

**2026 JD Pentathlon - 2026-06-13****2026-06-13****Results****Event 1 Girls Outdoor Pentathlon 2013 - 13 years**

	<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>				
1	Woo, Catherine	Tbir - Vancouver Thunderbirds	1302	
2	Langlois, Poppy	Oatf - Ocean Athletics Track &	1285	
3	Magee, Rya	Lang - Langley Mustangs	1185	
4	Sandhu, Gurman	Vrtc - Valley Royals Track & F	1127	
5	Ip-Jansen, Sophie	Tbir - Vancouver Thunderbirds	1111	
6	Hankewich, Rebecca	City - Royal City Track & Fiel	1048	
7	Rutherford, Paige	Gold - Golden Ears Athletics	924	
8	Hopwood, Victoria	Kjak - Kajaks Track & Field Cl	904	
9	Sirounis, Georgia	Tbir - Vancouver Thunderbirds	842	
10	Stromgren, Sadie-Grace	Lang - Langley Mustangs	804	

**Event 1 Outdoor Pentathlon: #1 Girls 80 Meter Hurdles 30" 2013 - 13 years Outdoor Pentathlon**

	<b>Name</b>	<b>Team</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>				
1	Woo, Catherine	Tbir - Vancouver Thunderbirds	13.13	1
2	Langlois, Poppy	Oatf - Ocean Athletics Track &	13.70	2
3	Magee, Rya	Lang - Langley Mustangs	13.97	2
4	Sandhu, Gurman	Vrtc - Valley Royals Track & F	14.87	2
5	Ip-Jansen, Sophie	Tbir - Vancouver Thunderbirds	15.33	2
6	Hankewich, Rebecca	City - Royal City Track & Fiel	15.57	1
7	Stromgren, Sadie-Grace	Lang - Langley Mustangs	16.10	1
8	Hopwood, Victoria	Kjak - Kajaks Track & Field Cl	17.36	2
9	Sirounis, Georgia	Tbir - Vancouver Thunderbirds	18.14	1
10	Rutherford, Paige	Gold - Golden Ears Athletics	18.46	2

**Event 1 Outdoor Pentathlon: #2 Girls High Jump 2013 - 13 years Outdoor Pentathlon**

	<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>			
1	Langlois, Poppy	Oatf - Ocean Athletics Track &	1.40m
2	Ip-Jansen, Sophie	Tbir - Vancouver Thunderbirds	1.30m
2	Hankewich, Rebecca	City - Royal City Track & Fiel	1.30m
2	Hopwood, Victoria	Kjak - Kajaks Track & Field Cl	1.30m
5	Sirounis, Georgia	Tbir - Vancouver Thunderbirds	1.25m
5	Sandhu, Gurman	Vrtc - Valley Royals Track & F	1.25m
5	Magee, Rya	Lang - Langley Mustangs	1.25m
5	Woo, Catherine	Tbir - Vancouver Thunderbirds	1.25m
9	Stromgren, Sadie-Grace	Lang - Langley Mustangs	1.15m
9	Rutherford, Paige	Gold - Golden Ears Athletics	1.15m

**Event 1 Outdoor Pentathlon: #3 Girls Shot Put 3Kg 2013 - 13 years Outdoor Pentathlon**

	<b>Name</b>	<b>Team</b>	<b>Finals</b>
<b>Finals</b>			
1	Sandhu, Gurman	Vrtc - Valley Royals Track & F	8.82m
2	Woo, Catherine	Tbir - Vancouver Thunderbirds	8.13m
3	Stromgren, Sadie-Grace	Lang - Langley Mustangs	5.75m
4	Hankewich, Rebecca	City - Royal City Track & Fiel	5.65m
5	Rutherford, Paige	Gold - Golden Ears Athletics	5.62m
6	Ip-Jansen, Sophie	Tbir - Vancouver Thunderbirds	5.61m
7	Sirounis, Georgia	Tbir - Vancouver Thunderbirds	5.49m

**2026 JD Pentathlon - 2026-06-13****2026-06-13****Results****Finals ... (Event 1 Outdoor Pentathlon: #3 Girls Shot Put 3Kg 2013 - 13 years Outdoor Pentathlon)**

Name	Team	Finals
8 Hopwood, Victoria	Kjak - Kajaks Track & Field Cl	5.28m
9 Magee, Rya	Lang - Langley Mustangs	5.16m
10 Langlois, Poppy	Oatf - Ocean Athletics Track &	4.59m

**Event 1 Outdoor Pentathlon: #4 Girls Long Jump 2013 - 13 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Woo, Catherine	Tbir - Vancouver Thunderbirds	4.60m
2 Magee, Rya	Lang - Langley Mustangs	4.58m
3 Langlois, Poppy	Oatf - Ocean Athletics Track &	4.29m
4 Ip-Jansen, Sophie	Tbir - Vancouver Thunderbirds	4.00m
5 Rutherford, Paige	Gold - Golden Ears Athletics	3.85m
6 Hankewich, Rebecca	City - Royal City Track & Fiel	3.80m
7 Stromgren, Sadie-Grace	Lang - Langley Mustangs	3.48m
8 Sandhu, Gurman	Vrtc - Valley Royals Track & F	3.32m
9 Hopwood, Victoria	Kjak - Kajaks Track & Field Cl	3.20m
10 Sirounis, Georgia	Tbir - Vancouver Thunderbirds	3.12m

**Event 1 Outdoor Pentathlon: #5 Girls 800 Meter Run 2013 - 13 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Langlois, Poppy	Oatf - Ocean Athletics Track &	2:36.09
2 Rutherford, Paige	Gold - Golden Ears Athletics	2:39.91
3 Ip-Jansen, Sophie	Tbir - Vancouver Thunderbirds	2:45.90
4 Magee, Rya	Lang - Langley Mustangs	2:50.09
5 Hopwood, Victoria	Kjak - Kajaks Track & Field Cl	2:52.63
6 Hankewich, Rebecca	City - Royal City Track & Fiel	2:53.76
7 Sirounis, Georgia	Tbir - Vancouver Thunderbirds	2:55.01
8 Sandhu, Gurman	Vrtc - Valley Royals Track & F	2:57.13
9 Woo, Catherine	Tbir - Vancouver Thunderbirds	3:00.35
10 Stromgren, Sadie-Grace	Lang - Langley Mustangs	3:29.40

**Event 2 Boys Outdoor Pentathlon 2013 - 13 years**

Name	Team	Finals	H#
<b>Finals</b>			
1 Chahal, Jaan	Kjak - Kajaks Track & Field Cl	1725	
2 Iroha, Kris-Maris Chisom	Tbir - Vancouver Thunderbirds	1659	
3 Saikia, Zayd	Coqc - Coquitlam Cheetahs	1612	
4 Forer, Xavier	Tbir - Vancouver Thunderbirds	1610	
5 Chan, Zachary	Kjak - Kajaks Track & Field Cl	1441	
6 Verkaik, Caleb	Lang - Langley Mustangs	1339	
7 Zandbergen, William	Gold - Golden Ears Athletics	1191	
8 Rutherford, Conrad	Gold - Golden Ears Athletics	1090	
9 Casey, John	Gold - Golden Ears Athletics	695	

**Event 2 Outdoor Pentathlon: #1 Boys 80 Meter Hurdles 30" 2013 - 13 years Outdoor Pentathlon**

Name	Team	Finals	H#
<b>Finals</b>			
1 Chahal, Jaan	Kjak - Kajaks Track & Field Cl	12.40	2
2 Saikia, Zayd	Coqc - Coquitlam Cheetahs	12.47	1
3 Forer, Xavier	Tbir - Vancouver Thunderbirds	12.63	1

**2026 JD Pentathlon - 2026-06-13****2026-06-13****Results****Finals ... (Event 2 Outdoor Pentathlon: #1 Boys 80 Meter Hurdles 30" 2013 - 13 years Outdoor Pentathlon)**

Name	Team	Finals	H#
4 Iroha, Kris-Maris Chisom	Tbir - Vancouver Thunderbirds	12.80	2
5 Chan, Zachary	Kjak - Kajaks Track & Field Cl	13.33	1
6 Verkaik, Caleb	Lang - Langley Mustangs	15.08	2
7 Zandbergen, William	Gold - Golden Ears Athletics	16.12	1
8 Rutherford, Conrad	Gold - Golden Ears Athletics	16.19	1
9 Casey, John	Gold - Golden Ears Athletics	17.15	2

**Event 2 Outdoor Pentathlon: #2 Boys High Jump 2013 - 13 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Chahal, Jaan	Kjak - Kajaks Track & Field Cl	1.55m
1 Iroha, Kris-Maris Chisom	Tbir - Vancouver Thunderbirds	1.55m
3 Chan, Zachary	Kjak - Kajaks Track & Field Cl	1.50m
4 Forer, Xavier	Tbir - Vancouver Thunderbirds	1.40m
5 Saikia, Zayd	Coqc - Coquitlam Cheetahs	1.35m
5 Verkaik, Caleb	Lang - Langley Mustangs	1.35m
7 Rutherford, Conrad	Gold - Golden Ears Athletics	1.25m
7 Zandbergen, William	Gold - Golden Ears Athletics	1.25m
9 Casey, John	Gold - Golden Ears Athletics	1.10m

**Event 2 Outdoor Pentathlon: #3 Boys Shot Put 3Kg 2013 - 13 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Chahal, Jaan	Kjak - Kajaks Track & Field Cl	10.63m
2 Forer, Xavier	Tbir - Vancouver Thunderbirds	10.43m
3 Saikia, Zayd	Coqc - Coquitlam Cheetahs	8.08m
4 Iroha, Kris-Maris Chisom	Tbir - Vancouver Thunderbirds	7.68m
5 Zandbergen, William	Gold - Golden Ears Athletics	7.12m
6 Verkaik, Caleb	Lang - Langley Mustangs	6.57m
7 Chan, Zachary	Kjak - Kajaks Track & Field Cl	6.07m
8 Rutherford, Conrad	Gold - Golden Ears Athletics	5.75m
9 Casey, John	Gold - Golden Ears Athletics	4.63m

