

**BOULDER TRACK SERIES – SUNDAY, 4/14**  
**NIWOT HIGH SCHOOL**  
**FINAL HEAT SHEET & TIMETABLE**

**800M**

**9:00AM HEAT 1**

FIRST NAME	LAST NAME	GENDER	AGE	CLUB	SEED TIME
Emmett	Emmanuel	M	7	Mountain Lions	
Finn	Gimpel	M	6	Mountain Lions	
Rowan	Gongwer	M	5	Mountain Lions	
Calvin	Heim	M	6	Mountain Lions	
Esme	Muzio	F	6	T.E.A.M Boulder	
Sebastian	Muzio	M	6	T.E.A.M Boulder	
Sophia	Rodriguez Galicia	F	2	T.E.A.M Boulder	
Taylor	Scott	F	5	Mountain Lions	00:5:45
Luca	Severns	M	7	Mountain Lions	
Ezra	Skaug	M	6	Mountain Lions	
Henry	South	M	6	Mountain Lions	

**9:08AM HEAT 2**

FIRST NAME	LAST NAME	GENDER	AGE	CLUB	SEED TIME
Sena	Anderson	F	8	Mountain Lions	
Pitt	Bailey	M	9	Boulder Country Day	
Luc	Daenzer	M	9	Mountain Lions	
Willa	Gately	F	8	Boulder Country Day	
Ollie	Gongwer	F	9	Mountain Lions	
Julian	Haseloh	M	9	Mountain Lions	
Jackson	Hermele	M	8	Mountain Lions	
Damian	Hunnicutt	M	8	Mountain Lions	
Parker	Koopman	M	9	T.E.A.M Boulder	
Daisy	Mardelle	F	9	Mountain Lions	
Raze	O'Brien	F	9	Mountain Lions	

**9:16AM HEAT 3**

FIRST NAME	LAST NAME	GENDER	AGE	CLUB	SEED TIME
Kaisei	Anderson	M	10	Mountain Lions	
Davis	Archer	M	11	Mountain Lions	
Kyle	Biazak	M	11	Boulder Country Day	
Miles	Gately	M	12	Boulder Country Day	
Alex	Koopman	M	11	T.E.A.M Boulder	
Azora	Lawson	F	11	Boulder Country Day	
Ziggy	Lawson	M	12	Boulder Country Day	
Lily	Mardelle	F	11	Mountain Lions	

**9:24AM HEAT 4**

FIRST NAME	LAST NAME	GENDER	AGE	CLUB	SEED TIME
Declan	McGuire	M	10	Mountain Lions	00:4:10
Claire	Stevens	F	7	Boulder Mountain Warriors	00:4:15
Sullivan	Mendez	M	6	Boulder Mountain Warriors	00:4:25
Sam	Hess	M	8	Mountain Lions	00:4:27
Claire	Allen	F	10	Boulder Mountain Warriors	00:4:30
Scarlett	Colligan	F	10	Boulder Mountain Warriors	00:4:30
Tenzey	Schneider	F	6	Mountain Lions	00:4:30
Tucker	Paradis	M	6	Mountain Lions	0:04:45
Siena	Scott	F	6	Mountain Lions	00:4:45
Raegan	Berry	F	7	Mountain Lions	00:7:00
Townes	Garner	M	7	Mountain Lions	00:7:00

**9:32AM HEAT 5**

FIRST NAME	LAST NAME	GENDER	AGE	CLUB	SEED TIME
Devon	DiBiase	F	9	Boulder Mountain Warriors	00:3:50
Caleb	White	M	5	T.E.A.M Boulder	00:3:50
Julian	Wood	M	8	Mountain Lions	00:3:55
Everett	White	M	9	Mountain Lions	00:3:57
Caden	Clough	M	11	Mountain Lions	00:3:58
Declan	Simkins	M	9	Rock Creek Track Club	00:3:59
Harper	Emaus	F	10	Mountain Lions	00:4:00
Sejal	Iyengar	F	8	Boulder Mountain Warriors	00:4:00
Pearl	Koger	F	7	Mountain Lions	00:4:00
Savannah	Nowak	F	7	Boulder Mountain Warriors	00:4:00
Niccolo	Raffini	M	7	T.E.A.M Boulder	00:4:00

