

Girls 9 60 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	260 Bewsey, Olivia	13	Oceanside Track & Field Club	10.91	NWI	4
2	268 Hunter, Matilda	13	Oceanside Track & Field Club	10.92	NWI	4
3	101 Messenger, Ruby	13	Alberni Valley Track Club	11.57	NWI	4
4	272 Palichuk, Memphis	13	Oceanside Track & Field Club	11.81	NWI	4
5	240 Reilly, Caylen	13	Nanaimo & District Track & Fie	12.46	NWI	4
6	114 Michaels-Van Zandwij, Irene	13	Athletics Victoria Track and F	13.77	NWI	4

Girls 10 60 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	171 Erickson, Sydnee	12	Cowichan Valley Athletic Club	10.01	NWI	3
2	289 Romaine, Natalya	12	Peninsula Track & Field Club	10.25	NWI	3
3	188 Munro, Hannah	12	Cowichan Valley Athletic Club	10.29	NWI	3
4	160 Wesner, Meadow	12	Comox Valley Cougars	11.06	NWI	3
5	264 Cupples, Callie	12	Oceanside Track & Field Club	11.20	NWI	3

Girls 11 60 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	138 Curtis, Phoebe	11	Comox Valley Cougars	8.86	NWI	1
2	255 Webber, Skyla	11	Nanaimo & District Track & Fie	9.54	NWI	1
3	127 Granson, Kinley	11	Campbell River Comets	9.71	NWI	1
4	239 Reilly, Brynne	11	Nanaimo & District Track & Fie	10.02	NWI	1
5	174 Gough, Callie	11	Cowichan Valley Athletic Club	10.27	NWI	2
6	133 MacKenzie, Makayla	11	Campbell River Comets	10.37	NWI	2
7	221 Fontaine, Maika	11	Nanaimo & District Track & Fie	10.52	NWI	2
8	124 Burrows, Asha	11	Campbell River Comets	10.57	NWI	2
9	226 Henning, Rhaedyn	11	Nanaimo & District Track & Fie	10.60	NWI	2
10	231 Lundman, Sofia	11	Nanaimo & District Track & Fie	10.72	NWI	1
11	275 Scott, Madison	11	Oceanside Track & Field Club	11.22	NWI	1

Girls 12 300 Meter Dash

	Name	Yr	Team	Finals	H#
1	283 Haynes, Rosie	10	Peninsula Track & Field Club	49.73	2
2	296 Wynne-Edwards, Alice	10	Peninsula Track & Field Club	56.87	2

Girls 13 300 Meter Dash

	Name	Yr	Team	Finals	H#
1	142 Lewis, Addison	09	Comox Valley Cougars	45.90	2
2	292 Stogdon, Molly	09	Peninsula Track & Field Club	51.49	2
3	130 John-Cliffe, Jodynn	09	Campbell River Comets	53.13	2
4	132 MacKenzie, Kendra	09	Campbell River Comets	53.17	2

Women 14-15 300 Meter Dash

	Name	Yr	Team	Finals
1	159 Wesner, Maile	08	Comox Valley Cougars	46.55
2	242 Robinson, Shae-Lynn	08	Nanaimo & District Track & Fie	48.02
3	157 Steele, Zoe	08	Comox Valley Cougars	49.46
4	161 Zaal, Kylie	08	Comox Valley Cougars	50.14
5	139 Doty-Brown, Payge	07	Comox Valley Cougars	51.48
6	156 Steele, Kiera	08	Comox Valley Cougars	52.69

Girls 9 600 Meter Run

	Name	Yr	Team	Finals	H#
1	101 Messenger, Ruby	13	Alberni Valley Track Club	2:34.85	2
2	240 Reilly, Caylen	13	Nanaimo & District Track & Fie	2:35.87	2
3	114 Michaels-Van Zandwijk, Irene	13	Athletics Victoria Track and F	2:44.14	2
4	217 Cunning, Fiona	13	Nanaimo & District Track & Fie	2:46.51	2

Girls 10 600 Meter Run

	Name	Yr	Team	Finals	H#
1	289 Romaine, Natalya	12	Peninsula Track & Field Club	2:07.12	2
2	278 Antonik, Maya	12	Peninsula Track & Field Club	2:25.41	2

Girls 11 600 Meter Run

	Name	Yr	Team	Finals
1	127 Granson, Kinley	11	Campbell River Comets	2:05.48
2	239 Reilly, Brynne	11	Nanaimo & District Track & Fie	2:10.69
3	227 Howard, Evelyn	11	Nanaimo & District Track & Fie	2:14.06
4	133 MacKenzie, Makayla	11	Campbell River Comets	2:14.53
5	231 Lundman, Sofia	11	Nanaimo & District Track & Fie	2:14.80
6	199 Valastiak, Alica	11	Cowichan Valley Athletic Club	2:28.61
7	237 Park, Katelyn	11	Nanaimo & District Track & Fie	2:29.77
8	275 Scott, Madison	11	Oceanside Track & Field Club	2:30.99

Girls 9 1000 Meter Run

	Name	Yr	Team	Finals
1	260 Bewsey, Olivia	13	Oceanside Track & Field Club	4:04.83
2	101 Messenger, Ruby	13	Alberni Valley Track Club	4:31.43
3	103 Sanderson, Natalie	13	Alberni Valley Track Club	4:35.94
4	102 Sanderson, Locklynn	13	Alberni Valley Track Club	4:52.07
5	240 Reilly, Caylen	13	Nanaimo & District Track & Fie	4:53.16
6	272 Palichuk, Memphis	13	Oceanside Track & Field Club	5:11.36

Girls 10 1000 Meter Run

	Name	Yr	Team	Finals
1	289 Romaine, Natalya	12	Peninsula Track & Field Club	3:48.87

Girls 11 1000 Meter Run

	Name	Yr	Team	Finals
1	239 Reilly, Brynne	11	Nanaimo & District Track & Fie	3:58.74
2	231 Lundman, Sofia	11	Nanaimo & District Track & Fie	4:02.91
3	133 MacKenzie, Makayla	11	Campbell River Comets	4:11.84
4	275 Scott, Madison	11	Oceanside Track & Field Club	5:01.12

Girls 13 2000 Meter Run

	Name	Yr	Team	Finals
1	175 Gough, Charlotte	09	Cowichan Valley Athletic Club	7:47.77

Girls 9 Year Olds 60 Meter Hurdles 6 x 21"

	Name	Yr	Team	Finals	Wind
1	260 Bewsey, Olivia	13	Oceanside Track & Field Club	13.24	NWI
2	268 Hunter, Matilda	13	Oceanside Track & Field Club	13.73	NWI
3	101 Messenger, Ruby	13	Alberni Valley Track Club	14.52	NWI
4	272 Palichuk, Memphis	13	Oceanside Track & Field Club	14.66	NWI
5	240 Reilly, Caylen	13	Nanaimo & District Track & Fie	15.08	NWI
6	217 Cunning, Fiona	13	Nanaimo & District Track & Fie	16.10	NWI

Girls 10 60 Meter Hurdles 6 x 24"

	Name	Yr	Team	Finals	Wind	H#
1	289 Romaine, Natalya	12	Peninsula Track & Field Club	13.12	NWI	3
2	171 Erickson, Sydnee	12	Cowichan Valley Athletic Club	13.25	NWI	3
3	188 Munro, Hannah	12	Cowichan Valley Athletic Club	13.40	NWI	3
4	160 Wesner, Meadow	12	Comox Valley Cougars	14.55	NWI	3

Girls 11 60 Meter Hurdles 6 x 24"

	Name	Yr	Team	Finals	Wind	H#
1	255 Webber, Skyla	11	Nanaimo & District Track & Fie	12.27	-0.2	1
2	133 MacKenzie, Makayla	11	Campbell River Comets	13.47	NWI	2
3	239 Reilly, Brynne	11	Nanaimo & District Track & Fie	13.52	NWI	2
4	226 Henning, Rhaedyn	11	Nanaimo & District Track & Fie	14.23	NWI	2
5	231 Lundman, Sofia	11	Nanaimo & District Track & Fie	14.43	-0.2	1
6	221 Fontaine, Maika	11	Nanaimo & District Track & Fie	14.57	-0.2	1
7	275 Scott, Madison	11	Oceanside Track & Field Club	15.31	-0.2	1
8	199 Valastiak, Alica	11	Cowichan Valley Athletic Club	15.34	NWI	2

Girls 12 Year Olds 80 Meter Hurdles 8 x 27"

	Name	Yr	Team	Finals	Wind
1	108 Fielding, Sabrina	10	Athletics Victoria Track and F	15.46	-0.3
2	162 Beaton, Arianna	10	Cowichan Valley Athletic Club	17.03	-0.3
3	279 Clark, Elsa	10	Peninsula Track & Field Club	18.44	-0.3

Girls 12 Year Olds 200 Meter Hurdles 5 x 24"

	Name	Yr	Team	Finals	Wind
1	108 Fielding, Sabrina	10	Athletics Victoria Track and F	37.45	NWI

Girls 13 Year Olds 200 Meter Hurdles 5 x 27"

	Name	Yr	Team	Finals	Wind
1	142 Lewis, Addison	09	Comox Valley Cougars	32.15	NWI
2	211 Bell, Tessa	09	Nanaimo & District Track & Fie	33.64	NWI
3	158 Weiss, Abby	09	Comox Valley Cougars	35.41	NWI

Women 14-15 300 Meter Hurdles 7 x 30"

	Name	Yr	Team	Finals
1	159 Wesner, Maile	08	Comox Valley Cougars	54.77
2	161 Zaal, Kylie	08	Comox Valley Cougars	56.26
3	173 Forcier, Makenna	08	Cowichan Valley Athletic Club	56.88
4	172 Foo, Satya	07	Cowichan Valley Athletic Club	56.91

Girls 9 High Jump

	Name	Yr	Team	Finals
1	260 Bewsey, Olivia	13	Oceanside Track & Field Club	1.00m
2	101 Messenger, Ruby	13	Alberni Valley Track Club	0.90m
2	102 Sanderson, Locklynn	13	Alberni Valley Track Club	0.90m
4	103 Sanderson, Natalie	13	Alberni Valley Track Club	0.85m
---	272 Palichuk, Memphis	13	Oceanside Track & Field Club	NH

Girls 10 High Jump

	Name	Yr	Team	Finals
1	171 Erickson, Sydnee	12	Cowichan Valley Athletic Club	1.10m
2	160 Wesner, Meadow	12	Comox Valley Cougars	1.05m
3	289 Romaine, Natalya	12	Peninsula Track & Field Club	1.00m

Girls 11 Year Olds High Jump

	Name	Yr	Team	Finals
1	231 Lundman, Sofia	11	Nanaimo & District Track & Fie	1.15m
2	255 Webber, Skyla	11	Nanaimo & District Track & Fie	J1.15m
3	226 Henning, Rhaedyn	11	Nanaimo & District Track & Fie	1.00m
4	199 Valastiak, Alica	11	Cowichan Valley Athletic Club	0.95m

Girls 12 Year Olds High Jump

	Name	Yr	Team	Finals
1	162 Beaton, Arianna	10	Cowichan Valley Athletic Club	1.15m
2	287 Parkes, Kinsley	10	Peninsula Track & Field Club	1.00m

Girls 13 Year Olds High Jump

	Name	Yr	Team	Finals
1	211 Bell, Tessa	09	Nanaimo & District Track & Fie	1.40m
2	129 Harvey, Claire	09	Campbell River Comets	1.35m
3	175 Gough, Charlotte	09	Cowichan Valley Athletic Club	1.25m
4	201 Weir, Nevaeh	09	Cowichan Valley Athletic Club	J1.25m
5	132 MacKenzie, Kendra	09	Campbell River Comets	1.20m
6	142 Lewis, Addison	09	Comox Valley Cougars	J1.20m
7	130 John-Cliffe, Jodyn	09	Campbell River Comets	1.15m
---	234 Moonsamy, Anishka	09	Nanaimo & District Track & Fie	NH

