

COLORADO HIGH SCHOOL - 5/19/2016 to 5/21/2016**STATE TRACK & FIELD CHAMPIONSHIPS****Jefferson County Stadium, Lakewood****Meet Program****Event 121 Boys 100 Meter Dash 4A (18)****9 Advance: Top 3 Each Heat plus Next 3 Best Times****Thursday 5/19/2016 - 9:15 AM**

National: 10.15 1990 Henry Neal
Colo. Prep: 10.27 2012 Raymond Bozmans
State Meet: 10.53 2000 Gregg Trigg

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Kyle Thomas	SR	Greeley Central	11.14
2	Collin Schmitt	SR	Greeley Central	11.14
3	Tyrin Turner	SR	PuebloCentral	11.04
4	Christian Barber	SR	ValorChristian	11.01
5	Caleb Ojennes	SR	Palmer Ridge	10.84
6	Will Domier	JR	Holy Family	10.86
7	Wesley Tedstrom	JR	D'Evelyn	11.01
8	Jordan Kress	SR	Mnt. View	11.04
9	Wyatt Thomas	SR	PuebloCentral	11.16

Heat 2 of 2 Prelims

1	Dieudonne Chea	SO	Lewis-Palmer	11.15
2	Tristan Hinkley	SR	Vista Ridge	11.13
3	Conlan Berger	SR	Longmont	11.03
4	Ben Waters	SR	ValorChristian	11.02
5	Noah McGhee	SR	Littleton	10.83
6	Trevor Cook	SR	Longmont	10.98
7	Nik Chapppee	JR	Air Academy	10.99
8	Dante Thomas	SO	Sierra	11.08
9	Frankie Nash	SO	Pueblo West	11.16

Event 122 Boys 200 Meter Dash 4A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Thursday 5/19/2016 - 1:05 PM**

National: 20.13 1985 Roy Martin
Colo. Prep: 20.70 2005 Jeremy Dodson
State Meet: 21.05 2013 Zac McCoy

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Markez Boykin	SR	Harrison	22.59
2	Tristan Hinkley	SR	Vista Ridge	22.58
3	Will Domier	JR	Holy Family	22.34
4	Tyrin Turner	SR	PuebloCentral	22.13
5	Caleb Ojennes	SR	Palmer Ridge	21.63
6	Christian Barber	SR	ValorChristian	21.90
7	Noah McGhee	SR	Littleton	22.12
8	Dacian Sullivan	JR	Canon City	22.44
9	Devon Washington	FR	Harrison	22.65

Heat 2 of 2 Prelims

1	Frankie Nash	SO	Pueblo West	22.62
2	Latrail Thompson	SR	Vista Peak	22.55
3	Trevor Cook	SR	Longmont	22.27
4	Ben Waters	SR	ValorChristian	22.19
5	Nik Chapppee	JR	Air Academy	21.27
6	Aaron McCoy	JR	Canon City	21.99
7	Luke Desmond	JR	Windsor	22.09
8	Jordan Kress	SR	Mnt. View	22.44
9	Wesley Tedstrom	JR	D'Evelyn	22.62

Event 123 Boys 400 Meter Dash 4A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Thursday 5/19/2016 - 11:23 AM**

National: 45.19 2012 Aldrich Bailey
Colo. Prep: 46.23 2006 J.T. Scheuerman
State Meet: 46.78 2014 Kevin McClanahan

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Nathan Garcia	JR	Pueblo South	51.48
2	Nate Martin	SR	Summit	50.90
3	Dane Myers	SR	Mead	50.62
4	Erik Cilek	JR	Classical Acdy	50.43
5	Caleb Ojennes	SR	Palmer Ridge	48.43
6	Luke Desmond	JR	Windsor	48.98
7	Garrett Obermeyer	SR	Palmer Ridge	49.90
8	Henry Cargile	JR	Denver South	50.79
9	Dustin Hitt	SR	ThompsonValley	51.57

Heat 2 of 2 Prelims

1	Weston Donati-leach	JR	Evergreen	51.51
2	Taylor Johnson	SR	Erie	50.88
3	Chad Ellis	SR	Berthoud	50.59
4	Kobe Christiansen	SO	Vista Ridge	50.54
5	Nik Chapppee	JR	Air Academy	48.14
6	Tyler Williams	FR	StandleyLake	49.65
7	Kyle Thomas	SR	Greeley Central	49.73
8	Jarin Donaldson	SR	Mesa Ridge	50.80
9	Sam Erickson	JR	Palisade	51.52



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

Jefferson County Stadium, Lakewood

Meet Program**Event 124 Boys 800 Meter Run 4A (18)****Friday 5/20/2016 - 1:10 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: 1:50.74 2015****William Mayhew**

Lane	Name	Yr	School	Seed	Time
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Section 1 of 1 Finals

1	Colin Cannon	SR	Littleton	1:55.41	_____
2	Ian Meek	JR	Montrose	1:55.50	_____
3	Thomas Staines	SR	Cheyenne Mtn.	1:55.71	_____
4	Michael Duran	SR	PuebloCentennia	1:55.81	_____
5	Brandon Pappas	JR	Palmer Ridge	1:55.88	_____
6	Jarrett Thollot	SR	ThompsonValley	1:56.67	_____
7	Ryan Vomacka	SR	Mnt. View	1:57.08	_____
8	Connor Dillon	JR	Palisade	1:57.10	_____
9	David Moenning	SR	Durango	1:57.11	_____
10	Weston Donati-leach	JR	Evergreen	1:57.11	_____
11	Matt McDonald	SR	Air Academy	1:57.34	_____
12	Jack Rubalcave	JR	Rifle	1:57.39	_____
13	Andrew Lester	JR	Palmer Ridge	1:57.78	_____
14	Taylor Johnson	SR	Erie	1:57.88	_____
15	James Espinoza	JR	Palmer Ridge	1:57.95	_____
16	James Lee	SO	Silver Creek	1:58.37	_____
17	Jair Flores	SR	PuebloCentennia	1:58.50	_____
18	John Moir	SR	Palisade	1:58.58	_____

Event 125 Boys 1600 Meter Run 4A (18)**Saturday 5/21/2016 - 2:55 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: 4:12.61 2002****David Olson**

Lane	Name	Yr	School	Seed	Time
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Section 1 of 1 Finals

