

**2013 Valley Royals Invitational**  
**Jane and Gerry Swan Track, Rotary Stadium**  
**Results**

**Girls 14-15 Discus Throw 1kg**

Name	Age Team	Finals
Finals		
1 BHANDAL, GURLEEN	15 KAJAKS TRACK	32.50m
2 WILLING, TASHA	15 VALLEY ROYAL	30.29m

**Women 14-15 100 Meter Dash MIDGET**

Name	Age Team	Finals	Wind
1 PATERSON, GEORGIA	15 SOUTH FRASER	13.18	3.1
2 RASTAD, EMMA	14 NORWESTERS T	13.22	3.1
3 CHOW, CHERYL	15 UNATTACHED B	13.38	3.1
4 SHANE, MEGAN	14 LANGLEY MUSTANGS	13.90	3.1
5 TYNDALL, HANA	14 COQUITLAM CHEETAHS	14.20	3.1
6 LAMBA, NOORPREET	14 SOUTH FRASER	15.63	3.1

**Women 16-17 100 Meter Dash YOUTH**

Name	Age Team	Prelims	Wind	H#
Preliminaries				
1 TJERNAGEL, RAQUEL	16 COQUITLAM CHEETAHS	12.15q	2.3	2
2 VOLOSHIN, DIANA	16 NORWESTERS T	12.68q	2.3	2
3 GIBSON, HAILEY	17 VALLEY ROYAL	12.85q	2.8	1
4 CRIVELLO, KATHERINE	16 VALLEY ROYAL	13.18q	2.8	1
5 MCCLURE, DAISY	17 LANGLEY MUSTANGS	13.27q	2.8	1
6 GEARY, CAITLIN	17 VALLEY ROYAL	13.46q	2.8	1
7 PIERS, AMBER	16 VALLEY ROYAL	13.49q	2.3	2
8 LAKTIONOVA, ANNA	17 NORWESTERS T	14.12q	2.3	2
9 PALMER, KATRINA	16 VALLEY ROYAL	14.48	2.3	2

**Women 16-17 100 Meter Dash YOUTH**

Name	Age Team	Finals	Wind
Finals			
1 TJERNAGEL, RAQUEL	16 COQUITLAM CHEETAHS	12.00	2.7
2 VOLOSHIN, DIANA	16 NORWESTERS T	12.58	2.7
3 GIBSON, HAILEY	17 VALLEY ROYAL	12.91	2.7
4 CRIVELLO, KATHERINE	16 VALLEY ROYAL	13.19	2.7
5 MCCLURE, DAISY	17 LANGLEY MUSTANGS	13.41	2.7
6 GEARY, CAITLIN	17 VALLEY ROYAL	13.50	2.7
7 PIERS, AMBER	16 VALLEY ROYAL	13.52	2.7

**Women 18-19 100 Meter Dash**

Name	Age Team	Finals	Wind
1 ELLENWOOD, GEORGIA	18 LANGLEY MUSTANGS	12.19	1.7
2 WIN, SAJEDA	18 VANCOUVER TH	12.55	1.7
3 AYESU-ATTAH, ESINAM	19 COQUITLAM CHEETAHS	12.56	1.7
4 GIESBRECHT, ALLISON	18 LANGLEY MUSTANGS	12.97	1.7
5 MOMOH, SUDIE	19 PACIFIC ATHLETICS	13.05	1.7
6 FEDOR, KYE	18 NORWESTERS T	13.19	1.7

**2013 Valley Royals Invitational**  
**Jane and Gerry Swan Track, Rotary Stadium**  
**Results**

**Women 20-99 100 Meter Dash**

Name	Age Team	Finals	Wind
1 ADANDE, KARIN	27 NORWESTERS T	12.64	1.7

**Women 16-17 400 Meter Dash YOUTH**

Name	Age Team	Finals
1 SWAFFIELD, EMMA	17 VANCOUVER TH	59.41
2 PIERS, AMBER	16 VALLEY ROYAL	1:04.02
3 GEARY, CAITLIN	17 VALLEY ROYAL	1:08.02
4 PALMER, KATRINA	16 VALLEY ROYAL	1:13.96
5 RIESEN, ERIN	16 VALLEY ROYAL	1:22.47

**Women 18-19 400 Meter Dash JR SR**

Name	Age Team	Finals
1 CRYDERMAN, NATALIE	18 VANCOUVER TH	1:02.87

**Women 20-99 400 Meter Dash JR SR**

Name	Age Team	Finals
1 ATKIN, CASEY	20 PACIFIC ATHLETICS	56.42
2 ADANDE, KARIN	27 NORWESTERS T	59.62

