

**2022 Comox Summer Solstice**  
**Comox, BC - 06/18/2022 to 06/19/2022**  
**Results**



**Girls 9 60 Meter Dash**

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	274 MATILDA HUNTER	13	OCEANSIDE TRACK & FIELD CLUB	10.7h	NWI	4
2	279 MEMPHIS PALICHUK	13	OCEANSIDE TRACK & FIELD CLUB	10.9h	NWI	4
3	105 RUBY MESSENGER	13	ALBERNI VALLEY TRACK CLUB	11.4h	NWI	4
4	249 CAYLEN REILLY	13	NANAIMO & DISTRICT TRACK & FI	11.9h	NWI	4

**Girls 10 60 Meter Dash**

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	297 AVERY SCHMIDT	12	UNATTACHED	10.4h	NWI	3
2	118 FINLEY MARTIN	12	ATHLETICS VICTORIA TRACK AND F	10.6h	NWI	3
3	185 MEADOW WESNER	12	COMOX VALLEY COUGARS	10.6h	NWI	3
4	270 CALLIE CUPPLES	12	OCEANSIDE TRACK & FIELD CLUB	10.8h	NWI	3

**Girls 11 60 Meter Dash**

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	151 PHOEBE CURTS	11	COMOX VALLEY COUGARS	8.9h	NWI	2
2	265 SKYLA WEBBER	11	NANAIMO & DISTRICT TRACK & FI	9.4h	NWI	2
3	248 BRYNNE REILLY	11	NANAIMO & DISTRICT TRACK & FI	9.6h	NWI	2
3	131 KINLEY GRANSON	11	CAMPBELL RIVER COMETS	9.6h	NWI	2
5	103 PAYTON HARVEY	11	ALBERNI VALLEY TRACK CLUB	9.7h	NWI	1
6	190 CALLIE GOUGH	11	COWICHAN VALLEY ATHLETIC CLU	10.0h	NWI	1
7	222 LUCIA GAUTHIER	11	NANAIMO & DISTRICT TRACK & FI	10.2h	NWI	1
8	139 MAKAYLA MACKENZIE	11	CAMPBELL RIVER COMETS	10.2h	NWI	2
9	220 MAIKA FONTAINE	11	NANAIMO & DISTRICT TRACK & FI	10.3h	NWI	1
10	215 ROWAN CLARKE	11	NANAIMO & DISTRICT TRACK & FI	10.4h	NWI	1

**Girls 9 100 Meter Dash**

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	107 NATALIE SANDERSON	13	ALBERNI VALLEY TRACK CLUB	17.2h	NWI	4
2	274 MATILDA HUNTER	13	OCEANSIDE TRACK & FIELD CLUB	17.2h	NWI	4
3	106 LOCKLYNN SANDERSON	13	ALBERNI VALLEY TRACK CLUB	18.2h	NWI	4
4	105 RUBY MESSENGER	13	ALBERNI VALLEY TRACK CLUB	18.4h	NWI	4
5	249 CAYLEN REILLY	13	NANAIMO & DISTRICT TRACK & FI	18.9h	NWI	4

**Girls 10 100 Meter Dash**

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	297 AVERY SCHMIDT	12	UNATTACHED	17.0h	NWI	3
2	185 MEADOW WESNER	12	COMOX VALLEY COUGARS	17.3h	NWI	3
3	118 FINLEY MARTIN	12	ATHLETICS VICTORIA TRACK AND F	17.3h	NWI	3

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**Girls 11 100 Meter Dash**

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	103 PAYTON HARVEY	11	ALBERNI VALLEY TRACK CLUB	15.3h	NWI	1
2	131 KINLEY GRANSON	11	CAMPBELL RIVER COMETS	15.3h	NWI	1
3	265 SKYLA WEBBER	11	NANAIMO & DISTRICT TRACK & FI	15.4h	NWI	2
4	248 BRYNNE REILLY	11	NANAIMO & DISTRICT TRACK & FI	15.5h	NWI	2
5	190 CALLIE GOUGH	11	COWICHAN VALLEY ATHLETIC CLU	16.2h	NWI	3
6	215 ROWAN CLARKE	11	NANAIMO & DISTRICT TRACK & FI	16.45	NWI	3
7	139 MAKAYLA MACKENZIE	11	CAMPBELL RIVER COMETS	16.7h	NWI	1
8	220 MAIKA FONTAINE	11	NANAIMO & DISTRICT TRACK & FI	17.2h	NWI	2
9	125 ASHA BURROWS	11	CAMPBELL RIVER COMETS	17.5h	NWI	2
10	283 MADISON SCOTT	11	OCEANSIDE TRACK & FIELD CLUB	19.3h	NWI	1

**Girls 12 100 Meter Dash**

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	163 KAYLIE LOFSTROM	10	COMOX VALLEY COUGARS	14.2h	NWI	3
2	144 NYA SAMSON	10	CAMPBELL RIVER COMETS	14.5h	NWI	3
3	286 ROSIE HAYNES	10	PENINSULA TRACK & FIELD CLUB	14.7h	NWI	3
4	209 RUBY ALLISON	10	NANAIMO & DISTRICT TRACK & FI	15.3h	NWI	3
5	179 ELLA SUPPIAH	10	COMOX VALLEY COUGARS	15.3h	NWI	3
6	134 SIERRA HOUNSELL	10	CAMPBELL RIVER COMETS	16.4h	NWI	3

**Girls 13 100 Meter Dash**

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	214 DANAEA BRAND	09	NANAIMO & DISTRICT TRACK & FI	13.8h	NWI	1
2	253 CHARLOTTE SHEPHERD	09	NANAIMO & DISTRICT TRACK & FI	14.1h	NWI	1
3	161 ADDISON LEWIS	09	COMOX VALLEY COUGARS	14.1h	NWI	2
4	117 ELLY MARTIN	09	ATHLETICS VICTORIA TRACK AND F	14.2h	NWI	1
5	210 TESSA BELL	09	NANAIMO & DISTRICT TRACK & FI	14.5h	NWI	1
6	138 KENDRA MACKENZIE	09	CAMPBELL RIVER COMETS	14.7h	NWI	2
7	143 GEMMA QUESNEL	09	CAMPBELL RIVER COMETS	14.9h	NWI	2
8	127 ELIZABETH CLIFFE	09	CAMPBELL RIVER COMETS	15.0h	NWI	2
9	129 PIPER DARCY	09	CAMPBELL RIVER COMETS	15.1h	NWI	1
10	109 KAJSA CHELL	09	ATHLETICS VICTORIA TRACK AND F	15.2h	NWI	1
11	271 SOPHIA DESVAUX	09	OCEANSIDE TRACK & FIELD CLUB	15.6h	NWI	2



### Women 14-15 100 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	121 NOVA WEDMANN-KENT	07	ATHLETICS VICTORIA TRACK AND F	13.5h	-0.3	2
2	186 KYLIE ZAAL	08	COMOX VALLEY COUGARS	13.7h	+0.0	1
3	154 GILLIAN GALIK	08	COMOX VALLEY COUGARS	13.8h	+0.0	1
4	149 ERIKA BURRY	07	COMOX VALLEY COUGARS	14.0h	-0.3	2
5	152 PAYGE DOTY-BROWN	07	COMOX VALLEY COUGARS	14.2h	-0.3	2
6	187 ANNETTE BLUMEL	07	COWICHAN VALLEY ATHLETIC CLU	14.5h	-0.3	2
7	178 ZOE STEELE	08	COMOX VALLEY COUGARS	14.7h	+0.0	1
8	177 KIERA STEELE	08	COMOX VALLEY COUGARS	14.9h	+0.0	1

### Women 16-17 100 Meter Dash

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	155 ELISABETH HOFFMAN	06	COMOX VALLEY COUGARS	13.4h	NWI
2	111 SADIE DICKINSON	05	ATHLETICS VICTORIA TRACK AND F	13.5h	NWI
3	304 AANA PATEL	06	UNATTACHED BRITISH COLUMBIA	14.0h	NWI
4	303 KANYITO OKEREKE	05	UNATTACHED BRITISH COLUMBIA	14.6h	NWI
5	298 BROOKLYN BAROOTES	05	UNATTACHED BRITISH COLUMBIA	15.1h	NWI

### Women 18-19 100 Meter Dash

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	157 KAILEY HOREL (BIGGS)	04	COMOX VALLEY COUGARS	12.8h	NWI

### Women 60-64 100 Meter Dash

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	252 PATTI ROGERS	60	NANAIMO & DISTRICT TRACK & FI	15.2h	NWI

### Women 65-69 100 Meter Dash

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	212 DENISE BONIN	56	NANAIMO & DISTRICT TRACK & FI	17.1h	NWI

### Girls 11 200 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	151 PHOEBE CURTS	11	COMOX VALLEY COUGARS	29.7h	NWI	3
2	265 SKYLA WEBBER	11	NANAIMO & DISTRICT TRACK & FI	31.8h	NWI	3
3	131 KINLEY GRANSON	11	CAMPBELL RIVER COMETS	32.6h	NWI	3
4	248 BRYNNE REILLY	11	NANAIMO & DISTRICT TRACK & FI	33.4h	NWI	3
5	233 SOFIA LUNDMAN	11	NANAIMO & DISTRICT TRACK & FI	36.1h	NWI	3
6	139 MAKAYLA MACKENZIE	11	CAMPBELL RIVER COMETS	36.1h	NWI	3
7	283 MADISON SCOTT	11	OCEANSIDE TRACK & FIELD CLUB	37.6h	NWI	3

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**Girls 12 200 Meter Dash**

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	163 KAYLIE LOFSTROM	10	COMOX VALLEY COUGARS	29.8h	NWI	2
2	144 NYA SAMSON	10	CAMPBELL RIVER COMETS	30.3h	NWI	2
3	286 ROSIE HAYNES	10	PENINSULA TRACK & FIELD CLUB	30.8h	NWI	2
4	179 ELLA SUPPIAH	10	COMOX VALLEY COUGARS	32.0h	NWI	2
5	134 SIERRA HOUNSELL	10	CAMPBELL RIVER COMETS	35.1h	NWI	2

**Girls 13 200 Meter Dash**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	161 ADDISON LEWIS	09	COMOX VALLEY COUGARS	28.3h	NWI
2	117 ELLY MARTIN	09	ATHLETICS VICTORIA TRACK AND F	28.4h	NWI
3	253 CHARLOTTE SHEPHERD	09	NANAIMO & DISTRICT TRACK & FI	28.9h	NWI
4	214 DANAEA BRAND	09	NANAIMO & DISTRICT TRACK & FI	28.9h	NWI
5	210 TESSA BELL	09	NANAIMO & DISTRICT TRACK & FI	29.7h	NWI

**Women 14-15 200 Meter Dash**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	121 NOVA WEDMANN-KENT	07	ATHLETICS VICTORIA TRACK AND F	28.7h	-0.5
2	186 KYLIE ZAAL	08	COMOX VALLEY COUGARS	29.2h	-0.5
3	149 ERIKA BURRY	07	COMOX VALLEY COUGARS	29.8h	-0.5
4	251 SHAE-LYNN ROBINSON	08	NANAIMO & DISTRICT TRACK & FI	30.1h	-0.5
5	152 PAYGE DOTY-BROWN	07	COMOX VALLEY COUGARS	30.1h	-0.5
6	178 ZOE STEELE	08	COMOX VALLEY COUGARS	30.2h	-0.5
7	235 ANNIKA MCMINN	07	NANAIMO & DISTRICT TRACK & FI	31.0h	-0.5
8	177 KIERA STEELE	08	COMOX VALLEY COUGARS	32.4h	-0.5

**Women 16-17 200 Meter Dash**

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	111 SADIE DICKINSON	05	ATHLETICS VICTORIA TRACK AND F	28.2h	NWI	1
2	155 ELISABETH HOFFMAN	06	COMOX VALLEY COUGARS	28.5h	NWI	2

**Women 18-19 200 Meter Dash**

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	157 KAILEY HOREL (BIGGS)	04	COMOX VALLEY COUGARS	27.1h	NWI	2
2	205 EMILY HUNT	04	MID ISLAND DISTANCE	28.2h	NWI	1

**Women 20-34 200 Meter Dash**

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	236 MAKAYLA MITCHELL	02	NANAIMO & DISTRICT TRACK & FI	29.0h	NWI	2

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**Women 60-64 200 Meter Dash**

	Name	Yr	Team	Finals	Wind	H#
Finals						
1	252 PATTI ROGERS	60	NANAIMO & DISTRICT TRACK & FI	32.1h	NWI	2

**Women 65-69 200 Meter Dash**

	Name	Yr	Team	Finals	Wind
Finals					
1	212 DENISE BONIN	56	NANAIMO & DISTRICT TRACK & FI	36.9h	NWI

**Girls 12 300 Meter Dash**

	Name	Yr	Team	Finals
Finals				
1	144 NYA SAMSON	10	CAMPBELL RIVER COMETS	48.6h
2	286 ROSIE HAYNES	10	PENINSULA TRACK & FIELD CLUB	49.1h
3	209 RUBY ALLISON	10	NANAIMO & DISTRICT TRACK & FI	51.5h

**Girls 13 300 Meter Dash**

	Name	Yr	Team	Finals
Finals				
1	161 ADDISON LEWIS	09	COMOX VALLEY COUGARS	46.38
2	138 KENDRA MACKENZIE	09	CAMPBELL RIVER COMETS	50.5h
3	127 ELIZABETH CLIFFE	09	CAMPBELL RIVER COMETS	50.6h

**Women 14-15 300 Meter Dash**

	Name	Yr	Team	Finals
Finals				
1	184 MAILE WESNER	08	COMOX VALLEY COUGARS	47.4h
2	178 ZOE STEELE	08	COMOX VALLEY COUGARS	48.2h
3	186 KYLIE ZAAL	08	COMOX VALLEY COUGARS	48.8h
4	187 ANNETTE BLUMEL	07	COWICHAN VALLEY ATHLETIC CLU	49.8h
5	177 KIERA STEELE	08	COMOX VALLEY COUGARS	51.3h

