

Event 1 Girls 9 Year Olds 60 Meter Dash

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Name	Age Team	Prelims	Wind	H#
Preliminaries				
1	752 Tunti, Laysha	9 Universal AT	9.80Q	1.4 2
2	325 Klassen, Mireya	9 Langley Must	10.21Q	1.6 1
3	171 Lenton, Jade	9 Golden Ears	9.88Q	1.4 2
4	730 Kang, Karman	9 Universal AT	10.31Q	1.6 1
5	733 Mainella, Estella.	9 Universal AT	10.02Q	1.4 2
6	714 Chhun, Janelle	9 Universal AT	10.38Q	1.6 1
7	276 Champoux, Paige	9 Langley Must	10.68q	1.4 2
8	294 Ellis, Mya	9 Langley Must	10.73q	1.4 2
9	127 Chasib, Nirmeen	9 Elite Track	10.96	1.4 2
10	26 Fuller, Kailea	9 Chilliwack T	10.98	1.6 1
11	193 Villacorta, Tatian	9 Golden Ears	11.20	1.6 1
12	420 Higgins, Paige	9 Nanaimo & DI	11.23	1.4 2
13	406 Boar, Robyn	9 Nanaimo & DI	11.45	1.6 1
14	796 Takhar, Anoop	9 Valley Royal	11.56	1.6 1

Event 1 Girls 9 Year Olds 60 Meter Dash

Name	Age Team	Finals	Wind	Points
Finals				
1	171 Lenton, Jade	9 Golden Ears	10.01	-1.7
2	752 Tunti, Laysha	9 Universal AT	10.08	-1.7
3	733 Mainella, Estella.	9 Universal AT	10.46	-1.7
4	325 Klassen, Mireya	9 Langley Must	10.57	-1.7
5	730 Kang, Karman	9 Universal AT	10.63	-1.7
6	714 Chhun, Janelle	9 Universal AT	10.64	-1.7
7	294 Ellis, Mya	9 Langley Must	11.86	-1.7

Event 2 Girls 9 Year Olds 100 Meter Dash

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Name	Age Team	Prelims	Wind	H#
Preliminaries				
1	171 Lenton, Jade	9 Golden Ears	16.37Q	-2.2 1
2	733 Mainella, Estella.	9 Universal AT	17.32Q	-2.6 2
3	752 Tunti, Laysha	9 Universal AT	16.47Q	-2.2 1
4	325 Klassen, Mireya	9 Langley Must	17.43Q	-2.6 2
5	714 Chhun, Janelle	9 Universal AT	17.15Q	-2.2 1
6	730 Kang, Karman	9 Universal AT	17.51Q	-2.6 2
7	294 Ellis, Mya	9 Langley Must	18.56q	-2.2 1
8	127 Chasib, Nirmeen	9 Elite Track	18.63q	-2.2 1
9	276 Champoux, Paige	9 Langley Must	18.89	-2.6 2
10	26 Fuller, Kailea	9 Chilliwack T	18.99	-2.6 2
11	796 Takhar, Anoop	9 Valley Royal	19.16	-2.6 2
12	420 Higgins, Paige	9 Nanaimo & DI	19.50	-2.2 1
13	306 Hagyard, Natalie	9 Langley Must	19.79	-2.2 1

Event 2 Girls 9 Year Olds 100 Meter Dash

Name	Age Team	Finals	Wind	Points
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Finals

1	752 Tunti, Laysha	9 Universal AT	16.04	-3.8
2	171 Lenton, Jade	9 Golden Ears	16.07	-3.8
3	730 Kang, Karman	9 Universal AT	17.29	-3.8
4	325 Klassen, Mireya	9 Langley Must	17.32	-3.8
5	714 Chhun, Janelle	9 Universal AT	17.33	-3.8
6	294 Ellis, Mya	9 Langley Must	18.75	-3.8
7	127 Chasib, Nirmeen	9 Elite Track	18.99	-3.8

Event 3 Girls 9 Year Olds 600 Meter Run

Name	Age Team	Finals	Points
1 325 Klassen, Mireya	9 Langley Must	2:18.52	
2 786 McAuley, Olivia	9 Valley Royal	2:24.56	
3 294 Ellis, Mya	9 Langley Must	2:29.16	
4 730 Kang, Karman	9 Universal AT	2:29.28	

Event 5 Girls 9 Year Olds 60 Meter Hurdles 21"

Name	Age Team	Finals	Wind H#	Points
1 752 Tunti, Laysha	9 Universal AT	12.08	0.4	2
2 171 Lenton, Jade	9 Golden Ears	12.42	0.4	2
3 733 Mainella, Estella.	9 Universal AT	12.72	0.4	2
4 730 Kang, Karman	9 Universal AT	12.92	0.7	1
5 325 Klassen, Mireya	9 Langley Must	13.10	0.7	1
6 294 Ellis, Mya	9 Langley Must	13.89	0.7	1
7 193 Villacorta, Tatian	9 Golden Ears	13.98	0.4	2
8 26 Fuller, Kailea	9 Chilliwack T	14.09	0.7	1
9 786 McAuley, Olivia	9 Valley Royal	14.35	0.7	1
10 406 Boar, Robyn	9 Nanaimo & DI	14.66	0.4	2
11 714 Chhun, Janelle	9 Universal AT	14.90	0.4	2
12 317 Johnson, Rosie	9 Langley Must	15.39	0.4	2

Event 6 Girls 9 Year Olds High Jump

Name	Age Team	Finals	Points
1 294 Ellis, Mya	9 Langley Must	0.90m	
2 306 Hagyard, Natalie	9 Langley Must	0.90m	
3 26 Fuller, Kailea	9 Chilliwack T	0.85m	
4 406 Boar, Robyn	9 Nanaimo & DI	0.80m	

Event 7 Girls 9 Year Olds Long Jump

Name	Age Team	Finals	Wind	Points
1 171 Lenton, Jade	9 Golden Ears	2.95m	NWI	
2 420 Higgins, Paige	9 Nanaimo & DI	2.69m	NWI	
3 325 Klassen, Mireya	9 Langley Must	2.69m	NWI	
4 26 Fuller, Kailea	9 Chilliwack T	2.42m	NWI	
5 276 Champoux, Paige	9 Langley Must	2.28m	NWI	
6 406 Boar, Robyn	9 Nanaimo & DI	2.27m	NWI	
7 714 Chhun, Janelle	9 Universal AT	2.09m	NWI	
8 294 Ellis, Mya	9 Langley Must	2.03m	NWI	

Event 8 Girls 9 Year Olds Shot Put 2 kg

Name	Age Team	Finals	Points
1 213 Bhandal, Jasmin	9 Kajaks Track	6.05m	

2	171 Lenton, Jade	9 Golden Ears	4.05m
3	276 Champoux, Paige	9 Langley Must	4.00m
4	406 Boar, Robyn	9 Nanaimo & DI	3.95m
5	26 Fuller, Kailea	9 Chilliwack T	3.93m
6	796 Takhar, Anoop	9 Valley Royal	3.73m
7	420 Higgins, Paige	9 Nanaimo & DI	2.73m

Event 9 Girls 9 Year Olds 4x100 Meter Relay

Team	Finals	Points
1 Universal Athletics Club 'A'	1:05.65	
2 Langley Mustangs 'A'	1:12.45	

Event 10 Boys 9 Year Olds 60 Meter Dash

8 Advance: Top 2 Each Heat plus Next 2 Best Times					
Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1	737	Nijjar, Charanjit	9 Universal AT	10.08Q	0.7 3
2	800	Wakelyn, MACGUIRE	9 Valley Royal	10.08Q	1.8 2
3	748	Sillars, Taylor	9 Universal AT	10.10Q	1.3 1
4	560	Steeves, Brady	9 Ocean Athlet	10.09Q	0.7 3
5	218	Cantarella, Ignazi	9 Kajaks Track	10.09Q	1.8 2
6	553	Sidhu, Harjovent	9 Ocean Athlet	10.11Q	1.3 1
7	638	Minott, Javon	9 South Fraser	10.11q	1.8 2
8	453	Khela, Gurveer Sin	9 New West Spa	10.14q	1.8 2
9	726	Gill, Robin	9 Universal AT	10.25	0.7 3
10	35	Lenz, Brandt	9 Chilliwack T	10.27	0.7 3
11	139	Armstrong, Ryan	9 Golden Ears	10.39	1.3 1
12	308	Hansen, Ty	9 Langley Must	10.52	1.8 2
13	378	Smith, Nathan	9 Langley Must	10.56	1.8 2
14	606	Nelson, Sam	9 Ridge Rocket	10.66	0.7 3
15	724	Gill, Gurbir	9 Universal AT	11.00	1.3 1
16	456	Nahal, Jujhar	9 New West Spa	11.42	0.7 3
17	450	Hughes, James	9 New West Spa	12.05	1.3 1

Event 10 Boys 9 Year Olds 60 Meter Dash

Name	Age	Team	Finals	Wind	Points
Finals					
1	800	Wakelyn, MACGUIRE	9 Valley Royal	10.22	-1.3
2	737	Nijjar, Charanjit	9 Universal AT	10.30	-1.3
3	553	Sidhu, Harjovent	9 Ocean Athlet	10.33	-1.3
4	748	Sillars, Taylor	9 Universal AT	10.50	-1.3
5	218	Cantarella, Ignazi	9 Kajaks Track	10.57	-1.3
6	638	Minott, Javon	9 South Fraser	10.65	-1.3
7	453	Khela, Gurveer Sin	9 New West Spa	10.72	-1.3

Event 11 Boys 9 Year Olds 100 Meter Dash

8 Advance: Top 3 Each Heat plus Next 2 Best Times					
Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1	800	Wakelyn, MACGUIRE	9 Valley Royal	16.44Q	-1.7 1
2	553	Sidhu, Harjovent	9 Ocean Athlet	16.67Q	-1.9 2
3	606	Nelson, Sam	9 Ridge Rocket	16.76Q	-1.9 2
4	139	Armstrong, Ryan	9 Golden Ears	16.92Q	-1.7 1
5	560	Steeves, Brady	9 Ocean Athlet	16.99Q	-1.9 2
6	726	Gill, Robin	9 Universal AT	17.05Q	-1.7 1

7	35	Lenz, Brandt	9	Chilliwack T	17.06q	-1.9	2
8	748	Sillars, Taylor	9	Universal AT	17.19q	-1.9	2
9	197	Wadhvani, Jacob	9	Golden Ears	17.25	-1.7	1
10	638	Minott, Javon	9	South Fraser	17.54	-1.7	1
11	737	Nijjar, Charanjit	9	Universal AT	17.54	-1.9	2
12	665	Blatchford, Nichol	9	Unattached B	18.02	-1.7	1
13	378	Smith, Nathan	9	Langley Must	18.23	-1.9	2
14	724	Gill, Gurbir	9	Universal AT	18.50	-1.7	1

Event 11 Boys 9 Year Olds 100 Meter Dash

Name	Age	Team	Finals	Wind	Points
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Finals

1	800	Wakelyn, MACGUIRE	9	Valley Royal	16.59	-3.3
2	553	Sidhu, Harjoen	9	Ocean Athlet	16.77	-3.3
3	560	Steeves, Brady	9	Ocean Athlet	16.84	-3.3
4	606	Nelson, Sam	9	Ridge Rocket	17.15	-3.3
5	139	Armstrong, Ryan	9	Golden Ears	17.25	-3.3
6	726	Gill, Robin	9	Universal AT	17.32	-3.3
7	748	Sillars, Taylor	9	Universal AT	17.36	-3.3
8	35	Lenz, Brandt	9	Chilliwack T	17.43	-3.3

Event 12 Boys 9 Year Olds 600 Meter Run

Name	Age	Team	Finals	Points
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1	540	Pinto, Owen	9	Ocean Athlet	2:04.88
2	35	Lenz, Brandt	9	Chilliwack T	2:05.10
3	139	Armstrong, Ryan	9	Golden Ears	2:08.37
4	197	Wadhvani, Jacob	9	Golden Ears	2:09.38
5	800	Wakelyn, MACGUIRE	9	Valley Royal	2:13.62
6	440	Seaman, Jake	9	Nanaimo & DI	2:16.45
7	378	Smith, Nathan	9	Langley Must	2:24.72
8	553	Sidhu, Harjoen	9	Ocean Athlet	2:30.80
9	442	Seaman, Ryan	9	Nanaimo & DI	2:35.30

Event 14 Boys 9 Year Olds 60 Meter Hurdles 21"

Name	Age	Team	Finals	Wind	H#	Points
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1	748	Sillars, Taylor	9	Universal AT	11.62	0.6	1
2	35	Lenz, Brandt	9	Chilliwack T	12.28	1.2	2
3	453	Khela, Gurveer Sin	9	New West Spa	12.87	1.2	2
4	800	Wakelyn, MACGUIRE	9	Valley Royal	12.94	1.2	2
5	378	Smith, Nathan	9	Langley Must	13.00	0.6	1
6	606	Nelson, Sam	9	Ridge Rocket	13.30	0.6	1
7	440	Seaman, Jake	9	Nanaimo & DI	14.27	1.2	2
8	442	Seaman, Ryan	9	Nanaimo & DI	14.88	0.6	1
9	600	Kraus, Evan	9	Ridge Rocket	15.27	1.2	2

Event 15 Boys 9 Year Olds High Jump

Name	Age	Team	Finals	Points
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1	560	Steeves, Brady	9	Ocean Athlet	1.00m
2	748	Sillars, Taylor	9	Universal AT	0.95m
2	35	Lenz, Brandt	9	Chilliwack T	0.95m
4	606	Nelson, Sam	9	Ridge Rocket	0.90m
4	139	Armstrong, Ryan	9	Golden Ears	0.90m
6	800	Wakelyn, MACGUIRE	9	Valley Royal	J0.90m
6	622	Patry-Smith, David	9	Royal City T	J0.90m
8	600	Kraus, Evan	9	Ridge Rocket	0.85m

Event 16 Boys 9 Year Olds Long Jump

Name	Age Team	Finals	Wind	Points
1 800 Wakelyn, MACGUIRE	9 Valley Royal	3.32m	NWI	
2 35 Lenz, Brandt	9 Chilliwack T	3.19m	NWI	
3 197 Wadhwani, Jacob	9 Golden Ears	3.12m	NWI	
4 560 Steeves, Brady	9 Ocean Athlet	3.07m	NWI	
4 553 Sidhu, Harjoven	9 Ocean Athlet	3.07m	NWI	
6 308 Hansen, Ty	9 Langley Must	2.89m	NWI	
7 665 Blatchford, Nichol	9 Unattached B	2.82m	NWI	
8 606 Nelson, Sam	9 Ridge Rocket	2.68m	NWI	
9 378 Smith, Nathan	9 Langley Must	2.66m	NWI	
10 440 Seaman, Jake	9 Nanaimo & DI	2.37m	NWI	
11 442 Seaman, Ryan	9 Nanaimo & DI	2.35m	NWI	
12 450 Hughes, James	9 New West Spa	1.99m	NWI	
-- 600 Kraus, Evan	9 Ridge Rocket	FOUL		

Event 17 Boys 9 Year Olds Shot Put 2 kg

Name	Age Team	Finals	Points
1 35 Lenz, Brandt	9 Chilliwack T	6.23m	
2 737 Nijjar, Charanjit	9 Universal AT	5.36m	
3 800 Wakelyn, MACGUIRE	9 Valley Royal	4.86m	
4 560 Steeves, Brady	9 Ocean Athlet	4.60m	
5 606 Nelson, Sam	9 Ridge Rocket	4.11m	
6 600 Kraus, Evan	9 Ridge Rocket	3.48m	
7 536 Ostrinski, Cole	9 Ocean Athlet	3.37m	
8 622 Patry-Smith, David	9 Royal City T	3.12m	

Event 18 Boys 9 Year Olds 4x100 Meter Relay

Team	Finals	Points
1 Universal Athletics Club 'A'	1:08.39	

Event 19 Girls 10 Year Olds 60 Meter Dash

8 Advance: Top 1 Each Heat plus Next 5 Best Times

Name	Age Team	Prelims	Wind	H#
Preliminaries				
1 9 Liang, Rachael	10 Burnaby Stri	9.56Q	1.2	3
2 508 Deslauriers, Katie	10 Ocean Athlet	9.73Q	NWI	2
3 728 Hill, Davida	10 Universal AT	9.85Q	1.0	1
4 7 Hojabrp0ur, Ariana	10 Burnaby Stri	9.88q	NWI	2
5 620 Lauener, Megan	10 Royal City T	9.94q	NWI	2
6 539 Peters, Angela	10 Ocean Athlet	10.15q	NWI	2
7 480 Rastad, Julia	10 Norwesters T	10.20q	1.0	1
8 374 Ronse, Dominique	10 Langley Must	10.41q	1.0	1
9 834 Suriya, Shaunika	10 Vancouver TH	10.53	1.0	1
10 179 O'Dwyer, Aoife	10 Golden Ears	10.90	1.2	3
11 383 Stevens, Bernadett	10 Langley Must	11.15	1.2	3
12 338 Markin, Emma	10 Langley Must	11.22	1.0	1
13 427 Maxwell, Ainsley	10 Nanaimo & DI	11.28	1.2	3
14 652 Van Ryswyk, Olivia	10 South Fraser	11.30	NWI	2

Event 19 Girls 10 Year Olds 60 Meter Dash

Name	Age Team	Finals	Wind	Points
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Finals

1	508	Deslauriers, Katie	10	Ocean Athlet	9.70	-1.9
2	9	Liang, Rachael	10	Burnaby Stri	9.85	-1.9
3	7	Hojabrp0ur, Ariana	10	Burnaby Stri	9.95	-1.9
4	620	Lauener, Megan	10	Royal City T	10.09	-1.9
5	539	Peters, Angela	10	Ocean Athlet	10.16	-1.9
6	728	Hill, Davida	10	Universal AT	10.44	-1.9
7	374	Ronse, Dominique	10	Langley Must	10.45	-1.9

Event 20 Girls 10 Year Olds 100 Meter Dash

8 Advance: Top 2 Each Heat plus Next 2 Best Times

Name Age Team Prelims Wind H#

Preliminaries

1	508	Deslauriers, Katie	10	Ocean Athlet	15.57Q	-2.5	1
2	615	Bernier, Anaiyah	10	Royal City T	15.87Q	-1.1	3
3	36	Lenz, Marin	10	Chilliwack T	16.07Q	-3.4	2
4	620	Lauener, Megan	10	Royal City T	15.92Q	-2.5	1
5	9	Liang, Rachael	10	Burnaby Stri	16.23Q	-1.1	3
6	728	Hill, Davida	10	Universal AT	16.37Q	-3.4	2
7	539	Peters, Angela	10	Ocean Athlet	16.47q	-2.5	1
8	7	Hojabrp0ur, Ariana	10	Burnaby Stri	16.49q	-1.1	3
9	480	Rastad, Julia	10	Norwesters T	16.59	-3.4	2
10	160	Huston, Emma K.	10	Golden Ears	16.77	-3.4	2
11	309	Harrison, Holly	10	Langley Must	16.90	-1.1	3
12	374	Ronse, Dominique	10	Langley Must	16.95	-2.5	1
13	834	Suriya, Shaunika	10	Vancouver TH	17.31	-2.5	1
14	271	Bush, Elle	10	Langley Must	17.67	-3.4	2
15	265	Bennik, Tenesae	10	Langley Must	17.74	-2.5	1
16	431	Mitchell, Makayla	10	Nanaimo & DI	17.96	-1.1	3
17	338	Markin, Emma	10	Langley Must	18.46	-3.4	2
18	383	Stevens, Bernadett	10	Langley Must	18.70	-2.5	1
19	427	Maxwell, Ainsley	10	Nanaimo & DI	18.72	-1.1	3
20	370	Recksiedler, Jense	10	Langley Must	23.05	-3.4	2

Event 20 Girls 10 Year Olds 100 Meter Dash

Name Age Team Finals Wind Points

Finals

1	508	Deslauriers, Katie	10	Ocean Athlet	15.64	-2.2
2	620	Lauener, Megan	10	Royal City T	15.73	-2.2
3	615	Bernier, Anaiyah	10	Royal City T	15.83	-2.2
4	9	Liang, Rachael	10	Burnaby Stri	16.27	-2.2
5	36	Lenz, Marin	10	Chilliwack T	16.35	-2.2
6	539	Peters, Angela	10	Ocean Athlet	16.43	-2.2
7	7	Hojabrp0ur, Ariana	10	Burnaby Stri	16.44	-2.2
8	728	Hill, Davida	10	Universal AT	16.55	-2.2

Event 21 Girls 10 Year Olds 600 Meter Run

Name Age Team Finals Points

1	412	Dickenson, Karly	10	Nanaimo & DI	2:01.30
2	620	Lauener, Megan	10	Royal City T	2:04.20
3	521	Kobylanski, Maya	10	Ocean Athlet	2:07.40
4	36	Lenz, Marin	10	Chilliwack T	2:09.87
5	647	Sara, Eniko	10	South Fraser	2:13.21
6	884	Clarke, Amy	10	Ocean Athlet	2:13.93
7	508	Deslauriers, Katie	10	Ocean Athlet	2:14.65
8	39	Markey, Esme	10	Chilliwack T	2:15.93
9	728	Hill, Davida	10	Universal AT	2:17.06

10	179	O'Dwyer, Aoife	10	Golden Ears	2:19.17
11	374	Ronse, Dominique	10	Langley Must	2:19.21
12	834	Suriya, Shaunika	10	Vancouver TH	2:19.90
13	31	Hallier, Katrina	10	Chilliwack T	2:20.02
14	160	Huston, Emma K.	10	Golden Ears	2:21.57
15	271	Bush, Elle	10	Langley Must	2:22.44
16	157	Hennessey, Sydney	10	Golden Ears	2:22.45
17	427	Maxwell, Ainsley	10	Nanaimo & DI	2:30.18
18	370	Recksiedler, Jense	10	Langley Must	2:50.89

Event 23 Girls 10 Year Olds 60 Meter Hurdles 24"

Name	Age	Team	Finals	Wind	H#	Points
1	620	Lauener, Megan	10	Royal City T	11.23	1.5 3
2	309	Harrison, Holly	10	Langley Must	11.34	1.5 3
3	480	Rastad, Julia	10	Norwesters T	11.39	1.5 3
4	728	Hill, Davida	10	Universal AT	11.63	0.9 2
5	36	Lenz, Marin	10	Chilliwack T	11.78	0.9 2
6	661	Baklouti, Manel	10	Unattached B	12.11	0.9 2
7	647	Sara, Eniko	10	South Fraser	12.21	0.8 1
8	265	Bennik, Tenesae	10	Langley Must	12.80	0.9 2
9	834	Suriya, Shaunika	10	Vancouver TH	13.20	1.5 3
10	39	Markey, Esme	10	Chilliwack T	13.23	0.8 1
11	333	MACADAMS, Jordyn	10	Langley Must	13.73	0.8 1
12	508	Deslauriers, Katie	10	Ocean Athlet	13.99	0.9 2
13	652	Van Ryswyk, Olivia	10	South Fraser	14.11	1.5 3
14	374	Ronse, Dominique	10	Langley Must	14.13	1.5 3
15	383	Stevens, Bernadett	10	Langley Must	14.42	0.9 2
16	271	Bush, Elle	10	Langley Must	15.22	1.5 3
17	183	Reaume, Amanda	10	Golden Ears	15.65	0.8 1
18	338	Markin, Emma	10	Langley Must	17.16	0.8 1

Event 24 Girls 10 Year Olds High Jump

Name	Age	Team	Finals	Points	
1	647	Sara, Eniko	10	South Fraser	1.23m
2	620	Lauener, Megan	10	Royal City T	1.15m
3	834	Suriya, Shaunika	10	Vancouver TH	1.10m
4	36	Lenz, Marin	10	Chilliwack T	J1.10m
5	508	Deslauriers, Katie	10	Ocean Athlet	J1.10m
5	309	Harrison, Holly	10	Langley Must	J1.05m
5	652	Van Ryswyk, Olivia	10	South Fraser	J1.05m
8	374	Ronse, Dominique	10	Langley Must	0.95m
8	265	Bennik, Tenesae	10	Langley Must	0.95m
9	329	Lauszus, Emmily	10	Langley Must	J0.95m
--	181	Obioha, Chisom	10	Golden Ears	NH
--	412	Dickenson, Karly	10	Nanaimo & DI	NH
--	338	Markin, Emma	10	Langley Must	NH
--	333	MACADAMS, Jordyn	10	Langley Must	NH

Event 25 Girls 10 Year Olds Long Jump

Name	Age	Team	Finals	Wind	Points
1	36	Lenz, Marin	10	Chilliwack T	3.27m NWI
2	884	Clarke, Amy	10	Ocean Athlet	3.24m NWI
3	309	Harrison, Holly	10	Langley Must	3.11m NWI
4	633	Eniko, Sarah	10	South Fraser	3.10m NWI
5	661	Baklouti, Manel	10	Unattached B	3.06m NWI
6	834	Suriya, Shaunika	10	Vancouver TH	3.00m NWI
7	620	Lauener, Megan	10	Royal City T	2.96m NWI

8	31	Hallier, Katrina	10	Chilliwack T	2.95m	NWI
9	539	Peters, Angela	10	Ocean Athlet	2.90m	NWI
10	7	Hojabrp0ur, Ariana	10	Burnaby Stri	2.87m	NWI
11	521	Kobylanski, Maya	10	Ocean Athlet	2.85m	NWI
12	102	McIntyre, Kianna	10	Coquitlam CH	2.82m	NWI
13	265	Bennik, Tenesae	10	Langley Must	2.81m	NWI
14	179	O'Dwyer, Aoife	10	Golden Ears	2.71m	NWI
15	160	Huston, Emma K.	10	Golden Ears	2.69m	NWI
16	652	Van Ryswyk, Olivia	10	South Fraser	2.60m	NWI
17	271	Bush, Elle	10	Langley Must	2.42m	NWI
18	157	Hennessey, Sydney	10	Golden Ears	2.41m	NWI
19	374	Ronx, Dominique	10	Langley Must	2.36m	NWI
20	427	Maxwell, Ainsley	10	Nanaimo & DI	2.34m	NWI
21	329	Lauzsus, Emmily	10	Langley Must	2.29m	NWI
22	383	Stevens, Bernadett	10	Langley Must	2.23m	NWI
23	338	Markin, Emma	10	Langley Must	2.13m	NWI
24	183	Reaume, Amanda	10	Golden Ears	2.08m	NWI
25	370	Recksiedler, Jense	10	Langley Must	2.05m	NWI

Event 26 Girls 10 Year Olds Discus Throw 750 g

Name	Age	Team	Finals	Points	
1	480	Rastad, Julia	10	Norwesters T	14.78m
2	36	Lenz, Marin	10	Chilliwack T	14.57m
3	431	Mitchell, Makayla	10	Nanaimo & DI	12.49m
4	183	Reaume, Amanda	10	Golden Ears	8.39m
5	153	Haintz, Marquisis	10	Golden Ears	5.34m
6	370	Recksiedler, Jense	10	Langley Must	3.30m

Event 27 Girls 10 Year Olds Javelin Throw 400 g

Name	Age	Team	Finals	Points	
1	633	Eniko, Sarah	10	South Fraser	15.58m
2	431	Mitchell, Makayla	10	Nanaimo & DI	14.38m
3	36	Lenz, Marin	10	Chilliwack T	13.85m
4	480	Rastad, Julia	10	Norwesters T	11.14m
5	309	Harrison, Holly	10	Langley Must	10.76m
6	652	Van Ryswyk, Olivia	10	South Fraser	10.03m
7	383	Stevens, Bernadett	10	Langley Must	9.53m
8	160	Huston, Emma K.	10	Golden Ears	8.87m
9	338	Markin, Emma	10	Langley Must	8.36m
10	183	Reaume, Amanda	10	Golden Ears	8.22m
11	834	Suriya, Shaunika	10	Vancouver TH	8.02m
12	265	Bennik, Tenesae	10	Langley Must	6.14m
13	329	Lauzsus, Emmily	10	Langley Must	4.90m
14	157	Hennessey, Sydney	10	Golden Ears	4.76m
15	370	Recksiedler, Jense	10	Langley Must	3.61m
--	333	MACADAMS, Jordyn	10	Langley Must	FOUL

Event 28 Girls 10 Year Olds Shot Put 2 kg

Name	Age	Team	Finals	Points	
1	480	Rastad, Julia	10	Norwesters T	6.09m
2	36	Lenz, Marin	10	Chilliwack T	5.63m
3	309	Harrison, Holly	10	Langley Must	5.53m
3	633	Eniko, Sarah	10	South Fraser	5.53m
5	539	Peters, Angela	10	Ocean Athlet	5.32m
6	183	Reaume, Amanda	10	Golden Ears	5.15m
7	834	Suriya, Shaunika	10	Vancouver TH	4.27m
8	383	Stevens, Bernadett	10	Langley Must	4.13m



9	652 Van Ryswyk, Olivia	10 South Fraser	3.88m
10	329 Lauzsus, Emmily	10 Langley Must	3.49m
11	39 Markey, Esme	10 Chilliwack T	3.47m

Event 29 Girls 10 Year Olds 4x100 Meter Relay

Team	Finals	Points
1 Langley Mustangs 'A'	1:10.38	
2 Nanaimo & District Track 'A'	1:12.27	

Event 30 Boys 10 Year Olds 60 Meter Dash

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Name	Age Team	Prelims	Wind	H#
Preliminaries				
1 141 Aron, Nicholas	10 Golden Ears	9.39Q	1.6	2
2 502 Clendenin, Noah	10 Ocean Athlet	9.42Q	1.6	1
3 658 Luccock, Brendan	10 Unattached	9.55Q	1.6	1
4 288 Diaba, Kekeli	10 Langley Must	9.90Q	1.6	2
5 740 Pataria, Divjot	10 Universal AT	10.07Q	1.6	1
6 97 Klimos, Tyler	10 Coquitlam CH	10.64Q	1.6	2
7 311 Hertz, Brayden	10 Langley Must	10.86q	1.6	1
8 96 Klimos, Nicolas	10 Coquitlam CH	11.25q	1.6	1

Event 30 Boys 10 Year Olds 60 Meter Dash

Name	Age Team	Finals	Wind	Points
Finals				
1 502 Clendenin, Noah	10 Ocean Athlet	9.47	-1.1	
2 141 Aron, Nicholas	10 Golden Ears	9.60	-1.1	
3 658 Luccock, Brendan	10 Unattached	9.77	-1.1	
4 740 Pataria, Divjot	10 Universal AT	10.04	-1.1	
5 288 Diaba, Kekeli	10 Langley Must	10.19	-1.1	
6 97 Klimos, Tyler	10 Coquitlam CH	10.73	-1.1	
7 96 Klimos, Nicolas	10 Coquitlam CH	12.23	-1.1	

Event 31 Boys 10 Year Olds 100 Meter Dash

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Name	Age Team	Prelims	Wind	H#
Preliminaries				
1 530 Muncey-Buckley, Br	10 Ocean Athlet	15.24Q	-2.1	1
2 502 Clendenin, Noah	10 Ocean Athlet	15.61Q	-1.1	2
3 141 Aron, Nicholas	10 Golden Ears	15.62Q	-2.1	1
4 658 Luccock, Brendan	10 Unattached	15.67Q	-1.1	2
5 288 Diaba, Kekeli	10 Langley Must	15.98Q	-1.1	2
6 740 Pataria, Divjot	10 Universal AT	16.31Q	-2.1	1
7 424 Katzberg, Ethan	10 Nanaimo & DI	16.33q	-1.1	2
8 287 Demian, Nathan	10 Langley Must	16.91q	-2.1	1

Event 31 Boys 10 Year Olds 100 Meter Dash

Name	Age Team	Finals	Wind	Points
Finals				
1 530 Muncey-Buckley, Br	10 Ocean Athlet	15.42	-3.0	
2 141 Aron, Nicholas	10 Golden Ears	15.67	-3.0	
3 502 Clendenin, Noah	10 Ocean Athlet	16.01	-3.0	
4 658 Luccock, Brendan	10 Unattached	16.10	-3.0	

5	288	Diaba, Kekeli	10	Langley Must	16.53	-3.0
6	740	Pataria, Divjot	10	Universal AT	16.60	-3.0
7	424	Katzberg, Ethan	10	Nanaimo & DI	17.13	-3.0
8	287	Demian, Nathan	10	Langley Must	17.99	-3.0

Event 32 Boys 10 Year Olds 600 Meter Run

Name		Age	Team	Finals	Points
1	141	Aron, Nicholas	10	Golden Ears	1:54.61
2	417	Heisterman, Keaton	10	Nanaimo & DI	1:56.08
3	871	MACKIE, Jeremiah	10	White Rock Chris	1:58.17
4	658	Luccock, Brendan	10	Unattached	2:00.26
5	261	Allen, Felix	10	Langley Must	2:02.08
6	287	Demian, Nathan	10	Langley Must	2:04.10
7	894	Colyn, Simon	10	Unattached B	2:05.75
8	470	Duguid, Cameron	10	Norwesters T	2:15.02
9	92	Jelenici, Adrian	10	Coquitlam CH	2:18.57
10	844	Wiseman, George	10	Vernon Amate	2:19.42
11	96	Klimos, Nicolas	10	Coquitlam CH	2:19.74
12	398	Andersen, Ethan	10	Nanaimo & DI	2:21.77