**Women 14-15 800 Meter Run MIDGET**

Name	Age Team	Finals
1 STEER, DANIELLE	14 OCEAN ATHLETICS	2:26.20
2 SHELLARD, KELSEY	15 NORWESTERS T	2:40.88
3 PIERS, SYDNEE	14 VALLEY ROYAL	2:42.18
4 PATERSON, CAMILLE	15 SOUTH FRASER	2:59.27
5 LAMBA, NOORPREET	14 SOUTH FRASER	3:07.13

**Women 16-17 800 Meter Run**

Name	Age Team	Finals
1 LATURNUS, CASSIE	16 OKANAGAN ATH	2:26.38
2 FAGAN, VERONIKA	16 OKANAGAN ATH	2:29.74
3 CELEBI, MINE	17 VANCOUVER TH	2:33.44

**Women 18-99 800 Meter Run**

Name	Age Team	Finals
1 SIEMENS, ALEXANDRA	18 VALLEY ROYAL	2:19.80
2 BALBOSA, CHELSEA	21 UNATTACHED B	2:22.44
3 DE FAYE, AMANDA	21 VANCOUVER TH	2:32.63
4 HEISLER, ASHLEY	18 VALLEY ROYAL	2:35.02
5 LAY, JENNAH	18 VANCOUVER TH	2:40.25

**2013 Valley Royals Invitational**  
**Jane and Gerry Swan Track, Rotary Stadium**  
**Results**

**Women 14-15 1200 Meter Run MIDGET**

Name	Age	Team	Finals
1 CHARLTON, CALLI	15	VANCOUVER TH	3:53.26
2 SHELLARD, KELSEY	15	NORWESTERS T	4:09.41
3 BOPARAI, JOLDENJEET	15	OCEAN ATHLETICS	4:14.88
4 LEE, MELISSA	15	NORWESTERS T	4:54.33

**Women 16-17 1500 Meter Run**

Name	Age	Team	Finals
1 FAGAN, VERONIKA	16	OKANAGAN ATH	4:59.48
2 ROSS, SARYA	17	VALLEY ROYAL	5:00.22
3 LATURNUS, CASSIE	16	OKANAGAN ATH	5:13.69
4 JOHNSON, ERICA	16	VALLEY ROYAL	5:44.21

**Women 18-99 1500 Meter Run**

Name	Age	Team	Finals
1 EDEER, NAZDE	18	VANCOUVER TH	5:19.06

**Women 14-15 80 Meter Hurdles 30"**

Name	Age	Team	Finals	Wind
1 MOORE, TOSHA	15	SOUTH FRASER	12.21	3.1
2 RASTAD, EMMA	14	NORWESTERS T	12.38	3.1
3 BEKAR, KIANA	15	OCEAN ATHLETICS	12.45	3.1
4 CHAMPOUX, MEGAN	14	LANGLEY MUSTANGS	13.18	3.1
5 PAULEY, JACLYN	15	LANGLEY MUSTANGS	13.22	3.1
6 SHANE, MEGAN	14	LANGLEY MUSTANGS	13.27	3.1
7 TYNDALL, HANA	14	COQUITLAM CHEETAHS	13.28	3.1
8 KONRAD, HANNAH	15	VALLEY ROYAL	13.41	3.1

**Women 16-17 100 Meter Hurdles 30"**

Name	Age	Team	Finals	Wind
1 VOLOSHIN, DIANA	16	NORWESTERS T	14.41	3.6
2 GILBERT, TYRA	17	VERNON AMATE	14.78	3.6
3 CHO, STEPHANIE	16	VANCOUVER OL	14.83	3.6
4 BEATON, HANNAH	17	LANGLEY MUSTANGS	16.28	3.6
5 PAULS, SOPHIE	16	VANCOUVER TH	16.32	3.6

**Women 18-19 100 Meter Hurdles 30"**

Name	Age	Team	Finals	Wind
1 FEDOR, KYE	18	NORWESTERS T	15.04	3.6

**2013 Valley Royals Invitational**  
**Jane and Gerry Swan Track, Rotary Stadium**  
**Results**

**Women 20-99 100 Meter Hurdles 30"**

Name	Age	Team	Finals	Wind
1 KLIPPENSTEIN, AISHA	20	VALLEY ROYAL	14.38	3.6

**Women 14-15 200 Meter Hurdles MIDGET**

Name	Age	Team	Finals	Wind
1 MOORE, TOSHA	15	SOUTH FRASER	29.01	2.1
2 CHAMPOUX, MEGAN	14	LANGLEY MUSTANGS	29.31	2.1
3 BEKAR, KIANA	15	OCEAN ATHLETICS	31.14	2.1
4 KONRAD, HANNAH	15	VALLEY ROYAL	31.16	2.1

