



## Metro and Frontier League

### May 7th, 2010 - May 8th, 2010 - Holy Family HS

Rank	Team Name	Score
Men:		
1	Middle Park	199
2	Faith Christian	159
3	Platte Canyon	146
4	Holy Family	144
5	Bennett	99
6	Lake County	84
7	Peak to Peak	82
8	Denver Lutheran	70
9	Denver Christian	69
10	Kent Denver	58
11	Sheridan	50
12	Bishop Machebeuf	45
12	Goldiggers	45
14	Jefferson	10

#### Women:

1	Holy Family	253
2	Middle Park	209
3	Platte Canyon	184
4	Bennett	133
5	Peak to Peak	90
6	Faith Christian	75
7	Kent Denver	72
8	Denver Lutheran	63
9	Goldiggers	57
10	Lake County	42
11	Bishop Machebeuf	37
12	Denver Christian	20
13	Sheridan	9
14	Jefferson	4

## 05/07/10:

### Boys 4 x 200m Relay Metro (M) - 4 x 200m Relay

#### Finals:

Place	Team	Time	Score
1	Holy Family	1:32.87	10
2	Denver Lutheran	1:34.93	8
3	Denver Christian	1:36.07	6
4	Kent Denver	1:42.17	5

**Girls Discus Throw Frontier (W) - Discus Throw****Finals:**

1:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	6		Harmon, Katie	Sophomore	Goldiggers	61' 5"	3
2	7		Duran, Stephanie	Sophomore	Lake County	60' 10"	2
3	8		Marshall, Jessie	Junior	Platte Canyon	55' 9"	1
4	9		Pennell, Amber	Junior	Goldiggers	53' 8"	-

2:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	1		Seifert, Sydney	Senior	Platte Canyon	102' 2"	10
2	2		Toberman, Danielle	Junior	Bennett	90' 10"	8
3	3		Bodine, Bekah	Junior	Bennett	85' 11"	6
4	4		Pacheco, Jolyn	Junior	Platte Canyon	85' 1"	5
5	5		Osborn, Heather	Sophomore	Lake County	74' 6"	4
6			Krieg, Elsa	Junior	Middle Park	ND	-
7			Adkinson, Shalamar	Freshman	Sheridan	ND	-

**Girls 800m Run Metro (W) - 800m Run****Finals:**

Place	Bib	Name	Year	Team	Time	Score
1		Burk, Ashley	Sophomore	Holy Family	2:32.61	10
2		Carlson, Jenna	Senior	Holy Family	2:32.67	8
3		Rodenburg, Jasmine	Senior	Peak to Peak	2:34.04	6
4		Mitchell, Lauren	Sophomore	Kent Denver	2:37.62	5
5		Xiong, Bethany	Sophomore	Faith Christian	2:38.52	4
6		Mundhenke, Heidi	Junior	Peak to Peak	2:39.14	3
7		Saifee, Jessica	Sophomore	Kent Denver	2:42.82	2
8		Bauman, Katherine	Junior	Bishop Machebeuf	2:51.24	1
9		Burk, Kristina	Senior	Holy Family	3:03.97	-
10		Wildrick, Becky	Junior	Denver Christian	3:34.72	-
		Allen, Bailey	Senior	Faith Christian	NT	-
		Hodges, Kelly	Senior	Faith Christian	NT	-
		Sturms, Jordyn	Freshman	Denver Lutheran	NT	-

**Boys 4 x 800m Relay Frontier (M) - 4 x 800m Relay****Finals:**

Place	Team	Time	Score
1	Middle Park	9:08.72	10
2	Bennett	9:20.34	8
3	Lake County	9:26.75	6
4	Platte Canyon	9:29.08	5

**Boys Long Jump Frontier (M) - Long Jump****Finals:**

1:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	9		Leverett, Brandon	Freshman	Lake County	16' 2.5"	-
2	10		Barber, Garrett	Junior	Bennett	15' 10.25"	-
3	11		Southway, Henry	Freshman	Middle Park	15' 8"	-
4	12		Delgado, Alberto	Sophomore	Goldiggers	15' 0.5"	-
5	13		Greenwald, Seth	Senior	Platte Canyon	14' 11.5"	-
6	14		Barngrover, Mike	Junior	Goldiggers	14' 8.5"	-
7	15		Floyd, Jesse	Freshman	Platte Canyon	14' 1"	-
8			Harper, David	Senior	Jefferson	ND	-

2:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	1		Shipman, Ben	Senior	Middle Park	18' 11"	10
2	2		Rowe, Mataral	Sophomore	Sheridan	18' 9"	8
3	3		Gentry, Dre	Sophomore	Sheridan	18' 6.5"	6
4	4		Onstott, Tyler	Sophomore	Bennett	18' 2"	5
5	5		Sobon, Michael	Junior	Middle Park	17' 7"	4
6	6		Shields, Caleb	Junior	Platte Canyon	16' 9.5"	3
7	7		Bonnette-Forenz, Didier	Junior	Goldiggers	16' 4.75"	2
8	8		Rodriquez, Levi	Senior	Bennett	16' 3.5"	1

**Girls 3200m Run Metro (W) - 3,200m Run****Finals:**

Place	Bib	Name	Year	Team	Time	Score
1		Lehr, Jennifer	Freshman	Kent Denver	12:25.03	10
2		Medearis, Danielle	Freshman	Holy Family	12:54.88	8
3		Lowe, Melissa	Sophomore	Kent Denver	13:13.43	6
4		Carlson, Jenna	Senior	Holy Family	13:41.48	5
5		Sullivan, Alejandra	Sophomore	Holy Family	14:34.13	4

**Girls 4 x 200m Relay Metro (W) - 4 x 200m Relay****Finals:**

Place	Team	Time	Score
1	Denver Lutheran	1:49.92	10
2	Holy Family	1:51.23	8
3	Bishop Machebeuf	1:52.52	6
4	Kent Denver	2:10.39	5

**Girls 4 x 100m Relay Frontier (W) - 4 x 100m Relay****Finals:**

Place	Team	Time	Score
1	Goldiggers	54.45	10
2	Middle Park	55.65	8
3	Platte Canyon	57.64	6
4	Lake County	1:00.75	5

### Girls Triple Jump Metro (W) - Triple Jump

#### Finals:

Place	Bib	Name	Year	Team	Distance	Score
1		Plonski, Ana	Junior	Holy Family	31' 5"	10
2		Locricchio, Rebeka	Sophomore	Holy Family	31' 4"	8
3		Southard, Alea	Junior	Peak to Peak	30' 11.5"	6
4		Biette, Katy	Senior	Holy Family	29' 7.5"	5
		Wham, Coco	Sophomore	Kent Denver	ND	-

### Boys 300m Hurdles Metro (M) - 300m Low Hurdles

#### Finals:

1:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	9		Collins, Kevin	Junior	Kent Denver	50.47	-
2	10		Sun, Gabe	Sophomore	Kent Denver	56.74	-
3			Kriz, Banks	Freshman	Denver Christian	NT	-

2:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	1		Wang, David	Senior	Peak to Peak	43.07	10
2	2		Kitashima, Justin	Junior	Denver Lutheran	44.37	8
3	3		Heronema, Vince	Junior	Holy Family	44.64	6
4	4		Macklin, Jacob	Sophomore	Faith Christian	44.80	5
5	5		Koneman, Andrew	Sophomore	Denver Christian	46.55	4
6	6		Hsin, Tyler	Freshman	Holy Family	47.36	3
7	7		Monsma, Luke	Senior	Denver Christian	47.52	2
8	8		Samaniego, Lucas	Freshman	Holy Family	48.00	1

### Boys 4 x 400m Relay Frontier (M) - 4 x 400m Relay

#### Finals:

Place	Team	Time	Score
-	Lake County	NT	-
1	Middle Park	3:46.36	10
2	Platte Canyon	3:49.99	8
3	Bennett	4:06.85	6

### Girls 4 x 400m Relay Frontier (W) - 4 x 400m Relay

**Finals:**

Place	Team	Time	Score
1	Middle Park	4:27.30	10
2	Platte Canyon	4:56.58	8

**Boys 4 x 200m Relay Frontier (M) - 4 x 200m Relay****Finals:**

Place	Team	Time	Score
1	Platte Canyon	1:38.80	10
2	Middle Park	1:43.80	8
3	Lake County	1:50.56	6

**Boys Shot Put Metro (M) - Shot Put****Finals:**

1:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	12		Lafontant, Tony	Sophomore	Kent Denver	33' 1"	-
2	16		Kelani, Tunde	Sophomore	Kent Denver	28' 7.5"	-
3	17		Berge, Jacob	Freshman	Peak to Peak	26' 5.75"	-
4			Patch, Dylan	Freshman	Peak to Peak	ND	-

2:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	8		Novak, Quincy	Senior	Holy Family	39' 11"	1
2	10		Matthews, Jacob	Junior	Holy Family	36' 4.5"	-
3	11		Rossi, Kevin	Senior	Denver Lutheran	33' 7.25"	-
4	13		Marmolejo, Michael	Senior	Denver Lutheran	32' 8.25"	-
5	14		Santiago, Diego	Freshman	Bishop Machebeuf	32' 4"	-
6	15		Dickson, Jack	Junior	Peak to Peak	30' 8"	-
7			Katte, Brett	Senior	Denver Christian	ND	-
8			VanDenend, Andrew	Freshman	Denver Christian	ND	-

3:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	1		Bundick, Grayson	Freshman	Faith Christian	46' 6.5"	10
2	2		McCartney, Derek	Sophomore	Faith Christian	43' 9.75"	8
3	3		McKague, Evan	Junior	Bishop Machebeuf	43' 7.5"	6
4	4		Brown, David	Junior	Bishop Machebeuf	41' 9.5"	5
5	5		Jones, Brannon	Freshman	Kent Denver	41' 0.75"	4
6	6		Applegate, Micah	Senior	Faith Christian	40' 10"	3
7	7		Miller, Matt	Junior	Holy Family	40' 9"	2
8	9		Schreiner, Daniel	Senior	Denver Lutheran	37' 4.5"	-

**Boys Long Jump Metro (M) - Long Jump****Finals:**

1:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	14		Omegba, VIncent	Sophomore	Kent Denver	14' 9.25"	-
2	15		Lu, Alexander	Freshman	Peak to Peak	13' 7.25"	-
3	16		Waugh, Joseph	Senior	Peak to Peak	13' 0.5"	-

2:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	4		Langewisch, Ryan	Junior	Denver Lutheran	19' 2"	5
2	7		Williams, Thomas	Junior	Holy Family	18' 1.5"	2
3	8		Armbruster, Michael	Senior	Faith Christian	18' 0"	1
4	10		Roob, Christopher	Freshman	Peak to Peak	17' 4.5"	-
5	12		Langfield, Zach	Junior	Holy Family	15' 4.75"	-
6	13		Pranger, Chris	Sophomore	Denver Christian	15' 1"	-
7			Dominquez, Laz	Freshman	Denver Christian	ND	-
8			Reynolds, John	Freshman	Kent Denver	ND	-

3:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	1		Loudenslager, Hayden	Senior	Faith Christian	20' 4.75"	10
2	2		Johnson, Luke	Senior	Peak to Peak	19' 7.75"	8
3	3		Rosenberg, Jack	Junior	Kent Denver	19' 3.75"	6
4	5		Robinson, Nate	Junior	Denver Lutheran	19' 0"	4
5	6		Brekke, Chris	Senior	Faith Christian	18' 5.75"	3
6	9		Golter, Nate	Junior	Holy Family	17' 6"	-
7	11		Viss, Chase	Junior	Denver Christian	16' 9.5"	-
8			Crane, Wes	Sophomore	Denver Lutheran	ND	-

**Boys 800m Run Metro (M) - 800m Run****Finals:**

Place	Bib	Name	Year	Team	Time	Score
1		Yeager, Sam	Senior	Faith Christian	1:59.10	10
2		Wetmore, Colin	Senior	Holy Family	2:02.17	8
3		Peterson, Darren	Junior	Denver Christian	2:02.35	6
4		Rindels, Deron	Senior	Faith Christian	2:04.32	5
5		Mile, JP	Senior	Peak to Peak	2:05.47	4
6		Hegarty, Joel	Senior	Faith Christian	2:06.16	3
7		Cribari, Cole	Junior	Holy Family	2:06.26	2
8		Bovine, Nick	Junior	Holy Family	2:06.34	1
9		Gulati, Gunsagar	Senior	Peak to Peak	2:13.11	-
10		Olson, Matt	Freshman	Kent Denver	2:15.41	-
11		Schilling, Sam	Freshman	Denver Lutheran	2:16.29	-
12		Magill, Kirk	Senior	Bishop Machebeuf	2:19.50	-
13		Wang, Tylon	Junior	Peak to Peak	2:20.48	-
14		Ortiz, Luis	Freshman	Bishop Machebeuf	2:25.15	-
15		York, Nate	Sophomore	Kent Denver	2:31.93	-
16		Aramburu, Omar	Sophomore	Kent Denver	2:32.58	-
17		Halpern, Evan	Freshman	Denver Lutheran	2:33.29	-
18		Ytterberg, Aaron	Senior	Denver Christian	2:39.63	-

Lenderink, Tom      Senior      Denver Christian      NT      -

### Girls 4 x 400m Relay Metro (W) - 4 x 400m Relay

#### Finals:

Place	Team	Time	Score
1	Holy Family	4:25.46	10

### Girls 300m Hurdles Metro (W) - 300m Low Hurdles

#### Finals:

Place	Bib	Name	Year	Team	Time	Score
1		Anderson, Rachel	Junior	Holy Family	50.09	10
2		Plonski, Ana	Junior	Holy Family	50.19	8
3		Dolan, Mackenzie	Junior	Holy Family	53.12	6
4		Coates, Caitlyn	Sophomore	Kent Denver	54.38	5

### Boys Shot Put Frontier (M) - Shot Put

#### Finals:

1:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	4		Lopo, David	Junior	Platte Canyon	29' 10.25"	5
2	5		Spykstra, Dan	Freshman	Platte Canyon	27' 11.25"	4
3	6		Shoup, Devin	Freshman	Lake County	26' 7"	3
4	8		Feller, Erik	Sophomore	Goldiggers	22' 8.5"	1
5			Hatfield, Anthony	Sophomore	Middle Park	ND	-

2:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	1		Holmes, Hunter	Senior	Goldiggers	40' 2.25"	10
2	2		Rupp, Joseph	Freshman	Middle Park	37' 1.75"	8
3	3		Leverett, Ryan	Junior	Lake County	34' 4.25"	6
4	7		McLean, Ryan	Freshman	Middle Park	26' 4.25"	2
5			Rodriquez, Chance	Sophomore	Bennett	ND	-
6			Becker, Dillon	Junior	Bennett	ND	-
7			Cumley, Tyler	Senior	Bennett	ND	-
8			Schuelke, Mark	Junior	Sheridan	ND	-

### Boys 400m Dash Metro (M) - 400m Dash

#### Finals:

1:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	9		Olson, Matt	Freshman	Kent Denver	57.09	-
2	10		Yocum, Tyler	Freshman	Faith Christian	57.65	-
3	11		Ortiz, Luis	Freshman	Bishop Machebeuf	58.54	-

4	12	Roob, Christopher	Freshman	Peak to Peak	59.45	-
5	13	Seeberger, Nick	Junior	Peak to Peak	1:00.56	-
6	14	Aramburu, Omar	Sophomore	Kent Denver	1:03.51	-
7	15	Ytterberg, Aaron	Senior	Denver Christian	1:03.56	-
8	16	Aluru, Teja	Freshman	Kent Denver	1:25.12	-

2:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	1		White, Devon	Senior	Bishop Machebeuf	49.74	10
2	2		Golter, Nate	Junior	Holy Family	51.91	8
3	3		Jaradius, Gintas	Sophomore	Holy Family	52.35	6
4	4		VanHoudt, Thomas	Junior	Holy Family	53.19	5
5	5		Trost, Damian	Senior	Denver Lutheran	53.20	4
6	6		Peterson, Darren	Junior	Denver Christian	53.62	3
7	7		Hoefling, Jesse	Senior	Peak to Peak	53.72	2
8	8		LeGrand, Jourdan	Junior	Bishop Machebeuf	55.29	1

**Girls Triple Jump Frontier (W) - Triple Jump****Finals:**

1:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	6		Watson, Alana	Freshman	Platte Canyon	27' 7"	3
2	7		Henderson, Kendra	Junior	Goldiggers	27' 6"	2
3			Chavez, Fatima	Junior	Lake County	ND	-

2:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	1		Pedersen, Quincey	Junior	Middle Park	31' 5.5"	10
2	2		Linn, Makenna	Sophomore	Bennett	31' 2"	8
3	3		Wuenchel, Erica	Sophomore	Lake County	29' 11.25"	6
4	4		Hickox, Cheyenne	Junior	Middle Park	29' 4"	5
5	5		Mahanna, Emily	Sophomore	Bennett	28' 7.5"	4
6	8		Kelsey, Hawk	Freshman	Platte Canyon	25' 4.75"	1

**Boys 300m Hurdles Frontier (M) - 300m Low Hurdles****Finals:**

Place	Bib	Name	Year	Team	Time	Score
1		Little, Sam	Sophomore	Middle Park	43.32	10
2		Scott, Kyle	Senior	Sheridan	46.23	8
3		Steffen, Mitchel	Senior	Middle Park	48.36	6
4		Polston, Josh	Freshman	Lake County	49.41	5
5		Barngrover, Mike	Junior	Goldiggers	52.18	4
6		Roths, Brad	Junior	Bennett	53.00	3
7		Barber, Garrett	Junior	Bennett	53.73	2
8		Floyd, Jesse	Freshman	Platte Canyon	57.50	1