**Event 2 Outdoor Pentathlon: #4 Boys Long Jump 2013 - 13 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Iroha, Kris-Maris Chisom	Tbir - Vancouver Thunderbirds	5.74m
2 Saikia, Zayd	Coqc - Coquitlam Cheetahs	5.17m
3 Chahal, Jaan	Kjak - Kajaks Track & Field Cl	5.07m
4 Chan, Zachary	Kjak - Kajaks Track & Field Cl	4.83m
5 Verkaik, Caleb	Lang - Langley Mustangs	4.26m
6 Zandbergen, William	Gold - Golden Ears Athletics	3.90m
7 Forer, Xavier	Tbir - Vancouver Thunderbirds	3.87m
8 Rutherford, Conrad	Gold - Golden Ears Athletics	3.60m
9 Casey, John	Gold - Golden Ears Athletics	3.13m

**Event 2 Outdoor Pentathlon: #5 Boys 800 Meter Run 2013 - 13 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Verkaik, Caleb	Lang - Langley Mustangs	2:19.94
2 Forer, Xavier	Tbir - Vancouver Thunderbirds	2:21.53

**2026 JD Pentathlon - 2026-06-13****2026-06-13****Results****Finals ... (Event 2 Outdoor Pentathlon: #5 Boys 800 Meter Run 2013 - 13 years Outdoor Pentathlon)**

Name	Team	Finals
3 Saikia, Zayd	Coqc - Coquitlam Cheetahs	2:24.33
4 Zandbergen, William	Gold - Golden Ears Athletics	2:27.10
5 Rutherford, Conrad	Gold - Golden Ears Athletics	2:31.46
6 Iroha, Kris-Maris Chisom	Tbir - Vancouver Thunderbirds	2:35.44
7 Chahal, Jaan	Kjak - Kajaks Track & Field Cl	2:36.22
8 Chan, Zachary	Kjak - Kajaks Track & Field Cl	2:38.49
9 Casey, John	Gold - Golden Ears Athletics	3:20.90

**Event 3 Girls Outdoor Pentathlon 2014 - 12 years**

Name	Team	Finals	H#
<b>Finals</b>			
1 Gara, Dalia	Tbir - Vancouver Thunderbirds	1352	
2 Idanwekhai, Otse	Tbir - Vancouver Thunderbirds	1234	
3 Malyarenko, Victoria	Coqc - Coquitlam Cheetahs	1214	
4 Shapiro, Danica	Lang - Langley Mustangs	1204	
5 Noyes, Chelsea	Cvac - Cowichan Valley Athleti	1186	
6 Verkaik, Esme	Lang - Langley Mustangs	1143	
7 Varma-Vitug, Ashiana	Kjak - Kajaks Track & Field Cl	1077	
8 Almic, Avery	Coqc - Coquitlam Cheetahs	1026	
9 Hadley, Reina	Tbir - Vancouver Thunderbirds	994	
10 Westergaard, Abigail	Vrtc - Valley Royals Track & F	987	
11 Thornley, Mackenzie	Lang - Langley Mustangs	891	
12 Publow, Bailey	Gold - Golden Ears Athletics	763	
13 Lam, Nathalie Wing Sum	Tbir - Vancouver Thunderbirds	577	

**Event 3 Outdoor Pentathlon: #1 Girls 80 Meter Hurdles 27" 2014 - 12 years Outdoor Pentathlon**

Name	Team	Finals	H#
<b>Finals</b>			
1 Gara, Dalia	Tbir - Vancouver Thunderbirds	13.17	2
2 Malyarenko, Victoria	Coqc - Coquitlam Cheetahs	13.47	1
3 Idanwekhai, Otse	Tbir - Vancouver Thunderbirds	13.73	2
4 Noyes, Chelsea	Cvac - Cowichan Valley Athleti	14.00	1
5 Varma-Vitug, Ashiana	Kjak - Kajaks Track & Field Cl	14.84	2
6 Almic, Avery	Coqc - Coquitlam Cheetahs	15.03	2
7 Verkaik, Esme	Lang - Langley Mustangs	15.15	1
8 Shapiro, Danica	Lang - Langley Mustangs	15.23	2
9 Hadley, Reina	Tbir - Vancouver Thunderbirds	15.78	1
10 Thornley, Mackenzie	Lang - Langley Mustangs	15.82	1
11 Westergaard, Abigail	Vrtc - Valley Royals Track & F	16.21	2
12 Lam, Nathalie Wing Sum	Tbir - Vancouver Thunderbirds	17.46	2
13 Publow, Bailey	Gold - Golden Ears Athletics	18.42	2

**Event 3 Outdoor Pentathlon: #2 Girls Long Jump 2014 - 12 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Gara, Dalia	Tbir - Vancouver Thunderbirds	4.59m
2 Idanwekhai, Otse	Tbir - Vancouver Thunderbirds	4.28m
3 Malyarenko, Victoria	Coqc - Coquitlam Cheetahs	4.14m
4 Shapiro, Danica	Lang - Langley Mustangs	4.00m
5 Almic, Avery	Coqc - Coquitlam Cheetahs	3.98m

**2026 JD Pentathlon - 2026-06-13****2026-06-13****Results****Finals ... (Event 3 Outdoor Pentathlon: #2 Girls Long Jump 2014 - 12 years Outdoor Pentathlon)**

Name	Team	Finals
6 Verkaik, Esme	Lang - Langley Mustangs	3.84m
7 Varma-Vitug, Ashiana	Kjak - Kajaks Track & Field Cl	3.76m
8 Noyes, Chelsea	Cvac - Cowichan Valley Athleti	3.73m
9 Westergaard, Abigail	Vrtc - Valley Royals Track & F	3.67m
10 Lam, Nathalie Wing Sum	Tbir - Vancouver Thunderbirds	3.65m
11 Thornley, Mackenzie	Lang - Langley Mustangs	3.38m
12 Publow, Bailey	Gold - Golden Ears Athletics	3.30m
13 Hadley, Reina	Tbir - Vancouver Thunderbirds	2.98m

**Event 3 Outdoor Pentathlon: #3 Girls High Jump 2014 - 12 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Gara, Dalia	Tbir - Vancouver Thunderbirds	1.45m
2 Almic, Avery	Coqc - Coquitlam Cheetahs	1.40m
2 Idanwekhai, Otse	Tbir - Vancouver Thunderbirds	1.40m
4 Noyes, Chelsea	Cvac - Cowichan Valley Athleti	1.35m
4 Hadley, Reina	Tbir - Vancouver Thunderbirds	1.35m
6 Westergaard, Abigail	Vrtc - Valley Royals Track & F	1.30m
6 Malyarenko, Victoria	Coqc - Coquitlam Cheetahs	1.30m
6 Shapiro, Danica	Lang - Langley Mustangs	1.30m
9 Verkaik, Esme	Lang - Langley Mustangs	1.25m
10 Varma-Vitug, Ashiana	Kjak - Kajaks Track & Field Cl	1.20m
11 Publow, Bailey	Gold - Golden Ears Athletics	1.05m
11 Thornley, Mackenzie	Lang - Langley Mustangs	1.05m
--- Lam, Nathalie Wing Sum	Tbir - Vancouver Thunderbirds	NH

**Event 3 Outdoor Pentathlon: #4 Girls Shot Put 3Kg 2014 - 12 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Shapiro, Danica	Lang - Langley Mustangs	6.93m
2 Hadley, Reina	Tbir - Vancouver Thunderbirds	6.40m
3 Verkaik, Esme	Lang - Langley Mustangs	6.20m
4 Noyes, Chelsea	Cvac - Cowichan Valley Athleti	6.15m
5 Publow, Bailey	Gold - Golden Ears Athletics	6.04m
6 Idanwekhai, Otse	Tbir - Vancouver Thunderbirds	5.99m
7 Thornley, Mackenzie	Lang - Langley Mustangs	5.75m
8 Lam, Nathalie Wing Sum	Tbir - Vancouver Thunderbirds	5.73m
9 Westergaard, Abigail	Vrtc - Valley Royals Track & F	5.49m
10 Gara, Dalia	Tbir - Vancouver Thunderbirds	5.33m
11 Malyarenko, Victoria	Coqc - Coquitlam Cheetahs	5.12m
12 Almic, Avery	Coqc - Coquitlam Cheetahs	4.99m
13 Varma-Vitug, Ashiana	Kjak - Kajaks Track & Field Cl	4.81m

**Event 3 Outdoor Pentathlon: #5 Girls 800 Meter Run 2014 - 12 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Shapiro, Danica	Lang - Langley Mustangs	2:37.78
2 Verkaik, Esme	Lang - Langley Mustangs	2:38.83
3 Varma-Vitug, Ashiana	Kjak - Kajaks Track & Field Cl	2:40.55
4 Gara, Dalia	Tbir - Vancouver Thunderbirds	2:44.66

**2026 JD Pentathlon - 2026-06-13****2026-06-13****Results****Finals ... (Event 3 Outdoor Pentathlon: #5 Girls 800 Meter Run 2014 - 12 years Outdoor Pentathlon)**

Name	Team	Finals
5 Malyarenko, Victoria	Coqc - Coquitlam Cheetahs	2:46.30
6 Noyes, Chelsea	Cvac - Cowichan Valley Athleti	2:50.52
7 Westergaard, Abigail	Vrtc - Valley Royals Track & F	2:56.01
8 Idanwekhai, Otse	Tbir - Vancouver Thunderbirds	2:56.84
9 Thornley, Mackenzie	Lang - Langley Mustangs	2:57.23
10 Hadley, Reina	Tbir - Vancouver Thunderbirds	2:59.70
11 Publow, Bailey	Gold - Golden Ears Athletics	3:01.05
12 Almic, Avery	Coqc - Coquitlam Cheetahs	3:14.54
13 Lam, Nathalie Wing Sum	Tbir - Vancouver Thunderbirds	3:20.69

