

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****Girls 9 Year Olds 60 Meter Dash**

Meet: R 9.63 14/06/2009 Mikayla Capelle, DAWSON CREEK						
Name	Year	Team	Seed	Finals	Wind	Points
Finals						
1	166	Wiebe, Sage	07 Prince George T&F	11.45	NWI	10
2	146	Mellott, Makyla	07 Prince George T&F	11.92	NWI	8
3	154	Smith, Samantha	07 Prince George T&F	12.17	NWI	6
4	124	Arronge, Hailey	07 Prince George T&F	11.86	12.19	NWI 5

Girls 10 Year Olds 60 Meter Dash

Meet: R 9.39 13/06/2010 Mikayla Capelle, Unattached						
Name	Year	Team	Seed	Finals	Wind	Points
1	134	Cross, Grace	06 Prince George T&F	10.25	NWI	10
2	132	Brulotte, Adree	06 Prince George T&F	11.16	NWI	8

Girls 11 Year Olds 60 Meter Dash

Meet: R 9.36 08/06/2014 Makenna MacWhinnie, Unattached						
Name	Year	Team	Seed	Finals	Wind	Points
1	165	Wiebe, Morgan	05 Prince George T&F	9.92	9.75	NWI 10
2	225	Mahmoud, Farah	05 Unattached B	9.91	10.27	NWI 8

Girls 9 Year Olds 100 Meter Dash

Meet: R 15.30 1992 Fran Hanson-Monnie, Coquitlam						
Name	Year	Team	Seed	Finals	Wind	Points
1	160	Ward, Natalie	07 Prince George T&F	18.72	NWI	10
2	166	Wiebe, Sage	07 Prince George T&F	19.70	NWI	8
3	146	Mellott, Makyla	07 Prince George T&F	19.80	NWI	6
4	147	Mercedes, Naomi	07 Prince George T&F	20.12	NWI	5
5	124	Arronge, Hailey	07 Prince George T&F	20.04	20.31	NWI 4

Girls 10 Year Olds 100 Meter Dash

Meet: R 13.80 1992 Natalie Jackson, Burnaby Striders						
Name	Year	Team	Seed	Finals	Wind	Points
1	134	Cross, Grace	06 Prince George T&F	17.07	NWI	10
2	132	Brulotte, Adree	06 Prince George T&F	18.34	NWI	8
3	156	Trepanier, Sarah	06 Prince George T&F	18.64	NWI	6

Girls 11 Year Olds 100 Meter Dash

Meet: R 13.50 1992 Leigh Koopman, Richmond Kajaks						
Name	Year	Team	Seed	Finals	Wind	Points
1	165	Wiebe, Morgan	05 Prince George T&F	15.41	15.71	NWI 10
2	225	Mahmoud, Farah	05 Unattached B	16.48	16.54	NWI 8
3	125	Arronge, Stephanie	05 Prince George T&F	16.79	16.96	NWI 6
4	159	Ward, Emma	05 Prince George T&F	17.44	17.44	NWI 5
5	148	Mercedes, Sophie	05 Prince George T&F	18.17	18.17	NWI 4

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****....Girls 11 Year Olds 100 Meter Dash**

6	130 Bohmerr, Bethany	05 Prince George T&F	21.06	NWI	3
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Girls 12 Year Olds 100 Meter Dash

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Meet: R 13.10		1992	Heather Dennis, Chilliwack			
Name	Year	Team	Seed	Finals	Wind	Points
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1	128 Black, Shadae	04 Prince George T&F		15.87	NWI	10
2	136 Dhaliwal, Harshpre	04 Prince George T&F		17.16	NWI	8

Girls 13 Year Olds 100 Meter Dash

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Meet: R 12.50		1992	Yolande Gaynes, South Fraser			
Name	Year	Team	Seed	Finals	Wind	Points
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1	138 Green, Gracie	03 Prince George T&F		14.93	NWI	10

Girls 14-15 100 Meter Dash

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Meet: R 13.19		08/06/2014	Jynessa Kaulback, Athletics No			
Name	Year	Team	Seed	Prelims	Wind	H#
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Preliminaries

1	141 Leclerc, Emmelin	02 Prince George T&F		13.61q	NWI	1
2	163 Wheele, Taigan	02 Prince George T&F		13.66q	NWI	2
3	223 Lang, Emma	01 Unattached B	14.36	13.76q	NWI	2
4	144 Loog, Emma	01 Prince George T&F		13.79q	NWI	1
5	157 Turgeon, Erica	02 Prince George T&F		13.81q	NWI	1
6	150 Mooreside, Alison	02 Prince George T&F		14.36q	NWI	2
7	204 Hawkridge, Mason	01 Quesnel,NJ, NJ		15.54q	NWI	2
8	127 Baxter, Vailla	02 Prince George T&F		15.78q	NWI	1
9	203 Eggert, Branda	02 Quesnel,NJ, NJ		16.24	NWI	2
10	206 Smetaniuk, Beverly	02 Quesnel,NJ, NJ		16.38	NWI	2

Girls 14-15 100 Meter Dash

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Meet: R 13.19		08/06/2014	Jynessa Kaulback, Athletics No			
Name	Year	Team	Prelims	Finals	Wind	Points
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Finals

1	157 Turgeon, Erica	02 Prince George T&F	13.81	13.71	NWI	10
2	163 Wheele, Taigan	02 Prince George T&F	13.66	13.73	NWI	8
3	144 Loog, Emma	01 Prince George T&F	13.79	13.79	NWI	6
4	141 Leclerc, Emmelin	02 Prince George T&F	13.61	13.92	NWI	5
5	223 Lang, Emma	01 Unattached B	13.76	14.03	NWI	4
6	150 Mooreside, Alison	02 Prince George T&F	14.36	14.44	NWI	3
7	204 Hawkridge, Mason	01 Quesnel,NJ, NJ	15.54	15.81	NWI	2
8	127 Baxter, Vailla	02 Prince George T&F	15.78	15.86	NWI	1

