

**LMSSTFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17****Swangard  
Results****Women 100 Meter Dash Gr 8**

Name	Year Team	Seed	Finals	H#	Points	Alternate
<b>Finals</b>						
1 Alexis Mezzarobba	Little Flower		13.50	1	10	
2 Lana Sabet	Crofton Hous	13.28	13.62	3	8	
3 Janelle Chhun	St. Thomas More	12.98	13.92	3	6	
4 Maia Brittingham	West Point	13.50	13.97	3	5	
5 Claire Stewart	York House School	13.27	14.06	3	4	
6 Virginia Spencer	Crofton Hous	13.39	14.07	3	3	
7 Talia Hoffman	York House School	13.63	14.35	3	2	
8 Marie Boucher	Little Flower		14.40	1	1	
9 Catherine Blouin	Little Flower		x14.52	1		
10 Sofia Brown	York House School	14.12	x14.61	3		
11 Annabelle Turner	Crofton Hous	13.98	x14.70	3		
12 Olivia Paquette	West Point	15.45	14.86	2		
13 Isabela Vosotros	St. Patrick'	14.79	15.41	2		
14 Kelly Robles	St. Patrick'	15.68	15.66	2		
15 Amy Chan	Fraser Acade		15.74	2		
16 Cyena McIntosh	St. Thomas More		15.79	2		
17 Claire Osborne	West Point	15.67	x15.83	2		
18 Khaylin Tria	Notre Dame R		16.19	2		
19 Amelie Paul	Fraser Acade		16.27	1		
20 Rachel Hui	Carver Christian	14.94	16.33	2		
21 Kayla Garcia	Notre Dame R		18.10	1		

**Women 200 Meter Dash Gr 8**

Name	Year Team	Seed	Finals	H#	Points	Alternate
1 Lana Sabet	Crofton Hous	27.08	27.86	3	10	
2 Alexis Mezzarobba	Little Flower		28.09	1	8	
3 Maia Brittingham	West Point	28.50	28.54	3	6	
4 Claire Stewart	York House School	28.43	28.97	3	5	
5 Janelle Chhun	St. Thomas More	28.20	29.50	3	4	
6 Ezawa Malish	St. Thomas More	30.32	29.63	3	3	
7 Virginia Spencer	Crofton Hous	28.62	29.77	3	2	
8 Elle Chilton	Crofton Hous	30.25	x30.11	3		
9 Talia Hoffman	York House School	30.46	30.42	3	1	
10 Carmen Accili	Little Flower		30.54	1		
11 Caitlyn Ambrose	Little Flower		x30.55	2		
12 Tash Varabioff	York House School	30.66	x30.95	2		
13 Olivia Watkins	West Point	31.40	31.50	2		
14 Ayesha Mian	St. Thomas More		x32.24	1		
15 Rachel Hui	Carver Christian		34.01	1		
16 Amelie Paul	Fraser Acade		34.68	1		
17 Lucille Shaw	Fraser Acade		34.68	2		
18 Aidan Stewartt	St. Patrick'	31.77	35.37	2		
19 Khaylin Tria	Notre Dame R		35.53	2		

**Women 400 Meter Dash Gr 8**

Name	Year Team	Seed	Finals	H#	Points	Alternate
1 Lana Sabet	Crofton Hous	1:04.80	1:02.59	2	10	
2 Janelle Chhun	St. Thomas More	1:08.00	1:05.94	2	8	

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**...Women 400 Meter Dash Gr 8**

3	Maia Brittingham	West Point	1:04.20	1:07.04	2	6
4	Anne Campbell	York House School	1:12.00	1:09.70	2	5
5	Tash Varabioff	York House School	1:12.00	1:09.75	2	4
6	Elle Chilton	Crofton Hous	1:08.70	1:10.00	2	3
7	Olivia Dunstan	Crofton Hous	1:08.50	x1:11.61	2	
8	Kimberley Kaviekar	Little Flower		1:12.04	1	2
9	Olivia Watkins	West Point	1:06.50	1:16.15	2	1
10	Keonna Tan	York House School	1:15.00	x1:16.51	1	
11	Carmen Accili	Little Flower		1:17.99	1	
12	Lauren Accili	Little Flower		x1:18.90	1	
13	Rachel Hui	Carver Christian	1:19.10	1:20.25	1	

**Women 800 Meter Run Gr 8**

Name	Year Team	Seed	Finals	Points	Alternate
1 Milena Kalish	St. Thomas More		2:32.56	10	
2 Vanessa Kahwaju	Little Flower		2:51.11	8	
3 Trinity Tran	Little Flower		2:53.78	6	
4 Olivia Dunstan	Crofton Hous	2:54.20	2:54.91	5	
5 Marlo Naish	Crofton Hous	2:59.50	2:56.40	4	
6 Lucille Shaw	Fraser Acade		2:57.53	3	
7 Maizie Eastwood Lilles	Crofton Hous	3:11.90	x3:06.59		
8 Melanie So	Little Flower		x3:08.68		

**Women 1500 Meter Run Gr 8**

Name	Year Team	Seed	Finals	Points	Alternate
1 Katie Stewart Barnett	St. Thomas More		4:55.93	10	
2 Milena Kalish	St. Thomas More		4:59.51	8	
3 Izzy McDonald	York House School	5:28.00	5:25.78	6	
4 Emily Hu	Crofton Hous	5:45.40	6:04.43	5	
5 Trinity Tran	Little Flower		6:10.85	4	
6 Lucille Shaw	Fraser Acade		6:11.62	3	
7 Vanessa Kahwaju	Little Flower		6:52.88	2	
8 Melanie So	Little Flower		x6:52.97		

**Women 3000 Meter Run Gr 8**

Name	Year Team	Seed	Finals	Points	Alternate
1 Katie Stewart Barnett	St. Thomas More		10:45.03	10	
2 Milena Kalish	St. Thomas More		10:50.93	8	
3 Izzy McDonald	York House School	11:45.00	11:52.16	6	
4 Emily Hu	Crofton Hous	13:24.50	12:53.44	5	

**Women 80 Meter Hurdles Gr 8**

Name	Year Team	Seed	Finals	Points	Alternate
1 Alicia Breimer	St. Thomas More	12.94	12.89	10	
2 Sophie Fernback	York House School	13.52	13.38	8	
3 Natalie Tsang	Crofton Hous	14.37	15.10	6	
4 Isabelle Reynolds	Crofton Hous	14.56	15.16	5	

**LMSISFEA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

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

5	Catherine Blouin	Little Flower		16.22	4
6	Amy Chan	Fraser Acade	17.00	18.28	3
7	Ariana Madamba	Little Flower		18.65	2
8	Isabella Battiston	Little Flower		x19.34	

**Women 200 Meter Hurdles Gr 8**

Name	Year Team	Seed	Finals	Points	Alternate
1	Alicia Breimer St. Thomas More	30.40	30.32	10	
2	Catherine Blouin Little Flower		32.58	8	
3	Natalie Tsang Crofton Hous	33.75	33.92	6	
4	Natalie Hui Little Flower		39.00	5	
5	Isabella Battiston Little Flower		x41.28		

**Women 4x100 Meter Relay Gr 8**

Team	Seed	Finals	H#	Points	Alternate
1 York House School 'A' 1) Talia Hoffman 3) Claire Stewart	56.60	53.83	2	10	
2 St. Thomas More 'A' 2) Sofia Brown 4) Sophie Fernback		54.22	2	8	
3 Little Flower 'A' 1) Alexis Mezzarobba 3) Catherine Blouin	54.53	54.79	2	6	
4 Crofton House School 'A' 1) Virginia Spencer 3) Natalie Tsang	55.37	55.67	2	5	
5 Little Flower 'B' 1) Carmen Accili 3) Kimberley Kaviekar	56.52	55.83	2	4	
6 Crofton House School 'B' 1) Olivia Dunstan 3) Elle Chilton	56.78	56.85	2	3	
7 West Point 'A' 1) Olivia Paquette 3) Olivia Watkins	58.87	57.58	2	2	
8 Little Flower 'C' 1) Ashley Low 3) Trinity Tran	57.89	x57.90	1		
9 Crofton House School 'C' 2) Noelle Yau 4) Lana Sabet	59.75	x1:00.16	1		
10 St. Thomas More 'B' 2) Lauren Accili 4) Caitlyn Ambrose		1:01.02	2	1	

**Women 4x400 Meter Relay Gr 8**

Team	Seed	Finals	Points	Alternate
1 St. Thomas More 'A' 2) Marie Boucher		4:25.05	10	
2 Little Flower 'A' 1) Alexis Mezzarobba 3) Natalie Hui		4:41.93	8	
3 York House School 'A' 1) Talia Hoffman 3) Tash Varabioff	4:44.50	4:48.06	6	
4) Catherine Blouin				
2) Keonna Tan 4) Anne Campbell				

**LMISSTFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

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

4 Crofton House School 'A'	4:35.90	4:57.15	5
1) Elle Chilton	2) Olivia Dunstan		
3) Natalie Tsang	4) Isabelle Reynolds		
5 West Point 'A'	4:40.50	5:01.99	4
1) Olivia Paquette	2) Claire Osborne		
3) Olivia Watkins	4) Maia Brittingham		

**Women High Jump Gr 8**

Name	Year	Team	Seed	Finals	Points	Alternate
1 Sophie Fernback		York House School	1.55m	1.63m	10	
1.35 1.40 1.45 1.50 1.55 1.60 1.63 1.65						
O O O O O O XO XX						
2 Katie Stewart Barnett		St. Thomas More		1.60m	8	
1.35 1.40 1.45 1.50 1.55 1.60 1.63						
O O O O O O XXX						
3 Lara Vaziri		Crofton Hous	135.00m	1.40m	6	
1.25 1.30 1.35 1.40 1.45						
O O XXO O XXX						
4 Ayesha Mian		St. Thomas More		1.25m	5	
1.25 1.30						
O XXX						
-- Talia Hoffman		York House School	1.35m	NH		
1.45						
XXX						
-- Ameia Mikula-Noble		Crofton Hous	130.00m	NH		
1.25						
XXX						
-- Cailee Moy		Little Flower		NH		
1.25						
XXX						

**Women Long Jump Gr 8**

Name	Year	Team	Seed	Finals	Points	Alternate
1 Claire Stewart		York House School	4.66m	4.57m	10	
4.40m	4.26m	4.22m	4.57m			
2 Sofia Brown		York House School	4.02m	4.19m	8	
4.07m 4.15m	4.01m	4.09m	4.19m			
3 Lara Vaziri		Crofton Hous	4.02m	4.19m	6	
4.19m 4.12m	3.89m	4.02m	4.05m	4.04m		
4 Ashley Low		Little Flower		4.15m	5	
3.99m 4.05m	4.13m	4.02m	4.13m	4.15m		
5 Ayesha Mian		St. Thomas More		4.09m	4	
3.95m 4.09m	3.94m	3.77m	3.91m	3.75m		
6 Ameia Mikula-Noble		Crofton Hous	4.31m	4.03m	3	
3.96m 4.03m	3.83m	3.86m	3.98m	3.86m		
7 Justine Baldivino		Notre Dame R		3.82m	2	
3.75m 3.82m	3.61m					
8 Vanessa Kahwaju		Little Flower		3.75m	1	
3.16m 3.08m	3.75m	3.19m	3.10m	3.44m		
9 Amelie Paul		Fraser Acade		3.69m		
3.69m						

