

# 2023 Region 18 Championships

## American Heritage HS, 736 N 1100 E - American Fork, UT

May 8, 2023

### Meet Program

#### Coed Sprint Medley Varsity and Timed Finals

<b>Section 1 of 1</b>		
3) Maeser Prep Acad A	3:52.07	
<small>Rael Brickey (Sr), Samuel Keel (Jr), Colin Murphy (Sr), Austin All</small>		
4) American Heritage A		
<small>Bella Tukuafu (Fr), Daniela Valverde (So), Gracie Lawyer (So), Gr</small>		
5) Maeser Prep Acad A	5:09.29	
<small>Bethany Andersen (Sr), Katie Olsen (So), Lacey Gazaway (Sr), Sus</small>		
6) American Heritage A		
<small>Koby Fillmore (Fr), Jacob Merten (So), Josef Park (Jr), Sam Barlo</small>		

#### Girl's Sprint Medley Varsity Timed Finals

<b>Section 1 of 1</b>		
4) American Heritage A		
<small>Bella Tukuafu (Fr), Daniela Valverde (So), Gracie Lawyer (So), Gr</small>		
5) Maeser Prep Acad A	5:09.29	
<small>Bethany Andersen (Sr), Katie Olsen (So), Lacey Gazaway (Sr), Sus</small>		

#### Boy's Sprint Medley Varsity Timed Finals

<b>Section 1 of 1</b>		
3) Maeser Prep Acad A	3:52.07	
<small>Rael Brickey (Sr), Samuel Keel (Jr), Colin Murphy (Sr), Austin All</small>		
6) American Heritage A		
<small>Koby Fillmore (Fr), Jacob Merten (So), Josef Park (Jr), Sam Barlo</small>		

#### Girl's 100 mH Varsity Timed Finals

<b>Section 1 of 2</b>			
2) Madelyn Stephenson	Fr	MAES	23.81
3) Mariah Gubler	Sr	MAES	22.14
4) Avery Goslin	So	AHRT	21.34
5) Sarah Hailstone	Jr	MAES	21.68
6) Katharin Collings	Fr	MAES	23.08

<b>Section 2 of 2</b>			
2) Julianne Sessions	Sr	AHRT	21.24
3) Katie Olsen	So	MAES	19.19
4) Bree Harmon	So	AHRT	17.30
5) Bethany Andersen	Sr	MAES	17.94
6) Bella Tukuafu	Fr	AHRT	20.62

#### Boy's 110 mH Varsity Timed Finals

#### Girl's 100 meter Varsity Timed Finals

<b>Section 1 of 3</b>			
3) Ellen Larsen	So	MAES	NM
4) Eleanor Hamberger	Fr	MAES	16.39
5) Caitlyn Herbert	Fr	MAES	NM

<b>Section 2 of 3</b>			
1) Nicole Gonzalez	Sr	MAES	16.27
2) Mariah Gubler	Sr	MAES	15.86
3) Shiori Kitagawa	Jr	MAES	15.39
4) Avery Goslin	So	AHRT	15.22
5) Kora Varga	Jr	WAAC	15.30
6) Julianne Sessions	Sr	AHRT	15.75
7) Katharin Collings	Fr	MAES	16.24

<b>Section 3 of 3</b>			
1) Bethany Andersen	Sr	MAES	14.80
2) Olivia Kreitzer	So	MAES	14.31
3) Samira Sosa	So	MAES	14.08
4) Anne Marie Gibbs	Jr	AHRT	13.15
5) Bree Harmon	So	AHRT	13.43

6) Carla Beermann	So	WAAC	14.31
7) Susanna Gubler	Jr	MAES	14.52
8) Alina Gihl	So	WAAC	15.21

#### Boy's 100 meter Varsity Timed Finals

<b>Section 1 of 3</b>			
3) Andrik Essey	Fr	WAAC	NM
4) Logan Lee	So	MAES	14.23
5) Ty Parkinson	Sr	MAES	14.46