**9:38AM HEAT 6**

FIRST NAME	LAST NAME	GENDER	AGE	CLUB	SEED TIME
Ellie	Barnes	F	10	Boulder Mountain Warriors	00:3:30
Cora	Beauchamp	F	9	Mountain Lions	0:03:30
Callen	Cook	M	7	Boulder Country Day	00:3:30
Caulder	Cook	M	7	Boulder Country Day	00:3:30
Charles	Friesen	M	10	T.E.A.M Boulder	00:3:30
Rose	Mannhard	F	10	Mountain Lions	00:3:30
Hikaru	Schibli	M	12	Unattached	00:3:30
Hudson	Anderson	M	8	Mountain Lions	00:3:35
George	Enos	M	8	Mountain Lions	00:3:40
George	Mannhard	M	7	Mountain Lions	00:3:40
Dashel	Bear	M	8	Boulder Mountain Warriors	

**9:43AM HEAT 7**

FIRST NAME	LAST NAME	GENDER	AGE	CLUB	SEED TIME
Jorie	Klemp	F	12	Unattached	00:3:01
Grant	Master	M	11	Boulder Mountain Warriors	00:3:03
Charlie	Stevens	M	10	Boulder Mountain Warriors	00:3:05
Avery	Cascio	F	9	Boulder Mountain Warriors	00:3:10
Sage	Idema	F	8	Mountain Lions	00:3:10
Harper	Snively	F	12	Boulder Mountain Warriors	00:3:10
Harrison	Anderson	M	9	Mountain Lions	00:3:15
Layla	Benedict	F	8	T.E.A.M Boulder	00:3:15
Luca	Cherian	M	10	Unattached	00:3:16
Oliver	Brumfield	M	10	T.E.A.M Boulder	00:3:20
Avi	Iyengar	M	7	Boulder Mountain Warriors	00:3:20

**9:48AM HEAT 8**

FIRST NAME	LAST NAME	GENDER	AGE	CLUB	SEED TIME
Nora	Quatrochi	F	13	Boulder Mountain Warriors	00:2:50
Kian	Schneider	M	10	Mountain Lions	00:2:50
Lyla	Vincent	F	11	Boulder Mountain Warriors	00:2:50
Sylas	Benedict	M	10	T.E.A.M Boulder	00:2:55
Vanessa	Bocardo Tienda	F	13	Denver Urban XC	00:2:59
David	Gonzalez	M	13	Denver Urban XC	00:2:59
Casson	Cook	M	9	Boulder Country Day	00:3:00
Grant	Evans	M	11	T.E.A.M Boulder	0:03:00
River	Idema	F	10	Mountain Lions	00:3:00
Toben	Schneider	M	8	Mountain Lions	00:3:00
Cassidy	Vaughn	F	8	Boulder Mountain Warriors	00:3:00

**9:53AM HEAT 9**

FIRST NAME	LAST NAME	GENDER	AGE	CLUB	SEED TIME
James	Gilbert	M	61	Boulder Road Runners	00:2:40
Ephie	Hagen	F	13	REAL Training	00:2:40
Daisuke	Osawa	M	32	Unattached	00:2:40
Rainer	Young	M	8	Boulder Mountain Warriors	00:2:40
Emily	Bolda	F	12	REAL Training	00:2:45
Lucy	Davis	F	13	REAL Training	00:2:45
Gabriel	Dell'Era	M	11	Boulder Mountain Warriors	00:2:45
Trevor	Hall	M	12	Boulder Country Day	0:02:45
Avery	Koger	F	12	Boulder Mountain Warriors	00:2:45
Paola	Ochoa	F	14	Denver Urban XC	00:2:45
Louisa	Valentine	F	12	Boulder Mountain Warriors	00:2:49
Ezra	Zelaya	M	10	Boulder Mountain Warriors	0:02:53

