

## 2019 Fraser Valley Championships - 5/13/19 to 5/16/19

## Macleod Athletic Park, Langley

## Results

**Women 100 Meter Dash Gr.8**

Name	School	Prelims
<b>Heat 1 Preliminaries Wind: -3.0</b>		
1 Taylor Kleinschmidt	Lord Tweedsm	13.95Q
2 Tanya Dhanoa	Enver Creek	14.32Q
3 Shayla Dool	Vedder Middl	14.34
4 Kaitlyn Bay	Mei Middle S	14.51
5 Kalia Huber	Holy Cross R	14.54
6 Lauren Plummer	Vedder Middl	14.85
7 Hattie Lundie	South Delta Scho	15.13
<b>Heat 2 Preliminaries Wind: -2.7</b>		
1 Kerlinda Chatwin	Surrey Chris	13.54Q
2 Erin Phillips	Lord Tweedsm	14.13Q
3 Ella Arnold	South Delta Scho	14.13q
4 Rebecca Neufeld	Unity Christ	14.16
5 Diedre Salmon	Abbotsford C	14.62
6 Lexie Ransom	Seaquam	15.01
7 Hannah Rashid	Southpointe	15.71
<b>Heat 3 Preliminaries Wind: -2.3</b>		
1 Sophia Schulze	Elgin Park S	13.96Q
2 Julia Van De Kamp	Unity Christ	14.03Q
3 Naomi Brown	Abbotsford C	14.09q
4 Naa Osekre	Abbotsford C	14.32
5 Jade Spragge-Putman	Semiahmoo Se	14.33
6 Sahej Sandhu	Seaquam	14.56
7 Avery MacDonald	Hatzic Secon	14.59
8 Mariah Lueth	St. John Bre	14.82

**Women 100 Meter Dash Gr.8**

Name	School	Finals
<b>Section 1 Finals Wind: -1.4</b>		
1 Kerlinda Chatwin	Surrey Chris	13.42
2 Sophia Schulze	Elgin Park S	13.57
3 Taylor Kleinschmidt	Lord Tweedsm	13.66
4 Tanya Dhanoa	Enver Creek	13.81
5 Julia Van De Kamp	Unity Christ	13.82
6 Ella Arnold	South Delta Scho	13.83
7 Erin Phillips	Lord Tweedsm	13.83
8 Naomi Brown	Abbotsford C	13.84

**Women 200 Meter Dash Gr.8**

Name	School	Prelims
<b>Heat 1 Preliminaries Wind: -3.5</b>		
1 Taylor Kleinschmidt	Lord Tweedsm	28.06Q
2 Tanya Dhanoa	Enver Creek	28.21Q
3 Julia Van De Kamp	Unity Christ	28.48
4 Avery MacDonald	Hatzic Secon	29.51
5 Brooklyn Pickford	Vedder Middl	29.53
6 Sara Croy	Southpointe	29.54
7 Mariah Lueth	St. John Bre	30.88
8 Naa Osekre	Abbotsford C	31.27

**Heat 2 Preliminaries Wind: -2.3**

1 Naomi Brown	Abbotsford C	27.86Q
2 Sophia Schulze	Elgin Park S	28.20Q
3 Ella Arnold	South Delta Scho	28.22q
4 Erin Phillips	Lord Tweedsm	28.29q
5 Crizel Prado	Walnut Grove	31.03

**Heat 3 Preliminaries Wind: -1.8**

1 Kerlinda Chatwin	Surrey Chris	26.81Q
2 Ella Finding	Banting Midd	27.54Q
3 Shayla Dool	Vedder Middl	28.46
4 Jade Spragge-Putman	Semiahmoo Se	28.91
5 Ava Lappin	South Delta Scho	29.29
6 Diedre Salmon	Abbotsford C	29.85
7 Janine Klopstein	Brookwood	30.26
8 Hannah Rashid	Southpointe	32.00

**Women 200 Meter Dash Gr.8**

Name	School	Finals
<b>Section 1 Finals Wind: -0.1</b>		
1 Kerlinda Chatwin	Surrey Chris	26.72
2 Ella Finding	Banting Midd	26.99
3 Naomi Brown	Abbotsford C	27.55
4 Sophia Schulze	Elgin Park S	27.56
5 Taylor Kleinschmidt	Lord Tweedsm	27.69
6 Ella Arnold	South Delta Scho	28.05
7 Tanya Dhanoa	Enver Creek	28.10
8 Erin Phillips	Lord Tweedsm	28.56

**Women 400 Meter Dash Gr.8**

Name	School	Prelims
<b>Heat 1 Preliminaries</b>		
1 Leah Peters	Panorama Rid	1:01.51Q
2 Gemma Dumas	South Delta Scho	1:03.20Q
3 Naomi Brown	Abbotsford C	1:03.31q
4 Erin Phillips	Lord Tweedsm	1:05.83
5 Jade Spragge-Putman	Semiahmoo Se	1:08.27
6 Savannah Vander Kooi	Unity Christ	1:09.03
7 Emmy Ferland	Agassiz Elem	1:13.61
8 Nange Ekane	Yorkson Cree	1:16.69
<b>Heat 2 Preliminaries</b>		
1 Claire Nichol	Holy Cross R	1:00.78Q
2 Bailey Doerksen	Yorkson Cree	1:03.81Q
3 Alexis Wiebe	Mei Middle S	1:04.98q
4 Katrina Staley	South Delta Scho	1:05.13
5 Catherine Jiang	Elgin Park S	1:08.74
6 Amelia Siemens	Abbotsford C	1:11.02
7 Rebecca Neufeld	Unity Christ	1:11.59
8 Hannah Rashid	Southpointe	1:17.49
<b>Heat 3 Preliminaries</b>		
1 Ella Finding	Banting Midd	1:02.67Q
2 Rachel Woode	Ecole Salish	1:04.51Q
3 Alana De Jong	Abbotsford C	1:06.25
4 Jenna Vander Hoek	Unity Christ	1:07.49
5 Audrey Kemp	Earl Marriot	1:09.93

2019 Fraser Valley Championships - 5/13/19 to 5/16/19

Macleod Athletic Park, Langley

Results

**Heat 3 Preliminaries ... (Women 400 Meter Dash Gr.8)**

Name	School	Prelims
6 Grace Johnston	Garibaldi Se	1:13.73

**Women 400 Meter Dash Gr.8**

Name	School	Finals
------	--------	--------

**Section 1 Finals**

1 Claire Nichol	Holy Cross R	1:00.71
2 Ella Finding	Banting Midd	1:01.47
3 Leah Peters	Panorama Rid	1:02.82
4 Gemma Dumas	South Delta Scho	1:03.00
5 Naomi Brown	Abbotsford C	1:04.52
6 Bailey Doerksen	Yorkson Cree	1:04.69
7 Rachel Woode	Ecole Salish	1:05.34
8 Alexis Wiebe	Mei Middle S	1:07.39

**Women 800 Meter Run Gr.8**

Name	School	Prelims
------	--------	---------

**Heat 1 Preliminaries**

1 Gemma Dumas	South Delta Scho	2:33.50Q
2 Anka Stefanovic	Southpointe	2:36.02Q
3 Laila Vaissade	Walnut Grove	2:37.99q
4 Jenna Vander Hoek	Unity Christ	2:42.29
5 Janey He	Seaquam	2:46.13
6 Ava Lappin	South Delta Scho	2:50.10
7 Emma Fang	White Rock C	3:18.28

**Heat 2 Preliminaries**

1 Rachel Woode	Ecole Salish	2:32.60Q
2 Katrina Staley	South Delta Scho	2:34.82Q
3 Alana De Jong	Abbotsford C	2:37.89q
4 Danya Sangha	Southpointe	2:42.60
5 Caitlin Granleese	Walnut Grove	2:51.67
6 Audrey Kemp	Earl Marriot	2:57.68
7 Sophie Sumner	Yorkson Cree	3:22.65

**Heat 3 Preliminaries**

1 Claire Nichol	Holy Cross R	2:29.53Q
2 Kayla Stoochnoff	Holy Cross R	2:38.56Q
3 Sophia Klassen	Vedder Middl	2:40.55
4 Alexa Van Der Flugt	Betty Gilber	2:46.50
5 Emmy Ferland	Agassiz Elem	2:56.74
6 Jenna Graham	Unity Christ	3:00.14
7 Nimi Grewal	Tamanawis Se	3:01.21

**Women 800 Meter Run Gr.8**

Name	School	Finals
------	--------	--------

**Section 1 Finals**

1 Claire Nichol	Holy Cross R	2:26.66
2 Rachel Woode	Ecole Salish	2:30.34
3 Gemma Dumas	South Delta Scho	2:31.80
4 Katrina Staley	South Delta Scho	2:35.52
5 Kayla Stoochnoff	Holy Cross R	2:37.14
6 Alana De Jong	Abbotsford C	2:37.61
7 Anka Stefanovic	Southpointe	2:39.36
8 Laila Vaissade	Walnut Grove	2:42.43

**Women 1500 Meter Run Gr.8**

Name	School	Finals
------	--------	--------

**Section 1**

1 Mackenzie Hack	Semiahmoo Se	5:05.96
2 Leah Potashova	Semiahmoo Se	5:06.80
3 Kiera Pemberton	Walnut Grove	5:14.03
4 Kayla Stoochnoff	Holy Cross R	5:25.75
5 Sophia Klassen	Vedder Middl	5:29.58
6 Laila Vaissade	Walnut Grove	5:34.77
7 Maddie Leaney	Samuel Rober	5:35.31
8 Danielle Hagyard	HD Stafford	5:40.16
9 Nadia Weiss	Elgin Park S	5:41.54
10 Caitlin Granleese	Walnut Grove	x5:54.70
11 Jemma Van Grol	Walnut Grove	x5:59.13
12 Cammie Gudjonson	Chilliwack M	6:00.65
13 Sophie Walker	Walnut Grove	x6:17.43
14 Janaki Putheth	Lord Tweedsm	6:17.48
15 Emma Fang	White Rock C	6:51.37

**Women 3000 Meter Run Gr.8**

Name	School	Finals
------	--------	--------

**Section 1**

1 Mackenzie Hack	Semiahmoo Se	11:09.84
2 Leah Potashova	Semiahmoo Se	11:23.62
3 Kayla Stoochnoff	Holy Cross R	11:35.20
4 Sophia Klassen	Vedder Middl	11:48.06
5 Julia Meszarus	Walnut Grove	11:59.21
6 Alexa Van Der Flugt	Betty Gilber	13:09.21
7 Alaina Zhang	Southpointe	13:21.43

**Women 80 Meter Hurdles 30" Gr.8**

Name	School	Prelims
------	--------	---------

**Heat 1 Preliminaries Wind: -0.3**

1 Olivia Stettler	Highroad Aca	14.77Q
2 Faith Minderhoud	Credo Christ	15.46Q
3 Janine Klopstein	Brookwood	15.97Q
4 Violet Vanderkooi	Abbotsford C	16.34Q
5 Rya Roberts	Hatzic Secon	16.82
6 Emma Fang	White Rock C	20.12

**Heat 2 Preliminaries Wind: NWI**

1 Leah Peters	Panorama Rid	13.09Q
2 Kiera Pemberton	Walnut Grove	14.62Q
3 Amelia Siemens	Abbotsford C	15.07Q
4 Ghita Adnane	Princess Mar	15.96Q
5 Samantha Sayco	Princess Mar	16.01
6 Elena Hu	White Rock C	18.65

**Women 80 Meter Hurdles 30" Gr.8**

Name	School	Finals
------	--------	--------

**Section 1 Finals Wind: -1.5**

1 Leah Peters	Panorama Rid	13.20
2 Kiera Pemberton	Walnut Grove	14.20
3 Olivia Stettler	Highroad Aca	14.48
4 Faith Minderhoud	Credo Christ	14.88

2019 Fraser Valley Championships - 5/13/19 to 5/16/19

Macleod Athletic Park, Langley

Results

**Section 1 Finals Wind: -1.5 ... (Women 80 Meter Hurdles 30" Gr.8)**

Name	School	Finals
5 Amelia Siemens	Abbotsford C	15.06
6 Janine Klopstein	Brookwood	15.62
7 Ghita Adnane	Princess Mar	15.85
8 Violet Vanderkooi	Abbotsford C	16.07

**Women 200 Meter Hurdles 30" Gr.8**

Name	School	Finals
------	--------	--------

**Section 1 Wind: NWI**

1 Hannah Wood	Mei Middle S	35.71
2 Kaitlin Walsh	Princess Mar	37.07
3 Brianna Hoogland	Abbotsford C	x38.79
4 Elena Hu	White Rock C	39.07
5 Chioma Obi Nzeadibe	Princess Mar	x40.70
6 Sophie Sumner	Yorkson Cree	41.61
7 Zainab Mir	Princess Mar	x44.16

**Section 2 Wind: -1.4**

1 Leah Peters	Panorama Rid	30.34
2 Madison Gordon	Yorkson Cree	31.10
3 Olivia Stettler	Highroad Aca	33.17
4 Violet Vanderkooi	Abbotsford C	34.01
5 Faith Minderhoud	Credo Christ	34.13
6 Lianne Tuin	Abbotsford C	34.33
7 Amelia Siemens	Abbotsford C	x34.78
8 Ghita Adnane	Princess Mar	35.58

**Women 4x100 Meter Relay Gr.8**

Team	Relay	Finals
------	-------	--------

**Section 1**

1 Enver Creek Secondary	A	56.28
2 Walnut Grove	A	56.75
3 Abbotsford C	B	56.94
4 Princess Mar	A	57.00
5 Semiahmoo Secondary	A	59.03
6 Southpointe Academy	A	59.22
7 South Delta School	A	1:02.84

**Section 2**

1 Lord Tweedsmuir	A	54.42
2 Abbotsford C	A	54.60
3 Vedder Middle School	A	55.15
4 Hatzic Secon	A	55.16
5 Holy Cross Regional	A	55.27
6 Mei Middle School	A	55.51
7 Unity Christian	A	55.68
8 Seaquam	A	57.12

**Women 4x400 Meter Relay Gr.8**

Team	Relay	Finals
------	-------	--------

**Section 1**

1 Lord Tweedsmuir	A	4:45.60
2 Seaquam	A	4:54.39
3 Princess Mar	A	4:57.25
4 Walnut Grove	A	5:05.43

**Section 2**

1 Abbotsford C	A	4:23.81
----------------	---	---------

2 South Delta School	A	4:27.24
3 Unity Christian	A	4:39.42
4 Vedder Middle School	A	4:43.79
5 Abbotsford C	B	4:52.45

**Women High Jump Gr.8**

Name	School	Finals
------	--------	--------

**Flight 1**

1 Kiera Pemberton	Walnut Grove	1.55m
2 Madison Gordon	Yorkson Cree	1.50m
2 Kayla Schuurman	Abbotsford C	1.50m
4 Shayla Dool	Vedder Middl	1.40m
4 Violet Vanderkooi	Abbotsford C	J1.40m
6 Kate Hwang	Elgin Park S	1.35m
6 Gabriella Batke	Regent Chris	1.35m
6 Jenna Vander Hoek	Unity Christ	J1.35m
6 Brianna Hoogland	Abbotsford C	xJ1.35m
6 Marissa Bradley	Hatzic Secon	1.35m
11 Kenzie Dalphond	Yorkson Cree	J1.30m
11 Michaela Carroll	Queen Elizab	J1.30m
11 Lillie Wiebe	Vedder Middl	1.30m
14 Emmy Ferland	Agassiz Elem	1.25m
15 Nadia Weiss	Elgin Park S	1.20m
--- Alexa Van Der Flugt	Betty Gilber	NH

**Women Long Jump Gr.8**

Name	School	Finals
------	--------	--------

**Flight 1**

1 Kerlinda Chatwin	Surrey Chris	4.84m NWI
2 Gemma Dumas	South Delta Scho	4.61m NWI
3 Taylor Kleinschmidt	Lord Tweedsm	4.60m NWI
4 Madison Gordon	Yorkson Cree	4.52m NWI
5 Kaitlyn Bay	Mei Middle S	4.49m NWI
6 Kayla Schuurman	Abbotsford C	4.46m NWI
7 Lauren Plummer	Vedder Middl	4.33m NWI
8 Sahej Sandhu	Seaquam	4.25m NWI
9 Kate Hwang	Elgin Park S	4.22m NWI
9 Olivia Stettler	Highroad Aca	4.22m NWI
9 Elise Dobie	Maple Ridge	4.22m NWI
12 Caris Hjorth	Lord Tweedsm	4.18m NWI
13 Bailey Doerksen	Yorkson Cree	4.17m NWI
14 Alana De Jong	Abbotsford C	4.11m NWI
15 Danielle Hagyard	HD Stafford	4.05m NWI
16 Kaitlin Walsh	Princess Mar	4.01m NWI
17 Samantha Sayco	Princess Mar	3.98m NWI
18 Tricia Cacho	Guildford Pa	3.61m NWI
19 Lillie Wiebe	Vedder Middl	3.59m NWI
20 Brynne Feunekes	Credo Christ	3.48m NWI
21 Yazmine Grewal	Southpointe	3.04m NWI
22 Victoria Moldovan	Southpointe	2.79m NWI

**Women Triple Jump Gr.8**

Name	School	Finals
------	--------	--------

**Flight 1**

1 Kayla Schuurman	Abbotsford C	10.01m NWI
2 Samantha Sayco	Princess Mar	9.87m NWI

2019 Fraser Valley Championships - 5/13/19 to 5/16/19

Macleod Athletic Park, Langley

Results

**Flight 1 ... (Women Triple Jump Gr.8)**

Name	School	Finals
3 Kendra Dewolde	Abbotsford C	9.60m NWI
4 Kate Hwang	Elgin Park S	9.52m NWI
5 Sophia Schulze	Elgin Park S	9.49m NWI
6 Caris Hjorth	Lord Tweedsm	9.41m NWI
7 Sara Croy	Southpointe	9.34m NWI
8 Kaitlyn Bay	Mei Middle S	9.25m NWI
9 Julia Ewert	Lord Tweedsm	8.65m NWI
10 Savannah Vander Kooi	Unity Christ	8.29m NWI
11 Kiera Castellani	Abbotsford C	x8.21m NWI
12 Tricia Cacho	Guildford Pa	7.95m NWI
13 Michaela Carroll	Queen Elizab	7.86m NWI
14 Julia Nunes	Unity Christ	7.77m NWI
15 Marissa Bitter	Mei Middle S	7.60m NWI
--- Victoria Moldovan	Southpointe	FOUL
--- Yazmine Grewal	Southpointe	FOUL

