

# CASCADE STRIDERS

**CROSS COUNTRY**

Flying Feet Invitational  
Saturday, October 12<sup>th</sup> 2019

Age Group	6 & U	Distance		800 m			
<b>Girls</b>		Time	Pts	<b>Boys</b>		Time	Pts
1	Price, Andie	Wings of Eagles	3.45	1	Daligcon, Kai	Rain City	3.48
2	Withy Evans, Emma	Rain City	4.03	2	Rodero, Sebastian	W Seattle RR	3.56
3	Rodriguez-Villen, Martina	Rain City	4.10	3	Ryan, Zack	Unattached	3.58
4	Sitzmann, Beau	W Seattle RR	4.12	4	Latterell, Tucker	W Seattle RR	4.06
5	Dech, Adalyn	Sonic Boom	4.28	5	Newhouse, Brady	W Seattle RR	4.07
6	Gilson, Evelyn	CNW	4.34	6	West, Lincoln	Rainier Beach	4.13
7	Caprara, Lanna	FWTC	4.38	1	Dumitriv, James	Unattached	4.30
8	Brooks, Kalaina	Unattached	4.44	8	Patjens, Elliott	W Seattle RR	4.43
9	Resendiz, Jazmine	FWTC	4.53	2	Jennings, Theodore (Teddy)	W Seattle RR	4.43
10	Barndt, Clare	FWTC	5.04	3	Boehmer, Mickey	W Seattle RR	5.13
11	Parker-Richardson, Pepper	Wings of Eagles	6.53	11	Dougherty, Toma	W Seattle RR	5.18
				12	Martin, Dezzie	W Seattle RR	5.22
				13	Donkervoet, Nathan	W Seattle RR	5.26

	Team	Points
1	FWTC	6
2		
3		

	Team	Points
1	W Seattle RR	6
2		
3		

# CASCADE STRIDERS

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Flying Feet Invitational  
Saturday, October 12<sup>th</sup> 2019

Age Group	7-8	Distance		2000 m				
<b>Girls</b>		Time	Pts	<b>Boys</b>		Time	Pts	
1	Gilson, Grace	CNW	9.35	1	Webber, Micah	FWTC	8.56	1
2	Haber, Ella	Rain City	10.01	2	Pessoa, Nathan	Cascade	9.48	2
3	Caprara, Korra	FWTC	10.06	1	West, London	Rainier Beach	9.53	
4	Sitzmann, Quinn	W Seattle RR	10.08	2	Kao, Tyler	W Seattle RR	9.57	3
5	Washburn, Peyton	W Seattle RR	10.21	3	Ross, Riker	W Seattle RR	9.57	4
6	Rush, Frances	FWTC	10.44	4	Highland, Max	Cascade	10.00	5
7	Foster, Lailah	W Seattle RR	10.55	5	Baker, Henry	Cascade	10.11	6
8	Nelson, Mariah	FWTC	11.02	6	Stambaugh, Ruben	Rain City	10.19	7
9	Arnsdorf, Ava	Speed Unlimited	11.06	7	Schumacher, Henry	Barron Park	10.21	
10	Sitzmann, Marisol	W Seattle RR	11.09	8	Snyder, Maxton	W Seattle RR	10.25	8
11	Dech, Rayanna	Sonic Boom	11.45	9	Ignacio, Keanu	W Seattle RR	10.28	9
12	Chung, Caroline	W Seattle RR	11.47	10	Deniel, Enzo	Cascade	10.34	10
13	Punke, Katherine	Speed Unlimited	12.02	11	Galloway, Levi	FWTC	10.54	11
14	Atrosh, Elise	Speed Unlimited	12.15	12	Karr, Liam	W Seattle RR	10.59	12
15	Thomas, Ellyana	W Seattle RR	12.19	13	Thornburg, Albert	Sonic Boom	11.05	13
16	Shilley, Eleanor	Sonic Boom	12.21	14	Beggs, Mason	Rainier Beach	11.14	
17	Zehr, Ellie	FWTC	12.34	15	Kramer, Charlie	FWTC	11.19	14
18	Gregush, Zoe	Cascade	13.09		Martinez, Marco	Cascade	11.21	15
19	Zanis, Willow	CNW	13.10		Houghton, Atticus	W Seattle RR	11.32	
20	Tegart, Audrey	Cascade	13.11		Faulkner, Ian	W Seattle RR	11.53	
21	Dahlke, Ruth	Sonic Boom	15.30	16	Bazakas, Roman	W Seattle RR	11.55	
22	Monton, Ora	W Seattle RR	15.46		Hansen, Graham	W Seattle RR	11.57	
					Monetti, Tabin	W Seattle RR	11.59	
					Com, Mariano	Rain City	12.03	16
					Sheffield, Cruz	Cascade	12.04	
					Larios, Kiptyn	FWTC	12.13	17
					Loeppky, Eli	W Seattle RR	12.13	
					Faulkner, Bennet	W Seattle RR	12.15	
					Foley, Liam	Sonic Boom	12.16	18
					Yu, Nathan	Unattached	12.32	
					Rigby, Connor	Rain City	12.35	19
					Wang, Ryan	Unattached	12.40	
					Hamilton, Rafiki	W Seattle RR	12.53	
					Grutmann, Henry	Rain City	13.06	20
					Donkervoet, Peter	W Seattle RR	13.06	
					Thornburg, Ishara	Sonic Boom	13.37	21
					Karthikeyan, Rithwick	Cascade	14.17	
					Henderson, Finn	W Seattle RR	14.38	
					Jopes, Juan Francisco	W Seattle RR	15.33	

