

33th Annual Langley Pacific Open Invi - 6/14/2013 to 6/16/2013
Langley
Results

Event 1 Girls 9 Year Olds 60 Meter Dash

Name	Age Team	Prelims
Heat 1 Preliminaries Wind: -0.4		
1 180 Wideski, Victoria	9 Kajaks Track	10.15Q
2 727 Vlahovic, Krysthin	9 Universal AT	10.60Q
3 272 Lauszus, Debra	9 Langley Must	11.19
4 689 Brar, Preet	9 Universal AT	11.29
5 256 Jack, Danielle	9 Langley Must	11.38
6 76 Paul, Tamyka	9 Coquitlam CH	12.21
Heat 2 Preliminaries Wind: -0.1		
1 640 Collingwood, Caitl	9 Unattached B	10.32Q
2 289 Melhus, Emma	9 Langley Must	11.35Q
3 329 Wilson, Sophia	9 Langley Must	11.36
4 196 Balfour, Ava	9 Langley Must	12.62
Heat 3 Preliminaries Wind: -1.4		
1 59 Hamnett, Amelia	9 Coquitlam CH	9.71Q
2 198 Blaker, Jordan	9 Langley Must	10.02Q
3 682 Aulakh, Anureet	9 Universal AT	10.91q
4 303 Philipchalk, Avery	9 Langley Must	11.11q
5 317 Smith, Jalaysia	9 Langley Must	12.45

Event 1 Girls 9 Year Olds 60 Meter Dash

Name	Age Team	Finals
Section 1 Finals Wind: -0.9		
1 59 Hamnett, Amelia	9 Coquitlam CH	9.84
2 198 Blaker, Jordan	9 Langley Must	10.13
3 640 Collingwood, Caitl	9 Unattached B	10.29
4 727 Vlahovic, Krysthin	9 Universal AT	10.70
5 682 Aulakh, Anureet	9 Universal AT	10.95
6 180 Wideski, Victoria	9 Kajaks Track	11.03
7 303 Philipchalk, Avery	9 Langley Must	11.33
8 289 Melhus, Emma	9 Langley Must	11.58

Event 2 Girls 9 Year Olds 100 Meter Dash

Name	Age Team	Prelims
Heat 1 Preliminaries Wind: -2.9		
1 198 Blaker, Jordan	9 Langley Must	16.85Q
2 682 Aulakh, Anureet	9 Universal AT	18.42Q
3 272 Lauszus, Debra	9 Langley Must	18.76Q
4 131 Seaman, Madelyn	9 Golden Ears	19.74q
5 229 Flaman, Kennedy	9 Langley Must	19.75
6 196 Balfour, Ava	9 Langley Must	21.22
Heat 2 Preliminaries Wind: -2.3		
1 388 Milutinovic, Jovan	9 New West Spa	17.89Q
2 303 Philipchalk, Avery	9 Langley Must	18.36Q
3 689 Brar, Preet	9 Universal AT	18.97Q
4 192 Allen, Felicity	9 Langley Must	19.12q
5 289 Melhus, Emma	9 Langley Must	20.02

Event 2 Girls 9 Year Olds 100 Meter Dash

Name	Age Team	Finals
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Section 1 Finals Wind: -2.8

1	198 Blaker, Jordan	9 Langley Must	16.61
2	272 Lauszus, Debra	9 Langley Must	18.02
3	303 Philipchalk, Avery	9 Langley Must	18.23
4	388 Milutinovic, Jovan	9 New West Spa	18.25
5	682 Aulakh, Anureet	9 Universal AT	18.36
6	689 Brar, Preet	9 Universal AT	19.23
7	192 Allen, Felicity	9 Langley Must	19.60
8	131 Seaman, Madelyn	9 Golden Ears	19.71

Event 3 Girls 9 Year Olds 600 Meter Run

Name	Age Team	Finals
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Section 1

1	59 Hamnett, Amelia	9 Coquitlam CH	2:09.69
2	749 Hutchinson, Ally	9 Valley Royal	2:09.85
3	640 Collingwood, Caitl	9 Unattached B	2:17.66
4	106 Haintz, Kaia	9 Golden Ears	2:29.86
5	329 Wilson, Sophia	9 Langley Must	2:36.96
6	289 Melhus, Emma	9 Langley Must	2:39.09
7	317 Smith, Jalaysia	9 Langley Must	2:41.37

Event 4 Girls 9 Year Olds 1000 Meter Run

Name	Age Team	Finals
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1	106 Haintz, Kaia	9 Golden Ears	4:15.65
2	289 Melhus, Emma	9 Langley Must	4:53.09

Event 5 Girls 9 Year Olds 60 Meter Hurdles 21"

Name	Age Team	Finals
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Section 1 Wind: -0.7

1	272 Lauszus, Debra	9 Langley Must	13.28
2	749 Hutchinson, Ally	9 Valley Royal	13.37
3	256 Jack, Danielle	9 Langley Must	13.37
4	329 Wilson, Sophia	9 Langley Must	14.13
5	317 Smith, Jalaysia	9 Langley Must	16.37
6	131 Seaman, Madelyn	9 Golden Ears	16.94

Event 6 Girls 9 Year Olds High Jump

Name	Age Team	Finals
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Flight 1

1	198 Blaker, Jordan	9 Langley Must	1.05m
2	229 Flaman, Kennedy	9 Langley Must	1.00m
3	272 Lauszus, Debra	9 Langley Must	0.90m
4	303 Philipchalk, Avery	9 Langley Must	0.80m

Event 7 Girls 9 Year Olds Long Jump

Name	Age Team	Finals	Wind
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1	198 Blaker, Jordan	9 Langley Must	2.62m	NWI
2	59 Hamnett, Amelia	9 Coquitlam CH	2.61m	NWI
3	749 Hutchinson, Ally	9 Valley Royal	2.52m	NWI
4	303 Philipchalk, Avery	9 Langley Must	2.44m	NWI
5	256 Jack, Danielle	9 Langley Must	2.43m	NWI
6	106 Haintz, Kaia	9 Golden Ears	2.37m	NWI
7	329 Wilson, Sophia	9 Langley Must	2.36m	NWI

8	289 Melhus, Emma	9 Langley Must	2.29m	NWI
9	317 Smith, Jalaysia	9 Langley Must	2.24m	NWI
10	131 Seaman, Madelyn	9 Golden Ears	2.19m	NWI
11	272 Lauszus, Debra	9 Langley Must	2.16m	NWI
12	76 Paul, Tamyka	9 Coquitlam CH	2.07m	NWI
13	192 Allen, Felicity	9 Langley Must	2.02m	NWI

Event 8 Girls 9 Year Olds Shot Put 2 kg

Name	Age Team	Finals	
1	180 Wideski, Victoria	9 Kajaks Track	6.12m
2	272 Lauszus, Debra	9 Langley Must	4.59m
3	198 Blaker, Jordan	9 Langley Must	4.26m
4	229 Flaman, Kennedy	9 Langley Must	4.15m
5	192 Allen, Felicity	9 Langley Must	4.04m
6	196 Balfour, Ava	9 Langley Must	3.90m
7	131 Seaman, Madelyn	9 Golden Ears	3.80m
8	106 Haintz, Kaia	9 Golden Ears	3.38m
9	303 Philipchalk, Avery	9 Langley Must	2.95m
10	289 Melhus, Emma	9 Langley Must	2.84m

Event 9 Girls 9 Year Olds 4x100 Meter Relay

Team	Finals
Section 1	
1 Langley Mustangs 'A'	1:18.23

Event 10 Boys 9 Year Olds 60 Meter Dash

Name	Age Team	Prelims	
Heat 1 Preliminaries	Wind: -2.4		
1	382 Watson, Jayden	9 Nanaimo & DI	10.08Q
2	473 Luccock, Nicholas	9 Ocean Athlet	10.29Q
3	696 Disabatino, Simeon	9 Universal AT	10.38Q
4	297 Ogbeiw, Michael	9 Langley Must	10.42q
5	747 Green, Samuel	9 Valley Royal	10.42q
6	690 Buttar, Amtoj	9 Universal AT	11.52
Heat 2 Preliminaries	Wind: -0.2		
1	490 Pavlovic, Nicholas	9 Ocean Athlet	9.25Q
2	701 Ghuman, Gurman	9 Universal AT	10.04Q
3	353 Henry, Stirling	9 Nanaimo & DI	10.23Q
4	140 Wall, Jacob	9 Golden Ears	10.44
5	168 Loewen, Adam	9 Kajaks Track	10.61
6	431 Antscherl, Charles	9 Ocean Athlet	10.78
7	323 Turner, Jude	9 Langley Must	10.86

Event 10 Boys 9 Year Olds 60 Meter Dash

Name	Age Team	Finals	
Section 1 Finals	Wind: -1.1		
1	490 Pavlovic, Nicholas	9 Ocean Athlet	9.25
2	382 Watson, Jayden	9 Nanaimo & DI	9.78
3	701 Ghuman, Gurman	9 Universal AT	9.95
4	297 Ogbeiw, Michael	9 Langley Must	10.14
5	473 Luccock, Nicholas	9 Ocean Athlet	10.15
6	353 Henry, Stirling	9 Nanaimo & DI	10.18
7	747 Green, Samuel	9 Valley Royal	10.67

Event 11 Boys 9 Year Olds 100 Meter Dash

Name	Age	Team	Prelims
Heat 1 Preliminaries Wind: -3.0			
1	760	Macgregor, Lockhar	9 Valley Royal 16.07Q
2	473	Luccock, Nicholas	9 Ocean Athlet 16.77Q
3	353	Henry, Stirling	9 Nanaimo & DI 16.80Q
4	449	Denman, Justen	9 Ocean Athlet 16.82q
5	168	Loewen, Adam	9 Kajaks Track 18.12q
Heat 2 Preliminaries Wind: -3.1			
1	490	Pavlovic, Nicholas	9 Ocean Athlet 15.01Q
2	382	Watson, Jayden	9 Nanaimo & DI 16.39Q
3	297	Ogbeiwi, Michael	9 Langley Must 16.59Q
4	323	Turner, Jude	9 Langley Must 18.53
5	850	Tremblay, Felix	9 West Vancouv 18.87
6	690	Buttar, Amtoj	9 Universal AT 18.91

Event 11 Boys 9 Year Olds 100 Meter Dash

Name	Age	Team	Finals
Section 1 Finals Wind: -2.1			
1	490	Pavlovic, Nicholas	9 Ocean Athlet 14.82
2	760	Macgregor, Lockhar	9 Valley Royal 15.27
3	382	Watson, Jayden	9 Nanaimo & DI 16.08
4	473	Luccock, Nicholas	9 Ocean Athlet 16.24
5	353	Henry, Stirling	9 Nanaimo & DI 16.31
6	297	Ogbeiwi, Michael	9 Langley Must 16.41
7	449	Denman, Justen	9 Ocean Athlet 16.47
8	168	Loewen, Adam	9 Kajaks Track 19.11

Event 12 Boys 9 Year Olds 600 Meter Run

Name	Age	Team	Finals
Section 1			
1	382	Watson, Jayden	9 Nanaimo & DI 1:58.32
2	467	Kobylanski, Liam	9 Ocean Athlet 2:03.77
3	701	Ghuman, Gurman	9 Universal AT 2:04.06
4	99	Velkov, Andy	9 Elite Track 2:05.50
5	140	Wall, Jacob	9 Golden Ears 2:11.17
6	353	Henry, Stirling	9 Nanaimo & DI 2:17.06
7	473	Luccock, Nicholas	9 Ocean Athlet 2:17.62
8	168	Loewen, Adam	9 Kajaks Track 2:21.25
9	431	Antscherl, Charles	9 Ocean Athlet 2:21.65
10	747	Green, Samuel	9 Valley Royal 2:23.72

Event 13 Boys 9 Year Olds 1000 Meter Run

Name	Age	Team	Finals
1	760	Macgregor, Lockhar	9 Valley Royal 3:33.21
2	382	Watson, Jayden	9 Nanaimo & DI 3:33.92
3	467	Kobylanski, Liam	9 Ocean Athlet 3:42.43
4	701	Ghuman, Gurman	9 Universal AT 3:45.71
5	99	Velkov, Andy	9 Elite Track 3:46.25

Event 14 Boys 9 Year Olds 60 Meter Hurdles 21"

Name	Age	Team	Finals
Section 1 Wind: -1.7			
1	701	Ghuman, Gurman	9 Universal AT 11.23

2	382	Watson, Jayden	9	Nanaimo & DI	11.86
3	297	Ogbeiwi, Michael	9	Langley Must	12.02
4	473	Luccock, Nicholas	9	Ocean Athlet	12.60
5	323	Turner, Jude	9	Langley Must	13.94

Event 15 Boys 9 Year Olds High Jump

Name	Age	Team	Finals
Flight 1			
1	701	Ghuman, Gurman	9 Universal AT 1.10m
1	490	Pavlovic, Nicholas	9 Ocean Athlet 1.10m
3	382	Watson, Jayden	9 Nanaimo & DI 1.05m
4	473	Luccock, Nicholas	9 Ocean Athlet 0.95m
4	445	Cull, Taius	9 Ocean Athlet 0.95m
6	353	Henry, Stirling	9 Nanaimo & DI 0.85m

Event 16 Boys 9 Year Olds Long Jump

Name	Age	Team	Finals	Wind
1	490	Pavlovic, Nicholas	9 Ocean Athlet 3.69m	NWI
2	449	Denman, Justen	9 Ocean Athlet 3.33m	NWI
3	382	Watson, Jayden	9 Nanaimo & DI 3.29m	NWI
4	701	Ghuman, Gurman	9 Universal AT 3.21m	NWI
5	168	Loewen, Adam	9 Kajaks Track 3.11m	NWI
6	467	Kobylanski, Liam	9 Ocean Athlet 3.09m	NWI
7	473	Luccock, Nicholas	9 Ocean Athlet 3.03m	NWI
8	445	Cull, Taius	9 Ocean Athlet 2.45m	NWI
9	850	Tremblay, Felix	9 West Vancouv 2.07m	NWI

Event 17 Boys 9 Year Olds Shot Put 2 kg

Name	Age	Team	Finals
1	297	Ogbeiwi, Michael	9 Langley Must 7.67m
2	760	Macgregor, Lockhar	9 Valley Royal 7.15m
3	701	Ghuman, Gurman	9 Universal AT 6.67m
4	683	Bains, Sukhraj	9 Universal AT 6.27m
5	490	Pavlovic, Nicholas	9 Ocean Athlet 4.87m
6	449	Denman, Justen	9 Ocean Athlet 4.71m
7	382	Watson, Jayden	9 Nanaimo & DI 4.60m
8	353	Henry, Stirling	9 Nanaimo & DI 4.39m
9	445	Cull, Taius	9 Ocean Athlet 3.87m

Event 19 Girls 10 Year Olds 60 Meter Dash

Name	Age	Team	Prelims
Heat 1 Preliminaries Wind: -2.0			
1	708	Kang, Karman	10 Universal AT 9.52Q
2	533	Pemberton, Anya	10 Okanagan Ath 10.01q
3	257	Jacobs, Juliana	10 Langley Must 10.25
4	213	Chohan, Sonia	10 Langley Must 10.32
5	217	Colwell, Tatum	10 Langley Must 10.61
Heat 2 Preliminaries Wind: -2.1			
1	116	Lenton, Jade	10 Golden Ears 9.46Q
2	774	Takhar, Anoop	10 Valley Royal 9.89q
3	240	Gottwald, Olivia	10 Langley Must 10.41
4	718	Sandhu, Harleen	10 Universal AT 10.87
5	244	Hagyard, Natalie	10 Langley Must 11.33
6	225	Dornan, Maya	10 Langley Must 12.16
Heat 3 Preliminaries Wind: -2.3			

1	725 Tunti, Laysha	10	Universal AT	9.60Q
2	57 Eder, Rhianne	10	Coquitlam CH	10.19
3	104 Bradbeer, Jayden	10	Golden Ears	10.24
4	476 Mcintosh, Emerson	10	Ocean Athlet	10.61
5	227 Ellis, Mya	10	Langley Must	10.74
6	355 Higgins, Paige	10	Nanaimo & DI	10.80
7	274 Leach, Emma	10	Langley Must	11.42
Heat 4	Preliminaries	Wind:	-2.4	
1	711 Mainella, Estella.	10	Universal AT	9.73Q
2	236 Gelowitz, Makaela	10	Langley Must	9.76q
3	331 Wistozki, Sophia	10	Langley Must	9.77q
4	595 Chhun, Janelle	10	South Fraser	10.05
5	322 Trozzo, Madeline	10	Langley Must	10.08
6	370 Paugh, Madison	10	Nanaimo & DI	10.90

Event 19 Girls 10 Year Olds 60 Meter Dash

Name	Age	Team	Finals
Section 1 Finals Wind: 0.8			
1	725 Tunti, Laysha	10 Universal AT	9.26
2	708 Kang, Karman	10 Universal AT	9.32
3	116 Lenton, Jade	10 Golden Ears	9.39
4	236 Gelowitz, Makaela	10 Langley Must	9.49
5	711 Mainella, Estella.	10 Universal AT	9.53
6	774 Takhar, Anoop	10 Valley Royal	9.68
7	331 Wistozki, Sophia	10 Langley Must	9.74
8	533 Pemberton, Anya	10 Okanagan Ath	9.81

Event 20 Girls 10 Year Olds 100 Meter Dash

Name	Age	Team	Prelims
Heat 1 Preliminaries Wind: -1.5			
1	116 Lenton, Jade	10 Golden Ears	15.43Q
2	57 Eder, Rhianne	10 Coquitlam CH	16.02q
3	595 Chhun, Janelle	10 South Fraser	16.35
4	262 Keen, Rlyea	10 Langley Must	16.46
5	355 Higgins, Paige	10 Nanaimo & DI	16.76
6	718 Sandhu, Harleen	10 Universal AT	17.34
7	19 Fuller, Kailea	10 Chilliwack T	18.14
Heat 2 Preliminaries Wind: -3.4			
1	725 Tunti, Laysha	10 Universal AT	15.58Q
2	331 Wistozki, Sophia	10 Langley Must	16.32
3	257 Jacobs, Juliana	10 Langley Must	16.47
4	104 Bradbeer, Jayden	10 Golden Ears	16.71
5	322 Trozzo, Madeline	10 Langley Must	17.10
6	476 Mcintosh, Emerson	10 Ocean Athlet	17.57
7	583 Kalisch, Malena	10 Royal City T	17.77
Heat 3 Preliminaries Wind: -1.9			
1	708 Kang, Karman	10 Universal AT	15.14Q
2	313 Sabet, Lana	10 Langley Must	15.31q
3	236 Gelowitz, Makaela	10 Langley Must	15.56q
4	722 Sangha, Nanaki	10 Universal AT	15.94q
5	763 McAuley, Olivia	10 Valley Royal	16.96
6	225 Dornan, Maya	10 Langley Must	20.03
Heat 4 Preliminaries Wind: -1.1			
1	711 Mainella, Estella.	10 Universal AT	15.45Q
2	231 Forsyth, Isabelle	10 Langley Must	16.41
3	213 Chohan, Sonia	10 Langley Must	16.63
4	227 Ellis, Mya	10 Langley Must	16.74
5	370 Paugh, Madison	10 Nanaimo & DI	17.08
6	244 Hagyard, Natalie	10 Langley Must	18.13

Event 20 Girls 10 Year Olds 100 Meter Dash

Name	Age	Team	Finals
Section 1 Finals Wind: -0.5			
1	725	Tunti, Laysha	10 Universal AT 14.74
2	313	Sabet, Lana	10 Langley Must 14.78
3	116	Lenton, Jade	10 Golden Ears 14.87
4	708	Kang, Karman	10 Universal AT 14.97
5	236	Gelowitz, Makaela	10 Langley Must 15.23
6	711	Mainella, Estella.	10 Universal AT 15.41
7	722	Sangha, Nanaki	10 Universal AT 15.77
8	57	Eder, Rhianne	10 Coquitlam CH 15.90

Event 21 Girls 10 Year Olds 600 Meter Run

Name	Age	Team	Finals
Section 1			
1	116	Lenton, Jade	10 Golden Ears 1:56.10
2	722	Sangha, Nanaki	10 Universal AT 1:57.09
3	269	Klassen, Mireya	10 Langley Must 2:01.58
4	208	Champoux, Paige	10 Langley Must 2:02.73
5	262	Keen, Rlyea	10 Langley Must 2:07.40
6	331	Wistozki, Sophia	10 Langley Must 2:08.22
7	313	Sabet, Lana	10 Langley Must 2:10.33
8	763	McAuley, Olivia	10 Valley Royal 2:10.69
9	734	Brandt, Amy	10 Valley Royal 2:10.95
10	595	Chhun, Janelle	10 South Fraser 2:11.21
11	213	Chohan, Sonia	10 Langley Must 2:11.30
12	227	Ellis, Mya	10 Langley Must 2:11.98
13	258	Johnson, Rosie	10 Langley Must 2:16.50
14	774	Takhar, Anoop	10 Valley Royal 2:18.09
15	274	Leach, Emma	10 Langley Must 2:18.11
16	203	Cairnie, Anneke	10 Langley Must 2:26.57
17	326	Vanzetta, Emily	10 Langley Must 2:27.96

Event 22 Girls 10 Year Olds 1000 Meter Run

Name	Age	Team	Finals
1	208	Champoux, Paige	10 Langley Must 3:42.51
2	262	Keen, Rlyea	10 Langley Must 3:53.98
3	177	Thacker, Madeleine	10 Kajaks Track 4:02.96
4	227	Ellis, Mya	10 Langley Must 4:06.98
5	203	Cairnie, Anneke	10 Langley Must 4:20.06

Event 23 Girls 10 Year Olds 60 Meter Hurdles 24"

Name	Age	Team	Finals
Section 1 Wind: 0.2			
1	57	Eder, Rhianne	10 Coquitlam CH 12.62
2	322	Trozzo, Madeline	10 Langley Must 13.02
3	227	Ellis, Mya	10 Langley Must 13.14
4	217	Colwell, Tatum	10 Langley Must 13.38
Section 2 Wind: -0.8			
1	262	Keen, Rlyea	10 Langley Must 11.90
2	236	Gelowitz, Makaela	10 Langley Must 11.93
3	313	Sabet, Lana	10 Langley Must 12.04
4	258	Johnson, Rosie	10 Langley Must 13.12
5	19	Fuller, Kailea	10 Chilliwack T 14.58

Section 3 Wind: -0.5

1	208 Champoux, Paige	10	Langley Must	12.95
2	257 Jacobs, Juliana	10	Langley Must	13.15
3	370 Paugh, Madison	10	Nanaimo & DI	13.79
4	274 Leach, Emma	10	Langley Must	15.25
5	225 Dornan, Maya	10	Langley Must	15.26
6	326 Vanzetta, Emily	10	Langley Must	15.65

Section 4 Wind: -0.9

1	725 Tunti, Laysha	10	Universal AT	10.91
2	708 Kang, Karman	10	Universal AT	11.08
3	722 Sangha, Nanaki	10	Universal AT	11.43
4	269 Klassen, Mireya	10	Langley Must	11.60
5	116 Lenton, Jade	10	Golden Ears	12.18

Event 24 Girls 10 Year Olds High Jump

Name	Age	Team	Finals
Flight 1			
1	57 Eder, Rhianne	10 Coquitlam CH	1.15m
2	262 Keen, Rlyea	10 Langley Must	1.10m
2	257 Jacobs, Juliana	10 Langley Must	1.10m
2	331 Wistozki, Sophia	10 Langley Must	1.10m
2	217 Colwell, Tatum	10 Langley Must	1.10m
2	533 Pemberton, Anya	10 Okanagan Ath	1.10m
2	370 Paugh, Madison	10 Nanaimo & DI	1.10m
2	116 Lenton, Jade	10 Golden Ears	1.10m
9	208 Champoux, Paige	10 Langley Must	1.05m
9	476 Mcintosh, Emerson	10 Ocean Athlet	1.05m
11	227 Ellis, Mya	10 Langley Must	1.00m
11	244 Hagyard, Natalie	10 Langley Must	1.00m
13	203 Cairnie, Anneke	10 Langley Must	0.95m
13	734 Brandt, Amy	10 Valley Royal	0.95m
13	274 Leach, Emma	10 Langley Must	0.95m
13	258 Johnson, Rosie	10 Langley Must	0.95m
13	236 Gelowitz, Makaela	10 Langley Must	0.95m
18	322 Trozzo, Madeline	10 Langley Must	0.90m
--	252 Holmes, Jaylie	10 Langley Must	NH

Event 25 Girls 10 Year Olds Long Jump

Name	Age	Team	Finals	Wind
1	476 Mcintosh, Emerson	10 Ocean Athlet	3.86m	NWI
2	725 Tunti, Laysha	10 Universal AT	3.68m	NWI
3	711 Mainella, Estella.	10 Universal AT	3.58m	NWI
4	722 Sangha, Nanaki	10 Universal AT	3.56m	NWI
4	708 Kang, Karman	10 Universal AT	J3.56m	NWI
6	236 Gelowitz, Makaela	10 Langley Must	3.53m	NWI
7	57 Eder, Rhianne	10 Coquitlam CH	3.36m	NWI
8	331 Wistozki, Sophia	10 Langley Must	3.24m	NWI
9	533 Pemberton, Anya	10 Okanagan Ath	3.07m	NWI
10	274 Leach, Emma	10 Langley Must	3.04m	NWI
10	355 Higgins, Paige	10 Nanaimo & DI	3.04m	NWI
12	213 Chohan, Sonia	10 Langley Must	3.02m	NWI
13	322 Trozzo, Madeline	10 Langley Must	3.00m	NWI
13	370 Paugh, Madison	10 Nanaimo & DI	3.00m	NWI
15	262 Keen, Rlyea	10 Langley Must	2.98m	NWI
16	231 Forsyth, Isabelle	10 Langley Must	2.91m	NWI
17	718 Sandhu, Harleen	10 Universal AT	2.88m	NWI
18	240 Gottwald, Olivia	10 Langley Must	2.85m	NWI
19	774 Takhar, Anoop	10 Valley Royal	2.83m	NWI
20	208 Champoux, Paige	10 Langley Must	2.72m	NWI

21	763	McAuley, Olivia	10	Valley Royal	2.70m	NWI
22	595	Chhun, Janelle	10	South Fraser	2.54m	NWI
23	217	Colwell, Tatum	10	Langley Must	2.53m	NWI
24	244	Hagyard, Natalie	10	Langley Must	2.47m	NWI
25	227	Ellis, Mya	10	Langley Must	2.42m	NWI
26	252	Holmes, Jaylie	10	Langley Must	2.30m	NWI
26	225	Dornan, Maya	10	Langley Must	2.30m	NWI
28	19	Fuller, Kailea	10	Chilliwack T	2.16m	NWI

Event 26 Girls 10 Year Olds Discus Throw 750 g

Name	Age	Team	Finals	
1	154	Bhandal, Jasmin	10 Kajaks Track	17.69m
2	116	Lenton, Jade	10 Golden Ears	16.50m
3	19	Fuller, Kailea	10 Chilliwack T	12.64m
4	208	Champoux, Paige	10 Langley Must	11.43m
5	370	Paugh, Madison	10 Nanaimo & DI	11.05m
6	355	Higgins, Paige	10 Nanaimo & DI	9.64m
7	533	Pemberton, Anya	10 Okanagan Ath	8.18m
8	227	Ellis, Mya	10 Langley Must	7.28m