**Women Shot Put 3 kg Gr.8**

Name	School	Finals
<b>Flight 1</b>		
1 Lindsay Cyr	Ecole Salish	10.75m
2 Olivia Brand	Langley Chri	10.11m
3 Sara Croy	Southpointe	9.76m
4 Asia Mazereeuw	Vedder Middl	9.25m
5 Kendra Dewolde	Abbotsford C	8.86m
6 Lauren Hewstan	Southridge S	8.82m
7 Hannah Wood	Mei Middle S	8.52m
8 Lianne Tuin	Abbotsford C	8.25m
9 Keerat Dhillon	North Delta	8.23m
10 Haleena Bhandhal	Dasmesh Punj	8.09m
11 Marissa Bitter	Mei Middle S	7.96m
12 Alexis Wiebe	Mei Middle S	x7.62m
13 Angelica Kornelius	Unity Christ	7.44m
14 Reggie Wiebe	Mei Middle S	x7.43m
15 Kaitlin Walsh	Princess Mar	7.37m
16 Ava Greenhalgh	Mei Middle S	x7.18m
17 Julia Van De Kamp	Unity Christ	6.99m
18 Trinitee Okoye	Pacific Acad	6.98m
19 Sanjam Kaur	Fleetwood Park	6.80m
20 Husna Amarkhil	Tamanawis Se	6.69m
21 Avery Shin	Southpointe	6.57m
22 Montana Dickson	Johnston Hei	6.49m
23 Sky Spink	Sands Second	6.00m
24 Victoria Moldovan	Southpointe	x5.52m

**Women Discus Throw 1 kg Gr.8**

Name	School	Finals
<b>Flight 1</b>		
1 Keerat Dhillon	North Delta	28.70m
2 Asia Mazereeuw	Vedder Middl	25.24m
3 Jenna Graham	Unity Christ	21.97m
4 Abby Adams	Walnut Grove	21.83m
5 Hannah Wood	Mei Middle S	21.37m
6 Olivia Brand	Langley Chri	19.77m
7 Reggie Wiebe	Mei Middle S	19.58m

8 Lily Gunold	AD Rundle Mi	19.57m
9 Haleena Bhandhal	Dasmesh Punj	19.56m
10 Trinitee Okoye	Pacific Acad	18.79m
11 Elise Levangie	Holy Cross R	18.42m
12 Heather Trocher	Fleetwood Park	18.24m
13 Janelle Shumey	Langley Chri	18.01m
14 Montana Dickson	Johnston Hei	17.79m
15 Joanna Wang	Abbotsford C	15.77m
16 Elin Estifan	Holy Cross R	15.04m
17 Claire Bajen	Holy Cross R	x14.82m

**Women Javelin Throw 500 gr Gr.8**

Name	School	Finals
<b>Flight 1</b>		
1 Kendra Dewolde	Abbotsford C	29.23m
2 Jenna Graham	Unity Christ	22.86m
3 Mackenzie Hack	Semiahmoo Se	21.88m
4 Lily Gunold	AD Rundle Mi	21.15m
5 Rachel Draaistra	Abbotsford C	21.12m
6 Kyra Ganske	AD Rundle Mi	20.61m
7 Samantha Loeppky	Highroad Aca	20.33m
8 Angelica Kornelius	Unity Christ	19.85m
9 Trinitee Okoye	Pacific Acad	18.79m
10 Asia Mazereeuw	Vedder Middl	18.57m
11 Olivia Brand	Langley Chri	17.57m
12 Lianne Tuin	Abbotsford C	x16.74m
13 Faith Minderhoud	Credo Christ	16.65m
14 Harjas Chahal	Tamanawis Se	14.07m
15 Marley Bridger	Earl Marriot	13.94m
16 Chioma Obi Nzeadibe	Princess Mar	13.37m
17 Maya Sanger	Earl Marriot	11.67m
18 Johari Dixon	Queen Elizab	11.02m
--- Kenzie Dalphond	Yorkson Cree	FOUL

**Women 100 Meter Dash Junior**

Name	School	Prelims
<b>Heat 1 Preliminaries Wind: -1.8</b>		
1 Charity Obazughanmwem	North Delta	12.78Q
2 Amelia Hamnett	Dr. Charles	12.98Q
3 Dani Kurylyk	Walnut Grove	13.34q
4 Jacinda Fleming	Abbotsford C	13.77
4 Kayla Savage	W.J	13.77
6 Morgan Wylie	Lfmss	14.09
7 Myrlaine Shelvey	Langley Chri	14.12
--- Vanessa Chung	Archbishop C	DQ

**Heat 2 Preliminaries Wind: -1.6**

1 Estella Mainella	Fraser Heigh	12.93Q
2 Imani Washington	Regent Chris	13.15Q
3 Krysthina Vlahovic	Fraser Heigh	13.30q
4 Kiara Holt	Chilliwack S	13.63
5 Sophia Knopf	Langley Chri	13.75
6 Joanna Cao	Walnut Grove	14.08
7 Atrina Shadgan	Port Moody S	14.44
8 Jenna Li	Enver Creek	14.55

2019 Fraser Valley Championships - 5/13/19 to 5/16/19

Macleod Athletic Park, Langley

Results

<b>Heat 3 Preliminaries Wind: -2.6 ... (Women 100 Meter Dash Junior)</b>			
Name	School	Prelims	
<b>Heat 3 Preliminaries Wind: -2.6</b>			
1	Hanna Sobkowich	Earl Marriot	13.30Q
2	Laysha Tunti	Pacific Acad	13.35Q
3	Amy Filip	Pacific Acad	13.70
4	Veronica Robertson	Walnut Grove	13.79
5	Larissa Cote	Sardis School	13.80
6	Kylie Kampman	Unity Christ	13.83
7	Charabelle Geonange	Aldergrove C	14.04
8	Lucie Thomas	Gleneagle Se	14.82
<b>Women 100 Meter Dash Junior</b>			
Name	School	Finals	
<b>Section 1 Finals Wind: -1.4</b>			
1	Estella Mainella	Fraser Heigh	12.65
2	Charity Obazughanmwun	North Delta	12.96
2	Amelia Hamnett	Dr. Charles	12.96
4	Laysha Tunti	Pacific Acad	13.13
5	Hanna Sobkowich	Earl Marriot	13.15
6	Imani Washington	Regent Chris	13.24
7	Krysthina Vlahovic	Fraser Heigh	13.26
8	Dani Kurylyk	Walnut Grove	13.59
<b>Women 200 Meter Dash Junior</b>			
Name	School	Prelims	
<b>Heat 1 Preliminaries Wind: 0.1</b>			
1	Charity Obazughanmwun	North Delta	25.54Q
2	Vanessa Chung	Archbishop C	27.43Q
3	Kayla Savage	W.J	28.24
4	Tayja Boyko	Lord Tweedsm	28.30
5	Maggie McMurchy	Yale Secondary	28.34
6	Jasmine Bhullar	Panorama Rid	28.69
7	Destiny Amadin	Tamanawis Se	28.91
<b>Heat 2 Preliminaries Wind: -0.7</b>			
1	Estella Mainella	Fraser Heigh	25.82Q
2	Veronica Robertson	Walnut Grove	27.05Q
3	Kylie Kampman	Unity Christ	27.52q
4	Jacinda Fleming	Abbotsford C	27.67
5	Yasmin Bath	Meadowridge	27.69
6	Mireya Klassen	Lfmss	28.25
7	Morgan Wylie	Lfmss	28.50
8	Ria Laura	Guildford Pa	29.80
<b>Heat 3 Preliminaries Wind: -1.2</b>			
1	Hanna Sobkowich	Earl Marriot	26.29Q
2	Amelia Hamnett	Dr. Charles	26.30Q
3	Kiara Holt	Chilliwack S	27.64q
4	Sophia Knopf	Langley Chri	27.77
5	Charabelle Geonange	Aldergrove C	28.03
6	Jordan Blaker	Lfmss	28.54
7	Keanna Perera	Pacific Acad	29.55
8	Lucie Thomas	Gleneagle Se	30.57

<b>Women 200 Meter Dash Junior</b>			
Name	School	Finals	
<b>Section 1 Finals Wind: -0.9</b>			
1	Charity Obazughanmwun	North Delta	25.34
2	Estella Mainella	Fraser Heigh	25.68
3	Hanna Sobkowich	Earl Marriot	26.54
4	Amelia Hamnett	Dr. Charles	26.68
5	Vanessa Chung	Archbishop C	27.19
6	Veronica Robertson	Walnut Grove	27.28
7	Kylie Kampman	Unity Christ	27.59
8	Kiara Holt	Chilliwack S	28.32
<b>Women 400 Meter Run Junior</b>			
Name	School	Prelims	
<b>Heat 1 Preliminaries</b>			
1	Vanessa Pirani	Mei Secundar	1:01.85Q
2	Madelyn Bonikowsky	South Delta Scho	1:02.41Q
3	Ava Mitchell	Semiahmoo Se	1:02.70q
4	Kaelyn Van Garderen	Abbotsford C	1:04.01
5	Melissa Stevens	Burnsview Se	1:06.32
6	Shriya Narayan	Maple Ridge	1:06.88
7	Ella Johnson	Yale Secondary	1:11.99
<b>Heat 2 Preliminaries</b>			
1	Hanna Sobkowich	Earl Marriot	1:00.27Q
2	Veronica Robertson	Walnut Grove	1:01.29Q
3	Mireya Klassen	Lfmss	1:05.01
4	Montana Kroeker	Pacific Acad	1:09.40
5	Claudia Reilander	Mei Secundar	1:09.65
<b>Heat 3 Preliminaries</b>			
1	Jade Lenton	Maple Ridge	1:02.35Q
2	Allyssa Hutchison	Mei Secundar	1:02.62Q
3	Jasmine Mohammed	Guildford Pa	1:03.95q
4	Alexandra Ritter	Sands Second	1:07.03
5	Kyah Kang	Credo Christ	1:08.51
6	Zoe Wong	Kwantlen Par	1:11.06
7	Hsin-Yi (lili) Wang	Westview Sec	1:11.18
<b>Women 400 Meter Run Junior</b>			
Name	School	Finals	
<b>Section 1 Finals</b>			
1	Jade Lenton	Maple Ridge	59.64
2	Hanna Sobkowich	Earl Marriot	1:01.05
3	Madelyn Bonikowsky	South Delta Scho	1:01.86
4	Ava Mitchell	Semiahmoo Se	1:03.24
5	Vanessa Pirani	Mei Secundar	1:03.42
6	Allyssa Hutchison	Mei Secundar	1:03.99
7	Veronica Robertson	Walnut Grove	1:04.26
8	Jasmine Mohammed	Guildford Pa	1:04.90
<b>Women 800 Meter Run Junior</b>			
Name	School	Prelims	
<b>Heat 1 Preliminaries</b>			
1	Juane Klaus	Abbotsford C	2:24.64Q

2019 Fraser Valley Championships - 5/13/19 to 5/16/19

Macleod Athletic Park, Langley

Results

**Heat 1 Preliminaries ... (Women 800 Meter Run Junior)**

Name	School	Prelims
2 Allyssa Hutchison	Mei Secondar	2:29.13Q
3 Ava Mitchell	Semiahmoo Se	2:30.41q
4 Kaelyn Van Garderen	Abbotsford C	2:31.39q
5 Melissa Stevens	Burnsview Se	2:38.75
6 Manuela Villamizar	Archbishop C	2:43.02
7 Keili Reist	Garibaldi Se	3:00.68

**Heat 2 Preliminaries**

1 Christina Peet-Williams	Chilliwack S	2:27.01Q
2 Madelyn Bonikowsky	South Delta Scho	2:28.51Q
3 Jasmine Mohammed	Guildford Pa	2:32.13
4 Alanna Noble	Terry Fox Se	2:43.67
5 Mackenzie Frobisher	Garibaldi Se	3:05.86

**Heat 3 Preliminaries**

1 Jasleen Grewal	Sullivan Hei	2:29.25Q
2 Jade Lenton	Maple Ridge	2:33.17Q
3 Emma Graydon	Pitt Meadows	2:33.60
4 Julia Hirsch	Sardis School	2:40.68
5 Kezia Coutts	Elgin Park S	2:43.79
6 Hsin-Yi (lili) Wang	Westview Sec	2:45.72
7 Halle May	Yale Secondary	2:53.60

**Women 800 Meter Run Junior**

Name	School	Finals
<b>Section 1 Finals</b>		
1 Madelyn Bonikowsky	South Delta Scho	2:18.57
2 Jade Lenton	Maple Ridge	2:18.70
3 Christina Peet-Williams	Chilliwack S	2:21.37
4 Allyssa Hutchison	Mei Secondar	2:29.77
5 Jasleen Grewal	Sullivan Hei	2:31.13
6 Kaelyn Van Garderen	Abbotsford C	2:31.14
7 Juane Klaus	Abbotsford C	2:31.92
8 Ava Mitchell	Semiahmoo Se	2:35.57

**Women 1500 Meter Run Junior**

Name	School	Finals
<b>Section 1</b>		
1 Madelyn Bonikowsky	South Delta Scho	4:47.54
2 Christina Peet-Williams	Chilliwack S	4:56.50
3 Juane Klaus	Abbotsford C	5:01.98
4 Viviana Li	Fleetwood Park	5:07.90
5 Julia Mackie	Earl Marriot	5:13.60
6 Emma Graydon	Pitt Meadows	5:13.85
7 Jasleen Grewal	Sullivan Hei	5:14.98
8 Kevina Takenaka	Abbotsford C	5:20.36
9 Dania Klassen	Sardis School	5:22.78
10 Emma Cobban	Elgin Park S	5:24.33
11 Emily De Jager	Abbotsford C	x5:24.33
12 Naomi Hockin	Credo Christ	5:29.07
13 Julia Hirsch	Sardis School	5:33.22
14 Chelsea Stoochnoff	Holy Cross R	5:34.13
15 Lindsay Bettesworth	Riverside Se	5:37.70
16 Mackenzie Jones	Heritage Woo	5:41.10
17 Lydia Gunnink	Credo Christ	5:58.88
18 Halle May	Yale Secondary	6:00.58

19 Megan Porter	Garibaldi Se	6:14.92
<b>Women 3000 Meter Run Junior</b>		
Name	School	Finals
<b>Section 1</b>		
1 Christina Peet-Williams	Chilliwack S	10:32.18
2 Viviana Li	Fleetwood Park	10:56.10
3 Abigail Yakemchuk	Langley Chri	11:02.12
4 Julia Mackie	Earl Marriot	11:23.55
5 Emma Graydon	Pitt Meadows	11:24.66
6 Naomi Hockin	Credo Christ	11:26.33
7 Emily De Jager	Abbotsford C	11:34.64
8 Emma Cobban	Elgin Park S	11:35.40
9 Jasleen Grewal	Sullivan Hei	11:36.87
10 Mahiro Hatachi	Dr. Charles	11:47.17
11 Dania Klassen	Sardis School	11:49.50
12 Rebecca Versluis	Langley Chri	12:09.53
13 Chelsea Stoochnoff	Holy Cross R	12:25.66
14 Lydia Gunnink	Credo Christ	12:41.29
15 Emma Vanrhee	Credo Christ	x13:06.49
16 Jada Baker	Tamanawis Se	13:31.92
17 Megan Porter	Garibaldi Se	13:36.40

**Women 80 Meter Hurdles Junior**

Name	School	Prelims
<b>Heat 1 Preliminaries Wind: 0.5</b>		
1 Krysthina Vlahovic	Fraser Heigh	11.98Q
2 Sophia Gribbon	Terry Fox Se	12.61Q
3 Vanessa Pirani	Mei Secondar	12.89q
4 Kayla Savage	W.J	13.64q
5 Myah Elgersma	Unity Christ	15.31
6 Cassandra Principe	Queen Elizab	16.23
7 Elayna Aikema	Credo Christ	17.20

**Heat 2 Preliminaries Wind: -0.6**

1 Kennedy Primrose	Pacific Acad	12.84Q
2 Raya Brandsma	Abbotsford C	13.12Q
3 Jordyn Verbeek	Brookwood	15.74
4 Asiah Demsky	Yale Secondary	16.39
5 Rachel Parchment	Walnut Grove	16.49
6 Alyssa Hall	Brookwood	16.67

**Heat 3 Preliminaries Wind: -1.5**

1 Laysha Tunti	Pacific Acad	12.05Q
2 Liepa Bajarunas	Port Moody S	13.30Q
3 Myrlaine Shelvey	Langley Chri	14.06
4 Jasmine Bhullar	Panorama Rid	16.25
5 Abigail Van Deventer	Abbotsford C	16.30
6 Linnea Bergen	Walnut Grove	16.49
7 Logan Courchene	Tamanawis Se	16.88

**Women 80 Meter Hurdles Junior**

Name	School	Finals
<b>Section 1 Finals Wind: -1.1</b>		
1 Laysha Tunti	Pacific Acad	11.77
2 Krysthina Vlahovic	Fraser Heigh	11.84
3 Sophia Gribbon	Terry Fox Se	12.62

2019 Fraser Valley Championships - 5/13/19 to 5/16/19

Macleod Athletic Park, Langley

Results

Section 1 Finals Wind: -1.1 ... (Women 80 Meter Hurdles Junior)

Name	School	Finals
4 Liepa Bajarunas	Port Moody S	12.82
5 Kennedy Primrose	Pacific Acad	12.86
6 Raya Brandsma	Abbotsford C	12.97
7 Vanessa Pirani	Mei Secondar	13.00
8 Kayla Savage	WJ	13.82

Women 300 Meter Hurdles Junior

Name	School	Finals
------	--------	--------

Section 1

1 Raya Brandsma	Abbotsford C	53.63
2 Ella Johnson	Yale Secondary	54.09
3 Abigail Van Deventer	Abbotsford C	x57.52
4 Asiah Demsky	Yale Secondary	58.95
5 Hannah Linder	Sardis School	1:00.18
6 Emma Vanrhee	Credo Christ	1:01.69

Section 2

1 Krysthina Vlahovic	Fraser Heigh	48.97
2 Kaylie Borntraeger	Southpointe	49.53
3 Alanna Noble	Terry Fox Se	49.63
4 Vanessa Pirani	Mei Secondar	50.23
5 Lexie Kampman	Abbotsford C	50.36
6 Jasmine Mohammed	Guildford Pa	51.09
7 Allyssa Hutchison	Mei Secondar	52.11
8 Eileen Noordam	Abbotsford C	x53.82

Women 1500 Meter Steeplechase 30" Junior

Name	School	Finals
------	--------	--------

Section 1

1 Abigail Yakemchuk	Langley Chri	5:34.56
2 Emma Cobban	Elgin Park S	5:45.79
3 Kevina Takenaka	Abbotsford C	5:49.55
4 Emily De Jager	Abbotsford C	5:50.09
5 Naomi Hockin	Credo Christ	5:53.04
6 Chelsea Stoochnoff	Holy Cross R	5:56.15
7 Alexis Friedel	Earl Marriot	5:56.56
8 Kyah Kang	Credo Christ	5:56.62
9 Alexandra Ritter	Sands Second	6:15.26
10 Kylie Schlecker	Earl Marriot	6:16.45
11 Lydia Gunnink	Credo Christ	x6:19.40
12 Emma Vanrhee	Credo Christ	x6:32.31
13 Megan Porter	Garibaldi Se	6:46.56
14 Statia Burchart	Regent Chris	7:09.34
15 Kaia Haintz	Maple Ridge	7:22.24
--- Halle May	Yale Secondary	DNF

