

2019 Region 4 Championships - 5/8/2019 to 5/9/2019**Pleasant Grove High School
Results****Girls 100 Meter Dash**

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 #	378	Eaton, Maddy	Lone Peak HS	13.31q	-2.5 4
2 #	393	Norton, Elizabeth	Lone Peak HS	13.42q	-5.5 3
3 #	395	Proffit, Brooklyn	Lone Peak HS	13.51q	-2.4 2
3 #	522	Pontius, Brilee	Westlake HS	13.51q	-3.1 1
5 #	396	Richter, Alison	Lone Peak HS	13.56q	-3.1 1
6 #	369	Beus, Mandy	Lone Peak HS	13.81q	-2.4 2
7 #	493	Armenta, America	Westlake HS	13.87q	-3.1 1
8 #	221	Hull, Sydney	American Fork HS	13.91q	-2.5 4
9 #	389	Lord, Victoria	Lone Peak HS	13.94	-5.5 3
10 #	495	Bradley, Madeline	Westlake HS	14.06	-2.4 2
11 #	214	Henley, Shae	American Fork HS	14.13	-2.5 4
12 #	203	Brailsford, Rebek	American Fork HS	14.18	-2.5 4
13 #	322	Weidner, Savannah	Bingham HS	14.19	-5.5 3
14 #	232	Pitcher, Ella	American Fork HS	14.39	-5.5 3
15 #	211	Golightly, Sarah	American Fork HS	14.51	-2.4 2
16 #	300	Miller, Emily	Bingham HS	14.53	-2.5 4
17 #	206	Bryan, Anna	American Fork HS	14.57	-3.1 1
18 #	323	Workman, Shelbie	Bingham HS	14.58	-2.4 2
19 #	315	Smith, Krista	Bingham HS	14.67	-5.5 3
20 #	298	Larson, Danielle	Bingham HS	14.71	-2.5 4
21 #	302	Moore, Lydia	Bingham HS	14.83	-2.4 2
22 #	509	Hill, Mikaylee	Westlake HS	15.03	-5.5 3
23 #	451	Larkin, Fiona	Pleasant Grove HS	15.56	-3.1 1
24 #	461	Severson, Emma	Pleasant Grove HS	16.11	-3.1 1
25 #	452	Lindsay, Hailey	Pleasant Grove HS	18.08	-2.4 2

Girls 100 Meter Dash

Name	Year	School	Finals	Wind	Points
Finals					
1 #	378	Eaton, Maddy	Lone Peak HS	12.27	2.6 10
2 #	396	Richter, Alison	Lone Peak HS	12.57	2.6 8
3 #	393	Norton, Elizabeth	Lone Peak HS	12.62	2.6 6
4 #	395	Proffit, Brooklyn	Lone Peak HS	12.64	2.6 5
5 #	522	Pontius, Brilee	Westlake HS	12.72	2.6 4
6 #	369	Beus, Mandy	Lone Peak HS	12.74	2.6 3
7 #	221	Hull, Sydney	American Fork HS	13.06	2.6 2
8 #	493	Armenta, America	Westlake HS	13.09	2.6 1

Girls 200 Meter Dash

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 #	207	Edwards, Madeline	American Fork HS	26.22q	0.3 2
2 #	378	Eaton, Maddy	Lone Peak HS	26.32q	0.3 2
3 #	522	Pontius, Brilee	Westlake HS	26.33q	-0.5 1
4 #	369	Beus, Mandy	Lone Peak HS	26.90q	-0.5 1
5 #	395	Proffit, Brooklyn	Lone Peak HS	26.91q	0.3 2
6 #	393	Norton, Elizabeth	Lone Peak HS	27.00q	-0.5 3
7 #	396	Richter, Alison	Lone Peak HS	27.18q	-0.1 4

2019 Region 4 Championships - 5/8/2019 to 5/9/2019**Pleasant Grove High School****Results****....Girls 200 Meter Dash**

8 #	203 Brailsford, Rebek	American Fork HS	28.03q	-0.1	4
9 #	322 Weidner, Savannah	Bingham HS	28.18	-0.1	4
10 #	493 Armenta, America	Westlake HS	28.43	0.3	2
11 #	232 Pitcher, Ella	American Fork HS	28.54	0.3	2
12 #	211 Golightly, Sarah	American Fork HS	28.62	-0.1	4
13 #	315 Smith, Krista	Bingham HS	28.72	-0.5	3
14 #	221 Hull, Sydney	American Fork HS	28.77	-0.5	1
15 #	380 Goff, Alexis	Lone Peak HS	28.87	-0.5	3
16 #	300 Miller, Emily	Bingham HS	28.95	-0.5	1
17 #	314 Smith, Eliza	Bingham HS	29.02	-0.5	1
18 #	451 Larkin, Fiona	Pleasant Grove HS	32.32	-0.5	3
19 #	461 Severson, Emma	Pleasant Grove HS	33.32	-0.1	4

Girls 200 Meter Dash

Name	Year	School	Finals	Wind	Points
Finals					
1 #	378	Eaton, Maddy	Lone Peak HS	25.19	1.7 10
2 #	207	Edwards, Madeline	American Fork HS	25.41	1.7 8
3 #	393	Norton, Elizabeth	Lone Peak HS	25.81	1.7 6
4 #	522	Pontius, Brilee	Westlake HS	25.93	1.7 5
5 #	369	Beus, Mandy	Lone Peak HS	26.06	1.7 4
6 #	396	Richter, Alison	Lone Peak HS	26.15	1.7 3
7 #	395	Proffit, Brooklyn	Lone Peak HS	26.91	1.7 2
8 #	203	Brailsford, Rebek	American Fork HS	27.15	1.7 1

Girls 400 Meter Dash

Name	Year	School	Prelims	H#
Preliminaries				
1 #	396	Richter, Alison	Lone Peak HS	58.63q 3
2 #	522	Pontius, Brilee	Westlake HS	1:00.31q 2
3 #	380	Goff, Alexis	Lone Peak HS	1:01.04q 1
4 #	368	Belliston, Ashlyn	Lone Peak HS	1:02.08q 2
5 #	379	Edwards, Rachel	Lone Peak HS	1:02.32q 3
6 #	286	Buening, Sarah	Bingham HS	1:03.32q 3
7 #	231	Orton, Elyse	American Fork HS	1:03.46q 1
8 #	296	Jones, Alison	Bingham HS	1:03.89q 2
9 #	506	Hayes, Reese	Westlake HS	1:03.92 1
10 #	298	Larson, Danielle	Bingham HS	1:04.14 2
11 #	403	Weichers, Emma	Lone Peak HS	1:05.38 1
12 #	302	Moore, Lydia	Bingham HS	1:05.88 1
13 #	401	Tew, Jane	Lone Peak HS	1:06.32 2
14 #	212	Grundvig, Melia	American Fork HS	1:07.04 3
15 #	292	Ely, Allison	Bingham HS	1:08.68 1

Girls 400 Meter Dash

Name	Year	School	Finals	Points
Finals				
1 #	396	Richter, Alison	Lone Peak HS	57.53 10
2 #	522	Pontius, Brilee	Westlake HS	58.33 8
3 #	380	Goff, Alexis	Lone Peak HS	59.25 6
4 #	286	Buening, Sarah	Bingham HS	1:01.77 5
5 #	368	Belliston, Ashlyn	Lone Peak HS	1:02.16 4
6 #	379	Edwards, Rachel	Lone Peak HS	1:02.77 3

2019 Region 4 Championships - 5/8/2019 to 5/9/2019**Pleasant Grove High School****Results****Girls 800 Meter Run**

Name	Year	School	Finals	H#	Points
1 # 406 Winger, Monet		Lone Peak HS	2:22.69	2	10
2 # 507 Heslop, Emma		Westlake HS	2:24.26	2	8
3 # 375 Chatfield, Emmy		Lone Peak HS	2:24.51	2	6
4 # 241 Stratton, Brook		American Fork HS	2:24.56	2	5
5 # 494 Ballard, Anne		Westlake HS	2:24.81	2	4
6 # 502 Eismann, Porshe		Westlake HS	2:27.01	2	3
7 # 218 Hess, Sadie		American Fork HS	2:28.31	2	2
8 # 230 Nettesheim, Lily		American Fork HS	2:28.86	2	1
9 # 217 Hess, Madison		American Fork HS	2:28.91	2	
10 # 296 Jones, Alison		Bingham HS	2:29.61	2	
11 # 404 Wilcox, Brylee		Lone Peak HS	2:30.03	2	
12 # 299 Margetts, Rachel		Bingham HS	2:30.96	1	
13 # 371 Bradshaw, Camilla		Lone Peak HS	2:32.28	1	
14 # 392 Merrill, Sarah		Lone Peak HS	2:33.67	2	
15 # 240 Stratton, Alyssa		American Fork HS	2:33.92	1	
16 # 380 Goff, Alexis		Lone Peak HS	2:34.25	2	
17 # 321 Vogler, Baylee		Bingham HS	2:34.38	1	
18 # 242 Teeples, Rebecca		American Fork HS	2:35.05	1	
19 # 525 Sampson, Lizzie		Westlake HS	2:35.22	1	
20 # 497 Brower, Isabella		Westlake HS	2:36.92	1	
21 # 446 Cryer, Becca		Pleasant Grove HS	2:38.57	1	
22 # 309 Reich, Kayla		Bingham HS	2:39.19	1	
23 # 285 Brown, Bailey		Bingham HS	2:41.17	1	
24 # 306 Peterson, Emmalee		Bingham HS	2:48.91	1	

