**3A Seaking District Meet**

Southwest Athletic Complex, Seattle, WA 20-22.5

Girls 100 Meter Hurdles 3A 20.5

Name Yr School Seed Prelims Wind H#

Preliminaries

1 Laura Marty 11 Bishop Blanchet 15.36 14.85 Q NWI 1

2 Elinor Jones Toutant 11 Franklin 15.39 15.67 Q NWI 2

3 Ginger Markow 10 Bishop Blanchet 16.26 15.65 Q NWI 1

4 Emma Sexton 12 Seattle Prep 17.21 16.16 Q NWI 2

5 Adelyn Rostomily 12 Garfield 15.98 15.72 Q NWI 1

**6 Vilde Roed 12 Franklin 16.61 16.17 Q NWI 2**

7 Abbie Ranta 11 Bishop Blanchet 16.76 16.16 q NWI 1

8 Sophie Oscar 12 Interlake 16.29 16.26 q NWI 2

9 Phoebe Salowey 9 Ingraham 17.26 16.55 NWI 2

10 Melissa Loseff 12 Ingraham 16.46 16.77 NWI 2

11 Kendra Watson 9 Mercer Island 17.12 17.22 NWI 1

12 Jessie Page 12 Lake Washington 17.85 17.93 NWI 1

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| **100m Hurdles - 33"** - Varsity – Finals 22.5 |
| 1. | 11 | [Laura Marty](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=4713199) | 15.19a | [Bishop Blanchet](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=415) |  |
| 2. | 11 | [Elinor Jones Toutant](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=5291507) | 15.66a | [Franklin](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=492) |  |
| **3.** | **12** | [**Vilde Roed**](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7426668) | **15.85a** | [**Franklin**](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=492) |  |
| 4. | 12 | [Adelyn Rostomily](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=3917934) | 16.03a | [Garfield](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=493) |  |
| 5. | 12 | [Emma Sexton](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=3976817) | 16.04a | [Seattle Prep](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=425) |  |
| 6. | 10 | [Ginger Markow](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=6360164) | 16.20a | [Bishop Blanchet](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=415) |  |
| 7. | 12 | [Sophie Oscar](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=5284997) | 16.21a | [Interlake](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=407) |  |
| 8. | 11 | [Abbie Ranta](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=5271203) | 16.62a | [Bishop Blanchet](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=415) |  |

Girls 300 Meter Hurdles 3A

Name Yr School Seed Prelims H#

Preliminaries 20.5

1 Emma Sexton 12 Seattle Prep 47.39 46.84 Q 1

2 Cora Davies 12 Ingraham 48.00 47.01 Q 2

**3 Vilde Roed 12 Franklin 47.44 46.97 Q 1**

4 Elinor Jones Toutant 11 Franklin 47.03 47.50 Q 2

5 Phoebe Salowey 9 Ingraham 46.33 47.72 Q 1

6 Kendra Watson 9 Mercer Island 48.21 48.34 Q 2

7 Megan McLaughlin 11 Lake Washington 48.61 47.97 q 1

8 Abby Wagner 11 Lakeside (Seattle) 51.20 49.56 q 1

9 Noelle Mitchell 11 Bellevue 48.44 49.63 2

10 Maggie Cooper 10 West Seattle 50.00 49.69 1

11 Sara Snowden 11 Holy Names Academy 50.30 50.52 2

12 Amy Pelz 12 Roosevelt 51.18 50.59 2

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| **300m Hurdles - 30"** - Varsity – Finals 22.5 |
| 1. | 12 | [Emma Sexton](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=3976817) | 46.35a | [Seattle Prep](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=425) |  |
| 2. | 11 | [Elinor Jones Toutant](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=5291507) | 46.80a | [Franklin](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=492) |  |
| 3. | 12 | [Cora Davies](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=4762172) | 47.18a | [Ingraham](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=420) |  |
| 4. | 9 | [Phoebe Salowey](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7799847) | 47.38a | [Ingraham](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=420) |  |
| 5. | 9 | [Kendra Watson](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7881135) | 47.41a | [Mercer Island](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=410) |  |
| **6.** | **12** | [**Vilde Roed**](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7426668) | **47.51a** | [**Franklin**](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=492) |  |
| 7. | 11 | [Megan McLaughlin](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=5020054) | 48.05a | [Lake Washington](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=496) |  |
| 8. | 11 | [Abby Wagner](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=4744934) | 49.53a | [Lakeside (Seattle)](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=421) |  |