perrin, Broderick	12	Unattached	1:07.25
	32.51 (32.51)		1:07.249 (34.75)	
15	#682 McLachlan, Owen	12	SPOKANE SPEE	1:08.50
	32.67 (32.67)		1:08.495 (35.83)	
16	#352 Burrell, Oliver	13	Ford Sports	1:10.77
	27.91 (27.91)		1:10.761 (42.86)	
17	#906 Cheney, Marcus	11	Valley Flash	1:23.93
	38.41 (38.41)		1:23.928 (45.52)	

Event 23 Girls 400 Meter Dash High School

Podium HS: 54.56 1 1/20/2024 Josie Donelson

	Name	Age	School	Finals
Finals				
1	#182 Adams, Clara	14	38-Unattache	57.39 10
	27.23 (27.23)		57.386 (30.16)	
2	#532 Darroch, Jayda	17	Ready-Set-Go	57.83 8
	27.19 (27.19)		57.822 (30.64)	
3	#375 Pittman, Sena	16	GLS Speed TC	58.74 6
	27.61 (27.61)		58.740 (31.14)	
4	#144 Bass, Alana	17	36-Unattache	59.10 5
	27.87 (27.87)		59.099 (31.24)	
5	#751 Marshall, Eliisa	16	The Inner Ci	1:00.13 4
	28.18 (28.18)		1:00.127 (31.96)	
6	#485 Lewis, Annalise	13	Mission Moun	1:00.19 3
	28.10 (28.10)		1:00.188 (32.10)	
7	#350 Balousek, Lauren	13	Ford Sports	1:00.19 2
	28.46 (28.46)		1:00.190 (31.74)	
8	#218 Winkler, Grace	17	Bolt Track a	1:00.56 1
	28.68 (28.68)		1:00.554 (31.89)	
9	#362 Fotinatos, Mila	15	GLS Speed TC	1:01.45
	28.68 (28.68)		1:01.441 (32.77)	
10	#376 Rodriguez, Emily	14	GLS Speed TC	1:01.58
	28.58 (28.58)		1:01.576 (33.01)	
11	#743 Cirugeda Botella, Lu	14	The Inner Ci	1:02.68
	29.57 (29.57)		1:02.679 (33.12)	
12	#754 Oblad, Miranda	15	The Inner Ci	1:02.95
	29.86 (29.86)		1:02.941 (33.09)	
13	#744 Fisher, Ella	16	The Inner Ci	1:03.27
	29.12 (29.12)		1:03.270 (34.16)	
14	#764 Vedomske, Caroline	15	The Inner Ci	1:03.41
	29.95 (29.95)		1:03.409 (33.47)	
15	#654 Spencer, Marley	15	SPOKANE SPEE	1:03.75
	30.44 (30.44)		1:03.747 (33.32)	
16	#548 Schneider, Julia	14	Redmond Spri	1:03.80
	29.76 (29.76)		1:03.799 (34.05)	
17	#651 Ritter, Makenna	15	SPOKANE SPEE	1:03.92
	29.95 (29.95)		1:03.913 (33.98)	
18	#128 Depew, Adalyn	13	35-Unattache	1:04.16
	30.45 (30.45)		1:04.156 (33.72)	
19	#405 Bishop, Hazel	15	Helena Novas	1:04.28
	30.16 (30.16)		1:04.275 (34.12)	
20	#148 McGrew, Olivia	15	36-Unattache	1:04.55
	30.28 (30.28)		1:04.548 (34.28)	
21	#534 Hill, Madeleine	14	Ready-Set-Go	1:04.68
	28.86 (28.86)		1:04.672 (35.82)	
22	#320 Wride, Afton		Flathead Hig	1:04.76
	30.30 (30.30)		1:04.754 (34.47)	
23	#329 Kinlow, Janiyah	15	Fliers	1:05.18
	31.63 (31.63)		1:05.175 (33.55)	
24	#461 Gledhill, Iouesa	16	IMUA Athleti	1:05.50
	31.69 (31.69)		1:05.495 (33.82)	
25	#633 Enser, Teagan	13	SPOKANE SPEE	1:05.72
	29.39 (29.39)		1:05.711 (36.33)	

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Finals ... (Event 23 Girls 400 Meter Dash High School)

Name	Age	School	Finals
26 #285 Hoe, Miki	14	Cascade Stri	1:05.76
30.37 (30.37)	1:05.757 (35.40)		
27 #704 Eddy, Carmen		Stumptown Tr	1:05.80
31.53 (31.53)	1:05.799 (34.28)		
28 #708 Vollertsen, Alyssa	16	Stumptown Tr	1:05.95
31.99 (31.99)	1:05.947 (33.97)		
29 #306 Flaten, Aizalyn	15	Electric Cit	1:06.15
31.66 (31.66)	1:06.149 (34.50)		
30 #500 Gooden, Shae	15	Mountain Wes	1:06.39
31.14 (31.14)	1:06.386 (35.26)		
31 #646 Mosar, Blythe	13	SPOKANE SPEE	1:06.59
31.17 (31.17)	1:06.585 (35.43)		
32 #408 Garza, Hadyn	16	Helena Novas	1:06.62
32.16 (32.16)	1:06.617 (34.47)		
33 #404 Bermingham, Bella	16	Helena Novas	1:06.70
31.80 (31.80)	1:06.694 (34.90)		
34 #806 Rodriguez, Addie		Ultimate Spe	1:06.70
30.43 (30.43)	1:06.698 (36.27)		
35 #545 Lam, Kiara	16	Redmond Spri	1:07.07
31.93 (31.93)	1:07.067 (35.14)		
36 #245 Axtman, Zoe	16	Bozeman Trac	1:07.09
31.81 (31.81)	1:07.084 (35.28)		
37 #327 Diaz Jurado, Alanys	15	Fliers	1:07.16
30.68 (30.68)	1:07.160 (36.49)		
38 #462 Kennell, Hannah	17	IMUA Athleti	1:07.36
29.96 (29.96)	1:07.360 (37.41)		
39 #657 Williams, Mikaila	16	SPOKANE SPEE	1:07.71
30.89 (30.89)	1:07.703 (36.82)		
40 #533 Delgatto, Morgan	16	Ready-Set-Go	1:07.84
30.01 (30.01)	1:07.832 (37.83)		
41 #544 Fleenor, Keira	16	Redmond Spri	1:08.24
31.96 (31.96)	1:08.234 (36.28)		
42 #604 Arison, Braylyn	14	Sierra Footh	1:08.44
32.13 (32.13)	1:08.440 (36.32)		
43 #629 Cleveland, Keely	13	SPOKANE SPEE	1:09.55
35.09 (35.09)	1:09.546 (34.47)		
44 #255 Sebring, Della	14	Bozeman Trac	1:10.30
34.85 (34.85)	1:10.291 (35.45)		
45 #491 Nofziger, Rachel	13	Moses Lake A	1:10.68
35.02 (35.02)	1:10.675 (35.67)		
46 #569 Verna, Amelia	17	Rose City St	1:10.84
33.12 (33.12)	1:10.832 (37.72)		
47 #555 Ashmore, Hana	15	Rose City St	1:11.66
32.01 (32.01)	1:11.657 (39.66)		
48 #147 McGrew, Emmie	17	36-Unattache	1:12.51
30.87 (30.87)	1:12.505 (41.64)		
49 #560 Graff, Sarah	14	Rose City St	1:14.54
33.61 (33.61)	1:14.535 (40.94)		
50 #834 Moeckel, Annabelle		Unattached	1:18.53
36.49 (36.49)	1:18.529 (42.04)		
51 #490 Dietmeyer, Jaedynn	15	Moses Lake A	1:23.10
38.45 (38.45)	1:23.094 (44.65)		
--- #830 Kennybrew, Lulu		Unattached	DNF
29.95 (29.95)	1:33.77 (1:03.82)		

Event 24 Boys 400 Meter Dash High School

Podium HS: 47.46 1 3/4/2023 Grant Buckmiller

Name	Age	School	Finals
1 #390 Ford, Isaac	16	GLS Speed TC	48.84 10
22.35 (22.35)	48.831 (26.49)		
2 #119 Tarver, Jackson	16	31-Unattache	49.38 8
22.39 (22.39)	49.373 (26.99)		
3 #395 Miller, Dallas	17	GLS Speed TC	49.72 6
22.79 (22.79)	49.713 (26.93)		
4 #386 De Oliveira, Eric	15	GLS Speed TC	49.75 5
22.67 (22.67)	49.746 (27.08)		
5 #202 Davidson, Nathanael	17	Black Star A	49.84 4
23.09 (23.09)	49.835 (26.76)		
6 #261 Coley, Nash	16	Bozeman Trac	49.89 3
22.46 (22.46)	49.882 (27.43)		
7 #885 Swenson, Ethan		Unattached	49.90 2
22.77 (22.77)	49.899 (27.14)		
8 #889 Waletich, Andrew	16	Unattached	49.94 1
23.12 (23.12)	49.940 (26.83)		
9 #700 Woods, Easton	16	SPOKANE SPEE	50.47
23.95 (23.95)	50.463 (26.52)		
10 #552 Ganje, Mateo	16	Redmond Spri	50.54
22.98 (22.98)	50.535 (27.57)		
11 #402 Trichel, Cameron	17	GLS Speed TC	50.95
23.19 (23.19)	50.941 (27.76)		
12 #816 Kurland, Baron		Ultimate Spe	51.07
23.51 (23.51)	51.070 (27.57)		
13 #222 Hartshorn, Findlay	15	Bolt Track a	51.17
24.48 (24.48)	51.169 (26.70)		
14 #775 Judd, Stephen	16	The Inner Ci	51.49
24.06 (24.06)	51.487 (27.44)		
15 #777 Kloplic, Andrew	15	The Inner Ci	51.56
22.90 (22.90)	51.551 (28.66)		
16 #815 Heath, Braden		Ultimate Spe	51.74
23.18 (23.18)	51.737 (28.57)		
17 #694 Scott, Alexander	17	SPOKANE SPEE	51.76
23.05 (23.05)	51.754 (28.71)		
18 #541 Young, Caleb	16	Ready-Set-Go	51.81
23.41 (23.41)	51.805 (28.41)		
19 #550 Chu, Austin	16	Redmond Spri	51.92
23.48 (23.48)	51.912 (28.44)		
20 #272 Patterson, Osker	17	Bozeman Trac	51.92
23.17 (23.17)	51.917 (28.76)		
21 #399 So-Gilmore, Dionys		GLS Speed TC	52.22
24.14 (24.14)	52.213 (28.08)		
22 #932 Wagner, John	17	SPOKANE SPEE	52.60
24.64 (24.64)	52.595 (27.96)		
23 #795 Kinteh, Modou	17	Tri City Thu	52.68
24.29 (24.29)	52.675 (28.40)		
24 #209 Teglassy, Adam	15	Black Star A	52.70
24.53 (24.53)	52.691 (28.17)		
25 #174 Busi, Aaron	17	37-Unattache	52.73
23.37 (23.37)	52.727 (29.37)		

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Finals ... (Event 24 Boys 400 Meter Dash High School)

	Name	Age	School	Finals
26	#184 Ventura, Jordan	17	38-Unattache	53.02 24.26 (24.26) 53.012 (28.76)
27	#664 Cooper, Zachary	16	SPOKANE SPEE	53.04 25.01 (25.01) 53.038 (28.03)
28	#201 Charon, Brady	17	Black Star A	53.18 25.20 (25.20) 53.171 (27.98)
29	#219 Davis, Alexander	16	Bolt Track a	53.18 24.500 (24.500) 53.176 (28.676)
30	#921 Caldwell, Grayson	17	Whisper Runn	53.24 25.39 (25.39) 53.233 (27.85)
31	#107 Conver, Caleb	15	31-Unattache	53.34 23.76 (23.76) 53.332 (29.58)
32	#554 Piepkorn, Cameron	16	Redmond Spri	53.37 24.77 (24.77) 53.364 (28.60)
33	#881 Perrin, Whittaker	15	Unattached	53.41 25.54 (25.54) 53.401 (27.87)
34	#260 Bartholomew, Reid	15	Bozeman Trac	53.53 25.29 (25.29) 53.527 (28.24)
35	#782 Reiter, Henry	15	The Inner Ci	53.61 24.14 (24.14) 53.604 (29.48)
36	#687 Newell, William	17	SPOKANE SPEE	53.66 24.98 (24.98) 53.659 (28.69)
37	#539 Leak, Porter	15	Ready-Set-Go	53.81 25.72 (25.72) 53.802 (28.09)
38	#673 Gamon, Eamon	15	SPOKANE SPEE	53.82 23.46 (23.46) 53.815 (30.37)
39	#204 Jackson, Jalen	15	Black Star A	53.88 24.48 (24.48) 53.874 (29.40)
40	#922 Walker, Ayden	16	Whisper Runn	53.96 26.36 (26.36) 53.959 (27.61)
41	#810 Best, Colin		Ultimate Spe	53.98 24.44 (24.44) 53.977 (29.55)
42	#661 Bissell, Tyler	15	SPOKANE SPEE	54.24 24.41 (24.41) 54.236 (29.84)
43	#267 Kadillak, Lucas	15	Bozeman Trac	54.25 25.25 (25.25) 54.248 (29.00)
44	#781 Peterson, Logan	15	The Inner Ci	54.34 26.09 (26.09) 54.340 (28.26)
45	#424 Matthews, Jake	16	Helena Novas	54.68 26.48 (26.48) 54.674 (28.20)
46	#425 Maus, Ryan	16	Helena Novas	54.73 25.39 (25.39) 54.721 (29.34)
47	#915 Smith, Canyon	16	Valley Flash	54.80 25.97 (25.97) 54.799 (28.83)
48	#773 Insko, Noah	14	The Inner Ci	54.84 26.41 (26.41) 54.835 (28.43)
49	#512 Tobiason, Matthew	16	Mountain Wes	54.89 26.46 (26.46) 54.888 (28.43)
50	#779 Oblad, Manuel	14	The Inner Ci	55.15 26.41 (26.41) 55.146 (28.75)
51	#537 Johnson, Dylan	15	Ready-Set-Go	55.27 24.88 (24.88) 55.265 (30.39)
52	#113 Minton, Colby	14	31-Unattache	55.33 26.71 (26.71) 55.327 (28.62)

53	#674 Garcia-Isabelli, Adri	15	SPOKANE SPEE	55.64 25.84 (25.84) 55.638 (29.81)
54	#220 Figueira, Felipe	14	Bolt Track a	55.77 25.23 (25.23) 55.770 (30.55)
55	#573 Barrett, Solomon	14	Rose City St	55.79 25.50 (25.50) 55.787 (30.29)
56	#797 Smith, Gunner	15	Tri City Thu	55.85 26.33 (26.33) 55.845 (29.53)
57	#553 Meikle, Chase		Redmond Spri	55.91 25.71 (25.71) 55.901 (30.20)
58	#538 Kruyswijk, Carson	17	Ready-Set-Go	56.59 25.60 (25.60) 56.589 (31.00)
59	#479 Marimo, Tatenda	15	Unattached	57.17 25.66 (25.66) 57.161 (31.51)
60	#619 McCullugh, Ronnie	14	Spokane Merc	57.17 26.71 (26.71) 57.164 (30.46)
61	#210 Yoder, Noah	15	Black Star A	57.27 26.07 (26.07) 57.266 (31.20)
62	#271 Nash, John	16	Bozeman Trac	57.59 28.55 (28.55) 57.586 (29.05)
63	#677 Hill, Elliot	16	SPOKANE SPEE	57.81 26.70 (26.70) 57.808 (31.12)
64	#911 Huntsinger, Kean	13	Valley Flash	58.10 27.37 (27.37) 58.096 (30.74)
65	#498 Whitaker, Parks	15	Moses Lake A	58.16 26.67 (26.67) 58.160 (31.50)
66	#347 Soeum, Payton	15	Fliers	58.84 28.03 (28.03) 58.831 (30.81)
67	#186 Hurtubise, Hayden	14	57-Unattache	58.88 27.60 (27.60) 58.874 (31.29)
68	#690 Pikulik, krystian	16	SPOKANE SPEE	59.25 25.79 (25.79) 59.244 (33.46)
69	#302 Urbaniak, Nicco	13	Cascade Stri	59.79 29.19 (29.19) 59.784 (30.61)
70	#298 Minnis, Braylon	13	Cascade Stri	1:00.76 27.40 (27.40) 1:00.760 (33.37)
71	#790 Gather, Micah	16	Three Forks	1:02.01 29.77 (29.77) 1:02.006 (32.25)
72	#238 Burroughs, Johnny		Bozeman	1:02.39 29.66 (29.66) 1:02.386 (32.74)
73	#206 Mirzakhali, Camerc	13	Black Star A	1:04.13 27.76 (27.76) 1:04.122 (36.37)

Event 25 Girls 3000 Meter Run High School

Podium HS: 9:38.79 1 1/20/2024 Logan Hofstee

	Name	Age	School	Finals
1	#804 Peters, Ana	15	Ultimate Spe	10:24.35 10 37.21 (37.21) 1:18.02 (40.81) 2:00.97 (42.95) 2:42.73 (41.76) 3:23.25 (40.52) 4:04.01 (40.76) 4:44.98 (40.97) 5:25.85 (40.87) 6:07.39 (41.54) 6:49.09 (41.70) 7:31.05 (41.96) 8:14.28 (43.23) 8:57.52 (43.24) 9:40.67 (43.15) 10:24.346 (43.68)

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Finals ... (Event 25 Girls 3000 Meter Run High School)

	Name	Age	School	Finals	
2	#253 Rutherford, Claire	16	Bozeman Trac	10:27.51	8
	39.11 (39.11)	1:18.50 (39.39)	2:01.28 (42.78)		
	2:44.15 (42.87)	3:26.57 (42.42)	4:09.83 (43.26)		
	4:52.42 (42.59)	5:36.49 (44.07)	6:20.07 (43.58)		
	7:03.02 (42.95)	7:45.97 (42.95)	8:28.51 (42.54)		
	9:10.00 (41.49)	9:50.70 (40.70)	10:27.502 (36.81)		
3	#235 Neil, Kylee		Bozeman	10:28.34	6
	37.76 (37.76)	1:18.35 (40.59)	2:01.39 (43.04)		
	2:44.17 (42.78)	3:26.37 (42.20)	4:09.51 (43.14)		
	4:52.41 (42.90)	5:36.46 (44.05)	6:20.21 (43.75)		
	7:03.35 (43.14)	7:46.65 (43.30)	8:28.65 (42.00)		
	9:10.44 (41.79)	9:51.05 (40.61)	10:28.336 (37.29)		
4	#802 Lim, Sydney		Ultimate Spe	10:39.49	5
	38.02 (38.02)	1:18.83 (40.81)	2:01.61 (42.78)		
	2:43.72 (42.11)	3:25.60 (41.88)	4:08.40 (42.80)		
	4:51.21 (42.81)	5:35.25 (44.04)	6:19.47 (44.22)		
	7:02.94 (43.47)	7:45.99 (43.05)	8:28.76 (42.77)		
	9:11.08 (42.32)	9:55.15 (44.07)	10:39.486 (44.34)		
5	#434 Molloy, Jamison		Hellgate XCT	10:44.34	4
	38.08 (38.08)	1:18.78 (40.70)	2:01.51 (42.73)		
	2:43.93 (42.42)	3:26.13 (42.20)	4:08.91 (42.78)		
	4:52.00 (43.09)	5:36.04 (44.04)	6:19.70 (43.66)		
	7:03.42 (43.72)	7:46.95 (43.53)	8:30.35 (43.40)		
	9:16.73 (46.38)	10:03.22 (46.49)	10:44.331 (41.12)		
6	#313 Luczkow, Ava		Evoke Elite	10:45.75	3
	36.58 (36.58)	1:17.51 (40.93)	2:00.59 (43.08)		
	2:42.68 (42.09)	3:24.76 (42.08)	4:08.74 (43.98)		
	4:51.88 (43.14)	5:35.73 (43.85)	6:19.33 (43.60)		
	7:04.02 (44.69)	7:49.06 (45.04)	8:35.16 (46.10)		
	9:21.21 (46.05)	10:06.76 (45.55)	10:45.748 (38.99)		
7	#432 Diaz, Stella		Hellgate XCT	10:49.08	2
	38.54 (38.54)	1:19.10 (40.56)	2:01.71 (42.61)		
	2:44.64 (42.93)	3:27.23 (42.59)	4:10.26 (43.03)		
	4:53.87 (43.61)	5:37.84 (43.97)	6:23.00 (45.16)		
	7:08.92 (45.92)	7:54.87 (45.95)	8:41.34 (46.47)		
	9:26.72 (45.38)	10:10.44 (43.72)	10:49.074 (38.64)		
8	#482 Delaney, Morgan	14	Mission Moun	10:50.91	1
	39.58 (39.58)	1:22.85 (43.27)	2:07.41 (44.56)		
	2:50.72 (43.31)	3:34.23 (43.51)	4:18.63 (44.40)		
	5:01.61 (42.98)	5:45.76 (44.15)	6:30.23 (44.47)		
	7:14.86 (44.63)	7:59.05 (44.19)	8:43.04 (43.99)		
	9:26.84 (43.80)	10:10.97 (44.13)	10:50.910 (39.95)		
9	#166 Bowen, Taylin	15	37-Unattache	10:57.70	
	38.36 (38.36)	1:19.38 (41.02)	2:02.14 (42.76)		
	2:44.89 (42.75)	3:27.59 (42.70)	4:11.21 (43.62)		
	4:55.21 (44.00)	5:40.26 (45.05)	6:25.86 (45.60)		
	7:12.30 (46.44)	7:58.47 (46.17)	8:44.11 (45.64)		
	9:30.14 (46.03)	10:15.36 (45.22)	10:57.699 (42.35)		
10	#103 Ford, Ashlyn	13	31-Unattache	11:08.70	
	41.52 (41.52)	1:24.75 (43.23)	2:07.80 (43.05)		
	2:51.29 (43.49)	3:36.12 (44.83)	4:21.11 (44.99)		
	5:06.46 (45.35)	5:51.44 (44.98)	6:36.84 (45.40)		
	7:22.36 (45.52)	8:07.62 (45.26)	8:54.16 (46.54)		
	9:40.15 (45.99)	10:26.72 (46.57)	11:08.694 (41.98)		