Event 33 Boys 9 1000 Meter Run

Name		Age	Team	Finals	Points
1	540	Pinto, Owen	9	Ocean Athlet	3:45.80
2	440	Seaman, Jake	9	Nanaimo & DI	3:57.29
3	903	Velkor, Andrian	9	Elite Track	4:04.01
4	442	Seaman, Ryan	9	Nanaimo & DI	4:10.54

Event 33 Boys 10 1000 Meter Run

Name		Age	Team	Finals	Points
1	530	Muncey-Buckley, Br	10	Ocean Athlet	3:22.50
2	417	Heisterman, Keaton	10	Nanaimo & DI	3:30.81
3	287	Demian, Nathan	10	Langley Must	3:42.15
4	261	Allen, Felix	10	Langley Must	3:42.79
5	894	Colyn, Simon	10	Unattached B	3:49.33
6	636	McKay, Fraser	10	South Fraser	3:56.58
7	92	Jelenici, Adrian	10	Coquitlam CH	3:59.71
8	773	Janzen, Parker	10	Valley Royal	4:06.12
9	94	Kent, Connor	10	Coquitlam CH	4:09.37

Event 33 Boys 11 1000 Meter Run

Name		Age	Team	Finals	Points
1	441	Seaman, Nate	11	Nanaimo & DI	3:22.77
2	318	Kastelein, Caleb	11	Langley Must	3:31.12
3	41	Muir, Zach	11	Chilliwack T	3:50.82

Event 34 Boys 10 Year Olds 60 Meter Hurdles 24"

Name		Age	Team	Finals	Wind H#	Points
1	417	Heisterman, Keaton	10	Nanaimo & DI	11.23	1.6 2
2	740	Pataria, Divjot	10	Universal AT	11.42	1.6 2
3	424	Katzberg, Ethan	10	Nanaimo & DI	11.46	1.6 2
4	287	Demian, Nathan	10	Langley Must	12.21	0.2 1
5	88	Contreras, Nichola	10	Coquitlam CH	12.29	0.2 1
6	636	McKay, Fraser	10	South Fraser	12.97	0.2 1

7	470 Duguid, Cameron	10	Norwesters T	12.99	1.6	2
8	311 Hertz, Brayden	10	Langley Must	13.58	0.2	1
9	844 Wiseman, George	10	Vernon Amate	15.53	1.6	2

Event 35 Boys 10 Year Olds High Jump

Name	Age	Team	Finals	Points
1 261 Allen, Felix	10	Langley Must	1.28m	
2 424 Katzberg, Ethan	10	Nanaimo & DI	1.25m	
3 894 Colyn, Simon	10	Unattached B	1.10m	
4 636 McKay, Fraser	10	South Fraser	J1.10m	
5 287 Demian, Nathan	10	Langley Must	J1.10m	
6 398 Andersen, Ethan	10	Nanaimo & DI	1.05m	
7 141 Aron, Nicholas	10	Golden Ears	1.00m	
8 417 Heisterman, Keaton	10	Nanaimo & DI	J1.00m	
-- 288 Diaba, Kekeli	10	Langley Must	NH	

Event 36 Boys 10 Year Olds Long Jump

Name	Age	Team	Finals	Wind	Points
1 141 Aron, Nicholas	10	Golden Ears	3.66m	NWI	
2 424 Katzberg, Ethan	10	Nanaimo & DI	3.64m	NWI	
3 658 Luccock, Brendan	10	Unattached	3.54m	NWI	
4 470 Duguid, Cameron	10	Norwesters T	3.41m	NWI	
5 281 Cooper, Lucas	10	Langley Must	3.24m	NWI	
6 311 Hertz, Brayden	10	Langley Must	3.12m	NWI	
7 417 Heisterman, Keaton	10	Nanaimo & DI	2.90m	NWI	
8 261 Allen, Felix	10	Langley Must	2.89m	NWI	
9 94 Kent, Connor	10	Coquitlam CH	2.17m	NWI	

Event 37 Boys 10 Year Olds Discus Throw 750 g

Name	Age	Team	Finals	Points
1 417 Heisterman, Keaton	10	Nanaimo & DI	13.11m	
2 398 Andersen, Ethan	10	Nanaimo & DI	11.81m	
3 470 Duguid, Cameron	10	Norwesters T	10.47m	
4 94 Kent, Connor	10	Coquitlam CH	9.88m	
5 773 Janzen, Parker	10	Valley Royal	7.64m	

Event 38 Boys 10 Year Olds Javelin Throw 400 g

Name	Age	Team	Finals	Points
1 424 Katzberg, Ethan	10	Nanaimo & DI	24.46m	
2 398 Andersen, Ethan	10	Nanaimo & DI	15.19m	
3 287 Demian, Nathan	10	Langley Must	13.58m	
4 288 Diaba, Kekeli	10	Langley Must	12.31m	
5 261 Allen, Felix	10	Langley Must	12.17m	
6 94 Kent, Connor	10	Coquitlam CH	12.12m	

Event 39 Boys 10 Year Olds Shot Put 2 kg

Name	Age	Team	Finals	Points
1 424 Katzberg, Ethan	10	Nanaimo & DI	7.17m	
2 398 Andersen, Ethan	10	Nanaimo & DI	5.83m	
3 94 Kent, Connor	10	Coquitlam CH	5.78m	
4 97 Klimos, Tyler	10	Coquitlam CH	5.71m	
5 88 Contreras, Nichola	10	Coquitlam CH	5.60m	
6 287 Demian, Nathan	10	Langley Must	5.30m	

7 470 Duguid, Cameron 10 Norwesters T 4.82m

Event 40 Boys 10 Year Olds 4x100 Meter Relay

Team	Finals	Points
1 Langley Mustangs 'A'	1:07.27	
2 Golden Ears Athletics 'A'	1:07.89	

Event 41 Girls 11 Year Olds 60 Meter Dash

8 Advance: Top 1 Each Heat plus Next 3 Best Times

Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1	739	Nijjar, Jasneet	11 Universal AT	9.06Q	1.9 3
2	558	Smith, Cayla	11 Ocean Athlet	9.41Q	1.6 2
3	13	Parsakish, Anna	11 Burnaby Stri	9.43Q	NWI 4
4	238	Martin, Cynthia	11 Kajaks Track	9.43Q	1.2 5
5	350	Melnychuk, Madilyn	11 Langley Must	9.60Q	1.6 1
6	339	Markin, Jessie	11 Langley Must	9.41q	1.9 3
7	746	Schulz, Maiya	11 Universal AT	9.61q	1.9 3
8	751	Tunti, Jaziel	11 Universal AT	9.72q	1.2 5
9	607	Stepputat, Angelie	11 Ridge Rocket	9.73	1.6 2
10	377	Smith, Emily	11 Langley Must	9.84	1.2 5
11	723	Ghuman, Manroop	11 Universal AT	9.89	1.6 2
12	494	Bailey, Adelia	11 Ocean Athlet	9.96	1.6 1
13	436	Pallard, Evelynne	11 Nanaimo & DI	9.96	1.9 3
13	367	Pickett, Karli	11 Langley Must	9.96	1.2 5
15	210	Azote, Sydney	11 Kajaks Track	9.98	1.6 2
16	745	Sangha, Manreet	11 Universal AT	10.00	1.2 5
17	381	Stams, Daphne	11 Langley Must	10.17	NWI 4
18	165	Jones, Sabrina	11 Golden Ears	10.23	NWI 4
19	390	Waller, Danielle	11 Langley Must	10.25	1.2 5
20	393	White, Emily	11 Langley Must	10.30	1.6 1
21	612	Trudeau, Lauren	11 Ridge Rocket	10.33	NWI 4
22	358	Notheis, Morgen	11 Langley Must	10.38	1.6 1
23	601	Kraus, Sienna	11 Ridge Rocket	10.52	1.6 1
24	422	Hodges, Maya	11 Nanaimo & DI	10.56	NWI 4
25	468	Camazzola, Mia	11 Norwesters T	10.59	1.6 2
26	176	Muller, Elise	11 Golden Ears	10.63	1.9 3
27	346	Martin, Callie	11 Langley Must	10.68	1.6 2
28	295	Ellis, Riley	11 Langley Must	10.83	1.6 1
29	340	Markin, Mollie	11 Langley Must	11.33	1.9 3
30	266	Boganes, Annika	11 Langley Must	11.70	NWI 4

Event 41 Girls 11 Year Olds 60 Meter Dash

Name	Age	Team	Finals	Wind	Points
Finals					
1	739	Nijjar, Jasneet	11 Universal AT	8.85	-1.2
2	238	Martin, Cynthia	11 Kajaks Track	9.27	-1.2
3	13	Parsakish, Anna	11 Burnaby Stri	9.43	-1.2
4	558	Smith, Cayla	11 Ocean Athlet	9.46	-1.2
5	339	Markin, Jessie	11 Langley Must	9.56	-1.2
6	350	Melnychuk, Madilyn	11 Langley Must	9.63	-1.2
7	746	Schulz, Maiya	11 Universal AT	10.07	-1.2
8	751	Tunti, Jaziel	11 Universal AT	10.16	-1.2

Event 42 Girls 11 Year Olds 100 Meter Dash

8 Advance: Top 1 Each Heat plus Next 4 Best Times

Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1	739	Nijjar, Jasneet	11 Universal AT	14.36Q	-2.5 1
2	351	Monro, Natalia	11 Langley Must	14.43Q	-3.0 3
3	186	Rowell, Tavia	11 Golden Ears	15.39Q	-3.6 4
4	143	Blatchford, Alyssa	11 Golden Ears	15.72Q	-2.9 2
5	400	Anderton, Courtney	11 Nanaimo & DI	15.37q	-3.0 3
6	13	Parsakish, Anna	11 Burnaby Stri	15.67q	-3.6 4
7	350	Melnychuk, Madilyn	11 Langley Must	15.70q	-3.6 4
8	723	Ghuman, Manroop	11 Universal AT	15.75q	-2.5 1
9	339	Markin, Jessie	11 Langley Must	15.93	-2.9 2
10	621	Lowka, Shianne	11 Royal City T	16.38	-3.6 4
10	377	Smith, Emily	11 Langley Must	16.38	-2.9 2
12	745	Sangha, Manreet	11 Universal AT	16.41	-3.6 4
13	367	Pickett, Karli	11 Langley Must	16.47	-3.0 3
14	165	Jones, Sabrina	11 Golden Ears	16.63	-2.5 1
15	390	Waller, Danielle	11 Langley Must	16.66	-3.0 3
16	494	Bailey, Adelia	11 Ocean Athlet	16.73	-2.9 2
17	381	Stams, Daphne	11 Langley Must	16.78	-2.5 1
18	393	White, Emily	11 Langley Must	16.98	-2.5 1
19	792	Sandini, Francesca	11 Valley Royal	17.09	-2.5 1
20	358	Notheis, Morgen	11 Langley Must	17.18	-3.6 4
21	366	Philipchalk, Jalen	11 Langley Must	17.24	-2.5 1
22	283	Daniell, Meghan	11 Langley Must	17.32	-3.0 3
23	295	Ellis, Riley	11 Langley Must	17.96	-2.9 2
24	422	Hodges, Maya	11 Nanaimo & DI	18.36	-2.9 2
25	340	Markin, Mollie	11 Langley Must	18.49	-3.6 4
26	336	Marcotte, Geneviev	11 Langley Must	19.08	-3.0 3

Event 42 Girls 11 Year Olds 100 Meter Dash

Name	Age	Team	Finals	Wind	Points
Finals					
1	739	Nijjar, Jasneet	11 Universal AT	14.18	-4.4
2	351	Monro, Natalia	11 Langley Must	14.24	-4.4
3	400	Anderton, Courtney	11 Nanaimo & DI	15.43	-4.4
4	13	Parsakish, Anna	11 Burnaby Stri	15.44	-4.4
5	186	Rowell, Tavia	11 Golden Ears	15.46	-4.4
6	143	Blatchford, Alyssa	11 Golden Ears	15.66	-4.4
7	350	Melnychuk, Madilyn	11 Langley Must	15.97	-4.4
8	723	Ghuman, Manroop	11 Universal AT	16.06	-4.4

Event 43 Girls 11 Year Olds 200 Meter Dash

8 Advance: Top 1 Each Heat plus Next 4 Best Times					
Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1	739	Nijjar, Jasneet	11 Universal AT	28.84Q	1.9 1
2	351	Monro, Natalia	11 Langley Must	30.02Q	2.3 2
3	448	Watson, Kaitlyn	11 Nanaimo & DI	31.19Q	1.5 3
4	238	Martin, Cynthia	11 Kajaks Track	31.57Q	2.0 4
5	400	Anderton, Courtney	11 Nanaimo & DI	30.43q	2.3 2
6	372	Richardson, Teagan	11 Langley Must	31.41q	1.5 3
7	353	Mussche, Brooke	11 Langley Must	31.67q	2.3 2
8	607	Stepputat, Angelie	11 Ridge Rocket	32.22q	1.9 1
9	377	Smith, Emily	11 Langley Must	32.93	2.3 2
10	494	Bailey, Adelia	11 Ocean Athlet	33.07	2.0 4
11	723	Ghuman, Manroop	11 Universal AT	33.10	2.0 4
12	348	Matthewman, Samant	11 Langley Must	33.50	2.0 4
13	612	Trudeau, Lauren	11 Ridge Rocket	33.68	1.5 3

14	745 Sangha, Manreet	11	Universal AT	33.74	1.5	3
15	595 Burrows, Seirah	11	Ridge Rocket	34.35	1.9	1
16	367 Pickett, Karli	11	Langley Must	34.77	2.0	4
17	393 White, Emily	11	Langley Must	34.88	2.3	2
18	621 Lowka, Shianne	11	Royal City T	34.90	1.9	1
19	105 Morrison, Elisa	11	Coquitlam CH	34.96	2.3	2
20	210 Azote, Sydnie	11	Kajaks Track	35.24	1.5	3
21	468 Camazzola, Mia	11	Norwesters T	35.50	2.3	2
22	415 Georgeson, Savanna	11	Nanaimo & DI	36.38	1.5	3
23	295 Ellis, Riley	11	Langley Must	36.62	1.9	1
24	283 Daniell, Meghan	11	Langley Must	36.73	1.9	1
25	422 Hodges, Maya	11	Nanaimo & DI	37.66	1.5	3
26	454 Mulitinovic, Natas	11	New West Spa	41.87	2.0	4

Event 43 Girls 11 Year Olds 200 Meter Dash

Name	Age	Team	Finals	Wind	Points
Finals					
1	739	Nijjar, Jasneet	11	Universal AT	29.13 -2.2
2	351	Monro, Natalia	11	Langley Must	30.70 -2.2
3	400	Anderton, Courtney	11	Nanaimo & DI	31.44 -2.2
4	353	Mussche, Brooke	11	Langley Must	32.06 -2.2
5	448	Watson, Kaitlyn	11	Nanaimo & DI	32.31 -2.2
6	238	Martin, Cynthia	11	Kajaks Track	32.52 -2.2
7	607	Stepputat, Angelie	11	Ridge Rocket	32.98 -2.2

Event 44 Girls 11 Year Olds 600 Meter Run

Name	Age	Team	Finals	Points	
1	558	Smith, Cayla	11	Ocean Athlet	1:52.50
2	199	Walsh, Avery	11	Golden Ears	1:52.52
3	353	Mussche, Brooke	11	Langley Must	1:52.55
4	711	Basra, Snehpreet	11	Universal AT	1:57.51
5	448	Watson, Kaitlyn	11	Nanaimo & DI	1:58.40
6	788	Motion, Emily	11	Valley Royal	2:03.00
7	436	Pallard, Evelynne	11	Nanaimo & DI	2:04.30
8	186	Rowell, Tavia	11	Golden Ears	2:04.70
9	273	Chalk, Grace	11	Langley Must	2:05.92
10	751	Tunti, Jaziel	11	Universal AT	2:11.15
11	621	Lowka, Shianne	11	Royal City T	2:14.62
12	105	Morrison, Elisa	11	Coquitlam CH	2:14.79
13	330	Leighton, Kalea	11	Langley Must	2:15.74
14	612	Trudeau, Lauren	11	Ridge Rocket	2:16.45
15	494	Bailey, Adelia	11	Ocean Athlet	2:22.14
16	154	Haintz, Mateya	11	Golden Ears	2:23.93
17	295	Ellis, Riley	11	Langley Must	2:26.01
18	176	Muller, Elise	11	Golden Ears	2:32.90
19	266	Boganes, Annika	11	Langley Must	2:46.61

Event 45 Girls 9 1000 Meter Run

Name	Age	Team	Finals	Points	
1	317	Johnson, Rosie	9	Langley Must	4:22.46

Event 45 Girls 10 1000 Meter Run

Name	Age	Team	Finals	Points	
1	412	Dickenson, Karly	10	Nanaimo & DI	3:37.75
2	521	Kobylanski, Maya	10	Ocean Athlet	3:43.78

3	834	Suriya, Shaunika	10	Vancouver TH	3:58.03
4	431	Mitchell, Makayla	10	Nanaimo & DI	4:00.13
5	31	Hallier, Katrina	10	Chilliwack T	4:13.48
6	329	Lauzsus, Emmily	10	Langley Must	4:30.02

Event 45 Girls 11 1000 Meter Run

Name	Age	Team	Finals	Points
1 558	Smith, Cayla	11 Ocean Athlet	3:15.28	
2 353	Mussche, Brooke	11 Langley Must	3:22.51	
3 528	Milic, Hannah	11 Ocean Athlet	3:27.63	
4 448	Watson, Kaitlyn	11 Nanaimo & DI	3:27.73	
5 711	Basra, Snehpreet	11 Universal AT	3:40.71	
6 788	Motion, Emily	11 Valley Royal	3:44.69	
7 436	Pallard, Evelynne	11 Nanaimo & DI	3:45.49	
8 273	Chalk, Grace	11 Langley Must	3:46.81	
9 366	Philipchalk, Jalen	11 Langley Must	3:51.92	
10 494	Bailey, Adelia	11 Ocean Athlet	3:59.55	
11 390	Waller, Danielle	11 Langley Must	3:59.80	
12 283	Daniell, Meghan	11 Langley Must	3:59.93	

Event 46 Girls 11 Year Olds 60 Meter Hurdles 24"

Name	Age	Team	Finals	Wind H#	Points
1 739	Nijjar, Jasneet	11 Universal AT	9.97	1.0	4
2 351	Monro, Natalia	11 Langley Must	10.69	1.1	1
3 372	Richardson, Teagan	11 Langley Must	11.08	1.0	4
4 186	Rowell, Tavia	11 Golden Ears	11.22	1.0	4
5 350	Melnychuk, Madilyn	11 Langley Must	11.34	1.1	1
6 595	Burrows, Seirah	11 Ridge Rocket	11.35	1.0	4
7 381	Stams, Daphne	11 Langley Must	11.37	1.1	1
8 723	Ghuman, Manroop	11 Universal AT	11.38	1.1	1
9 746	Schulz, Maiya	11 Universal AT	11.38	1.1	3
10 612	Trudeau, Lauren	11 Ridge Rocket	11.41	1.1	3
11 558	Smith, Cayla	11 Ocean Athlet	11.50	1.1	1
12 390	Waller, Danielle	11 Langley Must	11.53	1.1	3
13 448	Watson, Kaitlyn	11 Nanaimo & DI	11.63	1.0	4
14 367	Pickett, Karli	11 Langley Must	11.78	1.7	2
15 621	Lowka, Shianne	11 Royal City T	11.81	1.1	3
16 745	Sangha, Manreet	11 Universal AT	11.86	1.7	2
17 339	Markin, Jessie	11 Langley Must	11.88	1.7	2
18 165	Jones, Sabrina	11 Golden Ears	12.22	1.7	2
19 601	Kraus, Sienna	11 Ridge Rocket	12.22	1.0	4
20 283	Daniell, Meghan	11 Langley Must	12.25	1.7	2
21 105	Morrison, Elisa	11 Coquitlam CH	12.36	1.0	4
22 393	White, Emily	11 Langley Must	12.72	1.1	3
23 348	Matthewman, Samant	11 Langley Must	12.84	1.7	2
24 295	Ellis, Riley	11 Langley Must	12.99	1.1	3
25 792	Sandini, Francesca	11 Valley Royal	13.06	1.1	3
26 366	Philipchalk, Jalen	11 Langley Must	13.80	1.7	2
27 346	Martin, Callie	11 Langley Must	13.94	1.1	3
28 340	Markin, Mollie	11 Langley Must	14.20	1.7	2
29 843	Sexsmith, Josie	11 Vernon Amate	14.26	1.0	4

Event 47 Girls 11 Year Olds High Jump

Name	Age	Team	Finals	Points
1 351	Monro, Natalia	11 Langley Must	1.35m	
2 186	Rowell, Tavia	11 Golden Ears	1.25m	
2 448	Watson, Kaitlyn	11 Nanaimo & DI	1.25m	

4	353	Mussche, Brooke	11	Langley Must	1.20m
4	350	Melnychuk, Madilyn	11	Langley Must	1.20m
4	372	Richardson, Teagan	11	Langley Must	1.20m
7	165	Jones, Sabrina	11	Golden Ears	J1.20m
8	621	Lowka, Shianne	11	Royal City T	J1.20m
9	393	White, Emily	11	Langley Must	1.15m
9	390	Waller, Danielle	11	Langley Must	1.15m
9	607	Stepputat, Angelie	11	Ridge Rocket	1.15m
9	348	Matthewman, Samant	11	Langley Must	1.15m
13	468	Camazzola, Mia	11	Norwesters T	1.10m
13	494	Bailey, Adelia	11	Ocean Athlet	1.10m
15	843	Sexsmith, Josie	11	Vernon Amate	1.05m
15	367	Pickett, Karli	11	Langley Must	1.05m
15	792	Sandini, Francesca	11	Valley Royal	1.05m
18	339	Markin, Jessie	11	Langley Must	1.00m
18	336	Marcotte, Geneviev	11	Langley Must	1.00m
--	266	Boganes, Annika	11	Langley Must	NH
--	346	Martin, Callie	11	Langley Must	NH

Event 48 Girls 11 Year Olds Long Jump

Name	Age	Team	Finals	Wind	Points	
1	351	Monro, Natalia	11	Langley Must	3.84m	NWI
2	330	Leighton, Kalea	11	Langley Must	3.75m	NWI
3	448	Watson, Kaitlyn	11	Nanaimo & DI	3.70m	NWI
4	186	Rowell, Tavia	11	Golden Ears	3.48m	NWI
5	13	Parsakish, Anna	11	Burnaby Stri	3.44m	NWI
6	339	Markin, Jessie	11	Langley Must	3.40m	NWI
7	372	Richardson, Teagan	11	Langley Must	3.38m	NWI
8	436	Pallard, Evelynne	11	Nanaimo & DI	3.27m	NWI
9	612	Trudeau, Lauren	11	Ridge Rocket	3.22m	NWI
9	746	Schulz, Maiya	11	Universal AT	3.22m	NWI
11	165	Jones, Sabrina	11	Golden Ears	3.19m	NWI
11	607	Stepputat, Angelie	11	Ridge Rocket	3.19m	NWI
13	621	Lowka, Shianne	11	Royal City T	3.16m	NWI
14	377	Smith, Emily	11	Langley Must	3.11m	NWI
15	348	Matthewman, Samant	11	Langley Must	3.07m	NWI
16	595	Burrows, Seirah	11	Ridge Rocket	3.03m	NWI
17	601	Kraus, Sienna	11	Ridge Rocket	3.02m	NWI
18	393	White, Emily	11	Langley Must	2.97m	NWI
19	366	Philipchalk, Jalen	11	Langley Must	2.96m	NWI
20	367	Pickett, Karli	11	Langley Must	2.93m	NWI
21	358	Notheis, Morgen	11	Langley Must	2.84m	NWI
22	415	Georgeson, Savanna	11	Nanaimo & DI	2.83m	NWI
23	390	Waller, Danielle	11	Langley Must	2.82m	NWI
24	605	Nelson, Hannah	11	Ridge Rocket	2.79m	NWI
25	295	Ellis, Riley	11	Langley Must	2.75m	NWI
26	210	Azote, Sydney	11	Kajaks Track	2.72m	NWI
27	283	Daniell, Meghan	11	Langley Must	2.66m	NWI
28	792	Sandini, Francesca	11	Valley Royal	2.55m	NWI
29	266	Boganes, Annika	11	Langley Must	2.29m	NWI
30	843	Sexsmith, Josie	11	Vernon Amate	2.24m	NWI
31	340	Markin, Mollie	11	Langley Must	2.20m	NWI
32	336	Marcotte, Geneviev	11	Langley Must	2.12m	NWI
--	422	Hodges, Maya	11	Nanaimo & DI	FOUL	

Event 49 Girls 11 Year Olds Discus Throw 750 g

Name	Age	Team	Finals	Points	
1	601	Kraus, Sienna	11	Ridge Rocket	18.75m
2	199	Walsh, Avery	11	Golden Ears	16.82m



3	621	Lowka, Shianne	11	Royal City T	15.96m
4	154	Haintz, Mateya	11	Golden Ears	15.50m
5	165	Jones, Sabrina	11	Golden Ears	14.28m
6	623	Patry-Smith, Jenev	11	Royal City T	13.05m
7	415	Georgeson, Savanna	11	Nanaimo & DI	12.21m
8	605	Nelson, Hannah	11	Ridge Rocket	11.30m
9	222	Dzhenganin, Valeri	11	Kajaks Track	10.37m
10	390	Waller, Danielle	11	Langley Must	10.04m
11	422	Hodges, Maya	11	Nanaimo & DI	8.50m
12	143	Blatchford, Alyssa	11	Golden Ears	8.40m

Event 50 Girls 11 Year Olds Javelin Throw 400 g

Name	Age	Team	Finals	Points	
1	623	Patry-Smith, Jenev	11	Royal City T	23.42m
2	507	Denness, Rori	11	Ocean Athlet	20.97m
3	381	Stams, Daphne	11	Langley Must	18.70m
4	621	Lowka, Shianne	11	Royal City T	16.43m
5	199	Walsh, Avery	11	Golden Ears	14.72m
6	283	Daniell, Meghan	11	Langley Must	14.23m
7	154	Haintz, Mateya	11	Golden Ears	12.74m
8	393	White, Emily	11	Langley Must	10.61m
9	143	Blatchford, Alyssa	11	Golden Ears	10.36m
10	340	Markin, Mollie	11	Langley Must	9.50m
11	339	Markin, Jessie	11	Langley Must	9.48m
12	351	Monro, Natalia	11	Langley Must	8.10m
13	266	Boganes, Annika	11	Langley Must	8.00m
14	367	Pickett, Karli	11	Langley Must	7.78m

Event 51 Girls 11 Year Olds Shot Put 2 kg

Name	Age	Team	Finals	Points	
1	623	Patry-Smith, Jenev	11	Royal City T	7.99m
2	238	Martin, Cynthia	11	Kajaks Track	7.76m
3	186	Rowell, Tavia	11	Golden Ears	7.69m
4	199	Walsh, Avery	11	Golden Ears	7.42m
5	612	Trudeau, Lauren	11	Ridge Rocket	6.97m
6	507	Denness, Rori	11	Ocean Athlet	6.94m
7	601	Kraus, Sienna	11	Ridge Rocket	6.83m
8	712	Bhangar, Simran	11	Universal AT	6.61m
9	154	Haintz, Mateya	11	Golden Ears	6.51m
10	621	Lowka, Shianne	11	Royal City T	6.49m
11	283	Daniell, Meghan	11	Langley Must	5.74m
12	843	Sexsmith, Josie	11	Vernon Amate	5.50m
13	351	Monro, Natalia	11	Langley Must	5.22m
14	330	Leighton, Kalea	11	Langley Must	5.19m
15	372	Richardson, Teagan	11	Langley Must	4.97m
16	605	Nelson, Hannah	11	Ridge Rocket	4.89m
17	336	Marcotte, Geneviev	11	Langley Must	4.70m
18	222	Dzhenganin, Valeri	11	Kajaks Track	3.98m

Event 52 Girls 11 Year Olds 4x100 Meter Relay

Team	Finals	Points
1	Universal Athletics Club 'A'	59.88
2	Nanaimo & District Track 'A'	1:04.17
3	Langley Mustangs 'B'	1:05.04
4	Langley Mustangs 'C'	1:05.19
5	Langley Mustangs 'D'	1:05.59
6	Golden Ears Athletics 'A'	1:09.45

Event 53 Boys 11 Year Olds 60 Meter Dash

8 Advance: Top 2 Each Heat plus Next 2 Best Times

Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1	637	Minott, Haheim	11 South Fraser	8.86Q	1.0 3
2	619	Jones, Maxwell	11 Royal City T	9.02Q	1.3 1
3	562	Steeves, Preston	11 Ocean Athlet	9.49Q	1.3 2
4	801	Wakelyn, Parker	11 Valley Royal	9.19Q	1.3 1
5	691	Mensah, K-J	11 Unattached B	9.30Q	1.0 3
6	506	Denman, Ryan	11 Ocean Athlet	9.56Q	1.3 2
7	618	Jensen, Ryan	11 Royal City T	9.82q	1.3 2
8	576	Russell, Noah	11 Okanagan Ath	9.95q	1.0 3
9	643	Penson-McCoy, Jesa	11 South Fraser	10.03	1.0 3
10	483	Sarana, Jasroop	11 Norwesters T	10.11	1.3 2
11	892	Harrower, Anson	11 Unattached B	10.66	1.3 2
12	414	Ferraro, Jett	11 Nanaimo & DI	10.72	1.0 3
13	891	Harrower, Carson	11 Unattached B	10.80	1.3 1
14	292	Dombrowski, Jason	11 Langley Must	11.31	1.3 2
15	570	Kneller, Kolby	11 Okanagan Ath	11.68	1.0 3

Event 53 Boys 11 Year Olds 60 Meter Dash

Name	Age	Team	Finals	Wind	Points
Finals					
1	637	Minott, Haheim	11 South Fraser	9.19	-1.9
2	619	Jones, Maxwell	11 Royal City T	9.29	-1.9
3	801	Wakelyn, Parker	11 Valley Royal	9.46	-1.9
4	506	Denman, Ryan	11 Ocean Athlet	9.85	-1.9
5	618	Jensen, Ryan	11 Royal City T	9.97	-1.9
6	576	Russell, Noah	11 Okanagan Ath	10.22	-1.9

Event 54 Boys 11 Year Olds 100 Meter Dash

8 Advance: Top 2 Each Heat plus Next 2 Best Times

Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1	637	Minott, Haheim	11 South Fraser	14.78Q	-1.8 2
2	801	Wakelyn, Parker	11 Valley Royal	15.41Q	-2.8 3
3	506	Denman, Ryan	11 Ocean Athlet	15.44Q	-2.1 1
4	619	Jones, Maxwell	11 Royal City T	14.79Q	-1.8 2
5	562	Steeves, Preston	11 Ocean Athlet	15.90Q	-2.1 1
6	643	Penson-McCoy, Jesa	11 South Fraser	16.34Q	-2.8 3
7	318	Kastelein, Caleb	11 Langley Must	15.96q	-2.1 1
8	87	Chong, Jarrett	11 Coquitlam CH	16.18q	-1.8 2
9	576	Russell, Noah	11 Okanagan Ath	16.52	-1.8 2
10	483	Sarana, Jasroop	11 Norwesters T	16.69	-2.8 3
11	368	Rabie, Josh	11 Langley Must	16.72	-2.8 3
12	170	Kuzyk, Nick	11 Golden Ears	17.09	-2.8 3
13	445	Tozer, Devin	11 Nanaimo & DI	17.27	-1.8 2
14	414	Ferraro, Jett	11 Nanaimo & DI	17.32	-2.1 1
15	892	Harrower, Anson	11 Unattached B	17.41	-1.8 2
16	891	Harrower, Carson	11 Unattached B	17.61	-2.1 1
17	482	Riddell, Sam	11 Norwesters T	18.76	-2.1 1

Event 54 Boys 11 Year Olds 100 Meter Dash

Name	Age	Team	Finals	Wind	Points
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Finals

1	637 Minott, Haheim	11 South Fraser	14.72	-4.3
2	619 Jones, Maxwell	11 Royal City T	14.72	-4.3
3	801 Wakelyn, Parker	11 Valley Royal	15.28	-4.3
4	506 Denman, Ryan	11 Ocean Athlet	15.69	-4.3
5	562 Steeves, Preston	11 Ocean Athlet	15.89	-4.3
6	318 Kastelein, Caleb	11 Langley Must	16.12	-4.3
7	87 Chong, Jarrett	11 Coquitlam CH	16.60	-4.3
8	643 Penson-McCoy, Jesa	11 South Fraser	16.66	-4.3

Event 55 Boys 11 Year Olds 200 Meter Dash

8 Advance: Top 2 Each Heat plus Next 2 Best Times

Name	Age Team	Prelims	Wind H#
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Preliminaries

1	619 Jones, Maxwell	11 Royal City T	29.45Q	2.3	3
2	801 Wakelyn, Parker	11 Valley Royal	30.45Q	1.6	1
3	483 Sarana, Jasroop	11 Norwesters T	33.20Q	1.5	2
4	691 Mensah, K-J	11 Unattached B	30.38Q	2.3	3
5	134 Phung, Matthew	11 Elite Track	31.45Q	1.6	1
6	170 Kuzyk, Nick	11 Golden Ears	33.39Q	1.5	2
7	506 Denman, Ryan	11 Ocean Athlet	31.45q	2.3	3
8	318 Kastelein, Caleb	11 Langley Must	32.72q	2.3	3
9	445 Tozer, Devin	11 Nanaimo & DI	34.69	1.6	1
10	414 Ferraro, Jett	11 Nanaimo & DI	35.47	2.3	3
11	87 Chong, Jarrett	11 Coquitlam CH	35.56	1.5	2
12	891 Harrower, Carson	11 Unattached B	37.14	1.6	1
13	892 Harrower, Anson	11 Unattached B	37.21	1.5	2
14	482 Riddell, Sam	11 Norwesters T	38.62	1.6	1