1	Thomas Staines	SR	Cheyenne Mtn.	4:20.26	_____
2	Ian Meek	JR	Montrose	4:22.11	_____
3	Michael Duran	SR	PuebloCentennia	4:22.31	_____
4	Luc Hagen	SR	Air Academy	4:23.08	_____
5	Alec Hornecker	SR	Golden	4:23.82	_____
6	Tanner Norman	JR	Classical Acdy	4:25.15	_____
7	Jarrett Thollot	SR	ThompsonValley	4:25.52	_____
8	James Jones	SR	Cheyenne Mtn.	4:26.14	_____
9	Ethan Powell	JR	Air Academy	4:26.24	_____
10	Colin Cannon	SR	Littleton	4:26.34	_____
11	Evan Graff	SO	Montrose	4:26.38	_____
12	Brandon Swenson	JR	Evergreen	4:27.01	_____
13	Andrew Lester	JR	Palmer Ridge	4:28.13	_____
14	Matt McDonald	SR	Air Academy	4:28.85	_____
15	Michael Oldach	SR	Classical Acdy	4:29.17	_____
16	Jamison Smith	SR	Canon City	4:29.44	_____
17	Connor Dillon	JR	Palisade	4:29.58	_____
18	William Chandler	SR	Durango	4:30.06	_____



COLORADO HIGH SCHOOL - 5/19/2016 to 5/21/2016**STATE TRACK & FIELD CHAMPIONSHIPS****Jefferson County Stadium, Lakewood****Meet Program****Event 126 Boys 3200 Meter Run 4A (18)****Friday 5/20/2016 - 10:30 AM****Two Super Alleys with 1-turn Stagger****National: 8:34.23 2008****German Fernandez****Colo. Prep: 9:05.89 2003****Brent Vaughn****State Meet: 9:06.27 2008****Kevin Williams**

Lane	Name	Yr	School	Seed	Time
Section 1 of 1 Finals					
1	James Jones	SR	Cheyenne Mtn.	9:21.73	_____
2	Tanner Norman	JR	Classical Acdy	9:22.78	_____
3	Ian Meek	JR	Montrose	9:38.21	_____
4	Alec Hornecker	SR	Golden	9:40.41	_____
5	Maximiliano Martinez	JR	Widfield	9:41.17	_____
6	Jamison Smith	SR	Canon City	9:42.11	_____
7	Luc Hagen	SR	Air Academy	9:42.57	_____
8	Benjamin Lachelt	SR	Durango	9:45.04	_____
9	Liam Cox	SR	Palmer Ridge	9:46.82	_____
10	Ethan Powell	JR	Air Academy	9:49.34	_____
11	Brock Dykema	SO	Silver Creek	9:51.51	_____
12	Nicholas Turco	SR	Durango	9:52.02	_____
13	Andrew Rudnicki	JR	Palmer Ridge	9:54.56	_____
14	Thomas Chaston	SO	Cheyenne Mtn.	9:55.31	_____
15	Jeremy Meadows	JR	Palmer Ridge	9:58.02	_____
16	Logan Simington	SO	ThompsonValley	9:58.17	_____
17	Ryan Matson	SO	Palmer Ridge	9:59.85	_____
18	Peter Franklin	SR	Mnt. View	10:02.82	_____

Event 127 Boys 110 Meter Hurdles 4A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Thursday 5/19/2016 - 10:45 AM****National: 13.1h 1980****Dennis Brantley****National: 13.30 1990****Chris Nelloms****Colo. Prep: 13.61 2004****Wilbert Smith****State Meet: 13.68 1998****Ricardo Moody**

Lane	Name	Yr	School	Seed	Time
Heat 1 of 2 Prelims					
1	Jaden Martinez	SR	Wheat Ridge	15.71	_____
2	Micah Hickerson	SR	DiscoveryCanyo	15.59	_____
3	Aaron Carmichael	SR	Skyline	15.33	_____
4	Jacob Morse	SR	Elizabeth	15.15	_____
5	Eli Sullivan	SR	Longmont	14.65	_____
6	Jay Shuman	SR	Palisade	14.82	_____
7	Tony Feula	SR	Mead	15.10	_____
8	Luke Gordley	JR	Mnt. View	15.45	_____
9	Kaleb Mora	SR	PuebloCentral	15.77	_____

Heat 2 of 2 Prelims

1	Hunter Dagnon	SR	ValorChristian	15.75	_____
2	Demetrius Parrish	SR	Battle Mtn.	15.53	_____
3	Chase McLean	JR	ValorChristian	15.27	_____
4	Nolan Kembel	JR	Mnt. View	15.20	_____
5	Alex Miller	SR	Classical Acdy	14.43	_____
6	Will Campos	SR	Classical Acdy	14.92	_____
7	Tanner Wall	SR	ThompsonValley	15.01	_____
8	Josh Walker	SR	Longmont	15.50	_____
9	Hunter Mathews	SR	Palisade	15.75	_____

Event 128 Boys 300 Meter Hurdles 4A (19)**9 Advance: Top 2 Each Heat plus Next 3 Best Times****Friday 5/20/2016 - 11:25 AM****National: 35.02 2009****Reggie Wyatt****Colo. Prep: 36.41 2001****Gerren Crochet****State Meet: 36.81 2010****Trevor Brown**

Lane	Name	Yr	School	Seed	Time
Heat 1 of 3 Prelims					
1					_____
2					_____
3	Breon Michel	SR	Vista Ridge	40.61	_____
4	Josh Walker	SR	Longmont	40.13	_____
5	Nolan Kembel	JR	Mnt. View	38.81	_____
6	Chase McLean	JR	ValorChristian	38.86	_____
7	Hunter Dagnon	SR	ValorChristian	39.85	_____
8	Larry Flores	JR	Glenwood Spgs.	40.63	_____
9					_____

Heat 2 of 3 Prelims

1					_____
2					_____
3	Jay Shuman	SR	Palisade	40.54	_____
4	Will Campos	SR	Classical Acdy	40.15	_____
5	Aaron McCoy	JR	Canon City	38.50	_____
6	Tanner Wall	SR	ThompsonValley	39.17	_____
7	Jacob Morse	SR	Elizabeth	39.80	_____
8	Jay Neal	SR	Eagle Valley	40.74	_____
9					_____

Heat 3 of 3 Prelims

1					_____
2	Skylar Smoker	JR	Air Academy	40.77	_____
3	Mason Anthony	FR	Elizabeth	40.49	_____
4	Demetrius Parrish	SR	Battle Mtn.	40.34	_____
5	Alex Miller	SR	Classical Acdy	38.17	_____
6	Anthony Peters	SR	Vista Ridge	39.37	_____
7	Luke Gordley	JR	Mnt. View	39.58	_____
8	Tristan Hinkley	SR	Vista Ridge	40.77	_____
9					_____



COLORADO HIGH SCHOOL - 5/19/2016 to 5/21/2016**STATE TRACK & FIELD CHAMPIONSHIPS****Jefferson County Stadium, Lakewood****Meet Program****Event 129 Boys 4x100 Meter Relay 4A (18)****9 Advance: Top 3 Each Heat plus Next 3 Best Times****Friday 5/20/2016 - 9:43 AM****National: 39.76 1998 Fort Worth Wyatt HS, TX****Colo. Prep: 41.21 2007 Overland HS****State Meet: 41.28 1997 Mullen HS**