<b>Section 2 of 3</b>			
1) Samuel Black	So	WAAC	13.82
2) Samuel Keel	Jr	MAES	13.02
3) Nyan Wood	Sr	MAES	12.97
4) Colin Murphy	Sr	MAES	12.69
5) Matty Simmons	Fr	MAES	12.97
6) Owen Measom	So	WAAC	13.01
7) Kehl Cardon	Fr	MAES	13.04

<b>Section 3 of 3</b>			
1) Xuru Ren	Sr	WAAC	12.48
2) Nolan Spackman	So	AHRT	12.36
3) Wyatt Price	Jr	WAAC	12.14
4) Koby Fillmore	Fr	AHRT	11.88
5) Eli Brickey	Jr	MAES	12.08
6) Jaden Grunkemeier	Jr	MAES	12.24
7) Justin Baker	Sr	MAES	12.37
8) Jack Reed	Jr	AHRT	12.50

#### Girl's 1600 meter Varsity Timed Finals

#### Boy's 1600 meter Varsity Timed Finals

<b>Section 1 of 1</b>			
1) Austin Allred	Sr	MAES	4:37.79
2) LeGrand Callister	Jr	AHRT	4:47.94
3) Jacob Pearson	Fr	AHRT	5:07.30
4) Lucas Shepherd	So	AHRT	5:08.13
5) Ben Anderson	Sr	AHRT	5:12.84
6) Spencer Crossley	So	AHRT	5:19.67
7) Sam Barlow	Sr	AHRT	5:24.37
8) Tj Sessions	So	AHRT	5:31.57
9) Cuen Rogers	Jr	MAES	6:09.21
10) Max Hilmo	So	MAES	6:42.89
11) Logan Lee	So	MAES	7:04.89

#### Girl's 4x100 Varsity Timed Finals

<b>Section 1 of 1</b>			
4) Maeser Prep Acad A		53.24	
<small>Susanna Gubler (Jr), Samira Sosa (So), Olivia Kreitzer (So), Eva K</small>			
5) American Heritage A			
<small>Anne Marie Gibbs (Jr), Avery Goslin (So), Julianne Sessions (Sr), I</small>			

#### Boy's 4x100 Varsity Timed Finals

<b>Section 1 of 1</b>			
4) Maeser Prep Acad A		47.24	
<small>Jaden Grunkemeier (Jr), Justin Baker (Sr), Colin Murphy (Sr), Nyan</small>			
5) American Heritage A			
<small>Nolan Spackman (So), Jacob Merten (So), Jack Reed (Jr), Koby Fil</small>			

#### Girl's 400 meter Varsity Timed Finals

<b>Section 1 of 1</b>			
3) Daniela Valverde	So	AHRT	1:08.32
4) Georgia Steele	Jr	AHRT	1:07.09
5) Carla Beermann	So	WAAC	1:08.21
6) Gracie Lawyer	So	AHRT	1:08.51

#### Boy's 400 meter Varsity Timed Finals

<b>Section 1 of 2</b>			
3) Josef Park	Jr	AHRT	1:05.32
4) Rael Brickey	Sr	MAES	1:01.97
5) Spencer Crossley	So	AHRT	1:04.96
6) Dallin Gullede	Fr	MAES	1:09.38

<b>Section 2 of 2</b>			
1) Nolan Spackman	So	AHRT	1:00.13
2) Wyatt Price	Jr	WAAC	58.79
3) Colin Murphy	Sr	MAES	57.65
4) Eli Brickey	Jr	MAES	54.54
5) Xuru Ren	Sr	WAAC	56.69
6) Lucas Shepherd	So	AHRT	58.00
7) Timothy Fang	Sr	MAES	59.38
8) Nyan Wood	Sr	MAES	1:00.83

#### Girl's 300 mH Varsity Timed Finals

<b>Section 1 of 1</b>			
2) Julianne Sessions	Sr	AHRT	NM
3) Avery Goslin	So	AHRT	59.13
4) Bree Harmon	So	AHRT	49.98
5) Bella Tukuafu	Fr	AHRT	57.70
6) Sarah Hailstone	Jr	MAES	1:02.22

