

Rank	First	Last	Time	Year	School	First	Last	Time	Year	School
1	<u>James</u>	Mwaura	<u>15:07.7</u>	2016	<u>Lincoln</u>	Jordan	McPhee	17:46.0	2011	Mt. Rainier
2	Shane	Moskowitz	15:09.6	2009	Central Kitsap	Lindsey	Bradley	18:04.4	2013	Richland
3	<u>Riley</u>	Moore	<u>15:12.9</u>	2016	<u>Richland</u>	<u>Erica</u>	Simison	<u>18:13.8</u>	2016	<u>Eisenhower</u>
4	<u>Dawson</u>	Besst	<u>15:15.5</u>	2016	<u>Tahoma</u>	Sarah	Reiter	18:17.6	2010	Lindbergh
5	Rob	Webster	15:15.5	2007	Puyallup	Megan	LeGresley	18:22.7	2013	Redmond
6	Ryan	Prentice	15:16.0	2007	Mt. Ranier	<u>Taylor</u>	Roe	<u>18:22.9</u>	2015	<u>Kamiak</u>
7	<u>Ronan</u>	Price	<u>15:29.4</u>	2016	<u>Eisenhower</u>	Rose	Christen	18:28.4	2013	Central
8	Seth	Bridges	15:35.5	2007	Lakes	<u>Savanna</u>	Craig	<u>18:28.9</u>	2016	<u>Mountain View</u>
9	Peter	Kesting	15:36.4	2013	Olympia	Annie	Dear	18:30.7	2008	Olympia
10	Korey	Krotzer	15:38.5	2011	Auburn Riverside	Elise	Tello	18:34.4	2013	Eisenhower
11	Nate	Brennand	15:40.0	2010	Olympia	<u>Maizy</u>	Brewer	<u>18:35.0</u>	2014	<u>Skyline</u>
12	<u>Cullen</u>	McEacherr	<u>15:40.9</u>	2016	<u>Kamiak</u>	<u>Brigitte</u>	Takeuchi	<u>18:37.6</u>	2016	<u>Liberty (Issaquah)</u>
13	Casey	Campbell	15:41.0	2009	Tahoma	Kelsey	Dunn	18:40.6	2013	Redmond
14	Ben	Dear	15:41.5	2005	Olympia	Dylan	Hite	18:41.6	2013	Jesuit
15	Nicholas	Hauger	15:41.7	2012	Shadle	Joscelyn	Minton	18:43.1	2007	NW Christian
16	Adam	Houston	15:43.3	2013	Roosevelt	<u>Katherine</u>	Slack	<u>18:43.3</u>	2016	<u>Kamiak</u>
17	Kenny	Krotzer	15:44.9	2009	Auburn Riverside	Chelsey	VanDeBral	18:47.3	2005	Eisenhower
18	Izaic	Yorks	15:44.9	2011	Lakes	<u>Alicia</u>	Anderson	<u>18:48.1</u>	2016	<u>Kamiak</u>
19	Dallas	Snider	15:46.3	2012	WF West	Kendra	Weitz	18:48.5	2010	Shadle Park
20	Michael	Williams	15:46.4	2013	Richland	Rachel	Atwood	18:50.8	2011	Auburn
21	Mohamud	Abdi	15:46.8	2012	Lindbergh	Torin	Shriver	18:52.9	2007	Centralia
22	Curtis	King	15:47.0	2011	Peninsula	<u>Kelsey</u>	Takeuchi	<u>18:53.1</u>	2016	<u>Liberty (Issaquah)</u>
23	Jordan	Swarthout	15:47.0	2005	Capital	Chelsie	Jorgenson	18:53.2	2005	Puyallup
24	Travis	Hensley	15:48.5	2012	Charles Wright	Stephanie	Shuel	18:54.6	2006	West Valley
25	C.J.	Godfrey	15:50.7	2003	South Kitsap	<u>Rachel</u>	Kastama	<u>18:55.6</u>	2016	<u>Puyallup</u>
26	Graydon	Manning	15:51.1	2006	Capital	Sophia	Kane	18:57.6	2012	Olympia
27	Eric	Bice	15:51.2	2009	Liberty	<u>Annie</u>	Boos	<u>18:58.4</u>	2015	<u>Claremont</u>
28	Marcus	Dickson	15:51.2	2011	White River	Katie	Morris	18:59.7	2010	Shadle Park
29	<u>Ben</u>	Jacot	<u>15:51.2</u>	2016	<u>Curtis</u>	<u>Sydney</u>	Hwang	<u>19:02.1</u>	2015	<u>Claremont</u>
30	Ken	Matthews	15:51.4	2003	Sumner	Veronica	Stinnett	19:03.8	2009	Bonney Lake
31	Drew	Schreiber	15:52.9	2013	Eisenhower	Madelyn	Brunt	19:05.1	2013	Oak
32	Charlie	Barringer	15:53.4	2013	Bothell	Erin	Deasy	19:05.2	2001	Gig Harbor
33	Kody	Gould	15:54.3	2011	White River	<u>Kiana</u>	Cavanaugh	<u>19:05.5</u>	2015	<u>Claremont</u>
34	Brad	Hodkinson	15:54.4	2013	Snohomish	Janae	Larson	19:05.7	2006	Bethel
35	<u>Nate</u>	Jensvold	<u>15:54.4</u>	2016	<u>Ellensburg</u>	Anna	Patti	19:08.5	2011	Lindbergh
36	Cody	Vanderbra	15:55.0	2007	Eisenhower	Emily	Wallen	19:08.7	2007	Capital
37	Chris	Schroll	15:55.8	2009	Emerald Ridge	Taryn	Rawlings	19:09.2	2013	Wilsonville
38	Gary	Lorance	15:55.9	2005	Selah	Suzanna	Ohlsen	19:11.1	2009	Monroe
39	<u>Anthony</u>	Stone	<u>15:56.0</u>	2016	<u>Richland</u>	Allison	Ritchie	19:11.9	2003	Seattle Christian
40	Todd	Jackson	15:58.1	2010	Elma	<u>Tess</u>	Rounds	<u>19:13.1</u>	2015	<u>Claremont</u>
41	Joseph	Gray	15:58.2	2001	Lakes	Delaney	Tiernan	19:13.5	2013	Tahoma
42	Colin	O'leary	15:58.5	2007	Olympia	Chloe	Treleven	19:14.8	2007	Stadium
43	<u>Devon</u>	Walters	<u>15:59.7</u>	2016	<u>Tahoma</u>	<u>Claire</u>	Cocales	<u>19:15.2</u>	2016	<u>Lake Washington</u>
44	Chip	Jackson	16:00.0	2008	Shorewood	<u>Jacquelyn</u>	Heckers	<u>19:16.3</u>	2015	<u>Claremont</u>
45	Kevin	Rosaaen	16:00.0	2008	Wilson	<u>Breanna</u>	Glover	<u>19:16.9</u>	2016	<u>Tahoma</u>
46	Michael	Thorsen	16:00.0	2010	Central Kitsap	Leah	Kiyohara	19:17.0	2011	Lindbergh
47	Nate	VanHaitsm	16:00.1	2012	Olympia	Michelle	Schubert	19:17.3	2005	West Valley
48	James	Wilson	16:00.5	2003	West Valley	Lauryn	Wate	19:17.6	2011	White River
49	Daniel	Hinkley	16:01.0	2001	Hazen	Tansey	Lystad	19:18.8	2008	Juanita
50	Lucas	Graham	16:01.3	2011	NW Christian	Chelsea	Chandler	19:19.2	2010	Shadle Park