

CBBN 3A / 4A Track and Field Athletes of the Week

Week of: 5/3 – 5/9

Award	Individual	Grade	School	Event	Mark	Meet / s	Reason
3A Boys Track	Elias Medrano	12	Sunnyside	100 200 400	11.30 23.51 52.22	Eisenhower League Meet	Triple winner. Also ran on the winning 4 x 100 team.
3A Boys Field	Ryan Tollackson	12	West Valley	PV	12'9"	Moses Lake League Meet	Ranks 11 th in 3A. PR by 3".
3A Girls Track	Chantel Jaeger (3 x winner)	11	West Valley	100 200	12.76 24.96	Moses Lake League Meet	Double winner in the 100 and 200. Also ran on the winning 4 x 200 team.
3A Girls Field	Veronica Bradley (3 x winner)	11	Hanford	HJ LJ	5'4" 15'10.5"	Moses lake League Meet	Double winner. 4 th time clearing 5'4" this season, which is a top 10 mark in the state.
4A Boys Track	Anthony Armstrong (2 x winner)	10	Kamiakin	1600	4:17.94	Kamikin league Meet	Ranks 8 th in 4A.
4A Boys Field	Marcus Schooley (3 x winner)	11	Davis	PV	14'9"	Kamiakin League Meet	Ranks 3 rd in the state and 1 st in 4A. PR by 3".
4A Girls Track	Marissa VanderMalle (2 x winner)	12	Pasco	3200	10:50.29	Pasco League Meet	PR by 2 seconds. Ranks 4 th in the state. 1 st in 4A. 34 th in the nation.
4A Girls Field	Jessica Bush (3 x winner)	12	Eisenhower	Disc Shot	137'06" 40'8.5"	Eisenhower League Meet	Ranks #1 in the state in the Disc. PR by nearly 9'. School record. Top 50 in the nation.

Week of: 4/26 – 5/2

Award	Individual	Grade	School	Event	Mark	Meet / s	Reason
3A Boys Track	Kennedy Sarmiento (2 x winner)	12	Sunnyside	110H 300H	15.17 40.61	Shoreline Invite	Double PR. Ranks 7 th and 12 th in 3A
3A Boys Field	Cameron Wagar (2 x winner)	11	Hanford	Jav	175'2"	Wenatchee League Meet	Ranks 13 th in 3A. Season best by nearly 7'.
3A Girls Track	Shelby Covert	10	Hanford	300H	46.74	Wenatchee League Meet	Ranks 8 th in 3A.
3A Girls Field	Lindsay Burns (4 x winner)	9	West Valley	LJ	17'11"	Southridge League Meet	Ranks 6 th in the state and 2 nd in 3A. A PR by nearly 10".
4A Boys Track	Marques Avery (2 x winner)	12	Pasco	100m 200m	10.75 21.82	Wenatchee League Meet	Top 100m performer in the state, 3 rd in the 200m.
4A Boys Field	Marcus Schooley (2 x winner)	11	Davis	PV	14'0"	Shoreline Invite	Winner of the Shoreline Invite. State leader. Cleared 14' for the 9 th time this season.
4A Girls Track	Hannah Kiser	12	Wenatchee	1500	4:42.75	Lake Washington Invite	4 th place performance at L.W. Invite
4A Girls Field	Becky Duhamel	12	Wenatchee	Discus	128'10"	Lake Washington Invite	Nearly a 3' Season Best mark. Ranks 6 th in the state and 5 th in 4A.

Week of: 4/19 – 4/25

Award	Individual	Grade	School	Event	Mark	Meet / s	Reason
3A Boys Track	Joseph Collett	10	Hanford	300H	40.24	Kamiakin League Meet	Ranks 4 th in 3A. #2 underclassman in the state.
3A Boys Field	Cameron Wagar	11	Hanford	Jav	168'4"	Prosser Invite	Nearly a 10' PR. Ranks 16 th in 3A.
3A Girls Track	Haley Curtis	12	West Valley	300 H	45.64	Kiwanis Invite	PR by more than 1 second. Ranks 5 th in the state. Also ran on state leading 4x200 team during Richland league meet.
3A Girls Field	Veronica Bradley (2x winner)	11	Hanford	LJ	16'9.25"	Kamiakin League Meet	Ranks 11 th in 3A. PR by nearly 4 inches.
4A Boys Track	Lukas Sealby	12	Wenatchee	100 200 400	11.08 22.37 49.56	Eastmont League Meet	PR by nearly ½ second in the 100. Ranks 2 nd in the league and 12 th in 4A. Also a PR in the 200. Ranks 11 th in 4A.
4A Boys Field	Brandon Porter (2 x winner)	12	Walla Walla	Jav	198'7"	Richland League Meet	PR by 17'!!! Ranks 6 th in the state.
4A Girls Track	Andrea Smith	11	Southridge	100H	15.04	Kiwanis Invite	Ranks 4 th in the state. Also equaled season best long jump, in which she ranks 14 th in 4A.
4A Girls Field	Jaimie Weisner	10	Walla Walla	Jav LJ	131'2" 16'6.25"	Richland League Meet Kiwanis Invite	A PR by more than 15' in the Jav!!! Ranks 7 th in the state. LJ ranks 2 nd in league. Also ran PB in the 100H and 300H where she ranks 7 th and 3 rd respectively!!!