Girls 16-17 100 Meter Dash

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Meet: R 12.34		1998	L McGregor/C Borowsky, PGT/MacKenzie/Kamloops			
Name	Year	Team	Seed	Finals	Wind	Points
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1	145 Matheson, Lauren	99 Prince George T&F	13.00	13.55	NWI	10

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****Girls 18-19 100 Meter Dash**

Meet: R 13.51 11/06/2016 Casey Richert, CSS

Name	Year	Team	Seed	Finals	Wind	Points
1 110 Richert, Casey	98	CSS,NJ, NJ		13.51R	NWI	10

Girls 11 Year Olds 200 Meter Dash

Meet: R 29.20 1997 Allison Kraby, PGT/McBride

Name	Year	Team	Seed	Finals	Wind	Points
1 165 Wiebe, Morgan	05	Prince George T&F	32.33	32.44	NWI	10
2 225 Mahmoud, Farah	05	Unattached B		34.71	NWI	8
3 159 Ward, Emma	05	Prince George T&F		36.69	NWI	6
4 129 Blackburn, Mya	05	Prince George T&F		39.08	NWI	5

Girls 12 Year Olds 200 Meter Dash

Meet: R 27.50 1992 Heather Dennis, Chilliwack

Name	Year	Team	Seed	Finals	Wind	Points
1 135 Day, Breanna	04	Prince George T&F		33.68	NWI	10
2 143 Listhaeghe, Teagen	04	Prince George T&F		33.74	NWI	8

Girls 13 Year Olds 200 Meter Dash

Meet: R 26.30 1992 Hazel Hanson-Monnie, Coquitlam

Name	Year	Team	Seed	Finals	Wind	Points
1 226 Mahmoud, Sophia	03	Unattached B	29.07	28.79	NWI	10
2 138 Green, Gracie	03	Prince George T&F		29.86	NWI	8

Girls 14-15 200 Meter Dash

Meet: R 27.17 09/06/2014 Shelby Jansen, Athletics No

Name	Year	Team	Seed	Finals	Wind	Points
1 144 Loog, Emma	01	Prince George T&F		27.90	NWI	10
2 155 Stauffer, Brooklyn	01	PG Track,Prince Geo	28.11	28.24	NWI	8
3 157 Turgeon, Erica	02	Prince George T&F		28.68	NWI	6
4 150 Mooreside, Alison	02	Prince George T&F		29.87	NWI	5
5 223 Lang, Emma	01	Unattached B		30.20	NWI	4

Girls 16-17 200 Meter Dash

Meet: R 25.47 1998 Luci McGregor, PGT/MacKenzie

Name	Year	Team	Seed	Finals	Wind	Points
1 145 Matheson, Lauren	99	Prince George T&F	27.12	27.86	NWI	10
2 140 King, Lindsay	00	Prince George T&F		28.33	NWI	8
3 101 Huntley-Smale, Kai	00	BV Athletics,BC, BC	28.80	29.39	NWI	6

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****Girls 12 Year Olds 300 Meter Run**

Meet: R 47.82 11/06/2011 Shelby Jansen, PG Track

Name	Year Team	Seed	Finals	Points
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1	135 Day, Breanna	04 Prince George T&F	54.18	10
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Girls 13 Year Olds 300 Meter Run

Meet: R 46.36 08/06/2014 Brooklyn Stauffer, Athletics No

Name	Year Team	Seed	Finals	Points
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1	226 Mahmoud, Sophia	03 Unattached B	47.87	46.57	10
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Girls 14-15 300 Meter Run

Meet: R 43.21 08/06/2014 Shelby Jansen, Athletics No

Name	Year Team	Seed	Finals	Points
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1	141 Leclerc, Emmelin	02 Prince George T&F		44.13	10
2	155 Stauffer, Brooklyn	01 PG Track, Prince Geo	45.47	44.51	8
3	223 Lang, Emma	01 Unattached B		47.82	6

Girls 16-17 400 Meter Run

Meet: R 58.26 1999 Farrah Kohorst, PG Track

Name	Year Team	Seed	Finals	Points
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1	140 King, Lindsay	00 Prince George T&F		1:04.39	10
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Girls 9 Year Olds 600 Meter Run

Meet: R 2:16.21 09/06/2014 Morgan Wiebe, PG Track

Name	Year Team	Seed	Finals	Points
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1	166 Wiebe, Sage	07 Prince George T&F		2:23.21	10
2	160 Ward, Natalie	07 Prince George T&F		2:29.98	8
3	124 Arronge, Hailey	07 Prince George T&F	2:48.81	2:42.17	6

Girls 10 Year Olds 600 Meter Run

Meet: R 2:04.77 08/06/2014 Morgan Wiebe, PG Track

Name	Year Team	Seed	Finals	Points
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1	134 Cross, Grace	06 Prince George T&F		2:08.53	10
2	156 Trepanier, Sarah	06 Prince George T&F		2:31.20	8
3	132 Brulotte, Adree	06 Prince George T&F		2:35.95	6

Girls 11 Year Olds 600 Meter Run

Meet: R 2:00.37 12/06/2016 Stephanie Arronge, PG Track

Name	Year Team	Seed	Finals	Points
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1	125 Arronge, Stephanie	05 Prince George T&F	2:07.31	2:00.37R	10
2	165 Wiebe, Morgan	05 Prince George T&F	2:03.39	2:01.27	8
3	152 Patrick, Cassidy	05 Prince George T&F		2:16.41	6
4	129 Blackburn, Mya	05 Prince George T&F		2:29.63	5

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****Girls 12 Year Olds 800 Meter Run**