**Women 16-17 300 Meter Hurdles 30"**

Name	Age	Team	Finals
1 CHO, STEPHANIE	16	VANCOUVER OL	46.47
2 STEWART, MACKENZIE	17	NORWESTERS T	49.39
3 PIERS, AMBER	16	VALLEY ROYAL	49.94

**Women 14-15 High Jump MID**

Name	Age	Team	Finals
1 AQUILINI, GABRIELA	15	VANCOUVER TH	1.50m

**Women 16-17 High Jump YOUTH**

Name	Age	Team	Finals
1 STEWART, MACKENZIE	17	NORWESTERS T	1.50m
2 LAKTIONOVA, ANNA	17	NORWESTERS T	1.35m
-- NEVEU, TAYLOR	17	OCEAN ATHLETICS	NH

**Women 18-99 High Jump JR SR**

Name	Age	Team	Finals
1 SMITHSON, SHELBY	19	LANGLEY MUSTANGS	1.60m

**Women 14-15 Pole Vault**

Name	Age	Team	Finals
1 CHAMPOUX, MEGAN	14	LANGLEY MUSTANGS	2.10m
2 LAPOINTE, MAKAILA	15	VALLEY ROYAL	2.00m

**Women 16-17 Pole Vault**

Name	Age	Team	Finals
1 TAEKEMA, CATHERINE	17	VALLEY ROYAL	2.75m
-- CRIVELLO, KATHERINE	16	VALLEY ROYAL	NH

**2013 Valley Royals Invitational**  
**Jane and Gerry Swan Track, Rotary Stadium**  
**Results**

**Women 18-19 Pole Vault**

Name	Age	Team	Finals
1 VAN RYSWYK, KATHRYN	18	OCEAN ATHLETICS	3.45m

**Women 18-19 Long Jump**

Name	Age	Team	Finals	Wind
1 SUTHERLAND, CAROLYN	19	LANGLEY MUSTANGS	5.85m	2.1
2 ELLENWOOD, GEORGIA	18	LANGLEY MUSTANGS	5.77m	1.8
3 SMITHSON, SHELBY	19	LANGLEY MUSTANGS	5.07m	2.2
4 BROWN, ELLA	18	VERNON AMATE	4.81m	1.3

**Women 20-35 Long Jump**

Name	Age	Team	Finals	Wind
1 KLIPPENSTEIN, AISHA	20	VALLEY ROYAL	5.54m	1.8

**Women 14-15 Triple Jump MID**

Name	Age	Team	Finals	Wind
1 FORSYTH, MARIE LOUISE	14	LANGLEY MUSTANGS	10.31m	2.7
2 KONRAD, HANNAH	15	VALLEY ROYAL	10.23m	1.4
3 CHOW, CHERYL	15	UNATTACHED B	10.05m	2.6
4 BEKAR, KIANA	15	OCEAN ATHLETICS	9.85m	2.2

**Women 16-17 Triple Jump YOUTH**

Name	Age	Team	Finals	Wind
1 POON, MEGAN	16	WEST VANCOUV	9.54m	1.2

**Women 18-19 Triple Jump**

Name	Age	Team	Finals	Wind
1 BROWN, ELLA	18	VERNON AMATE	11.46m	3.8
2 KOBLUN, MEGAN	18	PACIFIC ATHLETICS	10.67m	1.1
3 KAVELAARS, RUTH-ANNE	18	PACIFIC ATHLETICS	10.35m	1.9

**Women 14-15 Shot Put 3 kg MID**

Name	Age	Team	Finals
1 WILLING, TASHA	15	VALLEY ROYAL	11.59m
2 ROGERS (TONEY), CAMRYN	14	KAJAKS TRACK	9.76m

**Women 16-17 Shot Put 3 Kg**

Name	Age	Team	Finals
1 BEATON, HANNAH	17	LANGLEY MUSTANGS	9.95m
2 BUCKINGHAM, ROBYN	16	LANGLEY MUSTANGS	9.87m

**2013 Valley Royals Invitational**  
**Jane and Gerry Swan Track, Rotary Stadium**  
**Results**

**Women 18-19 Shot Put 4 kg**

Name	Age	Team	Finals
1 ELLENWOOD, GEORGIA	18	LANGLEY MUSTANGS	10.78m

**Women 20-99 Shot Put 4 kg**

Name	Age	Team	Finals
1 STRODA, VERENA	43	UNATTACHED B	10.36m
2 MURBY, VANESSA	28	VANCOUVER TH	8.53m