Girls 1600 Meter Run

Name	Year	School	Finals	H#	Points
1 # 510 Jensen, Abby		Westlake HS	5:04.70	2	10
2 # 391 Meldrum, Mackenzi		Lone Peak HS	5:16.20	2	8
3 # 373 Bybee, Katie		Lone Peak HS	5:16.43	2	6
4 # 406 Winger, Monet		Lone Peak HS	5:16.70	2	5
5 # 390 Mason, Eliza		Lone Peak HS	5:16.73	2	4
6 # 507 Heslop, Emma		Westlake HS	5:16.78	2	3
7 # 564 Pitcher, Makayla		Westlake HS	5:23.64	1	2
8 # 455 McKown, Mya		Pleasant Grove HS	5:26.41	2	1
9 # 399 Smart, Taylor		Lone Peak HS	5:27.62	2	
10 # 218 Hess, Sadie		American Fork HS	5:27.84	2	
11 # 238 Shock, Danielle		American Fork HS	5:29.38	2	
12 # 494 Ballard, Anne		Westlake HS	5:33.76	2	
13 # 299 Margetts, Rachel		Bingham HS	5:35.32	1	
14 # 448 Harbertson, Maken		Pleasant Grove HS	5:37.05	1	
15 # 217 Hess, Madison		American Fork HS	5:38.14	2	
16 # 449 Johnson, Lacey		Pleasant Grove HS	5:38.25	1	
17 # 502 Eismann, Porshe		Westlake HS	5:40.89	2	
18 # 526 Scoresby, Alivia		Westlake HS	5:41.74	1	
19 # 321 Vogler, Baylee		Bingham HS	5:42.86	1	
20 # 293 Galley, Victoria		Bingham HS	5:42.87	1	
21 # 220 Hopkins, Kailey		American Fork HS	5:43.64	1	
22 # 284 Brawand, Marina		Bingham HS	5:44.24	1	
23 # 216 Hess, Mackenzie		American Fork HS	5:46.56	2	
24 # 316 Sorensen, Abby		Bingham HS	5:51.82	1	
25 # 398 Shumway, Julia		Lone Peak HS	5:54.34	1	
26 # 446 Cryer, Becca		Pleasant Grove HS	6:06.40	1	
27 # 289 Child, Chloe		Bingham HS	6:10.03	1	

2019 Region 4 Championships - 5/8/2019 to 5/9/2019**Pleasant Grove High School****Results****Girls 3200 Meter Run**

Name	Year	School	Finals	Points
1 # 455 McKown, Mya		Pleasant Grove HS	11:40.72	10
2 # 382 Hafen, Madi		Lone Peak HS	11:43.09	8
3 # 392 Merrill, Sarah		Lone Peak HS	11:45.10	6
4 # 216 Hess, Mackenzie		American Fork HS	11:46.05	5
5 # 238 Shock, Danielle		American Fork HS	11:48.27	4
6 # 219 Hopkins, Brooklyn		American Fork HS	11:57.22	3
7 # 387 Kemp, Hallie		Lone Peak HS	11:58.73	2
8 # 564 Pitcher, Makayla		Westlake HS	12:05.85	1
9 # 215 Hess, Hailey		American Fork HS	12:11.14	
10 # 388 Lehnhof, Sadie		Lone Peak HS	12:12.09	
11 # 397 Seeley, Rachel		Lone Peak HS	12:13.24	
12 # 223 Jensen, Natalie		American Fork HS	12:13.26	
13 # 293 Galley, Victoria		Bingham HS	12:22.42	
14 # 512 Lee, Macie		Westlake HS	12:22.83	
15 # 492 Allen, Kanza		Westlake HS	12:25.29	
16 # 222 Jackson, Sariah		American Fork HS	12:25.99	
17 # 374 Bybee, Kenzie		Lone Peak HS	12:32.34	
18 # 316 Sorensen, Abby		Bingham HS	12:34.09	
19 # 284 Brawand, Marina		Bingham HS	12:34.73	
20 # 526 Scoresby, Alivia		Westlake HS	12:41.60	
21 # 511 Jensen, Molly		Westlake HS	12:47.89	
22 # 301 Miller, Hope		Bingham HS	12:59.52	
23 # 289 Child, Chloe		Bingham HS	13:01.00	
24 # 318 Spigarelli, Thea		Bingham HS	13:57.99	

Girls 100 Meter Hurdles

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 # 207 Edwards, Madeline		American Fork HS	15.87q	-3.7	3
2 # 395 Proffit, Brooklyn		Lone Peak HS	16.04q	-2.0	2
3 # 385 James, Samantha		Lone Peak HS	16.52q	-2.9	1
4 # 307 Porter, Elise		Bingham HS	16.62q	-2.9	1
5 # 460 Schuenman, Amy		Pleasant Grove HS	17.11q	-2.0	2
6 # 383 Hansen, Alyce		Lone Peak HS	17.77q	-3.7	3
7 # 314 Smith, Eliza		Bingham HS	17.99q	-3.7	3
8 # 295 Johansen, Taylor		Bingham HS	18.03q	-2.0	2
9 # 384 Hartle, Chynna		Lone Peak HS	18.32	-2.9	1
10 # 505 Gregory, Alyssa		Westlake HS	18.40	-2.0	2
11 # 367 Balzen, Kaylee		Lone Peak HS	18.66	-2.9	1
12 # 459 Schaerrer, Covey		Pleasant Grove HS	18.68	-2.0	2
13 # 224 Johnson, Annika		American Fork HS	19.14	-2.9	1
14 # 297 Kowallis, Maren		Bingham HS	19.17	-2.9	1
15 # 205 Briggs, Reagan		American Fork HS	19.20	-3.7	3
16 # 201 Barlow, Micaela		American Fork HS	19.37	-3.7	3
17 # 394 Parker, Gabrielle		Lone Peak HS	19.45	-2.0	2
18 # 499 Davies, Auralee		Westlake HS	20.22	-3.7	3
19 # 209 Gear, Kaitlyn		American Fork HS	21.36	-2.0	2

2019 Region 4 Championships - 5/8/2019 to 5/9/2019**Pleasant Grove High School****Results****Girls 100 Meter Hurdles**

Name	Year	School	Finals	Wind	Points
Finals					
1 #	207	Edwards, Madeline	American Fork HS	15.18	2.7 10
2 #	395	Proffit, Brooklyn	Lone Peak HS	15.25	2.7 8
3 #	385	James, Samantha	Lone Peak HS	15.56	2.7 6
4 #	314	Smith, Eliza	Bingham HS	16.43	2.7 5
5 #	460	Schuenman, Amy	Pleasant Grove HS	16.45	2.7 4
6 #	307	Porter, Elise	Bingham HS	16.60	2.7 3
7 #	383	Hansen, Alyce	Lone Peak HS	17.28	2.7 2
8 #	295	Johansen, Taylor	Bingham HS	17.55	2.7 1