Meet: R 2:29.40 1992 Kristina Andersen, South Fraser					
Name	Year	Team	Seed	Finals	Points
1	128	Black, Shadae	04	Prince George T&F	2:59.78 10
2	153	Smith, Brenn	04	Prince George T&F	3:02.60 8
3	161	Watson, Emma	04	Prince George T&F	3:18.53 6

Girls 14-15 800 Meter Run

Meet: R 2:25.35 08/06/2014 Hannah Pow, BV Athletics					
Name	Year	Team	Seed	Finals	Points
1	126	Barwise, Robyn	01	Prince George T&F	2:31.77 10
2	158	Van Der Woerd, Eva	02	Prince George T&F	2:47.21 8

Girls 16-17 800 Meter Run

Meet: R 2:18.40 1999 Justine Boulin, PGT/Quesnel					
Name	Year	Team	Seed	Finals	Points
1	109	Baptiste, Olivia	99	CSS,NJ, NJ	2:28.93 10

Girls 9 Year Olds 1000 Meter Run

Meet: R 4:09.90 07/06/2014 Grace Cross, PG Track					
Name	Year	Team	Seed	Finals	Points
1	166	Wiebe, Sage	07	Prince George T&F	4:19.66 10
2	162	Watts, Morgen	07	Prince George T&F	4:50.25 8
--	147	Mercedes, Naomi	07	Prince George T&F	DNF

Girls 10 Year Olds 1000 Meter Run

Meet: R 3:51.24 11/06/2016 Grace Cross, PG Track					
Name	Year	Team	Seed	Finals	Points
1	134	Cross, Grace	06	Prince George T&F	3:51.24R 10
2	156	Trepanier, Sarah	06	Prince George T&F	4:37.28 8

Girls 11 Year Olds 1000 Meter Run

Meet: R 3:52.89 11/06/2016 Morgan Wiebe, PG Track					
Name	Year	Team	Seed	Finals	Points
1	165	Wiebe, Morgan	05	Prince George T&F	3:39.39 3:52.89R 10
2	125	Arronge, Stephanie	05	Prince George T&F	3:49.41 4:04.24 8
3	129	Blackburn, Mya	05	Prince George T&F	4:32.43 6
4	148	Mercedes, Sophie	05	Prince George T&F	4:46.74 5

Girls 14-15 1200 Meter Run

Meet: R 3:53.46 12/06/2010 Emma Balazs, PG Track					
Name	Year	Team	Seed	Finals	Points
1	126	Barwise, Robyn	01	Prince George T&F	4:07.76 10

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****....Girls 14-15 1200 Meter Run**

2	158 Van Der Woerd, Eva	02 Prince George T&F	4:13.18	8
3	205 McCall, Jett	02 Quesnel,NJ, NJ	4:43.87	6

Girls 16-17 1500 Meter Run

Meet: R 4:40.00 1999 Justine Boulin, PGT/Quesnel

Name	Year Team	Seed	Finals	Points
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1	167 Williams, Jonelle	00 Prince George T&F	5:51.72	10
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Girls 14-15 2000 Meter Run

14-15 Meet: R 7:01.36 13/06/2010 Emma Balazs, PG Track

Name	Year Team	Seed	Finals	Points
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1	126 Barwise, Robyn	01 Prince George T&F	7:43.73	10
2	158 Van Der Woerd, Eva	02 Prince George T&F	8:01.32	8
3	205 McCall, Jett	02 Quesnel,NJ, NJ	8:35.74	6

Girls 9 Year Olds 60 Meter Hurdles 6 x 21" - .5

Meet: R 12.33 2002 Nyagoa Nguot, PG Track

Name	Year Team	Seed	Finals	Wind	Points
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1	160 Ward, Natalie	07 Prince George T&F	14.52	NWI	10
2	166 Wiebe, Sage	07 Prince George T&F	14.65	NWI	8
3	147 Mercedes, Naomi	07 Prince George T&F	15.74	NWI	6
4	154 Smith, Samantha	07 Prince George T&F	15.87	NWI	5

Girls 10 Year Olds 60 Meter Hurdles 6 x 24" - .6

Meet: R 12.75 08/06/2014 Makenna Macwhinnie, Athletics No

Name	Year Team	Seed	Finals	Wind	Points
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1	132 Brulotte, Adree	06 Prince George T&F	13.98	NWI	10
2	156 Trepanier, Sarah	06 Prince George T&F	14.89	NWI	8

Girls 11 Year Olds 60 Meter Hurdles 6 x 24" - .6

Meet: R 11.39 07/06/2014 Makenna MacWhinnie, Unattached

Name	Year Team	Seed	Finals	Wind	Points
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1	165 Wiebe, Morgan	05 Prince George T&F	13.36	11.92	NWI	10
2	159 Ward, Emma	05 Prince George T&F		13.89	NWI	8
3	129 Blackburn, Mya	05 Prince George T&F		13.91	NWI	6
4	225 Mahmoud, Farah	05 Unattached B	14.42	14.58	NWI	5
5	148 Mercedes, Sophie	05 Prince George T&F		17.07	NWI	4

Girls 12 Year Olds 80 Meter Hurdles 8 x 27

Meet: R 13.10 1992 Tamsin Anstey, Norwesters

Name	Year Team	Seed	Finals	Wind	Points
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1	143 Listhaeghe, Teagen	04 Prince George T&F		17.16	NWI	10
2	135 Day, Breanna	04 Prince George T&F		17.46	NWI	8

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****....Girls 12 Year Olds 80 Meter Hurdles 8 x 27**

3	153 Smith, Brenn	04 Prince George T&F	19.11	NWI	6
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Girls 13 Year Olds 80 Meter Hurdles 8 x 30"