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

1	Classical Acdy	43.84	_____
2	Harrison	43.80	_____
3	Widefield	43.76	_____
4	PuebloCounty	43.48	_____
5	Mnt. View	42.99	_____
6	Greeley Central	43.11	_____
7	Palmer Ridge	43.38	_____
8	Elizabeth	43.76	_____
9	Denver South	44.01	_____

Heat 2 of 2 Prelims

1	Palisade	43.91	_____
2	Mullen	43.79	_____
3	Vista Ridge	43.64	_____
4	Pueblo South	43.49	_____
5	Longmont	41.69	_____
6	ValorChristian	43.11	_____
7	Canon City	43.25	_____
8	Pueblo West	43.78	_____
9	ThompsonValley	43.96	_____

Event 130 Boys 4x200 Meter Relay 4A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Thursday 5/19/2016 - 10:20 AM****National: 1:23.92 2007 Fort Bend Hightower HS, TX****Colo. Prep: 1:25.46 2013 Valor Christian HS****State Meet: 1:25.46 2013 Valor Christian HS**

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

1	Elizabeth	1:31.12	_____
2	PuebloCentennial	1:31.03	_____
3	Windsor	1:30.62	_____
4	Palmer Ridge	1:29.74	_____
5	Mnt. View	1:28.56	_____
6	ValorChristian	1:29.30	_____
7	Harrison	1:29.55	_____
8	Mesa Ridge	1:30.70	_____
9	Pueblo East	1:31.34	_____

Heat 2 of 2 Prelims

1	Palisade	1:31.25	_____
2	Pueblo West	1:30.98	_____
3	Greeley Central	1:30.49	_____
4	Vista Ridge	1:29.89	_____
5	Longmont	1:28.43	_____
6	Canon City	1:29.38	_____
7	Classical Acdy	1:29.52	_____
8	PuebloCounty	1:30.88	_____
9	Denver South	1:31.28	_____

Event 131 Boys 4x400 Meter Relay 4A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Friday 5/20/2016 - 4:18 PM****National: 3:07.40 1985 Hawthorne HS, CA****Colo. Prep: 3:14.73 2012 Rangeview HS****State Meet: 3:15.51 2014 Palmer Ridge HS****M Garrison, L Malone, T Busath, C Ojennes**

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

1	Denver South	3:27.99	_____
2	Rifle	3:27.92	_____
3	Durango	3:26.95	_____
4	Windsor	3:25.29	_____
5	Mnt. View	3:20.16	_____
6	ValorChristian	3:22.31	_____
7	ThompsonValley	3:24.85	_____
8	Eagle Valley	3:26.96	_____
9	Glenwood Spgs.	3:28.90	_____

Heat 2 of 2 Prelims

1	Canon City	3:28.05	_____
2	Greeley Central	3:27.27	_____
3	Classical Acdy	3:26.65	_____
4	Air Academy	3:25.70	_____
5	Palmer Ridge	3:18.53	_____
6	PuebloCentennial	3:22.39	_____
7	Vista Ridge	3:24.46	_____
8	Pueblo East	3:27.08	_____
9	Mead	3:28.61	_____



COLORADO HIGH SCHOOL - 5/19/2016 to 5/21/2016**STATE TRACK & FIELD CHAMPIONSHIPS****Jefferson County Stadium, Lakewood****Meet Program****Event 132 Boys 4x800 Meter Relay 4A (18)****Thursday 5/19/2016 - 12:20 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: 7:48.60 2006 D'Evelyn HS**

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Palmer Ridge		7:59.06 _____
2	Air Academy		8:03.40 _____
3	Evergreen		8:03.43 _____
4	Durango		8:07.33 _____
5	Classical Acdy		8:12.02 _____
6	Montrose		8:12.13 _____
7	Green Mnt.		8:12.84 _____
8	Littleton		8:13.46 _____
9	Denver South		8:14.27 _____
10	Mnt. View		8:16.16 _____
11	Palisade		8:16.25 _____
12	ThompsonValley		8:16.65 _____
13	Holy Family		8:17.13 _____
14	Cheyenne Mtn.		8:18.03 _____
15	Pueblo South		8:18.67 _____
16	Mead		8:19.84 _____
17	Battle Mtn.		8:20.01 _____
18	Greeley Central		8:20.69 _____

Event 133 Boys High Jump 4A (18)**Friday 5/20/2016 - 1:30 PM****Warm-up 5'9.5"****Start 5'11.5" - 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: 6-11 2013 Colt Sessions**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Bryce Risner	FR	Glenwood Spgs.	6-01.50 _____
2	Rylee Simpson	SR	Roosevelt	6-01.50 _____
3	Cally Castles	SO	Berthoud	6-02.00 _____
4	Hunter Mathews	SR	Palisade	6-02.00 _____
5	Kyle Rex	SR	Palmer Ridge	6-02.50 _____
6	Aj Oswald	JR	Palmer Ridge	6-02.50 _____
7	Peyton Span	JR	Mitchell	6-03.00 _____
8	Ayden Flynn	JR	D'Evelyn	6-03.00 _____
9	John Davis	SR	Eagle Valley	6-03.50 _____
10	Wyatt Thomas	SR	PuebloCentral	6-04.00 _____
11	Markez Boykin	SR	Harrison	6-04.00 _____
12	Marcell Barbee	SO	Pueblo South	6-04.00 _____
13	Zach Miller	SO	Air Academy	6-04.00 _____
14	Kayden Sund	JR	Golden	6-04.00 _____
15	Garrett Martin	SO	StandleyLake	6-05.00 _____
16	Derek Valdez	SR	PuebloCentenni	6-06.00 _____
17	Jeremy Cody	SO	Pueblo South	6-06.50 _____
18	Jacob Bejarano	SR	Roosevelt	6-08.00 _____



COLORADO HIGH SCHOOL - 5/19/2016 to 5/21/2016**STATE TRACK & FIELD CHAMPIONSHIPS****Jefferson County Stadium, Lakewood****Meet Program****Event 134 Boys Pole Vault 4A (19)****Saturday 5/21/2016 - 11:00 AM****Warm-up 10'8"****Start 11'2" - 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: 15-08.50 2006****Sam Pierson**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Trevar Laframboise	JR	Eagle Valley	11-08.00	_____
2	Rydman Terry	JR	Roosevelt	11-08.00	_____
3	Sam Burrows	SR	Golden	11-09.00	_____
4	Dylan Chamberlin	SO	Pueblo South	11-09.00	_____
5	Camden Garland	JR	Durango	12-00.00	_____
6	Austin Leech	SO	Silver Creek	12-02.00	_____
7	Jason Ayres	JR	Windsor	12-06.00	_____
8	Phillip Zilhaver	SO	Ponderosa	12-07.00	_____
9	Brayden Davis	JR	Roosevelt	12-07.00	_____
10	Devon Hansen	SR	Erie	12-07.00	_____
11	Logan Kidd	SR	Mnt. View	12-08.00	_____
12	Steven Rastrelli	SR	PuebloCentenni	12-09.00	_____
13	Ryan Stuchlik	SR	Elizabeth	13-00.00	_____
14	Flynn Hollingsworth	SR	DiscoveryCanyo	13-07.00	_____
15	Aaron Carmichael	SR	Skyline	14-00.00	_____
16	Jake McMullen	JR	Ponderosa	14-01.00	_____
17	Ramon Salgado	SR	Mnt. View	14-07.00	_____
18	Kyle Rex	SR	Palmer Ridge	14-09.00	_____
19	Brenton Emmons	SR	Mnt. View	15-00.00	_____

