# The 13th annual

A fellowship of sportsmanship



2024 - VOL. 13







Scan here for results!

7:00 Team Breakfast

5:30 End

### 13th Russ Edwards Big C Relays April 5th, 2024 Friday Competition 10:00AM-8:30PM

| 9:00 | Coaches' Meeting |
|------|------------------|
| 9:45 | Opening Ceremony |

#### **Field Events**

|       | Field Events  |
|-------|---|
| 10:00 | Long Jump   |
| 11:00 | Alaska Airlines Pentathlon Girls High Jump              |
|       | Alaska Airlines Pentathlon Boys High Jump               |
|       | Girls High Jump   |
|       | Boys High Jump  |
|       | LifeMed Alaska "Lord of the Throwing Ring" Girls Discus |
|       | LifeMed Alaska "Lord of the Throwing Ring" Boys Shot    |
|       | Alaska Airlines Pentathlon Girls Shot Put               |
|       | Alaska Airlines Pentathlon Boys Shot Put                |

|       | Running Events                        |
|-------|---------------------------------------|
| 11:00 | Girls 3200m Invite                    |
| 11:20 | Boys 3200m Invite                     |
| 11:40 | Girls Distance Medley Relay           |
| 12:40 | Boys Distance Medley Relay            |
| 1:40  | "Fastest Alaskan" Girls 100m Prelims  |
| 2:40  | "Fastest Alaskan" Boys 100m Prelims   |
| 3:40  | High Step Hustler Girls 100mH Prelims |
| 4:15  | High Step Hustler Boys 110mH Prelims  |
| 4:50  | Girls 400m Invite                     |
| 5:05  | Boys 400m Invite                      |
| 5:20  | Swedish Medley                        |
| 6:30  | "High Step Hustler" Girls 100mH Semis |
| 6:40  | "High Step Hustler" Boys 110mH Semis  |
| 6:50  | Alaska Airlines Pentathlon Girls 100m |
| 6:55  | Alaska Airlines Pentathlon Boys 100m  |
| 7:00  | "Fastest Alaskan" Girls 100m Semis    |
| 7:10  | "Fastest Alaskan" Boys 100m Semis     |
| 7:20  | Girls 4x100m Relay                    |
| 7:55  | Boys 4x100m Relay                     |
| 8:30  | End                                   |

Event Program & Live Results www.bigcrelays.com

#### 13th Russ Edwards Big C Relays April 6th, 2024 Saturday Competition 7:45AM-5:30PM

| 8:30  | Coaches' Meeting                                       |
|-------|--|
|       | Field Events   |
| 7:45  | Girls Pole Vault                                       |
|       | Boys Pole Vault  |
| 9:00  | LifeMed Alaska "Lord of the Throwing Ring" Girls Shot  |
|       | LifeMed Alaska "Lord of the Throwing Ring" Boys Discus |
|       | Running Events   |
| 9:00  | Alaska Airlines Pentathlon Girls 300mH                 |
| 9:10  | Alaska Airlines Pentathlon Boys 300mH                  |
| 9:20  | Girls 300mH Invite                                     |
| 9:35  | Boys 300mH Invite                                      |
| 9:50  | Girls Sprint Medley Relay (1/1/2/4)                    |
| 10:30 | Boys Sprint Medley Relay (1/1/2/4)                     |
| 11:10 | Girls 800m Invite                                      |
| 11:20 | Boys 800m Invite                                       |
| 11:30 | 4xAlaskan Mile Relay                                   |
| 12:40 | Skinny Raven Laird Prosser Memorial Mile               |
| 12:50 | Girls Sprint Medley Relay (2/2/4/8)                    |
| 1:40  | Boys Sprint Medley Relay (2/2/4/8)                     |
| 2:30  | Ric Wilson 300m Challenge                              |
| 3:10  | Alaska Airlines Pentathlon Girls 800m                  |
| 3:20  | Alaska Airlines Pentathlon Boys 800m                   |
| 3:30  | "High Step Hustler" Girls 100mH Finals                 |
| 3:40  | "High Step Hustler" Boys 110mH Finals                  |
| 3:50  | "Fastest Alaskan" Girls 100m Finals                    |
| 4:00  | "Fastest Alaskan" Boys 100m Finals                     |
| 4:10  | Girls 4x400 Relay                                      |
| 4-55  | Rove 4v400 Relay                                       |