**Event 4 Boys Outdoor Pentathlon 2014 - 12 years**

Name	Team	Finals	H#
<b>Finals</b>			
1 Jones, Kingsley	Coqc - Coquitlam Cheetahs	1696	
2 Daviss, Caleb	Unbc - Unattached British Colu	1484	
3 Poole, Lndon	Vrtc - Valley Royals Track & F	1320	
4 Johnson, Levi	Coqc - Coquitlam Cheetahs	1271	
5 Shergill, Dean	Tbir - Vancouver Thunderbirds	1262	
6 Sametz, Jackson	Lang - Langley Mustangs	1251	
7 Aujla, Saajan	Coqc - Coquitlam Cheetahs	1209	
8 Idanwekhai, Osiro	Tbir - Vancouver Thunderbirds	1062	
9 Van Dyk, Logan	Vrtc - Valley Royals Track & F	1056	
10 Wevers, James	Oatf - Ocean Athletics Track &	961	
11 Yin, Kevin	Unbc - Unattached British Colu	924	
12 Breedveld, Elias	Gold - Golden Ears Athletics	848	
13 Slatten, Alex	Gold - Golden Ears Athletics	839	
14 Smith, Kieran	Tbir - Vancouver Thunderbirds	824	
15 Breedveld, Spencer	Gold - Golden Ears Athletics	761	
16 Su, Zachary	City - Royal City Track & Fiel	751	
17 van Drunen, Asher	Tbir - Vancouver Thunderbirds	733	

**Event 4 Outdoor Pentathlon: #1 Boys 80 Meter Hurdles 27" 2014 - 12 years Outdoor Pentathlon**

Name	Team	Finals	H#
<b>Finals</b>			
1 Jones, Kingsley	Coqc - Coquitlam Cheetahs	12.36	2
2 Daviss, Caleb	Unbc - Unattached British Colu	13.22	1
3 Aujla, Saajan	Coqc - Coquitlam Cheetahs	13.79	2
4 Poole, Lndon	Vrtc - Valley Royals Track & F	14.05	3
5 Johnson, Levi	Coqc - Coquitlam Cheetahs	14.58	1
6 Van Dyk, Logan	Vrtc - Valley Royals Track & F	14.81	3
7 Sametz, Jackson	Lang - Langley Mustangs	14.93	1
7 Shergill, Dean	Tbir - Vancouver Thunderbirds	14.93	2
9 Yin, Kevin	Unbc - Unattached British Colu	15.30	3
10 Idanwekhai, Osiro	Tbir - Vancouver Thunderbirds	15.58	3
11 Wevers, James	Oatf - Ocean Athletics Track &	15.61	3
12 Breedveld, Elias	Gold - Golden Ears Athletics	16.12	1
13 Smith, Kieran	Tbir - Vancouver Thunderbirds	17.02	2
14 Su, Zachary	City - Royal City Track & Fiel	17.03	1
15 Breedveld, Spencer	Gold - Golden Ears Athletics	17.14	3
16 Slatten, Alex	Gold - Golden Ears Athletics	17.16	2

**2026 JD Pentathlon - 2026-06-13****2026-06-13****Results****Finals ... (Event 4 Outdoor Pentathlon: #1 Boys 80 Meter Hurdles 27" 2014 - 12 years Outdoor Pentathlon)**

Name	Team	Finals	H#
17 van Drunen, Asher	Tbir - Vancouver Thunderbirds	17.67	1

**Event 4 Outdoor Pentathlon: #2 Boys Long Jump 2014 - 12 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Jones, Kingsley	Coqc - Coquitlam Cheetahs	5.36m
2 Daviss, Caleb	Unbc - Unattached British Colu	4.87m
3 Aujla, Saajan	Coqc - Coquitlam Cheetahs	4.24m
4 Shergill, Dean	Tbir - Vancouver Thunderbirds	4.21m
5 Sametz, Jackson	Lang - Langley Mustangs	4.02m
6 Johnson, Levi	Coqc - Coquitlam Cheetahs	3.96m
7 Van Dyk, Logan	Vrtc - Valley Royals Track & F	3.78m
8 Su, Zachary	City - Royal City Track & Fiel	3.77m
9 Poole, Lndon	Vrtc - Valley Royals Track & F	3.70m
10 Wevers, James	Oatf - Ocean Athletics Track &	3.66m
11 Yin, Kevin	Unbc - Unattached British Colu	3.62m
12 Idanwekhai, Osiro	Tbir - Vancouver Thunderbirds	3.61m
13 Slatten, Alex	Gold - Golden Ears Athletics	3.56m
14 Smith, Kieran	Tbir - Vancouver Thunderbirds	3.45m
15 Breedveld, Spencer	Gold - Golden Ears Athletics	3.39m
16 Breedveld, Elias	Gold - Golden Ears Athletics	3.22m
17 van Drunen, Asher	Tbir - Vancouver Thunderbirds	3.21m

**Event 4 Outdoor Pentathlon: #3 Boys High Jump 2014 - 12 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Jones, Kingsley	Coqc - Coquitlam Cheetahs	1.70m
2 Shergill, Dean	Tbir - Vancouver Thunderbirds	1.35m
2 Johnson, Levi	Coqc - Coquitlam Cheetahs	1.35m
2 Poole, Lndon	Vrtc - Valley Royals Track & F	1.35m
5 Daviss, Caleb	Unbc - Unattached British Colu	1.30m
5 Van Dyk, Logan	Vrtc - Valley Royals Track & F	1.30m
7 Idanwekhai, Osiro	Tbir - Vancouver Thunderbirds	1.25m
7 Sametz, Jackson	Lang - Langley Mustangs	1.25m
9 Aujla, Saajan	Coqc - Coquitlam Cheetahs	1.20m
9 Su, Zachary	City - Royal City Track & Fiel	1.20m
11 Smith, Kieran	Tbir - Vancouver Thunderbirds	1.15m
11 Yin, Kevin	Unbc - Unattached British Colu	1.15m
11 Breedveld, Elias	Gold - Golden Ears Athletics	1.15m
14 van Drunen, Asher	Tbir - Vancouver Thunderbirds	1.10m
14 Wevers, James	Oatf - Ocean Athletics Track &	1.10m
14 Slatten, Alex	Gold - Golden Ears Athletics	1.10m
17 Breedveld, Spencer	Gold - Golden Ears Athletics	1.00m

**Event 4 Outdoor Pentathlon: #4 Boys Shot Put 3Kg 2014 - 12 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Shergill, Dean	Tbir - Vancouver Thunderbirds	9.24m
2 Jones, Kingsley	Coqc - Coquitlam Cheetahs	7.96m
3 Daviss, Caleb	Unbc - Unattached British Colu	7.95m

**2026 JD Pentathlon - 2026-06-13****2026-06-13****Results****Finals ... (Event 4 Outdoor Pentathlon: #4 Boys Shot Put 3Kg 2014 - 12 years Outdoor Pentathlon)**

Name	Team	Finals
4 Wevers, James	Oatf - Ocean Athletics Track &	7.81m
5 Poole, Lndon	Vrtc - Valley Royals Track & F	7.19m
6 Aujla, Saajan	Coqc - Coquitlam Cheetahs	7.15m
7 van Drunen, Asher	Tbir - Vancouver Thunderbirds	6.71m
8 Sametz, Jackson	Lang - Langley Mustangs	6.56m
9 Yin, Kevin	Unbc - Unattached British Colu	6.44m
10 Slatten, Alex	Gold - Golden Ears Athletics	6.29m
11 Johnson, Levi	Coqc - Coquitlam Cheetahs	5.89m
12 Idanwekhai, Osiro	Tbir - Vancouver Thunderbirds	5.35m
13 Breedveld, Elias	Gold - Golden Ears Athletics	5.21m
14 Van Dyk, Logan	Vrtc - Valley Royals Track & F	4.65m
15 Breedveld, Spencer	Gold - Golden Ears Athletics	4.33m
16 Smith, Kieran	Tbir - Vancouver Thunderbirds	4.03m
17 Su, Zachary	City - Royal City Track & Fiel	3.96m

**Event 4 Outdoor Pentathlon: #5 Boys 800 Meter Run 2014 - 12 years Outdoor Pentathlon**

Name	Team	Finals	H#
<b>Finals</b>			
1 Sametz, Jackson	Lang - Langley Mustangs	2:26.05	2
2 Johnson, Levi	Coqc - Coquitlam Cheetahs	2:28.22	2
3 Daviss, Caleb	Unbc - Unattached British Colu	2:29.05	2
4 Poole, Lndon	Vrtc - Valley Royals Track & F	2:29.82	2
5 Idanwekhai, Osiro	Tbir - Vancouver Thunderbirds	2:40.46	1
6 Jones, Kingsley	Coqc - Coquitlam Cheetahs	2:42.23	2
7 Aujla, Saajan	Coqc - Coquitlam Cheetahs	2:52.21	2
8 Van Dyk, Logan	Vrtc - Valley Royals Track & F	2:52.78	2
9 Shergill, Dean	Tbir - Vancouver Thunderbirds	2:55.00	2
10 Smith, Kieran	Tbir - Vancouver Thunderbirds	2:55.12	1
11 Breedveld, Spencer	Gold - Golden Ears Athletics	2:56.76	1
12 Breedveld, Elias	Gold - Golden Ears Athletics	3:05.37	1
13 Slatten, Alex	Gold - Golden Ears Athletics	3:06.63	1
14 Wevers, James	Oatf - Ocean Athletics Track &	3:10.90	2
15 Yin, Kevin	Unbc - Unattached British Colu	3:16.72	1
16 Su, Zachary	City - Royal City Track & Fiel	3:25.41	1
17 van Drunen, Asher	Tbir - Vancouver Thunderbirds	3:27.12	1

