### Welcome to the 2012 Mount Si Invitational.

### The Mount Si Invitational was put on for approximately twenty years from the late 1960’s to the late 1980’s. The meet was halted due to the deteriorating condition of the old track facility at Mount Si. Several years back a local bond was passed to update and improve the athletic facilities at Mount Si; part of this project was to create an independent track facility with a state of the art “mondo” track surface. It is now one of the premier tracks in the state surrounded by breathtaking scenery in the Upper Snoqualmie Valley. Majestic Mount Si looms beyond the finish line and the meandering Snoqualmie River is a stone’s throw away. We welcome you to the reestablishment of the Mount Si Invitational Track Meet. We are very excited you have decided to attend; we are committed to making this event a tremendous experience for all.

SCHEDULE OF EVENTS

MOUNT SI INVITATIONAL HISTORICAL MEET RECORDS

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Boys** |  |  | **Girls** |  |  |
| **Event** | **Name** | **Mark** | **Year** | **Name** | **Mark** | **Year** |
| **100m** | Sean McGuire/Selah | **11.44** | 1988 | Cheryl Taplin/Cleveland | **12.64** | 1987 |
| **200m** | Haynes/O’Dea | **22.84** | 1987 | Colleen Richardson  Holy Names | **24.94** | 1979 |
| **400m** | Scott Winschell  Tahoma | **50.44** | 1978 | Terry Coppenhaver  Enumclaw | **59.84** | 1977 |
| **800m** | Brian Fugere /O’Dea | **1:59.94** | 1974 | Mary Cronin/Bainbridge | **2:19.04** | 1977 |
| **1600m** | Jeff Green/Tahoma | **4:23.64** | 1986 | Anna Morris/Tahoma | **5:12.34** | 1979 |
| **3200m** | Kevin Knapp/Rogers | **9:40.34** | 1971 | Erica Koenig/Sea Prep | **11:27.94** | 1988 |
| **110m/100m Hurdles** | Rich Hall/Enumcla | **15.14** | 1970 | Angie Tasker/Washington | **16.14** | 1986 |
| **300m Hurdles** | Bill Robey/Mount Si | **40.74** | 1985 | Karen Bell/Timberline | **47.04** | 1981 |
| **Long jump** | Brian Siadak/Rogers | **22-4.25** | 1971 | Angie Tasker/Washington | **17-11.25** | 1986 |
| **Triple Jump** | John Taylor/Timberline | **45-10** | 1985 | Martin/Timberline | **34-5** | 1988 |
| **High Jump** | Marty Welch/O’Dea | **6-4** | 1969 | Jerstad/Timberline | **5-4** | 1981 |
| **Shotput** | Demetrius Dubose  O'Dea | **55-8** | 1989 | Roslyn Ferrington  Timberline | **41-5.75** | 1981 |
| **Discus** | Erik Johnson  Mount Si | **156-3** | 1985 | Nicole English  Timberline | **45-06.5** | 2004 |
| **Pole Vault** | Jim Kinyon/Enumclaw | **13-1** | 1986 |  |  |  |
| **4 x 100m** | Shorewood | **44.44** | 1978 | Cleveland | **50.94** | 1987 |
| **4 x 200m** |  |  |  | Enumclaw | **1:47.80** | 1979 |
| **4 x 400m** | Rogers | **3:30.64** | 1971 | Issaquah | **4:09.14** | 1977 |
| **4 x 400m** | Rogers | **3:30.64** | 1971 | Issaquah | **4:09.14** | 1977 |