Women 4x100 Meter Relay Junior

Team	Relay	Prelims
------	-------	---------

Heat 1 Preliminaries

1 Semiahmoo Secondary	A	53.15Q
2 Abbotsford C	A	53.16Q
3 Archbishop C	A	56.01Q
4 Maple Ridge Secondary	A	56.52Q
5 Earl Marriot	A	56.66

6 Yale Secondary	A	57.98
7 RE Mountain Secondary	A	58.34
8 Lord Tweedsmuir	A	1:01.19

Heat 2 Preliminaries

1 Pacific Academy	A	53.26Q
2 Mei Secondary School	A	53.32Q
3 Holy Cross Regional	A	53.94Q
4 Walnut Grove	A	56.08Q
5 Abbotsford C	B	56.10
6 Heritage Woo	A	56.35
7 Unity Christian	A	57.84
8 Fleetwood Park	A	58.29

Women 4x100 Meter Relay Junior

Team	Relay	Finals
------	-------	--------

Section 1 Finals

1 Pacific Academy	A	51.62
2 Semiahmoo Secondary	A	52.65
3 Abbotsford C	A	52.98
4 Mei Secondary School	A	53.08
5 Holy Cross Regional	A	53.53
6 Archbishop C	A	55.17
7 Walnut Grove	A	55.73
8 Maple Ridge Secondary	A	57.09

Women 4x400 Meter Relay Junior

Team	Relay	Finals
------	-------	--------

Section 1

1 Abbotsford C	B	4:45.75
2 Guildford Park	A	4:46.80
3 Yale Secondary	A	4:50.65
4 Seaquam	A	5:03.16
5 Kwantlen Par	A	5:07.45

Section 2

1 Semiahmoo Secondary	A	4:25.05
2 Abbotsford C	A	4:25.63
3 Mei Secondary School	A	4:29.80
4 Holy Cross Regional	A	4:36.87
5 Credo Christ	A	4:50.09

Women High Jump Junior

Name	School	Finals
------	--------	--------

Flight 1

1 Emma Deboer	Holy Cross R	1.67m
2 Larissa Cote	Sardis School	J1.50m
2 Lisa Cerica	Terry Fox Se	J1.50m
2 Isla Stewart	South Delta Scho	J1.50m
2 Lexie Kampman	Abbotsford C	1.50m
6 Megan Robertson	Westview Sec	1.45m
7 Liepa Bajarunas	Port Moody S	1.40m
8 Madison Grim	Credo Christ	1.35m
9 Deanna Gelderman	Credo Christ	J1.30m
9 Katelyn Croy	Southpointe	1.30m
9 Danielle Agyapong-Poku	Regent Chris	J1.30m
9 Myah Froats	Clayton Heig	J1.30m
13 Emmaleigh Ho	Riverside Se	1.25m

2019 Fraser Valley Championships - 5/13/19 to 5/16/19

Macleod Athletic Park, Langley

Results

**Flight 1 ... (Women High Jump Junior)**

Name	School	Finals
14 Aathini Vikkineswrarajah	Enver Creek	1.20m

**Women Pole Vault Junior**

Name	School	Finals
------	--------	--------

**Flight 1**

1 Lexie Kampman	Abbotsford C	2.30m
2 Alyssa Lane	W.J	2.10m

**Women Long Jump Junior**

Name	School	Finals
------	--------	--------

**Flight 1**

1 Laysha Tunti	Pacific Acad	5.23m NWI
2 Kennedy Primrose	Pacific Acad	5.19m NWI
3 Kaylie Borntraeger	Southpointe	5.11m NWI
4 Sophia Gribbon	Terry Fox Se	4.78m NWI
5 Alexandra Kennedy	Holy Cross R	4.75m NWI
6 Larissa Cote	Sardis School	4.74m NWI
7 Dani Kurylyk	Walnut Grove	4.51m NWI
8 Melodie Roussel	Samuel Rober	4.50m NWI
9 Maddie Lehman	Elgin Park S	4.41m NWI
10 Vanessa Chung	Archbishop C	4.36m NWI
11 Myah Elgersma	Unity Christ	4.30m NWI
12 Yasmin Bath	Meadowridge	4.28m NWI
13 Hayley Willis	Mission Seco	4.27m NWI
14 Rachel Atsma	Abbotsford C	4.25m NWI
15 Lisa Cerica	Terry Fox Se	4.23m NWI
16 Hope Nystrom	Walnut Grove	4.20m NWI
17 Sophia Knopf	Langley Chri	4.16m NWI
18 Jacinda Fleming	Abbotsford C	4.14m NWI
19 Kaitlynn Delrosario	Holy Cross R	4.13m NWI
20 Cindy Tran	Queen Elizab	4.12m NWI
21 Kacey De Jong	Abbotsford C	x4.09m NWI
22 Jolee Chan	Fraser Heigh	4.06m NWI
23 Savannah Wilson	Chilliwack S	3.98m NWI
24 Hilary Chung	Seaquam	3.81m NWI
25 Rachel Ryzak	Riverside Se	3.35m NWI

**Women Triple Jump Junior**

Name	School	Finals
------	--------	--------

**Flight 1**

1 Kennedy Primrose	Pacific Acad	11.13m NWI
2 Kaylie Borntraeger	Southpointe	10.85m NWI
3 Adaisha Beals	Hatzic Secon	10.07m NWI
4 Rachel Atsma	Abbotsford C	9.97m NWI
5 Madison Grim	Credo Christ	9.85m NWI
6 Kyla Ladisla	Fleetwood Park	9.55m NWI
7 Raya Brandsma	Abbotsford C	9.52m NWI
8 Jolee Chan	Fraser Heigh	9.31m NWI
9 Alexandra Ritter	Sands Second	9.25m NWI
10 Eileen Noordam	Abbotsford C	x9.05m NWI
11 Jordan Murrell	Seaquam	8.73m NWI
12 Cindy Tran	Queen Elizab	8.71m NWI
13 Genieva Hoff	Credo Christ	8.47m NWI
14 Sabrina Dias	Walnut Grove	8.42m NWI

15 Jessica Reimer	Mei Secondar	8.40m NWI
16 Jasmine Hasanovic	Walnut Grove	8.37m NWI
17 Irati Rodriguez	Chilliwack S	8.21m NWI
18 Kacey De Jong	Abbotsford C	x8.19m NWI
19 Krupa Patel	Guildford Pa	8.06m NWI
20 Tanvi Pandhi	Fleetwood Park	7.59m NWI
21 Kennedy Campbell	GW Graham -	7.38m NWI
22 Nicole Ryzak	Riverside Se	7.31m NWI

**Women Shot Put 3 kg Junior**

Name	School	Finals
------	--------	--------

**Flight 1**

1 Isabelle Forsyth	Semiahmoo Se	12.72m
2 Anya Peters	Mei Secondar	9.92m
3 Brianna Sampson	Ecole Herita	9.91m
4 Ruth Van Egmond	Abbotsford C	9.59m
5 Erin Hansen	GW Graham -	9.57m
6 Itohan Ologhola	Holy Cross R	9.54m
7 Marijke Meindertsma	Mei Secondar	9.51m
8 Yasmine Pahal	Lord Tweedsm	9.33m
9 Emily Wieland	Mission Seco	9.23m
10 Amanda Anzulovich	Archbishop C	9.18m
11 Leah Voisey	Ecole Salish	9.08m
12 Chidiebere Okarah	Panorama Rid	9.02m
13 Eileen Noordam	Abbotsford C	8.99m
14 Tiara Dickson-Kowal	Mission Seco	8.97m
15 Hope Nystrom	Walnut Grove	8.77m
16 Emmy Grier	RE Mountain	7.84m
17 Jasmine Mann	Mei Secondar	x7.81m
18 Nikita Salas	Queen Elizab	7.47m
19 Larissa Lunes	Terry Fox Se	6.32m
20 Aandrea Alvidrez	Earl Marriot	6.03m
21 Laura Fontana	Seaquam	5.86m

**Women Discus Throw 1 kg Junior**

Name	School	Finals
------	--------	--------

**Flight 1**

1 Isabelle Forsyth	Semiahmoo Se	35.91m
2 Emily Wieland	Mission Seco	28.28m
3 Brianna Sampson	Ecole Herita	25.58m
4 Livleen Randhawa	Lfmss	24.17m
5 Anya Peters	Mei Secondar	23.55m
6 Kaia Haintz	Maple Ridge	20.86m
7 Joyce Ko	Mei Secondar	20.81m
8 Lacey Edwards	Aldergrove C	20.45m
9 Joely Ma	Lord Tweedsm	20.39m
10 Eve Quesnelle	Lord Tweedsm	18.46m
11 Madison Chiang-Tsui	Heritage Woo	16.95m
12 Logan Courchene	Tamanawis Se	16.88m
13 Ella Johnson	Yale Secondary	16.57m
14 Amanda Anzulovich	Archbishop C	16.40m
15 Jasmine Mann	Mei Secondar	x15.93m
16 Lauren Dhunna	Holy Cross R	14.69m
17 Tiara Dickson-Kowal	Mission Seco	14.35m
18 Amelia Shaw	Lord Tweedsm	x13.77m
19 Ava Burbank	Burnsvie Se	13.09m



2019 Fraser Valley Championships - 5/13/19 to 5/16/19

Macleod Athletic Park, Langley

Results

Flight 1 ... (Women Discus Throw 1 kg Junior)			
Name	School	Finals	
20	Carina Fota	Port Moody S	12.46m
21	Rhia Yoo	Port Moody S	11.00m
22	Chidiebere Okarah	Panorama Rid	9.82m

Women Hammer Throw 3 kg Junior			
Name	School	Finals	

Flight 1			
1	Brianna Sampson	Ecole Herita	31.49m
2	Tiara Dickson-Kowal	Mission Seco	30.38m
3	Kylah Tuin	Abbotsford C	24.70m
4	Jasmine Mann	Mei Secondar	24.21m
5	Julia Neufeld	Maple Ridge	22.08m
6	Natalie Pinto	Saint John P	21.97m
7	Emily Wieland	Mission Seco	20.83m
8	Nikita Salas	Queen Elizab	20.18m

Women Javelin Throw 500 gram Junior			
Name	School	Finals	

Flight 1			
1	Liepa Bajarunas	Port Moody S	34.10m
2	Kylie Kampman	Unity Christ	32.41m
3	Isabel Gerbrand	Mission Seco	31.92m
4	Erin Clemens	Archbishop C	28.50m
5	Lili Hardy	Unity Christ	27.44m
6	Ruth Van Egmond	Abbotsford C	26.44m
7	Hailey Wilde	RE Mountain	25.93m
8	Alexandra Kennedy	Holy Cross R	25.47m
9	Trista Suttill	Lord Tweedsm	24.20m
10	Kacey De Jong	Abbotsford C	22.59m
11	Amanda Anzulovich	Archbishop C	21.53m
12	Libby Baird	W.J	21.41m
13	Madison Chiang-Tsui	Heritage Woo	21.24m
14	Hannah Linder	Sardis School	20.51m
15	Joely Ma	Lord Tweedsm	20.27m
16	Ava Burbank	Burnsview Se	18.60m
17	Natalie Pinto	Saint John P	17.91m
18	Emily Lukan	Walnut Grove	17.04m
19	Ayesha Saren	Fleetwood Park	15.66m
20	Mckenzie Dawson	Lord Tweedsm	x11.08m
---	Anya Peters	Mei Secondar	FOUL
---	Vanessa Geary	Sardis School	FOUL

Women 1500 Meter Race Walk Junior			
Name	School	Finals	

Section 1			
1	Kaia Haintz	Maple Ridge	8:33.59
2	Liv Bullett	Abbotsford C	8:49.86
3	Aasiah Houle	Mei Middle S	9:01.65
4	Kiera Diotte	Yale Secondary	9:14.99
5	Ana Jurado Ballestros	Sands Second	9:30.09
6	Tanvi Pandhi	Fleetwood Park	9:31.07
7	Camryn Spyksma	Abbotsford C	9:33.36
8	Cindy Tran	Queen Elizab	10:45.51
9	Trista Suttill	Lord Tweedsm	11:28.61

---	Asia Wong	Clayton Heig	DQ
-----	-----------	--------------	----

Women 100 Meter Dash Senior			
Name	School	Prelims	

Heat 1 Preliminaries Wind: -0.7			
1	Alina Olson	Maple Ridge	12.87Q
2	Jordan Jacobs	Walnut Grove	13.03Q
3	Alanna Cunha	Earl Marriot	13.71
4	Sabine Campeau	Heritage Woo	13.75
5	Angela Peters	Earl Marriot	13.76
6	Elizabeth Warren	St. John Bre	13.89
7	Taya Suttill	Lord Tweedsm	14.33
8	Emma LeBlanc	Heritage Woo	14.45

Heat 2 Preliminaries Wind: -1.4			
1	Sheleena Wiley	Lfmss	12.88Q
2	Jesula McCallum	Chilliwack S	13.28Q
3	Samantha Ogbeiwi	North Surrey	13.41q
4	Mikaela Balla	Earl Marriot	13.55q
5	Erin O'Brien	Mission Seco	13.77
6	Mya Rukavina	Clayton Heig	13.85
7	Isabella Canduso	Burnsview Se	13.97
8	Tyler Leong	Sardis School	14.16

Heat 3 Preliminaries Wind: -1.8			
1	Jasneet Nijjar	Queen Elizab	12.76Q
2	Dominique Ronse	Brookwood	13.22Q
3	Amara Duncan	Dr. Charles	13.67
4	Sabrina Jones	Samuel Rober	13.83
5	Aneesha Sran	Dasmesh Punj	13.89
6	Katie Laface	Walnut Grove	14.13
7	Raman Chauhan	W.J	14.31

Women 100 Meter Dash Senior			
Name	School	Finals	

Section 1 Finals Wind: -1.5			
1	Jasneet Nijjar	Queen Elizab	12.68
2	Sheleena Wiley	Lfmss	12.91
3	Alina Olson	Maple Ridge	13.08
4	Jordan Jacobs	Walnut Grove	13.10
5	Dominique Ronse	Brookwood	13.32
6	Jesula McCallum	Chilliwack S	13.51
7	Mikaela Balla	Earl Marriot	13.60

Women 200 Meter Dash Senior			
Name	School	Prelims	

Heat 1 Preliminaries Wind: -0.8			
1	Sheleena Wiley	Lfmss	25.89Q
2	Amara Duncan	Dr. Charles	27.21Q
3	Jesula McCallum	Chilliwack S	27.59
4	Eliza Bodnariuc	Heritage Woo	27.75
5	Katie Laface	Walnut Grove	28.22
6	Danielle Waller	Lord Tweedsm	28.66
7	Raman Chauhan	W.J	29.21
8	Qamar Tahri	W.J	29.71

2019 Fraser Valley Championships - 5/13/19 to 5/16/19

Macleod Athletic Park, Langley

Results

Heat 2 Preliminaries Wind: -1.0 ... (Women 200 Meter Dash Senior)			
Name	School	Prelims	
<b>Heat 2 Preliminaries Wind: -1.0</b>			
1	Jasneet Nijjar	Queen Elizab	25.48Q
2	Dominique Ronse	Brookswood	26.81Q
3	Angela Peters	Earl Marriot	27.41q
4	Linnea Zimmer	Abbotsford C	27.53
5	Kassidy Nicholson	Westview Sec	27.55
6	Taya Suttill	Lord Tweedsm	28.63
7	Johannah Brandsma	Abbotsford C	29.34
<b>Heat 3 Preliminaries Wind: -0.9</b>			
1	Jordan Jacobs	Walnut Grove	26.18Q
2	Manreet Sangha	Fleetwood Park	26.86Q
3	Aneesh Sran	Dasmesh Punj	27.20q
4	Alanna Cunha	Earl Marriot	28.18
5	Sabine Campeau	Heritage Woo	28.53
<b>Women 200 Meter Dash Senior</b>			
Name	School	Finals	
<b>Section 1 Finals Wind: -2.1</b>			
1	Jasneet Nijjar	Queen Elizab	25.49
2	Sheleena Wiley	Lfmss	26.18
3	Jordan Jacobs	Walnut Grove	26.44
4	Dominique Ronse	Brookswood	27.13
5	Manreet Sangha	Fleetwood Park	27.33
6	Amara Duncan	Dr. Charles	27.73
7	Angela Peters	Earl Marriot	27.88
8	Aneesh Sran	Dasmesh Punj	28.00
<b>Women 400 Meter Run Senior</b>			
Name	School	Prelims	
<b>Heat 1 Preliminaries</b>			
1	Cayla Smith	Southridge S	1:01.00Q
2	Khyra Le	Maple Ridge	1:01.57Q
3	Angela Peters	Earl Marriot	1:02.95q
4	Esme Markey	Sardis School	1:06.75
5	Mackenzie Campbell	GW Graham -	1:07.31
<b>Heat 2 Preliminaries</b>			
1	Cassidy Hutchison	Mei Secondar	1:00.78Q
2	Samantha Matthewman	Walnut Grove	1:01.58Q
3	Emma Kearns	Ecole Salish	1:03.33q
4	Linnea Zimmer	Abbotsford C	1:03.82
5	Nicole Zietlow	Earl Marriot	1:06.33
6	Aliza Dueck	GW Graham -	1:06.39
<b>Heat 3 Preliminaries</b>			
1	Natasha Smigelski	Centennial S	1:01.11Q
2	Olivia McDonell	Riverside Se	1:03.95Q
3	Amara Duncan	Dr. Charles	1:04.00
4	Gurveer Sidhu	W.J	1:07.40
5	Ravnoop Badesha	Tamanawis Se	1:07.77
6	Kathryn Haley	Earl Marriot	1:10.08
7	Amanda Jansen	Yale Secondary	1:14.25