Meet: R 13.30 1992 Elna Wang, Vancouver Olympic						
Name	Year	Team	Seed	Finals	Wind	Points
1	226 Mahmoud, Sophia	03 Unattached B	14.15	14.07	NWI	10
2	138 Green, Gracie	03 Prince George T&F		17.17	NWI	8

Girls 14-15 80 Meter Hurdles 8 x 30"

Meet: R 12.53 12/06/2010 Laura Sharman, Tumbler ridge						
Name	Year	Team	Seed	Finals	Wind	Points
1	231 Way, Jesslyn	01 Quesnel		18.57	NWI	10
2	206 Smetaniuk, Beverly	02 Quesnel,NJ, NJ		18.59	NWI	8
3	203 Eggert, Branda	02 Quesnel,NJ, NJ		18.83	NWI	6

Girls 16-17 100 Meter Hurdles 10 x 30"

Meet: R 14.22 2001 Bevin Kennelly, PGT/Quesnel						
Name	Year	Team	Seed	Finals	Wind	Points
1	140 King, Lindsay	00 Prince George T&F		17.88	NWI	10

Girls 14-15 200 Meter Hurdles 5 x 30"

Meet: R 30.86 09/06/2014 Lindsay King, PG Track						
Name	Year	Team	Seed	Finals	Wind	Points
1	206 Smetaniuk, Beverly	02 Quesnel,NJ, NJ		40.29	NWI	10

Girls 16-17 400 Meter Hurdles 10 x 30"

Meet: R 51.68 12/06/2011 Kelsey Legault, Tumbler ridge					
Name	Year	Team	Seed	Finals	Points
1	140 King, Lindsay	00 Prince George T&F		1:09.42	10

Girls 14-15 1500 Meter Steeplechase no water 30"

Meet: R 5:14.28 12/06/2010 Emma Balazs, PG Track					
Name	Year	Team	Seed	Finals	Points
1	126 Barwise, Robyn	01 Prince George T&F		6:20.24	10

Girls 16-17 2000 Meter Steeplechase water 30"

Meet: R 5:25.78 2001 Bevin Kennelly, PGT/Quesnel					
Name	Year	Team	Seed	Finals	Points
1	167 Williams, Jonelle	00 Prince George T&F		9:19.90	10

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****Girls 9 Year Olds High Jump**

Meet: R 1.18m 1992 Shannon Martin, South Fraser						
Name	Year	Team	Seed	Finals	Points	
1	154	Smith, Samantha	07	Prince George T&F	0.76m	10

Girls 10 Year Olds High Jump

Meet: R 1.24m 1992 Jennifer Cook, Coquitlam						
Name	Year	Team	Seed	Finals	Points	
1	156	Trepanier, Sarah	06	Prince George T&F	1.00m	10
2	132	Brulotte, Adree	06	Prince George T&F	0.98m	8

Girls 11 Year Olds High Jump

Meet: R 1.41m 1992 Karlyn Underdahl, Victoria						
Name	Year	Team	Seed	Finals	Points	
1	125	Arronge, Stephanie	05	Prince George T&F	1.09m	10
2	165	Wiebe, Morgan	05	Prince George T&F	J1.09m	8

Girls 12 Year Olds High Jump

Meet: R 1.45m 2004 Alyx Treasure, PG Track						
Name	Year	Team	Seed	Finals	Points	
1	136	Dhaliwal, Harshpre	04	Prince George T&F	1.12m	10
2	135	Day, Breanna	04	Prince George T&F	1.09m	8

Girls 14-15 High Jump

Meet: R 1.45m 11/06/2011 Carlee Campbell, KAMLOOPS TRA						
Name	Year	Team	Seed	Finals	Points	
1	223	Lang, Emma	01	Unattached B	1.25m	10

Girls 9 Year Olds Long Jump

Meet: R 3.38m 2001 Alyx Treasure, PG Track							
Name	Year	Team	Seed	Finals	Wind	Points	
1	147	Mercedes, Naomi	07	Prince George T&F	2.89m	NWI	10
2	146	Mellott, Makyla	07	Prince George T&F	2.54m	NWI	8
3	166	Wiebe, Sage	07	Prince George T&F	2.53m	NWI	6
4	124	Arronge, Hailey	07	Prince George T&F	2.14m	NWI	5
5	162	Watts, Morgen	07	Prince George T&F	1.97m	NWI	4

Girls 10 Year Olds Long Jump

Meet: R 4.03m 1995 Jenna Lunde, Leduc, AB							
Name	Year	Team	Seed	Finals	Wind	Points	
1	132	Brulotte, Adree	06	Prince George T&F	2.73m	NWI	10
2	142	Listhaeghe, Emerso	06	Prince George T&F	2.43m	NWI	8
3	156	Trepanier, Sarah	06	Prince George T&F	2.19m	NWI	6

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****Girls 11 Year Olds Long Jump**

Meet: R 3.89m 1992		Karlyn Underdahl, Victoria					
Name	Year	Team	Seed	Finals	Wind	Points	
1	165	Wiebe, Morgan	05 Prince George T&F	3.11m	3.49m	NWI	10
2	152	Patrick, Kassidy	05 Prince George T&F		2.81m	NWI	8
3	225	Mahmoud, Farah	05 Unattached B	2.70m	2.79m	NWI	6
4	129	Blackburn, Mya	05 Prince George T&F		2.72m	NWI	5
5	137	Fuentes, Rebecca	05 Prince George T&F		2.66m	NWI	4
6	148	Mercedes, Sophie	05 Prince George T&F		2.60m	NWI	3
7	130	Bohmerr, Bethany	05 Prince George T&F		1.81m	NWI	2