**LMSISFEA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

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**...Women Long Jump Gr 8**

10 Claire Osborne	West Point	3.14m	3.65m
3.46m 3.65m			
11 Olivia Paquette	West Point		3.61m
3.08m 3.47m 3.61m			
12 Joyce Chen	Little Flower		x3.28m
3.28m 3.16m			

**Women Triple Jump Gr 8**

Name	Year	Team	Seed	Finals	Points	Alternate
1 Alicia Breimer		St. Thomas More		10.44m	10	
10.21m FOUL PASS	10.44m	PASS	10.20m			
2 Sophie Fernback		York House School		10.05m	8	
9.80m 9.80m 10.05m	PASS	10.03m	9.80m			
3 Sofia Brown		York House School		9.42m	6	
8.35m 9.26m 8.22m	9.42m	FOUL	9.18m			
4 Olivia Dunstan		Crofton Hous		8.90m	5	
8.00m 8.02m 8.48m	8.90m	8.47m	8.62m			
-- Natalie Tsang		Crofton Hous		FOUL		
FOUL FOUL FOUL						

**Women Shot Put Gr 8**

Name	Year	Team	Seed	Finals	Points	Alternate
1 Maezell Del Mundo		Notre Dame R		8.89m	10	
8.51m 8.46m 8.44m	8.25m	8.89m	8.86m			
2 Noelle Yau		Crofton Hous	8.26m	8.87m	8	
7.84m 8.32m 8.47m	8.38m	8.08m	8.87m			
3 Avery Madunic		Notre Dame R		8.37m	6	
7.99m 8.37m 7.98m		8.02m				
4 Angelina Porras		St. Patrick'	7.56m	8.30m	5	
7.68m 7.62m 7.67m	8.19m	8.27m	8.30m			
5 Jayna Lunny		Little Flower		7.53m	4	
7.00m 6.80m 7.53m	6.51m	7.26m	7.12m			
6 Natalie Hui		Little Flower		6.75m	3	
6.45m 6.75m 6.14m	6.73m	6.66m	6.58m			
7 Isabelle Reynolds		Crofton Hous	6.79m	6.20m	2	
6.12m 6.20m 5.95m						
8 Brittany Mudiappu		St. Thomas More		6.06m	1	
5.47m 6.06m 5.49m	4.78m	5.72m				

**Women Discus Throw Gr 8**

Name	Year	Team	Seed	Finals	Points	Alternate
1 Noelle Yau		Crofton Hous	18.52m	23.86m	10	
22.55m FOUL 20.45m	20.94m	20.76m	23.86m			
2 Avery Madunic		Notre Dame R		20.13m	8	
19.25m 18.88m 18.81m	20.13m	19.41m	19.74m			
3 Jayna Lunny		Little Flower		19.46m	6	
17.15m 15.75m 18.20m	15.81m	19.46m	17.30m			
4 Maezell Del Mundo		Notre Dame R		17.53m	5	
17.49m 17.53m FOUL	17.21m	17.27m	FOUL			

**LMSSTFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

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**...Women Discus Throw Gr 8**

5 Angelina Porras	St. Patrick'	16.38m	17.06m	4
14.72m FOUL 15.50m 15.73m 15.19m 17.06m				
6 Isabelle Reynolds	Crofton Hous	15.56m	17.02m	3
15.18m 16.72m 15.32m 15.05m 17.02m 16.89m				
7 Joyce Chen	Little Flower		15.70m	2
FOUL 15.70m FOUL 10.66m 12.09m 13.78m				

**Women Javelin Throw Gr 8**

Name	Year Team	Seed	Finals	Points	Alternate
1 Noelle Yau	Crofton Hous	19.64m	22.64m	10	
19.60m FOUL 20.51m 19.66m 22.35m 22.64m					
2 Izzy McDonald	York House School	16.25m	19.28m	8	
17.88m 14.88m FOUL 16.67m 16.18m 19.28m					
3 Natalie Hui	Little Flower		18.68m	6	
16.61m 15.75m 18.68m 16.56m 13.63m 18.53m					
4 Tash Varabioff	York House School	15.17m	17.95m	5	
15.59m 14.74m 16.79m 14.11m 17.32m 17.95m					
5 Avery Madunic	Notre Dame R		17.36m	4	
FOUL 17.36m 12.66m 14.95m FOUL 15.97m					
6 Cyena McIntosh	St. Thomas More		16.15m	3	
FOUL 13.97m FOUL 16.15m 12.71m FOUL					
7 Nancy Shen	Crofton Hous	15.15m	15.52m	2	
FOUL 15.34m 14.36m 15.52m 14.16m 13.67m					
8 Amy Chan	Fraser Acade	14.99m	14.60m	1	
11.01m 14.36m 10.55m 11.36m FOUL 14.60m					

**Women 100 Meter Dash Junior**

Name	Year Team	Seed	Finals	H#	Points	Alternate
1 Logan Fung	West Point	12.60	13.16	3	10	
2 Maya Cardey	Crofton Hous	12.76	13.44	3	8	
3 Melanie Tran	Little Flower	12.79	13.73	3	6	
4 Nataysia Mikula-Noble	Crofton Hous	12.99	13.76	3	5	
5 Sophia Strang	Fraser Acade		13.89	1	4	
6 Stephanie Isip	Little Flower		13.90	1	3	
7 Dani Black	York House School	13.95	13.98	2	2	
8 Katie Doirin	St. Thomas More	13.50	13.99	3	1	
9 Bridget Spencer	Crofton Hous	13.60	x14.02	3		
10 Kathryn Stewart	York House School	13.56	14.06	3		
11 Ashley Leung	Little Flower		x14.11	1		
12 Francesca Sandini	St. Thomas More		14.18	1		
13 Annika Zhou	York House School	13.97	x14.43	2		
14 Faith Padrinao	Notre Dame R		14.69	1		
15 Anna McIlhargey	Notre Dame R		14.71	1		
16 Jennifer Nguyen	St. Patrick'	13.94	14.83	2		
17 Olivia Neil	West Point	13.80	15.23	2		
18 Julienne Locsin	St. Patrick'	14.39	15.55	2		
19 Georgia McIlhargey	Notre Dame R		x15.91	1		
20 Odelia Chan	Carver Christian	15.96	16.41	2		

**LMSISSTFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17****Swangard  
Results****Women 200 Meter Dash Junior**

Name	Year Team	Seed	Finals	H#	Points	Alternate
1 Logan Fung	West Point	27.23	26.38	2	10	
2 Natalie Hill	Crofton Hous	26.93	26.90	2	8	
3 Sophie Morris	Little Flower	27.82	27.70	2	6	
4 Maya Cardey	Crofton Hous	27.75	27.89	2	5	
5 Nataysia Mikula-Noble	Crofton Hous	27.97	x28.29	2		
6 Kathryn Stewart	York House School	29.19	28.56	2	4	
7 Dani Black	York House School	29.04	29.29	2	3	
8 Danica Vansgaard	Little Flower		29.37	1	2	
9 Zoe Chung	St. Thomas More		29.65	1	1	
10 Sophia Strang	Fraser Acade	28.00	29.97	2		
11 Annika Zhou	York House School	31.07	x30.22	1		
12 Daniella Cass	West Point	31.90	30.76	1		
13 Chloe Law	Little Flower		x30.81	1		
14 Anna McIlhargey	Notre Dame R		33.13	1		

**Women 400 Meter Run Junior**

Name	Year Team	Seed	Finals	H#	Points	Alternate
1 Natalie Hill	Crofton Hous	1:06.90	1:00.26	2	10	
2 Ceili McCabe	Little Flower	1:00.12	1:00.57	2	8	
3 Rachael Liang	Notre Dame R		1:04.61	1	6	
4 Jos Chambers	West Point	1:04.00	1:05.13	2	5	
5 Ashton Piller	Crofton Hous	1:07.70	1:06.04	2	4	
6 Maya Landero-Van	Little Flower		1:06.50	1	3	
7 Mia Gradecak	West Point	1:01.00	1:07.12	2	2	
8 Lauren Lecky	York House School	1:08.00	1:08.17	2	1	
9 Emma Stewart Barnett	St. Thomas More		1:08.60	1		
10 Maria Miller	Crofton Hous	1:10.10	x1:10.01	2		
11 Brooklyn Monks	St. Thomas More		1:10.79	1		
12 Caitleen Dimalanta	Notre Dame R		1:18.32	1		
13 Maria Sain	St. Thomas More		x1:23.63	1		
14 Hannah Xu	St John's School		1:32.28	1		

**Women 800 Meter Run Junior**

Name	Year Team	Seed	Finals	H#	Points	Alternate
1 Ceili McCabe	Little Flower	2:22.10	2:25.89	2	10	
2 Anna Maslechko	West Point		2:25.89	2	8	
3 Alessia Giammaria	Notre Dame R		2:34.52	1	6	
4 Rachael Liang	Notre Dame R		2:35.29	1	5	
5 Amanda Lee	Crofton Hous	2:36.90	2:37.31	2	4	
6 Bhag Cheema	Crofton Hous	2:36.60	2:38.23	2	3	
7 Lauren Lecky	York House School	2:39.56	2:40.19	2	2	
8 Vanessa Ferronato	Little Flower		2:46.26	1	1	
9 Sophie Cameron	West Point		2:47.41	2		
10 Maisey Perelonia	Little Flower		x2:50.98	1		

**LMSSTFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17****Swangard  
Results****Women 1500 Meter Run Junior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Anna Maslechko	West Point		5:13.35	10	
2 Alessia Giammaria	Notre Dame R		5:19.11	8	
3 Emily Macgowan	York House School	5:34.00	5:33.06	6	
4 Sophie Cameron	West Point		5:57.20	5	
5 Maisey Perelonia	Little Flower		6:04.93	4	
6 Fortune Aknin	West Point		x6:50.16		
7 Selena Ke	St John's School		8:00.97	3	

**Women 3000 Meter Run Junior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Emily Macgowan	York House School	12:03.00	12:12.51	10	
2 Fortune Aknin	West Point		14:43.82	8	

**Women 80 Meter Hurdles Junior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Taylor Vanmarrewyk	Little Flower	12.78	13.04	10	
2 Mia Gradecak	West Point	13.15	13.17	8	
3 Francesca Sandini	St. Thomas More	14.06	15.39	6	
4 Olivia Neil	West Point	15.45	15.84	5	
-- Alyssa Eng	Little Flower		DNF		

**Women 300 Meter Hurdles Junior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Taylor Vanmarrewyk	Little Flower		48.78	10	
2 Maya Landero-Van	Little Flower		50.92	8	
3 Francesca Sandini	St. Thomas More		52.86	6	
4 Alyssa Eng	Little Flower		x53.57		

**Women 1500 Meter Steeplechase Junior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Anna Maslechko	West Point		5:37.96	10	
2 Taylor Vanmarrewyk	Little Flower		6:20.34	8	

**Women 4x100 Meter Relay Junior**

Team	Seed	Finals	H#	Points	Alternate
1 West Point 'A'	53.12	52.98	2	10	
1) Anna Maslechko					
3) Jos Chambers					
2) Mia Gradecak					
4) Logan Fung					
2 Little Flower 'A'	50.26	54.20	2	8	
1) Sophie Morris					
3)					
2) Ceili McCabe					
4) Melanie Tran					
3 Crofton House School 'B'	53.67	54.70	1	6	
1) Mady Kruk					
2) Bridget Spencer					

**LMSSTFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

**Swangard  
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**....Women 4x100 Meter Relay Junior**

3)	4) Bhag Cheema				
4 York House School 'A'		54.31	56.28	2	5
1) Kathryn Stewart	2) Jayne Owston				
3) Dani Black	4) Keonna Tan				
5 Little Flower 'B'		52.51	56.30	2	4
1) Ashley Leung	2) Chloe Law				
3)	4) Vanessa Ferronato				
6 West Point 'B'		57.76	56.54	1	3
1) Alice Yang	2) Paige Morrison				
3) Caitie McCullough	4)				
7 Notre Dame School 'A'			56.85	2	2
8 Crofton House School 'A'		52.87	56.87	2	1
1) Natalie Hill	2) Maya Cardey				
3) Jasneet Cheema	4) Nataysia Mikula-Noble				
9 Crofton House School 'C'		56.32	x57.00	1	
1) Arella Yang	2) Amanda Lee				
10 St. Thomas More 'A'			57.01	2	
11 St. Thomas More 'B'			58.58	1	
12 St. Thomas More 'C'			x59.80	1	

**Women 4x400 Meter Relay Junior**

Team	Seed	Finals	Points	Alternate
1 West Point 'A'	4:26.50	4:17.50	10	
1) Anna Maslechko	2) Mia Gradecak			
3) Jos Chambers	4) Logan Fung			
2 Little Flower 'A'	4:10.30	4:24.44	8	
1) Carmen Accili	2) Sophie Morris			
3) Ceili McCabe	4)			
3 Little Flower 'B'		4:45.07	6	
4 Crofton House School 'B'	4:40.30	4:52.70	5	
1) Maria Miller	2)			
3)	4) Emily Hu			
5 St. Thomas More 'A'		5:16.01	4	

**Women High Jump Junior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Julia Soeller	West Point	1.45m	1.55m	10	
1.30 1.35 1.40 1.45 1.50 1.55 1.60					
O O O O O XXO XXX					
2 Naomi Carruthers	West Point	1.40m	1.45m	8	
1.25 1.30 1.35 1.40 1.45 1.50					
O O O XO XO XXX					
3 Amanda Lee	Crofton Hous	140.00m	1.40m	6	
1.25 1.30 1.35 1.40 1.45					
O O O O XXX					
4 Maya Landero-Van	Little Flower		1.35m	5	
1.25 1.30 1.35 1.40					
O XO O XXX					
-- Hannah Truong	Carver Christian		NH		
1.25					
XXX					

**LMSISSTFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

**Swangard  
Results**

**Women Long Jump Junior**

Name	Year	Team	Seed	Finals	Points	Alternate
1 Melanie Tran		Little Flower		4.65m	10	
	4.58m	4.65m	4.51m	4.47m	4.61m	4.44m
2 Julia Soeller		West Point	4.85m	4.58m	8	
	4.32m	4.58m	4.56m	4.55m	4.29m	4.36m
3 Jasneet Cheema		Crofton Hous	4.03m	4.33m	6	
	3.81m	3.87m	4.12m	3.89m	4.33m	4.13m
4 Sabrina Levchuk		Notre Dame R		4.26m	5	
	4.01m	4.10m	4.00m	3.93m	4.26m	4.13m
5 Arella Yang		Crofton Hous	4.02m	4.19m	4	
	4.00m	4.06m	3.89m	4.05m	4.19m	4.02m
6 Emma Stewart Barnett		St. Thomas More		4.13m	3	
	4.13m	3.65m	3.57m	3.86m	3.99m	4.08m
7 Alice Yang		West Point	4.22m	3.94m	2	
	3.81m	3.62m	3.68m	3.94m		
8 Gwyneth Servano		Notre Dame R		3.92m	1	
	3.65m	3.91m	3.87m	3.92m		
9 Brooklyn Monks		St. Thomas More		3.38m		
	3.25m	3.38m	3.37m			

**Women Triple Jump Junior**

Name	Year	Team	Seed	Finals	Points	Alternate
1 Caitie McCullough		West Point	8.36m	10.14m	10	
	9.68m	9.98m	9.05m	9.59m	9.96m	10.14m
2 Natalie Hill		Crofton Hous	9.79m	9.95m	8	
	9.47m	9.25m	9.32m	9.95m	9.36m	
3 Amanda Lee		Crofton Hous	9.21m	9.12m	6	
	8.90m	8.90m	9.08m	8.95m	8.89m	9.12m
4 Alice Yang		West Point	8.22m	8.08m	5	
	FOUL	FOUL	7.86m	FOUL	8.08m	FOUL

**Women Shot Put 3 kg Junior**

Name	Year	Team	Seed	Finals	Points	Alternate
1 Michelle Dadson		St. Thomas More		12.52m	10	
	12.23m	12.28m	1.14m	12.23m	12.47m	12.52m
2 Shiloh Corrales Nelson		St. Thomas More		10.90m	8	
	10.39m	10.01m	9.67m	10.25m	10.90m	
3 Julia Soeller		West Point	10.50m	9.14m	6	
	8.79m	9.14m	8.67m	7.83m	8.55m	8.95m
4 Athena Pucovsky		Little Flower		8.62m	5	
	8.36m	8.29m	8.22m	8.14m	8.62m	8.36m
5 Emily Yang		Crofton Hous	8.13m	8.09m	4	
	7.36m	7.61m	8.09m	7.61m	8.03m	7.51m
6 Mady Kruk		Crofton Hous	7.82m	8.09m	3	
	7.60m	8.00m	6.58m	7.42m	8.09m	7.39m
7 Paige Morrison		West Point		7.73m	2	
	7.23m	6.77m	7.73m	7.56m	7.20m	7.43m
8 Isabella Pellizzari		Little Flower		7.69m	1	
	7.41m	7.44m	7.61m	7.48m	7.69m	

**LMSISSTFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

**Swangard  
Results**

**...Women Shot Put 3 kg Junior**

9	Amanda Silvieri	St. Thomas More		x7.28m
	7.24m 6.64m 7.28m			
10	Althea Gallano	St. Patrick'	6.71m	6.64m
	6.64m 6.12m 6.61m			
11	Micaela Buchman	King's Chris		6.24m
	5.54m 6.24m			

**Women Discus Throw 1 kg Junior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Michelle Dadson	St. Thomas More		30.82m	10	
	30.82m 29.23m 27.59m 28.28m 29.84m FOUL				
2 Deirdre Bos	Carver Christian	23.45m	25.27m	8	
	23.92m 25.27m FOUL FOUL 24.87m 24.71m				
3 Emily Yang	Crofton Hous	20.77m	24.40m	6	
	19.94m 23.82m FOUL 24.40m 20.41m 22.15m				
4 Francesca Yep	Little Flower		20.54m	5	
	20.42m 18.05m 20.54m 17.78m 19.11m 19.14m				
5 Athena Pucovsky	Little Flower		19.66m	4	
	18.33m 19.66m 17.50m 19.20m 19.57m 16.74m				
6 Naomi Carruthers	West Point		19.42m	3	
	15.24m 15.68m 18.52m 19.42m 19.34m 17.33m				
7 Amanda Silvieri	St. Thomas More		18.40m	2	
	18.18m 18.40m FOUL 16.88m 16.76m 18.28m				
8 Angelina Floro	Notre Dame R		16.44m	1	
	14.30m 12.28m 15.69m 14.74m 16.44m 13.51m				
9 Nikita Chanana	Notre Dame R		12.06m		
	11.72m 12.06m 11.49m				
10 Micaela Buchman	King's Chris		10.95m		
	10.95m 10.82m FOUL				
11 Althea Gallano	St. Patrick'	9.58m	10.29m		
	FOUL 10.29m 10.20m				
-- Paige Morrison	West Point		FOUL		
	FOUL FOUL FOUL				

**Women Hammer Throw 3 kg Junior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Francesca Yep	Little Flower		11.55m	10	
	11.55m x x				

**Women Javelin Throw 500 gram Junior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Mia Malinowski	St. Thomas More		26.36m	10	
	22.63m FOUL 23.28m 5.57m 24.40m 26.36m				
2 Emily Yang	Crofton Hous	22.63m	24.20m	8	
	20.37m FOUL FOUL 24.20m 23.75m 22.46m				
3 Isabella Pellizzari	Little Flower		22.04m	6	
	18.60m 18.29m 17.58m 20.15m FOUL 22.04m				
4 Francesca Yep	Little Flower		20.19m	5	
	20.19m 19.05m 15.94m 16.35m FOUL FOUL				

**LMISSTEFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

**Swangard  
Results**

**...Women Javelin Throw 500 gram Junior**

5	Angelina Floro	Notre Dame R	18.97m	4
	FOUL 16.05m 16.03m FOUL 18.97m 17.93m			
6	Naomi Carruthers	West Point	18.06m	3
	18.06m FOUL FOUL 14.51m FOUL FOUL			
7	Rachel Phord-Toy	Crofton Hous	16.12m	2
	15.04m 16.12m FOUL FOUL FOUL FOUL			
8	Paige Morrison	West Point	15.93m	1
	11.88m 15.93m FOUL 15.21m FOUL 14.10m			
9	Althea Gallano	St. Patrick'	10.00m 15.52m	
	15.52m 11.58m 13.92m FOUL 14.03m FOUL			

**Women 1500 Meter Race Walk Junior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Marlo Nash	Crofton Hous		10:25.20	10	
2 Maria Sain	St. Thomas More		10:32.04	8	
-- Kelly Lam	Notre Dame R		DQ		

**Women 100 Meter Dash Senior**

Name	Year Team	Seed	Finals	H#	Points	Alternate
1 Charlize Dang	West Point	12.90	13.11	2	10	
2 Lisa Lazzaris	Little Flower	12.45	13.12	2	8	
3 Jessica Urban	Little Flower	12.53	13.24	2	6	
4 Emma Leard	Crofton Hous	13.77	13.37	2	5	
5 Varshita Mulpuri	Crofton Hous	13.58	13.56	2	4	
6 Steph Stresing	Crofton Hous	13.08	x13.65	2		
7 Meg Swaffield	York House School	13.20	13.85	2	3	
8 Dominica Scaglione	St. Thomas More	13.50	13.88	2	2	
9 Laurenn Canofari	Notre Dame R		14.51	1	1	
10 Anika So	St. Patrick'		17.97	1		

**Women 200 Meter Dash Senior**

Name	Year Team	Seed	Finals	H#	Points	Alternate
1 Lisa Lazzaris	Little Flower	27.25	27.07	2	10	
2 Jessica Urban	Little Flower	27.31	27.53	2	8	
3 Emma Leard	Crofton Hous	28.03	27.90	2	6	
4 Cynthia Lo	Crofton Hous	27.55	28.04	2	5	
5 Steph Stresing	Crofton Hous	27.45	x28.07	2		
6 Dominica Scaglione	St. Thomas More	28.22	29.86	2	4	
7 Hannah Roddan	West Point	30.00	29.91	2	3	
8 Jordan Pallai	West Point	31.30	30.32	2	2	
9 Laurenn Canofari	Notre Dame R		30.70	1	1	
10 Yuval Daniel	King's Chris		36.59	1		
11 Sophie Temirov	King's Chris		36.62	1		
12 Elle Poirier	King's Chris		x40.91	1		

**LMSSTFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17****Swangard  
Results****Women 400 Meter Run Senior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Cynthia Lo	Crofton Hous	58.10	1:02.52	10	
2 Amanda Paptic	Crofton Hous	1:04.60	1:04.84	8	
3 Bianca Lock	Crofton Hous		x1:14.12		

**Women 800 Meter Run Senior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Lauryn Sartori	Notre Dame R		2:41.44	10	
2 Amanda Paptic	Crofton Hous	2:36.10	2:42.15	8	
3 Hannah Roddan	West Point		2:52.12	6	
4 Lindy Moxham	West Point		2:55.22	5	

**Women 1500 Meter Run Senior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Sarah Diamond	West Point		5:25.30	10	
2 Kennedy Randall	West Point		5:31.03	8	
3 Emma Christie-Gallop	Little Flower		5:46.24	6	
4 Samantha Skene	Fraser Acade		6:09.47	5	
5 Kiley Macgowan	Crofton Hous	6:15.80	6:34.76	4	

**Women 3000 Meter Run Senior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Sarah Diamond	West Point		11:41.79	10	
2 Kennedy Randall	West Point		11:55.09	8	
3 Samantha Skene	Fraser Acade		12:48.13	6	

**Women 100 Meter Hurdles Senior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Lauren Vanee	Carver Christian	18.26	18.19	10	
2 Rachelle Andrews	St. Thomas More		18.80	8	
3 Lauren Hung	Crofton Hous	19.39	19.06	6	
4 Varisha Ahluwalia	Crofton Hous	18.70	19.37	5	

**Women 400 Meter Hurdles Senior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Lauren Vanee	Carver Christian	1:14.46	1:13.70	10	
2 Rachelle Andrews	St. Thomas More		1:19.23	8	

**Women 1500 Meter Steeplechase Senior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Sarah Diamond	West Point		5:32.70	10	
2 Emma Christie-Gallop	Little Flower		5:48.80	8	

**LMISSTFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

**Swangard  
Results**

**Women 4x100 Meter Relay Senior**

Team	Seed	Finals	H#	Points	Alternate
1 Little Flower 'A' 1) Lisa Lazzaris 3) Andrea Hui	50.87	51.41	2	10	2) Jessica Urban 4) Emma Christie-Gallop
2 Crofton House School 'A' 1) Cynthia Lo 3) Emma Leard	52.14	51.69	2	8	2) Varshita Mulpuri 4) Steph Stresing
3 West Point 'A' 1) Cara Kovacs 3) Jordan Pallai	54.55	53.00	2	6	2) Sarah Diamond 4) Charlize Dang
4 Crofton House School 'B' 1) Amanda Papic 3) Rachelle Yau	53.20	53.76	2	5	2) 4) Varisha Ahluwalia
5 Fraser Academy Mustangs 'A' 1) Sophia Strang	53.45	56.11	1	4	2)
6 St. Thomas More 'A'		56.44	1	3	
7 Notre Dame Regional Secondary 'A'		58.01	1	2	
8 Crofton House School 'C' 3) Lauren Hung	55.60	x59.25	2		4)
9 King David High School 'A'		1:09.10	1	1	

**Women 4x400 Meter Relay Senior**

Team	Seed	Finals	Points	Alternate
1 Crofton House School 'A' 1) Natalie Hill 3) Amanda Papic	4:19.40	4:13.59	10	2) Rachelle Yau 4) Cynthia Lo
2 Crofton House School 'B'		4:25.98	8	
3 York House School 'A' 1) Meg Swaffield 3) Lauren Lecky	4:32.00	4:28.06	6	2) Annika Zhou 4)
4 Little Flower 'A' 1) Lisa Lazzaris 3) Andrea Hui		4:54.90	5	2) Jessica Urban 4) Emma Christie-Gallop

**Women High Jump Senior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Varisha Ahluwalia 1.30 1.35 1.40 1.45 O O XO XXX	Crofton Hous	135.00m	1.40m	10	
2 Rachelle Andrews 1.30 1.35 1.40 1.45 O XO XXO XXX	St. Thomas More		1.40m	8	
3 Nadia Zetina-Naidu 1.30 1.35 1.40 O O XXX	Crofton Hous	130.00m	1.35m	6	

**LMISSTFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

**Swangard  
Results**

**Women Long Jump Senior**

Name	Year	Team	Seed	Finals	Points	Alternate
1 Julia Ho		St John's School		4.90m	10	
	4.73m	4.76m 4.72m	4.90m			
2 Jessica Urban		Little Flower		4.87m	8	
	4.68m 4.87m	4.72m 4.70m	4.65m			
3 Varshita Mulpuri		Crofton Hous	4.87m	4.81m	6	
	4.81m 4.68m	4.73m 4.69m	4.80m			
4 Cara Kovacs		West Point		4.76m	5	
	4.74m 4.48m	4.70m 4.37m	4.65m 4.76m			
5 Charlize Dang		West Point		4.72m	4	
	4.17m 4.03m	4.46m 4.21m	4.46m 4.72m			
6 Sabrina Lo		Notre Dame R		3.83m	3	
	3.58m 3.72m	3.79m 3.46m	3.83m 3.73m			
7 Larissa Gerber		Notre Dame R		3.25m	2	
	3.25m 3.22m	x				

**Women Triple Jump Senior**

Name	Year	Team	Seed	Finals	Points	Alternate
1 Varshita Mulpuri		Crofton Hous	10.48m	10.44m	10	
	10.44m 10.23m	10.24m 9.82m	9.85m 9.95m			
2 Julia Ho		St John's School		10.43m	8	
	FOUL 10.22m	10.43m 9.95m	9.50m FOUL			
3 Cara Kovacs		West Point	10.00m	10.39m	6	
	FOUL FOUL	9.94m 9.88m	FOUL 10.39m			
4 Charlize Dang		West Point	9.52m	9.81m	5	
	9.67m 9.59m	9.42m 9.81m	9.57m 9.65m			
5 Lauren Hung		Crofton Hous	45.00m	9.73m	4	
	9.52m 9.71m	9.33m 9.64m	9.73m 9.25m			

**Women Shot Put 4 kg Senior**

Name	Year	Team	Seed	Finals	Points	Alternate
1 Laura Yang		Crofton Hous	8.41m	7.73m	10	
	7.66m 7.42m	6.38m 7.03m	7.73m 7.59m			
2 Isabella Banducci		Crofton Hous	6.03m	6.71m	8	
	6.38m 6.51m	6.39m 6.71m	6.47m			
3 Emily Barr		Fraser Acade	5.00m	6.30m	6	
	5.64m 5.99m	6.08m 6.30m	5.95m			
4 Ashley Klomp		Little Flower		6.25m	5	
	6.01m 5.82m	6.25m 6.01m				

**Women Discus Throw 1 kg Senior**

Name	Year	Team	Seed	Finals	Points	Alternate
1 Giovanna Janes		St. Thomas More		20.98m	10	
	FOUL 15.40m	14.86m 20.75m	20.98m 20.45m			
2 Laura Yang		Crofton Hous	22.51m	20.79m	8	
	16.71m 17.78m	20.79m 19.04m	FOUL 17.04m			
3 Jacqueline Hall		West Point		17.11m	6	
	15.33m 16.37m	17.11m 15.43m	FOUL 15.60m			

**LMSISFEA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

**Swangard  
Results**

**...Women Discus Throw 1 kg Senior**

4	Sheetal Goyal	Crofton Hous	16.15m	16.23m	5
	FOUL 14.82m 16.08m 14.79m 15.37m 16.23m				
5	Emily Barr	Fraser Acade	13.00m	13.23m	4
	12.28m 12.97m 10.16m 12.91m 11.90m 13.23m				

**Women Javelin Throw 600 gram Senior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Giovanna Janes	St. Thomas More		36.12m	10	
	36.12m 34.64m 35.06m 33.21m 33.65m 33.03m				
2 Lauren Vanee	Carver Christian	32.69m	35.19m	8	
	35.19m 31.65m FOUL 29.16m 28.93m 28.93m				
3 Laura Yang	Crofton Hous	27.83m	26.97m		
	26.97m 22.46m 23.89m FOUL FOUL 26.81m				
4 Ashley Klomp	Little Flower		22.65m	6	
	FOUL 22.65m 18.48m 21.92m 20.63m 17.75m				
5 Cara Kovacs	West Point	23.85m	21.69m	5	
	14.90m 21.69m 21.42m				
6 Sarah Trigg	St. Patrick'		17.38m	4	
	13.45m 17.38m 16.26m FOUL FOUL 13.09m				
7 Jacqueline Hall	West Point		16.08m	3	
	15.32m 16.08m FOUL 15.50m 15.03m 15.19m				
8 Sophie Temirov	King's Chris		10.28m	2	
	9.63m 9.48m 10.28m 10.09m 9.91m 1.06m				
9 Elle Poirier	King's Chris		7.11m	1	
	FOUL FOUL 7.11m 4.76m 5.27m 5.67m				

**Women 1500 Meter Race Walk Senior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Kelly Chu	Crofton Hous		8:21.78	10	
2 Yoo-Jin Bae	Crofton Hous		8:50.20	8	
3 Lindy Moxham	West Point		10:33.96	6	
4 Hannah Roddan	West Point		10:40.05	5	

**Men 100 Meter Dash Gr 8**

Name	Year Team	Seed	Finals	H#	Points	Alternate
1 Thomas Ma	St George's School	12.26	12.29	3	10	
2 Ignazio Cantarella	Vancouver College	12:10.00	12.43	3	8	
3 Miller Cumming	West Point	12.35	12.56	3	6	
4 Jaevon Herbosa-Rodriguez	Vancouver College	12:07.00	12.61	3	4.50	
4 Angelo Labrador	St. Thomas More	12.50	12.61	3	4.50	
6 Kyle Umali	St. Patrick'	11.77	12.62	2	3	
7 Sam Shapray	St George's School		12.63	1	2	
8 Jayden Cheong	Vancouver College	12:32.00	x12.85	3		
9 Oliver Hope	West Point	13.20	13.10	2	1	
10 Spencer Terry	St John's School		13.14	2		
11 Carson Wong	St. Thomas More	13.30	13.17	3		
12 Adrien Biason	Notre Dame R		13.22	2		
13 Yishai Estrin	King's Chris		13.44	2		
14 Jaden Cheema	St George's School		x13.46	1		

**LMISSTEFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

**Swangard  
Results**

**...Men 100 Meter Dash Gr 8**

15 Nick Osho	St. Thomas More	x13.72	2
16 Alex Smith	St John's School	13.81	1
17 Francesco Luongo	Notre Dame R	13.83	1
18 Joey Altow	King's Chris	14.00	1
19 Ben Chang	West Point	13.80 x14.24	2
20 Ben Mizrahi	King's Chris	15.18	1
21 Daniel Jelil	Fraser Acade	15.68	1