Women 400 Meter Run Senior			
Name	School	Finals	
<b>Section 1 Finals</b>			
1	Cayla Smith	Southridge S	59.37
2	Cassidy Hutchison	Mei Secondar	1:01.10
3	Natasha Smigelski	Centennial S	1:01.14
4	Khyra Le	Maple Ridge	1:02.37
5	Samantha Matthewman	Walnut Grove	1:03.97
6	Olivia McDonell	Riverside Se	1:04.41
7	Angela Peters	Earl Marriot	1:04.55
8	Emma Kearns	Ecole Salish	1:05.58
<b>Women 800 Meter Run Senior</b>			
Name	School	Prelims	
<b>Heat 1 Preliminaries</b>			
1	Rachel Mortimer	W.J	2:25.63Q
2	Cassidy Hutchison	Mei Secondar	2:26.39Q
3	Arshdeep Waring	Abbotsford T	2:34.97
4	Mackenzie Campbell	GW Graham -	2:46.13
5	Bria Dennie	Chilliwack S	3:02.38
<b>Heat 2 Preliminaries</b>			
1	Natasha Smigelski	Centennial S	2:26.60Q
2	Leah Bakker	Langley Chri	2:28.72Q
3	Lina Shalaby	Walnut Grove	2:32.49q
4	Shelby Connelly	Riverside Se	2:40.60
5	Aliza Dueck	GW Graham -	2:47.17
6	Naho Shimizu	White Rock C	3:04.73
<b>Heat 3 Preliminaries</b>			
1	Brooke Mussche	Langley Chri	2:23.91Q
2	Olivia McDonell	Riverside Se	2:25.52Q
3	Maggie Graydon	Pitt Meadows	2:28.15q
4	Savannah Bakes	Sardis School	2:46.44
5	Grace McDonald	Clayton Heig	2:49.83
<b>Women 800 Meter Run Senior</b>			
Name	School	Finals	
<b>Section 1 Finals</b>			
1	Brooke Mussche	Langley Chri	2:16.90
2	Rachel Mortimer	W.J	2:17.67
3	Cassidy Hutchison	Mei Secondar	2:21.17
4	Natasha Smigelski	Centennial S	2:21.50
5	Leah Bakker	Langley Chri	2:26.22
6	Maggie Graydon	Pitt Meadows	2:30.01
7	Lina Shalaby	Walnut Grove	2:32.87
8	Olivia McDonell	Riverside Se	2:40.01
<b>Women 1500 Meter Run Senior</b>			
Name	School	Finals	
<b>Section 1</b>			
1	Baneet Bains	Princess Mar	4:41.18
2	Brooke Mussche	Langley Chri	4:43.49
3	Rachel Mortimer	W.J	4:43.77
4	Maya Kobylanski	Southridge S	4:44.05
5	Hanna Milic	Seaquam	4:47.27

2019 Fraser Valley Championships - 5/13/19 to 5/16/19

Macleod Athletic Park, Langley

Results

Section 1 ... (Women 1500 Meter Run Senior)

Name	School	Finals
6 Leah Bakker	Langley Chri	4:52.32
7 Grace Chalk	Walnut Grove	4:53.11
8 Cassidy Hutchison	Mei Secondar	4:53.85
9 Maggie Graydon	Pitt Meadows	5:00.42
10 Madison Stoochnoff	Holy Cross R	5:02.22
11 Daylana Ferguson	Walnut Grove	5:10.18
12 Naomi Reisdorf	Walnut Grove	x5:10.56
13 Nanaki Sangha	Enver Creek	5:12.60
14 Maddie Gibson	BC Christian	5:17.35
15 Dora Chan	Clayton Heig	5:19.42
16 Lina Shalaby	Walnut Grove	x5:19.82
17 Ilse Rafter	Maple Ridge	5:20.60
18 Mayasir Elhaj	Queen Elizab	5:22.95
19 Arshdeep Waring	Abbotsford T	5:26.45
20 Josephine Bennett	Walnut Grove	x5:27.67
21 Shelby Connelly	Riverside Se	5:27.88
22 Samantha Palatinus	Earl Marriot	5:42.34
23 Meya Hikichi	Terry Fox Se	5:48.10

Women 3000 Meter Run Senior

Name	School	Finals
1 Baneet Bains	Princess Mar	10:17.32
2 Rachel Mortimer	W.J	10:20.36
3 Maya Kobylanski	Southridge S	10:26.84
4 Hanna Milic	Seaquam	10:38.06
5 Madison Stoochnoff	Holy Cross R	10:38.95
6 Grace Chalk	Walnut Grove	10:42.67
7 Maggie Graydon	Pitt Meadows	10:42.95
8 Ilse Rafter	Maple Ridge	10:45.33
9 Naomi Reisdorf	Walnut Grove	11:00.43
10 Daylana Ferguson	Walnut Grove	x11:10.27
11 Maddie Gibson	BC Christian	11:15.55
12 Emma Kearns	Ecole Salish	11:40.58
13 Josephine Bennett	Walnut Grove	x11:45.43
14 Dora Chan	Clayton Heig	11:58.02
15 Isabel Wilson	Dr. Charles	12:01.64
16 Gracie Lorensen	Pitt Meadows	12:07.47
17 Samantha Palatinus	Earl Marriot	12:08.95
18 Megan Owens	GW Graham -	12:27.66
19 Kelsy Stelnicki	Walnut Grove	x12:40.78
20 Meya Hikichi	Terry Fox Se	12:48.79
21 Grace McDonald	Clayton Heig	12:57.61
22 Charlotte Hall	Heritage Woo	13:18.35

Women 100 Meter Hurdles 33" Senior

Name	School	Prelims
Heat 1 Preliminaries Wind: -2.1		
1 Jasneet Nijjar	Queen Elizab	15.14Q
2 Manreet Sangha	Fleetwood Park	15.79Q
3 Holly Harrison	Walnut Grove	15.84Q
4 Rehema Ivan	Queen Elizab	18.43Q
5 Shaunika Suriya	Earl Marriot	19.03

6 Samantha Burshtynski	Westview Sec	20.81
7 Harpreet Bahga	W.J	20.97
8 Ashita Meta	Seaquam	23.08

Heat 2 Preliminaries Wind: -1.7

1 Jaziel Tunti	Pacific Acad	15.24Q
2 Carly Seemann	Dr. Charles	15.47Q
3 Karman Kang	Enver Creek	17.45Q
4 Sabrina Jones	Samuel Rober	17.75Q
5 Shelby Milliard	Maple Ridge	18.08
6 Sarah Breukelman	Abbotsford C	19.39
7 Melody Li	Seaquam	21.50
8 Naho Shimizu	White Rock C	22.41

Women 100 Meter Hurdles 33" Senior

Name	School	Finals
Section 1 Finals Wind: -1.6		
1 Jasneet Nijjar	Queen Elizab	15.07
2 Jaziel Tunti	Pacific Acad	15.09
3 Carly Seemann	Dr. Charles	15.49
4 Holly Harrison	Walnut Grove	15.85
5 Manreet Sangha	Fleetwood Park	15.85
6 Karman Kang	Enver Creek	17.76
7 Rehema Ivan	Queen Elizab	17.86

Women 400 Meter Hurdles Senior

Name	School	Finals
Section 1		
1 Prabhasha Wickramaarachchi	Walnut Grove	1:05.47
2 Cayla Smith	Southridge S	1:07.19
3 Carly Seemann	Dr. Charles	1:07.21
4 Nanaki Sangha	Enver Creek	1:10.19
5 Emma Kearns	Ecole Salish	1:11.25
6 Samantha Matthewman	Walnut Grove	1:12.11
7 Kathryn Haley	Earl Marriot	1:16.10
8 Harpreet Bahga	W.J	1:22.21
Section 2		
1 Nicole Zietlow	Earl Marriot	1:13.52
2 Rehema Ivan	Queen Elizab	1:18.27
3 Esme Markey	Sardis School	1:20.85
4 Ivran Rai	Tamanawis Se	1:25.04

Women 1500 Meter Steeplechase 30" Senior

Name	School	Finals
Section 1		
1 Maya Kobylanski	Southridge S	5:01.80
2 Baneet Bains	Princess Mar	5:02.85
3 Hanna Milic	Seaquam	5:11.54
4 Nanaki Sangha	Enver Creek	5:20.36
5 Madison Stoochnoff	Holy Cross R	5:27.91
6 Maddie Gibson	BC Christian	5:36.72
7 Naomi Reisdorf	Walnut Grove	5:40.89
8 Ilse Rafter	Maple Ridge	5:44.61
9 Olivia McDonell	Riverside Se	5:46.56
10 Mayasir Elhaj	Queen Elizab	6:00.17
11 Shelby Connelly	Riverside Se	6:02.98
12 Aliza Dueck	GW Graham -	6:03.47

## 2019 Fraser Valley Championships - 5/13/19 to 5/16/19

## Macleod Athletic Park, Langley

## Results

## Section 1 ... (Women 1500 Meter Steeplechase 30" Senior)

Name	School	Finals
13 Emma Rolfson	Walnut Grove	6:04.03
14 Dora Chan	Clayton Heig	6:10.18
15 Arshdeep Waring	Abbotsford T	6:13.99
16 Megan Owens	GW Graham -	6:22.97
17 Mackenzie Campbell	GW Graham -	x6:26.35

## Women 4x100 Meter Relay Senior

Team	Relay	Prelims
------	-------	---------

## Heat 1 Preliminaries

1 Walnut Grove	B	51.13Q
2 Langley Fundamental	A	51.35q
3 Maple Ridge Secondary	A	51.39q
4 Abbotsford C	A	53.55q
5 Pinetree Sec	A	56.25
6 South Delta School	A	56.84
7 Chilliwack S	A	56.96

## Heat 2 Preliminaries

1 Walnut Grove	A	50.14Q
2 Earl Marriot	A	51.79q
3 Dr. Charles Best	A	52.16q
4 Lord Tweedsmuir	A	53.42q
5 Mission Secondary	A	54.70
6 Earl Marriot	B	55.83
7 Fleetwood Park	A	58.25

## Women 4x100 Meter Relay Senior

Team	Relay	Finals
------	-------	--------

## Section 1 Finals

1 Walnut Grove	A	49.78
2 Earl Marriot	A	50.75
3 Langley Fundamental	A	50.85
4 Maple Ridge Secondary	A	50.92
5 Walnut Grove	B	51.29
6 Dr. Charles Best	A	52.28
7 Abbotsford C	A	52.96

## Women 4x400 Meter Relay Senior

Team	Relay	Finals
------	-------	--------

## Section 1

1 Walnut Grove	A	4:08.18
2 Maple Ridge Secondary	A	4:17.61
3 Abbotsford C	A	4:19.37
4 Earl Marriot	A	4:19.56
5 W.J Mouat	A	4:20.05
6 Lord Tweedsmuir	A	4:22.38
7 Earl Marriot	B	4:41.79

## Section 2

1 Walnut Grove	C	4:34.81
2 Walnut Grove	B	x4:40.26
3 Sardis School	A	4:47.99
4 Tamanawis Se	A	4:49.69
5 Queen Elizab	A	4:52.04
6 Seaquam	A	5:34.08

## Women High Jump Senior

Name	School	Finals
------	--------	--------

## Flight 1

1 Jaziel Tunti	Pacific Acad	J1.60m
1 Holly Harrison	Walnut Grove	1.60m
3 Shaunika Suriya	Earl Marriot	J1.55m
3 Cassie Brandsma	Abbotsford C	1.55m
5 Kiara Kozak	Heritage Woo	1.50m
5 Jesula McCallum	Chilliwack S	1.50m
7 Deborah Schermann	Fraser Heigh	1.45m
7 Hannah Johnston	Mission Seco	J1.45m
9 Martha Mass	Credo Christ	1.30m
--- Carly Seemann	Dr. Charles	NH

## Women Pole Vault Senior

Name	School	Finals
------	--------	--------

## Flight 1

1 Olivia Van Ryswyk	Earl Marriot	3.20m
2 Macey Michaud	Earl Marriot	2.90m
3 Sarah Breukelman	Abbotsford C	2.20m

## Women Long Jump Senior

Name	School	Finals
------	--------	--------

## Flight 1

1 Danielle Waller	Lord Tweedsm	5.20m NWI
2 Prabhasha Wickramaarachchi	Walnut Grove	5.19m NWI
3 Sheleena Wiley	Lfmss	5.15m NWI
4 Chisom Obioha	Meadowridge	5.07m NWI
5 Holly Harrison	Walnut Grove	5.05m NWI
6 Shaunika Suriya	Earl Marriot	4.97m NWI
7 Dominique Ronse	Brookwood	4.88m NWI
8 Jaelyn Dragt	Abbotsford C	4.60m NWI
9 Johannah Brandsma	Abbotsford C	4.51m NWI
10 Christy Park	Centennial S	4.46m NWI
11 Alexis Geertsma	Credo Christ	4.45m NWI
12 Kaira Martinez	Pinetree Sec	4.44m NWI
13 Sabrina Jones	Samuel Rober	4.38m NWI
14 Karman Kang	Enver Creek	4.30m NWI
14 Elizabeth Warren	St. John Bre	4.30m NWI
16 Alina Olson	Maple Ridge	4.24m NWI
16 Isabella Canduso	Burnsview Se	4.24m NWI
18 Anasha Thomas	Riverside Se	4.23m NWI
19 Deborah Schermann	Fraser Heigh	3.73m NWI
20 Vania Kwan	Pinetree Sec	3.61m NWI
21 Mayasir Elhaj	Queen Elizab	3.58m NWI
22 Fiona Francis	Queen Elizab	3.46m NWI
--- Khyra Le	Maple Ridge	FOUL

## Women Triple Jump Senior

Name	School	Finals
------	--------	--------

## Flight 1

1 Johannah Brandsma	Abbotsford C	9.93m NWI
2 Jaelyn Dragt	Abbotsford C	9.78m NWI
3 Erin Geerlof	Semiahmoo Se	9.74m NWI
4 Karman Kang	Enver Creek	9.26m NWI

## 2019 Fraser Valley Championships - 5/13/19 to 5/16/19

## Macleod Athletic Park, Langley

## Results

**Flight 1 ... (Women Triple Jump Senior)**

Name	School	Finals
5 Olivia Lounsbury	Unity Christ	9.06m NWI
6 Liz Gilder	Gleneagle Se	8.93m NWI
7 Shelby Milliard	Maple Ridge	8.78m NWI
8 Anne Biela	Sardis School	8.65m NWI
9 Christy Park	Centennial S	8.60m NWI
10 Christa Wright	Fleetwood Park	8.49m NWI
11 Ivana Truong	Pinetree Sec	8.46m NWI
12 Manroop Ghuman	Fleetwood Park	8.19m NWI
13 Kayla Graham	Credo Christ	7.53m NWI

**Women Shot Put 4 kg Senior**

Name	School	Finals
------	--------	--------

**Flight 1**

1 Dolly Gabri	Sullivan Hei	13.88m
2 Mateya Haintz	Maple Ridge	10.67m
3 Cailin Bitter	Mei Secondar	10.23m
4 Simran Bangar	North Delta	9.75m
5 Yelissa Beugelink	Abbotsford C	9.09m
6 Mamoundu Mardis	Chilliwack S	8.93m
7 Marisa MacDonald	Yale Secondary	8.59m
8 Hanna Dhillon	Queen Elizab	8.52m
9 Georgia Hamnett	Dr. Charles	8.23m
10 Makenna Van Muyen	Abbotsford C	8.10m
11 Janice Oh	Port Moody S	7.98m
12 Paulina Saegert	Mission Seco	7.78m
13 Sarah Stewart	Chilliwack S	7.53m
14 Ann Clement	Credo Christ	7.36m
15 Faith Baars	Abbotsford C	x7.03m
16 Luna Wagner	Johnston Hei	6.41m
17 Elise Odegaard	Terry Fox Se	5.89m
--- Alina Olson	Maple Ridge	FOUL

**Women Discus Throw 1 kg Senior**

Name	School	Finals
------	--------	--------

**Flight 1**

1 Dolly Gabri	Sullivan Hei	40.91m
2 Mateya Haintz	Maple Ridge	35.46m
3 Simran Bangar	North Delta	29.10m
4 Tanisha Gill	Abbotsford T	26.44m
5 Talyn Ziemer	Walnut Grove	25.84m
6 Cailin Bitter	Mei Secondar	25.77m
7 Amy Mebesius	Chilliwack S	25.63m
8 Sarah Stewart	Chilliwack S	23.63m
9 Melissa Holyhead-Miles	Chilliwack S	x21.49m
10 Ann Clement	Credo Christ	21.44m
11 Mamoundu Mardis	Chilliwack S	x21.02m
12 Jasmine Agudelo	Chilliwack S	x20.44m
13 Erin Debruyne	Lord Tweedsm	20.11m
14 Marisa MacDonald	Yale Secondary	19.83m
15 Elise Odegaard	Terry Fox Se	15.49m
16 Avneet Tiwana	Queen Elizab	15.36m
17 Christa Wright	Fleetwood Park	14.58m
18 Chanel Khabra	Queen Elizab	12.71m
19 Nadishiya Singh	Tamanawis Se	11.78m

**Women Hammer Throw 4 kg Senior**

Name	School	Finals
------	--------	--------

**Flight 1**

1 Mateya Haintz	Maple Ridge	56.25m
2 Dolly Gabri	Sullivan Hei	40.08m
3 Tanisha Gill	Abbotsford T	37.92m
4 Jasmine Soltys	Chilliwack S	32.66m
5 Sarah Webb	W.J	30.67m
6 Melissa Holyhead-Miles	Chilliwack S	25.97m
7 Yelissa Beugelink	Abbotsford C	25.16m
8 Mamoundu Mardis	Chilliwack S	x20.94m
9 Faith Baars	Abbotsford C	20.67m
10 Erin Grywacheski	Walnut Grove	19.88m
11 Mikaela Letourneau	Abbotsford C	x13.76m
12 Gurleen Dhaliwal	Queen Elizab	7.99m
--- Kihomi Adhemar	W.J	FOUL

**Women Javelin Throw 600 gram Senior**

Name	School	Finals
------	--------	--------

**Flight 1**

1 Jasmine Soltys	Chilliwack S	36.49m
2 Georgia Hamnett	Dr. Charles	32.46m
3 Julia Ueda-Avarvarei	Fleetwood Park	31.21m
4 Cailin Bitter	Mei Secondar	29.81m
5 Jasmine Agudelo	Chilliwack S	29.62m
6 Erin Grywacheski	Walnut Grove	29.13m
7 Elise Odegaard	Terry Fox Se	28.98m
8 Kayla Serviss	Walnut Grove	28.92m
9 Talyn Ziemer	Walnut Grove	x25.37m
10 Janice Oh	Port Moody S	25.32m
11 Alanna Cunha	Earl Marriot	24.72m
12 Makenna Van Muyen	Abbotsford C	24.51m
13 Jaylene Fung	W.J	23.68m
14 Elise Piovesan	Sands Second	23.27m
15 Danielle Waller	Lord Tweedsm	22.30m
16 Hanna Dhillon	Queen Elizab	21.08m
17 Amy Mebesius	Chilliwack S	x21.06m
18 Riya Virdi	Fleetwood Park	20.40m
19 Isabella Canduso	Burnsview Se	19.21m
20 Danica Tasker	Walnut Grove	x19.10m
21 Grace Adara	Queen Elizab	8.93m

**Women 1500 Meter Race Walk Senior**

Name	School	Finals
------	--------	--------

**Section 1**

1 Cassidy Cardle	Walnut Grove	7:15.40
2 Josephine Bennett	Walnut Grove	8:13.37
3 Taya Suttill	Lord Tweedsm	8:58.78
4 Jenna Goeres	Fleetwood Park	9:01.57
5 Kiara Kozak	Heritage Woo	9:43.01
6 Rosie Johnston	Walnut Grove	x9:49.85
7 Charlotte Hall	Heritage Woo	10:00.29
8 Andrea Yang	Abbotsford C	10:09.31
9 Raana Jahangiri	Heritage Woo	x12:22.14