**Women 16-17 Discus Throw 1 k**

Name	Age	Team	Finals
1 DOSANJH, PRABHJIT	17	UNATTACHED B	35.33m
2 WOLCZYK, BRITTONI	16	LANGLEY MUSTANGS	33.72m
3 GREWAL, MANPREET	17	VALLEY ROYAL	32.84m
4 COVINGTON, AUTUMN	16	KAJAKS TRACK	31.73m
5 ROKITTE, KARIN	16	NORWESTERS T	26.05m

**Women 20-99 Discus Throw 1kg**

Name	Age	Team	Finals
1 PATTERSON, MIKAELA	21	VALLEY ROYAL	40.11m
2 STRODA, VERENA	43	UNATTACHED B	31.33m

**Women 13-15 Hammer Throw 3 kg MID**

Name	Age	Team	Finals
1 WILLING, TASHA	15	VALLEY ROYAL	48.18m
2 ROGERS (TONEY), CAMRYN	14	KAJAKS TRACK	46.95m
3 BHANDAL, GURLEEN	15	KAJAKS TRACK	37.25m

**Women 16-17 Hammer Throw 3 kg**

Name	Age	Team	Finals
1 GREWAL, MANPREET	17	VALLEY ROYAL	54.36m
2 RASCHE, TEAGAN	16	LANGLEY MUSTANGS	53.64m
3 COVINGTON, AUTUMN	16	KAJAKS TRACK	47.25m
4 BOPARAI, JASJEET	17	OCEAN ATHLETICS	31.01m

**Women 18-19 Hammer Throw 4 kg**

Name	Age	Team	Finals
1 DERKER, BREANNA	19	KTFC	45.45m
2 MERENYI, EVA	18	KAJAKS TRACK	30.93m

**2013 Valley Royals Invitational**  
**Jane and Gerry Swan Track, Rotary Stadium**  
**Results**

**Women 20-99 Hammer Throw 4 kg**

Name	Age Team	Finals
1 FRIZELL, SULTANA	29 OTTAWA LIONS	70.52m

**Women 16-17 Javelin Throw 600g**

Name	Age Team	Finals
1 BEATON, HANNAH	17 LANGLEY MUSTANGS	42.44m
2 RASCHE, TEAGAN	16 LANGLEY MUSTANGS	42.22m
3 WOLCZYK, BRITTONI	16 LANGLEY MUSTANGS	41.66m
4 BUCKINGHAM, ROBYN	16 LANGLEY MUSTANGS	35.19m
5 ROKITTE, KARIN	16 NORWESTERS T	31.93m
6 VOLOSHIN, DIANA	16 NORWESTERS T	26.53m
7 PAULS, SOPHIE	16 VANCOUVER TH	26.31m
8 POON, MICHELLE	17 WEST VANCOUV	25.38m
9 LAKTIONOVA, ANNA	17 NORWESTERS T	20.26m

**Women 18-99 Javelin Throw 600g**

Name	Age Team	Finals
1 PERKINS, TIFFANY	22 LANGLEY MUSTANGS	52.18m

**Men 14-15 100 Meter Dash MIDGET**

Name	Age Team	Prelims	Wind	H#
Preliminaries				
1 SANCHEZ-MEJORDA, JAVIER	15 VANCOUVER COLLEGE	11.84Q	2.2	2
2 SETTER, CARSON	15 VALLEY ROYAL	11.95Q	2.7	1
3 DELA CRUZ, ALFRED	14 VANCOUVER COLLEGE	12.08Q	2.7	1
4 AKPATA, ALEX	15 VANCOUVER COLLEGE	12.16Q	2.2	2
5 KING, NATHAN	14 LANGLEY MUSTANGS	12.30Q	2.7	1
6 MILUTINOVIC, NIKOLA	15 NEW WEST SPA	12.63Q	2.2	2
7 KABIA, BENJAMIN	14 SOUTH FRASER	12.83Q	2.2	2
8 MACDONALD, BENNETT	14 LANGLEY MUSTANGS	13.58Q	2.7	1
9 PETSCHER, JOSHUA	15 SOUTH FRASER	13.93	2.2	2

