

COLORADO HIGH SCHOOL - 5/19/2016 to 5/21/2016**STATE TRACK & FIELD CHAMPIONSHIPS****Jefferson County Stadium, Lakewood****Meet Program****Event 81 Boys 100 Meter Dash 3A (18)****9 Advance: Top 3 Each Heat plus Next 3 Best Times****Thursday 5/19/2016 - 2:30 PM**

National: 10.15 1990 Henry Neal
Colo. Prep: 10.27 2012 Raymond Bozmans
State Meet: 10.62 2012 Alex Mead

Lane	Name	Yr	School	Seed	Time
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Heat 1 of 2 Prelims

1	Dalton Waln	SR	Eaton	11.59	_____
2	Marcus Howard	JR	Denver Scien	11.49	_____
3	Trevor Olsen	SR	Faith Christian	11.41	_____
4	Derek Prescott	SO	Platte Valley	11.30	_____
5	Kent Harris	SR	Lutheran	10.92	_____
6	Josh Gregory	SR	Eaton	11.04	_____
7	Harrison Tomko	SR	Lutheran	11.30	_____
8	Hunter Bergstrom	SO	Strasburg	11.46	_____
9	Cesar Hernandez	JR	Lake County	11.64	_____

Heat 2 of 2 Prelims

1	Jayden Gomez	SO	Centauri	11.59	_____
2	Shandon Hadley	SR	Moffat Cty.	11.47	_____
3	Isaac Harris	FR	Sterling	11.39	_____
4	Brian Mashak	JR	Bayfield	11.33	_____
5	Chris Youngs	SR	Lutheran	10.81	_____
6	Sunday Abarca	JR	Aspen	11.16	_____
7	Luke Arkell	SO	Lutheran	11.25	_____
8	Taylor Thoman	SR	Ridge View	11.47	_____
9	Ben Kuppinger	SR	Liberty Comm	11.62	_____

Event 82 Boys 200 Meter Dash 3A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Thursday 5/19/2016 - 5:55 PM**

National: 20.13 1985 Roy Martin
Colo. Prep: 20.70 2005 Jeremy Dodson
State Meet: 21.66 2012 Alex Mead

Lane	Name	Yr	School	Seed	Time
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Heat 1 of 2 Prelims

1	Noel Heredia	JR	Monte Vista	23.42	_____
2	Brian Mashak	JR	Bayfield	23.40	_____
3	Matthew Hoffman	SR	Platte Valley	23.18	_____
4	Luke Arkell	SO	Lutheran	23.12	_____
5	Josh Gregory	SR	Eaton	22.09	_____
6	Sunday Abarca	JR	Aspen	22.17	_____
7	Shandon Hadley	SR	Moffat Cty.	23.03	_____
8	Finnegan Smith	FR	Peak to Peak	23.25	_____
9	Brayan Flores	SO	Alamosa	23.59	_____

Heat 2 of 2 Prelims

1	Luke Rodholm	JR	Manitou Springs	23.51	_____
2	Harrison Tomko	SR	Lutheran	23.33	_____
3	Bryce Coop	JR	Manitou Springs	23.13	_____
4	Taylor Thoman	SR	Ridge View	23.13	_____
5	Kent Harris	SR	Lutheran	21.68	_____
6	Isaac Harris	FR	Sterling	22.62	_____
7	Reid Hall	SR	Brush	22.69	_____
8	Justin Sanchez	SR	Centauri	23.25	_____
9	Jake Zander	SR	Colo. Sp. Chris.	23.59	_____

Event 83 Boys 400 Meter Dash 3A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Thursday 5/19/2016 - 6:58 PM**

National: 45.19 2012 Aldrich Bailey
Colo. Prep: 46.23 2006 J.T. Scheuerman
State Meet: 48.70 2002 Brian Black

Lane	Name	Yr	School	Seed	Time
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Heat 1 of 2 Prelims

1	Conner Plackis	SR	Manitou Springs	52.45	_____
2	Brendan Bunting	FR	Platte Valley	52.18	_____
3	Noah Torres	JR	Florence	51.81	_____
4	Roope Lakaniemi	SR	Fountain Val	51.48	_____
5	Sunday Abarca	JR	Aspen	49.37	_____
6	Jared Keul	JR	Manitou Springs	49.71	_____
7	Ivan Villasenor	SR	Lamar	51.46	_____
8	Coulter Church	JR	Bennett	51.83	_____
9	Nicholas Runco	JR	Lutheran	52.71	_____

Heat 2 of 2 Prelims

1	Chad Jackson	FR	Alamosa	52.47	_____
2	Jeremy Ladd	JR	Strasburg	52.06	_____
3	Michael Sowards	JR	Centauri	51.62	_____
4	Joe Black	SR	Sheridan	51.55	_____
5	Josh Gregory	SR	Eaton	49.32	_____
6	Zach Waite	SO	Platte Valley	50.91	_____
7	Aj Thompson	JR	Lutheran	51.31	_____
8	Trevor Schneider	JR	Valley	51.87	_____
9	Matt Miller	JR	Lutheran	52.63	_____



COLORADO HIGH SCHOOL - 5/19/2016 to 5/21/2016**STATE TRACK & FIELD CHAMPIONSHIPS****Jefferson County Stadium, Lakewood****Meet Program****Event 84 Boys 800 Meter Run 3A (19)****Friday 5/20/2016 - 12:40 PM****Five Alleys with 1-turn Stagger Start****National: 1:46.45 1996 Michael Granville****Colo. Prep: 1:50.59 2015 Blake Yount****State Meet: 1:52.75 2003 Jason Zichterman**

Lane	Name	Yr	School	Seed	Time
Section 1 of 1 Finals					
1	Jared Keul	JR	Manitou Springs	1:58.29	_____
2	Oscar Martinez	JR	Alamosa	1:58.48	_____
3	Isaiah Remington	SR	Frontier Acdy.	1:59.11	_____
4	Tyler Gard	SR	Vanguard	1:59.64	_____
5	Gage Mayo	SR	La Junta	2:00.31	_____
6	Nicholas Runco	JR	Lutheran	2:00.44	_____
7	Miles Hatton	SR	Vanguard	2:00.90	_____
8	Kyle Gee	JR	Liberty Comm	2:01.65	_____
9	Braydon O'Neill	FR	Gunnison	2:02.11	_____
10	Taylor Stack	SR	Salida	2:02.17	_____
11	Nathan Dunn	FR	Colo. Sp. Chris.	2:02.29	_____
12	Aj Thompson	JR	Lutheran	2:02.35	_____
13	Trevor Schneider	JR	Valley	2:02.39	_____
14	Isaac Ruble	SR	Peak to Peak	2:02.74	_____
15	Branden Huisman-nevin	SR	Gunnison	2:03.01	_____
16	Harley Morgan	JR	Vanguard	2:03.17	_____
17	Christian Van Cleave	JR	Jefferson Acdy.	2:03.30	_____
18	Robbie Thompson	SR	Roaring Fork	2:03.31	_____
19	Jacob Rogers	SR	Lamar	2:03.35	_____

Event 85 Boys 1600 Meter Run 3A (18)**Saturday 5/21/2016 - 1:00 PM****Five Alleys with 1-turn Stagger Start****National: 3:59.51 2001 Alan Webb****Colo. Prep: 4:10.98 1981 Rich Martinez****State Meet: 4:12.69 2002 Bret Schoolmeester**