**Event 5 Girls Outdoor Pentathlon 2015 - 11 years**

Name	Team	Finals	H#
<b>Finals</b>			
1 Newnham, Caitlyn	Lang - Langley Mustangs	1372	
2 Iroha, Vera-Stin Ifunanya	Tbir - Vancouver Thunderbirds	1322	
3 Aujla, Saiya	Coqc - Coquitlam Cheetahs	1236	
4 Turner, Eva	NorWesters Track & Field Club	1144	
5 Maika, Rosie	Kjak - Kajaks Track & Field Cl	1117	
6 Vidovic, Katarina	Coqc - Coquitlam Cheetahs	1075	
7 Van Der Westhuizen, Lika	Lang - Langley Mustangs	1063	
8 Louwerse, Kate	Vrtc - Valley Royals Track & F	972	
9 Donnelly, Tilda	Vrtc - Valley Royals Track & F	965	
10 Giordano, Amay	Tbir - Vancouver Thunderbirds	937	
11 Wells, Brooke	Lang - Langley Mustangs	915	

**2026 JD Pentathlon - 2026-06-13****2026-06-13****Results****Finals ... (Event 5 Girls Outdoor Pentathlon 2015 - 11 years)**

Name	Team	Finals	H#
12 Louwerse, Emma	Vrtc - Valley Royals Track & F	896	
13 Vogel, Charlie	Lang - Langley Mustangs	888	
14 Turner, Norah	Kjak - Kajaks Track & Field Cl	846	
15 Jurcik, Sara	Coqc - Coquitlam Cheetahs	840	
16 Verkaik, Elia	Lang - Langley Mustangs	667	
17 Kostelyk, Alison	Vrtc - Valley Royals Track & F	597	
18 Vanderspruit, Skylar	Lang - Langley Mustangs	592	
19 Magee, Addisyn	Lang - Langley Mustangs	476	

**Event 5 Outdoor Pentathlon: #1 Girls 60 Meter Hurdles 24" 2015 - 11 years Outdoor Pentathlon**

Name	Team	Finals	H#
<b>Finals</b>			
1 Iroha, Vera-Stin Ifunanya	Tbir - Vancouver Thunderbirds	10.16	3
2 Aujla, Saiya	Coqc - Coquitlam Cheetahs	10.53	2
3 Newnham, Caitlyn	Lang - Langley Mustangs	11.03	1
4 Turner, Eva	NorWesters Track & Field Club	11.06	1
5 Van Der Westhuizen, Lika	Lang - Langley Mustangs	11.41	3
6 Hiebert, Verity	Ultr - Ultra Throw	11.69	2
7 Maika, Rosie	Kjak - Kajaks Track & Field Cl	11.72	1
8 Vidovic, Katarina	Coqc - Coquitlam Cheetahs	12.11	1
9 Wells, Brooke	Lang - Langley Mustangs	12.15	3
10 Louwerse, Kate	Vrtc - Valley Royals Track & F	12.24	2
11 Turner, Norah	Kjak - Kajaks Track & Field Cl	12.70	3
12 Vogel, Charlie	Lang - Langley Mustangs	12.71	2
13 Donnelly, Tilda	Vrtc - Valley Royals Track & F	12.75	1
14 Giordano, Amay	Tbir - Vancouver Thunderbirds	12.90	3
15 Louwerse, Emma	Vrtc - Valley Royals Track & F	13.10	3
16 Jurcik, Sara	Coqc - Coquitlam Cheetahs	13.37	2
17 Kostelyk, Alison	Vrtc - Valley Royals Track & F	14.44	2
18 Verkaik, Elia	Lang - Langley Mustangs	14.53	1
19 Vanderspruit, Skylar	Lang - Langley Mustangs	14.98	2
20 Magee, Addisyn	Lang - Langley Mustangs	15.73	3

**Event 5 Outdoor Pentathlon: #2 Girls Shot Put 2Kg 2015 - 11 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Newnham, Caitlyn	Lang - Langley Mustangs	9.00m
2 Hiebert, Verity	Ultr - Ultra Throw	7.73m
3 Louwerse, Emma	Vrtc - Valley Royals Track & F	7.60m
4 Giordano, Amay	Tbir - Vancouver Thunderbirds	7.35m
5 Aujla, Saiya	Coqc - Coquitlam Cheetahs	6.84m
6 Jurcik, Sara	Coqc - Coquitlam Cheetahs	6.52m
7 Vogel, Charlie	Lang - Langley Mustangs	6.45m
8 Van Der Westhuizen, Lika	Lang - Langley Mustangs	6.43m
9 Vanderspruit, Skylar	Lang - Langley Mustangs	6.24m
10 Magee, Addisyn	Lang - Langley Mustangs	5.91m
11 Louwerse, Kate	Vrtc - Valley Royals Track & F	5.88m
12 Turner, Norah	Kjak - Kajaks Track & Field Cl	5.80m
13 Turner, Eva	NorWesters Track & Field Club	5.74m
14 Vidovic, Katarina	Coqc - Coquitlam Cheetahs	5.70m

**2026 JD Pentathlon - 2026-06-13****2026-06-13****Results****Finals ... (Event 5 Outdoor Pentathlon: #2 Girls Shot Put 2Kg 2015 - 11 years Outdoor Pentathlon)**

Name	Team	Finals
15 Iroha, Vera-Stin Ifunanya	Tbir - Vancouver Thunderbirds	5.63m
16 Donnelly, Tilda	Vrtc - Valley Royals Track & F	5.54m
17 Kostelyk, Alison	Vrtc - Valley Royals Track & F	5.44m
18 Verkaik, Elia	Lang - Langley Mustangs	5.31m
19 Maika, Rosie	Kjak - Kajaks Track & Field Cl	5.07m
20 Wells, Brooke	Lang - Langley Mustangs	4.69m

**Event 5 Outdoor Pentathlon: #3 Girls Long Jump 2015 - 11 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Newnham, Caitlyn	Lang - Langley Mustangs	4.63m
2 Iroha, Vera-Stin Ifunanya	Tbir - Vancouver Thunderbirds	4.25m
3 Turner, Eva	NorWesters Track & Field Club	4.02m
4 Maika, Rosie	Kjak - Kajaks Track & Field Cl	3.66m
5 Hiebert, Verity	Ultr - Ultra Throw	3.64m
6 Van Der Westhuizen, Lika	Lang - Langley Mustangs	3.57m
7 Aujla, Saiya	Coqc - Coquitlam Cheetahs	3.54m
8 Vidovic, Katarina	Coqc - Coquitlam Cheetahs	3.52m
9 Donnelly, Tilda	Vrtc - Valley Royals Track & F	3.51m
10 Vogel, Charlie	Lang - Langley Mustangs	3.34m
11 Louwerse, Kate	Vrtc - Valley Royals Track & F	3.33m
12 Jurcik, Sara	Coqc - Coquitlam Cheetahs	3.27m
13 Louwerse, Emma	Vrtc - Valley Royals Track & F	3.17m
14 Giordano, Amay	Tbir - Vancouver Thunderbirds	3.06m
15 Wells, Brooke	Lang - Langley Mustangs	3.03m
16 Turner, Norah	Kjak - Kajaks Track & Field Cl	3.00m
17 Vanderspruit, Skylar	Lang - Langley Mustangs	2.67m
18 Magee, Addisyn	Lang - Langley Mustangs	2.62m
19 Kostelyk, Alison	Vrtc - Valley Royals Track & F	2.60m
19 Verkaik, Elia	Lang - Langley Mustangs	2.60m

**Event 5 Outdoor Pentathlon: #4 Girls High Jump 2015 - 11 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Iroha, Vera-Stin Ifunanya	Tbir - Vancouver Thunderbirds	1.40m
2 Aujla, Saiya	Coqc - Coquitlam Cheetahs	1.35m
3 Maika, Rosie	Kjak - Kajaks Track & Field Cl	1.30m
3 Newnham, Caitlyn	Lang - Langley Mustangs	1.30m
5 Donnelly, Tilda	Vrtc - Valley Royals Track & F	1.25m
6 Turner, Eva	NorWesters Track & Field Club	1.20m
6 Vidovic, Katarina	Coqc - Coquitlam Cheetahs	1.20m
8 Jurcik, Sara	Coqc - Coquitlam Cheetahs	1.15m
8 Van Der Westhuizen, Lika	Lang - Langley Mustangs	1.15m
10 Wells, Brooke	Lang - Langley Mustangs	1.10m
10 Giordano, Amay	Tbir - Vancouver Thunderbirds	1.10m
10 Louwerse, Kate	Vrtc - Valley Royals Track & F	1.10m
13 Hiebert, Verity	Ultr - Ultra Throw	1.05m
13 Vanderspruit, Skylar	Lang - Langley Mustangs	1.05m
13 Vogel, Charlie	Lang - Langley Mustangs	1.05m
16 Verkaik, Elia	Lang - Langley Mustangs	1.00m

**2026 JD Pentathlon - 2026-06-13****2026-06-13****Results****Finals ... (Event 5 Outdoor Pentathlon: #4 Girls High Jump 2015 - 11 years Outdoor Pentathlon)**

Name	Team	Finals
16 Turner, Norah	Kjak - Kajaks Track & Field Cl	1.00m
18 Magee, Addisyn	Lang - Langley Mustangs	0.95m
18 Louwerse, Emma	Vrtc - Valley Royals Track & F	0.95m
20 Kostelyk, Alison	Vrtc - Valley Royals Track & F	0.90m