**9:58AM HEAT 10**

FIRST NAME	LAST NAME	GENDER	AGE	CLUB	SEED TIME
Dean	Frankel	M	34	Unattached	00:2:06
Chris	McDonald	M	55	Boulder Road Runners	00:2:08
Dewayne	Gill	M	53	Boulder Road Runners	00:2:13
Richard	Williams	M	32	Unattached	00:2:20
Ian	Lowry	M	14	Boulder Mountain Warriors	00:2:24
Alex	Mahan	M	14	Boulder Mountain Warriors	00:2:30
Taylor	Timm	M	12	Orchestra	00:2:30
Rory	Murtagh	M	60	Athletics Boulder	00:2:35
Tristan	Wilberger	M	14	Boulder Mountain Warriors	00:2:38

**1500M****10:05AM HEAT 1**

FIRST NAME	LAST NAME	GENDER	AGE	CLUB	SEED TIME
Declan	McGuire	M	10	Mountain Lions	00:8:20
Rick	Cross	M	53	Unattached	00:8:30
Claire	Allen	F	10	Boulder Mountain Warriors	00:8:45
Hudson	Gossin	M	9	Mountain Lions	
Maddie	Gurst	F	9	Mountain Lions	
Azora	Lawson	F	11	Boulder Country Day	
Ziggy	Lawson	M	12	Boulder Country Day	

**10:20AM HEAT 2**

FIRST NAME	LAST NAME	GENDER	AGE	CLUB	SEED TIME
Jude	Geer	M	10	Mountain Lions	00:7:00
Rolan	Gilfanov	M	9	Boulder Mountain Warriors	00:7:00
Jonah	Mertens	M	11	Mountain Lions	00:7:00
Remy	Procopio	M	10	Boulder Mountain Warriors	00:7:00
Anna	Timm	F	10	Mountain Lions	00:7:15
Huxley	Armitage	M	10	Mountain Lions	00:7:20
Haben	Asghedom	F	40	Boulder Road Runners	00:7:20
Lily	Cross	F	12	Boulder Mountain Warriors	00:7:20
Peter	Leupold	M	7	Mountain Lions	00:7:30
Ellie	Cross	F	11	Boulder Mountain Warriors	00:7:35
Wesley	Sapir	M	8	Mountain Lions	00:7:40
Jonathan	Zizzo	M	11	Mountain Lions	

**10:32AM HEAT 3**

FIRST NAME	LAST NAME	GENDER	AGE	CLUB	SEED TIME
Layla	Benedict	F	8	T.E.A.M Boulder	00:6:10
Rebekah	Covey	F	28	Unattached	00:6:15
Marat	Gilfanov	M	12	Boulder Mountain Warriors	00:6:15
Teiva	Auligne	M	10	Mountain Lions	00:6:17

Nora	Quatrochi	F	13	Boulder Mountain Warriors	00:6:25
Ruslan	Gilfanov	M	40	Unattached	00:6:30
Jaden	Henry	M	11	Mountain Lions	00:6:00
Evan	Sapir	M	10	Mountain Lions	00:6:30
Toben	Schneider	M	8	Mountain Lions	00:6:30
Lucy	Ladd	F	10	Boulder Mountain Warriors	00:6:40
Robby	Barnes	M	12	Boulder Mountain Warriors	00:6:45
Grant	Evans	M	11	T.E.A.M Boulder	00:6:55

**10:42AM HEAT 4**

FIRST NAME	LAST NAME	GENDER	AGE	CLUB	SEED TIME
Ephie	Hagen	F	13	REAL Training	00:5:43
Sylas	Benedict	M	10	T.E.A.M Boulder	00:5:45
Charlotte	Repsher	F	13	REAL Training	00:5:45
Sofia	Diaz Muñoz	F	13	Denver Urban XC	00:5:50
Naomi	Bastow	F	25	Rojas Running	00:6:00
Tad	Enos	M	11	Mountain Lions	00:6:00
Keiley	Gaston	F	27	Unattached	00:6:00
Kevin	Rowe	M	39	Revolution Running	00:6:00
Kian	Schneider	M	10	Mountain Lions	00:6:00
Emily	Bolda	F	12	REAL Training	