Event 55 Boys 11 Year Olds 200 Meter Dash

Name	Age Team	Finals	Wind	Points
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Finals

1	619 Jones, Maxwell	11 Royal City T	31.22	-1.3
2	506 Denman, Ryan	11 Ocean Athlet	31.39	-1.3
3	801 Wakelyn, Parker	11 Valley Royal	31.58	-1.3
4	134 Phung, Matthew	11 Elite Track	32.65	-1.3
5	318 Kastelein, Caleb	11 Langley Must	33.02	-1.3
6	483 Sarana, Jasroop	11 Norwesters T	33.83	-1.3
7	170 Kuzyk, Nick	11 Golden Ears	34.34	-1.3

Event 56 Boys 11 Year Olds 600 Meter Run

Name	Age Team	Finals	Points
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1	441 Seaman, Nate	11 Nanaimo & DI	1:53.68
2	801 Wakelyn, Parker	11 Valley Royal	1:56.20
3	318 Kastelein, Caleb	11 Langley Must	1:56.82
4	134 Phung, Matthew	11 Elite Track	1:56.94
5	618 Jensen, Ryan	11 Royal City T	2:05.41
6	360 Oppenlander, Ryan	11 Langley Must	2:06.58
7	619 Jones, Maxwell	11 Royal City T	2:10.13
8	483 Sarana, Jasroop	11 Norwesters T	2:10.77

Event 58 Boys 11 Year Olds 60 Meter Hurdles 24"

Name	Age Team	Finals	Wind H#	Points
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1	801 Wakelyn, Parker	11 Valley Royal	10.93	0.9	2
2	618 Jensen, Ryan	11 Royal City T	11.08	0.9	2

3	318	Kastelein, Caleb	11	Langley Must	11.27	0.9	2
4	619	Jones, Maxwell	11	Royal City T	11.30	1.7	1
5	483	Sarana, Jasroop	11	Norwesters T	11.43	0.9	2
6	691	Mensah, K-J	11	Unattached B	11.87	0.9	2
7	576	Russell, Noah	11	Okanagan Ath	12.43	0.9	2
8	409	Day, Colby	11	Nanaimo & DI	12.47	0.9	2
9	368	Rabie, Josh	11	Langley Must	12.52	1.7	1
10	360	Oppenlander, Ryan	11	Langley Must	12.88	1.7	1
11	397	Wong, Brandon	11	Langley Must	14.46	1.7	1
12	892	Harrower, Anson	11	Unattached B	14.57	1.7	1
13	570	Kneller, Kolby	11	Okanagan Ath	15.94	1.7	1

Event 59 Boys 11 Year Olds High Jump

Name	Age	Team	Finals	Points	
1	318	Kastelein, Caleb	11	Langley Must	1.25m
2	801	Wakelyn, Parker	11	Valley Royal	1.20m
3	576	Russell, Noah	11	Okanagan Ath	J1.20m
4	409	Day, Colby	11	Nanaimo & DI	1.15m
4	619	Jones, Maxwell	11	Royal City T	1.15m
6	360	Oppenlander, Ryan	11	Langley Must	1.05m
--	482	Riddell, Sam	11	Norwesters T	NH
--	570	Kneller, Kolby	11	Okanagan Ath	NH
--	643	Penson-McCoy, Jesa	11	South Fraser	NH

Event 60 Boys 11 Year Olds Long Jump

Name	Age	Team	Finals	Wind	Points
1	691	Mensah, K-J	11	Unattached B	3.83m NWI
2	801	Wakelyn, Parker	11	Valley Royal	3.77m NWI
3	562	Steeves, Preston	11	Ocean Athlet	3.73m NWI
4	619	Jones, Maxwell	11	Royal City T	3.68m NWI
5	87	Chong, Jarrett	11	Coquitlam CH	3.55m NWI
6	506	Denman, Ryan	11	Ocean Athlet	3.44m NWI
7	643	Penson-McCoy, Jesa	11	South Fraser	3.34m NWI
8	576	Russell, Noah	11	Okanagan Ath	3.30m NWI
9	618	Jensen, Ryan	11	Royal City T	3.28m NWI
10	170	Kuzyk, Nick	11	Golden Ears	3.25m NWI
11	409	Day, Colby	11	Nanaimo & DI	3.23m NWI
12	368	Rabie, Josh	11	Langley Must	3.19m NWI
13	318	Kastelein, Caleb	11	Langley Must	3.05m NWI
14	414	Ferraro, Jett	11	Nanaimo & DI	2.97m NWI
15	445	Tozer, Devin	11	Nanaimo & DI	2.95m NWI
16	360	Oppenlander, Ryan	11	Langley Must	2.93m NWI
17	892	Harrower, Anson	11	Unattached B	2.88m NWI
18	441	Seaman, Nate	11	Nanaimo & DI	2.85m NWI
19	397	Wong, Brandon	11	Langley Must	2.71m NWI
20	292	Dombrowski, Jason	11	Langley Must	2.58m NWI

Event 61 Boys 11 Year Olds Discus Throw 750 g

Name	Age	Team	Finals	Points	
1	212	Bhandal, Iqam	11	Kajaks Track	21.92m
2	87	Chong, Jarrett	11	Coquitlam CH	20.47m
3	445	Tozer, Devin	11	Nanaimo & DI	16.99m
4	414	Ferraro, Jett	11	Nanaimo & DI	16.94m
5	801	Wakelyn, Parker	11	Valley Royal	16.44m
6	562	Steeves, Preston	11	Ocean Athlet	14.20m
7	318	Kastelein, Caleb	11	Langley Must	12.76m
8	41	Muir, Zach	11	Chilliwack T	12.59m

9	292	Dombrowski, Jason	11	Langley Must	11.08m
10	397	Wong, Brandon	11	Langley Must	10.62m

Event 62 Boys 11 Year Olds Javelin Throw 400 g

Name	Age	Team	Finals	Points	
1	409	Day, Colby	11	Nanaimo & DI	23.35m
2	368	Rabie, Josh	11	Langley Must	21.21m
3	318	Kastelein, Caleb	11	Langley Must	21.20m
4	87	Chong, Jarrett	11	Coquitlam CH	20.77m
5	801	Wakelyn, Parker	11	Valley Royal	19.08m
6	445	Tozer, Devin	11	Nanaimo & DI	18.00m
7	619	Jones, Maxwell	11	Royal City T	15.65m
8	414	Ferraro, Jett	11	Nanaimo & DI	14.95m
9	562	Steeves, Preston	11	Ocean Athlet	13.65m
10	360	Oppenlander, Ryan	11	Langley Must	12.41m
11	292	Dombrowski, Jason	11	Langley Must	12.14m
12	570	Kneller, Kolby	11	Okanagan Ath	11.87m
13	891	Harrower, Carson	11	Unattached B	11.55m
14	397	Wong, Brandon	11	Langley Must	10.94m

Event 63 Boys 11 Year Olds Shot Put 2 kg

Name	Age	Team	Finals	Points	
1	212	Bhandal, Iqam	11	Kajaks Track	9.03m
2	744	Sandhu, Calvin	11	Universal AT	8.67m
3	87	Chong, Jarrett	11	Coquitlam CH	7.73m
4	801	Wakelyn, Parker	11	Valley Royal	7.36m
5	562	Steeves, Preston	11	Ocean Athlet	7.22m
6	368	Rabie, Josh	11	Langley Must	6.63m
7	891	Harrower, Carson	11	Unattached B	6.56m
8	618	Jensen, Ryan	11	Royal City T	6.38m
9	170	Kuzyk, Nick	11	Golden Ears	6.15m
10	445	Tozer, Devin	11	Nanaimo & DI	5.97m
11	482	Riddell, Sam	11	Norwesters T	5.96m
12	619	Jones, Maxwell	11	Royal City T	5.79m
13	576	Russell, Noah	11	Okanagan Ath	5.00m
13	397	Wong, Brandon	11	Langley Must	5.00m

Event 64 Boys 11 Year Olds 4x100 Meter Relay

Team	Finals	Points
1 Nanaimo & District Track 'A'	1:09.28	

Event 65 Girls 12 Year Olds 100 Meter Dash

8 Advance: Top 1 Each Heat plus Next 4 Best Times

Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1	100	Lew, Jasmine	12	Coquitlam CH	13.82Q -2.3 3
2	428	Metrowich, Julia	12	Nanaimo & DI	14.45Q -2.5 1
3	639	Moore, Amanda	12	South Fraser	14.63Q -3.0 4
4	649	Terry, Alyssa	12	South Fraser	14.83Q -3.6 2
5	559	Snow, Cayla	12	Ocean Athlet	14.43q -2.3 3
6	371	Reeves, Katelyn	12	Langley Must	14.66q -2.5 1
7	604	Lockyer, Katlyn	12	Ridge Rocket	14.98q -2.5 1
8	389	Urban, Jessica	12	Langley Must	14.99q -3.0 4
9	603	Lagerstrom, Kriste	12	Ridge Rocket	15.15 -3.6 2
10	122	Yolland, Anne	12	Coquitlam CH	15.44 -3.6 2

11	659	Stroda, Muriel	12	Unattached	15.52	-2.5	1
12	444	Thomas, Claire	12	Nanaimo & DI	15.61	-2.3	3
13	392	Weltzin, Kayla	12	Langley Must	15.63	-3.0	4
14	263	Anderson, Sabrina	12	Langley Must	15.80	-2.5	1
15	8	Jack, Delani	12	Burnaby Stri	15.84	-2.3	3
16	404	Blokker, Mieka	12	Nanaimo & DI	15.88	-3.0	4
17	425	Katzberg, Jessica	12	Nanaimo & DI	15.93	-2.3	3
18	104	Morokhovich, Anika	12	Coquitlam CH	15.96	-2.5	1
19	352	Munro, Janel	12	Langley Must	16.42	-2.3	3
20	471	Duynstee, Nadia	12	Norwesters T	16.58	-3.0	4
21	823	Hart, Anika	12	Vancouver TH	17.25	-2.5	1
22	554	Sidhu, Harkomal	12	Ocean Athlet	17.36	-3.6	2

Event 65 Girls 12 Year Olds 100 Meter Dash

Name	Age	Team	Finals	Wind	Points
=====					
Finals					
1	100	Lew, Jasmine	12	Coquitlam CH	13.93 -3.1
2	559	Snow, Cayla	12	Ocean Athlet	14.33 -3.1
3	639	Moore, Amanda	12	South Fraser	14.65 -3.1
4	428	Metrowich, Julia	12	Nanaimo & DI	14.79 -3.1
5	604	Lockyer, Katlyn	12	Ridge Rocket	14.97 -3.1
6	371	Reeves, Katelyn	12	Langley Must	15.00 -3.1
7	649	Terry, Alyssa	12	South Fraser	15.03 -3.1
8	389	Urban, Jessica	12	Langley Must	15.11 -3.1

Event 66 Girls 12 Year Olds 200 Meter Dash

Name	Age	Team	Prelims	Wind	H#
=====					
8 Advance: Top 2 Each Heat plus Next 0 Best Times					
=====					
Preliminaries					
1	100	Lew, Jasmine	12	Coquitlam CH	20.20Q 1.1 4
2	686	Kurucz, Aaryanna	12	Unattached B	28.53Q 2.2 2
3	371	Reeves, Katelyn	12	Langley Must	30.68Q 2.1 1
4	603	Lagerstrom, Kriste	12	Ridge Rocket	1:49.37Q NWI 3
5	428	Metrowich, Julia	12	Nanaimo & DI	20.60Q 1.1 4
6	639	Moore, Amanda	12	South Fraser	28.87Q 2.2 2
7	389	Urban, Jessica	12	Langley Must	30.94Q 2.1 1
8	449	Chane, Simran	12	New West Spa	1:52.13Q NWI 3
9	263	Anderson, Sabrina	12	Langley Must	22.00 1.1 4
10	559	Snow, Cayla	12	Ocean Athlet	28.90 2.2 2
11	604	Lockyer, Katlyn	12	Ridge Rocket	30.31 2.2 2
12	404	Blokker, Mieka	12	Nanaimo & DI	32.30 2.1 1
13	174	McNeil, Kayleigh	12	Golden Ears	32.38 2.1 1
14	696	Robichaud, Alexa	12	Unattached B	33.37 2.1 1
15	471	Duynstee, Nadia	12	Norwesters T	34.01 2.2 2
16	277	Chandra, Lauren	12	Langley Must	34.10 2.1 1
17	444	Thomas, Claire	12	Nanaimo & DI	1:52.34 NWI 3

Event 66 Girls 12 Year Olds 200 Meter Dash

Name	Age	Team	Finals	Wind	Points
=====					
Finals					
1	686	Kurucz, Aaryanna	12	Unattached B	28.73 -1.0
2	100	Lew, Jasmine	12	Coquitlam CH	28.80 -1.0
3	639	Moore, Amanda	12	South Fraser	29.13 -1.0
4	428	Metrowich, Julia	12	Nanaimo & DI	29.25 -1.0
5	559	Snow, Cayla	12	Ocean Athlet	30.19 -1.0
6	371	Reeves, Katelyn	12	Langley Must	30.88 -1.0
7	603	Lagerstrom, Kriste	12	Ridge Rocket	31.20 -1.0

## Event 67 Girls 12 Year Olds 300 Meter Dash

Name	Age	Team	Finals	H#	Points	
1	418	Heisterman, Madiso	12	Nanaimo & DI	46.26	2
2	639	Moore, Amanda	12	South Fraser	46.69	2
3	37	Lenz, Sienna	12	Chilliwack T	47.53	2
4	100	Lew, Jasmine	12	Coquitlam CH	47.66	1
5	649	Terry, Alyssa	12	South Fraser	49.46	1
6	99	Krieser, Jade	12	Coquitlam CH	50.63	1
7	289	Dieterich, Makenna	12	Langley Must	51.11	2
8	122	Yolland, Anne	12	Coquitlam CH	51.24	2
9	443	Stewart, Hope	12	Nanaimo & DI	51.30	1
10	263	Anderson, Sabrina	12	Langley Must	51.57	1
11	392	Weltzin, Kayla	12	Langley Must	52.04	2
12	399	Andersen, Marina	12	Nanaimo & DI	55.15	2
13	277	Chandra, Lauren	12	Langley Must	55.22	1
14	722	Garcha, Harveer	12	Universal AT	59.89	2

## Event 68 Girls 12 Year Olds 800 Meter Run

Name	Age	Team	Finals	Points	
1	418	Heisterman, Madiso	12	Nanaimo & DI	2:20.04
2	37	Lenz, Sienna	12	Chilliwack T	2:34.52
3	443	Stewart, Hope	12	Nanaimo & DI	2:35.33
4	99	Krieser, Jade	12	Coquitlam CH	2:38.50
5	547	Ribeiro, Haley	12	Ocean Athlet	2:41.40
6	649	Terry, Alyssa	12	South Fraser	2:44.77
7	438	Robinson, Sofia	12	Nanaimo & DI	2:47.03
8	289	Dieterich, Makenna	12	Langley Must	2:48.64
9	399	Andersen, Marina	12	Nanaimo & DI	2:55.78
10	277	Chandra, Lauren	12	Langley Must	2:56.12
11	404	Blokker, Mieka	12	Nanaimo & DI	3:02.58
12	437	Robinson, Mikaela	12	Nanaimo & DI	3:05.90
13	722	Garcha, Harveer	12	Universal AT	3:10.85

## Event 69 Girls 12 1200 Meter Run

Name	Age	Team	Finals	Points	
1	418	Heisterman, Madiso	12	Nanaimo & DI	3:46.26
2	99	Krieser, Jade	12	Coquitlam CH	4:10.18
3	547	Ribeiro, Haley	12	Ocean Athlet	4:10.85
4	443	Stewart, Hope	12	Nanaimo & DI	4:14.41
5	27	Gagon-Bounaix, Aiy	12	Chilliwack T	4:16.44
6	289	Dieterich, Makenna	12	Langley Must	4:17.54
7	438	Robinson, Sofia	12	Nanaimo & DI	4:31.96
8	399	Andersen, Marina	12	Nanaimo & DI	4:35.58
9	614	Bates, Brianna	12	Royal City T	4:36.69
10	277	Chandra, Lauren	12	Langley Must	4:44.66
11	437	Robinson, Mikaela	12	Nanaimo & DI	4:48.43
12	316	Johnson, Faith	12	Langley Must	4:50.65

## Event 69 Girls 13 1200 Meter Run

Name	Age	Team	Finals	Points	
1	275	Champoux, Megan	13	Langley Must	3:54.14
2	314	Hoolsema, Brooke	13	Langley Must	3:56.24
3	550	Samson, Megan	13	Ocean Athlet	4:16.67
4	156	Hennessey, Jamie	13	Golden Ears	4:16.81

5 355 Nemeth, Jade 13 Langley Must 4:17.78

Event 70 Girls 12 Year Olds 80 Meter Hurdles 27"

Name	Age	Team	Finals	Wind	H#	Points
1 686 Kurucz, Aaryanna	12	Unattached B	14.33	+0.0	3	
2 559 Snow, Cayla	12	Ocean Athlet	14.33	1.1	1	
3 37 Lenz, Sienna	12	Chilliwack T	14.41	1.2	2	
4 464 Strome, Devin	12	New West Spa	14.93	+0.0	3	
5 547 Ribeiro, Haley	12	Ocean Athlet	15.32	+0.0	3	
6 263 Anderson, Sabrina	12	Langley Must	15.72	1.2	2	
7 632 Baklouti, Zaine	12	South Fraser	16.27	+0.0	3	
8 444 Thomas, Claire	12	Nanaimo & DI	16.50	+0.0	3	
9 625 Vanee, Grace	12	Royal City T	16.85	1.1	1	
10 449 Chane, Simran	12	New West Spa	16.89	+0.0	3	
11 471 Duynstee, Nadia	12	Norwesters T	17.79	1.2	2	
12 392 Weltzin, Kayla	12	Langley Must	17.94	1.2	2	
13 823 Hart, Anika	12	Vancouver TH	18.22	1.2	2	
14 496 Bekar, Mya	12	Ocean Athlet	19.38	1.1	1	

Event 71 Girls 12 Year Olds 200 Meter Hurdles 24"

Name	Age	Team	Finals	Wind	H#	Points
1 37 Lenz, Sienna	12	Chilliwack T	31.70	-1.9	2	
2 559 Snow, Cayla	12	Ocean Athlet	31.74	-1.4	1	
3 464 Strome, Devin	12	New West Spa	32.95	-1.4	1	
4 603 Lagerstrom, Kriste	12	Ridge Rocket	34.68	-1.9	2	
5 425 Katzberg, Jessica	12	Nanaimo & DI	34.71	-1.9	2	
6 614 Bates, Brianna	12	Royal City T	35.49	-1.4	1	
7 277 Chandra, Lauren	12	Langley Must	35.75	-1.4	1	
8 392 Weltzin, Kayla	12	Langley Must	36.58	-1.4	1	
9 632 Baklouti, Zaine	12	South Fraser	37.24	-1.9	2	
10 174 McNeil, Kayleigh	12	Golden Ears	37.38	-1.9	2	
11 823 Hart, Anika	12	Vancouver TH	38.46	-1.4	1	

Event 72 Girls 12 Year Olds High Jump

Name	Age	Team	Finals	Points
1 37 Lenz, Sienna	12	Chilliwack T	1.35m	
1 464 Strome, Devin	12	New West Spa	1.35m	
3 289 Dieterich, Makenna	12	Langley Must	1.30m	
4 277 Chandra, Lauren	12	Langley Must	1.25m	
5 389 Urban, Jessica	12	Langley Must	J1.25m	
6 99 Krieser, Jade	12	Coquitlam CH	1.20m	
7 443 Stewart, Hope	12	Nanaimo & DI	J1.20m	
8 349 Melhus, Chelsea	12	Langley Must	J1.20m	
9 614 Bates, Brianna	12	Royal City T	J1.20m	
10 104 Morokhovich, Anika	12	Coquitlam CH	J1.20m	
11 418 Heisterman, Madiso	12	Nanaimo & DI	1.15m	
11 603 Lagerstrom, Kriste	12	Ridge Rocket	1.15m	

Event 73 Girls 12 Year Olds Long Jump

Name	Age	Team	Finals	Wind	Points
1 37 Lenz, Sienna	12	Chilliwack T	4.13m	NWI	
2 559 Snow, Cayla	12	Ocean Athlet	4.04m	NWI	
3 464 Strome, Devin	12	New West Spa	3.97m	NWI	
4 603 Lagerstrom, Kriste	12	Ridge Rocket	3.75m	NWI	
5 389 Urban, Jessica	12	Langley Must	3.71m	NWI	



6	444	Thomas, Claire	12	Nanaimo & DI	3.68m	NWI
7	392	Weltzin, Kayla	12	Langley Must	3.67m	NWI
8	263	Anderson, Sabrina	12	Langley Must	3.62m	NWI
9	277	Chandra, Lauren	12	Langley Must	3.59m	NWI
10	100	Lew, Jasmine	12	Coquitlam CH	3.58m	NWI
11	425	Katzberg, Jessica	12	Nanaimo & DI	3.56m	NWI
12	371	Reeves, Katelyn	12	Langley Must	3.55m	NWI
13	428	Metrowich, Julia	12	Nanaimo & DI	3.48m	NWI
13	547	Ribeiro, Haley	12	Ocean Athlet	3.48m	NWI
15	174	McNeil, Kayleigh	12	Golden Ears	3.47m	NWI
16	349	Melhus, Chelsea	12	Langley Must	3.43m	NWI
17	418	Heisterman, Madiso	12	Nanaimo & DI	3.38m	NWI
18	449	Chane, Simran	12	New West Spa	3.37m	NWI
19	443	Stewart, Hope	12	Nanaimo & DI	3.35m	NWI
20	604	Lockyer, Katlyn	12	Ridge Rocket	3.33m	NWI
21	659	Stroda, Muriel	12	Unattached	3.22m	NWI
22	471	Duynstee, Nadia	12	Norwesters T	3.19m	NWI
23	352	Munro, Janel	12	Langley Must	3.15m	NWI
24	823	Hart, Anika	12	Vancouver TH	3.07m	NWI
25	632	Baklouti, Zaineb	12	South Fraser	2.83m	NWI
26	404	Blokker, Mieka	12	Nanaimo & DI	2.78m	NWI
27	496	Bekar, Mya	12	Ocean Athlet	2.62m	NWI
28	614	Bates, Brianna	12	Royal City T	2.51m	NWI
--	289	Dieterich, Makenna	12	Langley Must	FOUL	
--	625	Vanee, Grace	12	Royal City T	FOUL	

Event 74 Girls 12 Year Olds Discus Throw 750 g

Name	Age	Team	Finals	Points	
1	696	Robichaud, Alexa	12	Unattached B	20.52m
2	425	Katzberg, Jessica	12	Nanaimo & DI	17.71m
3	444	Thomas, Claire	12	Nanaimo & DI	15.94m
4	277	Chandra, Lauren	12	Langley Must	15.53m
5	428	Metrowich, Julia	12	Nanaimo & DI	15.37m
6	438	Robinson, Sofia	12	Nanaimo & DI	14.36m
7	437	Robinson, Mikaela	12	Nanaimo & DI	12.98m
8	289	Dieterich, Makenna	12	Langley Must	12.58m
9	443	Stewart, Hope	12	Nanaimo & DI	11.60m

Event 75 Girls 12 Year Olds Hammer Throw 3 kg

Name	Age	Team	Finals	Points	
1	425	Katzberg, Jessica	12	Nanaimo & DI	14.09m
2	443	Stewart, Hope	12	Nanaimo & DI	12.52m
3	392	Weltzin, Kayla	12	Langley Must	9.93m
4	399	Andersen, Marina	12	Nanaimo & DI	7.27m
--	696	Robichaud, Alexa	12	Unattached B	FOUL

Event 76 Girls 12 Year Olds Javelin Throw 400 g

Name	Age	Team	Finals	Points	
1	37	Lenz, Sienna	12	Chilliwack T	21.21m
2	696	Robichaud, Alexa	12	Unattached B	20.99m
3	399	Andersen, Marina	12	Nanaimo & DI	16.15m
4	263	Anderson, Sabrina	12	Langley Must	15.18m
5	425	Katzberg, Jessica	12	Nanaimo & DI	14.51m
6	277	Chandra, Lauren	12	Langley Must	14.19m
7	389	Urban, Jessica	12	Langley Must	12.65m
8	349	Melhus, Chelsea	12	Langley Must	11.05m
9	443	Stewart, Hope	12	Nanaimo & DI	8.51m

## Event 77 Girls 12 Year Olds Shot Put 3 kg

Name	Age	Team	Finals	Points
1	37	Lenz, Sienna	12 Chilliwack T	7.56m
2	696	Robichaud, Alexa	12 Unattached B	6.45m
3	104	Morokhovich, Anika	12 Coquitlam CH	6.28m
4	632	Baklouti, Zaine	12 South Fraser	5.95m
5	100	Lew, Jasmine	12 Coquitlam CH	5.85m
6	174	McNeil, Kayleigh	12 Golden Ears	5.67m
7	277	Chandra, Lauren	12 Langley Must	5.60m
8	289	Dieterich, Makenna	12 Langley Must	5.30m
8	425	Katzberg, Jessica	12 Nanaimo & DI	5.30m
10	438	Robinson, Sofia	12 Nanaimo & DI	5.01m
11	614	Bates, Brianna	12 Royal City T	4.96m
12	263	Anderson, Sabrina	12 Langley Must	4.83m
13	471	Duynstee, Nadia	12 Norwesters T	4.78m
14	443	Stewart, Hope	12 Nanaimo & DI	4.67m
15	349	Melhus, Chelsea	12 Langley Must	4.65m
16	352	Munro, Janel	12 Langley Must	4.17m
17	625	Vanee, Grace	12 Royal City T	3.93m

## Event 78 Girls 12 Year Olds 4x100 Meter Relay

Team	Finals	Points
1 South Fraser Track & Fiel 'A'	57.94	
2 Nanaimo & District Track 'A'	1:00.24	
2 Nanaimo & District Track 'B'	1:00.24	
4 Langley Mustangs 'A'	1:01.00	
5 Ocean Athletics 'A'	1:01.05	
6 Burnaby Striders 'A'	1:02.06	

## Event 79 Boys 12 Year Olds 100 Meter Dash

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1	678	Higashitani, Nicho	12 Unattached B	14.26Q	-2.9 2
2	111	Shahsavari, Amin	12 Coquitlam CH	14.66Q	-3.2 1
3	674	Depaoli, Nico	12 Unattached B	14.40Q	-2.9 2
4	469	Duguid, Angus	12 Norwesters T	14.90Q	-3.2 1
5	148	Deakin, Cole	12 Golden Ears	14.96Q	-2.9 2
6	159	Huliganga, Nichola	12 Golden Ears	15.18Q	-3.2 1
7	631	Bains, Gurkeet	12 South Fraser	15.28q	-3.2 1
8	749	Szell, Michael	12 Universal AT	15.29q	-2.9 2
9	274	Chalk, Luke	12 Langley Must	15.41	-2.9 2
10	405	Boar, Dominic	12 Nanaimo & DI	15.44	-2.9 2
11	735	McCash, Ryan	12 Universal AT	16.29	-2.9 2
12	499	Boparai, Mantaj	12 Ocean Athlet	16.94	-3.2 1

## Event 79 Boys 12 Year Olds 100 Meter Dash

Name	Age	Team	Finals	Wind	Points
Finals					
1	678	Higashitani, Nicho	12 Unattached B	13.93	-2.9
2	111	Shahsavari, Amin	12 Coquitlam CH	14.22	-2.9
3	674	Depaoli, Nico	12 Unattached B	14.50	-2.9
4	148	Deakin, Cole	12 Golden Ears	14.77	-2.9
4	469	Duguid, Angus	12 Norwesters T	14.77	-2.9

6	159	Huliganga, Nichola	12	Golden Ears	14.86	-2.9
7	631	Bains, Gurkeet	12	South Fraser	15.21	-2.9
8	749	Szell, Michael	12	Universal AT	15.36	-2.9

Event 80 Boys 12 Year Olds 200 Meter Dash

8 Advance: Top 2 Each Heat plus Next 2 Best Times

Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1	750	Taylor, Vaughn	12	Universal AT	28.33Q 1.7 3
2	678	Higashitani, Nicho	12	Unattached B	29.09Q 1.8 2
3	148	Deakin, Cole	12	Golden Ears	29.32Q 0.8 1
4	674	Depaoli, Nico	12	Unattached B	29.35Q 0.8 1
5	217	Cantarella, Egidio	12	Kajaks Track	29.53Q 1.8 2
6	111	Shahsavar, Amin	12	Coquitlam CH	30.03Q 1.7 3
7	469	Duguid, Angus	12	Norwesters T	30.43q 1.8 2
8	631	Bains, Gurkeet	12	South Fraser	31.91q 1.7 3
9	617	Hunter, Ian	12	Royal City T	31.97 1.8 2
10	634	Garcha, Gagandeep	12	South Fraser	32.51 1.8 2
11	735	McCash, Ryan	12	Universal AT	32.64 0.8 1
12	112	Smith, Evan	12	Coquitlam CH	35.70 1.8 2
13	95	Klimos, Dylan	12	Coquitlam CH	38.50 1.7 3

Event 80 Boys 12 Year Olds 200 Meter Dash

Name	Age	Team	Finals	Wind	Points
Finals					
1	750	Taylor, Vaughn	12	Universal AT	28.06 -1.5
2	678	Higashitani, Nicho	12	Unattached B	28.27 -1.5
3	674	Depaoli, Nico	12	Unattached B	29.33 -1.5
4	148	Deakin, Cole	12	Golden Ears	29.91 -1.5
5	631	Bains, Gurkeet	12	South Fraser	31.73 -1.5

Event 81 Boys 12 Year Olds 300 Meter Dash

Name	Age	Team	Finals	Points	
1	750	Taylor, Vaughn	12	Universal AT	42.68
2	674	Depaoli, Nico	12	Unattached B	45.30
3	129	Filafilo, Josh	12	Elite Track	47.21
4	469	Duguid, Angus	12	Norwesters T	47.44
5	791	Roy, MACKENZIE	12	Valley Royal	47.59
6	148	Deakin, Cole	12	Golden Ears	49.36
7	106	Parmar, Rajeev	12	Coquitlam CH	49.90
8	617	Hunter, Ian	12	Royal City T	51.17

Event 82 Boys 12 Year Olds 800 Meter Run

Name	Age	Team	Finals	Points	
1	750	Taylor, Vaughn	12	Universal AT	2:27.42
2	870	MACKIE, Jaxon	12	White Rock Chris	2:34.59
3	741	Perriard, Joel	12	Universal AT	2:35.69
4	791	Roy, MACKENZIE	12	Valley Royal	2:39.31
5	93	Jelenici, Daniel	12	Coquitlam CH	2:40.72
6	106	Parmar, Rajeev	12	Coquitlam CH	2:41.13
7	274	Chalk, Luke	12	Langley Must	2:47.13
8	617	Hunter, Ian	12	Royal City T	2:47.45
9	634	Garcha, Gagandeep	12	South Fraser	2:47.91
10	631	Bains, Gurkeet	12	South Fraser	2:51.15
11	25	Cullen, Joel	12	Chilliwack T	2:51.71

12 95 Klimos, Dylan 12 Coquitlam CH 3:28.81

Event 84 Boys 12 Year Olds 80 Meter Hurdles 27"

Name	Age	Team	Finals	Wind	H#	Points	
1	129	Filafilo, Josh	12	Elite Track	14.19	0.5	1
2	405	Boar, Dominic	12	Nanaimo & DI	14.34	0.8	2
3	469	Duguid, Angus	12	Norwesters T	14.39	0.8	2
4	674	Depaoli, Nico	12	Unattached B	14.43	0.5	1
5	323	Klassen, Jared	12	Langley Must	15.06	0.8	2
6	159	Huliganga, Nichola	12	Golden Ears	15.22	0.8	2
7	32	Hamilton, Rowan	12	Chilliwack T	15.46	0.8	2
8	25	Cullen, Joel	12	Chilliwack T	16.42	0.5	1
9	735	McCash, Ryan	12	Universal AT	16.67	0.5	1
10	499	Boparai, Mantaj	12	Ocean Athlet	17.54	0.8	2

Event 85 Boys 12 Year Olds 200 Meter Hurdles 24"

Name	Age	Team	Finals	Wind	Points	
1	750	Taylor, Vaughn	12	Universal AT	30.49	-1.8
2	674	Depaoli, Nico	12	Unattached B	31.18	-1.8
3	734	Mainella, Mikael.	12	Universal AT	31.20	-1.8
4	405	Boar, Dominic	12	Nanaimo & DI	32.09	-1.8
5	129	Filafilo, Josh	12	Elite Track	33.08	-1.8
6	749	Szell, Michael	12	Universal AT	35.09	-1.8

Event 86 Boys 12 Year Olds High Jump

Name	Age	Team	Finals	Points	
1	469	Duguid, Angus	12	Norwesters T	1.45m
1	750	Taylor, Vaughn	12	Universal AT	1.45m
3	184	Roberts, Graeme	12	Golden Ears	1.35m
4	405	Boar, Dominic	12	Nanaimo & DI	1.25m
4	617	Hunter, Ian	12	Royal City T	1.25m
4	323	Klassen, Jared	12	Langley Must	1.25m
4	32	Hamilton, Rowan	12	Chilliwack T	1.25m
8	297	Foster, Ethan	12	Langley Must	1.20m
8	25	Cullen, Joel	12	Chilliwack T	1.20m
10	274	Chalk, Luke	12	Langley Must	1.15m