Lane	Name	Yr	School	Seed	Time
Section 1 of 1 Finals					
1	Taylor Stack	SR	Salida	4:24.74	_____
2	Ben Butler	SR	SkyView Acad	4:24.99	_____
3	Isaiah Remington	SR	Frontier Acdy.	4:28.47	_____
4	Gage Mayo	SR	La Junta	4:29.04	_____
5	Josiah Davis	SR	Frontier Acdy.	4:29.93	_____
6	Kaleb Crum	SR	Lamar	4:32.39	_____
7	Jacob Rogers	SR	Lamar	4:33.01	_____
8	Cooper Wiens	SR	Gunnison	4:33.73	_____
9	Andrew King	SO	Platte Valley	4:36.57	_____
10	Carter Severson	FR	Moffat Cty.	4:38.11	_____
11	Jimmy Scavuzzo	SO	SkyView Acad	4:38.31	_____
12	Dylan Zurfluh	JR	Estes Park	4:38.43	_____
13	Blake Davis	SO	Lamar	4:38.55	_____
14	Isaiah Delacerda	JR	Alamosa	4:39.48	_____
15	Kyle Gee	JR	Liberty Comm	4:39.63	_____
16	Dylan Parker	SR	Platte Canyon	4:39.67	_____
17	Christian Van Cleave	JR	Jefferson Acdy.	4:39.71	_____
18	Colton Stice	FR	Gunnison	4:40.20	_____



COLORADO HIGH SCHOOL - 5/19/2016 to 5/21/2016**STATE TRACK & FIELD CHAMPIONSHIPS****Jefferson County Stadium, Lakewood****Meet Program****Event 86 Boys 3200 Meter Run 3A (18)****Thursday 5/19/2016 - 6:30 PM****Two Super Alleys with 1-turn Stagger****National: 8:34.23 2008****German Fernandez****Colo. Prep: 9:05.89 2003****Brent Vaughn****State Meet: 9:18.38 2001****Bret Schoolmeester**

Lane	Name	Yr	School	Seed	Time
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Section 1 of 1 Finals

1	Ben Butler	SR	SkyView Acad	9:27.90	_____
2	Taylor Stack	SR	Salida	9:28.81	_____
3	Josiah Davis	SR	Frontier Acdy.	9:40.89	_____
4	Jacob Rogers	SR	Lamar	9:50.71	_____
5	Isaiah Delacerda	JR	Alamosa	9:50.93	_____
6	Andrew King	SO	Platte Valley	9:55.00	_____
7	Kaleb Crum	SR	Lamar	9:55.14	_____
8	Isaiah Remington	SR	Frontier Acdy.	9:56.56	_____
9	Cooper Wiens	SR	Gunnison	10:04.46	_____
10	Blake Davis	SO	Lamar	10:08.92	_____
11	Caleb Berlinger	JR	Alamosa	10:09.83	_____
12	Caleb Palmer	JR	Alamosa	10:10.70	_____
13	Cody Jones	JR	Frontier Acdy.	10:10.88	_____
14	Nathan Dowdy	SO	Liberty Comm	10:11.31	_____
15	Brandon Ries	JR	Peak to Peak	10:13.43	_____
16	Seth Minor	JR	Salida	10:16.24	_____
17	Christopher Martinez	SR	Liberty Comm	10:16.45	_____
18	Manuel Villegas	SR	La Junta	10:16.72	_____

Event 87 Boys 110 Meter Hurdles 3A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Thursday 5/19/2016 - 3:55 PM****National: 13.1h 1980****Dennis Brantley****National: 13.30 1990****Chris Nelloms****Colo. Prep: 13.61 2004****Wilbert Smith****State Meet: 14.37 2004****Brad Gamble**

Lane	Name	Yr	School	Seed	Time
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Heat 1 of 2 Prelims

1	Tom Keller	SR	Alamosa	16.09	_____
2	Carl Heide	SO	Bayfield	16.08	_____
3	Jasper Germain	SO	Roaring Fork	15.92	_____
4	Ben Rockwell	SO	Faith Christian	15.71	_____
5	Dane Corliss	SR	Platte Valley	14.88	_____
6	Kharon Hall	SR	Lutheran	14.92	_____
7	Marcus Howard	JR	Denver Scien	15.58	_____
8	Justin Thompson	SO	Roaring Fork	16.00	_____
9	Caleb Rewinkel	SR	Basalt	16.48	_____

Heat 2 of 2 Prelims

1	Angel Garcia	FR	Grand Valley	16.26	_____
2	Sterling Moralez	SR	Platte Valley	16.05	_____
3	Aidan Boyd	SO	Jefferson Acdy.	15.88	_____
4	Aaron Clausen	JR	Lutheran	15.78	_____
5	Matt Hanson	SR	Lutheran	14.86	_____
6	Leo Ferraro	SR	Gunnison	15.10	_____
7	Ethan Rummell	SR	Colo. Sp. Chris.	15.44	_____
8	James Nalley	JR	Coal Ridge	16.01	_____
9	Josh Cox	SR	Colo. Sp. Chris.	16.34	_____

Event 88 Boys 300 Meter Hurdles 3A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Friday 5/20/2016 - 11:20 AM****National: 35.02 2009****Reggie Wyatt****Colo. Prep: 36.41 2001****Gerren Crochet****State Meet: 38.39 1995****Ben Myers**

Lane	Name	Yr	School	Seed	Time
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Heat 1 of 2 Prelims

1	Aaron Clausen	JR	Lutheran	42.72	_____
2	Caleb Rewinkel	SR	Basalt	42.68	_____
3	Sterling Moralez	SR	Platte Valley	42.23	_____
4	Marcus Howard	JR	Denver Scien	41.84	_____
5	Leo Ferraro	SR	Gunnison	40.21	_____
6	Chase Starman	JR	Strasburg	40.84	_____
7	Tom Keller	SR	Alamosa	41.63	_____
8	Josh Cox	SR	Colo. Sp. Chris.	42.24	_____
9	Ben Rockwell	SO	Faith Christian	42.94	_____

Heat 2 of 2 Prelims

1	Jake Claeys	SO	Jefferson Acdy.	42.75	_____
2	Dylan Allen	SO	Coal Ridge	42.55	_____
3	James Nalley	JR	Coal Ridge	42.02	_____
4	Carl Heide	SO	Bayfield	41.97	_____
5	Gallian Roberts	SR	Salida	38.76	_____
6	Aaron Nichols	SR	Brush	40.87	_____
7	Matt Hanson	SR	Lutheran	41.41	_____
8	Mikinzie Klimper	SO	Moffat Cty.	42.28	_____
9	Evan Coit	SR	Salida	42.91	_____



COLORADO HIGH SCHOOL - 5/19/2016 to 5/21/2016**STATE TRACK & FIELD CHAMPIONSHIPS**

Jefferson County Stadium, Lakewood

Meet Program**Event 89 Boys 4x100 Meter Relay 3A (18)****9 Advance: Top 3 Each Heat plus Next 3 Best Times****Friday 5/20/2016 - 9:23 AM****National: 39.76 1998 Fort Worth Wyatt HS, TX****Colo. Prep: 41.21 2007 Overland HS****State Meet: 42.62 2012 Mead HS**

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

1	Lake County	45.76	_____
2	Valley	45.73	_____
3	Alamosa	45.36	_____
4	Salida	44.96	_____
5	Strasburg	43.94	_____
6	Platte Valley	44.19	_____
7	Coal Ridge	44.76	_____
8	Sterling	45.44	_____
9	Moffat Cty.	46.10	_____

Heat 2 of 2 Prelims

1	Jefferson Acdy.	45.77	_____
2	University	45.54	_____
3	Monte Vista	45.26	_____
4	Kent Denver	45.21	_____
5	Lutheran	42.95	_____
6	Manitou Springs	44.66	_____
7	Eaton	44.74	_____
8	Centauri	45.45	_____
9	Liberty Comm	45.79	_____