**Boys 4 x 400m Relay Metro (M) - 4 x 400m Relay****Finals:**

Place	Team	Time	Score
-	Bishop Machebeuf	NT	-
-	Denver Christian	NT	-
1	Holy Family	3:35.48	10
2	Peak to Peak	3:44.01	8
3	Faith Christian	3:45.23	6
4	Kent Denver	4:30.87	5

**Boys 4 x 100m Relay Frontier (M) - 4 x 100m Relay****Finals:**

Place	Team	Time	Score
1	Platte Canyon	48.75	10
2	Bennett	49.07	8
3	Middle Park	49.59	6
4	Lake County	52.99	5

**Boys 400m Dash Frontier (M) - 400m Dash****Finals:**

1:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	6		Miller, Josh	Freshman	Bennett	57.18	3
2	10		Gleason, Jacob	Freshman	Platte Canyon	1:00.73	-
3	11		Lopez, Fred	Senior	Jefferson	1:01.14	-
4	12		Claton, Stuart	Sophomore	Sheridan	1:03.05	-
5			Whitting, Kaleb	Freshman	Goldiggers	NT	-
6			Salazar, AJ	Sophomore	Lake County	NT	-

2:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	1		Sobon, Michael	Junior	Middle Park	53.92	10
2	2		Robl, Travis	Junior	Platte Canyon	54.33	8
3	3		Federico, Nick	Sophomore	Lake County	54.93	6
4	4		Nicklas, Conner	Senior	Middle Park	55.82	5
5	5		Hamari, Kyler	Sophomore	Platte Canyon	56.94	4
6	7		Leverett, Brandon	Freshman	Lake County	58.26	2
7	8		Lutz, Kellen	Freshman	Middle Park	58.30	1
8	9		Gonzalez, Carlo	Senior	Jefferson	58.44	-

**Girls 400m Dash Frontier (W) - 400m Dash****Finals:**

Place	Bib	Name	Year	Team	Time	Score
1		Berggren, Samantha	Junior	Middle Park	56.21	10

2	Kopang, Casey	Junior	Bennett	1:03.18	8
3	Clancy, Madeline	Sophomore	Middle Park	1:05.72	6
4	Rhoads, Jordan	Freshman	Platte Canyon	1:10.82	5
5	Chase, Quincee	Freshman	Middle Park	1:13.25	4
6	Braem, Kelly	Junior	Sheridan	1:16.81	3
7	Ward, Izzy	Freshman	Platte Canyon	1:20.09	2
	Chavez, Fatima	Junior	Lake County	NT	-

### Boys High Jump Frontier (M) - High Jump

#### Finals:

Place	Bib	Name	Year	Team	Distance	Score
1		Shipman, Ben	Senior	Middle Park	5' 10"	10
2		Onstott, Tyler	Sophomore	Bennett	5' 4"	8
3		Shields, Caleb	Junior	Platte Canyon	5' 2"	6
		Greenwald, Seth	Senior	Platte Canyon	NH	-
		Whitting, Kaleb	Freshman	Goldiggers	NH	-

### Boys 3200m Run Metro (M) - 3,200m Run

#### Finals:

Place	Bib	Name	Year	Team	Time	Score
1		Poland, Ryan	Senior	Denver Christian	9:39.79	10
2		Fortney, Evan	Sophomore	Faith Christian	10:13.61	8
3		Voth, Caleb	Junior	Faith Christian	10:20.34	6
4		Joseph, Mark	Junior	Denver Lutheran	10:20.49	5
5		Rodriguez, Andres	Junior	Holy Family	10:37.71	4
6		Marquardt, James	Freshman	Denver Lutheran	10:41.22	3
7		Ankarlo, Sean	Freshman	Holy Family	11:01.33	2
8		Oveson, Jacob	Sophomore	Peak to Peak	11:04.99	1
9		Willis, Kyle	Sophomore	Holy Family	11:05.30	-
10		Rice, Stephen	Freshman	Peak to Peak	11:06.83	-
11		Beckman, Todd	Sophomore	Peak to Peak	11:41.99	-
12		Chacra, Ryyan	Freshman	Kent Denver	13:06.75	-
		Reynolds, John	Freshman	Kent Denver	NT	-

### Girls Discus Throw Metro (W) - Discus Throw

#### Finals:

1:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	7		Gerow, Jordan	Sophomore	Denver Christian	91' 0.5"	2
2	9		Forrester, Destiny	Senior	Denver Lutheran	84' 1"	-
3	11		Schwake, Anna	Senior	Denver Lutheran	59' 11.5"	-
4	12		Dickson, Hunter	Sophomore	Peak to Peak	55' 10"	-
5			Calderon, Ana	Junior	Bishop Machebeuf	ND	-
6			Hoffer, Jazzmin	Sophomore	Peak to Peak	ND	-

2:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	1		Gerry, Alexis	Sophomore	Holy Family	114' 11"	10
2	2		Lettow, Adrienne	Senior	Faith Christian	108' 2"	8
3	3		Gallmeyer, Tina	Senior	Denver Lutheran	107' 3"	6
4	4		Laschinger, Lexi	Junior	Holy Family	105' 11"	5
5	5		Roob, Elisabeth	Senior	Peak to Peak	105' 2"	4
6	6		Chavez, Caitlin	Sophomore	Faith Christian	93' 11.5"	3
7	8		Rudisill, Kelsey	Junior	Holy Family	89' 11.5"	1
8	10		Loudenslager, Haylee	Junior	Faith Christian	72' 6.5"	-

**Boys High Jump Metro (M) - High Jump****Finals:**

Place	Bib	Name	Year	Team	Distance	Score
1		Loudenslager, Hayden	Senior	Faith Christian	6' 2"	10
2		Pettyjohn, Matt	Freshman	Kent Denver	5' 6"	8
3		VanHoudt, Thomas	Junior	Holy Family	5' 6"	6
4		Olson, Matt	Freshman	Kent Denver	5' 4"	5
5		Clay, Connor	Sophomore	Holy Family	5' 4"	4
6		Langfield, Zach	Junior	Holy Family	5' 0"	3
		Dominquez, Laz	Freshman	Denver Christian	NH	-
		Rich, Kelby	Freshman	Denver Lutheran	NH	-
		Hockstad, Kyle	Senior	Peak to Peak	NH	-
		Monsma, Luke	Senior	Denver Christian	NH	-

**Boys 4 x 100m Relay Metro (M) - 4 x 100m Relay****Finals:**

Place	Team	Time	Score
1	Holy Family	44.33	10
2	Faith Christian	44.61	8
3	Denver Lutheran	45.84	6
4	Peak to Peak	46.13	5
5	Denver Christian	46.24	4
6	Kent Denver	50.38	3

**Girls 4 x 100m Relay Metro (W) - 4 x 100m Relay****Finals:**

Place	Team	Time	Score
1	Holy Family	51.87	10
2	Peak to Peak	52.56	8
3	Faith Christian	53.87	6
4	Denver Lutheran	54.97	5
5	Denver Christian	57.15	4
6	Kent Denver	57.58	3

**Girls 300m Hurdles Frontier (W) - 300m Low Hurdles****Finals:**

Place	Bib	Name	Year	Team	Time	Score
1		Wuenchel, Erica	Sophomore	Lake County	52.99	10
2		Hickox, Cheyenne	Junior	Middle Park	54.79	8
3		Rhoads, Megan	Junior	Platte Canyon	55.58	6
4		Heffner, Teri	Junior	Goldiggers	55.87	5
5		Shaffer, Becca	Junior	Goldiggers	58.09	4
6		Brown, Tori	Sophomore	Middle Park	58.36	3
7		Betz, Kelsey	Junior	Platte Canyon	1:06.75	2

**Girls 1600m Run Frontier (W) - 1,600m Run****Finals:**

Place	Bib	Name	Year	Team	Time	Score
1		Berggren, Samantha	Junior	Middle Park	5:28.94	10
2		Lujan, Anecia	Senior	Bennett	5:55.72	8
3		Haase, Hilary	Senior	Platte Canyon	5:58.49	6
4		McCalister, Molly	Sophomore	Platte Canyon	6:10.26	5
5		Clancy, Amelia	Freshman	Middle Park	6:22.25	4
6		Smith, Seraphina	Freshman	Middle Park	6:26.27	3
7		Maes, Jacqui	Senior	Platte Canyon	6:35.03	2
8		Colburn, Paige	Junior	Goldiggers	7:50.12	1
		Olsen-Sullivan, Lille	Senior	Lake County	NT	-
		Garcia-Lance, Danielle	Sophomore	Goldiggers	NT	-

**Girls 4 x 200m Relay Frontier (W) - 4 x 200m Relay****Finals:**

Place	Team	Time	Score
1	Platte Canyon	1:54.07	10
2	Lake County	1:58.57	8
3	Bennett	1:58.58	6