Girls 300 Meter Hurdles

Name	Year	School	Prelims	H#
Preliminaries				
1 #	207	Edwards, Madeline	American Fork HS	46.80q 3
2 #	378	Eaton, Maddy	Lone Peak HS	47.54q 2
3 #	385	James, Samantha	Lone Peak HS	49.23q 1
4 #	383	Hansen, Alyce	Lone Peak HS	49.24q 1
5 #	314	Smith, Eliza	Bingham HS	50.77q 3
6 #	312	Salisbury, Cosett	Bingham HS	51.43q 2
7 #	307	Porter, Elise	Bingham HS	51.92q 3
8 #	367	Balzen, Kaylee	Lone Peak HS	53.16q 1
9 #	394	Parker, Gabrielle	Lone Peak HS	55.25 1
10 #	208	Elmont, Cassidy	American Fork HS	55.33 2
11 #	384	Hartle, Chynna	Lone Peak HS	55.45 2
12 #	224	Johnson, Annika	American Fork HS	55.53 1
13 #	205	Briggs, Reagan	American Fork HS	56.05 2
14 #	295	Johansen, Taylor	Bingham HS	56.57 3
15 #	297	Kowallis, Maren	Bingham HS	57.04 3
16 #	209	Gear, Kaitlyn	American Fork HS	1:01.01 1
17 #	499	Davies, Auralee	Westlake HS	1:02.17 2

Girls 300 Meter Hurdles

Name	Year	School	Finals	Points
Finals				
1 #	207	Edwards, Madeline	American Fork HS	44.28 10
2 #	378	Eaton, Maddy	Lone Peak HS	45.20 8
3 #	385	James, Samantha	Lone Peak HS	45.47 6
4 #	314	Smith, Eliza	Bingham HS	47.82 5
5 #	367	Balzen, Kaylee	Lone Peak HS	49.22 4
6 #	312	Salisbury, Cosett	Bingham HS	49.76 3
7 #	307	Porter, Elise	Bingham HS	49.96 2
8 #	383	Hansen, Alyce	Lone Peak HS	51.21 1

Girls 4x100 Meter Relay

School	Finals	Points
1 Lone Peak HS 'A'	48.91	10
1) #393 Norton, Elizabeth	2) #395 Proffit, Brooklyn	
3) #369 Beus, Mandy	4) #378 Eaton, Maddy	
2 American Fork HS 'A'	51.36	8
1) #232 Pitcher, Ella	2) #221 Hull, Sydney	
3) #214 Henley, Shae	4) #211 Golightly, Sarah	

2019 Region 4 Championships - 5/8/2019 to 5/9/2019**Pleasant Grove High School****Results**

3 Bingham HS 'A'	51.69	6
1) #323 Workman, Shelbie	2) #315 Smith, Krista	
3) #300 Miller, Emily	4) #322 Weidner, Savannah	
4 Westlake HS 'A'	52.29	5
1) #495 Bradley, Madeline	2) #509 Hill, Mikaylee	
3) #523 Rigamoto, Mya	4) #514 Lungren, Katelyn	

Girls 4x400 Meter Relay

School	Finals	Points
1 Lone Peak HS 'A'	4:03.92	10
1) #368 Belliston, Ashlyn	2) #380 Goff, Alexis	
3) #391 Meldrum, Mackenzie	4) #396 Richter, Alison	
2 Bingham HS 'A'	4:15.57	8
1) #298 Larson, Danielle	2) #312 Salisbury, Cosette	
3) #296 Jones, Alison	4) #286 Buening, Sarah	
3 Westlake HS 'A'	4:19.62	6
1) #506 Hayes, Reese	2) #525 Sampson, Lizzie	
3) #514 Lungren, Katelyn	4) #494 Ballard, Anne	
4 Pleasant Grove HS 'A'	4:24.80	5
1) #446 Cryer, Becca	2) #448 Harbertson, Makena	
3) #449 Johnson, Lacey	4) #458 Runnels, Makaila	
5 American Fork HS 'A'	4:33.35	4
1) #203 Brailsford, Rebekah	2) #208 Elmont, Cassidy	
3) #241 Stratton, Brook	4) #231 Orton, Elyse	

Girls 1600 Sprint Medley

School	Finals	Points
1 Westlake HS 'A'	4:17.69	10
1) #493 Armenta, America	2) #495 Bradley, Madeline	
3) #506 Hayes, Reese	4) #510 Jensen, Abby	
2 Lone Peak HS 'A'	4:21.41	8
1) #402 Watkins, Hannah	2) #379 Edwards, Rachel	
3) #368 Belliston, Ashlyn	4) #399 Smart, Taylor	
3 Bingham HS 'A'	4:32.74	6
1) #302 Moore, Lydia	2) #323 Workman, Shelbie	
3) #286 Buening, Sarah	4) #293 Galley, Victoria	
4 American Fork HS 'A'	4:36.70	5
1) #210 Gibb, Lillian	2) #205 Briggs, Reagan	
3) #231 Orton, Elyse	4) #241 Stratton, Brook	
5 Pleasant Grove HS 'A'	4:42.62	4
1) #446 Cryer, Becca	2) #448 Harbertson, Makena	
3) #449 Johnson, Lacey	4) #458 Runnels, Makaila	

2019 Region 4 Championships - 5/8/2019 to 5/9/2019**Pleasant Grove High School****Results****Girls High Jump**

Name	Year	School	Finals	Points
1 # 307 Porter, Elise		Bingham HS	5-01.00	10
2 # 460 Schuenman, Amy		Pleasant Grove HS	4-11.00	8
3 # 227 Lott, Katie		American Fork HS	4-09.00	5.50
3 # 234 Rawlings, Lauren		American Fork HS	4-09.00	5.50
5 # 514 Lungren, Katelyn		Westlake HS	J4-09.00	3
5 # 239 Smith, Myah		American Fork HS	J4-09.00	3
5 # 377 Christensen, Rile		Lone Peak HS	J4-09.00	3
8 # 226 Lorenzana, Hannah		American Fork HS	4-07.00	1
9 # 447 Dawson, Carly		Pleasant Grove HS	J4-07.00	
10 # 370 Boggess, Meredith		Lone Peak HS	J4-07.00	
11 # 405 Wilding, Sarai		Lone Peak HS	4-05.00	
11 # 214 Henley, Shae		American Fork HS	4-05.00	
11 # 291 Dyal, Aerin		Bingham HS	4-05.00	
-- # 459 Schaerrerr, Covey		Pleasant Grove HS	NH	
-- # 400 Sorensen, Karstin		Lone Peak HS	NH	
-- # 501 Dowell, Emily		Westlake HS	NH	
-- # 500 Dille, Rachel		Westlake HS	NH	
-- # 300 Miller, Emily		Bingham HS	NH	
-- # 290 Deppe, Paige		Bingham HS	NH	

Girls Pole Vault

Name	Year	School	Finals	Points
1 # 319 Stetler, Hannah		Bingham HS	11-00.00	10
2 # 381 Grimmer, Grace		Lone Peak HS	9-06.00	8
3 # 287 Chapple, Savannah		Bingham HS	9-00.00	6
4 # 317 Spigarelli, Ella		Bingham HS	J9-00.00	5
5 # 213 Hendricks, Shayla		American Fork HS	8-06.00	4
6 # 311 Rollo, Katelynn		Bingham HS	8-00.00	3
7 # 288 Cheek, Kylie		Bingham HS	7-06.00	2
8 # 308 Putnam, Hanna		Bingham HS	6-06.00	1

Girls Long Jump

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 # 207 Edwards, Madeline		American Fork HS	16-01.00q	-2.5	1
2 # 369 Beus, Mandy		Lone Peak HS	15-10.50q	-3.5	2
3 # 505 Gregory, Alyssa		Westlake HS	15-08.00q	-2.6	2
4 # 523 Rigamoto, Mya		Westlake HS	15-05.50q	-3.2	2
5 # 232 Pitcher, Ella		American Fork HS	15-04.00q	-3.6	2
6 # 243 Tilton, Victoria		American Fork HS	15-02.25q	-3.7	2
7 # 495 Bradley, Madeline		Westlake HS	14-08.75q	-4.8	2
8 # 307 Porter, Elise		Bingham HS	14-03.00q	-2.6	1
8 # 319 Stetler, Hannah		Bingham HS	14-03.00q	-4.5	1
10 # 295 Johansen, Taylor		Bingham HS	14-02.25	-4.5	1
11 # 459 Schaerrerr, Covey		Pleasant Grove HS	14-01.50	-1.7	2
12 # 377 Christensen, Rile		Lone Peak HS	14-00.75	-3.1	1
13 # 203 Brailsford, Rebek		American Fork HS	13-11.50	-2.7	2
14 # 221 Hull, Sydney		American Fork HS	13-11.00	-4.8	2
15 # 383 Hansen, Alyce		Lone Peak HS	13-10.50	-3.4	1
16 # 453 Loder, Faith		Pleasant Grove HS	13-05.00	-2.5	1
17 # 294 Gold, Sophie		Bingham HS	12-07.00	-3.1	1
18 # 405 Wilding, Sarai		Lone Peak HS	12-06.00	-5.8	1
-- # 370 Boggess, Meredith		Lone Peak HS	FOUL	NWI	2