**Event 5 Outdoor Pentathlon: #5 Girls 600 Meter Run 2015 - 11 years Outdoor Pentathlon**

Name	Team	Finals	H#
<b>Finals</b>			
1 Vidovic, Katarina	Coqc - Coquitlam Cheetahs	1:53.67	2
2 Maika, Rosie	Kjak - Kajaks Track & Field Cl	1:55.42	2
3 Iroha, Vera-Stin Ifunanya	Tbir - Vancouver Thunderbirds	1:57.82	2
4 Newnham, Caitlyn	Lang - Langley Mustangs	1:57.95	2
5 Turner, Eva	NorWesters Track & Field Club	2:00.52	2
6 Wells, Brooke	Lang - Langley Mustangs	2:01.10	1
7 Louwerse, Kate	Vrtc - Valley Royals Track & F	2:01.21	2
8 Aujla, Saiya	Coqc - Coquitlam Cheetahs	2:01.40	2
9 Van Der Westhuizen, Lika	Lang - Langley Mustangs	2:04.61	2
10 Louwerse, Emma	Vrtc - Valley Royals Track & F	2:04.87	1
11 Giordano, Amay	Tbir - Vancouver Thunderbirds	2:06.24	1
12 Turner, Norah	Kjak - Kajaks Track & Field Cl	2:07.07	1
13 Donnelly, Tilda	Vrtc - Valley Royals Track & F	2:07.82	2
14 Vogel, Charlie	Lang - Langley Mustangs	2:11.69	1
15 Verkaik, Elia	Lang - Langley Mustangs	2:14.02	1
16 Jurcik, Sara	Coqc - Coquitlam Cheetahs	2:20.93	1
17 Kostelyk, Alison	Vrtc - Valley Royals Track & F	2:23.26	1
18 Vanderspruit, Skylar	Lang - Langley Mustangs	2:40.78	1
19 Magee, Addisyn	Lang - Langley Mustangs	2:53.80	1

**Event 6 Boys Outdoor Pentathlon 2015 - 11 years**

Name	Team	Finals	H#
<b>Finals</b>			
1 Sabado, Elijah	Lang - Langley Mustangs	1402	
2 Jasmins-Douglas, Carter	Oatf - Ocean Athletics Track &	1350	
3 Narine, Kiran	Cvac - Cowichan Valley Athleti	1310	
4 Wilkie, Raphael	Oatf - Ocean Athletics Track &	1301	
5 Doornenbal, Brayden	Lang - Langley Mustangs	1191	
6 Anderson, Micah	Tbir - Vancouver Thunderbirds	1147	
7 Valyear, Tyson	Lang - Langley Mustangs	1115	
8 Trieu, Coby	City - Royal City Track & Fiel	969	
9 Ezaki, Isaac	Oatf - Ocean Athletics Track &	839	
10 Lei, Tristan	Tbir - Vancouver Thunderbirds	808	
10 Van Bakel, Parker	Lang - Langley Mustangs	808	
12 Wong, Declan	City - Royal City Track & Fiel	675	
13 To, Spencer	City - Royal City Track & Fiel	614	
14 Johnson, Cai	Gold - Golden Ears Athletics	604	

**Event 6 Outdoor Pentathlon: #1 Boys 60 Meter Hurdles 24" 2015 - 11 years Outdoor Pentathlon**

Name	Team	Finals	H#
<b>Finals</b>			
1 Sabado, Elijah	Lang - Langley Mustangs	10.09	1

**2026 JD Pentathlon - 2026-06-13****2026-06-13****Results****Finals ... (Event 6 Outdoor Pentathlon: #1 Boys 60 Meter Hurdles 24" 2015 - 11 years Outdoor Pentathlon)**

Name	Team	Finals	H#
2 Wilkie, Raphael	Oatf - Ocean Athletics Track &	10.13	1
3 Anderson, Micah	Tbir - Vancouver Thunderbirds	10.55	2
4 Narine, Kiran	Cvac - Cowichan Valley Athleti	10.71	3
5 Jasmins-Douglas, Carter	Oatf - Ocean Athletics Track &	11.27	2
6 Doornenbal, Brayden	Lang - Langley Mustangs	11.59	3
7 Valyear, Tyson	Lang - Langley Mustangs	11.79	2
8 Trieu, Coby	City - Royal City Track & Fiel	11.91	2
9 Lei, Tristan	Tbir - Vancouver Thunderbirds	12.59	3
10 Ezaki, Isaac	Oatf - Ocean Athletics Track &	12.87	3
11 Van Bakel, Parker	Lang - Langley Mustangs	13.44	3
12 To, Spencer	City - Royal City Track & Fiel	13.98	2
13 Wong, Declan	City - Royal City Track & Fiel	14.18	1
14 Johnson, Cai	Gold - Golden Ears Athletics	14.36	1
15 Dosanjh, Amir	City - Royal City Track & Fiel	14.60	3

**Event 6 Outdoor Pentathlon: #2 Boys Shot Put 2Kg 2015 - 11 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Jasmins-Douglas, Carter	Oatf - Ocean Athletics Track &	8.50m
2 Doornenbal, Brayden	Lang - Langley Mustangs	7.35m
3 Wilkie, Raphael	Oatf - Ocean Athletics Track &	7.13m
4 Johnson, Cai	Gold - Golden Ears Athletics	6.61m
5 Sabado, Elijah	Lang - Langley Mustangs	6.53m
6 Valyear, Tyson	Lang - Langley Mustangs	6.45m
7 Wong, Declan	City - Royal City Track & Fiel	6.10m
7 Trieu, Coby	City - Royal City Track & Fiel	6.10m
9 Anderson, Micah	Tbir - Vancouver Thunderbirds	6.08m
10 Narine, Kiran	Cvac - Cowichan Valley Athleti	6.00m
11 Van Bakel, Parker	Lang - Langley Mustangs	5.73m
12 Ezaki, Isaac	Oatf - Ocean Athletics Track &	4.85m
13 Dosanjh, Amir	City - Royal City Track & Fiel	4.74m
14 To, Spencer	City - Royal City Track & Fiel	4.56m
15 Lei, Tristan	Tbir - Vancouver Thunderbirds	4.22m

**Event 6 Outdoor Pentathlon: #3 Boys Long Jump 2015 - 11 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Sabado, Elijah	Lang - Langley Mustangs	4.50m
2 Doornenbal, Brayden	Lang - Langley Mustangs	4.21m
3 Jasmins-Douglas, Carter	Oatf - Ocean Athletics Track &	4.10m
4 Wilkie, Raphael	Oatf - Ocean Athletics Track &	4.08m
5 Narine, Kiran	Cvac - Cowichan Valley Athleti	4.01m
6 Van Bakel, Parker	Lang - Langley Mustangs	3.83m
7 Anderson, Micah	Tbir - Vancouver Thunderbirds	3.56m
8 Trieu, Coby	City - Royal City Track & Fiel	3.53m
9 Valyear, Tyson	Lang - Langley Mustangs	3.49m
10 Ezaki, Isaac	Oatf - Ocean Athletics Track &	3.47m
11 Johnson, Cai	Gold - Golden Ears Athletics	3.16m
12 To, Spencer	City - Royal City Track & Fiel	3.04m
13 Wong, Declan	City - Royal City Track & Fiel	2.81m

**2026 JD Pentathlon - 2026-06-13****2026-06-13****Results****Finals ... (Event 6 Outdoor Pentathlon: #3 Boys Long Jump 2015 - 11 years Outdoor Pentathlon)**

Name	Team	Finals
14 Dosanjh, Amir	City - Royal City Track & Fiel	2.80m
15 Lei, Tristan	Tbir - Vancouver Thunderbirds	2.59m

**Event 6 Outdoor Pentathlon: #4 Boys High Jump 2015 - 11 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Lei, Tristan	Tbir - Vancouver Thunderbirds	1.35m
2 Jasmins-Douglas, Carter	Oatf - Ocean Athletics Track &	1.30m
2 Doornenbal, Brayden	Lang - Langley Mustangs	1.30m
4 Narine, Kiran	Cvac - Cowichan Valley Athleti	1.25m
4 Valyear, Tyson	Lang - Langley Mustangs	1.25m
4 Sabado, Elijah	Lang - Langley Mustangs	1.25m
4 Anderson, Micah	Tbir - Vancouver Thunderbirds	1.25m
8 Trieu, Coby	City - Royal City Track & Fiel	1.20m
8 Wilkie, Raphael	Oatf - Ocean Athletics Track &	1.20m
10 Ezaki, Isaac	Oatf - Ocean Athletics Track &	1.15m
11 Van Bakel, Parker	Lang - Langley Mustangs	1.05m
12 Wong, Declan	City - Royal City Track & Fiel	1.00m
13 Dosanjh, Amir	City - Royal City Track & Fiel	0.95m
13 To, Spencer	City - Royal City Track & Fiel	0.95m
--- Johnson, Cai	Gold - Golden Ears Athletics	NH

**Event 6 Outdoor Pentathlon: #5 Boys 600 Meter Run 2015 - 11 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Narine, Kiran	Cvac - Cowichan Valley Athleti	1:43.31
2 Sabado, Elijah	Lang - Langley Mustangs	1:45.36
3 Jasmins-Douglas, Carter	Oatf - Ocean Athletics Track &	1:49.06
4 Wilkie, Raphael	Oatf - Ocean Athletics Track &	1:54.65
5 Valyear, Tyson	Lang - Langley Mustangs	1:57.60
6 Anderson, Micah	Tbir - Vancouver Thunderbirds	2:04.91
7 Doornenbal, Brayden	Lang - Langley Mustangs	2:05.71
8 Johnson, Cai	Gold - Golden Ears Athletics	2:15.68
9 Trieu, Coby	City - Royal City Track & Fiel	2:17.33
10 Ezaki, Isaac	Oatf - Ocean Athletics Track &	2:17.58
11 Van Bakel, Parker	Lang - Langley Mustangs	2:22.59
12 Wong, Declan	City - Royal City Track & Fiel	2:25.13
13 Lei, Tristan	Tbir - Vancouver Thunderbirds	2:26.59
14 To, Spencer	City - Royal City Track & Fiel	2:28.59

**Event 7 Girls Outdoor Pentathlon 2016 - 10 years**

Name	Team	Finals	H#
<b>Finals</b>			
1 Brown, Briar	Cvac - Cowichan Valley Athleti	1063	
2 Li, Amelia	Tbir - Vancouver Thunderbirds	1052	
3 Guhn, Louisa	Tbir - Vancouver Thunderbirds	1006	
4 Estey, Abbygail	Tbir - Vancouver Thunderbirds	941	
5 Bohlmann, Emma	Voca - Vancouver Olympic Club	911	
6 Langlois, Rose	Oatf - Ocean Athletics Track &	894	
7 Parreira Fernandes, Sofia	Voca - Vancouver Olympic Club	813	