Women 14-15 High Jump

	Name	Yr	Team	Finals
1	121 Wedmann-Kent, Nova	07	Athletics Victoria Track and F	1.50m
2	137 Burry, Erika	07	Comox Valley Cougars	1.35m
3	123 Williams, Ella	07	Athletics Victoria Track and F	J1.35m
4	173 Forcier, Makenna	08	Cowichan Valley Athletic Club	1.30m
5	163 Beaton, Sophia	07	Cowichan Valley Athletic Club	1.25m
6	164 Blumel, Annette	07	Cowichan Valley Athletic Club	J1.25m

Girls 9 Year Olds Long Jump

	Name	Yr	Team	Finals	Wind
1	260 Bewsey, Olivia	13	Oceanside Track & Field Club	2.61m	NWI
2	272 Palichuk, Memphis	13	Oceanside Track & Field Club	2.59m	NWI
3	240 Reilly, Caylen	13	Nanaimo & District Track & Fie	2.38m	NWI
4	268 Hunter, Matilda	13	Oceanside Track & Field Club	2.33m	NWI
5	217 Cuning, Fiona	13	Nanaimo & District Track & Fie	2.04m	NWI
6	101 Messenger, Ruby	13	Alberni Valley Track Club	2.01m	NWI
7	114 Michaels-Van Zandwijn, Irene	13	Athletics Victoria Track and F	1.87m	NWI

Girls 10 Year Olds Long Jump

	Name	Yr	Team	Finals	Wind
1	171 Erickson, Sydnee	12	Cowichan Valley Athletic Club	3.00m	NWI
2	289 Romaine, Natalya	12	Peninsula Track & Field Club	2.63m	NWI
3	160 Wesner, Meadow	12	Comox Valley Cougars	2.56m	NWI
4	264 Cupples, Callie	12	Oceanside Track & Field Club	2.38m	NWI
---	188 Munro, Hannah	12	Cowichan Valley Athletic Club	FOUL	

Girls 11 Year Olds Long Jump

	Name	Yr	Team	Finals	Wind
1	138 Curtis, Phoebe	11	Comox Valley Cougars	3.75m	NWI
2	127 Granson, Kinley	11	Campbell River Comets	3.20m	NWI
3	255 Webber, Skyla	11	Nanaimo & District Track & Fie	3.18m	NWI
4	221 Fontaine, Maika	11	Nanaimo & District Track & Fie	3.12m	NWI
5	239 Reilly, Brynne	11	Nanaimo & District Track & Fie	3.03m	NWI
6	133 MacKenzie, Makayla	11	Campbell River Comets	2.84m	NWI
7	231 Lundman, Sofia	11	Nanaimo & District Track & Fie	2.78m	NWI
8	199 Valastiak, Alica	11	Cowichan Valley Athletic Club	2.56m	NWI
9	226 Henning, Rhaedyn	11	Nanaimo & District Track & Fie	2.54m	NWI
10	227 Howard, Evelyn	11	Nanaimo & District Track & Fie	2.53m	NWI
11	275 Scott, Madison	11	Oceanside Track & Field Club	2.43m	NWI
12	237 Park, Katelyn	11	Nanaimo & District Track & Fie	2.25m	NWI

Girls 12 Year Olds Long Jump

	Name	Yr	Team	Finals	Wind
1	108 Fielding, Sabrina	10	Athletics Victoria Track and F	3.59m	NWI
2	162 Beaton, Arianna	10	Cowichan Valley Athletic Club	3.52m	NWI
3	279 Clark, Elsa	10	Peninsula Track & Field Club	3.36m	NWI
4	135 Samson, Nya	10	Campbell River Comets	3.11m	NWI
5	216 Carter Ruddell, Wren	10	Nanaimo & District Track & Fie	2.27m	NWI

Girls 13 Year Olds Long Jump

	Name	Yr	Team	Finals	Wind
1	142 Lewis, Addison	09	Comox Valley Cougars	4.29m	NWI
2	211 Bell, Tessa	09	Nanaimo & District Track & Fie	4.27m	NWI
3	132 MacKenzie, Kendra	09	Campbell River Comets	3.89m	NWI
4	105 Daly-Hosein, Kai	09	Athletics Victoria Track and F	3.79m	NWI
5	104 Chell, Kajsa	09	Athletics Victoria Track and F	3.78m	NWI
6	129 Harvey, Claire	09	Campbell River Comets	3.76m	NWI
7	244 Shepherd, Charlotte	09	Nanaimo & District Track & Fie	3.75m	NWI
8	175 Gough, Charlotte	09	Cowichan Valley Athletic Club	3.68m	NWI
9	113 Meyer, Isabella	09	Athletics Victoria Track and F	3.26m	NWI
10	158 Weiss, Abby	09	Comox Valley Cougars	3.20m	NWI
11	201 Weir, Nevaeh	09	Cowichan Valley Athletic Club	3.18m	NWI
12	180 Kosty, Amelia	09	Cowichan Valley Athletic Club	3.13m	NWI

Women 14-15 Long Jump

	Name	Yr	Team	Finals	Wind
1	173 Forcier, Makenna	08	Cowichan Valley Athletic Club	4.30m	NWI
2	123 Williams, Ella	07	Athletics Victoria Track and F	4.13m	NWI
3	156 Steele, Kiera	08	Comox Valley Cougars	3.64m	NWI
4	172 Foo, Satya	07	Cowichan Valley Athletic Club	3.64m	NWI
5	164 Blumel, Annette	07	Cowichan Valley Athletic Club	3.51m	NWI

Girls 13 Year Olds Triple Jump

	Name	Yr	Team	Finals	Wind
1	211 Bell, Tessa	09	Nanaimo & District Track & Fie	8.86m	NWI
2	214 Brand, Danaea	09	Nanaimo & District Track & Fie	8.50m	NWI
3	175 Gough, Charlotte	09	Cowichan Valley Athletic Club	8.47m	NWI
4	104 Chell, Kajsa	09	Athletics Victoria Track and F	8.26m	NWI

Women 14-15 Triple Jump

	Name	Yr	Team	Finals	Wind
1	123 Williams, Ella	07	Athletics Victoria Track and F	8.90m	NWI
2	164 Blumel, Annette	07	Cowichan Valley Athletic Club	7.68m	NWI
3	179 Johnston, Tori	07	Cowichan Valley Athletic Club	6.20m	NWI

Girls 9 Shot Put 2 kg

	Name	Yr	Team	Finals
1	103 Sanderson, Natalie	13	Alberni Valley Track Club	3.95m
2	217 Cuning, Fiona	13	Nanaimo & District Track & Fie	3.90m
3	102 Sanderson, Locklynn	13	Alberni Valley Track Club	3.88m
4	101 Messenger, Ruby	13	Alberni Valley Track Club	3.73m
5	260 Bewsey, Olivia	13	Oceanside Track & Field Club	3.50m
6	272 Palichuk, Memphis	13	Oceanside Track & Field Club	3.41m
7	268 Hunter, Matilda	13	Oceanside Track & Field Club	2.94m

Girls 11 Year Olds Shot Put 2 kg

	Name	Yr	Team	Finals
1	255 Webber, Skyla	11	Nanaimo & District Track & Fie	5.48m
2	127 Granson, Kinley	11	Campbell River Comets	5.34m
3	133 MacKenzie, Makayla	11	Campbell River Comets	5.23m
4	231 Lundman, Sofia	11	Nanaimo & District Track & Fie	4.48m
5	221 Fontaine, Maika	11	Nanaimo & District Track & Fie	3.63m
6	226 Henning, Rhaedyn	11	Nanaimo & District Track & Fie	3.47m
7	275 Scott, Madison	11	Oceanside Track & Field Club	3.32m

Girls 12 Year Olds Shot Put 3 kg

	Name	Yr	Team	Finals
1	108 Fielding, Sabrina	10	Athletics Victoria Track and F	4.31m

Girls 13 Year Olds Shot Put 3 kg

	Name	Yr	Team	Finals
1	129 Harvey, Claire	09	Campbell River Comets	6.33m
2	234 Moonsamy, Anishka	09	Nanaimo & District Track & Fie	6.33m
3	132 MacKenzie, Kendra	09	Campbell River Comets	5.99m
4	201 Weir, Nevaeh	09	Cowichan Valley Athletic Club	4.85m

Women 14-15 Shot Put 3 kg

	Name	Yr	Team	Finals
1	215 Bunston, Jenna	07	Nanaimo & District Track & Fie	8.40m
2	139 Doty-Brown, Payge	07	Comox Valley Cougars	7.17m
3	116 Nadiger, Cassidy	08	Athletics Victoria Track and F	6.84m
4	164 Blumel, Annette	07	Cowichan Valley Athletic Club	5.89m

Girls 10 Discus Throw 750 g

	Name	Yr	Team	Finals
1	264 Cupples, Callie	12	Oceanside Track & Field Club	9.45m
2	160 Wesner, Meadow	12	Comox Valley Cougars	7.27m

Girls 11 Discus Throw 750 g

	Name	Yr	Team	Finals
1	138 Curtis, Phoebe	11	Comox Valley Cougars	11.95m
2	226 Henning, Rhaedyn	11	Nanaimo & District Track & Fie	9.50m
3	133 MacKenzie, Makayla	11	Campbell River Comets	9.37m
4	127 Granson, Kinley	11	Campbell River Comets	9.32m
5	231 Lundman, Sofia	11	Nanaimo & District Track & Fie	7.30m
6	237 Park, Katelyn	11	Nanaimo & District Track & Fie	7.22m

Girls 12 Discus Throw 750 g

	Name	Yr	Team	Finals
1	108 Fielding, Sabrina	10	Athletics Victoria Track and F	13.93m

Girls 13 Discus Throw 750 g

	Name	Yr	Team	Finals
1	244 Shepherd, Charlotte	09	Nanaimo & District Track & Fie	18.64m
2	211 Bell, Tessa	09	Nanaimo & District Track & Fie	14.43m
3	113 Meyer, Isabella	09	Athletics Victoria Track and F	14.05m
4	201 Weir, Nevaeh	09	Cowichan Valley Athletic Club	14.00m

5	180 Kosty, Amelia	09	Cowichan Valley Athletic Club	9.67m
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Women 14-15 Discus Throw 1 kg

	Name	Yr	Team	Finals
1	137 Burry, Erika	07	Comox Valley Cougars	22.67m
2	139 Doty-Brown, Payge	07	Comox Valley Cougars	17.61m
3	182 Lazenby, Danika	07	Cowichan Valley Athletic Club	16.56m
4	164 Blumel, Annette	07	Cowichan Valley Athletic Club	12.87m

Girls 13 Year Olds Hammer Throw 3 kg

	Name	Yr	Team	Finals
1	234 Moonsamy, Anishka	09	Nanaimo & District Track & Fie	24.53m
2	265 Desvaux, Sophia	09	Oceanside Track & Field Club	16.09m

Women 14-15 Hammer Throw 3 kg

	Name	Yr	Team	Finals
1	139 Doty-Brown, Payge	07	Comox Valley Cougars	42.50m
2	232 McMinn, Annika	07	Nanaimo & District Track & Fie	31.98m
3	215 Bunston, Jenna	07	Nanaimo & District Track & Fie	27.54m
4	137 Burry, Erika	07	Comox Valley Cougars	26.51m
5	179 Johnston, Tori	07	Cowichan Valley Athletic Club	19.89m
6	182 Lazenby, Danika	07	Cowichan Valley Athletic Club	18.26m

