2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 80 Girls 10 800 Meter Race Walk

	Name	Year	Team	Finals
Finals				
1	563 IMISIOLUWA OYENUGA	13	NANAIMO & DI	6:17.93
2	533 FIONA CUNNING	13	NANAIMO & DI	7:24.54

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 80 Girls 11 800 Meter Race Walk

	Name	Year	Team	Finals
1	545 AVA HAAB	12	NANAIMO & DI	5:50.87

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 80 Girls 12 800 Meter Race Walk

	Name	Year	Team	Finals
1	530 ROWAN CLARKE	11	NANAIMO & DI	4:55.89
2	429 MAKAYLA MACKENZIE	11	CAMPBELL RIV	5:17.04
3	557 SOFIA LUNDMAN	11	NANAIMO & DI	5:18.34
4	517 ALICA VALASTIAK	11	COWICHAN VAL	5:20.24

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 80 Boys 9 800 Meter Race Walk

	Name	Year	Team	Finals
1	518 ELIJAH VALASTIAK	14	COWICHAN VAL	6:31.58

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 80 Boys 10 800 Meter Race Walk

	Name	Year	Team	Finals
1	615 CONNOR SCOTT	13	OCEANSIDE TR	6:31.21

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 84 Women 14-15 1500 Meter Race Walk

	Name	Year	Team	Finals
1	601 SOPHIA DESVAUX	09	OCEANSIDE TR	11:08.09

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 84 Boys 13 1500 Meter Race Walk

	Name	Year	Team	Finals
1	605 JONAH KOLEN-LEE	10	OCEANSIDE TR	11:35.30
2	506 ROBERT LAZENBY	10	COWICHAN VAL	14:22.11

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 89 Women 16-17 5000 Meter Race Walk

	Name	Year	Team	Finals
1	496 ANNETTE BLUMEL	07	COWICHAN VAL	30:17.30

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 89 Women 20-34 5000 Meter Race Walk

	Name	Year	Team	Finals
1	556 OLIVIA LUNDMAN	03	NANAIMO & DI	23:13.81

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 71 Men 40-44 1500 Meter Run

	Name	Year	Team	Finals
--	627 AARON HOLMGREN	82	PENINSULA TR	DNF

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 71 Men 75-79 1500 Meter Run

	Name	Year	Team	Finals
1	574 TERRY RIGGINS	47	NANAIMO & DI	6:35.33

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 69 Men 12 1200 Meter Run

	Name	Year	Team	Finals	H#
1	628 COEN HOLMGREN	11	PENINSULA TR	3:56.40	2
2	538 FINN ENGLISH	11	NANAIMO & DI	4:13.94	2
3	575 BEN RYAN	11	NANAIMO & DI	4:21.00	2
4	634 CHRISTOPHER PARFIT	11	PENINSULA TR	4:22.08	2
5	508 CHRISTOPHER MULLER	11	COWICHAN VAL	4:26.78	2
6	607 HUDSON PALICHUK	11	OCEANSIDE TR	4:41.14	2
7	512 ZACHARY RAMSTEAD	11	COWICHAN VAL	4:45.07	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 69 Men 13 1200 Meter Run

	Name	Year	Team	Finals	H#
1	532 CARTER CUNNING	10	NANAIMO & DI	3:48.83	2
2	514 CONNOR THOMPSON	10	COWICHAN VAL	4:07.76	2
3	640 RYDER STUBBS	10	PENINSULA TR	4:10.33	2
4	605 JONAH KOLEN-LEE	10	OCEANSIDE TR	4:13.44	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 69 Men 14-15 1200 Meter Run

	Name	Year	Team	Finals
1	623 EGAN FRANEY	08	PENINSULA TR	3:26.94
2	481 WALKER SMITS	08	COMOX VALLEY	3:27.99
3	689 ETHAN HUNT	09	UNATTACHED B	3:31.34
4	629 EMILIAN HOLMGREN	09	PENINSULA TR	4:02.30
5	422 EDWIN CLEMENTS	09	CAMPBELL RIV	4:04.93

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 67 Girls 12 1200 Meter Run

	Name	Year	Team	Finals	H#
1	554 ELIZABETH LINDER	11	NANAIMO & DI	4:21.89	2
2	549 KATIE HILL	11	NANAIMO & DI	4:21.95	2
3	571 BRYNNE REILLY	11	NANAIMO & DI	4:24.75	2
4	584 TESSA THIBAULT	11	NANAIMO & DI	4:42.11	2
5	429 MAKAYLA MACKENZIE	11	CAMPBELL RIV	4:52.80	2
6	530 ROWAN CLARKE	11	NANAIMO & DI	4:54.36	2
7	557 SOFIA LUNDMAN	11	NANAIMO & DI	4:58.30	2
8	517 ALICA VALASTIAK	11	COWICHAN VAL	5:30.96	2
9	616 MADISON SCOTT	11	OCEANSIDE TR	5:44.48	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 67 Girls 13 1200 Meter Run

	Name	Year	Team	Finals	H#
1	451 AMELIA JELEN MOORE	10	COMOX VALLEY	4:10.33	2
2	672 TEA NORDMAN	10	POWELL RIVER	4:12.20	2
3	626 ROSIE HAYNES	10	PENINSULA TR	4:13.73	2
4	485 TUVA TAEVS	10	COMOX VALLEY	4:50.97	2
5	415 ELLIS RAMSAY	10	ATHLETICS VI	5:12.16	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 67 Women 14-15 1200 Meter Run

	Name	Year	Team	Finals	H#
1	440 INDIE CUDMORE	09	COMOX VALLEY	3:51.40	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 65 Men 9 1000 Meter Run

	Name	Year	Team	Finals	H#
1	576 OWEN RYAN	14	NANAIMO & DI	4:04.53	2
2	620 CALEB WILLERS	14	OCEANSIDE TR	4:09.98	2
3	647 WOODROW BECKER	14	POWELL RIVER	4:20.65	2
4	518 ELIJAH VALASTIAK	14	COWICHAN VAL	4:25.70	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 65 Men 10 1000 Meter Run

	Name	Year	Team	Finals
1	504 OWEN JADAN	13	COWICHAN VAL	3:41.29
2	536 CEDAR DUNNETT	13	NANAIMO & DI	3:44.88
3	507 JAKE MACCULLOUGH	13	COWICHAN VAL	3:47.98
4	637 HENRY SHEPHERD	13	PENINSULA TR	3:56.60
5	671 EWAN NAYLOR	13	POWELL RIVER	3:56.70
6	602 JAMES DONOHOE	13	OCEANSIDE TR	4:01.39
7	618 WILEY WALKER	13	OCEANSIDE TR	4:12.48

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 65 Men 11 1000 Meter Run

	Name	Year	Team	Finals
1	633 HARRISON MATTHEWS	12	PENINSULA TR	3:28.31
2	511 LIAM RAMSTEAD	12	COWICHAN VAL	3:33.23