Event 90 Boys 4x200 Meter Relay 3A (19)**9 Advance: Top 2 Each Heat plus Next 3 Best Times****Thursday 5/19/2016 - 3:15 PM****National: 1:23.92 2007 Fort Bend Hightower HS, TX****Colo. Prep: 1:25.46 2013 Valor Christian****State Meet: 1:28.31 2002 Yuma HS**

Lane	Team	Relay	Seed Time
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Heat 1 of 3 Prelims

1			_____
2			_____
3	Liberty Comm	1:35.13	_____
4	Bayfield	1:34.56	_____
5	Manitou Springs	1:30.83	_____
6	Platte Valley	1:30.95	_____
7	Centauri	1:34.09	_____
8	Gunnison	1:35.16	_____
9			_____

Heat 2 of 3 Prelims

1			_____
2			_____
3	Valley	1:34.94	_____
4	Lake County	1:34.67	_____
5	Eaton	1:30.45	_____
6	Strasburg	1:31.14	_____
7	Vanguard	1:34.07	_____
8	Moffat Cty.	1:35.44	_____
9			_____

Heat 3 of 3 Prelims

1			_____
2	Jefferson Acdy.	1:35.50	_____
3	Sterling	1:34.77	_____
4	University	1:34.76	_____
5	Lutheran	1:30.30	_____
6	Coal Ridge	1:33.62	_____
7	Colo. Sp. Chris.	1:33.89	_____
8	Alamosa	1:35.50	_____
9			_____

Event 91 Boys 4x400 Meter Relay 3A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Friday 5/20/2016 - 3:53 PM****National: 3:07.40 1985 Hawthorne HS, CA****Colo. Prep: 3:14.73 2012 Rangeview HS****State Meet: 3:22.42 2002 Gunnison HS**

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

1	Salida	3:36.65	_____
2	Liberty Comm	3:36.60	_____
3	Moffat Cty.	3:35.36	_____
4	Colo. Sp. Chris.	3:33.48	_____
5	Manitou Springs	3:27.90	_____
6	Lutheran	3:28.07	_____
7	Vanguard	3:32.87	_____
8	Gunnison	3:35.61	_____
9	Valley	3:38.11	_____

Heat 2 of 2 Prelims

1	Frontier Acdy.	3:36.69	_____
2	Bayfield	3:36.54	_____
3	Centauri	3:34.92	_____
4	Alamosa	3:34.49	_____
5	Platte Valley	3:26.69	_____
6	Lamar	3:32.39	_____
7	Strasburg	3:32.44	_____
8	University	3:35.94	_____
9	Coal Ridge	3:37.10	_____



COLORADO HIGH SCHOOL - 5/19/2016 to 5/21/2016**STATE TRACK & FIELD CHAMPIONSHIPS**

Jefferson County Stadium, Lakewood

Meet Program**Event 92 Boys 4x800 Meter Relay 3A (18)****Thursday 5/19/2016 - 4:30 PM****Five Alleys with 1-turn Stagger Start****National: 7:33.48 2009 Warrington Central HS, PA****Colo. Prep: 7:45.10 2001 Smoky Hill HS****State Meet: 7:53.53 2003 D'Evelyn HS**

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Alamosa		8:15.91
2	Lutheran		8:22.98
3	Vanguard		8:26.13
4	Gunnison		8:28.85
5	Lamar		8:30.94
6	Frontier Acdy.		8:31.81
7	Jefferson Acdy.		8:32.40
8	Platte Valley		8:34.59
9	Moffat Cty.		8:35.53
10	SkyView Acad		8:35.83
11	Coal Ridge		8:35.88
12	Bayfield		8:36.21
13	Liberty Comm		8:36.61
14	University		8:38.51
15	Valley		8:40.52
16	Roaring Fork		8:40.76
17	Pagosa Spgs.		8:41.20
18	Salida		8:44.51

Event 93 Boys High Jump 3A (19)**Saturday 5/21/2016 - 8:30 AM****Warm-up 5'5"****Start 5'7" - Increments 2" to until 5 jumpers then up by 1"****National: 7-05.75 2009 James White****Colo. Prep: 7-04 1991 Matt Hemingway****State Meet: 7-02.25 1991 Matt Hemingway**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Spencer Woodard	SR	Estes Park	5-09.00	
2	Joshua Anderson	SR	Vanguard	5-09.00	
3	Ethan Rummell	SR	Colo. Sp. Chris.	5-10.00	
4	Parker Gilliland	SR	Platte Valley	5-10.00	
5	Jake Schiesser	SR	Basalt	5-10.00	
6	Spencer Whitfield	JR	University	5-10.50	
7	Ben Pratt	SR	Frontier Acdy.	5-11.00	
8	Miles Levy	JR	Basalt	5-11.50	
9	Justyce Newbill	FR	Sterling	5-11.50	
10	Jasper Germain	SO	Roaring Fork	6-00.00	
11	Hayden Wolfe	SR	Platte Valley	6-00.00	
12	Michael Chavez	JR	Sterling	6-00.00	
13	Jared Foss	SR	Eaton	6-00.00	
14	Jayson Frank	FR	Sterling	6-01.00	
15	Angelo Ramirez	SO	Alamosa	6-02.00	
16	Austin Chavez	JR	Sterling	6-02.00	
17	Dane Corliss	SR	Platte Valley	6-03.00	
18	Gunner Rigsby	JR	Grand Valley	6-03.00	
19	Ryan Goldhammer	SO	Lutheran	6-05.00	



COLORADO HIGH SCHOOL - 5/19/2016 to 5/21/2016**STATE TRACK & FIELD CHAMPIONSHIPS****Jefferson County Stadium, Lakewood****Meet Program****Event 94 Boys Pole Vault 3A (18)****Thursday 5/19/2016 - 1:30 PM****Warm-up 9'6"****Start 10'0" - Increments 6" to until 5 jumpers then up by 3"****National: 18-02.25 1999****Eric Eshbach****Colo. Prep: 17-07.50 1986****Pat Manson****State Meet: 15-01 2013****Truitt Parrish**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Connor Alsup	JR	Sterling	10-06.00	_____
2	Cash Snooks	SR	Bayfield	10-06.00	_____
3	Colton Fine	SO	Bayfield	10-07.00	_____
4	Corbin Frick	FR	Middle Park	10-09.00	_____
5	Jacx Power	SO	Coal Ridge	11-00.00	_____
6	Chad Winkler	SO	Bayfield	11-03.00	_____
7	Andrew Karnowka	SR	Platte Canyon	11-03.00	_____
8	Shaun VanDerTorre	SR	University	11-05.00	_____
9	Andrew King	SO	Platte Valley	11-06.00	_____
10	Christian Zimmerman	JR	Platte Canyon	11-08.00	_____
11	Mitch Cunico	SR	Middle Park	11-08.00	_____
12	Dylan Hendrick	SR	Platte Canyon	12-03.00	_____
13	Austin Chavez	JR	Sterling	12-07.00	_____
14	Brady Krier	JR	Sterling	12-09.00	_____
15	Brandon Mondragon	SR	Platte Valley	12-10.00	_____
16	Dawson Hopkinson	JR	University	13-03.00	_____
17	Corbin Mayes	JR	Liberty Comm	14-01.00	_____
18	Victor Zimmerman	JR	Sterling	14-01.00	_____