Girls 12 Year Olds Long Jump

Meet: R 4.24m 1992		Tamsin Anstey, Norwesters					
Name	Year	Team	Seed	Finals	Wind	Points	
1	151	Nimmo, Emily	04 Prince George T&F		3.39m	NWI	9
1	161	Watson, Emma	04 Prince George T&F		3.39m	NWI	9
3	224	Macwhinnie, Makenn	04 Unattached B	3.91m	3.37m	NWI	6
4	143	Listhaeghe, Teagen	04 Prince George T&F		3.04m	NWI	5
5	153	Smith, Brenn	04 Prince George T&F		2.87m	NWI	4
6	135	Day, Breanna	04 Prince George T&F		2.73m	NWI	3

Girls 13 Year Olds Long Jump

Meet: R 4.60m 2005		Alyx Treasure, PG Track					
Name	Year	Team	Seed	Finals	Wind	Points	
1	226	Mahmoud, Sophia	03 Unattached B	4.07m	4.59m	NWI	10

Girls 14-15 Long Jump

Meet: R 5.03m 13/06/2010		Laura Sharman, Tumbler ridge					
Name	Year	Team	Seed	Finals	Wind	Points	
1	157	Turgeon, Erica	02 Prince George T&F		4.39m	NWI	10
2	223	Lang, Emma	01 Unattached B		4.19m	NWI	8
3	163	Wheele, Taigan	02 Prince George T&F		3.93m	NWI	6
4	150	Moore, Alison	02 Prince George T&F		3.92m	NWI	5
5	127	Baxter, Vaila	02 Prince George T&F		3.66m	NWI	4
6	206	Smetaniuk, Beverly	02 Quesnel, NJ, NJ		3.63m	NWI	3
7	203	Eggert, Branda	02 Quesnel, NJ, NJ		3.17m	NWI	2

Girls 16-17 Long Jump

Meet: R 5.47m 12/06/2010		Jennifer Fetaz, Tumbler ridge					
Name	Year	Team	Seed	Finals	Wind	Points	
1	145	Matheson, Lauren	99 Prince George T&F		4.65m	NWI	10
2	101	Huntley-Smale, Kai	00 BV Athletics, BC, BC	4.16m	4.49m	NWI	8

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****Girls 14-15 Triple Jump**

Meet: R 9.56m 11/06/2011 Carly Frenkel, PG Track						
Name	Year	Team	Seed	Finals	Wind	Points
1	127	Baxter, Vaile	02 Prince George T&F	8.34m	NWI	10
2	204	Hawkridge, Mason	01 Quesnel,NJ, NJ	8.00m	NWI	8
3	231	Way, Jesslyn	01 Quesnel	7.31m	NWI	6

Girls 9 Year Olds Shot Put 2 kg

Meet: R 4.87m 14/06/2009 Mikayla Capelle, DAWSON CREEK						
Name	Year	Team	Seed	Finals	Points	
1	160	Ward, Natalie	07 Prince George T&F	4.72m	10	
2	146	Mellott, Makyla	07 Prince George T&F	4.50m	8	

Girls 10 Year Olds Shot Put 2 kg

Meet: R 7.12m 2001 Maddie Ferguson, Kamloops						
Name	Year	Team	Seed	Finals	Points	
1	142	Listhaeghe, Emerso	06 Prince George T&F	5.55m	10	
2	132	Brulotte, Adree	06 Prince George T&F	4.40m	8	
3	156	Trepanier, Sarah	06 Prince George T&F	4.15m	6	

Girls 11 Year Olds Shot Put 2 kg

Meet: R 8.24m 08/06/2014 Casidy Campbell, PG Track						
Name	Year	Team	Seed	Finals	Points	
1	159	Ward, Emma	05 Prince George T&F	4.78m	10	
2	125	Arronge, Stephanie	05 Prince George T&F	5.97m	4.45m	8
3	152	Patrick, Kassidy	05 Prince George T&F	4.30m	6	
4	130	Bohmerr, Bethany	05 Prince George T&F	4.01m	5	

Girls 12 Year Olds Shot Put 3 kg

Meet: R 8.94m 2000 Hayley Hills, PGT/Quesnel						
Name	Year	Team	Seed	Finals	Points	
1	128	Black, Shadae	04 Prince George T&F	6.82m	10	
2	136	Dhaliwal, Harshpre	04 Prince George T&F	6.75m	8	

Girls 13 Year Olds Shot Put 3 kg

Meet: R 10.71m 1998 Maria Stinson, PG Track						
Name	Year	Team	Seed	Finals	Points	
1	133	Campbell, Casidy	03 Prince George T&F	9.19m	10	

Girls 14-15 Shot Put 3 kg

Meet: R 9.39m 11/06/2011 Keana Trudel, Tumbler ridge						
Name	Year	Team	Seed	Finals	Points	
1	203	Eggert, Branda	02 Quesnel,NJ, NJ	6.75m	10	

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****Girls 10 Year Olds Discus Throw 750 g**

Meet: R 13.97m 2004 Phoebe Andy, Bella Coola					
Name	Year	Team	Seed	Finals	Points
1	142	Listhaeghe, Emerso	06 Prince George T&F	10.73m	10
2	156	Trepanier, Sarah	06 Prince George T&F	10.31m	8
3	132	Brulotte, Adree	06 Prince George T&F	8.55m	6

Girls 11 Year Olds Discus Throw 750 g

Meet: R 19.14m 2001 Callan Lansdowne, Bella Coola					
Name	Year	Team	Seed	Finals	Points
1	137	Fuentes, Rebecca	05 Prince George T&F	12.56m	10

Girls 12 Year Olds Discus Throw 750 g

Meet: R 23.29m 1992 Jillian Renouf, Richmond Kajaks					
Name	Year	Team	Seed	Finals	Points
1	128	Black, Shadae	04 Prince George T&F	18.87m	10
2	161	Watson, Emma	04 Prince George T&F	14.60m	8