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

11	#897 Huntsinger, Paige	15	Valley Flash	11:10.11
	41.82 (41.82)		1:24.17 (42.35)	2:05.59 (41.42)
	2:48.70 (43.11)		3:32.68 (43.98)	4:16.80 (44.12)
	5:01.21 (44.41)		5:46.95 (45.74)	6:32.21 (45.26)
	7:18.36 (46.15)		8:04.63 (46.27)	8:51.39 (46.76)
	9:38.98 (47.59)		10:24.28 (45.30)	11:10.102 (45.83)
12	#835 Rodli, Kelsey	15	Unattached	11:14.76
	39.69 (39.69)		1:21.21 (41.52)	2:05.92 (44.71)
	2:51.22 (45.30)		3:36.44 (45.22)	4:21.38 (44.94)
	5:06.43 (45.05)		5:51.76 (45.33)	6:38.91 (47.15)
	7:26.16 (47.25)		8:13.38 (47.22)	8:59.99 (46.61)
	9:47.94 (47.95)		10:33.82 (45.88)	11:14.760 (40.95)
13	#319 Wilson, Josie		Flathead Hig	11:16.02
	41.81 (41.81)		1:28.89 (47.08)	2:17.01 (48.12)
	3:04.57 (47.56)		3:51.72 (47.15)	4:37.67 (45.95)
	5:23.08 (45.41)		6:08.25 (45.17)	6:52.05 (43.80)
	7:36.89 (44.84)		8:23.22 (46.33)	9:08.98 (45.76)
	9:52.31 (43.33)		10:35.58 (43.27)	11:16.012 (40.44)
14	#236 Sproles, Serena	16	Bozeman	11:23.87
	40.18 (40.18)		1:23.63 (43.45)	2:08.25 (44.62)
	2:54.01 (45.76)		3:40.50 (46.49)	4:26.97 (46.47)
	5:13.86 (46.89)		6:00.78 (46.92)	6:48.26 (47.48)
	7:36.06 (47.80)		8:23.93 (47.87)	9:11.29 (47.36)
	9:57.96 (46.67)		10:42.78 (44.82)	11:23.862 (41.09)
15	#232 Friedman, Nomi	17	Bozeman	11:30.01
	40.56 (40.56)		1:23.97 (43.41)	2:08.31 (44.34)
	2:54.34 (46.03)		3:40.36 (46.02)	4:27.01 (46.65)
	5:13.77 (46.76)		6:00.64 (46.87)	6:48.53 (47.89)
	7:36.34 (47.81)		8:24.12 (47.78)	9:11.09 (46.97)
	9:58.05 (46.96)		10:44.78 (46.73)	11:30.004 (45.23)
16	#656 Thomas, Regan	14	SPOKANE SPEE	11:32.44
	40.86 (40.86)		1:23.89 (43.03)	2:06.03 (42.14)
	2:50.42 (44.39)		3:36.02 (45.60)	4:20.87 (44.85)
	5:08.09 (47.22)		5:56.25 (48.16)	6:45.26 (49.01)
	7:34.63 (49.37)		8:23.37 (48.74)	9:11.44 (48.07)
	10:00.68 (49.24)		10:48.94 (48.26)	11:32.433 (43.50)
17	#130 Thompson, Morgan	16	35-Unattache	11:32.63
	38.69 (38.69)		1:19.27 (40.58)	2:03.35 (44.08)
	2:48.69 (45.34)		3:34.88 (46.19)	4:20.92 (46.04)
	5:08.49 (47.57)		5:56.01 (47.52)	6:43.32 (47.31)
	7:31.47 (48.15)		8:19.66 (48.19)	9:08.60 (48.94)
	9:57.10 (48.50)		10:45.41 (48.31)	11:32.621 (47.22)
18	#416 Plant, Brianna	16	Helena Novas	11:41.98
	42.25 (42.25)		1:29.27 (47.02)	2:17.38 (48.11)
	3:04.77 (47.39)		3:51.93 (47.16)	4:38.21 (46.28)
	5:24.27 (46.06)		6:11.37 (47.10)	6:58.60 (47.23)
	7:46.26 (47.66)		8:34.39 (48.13)	9:23.28 (48.89)
	10:11.27 (47.99)		10:58.67 (47.40)	11:41.972 (43.31)
19	#318 Rumsey Eash, Lilli		Flathead Hig	11:45.09
	42.15 (42.15)		1:29.17 (47.02)	2:17.01 (47.84)
	3:04.56 (47.55)		3:51.78 (47.22)	4:38.04 (46.26)
	5:23.74 (45.70)		6:11.30 (47.56)	6:58.37 (47.07)
	7:46.15 (47.78)		8:34.80 (48.65)	9:23.53 (48.73)
	10:12.49 (48.96)		11:01.02 (48.53)	11:45.090 (44.08)
Finals ... (Event 25 Girls 3000 Meter Run High School)				
	Name	Age	School	Finals
20	#409 Hinderman, Sofia	17	Helena Novas	11:54.75
	42.21 (42.21)		1:29.42 (47.21)	2:17.35 (47.93)
	3:04.52 (47.17)		3:52.01 (47.49)	4:38.32 (46.31)
	5:24.94 (46.62)		6:12.25 (47.31)	7:01.45 (49.20)
	7:49.75 (48.30)		8:39.13 (49.38)	9:29.31 (50.18)
	10:19.56 (50.25)		11:08.71 (49.15)	11:54.747 (46.04)
21	#414 Mohr, Solveig	15	Helena Novas	11:59.95
	42.55 (42.55)		1:29.64 (47.09)	2:17.33 (47.69)
	3:05.14 (47.81)		3:52.72 (47.58)	4:40.36 (47.64)
	5:29.46 (49.10)		6:18.81 (49.35)	7:09.77 (50.96)
	8:00.98 (51.21)		8:51.63 (50.65)	9:40.26 (48.63)
	10:30.49 (50.23)		11:19.16 (48.67)	11:59.950 (40.80)
22	#305 Weishaar, Taylor	14	Eastern Oreg	12:10.69
	43.72 (43.72)		1:29.98 (46.26)	2:17.85 (47.87)
	3:05.20 (47.35)		3:52.35 (47.15)	4:39.38 (47.03)
	5:27.14 (47.76)		6:16.47 (49.33)	7:07.01 (50.54)
	7:58.87 (51.86)		8:50.28 (51.41)	9:41.30 (51.02)
	10:32.86 (51.56)		11:23.48 (50.62)	12:10.688 (47.21)
23	#255 Sebring, Della	14	Bozeman Trac	12:23.63
	43.51 (43.51)		1:30.38 (46.87)	2:17.55 (47.17)
	3:04.92 (47.37)		3:52.14 (47.22)	4:37.83 (45.69)
	5:24.36 (46.53)		6:13.19 (48.83)	7:01.48 (48.29)
	7:50.97 (49.49)		8:44.15 (53.18)	9:35.03 (50.88)
	10:24.64 (49.61)		11:08.35 (43.71)	12:23.630 (1:15.29)
24	#836 Sangray, Kaelyn	15	Unattached	12:30.80
	43.90 (43.90)		1:29.85 (45.95)	2:18.11 (48.26)
	3:06.46 (48.35)		3:55.45 (48.99)	4:45.10 (49.65)
	5:36.40 (51.30)		6:28.48 (52.08)	7:19.87 (51.39)
	8:10.61 (50.74)		9:02.36 (51.75)	9:55.05 (52.69)
	10:48.07 (53.02)		11:40.37 (52.30)	12:30.796 (50.43)
25	#252 Miller, Ella	16	Bozeman Trac	12:43.84
	43.53 (43.53)		1:29.79 (46.26)	2:17.74 (47.95)
	3:05.50 (47.76)		3:52.70 (47.20)	4:41.62 (48.92)
	5:31.71 (50.09)		6:25.43 (53.72)	7:20.74 (55.31)
	8:15.15 (54.41)		9:09.44 (54.29)	10:06.00 (56.56)
	11:00.68 (54.68)		11:53.21 (52.53)	12:43.831 (50.63)
26	#492 Roueche, Asia	14	Moses Lake A	12:57.36
	43.98 (43.98)		1:30.55 (46.57)	2:18.56 (48.01)
	3:06.59 (48.03)		3:56.83 (50.24)	4:49.31 (52.48)
	5:43.88 (54.57)		6:37.59 (53.71)	7:32.85 (55.26)
	8:27.14 (54.29)		9:21.78 (54.64)	10:14.72 (52.94)
	11:09.55 (54.83)		12:04.91 (55.36)	12:57.352 (52.45)
27	#499 Cornelius, Elizabeth	15	Mountain Wes	13:13.96
	43.05 (43.05)		1:30.20 (47.15)	2:18.20 (48.00)
	3:06.27 (48.07)		3:56.49 (50.22)	4:49.27 (52.78)
	5:43.52 (54.25)		6:39.08 (55.56)	7:35.88 (56.80)
	8:32.92 (57.04)		9:29.50 (56.58)	10:27.35 (57.85)
	11:24.35 (57.00)		12:19.83 (55.48)	13:13.952 (54.13)

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Event 26 Boys 3000 Meter Run High School

Podium HS: 8:13.50 1 3/2/2024 Nathan Neil

Name	Age	School	Finals
Finals			
1 #241 Neil, Nathan	16	Bozeman	8:13.501 10
32.08 (32.08)	1:06.24 (34.16)	1:39.36 (33.12)	
2:13.06 (33.70)	2:46.54 (33.48)	3:19.74 (33.20)	
3:52.45 (32.71)	4:25.72 (33.27)	4:59.37 (33.65)	
5:33.14 (33.77)	6:06.67 (33.53)	6:39.52 (32.85)	
7:12.42 (32.90)	7:44.54 (32.12)	8:13.500 (28.97)	
2 #524 Mulugeta, Yemane	17	Ocean Athlet	8:27.78 8
32.29 (32.29)	1:06.60 (34.31)	1:40.21 (33.61)	
2:13.93 (33.72)	2:47.40 (33.47)	3:20.29 (32.89)	
3:52.86 (32.57)	4:26.23 (33.37)	5:00.08 (33.85)	
5:34.31 (34.23)	6:09.30 (34.99)	6:43.95 (34.65)	
7:18.86 (34.91)	7:54.05 (35.19)	8:27.771 (33.73)	
3 #846 Boaz, Hayden	16	Unattached	8:36.03 6
32.26 (32.26)	1:06.43 (34.17)	1:39.62 (33.19)	
2:13.35 (33.73)	2:46.81 (33.46)	3:20.50 (33.69)	
3:53.32 (32.82)	4:27.82 (34.50)	5:03.72 (35.90)	
5:39.74 (36.02)	6:15.68 (35.94)	6:51.28 (35.60)	
7:27.07 (35.79)	8:02.24 (35.17)	8:36.026 (33.80)	
4 #308 Harrington, Ryan	17	Electric Cit	8:46.24 5
32.73 (32.73)	1:06.97 (34.24)	1:40.51 (33.54)	
2:14.23 (33.72)	2:47.95 (33.72)	3:21.56 (33.61)	
3:55.22 (33.66)	4:29.92 (34.70)	5:05.36 (35.44)	
5:41.23 (35.87)	6:17.40 (36.17)	6:54.60 (37.20)	
7:31.77 (37.17)	8:08.96 (37.19)	8:46.235 (37.29)	
5 #852 Delaney, Dexter	16	Unattached	8:52.15 4
32.38 (32.38)	1:06.66 (34.28)	1:39.93 (33.27)	
2:13.58 (33.65)	2:47.15 (33.57)	3:21.07 (33.92)	
3:54.61 (33.54)	4:30.54 (35.93)	5:07.01 (36.47)	
5:44.51 (37.50)	6:23.31 (38.80)	7:01.09 (37.78)	
7:38.79 (37.70)	8:15.11 (36.32)	8:52.147 (37.05)	
6 #258 Arthun, Oren	17	Bozeman Trac	8:53.71 3
33.08 (33.08)	1:07.65 (34.57)	1:42.05 (34.40)	
2:16.61 (34.56)	2:52.36 (35.75)	3:28.63 (36.27)	
4:04.06 (35.43)	4:40.58 (36.52)	5:18.30 (37.72)	
5:55.99 (37.69)	6:33.54 (37.55)	7:10.53 (36.99)	
7:46.71 (36.18)	8:21.83 (35.12)	8:53.709 (31.89)	
7 #243 Posdon, Jeremy	16	Bozeman	8:54.19 2
33.18 (33.18)	1:08.06 (34.88)	1:42.38 (34.32)	
2:16.79 (34.41)	2:52.65 (35.86)	3:28.91 (36.26)	
4:04.51 (35.60)	4:40.99 (36.48)	5:18.64 (37.65)	
5:56.16 (37.52)	6:33.47 (37.31)	7:09.99 (36.52)	
7:45.91 (35.92)	8:21.14 (35.23)	8:54.186 (33.06)	
8 #868 Leavitt, Jett	15	Unattached	8:57.85 1
32.54 (32.54)	1:07.26 (34.72)	1:41.06 (33.80)	
2:14.77 (33.71)	2:48.80 (34.03)	3:23.04 (34.24)	
3:57.95 (34.91)	4:34.66 (36.71)	5:12.10 (37.44)	
5:50.01 (37.91)	6:28.19 (38.18)	7:06.96 (38.77)	
7:45.16 (38.20)	8:23.17 (38.01)	8:57.841 (34.68)	

Finals ... (Event 26 Boys 3000 Meter Run High School)

Name	Age	School	Finals
9 #510 Inabnit, Tyler	15	Mountain Wes	9:03.01
35.15 (35.15)	1:12.37 (37.22)	1:48.66 (36.29)	
2:25.56 (36.90)	3:02.46 (36.90)	3:38.51 (36.05)	
4:14.19 (35.68)	4:50.26 (36.07)	5:26.32 (36.06)	
6:03.48 (37.16)	6:41.33 (37.85)	7:19.41 (38.08)	
7:57.17 (37.76)	8:32.59 (35.42)	9:03.001 (30.42)	
10 #240 Johnson, Daniel	Bozeman	9:05.30	
33.80 (33.80)	1:10.65 (36.85)	1:47.96 (37.31)	
2:24.95 (36.99)	3:01.61 (36.66)	3:38.04 (36.43)	
4:14.40 (36.36)	4:51.39 (36.99)	5:28.77 (37.38)	
6:07.41 (38.64)	6:45.02 (37.61)	7:22.24 (37.22)	
7:59.19 (36.95)	8:34.80 (35.61)	9:05.295 (30.51)	
11 #857 Fiegner, Dylan	16	Unattached	9:06.14
34.46 (34.46)	1:11.76 (37.30)	1:48.31 (36.55)	
2:26.30 (37.99)	3:02.86 (36.56)	3:39.27 (36.41)	
4:14.58 (35.31)	4:51.01 (36.43)	5:26.49 (35.48)	
6:03.74 (37.25)	6:40.58 (36.84)	7:17.52 (36.94)	
7:55.03 (37.51)	8:32.38 (37.35)	9:06.131 (33.76)	
12 #159 Manson, Thomas	16	36-Unattache	9:07.02
33.27 (33.27)	1:08.38 (35.11)	1:42.59 (34.21)	
2:16.56 (33.97)	2:51.80 (35.24)	3:28.07 (36.27)	
4:04.18 (36.11)	4:40.82 (36.64)	5:18.36 (37.54)	
5:56.49 (38.13)	6:33.96 (37.47)	7:11.84 (37.88)	
7:49.89 (38.05)	8:28.30 (38.41)	9:07.014 (38.73)	
13 #239 Halvorsen, Miles	Bozeman	9:10.80	
33.53 (33.53)	1:09.11 (35.58)	1:45.26 (36.15)	
2:21.81 (36.55)	2:58.18 (36.37)	3:35.68 (37.50)	
4:13.18 (37.50)	4:50.60 (37.42)	5:28.30 (37.70)	
6:06.70 (38.40)	6:44.96 (38.26)	7:23.09 (38.13)	
8:00.44 (37.35)	8:37.11 (36.67)	9:10.795 (33.70)	
14 #866 King, Logan	Unattached	9:13.23	
35.14 (35.14)	1:12.49 (37.35)	1:48.88 (36.39)	
2:26.42 (37.54)	3:02.88 (36.46)	3:39.55 (36.67)	
4:15.60 (36.05)	4:51.74 (36.14)	5:28.46 (36.72)	
6:07.03 (38.57)	6:46.02 (38.99)	7:24.73 (38.71)	
8:03.90 (39.17)	8:40.81 (36.91)	9:13.221 (32.42)	
15 #438 Derry, Wilson	Hellgate XCT	9:13.30	
34.67 (34.67)	1:12.00 (37.33)	1:48.42 (36.42)	
2:25.90 (37.48)	3:02.66 (36.76)	3:39.63 (36.97)	
4:15.85 (36.22)	4:53.05 (37.20)	5:31.18 (38.13)	
6:09.43 (38.25)	6:47.61 (38.18)	7:27.11 (39.50)	
8:05.73 (38.62)	8:41.45 (35.72)	9:13.293 (31.85)	
16 #429 Stimpson, Elliot	15	Helena Novas	9:16.04
33.90 (33.90)	1:10.75 (36.85)	1:47.96 (37.21)	
2:25.24 (37.28)	3:02.06 (36.82)	3:39.05 (36.99)	
4:15.00 (35.95)	4:52.37 (37.37)	5:30.08 (37.71)	
6:08.60 (38.52)	6:48.03 (39.43)	7:26.71 (38.68)	
8:05.73 (39.02)	8:41.97 (36.24)	9:16.031 (34.07)	
17 #684 Morales, Benjamin	16	SPOKANE SPEE	9:16.31
32.55 (32.55)	1:07.25 (34.70)	1:41.76 (34.51)	
2:15.77 (34.01)	2:50.98 (35.21)	3:26.29 (35.31)	
4:03.19 (36.90)	4:40.75 (37.56)	5:18.87 (38.12)	
5:57.33 (38.46)	6:36.70 (39.37)	7:16.31 (39.61)	
7:55.59 (39.28)	8:36.47 (40.88)	9:16.307 (39.85)	

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024**The Podium****Results**

18	#311 Spinti, John	Electric Cit	9:16.98
	33.55 (33.55)	1:10.09 (36.54)	1:47.28 (37.19)
	2:24.21 (36.93)	3:01.23 (37.02)	3:37.60 (36.37)
	4:13.40 (35.80)	4:49.61 (36.21)	5:25.62 (36.01)
	6:03.32 (37.70)	6:41.70 (38.38)	7:21.18 (39.48)
	8:01.88 (40.70)	8:42.12 (40.24)	9:16.975 (34.87)
19	#242 Neil, Taylor	Bozeman	9:17.46
	34.63 (34.63)	1:11.46 (36.83)	1:48.69 (37.23)
	2:26.61 (37.92)	3:02.93 (36.32)	3:40.05 (37.12)
	4:16.40 (36.35)	4:53.61 (37.21)	5:31.41 (37.80)
	6:08.90 (37.49)	6:47.44 (38.54)	7:25.51 (38.07)
	8:03.67 (38.16)	8:41.55 (37.88)	9:17.454 (35.92)
20	#789 Fanning, Bryon	17 Three Forks	9:18.21
	34.19 (34.19)	1:11.01 (36.82)	1:48.09 (37.08)
	2:25.27 (37.18)	3:02.18 (36.91)	3:39.43 (37.25)
	4:15.51 (36.08)	4:53.41 (37.90)	5:31.76 (38.35)
	6:10.11 (38.35)	6:48.88 (38.77)	7:27.68 (38.80)
	8:06.14 (38.46)	8:43.26 (37.12)	9:18.207 (34.96)
21	#791 Violett, Cass	15 Three Forks	9:19.22
	35.03 (35.03)	1:11.82 (36.79)	1:49.19 (37.37)
	2:26.88 (37.69)	3:04.46 (37.58)	3:42.15 (37.69)
	4:19.88 (37.73)	4:57.76 (37.88)	5:36.09 (38.33)
	6:14.37 (38.28)	6:52.72 (38.35)	7:29.79 (37.07)
	8:07.56 (37.77)	8:44.80 (37.24)	9:19.219 (34.43)
22	#237 Anderson, Kieran	Bozeman	9:21.66
	33.84 (33.84)	1:09.84 (36.00)	1:47.09 (37.25)
	2:25.33 (38.24)	3:03.41 (38.08)	3:41.64 (38.23)
	4:19.61 (37.97)	4:57.73 (38.12)	5:35.86 (38.13)
	6:14.43 (38.57)	6:52.49 (38.06)	7:30.35 (37.86)
	8:08.08 (37.73)	8:45.67 (37.59)	9:21.658 (36.00)
23	#617 Freese, Caughnery	16 Spokane Merc	9:21.73
	34.97 (34.97)	1:11.95 (36.98)	1:49.04 (37.09)
	2:26.50 (37.46)	3:03.44 (36.94)	3:40.48 (37.04)
	4:17.10 (36.62)	4:54.81 (37.71)	5:33.64 (38.83)
	6:12.99 (39.35)	6:51.88 (38.89)	7:30.22 (38.34)
	8:08.92 (38.70)	8:46.53 (37.61)	9:21.723 (35.21)
24	#870 Lyke, Finley	14 Unattached	9:26.23
	34.60 (34.60)	1:11.35 (36.75)	1:49.04 (37.69)
	2:26.88 (37.84)	3:04.99 (38.11)	3:43.52 (38.53)
	4:21.71 (38.19)	5:01.22 (39.51)	5:39.83 (38.61)
	6:18.55 (38.72)	6:57.19 (38.64)	7:35.96 (38.77)
	8:14.59 (38.63)	8:52.20 (37.61)	9:26.230 (34.04)
25	#273 Tirrell, Brodie	16 Bozeman Trac	9:26.66
	34.89 (34.89)	1:11.90 (37.01)	1:50.67 (38.77)
	2:29.10 (38.43)	3:07.21 (38.11)	3:46.24 (39.03)
	4:24.71 (38.47)	5:03.00 (38.29)	5:41.37 (38.37)
	6:18.72 (37.35)	6:56.33 (37.61)	7:34.57 (38.24)
	8:12.87 (38.30)	8:50.31 (37.44)	9:26.658 (36.36)
26	#310 Schruth, Conrad	16 Electric Cit	9:29.27
	33.69 (33.69)	1:10.47 (36.78)	1:47.67 (37.20)
	2:24.88 (37.21)	3:01.81 (36.93)	3:38.98 (37.17)
	4:15.60 (36.62)	4:53.17 (37.57)	5:31.51 (38.34)
	6:10.43 (38.92)	6:50.49 (40.06)	7:30.56 (40.07)
	8:11.10 (40.54)	8:51.11 (40.01)	9:29.270 (38.17)

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Finals ... (Event 26 Boys 3000 Meter Run High School)

	Name	Age	School	Finals
27	#337 Bonsell, Samuel	16	Fliers	9:32.43
	34.58 (34.58)	1:11.16 (36.58)	1:49.31 (38.15)	
	2:27.23 (37.92)	3:05.16 (37.93)	3:43.87 (38.71)	
	4:22.72 (38.85)	5:00.91 (38.19)	5:39.43 (38.52)	
	6:18.57 (39.14)	6:57.45 (38.88)	7:37.71 (40.26)	
	8:17.85 (40.14)	8:56.92 (39.07)	9:32.426 (35.51)	
28	#322 Hollman, Bauer		Flathead Hig	9:35.46
	34.64 (34.64)	1:12.15 (37.51)	1:50.07 (37.92)	
	2:28.52 (38.45)	3:06.51 (37.99)	3:44.92 (38.41)	
	4:23.99 (39.07)	5:02.23 (38.24)	5:40.44 (38.21)	
	6:19.06 (38.62)	6:57.66 (38.60)	7:36.42 (38.76)	
	8:16.10 (39.68)	8:55.27 (39.17)	9:35.452 (40.20)	
29	#109 Gregoire, Mason	16	31-Unattache	9:36.98
	35.39 (35.39)	1:12.90 (37.51)	1:51.51 (38.61)	
	2:29.26 (37.75)	3:08.19 (38.93)	3:47.34 (39.15)	
	4:26.86 (39.52)	5:06.91 (40.05)	5:47.45 (40.54)	
	6:27.39 (39.94)	7:06.31 (38.92)	7:46.32 (40.01)	
	8:26.32 (40.00)	9:02.88 (36.56)	9:36.980 (34.11)	
30	#275 Houchin, Camden		Butte High	9:39.71
	34.74 (34.74)	1:11.54 (36.80)	1:49.70 (38.16)	
	2:27.70 (38.00)	3:05.72 (38.02)	3:44.41 (38.69)	
	4:23.53 (39.12)	5:03.14 (39.61)	5:43.53 (40.39)	
	6:24.54 (41.01)	7:05.78 (41.24)	7:46.36 (40.58)	
	8:26.36 (40.00)	9:04.32 (37.96)	9:39.710 (35.40)	
31	#439 Fitzgerald, Eamon		Hellgate XCT	9:43.85
	34.93 (34.93)	1:12.04 (37.11)	1:50.88 (38.84)	
	2:28.56 (37.68)	3:07.59 (39.03)	3:46.29 (38.70)	
	4:26.48 (40.19)	5:06.69 (40.21)	5:47.23 (40.54)	
	6:27.51 (40.28)	7:08.16 (40.65)	7:48.86 (40.70)	
	8:29.80 (40.94)	9:10.54 (40.74)	9:43.841 (33.31)	
32	#428 Schlepp, Trey	16	Helena Novas	9:45.19
	35.34 (35.34)	1:11.98 (36.64)	1:50.09 (38.11)	
	2:28.43 (38.34)	3:06.99 (38.56)	3:46.00 (39.01)	
	4:26.32 (40.32)	5:06.89 (40.57)	5:47.80 (40.91)	
	6:28.02 (40.22)	7:08.66 (40.64)	7:48.38 (39.72)	
	8:29.68 (41.30)	9:10.93 (41.25)	9:45.184 (34.26)	
33	#437 Baumes, Jack		Hellgate XCT	9:47.38
	34.89 (34.89)	1:11.72 (36.83)	1:49.81 (38.09)	
	2:28.04 (38.23)	3:06.15 (38.11)	3:44.64 (38.49)	
	4:24.30 (39.66)	5:04.39 (40.09)	5:44.98 (40.59)	
	6:26.47 (41.49)	7:07.11 (40.64)	7:47.87 (40.76)	
	8:29.20 (41.33)	9:10.28 (41.08)	9:47.375 (37.10)	
34	#140 Smith, Tom	16	35-Unattache	9:55.06
	36.67 (36.67)	1:14.90 (38.23)	1:53.53 (38.63)	
	2:31.82 (38.29)	3:10.39 (38.57)	3:49.31 (38.92)	
	4:28.31 (39.00)	5:07.98 (39.67)	5:47.96 (39.98)	
	6:29.34 (41.38)	7:11.11 (41.77)	7:53.17 (42.06)	
	8:35.09 (41.92)	9:15.99 (40.90)	9:55.052 (39.08)	
35	#886 Thomsen, Conor		Unattached	9:56.27
	35.28 (35.28)	1:12.53 (37.25)	1:50.58 (38.05)	
	2:29.17 (38.59)	3:07.95 (38.78)	3:47.14 (39.19)	
	4:27.05 (39.91)	5:07.48 (40.43)	5:48.29 (40.81)	
	6:29.39 (41.10)	7:11.10 (41.71)	7:53.54 (42.44)	
	8:35.61 (42.07)	9:17.33 (41.72)	9:56.267 (38.95)	