**Women 60-64 400 Meter Dash**

	Name	Yr	Team	Finals
Finals				
1	252 PATTI ROGERS	60	NANAIMO & DISTRICT TRACK & FI	1:11.4h

**Girls 9 600 Meter Run**

	Name	Yr	Team	Finals	H#
Finals					
1	105 RUBY MESSENGER	13	ALBERNI VALLEY TRACK CLUB	2:33.8h	2
2	274 MATILDA HUNTER	13	OCEANSIDE TRACK & FIELD CLUB	2:36.8h	2
3	106 LOCKLYNN SANDERSON	13	ALBERNI VALLEY TRACK CLUB	2:42.6h	2
4	249 CAYLEN REILLY	13	NANAIMO & DISTRICT TRACK & FI	2:42.6h	2
5	217 FIONA CUNNING	13	NANAIMO & DISTRICT TRACK & FI	2:47.4h	2



### Girls 10 600 Meter Run

	Name	Yr	Team	Finals	H#
<b>Finals</b>					
1	297 AVERY SCHMIDT	12	UNATTACHED	2:15.0h	2
2	185 MEADOW WESNER	12	COMOX VALLEY COUGARS	2:23.8h	2

### Girls 11 600 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	131 KINLEY GRANSON	11	CAMPBELL RIVER COMETS	2:02.1h
2	248 BRYNNE REILLY	11	NANAIMO & DISTRICT TRACK & FI	2:03.4h
3	225 EVELYN HOWARD	11	NANAIMO & DISTRICT TRACK & FI	2:07.8h
4	233 SOFIA LUNDMAN	11	NANAIMO & DISTRICT TRACK & FI	2:10.5h
5	215 ROWAN CLARKE	11	NANAIMO & DISTRICT TRACK & FI	2:13.7h
6	139 MAKAYLA MACKENZIE	11	CAMPBELL RIVER COMETS	2:15.6h
7	243 KATELYN PARK	11	NANAIMO & DISTRICT TRACK & FI	2:28.0h
8	201 ALICA VALASTIAK	11	COWICHAN VALLEY ATHLETIC CLU	2:33.7h
9	283 MADISON SCOTT	11	OCEANSIDE TRACK & FIELD CLUB	2:36.9h

### Girls 12 800 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	286 ROSIE HAYNES	10	PENINSULA TRACK & FIELD CLUB	2:43.1h
2	209 RUBY ALLISON	10	NANAIMO & DISTRICT TRACK & FI	2:52.1h
3	141 STELLA NADLER	10	CAMPBELL RIVER COMETS	3:07.1h

### Girls 13 800 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	191 CHARLOTTE GOUGH	09	COWICHAN VALLEY ATHLETIC CLU	2:38.5h
2	230 SKYLA LEWIS	09	NANAIMO & DISTRICT TRACK & FI	2:39.8h
3	183 ABBY WEISS	09	COMOX VALLEY COUGARS	2:42.7h
4	302 AVERY KLAN	09	UNATTACHED BRITISH COLUMBIA	2:57.8h
5	259 REBECCA SUTTON	09	NANAIMO & DISTRICT TRACK & FI	3:02.0h

### Women 14-15 800 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	184 MAILE WESNER	08	COMOX VALLEY COUGARS	2:35.8h
2	187 ANNETTE BLUMEL	07	COWICHAN VALLEY ATHLETIC CLU	2:54.1h

### Women 16-17 800 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	206 ZOE MORSE	06	MID ISLAND DISTANCE	2:47.0h



### Girls 9 1000 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	105 RUBY MESSENGER	13	ALBERNI VALLEY TRACK CLUB	4:20.4h
2	279 MEMPHIS PALICHUK	13	OCEANSIDE TRACK & FIELD CLUB	4:42.0h
3	249 CAYLEN REILLY	13	NANAIMO & DISTRICT TRACK & FI	4:43.2h
4	217 FIONA CUNNING	13	NANAIMO & DISTRICT TRACK & FI	4:59.7h

### Girls 10 1000 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	297 AVERY SCHMIDT	12	UNATTACHED	4:01.2h

### Girls 11 1000 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	248 BRYNNE REILLY	11	NANAIMO & DISTRICT TRACK & FI	3:56.5h
2	139 MAKAYLA MACKENZIE	11	CAMPBELL RIVER COMETS	3:57.94
3	233 SOFIA LUNDMAN	11	NANAIMO & DISTRICT TRACK & FI	4:02.0h
4	215 ROWAN CLARKE	11	NANAIMO & DISTRICT TRACK & FI	4:05.0h
5	132 ALIVIA GUTHRIE	11	CAMPBELL RIVER COMETS	4:30.8h
6	283 MADISON SCOTT	11	OCEANSIDE TRACK & FIELD CLUB	4:48.4h

### Girls 12 1200 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	286 ROSIE HAYNES	10	PENINSULA TRACK & FIELD CLUB	4:30.5h
2	141 STELLA NADLER	10	CAMPBELL RIVER COMETS	4:49.0h

### Girls 13 1200 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	191 CHARLOTTE GOUGH	09	COWICHAN VALLEY ATHLETIC CLU	4:18.3h
2	230 SKYLA LEWIS	09	NANAIMO & DISTRICT TRACK & FI	4:18.8h
3	183 ABBY WEISS	09	COMOX VALLEY COUGARS	4:27.1h
4	259 REBECCA SUTTON	09	NANAIMO & DISTRICT TRACK & FI	4:47.0h
5	302 AVERY KLAN	09	UNATTACHED BRITISH COLUMBIA	5:01.1h

### Women 16-17 1500 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	206 ZOE MORSE	06	MID ISLAND DISTANCE	5:53.3h

### Women 18-19 1500 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	205 EMILY HUNT	04	MID ISLAND DISTANCE	5:28.0h



**Women 20-34 1500 Meter Run**

	Name	Yr	Team	Finals
Finals				
1	311 CATHERINE BELL	01	UNATTACHED ONTARIO	5:35.1h

**Girls 13 2000 Meter Run**

	Name	Yr	Team	Finals
Finals				
1	230 SKYLA LEWIS	09	NANAIMO & DISTRICT TRACK & FI	7:39.8h

**Women 9 Year Olds 60 Meter Hurdles 6 x 21"**

	Name	Yr	Team	Finals	Wind
Finals					
1	274 MATILDA HUNTER	13	OCEANSIDE TRACK & FIELD CLUB	13.5h	NWI
2	105 RUBY MESSENGER	13	ALBERNI VALLEY TRACK CLUB	14.7h	NWI
3	279 MEMPHIS PALICHUK	13	OCEANSIDE TRACK & FIELD CLUB	15.0h	NWI
4	249 CAYLEN REILLY	13	NANAIMO & DISTRICT TRACK & FI	15.3h	NWI
5	217 FIONA CUNNING	13	NANAIMO & DISTRICT TRACK & FI	15.6h	NWI

**Girls 10 60 Meter Hurdles 6 x 24"**

	Name	Yr	Team	Finals	Wind	H#
Finals						
1	118 FINLEY MARTIN	12	ATHLETICS VICTORIA TRACK AND F	13.5h	NWI	3
2	297 AVERY SCHMIDT	12	UNATTACHED	14.1h	NWI	3
3	185 MEADOW WESNER	12	COMOX VALLEY COUGARS	14.4h	NWI	3

**Girls 11 60 Meter Hurdles 6 x 24"**

	Name	Yr	Team	Finals	Wind	H#
Finals						
1	151 PHOEBE CURTS	11	COMOX VALLEY COUGARS	10.5h	NWI	1
2	265 SKYLA WEBBER	11	NANAIMO & DISTRICT TRACK & FI	11.4h	NWI	1
3	131 KINLEY GRANSON	11	CAMPBELL RIVER COMETS	11.5h	NWI	1
4	248 BRYNNE REILLY	11	NANAIMO & DISTRICT TRACK & FI	13.1h	NWI	1
5	225 EVELYN HOWARD	11	NANAIMO & DISTRICT TRACK & FI	13.3h	NWI	2
6	108 CLAIRE AVEYARD	11	ATHLETICS VICTORIA TRACK AND F	13.7h	NWI	2
7	215 ROWAN CLARKE	11	NANAIMO & DISTRICT TRACK & FI	13.8h	NWI	1
8	139 MAKAYLA MACKENZIE	11	CAMPBELL RIVER COMETS	14.1h	NWI	2
9	233 SOFIA LUNDMAN	11	NANAIMO & DISTRICT TRACK & FI	14.3h	NWI	3
10	220 MAIKA FONTAINE	11	NANAIMO & DISTRICT TRACK & FI	14.5h	NWI	3
11	283 MADISON SCOTT	11	OCEANSIDE TRACK & FIELD CLUB	14.6h	NWI	2
12	201 ALICA VALASTIAK	11	COWICHAN VALLEY ATHLETIC CLU	14.6h	NWI	2
13	132 ALIVIA GUTHRIE	11	CAMPBELL RIVER COMETS	16.1h	NWI	2





**Women 12 Year Olds 80 Meter Hurdles 8 x 27"**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	163 KAYLIE LOFSTROM	10	COMOX VALLEY COUGARS	14.0h	NWI
2	112 SABRINA FIELDING	10	ATHLETICS VICTORIA TRACK AND F	15.7h	NWI
3	141 STELLA NADLER	10	CAMPBELL RIVER COMETS	20.2h	NWI

**Women 13 Year Olds 80 Meter Hurdles 8 x 30"**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	210 TESSA BELL	09	NANAIMO & DISTRICT TRACK & FI	14.0h	NWI
2	117 ELLY MARTIN	09	ATHLETICS VICTORIA TRACK AND F	14.2h	NWI
3	161 ADDISON LEWIS	09	COMOX VALLEY COUGARS	15.3h	NWI
4	214 DANA EA BRAND	09	NANAIMO & DISTRICT TRACK & FI	15.5h	NWI
5	109 KAJS A CHELL	09	ATHLETICS VICTORIA TRACK AND F	15.8h	NWI
6	143 GEMMA QUESNEL	09	CAMPBELL RIVER COMETS	16.7h	NWI

**Women 14-15 80 Meter Hurdles 8 x 30"**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	156 VICTORIA HOFFMAN	08	COMOX VALLEY COUGARS	13.4h	-0.9
2	154 GILLIAN GALIK	08	COMOX VALLEY COUGARS	14.3h	-0.9
3	184 MAILE WESNER	08	COMOX VALLEY COUGARS	15.0h	-0.9
4	186 KYLIE ZAAL	08	COMOX VALLEY COUGARS	15.3h	-0.9
5	178 ZOE STEELE	08	COMOX VALLEY COUGARS	18.0h	-0.9

**Women 14-15 80 Meter Hurdles 8 x 30" Elit**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	154 GILLIAN GALIK	08	COMOX VALLEY COUGARS	14.3h	-2.0

**Women 16-17 100 Meter Hurdles 10 x 30"**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	173 LACIE SIMMONS	05	COMOX VALLEY COUGARS	15.6h	-1.3
2	155 ELISABETH HOFFMAN	06	COMOX VALLEY COUGARS	17.2h	-1.3

**Women 16-17 100 Meter Hurdles 10 x 30" Eli**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	173 LACIE SIMMONS	05	COMOX VALLEY COUGARS	15.4h	+0.0
2	155 ELISABETH HOFFMAN	06	COMOX VALLEY COUGARS	17.6h	+0.0

**Women 12 Year Olds 200 Meter Hurdles 5 x 24"**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	179 ELLA SUPPIAH	10	COMOX VALLEY COUGARS	34.6h	NWI
2	112 SABRINA FIELDING	10	ATHLETICS VICTORIA TRACK AND F	34.7h	NWI
3	141 STELLA NADLER	10	CAMPBELL RIVER COMETS	41.1h	NWI



### Women 13 Year Olds 200 Meter Hurdles 5 x 27"

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	161 ADDISON LEWIS	09	COMOX VALLEY COUGARS	31.5h	NWI
2	117 ELLY MARTIN	09	ATHLETICS VICTORIA TRACK AND F	32.2h	NWI
3	210 TESSA BELL	09	NANAIMO & DISTRICT TRACK & FI	33.7h	NWI
4	214 DANAEA BRAND	09	NANAIMO & DISTRICT TRACK & FI	34.2h	NWI
5	183 ABBY WEISS	09	COMOX VALLEY COUGARS	35.1h	NWI
6	109 KAJSA CHELL	09	ATHLETICS VICTORIA TRACK AND F	35.2h	NWI

### Women 14-15 300 Meter Hurdles 7 x 30"

	Name	Yr	Team	Finals
<b>Finals</b>				
1	184 MAILE WESNER	08	COMOX VALLEY COUGARS	54.4h
2	101 AVA HEENAN	08	ALBERNI DISTRICT SECONDARY SC	55.7h
3	186 KYLIE ZAAL	08	COMOX VALLEY COUGARS	58.7h

### Girls 9 High Jump

	Name	Yr	Team	Finals
<b>Finals</b>				
1	105 RUBY MESSENGER	13	ALBERNI VALLEY TRACK CLUB	0.95m
2	279 MEMPHIS PALICHUK	13	OCEANSIDE TRACK & FIELD CLUB	0.85m
2	217 FIONA CUNNING	13	NANAIMO & DISTRICT TRACK & FI	0.85m

### Girls 10 High Jump

	Name	Yr	Team	Finals
<b>Finals</b>				
1	185 MEADOW WESNER	12	COMOX VALLEY COUGARS	1.05m
2	118 FINLEY MARTIN	12	ATHLETICS VICTORIA TRACK AND F	1.00m