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 64 Girls 9 1000 Meter Run

	Name	Year	Team	Finals	H#
1	488 STELLALYN VAN TONG	14	COMOX VALLEY	4:16.95	2
2	537 ANNE ENGLISH	14	NANAIMO & DI	4:26.43	2
3	608 LENIX PALICHUK	14	OCEANSIDE TR	5:20.53	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 64 Girls 10 1000 Meter Run

	Name	Year	Team	Finals	H#
1	595 OLIVIA BEWSEY	13	OCEANSIDE TR	3:53.91	1
2	453 RHEA KLASSEN	13	COMOX VALLEY	3:55.40	2
3	403 RUBY MESSENGER	13	ALBERNI VALL	3:58.52	1
4	619 MAYA WATSON	13	OCEANSIDE TR	4:05.94	2
5	572 CAYLEN REILLY	13	NANAIMO & DI	4:16.29	1
6	462 ELLA MOORE	13	COMOX VALLEY	4:18.05	1
7	533 FIONA CUNNING	13	NANAIMO & DI	4:26.24	2
8	534 AMELIA DICKSON	13	NANAIMO & DI	4:26.42	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 64 Girls 11 1000 Meter Run

	Name	Year	Team	Finals
1	473 AVERY SCHMIDT	12	COMOX VALLEY	3:28.44
2	636 NATALYA ROMAINE	12	PENINSULA TR	3:38.29
3	580 JADA SHIMEK	12	NANAIMO & DI	4:05.41

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 47 Men 16-17 400 Meter Dash

	Name	Year	Team	Finals
1	578 SAM SAKAMOTO	07	NANAIMO & DI	1:04.85

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 47 Men 18-19 400 Meter Dash

	Name	Year	Team	Finals
1	577 NICHOLAS SAKAMOTO	05	NANAIMO & DI	1:01.29

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 47 Men 40-44 400 Meter Dash

	Name	Year	Team	Finals
1	630 CHRIS JONES	81	PENINSULA TR	1:02.21

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 47 Men 75-79 400 Meter Dash

	Name	Year	Team	Finals
1	574 TERRY RIGGINS	47	NANAIMO & DI	1:21.54

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 45 Women 16-17 400 Meter Dash

	Name	Year	Team	Finals
1	445 MADELAINE GALIK	06	COMOX VALLEY	1:08.48
2	701 QUINN SMITS	06	POWELL RIVER	1:10.01
3	442 PAYGE DOTY-BROWN	07	COMOX VALLEY	1:22.80

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 45 Women 70-74 400 Meter Dash

	Name	Year	Team	Finals
1	526 SANDRA BISSESSUR	49	NANAIMO & DI	1:29.60

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 42 Men 14-15 300 Meter Dash

	Name	Year	Team	Finals
1	479 SIMON SMALLACOMBE	09	COMOX VALLEY	39.54
2	407 AIDAN DICKINSON	09	ATHLETICS VI	42.65
3	638 JOSHUA SLAUENWHITE	08	PENINSULA TR	46.28

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 40 Boys 12 300 Meter Dash

	Name	Year	Team	Finals	H#
1	628 COEN HOLMGREN	11	PENINSULA TR	47.27	2
2	575 BEN RYAN	11	NANAIMO & DI	49.43	2
3	634 CHRISTOPHER PARFIT	11	PENINSULA TR	56.08	2
4	607 HUDSON PALICHUK	11	OCEANSIDE TR	57.22	2
5	512 ZACHARY RAMSTEAD	11	COWICHAN VAL	57.87	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 40 Boys 13 300 Meter Dash

	Name	Year	Team	Finals	H#
1	426 ADRIAN KUMAR	10	CAMPBELL RIV	41.80	1
2	555 RYAN LUCH	10	NANAIMO & DI	45.93	1
3	546 LEVI HAAB	10	NANAIMO & DI	46.35	2
4	632 MYLES JONES	10	PENINSULA TR	49.55	1
5	439 NASH CALDWELL-WALU	10	COMOX VALLEY	49.67	1
6	640 RYDER STUBBS	10	PENINSULA TR	50.49	1
7	639 GRAYSON STUBBS	10	PENINSULA TR	52.11	1
8	510 SAMUEL NICKOLICHUK	10	COWICHAN VAL	53.86	1
9	506 ROBERT LAZENBY	10	COWICHAN VAL	56.09	1

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 38 Women 14-15 300 Meter Dash

	Name	Year	Team	Finals
1	457 ADDISON LEWIS	09	COMOX VALLEY	44.43
2	491 MAILE WESNER	08	COMOX VALLEY	44.93
3	413 ELLY MARTIN	09	ATHLETICS VI	45.67
4	493 KYLIE ZAAL	08	COMOX VALLEY	46.50
5	483 ZOE STEELE	08	COMOX VALLEY	47.70
6	676 REBEKAH SHANNON	09	POWELL RIVER	47.89
7	482 KIERA STEELE	08	COMOX VALLEY	48.51

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 36 Girls 12 300 Meter Dash

	Name	Year	Team	Finals	H#
1	641 RAYAH UNDERWOOD	11	PENINSULA TR	48.28	1
2	642 CHARLEY VAN DER BE	11	PENINSULA TR	49.18	3
3	554 ELIZABETH LINDER	11	NANAIMO & DI	49.82	2
4	571 BRYNNE REILLY	11	NANAIMO & DI	50.95	2
5	542 LUCIA GAUTHIER	11	NANAIMO & DI	52.20	3
6	584 TESSA THIBAULT	11	NANAIMO & DI	54.06	2
7	557 SOFIA LUNDMAN	11	NANAIMO & DI	56.55	2
8	429 MAKAYLA MACKENZIE	11	CAMPBELL RIV	58.91	3
9	423 SARAH CLEMENTS	11	CAMPBELL RIV	1:00.97	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 36 Girls 13 300 Meter Dash

	Name	Year	Team	Finals
1	472 NYA SAMSON	10	COMOX VALLEY	45.30
2	626 ROSIE HAYNES	10	PENINSULA TR	47.99
3	412 AVA-MARIE JAEGER	10	ATHLETICS VI	49.62
4	672 TEA NORDMAN	10	POWELL RIVER	52.28

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 118 Men 16-17 110 Meter Hurdles 10 x 36"

	Name	Year	Team	Finals	Wind
1	694 JOSE MONTESSORI	06	VANCOUVER OL	14.84	0.2
2	660 ETHAN HULL	07	POWELL RIVER	16.49	0.2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 601 Women 18-19 100 Meter Hurdles 10 x 33"

	Name	Year	Team	Finals	Wind
1	478 LACIE SIMMONS	05	COMOX VALLEY	15.09	-1.1

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 116 Women 16-17 100 Meter Hurdles 10 x 30"

	Name	Year	Team	Finals	Wind
1	695 ALLISON TORRANCE	07	VANCOUVER OL	16.12	-0.1
2	442 PAYGE DOTY-BROWN	07	COMOX VALLEY	18.69	-0.1