**10:52AM HEAT 5**

FIRST NAME	LAST NAME	GENDER	AGE	CLUB	SEED TIME
Josh	Tate	M	41	Elevated Distance Training	00:5:20
Gabriel	Dell'Era	M	11	Boulder Mountain Warriors	00:5:25
Daisuke	Osawa	M	32	Unattached	00:5:30
Kaylee	Tate	F	12	Elevated Distance Training	00:5:30
Shane	Tate	M	9	Elevated Distance Training	00:5:30
Calia	Vaughn	F	13	Boulder Mountain Warriors	00:5:30
Kajsa	Wik	F	13	Boulder Mountain Warriors	00:5:30
Noah	Wratten	M	10	Boulder Mountain Warriors	00:5:35
Shaka	Young	M	11	Boulder Mountain Warriors	00:5:37
Savannah	Fernandez	F	12	REAL Training	00:5:38

**11:00AM HEAT 6**

FIRST NAME	LAST NAME	GENDER	AGE	CLUB	SEED TIME
Nate	Llerandi	M	55	Unattached	00:4:40
Jacob	Timm	M	45	Orchestra	00:4:50
Lucas	Timm	M	14	Orchestra	00:4:50
Landon	Walker	M	25	Unattached	00:4:55
Tom	Benedict	M	38	T.E.A.M Boulder	00:5:00
Todd	Berger	M	48	Unattached	00:5:00
Sean	Hopkins	M	40	Unattached	00:5:00

Kate	Davis	F	42	T.E.A.M Boulder	00:5:06
Ian	Lowry	M	14	Boulder Mountain Warriors	00:5:10
Tyler	Emdur	M	14	Boulder Mountain Warriors	00:5:15
Alex	Mahan	M	14	Boulder Mountain Warriors	00:5:15
Sham	Tewelde	M	14	Boulder Mountain Warriors	00:5:15

### 3000M

#### 11:10AM HEAT 1

FIRST NAME	LAST NAME	GENDER	AGE	CLUB	SEED TIME
David	Frey	M	26	Red Cedar Running Club	00:10:00
Stephen	Harmon	M	34	Shoes and Brews	00:10:00
Chris	McDonald	M	55	Boulder Road Runners	00:10:00
Jaxson	Schneider	M	27	Unattached	00:10:00
Claire	Benjamin	F	30	Rise Athletics Boulder	00:10:05
Doug	Bell	M	73	Boulder Road Runners	00:12:00
Jason	Kaminski	M	54	Unattached	00:12:40
Naomi	Bastow	F	25	Rojas Running	00:13:30
Keiley	Gaston	F	27	Unattached	00:13:30
Ron	Harmon	M	70	Boulder Road Runners	00:14:00
David	Dougherty	M	59	Unattached	00:16:35
Claudia	Galicia	F	38	T.E.A.M Boulder	

#### 11:30AM HEAT 2

FIRST NAME	LAST NAME	GENDER	AGE	CLUB	SEED TIME
Jake	Riley	M	35	T.E.A.M Boulder	00:8:30
Nick	Bonn	M	18	Unattached	00:8:52
Daniel	Raggio	M	30	T.E.A.M Boulder	00:9:00
Ben	Fulton	M	35	Red Cedar Running Club	00:9:30
Andrew	West	M	25	Unattached	00:9:30
Dean	Frankel	M	34	Unattached	00:9:40
Sully	Hudson	M	27	Boulder Underground	00:9:45
Bradley	Needles	M	27	TLHB TC	00:9:45
Nate	Thompson	M	15	REAL Training	00:9:45
Flannery	Davis Love	F	29	Unattached	00:9:59