### Women 11 Year Olds High Jump

	Name	Yr	Team	Finals
<b>Finals</b>				
1	131 KINLEY GRANSON	11	CAMPBELL RIVER COMETS	1.15m
2	151 PHOEBE CURTS	11	COMOX VALLEY COUGARS	J1.15m
3	248 BRYNNE REILLY	11	NANAIMO & DISTRICT TRACK & FI	1.10m
3	265 SKYLA WEBBER	11	NANAIMO & DISTRICT TRACK & FI	1.10m
5	201 ALICA VALASTIAK	11	COWICHAN VALLEY ATHLETIC CLU	J1.10m
6	222 LUCIA GAUTHIER	11	NANAIMO & DISTRICT TRACK & FI	1.05m
6	233 SOFIA LUNDMAN	11	NANAIMO & DISTRICT TRACK & FI	1.05m
8	215 ROWAN CLARKE	11	NANAIMO & DISTRICT TRACK & FI	1.00m
9	108 CLAIRE AVEYARD	11	ATHLETICS VICTORIA TRACK AND F	J1.00m

### Women 12 Year Olds High Jump

	Name	Yr	Team	Finals
<b>Finals</b>				
1	163 KAYLIE LOFSTROM	10	COMOX VALLEY COUGARS	1.15m

### Women 13 Year Olds High Jump

	Name	Yr	Team	Finals
<b>Finals</b>				
1	210 TESSA BELL	09	NANAIMO & DISTRICT TRACK & FI	1.45m
1	253 CHARLOTTE SHEPHERD	09	NANAIMO & DISTRICT TRACK & FI	1.45m
3	230 SKYLA LEWIS	09	NANAIMO & DISTRICT TRACK & FI	1.30m
3	117 ELLY MARTIN	09	ATHLETICS VICTORIA TRACK AND F	1.30m
5	143 GEMMA QUESNEL	09	CAMPBELL RIVER COMETS	1.25m
6	161 ADDISON LEWIS	09	COMOX VALLEY COUGARS	1.20m
7	271 SOPHIA DESVAUX	09	OCEANSIDE TRACK & FIELD CLUB	1.15m
7	191 CHARLOTTE GOUGH	09	COWICHAN VALLEY ATHLETIC CLU	1.15m

### Women 14-15 High Jump

	Name	Yr	Team	Finals
<b>Finals</b>				
1	121 NOVA WEDMANN-KENT	07	ATHLETICS VICTORIA TRACK AND F	1.55m
2	149 ERIKA BURRY	07	COMOX VALLEY COUGARS	1.50m
3	123 ELLA WILLIAMS	07	ATHLETICS VICTORIA TRACK AND F	1.40m
3	184 MAILE WESNER	08	COMOX VALLEY COUGARS	1.40m
5	154 GILLIAN GALIK	08	COMOX VALLEY COUGARS	1.35m
---	156 VICTORIA HOFFMAN	08	COMOX VALLEY COUGARS	NH

### Women 20-94 High Jump

	Name	Yr	Team	Finals
<b>Finals</b>				
1	236 MAKAYLA MITCHELL	02	NANAIMO & DISTRICT TRACK & FI	1.45m

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**Girls 9 Long Jump**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	158 RAMONA JARVIS	13	COMOX VALLEY COUGARS	2.95m	NWI
2	107 NATALIE SANDERSON	13	ALBERNI VALLEY TRACK CLUB	2.83m	NWI
3	274 MATILDA HUNTER	13	OCEANSIDE TRACK & FIELD CLUB	2.53m	NWI
4	106 LOCKLYNN SANDERSON	13	ALBERNI VALLEY TRACK CLUB	2.33m	NWI
5	249 CAYLEN REILLY	13	NANAIMO & DISTRICT TRACK & FIELD CLUB	2.12m	NWI
6	217 FIONA CUNNING	13	NANAIMO & DISTRICT TRACK & FIELD CLUB	2.03m	NWI
7	105 RUBY MESSENGER	13	ALBERNI VALLEY TRACK CLUB	1.95m	NWI

**Girls 10 Long Jump**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	185 MEADOW WESNER	12	COMOX VALLEY COUGARS	2.82m	NWI
2	118 FINLEY MARTIN	12	ATHLETICS VICTORIA TRACK AND FIELD CLUB	2.61m	NWI

**Women 11 Year Olds Long Jump**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	131 KINLEY GRANSON	11	CAMPBELL RIVER COMETS	3.45m	NWI
2	220 MAIKA FONTAINE	11	NANAIMO & DISTRICT TRACK & FIELD CLUB	3.37m	NWI
3	265 SKYLA WEBBER	11	NANAIMO & DISTRICT TRACK & FIELD CLUB	3.31m	NWI
4	139 MAKAYLA MACKENZIE	11	CAMPBELL RIVER COMETS	3.28m	NWI
5	215 ROWAN CLARKE	11	NANAIMO & DISTRICT TRACK & FIELD CLUB	3.24m	NWI
6	248 BRYNNE REILLY	11	NANAIMO & DISTRICT TRACK & FIELD CLUB	3.22m	NWI
7	233 SOFIA LUNDMAN	11	NANAIMO & DISTRICT TRACK & FIELD CLUB	2.97m	NWI
8	125 ASHA BURROWS	11	CAMPBELL RIVER COMETS	2.92m	NWI
9	103 PAYTON HARVEY	11	ALBERNI VALLEY TRACK CLUB	2.78m	NWI
10	225 EVELYN HOWARD	11	NANAIMO & DISTRICT TRACK & FIELD CLUB	2.70m	NWI
11	201 ALICA VALASTIAK	11	COWICHAN VALLEY ATHLETIC CLUB	2.49m	NWI
12	243 KATELYN PARK	11	NANAIMO & DISTRICT TRACK & FIELD CLUB	2.38m	NWI
13	283 MADISON SCOTT	11	OCEANSIDE TRACK & FIELD CLUB	2.34m	NWI

**Women 12 Year Olds Long Jump**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	163 KAYLIE LOFSTROM	10	COMOX VALLEY COUGARS	3.91m	NWI
2	112 SABRINA FIELDING	10	ATHLETICS VICTORIA TRACK AND FIELD CLUB	3.56m	NWI
3	134 SIERRA HOUNSELL	10	CAMPBELL RIVER COMETS	3.44m	NWI
4	179 ELLA SUPPIAH	10	COMOX VALLEY COUGARS	3.17m	NWI
5	141 STELLA NADLER	10	CAMPBELL RIVER COMETS	3.10m	NWI
6	245 KEERA PILLAY	10	NANAIMO & DISTRICT TRACK & FIELD CLUB	1.73m	NWI



### Women 13 Year Olds Long Jump

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	161 ADDISON LEWIS	09	COMOX VALLEY COUGARS	4.62m	NWI
2	210 TESSA BELL	09	NANAIMO & DISTRICT TRACK & FI	4.40m	NWI
3	117 ELLY MARTIN	09	ATHLETICS VICTORIA TRACK AND F	3.99m	NWI
4	138 KENDRA MACKENZIE	09	CAMPBELL RIVER COMETS	3.85m	NWI
5	109 KAJSA CHELL	09	ATHLETICS VICTORIA TRACK AND F	3.80m	NWI
6	191 CHARLOTTE GOUGH	09	COWICHAN VALLEY ATHLETIC CLU	3.75m	NWI
7	253 CHARLOTTE SHEPHERD	09	NANAIMO & DISTRICT TRACK & FI	3.58m	NWI
8	271 SOPHIA DESVAUX	09	OCEANSIDE TRACK & FIELD CLUB	3.38m	NWI
9	129 PIPER DARCY	09	CAMPBELL RIVER COMETS	3.25m	NWI
9	302 AVERY KLAN	09	UNATTACHED BRITISH COLUMBIA	3.25m	NWI
11	183 ABBY WEISS	09	COMOX VALLEY COUGARS	3.24m	NWI
12	127 ELIZABETH CLIFFE	09	CAMPBELL RIVER COMETS	3.20m	NWI
13	209 RUBY ALLISON	10	NANAIMO & DISTRICT TRACK & FI	3.12m	NWI
14	237 ANISHKA MOONSAMY	09	NANAIMO & DISTRICT TRACK & FI	2.63m	NWI
15	262 MEGHAN TURKINGTON	09	NANAIMO & DISTRICT TRACK & FI	2.45m	NWI

### Women 14-15 Long Jump

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	154 GILLIAN GALIK	08	COMOX VALLEY COUGARS	4.50m	NWI
2	123 ELLA WILLIAMS	07	ATHLETICS VICTORIA TRACK AND F	4.28m	NWI
3	121 NOVA WEDMANN-KENT	07	ATHLETICS VICTORIA TRACK AND F	4.18m	NWI
4	184 MAILE WESNER	08	COMOX VALLEY COUGARS	4.03m	NWI
5	177 KIERA STEELE	08	COMOX VALLEY COUGARS	3.91m	NWI
6	135 CASEY KENNEDY	08	CAMPBELL RIVER COMETS	3.70m	NWI
7	187 ANNETTE BLUMEL	07	COWICHAN VALLEY ATHLETIC CLU	3.63m	NWI

### Women 16-17 Long Jump

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	111 SADIE DICKINSON	05	ATHLETICS VICTORIA TRACK AND F	4.46m	NWI
2	304 AANA PATEL	06	UNATTACHED BRITISH COLUMBIA	3.76m	NWI

### Girls 9 Shot Put 2 kg

	Name	Yr	Team	Finals
<b>Finals</b>				
1	217 FIONA CUNNING	13	NANAIMO & DISTRICT TRACK & FI	3.82m
2	105 RUBY MESSENGER	13	ALBERNI VALLEY TRACK CLUB	3.57m
3	279 MEMPHIS PALICHUK	13	OCEANSIDE TRACK & FIELD CLUB	3.45m
4	249 CAYLEN REILLY	13	NANAIMO & DISTRICT TRACK & FI	2.74m
5	274 MATILDA HUNTER	13	OCEANSIDE TRACK & FIELD CLUB	2.69m



### Girls 10 Shot Put 2 kg

	Name	Yr	Team	Finals
<b>Finals</b>				
1	118 FINLEY MARTIN	12	ATHLETICS VICTORIA TRACK AND F	4.30m
2	185 MEADOW WESNER	12	COMOX VALLEY COUGARS	4.13m

### Women 11 Year Olds Shot Put 2 kg

	Name	Yr	Team	Finals
<b>Finals</b>				
1	131 KINLEY GRANSON	11	CAMPBELL RIVER COMETS	6.31m
2	265 SKYLA WEBBER	11	NANAIMO & DISTRICT TRACK & FI	5.64m
3	108 CLAIRE AVEYARD	11	ATHLETICS VICTORIA TRACK AND F	5.44m
4	233 SOFIA LUNDMAN	11	NANAIMO & DISTRICT TRACK & FI	5.33m
5	139 MAKAYLA MACKENZIE	11	CAMPBELL RIVER COMETS	5.24m
6	225 EVELYN HOWARD	11	NANAIMO & DISTRICT TRACK & FI	5.13m
7	248 BRYNNE REILLY	11	NANAIMO & DISTRICT TRACK & FI	4.65m
8	132 ALIVIA GUTHRIE	11	CAMPBELL RIVER COMETS	3.62m
9	283 MADISON SCOTT	11	OCEANSIDE TRACK & FIELD CLUB	3.41m
10	220 MAIKA FONTAINE	11	NANAIMO & DISTRICT TRACK & FI	3.04m

### Women 12 Year Olds Shot Put 3 kg

	Name	Yr	Team	Finals
<b>Finals</b>				
1	163 KAYLIE LOFSTROM	10	COMOX VALLEY COUGARS	6.99m
2	112 SABRINA FIELDING	10	ATHLETICS VICTORIA TRACK AND F	4.32m

### Women 13 Year Olds Shot Put 3 kg

	Name	Yr	Team	Finals
<b>Finals</b>				
1	237 ANISHKA MOONSAMY	09	NANAIMO & DISTRICT TRACK & FI	6.47m
2	210 TESSA BELL	09	NANAIMO & DISTRICT TRACK & FI	5.84m
3	117 ELLY MARTIN	09	ATHLETICS VICTORIA TRACK AND F	5.58m
4	302 AVERY KLAN	09	UNATTACHED BRITISH COLUMBIA	4.18m

### Women 14-15 Shot Put 3 kg

	Name	Yr	Team	Finals
<b>Finals</b>				
1	156 VICTORIA HOFFMAN	08	COMOX VALLEY COUGARS	10.34m
2	154 GILLIAN GALIK	08	COMOX VALLEY COUGARS	9.81m
3	152 PAYGE DOTY-BROWN	07	COMOX VALLEY COUGARS	7.63m
4	119 CASSIDY NADIGER	08	ATHLETICS VICTORIA TRACK AND F	7.35m
5	135 CASEY KENNEDY	08	CAMPBELL RIVER COMETS	6.38m

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

	Name	Yr	Team	Finals
<b>Finals</b>				
1	218 SERENNA DRAKE	05	NANAIMO & DISTRICT TRACK & FI	10.89m
2	244 MAKENNA PAUGH	05	NANAIMO & DISTRICT TRACK & FI	9.44m
3	102 ELLA MCDUGALL	06	ALBERNI DISTRICT SECONDARY SC	8.83m
4	294 MADELAINE GALIK	06	UNATTACHED	8.43m

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

	Name	Yr	Team	Finals
<b>Finals</b>				
1	189 VICTORIA DAILEY	03	COWICHAN VALLEY ATHLETIC CLU	7.53m

**Women 20-34 Shot Put 4 kg**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	236 MAKAYLA MITCHELL	02	NANAIMO & DISTRICT TRACK & FI	8.99m

**Women 10 Year Olds Discus Throw 750 g**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	270 CALLIE CUPPLES	12	OCEANSIDE TRACK & FIELD CLUB	11.76m
2	185 MEADOW WESNER	12	COMOX VALLEY COUGARS	9.45m
3	118 FINLEY MARTIN	12	ATHLETICS VICTORIA TRACK AND F	5.46m