Girls 10 Javelin Throw 400 g

	Name	Yr	Team	Finals
1	289 Romaine, Natalya	12	Peninsula Track & Field Club	7.54m

Girls 11 Javelin Throw 400 g

	Name	Yr	Team	Finals
1	127 Granson, Kinley	11	Campbell River Comets	15.82m
2	133 MacKenzie, Makayla	11	Campbell River Comets	12.62m
3	124 Burrows, Asha	11	Campbell River Comets	10.90m
4	231 Lundman, Sofia	11	Nanaimo & District Track & Fie	9.56m
5	227 Howard, Evelyn	11	Nanaimo & District Track & Fie	9.05m
6	275 Scott, Madison	11	Oceanside Track & Field Club	8.85m
7	255 Webber, Skyla	11	Nanaimo & District Track & Fie	7.94m
8	237 Park, Katelyn	11	Nanaimo & District Track & Fie	7.88m
9	221 Fontaine, Maika	11	Nanaimo & District Track & Fie	7.52m
10	226 Henning, Rhaedyn	11	Nanaimo & District Track & Fie	6.52m

Girls 12 Year Olds Javelin Throw 400 g

	Name	Yr	Team	Finals
1	162 Beaton, Arianna	10	Cowichan Valley Athletic Club	13.01m
2	283 Haynes, Rosie	10	Peninsula Track & Field Club	12.71m
3	108 Fielding, Sabrina	10	Athletics Victoria Track and F	9.45m

Girls 13 Year Olds Javelin Throw 400 g

	Name	Yr	Team	Finals
1	141 Leiterman, Haylee	09	Comox Valley Cougars	18.88m
2	105 Daly-Hosein, Kai	09	Athletics Victoria Track and F	18.47m
3	132 MacKenzie, Kendra	09	Campbell River Comets	18.44m
4	129 Harvey, Claire	09	Campbell River Comets	17.07m
5	201 Weir, Nevaeh	09	Cowichan Valley Athletic Club	15.39m
6	244 Shepherd, Charlotte	09	Nanaimo & District Track & Fie	15.12m
7	113 Meyer, Isabella	09	Athletics Victoria Track and F	13.99m
8	211 Bell, Tessa	09	Nanaimo & District Track & Fie	12.73m
9	142 Lewis, Addison	09	Comox Valley Cougars	12.29m
10	158 Weiss, Abby	09	Comox Valley Cougars	11.99m
11	104 Chell, Kajsa	09	Athletics Victoria Track and F	11.48m
12	175 Gough, Charlotte	09	Cowichan Valley Athletic Club	8.67m

Women 14-15 Javelin Throw 500 g

	Name	Yr	Team	Finals
1	137 Burry, Erika	07	Comox Valley Cougars	36.83m
2	232 McMinn, Annika	07	Nanaimo & District Track & Fie	19.89m
3	163 Beaton, Sophia	07	Cowichan Valley Athletic Club	17.52m
4	182 Lazenby, Danika	07	Cowichan Valley Athletic Club	15.37m
5	139 Doty-Brown, Payge	07	Comox Valley Cougars	15.04m
6	116 Nadiger, Cassidy	08	Athletics Victoria Track and F	15.03m
7	179 Johnston, Tori	07	Cowichan Valley Athletic Club	13.57m

Women 16-17 400 Meter Dash

	Name	Yr	Team	Finals
1	176 Hallquist, Lily	05	Cowichan Valley Athletic Club	1:11.80

Women 60-64 400 Meter Dash

	Name	Yr	Team	Finals
1	243 Rogers, Patti	60	Nanaimo & District Track & Fie	1:14.76

Girls 12 1200 Meter Run

	Name	Yr	Team	Finals
1	283 Haynes, Rosie	10	Peninsula Track & Field Club	4:32.36
2	296 Wynne-Edwards, Alice	10	Peninsula Track & Field Club	4:57.85

Girls 13 1200 Meter Run

	Name	Yr	Team	Finals
1	175 Gough, Charlotte	09	Cowichan Valley Athletic Club	4:27.14

Women 14-15 1200 Meter Run

	Name	Yr	Team	Finals
1	164 Blumel, Annette	07	Cowichan Valley Athletic Club	5:01.80

Women 16-17 1500 Meter Run

	Name	Yr	Team	Finals
1	176 Hallquist, Lily	05	Cowichan Valley Athletic Club	5:57.56

Women 18-19 1500 Meter Run

Name	Yr	Team	Finals
1 204 Hunt, Emily	04	Mid Island Distance	5:26.78

Women 18-19 3000 Meter Run

Name	Yr	Team	Finals
1 195 Smith, Brenn	04	Cowichan Valley Athletic Club	13:20.55

Women 35-39 3000 Meter Run

Name	Yr	Team	Finals
1 305 Smart, Kristin	84	Unattached British Columbia	10:47.33

Women 40-44 3000 Meter Run

Name	Yr	Team	Finals
1 191 Ramstead, Jill	81	Cowichan Valley Athletic Club	11:32.56

Women 60-64 3000 Meter Run

Name	Yr	Team	Finals
1 194 Reimer, Lauren	61	Cowichan Valley Athletic Club	15:26.37

Girls 13 80 Meter Hurdles 8 x 30"

Name	Yr	Team	Finals	Wind
1 211 Bell, Tessa	09	Nanaimo & District Track & Fie	14.38	+0.0
2 214 Brand, Danaea	09	Nanaimo & District Track & Fie	15.50	+0.0
3 142 Lewis, Addison	09	Comox Valley Cougars	15.94	+0.0
4 104 Chell, Kajsa	09	Athletics Victoria Track and F	16.52	+0.0
5 130 John-Cliffe, Jodyn	09	Campbell River Comets	17.90	+0.0
6 201 Weir, Nevaeh	09	Cowichan Valley Athletic Club	17.93	+0.0
7 180 Kosty, Amelia	09	Cowichan Valley Athletic Club	19.77	+0.0

Women 14-15 80 Meter Hurdles 8 x 30"

Name	Yr	Team	Finals	Wind
1 159 Wesner, Maile	08	Comox Valley Cougars	15.53	-0.2
2 173 Forcier, Makenna	08	Cowichan Valley Athletic Club	16.87	-0.2
3 157 Steele, Zoe	08	Comox Valley Cougars	16.93	-0.2
4 164 Blumel, Annette	07	Cowichan Valley Athletic Club	17.94	-0.2

Women 16-17 100 Meter Hurdles 10 x 30"

Name	Yr	Team	Finals	Wind
1 152 Simmons, Lacie	05	Comox Valley Cougars	16.41	NWI

Women 20-34 100 Meter Hurdles 10 x 33"

Name	Yr	Team	Finals	Wind
--- 233 Mitchell, Makayla	02	Nanaimo & District Track & Fie	DNF	-1.0

Women 16-17 400 Meter Hurdles 10 x 30"

Name	Yr	Team	Finals
1 152 Simmons, Lacie	05	Comox Valley Cougars	1:16.81

Women 20-34 3000 Meter Steeplechase 30"

Name	Yr	Team	Finals
1 308 Bell, Catherine	01	Unattached Ontario	13:26.69

Women 20-34 High Jump

	Name	Yr	Team	Finals
1	233 Mitchell, Makayla	02	Nanaimo & District Track & Fie	1.45m

Women 20-34 Long Jump

	Name	Yr	Team	Finals	Wind
1	233 Mitchell, Makayla	02	Nanaimo & District Track & Fie	4.91m	-3.6

Women 16-17 Triple Jump

	Name	Yr	Team	Finals	Wind
1	107 Dickinson, Sadie	05	Athletics Victoria Track and F	9.95m	NWI

Women 18-19 Triple Jump

	Name	Yr	Team	Finals	Wind
1	169 Dailey, Victoria	03	Cowichan Valley Athletic Club	8.39m	NWI

Women 16-17 Shot Put 3 kg

	Name	Yr	Team	Finals
1	219 Drake, Serenna	05	Nanaimo & District Track & Fie	10.58m
2	238 Paugh, Makenna	05	Nanaimo & District Track & Fie	8.72m

Women 18-19 Shot Put 4 kg

	Name	Yr	Team	Finals
1	169 Dailey, Victoria	03	Cowichan Valley Athletic Club	7.42m
2	145 Morfitt, Chantal	03	Comox Valley Cougars	6.82m
3	165 Blumel, Margo	04	Cowichan Valley Athletic Club	6.72m

Women 20-34 Shot Put 4 kg

	Name	Yr	Team	Finals
1	233 Mitchell, Makayla	02	Nanaimo & District Track & Fie	9.16m

Women 55-59 Shot Put 3 kg

	Name	Yr	Team	Finals
1	178 Hengstler, Julia	67	Cowichan Valley Athletic Club	9.37m

Women 65-69 Shot Put 3 kg

	Name	Yr	Team	Finals
1	224 Hendrie, Nola	55	Nanaimo & District Track & Fie	5.72m

Women 16-17 Discus Throw 1 kg

	Name	Yr	Team	Finals
1	253 Vannini, Autumn	05	Nanaimo & District Track & Fie	29.41m
2	219 Drake, Serenna	05	Nanaimo & District Track & Fie	27.73m
3	146 Morfitt, Gabrielle	05	Comox Valley Cougars	27.09m
4	238 Paugh, Makenna	05	Nanaimo & District Track & Fie	26.50m

Women 18-19 Discus Throw 1 kg

	Name	Yr	Team	Finals
1	165 Blumel, Margo	04	Cowichan Valley Athletic Club	17.14m
2	169 Dailey, Victoria	03	Cowichan Valley Athletic Club	16.87m
3	181 Lazenby, Alexandra	04	Cowichan Valley Athletic Club	14.83m



Women 55-59 Discus Throw 1 kg

Name	Yr	Team	Finals
1 178 Hengstler, Julia	67	Cowichan Valley Athletic Club	22.62m

Women 65-69 Discus Throw 1 kg

Name	Yr	Team	Finals
1 224 Hendrie, Nola	55	Nanaimo & District Track & Fie	13.38m

Women 16-17 Hammer Throw 3 kg

Name	Yr	Team	Finals
1 146 Morfitt, Gabrielle	05	Comox Valley Cougars	32.10m

Women 18-19 Hammer Throw 4 kg

Name	Yr	Team	Finals
1 145 Morfitt, Chantal	03	Comox Valley Cougars	32.58m
2 169 Dailey, Victoria	03	Cowichan Valley Athletic Club	29.15m
3 181 Lazenby, Alexandra	04	Cowichan Valley Athletic Club	28.86m

Women 55-59 Hammer Throw 3 kg

Name	Yr	Team	Finals
1 178 Hengstler, Julia	67	Cowichan Valley Athletic Club	29.42m

Women 65-69 Hammer Throw 3 kg

Name	Yr	Team	Finals
1 224 Hendrie, Nola	55	Nanaimo & District Track & Fie	16.54m

Women 18-19 Javelin Throw 600 g

Name	Yr	Team	Finals
1 169 Dailey, Victoria	03	Cowichan Valley Athletic Club	20.95m
2 165 Blumel, Margo	04	Cowichan Valley Athletic Club	16.81m

Women 20-34 Javelin Throw 600 g

Name	Yr	Team	Finals
1 233 Mitchell, Makayla	02	Nanaimo & District Track & Fie	35.80m

Boys 12 300 Meter Dash

Name	Yr	Team	Finals	H#
1 294 Stubbs, Ryder	10	Peninsula Track & Field Club	50.26	2
2 230 Luch, Ryan	10	Nanaimo & District Track & Fie	50.41	2
3 190 Nickolichuk, Samuel	10	Cowichan Valley Athletic Club	1:00.72	2
4 183 Lazenby, Robert	10	Cowichan Valley Athletic Club	1:01.91	2

Boys 13 300 Meter Dash

Name	Yr	Team	Finals	H#
1 106 Dickinson, Aidan	09	Athletics Victoria Track and F	49.33	2
2 136 Warn, Kaiden	09	Campbell River Comets	54.89	2