Event 135 Boys Long Jump 4A (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: 26-04.75 1989****James Stallworth****Colo. Prep: 24-07.50 1990****Chris Sanders****State Meet: 23-11 1992****Monte Fry**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Andrew Seaman	SO	Mullen	21-00.25	_____
2	Noah Woeste	SR	Niwot	21-00.75	_____
3	Dane Myers	SR	Mead	21-01.00	_____
4	Hunter Mathews	SR	Palisade	21-01.00	_____
5	Dacian Sullivan	JR	Canon City	21-03.00	_____
6	Isaiah Mosley	JR	Cheyenne Mtn.	21-04.75	_____
7	Conlan Berger	SR	Longmont	21-05.00	_____
8	Jay Shuman	SR	Palisade	21-06.00	_____
9	Gift Chinda	JR	ThompsonValley	21-06.50	_____

Flight 2 of 2 Finals

1	Zaccre Kenward	JR	Palisade	21-07.00	_____
2	Jordan Kress	SR	Mnt. View	21-07.00	_____
3	Jayce Hall	SR	Classical Acdy	22-00.00	_____
4	Darius Stover	SR	Mesa Ridge	22-02.50	_____
5	Anthony Peters	SR	Vista Ridge	22-06.50	_____
6	Breon Michel	SR	Vista Ridge	22-06.50	_____
7	Derek Valdez	SR	PuebloCentenni	22-08.00	_____
8	Giovanni Jackson	SR	Mesa Ridge	23-00.00	_____
9	Logan Stewart	SR	Mnt. View	23-00.00	_____

Event 136 Boys Triple Jump 4A (19)**Thursday 5/19/2016 - 11:00 AM****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: 49-08.75 2012****Tony Carodine**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Wyatt Zgabay	SR	D'Evelyn	42-03.50	_____
2	Darius Stover	SR	Mesa Ridge	42-03.50	_____
3	Sage Wheelan	SR	Golden	42-03.75	_____
4	Giovanni Jackson	SR	Mesa Ridge	42-04.00	_____
5	Danny Ahern	JR	Longmont	42-05.25	_____
6	Thomas MacNabb	JR	Lewis-Palmer	42-06.50	_____
7	Josh Hernandez	JR	Elizabeth	42-08.00	_____
8	Hunter Mathews	SR	Palisade	42-09.50	_____
9	Pierre Taylor	SO	Pueblo West	42-11.00	_____
10					_____

Flight 2 of 2 Finals

1	Titan Birkholz	SO	ValorChristian	43-00.50	_____
2	Jaylon Sibley	SR	Harrison	43-03.75	_____
3	Austin Delier	SR	Mnt. View	43-05.75	_____
4	John Scoleri	SR	PuebloCentenni	44-00.00	_____
5	Zaccre Kenward	JR	Palisade	44-00.00	_____
6	Depree' Kimber	SR	Pueblo South	44-00.50	_____
7	Breon Michel	SR	Vista Ridge	44-05.75	_____
8	Jake Goggin	SR	Vista Ridge	44-10.75	_____
9	Anthony Peters	SR	Vista Ridge	46-02.75	_____
10	Gift Chinda	JR	ThompsonValley	46-07.25	_____



COLORADO HIGH SCHOOL - 5/19/2016 to 5/21/2016**STATE TRACK & FIELD CHAMPIONSHIPS****Jefferson County Stadium, Lakewood****Meet Program****Event 137 Boys Shot Put 4A (18)****Thursday 5/19/2016 - 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: 60-04.75 1997 Carlos Tarin**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Toby McBride	SR	Fort Morgan	46-08.50	_____
2	Jalen Sami	JR	Vista Ridge	46-11.00	_____
3	Joe Kosht	SR	Rifle	47-01.00	_____
4	Kory Mills	SR	Delta	47-04.75	_____
5	Nathaniel Miller	JR	Widefield	47-06.50	_____
6	David Bieber	SR	Littleton	47-07.00	_____
7	Brock Knechtel	JR	Silver Creek	48-02.75	_____
8	Joseph Arps	JR	Denver South	48-05.75	_____
9	Reed Rowan	SR	Vista Ridge	48-09.00	_____

Flight 2 of 2 Finals

1	Bruno DeRose	SR	Pueblo East	49-06.50	_____
2	Scott Sipes	SR	Mnt. View	49-07.25	_____
3	Brandon Oswald	SR	Palmer Ridge	49-08.00	_____
4	Dillon Reinkensmeyer	SR	ValorChristian	49-09.00	_____
5	Max Bump	SR	Berthoud	50-01.00	_____
6	Kenny Plant	SR	Classical Acdy	50-07.00	_____
7	Conor Bertles	SR	Classical Acdy	51-03.25	_____
8	Sam Distel	JR	Montrose	51-04.75	_____
9	Beau Gordon	SR	PuebloCentral	53-10.00	_____

Event 138 Boys Discus Throw 4A (18)**Saturday 5/21/2016 - 11:00 AM****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: 183-11 1990 Ron Wach**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Jake Gribble	SR	Pueblo South	142-01	_____
2	Kenny Plant	SR	Classical Acdy	144-00	_____
3	John Hochanadel	SO	Fort Morgan	144-01	_____
4	Joe Kosht	SR	Rifle	144-07	_____
5	Luke Bethany	SR	Classical Acdy	147-00	_____
6	Max Bump	SR	Berthoud	147-10	_____
7	Gaige Hess	JR	Pueblo West	148-04	_____
8	James Doyle	SR	D'Evelyn	148-10	_____
9	Dillon Reinkensmeyer	SR	ValorChristian	151-05	_____

Flight 2 of 2 Finals

1	Jacob Adelgren	JR	Palmer Ridge	152-01	_____
2	Reed Rowan	SR	Vista Ridge	154-07	_____
3	Beau Gordon	SR	PuebloCentral	158-01	_____
4	Nathaniel Miller	JR	Widefield	158-08	_____
5	Scott Sipes	SR	Mnt. View	159-09	_____
6	George Silvanic	SR	Palmer Ridge	159-09	_____
7	Brock Knechtel	JR	Silver Creek	160-00	_____
8	Sam Distel	JR	Montrose	164-10	_____
9	Conor Bertles	SR	Classical Acdy	165-03	_____