#### Boy's 300 mH Varsity Timed Finals

<b>Section 1 of 1</b>			
4) Ty Parkinson	Sr	MAES	59.84

#### Girl's 800 meter Varsity Timed Finals

<b>Section 1 of 1</b>			
1) Susanna Gubler	Jr	MAES	2:45.98
2) Georgia Steele	Jr	AHRT	2:46.61

#### Boy's 800 meter Varsity Timed Finals

<b>Section 1 of 1</b>			
1) LeGrand Callister	Jr	AHRT	2:04.27
2) Lucas Shepherd	So	AHRT	2:17.84
3) Timothy Fang	Sr	MAES	2:26.47
4) Spencer Crossley	So	AHRT	2:34.38
5) Cuen Rogers	Jr	MAES	2:44.74
6) Ben Decker	So	MAES	2:55.73
7) Dallin Gullede	Fr	MAES	2:59.43
8) Max Hilmo	So	MAES	3:03.40

## Girl's 200 meter Varsity

Timed Finals

Section 1 of 2			
2) Katie Olsen	So	MAES	NM
3) Kora Varga	Jr	WAAC	33.12
4) Shiori Kitagawa	Jr	MAES	31.96
5) Alina Gihl	So	WAAC	32.81
6) Mariah Gubler	Sr	MAES	34.77

Section 2 of 2			
1) Olivia Kreitzer	So	MAES	31.42
2) Carla Beermann	So	WAAC	30.55
3) Samira Sosa	So	MAES	29.18
4) Eva Kreitzer	Jr	MAES	27.89
5) Anne Marie Gibbs	Jr	AHRT	28.70
6) Gracie Lawyer	So	AHRT	30.25
7) Bethany Andersen	Sr	MAES	30.74
8) Daniela Valverde	So	AHRT	31.54

## Boy's 200 meter Varsity

Timed Finals

Section 1 of 2			
1) Koby Fillmore	Fr	AHRT	NM
2) Isaiah Ong	So	AHRT	31.04
3) Ty Parkinson	Sr	MAES	30.73
4) Owen Measom	So	WAAC	27.70
5) Samuel Black	So	WAAC	28.71
6) Dallin Gullede	Fr	MAES	30.97
7) Andrik Essey	Fr	WAAC	NM

Section 2 of 2			
1) Nyan Wood	Sr	MAES	26.51
2) Justin Baker	Sr	MAES	26.24
3) Wyatt Price	Jr	WAAC	25.89
4) Jaden Grunkemeier	Jr	MAES	24.62
5) Jack Wilkey	Jr	WAAC	24.93
6) Xuru Ren	Sr	WAAC	26.02
7) Samuel Keel	Jr	MAES	26.45
8) Kehl Cardon	Fr	MAES	26.60

## Girl's 3200 meter Varsity

Timed Finals

## Boy's 3200 meter Varsity

Timed Finals

Section 1 of 1			
1) Ben Anderson	Sr	AHRT	11:11.84
2) Jacob Pearson	Fr	AHRT	11:38.08
3) Timothy Fang	Sr	MAES	12:02.38

## Girl's 4x400 Varsity

Timed Finals

Section 1 of 1			
1) Maeser Prep Acad A			4:40.48
Lacey Gazaway (Sr), Olivia Kreitzer (So), Patty Keeley (Jr), Samir American Heritage A			
Daniela Valverde (So), Georgia Steele (Jr), Gracie Lawyer (So), B			

## Boy's 4x400 Varsity

Timed Finals

Section 1 of 1			
1) Maeser Prep Acad A			3:46.10
Jaden Grunkemeier (Jr), Kehl Cardon (Fr), Matty Simmons (Fr), A			
2) American Heritage A			
Spencer Crossley (So), Nolan Spackman (So), Jacob Pearson (Fr), I			

## Girl's Long Jump Varsity

Finals

Flight 1 of 1			
1) Anna Schreiner	Sr	MAES	9-00.50
2) Annika Mecham	Sr	MAES	12-04.00
3) Eleanor Hamberger	Fr	MAES	12-06.75
4) Lacey Gazaway	Sr	MAES	12-07.00
5) Bella Tukuafu	Fr	AHRT	12-07.50
6) Carla Beermann	So	WAAC	13-01.00
7) Madelyn Stephenson	Fr	MAES	13-05.00
8) Patty Keeley	Jr	MAES	14-00.75