Men 14-15 300 Meter Dash

Name	Yr	Team	Finals
1 281 Franey, Egan	08	Peninsula Track & Field Club	41.57
2 206 Nixon, Lorenzo	07	Mid Island Distance	46.32
3 202 Young, Evan	07	Cowichan Valley Athletic Club	49.60

Boys 9 600 Meter Run

	Name	Yr	Team	Finals	H#
1	258 Baetz, Andrew	13	Oceanside Track & Field Club	2:09.74	2
2	228 Howard, George	13	Nanaimo & District Track & Fie	2:14.50	2
3	270 Luksay, Thomas	13	Oceanside Track & Field Club	2:18.12	2
4	257 Aikman - Heir, Kai	13	Oceanside Track & Field Club	2:19.77	2
5	274 Scott, Connor	13	Oceanside Track & Field Club	2:24.15	2
6	256 Yearsley, Albert	13	Nanaimo & District Track & Fie	2:27.03	2
7	263 Brittain, Chase	13	Oceanside Track & Field Club	2:30.94	2

Boys 10 600 Meter Run

	Name	Yr	Team	Finals	H#
1	192 Ramstead, Liam	12	Cowichan Valley Athletic Club	2:07.11	2
2	280 Desjardins, Luke	12	Peninsula Track & Field Club	2:31.43	2

Boys 11 600 Meter Run

	Name	Yr	Team	Finals
1	299 Sexton, Noah	11	Prairie Inn Harriers Racing Te	1:52.29
2	276 Willers, Gabriel	11	Oceanside Track & Field Club	2:03.65
3	259 Bewsey, Ethan	11	Oceanside Track & Field Club	2:07.96
4	285 Holmgren, Coen	11	Peninsula Track & Field Club	2:09.39
5	193 Ramstead, Zachary	11	Cowichan Valley Athletic Club	2:24.94
6	291 Sluggett, Trevor	11	Peninsula Track & Field Club	2:27.06

Boys 9 1000 Meter Run

	Name	Yr	Team	Finals
1	258 Baetz, Andrew	13	Oceanside Track & Field Club	3:50.35
2	257 Aikman - Heir, Kai	13	Oceanside Track & Field Club	4:17.23
3	274 Scott, Connor	13	Oceanside Track & Field Club	4:31.49

Boys 10 1000 Meter Run

	Name	Yr	Team	Finals
1	246 Sinclair, Jacob	12	Nanaimo & District Track & Fie	3:44.09
2	192 Ramstead, Liam	12	Cowichan Valley Athletic Club	3:44.71

Boys 11 1000 Meter Run

	Name	Yr	Team	Finals
1	299 Sexton, Noah	11	Prairie Inn Harriers Racing Te	3:26.39
2	285 Holmgren, Coen	11	Peninsula Track & Field Club	3:38.93
3	271 Palichuk, Hudson	11	Oceanside Track & Field Club	3:48.93
4	187 Muller, Christopher	11	Cowichan Valley Athletic Club	3:59.27
5	193 Ramstead, Zachary	11	Cowichan Valley Athletic Club	4:19.23

Boys 12 1200 Meter Run

	Name	Yr	Team	Finals
1	297 McArthur, Max	10	Prairie Inn Harriers Racing Te	4:06.60
2	294 Stubbs, Ryder	10	Peninsula Track & Field Club	4:27.47
3	269 Kolen-Lee, Jonah	10	Oceanside Track & Field Club	4:29.10
4	247 Sinclair, Oliver	10	Nanaimo & District Track & Fie	4:36.32

Boys 13 1200 Meter Run

	Name	Yr	Team	Finals
1	286 Holmgren, Emilian	09	Peninsula Track & Field Club	4:16.81
2	213 Bortolin, Anthony	09	Nanaimo & District Track & Fie	4:21.31
3	248 Smith, Nolan	09	Nanaimo & District Track & Fie	4:28.57
4	267 Guy, Tyson	09	Oceanside Track & Field Club	4:29.32

Men 14-15 1200 Meter Run

	Name	Yr	Team	Finals
1	281 Franey, Egan	08	Peninsula Track & Field Club	3:47.01
2	295 Venables, Levi	08	Peninsula Track & Field Club	3:57.73
3	206 Nixon, Lorenzo	07	Mid Island Distance	4:05.46
4	208 Sakamoto, Sam	07	Mid Island Distance	4:25.36

Boys 13 2000 Meter Run

	Name	Yr	Team	Finals
1	213 Bortolin, Anthony	09	Nanaimo & District Track & Fie	7:46.00

Men 14-15 2000 Meter Run

	Name	Yr	Team	Finals
1	281 Franey, Egan	08	Peninsula Track & Field Club	6:51.90
2	288 Pearson, Lucas	08	Peninsula Track & Field Club	6:57.16
3	303 Harbo, Owen	07	Unattached British Columbia	7:18.65

Boys 12 Year Olds 200 Meter Hurdles 5 x 24"

	Name	Yr	Team	Finals	Wind
1	154 Smits, Holden	10	Comox Valley Cougars	33.96	NWI
2	140 Galik, Benjamin	10	Comox Valley Cougars	34.91	NWI
3	230 Luch, Ryan	10	Nanaimo & District Track & Fie	35.12	NWI
4	190 Nickolichuk, Samuel	10	Cowichan Valley Athletic Club	42.71	NWI

Men 14-15 300 Meter Hurdles 7 x 30"

	Name	Yr	Team	Finals
1	155 Smits, Walker	08	Comox Valley Cougars	50.15

Men 14-15 1500 Meter Steeplechase 30" NO WATER

	Name	Yr	Team	Finals
1	281 Franey, Egan	08	Peninsula Track & Field Club	5:05.57
2	155 Smits, Walker	08	Comox Valley Cougars	5:06.39
3	288 Pearson, Lucas	08	Peninsula Track & Field Club	5:19.86
4	134 Palmer, Madrid	08	Campbell River Comets	6:27.71

Boys 11 Year Olds High Jump

	Name	Yr	Team	Finals
1	189 Munro, Jack	11	Cowichan Valley Athletic Club	1.25m
2	259 Bewsey, Ethan	11	Oceanside Track & Field Club	J1.25m
2	271 Palichuk, Hudson	11	Oceanside Track & Field Club	J1.00m
3	276 Willers, Gabriel	11	Oceanside Track & Field Club	J1.25m
4	277 Zelizney, Ben	11	Oceanside Track & Field Club	1.10m
6	291 Sluggett, Trevor	11	Peninsula Track & Field Club	J1.00m
6	112 Leitch, Sebastian	11	Athletics Victoria Track and F	J1.00m
---	193 Ramstead, Zachary	11	Cowichan Valley Athletic Club	NH

Boys 12 Year Olds High Jump

	Name	Yr	Team	Finals
1	198 Thornley, Quinn	10	Cowichan Valley Athletic Club	1.25m
2	235 O'Keefe, Taveon	10	Nanaimo & District Track & Fie	1.15m
3	197 Thompson, Connor	10	Cowichan Valley Athletic Club	J1.15m
4	230 Luch, Ryan	10	Nanaimo & District Track & Fie	1.10m
5	190 Nickolichuk, Samuel	10	Cowichan Valley Athletic Club	0.90m
---	200 Weir, Jacob	10	Cowichan Valley Athletic Club	NH

Boys 13 Year Olds High Jump

	Name	Yr	Team	Finals
1	153 Smallacombe, Simon	09	Comox Valley Cougars	1.53m
2	126 Granson, Carter	09	Campbell River Comets	1.35m
3	229 Knight, Charlie	09	Nanaimo & District Track & Fie	1.25m
3	262 Bishop, Bowen	09	Oceanside Track & Field Club	1.25m
5	248 Smith, Nolan	09	Nanaimo & District Track & Fie	J1.25m
6	106 Dickinson, Aidan	09	Athletics Victoria Track and F	J1.25m
7	251 Tait, Elijah	09	Nanaimo & District Track & Fie	1.20m
8	184 Martin, Mason	09	Cowichan Valley Athletic Club	J1.20m
9	213 Bortolin, Anthony	09	Nanaimo & District Track & Fie	J1.20m

Men 14-15 High Jump

	Name	Yr	Team	Finals
1	166 Chen, Ethan	08	Cowichan Valley Athletic Club	1.50m
2	295 Venables, Levi	08	Peninsula Track & Field Club	1.45m

Boys 9 Year Olds Long Jump

	Name	Yr	Team	Finals	Wind
1	258 Baetz, Andrew	13	Oceanside Track & Field Club	3.25m	NWI
2	220 Fontaine, Colten	13	Nanaimo & District Track & Fie	3.11m	NWI
3	270 Luksay, Thomas	13	Oceanside Track & Field Club	2.61m	NWI
4	274 Scott, Connor	13	Oceanside Track & Field Club	2.60m	NWI
5	263 Brittain, Chase	13	Oceanside Track & Field Club	2.44m	NWI
6	257 Aikman - Heir, Kai	13	Oceanside Track & Field Club	2.23m	NWI

Boys 10 Year Olds Long Jump

	Name	Yr	Team	Finals	Wind
1	192 Ramstead, Liam	12	Cowichan Valley Athletic Club	3.46m	NWI
2	280 Desjardins, Luke	12	Peninsula Track & Field Club	2.92m	NWI
3	148 Rose, Gavin	12	Comox Valley Cougars	2.61m	NWI
4	261 Binder, Declan	12	Oceanside Track & Field Club	2.49m	NWI
5	128 Harvey, Carter	12	Campbell River Comets	2.40m	NWI

Boys 11 Year Olds Long Jump

	Name	Yr	Team	Finals	Wind
1	276 Willers, Gabriel	11	Oceanside Track & Field Club	3.73m	NWI
2	189 Munro, Jack	11	Cowichan Valley Athletic Club	3.44m	NWI
3	259 Bewsey, Ethan	11	Oceanside Track & Field Club	3.44m	NWI
4	236 Olsen, Finn	11	Nanaimo & District Track & Fie	3.36m	NWI
5	277 Zelizney, Ben	11	Oceanside Track & Field Club	3.24m	NWI
6	187 Muller, Christopher	11	Cowichan Valley Athletic Club	3.11m	NWI
7	271 Palichuk, Hudson	11	Oceanside Track & Field Club	3.08m	NWI
8	282 Gordon, Oban	11	Peninsula Track & Field Club	2.71m	NWI
9	193 Ramstead, Zachary	11	Cowichan Valley Athletic Club	2.66m	NWI
10	291 Sluggett, Trevor	11	Peninsula Track & Field Club	2.51m	NWI

Boys 12 Year Olds Long Jump

	Name	Yr	Team	Finals	Wind
1	269 Kolen-Lee, Jonah	10	Oceanside Track & Field Club	3.77m	NWI
2	297 McArthur, Max	10	Prairie Inn Harriers Racing Te	3.67m	NWI
3	198 Thornley, Quinn	10	Cowichan Valley Athletic Club	3.57m	NWI
4	294 Stubbs, Ryder	10	Peninsula Track & Field Club	3.47m	NWI
5	235 O'Keefe, Taveon	10	Nanaimo & District Track & Fie	3.46m	NWI
6	197 Thompson, Connor	10	Cowichan Valley Athletic Club	3.19m	NWI
7	183 Lazenby, Robert	10	Cowichan Valley Athletic Club	3.12m	NWI
8	190 Nickolichuk, Samuel	10	Cowichan Valley Athletic Club	2.87m	NWI
9	200 Weir, Jacob	10	Cowichan Valley Athletic Club	2.50m	NWI
10	247 Sinclair, Oliver	10	Nanaimo & District Track & Fie	2.22m	NWI