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 114 Men 14-15 100 Meter Hurdles 10 x 33"

	Name	Year	Team	Finals	Wind
1	446 CARTER GRANSON	09	COMOX VALLEY	19.65	-0.9

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 110 Women 14-15 80 Meter Hurdles 8 x 30"

	Name	Year	Team	Finals	Wind	H#
1	450 VICTORIA HOFFMAN	08	COMOX VALLEY	12.48	-1.9	2
2	693 ANA MONTESSORI	08	VANCOUVER OL	12.88	-1.9	2
3	524 TESSA BELL	09	NANAIMO & DI	13.22	-0.4	1
4	444 GILLIAN GALIK	08	COMOX VALLEY	13.40	-1.9	2
5	413 ELLY MARTIN	09	ATHLETICS VI	13.68	-0.4	1
6	457 ADDISON LEWIS	09	COMOX VALLEY	14.04	-0.4	1
7	405 KAJSA CHELL	09	ATHLETICS VI	14.54	-0.4	1
8	433 GEMMA QUESNEL	09	CAMPBELL RIV	16.71	-1.9	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 113 Men 13 Year Olds 80 Meter Hurdles 8 x 30"

	Name	Year	Team	Finals	Wind
1	546 LEVI HAAB	10	NANAIMO & DI	14.24	0.6
2	410 DANIEL HILL	10	ATHLETICS VI	14.25	0.6
3	555 RYAN LUCH	10	NANAIMO & DI	14.63	0.6
4	632 MYLES JONES	10	PENINSULA TR	15.35	0.6
5	654 GABRIEL CHARTIER	10	POWELL RIVER	16.33	0.6

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 112 Men 12 Year Olds 80 Meter Hurdles 8 x 27"

	Name	Year	Team	Finals	Wind	H#
1	562 FINN OLSEN	11	NANAIMO & DI	15.61	-1.1	2
2	628 COEN HOLMGREN	11	PENINSULA TR	15.65	-0.7	1
3	508 CHRISTOPHER MULLER	11	COWICHAN VAL	17.20	-0.7	1
4	575 BEN RYAN	11	NANAIMO & DI	17.25	-1.1	2
5	501 ATWOOD HALE	11	COWICHAN VAL	17.62	-0.7	1
6	634 CHRISTOPHER PARFIT	11	PENINSULA TR	17.91	-1.1	2
7	607 HUDSON PALICHUK	11	OCEANSIDE TR	17.92	-0.7	1
8	512 ZACHARY RAMSTEAD	11	COWICHAN VAL	18.31	-1.1	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 109 Women 13 Year Olds 80 Meter Hurdles 8 x 30"

	Name	Year	Team	Finals	Wind
1	412 AVA-MARIE JAEGER	10	ATHLETICS VI	14.28	-0.7
2	461 LILY MONJO	10	COMOX VALLEY	16.42	-0.7
3	484 ELLA SUPPIAH	10	COMOX VALLEY	17.03	-0.7
4	681 LONDYN WATERTON	10	POWELL RIVER	18.59	-0.7
5	495 ARIANNA BEATON	10	COWICHAN VAL	20.40	-0.7

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 108 Women 12 Year Olds 80 Meter Hurdles 8 x 27"

	Name	Year	Team	Finals	Wind	H#
1	641 RAYAH UNDERWOOD	11	PENINSULA TR	14.66	-0.4	3
2	588 SKYLA WEBBER	11	NANAIMO & DI	14.87	-1.1	2
3	652 OLIVIA CARTA	11	POWELL RIVER	15.12	-1.1	2
4	669 EMILY MASSULLO	11	POWELL RIVER	15.62	-1.1	2
5	549 KATIE HILL	11	NANAIMO & DI	16.64	-1.1	2
6	668 BRIA MASSULLO	11	POWELL RIVER	16.86	-0.4	3
7	530 ROWAN CLARKE	11	NANAIMO & DI	17.62	-0.4	3
8	673 GRACE PARSONS	11	POWELL RIVER	17.68	-0.4	3
9	455 SOPHIA LEE	11	COMOX VALLEY	17.88	0.1	1
10	429 MAKAYLA MACKENZIE	11	CAMPBELL RIV	18.23	-1.1	2
11	616 MADISON SCOTT	11	OCEANSIDE TR	18.49	0.1	1
12	571 BRYNNE REILLY	11	NANAIMO & DI	18.63	0.1	1
13	670 TAIGE MAXWELL	11	POWELL RIVER	19.97	-0.4	3
14	656 SASHA GALLIGOS	11	POWELL RIVER	21.04	0.1	1

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 106 Men 10 60 Meter Hurdles 6 x 24"

	Name	Year	Team	Finals	Wind	H#
1	593 ANDREW BAETZ	13	OCEANSIDE TR	11.86	0.4	4
2	551 GEORGE HOWARD	13	NANAIMO & DI	11.94	+0.0	3
3	504 OWEN JADAN	13	COWICHAN VAL	12.09	0.4	4
4	598 CHASE BRITTAIN	13	OCEANSIDE TR	12.16	+0.0	3
5	539 COLTEN FONTAINE	13	NANAIMO & DI	12.34	0.4	4
6	606 THOMAS LUKSAY	13	OCEANSIDE TR	13.44	0.4	4
7	671 EWAN NAYLOR	13	POWELL RIVER	13.54	0.4	4
8	536 CEDAR DUNNETT	13	NANAIMO & DI	13.88	+0.0	3
9	680 HAYES WATERTON	13	POWELL RIVER	13.92	+0.0	3
10	615 CONNOR SCOTT	13	OCEANSIDE TR	13.97	+0.0	3
11	653 SAMUEL CHARTER	13	POWELL RIVER	14.29	0.4	4
12	602 JAMES DONOHOE	13	OCEANSIDE TR	15.58	0.4	4

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 106 Men 11 60 Meter Hurdles 6 x 24"

	Name	Year	Team	Finals	Wind	H#
1	511 LIAM RAMSTEAD	12	COWICHAN VAL	11.23	-0.6	2
2	544 KAILO GRAIN	12	NANAIMO & DI	11.56	-0.6	2
3	655 GRIFFIN FRASER	12	POWELL RIVER	11.80	-0.6	2
4	631 JUSTIN JONES	12	PENINSULA TR	11.86	-0.6	2
5	469 GAVIN ROSE	12	COMOX VALLEY	12.92	-1.0	1
6	646 WREN BARFOOT	12	POWELL RIVER	13.58	-1.0	1

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 105 Men 9 Year Olds 60 Meter Hurdles 6 x 21"