**Boys 1600m Run Frontier (M) - 1,600m Run****Finals:**

Place	Bib	Name	Year	Team	Time	Score
1		Miyauchi, Taber	Freshman	Middle Park	5:07.51	10
2		Williams, Mike	Senior	Bennett	5:11.41	8
3		deLeon, Danny	Junior	Bennett	5:11.77	6
4		Courkamp, Kirtis	Senior	Platte Canyon	5:21.08	5
5		Cook, Luke	Sophomore	Platte Canyon	5:22.10	4
6		Schvets, Bill	Junior	Goldiggers	5:24.11	3
7		Springer, Coleman	Freshman	Middle Park	5:30.43	2
8		Hanshue, Lance	Senior	Platte Canyon	5:31.82	1

9	Sherrier, Cody	Senior	Bennett	5:44.36	-
10	Bryant, Jacob	Sophomore	Lake County	5:46.30	-
11	Moody, Deverrick	Junior	Goldiggers	6:46.12	-
	Loya, Roberto	Freshman	Lake County	NT	-
	Gurule, Luis	Sophomore	Sheridan	NT	-

**Girls 400m Dash Metro (W) - 400m Dash****Finals:**

1:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	6		Saifee, Jessica	Sophomore	Kent Denver	1:09.91	3
2	9		Mitchell, Lauren	Sophomore	Kent Denver	1:15.84	-
3	10		McCulloch, Erin	Sophomore	Kent Denver	1:16.69	-
4			Wildrick, Becky	Junior	Denver Christian	NT	-

2:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	1		Whitehead, Kayla	Senior	Peak to Peak	1:01.90	10
2	2		Moser, Sydney	Freshman	Bishop Machebeuf	1:05.94	8
3	3		Metzger, Abby	Sophomore	Holy Family	1:07.00	6
4	4		Newcombe, Ryleigh	Sophomore	Denver Christian	1:07.08	5
5	5		Kudrna, Jordan	Junior	Holy Family	1:09.14	4
6	7		Conrad, Tomarra	Freshman	Holy Family	1:10.84	2
7	8		Akins, Shanna	Sophomore	Faith Christian	1:11.44	1
8			Sundberg, Bri	Junior	Bishop Machebeuf	NT	-

**Girls Shot Put Metro (W) - Shot Put****Finals:**

1:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	9		Anderson, Teale	Freshman	Peak to Peak	26' 7.5"	-
2	10		Johanssen, Kassie	Sophomore	Holy Family	26' 3"	-
3	11		Schwake, Anna	Senior	Denver Lutheran	24' 8.75"	-
4	12		Gallmeyer, Tina	Senior	Denver Lutheran	23' 8"	-
5	13		Laschinger, Lexi	Junior	Holy Family	22' 10"	-
6	14		Calderon, Ana	Junior	Bishop Machebeuf	21' 9.75"	-
7	15		Hoffer, Jazzmin	Sophomore	Peak to Peak	21' 5.5"	-

2:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	1		Lettow, Adrienne	Senior	Faith Christian	38' 4.75"	10
2	2		Gerry, Alexis	Sophomore	Holy Family	31' 7.5"	8
3	3		Chavez, Caitlin	Sophomore	Faith Christian	31' 5.5"	6
4	4		Gerow, Jordan	Sophomore	Denver Christian	30' 10.75"	5
5	5		Williams, Andraya	Sophomore	Bishop Machebeuf	30' 9"	4
6	6		Weidenaar, Natasha	Sophomore	Faith Christian	29' 3.5"	3
7	7		Forrester, Destiny	Senior	Denver Lutheran	28' 11.5"	2

8	8	Roob, Elisabeth	Senior	Peak to Peak	28' 2"	1
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**Girls Pole Vault Frontier (W) - Pole Vault****Finals:**

Place	Bib	Name	Year	Team	Distance	Score
1		Mulligan, Katy	Sophomore	Middle Park	8' 0"	10
2		Clancy, Lihla	Senior	Middle Park	8' 0"	8
3		Seifert, Sydney	Senior	Platte Canyon	8' 0"	6
4		Allen, Meghan	Sophomore	Middle Park	7' 0"	5

**Girls 800m Run Frontier (W) - 800m Run****Finals:**

Place	Bib	Name	Year	Team	Time	Score
1		Berggren, Samantha	Junior	Middle Park	2:15.59	10
2		Kopang, Casey	Junior	Bennett	2:32.66	8
3		Lujan, Anecia	Senior	Bennett	2:34.51	6
4		Clancy, Lihla	Senior	Middle Park	2:34.61	5
5		Haase, Hilary	Senior	Platte Canyon	2:35.60	4
6		McCalister, Molly	Sophomore	Platte Canyon	2:43.36	3
7		Maes, Jacqui	Senior	Platte Canyon	2:47.31	2
8		Eaton, Joanna	Freshman	Middle Park	2:55.45	1
9		Garcia-Lance, Danielle	Sophomore	Goldiggers	3:06.60	-

**Boys Pole Vault Frontier (M) - Pole Vault****Finals:**

Place	Bib	Name	Year	Team	Distance	Score
1		Schmidt, Marc	Junior	Middle Park	11' 6"	10
2		Hutchins, Patrick	Senior	Middle Park	11' 0"	8
3		Lutz, Kellen	Freshman	Middle Park	10' 6"	6
4		Farnum, Jacob	Senior	Platte Canyon	10' 0"	5
5		Greenwald, Seth	Senior	Platte Canyon	10' 0"	4
6		Kirby, Trevor	Senior	Platte Canyon	9' 0"	3

**Girls 100m Dash Metro (W) - 100m Dash****Finals:**

Place	Bib	Name	Year	Team	Time	Score
1		Sayyid, Khadijah	Sophomore	Peak to Peak	12.75	10
2		Benson, Brinley	Senior	Faith Christian	13.37	8
3		Helbig, Taylor	Junior	Holy Family	13.44	6
4		Hatch, Allison	Senior	Peak to Peak	13.60	5
5		Zeman, McKenzie	Sophomore	Holy Family	13.65	4
6		Gager, Taylor	Sophomore	Denver Lutheran	14.04	3
7		Haggerty, Kelsey	Senior	Faith Christian	14.22	2

**Preliminaries:**

1:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	3		Helbig, Taylor	Junior	Holy Family	13.52	
2	6		Haggerty, Kelsey	Senior	Faith Christian	13.79	
3	8		Gager, Taylor	Sophomore	Denver Lutheran	13.83	
4	11		Schmitt, Ciarra	Junior	Denver Christian	14.50	
5	12		Beckman, Monica	Junior	Bishop Machebeuf	14.56	
6	13		Graves, Chloe	Freshman	Kent Denver	14.58	

2:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	2		Benson, Brinley	Senior	Faith Christian	13.51	
2	4		Hatch, Allison	Senior	Peak to Peak	13.61	
3	7		Zeman, McKenzie	Sophomore	Holy Family	13.70	
4	10		Bennet, Sammie	Sophomore	Denver Lutheran	14.44	
5	16		Trost, Anna	Freshman	Denver Lutheran	14.93	
6			Van Donselaar, Leah	Junior	Denver Christian	NT	

3:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	1		Sayyid, Khadijah	Sophomore	Peak to Peak	12.92	
2	5		Jonikas, Meghan	Junior	Holy Family	13.73	
3	9		Freeman, Wynter	Freshman	Bishop Machebeuf	14.01	
4	14		Wham, Coco	Sophomore	Kent Denver	14.62	
5	15		Botero, Raquel	Senior	Denver Christian	14.81	

**Girls 100m Hurdles Frontier (W) - 100m Hurdles****Finals:**

Place	Bib	Name	Year	Team	Time	Score
1		Hickox, Cheyenne	Junior	Middle Park	16.75	10
2		Rhoads, Megan	Junior	Platte Canyon	18.07	8
3		Bodine, Bekah	Junior	Bennett	18.29	6
4		Mahanna, Emily	Sophomore	Bennett	18.84	5
5		Shaffer, Becca	Junior	Goldiggers	19.19	4
6		Heffner, Teri	Junior	Goldiggers	19.43	3
7		Brown, Tori	Sophomore	Middle Park	20.76	2
		Hill, Sabre	Senior	Goldiggers	NT	-

**Preliminaries:**

1:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	2		Bodine, Bekah	Junior	Bennett	18.39	
2	3		Mahanna, Emily	Sophomore	Bennett	18.69	
3	5		Shaffer, Becca	Junior	Goldiggers	19.52	
4	7		Heffner, Teri	Junior	Goldiggers	19.78	
5	8		Hill, Sabre	Senior	Goldiggers	23.13	

2:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	1		Hickox, Cheyenne	Junior	Middle Park	17.52	
2	4		Rhoads, Megan	Junior	Platte Canyon	18.78	
3	6		Brown, Tori	Sophomore	Middle Park	20.88	
4	9		Betz, Kelsey	Junior	Platte Canyon	23.58	
5			Wuenchel, Erica	Sophomore	Lake County	NT	

