

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Girls 100 Meter Dash**

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Call, Esperanza	Stansbury HS	12.73q	+0.0	4
2 Nielson, Olivia	Payson HS	12.74q	0.5	5
3 Douglas, Brenly	Stansbury HS	12.78q	+0.0	3
4 McKeachnie, Jessica	Uintah HS	12.97q	+0.0	3
5 Spencer, Joy	Uintah HS	13.02q	0.6	1
6 Ryan, Emma	Uintah HS	13.04q	0.2	2
7 Kitchen, Katelyn	Stansbury HS	13.10q	0.2	2
8 Hinkle, Kelsie	Stansbury HS	13.11q	+0.0	4
9 Muir, Kambri	Payson HS	13.11	0.6	1
10 Johnson, Saidey	Cedar Valley HS	13.25	0.2	2
11 Mecham, Emily	Tooele HS	13.27	0.6	1
12 Hansen, Lindsey	Tooele HS	13.29	0.2	2
13 Thomas, Emberlee	Payson HS	13.34	+0.0	4
14 Hyde, Eve	Uintah HS	13.39	0.5	5
15 Savage, Sophie	Payson HS	13.42	0.5	5
16 Sharp, Aidyn	Uintah HS	13.57	+0.0	4
17 Rivera, Savannah	Cottonwood HS	13.58	+0.0	3
18 Silcox, Tess	Hillcrest HS	13.60	0.6	1
19 Paluso, Emily	Cedar Valley HS	13.72	0.6	1
20 Durrant, Brittany	Stansbury HS	13.75	+0.0	3
21 Dexter, Addison	Tooele HS	13.80	0.2	2
22 Passey, Cerenna	Cedar Valley HS	13.85	0.5	5
23 Zaleski, Lindsey	Tooele HS	13.87	0.5	5
24 Wallace, Sophie	Cedar Valley HS	13.88	+0.0	3
25 Zaleski, Lauren	Tooele HS	13.90	+0.0	4
26 Moyes, Anna	Hillcrest HS	14.14	+0.0	4
27 Hernandez, Kimberly	Cottonwood HS	14.21	0.6	1
28 Harris, Mya	Hillcrest HS	14.53	0.5	5
29 Carbine, Savanah	Cottonwood HS	14.85	+0.0	4
30 Segó, Cassidy	Payson HS	15.63	0.2	2
31 Lual, Suzan	Cottonwood HS	15.88	+0.0	3
32 Holm, Aniles	Cottonwood HS	16.46	0.6	1

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Girls 200 Meter Dash**

Name	Year	School	Prelims	Wind	H#
1 Alders, Gracee		Stansbury HS	26.01q	1.2	5
2 Nielson, Olivia		Payson HS	26.09q	0.2	4
3 Hansen, Sydnie		Stansbury HS	26.70q	+0.0	3
4 Call, Esperanza		Stansbury HS	27.06q	+0.0	1
5 Mecham, Emily		Tooele HS	27.43q	0.2	4
6 Cook, Kora		Uintah HS	27.81q	+0.0	1
7 Hinkle, Kelsie		Stansbury HS	27.83q	+0.0	2
8 Muir, Kambri		Payson HS	27.85q	+0.0	2
9 Ryan, Emma		Uintah HS	28.04	1.2	5
10 Savage, Sophie		Payson HS	28.15	+0.0	1
11 Runolfson, Kaylee		Uintah HS	28.22	1.2	5
12 Spencer, Joy		Uintah HS	28.25	+0.0	3
13 Silcox, Tess		Hillcrest HS	28.37	0.2	4
14 Pectol, Miriam		Tooele HS	28.45	+0.0	1
15 Zaleski, Lindsey		Tooele HS	28.52	1.2	5
16 Thomas, Emberlee		Payson HS	28.58	+0.0	3
17 Durrant, Brittany		Stansbury HS	28.61	+0.0	2
18 Sharp, Aidyn		Uintah HS	28.80	0.2	4
19 Johnson, Maya		Tooele HS	29.25	1.2	5
20 Passey, Cerenna		Cedar Valley HS	29.27	+0.0	3
21 Paluso, Emily		Cedar Valley HS	29.33	+0.0	1
22 Moyes, Anna		Hillcrest HS	29.58	0.2	4
23 Dexter, Addison		Tooele HS	30.11	+0.0	2
24 Holman, Sofia		Cedar Valley HS	30.21	0.2	4
25 Niles, Daysha		Hillcrest HS	30.68	1.2	5
26 Hernandez, Kimberly		Cottonwood HS	30.81	+0.0	2
27 Harris, Mya		Hillcrest HS	30.81	1.2	5
28 Rivera, Savannah		Cottonwood HS	31.22	+0.0	3
29 Carbine, Savanah		Cottonwood HS	31.86	0.2	4
30 Sego, Cassidy		Payson HS	34.79	+0.0	3