Event 141 Girls 100 Meter Dash 4A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Thursday 5/19/2016 - 9:10 AM****National: 11.14 1992 Marion Jones****Colo. Prep: 11.31 1987 Caryl Smith****State Meet: 11.34 2004 Ashley Owens**

Lane	Name	Yr	School	Seed	Time
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Heat 1 of 2 Prelims

1	Annalie Janus	SO	Green Mnt.	12.72	_____
2	Harleigh Stewart	SR	Greeley Central	12.71	_____
3	Tegan Alexander	SR	Elizabeth	12.63	_____
4	Claudia Valenzuela	SO	Classical Acdy	12.55	_____
5	Lauren Gale	SO	DiscoveryCanyo	11.96	_____
6	Tess Boade	JR	ValorChristian	12.27	_____
7	Michaela Moore	JR	Cheyenne Mtn.	12.44	_____
8	Amy Campbell	SR	Montezuma-Cor	12.63	_____
9	Chloe Peterson	JR	Elizabeth	12.81	_____

Heat 2 of 2 Prelims

1	Kaylin King	SO	Vista Ridge	12.73	_____
2	Jerica Baeza	JR	Roosevelt	12.67	_____
3	Olivia Whitaker	SO	Air Academy	12.61	_____
4	Megan Harvey	SR	Palmer Ridge	12.56	_____
5	Maya Evans	SO	Vista Peak	11.92	_____
6	Brooklyn York	SR	T. Jefferson	12.28	_____
7	Chaynee Kingsbury	SO	Windsor	12.31	_____
8	Shea Zeman	SR	Holy Family	12.67	_____
9	Armanni Portee	JR	Denver South	12.79	_____



COLORADO HIGH SCHOOL - 5/19/2016 to 5/21/2016**STATE TRACK & FIELD CHAMPIONSHIPS****Jefferson County Stadium, Lakewood****Meet Program****Event 142 Girls 200 Meter Dash 4A (18)****9 Advance: Top 3 Each Heat plus Next 3 Best Times****Thursday 5/19/2016 - 1:00 PM**

National: 22.52 2003 **Allyson Felix**
Colo. Prep: 23.29 2013 **Ana Holland**
State Meet: 23.42 2004 **Ashley Owens**

Lane	Name	Yr	School	Seed	Time
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Heat 1 of 2 Prelims

1	Kayli Cooper	FR	Mesa Ridge	26.13	_____
2	McKenna Ramsay	SR	Summit	26.08	_____
3	Megan Harvey	SR	Palmer Ridge	25.91	_____
4	Sarah Oancia	SR	Mullen	25.70	_____
5	Maya Evans	SO	Vista Peak	24.44	_____
6	Tess Boade	JR	ValorChristian	25.15	_____
7	Brooklyn York	SR	T. Jefferson	25.70	_____
8	Chantae Steele	FR	Classical Acdy	26.03	_____
9	Madisyn Minerich	SO	Montrose	26.22	_____

Heat 2 of 2 Prelims

1	Yasmine Hernandez	JR	Mnt. View	26.17	_____
2	Samantha Polly	JR	Windsor	26.07	_____
3	Michaela Moore	JR	Cheyenne Mtn.	25.89	_____
4	Maren Janda	SR	ThompsonValley	25.73	_____
5	Lauren Gale	SO	DiscoveryCanyo	24.16	_____
6	Claudia Valenzuela	SO	Classical Acdy	25.47	_____
7	Gianna Tesone	SR	ValorChristian	25.53	_____
8	Tegan Alexander	SR	Elizabeth	26.03	_____
9	Megan Maccagnan	SR	ValorChristian	26.21	_____

Event 143 Girls 400 Meter Dash 4A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Thursday 5/19/2016 - 11:15 AM**

National: 50.74 2000 **Monique Henderson**
Colo. Prep: 52.49 2013 **Ana Holland**
State Meet: 52.95 2015 **Nicole Montgomery**

Lane	Name	Yr	School	Seed	Time
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Heat 1 of 2 Prelims

1	Kristina Schreiber	SO	Evergreen	59.63	_____
2	Sam Rippley	JR	Palmer Ridge	59.48	_____
3	Madisyn Minerich	SO	Montrose	58.52	_____
4	Emily Leidig	JR	ThompsonValley	58.22	_____
5	McKenna Ramsay	SR	Summit	57.05	_____
6	Chantae Steele	FR	Classical Acdy	57.10	_____
7	Mary Gillett	SO	Niwot	58.17	_____
8	Abbie Glynn	FR	Mead	58.54	_____
9	Dejah Glover	JR	Sand Creek	59.82	_____

Heat 2 of 2 Prelims

1	Maya Nefs	SO	D'Evelyn	59.68	_____
2	Kamryn Scott	SO	Vista Peak	59.44	_____
3	Paige Kadavy	SR	Greeley Central	58.23	_____
4	Yasmine Hernandez	JR	Mnt. View	58.22	_____
5	Lauren Gale	SO	DiscoveryCanyo	54.22	_____
6	MacKenzie Fidelak	SO	Niwot	57.88	_____
7	Olivia Whitaker	SO	Air Academy	57.90	_____
8	Saylor Sargent	JR	Green Mnt.	59.11	_____
9	Bianca Lopez	SO	ValorChristian	59.77	_____

Event 144 Girls 800 Meter Run 4A (18)**Friday 5/20/2016 - 1:05 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: 2:08.50 2013 **Elise Cranney**

Lane	Name	Yr	School	Seed	Time
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Section 1 of 1 Finals

1	Katie Rainsberger	SR	Air Academy	2:11.80	_____
2	Chantae Steele	FR	Classical Acdy	2:14.72	_____
3	Emily Leidig	JR	ThompsonValley	2:15.98	_____
4	Lexi Reed	SR	D'Evelyn	2:16.56	_____
5	Emily Gallegos-francksen	JR	Wheat Ridge	2:17.13	_____
6	Elinor Enderle	JR	Canon City	2:17.20	_____
7	Cammy Manes	JR	Longmont	2:17.26	_____
8	Katie Till	JR	Canon City	2:17.98	_____
9	Kayla Wiitala	SR	Air Academy	2:18.67	_____
10	Keely Jones	FR	ValorChristian	2:19.71	_____
11	Ally Herebic	SR	Palmer Ridge	2:19.80	_____
12	McKenna Ramsay	SR	Summit	2:19.80	_____
13	Samantha Skeen	SO	Denver North	2:20.03	_____
14	Kayla Young	JR	Denver North	2:20.04	_____
15	Maria Mettler	JR	Air Academy	2:20.31	_____
16	Veronica Brtek	SR	Cheyenne Mtn.	2:21.19	_____
17	Abby Scott	SO	Durango	2:21.65	_____
18	Taylor Hermosillo	JR	Eagle Valley	2:21.83	_____