Event 87 Boys 12 Year Olds Long Jump

Name	Age	Team	Finals	Wind	Points	
1	750	Taylor, Vaughn	12	Universal AT	4.44m	NWI
2	674	Depaoli, Nico	12	Unattached B	4.12m	NWI
3	274	Chalk, Luke	12	Langley Must	3.89m	NWI
4	617	Hunter, Ian	12	Royal City T	3.83m	NWI
5	791	Roy, MACKENZIE	12	Valley Royal	3.52m	NWI
6	297	Foster, Ethan	12	Langley Must	3.51m	NWI
7	405	Boar, Dominic	12	Nanaimo & DI	3.37m	NWI
8	32	Hamilton, Rowan	12	Chilliwack T	3.36m	NWI
9	159	Huliganga, Nichola	12	Golden Ears	3.32m	NWI
10	634	Garcha, Gagandeep	12	South Fraser	3.20m	NWI
11	499	Boparai, Mantaj	12	Ocean Athlet	3.10m	NWI
12	106	Parmar, Rajeev	12	Coquitlam CH	3.09m	NWI

Event 88 Boys 12 Year Olds Discus Throw 1 kg

Name	Age	Team	Finals	Points
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1	535 Ostrinski, Carson	12 Ocean Athlet	16.17m
2	469 Duguid, Angus	12 Norwesters T	16.06m
3	323 Klassen, Jared	12 Langley Must	14.42m
4	499 Boparai, Mantaj	12 Ocean Athlet	13.77m

Event 89 Boys 12 Year Olds Hammer Throw 3 kg

Name	Age	Team	Finals	Points
1	32	Hamilton, Rowan	12 Chilliwack T	13.62m

Event 90 Boys 12 Year Olds Javelin Throw 600 g

Name	Age	Team	Finals	Points
1	112	Smith, Evan	12 Coquitlam CH	21.92m
2	274	Chalk, Luke	12 Langley Must	19.15m
3	405	Boar, Dominic	12 Nanaimo & DI	18.14m
4	297	Foster, Ethan	12 Langley Must	15.77m
5	469	Duguid, Angus	12 Norwesters T	14.89m
6	535	Ostrinski, Carson	12 Ocean Athlet	10.58m

Event 91 Boys 12 Year Olds Shot Put 3 kg

Name	Age	Team	Finals	Points
1	217	Cantarella, Egidio	12 Kajaks Track	9.17m
2	112	Smith, Evan	12 Coquitlam CH	8.16m
3	32	Hamilton, Rowan	12 Chilliwack T	7.75m
4	111	Shahsavar, Amin	12 Coquitlam CH	7.72m
5	25	Cullen, Joel	12 Chilliwack T	6.74m
6	452	Khela, Balraj Sing	12 New West Spa	5.47m

Event 92 Boys 12 Year Olds 4x100 Meter Relay

Team	Finals	Points
1 Universal Athletics Club 'A'	1:08.39	
2 Nanaimo & District Track 'A'	1:09.27	

Event 93 Girls 13 Year Olds 100 Meter Dash

8 Advance: Top 1 Each Heat plus Next 4 Best Times

Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1	158	Hoffmann, Sara	13 Golden Ears	13.87Q	-2.1 2
2	883	Hall, Jordan	13 Ocean Athlet	14.08Q	-1.7 1
3	232	Lam, Georgia	13 Kajaks Track	14.08Q	-3.4 3
4	245	Toney, Camryn	13 Kajaks Track	14.47Q	-1.8 4
5	302	Gillespie, Carolin	13 Langley Must	13.87q	-2.1 2
6	479	Rastad, Emma	13 Norwesters T	14.15q	-1.7 1
7	30	Hallier, Hannah	13 Chilliwack T	14.16q	-2.1 2
8	541	Pinto, Raquel	13 Ocean Athlet	14.29q	-3.4 3
9	797	Takhar, Mehroop	13 Valley Royal	14.33	-1.7 1
10	550	Samson, Megan	13 Ocean Athlet	14.47	-1.7 1
11	486	Slipper, Simone	13 Norwesters T	14.52	-1.7 1
12	577	Simeunovic, Nevena	13 Okanagan Ath	14.57	-3.4 3
13	597	Dhami, Sophie	13 Ridge Rocket	14.77	-1.8 4
13	251	Ylo, Catherine	13 Kajaks Track	14.77	-1.8 4
15	485	Sim, Jenna	13 Norwesters T	14.77	-1.8 4
16	376	Shane, Megan	13 Langley Must	14.84	-3.4 3

17	272	Cantelon, Brooklyn	13	Langley Must	14.84	-1.7	1
18	146	Carelse, Elise J.	13	Golden Ears	15.03	-2.1	2
19	331	Lindsay, Hannah	13	Langley Must	15.11	-1.8	4
20	876	Dufty, Hunter	13	Vernon Amate	15.19	-2.1	2
21	387	Trummler, Rachel	13	Langley Must	15.20	-1.8	4
22	216	Brodie, Bailey	13	Kajaks Track	15.20	-2.1	2
23	898	Bangar, Kiran	13	Universal AT	15.30	-2.1	2
24	446	Tozer, Lindsay	13	Nanaimo & DI	15.50	-1.7	1
25	395	Wilkinson, Holly	13	Langley Must	15.62	-3.4	3
26	178	Murru, Courtney	13	Golden Ears	15.94	-1.8	4
27	413	Ferraro, Jamie	13	Nanaimo & DI	16.48	-3.4	3
28	341	Markin, Tianna	13	Langley Must	17.28	-2.1	2

Event 93 Girls 13 Year Olds 100 Meter Dash

Name	Age	Team	Finals	Wind	Points
Finals					
1	158	Hoffmann, Sara	13	Golden Ears	13.94 -3.4
2	232	Lam, Georgia	13	Kajaks Track	14.17 -3.4
3	302	Gillespie, Carolin	13	Langley Must	14.18 -3.4
4	883	Hall, Jordan	13	Ocean Athlet	14.26 -3.4
5	541	Pinto, Raquel	13	Ocean Athlet	14.50 -3.4
6	30	Hallier, Hannah	13	Chilliwack T	14.51 -3.4
7	479	Rastad, Emma	13	Norwesters T	14.59 -3.4
8	245	Toney, Camryn	13	Kajaks Track	14.90 -3.4

Event 94 Girls 13 Year Olds 200 Meter Dash

8 Advance: Top 1 Each Heat plus Next 4 Best Times					
Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1	883	Hall, Jordan	13	Ocean Athlet	27.79Q 1.5 4
2	232	Lam, Georgia	13	Kajaks Track	27.82Q 1.9 3
3	541	Pinto, Raquel	13	Ocean Athlet	28.72Q 2.0 1
4	331	Lindsay, Hannah	13	Langley Must	30.36Q 1.3 2
5	797	Takhar, Mehroop	13	Valley Royal	29.08q 2.0 1
6	30	Hallier, Hannah	13	Chilliwack T	29.25q 1.5 4
7	275	Champoux, Megan	13	Langley Must	29.40q 1.9 3
8	486	Slipper, Simone	13	Norwesters T	29.58q 1.9 3
9	251	Ylo, Catherine	13	Kajaks Track	29.67 2.0 1
10	314	Hoolsema, Brooke	13	Langley Must	29.73 1.9 3
11	577	Simeunovic, Nevena	13	Okanagan Ath	30.37 2.0 1
12	485	Sim, Jenna	13	Norwesters T	30.79 1.3 2
13	118	Tyndall, Hana	13	Coquitlam CH	30.81 1.3 2
14	387	Trummler, Rachel	13	Langley Must	31.08 1.9 3
15	161	Huston, Madelyn	13	Golden Ears	31.14 2.0 1
16	446	Tozer, Lindsay	13	Nanaimo & DI	31.29 1.9 3
17	355	Nemeth, Jade	13	Langley Must	31.34 1.5 4
18	376	Shane, Megan	13	Langley Must	31.39 1.3 2
19	876	Dufty, Hunter	13	Vernon Amate	31.56 1.5 4
20	395	Wilkinson, Holly	13	Langley Must	32.10 1.5 4
21	382	Stea, Jenna	13	Langley Must	32.61 1.3 2
22	413	Ferraro, Jamie	13	Nanaimo & DI	33.63 1.3 2

Event 94 Girls 13 Year Olds 200 Meter Dash

Name	Age	Team	Finals	Wind	Points
Finals					
1	232	Lam, Georgia	13	Kajaks Track	27.58 -1.0
2	883	Hall, Jordan	13	Ocean Athlet	27.96 -1.0

3	541	Pinto, Raquel	13	Ocean Athlet	28.70	-1.0
4	30	Hallier, Hannah	13	Chilliwack T	28.70	-1.0
5	275	Champoux, Megan	13	Langley Must	29.56	-1.0
6	797	Takhar, Mehroop	13	Valley Royal	29.98	-1.0
7	331	Lindsay, Hannah	13	Langley Must	30.63	-1.0

Event 95 Girls 13 Year Olds 300 Meter Dash

Name	Age	Team	Finals	Points
1	479	Rastad, Emma	13 Norwesters T	46.03
2	821	Forsyth, Marie Lou	13 Vancouver TH	47.80
3	314	Hoolsema, Brooke	13 Langley Must	48.16
4	216	Brodie, Bailey	13 Kajaks Track	48.66
5	331	Lindsay, Hannah	13 Langley Must	49.38
6	485	Sim, Jenna	13 Norwesters T	49.63

Event 96 Girls 13 Year Olds 800 Meter Run

Name	Age	Team	Finals	Points
1	784	MACGREGOR, Gabriel	13 Valley Royal	2:28.74
2	314	Hoolsema, Brooke	13 Langley Must	2:31.50
3	161	Huston, Madelyn	13 Golden Ears	2:42.92
4	156	Hennessey, Jamie	13 Golden Ears	2:43.26
5	514	Good, Carly	13 Ocean Athlet	2:48.73
6	888	Dako, Jensen	13 Valley Royal	2:49.77

Event 98 Girls 13 Year Olds 2000 Meter Run

Name	Age	Team	Finals	Points
1	275	Champoux, Megan	13 Langley Must	6:54.71
2	550	Samson, Megan	13 Ocean Athlet	7:25.11
3	46	Sokolowski, Kate	13 Chilliwack T	7:54.33
4	888	Dako, Jensen	13 Valley Royal	8:08.85
--	314	Hoolsema, Brooke	13 Langley Must	DNF

Event 99 Girls 13 Year Olds 80 Meter Hurdles 30"

Name	Age	Team	Finals	Wind	H#	Points
1	479	Rastad, Emma	13 Norwesters T	13.08	1.2	1
2	784	MACGREGOR, Gabriel	13 Valley Royal	13.66	1.2	1
3	720	Dosanjh, Gulneer	13 Universal AT	13.69	0.9	2
4	118	Tyndall, Hana	13 Coquitlam CH	13.70	1.2	1
5	275	Champoux, Megan	13 Langley Must	14.22	0.9	2
6	376	Shane, Megan	13 Langley Must	14.30	0.9	2
7	876	Dufty, Hunter	13 Vernon Amate	14.84	0.9	2
8	302	Gillespie, Carolin	13 Langley Must	15.92	0.9	2
9	485	Sim, Jenna	13 Norwesters T	16.49	0.9	2
10	514	Good, Carly	13 Ocean Athlet	16.64	1.2	1
11	561	Steeves, Hope	13 Ocean Athlet	17.31	1.2	1
12	413	Ferraro, Jamie	13 Nanaimo & DI	18.45	0.9	2
--	341	Markin, Tianna	13 Langley Must	DQ	1.2	1

Event 100 Girls 13 Year Olds 200 Meter Hurdles 27"

Name	Age	Team	Finals	Wind	Points
1	720	Dosanjh, Gulneer	13 Universal AT	31.09	-2.8
2	275	Champoux, Megan	13 Langley Must	31.52	-2.8
3	302	Gillespie, Carolin	13 Langley Must	32.06	-2.8

4	118 Tyndall, Hana	13 Coquitlam CH	33.48	-2.8
5	597 Dhami, Sophie	13 Ridge Rocket	33.50	-2.8
6	387 Trummler, Rachel	13 Langley Must	34.16	-2.8
7	413 Ferraro, Jamie	13 Nanaimo & DI	39.31	-2.8

Event 101 Girls 13 Year Olds High Jump

Name	Age	Team	Finals	Points
1	161	Huston, Madelyn	13 Golden Ears	1.35m
2	387	Trummler, Rachel	13 Langley Must	J1.35m
3	302	Gillespie, Carolin	13 Langley Must	1.30m
4	275	Champoux, Megan	13 Langley Must	1.25m
5	561	Steeves, Hope	13 Ocean Athlet	J1.25m
6	341	Markin, Tianna	13 Langley Must	1.10m

Event 102 Girls 13 Year Olds Long Jump

Name	Age	Team	Finals	Wind	Points
1	821	Forsyth, Marie Lou	13 Vancouver TH	4.33m	NWI
2	479	Rastad, Emma	13 Norwesters T	4.31m	NWI
3	541	Pinto, Raquel	13 Ocean Athlet	4.18m	NWI
4	302	Gillespie, Carolin	13 Langley Must	4.08m	NWI
5	275	Champoux, Megan	13 Langley Must	4.03m	NWI
6	245	Toney, Camryn	13 Kajaks Track	4.01m	NWI
7	626	Vanee, Lauren	13 Royal City T	3.95m	NWI
8	272	Cantelon, Brooklyn	13 Langley Must	3.90m	NWI
9	278	Cheung, Lauryn	13 Langley Must	3.87m	NWI
10	784	MACGREGOR, Gabriel	13 Valley Royal	3.86m	NWI
11	314	Hoolsema, Brooke	13 Langley Must	3.83m	NWI
12	729	Hundal, Navjit	13 Universal AT	3.80m	NWI
13	561	Steeves, Hope	13 Ocean Athlet	3.79m	NWI
13	485	Sim, Jenna	13 Norwesters T	3.79m	NWI
15	216	Brodie, Bailey	13 Kajaks Track	3.74m	NWI
16	251	Ylo, Catherine	13 Kajaks Track	3.68m	NWI
17	486	Slipper, Simone	13 Norwesters T	3.64m	NWI
18	376	Shane, Megan	13 Langley Must	3.58m	NWI
19	550	Samson, Megan	13 Ocean Athlet	3.50m	NWI
20	146	Carelse, Elise J.	13 Golden Ears	3.42m	NWI
21	898	Bangar, Kiran	13 Universal AT	3.40m	NWI
22	395	Wilkinson, Holly	13 Langley Must	3.37m	NWI
23	446	Tozer, Lindsay	13 Nanaimo & DI	3.31m	NWI
24	178	Murru, Courtney	13 Golden Ears	3.05m	NWI
25	413	Ferraro, Jamie	13 Nanaimo & DI	2.91m	NWI
26	764	Foote, Abresia	13 Valley Royal	2.90m	NWI
27	341	Markin, Tianna	13 Langley Must	2.74m	NWI

Event 103 Girls 13 Year Olds Triple Jump

Name	Age	Team	Finals	Wind	Points
1	821	Forsyth, Marie Lou	13 Vancouver TH	9.94m	NWI
2	158	Hoffmann, Sara	13 Golden Ears	9.32m	NWI
3	479	Rastad, Emma	13 Norwesters T	9.12m	NWI
4	876	Dufty, Hunter	13 Vernon Amate	8.65m	NWI
5	729	Hundal, Navjit	13 Universal AT	8.19m	NWI
6	146	Carelse, Elise J.	13 Golden Ears	7.93m	NWI
7	161	Huston, Madelyn	13 Golden Ears	7.72m	NWI
8	898	Bangar, Kiran	13 Universal AT	7.43m	NWI
9	446	Tozer, Lindsay	13 Nanaimo & DI	7.04m	NWI
10	156	Hennessey, Jamie	13 Golden Ears	6.87m	NWI
11	413	Ferraro, Jamie	13 Nanaimo & DI	6.62m	NWI



## Event 104 Girls 13 Year Olds Discus Throw 750

Name	Age	Team	Finals	Points
1	247	Wideski, Valerie	13 Kajaks Track	31.27m
2	876	Dufty, Hunter	13 Vernon Amate	25.79m
3	302	Gillespie, Carolin	13 Langley Must	24.31m
4	245	Toney, Camryn	13 Kajaks Track	24.22m
5	821	Forsyth, Marie Lou	13 Vancouver TH	23.33m
6	291	Dolfo, Tanika	13 Langley Must	21.77m
7	121	Wolczyk, Madison	13 Coquitlam CH	20.94m
8	550	Samson, Megan	13 Ocean Athlet	17.79m
9	446	Tozer, Lindsay	13 Nanaimo & DI	16.56m
10	413	Ferraro, Jamie	13 Nanaimo & DI	12.62m
--	764	Foote, Abresia	13 Valley Royal	FOUL

## Event 105 Girls 13 Year Olds Hammer Throw 3 kg

Name	Age	Team	Finals	Points
1	291	Dolfo, Tanika	13 Langley Must	36.48m
2	247	Wideski, Valerie	13 Kajaks Track	32.29m
3	245	Toney, Camryn	13 Kajaks Track	24.66m

## Event 106 Girls 13 Year Olds Javelin Throw 600 g

Name	Age	Team	Finals	Points
1	821	Forsyth, Marie Lou	13 Vancouver TH	25.04m
2	291	Dolfo, Tanika	13 Langley Must	20.89m
3	121	Wolczyk, Madison	13 Coquitlam CH	19.90m
4	275	Champoux, Megan	13 Langley Must	18.95m
5	247	Wideski, Valerie	13 Kajaks Track	18.83m
6	479	Rastad, Emma	13 Norwesters T	17.95m
7	302	Gillespie, Carolin	13 Langley Must	16.95m
8	278	Cheung, Lauryn	13 Langley Must	13.91m
9	764	Foote, Abresia	13 Valley Royal	13.38m
10	376	Shane, Megan	13 Langley Must	10.28m
11	341	Markin, Tianna	13 Langley Must	9.71m

## Event 107 Girls 13 Year Olds Shot Put 3 kg

Name	Age	Team	Finals	Points
1	720	Dosanjh, Gulneer	13 Universal AT	9.37m
2	876	Dufty, Hunter	13 Vernon Amate	9.19m
3	784	MACGREGOR, Gabriel	13 Valley Royal	8.99m
4	247	Wideski, Valerie	13 Kajaks Track	8.11m
5	550	Samson, Megan	13 Ocean Athlet	7.84m
6	486	Slipper, Simone	13 Norwesters T	7.34m
7	278	Cheung, Lauryn	13 Langley Must	7.31m
8	479	Rastad, Emma	13 Norwesters T	7.29m
9	764	Foote, Abresia	13 Valley Royal	6.56m
10	626	Vanee, Lauren	13 Royal City T	6.38m
11	387	Trummler, Rachel	13 Langley Must	6.27m
12	275	Champoux, Megan	13 Langley Must	6.16m
13	904	Diaba, Debli	13 Langley Must	5.59m
14	341	Markin, Tianna	13 Langley Must	4.58m

## Event 108 Girls 13 Year Olds Pole Vault

Name	Age	Team	Finals	Points
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1	278 Cheung, Lauryn	13 Langley Must	2.40m
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Event 109 Girls 13 Year Olds 4x100 Meter Relay

Team	Finals	Points
1 Kajaks Track & Field Club 'A'	56.23	
2 Langley Mustangs 'E'	57.80	
3 Golden Ears Athletics 'A'	1:00.59	

Event 110 Boys 13 Year Olds 100 Meter Dash

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Name	Age Team	Prelims	Wind	H#
Preliminaries				
1 812 Wang, Ben	13 Vancouver OL	13.14Q	NWI	1
2 194 Villanueva, Erick	13 Golden Ears	13.34Q	-2.8	2
3 320 King, Nathan	13 Langley Must	13.38Q	-2.8	2
4 523 Luccock, Dominic	13 Ocean Athlet	14.64Q	NWI	1
5 249 Wong-Hen, Seth	13 Kajaks Track	13.64Q	-2.8	2
6 169 Kuzk, Zack	13 Golden Ears	14.94Q	NWI	1
7 635 Kabia, Benjamin	13 South Fraser	13.74q	-2.8	2
8 533 Niwinski, Bryan	13 Ocean Athlet	14.22q	-2.8	2
9 334 MACDONALD, Bennett	13 Langley Must	15.28	NWI	1
10 717 Dhillon, Pavanpal	13 Universal AT	15.74	NWI	1

Event 110 Boys 13 Year Olds 100 Meter Dash

Name	Age Team	Finals	Wind	Points
Finals				
1 320 King, Nathan	13 Langley Must	13.28	-3.4	
2 812 Wang, Ben	13 Vancouver OL	13.30	-3.4	
3 194 Villanueva, Erick	13 Golden Ears	13.35	-3.4	
4 249 Wong-Hen, Seth	13 Kajaks Track	13.63	-3.4	
5 635 Kabia, Benjamin	13 South Fraser	13.76	-3.4	
6 523 Luccock, Dominic	13 Ocean Athlet	14.59	-3.4	
7 169 Kuzk, Zack	13 Golden Ears	14.97	-3.4	

Event 111 Boys 13 Year Olds 200 Meter Dash

8 Advance: Top 3 Each Heat plus Next 2 Best Times

Name	Age Team	Prelims	Wind	H#
Preliminaries				
1 34 Kirk, Andrew	13 Chilliwack T	26.11Q	2.0	2
2 320 King, Nathan	13 Langley Must	26.84Q	2.7	1
3 194 Villanueva, Erick	13 Golden Ears	26.54Q	2.0	2
4 519 Johnston, Alec	13 Ocean Athlet	27.76Q	2.7	1
5 249 Wong-Hen, Seth	13 Kajaks Track	27.08Q	2.0	2
6 635 Kabia, Benjamin	13 South Fraser	27.94Q	2.7	1
7 200 Walsh, Ben	13 Golden Ears	29.50q	2.0	2
8 14 Parsakish, Nima	13 Burnaby Stri	29.64q	2.7	1
9 481 Riddell, MACKENZIE	13 Norwesters T	30.09	2.7	1
10 169 Kuzk, Zack	13 Golden Ears	30.21	2.7	1
11 717 Dhillon, Pavanpal	13 Universal AT	30.48	2.0	2
12 768 Gondara, Vikramjit	13 Valley Royal	30.78	2.0	2
13 234 Lee, Jamieson	13 Kajaks Track	30.91	2.7	1

Event 111 Boys 13 Year Olds 200 Meter Dash

Name	Age	Team	Finals	Wind	Points
Finals					
1	34	Kirk, Andrew	13 Chilliwack T	26.92	-1.2
2	320	King, Nathan	13 Langley Must	27.03	-1.2
3	249	Wong-Hen, Seth	13 Kajaks Track	27.21	-1.2
4	194	Villanueva, Erick	13 Golden Ears	28.32	-1.2
5	635	Kabia, Benjamin	13 South Fraser	28.35	-1.2
6	200	Walsh, Ben	13 Golden Ears	30.04	-1.2
7	14	Parsakish, Nima	13 Burnaby Stri	30.06	-1.2

Event 112 Boys 13 Year Olds 300 Meter Dash

Name	Age	Team	Finals	H#	Points
1	320	King, Nathan	13 Langley Must	43.12	1
2	812	Wang, Ben	13 Vancouver OL	43.95	2
3	519	Johnston, Alec	13 Ocean Athlet	45.03	1
4	235	Loewen, Nathan	13 Kajaks Track	46.02	2
5	236	Loewen, Samuel	13 Kajaks Track	47.09	1
6	334	MACDONALD, Bennett	13 Langley Must	48.43	1
7	481	Riddell, MACKENZIE	13 Norwesters T	48.53	2
8	401	Anderton, Nathan	13 Nanaimo & DI	52.72	2
9	718	Dhindsa, Arshpreet	13 Universal AT	55.13	1

Event 113 Boys 13 Year Olds 800 Meter Run

Name	Age	Team	Finals	Points
1	546	Ribeiro, Dawson	13 Ocean Athlet	2:27.37
2	809	Nobbs, Thomas	13 Vancouver OL	2:28.62
3	235	Loewen, Nathan	13 Kajaks Track	2:29.03
4	481	Riddell, MACKENZIE	13 Norwesters T	2:30.03
5	236	Loewen, Samuel	13 Kajaks Track	2:30.82
6	185	Ross, Alexander	13 Golden Ears	2:31.82
7	334	MACDONALD, Bennett	13 Langley Must	2:45.05
8	401	Anderton, Nathan	13 Nanaimo & DI	2:45.47

Event 114 Boys 12 1200 Meter Run

Name	Age	Team	Finals	Points
1	93	Jelenici, Daniel	12 Coquitlam CH	4:03.17
2	184	Roberts, Graeme	12 Golden Ears	4:06.64
3	791	Roy, MACKENZIE	12 Valley Royal	4:08.05
4	106	Parmar, Rajeev	12 Coquitlam CH	4:08.20
5	741	Perriard, Joel	12 Universal AT	4:16.40
6	137	Velkov, Chris	12 Elite Track	4:20.29

Event 114 Boys 13 1200 Meter Run

Name	Age	Team	Finals	Points
1	546	Ribeiro, Dawson	13 Ocean Athlet	3:48.89
2	145	Butler, Ryan	13 Golden Ears	3:49.50
3	235	Loewen, Nathan	13 Kajaks Track	3:56.95
4	236	Loewen, Samuel	13 Kajaks Track	3:59.18
5	185	Ross, Alexander	13 Golden Ears	4:02.05
6	14	Parsakish, Nima	13 Burnaby Stri	4:07.56
7	725	Gill, Navkarn	13 Universal AT	4:09.21
8	802	Bourassa, David	13 Vancouver OL	4:21.11
9	401	Anderton, Nathan	13 Nanaimo & DI	4:22.95

## Event 115 Boys 13 Year Olds 2000 Meter Run

Name	Age Team	Finals	Points
1 546 Ribeiro, Dawson	13 Ocean Athlet	6:41.40	
2 145 Butler, Ryan	13 Golden Ears	6:51.83	
3 235 Loewen, Nathan	13 Kajaks Track	7:02.52	
4 725 Gill, Navkarn	13 Universal AT	7:10.96	
5 185 Ross, Alexander	13 Golden Ears	7:15.01	
6 512 Flynn, Patrick	13 Ocean Athlet	7:17.07	
7 136 Sherley, Isaac	13 Elite Track	8:15.43	

## Event 116 Boys 13 Year Olds 80 Meter Hurdles 30"

Name	Age Team	Finals	Wind	Points
1 523 Luccock, Dominic	13 Ocean Athlet	13.68	0.6	
2 481 Riddell, MACKENZIE	13 Norwesters T	14.46	0.6	
3 439 Schlitz, Jack	13 Nanaimo & DI	14.61	0.6	
4 747 Sillars, Spencer D	13 Universal AT	14.63	0.6	
5 268 Buckingham, Paul	13 Langley Must	15.12	0.6	
6 556 Sinclair, Connor	13 Ocean Athlet	15.66	0.6	
7 304 Gregory, Nathan	13 Langley Must	16.27	0.6	

## Event 117 Boys 13 Year Olds 200 Meter Hurdles 27"

Name	Age Team	Finals	Wind	Points
1 523 Luccock, Dominic	13 Ocean Athlet	30.61	-2.0	
2 747 Sillars, Spencer D	13 Universal AT	32.18	-2.0	
3 304 Gregory, Nathan	13 Langley Must	32.97	-2.0	
4 268 Buckingham, Paul	13 Langley Must	33.85	-2.0	
5 802 Bourassa, David	13 Vancouver OL	35.80	-2.0	

## Event 118 Boys 13 Year Olds High Jump

Name	Age Team	Finals	Points
1 481 Riddell, MACKENZIE	13 Norwesters T	1.45m	
2 523 Luccock, Dominic	13 Ocean Athlet	1.40m	
2 320 King, Nathan	13 Langley Must	1.40m	
4 556 Sinclair, Connor	13 Ocean Athlet	1.35m	
5 439 Schlitz, Jack	13 Nanaimo & DI	1.30m	
6 304 Gregory, Nathan	13 Langley Must	J1.30m	
6 268 Buckingham, Paul	13 Langley Must	J1.30m	
8 802 Bourassa, David	13 Vancouver OL	1.20m	
8 574 Noble, Cameron	13 Okanagan Ath	1.20m	

## Event 119 Boys 13 Year Olds Long Jump

Name	Age Team	Finals	Wind	Points
1 194 Villanueva, Erick	13 Golden Ears	4.66m	NWI	
2 533 Niwinski, Bryan	13 Ocean Athlet	4.65m	NWI	
3 320 King, Nathan	13 Langley Must	4.47m	NWI	
4 304 Gregory, Nathan	13 Langley Must	4.25m	NWI	
5 439 Schlitz, Jack	13 Nanaimo & DI	4.21m	NWI	
6 556 Sinclair, Connor	13 Ocean Athlet	4.13m	NWI	
7 200 Walsh, Ben	13 Golden Ears	3.94m	NWI	
8 268 Buckingham, Paul	13 Langley Must	3.89m	NWI	
8 760 Choboter, Joel	13 Valley Royal	3.89m	NWI	
10 14 Parsakish, Nima	13 Burnaby Stri	3.87m	NWI	
11 234 Lee, Jamieson	13 Kajaks Track	3.80m	NWI	

12	169	Kuzk, Zack	13	Golden Ears	3.79m	NWI
13	574	Noble, Cameron	13	Okanagan Ath	3.67m	NWI
14	519	Johnston, Alec	13	Ocean Athlet	3.47m	NWI
15	334	MACDONALD, Bennett	13	Langley Must	3.23m	NWI

Event 120 Boys 13 Year Olds Triple Jump

Name	Age	Team	Finals	Wind	Points	
1	194	Villanueva, Erick	13	Golden Ears	10.28m	NWI
2	533	Niwinski, Bryan	13	Ocean Athlet	10.05m	NWI
3	523	Luccock, Dominic	13	Ocean Athlet	9.74m	NWI
4	512	Flynn, Patrick	13	Ocean Athlet	9.57m	NWI
5	430	Mitchell, Joshua	13	Nanaimo & DI	9.46m	NWI
6	747	Sillars, Spencer D	13	Universal AT	9.24m	NWI
7	481	Riddell, MACKENZIE	13	Norwesters T	9.20m	NWI
8	439	Schlitz, Jack	13	Nanaimo & DI	9.20m	NWI
9	169	Kuzk, Zack	13	Golden Ears	9.00m	NWI
10	200	Walsh, Ben	13	Golden Ears	8.43m	NWI
11	185	Ross, Alexander	13	Golden Ears	8.36m	NWI
12	574	Noble, Cameron	13	Okanagan Ath	7.85m	NWI

Event 121 Boys 13 Year Olds Discus Throw 1 kg

Name	Age	Team	Finals	Points	
1	768	Gondara, Vikramjit	13	Valley Royal	29.60m
2	556	Sinclair, Connor	13	Ocean Athlet	28.46m
3	533	Niwinski, Bryan	13	Ocean Athlet	23.34m
4	3	Chandra, Brendan	13	Burnaby Stri	21.90m
5	430	Mitchell, Joshua	13	Nanaimo & DI	20.18m
6	439	Schlitz, Jack	13	Nanaimo & DI	17.89m

Event 122 Boys 13 Year Olds Hammer Throw 3 kg

Name	Age	Team	Finals	Points	
1	556	Sinclair, Connor	13	Ocean Athlet	31.71m
2	768	Gondara, Vikramjit	13	Valley Royal	29.91m
3	430	Mitchell, Joshua	13	Nanaimo & DI	17.65m

Event 123 Boys 13 Year Olds Javelin Throw 600 g

Name	Age	Team	Finals	Points	
1	439	Schlitz, Jack	13	Nanaimo & DI	24.79m
2	430	Mitchell, Joshua	13	Nanaimo & DI	21.59m
3	574	Noble, Cameron	13	Okanagan Ath	18.43m
4	334	MACDONALD, Bennett	13	Langley Must	16.97m
5	802	Bourassa, David	13	Vancouver OL	10.85m

Event 124 Boys 13 Year Olds Shot Put 3 kg

Name	Age	Team	Finals	Points	
1	556	Sinclair, Connor	13	Ocean Athlet	12.03m
2	768	Gondara, Vikramjit	13	Valley Royal	9.91m
3	760	Choboter, Joel	13	Valley Royal	9.02m
4	439	Schlitz, Jack	13	Nanaimo & DI	8.18m
5	268	Buckingham, Paul	13	Langley Must	6.15m

Event 126 Boys 13 Year Olds 4x100 Meter Relay

Team	Finals	Points
1 Kajaks Track & Field Club 'A'	54.64	
2 Ocean Athletics 'A'	55.55	
3 Universal Athletics Club 'A'	1:01.25	