Event 27 Girls 10 Year Olds Javelin Throw 400 g

Name	Age	Team	Finals	
1	231	Forsyth, Isabelle	10 Langley Must	16.56m
2	19	Fuller, Kailea	10 Chilliwack T	12.95m
3	208	Champoux, Paige	10 Langley Must	11.76m
4	355	Higgins, Paige	10 Nanaimo & DI	10.71m
5	331	Wistozki, Sophia	10 Langley Must	10.66m
6	370	Paugh, Madison	10 Nanaimo & DI	10.32m
7	227	Ellis, Mya	10 Langley Must	10.27m
8	262	Keen, Rlyea	10 Langley Must	8.70m
9	326	Vanzetta, Emily	10 Langley Must	8.15m
10	244	Hagyard, Natalie	10 Langley Must	7.91m
11	203	Cairnie, Anneke	10 Langley Must	7.63m
12	225	Dornan, Maya	10 Langley Must	5.70m
13	257	Jacobs, Juliana	10 Langley Must	5.18m
14	252	Holmes, Jaylie	10 Langley Must	4.75m

Event 28 Girls 10 Year Olds Shot Put 2 kg

Name	Age	Team	Finals	
1	231	Forsyth, Isabelle	10 Langley Must	8.12m
2	154	Bhandal, Jasmin	10 Kajaks Track	7.09m
3	116	Lenton, Jade	10 Golden Ears	6.18m
4	725	Tunti, Laysha	10 Universal AT	5.78m
5	19	Fuller, Kailea	10 Chilliwack T	5.49m
6	322	Trozzo, Madeline	10 Langley Must	5.32m
7	370	Paugh, Madison	10 Nanaimo & DI	5.30m
8	236	Gelowitz, Makaela	10 Langley Must	4.74m
9	213	Chohan, Sonia	10 Langley Must	4.65m
10	208	Champoux, Paige	10 Langley Must	4.43m
11	258	Johnson, Rosie	10 Langley Must	4.29m
12	355	Higgins, Paige	10 Nanaimo & DI	4.23m
13	708	Kang, Karman	10 Universal AT	4.11m
14	244	Hagyard, Natalie	10 Langley Must	4.06m
15	583	Kalisch, Malena	10 Royal City T	3.95m
16	711	Mainella, Estella.	10 Universal AT	3.93m

Event 29 Girls 10 Year Olds 4x100 Meter Relay

Team	Finals
Section 1	
1 Universal Athletics Club 'A'	58.93
2 Langley Mustangs 'B'	1:05.78
3 Langley Mustangs 'A'	1:13.48

Event 30 Boys 10 Year Olds 60 Meter Dash

Name	Age Team	Prelims
Heat 1 Preliminaries Wind: -1.8		
1 611 Minott, Javon	10 South Fraser	9.68Q
2 91 Trent, Matthew	10 Coquitlam CH	9.84q
3 356 Igbinosa, Stephen	10 Nanaimo & DI	9.93
4 563 Nelson, Sam	10 Ridge Rocket	10.02
5 460 Groleau, Cameron	10 Ocean Athlet	10.47
Heat 2 Preliminaries Wind: -3.0		
1 71 Mawji, Darius	10 Coquitlam CH	10.18Q
2 318 Smith, Nathan	10 Langley Must	10.73
3 215 Colter, Benjamin	10 Langley Must	11.25
4 691 Dhillon, Amol	10 Universal AT	11.41
Heat 3 Preliminaries Wind: -2.2		
1 465 Jordan-Knox, Jacob	10 Ocean Athlet	9.45Q
2 501 Sidhu, Harjovent	10 Ocean Athlet	9.63q
3 134 Stevenson, Ty	10 Golden Ears	9.79q
4 82 Slaymaker, Cameron	10 Coquitlam CH	9.97
5 567 Stepputat, David	10 Ridge Rocket	10.20
6 603 Lamba, Harshvir	10 South Fraser	11.05
Heat 4 Preliminaries Wind: -2.5		
1 723 Sillars, Taylor	10 Universal AT	9.67Q
2 25 Lenz, Brandt	10 Chilliwack T	9.79q
3 714 Nijjar, Charanjit	10 Universal AT	10.13
4 705 Gill, Robin	10 Universal AT	10.22
5 703 Gill, Gurbir	10 Universal AT	10.98
6 75 Paul, Sean	10 Coquitlam CH	11.10
7 221 Debulnes, Ryan	11 Langley Must	11.13
8 428 Almrud, Carson	10 Ocean Athlet	11.16

Event 30 Boys 10 Year Olds 60 Meter Dash

Name	Age Team	Finals
Section 1 Finals Wind: 0.3		
1 465 Jordan-Knox, Jacob	10 Ocean Athlet	9.19
2 723 Sillars, Taylor	10 Universal AT	9.25
3 134 Stevenson, Ty	10 Golden Ears	9.37
4 501 Sidhu, Harjovent	10 Ocean Athlet	9.37
5 611 Minott, Javon	10 South Fraser	9.42
6 71 Mawji, Darius	10 Coquitlam CH	9.58
7 91 Trent, Matthew	10 Coquitlam CH	9.63
8 25 Lenz, Brandt	10 Chilliwack T	9.69

Event 31 Boys 10 Year Olds 100 Meter Dash

Name	Age Team	Prelims
Heat 1 Preliminaries Wind: -2.6		
1 501 Sidhu, Harjovent	10 Ocean Athlet	15.30Q
2 514 Van Unen, Brady	10 Ocean Athlet	15.34q
3 71 Mawji, Darius	10 Coquitlam CH	15.67q
4 356 Igbinosa, Stephen	10 Nanaimo & DI	15.86

5	318 Smith, Nathan	10	Langley Must	17.38
6	603 Lamba, Harshvir	10	South Fraser	17.81
Heat 2	Preliminaries	Wind:	-3.1	
1	611 Minott, Javon	10	South Fraser	15.45Q
2	143 Wood, Thomas W	10	Golden Ears	16.10
3	563 Nelson, Sam	10	Ridge Rocket	16.18
4	292 Monro, Nicholas	10	Langley Must	16.37
Heat 3	Preliminaries	Wind:	-1.9	
1	465 Jordan-Knox, Jacob	10	Ocean Athlet	15.27Q
2	723 Sillars, Taylor	10	Universal AT	15.65q
3	625 Napier, Jackson	10	Sunshine Hills	15.66q
4	215 Colter, Benjamin	10	Langley Must	17.31
5	73 Miki, Jaden	10	Coquitlam CH	17.34
Heat 4	Preliminaries	Wind:	-3.0	
1	134 Stevenson, Ty	10	Golden Ears	15.64Q
2	778 Wakelyn, Maguire	10	Valley Royal	15.86
3	25 Lenz, Brandt	10	Chilliwack T	16.39

Event 31 Boys 10 Year Olds 100 Meter Dash

Name	Age	Team	Finals
Section 1 Finals Wind: -0.7			
1	465	Jordan-Knox, Jacob	10 Ocean Athlet 14.93
2	501	Sidhu, Harjovent	10 Ocean Athlet 14.94
3	723	Sillars, Taylor	10 Universal AT 15.23
4	611	Minott, Javon	10 South Fraser 15.25
5	134	Stevenson, Ty	10 Golden Ears 15.49
6	71	Mawji, Darius	10 Coquitlam CH 15.58
7	625	Napier, Jackson	10 Sunshine Hills 15.95

Event 32 Boys 10 Year Olds 600 Meter Run

Name	Age	Team	Finals
Section 1			
1	25	Lenz, Brandt	10 Chilliwack T 1:50.47
2	71	Mawji, Darius	10 Coquitlam CH 1:50.75
3	133	Stevenson, Carter	10 Golden Ears 1:57.47
4	628	Szewczyk, Alex	10 Sunshine Hills 2:00.47
5	371	Seaman, Jake	10 Nanaimo & DI 2:02.53
6	705	Gill, Robin	10 Universal AT 2:06.00
7	373	Seaman, Ryan	10 Nanaimo & DI 2:06.19
8	245	Hamilton, Isaac	10 Langley Must 2:06.89
9	318	Smith, Nathan	10 Langley Must 2:09.56
10	567	Stepputat, David	10 Ridge Rocket 2:10.75
11	292	Monro, Nicholas	10 Langley Must 2:11.04
12	703	Gill, Gurbir	10 Universal AT 2:16.08
13	333	Yasuda, Zackary	10 Langley Must 2:18.40
14	460	Groleau, Cameron	10 Ocean Athlet 2:20.70

Event 33 Boys 10 Year Olds 1000 Meter Run

Name	Age	Team	Finals
1	82	Slaymaker, Cameron	10 Coquitlam CH 3:21.38
2	71	Mawji, Darius	10 Coquitlam CH 3:24.38
3	371	Seaman, Jake	10 Nanaimo & DI 3:34.78
4	133	Stevenson, Carter	10 Golden Ears 3:35.49
5	514	Van Unen, Brady	10 Ocean Athlet 3:41.20
6	143	Wood, Thomas W	10 Golden Ears 3:41.66
7	373	Seaman, Ryan	10 Nanaimo & DI 3:44.44
8	705	Gill, Robin	10 Universal AT 3:46.28

9	318	Smith, Nathan	10	Langley Must	3:47.31
10	625	Napier, Jackson	10	Sunshine Hills	3:57.70
11	460	Groleau, Cameron	10	Ocean Athlet	4:02.72
12	703	Gill, Gurbir	10	Universal AT	4:04.51

Event 34 Boys 10 Year Olds 60 Meter Hurdles 24"

Name	Age	Team	Finals
Section 1 Wind: -0.4			
1	563	Nelson, Sam	10 Ridge Rocket 12.87
2	71	Mawji, Darius	10 Coquitlam CH 13.34
3	20	Giles, Cale	10 Chilliwack T 17.41
--	255	Hudniuk, Logan	10 Langley Must DNF
--	333	Yasuda, Zackary	10 Langley Must DNF
Section 2 Wind: -0.1			
1	82	Slaymaker, Cameron	10 Coquitlam CH 11.12
2	245	Hamilton, Isaac	10 Langley Must 12.27
3	292	Monro, Nicholas	10 Langley Must 12.36
4	318	Smith, Nathan	10 Langley Must 12.47
5	247	Hansen, Ty	10 Langley Must 12.72
6	567	Stepputat, David	10 Ridge Rocket 12.92
7	557	Kraus, Evan	10 Ridge Rocket 14.90
Section 3 Wind: 1.5			
1	723	Sillars, Taylor	10 Universal AT 10.78
2	356	Igbinosa, Stephen	10 Nanaimo & DI 11.39
3	25	Lenz, Brandt	10 Chilliwack T 11.79
3	778	Wakelyn, Maguire	10 Valley Royal 11.79
5	387	Khela, Gurveer Sin	10 New West Spa 12.57
6	603	Lamba, Harshvir	10 South Fraser 14.62
7	390	Nahal, Jujhar	10 New West Spa 14.71

Event 35 Boys 10 Year Olds High Jump

Name	Age	Team	Finals
Flight 1			
1	723	Sillars, Taylor	10 Universal AT 1.33m
2	501	Sidhu, Harjoen	10 Ocean Athlet 1.30m
3	134	Stevenson, Ty	10 Golden Ears 1.20m
4	465	Jordan-Knox, Jacob	10 Ocean Athlet 1.15m
5	333	Yasuda, Zackary	10 Langley Must 1.10m
5	245	Hamilton, Isaac	10 Langley Must J1.10m
5	292	Monro, Nicholas	10 Langley Must J1.10m
5	82	Slaymaker, Cameron	10 Coquitlam CH 1.10m
5	25	Lenz, Brandt	10 Chilliwack T J1.10m
10	778	Wakelyn, Maguire	10 Valley Royal 1.05m
10	73	Miki, Jaden	10 Coquitlam CH 1.05m
12	587	Patry-Smith, David	10 Royal City T 1.00m
12	356	Igbinosa, Stephen	10 Nanaimo & DI 1.00m
12	143	Wood, Thomas W	10 Golden Ears 1.00m
15	563	Nelson, Sam	10 Ridge Rocket 0.95m

Event 36 Boys 10 Year Olds Long Jump

Name	Age	Team	Finals	Wind
1	778	Wakelyn, Maguire	10 Valley Royal 3.82m	NWI
1	465	Jordan-Knox, Jacob	10 Ocean Athlet J3.70m	NWI
1	82	Slaymaker, Cameron	10 Coquitlam CH J3.70m	NWI
3	723	Sillars, Taylor	10 Universal AT J3.62m	NWI
4	25	Lenz, Brandt	10 Chilliwack T J3.53m	NWI
5	292	Monro, Nicholas	10 Langley Must J3.38m	NWI

6	501 Sidhu, Harjoven	10	Ocean Athlet	J3.36m	NWI
7	91 Trent, Matthew	10	Coquitlam CH	J3.34m	NWI
8	567 Stepputat, David	10	Ridge Rocket	J3.21m	NWI
9	71 Mawji, Darius	10	Coquitlam CH	J3.17m	NWI
10	318 Smith, Nathan	10	Langley Must	J3.15m	NWI
11	356 Igbinosa, Stephen	10	Nanaimo & DI	J3.14m	NWI
12	563 Nelson, Sam	10	Ridge Rocket	J3.10m	NWI
13	245 Hamilton, Isaac	10	Langley Must	J3.06m	NWI
14	460 Groleau, Cameron	10	Ocean Athlet	J3.05m	NWI
15	247 Hansen, Ty	10	Langley Must	J3.02m	NWI
16	611 Minott, Javon	10	South Fraser	J2.88m	NWI
17	371 Seaman, Jake	10	Nanaimo & DI	J2.80m	NWI
18	75 Paul, Sean	10	Coquitlam CH	J2.75m	NWI
19	373 Seaman, Ryan	10	Nanaimo & DI	J2.68m	NWI
20	603 Lamba, Harshvir	10	South Fraser	J2.66m	NWI
21	428 Almrud, Carson	10	Ocean Athlet	J2.64m	NWI
22	557 Kraus, Evan	10	Ridge Rocket	J2.53m	NWI
23	390 Nahal, Jujhar	10	New West Spa	J2.39m	NWI
24	20 Giles, Cale	10	Chilliwack T	J2.09m	NWI
--	387 Khela, Gurveer Sin	10	New West Spa	FOUL	

Event 37 Boys 10 Year Olds Discus Throw 750 g

Name	Age	Team	Finals
1	714 Nijjar, Charanjit	10 Universal AT	18.24m
2	82 Slaymaker, Cameron	10 Coquitlam CH	17.03m
3	465 Jordan-Knox, Jacob	10 Ocean Athlet	14.28m
4	1151 Bjattacjarua, Ooso	10 Unattached	14.22m
5	778 Wakelyn, Maguire	10 Valley Royale	13.77m
6	356 Igbinosa, Stephen	10 Nanaimo & DI	13.26m
7	134 Stevenson, Ty	10 Golden Ears	13.03m
8	557 Kraus, Evan	10 Ridge Rocket	12.08m
9	563 Nelson, Sam	10 Ridge Rocket	10.92m
10	587 Patry-Smith, David	10 Royal City T	10.78m
11	133 Stevenson, Carter	10 Golden Ears	10.14m
12	71 Mawji, Darius	10 Coquitlam CH	9.65m
13	73 Miki, Jaden	10 Coquitlam CH	6.25m

Event 38 Boys 10 Year Olds Javelin Throw 400 g

Name	Age	Team	Finals
1	82 Slaymaker, Cameron	10 Coquitlam CH	27.15m
2	318 Smith, Nathan	10 Langley Must	18.48m
3	373 Seaman, Ryan	10 Nanaimo & DI	17.02m
4	134 Stevenson, Ty	10 Golden Ears	16.42m
5	557 Kraus, Evan	10 Ridge Rocket	15.95m
6	371 Seaman, Jake	10 Nanaimo & DI	14.34m
7	292 Monro, Nicholas	10 Langley Must	13.52m
8	247 Hansen, Ty	10 Langley Must	13.13m
9	71 Mawji, Darius	10 Coquitlam CH	12.67m
10	563 Nelson, Sam	10 Ridge Rocket	10.54m
11	587 Patry-Smith, David	10 Royal City T	9.74m
--	387 Khela, Gurveer Sin	10 New West Spa	DNF
--	139 Wadhwani, Jacob	10 Golden Ears	DNF
--	390 Nahal, Jujhar	10 New West Spa	DNF

Event 39 Boys 10 Year Olds Shot Put 2 kg

Name	Age	Team	Finals
1	714 Nijjar, Charanjit	10 Universal AT	7.81m

2	390 Nahal, Jujhar	10 New West Spa	7.25m
3	25 Lenz, Brandt	10 Chilliwack T	7.03m
4	778 Wakelyn, Maguire	10 Valley Royal	7.01m
5	563 Nelson, Sam	10 Ridge Rocket	6.50m
6	387 Khela, Gurveer Sin	10 New West Spa	6.04m
7	373 Seaman, Ryan	10 Nanaimo & DI	5.99m
8	71 Mawji, Darius	10 Coquitlam CH	5.86m
9	292 Monro, Nicholas	10 Langley Must	5.81m
10	215 Colter, Benjamin	10 Langley Must	5.63m
11	603 Lamba, Harshvir	10 South Fraser	5.55m
12	247 Hansen, Ty	10 Langley Must	5.47m
13	371 Seaman, Jake	10 Nanaimo & DI	5.33m
14	428 Almrud, Carson	10 Ocean Athlet	5.31m
15	143 Wood, Thomas W	10 Golden Ears	4.31m
16	20 Giles, Cale	10 Chilliwack T	3.64m

Event 40 Boys 10 Year Olds 4x100 Meter Relay

Team		Finals
Section 1		
1	Langley Mustangs 'A'	1:03.13
1	Sunshine Hills 'A'	1:03.13
1)	625 Napier, Jackson 10	2) 626 Raadstak, Lucas 10
3)	627 Summers, Nathan 10	4) 628 Szewczyk, Alex 10
3	Universal Athletics Club 'A'	1:04.53
4	Ocean Athletics 'A'	1:04.92

Event 41 Girls 11 Year Olds 60 Meter Dash

Name	Age Team	Prelims
Heat 1 Preliminaries Wind: -3.1		
1	536 Thorpe, Ashton 11 Okanagan Ath	9.74Q
2	817 Suriya, Shaunika 11 Vancouver TH	9.81Q
3	447 Cuthbert, Hunter 11 Ocean Athlet	10.30
Heat 2 Preliminaries Wind: -2.3		
1	452 Deslauriers, Katie 11 Ocean Athlet	9.35Q
2	492 Peters, Angela 11 Ocean Athlet	9.52Q
3	574 Celle, Emma 11 Royal City T	9.78q
4	72 McIntyre, Kianna 11 Coquitlam CH	9.96
5	204 Caterino-Leger, Ma 11 Langley Must	10.13
6	105 Cadwell, Brielle 11 Golden Ears	11.07
Heat 3 Preliminaries Wind: -2.1		
1	123 Obioha, Chisom 11 Golden Ears	9.00Q
2	412 O'Flaherty, Caleig 11 Norwesters T	9.47Q
3	17 Childs, Tiffanie 11 Chilliwack T	9.68q
4	325 Vanpopta, Georgia 11 Langley Must	10.10
5	202 Bush, Elle 11 Langley Must	10.39
6	68 Labrador, Alena 11 Coquitlam CH	10.41

Event 41 Girls 11 Year Olds 60 Meter Dash

Name	Age Team	Finals
Section 1 Finals Wind: -1.6		
1	123 Obioha, Chisom 11 Golden Ears	8.78
2	492 Peters, Angela 11 Ocean Athlet	9.11
3	412 O'Flaherty, Caleig 11 Norwesters T	9.17
4	452 Deslauriers, Katie 11 Ocean Athlet	9.22
5	17 Childs, Tiffanie 11 Chilliwack T	9.51
6	536 Thorpe, Ashton 11 Okanagan Ath	9.57
7	817 Suriya, Shaunika 11 Vancouver TH	9.78

8 574 Celle, Emma 11 Royal City T 9.89

Event 42 Girls 11 Year Olds 100 Meter Dash

Name	Age	Team	Prelims
Heat 1 Preliminaries Wind: -2.1			
1	123	Obioha, Chisom	11 Golden Ears 14.08Q
2	298	Ogbeiwi, Samantha	11 Langley Must 15.02Q
3	412	O'Flaherty, Caleig	11 Norwesters T 15.03q
4	72	McIntyre, Kianna	11 Coquitlam CH 15.62q
5	536	Thorpe, Ashton	11 Okanagan Ath 15.69
6	512	Van Ryswyk, Olivia	11 Ocean Athlet 16.65
Heat 2 Preliminaries Wind: -2.4			
1	796	Morgan, Taylor	11 Vancouver OL 14.74Q
2	6	Liang, Rachael	11 Burnaby Stri 15.50Q
3	26	Lenz, Marin	11 Chilliwack T 15.64
4	311	Ronse, Dominique	11 Langley Must 16.35
5	325	Vanpopta, Georgia	11 Langley Must 16.59
6	280	Markin, Emma	11 Langley Must 17.08
Heat 3 Preliminaries Wind: -3.1			
1	452	Deslauriers, Katie	11 Ocean Athlet 14.84Q
2	492	Peters, Angela	11 Ocean Athlet 14.97Q
3	415	Rastad, Julia	11 Norwesters T 16.04
4	817	Suriya, Shaunika	11 Vancouver TH 16.06
5	447	Cuthbert, Hunter	11 Ocean Athlet 16.41
6	68	Labrador, Alena	11 Coquitlam CH 16.97
7	720	Sandhu, Savreen	11 Universal AT 16.98
8	202	Bush, Elle	11 Langley Must 17.37

Event 42 Girls 11 Year Olds 100 Meter Dash

Name	Age	Team	Finals
Section 1 Finals Wind: -2.1			
1	123	Obioha, Chisom	11 Golden Ears 14.26
2	796	Morgan, Taylor	11 Vancouver OL 14.67
3	452	Deslauriers, Katie	11 Ocean Athlet 14.71
4	492	Peters, Angela	11 Ocean Athlet 14.83
5	298	Ogbeiwi, Samantha	11 Langley Must 15.24
6	412	O'Flaherty, Caleig	11 Norwesters T 15.51
7	6	Liang, Rachael	11 Burnaby Stri 15.53
8	72	McIntyre, Kianna	11 Coquitlam CH 15.55

Event 43 Girls 11 Year Olds 200 Meter Dash

Name	Age	Team	Prelims
Heat 1 Preliminaries Wind: -1.4			
1	298	Ogbeiwi, Samantha	11 Langley Must 30.30Q
2	492	Peters, Angela	11 Ocean Athlet 30.31Q
3	111	Huston, Emma K.	11 Golden Ears 32.29
4	577	Dadson, Michelle	11 Royal City T 34.17
5	60	Hamnett, Georgia	11 Coquitlam CH 34.70
6	720	Sandhu, Savreen	11 Universal AT 34.85
Heat 2 Preliminaries Wind: -2.1			
1	123	Obioha, Chisom	11 Golden Ears 29.35Q
2	412	O'Flaherty, Caleig	11 Norwesters T 31.05Q
3	452	Deslauriers, Katie	11 Ocean Athlet 31.50q
4	72	McIntyre, Kianna	11 Coquitlam CH 32.18q
5	219	Coons, Emily	11 Langley Must 32.24
6	622	Sara, Eniko	11 Ocean Athlet 34.68
Heat 3 Preliminaries Wind: -1.1			

1	817	Suriya, Shaunika	11	Vancouver TH	32.31Q
2	574	Celle, Emma	11	Royal City T	33.10Q
3	280	Markin, Emma	11	Langley Must	35.19
4	109	Hennessey, Sydney	11	Golden Ears	35.71
5	447	Cuthbert, Hunter	11	Ocean Athlet	36.59

Event 43 Girls 11 Year Olds 200 Meter Dash

Name	Age	Team	Finals		
Section 1 Finals Wind: -2.8					
1	123	Obioha, Chisom	11	Golden Ears	29.87
2	412	O'Flaherty, Caleig	11	Norwesters T	30.62
3	492	Peters, Angela	11	Ocean Athlet	30.62
4	298	Ogbeiwi, Samantha	11	Langley Must	30.79
5	574	Celle, Emma	11	Royal City T	32.87
6	72	McIntyre, Kianna	11	Coquitlam CH	32.88
7	452	Deslauriers, Katie	11	Ocean Athlet	33.01
8	817	Suriya, Shaunika	11	Vancouver TH	33.87

Event 44 Girls 11 Year Olds 600 Meter Run

Name	Age	Team	Finals		
Section 1					
1	26	Lenz, Marin	11	Chilliwack T	1:54.52
2	298	Ogbeiwi, Samantha	11	Langley Must	1:56.17
3	425	Zurkovic, Mia	11	Norwesters T	1:58.11
4	468	Kobylanski, Maya	11	Ocean Athlet	1:59.31
5	346	Dickenson, Karly	11	Nanaimo & DI	2:00.48
6	107	Haintz, Marquisis	11	Golden Ears	2:01.56
7	817	Suriya, Shaunika	11	Vancouver TH	2:08.64
8	412	O'Flaherty, Caleig	11	Norwesters T	2:15.71
9	109	Hennessey, Sydney	11	Golden Ears	2:15.78
10	60	Hamnett, Georgia	11	Coquitlam CH	2:21.31
11	202	Bush, Elle	11	Langley Must	2:25.53
12	308	Recksiedler, Jense	11	Langley Must	2:41.96
13	510	Tkach, Sarah	11	Ocean Athlet	2:42.26

Event 45 Girls 11 Year Olds 1000 Meter Run

Name	Age	Team	Finals		
1	107	Haintz, Marquisis	11	Golden Ears	3:29.99
2	468	Kobylanski, Maya	11	Ocean Athlet	3:31.71
3	346	Dickenson, Karly	11	Nanaimo & DI	3:32.41
4	6	Liang, Rachael	11	Burnaby Stri	3:35.05
5	817	Suriya, Shaunika	11	Vancouver TH	3:48.09
6	219	Coons, Emily	11	Langley Must	4:01.76
7	124	O'Dwyer, Aoife	11	Golden Ears	4:22.79
8	308	Recksiedler, Jense	11	Langley Must	4:46.11

Event 46 Girls 11 Year Olds 60 Meter Hurdles 24"

Name	Age	Team	Finals		
Section 1 Wind: -0.5					
1	26	Lenz, Marin	11	Chilliwack T	11.24
2	425	Zurkovic, Mia	11	Norwesters T	11.63
3	298	Ogbeiwi, Samantha	11	Langley Must	11.80
4	412	O'Flaherty, Caleig	11	Norwesters T	11.85
5	574	Celle, Emma	11	Royal City T	12.20
6	280	Markin, Emma	11	Langley Must	12.51

Section 2 Wind: -1.3

1	452 Deslauriers, Katie	11 Ocean Athlet	11.18
2	219 Coons, Emily	11 Langley Must	11.23
3	622 Sara, Eniko	11 Ocean Athlet	11.68
4	273 Lauzsus, Emmily	11 Langley Must	13.11
5	17 Childs, Tiffanie	11 Chilliwack T	13.35

Section 3 Wind: 1.3

1	415 Rastad, Julia	11 Norwesters T	10.46
2	248 Harrison, Holly	11 Langley Must	11.05
3	512 Van Ryswyk, Olivia	11 Ocean Athlet	11.70
4	817 Suriya, Shaunika	11 Vancouver TH	12.11
5	311 Ronse, Dominique	11 Langley Must	12.20

Event 47 Girls 11 Year Olds High Jump

Name	Age	Team	Finals
Flight 1			
1	425	Zurkovic, Mia	11 Norwesters T 1.37m
2	26	Lenz, Marin	11 Chilliwack T 1.30m
2	415	Rastad, Julia	11 Norwesters T J1.30m
4	204	Caterino-Leger, Ma	11 Langley Must 1.25m
5	452	Deslauriers, Katie	11 Ocean Athlet J1.20m
5	219	Coons, Emily	11 Langley Must J1.20m
5	248	Harrison, Holly	11 Langley Must J1.20m
5	622	Sara, Eniko	11 Ocean Athlet 1.20m
5	512	Van Ryswyk, Olivia	11 Ocean Athlet J1.20m
5	17	Childs, Tiffanie	11 Chilliwack T J1.20m
11	68	Labrador, Alena	11 Coquitlam CH 1.15m
11	574	Celle, Emma	11 Royal City T 1.15m
11	590	Savela, Lauryn	11 Royal City T 1.15m
11	273	Lauzsus, Emmily	11 Langley Must 1.15m
15	365	Mitchell, Makayla	11 Nanaimo & DI 1.10m
16	311	Ronse, Dominique	11 Langley Must 1.05m