**Men 14-15 100 Meter Dash MIDGET**

Name	Age Team	Finals	Wind
Finals			
1 SANCHEZ-MEJORDA, JAVIER	15 VANCOUVER COLLEGE	11.87	2.2
2 DELA CRUZ, ALFRED	14 VANCOUVER COLLEGE	12.07	2.2
3 KING, NATHAN	14 LANGLEY MUSTANGS	12.19	2.2
4 MILUTINOVIC, NIKOLA	15 NEW WEST SPA	12.81	2.2

**Men 16-17 100 Meter Dash**

Name	Age Team	Prelims	Wind
Preliminaries			
1 CHOBOTER, ZACH	17 VALLEY ROYAL	11.40Q	1.5

**2013 Valley Royals Invitational**  
**Jane and Gerry Swan Track, Rotary Stadium**  
**Results**

**....Men 16-17 100 Meter Dash**

2	RUDMAN, COLIN	17	SOUTH FRASER	11.67Q	1.5
---	---------------	----	--------------	--------	-----

**Men 16-17 100 Meter Dash**

Name	Age	Team	Finals	Wind
------	-----	------	--------	------

## Finals

1	CHOBOTER, ZACH	17	VALLEY ROYAL	11.40	1.5
2	RUDMAN, COLIN	17	SOUTH FRASER	11.67	1.5

**Men 18-19 100 Meter Dash JR SR**

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

## Preliminaries

1	TAYLOR-LEWIS, TUNJI	19	COQUITLAM CHEETAHS	11.32q	2.8	1
2	WILKINSON, ETHAN	18	LANGLEY MUSTANGS	11.76q	2.8	1
3	HARRISON, CONNOR	18	VALLEY ROYAL	11.79q	2.8	2

**Men 18-19 100 Meter Dash JR SR**

Name	Age	Team	Finals	Wind
------	-----	------	--------	------

## Finals

1	TAYLOR-LEWIS, TUNJI	19	COQUITLAM CHEETAHS	11.30	2.1
2	HARRISON, CONNOR	18	VALLEY ROYAL	11.66	2.1

**Men 20-99 100 Meter Dash JR SR**

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

## Preliminaries

1	OAMEN, CHARLES	39	OCEAN ATHLETICS	11.42q	2.8	2
2	FAUST, ERIC	23	PACIFIC ATHLETICS	11.52q	2.8	1
3	GILL, SUNNY	22	VALLEY ROYAL	11.86q	2.8	2
4	POWRIE, JACOB	20	VANCOUVER TH	12.40q	2.8	2
5	PRICE, JOHANNES	21	VALLEY ROYAL	12.50q	2.8	1
6	KANG, MIKE	50	TRI-CITY GREYHOUNDS	13.29q	2.8	1

**Men 20-99 100 Meter Dash JR SR**

Name	Age	Team	Finals	Wind	H#
------	-----	------	--------	------	----

## Finals

1	OAMEN, CHARLES	39	OCEAN ATHLETICS	11.40	2.1	1
2	FAUST, ERIC	23	PACIFIC ATHLETICS	11.46	2.1	1
3	GILL, SUNNY	22	VALLEY ROYAL	11.93	2.1	1
4	PRICE, JOHANNES	21	VALLEY ROYAL	12.64	2.1	1
5	KANG, MIKE	50	TRI-CITY GREYHOUNDS	13.51	2.1	1

**Men 14-15 300 Meter Dash MIDGET**

Name	Age	Team	Finals
------	-----	------	--------

1	SANCHEZ-MEJORDA, JAVIER	15	VANCOUVER COLLEGE	38.99
---	-------------------------	----	-------------------	-------



**2013 Valley Royals Invitational**  
**Jane and Gerry Swan Track, Rotary Stadium**  
**Results**

**...Men 14-15 300 Meter Dash MIDGET**

2	POZZOLO, ALESSANDRO	15	BC ATHLETICS	40.24
3	DELA CRUZ, ALFRED	14	VANCOUVER COLLEGE	41.74
4	MILUTINOVIC, NIKOLA	15	NEW WEST SPA	42.86
5	THAYAKAANTHAN, HARRESH	14	VANCOUVER COLLEGE	45.24

**Men 16-17 400 Meter Dash YOUTH**

Name	Age	Team	Finals
1 KITS, AIDAN	17	LANGLEY MUSTANGS	52.03
2 TRUMMER, MAX	17	VANCOUVER TH	52.42
3 GETTY, ETHAN	16	PACIFIC ATHLETICS	53.24
4 ALLEIN, MARTIN	16	LANGLEY MUSTANGS	54.58
5 NICOLASORA, KYNE	16	UNATTACHED B	56.74
6 LUCERO, JOSEPH	17	LANGLEY MUSTANGS	56.98