Event Program & Live Results www.bigcrelays.com

## Big C Relays welcomes Jordyn Bruce!

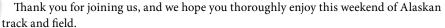
elcome back to The Russ Edwards Big C Relays! After last year's record breaking performances, we can't wait to see who will be crowned LifeMed Alaska's Lord of the Throwing Ring, High Step Hustler, and Fastest Alaskan. Who will come out on top in the Alaska Airlines Pentathlon and which relay team will remain King of the Hill? We'll find out as we bring together 36 teams and more than 900 athletes from across Alaska for an action packed weekend of track and field.

After a five-year break, we are thrilled to bring back a professional athlete to not only speak to the high-schoolers, but also get on the track with them. Come watch Jordyn Bruce, a 2016 Eagle River High School alumnus and 2024 Olympic hopeful, run in the 100mH prelims on Friday. And then join us at 7 a.m. on Saturday to hear about her journey in track and field.

Also on Saturday, we have a full field lined up for the Laird Prosser Memorial Mile. Sixteen men and ten women, many who are Alaskan alumni, will compete for cash prizes. We're also bringing back the Ric Wilson Challenge. Competitors will get on the track to run 300 meters faster than their age in seconds (the world record for this distance is just over 30 seconds).

Along with the many committed volunteers, this year's event would not be possible without my staff and our generous sponsors. We thank you! There are many people who give countless hours to make the Russ Edwards Big

C Relays what it is. We truly have become a family and enjoy working alongside each other to bring this to you.



— Quinton Metcalf, 2024 Big C Relays Meet Director



Quinton Metcalf, Big C Relays Meet Director

www.bigcrelays.com

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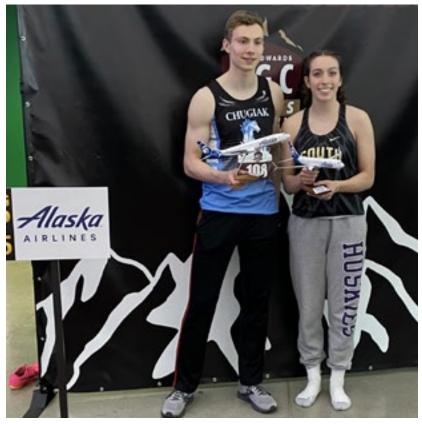
# Alaska Airlines Pentathlon

MOST ANTICIPATED EVENT OF EVERY BIG C RELAYS IS THE ALASKA AIRLINES PENTATHLON. WATCH as six young men and women vie for the title by competing in the high jump, shot put, 100m, 300m hurdles and 800m.

During the 2023 Alaska Airlines pentathlon, South Anchorage High's Makaylen King captured the victory, despite winning just one individual event, the High Jump. Her strong second-place showings in the shot put and 300mH helped her edge in front of West Anchorage's Karsen Beaglee. King will be back to defend her title this year.

Chugiak's Anders Larsen dominated the boys pentathlon with a strong first-place finish in the high jump, bounding 8 inches higher than his closest competitor. He also dominated the 800m and shot put to run away with the title, more than 400 points away from his competitiors. Read more about this year's lineup at right, and see the schedule below:

| Friday, April 5:           | Saturday, April 6: |
|----------------------------|--------------------|
| 11 a.m.                    | 9 a.m.             |
| High Jump (boys and girls) | 300m hurdles girls |
| 11 a.m.                    | 9:10 a.m.          |
| Shot Put (boys and girls)  | 300m hurdles boy   |
| 6:50 p.m.                  | 3:10 p.m.          |
| 100m girls                 | 800m girls         |
| 6:55 p.m.                  | 3:20 p.m.          |
| 100m boys                  | 800m boys          |