Boys 13 Year Olds Long Jump

	Name	Yr	Team	Finals	Wind
1	153 Smallacombe, Simon	09	Comox Valley Cougars	4.50m	NWI
2	109 Grange, Liam	09	Athletics Victoria Track and F	4.15m	NWI
3	229 Knight, Charlie	09	Nanaimo & District Track & Fie	3.94m	NWI
4	106 Dickinson, Aidan	09	Athletics Victoria Track and F	3.73m	NWI
5	126 Granson, Carter	09	Campbell River Comets	3.68m	NWI
6	184 Martin, Mason	09	Cowichan Valley Athletic Club	3.55m	NWI
7	213 Bortolin, Anthony	09	Nanaimo & District Track & Fie	3.54m	NWI
8	273 Schnider, Devon	09	Oceanside Track & Field Club	3.48m	NWI
9	111 Lebrun, Truman	09	Athletics Victoria Track and F	2.65m	NWI

Men 14-15 Long Jump

	Name	Yr	Team	Finals	Wind
1	120 Trousil, Rowan	07	Athletics Victoria Track and F	5.28m	NWI
2	295 Venables, Levi	08	Peninsula Track & Field Club	5.00m	NWI
3	151 Servos, Tyson	08	Comox Valley Cougars	4.57m	NWI
4	290 Slauenwhite, Joshua	08	Peninsula Track & Field Club	4.13m	NWI

Boys 13 Year Olds Triple Jump

	Name	Yr	Team	Finals	Wind
1	109 Grange, Liam	09	Athletics Victoria Track and F	10.32m	NWI
2	126 Granson, Carter	09	Campbell River Comets	8.80m	NWI
3	229 Knight, Charlie	09	Nanaimo & District Track & Fie	8.54m	NWI
4	248 Smith, Nolan	09	Nanaimo & District Track & Fie	8.40m	NWI
5	106 Dickinson, Aidan	09	Athletics Victoria Track and F	7.73m	NWI

Men 14-15 Triple Jump

	Name	Yr	Team	Finals	Wind
1	120 Trousil, Rowan	07	Athletics Victoria Track and F	11.13m	NWI
2	186 Minka, Stefan	08	Cowichan Valley Athletic Club	7.30m	NWI

Boys 9 Shot Put 2 kg

	Name	Yr	Team	Finals
1	220 Fontaine, Colten	13	Nanaimo & District Track & Fie	4.60m
2	263 Brittain, Chase	13	Oceanside Track & Field Club	4.58m
3	257 Aikman - Heir, Kai	13	Oceanside Track & Field Club	4.47m
4	228 Howard, George	13	Nanaimo & District Track & Fie	4.09m
5	274 Scott, Connor	13	Oceanside Track & Field Club	3.32m
6	270 Luksay, Thomas	13	Oceanside Track & Field Club	3.20m

Boys 10 Shot Put 2 kg

	Name	Yr	Team	Finals
1	192 Ramstead, Liam	12	Cowichan Valley Athletic Club	5.13m
2	128 Harvey, Carter	12	Campbell River Comets	4.91m
3	280 Desjardins, Luke	12	Peninsula Track & Field Club	4.19m

Boys 11 Year Olds Shot Put 2 kg

	Name	Yr	Team	Finals
1	276 Willers, Gabriel	11	Oceanside Track & Field Club	7.44m
2	259 Bewsey, Ethan	11	Oceanside Track & Field Club	6.72m
3	271 Palichuk, Hudson	11	Oceanside Track & Field Club	6.04m
4	112 Leitch, Sebastian	11	Athletics Victoria Track and F	5.85m
5	193 Ramstead, Zachary	11	Cowichan Valley Athletic Club	5.67m
6	277 Zelizney, Ben	11	Oceanside Track & Field Club	5.57m
7	285 Holmgren, Coen	11	Peninsula Track & Field Club	5.32m
8	291 Sluggett, Trevor	11	Peninsula Track & Field Club	3.63m

Boys 12 Year Olds Shot Put 3 kg

	Name	Yr	Team	Finals
1	154 Smits, Holden	10	Comox Valley Cougars	7.38m
2	140 Galik, Benjamin	10	Comox Valley Cougars	6.89m
3	197 Thompson, Connor	10	Cowichan Valley Athletic Club	6.78m
4	183 Lazenby, Robert	10	Cowichan Valley Athletic Club	5.11m
5	200 Weir, Jacob	10	Cowichan Valley Athletic Club	4.76m
6	190 Nickolichuk, Samuel	10	Cowichan Valley Athletic Club	4.30m

Boys 13 Year Olds Shot Put 3 kg

	Name	Yr	Team	Finals
1	273 Schnider, Devon	09	Oceanside Track & Field Club	7.86m
2	136 Warn, Kaiden	09	Campbell River Comets	7.24m
3	251 Tait, Elijah	09	Nanaimo & District Track & Fie	7.23m
4	184 Martin, Mason	09	Cowichan Valley Athletic Club	5.86m

Men 14-15 Shot Put 4 kg

	Name	Yr	Team	Finals
1	166 Chen, Ethan	08	Cowichan Valley Athletic Club	9.07m
2	151 Servos, Tyson	08	Comox Valley Cougars	6.92m
3	115 Michaels-Van Zandwijk, Kayden	08	Athletics Victoria Track and F	6.80m
4	134 Palmer, Madrid	08	Campbell River Comets	5.92m
5	295 Venables, Levi	08	Peninsula Track & Field Club	5.89m
6	131 MacKenzie, Graham	07	Campbell River Comets	5.72m

Boys 12 Hammer Throw 3 kg

	Name	Yr	Team	Finals
1	183 Lazenby, Robert	10	Cowichan Valley Athletic Club	16.49m
2	200 Weir, Jacob	10	Cowichan Valley Athletic Club	12.24m
3	247 Sinclair, Oliver	10	Nanaimo & District Track & Fie	10.03m
4	190 Nickolichuk, Samuel	10	Cowichan Valley Athletic Club	9.83m

Boys 13 Hammer Throw 3 kg

	Name	Yr	Team	Finals
1	273 Schnider, Devon	09	Oceanside Track & Field Club	15.79m

Men 14-15 Hammer Throw 4 kg

	Name	Yr	Team	Finals
1	245 Shurniak, Hunter	07	Nanaimo & District Track & Fie	36.06m
2	281 Franey, Egan	08	Peninsula Track & Field Club	31.06m

Boys 10 Year Olds Javelin Throw 400 g

	Name	Yr	Team	Finals
1	246 Sinclair, Jacob	12	Nanaimo & District Track & Fie	16.30m
2	280 Desjardins, Luke	12	Peninsula Track & Field Club	12.89m
3	148 Rose, Gavin	12	Comox Valley Cougars	7.71m

Boys 11 Year Olds Javelin Throw 400 g

	Name	Yr	Team	Finals
1	276 Willers, Gabriel	11	Oceanside Track & Field Club	29.55m
2	236 Olsen, Finn	11	Nanaimo & District Track & Fie	20.63m
3	259 Bewsey, Ethan	11	Oceanside Track & Field Club	18.85m
4	271 Palichuk, Hudson	11	Oceanside Track & Field Club	17.42m
5	285 Holmgren, Coen	11	Peninsula Track & Field Club	11.58m
6	282 Gordon, Oban	11	Peninsula Track & Field Club	11.18m
7	193 Ramstead, Zachary	11	Cowichan Valley Athletic Club	7.34m

Boys 12 Year Olds Javelin Throw 500 g

	Name	Yr	Team	Finals
1	269 Kolen-Lee, Jonah	10	Oceanside Track & Field Club	24.78m
2	294 Stubbs, Ryder	10	Peninsula Track & Field Club	18.10m
3	183 Lazenby, Robert	10	Cowichan Valley Athletic Club	14.11m
4	230 Luch, Ryan	10	Nanaimo & District Track & Fie	10.55m
5	190 Nickolichuk, Samuel	10	Cowichan Valley Athletic Club	10.18m
---	200 Weir, Jacob	10	Cowichan Valley Athletic Club	FOUL

Boys 13 Year Olds Javelin Throw 500 g

	Name	Yr	Team	Finals
1	126 Granson, Carter	09	Campbell River Comets	22.22m
2	267 Guy, Tyson	09	Oceanside Track & Field Club	20.27m
3	248 Smith, Nolan	09	Nanaimo & District Track & Fie	18.23m
4	184 Martin, Mason	09	Cowichan Valley Athletic Club	18.09m
5	229 Knight, Charlie	09	Nanaimo & District Track & Fie	17.49m
6	273 Schnider, Devon	09	Oceanside Track & Field Club	16.71m
7	286 Holmgren, Emilian	09	Peninsula Track & Field Club	16.26m
8	111 Lebrun, Truman	09	Athletics Victoria Track and F	15.06m

Men 14-15 Javelin Throw 600 g

	Name	Yr	Team	Finals
1	245 Shurniak, Hunter	07	Nanaimo & District Track & Fie	40.28m
2	281 Franey, Egan	08	Peninsula Track & Field Club	34.24m
3	144 Macdonnell, Thomas	07	Comox Valley Cougars	34.22m
4	151 Servos, Tyson	08	Comox Valley Cougars	32.50m

Boys 9 60 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	263 Brittain, Chase	13	Oceanside Track & Field Club	10.15	NWI	4
2	258 Baetz, Andrew	13	Oceanside Track & Field Club	10.29	NWI	4
3	270 Luksay, Thomas	13	Oceanside Track & Field Club	10.37	NWI	4
4	220 Fontaine, Colten	13	Nanaimo & District Track & Fie	10.50	NWI	4
5	228 Howard, George	13	Nanaimo & District Track & Fie	10.52	NWI	4
6	274 Scott, Connor	13	Oceanside Track & Field Club	10.53	NWI	4
7	257 Aikman - Heir, Kai	13	Oceanside Track & Field Club	10.74	NWI	4
8	256 Yearsley, Albert	13	Nanaimo & District Track & Fie	11.46	NWI	4

Boys 10 60 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	148 Rose, Gavin	12	Comox Valley Cougars	10.03	NWI	3
2	192 Ramstead, Liam	12	Cowichan Valley Athletic Club	10.04	NWI	3
3	128 Harvey, Carter	12	Campbell River Comets	10.80	NWI	3
4	280 Desjardins, Luke	12	Peninsula Track & Field Club	11.04	NWI	3

Boys 11 60 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	189 Munro, Jack	11	Cowichan Valley Athletic Club	9.54	NWI	2
2	259 Bewsey, Ethan	11	Oceanside Track & Field Club	9.68	NWI	1
3	277 Zelizney, Ben	11	Oceanside Track & Field Club	9.86	NWI	1
4	276 Willers, Gabriel	11	Oceanside Track & Field Club	9.93	NWI	2
5	236 Olsen, Finn	11	Nanaimo & District Track & Fie	10.05	NWI	1
6	285 Holmgren, Coen	11	Peninsula Track & Field Club	10.09	NWI	2
7	271 Palichuk, Hudson	11	Oceanside Track & Field Club	10.34	NWI	2
8	282 Gordon, Oban	11	Peninsula Track & Field Club	10.58	NWI	1
9	193 Ramstead, Zachary	11	Cowichan Valley Athletic Club	11.26	NWI	2
10	291 Sluggett, Trevor	11	Peninsula Track & Field Club	11.54	NWI	1

Men 16-17 400 Meter Dash

	Name	Yr	Team	Finals
1	298 Powell, Miles	05	Prairie Inn Harriers Racing Te	55.38

Men 40-44 400 Meter Dash

Name	Yr	Team	Finals
1 110 Hurlen, Erik	78	Athletics Victoria Track and F	54.80

Men 70-74 400 Meter Dash

Name	Yr	Team	Finals
1 225 Hendrie, Tim	50	Nanaimo & District Track & Fie	1:44.62

Men 75-79 400 Meter Dash

Name	Yr	Team	Finals
1 241 Riggins, Terry	47	Nanaimo & District Track & Fie	1:23.34