Event 48 Girls 11 Year Olds Long Jump

Name	Age	Team	Finals	Wind
1	123	Obioha, Chisom	11 Golden Ears 4.09m	NWI
2	26	Lenz, Marin	11 Chilliwack T 3.90m	NWI
3	415	Rastad, Julia	11 Norwesters T 3.87m	NWI
4	817	Suriya, Shaunika	11 Vancouver TH 3.62m	NWI
5	574	Celle, Emma	11 Royal City T 3.57m	NWI
6	536	Thorpe, Ashton	11 Okanagan Ath 3.55m	NWI
7	219	Coons, Emily	11 Langley Must 3.54m	NWI
8	365	Mitchell, Makayla	11 Nanaimo & DI 3.53m	NWI
9	622	Sara, Eniko	11 Ocean Athlet 3.41m	NWI
10	492	Peters, Angela	11 Ocean Athlet 3.37m	NWI
11	325	Vanpopta, Georgia	11 Langley Must 3.36m	NWI
12	17	Childs, Tiffanie	11 Chilliwack T 3.27m	NWI
13	72	McIntyre, Kianna	11 Coquitlam CH 3.20m	NWI
14	311	Ronse, Dominique	11 Langley Must 3.19m	NWI
15	425	Zurkovic, Mia	11 Norwesters T 3.16m	NWI
16	412	O'Flaherty, Caleig	11 Norwesters T 3.13m	NWI
17	204	Caterino-Leger, Ma	11 Langley Must 3.12m	NWI
18	248	Harrison, Holly	11 Langley Must 3.11m	NWI
19	202	Bush, Elle	11 Langley Must 3.09m	NWI
20	452	Deslauriers, Katie	11 Ocean Athlet 3.00m	NWI
21	60	Hamnett, Georgia	11 Coquitlam CH 2.85m	NWI
22	280	Markin, Emma	11 Langley Must 2.67m	NWI
23	105	Cadwell, Brielle	11 Golden Ears 2.62m	NWI
24	273	Lauzsus, Emmily	11 Langley Must 2.59m	NWI

25	590	Savela, Lauryn	11	Royal City T	2.58m	NWI
26	308	Recksiedler, Jense	11	Langley Must	1.72m	NWI

Event 49 Girls 11 Year Olds Discus Throw 750 g

Name	Age	Team	Finals	
1	536	Thorpe, Ashton	11 Okanagan Ath	15.48m
2	60	Hamnett, Georgia	11 Coquitlam CH	15.14m
3	447	Cuthbert, Hunter	11 Ocean Athlet	15.04m
4	365	Mitchell, Makayla	11 Nanaimo & DI	15.02m
5	68	Labrador, Alena	11 Coquitlam CH	14.56m
6	817	Suriya, Shaunika	11 Vancouver TH	14.10m
7	622	Sara, Eniko	11 Ocean Athlet	12.34m
8	17	Childs, Tiffanie	11 Chilliwack T	12.28m
9	577	Dadson, Michelle	11 Royal City T	12.16m
10	273	Lauzsus, Emmily	11 Langley Must	11.89m
11	219	Coons, Emily	11 Langley Must	11.87m
12	105	Cadwell, Brielle	11 Golden Ears	11.66m
13	325	Vanpopta, Georgia	11 Langley Must	9.66m
--	415	Rastad, Julia	11 Norwesters T	FOUL
--	308	Recksiedler, Jense	11 Langley Must	FOUL

Event 50 Girls 11 Year Olds Javelin Throw 400 g

Name	Age	Team	Finals	
1	415	Rastad, Julia	11 Norwesters T	21.78m
2	622	Sara, Eniko	11 Ocean Athlet	20.54m
3	248	Harrison, Holly	11 Langley Must	18.77m
4	365	Mitchell, Makayla	11 Nanaimo & DI	15.35m
5	107	Haintz, Marquisis	11 Golden Ears	13.86m
6	111	Huston, Emma K.	11 Golden Ears	13.45m
7	468	Kobylanski, Maya	11 Ocean Athlet	13.16m
8	273	Lauzsus, Emmily	11 Langley Must	12.59m
9	590	Savela, Lauryn	11 Royal City T	11.07m
10	219	Coons, Emily	11 Langley Must	9.97m
11	109	Hennessey, Sydney	11 Golden Ears	8.06m
12	308	Recksiedler, Jense	11 Langley Must	4.34m

Event 51 Girls 11 Year Olds Shot Put 2 kg

Name	Age	Team	Finals	
1	415	Rastad, Julia	11 Norwesters T	8.58m
2	26	Lenz, Marin	11 Chilliwack T	J7.91m
2	123	Obioha, Chisom	11 Golden Ears	7.91m
4	68	Labrador, Alena	11 Coquitlam CH	7.15m
5	622	Sara, Eniko	11 Ocean Athlet	7.11m
6	574	Celle, Emma	11 Royal City T	6.96m
7	298	Ogbeiwi, Samantha	11 Langley Must	6.91m
8	577	Dadson, Michelle	11 Royal City T	6.83m
9	204	Caterino-Leger, Ma	11 Langley Must	6.72m
10	273	Lauzsus, Emmily	11 Langley Must	6.59m
11	536	Thorpe, Ashton	11 Okanagan Ath	6.50m
12	325	Vanpopta, Georgia	11 Langley Must	6.43m
13	365	Mitchell, Makayla	11 Nanaimo & DI	6.40m
14	248	Harrison, Holly	11 Langley Must	6.29m
15	817	Suriya, Shaunika	11 Vancouver TH	6.14m
16	127	Reaume, Amanda	11 Golden Ears	6.12m
17	447	Cuthbert, Hunter	11 Ocean Athlet	5.78m
18	311	Ronse, Dominique	11 Langley Must	5.59m
19	492	Peters, Angela	11 Ocean Athlet	5.50m

20	590 Savela, Lauryn	11 Royal City T	4.75m
21	105 Cadwell, Brielle	11 Golden Ears	4.57m
22	280 Markin, Emma	11 Langley Must	4.45m
23	3 Garri, Rochelle	11 Burnaby Stri	3.94m
24	308 Recksiedler, Jense	11 Langley Must	3.20m

Event 52 Girls 11 Year Olds 4x100 Meter Relay

Team	Finals
Section 1	
1 Universal Athletics Club 'A'	57.03
2 Norwesters Track & Field 'A'	59.57
3 Unattached British Columb 'A'	1:00.43
4 Langley Mustangs 'A'	1:01.94
5 Ocean Athletics 'A'	1:02.21
6 Langley Mustangs 'C'	1:05.47

Event 53 Boys 11 Year Olds 60 Meter Dash

Name	Age Team	Prelims
Heat 1 Preliminaries Wind: -1.5		
1 223 Diaba, Kekeli	11 Langley Must	9.83Q
2 554 Southern, Wade	11 Powell River	9.95Q
3 67 Klimos, Tyler	11 Coquitlam CH	10.14
4 717 Pataria, Divjot	11 Universal AT	10.19
Heat 2 Preliminaries Wind: -2.9		
1 456 Gan, Christopher	11 Ocean Athlet	9.12Q
2 102 Apps, Justin	11 Golden Ears	9.35Q
3 544 Loughnane, Conor	11 Peninsula TR	9.35q
4 220 Coons, Scott	11 Langley Must	10.27
5 606 McKay, Fraser	11 South Fraser	10.95
6 65 Kent, Connor	11 Coquitlam CH	11.09
Heat 3 Preliminaries Wind: -2.2		
1 483 Muncey-Buckley, Br	11 Ocean Athlet	9.14Q
2 138 Varga, Keven	11 Golden Ears	9.55Q
3 471 Luccock, Brendan	11 Ocean Athlet	9.68q
3 271 Kuehn, Austin	11 Langley Must	J9.68
5 752 Janzen, Parker	11 Valley Royal	10.33
6 597 Depaoli, Bronson	11 South Fraser	10.99

Event 53 Boys 11 Year Olds 60 Meter Dash

Name	Age Team	Finals
Section 1 Finals Wind: -0.8		
1 483 Muncey-Buckley, Br	11 Ocean Athlet	8.73
2 456 Gan, Christopher	11 Ocean Athlet	8.74
3 102 Apps, Justin	11 Golden Ears	9.08
4 544 Loughnane, Conor	11 Peninsula TR	9.21
5 138 Varga, Keven	11 Golden Ears	9.40
6 471 Luccock, Brendan	11 Ocean Athlet	9.52
7 554 Southern, Wade	11 Powell River	9.70
8 223 Diaba, Kekeli	11 Langley Must	10.27

Event 54 Boys 11 Year Olds 100 Meter Dash

Name	Age Team	Prelims
Heat 1 Preliminaries Wind: -2.1		
1 483 Muncey-Buckley, Br	11 Ocean Athlet	14.71Q
2 1097 Colyn, Simon	11 Unattached B	15.38Q

3	271 Kuehn, Austin	11 Langley Must	15.63q
4	138 Varga, Keven	11 Golden Ears	15.68
5	554 Southern, Wade	11 Powell River	16.34
6	597 Depaoli, Bronson	11 South Fraser	18.42
7	221 Debulnes, Ryan	11 Langley Must	18.60
Heat 2	Preliminaries	Wind: -2.2	
1	795 Morgan, Anthony	11 Vancouver OL	15.54Q
2	471 Luccock, Brendan	11 Ocean Athlet	15.63Q
3	223 Diaba, Kekeli	11 Langley Must	16.18
4	67 Klimos, Tyler	11 Coquitlam CH	16.35
5	717 Pataria, Divjot	11 Universal AT	16.43
6	65 Kent, Connor	11 Coquitlam CH	17.84
Heat 3	Preliminaries	Wind: -2.8	
1	456 Gan, Christopher	11 Ocean Athlet	14.38Q
2	102 Apps, Justin	11 Golden Ears	14.82Q
3	359 Katzberg, Ethan	11 Nanaimo & DI	15.66q
4	114 Karmali, Imran	11 Golden Ears	15.85
5	220 Coons, Scott	11 Langley Must	16.50
6	63 Jelenici, Adrian	11 Coquitlam CH	17.02

Event 54 Boys 11 Year Olds 100 Meter Dash

Name	Age Team	Finals
Section 1 Finals Wind: -3.2		
1	456 Gan, Christopher	11 Ocean Athlet 14.43
2	483 Muncey-Buckley, Br	11 Ocean Athlet 14.49
3	102 Apps, Justin	11 Golden Ears 14.95
4	795 Morgan, Anthony	11 Vancouver OL 15.45
5	471 Luccock, Brendan	11 Ocean Athlet 15.62
5	1097 Colyn, Simon	11 Unattached B 15.62
7	359 Katzberg, Ethan	11 Nanaimo & DI 15.75
8	271 Kuehn, Austin	11 Langley Must 16.12

Event 55 Boys 11 Year Olds 200 Meter Dash

Name	Age Team	Prelims
Heat 1 Preliminaries Wind: -1.5		
1	483 Muncey-Buckley, Br	11 Ocean Athlet 30.06Q
2	359 Katzberg, Ethan	11 Nanaimo & DI 31.91Q
3	351 Heisterman, Keaton	11 Nanaimo & DI 31.99Q
4	554 Southern, Wade	11 Powell River 32.08q
5	220 Coons, Scott	11 Langley Must 33.47
6	606 McKay, Fraser	11 South Fraser 34.96
Heat 2 Preliminaries Wind: -1.6		
1	456 Gan, Christopher	11 Ocean Athlet 29.19Q
2	544 Loughnane, Conor	11 Peninsula TR 29.93Q
3	102 Apps, Justin	11 Golden Ears 30.26Q
4	138 Varga, Keven	11 Golden Ears 31.56q
5	471 Luccock, Brendan	11 Ocean Athlet 32.69
6	193 Allen, Felix	11 Langley Must 33.03
7	58 Espedido, Liam	11 Coquitlam CH 35.79
8	597 Depaoli, Bronson	11 South Fraser 39.68

Event 55 Boys 11 Year Olds 200 Meter Dash

Name	Age Team	Finals
Section 1 Finals Wind: -2.2		
1	456 Gan, Christopher	11 Ocean Athlet 29.25
2	483 Muncey-Buckley, Br	11 Ocean Athlet 29.30
3	544 Loughnane, Conor	11 Peninsula TR 30.22

4	351 Heisterman, Keaton	11 Nanaimo & DI	30.25
5	138 Varga, Keven	11 Golden Ears	32.37
6	359 Katzberg, Ethan	11 Nanaimo & DI	32.81
7	554 Southern, Wade	11 Powell River	33.22

Event 56 Boys 11 Year Olds 600 Meter Run

Name	Age	Team	Finals	
Section 1				
1	483	Muncey-Buckley, Br	11 Ocean Athlet	1:45.17
2	351	Heisterman, Keaton	11 Nanaimo & DI	1:48.82
3	220	Coons, Scott	11 Langley Must	1:59.13
4	471	Luccock, Brendan	11 Ocean Athlet	2:00.15
5	385	Glowacki, Tirus	11 New West Spa	2:01.63
6	193	Allen, Felix	11 Langley Must	2:03.69
7	138	Varga, Keven	11 Golden Ears	2:06.01
8	752	Janzen, Parker	11 Valley Royal	2:07.21
9	606	McKay, Fraser	11 South Fraser	2:10.39
10	66	Klimos, Nicolas	11 Coquitlam CH	2:11.44
11	733	Boschman, Aaron	11 Valley Royal	2:17.30

Event 57 Boys 11 Year Olds 1000 Meter Run

Name	Age	Team	Finals	
1	483	Muncey-Buckley, Br	11 Ocean Athlet	3:13.26
2	351	Heisterman, Keaton	11 Nanaimo & DI	3:25.45
3	23	Janssens, Jacob	11 Chilliwack T	3:34.81
4	761	MACKENZIE, Kai	11 Valley Royal	3:38.36
5	752	Janzen, Parker	11 Valley Royal	3:40.28
6	554	Southern, Wade	11 Powell River	3:41.34
7	66	Klimos, Nicolas	11 Coquitlam CH	3:41.78
8	63	Jelenici, Adrian	11 Coquitlam CH	3:49.49
9	606	McKay, Fraser	11 South Fraser	3:52.21

Event 58 Boys 11 Year Olds 60 Meter Hurdles 24"

Name	Age	Team	Finals	
Section 1 Wind: -0.6				
1	483	Muncey-Buckley, Br	11 Ocean Athlet	10.86
2	359	Katzberg, Ethan	11 Nanaimo & DI	11.02
3	456	Gan, Christopher	11 Ocean Athlet	11.94
4	259	Kardos-Mitchell, D	11 Langley Must	15.15
Section 2 Wind: 0.1				
1	385	Glowacki, Tirus	11 New West Spa	10.49
2	271	Kuehn, Austin	11 Langley Must	11.47
3	471	Luccock, Brendan	11 Ocean Athlet	11.51
4	220	Coons, Scott	11 Langley Must	11.76
Section 3 Wind: -0.2				
1	717	Pataria, Divjot	11 Universal AT	11.26
2	554	Southern, Wade	11 Powell River	11.30
3	193	Allen, Felix	11 Langley Must	11.63
4	606	McKay, Fraser	11 South Fraser	12.13
5	550	Abbott, Keagen	11 Powell River	12.51
6	114	Karmali, Imran	11 Golden Ears	12.52

Event 59 Boys 11 Year Olds High Jump

Name	Age	Team	Finals
Flight 1			

1	359	Katzberg, Ethan	11	Nanaimo & DI	1.37m
2	483	Muncey-Buckley, Br	11	Ocean Athlet	J1.25m
2	193	Allen, Felix	11	Langley Must	J1.25m
2	385	Glowacki, Tirus	11	New West Spa	J1.25m
2	351	Heisterman, Keaton	11	Nanaimo & DI	1.25m
6	761	MACKENZIE, Kai	11	Valley Royal	1.20m
6	114	Karmali, Imran	11	Golden Ears	J1.20m
6	862	Malcic, Alex	11	Coquitlam CH	J1.20m
6	471	Luccock, Brendan	11	Ocean Athlet	J1.20m
10	1097	Colyn, Simon	11	Unattached B	1.15m
10	550	Abbott, Keagen	11	Powell River	1.15m
10	58	Espedido, Liam	11	Coquitlam CH	1.15m
10	271	Kuehn, Austin	11	Langley Must	1.15m
10	606	McKay, Fraser	11	South Fraser	1.15m
15	66	Klimos, Nicolas	11	Coquitlam CH	1.10m

Event 60 Boys 11 Year Olds Long Jump

Name	Age	Team	Finals	Wind
1	483	Muncey-Buckley, Br	11 Ocean Athlet	3.99m NWI
2	471	Luccock, Brendan	11 Ocean Athlet	3.93m NWI
3	862	Malcic, Alex	11 Coquitlam CH	3.85m NWI
4	351	Heisterman, Keaton	11 Nanaimo & DI	3.65m NWI
5	359	Katzberg, Ethan	11 Nanaimo & DI	3.56m NWI
6	271	Kuehn, Austin	11 Langley Must	3.48m NWI
7	138	Varga, Keven	11 Golden Ears	3.47m NWI
8	385	Glowacki, Tirus	11 New West Spa	3.38m NWI
9	58	Espedido, Liam	11 Coquitlam CH	3.37m NWI
10	550	Abbott, Keagen	11 Powell River	3.20m NWI
11	114	Karmali, Imran	11 Golden Ears	3.19m NWI
11	220	Coons, Scott	11 Langley Must	3.19m NWI
13	752	Janzen, Parker	11 Valley Royal	2.90m NWI
14	259	Kardos-Mitchell, D	11 Langley Must	2.61m NWI
15	65	Kent, Connor	11 Coquitlam CH	2.60m NWI
16	221	Debulnes, Ryan	11 Langley Must	2.49m NWI
17	21	Giles, Ian	11 Chilliwack T	2.07m NWI

Event 61 Boys 11 Year Olds Discus Throw 750 g

Name	Age	Team	Finals	
1	606	McKay, Fraser	11 South Fraser	19.79m
2	359	Katzberg, Ethan	11 Nanaimo & DI	19.64m
3	550	Abbott, Keagen	11 Powell River	19.33m
4	351	Heisterman, Keaton	11 Nanaimo & DI	19.24m
5	483	Muncey-Buckley, Br	11 Ocean Athlet	18.15m
6	138	Varga, Keven	11 Golden Ears	16.99m
7	58	Espedido, Liam	11 Coquitlam CH	15.72m
8	67	Klimos, Tyler	11 Coquitlam CH	13.52m
9	752	Janzen, Parker	11 Valley Royal	12.78m
10	435	Bains, Sunder	11 Ocean Athlet	12.05m
11	220	Coons, Scott	11 Langley Must	10.59m
12	65	Kent, Connor	11 Coquitlam CH	10.41m
13	221	Debulnes, Ryan	11 Langley Must	8.82m
14	259	Kardos-Mitchell, D	11 Langley Must	6.44m

Event 62 Boys 11 Year Olds Javelin Throw 400 g

Name	Age	Team	Finals	
1	359	Katzberg, Ethan	11 Nanaimo & DI	28.54m
2	351	Heisterman, Keaton	11 Nanaimo & DI	24.84m

3	550	Abbott, Keagen	11	Powell River	22.65m
4	483	Muncey-Buckley, Br	11	Ocean Athlet	21.10m
5	271	Kuehn, Austin	11	Langley Must	19.03m
6	66	Klimos, Nicolas	11	Coquitlam CH	15.02m
7	220	Coons, Scott	11	Langley Must	14.65m
8	65	Kent, Connor	11	Coquitlam CH	14.56m
9	223	Diaba, Kekeli	11	Langley Must	14.53m
10	193	Allen, Felix	11	Langley Must	14.33m
11	221	Debulnes, Ryan	11	Langley Must	11.64m
12	259	Kardos-Mitchell, D	11	Langley Must	11.35m

Event 63 Boys 11 Year Olds Shot Put 2 kg

Name	Age	Team	Finals	
1	550	Abbott, Keagen	11 Powell River	9.10m
2	483	Muncey-Buckley, Br	11 Ocean Athlet	8.88m
3	359	Katzberg, Ethan	11 Nanaimo & DI	8.00m
4	271	Kuehn, Austin	11 Langley Must	7.76m
5	544	Loughnane, Conor	11 Peninsula TR	7.58m
6	662	Ranouta, Sagardeep	11 Unattached B	7.34m
7	695	Dhindsa, Gurjiwan	11 Universal AT	7.20m
8	385	Glowacki, Tirus	11 New West Spa	7.01m
9	67	Klimos, Tyler	11 Coquitlam CH	6.94m
10	65	Kent, Connor	11 Coquitlam CH	6.67m
11	597	Depaoli, Bronson	11 South Fraser	6.37m
12	220	Coons, Scott	11 Langley Must	5.82m
13	21	Giles, Ian	11 Chilliwack T	4.25m
14	259	Kardos-Mitchell, D	11 Langley Must	4.13m

Event 64 Boys 11 Year Olds 4x100 Meter Relay

Team	Finals
Section 1	
1 Ocean Athletics 'A'	1:01.73

Event 65 Girls 12 Year Olds 100 Meter Dash

Name	Age	Team	Prelims	
Heat 1 Preliminaries Wind: -1.8				
1	716	Nijjar, Jasneet	12 Universal AT	13.42Q
2	358	Johnson, Maria	12 Nanaimo & DI	14.64q
3	526	Larusson, Brooklyn	12 Okanagan Ath	15.27
4	721	Sangha, Manreet	12 Universal AT	15.27
5	589	Pinvidic, Joelle	12 Royal City T	15.47
6	316	Smith, Emily	12 Langley Must	15.60
7	15	Balzer, Maiah	12 Chilliwack T	18.55
Heat 2 Preliminaries Wind: -1.7				
1	290	Melnychuk, Madilyn	12 Langley Must	14.31Q
2	551	Carpendale, Ally	12 Powell River	14.90
3	287	Matthewman, Samant	12 Langley Must	15.24
4	330	Wisotzki, Jessica	12 Langley Must	15.35
5	433	Bailey, Adelia	12 Ocean Athlet	15.54
6	555	Burrows, Seirah	12 Ridge Rocket	15.76
7	304	Philipchalk, Jalen	12 Langley Must	17.22
Heat 3 Preliminaries Wind: 0.6				
1	475	Max-Brown, Cecilee	12 Ocean Athlet	14.49Q
2	305	Pickett, Karli	12 Langley Must	14.54q
3	675	Tunti, Jaziel	12 Unattached B	14.80q
4	281	Markin, Jessie	12 Langley Must	14.81
5	151	Arcese, Heyli	12 Kajaks Track	15.22

6	477 Mcintosh, Mackenzi	12	Ocean Athlet	15.39
7	282 Markin, Mollie	12	Langley Must	16.20
Heat 4	Preliminaries Wind: -1.2			
1	336 Anderton, Courtney	12	Nanaimo & DI	14.28Q
2	115 Karmali, Inara	12	Golden Ears	14.39q
3	130 Rowell, Tavia	12	Golden Ears	14.96
4	585 Lowka, Shianne	12	Royal City T	15.43
5	562 Nelson, Hannah	12	Ridge Rocket	15.97
6	1 Rogers, Ella	12	Langley Must	16.63
7	195 Astles, Morgan	12	Langley Must	16.82

Event 65 Girls 12 Year Olds 100 Meter Dash

Name	Age	Team	Finals	
Section 1 Finals Wind: -2.0				
1	716 Nijjar, Jasneet	12	Universal AT	13.52
2	290 Melnychuk, Madilyn	12	Langley Must	14.17
3	336 Anderton, Courtney	12	Nanaimo & DI	14.19
4	115 Karmali, Inara	12	Golden Ears	14.54
5	305 Pickett, Karli	12	Langley Must	14.73
6	475 Max-Brown, Cecilee	12	Ocean Athlet	14.80
7	358 Johnson, Maria	12	Nanaimo & DI	15.04
8	675 Tunti, Jaziel	12	Unattached B	15.15

Event 66 Girls 12 Year Olds 200 Meter Dash

Name	Age	Team	Prelims	
Heat 1 Preliminaries Wind: -0.8				
1	336 Anderton, Courtney	12	Nanaimo & DI	29.54Q
2	281 Markin, Jessie	12	Langley Must	30.38q
3	526 Larusson, Brooklyn	12	Okanagan Ath	31.37
4	566 Stepputat, Angelie	12	Ridge Rocket	32.00
5	316 Smith, Emily	12	Langley Must	32.84
6	702 Ghuman, Manroop	12	Universal AT	32.91
Heat 2 Preliminaries Wind: -2.2				
1	290 Melnychuk, Madilyn	12	Langley Must	29.14Q
2	475 Max-Brown, Cecilee	12	Ocean Athlet	30.72q
3	433 Bailey, Adelia	12	Ocean Athlet	31.74
4	477 Mcintosh, Mackenzi	12	Ocean Athlet	32.01
5	222 Delange, Chantel	12	Langley Must	32.16
6	330 Wisotzki, Jessica	12	Langley Must	32.41
7	589 Pinvidic, Joelle	12	Royal City T	32.54
8	305 Pickett, Karli	12	Langley Must	32.73
Heat 3 Preliminaries Wind: -1.1				
1	358 Johnson, Maria	12	Nanaimo & DI	29.52Q
2	115 Karmali, Inara	12	Golden Ears	29.69q
3	463 Hoffmann, Grace	12	Ocean Athlet	31.19
4	551 Carpendale, Ally	12	Powell River	31.59
5	151 Arcese, Heyli	12	Kajaks Track	31.74
6	585 Lowka, Shianne	12	Royal City T	32.52
Heat 4 Preliminaries Wind: -1.1				
1	716 Nijjar, Jasneet	12	Universal AT	27.02Q
2	675 Tunti, Jaziel	12	Unattached B	30.74q
3	721 Sangha, Manreet	12	Universal AT	30.98
4	558 Kraus, Sienna	12	Ridge Rocket	32.95
5	282 Markin, Mollie	12	Langley Must	33.81
6	735 Brandt, Rebekah	12	Valley Royal	34.74
7	195 Astles, Morgan	12	Langley Must	35.14

Event 66 Girls 12 Year Olds 200 Meter Dash

Name	Age	Team	Finals
Section 1 Finals Wind: -1.6			
1	716	Nijjar, Jasneet	12 Universal AT 26.91
2	290	Melnychuk, Madilyn	12 Langley Must 28.68
3	336	Anderton, Courtney	12 Nanaimo & DI 29.11
4	115	Karmali, Inara	12 Golden Ears 29.31
5	358	Johnson, Maria	12 Nanaimo & DI 30.45
6	281	Markin, Jessie	12 Langley Must 30.62
7	475	Max-Brown, Cecilee	12 Ocean Athlet 30.71
8	675	Tunti, Jaziel	12 Unattached B 30.98

Event 67 Girls 12 Year Olds 300 Meter Dash

Name	Age	Team	Finals
Section 1			
1	84	Smigelski, Natasha	12 Coquitlam CH 48.04
2	526	Larusson, Brooklyn	12 Okanagan Ath 50.09
3	721	Sangha, Manreet	12 Universal AT 50.46
4	316	Smith, Emily	12 Langley Must 52.98
Section 2			
1	290	Melnychuk, Madilyn	12 Langley Must 46.30
2	336	Anderton, Courtney	12 Nanaimo & DI 48.36
3	687	Basra, Snehpreet	12 Universal AT 49.14
4	433	Bailey, Adelia	12 Ocean Athlet 52.12
5	477	Mcintosh, Mackenzi	12 Ocean Athlet 52.67