COLORADO HIGH SCHOOL - 5/19/2016 to 5/21/2016**STATE TRACK & FIELD CHAMPIONSHIPS****Jefferson County Stadium, Lakewood****Meet Program****Event 145 Girls 1600 Meter Run 4A (18)****Saturday 5/21/2016 - 2:45 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: 4:47.54 2014 Elise Cranny**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Katie Rainsberger	SR	Air Academy	4:44.31
2	Lexi Reed	SR	D'Evelyn	4:58.95
3	Reagan Hausmann	SR	ValorChristian	5:07.14
4	Lauren Offerman	JR	Mnt. View	5:08.67
5	Kayla Young	JR	Denver North	5:09.82
6	Greta Van Calcar	SR	Palisade	5:09.87
7	Hannah Capek	SR	Palmer Ridge	5:13.00
8	Veronica Brtek	SR	Cheyenne Mtn.	5:15.10
9	Maria Mettler	JR	Air Academy	5:15.28
10	Kayla Wiitala	SR	Air Academy	5:15.96
11	Madison Lambros	SR	Cheyenne Mtn.	5:16.13
12	Lilliana Hamilton	SO	Air Academy	5:16.71
13	MacKenzie Moss	FR	Air Academy	5:18.34
14	Olivia Rogers	SR	Centaurus	5:18.79
15	Cammy Manes	JR	Longmont	5:18.86
16	Keely Jones	FR	ValorChristian	5:18.97
17	Elinor Enderle	JR	Canon City	5:19.98
18	Caitlin Schmitt	SR	Evergreen	5:20.23

Event 146 Girls 3200 Meter Run 4A (18)**Friday 5/20/2016 - 10:10 AM****Two Super Alleys with 1-turn Stagger****National: 9:48.59 1996 Kimberly Mortensen****Colo. Prep: 10:17.48 2014 Elise Cranny****State Meet: 10:17.48 2014 Elise Cranny**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Katie Rainsberger	SR	Air Academy	10:50.84
2	Hannah Capek	SR	Palmer Ridge	11:06.24
3	Lexi Reed	SR	D'Evelyn	11:07.77
4	Greta Van Calcar	SR	Palisade	11:09.97
5	Kayla Young	JR	Denver North	11:10.77
6	Madison Lambros	SR	Cheyenne Mtn.	11:14.14
7	Reagan Hausmann	SR	ValorChristian	11:16.62
8	Lauren Offerman	JR	Mnt. View	11:23.22
9	Maria Mettler	JR	Air Academy	11:27.32
10	Lilliana Hamilton	SO	Air Academy	11:34.94
11	MacKenzie Moss	FR	Air Academy	11:35.92
12	Kaela Fahrney	SO	Battle Mtn.	11:36.24
13	Elizabeth Constien	SO	Battle Mtn.	11:36.37
14	Sophia Maeda	SO	Mead	11:37.85
15	Sarah Wagler	SO	Rifle	11:41.68
16	Addi Iken	SO	Littleton	11:43.94
17	Ruthie Boyd	SR	Summit	11:44.79
18	Emily Cranny	SR	Niwot	11:46.31

Event 147 Girls 100 Meter Hurdles 4A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Thursday 5/19/2016 - 10:35 AM****National: 13.03 2007 Vashti Thomas****Colo. Prep: 13.09 2014 Dior Hall****State Meet: 13.61 2005 Kira Robinson**

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Prelims				
1	Genevieve Kramer-marion	JR	Green Mnt.	16.13
2	Leah Osborn	SR	Skyline	16.12
3	Raeann Queener	SO	Classical Acdy	15.84
4	Jerica Baeza	JR	Roosevelt	15.62
5	Alexis Carroll	JR	Niwot	15.06
6	Mary McCowen	JR	Cheyenne Mtn.	15.21
7	Charise Crabb	JR	Eagle Valley	15.47
8	Harleigh Stewart	SR	Greeley Central	15.86
9	Alyssa Rhoton	SR	Roosevelt	16.22



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 147 Girls 100 Meter Hurdles 4A)**

1	Kara McKee	JR	ThompsonValley	16.18	_____
2	Weslie Kirks	SR	Montezuma-Cor	16.10	_____
3	Alyssa Strong	SR	Berthoud	15.80	_____
4	Destiny Grimes	FR	ValorChristian	15.79	_____
5	Alexis Buckhaults	JR	Canon City	14.74	_____
6	Lauren Steege	JR	Mnt. View	15.32	_____
7	Bailey Sharon	SR	Green Mnt.	15.40	_____
8	Sophia Grant	SO	Niwot	15.97	_____
9	Baylee Grantner	SR	Roosevelt	16.21	_____

Event 148 Girls 300 Meter Hurdles 4A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Friday 5/20/2016 - 11:00 AM**

National:	39.98	2001	Lashinda Demus
Colo. Prep:	41.18	2014	Carly Lester
State Meet:	42.34	2011	Annie Kunz

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Alexis Leonard	SR	Palisade	47.39	_____
2	Mary McCowen	JR	Cheyenne Mtn.	47.26	_____
3	Charise Crabb	JR	Eagle Valley	46.97	_____
4	Jerica Baeza	JR	Roosevelt	46.52	_____
5	Kela Fetters	SR	Niwot	44.63	_____
6	MacKenzie Fidelak	SO	Niwot	44.71	_____
7	Britney Robertson	JR	Windsor	46.34	_____
8	Teresa Ambuul	SR	Classical Acdy	47.04	_____
9	Baylee Grantner	SR	Roosevelt	47.67	_____

Heat 2 of 2 Prelims

1	Ashten Loeks	FR	Elizabeth	47.57	_____
2	Sequoia Kellogg	FR	Glenwood Spgs.	47.15	_____
3	Audra Frieden	SO	Classical Acdy	46.79	_____
4	Destiny Grimes	FR	ValorChristian	46.52	_____
5	MaLeigha Menegatti	SO	Pueblo West	44.40	_____
6	Bailey Sharon	SR	Green Mnt.	44.77	_____
7	Abbie Glynn	FR	Mead	45.58	_____
8	Rachel Harris	SO	Evergreen	47.15	_____
9	Elinor Enderle	JR	Canon City	47.60	_____

Event 149 Girls 4x100 Meter Relay 4A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Friday 5/20/2016 - 9:35 AM**

National:	44.50	2004	Long Beach Poly HS, CA
Colo. Prep:	46.51	2007	George Washington HS
State Meet:	47.85	2013	Valor Christian HS

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

1	Sand Creek	50.63	_____
2	Erie	50.63	_____
3	Palmer Ridge	50.22	_____
4	Widefield	50.05	_____
5	Niwot	48.56	_____
6	Cheyenne Mtn.	49.05	_____
7	Mullen	50.01	_____
8	Greeley Central	50.25	_____
9	Montezuma-Cortez	51.00	_____

Heat 2 of 2 Prelims

1	Vista Ridge	50.79	_____
2	Palisade	50.44	_____
3	T. Jefferson	50.20	_____
4	Elizabeth	50.07	_____
5	ValorChristian	48.29	_____
6	Classical Acdy	49.24	_____
7	Windsor	49.99	_____
8	DiscoveryCanyon	50.30	_____
9	Green Mnt.	50.91	_____