**2026 JD Pentathlon - 2026-06-13****2026-06-13****Results****Finals ... (Event 7 Girls Outdoor Pentathlon 2016 - 10 years)**

Name	Team	Finals	H#
8 Narum, Scarlett	Tbir - Vancouver Thunderbirds	796	
9 Emery, Lucia	Cvac - Cowichan Valley Athleti	765	
9 Johns, Linden	Voca - Vancouver Olympic Club	765	
11 Tully, Sarah	City - Royal City Track & Fiel	728	
12 Paterson, Emily	City - Royal City Track & Fiel	670	
13 Hankewich, Zoe	City - Royal City Track & Fiel	632	
14 Dosanjh, Sehaj	Kjak - Kajaks Track & Field Cl	537	
15 Henderson, Gwen	Coqc - Coquitlam Cheetahs	536	

**Event 7 Outdoor Pentathlon: #1 Girls 60 Meter Hurdles 24" 2016 - 10 years Outdoor Pentathlon**

Name	Team	Finals	H#
<b>Finals</b>			
1 Brown, Briar	Cvac - Cowichan Valley Athleti	11.00	1
2 Guhn, Louisa	Tbir - Vancouver Thunderbirds	11.24	1
3 Bohlmann, Emma	Voca - Vancouver Olympic Club	11.30	1
4 Langlois, Rose	Oatf - Ocean Athletics Track &	11.40	1
5 Parreira Fernandes, Sofia	Voca - Vancouver Olympic Club	11.70	2
6 Li, Amelia	Tbir - Vancouver Thunderbirds	11.81	2
7 Narum, Scarlett	Tbir - Vancouver Thunderbirds	12.51	1
8 Estey, Abbygail	Tbir - Vancouver Thunderbirds	12.91	2
9 Thiele, Mabel	Coqc - Coquitlam Cheetahs	12.98	1
10 Johns, Linden	Voca - Vancouver Olympic Club	13.06	2
11 Tully, Sarah	City - Royal City Track & Fiel	13.29	2
12 Paterson, Emily	City - Royal City Track & Fiel	13.38	1
13 Henderson, Gwen	Coqc - Coquitlam Cheetahs	13.38	2
14 Emery, Lucia	Cvac - Cowichan Valley Athleti	13.39	2
15 Hankewich, Zoe	City - Royal City Track & Fiel	13.44	2
16 Dosanjh, Sehaj	Kjak - Kajaks Track & Field Cl	14.80	1

**Event 7 Outdoor Pentathlon: #2 Girls Shot Put 2Kg 2016 - 10 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Li, Amelia	Tbir - Vancouver Thunderbirds	6.37m
2 Brown, Briar	Cvac - Cowichan Valley Athleti	5.39m
3 Guhn, Louisa	Tbir - Vancouver Thunderbirds	5.17m
4 Estey, Abbygail	Tbir - Vancouver Thunderbirds	5.14m
5 Johns, Linden	Voca - Vancouver Olympic Club	5.11m
6 Dosanjh, Sehaj	Kjak - Kajaks Track & Field Cl	4.86m
7 Bohlmann, Emma	Voca - Vancouver Olympic Club	4.72m
8 Paterson, Emily	City - Royal City Track & Fiel	4.64m
9 Emery, Lucia	Cvac - Cowichan Valley Athleti	4.52m
10 Tully, Sarah	City - Royal City Track & Fiel	4.50m
11 Parreira Fernandes, Sofia	Voca - Vancouver Olympic Club	4.10m
12 Narum, Scarlett	Tbir - Vancouver Thunderbirds	4.08m
13 Langlois, Rose	Oatf - Ocean Athletics Track &	4.00m
14 Hankewich, Zoe	City - Royal City Track & Fiel	3.91m
15 Henderson, Gwen	Coqc - Coquitlam Cheetahs	3.66m

**2026 JD Pentathlon - 2026-06-13****2026-06-13****Results****Event 7 Outdoor Pentathlon: #3 Girls High Jump 2016 - 10 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Estey, Abbygail	Tbir - Vancouver Thunderbirds	1.15m
1 Brown, Briar	Cvac - Cowichan Valley Athleti	1.15m
3 Guhn, Louisa	Tbir - Vancouver Thunderbirds	1.10m
3 Li, Amelia	Tbir - Vancouver Thunderbirds	1.10m
3 Bohlmann, Emma	Voca - Vancouver Olympic Club	1.10m
6 Johns, Linden	Voca - Vancouver Olympic Club	1.05m
7 Parreira Fernandes, Sofia	Voca - Vancouver Olympic Club	1.00m
7 Narum, Scarlett	Tbir - Vancouver Thunderbirds	1.00m
7 Tully, Sarah	City - Royal City Track & Fiel	1.00m
7 Langlois, Rose	Oatf - Ocean Athletics Track &	1.00m
7 Emery, Lucia	Cvac - Cowichan Valley Athleti	1.00m
12 Paterson, Emily	City - Royal City Track & Fiel	0.95m
12 Dosanjh, Sehaj	Kjak - Kajaks Track & Field Cl	0.95m
12 Hankewich, Zoe	City - Royal City Track & Fiel	0.95m
--- Henderson, Gwen	Coqc - Coquitlam Cheetahs	NH

**Event 7 Outdoor Pentathlon: #4 Girls Long Jump 2016 - 10 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Li, Amelia	Tbir - Vancouver Thunderbirds	3.77m
2 Estey, Abbygail	Tbir - Vancouver Thunderbirds	3.74m
3 Guhn, Louisa	Tbir - Vancouver Thunderbirds	3.70m
4 Brown, Briar	Cvac - Cowichan Valley Athleti	3.60m
5 Langlois, Rose	Oatf - Ocean Athletics Track &	3.46m
6 Bohlmann, Emma	Voca - Vancouver Olympic Club	3.31m
7 Parreira Fernandes, Sofia	Voca - Vancouver Olympic Club	3.26m
8 Henderson, Gwen	Coqc - Coquitlam Cheetahs	3.17m
9 Narum, Scarlett	Tbir - Vancouver Thunderbirds	3.07m
10 Johns, Linden	Voca - Vancouver Olympic Club	3.02m
11 Tully, Sarah	City - Royal City Track & Fiel	2.98m
12 Hankewich, Zoe	City - Royal City Track & Fiel	2.95m
13 Emery, Lucia	Cvac - Cowichan Valley Athleti	2.94m
14 Paterson, Emily	City - Royal City Track & Fiel	2.76m
15 Dosanjh, Sehaj	Kjak - Kajaks Track & Field Cl	2.60m

**Event 7 Outdoor Pentathlon: #5 Girls 600 Meter Run 2016 - 10 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Li, Amelia	Tbir - Vancouver Thunderbirds	2:01.11
2 Brown, Briar	Cvac - Cowichan Valley Athleti	2:03.53
3 Estey, Abbygail	Tbir - Vancouver Thunderbirds	2:04.18
4 Emery, Lucia	Cvac - Cowichan Valley Athleti	2:05.79
5 Guhn, Louisa	Tbir - Vancouver Thunderbirds	2:07.54
6 Langlois, Rose	Oatf - Ocean Athletics Track &	2:08.04
7 Narum, Scarlett	Tbir - Vancouver Thunderbirds	2:08.25
8 Tully, Sarah	City - Royal City Track & Fiel	2:14.01
9 Bohlmann, Emma	Voca - Vancouver Olympic Club	2:15.87
10 Parreira Fernandes, Sofia	Voca - Vancouver Olympic Club	2:17.54

**2026 JD Pentathlon - 2026-06-13****2026-06-13****Results****Finals ... (Event 7 Outdoor Pentathlon: #5 Girls 600 Meter Run 2016 - 10 years Outdoor Pentathlon)**

Name	Team	Finals
11 Johns, Linden	Voca - Vancouver Olympic Club	2:18.13
12 Henderson, Gwen	Coqc - Coquitlam Cheetahs	2:18.72
13 Paterson, Emily	City - Royal City Track & Fiel	2:19.08
14 Hankewich, Zoe	City - Royal City Track & Fiel	2:24.18
15 Dosanjh, Sehaj	Kjak - Kajaks Track & Field Cl	2:33.07

**Event 8 Boys Outdoor Pentathlon 2016 - 10 years**

Name	Team	Finals	H#
<b>Finals</b>			
1 Castillo, Bruno	Coqc - Coquitlam Cheetahs	1065	
2 Jones, Desmond	Coqc - Coquitlam Cheetahs	1063	
3 Abohalaka, Zain	Gold - Golden Ears Athletics	973	
4 Jasmins-Douglas, Bailey	Oatf - Ocean Athletics Track &	914	
5 Wright, Benjamin	Coqc - Coquitlam Cheetahs	837	
6 Nam, Landen	City - Royal City Track & Fiel	804	
7 Mausio-Lal, Axl	Uath - Universal Athletics Clu	757	
8 Emmett, Isaac	Tbir - Vancouver Thunderbirds	740	
9 Chan-Tropini, Liam	Tbir - Vancouver Thunderbirds	726	
10 Zimmer, Ryker	NorWesters Track & Field Club	717	
11 Sirounis, Nico	Tbir - Vancouver Thunderbirds	705	
12 Sametz, Kingston	Lang - Langley Mustangs	698	
13 Tanaka, Liam	Coqc - Coquitlam Cheetahs	679	
14 Sirounis, Elias	Tbir - Vancouver Thunderbirds	622	
15 Singh, Aadhil	Oatf - Ocean Athletics Track &	460	