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Girls 400 Meter Dash**

Name	Year School	Prelims	H#
1 Nielson, Olivia	Payson HS	59.59q	2
2 Alders, Gracee	Stansbury HS	1:00.38q	4
3 Muir, Kambri	Payson HS	1:01.20q	2
4 Hansen, Sydnie	Stansbury HS	1:03.02q	3
5 Sweet, Keira	Hillcrest HS	1:03.04q	1
6 Woodford, Addie	Uintah HS	1:03.07q	1
7 Allen, Erin	Stansbury HS	1:04.04q	3
8 Holman, Sofia	Cedar Valley HS	1:05.93q	3
9 MacDonald, Olivia	Payson HS	1:06.37	4
10 Runolfson, Kaylee	Uintah HS	1:06.87	2
11 Johnson, Maya	Tooele HS	1:06.95	3
12 Glenn, Emma	Uintah HS	1:07.24	1
13 McArthur, Brinlee	Cedar Valley HS	1:08.44	4
14 Ware, Jaycee	Tooele HS	1:08.85	2
15 Dexter, Addison	Tooele HS	1:09.38	3
16 Helmandoollar, Alissa	Cedar Valley HS	1:11.88	2
17 Howard, Lorayna	Tooele HS	1:12.20	1
18 Harris, Mya	Hillcrest HS	1:12.31	1
19 Brooks, Makena	Cottonwood HS	1:13.03	4
20 Morales, Valeria	Cottonwood HS	1:13.52	3
21 Anwar, Lara	Cottonwood HS	1:18.61	4

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Girls 3200 Meter Run**

Name	Year School	Finals	Points
Finals			
1 Huntington, Autumn	Payson HS	12:03.15	10
2 Dangerfield, Ellie	Stansbury HS	12:10.98	8
3 Payne, Nicole	Stansbury HS	12:12.26	6
4 Neslen, Edith	Hillcrest HS	12:13.13	5
5 Larsen, Leah	Stansbury HS	12:28.58	4
6 Pehrson, Mercedes	Stansbury HS	12:32.99	3
7 Scown, Eliza	Stansbury HS	12:53.72	2
8 Christensen, Madeleine	Payson HS	12:54.77	1
9 Slauch, Kate	Uintah HS	12:56.90	
10 Mavaddat, Kimiya	Hillcrest HS	13:13.96	
11 Stuart, Sam	Tooele HS	13:25.72	
12 Peacock, Ramie	Tooele HS	13:27.93	
13 Haway, Nina	Cottonwood HS	13:47.87	
14 Stanley, Valerie	Cottonwood HS	13:49.21	
15 Pearson, Lais	Tooele HS	13:49.66	
16 Critchlow, Audrey	Tooele HS	14:46.14	
17 Marble, Alisa	Tooele HS	14:46.95	

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Girls 100 Meter Hurdles**

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Oyler, Logan	Payson HS	15.98q	-2.2	2
2 Coleman, Emily	Stansbury HS	15.99q	+0.0	4
3 Alders, Gracee	Stansbury HS	16.00q	0.1	1
4 Cook, Kora	Uintah HS	16.29q	+0.0	3
5 Hutton, Alivia	Cottonwood HS	16.74q	0.1	1
6 Hartman, Rebekah	Payson HS	17.19q	-2.2	2
7 Baumgardner, Anna	Uintah HS	17.70q	+0.0	4
8 Labrum, Lauren	Uintah HS	17.82q	+0.0	3
9 Johnson, Jessi	Hillcrest HS	18.07	+0.0	3
10 Chlarson, Anabrie	Tooele HS	18.09	0.1	1
11 White, McKenzie	Uintah HS	18.46	0.1	1
12 Muhlestein, Taylor	Cedar Valley HS	18.56	+0.0	4
13 Jenkins, Abby	Tooele HS	18.72	-2.2	2
14 Peterson, Sophie	Hillcrest HS	18.73	+0.0	4
15 Sillito, Emery	Cedar Valley HS	18.90	-2.2	2
16 Golding, Erica	Payson HS	19.39	+0.0	3
17 Everett, McKenna	Cedar Valley HS	20.01	+0.0	3
18 Black, Rachel	Hillcrest HS	20.09	+0.0	4
19 Haaga, Isabella	Cottonwood HS	20.67	-2.2	2
20 Cazier, Alyssa	Tooele HS	21.11	0.1	1
21 Merino, Jenessa	Cottonwood HS	22.58	0.1	1
22 Porter, Makenzie	Cedar Valley HS	22.74	+0.0	4
23 Lawton, Avery	Tooele HS	22.82	+0.0	3
24 Blair, Lindy	Cedar Valley HS	22.91	+0.0	4
25 Korth, Lola	Tooele HS	23.05	-2.2	2

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Girls 300 Meter Hurdles**

Name	Year	School	Prelims	H#
1 Coleman, Emily		Stansbury HS	47.82q	4
2 Hartman, Rebekah		Payson HS	48.64q	3
3 Cook, Brei		Payson HS	48.92q	1
4 Chlarson, Anabrie		Tooele HS	50.77q	1
5 Peterson, Sophie		Hillcrest HS	51.72q	2
6 Kitchen, Katelyn		Stansbury HS	52.06q	4
7 Labrum, Lauren		Uintah HS	52.48q	1
8 Oyler, Logan		Payson HS	53.12q	4
9 Reyes, Isabella		Cedar Valley HS	53.85	2
10 Johnson, Jessi		Hillcrest HS	53.94	1
11 White, McKenzie		Uintah HS	54.18	3
12 MacDonald, Olivia		Payson HS	54.53	3
13 Wallace, Sophie		Cedar Valley HS	55.70	2
14 Golding, Erica		Payson HS	55.93	1
15 Jenkins, Abby		Tooele HS	57.38	1
16 Clements, Esther		Cedar Valley HS	58.17	4
17 Muhlestein, Taylor		Cedar Valley HS	58.39	3
18 Everett, McKenna		Cedar Valley HS	59.39	3
19 Korth, Lola		Tooele HS	1:00.69	2
20 Cazier, Alyssa		Tooele HS	1:02.16	3
21 Haaga, Isabella		Cottonwood HS	1:06.45	4
22 Merino, Jenessa		Cottonwood HS	1:07.69	3
23 Lawton, Avery		Tooele HS	1:07.84	4