Event 127 Women 14-15 100 Meter Dash

8 Advance: Top 1 Each Heat plus Next 4 Best Times

Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1	544	Reimer, Lexy	15	Ocean Athlet	13.20Q -1.8 4
2	4	Corrales-Nelson, Z	14	Burnaby Stri	13.24Q -2.9 3
3	510	Duncanson, Jade	14	Ocean Athlet	13.45Q -2.7 2
4	78	Morton, Tayler	15	Comox Valley	13.51Q -2.8 1
5	738	Nijjar, Gagandeep	15	Universal AT	13.28q -1.8 4
6	227	Higashitani, Megha	14	Kajaks Track	13.36q -1.8 4
7	373	Rolfe, Hannah	14	Langley Must	13.38q -2.9 3
8	527	Mernagh, Stephanie	15	Ocean Athlet	13.49q -2.7 2
9	839	Yee, Michelle	15	Vancouver TH	13.66 -2.9 3
10	642	paterson, georgia	14	South Fraser	13.70 -2.8 1
11	835	Van Hombeeck, Chan	15	Vancouver TH	13.76 -1.8 4
12	640	Moore, Tosha	14	South Fraser	13.80 -2.7 2
13	763	Crivello, Katherin	15	Valley Royal	13.92 -1.8 4
14	629	Amaral, Desiree	15	South Fraser	14.09 -2.9 3
15	362	Pauley, Jaclyn	14	Langley Must	14.13 -1.8 4
16	44	Servatius, Afton	14	Chilliwack T	14.13 -2.8 1
17	76	May, Kyla	15	Comox Valley	14.30 -2.8 1
18	10	Louie, Caitlin	14	Burnaby Stri	14.52 -1.8 4
19	875	Dufty, Haven	14	Vernon Amate	14.65 -2.9 3
20	669	Chow, Cheryl	14	Unattached B	14.67 -2.9 3
21	246	Uyeyama, Zandalee	14	Kajaks Track	14.79 -2.9 3
22	298	Foster, Mira	14	Langley Must	14.90 -2.7 2
23	641	Paterson, Camille	14	South Fraser	15.18 -2.7 2
24	313	Holmes, Alexis	15	Langley Must	15.36 -2.9 3
25	435	Noshkin, Hayley	14	Nanaimo & DI	15.40 -2.8 1
26	388	Tyne, Grace	15	Langley Must	15.52 -2.8 1
27	434	Nesselbeck, Leah	14	Nanaimo & DI	15.98 -2.8 1
28	207	Wismath, Heidi	14	Hope School	17.05 -1.8 4

Event 127 Women 14-15 100 Meter Dash

Name	Age	Team	Finals	Wind	Points
Finals					
1	738	Nijjar, Gagandeep	15	Universal AT	13.19 -2.5
1	78	Morton, Tayler	15	Comox Valley	13.19 -2.5
3	510	Duncanson, Jade	14	Ocean Athlet	13.30 -2.5
3	373	Rolfe, Hannah	14	Langley Must	13.30 -2.5
5	544	Reimer, Lexy	15	Ocean Athlet	13.32 -2.5
6	227	Higashitani, Megha	14	Kajaks Track	13.32 -2.5
7	527	Mernagh, Stephanie	15	Ocean Athlet	13.41 -2.5

Event 128 Women 14-15 200 Meter Dash

8 Advance: Top 1 Each Heat plus Next 4 Best Times

Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1	4	Corrales-Nelson, Z	14	Burnaby Stri	25.97Q 1.6 3
2	527	Mernagh, Stephanie	15	Ocean Athlet	26.11Q 1.3 2
3	738	Nijjar, Gagandeep	15	Universal AT	26.79Q 0.7 1

4	123	Bains, Chicago	14	Cowichan Val	26.94Q	1.3	4
5	642	paterson, georgia	14	South Fraser	26.94q	0.7	1
6	227	Higashitani, Megha	14	Kajaks Track	27.07q	0.7	1
7	596	Dallyn, Brianna	14	Ridge Rocket	27.82q	1.6	3
8	629	Amaral, Desiree	15	South Fraser	27.86q	1.3	4
9	808	Johnston, Hannah	14	Vancouver OL	27.91	1.3	4
10	78	Morton, Tayler	15	Comox Valley	28.00	1.3	2
11	828	Pauls, Sophie	15	Vancouver TH	28.37	1.3	4
12	76	May, Kyla	15	Comox Valley	28.63	1.3	2
13	69	Phipps, Shayla	14	Coastal Trac	28.77	1.3	4
14	669	Chow, Cheryl	14	Unattached B	29.30	1.3	4
15	10	Louie, Caitlin	14	Burnaby Stri	29.35	1.3	4
16	824	Huang, Mavis	15	Vancouver TH	29.38	0.7	1
17	763	Crivello, Katherin	15	Valley Royal	29.45	1.3	2
18	242	Searle, Andrea	15	Kajaks Track	29.53	1.3	2
19	864	Poon, Megan	15	West Vancouv	29.69	1.6	3
20	641	Paterson, Camille	14	South Fraser	30.07	1.6	3
21	875	Dufty, Haven	14	Vernon Amate	30.15	1.6	3
22	313	Holmes, Alexis	15	Langley Must	30.82	0.7	1
23	388	Tyne, Grace	15	Langley Must	31.71	0.7	1
24	344	Marshall, Julia	14	Langley Must	31.73	1.3	2
25	435	Noshkin, Hayley	14	Nanaimo & DI	32.10	0.7	1
26	434	Nesselbeck, Leah	14	Nanaimo & DI	32.25	1.3	2

Event 128 Women 14-15 200 Meter Dash

Name	Age	Team	Finals	Wind	Points	
Finals						
1	4	Corrales-Nelson, Z	14	Burnaby Stri	25.93	-1.1
2	527	Mernagh, Stephanie	15	Ocean Athlet	26.74	-1.1
3	738	Nijjar, Gagandeep	15	Universal AT	26.90	-1.1
4	642	paterson, georgia	14	South Fraser	27.47	-1.1
5	227	Higashitani, Megha	14	Kajaks Track	27.69	-1.1
6	123	Bains, Chicago	14	Cowichan Val	28.10	-1.1
7	629	Amaral, Desiree	15	South Fraser	28.47	-1.1
8	596	Dallyn, Brianna	14	Ridge Rocket	28.86	-1.1

Event 129 Women 14-15 300 Meter Dash

Name	Age	Team	Finals	H#	Points	
1	527	Mernagh, Stephanie	15	Ocean Athlet	43.66	3
2	738	Nijjar, Gagandeep	15	Universal AT	43.82	3
3	640	Moore, Tosha	14	South Fraser	45.00	1
4	89	DA Luz, Lauren	14	Coquitlam CH	45.13	2
5	835	Van Hombeeck, Chan	15	Vancouver TH	46.01	2
6	128	Dewith, Arianna	14	Elite Track	46.21	3
7	322	Klassen, Adrianna	14	Langley Must	46.27	1
8	76	May, Kyla	15	Comox Valley	46.28	2
9	727	Gill, Simerpreet	15	Universal AT	46.81	3
10	379	Smithson, Emma	15	Langley Must	46.83	1
11	669	Chow, Cheryl	14	Unattached B	47.41	2
12	825	Klym, Kayla	14	Vancouver TH	47.75	2
13	824	Huang, Mavis	15	Vancouver TH	48.38	2
14	284	Dejong, Breanne	14	Langley Must	48.52	1
15	641	Paterson, Camille	14	South Fraser	50.82	1

Event 130 Women 14-15 800 Meter Run

Name	Age	Team	Finals	Points	
1	885	Pynn, Jenaya	15	Nanaimo & DI	2:16.92

2	433	Mousseau, Alyssa	14	Nanaimo & DI	2:22.76
3	16	Stevenson, Sophia	15	Burnaby Stri	2:22.94
4	491	Weaver, Katie	15	Norwesters T	2:24.77
5	789	Pilgrim, Callum	15	Valley Royal	2:25.61
6	432	Morris, Amy	14	Nanaimo & DI	2:27.04
7	89	DA Luz, Lauren	14	Coquitlam CH	2:28.38
8	128	Dewith, Arianna	14	Elite Track	2:28.68
9	164	Johnstone, Christi	15	Golden Ears	2:28.69
10	322	Klassen, Adrianna	14	Langley Must	2:28.99
11	776	Kell, Jennifer	15	Valley Royal	2:29.86
12	731	Mahal, Harleen	15	Universal AT	2:31.84
13	188	Smart, Mikaela	15	Golden Ears	2:33.01
14	810	Picken, Megan	14	Vancouver OL	2:33.56
15	565	Fagan, Veronika	15	Okanagan Ath	2:34.25
16	650	Terry, Rebecca	14	South Fraser	2:35.75
17	759	Chapman, Delaney	15	Valley Royal	2:37.19
18	803	Cho, Samantha	14	Vancouver OL	2:38.96
19	727	Gill, Simerpreet	15	Universal AT	2:40.99
20	191	Tinkham, Mikayla J	14	Golden Ears	2:41.82

Event 131 Women 14-15 1200 Meter Run

Name	Age	Team	Finals	Points	
1	789	Pilgrim, Callum	15	Valley Royal	3:50.89
2	545	Ribeiro, Chelsea	15	Ocean Athlet	3:52.92
3	432	Morris, Amy	14	Nanaimo & DI	3:53.14
4	703	Unruh, Alicia	15	Unattached B	4:03.94
5	191	Tinkham, Mikayla J	14	Golden Ears	4:04.57
6	284	Dejong, Breanne	14	Langley Must	4:06.49
7	175	McNeil, Madysen	15	Golden Ears	4:07.38
8	731	Mahal, Harleen	15	Universal AT	4:08.98
9	803	Cho, Samantha	14	Vancouver OL	4:11.19
10	12	Louie, Natasha	14	Burnaby Stri	4:12.10
11	359	Oppenlander, Lara	14	Langley Must	4:16.67
12	498	Boparai, Jolden	14	Ocean Athlet	4:20.14
13	344	Marshall, Julia	14	Langley Must	4:27.36
14	520	Klymchuk, Sammi	14	Ocean Athlet	4:34.14
15	237	Maika, Samantha	14	Kajaks Track	4:37.25
16	608	Stewart, Kaylee	14	Ridge Rocket	4:41.75

Event 132 Women 14-15 2000 Meter Run

Name	Age	Team	Finals	Points	
1	545	Ribeiro, Chelsea	15	Ocean Athlet	6:55.50
2	432	Morris, Amy	14	Nanaimo & DI	6:58.62
3	703	Unruh, Alicia	15	Unattached B	7:05.84
4	565	Fagan, Veronika	15	Okanagan Ath	7:17.47
5	566	Fashanu, Shola	14	Okanagan Ath	7:22.44
6	359	Oppenlander, Lara	14	Langley Must	7:24.21
7	284	Dejong, Breanne	14	Langley Must	7:27.34
8	12	Louie, Natasha	14	Burnaby Stri	7:28.09
9	498	Boparai, Jolden	14	Ocean Athlet	7:35.27
10	500	Brown, Fiona	15	Ocean Athlet	7:39.44
11	774	Johnson, Erica	15	Valley Royal	8:07.29
12	520	Klymchuk, Sammi	14	Ocean Athlet	8:18.07

Event 133 Women 14-15 80 Meter Hurdles 30"

Name	Age	Team	Finals	Wind H#	Points
1	123	Bains, Chicago	14	Cowichan Val	12.19 1.5 2



2	462	Schultz, Nina	14	New West Spa	12.26	1.4	1
3	491	Weaver, Katie	15	Norwesters T	13.03	1.5	2
4	379	Smithson, Emma	15	Langley Must	13.05	1.5	2
5	495	Bekar, Kiana	14	Ocean Athlet	13.48	1.4	1
6	362	Pauley, Jaclyn	14	Langley Must	13.51	1.4	1
7	640	Moore, Tosha	14	South Fraser	14.21	1.4	1
8	778	Konrad, Hannah	14	Valley Royal	14.22	1.4	1
9	878	Aquilini, Gabriela	14	Vancouver TH	14.51	1.4	1
10	875	Dufty, Haven	14	Vernon Amate	14.95	1.5	2
11	10	Louie, Caitlin	14	Burnaby Stri	15.18	1.5	2
12	312	Hetherington, Chlo	14	Langley Must	16.82	1.5	2
13	579	Turner, Marie-Jose	15	Okanagan Ath	17.10	1.4	1

Event 134 Women 14-15 200 Meter Hurdles 30"

Name	Age	Team	Finals	Wind	H#	Points	
1	804	Cho, Stephanie	15	Vancouver OL	27.88	-1.8	3
2	123	Bains, Chicago	14	Cowichan Val	28.27	-1.8	3
3	462	Schultz, Nina	14	New West Spa	29.63	-2.1	2
4	828	Pauls, Sophie	15	Vancouver TH	29.82	-1.8	3
5	640	Moore, Tosha	14	South Fraser	30.23	-1.9	1
6	810	Picken, Megan	14	Vancouver OL	30.84	-2.1	2
7	78	Morton, Tayler	15	Comox Valley	30.92	-1.9	1
8	379	Smithson, Emma	15	Langley Must	31.06	-1.8	3
9	808	Johnston, Hannah	14	Vancouver OL	31.23	-2.1	2
10	76	May, Kyla	15	Comox Valley	31.26	-1.8	3
11	362	Pauley, Jaclyn	14	Langley Must	32.12	-1.9	1
12	322	Klassen, Adrianna	14	Langley Must	32.25	-1.9	1
13	778	Konrad, Hannah	14	Valley Royal	32.55	-2.1	2
14	44	Servatius, Afton	14	Chilliwack T	32.63	-1.9	1
15	875	Dufty, Haven	14	Vernon Amate	33.28	-1.8	3
16	495	Bekar, Kiana	14	Ocean Athlet	33.40	-1.8	3
17	175	McNeil, Madysen	15	Golden Ears	34.64	-2.1	2
18	191	Tinkham, Mikayla J	14	Golden Ears	36.08	-2.1	2

Event 135 Women 14-15 1500 Meter Steeplechase .762 m no wa

Name	Age	Team	Finals	Points	
1	545	Ribeiro, Chelsea	15	Ocean Athlet	5:11.63
2	565	Fagan, Veronika	15	Okanagan Ath	5:20.68
3	191	Tinkham, Mikayla J	14	Golden Ears	5:25.92
4	566	Fashanu, Shola	14	Okanagan Ath	5:30.16
5	175	McNeil, Madysen	15	Golden Ears	5:37.80
6	500	Brown, Fiona	15	Ocean Athlet	5:42.58
7	284	Dejong, Breanne	14	Langley Must	5:45.88
8	40	Muir, Megan	14	Chilliwack T	5:59.00

Event 136 Women 14-15 High Jump

Name	Age	Team	Finals	Points	
1	807	Hanson, Jessica	15	Vancouver OL	1.55m
2	373	Rolfe, Hannah	14	Langley Must	1.50m
3	828	Pauls, Sophie	15	Vancouver TH	1.45m
3	187	Rycroft, Natalie	15	Golden Ears	1.45m
3	878	Aquilini, Gabriela	14	Vancouver TH	1.45m
3	778	Konrad, Hannah	14	Valley Royal	1.45m
3	462	Schultz, Nina	14	New West Spa	1.45m
8	875	Dufty, Haven	14	Vernon Amate	1.30m
--	362	Pauley, Jaclyn	14	Langley Must	NH
--	491	Weaver, Katie	15	Norwesters T	NH

-- 246 Uyeyama, Zandalee 14 Kajaks Track

NH

Event 137 Women 14-15 Long Jump

Name	Age	Team	Finals	Wind	Points
1	804	Cho, Stephanie	15 Vancouver OL	5.40m	0.4
2	423	Jerome, Rachel	14 Nanaimo & DI	5.15m	1.1
3	808	Johnston, Hannah	14 Vancouver OL	4.77m	+0.0
4	642	paterson, georgia	14 South Fraser	4.73m	0.3
5	596	Dallyn, Brianna	14 Ridge Rocket	4.64m	0.3
6	495	Bekar, Kiana	14 Ocean Athlet	4.55m	0.6
7	373	Rolfe, Hannah	14 Langley Must	4.54m	1.0
8	778	Konrad, Hannah	14 Valley Royal	4.51m	0.4
9	629	Amaral, Desiree	15 South Fraser	4.38m	0.8
10	875	Dufty, Haven	14 Vernon Amate	4.37m	1.1
11	362	Pauley, Jaclyn	14 Langley Must	4.32m	1.1
12	579	Turner, Marie-Jose	15 Okanagan Ath	4.16m	1.2
13	227	Higashitani, Megha	14 Kajaks Track	4.07m	1.3
14	322	Klassen, Adrianna	14 Langley Must	4.06m	+0.0
15	246	Uyeyama, Zandalee	14 Kajaks Track	4.04m	0.9
16	313	Holmes, Alexis	15 Langley Must	3.96m	1.7
17	298	Foster, Mira	14 Langley Must	3.62m	1.7
18	312	Hetherington, Chlo	14 Langley Must	3.60m	1.0
19	344	Marshall, Julia	14 Langley Must	3.43m	1.2
20	388	Tyne, Grace	15 Langley Must	3.14m	0.9

Event 138 Women 14-15 Triple Jump

Name	Age	Team	Finals	Wind	Points
1	804	Cho, Stephanie	15 Vancouver OL	11.71m	+0.0
2	423	Jerome, Rachel	14 Nanaimo & DI	10.85m	0.2
3	839	Yee, Michelle	15 Vancouver TH	10.33m	0.4
4	462	Schultz, Nina	14 New West Spa	10.30m	-0.6
5	864	Poon, Megan	15 West Vancouv	10.04m	1.0
6	778	Konrad, Hannah	14 Valley Royal	9.86m	+0.0
7	825	Klym, Kayla	14 Vancouver TH	9.68m	0.8
8	875	Dufty, Haven	14 Vernon Amate	9.53m	0.9
9	669	Chow, Cheryl	14 Unattached B	9.06m	0.6
10	495	Bekar, Kiana	14 Ocean Athlet	8.99m	-0.2
11	246	Uyeyama, Zandalee	14 Kajaks Track	8.83m	0.3
12	298	Foster, Mira	14 Langley Must	8.72m	0.2
13	761	Choboter, Rachel	14 Valley Royal	8.59m	0.7
14	432	Morris, Amy	14 Nanaimo & DI	8.32m	-1.4
15	237	Maika, Samantha	14 Kajaks Track	8.14m	-0.4
16	207	Wismath, Heidi	14 Hope School	7.28m	0.5

Event 139 Women 14-15 Discus Throw 1 kg

Name	Age	Team	Finals	Points
1	215	Botsis, Chanell	14 Kajaks Track	32.79m
2	396	Wolczyk, Brittni	15 Langley Must	31.72m
3	221	Covington, Autumn	15 Kajaks Track	28.22m
4	47	Willing, Tasha	14 Chilliwack T	27.76m
5	211	Bhandal, Gurleen	14 Kajaks Track	26.54m
6	252	Allen, Madison	15 Kamloops Tra	20.49m
7	610	Sutton, Mahila	15 Ridge Rocket	17.96m

Event 140 Women 14-15 Hammer Throw 3 kg

Name	Age	Team	Finals	Points
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1	215	Botsis, Chanell	14	Kajaks Track	48.40m
2	369	Rasche, Teagan	15	Langley Must	42.41m
3	221	Covington, Autumn	15	Kajaks Track	41.58m
4	47	Willing, Tasha	14	Chilliwack T	36.33m
5	610	Sutton, Mahila	15	Ridge Rocket	28.86m
6	80	Stewart-Bain, Eliz	14	Comox Valley	27.33m

Event 141 Women 14-15 Javelin Throw 500 g

Name	Age	Team	Finals	Points	
1	215	Botsis, Chanell	14	Kajaks Track	37.05m
2	396	Wolczyk, Brittne	15	Langley Must	36.72m
3	369	Rasche, Teagan	15	Langley Must	36.60m
4	689	McLellan, Paige	15	Unattached B	29.45m
5	187	Rycroft, Natalie	15	Golden Ears	27.84m
6	490	Voloshin, Diana	15	Norwesters T	20.64m
7	828	Pauls, Sophie	15	Vancouver TH	20.34m
8	312	Hetherington, Chlo	14	Langley Must	19.58m
9	207	Wismath, Heidi	14	Hope School	19.29m
10	624	Vanee, Courtney	15	Royal City T	19.06m
11	824	Huang, Mavis	15	Vancouver TH	15.75m
12	462	Schultz, Nina	14	New West Spa	15.44m

Event 142 Women 14-15 Shot Put 3 kg

Name	Age	Team	Finals	Points	
1	491	Weaver, Katie	15	Norwesters T	9.72m
2	828	Pauls, Sophie	15	Vancouver TH	9.62m
3	221	Covington, Autumn	15	Kajaks Track	9.17m
4	660	Stroda, Noemi	14	Unattached	9.14m
5	312	Hetherington, Chlo	14	Langley Must	8.56m
6	211	Bhandal, Gurleen	14	Kajaks Track	8.45m
7	362	Pauley, Jaclyn	14	Langley Must	8.35m
8	490	Voloshin, Diana	15	Norwesters T	8.07m
9	579	Turner, Marie-Jose	15	Okanagan Ath	7.37m
--	47	Willing, Tasha	14	Chilliwack T	FOUL

Event 143 Women 14-15 Pole Vault

Name	Age	Team	Finals	Points	
1	761	Choboter, Rachel	14	Valley Royal	2.00m

Event 144 Women 14-15 4x100 Meter Relay

Team	Finals	Points
1	Vancouver Thunderbirds 'A'	52.01
2	Burnaby Striders 'A'	52.84
3	Universal Athletics Club 'A'	53.52
4	South Fraser Track & Fiel 'A'	53.98
5	Langley Mustangs 'A'	54.85
6	Golden Ears Athletics 'A'	1:03.22

Event 145 Men 14-15 100 Meter Dash

8 Advance: Top 2 Each Heat plus Next 2 Best Times

Name	Age	Team	Prelims	Wind	H#
------	-----	------	---------	------	----

Preliminaries

1	248	Wilkinson, Ryan	15	Kajaks Track	11.98Q	-1.8	2
2	516	Hanna, Jake	15	Ocean Athlet	12.03Q	-1.5	1
3	526	McLean, Matthew	15	Ocean Athlet	12.33Q	-1.9	3
4	813	Chan, Matthew	15	Vancouver TH	12.28Q	-1.8	2
5	11	Louie, Darian	15	Burnaby Stri	12.63Q	-1.5	1
6	363	Pavlic, Daniel	14	Langley Must	12.69Q	-1.9	3
7	630	Bagsic, John Micha	15	South Fraser	12.61q	-1.8	2
8	402	Andrews, Charlie	15	Nanaimo & DI	12.80q	-1.9	3
9	863	Chippett, Bryn	14	West Vancouv	13.13	-1.9	3
10	195	Villanueva, Zachar	15	Golden Ears	13.85	-1.5	1
11	873	Sradnyk, Tristan	14	Vernon Amate	13.99	-1.5	1
12	611	Thiessen, Andrew	14	Ridge Rocket	14.70	-1.8	2
13	575	Russell, Josh	14	Okanagan Ath	14.71	-1.5	1
14	877	Fehr, Justin	15	Vernon Amate	15.25	-1.9	3

Event 145 Men 14-15 100 Meter Dash

Name	Age	Team	Finals	Wind	Points
=====					
Finals					
1	516	Hanna, Jake	15	Ocean Athlet	12.02 -4.9
2	813	Chan, Matthew	15	Vancouver TH	12.22 -4.9
3	248	Wilkinson, Ryan	15	Kajaks Track	12.26 -4.9
4	630	Bagsic, John Micha	15	South Fraser	12.61 -4.9
5	11	Louie, Darian	15	Burnaby Stri	12.69 -4.9
6	363	Pavlic, Daniel	14	Langley Must	12.85 -4.9

Event 146 Men 14-15 200 Meter Dash

8 Advance: Top 2 Each Heat plus Next 2 Best Times

Name	Age	Team	Prelims	Wind	H#
=====					
Preliminaries					
1	516	Hanna, Jake	15	Ocean Athlet	23.38Q 1.6 3
2	248	Wilkinson, Ryan	15	Kajaks Track	24.25Q 1.5 1
3	11	Louie, Darian	15	Burnaby Stri	25.32Q 1.9 2
4	869	Schultze, Kenneth	15	West Vancouv	24.52Q 1.5 1
5	363	Pavlic, Daniel	14	Langley Must	25.36Q 1.9 2
6	863	Chippett, Bryn	14	West Vancouv	26.15Q 1.6 3
7	402	Andrews, Charlie	15	Nanaimo & DI	25.10q 1.5 1
8	630	Bagsic, John Micha	15	South Fraser	25.31q 1.5 1
9	15	Sherwood, Marco	14	Burnaby Stri	25.98 1.9 2
10	713	Chhina, Simrit	14	Universal AT	26.16 1.6 3
11	33	Higuchi, Ryan	15	Chilliwack T	26.55 1.9 2
12	455	Mulitinovic, Nikol	14	New West Spa	27.33 1.6 3
13	873	Sradnyk, Tristan	14	Vernon Amate	27.63 1.5 1
14	42	Ricard, Brayden	15	Chilliwack T	28.43 1.9 2
15	877	Fehr, Justin	15	Vernon Amate	30.33 1.6 3

Event 146 Men 14-15 200 Meter Dash

Name	Age	Team	Finals	Wind	Points
=====					
Finals					
1	516	Hanna, Jake	15	Ocean Athlet	23.65 -1.3
2	248	Wilkinson, Ryan	15	Kajaks Track	24.55 -1.3
3	869	Schultze, Kenneth	15	West Vancouv	24.86 -1.3
4	402	Andrews, Charlie	15	Nanaimo & DI	24.97 -1.3
5	11	Louie, Darian	15	Burnaby Stri	25.17 -1.3
6	363	Pavlic, Daniel	14	Langley Must	25.45 -1.3
7	863	Chippett, Bryn	14	West Vancouv	26.24 -1.3

Event 147 Men 14-15 300 Meter Dash

Name	Age	Team	Finals	Points
1 813 Chan, Matthew	15	Vancouver TH	39.00	
2 419 Higgins, Carter	14	Nanaimo & DI	39.52	
3 363 Pavlic, Daniel	14	Langley Must	39.93	
4 262 Allen, Martin	15	Langley Must	40.19	
5 873 Sradnyk, Tristan	14	Vernon Amate	43.97	
6 877 Fehr, Justin	15	Vernon Amate	47.43	
7 874 MacKAY, Bryce	14	Vernon Amate	47.70	

Event 148 Men 14-15 800 Meter Run

Name	Age	Team	Finals	Points
1 419 Higgins, Carter	14	Nanaimo & DI	2:06.08	
2 177 Muller, Reid M.	15	Golden Ears	2:06.93	
3 196 Wadhwani, Isaac K.	15	Golden Ears	2:08.14	
4 568 Hughes-Geekie, Dav	14	Okanagan Ath	2:09.11	
5 573 Murray, Adam	15	Okanagan Ath	2:09.78	
6 21 Drever, Callum	15	Calgary Warriors	2:10.19	
7 403 Bailey, Josh	14	Nanaimo & DI	2:13.17	
8 758 Bingert, Aidan	15	Valley Royal	2:14.57	
9 513 Gahan, Liam	15	Ocean Athlet	2:19.92	
10 285 Demian, Ben	15	Langley Must	2:24.63	
11 476 McGovern, Dakota	14	Norwesters T	2:25.20	
12 874 MacKAY, Bryce	14	Vernon Amate	2:29.52	
13 555 Silvester-Lee, Jac	14	Ocean Athlet	2:31.27	

Event 149 Men 14-15 1200 Meter Run

Name	Age	Team	Finals	Points
1 279 Colyn, Nick	15	Langley Must	3:21.12	
2 196 Wadhwani, Isaac K.	15	Golden Ears	3:22.37	
3 177 Muller, Reid M.	15	Golden Ears	3:24.11	
4 461 Reta, Jemal	15	New West Spa	3:25.17	
5 190 Tadesse, Nathan	15	Golden Ears	3:26.66	
6 403 Bailey, Josh	14	Nanaimo & DI	3:27.20	
7 573 Murray, Adam	15	Okanagan Ath	3:29.19	
8 758 Bingert, Aidan	15	Valley Royal	3:34.86	
9 56 Ginther, Sterling	15	Coastal Trac	3:35.10	
10 568 Hughes-Geekie, Dav	14	Okanagan Ath	3:35.11	
11 515 Gray, Riley	15	Ocean Athlet	3:42.13	
12 555 Silvester-Lee, Jac	14	Ocean Athlet	3:55.45	
13 65 McDonald, Eric	15	Coastal Trac	3:56.87	
14 543 Reid, Taylor	14	Ocean Athlet	3:57.21	
15 874 MacKAY, Bryce	14	Vernon Amate	3:57.30	
16 551 Savage, John	14	Ocean Athlet	4:00.44	

Event 150 Men 14-15 2000 Meter Run

Name	Age	Team	Finals	Points
1 279 Colyn, Nick	15	Langley Must	5:57.71	
2 461 Reta, Jemal	15	New West Spa	6:06.35	
3 403 Bailey, Josh	14	Nanaimo & DI	6:18.10	
4 564 Bergman, Sean	14	Okanagan Ath	6:23.16	
5 515 Gray, Riley	15	Ocean Athlet	6:33.96	
6 130 Jobson-Stier, Shea	15	Elite Track	6:40.20	
7 627 Wang, Richard	15	Royal City T	6:43.70	
8 476 McGovern, Dakota	14	Norwesters T	6:49.27	
9 874 MacKAY, Bryce	14	Vernon Amate	7:01.87	

10	168	Knappett, James	14	Golden Ears	7:10.96
11	205	Steberl, Jeremiah	14	Hope School	7:15.01
--	196	Wadhwani, Isaac K.	15	Golden Ears	DNF

Event 151 Men 14-15 100 Meter Hurdles 33"

Name	Age	Team	Finals	Wind	Points
1	869	Schultze, Kenneth	15	West Vancouv	13.84 2.3
2	516	Hanna, Jake	15	Ocean Athlet	14.06 2.3
3	15	Sherwood, Marco	14	Burnaby Stri	16.15 2.3
4	455	Mulitinovic, Nikol	14	New West Spa	17.42 2.3

Event 152 Men 14-15 200 Meter Hurdles 30"

Name	Age	Team	Finals	Wind	Points
1	516	Hanna, Jake	15	Ocean Athlet	25.63 -1.8
2	869	Schultze, Kenneth	15	West Vancouv	26.30 -1.8
3	713	Chhina, Simrit	14	Universal AT	28.23 -1.8
4	419	Higgins, Carter	14	Nanaimo & DI	28.94 -1.8
5	602	Lagerstrom, Karl	15	Ridge Rocket	30.55 -1.8

Event 153 Men 14-15 1500 Meter Steeplechase .762 no wate

Name	Age	Team	Finals	Points	
1	279	Colyn, Nick	15	Langley Must	4:28.44
2	419	Higgins, Carter	14	Nanaimo & DI	4:41.65
3	21	Drever, Callum	15	Calgary Warriors	4:44.44
4	564	Bergman, Sean	14	Okanagan Ath	4:46.02
5	56	Ginther, Sterling	15	Coastal Trac	4:49.00
6	476	McGovern, Dakota	14	Norwesters T	5:00.82
7	130	Jobson-Stier, Shea	15	Elite Track	5:00.88

Event 154 Men 14-15 High Jump

Name	Age	Team	Finals	Points	
1	795	Spent, Spencer	15	Valley Royal	1.70m
2	842	Sexsmith, Jared	14	Vernon Amate	1.65m
3	86	Chatten, Eric	15	Coquitlam CH	1.60m
4	873	Sradnyk, Tristan	14	Vernon Amate	1.45m
5	85	Chatten, Adam	15	Coquitlam CH	J1.45m

Event 155 Men 14-15 Long Jump

Name	Age	Team	Finals	Wind	Points
1	202	Fillion, Bryce	15	Hatzic	5.38m +0.0
2	33	Higuchi, Ryan	15	Chilliwack T	5.20m 0.1
3	526	McLean, Matthew	15	Ocean Athlet	5.02m +0.0
4	408	Clare, Jason G.	14	Nanaimo & DI	4.94m +0.0
5	842	Sexsmith, Jared	14	Vernon Amate	4.58m +0.0
6	15	Sherwood, Marco	14	Burnaby Stri	4.56m +0.0
7	42	Ricard, Brayden	15	Chilliwack T	4.11m +0.0
8	575	Russell, Josh	14	Okanagan Ath	3.90m +0.0
9	455	Mulitinovic, Nikol	14	New West Spa	3.81m +0.0

Event 156 Men 14-15 Triple Jump

Name	Age	Team	Finals	Wind	Points
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1	202	Fillion, Bryce	15	Hatzic	11.45m	-1.0
2	408	Clare, Jason G.	14	Nanaimo & DI	10.92m	+0.0
3	195	Villanueva, Zachar	15	Golden Ears	10.39m	-1.7
4	877	Fehr, Justin	15	Vernon Amate	9.49m	-0.3
5	873	Sradnyk, Tristan	14	Vernon Amate	9.40m	-0.9

Event 157 Men 14-15 Discus Throw 1.0 k

Name	Age	Team	Finals	Points	
1	719	Dosanjh, Chitraj	15	Universal AT	43.45m
2	769	Grewal, Jeewan	15	Valley Royal	37.37m
3	842	Sexsmith, Jared	14	Vernon Amate	28.27m

Event 158 Men 14-15 Hammer Throw 4. kg

Name	Age	Team	Finals	Points	
1	769	Grewal, Jeewan	15	Valley Royal	40.73m

Event 159 Men 14-15 Javelin Throw 600 g

Name	Age	Team	Finals	Points	
1	177	Muller, Reid M.	15	Golden Ears	36.83m
2		Donnelly, Sean	15	Unattached B	34.39m
3	842	Sexsmith, Jared	14	Vernon Amate	32.80m
4	324	Klassen, Jude	15	Langley Must	29.11m
5	279	Colyn, Nick	15	Langley Must	28.69m
6	285	Demian, Ben	15	Langley Must	18.66m