	Name	Year	Team	Finals	Wind	H#
1	576 OWEN RYAN	14	NANAIMO & DI	12.21	0.7	1
2	531 SAWYER CLARKE	14	NANAIMO & DI	12.73	0.7	1
3	651 OWEN CALDER	14	POWELL RIVER	13.40	0.7	1
4	587 ISRAEL WEBBER	14	NANAIMO & DI	13.58	-0.6	2
5	666 CADEN LADNER	14	POWELL RIVER	13.60	-0.6	2
6	597 KALEB BINDER	14	OCEANSIDE TR	13.68	0.7	1
7	647 WOODROW BECKER	14	POWELL RIVER	13.77	-0.6	2
8	400 THOR ASKERHAUG TOR	14	ALBERNI VALL	13.78	-0.6	2
9	518 ELIJAH VALASTIAK	14	COWICHAN VAL	13.90	0.7	1
10	677 LIAM VAN EGTEREN	14	POWELL RIVER	14.53	0.7	1

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 103 Girls 10 60 Meter Hurdles 6 x 24"

	Name	Year	Team	Finals	Wind	H#
1	563 IMISIOLUWA OYENUGA	13	NANAIMO & DI	12.82	0.5	2
2	453 RHEA KLASSEN	13	COMOX VALLEY	12.93	0.5	2
3	411 ADDISON IHLEN	13	ATHLETICS VI	13.15	0.5	2
4	662 GIANNA HULL	13	POWELL RIVER	13.60	-0.9	3
5	661 GENEVIEVE HULL	13	POWELL RIVER	13.88	-0.9	3
6	534 AMELIA DICKSON	13	NANAIMO & DI	13.96	-0.9	3
7	403 RUBY MESSENGER	13	ALBERNI VALL	14.10	-0.9	3
8	649 EILY BRATSETH	13	POWELL RIVER	14.13	0.5	2
9	604 MATILDA HUNTER	13	OCEANSIDE TR	14.26	-0.9	3
10	609 MEMPHIS PALICHUK	13	OCEANSIDE TR	14.54	0.5	2
11	515 LOTTIE TYLER	13	COWICHAN VAL	14.84	0.5	2
12	533 FIONA CUNNING	13	NANAIMO & DI	14.95	0.5	2
13	572 CAYLEN REILLY	13	NANAIMO & DI	15.69	-0.9	3
14	644 FARRAN ANDERSON	13	POWELL RIVER	15.89	-0.9	3

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 103 Girls 11 60 Meter Hurdles 6 x 24"

	Name	Year	Team	Finals	Wind	H#
1	499 SYDNEE ERICKSON	12	COWICHAN VAL	11.45	-0.7	1
2	621 DAISY BARKER	12	PENINSULA TR	11.49	-0.7	1
3	636 NATALYA ROMAINE	12	PENINSULA TR	12.40	-0.7	1
4	473 AVERY SCHMIDT	12	COMOX VALLEY	12.89	-0.7	1
5	414 FINLEY MARTIN	12	ATHLETICS VI	12.95	-0.7	1
6	490 CARLA WEBER	12	COMOX VALLEY	13.09	-0.7	1
7	552 ABIGAIL JOHNSON	12	NANAIMO & DI	13.20	0.5	2
8	580 JADA SHIMEK	12	NANAIMO & DI	13.28	-0.7	1

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 102 Women 9 Year Olds 60 Meter Hurdles 6 x 21"

	Name	Year	Team	Finals	Wind
1	488 STELLALYN VAN TONG	14	COMOX VALLEY	13.85	1.4
2	452 EASTYN KANARY	14	COMOX VALLEY	13.96	1.4
3	679 IRIE WALLS	14	POWELL RIVER	14.53	1.4
4	608 LENIX PALICHUK	14	OCEANSIDE TR	14.65	1.4
5	664 MADELEINE KOOP-REB	14	POWELL RIVER	15.23	1.4
6	553 AMARA LATIFF	14	NANAIMO & DI	15.31	1.4

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 35 Men 16-17 200 Meter Dash

	Name	Year	Team	Finals	Wind
1	459 RYAN LOFSTROM	07	COMOX VALLEY	21.69	0.9

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 35 Men 18-19 200 Meter Dash

	Name	Year	Team	Finals	Wind
1	522 SEBASTIAN LAMBERT	05	GP VANIER	24.34	0.9

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 35 Men 35-39 200 Meter Dash

	Name	Year	Team	Finals	Wind
1	692 MATTHEW WINKLER	88	UNATTACHED B	24.09	0.9

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 33 Men 14-15 200 Meter Dash

	Name	Year	Team	Finals	Wind
1	454 AVERY KUMAR	08	COMOX VALLEY	24.58	-1.0
2	479 SIMON SMALLACOMBE	09	COMOX VALLEY	25.42	-1.0
3	481 WALKER SMITS	08	COMOX VALLEY	26.69	-1.0
4	638 JOSHUA SLAUENWHITE	08	PENINSULA TR	28.13	-1.0
5	629 EMILIAN HOLMGREN	09	PENINSULA TR	29.66	-1.0
6	446 CARTER GRANSON	09	COMOX VALLEY	30.59	-1.0

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 30 Men 11 200 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	511 LIAM RAMSTEAD	12	COWICHAN VAL	31.65	-1.2	4
2	631 JUSTIN JONES	12	PENINSULA TR	31.70	-1.2	4
3	633 HARRISON MATTHEWS	12	PENINSULA TR	32.23	-1.2	4

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 30 Men 12 200 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	628 COEN HOLMGREN	11	PENINSULA TR	29.83	0.5	3
2	575 BEN RYAN	11	NANAIMO & DI	29.92	-1.2	4
3	538 FINN ENGLISH	11	NANAIMO & DI	31.66	0.5	3
4	607 HUDSON PALICHUK	11	OCEANSIDE TR	35.62	-1.2	4
5	634 CHRISTOPHER PARFIT	11	PENINSULA TR	36.34	0.5	3
6	512 ZACHARY RAMSTEAD	11	COWICHAN VAL	37.48	0.5	3
7	501 ATWOOD HALE	11	COWICHAN VAL	40.89	0.5	3

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 30 Men 13 200 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	480 HOLDEN SMITS	10	COMOX VALLEY	26.36	1.8	1
2	426 ADRIAN KUMAR	10	CAMPBELL RIV	26.71	1.8	1
3	416 LEVI SEEL	10	ATHLETICS VI	27.87	0.2	2
4	605 JONAH KOLEN-LEE	10	OCEANSIDE TR	28.95	0.2	2
5	532 CARTER CUNNING	10	NANAIMO & DI	29.09	1.8	1
6	555 RYAN LUCH	10	NANAIMO & DI	29.25	1.8	1
7	546 LEVI HAAB	10	NANAIMO & DI	29.98	1.8	1
8	560 MATTHEW MORRISON	10	NANAIMO & DI	30.44	1.8	1
9	632 MYLES JONES	10	PENINSULA TR	30.93	0.2	2
10	439 NASH CALDWELL-WALU	10	COMOX VALLEY	32.12	1.8	1
11	640 RYDER STUBBS	10	PENINSULA TR	33.16	0.2	2
12	639 GRAYSON STUBBS	10	PENINSULA TR	34.52	0.2	2
13	506 ROBERT LAZENBY	10	COWICHAN VAL	36.46	0.2	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 29 Women 16-17 200 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	418 NOVA WEDMANN-KENT	07	ATHLETICS VI	27.74	1.5	2
2	449 ELISABETH HOFFMAN	06	COMOX VALLEY	28.01	0.8	1
3	521 BELLA SACCUCCI	07	GEORGES P. V	28.51	1.5	2
4	438 ERIKA BURRY	07	COMOX VALLEY	29.39	1.5	2
5	496 ANNETTE BLUMEL	07	COWICHAN VAL	30.53	1.5	2
6	559 ANNIKA MCMINN	07	NANAIMO & DI	31.52	0.8	1