2019 Fraser Valley Championships - 5/13/19 to 5/16/19

Macleod Athletic Park, Langley

Results

**Boys 100 Meter Dash Special Olym Special Olympics**

Name	School	Finals
<b>Section 1 Wind: -2.2</b>		
1 Ryland Mallari	North Delta	14.22
2 Ryerson Shelvey	Langley Chri	15.84
3 Jonathan Boutilier	Unity Christ	17.94

**Boys 400 Meter Dash Special Olym Special Olympics**

Name	School	Finals
<b>Section 1</b>		
1 Ryland Mallari	North Delta	1:05.56
2 Ryerson Shelvey	Langley Chri	1:24.19
3 Jonathan Boutilier	Unity Christ	1:29.44

**Boys Shot Put Special Olym Special Olympics**

Name	School	Finals
<b>Flight 1</b>		
1 Ryland Mallari	North Delta	7.03m
2 John Benedict Diego	Saint John P	6.85m
3 Jonathan Boutilier	Unity Christ	6.21m
4 K'Nyaw Saw	Fleetwood Park	4.01m

**Men 100 Meter Dash Gr.8**

Name	School	Prelims
<b>Heat 1 Preliminaries Wind: -2.5</b>		
1 Michael Fox	Delta Second	12.74Q
2 Donavon McKenzie	Yorkson Cree	12.93Q
3 Owen Jones	Walnut Grove	13.11q
4 Jeremiah Francis	Pacific Acad	13.31q
5 Ian Huang	Pacific Acad	13.44
6 Robin Li	Meadowridge	13.45
7 Jayamuni Silva	Holy Cross R	13.68
8 Travis Janzen	Abbotsford C	14.26

**Heat 2 Preliminaries Wind: -3.1**

1 Liam O'Donnell	Clayton Heig	12.32Q
2 Calib Gruninger	Samuel Rober	12.36Q
3 Andrew Yuun	Yorkson Cree	13.33
4 Calvin Singson	Guildford Pa	13.45
5 Henry Rhu	White Rock C	13.67
6 Julian Wong	Southpointe	14.02
7 Max Ratushny	Archbishop C	14.44

**Heat 3 Preliminaries Wind: -3.3**

1 Sam Weir	South Delta Scho	13.31Q
2 Juno Lee	Meadowridge	13.51Q
3 Daniel Malunhao	Guildford Pa	13.64
4 Sandeep Gill	Southpointe	14.25
5 Clive Kingma	Unity Christ	14.28
6 Charleson Cao	Southpointe	14.33

**Men 100 Meter Dash Gr.8**

Name	School	Finals
<b>Section 1 Finals Wind: -1.3</b>		
1 Liam O'Donnell	Clayton Heig	12.08
2 Calib Gruninger	Samuel Rober	12.12

3 Michael Fox	Delta Second	12.54
4 Owen Jones	Walnut Grove	12.70
5 Donavon McKenzie	Yorkson Cree	12.83
6 Sam Weir	South Delta Scho	12.97
7 Juno Lee	Meadowridge	13.50

**Men 200 Meter Dash Gr.8**

Name	School	Prelims
<b>Heat 1 Preliminaries Wind: 0.5</b>		
1 Owen Jones	Walnut Grove	25.26Q
2 Jayamuni Silva	Holy Cross R	26.57Q
3 Robin Li	Meadowridge	27.05
4 Daniel Malunhao	Guildford Pa	27.23
5 Jaden Mathew	White Rock C	28.06
6 Justin Hari	Vedder Middl	28.85

**Heat 2 Preliminaries Wind: 0.1**

1 Michael Fox	Delta Second	25.96Q
2 Calvin Singson	Guildford Pa	26.60Q
3 Ian Huang	Pacific Acad	26.87
4 Nathanael Mihai	Highroad Aca	26.95
5 Gordon Bie	Meadowridge	27.51
6 Soren Corcoran	Westview Sec	29.65

**Heat 3 Preliminaries Wind: -0.4**

1 Liam O'Donnell	Clayton Heig	24.34Q
2 Sam Weir	South Delta Scho	26.39Q
3 Juno Lee	Meadowridge	26.79q
4 Andrew Yuun	Yorkson Cree	26.85q
5 Gurkaman Bal	Sullivan Hei	27.32
6 Tyson Nickel	Unity Christ	29.20

**Men 200 Meter Dash Gr.8**

Name	School	Finals
<b>Section 1 Finals Wind: -1.7</b>		
1 Liam O'Donnell	Clayton Heig	24.17
2 Owen Jones	Walnut Grove	24.99
3 Michael Fox	Delta Second	25.48
4 Sam Weir	South Delta Scho	26.15
5 Jayamuni Silva	Holy Cross R	26.22
6 Calvin Singson	Guildford Pa	26.54
7 Andrew Yuun	Yorkson Cree	27.45
8 Juno Lee	Meadowridge	27.49

**Men 400 Meter Dash Gr.8**

Name	School	Prelims
<b>Heat 1 Preliminaries</b>		
1 Owen Jones	Walnut Grove	58.10Q
2 Niam Zbitniff	White Rock C	1:01.45Q
3 Noah Melanson	Yorkson Cree	1:03.84
4 Wasi Muntakim	Guildford Pa	1:05.27
<b>Heat 2 Preliminaries</b>		
1 Owen Flack	Brookwood	57.90Q
2 Jeremiah Francis	Pacific Acad	59.13Q
3 Ezra Havas	Holy Cross R	1:00.54q

2019 Fraser Valley Championships - 5/13/19 to 5/16/19

Macleod Athletic Park, Langley

Results

Heat 2 Preliminaries ... (Men 400 Meter Dash Gr.8)

Name	School	Prelims
4 Nathanael Mihai	Highroad Aca	1:02.44
5 Cody Davis	Walnut Grove	1:05.43
6 Truevine (t'vine) Spence	Pacific Acad	1:06.25

Heat 3 Preliminaries

1 Boston Migneault	Archbishop C	58.38Q
2 Andrew Yuun	Yorkson Cree	1:00.48Q
3 Kyan Goncalves	Yorkson Cree	1:00.84q
4 Travis Janzen	Abbotsford C	1:00.84
5 Justin Hari	Vedder Middl	1:02.89
6 Cohen Peters	Pacific Acad	1:08.43
7 Jason Zhang	Pacific Acad	1:09.66

Men 400 Meter Dash Gr.8

Name	School	Finals
------	--------	--------

Section 1 Finals

1 Boston Migneault	Archbishop C	55.98
2 Owen Flack	Brookwood	56.24
3 Owen Jones	Walnut Grove	56.24
4 Jeremiah Francis	Pacific Acad	57.62
5 Ezra Havas	Holy Cross R	1:00.25
6 Niam Zbitniff	White Rock C	1:02.02
7 Kyan Goncalves	Yorkson Cree	1:03.11
8 Andrew Yuun	Yorkson Cree	1:05.21

Men 800 Meter Run Gr.8

Name	School	Prelims
------	--------	---------

Heat 1 Preliminaries

1 Hudson Irvine	Earl Marriot	2:15.96Q
2 Rocky Saini	Enver Creek	2:16.89Q
3 Trenton Lau	Southpointe	2:18.48q
4 Christian Shimmin	Walnut Grove	2:19.20q
5 Adam Grim	Credo Christ	2:27.97
6 Tony Qi	Fleetwood Park	2:32.25
7 Wasi Muntakim	Guildford Pa	2:32.87

Heat 2 Preliminaries

1 Boston Migneault	Archbishop C	2:20.73Q
2 Isaac Humeniuk	Langley Chri	2:21.52Q
3 Ty Cram	Langley Chri	2:25.94
4 Troy Edwards	Yorkson Cree	2:29.85
5 Seth Schuurman	Unity Christ	2:30.63
6 Ben MacLeod	Clayton Heig	2:43.69

Heat 3 Preliminaries

1 Caiden Lee	Sail Academy	2:13.59Q
2 Thomas Stelnicki	Walnut Grove	2:23.54Q
3 Lucas Field	Hatzic Secon	2:32.32
4 Nick Thomson	Walnut Grove	2:36.26

Men 800 Meter Run Gr.8

Name	School	Finals
------	--------	--------

Section 1 Finals

1 Caiden Lee	Sail Academy	2:01.88
2 Hudson Irvine	Earl Marriot	2:05.80

3 Boston Migneault	Archbishop C	2:10.18
4 Isaac Humeniuk	Langley Chri	2:17.60
5 Trenton Lau	Southpointe	2:18.57
6 Christian Shimmin	Walnut Grove	2:20.65
7 Rocky Saini	Enver Creek	2:20.73
8 Thomas Stelnicki	Walnut Grove	2:24.52

Men 1500 Meter Run Gr.8

Name	School	Finals
------	--------	--------

Section 1

1 Caiden Lee	Sail Academy	4:23.69
2 Hudson Irvine	Earl Marriot	4:31.49
3 Boston Migneault	Archbishop C	4:31.91
4 Isaac Humeniuk	Langley Chri	4:43.00
5 Nathaniel Leroux	Vedder Middl	4:43.00
6 Trenton Lau	Southpointe	4:46.25
7 Rocky Saini	Enver Creek	4:52.87
8 Thomas Stelnicki	Walnut Grove	4:58.08
9 Troy Edwards	Yorkson Cree	4:59.40
10 Adam Grim	Credo Christ	4:59.94
11 Quinn Goosen	Highroad Aca	5:02.10
12 Rhyce Poppe	Credo Christ	5:02.53
13 Nick Thomson	Walnut Grove	5:04.94
14 Ryan Shea	Vedder Middl	5:07.57
15 William King	Saint John P	5:08.45
16 Andrew Gunnink	Credo Christ	x5:08.62
17 Christian Prost	Holy Cross R	5:09.96
18 Jared Huebert	Mei Middle S	5:13.31
19 Jacob Dueck	Sands Second	5:42.48

Men 3000 Meter Run Gr.8

Name	School	Finals
------	--------	--------

Section 1

1 Caiden Lee	Sail Academy	9:43.73
2 Hudson Irvine	Earl Marriot	10:04.21
3 Isaac Humeniuk	Langley Chri	10:29.68
4 Trenton Lau	Southpointe	10:34.16
5 Andrew Gunnink	Credo Christ	10:37.38
6 Christian Shimmin	Walnut Grove	10:48.86
7 Ryan Shea	Vedder Middl	11:00.83
8 Jase Hathaway	Mei Middle S	11:07.89
9 Tyler Blad	Maple Ridge	11:09.63
10 Nick Thomson	Walnut Grove	11:11.37
11 Jacob Wynker	Agassiz Elem	11:13.94
12 Dawson Toews	Mei Middle S	11:27.75
13 Mattais Medeiros	Sands Second	11:33.43
14 Devin Sidhu	Southridge S	11:41.07
15 Marcus Berner	Saint John P	11:53.01
16 Jacob Dueck	Sands Second	12:00.97
17 Lukas Brunke	Elgin Park S	12:18.57

Men 100 Meter Hurdles 33" Gr.8

Name	School	Prelims
------	--------	---------

Heat 1 Preliminaries Wind: -0.2

1 Aidan Turner	South Delta Scho	15.46Q
----------------	------------------	--------

2019 Fraser Valley Championships - 5/13/19 to 5/16/19

Macleod Athletic Park, Langley

Results

Heat 1 Preliminaries Wind: -0.2 ... (Men 100 Meter Hurdles 33" Gr.8)			
Name	School	Prelims	
2 Soren Corcoran	Westview Sec	17.42Q	
3 Nathanael Mihai	Highroad Aca	18.85Q	
4 Cayden McEachern	Unity Christ	22.57Q	
5 Liam Nickel	Abbotsford C	24.21	

Heat 2 Preliminaries Wind: -1.9			
1 Divine Aniamaka	Pacific Acad	17.60Q	
2 Allan Yi	Yorkson Cree	18.00Q	
3 Campbell Sayers	Abbotsford C	18.19Q	
4 Marcus Berner	Saint John P	20.73Q	
5 Harry Xie	White Rock C	22.20	

Men 100 Meter Hurdles 33" Gr.8			
Name	School	Finals	

Section 1 Finals Wind: -1.2			
1 Aidan Turner	South Delta Scho	15.95	
2 Divine Aniamaka	Pacific Acad	17.05	
3 Allan Yi	Yorkson Cree	17.62	
4 Nathanael Mihai	Highroad Aca	17.81	
5 Campbell Sayers	Abbotsford C	17.83	
6 Soren Corcoran	Westview Sec	17.89	
7 Cayden McEachern	Unity Christ	25.99	

Men 200 Meter Hurdles 30" Gr.8			
Name	School	Finals	

Section 1 Wind: -2.3			
1 Noah Melanson	Yorkson Cree	31.38	
2 Rylan Elson	Mei Middle S	33.25	
3 Chima Obi Nzeadibe	Princess Mar	33.88	

Section 2 Wind: -1.8			
1 Aidan Turner	South Delta Scho	28.26	
2 Divine Aniamaka	Pacific Acad	30.56	
3 Quinn Goosen	Highroad Aca	31.48	
4 Campbell Sayers	Abbotsford C	32.00	
5 Jaden Mathew	White Rock C	32.24	
6 Niam Zbitniff	White Rock C	32.27	

Men 4x100 Meter Relay Gr.8			
Team	Relay	Finals	

Section 1			
1 Archbishop C	A	54.01	
2 Langley Fundamental	A	54.39	
3 Sands Secondary	A	55.28	
4 Abbotsford C	B	56.03	
--- Holy Cross Regional	B	DQ	

Section 2			
1 Yorkson Cree	A	50.12	
2 Holy Cross Regional	A	50.78	
3 Pacific Academy	A	52.83	
4 Walnut Grove	A	52.88	
5 Abbotsford C	A	53.76	
6 Unity Christian	A	54.81	
7 Guildford Park	A	1:10.22	

Men 4x400 Meter Relay Gr.8			
Team	Relay	Finals	

Section 1			
1 Yorkson Cree	A	4:23.52	
2 Pacific Academy	A	4:27.44	
3 Guildford Park	A	4:27.60	
4 Credo Christ	A	4:38.78	

Section 2			
1 Walnut Grove	A	4:05.59	
2 Holy Cross Regional	A	4:12.16	
3 Abbotsford C	A	4:18.52	
4 Langley Chri	A	4:22.48	
5 Unity Christian	A	4:23.38	
6 White Rock C	A	4:28.14	

Men High Jump Gr.8			
Name	School	Finals	

Flight 1			
1 Benjamin Carr	Elgin Park S	1.65m	
2 Allan Yi	Yorkson Cree	1.60m	
3 Gordon Bie	Meadowridge	1.55m	
4 Elijah Nickel	Mei Middle S	1.50m	
5 Owen Flack	Brookwood	1.45m	
5 Quinn Goosen	Highroad Aca	J1.45m	
5 Dominic Maddalozzo	Archbishop C	J1.45m	
8 Quintin Stevenson	Samuel Rober	1.40m	
8 Truevine (t'vine) Spence	Pacific Acad	J1.40m	
8 Cohen Peters	Pacific Acad	J1.40m	
8 Niam Zbitniff	White Rock C	J1.40m	
8 Campbell Sayers	Abbotsford C	J1.40m	
13 Wasi Muntakim	Guildford Pa	1.35m	
13 Trevor Matthysen	Hatzic Secon	J1.35m	
15 Karson Berg	Maple Ridge	1.30m	

Men Long Jump Gr.8			
Name	School	Finals	

Flight 1			
1 Spencer Gibbs	Pacific Acad	5.03m NWI	
2 Jaden Medynski	Betty Gilber	4.82m NWI	
3 Robin Li	Meadowridge	4.74m NWI	
4 Jayamuni Silva	Holy Cross R	4.73m NWI	
5 Oliver Vaz	Betty Gilber	4.70m NWI	
6 Daxton Vander Kooi	Unity Christ	4.69m NWI	
7 Dominic Maddalozzo	Archbishop C	4.65m NWI	
8 Aiden Brandsma	Abbotsford C	4.64m NWI	
9 Trentin Vuong	Abbotsford C	4.56m NWI	
10 Damon Onderwater	Credo Christ	4.52m NWI	
11 Luke Wilson	Langley Chri	4.49m NWI	
12 Charleson Cao	Southpointe	4.45m NWI	
13 Sandeep Gill	Southpointe	4.38m NWI	
14 Clive Kingma	Unity Christ	4.37m NWI	
15 Diego Barona	Archbishop C	4.36m NWI	
16 Tony Qi	Fleetwood Park	4.27m NWI	
17 Marcos Franco	Archbishop C	x4.21m NWI	
18 Levi Meggait	Abbotsford C	x4.13m NWI	



2019 Fraser Valley Championships - 5/13/19 to 5/16/19

Macleod Athletic Park, Langley

Results

**Flight 1 ... (Men Long Jump Gr.8)**

Name	School	Finals
19 Kaleb Peepchuk	Princess Mar	3.61m NWI

**Men Triple Jump Gr.8**

Name	School	Finals
------	--------	--------

**Flight 1**

1 Divine Aniamaka	Pacific Acad	11.63m NWI
2 Allan Yi	Yorkson Cree	10.63m NWI
3 Spencer Gibbs	Pacific Acad	10.48m NWI
4 Aiden Brandsma	Abbotsford C	10.27m NWI
5 Trentin Vuong	Abbotsford C	10.20m NWI
6 Cayden McEachern	Unity Christ	10.13m NWI
7 Charleson Cao	Southpointe	9.90m NWI
8 Jason Zhang	Pacific Acad	x9.89m NWI
9 Dylan Grim	Credo Christ	9.65m NWI
10 Cohen Peters	Pacific Acad	x9.62m NWI
11 Julian Wong	Southpointe	9.47m NWI
12 Elijah Nickel	Mei Middle S	9.35m NWI
13 Damon Onderwater	Credo Christ	9.34m NWI
14 Dominic Maddalozzo	Archbishop C	9.22m NWI
15 Oliver Vaz	Betty Gilber	9.10m NWI
16 Rylee Cartwright	Betty Gilber	9.05m NWI
17 Jaden Medynski	Betty Gilber	x8.86m NWI
18 Mattais Medeiros	Sands Second	8.76m NWI
19 Andy Papadopoulos	Sands Second	8.69m NWI
20 Jacob Dueck	Sands Second	x7.94m NWI