Event 160 Men 14-15 Shot Put 4.00 kg

Name	Age	Team	Finals	Points	
1	719	Dosanjh, Chitraj	15	Universal AT	14.04m
2	402	Andrews, Charlie	15	Nanaimo & DI	11.24m
3	842	Sexsmith, Jared	14	Vernon Amate	10.29m

Event 161 Men 14-15 Pole Vault

Name	Age	Team	Finals	Points	
1	795	Spent, Spencer	15	Valley Royal	3.10m
2	408	Clare, Jason G.	14	Nanaimo & DI	2.50m
3	205	Steberl, Jeremiah	14	Hope School	2.40m

Event 163 Women 16-17 Heptathlon

Name	Age	Team	Finals	Points		
1	663	Beaton, Hannah	16	Unattached B	3484	10
2	685	Kowallik, Saskia	16	Unattached B	3365	8
3	475	Laktionova, Anna	16	Norwesters T	2567	6

Event 163 Heptathlon: #1 Women 16-17 100 Meter Hurdles Heptathlon

Name	Age	Team	Finals	Wind	Points		
1	706	Watts-Watling, Kee	16	Unattached B	15.67	1.0	755
2	685	Kowallik, Saskia	16	Unattached B	16.72	1.0	628
3	663	Beaton, Hannah	16	Unattached B	18.19	1.0	469
4	475	Laktionova, Anna	16	Norwesters T	19.15	1.0	376

## Event 163 Heptathlon: #2 Women 16-17 Long Jump Heptathlon

Name	Age	Team	Finals	Wind	Points
1 706 Watts-Watling, Kee	16	Unattached B	5.09m	NWI	584
2 685 Kowallik, Saskia	16	Unattached B	4.16m	NWI	345
3 663 Beaton, Hannah	16	Unattached B	4.06m	NWI	322
4 475 Laktionova, Anna	16	Norwesters T	3.72m	NWI	246

## Event 163 Heptathlon: #3 Women 16-17 High Jump Heptathlon

Name	Age	Team	Finals	Points
1 706 Watts-Watling, Kee	16	Unattached B	1.44m	555
2 685 Kowallik, Saskia	16	Unattached B	1.38m	491
3 663 Beaton, Hannah	16	Unattached B	1.26m	369
3 475 Laktionova, Anna	16	Norwesters T	1.26m	369

## Event 163 Heptathlon: #4 Women 16-17 Javelin Throw Heptathlon

Name	Age	Team	Finals	Points
1 663 Beaton, Hannah	16	Unattached B	29.36m	464
2 706 Watts-Watling, Kee	16	Unattached B	28.24m	443
3 685 Kowallik, Saskia	16	Unattached B	17.06m	234
4 475 Laktionova, Anna	16	Norwesters T	16.68m	227

## Event 163 Heptathlon: #5 Women 16-17 800 Meter Run Heptathlon

Name	Age	Team	Finals	Points
1 663 Beaton, Hannah	16	Unattached B	2:29.11	704
2 685 Kowallik, Saskia	16	Unattached B	2:35.17	629
3 475 Laktionova, Anna	16	Norwesters T	2:43.88	529

## Event 163 Heptathlon: #6 Women 16-17 Shot Put Heptathlon

Name	Age	Team	Finals	Points
1 663 Beaton, Hannah	16	Unattached B	10.70m	575
2 685 Kowallik, Saskia	16	Unattached B	8.21m	413
3 475 Laktionova, Anna	16	Norwesters T	7.52m	368
-- 706 Watts-Watling, Kee	16	Unattached B	FOUL	

## Event 163 Heptathlon: #7 Women 16-17 200 Meter Run Heptathlon

Name	Age	Team	Finals	Wind	Points
1 706 Watts-Watling, Kee	16	Unattached B	27.92	-0.9	637
2 685 Kowallik, Saskia	16	Unattached B	28.08	-0.9	625
3 663 Beaton, Hannah	16	Unattached B	28.65	-0.9	581
4 475 Laktionova, Anna	16	Norwesters T	30.44	-0.9	452

## Event 164 Women 16-17 100 Meter Dash

8 Advance: Top 2 Each Heat plus Next 2 Best Times

Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1 682 Joyce, Elisa	17	Unattached B	12.86Q	-1.7	2
2 681 Joyce, Adele	17	Unattached B	13.17Q	-2.4	1
3 107 Payne, Shania M.	17	Coquitlam CH	13.22Q	-2.2	3



4	766	Gibson, Hailey	16	Valley Royal	13.01Q	-1.7	2
5	836	Win, Sajeda	17	Vancouver TH	13.29Q	-2.4	1
6	301	Giesbrecht, Alliso	17	Langley Must	13.61Q	-2.2	3
7	303	Grant, Jasmine	17	Langley Must	13.28q	-1.7	2
8	755	Baker, Tia Isabell	16	University O	13.36q	-2.4	1
9	838	Yee, Candice	17	Vancouver TH	13.64	-2.2	3
10	815	Cryderman, Natalie	17	Vancouver TH	13.66	-2.4	1
11	38	Lunt, Adrianna	17	Chilliwack T	13.67	-2.2	3
12	840	Brown, Ella	17	Vernon Amate	13.68	-2.4	1
13	173	Lisek, Monique	16	Golden Ears	13.71	-2.4	1
14	75	Irvine, Malia	16	Comox Valley	13.72	-2.2	3
15	837	Wong, Madison	16	Vancouver TH	13.96	-2.2	3
16	73	Bezanson, Hayley	17	Comox Valley	14.21	-1.7	2
17	701	Taddei, Larissa	17	Unattached B	14.27	-2.2	3
18	416	Hannah, Jillian	17	Nanaimo & DI	14.39	-2.4	1
19	28	Geary, Caitlin	16	Chilliwack T	14.64	-1.7	2
20	77	McLeod, MACKENZIE	16	Comox Valley	14.68	-1.7	2
21	267	Bosa, Alina	17	Langley Must	14.73	-2.4	1
22	421	Hoang, Jade	17	Nanaimo & DI	14.79	-1.7	2
23	826	Lam, Cherry	16	Vancouver TH	14.95	-2.2	3

Event 164 Women 16-17 100 Meter Dash

Name	Age	Team	Finals	Wind	Points
Finals					
1	682	Joyce, Elisa	17	Unattached B	12.82 -4.0
2	107	Payne, Shania M.	17	Coquitlam CH	12.87 -4.0
3	766	Gibson, Hailey	16	Valley Royal	13.03 -4.0
4	681	Joyce, Adele	17	Unattached B	13.12 -4.0
5	836	Win, Sajeda	17	Vancouver TH	13.21 -4.0
6	301	Giesbrecht, Alliso	17	Langley Must	13.55 -4.0

Event 165 Women 16-17 200 Meter Dash

8 Advance: Top 1 Each Heat plus Next 4 Best Times					
Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1	537	Palesch, Meghan	17	Ocean Athlet	25.67Q 1.7 1
2	681	Joyce, Adele	17	Unattached B	26.11Q 1.0 4
3	682	Joyce, Elisa	17	Unattached B	26.15Q 0.9 3
4	107	Payne, Shania M.	17	Coquitlam CH	26.23Q 1.1 2
5	303	Grant, Jasmine	17	Langley Must	26.31q 1.0 4
6	755	Baker, Tia Isabell	16	University O	26.69q 0.9 3
7	836	Win, Sajeda	17	Vancouver TH	26.88q 1.0 4
8	75	Irvine, Malia	16	Comox Valley	27.05q 0.9 3
9	301	Giesbrecht, Alliso	17	Langley Must	27.10 1.0 4
10	811	Swaffield, Emma	16	Vancouver OL	27.13 1.7 1
11	38	Lunt, Adrianna	17	Chilliwack T	27.41 1.7 1
12	73	Bezanson, Hayley	17	Comox Valley	28.30 1.1 2
13	173	Lisek, Monique	16	Golden Ears	28.57 1.1 2
14	77	McLeod, MACKENZIE	16	Comox Valley	28.64 0.9 3
15	28	Geary, Caitlin	16	Chilliwack T	29.22 0.9 3
16	416	Hannah, Jillian	17	Nanaimo & DI	29.51 1.7 1
17	572	Maryschuk, Katerin	17	Okanagan Ath	29.56 1.7 1
18	421	Hoang, Jade	17	Nanaimo & DI	29.98 0.9 3
19	267	Bosa, Alina	17	Langley Must	30.27 1.0 4

Event 165 Women 16-17 200 Meter Dash

Name	Age	Team	Finals	Wind	Points
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Finals

1	537 Palesch, Meghan	17 Ocean Athlet	25.71	-1.2
2	107 Payne, Shania M.	17 Coquitlam CH	25.92	-1.2
3	303 Grant, Jasmine	17 Langley Must	26.58	-1.2
4	682 Joyce, Elisa	17 Unattached B	26.62	-1.2
5	836 Win, Sajeda	17 Vancouver TH	27.05	-1.2
6	681 Joyce, Adele	17 Unattached B	27.10	-1.2
7	755 Baker, Tia Isabell	16 University O	27.36	-1.2
8	75 Irvine, Malia	16 Comox Valley	27.80	-1.2

Event 166 Women 16-17 400 Meter Run

Name	Age	Team	Finals	H#	Points
1	811 Swaffield, Emma	16 Vancouver OL	58.62	2	
2	478 Mussatto, Alana	16 Norwesters T	58.75	2	
3	173 Lisek, Monique	16 Golden Ears	1:01.54	2	
4	522 Korpach, Sarah	16 Ocean Athlet	1:01.82	2	
5	75 Irvine, Malia	16 Comox Valley	1:02.94	1	
6	837 Wong, Madison	16 Vancouver TH	1:04.70	1	
7	838 Yee, Candice	17 Vancouver TH	1:05.06	2	
8	55 Ginther, Alexandra	17 Coastal Trac	1:05.99	2	
9	73 Bezanson, Hayley	17 Comox Valley	1:06.28	1	
10	77 McLeod, MACKENZIE	16 Comox Valley	1:06.90	1	
11	822 Fraser, Lauren	16 Vancouver TH	1:11.59	1	

Event 167 Women 16-17 800 Meter Run

Name	Age	Team	Finals	Points
1	478 Mussatto, Alana	16 Norwesters T	2:21.24	
2	1296 Keane, Brianna	17 Unattached B	2:25.77	
3	522 Korpach, Sarah	16 Ocean Athlet	2:32.90	
4	155 Harrison, Trisha	16 Golden Ears	2:34.47	
5	6 Dispirito, Nicole	17 Burnaby Stri	2:36.96	
6	73 Bezanson, Hayley	17 Comox Valley	2:39.04	
7	819 Edeer, Nazde	17 Vancouver TH	2:40.04	
8	180 O'Dwyer, Niamh	16 Golden Ears	2:40.46	
9	509 Doobenen, Jenna	17 Ocean Athlet	2:43.01	

Event 168 Women 16-17 1500 Meter Run

Name	Age	Team	Finals	Points
1	68 Phipps, Jenna	16 Coastal Trac	5:03.94	
2	52 Dobie, Reta	17 Coastal Trac	5:09.27	
3	790 Ross, Sarya	16 Valley Royal	5:10.88	

Event 169 Women 16-17 3000 Meter Run

Name	Age	Team	Finals	Points
1	732 Mahal, Loveleen K.	17 Universal AT	11:13.49	
2	790 Ross, Sarya	16 Valley Royal	11:22.66	

Event 171 Women 16-17 100 Meter Hurdles 30"

Name	Age	Team	Finals	Wind	Points
1	537 Palesch, Meghan	17 Ocean Athlet	14.55	0.9	
2	756 Scott, Lexie	17 University O	14.58	0.9	
3	233 Lazecki, Natasha	17 Kajaks Track	15.74	0.9	

## Event 172 Women 16-17 300 Meter Hurdles 30"

Name	Age	Team	Finals	Points
1 537 Palesch, Meghan	17	Ocean Athlet	44.05	
2 756 Scott, Lexie	17	University O	45.62	
3 805 Dodd, Sophie	16	Vancouver OL	46.45	
4 901 Piercy, Jordyn	16	Victoria Tra	46.75	
5 522 Korpach, Sarah	16	Ocean Athlet	48.23	
6 77 McLeod, MACKENZIE	16	Comox Valley	48.79	
7 155 Harrison, Trisha	16	Golden Ears	51.23	

## Event 173 Women 16-17 Shot Put 4 kg

Name	Age	Team	Finals	Points
1 220 Covington, Asianna	17	Kajaks Track	13.40m	
2 736 Nijjar, Avneet K.	16	Universal AT	12.85m	
3 138 Akbarizadeh, Natas	16	Golden Ears	11.35m	
4 609 Sutton, Kiara	17	Ridge Rocket	9.49m	
5 264 Antle, Georgie	16	Langley Must	9.13m	
6 865 Poon, Michelle	16	West Vancouv	7.24m	

## Event 174 Women 16-17 High Jump

Name	Age	Team	Finals	Points
1 532 Neveu, Taylor	16	Ocean Athlet	1.55m	
2 474 Heuer, Kristin	16	Norwesters T	1.45m	
3 572 Maryschuk, Katerin	17	Okanagan Ath	1.40m	
4 865 Poon, Michelle	16	West Vancouv	1.30m	

## Event 175 Women 16-17 Long Jump

Name	Age	Team	Finals	Wind	Points
1 805 Dodd, Sophie	16	Vancouver OL	5.10m	0.4	
2 233 Lazecki, Natasha	17	Kajaks Track	5.02m	0.8	
3 865 Poon, Michelle	16	West Vancouv	3.86m	+0.0	
4 267 Bosa, Alina	17	Langley Must	3.10m	0.9	
-- 301 Giesbrecht, Alliso	17	Langley Must	FOUL		

## Event 176 Women 16-17 Triple Jump

Name	Age	Team	Finals	Wind	Points
1 805 Dodd, Sophie	16	Vancouver OL	10.65m	0.9	
2 840 Brown, Ella	17	Vernon Amate	10.55m	+0.0	
3 421 Hoang, Jade	17	Nanaimo & DI	7.89m	0.1	

## Event 177 Women 16-17 Discus Throw 1 kg

Name	Age	Team	Finals	Points
1 220 Covington, Asianna	17	Kajaks Track	40.02m	
2 675 Dosanjh, Prabhjit	16	Unattached B	34.15m	
3 770 Grewal, Manpreet	16	Valley Royal	29.27m	
4 138 Akbarizadeh, Natas	16	Golden Ears	27.64m	
5 82 Vandermale, Sydney	16	Comox Valley	23.24m	
6 264 Antle, Georgie	16	Langley Must	22.16m	
7 879 Lim, Emily	16	Vancouver TH	19.34m	

## Event 178 Women 16-17 Hammer Throw 3 kg

Name	Age	Team	Finals	Points
1 220 Covington, Asianna	17	Kajaks Track	58.45m	
2 770 Grewal, Manpreet	16	Valley Royal	42.97m	
3 82 Vandermale, Sydney	16	Comox Valley	41.31m	
4 609 Sutton, Kiara	17	Ridge Rocket	31.69m	
5 497 Boparai, Jasjeet	16	Ocean Athlet	29.48m	

Event 179 Women 16-17 Javelin Throw 600 g

Name	Age	Team	Finals	Points
1 81 Vandermale, Emalee	17	Comox Valley	36.27m	
2 572 Maryschuk, Katerin	17	Okanagan Ath	26.85m	
3 264 Antle, Georgie	16	Langley Must	23.65m	
4 879 Lim, Emily	16	Vancouver TH	22.62m	
5 865 Poon, Michelle	16	West Vancouv	20.85m	
6 203 Larder, Erika	17	Hope School	18.33m	

Event 180 Women 16-17 Pole Vault

Name	Age	Team	Finals	Points
1 651 Van Ryswyk, Kathry	17	South Fraser	3.20m	
2 384 Tan, Jessica	16	Langley Must	2.60m	

Event 181 Women 16-17 4x100 Meter Relay

Team	Finals	Points
1 Vancouver Thunderbirds 'A'	55.28	

Event 182 Men 16-17 100 Meter Dash

8 Advance: Top 2 Each Heat plus Next 2 Best Times

Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1 762 Choboter, Zach	16	Valley Royal	12.00Q	-3.0	3
2 426 Lynch, Dejon	16	Nanaimo & DI	12.18Q	-2.3	2
3 63 Ladipo, Awwal	16	Coastal Trac	12.20Q	-1.5	1
4 829 Payne, Cedric	16	Vancouver TH	12.21Q	-1.5	1
5 124 Palou, Austin	17	Cowichan Val	12.26Q	-2.3	2
6 79 Parker, Liam	17	Comox Valley	12.34Q	-3.0	3
7 458 Pavel, Bogdan	16	New West Spa	12.33q	-2.3	2
8 447 Troung, Duc	16	Nanaimo & DI	12.47q	-1.5	1
9 646 Rudman, Colin	16	South Fraser	12.83	-2.3	2
10 670 Chow, Conrad	16	Unattached B	12.85	-1.5	1
11 853 Savage, Will	16	Walnut School	12.94	-1.5	1
11 489 Voloshin, Daniel	17	Norwesters T	12.94	-1.5	1
13 816 Cutts, Jacob	16	Vancouver TH	13.07	-3.0	3

Event 182 Men 16-17 100 Meter Dash

Name	Age	Team	Finals	Wind	Points
Finals					
1 762 Choboter, Zach	16	Valley Royal	12.00	-3.5	
2 426 Lynch, Dejon	16	Nanaimo & DI	12.08	-3.5	
3 63 Ladipo, Awwal	16	Coastal Trac	12.17	-3.5	
4 829 Payne, Cedric	16	Vancouver TH	12.26	-3.5	
5 458 Pavel, Bogdan	16	New West Spa	12.42	-3.5	

6	447 Troung, Duc	16 Nanaimo & DI	12.43	-3.5
7	124 Palou, Austin	17 Cowichan Val	12.44	-3.5
8	79 Parker, Liam	17 Comox Valley	12.57	-3.5

Event 183 Men 16-17 200 Meter Dash

8 Advance: Top 2 Each Heat plus Next 2 Best Times

Name	Age	Team	Prelims	Wind	H#
Preliminaries					
1	588	Pollard, Eric	17 Pacific Athl	23.40Q	1.8 1
2	113	Taylor-Lewis, Adey	16 Coquitlam CH	23.42Q	0.8 2
3	716	Dhillon, Hameet	17 Universal AT	23.43Q	1.7 3
4	394	Wilkinson, Ethan	17 Langley Must	23.63Q	1.8 1
5	319	Kastelin, Eli	17 Langley Must	23.86Q	0.8 2
6	426	Lynch, Dejon	16 Nanaimo & DI	24.34Q	1.7 3
7	410	Degroot, Andrew R.	16 Nanaimo & DI	24.15q	0.8 2
8	548	Roberts, Richard	16 Ocean Athlet	24.22q	0.8 2
9	79	Parker, Liam	17 Comox Valley	24.47	1.8 1
10	599	Hutchinson, Sean	16 Ridge Rocket	24.77	1.7 3
11	484	Sen, Angiadh	17 Norwesters T	24.93	1.8 1
12	563	Szakun, Mark	16 Ocean Athlet	25.08	1.7 3
13	465	Strome, Ethan	16 New West Spa	25.27	1.7 3
14	670	Chow, Conrad	16 Unattached B	25.80	0.8 2

Event 183 Men 16-17 200 Meter Dash

Name	Age	Team	Finals	Wind	Points
Finals					
1	716	Dhillon, Hameet	17 Universal AT	23.58	-1.6
2	394	Wilkinson, Ethan	17 Langley Must	23.59	-1.6
3	113	Taylor-Lewis, Adey	16 Coquitlam CH	23.72	-1.6
4	319	Kastelin, Eli	17 Langley Must	24.06	-1.6
5	426	Lynch, Dejon	16 Nanaimo & DI	24.33	-1.6
6	410	Degroot, Andrew R.	16 Nanaimo & DI	24.38	-1.6
7	548	Roberts, Richard	16 Ocean Athlet	24.62	-1.6

Event 184 Men 16-17 400 Meter Run

Name	Age	Team	Finals	H#	Points
1	893	Commandeur, Adam	17 Comox Valley	50.24	1
2	394	Wilkinson, Ethan	17 Langley Must	51.06	1
3	493	Adugalski, Sebast	17 Ocean Athlet	51.68	3
4	319	Kastelin, Eli	17 Langley Must	51.80	2
5	832	SO, Matthew	17 Vancouver TH	51.89	2
6	410	Degroot, Andrew R.	16 Nanaimo & DI	52.43	3
7	716	Dhillon, Hameet	17 Universal AT	52.88	3
8	132	Klimo, Francis	16 Elite Track	53.02	3
9	525	McKay, Liam	16 Ocean Athlet	53.73	3
10	465	Strome, Ethan	16 New West Spa	54.52	1
11	142	Ban Rensburg, Jans	17 Golden Ears	55.07	2
12	548	Roberts, Richard	16 Ocean Athlet	55.40	3
13	79	Parker, Liam	17 Comox Valley	55.41	3
14	135	Rokeby, Simon	17 Elite Track	55.50	2
15	150	Dunlop, Jared	16 Golden Ears	55.74	1
16	310	Hellner, James	16 Langley Must	55.85	1
17	670	Chow, Conrad	16 Unattached B	56.08	2
18	124	Palou, Austin	17 Cowichan Val	57.54	2

Event 185 Men 16-17 800 Meter Run

Name	Age	Team	Finals	Points
1	893	Commandeur, Adam	17 Comox Valley	2:00.20
2	525	McKay, Liam	16 Ocean Athlet	2:00.54
3	820	Favreau, Christian	17 Vancouver TH	2:02.64
4	198	Wadhvani, Nathan S	16 Golden Ears	2:02.73
5	142	Ban Rensburg, Jans	17 Golden Ears	2:07.23
6	22	Ross, Graham	16 Calgary Warriors	2:08.10
7	140	Aron, Codrin	16 Golden Ears	2:08.20
8	150	Dunlop, Jared	16 Golden Ears	2:08.35
9	20	Crook, Cody	17 Calgary Warriors	2:08.69
10	135	Rokeby, Simon	17 Elite Track	2:09.55
11	321	Kits, Aiden J	16 Langley Must	2:14.39
12	765	Ganda, Arshdeep	16 Valley Royal	2:19.04
13	845	Wiseman, Michael	17 Vernon Amate	2:20.41
14	192	Tinkham, Rylan	16 Golden Ears	2:25.89

Event 186 Men 16-17 1500 Meter Run

Name	Age	Team	Finals	Points
1	525	McKay, Liam	16 Ocean Athlet	4:09.23
2	775	Jorgensen, Oliver	17 Valley Royal	4:17.56
3	429	Miller, Sean	16 Nanaimo & DI	4:21.37
4	342	Marshall, Adam	17 Langley Must	4:21.61
5	59	Johnson, Dustin	17 Coastal Trac	4:28.83
6	66	McDonald, Stuart	17 Coastal Trac	4:32.74
7	151	Freinhofer, Dylan	17 Golden Ears	4:33.13
8	552	Sekhon, Jalen	17 Ocean Athlet	4:33.98
9	201	Zeinab, Sammy	16 Golden Ears	4:38.11
10	50	Abraha, Michael	17 Coastal Trac	4:40.46
11	787	Mitchell, Peter	16 Valley Royal	4:45.60
12	43	Sawatzky, David	17 Chilliwack T	4:48.42
13	259	Kouwenhoven, Riley	16 Kamloops Tra	4:51.92
14	163	Huynh, Chris	16 Golden Ears	4:57.88
15	204	Martin, Nathaniel	16 Hope School	5:06.94

Event 186 Men 18-19 1500 Meter Run

Name	Age	Team	Finals	Points
1	57	Goodwin, Nathan	18 Coastal Trac	4:07.47
2	708	Wong, Billy	18 Unattached B	4:23.33

Event 187 Men 16-17 3000 Meter Run

Name	Age	Team	Finals	Points
1	342	Marshall, Adam	17 Langley Must	9:45.74
2	429	Miller, Sean	16 Nanaimo & DI	9:58.18
3	259	Kouwenhoven, Riley	16 Kamloops Tra	10:23.73
4	43	Sawatzky, David	17 Chilliwack T	10:24.20
5	787	Mitchell, Peter	16 Valley Royal	10:29.60
6	45	Sokolowski, Jonath	16 Chilliwack T	10:38.33
7	850	Curran, Chris	16 Walnut School	11:53.01

Event 188 Men 16-17 2000 Meter Steeplechase .8.40 m

Name	Age	Team	Finals	Points
1	342	Marshall, Adam	17 Langley Must	6:26.25
2	775	Jorgensen, Oliver	17 Valley Royal	6:27.29
3	22	Ross, Graham	16 Calgary Warriors	7:05.45

4	20	Crook, Cody	17	Calgary Warriors	7:12.11
5	43	Sawatzky, David	17	Chilliwack T	7:30.86
6	850	Curran, Chris	16	Walnut School	8:13.48
--	511	Figueroa, Brandon	16	Ocean Athlet	DNF

Event 189 Men 16-17 110 Meter Hurdles 36"

Name	Age	Team	Finals	Wind	H#	Points
1	493	Aduqalski, Sebasti	17	Ocean Athlet	14.85	0.6 2
2	818	DE Visser, Andrew	16	Vancouver TH	14.86	0.6 2
3	458	Pavel, Bogdan	16	New West Spa	15.15	0.6 2
4	472	Elson, James	16	Norwesters T	15.28	0.6 1
5	343	Marshall, Ben	16	Langley Must	15.69	0.6 2
6	489	Voloshin, Daniel	17	Norwesters T	16.27	0.6 1
7	465	Strome, Ethan	16	New West Spa	17.26	0.6 2
8	549	Saito, Steven	17	Ocean Athlet	17.80	0.6 2
9	781	Laurie, Thomas	16	Valley Royal	18.23	0.6 1

Event 190 Men 16-17 300 Meter Hurdles 33"

Name	Age	Team	Finals	Points	
1	818	DE Visser, Andrew	16	Vancouver TH	38.89
2	493	Aduqalski, Sebasti	17	Ocean Athlet	39.28
3	319	Kastelin, Eli	17	Langley Must	40.20
4	465	Strome, Ethan	16	New West Spa	40.84
5	343	Marshall, Ben	16	Langley Must	41.47
6	548	Roberts, Richard	16	Ocean Athlet	42.55
7	124	Palou, Austin	17	Cowichan Val	43.40

Event 191 Men 16-17 Shot Put 5.00 kg

Name	Age	Team	Finals	Points	
1	517	Ingvaldson, Ben	16	Ocean Athlet	15.58m
2	700	Stroda, Aaron	16	Unattached B	13.97m
3	779	Lambert, Adam	16	Valley Royal	13.84m
4	493	Aduqalski, Sebasti	17	Ocean Athlet	9.85m

Event 192 Men 16-17 High Jump

Name	Age	Team	Finals	Points	
1	781	Laurie, Thomas	16	Valley Royal	1.75m
2	472	Elson, James	16	Norwesters T	1.70m
2	493	Aduqalski, Sebasti	17	Ocean Athlet	1.70m
2	209	Aminov, Oded	17	Kajaks Track	1.70m
5	343	Marshall, Ben	16	Langley Must	1.65m
5	310	Hellner, James	16	Langley Must	1.65m
7	321	Kits, Aiden J	16	Langley Must	1.60m
8	646	Rudman, Colin	16	South Fraser	1.55m

Event 193 Men 16-17 Long Jump

Name	Age	Team	Finals	Wind	Points
1	457	Nizamani, Ahmad	16	New West Spa	6.21m 1.0
2	489	Voloshin, Daniel	17	Norwesters T	5.89m 0.9
3	762	Choboter, Zach	16	Valley Royal	5.55m 0.3
4	209	Aminov, Oded	17	Kajaks Track	5.43m 0.8
5	447	Troung, Duc	16	Nanaimo & DI	5.24m 1.3
6	549	Saito, Steven	17	Ocean Athlet	5.13m 0.8

7	342 Marshall, Adam	17 Langley Must	4.91m	0.6
8	853 Savage, Will	16 Walnut School	4.85m	1.1

Event 194 Men 16-17 Triple Jump

Name	Age	Team	Finals	Wind	Points
1	477 Moldavanov, Vladis	17 Norwesters T	12.52m	0.5	
1	209 Aminov, Oded	17 Kajaks Track	12.52m	0.1	
3	548 Roberts, Richard	16 Ocean Athlet	11.89m	0.7	
4	472 Elson, James	16 Norwesters T	11.72m	+0.0	
5	489 Voloshin, Daniel	17 Norwesters T	11.64m	1.2	
6	534 Niwinski, Conor	16 Ocean Athlet	10.51m	0.3	
7	192 Tinkham, Rylan	16 Golden Ears	9.14m	1.2	

Event 195 Men 16-17 Discus Throw 1.5 kg

Name	Age	Team	Finals	Points
1	700 Stroda, Aaron	16 Unattached B	47.15m	
2	517 Ingvaldson, Ben	16 Ocean Athlet	45.45m	
3	779 Lambert, Adam	16 Valley Royal	41.69m	
4	613 White, Cole	16 Ridge Rocket	37.32m	
5	229 Kalmykov, Mark	17 Kajaks Track	36.06m	
6	534 Niwinski, Conor	16 Ocean Athlet	26.29m	

Event 196 Men 16-17 Hammer Throw 6.00 kg

Name	Age	Team	Finals	Points
1	517 Ingvaldson, Ben	16 Ocean Athlet	55.74m	
2	229 Kalmykov, Mark	17 Kajaks Track	50.77m	
3	664 Behncke, Peter	17 Unattached B	47.20m	
4	779 Lambert, Adam	16 Valley Royal	46.16m	

Event 197 Men 16-17 Javelin Throw 700 g

Name	Age	Team	Finals	Points
1	307 Hanna, Maxwell	17 Langley Must	51.14m	
2	700 Stroda, Aaron	16 Unattached B	47.86m	
3	816 Cutts, Jacob	16 Vancouver TH	41.28m	
4	204 Martin, Nathaniel	16 Hope School	38.03m	
5	342 Marshall, Adam	17 Langley Must	32.76m	
6	140 Aron, Codrin	16 Golden Ears	31.43m	
7	493 Adugalski, Sebastien	17 Ocean Athlet	30.02m	
8	192 Tinkham, Rylan	16 Golden Ears	25.30m	

Event 200 Men 16-17 4x100 Meter Relay

Team	Finals	Points
1 Golden Ears Athletics 'A'	51.45	

Event 201 Women 18-19 Heptathlon

Name	Age	Team	Finals	Points
1	688 McKearney, Zarrisa	19 Unattached B	4182	10
2	571 Kokayko, Erin N.	19 Okanagan Ath	4127	8
3	299 Gallagher, Alliso	18 Langley Must	3413	6
4	347 Matson, Danica	18 Langley Must	3159	5



## Event 201 Heptathlon: #1 Women 18-19 100 Meter Hurdles Heptathlon

Name	Age	Team	Finals	Wind	Points
1 688 McKearney, Zarría	19	Unattached B	15.10	-0.8	828
2 583 Delage, Danielle Y	19	Pacific Athl	15.54	-0.8	772
3 347 Matson, Danica	18	Langley Must	15.99	-0.8	715
4 571 Kokayko, Erin N.	19	Okanagan Ath	16.01	-0.8	713
5 299 Gallagher, Alliso	18	Langley Must	17.76	-0.8	513

## Event 201 Heptathlon: #2 Women 18-19 Long Jump Heptathlon

Name	Age	Team	Finals	Wind	Points
1 299 Gallagher, Alliso	18	Langley Must	4.92m	NWI	538
2 571 Kokayko, Erin N.	19	Okanagan Ath	4.85m	NWI	519
3 688 McKearney, Zarría	19	Unattached B	4.82m	NWI	511
4 347 Matson, Danica	18	Langley Must	4.55m	NWI	441

## Event 201 Heptathlon: #3 Women 18-19 Shot Put Heptathlon

Name	Age	Team	Finals	Points
1 583 Delage, Danielle Y	19	Pacific Athl	9.56m	501
2 688 McKearney, Zarría	19	Unattached B	9.52m	498
3 571 Kokayko, Erin N.	19	Okanagan Ath	8.84m	454
4 347 Matson, Danica	18	Langley Must	7.75m	383
5 299 Gallagher, Alliso	18	Langley Must	7.50m	367

## Event 201 Heptathlon: #4 Women 18-19 High Jump Heptathlon

Name	Age	Team	Finals	Points
1 583 Delage, Danielle Y	19	Pacific Athl	1.53m	655
2 571 Kokayko, Erin N.	19	Okanagan Ath	1.50m	621
3 688 McKearney, Zarría	19	Unattached B	1.47m	588
4 299 Gallagher, Alliso	18	Langley Must	1.32m	429
-- 347 Matson, Danica	18	Langley Must	NH	

## Event 201 Heptathlon: #5 Women 18-19 200 Meter Run Heptathlon

Name	Age	Team	Finals	Wind	Points
1 571 Kokayko, Erin N.	19	Okanagan Ath	26.54	-0.2	751
2 688 McKearney, Zarría	19	Unattached B	26.65	-0.2	741
3 299 Gallagher, Alliso	18	Langley Must	26.87	-0.2	723
4 347 Matson, Danica	18	Langley Must	27.60	-0.2	663