**Men 200 Meter Dash Gr 8**

Name	Year Team	Seed	Finals	H#	Points	Alternate
1 Thomas Ma	St George's School	24.76	25.01	3	10	
2 Ignazio Cantarella	Vancouver College		25.15	1	8	
3 Angelo Labrador	St. Thomas More	25.50	25.70	3	6	
4 Miller Cumming	West Point	27.23	26.05	3	5	
5 Sam Shapray	St George's School		26.28	1	4	
6 Jaevon Herbosa-Rodriguez	Vancouver College		26.31	2	3	
7 Shaun Hernandez	St. Thomas More	25.60	26.43	3	2	
8 Benjamin Kolb	Vancouver College		x26.51	2		
9 Jake Vrlak	West Point	28.80	26.58	2	1	
10 Marcus Taylor	St. Thomas More	25.20	x26.69	3		
11 Trevor Wong	St George's School		x26.98	1		
12 Lucas Coles	West Point	28.60	x27.22	3		
13 Kyle Umali	St. Patrick'	27.37	27.35	3		
14 Sanghoon Lee	Notre Dame R		27.59	2		
15 Adrien Biason	Notre Dame R		27.60	1		
16 Yeabsira Davidoff	Fraser Acade	26.00	27.62	3		
17 Spencer Terry	St John's School		27.65	1		
18 Yishai Estrin	King's Chris		27.81	1		
19 Alex Smith	St John's School		28.34	1		
20 Joey Altow	King's Chris		28.82	1		
21 Briand Leda	Notre Dame R		x31.76	2		
22 Charlie Boettcher	Fraser Acade		35.50	2		

**Men 400 Meter Dash Gr 8**

Name	Year Team	Seed	Finals	H#	Points	Alternate
1 Graham Mair	St George's School		57.16	1	10	
2 Sam Shapray	St George's School		59.07	2	8	
3 Shaun Hernandez	St. Thomas More		59.08	2	6	
4 Benjamin Kolb	Vancouver College		1:00.03	1	5	
5 Jake Vrlak	West Point		1:00.28	2	4	
6 Ian Mak	St George's School		x1:00.80	2		
7 Nick Osho	St. Thomas More		1:01.64	1	3	
8 Ben Chang	West Point	1:06.54	1:03.18	2	2	
9 Yeabsira Davidoff	Fraser Acade	59.00	1:03.19	2	1	
10 Jack Graham	St. Thomas More		x1:06.11	2		
11 Yishai Estrin	King's Chris		1:06.65	1		
12 Joey Altow	King's Chris		1:10.22	2		
13 Jacob Obillo	Notre Dame R		1:14.72	1		
14 Charlie Boettcher	Fraser Acade		1:18.25	1		

**LMISSTFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17****Swangard  
Results****Men 800 Meter Run Gr 8**

Name	Year Team	Seed	Finals	H#	Points	Alternate
1 Miller Cumming	West Point		2:14.56	1	10	
2 Graham Mair	St George's School		2:15.24	1	8	
3 Jake Davis	St George's School		2:17.15	1	6	
4 Blake Clutterham	Vancouver College	04:10.37	2:20.55	2	5	
5 Marcus Taylor	St. Thomas More		2:20.69	2	4	
6 Mohammed Alghamdi	St George's School	2:30.00	x2:23.67	2		
7 Yeabsira Davidoff	Fraser Acade	2.00	2:25.12	2	3	
8 Shaun Hernandez	St. Thomas More		2:25.42	1	2	
9 Nathan Golimlim	Notre Dame R		2:27.59	1	1	
10 Nathaniel Dardano	Vancouver College		2:32.37	1		
11 Jack Graham	St. Thomas More		x2:40.76	2		
12 Jason Fowler	Notre Dame R		2:44.92	1		
13 Charlie Boettcher	Fraser Acade		3:05.68	2		
14 Quinton Tran	Fraser Acade		x3:14.19	1		

**Men 1500 Meter Run Gr 8**

Name	Year Team	Seed	Finals	Points	Alternate
1 Xavier Kristen	St George's School		4:46.13	10	
2 Blake Clutterham	Vancouver College		4:48.84	8	
3 Mohammed Alghamdi	St George's School		4:52.82	6	
4 Chase Williams	St George's School		x4:53.70		
5 Davis Timko	West Point		4:54.55	5	
6 Cameron Healey	West Point		4:59.62	4	
7 Nathan Golimlim	Notre Dame R		5:02.75	3	
8 Andrew Estrada	St. Patrick'		5:03.98	2	
9 Nathaniel Dardano	Vancouver College		5:10.61	1	
10 Euan Aitchison	Vancouver College	2:33.00	x5:12.97		
11 Alex Balbino	St. Thomas More		5:27.85		
12 Jason Fowler	Notre Dame R		5:29.53		
13 Angus Macgowan	Fraser Acade		5:36.34		

**Men 3000 Meter Run Gr 8**

Name	Year Team	Seed	Finals	Points	Alternate
1 Chase Williams	St George's School		10:36.92	10	
2 Mohammed Alghamdi	St George's School		10:44.30	8	
3 Davis Timko	West Point		10:48.48	6	
4 Cameron Healey	West Point		10:50.82	5	
5 Euan Aitchison	Vancouver College		11:05.88	4	
6 Joshua Huehn	Vancouver College		11:30.99	3	
7 Angus Macgowan	Fraser Acade		12:06.59	2	
8 Quintin Tang	Fraser Acade		13:21.08	1	

**Men 100 Meter Hurdles Gr 8**

Name	Year Team	Seed	Finals	Points	Alternate
1 Adam Lewis	St George's School		20.99	10	
2 Joseph Mocnik	St. Thomas More		21.74	8	

**LMISSTFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

**Swangard  
Results**

**Men 200 Meter Hurdles Gr 8**

Name	Year Team	Seed	Finals	Points	Alternate
1 Adam Lewis	St George's School		33.06	10	

**Men 4x100 Meter Relay Gr 8**

Team	Seed	Finals	Points	Alternate
1 St. Thomas More 'A'		48.54	10	
2 Vancouver College 'A'		48.66	8	
3 St George's School 'A'		49.51	6	
1) Jaden Cheema	2)			
3) Sam Shapray	4) Thomas Ma			
4 West Point 'A'	50.64	50.10	5	
1) Jake Vrlak	2) Lucas Coles			
3) Oliver Hope	4) Miller Cumming			
5 Notre Dame School 'A'		52.76	4	
6 Vancouver College 'B'		53.99	3	
7 St George's School 'B'	49.13	58.51	2	
1) Xavier Kristen	2)			
3)	4) Trevor Wong			
-- ST Thomas More 'B'	53.22	DQ		

**Men 4x400 Meter Relay Gr 8**

Team	Seed	Finals	Points	Alternate
1 St George's School 'A'	4:05.30	4:01.84	10	
1) Ian Mak	2) Graham Mair			
3) Xavier Kristen	4) Jake Davis			
2 St. Thomas More 'A'		4:02.71	8	
3 West Point 'A'	4:36.20	4:03.94	6	
1) Jake Vrlak	2) Lucas Coles			
3) Oliver Hope	4) Miller Cumming			
4 Vancouver College 'A'		4:05.16	5	
5 St George's School 'B'	4:22.23	4:19.68	4	
1) Mohammed Alghamdi	2)			
6 Vancouver College 'B'		4:26.51	3	
7 Notre Dame School 'A'		4:31.93	2	
8 St. Thomas More 'B'		4:35.60	1	

**Men High Jump Gr 8**

Name	Year Team	Seed	Finals	Points	Alternate
1 Xavier Kristen	St George's School		1.65m	10	
1.40 1.45 1.50 1.55 1.60 1.65 1.68					
O O O O O XO XXX					
2 Oliver Hope	West Point		1.65m	8	
1.30 1.35 1.40 1.45 1.50 1.55 1.60 1.65 1.68					
O O O XO O O O XO XXX					
3 Dimitri Geissler	Vancouver College	1.35m	1.45m	6	
1.30 1.35 1.40 1.45 1.50					
O O O O XXX					

**LMSISFEA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

**Swangard  
Results**

**....Men High Jump Gr 8**

4 Benjamin Kolb	Vancouver College	1.45m	5
1.30 1.35 1.40 1.45 1.50			
O O O XO XXX			
5 Ian Mak	St George's School	1.45m	4
1.30 1.35 1.40 1.45 1.50			
O XO O XO XXX			
6 Angelo Labrador	St. Thomas More	1.35m	3
1.30 1.35 1.40			
O O XXX			

**Men Long Jump Gr 8**

Name	Year Team	Seed	Finals	Points	Alternate
1 Spencer Terry	St John's School		5.34m	10	
5.34m 4.93m 5.22m 4.86m 4.91m					
2 Xavier Kristen	St George's School		5.19m	7	
5.16m 5.19m 5.07m 4.93m 5.17m 5.06m					
2 Jaevon Herbosa-Rodriguez	Vancouver College		5.19m	7	
5.19m 5.05m 4.77m 4.97m					
4 Ian Mak	St George's School		5.02m	4.50	
5.01m 5.02m 4.87m 4.98m					
4 Jayden Cheong	Vancouver College		5.02m	4.50	
5.00m 4.55m 5.02m 4.83m 4.70m					
6 Oliver Hope	West Point		4.98m	3	
4.95m 4.83m 4.98m 4.90m					
7 Lucas Coles	West Point	4.61m	4.89m	2	
4.89m 4.76m 4.67m 4.42m					
8 Hans Morales	St. Thomas More		4.77m	1	
4.77m 4.55m 4.45m 4.45m 4.73m					
9 Jack Graham	St. Thomas More		4.38m		
4.18m 4.19m 4.38m					
10 Matthew Mrzljak	St. Thomas More		x4.14m		
4.14m					
11 Alex Smith	St John's School		4.03m		
4.03m 3.86m					

**Men Triple Jump Gr 8**

Name	Year Team	Seed	Finals	Points	Alternate
1 Thomas Ma	St George's School		11.72m	10	
FOUL 11.28m 11.50m 11.72m 11.65m FOUL					
2 Trevor Wong	St George's School		10.20m	8	
9.91m 10.17m FOUL 10.19m 10.20m FOUL					
3 Dimitri Geissler	Vancouver College		8.84m	6	
FOUL 8.59m 8.38m 8.37m 8.37m 8.84m					
4 Christian Sison	St. Thomas More		8.56m	5	
8.56m 8.38m 8.08m 8.22m 8.10m 7.84m					
5 Michael Leung	Vancouver College		7.73m	4	
FOUL 7.21m 7.57m FOUL 7.73m FOUL					

**LMSISFEA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17****Swangard  
Results****Men Shot Put Gr 8**

Name	Year Team	Seed	Finals	Points	Alternate
1 John Paul Ferrer	Notre Dame R		10.19m	10	
			10.19m 9.71m 9.85m 9.81m 9.46m 9.11m		
2 Jake Vrlak	West Point		9.38m	8	
			8.88m 9.20m 9.38m 9.14m 9.38m 8.99m		
3 Daniel Jelil	Fraser Acade		9.30m	6	
			8.89m 8.53m 9.12m 8.44m 9.30m 9.10m		
4 Jerney Fang	West Point		8.24m	5	
			7.60m 8.13m 8.24m 7.87m 8.02m 7.87m		
5 Xavier Venkataya	Notre Dame R		8.09m	4	
			8.09m 6.95m 7.92m 8.09m 7.77m 6.87m		
6 Ashton Cervantes	Vancouver College		7.67m	3	
			7.66m 7.67m 6.22m 6.17m		
7 Ben Mizrahi	King's Chris		5.55m	2	
			5.55m 5.23m 5.04m 5.44m 4.14m		