2019 Region 4 Championships - 5/8/2019 to 5/9/2019**Pleasant Grove High School****Results****Girls Long Jump**

Name	Year School	Finals	Wind	Points
Finals				
1 # 369 Beus, Mandy	Lone Peak HS	16-04.00	+0.0	10
2 # 232 Pitcher, Ella	American Fork HS	16-02.50	-0.6	8
3 # 207 Edwards, Madeline	American Fork HS	16-01.00	-2.5	6
4 # 505 Gregory, Alyssa	Westlake HS	15-08.00	-0.1	5
5 # 523 Rigamoto, Mya	Westlake HS	15-05.50	-3.2	4
6 # 495 Bradley, Madeline	Westlake HS	15-03.75	-1.9	3
7 # 243 Tilton, Victoria	American Fork HS	15-02.25	-3.7	2
8 # 319 Stetler, Hannah	Bingham HS	14-08.00	-2.6	1
9 # 307 Porter, Elise	Bingham HS	14-03.75	0.7	

Girls Shot Put

Name	Year School	Prelims	H#
Preliminaries			
1 # 519 Pili, Agalelei	Westlake HS	32-08.00q	2
2 # 229 Medina, Avangelin	American Fork HS	31-09.00q	2
2 # 366 Allen, Hailey	Lone Peak HS	31-09.00q	2
4 # 516 Parry, Kymberly	Westlake HS	31-07.00q	2
5 # 239 Smith, Myah	American Fork HS	30-08.00q	2
6 # 226 Lorenzana, Hannah	American Fork HS	30-01.50q	2
7 # 504 Fano, Suzy	Westlake HS	29-07.00q	2
8 # 523 Rigamoto, Mya	Westlake HS	29-01.00q	1
9 # 283 Allen, Abby	Bingham HS	28-08.00q	1
10 # 524 Rigamoto, Tieri	Westlake HS	28-04.00	2
11 # 450 Juracan, Harmony	Pleasant Grove HS	26-04.00	2
12 # 305 Ordyna, Jocelyn	Bingham HS	24-04.00	1
13 # 303 Neiswender, Jami	Bingham HS	24-00.00	1
14 # 236 Roylance, Makenna	American Fork HS	23-08.00	1
15 # 202 Belliston, Nicole	American Fork HS	23-01.00	1
15 # 376 Chatfield, Kaylee	Lone Peak HS	23-01.00	1
17 # 313 Smith, Addison	Bingham HS	21-10.00	1
18 # 304 Ngatuvai, Keilani	Bingham HS	19-09.00	1

Girls Shot Put

Name	Year School	Finals	Points
Finals			
1 # 519 Pili, Agalelei	Westlake HS	33-07.50	10
2 # 229 Medina, Avangelin	American Fork HS	32-00.00	8
3 # 366 Allen, Hailey	Lone Peak HS	31-09.00	6
4 # 516 Parry, Kymberly	Westlake HS	31-08.50	5
5 # 239 Smith, Myah	American Fork HS	30-08.00	4
6 # 226 Lorenzana, Hannah	American Fork HS	30-06.00	3
7 # 504 Fano, Suzy	Westlake HS	29-09.00	2
8 # 523 Rigamoto, Mya	Westlake HS	29-01.00	1
9 # 283 Allen, Abby	Bingham HS	28-08.00	

2019 Region 4 Championships - 5/8/2019 to 5/9/2019**Pleasant Grove High School****Results****Girls Discus Throw**

Name	Year	School	Prelims	H#
Preliminaries				
1 #	283	Allen, Abby	Bingham HS	110-03q 2
2 #	229	Medina, Avangelin	American Fork HS	104-08q 2
3 #	513	Leyva, Ximena	Westlake HS	91-01.50q 2
4 #	519	Pili, Agalelei	Westlake HS	83-02.50q 2
5 #	524	Rigamoto, Tieri	Westlake HS	81-09q 2
6 #	239	Smith, Myah	American Fork HS	76-09q 1
7 #	366	Allen, Hailey	Lone Peak HS	71-03q 2
8 #	236	Roylance, Makenna	American Fork HS	68-09q 1
9 #	202	Belliston, Nicole	American Fork HS	67-09q 1
10 #	503	Endsley, Gwen	Westlake HS	65-04.50 2
11 #	305	Ordyna, Jocelyn	Bingham HS	64-06.50 1
12 #	313	Smith, Addison	Bingham HS	52-06 1

Girls Discus Throw

Name	Year	School	Finals	Points
Finals				
1 #	283	Allen, Abby	Bingham HS	110-03 10
2 #	229	Medina, Avangelin	American Fork HS	106-01 8
3 #	513	Leyva, Ximena	Westlake HS	91-01.50 6
4 #	524	Rigamoto, Tieri	Westlake HS	84-03 5
5 #	519	Pili, Agalelei	Westlake HS	83-02.50 4
6 #	366	Allen, Hailey	Lone Peak HS	76-09 3
7 #	239	Smith, Myah	American Fork HS	J76-09 2
8 #	236	Roylance, Makenna	American Fork HS	69-07.50 1
9 #	202	Belliston, Nicole	American Fork HS	67-09

Girls Javelin Throw

Name	Year	School	Prelims	H#
Preliminaries				
1 #	226	Lorenzana, Hannah	American Fork HS	102-01q 2
2 #	381	Grimmer, Grace	Lone Peak HS	95-11q 2
3 #	505	Gregory, Alyssa	Westlake HS	87-01q 1
4 #	513	Leyva, Ximena	Westlake HS	86-03q 2
5 #	523	Rigamoto, Mya	Westlake HS	84-01.50q 2
6 #	303	Neiswender, Jami	Bingham HS	80-06q 2
7 #	520	Pili, Lia	Westlake HS	80-02q 2
8 #	400	Sorensen, Karstin	Lone Peak HS	80-01q 2
9 #	454	Loder, Kaylynn	Pleasant Grove HS	78-07q 2
10 #	308	Putnam, Hanna	Bingham HS	77-02 1
11 #	524	Rigamoto, Tieri	Westlake HS	73-02 2
12 #	236	Roylance, Makenna	American Fork HS	69-01 1
12 #	366	Allen, Hailey	Lone Peak HS	69-01 1
14 #	239	Smith, Myah	American Fork HS	66-03 1
15 #	304	Ngatuvai, Keilani	Bingham HS	63-00 1
16 #	305	Ordyna, Jocelyn	Bingham HS	48-02.50 1

2019 Region 4 Championships - 5/8/2019 to 5/9/2019**Pleasant Grove High School****Results****Girls Javelin Throw**

Name	Year School	Finals	Points
Finals			
1 # 381 Grimmer, Grace	Lone Peak HS	111-08	10
2 # 226 Lorenzana, Hannah	American Fork HS	102-01	8
3 # 513 Leyva, Ximena	Westlake HS	95-00	6
4 # 505 Gregory, Alyssa	Westlake HS	87-01	5
5 # 303 Neiswender, Jami	Bingham HS	84-11	4
6 # 523 Rigamoto, Mya	Westlake HS	84-01.50	3
7 # 454 Loder, Kaylynn	Pleasant Grove HS	83-00	2
8 # 520 Pili, Lia	Westlake HS	81-03	1
9 # 400 Sorensen, Karstin	Lone Peak HS	80-01	