Event 95 Boys Long Jump 3A (18)**Saturday 5/21/2016 - 10:00 AM****Measure ALL MARKS! No Minimum!****3 Attempts Each, then top 10 to Finals for 3 more Attempts****National: 26-04.75 1989****James Stallworth****Colo. Prep: 24-07.50 1990****Chris Sanders****State Meet: 23-01.25 2003****Josiah Baker**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Cade Cowan	FR	Pagosa Spgs.	19-06.50	_____
2	Eddie Smercina	JR	Moffat Cty.	19-10.75	_____
3	Todd Hodges	SR	Sterling	20-00.25	_____
4	Michael Chavez	JR	Sterling	20-03.00	_____
5	Sam Ross	SR	Estes Park	20-04.25	_____
6	Keshaun Duran	JR	Monte Vista	20-04.50	_____
7	Dalton Waln	SR	Eaton	20-05.00	_____
8	Mario Sierra	SR	Monte Vista	20-05.50	_____
9	Dane Corliss	SR	Platte Valley	20-06.50	_____

Flight 2 of 2 Finals

1	Taylor Thoman	SR	Ridge View	20-07.75	_____
2	Gunner Rigsby	JR	Grand Valley	20-07.75	_____
3	Jayson Frank	FR	Sterling	20-08.00	_____
4	Justin Thompson	SO	Roaring Fork	20-08.00	_____
5	Jake Schiesser	SR	Basalt	20-10.50	_____
6	Ethan Rummell	SR	Colo. Sp. Chris.	20-11.25	_____
7	Tyler Thimsen	JR	Jefferson Acdy.	21-04.00	_____
8	Gallian Roberts	SR	Salida	21-06.00	_____
9	Caleb Rewinkel	SR	Basalt	21-07.25	_____

Event 96 Boys Triple Jump 3A (18)**Thursday 5/19/2016 - 2:30 PM****Measure ALL MARKS! No Minimum!****3 Attempts Each, then top 10 to Finals for 3 more Attempts****National: 52-10.50 1980****Charles Mayfield****Colo. Prep: 51-00.25 1973****Victor White****State Meet: 47-05 1999****Marcus Brown**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Jake Schiesser	SR	Basalt	40-08.50	_____
2	Jayson Frank	FR	Sterling	40-09.00	_____
3	Jon Fox	SR	Buena Vista	40-10.25	_____
4	Billet Porter	SO	Coal Ridge	40-11.25	_____
5	German Aguirre	SO	Lake County	41-00.50	_____
6	Seth Fuqua	FR	Vanguard	41-01.25	_____
7	Joshua Anderson	SR	Vanguard	41-02.50	_____
8	Spencer Serumaga	JR	Kent Denver	41-07.00	_____
9	Tom Keller	SR	Alamosa	42-00.00	_____

Flight 2 of 2 Finals

1	Brady Krier	JR	Sterling	42-00.50	_____
2	Taylor Thoman	SR	Ridge View	42-02.00	_____
3	Joe Kerlavage	SR	James Irwin	42-05.00	_____
4	Sam Ross	SR	Estes Park	42-05.75	_____
5	Michael Chavez	JR	Sterling	42-08.00	_____
6	Gunner Rigsby	JR	Grand Valley	42-11.25	_____
7	Jared Foss	SR	Eaton	43-00.00	_____
8	Tyler Thimsen	JR	Jefferson Acdy.	43-02.00	_____
9	Kharon Hall	SR	Lutheran	46-02.25	_____



COLORADO HIGH SCHOOL - 5/19/2016 to 5/21/2016**STATE TRACK & FIELD CHAMPIONSHIPS****Jefferson County Stadium, Lakewood****Meet Program****Event 97 Boys Shot Put 3A (18)****Friday 5/20/2016 - 8:30 AM****Measure ALL MARKS! No Minimum!****3 Attempts Each, then top 10 to Finals for 3 more Attempts****National: 77-00 1979 Michael Carter****Colo. Prep: 71-03.25 2009 Mason Finley****State Meet: 67-10.25 2009 Mason Finley**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Ricardo Young	SR	Lutheran	42-03.50	_____
2	Jaymz Murano	SR	Eaton	42-04.50	_____
3	Blake Grantham	SR	Jefferson Acdy.	42-08.75	_____
4	Keenan Mosely	SR	Bennett	42-11.00	_____
5	Jeremy Abacan	SR	Vanguard	43-02.50	_____
6	Tristan Volk	SR	Brush	43-05.00	_____
7	Rey Ramos	JR	University	43-08.00	_____
8	Josh Stephens	JR	Gunnison	44-06.75	_____
9	Zack Benson	SR	Sterling	44-08.50	_____

Flight 2 of 2 Finals

1	Keenan Hildebrandt	JR	Moffat Cty.	45-07.00	_____
2	Marco Garcia	SR	Alamosa	45-07.00	_____
3	Zac Schulstad	SR	Faith Christian	45-08.00	_____
4	Ricardo Gallegos	JR	Lamar	48-01.00	_____
5	Sam Westbrook	JR	Bayfield	48-04.50	_____
6	James Baladez	SR	Platte Valley	49-03.00	_____
7	Jacob Dack	JR	Lutheran	49-04.25	_____
8	Vicente Ramirez	SO	La Junta	53-01.50	_____
9	Parker Joens	SR	Platte Valley	54-09.00	_____

Event 98 Boys Discus Throw 3A (18)**Thursday 5/19/2016 - 1:30 PM****Measure ALL MARKS! No Minimum!****3 Attempts Each, then top 10 to Finals for 3 more Attempts****National: 236-06 2009 Mason Finley****Colo. Prep: 236-06 2009 Mason Finley****State Meet: 214-01 2009 Mason Finley**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Zack Benson	SR	Sterling	129-02	_____
2	Zane Alsdorf	SR	Bennett	132-05	_____
3	Rudy Marquez	SR	Lutheran	132-07	_____
4	Mitch Black	SO	Faith Christian	132-08	_____
5	Steven Jensen	SR	Manitou Springs	133-08	_____
6	Jake Clark	SR	University	134-09	_____
7	Ryan Phelps	SO	Bayfield	135-10	_____
8	Chayden Harris	SR	Olathe	136-01	_____
9	Vicente Ramirez	SO	La Junta	136-01	_____

Flight 2 of 2 Finals

1	James Baladez	SR	Platte Valley	138-04	_____
2	Isaac Romero	JR	Brush	139-08	_____
3	Keenan Mosely	SR	Bennett	140-06	_____
4	Sam Westbrook	JR	Bayfield	141-09	_____
5	Tristan Volk	SR	Brush	144-08	_____
6	Josh Stephens	JR	Gunnison	145-00	_____
7	Keenan Hildebrandt	JR	Moffat Cty.	147-11	_____
8	Parker Joens	SR	Platte Valley	163-04	_____
9	Adam Dawson	JR	Lutheran	180-00	_____

Event 101 Girls 100 Meter Dash 3A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Thursday 5/19/2016 - 2:25 PM****National: 11.14 1992 Marion Jones****Colo. Prep: 11.31 1987 Caryl Smith****State Meet: 11.82 2012 Sierra Williams**

Lane	Name	Yr	School	Seed	Time
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Heat 1 of 2 Prelims

1	Quinn Pinnt	FR	Moffat Cty.	13.27	_____
2	Aleah Weston	JR	James Irwin	13.27	_____
3	Jazmin Contreras	JR	Roaring Fork	13.15	_____
4	Janelle Taylor	SR	Peak to Peak	12.99	_____
5	Delaney Morrow	JR	University	12.70	_____
6	Riley Darnell	JR	Lutheran	12.77	_____
7	Dana Kotz	JR	Coal Ridge	12.93	_____
8	Samantha Lewis	JR	Jefferson Acdy.	13.19	_____
9	Paula Petit-Molina	SR	Kent Denver	13.41	_____