Event 68 Girls 12 Year Olds 800 Meter Run

Name	Age	Team	Finals
Section 1			
1	505	Smith, Cayla	12 Ocean Athlet 2:26.68
2	767	Mortimer, Rachel	12 Valley Royal 2:36.64
3	687	Basra, Snehpreet	12 Universal AT 2:38.13
4	369	Pallard, Evelynne	12 Nanaimo & DI 2:39.07
5	459	Gin, Elizabeth	12 Ocean Athlet 2:45.44
6	458	Gilbert, Kaelin	12 Ocean Athlet 2:45.92
7	867	Chalk, Grace	12 Langley Must 2:46.51
8	130	Rowell, Tavia	12 Golden Ears 2:47.50
9	287	Matthewman, Samant	12 Langley Must 2:48.08
10	433	Bailey, Adelia	12 Ocean Athlet 2:52.21
11	316	Smith, Emily	12 Langley Must 2:59.14
12	509	Szewczyk, Kira	12 Ocean Athlet 3:11.56

Event 69 Girls 12 Year Olds 1200 Meter Run

Name	Age	Team	Finals
1	505	Smith, Cayla	12 Ocean Athlet 4:01.84
2	767	Mortimer, Rachel	12 Valley Royal 4:06.04
3	687	Basra, Snehpreet	12 Universal AT 4:13.11
4	369	Pallard, Evelynne	12 Nanaimo & DI 4:19.35
5	860	Scott, Amanda	12 Royal City T 4:22.68
6	867	Chalk, Grace	12 Langley Must 4:24.55
7	458	Gilbert, Kaelin	12 Ocean Athlet 4:31.67
8	433	Bailey, Adelia	12 Ocean Athlet 4:33.01
9	15	Balzer, Maiah	12 Chilliwack T 4:44.05
10	228	Ellis, Riley	12 Langley Must 4:52.65

Event 70 Girls 12 Year Olds 80 Meter Hurdles 27"

Name	Age	Team	Finals
Section 1 Wind: +0.0			
1 551 Carpendale, Ally	12	Powell River	14.39
2 566 Stepputat, Angelie	12	Ridge Rocket	14.94
3 330 Wisotzki, Jessica	12	Langley Must	15.80
4 195 Astles, Morgan	12	Langley Must	16.96
Section 2 Wind: -0.2			
1 281 Markin, Jessie	12	Langley Must	14.12
2 305 Pickett, Karli	12	Langley Must	14.21
3 555 Burrows, Seirah	12	Ridge Rocket	14.72
4 585 Lowka, Shianne	12	Royal City T	15.31
5 130 Rowell, Tavia	12	Golden Ears	15.39
6 791 Horrobin, Hilary	12	Vancouver OL	16.13
7 526 Larusson, Brooklyn	12	Okanagan Ath	16.76
Section 3 Wind: -0.6			
1 702 Ghuman, Manroop	12	Universal AT	15.08
2 558 Kraus, Sienna	12	Ridge Rocket	16.93
3 1 Rogers, Ella	12	Langley Must	17.25
4 282 Markin, Mollie	12	Langley Must	17.44
5 228 Ellis, Riley	12	Langley Must	17.87
Section 4 Wind: -1.0			
1 716 Nijjar, Jasneet	12	Universal AT	12.73
2 290 Melnychuk, Madilyn	12	Langley Must	14.28
3 782 Ainsworth, Chloe	12	Vancouver OL	14.32
4 309 Richardson, Teagan	12	Langley Must	14.33
5 287 Matthewman, Samant	12	Langley Must	14.50
6 721 Sangha, Manreet	12	Universal AT	14.62

Event 71 Girls 12 Year Olds 200 Meter Hurdles 24"

Name	Age	Team	Finals
Section 1 Wind: -1.5			
1 791 Horrobin, Hilary	12	Vancouver OL	32.28
2 290 Melnychuk, Madilyn	12	Langley Must	34.46
3 555 Burrows, Seirah	12	Ridge Rocket	35.34
4 526 Larusson, Brooklyn	12	Okanagan Ath	35.58
5 316 Smith, Emily	12	Langley Must	35.58
Section 2 Wind: -1.1			
1 505 Smith, Cayla	12	Ocean Athlet	31.91
2 305 Pickett, Karli	12	Langley Must	32.29
3 383 Watson, Kaitlyn	12	Nanaimo & DI	33.87
4 433 Bailey, Adelia	12	Ocean Athlet	34.87
5 458 Gilbert, Kaelin	12	Ocean Athlet	35.06
6 15 Balzer, Maiah	12	Chilliwack T	42.30
Section 3 Wind: -1.6			
1 551 Carpendale, Ally	12	Powell River	32.47
2 721 Sangha, Manreet	12	Universal AT	32.61
3 358 Johnson, Maria	12	Nanaimo & DI	34.63
4 702 Ghuman, Manroop	12	Universal AT	35.66
5 304 Philipchalk, Jalen	12	Langley Must	39.09

Event 72 Girls 12 Year Olds High Jump

Name	Age	Team	Finals
Flight 1			
1 130 Rowell, Tavia	12	Golden Ears	1.40m
2 330 Wisotzki, Jessica	12	Langley Must	J1.35m
2 475 Max-Brown, Cecilee	12	Ocean Athlet	1.35m
4 290 Melnychuk, Madilyn	12	Langley Must	J1.30m
4 585 Lowka, Shianne	12	Royal City T	J1.30m

4	281	Markin, Jessie	12	Langley Must	1.30m
7	305	Pickett, Karli	12	Langley Must	1.25m
8	287	Matthewman, Samant	12	Langley Must	1.20m
8	588	Patry-Smith, Jenev	12	Royal City T	1.20m
8	551	Carpendale, Ally	12	Powell River	1.20m
11	195	Astles, Morgan	12	Langley Must	1.10m
11	1	Rogers, Ella	12	Langley Must	1.10m
13	282	Markin, Mollie	12	Langley Must	1.05m
--	316	Smith, Emily	12	Langley Must	X1.10m
--	304	Philipchalk, Jalen	12	Langley Must	NH

Event 73 Girls 12 Year Olds Long Jump

Name	Age	Team	Finals	Wind		
1	716	Nijjar, Jasneet	12	Universal AT	4.41m	NWI
2	290	Melnychuk, Madilyn	12	Langley Must	4.19m	NWI
3	782	Ainsworth, Chloe	12	Vancouver OL	4.14m	NWI
4	291	Monro, Natalia	12	Langley Must	3.90m	NWI
5	130	Rowell, Tavia	12	Golden Ears	3.89m	NWI
6	330	Wisotzki, Jessica	12	Langley Must	3.87m	NWI
7	115	Karmali, Inara	12	Golden Ears	3.86m	NWI
8	785	Cheema, Jasneet	12	Vancouver OL	3.75m	NWI
9	585	Lowka, Shianne	12	Royal City T	3.70m	NWI
9	702	Ghuman, Manroop	12	Universal AT	3.70m	NWI
11	383	Watson, Kaitlyn	12	Nanaimo & DI	3.69m	NWI
12	281	Markin, Jessie	12	Langley Must	3.68m	NWI
12	791	Horrobin, Hilary	12	Vancouver OL	3.68m	NWI
14	566	Stepputat, Angelie	12	Ridge Rocket	3.67m	NWI
15	555	Burrows, Seirah	12	Ridge Rocket	3.66m	NWI
16	305	Pickett, Karli	12	Langley Must	3.61m	NWI
17	309	Richardson, Teagan	12	Langley Must	3.55m	NWI
18	228	Ellis, Riley	12	Langley Must	3.49m	NWI
19	369	Pallard, Evelynne	12	Nanaimo & DI	3.39m	NWI
20	287	Matthewman, Samant	12	Langley Must	3.34m	NWI
21	477	Mcintosh, Mackenzi	12	Ocean Athlet	3.31m	NWI
22	316	Smith, Emily	12	Langley Must	3.25m	NWI
23	526	Larusson, Brooklyn	12	Okanagan Ath	3.22m	NWI
24	735	Brandt, Rebekah	12	Valley Royal	3.06m	NWI
25	282	Markin, Mollie	12	Langley Must	3.05m	NWI
26	195	Astles, Morgan	12	Langley Must	2.79m	NWI
27	1	Rogers, Ella	12	Langley Must	2.68m	NWI
28	121	Muller, Elise	12	Golden Ears	2.55m	NWI

Event 74 Girls 12 Year Olds Discus Throw 750 g

Name	Age	Team	Finals		
1	644	Gabri, Dollyy	12	Unattached B	27.34m
1	558	Kraus, Sienna	12	Ridge Rocket	J24.52m
2	646	Haintz, Mateya	12	Unattached B	J24.38m
3	588	Patry-Smith, Jenev	12	Royal City T	J23.26m
4	451	Denness, Rori	12	Ocean Athlet	J17.97m
5	585	Lowka, Shianne	12	Royal City T	J17.80m
6	685	Bangar, Simran	12	Universal AT	J16.80m
7	195	Astles, Morgan	12	Langley Must	J16.17m
8	551	Carpendale, Ally	12	Powell River	J15.17m
9	562	Nelson, Hannah	12	Ridge Rocket	J13.71m
10	222	Delange, Chantel	12	Langley Must	J12.47m
11	1	Rogers, Ella	12	Langley Must	J12.29m
12	369	Pallard, Evelynne	12	Nanaimo & DI	J11.88m
13	526	Larusson, Brooklyn	12	Okanagan Ath	J11.63m
14	197	Balogh, Madelyn	12	Langley Must	J11.45m

15 228 Ellis, Riley 12 Langley Must J9.47m

Event 75 Girls 12 Year Olds Hammer Throw 3 kg

Name	Age	Team	Finals
1 558 Kraus, Sienna	12	Ridge Rocket	24.90m
2 646 Haintz, Mateya	12	Unattached B	22.21m
3 291 Monro, Natalia	12	Langley Must	18.34m
4 383 Watson, Kaitlyn	12	Nanaimo & DI	18.14m
5 589 Pinvidic, Joelle	12	Royal City T	14.00m
6 451 Denness, Rori	12	Ocean Athlet	13.93m

Event 76 Girls 12 Year Olds Javelin Throw 400 g

Name	Age	Team	Finals
1 451 Denness, Rori	12	Ocean Athlet	38.02m
2 588 Patry-Smith, Jenev	12	Royal City T	27.74m
3 585 Lowka, Shianne	12	Royal City T	21.35m
4 295 Mussche, Brooke	12	Langley Must	21.20m
5 358 Johnson, Maria	12	Nanaimo & DI	21.04m
6 433 Bailey, Adelia	12	Ocean Athlet	19.56m
7 320 Stams, Daphne	12	Langley Must	18.66m
8 555 Burrows, Seirah	12	Ridge Rocket	18.54m
9 222 Delange, Chantel	12	Langley Must	18.41m
10 646 Haintz, Mateya	12	Unattached B	18.35m
11 828 Sexsmith, Josie	12	Vernon Amate	17.47m
12 130 Rowell, Tavia	12	Golden Ears	16.77m
13 309 Richardson, Teagan	12	Langley Must	16.67m
14 290 Melnychuk, Madilyn	12	Langley Must	16.19m
15 291 Monro, Natalia	12	Langley Must	14.49m
16 305 Pickett, Karli	12	Langley Must	14.13m
17 195 Astles, Morgan	12	Langley Must	13.97m
18 197 Balogh, Madelyn	12	Langley Must	13.68m
19 551 Carpendale, Ally	12	Powell River	13.41m
20 1 Rogers, Ella	12	Langley Must	13.34m
21 304 Philipchalk, Jalen	12	Langley Must	13.27m
22 228 Ellis, Riley	12	Langley Must	13.14m

Event 77 Girls 12 Year Olds Shot Put 3 kg

Name	Age	Team	Finals
1 130 Rowell, Tavia	12	Golden Ears	8.34m
2 644 Gabri, Dollyy	12	Unattached B	8.18m
3 685 Bangar, Simran	12	Universal AT	8.14m
4 588 Patry-Smith, Jenev	12	Royal City T	7.63m
5 646 Haintz, Mateya	12	Unattached B	6.92m
6 828 Sexsmith, Josie	12	Vernon Amate	6.53m
7 309 Richardson, Teagan	12	Langley Must	J6.36m
7 585 Lowka, Shianne	12	Royal City T	6.36m
9 551 Carpendale, Ally	12	Powell River	6.10m
10 222 Delange, Chantel	12	Langley Must	5.98m
11 195 Astles, Morgan	12	Langley Must	5.07m
12 1 Rogers, Ella	12	Langley Must	4.50m
13 197 Balogh, Madelyn	12	Langley Must	4.41m
14 228 Ellis, Riley	12	Langley Must	4.08m

Event 78 Girls 12 Year Olds 4x100 Meter Relay

Team	Finals
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Section 1

1 Universal Athletics Club 'A'	57.03
2 Langley Mustangs 'A'	1:01.94

Event 79 Boys 12 Year Olds 100 Meter Dash

Name	Age	Team	Prelims
Heat 1 Preliminaries Wind: -2.6			
1 610 Minott, Jaheim	12	South Fraser	14.01Q
2 582 Jones, Maxwell	12	Royal City T	14.11Q
3 607 Mensah, K-J	12	South Fraser	14.17q
4 617 Penson-McCoy, Jesa	12	South Fraser	15.25
5 535 Russell, Noah	12	Okanagan Ath	15.69
6 647 Harrower, Anson	12	Unattached B	16.68
7 350 Ferraro, Jett	12	Nanaimo & DI	16.80
Heat 2 Preliminaries Wind: -2.2			
1 1103 virgo, shamir	12	Unattached B	14.56Q
2 450 Denman, Ryan	12	Ocean Athlet	14.95Q
3 9 Nkoloagu, Chidubem	12	Burnaby Stri	14.95q
4 419 Sarana, Jasroop	12	Norwesters T	15.86
5 648 Harrower, Carson	12	Unattached B	16.89
6 417 Riddell, Sam	12	Norwesters T	17.67
Heat 3 Preliminaries Wind: -2.4			
1 600 Hutchinson, Braede	12	South Fraser	14.02Q
2 779 Wakelyn, Parker	12	Valley Royal	14.33Q
3 55 Chong, Jarrett	12	Coquitlam CH	15.32
4 377 Tozer, Devin	12	Nanaimo & DI	15.95
5 380 Walsh, Liam	12	Nanaimo & DI	15.98
6 267 Klassen, Joshua	12	Langley Must	16.45

Event 79 Boys 12 Year Olds 100 Meter Dash

Name	Age	Team	Finals
Section 1 Finals Wind: -1.9			
1 610 Minott, Jaheim	12	South Fraser	13.54
2 600 Hutchinson, Braede	12	South Fraser	13.68
3 607 Mensah, K-J	12	South Fraser	13.78
4 582 Jones, Maxwell	12	Royal City T	13.82
5 779 Wakelyn, Parker	12	Valley Royal	14.14
6 1103 virgo, shamir	12	Unattached B	14.49
7 450 Denman, Ryan	12	Ocean Athlet	14.56
8 9 Nkoloagu, Chidubem	12	Burnaby Stri	14.61

Event 80 Boys 12 Year Olds 200 Meter Dash

Name	Age	Team	Prelims
Heat 1 Preliminaries Wind: -0.6			
1 98 Phung, Matthew	12	Elite Track	30.70Q
2 306 Rabie, Josh	12	Langley Must	30.85Q
3 861 Bondi, Dylan	12	Vancouver OL	32.06
4 377 Tozer, Devin	12	Nanaimo & DI	33.30
5 647 Harrower, Anson	12	Unattached B	33.71
Heat 2 Preliminaries Wind: -0.7			
1 779 Wakelyn, Parker	12	Valley Royal	28.72Q
2 302 Perovich, Josiah	12	Langley Must	28.83Q
3 454 Ellison, Evan	12	Ocean Athlet	29.78q
4 580 Janke, Shea	12	Royal City T	30.48q
5 380 Walsh, Liam	12	Nanaimo & DI	34.50
Heat 3 Preliminaries Wind: -1.4			
1 610 Minott, Jaheim	12	South Fraser	28.24Q

2	419 Sarana, Jasroop	12 Norwesters T	31.48Q
3	617 Penson-McCoy, Jesa	12 South Fraser	32.20
4	350 Ferraro, Jett	12 Nanaimo & DI	34.60

Event 80 Boys 12 Year Olds 200 Meter Dash

Name	Age	Team	Finals
Section 1 Finals Wind: -2.5			
1	610 Minott, Jaheim	12 South Fraser	28.31
2	779 Wakelyn, Parker	12 Valley Royal	28.82
3	302 Perovich, Josiah	12 Langley Must	30.14
4	454 Ellison, Evan	12 Ocean Athlet	30.81
5	580 Janke, Shea	12 Royal City T	30.96
6	306 Rabie, Josh	12 Langley Must	30.98
7	419 Sarana, Jasroop	12 Norwesters T	31.24
8	98 Phung, Matthew	12 Elite Track	31.70

Event 81 Boys 12 Year Olds 300 Meter Dash

Name	Age	Team	Finals
Section 1			
1	600 Hutchinson, Braede	12 South Fraser	45.63
2	697 Disabatino, Soren	12 Universal AT	46.47
3	607 Mensah, K-J	12 South Fraser	46.98
4	547 Scherban, Jason	12 Penticton AT	48.53
5	450 Denman, Ryan	12 Ocean Athlet	49.96
Section 2			
1	610 Minott, Jaheim	12 South Fraser	44.81
2	779 Wakelyn, Parker	12 Valley Royal	45.30
3	302 Perovich, Josiah	12 Langley Must	46.18
4	9 Nkoloagu, Chidubem	12 Burnaby Stri	47.55
5	419 Sarana, Jasroop	12 Norwesters T	51.05
6	98 Phung, Matthew	12 Elite Track	51.30

Event 82 Boys 12 Year Olds 800 Meter Run

Name	Age	Team	Finals
Section 1			
1	372 Seaman, Nate	12 Nanaimo & DI	2:29.10
2	302 Perovich, Josiah	12 Langley Must	2:29.50
3	801 York, Jacob	12 Vancouver OL	2:33.71
4	580 Janke, Shea	12 Royal City T	2:35.30
5	547 Scherban, Jason	12 Penticton AT	2:36.26
6	454 Ellison, Evan	12 Ocean Athlet	2:44.55
7	535 Russell, Noah	12 Okanagan Ath	2:44.90
8	260 Kastelein, Caleb	12 Langley Must	2:50.99
9	212 Chiasson, Avery	12 Langley Must	2:59.57
10	399 Bellamy, Markus	12 Norwesters T	3:51.76
--	429 Almrud, Harrison	12 Ocean Athlet	DNF

Event 83 Boys 12 Year Olds 1200 Meter Run

Name	Age	Team	Finals
1	372 Seaman, Nate	12 Nanaimo & DI	3:58.55
2	580 Janke, Shea	12 Royal City T	4:04.13
3	547 Scherban, Jason	12 Penticton AT	4:06.16
4	212 Chiasson, Avery	12 Langley Must	4:32.74

Event 84 Boys 12 Year Olds 80 Meter Hurdles 27"

Name	Age	Team	Finals
Section 1 Wind: -0.4			
1	607	Mensah, K-J	12 South Fraser 13.59
2	779	Wakelyn, Parker	12 Valley Royal 14.32
3	260	Kastelein, Caleb	12 Langley Must 15.65
4	380	Walsh, Liam	12 Nanaimo & DI 16.64
Section 2 Wind: -0.9			
1	801	York, Jacob	12 Vancouver OL 15.11
2	647	Harrower, Anson	12 Unattached B 18.18
3	350	Ferraro, Jett	12 Nanaimo & DI 18.18
Section 3 Wind: -0.6			
1	581	Jensen, Ryan	12 Royal City T 14.55
2	419	Sarana, Jasroop	12 Norwesters T 15.00
3	535	Russell, Noah	12 Okanagan Ath 15.21
4	342	Day, Colby	12 Nanaimo & DI 16.48
5	267	Klassen, Joshua	12 Langley Must 17.67
6	377	Tozer, Devin	12 Nanaimo & DI 17.77

Event 85 Boys 12 Year Olds 200 Meter Hurdles 24"

Name	Age	Team	Finals
Section 1 Wind: -2.3			
1	779	Wakelyn, Parker	12 Valley Royal 30.15
2	302	Perovich, Josiah	12 Langley Must 32.86
3	419	Sarana, Jasroop	12 Norwesters T 33.88
4	260	Kastelein, Caleb	12 Langley Must 34.32
5	342	Day, Colby	12 Nanaimo & DI 36.32
6	350	Ferraro, Jett	12 Nanaimo & DI 36.34
7	23	Janssens, Jacob	11 Chilliwack T 37.41
8	380	Walsh, Liam	12 Nanaimo & DI 37.45

Event 86 Boys 12 Year Olds High Jump

Name	Age	Team	Finals
Flight 1			
1	454	Ellison, Evan	12 Ocean Athlet 1.45m
2	610	Minott, Jaheim	12 South Fraser 1.35m
3	429	Almrud, Harrison	12 Ocean Athlet 1.32m
4	779	Wakelyn, Parker	12 Valley Royal J1.30m
4	450	Denman, Ryan	12 Ocean Athlet 1.30m
4	607	Mensah, K-J	12 South Fraser J1.30m
4	342	Day, Colby	12 Nanaimo & DI J1.30m
4	419	Sarana, Jasroop	12 Norwesters T J1.30m
9	260	Kastelein, Caleb	12 Langley Must 1.25m
9	372	Seaman, Nate	12 Nanaimo & DI 1.25m
11	535	Russell, Noah	12 Okanagan Ath 1.20m
12	861	Bondi, Dylan	12 Vancouver OL 1.15m
13	417	Riddell, Sam	12 Norwesters T 1.10m
13	377	Tozer, Devin	12 Nanaimo & DI 1.10m

Event 87 Boys 12 Year Olds Long Jump

Name	Age	Team	Finals	Wind
1	779	Wakelyn, Parker	12 Valley Royal 4.63m	NWI
2	610	Minott, Jaheim	12 South Fraser 4.30m	NWI
3	580	Janke, Shea	12 Royal City T 4.11m	NWI
4	607	Mensah, K-J	12 South Fraser 3.96m	NWI
5	306	Rabie, Josh	12 Langley Must 3.87m	NWI

6	801 York, Jacob	12 Vancouver OL	3.82m	NWI
7	372 Seaman, Nate	12 Nanaimo & DI	3.78m	NWI
8	535 Russell, Noah	12 Okanagan Ath	3.62m	NWI
9	617 Penson-McCoy, Jesa	12 South Fraser	3.59m	NWI
10	377 Tozer, Devin	12 Nanaimo & DI	3.56m	NWI
11	581 Jensen, Ryan	12 Royal City T	3.55m	NWI
12	342 Day, Colby	12 Nanaimo & DI	3.35m	NWI
13	861 Bondi, Dylan	12 Vancouver OL	3.30m	NWI
14	267 Klassen, Joshua	12 Langley Must	3.25m	NWI
15	417 Riddell, Sam	12 Norwesters T	3.16m	NWI
16	350 Ferraro, Jett	12 Nanaimo & DI	3.09m	NWI
17	212 Chiasson, Avery	12 Langley Must	3.06m	NWI

Event 88 Boys 12 Year Olds Discus Throw 1 kg

Name	Age	Team	Finals
1	55 Chong, Jarrett	12 Coquitlam CH	23.15m
2	153 Bhandal, Iqam	12 Kajaks Track	20.47m
3	350 Ferraro, Jett	12 Nanaimo & DI	19.31m
4	779 Wakelyn, Parker	12 Valley Royal	19.20m
5	719 Sandhu, Calvin	12 Universal AT	17.33m
6	377 Tozer, Devin	12 Nanaimo & DI	14.45m
7	267 Klassen, Joshua	12 Langley Must	12.12m
8	380 Walsh, Liam	12 Nanaimo & DI	10.34m

Event 89 Boys 12 Year Olds Hammer Throw 3 kg

Name	Age	Team	Finals
1	153 Bhandal, Iqam	12 Kajaks Track	23.41m
2	55 Chong, Jarrett	12 Coquitlam CH	21.47m
3	582 Jones, Maxwell	12 Royal City T	18.48m
4	380 Walsh, Liam	12 Nanaimo & DI	13.17m

Event 90 Boys 12 Year Olds Javelin Throw 600 g

Name	Age	Team	Finals
1	55 Chong, Jarrett	12 Coquitlam CH	29.19m
2	342 Day, Colby	12 Nanaimo & DI	27.97m
3	350 Ferraro, Jett	12 Nanaimo & DI	25.22m
4	260 Kastelein, Caleb	12 Langley Must	23.95m
5	454 Ellison, Evan	12 Ocean Athlet	21.99m
6	306 Rabie, Josh	12 Langley Must	20.31m
7	377 Tozer, Devin	12 Nanaimo & DI	19.50m
8	648 Harrower, Carson	12 Unattached B	19.27m
9	267 Klassen, Joshua	12 Langley Must	15.37m
10	399 Bellamy, Markus	12 Norwesters T	15.22m
11	417 Riddell, Sam	12 Norwesters T	12.47m
12	380 Walsh, Liam	12 Nanaimo & DI	11.38m

Event 91 Boys 12 Year Olds Shot Put 3 kg

Name	Age	Team	Finals
1	55 Chong, Jarrett	12 Coquitlam CH	9.19m
2	153 Bhandal, Iqam	12 Kajaks Track	8.50m
3	719 Sandhu, Calvin	12 Universal AT	8.23m
4	779 Wakelyn, Parker	12 Valley Royal	7.83m
5	260 Kastelein, Caleb	12 Langley Must	7.58m
6	302 Perovich, Josiah	12 Langley Must	7.09m
7	350 Ferraro, Jett	12 Nanaimo & DI	6.93m

8	377 Tozer, Devin	12 Nanaimo & DI	6.40m
9	648 Harrower, Carson	12 Unattached B	6.30m
10	610 Minott, Jaheim	12 South Fraser	6.05m
11	417 Riddell, Sam	12 Norwesters T	5.85m
12	399 Bellamy, Markus	12 Norwesters T	5.64m

Event 92 Boys 12 Year Olds 4x100 Meter Relay

Team	Finals
Section 1	
1 Nanaimo & District Track 'B'	1:01.78
2 South Fraser Track & Field 'A'	1:02.44

Event 93 Girls 13 Year Olds 100 Meter Dash

Name	Age Team	Prelims
Heat 1 Preliminaries Wind: -2.8		
1 605 Lew, Jasmine	13 South Fraser	13.32Q
2 787 Gee, Cassidy	13 Vancouver OL	13.96Q
3 294 Mussche, Ashley	13 Langley Must	15.33
4 288 Melhus, Chelsea	13 Langley Must	15.38
Heat 2 Preliminaries Wind: -2.9		
1 656 Kurucz, Aaryanna	13 Unattached B	13.88Q
2 120 Morley, Emily	13 Golden Ears	14.04Q
3 559 Lagerstrom, Kriste	13 Ridge Rocket	14.39
4 511 Tork, Alina	13 Ocean Athlet	15.03
5 209 Chandra, Lauren	13 Langley Must	15.51
Heat 3 Preliminaries Wind: -4.9		
1 726 Vlahovic, Katarina	13 Universal AT	13.36Q
2 613 Moore, Amanda	13 South Fraser	13.47Q
3 506 Snow, Cayla	13 Ocean Athlet	13.59q
4 401 Elliott, Kristie	13 Norwesters T	14.02q
5 361 Metrowich, Julia	13 Nanaimo & DI	14.29
6 253 Hong, Kalyn	13 Langley Must	15.37
7 278 Macarthur, Sarah	13 Langley Must	15.69

Event 93 Girls 13 Year Olds 100 Meter Dash

Name	Age Team	Finals
Section 1 Finals Wind: -2.8		
1 726 Vlahovic, Katarina	13 Universal AT	13.09
2 605 Lew, Jasmine	13 South Fraser	13.13
3 613 Moore, Amanda	13 South Fraser	13.53
4 506 Snow, Cayla	13 Ocean Athlet	13.72
5 787 Gee, Cassidy	13 Vancouver OL	13.94
6 120 Morley, Emily	13 Golden Ears	14.07
7 401 Elliott, Kristie	13 Norwesters T	14.16