**Women 11 Year Olds Discus Throw 750 g**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	151 PHOEBE CURTS	11	COMOX VALLEY COUGARS	15.38m
2	103 PAYTON HARVEY	11	ALBERNI VALLEY TRACK CLUB	14.61m
3	139 MAKAYLA MACKENZIE	11	CAMPBELL RIVER COMETS	11.30m
4	222 LUCIA GAUTHIER	11	NANAIMO & DISTRICT TRACK & FI	11.08m
5	108 CLAIRE AVEYARD	11	ATHLETICS VICTORIA TRACK AND F	10.04m
6	233 SOFIA LUNDMAN	11	NANAIMO & DISTRICT TRACK & FI	10.03m
7	215 ROWAN CLARKE	11	NANAIMO & DISTRICT TRACK & FI	9.49m
8	283 MADISON SCOTT	11	OCEANSIDE TRACK & FIELD CLUB	8.17m
9	132 ALIVIA GUTHRIE	11	CAMPBELL RIVER COMETS	7.57m

**Women 12 Year Olds Discus Throw 750 g**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	163 KAYLIE LOFSTROM	10	COMOX VALLEY COUGARS	18.95m
2	112 SABRINA FIELDING	10	ATHLETICS VICTORIA TRACK AND F	13.85m

### Women 13 Year Olds Discus Throw 750 g

	Name	Yr	Team	Finals
<b>Finals</b>				
1	253 CHARLOTTE SHEPHERD	09	NANAIMO & DISTRICT TRACK & FI	17.20m
2	237 ANISHKA MOONSAMY	09	NANAIMO & DISTRICT TRACK & FI	16.64m
3	210 TESSA BELL	09	NANAIMO & DISTRICT TRACK & FI	15.96m
4	214 DANAEA BRAND	09	NANAIMO & DISTRICT TRACK & FI	15.48m
5	117 ELLY MARTIN	09	ATHLETICS VICTORIA TRACK AND F	13.26m
6	302 AVERY KLAN	09	UNATTACHED BRITISH COLUMBIA	10.33m

### Women 14-15 Discus Throw 1 kg

	Name	Yr	Team	Finals
<b>Finals</b>				
1	154 GILLIAN GALIK	08	COMOX VALLEY COUGARS	29.52m
2	156 VICTORIA HOFFMAN	08	COMOX VALLEY COUGARS	24.99m
3	149 ERIKA BURRY	07	COMOX VALLEY COUGARS	22.36m
4	152 PAYGE DOTY-BROWN	07	COMOX VALLEY COUGARS	21.96m
5	119 CASSIDY NADIGER	08	ATHLETICS VICTORIA TRACK AND F	15.65m

### Women 16-17 Discus Throw 1 kg

	Name	Yr	Team	Finals
<b>Finals</b>				
1	218 SERENNA DRAKE	05	NANAIMO & DISTRICT TRACK & FI	32.25m
2	167 GABRIELLE MORFITT	05	COMOX VALLEY COUGARS	28.98m
3	102 ELLA MCDougALL	06	ALBERNI DISTRICT SECONDARY SC	27.76m
4	244 MAKENNA PAUGH	05	NANAIMO & DISTRICT TRACK & FI	26.50m
5	155 ELISABETH HOFFMAN	06	COMOX VALLEY COUGARS	22.86m
6	294 MADELAINE GALIK	06	UNATTACHED	19.03m

### Women 18-19 Discus Throw 1 kg

	Name	Yr	Team	Finals
<b>Finals</b>				
1	189 VICTORIA DAILEY	03	COWICHAN VALLEY ATHLETIC CLU	19.11m

### Women 20-34 Discus Throw 1 kg

	Name	Yr	Team	Finals
<b>Finals</b>				
1	311 CATHERINE BELL	01	UNATTACHED ONTARIO	16.30m

### Women 35-39 Discus Throw 1 kg

	Name	Yr	Team	Finals
<b>Finals</b>				
1	296 JESSICA RICHARDS	85	UNATTACHED	14.59m

### Women 40-44 Discus Throw 1 kg

	Name	Yr	Team	Finals
<b>Finals</b>				
1	133 STEFANIE HOFFMAN	78	CAMPBELL RIVER COMETS	24.10m





**Women 13 Year Olds Hammer Throw 3 kg**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	237 ANISHKA MOONSAMY	09	NANAIMO & DISTRICT TRACK & FI	24.62m
2	253 CHARLOTTE SHEPHERD	09	NANAIMO & DISTRICT TRACK & FI	22.02m
3	271 SOPHIA DESVAUX	09	OCEANSIDE TRACK & FIELD CLUB	18.89m
4	202 MEGAN TEOLIS	09	GOLDEN EARS ATHLETICS	16.25m
5	183 ABBY WEISS	09	COMOX VALLEY COUGARS	14.07m
6	259 REBECCA SUTTON	09	NANAIMO & DISTRICT TRACK & FI	10.36m

**Women 14-15 Hammer Throw 3 kg**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	152 PAYGE DOTY-BROWN	07	COMOX VALLEY COUGARS	44.12m
2	235 ANNIKA MCMINN	07	NANAIMO & DISTRICT TRACK & FI	32.81m
3	149 ERIKA BURRY	07	COMOX VALLEY COUGARS	26.53m
4	156 VICTORIA HOFFMAN	08	COMOX VALLEY COUGARS	25.77m
5	193 DANIKA LAZENBY	07	COWICHAN VALLEY ATHLETIC CLU	16.85m

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

	Name	Yr	Team	Finals
<b>Finals</b>				
1	247 KATELYN PUTZ	06	NANAIMO & DISTRICT TRACK & FI	44.35m
2	155 ELISABETH HOFFMAN	06	COMOX VALLEY COUGARS	38.74m
3	167 GABRIELLE MORFITT	05	COMOX VALLEY COUGARS	34.13m
4	294 MADELAINE GALIK	06	UNATTACHED	26.98m

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

	Name	Yr	Team	Finals
<b>Finals</b>				
1	166 CHANTAL MORFITT	03	COMOX VALLEY COUGARS	33.04m
2	189 VICTORIA DAILEY	03	COWICHAN VALLEY ATHLETIC CLU	30.11m
3	192 ALEXANDRA LAZENBY	04	COWICHAN VALLEY ATHLETIC CLU	28.33m

**Women 40-44 Hammer Throw 4 kg**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	133 STEFANIE HOFFMAN	78	CAMPBELL RIVER COMETS	25.32m
2	293 TINA DOTY	81	UNATTACHED	15.02m

**Women 65-69 Hammer Throw 3 kg**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	319 TERRI JONES	57	COMOX VALLEY COUGARS	24.19m

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**Women 10 Year Olds Javelin Throw 400 g**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	118 FINLEY MARTIN	12	ATHLETICS VICTORIA TRACK AND F	9.89m

**Women 11 Year Olds Javelin Throw 400 g**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	131 KINLEY GRANSON	11	CAMPBELL RIVER COMETS	17.63m
2	233 SOFIA LUNDMAN	11	NANAIMO & DISTRICT TRACK & FI	12.09m
3	125 ASHA BURROWS	11	CAMPBELL RIVER COMETS	10.77m
4	108 CLAIRE AVEYARD	11	ATHLETICS VICTORIA TRACK AND F	10.05m
5	248 BRYNNE REILLY	11	NANAIMO & DISTRICT TRACK & FI	9.90m
6	220 MAIKA FONTAINE	11	NANAIMO & DISTRICT TRACK & FI	9.73m
7	225 EVELYN HOWARD	11	NANAIMO & DISTRICT TRACK & FI	9.64m
8	283 MADISON SCOTT	11	OCEANSIDE TRACK & FIELD CLUB	9.26m
9	139 MAKAYLA MACKENZIE	11	CAMPBELL RIVER COMETS	8.93m
10	243 KATELYN PARK	11	NANAIMO & DISTRICT TRACK & FI	8.21m

**Women 12 Year Olds Javelin Throw 400 g**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	141 STELLA NADLER	10	CAMPBELL RIVER COMETS	12.16m
2	286 ROSIE HAYNES	10	PENINSULA TRACK & FIELD CLUB	10.74m
3	112 SABRINA FIELDING	10	ATHLETICS VICTORIA TRACK AND F	9.84m
4	245 KEERA PILLAY	10	NANAIMO & DISTRICT TRACK & FI	6.88m

**Women 13 Year Olds Javelin Throw 400 g**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	143 GEMMA QUESNEL	09	CAMPBELL RIVER COMETS	20.89m
2	160 HAYLEE LEITERMAN	09	COMOX VALLEY COUGARS	20.81m
3	138 KENDRA MACKENZIE	09	CAMPBELL RIVER COMETS	17.44m
4	202 MEGAN TEOLIS	09	GOLDEN EARS ATHLETICS	16.43m
5	262 MEGHAN TURKINGTON	09	NANAIMO & DISTRICT TRACK & FI	12.86m
6	210 TESSA BELL	09	NANAIMO & DISTRICT TRACK & FI	12.54m
7	183 ABBY WEISS	09	COMOX VALLEY COUGARS	12.46m
8	259 REBECCA SUTTON	09	NANAIMO & DISTRICT TRACK & FI	11.69m
9	127 ELIZABETH CLIFFE	09	CAMPBELL RIVER COMETS	10.58m
10	109 KAJSA CHELL	09	ATHLETICS VICTORIA TRACK AND F	10.42m



**Women 14-15 Javelin Throw 500 g**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	154 GILLIAN GALIK	08	COMOX VALLEY COUGARS	38.20m
2	149 ERIKA BURRY	07	COMOX VALLEY COUGARS	36.83m
3	156 VICTORIA HOFFMAN	08	COMOX VALLEY COUGARS	24.17m
4	235 ANNIKA MCMINN	07	NANAIMO & DISTRICT TRACK & FI	18.96m
5	119 CASSIDY NADIGER	08	ATHLETICS VICTORIA TRACK AND F	16.86m
6	152 PAYGE DOTY-BROWN	07	COMOX VALLEY COUGARS	16.23m
7	193 DANIKA LAZENBY	07	COWICHAN VALLEY ATHLETIC CLU	14.52m

**Women 16-17 Javelin Throw 500 g**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	155 ELISABETH HOFFMAN	06	COMOX VALLEY COUGARS	26.64m
2	298 BROOKLYN BAROOTES	05	UNATTACHED BRITISH COLUMBIA	26.59m
3	303 KANYITO OKEREKE	05	UNATTACHED BRITISH COLUMBIA	17.77m
4	232 ANNIKA LUNDMAN	06	NANAIMO & DISTRICT TRACK & FI	15.72m

**Women 18-19 Javelin Throw 600 g**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	306 MADISON PAUGH	03	UNATTACHED BRITISH COLUMBIA	35.58m
2	189 VICTORIA DAILEY	03	COWICHAN VALLEY ATHLETIC CLU	25.45m

**Women 20-34 Javelin Throw 600 g**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	236 MAKAYLA MITCHELL	02	NANAIMO & DISTRICT TRACK & FI	33.63m

**Women 65-69 Javelin Throw 500 g**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	319 TERRI JONES	57	COMOX VALLEY COUGARS	23.01m

**Boys 12 300 Meter Dash**

	Name	Yr	Team	Finals	H#
<b>Finals</b>					
1	312 MIGUEL CLARK	10	COMOX VALLEY COUGARS	49.2h	2
2	305 AARON PATEL	10	UNATTACHED BRITISH COLUMBIA	50.3h	1
3	231 RYAN LUCH	10	NANAIMO & DISTRICT TRACK & FI	50.7h	2
4	216 CARTER CUNNING	10	NANAIMO & DISTRICT TRACK & FI	51.4h	2
5	275 JONAH KOLEN-LEE	10	OCEANSIDE TRACK & FIELD CLUB	52.9h	2
6	240 TAVEON O'KEEFE	10	NANAIMO & DISTRICT TRACK & FI	57.1h	2



### Boys 13 300 Meter Dash

	Name	Yr	Team	Finals
<b>Finals</b>				
1	174 SIMON SMALLACOMBE	09	COMOX VALLEY COUGARS	43.0h
2	272 BOWEN FOLK	09	OCEANSIDE TRACK & FIELD CLUB	45.5h
3	168 OREN PATTERSON	09	COMOX VALLEY COUGARS	46.9h
4	110 AIDAN DICKINSON	09	ATHLETICS VICTORIA TRACK AND F	49.1h

### Men 9 60 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	269 CHASE BRITTAIN	13	OCEANSIDE TRACK & FIELD CLUB	10.0h	NWI	3
2	276 THOMAS LUKSAY	13	OCEANSIDE TRACK & FIELD CLUB	10.2h	NWI	4
3	219 COLTEN FONTAINE	13	NANAIMO & DISTRICT TRACK & FI	10.2h	NWI	4
4	267 KAI AIKMAN - HEIR	13	OCEANSIDE TRACK & FIELD CLUB	10.5h	NWI	4

### Men 10 60 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	256 JACOB SINCLAIR	12	NANAIMO & DISTRICT TRACK & FI	9.6h	NWI	3
2	170 GAVIN ROSE	12	COMOX VALLEY COUGARS	9.6h	NWI	3
3	198 LIAM RAMSTEAD	12	COWICHAN VALLEY ATHLETIC CLU	9.8h	NWI	3

### Men 11 60 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	148 MAX BARNER	11	COMOX VALLEY COUGARS	9.2h	NWI	1
2	241 FINN OLSEN	11	NANAIMO & DISTRICT TRACK & FI	9.6h	NWI	1
3	169 OWEN PENDAK	11	COMOX VALLEY COUGARS	9.8h	NWI	1
4	290 CHRISTOPHER PARFIT	11	PENINSULA TRACK & FIELD CLUB	9.9h	NWI	2
5	284 GABRIEL WILLERS	11	OCEANSIDE TRACK & FIELD CLUB	9.9h	NWI	2
6	278 HUDSON PALICHUK	11	OCEANSIDE TRACK & FIELD CLUB	10.0h	NWI	1
7	199 ZACHARY RAMSTEAD	11	COWICHAN VALLEY ATHLETIC CLU	11.2h	NWI	2