Heat 2 of 2 Prelims

1	Nicole Swain	SR	James Irwin	13.36	_____
2	Nicole Alvarado	SO	Basalt	13.25	_____
3	Shaya Chenoweth	FR	Grand Valley	13.08	_____
4	Molly Griesse	JR	Platte Valley	13.05	_____
5	Kayla Pinnt	SR	Moffat Cty.	12.22	_____
6	Selena Hernandez	SR	Moffat Cty.	12.83	_____
7	Iesha Essien	SO	Manual	12.89	_____
8	Lannan Abbott	SO	Colo. Sp. Chris.	13.25	_____
9	Madeline Wall	JR	Jefferson Acdy.	13.37	_____



COLORADO HIGH SCHOOL - 5/19/2016 to 5/21/2016**STATE TRACK & FIELD CHAMPIONSHIPS****Jefferson County Stadium, Lakewood****Meet Program****Event 102 Girls 200 Meter Dash 3A (18)****9 Advance: Top 3 Each Heat plus Next 3 Best Times****Thursday 5/19/2016 - 5:50 PM**

National: 22.52 2003 Allyson Felix
Colo. Prep: 23.29 2013 Ana Holland
State Meet: 24.13 2012 Sierra Williams

Lane	Name	Yr	School	Seed	Time
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Heat 1 of 2 Prelims

1	Krysten Gard	SO	Vanguard	27.89	_____
2	Morgan Barone	JR	Lutheran	27.88	_____
3	Quinn Pinnt	FR	Moffat Cty.	27.52	_____
4	Riley Darnell	JR	Lutheran	26.33	_____
5	Sarah Yocum	JR	Faith Christian	25.45	_____
6	Alie Hodgson	SR	Eaton	25.85	_____
7	Delaney Morrow	JR	University	26.30	_____
8	Samantha Lewis	SR	Jefferson Acdy.	27.68	_____
9	Madi Bottin	SO	Lutheran	27.95	_____

Heat 2 of 2 Prelims

1	Mary Dyson	SO	Lutheran	27.89	_____
2	Taylor Finn	SR	Manitou Springs	27.70	_____
3	Berlin VanNess	JR	Buena Vista	27.30	_____
4	Courtney Sabatino	SO	Eaton	27.17	_____
5	Kayla Pinnt	SR	Moffat Cty.	24.49	_____
6	Allee Beach	SR	Platte Valley	26.09	_____
7	Selena Hernandez	SR	Moffat Cty.	26.24	_____
8	Nicole Swain	SR	James Irwin	27.69	_____
9	Cassie Davis	JR	Colo. Sp. Chris.	27.90	_____

Event 103 Girls 400 Meter Dash 3A (19)**9 Advance: Top 2 Each Heat plus Next 3 Best Times****Thursday 5/19/2016 - 6:50 PM**

National: 50.74 2000 Monique Henderson
Colo. Prep: 52.49 2013 Ana Holland
State Meet: 55.94 2008 Samantha Berggren

Lane	Name	Yr	School	Seed	Time
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Heat 1 of 3 Prelims

1	_____				_____
2	_____				_____
3	Alyssa Maniscalchi	SO	Basalt	1:03.43	_____
4	Caroline Ruyle	SR	Manitou Springs	1:02.27	_____
5	Savannah Tice	JR	Lamar	1:00.75	_____
6	Chelsey Lockey	SO	Eaton	1:00.76	_____
7	Madison Lewis	SR	Pagosa Spgs.	1:02.06	_____
8	Madeline Wall	JR	Jefferson Acdy.	1:03.72	_____
9	_____				_____

Heat 2 of 3 Prelims

1	_____				_____
2	_____				_____
3	Caylin Arnold	SR	Strasburg	1:03.11	_____
4	Ary Shaffer	SR	Moffat Cty.	1:02.36	_____
5	Sarah Yocum	JR	Faith Christian	58.56	_____
6	Skylar Ritchey	SR	Platte Valley	1:01.43	_____
7	Krysten Gard	SO	Vanguard	1:02.00	_____
8	January King	SO	La Junta	1:03.86	_____
9	_____				_____

Heat 3 of 3 Prelims

1	_____				_____
2	Lonni Ewing	SO	University	1:04.16	_____
3	Erica Thompson	JR	Colo. Sp. Chris.	1:02.46	_____
4	Mary Dyson	SO	Lutheran	1:02.37	_____
5	Kayla Pinnt	SR	Moffat Cty.	56.41	_____
6	Nicole Alvarado	SO	Basalt	1:01.45	_____
7	Kiara Mattern	JR	James Irwin	1:01.50	_____
8	Jackie Delfeld	JR	St. Mary's HS	1:04.10	_____
9	_____				_____

Event 104 Girls 800 Meter Run 3A (18)**Friday 5/20/2016 - 12:35 PM****Five Alleys with 1-turn Stagger Start**

National: 2:02.04 2011 Amy Weissenbach
Colo. Prep: 2:04.56 2015 Jordyn Colter
State Meet: 2:11.24 2010 Emily LaValley

Lane	Name	Yr	School	Seed	Time
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Section 1 of 1 Finals

1	Quinn McConnell	FR	Peak to Peak	2:18.03	_____
2	Kiara Mattern	JR	James Irwin	2:22.92	_____
3	Tiana Bradfield	FR	Peak to Peak	2:23.39	_____
4	Christina Hamerly	SR	Peak to Peak	2:23.54	_____
5	Lily Tomasula-martin	JR	Estes Park	2:24.72	_____
6	Emma Heminger	JR	Alamosa	2:25.17	_____
7	Mattie Jo Duzik	JR	Moffat Cty.	2:25.86	_____
8	Elle Triem	FR	Peak to Peak	2:26.39	_____
9	Jenny Smith	SR	Vanguard	2:26.53	_____
10	Sam Schaffer	JR	Kent Denver	2:26.71	_____
11	Emma Willadsen	JR	Eaton	2:27.20	_____
12	Tayler Hays	JR	Eaton	2:27.23	_____
13	Madelynn Gerritsen	FR	Platte Canyon	2:27.82	_____
14	Julia Ridgway	JR	Colo. Sp. Chris.	2:28.18	_____
15	Cecilia Kastner	FR	Salida	2:28.77	_____
16	Jessica Peters	JR	University	2:28.98	_____
17	Hannah McReavy	SO	St. Mary's HS	2:29.23	_____
18	Rachel Metzler	JR	Peak to Peak	2:29.29	_____



COLORADO HIGH SCHOOL - 5/19/2016 to 5/21/2016**STATE TRACK & FIELD CHAMPIONSHIPS**

Jefferson County Stadium, Lakewood

Meet Program**Event 105 Girls 1600 Meter Run 3A (18)****Saturday 5/21/2016 - 12:50 PM**

Five Alleys with 1-turn Stagger Start

National: 4:33.29 2014 Alexa Efraimson**Colo. Prep: 4:44.31 2016 Katie Rainsberger****State Meet: 4:57.44 2005 Rachel Gioscia**

Lane	Name	Yr	School	Seed	Time
Section 1 of 1 Finals					
1	Anna Shults	FR	Peak to Peak	5:11.59	_____
2	Lily Tomasula-martin	JR	Estes Park	5:12.73	_____
3	Quinn McConnell	FR	Peak to Peak	5:14.43	_____
4	Kiara Mattern	JR	James Irwin	5:19.87	_____
5	Julia Jaschke	SR	Kent Denver	5:22.17	_____
6	Mattie Jo Duzik	JR	Moffat Cty.	5:23.52	_____
7	Sam Schaffer	JR	Kent Denver	5:23.98	_____
8	Tiana Bradfield	FR	Peak to Peak	5:26.36	_____
9	Tara Sowards	SO	Alamosa	5:26.65	_____
10	Hannah McReavy	SO	St. Mary's HS	5:29.16	_____
11	Cassie Unruh	JR	SkyView Acad	5:29.56	_____
12	Hannah Ellis	SO	Frontier Acdy.	5:32.88	_____
13	Emma Willadsen	JR	Eaton	5:34.39	_____
14	Jessica Peters	JR	University	5:35.90	_____
15	Tayler Hays	JR	Eaton	5:36.79	_____
16	McKenzie Reiher	JR	Eaton	5:37.09	_____
17	Payton Grove	SO	SkyView Acad	5:40.72	_____
18	Elle Triem	FR	Peak to Peak	5:41.81	_____