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024**The Podium
Results**

36	#685 Mosar, Garrett	16 SPOKANE SPEE	9:56.67
	35.87 (35.87)	1:13.34 (37.47)	1:52.04 (38.70)
	2:30.68 (38.64)	3:09.00 (38.32)	3:48.90 (39.90)
	4:30.18 (41.28)	5:11.24 (41.06)	5:53.36 (42.12)
	6:34.86 (41.50)	7:16.39 (41.53)	7:58.34 (41.95)
	8:40.63 (42.29)	9:21.36 (40.73)	9:56.668 (35.31)
37	#847 Boaz, Hudson	14 Unattached	10:00.58
	35.11 (35.11)	1:11.97 (36.86)	1:50.47 (38.50)
	2:28.84 (38.37)	3:07.81 (38.97)	3:46.62 (38.81)
	4:24.79 (38.17)	5:05.37 (40.58)	5:47.59 (42.22)
	6:29.14 (41.55)	7:11.91 (42.77)	7:55.04 (43.13)
	8:38.95 (43.91)	9:21.70 (42.75)	10:00.580 (38.89)
38	#122 Dean-Ziegler, Jackso	16 33-Unattache	10:03.48
	34.82 (34.82)	1:12.72 (37.90)	1:49.44 (36.72)
	2:27.09 (37.65)	3:04.20 (37.11)	3:43.71 (39.51)
	4:23.26 (39.55)	5:04.66 (41.40)	5:46.30 (41.64)
	6:28.55 (42.25)	7:11.06 (42.51)	7:53.96 (42.90)
	8:38.05 (44.09)	9:20.36 (42.31)	10:03.476 (43.13)
39	#480 Peters, Avery	14 LC Distance	10:03.61
	34.09 (34.09)	1:10.40 (36.31)	1:47.91 (37.51)
	2:26.07 (38.16)	3:04.13 (38.06)	3:43.17 (39.04)
	4:23.39 (40.22)	5:04.39 (41.00)	5:46.85 (42.46)
	6:30.64 (43.79)	7:14.83 (44.19)	7:59.01 (44.18)
	8:42.82 (43.81)	9:24.35 (41.53)	10:03.607 (39.27)
40	#445 Miller, Miles	Hellgate XCT	10:03.91
	35.41 (35.41)	1:12.91 (37.50)	1:51.82 (38.91)
	2:30.19 (38.37)	3:08.75 (38.56)	3:48.65 (39.90)
	4:28.67 (40.02)	5:10.17 (41.50)	5:52.85 (42.68)
	6:34.45 (41.60)	7:16.60 (42.15)	7:58.09 (41.49)
	8:40.64 (42.55)	9:22.33 (41.69)	10:03.910 (41.59)
41	#420 Highness, Eli	15 Helena Novas	10:10.35
	35.71 (35.71)	1:13.74 (38.03)	1:52.66 (38.92)
	2:32.61 (39.95)	3:13.17 (40.56)	3:55.00 (41.83)
	4:37.23 (42.23)	5:19.62 (42.39)	6:01.91 (42.29)
	6:43.55 (41.64)	7:25.01 (41.46)	8:07.10 (42.09)
	8:48.70 (41.60)	9:30.31 (41.61)	10:10.341 (40.04)
42	#180 Merrifield, Maxwell	17 37-Unattache	10:20.42
	35.27 (35.27)	1:12.72 (37.45)	1:50.87 (38.15)
	2:29.53 (38.66)	3:08.34 (38.81)	3:48.22 (39.88)
	4:28.81 (40.59)	5:10.31 (41.50)	5:53.09 (42.78)
	6:35.45 (42.36)	7:19.52 (44.07)	8:03.39 (43.87)
	8:48.60 (45.21)	9:33.30 (44.70)	10:20.420 (47.13)
43	#812 Connolly, Justin	Ultimate Spe	10:40.13
	36.02 (36.02)	1:14.64 (38.62)	1:55.44 (40.80)
	2:36.83 (41.39)	3:19.43 (42.60)	4:03.37 (43.94)
	4:47.79 (44.42)	5:31.66 (43.87)	6:17.25 (45.59)
	7:01.12 (43.87)	7:46.95 (45.83)	8:32.15 (45.20)
	9:17.41 (45.26)	10:01.27 (43.86)	10:40.121 (38.86)

Event 27 Girls 4x200 Meter Relay Middle School**Podium HS: 1:53.90 1 3/2/2024 SPOKANE SPEED ACADEMY****A Messing, P Leale, A Burton, A Olson**

Team	Relay	Finals
Finals		
1 SPOKANE SPEED ACAD	A	1:53.901 10
1) #643 Messing, Alisa 12	2) #641 Leale, Preslie 13	
3) #627 Burton, Allie 12	4) #647 Olson, Austyn 13	
24.567 (24.567)	56.551 (31.984)	1:25.781 (29.230)
1:53.891 (28.111)		
2 Cascade Striders	A	1:58.39 8
1) #288 Mitchell, Lourdes 12	2) #279 Clouse, Audrey 10	
3) #290 Om Prakash, jodhaa 11	4) #293 Wilson, Chloe 12	
26.583 (26.583)	58.409 (31.826)	1:28.985 (30.576)
1:58.381 (29.396)		
3 GLS Speed TC	A	1:58.86 6
1) #370 Miller, Katelyn 10	2) #371 Morton, Alexis 12	
3) #372 Morton, Ariella 11	4) #379 Witherspoon, Laylah 1	
27.261 (27.261)	58.869 (31.608)	1:31.304 (32.435)
1:58.860 (27.556)		

Event 28 Girls 4x200 Meter Relay High School**Podium HS: 1:37.92 1 1/15/2023 Inner Circle Track Club****Hicks, Beckmon, Kneeshaw, Brahe-Pederson**

Team	Relay	Finals
Finals		
1 The Inner Circle	A	1:44.87 10
1) #745 Gatlin, Cameron 15	2) #740 Berger, Maddie 14	
3) #759 Ruppe, Emersen 16	4) #748 Hathaway, Tilda 13	
24.990 (24.990)	53.635 (28.646)	1:19.180 (25.545)
1:44.869 (25.690)		
2 Ready-Set-Go	A	1:45.21 8
1) #533 Delgatto, Morgan 16	2) #532 Darroch, Jayda 17	
3) #530 Calabretta, Sofia 17	4) #531 Connell, Bella 15	
26.282 (26.282)	53.286 (27.004)	1:18.852 (25.566)
1:45.208 (26.357)		
3 GLS Speed TC	B	1:45.24 6
1) #368 Manago, D'Yanni 15	2) #362 Fotinatos, Mila 15	
3) #376 Rodriguez, Emily 14	4) #373 Nettles, Sabina 15	
23.626 (23.626)	52.163 (28.538)	1:18.751 (26.588)
1:45.237 (26.486)		
4 The Inner Circle	B	1:45.33 5
1) #761 Segerholt, Freja 15	2) #751 Marshall, Eliisa 16	
3) #762 Tillman, Simone 16	4) #752 McAuliffe, Hanna 16	
25.314 (25.314)	53.651 (28.337)	1:19.526 (25.876)
1:45.330 (25.804)		
5 Stumptown Track Club	A	1:48.02 4
1) #706 Rinehart, Alivia 16	2) #704 Eddy, Carmen	
3) #707 Sempf, Ally 16	4) #709 Zetooney, Brooke 17	
26.672 (26.672)	55.161 (28.490)	1:22.102 (26.941)
1:48.015 (25.914)		

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

6	Bolt Track and Field	A	1:50.53	3
1)	#215 Martinez, Stella 16	2)	#218 Winkler, Grace 17	
3)	#214 Ivanova, Gabriella 17	4)	#217 Seelhoff, Ella 16	
	26.582 (26.582)		55.055 (28.473)	1:23.886 (28.832)
	1:50.528 (26.642)			
7	The Inner Circle	C	1:50.56	2
1)	#763 Tsai, Ella 14	2)	#744 Fisher, Ella 16	
3)	#738 Bakke, Kyra 16	4)	#747 Hardy, Rachel 16	
	26.483 (26.483)		54.980 (28.498)	1:23.567 (28.587)
	1:50.560 (26.994)			
8	SPOKANE SPEED ACAI	A	1:52.18	1
1)	#635 Gering, Ashley 14	2)	#651 Ritter, Makenna 15	
3)	#654 Spencer, Marley 15	4)	#636 Harmer, Jordis 16	
	26.761 (26.761)		56.239 (29.478)	1:23.874 (27.635)
	1:52.178 (28.304)			
9	The Inner Circle	D	1:52.74	
1)	#739 Balensifer, Tayanah 15	2)	#764 Vedomske, Caroline 15	
3)	#741 Brintnall, Campbell 15	4)	#757 Rice-Whittingham, Kat	
	28.555 (28.555)		57.442 (28.888)	1:25.220 (27.778)
	1:52.738 (27.518)			
10	Rose City Striders	A	1:53.32	
1)	#568 Stockton, Willa 15	2)	#561 helprin, Lola 14	
3)	#566 Rainbird, Paikea 16	4)	#556 Campbell, Amelia	
	25.620 (25.620)		55.543 (29.924)	1:24.116 (28.573)
	1:53.313 (29.198)			
11	Fliers	A	1:53.74	
1)	#327 Diaz Jurado, Alanys 15	2)	#331 Rankin, Kaela 16	
3)	#334 Williams, Kayla 15	4)	#325 Bond, Hayli 15	
	26.994 (26.994)		58.542 (31.548)	1:26.871 (28.329)
	1:53.737 (26.866)			
12	The Inner Circle	E	1:54.22	
1)	#758 Rosenbaum, Abigail 14	2)	#743 Cirugeda Botella, Luna	
3)	#746 Greenspan, Abby 16	4)	#750 Kirkland, Psalm 15	
	27.031 (27.031)		56.430 (29.400)	1:25.870 (29.440)
	1:54.211 (28.341)			
13	Bozeman Track Club	A	1:55.66	
1)	#252 Miller, Ella 16	2)	#245 Axtman, Zoe 16	
3)	#254 Saunders, Echo 17	4)	#250 Jones, Scotland 14	
	28.077 (28.077)		59.688 (31.612)	1:28.872 (29.184)
	1:55.659 (26.787)			
14	Cascade Striders	A	1:57.11	
1)	#285 Hoe, Miki 14	2)	#287 Merino, Cherish 13	
3)	#283 Davis, Sloane 14	4)	#281 Cooper, Norah 13	
	27.011 (27.011)		58.693 (31.683)	1:28.602 (29.909)
	1:57.110 (28.508)			
15	Flathead Hig	A	1:57.68	
1)	#320 Wride, Afton	2)	#319 Wilson, Josie	
3)	#318 Rumsey Eash, Lilli	4)	#316 Conan, Mikenna	
	27.352 (27.352)		58.703 (31.352)	1:29.577 (30.874)
	1:57.678 (28.101)			
16	SPOKANE SPEED ACAI	B	2:01.31	
1)	#624 Anselmo, Josie 16	2)	#623 Anderson, Fiona 13	
3)	#632 Deakins, Samantha 15	4)	#640 Lawrence, Brooklyn 15	
	28.741 (28.741)		1:01.457 (32.716)	1:33.451 (31.994)
	2:01.301 (27.850)			

Finals ... (Event 28 Girls 4x200 Meter Relay High School)

Team		Relay	Finals
17	Rose City Striders	B	2:04.44
1) #569 Verna, Amelia 17		2) #562 Jendritzka, Carly 13	
3) #565 Negovetic, Zoe 16		4) #555 Ashmore, Hana 15	
28.943 (28.943)		59.889 (30.947)	1:34.588 (34.699)
2:04.437 (29.849)			
---	GLS Speed TC	A	DQ
1) #361 Cole, Journey 15		2) #369 Manley, Quinn 16	
3) #375 Pittman, Sena 16		4) #364 Hudacsko, Elaine 16	
22.701 (22.701)		1:01.246 (38.545)	1:26.852 (25.607)
1:52.306 (25.454)			

Event 29 Boys 4x200 Meter Relay High School

Podium HS: 1:25.29 1 1/15/2023 GLS Speed TC

D. Davis, G. Buckmiller, J. Moffitt, T. Floyd

Team	Relay	Finals
Finals		
1 GLS Speed TC	B	1:29.62 10
1) #385 Davis, Mason 16	2) #395 Miller, Dallas 17	
3) #391 James, Dean 17	4) #401 Streufert, Max 17	
21.030 (21.030)	44.812 (23.783)	1:07.188 (22.376)
1:29.617 (22.429)		
2 SPOKANE SPEED ACAC	A	1:30.17 8
1) #669 Dewey, Cameron 16	2) #658 Alexander, Nikko 15	
3) #686 Munteanu, Alex 17	4) #688 Newman, Isaiah 15	
20.578 (20.578)	45.505 (24.927)	1:07.924 (22.419)
1:30.162 (22.238)		
3 The Inner Circle	A	1:30.78 6
1) #788 Widdows, Joshua 17	2) #783 Russak, John 16	
3) #765 Avalos, Matthew 16	4) #775 Judd, Stephen 16	
22.082 (22.082)	45.240 (23.158)	1:08.098 (22.858)
1:30.774 (22.676)		
4 Ready-Set-Go	A	1:30.93 5
1) #540 Preau, Amare 16	2) #539 Leak, Porter 15	
3) #535 Daughters, Tegan 16	4) #537 Johnson, Dylan 15	
21.128 (21.128)	45.542 (24.415)	1:07.523 (21.981)
1:30.924 (23.401)		
5 Unattached-HSTC	A	1:30.98 4
1) #452 Lewis, Donavyn 16	2) #455 Works-Wright, Chad 15	
3) #454 Smallwood, Jaylyn 13	4) #448 Avery, Micah	
21.804 (21.804)	45.093 (23.289)	1:08.288 (23.196)
1:30.978 (22.690)		
6 Ultimate Spe	A	1:32.33 3
1) #807 Altman, Matthew	2) #820 Smith, Grant 14	
3) #816 Kurland, Baron	4) #815 Heath, Braden	
20.891 (20.891)	45.654 (24.763)	1:08.914 (23.261)
1:32.329 (23.415)		
7 Rose City Striders	A	1:32.65 2
1) #592 Schnell, Max 16	2) #588 Normington, Nick 14	
3) #582 Hawthorne, Antoin	4) #598 Wood, Peyton 15	
20.692 (20.692)	46.653 (25.962)	1:10.447 (23.794)
1:32.650 (22.204)		

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

8	The Inner Circle	B	1:32.68	1
	1) #769 Donnelly, Joseph 14	2) #770 Ezell-Rojas, Keoni 16		
	3) #778 Kopplin, Kai 14	4) #777 Klopac, Andrew 15		
	22.268 (22.268)	47.357 (25.090)	1:10.303 (22.946)	
	1:32.671 (22.368)			
9	Ultimate Spe	B	1:34.57	
	1) #933 Byrd, Hudson	2) #808 Bauman, Jalen 15		
	3) #810 Best, Colin	4) #818 Prasad, Eddie		
	21.843 (21.843)	45.354 (23.511)	1:08.787 (23.434)	
	1:34.568 (25.781)			
10	Bozeman Track Club	A	1:34.77	
	1) #271 Nash, John 16	2) #267 Kadillak, Lucas 15		
	3) #268 Kamps, Louis 15	4) #272 Patterson, Osker 17		
	23.434 (23.434)	48.956 (25.522)	1:11.834 (22.878)	
	1:34.737 (22.904)			
11	SPOKANE SPEED ACAI	C	1:35.33	
	1) #683 Moore, Orlando 16	2) #664 Cooper, Zachary 16		
	3) #674 Garcia-Isabelli, Adrian	4) #668 Davis, Kimoni 17		
	23.126 (23.126)	47.387 (24.262)	1:11.635 (24.248)	
	1:35.323 (23.688)			
12	The Inner Circle	C	1:35.68	
	1) #782 Reiter, Henry 15	2) #787 Tolliver, Kaeden 15		
	3) #772 Hernandez, Saul 17	4) #774 Jackson, Edrees 16		
	23.768 (23.768)	47.526 (23.758)	1:12.401 (24.876)	
	1:35.674 (23.273)			
13	The Inner Circle	D	1:36.17	
	1) #766 Chavez-Long, Marcos	2) #781 Peterson, Logan 15		
	3) #773 Insko, Noah 14	4) #784 Sauer, Aidan 14		
	23.512 (23.512)	48.756 (25.244)	1:12.178 (23.422)	
	1:36.166 (23.989)			
14	Rose City Striders	B	1:38.39	
	1) #594 Stevenson-Harjo, Frank	2) #571 Akita, Nick 14		
	3) #573 Barrett, Solomon 14	4) #576 Currier, Quentin 16		
	22.898 (22.898)	50.320 (27.422)	1:14.615 (24.296)	
	1:38.383 (23.768)			
15	Rose City Striders	C	1:41.35	
	1) #597 Waineo, Seth 16	2) #577 DuVivier, Noah 16		
	3) #572 Aslaksen, Leo	4) #583 Jensen, Makhai 15		
	24.335 (24.335)	52.117 (27.782)	1:16.340 (24.224)	
	1:41.346 (25.006)			
16	SPOKANE SPEED ACAI	A	1:45.19	
	1) #675 Gering, Jacob 13	2) #670 Dicus, Holden 13		
	3) #678 Kilgore, Drew 13	4) #701 Woods, Mason 13		
	25.329 (25.329)	52.809 (27.481)	1:18.623 (25.814)	
	1:45.190 (26.567)			
---	GLS Speed TC	A	DQ	
	1) #390 Ford, Isaac 16	2) #389 Ford, Evin 16		
	3) #388 Flint, Sutton 15	4) #403 Witherspoon III, Reggi		
	20.528 (20.528)	44.437 (23.909)	1:05.897 (21.460)	
	1:27.469 (21.572)			
---	Unattached	A	DQ	
	1) #850 Corpuz, Alvic	2) #887 Thornton, Blake		
	3) #888 Thornton, Brandon	4) #876 Mohon, Carsen 14		
	24.267 (24.267)	48.081 (23.814)	1:11.517 (23.436)	
	1:35.036 (23.520)			

Finals ... (Event 29 Boys 4x200 Meter Relay High School)

Team	Relay	Finals
---	Stumptown Track Club	A DQ
1) #724 Schwaderer, Christian	2) #712 Barinowski, Ryder	
3) #721 Miller, Christian 16	4) #727 Zetooney, Riley 16	
22.110 (22.110)	47.772 (25.662)	1:17.798 (30.026)
1:41.915 (24.117)		
---	Bolt Track and Field	A DQ
1) #224 Lorig, Jason 16	2) #226 Schimmel, Kurt 17	
3) #223 Hundrup, Corbin 15	4) #228 Seitz, Max 17	
21.006 (21.006)	47.401 (26.396)	1:11.076 (23.676)
1:34.049 (22.973)		

Event 30 Girls Long Jump High School

Podium HS: 6.18m 1 1/15/2023 Sophia Beckmon

Name	Age	School	Finals
Finals			
1 #542 Baker, Braelyn	17	Redmond Spri	5.58m 10
2 #366 Khan, Aaliyah	15	GLS Speed TC	5.47m 8
3 #167 Ford, Faizah	16	37-Unattache	5.46m 6
4 #738 Bakke, Kyra	16	The Inner Ci	5.23m 5
5 #361 Cole, Journey	15	GLS Speed TC	5.21m 4
6 #757 Rice-Whittingham, K	16	The Inner Ci	5.16m 3
7 #755 Patton, Addison	15	The Inner Ci	5.06m 2
8 #334 Williams, Kayla	15	Fliers	4.94m 1
9 #125 Cates, Tamia	16	35-Unattache	4.88m
10 #373 Nettles, Sabina	15	GLS Speed TC	4.81m
11 #378 Sylve, Brooklynne	16	GLS Speed TC	4.78m
12 #894 Bradford, Italia	16	Valley Flash	4.77m
13 #747 Hardy, Rachel	16	The Inner Ci	4.70m
14 #365 Jimenez, Matea	16	GLS Speed TC	4.63m
15 #249 Fritz, Zoey	16	Bozeman Trac	4.60m
16 #289 Okoronkwo, Leynna	14	Cascade Stri	J4.60m
17 #758 Rosenbaum, Abigail	14	The Inner Ci	J4.60m
18 #190 Perry, Ja'Kieya	15	Acceleration	4.55m
19 #566 Rainbird, Paikea	16	Rose City St	4.42m
20 #418 Sund, Adela	14	Helena Novas	J4.42m
21 #750 Kirkland, Psalm	15	The Inner Ci	4.36m
22 #216 Riskin, Ruby	16	Bolt Track a	4.35m
23 #544 Fleenor, Keira	16	Redmond Spri	J4.35m
24 #333 Wayne, Neiyonne	16	Fliers	4.33m
25 #367 Khan, Alisha	13	GLS Speed TC	J4.33m
26 #188 Hobart, Dawn		Acceleration	4.30m
27 #705 Hussion, Courtney		Stumptown Tr	4.24m
28 #306 Flaten, Aizalyn	15	Electric Cit	4.23m
29 #634 Flaig, Megan	17	SPOKANE SPEE	4.17m
30 #604 Arison, Braylyn	14	Sierra Footh	4.14m
31 #742 Brintnall, Tatum	17	The Inner Ci	4.13m
32 #488 Villegas, Chenoa	15	Mission Moun	3.89m
33 #281 Cooper, Norah	13	Cascade Stri	3.79m
34 #351 Rivas, Tatiana	16	Ford Sports	3.73m
35 #763 Tsai, Ella	14	The Inner Ci	3.69m

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Event 31 Boys Long Jump High School

Podium HS: 6.97m 1 1/15/2023 Branden Ganashamoorthy

Name	Age	School	Finals
Finals			
1 #134 Cates, Tomeko	16	35-Unattache	6.66m 10
2 #231 Zhmailo, Yevhen	14	Bolt Track a	6.61m 8
3 #769 Donnelly, Joseph	14	The Inner Ci	6.60m 6
4 #718 Krack, Carson	16	Stumptown Tr	6.57m 5
5 #715 Bliven, Ben		Stumptown Tr	6.45m 4
6 #390 Ford, Isaac	16	GLS Speed TC	6.42m 3
7 #398 Singletary, Jeshua		GLS Speed TC	6.30m 2
8 #768 Craft, Tyler	17	The Inner Ci	6.23m 1
9 #207 Morrison, Calder	17	Black Star A	6.12m
10 #724 Schwaderer, Christia		Stumptown Tr	6.10m
11 #383 Cari, Coby-Jude		GLS Speed TC	5.98m
12 #513 Tuinstra, Nathan	17	Mountain Wes	5.96m
13 #737 Temple Jr, Justin	16	Team Blackou	5.91m
14 #820 Smith, Grant	14	Ultimate Spe	5.86m
15 #266 Johnson, Gabe	17	Bozeman Trac	5.85m
16 #224 Lorig, Jason	16	Bolt Track a	5.81m
17 #776 Kirkland, Asa	14	The Inner Ci	5.78m
18 #554 Piepkorn, Cameron	16	Redmond Spri	5.77m
19 #691 Reed, Joshua	16	SPOKANE SPEE	5.75m
20 #576 Currier, Quentin	16	Rose City St	5.72m
21 #916 Smith, Danner	17	Valley Flash	5.54m
22 #585 Levin, Rio	16	Rose City St	5.48m
23 #817 Linkfield, Otis		Ultimate Spe	J5.48m
24 #262 Duncan, Asa	17	Bozeman Trac	5.44m
25 #393 Kushal, Siarhei	14	GLS Speed TC	5.39m
26 #223 Hundrup, Corbin	15	Bolt Track a	5.35m
27 #915 Smith, Canyon	16	Valley Flash	5.25m
28 #860 Hayes, Logan		Unattached	5.24m
29 #186 Hurtubise, Hayden	14	57-Unattache	5.02m
30 #205 Jordan, James	16	Black Star A	4.61m
--- #767 Cirioli, Jude	17	The Inner Ci	FOUL
--- #787 Tolliver, Kaeden	15	The Inner Ci	FOUL

Event 32 Girls Shot Put Middle School

Podium HS: 9.25m 1 3/2/2024 Madeline Cunningham

Name	Age	School	Finals
Finals			
1 #826 Cunningham, Madeli	13	Unattached	9.25m1 10
2 #892 Atkins, Ishana	12	Valley Flash	7.24m 8
3 #470 Steinbach, Trinity	13	Iron Wood TC	7.18m 6
4 #472 Tidd, Savannah		Iron Wood TC	6.50m 5
5 #503 Shepherd, Caroline	10	Mountain Wes	6.05m 4
--- #481 Cottet, Olivia	12	Mission Moun	FOUL

Event 33 Girls Pole Vault High School

Podium HS: 4.50m 1 2/27/2022 Amanda Moll

Name	Age	School	Finals
Finals			
1 #152 Spitzley, Victoria	16	36-Unattache	3.92m 10
2 #185 Hurtubise, Mackenzi	15	57-Unattache	3.77m 8
3 #124 Allen, Landry	16	35-Unattache	J3.77m 6

Finals ... (Event 33 Girls Pole Vault High School)

Name	Age	School	Finals
4 #164 Anderson, Alexa	16	37-Unattache	3.62m 5
5 #146 Gessel, Avery	15	36-Unattache	3.47m 4
6 #101 Anderson, Landrie	16	31-Unattache	J3.47m 3
7 #102 Dvorak, Alexis	16	31-Unattache	3.32m 2
8 #143 Armstrong, Effie	15	36-Unattache	J3.32m 1
9 #127 Davidson, Kennady	13	35-Unattache	J3.32m
10 #303 Anderson, Kirsten	16	Columbia Vau	3.17m
11 #417 Skogen, Reghan	16	Helena Novas	J3.17m
12 #623 Anderson, Fiona	13	SPOKANE SPEE	J3.17m
13 #624 Anselmo, Josie	16	SPOKANE SPEE	3.02m
13 #649 Pike, Sydney	17	SPOKANE SPEE	3.02m
15 #640 Lawrence, Brooklyn	15	SPOKANE SPEE	J3.02m
15 #798 Ballew, Berit		Ultimate Spe	J3.02m
17 #703 Barnes, Breanna	15	Stumptown Tr	J3.02m
18 #632 Deakins, Samantha	15	SPOKANE SPEE	2.87m
19 #739 Balensifer, Tayanah	15	The Inner Ci	J2.87m
20 #621 Akre, Lacy	15	SPOKANE SPEE	2.57m
21 #151 Spitzley, Alessandra	16	36-Unattache	2.42m
21 #733 Husarik, Lilia	14	Team Blackou	2.42m
21 #467 Minette, Kara	16	Iron Wood TC	2.42m
24 #257 Stewart, Sophia	16	Bozeman Trac	J2.42m
25 #642 Mallo, Olivia	15	SPOKANE SPEE	2.27m
26 #254 Saunders, Echo	17	Bozeman Trac	J2.27m
27 #653 Shammo, Ella	14	SPOKANE SPEE	2.12m
28 #644 Metge, Rachel	15	SPOKANE SPEE	1.97m
--- #622 amen, Olivia	17	SPOKANE SPEE	NH
--- #625 Bloom, Ophelia	16	SPOKANE SPEE	NH

Event 34 Boys Shot Put Middle School

Podium HS: 12.02m 1 3/2/2024 Griffin R. Carpenter

Name	Age	School	Finals
Finals			
1 #133 Carpenter, Griffin R.	13	Carpenter Tr	12.02m1 10
2 #476 Minette, Maximus	13	Iron Wood TC	11.86m 8
3 #612 Harrington, Jackson	10	Spokane Athl	6.67m 6
4 #904 Bradford, Kinring	12	Valley Flash	6.43m 5