	Team	Points
1	W Seattle RR	10
2	FWTC	11
3	Speed Unlimited	30
4	Sonic Boom	39
5		

	Team	Points
1	Cascade Striders	13
2	W Seattle RR	15
3	FWTC	26
4	Rain City	42
5	Sonic Boom	52

# CASCADÉ STRIDERS

CROSS COUNTRY

Flying Feet Invitational

Saturday, October 12<sup>th</sup> 2019

Age Group	9-10	Distance	3000 m				
	<b>Girls</b>	Time		<b>Boys</b>		Time	
	1 Hudders, Corinne	Rain City	11.42	1 1 Herb, Henry	Rain City	11.12	1
	2 Daligcan, Jordan	Rain City	11.51	2 2 Herb, Jake	Rain City	11.42	2
	3 Price, Paetyn	Wings of Eagles	12.04	3 3 Ryan, Thomas	Cascade	11.42	3
	4 Rosouer, Emilia	Rain City	12.09	4 4 Oliver, Brooks	Rain City	11.49	4
	5 Caprara, Gemma	FWTC	12.29	4 5 Kauppila, Benjamin	Rain City	11.56	5
	6 Berwick, McKenzi	South Hill	12.30	6 6 Dahlberg, Dash	Cascade	11.57	6
	7 Wu, Weijia	Cascade	12.40	5 7 Stancik, Chase	W Seattle RR	12.24	7
	8 Johnson, Jasmine	FWTC	12.52	6 8 Van Niel, Case	Rain City	12.37	8
	9 Fuentes, Avery	Sonic Boom	12.59	7 9 Kolsrud, Gabe	FWTC	12.47	9
	10 Powell, Macy	W Seattle RR	12.59	8 10 Campbell, Nash	Rain City	12.50	
	11 Dekoker, Greta	Rain City	13.05	9 11 Shih, Tai	Cascade	12.54	10
	12 Sitzmann, Lincoln	W Seattle RR	13.11	10 12 Kelman, Toby	Cascade	12.57	11
	13 Frazzini, Liliana	W Seattle RR	13.23	11 13 Wixfed, Ryan	Wings of Eagles	12.58	
	14 Snyder, Amaya	W Seattle RR	13.24	12 14 Gowans, Janek	Rain City	13.07	
	15 Haber, Anna	Rain City	13.25	13 15 Hight, Austin	Rain City	13.08	
	16 Ross, Cailin	W Seattle RR	13.47	14 16 Cairus, Jaden	Rain City	13.10	
	17 Couch, Taitum	FWTC	13.51	15 17 Bazakas, Nico	W Seattle RR	13.30	12
	18 Weedon, Kaarin	Sonic Boom	13.57	16 18 Slater, Luke	Sonic Boom	13.30	
	19 Chung, Madeline	W Seattle RR	13.57	19 19 Baker, James	Cascade	13.37	13
	20 Lorenz, Esther	Cascade	14.18	17 20 Papineau, Jude	W Seattle RR	13.39	14
	21 Urquhart, Alex	Rain City	14.19	21 21 Rudd, Matty	Rain City	13.39	
	22 Alexander, Emily	Cascade	14.19	18 22 Slye, Marcelo	W Seattle RR	13.40	15
	23 Foree, Makenzie	FWTC	14.26	19 23 Moir, Will	W Seattle RR	13.43	16
	24 Zanis, River	CNW	14.39	24 24 Phelps, Silas	FWTC	14.06	17
	25 Busch, Sofia	Rain City	14.44	25 25 Lopez-Tapia, Nery	FWTC	14.06	18