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Girls 4x200 Meter Relay**

School	Finals	Points
Finals		
1 Stansbury HS 'A'	1:46.07	10
1) Douglas, Brenly	2) Call, Esperanza	
3) Hansen, Sydney	4) Kitchen, Katelyn	
2 Uintah HS 'A'	1:50.57	8
1) Ryan, Emma	2) Spencer, Joy	
3) Sharp, Aidyn	4) Runolfson, Kaylee	
3 Hillcrest HS 'A'	1:53.62	6
1) Silcox, Tess	2) Peterson, Sophie	
3) Johnson, Jessi	4) Sweet, Keira	
4 Payson HS 'A'	1:53.63	5
1) Thomas, Emberlee	2) Oyler, Logan	
3) Golding, Erica	4) Savage, Sophie	
5 Tooele HS 'A'	1:55.84	4
1) Zaleski, Lauren	2) Johnson, Maya	
3) Terry, Erin	4) Mecham, Emily	
6 Cottonwood HS 'A'	1:56.73	3
1) Hutton, Alivia	2) Morales, Valeria	
3) Hernandez, Kimberly	4) Rivera, Savannah	

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Girls 4x800 Meter Relay**

School	Finals	Points
1 Stansbury HS 'A'	10:11.12	10
1) Jensen, Charlotte	2) Allen, Erin	
3) Payne, Nicole	4) Dangerfield, Ellie	
2 Payson HS 'A'	10:14.34	8
1) Christensen, Madeleine	2) Huntington, Autumn	
3) Rasmussen, Tori	4) McKenna, Reagan	
3 Hillcrest HS 'A'	10:34.06	6
1) McCann, Claire	2) Mavaddat, Kimiya	
3) Ames, Anna	4) Neslen, Edith	
4 Uintah HS 'A'	10:54.04	5
1) Slaugh, Kate	2) Gleason, Kambri	
3) Horrocks, Dalli	4) White, McKenzie	
5 Tooele HS 'A'	10:58.87	4
1) Peacock, Ramie	2) Korth, Lola	
3) Pearson, Lais	4) Critchlow, Audrey	
6 Cottonwood HS 'A'	11:16.95	3
1) Hill, Elena	2) Wooten, Kat	
3) Haway, Nina	4) Brooks, Makena	

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Girls High Jump**

Name	Year School	Finals	Points
1 Cook, Kora	Uintah HS	5-00.00	10
2 Larson, Ellie	Cedar Valley HS	4-10.00	8
3 Nielson, Olivia	Payson HS	4-08.00	6
4 Woodford, Addie	Uintah HS	J4-08.00	5
5 Ware, Jaycee	Tooele HS	J4-08.00	4
6 McKeachnie, Jessica	Uintah HS	J4-08.00	3
7 MacDonald, Olivia	Payson HS	J4-08.00	2
8 Stewart, Lindsey	Uintah HS	J4-08.00	1
9 Coleman, Emily	Stansbury HS	4-06.00	
10 Glenn, Emma	Uintah HS	J4-06.00	
11 Hancock, Isabelle	Tooele HS	J4-06.00	
11 Shaffer, Haileigh	Tooele HS	J4-06.00	
13 Chlarson, Anabrie	Tooele HS	J4-06.00	
14 Reyes, Isabella	Cedar Valley HS	4-04.00	
14 Johnson, Brylee	Tooele HS	4-04.00	
16 Emfield, Elise	Cedar Valley HS	J4-04.00	
17 Blair, Lindy	Cedar Valley HS	4-02.00	
18 Lual, Suzan	Cottonwood HS	J4-02.00	
-- Sillito, Emery	Cedar Valley HS	NH	
-- Black, Rachel	Hillcrest HS	NH	

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Girls Pole Vault**

Name	Year School	Finals
1 Ames, Anna	Hillcrest HS	10-06.00
2 Johnson, Saidey	Cedar Valley HS	8-06.00
3 Sillito, Emery	Cedar Valley HS	J6-00.00
4 Nelson, Charly	Hillcrest HS	8-00.00
6 Palmer, Aubrey	Cedar Valley HS	5-06.00
6 Siavrakas, Lindsay	Hillcrest HS	5-06.00
6 Churchill, Alessandra	Cedar Valley HS	5-06.00
9 Johnson, Abbie	Payson HS	J8-06.00