**Men 18-19 400 Meter Dash JR SR**

Name	Age	Team	Finals
1 SZEREMETA, SEAN	18	VANCOUVER TH	51.80
2 ROSLER, JEROME	19	COQUITLAM CHEETAHS	51.92
3 HARRISON, CONNOR	18	VALLEY ROYAL	54.16
4 JORGENSEN, OLIVER	18	VALLEY ROYAL	57.38

**Men 20-99 400 Meter Dash JR SR**

Name	Age	Team	Finals
1 OTT, ANDREW	22	UNATTACHED B	54.41

**Men 14-15 800 Meter Run MIDGET**

Name	Age	Team	Finals
1 ELLENWOOD, DEAN	15	LANGLEY MUSTANGS	1:58.16
2 POZZOLO, ALESSANDRO	15	UNATTACHED B	2:06.54
3 HUGHES-GEEKIE, DAVIS	15	OKANAGAN ATH	2:07.33
4 HOY, JAMES	15	VANCOUVER COLLEGE	2:13.57
5 GEARY, TANNER	15	VALLEY ROYAL	2:13.78
6 MACDONALD, BENNETT	14	LANGLEY MUSTANGS	2:29.38

**Men 16-17 800 Meter Run**

Name	Age	Team	Finals
1 GANDA, ARSHDEEP	17	VALLEY ROYAL	2:08.28
2 GETTY, ETHAN	16	PACIFIC ATHLETICS	2:08.73
3 BINGERT, AIDAN	16	VALLEY ROYAL	2:10.62
4 NICOLASORA, KYNE	16	UNATTACHED B	2:18.15

**2013 Valley Royals Invitational**  
**Jane and Gerry Swan Track, Rotary Stadium**  
**Results**

**Men 18-99 800 Meter Run**

Name	Age Team	Finals
1 VAN RENSBURG, EWERT	18 UNATTACHED B	2:03.20
2 ANAND, KAPIL	27 VANCOUVER TH	2:06.30

**Men 14-15 1200 Meter Run MIDGET**

Name	Age Team	Finals
1 FLETCHER, JORDAN	15 LANGLEY MUSTANGS	3:41.48

**Men 16-17 1500 Meter Run**

Name	Age Team	Finals
1 GAY, JOHN	17 OKANAGAN ATH	4:18.87
2 TAYLOR, MATTHEW	17 VANCOUVER TH	4:20.22
3 MITCHELL, PETER	17 VALLEY ROYAL	4:24.60
4 MURRAY, ADAM	16 OKANAGAN ATH	4:38.89

**Men 18-99 1500 Meter Run**

Name	Age Team	Finals
1 MARSHALL, ADAM	18 LANGLEY MUSTANGS	4:14.13
2 JORGENSEN, OLIVER	18 VALLEY ROYAL	4:14.65
3 CHARLTON, BRAEDEN	18 VANCOUVER TH	4:19.63
4 SAWATZKY, DAVID	18 VALLEY ROYAL	5:09.73

**Men 14-15 100 Meter Hurdles 33"**

Name	Age Team	Finals	Wind
1 SCHIEDEL, JASPER	15 VANCOUVER COLLEGE	14.62	3.0
2 MILUTINOVIC, NIKOLA	15 NEW WEST SPA	16.05	3.0

**Men 16-17 110 Meter Hurdles 36"**

Name	Age Team	Finals	Wind
1 STEFANOVIC, MIHAILO	17 NEW WEST SPA	14.29	2.5
2 DE VISSER, ANDREW	17 VANCOUVER TH	14.56	2.5
3 SCHULTZE, KENNETH	16 WEST VANCOUV	14.68	2.5
4 MARSHALL, BEN	17 LANGLEY MUSTANGS	15.29	2.5
5 ELSON, JAMES	17 NORWESTERS T	15.33	2.5
6 KWOK, JONATHAN	16 VANCOUVER COLLEGE	20.24	2.5

**Men 17-19 110 Meter Hurdles JR / SR**

Name	Age Team	Finals	Wind
1 WALKER, JESSE	17 UNATTACHED B	15.43	1.1 36"
2 ELKE, DANIEL	19 KTFC	15.67	1.1 39"

**2013 Valley Royals Invitational**  
**Jane and Gerry Swan Track, Rotary Stadium**  
**Results**

**Men 20-99 110 Meter Hurdles JR / SR**

Name	Age	Team	Finals	Wind
1 MCLAREN, DOUG	37	UNATTACHED B	15.45	1.1 39"
2 ROCKERBIE, PHILLIP	25	COQUITLAM CHEETAHS	15.68	1.1 42"