**Men Discus Throw Gr 8**

Name	Year Team	Seed	Finals	Points	Alternate
1 Ignazio Cantarella	Vancouver College		34.45m	10	
			33.26m FOUL FOUL FOUL 34.45m 32.07m		
2 John Paul Ferrer	Notre Dame R		28.08m	8	
			26.59m 28.08m FOUL FOUL 24.73m 21.04m		
3 Jerney Fang	West Point		23.57m	6	
			FOUL 22.49m 22.29m 19.08m 20.11m 23.57m		
4 Joseph Mocnik	St. Thomas More		23.21m	5	
			17.65m 17.01m 23.21m 20.56m 15.45m 15.45m		
5 Ashton Cervantes	Vancouver College		21.94m	4	
			19.20m 21.94m 20.01m FOUL 21.19m FOUL		
6 Daniel Jelil	Fraser Acade		21.58m	3	
			16.51m 17.47m 20.56m 20.26m 21.58m 19.84m		
7 Ellton Wong	West Point		20.97m	2	
			19.42m 20.90m 18.01m 16.94m 20.97m FOUL		
8 Joey Altow	King's Chris		20.53m	1	
			FOUL 19.97m 20.53m		

**Men Javelin Throw Gr 8**

Name	Year Team	Seed	Finals	Points	Alternate
1 Lucas Coles	West Point		27.42m	10	
			FOUL 24.47m FOUL 27.25m 27.42m 27.07m		
2 Jerney Fang	West Point		25.94m	8	
			FOUL 22.29m 25.94m 18.56m FOUL 18.42m		
3 John Paul Ferrer	Notre Dame R		23.47m	6	
			19.35m 20.21m 18.47m 21.24m 23.47m 21.52m		
4 Joseph Mocnik	St. Thomas More		22.80m	5	
			FOUL FOUL 18.97m 22.80m 15.96m		
5 Ben Mizrahi	King's Chris		9.72m	4	
			FOUL 7.22m 8.85m 8.53m FOUL 9.72m		

**LMISSTFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17****Swangard  
Results****Men 100 Meter Dash Junior**

Name	Year Team	Seed	Finals	H#	Points	Alternate
1 Will Clarke	Notre Dame R		11.61	2	10	
2 Caleb Hoey	Notre Dame R		11.82	2	8	
3 Nolan Lacroix	St George's School	11.99	11.83	3	6	
4 Julian Valerio	St. Thomas More	11.60	11.94	3	5	
5 Jamal Mensah	Vancouver College		11.96	1	4	
6 David Tang	Vancouver College	11:40.00	12.05	3	3	
7 David Nemirow	St George's School	12.14	12.08	3	2	
8 Mathew Slater	Notre Dame R		x12.18	1		
9 Jackson Flemons	St John's School		12.25	2	1	
10 Michael Simone	St. Thomas More		12.35	1		
11 Ricky Parsons	St. Thomas More	11.80	x12.36	3		
12 Jordan Nguyen	St. Patrick'		12.78	3		
13 Nicholas Dang	West Point	12.73	13.04	3		
14 Aidan Underwood	St George's School		x13.11	1		
15 Andy Fei	Carver Christian	12.76	13.29	3		
16 Dylan Djungu-Sungu	St. Patrick'		13.48	2		
17 Alexis Diaz	Fraser Acade		13.54	2		
18 Denny Tan	West Point	13.08	13.65	2		

**Men 200 Meter Dash Junior**

Name	Year Team	Seed	Finals	H#	Points	Alternate
1 Jamal Mensah	Vancouver College		24.04	2	10	
2 Julian Valerio	St. Thomas More	23.87	24.08	3	8	
3 Caleb Hoey	Notre Dame R		24.14	1	6	
4 Ryan Denman	Vancouver College		24.23	1	5	
5 Nolan Lacroix	St George's School	23.80	24.29	3	4	
6 Ricky Parsons	St. Thomas More	24.40	24.81	3	3	
7 Dillon Hamilton	St George's School		25.05	1	2	
8 Jackson Flemons	St John's School		25.44	2	1	
9 Joel Goh	St George's School	24.00	x25.64	3		
10 Vasco Repole	St. Thomas More		x25.73	2		
11 Levi Austria	Notre Dame R		26.09	1		
12 Jordan Nguyen	St. Patrick'	26.45	26.26	3		
13 Jason Naparan	Notre Dame R		x26.56	2		
14 Caleb Chang	St John's School		27.07	3		
15 Andy Fei	Carver Christian	26.48	27.16	3		
16 Dylan Djungu-Sungu	St. Patrick'		27.61	2		
17 Denny Tan	West Point	28.54	27.73	3		
18 Isaiah Confiss	King's Chris		28.34	1		
19 Alexis Diaz	Fraser Acade		28.46	2		

**Men 400 Meter Run Junior**

Name	Year Team	Seed	Finals	H#	Points	Alternate
1 Justin Scott	St George's School	53.50	55.45	2	10	
2 Dylan Villarroel Guadarr	Vancouver College		55.68	1	8	
3 Ricky Parsons	St. Thomas More		55.77	1	6	
4 Connor McJunkin	St George's School	57.10	56.82	2	5	
5 Jordan Nguyen	St. Patrick'	59.55	57.95	2	4	
6 Dillon Hamilton	St George's School	58.10	x58.83	2		

**LMSSTFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

**Swangard  
Results**

**...Men 400 Meter Run Junior**

7	Alex Antolis	Vancouver College	58.97	1	3
8	Matthew Foster	Notre Dame R	1:00.20	2	2
9	Jaden Manetta	Notre Dame R	1:01.63	1	1
10	Cedric Eugene	St. Thomas More	1:05.53	1	
11	Sheldon Chen	St. Patrick'	59.10	1:07.87	2

**Men 800 Meter Run Junior**

Name	Year	Team	Seed	Finals	Points	Alternate
1	Justin Scott	St George's School	2:09.10	2:08.10	10	
2	Yousef Mian	St. Thomas More		2:08.15	8	
3	Zach Oldham	St George's School		2:09.83	6	
4	Tyler Beretta	Vancouver College	2:13.30	2:10.80	5	
5	Jared Macqueen	Fraser Acade	2.00	2:16.56	4	
6	Heath Yee Fung	Vancouver College		2:30.77	3	
7	Alix Mino	Notre Dame R		2:32.16	2	

**Men 1500 Meter Run Junior**

Name	Year	Team	Seed	Finals	Points	Alternate
1	Yousef Mian	St. Thomas More		4:42.17	10	
2	Tyler Beretta	Vancouver College		4:42.31	8	
3	Jared Macqueen	Fraser Acade		4:43.83	6	
4	Jerric Palma	St George's School		4:45.34	5	
5	Simone Masi	Notre Dame R		4:48.19	4	
6	Kelly O'Brien	Vancouver College		4:48.37	3	
7	Alix Mino	Notre Dame R		5:08.81	2	
8	Nathan Kwan	St. Patrick'		5:35.65	1	

**Men 3000 Meter Run Junior**

Name	Year	Team	Seed	Finals	Points	Alternate
1	Jerric Palma	St George's School		10:17.11	10	
2	Harrison Almrud	Fraser Acade		10:23.51	8	
3	Jacob Bourne	St George's School		10:31.63	6	
4	Frank Carmichael	Fraser Acade	10.00	10:38.14	5	
5	Kelly O'Brien	Vancouver College		10:40.15	4	
6	Yousef Mian	St. Thomas More		10:54.37	3	
7	Simone Masi	Notre Dame R		11:18.97	2	
8	Max Wiesinger	Notre Dame R		11:55.33	1	

**Men 100 Meter Hurdles Junior**

Name	Year	Team	Seed	Finals	H#	Points	Alternate
1	Conrad McCallum	St John's School		15.87	1	10	
2	Sean Ryan	Vancouver College		16.80	2	8	
3	Dario Ciccone	St. Thomas More		17.35	2	6	
4	Victor Domingo	St. Thomas More		17.90	1	5	
5	Maxwell Baldwinson	Vancouver College		17.96	1	4	
6	Cole Gladders	St George's School		18.87	1	3	
7	Max Chetner	St George's School		19.14	2	2	

**LMSISSTFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

**Swangard  
Results**

**...Men 100 Meter Hurdles Junior**

8 Alex Antolis Vancouver College x19.51 2

**Men 300 Meter Hurdles Junior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Tyler Beretta	Vancouver College		46.88	5	
2 Connor Palmer	St George's School		47.05	8	
3 Dario Ciccone	St. Thomas More		47.14	6	
4 Dylan Villarroel Guadarr	Vancouver College		47.66	10	
5 Elliot Pollock	St George's School		50.15	4	
6 Luka Zilic	Vancouver College		x50.52		

**Men 1500 Meter Steeplechase Junior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Harrison Almrud	Fraser Acade		5:04.38	10	
2 Jerric Palma	St George's School		5:16.15	8	
3 Chase Williams	St George's School		5:21.82	6	
4 Max Wiesinger	Notre Dame R		5:34.19	5	
5 Heath Yee Fung	Vancouver College		5:34.50	4	

**Men 4x100 Meter Relay Junior**

Team	Seed	Finals	H#	Points	Alternate
1 Vancouver College 'C'		45.68	2	10	
2 St George's School 'A'	51.26	47.10	2	8	
1) Aidan Underwood					
3) Joel Goh					
2) Dillon Hamilton					
4) David Nemirow					
3 St. Thomas More 'A'		47.12	2	6	
4 Notre Dame School 'A'		48.48	2	5	
5 St. Thomas More 'B'		48.69	1	4	
6 Vancouver College 'A'		49.54	1	3	
7 Notre Dame School 'B'		50.56	1	2	
8 St. Thomas More 'C'		x50.78	1		
9 St. Patrick's School 'A'		51.68	2	1	
1) Jordan Nguyen					
3) Sheldon Chen					
2) Christopher Mok					
4) Nathan Tran					
10 St George's School 'B'		52.90	1		
11 King David High School 'A'		55.13	2		
-- Vancouver College 'B'		DQ	1		
-- ST Thomas More 'D'		DQ	1		

**Men 4x400 Meter Relay Junior**

Team	Seed	Finals	Points	Alternate
1 Vancouver College 'A'		3:51.40	10	
2 St George's School 'A'	3:53.80	3:52.08	8	
1) Aidan Underwood				
3) Dillon Hamilton				
2) Zach Oldham				
4) Connor McJunkin				
3 Notre Dame School 'A'		3:53.96	6	
4 St. Thomas More 'A'		3:55.24	5	

**LMISSTFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

**Swangard  
Results**

**...Men 4x400 Meter Relay Junior**

5 Vancouver College 'B'		4:01.78	4
6 St George's School 'B'	4:01.40	4:06.85	3
1) Connor Palmer	2) Elliot Pollock		
3) Jerric Palma	4) Declan Kingston		
7 Vancouver College 'C'		x4:12.53	
8 St. Thomas More 'B'		4:22.35	2