2023 Alaska Airlines Pentathlon winners Anders Larsen, Chugiak High, and Makaylen King, South Anchorage High.

## Thanks, Alaska Airlines, for supporting Big C Relays!

## Pentathlon records

| GIRLS PENTATHLON WINNERS  |                      |                              |                                 | BOYS PENTATHLON WINNERS |                      |                              |        |
|---|----------------------|------------------------------|---------------------------------|-------------------------|----------------------|------------------------------|--------|
| Year  | Name                 | School                       | Result                          | Year                    | Name                 | School                       | Result |
| 2009  | Hannah Johnson       | Grace                        | 3124                            | 2009                    | Karsten Schick       | Kodiak                       | 3322   |
| 2010  | Morgan Kueter        | Bartlett                     | 3059                            | 2010                    | Karsten Schick       | Kodiak                       | 3480   |
| 2011  | Jessica Todd         | Dimond                       | 3470                            | 2011                    | Colton Schneider     | Soldotna                     | 3153   |
| 2012  | Alisha Allen         | Lathrop                      | 3617                            | 2012                    | Duncan Keith         | Chugiak                      | 3232   |
| 2013  | Scout Warners        | Eagle River                  | 3395                            | 2013                    | Tyler Rohde          | Chugiak                      | 3683   |
| 2014  | Naomi Welling        | Thunder Mountain             | 3472                            | 2014                    | Leroy Elliott        | West                         | 3503   |
| 2015  | Naomi Welling        | Thunder Mountain             | 3927                            | 2015                    | Tim Duke             | Soldotna                     | 3764   |
| Penta   | thlon scoring was au | itomated in 2015. The 800m i | was                             | Penta                   | thlon scoring was au | itomated in 2015. The 800m v | vas    |
| calculated differently affecting the overall score. Naomi's results calculated differently affecting the overall score. Tim's results |                      |                              |                                 |                         | ılts                 |                              |        |
| * * *   |                      |                              | without that difference is 3879 |                         |                      |                              |        |
| 2016  | Naomi Welling        | Thunder Mountain             | 3821                            | 2016                    | Ty Jordan            | Chugiak                      | 3135   |
| 2019  | Brooklynn Gould      | Chugiak                      | 3696                            | 2019                    | Micah Bartel         | Kodiak                       | 3552   |
| 2022  | Kaytlin McAnelly     | Soldotna                     | 3298                            | 2022                    | Dylan Jeffus         | Wasilla                      | 3356   |
| 2023  | Makaylen King        | South Anchorage              | 3207                            | 2023                    | Anders Larsen        | Chugiak                      | 3409   |

# Your 2024 Big C Relays pentathletes



Hope Jackson (Jr.)
Grace Christian School
GPA: 4.06
2023 region champ/state runner-up
100mH; 4x200 state champ; 300mH
and LJ. National Honor Society,
church youth group, XC & basketball.



Emily Moore (Sr.)
Chugiak High School
GPA: 4.11
State qualifier in 3200, 1600 for
the past three years, state-winning
4x800m relay. National Honor Society, Partner's Club, Kidz Running



Rylee McIntosh (Sr.)
Colony High School
GPA: 4.2
TJ, HJ, 300mH specialist. Running
for Linfield University. Student council, community food drives, football/
basketball team manager.



Ellie VanDeventer (Sr.)
Tri-Valley High School
GPA: 4.14
State qualifier, HJ winner 2022,
sprinter. Student government, National Honor Society, student council, church volunteer.



Makaylen King (Sr.)
South Anchorage High School
GPA: 3.97
Defending 2023 pentathlon winner, region TJ champ, 3rd in CIC in 100/300mH. Alpine Senior home volunteer.



Grace Miotke (Sr.)
Homer High School
GPA: 3.45
2023 D2 state champ 300mH and
4x400. USATF JO 400mH qualifier.
Pratt Museum volunteer, student
council, youth T&F mentor.



Matthew Wilson (Sr.)
Eagle River High School
GPA: 4.14
Varsity 110mH, discus, 4x800m. Eagle River food pantry, team captain,
Jazz band, Jr. Nordic volunteer



Cordell Randall (Sr.)
Tri-Valley High School
GPA: 4.14
State HJ champ, school-record holder, 400/relay member at regions and state. Student government, National Honor Society, church volunteer.



Wilder Dillingham (Sr.)
Juneau Douglas Yadaa.at Kale
GPA: 3.86
Reg.V 400m champ, relay member
and state finalist in 400m. JO qualifier. NHS, president, Alaska Youth for
Environmental Action.