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Girls Discus Throw**

Name	Year School	Prelims	H#
Preliminaries			
1 Crane, Rylee	Uintah HS	99-06q	3
2 Stewart, Lindsey	Uintah HS	95-10q	3
3 Christensen, Jacobi	Uintah HS	95-03q	3
4 Fifita, Finekafa	Tooele HS	94-06q	3
5 Palmer, Kennedie	Stansbury HS	94-04q	3
6 Young, Brinsley	Payson HS	93-03q	3
7 Hansen, Kailey	Payson HS	87-01q	3
8 Morton, Abby	Uintah HS	86-07q	3
9 Romrell, Daphne	Payson HS	81-10q	2
10 Langi, Kelsy	Cedar Valley HS	79-08	1
11 Lauber, Rae	Cedar Valley HS	79-04	2
12 Johansen, Cassie	Tooele HS	79-03	2
13 Willson, Kanela	Tooele HS	77-09	3
14 Manousakis, Maria	Hillcrest HS	77-06	2
15 Linde, Brinley	Cedar Valley HS	76-04	2
16 Lundgreen, Dakota	Tooele HS	74-06	3
17 Wright, Jane	Hillcrest HS	72-09	2
18 Christensen, Paityn	Uintah HS	69-11	2
19 Swensen, Audrey	Cedar Valley HS	69-10	2
20 McVey, Ashtyn	Hillcrest HS	68-07	1
21 Sandusky, Sara	Cottonwood HS	66-10	1
22 Johnson, Kynzie	Payson HS	64-08	1
23 Berets, Lucia	Cottonwood HS	62-06	1
24 Erekson, Kay	Hillcrest HS	58-05	1
25 Rice, Elizabeth	Cedar Valley HS	53-03	1
26 Slama-Catron, Abigail	Hillcrest HS	50-10	1
27 Lopez, Samahra	Cottonwood HS	47-03	1
-- Ashby, Aleah	Tooele HS	FOUL	3

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Girls Discus Throw**

Name	Year School	Finals	Points
Finals			
1 Crane, Rylee	Uintah HS	99-06	10
2 Stewart, Lindsey	Uintah HS	95-10	8
3 Christensen, Jacobi	Uintah HS	95-03	6
4 Fifita, Finekafa	Tooele HS	94-06	5
5 Palmer, Kennedie	Stansbury HS	94-04	4
6 Young, Brinsley	Payson HS	93-03	3
7 Hansen, Kailey	Payson HS	87-01	2
8 Morton, Abby	Uintah HS	86-07	1
9 Romrell, Daphne	Payson HS	81-10	

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Boys 100 Meter Dash**

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Jordan, Jayden	Cedar Valley HS	10.99q	0.6	1
2 Hamilton, Dylan	Stansbury HS	10.99q	-1.0	5
3 Corbett, Jackson	Stansbury HS	11.07q	0.6	1
4 Spanheimer, Denver	Payson HS	11.17q	+0.0	4
5 Remington, Andrew	Uintah HS	11.18q	0.1	3
6 Robinson, Rett	Payson HS	11.26q	+0.0	4
7 Killian, Gavin	Cedar Valley HS	11.26q	0.2	2
8 Gregory, Chevas	Cedar Valley HS	11.27q	0.1	3
9 Wall, Dylan	Payson HS	11.36	0.2	2
10 Holm, James	Cottonwood HS	11.52	+0.0	4
11 Black, Tayden	Hillcrest HS	11.57	0.6	1
12 Jakins, Brayden	Cedar Valley HS	11.57	-1.0	5
13 Hallet, Hunter	Uintah HS	11.61	+0.0	4
14 Johansen, Palmer	Cottonwood HS	11.62	0.6	1
15 Bullock, Stryker	Uintah HS	11.69	-1.0	5
16 Broyles, Braedon	Hillcrest HS	11.70	0.1	3
17 Batty, Zander	Uintah HS	11.70	0.6	1
18 Rady, Bryson	Stansbury HS	11.72	0.1	3
19 Eyre, Brayden	Stansbury HS	11.77	0.2	2
20 Morrill, Benjamin	Payson HS	11.78	-1.0	5
21 Eyre, Bryson	Stansbury HS	11.81	0.2	2
22 Batimana, Malakai	Hillcrest HS	11.82	0.1	3
23 Wettstein, Ashton	Tooele HS	11.85	0.1	3
24 Vaiaoga, Kione	Cottonwood HS	11.90	-1.0	5
25 Cram, Treyson	Cedar Valley HS	11.91	+0.0	4
26 Luciano, Greco	Cottonwood HS	11.99	+0.0	4
27 Gonzalez, Alex	Hillcrest HS	11.99	0.2	2
28 Frandsen, Michael	Payson HS	12.14	-1.0	5
29 Bowser, Cooper	Tooele HS	12.23	0.2	2
30 Willson, Joshua	Tooele HS	12.58	0.1	3
31 Phillips, Pierson	Tooele HS	12.65	+0.0	4
32 Rimmasch, Alec	Uintah HS	12.75	0.6	1
33 Moffat, Jackson	Cottonwood HS	13.16	0.2	2