Men 16-17 1500 Meter Run

Name	Yr	Team	Finals
1 210 Barberie, Dylan	05	Nanaimo & District Track & Fie	4:22.22
2 298 Powell, Miles	05	Prairie Inn Harriers Racing Te	4:28.33
3 207 Sakamoto, Nicholas	05	Mid Island Distance	5:02.99

Men 18-19 1500 Meter Run

Name	Yr	Team	Finals
1 203 Flint, William	04	Mid Island Distance	4:55.20

Men 40-44 1500 Meter Run

Name	Yr	Team	Finals
1 284 Holmgren, Aaron	82	Peninsula Track & Field Club	4:12.24

Men 40-44 3000 Meter Run

Name	Yr	Team	Finals
1 284 Holmgren, Aaron	82	Peninsula Track & Field Club	9:23.33

Boys 9 60 Meter Hurdles 6 x 21"

Name	Yr	Team	Finals	Wind
1 258 Baetz, Andrew	13	Oceanside Track & Field Club	12.55	NWI
2 263 Brittain, Chase	13	Oceanside Track & Field Club	13.06	NWI
3 270 Luksay, Thomas	13	Oceanside Track & Field Club	13.30	NWI
4 274 Scott, Connor	13	Oceanside Track & Field Club	14.02	NWI
5 257 Aikman - Heir, Kai	13	Oceanside Track & Field Club	15.05	NWI

Boys 10 60 Meter Hurdles 6 x 24"

Name	Yr	Team	Finals	Wind	H#
1 192 Ramstead, Liam	12	Cowichan Valley Athletic Club	14.01	NWI	2
2 246 Sinclair, Jacob	12	Nanaimo & District Track & Fie	14.09	NWI	2

Boys 11 60 Meter Hurdles 6 x 24"

Name	Yr	Team	Finals	Wind
1 189 Munro, Jack	11	Cowichan Valley Athletic Club	11.46	0.1
2 259 Bewsey, Ethan	11	Oceanside Track & Field Club	11.57	0.1
3 276 Willers, Gabriel	11	Oceanside Track & Field Club	12.81	0.1
4 277 Zelizney, Ben	11	Oceanside Track & Field Club	13.69	0.1
5 282 Gordon, Oban	11	Peninsula Track & Field Club	13.70	0.1
6 271 Palichuk, Hudson	11	Oceanside Track & Field Club	13.85	0.1

7	193 Ramstead, Zachary	11	Cowichan Valley Athletic Club	14.37	0.1
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Boys 12 80 Meter Hurdles 8 x 27"

	Name	Yr	Team	Finals	Wind
1	198 Thornley, Quinn	10	Cowichan Valley Athletic Club	17.02	-0.6
2	235 O'Keefe, Taveon	10	Nanaimo & District Track & Fie	17.28	-0.6
3	230 Luch, Ryan	10	Nanaimo & District Track & Fie	17.48	-0.6
4	247 Sinclair, Oliver	10	Nanaimo & District Track & Fie	17.55	-0.6
5	190 Nickolichuk, Samuel	10	Cowichan Valley Athletic Club	20.46	-0.6
6	200 Weir, Jacob	10	Cowichan Valley Athletic Club	23.20	-0.6

Boys 13 80 Meter Hurdles 8 x 30"

	Name	Yr	Team	Finals	Wind
1	248 Smith, Nolan	09	Nanaimo & District Track & Fie	16.11	-0.2
2	229 Knight, Charlie	09	Nanaimo & District Track & Fie	16.39	-0.2

Men 80-99 80 Meter Hurdles 8 x 27"

	Name	Yr	Team	Finals	Wind
1	306 Thompson, Lynn	39	Unattached British Columbia	19.66	-0.1

Men 14-15 100 Meter Hurdles 10 x 33"

	Name	Yr	Team	Finals	Wind
1	295 Venables, Levi	08	Peninsula Track & Field Club	17.93	-1.0

Boys 13 200 Meter Hurdles 5 x 27"

	Name	Yr	Team	Finals	Wind
1	248 Smith, Nolan	09	Nanaimo & District Track & Fie	34.37	NWI
2	106 Dickinson, Aidan	09	Athletics Victoria Track and F	34.40	NWI

Men 80-84 200 Meter Hurdles 5 x 27"

	Name	Yr	Team	Finals	Wind
1	306 Thompson, Lynn	39	Unattached British Columbia	44.45	NWI

Men 40-44 3000 Meter Steeplechase 36"

	Name	Yr	Team	Finals
1	284 Holmgren, Aaron	82	Peninsula Track & Field Club	11:06.29

Boys 9 High Jump

	Name	Yr	Team	Finals
1	258 Baetz, Andrew	13	Oceanside Track & Field Club	1.10m
1	270 Luksay, Thomas	13	Oceanside Track & Field Club	1.10m
3	256 Yearsley, Albert	13	Nanaimo & District Track & Fie	0.95m
3	274 Scott, Connor	13	Oceanside Track & Field Club	0.95m
5	257 Aikman - Heir, Kai	13	Oceanside Track & Field Club	0.90m
5	263 Brittain, Chase	13	Oceanside Track & Field Club	0.90m

Boys 10 High Jump

	Name	Yr	Team	Finals
1	148 Rose, Gavin	12	Comox Valley Cougars	1.10m
2	280 Desjardins, Luke	12	Peninsula Track & Field Club	0.85m

Men 16-17 High Jump

Name	Yr	Team	Finals
1 252 Therrien, Sacha	06	Nanaimo & District Track & Fie	1.77m

Men 70-74 High Jump

Name	Yr	Team	Finals
1 218 Donaldson, Sven	49	Nanaimo & District Track & Fie	1.22m
2 225 Hendrie, Tim	50	Nanaimo & District Track & Fie	0.87m

Men 80-84 Long Jump

Name	Yr	Team	Finals	Wind
1 306 Thompson, Lynn	39	Unattached British Columbia	3.13m	NWI

Men 90-94 Long Jump

Name	Yr	Team	Finals	Wind
1 222 Giegerich, Joe	32	Nanaimo & District Track & Fie	2.08m	NWI

Men 70-74 Triple Jump

Name	Yr	Team	Finals	Wind
1 218 Donaldson, Sven	49	Nanaimo & District Track & Fie	7.11m	NWI

Men 80-84 Triple Jump

Name	Yr	Team	Finals	Wind
1 306 Thompson, Lynn	39	Unattached British Columbia	6.98m	NWI

Men 16-17 Shot Put 5 kg

Name	Yr	Team	Finals
1 177 Hengstler, Connor	05	Cowichan Valley Athletic Club	13.37m

Men 18-19 Shot Put 6 kg

Name	Yr	Team	Finals
1 167 Dailey, Graeme	04	Cowichan Valley Athletic Club	9.13m

Men 20-34 Shot Put 7.26 kg

Name	Yr	Team	Finals
1 301 Bullivant, Ethan	99	Unattached British Columbia	13.31m

Men 45-49 Shot Put 7.26 kg

Name	Yr	Team	Finals
1 254 Vannini, Phillip	74	Nanaimo & District Track & Fie	11.94m

Men 50-59 Shot Put 6 kg

Name	Yr	Team	Finals
1 147 Morfitt, Graham	67	Comox Valley Cougars	10.96m
2 168 Dailey, Mike	63	Cowichan Valley Athletic Club	9.54m

Men 70-74 Shot Put 4 kg

Name	Yr	Team	Finals
1 300 Brodeur, Don	51	Unattached British Columbia	10.48m
2 218 Donaldson, Sven	49	Nanaimo & District Track & Fie	7.62m
3 225 Hendrie, Tim	50	Nanaimo & District Track & Fie	4.42m

Boys 10 Discus Throw 750 g

	Name	Yr	Team	Finals
1	128 Harvey, Carter	12	Campbell River Comets	11.87m
2	280 Desjardins, Luke	12	Peninsula Track & Field Club	9.94m

Boys 11 Discus Throw 750 g

	Name	Yr	Team	Finals
1	276 Willers, Gabriel	11	Oceanside Track & Field Club	17.38m
2	236 Olsen, Finn	11	Nanaimo & District Track & Fie	14.02m
3	282 Gordon, Oban	11	Peninsula Track & Field Club	12.99m
4	259 Bewsey, Ethan	11	Oceanside Track & Field Club	12.98m
5	112 Leitch, Sebastian	11	Athletics Victoria Track and F	11.79m
6	291 Sluggett, Trevor	11	Peninsula Track & Field Club	9.85m
7	193 Ramstead, Zachary	11	Cowichan Valley Athletic Club	9.72m
8	277 Zelizney, Ben	11	Oceanside Track & Field Club	9.68m
9	271 Palichuk, Hudson	11	Oceanside Track & Field Club	9.63m

Boys 12 Discus Throw 1 kg

	Name	Yr	Team	Finals
1	140 Galik, Benjamin	10	Comox Valley Cougars	18.58m
2	154 Smits, Holden	10	Comox Valley Cougars	14.94m
3	183 Lazenby, Robert	10	Cowichan Valley Athletic Club	13.88m
4	197 Thompson, Connor	10	Cowichan Valley Athletic Club	13.36m
5	198 Thornley, Quinn	10	Cowichan Valley Athletic Club	12.00m
6	200 Weir, Jacob	10	Cowichan Valley Athletic Club	11.05m
7	190 Nickolichuk, Samuel	10	Cowichan Valley Athletic Club	7.79m

Boys 13 Discus Throw 1 kg

	Name	Yr	Team	Finals
1	251 Tait, Elijah	09	Nanaimo & District Track & Fie	16.82m
2	273 Schnider, Devon	09	Oceanside Track & Field Club	15.68m
3	111 Lebrun, Truman	09	Athletics Victoria Track and F	14.74m
4	136 Warn, Kaiden	09	Campbell River Comets	14.72m
5	126 Granson, Carter	09	Campbell River Comets	14.39m
6	184 Martin, Mason	09	Cowichan Valley Athletic Club	14.03m
7	262 Bishop, Bowen	09	Oceanside Track & Field Club	13.88m
8	248 Smith, Nolan	09	Nanaimo & District Track & Fie	13.32m
9	106 Dickinson, Aidan	09	Athletics Victoria Track and F	12.34m

Men 14-15 Discus Throw 1 kg

	Name	Yr	Team	Finals
1	303 Harbo, Owen	07	Unattached British Columbia	33.83m
2	281 Franey, Egan	08	Peninsula Track & Field Club	33.29m
3	151 Servos, Tyson	08	Comox Valley Cougars	24.20m
4	115 Michaels-Van Zandwijk, Kayden	08	Athletics Victoria Track and F	18.47m
5	134 Palmer, Madrid	08	Campbell River Comets	17.60m
6	131 MacKenzie, Graham	07	Campbell River Comets	13.56m

Men 16-17 Discus Throw 1.5 kg

	Name	Yr	Team	Finals
1	185 Mayer, Evan	05	Cowichan Valley Athletic Club	33.79m
2	177 Hengstler, Connor	05	Cowichan Valley Athletic Club	32.08m

Men 20-34 Discus Throw 2 kg

	Name	Yr	Team	Finals
1	301 Bullivant, Ethan	99	Unattached British Columbia	40.48m

Men 40-44 Discus Throw 2 kg

	Name	Yr	Team	Finals
1	284 Holmgren, Aaron	82	Peninsula Track & Field Club	26.58m

Men 45-49 Discus Throw 2 kg

	Name	Yr	Team	Finals
1	254 Vannini, Phillip	74	Nanaimo & District Track & Fie	37.00m