Wyatt Faircloth (Jr.)
Soldotna High School
GPA: 3.2
300mH runner-up, 4x400, 110mH.
Pop Warner volunteer, student council, school spirit assembly volunteer, team leader.



Tyler Drake (Jr.)
Bartlett High School
GPA: 3.71
Hurdle and jump specialist, Brian
Young qualifier. 2023 D1 110mH
runner-up. All-state band, All-city
jazz band, National Honor Society.



Manuel Silva (Sr.)
Kodiak High School
GPA: 2.98
Hurdle and jump specialist, state
qualifier. U.S. Coast Guard child center volunteer, fall festival, Arctic Winter Games volleyball team member

# The Fastest Alaskan

East High speedsters graduated: Who will be next on the podium?

THUNDERBIRDS dominated the 2022 and 2023 Big C Relays Fastest Alaskan event. A crowd favorite, this is one of just two races that requires preliminaries and semis before moving on to the six-person field in the finals.

Then-junior Olyvia Mamae set the tone early in 2022, winning her prelims, semis and finals, outsprinting the field in a scorching 12.48. She came back in 2023 to repeat that performance, finishing with a 12.62. She is now competing for North Dakota State University.

Brian Morris had a repeat perfomance as well, winning in 2022 with an 11.28, and 2023 with an 11.22. He is now running for the University of Alaska Anchorage.

This year's current front-runners are Chugiak senior Semaj Walker, who's season PR is 11.16, and Jihsana Williams, a Chugiak freshman who ran a 13.06 in her high school racing debut. Racing will take place both days. See below for the schedule.



East Anchorage's Brian Morris, left, and Olyvia Mamae, right, captured the Fastest Alaskan titles in 2022 with respective times of 11.28 and 12.48. They came back to defend their titles in 2023, winning with respective times of 11.22 and 12.62. Both are graduated, so 2024 will unveil a new era of Fastest Alaskan.

### The Fastest Alaskan schedule of races

### Qualifying for Finals

Since the Big C is one of the first meets of the season, Big Cs has random seeding for heat assignments. To advance to the semifinals, a runner must be in the top 18 times. To advance to finals, a runner must be in the top six.

### **Preliminaries**

Friday, April 5 1:40 p.m. - Girls 2:40 p.m. - Boys

#### Semifinals

Friday, April 5 7 p.m. - Girls 7:10 p.m. - Boys

#### **Finals**

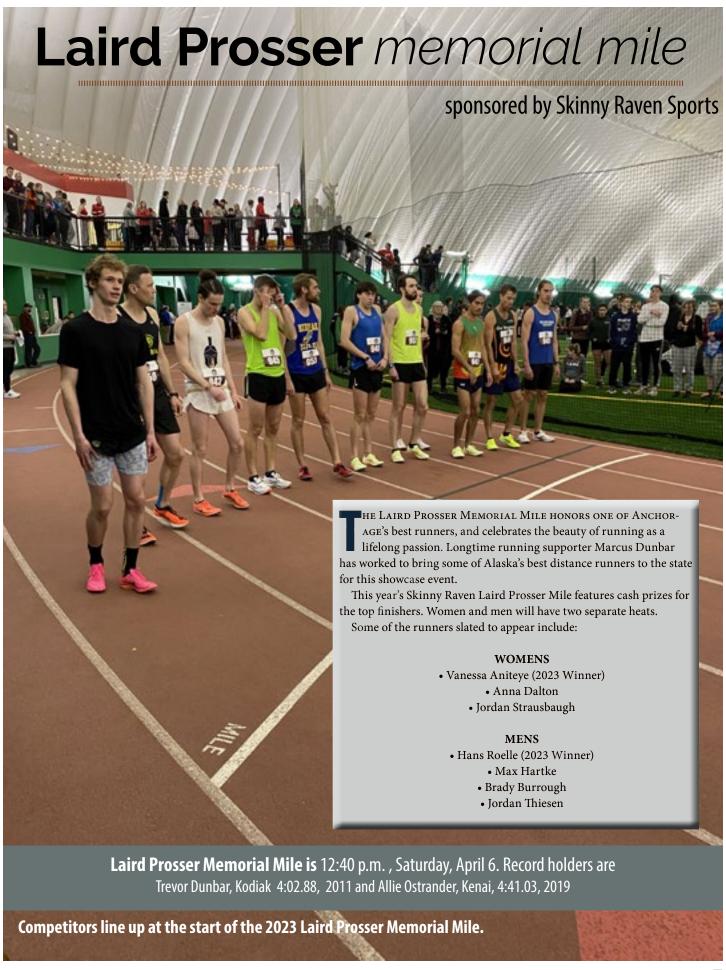
Saturday, April 6 3:50 p.m. - Girls 4 p.m. - Boys