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Boys 200 Meter Dash**

Name	Year	School	Prelims	Wind	H#
1 Corbett, Jackson		Stansbury HS	22.39q	1.3	2
2 Remington, Andrew		Uintah HS	22.70q	0.9	1
3 Jordan, Jayden		Cedar Valley HS	22.86q	0.1	3
4 Gregory, Chevas		Cedar Valley HS	22.90q	0.9	1
5 Norton, Gavin		Cedar Valley HS	23.08q	1.3	4
6 Spanheimer, Denver		Payson HS	23.08q	0.7	5
7 Killian, Gavin		Cedar Valley HS	23.15q	0.1	3
8 Gonzales, Josiah		Hillcrest HS	23.44q	1.3	2
9 Robinson, Rett		Payson HS	23.62	0.7	5
10 Holm, James		Cottonwood HS	23.76	0.9	1
11 Hansen, Cooper		Cedar Valley HS	23.80	1.3	4
12 Broyles, Braedon		Hillcrest HS	23.88	0.7	5
13 Scow, Joshua		Uintah HS	23.94	1.3	2
14 Bullock, Stryker		Uintah HS	23.98	0.9	1
15 Paul, Mateo		Hillcrest HS	24.04	1.3	2
16 Rady, Bryson		Stansbury HS	24.11	1.3	2
17 Johnson, Niklas		Stansbury HS	24.13	0.7	5
18 Wettstein, Ashton		Tooele HS	24.19	0.1	3
19 Drew, Aiden		Stansbury HS	24.22	0.1	3
20 Gonzalez, Alex		Hillcrest HS	24.40	1.3	4
21 Johansen, Palmer		Cottonwood HS	24.44	1.3	4
22 Tello, Wesley		Hillcrest HS	24.47	1.3	4
23 Rowley, Jace		Stansbury HS	24.48	0.9	1
24 Proctor, Ty		Tooele HS	24.49	0.9	1
25 Sanders, Gabriel		Payson HS	25.11	0.9	1
26 Bowser, Cooper		Tooele HS	25.16	0.1	3
27 Rimmasch, Kyle		Uintah HS	25.21	1.3	2
28 Phillips, Pierson		Tooele HS	25.94	0.7	5
29 Phillips, Nathan		Tooele HS	26.34	1.3	4
30 Vallejo, Samuel		Cottonwood HS	26.41	0.1	3
31 Loveless Delamora, Caleb		Cottonwood HS	26.47	0.7	5
32 Winter, Canyon		Cottonwood HS	30.04	1.3	2

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Boys 400 Meter Dash**

Name	Year School	Prelims	H#
1 Scow, Joshua	Uintah HS	51.50q	1
2 Gonzales, Josiah	Hillcrest HS	51.77q	4
3 Hansen, Cooper	Cedar Valley HS	52.24q	1
4 Hanson, Hunter	Hillcrest HS	52.39q	2
5 Norton, Gavin	Cedar Valley HS	52.40q	2
6 Hadlock, Kanden	Stansbury HS	53.24q	3
7 Deeter, Caleb	Stansbury HS	53.61q	1
8 Tello, Wesley	Hillcrest HS	53.62q	2
9 Orbezua Black, Naaman	Cottonwood HS	53.68	2
10 Ivers, Tanner	Payson HS	54.01	4
11 Drew, Aiden	Stansbury HS	54.14	4
12 Allred, Jarom	Stansbury HS	54.42	3
13 Rimmasch, Carter	Uintah HS	54.75	1
14 Bybee, Landon	Cedar Valley HS	54.96	4
15 Shaw, Jonah	Payson HS	55.21	2
16 Bronder, Griffin	Tooele HS	55.45	3
17 Black, Tayden	Hillcrest HS	55.63	2
18 Rimmasch, Kyle	Uintah HS	55.91	2
19 Juber, Braxton	Cedar Valley HS	56.32	1
20 Limburg, Skyelar	Cottonwood HS	56.46	3
21 Marvin, Mason	Payson HS	56.71	1
22 Mower, Andrew	Tooele HS	57.36	4
23 Sollers, Marcus	Hillcrest HS	58.34	3
24 Richins, Corbin	Payson HS	58.88	4
25 Brooks, Kaden	Cottonwood HS	59.24	1
26 Merryweather, Colby	Cottonwood HS	1:01.31	1
27 Carrick, Tyler	Payson HS	1:03.40	3
28 Earl, Kolt	Tooele HS	1:05.02	2
29 Bruns, Matthew	Cottonwood HS	1:05.35	4

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Boys 3200 Meter Run**

Name	Year School	Finals	H#	Points
Finals				
1 Scown, Paul	Stansbury HS	9:35.21	2	10
2 Beazer, Brent	Stansbury HS	9:47.42	2	8
3 Sidwar, Mason	Cedar Valley HS	9:49.46	2	6
4 Anderson, David	Uintah HS	9:58.72	2	5
5 Allen, Jj	Stansbury HS	10:02.58	2	4
6 Reinhart, Evan	Stansbury HS	10:19.41	2	3
7 Timmerman, Sam	Hillcrest HS	10:22.53	2	2
8 Bell, Carter	Stansbury HS	10:24.60	2	1
9 Martin, Josh	Hillcrest HS	10:26.54	2	
10 Thompson, Timothy	Cottonwood HS	10:27.20	2	
11 Bolander, Joshua	Cedar Valley HS	10:38.21	2	
12 Gowen, Heston	Uintah HS	10:38.85	2	
13 Glover, Zack	Hillcrest HS	10:55.29	1	
14 Romanovsky, Andrew	Hillcrest HS	10:55.54	1	
15 Richens, Kade	Uintah HS	11:09.08	2	
16 Keller, Matt	Hillcrest HS	11:13.00	2	
17 Berry, Tyler	Tooele HS	11:13.60	1	
18 Bronder, Griffin	Tooele HS	11:18.27	1	
19 Merryweather, Ethan	Cottonwood HS	11:29.08	1	
20 Sampson, Gideon	Cedar Valley HS	11:29.90	1	
21 Shannon, Cade	Cedar Valley HS	11:34.71	1	
22 Anderson, Damon	Payson HS	11:46.50	1	
23 Kenison, Lincoln	Tooele HS	11:50.17	2	
24 Marvin, Jackson	Payson HS	11:51.89	1	
25 Droubay, Carson	Tooele HS	12:06.94	1	
26 Stinson, Zachary	Payson HS	12:11.83	1	
27 Day, Lincoln	Tooele HS	12:15.83	1	
28 Durtschi, William	Cottonwood HS	12:40.49	1	
29 Magoffin, Devin	Cedar Valley HS	12:49.98	1	
30 Kalimasi, Terrence	Cottonwood HS	12:51.96	1	
31 Lai, Logan	Cottonwood HS	13:21.60	1	