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 29 Women 18-19 200 Meter Dash

	Name	Year	Team	Finals	Wind
1	478 LACIE SIMMONS	05	COMOX VALLEY	26.80	0.8
2	408 SADIE DICKINSON	05	ATHLETICS VI	27.59	0.8

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 29 Women 70-74 200 Meter Dash

	Name	Year	Team	Finals	Wind
1	526 SANDRA BISSESSUR	49	NANAIMO & DI	38.13	0.8

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 27 Women 14-15 200 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	457 ADDISON LEWIS	09	COMOX VALLEY	27.24	1.0	1
2	450 VICTORIA HOFFMAN	08	COMOX VALLEY	27.27	0.7	2
3	509 EMMA NARRAWAY	09	COWICHAN VAL	27.53	1.0	1
4	493 KYLIE ZAAL	08	COMOX VALLEY	29.50	0.7	2
5	483 ZOE STEELE	08	COMOX VALLEY	30.34	0.7	2
6	433 GEMMA QUESNEL	09	CAMPBELL RIV	31.32	1.0	1
7	421 RACHEL ALGUIRE	08	CAMPBELL RIV	31.90	0.7	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 24 Girls 11 200 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	636 NATALYA ROMAINE	12	PENINSULA TR	32.57	-1.3	5
2	624 LINNEA HALL	12	PENINSULA TR	33.06	-1.3	5
3	473 AVERY SCHMIDT	12	COMOX VALLEY	33.33	+0.0	4
4	621 DAISY BARKER	12	PENINSULA TR	33.35	-1.3	5
5	490 CARLA WEBER	12	COMOX VALLEY	35.41	+0.0	4
6	580 JADA SHIMEK	12	NANAIMO & DI	35.42	+0.0	4
7	552 ABIGAIL JOHNSON	12	NANAIMO & DI	36.24	-1.3	5
8	545 AVA HAAB	12	NANAIMO & DI	37.26	+0.0	4

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 24 Girls 12 200 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	641 RAYAH UNDERWOOD	11	PENINSULA TR	30.09	-0.5	3
2	588 SKYLA WEBBER	11	NANAIMO & DI	30.23	-0.5	3
3	652 OLIVIA CARTA	11	POWELL RIVER	30.49	1.0	2
4	642 CHARLEY VAN DER BE	11	PENINSULA TR	31.05	-0.5	3
5	669 EMILY MASSULLO	11	POWELL RIVER	31.70	1.0	2
6	571 BRYNNE REILLY	11	NANAIMO & DI	31.77	1.0	2
7	673 GRACE PARSONS	11	POWELL RIVER	32.13	1.0	2
8	542 LUCIA GAUTHIER	11	NANAIMO & DI	32.30	1.0	2
9	656 SASHA GALLIGOS	11	POWELL RIVER	32.44	-0.5	3
10	455 SOPHIA LEE	11	COMOX VALLEY	37.30	-0.5	3

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Saturday Track

Event 24 Girls 13 200 Meter Dash

	Name	Year	Team	Finals	Wind
1	458 KAYLIE LOFSTROM	10	COMOX VALLEY	28.50	2.2
2	472 NYA SAMSON	10	COMOX VALLEY	28.90	2.2
3	412 AVA-MARIE JAEGER	10	ATHLETICS VI	30.08	2.2
4	626 ROSIE HAYNES	10	PENINSULA TR	30.39	2.2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 75 Women 20-34 3000 Meter Run

	Name	Year	Team	Finals
Finals				
1	498 VICTORIA DAILEY	03	COWICHAN VAL	16:36.96

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 75 Men 35-39 3000 Meter Run

	Name	Year	Team	Finals
1	692 MATTHEW WINKLER	88	UNATTACHED B	9:20.62

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 75 Men 40-44 3000 Meter Run

	Name	Year	Team	Finals
1	627 AARON HOLMGREN	82	PENINSULA TR	9:26.60

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 75 Men 55-59 3000 Meter Run

	Name	Year	Team	Finals
1	688 NEIL HOLM	66	UNATTACHED B	10:18.70

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 73 Girls 13 2000 Meter Run

	Name	Year	Team	Finals
1	485 TUVA TAEVS	10	COMOX VALLEY	9:01.03

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 73 Women 14-15 2000 Meter Run

	Name	Year	Team	Finals
1	500 CHARLOTTE GOUGH	09	COWICHAN VAL	7:31.61

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 73 Boys 13 2000 Meter Run

	Name	Year	Team	Finals
1	582 OLIVER SINCLAIR	10	NANAIMO & DI	8:11.21

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 73 Men 14-15 2000 Meter Run

	Name	Year	Team	Finals
1	635 LUCAS PEARSON	08	PENINSULA TR	6:20.30
2	689 ETHAN HUNT	09	UNATTACHED B	6:26.24
3	629 EMILIAN HOLMGREN	09	PENINSULA TR	7:14.05
4	687 BOWEN FOLK	09	UNATTACHED B	7:22.89
5	432 MADRID PALMER	08	CAMPBELL RIV	7:32.90

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 605 Men 16-17 100 Meter Dash

	Name	Year	Team	Finals	Wind
1	459 RYAN LOFSTROM	07	COMOX VALLEY	10.98	-0.2
2	477 JUSTIN SERVOS	06	COMOX VALLEY	12.15	-0.2
3	435 DAVID BLOM	06	CLUB RAPIDE	12.25	-0.2
4	614 TAYLOR SCHNIDER	06	OCEANSIDE TR	12.61	-0.2
5	487 KAYDEN U-MING	06	COMOX VALLEY	12.71	-0.2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 605 Men 18-19 100 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	522 SEBASTIAN LAMBERT	05	GP VANIER	12.10	-1.0	2
2	497 GRAEME DAILEY	04	COWICHAN VAL	12.89	-1.0	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 605 Men 35-39 100 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	685 JAIME DONALDSON	88	UNATTACHED B	13.45	-1.0	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 605 Men 55-59 100 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	540 SHAWN FOSTVELT	68	NANAIMO & DI	12.62	-1.0	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 605 Men 75-79 100 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	684 HERSH CHERNOVSKY	48	UNATTACHED B	18.93	-1.0	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 21 Men 14-15 100 Meter Dash