	26 Hansen, Rees	W Seattle RR	14.48	26 26 Du, Willy	Cascade	14.07	
	27 McAuslen, Tallulah	Rain City	14.54	27 27 Barndt, Cameron	FWTC	14.14	19
	28 Carrel, Violet	Cascade	14.56	20 28 McAdams, Caleb	Rain City	14.14	
	29 Stewart, Emerson	Rain City	15.13	29 29 Gruben, Zak	Cascade	14.20	
	30 Corner, Anastasia	Rain City	15.15	30 30 Faulkner, Edmund	W Seattle RR	14.24	
	31 Archer, Leah	Cascade	15.18	21 31 Bazakas, Quinn	W Seattle RR	14.29	
	32 Whitaker, Isabel	Sonic Boom	15.18	22 32 Bigelow, William	Rain City	14.31	
	33 Smith, Ryan	Rain City	15.19	33 33 Pauls, Alazar	Rain City	14.41	
	34 Shillito, Gloria	Rainier Beach	15.21	34 34 Bearden, Thomas	Wings of Eagles	15.00	
	35 Pauzauskie, Lieke	Rain City	15.31	35 35 Baker, Callum	Rain City	15.16	
	36 Mahrt, Helena	W Seattle RR	15.58	36 36 Bernson, Finn	Rain City	15.19	
	37 Austin, Phoebe	W Seattle RR	16.01	37 37 Chang, Matthew	Cascade	15.23	
	38 Nunez, Amelia	FWTC	16.04	23 38 Kelman, Oscar	Cascade	15.30	
	39 Hong, Taylor	W Seattle RR	16.20	39 39 LaFlamme, Roan	W Seattle RR	15.32	
	40 Schlumpf, Jessica	FWTC	16.22	40 40 Sing, Quinnton	FWTC	15.32	20
	41 Thomas, Madelyn	W Seattle RR	16.28	41 41 Bishop, Corbin	W Seattle RR	15.33	
	42 Makas, Kaida	Cascade	17.01	42 42 Miramontes, Leo	FWTC	15.53	
	43 Jones, Sienna	Speed Unlimited	17.15	43 43 Kethini, Hanissh	Speed Unlimited	15.54	
	44 Melendez, Gaby	W Seattle RR	17.31	44 44 Watters, Nico	FWTC	16.00	
	45 Dougherty, Emilia	W Seattle RR	17.38	45 45 Fullerton-Burke, Derry	Rain City	16.04	
	46 Press, Reyzl	Rain City	17.44	46 46 Lindstrom, Bailey	FWTC	16.06	
	47 Bayless, Anna	Sonic Boom	18.20	24 47 Plinner, Yotam	Cascade	16.08	
	48 Mcghinnis, Sophie	Sonic Boom	20.05	25 48 Johnson, Josiah	Cascade	16.22	
				49 49 Kramer, Jacksen	FWTC	16.24	
				50 50 Hisiruda, Kyle	Rain City	16.25	
				51 51 Hembrow, Alex	W Seattle RR	16.34	
				52 52 Stenson, Fiona	Speed Unlimited	16.36	
				53 53 Tegart, Henry	Cascade	16.48	
				54 54 Briggs, Peter	Rainier Beach	18.15	
				55 55 Liwanag, Preston	Sonic Boom	18.45	
				56 56 Sen, Guna	Cascade	25.20	

	Team	Points
1	Rain City	6
2	FWTC	25
3	W Seattle RR	29
4	Cascade Striders	40
5	Sonic Boom	45