Boys 100 Meter Dash

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 # 491 Wolfgramm, Kobe	Pleasant Grove HS	11.75q	-3.7	2
2 # 254 Downing, Devin	American Fork HS	11.79q	-2.4	1
3 # 244 Abbott, Boone	American Fork HS	11.89q	-2.4	1
4 # 352 Parikh, Avi	Bingham HS	11.93q	-1.2	3
4 # 415 Ellis, Porter	Lone Peak HS	11.93q	-5.4	4
6 # 330 Demartin, Adriano	Bingham HS	11.97q	-1.2	3
7 # 264 Johnson, Logan	American Fork HS	11.98q	-3.7	2
8 # 439 Ward, Gavin	Lone Peak HS	12.07q	-3.7	2
9 # 362 Wimmer, Andrew	Bingham HS	12.10	-5.4	4
10 # 473 Hayes, Dylan	Pleasant Grove HS	12.17	-1.2	3
11 # 442 Wood, Josh	Lone Peak HS	12.18	-5.4	4
11 # 546 Johnson, Kaden	Westlake HS	12.18	-3.7	2
13 # 364 Wright, Zaiden	Bingham HS	12.25	-1.2	3
14 # 444 Wright, Jonas	Lone Peak HS	12.30	-1.2	3
14 # 480 Maldonado, Jaedyn	Pleasant Grove HS	12.30	-2.4	1
14 # 543 Hayes, Caleb	Westlake HS	12.30	-2.4	1
17 # 341 Larsen, Aiden	Bingham HS	12.36	-2.4	1
18 # 248 Bramwell, Stockto	American Fork HS	12.48	-2.4	1
19 # 261 Hixon, Roberto	American Fork HS	12.50	-5.4	4
20 # 466 Carbine, David	Pleasant Grove HS	12.53	-2.4	1
21 # 430 Rugg, Conner	Lone Peak HS	12.59	-5.4	4
22 # 267 Lawrence, Zachary	American Fork HS	12.70	-3.7	2
23 # 535 Bullock, Jake	Westlake HS	12.72	-3.7	2
24 # 354 Polatis, Jared	Bingham HS	12.75	-3.7	2
25 # 432 Sherman, Ethan	Lone Peak HS	12.82	-5.4	4
26 # 542 Goodwin, Aiden	Westlake HS	12.83	-2.4	1
27 # 474 Hess, T.J.	Pleasant Grove HS	13.03	-1.2	3
28 # 561 Whiting, Colton	Westlake HS	13.14	-5.4	4
29 # 558 Tedrow, Dylan	Westlake HS	13.75	-3.7	2

2019 Region 4 Championships - 5/8/2019 to 5/9/2019**Pleasant Grove High School****Results****Boys 100 Meter Dash**

Name	Year	School	Finals	Wind	Points
Finals					
1 #	491	Wolfgramm, Kobe	Pleasant Grove HS	11.09	2.3 10
2 #	415	Ellis, Porter	Lone Peak HS	11.14	2.3 8
3 #	244	Abbott, Boone	American Fork HS	11.18	2.3 6
4 #	254	Downing, Devin	American Fork HS	11.23	2.3 5
5 #	264	Johnson, Logan	American Fork HS	11.34	2.3 4
6 #	330	Demartin, Adriano	Bingham HS	11.43	2.3 3
7 #	439	Ward, Gavin	Lone Peak HS	11.50	2.3 2
8 #	352	Parikh, Avi	Bingham HS	11.55	2.3 1

Boys 200 Meter Dash

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 #	415	Ellis, Porter	Lone Peak HS	22.84q	-1.2 4
2 #	244	Abbott, Boone	American Fork HS	23.01q	-0.9 3
3 #	254	Downing, Devin	American Fork HS	23.25q	-1.8 1
4 #	330	Demartin, Adriano	Bingham HS	23.26q	-1.8 1
5 #	439	Ward, Gavin	Lone Peak HS	23.49q	+0.0 2
6 #	264	Johnson, Logan	American Fork HS	23.66q	-0.9 3
7 #	362	Wimmer, Andrew	Bingham HS	23.81q	+0.0 2
8 #	442	Wood, Josh	Lone Peak HS	23.83q	-0.9 3
9 #	440	Whisman, Elijah	Lone Peak HS	24.19	-1.2 4
10 #	480	Maldonado, Jaedyn	Pleasant Grove HS	24.22	-0.9 3
11 #	277	Rasmussen, Tim	American Fork HS	24.36	+0.0 2
12 #	364	Wright, Zaiden	Bingham HS	24.50	-0.9 3
13 #	247	Brailsford, Derek	American Fork HS	24.51	-1.2 4
14 #	422	Miles, Corey	Lone Peak HS	24.63	+0.0 2
15 #	347	Nigh, Heston	Bingham HS	24.67	-1.8 1
16 #	257	Gilbert, Landon	American Fork HS	24.68	-1.2 4
17 #	354	Polatis, Jared	Bingham HS	24.89	-1.2 4
18 #	556	Sellick, Mark	Westlake HS	25.44	-1.2 4
19 #	484	Potter, Jaxon	Pleasant Grove HS	25.77	-0.9 3
20 #	481	Maxfield, Ian	Pleasant Grove HS	25.96	+0.0 2
21 #	558	Tedrow, Dylan	Westlake HS	26.39	-1.8 1
22 #	533	Benham, Lance	Westlake HS	26.70	+0.0 2
23 #	537	Cowan, Cooper	Westlake HS	27.50	-1.8 1
24 #	477	King, Christian	Pleasant Grove HS	28.42	+0.0 2

Boys 200 Meter Dash

Name	Year	School	Finals	Wind	Points
Finals					
1 #	415	Ellis, Porter	Lone Peak HS	22.24	+0.0 10
2 #	244	Abbott, Boone	American Fork HS	22.79	+0.0 8
3 #	254	Downing, Devin	American Fork HS	22.96	+0.0 6
4 #	264	Johnson, Logan	American Fork HS	23.11	+0.0 5
5 #	439	Ward, Gavin	Lone Peak HS	23.15	+0.0 4
6 #	330	Demartin, Adriano	Bingham HS	23.25	+0.0 3
7 #	362	Wimmer, Andrew	Bingham HS	23.78	+0.0 2

2019 Region 4 Championships - 5/8/2019 to 5/9/2019**Pleasant Grove High School****Results****Boys 400 Meter Dash**

Name	Year	School	Prelims	H#
Preliminaries				
1 #	330	Demartin, Adriano	Bingham HS	51.60q 1
2 #	530	Ballard, Blain	Westlake HS	51.87q 2
3 #	439	Ward, Gavin	Lone Peak HS	52.13q 4
4 #	247	Brailsford, Derek	American Fork HS	52.50q 3
5 #	430	Rugg, Conner	Lone Peak HS	53.24q 1
6 #	348	Ogden, Nicholas	Bingham HS	53.42q 3
7 #	277	Rasmussen, Tim	American Fork HS	53.59q 3
8 #	345	Melton, Dallin	Bingham HS	54.36q 4
9 #	422	Miles, Corey	Lone Peak HS	54.55 2
10 #	485	Powell, Logan	Pleasant Grove HS	55.16 1
11 #	432	Sherman, Ethan	Lone Peak HS	55.18 4
12 #	265	Jolley, Ryan	American Fork HS	55.39 2
13 #	334	Fuhriman, Jacob	Bingham HS	56.49 1
14 #	279	Ruchti, Jaydon	American Fork HS	56.52 3
15 #	441	Whisman, Julian	Lone Peak HS	56.56 3
16 #	339	Hunter, Mckay	Bingham HS	56.84 1
17 #	437	Tooley, Eli	Lone Peak HS	57.14 3
18 #	535	Bullock, Jake	Westlake HS	57.45 4
19 #	276	Rasmussen, Matthe	American Fork HS	57.82 2
20 #	540	Gardner, Xander	Westlake HS	57.97 4
21 #	464	Bliss, James	Pleasant Grove HS	1:01.44 4
22 #	358	Teeples, Dallin	Bingham HS	1:01.89 3
23 #	537	Cowan, Cooper	Westlake HS	1:02.01 2
24 #	533	Benham, Lance	Westlake HS	1:04.42 1

Boys 400 Meter Dash

Name	Year	School	Finals	Points
Finals				
1 #	439	Ward, Gavin	Lone Peak HS	50.51 10
2 #	330	Demartin, Adriano	Bingham HS	50.90 8
3 #	530	Ballard, Blain	Westlake HS	51.40 6
4 #	247	Brailsford, Derek	American Fork HS	51.80 5
5 #	430	Rugg, Conner	Lone Peak HS	51.93 4
6 #	277	Rasmussen, Tim	American Fork HS	52.35 3
7 #	348	Ogden, Nicholas	Bingham HS	52.93 2
8 #	345	Melton, Dallin	Bingham HS	53.02 1

Boys 800 Meter Run

Name	Year	School	Finals	H#	Points
1 #	361	Tidwell, Dylan	Bingham HS	1:57.85	2 10
2 #	360	Tidwell, Dustin	Bingham HS	1:58.18	2 8
3 #	417	Finch, Carson	Lone Peak HS	1:58.49	2 6
4 #	553	Moffat, Michael	Westlake HS	1:58.72	2 5
5 #	253	Dibb, Kooper	American Fork HS	1:59.69	2 4
6 #	262	Hysell, Ashton	American Fork HS	2:01.17	2 3
7 #	424	Mott, Tristan	Lone Peak HS	2:01.46	2 2
8 #	250	Clinger, Carson	American Fork HS	2:01.61	2 1
9 #	326	Calder, Morgan	Bingham HS	2:02.04	2
10 #	411	Clarke, Charles	Lone Peak HS	2:04.56	1
11 #	245	Baird, Andrew	American Fork HS	2:04.61	2
12 #	272	Nielsen, Aidan	American Fork HS	2:04.86	1