Week of: 4/12 – 4/18

Award	Individual	Grade	School	Event	Mark	Meet / s	Reason
3A Boys Track	Joe Clements (3 x winner)	12	Hanford	110H 300H	15.59 40.64	Pasco Invite	300H mark is a lifetime best and both marks rank him in the top 10 in 3A.
3A Boys Field	RJ Harris	12	Hanford	Shot	48'10"	Hanford League Meet	Lifetime best throw by more than a foot. Ranked 7 th in 3A.
3A Girls Track	Chantel Jaeger (2 x winner)	11	West Valley	200	25.11	Pasco Invite	Ranks 2 nd in the state. Also ran a leg on the 8 th place 4 x 100 (ranked 2 nd in 3A), and the 1 st place 4 x 400 team (ranked 2 nd in the state)
3A Girls Field	Katie Herndon	12	Sunnyside	Pole Vault	9'0"	Pasco Invite	6" PR. Also ranks her in the top 10 for 3A.
4A Boys Track	Jacob Sealby	12	Wenatchee	400	48.20	Pasco Invite	Ranks 2 nd in the state and 6 th in the nation. Winner of the Pasco Invite. Also recorded a LJ of 22'4.5", which ranks him 6 th in the state.
4A Boys Field	Daniel Hughes	11	Chiawana	Shot	52'11"	Pasco Invite	Lifetime best throw by more than 2 and a ½ feet. Ranks 10 th in the state.
4A Girls Track	Martha Sanford	12	Richland	100H 300H	15.54 45.26	Pasco Invite	Ranked 9 th in the state in the 100H and 4 th in the 300H. 45.26 is a lifetime best mark.
4A Girls Field	Jessica Bush (2 x winner)	12	Eisenhower	Shot Discus	41'4.5" 124'5"	Hanford League Meet Pasco Invite	Lifetime best throw in the shot. Also winner of the Pasco Invite.

Week of: 4/5 – 4/11

Award	Individual	Grade	School	Event	Mark	Meet / s	Reason
3A Boys Track	Joe Clements (2 x winner)	12	Hanford	110H 300H	15.68 41.07	Davis Invite	Both season best marks and ranks him 10 th in the 110H and 4 th in the 300H for 3A.
3A Boys Field	Ryan Tollackson	12	West Valley	Pole Vault	12'6"	Sunnyside League Meet	6" PR and ranks 5 th in 3A
3A Girls Track	Erin Hegarty	11	Hanford	3200	11.13.57	Davis Invite	Ranks 6 th in the state. Also ran a respectable 5:23.81 which ranks her 17 th in 3A.
3A Girls Field	Lindsay Burns (3 rd week in a row)	9	West Valley	TJ	34'6.5"	Davis Invite	1 st meet triple jumping ... ranks 7 th in 3A. Also, placed second in the LJ and 1 st in the 400. And ran a leg on the winning 4 x 400.
4A Boys Track	Bryan Simison	12	Eisenhower	3200	19:19.5	Arcadia Invite	Ranks 4 th in the state, and top 25 in the nation. 1 second PR.
4A Boys Field	Travis Shrap	12	Kennewick	Discus	149'8"	Ron Vanderholm Invite	7" PR which ranks him 5 th in 4A. Also threw a season best by nearly 2' in the shot and had two marks for the week over 150'.
4A Girls Track	Sadie Sparks	10	Chiawana	100H	15.54	Mooberry Relays	Ranks 6 th in the state. 1 st meet running 100H.
4A Girls Field	Audrey Ketcham (2 nd week in a row)	10	Wenatchee	HJ	5'8"	Davis Invite	2" PR and ties her for the state lead.