Girls 13 Year Olds Discus Throw 750 g

Meet: R 27.88m 2000 Jesse MacKay, PG Track					
Name	Year	Team	Seed	Finals	Points
1	133	Campbell, Casidy	03 Prince George T&F	15.91m	10

Girls 14-15 Discus Throw 1 kg

Meet: R 25.38m 12/06/2016 Erica Turgeon, PG Track					
Name	Year	Team	Seed	Finals	Points
1	157	Turgeon, Erica	02 Prince George T&F	25.38mR	10
2	203	Eggert, Branda	02 Quesnel,NJ, NJ	12.47m	8

Girls 12 Year Olds Hammer Throw 3 kg

Meet: R 23.11m 07/06/2014 Casidy Campbell, PG Track					
Name	Year	Team	Seed	Finals	Points
1	135	Day, Breanna	04 Prince George T&F	10.98m	10

Girls 13 Year Olds Hammer Throw 3 kg

Meet: R 30.67m 11/06/2016 Casidy Campbell, PG Track					
Name	Year	Team	Seed	Finals	Points
1	133	Campbell, Casidy	03 Prince George T&F	30.67mR	10

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****Girls 14-15 Hammer Throw 3 kg**

Meet: R 31.04m 11/06/2016 Kendal Zemenchik, BV Athletics						
Name	Year	Team	Seed	Finals	Points	
1	102	Zemenchik, Kendal	01 BV Athletics	31.04mR	10	
2	204	Hawkridge, Mason	01 Quesnel,NJ, NJ	23.17m	8	
3	141	Leclerc, Emmelin	02 Prince George T&F	22.44m	6	
4	231	Way, Jesslyn	01 Quesnel	20.05m	5	
5	203	Eggert, Branda	02 Quesnel,NJ, NJ	16.72m	4	
6	164	Wiebe, Madison	01 Prince George T&F	17.27m	16.15m	3

Girls 10 Year Olds Javelin Throw 400 g

Meet: R 14.76m 12/06/2010 Mikayla Capelle, Unattached					
Name	Year	Team	Seed	Finals	Points
1	142	Listhaeghe, Emerso	06 Prince George T&F	10.41m	10
2	156	Trepanier, Sarah	06 Prince George T&F	6.90m	8
3	132	Brulotte, Adree	06 Prince George T&F	6.40m	6

Girls 11 Year Olds Javelin Throw 400 g

Meet: R 18.96m 2000 Kaitlyn Widsten, Bella Coola					
Name	Year	Team	Seed	Finals	Points
1	129	Blackburn, Mya	05 Prince George T&F	10.54m	10
2	137	Fuentes, Rebecca	05 Prince George T&F	9.10m	8
3	165	Wiebe, Morgan	05 Prince George T&F	8.93m	6

Girls 12 Year Olds Javelin Throw 400 g

Meet: R 25.10m 2002 Annika Granander, Bella Coola					
Name	Year	Team	Seed	Finals	Points
1	128	Black, Shadae	04 Prince George T&F	21.08m	10
2	161	Watson, Emma	04 Prince George T&F	16.19m	8
3	136	Dhaliwal, Harshpre	04 Prince George T&F	13.62m	6
4	143	Listhaeghe, Teagen	04 Prince George T&F	12.49m	5
5	135	Day, Breanna	04 Prince George T&F	10.99m	4

Girls 13 Year Olds Javelin Throw 400 g

Meet: R 32.00m 2003 Annika Granander, Bella Coola					
Name	Year	Team	Seed	Finals	Points
1	133	Campbell, Casidy	03 Prince George T&F	17.86m	10

Girls 14-15 Javelin Throw 500 g

Meet: R 28.78m 12/06/2010 Sarah Frost, PG Track						
Name	Year	Team	Seed	Finals	Points	
1	102	Zemenchik, Kendal	01 BV Athletics	23.78m	10	
2	141	Leclerc, Emmelin	02 Prince George T&F	21.88m	8	
3	127	Baxter, Vailla	02 Prince George T&F	20.36m	6	
4	164	Wiebe, Madison	01 Prince George T&F	14.56m	16.45m	5

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****Women 18-99 100 Meter Hurdles 10 x 33"**

Meet: R 19.25 11/06/2011 Chassity Mohan, South Peace Sen						
Name	Year	Team	Seed	Finals	Wind	Points
1	110	Richert, Casey	98	CSS,NJ, NJ	19.32	NWI 10

Boys 9 Year Olds 60 Meter Dash

Meet: R 10.29 14/06/2009 Adam Lee, PG TRACK						
Name	Year	Team	Seed	Finals	Wind	Points
1	187	Liston, Reid	07	Prince George T&F	10.58	NWI 10
2	172	Blackburn, Andrew	07	Prince George T&F	11.37	NWI 8
3	183	Holmes, Jack	07	Prince George T&F	12.16	NWI 6

Boys 10 Year Olds 60 Meter Dash

Meet: R 9.83 13/06/2010 Colburn Pearce, PG TRACK						
Name	Year	Team	Seed	Finals	Wind	Points
1	174	Earl, Christopher	06	Prince George T&F	11.05	NWI 10
2	107	Press, Sean	06	BV Athletics,BC, BC	11.28	NWI 8
3	195	Rasmussen, Wil	06	Prince George T&F	12.51	NWI 6

Boys 11 Year Olds 60 Meter Dash

Meet: R 9.40 14/06/2009 Keiran Leboe, PG TRACK						
Name	Year	Team	Seed	Finals	Wind	Points
1	190	McKee, Owen	05	Prince George T&F	10.08	NWI 10

