Metro Championships

Southwest Athletic Complex, Seattle, WA 13-15.5

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| **100m Hurdles - 33"** - Varsity – Prelims 13.3 | | | | | |
| 1. | 11 | [Elinor Jones Toutant](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=5291507) | 15.73a | [Franklin](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=492) |  |
| 2. | 11 | [Laura Marty](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=4713199) | 15.84a | [Bishop Blanchet](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=415) |  |
| 3. | 12 | [Adelyn Rostomily](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=3917934) | 16.45a | [Garfield](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=493) |  |
| **4.** | **12** | [**Vilde Roed**](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7426668) | **16.66a** | [**Franklin**](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=492) |  |
| 5. | 12 | [Emma Sexton](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=3976817) | 16.76a | [Seattle Prep](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=425) |  |
| 6. | 12 | [Melissa Loseff](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=3986984) | 16.86a | [Ingraham](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=420) |  |
| 7. | 10 | [Ginger Markow](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=6360164) | 16.90a | [Bishop Blanchet](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=415) |  |
| 8. | 11 | [Abbie Ranta](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=5271203) | 17.12a | [Bishop Blanchet](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=415) |  |
| 9. | 9 | [Phoebe Salowey](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7799847) | 17.26a | [Ingraham](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=420) |  |
| 10. | 11 | [Birdie Harvey](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=5283850) | 17.77a | [West Seattle](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=426) |  |
| 11. | 9 | [Maliauna Richardson](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7948843) | 17.98a | [Rainier Beach](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=424) |  |
| 12. | 12 | [Lizzie Armstrong](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=3993298) | 18.26a | [Bishop Blanchet](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=415) |  |
| 13. | 12 | [Kailee Madden](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=5215151) | 18.36a | [Lakeside (Seattle)](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=421) |  |
| 14. | 10 | [Makaila Deen](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7844956) | 18.47a | [Bainbridge](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=414) |  |
| 15. | 9 | [Adelaide Havens](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7925877) | 18.58a | [Holy Names Academy](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=419) |  |
| 16. | 9 | [Stephanie Strong](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7926749) | 18.63a | [Holy Names Academy](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=419) |  |
| 17. | 10 | [Maxine Anderson](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=6581776) | 18.68a | [Holy Names Academy](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=419) |  |
| 18. | 11 | [Sara Snowden](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7926736) | 18.73a | [Holy Names Academy](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=419) |  |
| 19. | 10 | [Ella Xiao](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=6446036) | 18.98a | [Ingraham](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=420) |  |
| 20. | 10 | [Lanai Hurd](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=6419767) | 19.10a | [Garfield](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=493) |  |
| 21. | 11 | [Amanda Siefert](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=4695610) | 19.13a | [Bainbridge](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=414) |  |
| 22. | 9 | [Jianna Kauffman](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7845074) | 19.30a | [Bainbridge](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=414) |  |
| 23. | 10 | [Keara Kennedy](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=5929214) | 19.37a | [Holy Names Academy](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=419) |  |
| 24. | 11 | [Kai Haven](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=5241161) | 19.48a | [Roosevelt](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=498) |  |
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| [X](http://www.athletic.net/TrackAndField/MeetResults.aspx?Meet=238441) **300m Hurdles - 30"** - Varsity – Prelims 13.5 | | | | | |
| 1. | 11 | [Elinor Jones Toutant](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=5291507) | 47.96a | [Franklin](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=492) |  |
| 2. | 12 | [Vilde Roed](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7426668) | 48.16a | [Franklin](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=492) |  |
| 3. | 12 | [Emma Sexton](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=3976817) | 48.30a | [Seattle Prep](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=425) |  |
| 4. | 12 | [Cora Davies](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=4762172) | 48.82a | [Ingraham](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=420) |  |
| 5. | 10 | [Maggie Cooper](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=6479871) | 50.00a | [West Seattle](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=426) |  |
| 6. | 11 | [Sara Snowden](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7926736) | 50.13a | [Holy Names Academy](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=419) |  |
| 7. | 9 | [Phoebe Salowey](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7799847) | 50.39a | [Ingraham](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=420) |  |
| 8. | 12 | [Amy Pelz](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=3978530) | 50.58a | [Roosevelt](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=498) |  |
| 9. | 11 | [Abby Wagner](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=4744934) | 50.82a | [Lakeside (Seattle)](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=421) |  |
| 10. | 12 | [Kate Maher](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=4067650) | 51.11a | [Lakeside (Seattle)](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=421) |  |
| 11. | 11 | [Kai Haven](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=5241161) | 51.49a | [Roosevelt](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=498) |  |
| 12. | 10 | [Margaret Hill](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7407257) | 51.55a | [Holy Names Academy](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=419) |  |
| 13. | 10 | [Maxine Anderson](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=6581776) | 52.04a | [Holy Names Academy](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=419) |  |
| 14. | 12 | [Kailee Madden](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=5215151) | 52.10a | [Lakeside (Seattle)](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=421) |  |
| 15. | 12 | [Monica Cohen](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=5909810) | 52.16a | [Ballard](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=489) |  |
| 16. | 9 | [Maliauna Richardson](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7948843) | 52.80a | [Rainier Beach](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=424) |  |
| 17. | 12 | [Camille Jonlin](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7842845) | 53.19a | [Roosevelt](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=498) |  |
| 18. | 10 | [Keara Kennedy](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=5929214) | 53.49a | [Holy Names Academy](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=419) |  |
| 19. | 10 | [Makaila Deen](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7844956) | 54.16a | [Bainbridge](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=414) |  |
| 20. | 11 | [Amanda Siefert](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=4695610) | 54.56a | [Bainbridge](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=414) |  |
| 21. | 9 | [Stephanie Strong](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7926749) | 55.16a | [Holy Names Academy](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=419) |  |
| 22. | 9 | [Bryonna McAfee](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7948864) | 55.33a | [Rainier Beach](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=424) |  |
| 23. | 9 | [Maia Marshall](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7925930) | 55.43a | [Holy Names Academy](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=419) |  |
| 24. | 10 | [Kirkland Kelly](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7754588) | 58.08a | [Garfield](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=493) |  |