Event 94 Girls 13 Year Olds 200 Meter Dash

Name	Age Team	Prelims
Heat 1 Preliminaries Wind: 1.2		
1 613 Moore, Amanda	13 South Fraser	26.72Q
2 360 Katzberg, Jessica	13 Nanaimo & DI	28.64Q
3 559 Lagerstrom, Kriste	13 Ridge Rocket	29.54
4 224 Dieterich, Makenna	13 Langley Must	29.87
5 294 Mussche, Ashley	13 Langley Must	31.39
Heat 2 Preliminaries Wind: 2.0		
1 656 Kurucz, Aaryanna	13 Unattached B	27.48Q

2	24 Leblanc, Aly	13 Chilliwack T	28.15Q
3	361 Metrowich, Julia	13 Nanaimo & DI	29.25q
4	296 Neidig, Amanda	13 Langley Must	30.96
Heat 3	Preliminaries	Wind: -0.8	
1	605 Lew, Jasmine	13 South Fraser	27.35Q
2	602 Krieser, Jade	13 South Fraser	28.21Q
3	787 Gee, Cassidy	13 Vancouver OL	28.32q
4	209 Chandra, Lauren	13 Langley Must	30.27
5	278 Macarthur, Sarah	13 Langley Must	31.07
6	751 Janzen, Nikki	13 Valley Royal	33.78

Event 94 Girls 13 Year Olds 200 Meter Dash

Name	Age	Team	Finals
Section 1 Finals Wind: -2.1			
1	605 Lew, Jasmine	13 South Fraser	26.80
2	613 Moore, Amanda	13 South Fraser	27.12
3	656 Kurucz, Aaryanna	13 Unattached B	27.50
4	787 Gee, Cassidy	13 Vancouver OL	28.61
5	24 Leblanc, Aly	13 Chilliwack T	28.72
6	361 Metrowich, Julia	13 Nanaimo & DI	28.77
7	602 Krieser, Jade	13 South Fraser	28.84
8	360 Katzberg, Jessica	13 Nanaimo & DI	29.21

Event 95 Girls 13 Year Olds 300 Meter Dash

Name	Age	Team	Finals
Section 1			
1	209 Chandra, Lauren	13 Langley Must	50.52
2	511 Tork, Alina	13 Ocean Athlet	50.73
3	118 McNeil, Kayleigh	13 Golden Ears	50.92
4	296 Neidig, Amanda	13 Langley Must	51.50
Section 2			
1	602 Krieser, Jade	13 South Fraser	45.05
2	327 Weltzin, Kayla	13 Langley Must	47.57
3	253 Hong, Kalyn	13 Langley Must	49.61
4	278 Macarthur, Sarah	13 Langley Must	53.23
Section 3			
1	613 Moore, Amanda	13 South Fraser	42.37
2	27 Lenz, Sienna	13 Chilliwack T	43.15
3	352 Heisterman, Madiso	13 Nanaimo & DI	43.59
4	605 Lew, Jasmine	13 South Fraser	44.12

Event 96 Girls 13 Year Olds 800 Meter Run

Name	Age	Team	Finals
Section 1			
1	352 Heisterman, Madiso	13 Nanaimo & DI	2:19.94
2	27 Lenz, Sienna	13 Chilliwack T	2:25.26
3	623 Terry, Alyssa	13 South Fraser	2:27.68
4	495 Ribeiro, Haley	13 Ocean Athlet	2:28.96
5	187 Fitzgerald, Makenn	13 Kamloops Tra	2:29.04
6	602 Krieser, Jade	13 South Fraser	2:36.74
7	209 Chandra, Lauren	13 Langley Must	2:39.21
8	224 Dieterich, Makenna	13 Langley Must	2:40.61
9	327 Weltzin, Kayla	13 Langley Must	2:47.04
10	24 Leblanc, Aly	13 Chilliwack T	2:52.53
11	751 Janzen, Nikki	13 Valley Royal	3:03.39

Event 97 Girls 13 Year Olds 1200 Meter Run

Name	Age	Team	Finals	
1	352	Heisterman, Madiso	13 Nanaimo & DI	3:45.40
2	578	Fetherstonhaugh, G	13 Royal City T	3:57.83
3	495	Ribeiro, Haley	13 Ocean Athlet	4:01.41
4	187	Fitzgerald, Makenn	13 Kamloops Tra	4:02.21
5	623	Terry, Alyssa	13 South Fraser	4:04.70
6	327	Weltzin, Kayla	13 Langley Must	4:19.19
7	209	Chandra, Lauren	13 Langley Must	4:23.62
8	743	Gill, Gurleen	13 Valley Royal	4:27.27
9	751	Janzen, Nikki	13 Valley Royal	4:50.59
10	859	Garcha, Harveer	13 Universal AT	4:59.09

Event 98 Girls 13 Year Olds 2000 Meter Run

Name	Age	Team	Finals	
1	578	Fetherstonhaugh, G	13 Royal City T	6:59.90
2	376	Stewart, Hope	13 Nanaimo & DI	7:27.19
3	327	Weltzin, Kayla	13 Langley Must	7:42.78
3	743	Gill, Gurleen	13 Valley Royal	7:42.78
5	859	Garcha, Harveer	13 Universal AT	8:46.15

Event 99 Girls 13 Year Olds 80 Meter Hurdles 30"

Name	Age	Team	Finals	
Section 1 Wind: 0.8				
1	27	Lenz, Sienna	13 Chilliwack T	13.58
2	602	Krieser, Jade	13 South Fraser	14.36
3	296	Neidig, Amanda	13 Langley Must	16.54
Section 2 Wind: 0.5				
1	656	Kurucz, Aaryanna	13 Unattached B	13.02
2	787	Gee, Cassidy	13 Vancouver OL	13.24
3	401	Elliott, Kristie	13 Norwesters T	13.24
4	506	Snow, Cayla	13 Ocean Athlet	13.55
5	591	Strome, Devin	13 Royal City T	13.71

Event 100 Girls 13 Year Olds 200 Meter Hurdles 27"

Name	Age	Team	Finals	
Section 1 Wind: -1.9				
1	656	Kurucz, Aaryanna	13 Unattached B	30.04
2	506	Snow, Cayla	13 Ocean Athlet	30.08
3	401	Elliott, Kristie	13 Norwesters T	30.35
4	27	Lenz, Sienna	13 Chilliwack T	31.32
5	495	Ribeiro, Haley	13 Ocean Athlet	33.42
6	591	Strome, Devin	13 Royal City T	33.56
7	209	Chandra, Lauren	13 Langley Must	34.30

Event 101 Girls 13 Year Olds High Jump

Name	Age	Team	Finals	
Flight 1				
1	27	Lenz, Sienna	13 Chilliwack T	1.50m
2	591	Strome, Devin	13 Royal City T	1.40m
3	495	Ribeiro, Haley	13 Ocean Athlet	1.35m
4	294	Mussche, Ashley	13 Langley Must	J1.30m
4	275	Logan, Kiera	13 Langley Must	J1.30m
4	209	Chandra, Lauren	13 Langley Must	1.30m

7	324	Urban, Jessica	13	Langley Must	1.25m
7	224	Dieterich, Makenna	13	Langley Must	1.25m
7	288	Melhus, Chelsea	13	Langley Must	J1.25m
10	572	Bos, Deirdre	13	Royal City T	1.20m
10	602	Krieser, Jade	13	South Fraser	1.20m

Event 102 Girls 13 Year Olds Long Jump

Name	Age	Team	Finals	Wind
1	324	Urban, Jessica	4.69m	NWI
2	506	Snow, Cayla	4.62m	NWI
3	401	Elliott, Kristie	4.48m	NWI
4	787	Gee, Cassidy	4.44m	NWI
5	559	Lagerstrom, Kriste	4.40m	NWI
6	27	Lenz, Sienna	4.39m	NWI
7	120	Morley, Emily	4.34m	NWI
8	591	Strome, Devin	4.30m	NWI
9	511	Tork, Alina	4.24m	NWI
10	602	Krieser, Jade	4.10m	NWI
11	118	McNeil, Kayleigh	4.09m	NWI
12	361	Metrowich, Julia	3.95m	NWI
12	209	Chandra, Lauren	3.95m	NWI
14	275	Logan, Kiera	3.74m	NWI
15	605	Lew, Jasmine	3.71m	NWI
16	750	Hutchinson, Marly	3.58m	NWI
17	278	Macarthur, Sarah	3.33m	NWI
18	288	Melhus, Chelsea	3.32m	NWI
19	294	Mussche, Ashley	3.28m	NWI
20	253	Hong, Kalyn	3.01m	NWI

Event 103 Girls 13 Year Olds Triple Jump

Name	Age	Team	Finals	Wind
1	787	Gee, Cassidy	9.76m	NWI
2	401	Elliott, Kristie	9.56m	NWI
3	118	McNeil, Kayleigh	8.69m	NWI
4	209	Chandra, Lauren	8.59m	NWI
5	750	Hutchinson, Marly	8.17m	NWI
6	294	Mussche, Ashley	7.97m	NWI
7	275	Logan, Kiera	7.86m	NWI
8	511	Tork, Alina	7.52m	NWI
9	288	Melhus, Chelsea	7.04m	NWI

Event 104 Girls 13 Year Olds Discus Throw 750

Name	Age	Team	Finals
1	446	Cuthbert, Chloe	27.91m
2	360	Katzberg, Jessica	23.81m
3	401	Elliott, Kristie	22.42m
4	657	Lambert, Hannah`	21.99m
5	253	Hong, Kalyn	17.24m
6	361	Metrowich, Julia	16.72m
7	572	Bos, Deirdre	15.85m
8	352	Heisterman, Madiso	15.61m
9	751	Janzen, Nikki	12.08m

Event 105 Girls 13 Year Olds Hammer Throw 3 kg

Name	Age	Team	Finals
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1	401 Elliott, Kristie	13	Norwesters T	23.91m
2	360 Katzberg, Jessica	13	Nanaimo & DI	22.14m
3	376 Stewart, Hope	13	Nanaimo & DI	20.97m
4	327 Weltzin, Kayla	13	Langley Must	13.54m

Event 106 Girls 13 Year Olds Javelin Throw 600 g

Name	Age	Team	Finals
1	559 Lagerstrom, Kriste	13 Ridge Rocket	24.14m
2	571 Bates, Brianna	13 Royal City T	21.19m
3	253 Hong, Kalyn	13 Langley Must	18.65m
4	209 Chandra, Lauren	13 Langley Must	16.61m
5	296 Neidig, Amanda	13 Langley Must	13.96m
6	278 Macarthur, Sarah	13 Langley Must	13.86m
7	224 Dieterich, Makenna	13 Langley Must	11.40m
8	288 Melhus, Chelsea	13 Langley Must	10.77m
9	275 Logan, Kiera	13 Langley Must	10.58m

Event 107 Girls 13 Year Olds Shot Put 3 kg

Name	Age	Team	Finals
1	446 Cuthbert, Chloe	13 Ocean Athlet	9.45m
2	27 Lenz, Sienna	13 Chilliwack T	9.00m
3	657 Lambert, Hannah`	13 Unattached B	8.22m
4	401 Elliott, Kristie	13 Norwesters T	7.81m
5	571 Bates, Brianna	13 Royal City T	6.69m
6	278 Macarthur, Sarah	13 Langley Must	6.61m
7	294 Mussche, Ashley	13 Langley Must	6.33m
8	209 Chandra, Lauren	13 Langley Must	6.32m
9	572 Bos, Deirdre	13 Royal City T	5.02m
10	275 Logan, Kiera	13 Langley Must	4.99m
11	288 Melhus, Chelsea	13 Langley Must	4.47m

Event 108 Girls 13 Year Olds Pole Vault

Name	Age	Team	Finals
1	360 Katzberg, Jessica	13 Nanaimo & DI	1.60m
2	376 Stewart, Hope	13 Nanaimo & DI	1.50m

Event 109 Girls 13 Year Olds 4x100 Meter Relay

Team	Finals
Section 1	
1 Nanaimo & District Track 'A'	55.66
2 Langley Mustangs 'A'	59.45
3 Ocean Athletics 'A'	59.78
4 Langley Mustangs 'B'	1:00.07

Event 110 Boys 13 Year Olds 100 Meter Dash

Name	Age	Team	Prelims
Heat 1 Preliminaries	Wind: -3.5		
1	413 Olsen, Liam	13 Norwesters T	13.05Q
2	81 Shahsavari, Amin	13 Coquitlam CH	13.95Q
3	579 Hunter, Ian	13 Royal City T	15.29q
Heat 2 Preliminaries	Wind: -2.5		
1	162 Higashitani, Nicol	13 Kajaks Track	13.02Q
2	205 Chalk, Luke	13 Langley Must	14.51Q

3	848 Schultze, Christop	13 West Vancouv	15.37
Heat 3	Preliminaries Wind: -1.4		
1	568 Taylor, Hudson	13 Ridge Rocket	13.70Q
2	576 Dadson, Emmanuel	13 Royal City T	13.89Q
3	216 Colter, Thomas	13 Langley Must	15.02q
4	64 Jelenici, Daniel	13 Coquitlam CH	15.39

Event 110 Boys 13 Year Olds 100 Meter Dash

Name	Age	Team	Finals
Section 1 Finals Wind: -2.2			
1	162 Higashitani, Nicol	13 Kajaks Track	12.69
2	413 Olsen, Liam	13 Norwesters T	12.74
3	81 Shahsavar, Amin	13 Coquitlam CH	13.52
4	568 Taylor, Hudson	13 Ridge Rocket	13.72
5	576 Dadson, Emmanuel	13 Royal City T	14.25
6	205 Chalk, Luke	13 Langley Must	14.29
7	216 Colter, Thomas	13 Langley Must	14.98
8	579 Hunter, Ian	13 Royal City T	15.09

Event 111 Boys 13 Year Olds 200 Meter Dash

Name	Age	Team	Prelims
Heat 1 Preliminaries Wind: NWI			
1	162 Higashitani, Nicol	13 Kajaks Track	26.18Q
2	81 Shahsavar, Amin	13 Coquitlam CH	28.35Q
5	405 Henderson, Ross	13 Norwesters T	29.47q
6	426 Zurkovic, Nicholas	13 Norwesters T	30.11
7	579 Hunter, Ian	13 Royal City T	30.53
Heat 2 Preliminaries Wind: -0.6			
3	315 Skilling, Bennett	13 Langley Must	28.42q
4	815 Polsak, Luka	13 Vancouver TH	29.01q
Heat 3 Preliminaries Wind: 0.8			
1	568 Taylor, Hudson	13 Ridge Rocket	27.74Q
2	576 Dadson, Emmanuel	13 Royal City T	27.75Q
3	232 Foster, Ethan	13 Langley Must	27.75q
4	216 Colter, Thomas	13 Langley Must	31.09
5	440 Boparai, Mantajjit	13 Ocean Athlet	32.18

Event 111 Boys 13 Year Olds 200 Meter Dash

Name	Age	Team	Finals
Section 1 Finals Wind: -2.7			
1	162 Higashitani, Nicol	13 Kajaks Track	26.12
2	568 Taylor, Hudson	13 Ridge Rocket	27.96
3	232 Foster, Ethan	13 Langley Must	28.08
4	576 Dadson, Emmanuel	13 Royal City T	28.25
5	315 Skilling, Bennett	13 Langley Must	29.09
6	815 Polsak, Luka	13 Vancouver TH	29.67

Event 112 Boys 13 Year Olds 300 Meter Dash

Name	Age	Team	Finals
Section 1			
1	96 Filafilo, Josh	13 Elite Track	42.68
2	848 Schultze, Christop	13 West Vancouv	47.60

Event 113 Boys 13 Year Olds 800 Meter Run

Name	Age	Team	Finals
1 128 Roberts, Graeme	13	Golden Ears	2:24.69
2 426 Zurkovic, Nicholas	13	Norwesters T	2:25.92
3 74 Parmar, Rajeev	13	Coquitlam CH	2:27.20
4 205 Chalk, Luke	13	Langley Must	2:27.24

Event 114 Boys 13 Year Olds 1200 Meter Run

Name	Age	Team	Finals
1 64 Jelenici, Daniel	13	Coquitlam CH	3:50.03
2 128 Roberts, Graeme	13	Golden Ears	3:53.27
3 74 Parmar, Rajeev	13	Coquitlam CH	3:59.91

Event 115 Boys 13 Year Olds 2000 Meter Run

Name	Age	Team	Finals
1 64 Jelenici, Daniel	13	Coquitlam CH	7:04.92
2 100 Velkov, Chris	13	Elite Track	7:45.38

Event 116 Boys 13 Year Olds 80 Meter Hurdles 30"

Name	Age	Team	Finals
Section 1 Wind: -0.3			
1 96 Filafilo, Josh	13	Elite Track	12.79
2 426 Zurkovic, Nicholas	13	Norwesters T	14.05
3 339 Boar, Dominic	13	Nanaimo & DI	14.17
4 205 Chalk, Luke	13	Langley Must	14.24
5 815 Polsak, Luka	13	Vancouver TH	14.97

Event 117 Boys 13 Year Olds 200 Meter Hurdles 27"

Name	Age	Team	Finals
Section 1 Wind: -0.4			
1 96 Filafilo, Josh	13	Elite Track	29.48
2 339 Boar, Dominic	13	Nanaimo & DI	30.17
3 765 Mckay, Tyler	13	Valley Royal	36.22

Event 118 Boys 13 Year Olds High Jump

Name	Age	Team	Finals
Flight 1			
1 232 Foster, Ethan	13	Langley Must	1.45m
1 128 Roberts, Graeme	13	Golden Ears	1.45m
3 660 Poljak, Luka	13	Unattached B	J1.40m
3 266 Klassen, Jared	13	Langley Must	1.40m
3 22 Hamilton, Rowan	13	Chilliwack T	J1.40m
3 579 Hunter, Ian	13	Royal City T	J1.40m
7 568 Taylor, Hudson	13	Ridge Rocket	1.35m
-- 426 Zurkovic, Nicholas	13	Norwesters T	NH

Event 119 Boys 13 Year Olds Long Jump

Name	Age	Team	Finals	Wind
1 232 Foster, Ethan	13	Langley Must	5.02m	NWI
2 315 Skilling, Bennett	13	Langley Must	4.49m	NWI
3 579 Hunter, Ian	13	Royal City T	4.38m	NWI

4	205 Chalk, Luke	13 Langley Must	4.29m	NWI
5	400 Charles, Aidan	13 Norwesters T	4.19m	NWI
6	405 Henderson, Ross	13 Norwesters T	4.18m	NWI
7	339 Boar, Dominic	13 Nanaimo & DI	4.13m	NWI
8	440 Boparai, Mantajjit	13 Ocean Athlet	4.03m	NWI
9	426 Zurkovic, Nicholas	13 Norwesters T	3.95m	NWI
10	74 Parmar, Rajeev	13 Coquitlam CH	3.80m	NWI

Event 120 Boys 13 Year Olds Triple Jump

Name	Age	Team	Finals	Wind
1	413 Olsen, Liam	13 Norwesters T	9.75m	NWI
2	232 Foster, Ethan	13 Langley Must	9.15m	NWI
3	339 Boar, Dominic	13 Nanaimo & DI	8.95m	NWI
4	205 Chalk, Luke	13 Langley Must	8.88m	NWI
5	848 Schultze, Christop	13 West Vancouv	7.58m	NWI

Event 121 Boys 13 Year Olds Discus Throw 1 kg

Name	Age	Team	Finals
1	22 Hamilton, Rowan	13 Chilliwack T	24.57m
2	85 Smith, Evan	13 Coquitlam CH	22.83m
3	266 Klassen, Jared	13 Langley Must	20.22m
4	440 Boparai, Mantajjit	13 Ocean Athlet	19.63m
5	117 Lenton, Jorrin	13 Golden Ears	17.33m
6	434 Bains, Anoop	13 Ocean Athlet	11.31m

Event 122 Boys 13 Year Olds Hammer Throw 3 kg

Name	Age	Team	Finals
1	85 Smith, Evan	13 Coquitlam CH	25.20m

Event 123 Boys 13 Year Olds Javelin Throw 600 g

Name	Age	Team	Finals
1	117 Lenton, Jorrin	13 Golden Ears	29.14m
2	85 Smith, Evan	13 Coquitlam CH	28.54m
3	579 Hunter, Ian	13 Royal City T	26.89m
4	22 Hamilton, Rowan	13 Chilliwack T	26.47m
5	205 Chalk, Luke	13 Langley Must	24.68m
6	315 Skilling, Bennett	13 Langley Must	23.27m
7	266 Klassen, Jared	13 Langley Must	22.36m
8	216 Colter, Thomas	13 Langley Must	21.66m
9	848 Schultze, Christop	13 West Vancouv	21.63m

Event 124 Boys 13 Year Olds Shot Put 3 kg

Name	Age	Team	Finals
1	22 Hamilton, Rowan	13 Chilliwack T	10.70m
2	81 Shahsavar, Amin	13 Coquitlam CH	10.64m
3	85 Smith, Evan	13 Coquitlam CH	9.32m
4	315 Skilling, Bennett	13 Langley Must	8.55m
5	117 Lenton, Jorrin	13 Golden Ears	8.40m
5	568 Taylor, Hudson	13 Ridge Rocket	8.40m
7	232 Foster, Ethan	13 Langley Must	8.08m
8	216 Colter, Thomas	13 Langley Must	7.54m
9	74 Parmar, Rajeev	13 Coquitlam CH	6.51m
10	426 Zurkovic, Nicholas	13 Norwesters T	6.44m

Event 125 Boys 13 Year Olds Pole Vault

Name	Age Team	Finals
1 339 Boar, Dominic	13 Nanaimo & DI	2.15m

Event 126 Boys 13 Year Olds 4x100 Meter Relay

Team	Finals
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Section 1

1 Royal City Track & Field 'A' 56.07

Event 127 Women 14 Year Olds 100 Meter Dash

Name	Age Team	Prelims
Heat 1 Preliminaries Wind: -2.9		
1 167 Lam, Georgia	14 Kajaks Track	13.22Q
2 314 Shane, Megan	14 Langley Must	13.90Q
3 424 Yuen, Camryn	14 Norwesters T	13.93
4 548 Ydenberg, Julie	14 Pitt Meadows Sch	14.00
5 604 Lamba, Noorpreet	14 South Fraser	16.06
Heat 2 Preliminaries Wind: -2.7		
1 340 Burtini, Tatiana	14 Nanaimo & DI	13.43Q
2 347 Fashina-Bombala, H	14 Nanaimo & DI	13.69Q
3 238 Gillespie, Carolin	14 Langley Must	13.79q
4 502 Siedelman, Lisa	14 Ocean Athlet	13.84q
5 684 Bangar, Kiran	14 Universal AT	14.65
6 349 Ferraro, Jamie	14 Nanaimo & DI	15.42
Heat 3 Preliminaries Wind: -3.1		
1 293 Morrison, Hannah	14 Langley Must	13.60Q
2 110 Hoffmann, Sara	14 Golden Ears	13.82Q
3 789 Ho, Julia	14 Vancouver OL	14.66
4 707 Hundal, Navjit	14 Universal AT	15.13
5 479 Mclean, Jennifer	14 Ocean Athlet	15.32

Event 127 Women 14 Year Olds 100 Meter Dash

Name	Age Team	Finals
Section 1 Finals Wind: -2.2		
1 167 Lam, Georgia	14 Kajaks Track	13.06
2 340 Burtini, Tatiana	14 Nanaimo & DI	13.39
3 110 Hoffmann, Sara	14 Golden Ears	13.61
4 293 Morrison, Hannah	14 Langley Must	13.62
5 502 Siedelman, Lisa	14 Ocean Athlet	13.74
6 314 Shane, Megan	14 Langley Must	14.00
-- 347 Fashina-Bombala, H	14 Nanaimo & DI	DQ

Event 128 Women 14 Year Olds 200 Meter Dash

Name	Age Team	Prelims
Heat 1 Preliminaries Wind: 1.0		
1 347 Fashina-Bombala, H	14 Nanaimo & DI	26.81Q
2 92 Tyndall, Hana	14 Coquitlam CH	28.47Q
3 684 Bangar, Kiran	14 Universal AT	28.75q
4 822 Dufty, Hunter	14 Vernon Amate	29.65
5 584 Lowka, Brianne	14 Royal City T	30.26
Heat 2 Preliminaries Wind: 1.2		
1 340 Burtini, Tatiana	14 Nanaimo & DI	27.56Q

2	569 Gage, Kristin	14 River City E	27.68Q
3	181 Ylo, Catherine	14 Kajaks Track	28.78
4	707 Hundal, Navjit	14 Universal AT	29.91
5	479 Mclean, Jennifer	14 Ocean Athlet	30.76
6	378 Tozer, Lindsay	14 Nanaimo & DI	30.99
Heat	3 Preliminaries	Wind: -0.8	
1	293 Morrison, Hannah	14 Langley Must	27.10Q
2	207 Champoux, Megan	14 Langley Must	27.33Q
3	699 Dosanjh, Gulneer	14 Universal AT	28.13q
4	157 Brodie, Bailey	14 Kajaks Track	29.35
5	32 Benedict, Lauren	14 Club Rapide	30.32
6	13 Wong, Rachel	14 Burnaby Stri	32.18

Event 128 Women 14 Year Olds 200 Meter Dash

Name	Age Team	Finals	
Section 1 Finals Wind: -2.7			
1	293 Morrison, Hannah	14 Langley Must	26.93
2	347 Fashina-Bombala, H	14 Nanaimo & DI	27.27
3	569 Gage, Kristin	14 River City E	27.31
4	340 Burtini, Tatiana	14 Nanaimo & DI	27.37
5	207 Champoux, Megan	14 Langley Must	27.45
6	699 Dosanjh, Gulneer	14 Universal AT	28.24
7	92 Tyndall, Hana	14 Coquitlam CH	29.02
8	684 Bangar, Kiran	14 Universal AT	29.44

Event 129 Women 14 Year Olds 300 Meter Dash

Name	Age Team	Finals	
Section 2			
1	167 Lam, Georgia	14 Kajaks Track	42.63
2	569 Gage, Kristin	14 River City E	43.14
3	502 Siedelman, Lisa	14 Ocean Athlet	43.96
4	41 Ladipo, Tobi	14 Coastal Trac	45.44
5	157 Brodie, Bailey	14 Kajaks Track	46.38
6	181 Ylo, Catherine	14 Kajaks Track	46.51
7	349 Ferraro, Jamie	14 Nanaimo & DI	52.28

Event 130 Women 14 Year Olds 800 Meter Run

Name	Age Team	Finals	
Section 1			
1	112 Huston, Madelyn	14 Golden Ears	2:21.29
2	569 Gage, Kristin	14 River City E	2:24.16
3	500 Samson, Megan	14 Ocean Athlet	2:25.22
4	729 Bako, Jensen Rose	14 Valley Royal	2:38.49
5	157 Brodie, Bailey	14 Kajaks Track	2:39.76

Event 131 Women 14 Year Olds 1200 Meter Run

Name	Age Team	Finals	
1	500 Samson, Megan	14 Ocean Athlet	3:50.67
2	108 Hennessey, Jamie	14 Golden Ears	3:55.35
3	686 Basra, Prabhneet	14 Universal AT	4:02.62
4	207 Champoux, Megan	14 Langley Must	4:05.49
5	575 Chilton, Emily	14 Royal City T	4:08.22
6	206 Chamblerland, Kayl	14 Langley Must	4:24.98

Event 132 Women 14 Year Olds 2000 Meter Run

Name	Age	Team	Finals
1 207 Champoux, Megan	14	Langley Must	6:59.24
2 108 Hennessey, Jamie	14	Golden Ears	7:05.59
3 575 Chilton, Emily	14	Royal City T	7:09.75
4 636 Belknap, Delaney	14	Peninsula TR	7:27.15
5 729 Bako, Jensen Rose	14	Valley Royal	7:35.89

Event 133 Women 14 Year Olds 80 Meter Hurdles 30"