Week of: 3/22 – 3/28

Award	Individual	Grade	School	Event	Mark	Meet / s	Reason
3A Boys Track	Kennedy Sarmiento	12	Sunnyside	110m Hurdles, 300m Hurdles	15.85 41.36	Hanford League Meet and Holder Relays	Already ranked 5 th in 3A for the 110 hurdles and ran a mark that would be in the top 10. Ran a PR by $\frac{3}{4}$ of a second in the 300 hurdles, which ranks him 3 rd in 3A.
3A Boys Field	RJ Harris (2 x winner)	12	Hanford	Shot	47'7"	Hanford League Meet	Ranked 9 th in 3A. 3.5 inch PR.
3A Girls Track	Chantel Jaeger	11	West Valley	100m, 200m	12.89, 25.47	West Valley League Meet and Holder Relays	100m time ranks her 7 th in 3A and her 200m time ranks her 2 nd in the state (.01 off the lead). She also ran on the states 5 th ranked 4 x 100m team and 2 nd ranked 4 x 400m team.
3A Girls Field	Lindsay Burns (2 nd week in a row)	9	West Valley	LJ	17'1.5"	Holder Relays	Ranks 3 rd in 3A. Also ran 2 nd fastest 400m in the state. She also ran on the states 5 th ranked 4 x 100m team and 2 nd ranked 4 x 400m team.
4A Boys Track	Marques Avery	12	Pasco	100m, 200m	11.12 22.69	Fast Times @ Southridge	Ranked 5 th in the state in the 100m, ranked 5 th in 4A for the 200m, also ran a leg on 7 th ranked 4A 4 x 400
4A Boys Field	Brandon Porter	12	Walla Walla	Shot, Jav	149'9.25" 171'2"	Eastmont Wildcat Invite and Hanford League Meet	Both marks rank him in the top 10 for the 4A division.
4A Girls Track	Chelsea Bourque	12	Southridge	100m Hurdles	15.67	Fast Times @ Southridge and Hanford League Meet	Ranks 3 rd in the state in the 100 m hurdles, also ran on state leading 4 x 100 team and 3 rd ranked 4 x 200 team. Also managed to jump 35'1.5" in the TJ, which ranks her 9 th in 4A.
4A Girls Field	Audrey Ketcham	10	Wenatchee	HJ	5'6"	Eastmont Wildcat Invite and West Valley League Meet	Jumped 5'6" on consecutive days. Ranks her 2 nd in the state and 1 st in 4A.

Week of: 3/15 – 3/21

Award	Individual	Grade	School	Event	Mark	Meet	Date	Reason
3A Boys Track	Joe Clements	12	Hanford	300H	42.41	Ram Relays	3/20	Ranked 2 nd in 3A
3A Boys Field	Aaron Neary	10	Hanford	Shot, Disc, Jav	40'4.5", 126'5", 127'1"	Ram Relays	3/20	All marks rank him in the top 10 in District 5/6/8. First year competing.
3A Girls Track	Audrey Urlacher	12	West Valley	1600, 3200	5:19.94, 11:31.61	Ram relays	3/20	Ranked 9 th and 4 th in the state. Both times are PR's.
3A Girls Field	Lindsay Burns	9	West Valley	LJ	16	Ram Relays	3/20	Ranked in the top ten in the state. 2 nd in 3A. Top freshman.
4A Boys Track	Garret Gerling	12	Walla Walla	110 H, 300 H, 4x100	15.00, 40.47, 40.50 ?	Buck Classic	3/18	Currently ranked 1 st and 3 rd in the state in the 110H and 300H. Ran marks that would also rank him in the top 6. Also ran on state leading 4x100 team (not sure of time?)
4A Boys Field	Marcus Schooley	11	Davis	Pole Vault	14'7"	Papa Wells Invite	3/20	State leading vaulter, 7 inches over previous best.
4A Girls Track	Marisa VanderMalle	12	Pasco	3200	11:13.41	Ram Relays	3/20	State leading time, by 12 seconds.
4A Girls Field	Jessica Bush	12	Eisenhower	Shot, Discus	40'0.50", 116'02"	Ray Cockrum	3/20	Ranked 2 nd in the state in shot. Backed up her discus throw of 118' with a throw that would also rank in the top 10 in the state.

Week of: 3/8 – 3/14

Award	Individual	Grade	School	Event	Mark	Meet	Date	Reason
3A Boys Track	Travis Stewart	12	Hanford	100	11.46	Richland Jamboree	3/13	Currently 2 nd in the state in the 100 m
3A Boys Field	RJ Harris	12	Hanford	Shot	44'0"	Richland Jamboree	3/13	5 th in the state in the shot
3A Girls Track	Breanna Daniel	12	Hanford	400	61.62	Richland Jamboree	3/13	Ran 1 st ever open 400, currently ranked 2 nd in the state
3A Girls Field	Veronica Bradley	11	Hanford	HJ	5'4"	Richland Jamboree	3/13	Currently leading the state, jumped 2" over previous best from last year
4A Boys Track	Anthony Armstong	10	Kamiakin	1600, 800	4:26, 2:01	Richland Jamboree	3/13	Currently .10 seconds off the state lead in the 1600, 5 th in the 800
4A Boys Field	Troy Zuroske	12	Richland	TJ, HJ	19'11", 6'2"	Richland Jamboree	3/13	Both marks rank him in the top 5 in the state and he also ran on the state leading 4x400 team
4A Girls Track	LaQuilla Upton	12	Southridge	100, 4x100	12.74	Richland Jamboree	3/13	Currently ranked 2 nd in the state in the 100 m, ran a leg on the state leading 4x100, long jumped for the first time ever and is ranked 8 th in the state.
4A Girls Field	Elizabeth Quick	9	Richland	HJ	5'3"	Richland Jamboree	3/13	Currently 2 nd in the state