**Men High Jump Junior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Ryan Denman	Vancouver College	170.00m	1.75m	10	
1.50 1.55 1.60 1.65 1.70 1.75 1.78					
O O O XO O XO XXX					
2 Jaxon Cohee	St George's School	1.70m	1.75m	8	
1.45 1.50 1.55 1.60 1.65 1.70 1.75 1.78					
O O O O O O XXO XXX					
3 Sam Wooder	St George's School		1.65m	6	
1.55 1.60 1.65 1.70 1.75					
O O O X XX					
4 Maxwell Baldwinson	Vancouver College	1.55m	1.55m	5	
1.40 1.45 1.50 1.55 1.60					
O O XO O XXX					
5 Ethan Yiu	St John's School		1.50m	4	
1.40 1.45 1.50 1.55					
O XO O XXX					
6 Matthew Chu	Carver Christian		1.45m	3	
1.40 1.45 1.50					
XO O XXX					
-- Sheldon Chen	St. Patrick'		NH		
1.40					
XXX					

**Men Pole Vault Junior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Sean Ryan	Vancouver College		2.40m	10	
1.80 2.10 2.40 2.70					
O O XO XXX					

**Men Long Jump Junior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Ryan Denman	Vancouver College	6.19m	6.16m	10	
6.03m 5.88m 5.71m 6.00m 5.99m 6.16m					
2 Matthew Battad	Notre Dame R		5.60m	8	
5.08m 5.28m 5.40m 5.60m 5.28m 5.39m					
3 David Nemirow	St George's School		5.56m	6	
5.56m 5.53m 5.38m 5.31m 5.36m 5.27m					
4 Luca Dutton	St George's School		5.44m	5	
5.35m 5.15m 4.87m 5.44m 5.38m					
5 Jason Naparan	Notre Dame R		5.38m	4	
5.06m 5.38m 5.11m 5.32m					

**LMSISFEA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

**Swangard  
Results**

**....Men Long Jump Junior**

6	Conrad McCallum	St John's School	5.19m	3
	4.82m 4.81m 4.97m 5.19m 4.99m 5.01m			
7	Ethan Yiu	St John's School	4.85m	2
	4.73m 4.68m 4.85m 4.75m 4.23m 3.80m			
8	Timothy Choi	Vancouver College	4.82m	1
	4.81m 4.82m 4.81m 4.82m			
9	Andy Fei	Carver Christian	4.08m 4.77m	
	4.67m 4.57m 4.77m			
10	Josh Lunot	St. Thomas More	4.76m	
	4.51m 4.76m 4.70m			
11	Alvin Chu	West Point	4.10m 4.72m	
	4.72m 4.29m			
12	Matthew Chu	Carver Christian	4.58m 4.71m	
	4.52m 4.35m 4.71m			
13	Nicholas Dang	West Point	4.81m 4.65m	
	4.29m 4.65m 4.41m			
14	Travis Fitzgerald	Fraser Acade	4.00m 4.47m	
	4.37m 4.47m 4.32m			
15	Ethan Calalang	St. Thomas More	4.35m	
	3.88m 3.89m 4.35m			
16	Max Chetner	St George's School	x4.32m	
	4.30m 4.15m 4.32m			
17	Jordan Nguyen	St. Patrick'	3.94m	
	3.94m 3.91m			
18	Sheldon Chen	St. Patrick'	2.97m	
	2.97m			

**Men Triple Jump Junior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Sam Wooder	St George's School		10.92m	10	
	10.92m 10.63m 10.77m 10.68m 10.56m 10.84m				
2 Matthew Battad	Notre Dame R		10.85m	8	
	10.68m 10.75m 10.70m 10.84m 10.64m 10.85m				
3 Sean Ryan	Vancouver College		10.85m	6	
	10.47m 10.85m 10.36m 10.29m 10.42m 10.84m				
4 Jaxon Cohee	St George's School		10.72m	5	
	10.37m 10.72m FOUL 10.15m 10.60m 10.42m				
5 Marcus Saldanha	Vancouver College	10.00m	10.53m	4	
	FOUL 10.53m 10.40m 10.24m 10.32m 10.50m				
6 Nicholas Dang	West Point		10.23m	3	
	9.80m 9.79m 10.23m 10.16m 10.15m FOUL				
7 Matthew Chu	Carver Christian	9.73m	9.93m	2	
	FOUL 9.48m 9.61m 9.84m 9.93m 9.61m				
8 Ankit Angrula	Notre Dame R		9.89m	1	
	9.65m FOUL 9.89m 9.76m 9.33m 9.54m				
9 Alvin Chu	West Point		9.19m		
	9.19m FOUL FOUL				
10 Caleb Chang	St John's School		9.16m		
	9.02m 9.16m FOUL				

**LMISSTFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

**Swangard  
Results**

**Men Shot Put 5 kg Junior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Bennet Harris	Vancouver College	10.46m	10.76m	10	
	10.31m 10.24m 9.56m 10.28m 10.76m				
2 Pietro Carnovale	Notre Dame R		10.42m	8	
	8.92m 10.31m 10.15m 10.42m 10.08m 10.20m				
3 Hayden Tuba	Vancouver College	11.07m	10.09m	6	
	9.44m 9.84m 8.63m 8.50m 9.61m 10.09m				
4 Isaiah Confiss	King's Chris		8.87m	5	
	8.31m 7.65m 8.27m 8.24m 8.87m 8.70m				
5 Vishnu Katyal	West Point		8.77m	4	
	8.19m 8.27m 8.77m 8.32m 8.17m 8.28m				
6 Alex Neocleous	Fraser Acade		7.94m	3	
	7.15m 6.98m 7.41m 7.27m 7.94m 6.64m				
7 Terry Qui	West Point		7.83m	2	
	7.69m 7.39m 7.45m 6.92m 7.62m 7.83m				
8 Evan March	St. Thomas More		7.37m	1	
	7.37m 7.30m 7.29m				
9 Cas McCue	St John's School		7.29m		
	7.19m 7.05m 7.29m				

**Men Discus Throw 1.5 kg Junior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Bennet Harris	Vancouver College		32.20m	10	
	31.93m 25.16m 32.20m 23.86m FOUL 25.82m				
2 Sam Wooder	St George's School		30.87m	8	
	30.87m 28.86m 30.55m 20.86m 23.16m				
3 Noah Hochfelder	Vancouver College	24.04m	23.10m	6	
	23.10m 19.46m FOUL 22.36m 20.05m 21.86m				
4 Evan March	St. Thomas More		22.56m	5	
	19.89m 15.86m 16.24m 22.56m 15.70m FOUL				
5 Vishnu Katyal	West Point		20.54m	4	
	13.69m 17.47m 19.15m 18.82m 18.17m 20.54m				
6 Luca Marko	West Point		19.61m	3	
	19.61m 17.17m FOUL FOUL 18.76m 15.55m				
7 Kris Morales	St. Patrick'	17.81m	19.36m	2	
	FOUL 18.11m 16.30m 16.74m 19.36m FOUL				
8 Cas McCue	St John's School		17.65m	1	
	13.29m 16.19m 17.65m 16.92m 16.69m 16.98m				
9 Alex Neocleous	Fraser Acade		17.17m		
	FOUL 17.17m FOUL				

**Men Hammer Throw 5 kg Junior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Noah Hochfelder	Vancouver College		15.88m	10	
	14.90m 13.29m 15.88m				
2 Dimitri Grigg	Vancouver College		15.86m	8	
	FOUL 15.86m FOUL				

**LMISSTFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17****Swangard  
Results****Men Javelin Throw 700 gram Junior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Hayden Tuba	Vancouver College		38.01m	10	
	33.38m FOUL 37.13m 38.01m 36.46m 37.73m				
2 Noah Boroditsky	St George's School	30.00m	26.56m	8	
	FOUL FOUL FOUL 26.56m 20.89m				
3 Dimitri Grigg	Vancouver College	22.01m	25.50m	6	
	FOUL 20.97m FOUL 23.48m 25.50m FOUL				
4 Callum Werry	St George's School		22.20m	5	
	FOUL FOUL 22.20m 20.92m FOUL				
5 Kris Morales	St. Patrick'	25.42m	20.39m	4	
	FOUL 20.37m FOUL FOUL 20.39m FOUL				
6 Vishnu Katyal	West Point		17.43m	3	
	15.78m 15.34m 15.01m 17.31m 17.26m 17.43m				
7 Sam Bruce	West Point		16.49m	2	
	FOUL 15.01m 16.49m FOUL FOUL 15.88m				
8 Cas McCue	St John's School		16.18m	1	
	FOUL FOUL 16.18m FOUL FOUL				

**Men 1500 Meter Race Walk Junior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Heath Yee Fung	Vancouver College		10:20.06	10	
-- Danesh Thananathan	Vancouver College		DQ		

**Men 100 Meter Dash Senior**

Name	Year Team	Seed	Finals	H#	Points	Alternate
1 Anastas Eliopoulos	Vancouver College	10.99	11.08	2	10	
2 Alex Pescitelli	West Point	11.13	11.30	2	8	
3 Alfred Dela Cruz	Vancouver College	11.24	11.32	2	6	
4 Kelvin Dela Rosa	Notre Dame R		11.83	1	5	
5 Devon Hayek	St. Thomas More	11.60	11.86	2	4	
6 EJ Escobedo	St. Thomas More		11.95	2	3	
7 Matthew Valastiak	Vancouver College	11.50	x12.03	2		
8 Daniel Wise	St George's School		12.16	1	2	
9 Teon Alexander-Amour	Notre Dame R		12.46	1	1	
10 Bradley Kwun	West Point	12.88	12.67	1		
-- Eman Dadson	St. Thomas More	11.22	DNF	2		

**Men 200 Meter Dash Senior**

Name	Year Team	Seed	Finals	H#	Points	Alternate
1 Anastas Eliopoulos	Vancouver College	23.81	22.08	2	10	
2 Alex Pescitelli	West Point	22.45	22.19	2	8	
3 Quinn Litherland	St George's School	21.94	22.21	2	6	
4 Egidio Cantarella	Vancouver College	23.99	22.79	2	5	
5 Alfred Dela Cruz	Vancouver College	23.85	x23.14	2		
6 Devon Hayek	St. Thomas More	23.18	23.45	2	4	
7 Eman Dadson	St. Thomas More	23.89	23.84	2	3	
8 Kelvin Dela Rosa	Notre Dame R		23.96	1	2	
9 Sean Letvinchuk	St George's School		24.46	1	1	

**LMSISFEA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

**Swangard  
Results**

**...Men 200 Meter Dash Senior**

10	Edward Cheng	St George's School		x25.25	1
11	Marcus Dasilva	St. Thomas More	24.21	x25.31	2
12	Teon Alexander-Amour	Notre Dame R		25.35	1
13	Bradley Kwun	West Point	26.85	25.87	1

**Men 400 Meter Run Senior**

Name	Year Team	Seed	Finals	H#	Points	Alternate
1	Quinn Litherland	St George's School	45.57	49.52	2	10
2	Egidio Cantarella	Vancouver College	49.68	50.95	2	8
3	Aaron Field	St. Thomas More	53.25	53.25	2	6
4	Michael Mitchell	St George's School	51.50	53.64	2	5
5	Konrad Wasaznik	St. Thomas More		55.55	1	4
6	Nick Varabioff	St George's School		x55.61	1	
7	Noah Marra	West Point	54.30	56.13	2	3
8	Kristian Wazasnik	St. Thomas More		x56.18	1	
9	Martin Prchal	West Point	56.20	59.01	2	2
10	Mohit Nayyar	Fraser Acade	59.00	1:01.58	2	1