### Men 9 100 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	269 CHASE BRITTAIN	13	OCEANSIDE TRACK & FIELD CLUB	16.6h	NWI	3
2	276 THOMAS LUKSAY	13	OCEANSIDE TRACK & FIELD CLUB	16.7h	NWI	3
3	219 COLTEN FONTAINE	13	NANAIMO & DISTRICT TRACK & FI	17.0h	NWI	3
4	267 KAI AIKMAN - HEIR	13	OCEANSIDE TRACK & FIELD CLUB	17.1h	NWI	3
5	282 CONNOR SCOTT	13	OCEANSIDE TRACK & FIELD CLUB	17.3h	NWI	3
8	320 RAFFA CLARKE	13	COMOX VALLEY COUGARS	16.3h	NWI	3
11	314 TIMONE WESS	13	OCEANSIDE TRACK & FIELD CLUB	19.9h	NWI	3

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**Men 10 100 Meter Dash**

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	170 GAVIN ROSE	12	COMOX VALLEY COUGARS	16.1h	NWI	2
2	198 LIAM RAMSTEAD	12	COWICHAN VALLEY ATHLETIC CLU	16.3h	NWI	2
3	308 SHAVAAN PILLAY	12	UNATTACHED BRITISH COLUMBIA	16.8h	NWI	2

**Men 11 100 Meter Dash**

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	313 XAVIER CLARK	11	COMOX VALLEY COUGARS	14.9h	NWI	1
2	148 MAX BARNER	11	COMOX VALLEY COUGARS	14.9h	NWI	2
3	241 FINN OLSEN	11	NANAIMO & DISTRICT TRACK & FI	15.6h	NWI	1
4	196 CHRISTOPHER MULLER	11	COWICHAN VALLEY ATHLETIC CLU	15.7h	NWI	1
5	290 CHRISTOPHER PARFIT	11	PENINSULA TRACK & FIELD CLUB	15.8h	NWI	1
6	288 COEN HOLMGREN	11	PENINSULA TRACK & FIELD CLUB	15.8h	NWI	2
7	284 GABRIEL WILLERS	11	OCEANSIDE TRACK & FIELD CLUB	16.0h	NWI	2
9	261 KYLE TURKINGTON	11	NANAIMO & DISTRICT TRACK & FI	17.9h	NWI	1
10	199 ZACHARY RAMSTEAD	11	COWICHAN VALLEY ATHLETIC CLU	18.2h	NWI	1

**Men 12 100 Meter Dash**

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	145 BOSCO TEUFEL	10	CAMPBELL RIVER COMETS	12.8h	NWI	3
2	153 BENJAMIN GALIK	10	COMOX VALLEY COUGARS	15.3h	NWI	2
3	275 JONAH KOLEN-LEE	10	OCEANSIDE TRACK & FIELD CLUB	15.3h	NWI	3
4	312 MIGUEL CLARK	10	COMOX VALLEY COUGARS	14.0h	NWI	3
4	240 TAVEON O'KEEFE	10	NANAIMO & DISTRICT TRACK & FI	15.4h	NWI	2
5	305 AARON PATEL	10	UNATTACHED BRITISH COLUMBIA	15.5h	NWI	3
6	115 DANIEL HILL	10	ATHLETICS VICTORIA TRACK AND F	15.6h	NWI	2
7	211 ANDREW BITONTI	10	NANAIMO & DISTRICT TRACK & FI	15.9h	NWI	3
8	200 CONNOR THOMPSON	10	COWICHAN VALLEY ATHLETIC CLU	16.8h	NWI	2
9	194 ROBERT LAZENBY	10	COWICHAN VALLEY ATHLETIC CLU	17.3h	NWI	2

**Men 13 100 Meter Dash**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	114 LIAM GRANGE	09	ATHLETICS VICTORIA TRACK AND F	13.2h	NWI
2	174 SIMON SMALLACOMBE	09	COMOX VALLEY COUGARS	13.3h	NWI
3	229 CHARLIE KNIGHT	09	NANAIMO & DISTRICT TRACK & FI	13.8h	NWI
5	168 OREN PATTERSON	09	COMOX VALLEY COUGARS	14.5h	NWI
6	130 CARTER GRANSON	09	CAMPBELL RIVER COMETS	14.6h	NWI
7	260 ELIJAH TAIT	09	NANAIMO & DISTRICT TRACK & FI	15.0h	NWI



**Men 14-15 100 Meter Dash**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	295 RILEY MITCHELL	07	UNATTACHED	12.0h	NWI
2	136 AVERY KUMAR	08	CAMPBELL RIVER COMETS	12.4h	NWI
3	120 ROWAN TROUSIL	07	ATHLETICS VICTORIA TRACK AND F	12.6h	NWI
4	180 TIMOTHY TOEWS	07	COMOX VALLEY COUGARS	12.9h	NWI
5	172 TYSON SERVOS	08	COMOX VALLEY COUGARS	13.63	NWI
6	165 THOMAS MACDONNELL	07	COMOX VALLEY COUGARS	14.0h	NWI

**Men 16-17 100 Meter Dash**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	159 SEBASTIAN LAMBERT	05	COMOX VALLEY COUGARS	11.8h	NWI
2	309 JAX ROBINSON	06	UNATTACHED BRITISH COLUMBIA	11.9h	NWI

**Men 18-19 100 Meter Dash**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	124 AYDEN CHAMBERS	04	BALLENAS SECONDARY	11.7h	NWI
2	300 EZRA FROST	04	UNATTACHED BRITISH COLUMBIA	12.6h	NWI

**Men 75-79 100 Meter Dash**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	250 TERRY RIGGINS	47	NANAIMO & DISTRICT TRACK & FI	16.6h	NWI

**Men 11 200 Meter Dash**

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	148 MAX BARNER	11	COMOX VALLEY COUGARS	31.3h	NWI	4
2	241 FINN OLSEN	11	NANAIMO & DISTRICT TRACK & FI	32.8h	NWI	4
3	290 CHRISTOPHER PARFIT	11	PENINSULA TRACK & FIELD CLUB	33.7h	NWI	4
3	313 XAVIER CLARK	11	COMOX VALLEY COUGARS	33.7h	NWI	3
5	288 COEN HOLMGREN	11	PENINSULA TRACK & FIELD CLUB	34.0h	NWI	4
6	284 GABRIEL WILLERS	11	OCEANSIDE TRACK & FIELD CLUB	34.0h	NWI	4
7	196 CHRISTOPHER MULLER	11	COWICHAN VALLEY ATHLETIC CLU	35.7h	NWI	4
8	278 HUDSON PALICHUK	11	OCEANSIDE TRACK & FIELD CLUB	36.9h	NWI	4
9	199 ZACHARY RAMSTEAD	11	COWICHAN VALLEY ATHLETIC CLU	37.8h	NWI	4

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**Men 12 200 Meter Dash**

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	145 BOSCO TEUFEL	10	CAMPBELL RIVER COMETS	26.9h	NWI	2
2	175 HOLDEN SMITS	10	COMOX VALLEY COUGARS	28.6h	NWI	3
3	312 MIGUEL CLARK	10	COMOX VALLEY COUGARS	29.7h	NWI	2
4	216 CARTER CUNNING	10	NANAIMO & DISTRICT TRACK & FIELD	30.6h	NWI	3
5	115 DANIEL HILL	10	ATHLETICS VICTORIA TRACK AND FIELD	30.9h	NWI	3
6	153 BENJAMIN GALIK	10	COMOX VALLEY COUGARS	31.4h	NWI	3
7	275 JONAH KOLEN-LEE	10	OCEANSIDE TRACK & FIELD CLUB	31.7h	NWI	3
8	231 RYAN LUCH	10	NANAIMO & DISTRICT TRACK & FIELD	32.3h	NWI	3
8	257 OLIVER SINCLAIR	10	NANAIMO & DISTRICT TRACK & FIELD	33.0h	NWI	3
9	211 ANDREW BITONTI	10	NANAIMO & DISTRICT TRACK & FIELD	33.6h	NWI	2

**Men 13 200 Meter Dash**

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	114 LIAM GRANGE	09	ATHLETICS VICTORIA TRACK AND FIELD	27.3h	NWI	1
2	174 SIMON SMALLACOMBE	09	COMOX VALLEY COUGARS	27.5h	NWI	1
3	272 BOWEN FOLK	09	OCEANSIDE TRACK & FIELD CLUB	29.1h	NWI	1
4	229 CHARLIE KNIGHT	09	NANAIMO & DISTRICT TRACK & FIELD	29.6h	NWI	1
5	168 OREN PATTERSON	09	COMOX VALLEY COUGARS	30.2h	NWI	1
6	130 CARTER GRANSON	09	CAMPBELL RIVER COMETS	31.1h	NWI	2
7	260 ELIJAH TAIT	09	NANAIMO & DISTRICT TRACK & FIELD	31.9h	NWI	2

**Men 14-15 200 Meter Dash**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	164 RYAN LOFSTROM	07	COMOX VALLEY COUGARS	23.7h	-0.6
2	295 RILEY MITCHELL	07	UNATTACHED	24.8h	-0.6
3	120 ROWAN TROUSIL	07	ATHLETICS VICTORIA TRACK AND FIELD	25.4h	-0.6
4	136 AVERY KUMAR	08	CAMPBELL RIVER COMETS	25.6h	-0.6

**Men 16-17 200 Meter Dash**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	159 SEBASTIAN LAMBERT	05	COMOX VALLEY COUGARS	24.2h	-0.7

**Men 18-19 200 Meter Dash**

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	124 AYDEN CHAMBERS	04	BALLENAS SECONDARY	23.78	NWI	2
2	204 WILLIAM FLINT	04	MID ISLAND DISTANCE	26.1h	NWI	2
3	300 EZRA FROST	04	UNATTACHED BRITISH COLUMBIA	35.6h	NWI	2

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**Men 20-34 200 Meter Dash**

	Name	Yr	Team	Finals	Wind
Finals					
1	310 MATTHEW WINKLER	88	UNATTACHED BRITISH COLUMBIA	24.3h	-0.7

**Men 40-44 200 Meter Dash**

	Name	Yr	Team	Finals	Wind
Finals					
1	287 AARON HOLMGREN	82	PENINSULA TRACK & FIELD CLUB	25.9h	-0.7

**Men 75-79 200 Meter Dash**

	Name	Yr	Team	Finals	Wind
Finals					
1	250 TERRY RIGGINS	47	NANAIMO & DISTRICT TRACK & FI	33.7h	-0.7

**Men 90-94 200 Meter Dash**

	Name	Yr	Team	Finals	Wind
Finals					
1	223 JOE GIEGERICH	32	NANAIMO & DISTRICT TRACK & FI	49.1h	-0.7

**Men 14-15 300 Meter Dash**

	Name	Yr	Team	Finals
Finals				
1	164 RYAN LOFSTROM	07	COMOX VALLEY COUGARS	37.0h
2	136 AVERY KUMAR	08	CAMPBELL RIVER COMETS	39.4h
3	176 WALKER SMITS	08	COMOX VALLEY COUGARS	43.1h

**Men 9 600 Meter Run**

	Name	Yr	Team	Finals	H#
Finals					
1	226 GEORGE HOWARD	13	NANAIMO & DISTRICT TRACK & FI	2:11.3h	2
2	276 THOMAS LUKSAY	13	OCEANSIDE TRACK & FIELD CLUB	2:19.2h	2
3	267 KAI AIKMAN - HEIR	13	OCEANSIDE TRACK & FIELD CLUB	2:20.0h	2
4	282 CONNOR SCOTT	13	OCEANSIDE TRACK & FIELD CLUB	2:22.1h	2
5	227 BALIAN KAPLYCZ-KEOWN	13	NANAIMO & DISTRICT TRACK & FI	2:24.7h	2
8	320 RAFFA CLARKE	13	COMOX VALLEY COUGARS	2:15.4h	2

**Men 10 600 Meter Run**

	Name	Yr	Team	Finals	H#
Finals					
1	198 LIAM RAMSTEAD	12	COWICHAN VALLEY ATHLETIC CLU	2:07.8h	2
2	170 GAVIN ROSE	12	COMOX VALLEY COUGARS	2:11.6h	2





### Men 11 600 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	292 NOAH SEXTON	11	PRAIRIE INN HARRIERS RACING TE	1:52.3h
2	182 HUDSON VAN TONGEREN	11	COMOX VALLEY COUGARS	1:56.0h
3	284 GABRIEL WILLERS	11	OCEANSIDE TRACK & FIELD CLUB	2:03.5h
4	290 CHRISTOPHER PARFIT	11	PENINSULA TRACK & FIELD CLUB	2:04.5h
5	241 FINN OLSEN	11	NANAIMO & DISTRICT TRACK & FI	2:08.4h
6	288 COEN HOLMGREN	11	PENINSULA TRACK & FIELD CLUB	2:08.5h
7	228 SOLOMON KAPLYCZ-KEOWI	11	NANAIMO & DISTRICT TRACK & FI	2:13.2h
9	148 MAX BARNER	11	COMOX VALLEY COUGARS	2:16.3h
10	196 CHRISTOPHER MULLER	11	COWICHAN VALLEY ATHLETIC CLU	2:17.1h
11	199 ZACHARY RAMSTEAD	11	COWICHAN VALLEY ATHLETIC CLU	2:19.4h

### Men 12 800 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	231 RYAN LUCH	10	NANAIMO & DISTRICT TRACK & FI	2:38.0h
2	216 CARTER CUNNING	10	NANAIMO & DISTRICT TRACK & FI	2:41.5h
3	153 BENJAMIN GALIK	10	COMOX VALLEY COUGARS	2:48.8h
4	275 JONAH KOLEN-LEE	10	OCEANSIDE TRACK & FIELD CLUB	2:49.4h
5	200 CONNOR THOMPSON	10	COWICHAN VALLEY ATHLETIC CLU	2:57.8h
6	240 TAVEON O'KEEFE	10	NANAIMO & DISTRICT TRACK & FI	3:07.4h