Name	Age	Team	Finals
Section 1 Wind: -0.1			
1 414 Rastad, Emma	14	Norwesters T	12.23
2 699 Dosanjh, Gulneer	14	Universal AT	12.89
3 92 Tyndall, Hana	14	Coquitlam CH	13.19
4 314 Shane, Megan	14	Langley Must	13.60
5 293 Morrison, Hannah	14	Langley Must	13.71
6 349 Ferraro, Jamie	14	Nanaimo & DI	16.33
7 378 Tozer, Lindsay	14	Nanaimo & DI	16.91

Event 134 Women 14-15 200 Meter Hurdles 30"

Name	Age	Team	Finals
Section 1 Wind: -1.2			
1 92 Tyndall, Hana	14	Coquitlam CH	32.28
2 858 Trummler, Rachel	14	Unattached B	32.55
3 349 Ferraro, Jamie	14	Nanaimo & DI	36.97
Section 2 Wind: -1.1			
1 207 Champoux, Megan	14	Langley Must	28.41
2 293 Morrison, Hannah	14	Langley Must	29.37
3 699 Dosanjh, Gulneer	14	Universal AT	29.85
4 569 Gage, Kristin	14	River City E	30.81
5 378 Tozer, Lindsay	14	Nanaimo & DI	35.78

Event 135 Women 14 Year Olds 1500 Meter Steeplechase .762 m no wa

Name	Age	Team	Finals
Section 1			
1 207 Champoux, Megan	14	Langley Must	5:10.36
2 265 Klassen, Adrianna	15	Langley Must	5:21.68

Event 136 Women 14 Year Olds High Jump

Name	Age	Team	Finals
Flight 1			
1 347 Fashina-Bombala, H	14	Nanaimo & DI	1.50m
2 207 Champoux, Megan	14	Langley Must	J1.45m
2 112 Huston, Madelyn	14	Golden Ears	J1.45m
2 414 Rastad, Emma	14	Norwesters T	1.45m
5 92 Tyndall, Hana	14	Coquitlam CH	1.35m

Event 137 Women 14 Year Olds Long Jump

Name	Age	Team	Finals	Wind
1 414 Rastad, Emma	14	Norwesters T	4.93m	1.2
2 569 Gage, Kristin	14	River City E	4.87m	0.7
3 207 Champoux, Megan	14	Langley Must	4.55m	0.2

4	636 Belknap, Delaney	14 Peninsula TR	4.31m	0.7
5	789 Ho, Julia	14 Vancouver OL	4.27m	0.5
6	584 Lowka, Brianne	14 Royal City T	4.21m	1.2
7	556 Dhami, Sophie	14 Ridge Rocket	4.14m	0.9
8	157 Brodie, Bailey	14 Kajaks Track	4.03m	1.0
9	314 Shane, Megan	14 Langley Must	3.98m	0.3
10	822 Dufty, Hunter	14 Vernon Amate	3.97m	1.5
11	211 Cheung, Lauryn	14 Langley Must	3.77m	1.1

Event 138 Women 14 Year Olds Triple Jump

Name	Age	Team	Finals	Wind
1	414 Rastad, Emma	14 Norwesters T	10.36m	1.6
2	569 Gage, Kristin	14 River City E	10.14m	1.9
3	556 Dhami, Sophie	14 Ridge Rocket	9.06m	2.4
4	378 Tozer, Lindsay	14 Nanaimo & DI	7.58m	2.0
5	349 Ferraro, Jamie	14 Nanaimo & DI	7.37m	1.8

Event 139 Women 14 Year Olds Discus Throw 1 kg

Name	Age	Team	Finals
1	179 Wideski, Valerie	14 Kajaks Track	36.44m
2	178 Toney, Camryn	14 Kajaks Track	32.65m
3	822 Dufty, Hunter	14 Vernon Amate	26.18m
4	739 Foote, Abresia	14 Valley Royal	21.23m
5	584 Lowka, Brianne	14 Royal City T	19.95m
6	349 Ferraro, Jamie	14 Nanaimo & DI	19.06m
7	496 Roberts, Camille	14 Ocean Athlet	18.22m
8	238 Gillespie, Carolin	14 Langley Must	17.94m

Event 140 Women 14-15 Hammer Throw 3 kg

Name	Age	Team	Finals
1	156 Botsis, Chanell	15 Kajaks Track	54.70m
2	178 Toney, Camryn	14 Kajaks Track	50.36m
3	780 Willing, Tasha	15 Valley Royal	42.81m
4	179 Wideski, Valerie	14 Kajaks Track	36.20m
5	152 Bhandal, Gurleen	15 Kajaks Track	34.36m
6	739 Foote, Abresia	14 Valley Royal	25.95m
7	211 Cheung, Lauryn	14 Langley Must	21.98m
8	378 Tozer, Lindsay	14 Nanaimo & DI	18.86m
--	866 Crawford, Natasha	14 Pitt Meadows Sch	FOUL

Event 141 Women 14 Year Olds Javelin Throw 500 g

Name	Age	Team	Finals
1	414 Rastad, Emma	14 Norwesters T	27.78m
2	349 Ferraro, Jamie	14 Nanaimo & DI	19.65m
3	496 Roberts, Camille	14 Ocean Athlet	19.45m
4	378 Tozer, Lindsay	14 Nanaimo & DI	15.12m

Event 142 Women 14 Year Olds Shot Put 3 kg

Name	Age	Team	Finals
1	178 Toney, Camryn	14 Kajaks Track	10.75m
2	179 Wideski, Valerie	14 Kajaks Track	10.66m
3	822 Dufty, Hunter	14 Vernon Amate	9.97m
4	414 Rastad, Emma	14 Norwesters T	8.76m

5	211 Cheung, Lauryn	14 Langley Must	8.11m
6	739 Foote, Abresia	14 Valley Royal	7.82m
7	496 Roberts, Camille	14 Ocean Athlet	7.44m
8	32 Benedict, Lauren	14 Club Rapide	6.41m
9	604 Lamba, Noorpreet	14 South Fraser	4.42m
--	584 Lowka, Brianne	14 Royal City T	FOUL
--	207 Champoux, Megan	14 Langley Must	FOUL

Event 143 Women 14 Year Olds Pole Vault

Name	Age Team	Finals	
1	211 Cheung, Lauryn	14 Langley Must	2.80m
2	207 Champoux, Megan	14 Langley Must	2.20m
3	584 Lowka, Brianne	14 Royal City T	2.00m
4	378 Tozer, Lindsay	14 Nanaimo & DI	1.35m
--	349 Ferraro, Jamie	14 Nanaimo & DI	NH

Event 144 Women 14 Year Olds 4x100 Meter Relay

Team	Finals
Section 1	
1 Langley Mustangs 'A'	1:01.91

Event 145 Men 14 Year Olds 100 Meter Dash

Name	Age Team	Finals	
Section 1	Wind: -2.0		
1	263 King, Nathan	14 Langley Must	12.18
2	793 Jang, Kyle	14 Vancouver OL	12.38
3	800 Wang, Ben	14 Vancouver OL	12.72
4	418 Roman, Braydon	14 Norwesters T	13.03
5	601 Kabia, Benjamin	14 South Fraser	13.16
6	829 Vicklund, Keegan	14 Vernon Amate	13.96
7	612 Minott, Jordell	14 South Fraser	14.37

Event 146 Men 14 Year Olds 200 Meter Dash

Name	Age Team	Finals	
Section 1	Wind: 1.0		
1	263 King, Nathan	14 Langley Must	24.25
2	793 Jang, Kyle	14 Vancouver OL	24.85
3	800 Wang, Ben	14 Vancouver OL	25.23
4	418 Roman, Braydon	14 Norwesters T	25.62
5	601 Kabia, Benjamin	14 South Fraser	26.31
6	404 Harris, Luke	14 Norwesters T	26.65
7	829 Vicklund, Keegan	14 Vernon Amate	27.79
8	612 Minott, Jordell	14 South Fraser	29.24

Event 147 Men 14 Year Olds 300 Meter Dash

Name	Age Team	Finals	
Section 1			
1	263 King, Nathan	14 Langley Must	38.80
2	800 Wang, Ben	14 Vancouver OL	40.33
3	504 Sinclair, Connor	14 Ocean Athlet	40.49
4	243 Gregory, Nathan	14 Langley Must	41.49
5	601 Kabia, Benjamin	14 South Fraser	42.63
6	169 Loewen, Nathan	14 Kajaks Track	43.80

7 416 Riddell, MACKENZIE 14 Norwesters T 44.94

Event 148 Men 14 Year Olds 800 Meter Run

Name	Age	Team	Finals
1 169 Loewen, Nathan	14	Kajaks Track	2:20.64
2 404 Harris, Luke	14	Norwesters T	2:20.83
3 521 Bouchier, Jacobus	14	Okanagan Ath	2:22.81
4 170 Loewen, Samuel	14	Kajaks Track	2:23.19
5 416 Riddell, MACKENZIE	14	Norwesters T	2:24.92

Event 149 Men 14 Year Olds 1200 Meter Run

Name	Age	Team	Finals
1 249 Harrison, Joel	14	Langley Must	3:24.34
2 169 Loewen, Nathan	14	Kajaks Track	3:40.08
3 521 Bouchier, Jacobus	14	Okanagan Ath	3:41.27
4 200 Buckingham, Paul	14	Langley Must	3:49.93
5 279 MACDONALD, Bennett	14	Langley Must	3:55.79

Event 150 Men 14 Year Olds 2000 Meter Run

Name	Age	Team	Finals
1 494 Ribeiro, Dawson	14	Ocean Athlet	6:22.00
2 521 Bouchier, Jacobus	14	Okanagan Ath	6:34.35
3 200 Buckingham, Paul	14	Langley Must	6:48.78
4 129 Ross, Alexander	14	Golden Ears	6:51.06
5 279 MACDONALD, Bennett	14	Langley Must	6:58.78

Event 151 Men 14 Year Olds 100 Meter Hurdles 33"

Name	Age	Team	Finals
Section 1 Wind: 1.2			
1 472 Luccock, Dominic	14	Ocean Athlet	15.84
2 416 Riddell, MACKENZIE	14	Norwesters T	17.22

Event 152 Men 14 Year Olds 200 Meter Hurdles 30"

Name	Age	Team	Finals
Section 1 Wind: -1.4			
1 472 Luccock, Dominic	14	Ocean Athlet	28.44

Event 153 Men 14 Year Olds 1500 Meter Steeplechase .762 no wate

Name	Age	Team	Finals
Section 1			
1 494 Ribeiro, Dawson	14	Ocean Athlet	4:49.18
2 200 Buckingham, Paul	14	Langley Must	5:01.96

Event 154 Men 14 Year Olds High Jump

Name	Age	Team	Finals
Flight 1			
1 263 King, Nathan	14	Langley Must	1.65m
2 472 Luccock, Dominic	14	Ocean Athlet	1.55m
3 416 Riddell, MACKENZIE	14	Norwesters T	1.50m

4	757 Lambert, Michael	14	Valley Royal	1.45m
5	694 Dhindsa, Arshpreet	14	Universal AT	1.25m

Event 155 Men 14 Year Olds Long Jump

Name	Age	Team	Finals	Wind
1	249 Harrison, Joel	14	Langley Must	5.60m 1.4
2	472 Luccock, Dominic	14	Ocean Athlet	5.56m 0.5
3	793 Jang, Kyle	14	Vancouver OL	5.28m 1.4
3	486 Niwinski, Bryan	14	Ocean Athlet	5.28m 0.5
5	800 Wang, Ben	14	Vancouver OL	4.89m 1.0
6	418 Roman, Braydon	14	Norwesters T	4.88m 0.6
7	364 Mitchell, Joshua	14	Nanaimo & DI	4.81m 1.0
8	243 Gregory, Nathan	14	Langley Must	4.76m 1.4
9	416 Riddell, MACKENZIE	14	Norwesters T	4.64m 0.8
10	531 Noble, Cameron	14	Okanagan Ath	4.61m 0.1
11	601 Kabia, Benjamin	14	South Fraser	4.51m 0.8
12	612 Minott, Jordell	14	South Fraser	4.26m 1.0

Event 156 Men 14 Year Olds Triple Jump

Name	Age	Team	Finals	Wind
1	418 Roman, Braydon	14	Norwesters T	10.63m 0.2
2	486 Niwinski, Bryan	14	Ocean Athlet	10.23m +0.0
3	364 Mitchell, Joshua	14	Nanaimo & DI	10.04m 1.0
4	531 Noble, Cameron	14	Okanagan Ath	9.67m 0.7

Event 157 Men 14 Year Olds Discus Throw 1.0 k

Name	Age	Team	Finals
1	745 Gondara, Vikramjit	14	Valley Royal 41.90m
2	757 Lambert, Michael	14	Valley Royal 33.42m

Event 158 Men 14 Year Olds Hammer Throw 4. kg

Name	Age	Team	Finals
1	745 Gondara, Vikramjit	14	Valley Royal 42.65m

Event 159 Men 14 Year Olds Javelin Throw 600 g

Name	Age	Team	Finals
1	757 Lambert, Michael	14	Valley Royal 28.18m
2	364 Mitchell, Joshua	14	Nanaimo & DI 27.57m
3	531 Noble, Cameron	14	Okanagan Ath 26.26m
--	263 King, Nathan	14	Langley Must FOUL

Event 160 Men 14 Year Olds Shot Put 4.00 kg

Name	Age	Team	Finals
1	504 Sinclair, Connor	14	Ocean Athlet 12.82m

Event 161 Men 14 Year Olds Pole Vault

Name	Age	Team	Finals
1	531 Noble, Cameron	14	Okanagan Ath 1.95m
2	364 Mitchell, Joshua	14	Nanaimo & DI 1.55m

Event 163 Women 15 Year Olds 100 Meter Dash

Name	Age	Team	Finals	
Section 1 Wind: -2.3				
1	491	Pederson, Kira	15 Ocean Athlet	13.50
2	856	Cathcart, Sara	15 Kajaks Track	13.67
3	616	paterson, georgia	15 South Fraser	13.75
4	614	Moore, Tosha	15 South Fraser	13.79
5	517	Vermette, Kendra	15 Ocean Athlet	14.34
6	746	Gourley, Angela	15 Valley Royal	14.49
7	609	Minott, Chrisina	15 South Fraser	14.94

Event 164 Women 15 Year Olds 200 Meter Dash

Name	Age	Team	Prelims	
Heat 1 Preliminaries Wind: 1.5				
1	51	Gummer, Chloe	15 Comox Valley	26.59Q
2	596	Chow, Cheryl	15 South Fraser	28.09Q
3	29	Procee, Katie	15 Chilliwack T	28.45Q
4	821	Dufty, Haven	15 Vernon Amate	28.73q
5	609	Minott, Chrisina	15 South Fraser	29.88
Heat 2 Preliminaries Wind: -0.3				
1	624	Terry, Rebecca	15 South Fraser	26.57Q
2	357	Jerome, Rachel	15 Nanaimo & DI	27.11Q
3	616	paterson, georgia	15 South Fraser	27.39Q
4	499	Sakaki, Kristen	15 Ocean Athlet	28.31q
5	641	Drope, Lindy	15 Unattached B	28.85
6	615	Paterson, Camille	15 South Fraser	30.28

Event 164 Women 15 Year Olds 200 Meter Dash

Name	Age	Team	Finals	
Section 1 Finals Wind: 0.9				
1	624	Terry, Rebecca	15 South Fraser	26.34
2	51	Gummer, Chloe	15 Comox Valley	26.51
3	357	Jerome, Rachel	15 Nanaimo & DI	26.64
4	616	paterson, georgia	15 South Fraser	27.41
5	596	Chow, Cheryl	15 South Fraser	28.00
6	821	Dufty, Haven	15 Vernon Amate	28.27
7	29	Procee, Katie	15 Chilliwack T	28.97

Event 165 Women 15 Year Olds 300 Meter Dash

Name	Age	Team	Finals	
Section 1				
1	443	Burgert, Elise	15 Ocean Athlet	43.74
2	616	paterson, georgia	15 South Fraser	45.12
3	857	Uyeyama, Zandalee	15 Kajaks Track	47.07
4	517	Vermette, Kendra	15 Ocean Athlet	49.07
5	609	Minott, Chrisina	15 South Fraser	50.14
Section 2				
1	624	Terry, Rebecca	15 South Fraser	41.90
2	51	Gummer, Chloe	15 Comox Valley	42.76
3	368	Mousseau, Alyssa	15 Nanaimo & DI	43.81
4	596	Chow, Cheryl	15 South Fraser	44.83
5	491	Pederson, Kira	15 Ocean Athlet	47.28
6	175	Ryder, Eva	15 Kajaks Track	47.73
7	615	Paterson, Camille	15 South Fraser	49.48

Event 166 Women 15 Year Olds 800 Meter Run

Name	Age	Team	Finals
Section 1			
1	368	Mousseau, Alyssa	15 Nanaimo & DI 2:17.91
2	798	Picken, Megan	15 Vancouver OL 2:18.55
3	666	Sim, Glynis	15 Unattached B 2:20.98
4	367	Morris, Amy	15 Nanaimo & DI 2:28.51
5	175	Ryder, Eva	15 Kajaks Track 2:36.03
6	345	Dickenson, Hayley	15 Nanaimo & DI 2:37.38

Event 167 Women 15 Year Olds 1200 Meter Run 1200 M

Name	Age	Team	Finals
1	666	Sim, Glynis	15 Unattached B 3:44.14
2	186	Fitzgerald, Kendal	15 Kamloops Tra 3:46.53
3	367	Morris, Amy	15 Nanaimo & DI 3:46.67
4	863	Tinkham, Mikayla J	15 Golden Ears 3:51.61
5	832	Boccia, Isabella	15 Walnut School 3:56.03
6	439	Boparai, Jolden	15 Ocean Athlet 4:11.38
7	844	Harris, Kathryn	15 West Vancouv 4:14.78
8	345	Dickenson, Hayley	15 Nanaimo & DI 4:18.54

Event 168 Women 15 Year Olds 2000 Meter Run

Name	Age	Team	Finals
1	666	Sim, Glynis	15 Unattached B 6:36.85
2	186	Fitzgerald, Kendal	15 Kamloops Tra 6:39.63
3	367	Morris, Amy	15 Nanaimo & DI 6:52.56
4	863	Tinkham, Mikayla J	15 Golden Ears 6:57.54
5	832	Boccia, Isabella	15 Walnut School 7:07.72
6	439	Boparai, Jolden	15 Ocean Athlet 7:34.06
7	199	Bowra, Olivia	15 Langley Must 8:34.58
8	466	Klymchuk, Sammi	15 Ocean Athlet 8:46.90

Event 169 Women 15 Year Olds 80 Meter Hurdles

Name	Age	Team	Finals
Section 1 Wind: 1.7			
1	300	Pauley, Jaclyn	15 Langley Must 12.86
2	746	Gourley, Angela	15 Valley Royal 14.18
3	758	Lapointe, Makaila	15 Valley Royal 14.49
4	251	Hetherington, Chlo	15 Langley Must 14.60
5	29	Procee, Katie	15 Chilliwack T 14.66
Section 2 Wind: 0.5			
1	395	Schultz, Nina	15 New West Spa 11.95
2	614	Moore, Tosha	15 South Fraser 12.06
3	794	Johnston, Hannah	15 Vancouver OL 12.16
4	436	Bekar, Kiana	15 Ocean Athlet 12.65
5	798	Picken, Megan	15 Vancouver OL 12.94
6	821	Dufty, Haven	15 Vernon Amate 12.97
7	755	Konrad, Hannah	15 Valley Royal 13.78

Event 170 Women 15 Year Olds 200 Meter Hurdles

Name	Age	Team	Finals
Section 1 Wind: -1.4			

1	794	Johnston, Hannah	15	Vancouver OL	28.40
2	395	Schultz, Nina	15	New West Spa	28.56
3	549	Abbott, Calli-Ann	15	Powell River	29.35
4	614	Moore, Tosha	15	South Fraser	29.41
5	798	Picken, Megan	15	Vancouver OL	30.38
6	436	Bekar, Kiana	15	Ocean Athlet	31.43
7	7	Louie, Caitlin	15	Burnaby Stri	32.83

Event 171 Women 15 Year Olds 1500 Meter Steeplechase

Name	Age	Team	Finals	
Section 1				
1	420	Shellard, Kelsey	15 Norwesters T	5:37.58

Event 172 Women 15 Year Olds High Jump

Name	Age	Team	Finals	
Flight 1				
1	395	Schultz, Nina	15 New West Spa	1.55m
2	755	Konrad, Hannah	15 Valley Royal	1.50m
2	549	Abbott, Calli-Ann	15 Powell River	1.50m
4	856	Cathcart, Sara	15 Kajaks Track	1.45m
5	300	Pauley, Jaclyn	15 Langley Must	1.40m

Event 173 Women 15 Year Olds Long Jump

Name	Age	Team	Finals	Wind	
1	357	Jerome, Rachel	15 Nanaimo & DI	5.06m	NWI
2	821	Dufty, Haven	15 Vernon Amate	4.92m	1.3
3	395	Schultz, Nina	15 New West Spa	4.87m	0.6
4	616	paterson, georgia	15 South Fraser	4.82m	NWI
5	856	Cathcart, Sara	15 Kajaks Track	4.69m	NWI
6	436	Bekar, Kiana	15 Ocean Athlet	4.68m	0.5
7	798	Picken, Megan	15 Vancouver OL	4.65m	NWI
8	233	Foster, Mira	15 Langley Must	4.53m	+0.0
9	755	Konrad, Hannah	15 Valley Royal	4.46m	+0.0
10	300	Pauley, Jaclyn	15 Langley Must	4.41m	+0.0
11	596	Chow, Cheryl	15 South Fraser	4.35m	+0.0
12	251	Hetherington, Chlo	15 Langley Must	4.30m	+0.0
13	857	Uyeyama, Zandalee	15 Kajaks Track	4.19m	NWI
14	758	Lapointe, Makaila	15 Valley Royal	3.71m	+0.0

Event 174 Women 15 Year Olds Triple Jump

Name	Age	Team	Finals	Wind	
1	357	Jerome, Rachel	15 Nanaimo & DI	10.45m	2.0
2	549	Abbott, Calli-Ann	15 Powell River	10.16m	0.7
3	596	Chow, Cheryl	15 South Fraser	10.01m	1.3
4	436	Bekar, Kiana	15 Ocean Athlet	9.91m	1.4
5	233	Foster, Mira	15 Langley Must	9.83m	1.2
6	857	Uyeyama, Zandalee	15 Kajaks Track	9.64m	NWI

Event 175 Women 15 Year Olds Discus Throw

Name	Age	Team	Finals	
1	152	Bhandal, Gurleen	15 Kajaks Track	32.64m
2	780	Willing, Tasha	15 Valley Royal	31.72m
3	821	Dufty, Haven	15 Vernon Amate	20.28m

Event 177 Women 15 Year Olds Javelin Throw

Name	Age	Team	Finals
1 251 Hetherington, Chlo	15	Langley Must	24.18m
2 300 Pauley, Jaclyn	15	Langley Must	21.79m

Event 178 Women 15 Year Olds Shot Put

Name	Age	Team	Finals
1 780 Willing, Tasha	15	Valley Royal	10.91m
2 300 Pauley, Jaclyn	15	Langley Must	9.88m
3 251 Hetherington, Chlo	15	Langley Must	9.29m

Event 180 Women 15 Year Olds 4x100 Meter Relay

Team	Finals
Section 1	
1 Kajaks Track & Field Club 'A'	52.96
2 South Fraser Track & Fiel 'A'	54.58
3 Ocean Athletics 'A'	59.78

Event 181 Men 15 Year Olds 100 Meter Dash

Name	Age	Team	Finals
Section 1	Wind: -3.3		
1 664 Savage, Alexander	15	Unattached B	12.11
2 276 Los, Kenzo	15	Langley Must	12.31
3 432 Aono, Michael	15	Ocean Athlet	12.40
4 301 Pavlic, Daniel	15	Langley Must	12.47
5 843 Chippett, Bryn	15	West Vancouv	12.71
6 618 Petsche, Joshua	15	South Fraser	13.60

Event 182 Men 15 Year Olds 200 Meter Dash

Name	Age	Team	Prelims
Heat 1 Preliminaries	Wind: 1.1		
1 642 Ellenwood, Dean	15	Unattached B	23.55Q
2 354 Higgins, Carter	15	Nanaimo & DI	24.39Q
3 678 Walker, Isaiah	15	Unattached B	26.07Q
4 618 Petsche, Joshua	15	South Fraser	26.36q
Heat 2 Preliminaries	Wind: 0.6		
1 301 Pavlic, Daniel	15	Langley Must	24.32Q
2 664 Savage, Alexander	15	Unattached B	24.41Q
3 276 Los, Kenzo	15	Langley Must	24.46Q
4 843 Chippett, Bryn	15	West Vancouv	24.80q

Event 182 Men 15 Year Olds 200 Meter Dash

Name	Age	Team	Finals
Section 1 Finals	Wind: 0.3		
1 642 Ellenwood, Dean	15	Unattached B	23.67
2 664 Savage, Alexander	15	Unattached B	24.23
3 301 Pavlic, Daniel	15	Langley Must	24.25
4 276 Los, Kenzo	15	Langley Must	24.71
5 354 Higgins, Carter	15	Nanaimo & DI	24.71
6 843 Chippett, Bryn	15	West Vancouv	25.08

7	678 Walker, Isaiah	15 Unattached B	26.17
8	618 Petsche, Joshua	15 South Fraser	26.72

Event 183 Men 15 Year Olds 300 Meter Dash

Name	Age	Team	Finals
Section 1			
1	642	Ellenwood, Dean	15 Unattached B 37.24
2	432	Aono, Michael	15 Ocean Athlet 37.78
3	354	Higgins, Carter	15 Nanaimo & DI 38.42
4	524	Hughes-Geekie, Dav	15 Okanagan Ath 40.72
5	389	Milutinovic, Nikol	15 New West Spa 41.52

Event 184 Men 15 Year Olds 800 Meter Run

Name	Age	Team	Finals
1	354	Higgins, Carter	15 Nanaimo & DI 2:02.48
2	799	Schiedel, Jasper	15 Vancouver OL 2:05.42
3	524	Hughes-Geekie, Dav	15 Okanagan Ath 2:05.46
4	810	Lumb, Kieran	15 Vancouver TH 2:07.83
5	191	Turner, Bryce	15 Kamloops Tra 2:09.58
6	230	Fletcher, Jourdan	15 Langley Must 2:10.66
7	741	Geary, Tanner	15 Valley Royal 2:14.62
8	854	Sanchez, Jesse	15 White Rock Chris 2:15.59

Event 185 Men 15 Year Olds 1200 Meter Run 1200 M

Name	Age	Team	Finals
1	570	Hoff, Brendan	15 River City E 3:13.66
2	338	Bailey, Josh	15 Nanaimo & DI 3:14.50
3	481	Milic, Michael	15 Ocean Athlet 3:19.89
4	524	Hughes-Geekie, Dav	15 Okanagan Ath 3:24.26
5	191	Turner, Bryce	15 Kamloops Tra 3:29.61
6	790	Horrobin, Fergus	15 Vancouver OL 3:31.78
7	741	Geary, Tanner	15 Valley Royal 3:33.47
8	230	Fletcher, Jourdan	15 Langley Must 3:35.14
9	408	McGovern, Dakota	15 Norwesterns T 3:36.13
10	503	Silvester-Lee, Jac	15 Ocean Athlet 3:41.00

Event 186 Men 15 Year Olds 2000 Meter Run

Name	Age	Team	Finals
1	570	Hoff, Brendan	15 River City E 5:48.15
2	338	Bailey, Josh	15 Nanaimo & DI 5:48.73
3	481	Milic, Michael	15 Ocean Athlet 5:53.75
4	520	Bergman, Sean	15 Okanagan Ath 5:59.18
5	408	McGovern, Dakota	15 Norwesterns T 6:15.28
6	790	Horrobin, Fergus	15 Vancouver OL 6:16.74
7	503	Silvester-Lee, Jac	15 Ocean Athlet 6:33.84