Event 150 Girls 4x200 Meter Relay 4A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Thursday 5/19/2016 - 10:10 AM**

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:	1:41.13	2015	Niwot

K Fetters, L Sharpe, R Sharpe, M Fidelak

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

1	Montezuma-Cortez	1:46.78	_____
2	Vista Ridge	1:46.69	_____
3	Air Academy	1:45.83	_____
4	Elizabeth	1:45.66	_____
5	Classical Acdy	1:43.02	_____
6	Windsor	1:43.88	_____
7	Montrose	1:45.22	_____
8	Pueblo West	1:45.99	_____
9	Palisade	1:47.22	_____



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 150 Girls 4x200 Meter Relay 4A**

1	Widefield	1:46.85	_____
2	ThompsonValley	1:46.53	_____
3	Erie	1:45.80	_____
4	Mullen	1:45.67	_____
5	ValorChristian	1:41.87	_____
6	Niwot	1:43.92	_____
7	Cheyenne Mtn.	1:44.45	_____
8	Palmer Ridge	1:46.04	_____
9	Longmont	1:47.12	_____

Event 151 Girls 4x400 Meter Relay 4A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Friday 5/20/2016 - 4:05 PM**

National:	3:35.49	2004	Long Beach Poly HS, CA
Colo. Prep:	3:45.69	2011	Littleton HS
State Meet:	3:50.73	2015	Thompson Valley

K Larson, M Janda, H Ernst, M Irvine

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

1	Mead	4:07.69	_____
2	Palmer Ridge	4:07.14	_____
3	ThompsonValley	4:06.57	_____
4	Battle Mtn.	4:05.94	_____
5	Classical Acdy	3:58.06	_____
6	Green Mnt.	4:01.71	_____
7	Montrose	4:05.83	_____
8	Erie	4:06.64	_____
9	Widefield	4:08.19	_____

Heat 2 of 2 Prelims

1	Roosevelt	4:07.95	_____
2	Durango	4:07.08	_____
3	Air Academy	4:06.07	_____
4	Cheyenne Mtn.	4:06.01	_____
5	Niwot	3:55.16	_____
6	ValorChristian	4:01.87	_____
7	Elizabeth	4:04.50	_____
8	Mnt. View	4:07.05	_____
9	Pueblo West	4:08.00	_____

Event 152 Girls 4x800 Meter Relay 4A (18)**Thursday 5/19/2016 - 12:05 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:	9:00.07	2009	Thompson Valley HS

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Air Academy	9:31.37	_____
2	Canon City	9:40.87	_____
3	Classical Acdy	9:40.99	_____
4	ValorChristian	9:41.91	_____
5	Wheat Ridge	9:45.40	_____
6	Cheyenne Mtn.	9:47.28	_____
7	Mnt. View	9:47.85	_____
8	StandleyLake	9:51.56	_____
9	Niwot	9:52.55	_____
10	Mead	9:52.77	_____
11	Steamboat Spgs.	9:52.79	_____
12	Battle Mtn.	9:53.08	_____
13	Eagle Valley	9:54.30	_____
14	Palmer Ridge	9:54.51	_____
15	Summit	9:55.32	_____
16	Centaurus	9:56.05	_____
17	Roosevelt	9:58.87	_____
18	Elizabeth	9:58.92	_____

Event 153 Girls 800 Sprint Medley 4A (18)**9 Advance: Top 3 Each Heat plus Next 3 Best Times****Thursday 5/19/2016 - 8:45 AM****Format: 100-100-200-400 - 2-Turn Stagger**

Colo. Prep:	1:42.98	2014	George Washington HS
State Meet:	1:45.06	2015	Lewis-Palmer

L Still, E Roma, M Smith, N Montgomery

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Prelims

1	Windsor	1:52.18	_____
2	Mead	1:52.08	_____
3	Widefield	1:51.56	_____
4	Niwot	1:51.06	_____
5	DiscoveryCanyon	1:48.59	_____
6	Green Mnt.	1:49.74	_____
7	ThompsonValley	1:50.87	_____
8	Longmont	1:51.69	_____
9	D'Evelyn	1:52.48	_____



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 153 Girls 800 Sprint Medley 4A)**

1	Cheyenne Mtn.	1:52.33	_____
2	Greeley Central	1:51.86	_____
3	Mullen	1:51.54	_____
4	Elizabeth	1:51.22	_____
5	Classical Acdy	1:47.51	_____
6	Pueblo West	1:50.35	_____
7	Palmer Ridge	1:50.85	_____
8	Erie	1:51.71	_____
9	Vista Peak	1:52.34	_____

Event 154 Girls High Jump 4A (20)**Thursday 5/19/2016 - 11:00 AM****Warm-up 4'9"****Start 4'11" - 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: 5-08.25 1999 Jill Fadenrecht**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Emily Nortnik	JR	Delta	5-01.00	_____
2	Abby Thorne	SR	Palmer Ridge	5-01.00	_____
3	Leah Osborn	SR	Skyline	5-01.00	_____
4	Isabel Bowen	FR	ValorChristian	5-01.00	_____
5	Rylee Ries	SR	Palmer Ridge	5-02.00	_____
6	Andrea Williams	SR	Greeley Central	5-02.00	_____
7	Katherine McCain	JR	Longmont	5-02.00	_____
8	Nicole Daum	JR	Classical Acdy	5-02.00	_____
9	Allyson Stanley	JR	Air Academy	5-02.00	_____
10	Kelly Aragon	JR	Frederick	5-02.50	_____
11	Alexis Leonard	SR	Palisade	5-03.00	_____
12	Sarah Cerrone	JR	D'Evelyn	5-03.00	_____
13	Koryn McOuat	SO	Windsor	5-03.00	_____
14	Emma Falk	FR	Niwot	5-03.00	_____
15	Sydney Wetterstrom	SR	Longmont	5-04.00	_____
16	Raeann Queener	SO	Classical Acdy	5-04.00	_____
17	Cailey Archer	FR	Berthoud	5-05.50	_____
18	Kristina Cavey	SR	Berthoud	5-05.50	_____
19	Rylee Anderson	SO	Silver Creek	5-08.00	_____
20	Elizabeth Wayne	SR	Cheyenne Mtn.	5-08.00	_____