**Men 14-15 200 Meter Hurdles 30"**

Name	Age	Team	Finals	Wind
1 SCHIEDEL, JASPER	15	VANCOUVER COLLEGE	25.73	2.5
2 MILUTINOVIC, NIKOLA	15	NEW WEST SPA	28.29	2.5

**Men 16-17 300 Meter Hurdles 33"**

Name	Age	Team	Finals
1 STEFANOVIC, MIHAILO	17	NEW WEST SPA	39.76
2 SCHULTZE, KENNETH	16	WEST VANCOUV	41.48
3 MARSHALL, BEN	17	LANGLEY MUSTANGS	42.27

**Men 16-99 400 Meter Hurdles**

Name	Age	Team	Finals
1 ROCKERBIE, PHILLIP	25	COQUITLAM CHEETAHS	55.85
2 ADUGALSKI, SEBASTIAN	18	OCEAN ATHLETICS	55.86
3 STROME, ETHAN	17	VANCOUVER TH	56.86
4 KASTELEIN, ELI	18	LANGLEY MUSTANGS	57.17

**Men 14-15 High Jump**

Name	Age	Team	Finals
1 THAYAKAANTHAN, HARRESH	14	VANCOUVER COLLEGE	1.55m
2 KING, NATHAN	14	LANGLEY MUSTANGS	1.45m
3 LAMBERT, MICHAEL	14	VALLEY ROYAL	0.60m

**Men 16-17 High Jump**

Name	Age	Team	Finals
1 ELSON, JAMES	17	NORWESTERS T	2.01m
2 LAURIE, THOMAS	17	VALLEY ROYAL	1.85m
3 SPENST, SPENCER	16	VALLEY ROYAL	1.80m
4 CHATTEN, ERIC	16	LANGLEY MUSTANGS	1.80m
5 RUDMAN, COLIN	17	SOUTH FRASER	1.75m
6 CHATTEN, ADAM	16	LANGLEY MUSTANGS	1.70m

**Men 18-19 High Jump**

Name	Age	Team	Finals
1 CHEN, YOULE	19	VANCOUVER TH	1.95m

**2013 Valley Royals Invitational**  
**Jane and Gerry Swan Track, Rotary Stadium**  
**Results**

**Men 20-99 High Jump**

Name	Age Team	Finals
1 RICK, SCOTT	50 LANGLEY MUSTANGS	1.70m

**Men 14-15 Pole Vault**

Name	Age Team	Finals
1 SCHIEDEL, JASPER	15 VANCOUVER COLLEGE	2.60m

**Men 16-17 Pole Vault**

Name	Age Team	Finals
1 DERKER, BRADEN	17 KTFC	4.00m
2 JOHNSTON, GLEN	17 OCEAN ATHLETICS	2.80m
3 YEP, SEBASTIAN	16 VANCOUVER COLLEGE	2.60m
4 MCKAY, JOHN	16 VANCOUVER COLLEGE	2.40m
5 KWOK, JONATHAN	16 VANCOUVER COLLEGE	2.00m

**Men 18-19 Pole Vault**

Name	Age Team	Finals
1 SAITO, STEVEN	18 OCEAN ATHLETICS	3.00m

**Men 20-99 Pole Vault**

Name	Age Team	Finals
1 VAN RYSWYK, LEN	50 OCEAN ATHLETICS	3.15m
2 INGVALDSON, DELLING	21 OCEAN ATHLETICS	2.80m
-- ALLEN, SPENCER	20 KTFC	NH

**Men 14-15 Long Jump**

Name	Age Team	Finals	Wind
1 SANCHEZ-MEJORDA, JAVIER	15 VANCOUVER COLLEGE	5.93m	1.5
2 THAYAKAANTHAN, HARRESH	14 VANCOUVER COLLEGE	5.16m	1.0

**Men 16-17 Long Jump**

Name	Age Team	Finals	Wind
1 ELSON, JAMES	17 NORWESTERS T	6.65m	1.5
2 CHOBOTER, ZACH	17 VALLEY ROYAL	6.30m	3.8

**Men 18-19 Long Jump**

Name	Age Team	Finals	Wind
1 MOLDAVANOV, VLADISLAV	18 NORWESTERS T	6.70m	3.2

**2013 Valley Royals Invitational**  
**Jane and Gerry Swan Track, Rotary Stadium**  
**Results**

**Men 20-99 Long Jump**

Name	Age	Team	Finals	Wind
1 GALLAUGHER, ROBERT	22	LANGLEY MUSTANGS	7.13m	1.4
2 PRICE, JOHANNES	21	VALLEY ROYAL	5.91m	2.8