Event 187 Men 15 Year Olds 100 Meter Hurdles

Name	Age	Team	Finals
Section 1 Wind: NWI			
1	799	Schiedel, Jasper	15 Vancouver OL 14.36

Event 188 Men 15 Year Olds 200 Meter Hurdles

Name	Age	Team	Finals
1 389 Milutinovic, Nikol	15	New West Spa	2:23.19

Event 189 Men 15 Year Olds 1500 Meter Steeplechase

Name	Age	Team	Finals
Section 1			
1 520 Bergman, Sean	15	Okanagan Ath	4:29.35
2 481 Milic, Michael	15	Ocean Athlet	4:30.37
3 408 McGovern, Dakota	15	Norwesters T	4:43.74

Event 190 Men 15 Year Olds High Jump

Name	Age	Team	Finals
Flight 1			
1 827 Sexsmith, Jared	15	Vernon Amate	1.80m

Event 191 Men 15 Year Olds Long Jump

Name	Age	Team	Finals	Wind
1 664 Savage, Alexander	15	Unattached B	6.17m	1.2
2 341 Clare, Jason	15	Nanaimo & DI	5.41m	0.8
3 534 Russell, Josh	15	Okanagan Ath	4.61m	0.9

Event 192 Men 15 Year Olds Triple Jump

Name	Age	Team	Finals	Wind
1 150 Aminov, Alon	15	Kajaks Track	12.11m	-0.9
2 799 Schiedel, Jasper	15	Vancouver OL	11.90m	0.3
3 341 Clare, Jason	15	Nanaimo & DI	11.51m	0.5

Event 195 Men 15 Year Olds Javelin Throw

Name	Age	Team	Finals
1 827 Sexsmith, Jared	15	Vernon Amate	36.76m
2 534 Russell, Josh	15	Okanagan Ath	23.72m

Event 197 Men 15 Year Olds Pole Vault

Name	Age	Team	Finals
1 341 Clare, Jason	15	Nanaimo & DI	2.90m

Event 198 Men 15 Year Olds 4x100 Meter Relay

Team	Finals
Section 1	
1 Langley Mustangs 'A'	47.03
2 South Fraser Track & Fiel 'A'	51.83

Event 199 Women 15-17 Heptathlon

Name	Age	Team	Finals
1 201 Buckingham, Robyn	16	Langley Must	4803
2 786 Cho, Stephanie	16	Vancouver OL	4616

3	539 Watts-Watling, Kee	17	Okanagan Ath	4609
4	422 Voloshin, Diana	16	Norwesters T	4593
5	423 Weaver, Katie	16	Norwesters T	4428
6	635 Beaton, Hannah	17	Langley Must	4174
7	813 Pauls, Sophie	16	Vancouver TH	4121
8	549 Abbott, Calli-Ann	15	Powell River	3951

Event 199 Heptathlon: #1 Women 15-17 100 Meter Hurdles

Name	Age	Team	Finals	Points		
Section 1 Wind: 0.9						
1	422	Voloshin, Diana	16	Norwesters T	14.47	913
2	786	Cho, Stephanie	16	Vancouver OL	15.08	831
3	539	Watts-Watling, Kee	17	Okanagan Ath	15.56	769
4	423	Weaver, Katie	16	Norwesters T	15.67	755
5	813	Pauls, Sophie	16	Vancouver TH	15.85	733
6	549	Abbott, Calli-Ann	15	Powell River	15.87	730
7	201	Buckingham, Robyn	16	Langley Must	15.95	720
8	635	Beaton, Hannah	17	Langley Must	16.77	623

Event 199 Heptathlon: #2 Women 15-17 Long Jump

Name	Age	Team	Finals	Wind	Points		
Flight 1							
1	539	Watts-Watling, Kee	17	Okanagan Ath	5.25m	0.8	628
2	786	Cho, Stephanie	16	Vancouver OL	5.24m	+0.0	626
3	813	Pauls, Sophie	16	Vancouver TH	5.10m	-0.4	587
4	422	Voloshin, Diana	16	Norwesters T	5.06m	+0.0	576
5	201	Buckingham, Robyn	16	Langley Must	4.88m	-1.0	527
6	423	Weaver, Katie	16	Norwesters T	4.81m	NWI	508
7	549	Abbott, Calli-Ann	15	Powell River	4.55m	NWI	441
8	635	Beaton, Hannah	17	Langley Must	4.32m	-2.7	384

Event 199 Heptathlon: #3 Women 15-17 High Jump

Name	Age	Team	Finals	Points		
1	786	Cho, Stephanie	16	Vancouver OL	1.64m	783
1	813	Pauls, Sophie	16	Vancouver TH	1.64m	783
3	201	Buckingham, Robyn	16	Langley Must	1.61m	747
4	422	Voloshin, Diana	16	Norwesters T	1.55m	678
4	423	Weaver, Katie	16	Norwesters T	1.55m	678
6	539	Watts-Watling, Kee	17	Okanagan Ath	1.52m	644
6	549	Abbott, Calli-Ann	15	Powell River	1.52m	644
8	635	Beaton, Hannah	17	Langley Must	1.46m	577

Event 199 Heptathlon: #4 Women 15-17 Javelin Throw

Name	Age	Team	Finals	Points		
1	201	Buckingham, Robyn	16	Langley Must	42.35m	712
2	635	Beaton, Hannah	17	Langley Must	37.05m	611
3	539	Watts-Watling, Kee	17	Okanagan Ath	33.45m	542
4	423	Weaver, Katie	16	Norwesters T	31.06m	497
5	422	Voloshin, Diana	16	Norwesters T	26.79m	416
6	549	Abbott, Calli-Ann	15	Powell River	24.80m	379
7	813	Pauls, Sophie	16	Vancouver TH	24.47m	372
8	786	Cho, Stephanie	16	Vancouver OL	18.07m	253

Event 199 Heptathlon: #5 Women 15-17 800 Meter Run

Name	Age	Team	Finals	Points
Section 1				
1	786	Cho, Stephanie	16 Vancouver OL	2:17.18 862
2	201	Buckingham, Robyn	16 Langley Must	2:23.62 775
3	539	Watts-Watling, Kee	17 Okanagan Ath	2:23.73 774
4	423	Weaver, Katie	16 Norwesters T	2:24.07 769
5	635	Beaton, Hannah	17 Langley Must	2:26.86 733
6	422	Voloshin, Diana	16 Norwesters T	2:32.01 668
7	813	Pauls, Sophie	16 Vancouver TH	2:42.91 540
8	549	Abbott, Calli-Ann	15 Powell River	2:52.49 438

Event 199 Heptathlon: #6 Women 15-17 Shot Put

Name	Age	Team	Finals	Points
Flight 1				
1	201	Buckingham, Robyn	16 Langley Must	11.06m 599
2	635	Beaton, Hannah	17 Langley Must	11.04m 598
3	423	Weaver, Katie	16 Norwesters T	10.68m 574
4	539	Watts-Watling, Kee	17 Okanagan Ath	10.65m 572
5	549	Abbott, Calli-Ann	15 Powell River	10.53m 564
6	422	Voloshin, Diana	16 Norwesters T	10.18m 541
7	813	Pauls, Sophie	16 Vancouver TH	8.69m 444
8	786	Cho, Stephanie	16 Vancouver OL	8.49m 431

Event 199 Heptathlon: #7 Women 15-17 200 Meter Run

Name	Age	Team	Finals	Points
Section 1 Wind: 0.8				
1	786	Cho, Stephanie	16 Vancouver OL	25.63 830
2	422	Voloshin, Diana	16 Norwesters T	25.96 801
3	549	Abbott, Calli-Ann	15 Powell River	26.49 755
4	201	Buckingham, Robyn	16 Langley Must	26.87 723
5	539	Watts-Watling, Kee	17 Okanagan Ath	27.39 680
6	813	Pauls, Sophie	16 Vancouver TH	27.61 662
7	635	Beaton, Hannah	17 Langley Must	27.78 648
8	423	Weaver, Katie	16 Norwesters T	27.80 647

Event 200 Women 16-17 100 Meter Dash

Name	Age	Team	Prelims
Heat 1 Preliminaries Wind: -2.6			
1	95	Baker, Tia Isabell	17 Cowichan Val 13.00Q
2	742	Gibson, Hailey	17 Valley Royal 13.13Q
3	5	Kianipour, Farah	17 Burnaby Stri 13.51Q
4	738	Crivello, Katherin	16 Valley Royal 13.56q
5	242	Gregory, Miranda	16 Langley Must 14.05q
6	594	Campbell, Victoria	17 South Fraser 15.43
Heat 2 Preliminaries Wind: -2.6			
1	715	Nijjar, Gagandeep	16 Universal AT 13.31Q
2	176	Shuurman Hess, Mer	16 Kajaks Track 14.03Q
3	362	Miller, Maya	17 Nanaimo & DI 15.13Q

Event 200 Women 16-17 100 Meter Dash

Name	Age	Team	Finals
Section 1 Finals Wind: -2.8			
1	95	Baker, Tia Isabell	17 Cowichan Val 12.88
2	742	Gibson, Hailey	17 Valley Royal 13.20

3	715 Nijjar, Gagandeep	16	Universal AT	13.29
4	5 Kianipour, Farah	17	Burnaby Stri	13.55
5	738 Crivello, Katherin	16	Valley Royal	13.61
6	176 Shuurman Hess, Mer	16	Kajaks Track	14.01
7	362 Miller, Maya	17	Nanaimo & DI	15.23

Event 201 Women 16-17 200 Meter Dash

Name	Age	Team	Prelims	
Heat 1 Preliminaries Wind: 0.9				
1	742 Gibson, Hailey	17	Valley Royal	26.37Q
2	2 Garri, Gabrielle	16	Burnaby Stri	27.44Q
3	188 Giesbrecht, Alana	17	Kamloops Tra	27.81Q
4	706 Gill, Simerpreet	16	Universal AT	27.98q
5	594 Campbell, Victoria	17	South Fraser	31.57
Heat 2 Preliminaries Wind: 0.2				
1	700 Friedmann, Natasha	17	Universal AT	26.21Q
2	715 Nijjar, Gagandeep	16	Universal AT	26.68Q
3	52 May, Kyla	16	Comox Valley	27.52Q
4	738 Crivello, Katherin	16	Valley Royal	27.65q
5	525 Kowallik, Saskia	17	Okanagan Ath	28.06
6	176 Shuurman Hess, Mer	16	Kajaks Track	28.14

Event 201 Women 16-17 200 Meter Dash

Name	Age	Team	Finals	
Section 1 Finals Wind: -0.6				
1	700 Friedmann, Natasha	17	Universal AT	26.21
2	742 Gibson, Hailey	17	Valley Royal	26.50
3	715 Nijjar, Gagandeep	16	Universal AT	26.53
4	2 Garri, Gabrielle	16	Burnaby Stri	27.87
5	52 May, Kyla	16	Comox Valley	27.87
6	188 Giesbrecht, Alana	17	Kamloops Tra	27.93
7	738 Crivello, Katherin	16	Valley Royal	28.04
8	706 Gill, Simerpreet	16	Universal AT	28.42

Event 202 Women 16-17 400 Meter Run

Name	Age	Team	Finals	
Section 1				
1	527 Laternus, Cassie	16	Okanagan Ath	1:00.41
2	12 Stevenson, Sophia	16	Burnaby Stri	1:01.42
3	62 Harrison, Trisha	17	Coquitlam CH	1:03.21
4	242 Gregory, Miranda	16	Langley Must	1:06.91
5	846 Poon, Megan	16	West Vancouv	1:07.78
6	847 Poon, Michelle	17	West Vancouv	1:10.14
7	30 Wright, Molly	16	Chilliwack T	1:11.01
Section 2				
1	704 Gill, Jasmine	17	Universal AT	59.02
2	411 Mussatto, Alana	17	Norwesters T	59.45
3	700 Friedmann, Natasha	17	Universal AT	1:00.21
4	518 Bassett, Miryam	17	Oceanside TR	1:01.08
5	52 May, Kyla	16	Comox Valley	1:02.60

Event 203 Women 16-17 800 Meter Run

Name	Age	Team	Finals	
Section 1				
1	145 Gustin, Isabella	16	Hershey Harr	2:24.60

2	125	O'Dwyer, Niamh	17	Golden Ears	2:30.50
3	62	Harrison, Trisha	17	Coquitlam CH	2:33.78
4	709	Mahal, Harleen	16	Universal AT	2:34.35
5	189	Racine, Kirra	17	Kamloops Tra	2:34.36
6	270	Kray, Victoria	16	Langley Must	2:34.88
7	736	Chapman, Delaney	16	Valley Royal	2:39.65
8	30	Wright, Molly	16	Chilliwack T	2:50.89

Section 2

1	518	Bassett, Miryam	17	Oceanside TR	2:17.50
2	12	Stevenson, Sophia	16	Burnaby Stri	2:18.61
3	527	Laternus, Cassie	16	Okanagan Ath	2:20.30
4	704	Gill, Jasmine	17	Universal AT	2:21.43
5	147	Hutchinson, Nicole	16	Hershey Harr	2:22.36
6	149	Thompson, Grace	16	Hershey Harr	2:28.47
7	818	Wong, Madison	17	Vancouver TH	2:35.27
8	803	Celebi, Mine	17	Vancouver TH	2:37.23
9	753	Johnson, Erica	16	Valley Royal	2:39.62

Event 204 Women 16-17 1500 Meter Run

Name	Age	Team	Finals
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Section 1

1	147	Hutchinson, Nicole	16	Hershey Harr	4:50.84
2	89	Townsend, Addy	16	Coquitlam CH	4:52.19
3	770	Ross, Sarya	17	Valley Royal	4:53.33
4	149	Thompson, Grace	16	Hershey Harr	4:53.73
5	522	Fagan, Veronika	16	Okanagan Ath	4:55.60
6	493	Ribeiro, Chelsea	16	Ocean Athlet	4:56.47
7	665	Sim, Emilyn	17	Unattached B	4:58.78
8	145	Gustin, Isabella	16	Hershey Harr	5:05.96
9	125	O'Dwyer, Niamh	17	Golden Ears	5:08.47
10	119	McNeil, Madysen	16	Golden Ears	5:20.88
11	189	Racine, Kirra	17	Kamloops Tra	5:22.17
12	783	Boothroyd, Alexand	16	Vancouver OL	5:23.65
13	709	Mahal, Harleen	16	Universal AT	5:28.27
14	736	Chapman, Delaney	16	Valley Royal	5:37.99
15	406	Laktionova, Anna	17	Norwesters T	5:47.97
16	174	Rudakov, Anita	16	Kajaks Track	6:07.52

Event 205 Women 16-17 3000 Meter Run

Name	Age	Team	Finals
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1	522	Fagan, Veronika	16	Okanagan Ath	10:35.47
2	770	Ross, Sarya	17	Valley Royal	10:51.91
3	270	Kray, Victoria	16	Langley Must	11:57.65

Event 206 Women 16-17 2000 Meter Steeplechase

Name	Age	Team	Finals
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1	493	Ribeiro, Chelsea	16	Ocean Athlet	7:10.56
2	522	Fagan, Veronika	16	Okanagan Ath	7:13.59
3	527	Laternus, Cassie	16	Okanagan Ath	7:34.47
4	119	McNeil, Madysen	16	Golden Ears	7:58.67
5	442	Brown, Fiona	16	Ocean Athlet	8:23.22

Event 207 Women 16-17 100 Meter Hurdles 30"

Name	Age	Team	Finals
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Section 1 Wind: 1.4

1	384 Booker, DomunIQUE	17	New West Spa	15.43
2	823 Gilbert, Tyra	17	Vernon Amate	15.51
3	668 Smithson, Emma	16	Unattached B	16.21
4	525 Kowallik, Saskia	17	Okanagan Ath	16.39

Event 208 Women 16-17 300 Meter Hurdles 30"

Name	Age	Team	Finals	
Section 1				
1	786	Cho, Stephanie	16 Vancouver OL	44.02
2	525	Kowallik, Saskia	17 Okanagan Ath	48.84
3	668	Smithson, Emma	16 Unattached B	50.04
4	52	May, Kyla	16 Comox Valley	50.37

Event 209 Women 16-17 Shot Put 4 kg

Name	Age	Team	Finals	
Flight 1				
1	713	Nijjar, Avneet K.	17 Universal AT	12.43m
2	561	Natasha, Akbarizad	17 Ridge Rocket	11.72m

Event 210 Women 16-17 High Jump

Name	Age	Team	Finals	
1	788	Hanson, Jessica	16 Vancouver OL	1.65m
2	335	Rycroft, Natalie	16 Maple Ridge Sec	1.45m
3	485	Neveu, Taylor	17 Ocean Athlet	1.40m

Event 211 Women 16-17 Long Jump

Name	Age	Team	Finals	Wind	
1	242	Gregory, Miranda	16 Langley Must	4.78m	-0.3
2	846	Poon, Megan	16 West Vancouv	4.65m	-0.2
3	362	Miller, Maya	17 Nanaimo & DI	4.47m	-0.9
4	847	Poon, Michelle	17 West Vancouv	3.78m	-0.9

Event 212 Women 16-17 Triple Jump

Name	Age	Team	Finals	Wind	
1	846	Poon, Megan	16 West Vancouv	9.81m	0.3

Event 213 Women 16-17 Discus Throw 1 kg

Name	Age	Team	Finals	
1	560	Moriconi, Olivia	17 Ridge Rocket	43.53m
2	748	Grewal, Manpreet	17 Valley Royal	37.03m
3	159	Covington, Autumn	16 Kajaks Track	36.58m
4	847	Poon, Michelle	17 West Vancouv	18.34m

Event 214 Women 16-17 Hammer Throw 3 kg

Name	Age	Team	Finals	
1	307	Rasche, Teagan	16 Langley Must	54.39m
2	159	Covington, Autumn	16 Kajaks Track	46.36m
3	748	Grewal, Manpreet	17 Valley Royal	46.26m
4	561	Natasha, Akbarizad	17 Ridge Rocket	44.75m

Event 215 Women 16-17 Javelin Throw 600 g

Name	Age	Team	Finals
1 332 Wolczyk, Brittni	16	Langley Must	46.63m
2 307 Rasche, Teagan	16	Langley Must	41.00m
3 335 Rycroft, Natalie	16	Maple Ridge Sec	30.84m
4 847 Poon, Michelle	17	West Vancouv	23.23m

Event 216 Women 16-17 Pole Vault

Name	Age	Team	Finals
1 190 Smith, Alex	16	Kamloops Tra	J2.90m
1 592 Weir, Kinsey	16	Royal City T	2.90m
3 773 Taekema, Catherine	17	Valley Royal	2.80m
4 738 Crivello, Katherin	16	Valley Royal	2.20m

Event 218 Men 16-17 100 Meter Dash

Name	Age	Team	Prelims
Heat 1 Preliminaries Wind: -3.4			
1 40 Ladipo, Awwal	17	Coastal Trac	11.77Q
2 1101 Payne, Cedric	17	Unattached B	11.83Q
3 670 Stroda, Aaron	17	Unattached B	11.91q
4 391 Pavel, Bogdan	17	New West Spa	12.09q
5 33 Choi, Kevin	17	Club Rapide	12.51
6 508 Szakun, Mark	17	Ocean Athlet	12.67
Heat 2 Preliminaries Wind: -2.4			
1 480 McLean, Matthew	16	Ocean Athlet	11.54Q
2 86 Taylor-Lewis, Adey	17	Coquitlam CH	11.67Q
3 621 Rudman, Colin	17	South Fraser	12.12
4 34 Hsueh, Albert	17	Club Rapide	12.53
Heat 3 Preliminaries Wind: -2.8			
1 737 Choboter, Zach	17	Valley Royal	11.78Q
2 4 John, Azariah	17	Burnaby Stri	12.08Q
3 8 Louie, Darian	16	Burnaby Stri	12.67
4 28 Murdy, Connor	16	Chilliwack T	12.83
5 593 Cai, Bell	16	South Fraser	13.50

Event 218 Men 16-17 100 Meter Dash

Name	Age	Team	Finals
Section 1 Finals Wind: -3.2			
1 86 Taylor-Lewis, Adey	17	Coquitlam CH	11.45
2 40 Ladipo, Awwal	17	Coastal Trac	11.70
3 480 McLean, Matthew	16	Ocean Athlet	11.72
4 1101 Payne, Cedric	17	Unattached B	11.79
5 737 Choboter, Zach	17	Valley Royal	11.83
6 670 Stroda, Aaron	17	Unattached B	11.92

Event 219 Men 16-17 200 Meter Dash

Name	Age	Team	Prelims
Heat 1 Preliminaries Wind: +0.0			
1 480 McLean, Matthew	16	Ocean Athlet	23.22Q
2 40 Ladipo, Awwal	17	Coastal Trac	23.64Q
3 337 Andrews, Charlie	16	Nanaimo & DI	24.61q
-- 849 Schultze, Kenneth	16	West Vancouv	DQ

Heat 2 Preliminaries	Wind: 1.4		
1	343 Degroot, Andrew	17 Nanaimo & DI	23.26Q
2	194 Allen, Martin	16 Langley Must	24.09Q
3	497 Roberts, Richard	17 Ocean Athlet	24.42q
4	8 Louie, Darian	16 Burnaby Stri	24.93
5	16 Baradar, Ali	16 Chilliwack T	27.72

Heat 3 Preliminaries	Wind: 1.0		
1	86 Taylor-Lewis, Adey	17 Coquitlam CH	22.84Q
2	724 Stamp, Sean	16 Universal AT	23.52Q
3	28 Murdy, Connor	16 Chilliwack T	25.65

Event 219 Men 16-17 200 Meter Dash

Name	Age	Team	Finals
Section 1 Finals Wind: -1.7			
1	86 Taylor-Lewis, Adey	17 Coquitlam CH	22.65
2	480 McLean, Matthew	16 Ocean Athlet	23.00
3	343 Degroot, Andrew	17 Nanaimo & DI	23.18
4	40 Ladipo, Awwal	17 Coastal Trac	23.36
5	724 Stamp, Sean	16 Universal AT	23.64

Event 220 Men 16-17 400 Meter Run

Name	Age	Team	Finals
Section 1			
1	86 Taylor-Lewis, Adey	17 Coquitlam CH	50.79
2	879 Hutchinson, Sean	17 Ridge Rocket	52.59
3	268 Klassen, Jude	16 Langley Must	53.73
4	46 Paul-Morris, Andre	17 Coastal Trac	54.70
5	453 Ellison, Elias	16 Ocean Athlet	58.63
6	593 Cai, Bell	16 South Fraser	1:02.08
Section 2			
1	462 Hanna, Jake	16 Ocean Athlet	49.13
2	343 Degroot, Andrew	17 Nanaimo & DI	50.14
3	849 Schultze, Kenneth	16 West Vancouv	50.70
4	724 Stamp, Sean	16 Universal AT	51.69
5	44 Owen, Nathan	17 Coastal Trac	51.74
6	264 Kits, Aiden	17 Langley Must	52.08

Event 221 Men 16-17 800 Meter Run

Name	Age	Team	Finals
Section 1			
1	122 Muller, Reid M.	16 Golden Ears	1:59.91
2	47 Torres, Richard	17 Coastal Trac	2:01.50
3	478 McKay, Liam	17 Ocean Athlet	2:04.01
4	766 Mitchell, Peter	17 Valley Royal	2:05.67
5	731 Bingert, Aidan	16 Valley Royal	2:05.99
6	268 Klassen, Jude	16 Langley Must	2:06.54
7	530 Murray, Adam	16 Okanagan Ath	2:08.61

Event 222 Men 16-19 1500 Meter Run

Name	Age	Team	Finals
1	122 Muller, Reid M.	16 Golden Ears	4:09.20
2	455 Figueroa, Brandon	17 Ocean Athlet	4:10.10
3	523 Gay, John	17 Okanagan Ath	4:12.63
4	136 Tadesse, Nathan	16 Golden Ears	4:22.97
5	478 McKay, Liam	17 Ocean Athlet	4:24.90

6	766 Mitchell, Peter	17 Valley Royal	4:26.69
7	144 Davitt, Cameron	16 Hershey Harr	4:37.58
8	853 Rawlinson, Jake	16 White Rock Chris	4:58.85

Event 223 Men 16-17 3000 Meter Run

Name	Age	Team	Finals
1	523 Gay, John	17 Okanagan Ath	9:17.55
2	375 Serban, Christophe	16 Nanaimo & DI	9:43.22

Event 224 Men 16-17 2000 Meter Steeplechase MISSED 1 S/C

Name	Age	Team	Finals
1	218 Colyn, Nick	16 Langley Must	6:05.19
2	851 Magnusson, Collin	16 Wjatcp, Teseract	6:23.49
3	523 Gay, John	17 Okanagan Ath	6:27.46
4	530 Murray, Adam	16 Okanagan Ath	6:32.19

Event 225 Men 16-17 110 Meter Hurdles 36"

Name	Age	Team	Finals
Section 1 Wind: -0.2			
1	805 DE Visser, Andrew	17 Vancouver TH	14.61
2	849 Schultze, Kenneth	16 West Vancouv	14.64
3	391 Pavel, Bogdan	17 New West Spa	14.65
4	284 Marshall, Benjamin	17 Langley Must	15.31
5	464 Johnston, Glen	17 Ocean Athlet	18.20

Event 226 Men 16-17 300 Meter Hurdles 33"

Name	Age	Team	Finals
Section 1			
1	816 Strome, Ethan	17 Vancouver TH	39.91
2	849 Schultze, Kenneth	16 West Vancouv	39.95
3	284 Marshall, Benjamin	17 Langley Must	40.74
4	497 Roberts, Richard	17 Ocean Athlet	42.78

Event 227 Men 16-17 Shot Put 5.00 kg

Name	Age	Team	Finals
Flight 1			
1	670 Stroda, Aaron	17 Unattached B	15.70m
2	698 Dosanjh, Chitraj	16 Universal AT	14.44m
3	756 Lambert, Adam	17 Valley Royal	13.37m

Event 228 Men 16-17 High Jump

Name	Age	Team	Finals
1	621 Rudman, Colin	17 South Fraser	1.90m
2	402 Elson, James	17 Norwesters T	J1.85m
2	53 Chatten, Eric	16 Coquitlam CH	1.85m
4	250 Hellner, James	17 Langley Must	1.80m
5	759 Laurie, Thomas	17 Valley Royal	1.75m

Event 229 Men 16-17 Long Jump

Name	Age	Team	Finals	Wind
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1	737 Choboter, Zach	17	Valley Royal	6.19m	0.8
2	33 Choi, Kevin	17	Club Rapide	5.46m	+0.0
3	34 Hsueh, Albert	17	Club Rapide	5.31m	0.4
4	637 Boase, Kayl	16	Unattached B	4.91m	-0.2

Event 230 Men 16-17 Triple Jump

Name	Age	Team	Finals	Wind	
1	621 Rudman, Colin	17	South Fraser	12.42m	0.5
2	497 Roberts, Richard	17	Ocean Athlet	11.67m	1.0

Event 231 Men 16-17 Discus Throw 1.5 kg

Name	Age	Team	Finals	
1	670 Stroda, Aaron	17	Unattached B	47.69m
2	756 Lambert, Adam	17	Valley Royal	44.09m
3	698 Dosanjh, Chitraj	16	Universal AT	36.73m

Event 232 Men 16-17 Hammer Throw 6.00 kg

Name	Age	Team	Finals	
1	670 Stroda, Aaron	17	Unattached B	50.30m
2	756 Lambert, Adam	17	Valley Royal	48.97m

Event 233 Men 16-17 Javelin Throw 700 g

Name	Age	Team	Finals	
1	226 Ellingson, Jordan	16	Langley Must	53.46m
2	661 Prevost, Ian	16	Unattached B	42.08m
3	122 Muller, Reid M.	16	Golden Ears	35.31m