Event 35 Boys Shot Put High School

Podium HS: 17.95m 1 3/4/2023 Javen Livas

Name	Age	School	Finals
Finals			
1 #270 Murray, Jack	16	Bozeman Trac	15.67m 10
2 #473 Chase, Bryson	15	Iron Wood TC	14.52m 8
3 #478 Steinbach, Joseph	16	Iron Wood TC	14.45m 6
4 #134 Cates, Tomeko	16	35-Unattache	14.06m 5
5 #263 Fetterman, Jordan	16	Bozeman Trac	13.71m 4
6 #155 Falor, Hayden	17	36-Unattache	12.90m 3
7 #702 Schwab, Conner	15	Iron Wood TC	12.46m 2
8 #914 Sessions Jr., Adam	16	Valley Flash	12.20m 1
9 #915 Smith, Canyon	16	Valley Flash	11.83m
10 #474 Cunningham Ramire	16	Iron Wood TC	11.53m
11 #916 Smith, Danner	17	Valley Flash	11.33m
12 #321 Darsaw, Landon		Flathead Hig	9.55m
13 #714 Barrile, Anderson		Stumptown Tr	9.37m

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

14	#489 Wyena, Patrick	13	Mission Moun	9.32m
---	#269 McGrath, Riley	14	Bozeman Trac	FOUL

Event 36 Girls High Jump High School

Podium HS: 1.80m 1 2/27/2022 JaiCienna Gero-Holt

Name	Age	School	Finals
Finals			
1 #738 Bakke, Kyra	16	The Inner Ci	1.66m 10
2 #756 Phillips, Catherine	15	The Inner Ci	J1.66m 8
3 #562 Jendritza, Carly	13	Rose City St	1.56m 6
4 #739 Balensifer, Tayanah	15	The Inner Ci	J1.56m 5
5 #373 Nettles, Sabina	15	GLS Speed TC	J1.56m 4
6 #896 Flanagan, Karolina	14	Valley Flash	J1.56m 3
7 #824 Cassetto, Jordan		Unattached	1.46m 1.5
7 #185 Hurtubise, Mackenzi	15	57-Unattache	1.46m 1.5
9 #793 Moreau, Evelyn	17	Tri City Thu	J1.46m
9 #467 Minette, Kara	16	Iron Wood TC	J1.46m
11 #746 Greenspan, Abby	16	The Inner Ci	J1.46m
12 #348 Brandt, Elsa	15	Flop House H	1.41m
12 #246 Black, Anita	15	Bozeman Trac	1.41m
12 #128 Depew, Adalyn	13	35-Unattache	1.41m
15 #217 Seelhoff, Ella	16	Bolt Track a	J1.41m
15 #214 Ivanova, Gabriella	17	Bolt Track a	J1.41m
17 #750 Kirkland, Psalm	15	The Inner Ci	J1.41m
17 #755 Patton, Addison	15	The Inner Ci	J1.41m
19 #761 Segerholt, Freja	15	The Inner Ci	1.36m
19 #257 Stewart, Sophia	16	Bozeman Trac	1.36m
21 #822 Alsept, Kylie	15	Unattached	J1.36m
22 #705 Hussion, Courtney		Stumptown Tr	1.31m
23 #625 Bloom, Ophelia	16	SPOKANE SPEE	1.26m
---	#831 Lemley, Daisy	17	Unattached NH

Event 37 Girls Long Jump Middle School

Podium HS: 5.03m 1 3/2/2024 Addie Miller

Name	Age	School	Finals
Finals			
1 #753 Miller, Addie	12	The Inner Ci	5.03m1 10
2 #199 Williams, Olivia	12	Black Star A	4.83m 8
3 #901 Racicot, Kennedy	11	Valley Flash	4.53m 6
4 #892 Atkins, Ishana	12	Valley Flash	4.48m 5
5 #456 Smith, Lauren	12	Idaho Dash T	J4.48m 4
6 #760 Scott, Olivia	11	The Inner Ci	4.41m 3
7 #599 Miller, Reagan	12	Ruby Jewell	4.32m 2
8 #898 Leong, Tegan	12	Valley Flash	3.72m 1
9 #371 Morton, Alexis	12	GLS Speed TC	3.67m
10 #484 Lapotka, Cora	13	Mission Moun	3.29m
11 #372 Morton, Ariella	11	GLS Speed TC	3.08m
12 #503 Shepherd, Caroline	10	Mountain Wes	2.87m

Event 38 Boys Long Jump Middle School

Podium HS: 5.42m 1 3/2/2024 alexsander Arrieta

Name	Age	School	Finals
Finals			
1 #794 Arrieta, alexsander	13	Tri City Thu	5.42m1 10
2 #902 Barker, Toby	12	Valley Flash	4.69m 8
3 #203 Jackson, Gael	11	Black Star A	4.59m 6

Finals ... (Event 38 Boys Long Jump Middle School)

Name	Age	School	Finals
4 #908 Delay, Fischer	12	Valley Flash	4.24m 5
5 #904 Bradford, Kinring	12	Valley Flash	4.01m 4

Event 39 Girls Shot Put High School

Podium HS: 12.63m 1 3/2/2024 Tesse Kamps

Name	Age	School	Finals
Finals			
1 #251 Kamps, Tesse	16	Bozeman Trac	12.63m1 10
2 #828 Hillis, Maggie		Unattached	12.40m 8
3 #728 DeVincenzi, Avery	17	SuperThrower	11.46m 6
4 #827 Drake, Elise	16	Unattached	10.74m 5
5 #831 Lemley, Daisy	17	Unattached	10.23m 4
6 #466 Hutton, Camille		Iron Wood TC	10.10m 3
7 #471 Stinebaugh, Cale		Iron Wood TC	9.53m 2
8 #465 Huhmann, Claire		Iron Wood TC	8.44m 1
9 #464 Bewick, Melody		Iron Wood TC	8.42m
10 #894 Bradford, Italia	16	Valley Flash	J8.42m
11 #468 Moore, Eve		Iron Wood TC	7.97m
12 #899 Miner, Maddilyn	16	Valley Flash	7.68m
13 #893 Bradford, Adria	14	Valley Flash	7.10m
14 #488 Villegas, Chenoa	15	Mission Moun	6.52m
15 #249 Fritz, Zoey	16	Bozeman Trac	5.97m
---	#757 Rice-Whittingham, K	16	The Inner Ci FOUL

Event 40 Boys Pole Vault High School

Podium HS: 4.75m 1 12/11/2022 Landon Helms

Name	Age	School	Finals
Finals			
1 #117 O'Toole, Evan	17	31-Unattache	4.70m 10
2 #928 Worthy, Kyle	17	SPOKANE SPEE	J4.70m 8
3 #696 Strawn, Andrew	17	SPOKANE SPEE	4.25m 6
4 #720 Mahar, Michael	16	Stumptown Tr	4.10m 5
5 #112 Jamieson, Jake	17	31-Unattache	J4.10m 3.5
5 #161 Michael, Jonas	16	36-Unattache	J4.10m 3.5
7 #723 Olivier, Trevin		Stumptown Tr	J4.10m 2
8 #131 Andre-Van Lith, Kay	15	35-Unattache	3.65m 0.3
8 #259 Baldry, Noah	16	Bozeman Trac	3.65m 0.3
8 #262 Duncan, Asa	17	Bozeman Trac	3.65m 0.3
11 #142 Worby, Thomas	15	35-Unattache	3.50m
12 #879 Opre, Cole	15	Unattached	3.05m
13 #528 Hvidston, Tyler	13	Penticton Tr	2.90m
13 #698 Uladymtsau, Raman	15	SPOKANE SPEE	2.90m
---	#860 Hayes, Logan	Unattached	NH
---	#725 Steurer, Henry	Stumptown Tr	NH

Event 41 Boys High Jump High School

Podium HS: 2.02m 1 3/2/2024 Tomeko Cates

Name	Age	School	Finals
Finals			
1 #134 Cates, Tomeko	16	35-Unattache	2.02m1 10
2 #716 Dolezal, Jacob	16	Stumptown Tr	1.97m 8
3 #659 Alsept, Richard	17	SPOKANE SPEE	1.92m 5.5
3 #349 Lawson, Teagan	16	Flop House H	1.92m 5.5
5 #135 Culler, Aaron	16	35-Unattache	J1.92m 4

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

6	#111 Henderson, Sam	15	31-Unattache	J1.92m	3
7	#137 Gutzwiler, Brandon	17	35-Unattache	1.87m	2
8	#718 Krack, Carson	16	Stumptown Tr	1.77m	1
9	#845 Bernhart, Hunter	16	Unattached	J1.77m	
10	#266 Johnson, Gabe	17	Bozeman Trac	1.72m	
11	#301 Triplett, Myles	15	Cascade Stri	J1.72m	
12	#768 Craft, Tyler	17	The Inner Ci	1.62m	

Event 42 Girls 300 Meter Dash Middle School

Podium HS: 45.90 1 3/3/2024 Lourdes Mitchell					
Name		Age	School	Finals	
Finals					
1	#288 Mitchell, Lourdes	12	Cascade Stri	45.901	10
	45.897 (45.897)				
2	#613 Freese, Lorelai	11	Spokane Merc	47.89	8
	47.887 (47.887)				
3	#279 Clouse, Audrey	10	Cascade Stri	48.11	6
	48.103 (48.103)				
4	#129 Schwarz, Malya	12	35-Unattache	49.10	5
	49.091 (49.091)				
5	#411 Kauffman, Nara	11	Helena Novas	52.40	4
	52.395 (52.395)				

Event 44 Girls 300 Meter Dash High School

Podium HS: 37.63 1 3/3/2024 Braelyn Baker					
Name		Age	School	Finals	
Finals					
1	#542 Baker, Braelyn	17	Redmond Spri	37.631	10
	37.626 (37.626)				
2	#800 Donelson, Josie	16	Ultimate Spe	37.86	8
	37.858 (37.858)				
3	#364 Hudacsko, Elaine	16	GLS Speed TC	40.37	6
	40.363 (40.363)				
4	#350 Balousek, Lauren	13	Ford Sports	42.49	5
	42.481 (42.481)				
5	#218 Winkler, Grace	17	Bolt Track a	43.34	4
	43.340 (43.340)				
6	#360 Brouillard, Madelein	15	GLS Speed TC	43.38	3
	43.371 (43.371)				
7	#706 Rinehart, Alivia	16	Stumptown Tr	43.66	2
	43.655 (43.655)				
8	#368 Manago, D'Yanni	15	GLS Speed TC	43.83	1
	43.827 (43.827)				
9	#215 Martinez, Stella	16	Bolt Track a	44.02	
	44.016 (44.016)				
10	#744 Fisher, Ella	16	The Inner Ci	44.43	
	44.422 (44.422)				
11	#548 Schneider, Julia	14	Redmond Spri	44.43	
	44.428 (44.428)				
12	#546 Miele, Sophia	15	Redmond Spri	44.83	
	44.821 (44.821)				
13	#320 Wride, Afton		Flathead Hig	45.05	
	45.045 (45.045)				
14	#363 Guggino, Zoe	16	GLS Speed TC	45.25	
	45.246 (45.246)				

Finals ... (Event 44 Girls 300 Meter Dash High School)				
Name		Age	School	Finals
15	#633 Enser, Teagan	13	SPOKANE SPEE	45.88
	45.877 (45.877)			
16	#285 Hoe, Miki	14	Cascade Stri	46.04
	46.032 (46.032)			
17	#281 Cooper, Norah	13	Cascade Stri	46.37
	46.362 (46.362)			
18	#292 Simms, Ariana	14	Cascade Stri	46.65
	46.642 (46.642)			
19	#733 Husarik, Lilia	14	Team Blackou	46.88
	46.877 (46.877)			
20	#657 Williams, Mikaila	16	SPOKANE SPEE	46.95
	46.948 (46.948)			
21	#545 Lam, Kiara	16	Redmond Spri	47.30
	47.298 (47.298)			
22	#491 Nofziger, Rachel	13	Moses Lake A	47.41
	47.404 (47.404)			
23	#604 Arison, Braylyn	14	Sierra Footh	47.66
	47.653 (47.653)			
24	#289 Okoronkwo, Leynna	14	Cascade Stri	47.88
	47.879 (47.879)			
25	#287 Merino, Cherish	13	Cascade Stri	49.14
	49.140 (49.140)			
26	#605 Radhakrishnan, Shriy	15	Sierra Footh	49.46
	49.454 (49.454)			
27	#565 Negovetic, Zoe	16	Rose City St	49.63
	49.621 (49.621)			
28	#929 Cross, Calla	13	Ultimate Spe	51.19
	51.189 (51.189)			
29	#560 Graff, Sarah	14	Rose City St	52.55
	52.547 (52.547)			
30	#490 Dietmeyer, Jaedynn	15	Moses Lake A	54.17
	54.162 (54.162)			
---	#374 Newman, Eloise	15	GLS Speed TC	DQ
	42.920 (42.920)			
---	#555 Ashmore, Hana	15	Rose City St	DQ
	49.012 (49.012)			

Event 45 Boys 300 Meter Dash High School

Podium HS: 34.77 1 3/3/2024 Sutton Flint				
Name		Age	School	Finals
Finals				
1	#388 Flint, Sutton	15	GLS Speed TC	34.771 10
	34.762 (34.762)			
2	#889 Waletich, Andrew	16	Unattached	35.30 8
	35.294 (35.294)			
3	#222 Hartshorn, Findlay	15	Bolt Track a	36.17 6
	36.170 (36.170)			
4	#711 Anderson, Ethan	16	Stumptown Tr	36.24 5
	36.233 (36.233)			
5	#228 Seitz, Max	17	Bolt Track a	36.25 4
	36.245 (36.245)			
6	#669 Dewey, Cameron	16	SPOKANE SPEE	36.42 3
	36.413 (36.413)			

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

7	#550 Chu, Austin	16	Redmond Spri	36.56	2
	36.557 (36.557)				
8	#394 MacDonald, Aidan	15	GLS Speed TC	36.56	1
	36.558 (36.558)				
9	#694 Scott, Alexander	17	SPOKANE SPEE	36.60	
	36.598 (36.598)				
10	#381 Balzarini, Ty (Noah)		GLS Speed TC	36.62	
	36.613 (36.613)				
11	#397 Morton, Aiden	13	GLS Speed TC	36.92	
	36.913 (36.913)				
12	#219 Davis, Alexander	16	Bolt Track a	37.13	
	37.122 (37.122)				
13	#515 Weltzien, Corbin	16	Mountain Wes	37.13	
	37.124 (37.124)				
14	#795 Kinteh, Modou	17	Tri City Thu	37.23	
	37.221 (37.221)				
15	#716 Dolezal, Jacob	16	Stumptown Tr	37.40	
	37.394 (37.394)				
16	#881 Perrin, Whittaker	15	Unattached	38.14	
	38.140 (38.140)				
17	#869 Li, Siqi	16	Unattached	38.34	
	38.333 (38.333)				
18	#384 Carta, Kason	14	GLS Speed TC	38.56	
	38.553 (38.553)				
19	#781 Peterson, Logan	15	The Inner Ci	38.66	
	38.652 (38.652)				
20	#220 Figueira, Felipe	14	Bolt Track a	38.78	
	38.780 (38.780)				
21	#553 Meikle, Chase		Redmond Spri	39.18	
	39.178 (39.178)				
22	#338 Castaneda, Yonathan	16	Fliers	39.43	
	39.425 (39.425)				
23	#301 Triplett, Myles	15	Cascade Stri	39.61	
	39.609 (39.609)				
24	#594 Stevenson-Harjo, Fr	14	Rose City St	39.82	
	39.819 (39.819)				
25	#507 Bowen, Carsten		Mountain Wes	39.83	
	39.822 (39.822)				
26	#528 Hvidston, Tyler	13	Penticton Tr	39.95	
	39.942 (39.942)				
27	#347 Soeum, Payton	15	Fliers	40.29	
	40.283 (40.283)				
28	#380 Andersen, Esben		GLS Speed TC	40.59	
	40.582 (40.582)				
29	#493 Bingham, Noah	16	Moses Lake A	41.52	
	41.519 (41.519)				
30	#298 Minnis, Braylon	13	Cascade Stri	42.42	
	42.411 (42.411)				
31	#296 Flint, Brighton	12	Cascade Stri	45.78	
	45.780 (45.780)				

Event 46 Girls 1 Mile Run Middle School

Podium HS: 5:36.05 1 3/3/2024 Lorelai Freese

Name	Age	School	Finals
Finals			
1 #613 Freese, Lorelai	11	Spokane Merc	5:36.05 10
41.132 (41.132)	1:24.808 (43.676)	2:07.893 (43.086)	
2:51.530 (43.638)	3:35.399 (43.869)	4:18.662 (43.263)	
5:01.366 (42.705)	5:36.050 (34.684)		
2 #483 Delaney, Quinn	12	Mission Moun	5:38.78 8
40.726 (40.726)	1:25.090 (44.364)	2:08.248 (43.159)	
2:51.901 (43.653)	3:35.736 (43.835)	4:18.979 (43.244)	
5:01.896 (42.917)	5:38.771 (36.876)		
3 #516 Blanchard, Kalia	12	North Idaho	5:40.31 6
40.808 (40.808)	1:24.732 (43.924)	2:07.822 (43.091)	
2:51.484 (43.662)	3:35.017 (43.534)	4:18.248 (43.232)	
5:01.624 (43.376)	5:40.306 (38.682)		
4 #517 Howard, Victoria	11	North Idaho	5:42.43 5
40.798 (40.798)	1:24.840 (44.042)	2:07.914 (43.075)	
2:51.737 (43.823)	3:35.231 (43.494)	4:18.320 (43.090)	
5:01.769 (43.449)	5:42.428 (40.660)		
5 #486 Scott, Kimora	12	Mission Moun	5:47.46 4
41.146 (41.146)	1:25.452 (44.307)	2:08.279 (42.827)	
2:52.002 (43.724)	3:35.670 (43.668)	4:19.616 (43.946)	
5:04.606 (44.990)	5:47.452 (42.846)		
6 #529 Jones, Eleanor	10	Rain City Fl	5:51.15 3
41.400 (41.400)	1:25.186 (43.786)	2:08.242 (43.056)	
2:51.981 (43.740)	3:35.914 (43.934)	4:19.322 (43.408)	
5:04.414 (45.092)	5:51.145 (46.731)		
7 #501 Inabnit, Madison	12	Mountain Wes	5:56.66 2
44.860 (44.860)	1:30.243 (45.383)	2:17.760 (47.517)	
3:04.182 (46.422)	3:48.031 (43.850)	4:33.286 (45.256)	
5:17.895 (44.609)	5:56.660 (38.765)		
8 #839 Thiel, Ada	12	Unattached	6:04.04 1
42.636 (42.636)	1:26.072 (43.436)	2:11.478 (45.406)	
2:58.371 (46.894)	3:45.326 (46.956)	4:33.531 (48.205)	
5:20.769 (47.238)	6:04.034 (43.265)		
9 #837 Storm, Addisyn	13	Unattached	6:04.92
43.279 (43.279)	1:26.221 (42.942)	2:10.905 (44.684)	
2:57.933 (47.028)	3:45.838 (47.906)	4:34.853 (49.015)	
5:22.540 (47.688)	6:04.920 (42.380)		
10 #506 Walters, Peyton	14	Mountain Wes	6:06.02
44.550 (44.550)	1:29.966 (45.417)	2:17.432 (47.466)	
3:04.235 (46.804)	3:48.457 (44.222)	4:35.634 (47.178)	
5:22.343 (46.709)	6:06.011 (43.668)		
11 #317 Eash, Emery		Flathead Hig	6:06.65
42.400 (42.400)	1:26.209 (43.809)	2:11.864 (45.656)	
2:58.765 (46.901)	3:46.314 (47.550)	4:35.266 (48.952)	
5:22.882 (47.616)	6:06.646 (43.765)		
12 #652 Scharosch, Abigail	12	SPOKANE SPEE	6:14.09
43.130 (43.130)	1:27.470 (44.340)	2:15.233 (47.763)	
3:02.669 (47.436)	3:48.908 (46.240)	4:37.895 (48.987)	
5:27.312 (49.417)	6:14.088 (46.777)		

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

13	#614 Piper, Audrey	12	Spokane Merc	6:45.99
	44.210 (44.210)		1:29.721 (45.512)	2:19.233 (49.512)
	3:12.518 (53.286)		4:08.148 (55.630)	5:04.517 (56.370)
	6:00.350 (55.834)		6:45.988 (45.638)	
14	#256 Sebring, Elliot	11	Bozeman Trac	7:55.74
	47.688 (47.688)		1:43.536 (55.848)	2:45.213 (1:01.678)
	3:47.815 (1:02.602)		4:51.484 (1:03.669)	5:55.877 (1:04.394)
	6:59.174 (1:03.297)		8:27.34 (1:28.17)	

Event 47 Boys 1 Mile Run Middle School
Podium HS: 4:46.73 1 3/3/2024 Clayton Jero

Name	Age	School	Finals
Finals			
1	#175 Jero, Clayton	12	37-Unattache 4:46.731 10
	36.08 (36.08)		1:13.92 (37.84) 1:51.42 (37.50)
	2:27.27 (35.85)		3:02.99 (35.72) 3:40.09 (37.10)
	4:14.70 (34.61)		4:46.729 (32.04)
2	#520 Henry, Rowan	12	North Idaho 4:49.16 8
	36.23 (36.23)		1:14.09 (37.86) 1:51.67 (37.58)
	2:27.68 (36.01)		3:03.20 (35.52) 3:40.31 (37.11)
	4:14.85 (34.54)		4:49.158 (34.32)
3	#177 Kjorstad, Landon	13	37-Unattache 4:58.52 6
	35.97 (35.97)		1:13.67 (37.70) 1:51.56 (37.89)
	2:27.98 (36.42)		3:05.70 (37.72) 3:44.27 (38.57)
	4:22.15 (37.88)		4:58.518 (36.38)
4	#618 Julian, Cole	12	Spokane Merc 5:07.59 5
	36.58 (36.58)		1:15.33 (38.75) 1:54.56 (39.23)
	2:34.22 (39.66)		3:13.39 (39.17) 3:53.02 (39.63)
	4:32.53 (39.51)		5:07.584 (35.06)
5	#521 Howard, Blaise	13	North Idaho 5:09.18 4
	37.36 (37.36)		1:15.77 (38.41) 1:54.26 (38.49)
	2:33.49 (39.23)		3:12.89 (39.40) 3:53.60 (40.71)
	4:32.83 (39.23)		5:09.174 (36.36)
6	#274 Roehl, Brenden	13	Bryant Bandi 5:09.35 3
	37.44 (37.44)		1:15.35 (37.91) 1:55.04 (39.69)
	2:34.33 (39.29)		3:12.88 (38.55) 3:52.40 (39.52)
	4:31.93 (39.53)		5:09.344 (37.42)
7	#194 Dirks, Pascal	12	Atlas Run Cl 5:13.61 2
	37.17 (37.17)		1:16.82 (39.65) 1:56.48 (39.66)
	2:36.09 (39.61)		3:16.44 (40.35) 3:58.12 (41.68)
	4:39.50 (41.38)		5:13.609 (34.12)
8	#192 Creasy, Rider	12	Atlas Run Cl 5:15.93 1
	36.24 (36.24)		1:15.90 (39.66) 1:55.12 (39.22)
	2:34.82 (39.70)		3:15.68 (40.86) 3:57.48 (41.80)
	4:39.18 (41.70)		5:15.930 (36.76)
9	#195 Sniffen, Edgar	12	Atlas Run Cl 5:16.16
	37.67 (37.67)		1:17.00 (39.33) 1:57.42 (40.42)
	2:37.85 (40.43)		3:20.44 (42.59) 4:03.18 (42.74)
	4:42.28 (39.10)		5:16.157 (33.89)
10	#191 Bertapelle, Caden	12	Atlas Run Cl 5:16.24
	36.71 (36.71)		1:16.44 (39.73) 1:56.10 (39.66)
	2:37.08 (40.98)		3:19.26 (42.18) 4:02.88 (43.62)
	4:42.72 (39.84)		5:16.231 (33.52)