# Fastest Alaskan records

**GIRLS**: Hailey Williams, 12.17 Delta Junction, 2019

**BOYS**: Colton Herman, 11.00 East Anchorage, 2019



# Lord of the (throwing) rings

Big Caction will include the ever-popular Lord of the Rings throwing competition. Some of the state's best shot putters and discus throwers will compete to see if they can accumulate the largest combined distance between both events.

Scores are combined between the two events to determine the overall strong man and woman of the weekend.

"To maximize participation and still pursue excellent times and marks, we organize the Big C a little differently," said meet director Quinton Metcalf.

"Beginning with the throwing events, we utilize a two-and-two format during prelims. This means an athlete steps into the circle, takes two consecutive throws (the first two), and then steps out. Each throw is marked, but only the furthest is measured. We then work our way through the flight, repeating everyone twice (the second two). After all flights are complete, we take the top eight distances and move those athletes into the finals. These athletes then get an additional three throws."

For long jump, we run two pits with one flight per gender. This provides flexibility to those athletes also competing in high jump. During prelims each athlete has two jumps. The top eight distances move into the finals, where each athlete gets three more attempts. For high jump, we utilize a five-alive format. Five athletes will begin the event at the starting height, each having three attempts. Once one athlete clears, another will be brought in. This process will be repeated until all athletes have either cleared or missed the bar, at which time the bar will be moved up.



The 2023 Lord of the Rings winners were West Anchorage High School teammates Sone Falealo, left, and Norah Brown, right.

### Throws Schedule

**Friday, April 5** 11 a.m. Girls discus Boys shot **Saturday, April 6** 9 a.m. Boys discus Girls shot

# CONGRATULATIONS

ATHLETES



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# The International Stage

## An interview with guest athlete Jordyn Bruce, Alaskan and professional multisport athlete

#### Big C: Give us a synopsis of your running career thus far.

Jordyn: My track career began at Eagle River High School. During my senior year, I signed my letter of intent to run track at Illinois State University, and learn to be a 400m hurdler and heptathlete. While at ISU, I was a multi-year conference champion, Division I school record holder, and NCAA Regional finalist. By my senior year, I was named Most Valuable Athlete of ISU and the Missouri Valley Conference. Currently, I coach at Trinity University in San Antonio, Texas, and train under Coach Kris Mack. I've partnered with lululemon, and continue to keep connections with ARA and the Alaska Pole Vault Club. During my professional career, I've qualified for U.S. Nationals, become the (currently unratified) American record holder for the indoor heptathlon, placed second in the U.S. Decathlon National Championships, and second in the French Decathlon Championships. I'm currently working towards qualifying for the Olympic Trials and placing at A 2016 graduate of Eagle River High School, Jordvn the World Decathlon Championships.

### Big C: How did you know or decide you wanted to continue in your sport beyond vour collegiate career?

Jordyn: After college graduation, I accepted a full-time actuarial science job in Texas. I planned on just becoming a casual gym goer. No more workouts where I couldn't feel my legs or be forced to hobble down the stairs in soreness. For a few months I enjoyed retirement, and then I got antsy. I joined various teams from CrossFit to swimming, then thought, "Why did I stop doing what I actually loved?" I did my research, and decided I would find a way — simply because it's what lights a spark in me. While my first year was a difficult transition to the professional world, I eventually found a training rhythm, coach, and community. I was once again doing what I loved, and I've had so many incredible experiences since.



Bruce went on to an illustrious track & field career at Illinois State University and now is a professional multisport athlete sponsored by the clothing company lululemon. She is the guest athlete at this year's Big C Relays.