### Men 13 800 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	272 BOWEN FOLK	09	OCEANSIDE TRACK & FIELD CLUB	2:29.1h
2	277 GRIFFIN MORSE	09	OCEANSIDE TRACK & FIELD CLUB	2:43.1h
3	258 NOLAN SMITH	09	NANAIMO & DISTRICT TRACK & FI	2:44.4h
4	130 CARTER GRANSON	09	CAMPBELL RIVER COMETS	2:45.4h
5	229 CHARLIE KNIGHT	09	NANAIMO & DISTRICT TRACK & FI	2:48.1h
6	273 TYSON GUY	09	OCEANSIDE TRACK & FIELD CLUB	2:49.8h
7	126 EDWIN CLEMENTS	09	CAMPBELL RIVER COMETS	2:51.9h
8	195 MASON MARTIN	09	COWICHAN VALLEY ATHLETIC CLU	2:52.3h

### Men 14-15 800 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	285 EGAN FRANEY	08	PENINSULA TRACK & FIELD CLUB	2:10.2h
2	176 WALKER SMITS	08	COMOX VALLEY COUGARS	2:20.9h
3	128 GAVIN CURRIE	08	CAMPBELL RIVER COMETS	2:45.4h
4	142 MADRID PALMER	08	CAMPBELL RIVER COMETS	2:57.1h



### Men 18-19 800 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	246 JAKE PUTZ	04	NANAIMO & DISTRICT TRACK & FI	2:05.2h
2	264 JAYDEN WATSON	04	NANAIMO & DISTRICT TRACK & FI	2:09.1h

### Men 40-44 800 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	287 AARON HOLMGREN	82	PENINSULA TRACK & FIELD CLUB	2:01.4h

### Men 75-79 800 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	203 MARK STEWART	44	GREYHOUNDS MASTERS TRACK &	2:58.3h

### Men 9 1000 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	226 GEORGE HOWARD	13	NANAIMO & DISTRICT TRACK & FI	2:47.8h
2	266 ALBERT YEARSLEY	13	NANAIMO & DISTRICT TRACK & FI	4:10.9h
3	267 KAI AIKMAN - HEIR	13	OCEANSIDE TRACK & FIELD CLUB	4:24.9h
4	282 CONNOR SCOTT	13	OCEANSIDE TRACK & FIELD CLUB	4:29.9h

### Men 10 1000 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	256 JACOB SINCLAIR	12	NANAIMO & DISTRICT TRACK & FI	3:44.0h

### Men 11 1000 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	292 NOAH SEXTON	11	PRAIRIE INN HARRIERS RACING TE	3:18.3h
2	182 HUDSON VAN TONGEREN	11	COMOX VALLEY COUGARS	3:19.2h
3	290 CHRISTOPHER PARFIT	11	PENINSULA TRACK & FIELD CLUB	3:43.5h
4	228 SOLOMON KAPLYCZ-KEOWI	11	NANAIMO & DISTRICT TRACK & FI	3:45.7h
5	288 COEN HOLMGREN	11	PENINSULA TRACK & FIELD CLUB	3:47.7h
6	278 HUDSON PALICHUK	11	OCEANSIDE TRACK & FIELD CLUB	3:54.9h
7	196 CHRISTOPHER MULLER	11	COWICHAN VALLEY ATHLETIC CLU	4:05.6h
8	199 ZACHARY RAMSTEAD	11	COWICHAN VALLEY ATHLETIC CLU	4:17.0h

### Men 12 1200 Meter Run

	Name	Yr	Team	Finals
<b>Finals</b>				
1	216 CARTER CUNNING	10	NANAIMO & DISTRICT TRACK & FI	4:22.87
2	275 JONAH KOLEN-LEE	10	OCEANSIDE TRACK & FIELD CLUB	4:32.90
3	257 OLIVER SINCLAIR	10	NANAIMO & DISTRICT TRACK & FI	4:39.09
4	200 CONNOR THOMPSON	10	COWICHAN VALLEY ATHLETIC CLU	4:45.98

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**Men 13 1200 Meter Run**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	174 SIMON SMALLACOMBE	09	COMOX VALLEY COUGARS	3:52.99
2	272 BOWEN FOLK	09	OCEANSIDE TRACK & FIELD CLUB	4:03.18
3	213 ANTHONY BORTOLIN	09	NANAIMO & DISTRICT TRACK & FI	4:23.35
4	273 TYSON GUY	09	OCEANSIDE TRACK & FIELD CLUB	4:33.75
5	258 NOLAN SMITH	09	NANAIMO & DISTRICT TRACK & FI	4:38.74
6	126 EDWIN CLEMENTS	09	CAMPBELL RIVER COMETS	4:39.27

**Men 14-15 1200 Meter Run**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	285 EGAN FRANEY	08	PENINSULA TRACK & FIELD CLUB	3:36.66
2	176 WALKER SMITS	08	COMOX VALLEY COUGARS	3:46.51
3	207 LORENZO NIXON	07	MID ISLAND DISTANCE	4:03.10

**Men 16-17 1500 Meter Run**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	255 KYNAN SHURNIAK	06	NANAIMO & DISTRICT TRACK & FI	4:30.3h
2	208 NICHOLAS SAKAMOTO	05	MID ISLAND DISTANCE	5:13.6h

**Men 20-34 1500 Meter Run**

	Name	Yr	Team	Finals
<b>Finals</b>				
---	310 MATTHEW WINKLER	88	UNATTACHED BRITISH COLUMBIA	DNF

**Men 40-44 1500 Meter Run**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	287 AARON HOLMGREN	82	PENINSULA TRACK & FIELD CLUB	4:08.8h

**Men 55-59 1500 Meter Run**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	301 NEIL HOLM	66	UNATTACHED BRITISH COLUMBIA	4:50.1h

**Men 13 2000 Meter Run**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	258 NOLAN SMITH	09	NANAIMO & DISTRICT TRACK & FI	7:55.5h

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**Men 14-15 2000 Meter Run**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	285 EGAN FRANEY	08	PENINSULA TRACK & FIELD CLUB	6:48.2h
2	142 MADRID PALMER	08	CAMPBELL RIVER COMETS	7:28.9h

**Men 9 Year Olds 60 Meter Hurdles 6 x 21"**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	269 CHASE BRITAIN	13	OCEANSIDE TRACK & FIELD CLUB	12.58	NWI
2	276 THOMAS LUKSAY	13	OCEANSIDE TRACK & FIELD CLUB	13.7h	NWI
3	227 BALIAN KAPLYCZ-KEOWN	13	NANAIMO & DISTRICT TRACK & FI	14.92	NWI
4	266 ALBERT YEARSLEY	13	NANAIMO & DISTRICT TRACK & FI	15.37	NWI
5	282 CONNOR SCOTT	13	OCEANSIDE TRACK & FIELD CLUB	15.4h	NWI
6	267 KAI AIKMAN - HEIR	13	OCEANSIDE TRACK & FIELD CLUB	16.16	NWI

**Men 10 60 Meter Hurdles 6 x 24"**

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	256 JACOB SINCLAIR	12	NANAIMO & DISTRICT TRACK & FI	12.4h	NWI	2
2	198 LIAM RAMSTEAD	12	COWICHAN VALLEY ATHLETIC CLU	12.6h	NWI	2

**Men 11 60 Meter Hurdles 6 x 24"**

	Name	Yr	Team	Finals	Wind	H#
<b>Finals</b>						
1	313 XAVIER CLARK	11	COMOX VALLEY COUGARS	11.4h	NWI	1
2	148 MAX BARNER	11	COMOX VALLEY COUGARS	12.1h	NWI	2
3	169 OWEN PENDAK	11	COMOX VALLEY COUGARS	12.7h	NWI	2
4	284 GABRIEL WILLERS	11	OCEANSIDE TRACK & FIELD CLUB	12.7h	NWI	1
5	278 HUDSON PALICHUK	11	OCEANSIDE TRACK & FIELD CLUB	12.7h	NWI	1
6	228 SOLOMON KAPLYCZ-KEOWI	11	NANAIMO & DISTRICT TRACK & FI	12.9h	NWI	1
7	199 ZACHARY RAMSTEAD	11	COWICHAN VALLEY ATHLETIC CLU	14.7h	NWI	1

**Men 12 Year Olds 80 Meter Hurdles 8 x 27"**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	312 MIGUEL CLARK	10	COMOX VALLEY COUGARS	15.0h	NWI
2	115 DANIEL HILL	10	ATHLETICS VICTORIA TRACK AND F	15.5h	NWI
3	231 RYAN LUCH	10	NANAIMO & DISTRICT TRACK & FI	16.0h	NWI
4	275 JONAH KOLEN-LEE	10	OCEANSIDE TRACK & FIELD CLUB	16.3h	NWI
5	257 OLIVER SINCLAIR	10	NANAIMO & DISTRICT TRACK & FI	17.7h	NWI
6	211 ANDREW BITONTI	10	NANAIMO & DISTRICT TRACK & FI	18.0h	NWI
7	197 SAMUEL NICKOLICHUK	10	COWICHAN VALLEY ATHLETIC CLU	18.7h	NWI



**Men 13 Year Olds 80 Meter Hurdles 8 x 30"**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	130 CARTER GRANSON	09	CAMPBELL RIVER COMETS	14.74	NWI
2	174 SIMON SMALLACOMBE	09	COMOX VALLEY COUGARS	14.8h	NWI
3	229 CHARLIE KNIGHT	09	NANAIMO & DISTRICT TRACK & FI	15.1h	NWI
4	258 NOLAN SMITH	09	NANAIMO & DISTRICT TRACK & FI	15.9h	NWI
5	260 ELIJAH TAIT	09	NANAIMO & DISTRICT TRACK & FI	16.6h	NWI

**Men 12 Year Olds 200 Meter Hurdles 5 x 24"**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	175 HOLDEN SMITS	10	COMOX VALLEY COUGARS	31.6h	NWI
2	312 MIGUEL CLARK	10	COMOX VALLEY COUGARS	33.26	NWI
3	231 RYAN LUCH	10	NANAIMO & DISTRICT TRACK & FI	34.3h	NWI
4	216 CARTER CUNNING	10	NANAIMO & DISTRICT TRACK & FI	35.0h	NWI
5	275 JONAH KOLEN-LEE	10	OCEANSIDE TRACK & FIELD CLUB	35.3h	NWI
6	153 BENJAMIN GALIK	10	COMOX VALLEY COUGARS	35.8h	NWI
7	257 OLIVER SINCLAIR	10	NANAIMO & DISTRICT TRACK & FI	38.3h	NWI
8	197 SAMUEL NICKOLICHUK	10	COWICHAN VALLEY ATHLETIC CLU	41.9h	NWI

**Men 13 Year Olds 200 Meter Hurdles 5 x 27"**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	258 NOLAN SMITH	09	NANAIMO & DISTRICT TRACK & FI	33.2h	NWI
2	110 AIDAN DICKINSON	09	ATHLETICS VICTORIA TRACK AND F	34.1h	NWI
3	277 GRIFFIN MORSE	09	OCEANSIDE TRACK & FIELD CLUB	35.5h	NWI

**Men 14-15 300 Meter Hurdles 7 x 30"**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	176 WALKER SMITS	08	COMOX VALLEY COUGARS	49.2h
2	207 LORENZO NIXON	07	MID ISLAND DISTANCE	52.2h

**Men 16-17 400 Meter Hurdles 10 x 33"**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	317 SIMON REDEL	06	COMOX VALLEY COUGARS	1:01.6h
2	100 AIDEN HEENAN	06	ALBERNI DISTRICT SECONDARY SC	1:02.4h



### Men 9 High Jump

	Name	Yr	Team	Finals
<b>Finals</b>				
1	276 THOMAS LUKSAY	13	OCEANSIDE TRACK & FIELD CLUB	1.05m
2	226 GEORGE HOWARD	13	NANAIMO & DISTRICT TRACK & FI	1.00m
3	227 BALIAN KAPLYCZ-KEOWN	13	NANAIMO & DISTRICT TRACK & FI	0.95m
4	320 RAFFA CLARKE	13	COMOX VALLEY COUGARS	J0.95m
5	282 CONNOR SCOTT	13	OCEANSIDE TRACK & FIELD CLUB	0.90m
6	219 COLTEN FONTAINE	13	NANAIMO & DISTRICT TRACK & FI	J0.90m
7	314 TIMONE WESS	13	OCEANSIDE TRACK & FIELD CLUB	0.85m
8	269 CHASE BRITAIN	13	OCEANSIDE TRACK & FIELD CLUB	0.80m

### Men 10 High Jump

	Name	Yr	Team	Finals
<b>Finals</b>				
1	170 GAVIN ROSE	12	COMOX VALLEY COUGARS	1.05m

### Men 11 Year Olds High Jump

	Name	Yr	Team	Finals
<b>Finals</b>				
1	313 XAVIER CLARK	11	COMOX VALLEY COUGARS	1.20m
2	148 MAX BARNER	11	COMOX VALLEY COUGARS	J1.20m
3	284 GABRIEL WILLERS	11	OCEANSIDE TRACK & FIELD CLUB	J1.20m
4	182 HUDSON VAN TONGEREN	11	COMOX VALLEY COUGARS	1.15m
5	241 FINN OLSEN	11	NANAIMO & DISTRICT TRACK & FI	1.10m
6	196 CHRISTOPHER MULLER	11	COWICHAN VALLEY ATHLETIC CLU	J1.10m
7	290 CHRISTOPHER PARFIT	11	PENINSULA TRACK & FIELD CLUB	1.05m
8	288 COEN HOLMGREN	11	PENINSULA TRACK & FIELD CLUB	J1.05m
9	228 SOLOMON KAPLYCZ-KEOWI	11	NANAIMO & DISTRICT TRACK & FI	J1.05m
10	261 KYLE TURKINGTON	11	NANAIMO & DISTRICT TRACK & FI	1.00m