**Event 8 Outdoor Pentathlon: #1 Boys 60 Meter Hurdles 24" 2016 - 10 years Outdoor Pentathlon**

Name	Team	Finals	H#
<b>Finals</b>			
1 Jones, Desmond	Coqc - Coquitlam Cheetahs	11.45	1
2 Abohalaka, Zain	Gold - Golden Ears Athletics	11.79	2
3 Castillo, Bruno	Coqc - Coquitlam Cheetahs	11.88	1
4 Sametz, Kingston	Lang - Langley Mustangs	12.41	1
5 Emmett, Isaac	Tbir - Vancouver Thunderbirds	12.70	1
6 Wright, Benjamin	Coqc - Coquitlam Cheetahs	12.74	2
7 Jasmins-Douglas, Bailey	Oatf - Ocean Athletics Track &	12.83	1
8 Chan-Tropini, Liam	Tbir - Vancouver Thunderbirds	12.93	1
9 Zimmer, Ryker	NorWesters Track & Field Club	13.20	2
10 Mausio-Lal, Axl	Uath - Universal Athletics Clu	13.33	1
11 Singh, Aadhil	Oatf - Ocean Athletics Track &	13.49	2
12 Tanaka, Liam	Coqc - Coquitlam Cheetahs	13.64	2
13 Nam, Landen	City - Royal City Track & Fiel	13.84	2
14 Sirounis, Nico	Tbir - Vancouver Thunderbirds	14.02	2
15 Sirounis, Elias	Tbir - Vancouver Thunderbirds	14.62	2

**Event 8 Outdoor Pentathlon: #2 Boys Shot Put 2Kg 2016 - 10 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Castillo, Bruno	Coqc - Coquitlam Cheetahs	7.69m
2 Nam, Landen	City - Royal City Track & Fiel	6.28m
3 Abohalaka, Zain	Gold - Golden Ears Athletics	6.11m

**2026 JD Pentathlon - 2026-06-13****2026-06-13****Results****Finals ... (Event 8 Outdoor Pentathlon: #2 Boys Shot Put 2Kg 2016 - 10 years Outdoor Pentathlon)**

Name	Team	Finals
4 Mausio-Lal, Axl	Uath - Universal Athletics Clu	5.76m
5 Zimmer, Ryker	NorWesters Track & Field Club	5.51m
6 Sametz, Kingston	Lang - Langley Mustangs	5.50m
7 Jones, Desmond	Coqc - Coquitlam Cheetahs	5.47m
8 Sirounis, Nico	Tbir - Vancouver Thunderbirds	5.21m
9 Singh, Aadhil	Oatf - Ocean Athletics Track &	5.05m
9 Wright, Benjamin	Coqc - Coquitlam Cheetahs	5.05m
11 Jasmins-Douglas, Bailey	Oatf - Ocean Athletics Track &	4.46m
12 Chan-Tropini, Liam	Tbir - Vancouver Thunderbirds	4.29m
13 Emmett, Isaac	Tbir - Vancouver Thunderbirds	4.25m
14 Sirounis, Elias	Tbir - Vancouver Thunderbirds	3.67m
15 Tanaka, Liam	Coqc - Coquitlam Cheetahs	3.59m

**Event 8 Outdoor Pentathlon: #3 Boys High Jump 2016 - 10 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Jones, Desmond	Coqc - Coquitlam Cheetahs	1.30m
2 Abohalaka, Zain	Gold - Golden Ears Athletics	1.25m
3 Jasmins-Douglas, Bailey	Oatf - Ocean Athletics Track &	1.15m
3 Castillo, Bruno	Coqc - Coquitlam Cheetahs	1.15m
5 Wright, Benjamin	Coqc - Coquitlam Cheetahs	1.10m
5 Nam, Landen	City - Royal City Track & Fiel	1.10m
7 Emmett, Isaac	Tbir - Vancouver Thunderbirds	1.00m
7 Tanaka, Liam	Coqc - Coquitlam Cheetahs	1.00m
7 Mausio-Lal, Axl	Uath - Universal Athletics Clu	1.00m
10 Sirounis, Elias	Tbir - Vancouver Thunderbirds	0.95m
10 Zimmer, Ryker	NorWesters Track & Field Club	0.95m
10 Chan-Tropini, Liam	Tbir - Vancouver Thunderbirds	0.95m
13 Sirounis, Nico	Tbir - Vancouver Thunderbirds	0.90m
--- Sametz, Kingston	Lang - Langley Mustangs	NH
--- Singh, Aadhil	Oatf - Ocean Athletics Track &	NH

**Event 8 Outdoor Pentathlon: #4 Boys Long Jump 2016 - 10 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Castillo, Bruno	Coqc - Coquitlam Cheetahs	3.65m
2 Jones, Desmond	Coqc - Coquitlam Cheetahs	3.45m
3 Mausio-Lal, Axl	Uath - Universal Athletics Clu	3.44m
4 Jasmins-Douglas, Bailey	Oatf - Ocean Athletics Track &	3.43m
5 Wright, Benjamin	Coqc - Coquitlam Cheetahs	3.42m
6 Sametz, Kingston	Lang - Langley Mustangs	3.40m
7 Nam, Landen	City - Royal City Track & Fiel	3.33m
7 Chan-Tropini, Liam	Tbir - Vancouver Thunderbirds	3.33m
9 Abohalaka, Zain	Gold - Golden Ears Athletics	3.30m
10 Emmett, Isaac	Tbir - Vancouver Thunderbirds	3.23m
11 Sirounis, Nico	Tbir - Vancouver Thunderbirds	3.08m
12 Zimmer, Ryker	NorWesters Track & Field Club	3.05m
13 Tanaka, Liam	Coqc - Coquitlam Cheetahs	3.04m
14 Sirounis, Elias	Tbir - Vancouver Thunderbirds	2.73m
15 Singh, Aadhil	Oatf - Ocean Athletics Track &	2.57m

**2026 JD Pentathlon - 2026-06-13****2026-06-13****Results****Event 8 Outdoor Pentathlon: #5 Boys 600 Meter Run 2016 - 10 years Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Jasmins-Douglas, Bailey	Oatf - Ocean Athletics Track &	2:01.36
2 Jones, Desmond	Coqc - Coquitlam Cheetahs	2:07.20
3 Castillo, Bruno	Coqc - Coquitlam Cheetahs	2:08.26
4 Sirounis, Elias	Tbir - Vancouver Thunderbirds	2:09.35
5 Sirounis, Nico	Tbir - Vancouver Thunderbirds	2:10.90
6 Sametz, Kingston	Lang - Langley Mustangs	2:13.94
7 Tanaka, Liam	Coqc - Coquitlam Cheetahs	2:14.44
8 Wright, Benjamin	Coqc - Coquitlam Cheetahs	2:16.32
9 Abohalaka, Zain	Gold - Golden Ears Athletics	2:18.23
10 Nam, Landen	City - Royal City Track & Fiel	2:18.32
11 Chan-Tropini, Liam	Tbir - Vancouver Thunderbirds	2:18.91
12 Emmett, Isaac	Tbir - Vancouver Thunderbirds	2:20.48
13 Zimmer, Ryker	NorWesters Track & Field Club	2:22.37
14 Mausio-Lal, Axl	Uath - Universal Athletics Clu	2:24.40
15 Singh, Aadhil	Oatf - Ocean Athletics Track &	2:36.84

**Event 9 Girls Outdoor Pentathlon 2017 - 9yrs**

Name	Team	Finals	H#
<b>Finals</b>			
1 Barrios, Liberty	Lang - Langley Mustangs	765	
2 Nardi, Ava	Tbir - Vancouver Thunderbirds	746	
3 Adair, Isla	NorWesters Track & Field Club	650	
4 Peel, Logan	Vrtc - Valley Royals Track & F	642	
5 Carrete, Emma	Tbir - Vancouver Thunderbirds	615	
6 Hofler, Agostina	Coqc - Coquitlam Cheetahs	551	
7 Giordano, Remi	Tbir - Vancouver Thunderbirds	456	
8 Olwedo, Elena	Tbir - Vancouver Thunderbirds	366	

**Event 9 Outdoor Pentathlon: #1 Girls 60 Meter Hurdles 21" 2017 - 9yrs Outdoor Pentathlon**

Name	Team	Finals	H#
<b>Finals</b>			
1 Nardi, Ava	Tbir - Vancouver Thunderbirds	12.56	1
2 Barrios, Liberty	Lang - Langley Mustangs	12.67	2
3 Carrete, Emma	Tbir - Vancouver Thunderbirds	13.33	1
4 Hofler, Agostina	Coqc - Coquitlam Cheetahs	13.56	1
5 Peel, Logan	Vrtc - Valley Royals Track & F	13.71	1
6 Adair, Isla	NorWesters Track & Field Club	13.85	2
7 Giordano, Remi	Tbir - Vancouver Thunderbirds	14.95	2
8 Olwedo, Elena	Tbir - Vancouver Thunderbirds	16.54	2

**Event 9 Outdoor Pentathlon: #2 Girls Long Jump 2017 - 9yrs Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Barrios, Liberty	Lang - Langley Mustangs	3.40m
2 Carrete, Emma	Tbir - Vancouver Thunderbirds	2.85m
3 Peel, Logan	Vrtc - Valley Royals Track & F	2.84m
4 Nardi, Ava	Tbir - Vancouver Thunderbirds	2.75m
5 Giordano, Remi	Tbir - Vancouver Thunderbirds	2.52m
6 Hofler, Agostina	Coqc - Coquitlam Cheetahs	2.48m

**2026 JD Pentathlon - 2026-06-13****2026-06-13****Results****Finals ... (Event 9 Outdoor Pentathlon: #2 Girls Long Jump 2017 - 9yrs Outdoor Pentathlon)**

Name	Team	Finals
7 Adair, Isla	NorWesters Track & Field Club	2.47m
8 Olwedo, Elena	Tbir - Vancouver Thunderbirds	2.20m