Event 234 Men 16-17 Pole Vault

Name	Age	Team	Finals	
1	183 Derker, Braden	17	Kamloops Tra	4.20m
2	464 Johnston, Glen	17	Ocean Athlet	3.35m
3	730 Bertness, Timothy	16	Valley Royal	3.05m

Event 236 Men 16-17 4x100 Meter Relay

Team	Finals
1 Ocean Athletics 'A'	47.11

Event 238 Women 18-34 100 Meter Dash

Name	Age	Team	Finals	
Section 1 Wind: -2.1				
1	728 Ashcroft, Jamie	19	University O	12.68
2	321 Sutherland, Caroly	19	Langley Must	12.91
3	673 Taddei, Larissa	18	Unattached B	13.86

Event 239 Women 18-19 200 Meter Dash

Name	Age	Team	Finals
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Section 1		Wind: 1.1		
1	241 Grant, Jasmine	18	Langley Must	26.26
2	237 Giesbrecht, Alliso	18	Langley Must	26.88

Event 240 Women 18-19 400 Meter Run

Name	Age	Team	Finals	
Section 1				
1	237 Giesbrecht, Alliso	18	Langley Must	1:00.36
2	1105 Wager, Brianne	18	Okanagan Ath	1:01.47
3	775 Visser, Jordyn	19	Valley Royal	1:03.47
4	42 Martin, Laurel	18	Coastal Trac	1:09.69

Event 241 Women 18-19 800 Meter Run

Name	Age	Team	Finals	
1	771 Siemens, Alexandra	18	Valley Royal	2:13.45
2	811 MACKENZIE, Kansas	19	Vancouver TH	2:17.77
3	653 Keane, Brianna	18	Unattached B	2:18.11
4	808 Lay, Jennah	18	Vancouver TH	2:39.57

Event 242 Women 18-19 1500 Meter Run

Name	Age	Team	Finals	
1	771 Siemens, Alexandra	18	Valley Royal	4:42.65
2	519 Bassett, Rebecca	18	Oceanside TR	4:42.79
3	487 Noel, Peggy	19	Ocean Athlet	4:44.77
4	710 Mahal, Loveleen	18	Universal AT	5:05.13
5	54 Cho, Erina	19	Coquitlam CH	5:17.51

Event 243 Women 18-19 3000 Meter Run

Name	Age	Team	Finals	
1	802 Allison, Katrina	19	Vancouver TH	10:19.06
2	710 Mahal, Loveleen	18	Universal AT	11:23.82

Event 244 Women 15-19 2000 Meter Steeplechase .762 m

Name	Age	Team	Finals	
1	14 Simpson, Josephine	18	Campbell Riv	7:35.05
2	90 Townsend, Dana	18	Coquitlam CH	7:52.99
3	406 Laktionova, Anna	17	Norwesters T	8:39.76

Event 245 Women 18-19 100 Meter Hurdles 33"

Name	Age	Team	Finals	
Section 1		Wind: -1.2		
1	386 Kandola, Manisha	19	New West Spa	14.66
2	403 Fedor, Kye N.	18	Norwesters T	15.70
3	234 Gallagher, Alliso	19	Langley Must	16.96

Event 247 Women 18-19 High Jump

Name	Age	Team	Finals
Flight 1			

1	319	Smithson, Shelby	19	Langley Must	1.50m
1	386	Kandola, Manisha	19	New West Spa	J1.50m
3	528	Maryschuk, Katerin	18	Okanagan Ath	1.40m

Event 248 Women 18-19 Long Jump

Name	Age	Team	Finals	Wind	
1	321	Sutherland, Caroly	19	Langley Must	5.73m -1.3
2	403	Fedor, Kye N.	18	Norwesters T	5.05m -0.3
3	234	Gallaughar, Alliso	19	Langley Must	5.02m +0.0
4	237	Giesbrecht, Alliso	18	Langley Must	4.58m -0.2
5	319	Smithson, Shelby	19	Langley Must	4.50m +0.0

Event 249 Women 18-19 Triple Jump

Name	Age	Team	Finals	Wind	
1	807	Huser, Emily	19	Vancouver TH	10.58m 0.2
2	871	Akehurst, Ayla	19	Unattached B	10.54m 0.6

Event 250 Women 18-19 Discus Throw 1 kg

Name	Age	Team	Finals		
1	158	Covington, Asianna	18	Kajaks Track	44.86m

Event 251 Women 18-19 Shot Put 4 kg

Name	Age	Team	Finals		
1	158	Covington, Asianna	18	Kajaks Track	12.35m
2	160	Graf, Serena	19	Kajaks Track	11.63m
3	172	Merenyi, Eva	18	Kajaks Track	6.33m

Event 252 Women 18-19 Hammer Throw 4 kg

Name	Age	Team	Finals		
1	158	Covington, Asianna	18	Kajaks Track	53.82m
2	184	Derker, Breanna	19	Kamloops Tra	43.50m
3	172	Merenyi, Eva	18	Kajaks Track	27.54m

Event 253 Women 18-19 Javelin Throw 600 g

Name	Age	Team	Finals		
1	160	Graf, Serena	19	Kajaks Track	39.03m

Event 254 Women 18-19 Pole Vault

Name	Age	Team	Finals		
1	528	Maryschuk, Katerin	18	Okanagan Ath	2.10m

Event 256 Men 18-30 Decathlon

Name	Age	Team	Finals		
1	538	Turner, Rostam	18	Okanagan Ath	6258
2	552	Hernandez, Cale	18	Powell River	5894
3	830	Pсотka, Simon	19	Victoria Tra	5337

Event 256 Decathlon: #1 Men 18-30 100 Meter Dash

Name	Age	Team	Finals	Points
Section 1 Wind: 1.3				
1	538	Turner, Rostam	18 Okanagan Ath	11.63 725
2	552	Hernandez, Cale	18 Powell River	11.72 707
3	830	Pсотka, Simon	19 Victoria Tra	12.36 582

Event 256 Decathlon: #2 Men 18-30 Long Jump

Name	Age	Team	Finals	Wind	Points
Flight 1					
1	552	Hernandez, Cale	18 Powell River	6.15m 0.2	619
2	538	Turner, Rostam	18 Okanagan Ath	6.04m 0.9	595
3	830	Pсотka, Simon	19 Victoria Tra	5.09m 1.9	400

Event 256 Decathlon: #3 Men 18-30 Shot Put

Name	Age	Team	Finals	Points
1	552	Hernandez, Cale	18 Powell River	11.39m 569
2	538	Turner, Rostam	18 Okanagan Ath	11.35m 567
3	830	Pсотka, Simon	19 Victoria Tra	9.77m 472

Event 256 Decathlon: #4 Men 18-30 High Jump

Name	Age	Team	Finals	Points
1	830	Pсотka, Simon	19 Victoria Tra	1.78m 610
2	552	Hernandez, Cale	18 Powell River	1.72m 560
2	538	Turner, Rostam	18 Okanagan Ath	1.72m 560

Event 256 Decathlon: #5 Men 18-30 400 Meter Dash

Name	Age	Team	Finals	Points
Section 1				
1	538	Turner, Rostam	18 Okanagan Ath	51.49 747
2	552	Hernandez, Cale	18 Powell River	53.28 670
3	830	Pсотka, Simon	19 Victoria Tra	53.77 649

Event 256 Decathlon: #6 Men 18-30 110 Meter Hurdles

Name	Age	Team	Finals	Points
Section 1 Wind: 0.1				
1	552	Hernandez, Cale	18 Powell River	16.03 729
2	538	Turner, Rostam	18 Okanagan Ath	16.04 728
3	830	Pсотka, Simon	19 Victoria Tra	17.43 580

Event 256 Decathlon: #7 Men 18-30 Discus Throw

Name	Age	Team	Finals	Points
Flight 1				
1	538	Turner, Rostam	18 Okanagan Ath	42.84m 722
2	552	Hernandez, Cale	18 Powell River	36.49m 594
3	830	Pсотka, Simon	19 Victoria Tra	24.29m 353

Event 256 Decathlon: #8 Men 18-30 Pole Vault

Name	Age	Team	Finals	Points
1 830 Psotka, Simon	19	Victoria Tra	3.90m	590
2 538 Turner, Rostam	18	Okanagan Ath	3.30m	431
2 552 Hernandez, Cale	18	Powell River	3.30m	431

Event 256 Decathlon: #9 Men 18-30 Javelin Throw

Name	Age	Team	Finals	Points
1 538 Turner, Rostam	18	Okanagan Ath	50.50m	596
2 830 Psotka, Simon	19	Victoria Tra	40.62m	451
3 552 Hernandez, Cale	18	Powell River	39.84m	440

Event 256 Decathlon: #10 Men 18-30 1500 Meter Run

Name	Age	Team	Finals	Points
Section 1				
1 830 Psotka, Simon	19	Victoria Tra	4:44.89	650
2 538 Turner, Rostam	18	Okanagan Ath	4:55.31	587
3 552 Hernandez, Cale	18	Powell River	4:57.34	575

Event 257 Men 18-19 100 Meter Dash

Name	Age	Team	Finals
Section 1 Wind: -2.3			
1 87 Taylor-Lewis, Tunj	19	Coquitlam CH	11.66
2 681 Assanvo, Yves	19	Universal AT	11.77
3 328 Wilkinson, Ethan	18	Langley Must	12.13
4 652 Karamanian, Jacob	19	Unattached B	12.31
5 482 Minott, Justin	18	South Fraser	12.81

Event 258 Men 18-19 200 Meter Dash

Name	Age	Team	Prelims
Heat 1 Preliminaries Wind: 2.0			
1 77 Payne, Chad	19	Coquitlam CH	22.47Q
2 49 Commandeur, Adam	18	Comox Valley	22.99Q
3 427 Adugalski, Sebasti	18	Ocean Athlet	23.19Q
4 328 Wilkinson, Ethan	18	Langley Must	23.45q
5 11 Satchwell, Colmar	19	Burnaby Stri	23.67q
6 545 Hooper, Lucas	18	Penticton AT	23.72
7 681 Assanvo, Yves	19	Universal AT	23.90
-- 864 Cheng, Jackson	17	Unattached B	DQ RULE 163-4-6
Heat 2 Preliminaries Wind: 1.7			
1 410 More O'Ferrall, Ch	18	Norwesters T	22.44Q
2 692 Dhillon, Hameet	18	Universal AT	23.04Q
3 80 Rosler, Jerome	19	Coquitlam CH	23.50Q
4 261 Kastelin, Eli	18	Langley Must	24.00
5 679 Wong, Billy	19	Unattached B	25.12
6 482 Minott, Justin	18	South Fraser	25.23

Event 258 Men 18-19 200 Meter Dash

Name	Age	Team	Finals
Section 1 Finals Wind: 0.9			
1 77 Payne, Chad	19	Coquitlam CH	21.97
2 410 More O'Ferrall, Ch	18	Norwesters T	22.03
3 11 Satchwell, Colmar	19	Burnaby Stri	23.42

4 49 Commandeur, Adam 18 Comox Valley 23.62

Event 259 Men 18-19 400 Meter Run

Name	Age	Team	Finals
Section 1			
1 261 Kastelin, Eli	18	Langley Must	49.11
2 328 Wilkinson, Ethan	18	Langley Must	50.25
3 283 Marshall, Adam	18	Langley Must	51.49
4 545 Hooper, Lucas	18	Penticton AT	51.89
5 482 Minott, Justin	18	South Fraser	56.62

Event 260 Men 18-34 800 Meter Run

Name	Age	Team	Finals
1 654 Keane, Sean	20	Unattached B	1:54.32
2 135 Tadesse, Ephraim	18	Golden Ears	1:55.14
3 776 Vugteveen, Travis	21	Valley Royal	1:55.39
4 283 Marshall, Adam	18	Langley Must	1:55.83
5 50 Commandeur, Scott	18	Comox Valley	1:56.21
6 94 Wong, Brendan	19	Coquitlam CH	1:58.83
7 146 Hooton, Jesse	18	Hershey Harr	1:59.12
8 806 Favreau, Christian	18	Vancouver TH	2:00.11
9 39 Goodwin, Nathan	19	Coastal Trac	2:06.26
10 545 Hooper, Lucas	18	Penticton AT	2:06.29
11 650 Jansen, Ewert	18	Unattached B	2:09.21
12 826 Richardson, Layne	19	Vernon Amate	2:13.68
13 148 Miles, James E.	18	Hershey Harr	2:13.83
14 482 Minott, Justin	18	South Fraser	2:18.22
15 608 Minott, Brandon	18	South Fraser	2:37.31

Event 261 Men 18-19 1500 Meter Run

Name	Age	Team	Finals
1 50 Commandeur, Scott	18	Comox Valley	4:11.01
2 677 Viola, Lawrence	19	Unattached B	4:11.31

Event 263 Men 18-19 3000 Meter Steeplechase .941

Name	Age	Team	Finals
1 444 Clifford, Deon	19	Ocean Athlet	9:25.54

Event 264 Men 18-19 110 Meter Hurdles 39"

Name	Age	Team	Finals
Section 1 Wind: -0.8			
1 864 Cheng, Jackson	17	Unattached B	15.17
2 185 Elke, Daniel	19	Kamloops Tra	15.75
3 421 Voloshin, Daniel	18	Norwesters T	15.78

Event 265 Men 18-19 400 Meter Hurdles 36"

Name	Age	Team	Finals
Section 1			
1 826 Richardson, Layne	19	Vernon Amate	55.99
2 427 Adugalski, Sebast	18	Ocean Athlet	1:03.17

Event 266 Men 18-19 High Jump

Name	Age	Team	Finals
Flight 1			
1	869	Backiel, Filip	19 Langley Must 1.90m

Event 267 Men 18-19 Long Jump

Name	Age	Team	Finals	Wind
1	421	Voloshin, Daniel	18 Norwesters T	6.59m -1.3
2	409	Moldavanov, Vladis	18 Norwesters T	6.28m -1.9

Event 268 Men 18-19 Triple Jump

Name	Age	Team	Finals	Wind
1	409	Moldavanov, Vladis	18 Norwesters T	13.89m 0.4

Event 269 Men 18-19 Discus Throw 1.75 kg

Name	Age	Team	Finals
1	155	Bhandal, Pauljit	19 Kajaks Track 39.23m
2	430	Alvaro, Ralph	21 Ocean Athlet 31.54m

Event 270 Men 18-19 Javelin Throw 800 g

Name	Age	Team	Finals
1	246	Hanna, Maxwell	18 Langley Must 48.20m
2	652	Karamanian, Jacob	19 Unattached B 43.93m

Event 271 Men 18-19 Shot Put 6.00 kg

Name	Age	Team	Finals
1	126	Read, Allan	19 Golden Ears 12.59m
2	652	Karamanian, Jacob	19 Unattached B 12.07m

Event 272 Men 18-19 Hammer Throw 6.00 kg

Name	Age	Team	Finals
1	165	Kalmykov, Mark	18 Kajaks Track 51.60m
2	155	Bhandal, Pauljit	19 Kajaks Track 49.84m

Event 274 Men 18-19 4x100 Meter Relay

Team	Finals
Section 1	
1 Coastal Track Club 'A'	45.47

Event 275 Women 20-34 100 Meter Dash

Name	Age	Team	Finals
Section 1 Wind: -1.7			
1	93	Whitehead, Liza	26 Coquitlam CH 12.49
2	398	Adande, Karin	27 Norwesters T 12.83
3	397	Stefanovic, Milena	21 New West Spa 13.66

Event 276 Women 20-34 200 Meter Dash

Name	Age	Team	Finals
Section 1 Wind: 1.6			
1	93	Whitehead, Liza	26 Coquitlam CH 25.35
2	398	Adande, Karin	27 Norwesters T 26.02

Event 277 Women 20-34 400 Meter Run

Name	Age	Team	Finals
Section 1			
1	398	Adande, Karin	27 Norwesters T 58.61
2	634	Balbosa, Chelsea	21 Unattached B 59.57
3	633	Robinson, Leah	20 Unattached 1:13.47

Event 278 Women 20-34 800 Meter Run

Name	Age	Team	Finals
1	651	Kallos, Alecia	22 Unattached B 2:13.09
2	667	Slade, Erin	20 Unattached B 2:16.39
3	804	De Faye, Amanda	21 Vancouver TH 2:40.46

Event 279 Women 20-34 1500 Meter Run

Name	Age	Team	Finals
1	680	Wong, Elizabeth	21 Unattached B 6:27.29

Event 280 Women 20-34 3000 Meter Run

Name	Age	Team	Finals
1	680	Wong, Elizabeth	21 Unattached B 13:53.82

Event 282 Women 20-34 100 Meter Hurdles 33"

Name	Age	Team	Finals
Section 1 Wind: NWI			
1	543	Pearse, Anastasia	25 Pacific Athl 14.66

Event 283 Women 20-34 400 Meter Hurdles 30"

Name	Age	Team	Finals
Section 1			
1	543	Pearse, Anastasia	25 Pacific Athl 1:05.17

Event 285 Women 20-34 Long Jump

Name	Age	Team	Finals	Wind
Flight 1				
1	392	Rai, Damanpreet	20 New West Spa 5.02m	-0.3
2	397	Stefanovic, Milena	21 New West Spa 4.75m	-1.9

Event 286 Women 20-34 Triple Jump

Name	Age	Team	Finals	Wind
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1 649 Hawkins, Julia M. 20 Unattached B 9.80m +0.0
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Event 288 Women 20-34 Discus Throw 1 kg
=====

Name	Age	Team	Finals
1 768 Patterson, Mikaela	27	Valley Royal	42.79m

Event 289 Women 20-34 Hammer Throw 4 kg
=====

Name	Age	Team	Finals
1 166 Kennedy, Samantha	20	Kajaks Track	51.17m

Event 290 Women 20-34 Javelin Throw 600 g
=====

Name	Age	Team	Finals
1 286 Mattaezzi, Tiffany	22	Langley Must	50.95m
2 542 Merritt, Olivia	22	Pacific Athl	43.13m

Event 293 Women 17-34 3000 Meter Race Walk
=====

Name	Age	Team	Finals
Section 1			
-- 393 Rai, Hersimran	19	New West Spa	DNF

Event 294 Men 20-34 100 Meter Dash
=====

Name	Age	Team	Finals
Section 1	Wind: -2.5		
1 235 Gallagher, Robbie	22	Langley Must	11.18
2 688 Brar, Parmveer	23	Universal AT	11.68
3 1098 Farrell, Leon	25	Unattached B	11.90
4 10 Olundegun, Musiliu	23	Burnaby Stri	12.03
5 744 Gill, Sunny	22	Valley Royal	12.12

Event 295 Men 20-34 200 Meter Dash
=====

Name	Age	Team	Finals
Section 1	Wind: -1.1		
1 688 Brar, Parmveer	23	Universal AT	22.97
-- 643 Ellenwood, Stuart	20	Unattached B	DNF

Event 296 Men 20-34 400 Meter Run
=====

Name	Age	Team	Finals
Section 1			
1 45 Paul-Morris, Adam	21	Coastal Trac	48.12
2 38 Ference, Lucas	21	Coastal Trac	50.66
3 37 Dong, Christopher	21	Coastal Trac	52.58

Event 298 Men 20-34 1500 Meter Run
=====

Name	Age	Team	Finals
1 674 Trapp, Austin	21	Mountain Tra	4:17.14

Event 301 Men 20-34 110 Meter Hurdles 42"

Name	Age	Team	Finals
Section 1 Wind: -0.5			
1	1091	Innes, Callum 23	Unattached 15.29
2	79	Rockerbie, Phillip 25	Coquitlam CH 16.56
3	285	Massar, Justin 22	Langley Must 17.12

Event 302 Men 20-34 400 Meter Hurdles 36"

Name	Age	Team	Finals
Section 1			
1	79	Rockerbie, Phillip 25	Coquitlam CH 55.99

Event 303 Men 20-34 High Jump

Name	Age	Team	Finals
Flight 1			
1	762	Mason, Michael 27	Valley Royal 2.30m
2	868	Lovett, Django 21	Valley Royal 2.10m
3	865	Adair, Mike 26	Norwesters T 1.90m
4	285	Massar, Justin 22	Langley Must 1.80m

Event 304 Men 20-34 Long Jump

Name	Age	Team	Finals	Wind
1	655	Khouw, Justin 26	Unattached B 6.40m	NWI
2	629	Dixon, Aaron 26	U S A 6.39m	NWI
3	870	Grzelak, Patrick 22	Okanagan Ath 6.25m	NWI

Event 307 Men 20-34 Javelin Throw 800 g

Name	Age	Team	Finals
1	31	Yliruusi, Levi 24	Chilliwack T 49.40m
2	865	Adair, Mike 26	Norwesters T 47.45m

Event 308 Men 20-34 Shot Put 7.26kg

Name	Age	Team	Finals
1	669	Stredulinsky, Stev 32	Unattached B 11.55m
2	430	Alvaro, Ralph 21	Ocean Athlet 10.61m

Event 310 Men 20-34 Pole Vault

Name	Age	Team	Finals
1	299	Osborne, Adam W. 20	Langley Must 4.20m
2	513	Van Ryswyk, Riley 20	Ocean Athlet 4.00m

Event 368 Men 100 Meter Dash wheelchair

Name	Age	Team	Finals
Section 1 Wind: -1.1			
1	835	Dewitt, Nathan 23	WC Race Seri 17.62
2	841	Smyth, Tristan 27	WC Race Seri 17.72
3	840	Shinoda, Masashi 25	WC Race Seri 17.87

4	842 Solla, Eddy	18 WC Race Seri	18.61
5	630 Eldoma, Morwan	19 Ultimate WC Spor	23.06

Event 369 Mixed 200 Meter Dash wheelchair

Name	Age Team	Finals
Section 1 Wind: 1.0		
1	841 Smyth, Tristan M27 WC Race Seri	30.81
2	835 Dewitt, Nathan M23 WC Race Seri	32.22
3	840 Shinoda, Masashi M25 WC Race Seri	32.41
4	630 Eldoma, Morwan M19 Ultimate WC Spor	43.16

Event 370 Men 400 Meter Run wheelchair

Name	Age Team	Finals
Section 1		
1	841 Smyth, Tristan 27 WC Race Seri	56.08
2	840 Shinoda, Masashi 25 WC Race Seri	1:02.71
3	842 Solla, Eddy 18 WC Race Seri	1:03.34
4	835 Dewitt, Nathan 23 WC Race Seri	1:03.36

Event 371 Men 800 Meter Run wheelchair

Name	Age Team	Finals
1	841 Smyth, Tristan 27 WC Race Seri	1:51.58
2	840 Shinoda, Masashi 25 WC Race Seri	2:15.11
3	630 Eldoma, Morwan 19 Ultimate WC Spor	2:55.81

Event 372 Men 1500 Meter Run wheelchair

Name	Age Team	Finals
1	841 Smyth, Tristan 27 WC Race Seri	3:34.10
2	1095 Ssmith, Kelly 28 WC Race Seri	3:35.37
3	840 Shinoda, Masashi 25 WC Race Seri	4:31.87
--	630 Eldoma, Morwan 19 Ultimate WC Spor	DNF

Event 376 Women 100 Meter Dash wheelchair

Name	Age Team	Finals
Section 1 Wind: NWI		
1	836 Diallo, Djami 28 WC Race Seri	25.02
2	631 Helm, Jessica 19 Ultimate WC Spor	26.91
3	632 Hershick-Fraser, S 28 Ultimate WC Spor	27.04

Event 377 Women 200 Meter Dash wheelchair

Name	Age Team	Finals
Section 1 Wind: 0.2		
1	836 Diallo, Djami 28 WC Race Seri	44.85
2	632 Hershick-Fraser, S 28 Ultimate WC Spor	50.17
3	631 Helm, Jessica 19 Ultimate WC Spor	50.22

Event 378 Women 400 Meter Run wheelchair

Name	Age Team	Finals
Section 1		

1 836 Diallo, Djami 28 WC Race Seri 1:24.31

Event 379 Women 800 Meter Run wheelchair

Name	Age	Team	Finals
1 632 Hershick-Fraser, S	28	Ultimate WC Spor	3:49.75
2 631 Helm, Jessica	19	Ultimate WC Spor	3:50.38

Event 380 Women 1500 Meter Run wheelchair

Name	Age	Team	Finals
1 836 Diallo, Djami	28	WC Race Seri	6:26.58
2 632 Hershick-Fraser, S	28	Ultimate WC Spor	7:33.26
3 631 Helm, Jessica	19	Ultimate WC Spor	8:05.23

Event 401A Men 16-17 Octathlon

Name	Age	Team	Finals
1 402 Elson, James	17	Norwesters T	4820
2 553 Hernandez, Zane	16	Powell River	3771

Event 401A Octathlon: #1 Men 16-17 100 Meter Dash

Name	Age	Team	Finals	Points
Section 1 Wind: NWI				
1 402 Elson, James	17	Norwesters T	11.96	659
2 553 Hernandez, Zane	16	Powell River	12.15	622

Event 401A Octathlon: #2 Men 16-17 Long Jump

Name	Age	Team	Finals	Wind	Points
Flight 1					
1 402 Elson, James	17	Norwesters T	6.09m	-0.1	606
2 553 Hernandez, Zane	16	Powell River	5.68m	-0.4	519

Event 401A Octathlon: #3 Men 16-17 Shot Put

Name	Age	Team	Finals	Points
1 402 Elson, James	17	Norwesters T	11.09m	551
2 553 Hernandez, Zane	16	Powell River	9.70m	468

Event 401A Octathlon: #4 Men 16-17 400 Meter Dash

Name	Age	Team	Finals	Points
Section 1				
1 402 Elson, James	17	Norwesters T	54.56	617
2 553 Hernandez, Zane	16	Powell River	55.20	591

Event 401A Octathlon: #5 Men 16-17 110 Meter Hurdles

Name	Age	Team	Finals	Points
Section 1 Wind: NWI				
1 402 Elson, James	17	Norwesters T	15.98	735
2 553 Hernandez, Zane	16	Powell River	16.56	671

Event 401A Octathlon: #6 Men 16-17 High Jump

Name	Age Team	Finals	Points
Flight 1			
1 402 Elson, James	17 Norwesters T	1.93m	740
2 553 Hernandez, Zane	16 Powell River	1.51m	396

Event 401A Octathlon: #7 Men 16-17 Javelin Throw

Name	Age Team	Finals	Points
1 402 Elson, James	17 Norwesters T	36.01m	385
-- 553 Hernandez, Zane	16 Powell River	FOUL	

Event 401A Octathlon: #8 Men 16-17 1000 Meter Run

Name	Age Team	Finals	Points
Section 1			
1 402 Elson, James	17 Norwesters T	3:14.74	527
2 553 Hernandez, Zane	16 Powell River	3:17.44	504

Event 403 Boys 9-99 Other parathrow

Name	Age Team	Finals
Flight 1		
1 837 Mckenzie, Shaun	42 WC Race Seri	11.87m
2 839 Scott, Jeff	28 WC Race Seri	10.01m

Event 404 Mixed 9-99 Other parathrow C

Name	Age Team	Finals
1 834 Davis, Andrew F52	M40 WC Race Seri	6.20m
2 833 Brockway, Jessye F W20	WC Race Seri	6.17m
3 838 Morrow, Colin F55	M25 WC Race Seri	4.68m

Event 405 Mixed 9-99 Javelin Throw parathrow C

Name	Age Team	Finals
1 833 Brockway, Jessye F W20	WC Race Seri	15.36m
2 838 Morrow, Colin F55	M25 WC Race Seri	9.78m

Event 406 Mixed 9-99 Discus Throw parathrow C

Name	Age Team	Finals
1 833 Brockway, Jessye F W20	WC Race Seri	17.97m
2 838 Morrow, Colin F55	M25 WC Race Seri	11.89m
3 834 Davis, Andrew F52	M40 WC Race Seri	10.09m

Event 408 Men 20-99 4x100 Meter Relay

Team	Prelims
Heat 1 Preliminaries	
1 Burnaby Striders 'A'	45.17q