### Men 12 Year Olds High Jump

	Name	Yr	Team	Finals
<b>Finals</b>				
1	275 JONAH KOLEN-LEE	10	OCEANSIDE TRACK & FIELD CLUB	1.20m
2	231 RYAN LUCH	10	NANAIMO & DISTRICT TRACK & FI	1.15m
3	240 TAVEON O'KEEFE	10	NANAIMO & DISTRICT TRACK & FI	1.10m
4	115 DANIEL HILL	10	ATHLETICS VICTORIA TRACK AND F	J1.10m
5	200 CONNOR THOMPSON	10	COWICHAN VALLEY ATHLETIC CLU	1.05m



### Men 13 Year Olds High Jump

	Name	Yr	Team	Finals
<b>Finals</b>				
1	174 SIMON SMALLACOMBE	09	COMOX VALLEY COUGARS	1.50m
2	130 CARTER GRANSON	09	CAMPBELL RIVER COMETS	1.35m
3	229 CHARLIE KNIGHT	09	NANAIMO & DISTRICT TRACK & FI	1.30m
3	258 NOLAN SMITH	09	NANAIMO & DISTRICT TRACK & FI	1.30m
5	110 AIDAN DICKINSON	09	ATHLETICS VICTORIA TRACK AND F	1.25m
6	260 ELIJAH TAIT	09	NANAIMO & DISTRICT TRACK & FI	1.20m
7	277 GRIFFIN MORSE	09	OCEANSIDE TRACK & FIELD CLUB	1.15m
7	280 DEVON SCHNIDER	09	OCEANSIDE TRACK & FIELD CLUB	1.15m
---	195 MASON MARTIN	09	COWICHAN VALLEY ATHLETIC CLU	NH

### Men 14-15 High Jump

	Name	Yr	Team	Finals
<b>Finals</b>				
1	176 WALKER SMITS	08	COMOX VALLEY COUGARS	1.40m

### Men 16-17 High Jump

	Name	Yr	Team	Finals
<b>Finals</b>				
1	181 KAYDEN U-MING	06	COMOX VALLEY COUGARS	1.65m

### Men 9 Long Jump

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	269 CHASE BRITAIN	13	OCEANSIDE TRACK & FIELD CLUB	3.22m	NWI
2	226 GEORGE HOWARD	13	NANAIMO & DISTRICT TRACK & FI	3.12m	NWI
3	276 THOMAS LUKSAY	13	OCEANSIDE TRACK & FIELD CLUB	3.01m	NWI
4	219 COLTEN FONTAINE	13	NANAIMO & DISTRICT TRACK & FI	2.99m	NWI
5	282 CONNOR SCOTT	13	OCEANSIDE TRACK & FIELD CLUB	2.85m	NWI
6	266 ALBERT YEARSLEY	13	NANAIMO & DISTRICT TRACK & FI	2.44m	NWI
7	267 KAI AIKMAN - HEIR	13	OCEANSIDE TRACK & FIELD CLUB	2.32m	NWI
8	314 TIMONE WESS	13	OCEANSIDE TRACK & FIELD CLUB	1.96m	NWI

### Men 10 Long Jump

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	256 JACOB SINCLAIR	12	NANAIMO & DISTRICT TRACK & FI	3.22m	NWI
2	170 GAVIN ROSE	12	COMOX VALLEY COUGARS	3.14m	NWI
3	198 LIAM RAMSTEAD	12	COWICHAN VALLEY ATHLETIC CLU	3.06m	NWI
4	308 SHAVAN PILLAY	12	UNATTACHED BRITISH COLUMBIA	2.82m	NWI

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**Men 11 Year Olds Long Jump**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	313 XAVIER CLARK	11	COMOX VALLEY COUGARS	3.83m	NWI
2	182 HUDSON VAN TONGEREN	11	COMOX VALLEY COUGARS	3.76m	NWI
3	284 GABRIEL WILLERS	11	OCEANSIDE TRACK & FIELD CLUB	3.68m	NWI
4	241 FINN OLSEN	11	NANAIMO & DISTRICT TRACK & FIELD CLUB	3.55m	NWI
5	148 MAX BARNER	11	COMOX VALLEY COUGARS	3.51m	NWI
6	196 CHRISTOPHER MULLER	11	COWICHAN VALLEY ATHLETIC CLUB	3.50m	NWI
7	169 OWEN PENDAK	11	COMOX VALLEY COUGARS	3.48m	NWI
8	278 HUDSON PALICHUK	11	OCEANSIDE TRACK & FIELD CLUB	3.42m	NWI
9	288 COEN HOLMGREN	11	PENINSULA TRACK & FIELD CLUB	3.24m	NWI
10	290 CHRISTOPHER PARFIT	11	PENINSULA TRACK & FIELD CLUB	3.21m	NWI
11	199 ZACHARY RAMSTEAD	11	COWICHAN VALLEY ATHLETIC CLUB	2.80m	NWI

**Men 12 Year Olds Long Jump**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	145 BOSCO TEUFEL	10	CAMPBELL RIVER COMETS	4.51m	NWI
2	275 JONAH KOLEN-LEE	10	OCEANSIDE TRACK & FIELD CLUB	4.00m	NWI
2	153 BENJAMIN GALIK	10	COMOX VALLEY COUGARS	4.00m	NWI
4	115 DANIEL HILL	10	ATHLETICS VICTORIA TRACK AND FIELD CLUB	3.60m	NWI
5	257 OLIVER SINCLAIR	10	NANAIMO & DISTRICT TRACK & FIELD CLUB	3.48m	NWI
6	200 CONNOR THOMPSON	10	COWICHAN VALLEY ATHLETIC CLUB	3.29m	NWI
7	231 RYAN LUCH	10	NANAIMO & DISTRICT TRACK & FIELD CLUB	3.24m	NWI
8	197 SAMUEL NICKOLICHUK	10	COWICHAN VALLEY ATHLETIC CLUB	3.05m	NWI

**Men 13 Year Olds Long Jump**

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	114 LIAM GRANGE	09	ATHLETICS VICTORIA TRACK AND FIELD CLUB	4.50m	NWI
2	168 OREN PATTERSON	09	COMOX VALLEY COUGARS	4.42m	NWI
3	272 BOWEN FOLK	09	OCEANSIDE TRACK & FIELD CLUB	4.37m	NWI
4	174 SIMON SMALLACOMBE	09	COMOX VALLEY COUGARS	4.30m	NWI
5	130 CARTER GRANSON	09	CAMPBELL RIVER COMETS	4.13m	NWI
6	229 CHARLIE KNIGHT	09	NANAIMO & DISTRICT TRACK & FIELD CLUB	4.06m	NWI
7	195 MASON MARTIN	09	COWICHAN VALLEY ATHLETIC CLUB	3.87m	NWI
8	260 ELIJAH TAIT	09	NANAIMO & DISTRICT TRACK & FIELD CLUB	3.68m	NWI
9	110 AIDAN DICKINSON	09	ATHLETICS VICTORIA TRACK AND FIELD CLUB	3.66m	NWI
10	213 ANTHONY BORTOLIN	09	NANAIMO & DISTRICT TRACK & FIELD CLUB	3.65m	NWI
11	126 EDWIN CLEMENTS	09	CAMPBELL RIVER COMETS	3.48m	NWI
12	280 DEVON SCHNIDER	09	OCEANSIDE TRACK & FIELD CLUB	3.38m	NWI
13	116 TRUMAN LEBRUN	09	ATHLETICS VICTORIA TRACK AND FIELD CLUB	2.75m	NWI





### Men 14-15 Long Jump

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	120 ROWAN TROUSIL	07	ATHLETICS VICTORIA TRACK AND F	5.07m	+0.0
2	180 TIMOTHY TOEWS	07	COMOX VALLEY COUGARS	4.65m	+0.0
3	172 TYSON SERVOS	08	COMOX VALLEY COUGARS	4.36m	+0.0
4	176 WALKER SMITS	08	COMOX VALLEY COUGARS	4.30m	0.2
5	137 GRAHAM MACKENZIE	07	CAMPBELL RIVER COMETS	3.54m	0.3

### Men 16-17 Long Jump

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	171 JUSTIN SERVOS	06	COMOX VALLEY COUGARS	6.06m	0.1
2	281 TAYLOR SCHNIDER	06	OCEANSIDE TRACK & FIELD CLUB	5.23m	+0.0
3	181 KAYDEN U-MING	06	COMOX VALLEY COUGARS	5.07m	0.3

### Men 90-94 Long Jump

	Name	Yr	Team	Finals	Wind
<b>Finals</b>					
1	223 JOE GIEGERICH	32	NANAIMO & DISTRICT TRACK & FI	2.06m	+0.0

### Men 9 Shot Put 2 kg

	Name	Yr	Team	Finals
<b>Finals</b>				
1	227 BALIAN KAPLYCZ-KEOWN	13	NANAIMO & DISTRICT TRACK & FI	5.31m
2	269 CHASE BRITAIN	13	OCEANSIDE TRACK & FIELD CLUB	4.58m
3	219 COLTEN FONTAINE	13	NANAIMO & DISTRICT TRACK & FI	4.45m
4	267 KAI AIKMAN - HEIR	13	OCEANSIDE TRACK & FIELD CLUB	4.30m
5	276 THOMAS LUKSAY	13	OCEANSIDE TRACK & FIELD CLUB	3.86m
6	226 GEORGE HOWARD	13	NANAIMO & DISTRICT TRACK & FI	3.59m
7	282 CONNOR SCOTT	13	OCEANSIDE TRACK & FIELD CLUB	3.42m

### Men 10 Shot Put 2 kg

	Name	Yr	Team	Finals
<b>Finals</b>				
1	198 LIAM RAMSTEAD	12	COWICHAN VALLEY ATHLETIC CLU	5.56m
2	308 SHAVAN PILLAY	12	UNATTACHED BRITISH COLUMBIA	4.57m

### Men 11 Year Olds Shot Put 2 kg

	Name	Yr	Team	Finals
<b>Finals</b>				
1	284 GABRIEL WILLERS	11	OCEANSIDE TRACK & FIELD CLUB	7.93m
2	241 FINN OLSEN	11	NANAIMO & DISTRICT TRACK & FI	6.79m
3	196 CHRISTOPHER MULLER	11	COWICHAN VALLEY ATHLETIC CLU	6.35m
4	199 ZACHARY RAMSTEAD	11	COWICHAN VALLEY ATHLETIC CLU	5.66m
5	261 KYLE TURKINGTON	11	NANAIMO & DISTRICT TRACK & FI	5.42m
6	290 CHRISTOPHER PARFIT	11	PENINSULA TRACK & FIELD CLUB	5.25m
7	288 COEN HOLMGREN	11	PENINSULA TRACK & FIELD CLUB	4.69m



**Men 12 Year Olds Shot Put 3 kg**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	145 BOSCO TEUFEL	10	CAMPBELL RIVER COMETS	12.13m
2	153 BENJAMIN GALIK	10	COMOX VALLEY COUGARS	7.73m
3	200 CONNOR THOMPSON	10	COWICHAN VALLEY ATHLETIC CLU	6.77m
4	115 DANIEL HILL	10	ATHLETICS VICTORIA TRACK AND F	6.35m
5	194 ROBERT LAZENBY	10	COWICHAN VALLEY ATHLETIC CLU	5.91m
6	211 ANDREW BITONTI	10	NANAIMO & DISTRICT TRACK & FI	4.82m

**Men 13 Year Olds Shot Put 3 kg**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	260 ELIJAH TAIT	09	NANAIMO & DISTRICT TRACK & FI	8.24m
2	280 DEVON SCHNIDER	09	OCEANSIDE TRACK & FIELD CLUB	7.77m
3	146 KAIDEN WARN	09	CAMPBELL RIVER COMETS	7.44m
4	272 BOWEN FOLK	09	OCEANSIDE TRACK & FIELD CLUB	7.35m
5	195 MASON MARTIN	09	COWICHAN VALLEY ATHLETIC CLU	5.71m

**Men 14-15 Shot Put 4 kg**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	140 RYANN MANSER	07	CAMPBELL RIVER COMETS	11.73m
2	285 EGAN FRANEY	08	PENINSULA TRACK & FIELD CLUB	9.67m
3	165 THOMAS MACDONNELL	07	COMOX VALLEY COUGARS	8.54m
4	172 TYSON SERVOS	08	COMOX VALLEY COUGARS	6.63m
5	142 MADRID PALMER	08	CAMPBELL RIVER COMETS	6.12m

**Men 20-34 Shot Put 7.26 kg**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	299 ETHAN BULLIVANT	99	UNATTACHED BRITISH COLUMBIA	13.40m

**Men 45-49 Shot Put 7.26 kg**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	263 PHILLIP VANNINI	74	NANAIMO & DISTRICT TRACK & FI	11.78m

**Men 50-59 Shot Put 6 kg**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	188 MIKE DAILEY	63	COWICHAN VALLEY ATHLETIC CLU	9.64m



### Men 11 Year Olds Discus Throw 750 g

	Name	Yr	Team	Finals
<b>Finals</b>				
1	241 FINN OLSEN	11	NANAIMO & DISTRICT TRACK & FI	17.63m
2	284 GABRIEL WILLERS	11	OCEANSIDE TRACK & FIELD CLUB	17.16m
3	196 CHRISTOPHER MULLER	11	COWICHAN VALLEY ATHLETIC CLU	13.19m
4	290 CHRISTOPHER PARFIT	11	PENINSULA TRACK & FIELD CLUB	11.86m
5	199 ZACHARY RAMSTEAD	11	COWICHAN VALLEY ATHLETIC CLU	10.52m
6	288 COEN HOLMGREN	11	PENINSULA TRACK & FIELD CLUB	8.48m