**Men Shot Put 4 kg Gr.8**

Name	School	Finals
------	--------	--------

**Flight 1**

1 Ryan Cyr	Ecole Salish	13.85m
2 Evander Sandhu	Delview Seco	11.08m
3 Mackenzie Dornan	Langley Chri	10.36m
4 Michael Baars	Abbotsford C	10.12m
5 Jacob Zhang	Southpointe	J9.91m
5 Liam England	Chilliwack M	9.91m
7 Samuel (tianren) Huang	Pacific Acad	9.65m
8 Teagen Renaerts	Highroad Aca	8.87m
9 Kegan Atsma	Abbotsford C	8.62m
10 Aiden Brandsma	Abbotsford C	x8.61m
11 Harshdeep Jakhu	Yorkson Cree	8.60m
12 Jessie Nystrom	Guildford Pa	8.49m
13 Sandeep Gill	Southpointe	8.20m
14 Julian Wong	Southpointe	x7.79m
15 Connor Turnbull	Maple Ridge	7.72m
16 Adit Vij	Yorkson Cree	7.64m
17 Gurshawn Dhillon	Queen Elizab	7.38m
18 Levi Goodwin	Highroad Aca	7.11m
19 Ben MacLeod	Clayton Heig	7.03m
20 Tyler Vanderveen	Abbotsford C	x6.31m

**Men Discus Throw 1 kg Gr.8**

Name	School	Finals
------	--------	--------

**Flight 1**

1 Kegan Atsma	Abbotsford C	33.81m
---------------	--------------	--------

2 Alex Lee	Semiahmoo Se	31.10m
3 Vasudev Rajeeve	Fleetwood Park	30.52m
4 Gabriel Smith	Maple Ridge	29.34m
5 Noah Del Rosario	Sands Second	28.96m
6 Rylan Elson	Mei Middle S	27.79m
7 Jovan Dhillon	North Delta	27.25m
8 Liam England	Chilliwack M	25.26m
8 Evander Sandhu	Delview Seco	25.26m
10 Mackenzie Dornan	Langley Chri	24.40m
11 Gurshawn Dhillon	Queen Elizab	24.21m
12 Aya Sugiyama	Vedder Middl	23.83m
13 Samuel (tianren) Huang	Pacific Acad	23.28m
14 Evan Howe	Lord Tweedsm	23.23m
15 Brackton Keller	Langley Chri	22.57m
16 Trevor Matthysen	Hatzic Secon	21.72m
17 Adit Vij	Yorkson Cree	21.57m
18 Jasper Shea	Vedder Middl	20.70m
19 Michael Baars	Abbotsford C	20.59m
20 Harshdeep Jakhu	Yorkson Cree	20.15m
21 Jessie Nystrom	Guildford Pa	17.87m

**Men Javelin Throw 600 gr Gr.8**

Name	School	Finals
------	--------	--------

**Flight 1**

1 Jace Wiebe	Yorkson Cree	37.81m
2 Aidan Turner	South Delta Scho	35.11m
3 Cayden McEachern	Unity Christ	30.74m
4 Teagen Renaerts	Highroad Aca	30.71m
5 Seth Schuurman	Unity Christ	29.07m
6 Aya Sugiyama	Vedder Middl	27.67m
7 Kaleb Peepchuk	Princess Mar	27.66m
8 Sam Gerbrand	Hatzic Secon	26.95m
9 Mackenzie Dornan	Langley Chri	23.95m
10 Jacob Zhang	Southpointe	23.47m
11 Kegan Atsma	Abbotsford C	23.18m
12 John Tacla	Burnsview Se	23.14m
13 Trevor Matthysen	Hatzic Secon	22.92m
14 Kyan Goncalves	Yorkson Cree	22.00m
15 Lukas Brunke	Elgin Park S	21.92m
16 Samuel (tianren) Huang	Pacific Acad	21.07m
17 Luke Wilson	Langley Chri	18.75m
18 Chima Obi Nzeadibe	Princess Mar	18.70m
19 Gurshawn Dhillon	Queen Elizab	16.80m
20 Quintin Stevenson	Samuel Rober	14.56m

**Men 100 Meter Dash Junior**

Name	School	Prelims
------	--------	---------

**Heat 1 Preliminaries Wind: -3.1**

1 Carter Smith	Pitt Meadows	11.91Q
2 Tremel States-Jones	Lord Tweedsm	12.17Q
3 Ugo Madumere	Archbishop C	12.67
4 Andy Ofosuhene	WJ	12.70
5 Dylan Kang	WJ	12.78

**Heat 2 Preliminaries Wind: -1.9**

1 Sawyer Collie	Unity Christ	11.85Q
-----------------	--------------	--------

2019 Fraser Valley Championships - 5/13/19 to 5/16/19

Macleod Athletic Park, Langley

Results

<b>Heat 2 Preliminaries Wind: -1.9 ... (Men 100 Meter Dash Junior)</b>			
Name	School	Prelims	
2 Dhag Mora	W.J	12.21Q	
3 Christian Wong	Archbishop C	12.22	
4 John Alexander	Walnut Grove	12.47	
<b>Heat 3 Preliminaries Wind: -2.3</b>			
1 Floyd Morfe	Fraser Heigh	11.93Q	
2 Cade Armour	Samuel Rober	11.95Q	
3 Kai Hussein	Pitt Meadows	12.08q	
4 Harvir Panesar	Delta Second	12.18q	
5 Nick Sebastianelli	Ecole Salish	12.28	
6 Natanael Haan	Unity Christ	12.62	
7 Cooper Leong	Sardis School	12.63	
8 Josh Huth	Walnut Grove	13.04	
<b>Men 100 Meter Dash Junior</b>			
Name	School	Finals	
<b>Section 1 Finals Wind: -2.8</b>			
1 Sawyer Collie	Unity Christ	11.85	
2 Carter Smith	Pitt Meadows	11.91	
3 Floyd Morfe	Fraser Heigh	11.93	
4 Cade Armour	Samuel Rober	11.96	
5 Tremel States-Jones	Lord Tweedsm	12.14	
6 Kai Hussein	Pitt Meadows	12.19	
7 Harvir Panesar	Delta Second	12.28	
8 Dhag Mora	W.J	12.88	
<b>Men 200 Meter Dash Junior</b>			
Name	School	Prelims	
<b>Heat 1 Preliminaries Wind: -0.1</b>			
1 Kai Hussein	Pitt Meadows	23.85Q	
2 Tremel States-Jones	Lord Tweedsm	23.91Q	
3 Nick Sebastianelli	Ecole Salish	23.93q	
4 Christian Wong	Archbishop C	24.36	
5 Floyd Morfe	Fraser Heigh	24.50	
6 Ryunosuke Maeda	South Delta Scho	24.73	
7 Max Meekel	Maple Ridge	24.85	
8 Noah Molina	Clayburn Mid	26.55	
<b>Heat 2 Preliminaries Wind: 0.7</b>			
1 Sawyer Collie	Unity Christ	23.43Q	
2 Mitchell Gibbs	Pacific Acad	23.91Q	
3 Kyu Hyun Yoon	Pacific Acad	24.25	
4 Nathan Chan	Pacific Acad	24.42	
5 John Alexander	Walnut Grove	24.91	
6 Cooper Leong	Sardis School	24.93	
7 Robin Gill	Delview Seco	25.23	
8 Aaron Medina	Sardis School	25.94	
<b>Heat 3 Preliminaries Wind: 0.1</b>			
1 Carter Smith	Pitt Meadows	23.63Q	
2 Alex Lamyin	South Delta Scho	23.76Q	
3 Harvir Panesar	Delta Second	23.83q	
4 Cade Armour	Samuel Rober	23.99	
5 Callum Middleton	Walnut Grove	24.75	
6 Dominic Bates-Montoya	St. John Bre	25.51	

7 Josh Huth	Walnut Grove	25.56	
<b>Men 200 Meter Dash Junior</b>			
Name	School	Finals	
<b>Section 1 Finals Wind: -0.2</b>			
1 Sawyer Collie	Unity Christ	23.27	
2 Carter Smith	Pitt Meadows	23.67	
3 Alex Lamyin	South Delta Scho	23.73	
4 Kai Hussein	Pitt Meadows	23.97	
5 Harvir Panesar	Delta Second	24.02	
6 Nick Sebastianelli	Ecole Salish	24.09	
7 Mitchell Gibbs	Pacific Acad	24.61	
8 Tremel States-Jones	Lord Tweedsm	25.94	
<b>Men 400 Meter Run Junior</b>			
Name	School	Prelims	
<b>Heat 1 Preliminaries</b>			
1 Alex Lamyin	South Delta Scho	53.54Q	
2 Elichai Mansell	Guildford Pa	54.36Q	
3 Ty Stevenson	Maple Ridge	55.30	
4 Daine Kerr	Pacific Acad	55.36	
5 Leyenhorst Teo	Credo Christ	57.06	
6 Benjamin Wergeland	Langley Chri	57.19	
7 Alan Zietlow	Earl Marriot	58.63	
<b>Heat 2 Preliminaries</b>			
1 Sawyer Collie	Unity Christ	53.97Q	
2 Jacob Bonikowsky	South Delta Scho	55.78Q	
3 Marcel Bona	Earl Marriot	56.15	
4 Nic Schmidt	Yale Secondary	56.85	
5 Jack Emley-Graham	Maple Ridge	56.97	
6 Josh Huth	Walnut Grove	58.26	
<b>Heat 3 Preliminaries</b>			
1 Nathan Chan	Pacific Acad	54.44Q	
2 John Alexander	Walnut Grove	54.63Q	
3 Nick Sebastianelli	Ecole Salish	54.87q	
4 Andrew Meier	Brookwood	54.93q	
5 Robin Gill	Delview Seco	55.37	
6 Cooper Leong	Sardis School	55.62	
7 Max Meekel	Maple Ridge	55.96	
8 Levi Van Egdome	Unity Christ	56.96	
<b>Men 400 Meter Run Junior</b>			
Name	School	Finals	
<b>Section 1 Finals</b>			
1 Sawyer Collie	Unity Christ	53.45	
2 Alex Lamyin	South Delta Scho	54.34	
3 Elichai Mansell	Guildford Pa	54.83	
4 Jacob Bonikowsky	South Delta Scho	55.44	
5 John Alexander	Walnut Grove	55.74	
6 Nathan Chan	Pacific Acad	55.86	
7 Andrew Meier	Brookwood	55.87	
8 Nick Sebastianelli	Ecole Salish	56.70	

## 2019 Fraser Valley Championships - 5/13/19 to 5/16/19

## Macleod Athletic Park, Langley

## Results

## Men 800 Meter Run Junior

Name	School	Prelims
<b>Heat 1 Preliminaries</b>		
1 Finn Longhurst	Sardis School	2:11.60Q
2 Jacob Bonikowsky	South Delta Scho	2:12.15Q
3 Kaelem Dumont	Elgin Park S	2:12.57
4 Jenó Kalombo	Credo Christ	2:15.22
5 Jonathan Soares	Lord Tweedsm	2:17.22
6 Isaac Hamilton	Langley Seco	2:17.85
7 Atkinson Kuo	Walnut Grove	2:18.31
8 Yousuf Shamsi	Fraser Heigh	2:20.39
<b>Heat 2 Preliminaries</b>		
1 Jacob Wadhvani	Terry Fox Se	2:08.96Q
2 Logan Picard	Walnut Grove	2:09.25Q
3 Simon Funk	Mei Secondar	2:09.58q
4 Connor Crevier	Sardis School	2:11.01q
5 Asher Toth	Unity Christ	2:16.65
6 Kris Reddy	Fraser Heigh	2:18.59
7 Evan Venema	Abbotsford C	2:22.41
<b>Heat 3 Preliminaries</b>		
1 Joseph Curtis	Centennial S	2:09.22Q
2 Jackson Maccubbin Lowrey	South Delta Scho	2:09.84Q
3 Carter Stevenson	Maple Ridge	2:12.43
4 Payton Downey	Thomas Haney	2:19.54
5 Jack Hayhoe	Thomas Haney	2:19.86
6 Nicholas Huang	Pacific Acad	2:20.45

## Men 800 Meter Run Junior

Name	School	Finals
<b>Section 1 Finals</b>		
1 Joseph Curtis	Centennial S	2:00.48
2 Jacob Wadhvani	Terry Fox Se	2:00.73
3 Jacob Bonikowsky	South Delta Scho	2:01.02
4 Finn Longhurst	Sardis School	2:01.65
5 Jackson Maccubbin Lowrey	South Delta Scho	2:08.88
6 Logan Picard	Walnut Grove	2:09.34
7 Connor Crevier	Sardis School	2:10.74
8 Simon Funk	Mei Secondar	2:16.15

## Men 1500 Meter Run Junior

Name	School	Finals
<b>Section 1</b>		
1 Jonathan Hofer	South Delta Scho	4:12.70
2 Jacob Wadhvani	Terry Fox Se	4:14.47
3 Finn Longhurst	Sardis School	4:20.15
4 Joseph Curtis	Centennial S	4:21.69
5 Micah Logie	Earl Marriot	4:25.53
6 Nick Raymond	Walnut Grove	4:25.93
7 Jacob Bonikowsky	South Delta Scho	4:26.35
8 Jackson Maccubbin Lowrey	South Delta Scho	x4:27.19
9 James De Jager	Abbotsford C	4:32.91
10 Isaac Baker	Elgin Park S	4:33.21
11 Connor Crevier	Sardis School	4:36.36
12 Pavel Potashov	Semiahmoo Se	4:36.50

13 Kaelem Dumont	Elgin Park S	4:36.70
14 Marcel Bona	Earl Marriot	4:41.00
15 Daylen Peterson	Walnut Grove	4:44.96
16 Nicholas Huang	Pacific Acad	4:45.53
17 Gabriel Whittaker	Walnut Grove	x4:48.58
18 Simon Funk	Mei Secondar	4:50.34
19 Jeremiah Carruthers	Port Moody S	4:51.26
20 Brett Kehler	Abbotsford C	4:51.33
21 Greg De Raadt	Unity Christ	4:52.57
22 Khauner Fast	GW Graham -	4:52.79

## Men 3000 Meter Run Junior

Name	School	Finals
<b>Section 1</b>		
1 Jonathan Hofer	South Delta Scho	9:00.44
2 Jacob Wadhvani	Terry Fox Se	9:17.80
3 Micah Logie	Earl Marriot	9:33.74
4 James De Jager	Abbotsford C	9:34.78
5 Jack Hardy	Walnut Grove	9:35.95
6 Nick Raymond	Walnut Grove	9:43.23
7 Isaac Baker	Elgin Park S	9:47.26
8 Devon Meadows	Centennial S	9:51.85
9 Jack Johnston	Sardis School	9:54.89
10 Kaelem Dumont	Elgin Park S	10:09.66
11 Pavel Potashov	Semiahmoo Se	10:16.94
12 Gabriel Whittaker	Walnut Grove	x10:18.25
13 Greg De Raadt	Unity Christ	10:19.40
14 Jeremiah Carruthers	Port Moody S	10:28.65
15 Khauner Fast	GW Graham -	10:34.60
16 Arjun Dhatt	Enver Creek	10:36.20
17 Simon Funk	Mei Secondar	10:37.08
18 Devon Kim	Semiahmoo Se	10:45.19
19 Will Burke	Hatzic Secon	10:48.88
20 Sean Murray	White Rock C	10:49.76
21 Mathew Wade	Maple Ridge	10:51.47
22 Andrew Mijinke	St. John Bre	10:59.03
--- Nick Tudhope	Walnut Grove	DNF

## Men 100 Meter Hurdles 33" Junior

Name	School	Prelims
<b>Heat 1 Preliminaries Wind: -1.1</b>		
1 Adam Pederson	Lord Tweedsm	14.17Q
2 Elijah Grimard	Highroad Aca	15.33Q
3 Elichai Mansell	Guildford Pa	15.61Q
4 Jaden Pawluck	Burnsview Se	16.70Q
5 Aiden Cunnold	Walnut Grove	16.79
6 Nikolas Barszczewski	Kwantlen Par	17.09
7 Jeewoo Chung	Walnut Grove	18.18
<b>Heat 2 Preliminaries Wind: -1.3</b>		
1 Praise Aniamaka	Pacific Acad	14.71Q
2 Taylor Sillars	Pacific Acad	15.13Q
3 Micah Piva	Burnsview Se	16.24Q
4 Justus Vanspronsen	Credo Christ	16.83Q
5 Matthew Price	Yale Secondary	17.55
6 Jacob King	Lord Tweedsm	17.60

2019 Fraser Valley Championships - 5/13/19 to 5/16/19

Macleod Athletic Park, Langley

Results

Heat 2 Preliminaries Wind: -1.3 ... (Men 100 Meter Hurdles 33" Junior)			
Name	School	Prelims	
7 Jacob Niblet	White Rock C	18.77	
8 Keanan Williams	Walnut Grove	20.08	

Men 100 Meter Hurdles 33" Junior			
Name	School	Finals	

Section 1 Finals Wind: -1.1			
1 Adam Pederson	Lord Tweedsm	14.42	
2 Praise Aniamaka	Pacific Acad	14.50	
3 Taylor Sillars	Pacific Acad	15.03	
4 Elijah Grimard	Highroad Aca	15.33	
5 Micah Piva	Burnsview Se	16.27	
6 Justus Vanspronsen	Credo Christ	16.69	
7 Jaden Pawluck	Burnsview Se	16.83	
8 Elichai Mansell	Guildford Pa	17.35	

Men 300 Meter Hurdles Junior			
Name	School	Finals	

Section 1			
1 Praise Aniamaka	Pacific Acad	41.21	
2 Taylor Sillars	Pacific Acad	42.81	
3 Elichai Mansell	Guildford Pa	43.27	
4 Andrew Meier	Brookwood	43.60	
5 Adam Pederson	Lord Tweedsm	43.61	
6 Elijah Grimard	Highroad Aca	44.98	
7 Justus Vanspronsen	Credo Christ	45.93	
8 Nicholas Luccock	Seaquam	50.65	

Section 2			
1 Callum Middleton	Walnut Grove	45.27	
2 Nikolas Barszczewski	Kwantlen Par	46.05	
3 Matthew Price	Yale Secondary	47.22	
4 Carter Stevenson	Maple Ridge	47.80	
5 Brenden Rk	Sardis School	49.76	
6 Kabir Bhangu	WJ	50.35	

Section 3			
1 Justin Ganase	Lord Tweedsm	47.97	
2 Nathan Davidson	White Rock C	49.73	
3 Sohail Loomba	Mei Secondar	53.56	

Men 1500 Meter Steeplechase 30" Junior			
Name	School	Finals	

Section 1			
1 Jack Hardy	Walnut Grove	4:35.93	
2 Nick Raymond	Walnut Grove	4:38.21	
3 Micah Logie	Earl Marriot	4:38.81	
4 James De Jager	Abbotsford C	4:47.37	
5 Isaac Baker	Elgin Park S	4:52.23	
6 Devon Meadows	Centennial S	4:54.96	
7 Greg De Raadt	Unity Christ	4:55.59	
8 Pavel Potashov	Semiahmoo Se	4:55.61	
9 Gabriel Whittaker	Walnut Grove	x4:55.62	
10 Daylen Peterson	Walnut Grove	x5:00.11	
11 Sean Murray	White Rock C	5:03.25	
12 Evan Slofstra	White Rock C	5:03.79	
13 Brett Kehler	Abbotsford C	5:04.11	