Boys 9 Year Olds 100 Meter Dash

Meet: R 14.50 1992 Matthew Bewsey, Bowser						
Name	Year	Team	Seed	Finals	Wind	Points
1	187	Liston, Reid	07	Prince George T&F	17.70	NWI 10
2	172	Blackburn, Andrew	07	Prince George T&F	19.09	NWI 8
3	186	Lang, Anson	07	Prince George T&F	19.14	NWI 6

Boys 10 Year Olds 100 Meter Dash

Meet: R 13.90 1992 Andrew Njume, Powell River						
Name	Year	Team	Seed	Prelims	Wind	H#

Preliminaries

1	198	Sieben, Adam	06	Prince George T&F	16.13q	NWI 1
2	201	Warkentin, Justin	06	Prince George T&F	16.74q	NWI 1
3	216	Hennessey, Chance	06	Unattached	17.48q	NWI 1
4	174	Earl, Christopher	06	Prince George T&F	17.54q	NWI 1
5	107	Press, Sean	06	BV Athletics,BC, BC	17.76q	NWI 2
6	200	Svendsen, Logan	06	Prince George T&F	18.38q	NWI 1
7	105	Jones, Aiden	06	BV Athletics,BC, BC	18.85q	NWI 2
8	168	Alexander, Tyler	06	Prince George T&F	19.94q	NWI 2
9	179	Foster, Connel	06	Prince George T&F	20.48	NWI 2

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****Boys 10 Year Olds 100 Meter Dash**

Meet: R 13.90 1992 Andrew Njume, Powell River							
Name	Year	Team	Prelims	Finals	Wind	Points	
Finals							
1	198	Sieben, Adam	06 Prince George T&F	16.13	16.18	NWI	10
2	201	Warkentin, Justin	06 Prince George T&F	16.74	17.13	NWI	8
3	216	Hennessey, Chance	06 Unattached	17.48	18.09	NWI	6
4	107	Press, Sean	06 BV Athletics,BC, BC	17.76	18.20	NWI	5
5	174	Earl, Christopher	06 Prince George T&F	17.54	18.21	NWI	4
6	105	Jones, Aiden	06 BV Athletics,BC, BC	18.85	18.73	NWI	3
7	200	Svendsen, Logan	06 Prince George T&F	18.38	18.76	NWI	2

Boys 11 Year Olds 100 Meter Dash

Meet: R 12.65 1999 Tijan Pinnock, PG Track							
Name	Year	Team	Seed	Finals	Wind	Points	
1	175	Emon, Caleb	05 Prince George T&F	15.74	NWI	10	
2	190	McKee, Owen	05 Prince George T&F	16.10	NWI	8	
3	169	Arsenault, Jake	05 Prince George T&F	17.09	NWI	6	
4	185	Labonte, James	05 Prince George T&F	17.22	NWI	5	

Boys 12 Year Olds 100 Meter Dash

Meet: R 12.70 1992 Brock Armstrong, Track 54.50/Smithers							
Name	Year	Team	Seed	Finals	Wind	Points	
1	220	Powar, Amar	04 Unattached	15.91	NWI	10	
2	221	Stauffer, Colin	04 Unattached	16.02	NWI	8	
3	219	Mujcin, Decker	04 Unattached	16.07	NWI	6	
4	178	Fortier, Liam	04 Prince George T&F	16.16	NWI	5	

Boys 13 Year Olds 100 Meter Dash

Meet: R 11.40 1992 Joel Nelson, South Fraser							
Name	Year	Team	Seed	Finals	Wind	Points	
1	218	Loth, Tyler	03 Unattached	13.68	NWI	10	
2	188	Loog, Noah	03 Prince George T&F	15.23	NWI	8	
3	108	Smale, Caleb	03 BV Athletics,BC, BC	15.77	NWI	6	
4	199	Soares, Rohan	03 Prince George T&F	16.00	NWI	5	

Boys 14-15 100 Meter Dash

Meet: R 12.58 08/06/2014 Ryan Elden, Quesnel							
Name	Year	Team	Seed	Finals	Wind	Points	
1	208	Garcia, Austin	01 Quesnel,NJ, NJ	12.60	NWI	10	
2	189	Matheson, Tanner	02 Prince George T&F	13.71	NWI	8	
3	217	Hennessey, Chase	02 Unattached	13.56	NWI	6	
4	106	Press, Aidan	02 BV Athletics,BC, BC	13.78	NWI	5	
5	173	Dreyer, Andre	02 Prince George T&F	14.34	NWI	4	
6	211	Henderson, Christo	02 Quesnel,NJ, NJ	14.70	NWI	3	
7	214	Nicholas, Adam	02 Quesnel,NJ, NJ	14.86	NWI	2	

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****Boys 16-17 100 Meter Dash**

Meet: R 10.76 2002 Rob Drapala, Armstrong						
Name	Year	Team	Seed	Finals	Wind	Points
1	117	Guno, Skyler	00 Nisga'a Track Club	13.73	NWI	10
2	121	Watts, Nick	00 Nisga'a Track Club	14.78	NWI	8

Boys 18-19 100 Meter Dash

Meet: R 11.80 11/06/2011 Shaun Cormier, PG Track						
Name	Year	Team	Seed	Finals	Wind	Points
1	181	Gaiesky, Ryan	98 Prince George T&F	11.61	NWI	10
2	119	Stewart, Justin	97 Nisga'a Track Club	13.29	NWI	8
3	115	Grandison, Smiddy	97 Nisga'a Track Club	13.31	NWI	6

Boys 11 Year Olds 200 Meter Dash

Meet: R 28.80 1991 Brock Armstrong, Track 54.50/Smithers						
Name	Year	Team	Seed	Finals	Wind	Points
1	175	Emon, Caleb	05 Prince George T&F	32.64	NWI	10
2	190	McKee, Owen	05 Prince George T&F	34.56	NWI	8
3	196	Rice, Matthew	05 Prince George T&F	35.43	NWI	6