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| **100m Hurdles - 33"** - Varsity – Finals 15.5 | | | | | |
| 1. | 11 | [Laura Marty](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=4713199) | 15.36a | [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) | 15.39a | [Franklin](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=492) |  |
| 3. | 12 | [Adelyn Rostomily](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=3917934) | 15.98a | [Garfield](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=493) |  |
| 4. | 10 | [Ginger Markow](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=6360164) | 16.26a | [Bishop Blanchet](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=415) |  |
| 5. | 12 | [Melissa Loseff](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=3986984) | 16.46a | [Ingraham](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=420) |  |
| **6.** | **12** | [**Vilde Roed**](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7426668) | **16.61a** | [**Franklin**](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=492) |  |
| 7. | 11 | [Abbie Ranta](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=5271203) | 16.76a | [Bishop Blanchet](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=415) |  |
| 8. | 12 | [Emma Sexton](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=3976817) | 17.21a | [Seattle Prep](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=425) |  |

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| **300m Hurdles - 30"** - Varsity – Finals 15.5 | | | | | |
| 1. | 9 | [Phoebe Salowey](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7799847) | 46.33a | [Ingraham](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=420) |  |
| 2. | 11 | [Elinor Jones Toutant](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=5291507) | 47.03a | [Franklin](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=492) |  |
| 3. | 12 | [Emma Sexton](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=3976817) | 47.39a | [Seattle Prep](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=425) |  |
| **4.** | **12** | [**Vilde Roed**](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7426668) | **47.44a** | [**Franklin**](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=492) |  |
| 5. | 12 | [Cora Davies](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=4762172) | 48.00a | [Ingraham](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=420) |  |
| 6. | 10 | [Maggie Cooper](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=6479871) | 50.00a | [West Seattle](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=426) |  |
| 7. | 11 | [Sara Snowden](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=7926736) | 50.30a | [Holy Names Academy](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=419) |  |
| 8. | 12 | [Amy Pelz](http://www.athletic.net/TrackAndField/Athlete.aspx?AID=3978530) | 51.18a | [Roosevelt](http://www.athletic.net/TrackAndField/School.aspx?SchoolID=498) |  |