	Team	Points
1	Rain City	7
2	Cascade Striders	19
3	W Seattle RR	33
4	FWTC	44
5		

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Age Group	11-12	Distance		3000 m				
	<b>Girls</b>	Time	Pts	<b>Boys</b>	Time	Pts		
1	Holme, Tegan	FWTC	12.06	1	Rickey, Connor	Cascade	10.38	1
2	Papineau, Elle	W Seattle RR	12.14	2	Brooks, Quinten	Speed Unlimited	10.46	2
3	Borgelt, Vala	Sonic Boom	12.15	3	Urquhart, Ethan	Rain City	11.18	3
4	Anand, Netra	Cascade	12.22	4	Kolenski, Drew	Rain City	11.25	4
5	Ryan, Amelia	Cascade	12.46	5	Berwick, Ashton	South Hill	11.30	
6	Minnig, Elsa	W Seattle RR	12.50	6	Billet, Max	Rain City	11.42	5
7	Von Nordenflycht, Serafina	Rain City	12.51	7	Campbell, Huston	Rain City	11.43	6
8	Minnig, Lucy	W Seattle RR	12.52	8	Kelsey, Davis	Cascade	11.48	7
9	Elger, Savannah	W Seattle RR	13.13	9	Leonard, William	Cascade	11.48	8
10	Washburn, Addison	W Seattle RR	13.15	10	Magill, Riley	Rain City	11.49	9
11	Zhao, Kimberley	Cascade	13.16	11	Shillito, Kingston	Rainier Beach	11.53	
12	Kwok, Anna	Rain City	13.25	12	Montano, Rogdrigo	Cascade	12.04	10
13	Latterell, Elena	W Seattle RR	13.31	13	Stern, Tamir	Cascade	12.07	11
14	Carter, Sonya	Rain City	13.32	13	Hanscom, Levi	Rain City	12.08	
15	Hirose, Aiko	W Seattle RR	13.32	15	Rafalovich, Noam	Cascade	12.12	
16	Russell, Piper	FWTC	13.34	14	Berwick, Dawson	South Hill	12.14	
17	Van Niel, Rosa	Rain City	13.38	15	Armes, Caden	Rain City	12.20	
18	Parekh, Dahlia	Cascade	13.44	16	Forrester, Gilbert	Rain City	12.21	
19	Hoffman, Cameron	Speed Unlimited	13.59	19	Barringer, Ronan	FWTC	12.22	12
20	Seeger, Mylle	FWTC	14.21	17	Miramontes, Alex	FWTC	12.22	13
21	Herzog, Sydney	Unattached	14.28	21	Dooley, Jude	FWTC	12.50	14
22	Lorenz, Naomi	Cascade	14.30	18	Lee, Asher	Cascade	12.50	
23	Rush, Alice	FWTC	14.47	19	Jakubek, Evan	Rain City	12.57	
24	Young, Elise	Cascade	15.00	24	Shilley, Cole	Sonic Boom	12.58	15
25	Weedon, Annika	Sonic Boom	15.20	20	Zimmerman, Oscar	Rain City	12.58	
26	Davis, Sydney	Sonic Boom	15.23	21	Jackson, Will	Rain City	12.59	
27	Stewart, Lucy	Rainier Beach	15.28	27	Nowicki, Cash	W Seattle RR	13.04	16
28	Paterson, Amy	Cascade	15.33	28	Reade, Brock	FWTC	13.06	17
29	Dahlke, Aidylein	Sonic Boom	15.49	22	Campbell, Milo	Rain City	13.08	
30	Webb, Zoe	Cascade	15.53	30	Barnett, Rei	Cascade	13.11	
31	Larios, Kailyn	FWTC	16.01	23	Martin, Mazama	Rain City	13.11	
32	Hou, Darinah	Cascade	16.13	32	Stein, Leo	Rain City	13.13	
33	Surratt, Maya	W Seattle RR	17.08	33	Parda-Jay, Jonah	Rain City	13.14	
34	Houghton, Daphne	W Seattle RR	18.15	34	Frederick, William	W Seattle RR	13.14	18
35	Whitaker, Sophia	Sonic Boom	20.26	24	Galloway, Ryan	FWTC	13.27	19
36	Debock, Taya	Sonic Boom	20.28	36	Forsberg, Calvin	Cascade	13.28	
				37	Goke, Phillip	Sonic Boom	13.33	20
				38	Zehr, Dylan	FWTC	13.36	
				39	Nostrom, Hawker	FWTC	13.38	
				40	Doyle, Gage	FWTC	13.43	
				41	Ponke, Tucker	Speed Unlimited	13.45	21
				42	Barker, Polk	Rain City	13.48	
				43	Maclean, Graeme	Cascade	13.49	
				44	Maclean, Gavin	Cascade	13.55	
				45	Swart, Jet	W Seattle RR	13.58	22
				46	Diller, Jackson	Rain City	14.01	
				47	Wittman, Nick	Rain City	14.03	
				48	Morentsov, Samarth	Cascade	14.21	
				49	Thornburg, Owen	Sonic Boom	14.43	23
				50	Strasser, Syth	Sonic Boom	14.50	24
				51	Spottswood, Griffin	Cascade	14.52	
				52	Ashley, Ryan	Cascade	14.53	
				53	Martin, Ford	Speed Unlimited	15.33	25
				54	Kandukuri, Srivas	Cascade	15.38	
				55	Morris, Robbie	Cascade	16.16	
				56	Rahganathan, Raghav	Cascade	16.21	
				57	Rush, Joseph	FWTC	16.40	
				58	Busby, Aidan	W Seattle RR	17.09	26
				59	Bartkiw, Owen	Rain City	17.32	
				60	LaBonde, Gregory	Rain City	17.52	
				61	Hembrow, Jack	W Seattle RR	18.36	27
				62	Martinez, Manuel	Cascade	23.45	