14 Maximilian Rodermond	Walnut Grove	x5:05.97
15 Evan Venema	Abbotsford C	x5:18.04
16 Atkinson Kuo	Walnut Grove	x5:22.48

Men 4x100 Meter Relay Junior			
Team	Relay	Prelims	

Heat 1 Preliminaries			
1 Enver Creek Secondary	A	46.31Q	
2 Pacific Academy	A	46.32Q	
3 Seaquam	A	47.58Q	
4 Lord Tweedsmuir	A	47.61Q	
5 Pacific Academy	B	48.34	
6 Walnut Grove	B	49.43	
7 Unity Christian	A	49.64	

Heat 2 Preliminaries			
1 Fraser Heigh	A	45.59Q	
2 WJ Mouat	A	46.90Q	
3 Archbishop C	A	47.03Q	
4 Credo Christ	A	47.34Q	
5 Walnut Grove	A	48.13	
6 Burnsview Secondary	A	48.64	
7 Langley Chri	A	50.25	
8 St. John Brebeuf	A	50.29	

Men 4x100 Meter Relay Junior			
Team	Relay	Finals	

Section 1 Finals			
1 Fraser Heigh	A	45.39	
2 Pacific Academy	A	45.48	
3 Enver Creek Secondary	A	46.13	
4 Archbishop C	A	46.97	
5 WJ Mouat	A	47.21	
6 Seaquam	A	47.24	
7 Credo Christ	A	47.40	

Men 4x400 Meter Relay Junior			
Team	Relay	Finals	

Section 1			
1 Credo Christ	A	3:56.90	
2 Walnut Grove	B	4:01.98	
3 Walnut Grove	C	x4:02.79	
4 Enver Creek Secondary	A	4:08.08	
5 Seaquam	A	4:10.89	
6 White Rock C	A	4:17.67	
7 Yale Secondary	A	4:23.78	

Section 2			
1 Pacific Academy	A	3:37.83	
2 Earl Marriot	A	3:47.91	
3 Walnut Grove	A	3:50.12	
4 Pacific Academy	B	3:51.38	
5 Unity Christian	A	3:51.63	
6 Sardis School	A	3:58.16	
7 Abbotsford C	A	4:00.09	

2019 Fraser Valley Championships - 5/13/19 to 5/16/19

Macleod Athletic Park, Langley

Results

**Men High Jump Junior**

Name	School	Finals
<b>Flight 1</b>		
1 Nolan McEachern	Thomas Haney	1.90m
2 George Kordas	Southridge S	J1.70m
2 Benjamin Wergeland	Langley Chri	1.70m
2 Evan Kimm	Brookswood	J1.70m
2 Josh Kurtz	Enver Creek	J1.70m
6 Max Meekel	Maple Ridge	J1.65m
6 Moo Sugar	St. John Bre	1.65m
6 Nick Schock	Semiahmoo Se	J1.65m
9 Isaac Hamilton	Langley Seco	1.60m
9 Sernay Taw	St. John Bre	1.60m
11 Nikolas Barszczewski	Kwantlen Par	1.55m
11 Gurshaan Gill	Abbotsford T	1.55m
11 Daniel De-Heer-Amisshah	Langley Chri	1.55m
11 Dominic Beltrame	St. John Bre	x1.55m
15 Nait Welsh	Maple Ridge	1.50m
15 Eldrian Manodon	Kwantlen Par	J1.50m
17 Tyson Hutt	Heritage Woo	1.45m
18 Jacob Niblet	White Rock C	1.40m

**Men Pole Vault Junior**

Name	School	Finals
<b>Flight 1</b>		
1 Josh Carsience	Mei Secondar	4.10m
2 Cayden Arnold	Semiahmoo Se	3.40m
3 George Kordas	Southridge S	3.00m
4 Noah Molina	Clayburn Mid	2.70m
5 Ty Stevenson	Maple Ridge	2.60m
6 Jack Emley-Graham	Maple Ridge	2.50m
7 Josh Vuong	Abbotsford C	2.30m
8 Isaac Hamilton	Langley Seco	2.00m

**Men Long Jump Junior**

Name	School	Finals
<b>Flight 1</b>		
1 Mitchell Gibbs	Pacific Acad	6.66m NWI
2 Adrian Blake	Pinetree Sec	6.26m NWI
3 Adam Pederson	Lord Tweedsm	6.06m NWI
4 Alejandro Pelayo	Fraser Heigh	5.93m NWI
5 Josh Carsience	Mei Secondar	5.92m NWI
6 Natanael Haan	Unity Christ	5.68m NWI
7 Dhag Mora	W.J	5.64m NWI
8 Ty Stevenson	Maple Ridge	5.57m NWI
9 Leyenhorst Teo	Credo Christ	5.38m NWI
10 J.P. De Chavez	Archbishop C	5.34m NWI
11 Dylan Kang	W.J	5.26m NWI
12 Eero Sorensen	Maple Ridge	5.20m NWI
13 Evan Kimm	Brookswood	5.18m NWI
14 Kyu Hyun Yoon	Pacific Acad	5.14m NWI
15 Gabriel Borreta	Holy Cross R	5.11m NWI
16 Dawson Inkster	Burnsview Se	5.08m NWI
17 Andy Ofosuhene	W.J	x5.00m NWI
18 Austin Lodder	Credo Christ	4.92m NWI

19 Richard Park	Centennial S	4.85m NWI
20 Jaden Pawluck	Burnsview Se	4.80m NWI

**Men Triple Jump Junior**

Name	School	Finals
<b>Flight 1</b>		
1 Praise Aniamaka	Pacific Acad	13.46m NWI
2 Taylor Sillars	Pacific Acad	12.33m NWI
3 Josh Kurtz	Enver Creek	11.70m NWI
4 Alejandro Pelayo	Fraser Heigh	11.66m NWI
5 Lorenzo Pelayo	Fraser Heigh	11.57m NWI
6 Daniel De-Heer-Amisshah	Langley Chri	11.47m NWI
7 Robin Gill	Delview Seco	11.42m NWI
8 Natanael Haan	Unity Christ	11.40m NWI
9 Camron Lockyer	Walnut Grove	11.32m NWI
10 Andy Ofosuhene	W.J	11.30m NWI
11 Dawson Inkster	Burnsview Se	11.08m NWI
12 Matthew Trent	Abbotsford C	11.02m NWI
13 Philip Chen	Fraser Heigh	x10.81m NWI
14 Matthew Spoor	Credo Christ	10.52m NWI
15 Josh Vuong	Abbotsford C	10.29m NWI
16 Nathan Bantog	Enver Creek	10.09m NWI
17 Landon Morrow	Abbotsford C	x9.85m NWI
18 Conan Liu	Dr. Charles	9.68m NWI
19 Jake Giesbrecht	Riverside Se	9.57m NWI
20 Cadeo Bello	Sands Second	8.97m NWI
--- Dhag Mora	W.J	FOUL

**Men Shot Put 5 kg Junior**

Name	School	Finals
<b>Flight 1</b>		
1 Michael Ogbeiwi	Lord Tweedsm	14.65m
2 Charn Nijjar	Queen Elizab	13.35m
3 Kai Hussein	Pitt Meadows	12.97m
4 Jordan Dickhof	Langley Chri	11.36m
5 Ethan Longley	RE Mountain	11.03m
6 Sam Huang	North Surrey	10.78m
7 Nicholas Reimer	Walnut Grove	10.72m
8 Ryder Martini	Langley Chri	J10.45m
8 Ryan Kimoto	Port Moody S	10.45m
10 Kendall Dantu-Woods	Semiahmoo Se	10.42m
11 Noa Moradi	Heritage Woo	10.12m
12 Jarek Obregon	Yale Secondary	9.95m
13 Alex Zhang	Abbotsford C	9.70m
14 Nic Schmidt	Yale Secondary	9.57m
15 Kells Jonathan	W.J	9.35m
16 Jason Son	Riverside Se	9.25m

**Men Discus Throw 1.5 kg Junior**

Name	School	Finals
<b>Flight 1</b>		
1 Michael Ogbeiwi	Lord Tweedsm	43.88m
2 Charn Nijjar	Queen Elizab	34.94m
3 Ethan Longley	RE Mountain	33.20m
4 Gurtaj Aulakh	Mei Secondar	31.69m
5 Jordan Dickhof	Langley Chri	30.92m

## 2019 Fraser Valley Championships - 5/13/19 to 5/16/19

## Macleod Athletic Park, Langley

## Results

## Flight 1 ... (Men Discus Throw 1.5 kg Junior)

Name	School	Finals
6 Jason Son	Riverside Se	30.89m
7 Nic Schmidt	Yale Secondary	29.55m
8 Siddhant Bhattacharya	Port Moody S	27.45m
9 Nathan Meyer	Aldergrove C	25.41m
10 Andrew Green	Chilliwack S	24.62m
11 Alex Zhang	Abbotsford C	23.75m
12 Nicholas Butler	W.J	23.52m
13 Keita Bodrogi	Port Moody S	23.46m
14 Liam Haysom	Centennial S	22.60m
15 Nicholas Reimer	Walnut Grove	22.40m
16 William Neufeld	Mei Secondar	19.81m
17 Marc Billedo	Holy Cross R	19.42m
--- Jackson Trustham	Ecole Herita	FOUL

## Men Hammer Throw 5 kg Junior

Name	School	Finals
1 Michael Ogbeiw	Lord Tweedsm	52.72m
2 Ethan Longley	RE Mountain	40.34m
3 Charn Nijjar	Queen Elizab	38.09m
4 Gurtaj Aulakh	Mei Secondar	36.98m
5 Nicholas Reimer	Walnut Grove	28.92m
6 William Neufeld	Mei Secondar	26.42m
7 Kells Jonathan	W.J	26.40m
8 Jakob Neufeld	Walnut Grove	26.04m
9 Jakob Radatzke	Abbotsford C	22.54m
10 Jackson Trustham	Ecole Herita	21.72m
11 Dezmond Loeppky	Mei Secondar	x20.46m
12 Sahil Sharma	Abbotsford T	14.84m

## Men Javelin Throw 700 gram Junior

Name	School	Finals
1 Josh Carsience	Mei Secondar	42.15m
2 Ethan Minderhoud	Credo Christ	39.62m
3 Jordan Dickhof	Langley Chri	38.52m
4 Klo Thaw Htoo	Aldergrove C	37.03m
5 Jarrett Vantil	Credo Christ	35.86m
6 Jaden Pawluck	Burnsview Se	35.65m
7 Collin Visarra	Holy Cross R	35.10m
8 Noa Moradi	Heritage Woo	34.10m
9 Keita Bodrogi	Port Moody S	31.03m
10 Caleb O'Handley	Hope Seconda	30.85m
11 Giuliano Bertolini	Pacific Acad	30.05m
12 Moo Sugar	St. John Bre	28.19m
13 Camron Lockyer	Walnut Grove	28.17m
14 Joshua Chapman	Pacific Acad	27.96m
15 Alexander Houghton	Aldergrove C	27.52m
16 Halil Yalcin	W.J	26.61m
17 David Cannon	Abbotsford C	26.53m
18 Nathan Thiessen	Fleetwood Park	25.67m
19 Naresh Khadka	Guildford Pa	24.35m
20 Furqan Bajwa	Princess Mar	24.22m
21 Marko Vignjevic	Terry Fox Se	21.60m

--- Justin Warkentin Lfmss FOUL

## Men 1500 Meter Race Walk Junior

Name	School	Finals
<b>Section 1</b>		
1 Joshua Chapman	Pacific Acad	8:04.41
2 Rylan Laurillard	Sardis School	8:08.81
3 Marcus Hollinger	Clayton Heig	8:14.01
4 Calvin Belanger	Sardis School	8:19.20
5 Maximilian Rodermond	Walnut Grove	8:19.28
6 Matthew Spoor	Credo Christ	8:25.16
7 Kevin Gao	White Rock C	8:29.19
8 Shawn Brynjolfson	Walnut Grove	8:46.48
9 Donghwa Kim	Clayton Heig	8:47.89
10 Markus Simpson	Yale Secondary	9:14.47
11 Cayden Arnold	Semiahmoo Se	9:20.38
12 Levi Van Egdom	Unity Christ	9:33.00
13 Thomas Lueth	St. John Bre	9:57.70
--- Raheem Abdur	Queen Elizab	DQ

## Men 100 Meter Dash Senior

Name	School	Prelims
<b>Heat 1 Preliminaries Wind: -2.1</b>		
1 David Midgley	Walnut Grove	11.57Q
2 Jag Gill	Sail Academy	11.70Q
3 Tyler Parsons	Chilliwack S	11.81q
4 Harrison Trustham	Mission Seco	12.04
5 Nate Savage	W.J	12.08
6 Nathan Hauserman	W.J	12.32
7 Andres Palma	Pinetree Sec	12.55
<b>Heat 2 Preliminaries Wind: -1.4</b>		
1 Ryan Pederson	Lord Tweedsm	11.63Q
2 Jonathan Toews	South Delta Scho	11.72Q
3 Edward Riddell	Archbishop C	11.83
4 Keaton Lees	Semiahmoo Se	11.83
5 Bedza Mannes	GW Graham -	12.00
6 Spencer Thiessen	Sardis School	12.00
7 Adam Wang	Heritage Woo	12.02
8 Ethan Eichhorst	Southridge S	12.22
<b>Heat 3 Preliminaries Wind: -1.7</b>		
1 Jesaiah Penson-McCoy	Frank Hurt Sec	11.36Q
2 Thane Timmerman	Abbotsford S	11.63Q
3 Wiltosso Neufeld	Unity Christ	11.76q
4 Ian Vandergugten	Credo Christ	11.83
5 Diego Eraso	Sardis School	11.88
6 Matthew Roadhouse	Mission Seco	12.08
7 Anthony Rich	Fraser Heigh	12.15
8 Jordan Mi	Pinetree Sec	12.44

## Men 100 Meter Dash Senior

Name	School	Finals
<b>Section 1 Finals Wind: -1.8</b>		
1 Jesaiah Penson-McCoy	Frank Hurt Sec	11.18
2 David Midgley	Walnut Grove	11.27
3 Jag Gill	Sail Academy	11.49

2019 Fraser Valley Championships - 5/13/19 to 5/16/19

Macleod Athletic Park, Langley

Results

**Section 1 Finals Wind: -1.8 ... (Men 100 Meter Dash Senior)**

Name	School	Finals
4 Thane Timmerman	Abbotsford S	11.59
5 Ryan Pederson	Lord Tweedsm	11.60
6 Tyler Parsons	Chilliwack S	11.75
7 Jonathan Toews	South Delta Scho	11.75
8 Wiltosso Neufeld	Unity Christ	13.88

**Men 200 Meter Dash Senior**

Name	School	Prelims
------	--------	---------

**Heat 1 Preliminaries Wind: -1.1**

1 David Midgley	Walnut Grove	22.83Q
2 Wiltosso Neufeld	Unity Christ	23.12Q
3 Tyler Parsons	Chilliwack S	23.67
4 Nate Savage	W.J	23.95
5 Aaron Williams	Centennial S	24.04
6 Adrian Vendl	Mei Secondar	24.88
7 Stephen Qiu	Fraser Heigh	26.21

**Heat 2 Preliminaries Wind: -0.9**

1 Jag Gill	Sail Academy	23.02Q
2 Thane Timmerman	Abbotsford S	23.06Q
3 Jonathan Toews	South Delta Scho	23.36q
4 Edward Riddell	Archbishop C	23.82
5 Bob Nicol	Walnut Grove	23.99
6 Evan Wright	Walnut Grove	24.34
7 Liam Easton	Holy Cross R	25.29
8 Kaleb Dizon	Holy Cross R	25.79

**Heat 3 Preliminaries Wind: -0.4**

1 Jesaiah Penson-McCoy	Frank Hurt Sec	22.78Q
2 Diego Eraso	Sardis School	22.95Q
3 Josh Laughlin	Gleneagle Se	23.51q
4 Bedza Mannes	GW Graham -	23.88
5 Keaton Lees	Semiahmoo Se	23.92

**Men 200 Meter Dash Senior**

Name	School	Finals
------	--------	--------

**Section 1 Finals Wind: -0.7**

1 Jesaiah Penson-McCoy	Frank Hurt Sec	22.11
2 David Midgley	Walnut Grove	22.32
3 Diego Eraso	Sardis School	22.83
4 Thane Timmerman	Abbotsford S	23.11
5 Jonathan Toews	South Delta Scho	23.57
6 Josh Laughlin	Gleneagle Se	24.11
7 Jag Gill	Sail Academy	25.35
8 Wiltosso Neufeld	Unity Christ	25.66

**Men 400 Meter Run Senior**

Name	School	Prelims
------	--------	---------

**Heat 1 Preliminaries**

1 Wiltosso Neufeld	Unity Christ	50.74Q
2 Josh Laughlin	Gleneagle Se	51.14Q
3 Ethan Eichhorst	Southridge S	52.85q
4 Zandberg Matthew	Unity Christ	52.96

5 Nicholas Coulter	White Rock C	54.63
6 Trey Ference	Semiahmoo Se	55.94
7 Abdi Rage	Guildford Pa	56.43
8 Manmeet Gill	Kwantlen Par	57.78

**Heat 2 Preliminaries**

1 Cameron Calbick	Walnut Grove	50.93Q
2 Diego Eraso	Sardis School	51.17Q
3 Evan Castellani	Abbotsford C	51.48q
4 Evan Wright	Walnut Grove	53.59
5 Andrew Thomson	Yale Secondary	53.91
6 Amani Pullar-Dyck	W.J	54.35
7 Liam Paige	Lord Tweedsm	57.16
8 Lucas Aufhauser	Seaquam	59.09

**Heat 3 Preliminaries**

1 Nico Aron	Maple Ridge	52.20Q
2 Kaelan House	Surrey Chris	52.40Q
3 Jaden Severy	Terry Fox Se	53.79
4 Sam Moller	Sardis School	55.43
5 Tyler Miller	Terry Fox Se	56.06
6 Aaron Williams	Centennial S	56.42
7 Oliver Harrison	Walnut Grove	56.45

**Men 400 Meter Run Senior**

Name	School	Finals
------	--------	--------

**Section 1 Finals**

1 Nico Aron	Maple Ridge	50.36
2 Wiltosso Neufeld	Unity Christ	50.42
3 Diego Eraso	Sardis School	51.04
4 Cameron Calbick	Walnut Grove	52.07
5 Josh Laughlin	Gleneagle Se	52.86
6 Kaelan House	Surrey Chris	53.43
7 Evan Castellani	Abbotsford C	53.61
8 Ethan Eichhorst	Southridge S	56.33

**Men 800 Meter Run Senior**

Name	School	Prelims
------	--------	---------

**Heat 1 Preliminaries**

1 Nico Aron	Maple Ridge	2:04.47Q
2 Adam Vilio	Holy Cross R	2:04.71Q
3 Reid Johnston	Abbotsford S	2:05.79
4 Samuel Manke	Pitt Meadows	2:06.48
5 Saba Khorasani	Maple Ridge	2:19.73
6 Enrico Dandolo	Seaquam	2:23.92