9) Anne Marie Gibbs	Jr	AHRT	14-03.50
10) Eva Kreitzer	Jr	MAES	15-10.00

## Boy's Long Jump Varsity

Finals

Flight 1 of 1			
1) Jacob Merten	So	AHRT	NM
2) Xuru Ren	Sr	WAAC	NM
3) Ben Decker	So	MAES	11-10.00
4) Isaiah Ong	So	AHRT	12-06.75
5) Jack Reed	Jr	AHRT	15-05.00
6) Matty Simmons	Fr	MAES	17-06.25
7) Sam Gullede	Jr	MAES	17-11.75
8) Aidan Simmons	Jr	MAES	18-08.50
9) Eli Brickey	Jr	MAES	20-01.00

## Girl's High Jump Varsity

Finals

Flight 1 of 1			
1) Eva Kreitzer	Jr	MAES	NM
2) Katharin Collings	Fr	MAES	NM
3) Annika Mecham	Sr	MAES	4-02.00
4) Patty Keeley	Jr	MAES	4-06.00
5) Katie Olsen	So	MAES	4-08.00

## Boy's High Jump Varsity

Finals

Flight 1 of 1			
1) Jack Reed	Jr	AHRT	NM
2) Luke LaPray	Jr	AHRT	NM
3) Sam Gullede	Jr	MAES	5-04.00
4) Aidan Simmons	Jr	MAES	5-06.00
5) Owen Chenn	So	AHRT	5-08.00
6) Eli Brickey	Jr	MAES	6-00.00
7) Jack Wilkey	Jr	WAAC	6-01.50

## Girl's Javelin Varsity

Finals

Flight 1 of 1			
1) Abigail Nelson	Sr	MAES	34-09.00
2) Ciara Hernandez	Sr	MAES	46-03.00
3) Nicole Gonzalez	Sr	MAES	48-00.00
4) Eleanor Hamberger	Fr	MAES	59-07
5) Caitlyn Herbert	Fr	MAES	61-03
6) Patty Keeley	Jr	MAES	101-07

## Boy's Javelin Varsity

Finals

Flight 1 of 1			
1) Cuen Rogers	Jr	MAES	47-07.00
2) Ben Decker	So	MAES	55-08
3) Max Hilmo	So	MAES	66-06
4) Dallin Gullede	Fr	MAES	71-08
5) Jacob Merten	So	AHRT	79-08
6) Rael Brickey	Sr	MAES	91-01
7) Owen Chenn	So	AHRT	103-01
8) Aidan Simmons	Jr	MAES	107-05

## Girl's Shot Put Varsity

Finals

Flight 1 of 1			
1) Abigail Nelson	Sr	MAES	NM
2) Ellen Larsen	So	MAES	17-02.00
3) Anna Schreiner	Sr	MAES	23-06.00
4) Ciara Hernandez	Sr	MAES	25-05.50

## Boy's Shot Put Varsity

Finals

Flight 1 of 1			
1) Aidan Simmons	Jr	MAES	NM
2) Samuel Keel	Jr	MAES	32-08.50
3) Seth Larsen	Sr	MAES	36-11.00

## Girl's Discus Varsity

Finals

Flight 1 of 1			
1) Eleanor Hamberger	Fr	MAES	NM
2) Shiori Kitagawa	Jr	MAES	54-05
3) Ellen Larsen	So	MAES	55-00.50
4) Ciara Hernandez	Sr	MAES	57-07.50
5) Anna Schreiner	Sr	MAES	58-07
6) Caitlyn Herbert	Fr	MAES	61-00

## Boy's Discus Varsity

Finals

Flight 1 of 1			
1) Matty Simmons	Fr	MAES	NM
2) Rael Brickey	Sr	MAES	74-03
3) Seth Larsen	Sr	MAES	88-00