Event 106 Girls 3200 Meter Run 3A (18)**Thursday 5/19/2016 - 6:15 PM**

Two Super Alleys with 1-turn Stagger

National: 9:48.59 1996 Kimberly Mortensen**Colo. Prep: 10:17.48 2014 Elise Cranny****State Meet: 10:52.49 2002 Caroline Cretti**

Lane	Name	Yr	School	Seed	Time
Section 1 of 1 Finals					
1	Lily Tomasula-martin	JR	Estes Park	11:13.43	_____
2	Anna Shults	FR	Peak to Peak	11:15.41	_____
3	Sam Schaffer	JR	Kent Denver	11:29.08	_____
4	Julia Jaschke	SR	Kent Denver	11:41.85	_____
5	Cassie Unruh	JR	SkyView Acad	11:53.75	_____
6	Madelynn Gerritsen	FR	Platte Canyon	11:59.38	_____
7	Whitney White	JR	Buena Vista	12:03.13	_____
8	Alice Oveson	SR	Peak to Peak	12:08.20	_____
9	Hannah Ellis	SO	Frontier Acdy.	12:15.37	_____
10	Emma Willadsen	JR	Eaton	12:18.38	_____
11	Mariah Archuleta	SR	Jefferson Acdy.	12:19.34	_____
12	Emily Womble	SR	Moffat Cty.	12:26.58	_____
13	Jessica Peters	JR	University	12:32.98	_____
14	Sydney Fesenmeyer	SR	Salida	12:33.32	_____
15	Jennifer Bowles	JR	Frontier Acdy.	12:36.06	_____
16	Paige Degolyer	SR	Alamosa	12:39.10	_____
17	Bari Beasley	JR	Salida	12:41.13	_____
18	Carly Robinson	SO	Basalt	12:45.94	_____

Event 107 Girls 100 Meter Hurdles 3A (19)**9 Advance: Top 2 Each Heat plus Next 3 Best Times****Thursday 5/19/2016 - 3:45 PM****National: 13.03 2007 Vashti Thomas****Colo. Prep: 13.09 2014 Dior Hall****State Meet: 14.23 2013 Alexa Chacon**

Lane	Name	Yr	School	Seed	Time
Heat 1 of 3 Prelims					
1					_____
2					_____
3	Sierra Whipple	FR	University	17.39	_____
4	Sallie Tucker	SR	Buena Vista	16.68	_____
5	Taylor Finn	SR	Manitou Springs	15.34	_____
6	Allie Winkler	SR	Coal Ridge	15.42	_____
7	Payton Walter	SO	Faith Christian	16.56	_____
8	Kourtney Gasaway	JR	Coal Ridge	17.53	_____
9					_____



COLORADO HIGH SCHOOL - 5/19/2016 to 5/21/2016**STATE TRACK & FIELD CHAMPIONSHIPS**

Jefferson County Stadium, Lakewood

Meet Program**Heat 2 of 3 Prelims...(Event 107 Girls 100 Meter Hurdles 3A)**

1				
2				
3	Lindsay Niederkorn	JR	Platte Valley	17.15
4	Madi Johnson	SO	Gunnison	16.72
5	Amber Bowles	SR	Coal Ridge	15.18
6	Selena Hernandez	SR	Moffat Cty.	15.72
7	Nadia Owens	SR	Strasburg	16.55
8	Katelyn Sage	JR	Colo. Sp. Chris.	17.62
9				

Heat 3 of 3 Prelims

1				
2	Shea Walters	JR	Platte Valley	17.82
3	Kylyn Rigsby	JR	Grand Valley	16.97
4	Kaele O'Donnell	SO	Jefferson Acdy.	16.79
5	Sarah Yocum	JR	Faith Christian	14.75
6	Jessica Archuleta-Trujillo	JR	Alamosa	16.29
7	Dominique Abeyta	SR	Alamosa	16.38
8	Akyla Mazzuca	SR	Gunnison	17.73
9				

Event 108 Girls 300 Meter Hurdles 3A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Friday 5/20/2016 - 10:55 AM**

National:	39.98	2001	Lashinda Demus
Colo. Prep:	41.18	2014	Carly Lester
State Meet:	42.75	2013	Alexa Chacon

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Sydney Fesenmeyer	SR	Salida	50.11
2	Madi Johnson	SO	Gunnison	50.08
3	Dominique Abeyta	SR	Alamosa	49.13
4	Kaele O'Donnell	SO	Jefferson Acdy.	48.72
5	Allee Beach	SR	Platte Valley	45.52
6	Amber Bowles	SR	Coal Ridge	45.98
7	Jessica Archuleta-Trujillo	JR	Alamosa	48.28
8	Taylor Finn	SR	Manitou Springs	49.20
9	Kendall Bernot	FR	Roaring Fork	50.64

Heat 2 of 2 Prelims

1	Miranda Reisdorf	FR	Jefferson Acdy.	50.27
2	Katelyn Sage	JR	Colo. Sp. Chris.	49.95
3	Jenna Kellogg	JR	Sterling	49.09
4	Lannan Abbott	SO	Colo. Sp. Chris.	48.78
5	Sarah Yocum	JR	Faith Christian	43.72
6	Kylyn Rigsby	JR	Grand Valley	46.90
7	Sallie Tucker	SR	Buena Vista	47.01
8	Kourtney Gasaway	JR	Coal Ridge	49.90
9	Amber Johnson	JR	Bayfield	50.39

Event 109 Girls 4x100 Meter Relay 3A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Friday 5/20/2016 - 9:15 AM**

National:	44.50	2004	Long Beach Poly HS, CA
Colo. Prep:	46.51	2007	George Washington HS
State Meet:	49.32	2012	Cedaredge HS

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

1	Basalt	53.11
2	Manitou Springs	52.91
3	Jefferson Acdy.	52.60
4	Colo. Sp. Chris.	51.91
5	Eaton	50.32
6	Coal Ridge	50.44
7	University	51.84
8	Alamosa	52.71
9	Buena Vista	53.38

Heat 2 of 2 Prelims

1	Peak to Peak	53.17
2	Trinidad	52.89
3	Strasburg	52.22
4	Bennett	52.04
5	Moffat Cty.	49.92
6	Platte Valley	51.02
7	Lutheran	51.81
8	Bayfield	52.82
9	Frontier Acdy.	53.27

Event 110 Girls 4x200 Meter Relay 3A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Thursday 5/19/2016 - 3:05 PM**

National:	1:33.87	2004	Long Beach Poly HS, CA
Colo. Prep:	1:37.05	2014	Pine Creek HS
H Baron, M Howie, M Baron, A Watt			
State Meet:	1:42.91	2012	Cedaredge HS

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

1	Faith Christian	1:51.32
2	Jefferson Acdy.	1:50.90
3	Bennett	1:50.51
4	Manitou Springs	1:50.00
5	Moffat Cty.	1:46.60
6	Eaton	1:46.88
7	Colo. Sp. Chris.	1:49.91
8	Lutheran	1:50.52
9	Peak to Peak	1:52.82