	Team	Points
1	W Seattle RR	16
2	Cascade Striders	20
3	Rain City (tie breaker)	32
4	FWTC	32
5		

	Team	Points
1	Rain City	12
2	Cascade Striders	16
3	FWTC	39
4	Speed Unlimited	48
5	W Seattle RR	56
6	Sonic Boom	58

# CASCADE STRIDERS

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Age Group	13-14	Distance		4000 m			
Girls		Time	Pts	Boys		Time	Pts
1 Borsheim, Ava	FWTC	14.49	1	1 Rickey, Brennen	Cascade	14.11	1
2 Budden, Ella	Speed Unlimited	14.49		2 Dunne-Loper, Andres	Rain City	14.19	2
3 Galloway, Katelyn	FWTC	15.59	2	3 Schubert, Sam	Rain City	14.32	3
4 Couch, Julia	FWTC	16.30	3	4 Waddle, Aiden	Sun City	14.34	
5 Swihart, Claire	Rain City	16.54	4	5 Jakuc, Joachim	Cascade	14.54	4
6 Bringemeier, Kira	Cascade	17.11	5	6 Montano, Daniel	Cascade	15.22	5
7 Wilson, Talia	Cascade	17.17	6	7 Frisbie-Smith, Duncan	Rain City	15.23	6
8 Boyce, Emma	Rain City	17.29	7	8 Wilkins, Zack	Cascade	15.34	7
9 Lorenz, Hannah	Cascade	17.48	8	9 Schneider, Owen	Rain City	16.23	8
10 Hollinger, Sophie	Speed Unlimited	17.48		10 Stevens, Dexter	Rain City	16.24	9
11 Sherick, Samantha	W Seattle RR	18.02	9	11 Christensen, Toren	Cascade	16.30	10
12 Bargfrede, Chloe	Rain City	18.06	10	12 Russell, Keefe	FWTC	16.32	11
13 Mason, Sierra	W Seattle RR	18.14	11	13 Wolfe, Ethan	FWTC	16.32	12
14 Litton, Sophia	W Seattle RR	18.46	12	14 Frederick, Taylor	W Seattle RR	16.39	13
15 Mayachar, Mia	Rain City	19.11	13	15 Friis-Alfers, Isaak	W Seattle RR	16.40	14
16 Singh, Prama	Cascade	19.12	14	16 Trichel, Cameron	Speed Unlimited	16.53	
17 Soriano, Yesenia	FWTC	20.16	15	17 Hudders, Nathan	Rain City	17.05	
18 Eichenberger, Allison	Cascade	20.34	16	18 Belltran, Aaron	FWTC	17.14	15
19 Klem, Stella	W Seattle RR	21.45	17	19 Cabanier, Jasper	Rain City	17.40	
20 Mayachar, Mia	Rain City	22.04	18	20 Cardona-Rudd, Aiden	Cascade	17.42	
21 Dahlke, Breinz	Sonic Boom	23.04		21 Moazzam, Yusuf	Cascade	18.00	
22 Brathwaite, Jordyn	W Seattle RR	26.26	19	22 Rafalovich, Zohar	Cascade	18.04	
23 Martin, Jacqueline	W Seattle RR	26.38		23 Garrison, Carter	Rain City	18.22	
				24 Rene, Nathan	Rainier Beach	18.23	
				25 Wipplinger, Theodore	Rain City	19.12	
				26 Bedrosian, Matthew	Cascade	20.49	
				27 McAdams, Simeon	Rain City	20.58	
				28 Nair, Mihir	Cascade	21.55	
				29 Artigalas, Antoine	Rain City	22.40	
				30 Mount, Jason	W Seattle RR	28.08	16
				31 Liddell, Finnegan	W Seattle RR	28.09	17

	Team	Points
1	FWTC	6
2	Cascade Striders	19
3	Rain City	21
4	W Seattle RR	32
5		

	Team	Points
1	Cascade Striders	10
2	Rain City	11
3	FWTC	38
4	W Seattle RR	43
5		

# **CASCADE STRIDERS**

**CROSS COUNTRY**

Flying Feet Invitational

Saturday, October 12<sup>th</sup> 2019

<b>Age Group</b>	<b>15-18</b>	<b>Distance</b>	<b>4000 m</b>	
<b>Girls</b>		<b>Time</b>	<b>Boys</b>	<b>Time</b>
			1 Manogaran, Narendra	Cascade 16.50
			2 Strasser, Kyllor	Sonic Boom 23.16