2019 Region 4 Championships - 5/8/2019 to 5/9/2019**Pleasant Grove High School****Results**

13 #	338 Hone, Austin	Bingham HS	2:06.90	2
14 #	271 Nelson, Samuel	American Fork HS	2:06.95	1
15 #	531 Balzotti, Dawson	Westlake HS	2:07.40	2
16 #	427 Prosser, Tye	Lone Peak HS	2:07.55	1
17 #	332 Dowdle, Jake	Bingham HS	2:07.63	2
18 #	552 Megargel, Jedidia	Westlake HS	2:08.77	1
19 #	547 Jones, Nicolas	Westlake HS	2:09.10	1
20 #	336 Guymon, Isaiah	Bingham HS	2:10.37	1
21 #	560 Westphal, Kyler	Westlake HS	2:12.32	1
22 #	536 Call, Jay	Westlake HS	2:12.87	1
23 #	441 Whisman, Julian	Lone Peak HS	2:13.17	1
24 #	410 Chandler, Kazdyn	Lone Peak HS	2:16.27	1
25 #	490 White, Ethan	Pleasant Grove HS	2:18.56	1
26 #	479 Lopez, Randy	Pleasant Grove HS	2:23.68	1

Boys 1600 Meter Run

Name	Year	School	Finals	H#	Points
1 #	251	Corbridge, Joe	American Fork HS	4:27.22	2 10
2 #	361	Tidwell, Dylan	Bingham HS	4:27.47	2 8
3 #	250	Clinger, Carson	American Fork HS	4:27.90	2 6
4 #	249	Brems, Dalton	American Fork HS	4:28.02	2 5
5 #	338	Hone, Austin	Bingham HS	4:28.51	2 4
6 #	409	Bybee, Jake	Lone Peak HS	4:34.69	2 3
7 #	553	Moffat, Michael	Westlake HS	4:35.10	2 2
8 #	360	Tidwell, Dustin	Bingham HS	4:36.28	2 1
9 #	531	Balzotti, Dawson	Westlake HS	4:37.95	2
10 #	351	Palmer, Tyson	Bingham HS	4:38.77	1
11 #	417	Finch, Carson	Lone Peak HS	4:39.55	2
12 #	411	Clarke, Charles	Lone Peak HS	4:40.25	2
13 #	278	Rawlings, Dylan	American Fork HS	4:41.40	2
14 #	424	Mott, Tristan	Lone Peak HS	4:41.79	1
15 #	549	Masias, Matt	Westlake HS	4:43.54	1
16 #	414	Doman, Luke	Lone Peak HS	4:44.02	1
17 #	552	Megargel, Jedidia	Westlake HS	4:44.64	1
18 #	353	Peterson, Jared	Bingham HS	4:47.86	1
19 #	262	Hysell, Ashton	American Fork HS	4:49.83	2
20 #	343	Margetts, McKay	Bingham HS	4:49.91	1
21 #	563	Woodrum, James	Westlake HS	4:50.53	1
22 #	281	Steed, Aaron	American Fork HS	4:50.94	2
23 #	557	Taylor, Noah	Westlake HS	4:54.00	1
24 #	475	Hillhouse, Nathan	Pleasant Grove HS	4:54.58	1
25 #	472	Harbertson, Trevi	Pleasant Grove HS	4:54.95	1
26 #	410	Chandler, Kazdyn	Lone Peak HS	4:57.04	1
27 #	463	Bean, Cameron	Pleasant Grove HS	5:03.68	1
28 #	468	Crabb, Hunter	Pleasant Grove HS	5:24.41	1

Boys 3200 Meter Run

Name	Year	School	Finals	Points
1 #	361	Tidwell, Dylan	Bingham HS	9:38.10 10
2 #	553	Moffat, Michael	Westlake HS	9:38.23 8
3 #	531	Balzotti, Dawson	Westlake HS	9:40.80 6
4 #	249	Brems, Dalton	American Fork HS	9:44.06 5
5 #	338	Hone, Austin	Bingham HS	9:51.38 4
6 #	409	Bybee, Jake	Lone Peak HS	9:52.58 3
7 #	552	Megargel, Jedidia	Westlake HS	9:53.55 2
8 #	411	Clarke, Charles	Lone Peak HS	9:55.97 1
9 #	343	Margetts, McKay	Bingham HS	10:01.69

2019 Region 4 Championships - 5/8/2019 to 5/9/2019**Pleasant Grove High School****Results**

10 #	255	Evans, Logan	American Fork HS	10:04.53
11 #	260	Hess, Nathan	American Fork HS	10:05.48
12 #	266	Kelley, Ethan	American Fork HS	10:07.55
13 #	278	Rawlings, Dylan	American Fork HS	10:09.16
14 #	281	Steed, Aaron	American Fork HS	10:09.20
15 #	467	Christen, Eric	Pleasant Grove HS	10:10.98
16 #	351	Palmer, Tyson	Bingham HS	10:14.40
17 #	353	Peterson, Jared	Bingham HS	10:21.74
18 #	410	Chandler, Kazdyn	Lone Peak HS	10:24.01
19 #	547	Jones, Nicolas	Westlake HS	10:25.83
20 #	545	Hudson, Tyler	Westlake HS	10:33.29
21 #	472	Harbertson, Trevi	Pleasant Grove HS	10:37.34
22 #	475	Hillhouse, Nathan	Pleasant Grove HS	10:37.58
23 #	431	Rummler, Dallin	Lone Peak HS	10:38.63
24 #	414	Doman, Luke	Lone Peak HS	10:43.88
25 #	356	Sumsion, Jacob	Bingham HS	11:02.75
26 #	463	Bean, Cameron	Pleasant Grove HS	11:07.54
27 #	433	Smith, Ethan	Lone Peak HS	11:15.31

Boys 110 Meter Hurdles

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 #	355	Suitter, Payton	Bingham HS	16.75q	-3.4 3
2 #	333	Erickson, Aaron	Bingham HS	16.82q	-3.0 1
3 #	541	Gerald, Isaiah	Westlake HS	17.60q	-3.0 1
3 #	487	Russon, Austin	Pleasant Grove HS	17.60q	-3.8 2
5 #	482	Mikkelsen, Axton	Pleasant Grove HS	17.70q	-3.8 2
6 #	329	Davidson, Micah	Bingham HS	17.80q	-3.0 1
7 #	256	Getter, Cardon	American Fork HS	18.25q	-3.8 2
8 #	440	Whisman, Elijah	Lone Peak HS	18.46q	-3.4 3
9 #	562	Wolff, Luke	Westlake HS	19.59	-3.4 3
10 #	277	Rasmussen, Tim	American Fork HS	19.89	-3.0 1
11 #	485	Powell, Logan	Pleasant Grove HS	20.04	-3.8 2
12 #	365	Young, Kahill	Bingham HS	20.22	-3.4 3
13 #	407	Asay, Nathan	Lone Peak HS	20.94	-3.8 2
14 #	555	Romans, Braxton	Westlake HS	22.83	-3.8 2
-- #	420	Masters, Bailey	Lone Peak HS	FS	-3.0 1
-- #	259	Harmon, Andrew	American Fork HS	DNF	-3.4 3

Boys 110 Meter Hurdles

Name	Year	School	Finals	Wind	Points
Finals					
1 #	355	Suitter, Payton	Bingham HS	15.14	1.4 10
2 #	487	Russon, Austin	Pleasant Grove HS	15.71	1.4 8
3 #	333	Erickson, Aaron	Bingham HS	15.77	1.4 6
4 #	482	Mikkelsen, Axton	Pleasant Grove HS	16.17	1.4 5
5 #	329	Davidson, Micah	Bingham HS	16.39	1.4 4
6 #	440	Whisman, Elijah	Lone Peak HS	16.56	1.4 3
7 #	541	Gerald, Isaiah	Westlake HS	17.14	1.4 2
8 #	256	Getter, Cardon	American Fork HS	17.44	1.4 1

2019 Region 4 Championships - 5/8/2019 to 5/9/2019**Pleasant Grove High School****Results****Boys 300 Meter Hurdles**

Name	Year	School	Prelims	H#
Preliminaries				
1 #	415	Ellis, Porter	Lone Peak HS	40.33q 3
2 #	333	Erickson, Aaron	Bingham HS	41.67q 2
3 #	482	Mikkelsen, Axton	Pleasant Grove HS	41.98q 3
4 #	487	Russon, Austin	Pleasant Grove HS	43.56q 2
5 #	355	Suitter, Payton	Bingham HS	43.90q 1
6 #	440	Whisman, Elijah	Lone Peak HS	43.94q 1
7 #	329	Davidson, Micah	Bingham HS	43.97q 3
8 #	272	Nielsen, Aidan	American Fork HS	44.09q 1
9 #	557	Taylor, Noah	Westlake HS	44.98 2
10 #	420	Masters, Bailey	Lone Peak HS	45.26 1
11 #	365	Young, Kahill	Bingham HS	50.33 1
12 #	407	Asay, Nathan	Lone Peak HS	53.39 3