Come watch Jordyn Bruce, a 2016 Eagle River High School alumnus and 2024 Olympic hopeful, run in the 100mH prelims on Friday, April 5. Then join us at 7 a.m. Saturday, April 6, to hear about her journey in track and field.

#### Big C: What unique challenges did you face as an athlete coming out of Alaska?

Jordyn: Coming out of Alaska, it's often difficult to understand the level of competition in the remainder of the nation. If you're unable to travel to compete, be sure to watch online or research times/marks. It'll be important to know where you're at if you're looking at colleges. I was also unaware that there were 200m tracks and indoor seasons! Many high schools have indoor and outdoor seasons and compete from December to May. Starting in college, it was an adjustment to stay 'on point' for such a long competition season.

#### Big C: What was your favorite part of the Big C as a high school athlete?

**Jordyn:** The Big C is one of the best Alaska track and field experiences. It shows Alaska's athletes the energy that track has, and brings the community together. It's also full of new chances. My sophomore year, I was thrown into the 100H. I'd never been afraid of a new

challenge, so I thought this was no different. But, I didn't finish the race that day. I gave it all I had — twice — and never made it past the second hurdle. That's how I met Coach E (Rafael Echavarria) and the Alaska Running Academy. Since then, I went from not being able to finish the race, to running the second fastest time in the state at 14.8, and currently 13.75. I would've never become a hurdler if I didn't embrace the new opportunities that the Big C offers. Make the most of it, run the race, and meet new people in the process!

> At right, Jordyn Bruce competing in the France X-Athletics meet, women's indoor heptathlon 60m. There, she set the unofficial indoor American heptathlon record.



# The Record Book: Big

| ALL-TIME BOYS RECORDS    |   |   |                |      |
|--------------------------|---|---|----------------|------|
| Discus                   | 170'10"   | Jordan Clarke                                 | Bartlett       | 2008 |
| Shot Put                 | 65' 6.50"   | Jordan Clarke                                 | Bartlett       | 2008 |
| High Jump                | 6' 8"   | Bryce Hellman                                 | Bartlett       | 2016 |
| Long Jump                | 21' 2"  | Ben Jackson                                   | Service        | 2008 |
| 100 Hurdles              | 14.75   | Tyler Rohde                                   | Chugiak        | 2012 |
| 300 Hurdles              | 39.25   | A.J. Szewczyk, Jr.                            | Eagle River    | 2023 |
| 100 meters               | 11.00   | Colton Herman                                 | East Anchorage | 2019 |
| 400 meters               | 49.34   | Daquan Brunson                                | Bartlett       | 2012 |
| 800 meters               | 1:55.5  | Levi Thomet                                   | Kodiak         | 2015 |
| 1600 meters              | 4:17.9  | Trevor Dunbar                                 | Kodiak         | 2008 |
| 3200 meters              | 8:54.2  | Levi Thomet                                   | Kodiak         | 2015 |
| 4x100 relay              | 44.09 D. Rushmeyer, A. Montenegro, M. Wright, B. Morris       |   | East Anchorage | 2023 |
| 4x400 relay              | 3:27.14 B. Durr, B. Panoam, D. Reid, J. Obrigewitch           |   | Bartlett       | 2016 |
| 4x800 relay              | relay 7:58.1 C. Mamikunian, S. Talbot, R. Walgren, J. Lane    |   | Service        | 2010 |
| 4x1652 relay             | 20:16.9   | J. Theisen, J. Theisen                        | Kenai          | 2015 |
| 800 SMR relay            | MR relay 1:36.1 D. Watson, A Tufega, D. Gray, J.J. Jack-Nixon |   | Bartlett       | 2011 |
| 1600 SMR relay           | 3:35.8  | T. Randall, I. Ashley, J. Jackman, J. Theisen | Kenai          | 2015 |
| Swedish                  | 2:14.45 B. Morris, D. Rushmeyer                               |   | East Anchorage | 2023 |
| Pentathlon 3764 Tim Duke |   | Soldotna                                      | 2015           |      |

## Big C Relays Staff

Meet Director: Quinton Metcalf Media Coordinator: Hannah Metcalf GCS Athletic Director: Paul Salima Head Scheduler: Shane Metcalf Head Timing Official: Jacob Kirk Assistant Timing Official and Laird Prosser

Liaison: Marcus Dunbar

**Hospitality Coordinator:** Sarah Klebs **Starters:** Ric Wilson, Robert Tedrick **Throwing Director:** Brian Sears



## Our sponsors

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- Skinny Raven Sports
- Life Med Alaska

Additional thank-yous to Moose's Tooth for donating pizza, MindBrew Creative for the logo design, USATF Alaska and Pit Finish Rake for equipment usage, and all the volunteers who have helped make Big C Relays possible.