	Name	Year	Team	Finals	Wind
1	454 AVERY KUMAR	08	COMOX VALLEY	12.03	0.3
2	479 SIMON SMALLACOMBE	09	COMOX VALLEY	12.53	0.3
3	638 JOSHUA SLAUENWHITE	08	PENINSULA TR	12.73	0.3
4	481 WALKER SMITS	08	COMOX VALLEY	13.17	0.3
5	446 CARTER GRANSON	09	COMOX VALLEY	14.63	0.3

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 19 Men 12 100 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	628 COEN HOLMGREN	11	PENINSULA TR	14.26	-1.1	3
2	575 BEN RYAN	11	NANAIMO & DI	14.37	-1.1	3
3	607 HUDSON PALICHUK	11	OCEANSIDE TR	16.58	-1.1	3
4	512 ZACHARY RAMSTEAD	11	COWICHAN VAL	17.00	-1.1	3
5	501 ATWOOD HALE	11	COWICHAN VAL	17.90	-1.1	3

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 19 Men 13 100 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	480 HOLDEN SMITS	10	COMOX VALLEY	12.98	1.0	2
2	426 ADRIAN KUMAR	10	CAMPBELL RIV	13.27	1.0	2
3	416 LEVI SEEL	10	ATHLETICS VI	13.52	1.0	2
4	605 JONAH KOLEN-LEE	10	OCEANSIDE TR	13.76	1.0	2
5	410 DANIEL HILL	10	ATHLETICS VI	14.40	0.6	1
6	555 RYAN LUCH	10	NANAIMO & DI	14.54	0.6	1
7	503 LINCOLN HELLEMOND	10	COWICHAN VAL	15.36	0.6	1
8	582 OLIVER SINCLAIR	10	NANAIMO & DI	15.86	0.6	1

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 16 Men 9 100 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	576 OWEN RYAN	14	NANAIMO & DI	15.90	-0.9	6
2	597 KALEB BINDER	14	OCEANSIDE TR	16.58	-0.1	7
3	531 SAWYER CLARKE	14	NANAIMO & DI	16.82	-0.9	6
4	587 ISRAEL WEBBER	14	NANAIMO & DI	17.02	-0.1	7
5	651 OWEN CALDER	14	POWELL RIVER	17.35	-0.9	6
6	620 CALEB WILLERS	14	OCEANSIDE TR	17.70	-0.1	7
7	400 THOR ASKERHAUG TOR	14	ALBERNI VALL	17.87	-0.9	6
8	486 JACKSON TAYLOR	14	COMOX VALLEY	18.03	-0.1	7
9	518 ELIJAH VALASTIAK	14	COWICHAN VAL	19.09	-0.9	6
10	677 LIAM VAN EGTEREN	14	POWELL RIVER	19.55	-0.1	7
11	666 CADEN LADNER	14	POWELL RIVER	20.41	-0.9	6

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 16 Men 10 100 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	504 OWEN JADAN	13	COWICHAN VAL	15.06	0.9	4
2	606 THOMAS LUKSAY	13	OCEANSIDE TR	15.84	0.9	4
3	507 JAKE MACCULLOUGH	13	COWICHAN VAL	15.87	0.9	4
4	551 GEORGE HOWARD	13	NANAIMO & DI	15.89	-0.3	5
5	539 COLTEN FONTAINE	13	NANAIMO & DI	15.92	-0.3	5
6	598 CHASE BRITTAIN	13	OCEANSIDE TR	15.99	0.9	4
7	658 ALEX GUNN	13	POWELL RIVER	16.06	0.9	4
8	696 RYAN KENDLER	13	VICTORIA SPE	16.33	-0.3	5
9	536 CEDAR DUNNETT	13	NANAIMO & DI	16.35	-0.3	5
10	637 HENRY SHEPHERD	13	PENINSULA TR	16.83	-2.0	3
11	615 CONNOR SCOTT	13	OCEANSIDE TR	17.06	-2.0	3
12	645 TED BARFOOT	13	POWELL RIVER	17.24	0.9	4
13	680 HAYES WATERTON	13	POWELL RIVER	17.27	0.9	4
14	591 KAI AIKMAN - HEIR	13	OCEANSIDE TR	17.48	-2.0	3
15	602 JAMES DONOHOE	13	OCEANSIDE TR	17.95	-0.3	5
16	618 WILEY WALKER	13	OCEANSIDE TR	18.34	-2.0	3
17	653 SAMUEL CHARTER	13	POWELL RIVER	19.15	-0.3	5

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 16 Men 11 100 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	581 JACOB SINCLAIR	12	NANAIMO & DI	15.14	0.2	1
2	511 LIAM RAMSTEAD	12	COWICHAN VAL	15.26	0.1	2
3	469 GAVIN ROSE	12	COMOX VALLEY	15.44	0.2	1
4	558 IAIN MACLEOD	12	NANAIMO & DI	15.56	0.2	1
5	655 GRIFFIN FRASER	12	POWELL RIVER	15.62	0.1	2
6	428 ALASTAIR MACKENZIE	12	CAMPBELL RIV	15.85	0.1	2
7	650 ISAAC CALDER	12	POWELL RIVER	16.45	0.1	2
8	648 CEIBA BORREGO-BROW	12	POWELL RIVER	16.47	0.1	2
9	667 NOAH LAMDEN	12	POWELL RIVER	17.03	0.2	1

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 15 Women 16-17 100 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	449 ELISABETH HOFFMAN	06	COMOX VALLEY	13.57	-0.6	2
2	521 BELLA SACCUCCI	07	GEORGES P. V	13.98	-0.6	2
3	438 ERIKA BURRY	07	COMOX VALLEY	14.35	-0.6	2
4	436 CHYVONNE BORSA	06	CLUB RAPIDE	14.47	-0.6	2
5	442 PAYGE DOTY-BROWN	07	COMOX VALLEY	14.85	-0.6	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 15 Women 18-19 100 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	478 LACIE SIMMONS	05	COMOX VALLEY	13.23	-0.6	2
2	419 ANNIKA WAITE	05	BALLENAS SECONDARY	14.09	-0.6	2
3	612 SARA RODRIGUEZ	05	OCEANSIDE TR	15.04	1.0	1
3	603 CHIARA GIUMMOLE	05	OCEANSIDE TR	15.04	1.0	1
5	599 MOLLY COLE	05	OCEANSIDE TR	15.28	-0.6	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 15 Women 35-39 100 Meter Dash

	Name	Year	Team	Finals	Wind
1	468 JESSICA RICHARDS	85	COMOX VALLEY	18.38	1.0

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 15 Women 40-44 100 Meter Dash

	Name	Year	Team	Finals	Wind
1	430 NICOLE MACKENZIE	83	CAMPBELL RIV	16.15	1.0

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 15 Women 45-49 100 Meter Dash