**Event 9 Outdoor Pentathlon: #3 Girls Shot Put 2Kg 2017 - 9yrs Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Barrios, Liberty	Lang - Langley Mustangs	4.91m
2 Adair, Isla	NorWesters Track & Field Club	4.77m
3 Olwedo, Elena	Tbir - Vancouver Thunderbirds	4.71m
4 Peel, Logan	Vrtc - Valley Royals Track & F	4.68m
5 Carrete, Emma	Tbir - Vancouver Thunderbirds	3.55m
6 Nardi, Ava	Tbir - Vancouver Thunderbirds	3.52m
7 Giordano, Remi	Tbir - Vancouver Thunderbirds	3.30m
8 Hofler, Agostina	Coqc - Coquitlam Cheetahs	3.08m

**Event 9 Outdoor Pentathlon: #4 Girls High Jump 2017 - 9yrs Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Barrios, Liberty	Lang - Langley Mustangs	1.10m
2 Peel, Logan	Vrtc - Valley Royals Track & F	1.05m
3 Olwedo, Elena	Tbir - Vancouver Thunderbirds	1.00m
3 Adair, Isla	NorWesters Track & Field Club	1.00m
3 Nardi, Ava	Tbir - Vancouver Thunderbirds	1.00m
6 Hofler, Agostina	Coqc - Coquitlam Cheetahs	0.95m
6 Giordano, Remi	Tbir - Vancouver Thunderbirds	0.95m
8 Carrete, Emma	Tbir - Vancouver Thunderbirds	0.85m

**Event 9 Outdoor Pentathlon: #5 Girls 600 Meter Run 2017 - 9yrs Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Nardi, Ava	Tbir - Vancouver Thunderbirds	2:09.04
2 Carrete, Emma	Tbir - Vancouver Thunderbirds	2:17.45
3 Adair, Isla	NorWesters Track & Field Club	2:18.60
4 Hofler, Agostina	Coqc - Coquitlam Cheetahs	2:27.17
5 Peel, Logan	Vrtc - Valley Royals Track & F	2:31.25
6 Barrios, Liberty	Lang - Langley Mustangs	2:32.09
7 Giordano, Remi	Tbir - Vancouver Thunderbirds	2:36.82
8 Olwedo, Elena	Tbir - Vancouver Thunderbirds	5:44.84

**Event 10 Boys Outdoor Pentathlon 2017 - 9yrs**

Name	Team	Finals	H#
<b>Finals</b>			
1 Verkaik, Owen	Lang - Langley Mustangs	783	
2 Pacey, Adam	Vrtc - Valley Royals Track & F	711	
3 Aujla, Nishaan	Coqc - Coquitlam Cheetahs	681	
4 Johnston, Shepherd	City - Royal City Track & Fiel	653	
5 Kumar, Benjamin	City - Royal City Track & Fiel	645	
6 Westergaard, Luke	Vrtc - Valley Royals Track & F	626	
7 Zandbergen, Silas	Gold - Golden Ears Athletics	624	
8 Krys, Aidan	Voca - Vancouver Olympic Club	622	
9 Wong, Weston	City - Royal City Track & Fiel	590	

## 2026 JD Pentathlon - 2026-06-13

2026-06-13

## Results

## Finals ... (Event 10 Boys Outdoor Pentathlon 2017 - 9yrs)

	Name	Team	Finals	H#
10	Muradagha, Sami	Vrtc - Valley Royals Track & F	566	
11	Langille-Smith, Quinton	City - Royal City Track & Fiel	540	
12	Sahdev, Rylen	City - Royal City Track & Fiel	421	
13	Tom, Kesar	Kjak - Kajaks Track & Field Cl	354	

## Event 10 Outdoor Pentathlon: #1 Boys 60 Meter Hurdles 21" 2017 - 9yrs Outdoor Pentathlon

	Name	Team	Finals	H#
<b>Finals</b>				
1	Johnston, Shepherd	City - Royal City Track & Fiel	12.49	1
2	Verkaik, Owen	Lang - Langley Mustangs	12.66	1
3	Aujla, Nishaan	Coqc - Coquitlam Cheetahs	12.78	2
4	Kumar, Benjamin	City - Royal City Track & Fiel	12.98	2
5	Zandbergen, Silas	Gold - Golden Ears Athletics	13.15	2
6	Krys, Aidan	Voca - Vancouver Olympic Club	13.33	1
7	Pacey, Adam	Vrtc - Valley Royals Track & F	13.57	2
8	Westergaard, Luke	Vrtc - Valley Royals Track & F	13.81	2
9	Muradagha, Sami	Vrtc - Valley Royals Track & F	13.83	1
10	Wong, Weston	City - Royal City Track & Fiel	14.06	2
11	Langille-Smith, Quinton	City - Royal City Track & Fiel	14.16	2
12	Sahdev, Rylen	City - Royal City Track & Fiel	14.63	1
13	Tom, Kesar	Kjak - Kajaks Track & Field Cl	15.51	1
14	Wang, Dahryo	NorWesters Track & Field Club	16.65	1

## Event 10 Outdoor Pentathlon: #2 Boys Long Jump 2017 - 9yrs Outdoor Pentathlon

	Name	Team	Finals
<b>Finals</b>			
1	Westergaard, Luke	Vrtc - Valley Royals Track & F	3.18m
2	Johnston, Shepherd	City - Royal City Track & Fiel	3.14m
3	Verkaik, Owen	Lang - Langley Mustangs	2.96m
4	Langille-Smith, Quinton	City - Royal City Track & Fiel	2.94m
5	Zandbergen, Silas	Gold - Golden Ears Athletics	2.88m
5	Pacey, Adam	Vrtc - Valley Royals Track & F	2.88m
7	Kumar, Benjamin	City - Royal City Track & Fiel	2.78m
8	Aujla, Nishaan	Coqc - Coquitlam Cheetahs	2.72m
9	Wong, Weston	City - Royal City Track & Fiel	2.51m
10	Krys, Aidan	Voca - Vancouver Olympic Club	2.44m
11	Wang, Dahryo	NorWesters Track & Field Club	2.36m
12	Muradagha, Sami	Vrtc - Valley Royals Track & F	2.35m
13	Tom, Kesar	Kjak - Kajaks Track & Field Cl	2.20m
14	Sahdev, Rylen	City - Royal City Track & Fiel	2.18m

## Event 10 Outdoor Pentathlon: #3 Boys Shot Put 2Kg 2017 - 9yrs Outdoor Pentathlon

	Name	Team	Finals
<b>Finals</b>			
1	Pacey, Adam	Vrtc - Valley Royals Track & F	5.82m
2	Johnston, Shepherd	City - Royal City Track & Fiel	5.29m
3	Langille-Smith, Quinton	City - Royal City Track & Fiel	5.04m
4	Sahdev, Rylen	City - Royal City Track & Fiel	5.00m
5	Verkaik, Owen	Lang - Langley Mustangs	4.91m
6	Zandbergen, Silas	Gold - Golden Ears Athletics	4.86m

**2026 JD Pentathlon - 2026-06-13****2026-06-13****Results****Finals ... (Event 10 Outdoor Pentathlon: #3 Boys Shot Put 2Kg 2017 - 9yrs Outdoor Pentathlon)**

Name	Team	Finals
7 Kumar, Benjamin	City - Royal City Track & Fiel	4.77m
8 Wong, Weston	City - Royal City Track & Fiel	4.73m
9 Aujla, Nishaan	Coqc - Coquitlam Cheetahs	4.70m
10 Tom, Kesar	Kjak - Kajaks Track & Field Cl	4.43m
11 Krys, Aidan	Voca - Vancouver Olympic Club	4.20m
12 Westergaard, Luke	Vrtc - Valley Royals Track & F	3.95m
13 Muradagha, Sami	Vrtc - Valley Royals Track & F	3.70m

**Event 10 Outdoor Pentathlon: #4 Boys High Jump 2017 - 9yrs Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Pacey, Adam	Vrtc - Valley Royals Track & F	1.00m
1 Westergaard, Luke	Vrtc - Valley Royals Track & F	1.00m
3 Krys, Aidan	Voca - Vancouver Olympic Club	0.95m
3 Langille-Smith, Quinton	City - Royal City Track & Fiel	0.95m
5 Sahdev, Rylen	City - Royal City Track & Fiel	0.90m
5 Wong, Weston	City - Royal City Track & Fiel	0.90m
5 Aujla, Nishaan	Coqc - Coquitlam Cheetahs	0.90m
5 Verkaik, Owen	Lang - Langley Mustangs	0.90m
5 Zandbergen, Silas	Gold - Golden Ears Athletics	0.90m
10 Kumar, Benjamin	City - Royal City Track & Fiel	0.85m
10 Tom, Kesar	Kjak - Kajaks Track & Field Cl	0.85m
10 Muradagha, Sami	Vrtc - Valley Royals Track & F	0.85m
10 Johnston, Shepherd	City - Royal City Track & Fiel	0.85m

**Event 10 Outdoor Pentathlon: #5 Boys 600 Meter Run 2017 - 9yrs Outdoor Pentathlon**

Name	Team	Finals
<b>Finals</b>		
1 Verkaik, Owen	Lang - Langley Mustangs	2:06.44
2 Muradagha, Sami	Vrtc - Valley Royals Track & F	2:15.99
3 Aujla, Nishaan	Coqc - Coquitlam Cheetahs	2:20.29
4 Wong, Weston	City - Royal City Track & Fiel	2:22.22
5 Krys, Aidan	Voca - Vancouver Olympic Club	2:22.22
6 Pacey, Adam	Vrtc - Valley Royals Track & F	2:22.72
7 Kumar, Benjamin	City - Royal City Track & Fiel	2:23.35
8 Westergaard, Luke	Vrtc - Valley Royals Track & F	2:29.29
9 Zandbergen, Silas	Gold - Golden Ears Athletics	2:33.00
10 Johnston, Shepherd	City - Royal City Track & Fiel	2:40.21
11 Langille-Smith, Quinton	City - Royal City Track & Fiel	2:51.72
12 Tom, Kesar	Kjak - Kajaks Track & Field Cl	3:02.12
13 Sahdev, Rylen	City - Royal City Track & Fiel	3:04.98