Men 50-59 Discus Throw 1.5 kg

	Name	Yr	Team	Finals
1	147 Morfitt, Graham	67	Comox Valley Cougars	37.46m
2	168 Dailey, Mike	63	Cowichan Valley Athletic Club	31.57m

Men 70-74 Discus Throw 1 kg

	Name	Yr	Team	Finals
1	300 Brodeur, Don	51	Unattached British Columbia	28.18m
2	218 Donaldson, Sven	49	Nanaimo & District Track & Fie	19.86m

Men 16-17 Hammer Throw 5 kg

	Name	Yr	Team	Finals
1	177 Hengstler, Connor	05	Cowichan Valley Athletic Club	27.02m

Men 20-34 Hammer Throw 7.26 kg

	Name	Yr	Team	Finals
1	122 Willett, Sam	97	Athletics Victoria Track and F	55.45m

Men 40-44 Hammer Throw 7.26 kg

	Name	Yr	Team	Finals
1	284 Holmgren, Aaron	82	Peninsula Track & Field Club	22.32m

Men 50-59 Hammer Throw 6 kg

	Name	Yr	Team	Finals
1	147 Morfitt, Graham	67	Comox Valley Cougars	35.96m

Men 70-74 Hammer Throw 4 kg

	Name	Yr	Team	Finals
1	300 Brodeur, Don	51	Unattached British Columbia	32.62m

Men 16-17 Javelin Throw 700 g

	Name	Yr	Team	Finals
1	185 Mayer, Evan	05	Cowichan Valley Athletic Club	44.31m

Men 18-19 Javelin Throw 800 g

	Name	Yr	Team	Finals
1	167 Dailey, Graeme	04	Cowichan Valley Athletic Club	34.72m

Men 35-49 Javelin Throw 800 g

	Name	Yr	Team	Finals
1	284 Holmgren, Aaron	82	Peninsula Track & Field Club	27.98m

Men 50-59 Javelin Throw 700 g

	Name	Yr	Team	Finals
1	147 Morfitt, Graham	67	Comox Valley Cougars	50.40m

Men 60-69 Javelin Throw 600 g

	Name	Yr	Team	Finals
1	117 Steele, Sean	61	Athletics Victoria Track and F	32.65m

Men 90-94 Javelin Throw 400 g

	Name	Yr	Team	Finals
1	222 Giegerich, Joe	32	Nanaimo & District Track & Fie	14.91m

Girls 9 100 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	103 Sanderson, Natalie	13	Alberni Valley Track Club	18.09	-0.6	16
2	268 Hunter, Matilda	13	Oceanside Track & Field Club	18.36	-0.6	16
3	260 Bewsey, Olivia	13	Oceanside Track & Field Club	19.16	-0.6	16
4	102 Sanderson, Locklynn	13	Alberni Valley Track Club	19.84	-0.6	16
5	101 Messenger, Ruby	13	Alberni Valley Track Club	20.00	-0.6	16
6	217 Cunning, Fiona	13	Nanaimo & District Track & Fie	20.53	-0.6	16
7	272 Palichuk, Memphis	13	Oceanside Track & Field Club	20.75	-0.6	16

Boys 9 100 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	263 Brittain, Chase	13	Oceanside Track & Field Club	16.18	-0.4	17
2	258 Baetz, Andrew	13	Oceanside Track & Field Club	17.03	-0.4	17
3	270 Luksay, Thomas	13	Oceanside Track & Field Club	17.05	-0.4	17
4	257 Aikman - Heir, Kai	13	Oceanside Track & Field Club	17.59	-0.4	17
5	274 Scott, Connor	13	Oceanside Track & Field Club	17.83	-0.4	17
6	220 Fontaine, Colten	13	Nanaimo & District Track & Fie	17.99	-0.4	17

Boys 10 100 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	246 Sinclair, Jacob	12	Nanaimo & District Track & Fie	16.23	-1.2	15
2	192 Ramstead, Liam	12	Cowichan Valley Athletic Club	16.28	-1.2	15
3	148 Rose, Gavin	12	Comox Valley Cougars	16.79	-1.2	15
4	261 Binder, Declan	12	Oceanside Track & Field Club	17.59	-1.2	15
5	128 Harvey, Carter	12	Campbell River Comets	18.19	-1.2	15
6	280 Desjardins, Luke	12	Peninsula Track & Field Club	18.19	-1.2	15

Girls 10 100 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	171 Erickson, Sydnee	12	Cowichan Valley Athletic Club	16.49	0.1	14
2	289 Romaine, Natalya	12	Peninsula Track & Field Club	16.52	0.1	14
3	188 Munro, Hannah	12	Cowichan Valley Athletic Club	17.23	0.1	14
4	160 Wesner, Meadow	12	Comox Valley Cougars	18.19	0.1	14

Girls 11 100 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	255 Webber, Skyla	11	Nanaimo & District Track & Fie	15.46	0.1	11
2	127 Granson, Kinley	11	Campbell River Comets	15.66	0.1	11
3	239 Reilly, Brynne	11	Nanaimo & District Track & Fie	15.98	0.1	11
4	221 Fontaine, Maika	11	Nanaimo & District Track & Fie	17.19	0.1	11
5	133 MacKenzie, Makayla	11	Campbell River Comets	17.25	0.1	11
6	226 Henning, Rhaedyn	11	Nanaimo & District Track & Fie	17.79	0.1	11
7	231 Lundman, Sofia	11	Nanaimo & District Track & Fie	17.90	0.1	11
8	275 Scott, Madison	11	Oceanside Track & Field Club	19.18	0.1	11

Boys 11 100 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	189 Munro, Jack	11	Cowichan Valley Athletic Club	15.32	-0.1	12
2	259 Bewsey, Ethan	11	Oceanside Track & Field Club	15.73	0.4	13
3	236 Olsen, Finn	11	Nanaimo & District Track & Fie	16.33	-0.1	12
4	276 Willers, Gabriel	11	Oceanside Track & Field Club	16.37	-0.1	12
5	187 Muller, Christopher	11	Cowichan Valley Athletic Club	16.42	0.4	13
6	285 Holmgren, Coen	11	Peninsula Track & Field Club	16.45	0.4	13
7	282 Gordon, Oban	11	Peninsula Track & Field Club	16.78	-0.1	12
8	271 Palichuk, Hudson	11	Oceanside Track & Field Club	16.89	-0.1	12
9	291 Sluggett, Trevor	11	Peninsula Track & Field Club	18.44	0.4	13
10	193 Ramstead, Zachary	11	Cowichan Valley Athletic Club	18.51	0.4	13

Girls 12 100 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	283 Haynes, Rosie	10	Peninsula Track & Field Club	14.93	-0.9	8
2	135 Samson, Nya	10	Campbell River Comets	15.30	-0.9	8
3	296 Wynne-Edwards, Alice	10	Peninsula Track & Field Club	15.55	-0.9	8
4	287 Parkes, Kinsley	10	Peninsula Track & Field Club	15.73	-0.9	8
5	108 Fielding, Sabrina	10	Athletics Victoria Track and F	15.91	-0.9	8
6	162 Beaton, Arianna	10	Cowichan Valley Athletic Club	15.93	-0.9	8
7	279 Clark, Elsa	10	Peninsula Track & Field Club	16.54	-0.9	8

Boys 12 100 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	269 Kolen-Lee, Jonah	10	Oceanside Track & Field Club	15.32	-0.7	9
2	294 Stubbs, Ryder	10	Peninsula Track & Field Club	15.32	-0.7	9
3	235 O'Keefe, Taveon	10	Nanaimo & District Track & Fie	15.80	-0.2	10
4	230 Luch, Ryan	10	Nanaimo & District Track & Fie	15.81	-0.2	10
5	247 Sinclair, Oliver	10	Nanaimo & District Track & Fie	16.51	-0.7	9
6	198 Thornley, Quinn	10	Cowichan Valley Athletic Club	16.65	-0.2	10
7	197 Thompson, Connor	10	Cowichan Valley Athletic Club	17.19	-0.2	10
8	183 Lazenby, Robert	10	Cowichan Valley Athletic Club	18.06	-0.7	9
9	190 Nickolichuk, Samuel	10	Cowichan Valley Athletic Club	18.44	-0.2	10
10	200 Weir, Jacob	10	Cowichan Valley Athletic Club	20.17	-0.7	9

Girls 13 100 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	142 Lewis, Addison	09	Comox Valley Cougars	14.01	-0.6	5
2	214 Brand, Danaea	09	Nanaimo & District Track & Fie	14.15	-0.3	6
3	211 Bell, Tessa	09	Nanaimo & District Track & Fie	14.65	-0.3	6
4	129 Harvey, Claire	09	Campbell River Comets	14.71	-0.3	6
5	132 MacKenzie, Kendra	09	Campbell River Comets	14.83	-0.3	6
6	130 John-Cliffe, Jodyn	09	Campbell River Comets	15.04	-0.6	5
7	104 Chell, Kajsa	09	Athletics Victoria Track and F	15.48	-0.3	6
8	292 Stogdon, Molly	09	Peninsula Track & Field Club	15.67	-0.6	5
9	201 Weir, Nevaeh	09	Cowichan Valley Athletic Club	15.86	-0.6	5
10	265 Desvaux, Sophia	09	Oceanside Track & Field Club	15.98	-0.6	5

Boys 13 100 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	153 Smallacombe, Simon	09	Comox Valley Cougars	13.46	-0.6	7
2	109 Grange, Liam	09	Athletics Victoria Track and F	13.48	-0.6	7
3	229 Knight, Charlie	09	Nanaimo & District Track & Fie	14.41	-0.6	7
4	126 Granson, Carter	09	Campbell River Comets	15.11	-0.6	7
5	251 Tait, Elijah	09	Nanaimo & District Track & Fie	15.48	-0.6	7
6	286 Holmgren, Emilian	09	Peninsula Track & Field Club	15.57	-0.6	7

Men 14-15 100 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	120 Trousil, Rowan	07	Athletics Victoria Track and F	12.73	-0.9	4
2	290 Slauenwhite, Joshua	08	Peninsula Track & Field Club	13.37	-0.9	4
3	151 Servos, Tyson	08	Comox Valley Cougars	13.86	-0.9	4
4	144 Macdonnell, Thomas	07	Comox Valley Cougars	14.12	-0.9	4

Women 14-15 100 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	121 Wedmann-Kent, Nova	07	Athletics Victoria Track and F	13.55	-0.1	3
2	161 Zaal, Kylie	08	Comox Valley Cougars	14.20	-0.1	3
3	139 Doty-Brown, Payge	07	Comox Valley Cougars	14.34	-0.1	3
4	137 Burry, Erika	07	Comox Valley Cougars	14.55	-0.1	3
5	157 Steele, Zoe	08	Comox Valley Cougars	14.80	-0.1	3
6	164 Blumel, Annette	07	Cowichan Valley Athletic Club	15.43	-0.1	3
7	156 Steele, Kiera	08	Comox Valley Cougars	15.49	-0.1	3

Men 16-17 100 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	185 Mayer, Evan	05	Cowichan Valley Athletic Club	12.88	-0.9	2

Women 16-17 100 Meter Dash

	Name	Yr	Team	Finals	Wind
1	152 Simmons, Lacie	05	Comox Valley Cougars	13.86	-0.5

Women 18-19 100 Meter Dash

	Name	Yr	Team	Finals	Wind
1	165 Blumel, Margo	04	Cowichan Valley Athletic Club	15.37	-0.5
2	169 Dailey, Victoria	03	Cowichan Valley Athletic Club	16.20	-0.5

Men 18-19 100 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	223 Greir, Josh	03	Nanaimo & District Track & Fie	11.97	-0.9	2
2	167 Dailey, Graeme	04	Cowichan Valley Athletic Club	12.82	-0.9	2

Women 60-64 100 Meter Dash

	Name	Yr	Team	Finals	Wind
1	243 Rogers, Patti	60	Nanaimo & District Track & Fie	15.82	-0.5