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Boys 110 Meter Hurdles**

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1		Spanheimer, Denver	Payson HS	14.84q	0.4 3
2		Olson, Ethan	Payson HS	15.59q	0.2 2
3		Lambert, Gage	Stansbury HS	15.90q	0.1 1
4		Murray, Jake	Uintah HS	16.11q	0.2 2
5		Womack, Carter	Stansbury HS	16.32q	0.4 3
6		Christensen, Chase	Cedar Valley HS	16.38q	0.1 1
7		Warren, Dallin	Payson HS	16.94q	0.2 2
8		Simper, Joseph	Tooele HS	17.16q	0.4 3
9		Kamketar, Kunal	Hillcrest HS	17.58	0.1 1
10		Proebstel, Henry	Tooele HS	18.25	0.1 1
11		Huber, Drew	Uintah HS	18.45	0.4 3
12		Smith, Kanen	Cedar Valley HS	18.53	0.2 2
13		Davis, Briggs	Cedar Valley HS	18.80	0.4 3
14		Farrer, William	Payson HS	19.34	0.2 2
15		Oviatt, Patrick	Hillcrest HS	19.54	0.1 1
16		Ramakrishnan, Adharsh	Hillcrest HS	20.31	0.2 2
17		Bunting, Brody	Tooele HS	20.89	0.1 1
18		Colton, Ian	Cottonwood HS	21.87	0.4 3

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Boys 300 Meter Hurdles**

Name	Year School	Prelims	H#
1 Olson, Ethan	Payson HS	41.06q	3
2 Warren, Dallin	Payson HS	42.08q	2
3 Simper, Joseph	Tooele HS	42.55q	2
4 Lambert, Gage	Stansbury HS	42.96q	1
5 Womack, Carter	Stansbury HS	43.45q	2
6 Jakins, Brayden	Cedar Valley HS	43.65q	1
7 Murray, Jake	Uintah HS	43.92q	1
8 Christensen, Chase	Cedar Valley HS	44.09q	3
9 Rowley, Jace	Stansbury HS	44.57	2
10 Proebstel, Henry	Tooele HS	44.75	1
11 Farrer, William	Payson HS	46.23	3
12 Kamketar, Kunal	Hillcrest HS	46.32	3
13 Bateman, Josh	Cedar Valley HS	47.73	1
14 Huber, Drew	Uintah HS	49.48	3
15 Ramakrishnan, Adharsh	Hillcrest HS	50.25	2
16 Oviatt, Patrick	Hillcrest HS	50.82	2
17 Bunting, Brody	Tooele HS	50.84	1
18 Davis, Briggs	Cedar Valley HS	52.76	2
19 Colton, Ian	Cottonwood HS	53.93	1
20 Graves, Breghten	Hillcrest HS	55.29	2

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Boys 4x200 Meter Relay**

School	Finals	Points
Finals		
1 Stansbury HS 'A'	1:29.75	10
1) Hamilton, Dylan	2) Hadlock, Kanden	
3) Rady, Bryson	4) Corbett, Jackson	
2 Cedar Valley HS 'A'	1:31.79	8
1) Killian, Gavin	2) Hansen, Cooper	
3) Jordan, Jayden	4) Escalante, Diego	
3 Uintah HS 'A'	1:33.08	6
1) Batty, Zander	2) Scow, Joshua	
3) Bullock, Stryker	4) Remington, Andrew	
4 Hillcrest HS 'A'	1:33.27	5
1) Hanson, Hunter	2) Broyles, Braedon	
3) Paul, Mateo	4) Gonzales, Josiah	
5 Tooele HS 'A'	1:36.08	4
1) Bowser, Cooper	2) Proctor, Ty	
3) Simper, Joseph	4) Wettstein, Ashton	
6 Payson HS 'A'	1:36.23	3
1) White, Bryce	2) Robinson, Rett	
3) Ivers, Tanner	4) Wall, Dylan	
7 Cottonwood HS 'A'	1:41.06	2
1) Luciano, Greco	2) Johansen, Palmer	
3) Moffat, Jackson	4) Holm, James	

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Boys 4x800 Meter Relay**

School	Finals	Points
1 Cottonwood HS 'A'	8:16.07	10
1) Limburg, Skyelar	2) Thompson, Timothy	
3) Orbezua Black, Naaman	4) Dunn, Seth	
2 Stansbury HS 'A'	8:21.94	8
1) Munanui, Tk	2) Parra, Brandon	
3) Staker, Hyrum	4) Call, Forest	
3 Uintah HS 'A'	8:29.38	6
1) Anderson, David	2) Rimmasch, Carter	
3) Hadlock, Caleb	4) Gowen, Heston	
4 Hillcrest HS 'A'	8:30.85	5
1) Keller, Matt	2) Martin, Josh	
3) Timmerman, Sam	4) Martin, Sam	
5 Cedar Valley HS 'A'	8:40.61	4
1) Lockwood, Brady	2) Bolander, Joshua	
3) Sidwar, Mason	4) Haughton, Evan	
6 Payson HS 'A'	8:49.02	3
1) Cardenas, Joaquin	2) King, Spencer	
3) Toone, Thomas	4) Kimmel, Ethan	
7 Tooele HS 'A'	9:04.28	2
1) Kenison, Lincoln	2) Berry, Tyler	
3) Jenkins, Jacob	4) Bronder, Griffin	