**Men 14-15 Shot Put**

Name	Age	Team	Finals
1 SINCLAIR, CONNOR	14	OCEAN ATHLETICS	12.93m
2 AKPATA, ALEX	15	VANCOUVER COLLEGE	11.01m
3 MOOREHEAD, KYLE	15	VANCOUVER COLLEGE	10.90m

**Men 16-17 Shot Put 12 LB**

Name	Age	Team	Finals
1 STRODA, AARON	17	UNATTACHED B	16.33m
2 LAMBERT, ADAM	17	VALLEY ROYAL	14.28m
3 YEP, MATTEUS	16	VANCOUVER COLLEGE	12.96m

**Men 18-19 Shot Put 6 kg /7.26kg**

Name	Age	Team	Finals
1 LAMBERT, JESSE	19	VALLEY ROYAL	13.55m

**Men 20-99 Shot Put 6 kg /7.26kg**

Name	Age	Team	Finals
1 BHANDAL, RANJIT SINGH	45	KAJAKS TRACK	8.91m

**Men 14-15 Discus Throw 1 k**

Name	Age	Team	Finals
1 GONDARA, VIKRAMJIT	14	VALLEY ROYAL	41.83m
2 MOOREHEAD, KYLE	15	VANCOUVER COLLEGE	35.18m
3 SINCLAIR, CONNOR	14	OCEAN ATHLETICS	31.35m
4 LAMBERT, MICHAEL	14	VALLEY ROYAL	30.94m
5 MENDOZA, MATTHEW	15	VANCOUVER COLLEGE	28.63m
6 BALCE, BENJAMIN	14	VANCOUVER COLLEGE	27.34m

**Men 16-17 Discus Throw 1.6**

Name	Age	Team	Finals
1 STRODA, AARON	17	UNATTACHED B	48.64m
2 LAMBERT, ADAM	17	VALLEY ROYAL	41.95m
3 YEP, MATTEUS	16	VANCOUVER COLLEGE	31.83m
-- GREWAL, JEEWAN	16	VALLEY ROYAL	FOUL

**2013 Valley Royals Invitational**  
**Jane and Gerry Swan Track, Rotary Stadium**  
**Results**

**Men 18-19 Discus Throw 1.6/2k**

Name	Age	Team	Finals
1 LAMBERT, JESSE	19	VALLEY ROYAL	37.71m
2 BHANDAL, PAULJIT	19	KAJAKS TRACK	37.16m

**Men 20-99 Discus Throw 1.6/2k**

Name	Age	Team	Finals
1 BHANDAL, RANJIT SINGH	45	KAJAKS TRACK	30.65m

**Men 14-15 Hammer Throw MIDGET 4 KG**

Name	Age	Team	Finals
1 GONDARA, VIKRAMJIT	14	VALLEY ROYAL	44.17m
2 MENDOZA, MATTHEW	15	VANCOUVER COLLEGE	38.93m
3 CERVANTE, EMERSON	15	VANCOUVER COLLEGE	28.82m

**Men 16-17 Hammer Throw 121b/5k**

Name	Age	Team	Finals
1 STRODA, AARON	17	UNATTACHED B	52.68m
2 LAMBERT, ADAM	17	VALLEY ROYAL	48.73m
3 YEP, MATTEUS	16	VANCOUVER COLLEGE	44.13m
4 YEP, SEBASTIAN	16	VANCOUVER COLLEGE	43.16m
5 GREWAL, JEEWAN	16	VALLEY ROYAL	43.12m
6 YANG, THOMAS	17	ST. GEORGE'S SCHOOL	37.81m

**Men 18-19 Hammer Throw 121b**

Name	Age	Team	Finals
1 BHANDAL, PAULJIT	19	KAJAKS TRACK	46.85m
2 LAMBERT, JESSE	19	VALLEY ROYAL	40.23m
-- KALMYKOV, MARK	18	KAJAKS TRACK	FOUL

**Men 20-99 Hammer Throw 121b**

Name	Age	Team	Finals
1 HENDERSON, NOLAN (TREY)	24	UNATTACHED B	62.69m
2 JENSEN, RYAN	28	KTFC	60.54m
3 BHANDAL, RANJIT SINGH	45	KAJAKS TRACK	32.35m

**Men 16-17 Javelin Throw 700g**

Name	Age	Team	Finals
1 ELLINGSON, JORDAN	16	LANGLEY MUSTANGS	50.89m
2 ELSON, JAMES	17	NORWESTERS T	38.63m