Event 155 Girls Pole Vault 4A (18)**Saturday 5/21/2016 - 1:30 PM****Warm-up 8'8"****Start 9'2" - 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: 13-03 2008 Elizabeth Stover**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Marina Cannon	JR	Littleton	9-08.00	_____
2	Avery Vieregger	SO	ValorChristian	9-08.00	_____
3	Sophia Lovato	JR	Palmer Ridge	10-00.00	_____
4	Camille Dipaola	JR	Mullen	10-01.00	_____
5	Sarah Hubert	SR	Windsor	10-02.00	_____
6	Emily Roma	JR	Lewis-Palmer	10-02.00	_____
7	Julie Kufeld	SR	Mnt. View	10-03.00	_____
8	Tameryn Coryell	SO	Evergreen	10-06.00	_____
9	Cody Osteen	SR	Eagle Valley	10-07.00	_____
10	Sierra Coonts	SR	Windsor	10-08.00	_____
11	Alex Hellenberg	SR	Skyline	10-09.00	_____
12	Emma Markovich	JR	Golden	11-00.50	_____
13	Zoe Beard	SR	Greeley Central	11-02.00	_____
14	Kelly Chamberlain	SR	Berthoud	11-04.00	_____
15	Abigail Gray	SO	Silver Creek	11-06.00	_____
16	Josie Spitz	SR	Berthoud	11-10.00	_____
17	Erika Willis	SO	Classical Acdy	12-00.00	_____
18	Andrea Willis	SR	Classical Acdy	13-09.00	_____

Event 156 Girls Long Jump 4A (18)**Friday 5/20/2016 - 2:00 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: 20-03 2005 Griffin Matthew**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Chardonnae Hall	SR	Widefield	16-06.00	_____
2	Alyssa Jenkins	SR	Niwot	16-07.00	_____
3	Kaylin King	SO	Vista Ridge	16-08.00	_____
4	Sydney Postle	SO	Mead	16-09.00	_____
5	Miranda Goes	JR	Ponderosa	16-09.25	_____
6	Allyson Stanley	JR	Air Academy	16-10.00	_____
7	Kinlee Pippin	FR	Weld Central	16-10.00	_____
8	Laura Richardson	JR	Palisade	16-11.25	_____
9	Shiloh Berger	JR	Longmont	17-00.50	_____



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 156 Girls Long Jump 4A (18))**

1	Hannah Meek	JR	Pueblo West	17-01.00	_____
2	Koryn McOuat	SO	Windsor	17-02.00	_____
3	Kallaway Wood	JR	Elizabeth	17-06.00	_____
4	Chloe Peterson	JR	Elizabeth	17-07.00	_____
5	Nikki Strickler	SR	Wheat Ridge	17-09.00	_____
6	Alex Hellenberg	SR	Skyline	17-10.25	_____
7	Alexis Carroll	JR	Niwot	18-04.00	_____
8	Elizabeth Wayne	SR	Cheyenne Mtn.	18-04.75	_____
9	Maya Evans	SO	Vista Peak	20-06.75	_____

Event 157 Girls Triple Jump 4A (18)**Thursday 5/19/2016 - 8:30 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: 41-03.50 2006 Nyeisha Wright**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Koryn McOuat	SO	Windsor	34-02.00	_____
2	Dayana Brown	FR	T. Jefferson	34-07.00	_____
3	Nicole Daum	JR	Classical Acdy	34-10.00	_____
4	Aaliyah Ricketts	FR	Widefield	34-11.00	_____
5	Sarah Smith	JR	D'Evelyn	34-11.00	_____
6	Alexis Buckhaults	JR	Canon City	35-00.50	_____
7	Sequoia Kellogg	FR	Glenwood Spgs.	35-00.50	_____
8	Laura Richardson	JR	Palisade	35-00.75	_____
9	Kaysha Kacanda	JR	Littleton	35-04.75	_____

Flight 2 of 2 Finals

1	Sydney Wetterstrom	SR	Longmont	35-05.00	_____
2	Haley Lewis	SO	Fort Morgan	35-08.00	_____
3	Emily Baier	JR	Delta	35-08.50	_____
4	Alyssa Jenkins	SR	Niwot	35-09.25	_____
5	Isabel Mroz	SO	Denver South	35-09.25	_____
6	Alexis Carroll	JR	Niwot	36-02.00	_____
7	Alyssa Strong	SR	Berthoud	36-05.50	_____
8	Jenny Hall	JR	DiscoveryCanyo	36-08.75	_____
9	Alex Hellenberg	SR	Skyline	36-10.50	_____

Event 158 Girls Shot Put 4A (18)**Thursday 5/19/2016 - 11:30 AM****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: 47-02.50 2012 Megan Patterson**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Cassie Jaramillo	SO	Eagle Valley	35-03.75	_____
2	Breann Hawman	SR	Durango	35-05.00	_____
3	Sydney Wetterstrom	SR	Longmont	35-05.00	_____
4	Alexis Laliberte	JR	Green Mnt.	35-05.50	_____
5	Katelynn Carter	JR	Palisade	35-06.00	_____
6	Shaelynn Williams	SO	Mesa Ridge	35-06.00	_____
7	Carah Christie	SR	Pueblo South	35-07.50	_____
8	Julia Wyatt	JR	Frederick	35-11.00	_____
9	Hannah Painter	JR	Skyline	36-02.50	_____

Flight 2 of 2 Finals

1	Riley Prater	SR	Widefield	36-05.50	_____
2	Samantha Kisiel	SR	Evergreen	36-06.25	_____
3	Brittany Line	SO	Littleton	37-00.75	_____
4	Haley Lewis	SO	Fort Morgan	37-09.00	_____
5	Taylor Sharp	SR	ThompsonValley	37-09.50	_____
6	Amanda Glasco	SR	Windsor	37-11.00	_____
7	Raquel Valdez	SR	Mnt. View	38-09.00	_____
8	Logan Prater	SR	Widefield	39-06.50	_____
9	Lily Lockhart	JR	Delta	40-09.50	_____

Event 159 Girls Discus Throw 4A (18)**Saturday 5/21/2016 - 1:30 PM****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: 167-03 2013 Valarie Allman**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Breann Hawman	SR	Durango	109-05	_____
2	Kaity Hovasse	SO	Lewis-Palmer	109-08	_____
3	Kelly Farnham	SO	Mesa Ridge	110-07	_____
4	Katelin Gallegos	JR	Air Academy	112-11	_____
5	Tayla Topaha	SR	Montezuma-Cor	113-06	_____
6	Raleigh Basart	FR	Mnt. View	115-05	_____
7	Gya'ni Sami	FR	Sierra	116-00	_____
8	Bryce Gatt	JR	Montrose	116-06	_____
9	Paige Duniho	SR	Fort Morgan	116-07	_____



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 159 Girls Discus Throw 4A (18))**

1	Alexis Dubiel	JR	Vista Ridge	117-02	_____
2	Riley Prater	SR	Widefield	117-11	_____
3	Krista Carlo	SR	Palisade	118-03	_____
4	Taylor Stroh	JR	Evergreen	118-11	_____
5	Carah Christie	SR	Pueblo South	128-08	_____
6	Alexis Laliberte	JR	Green Mnt.	133-07	_____
7	Raquel Valdez	SR	Mnt. View	134-03	_____
8	Lily Lockhart	JR	Delta	139-08	_____
9	Logan Prater	SR	Widefield	147-09	_____

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