Boys 300 Meter Hurdles

Name	Year	School	Finals	Points
Finals				
1 #	415	Ellis, Porter	Lone Peak HS	38.96 10
2 #	355	Suitter, Payton	Bingham HS	40.46 8
3 #	440	Whisman, Elijah	Lone Peak HS	40.56 6
4 #	482	Mikkelsen, Axton	Pleasant Grove HS	40.90 5
5 #	487	Russon, Austin	Pleasant Grove HS	41.08 4
6 #	333	Erickson, Aaron	Bingham HS	41.28 3
7 #	329	Davidson, Micah	Bingham HS	42.05 2
8 #	272	Nielsen, Aidan	American Fork HS	43.70 1

Boys 4x100 Meter Relay

School	Finals	Points
1 Pleasant Grove HS 'A'	43.47	10
1) #491 Wolfgramm, Kobe		
2) #473 Hayes, Dylan		
3) #480 Maldonado, Jaedyn		
4) #466 Carbine, David		
2 American Fork HS 'A'	44.00	8
1) #257 Gilbert, Landon		
2) #254 Downing, Devin		
3) #264 Johnson, Logan		
4) #244 Abbott, Boone		
3 Bingham HS 'A'	44.52	6
1) #355 Suitter, Payton		
2) #362 Wimmer, Andrew		
3) #330 Demartin, Adriano		
4) #352 Parikh, Avi		
4 Westlake HS 'A'	45.47	5
1) #546 Johnson, Kaden		
2) #549 Masias, Matt		
3) #540 Gardner, Xander		
4) #542 Goodwin, Aiden		
-- Lone Peak HS 'A'	DQ	Late Exch
1) #444 Wright, Jonas		
2) #432 Sherman, Ethan		
3) #422 Miles, Corey		
4) #442 Wood, Josh		

2019 Region 4 Championships - 5/8/2019 to 5/9/2019**Pleasant Grove High School****Results****Boys 4x400 Meter Relay**

School	Finals	Points
1 Lone Peak HS 'A'	3:28.11	10
1) #422 Miles, Corey	2) #430 Rugg, Conner	
3) #415 Ellis, Porter	4) #439 Ward, Gavin	
2 American Fork HS 'A'	3:28.27	8
1) #247 Brailsford, Derek	2) #261 Hixon, Roberto	
3) #277 Rasmussen, Tim	4) #251 Corbridge, Joe	
3 Bingham HS 'A'	3:30.89	6
1) #345 Melton, Dallin	2) #339 Hunter, Mckay	
3) #360 Tidwell, Dustin	4) #348 Ogden, Nicholas	
4 Westlake HS 'A'	3:30.98	5
1) #549 Masias, Matt	2) #535 Bullock, Jake	
3) #540 Gardner, Xander	4) #557 Taylor, Noah	
5 Pleasant Grove HS 'A'	3:37.75	4
1) #488 Smith, Matt	2) #485 Powell, Logan	
3) #487 Russon, Austin	4) #464 Bliss, James	

Boys 1600 Sprint Medley

School	Finals	Points
1 Westlake HS 'A'	3:41.08	10
1) #561 Whiting, Colton	2) #542 Goodwin, Aiden	
3) #546 Johnson, Kaden	4) #549 Masias, Matt	
2 Pleasant Grove HS 'A'	3:42.51	8
1) #467 Christen, Eric	2) #491 Wolfgramm, Kobe	
3) #473 Hayes, Dylan	4) #488 Smith, Matt	
3 Bingham HS 'A'	3:43.70	6
1) #354 Polatis, Jared	2) #347 Nigh, Heston	
3) #345 Melton, Dallin	4) #326 Calder, Morgan	
4 Lone Peak HS 'A'	3:44.13	5
1) #442 Wood, Josh	2) #440 Whisman, Elijah	
3) #432 Sherman, Ethan	4) #424 Mott, Tristan	
5 American Fork HS 'A'	3:51.86	4
1) #267 Lawrence, Zachary	2) #279 Ruchti, Jaydon	
3) #265 Jolley, Ryan	4) #266 Kelley, Ethan	

Boys High Jump

Name	Year School	Finals	Points
1 # 559 Tenney, Owen	Westlake HS	6-01.00	10
2 # 280 Smith, Jarom	American Fork HS	J6-01.00	8
3 # 408 Beckwith, Sam	Lone Peak HS	J6-01.00	6
4 # 421 Matern, Sean	Lone Peak HS	5-11.00	5
5 # 426 Niccum, McKay	Lone Peak HS	5-09.00	4
6 # 486 Ray, Derek	Pleasant Grove HS	J5-09.00	3
7 # 419 Jarema, Zach	Lone Peak HS	5-07.00	2
8 # 265 Jolley, Ryan	American Fork HS	J5-07.00	1
9 # 556 Sellick, Mark	Westlake HS	J5-07.00	
10 # 329 Davidson, Micah	Bingham HS	5-05.00	
-- # 444 Wright, Jonas	Lone Peak HS	NH	
-- # 357 Taylor, Jason	Bingham HS	NH	
-- # 350 Ordyna, Braydon	Bingham HS	NH	
-- # 324 Bastian, Connor	Bingham HS	NH	
-- # 555 Romans, Braxton	Westlake HS	NH	

2019 Region 4 Championships - 5/8/2019 to 5/9/2019**Pleasant Grove High School****Results****Boys Pole Vault**

Name	Year	School	Finals	Points
1 # 359 Thornton, Dallin		Bingham HS	12-10.00	10
2 # 429 Riley, Dallin		Lone Peak HS	12-04.00	8
3 # 269 Lott, Austin		American Fork HS	11-04.00	6
4 # 280 Smith, Jarom		American Fork HS	J11-04.00	5
5 # 416 Fietkau, Johnatha		Lone Peak HS	9-10.00	4
6 # 337 Hall, Brandon		Bingham HS	J9-10.00	3
7 # 412 Coon, Tyler		Lone Peak HS	J9-10.00	2
8 # 275 Peterson, Kevin		American Fork HS	9-04.00	1
9 # 418 Hicks, Parker		Lone Peak HS	8-10.00	
-- # 550 Maxwell, Nathan		Westlake HS	NH	
-- # 428 Rasmussen, Isaac		Lone Peak HS	NH	

Boys Long Jump

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 # 408 Beckwith, Sam		Lone Peak HS	21-06.75q	1.5	2
2 # 280 Smith, Jarom		American Fork HS	21-01.50q	1.4	2
3 # 530 Ballard, Blain		Westlake HS	20-09.25q	2.3	2
4 # 363 Woodruff, Nathan		Bingham HS	20-07.50q	2.2	2
5 # 341 Larsen, Aiden		Bingham HS	19-10.25q	2.8	1
6 # 333 Erickson, Aaron		Bingham HS	19-09.75q	1.9	2
7 # 421 Matern, Sean		Lone Peak HS	19-07.50q	2.6	2
8 # 486 Ray, Derek		Pleasant Grove HS	19-06.25q	0.9	2
9 # 482 Mikkelsen, Axton		Pleasant Grove HS	19-05.25q	2.6	2
10 # 419 Jarema, Zach		Lone Peak HS	19-02.75	3.6	1
11 # 324 Bastian, Connor		Bingham HS	19-01.00	1.4	1
12 # 257 Gilbert, Landon		American Fork HS	18-08.75	2.2	2
13 # 434 Smith, Levi		Lone Peak HS	18-08.00	1.2	2
14 # 443 Wooley, Josh		Lone Peak HS	18-06.75	3.1	1
15 # 473 Hayes, Dylan		Pleasant Grove HS	18-04.50	1.5	2
16 # 267 Lawrence, Zachary		American Fork HS	18-03.25	1.7	1
17 # 556 Sellick, Mark		Westlake HS	17-11.50	0.8	1
18 # 559 Tenney, Owen		Westlake HS	17-10.25	1.8	2
19 # 543 Hayes, Caleb		Westlake HS	16-09.25	1.7	1
-- # 364 Wright, Zaiden		Bingham HS	FOUL	NWI	1
-- # 407 Asay, Nathan		Lone Peak HS	FOUL	NWI	1