**Girls High Jump Metro (W) - High Jump****Finals:**

Place	Bib	Name	Year	Team	Distance	Score
1		Sturms, Taylor	Sophomore	Denver Lutheran	5' 2"	10
2		Johanssen, Kassie	Sophomore	Holy Family	4' 10"	8
3		Winer, Alex	Senior	Peak to Peak	4' 8"	6
4		Trost, Anna	Freshman	Denver Lutheran	4' 6"	5
5		Laschinger, Lexi	Junior	Holy Family	4' 4"	3.5
5		Kudrna, Jordan	Junior	Holy Family	4' 4"	3.5
7		Gray, Keely	Freshman	Denver Lutheran	4' 4"	2
		Graves, Chloe	Freshman	Kent Denver	NH	-

**Boys Triple Jump Frontier (M) - Triple Jump****Finals:**

1:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	5		Chavarria, Manuel	Junior	Lake County	35' 6.75"	4
2	9		Armijo, Dante	Sophomore	Goldiggers	33' 1.5"	-
3	11		Cano, Cosme	Junior	Lake County	30' 1"	-
4	12		Debs, Alan	Junior	Platte Canyon	29' 5.75"	-
5	13		Roths, Brad	Junior	Bennett	27' 0.25"	-
6			Whitting, Kaleb	Freshman	Goldiggers	ND	-

2:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	1		Shields, Caleb	Junior	Platte Canyon	38' 6.75"	10
2	2		Shipman, Ben	Senior	Middle Park	38' 4.25"	8
3	3		Sobon, Michael	Junior	Middle Park	36' 11.75"	6
4	4		Federico, Nick	Sophomore	Lake County	35' 11.75"	5
5	6		Barber, Garrett	Junior	Bennett	34' 5.75"	3
6	7		Malley, Scott	Junior	Middle Park	34' 5.5"	2
7	8		Onstott, Tyler	Sophomore	Bennett	34' 4.75"	1
8	10		Greenwald, Seth	Senior	Platte Canyon	31' 7"	-

**Girls 4 x 800m Relay Metro (W) - 4 x 800m Relay****Finals:**

Place	Team	Time	Score
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1	Kent Denver	10:37.13	10
2	Holy Family	10:37.37	8
3	Faith Christian	11:13.14	6

**Boys Discus Throw Frontier (M) - Discus Throw****Finals:**

1:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	4		Lopo, David	Junior	Platte Canyon	90' 0"	5
2	5		Shoup, Devin	Freshman	Lake County	89' 3"	4
3	7		Feller, Erik	Sophomore	Goldiggers	78' 7"	2
4			Pueppke, Mitchell	Senior	Bennett	ND	-
5			Becker, Dillon	Junior	Bennett	ND	-

2:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	1		Holmes, Hunter	Senior	Goldiggers	143' 5"	10
2	2		Leverett, Ryan	Junior	Lake County	108' 7"	8
3	3		Rupp, Joseph	Freshman	Middle Park	100' 9"	6
4	6		Spykstra, Dan	Freshman	Platte Canyon	88' 9"	3
5	8		McLean, Ryan	Freshman	Middle Park	76' 9"	1
6			Schuelke, Mark	Junior	Sheridan	ND	-

**Boys 100m Dash Frontier (M) - 100m Dash****Finals:**

Place	Bib	Name	Year	Team	Time	Score
1		Williams, Mike	Senior	Bennett	11.72	10
2		Gentry, Dre	Sophomore	Sheridan	11.86	8
3		Rowe, Mataral	Sophomore	Sheridan	11.87	6
4		Gonzalez, Carlo	Senior	Jefferson	11.90	5
5		Prentis, Austin	Junior	Platte Canyon	12.37	4
6		Delgado, Alberto	Sophomore	Goldiggers	12.48	3
7		Tidwell, Jerrett	Sophomore	Goldiggers	12.51	2
8		Rodriquez, Levi	Senior	Bennett	12.55	1

**Preliminaries:**

1:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	3		Gentry, Dre	Sophomore	Sheridan	12.21	
2	4		Rowe, Mataral	Sophomore	Sheridan	12.30	
3	8		Prentis, Austin	Junior	Platte Canyon	12.76	
4	10		Debs, Alan	Junior	Platte Canyon	13.05	
5	13		Whitford, Garrett	Freshman	Middle Park	13.51	
6	15		Gleason, Jacob	Freshman	Platte Canyon	13.66	

2:

Place	Overall	Bib	Name	Year	Team	Time	Score
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1	1	Williams, Mike	Senior	Bennett	12.06
2	5	Rodriquez, Levi	Senior	Bennett	12.54
3	7	Delgado, Alberto	Sophomore	Goldiggers	12.57
4	12	San, Tony	Freshman	Sheridan	13.08
5	14	Lopez, Fred	Senior	Jefferson	13.55
6		Gallegos, Nick	Senior	Jefferson	NT

3:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	2		Gonzalez, Carlo	Senior	Jefferson	12.20	
2	6		Tidwell, Jerrett	Sophomore	Goldiggers	12.54	
3	9		Southway, Henry	Freshman	Middle Park	12.81	
4	11		Rodriguez, Zach	Freshman	Bennett	13.07	
5			Culp, Henry	Senior	Goldiggers	NT	

**Boys 200m Dash Frontier (M) - 200m Dash****Finals:**

Place	Bib	Name	Year	Team	Time	Score
1		Robl, Travis	Junior	Platte Canyon	23.83	10
2		Little, Sam	Sophomore	Middle Park	24.40	8
3		Gentry, Dre	Sophomore	Sheridan	24.47	6
4		Gonzalez, Carlo	Senior	Jefferson	24.48	5
5		Sobon, Michael	Junior	Middle Park	24.49	4
6		Rowe, Mataral	Sophomore	Sheridan	24.73	3
7		Delgado, Alberto	Sophomore	Goldiggers	25.15	2
8		Farnum, Jacob	Senior	Platte Canyon	25.64	1

**Preliminaries:**

1:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	2		Little, Sam	Sophomore	Middle Park	24.44	
2	2		Gentry, Dre	Sophomore	Sheridan	24.44	
3	5		Sobon, Michael	Junior	Middle Park	24.75	
4	6		Rowe, Mataral	Sophomore	Sheridan	24.98	
5	8		Farnum, Jacob	Senior	Platte Canyon	25.12	
6	9		Eaton, Ben	Freshman	Middle Park	25.52	
7			Rodriguez, Zach	Freshman	Bennett	NT	
8			Claton, Stuart	Sophomore	Sheridan	NT	

2:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	1		Robl, Travis	Junior	Platte Canyon	23.75	
2	4		Gonzalez, Carlo	Senior	Jefferson	24.62	
3	7		Delgado, Alberto	Sophomore	Goldiggers	25.08	
4	10		Tidwell, Jerrett	Sophomore	Goldiggers	25.60	
5	11		Prentis, Austin	Junior	Platte Canyon	25.74	
6	12		Lopez, Fred	Senior	Jefferson	27.22	
7			Gallegos, Nick	Senior	Jefferson	NT	
8			San, Tony	Freshman	Sheridan	NT	

**Girls 3200m Run Frontier (W) - 3,200m Run****Finals:**

Place	Bib	Name	Year	Team	Time	Score
1		Kopang, Casey	Junior	Bennett	12:28.57	10
2		Haase, Hilary	Senior	Platte Canyon	12:33.51	8
3		McCalister, Molly	Sophomore	Platte Canyon	13:31.25	6
4		Smith, Seraphina	Freshman	Middle Park	13:46.02	5
5		Sublett, Acacia	Freshman	Platte Canyon	14:35.98	4
6		Olsen-Sullivan, Lille	Senior	Lake County	15:27.19	3
		Garcia-Lance, Danielle	Sophomore	Goldiggers	NT	-

**Boys 110m Hurdles Frontier (M) - 110m Hurdles****Finals:**

Place	Bib	Name	Year	Team	Time	Score
1		Little, Sam	Sophomore	Middle Park	16.53	10
2		Rodriquez, Levi	Senior	Bennett	17.53	8
3		Armijo, Dante	Sophomore	Goldiggers	17.77	6
4		Scott, Kyle	Senior	Sheridan	18.75	5
5		Shields, Caleb	Junior	Platte Canyon	18.86	4
6		Polston, Josh	Freshman	Lake County	19.68	3
7		Floyd, Jesse	Freshman	Platte Canyon	23.24	2

**Preliminaries:**

Place	Bib	Name	Year	Team	Time	Score
1		Little, Sam	Sophomore	Middle Park	16.53	
2		Rodriquez, Levi	Senior	Bennett	17.53	
3		Armijo, Dante	Sophomore	Goldiggers	17.77	
4		Scott, Kyle	Senior	Sheridan	18.75	
5		Shields, Caleb	Junior	Platte Canyon	18.86	
6		Polston, Josh	Freshman	Lake County	19.68	
7		Floyd, Jesse	Freshman	Platte Canyon	23.34	