# C Relays all-time bests

| ALL-TIME GIRLS RECORDS        |                      |  |                    |              |
|-------------------------------|----------------------|--|--------------------|--------------|
| Discus                        | 129'-10"             | Alissa Pili                                      | Dimond             | 2019         |
| Shot Put                      | 41'-9.25"            | Alissa Pili                                      | Bartlett           | 2019         |
| High Jump                     | 5' 2"                | Thit Bak<br>Ann Gebauer                          | Skyview<br>Service | 2011<br>2015 |
| Long Jump                     | 17'-5.75"            | Jocelyn Chanonto                                 | Service            | 2019         |
| 100 Hurdles                   | 14.97                | Olyvia Mamae                                     | East Anchorage     | 2023         |
| 300 Hurdles                   | 44.99                | Jordyn Bruce                                     | Eagle River        | 2016         |
| 100 meters                    | 12.17                | Hailey Williams                                  | Delta Junction     | 2019         |
| 400 meters                    | 55.87                | Tanner Ealum                                     | ACS                | 2015         |
| 800 meters                    | 2:16.29 Tanner Ealum |  | ACS                | 2016         |
| 1600 meters                   | 5:29.4               | Shoshana Keegan                                  | West Anc.          | 2018         |
| 3200 meters                   | 9:59.3               | Allie Ostrander                                  | Kenai              | 2015         |
| 4x100 relay                   | 50.91                | J. Tillmon, K. Young, B. Walker, D. Little       | Bartlett           | 2010         |
| 4x400 relay                   | 4:05.9               | L. Sandahl, S. DeVito, B. Beeson, L. Flanagan    | Kenai              | 2010         |
| 4x800 relay                   | 9:31.0               | M. Burroughs, P. Mathis, J. Pahkala, M. Dampier  | Wasilla            | 2012         |
| 4x1652 relay                  | 20:16.9              | A. Ostrander, R. Boonstra                        | Kenai              | 2015         |
| 800 SMR relay                 | 1:53.7               | S. Hull, S. DeVito, B. Beeson, L. Flanagan       | Kenai              | 2010         |
| 1600 SMR relay                | 4:15.7               | K. Whannell, K. Harding, A. Gibson, A. Ostrander | Kenai              | 2015         |
| Swedish                       | 2:14.45              | O. Mamae, R. Conway                              | East Anchorage     | 2023         |
| Pentathlon 3947 Naomi Welling |                      | Thunder Mtn.                                     | 2015               |              |

# Participating teams 2024 Big C Relays

- Anderson High School
- Bartlett High School
- Ben Eielson High School
- Birchwood Christian
- Chugiak High School
- Colony High School
- Delta Junction High School
- Dimond High School
- Eagle River High School
- East Anchorage High School
- Grace Christian School
- Holy Rosary Academy

- Homer High School
- Houston High School
- Hutchison High School
- Juneau Douglass Yadaa.at Kale
- Kodiak High School
- Lumen Christi School
- Monroe Catholic
- Mountain City Christian
- Nikiski High School
- Ninilchik School
- Nome-Beltz High School
- Palmer High School

- Redington High School
- Service High School
- Soldotna High School
- South Anchorage High School
- Su Valley School
- Tri-Valley School
- Valdez High School
- Wasilla High School
- West Anchorage High School
- West Valley High School



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#### LifeMed Alaska Membership Program

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by the patients' primary health insurance. There is no waiting period to enroll and the program is available to all Alaskan residents and visitors. Terms and conditions apply.

#### **Group Memberships**

LifeMed Alaska also offers group memberships. Visit www.lifemedalaska.com/groupmemberships to start your application. For questions, call 855.907.5433 or 907.249.8358 or email membership@lifemedalaska.com.

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