**Men 800 Meter Run Senior**

Name	Year Team	Seed	Finals	Points	Alternate
1	Roberto Pelayo-Mazzone	St George's School	2:02.20	2:01.68	10
2	Michael Mitchell	St George's School	2:03.20	2:11.36	8
3	Liam O'Connor	Fraser Acade	2.00	2:13.02	6
4	Julien Yanou	Vancouver College	46:29.60	2:13.06	5
5	Angus Weir	Fraser Acade	2.00	2:14.78	4
6	Duncan McIntosh	St. Thomas More		2:16.66	3
7	Kristian Wazasnik	St. Thomas More		2:19.01	2
8	Emiliano Arellano	Notre Dame R		2:27.94	1
9	Sebastian Siddall	St. Patrick'		2:35.33	
10	Christian Liau	Vancouver College		2:39.99	

**Men 1500 Meter Run Senior**

Name	Year Team	Seed	Finals	Points	Alternate
1	Roberto Pelayo-Mazzone	St George's School	4:05.80	4:11.93	10
2	Connor McLennan	Vancouver College		4:35.53	8
3	Julien Yanou	Vancouver College		4:38.61	6
4	Isaac Shaha	St George's School		4:39.26	5
5	Ivan Schmelke-Haagenson	West Point		4:40.52	4
6	James Avery	West Point		4:41.07	3
7	Liam O'Connor	Fraser Acade		4:46.92	2
8	Emiliano Arellano	Notre Dame R		5:16.62	1

**Men 3000 Meter Run Senior**

Name	Year Team	Seed	Finals	Points	Alternate
1	Roberto Pelayo-Mazzone	St George's School	8:59.40	9:37.66	10
2	Ivan Schmelke-Haagensen	West Point		10:13.26	8
3	Ciaran Sanders	Vancouver College		10:14.99	6

**LMSSTFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

**Swangard  
Results**

**...Men 3000 Meter Run Senior**

4	Connor McLennan	Vancouver College	10:17.34	5
5	Oliver Melgrove	St George's School	10:24.62	4

**Men 110 Meter Hurdles Senior**

Name	Year Team	Seed	Finals	Points	Alternate
1	Anastas Eliopoulos Vancouver College	13.75	14.22	10	
2	Martin Prchal West Point	18.83	17.64	8	
3	Jonathan Chiang St George's School		18.38	6	
4	Kolby Buljevic St. Thomas More	18.00	19.03	5	
5	Josh Wilson St. Thomas More		19.12	4	

**Men 400 Meter Hurdles Senior**

Name	Year Team	Seed	Finals	Points	Alternate
1	Alfred Dela Cruz Vancouver College	1:00.01	1:01.51	10	
2	Nick Varabioff St George's School		1:01.98	8	
3	Jonathan Chiang St George's School		1:02.57	6	
4	Kolby Buljevic St. Thomas More	1:07.00	1:03.23	5	
5	Robert Boucher Vancouver College		1:07.38	4	
6	Brodie Nauss St George's School		x1:11.11		

**Men 2000 Meter Steeplechase Senior**

Name	Year Team	Seed	Finals	Points	Alternate
1	Connor McLennan Vancouver College		6:54.06	10	
2	Isaac Shaha St George's School		7:13.61	8	
3	Brodie Nauss St George's School		7:13.68	6	
4	Williams Chase St George's School		x7:22.80		
5	Jonathan Chiang St George's School		x8:04.03		

**Men 4x100 Meter Relay Senior**

Team	Seed	Finals	Points	Alternate
1 Vancouver College 'A' 1) Alfred Dela Cruz 3) Matthew Valastiak	44.99	43.44	10	
2) Marcus Yee 4) Anastas Eliopoulos				
2 St. Thomas More 'C'		44.17	8	
3 St George's School 'A' 1) Nolan Lacroix 3) Edward Cheng		44.98	6	
2) Quinn Litherland				
4 West Point 'A' 1) Oliver Martinez-Hernandez 3) Noah Marra	48.29	45.62	5	
2) Martin Prchal 4) Alex Pescitelli				
5 St. Thomas More 'A'		47.00	4	
6 Vancouver College 'B' 1) Egidio Cantarella 3) Robert Boucher		48.76	3	
2) Melvin Lu 4)				

**LMISSTFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

**Swangard  
Results**

**Men 4x400 Meter Relay Senior**

Team	Seed	Finals	Points	Alternate
1 St George's School 'A' 3)	3:30.80	3:31.54	10	4) Quinn Litherland
2 St. Thomas More 'A'		3:41.60	8	
3 Vancouver College 'A'		3:45.40	6	
4 West Point 'A' 1) Alex Pescitelli 3) Martin Prchal	4:03.30	3:46.32	5	2) Noah Marra 4) Ivan Schmelke-Haagensen
5 St George's School 'B' 1) Wesley Ng 3)		4:00.24	4	2) 4) Brodie Nauss
6 Fraser Academy Mustangs 'A' 1) Mohit Nayyar 3) Liam O'Connor	4:03.20	4:06.36	3	2) Harrison Almrud 4) Angus Weir

**Men High Jump Senior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Harresh Thayakaanthan 1.65 1.70 1.75 1.80 O O O XXX	Vancouver College	1.85m	1.75m	10	
2 Dylan Rachel 1.55 1.60 1.65 1.70 1.75 O O O O XXX	Notre Dame R		1.70m	8	
3 Tom Sato-O'Hearn 1.55 1.65 1.70 1.75 O O XO XXX	West Point	1.65m	1.70m	6	
4 Michael Mitchell 1.45 1.50 1.55 1.60 1.65 1.70 1.75 O O O O O XXO XXX	St George's School	1.75m	1.70m	5	
5 Oliver Martinez-Hernande 1.50 1.55 1.60 O O XXX	West Point	1.55m	1.55m	4	
6 Melvin Lu 1.45 1.50 1.55 XXO O XXX	Vancouver College		1.50m	3	

**Men Pole Vault Senior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Nick Varabioff 1.80 2.10 2.40 2.70 3.00 O O XO O XXX	St George's School		2.70m	9	
1 Wesley Ng 1.80 2.10 2.40 2.70 3.00 O O O XO XX	St George's School		2.70m	9	

**Men Long Jump Senior**

Name	Year Team	Seed	Finals	Points	Alternate
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**LMSISTFA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

**Swangard  
Results**

**...Men Long Jump Senior**

1	Marcus Yee	Vancouver College	6.18m	10
	5.90m 5.63m 5.96m 6.06m 2.66m 6.18m			
2	Dylan Rachel	Notre Dame R	5.88m	8
	5.71m 5.55m 5.51m 5.88m			
3	Daniel Wise	St George's School	5.76m	6
	5.46m 5.47m 5.64m 5.76m			
4	Harresh Thayakaanthan	Vancouver College	5.49m	5
	3.34m 5.48m 5.49m			
5	Oliver Martinez-Hernande	West Point	5.25m 5.30m	4
	5.08m 5.20m 5.30m			
6	Tie James	St. Thomas More	5.09m	3
	4.49m 5.08m 4.93m 5.09m 4.94m 0.05m			

**Men Triple Jump Senior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Eman Dadson	St. Thomas More		12.96m	10	
	12.49m 12.96m 12.53m				
2 Daniel Wise	St George's School		12.21m	8	
	11.94m 1.92m PASS 11.50m 11.84m 12.21m				
3 Marcus Yee	Vancouver College		12.16m	6	
	11.23m 11.39m PASS 11.81m PASS 12.16m				
4 Wesley Ng	St George's School		12.02m	5	
	11.29m 11.02m 11.16m 11.18m 11.60m 12.02m				
5 Harresh Thayakaanthan	Vancouver College		11.97m	4	
	11.93m FOUL FOUL FOUL 11.55m 11.97m				
6 Tie James	St. Thomas More		11.35m	3	
	10.54m 11.08m 11.20m 11.13m 11.35m 11.31m				

**Men Shot Put 6 kg Senior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Brendan Chandra	Vancouver College	11.31m	10.89m	10	
	10.73m 10.89m				
2 Michael Le	Vancouver College	11.51m	10.71m	8	
	9.63m 10.02m 10.59m 10.27m 10.46m 10.71m				
3 Arthur Leung	St George's School		9.55m	6	
	9.55m 9.09m 8.40m 9.44m 8.94m 9.21m				
4 Spencer Chan	West Point		8.63m	5	
	8.47m 8.51m 8.63m 8.09m				
5 Henk Van Den Berg	West Point		8.29m	4	
	7.74m 7.97m 7.82m 8.29m 8.13m 7.92m				

**Men Discus Throw 1.75 kg Senior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Brendan Chandra	Vancouver College	39.01m	39.22m	10	
	38.54m FOUL 36.81m FOUL 37.02m 39.22m				
2 Daniel Mendiola	Vancouver College	33.11m	29.64m	8	
	FOUL FOUL 29.64m FOUL FOUL 27.02m				
3 Arthur Leung	St George's School		24.99m	6	
	21.68m 21.55m 22.89m 24.99m 22.97m 22.75m				

**LMSISFEA ZONE CHAMPIONSHIPS - 5/09/17 to 5/10/17**

**Swangard  
Results**

**...Men Discus Throw 1.75 kg Senior**

4	Henk Van Den Berg	West Point	22.68m	5
	FOUL 22.68m 19.94m 21.54m FOUL 22.17m			
5	Spencer Chan	West Point	21.55m	4
	FOUL FOUL 21.55m FOUL FOUL FOUL			
6	Michael Moody	Fraser Acade	17.45m	3
	15.02m FOUL 17.45m FOUL FOUL FOUL			

**Men Hammer Throw 6 kg Senior**

Name	Year	Team	Seed	Finals	Points	Alternate
1	Brendan Chandra	Vancouver College		43.56m	10	
	FOUL 41.03m 43.56m					
2	Ryan Watt	St George's School		30.05m	8	
	30.05m 28.40m 28.20m					
3	Isaiah States	Vancouver College		22.99m	6	
	FOUL FOUL 22.99m					
4	Connor Jacques	St George's School		20.70m	5	
	18.70m 20.70m 17.55m					

**Men Javelin Throw 800 gram Senior**

Name	Year	Team	Seed	Finals	Points	Alternate
1	Alex Ference	St George's School		41.19m	10	
	34.23m 30.87m 35.57m 39.95m 41.19m FOUL					
2	Daniel Mendiola	Vancouver College	32.82m	38.03m	8	
	38.03m 35.31m 29.20m FOUL 34.65m FOUL					
3	Michael Le	Vancouver College	30.49m	34.78m	6	
	30.14m FOUL 34.33m FOUL FOUL 34.78m					
4	Henry Kasa	West Point		30.19m	5	
	28.88m 28.23m 30.19m					
5	Wesley Ng	St George's School		29.56m	4	
	FOUL 23.95m FOUL 29.56m 25.59m FOUL					
6	Spencer Chan	West Point		26.50m	3	
	25.91m 26.50m FOUL					

**Men 1500 Meter Race Walk Senior**

Name	Year	Team	Seed	Finals	Points	Alternate
1	Ciaran Sanders	Vancouver College		8:29.02	10	
2	Anthony Prpic	St. Thomas More		8:34.84	8	
3	Taylor Stajduhar	St. Thomas More		9:10.84	6	