COLORADO HIGH SCHOOL - 5/19/2016 to 5/21/2016**STATE TRACK & FIELD CHAMPIONSHIPS**

Jefferson County Stadium, Lakewood

Meet Program**Heat 2 of 2 Prelims...(Event 110 Girls 4x200 Meter Relay 3A**

1	Trinidad	1:52.22	_____
2	Buena Vista	1:50.72	_____
3	Bayfield	1:50.44	_____
4	Strasburg	1:50.32	_____
5	Platte Valley	1:46.47	_____
6	Coal Ridge	1:46.91	_____
7	University	1:49.75	_____
8	Sterling	1:50.58	_____
9	Olathe	1:52.61	_____

Event 111 Girls 4x400 Meter Relay 3A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Friday 5/20/2016 - 3:40 PM**

National: 3:35.49 2004 Long Beach Poly HS, CA
Colo. Prep: 3:45.69 2011 Littleton HS
State Meet: 3:57.98 2014 Coal Ridge HS

A Bowles, P Ryan, A Wenzel, M Martinez

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

1	Bayfield	4:23.64	_____
2	Lamar	4:21.99	_____
3	Bennett	4:19.28	_____
4	University	4:15.78	_____
5	Platte Valley	4:11.57	_____
6	Colo. Sp. Chris.	4:12.99	_____
7	Lutheran	4:15.57	_____
8	Vanguard	4:19.98	_____
9	Salida	4:24.87	_____

Heat 2 of 2 Prelims

1	Olathe	4:23.94	_____
2	Trinidad	4:21.57	_____
3	Coal Ridge	4:19.11	_____
4	Alamosa	4:17.33	_____
5	Moffat Cty.	4:02.30	_____
6	Eaton	4:13.43	_____
7	Basalt	4:15.11	_____
8	Manitou Springs	4:20.01	_____
9	Aspen	4:24.40	_____

Event 112 Girls 4x800 Meter Relay 3A (18)**Thursday 5/19/2016 - 4:15 PM****Five Alleys with 1-turn Stagger Start**

National: 8:48.29 2012 Grosse Pointe South, MI
Colo. Prep: 9:00.07 2009 Thompson Valley HS
State Meet: 9:24.95 2012 Classical Academy

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Peak to Peak	9:27.67	_____
2	Eaton	10:08.18	_____
3	Moffat Cty.	10:12.29	_____
4	Kent Denver	10:23.95	_____
5	Basalt	10:26.91	_____
6	Frontier Acdy.	10:26.98	_____
7	University	10:32.56	_____
8	Vanguard	10:33.91	_____
9	SkyView Acad	10:34.54	_____
10	Olathe	10:36.51	_____
11	Salida	10:36.88	_____
12	Middle Park	10:37.84	_____
13	Colo. Sp. Chris.	10:40.73	_____
14	Brush	10:46.79	_____
15	Jefferson Acdy.	10:48.06	_____
16	Platte Canyon	10:48.29	_____
17	Pagosa Spgs.	10:49.37	_____
18	Alamosa	10:50.54	_____

Event 113 Girls 800 Sprint Medley 3A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Thursday 5/19/2016 - 2:00 PM****Format: 100-100-200-400 - 2-Turn Stagger**

Colo. Prep: 1:42.98 2014 George Washington HS
State Meet: 1:48.14 2014 Eaton HS

E Nail, J Jarnagin, B Pierce, A Hodgson

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

1	Coal Ridge	1:57.24	_____
2	Salida	1:57.01	_____
3	Buena Vista	1:56.02	_____
4	Strasburg	1:55.40	_____
5	Platte Valley	1:53.17	_____
6	James Irwin	1:54.27	_____
7	Grand Valley	1:55.39	_____
8	Bennett	1:56.57	_____
9	Jefferson Acdy.	1:57.51	_____



COLORADO HIGH SCHOOL - 5/19/2016 to 5/21/2016**STATE TRACK & FIELD CHAMPIONSHIPS**

Jefferson County Stadium, Lakewood

Meet Program**Heat 2 of 2 Prelims...(Event 113 Girls 800 Sprint Medley 3A)**

1	Basalt	1:57.40	_____
2	Faith Christian	1:56.71	_____
3	University	1:56.02	_____
4	Alamosa	1:55.58	_____
5	Eaton	1:52.99	_____
6	Sterling	1:54.80	_____
7	Lutheran	1:55.07	_____
8	Lamar	1:56.71	_____
9	Trinidad	1:57.40	_____

Event 114 Girls High Jump 3A (19)**Thursday 5/19/2016 - 1:30 PM****Warm-up 4'6"****Start 4'8" - Increments 2" to until 5 jumpers then up by 1"****National: 6-04 2009 Toni Young****Colo. Prep: 6-01 1978 Sharon Burrill****State Meet: 5-07 1994 Erica Skolasinski**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Samantha Lewis	JR	Jefferson Acdy.	4-10.00	_____
2	Samantha Eisenhower	JR	Frontier Acdy.	4-10.00	_____
3	Litah Campbell	SR	Grand Valley	4-10.00	_____
4	Shelby Storms	FR	Buena Vista	4-10.00	_____
5	Mary Streeter	FR	Alamosa	4-10.00	_____
6	Alexis Lamoreaux	SO	Eaton	4-10.50	_____
7	Izzy Ramirez	FR	Frontier Acdy.	4-10.50	_____
8	Cassie Forgue	SO	Lamar	4-11.00	_____
9	Kaylin Williams	SO	Basalt	4-11.00	_____
10	Morgan Ash	SO	Basalt	4-11.50	_____
11	Kaylee Frear	SR	Vanguard	5-00.00	_____
12	Payton Peterson	SO	Frontier Acdy.	5-00.00	_____
13	Taylor Holand	SR	Florence	5-02.00	_____
14	Lindy Dixon	SR	Eaton	5-02.00	_____
15	Ana Scott	SO	Eaton	5-02.50	_____
16	Kylyn Rigsby	JR	Grand Valley	5-03.00	_____
17	McKayla Bauer	SR	University	5-05.00	_____
18	Kylie Chavez	JR	Sterling	5-05.00	_____
19	Morgan Barone	JR	Lutheran	5-06.00	_____

Event 115 Girls Pole Vault 3A (19)**Friday 5/20/2016 - 1:30 PM****Warm-up 6'7"****Start 7'1" - Increments 6" to until 5 jumpers then up by 3"****National: 14-02.75 2011 Morgan Leleux****Colo. Prep: 13-09 2016 Andrea Willis****State Meet: 11-06 2014 Andrea Willis**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Emily Wright	SO	Coal Ridge	7-07.00	_____
2	Kourtney Gasaway	JR	Coal Ridge	7-07.00	_____
3	Kaylyn MacGill	FR	Platte Canyon	7-09.00	_____
4	Skylar Reed	JR	Platte Canyon	7-09.00	_____
5	Lindsay Niederkorn	JR	Platte Valley	7-09.00	_____
6	Ami Dyer	SR	Eaton	8-02.00	_____
7	Hayley Rayburn	SO	Platte Canyon	8-02.00	_____
8	Kaitlyn Maker	SO	Sterling	8-03.00	_____
9	Jenna Kellogg	JR	Sterling	8-03.00	_____
10	Brooke Polenz	SO	Sterling	8-06.00	_____
11	Emily Bauer	JR	Bayfield	8-06.00	_____
12	Madeleine Foutz	JR	Bayfield	8-07.00	_____
13	Allie Winkler	SR	Coal Ridge	8-07.00	_____
14	Katie Hawkins	SR	Bayfield	9-01.00	_____
15	Liz Norell	SR	Sterling	9-03.00	_____
16	Kaitlynn Prella	SO	Sterling	9-06.00	_____
17	Bailey Schumacher	SR	Eaton	9-06.00	_____
18	Robin Peterson	SO	Peak to Peak	9-09.00	_____
19	Ivy Todd	JR	Estes Park	9-09.00	_____