Boys Long Jump

Name	Year	School	Finals	Wind	Points
Finals					
1 # 408 Beckwith, Sam		Lone Peak HS	21-07.25	1.0	10
2 # 280 Smith, Jarom		American Fork HS	21-01.50	1.4	8
3 # 530 Ballard, Blain		Westlake HS	20-09.25	2.3	6
4 # 363 Woodruff, Nathan		Bingham HS	20-07.50	2.2	5
5 # 333 Erickson, Aaron		Bingham HS	20-01.50	2.1	4
6 # 341 Larsen, Aiden		Bingham HS	19-10.25	2.8	3
7 # 421 Matern, Sean		Lone Peak HS	19-07.50	2.6	2
8 # 486 Ray, Derek		Pleasant Grove HS	19-06.25	0.9	1
9 # 482 Mikkelsen, Axton		Pleasant Grove HS	19-05.25	2.6	

2019 Region 4 Championships - 5/8/2019 to 5/9/2019**Pleasant Grove High School****Results****Boys Shot Put**

Name	Year School	Prelims	H#
Preliminaries			
1 # 438 Wake, Masen	Lone Peak HS	45-07.50q	2
2 # 423 Mili, Tiki	Lone Peak HS	44-01.00q	2
3 # 532 Benham, Brant	Westlake HS	43-09.00q	2
4 # 425 Mumford, Gavin	Lone Peak HS	42-11.50q	2
5 # 327 Creason, Conner	Bingham HS	40-03.50q	2
6 # 263 Jackson, Nathan	American Fork HS	37-04.50q	2
7 # 436 Storrs, Kaden	Lone Peak HS	37-00.50q	2
8 # 408 Beckwith, Sam	Lone Peak HS	36-11.50q	2
9 # 544 Hayes, Jace	Westlake HS	36-07.00q	2
10 # 538 Deuel, Spencer	Westlake HS	35-07.50	2
11 # 246 Banner, Luke	American Fork HS	35-01.00	2
12 # 328 Davalos, Abel	Bingham HS	33-07.00	1
13 # 282 Walker, Riley	American Fork HS	33-06.50	1
14 # 342 Larson, Kade	Bingham HS	32-07.00	1
15 # 259 Harmon, Andrew	American Fork HS	32-02.00	1
16 # 465 Briggs, Quin	Pleasant Grove HS	31-09.00	1
17 # 325 Bremser, Preston	Bingham HS	29-11.00	1
18 # 534 Bertoch, Brady	Westlake HS	27-10.00	1

Boys Shot Put

Name	Year School	Finals	Points
Finals			
1 # 438 Wake, Masen	Lone Peak HS	45-07.50	10
2 # 423 Mili, Tiki	Lone Peak HS	44-03.50	8
3 # 532 Benham, Brant	Westlake HS	43-09.00	6
4 # 425 Mumford, Gavin	Lone Peak HS	42-11.50	5
5 # 327 Creason, Conner	Bingham HS	41-09.00	4
6 # 436 Storrs, Kaden	Lone Peak HS	38-05.50	3
7 # 263 Jackson, Nathan	American Fork HS	37-05.50	2
8 # 408 Beckwith, Sam	Lone Peak HS	36-11.50	1
9 # 544 Hayes, Jace	Westlake HS	36-07.00	

Boys Discus Throw

Name	Year School	Prelims	H#
Preliminaries			
1 # 423 Mili, Tiki	Lone Peak HS	117-09q	2
2 # 425 Mumford, Gavin	Lone Peak HS	115-05q	2
3 # 342 Larson, Kade	Bingham HS	107-10q	2
4 # 346 Ngatuvai, Isaac	Bingham HS	107-07q	2
5 # 263 Jackson, Nathan	American Fork HS	107-02q	2
6 # 436 Storrs, Kaden	Lone Peak HS	102-08.50q	2
7 # 350 Ordyna, Braydon	Bingham HS	102-01q	2
8 # 328 Davalos, Abel	Bingham HS	101-11q	2
9 # 327 Creason, Conner	Bingham HS	97-07q	2
10 # 435 Spencer, Jake	Lone Peak HS	95-10	1
11 # 538 Deuel, Spencer	Westlake HS	90-01	2
12 # 534 Bertoch, Brady	Westlake HS	88-09	1
13 # 532 Benham, Brant	Westlake HS	87-04	1
14 # 259 Harmon, Andrew	American Fork HS	87-01.50	1
15 # 273 Osgan, Brandon	American Fork HS	84-07	1
16 # 246 Banner, Luke	American Fork HS	84-02	1

2019 Region 4 Championships - 5/8/2019 to 5/9/2019**Pleasant Grove High School****Results**

17 #	270 McCallister, Cars	American Fork HS	72-03	1
18 #	331 Dority, Connor	Bingham HS	67-08	1
-- #	480 Maldonado, Jaedyn	Pleasant Grove HS	FOUL	2

Boys Discus Throw

Name	Year	School	Finals	Points
Finals				
1 #	423 Mili, Tiki	Lone Peak HS	118-09	10
2 #	425 Mumford, Gavin	Lone Peak HS	115-05	8
3 #	263 Jackson, Nathan	American Fork HS	110-06.50	6
4 #	346 Ngatuvai, Isaac	Bingham HS	108-06.50	5
5 #	342 Larson, Kade	Bingham HS	107-10	4
6 #	436 Storrs, Kaden	Lone Peak HS	102-08.50	3
7 #	328 Davalos, Abel	Bingham HS	102-06	2
8 #	350 Ordyna, Braydon	Bingham HS	102-01	1
9 #	327 Creason, Conner	Bingham HS	97-07	

Boys Javelin Throw

Name	Year	School	Prelims	H#
Preliminaries				
1 #	350 Ordyna, Braydon	Bingham HS	138-07q	2
2 #	532 Benham, Brant	Westlake HS	137-03q	2
3 #	331 Dority, Connor	Bingham HS	134-00q	2
4 #	470 Farris, Dallin	Pleasant Grove HS	129-03q	2
5 #	282 Walker, Riley	American Fork HS	126-02q	2
6 #	478 Leifson, Cade	Pleasant Grove HS	123-09q	1
7 #	425 Mumford, Gavin	Lone Peak HS	122-05q	2
8 #	270 McCallister, Cars	American Fork HS	119-07q	1
9 #	476 Johnson, Lincoln	Pleasant Grove HS	118-08q	2
10 #	327 Creason, Conner	Bingham HS	118-03	2
11 #	340 Kemp, Palmer	Bingham HS	117-03	2
12 #	280 Smith, Jarom	American Fork HS	116-02	1
13 #	269 Lott, Austin	American Fork HS	111-05	2
14 #	274 Pavich, Zachary	American Fork HS	104-02	1
15 #	328 Davalos, Abel	Bingham HS	101-04	1
16 #	344 Martin, Brett	Bingham HS	98-11	1
17 #	267 Lawrence, Zachary	American Fork HS	97-02	1
18 #	538 Deuel, Spencer	Westlake HS	95-02	1
19 #	462 Atkinson, Ashton	Pleasant Grove HS	88-11	1
20 #	426 Niccum, McKay	Lone Peak HS	86-08	1
21 #	554 Morgan, Jaxon	Westlake HS	82-09	1

Boys Javelin Throw

Name	Year	School	Finals	Points
Finals				
1 #	350 Ordyna, Braydon	Bingham HS	138-07	10
2 #	532 Benham, Brant	Westlake HS	137-03	8
3 #	331 Dority, Connor	Bingham HS	134-00	6
4 #	470 Farris, Dallin	Pleasant Grove HS	129-03	5
5 #	282 Walker, Riley	American Fork HS	126-02	4
6 #	478 Leifson, Cade	Pleasant Grove HS	123-09	3
7 #	425 Mumford, Gavin	Lone Peak HS	122-05	2
8 #	270 McCallister, Cars	American Fork HS	119-07	1
9 #	476 Johnson, Lincoln	Pleasant Grove HS	118-05	

2019 Region 4 Championships - 5/8/2019 to 5/9/2019**Pleasant Grove High School****Results**

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Women - Team Rankings - 17 Events Scored

1) Lone Peak HS	238	2) American Fork HS	137
3) Westlake HS	133	4) Bingham HS	96
5) Pleasant Grove HS	34		

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Men - Team Rankings - 17 Events Scored

1) Lone Peak HS	180	2) Bingham HS	173
3) American Fork HS	140	4) Westlake HS	81
5) Pleasant Grove HS	66		