Finals ... (Event 47 Boys 1 Mile Run Middle School)			
Name	Age	School	Finals
11	#176 Keating, Patrick	11	37-Unattache 5:16.74
	36.13 (36.13)		1:15.11 (38.98) 1:54.82 (39.71)
	2:34.66 (39.84)		3:14.80 (40.14) 3:56.60 (41.80)
	4:38.58 (41.98)		5:16.731 (38.16)
12	#667 Danaraj, Jackson	12	SPOKANE SPEE 5:18.86
	37.88 (37.88)		1:17.48 (39.60) 1:57.59 (40.11)
	2:37.62 (40.03)		3:20.00 (42.38) 4:02.63 (42.63)
	4:43.31 (40.68)		5:18.851 (35.55)
13	#519 Baune, Blake	12	North Idaho 5:20.80
	36.66 (36.66)		1:15.84 (39.18) 1:55.11 (39.27)
	2:37.01 (41.90)		3:18.74 (41.73) 4:01.69 (42.95)
	4:43.19 (41.50)		5:20.800 (37.62)
14	#891 Wicks, Tucker	13	Unattached 5:22.50
	35.92 (35.92)		1:15.58 (39.66) 1:55.54 (39.96)
	2:37.23 (41.69)		3:18.45 (41.22) 4:00.98 (42.53)
	4:43.87 (42.89)		5:22.492 (38.63)
15	#882 Ridl, Luke	10	Unattached 5:24.65
	38.09 (38.09)		1:16.88 (38.79) 1:57.80 (40.92)
	2:39.23 (41.43)		3:21.30 (42.07) 4:03.11 (41.81)
	4:44.94 (41.83)		5:24.642 (39.71)
16	#141 Wagner, Tanner	12	35-Unattache 5:25.49
	35.72 (35.72)		1:15.53 (39.81) 1:55.32 (39.79)
	2:36.75 (41.43)		3:19.94 (43.19) 4:03.24 (43.30)
	4:46.41 (43.17)		5:25.487 (39.09)
17	#315 Kolsrud, Gabriel	13	Federal Way 5:28.68
	35.92 (35.92)		1:15.04 (39.12) 1:55.57 (40.53)
	2:37.72 (42.15)		3:20.34 (42.62) 4:03.97 (43.63)
	4:46.94 (42.97)		5:28.674 (41.74)
18	#173 Bash, Calvin	13	37-Unattache 5:33.58
	37.31 (37.31)		1:16.61 (39.30) 1:58.17 (41.56)
	2:41.20 (43.03)		3:25.56 (44.36) 4:09.99 (44.43)
	4:54.13 (44.14)		5:33.577 (39.46)
19	#907 Cheney, Samuel	11	Valley Flash 5:45.49
	37.56 (37.56)		1:17.40 (39.84) 2:00.00 (42.60)
	2:44.69 (44.69)		3:30.45 (45.76) 4:17.47 (47.02)
	5:05.17 (47.70)		5:45.489 (40.33)
20	#615 Cleveland, Brooks	9	Spokane Merc 5:55.60
	39.79 (39.79)		1:22.22 (42.43) 2:06.88 (44.66)
	2:52.26 (45.38)		3:39.80 (47.54) 4:27.73 (47.93)
	5:12.72 (44.99)		5:55.597 (42.89)

Event 48 Girls 1 Mile Run High School
Podium HS: 4:47.55 1 1/15/2023 Sadie Engelhardt

Name	Age	School	Finals
Finals			
1	#166 Bowen, Taylin	15	37-Unattache 5:22.21 10
	39.54 (39.54)		1:22.34 (42.80) 2:04.84 (42.50)
	2:46.82 (41.98)		3:28.86 (42.04) 4:08.79 (39.93)
	4:49.11 (40.32)		5:22.204 (33.11)
2	#525 Tittel, Lauren	16	Oregon Episc 5:22.26 8
	40.00 (40.00)		1:22.14 (42.14) 2:04.84 (42.70)
	2:46.90 (42.06)		3:27.86 (40.96) 4:07.78 (39.92)
	4:46.70 (38.92)		5:22.255 (35.57)

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024**The Podium
Results**

3	#485 Lewis, Annalise	13	Mission Moun	5:24.50	6
	40.49 (40.49)		1:22.24 (41.75)	2:04.97 (42.73)	
	2:46.58 (41.61)		3:29.32 (42.74)	4:08.50 (39.18)	
	4:48.09 (39.59)		5:24.495 (36.42)		
4	#434 Molloy, Jamison		Hellgate XCT	5:26.39	5
	39.817 (39.817)		1:21.76 (41.94)	2:04.44 (42.68)	
	2:46.51 (42.07)		3:28.05 (41.54)	4:08.70 (40.65)	
	4:49.73 (41.03)		5:26.381 (36.66)		
5	#435 Petrini, Gia		Hellgate XCT	5:27.16	4
	39.92 (39.92)		1:22.65 (42.73)	2:04.58 (41.93)	
	2:46.78 (42.20)		3:28.67 (41.89)	4:09.09 (40.42)	
	4:49.64 (40.55)		5:27.155 (37.53)		
6	#247 Cooper, Hazel	13	Bozeman Trac	5:27.29	3
	39.99 (39.99)		1:22.56 (42.57)	2:05.13 (42.57)	
	2:46.94 (41.81)		3:29.10 (42.16)	4:09.42 (40.32)	
	4:49.89 (40.47)		5:27.289 (37.41)		
7	#482 Delaney, Morgan	14	Mission Moun	5:28.47	2
	41.32 (41.32)		1:23.11 (41.79)	2:05.89 (42.78)	
	2:47.72 (41.83)		3:29.62 (41.90)	4:09.77 (40.15)	
	4:50.84 (41.07)		5:28.468 (37.64)		
8	#432 Diaz, Stella		Hellgate XCT	5:30.43	1
	40.043 (40.043)		1:22.09 (42.04)	2:04.53 (42.44)	
	2:46.70 (42.17)		3:28.47 (41.77)	4:10.02 (41.55)	
	4:50.81 (40.79)		5:30.430 (39.63)		
9	#436 Skinner, Kaitlyn		Hellgate XCT	5:30.62	
	40.25 (40.25)		1:22.89 (42.64)	2:05.36 (42.47)	
	2:47.37 (42.01)		3:29.43 (42.06)	4:11.29 (41.86)	
	4:54.24 (42.95)		5:30.619 (36.39)		
10	#103 Ford, Ashlyn	13	31-Unattache	5:31.07	
	40.01 (40.01)		1:21.00 (40.99)	2:02.46 (41.46)	
	2:45.11 (42.65)		3:28.53 (43.42)	4:11.12 (42.59)	
	4:52.54 (41.42)		5:31.062 (38.54)		
11	#319 Wilson, Josie		Flathead Hig	5:31.71	
	40.98 (40.98)		1:23.14 (42.16)	2:06.33 (43.19)	
	2:48.34 (42.01)		3:30.79 (42.45)	4:12.81 (42.02)	
	4:54.10 (41.29)		5:31.702 (37.61)		
12	#897 Huntsinger, Paige	15	Valley Flash	5:35.88	
	40.73 (40.73)		1:21.86 (41.13)	2:03.70 (41.84)	
	2:46.69 (42.99)		3:29.20 (42.51)	4:12.47 (43.27)	
	4:54.64 (42.17)		5:35.872 (41.25)		
13	#841 Ward, Hannah	15	Unattached	5:36.94	
	40.20 (40.20)		1:22.93 (42.73)	2:06.47 (43.54)	
	2:47.43 (40.96)		3:31.53 (44.10)	4:15.77 (44.24)	
	4:58.19 (42.42)		5:36.931 (38.75)		
14	#236 Sproles, Serena	16	Bozeman	5:37.95	
	40.67 (40.67)		1:23.52 (42.85)	2:06.29 (42.77)	
	2:48.92 (42.63)		3:31.26 (42.34)	4:14.83 (43.57)	
	4:58.01 (43.18)		5:37.944 (39.95)		
15	#316 Conan, Mikenna		Flathead Hig	5:39.21	
	42.69 (42.69)		1:24.19 (41.50)	2:08.48 (44.29)	
	2:53.70 (45.22)		3:37.62 (43.92)	4:21.22 (43.60)	
	5:01.92 (40.70)		5:39.205 (37.30)		
16	#130 Thompson, Morgan	16	35-Unattache	5:40.49	
	39.81 (39.81)		1:22.88 (43.07)	2:05.42 (42.54)	
	2:47.60 (42.18)		3:30.11 (42.51)	4:12.66 (42.55)	
	4:57.05 (44.39)		5:40.481 (43.44)		

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Finals ... (Event 48 Girls 1 Mile Run High School)

Name	Age	School	Finals				
17 #805 Pihlstrom, Raquel	Ultimate Spe	5:41.70	30 #630 Danaraj, Emma	15 SPOKANE SPEE	5:53.95		
41.08 (41.08)	1:25.18 (44.10)	2:08.27 (43.09)	43.56 (43.56)	1:26.60 (43.04)	2:11.02 (44.42)		
2:50.28 (42.01)	3:32.42 (42.14)	4:17.54 (45.12)	2:57.04 (46.02)	3:42.11 (45.07)	4:27.03 (44.92)		
5:01.57 (44.03)	5:41.700 (40.14)		5:11.54 (44.51)	5:53.943 (42.41)			
18 #504 Sugden, Adelaide	Mountain Wes	5:43.29	31 #410 Irey, Ella	16 Helena Novas	5:55.58		
43.60 (43.60)	1:26.19 (42.59)	2:09.19 (43.00)	41.42 (41.42)	1:24.68 (43.26)	2:09.33 (44.65)		
2:52.94 (43.75)	3:36.67 (43.73)	4:20.88 (44.21)	2:54.24 (44.91)	3:39.97 (45.73)	4:26.17 (46.20)		
5:02.80 (41.92)	5:43.287 (40.50)		5:12.42 (46.25)	5:55.571 (43.16)			
19 #631 Danaraj, Madilyn	17 SPOKANE SPEE	5:45.90	32 #639 Kiltz, Remmy	15 SPOKANE SPEE	5:57.30		
42.77 (42.77)	1:25.71 (42.94)	2:07.96 (42.25)	42.69 (42.69)	1:28.86 (46.17)	2:13.68 (44.82)		
2:49.97 (42.01)	3:32.91 (42.94)	4:17.85 (44.94)	2:58.86 (45.18)	3:43.50 (44.64)	4:29.02 (45.52)		
5:02.90 (45.05)	5:45.896 (43.00)		5:14.59 (45.57)	5:57.291 (42.71)			
20 #416 Plant, Brianna	16 Helena Novas	5:47.78	33 #920 Knapp, Kallan	15 West Seattle	5:57.97		
41.79 (41.79)	1:23.59 (41.80)	2:07.43 (43.84)	42.79 (42.79)	1:25.11 (42.32)	2:08.77 (43.66)		
2:51.11 (43.68)	3:36.03 (44.92)	4:21.53 (45.50)	2:53.91 (45.14)	3:40.29 (46.38)	4:27.54 (47.25)		
5:05.62 (44.09)	5:47.775 (42.17)		5:15.43 (47.89)	5:57.961 (42.54)			
21 #232 Friedman, Nomi	17 Bozeman	5:48.49	34 #414 Mohr, Solveig	15 Helena Novas	5:58.53		
44.10 (44.10)	1:27.04 (42.94)	2:10.48 (43.44)	40.14 (40.14)	1:25.02 (44.88)	2:09.82 (44.80)		
2:53.61 (43.13)	3:37.94 (44.33)	4:21.88 (43.94)	2:55.02 (45.20)	3:42.20 (47.18)	4:30.42 (48.22)		
5:05.59 (43.71)	5:48.487 (42.91)		5:18.35 (47.93)	5:58.526 (40.18)			
22 #645 Metzler, Maya	17 SPOKANE SPEE	5:48.63	35 #252 Miller, Ella	16 Bozeman Trac	6:01.03		
41.47 (41.47)	1:25.42 (43.95)	2:08.98 (43.56)	43.13 (43.13)	1:30.16 (47.03)	2:15.58 (45.42)		
2:53.72 (44.74)	3:39.37 (45.65)	4:25.11 (45.74)	3:02.18 (46.60)	3:49.18 (47.00)	4:36.26 (47.08)		
5:09.42 (44.31)	5:48.628 (39.21)		5:21.00 (44.74)	6:01.030 (40.04)			
23 #408 Garza, Hady	16 Helena Novas	5:49.65	36 #823 Boggs, Maggie	Unattached	6:03.72		
40.06 (40.06)	1:22.00 (41.94)	2:06.67 (44.67)	43.74 (43.74)	1:26.87 (43.13)	2:11.59 (44.72)		
2:52.18 (45.51)	3:38.02 (45.84)	4:24.06 (46.04)	2:57.78 (46.19)	3:45.44 (47.66)	4:33.39 (47.95)		
5:10.03 (45.97)	5:49.650 (39.63)		5:20.36 (46.97)	6:03.719 (43.36)			
24 #648 Perkins, Paige	16 SPOKANE SPEE	5:49.78	37 #557 Dechet-Wetzel, Mala	15 Rose City St	6:04.37		
40.82 (40.82)	1:24.61 (43.79)	2:06.65 (42.04)	40.79 (40.79)	1:26.01 (45.22)	2:11.40 (45.39)		
2:50.18 (43.53)	3:35.09 (44.91)	4:20.64 (45.55)	2:57.52 (46.12)	3:46.02 (48.50)	4:35.02 (49.00)		
5:06.80 (46.16)	5:49.774 (42.98)		5:23.19 (48.17)	6:04.368 (41.18)			
25 #409 Hinderman, Sofia	17 Helena Novas	5:51.82	38 #255 Sebring, Della	14 Bozeman Trac	6:04.50		
40.37 (40.37)	1:23.51 (43.14)	2:08.03 (44.52)	43.73 (43.73)	1:29.74 (46.01)	2:15.09 (45.35)		
2:53.27 (45.24)	3:38.91 (45.64)	4:24.53 (45.62)	3:01.33 (46.24)	3:47.65 (46.32)	4:34.83 (47.18)		
5:10.46 (45.93)	5:51.818 (41.37)		5:21.66 (46.83)	6:04.498 (42.85)			
26 #407 Gallagher, Caoimhe	16 Helena Novas	5:52.03	39 #491 Nofziger, Rachel	13 Moses Lake A	6:05.21		
42.03 (42.03)	1:24.64 (42.61)	2:08.85 (44.21)	42.73 (42.73)	1:28.87 (46.14)	2:14.49 (45.62)		
2:53.47 (44.62)	3:39.15 (45.68)	4:24.86 (45.71)	3:00.49 (46.00)	3:47.23 (46.74)	4:35.19 (47.96)		
5:10.82 (45.96)	5:52.025 (41.22)		5:23.09 (47.90)	6:05.208 (42.13)			
27 #431 Baldwin, Audrey	Hellgate XCT	5:52.34	40 #567 Siemens, Ada	Rose City St	6:06.84		
43.76 (43.76)	1:27.10 (43.34)	2:11.44 (44.34)	43.58 (43.58)	1:30.28 (46.70)	2:16.08 (45.80)		
2:54.95 (43.51)	3:40.31 (45.36)	4:25.93 (45.62)	3:02.56 (46.48)	3:49.55 (46.99)	4:36.83 (47.28)		
5:11.68 (45.75)	5:52.332 (40.67)		5:23.90 (47.07)	6:06.832 (42.94)			
28 #803 Megowan, Cordellia	Ultimate Spe	5:52.44	41 #104 Kreitner, Olivia	16 31-Unattache	6:06.92		
41.81 (41.81)	1:23.81 (42.00)	2:08.09 (44.28)	42.97 (42.97)	1:29.41 (46.44)	2:15.08 (45.67)		
2:53.26 (45.17)	3:38.67 (45.41)	4:25.00 (46.33)	3:00.91 (45.83)	3:46.40 (45.49)	4:35.63 (49.23)		
5:11.23 (46.23)	5:52.437 (41.22)		5:24.48 (48.85)	6:06.916 (42.45)			
29 #318 Rumsey Eash, Lilli	Flathead Hig	5:52.87	42 #433 Glaser, Sabine	Hellgate XCT	6:07.06		
41.09 (41.09)	1:24.01 (42.92)	2:07.71 (43.70)	42.61 (42.61)	1:29.14 (46.53)	2:14.72 (45.58)		
2:51.70 (43.99)	3:36.41 (44.71)	4:23.42 (47.01)	3:00.21 (45.49)	3:46.85 (46.64)	4:35.11 (48.26)		
5:10.79 (47.37)	5:52.866 (42.09)		5:23.14 (48.03)	6:07.060 (43.93)			
			43 #415 Muszkiewicz, Margo	15 Helena Novas	6:08.15		
			40.14 (40.14)	1:24.95 (44.81)	2:09.35 (44.40)		
			2:55.06 (45.71)	3:42.24 (47.18)	4:31.10 (48.86)		
			5:20.62 (49.52)	6:08.144 (47.53)			

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024**The Podium****Results****Finals ... (Event 48 Girls 1 Mile Run High School)**

	Name	Age	School	Finals
44	#234 Kline, Hayden		Bozeman	6:09.02
	43.38 (43.38)	1:26.86 (43.48)	2:13.04 (46.18)	
	2:59.73 (46.69)	3:48.31 (48.58)	4:36.57 (48.26)	
	5:24.61 (48.04)	6:09.020 (44.42)		
45	#930 Tate, Sierra	15	SPOKANE SPEE	6:11.32
	43.26 (43.26)	1:29.33 (46.07)	2:15.33 (46.00)	
	3:01.65 (46.32)	3:48.82 (47.17)	4:37.28 (48.46)	
	5:25.31 (48.03)	6:11.317 (46.02)		
46	#836 Sangray, Kaelyn	15	Unattached	6:15.62
	43.42 (43.42)	1:29.73 (46.31)	2:15.85 (46.12)	
	3:03.19 (47.34)	3:50.46 (47.27)	4:39.06 (48.60)	
	5:28.02 (48.96)	6:15.614 (47.60)		
47	#147 McGrew, Emmie	17	36-Unattache	6:16.40
	41.74 (41.74)	1:26.16 (44.42)	2:11.01 (44.85)	
	2:57.31 (46.30)	3:45.62 (48.31)	4:35.87 (50.25)	
	5:29.17 (53.30)	6:16.398 (47.23)		
48	#563 Lange, Reese	15	Rose City St	6:20.81
	43.56 (43.56)	1:30.65 (47.09)	2:17.59 (46.94)	
	3:04.13 (46.54)	3:50.86 (46.73)	4:40.19 (49.33)	
	5:32.20 (52.01)	6:20.802 (48.61)		
49	#406 Coburn, Ellie	14	Helena Novas	6:21.18
	44.12 (44.12)	1:28.770 (44.66)	2:16.65 (47.88)	
	3:07.90 (51.25)	3:56.03 (48.13)	4:47.12 (51.09)	
	6:21.178 (1:34.06)	6:21.24 (0.07)		
50	#413 McDonald, Margaret	16	Helena Novas	6:23.86
	43.85 (43.85)	1:29.75 (45.90)	2:19.59 (49.84)	
	3:10.72 (51.13)	4:01.23 (50.51)	4:52.06 (50.83)	
	5:39.81 (47.75)	6:23.857 (44.05)		
51	#919 Caprara, Gemma	13	West Seattle	6:29.76
	44.26 (44.26)	1:29.07 (44.81)	2:17.38 (48.31)	
	3:08.09 (50.71)	3:59.27 (51.18)	4:50.59 (51.32)	
	5:41.14 (50.55)	6:29.751 (48.62)		
52	#499 Cornelius, Elizabeth	15	Mountain Wes	6:29.98
	43.06 (43.06)	1:27.09 (44.03)	2:14.96 (47.87)	
	3:05.55 (50.59)	3:57.50 (51.95)	4:50.03 (52.53)	
	5:40.81 (50.78)	6:29.979 (49.17)		
53	#559 Echeverria, AJ	14	Rose City St	7:01.61
	44.90 (44.90)	1:35.69 (50.79)	2:31.31 (55.62)	
	3:29.37 (58.06)	4:25.77 (56.40)	5:20.19 (54.42)	
	6:12.88 (52.69)	7:01.606 (48.74)		
54	#564 Lewis, Lucy	15	Rose City St	7:27.08
	44.65 (44.65)	1:35.39 (50.74)	2:31.74 (56.35)	
	3:30.35 (58.61)	4:28.75 (58.40)	5:28.46 (59.71)	
	6:29.74 (1:01.28)	7:27.072 (57.34)		

Event 49 Boys 1 Mile Run High School**Podium HS: 4:10.84 1 1/11/2023 Aiden Emerson**

	Name	Age	School	Finals
Finals				
1	#868 Leavitt, Jett	15	Unattached	4:25.57 10
	33.34 (33.34)	1:07.69 (34.35)	1:41.22 (33.53)	
	2:15.14 (33.92)	2:49.43 (34.29)	3:23.06 (33.63)	
	3:54.30 (31.24)	4:25.562 (31.27)		

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024**The Podium
Results**

2	#510 Inabnit, Tyler	15	Mountain Wes	4:27.02	8
	34.62 (34.62)		1:08.28 (33.66)	1:42.37 (34.09)	
	2:15.57 (33.20)		2:49.80 (34.23)	3:23.79 (33.99)	
	3:56.14 (32.35)		4:27.020 (30.89)		
3	#258 Arthun, Oren	17	Bozeman Trac	4:29.12	6
	33.40 (33.40)		1:07.78 (34.38)	1:41.35 (33.57)	
	2:15.05 (33.70)		2:49.16 (34.11)	3:23.68 (34.52)	
	3:57.09 (33.41)		4:29.111 (32.03)		
4	#120 Tomac, Caleb	17	31-Unattache	4:29.19	5
	33.14 (33.14)		1:07.58 (34.44)	1:41.41 (33.83)	
	2:15.44 (34.03)		2:50.03 (34.59)	3:24.31 (34.28)	
	3:57.85 (33.54)		4:29.188 (31.35)		
5	#243 Posdon, Jeremy	16	Bozeman	4:31.04	4
	33.67 (33.67)		1:08.02 (34.35)	1:41.67 (33.65)	
	2:15.30 (33.63)		2:49.99 (34.69)	3:24.57 (34.58)	
	3:58.64 (34.07)		4:31.032 (32.40)		
6	#311 Spinti, John		Electric Cit	4:31.65	3
	34.57 (34.57)		1:08.06 (33.49)	1:41.59 (33.53)	
	2:16.55 (34.96)		2:51.58 (35.03)	3:25.60 (34.02)	
	3:59.67 (34.07)		4:31.648 (31.99)		
7	#110 Hamma, Emerson	15	31-Unattache	4:31.97	2
	34.06 (34.06)		1:07.08 (33.02)	1:41.22 (34.14)	
	2:16.37 (35.15)		2:51.57 (35.20)	3:25.95 (34.38)	
	4:00.14 (34.19)		4:31.969 (31.84)		
8	#157 Herb, Henry	14	36-Unattache	4:32.55	1
	33.37 (33.37)		1:06.98 (33.61)	1:40.97 (33.99)	
	2:16.43 (35.46)		2:52.00 (35.57)	3:26.17 (34.17)	
	4:00.23 (34.06)		4:32.543 (32.32)		
9	#430 Sund, Henry	16	Helena Novas	4:33.05	
	32.83 (32.83)		1:07.54 (34.71)	1:41.60 (34.06)	
	2:15.93 (34.33)		2:50.33 (34.40)	3:26.16 (35.83)	
	4:00.68 (34.52)		4:33.042 (32.37)		
10	#852 Delaney, Dexter	16	Unattached	4:33.40	
	34.18 (34.18)		1:07.31 (33.13)	1:40.57 (33.26)	
	2:15.22 (34.65)		2:48.78 (33.56)	3:23.11 (34.33)	
	3:57.38 (34.27)		4:33.400 (36.03)		
11	#590 Rumberger, Nate	16	Rose City St	4:34.28	
	34.84 (34.84)		1:08.61 (33.77)	1:42.85 (34.24)	
	2:17.83 (34.98)		2:53.17 (35.34)	3:28.79 (35.62)	
	4:03.55 (34.76)		4:34.277 (30.74)		
12	#726 Thiel, Owen	15	Stumptown Tr	4:34.59	
	34.48 (34.48)		1:08.35 (33.87)	1:42.43 (34.08)	
	2:17.50 (35.07)		2:52.99 (35.49)	3:28.39 (35.40)	
	4:02.89 (34.50)		4:34.581 (31.70)		
13	#239 Halvorsen, Miles		Bozeman	4:34.81	
	34.24 (34.24)		1:08.02 (33.78)	1:42.75 (34.73)	
	2:16.81 (34.06)		2:52.34 (35.53)	3:27.08 (34.74)	
	4:01.89 (34.81)		4:34.809 (32.93)		
14	#572 Aslaksen, Leo		Rose City St	4:35.01	
	34.49 (34.49)		1:08.66 (34.17)	1:43.05 (34.39)	
	2:18.24 (35.19)		2:53.52 (35.28)	3:29.37 (35.85)	
	4:03.86 (34.49)		4:35.003 (31.15)		
15	#242 Neil, Taylor		Bozeman	4:35.15	
	34.94 (34.94)		1:09.06 (34.12)	1:43.25 (34.19)	
	2:17.57 (34.32)		2:51.80 (34.23)	3:27.22 (35.42)	
	4:01.75 (34.53)		4:35.150 (33.41)		

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Finals ... (Event 49 Boys 1 Mile Run High School)