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Boys Pole Vault**

Name	Year School	Finals
1 Robinson, Naoto	Hillcrest HS	12-06.00
2 Ahotaeiloa, Jonah	Cedar Valley HS	8-06.00
-- Spencer, Shawn	Hillcrest HS	NH
-- Evans, Mitchell	Cedar Valley HS	NH

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Boys Long Jump**

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Hamilton, Dylan	Stansbury HS	21-08.50q	+0.0	3
2 Spanheimer, Denver	Payson HS	21-00.25q	+0.0	3
3 Batimana, Malakai	Hillcrest HS	20-04.00q	+0.0	3
4 Higgins, Owen	Stansbury HS	20-02.75q	0.3	3
5 Romans, Samuel	Cedar Valley HS	19-11.00q	1.0	3
6 Hales, Blake	Stansbury HS	19-10.50q	0.4	3
7 Warren, Dallin	Payson HS	19-09.75q	0.3	2
8 Olson, Ethan	Payson HS	19-06.75q	1.0	3
9 Hansen, Jacob	Tooele HS	19-05.00q	0.2	3
10 Hallet, Hunter	Uintah HS	18-08.25	1.1	2
11 Smith, Kanen	Cedar Valley HS	18-00.00	0.9	2
11 Brown, Mason	Uintah HS	18-00.00	+0.0	2
11 Kenison, Rex	Payson HS	18-00.00	0.3	2
14 Batty, Zander	Uintah HS	17-09.00	0.5	3
15 Escalante, Diego	Cedar Valley HS	17-08.00	1.0	2
16 Ballard, Luke	Cedar Valley HS	17-07.50	0.5	3
17 Luciano, Greco	Cottonwood HS	17-03.75	+0.0	2
18 Nyberg, Nolan	Uintah HS	17-02.00	0.4	1
19 Gonzalez, Alex	Hillcrest HS	16-11.00	+0.0	2
20 Singleton, Landry	Stansbury HS	16-08.50	0.3	2
21 Vaiaoga, Kione	Cottonwood HS	16-01.75	0.5	2
22 Mortensen, Cooper	Payson HS	16-01.25	0.2	1
23 Wettstein, Ashton	Tooele HS	16-00.00	1.6	1
24 Moffat, Jackson	Cottonwood HS	15-10.00	+0.0	1
25 Mower, Andrew	Tooele HS	15-08.00	+0.0	1
26 Nielson, Will	Hillcrest HS	15-07.00	1.1	1
27 Boyakin, Judson	Hillcrest HS	15-04.50	0.8	1
28 Jakins, Brayden	Cedar Valley HS	15-00.00	+0.0	2
28 Tello, Wesley	Hillcrest HS	15-00.00	1.6	1
30 Elalous, Reda	Cottonwood HS	14-09.75	-1.4	1

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Boys Long Jump**

Name	Year School	Finals	Wind	Points
Finals				
1 Hamilton, Dylan	Stansbury HS	21-08.50	NWI	10
2 Spanheimer, Denver	Payson HS	21-00.25	NWI	8
3 Batimana, Malakai	Hillcrest HS	20-04.00	NWI	6
4 Higgins, Owen	Stansbury HS	20-02.75	NWI	5
5 Romans, Samuel	Cedar Valley HS	19-11.00	NWI	4
6 Hales, Blake	Stansbury HS	19-10.50	NWI	3
7 Warren, Dallin	Payson HS	19-09.75	NWI	2
8 Olson, Ethan	Payson HS	19-06.75	NWI	1
9 Hansen, Jacob	Tooele HS	19-05.00	NWI	

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Boys Shot Put**

Name	Year School	Prelims	H#
Preliminaries			
1 Cook, Zayden	Payson HS	48-05.00q	3
2 Vogl, Bryan	Cedar Valley HS	46-01.00q	3
3 Fisher, Kj	Cedar Valley HS	44-07.00q	3
4 Cottle, Owen	Payson HS	44-03.00q	3
5 Joyce, Franklin	Stansbury HS	43-08.50q	3
6 Fetuao, Alama	Cedar Valley HS	43-02.00q	3
7 Earl, Kolt	Tooele HS	43-01.50q	3
8 Smith, Kanen	Cedar Valley HS	42-06.50q	3
9 Beddes, Ben	Payson HS	41-07.00q	3
10 Riby-Williams, Jonathan	Hillcrest HS	40-03.50	2
11 Johnson, Tobias	Stansbury HS	40-01.00	3
11 Linford, Dillon	Cedar Valley HS	40-01.00	2
13 Blauer, Bridger	Payson HS	39-03.00	2
14 Collins, Adam	Hillcrest HS	39-02.00	2
15 Meacham, Andrew	Tooele HS	39-00.00	2
16 Harding, Chase	Uintah HS	38-07.50	2
17 Cooper, Isaiah	Hillcrest HS	38-06.00	2
18 Martinez, Lyrik	Hillcrest HS	37-03.00	2
19 Larson, Matthew	Cottonwood HS	37-01.00	3
20 Pickup, Jd	Uintah HS	36-10.50	1
21 Colmenares, Treysen	Uintah HS	36-10.00	2
22 Orton, Jaden	Hillcrest HS	34-11.00	1
23 Clements, Chandler	Payson HS	34-09.50	1
24 Willson, Joshua	Tooele HS	34-07.50	1
25 Vaitai, Pomale	Cottonwood HS	34-02.50	2
26 Vallejo, Andrew	Cottonwood HS	33-06.50	1
27 Thomas, Andre	Cottonwood HS	33-01.00	1
28 Henry, Dylan	Cottonwood HS	32-05.75	1
29 Phillips, Nathan	Tooele HS	32-05.00	1
30 Tuipeatau, Jimmy	Tooele HS	31-03.50	1
31 Bender, Jaxson	Stansbury HS	30-03.00	1