Event 116 Girls Long Jump 3A (18)**Saturday 5/21/2016 - 1:00 PM****Measure ALL MARKS! No Minimum!****3 Attempts Each, then top 10 to Finals for 3 more Attempts****National: 22-01.75 1976 Kathy McMillan****Colo. Prep: 21-00.75 2005 Chelsea Taylor****State Meet: 18-02.75 2009 Beth Jones**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 2 Finals					
1	Emily Wright	SO	Coal Ridge	15-08.75	_____
2	Abby Skrastins	SR	Colo. Sp. Chris.	15-11.00	_____
3	Autumn Moya	JR	University	15-11.00	_____
4	Brittany Heredia	SR	Monte Vista	15-11.50	_____
5	Ana Scott	SO	Eaton	16-00.00	_____
6	Taylor Lee-hammer	SR	Pagosa Spgs.	16-01.75	_____
7	Brenna Vallejos	JR	Lamar	16-02.00	_____
8	Aftynne Lujan	SR	Alamosa	16-02.00	_____
9	Aleah Eddy	SR	Lamar	16-02.50	_____



COLORADO HIGH SCHOOL - 5/19/2016 to 5/21/2016**STATE TRACK & FIELD CHAMPIONSHIPS****Jefferson County Stadium, Lakewood****Meet Program****Flight 2 of 2 Finals...(Event 116 Girls Long Jump 3A (18))**

1	Ary Shaffer	SR	Moffat Cty.	16-02.50	_____
2	Shaya Chenoweth	FR	Grand Valley	16-03.25	_____
3	Iesha Essien	SO	Manual	16-03.50	_____
4	Lainee Hauer	FR	Eaton	16-04.00	_____
5	Sophia Baldwin	JR	Faith Christian	16-05.00	_____
6	Kelsey Hartwig	SR	Manitou Springs	16-08.00	_____
7	Erica Elpers	SR	Strasburg	17-01.50	_____
8	Kylie Chavez	JR	Sterling	17-04.00	_____
9	Tymbree Florian	FR	Bayfield	17-05.75	_____

Event 117 Girls Triple Jump 3A (18)**Friday 5/20/2016 - 10:00 AM****Measure ALL MARKS! No Minimum!****3 Attempts Each, then top 10 to Finals for 3 more Attempts****National: 44-02.25 2001 Ychindria Spears****Colo. Prep: 41-03.50 2006 Nyeisha Wright****State Meet: 39-08.50 2012 Courtney Mills**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Emily Wright	SO	Coal Ridge	32-09.75	_____
2	Dominique Abeyta	SR	Alamosa	33-00.00	_____
3	Taylor Lee-hammer	SR	Pagosa Spgs.	33-01.00	_____
4	Sophia Baldwin	JR	Faith Christian	33-03.00	_____
5	Shea Walters	JR	Platte Valley	33-03.75	_____
6	Gabriella Keister	SO	Faith Christian	33-04.50	_____
7	Jessica Blahnik	JR	Faith Christian	33-06.25	_____
8	Aleah Eddy	SR	Lamar	33-07.25	_____
9	Alex Burns	SO	James Irwin	33-07.50	_____

Flight 2 of 2 Finals

1	Jasmine Burns	SR	James Irwin	33-08.50	_____
2	Joanna Delfin	SO	Bennett	33-08.50	_____
3	Kelsey Hartwig	SR	Manitou Springs	33-11.50	_____
4	Brenna Vallejos	JR	Lamar	34-00.50	_____
5	Abby Ceglowski	JR	Salida	34-03.50	_____
6	Chelsey Lockey	SO	Eaton	34-06.00	_____
7	Iesha Essien	SO	Manual	34-11.50	_____
8	Abby Skrastins	SR	Colo. Sp. Chris.	35-02.00	_____
9	Kylie Chavez	JR	Sterling	36-05.00	_____

Event 118 Girls Shot Put 3A (18)**Saturday 5/21/2016 - 12:30 PM****Measure ALL MARKS! No Minimum!****3 Attempts Each, then top 10 to Finals for 3 more Attempts****National: 54-10.75 2003 Michelle Carter****Colo. Prep: 51-01 1994 Collinus Newsome****State Meet: 44-11.25 2010 Megan Patterson**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Alysha Wyman	JR	Gunnison	33-00.75	_____
2	Hannah Coin	SR	Lamar	33-02.00	_____
3	Casey Lafon	SR	Trinidad	33-04.75	_____
4	Kolby Moore	JR	Platte Valley	33-05.00	_____
5	Audrey Stansberry	SR	Olathe	33-06.25	_____
6	Emily Ramsay	JR	Lamar	33-11.50	_____
7	Ainsley Bright	SR	Salida	34-00.00	_____
8	Josie Blagg	SR	Sterling	34-03.50	_____
9	Morgan Smith	SR	Platte Valley	34-08.50	_____

Flight 2 of 2 Finals

1	Anna Whyrick	SO	University	35-01.00	_____
2	Alex Riley	JR	Manitou Springs	35-01.50	_____
3	Lily Zellmer	SR	Faith Christian	35-02.25	_____
4	Caiden Rexius	SR	Eaton	36-03.00	_____
5	Haley Bender	JR	Lamar	38-04.00	_____
6	Angala Jensen	SR	Manitou Springs	38-07.00	_____
7	Belle Whyrick	SR	University	38-09.00	_____
8	Tessa Anderson	SR	Peak to Peak	39-05.00	_____
9	Tarynn Sieg	JR	Eaton	46-06.50	_____

Event 119 Girls Discus Throw 3A (18)**Friday 5/20/2016 - 11:00 AM****Measure ALL MARKS! No Minimum!****3 Attempts Each, then top 10 to Finals for 3 more Attempts****National: 191-06 2012 Shelbi Vaughan****Colo. Prep: 183-03 2013 Valarie Allman****State Meet: 143-09 2014 Hannah Carr**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Shelby Hard	JR	Manitou Springs	104-09	_____
2	Felicia Salgado	SO	Lamar	106-05	_____
3	Charlie Earl	SR	Moffat Cty.	107-06	_____
4	Acacia Murdock	SR	Lamar	107-08	_____
5	Hannah Bott	SR	Eaton	107-08	_____
6	Anna Whyrick	SO	University	107-11	_____
7	Kitara Smolinski	JR	Olathe	109-02	_____
8	Audrey Stansberry	SR	Olathe	109-03	_____
9	Hannah Coin	SR	Lamar	109-04	_____



COLORADO HIGH SCHOOL - 5/19/2016 to 5/21/2016**STATE TRACK & FIELD CHAMPIONSHIPS****Jefferson County Stadium, Lakewood****Meet Program****Flight 2 of 2 Finals...(Event 119 Girls Discus Throw 3A (18))**

1	Taylor Brown	SR	Olathe	111-11	_____
2	Belle Whyrick	SR	University	113-01	_____
3	Tessa Anderson	SR	Peak to Peak	113-05	_____
4	Morgan Lawton	SR	Moffat Cty.	113-06	_____
5	Keena Murphy	SO	Pagosa Spgs.	116-10	_____
6	Josie Blagg	SR	Sterling	117-07	_____
7	Kaitlyn Hernandez	SR	Brush	121-09	_____
8	Morgan Smith	SR	Platte Valley	124-00	_____
9	Tarynn Sieg	JR	Eaton	149-08	_____

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