**Heat 2 Preliminaries**

1 Brendan McLaughlin	Heritage Woo	2:02.22Q
2 Michael Miller	Semiahmoo Se	2:02.50Q
3 Cameron Calbick	Walnut Grove	2:02.90
4 Zandberg Matthew	Unity Christ	2:05.71
5 Tyler Wilson	Lord Tweedsm	2:07.54
6 Josh Laughlin	Gleneagle Se	2:11.06
7 Duklo Thwe	Langley Seco	2:13.36

**Heat 3 Preliminaries**

1 Kaelan House	Surrey Chris	1:59.71Q
2 Richard Midgley	Walnut Grove	2:00.27Q

## 2019 Fraser Valley Championships - 5/13/19 to 5/16/19

## Macleod Athletic Park, Langley

## Results

**Heat 3 Preliminaries ... (Men 800 Meter Run Senior)**

Name	School	Prelims
3 Amardeep Mann	Yale Secondary	2:00.84q
4 Jeremiah Mackie	Earl Marriot	2:01.98q
5 Andrew Thomson	Yale Secondary	2:05.73
6 Khash Effatparver	Sardis School	2:08.59
7 Jisung Jeong	Walnut Grove	2:17.01

**Men 800 Meter Run Senior**

Name	School	Finals
<b>Section 1 Finals</b>		
1 Nico Aron	Maple Ridge	1:54.54
2 Adam Vilio	Holy Cross R	2:00.16
3 Michael Miller	Semiahmoo Se	2:02.53
4 Jeremiah Mackie	Earl Marriot	2:02.84
5 Amardeep Mann	Yale Secondary	2:03.51
6 Kaelan House	Surrey Chris	2:05.06
7 Richard Midgley	Walnut Grove	2:07.27
8 Brendan McLaughlin	Heritage Woo	2:09.51

**Men 1500 Meter Run Senior**

Name	School	Finals
<b>Section 1</b>		
1 Michael Miller	Semiahmoo Se	4:11.17
2 Jaiveer Tiwana	Fleetwood Park	4:12.11
3 Brendan McLaughlin	Heritage Woo	4:14.57
4 Jeremiah Mackie	Earl Marriot	4:14.63
5 Amardeep Mann	Yale Secondary	4:18.52
6 Reid Johnston	Abbotsford S	4:22.97
7 Richard Midgley	Walnut Grove	4:24.12
8 Tyler Wilson	Lord Tweedsm	4:25.38
9 Samuel Manke	Pitt Meadows	4:26.11
10 Kirubel Bogale	North Delta	4:32.36
11 Kai MacKenzie	W.J	4:33.02
12 Taranpreet Mann	Sardis School	4:33.64
13 Evan Querengesser	Pitt Meadows	4:40.03
14 Logan MacDonald	Sardis School	4:43.89
15 Jesse Boymook-Fisher	Langley Chri	4:44.33
16 Caleb Venema	Abbotsford C	4:45.69
17 Jisung Jeong	Walnut Grove	4:48.11
18 Yuvraj Gill	Queen Elizab	4:48.71
19 Kieran McRae	Chilliwack S	4:50.19
20 Ethan Yang	Gleneagle Se	4:59.22
21 Troy Langtry	Seaquam	5:28.86

**Men 3000 Meter Run Senior**

Name	School	Finals
<b>Section 1</b>		
1 Jaiveer Tiwana	Fleetwood Park	8:54.15
2 Michael Miller	Semiahmoo Se	9:00.85
3 Jeremiah Mackie	Earl Marriot	9:06.19
4 Jared Dehaan	Credo Christ	9:31.01
5 Riley Hall	Abbotsford C	9:40.77
6 Caleb Graham	Unity Christ	9:48.22
7 Evan Querengesser	Pitt Meadows	9:53.17
8 Logan MacDonald	Sardis School	9:55.73

9 Kirubel Bogale	North Delta	9:55.75
10 Quinn Giuricich	Earl Marriot	10:08.13
11 Caleb Venema	Abbotsford C	10:14.01
12 Taranpreet Mann	Sardis School	10:17.92
13 Jesse Boymook-Fisher	Langley Chri	10:21.79
14 Landon Foley	Fraser Heigh	10:23.10
15 Aldyn Monk-Young	Dr. Charles	10:26.61
16 Jisung Jeong	Walnut Grove	10:29.68
17 Ethan Yang	Gleneagle Se	10:38.14
18 Weihang Zheng	Fraser Heigh	10:42.28
19 Garreth Conner	GW Graham -	10:51.74
20 Marcelo Huatuco	White Rock C	10:52.95
21 Jeremy Firlotte	St. John Bre	11:53.19
22 Daniel Martinez	Walnut Grove	12:26.78

**Men 110 Meter Hurdles 36" Senior**

Name	School	Prelims
<b>Heat 1 Preliminaries Wind: -0.5</b>		
1 Harrison Trustham	Mission Seco	15.37Q
2 David Williamson	Abbotsford C	15.99Q
3 Kieran Kotwal	Mission Seco	17.59q
4 Logan Vaitkus	South Delta Scho	18.26
5 Travis Prachnau	Yale Secondary	18.92

**Heat 2 Preliminaries Wind: -0.7**

1 Aneel Gillan	Semiahmoo Se	15.40Q
2 Nate Savage	W.J	16.02Q
3 Aiden Carelse	Maple Ridge	18.34
4 John Santos	Holy Cross R	18.57
5 Ryota Takahashi	White Rock C	22.89

**Heat 3 Preliminaries Wind: -0.8**

1 Ian Vandergugten	Credo Christ	15.24Q
2 Ben Charbonneau	St. John Bre	16.43Q
3 Lucas Huttema	Credo Christ	17.75q
4 Daylan Nair	Yale Secondary	18.17
5 Oliver Harrison	Walnut Grove	18.34
6 Peter Mueckel	Heritage Woo	18.63

**Men 110 Meter Hurdles 36" Senior**

Name	School	Finals
<b>Section 1 Finals Wind: -0.5</b>		
1 Ian Vandergugten	Credo Christ	15.02
2 Harrison Trustham	Mission Seco	15.23
3 Nate Savage	W.J	15.66
4 Ben Charbonneau	St. John Bre	15.84
5 David Williamson	Abbotsford C	16.13
6 Kieran Kotwal	Mission Seco	17.79
7 Lucas Huttema	Credo Christ	20.88
--- Aneel Gillan	Semiahmoo Se	DQ

**Men 400 Meter Hurdles Senior**

Name	School	Finals
<b>Section 1</b>		
1 Daylan Nair	Yale Secondary	1:03.89
2 Nicholas Coulter	White Rock C	1:04.94
3 David Price	Yale Secondary	1:05.47



2019 Fraser Valley Championships - 5/13/19 to 5/16/19

Macleod Athletic Park, Langley

Results

**Section 1 ... (Men 400 Meter Hurdles Senior)**

Name	School	Finals
4 Evan Wright	Walnut Grove	1:05.51
5 Yuvraj Gill	Queen Elizab	1:05.83
6 Fraser McKay	Sullivan Hei	1:06.18

**Section 2**

1 Adam Vilio	Holy Cross R	58.45
2 Ben Charbonneau	St. John Bre	58.84
3 Evan Castellani	Abbotsford C	59.01
4 Brendan Luccock	Seaquam	59.76
5 Mathew Liosis	Maple Ridge	1:02.62
6 David Williamson	Abbotsford C	1:02.96
7 Oliver Harrison	Walnut Grove	1:03.97

**Section 3**

1 Harrison Trustham	Mission Seco	1:01.63
2 Alair Ang	Port Moody S	1:11.57

**Men 2000 Meter Steeplechase 33" Senior**

Name	School	Finals
------	--------	--------

**Section 1**

1 Jaiveer Tiwana	Fleetwood Park	6:08.86
2 Brendan McLaughlin	Heritage Woo	6:26.98
3 Riley Hall	Abbotsford C	6:28.88
4 Caleb Graham	Unity Christ	6:33.02
5 Mark Potashov	Semiahmoo Se	6:42.57
6 Kirubel Bogale	North Delta	6:48.83
7 Evan Querengesser	Pitt Meadows	6:56.26
8 Taranpreet Mann	Sardis School	6:57.10
9 Jesse Boymook-Fisher	Langley Chri	7:03.63
10 Caleb Venema	Abbotsford C	7:03.90
11 Samuel Manke	Pitt Meadows	7:12.86
12 Yuvraj Gill	Queen Elizab	7:17.64
13 Kieran McRae	Chilliwack S	7:26.87
14 Marcelo Huatuco	White Rock C	7:30.77
15 James Astrab	Heritage Woo	7:33.92
16 Jeremy Zheng	Burnsview Se	7:34.37
17 Dylan Theberge	Mission Seco	7:46.15
18 Fraser McKay	Sullivan Hei	7:49.23
19 Lucas Fawcett	Sardis School	7:59.04
20 Daryl Lim	Walnut Grove	7:59.79

**Men 4x100 Meter Relay Senior**

Team	Relay	Prelims
------	-------	---------

**Heat 1 Preliminaries**

1 Walnut Grove	A	44.52Q
2 Lord Tweedsmuir	A	45.20Q
3 W.J Mouat	A	45.77Q
4 Sardis School	A	46.49Q
5 Maple Ridge Secondary	A	46.58
6 Yale Secondary	A	47.44
--- Pinetree Sec	A	DQ

**Heat 2 Preliminaries**

1 Unity Christian	A	45.35Q
2 Abbotsford C	A	45.82Q

3 Mission Secondary	A	46.20Q
4 Fraser Heigh	A	46.81Q
5 Holy Cross Regional	A	47.04
6 South Delta School	A	48.42
7 Semiahmoo Secondary	A	49.32
--- Terry Fox Se	A	DQ

**Men 4x100 Meter Relay Senior**

Team	Relay	Finals
------	-------	--------

**Section 1 Finals**

1 Walnut Grove	A	44.03
2 Unity Christian	A	45.13
3 Abbotsford C	A	45.28
4 W.J Mouat	A	45.53
5 Sardis School	A	45.70
6 Mission Secondary	A	49.71

**Men 4x400 Meter Relay Senior**

Team	Relay	Finals
------	-------	--------

**Section 1**

1 Walnut Grove	A	3:28.90
2 Unity Christian	A	3:33.21
3 Maple Ridge Secondary	A	3:35.94
4 Abbotsford C	A	3:36.70
5 W.J Mouat	A	3:38.94
6 Sardis School	A	3:40.13
7 Walnut Grove	B	3:43.25
8 Mission Secondary	A	3:43.70

**Section 2**

1 Lord Tweedsmuir	A	3:51.37
2 Semiahmoo Secondary	A	3:52.36
3 Heritage Woo	A	3:52.49
4 Seaquam	A	3:53.91
5 White Rock C	A	4:13.13

**Men High Jump Senior**

Name	School	Finals
------	--------	--------

**Flight 1**

1 Aiden Grout	Maple Ridge	2.06m
2 Cole Brandsma	Abbotsford C	1.95m
3 Jake Schmidt	Langley Fine	1.85m
3 Liam Espedido	Terry Fox Se	J1.85m
5 Russell Gilroy	Yale Secondary	1.80m
6 William Gong	Pinetree Sec	1.70m
6 Darren Ahn	Semiahmoo Se	1.70m
8 Jordan Mi	Pinetree Sec	J1.65m
8 Lucas Fawcett	Sardis School	1.65m
10 Raymond Chu	North Surrey	1.50m

**Men Pole Vault Senior**

Name	School	Finals
------	--------	--------

**Flight 1**

1 Logan Onderwater	Abbotsford C	3.80m
2 Aneel Gillan	Semiahmoo Se	3.50m
3 Brendan Luccock	Seaquam	2.60m
--- Caleb Tam	Abbotsford C	NH

2019 Fraser Valley Championships - 5/13/19 to 5/16/19

Macleod Athletic Park, Langley

Results

**Men Long Jump Senior**

Name	School	Finals
<b>Flight 1</b>		
1 Ryan Pederson	Lord Tweedsm	6.45m 2.4
2 Jordan Mi	Pinetree Sec	6.10m +0.0
3 Keaton Lees	Semiahmoo Se	6.02m 2.3
4 David Midgley	Walnut Grove	5.85m 1.9
5 Dan Ko	Mei Secondar	5.82m 0.3
6 Bob Nicol	Walnut Grove	5.81m 0.3
7 Gavin Grim	Credo Christ	5.78m 1.4
8 Amani Pullar-Dyck	W.J	5.56m +0.0
9 David Ionce	W.J	5.48m 1.1
9 Logan Onderwater	Abbotsford C	5.48m +0.0
11 William Gong	Pinetree Sec	5.44m 0.4
11 Drew Brandsma	Abbotsford C	5.44m 2.7
13 Alex Le	Lord Tweedsm	5.37m 1.6
13 Russell Gilroy	Yale Secondary	5.37m 0.3
15 Anvith Thudi	Maple Ridge	5.34m +0.0
16 Nick Kuzyk	BC Christian	5.31m 0.5
17 Bedza Mannes	GW Graham -	5.22m 1.9
18 Kaleb Dizon	Holy Cross R	5.16m 1.2
18 Alex Deboer	Credo Christ	5.16m 1.3
20 Phillip Ngyuen	Lord Tweedsm	x4.93m +0.0

**Men Triple Jump Senior**

Name	School	Finals
<b>Flight 1</b>		
1 Gavin Grim	Credo Christ	12.55m NWI
2 Cole Brandsma	Abbotsford C	12.42m NWI
3 Dan Ko	Mei Secondar	11.98m NWI
4 Colton Cameron	Lord Tweedsm	11.71m NWI
5 Nick Kuzyk	BC Christian	11.41m NWI
6 Liam Paige	Lord Tweedsm	11.01m NWI
7 Caleb Graham	Unity Christ	10.92m NWI
8 Alex Deboer	Credo Christ	10.74m NWI
9 Wilclair Neufeld	Unity Christ	J10.63m NWI
9 Phillip Ngyuen	Lord Tweedsm	x10.63m NWI
11 Aiden Carelse	Maple Ridge	10.54m NWI
12 Lucas Huttema	Credo Christ	x10.44m NWI
13 Bhav Gosal	Fleetwood Park	10.33m NWI

**Men Shot Put 6 kg Senior**

Name	School	Finals
<b>Flight 1</b>		
1 Jarrett Chong	Riverside Se	14.98m
2 Blake Flikkema	Abbotsford C	11.38m
3 Aneel Gillan	Semiahmoo Se	11.35m
4 Riley Gookstetter	South Delta Scho	10.92m
5 Ethan Ludwig	Mei Secondar	10.82m
6 Zachariah Wergeland	Langley Chri	10.74m
7 James Henn	Abbotsford C	10.47m
8 Kevin Apdal	Holy Cross R	10.25m
9 Dakota Lepine	Lord Tweedsm	10.09m
10 Bradly Tober	Mission Seco	10.01m
11 Michael Yoo	Heritage Woo	9.64m

12 Russell Gilroy	Yale Secondary	9.54m
12 Jarl Arciaga	Holy Cross R	9.54m
14 Josh Bruinsma	Abbotsford C	x9.51m
15 Le Jayden	Samuel Rober	9.36m
16 Ebiye Okoko Chomsey	W.J	9.27m
17 Rajvir Brar	Mei Secondar	8.76m
18 Jason Sangha	Lord Tweedsm	8.75m
19 Joseph Bongon	Regent Chris	7.20m

**Men Discus Throw 1.75 kg Senior**

Name	School	Finals
<b>Flight 1</b>		
1 Jarrett Chong	Riverside Se	39.47m
2 Damian Panko	Abbotsford C	35.89m
3 Zachariah Wergeland	Langley Chri	34.70m
4 Viktor Kim	Walnut Grove	33.97m
5 Rajvir Brar	Mei Secondar	31.24m
6 Josh Ogren	Hope Seconda	30.62m
7 Michael Yoo	Heritage Woo	27.71m
8 Dakota Lepine	Lord Tweedsm	27.05m
9 Josh Bruinsma	Abbotsford C	24.58m
10 Ethan Ludwig	Mei Secondar	24.30m
11 Isaac Tjandra	Semiahmoo Se	22.38m
12 Cole Braun	Sardis School	21.99m
13 Nick Lee	Heritage Woo	19.51m
14 Kartik Singh	Tamanawis Se	17.95m

**Men Hammer Throw 6 kg Senior**

Name	School	Finals
<b>Flight 1</b>		
1 Rajvir Brar	Mei Secondar	44.89m
2 Ethan Ludwig	Mei Secondar	36.25m
3 Damian Panko	Abbotsford C	32.59m
4 James Henn	Abbotsford C	29.22m
5 Bradly Tober	Mission Seco	28.61m
6 Griffin Blue	Hope Seconda	24.66m
7 Arun Bhangu	W.J	19.93m
8 Adon Sawchuk	Mission Seco	19.60m
9 Sean Burgess	Mission Seco	x16.36m
10 Evan Murray	White Rock C	15.60m
11 Josh Gebhart	W.J	13.66m

**Men Javelin Throw 800 gram Senior**

Name	School	Finals
<b>Flight 1</b>		
1 Elliott Payne	Maple Ridge	53.62m
2 Jarrett Chong	Riverside Se	50.38m
3 Tanner Geringer	Mission Seco	48.48m
4 Paul Smit	Walnut Grove	48.39m
5 James Henn	Abbotsford C	44.78m
6 David Reston	Surrey Chris	43.15m
7 Josiah Gamlak	Highroad Aca	40.07m
8 Jake McFarland	Terry Fox Se	39.58m
9 John Wang	RE Mountain	37.04m
10 Juhwan Park	Maple Ridge	36.92m
11 Adon Sawchuk	Mission Seco	36.40m

**2019 Fraser Valley Championships - 5/13/19 to 5/16/19****Macleod Athletic Park, Langley****Results****Flight 1 ... (Men Javelin Throw 800 gram Senior)**

	<b>Name</b>	<b>School</b>	<b>Finals</b>
12	Daylan Nair	Yale Secondary	29.46m
13	Travis Prachnau	Yale Secondary	28.95m
---	Damian Panko	Abbotsford C	FOUL
---	Dakota Lepine	Lord Tweedsm	FOUL

**Men 1500 Meter Race Walk Senior**

	<b>Name</b>	<b>School</b>	<b>Finals</b>
<b>Section 1</b>			
1	Tyler Wilson	Lord Tweedsm	7:05.86
2	Brendan Visser	Abbotsford C	7:40.21
3	Levi De Greeff	Abbotsford C	8:41.94
4	Len Leguijt	Credo Christ	9:21.15
5	Wilclair Neufeld	Unity Christ	9:24.49
6	Samuel Gaertner	Highroad Aca	9:28.10
7	Andrew Roberts	Heritage Woo	9:57.82