2023 Region 7 Championship - 5/10/2023 to 5/11/2023
Cedar Valley High School
Results - Wednesday

Boys Shot Put

Name	Year School	Finals	Points
Finals			
1 Cook, Zayden	Payson HS	48-05.00	10
2 Vogl, Bryan	Cedar Valley HS	46-01.00	8
3 Fisher, Kj	Cedar Valley HS	44-07.00	6
4 Cottle, Owen	Payson HS	44-03.00	5
5 Joyce, Franklin	Stansbury HS	43-08.50	4
6 Fetuao, Alama	Cedar Valley HS	43-02.00	3
7 Earl, Kolt	Tooele HS	43-01.50	2
8 Smith, Kanen	Cedar Valley HS	42-06.50	1
9 Beddes, Ben	Payson HS	41-07.00	

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Boys Javelin Throw**

Name	Year School	Prelims	H#
Preliminaries			
1 Harding, Chase	Uintah HS	166-01q	3
2 McLelland, Shane	Payson HS	161-08q	3
3 Colmenares, Treysen	Uintah HS	158-08q	3
4 Proctor, Jacob	Tooele HS	156-10q	3
5 Henderson, Slade	Uintah HS	156-00q	3
6 Blauer, Bridger	Payson HS	154-07q	3
7 Seely, Bucky	Cedar Valley HS	150-09q	3
8 Proctor, Ty	Tooele HS	141-10q	3
9 Vandewark, Jed	Uintah HS	134-09q	3
10 Hansen, Jacob	Tooele HS	129-08	2
11 Renzello, Remek	Payson HS	129-03	2
12 Pickup, Jd	Uintah HS	127-05	2
13 Kennedy, Trenton	Stansbury HS	127-04	2
14 Fisher, Kj	Cedar Valley HS	126-03	1
15 Joyce, Franklin	Stansbury HS	125-05	2
16 Boss, Joab	Cottonwood HS	123-08	2
17 Tso, Wes	Tooele HS	123-04	1
18 Sorensen, Payden	Payson HS	121-06	2
19 Horsely, Kody	Cedar Valley HS	121-04	1
20 Martinez, Lyrik	Hillcrest HS	119-05	2
21 Provstgaard, Hunter	Payson HS	114-05	2
22 Fetuao, Alama	Cedar Valley HS	114-03	1
23 Bybee, Landon	Cedar Valley HS	112-08	2
24 Vorwaller, Eli	Stansbury HS	111-09	2
25 Spencer, Shawn	Hillcrest HS	109-06	2
26 Hinton, Porter	Stansbury HS	106-10	1
27 Payne, Elliot	Cottonwood HS	101-05	1
28 Alcivar, Mika'ele	Hillcrest HS	95-10	1
29 Larson, Matthew	Cottonwood HS	95-01	3
30 Collins, Adam	Hillcrest HS	94-07	1
31 Garcia, Miguel	Cottonwood HS	86-00	1
32 Henry, Dylan	Cottonwood HS	77-11	1
33 Omar, John	Hillcrest HS	70-06	1

2023 Region 7 Championship - 5/10/2023 to 5/11/2023**Cedar Valley High School****Results - Wednesday****Boys Javelin Throw**

Name	Year School	Finals	Points
Finals			
1 Harding, Chase	Uintah HS	166-01	10
2 McLelland, Shane	Payson HS	161-08	8
3 Colmenares, Treysen	Uintah HS	158-08	6
4 Proctor, Jacob	Tooele HS	156-10	5
5 Henderson, Slade	Uintah HS	156-00	4
6 Blauer, Bridger	Payson HS	154-07	3
7 Seely, Bucky	Cedar Valley HS	150-09	2
8 Proctor, Ty	Tooele HS	141-10	1
9 Vandewark, Jed	Uintah HS	134-09	

Women - Team Rankings - 5 Events Scored

1) Uintah HS	57	2) Stansbury HS	47
3) Payson HS	37	4) Hillcrest HS	17
4) Tooele HS	17	6) Cedar Valley HS	8
7) Cottonwood HS	6		

Men - Team Rankings - 6 Events Scored

1) Stansbury HS	66	2) Payson HS	43
3) Cedar Valley HS	42	4) Uintah HS	37
5) Hillcrest HS	18	6) Tooele HS	14
7) Cottonwood HS	12		