Women 65-69 100 Meter Dash

	Name	Yr	Team	Finals	Wind
1	224 Hendrie, Nola	55	Nanaimo & District Track & Fie	20.43	-0.5

Men 75-79 100 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	241 Riggins, Terry	47	Nanaimo & District Track & Fie	16.78	-0.9	2

Men 80-84 100 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	306 Thompson, Lynn	39	Unattached British Columbia	18.07	-0.9	2

Men 90-94 100 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	222 Giegerich, Joe	32	Nanaimo & District Track & Fie	22.97	-0.9	2

Boys 11 200 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	189 Munro, Jack	11	Cowichan Valley Athletic Club	33.49	1.1	13
2	259 Bewsey, Ethan	11	Oceanside Track & Field Club	33.64	1.4	14
3	276 Willers, Gabriel	11	Oceanside Track & Field Club	33.70	1.4	14
4	285 Holmgren, Coen	11	Peninsula Track & Field Club	34.19	1.4	14
5	236 Olsen, Finn	11	Nanaimo & District Track & Fie	34.28	1.1	13
6	282 Gordon, Oban	11	Peninsula Track & Field Club	35.59	1.1	13
7	271 Palichuk, Hudson	11	Oceanside Track & Field Club	37.98	1.1	13
8	193 Ramstead, Zachary	11	Cowichan Valley Athletic Club	39.05	1.1	13
9	112 Leitch, Sebastian	11	Athletics Victoria Track and F	40.94	1.4	14
10	291 Sluggett, Trevor	11	Peninsula Track & Field Club	42.95	1.4	14

Girls 11 200 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	138 Curts, Phoebe	11	Comox Valley Cougars	30.91	0.9	11
2	255 Webber, Skyla	11	Nanaimo & District Track & Fie	32.23	1.9	12
3	239 Reilly, Brynne	11	Nanaimo & District Track & Fie	32.73	1.9	12
4	127 Granson, Kinley	11	Campbell River Comets	32.90	1.9	12
5	174 Gough, Callie	11	Cowichan Valley Athletic Club	35.74	1.9	12
6	133 MacKenzie, Makayla	11	Campbell River Comets	35.92	0.9	11
7	231 Lundman, Sofia	11	Nanaimo & District Track & Fie	36.20	0.9	11
8	124 Burrows, Asha	11	Campbell River Comets	38.00	0.9	11
9	237 Park, Katelyn	11	Nanaimo & District Track & Fie	39.11	0.9	11
10	275 Scott, Madison	11	Oceanside Track & Field Club	43.08	1.9	12

Boys 12 200 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	154 Smits, Holden	10	Comox Valley Cougars	30.29	1.1	10
2	294 Stubbs, Ryder	10	Peninsula Track & Field Club	31.40	1.1	10
3	230 Luch, Ryan	10	Nanaimo & District Track & Fie	31.86	1.1	10
4	140 Galik, Benjamin	10	Comox Valley Cougars	32.19	1.1	10
5	235 O'Keefe, Taveon	10	Nanaimo & District Track & Fie	35.20	1.1	10
6	197 Thompson, Connor	10	Cowichan Valley Athletic Club	37.86	1.1	10
7	190 Nickolichuk, Samuel	10	Cowichan Valley Athletic Club	40.98	1.1	10

Girls 12 200 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	283 Haynes, Rosie	10	Peninsula Track & Field Club	30.93	2.8	8
2	135 Samson, Nya	10	Campbell River Comets	31.41	2.8	8

Boys 13 200 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	109 Grange, Liam	09	Athletics Victoria Track and F	27.59	1.7	7
2	153 Smallacombe, Simon	09	Comox Valley Cougars	27.96	1.7	7
3	229 Knight, Charlie	09	Nanaimo & District Track & Fie	30.25	1.7	7
4	126 Granson, Carter	09	Campbell River Comets	31.23	1.7	7
5	106 Dickinson, Aidan	09	Athletics Victoria Track and F	31.78	1.7	7
6	251 Tait, Elijah	09	Nanaimo & District Track & Fie	32.46	1.7	7

Girls 13 200 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	244 Shepherd, Charlotte	09	Nanaimo & District Track & Fie	28.81	1.9	5
2	142 Lewis, Addison	09	Comox Valley Cougars	29.01	1.9	5
3	175 Gough, Charlotte	09	Cowichan Valley Athletic Club	30.53	1.9	5
4	129 Harvey, Claire	09	Campbell River Comets	30.90	1.9	5
5	113 Meyer, Isabella	09	Athletics Victoria Track and F	31.05	1.9	5
6	132 MacKenzie, Kendra	09	Campbell River Comets	31.52	1.9	5
7	105 Daly-Hosein, Kai	09	Athletics Victoria Track and F	31.63	1.9	5

Men 14-15 200 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	120 Trousil, Rowan	07	Athletics Victoria Track and F	25.45	2.0	4
2	115 Michaels-Van Zandwijk, Kayden	08	Athletics Victoria Track and F	31.83	2.0	4

Women 14-15 200 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	159 Wesner, Maile	08	Comox Valley Cougars	29.04	1.2	3
2	139 Doty-Brown, Payge	07	Comox Valley Cougars	30.48	1.2	3
3	157 Steele, Zoe	08	Comox Valley Cougars	30.56	1.2	3
4	164 Blumel, Annette	07	Cowichan Valley Athletic Club	31.03	1.2	3
5	173 Forcier, Makenna	08	Cowichan Valley Athletic Club	31.34	1.2	3
6	232 McMinn, Annika	07	Nanaimo & District Track & Fie	32.09	1.2	3
7	156 Steele, Kiera	08	Comox Valley Cougars	32.55	1.2	3
8	172 Foo, Satya	07	Cowichan Valley Athletic Club	33.15	1.2	3

Men 20-34 200 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	307 Winkler, Matthew	88	Unattached British Columbia	24.64	1.7	2
2	302 Coell, Tyler	98	Unattached British Columbia	28.16	1.7	2

Women 20-34 200 Meter Dash

	Name	Yr	Team	Finals	Wind
1	233 Mitchell, Makayla	02	Nanaimo & District Track & Fie	28.88	1.7

Men 40-44 200 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	284 Holmgren, Aaron	82	Peninsula Track & Field Club	25.89	1.7	2

Women 60-64 200 Meter Dash

	Name	Yr	Team	Finals	Wind
1	243 Rogers, Patti	60	Nanaimo & District Track & Fie	32.39	1.7

Women 65-69 200 Meter Dash

	Name	Yr	Team	Finals	Wind
1	212 Bonin, Denise	56	Nanaimo & District Track & Fie	37.71	1.7

Men 75-79 200 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	241 Riggins, Terry	47	Nanaimo & District Track & Fie	34.95	1.7	2

Men 80-84 200 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
1	306 Thompson, Lynn	39	Unattached British Columbia	38.81	1.7	2

Boys 12 800 Meter Run

	Name	Yr	Team	Finals	H#
1	154 Smits, Holden	10	Comox Valley Cougars	2:45.98	4
2	294 Stubbs, Ryder	10	Peninsula Track & Field Club	2:47.82	4
3	197 Thompson, Connor	10	Cowichan Valley Athletic Club	3:13.25	4
4	190 Nickolichuk, Samuel	10	Cowichan Valley Athletic Club	3:21.10	4

Girls 12 800 Meter Run

	Name	Yr	Team	Finals
1	283 Haynes, Rosie	10	Peninsula Track & Field Club	2:51.57
2	216 Carter Ruddell, Wren	10	Nanaimo & District Track & Fie	3:28.76

Boys 13 800 Meter Run

	Name	Yr	Team	Finals	H#
1	153 Smallacombe, Simon	09	Comox Valley Cougars	2:26.21	4
2	126 Granson, Carter	09	Campbell River Comets	2:43.21	4
3	248 Smith, Nolan	09	Nanaimo & District Track & Fie	2:58.35	4

Girls 13 800 Meter Run

	Name	Yr	Team	Finals
1	158 Weiss, Abby	09	Comox Valley Cougars	2:54.20

Men 14-15 800 Meter Run

	Name	Yr	Team	Finals	H#
1	281 Franey, Egan	08	Peninsula Track & Field Club	2:13.71	3
2	288 Pearson, Lucas	08	Peninsula Track & Field Club	2:22.45	3
3	295 Venables, Levi	08	Peninsula Track & Field Club	2:23.21	3
4	303 Harbo, Owen	07	Unattached British Columbia	2:33.79	3
5	125 Currie, Gavin	08	Campbell River Comets	2:39.87	3
6	134 Palmer, Madrid	08	Campbell River Comets	2:42.07	3
7	186 Minka, Stefan	08	Cowichan Valley Athletic Club	2:53.72	3

Women 14-15 800 Meter Run

	Name	Yr	Team	Finals
1	164 Blumel, Annette	07	Cowichan Valley Athletic Club	2:54.07
2	172 Foo, Satya	07	Cowichan Valley Athletic Club	3:01.87

Men 16-17 800 Meter Run

	Name	Yr	Team	Finals	H#
1	298 Powell, Miles	05	Prairie Inn Harriers Racing Te	2:08.42	2

Women 16-17 800 Meter Run

	Name	Yr	Team	Finals
1	205 Morse, Zoe	06	Mid Island Distance	2:46.83
2	176 Hallquist, Lily	05	Cowichan Valley Athletic Club	2:47.83

Men 18-19 800 Meter Run

	Name	Yr	Team	Finals	H#
1	209 Steel, Blake	03	Mid Island Distance	2:23.18	2
2	167 Dailey, Graeme	04	Cowichan Valley Athletic Club	2:28.11	2

Men 20-34 800 Meter Run

	Name	Yr	Team	Finals	H#
1	307 Winkler, Matthew	88	Unattached British Columbia	1:59.81	2

Men 40-44 800 Meter Run

	Name	Yr	Team	Finals	H#
1	284 Holmgren, Aaron	82	Peninsula Track & Field Club	2:02.85	2
---	110 Hurlen, Erik	78	Athletics Victoria Track and F	DNF	2

Men 45-49 800 Meter Run

	Name	Yr	Team	Finals	H#
1	196 Smith, Scott	77	Cowichan Valley Athletic Club	2:35.41	2

Girls 9 800 Meter Race Walk

	Name	Yr	Team	Finals
1	217 Cunning, Fiona	13	Nanaimo & District Track & Fie	6:58.27

Boys 9 800 Meter Race Walk

	Name	Yr	Team	Finals
1	274 Scott, Connor	13	Oceanside Track & Field Club	7:02.77

Girls 11 800 Meter Race Walk

	Name	Yr	Team	Finals
1	231 Lundman, Sofia	11	Nanaimo & District Track & Fie	5:25.69

Boys 12 800 Meter Race Walk

	Name	Yr	Team	Finals
1	190 Nickolichuk, Samuel	10	Cowichan Valley Athletic Club	9:47.19

Girls 13 1500 Meter Race Walk

	Name	Yr	Team	Finals
1	180 Kosty, Amelia	09	Cowichan Valley Athletic Club	12:12.75
2	234 Moonsamy, Anishka	09	Nanaimo & District Track & Fie	12:29.16

Women 14-15 1500 Meter Race Walk

	Name	Yr	Team	Finals
1	164 Blumel, Annette	07	Cowichan Valley Athletic Club	8:52.59
2	179 Johnston, Tori	07	Cowichan Valley Athletic Club	9:45.23

Women 18-19 1500 Meter Race Walk

	Name	Yr	Team	Finals
1	165 Blumel, Margo	04	Cowichan Valley Athletic Club	9:18.42

Women 35-94 1500 Meter Race Walk

	Name	Yr	Team	Finals
1	304 Phillips, Jessica	86	Unattached British Columbia	8:03.31