	Name	Age	School	Finals
16	#421 Hill, Dylan	15	Helena Novas	4:35.59
	34.02 (34.02)	1:07.58 (33.56)	1:42.18 (34.60)	
	2:17.20 (35.02)	2:52.64 (35.44)	3:28.50 (35.86)	
	4:04.01 (35.51)	4:35.582 (31.58)		
17	#680 Lemmon, Peyton	16	SPOKANE SPEE	4:36.11
	35.190 (35.190)	1:11.04 (35.85)	1:47.43 (36.39)	
	2:24.400 (36.98)	2:59.65 (35.25)	3:34.17 (34.52)	
	4:06.04 (31.87)	4:36.105 (30.08)		
18	#429 Stimpson, Elliot	15	Helena Novas	4:36.67
	35.12 (35.12)	1:08.88 (33.76)	1:43.47 (34.59)	
	2:18.01 (34.54)	2:52.88 (34.87)	3:27.99 (35.11)	
	4:03.00 (35.01)	4:36.661 (33.67)		
19	#695 Spencer, Cade	16	SPOKANE SPEE	4:37.82
	33.94 (33.94)	1:07.99 (34.05)	1:41.94 (33.95)	
	2:16.32 (34.38)	2:51.09 (34.77)	3:26.95 (35.86)	
	4:02.95 (36.00)	4:37.814 (34.87)		
20	#854 Ehrhart, Alex		Unattached	4:37.89
	33.29 (33.29)	1:06.46 (33.17)	1:40.83 (34.37)	
	2:16.16 (35.33)	2:51.73 (35.57)	3:28.06 (36.33)	
	4:04.49 (36.43)	4:37.882 (33.40)		
21	#237 Anderson, Kieran		Bozeman	4:38.16
	34.88 (34.88)	1:08.98 (34.10)	1:43.69 (34.71)	
	2:18.99 (35.30)	2:54.74 (35.75)	3:30.94 (36.20)	
	4:06.39 (35.45)	4:38.159 (31.78)		
22	#309 Rask, Ashtyn	16	Electric Cit	4:38.43
	35.59 (35.59)	1:11.18 (35.59)	1:47.361 (36.19)	
	2:23.78 (36.42)	2:58.74 (34.96)	3:34.46 (35.72)	
	4:09.91 (35.45)	4:38.425 (28.52)		
23	#324 Kastner, Kasen		Flathead Hig	4:39.27
	34.41 (34.41)	1:10.73 (36.32)	1:47.50 (36.77)	
	2:24.25 (36.75)	2:59.42 (35.17)	3:34.07 (34.65)	
	4:08.59 (34.52)	4:39.268 (30.69)		
24	#580 Gilkey, Grady		Rose City St	4:39.36
	35.06 (35.06)	1:11.20 (36.14)	1:47.56 (36.36)	
	2:24.43 (36.87)	3:00.23 (35.80)	3:36.29 (36.06)	
	4:09.29 (33.00)	4:39.353 (30.08)		
25	#617 Freese, Caughnery	16	Spokane Merc	4:39.38
	35.64 (35.64)	1:10.34 (34.70)	1:45.12 (34.78)	
	2:21.02 (35.90)	2:56.12 (35.10)	3:31.37 (35.25)	
	4:06.11 (34.74)	4:39.375 (33.28)		
26	#450 Feigenbutz, Louie		Unattached-HS	4:41.00
	34.88 (34.88)	1:09.02 (34.14)	1:44.50 (35.48)	
	2:20.10 (35.60)	2:55.20 (35.10)	3:31.05 (35.85)	
	4:07.46 (36.41)	4:40.999 (33.55)		
27	#438 Derry, Wilson		Hellgate XCT	4:42.04
	35.76 (35.76)	1:11.11 (35.35)	1:47.32 (36.21)	
	2:24.06 (36.74)	2:58.60 (34.54)	3:34.24 (35.64)	
	4:10.09 (35.85)	4:42.037 (31.95)		
28	#861 Herrea, Jio	17	Unattached	4:43.00
	36.53 (36.53)	1:13.18 (36.65)	1:49.94 (36.76)	
	2:27.10 (37.16)	3:02.26 (35.16)	3:37.01 (34.75)	
	4:11.20 (34.19)	4:42.995 (31.80)		

29	#870 Lyke, Finley	14	Unattached	4:43.27
	36.40 (36.40)	1:12.27 (35.87)	1:48.14 (35.87)	
	2:25.36 (37.22)	3:01.03 (35.67)	3:36.52 (35.49)	
	4:11.29 (34.77)	4:43.267 (31.98)		
30	#719 Kreitner, Jonas		Stumptown Tr	4:43.44
	35.97 (35.97)	1:11.62 (35.65)	1:47.41 (35.79)	
	2:24.36 (36.95)	2:59.34 (34.98)	3:34.51 (35.17)	
	4:10.51 (36.00)	4:43.432 (32.93)		
31	#595 Talmadge, Ben	17	Rose City St	4:43.62
	36.92 (36.92)	1:13.33 (36.41)	1:48.95 (35.62)	
	2:26.03 (37.08)	3:01.82 (35.79)	3:36.82 (35.00)	
	4:10.86 (34.04)	4:43.620 (32.77)		
32	#158 Howard, Nash	14	36-Unattache	4:44.00
	34.67 (34.67)	1:10.65 (35.98)	1:47.82 (37.17)	
	2:23.954 (36.15)	2:59.88 (35.92)	3:36.71 (36.83)	
	4:12.92 (36.21)	4:43.995 (31.09)		
33	#444 Key, Ridley		Hellgate XCT	4:44.13
	34.35 (34.35)	1:10.16 (35.81)	1:46.89 (36.73)	
	2:23.65 (36.76)	2:59.65 (36.00)	3:35.33 (35.68)	
	4:11.50 (36.17)	4:44.129 (32.64)		
34	#337 Bonsell, Samuel	16	Fliers	4:44.31
	35.25 (35.25)	1:09.82 (34.57)	1:45.19 (35.37)	
	2:21.44 (36.25)	2:57.92 (36.48)	3:34.16 (36.24)	
	4:10.70 (36.54)	4:44.310 (33.62)		
35	#581 Hasser, Colton	15	Rose City St	4:44.62
	34.94 (34.94)	1:11.10 (36.16)	1:47.25 (36.15)	
	2:23.87 (36.62)	2:59.88 (36.01)	3:35.86 (35.98)	
	4:10.65 (34.79)	4:44.619 (33.98)		
36	#322 Hollman, Bauer		Flathead Hig	4:45.30
	34.76 (34.76)	1:11.05 (36.29)	1:47.70 (36.65)	
	2:24.30 (36.60)	3:00.10 (35.80)	3:35.19 (35.09)	
	4:10.46 (35.27)	4:45.297 (34.85)		
37	#312 Sundquist, Brayden	16	Electric Cit	4:45.39
	36.17 (36.17)	1:11.22 (35.05)	1:47.10 (35.88)	
	2:23.66 (36.56)	3:00.31 (36.65)	3:37.15 (36.84)	
	4:12.84 (35.69)	4:45.383 (32.56)		
38	#905 Bruck, Oliver	16	Valley Flash	4:45.65
	34.27 (34.27)	1:08.30 (34.03)	1:42.60 (34.30)	
	2:17.56 (34.96)	2:53.67 (36.11)	3:29.83 (36.16)	
	4:06.86 (37.03)	4:45.645 (38.79)		
39	#791 Violet, Cass	15	Three Forks	4:46.38
	35.65 (35.65)	1:11.02 (35.37)	1:47.15 (36.13)	
	2:24.30 (37.15)	3:01.24 (36.94)	3:38.55 (37.31)	
	4:14.14 (35.59)	4:46.379 (32.25)		
40	#424 Matthews, Jake	16	Helena Novas	4:46.46
	35.26 (35.26)	1:11.22 (35.96)	1:47.73 (36.51)	
	2:24.40 (36.67)	3:00.57 (36.17)	3:36.85 (36.28)	
	4:13.39 (36.54)	4:46.454 (33.08)		
41	#156 Grabowski, Calvin	16	36-Unattache	4:46.48
	35.41 (35.41)	1:10.27 (34.86)	1:45.50 (35.23)	
	2:20.91 (35.41)	2:56.52 (35.61)	3:33.81 (37.29)	
	4:11.71 (37.90)	4:46.477 (34.77)		
42	#109 Gregoire, Mason	16	31-Unattache	4:46.95
	36.43 (36.43)	1:11.49 (35.06)	1:47.20 (35.71)	
	2:24.07 (36.87)	3:01.05 (36.98)	3:38.32 (37.27)	
	4:14.42 (36.10)	4:46.943 (32.54)		

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024**The Podium****Results****Finals ... (Event 49 Boys 1 Mile Run High School)**

	Name	Age	School	Finals
43	#310 Schruth, Conrad	16	Electric Cit	4:47.81
	34.88 (34.88)	1:10.35 (35.47)	1:47.06 (36.71)	
	2:23.69 (36.63)	2:59.85 (36.16)	3:36.20 (36.35)	
	4:12.60 (36.40)	4:47.807 (35.22)		
44	#342 Hobbs, Caden	15	Fliers	4:47.85
	36.64 (36.64)	1:11.43 (34.79)	1:48.22 (36.79)	
	2:25.41 (37.19)	3:01.85 (36.44)	3:38.81 (36.96)	
	4:15.02 (36.21)	4:47.841 (32.83)		
45	#423 Kauffman, Milo	14	Helena Novas	4:48.85
	34.35 (34.35)	1:10.01 (35.66)	1:46.69 (36.68)	
	2:23.33 (36.64)	2:58.79 (35.46)	3:35.21 (36.42)	
	4:12.17 (36.96)	4:48.850 (36.69)		
46	#814 Eftekhari, Rylan		Ultimate Spe	4:48.91
	35.94 (35.94)	1:12.33 (36.39)	1:48.52 (36.19)	
	2:26.56 (38.04)	3:03.93 (37.37)	3:40.25 (36.32)	
	4:15.91 (35.66)	4:48.907 (33.00)		
47	#439 Fitzgerald, Eamon		Hellgate XCT	4:49.50
	36.65 (36.65)	1:11.69 (35.04)	1:47.43 (35.74)	
	2:24.67 (37.24)	3:01.75 (37.08)	3:38.83 (37.08)	
	4:14.51 (35.68)	4:49.495 (35.00)		
48	#140 Smith, Tom	16	35-Unattache	4:49.74
	38.01 (38.01)	1:13.29 (35.28)	1:49.82 (36.53)	
	2:26.43 (36.61)	3:03.82 (37.39)	3:41.44 (37.62)	
	4:17.31 (35.87)	4:49.733 (32.44)		
49	#122 Dean-Ziegler, Jackso	16	33-Unattache	4:50.19
	34.58 (34.58)	1:09.19 (34.61)	1:44.79 (35.60)	
	2:21.28 (36.49)	2:58.32 (37.04)	3:36.14 (37.82)	
	4:13.61 (37.47)	4:50.184 (36.59)		
50	#577 DuVivier, Noah	16	Rose City St	4:50.36
	35.03 (35.03)	1:11.52 (36.49)	1:47.29 (35.77)	
	2:24.20 (36.91)	3:00.15 (35.95)	3:37.11 (36.96)	
	4:13.34 (36.23)	4:50.356 (37.03)		
51	#589 Paulson, Liam		Rose City St	4:50.76
	35.12 (35.12)	1:10.49 (35.37)	1:47.87 (37.38)	
	2:25.72 (37.85)	3:03.35 (37.63)	3:39.68 (36.33)	
	4:16.38 (36.70)	4:50.754 (34.38)		
52	#437 Baumes, Jack		Hellgate XCT	4:51.31
	36.29 (36.29)	1:12.59 (36.30)	1:48.66 (36.07)	
	2:26.23 (37.57)	3:03.10 (36.87)	3:40.37 (37.27)	
	4:17.44 (37.07)	4:51.305 (33.87)		
53	#428 Schlepp, Trey	16	Helena Novas	4:51.51
	37.21 (37.21)	1:12.40 (35.19)	1:48.20 (35.80)	
	2:26.05 (37.85)	3:02.51 (36.46)	3:39.36 (36.85)	
	4:16.40 (37.04)	4:51.506 (35.12)		
54	#578 Fullerton, Jack	13	Rose City St	4:53.74
	37.00 (37.00)	1:13.35 (36.35)	1:51.21 (37.86)	
	2:29.14 (37.93)	3:05.74 (36.60)	3:43.48 (37.74)	
	4:19.92 (36.44)	4:53.737 (33.83)		
55	#681 Martin, Ethan	14	SPOKANE SPEE	4:54.00
	34.59 (34.59)	1:09.73 (35.14)	1:45.87 (36.14)	
	2:22.57 (36.70)	3:00.34 (37.77)	3:38.84 (38.50)	
	4:17.80 (38.96)	4:53.995 (36.21)		

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024**The Podium
Results**

56	#422 Jenemann, Chris	16	Helena Novas	4:54.05
	36.72 (36.72)		1:11.61 (34.89)	1:47.70 (36.09)
	2:25.85 (38.15)		3:04.14 (38.29)	3:42.91 (38.77)
	4:20.92 (38.01)		4:54.042 (33.13)	
57	#679 Lemmon, Parker	13	SPOKANE SPEE	4:54.32
	36.86 (36.86)		1:13.24 (36.38)	1:50.07 (36.83)
	2:27.81 (37.74)		3:05.75 (37.94)	3:43.75 (38.00)
	4:21.35 (37.60)		4:54.320 (32.98)	
58	#662 Branstetter, Gabe	16	SPOKANE SPEE	4:54.46
	34.69 (34.69)		1:10.38 (35.69)	1:46.95 (36.57)
	2:23.17 (36.22)		2:59.24 (36.07)	3:36.41 (37.17)
	4:14.91 (38.50)		4:54.451 (39.56)	
59	#717 Douglas, Simon		Stumptown Tr	4:54.57
	34.88 (34.88)		1:09.89 (35.01)	1:46.01 (36.12)
	2:23.33 (37.32)		3:02.73 (39.40)	3:42.66 (39.93)
	4:21.26 (38.60)		4:54.565 (33.31)	
60	#853 Durand, Zeke	16	Unattached	4:55.18
	36.05 (36.05)		1:11.27 (35.22)	1:48.80 (37.53)
	2:25.97 (37.17)		3:02.96 (36.99)	3:40.14 (37.18)
	4:19.02 (38.88)		4:55.177 (36.17)	
61	#789 Fanning, Bryon	17	Three Forks	4:55.59
	34.97 (34.97)		1:10.52 (35.55)	1:47.17 (36.65)
	2:23.95 (36.78)		3:00.52 (36.57)	3:37.73 (37.21)
	4:16.21 (38.48)		4:55.589 (39.39)	
62	#710 Ackerly, Gabe		Stumptown Tr	4:55.80
	36.15 (36.15)		1:11.87 (35.72)	1:47.58 (35.71)
	2:25.69 (38.11)		3:02.93 (37.24)	3:40.44 (37.51)
	4:18.51 (38.07)		4:55.792 (37.29)	
63	#426 Rasmann, Ian	17	Helena Novas	4:56.28
	37.23 (37.23)		1:13.53 (36.30)	1:50.64 (37.11)
	2:28.75 (38.11)		3:06.38 (37.63)	3:43.90 (37.52)
	4:21.53 (37.63)		4:56.277 (34.76)	
64	#596 Uyeda, Kael	14	Rose City St	4:56.40
	36.47 (36.47)		1:13.00 (36.53)	1:49.39 (36.39)
	2:27.21 (37.82)		3:04.78 (37.57)	3:43.37 (38.59)
	4:21.27 (37.90)		4:56.391 (35.13)	
65	#858 Frantzich, Liam		Unattached	4:59.87
	39.35 (39.35)		1:16.96 (37.61)	1:55.98 (39.02)
	2:33.66 (37.68)		3:12.17 (38.51)	3:50.61 (38.44)
	4:28.46 (37.85)		4:59.864 (31.41)	
66	#587 Martinez-Plachta, W	13	Rose City St	4:59.90
	37.41 (37.41)		1:13.48 (36.07)	1:51.21 (37.73)
	2:29.56 (38.35)		3:07.37 (37.81)	3:46.07 (38.70)
	4:24.26 (38.19)		4:59.899 (35.65)	
67	#139 Martin, Brayden	16	35-Unattache	5:00.56
	35.84 (35.84)		1:10.88 (35.04)	1:48.38 (37.50)
	2:26.88 (38.50)		3:06.30 (39.42)	3:47.08 (40.78)
	4:27.80 (40.72)		5:00.554 (32.76)	
68	#847 Boaz, Hudson	14	Unattached	5:01.03
	37.36 (37.36)		1:13.38 (36.02)	1:50.40 (37.02)
	2:28.82 (38.42)		3:08.63 (39.81)	3:48.39 (39.76)
	4:27.79 (39.40)		5:01.021 (33.24)	
69	#442 Henderson, Sayer		Hellgate XCT	5:01.29
	36.44 (36.44)		1:12.87 (36.43)	1:50.33 (37.46)
	2:28.47 (38.14)		3:07.38 (38.91)	3:46.19 (38.81)
	4:25.04 (38.85)		5:01.290 (36.26)	

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Finals ... (Event 49 Boys 1 Mile Run High School)

Name	Age	School	Finals
70 #136 Curley, Lucas	14	35-Unattache	5:01.65
37.19 (37.19)	1:14.71 (37.52)	1:54.38 (39.67)	
2:34.68 (40.30)	3:14.01 (39.33)	3:53.18 (39.17)	
4:29.62 (36.44)	5:01.649 (32.04)		
71 #660 Armstrong, Ezra	14	SPOKANE SPEE	5:02.02
36.45 (36.45)	1:12.57 (36.12)	1:50.05 (37.48)	
2:29.21 (39.16)	3:09.38 (40.17)	3:48.87 (39.49)	
4:28.89 (40.02)	5:02.015 (33.13)		
72 #113 Minton, Colby	14	31-Unattache	5:04.43
36.18 (36.18)	1:11.95 (35.77)	1:49.38 (37.43)	
2:28.35 (38.97)	3:08.81 (40.46)	3:48.69 (39.88)	
4:29.07 (40.38)	5:04.426 (35.37)		
73 #180 Merrifield, Maxwell	17	37-Unattache	5:05.67
35.598 (35.598)	1:11.864 (36.266)	1:48.868 (37.005)	
2:26.686 (37.818)	3:05.411 (38.726)	3:45.726 (40.316)	
4:26.124 (40.398)	5:05.666 (39.543)		
74 #571 Akita, Nick	14	Rose City St	5:07.93
37.78 (37.78)	1:14.35 (36.57)	1:52.15 (37.80)	
2:30.85 (38.70)	3:09.96 (39.11)	3:49.96 (40.00)	
4:30.47 (40.51)	5:07.925 (37.46)		
75 #812 Connolly, Justin		Ultimate Spe	5:08.07
36.83 (36.83)	1:13.98 (37.15)	1:53.45 (39.47)	
2:33.48 (40.03)	3:13.58 (40.10)	3:54.07 (40.49)	
4:33.59 (39.52)	5:08.061 (34.48)		
76 #323 Johnson, Jacob		Flathead Hig	5:09.21
40.56 (40.56)	1:19.80 (39.24)	1:58.79 (38.99)	
2:38.57 (39.78)	3:17.28 (38.71)	3:55.38 (38.10)	
4:33.80 (38.42)	5:09.205 (35.42)		
77 #593 Sounders, Orion		Rose City St	5:09.47
37.37 (37.37)	1:14.95 (37.58)	1:55.19 (40.24)	
2:34.88 (39.69)	3:14.25 (39.37)	3:54.19 (39.94)	
4:33.82 (39.63)	5:09.465 (35.65)		
78 #445 Miller, Miles		Hellgate XCT	5:09.80
37.58 (37.58)	1:15.61 (38.03)	1:55.30 (39.69)	
2:33.72 (38.42)	3:13.01 (39.29)	3:53.74 (40.73)	
4:32.98 (39.24)	5:09.795 (36.83)		
79 #821 Tobin, Asher		Ultimate Spe	5:11.55
37.10 (37.10)	1:14.56 (37.46)	1:55.12 (40.56)	
2:34.40 (39.28)	3:14.97 (40.57)	3:54.40 (39.43)	
4:34.80 (40.40)	5:11.544 (36.75)		
80 #494 Brumet, Sean	14	Moses Lake A	5:14.77
38.25 (38.25)	1:17.41 (39.16)	1:56.68 (39.27)	
2:35.62 (38.94)	3:15.13 (39.51)	3:56.08 (40.95)	
4:36.57 (40.49)	5:14.762 (38.20)		
81 #443 Hudson, Isaiah		Hellgate XCT	5:16.08
40.16 (40.16)	1:19.28 (39.12)	1:59.06 (39.78)	
2:39.45 (40.39)	3:19.40 (39.95)	3:59.81 (40.41)	
4:39.68 (39.87)	5:16.078 (36.41)		
82 #497 Valdez, Jaciel	16	Moses Lake A	5:17.76
39.90 (39.90)	1:18.82 (38.92)	1:58.54 (39.72)	
2:39.13 (40.59)	3:19.72 (40.59)	4:01.55 (41.83)	
4:42.16 (40.61)	5:17.757 (35.61)		

83 #496 O'Shea, Liam	15	Moses Lake A	5:20.65
40.40 (40.40)	1:18.56 (38.16)	1:58.06 (39.50)	
2:38.30 (40.24)	3:19.95 (41.65)	4:02.78 (42.83)	
4:44.31 (41.53)	5:20.647 (36.35)		
84 #579 Gilkey, Atticus		Rose City St	5:23.09
38.19 (38.19)	1:17.37 (39.18)	1:57.49 (40.12)	
2:37.98 (40.49)	3:19.56 (41.58)	4:02.53 (42.97)	
4:45.17 (42.64)	5:23.083 (37.92)		
85 #790 Gather, Micah	16	Three Forks	5:23.34
38.90 (38.90)	1:17.17 (38.27)	1:56.34 (39.17)	
2:35.15 (38.81)	3:15.98 (40.83)	3:59.02 (43.04)	
4:41.50 (42.48)	5:23.337 (41.85)		
86 #493 Bingham, Noah	16	Moses Lake A	5:29.28
39.80 (39.80)	1:20.53 (40.73)	2:02.98 (42.45)	
2:45.47 (42.49)	3:28.51 (43.04)	4:13.40 (44.89)	
4:55.87 (42.47)	5:29.271 (33.41)		
87 #440 Freer, Wilson		Hellgate XCT	5:30.80
41.25 (41.25)	1:21.05 (39.80)	2:01.95 (40.90)	
2:43.59 (41.64)	3:25.88 (42.29)	4:08.74 (42.86)	
4:51.66 (42.92)	5:30.791 (39.14)		
88 #441 Hanson, Will		Hellgate XCT	5:32.52
41.40 (41.40)	1:20.78 (39.38)	2:03.13 (42.35)	
2:45.79 (42.66)	3:27.73 (41.94)	4:10.44 (42.71)	
4:53.92 (43.48)	5:32.517 (38.61)		
89 #244 Powell, Owen		Bozeman	5:33.36
40.47 (40.47)	1:21.23 (40.76)	2:03.65 (42.42)	
2:46.27 (42.62)	3:29.60 (43.33)	4:14.16 (44.56)	
4:56.43 (42.27)	5:33.360 (36.94)		
90 #575 Cole, Eben	14	Rose City St	5:37.86
40.88 (40.88)	1:21.60 (40.72)	2:04.09 (42.49)	
2:46.26 (42.17)	3:29.40 (43.14)	4:14.05 (44.65)	
4:57.30 (43.25)	5:37.860 (40.57)		
91 #591 Sahli, Dylan	14	Rose City St	5:45.27
43.11 (43.11)	1:25.70 (42.59)	2:09.62 (43.92)	
2:54.56 (44.94)	3:40.40 (45.84)	4:26.41 (46.01)	
5:09.14 (42.73)	5:45.269 (36.14)		

Event 50 Girls 200 Meter Dash Middle School

Podium HS: 26.43 1 3/3/2024 Alisa Messing

Name	Age	School	Finals
Finals			
1 #643 Messing, Alisa	12	SPOKANE SPEE	26.431 10
26.426 (26.426)			
2 #456 Smith, Lauren	12	Idaho Dash T	26.50 8
26.497 (26.497)			
3 #599 Miller, Reagan	12	Ruby Jewell	26.53 6
26.523 (26.523)			
4 #199 Williams, Olivia	12	Black Star A	27.40 5
27.392 (27.392)			
5 #760 Scott, Olivia	11	The Inner Ci	27.84 4
27.831 (27.831)			
6 #547 Piepkorn, Zoe	12	Redmond Spri	28.08 3
28.071 (28.071)			
7 #753 Miller, Addie	12	The Inner Ci	28.28 2
28.280 (28.280)			

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Finals ... (Event 50 Girls 200 Meter Dash Middle School)

Name	Age	School	Finals	
8 #153 Witherspoon, Laylah	12	36-Unattache	28.30	1
28.295 (28.295)				
9 #650 Ritter, Kira	12	SPOKANE SPEE	28.34	
28.339 (28.339)				
10 #371 Morton, Alexis	12	GLS Speed TC	28.40	
28.398 (28.398)				
11 #288 Mitchell, Lourdes	12	Cascade Stri	28.58	
28.571 (28.571)				
12 #901 Racicot, Kennedy	11	Valley Flash	28.67	
28.670 (28.670)				
13 #931 Williams, Chloe	12	Xtreme Speed	28.79	
28.783 (28.783)				
14 #641 Leale, Preslie	13	SPOKANE SPEE	29.07	
29.067 (29.067)				
15 #647 Olson, Austyn	13	SPOKANE SPEE	29.12	
29.114 (29.114)				
16 #172 Newborne, Camyla	12	37-Unattache	29.36	
29.360 (29.360)				
17 #171 Mitchell, Jaidyn	12	37-Unattache	29.45	
29.444 (29.444)				
18 #290 Om Prakash, jodhaa	11	Cascade Stri	29.53	
29.528 (29.528)				
19 #627 Burton, Allie	12	SPOKANE SPEE	29.61	
29.606 (29.606)				
20 #293 Wilson, Chloe	12	Cascade Stri	30.15	
30.145 (30.145)				
21 #924 Wheeler-Henderson,	12	Xtreme Speed	30.18	
30.177 (30.177)				
22 #923 Nelson, Aaliyah	12	Xtreme Speed	30.50	
30.499 (30.499)				
23 #248 Cooper, Marin	12	Bozeman Trac	30.76	
30.757 (30.757)				
24 #279 Clouse, Audrey	10	Cascade Stri	31.23	
31.222 (31.222)				
25 #372 Morton, Ariella	11	GLS Speed TC	32.66	
32.655 (32.655)				
26 #833 Mendenhall, Ella		Unattached	34.69	
34.688 (34.688)				
27 #484 Lapotka, Cora	13	Mission Moun	36.43	
36.425 (36.425)				

Event 51 Boys 200 Meter Dash Middle School

Podium HS:	24.58	1	3/3/2024	alexsander Arrieta
Name	Age	School	Finals	
Finals				
1 #794 Arrieta, alexsander	13	Tri City Thu	24.581	10
24.579 (24.579)				
2 #926 O'Keefe, Zachariah	12	Xtreme Speed	24.75	8
24.744 (24.744)				
3 #181 Warren, Christian	12	37-Unattache	25.99	6
25.983 (25.983)				
4 #457 Anderson, Rock	12	Idaho Dash T	26.06	5
26.058 (26.058)				