	Name	Year	Team	Finals	Wind
1	424 STEFANIE HOFFMAN	78	CAMPBELL RIV	16.89	1.0

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 15 Women 50-54 100 Meter Dash

	Name	Year	Team	Finals	Wind
1	523 SANDRA ANDERTON	69	NANAIMO & DI	16.10	1.0

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 13 Women 14-15 100 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	450 VICTORIA HOFFMAN	08	COMOX VALLEY	13.34	-0.8	2
2	509 EMMA NARRAWAY	09	COWICHAN VAL	13.44	-0.3	1
3	457 ADDISON LEWIS	09	COMOX VALLEY	13.54	-0.3	1
4	524 TESSA BELL	09	NANAIMO & DI	14.06	-0.3	1
5	444 GILLIAN GALIK	08	COMOX VALLEY	14.26	-0.8	2
6	427 EVAYE LANYON	08	CAMPBELL RIV	14.48	-0.8	2
7	676 REBEKAH SHANNON	09	POWELL RIVER	14.79	-0.3	1
8	483 ZOE STEELE	08	COMOX VALLEY	15.04	-0.8	2
9	657 MIA GIROUARD	09	POWELL RIVER	15.54	-0.3	1
10	601 SOPHIA DESVAUX	09	OCEANSIDE TR	16.10	-0.3	1
11	643 ARWEN ANDERSON	09	POWELL RIVER	16.36	-0.8	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 11 Girls 12 100 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	641 RAYAH UNDERWOOD	11	PENINSULA TR	14.22	-0.5	3
2	402 PAYTON HARVEY	11	ALBERNI VALL	14.25	-0.5	6
3	588 SKYLA WEBBER	11	NANAIMO & DI	14.30	0.9	4
4	652 OLIVIA CARTA	11	POWELL RIVER	14.67	-0.5	6
5	573 LENNOX REYNOLDS	11	NANAIMO & DI	14.75	-0.7	5
6	447 KINLEY GRANSON	11	COMOX VALLEY	14.85	-0.7	5
7	656 SASHA GALLIGOS	11	POWELL RIVER	14.99	-0.5	3
8	669 EMILY MASSULLO	11	POWELL RIVER	15.02	0.9	4
9	642 CHARLEY VAN DER BE	11	PENINSULA TR	15.05	-0.5	3
10	673 GRACE PARSONS	11	POWELL RIVER	15.18	-0.5	3
11	542 LUCIA GAUTHIER	11	NANAIMO & DI	15.42	0.9	4
12	675 ALISON SHANNON	11	POWELL RIVER	15.58	-0.5	3
13	494 SAYLOR BAZYLINSKI	11	COWICHAN VAL	15.61	0.9	4
14	429 MAKAYLA MACKENZIE	11	CAMPBELL RIV	15.67	0.9	4
15	668 BRIA MASSULLO	11	POWELL RIVER	15.89	0.9	4
16	589 ALLISON EDMONDSON	11	NANAIMO DISTRICT	15.94	-0.7	5
17	489 MOLLY VAN ZANDEN	11	COMOX VALLEY	15.95	-0.7	5
18	425 SELAH KONKEL	11	CAMPBELL RIV	16.58	-0.7	5
19	530 ROWAN CLARKE	11	NANAIMO & DI	16.70	-0.5	6
20	550 EVELYN HOWARD	11	NANAIMO & DI	16.72	-0.7	5
21	670 TAIGE MAXWELL	11	POWELL RIVER	17.12	-0.5	6
22	455 SOPHIA LEE	11	COMOX VALLEY	17.72	-0.5	6
23	616 MADISON SCOTT	11	OCEANSIDE TR	18.16	-0.5	3

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 11 Girls 13 100 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	470 ARIANNA SACCUCCI	10	COMOX VALLEY	14.07	-1.0	2
2	472 NYA SAMSON	10	COMOX VALLEY	14.23	-1.2	1
3	412 AVA-MARIE JAEGER	10	ATHLETICS VI	14.71	-1.0	2
4	451 AMELIA JELEN MOORE	10	COMOX VALLEY	15.07	-1.2	1
5	461 LILY MONJO	10	COMOX VALLEY	15.31	-1.0	2
6	682 LUCY WEGNER	10	POWELL RIVER	15.50	-1.0	2
7	484 ELLA SUPPIAH	10	COMOX VALLEY	15.58	-1.2	1

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 8 Girls 9 100 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	664 MADELEINE KOOP-REB	14	POWELL RIVER	18.38	0.2	5
2	452 EASTYN KANARY	14	COMOX VALLEY	18.59	0.2	5
3	608 LENIX PALICHUK	14	OCEANSIDE TR	18.99	0.2	5
4	679 IRIE WALLS	14	POWELL RIVER	20.11	0.2	5

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 8 Girls 10 100 Meter Dash

	Name	Year	Team	Finals	Wind	H#
1	592 ABIGAIL ATKINSON	13	OCEANSIDE TR	15.32	0.1	3
2	411 ADDISON IHLEN	13	ATHLETICS VI	15.79	1.6	2
3	453 RHEA KLASSEN	13	COMOX VALLEY	16.01	-0.6	4
4	563 IMISIOLUWA OYENUGA	13	NANAIMO & DI	16.14	1.6	2
5	525 MYLA BISSENDEN	13	NANAIMO & DI	16.42	0.1	3
6	661 GENEVIEVE HULL	13	POWELL RIVER	16.48	0.1	3
7	619 MAYA WATSON	13	OCEANSIDE TR	16.64	0.1	3
8	516 NADIA VAISIUS	13	COWICHAN VAL	16.95	1.6	2
9	662 GIANNA HULL	13	POWELL RIVER	16.96	1.6	2
10	610 HANNAH PROVOOST	13	OCEANSIDE TR	17.23	-0.6	4
11	534 AMELIA DICKSON	13	NANAIMO & DI	17.38	-0.6	4
12	541 GEORGIA GAUTHIER	13	NANAIMO & DI	17.39	-0.6	4
13	515 LOTTIE TYLER	13	COWICHAN VAL	17.49	0.1	3
14	403 RUBY MESSENGER	13	ALBERNI VALL	17.55	1.6	2
15	604 MATILDA HUNTER	13	OCEANSIDE TR	18.08	0.1	3
16	644 FARRAN ANDERSON	13	POWELL RIVER	19.21	-0.6	4
17	462 ELLA MOORE	13	COMOX VALLEY	20.10	-0.6	4

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 8 Girls 11 100 Meter Dash

	Name	Year	Team	Finals	Wind
1	499 SYDNEE ERICKSON	12	COWICHAN VAL	15.18	-0.4
2	621 DAISY BARKER	12	PENINSULA TR	15.65	-0.4
3	636 NATALYA ROMAINE	12	PENINSULA TR	16.05	-0.4
4	473 AVERY SCHMIDT	12	COMOX VALLEY	16.32	-0.4
5	580 JADA SHIMEK	12	NANAIMO & DI	16.70	-0.4
6	490 CARLA WEBER	12	COMOX VALLEY	17.08	-0.4