**Girls 100m Dash Frontier (W) - 100m Dash****Finals:**

Place	Bib	Name	Year	Team	Time	Score
1		Hirschfeld, Emily	Senior	Platte Canyon	13.07	10
2		Janak, Kendall	Senior	Platte Canyon	13.30	8
3		Quaranto, Molly	Sophomore	Goldiggers	13.62	6
4		Wright, Amber	Sophomore	Bennett	13.71	5
5		Mulligan, Katy	Sophomore	Middle Park	13.85	4
6		Heffner, Teri	Junior	Goldiggers	13.91	3
7		Smith, Megan	Sophomore	Goldiggers	14.37	2
		Olmos, Marisol	Senior	Jefferson	NT	-

**Preliminaries:**

1:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	2		Hirschfeld, Emily	Senior	Platte Canyon	13.39	
2	3		Quaranto, Molly	Sophomore	Goldiggers	13.75	
3	6		Wright, Amber	Sophomore	Bennett	14.04	
4	7		Olmos, Marisol	Senior	Jefferson	14.26	
5	10		Hansen, Monica	Senior	Jefferson	14.70	
6	13		Marshall, Jenny	Junior	Platte Canyon	15.01	
7			Chase, Quincee	Freshman	Middle Park	NT	
8			Carter, Rickia	Junior	Jefferson	NT	

2:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	1		Janak, Kendall	Senior	Platte Canyon	13.39	
2	4		Mulligan, Katy	Sophomore	Middle Park	13.90	
3	5		Heffner, Teri	Junior	Goldiggers	14.04	
4	8		Smith, Megan	Sophomore	Goldiggers	14.56	
5	9		Webb, Cassie	Sophomore	Sheridan	14.66	
6	11		Rowe, Janacia	Sophomore	Sheridan	14.75	
7	12		Bender, Aubrey	Freshman	Lake County	14.81	
8	14		Fernandez, Eunice	Junior	Jefferson	16.08	

**Girls 800m Sprint Medley Frontier (W) - 800m Sprint Medley****Finals:**

Place	Team	Time	Score
1	Platte Canyon	1:57.17	10
2	Bennett	1:59.42	8
3	Middle Park	1:59.91	6

**Girls 200m Dash Frontier (W) - 200m Dash****Finals:**

Place	Bib	Name	Year	Team	Time	Score
1		Berggren, Samantha	Junior	Middle Park	26.05	10
2		Hirschfeld, Emily	Senior	Platte Canyon	26.92	8
3		Quaranto, Molly	Sophomore	Goldiggers	28.19	6
4		Clancy, Madeline	Sophomore	Middle Park	28.67	5
5		Olmos, Marisol	Senior	Jefferson	28.79	4
6		Wright, Amber	Sophomore	Bennett	29.43	3
7		Pate, Elise	Sophomore	Goldiggers	29.47	2
		Bender, Aubrey	Freshman	Lake County	NT	-

**Preliminaries:**

1:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	3		Quaranto, Molly	Sophomore	Goldiggers	28.24	
2	4		Clancy, Madeline	Sophomore	Middle Park	28.89	

3	7	Wright, Amber	Sophomore	Bennett	29.00
4	11	Rowe, Janacia	Sophomore	Sheridan	30.97
5	14	Fernandez, Eunice	Junior	Jefferson	34.23
6		Carter, Rickia	Junior	Jefferson	NT

2:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	2		Hirschfeld, Emily	Senior	Platte Canyon	27.95	
2	6		Bender, Aubrey	Freshman	Lake County	30.59	
3	9		Hansen, Monica	Senior	Jefferson	30.62	
4	12		Lowers, Lindsey	Freshman	Middle Park	31.39	
5			Marshall, Jenny	Junior	Platte Canyon	NT	
6			Rosa, Amanda	Freshman	Sheridan	NT	

3:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	1		Berggren, Samantha	Junior	Middle Park	26.22	
2	5		Olmos, Marisol	Senior	Jefferson	29.50	
3	8		Pate, Elise	Sophomore	Goldiggers	29.76	
4	10		Webb, Cassie	Sophomore	Sheridan	30.72	
5	13		Janak, Brooke	Freshman	Platte Canyon	31.79	

**Boys 200m Dash Metro (M) - 200m Dash****Finals:**

Place	Bib	Name	Year	Team	Time	Score
1		White, Devon	Senior	Bishop Machebeuf	22.42	10
2		Marshall, Evan	Junior	Faith Christian	22.80	8
3		Johnson, Luke	Senior	Peak to Peak	23.34	6
4		Williams, Thomas	Junior	Holy Family	23.50	5
5		Cox, Scout	Sophomore	Holy Family	23.55	4
6		Brekke, Chris	Senior	Faith Christian	23.56	3
7		Sunday, Brian	Sophomore	Denver Lutheran	23.69	2
8		VanDenBerg, Michael	Senior	Denver Christian	23.73	1

**Preliminaries:**

1:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	3		Johnson, Luke	Senior	Peak to Peak	23.57	
2	6		Williams, Thomas	Junior	Holy Family	23.62	
3	9		Jaradius, Gintas	Sophomore	Holy Family	23.67	
4	14		DelRosario, Nathan	Sophomore	Peak to Peak	25.66	
5			Viss, Chase	Junior	Denver Christian	NT	
6			Tran, Que	Junior	Peak to Peak	NT	

2:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	2		Marshall, Evan	Junior	Faith Christian	22.59	
2	5		Cox, Scout	Sophomore	Holy Family	23.46	
3	8		Brekke, Chris	Senior	Faith Christian	23.67	

4	10	Robinson, Nate	Junior	Denver Lutheran	24.55
5	11	Tool, Oran	Sophomore	Faith Christian	24.91
6	16	Hargrow, Collin	Freshman	Kent Denver	27.13

3:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	1		White, Devon	Senior	Bishop Machebeuf	22.44	
2	4		Sunday, Brian	Sophomore	Denver Lutheran	23.44	
3	7		VanDenBerg, Michael	Senior	Denver Christian	23.47	
4	12		Olson, Matt	Freshman	Kent Denver	24.99	
5	13		Lammers, Darin	Senior	Denver Christian	25.66	
6	15		Rich, Kelby	Freshman	Denver Lutheran	26.35	
7	17		Pettyjohn, Matt	Freshman	Kent Denver	29.08	

**Girls 4 x 800m Relay Frontier (W) - 4 x 800m Relay****Finals:**

Place	Team	Time	Score
1	Platte Canyon	11:11.15	10
2	Middle Park	11:19.84	8

**Girls 200m Dash Metro (W) - 200m Dash****Finals:**

Place	Bib	Name	Year	Team	Time	Score
1		Sayyid, Khadijah	Sophomore	Peak to Peak	26.28	10
2		Gutierrez, Carolina	Junior	Holy Family	27.31	8
3		O'Toole, Shannah	Junior	Bishop Machebeuf	27.39	6
4		Gray, Keely	Freshman	Denver Lutheran	27.41	5
5		Sundberg, Bri	Junior	Bishop Machebeuf	28.42	4
6		Freeman, Wynter	Freshman	Bishop Machebeuf	28.56	3
7		Anderson, Rachel	Junior	Holy Family	28.65	2

**Preliminaries:**

1:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	3		Anderson, Rachel	Junior	Holy Family	28.48	
2	6		Freeman, Wynter	Freshman	Bishop Machebeuf	29.12	
3	8		Sundberg, Bri	Junior	Bishop Machebeuf	29.18	
4	12		Schmitt, Ciarra	Junior	Denver Christian	30.24	
5	13		Newcombe, Ryleigh	Sophomore	Denver Christian	30.41	
6	14		McCulloch, Erin	Sophomore	Kent Denver	30.91	

2:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	2		Gutierrez, Carolina	Junior	Holy Family	26.86	
2	5		Gray, Keely	Freshman	Denver Lutheran	27.52	
3	11		Trost, Anna	Freshman	Denver Lutheran	30.15	
4			Van Donselaar, Leah	Junior	Denver Christian	NT	

5	Botero, Raquel	Senior	Denver Christian	NT
6	Benson, Brinley	Senior	Faith Christian	NT

3:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	1		Sayyid, Khadijah	Sophomore	Peak to Peak	26.71	
2	4		O'Toole, Shannah	Junior	Bishop Machebeuf	27.48	
3	7		Jonikas, Meghan	Junior	Holy Family	27.56	
4	9		Payne, Hannah	Freshman	Faith Christian	29.51	
5	10		Bennet, Sammie	Sophomore	Denver Lutheran	30.01	
6	15		Seff, Megan	Freshman	Kent Denver	35.79	