5 #697 Thornburg, Brent	12	SPOKANE SPEE	26.07	4
26.063 (26.063)				
6 #678 Kilgore, Drew	13	SPOKANE SPEE	26.12	3
26.111 (26.111)				
7 #133 Carpenter, Griffin R.	13	Carpenter Tr	26.55	2
26.547 (26.547)				
8 #665 Corfield Jr., James	13	SPOKANE SPEE	27.10	1
27.092 (27.092)				
9 #178 Landeros, Isayah	13	37-Unattache	28.02	
28.014 (28.014)				
10 #927 Prior, Shane	11	Xtreme Speed	28.03	
28.030 (28.030)				
11 #909 Gifford, David	12	Valley Flash	28.74	
28.737 (28.737)				
12 #203 Jackson, Gael	11	Black Star A	28.90	
28.899 (28.899)				
13 #785 Sturgeon, Jackson	11	The Inner Ci	29.87	
29.861 (29.861)				
14 #796 Smith, Colt	12	Tri City Thu	30.20	
30.200 (30.200)				

Event 52 Girls 200 Meter Dash High School

Podium HS:	23.43	1	1/15/2023	Mia Brahe-Pedersen
Name	Age	School	Finals	
Finals				
1 #759 Ruppe, Emersen	16	The Inner Ci	25.61	10
25.609 (25.609)				
2 #748 Hathaway, Tilda	13	The Inner Ci	25.75	8
25.748 (25.748)				
3 #745 Gatlin, Cameron	15	The Inner Ci	26.00	6
25.991 (25.991)				
4 #377 Sarrys, Jada	16	GLS Speed TC	26.08	5
26.079 (26.079)				
5 #830 Kennybrew, Lulu		Unattached	26.11	4
26.102 (26.102)				
6 #373 Nettles, Sabina	15	GLS Speed TC	26.13	3
26.124 (26.124)				
7 #105 Reiter, Kaydance	16	31-Unattache	26.30	2
26.291 (26.291)				
8 #505 Szollosi, Sofia	16	Mountain Wes	26.30	1
26.298 (26.298)				
9 #362 Fotinatos, Mila	15	GLS Speed TC	26.35	
26.346 (26.346)				
10 #144 Bass, Alana	17	36-Unattache	26.42	
26.420 (26.420)				
11 #544 Fleenor, Keira	16	Redmond Spri	26.52	
26.516 (26.516)				
12 #761 Segerholt, Freja	15	The Inner Ci	26.75	
26.746 (26.746)				
13 #752 McAuliffe, Hanna	16	The Inner Ci	26.82	
26.818 (26.818)				
14 #751 Marshall, Eliisa	16	The Inner Ci	27.06	
27.058 (27.058)				
15 #568 Stockton, Willa	15	Rose City St	27.07	
27.068 (27.068)				

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Finals ... (Event 52 Girls 200 Meter Dash High School)

Name	Age	School	Finals
16 #548 Schneider, Julia 27.118 (27.118)	14	Redmond Spri	27.12
17 #405 Bishop, Hazel 27.156 (27.156)	15	Helena Novas	27.16
18 #250 Jones, Scotland 27.165 (27.165)	14	Bozeman Trac	27.17
19 #376 Rodriguez, Emily 27.178 (27.178)	14	GLS Speed TC	27.18
20 #526 Leduc, Baylee 27.260 (27.260)	15	Penticton Tr	27.26
21 #743 Cirugeda Botella, Lu 27.382 (27.382)	14	The Inner Ci	27.39
22 #546 Miele, Sophia 27.528 (27.528)	15	Redmond Spri	27.53
23 #289 Okoronkwo, Leynna 27.652 (27.652)	14	Cascade Stri	27.66
24 #740 Berger, Maddie 27.772 (27.772)	14	The Inner Ci	27.78
25 #654 Spencer, Marley 27.812 (27.812)	15	SPOKANE SPEE	27.82
26 #741 Brintnall, Campbell 27.816 (27.816)	15	The Inner Ci	27.82
27 #764 Vedomske, Caroline 27.925 (27.925)	15	The Inner Ci	27.93
28 #763 Tsai, Ella 27.938 (27.938)	14	The Inner Ci	27.94
29 #500 Gooden, Shae 28.014 (28.014)	15	Mountain Wes	28.02
30 #756 Phillips, Catherine 28.199 (28.199)	15	The Inner Ci	28.20
31 #149 Olive, Mazzy 28.221 (28.221)	15	36-Unattache	28.23
32 #487 Stene, Amelia 28.235 (28.235)	14	Mission Moun	28.24
33 #217 Seelhoff, Ella 28.285 (28.285)	16	Bolt Track a	28.29
34 #704 Eddy, Carmen 28.324 (28.324)		Stumptown Tr	28.33
35 #327 Diaz Jurado, Alanys 28.482 (28.482)	15	Fliers	28.49
36 #188 Hobart, Dawn 28.543 (28.543)		Acceleration	28.55
37 #329 Kinlow, Janiyah 28.746 (28.746)	15	Fliers	28.75
38 #462 Kennell, Hannah 28.822 (28.822)	17	IMUA Athleti	28.83
39 #635 Gering, Ashley 28.896 (28.896)	14	SPOKANE SPEE	28.90
40 #566 Rainbird, Paikea 28.936 (28.936)	16	Rose City St	28.94
41 #148 McGrew, Olivia 28.955 (28.955)	15	36-Unattache	28.96
42 #292 Simms, Ariana 28.964 (28.964)	14	Cascade Stri	28.97

43 #834 Moeckel, Annabelle 29.037 (29.037)	Unattached	29.04
44 #282 Coulibaly, Stacy 29.152 (29.152)	16 Cascade Stri	29.16
45 #733 Husarik, Lilia 29.175 (29.175)	14 Team Blackou	29.18
46 #561 helprin, Lola 29.216 (29.216)	14 Rose City St	29.22
47 #249 Fritz, Zoey 29.300 (29.300)	16 Bozeman Trac	29.30
48 #306 Flaten, Aizalyn 29.491 (29.491)	15 Electric Cit	29.50
49 #404 Bermingham, Bella 29.624 (29.624)	16 Helena Novas	29.63
50 #545 Lam, Kiara 29.649 (29.649)	16 Redmond Spri	29.65
51 #331 Rankin, Kaela 29.659 (29.659)	16 Fliers	29.66
52 #895 Cheney, Sarah 29.667 (29.667)	14 Valley Flash	29.67
53 #412 Linden, Evey 29.693 (29.693)	Helena Novas	29.70
54 #216 Riskin, Ruby 29.758 (29.758)	16 Bolt Track a	29.76
55 #629 Cleveland, Keely 30.090 (30.090)	13 SPOKANE SPEE	30.09
56 #626 Burnette, Maya 30.174 (30.174)	14 SPOKANE SPEE	30.18
57 #806 Rodriguez, Addie 30.407 (30.407)	Ultimate Spe	30.41
58 #283 Davis, Sloane 30.614 (30.614)	14 Cascade Stri	30.62
59 #569 Verna, Amelia 30.800 (30.800)	17 Rose City St	30.80
60 #490 Dietmeyer, Jaedynn 34.208 (34.208)	15 Moses Lake A	34.21

Event 53 Boys 200 Meter Dash High School

Podium HS: 20.80 1 3/3/2023 Tyler Floyd

Name	Age	School	Finals
1 #451 Harper, Daniel 22.083 (22.083)	16	Unattached-HS	21.87 10
2 #552 Ganje, Mateo 22.083 (22.083)	16	Redmond Spri	22.09 8
3 #452 Lewis, Donavyn 22.428 (22.428)	16	Unattached-HS	22.43 6
4 #671 Engel, Rashaun 22.454 (22.454)	15	SPOKANE SPEE	22.46 5
5 #775 Judd, Stephen 22.466 (22.466)	16	The Inner Ci	22.47 4
6 #783 Russak, John 22.472 (22.472)	16	The Inner Ci	22.48 3
7 #385 Davis, Mason 22.546 (22.546)	16	GLS Speed TC	22.55 2
8 #184 Ventura, Jordan 22.556 (22.556)	17	38-Unattache	22.56 1

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Finals ... (Event 53 Boys 200 Meter Dash High School)

Name	Age	School	Finals
9 #392 Krishnamurthy, Roar	15	GLS Speed TC	22.60 22.596 (22.596)
10 #455 Works-Wright, Chad	13	Unattached-HS	22.60 22.598 (22.598)
11 #401 Streufert, Max	17	GLS Speed TC	22.66 22.659 (22.659)
12 #788 Widdows, Joshua	17	The Inner Ci	22.69 22.690 (22.690)
13 #715 Bliven, Ben		Stumptown Tr	22.75 22.745 (22.745)
14 #454 Smallwood, Jaylyn	13	Unattached-HS	22.77 22.768 (22.768)
15 #592 Schnell, Max	16	Rose City St	22.79 22.784 (22.784)
16 #224 Lorig, Jason	16	Bolt Track a	22.80 22.798 (22.798)
17 #688 Newman, Isaiah	15	SPOKANE SPEE	22.84 22.838 (22.838)
18 #875 Mchugh, Harry		Unattached	22.84 22.839 (22.839)
19 #400 Stetler, Hayes	13	GLS Speed TC	22.87 22.865 (22.865)
20 #808 Bauman, Jalen	15	Ultimate Spe	22.88 22.876 (22.876)
21 #692 Sanders, Michael	15	SPOKANE SPEE	22.89 22.886 (22.886)
22 #276 Carpenter, Noah	16	Carpenter Tr	22.92 22.911 (22.911)
23 #686 Munteanu, Alex	17	SPOKANE SPEE	22.94 22.937 (22.937)
24 #399 So-Gilmore, Dionysu		GLS Speed TC	22.95 22.941 (22.941)
25 #387 De Oliveira, Kevin		GLS Speed TC	22.95 22.948 (22.948)
26 #683 Moore, Orlando	16	SPOKANE SPEE	22.98 22.978 (22.978)
27 #202 Davidson, Nathanael	17	Black Star A	23.01 23.007 (23.007)
28 #207 Morrison, Calder	17	Black Star A	23.01 23.009 (23.009)
29 #391 James, Dean	17	GLS Speed TC	23.03 23.023 (23.023)
30 #448 Avery, Micah		Unattached-HS	23.07 23.066 (23.066)
31 #550 Chu, Austin	16	Redmond Spri	23.12 23.111 (23.111)
32 #913 Noble, Logan	17	Valley Flash	23.12 23.112 (23.112)
33 #449 Bolds, Jayvon		Unattached-HS	23.18 23.180 (23.180)
34 #871 Macdonald, Jack	16	Unattached	23.20 23.192 (23.192)
35 #778 Kopplin, Kai	14	The Inner Ci	23.20 23.193 (23.193)

36 #107 Conver, Caleb	15	31-Unattache	23.20 23.195 (23.195)
37 #711 Anderson, Ethan	16	Stumptown Tr	23.20 23.199 (23.199)
38 #582 Hawthorne, Antoin		Rose City St	23.21 23.204 (23.204)
39 #272 Patterson, Osker	17	Bozeman Trac	23.23 23.227 (23.227)
40 #267 Kadillak, Lucas	15	Bozeman Trac	23.26 23.258 (23.258)
41 #162 Olsen Jr., Shane	16	36-Unattache	23.33 23.327 (23.327)
42 #515 Weltzien, Corbin	16	Mountain Wes	23.33 23.328 (23.328)
42 #453 Shelton, Zion		Unattached-HS	23.33 23.328 (23.328)
44 #359 Starnes, Julian		Ford Sports	23.36 23.351 (23.351)
45 #209 Teglassy, Adam	15	Black Star A	23.36 23.354 (23.354)
46 #211 Calhoon, Ian	17	Blue Mountai	23.41 23.404 (23.404)
47 #664 Cooper, Zachary	16	SPOKANE SPEE	23.43 23.428 (23.428)
48 #174 Busi, Aaron	17	37-Unattache	23.46 23.451 (23.451)
49 #890 Warner, Ulrich		Unattached	23.48 23.474 (23.474)
50 #687 Newell, William	17	SPOKANE SPEE	23.51 23.501 (23.501)
51 #208 Ogradowski, Gray	17	Black Star A	23.56 23.553 (23.553)
52 #513 Tuinstra, Nathan	17	Mountain Wes	23.58 23.573 (23.573)
53 #786 Timmins, James	16	The Inner Ci	23.60 23.598 (23.598)
54 #382 Beasley, Ellis		GLS Speed TC	23.63 23.627 (23.627)
55 #223 Hundrup, Corbin	15	Bolt Track a	23.63 23.628 (23.628)
56 #268 Kamps, Louis	15	Bozeman Trac	23.67 23.667 (23.667)
57 #774 Jackson, Edrees	16	The Inner Ci	23.74 23.740 (23.740)
58 #787 Tolliver, Kaeden	15	The Inner Ci	23.78 23.778 (23.778)
59 #773 Insko, Noah	14	The Inner Ci	23.81 23.805 (23.805)
60 #782 Reiter, Henry	15	The Inner Ci	23.82 23.811 (23.811)
61 #797 Smith, Gunner	15	Tri City Thu	23.87 23.863 (23.863)
62 #226 Schimmel, Kurt	17	Bolt Track a	23.90 23.899 (23.899)
63 #115 Nelson, Cooper	15	Helena Novas	23.99 23.982 (23.982)

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Finals ... (Event 53 Boys 200 Meter Dash High School)

Name	Age	School	Finals
64 #690 Pikulik, krystian	16	SPOKANE SPEE	23.99 23.983 (23.983)
65 #554 Piepkorn, Cameron	16	Redmond Spri	24.05 24.044 (24.044)
66 #343 Mcmillan, Jaylen	15	Fliers	24.05 24.049 (24.049)
67 #260 Bartholomew, Reid	15	Bozeman Trac	24.06 24.057 (24.057)
68 #784 Sauer, Aidan	14	The Inner Ci	24.13 24.128 (24.128)
69 #772 Hernandez, Saul	17	The Inner Ci	24.20 24.196 (24.196)
70 #888 Thornton, Brandon		Unattached	24.23 24.226 (24.226)
71 #576 Currier, Quentin	16	Rose City St	24.24 24.234 (24.234)
72 #339 Eisma, Janssen	15	Fliers	24.29 24.290 (24.290)
73 #735 Bell, Andrew	17	Team Blackou	24.30 24.300 (24.300)
74 #881 Perrin, Whittaker	15	Unattached	24.33 24.327 (24.327)
75 #204 Jackson, Jalen	15	Black Star A	24.34 24.333 (24.333)
76 #910 Godfrey, Brayden	17	Valley Flash	24.34 24.336 (24.336)
77 #727 Zetooney, Riley	16	Stumptown Tr	24.37 24.364 (24.364)
77 #887 Thornton, Blake		Unattached	24.37 24.364 (24.364)
79 #200 Ames, Ahmad	14	Black Star A	24.50 24.492 (24.492)
80 #393 Kushal, Siarhei	14	GLS Speed TC	24.53 24.529 (24.529)
81 #696 Strawn, Andrew	17	SPOKANE SPEE	24.55 24.548 (24.548)
82 #674 Garcia-Isabelli, Adria	15	SPOKANE SPEE	24.56 24.553 (24.553)
83 #876 Mohon, Carsen	14	Unattached	24.57 24.564 (24.564)
84 #338 Castaneda, Yonathan	16	Fliers	24.63 24.622 (24.622)
85 #553 Meikle, Chase		Redmond Spri	24.75 24.745 (24.745)
86 #479 Marimo, Tatenda	15	Unattached	24.81 24.801 (24.801)
87 #873 Masuda, Reagan	16	Unattached	24.83 24.821 (24.821)
88 #210 Yoder, Noah	15	Black Star A	24.86 24.853 (24.853)
88 #884 Smith, Bridger	16	Unattached	24.86 24.853 (24.853)
90 #795 Kinteh, Modou	17	Tri City Thu	24.86 24.860 (24.860)

91 #672 Ewert, Trevor	17	SPOKANE SPEE	24.89 24.889 (24.889)
92 #850 Corpuz, Alvic		Unattached	24.96 24.959 (24.959)
93 #766 Chavez-Long, Marcc	16	The Inner Ci	25.05 25.046 (25.046)
94 #265 Heck, Christian	17	Bozeman Trac	25.08 25.072 (25.072)
95 #721 Miller, Christian	16	Stumptown Tr	25.10 25.099 (25.099)
96 #677 Hill, Elliot	16	SPOKANE SPEE	25.18 25.179 (25.179)
97 #186 Hurtubise, Hayden	14	57-Unattache	25.23 25.223 (25.223)
98 #206 Mirzakhali, Camerc	13	Black Star A	25.38 25.375 (25.375)
99 #597 Waineo, Seth	16	Rose City St	25.66 25.659 (25.659)
100 #299 Sathiq, Rayhan	15	Cascade Stri	25.78 25.779 (25.779)
101 #903 Bazar, Jared	16	Valley Flash	25.82 25.812 (25.812)
102 #357 Salbino III, Jon	13	Ford Sports	25.92 25.916 (25.916)
103 #818 Prasad, Eddie		Ultimate Spe	26.03 26.028 (26.028)
104 #271 Nash, John	16	Bozeman Trac	26.20 26.197 (26.197)
105 #427 Salisbury, Rowen	16	Helena Novas	26.45 26.444 (26.444)
106 #792 Violet, Rhett	17	Three Forks	26.51 26.509 (26.509)

Event 54 Girls 1 Mile Run Invite High School

Podium HS: 5:03.45 1 3/3/2024 Charlotte Cullen

Name	Age	School	Finals
Finals			
1 #825 Cullen, Charlotte		Unattached	5:03.451 10
			36.41 (36.41) 1:13.38 (36.97) 1:51.50 (38.12)
			2:30.58 (39.08) 3:09.92 (39.34) 3:48.82 (38.90)
			4:26.12 (37.30) 5:03.450 (37.34)
2 #804 Peters, Ana	15	Ultimate Spe	5:09.17 8
			37.22 (37.22) 1:14.91 (37.69) 1:54.99 (40.08)
			2:34.45 (39.46) 3:13.06 (38.61) 3:52.23 (39.17)
			4:30.59 (38.36) 5:09.168 (38.59)
3 #235 Neil, Kylee		Bozeman	5:17.35 6
			38.51 (38.51) 1:17.77 (39.26) 1:57.92 (40.15)
			2:37.74 (39.82) 3:18.52 (40.78) 3:59.85 (41.33)
			4:41.07 (41.22) 5:17.342 (36.28)
4 #840 Tomlinson, Emma	17	Unattached	5:18.79 5
			36.74 (36.74) 1:14.68 (37.94) 1:54.71 (40.03)
			2:34.84 (40.13) 3:16.67 (41.83) 3:58.91 (42.24)
			4:41.36 (42.45) 5:18.787 (37.44)

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Finals ... (Event 54 Girls 1 Mile Run Invite High School)

Name	Age	School	Finals	
5 #556 Campbell, Amelia		Rose City St	5:19.63	4
38.24 (38.24)	1:17.25 (39.01)	1:58.30 (41.05)		
2:39.71 (41.41)	3:21.98 (42.27)	4:04.90 (42.92)		
4:45.86 (40.96)	5:19.625 (33.78)			
6 #313 Luczkow, Ava		Evoke Elite	5:23.78	3
37.21 (37.21)	1:15.37 (38.16)	1:55.46 (40.09)		
2:36.25 (40.79)	3:18.06 (41.81)	4:01.47 (43.41)		
4:44.82 (43.35)	5:23.780 (38.97)			
7 #170 Middleton, Kate	16	37-Unattache	5:25.07	2
37.90 (37.90)	1:16.07 (38.17)	1:56.03 (39.96)		
2:35.89 (39.86)	3:17.56 (41.67)	3:59.44 (41.88)		
4:43.34 (43.90)	5:25.066 (41.74)			
8 #169 Jones, Sonja	16	37-Unattache	5:29.72	1
37.93 (37.93)	1:17.46 (39.53)	1:58.49 (41.03)		
2:39.85 (41.36)	3:22.21 (42.36)	4:04.51 (42.30)		
4:47.24 (42.73)	5:29.714 (42.49)			
9 #168 Grunow, Anna	15	37-Unattache	5:36.10	
38.49 (38.49)	1:19.21 (40.72)	2:00.87 (41.66)		
2:43.70 (42.83)	3:26.84 (43.14)	4:10.43 (43.59)		
4:54.22 (43.79)	5:36.095 (41.89)			
10 #183 Tussing-Adkinson, E	14	38-Unattache	5:45.60	
38.87 (38.87)	1:19.56 (40.69)	2:02.35 (42.79)		
2:48.09 (45.74)	3:33.92 (45.83)	4:19.20 (45.28)		
5:03.54 (44.34)	5:45.598 (42.07)			

Event 55 Boys 1 Mile Run Invite High School

Podium HS: 4:11.06 1 3/3/2024 Nathan Neil

Name	Age	School	Finals	
1 #241 Neil, Nathan	16	Bozeman	4:11.061	10
33.08 (33.08)	1:04.91 (31.83)	1:35.85 (30.94)		
2:07.95 (32.10)	2:39.72 (31.77)	3:11.34 (31.62)		
3:42.35 (31.01)	4:11.058 (28.72)			
2 #524 Mulugeta, Yemane	17	Ocean Athlet	4:14.17	8
33.46 (33.46)	1:05.13 (31.67)	1:36.24 (31.11)		
2:08.34 (32.10)	2:39.98 (31.64)	3:11.63 (31.65)		
3:42.88 (31.25)	4:14.170 (31.30)			
3 #308 Harrington, Ryan	17	Electric Cit	4:18.97	6
33.54 (33.54)	1:05.50 (31.96)	1:36.66 (31.16)		
2:08.57 (31.91)	2:40.55 (31.98)	3:12.59 (32.04)		
3:45.58 (32.99)	4:18.962 (33.39)			
4 #138 Hilton, Calvin	16	35-Unattache	4:21.16	5
33.36 (33.36)	1:05.30 (31.94)	1:37.01 (31.71)		
2:09.17 (32.16)	2:42.51 (33.34)	3:16.42 (33.91)		
3:50.03 (33.61)	4:21.158 (31.14)			
5 #846 Boaz, Hayden	16	Unattached	4:21.17	4
33.65 (33.65)	1:05.54 (31.89)	1:37.21 (31.67)		
2:09.41 (32.20)	2:42.51 (33.10)	3:16.57 (34.06)		
3:50.16 (33.59)	4:21.169 (31.02)			
6 #856 Fiegenger, Cole	16	Unattached	4:22.05	3
33.62 (33.62)	1:05.90 (32.28)	1:37.63 (31.73)		
2:10.06 (32.43)	2:43.24 (33.18)	3:17.43 (34.19)		
3:50.86 (33.43)	4:22.041 (31.19)			

7 #240 Johnson, Daniel	Bozeman	4:28.18	2
34.14 (34.14)	1:06.89 (32.75)	1:40.09 (33.20)	
2:14.76 (34.67)	2:49.63 (34.87)	3:24.83 (35.20)	
3:58.87 (34.04)	4:28.174 (29.31)		
8 #213 Lash, Ian	Blue Mountai	4:28.95	1
34.01 (34.01)	1:06.70 (32.69)	1:39.09 (32.39)	
2:12.60 (33.51)	2:46.76 (34.16)	3:22.23 (35.47)	
3:57.11 (34.88)	4:28.942 (31.84)		
9 #684 Morales, Benjamin	16 SPOKANE SPEE	4:29.77	
33.04 (33.04)	1:06.02 (32.98)	1:38.15 (32.13)	
2:11.34 (33.19)	2:44.97 (33.63)	3:20.48 (35.51)	
3:56.02 (35.54)	4:29.769 (33.76)		
10 #159 Manson, Thomas	16 36-Unattache	4:38.32	
33.33 (33.33)	1:06.31 (32.98)	1:38.46 (32.15)	
2:11.67 (33.21)	2:47.06 (35.39)	3:24.46 (37.40)	
4:01.40 (36.94)	4:38.314 (36.92)		

Event 56 Girls 200 Meter Dash Invite High School

Podium HS: 23.86 1 3/3/2024 Braelyn Baker

Name	Age	School	Finals	
1 #542 Baker, Braelyn	17	Redmond Spri	23.861	10
23.855 (23.855)				
2 #197 Jones, Aster	14	Black Star A	24.60	8
24.598 (24.598)				
3 #182 Adams, Clara	14	38-Unattache	25.36	6
25.356 (25.356)				
4 #375 Pittman, Sena	16	GLS Speed TC	25.52	5
25.516 (25.516)				
5 #369 Manley, Quinn	16	GLS Speed TC	25.56	4
25.555 (25.555)				
6 #350 Balousek, Lauren	13	Ford Sports	25.80	3
25.798 (25.798)				
7 #762 Tillman, Simone	16	The Inner Ci	25.98	2
25.980 (25.980)				
8 #196 Heslam, Ellis	15	Black Star A	26.11	1
26.102 (26.102)				
9 #709 Zetooney, Brooke	17	Stumptown Tr	26.45	
26.447 (26.447)				
10 #325 Bond, Hayli	15	Fliers	27.56	
27.554 (27.554)				
--- #361 Cole, Journey	15	GLS Speed TC	DQ	
25.046 (25.046)				

Event 57 Boys 200 Meter Dash Invite High School

Podium HS: 21.09 1 3/3/2024 Dominick Corley

Name	Age	School	Finals	
1 #666 Corley, Dominick	16	SPOKANE SPEE	21.091	10
21.084 (21.084)				
2 #403 Witherspoon III, Reg	16	GLS Speed TC	21.46	8
21.456 (21.456)				
3 #809 Bauman, James	17	Ultimate Spe	21.63	6
21.630 (21.630)				
4 #389 Ford, Evin	16	GLS Speed TC	21.93	5
21.922 (21.922)				