|  |  |
| --- | --- |
| **10:00am** Field Warm-up begins **when** official is present.  *“Elite” high school distance/times in brackets.* | |
| 11:00 AM | 1:00 |
| Boys Shot Put (52’)  Girls Discus (110’)  Boys Javelin (150’)  Girls Pole Vault (10’)  Boys Long Jump (21’)  Girls Long Jump (16’)  Boys High Jump (6’2”) | Girls Shot Put (36’)  Boys Discus (160’)  Girls Javelin (110’)  Boys Triple Jump (44’)  Girls Triple Jump (36’) |
| Girl’s high jump (5’2”) will start 15 minutes after conclusion of boy’s high jump. | Boy’s pole vault (13’6”) will start 15 minutes after conclusion of girl’s pole vault. |
| **12:00** Girls 4 x 200m Relay (1:48:00)  **12:20** Boys 110m Hurdles (:15.9)  **12:35** Girls 100m Hurdles (:16.5)  **12:45** Boys 100m (:11.2)  **12:50** Girls 100m (:12.9)  **1:00** Boys 1600m (4:30)  **1:10** Girls 1600m (5:30)  **1:20** Boys 4 x 100m Relay (:43.5)  **1:30** Girls 4 x 100m Relay (:50.0)  **1:40** Boys 400m :51.0)  **1:50** Girls 400m (1:02.0) | **2:00** Boys 300m Hurdles (:40.0)  **2:15** Girls 300m Hurdles (:48.0)  **2:30** Boys 800m (1:58.0)  **2:40** Girls 800m (2:22.0)  **2:55** Boys 200m (:22)  **3:05** Girls 200m (:26)  **3:15** Boys 3200m (9:30)  **3:30** Girls 3200m (11:40)  **3:45** Boys 4 x 400m Relay (3:27)  **3:55** Girls 4 x 400m Relay (4:10) |
| Please note that the time schedule is approximate. The start of each event will begin as soon as possible following the previous event. We will run slightly ahead of schedule if possible. | |

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### **Mount Si Head Coaches:**

### Dave Clifford, Girls

### Gregg Meyers, Boys

### **Assistant Coaches:**

### Dave Ovall, Chris Jackson, Brian Peterman, Sean Sundwall, Megan Botulinksi

Mount Si Grads competing Track and Field at the collegiate Level:

Molly Meyers- U of I-Shot Put, Hammer

Kyle Stevens -WSU - Javelin

Georgia Reynolds- UW – Pole Vault

Brandon Roddewig- CWU -100m, 400m, 110H, Discus, HJ, LJ

Ryan Ransavage- PLU –Shot Put, Discus, Hammer

Colin Alexander- CWU – 400M. 400H, HJ, LJ, 4x400

Alex Rudd- So. Oregon U – 3000M, 5000M

Leslie Stevens- Gonzaga –Throws, Jumps

Keith Keller- BYU –Throws, Jumps

Thank you to our sponsors: QFC, The Supermarket on The Ridge, Talking Rain, Starting Gate Websites, Banner Balloon Company, Frankie’s Pizzas

TEAMS PARTICIPATING:

2A

Clover Park - Warriors - Lakewood

Sequim - Wolves - Sequim

3A

Hazen - Highlanders - Renton

Holy Names Academy - Cougars - Seattle

Mount Si - Wildcats - Snoqualmie

O'Dea - Fighting Irish - Seattle

4A

Graham-Kapowsin - Eagles - Graham

Marysville-Pilchuck - Tomahawks - Marysville

Snohomish - Panthers - Snohomish

HISTORIC TEAM CHAMPIONS

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| BOYS | | GIRLS | |  | BOYS | | GIRLS | |
| O’Dea | **1989** | | Mount Si |  | Franklin Pierce | **1979** | | Enumclaw |
| Peninsula | **1988** | | Seattle Prep |  | Washington | **1978** | | Enumclaw |
| Peninsula | **1987** | | Timberline |  |  | **1977** | | Enumclaw |
| Washington | **1986** | | Timberline |  | Puyallup | **1976** | | Issaquah |
| Tahoma | **1985** | | Timberline |  | Mount Si | **1974** | |  |
| Ellensburg | **1984** | |  |  | Enumclaw | **1972** | |  |
| Timberline | **1982** | | Rainier Beach |  | Issaquah | **1971** | |  |
| Fife | **1981** | | Fife |  | Enumclaw  Issaquah | **1970** | |  |
| Fife | **1980** | | Fife |  | Enumclaw | **1969** | |  |