## Event 201 Heptathlon: #6 Women 18-19 Javelin Throw Heptathlon

Name	Age	Team	Finals	Points
1 688 McKearney, Zarría	19	Unattached B	29.01m	458
2 571 Kokayko, Erin N.	19	Okanagan Ath	27.45m	428
3 299 Gallagher, Alliso	18	Langley Must	21.17m	311
4 347 Matson, Danica	18	Langley Must	16.44m	223

## Event 201 Heptathlon: #7 Women 18-19 800 Meter Run Heptathlon

Name	Age	Team	Finals	Points
1 347 Matson, Danica	18	Langley Must	2:26.80	734
2 571 Kokayko, Erin N.	19	Okanagan Ath	2:34.22	641

3	688	McKearney, Zarría	19	Unattached B	2:41.29	558
4	299	Gallaughér, Alliso	18	Langley Must	2:43.66	532

Event 202 Women 18-19 100 Meter Dash

8 Advance: Top 1 Each Heat plus Next 7 Best Times

Name	Age	Team	Prelims	Wind		
Preliminaries						
1	754	Ashcroft, Jamie	18	University O	13.13q	-3.0
2	854	Windsor, Ashley	18	Walnut School	13.55q	-3.0

Event 202 Women 20-34 100 Meter Dash

8 Advance: Top 1 Each Heat plus Next 7 Best Times

Name	Age	Team	Prelims	Wind		
1	120	Whitehead, Liza	25	Coquitlam CH	12.91Q	-3.0

Event 203 Women 18-19 200 Meter Dash

Name	Age	Team	Finals	Wind	Points	
Finals						
1	854	Windsor, Ashley	18	Walnut School	26.17	1.8
2	587	Momoh, Sudie	18	Pacific Athl	26.62	1.8
3	754	Ashcroft, Jamie	18	University O	26.64	1.8
4	60	Kent, Brittany	18	Coastal Trac	28.42	1.8

Event 204 Women 18-19 400 Meter Run

Name	Age	Team	Finals	Points	
1	928	Wiebe, Devan	19	Unattached B	56.22
2	782	Lennea, Kayla	18	Valley Royal	1:00.58
3	798	Visser, Jordyn	18	Valley Royal	1:00.60

Event 205 Women 18-19 800 Meter Run

Name	Age	Team	Finals	Points	
1	654	Benson, Fiona	20	Trinity West	2:13.09
2	793	Siemens, Alexandra	17	Valley Royal	2:17.51
3	582	Atkin, Casey	19	Pacific Athl	2:19.25
4	782	Lennea, Kayla	18	Valley Royal	2:19.31
5	772	Jackman, Francesca	18	Valley Royal	2:20.23
6	806	Gillespie, Lauren	18	Vancouver OL	2:25.33
7	771	Hay, Janelle	18	Valley Royal	2:26.67
8	653	Degnan, Etta	18	Sunshine Coa	2:37.93
9	557	Sloman, Jenny	18	Ocean Athlet	2:39.67

Event 206 Women 18-19 1500 Meter Run

Name	Age	Team	Finals	Points	
1	793	Siemens, Alexandra	17	Valley Royal	4:46.20
2	103	Menzies, Miranda	18	Coquitlam CH	5:03.46
3	590	Lee, Kirsten	19	Point Grey T	5:04.27
4	771	Hay, Janelle	18	Valley Royal	5:10.31
5	653	Degnan, Etta	18	Sunshine Coa	5:24.64

Event 207 Women 18-19 3000 Meter Run

Name	Age	Team	Finals	Points
1	695	Regan, Jackie	19 Unattached B	10:03.03
2	887	Allison, Katrina	18 Vancouver TH	10:12.10
3	590	Lee, Kirsten	19 Point Grey T	11:05.16

Event 208 Women 15-19 2000 Meter Steeplechase .762 m

Name	Age	Team	Finals	Points
1	117	Townsend, Dana	17 Coquitlam CH	7:54.87
2	851	Gillis, Sam	18 Walnut School	7:55.31
3	180	O'Dwyer, Niamh	16 Golden Ears	8:26.32

Event 209 Women 18-19 100 Meter Hurdles 33"

Name	Age	Team	Finals	Wind	Points
1	777	Klippenstein, Aish	19 Valley Royal	15.20	0.9 10
2	852	Robinson, Andrea	18 Walnut School	16.09	0.9 8
3	451	Kandola, Manisha	18 New West Spa	17.57	0.9 6
4	798	Visser, Jordyn	18 Valley Royal	17.98	0.9 5

Event 210 Women 18-19 400 Meter Hurdles 30"

Name	Age	Team	Finals	Points
1	852	Robinson, Andrea	18 Walnut School	1:05.57
2	772	Jackman, Francesca	18 Valley Royal	1:07.06
3	798	Visser, Jordyn	18 Valley Royal	1:09.14
4	347	Matson, Danica	18 Langley Must	1:12.13

Event 211 Women 18-19 High Jump

Name	Age	Team	Finals	Points
1	451	Kandola, Manisha	18 New West Spa	1.55m

Event 212 Women 18-19 Long Jump

Name	Age	Team	Finals	Wind	Points
1	459	Rai, Damanpreet	19 New West Spa	4.96m	0.1
2	806	Gillespie, Lauren	18 Vancouver OL	4.57m	+0.0
3	677	Hawkins, Julia M.	19 Unattached B	4.50m	+0.0

Event 213 Women 18-19 Triple Jump

Name	Age	Team	Finals	Wind	Points
1	895	Akehurst, Ayla J.	18 Campbell Riv	11.16m	+0.0
2	149	Dunlop, Janae	18 Golden Ears	9.28m	+0.0
3	144	Blue, Taylor	19 Golden Ears	9.19m	+0.0

Event 216 Women 18-19 Hammer Throw 4 kg

Name	Age	Team	Finals	Points
1	230	Kennedy, Samantha	19 Kajaks Track	52.64m
2	224	Graf, Serena	18 Kajaks Track	42.64m

Event 217 Women 18-19 Javelin Throw 600 g

Name	Age	Team	Finals	Points
1 226 Hernandez, Tiffann	18	Kajaks Track	37.02m	
2 667 Byer, Selina	19	Unattached B	35.66m	
3 677 Hawkins, Julia M.	19	Unattached B	24.93m	

Event 218 Women 18-19 Pole Vault

Name	Age	Team	Finals	Points
-- 846 Craig, Kira	19	Victoria Tra	NH	

Event 219 Women 18-19 4x100 Meter Relay

Team	Finals	Points
1 Vancouver Thunderbirds 'A'	51.89	

Event 220 Men 16-19 Decathlon

Name	Age	Team	Finals	Points
1 830 Powrie, Jacob T.	19	Vancouver TH	6380	10
2 684 Karamanian, Jacob	18	Unattached B	5344	8

Event 220 Men 16-19 100 Meter Dash Decathlon

Name	Age	Team	Finals	Wind	Points
1 578 Turner, James	19	Okanagan Ath	11.26	0.6	804
2 830 Powrie, Jacob T.	19	Vancouver TH	11.76	0.6	699
3 580 Turner, Rostam	17	Okanagan Ath	11.88	0.6	675
4 684 Karamanian, Jacob	18	Unattached B	12.08	0.6	635

Event 220 Men 20-30 100 Meter Dash Decathlon

Name	Age	Team	Finals	Wind	Points
1 391 Walsh, Dustin R.	29	Langley Must	12.56	0.6	545

Event 220 Men 16-19 Long Jump Decathlon

Name	Age	Team	Finals	Wind	Points
1 830 Powrie, Jacob T.	19	Vancouver TH	6.55m	1.4	709
2 684 Karamanian, Jacob	18	Unattached B	6.10m	0.4	608
3 580 Turner, Rostam	17	Okanagan Ath	5.78m	0.7	540
-- 578 Turner, James	19	Okanagan Ath	FOUL		

Event 220 Men 20-30 Long Jump Decathlon

Name	Age	Team	Finals	Wind	Points
-- 391 Walsh, Dustin R.	29	Langley Must	FOUL		

Event 220 Men 16-19 Shot Put Decathlon

Name	Age	Team	Finals	Points
1 580 Turner, Rostam	17	Okanagan Ath	12.93m	663
2 830 Powrie, Jacob T.	19	Vancouver TH	12.92m	662
3 578 Turner, James	19	Okanagan Ath	12.69m	648
4 684 Karamanian, Jacob	18	Unattached B	12.42m	632

## Event 220 Men 20-30 Shot Put Decathlon

Name	Age	Team	Finals	Points
-- 391 Walsh, Dustin R.	29	Langley Must	FOUL	

## Event 220 Men 16-19 High Jump Decathlon

Name	Age	Team	Finals	Points
1 830 Powrie, Jacob T.	19	Vancouver TH	1.85m	670
2 684 Karamanian, Jacob	18	Unattached B	1.82m	644
3 580 Turner, Rostam	17	Okanagan Ath	1.73m	569
-- 578 Turner, James	19	Okanagan Ath	NH	

## Event 220 Men 20-30 High Jump Decathlon

Name	Age	Team	Finals	Points
-- 391 Walsh, Dustin R.	29	Langley Must	NH	

## Event 220 Men 16-19 400 Meter Dash Decathlon

Name	Age	Team	Finals	Points
1 578 Turner, James	19	Okanagan Ath	50.90	774
2 830 Powrie, Jacob T.	19	Vancouver TH	51.37	753
3 684 Karamanian, Jacob	18	Unattached B	53.56	658
4 580 Turner, Rostam	17	Okanagan Ath	56.09	556

## Event 220 Men 16-19 110 Meter Hurdles Decathlon

Name	Age	Team	Finals	Wind	Points
1 830 Powrie, Jacob T.	19	Vancouver TH	15.78	0.9	758
2 580 Turner, Rostam	17	Okanagan Ath	16.66	0.9	660
3 578 Turner, James	19	Okanagan Ath	16.73	0.9	653
4 684 Karamanian, Jacob	18	Unattached B	18.34	0.9	492

## Event 220 Men 16-19 Discus Throw Decathlon

Name	Age	Team	Finals	Points
1 580 Turner, Rostam	17	Okanagan Ath	41.41m	693
2 578 Turner, James	19	Okanagan Ath	38.99m	644
3 830 Powrie, Jacob T.	19	Vancouver TH	35.64m	577
4 684 Karamanian, Jacob	18	Unattached B	31.10m	486

## Event 220 Men 16-19 Pole Vault Decathlon

Name	Age	Team	Finals	Points
1 830 Powrie, Jacob T.	19	Vancouver TH	3.20m	406
2 684 Karamanian, Jacob	18	Unattached B	2.30m	199
-- 578 Turner, James	19	Okanagan Ath	NH	
-- 580 Turner, Rostam	17	Okanagan Ath	NH	

## Event 220 Men 16-19 Javelin Throw Decathlon

Name	Age	Team	Finals	Points
1 580 Turner, Rostam	17	Okanagan Ath	47.71m	555

2	830 Powrie, Jacob T.	19 Vancouver TH	46.60m	538
3	684 Karamanian, Jacob	18 Unattached B	37.94m	412

Event 220 Men 16-19 1500 Meter Run Decathlon

Name	Age	Team	Finals	Points
1	830 Powrie, Jacob T.	19 Vancouver TH	4:51.84	608
2	684 Karamanian, Jacob	18 Unattached B	4:56.80	578

Event 221 Men 18-19 100 Meter Dash

Name	Age	Team	Finals	Wind	Points
1	683 Joyce, Keefer	18 Unattached B	11.56	-2.1	
2	345 Marshalok, Gabe	19 Langley Must	12.20	-2.1	
3	872 Richardson, Layne	18 Vernon Amate	12.38	-2.1	

Event 222 Men 18-19 200 Meter Dash

Name	Age	Team	Finals	Wind	Points
1	84 Ayin, Nicholas	19 Coquitlam CH	22.65	1.8	
2	74 Blackburn, Nick	19 Comox Valley	23.03	1.8	
3	683 Joyce, Keefer	18 Unattached B	23.21	1.8	
4	64 Marchinkow, Adam	19 Coastal Trac	24.11	1.8	
5	115 Taylor-Lewis, Tunj	18 Coquitlam CH	24.41	1.8	
6	872 Richardson, Layne	18 Vernon Amate	24.56	1.8	
7	531 Nasiri, Sameer	18 Ocean Athlet	24.93	1.8	

Event 223 Men 18-19 400 Meter Run

Name	Age	Team	Finals	Points
1	872 Richardson, Layne	18 Vernon Amate	54.47	
2	206 Steberl, Jonathan	18 Hope School	1:03.68	

Event 224 Men 18-19 800 Meter Run

Name	Age	Team	Finals	Points
1	1295 Keane, Sean	19 Unattached B	1:58.28	
2	708 Wong, Billy	18 Unattached B	2:03.13	
3	794 Smith, Lorenzo	18 Valley Royal	2:05.82	
4	108 Ping, Michael	19 Coquitlam CH	2:19.53	

Event 224 Men 20-34 800 Meter Run

Name	Age	Team	Finals	Points
1	693 Ott, Andrew	21 Unattached B	2:01.52	
2	53 Dong, Chris	20 Coastal Trac	2:06.27	

Event 226 Men 18-19 3000 Meter Run

Name	Age	Team	Finals	Points
1	70 Shamsi, Bilal	19 Coastal Trac	8:58.84	

Event 228 Men 18-19 110 Meter Hurdles 39"

Name	Age	Team	Finals	Wind	Points
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1	817 Daly-Grafstein, Be	18 Vancouver TH	15.06	1.3
2	74 Blackburn, Nick	19 Comox Valley	15.58	1.3

Event 229 Men 18-19 400 Meter Hurdles 36"

Name	Age	Team	Finals	Points
1	74 Blackburn, Nick	19 Comox Valley	55.35	
2	872 Richardson, Layne	18 Vernon Amate	1:01.69	

Event 230 Men 18-19 High Jump

Name	Age	Team	Finals	Points
1	814 Chen, Youle	18 Vancouver TH	1.85m	
2	206 Steberl, Jonathan	18 Hope School	1.55m	

Event 231 Men 18-19 Long Jump

Name	Age	Team	Finals	Wind	Points
1	219 Che, Steven	19 Kajaks Track	5.91m	+0.0	
2	814 Chen, Youle	18 Vancouver TH	5.70m	+0.0	
3	531 Nasiri, Sameer	18 Ocean Athlet	5.36m	+0.0	

Event 232 Men 18-19 Triple Jump

Name	Age	Team	Finals	Wind	Points
1	223 Fyffe, Nicholas	18 Kajaks Track	14.14m	0.6	

Event 233 Men 18-19 Discus Throw 1.75 kg

Name	Age	Team	Finals	Points
1	48 Sommer, Ryan	19 Chinook Track &	47.72m	
2	214 Bhandal, Pauljit	18 Kajaks Track	36.39m	
3	780 Lambert, Jesse	18 Valley Royal	35.06m	
4	182 Read, Allan	18 Golden Ears	30.84m	
5	817 Daly-Grafstein, Be	18 Vancouver TH	26.10m	

Event 234 Men 18-19 Javelin Throw 800 g

Name	Age	Team	Finals	Points
1	206 Steberl, Jonathan	18 Hope School	28.67m	

Event 235 Men 18-19 Shot Put 6.00 kg

Name	Age	Team	Finals	Points
1	780 Lambert, Jesse	18 Valley Royal	14.34m	
2	182 Read, Allan	18 Golden Ears	11.32m	

Event 236 Men 18-19 Hammer Throw 6.00 kg

Name	Age	Team	Finals	Points
1	240 Molinari, Luca	19 Kajaks Track	49.01m	
2	780 Lambert, Jesse	18 Valley Royal	45.20m	
--	214 Bhandal, Pauljit	18 Kajaks Track	FOUL	

Event 237 Men 18-19 Pole Vault

Name	Age	Team	Finals	Points
1 361 Osborne, Adam	19	Langley Must	4.35m	
-- 253 Allen, Spencer	19	Kamloops Tra	NH	

Event 240 Women 20-34 200 Meter Dash

Name	Age	Team	Finals	Wind	Points
1 585 Hanlon, Maggie	25	Pacific Athl	24.94	0.9	
2 101 Lowe, Christine	22	Coquitlam CH	26.12	0.9	
3 702 Tran, Sophie	22	Unattached B	26.48	0.9	
4 586 Merritt, Olivia	21	Pacific Athl	26.60	0.9	
5 466 Adande, Karin	26	Norwesters T	26.71	0.9	
6 676 Douglas, Danielle	22	Unattached B	26.72	0.9	

Event 241 Women 20-34 400 Meter Run

Name	Age	Team	Finals	Points
1 662 Balbosa, Chelsea	20	Unattached B	1:00.58	

Event 243 Women 20-34 1500 Meter Run

Name	Age	Team	Finals	Points
1 687 Laforce, Daisy A.	31	Unattached B	5:04.64	

Event 244 Women 17-34 3000 Meter Run

Name	Age	Team	Finals	Points
1 19 Bernard, Maria	19	Calgary Warriors	9:54.09	
2 890 Reimer, Sarah	22	Ubc Track &	10:38.48	
3 581 Gutmanis, Micha	22	Ontario	10:49.33	
4 889 McCormack, Jennife	20	Unattached B	10:56.93	

Event 245 Women 17-34 3000 Meter Steeplechase ,762m

Name	Age	Team	Finals	Points
1 581 Gutmanis, Micha	22	Ontario	11:19.19	
2 18 Erdman, Adrienne	18	C A L A F	11:26.74	

Event 248 Women 20-34 High Jump

Name	Age	Team	Finals	Points
1 49 Brogdon, Jenny	31	Club Northwest	1.70m	

Event 249 Women 20-34 Long Jump

Name	Age	Team	Finals	Wind	Points
1 657 Crombeen, Charlott	20	Unattached	5.14m	+0.0	
2 584 Donner, Claire N.	23	Pacific Athl	5.12m	1.0	

Event 250 Women 20-34 Triple Jump

Name	Age	Team	Finals	Wind	Points
1 849 Wilkes, Courtney	22	Voleo	11.69m	0.9	



## Event 252 Women 20-34 Discus Throw 1 kg

Name	Age	Team	Finals	Points
1 244 Spies, Chantel	28	Kajaks Track	45.64m	

## Event 254 Women 20-34 Javelin Throw 600 g

Name	Age	Team	Finals	Points
1 364 Perkins, Tiffany	21	Langley Must	51.67m	
2 250 Woodward, Krista	28	Kajaks Track	51.41m	
3 586 Merritt, Olivia	21	Pacific Athl	36.38m	

## Event 255 Women 20-34 Pole Vault

Name	Age	Team	Finals	Points
-- 757 Stephenson, Kimber	21	Unv OF Calgary	NH	

## Event 257 Men 20-34 100 Meter Dash

Name	Age	Team	Finals	Wind	Points
1 119 Vaughan, Jarid B.	27	Coquitlam CH	11.18	-2.1	
2 315 Humphrey, Stephen	20	Langley Must	11.77	-2.1	
3 125 Peleshaty, Chase A	21	Cowichan Val	11.87	-2.1	
4 721 Dosanjh, Tarin	24	Universal AT	12.02	-2.1	
5 767 Gill, Sunny	21	Valley Royal	12.56	-2.1	

## Event 258 Men 20-34 200 Meter Dash

Name	Age	Team	Finals	Wind	Points
1 119 Vaughan, Jarid B.	27	Coquitlam CH	21.66	2.1	
2 17 Dargie, Andrew	25	C A L A F	22.23	2.1	
3 125 Peleshaty, Chase A	21	Cowichan Val	23.27	2.1	
4 896 Brar, Parmveer	22	Unattached B	23.41	2.1	
5 721 Dosanjh, Tarin	24	Universal AT	23.58	2.1	
6 742 Pooni, Paul S.	20	Universal AT	23.91	2.1	
7 598 Hutchinson, Michea	20	Ridge Rocket	23.96	2.1	
8 767 Gill, Sunny	21	Valley Royal	25.10	2.1	

## Event 259 Men 20-34 400 Meter Run

Name	Age	Team	Finals	Points
1 487 Swanson, Matthew	18	Norwesters T	49.60	
2 67 Paul-Morris, Adam	20	Coastal Trac	50.05	
3 54 Ference, Lucas	20	Coastal Trac	51.08	
4 518 Ingvaldson, Dellin	20	Ocean Athlet	52.46	
5 598 Hutchinson, Michea	20	Ridge Rocket	52.54	
6 742 Pooni, Paul S.	20	Universal AT	53.41	
7 133 Ngarizemo, Goldenf	23	Elite Track	54.81	

## Event 264 Men 20-34 110 Meter Hurdles 42"

Name	Age	Team	Finals	Wind	Points
1 110 Rockerbie, Phillip	24	Coquitlam CH	16.05	NWI	

## Event 265 Men 20-34 400 Meter Hurdles 36"

Name	Age	Team	Finals	Points
1 110 Rockerbie, Phillip	24	Coquitlam CH	58.14	

Event 266 Men 20-34 High Jump

Name	Age	Team	Finals	Points
1 518 Ingvaldson, Dellin	20	Ocean Athlet	1.60m	

Event 269 Men 20-34 Discus Throw 2 kg

Name	Age	Team	Finals	Points
1 518 Ingvaldson, Dellin	20	Ocean Athlet	43.24m	

Event 270 Men 20-34 Javelin Throw 800 g

Name	Age	Team	Finals	Points
1 241 Moss, Curtis	25	Kajaks Track	72.72m	
2 902 Nielsen, Kyle J.	23	Langley Must	71.86m	
3 243 Skermer, David M.	25	Kajaks Track	55.71m	
4 Adair, Mike	25	Norwesters T	46.24m	
5 709 Yliruusi, Levi	23	Unattached B	43.95m	

Event 271 Men 20-34 Shot Put 7.26kg

Name	Age	Team	Finals	Points
1 707 Willcox, Tom	21	Unattached B	14.41m	
2 699 Stredulinsky, Stev	31	Unattached B	11.47m	

Event 272 Men 20-34 Hammer Throw 7.26 kg

Name	Age	Team	Finals	Points
1 258 Jensen, Ryan	27	Kamloops Tra	58.78m	
2 24 Letterlough, Micha	28	Cayman Island	50.66m	

Event 328 Men 100 Meter Dash wheelchair

Name	Age	Team	Finals	Wind	Points
1 856 Dewitt, Nathan	22	WC Race Seri	18.66	-3.0	
2 881 Shinoda, Masashi	24	WC Race Seri	18.92	-3.0	
3 882 Smyth, Tristan	26	WC Race Seri	20.86	-3.0	
4 855 Davis, Andrew	39	WC Race Seri	22.06	-3.0	

Event 329 Mixed 200 Meter Dash wheelchair

Name	Age	Team	Finals	Wind	Points
1 856 Dewitt, Nathan	M22	WC Race Seri	34.52	2.1	
2 881 Shinoda, Masashi	M24	WC Race Seri	34.53	2.1	
3 882 Smyth, Tristan	M26	WC Race Seri	35.33	2.1	
4 860 Solla, Eddy	M17	WC Race Seri	41.06	2.1	

Event 330 Men 400 Meter Run wheelchair

Name	Age	Team	Finals	Points
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1	882 Smyth, Tristan	26	WC Race Seri	1:01.04
2	881 Shinoda, Masashi	24	WC Race Seri	1:02.91
3	855 Davis, Andrew	39	WC Race Seri	1:04.93
4	856 Dewitt, Nathan	22	WC Race Seri	1:06.96

Event 331 Men 800 Meter Run wheelchair

Name	Age	Team	Finals	Points
1	881	Shinoda, Masashi	24 WC Race Seri	2:21.53
2	882	Smyth, Tristan	26 WC Race Seri	2:32.10
3	860	Solla, Eddy	17 WC Race Seri	2:55.52

Event 332 Men 1500 Meter Run wheelchair

Name	Age	Team	Finals	Points
1	882	Smyth, Tristan	26 WC Race Seri	4:22.77
2	881	Shinoda, Masashi	24 WC Race Seri	4:25.43
3	860	Solla, Eddy	17 WC Race Seri	6:32.93

Event 333 Men Shot Put wheelchair

Name	Age	Team	Finals	Points
1	857	Keobke, Darryl	43 WC Race Seri	8.03m
2	861	Waterlow, James	31 WC Race Seri	6.54m
3	855	Davis, Andrew	39 WC Race Seri	4.64m
4	858	Morrow, Colin	24 WC Race Seri	4.42m

Event 334 Men Discus Throw wheelchair

Name	Age	Team	Finals	Points
1	861	Waterlow, James	31 WC Race Seri	17.99m
2	857	Keobke, Darryl	43 WC Race Seri	17.80m
3	858	Morrow, Colin	24 WC Race Seri	12.34m
4	855	Davis, Andrew	39 WC Race Seri	7.28m

Event 335 Men Javelin Throw wheelchair

Name	Age	Team	Finals	Points
1	861	Waterlow, James	31 WC Race Seri	17.80m
2	857	Keobke, Darryl	43 WC Race Seri	17.64m
3	858	Morrow, Colin	24 WC Race Seri	8.96m

Event 337 Women 200 Meter Dash wheelchair

Name	Age	Team	Finals	Wind	Points
1	897	Diallo, Djami	27 WC Race Seri	52.97	NWI

Event 338 Women 400 Meter Run wheelchair

Name	Age	Team	Finals	Points
1	897	Diallo, Djami	27 WC Race Seri	1:36.50

Event 346 Men 20-34 400 Meter Run Ambulatory

Name	Age	Team	Finals	Points
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1 391 Walsh, Dustin R. 29 Langley Must 54.13

Event 359 Women 9-99 Javelin Throw Ambulatory

Name	Age	Team	Finals	Points
1 208 Knight, Courtney M	36	Kajaks Para	20.10m	

Event 364 Women 18-19 3000 Meter Race Walk

Name	Age	Team	Finals	Points
1 460 Rai, Hersimran	18	New West Spa	15:47.30	

Event 366 Women 9-99 Discus Throw Ambulatory

Name	Age	Team	Finals	Points
1 208 Knight, Courtney M	36	Kajaks Para	9.92m	

Event 367 Women 20-34 3000 Meter Race Walk

Name	Age	Team	Finals	Points
1 591 Larssen, Beverley	23	Racewalk Wes	16:31.23	
-- 592 schneider, amanda	23	Racewalk Wes	DNF	

Event 368 Men 18-19 3000 Meter Race Walk

Name	Age	Team	Finals	Points
1 593 Thorne, Benjamin	19	Racewalk Wes	11:41.23	

Event 401 Men 1500 Meter Run

Name	Age	Team	Finals	Points
1 679 Johnston, Blair	20	Unattached B	3:58.95	
2 704 Voth, Chris	21	Unattached B	4:00.85	
3 501 Bruchet, Jake	19	Ocean Athlet	4:02.70	
4 692 Michie, Tom	26	Unattached B	4:03.52	
5 189 Tadesse, Ephraim	17	Golden Ears	4:11.08	
-- 198 Wadhwani, Nathan S	16	Golden Ears	DNF	
-- 693 Ott, Andrew	21	Unattached B	DNF	

Event 402 Men 200 Meter Dash

8 Advance: Top 8 Each Heat plus Next 0 Best Times

Name	Age	Team	Prelims	Wind
Preliminaries				
1 300 Gallagher, Robert	21	Langley Must	22.43Q	-0.4
2 315 Humphrey, Stephen	20	Langley Must	22.99Q	-0.4
3 54 Ference, Lucas	20	Coastal Trac	23.21Q	-0.4
4 394 Wilkinson, Ethan	17	Langley Must	23.65Q	-0.4

Event 403 Women Heptathlon

Name	Age	Team	Finals	Points
Finals				
1 2 Irwin, Paige	24	Alberta Athletic	4133	10

Event 403 Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Age	Team	Finals	Wind	Points
1 2 Irwin, Paige	24	Alberta Athletic	15.99	-0.8	715

Event 403 Heptathlon: #2 Women High Jump Heptathlon

Name	Age	Team	Finals	Points
1 2 Irwin, Paige	24	Alberta Athletic	1.68m	830

Event 403 Heptathlon: #3 Women Shot Put Heptathlon

Name	Age	Team	Finals	Points
1 2 Irwin, Paige	24	Alberta Athletic	8.86m	455

Event 403 Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Age	Team	Finals	Wind	Points
1 2 Irwin, Paige	24	Alberta Athletic	26.78	-0.2	730

Event 403 Heptathlon: #5 Women Long Jump Heptathlon

Name	Age	Team	Finals	Wind	Points
1 2 Irwin, Paige	24	Alberta Athletic	5.14m	1.5	598

Event 403 Heptathlon: #6 Women Javelin Throw Heptathlon

Name	Age	Team	Finals	Points
1 2 Irwin, Paige	24	Alberta Athletic	15.23m	201

Event 403 Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	Age	Team	Finals	Points
1 2 Irwin, Paige	24	Alberta Athletic	2:37.30	604

Women - Team Rankings - 4 Events Scored

1) UNATTACHED BRITISH COLUMB	28	2) VALLEY ROYALS TRACK & FIE	15
3) LANGLEY MUSTANGS	11	4) ALBERTA ATHLETICS	10
5) WALNUT SCHOOL	8	5) OKANAGAN ATHLETICS CLUB	8
7) NEW WEST SPARTANS TRACK &	6	7) NORWESTERS TRACK & FIELD	6

Men - Team Rankings - 1 Events Scored

1) VANCOUVER THUNDERBIRDS	10	2) UNATTACHED BRITISH COLUMB	8
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Licensed to Valley Royals Track & Field Club

HY-TEK's Meet Manager 6/17/2012 06:56 PM

Masters 33rd Langley Pacific Invitational - 6/15/2012 to 6/17/2012

Langley

Results

Event 275 W35 100 Meter Dash

Name	Age Team	Finals	Wind	Points
Finals				
1 1064 Vandenburg, Jeanne	W35 Pacific Athl	13.79	-2.5	
2 1018 Johnson, Elizabeth	W39 Greyhounds T	14.27	-2.5	

Event 275 W40 100 Meter Dash

Name	Age Team	Finals	Wind	Points
1 1076 Zaouali, Amel	W41 South Fraser	16.59	-2.5	

Event 275 W50 100 Meter Dash

Name	Age Team	Finals	Wind	Points
1 1056 Rogers, Patti	W52 Nanaimo & DI	14.94	-2.5	
2 1040 Hann, Sharon E.	W52 Kajaks Track	15.52	-2.5	
3 1036 Allardyce, Zeng	W51 Kajaks Track	15.54	-2.5	

Event 275 W60 100 Meter Dash

Name	Age Team	Finals	Wind	Points
1 1049 Rollins, Elisabeth	W62 Kajaks Track	16.98	-2.5	

Event 275 W75 100 Meter Dash

Name	Age Team	Finals	Wind	Points
1 1013 Bortignon, Christa	W75 Greyhounds T	18.06	-2.5	

Event 276 W35 200 Meter Dash

Name	Age Team	Finals	Wind	H#	Points
1 1064 Vandenburg, Jeanne	W35 Pacific Athl	26.73	2.1	2	
2 1018 Johnson, Elizabeth	W39 Greyhounds T	28.14	2.1	2	

Event 276 W40 200 Meter Dash

Name	Age Team	Finals	Wind	H#	Points
1 1076 Zaouali, Amel	W41 South Fraser	32.39	2.1	2	

Event 276 W45 200 Meter Dash

Name	Age Team	Finals	Wind	H#	Points
1 294 Summers, Judy	W48 Deerfoot Ath	31.36	2.1	2	

Event 276 W50 200 Meter Dash

Name	Age Team	Finals	Wind	H#	Points
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1	1056	Rogers, Patti	W52	Nanaimo & DI	29.09	2.1	2
2	1040	Hann, Sharon E.	W52	Kajaks Track	31.46	2.1	2
3	1063	Ritchie, Laurie	W51	Oceanside TR	31.51	2.1	2

Event 276 W60 200 Meter Dash

Name	Age	Team	Finals	Wind	Points	
1	1049	Rollins, Elisabeth	W62	Kajaks Track	34.16	1.8

Event 276 W75 200 Meter Dash

Name	Age	Team	Finals	Wind	Points	
1	1013	Bortignon, Christa	W75	Greyhounds T	34.93	1.8

Event 277 W45 400 Meter Run

Name	Age	Team	Finals	Points	
1	294	Summers, Judy	W48	Deerfoot Ath	1:15.58

Event 277 W50 400 Meter Run

Name	Age	Team	Finals	Points	
1	1056	Rogers, Patti	W52	Nanaimo & DI	1:07.40
2	1040	Hann, Sharon E.	W52	Kajaks Track	1:18.88

Event 278 W55 800 Meter Run

Name	Age	Team	Finals	Points	
1	1059	Jordan, Debbie	W55	Ocean Athlet	2:46.87

Event 278 W65 800 Meter Run

Name	Age	Team	Finals	Points	
1	1012	Baldock, Lynette L	W65	Greyhounds T	3:42.45

Event 279 W45 1500 Meter Run

Name	Age	Team	Finals	Points	
1	1088	Giesbrecht, Elaine	W49	Unattached B	6:49.09

Event 279 W50 1500 Meter Run

Name	Age	Team	Finals	Points	
1	1288	Christie, Juliette	W50	Prairie Inn	5:25.47

Event 279 W55 1500 Meter Run

Name	Age	Team	Finals	Points	
1	1059	Jordan, Debbie	W55	Ocean Athlet	5:49.70

Event 279 W65 1500 Meter Run

Name	Age	Team	Finals	Points
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1 1012 Baldock, Lynette L W65 Greyhounds T 7:17.79