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Finals ... (Event 57 Boys 200 Meter Dash Invite High School)

Name	Age	School	Finals	
5 #336 Altheimer, Nick	15	Fliers	21.98	4
21.979 (21.979)				
6 #765 Avalos, Matthew	16	The Inner Ci	22.23	3
22.222 (22.222)				
7 #598 Wood, Peyton	15	Rose City St	22.24	2
22.233 (22.233)				
8 #354 Murph Jr., Akeem	15	Ford Sports	22.41	1
22.404 (22.404)				
9 #446 Boyles, Jayden	16	HIFO Sports	22.46	
22.451 (22.451)				
10 #700 Woods, Easton	16	SPOKANE SPEE	22.46	
22.455 (22.455)				
11 #402 Trichel, Cameron	17	GLS Speed TC	22.58	
22.575 (22.575)				

Event 58 Girls 4x400 Meter Relay Middle School

Podium HS: 4:47.19 1 3/3/2024 SPOKANE SPEED ACADEMY

K Ritter, A Scharosch, P Leale, A Olson

Team	Relay	Finals
Finals		
1 SPOKANE SPEED ACAI	A	4:47.191 10
1) #650 Ritter, Kira 12	2) #652 Scharosch, Abigail 12	
3) #641 Leale, Preslie 13	4) #647 Olson, Austyn 13	
1:08.608 (1:08.608)	2:20.564 (1:11.956)	3:34.157 (1:13.594)
4:47.189 (1:13.032)		
2 Mission Moun	A	5:14.43 8
1) #484 Lapotka, Cora 13	2) #481 Cottet, Olivia 12	
3) #486 Scott, Kimora 12	4) #483 Delaney, Quinn 12	
1:27.802 (1:27.802)	2:50.265 (1:22.464)	4:04.707 (1:14.442)
5:14.430 (1:09.724)		

Event 59 Boys 4x400 Meter Relay Middle School

Podium HS: 4:04.15 1 3/3/2024 SPOKANE SPEED ACADEMY

J Gering, H Dicus, D Kilgore, B Thornburg

Team	Relay	Finals
Finals		
1 SPOKANE SPEED ACAI	A	4:04.151 10
1) #675 Gering, Jacob 13	2) #670 Dicus, Holden 13	
3) #678 Kilgore, Drew 13	4) #697 Thornburg, Brent 12	
1:01.483 (1:01.483)	2:01.660 (1:00.178)	3:02.983 (1:01.323)
4:04.146 (1:01.163)		
2 SPOKANE SPEED ACAI	B	4:18.52 8
1) #667 Danaraj, Jackson 12	2) #701 Woods, Mason 13	
3) #682 McLachlan, Owen 12	4) #663 Bresson, Brookes 12	
1:04.499 (1:04.499)	2:06.556 (1:02.058)	3:15.211 (1:08.655)
4:18.511 (1:03.300)		

Event 60 Girls 4x400 Meter Relay High School

Podium HS: 3:47.68 1 1/21/2024 Code Black Elite

L Ray, A McKenzie, P Porter, Z Ray

Team	Relay	Finals
Finals		
1 GLS Speed TC	A	3:56.43 10
1) #364 Hudacsko, Elaine 16	2) #377 Sarrys, Jada 16	
3) #369 Manley, Quinn 16	4) #375 Pittman, Sena 16	
58.288 (58.288)	1:57.167 (58.880)	2:58.158 (1:00.992)
3:56.421 (58.263)		
2 The Inner Circle	A	3:59.44 8
1) #745 Gatlin, Cameron 15	2) #759 Ruppe, Emersen 16	
3) #762 Tillman, Simone 16	4) #751 Marshall, Eliisa 16	
1:01.598 (1:01.598)	2:00.680 (59.083)	3:00.376 (59.696)
3:59.439 (59.063)		
3 Ultimate Spe	A	4:09.07 6
1) #804 Peters, Ana 15	2) #800 Donelson, Josie 16	
3) #805 Pihlstrom, Raquel	4) #806 Rodriguez, Addie	
1:02.234 (1:02.234)	1:57.223 (54.990)	3:02.334 (1:05.111)
4:09.064 (1:06.730)		
4 The Inner Circle	B	4:10.02 5
1) #754 Oblad, Miranda 15	2) #764 Vedomske, Caroline 15	
3) #748 Hathaway, Tilda 13	4) #743 Cirugeda Botella, Luna	
1:01.275 (1:01.275)	2:03.042 (1:01.768)	3:07.857 (1:04.815)
4:10.014 (1:02.158)		
5 IMUA Athletics	A	4:22.05 4
1) #462 Kennell, Hannah 17	2) #459 Baker, Chelsie 16	
3) #463 Taylor, Kennedy 17	4) #460 Beightol, Mia 17	
1:07.326 (1:07.326)	2:11.213 (1:03.888)	3:19.274 (1:08.061)
4:22.043 (1:02.770)		
6 SPOKANE SPEED ACAI	A	4:22.48 3
1) #654 Spencer, Marley 15	2) #651 Ritter, Makenna 15	
3) #633 Enser, Teagan 13	4) #646 Mosar, Blythe 13	
1:07.736 (1:07.736)	2:10.725 (1:02.990)	3:17.149 (1:06.424)
4:22.475 (1:05.326)		
7 Mission Moun	A	4:26.01 2
1) #487 Stene, Amelia 14	2) #482 Delaney, Morgan 14	
3) #488 Villegas, Chenoa 15	4) #485 Lewis, Annalise 13	
1:10.589 (1:10.589)	2:19.133 (1:08.545)	3:25.894 (1:06.761)
4:26.003 (1:00.110)		
8 Helena Novas	A	4:28.89 1
1) #414 Mohr, Solveig 15	2) #404 Bermingham, Bella 16	
3) #410 Irely, Ella 16	4) #405 Bishop, Hazel 15	
1:09.226 (1:09.226)	2:17.083 (1:07.857)	3:25.449 (1:08.367)
4:28.888 (1:03.439)		
9 Bozeman Track Club	A	4:32.52
	2) #246 Black, Anita 15	
3) #247 Cooper, Hazel 13	4) #255 Sebring, Della 14	
1:06.451 (1:06.451)	2:13.179 (1:06.728)	3:21.018 (1:07.839)
4:32.515 (1:11.498)		
10 Rose City Striders	A	4:36.51
1) #568 Stockton, Willa 15	2) #556 Campbell, Amelia	
3) #569 Verna, Amelia 17	4) #555 Ashmore, Hana 15	
1:11.932 (1:11.932)	2:15.383 (1:03.452)	3:27.503 (1:12.120)
4:36.505 (1:09.002)		

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Finals ... (Event 60 Girls 4x400 Meter Relay High School)

Team	Relay	Finals
11 SPOKANE SPEED ACAI	B	4:40.19
1) #630 Danaraj, Emma 15	2) #645 Metzler, Maya 17	
3) #639 Kiltz, Remmy 15	4) #656 Thomas, Regan 14	
1:12.101 (1:12.101)	2:20.147 (1:08.046)	3:29.251 (1:09.105)
4:40.187 (1:10.936)		
12 Helena Novas	B	4:44.48
1) #407 Gallagher, Caoimhe 16	2) #415 Muszkiewicz, Margot 1	
3) #413 McDonald, Margaret 1	4) #408 Garza, Hadyn 16	
1:09.587 (1:09.587)	2:19.577 (1:09.991)	3:36.060 (1:16.483)
4:44.476 (1:08.416)		
13 Rose City Striders	B	4:49.29
1) #557 Dechet-Wetzel, Malaik	2) #567 Siemens, Ada	
3) #563 Lange, Reese 15	4) #565 Negovetic, Zoe 16	
1:12.507 (1:12.507)	2:24.829 (1:12.323)	3:38.999 (1:14.170)
4:49.283 (1:10.284)		
14 Rose City Striders	C	5:16.97
1) #559 Echeverria, AJ 14	2) #564 Lewis, Lucy 15	
3) #570 Winterbower, Verity 15	4) #560 Graff, Sarah 14	
1:13.059 (1:13.059)	2:38.895 (1:25.836)	4:04.045 (1:25.150)
5:16.961 (1:12.916)		

Event 61 Boys 4x400 Meter Relay High School

Podium HS: 3:16.51 1 3/3/2024 GLS Speed TC

E De Oliveira, E Ford, S Flint, I Ford

Team	Relay	Finals
1 GLS Speed TC	A	3:16.511 10
1) #386 De Oliveira, Eric 15	2) #389 Ford, Evin 16	
3) #388 Flint, Sutton 15	4) #390 Ford, Isaac 16	
49.807 (49.807)	1:38.407 (48.600)	2:28.113 (49.707)
3:16.501 (48.388)		
2 Ultimate Spe	A	3:20.59 8
1) #933 Byrd, Hudson	2) #807 Altman, Matthew	
3) #816 Kurland, Baron	4) #815 Heath, Braden	
49.898 (49.898)	1:40.801 (50.904)	2:30.184 (49.383)
3:20.582 (50.398)		
3 GLS Speed TC	B	3:25.31 6
1) #395 Miller, Dallas 17	2) #402 Trichel, Cameron 17	
3) #400 Stetler, Hayes 13	4) #381 Balzarini, Ty (Noah)	
49.928 (49.928)	1:39.487 (49.560)	2:33.196 (53.709)
3:25.303 (52.107)		
4 SPOKANE SPEED ACAI	A	3:26.34 5
1) #700 Woods, Easton 16	2) #658 Alexander, Nikko 15	
3) #694 Scott, Alexander 17	4) #673 Gamon, Eamon 15	
50.843 (50.843)	1:42.885 (52.042)	2:34.538 (51.653)
3:26.331 (51.793)		
5 Bolt Track and Field	A	3:28.61 4
1) #219 Davis, Alexander 16	2) #220 Figueira, Felipe 14	
3) #228 Seitz, Max 17	4) #222 Hartshorn, Findlay 15	
52.223 (52.223)	1:46.032 (53.810)	2:37.940 (51.908)
3:28.610 (50.670)		

6 The Inner Circle	A	3:31.92 3
1) #788 Widdows, Joshua 17	2) #782 Reiter, Henry 15	
3) #765 Avalos, Matthew 16	4) #775 Judd, Stephen 16	
52.912 (52.912)	1:46.593 (53.682)	2:38.607 (52.014)
3:31.912 (53.306)		
7 The Inner Circle	B	3:32.21 2
1) #768 Craft, Tyler 17	2) #779 Oblad, Manuel 14	
3) #781 Peterson, Logan 15	4) #786 Timmins, James 16	
53.559 (53.559)	1:46.523 (52.964)	2:40.202 (53.680)
3:32.207 (52.006)		
8 Ultimate Spe	B	3:33.96 1
1) #808 Bauman, Jalen 15	2) #820 Smith, Grant 14	
3) #810 Best, Colin	4) #809 Bauman, James 17	
54.263 (54.263)	1:48.235 (53.972)	2:40.693 (52.459)
3:33.959 (53.266)		
9 Helena Novas	A	3:34.98
1) #430 Sund, Henry 16	2) #424 Matthews, Jake 16	
3) #421 Hill, Dylan 15	4) #429 Stimpson, Elliot 15	
53.365 (53.365)	1:47.304 (53.939)	2:39.227 (51.923)
3:34.975 (55.749)		
10 Electric Cit	A	3:37.49
1) #309 Rask, Ashtyn 16	2) #312 Sundquist, Brayden 16	
3) #311 Spinti, John	4) #308 Harrington, Ryan 17	
54.643 (54.643)	1:51.121 (56.478)	2:46.739 (55.618)
3:37.481 (50.742)		
11 Rose City Striders	A	3:37.97
1) #592 Schnell, Max 16	2) #585 Levin, Rio 16	
3) #594 Stevenson-Harjo, Frank	4) #598 Wood, Peyton 15	
55.808 (55.808)	1:50.712 (54.904)	2:45.859 (55.147)
3:37.966 (52.107)		
12 Rose City Striders	B	3:39.89
1) #590 Rumberger, Nate 16	2) #577 DuVivier, Noah 16	
3) #580 Gilkey, Grady	4) #572 Aslaksen, Leo	
54.014 (54.014)	1:51.874 (57.860)	2:46.098 (54.224)
3:39.885 (53.788)		
13 SPOKANE SPEED ACAI	C	3:42.42
1) #680 Lemmon, Peyton 16	2) #677 Hill, Elliot 16	
3) #660 Armstrong, Ezra 14	4) #679 Lemmon, Parker 13	
54.389 (54.389)	1:52.148 (57.759)	2:47.572 (55.424)
3:42.414 (54.842)		
14 Helena Novas	B	3:52.00
1) #427 Salisbury, Rowen 16	2) #426 Rasmann, Ian 17	
3) #428 Schlepp, Trey 16	4) #422 Jenemann, Chris 16	
58.853 (58.853)	1:57.046 (58.194)	2:56.322 (59.276)
3:51.998 (55.676)		
15 Rose City Striders	C	3:54.75
1) #581 Hassler, Colton 15	2) #589 Paulson, Liam	
3) #596 Uyeda, Kael 14	4) #571 Akita, Nick 14	
59.221 (59.221)	1:59.626 (1:00.406)	2:58.655 (59.030)
3:54.742 (56.087)		
16 Moses Lake Athletics	A	3:58.19
1) #493 Bingham, Noah 16	2) #494 Brumet, Sean 14	
3) #497 Valdez, Jaciel 16	4) #496 O'Shea, Liam 15	
1:00.553 (1:00.553)	1:59.523 (58.970)	3:00.595 (1:01.072)
3:58.187 (57.593)		

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024

The Podium
Results

Finals ... (Event 61 Boys 4x400 Meter Relay High School)

Team	Relay	Finals
17 Ultimate Spe	C	4:00.97
1) #814 Eftekhari, Rylan	2) #818 Prasad, Eddie	
3) #817 Linkfield, Otis	4) #812 Connolly, Justin	
58.689 (58.689)	2:02.505 (1:03.816)	3:01.039 (58.534)
4:00.963 (59.925)		
18 Rose City Striders	D	4:04.66
1) #578 Fullerton, Jack 13	2) #579 Gilkey, Atticus	
3) #587 Martinez-Plachta, Wyn	4) #595 Talmadge, Ben 17	
1:03.811 (1:03.811)	2:04.695 (1:00.884)	3:07.996 (1:03.301)
4:04.653 (56.658)		

Event 62 Girls Triple Jump High School

Podium HS: 11.82m 1 1/21/2024 Cassandra Atkins

Name	Age	School	Finals
Finals			
1 #458 Canaday-Elliott, Mal	17	Impulse Athl	11.62m 10
2 #366 Khan, Aaliyah	15	GLS Speed TC	11.25m 8
3 #167 Ford, Faizah	16	37-Unattache	10.96m 6
4 #755 Patton, Addison	15	The Inner Ci	10.66m 5
5 #334 Williams, Kayla	15	Fliers	10.41m 4
6 #365 Jimenez, Matea	16	GLS Speed TC	10.36m 3
7 #747 Hardy, Rachel	16	The Inner Ci	10.16m 2
8 #216 Riskin, Ruby	16	Bolt Track a	10.14m 1
9 #742 Brintnall, Tatum	17	The Inner Ci	9.04m
10 #333 Wayne, Neiyonne	16	Fliers	8.99m
11 #282 Coulibaly, Stacy	16	Cascade Stri	8.95m
--- #190 Perry, Ja'Kieya	15	Acceleration	FOUL
--- #367 Khan, Alisha	13	GLS Speed TC	FOUL
--- #214 Ivanova, Gabriella	17	Bolt Track a	FOUL
--- #738 Bakke, Kyra	16	The Inner Ci	FOUL

Event 63 Boys Triple Jump High School

Podium HS: 14.12m 1 1/16/2022 Eli Lawrence

Name	Age	School	Finals
Finals			
1 #231 Zhmailo, Yevhen	14	Bolt Track a	13.96m 10
2 #737 Temple Jr, Justin	16	Team Blackou	13.81m 8
3 #111 Henderson, Sam	15	31-Unattache	13.69m 6
4 #768 Craft, Tyler	17	The Inner Ci	13.60m 5
5 #769 Donnelly, Joseph	14	The Inner Ci	13.35m 4
6 #883 Sharps, Riley	17	Unattache	13.24m 3
7 #383 Cari, Coby-Jude		GLS Speed TC	12.80m 2
8 #691 Reed, Joshua	16	SPOKANE SPEE	12.51m 1
9 #777 Klopchic, Andrew	15	The Inner Ci	12.45m
10 #393 Kushal, Siarhei	14	GLS Speed TC	12.35m
11 #715 Bliven, Ben		Stumptown Tr	12.05m
12 #787 Tolliver, Kaeden	15	The Inner Ci	11.98m
13 #551 Dhuvoor, Arya	17	Redmond Spri	11.90m
14 #585 Levin, Rio	16	Rose City St	11.76m
15 #776 Kirkland, Asa	14	The Inner Ci	11.16m
16 #851 Corpuz, Andre		Unattache	10.77m

Event 64 Girls High Jump Middle School

Podium HS: 1.43m 1 3/3/2024 Chloe Wilson

Name	Age	School	Finals
Finals			
1 #293 Wilson, Chloe	12	Cascade Stri	J1.43m1 10
2 #627 Burton, Allie	12	SPOKANE SPEE	J1.43m1 8
3 #901 Racicot, Kennedy	11	Valley Flash	1.38m 6
4 #411 Kauffman, Nara	11	Helena Novas	1.18m 5

Event 65 Boys High Jump Middle School

Podium HS: 1.58m 1 3/3/2024 Griffin R. Carpenter

Name	Age	School	Finals
Finals			
1 #133 Carpenter, Griffin R.	13	Carpenter Tr	1.58m1 10
2 #880 Perrin, Broderick	12	Unattache	1.43m 8

Event 66 Girls Weight Throw High School

Podium HS: 16.19m 1 1/15/2023 Adrianna Coleman

Name	Age	School	Finals
Finals			
1 #827 Drake, Elise	16	Unattache	14.83m 10
2 #730 Speer, Madison	16	SuperThrower	13.22m 8
3 #728 DeVincenzi, Avery	17	SuperThrower	13.04m 6
4 #828 Hillis, Maggie		Unattache	12.38m 5
5 #729 Petrillo, Hannah	15	SuperThrower	12.16m 4
6 #899 Miner, Maddilyn	16	Valley Flash	11.10m 3
7 #467 Minette, Kara	16	Iron Wood TC	10.87m 2
8 #465 Huhmann, Claire		Iron Wood TC	10.68m 1
9 #251 Kamps, Tesse	16	Bozeman Trac	10.30m
10 #600 Albright, Rachel	17	Seattle Mast	9.76m
11 #893 Bradford, Adria	14	Valley Flash	5.74m

Event 67 Boys Weight Throw High School

Podium HS: 22.23m 1 1/21/2024 Lander Marak

Name	Age	School	Finals
Finals			
1 #602 Gutierrez, Calvin	17	Seattle Mast	20.34m 10
2 #154 Bates, Tyler	17	36-Unattache	19.85m 8
3 #849 Cherullo, Eli		Unattache	18.09m 6
4 #603 Koehler, Braeden	16	Seattle Mast	16.70m 5
5 #844 Bahm, Tristan	16	Unattache	16.29m 4
6 #155 Falor, Hayden	17	36-Unattache	15.74m 3
7 #601 Garcia, Eduardo	17	Seattle Mast	15.43m 2
8 #270 Murray, Jack	16	Bozeman Trac	14.83m 1
9 #473 Chase, Bryson	15	Iron Wood TC	13.46m
10 #914 Sessions Jr., Adam	16	Valley Flash	13.35m
11 #263 Fetterman, Jordan	16	Bozeman Trac	13.18m

Women - High School - Team Rankings - 18 Events Scored

1) The Inner Circle	126
2) GLS Speed TC	103
3) Redmond Sprint Club	38
4) Ultimate Speed Athletics	37
5) 37-Unattache	30
6) Ready-Set-Go Sprinters	26

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024**The Podium
Results**

7) SuperThrowerTrackClub	24	9) Bozeman	28
8) Bozeman Track Club	22	10) Ultimate Speed Athletics	26
9) 36-Unattached	20	11) 36-Unattached	18.5
10) 38-Unattached	16	12) Electric City Track Club	18
10) Hellgate XCTF	16	13) Seattle Masters Athletic Club	17
10) Oregon Episcopal	16	14) Ocean Athletics	16
13) Mission Mountain Mercury	14	14) Iron Wood TC	16
13) Black Star Athletic Academy	14	16) Mountain West Track	13
15) Bolt Track and Field	13	17) Redmond Sprint Club	10
16) Bozeman	12	18) 37-Unattached	8
17) Rose City Striders	10	18) Team Blackout Elite Track	8
17) Impulse Athletics NW	10	20) Blue Mountain Storm Track Cl	7
17) Ford Sports Performance	10	20) Rose City Striders	7
20) 57-Unattached	9.5	20) Valley Flash	7
21) Iron Wood TC	9	23) Flop House High Jump Club	5.5
22) Evoke Elite TC	8	24) Ready-Set-Go Sprinters	5
22) 31-Unattached	8	25) Fliers	4
22) Stumptown Track Club	8	25) Black Star Athletic Academy	4
25) IMUA Athletics	7	27) Ford Sports Performance	3
26) Valley Flash	6	28) Helena Novas	2
26) 35-Unattached	6		
28) Fliers	5		
29) SPOKANE SPEED ACADEMY	4		
29) Mountain West Track	4		
31) Electric City Track Club	1		
31) Helena Novas	1		

Women - Middle School - Team Rankings - 13 Events Scored

1) SPOKANE SPEED ACADEMY	53
2) Cascade Striders	45
3) Valley Flash	44
4) Mission Mountain Mercury	39
5) Spokane Mercury	33
6) North Idaho Distance Project	28
7) Ruby Jewell Track & Field Cl	26
7) The Inner Circle	26
9) Idaho Dash Track	22
10) Black Star Athletic Academy	19
11) Mountain West Track	15
12) Helena Novas	12
13) Iron Wood TC	11
14) 35-Unattached	9
15) Redmond Sprint Club	8
15) GLS Speed TC	8
17) Rain City Flyers	7
18) Xtreme Speed	6
19) 36-Unattached	5
20) Flathead Highlanders Track C	2
21) Eastern Oregon Track Club	1

Men - High School - Team Rankings - 18 Events Scored

1) GLS Speed TC	99
2) SPOKANE SPEED ACADEMY	69.5
3) Bolt Track and Field	48
4) The Inner Circle	38
5) 31-Unattached	37.5
6) 35-Unattached	37.3333
7) Stumptown Track Club	34
8) Bozeman Track Club	31.6666

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024**The Podium
Results**

29) 38-Unattached 1

Men - Middle School - Team Rankings - 11 Events Scored

1) SPOKANE SPEED ACADEMY	64
2) 37-Unattached	44
3) Valley Flash	40
4) Carpenter Track Club	32
5) Tri City Thunder	30
5) North Idaho Distance Project	30
5) Atlas Run Club	30
8) Xtreme Speed	18
9) Idaho Dash Track	13
10) Spokane Athletics	11
11) Spokane Mercury	8
11) Iron Wood TC	8
11) Ford Sports Performance	8
14) Cascade Striders	7
15) Black Star Athletic Academy	6
16) Bryant Bandits	3

Combined Team Scores - High School - 36 Events Scored

1) GLS Speed TC	202
2) The Inner Circle	164
3) SPOKANE SPEED ACADEMY	73.5
4) Ultimate Speed Athletics	63
5) Bolt Track and Field	61
6) Bozeman Track Club	53.6666
7) Redmond Sprint Club	48
8) 31-Unattached	45.5
9) 35-Unattached	43.3333
10) Stumptown Track Club	42
11) Bozeman	40
12) 36-Unattached	38.5
13) 37-Unattached	38
14) Ready-Set-Go Sprinters	31
15) Iron Wood TC	25
16) SuperThrowerTrackClub	24
17) Electric City Track Club	19
18) Black Star Athletic Academy	18
19) Rose City Striders	17
19) Mountain West Track	17
19) 38-Unattached	17
19) Seattle Masters Athletic Club	17
23) Hellgate XCTF	16
23) Ocean Athletics	16
23) Oregon Episcopal	16
26) Mission Mountain Mercury	14
27) Ford Sports Performance	13
27) Valley Flash	13
29) Impulse Athletics NW	10
30) 57-Unattached	9.5
31) Fliers	9
32) Team Blackout Elite Track	8
32) Evoke Elite TC	8
34) IMUA Athletics	7
34) Blue Mountain Storm Track Cl	7
36) Flop House High Jump Club	5.5
37) Helena Novas	3

Combined Team Scores - Middle School - 24 Events Scored

1) SPOKANE SPEED ACADEMY	117
2) Valley Flash	84
3) North Idaho Distance Project	58
4) Cascade Striders	52
5) 37-Unattached	44
6) Spokane Mercury	41
7) Mission Mountain Mercury	39
8) Idaho Dash Track	35
9) Carpenter Track Club	32
10) Atlas Run Club	30
10) Tri City Thunder	30
12) The Inner Circle	26

2023 West Coast Indoor Championships - 3/2/2024 to 3/3/2024**The Podium****Results**

12) Ruby Jewell Track & Field Cl	26
14) Black Star Athletic Academy	25
15) Xtreme Speed	24
16) Iron Wood TC	19
17) Mountain West Track	15
18) Helena Novas	12
19) Spokane Athletics	11
20) 35-Unattached	9
21) Redmond Sprint Club	8
21) Ford Sports Performance	8
21) GLS Speed TC	8
24) Rain City Flyers	7
25) 36-Unattached	5
26) Bryant Bandits	3
27) Flathead Highlanders Track C	2
28) Eastern Oregon Track Club	1