### Girls Long Jump Metro (W) - Long Jump Finals:

1:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	7		Hazzard, Morgan	Freshman	Peak to Peak	13' 2"	2
2			Seff, Megan	Freshman	Kent Denver	ND	-
3			Wham, Coco	Sophomore	Kent Denver	ND	-

2:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	1		Benson, Brinley	Senior	Faith Christian	15' 3.5"	10
2	2		Locricchio, Rebeka	Sophomore	Holy Family	14' 11.25"	8
3	3		Plonski, Ana	Junior	Holy Family	14' 6"	6
4	4		Haggerty, Kelsey	Senior	Faith Christian	14' 1.75"	5
5	5		Biette, Katy	Senior	Holy Family	14' 0.5"	4
6	6		Southard, Alea	Junior	Peak to Peak	13' 9.5"	3
7	8		Walsh, Rain	Freshman	Denver Lutheran	13' 1"	1

### Girls 800m Sprint Medley Metro (W) - 800m Sprint Medley Finals:

Place	Team	Time	Score
1	Denver Lutheran	1:56.86	10
2	Holy Family	1:57.18	8
3	Peak to Peak	1:57.76	6
4	Bishop Machebeuf	2:01.40	5
5	Denver Christian	2:09.33	4
6	Kent Denver	2:15.64	3

### Boys 1600m Run Metro (M) - 1,600m Run Finals:

Place	Bib	Name	Year	Team	Time	Score
1		Poland, Ryan	Senior	Denver Christian	4:33.10	10
2		Joseph, Mark	Junior	Denver Lutheran	4:34.02	8

3	Yeager, Sam	Senior	Faith Christian	4:37.82	6
4	Fortney, Evan	Sophomore	Faith Christian	4:38.76	5
5	Bovine, Nick	Junior	Holy Family	4:52.28	4
6	Voth, Caleb	Junior	Faith Christian	4:54.64	3
7	Healey, Cameron	Freshman	Peak to Peak	4:58.05	2
8	Willis, Kyle	Sophomore	Holy Family	4:59.66	1
9	Marquardt, James	Freshman	Denver Lutheran	5:00.80	-
10	Rodriguez, Andres	Junior	Holy Family	5:04.33	-
11	Oveson, Jacob	Sophomore	Peak to Peak	5:06.37	-
12	Rice, Stephen	Freshman	Peak to Peak	5:07.41	-
13	Keimig, Daniel	Senior	Denver Christian	5:18.61	-
14	Reynolds, John	Freshman	Kent Denver	5:20.20	-
15	Schilling, Sam	Freshman	Denver Lutheran	5:23.44	-
16	Magill, Kirk	Senior	Bishop Machebeuf	5:28.45	-
17	Benson, Trevor	Sophomore	Denver Christian	5:51.28	-
18	Chacra, Ryyan	Freshman	Kent Denver	6:09.81	-

**Boys Triple Jump Metro (M) - Triple Jump****Finals:**

1:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	9		McGillin, Colin	Sophomore	Holy Family	35' 9.25"	-
2	10		Middleton, AJ	Sophomore	Holy Family	35' 1.75"	-
3	11		Reynolds, John	Freshman	Kent Denver	33' 11.25"	-
4	12		Langewisch, Ryan	Junior	Denver Lutheran	33' 9"	-
5	13		Omegba, VIncent	Sophomore	Kent Denver	33' 0.25"	-
6	14		Dominquez, Laz	Freshman	Denver Christian	30' 9.75"	-
7	15		Onaindia, Benjamin	Freshman	Peak to Peak	30' 9"	-
8	16		Waugh, Joseph	Senior	Peak to Peak	29' 2.25"	-

2:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	1		Loudenslager, Hayden	Senior	Faith Christian	42' 2.5"	10
2	2		Rosenberg, Jack	Junior	Kent Denver	40' 0.25"	8
3	3		Trost, Damian	Senior	Denver Lutheran	38' 11.75"	6
4	4		Golter, Nate	Junior	Holy Family	38' 11.5"	5
5	5		Roob, Christopher	Freshman	Peak to Peak	37' 4"	4
6	6		Brekke, Chris	Senior	Faith Christian	36' 10.5"	3
7	7		Herren, Riley	Sophomore	Denver Christian	36' 2.75"	2
8	8		Kitashima, Justin	Junior	Denver Lutheran	36' 0.25"	1

**Girls High Jump Frontier (W) - High Jump****Finals:**

Place	Bib	Name	Year	Team	Distance	Score
1		Pedersen, Quincey	Junior	Middle Park	5' 2"	10
2		Mulligan, Katy	Sophomore	Middle Park	4' 8"	7
2		Allen, Kelly	Freshman	Middle Park	4' 8"	7

4	Janak, Kendall	Senior	Platte Canyon	4' 6"	5
5	Lujan, Anecia	Senior	Bennett	4' 4"	4
6	Rhoads, Jordan	Freshman	Platte Canyon	4' 2"	3
	Watson, Alana	Freshman	Platte Canyon	NH	-

**Boys 800m Run Frontier (M) - 800m Run****Finals:**

Place	Bib	Name	Year	Team	Time	Score
1		Federico, Nick	Sophomore	Lake County	2:07.24	10
2		Leverett, Brandon	Freshman	Lake County	2:11.57	8
3		Hamari, Kyler	Sophomore	Platte Canyon	2:12.64	6
4		Nicklas, Conner	Senior	Middle Park	2:12.83	5
5		Miller, Josh	Freshman	Bennett	2:13.92	4
6		Blahnik, Ramsey	Sophomore	Middle Park	2:16.60	3
7		Garcia, Chaz	Sophomore	Platte Canyon	2:16.63	2
8		Robl, Jake	Freshman	Platte Canyon	2:18.34	1
9		Steffen, Mitchel	Senior	Middle Park	2:19.02	-
10		Schvetz, Bill	Junior	Goldiggers	2:20.60	-
11		Sherrier, Cody	Senior	Bennett	2:29.10	-
12		Salazar, AJ	Sophomore	Lake County	2:33.61	-
13		Barngrover, Mike	Junior	Goldiggers	2:39.74	-
14		Moody, Deverrick	Junior	Goldiggers	3:12.66	-

**Boys 4 x 800m Relay Metro (M) - 4 x 800m Relay****Finals:**

Place	Team	Time	Score
1	Denver Christian	8:24.45	10
2	Holy Family	8:29.98	8
3	Peak to Peak	9:58.08	6
4	Kent Denver	11:09.10	5

**Girls Shot Put Frontier (W) - Shot Put****Finals:**

1:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	7		Harmon, Katie	Sophomore	Goldiggers	23' 6"	2
2	8		Lopo, Gianna	Freshman	Platte Canyon	23' 4.5"	1
3	9		Smith, Megan	Sophomore	Goldiggers	22' 10.5"	-
4	10		Keyse, Andi	Freshman	Jefferson	22' 2.75"	-
5	11		Chaparro, Stephanie	Sophomore	Jefferson	22' 0.5"	-
6	13		Duran, Stephanie	Sophomore	Lake County	19' 5"	-
7	14		Hill, Sabre	Senior	Goldiggers	18' 1"	-
8	15		Pennell, Amber	Junior	Goldiggers	17' 3.25"	-

2:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	1		Pacheco, Jolyn	Junior	Platte Canyon	30' 7.5"	10
2	2		Toberman, Danielle	Junior	Bennett	29' 3.25"	8
3	3		Adkinson, Shalamar	Freshman	Sheridan	28' 3.75"	6
4	4		Bodine, Bekah	Junior	Bennett	28' 1"	5
5	5		Osborn, Heather	Sophomore	Lake County	25' 1.5"	4
6	6		Jordan, Amy	Sophomore	Bennett	24' 6"	3
7	12		Youngblood, Shawna	Sophomore	Platte Canyon	21' 9.75"	-
8			Krieg, Elsa	Junior	Middle Park	ND	-

### Boys 110m Hurdles Metro (M) - 110m Hurdles

#### Finals:

Place	Bib	Name	Year	Team	Time	Score
1		Wang, David	Senior	Peak to Peak	15.58	10
2		Hockstad, Kyle	Senior	Peak to Peak	17.14	8
3		Macklin, Jacob	Sophomore	Faith Christian	17.23	6
4		Monsma, Luke	Senior	Denver Christian	17.72	5
5		Collins, Kevin	Junior	Kent Denver	17.86	4
6		Kingsley, Jacob	Sophomore	Holy Family	17.89	3
7		Koneman, Andrew	Sophomore	Denver Christian	18.52	2
8		Omegba, VIncent	Sophomore	Kent Denver	19.07	1

#### Preliminaries:

1:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	2		Hockstad, Kyle	Senior	Peak to Peak	17.52	
2	4		Collins, Kevin	Junior	Kent Denver	18.12	
3	6		Macklin, Jacob	Sophomore	Faith Christian	18.72	
4	10		Heronema, Vince	Junior	Holy Family	19.75	
5	11		Kriz, Banks	Freshman	Denver Christian	21.61	
6			Kitashima, Justin	Junior	Denver Lutheran	NT	

2:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	1		Wang, David	Senior	Peak to Peak	15.57	
2	3		Monsma, Luke	Senior	Denver Christian	17.94	
3	5		Koneman, Andrew	Sophomore	Denver Christian	18.50	
4	7		Kingsley, Jacob	Sophomore	Holy Family	18.81	
5	8		Omegba, VIncent	Sophomore	Kent Denver	19.09	
6	9		Hsin, Tyler	Freshman	Holy Family	19.41	
7	12		Brody, Jason	Freshman	Kent Denver	22.82	

### Boys Discus Throw Metro (M) - Discus Throw

#### Finals:

1:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	15		Santiago, Diego	Freshman	Bishop Machebeuf	81' 11"	-

2	16	Berge, Jacob	Freshman	Peak to Peak	76' 3.25"	-
3	19	Kelani, Tunde	Sophomore	Kent Denver	61' 4.25"	-
4		Patch, Dylan	Freshman	Peak to Peak	ND	-

2:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	7		Miller, Matt	Junior	Holy Family	119' 3"	2
2	8		Jones, Brannon	Freshman	Kent Denver	115' 11"	1
3	10		Applegate, Micah	Senior	Faith Christian	111' 1"	-
4	12		Dickson, Jack	Junior	Peak to Peak	100' 9"	-
5	13		Ninneman, Mitch	Sophomore	Denver Lutheran	100' 4"	-
6	14		Lafontant, Tony	Sophomore	Kent Denver	85' 3.25"	-
7	17		Van Wyke, Zach	Sophomore	Denver Christian	75' 6"	-
8	18		VanDenend, Andrew	Freshman	Denver Christian	74' 10"	-

3:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	1		Emich, Colton	Senior	Holy Family	155' 9"	10
2	2		Bundick, Grayson	Freshman	Faith Christian	140' 2"	8
3	3		Novak, Quincy	Senior	Holy Family	132' 1"	6
4	4		McCartney, Derek	Sophomore	Faith Christian	130' 3"	5
5	5		Rossi, Kevin	Senior	Denver Lutheran	126' 6"	4
6	6		Brown, David	Junior	Bishop Machebeuf	121' 6.5"	3
7	9		Katte, Brett	Senior	Denver Christian	115' 5"	-
8	11		Schreiner, Daniel	Senior	Denver Lutheran	108' 6.5"	-

**Boys 100m Dash Metro (M) - 100m Dash****Finals:**

Place	Bib	Name	Year	Team	Time	Score
1		White, Devon	Senior	Bishop Machebeuf	11.27	10
2		Johnson, Luke	Senior	Peak to Peak	11.29	8
3		Marshall, Evan	Junior	Faith Christian	11.39	6
4		Sunday, Brian	Sophomore	Denver Lutheran	11.43	5
5		VanDenBerg, Michael	Senior	Denver Christian	11.74	4
6		Rosenberg, Jack	Junior	Kent Denver	11.79	3
7		Welder, Nick	Senior	Holy Family	11.80	2
8		Crane, Wes	Sophomore	Denver Lutheran	11.88	1

**Preliminaries:**

1:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	3		VanDenBerg, Michael	Senior	Denver Christian	11.79	
2	6		Crane, Wes	Sophomore	Denver Lutheran	11.90	
3	10		Williams, Thomas	Junior	Holy Family	12.06	
4	14		Langfield, Zach	Junior	Holy Family	12.36	
5	18		Pettyjohn, Matt	Freshman	Kent Denver	12.61	
6	19		Jones, Brannon	Freshman	Kent Denver	12.64	

2:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	1		Johnson, Luke	Senior	Peak to Peak	11.43	
2	4		White, Devon	Senior	Bishop Machebeuf	11.55	
3	7		Welder, Nick	Senior	Holy Family	11.85	
4	8		Rosenberg, Jack	Junior	Kent Denver	12.04	
5	11		Langewisch, Ryan	Junior	Denver Lutheran	12.08	
6	12		Tool, Oran	Sophomore	Faith Christian	12.15	

3:

Place	Overall	Bib	Name	Year	Team	Time	Score
1	2		Marshall, Evan	Junior	Faith Christian	11.44	
2	5		Sunday, Brian	Sophomore	Denver Lutheran	11.82	
3	9		Herren, Riley	Sophomore	Denver Christian	12.04	
4	13		DelRosario, Nathan	Sophomore	Peak to Peak	12.30	
5	15		Lammers, Darin	Senior	Denver Christian	12.38	
6	16		Hoefling, Jesse	Senior	Peak to Peak	12.39	
7	17		Krcil, Derek	Senior	Faith Christian	12.46	

**Girls Long Jump Frontier (W) - Long Jump****Finals:**

1:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	6		Pacheco, Jolyn	Junior	Platte Canyon	12' 1.75"	3
2	7		Betz, Kelsey	Junior	Platte Canyon	10' 8.25"	2
3	8		Janak, Brooke	Freshman	Platte Canyon	9' 10.75"	1

2:

Place	Overall	Bib	Name	Year	Team	Distance	Score
1	1		Allen, Kelly	Freshman	Middle Park	15' 9"	10
2	2		Linn, Makenna	Sophomore	Bennett	14' 11.5"	8
3	3		Mahanna, Emily	Sophomore	Bennett	14' 5.5"	6
4	4		Allen, Meghan	Sophomore	Middle Park	14' 1"	5
5	5		Henderson, Kendra	Junior	Goldiggers	13' 11.25"	4
6			Chavez, Fatima	Junior	Lake County	ND	-

**Boys 3200m Run Frontier (M) - 3,200m Run****Finals:**

Place	Bib	Name	Year	Team	Time	Score
1		Miyauchi, Taber	Freshman	Middle Park	11:09.96	10
2		deLeon, Danny	Junior	Bennett	11:22.35	8
3		Courkamp, Kirtis	Senior	Platte Canyon	11:30.21	6
4		Williams, Mike	Senior	Bennett	11:44.09	5
5		Cook, Luke	Sophomore	Platte Canyon	11:45.83	4
6		Chavarria, Manuel	Junior	Lake County	11:50.60	3
7		Hanshue, Lance	Senior	Platte Canyon	12:01.56	2
8		Moler, Matt	Junior	Bennett	12:05.99	1
9		Cano, Cosme	Junior	Lake County	12:37.54	-

Loya, Roberto	Freshman	Lake County	NT	-
Gurule, Luis	Sophomore	Sheridan	NT	-

### Girls 1600m Run Metro (W) - 1,600m Run

#### Finals:

Place	Bib	Name	Year	Team	Time	Score
1		Lehr, Jennifer	Freshman	Kent Denver	5:41.80	10
2		Burk, Ashley	Sophomore	Holy Family	5:59.18	8
3		Medearis, Danielle	Freshman	Holy Family	5:59.20	6
4		Rodenburg, Jasmine	Senior	Peak to Peak	6:01.50	5
5		Lowe, Melissa	Sophomore	Kent Denver	6:04.39	4
6		Carlson, Jenna	Senior	Holy Family	6:06.54	3
7		Xiong, Bethany	Sophomore	Faith Christian	6:10.91	2
8		Hodges, Kelly	Senior	Faith Christian	6:20.35	1
9		Sturms, Jordyn	Freshman	Denver Lutheran	6:23.90	-
10		Vickles, Jessie	Freshman	Faith Christian	6:41.84	-
11		Aguilar, Jocelyn	Freshman	Peak to Peak	6:58.06	-
12		Seeberger, Brianna	Freshman	Peak to Peak	7:26.28	-
13		Wildrick, Becky	Junior	Denver Christian	8:10.73	-

### Girls 100m Hurdles Metro (W) - 100m Hurdles

#### Finals:

Place	Bib	Name	Year	Team	Time	Score
1		Plonski, Ana	Junior	Holy Family	18.22	10
2		Gills, Cassie	Sophomore	Holy Family	18.57	8
3		Coates, Caitlyn	Sophomore	Kent Denver	19.67	6
4		Hazzard, Morgan	Freshman	Peak to Peak	19.68	5
5		Walsh, Rain	Freshman	Denver Lutheran	19.74	4
6		Kintzle, Carissa	Freshman	Holy Family	20.23	3

#### Preliminaries:

Place	Bib	Name	Year	Team	Time	Score
1		Plonski, Ana	Junior	Holy Family	18.22	
2		Gills, Cassie	Sophomore	Holy Family	18.57	
3		Coates, Caitlyn	Sophomore	Kent Denver	19.67	
4		Hazzard, Morgan	Freshman	Peak to Peak	19.68	
5		Walsh, Rain	Freshman	Denver Lutheran	19.74	
6		Kintzle, Carissa	Freshman	Holy Family	20.23	
		McJannet-Bratton, Elizabeth	Sophomore	Peak to Peak	NT	