Event 279 W80 1500 Meter Run

Name	Age Team	Finals	Points
1 1098 Montgomery, Lenore	W82 Unattached B	8:12.65	

Event 280 W50 3000 Meter Run

Name	Age Team	Finals	Points
1 1288 Christie, Juliette	W50 Prairie Inn	11:02.02	

Event 280 W55 3000 Meter Run

Name	Age Team	Finals	Points
1 1039 Dueck, Lynne	W55 Kajaks Track	12:58.41	

Event 280 W65 3000 Meter Run

Name	Age Team	Finals	Points
1 1012 Baldock, Lynette L	W65 Greyhounds T	12:58.41	

Event 280 W80 3000 Meter Run

Name	Age Team	Finals	Points
1 1098 Montgomery, Lenore	W82 Unattached B	16:47.89	

Event 286 W35 400 Long Hurdles 30 "

Name	Age Team	Finals	Points
1 1064 Vandenburg, Jeanne	W35 Pacific Athl	1:04.79	

Event 288 W75 200 Long Hurdles 27 "

Name	Age Team	Finals	Wind	Points
1 1013 Bortignon, Christa	W75 Greyhounds T	41.70	-2.8	

Event 289 W55 High Jump

Name	Age Team	Finals	Points
1 1052 Rhebergen, Margare	W57 Kamloops Tra	1.30m	

Event 289 W70 High Jump

Name	Age Team	Finals	Points
1 1065 Anderson, Sandra J	W72 Peninsula TR	1.15m	

Event 289 W75 High Jump

Name	Age Team	Finals	Points
1 1013 Bortignon, Christa	W75 Greyhounds T	1.05m	

Event 290 W55 Long Jump



Name	Age Team	Finals	Wind Points
1 1052 Rhebergen, Margare	W57 Kamloops Tra	3.84m	+0.0

Event 290 W65 Long Jump

Name	Age Team	Finals	Wind Points
1 1012 Baldock, Lynette L	W65 Greyhounds T	2.32m	0.1

Event 290 W75 Long Jump

Name	Age Team	Finals	Wind Points
1 1013 Bortignon, Christa	W75 Greyhounds T	2.99m	1.0

Event 291 W60 Triple Jump

Name	Age Team	Finals	Wind Points
1 1049 Rollins, Elisabeth	W62 Kajaks Track	7.47m	0.9

Event 291 W65 Triple Jump

Name	Age Team	Finals	Wind Points
1 1012 Baldock, Lynette L	W65 Greyhounds T	6.26m	1.0

Event 291 W75 Triple Jump

Name	Age Team	Finals	Wind Points
1 1013 Bortignon, Christa	W75 Greyhounds T	7.09m	0.9

Event 292 W35 Discus Throw 1.0 K .75k

Name	Age Team	Finals	Points
1 1086 Foote, Debbie	W39 Unattached B	22.72m	

Event 292 W50 Discus Throw 1.0 K .75k

Name	Age Team	Finals	Points
1 1002 Clements, Denise L	W51 Alberni Vall	22.59m	
2 1067 Murfitt, Anne J.	W52 Peninsula TR	15.99m	

Event 292 W60 Discus Throw 1.0 K .75k

Name	Age Team	Finals	Points
1 1041 Hare, Rose	W63 Kajaks Track	23.57m	
2 1049 Rollins, Elisabeth	W62 Kajaks Track	19.47m	
3 1083 Closkey, Cheryl	W64 Unattached B	19.45m	
4 1014 Braun, Lynda	W60 Greyhounds T	19.19m	

Event 292 W65 Discus Throw 1.0 K .75k

Name	Age Team	Finals	Points
1 1047 Moro, Gabriella	W65 Kajaks Track	21.51m	
2 1051 Brand, Kathy	W69 Kamloops Tra	15.34m	

Event 292 W70 Discus Throw 1.0 K .75k

Name	Age Team	Finals	Points
1 1065 Anderson, Sandra J	W72 Peninsula TR	13.96m	

Event 292 W80 Discus Throw 1.0 K .75k

Name	Age Team	Finals	Points
1 1030 Turek, Mae	W80 Greyhounds T	14.36m	

Event 293 W35 Hammer Throw 20-16-12-8.9

Name	Age Team	Finals	Points
1 1086 Foote, Debbie	W39 Unattached B	34.61m	

Event 293 W50 Hammer Throw 20-16-12-8.9

Name	Age Team	Finals	Points
1 1002 Clements, Denise L	W51 Alberni Vall	35.00m	
2 1067 Murfitt, Anne J.	W52 Peninsula TR	23.67m	

Event 293 W60 Hammer Throw 20-16-12-8.9

Name	Age Team	Finals	Points
1 1041 Hare, Rose	W63 Kajaks Track	29.72m	
2 1014 Braun, Lynda	W60 Greyhounds T	20.88m	
3 1083 Closkey, Cheryl	W64 Unattached B	20.85m	

Event 293 W65 Hammer Throw 20-16-12-8.9

Name	Age Team	Finals	Points
1 1047 Moro, Gabriella	W65 Kajaks Track	22.73m	

Event 293 W70 Hammer Throw 20-16-12-8.9

Name	Age Team	Finals	Points
1 1057 Copping, Dawn	W70 Norwesters T	20.51m	
2 1065 Anderson, Sandra J	W72 Peninsula TR	18.35m	

Event 293 W80 Hammer Throw 20-16-12-8.9

Name	Age Team	Finals	Points
1 1030 Turek, Mae	W80 Greyhounds T	16.92m	

Event 294 W35 Javelin Throw 600-500-400g

Name	Age Team	Finals	Points
1 1086 Foote, Debbie	W39 Unattached B	21.04m	

Event 294 W40 Javelin Throw 600-500-400g

Name	Age Team	Finals	Points
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1 886 Rycoft, Katrin W43 Golden Ears 21.25m

Event 294 W50 Javelin Throw 600-500-400g

Name	Age Team	Finals	Points
1 1067 Murfitt, Anne J.	W52 Peninsula TR	14.53m	

Event 294 W60 Javelin Throw 600-500-400g

Name	Age Team	Finals	Points
1 1049 Rollins, Elisabeth	W62 Kajaks Track	23.06m	
2 1041 Hare, Rose	W63 Kajaks Track	21.20m	
3 1014 Braun, Lynda	W60 Greyhounds T	19.23m	
4 1083 Closkey, Cheryl	W64 Unattached B	16.57m	

Event 294 W65 Javelin Throw 600-500-400g

Name	Age Team	Finals	Points
1 1051 Brand, Kathy	W69 Kamloops Tra	16.75m	

Event 294 W70 Javelin Throw 600-500-400g

Name	Age Team	Finals	Points
1 1065 Anderson, Sandra J	W72 Peninsula TR	15.14m	

Event 294 W75 Javelin Throw 600-500-400g

Name	Age Team	Finals	Points
1 1013 Bortignon, Christa	W75 Greyhounds T	13.42m	

Event 294 W80 Javelin Throw 600-500-400g

Name	Age Team	Finals	Points
1 1030 Turek, Mae	W80 Greyhounds T	12.60m	

Event 295 W35 Shot Put 4-3-2k

Name	Age Team	Finals	Points
1 1086 Foote, Debbie	W39 Unattached B	9.34m	

Event 295 W50 Shot Put 4-3-2k

Name	Age Team	Finals	Points
1 1067 Murfitt, Anne J.	W52 Peninsula TR	6.65m	

Event 295 W60 Shot Put 4-3-2k

Name	Age Team	Finals	Points
1 1041 Hare, Rose	W63 Kajaks Track	8.58m	
2 1014 Braun, Lynda	W60 Greyhounds T	8.46m	
3 1049 Rollins, Elisabeth	W62 Kajaks Track	8.27m	
4 1083 Closkey, Cheryl	W64 Unattached B	6.97m	

Event 295 W65 Shot Put 4-3-2k

Name	Age Team	Finals	Points
1 1047 Moro, Gabriella	W65 Kajaks Track	9.29m	

Event 295 W70 Shot Put 4-3-2k

Name	Age Team	Finals	Points
1 1065 Anderson, Sandra J	W72 Peninsula TR	6.84m	
2 1028 Steinfeld, Frances	W74 Greyhounds T	6.04m	

Event 295 W75 Shot Put 4-3-2k

Name	Age Team	Finals	Points
1 1013 Bortignon, Christa	W75 Greyhounds T	7.39m	

Event 295 W80 Shot Put 4-3-2k

Name	Age Team	Finals	Points
1 1030 Turek, Mae	W80 Greyhounds T	5.91m	

Event 296 W50 Weight Throw

Name	Age Team	Finals	Points
1 1002 Clements, Denise L	W51 Alberni Vall	11.53m	
2 1067 Murfitt, Anne J.	W52 Peninsula TR	7.50m	

Event 296 W60 Weight Throw

Name	Age Team	Finals	Points
1 1041 Hare, Rose	W63 Kajaks Track	12.28m	
2 1083 Closkey, Cheryl	W64 Unattached B	10.88m	
3 1014 Braun, Lynda	W60 Greyhounds T	9.81m	

Event 296 W65 Weight Throw

Name	Age Team	Finals	Points
1 1051 Brand, Kathy	W69 Kamloops Tra	7.64m	

Event 296 W70 Weight Throw

Name	Age Team	Finals	Points
1 1065 Anderson, Sandra J	W72 Peninsula TR	9.58m	
2 1057 Copping, Dawn	W70 Norwesters T	7.31m	

Event 296 W80 Weight Throw

Name	Age Team	Finals	Points
1 1030 Turek, Mae	W80 Greyhounds T	6.89m	

Event 297 W45 Pole Vault

Name	Age Team	Finals	Points
1 1108 Craig, Nancy	W46 Victoria Tra	2.40m	

## Event 297 W55 Pole Vault

Name	Age Team	Finals	Points
1 1052 Rhebergen, Margare	W57 Kamloops Tra	1.80m	

## Event 297 W70 Pole Vault

Name	Age Team	Finals	Points
1 1065 Anderson, Sandra J	W72 Peninsula TR	1.40m	

## Event 299 M35 100 Meter Dash

Name	Age Team	Finals	Wind H#	Points
1 1062 Oamen, Charles	M38 Ocean Athlet	11.76	-1.6	3
2 1082 Bienefeld, Andy	M37 Unattached B	13.81	-1.6	3

## Event 299 M40 100 Meter Dash

Name	Age Team	Finals	Wind H#	Points
1 1050 Wang, Xinxiao (Luk	M40 Kajaks Track	12.18	-1.6	3
2 1029 Tshinyama, Paul	M41 Greyhounds T	12.42	-1.6	3
3 1032 Walker, Samuel C.	M40 Greyhounds T	12.58	-1.6	3
4 1054 Trummler, Eric	M43 Langley Must	14.13	-1.6	3
5 1297 Harrower, William	M40 Unattached B	26.09	-1.6	3

## Event 299 M45 100 Meter Dash

Name	Age Team	Finals	Wind H#	Points
1 1110 Fehr, Dan	M47 Vernon Amate	13.86	-2.5	2
2 1075 Amaral, Alvin	M49 South Fraser	14.50	-2.5	2
3 1011 Bajaj, Harb	M48 Greyhounds T	15.29	-2.5	2

## Event 299 M50 100 Meter Dash

Name	Age Team	Finals	Wind	Points
1 1097 Monro, Mark	M53 Unattached B	13.15	-3.2	
2 1044 Kuno, Gary T.	M51 Kajaks Track	13.27	-3.2	
3 1038 Cheng, Bob M.	M52 Kajaks Track	14.47	-3.2	

## Event 299 M55 100 Meter Dash

Name	Age Team	Finals	Wind	Points
1 1106 Dickson, Thomas A.	M59 Valley Royal	12.69	-3.2	
2 1105 Gartner, Bruno K.	M59 Universal AT	13.60	-3.2	

## Event 300 M60 100 Meter Dash

Name	Age Team	Finals	Wind H#	Points
1 1024 Percival, AL	M60 Greyhounds T	13.92	-2.8	2
2 1026 Sandhu, Hardev Sin	M63 Greyhounds T	15.14	-2.8	2

## Event 300 M65 100 Meter Dash

Name	Age Team	Finals	Wind H#	Points
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1	1033	Winfield, John	M66	Greyhounds T	14.49	-2.8	2
2	1016	Fowler, Les	M65	Greyhounds T	16.29	-2.8	2

Event 300 M70 100 Meter Dash

Name	Age	Team	Finals	Wind	Points	
1	1034	Adams, Barry F.	M70	Hershey Harr	17.24	-3.3
2	1035	Agnew, George	M73	Kajaks Track	21.28	-3.3

Event 300 M80 100 Meter Dash

Name	Age	Team	Finals	Wind	Points	
1	1068	Chalmers, Gordon L	M83	Penticton AT	19.06	-3.3
2	1053	Thiessen, Ike	M83	Langley Must	21.17	-3.3

Event 300 M85 100 Meter Dash

Name	Age	Team	Finals	Wind	Points	
1	1025	Robson, Leslie	M85	Greyhounds T	22.06	-3.3
2	1103	Thompson, Harry	M89	Unattached B	22.77	-3.3

Event 301 M35 200 Meter Dash

Name	Age	Team	Finals	Wind	H#	Points	
1	1082	Bienefeld, Andy	M37	Unattached B	27.09	2.6	2

Event 301 M40 200 Meter Dash

Name	Age	Team	Finals	Wind	H#	Points	
1	1050	Wang, Xinxiao (Luk	M40	Kajaks Track	24.72	2.6	2
2	1032	Walker, Samuel C.	M40	Greyhounds T	24.85	2.6	2
3	1029	Tshinyama, Paul	M41	Greyhounds T	25.45	2.6	2
4	1054	Trummler, Eric	M43	Langley Must	27.46	2.6	2
5	1079	Afful, Ben	M41	Unattached B	28.88	2.6	2

Event 301 M45 200 Meter Dash

Name	Age	Team	Finals	Wind	Points	
1	1110	Fehr, Dan	M47	Vernon Amate	27.25	1.5
2	1075	Amaral, Alvin	M49	South Fraser	28.72	1.5

Event 301 M50 200 Meter Dash

Name	Age	Team	Finals	Wind	Points	
1	1044	Kuno, Gary T.	M51	Kajaks Track	26.57	1.5
2	1038	Cheng, Bob M.	M52	Kajaks Track	28.86	1.5

Event 301 M55 200 Meter Dash

Name	Age	Team	Finals	Wind	Points	
1	1106	Dickson, Thomas A.	M59	Valley Royal	25.74	1.5
2	1105	Gartner, Bruno K.	M59	Universal AT	27.32	1.5
3	1084	Dove, Terry	M55	Unattached B	29.08	1.5

## Event 302 M60 200 Meter Dash

Name	Age Team	Finals	Wind	Points
1 1024 Percival, AL	M60 Greyhounds T	27.57	0.6	
2 1026 Sandhu, Hardev Sin	M63 Greyhounds T	29.66	0.6	

## Event 302 M65 200 Meter Dash

Name	Age Team	Finals	Wind	Points
1 1033 Winfield, John	M66 Greyhounds T	28.73	0.6	
2 1016 Fowler, Les	M65 Greyhounds T	32.14	0.6	

## Event 302 M70 200 Meter Dash

Name	Age Team	Finals	Wind	H#	Points
1 1034 Adams, Barry F.	M70 Hershey Harr	34.68	1.4	2	
2 1035 Agnew, George	M73 Kajaks Track	46.20	0.6	1	

## Event 302 M80 200 Meter Dash

Name	Age Team	Finals	Wind	H#	Points
1 1068 Chalmers, Gordon L	M83 Penticton AT	41.62	1.4	2	
2 1053 Thiessen, Ike	M83 Langley Must	44.70	1.4	2	

## Event 302 M85 200 Meter Dash

Name	Age Team	Finals	Wind	H#	Points
1 1103 Thompson, Harry	M89 Unattached B	47.21	1.4	2	
2 1025 Robson, Leslie	M85 Greyhounds T	48.95	1.4	2	

## Event 303 M35 400 Meter Run

Name	Age Team	Finals	Points
1 1082 Bienefeld, Andy	M37 Unattached B	1:02.34	

## Event 303 M40 400 Meter Run

Name	Age Team	Finals	Points
1 1032 Walker, Samuel C.	M40 Greyhounds T	56.53	
2 1054 Trummler, Eric	M43 Langley Must	1:08.74	

## Event 303 M45 400 Meter Run

Name	Age Team	Finals	Points
1 1087 Galo, Alexander	M46 Unattached B	1:00.01	
2 1110 Fehr, Dan	M47 Vernon Amate	1:02.75	

## Event 303 M50 400 Meter Run

Name	Age Team	Finals	Points
1 1038 Cheng, Bob M.	M52 Kajaks Track	1:07.40	

## Event 303 M65 400 Meter Run

Name	Age	Team	Finals	Points
1 1033 Winfield, John	M66	Greyhounds T	1:09.65	
2 1027 Shah, Surinder	M69	Greyhounds T	1:16.06	

Event 304 M35 800 Meter Run

Name	Age	Team	Finals	Points
1 1082 Bienefeld, Andy	M37	Unattached B	2:25.71	

Event 304 M50 800 Meter Run

Name	Age	Team	Finals	Points
1 1100 Smillie, Malcolm	M52	Unattached B	2:28.79	

Event 304 M55 800 Meter Run

Name	Age	Team	Finals	Points
1 1107 Carscadden, Gordon	M56	Vancouver FA	2:20.82	

Event 304 M60 800 Meter Run

Name	Age	Team	Finals	Points
1 1043 Hosford, Stephen P	M61	Kajaks Track	2:31.29	
2 1048 Pawluk, Fred	M64	Kajaks Track	2:41.90	
3 1060 Jordan, John	M62	Ocean Athlet	2:45.99	

Event 304 M70 800 Meter Run

Name	Age	Team	Finals	Points
1 1034 Adams, Barry F.	M70	Hershey Harr	3:06.93	

Event 304 M85 800 Meter Run

Name	Age	Team	Finals	Points
1 1103 Thompson, Harry	M89	Unattached B	4:57.56	

Event 305 M40 1500 Meter Run

Name	Age	Team	Finals	Points
1 1006 Titov, Mikhail	M44	Elite Track	4:38.66	
2 1008 Hennessy, Chris	M43	Golden Ears	5:02.97	

Event 305 M45 1500 Meter Run

Name	Age	Team	Finals	Points
1 1099 Nelson, Carey	M49	Unattached B	4:26.81	
2 1010 Tinkham, Norman	M49	Golden Ears	4:42.41	
3 1077 Kornelsen, Kevin	M49	Unattached	4:51.85	

Event 305 M50 1500 Meter Run

Name	Age	Team	Finals	Points
1 1289 Christie, Gordon K	M50	Prairie Inn	4:56.80	



2 1100 Smillie, Malcolm M52 Unattached B 4:58.83

Event 305 M55 1500 Meter Run

Name	Age Team	Finals	Points
1 1107 Carscadden, Gordon	M56 Vancouver FA	4:54.09	

Event 305 M60 1500 Meter Run

Name	Age Team	Finals	Points
1 1043 Hosford, Stephen P	M61 Kajaks Track	5:20.07	
2 1048 Pawluk, Fred	M64 Kajaks Track	5:32.61	
3 1060 Jordan, John	M62 Ocean Athlet	5:45.19	

Event 306 M40 3000 Meter Run

Name	Age Team	Finals	Points
1 1006 Titov, Mikhail	M44 Elite Track	10:11.52	

Event 306 M55 3000 Meter Run

Name	Age Team	Finals	Points
1 Reimer, Paul	M57 Unattached B	10:45.48	
2 1003 Wichmann, Ron	M57 Chilliwack T	11:55.26	

Event 306 M60 3000 Meter Run

Name	Age Team	Finals	Points
1 1023 Naranjo, Orlando	M63 Greyhounds T	13:41.02	

Event 309 M35 110 Short Hurdles 39 "

Name	Age Team	Finals	Wind	Points
1 1095 McLaren, Douglas	M36 Unattached B	15.44	NWI	

Event 311 M65 100 Short Hurdles 33 "

Name	Age Team	Finals	Wind	Points
1 1037 Brewer, Jess H.	M66 Kajaks Track	20.47	NWI	

Event 314 M40 400 Long Hurdles 36 :"

Name	Age Team	Finals	Points
1 1054 Trummler, Eric	M43 Langley Must	1:16.36	

Event 318 M50 Long Jump

Name	Age Team	Finals	Wind	Points
1 1009 Lloyd, Rick	M53 Golden Ears	4.42m	0.6	

Event 318 M60 Long Jump

Name	Age Team	Finals	Wind	Points
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1	1091	Hawkins, John F.	M63	Unattached	B	4.37m	1.7
2	1026	Sandhu, Hardev Sin	M63	Greyhounds	T	3.16m	0.9

Event 318 M65 Long Jump

Name	Age	Team	Finals	Wind	Points		
1	1019	Lamothe, Grant G.	M68	Greyhounds	T	2.74m	0.3

Event 318 M70 Long Jump

Name	Age	Team	Finals	Wind	Points		
1	1066	East, Les	M72	Peninsula	TR	3.43m	0.6
2	1034	Adams, Barry F.	M70	Hershey	Harr	2.98m	1.8

Event 318 M80 Long Jump

Name	Age	Team	Finals	Wind	Points		
1	1068	Chalmers, Gordon L	M83	Penticton	AT	2.61m	NWI
2	1053	Thiessen, Ike	M83	Langley	Must	2.13m	+0.0

Event 318 M85 Long Jump

Name	Age	Team	Finals	Wind	Points		
1	1025	Robson, Leslie	M85	Greyhounds	T	1.66m	0.1

Event 319 M40 High Jump

Name	Age	Team	Finals	Points		
1	1054	Trummler, Eric	M43	Langley	Must	1.50m

Event 319 M45 High Jump

Name	Age	Team	Finals	Points		
1	1078	Rick, Scott	M49	Unattached		1.70m

Event 319 M60 High Jump

Name	Age	Team	Finals	Points		
1	1091	Hawkins, John F.	M63	Unattached	B	1.60m
2	1112	McKay, Bob	M62	Penticton	AT	1.25m
3	1031	Ulis, David	M64	Greyhounds	T	1.20m

Event 319 M65 High Jump

Name	Age	Team	Finals	Points		
1	1019	Lamothe, Grant G.	M68	Greyhounds	T	1.05m

Event 319 M70 High Jump

Name	Age	Team	Finals	Points		
1	1066	East, Les	M72	Peninsula	TR	1.20m
2	1034	Adams, Barry F.	M70	Hershey	Harr	1.10m

Event 320 M40 Triple Jump

Name	Age Team	Finals	Wind Points
1 1029 Tshinyama, Paul	M41 Greyhounds T	10.78m	0.3

Event 320 M45 Triple Jump

Name	Age Team	Finals	Wind Points
1 1061 Maguire, Hugh	M48 Ocean Athlet	11.77m	+0.0

Event 320 M50 Triple Jump

Name	Age Team	Finals	Wind Points
1 1009 Lloyd, Rick	M53 Golden Ears	8.56m	0.3

Event 320 M55 Triple Jump

Name	Age Team	Finals	Wind Points
1 1291 Kosierib, Marcel	M55 Unattached B	9.47m	0.3

Event 320 M60 Triple Jump

Name	Age Team	Finals	Wind Points
1 1026 Sandhu, Hardev Sin	M63 Greyhounds T	7.22m	+0.0

Event 320 M65 Triple Jump

Name	Age Team	Finals	Wind Points
1 1037 Brewer, Jess H.	M66 Kajaks Track	8.02m	+0.0

Event 320 M70 Triple Jump

Name	Age Team	Finals	Wind Points
1 1066 East, Les	M72 Peninsula TR	7.63m	+0.0

Event 320 M80 Triple Jump

Name	Age Team	Finals	Wind Points
1 1068 Chalmers, Gordon L	M83 Penticton AT	5.83m	0.1

Event 320 M85 Triple Jump

Name	Age Team	Finals	Wind Points
1 1025 Robson, Leslie	M85 Greyhounds T	4.37m	+0.0

Event 321 M35 Discus Throw 2-1.5-1k

Name	Age Team	Finals	Points
1 1007 Haintz, Vlad	M37 Golden Ears	22.57m	

Event 321 M40 Discus Throw 2-1.5-1k

Name	Age Team	Finals	Points
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1	1081	Bhandal, Ranjit Si	M44	Unattached B	30.42m
2	1102	Sulaver, Aleksanda	M44	Unattached B	26.05m

Event 321 M50 Discus Throw 2-1.5-1k

Name	Age	Team	Finals	Points
1	1113	Lutes, Gary	M50 Unattached B	31.66m
2	1005	Montgomery, Alan	M51 Coquitlam CH	30.97m

Event 321 M55 Discus Throw 2-1.5-1k

Name	Age	Team	Finals	Points
1	1094	McDonald, Dave N.	M58 Unattached B	32.04m

Event 321 M60 Discus Throw 2-1.5-1k

Name	Age	Team	Finals	Points
1	1112	McKay, Bob	M62 Penticton AT	34.63m
2	1031	Ulis, David	M64 Greyhounds T	30.81m
3	1026	Sandhu, Hardev Sin	M63 Greyhounds T	21.58m

Event 321 M65 Discus Throw 2-1.5-1k

Name	Age	Team	Finals	Points
1	1104	Townsend, Ken A.	M67 Unattached B	31.98m
2	1022	Morioka, Harold	M69 Greyhounds T	28.69m

Event 321 M70 Discus Throw 2-1.5-1k

Name	Age	Team	Finals	Points
1	1096	Miyoshi, Mike	M71 Unattached B	33.74m
2	1066	East, Les	M72 Peninsula TR	30.43m
3	1015	Dhillon, Bakhshish	M74 Greyhounds T	26.85m

Event 321 M75 Discus Throw 2-1.5-1k

Name	Age	Team	Finals	Points
1	1069	MC Donald, Bruce	M78 Penticton AT	18.03m

Event 322 M50 Hammer Throw 6-5-4-3k

Name	Age	Team	Finals	Points
1	1113	Lutes, Gary	M50 Unattached B	25.82m

Event 322 M55 Hammer Throw 6-5-4-3k

Name	Age	Team	Finals	Points
1	1094	McDonald, Dave N.	M58 Unattached B	34.74m

Event 322 M60 Hammer Throw 6-5-4-3k

Name	Age	Team	Finals	Points
1	1112	McKay, Bob	M62 Penticton AT	30.51m
2	1031	Ulis, David	M64 Greyhounds T	28.10m

3 1026 Sandhu, Hardev Sin M63 Greyhounds T 27.21m

Event 322 M65 Hammer Throw 6-5-4-3k

Name	Age Team	Finals	Points
1 1000 Mathews, George	M68 U S A	44.77m	
2 1104 Townsend, Ken A.	M67 Unattached B	29.27m	

Event 322 M70 Hammer Throw 6-5-4-3k

Name	Age Team	Finals	Points
1 1066 East, Les	M72 Peninsula TR	30.33m	
2 1015 Dhillon, Bakhshish	M74 Greyhounds T	29.99m	

Event 322 M75 Hammer Throw 6-5-4-3k

Name	Age Team	Finals	Points
1 1069 MC Donald, Bruce	M78 Penticton AT	19.53m	

Event 322 M80 Hammer Throw 6-5-4-3k

Name	Age Team	Finals	Points
1 1053 Thiessen, Ike	M83 Langley Must	16.14m	

Event 323 M40 Javelin Throw 8-7-6-5-400g

Name	Age Team	Finals	Points
1 1297 Harrower, William	M40 Unattached B	27.20m	

Event 323 M50 Javelin Throw 8-7-6-5-400g

Name	Age Team	Finals	Points
1 1113 Lutes, Gary	M50 Unattached B	36.96m	
2 1042 Hills, David	M51 Kajaks Track	21.27m	

Event 323 M55 Javelin Throw 8-7-6-5-400g

Name	Age Team	Finals	Points
1 1094 McDonald, Dave N.	M58 Unattached B	38.74m	

Event 323 M60 Javelin Throw 8-7-6-5-400g

Name	Age Team	Finals	Points
1 1091 Hawkins, John F.	M63 Unattached B	33.70m	
2 1112 McKay, Bob	M62 Penticton AT	30.80m	
3 1031 Ulis, David	M64 Greyhounds T	27.05m	

Event 323 M65 Javelin Throw 8-7-6-5-400g

Name	Age Team	Finals	Points
1 1071 Ukonmaanaho, Tuoma	M67 Prince Georg	31.74m	
2 1104 Townsend, Ken A.	M67 Unattached B	29.39m	
3 1019 Lamothe, Grant G.	M68 Greyhounds T	27.09m	

## Event 323 M70 Javelin Throw 8-7-6-5-400g

Name	Age Team	Finals	Points
1 1096 Miyoshi, Mike	M71 Unattached B	31.66m	
2 1034 Adams, Barry F.	M70 Hershey Harr	25.21m	
3 1066 East, Les	M72 Peninsula TR	18.82m	
4 1035 Agnew, George	M73 Kajaks Track	15.54m	

## Event 323 M75 Javelin Throw 8-7-6-5-400g

Name	Age Team	Finals	Points
1 1069 MC Donald, Bruce	M78 Penticton AT	12.36m	

## Event 323 M80 Javelin Throw 8-7-6-5-400g

Name	Age Team	Finals	Points
1 1053 Thiessen, Ike	M83 Langley Must	11.08m	

## Event 324 M35 Shot Put 7.26-6-5-4-3

Name	Age Team	Finals	Points
1 1007 Haintz, Vlad	M37 Golden Ears	8.84m	

## Event 324 M40 Shot Put 7.26-6-5-4-3

Name	Age Team	Finals	Points
1 1297 Harrower, William	M40 Unattached B	8.09m	
2 1102 Sulaver, Aleksanda	M44 Unattached B	7.52m	

## Event 324 M50 Shot Put 7.26-6-5-4-3

Name	Age Team	Finals	Points
1 1005 Montgomery, Alan	M51 Coquitlam CH	11.12m	

## Event 324 M55 Shot Put 7.26-6-5-4-3

Name	Age Team	Finals	Points
1 1094 McDonald, Dave N.	M58 Unattached B	10.42m	

## Event 324 M60 Shot Put 7.26-6-5-4-3

Name	Age Team	Finals	Points
1 1091 Hawkins, John F.	M63 Unattached B	11.71m	
2 1112 McKay, Bob	M62 Penticton AT	10.89m	
3 1031 Ulis, David	M64 Greyhounds T	10.36m	

## Event 324 M65 Shot Put 7.26-6-5-4-3

Name	Age Team	Finals	Points
1 1104 Townsend, Ken A.	M67 Unattached B	9.78m	
2 1071 Ukonmaanaho, Tuoma	M67 Prince Georg	9.75m	
3 1019 Lamothe, Grant G.	M68 Greyhounds T	8.92m	

## Event 324 M70 Shot Put 7.26-6-5-4-3

Name	Age	Team	Finals	Points
1 1015 Dhillon, Bakhshish	M74	Greyhounds T	8.93m	
2 1034 Adams, Barry F.	M70	Hershey Harr	8.86m	
3 1066 East, Les	M72	Peninsula TR	8.14m	
4 1035 Agnew, George	M73	Kajaks Track	6.90m	

Event 324 M75 Shot Put 7.26-6-5-4-3

Name	Age	Team	Finals	Points
1 1069 MC Donald, Bruce	M78	Penticton AT	5.09m	

Event 325 M55 Weight Throw

Name	Age	Team	Finals	Points
1 1094 McDonald, Dave N.	M58	Unattached B	14.88m	

Event 325 M60 Weight Throw

Name	Age	Team	Finals	Points
1 1091 Hawkins, John F.	M63	Unattached B	13.29m	
2 1031 Ullis, David	M64	Greyhounds T	12.06m	
3 1112 McKay, Bob	M62	Penticton AT	12.04m	
4 1026 Sandhu, Hardev Sin	M63	Greyhounds T	11.75m	

Event 325 M65 Weight Throw

Name	Age	Team	Finals	Points
1 1000 Mathews, George	M68	U S A	16.64m	
2 1104 Townsend, Ken A.	M67	Unattached B	12.52m	

Event 325 M70 Weight Throw

Name	Age	Team	Finals	Points
1 1015 Dhillon, Bakhshish	M74	Greyhounds T	13.30m	

Event 325 M75 Weight Throw

Name	Age	Team	Finals	Points
1 1069 MC Donald, Bruce	M78	Penticton AT	6.63m	

Event 326 M45 Pole Vault

Name	Age	Team	Finals	Points
1 1286 Van Ryswyk, Len	M48	South Fraser	3.20m	

Event 326 M60 Pole Vault

Name	Age	Team	Finals	Points
1 1091 Hawkins, John F.	M63	Unattached B	3.00m	
2 1026 Sandhu, Hardev Sin	M63	Greyhounds T	1.50m	

Event 326 M65 Pole Vault

Name	Age Team	Finals	Points
1 1071 Ukonmaanaho, Tuoma	M67 Prince Georg	1.80m	

Event 327 M40 4x100 Meter Relay

Team	Finals	Points
1 Greyhounds Track & Field 'A'	47.74	

Event 362 M35 3000 Meter Race Walk

Name	Age Team	Finals	Points
1 1072 Babenko, Dmitry	M39 Racewalk Wes	13:49.52	

Event 362 M60 3000 Meter Race Walk

Name	Age Team	Finals	Points
1 1073 Dragomir, Gerald	M60 Racewalk Wes	16:11.89	

Event 363 W40 3000 Meter Race Walk

Name	Age Team	Finals	Points
1 1017 Hammond, Nardene	W40 Greyhounds T	15:40.76	

Event 363 W65 3000 Meter Race Walk

Name	Age Team	Finals	Points
1 1090 Halcrow, Ellie	W65 Unattached B	18:47.30	