### Men 12 Year Olds Discus Throw 1 kg

	Name	Yr	Team	Finals
<b>Finals</b>				
1	153 BENJAMIN GALIK	10	COMOX VALLEY COUGARS	22.13m
2	275 JONAH KOLEN-LEE	10	OCEANSIDE TRACK & FIELD CLUB	19.32m
3	115 DANIEL HILL	10	ATHLETICS VICTORIA TRACK AND F	15.12m
4	200 CONNOR THOMPSON	10	COWICHAN VALLEY ATHLETIC CLU	14.12m
5	194 ROBERT LAZENBY	10	COWICHAN VALLEY ATHLETIC CLU	13.26m

### Men 13 Year Olds Discus Throw 1 kg

	Name	Yr	Team	Finals
<b>Finals</b>				
1	146 KAIDEN WARN	09	CAMPBELL RIVER COMETS	19.41m
2	260 ELIJAH TAIT	09	NANAIMO & DISTRICT TRACK & FI	19.27m
3	280 DEVON SCHNIDER	09	OCEANSIDE TRACK & FIELD CLUB	18.98m
4	272 BOWEN FOLK	09	OCEANSIDE TRACK & FIELD CLUB	18.77m
5	195 MASON MARTIN	09	COWICHAN VALLEY ATHLETIC CLU	15.43m
6	130 CARTER GRANSON	09	CAMPBELL RIVER COMETS	15.29m
7	110 AIDAN DICKINSON	09	ATHLETICS VICTORIA TRACK AND F	14.18m
8	116 TRUMAN LEBRUN	09	ATHLETICS VICTORIA TRACK AND F	13.94m

### Men 14-15 Discus Throw 1 kg

	Name	Yr	Team	Finals
<b>Finals</b>				
1	285 EGAN FRANEY	08	PENINSULA TRACK & FIELD CLUB	32.40m
2	172 TYSON SERVOS	08	COMOX VALLEY COUGARS	23.31m
3	142 MADRID PALMER	08	CAMPBELL RIVER COMETS	19.79m

### Men 16-17 Discus Throw 1.5 kg

	Name	Yr	Team	Finals
<b>Finals</b>				
1	242 GILL PARCHER	05	NANAIMO & DISTRICT TRACK & FI	30.64m

### Men 20-34 Discus Throw 2 kg

	Name	Yr	Team	Finals
<b>Finals</b>				
1	299 ETHAN BULLIVANT	99	UNATTACHED BRITISH COLUMBIA	42.01m



**Men 45-49 Discus Throw 2 kg**

	Name	Yr	Team	Finals
Finals				
1	263 PHILLIP VANNINI	74	NANAIMO & DISTRICT TRACK & FI	36.73m

**Men 50-59 Discus Throw 1.5 kg**

	Name	Yr	Team	Finals
Finals				
1	188 MIKE DAILEY	63	COWICHAN VALLEY ATHLETIC CLU	30.72m

**Men 12 Year Olds Hammer Throw 3 kg**

	Name	Yr	Team	Finals
Finals				
1	175 HOLDEN SMITS	10	COMOX VALLEY COUGARS	22.32m
2	257 OLIVER SINCLAIR	10	NANAIMO & DISTRICT TRACK & FI	13.13m
3	197 SAMUEL NICKOLICHUK	10	COWICHAN VALLEY ATHLETIC CLU	10.85m

**Men 13 Year Olds Hammer Throw 3 kg**

	Name	Yr	Team	Finals
Finals				
1	280 DEVON SCHNIDER	09	OCEANSIDE TRACK & FIELD CLUB	18.95m

**Men 14-15 Hammer Throw 4 kg**

	Name	Yr	Team	Finals
Finals				
1	254 HUNTER SHURNIAK	07	NANAIMO & DISTRICT TRACK & FI	33.46m
2	285 EGAN FRANEY	08	PENINSULA TRACK & FIELD CLUB	26.44m
3	172 TYSON SERVOS	08	COMOX VALLEY COUGARS	19.49m

**Men 18-19 Hammer Throw 6 kg**

	Name	Yr	Team	Finals
Finals				
1	238 SAMUEL MORRISON	04	NANAIMO & DISTRICT TRACK & FI	25.82m

**Men 20-34 Hammer Throw 7.26 kg Elit**

	Name	Yr	Team	Finals
Finals				
1	122 SAM WILLETT	97	ATHLETICS VICTORIA TRACK AND F	58.99m

**Men 20-34 Hammer Throw 7.26 kg**

	Name	Yr	Team	Finals
Finals				
1	299 ETHAN BULLIVANT	99	UNATTACHED BRITISH COLUMBIA	38.03m

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**Men 40-44 Hammer Throw 7.26 kg**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	287 AARON HOLMGREN	82	PENINSULA TRACK & FIELD CLUB	22.83m

**Men 10 Year Olds Javelin Throw 400 g**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	198 LIAM RAMSTEAD	12	COWICHAN VALLEY ATHLETIC CLU	15.78m
2	256 JACOB SINCLAIR	12	NANAIMO & DISTRICT TRACK & FI	15.39m
3	170 GAVIN ROSE	12	COMOX VALLEY COUGARS	14.51m
4	314 TIMONE WESS	13	OCEANSIDE TRACK & FIELD CLUB	7.12m

**Men 11 Year Olds Javelin Throw 400 g**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	241 FINN OLSEN	11	NANAIMO & DISTRICT TRACK & FI	22.47m
2	284 GABRIEL WILLERS	11	OCEANSIDE TRACK & FIELD CLUB	20.50m
3	278 HUDSON PALICHUK	11	OCEANSIDE TRACK & FIELD CLUB	15.55m
4	196 CHRISTOPHER MULLER	11	COWICHAN VALLEY ATHLETIC CLU	14.39m
5	228 SOLOMON KAPLYCZ-KEOWI	11	NANAIMO & DISTRICT TRACK & FI	12.95m
6	290 CHRISTOPHER PARFIT	11	PENINSULA TRACK & FIELD CLUB	11.51m
7	199 ZACHARY RAMSTEAD	11	COWICHAN VALLEY ATHLETIC CLU	6.98m

**Men 12 Year Olds Javelin Throw 500 g**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	275 JONAH KOLEN-LEE	10	OCEANSIDE TRACK & FIELD CLUB	26.10m
2	200 CONNOR THOMPSON	10	COWICHAN VALLEY ATHLETIC CLU	23.21m
3	153 BENJAMIN GALIK	10	COMOX VALLEY COUGARS	22.99m
4	175 HOLDEN SMITS	10	COMOX VALLEY COUGARS	19.58m
5	115 DANIEL HILL	10	ATHLETICS VICTORIA TRACK AND F	15.18m
6	211 ANDREW BITONTI	10	NANAIMO & DISTRICT TRACK & FI	11.60m
7	197 SAMUEL NICKOLICHUK	10	COWICHAN VALLEY ATHLETIC CLU	9.93m
8	257 OLIVER SINCLAIR	10	NANAIMO & DISTRICT TRACK & FI	8.41m



### Men 13 Year Olds Javelin Throw 500 g

	Name	Yr	Team	Finals
<b>Finals</b>				
1	272 BOWEN FOLK	09	OCEANSIDE TRACK & FIELD CLUB	27.18m
2	273 TYSON GUY	09	OCEANSIDE TRACK & FIELD CLUB	24.85m
3	130 CARTER GRANSON	09	CAMPBELL RIVER COMETS	24.80m
4	168 OREN PATTERSON	09	COMOX VALLEY COUGARS	24.12m
5	258 NOLAN SMITH	09	NANAIMO & DISTRICT TRACK & FIELD CLUB	21.55m
6	114 LIAM GRANGE	09	ATHLETICS VICTORIA TRACK AND FIELD CLUB	19.16m
7	126 EDWIN CLEMENTS	09	CAMPBELL RIVER COMETS	16.61m
8	116 TRUMAN LEBRUN	09	ATHLETICS VICTORIA TRACK AND FIELD CLUB	16.18m
9	229 CHARLIE KNIGHT	09	NANAIMO & DISTRICT TRACK & FIELD CLUB	15.58m
10	280 DEVON SCHNIDER	09	OCEANSIDE TRACK & FIELD CLUB	14.78m
11	277 GRIFFIN MORSE	09	OCEANSIDE TRACK & FIELD CLUB	14.59m
12	195 MASON MARTIN	09	COWICHAN VALLEY ATHLETIC CLUB	13.57m

### Men 14-15 Javelin Throw 600 g

	Name	Yr	Team	Finals
<b>Finals</b>				
1	165 THOMAS MACDONNELL	07	COMOX VALLEY COUGARS	40.85m
2	254 HUNTER SHURNIAK	07	NANAIMO & DISTRICT TRACK & FIELD CLUB	38.72m
3	285 EGAN FRANEY	08	PENINSULA TRACK & FIELD CLUB	37.47m
4	172 TYSON SERVOS	08	COMOX VALLEY COUGARS	33.01m
5	176 WALKER SMITS	08	COMOX VALLEY COUGARS	19.55m

### Men 16-17 Javelin Throw 700 g

	Name	Yr	Team	Finals
<b>Finals</b>				
1	181 KAYDEN U-MING	06	COMOX VALLEY COUGARS	45.03m
2	171 JUSTIN SERVOS	06	COMOX VALLEY COUGARS	41.38m

### Men 90-94 Javelin Throw 400 g

	Name	Yr	Team	Finals
<b>Finals</b>				
1	223 JOE GIEGERICH	32	NANAIMO & DISTRICT TRACK & FIELD CLUB	14.40m

### Men 18-19 400 Meter Dash

	Name	Yr	Team	Finals	H#
<b>Finals</b>					
1	124 AYDEN CHAMBERS	04	BALLENAS SECONDARY	54.8h	2
2	264 JAYDEN WATSON	04	NANAIMO & DISTRICT TRACK & FIELD CLUB	55.7h	2
3	300 EZRA FROST	04	UNATTACHED BRITISH COLUMBIA	56.10	2
4	246 JAKE PUTZ	04	NANAIMO & DISTRICT TRACK & FIELD CLUB	56.9h	2
5	204 WILLIAM FLINT	04	MID ISLAND DISTANCE	57.2h	2



### Men 20-34 400 Meter Dash

	Name	Yr	Team	Finals
Finals				
1	310 MATTHEW WINKLER	88	UNATTACHED BRITISH COLUMBIA	55.8h

### Men 40-44 400 Meter Dash

	Name	Yr	Team	Finals
Finals				
1	287 AARON HOLMGREN	82	PENINSULA TRACK & FIELD CLUB	1:11.4h

### Men 75-79 400 Meter Dash

	Name	Yr	Team	Finals
Finals				
1	203 MARK STEWART	44	GREYHOUNDS MASTERS TRACK &	1:13.3h
2	250 TERRY RIGGINS	47	NANAIMO & DISTRICT TRACK & FI	1:18.4h

### Men 40-44 3000 Meter Run

	Name	Yr	Team	Finals
Finals				
---	287 AARON HOLMGREN	82	PENINSULA TRACK & FIELD CLUB	DNF

### Women 40-44 3000 Meter Run

	Name	Yr	Team	Finals
Finals				
1	113 ADRIENNE GRANGE	78	ATHLETICS VICTORIA TRACK AND I	13:52.9h

### Men 45-49 3000 Meter Run

	Name	Yr	Team	Finals
Finals				
1	150 MARK CRYDERMAN	73	COMOX VALLEY COUGARS	9:29.3h
2	162 JERRY LOEB	74	COMOX VALLEY COUGARS	9:58.0h

### Men 55-59 3000 Meter Run

	Name	Yr	Team	Finals
Finals				
1	301 NEIL HOLM	66	UNATTACHED BRITISH COLUMBIA	10:06.7h

### Boys 9 800 Meter Race Walk

	Name	Yr	Team	Finals
Finals				
1	282 CONNOR SCOTT	13	OCEANSIDE TRACK & FIELD CLUB	6:48.8h

### Girls 9 800 Meter Race Walk

	Name	Yr	Team	Finals
Finals				
1	217 FIONA CUNNING	13	NANAIMO & DISTRICT TRACK & FI	6:40.8h



**Girls 11 800 Meter Race Walk**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	233 SOFIA LUNDMAN	11	NANAIMO & DISTRICT TRACK & FI	4:48.1h
2	215 ROWAN CLARKE	11	NANAIMO & DISTRICT TRACK & FI	4:55.4h
3	201 ALICA VALASTIAK	11	COWICHAN VALLEY ATHLETIC CLU	5:31.7h
---	225 EVELYN HOWARD	11	NANAIMO & DISTRICT TRACK & FI	DQ

**Girls 12 800 Meter Race Walk**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	245 KEERA PILLAY	10	NANAIMO & DISTRICT TRACK & FI	6:22.0h

**Boys 12 800 Meter Race Walk**

	Name	Yr	Team	Finals
<b>Finals</b>				
---	216 CARTER CUNNING	10	NANAIMO & DISTRICT TRACK & FI	DQ

**Girls 13 1500 Meter Race Walk**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	237 ANISHKA MOONSAMY	09	NANAIMO & DISTRICT TRACK & FI	13:13.4h
2	302 AVERY KLAN	09	UNATTACHED BRITISH COLUMBIA	17:14.3h
---	271 SOPHIA DESVAUX	09	OCEANSIDE TRACK & FIELD CLUB	DQ

**Women 14-15 1500 Meter Race Walk**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	135 CASEY KENNEDY	08	CAMPBELL RIVER COMETS	10:42.5h

**Women 16-17 5000 Meter Race Walk**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	232 ANNIKA LUNDMAN	06	NANAIMO & DISTRICT TRACK & FI	29:33.6h

**Men 18-19 5000 Meter Race Walk**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	238 SAMUEL MORRISON	04	NANAIMO & DISTRICT TRACK & FI	27:09.3h

**Women 35-99 5000 Meter Race Walk**

	Name	Yr	Team	Finals
<b>Finals</b>				
1	307 JESSICA PHILLIPS	86	UNATTACHED BRITISH COLUMBIA	28:53.5h