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 63 Men 16-17 800 Meter Run

	Name	Year	Team	Finals
1	578 SAM SAKAMOTO	07	NANAIMO & DI	2:35.16

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 63 Men 18-19 800 Meter Run

	Name	Year	Team	Finals
1	577 NICHOLAS SAKAMOTO	05	NANAIMO & DI	2:27.93

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 63 Men 35-39 800 Meter Run

	Name	Year	Team	Finals
1	692 MATTHEW WINKLER	88	UNATTACHED B	2:04.68

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 63 Men 45-49 800 Meter Run

	Name	Year	Team	Finals
1	583 PETER SINCLAIR	76	NANAIMO & DI	2:11.98

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 61 Men 14-15 800 Meter Run

	Name	Year	Team	Finals
1	623 EGAN FRANEY	08	PENINSULA TR	2:08.52
2	635 LUCAS PEARSON	08	PENINSULA TR	2:15.41
3	689 ETHAN HUNT	09	UNATTACHED B	2:17.65
4	407 AIDAN DICKINSON	09	ATHLETICS VI	2:21.15
5	629 EMILIAN HOLMGREN	09	PENINSULA TR	2:24.41
6	691 GERRIT VINK	09	UNATTACHED B	2:39.94
7	432 MADRID PALMER	08	CAMPBELL RIV	2:41.29

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 59 Men 12 800 Meter Run

	Name	Year	Team	Finals
1	628 COEN HOLMGREN	11	PENINSULA TR	2:28.08
2	575 BEN RYAN	11	NANAIMO & DI	2:46.92
3	607 HUDSON PALICHUK	11	OCEANSIDE TR	2:59.66
4	512 ZACHARY RAMSTEAD	11	COWICHAN VAL	3:00.03

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 59 Men 13 800 Meter Run

	Name	Year	Team	Finals
1	555 RYAN LUCH	10	NANAIMO & DI	2:29.93
2	605 JONAH KOLEN-LEE	10	OCEANSIDE TR	2:35.58
3	640 RYDER STUBBS	10	PENINSULA TR	2:36.95
4	514 CONNOR THOMPSON	10	COWICHAN VAL	2:38.20
5	439 NASH CALDWELL-WALU	10	COMOX VALLEY	2:42.53
6	639 GRAYSON STUBBS	10	PENINSULA TR	2:51.83
7	582 OLIVER SINCLAIR	10	NANAIMO & DI	2:54.72
8	506 ROBERT LAZENBY	10	COWICHAN VAL	3:04.45

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 58 Women 16-17 800 Meter Run

	Name	Year	Team	Finals
1	445 MADELAINE GALIK	06	COMOX VALLEY	2:32.72
2	436 CHYVONNE BORSA	06	CLUB RAPIDE	2:38.88

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 56 Women 14-15 800 Meter Run

	Name	Year	Team	Finals
1	491 MAILE WESNER	08	COMOX VALLEY	2:36.15
2	482 KIERA STEELE	08	COMOX VALLEY	2:45.66
--	440 INDIE CUDMORE	09	COMOX VALLEY	X2:22.10

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 54 Girls 12 800 Meter Run

	Name	Year	Team	Finals	H#
1	641 RAYAH UNDERWOOD	11	PENINSULA TR	2:53.88	2
2	447 KINLEY GRANSON	11	COMOX VALLEY	2:55.22	2
3	429 MAKAYLA MACKENZIE	11	CAMPBELL RIV	2:57.15	2
4	642 CHARLEY VAN DER BE	11	PENINSULA TR	2:57.93	2
5	550 EVELYN HOWARD	11	NANAIMO & DI	3:03.10	2
6	557 SOFIA LUNDMAN	11	NANAIMO & DI	3:09.05	2
7	471 ELISE SALZMANN	11	COMOX VALLEY	3:11.27	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 54 Girls 13 800 Meter Run

	Name	Year	Team	Finals	H#
1	626 ROSIE HAYNES	10	PENINSULA TR	2:38.88	2
2	672 TEA NORDMAN	10	POWELL RIVER	2:41.34	2
3	451 AMELIA JELEN MOORE	10	COMOX VALLEY	2:43.16	2
4	568 EMMA RAPTON	10	NANAIMO & DI	3:01.42	2
5	567 AUDREY RAPTON	10	NANAIMO & DI	3:09.54	2

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 51 Men 9 600 Meter Run

	Name	Year	Team	Finals	H#
1	576 OWEN RYAN	14	NANAIMO & DI	2:04.91	3
2	690 LOCHALNN PEARSON	14	UNATTACHED B	2:10.09	3
3	513 DEVEN RANDHAWA	14	COWICHAN VAL	2:20.98	3
4	486 JACKSON TAYLOR	14	COMOX VALLEY	2:22.53	3
5	620 CALEB WILLERS	14	OCEANSIDE TR	2:23.86	3
6	531 SAWYER CLARKE	14	NANAIMO & DI	2:31.80	3
7	677 LIAM VAN EGTEREN	14	POWELL RIVER	2:33.13	3
8	400 THOR ASKERHAUG TOR	14	ALBERNI VALL	2:33.65	3
9	518 ELIJAH VALASTIAK	14	COWICHAN VAL	2:37.99	3
10	666 CADEN LADNER	14	POWELL RIVER	2:46.27	3

2023 Comox Summer Solstice

Comox Valley Sport Centre - 6/24/2023 to 6/25/2023

Results - Sunday Track

Event 51 Men 10 600 Meter Run

	Name	Year	Team	Finals	H#
1	504 OWEN JADAN	13	COWICHAN VAL	1:57.03	2
2	536 CEDAR DUNNETT	13	NANAIMO & DI	2:02.40	2
3	507 JAKE MACCULLOUGH	13	COWICHAN VAL	2:03.81	2
4	606 THOMAS LUKSAY	13	OCEANSIDE TR	2:05.08	2
5	551 GEORGE HOWARD	13	NANAIMO & DI	2:05.10	2
6	539 COLTEN FONTAINE	13	NANAIMO & DI	2:07.42	2
7	671 EWAN NAYLOR	13	POWELL RIVER	2:09.53	2
8	637 HENRY SHEPHERD	13	PENINSULA TR	2:12.75	2
9	658 ALEX GUNN	13	POWELL RIVER	2:15.66	2
10	591 KAI AIKMAN - HEIR	13	OCEANSIDE TR	2:16.14	2
11	645 TED BARFOOT	13	POWELL RIVER	2:19.56	2
12	602 JAMES DONOHOE	13	OCEANSIDE TR	2:19.90	2
13	618 WILEY WALKER	13	OCEANSIDE TR	2:22.56	2
14	615 CONNOR SCOTT	13	OCEANSIDE TR	2:26.00	2
15	680 HAYES WATERTON	13	POWELL RIVER	4:15.90	2