Boys 12 Year Olds 200 Meter Dash

Meet: R 27.00 1998 Tijan Pinnock (age 10), PG Track						
Name	Year	Team	Seed	Finals	Wind	Points
1	202	Wright, Isaac	04 Prince George T&F	32.67	NWI	10
2	178	Fortier, Liam	04 Prince George T&F	33.02	NWI	8

Boys 13 Year Olds 200 Meter Dash

Meet: R 24.20 1992 Joel Nelson, South Fraser						
Name	Year	Team	Seed	Finals	Wind	Points
1	218	Loth, Tyler	03 Unattached	28.09	NWI	10
2	188	Loog, Noah	03 Prince George T&F	30.64	NWI	8
3	108	Smale, Caleb	03 BV Athletics, BC, BC	32.07	NWI	6
4	199	Soares, Rohan	03 Prince George T&F	32.93	NWI	5

Boys 14-15 200 Meter Dash

Meet: R 25.64 12/06/2011 Sean K. Gaiesky, PG Track						
Name	Year	Team	Seed	Finals	Wind	Points
1	208	Garcia, Austin	01 Quesnel, NJ, NJ	26.55	NWI	10
2	217	Hennessey, Chase	02 Unattached	27.26	NWI	8
3	106	Press, Aidan	02 BV Athletics, BC, BC	28.34	NWI	6
4	213	Mills, Odin	02 Quesnel, NJ, NJ	34.74	NWI	5

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****Boys 16-17 200 Meter Dash**

Meet: R 22.57 2002 Rob Drapala, Armstrong						
Name	Year	Team	Seed	Finals	Wind	Points
1	194	Pearce, Colburn	00 Prince George T&F	24.48	NWI	10
2	117	Guno, Skyler	00 Nisga'a Track Club	26.99	NWI	8
3	121	Watts, Nick	00 Nisga'a Track Club	33.41	NWI	6

Boys 14-15 300 Meter Run

Meet: R 40.46 11/06/2011 Sean K. Gaiesky, PG Track						
Name	Year	Team	Seed	Finals	Points	
1	208	Garcia, Austin	01 Quesnel,NJ, NJ	41.76		10
2	217	Hennessey, Chase	02 Unattached	44.06		8
3	211	Henderson, Christo	02 Quesnel,NJ, NJ	50.63		6

Boys 9 Year Olds 600 Meter Run

Meet: R 2:14.98 09/06/2014 Caleb Emon, PG Track						
Name	Year	Team	Seed	Finals	Points	
1	187	Liston, Reid	07 Prince George T&F	2:20.48		10
2	186	Lang, Anson	07 Prince George T&F	2:29.94		8

Boys 10 Year Olds 600 Meter Run

Meet: R 1:59.51 12/06/2016 Adam Sieben, PG Track						
Name	Year	Team	Seed	Finals	Points	
1	198	Sieben, Adam	06 Prince George T&F	1:59.51R		10
2	201	Warkentin, Justin	06 Prince George T&F	2:13.50		8
3	216	Hennessey, Chance	06 Unattached	2:15.29		6
4	174	Earl, Christopher	06 Prince George T&F	2:19.70		5

Boys 11 Year Olds 600 Meter Run

Meet: R 1:56.43 12/06/2011 Brady Miller, PG Track						
Name	Year	Team	Seed	Finals	Points	
1	196	Rice, Matthew	05 Prince George T&F	2:02.53		10
2	169	Arsenault, Jake	05 Prince George T&F	2:10.09		8
3	184	Jacob, Micah	05 Prince George T&F	2:26.47		6

Boys 12 Year Olds 800 Meter Run

Meet: R 2:22.40 1992 Wyatt Hartley, Norwesters						
Name	Year	Team	Seed	Finals	Points	
1	176	Fiala, Joshua	04 Prince George T&F	2:52.00		10

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****Boys 14-15 800 Meter Run**

Meet: R 2:14.67 12/06/2011 Sean K. Gaiesky, PG Track					
Name	Year	Team	Seed	Finals	Points
1	215	Spencer, Bazil	01 Quesnel,NJ, NJ	2:19.53	10
2	171	Bax, Jordan	01 Prince George T&F	2:19.57	8
3	116	Griffin, James	01 Nisga'a Track Club	2:46.29	6
4	120	Stewart, Nikolas	01 Nisga'a Track Club	3:04.95	5

Boys 9 Year Olds 1000 Meter Run

Meet: R 4:04.80 08/06/2014 Jake Arsenault, PG Track					
Name	Year	Team	Seed	Finals	Points
1	187	Liston, Reid	07 Prince George T&F	4:07.86	10
2	186	Lang, Anson	07 Prince George T&F	4:33.11	8

Boys 10 Year Olds 1000 Meter Run

Meet: R 3:43.92 11/06/2016 Adam Sieben, PG Track					
Name	Year	Team	Seed	Finals	Points
1	198	Sieben, Adam	06 Prince George T&F	3:43.92R	10
2	200	Svendsen, Logan	06 Prince George T&F	4:02.26	8
3	174	Earl, Christopher	06 Prince George T&F	4:11.36	6
4	179	Foster, Connel	06 Prince George T&F	4:48.73	5

Boys 11 Year Olds 1000 Meter Run

Meet: R 3:38.75 11/06/2011 Brady Miller, PG Track						
Name	Year	Team	Seed	Finals	Points	
1	196	Rice, Matthew	05 Prince George T&F	3:39.10	3:50.52	10
2	169	Arsenault, Jake	05 Prince George T&F		4:12.00	8
3	184	Jacob, Micah	05 Prince George T&F		4:28.63	6
4	103	Belanger, Liam	05 BV Athletics,BC, BC		4:46.61	5

Boys 12 Year Olds 1200 Meter Run

Meet: R 4:19.75 11/06/2016 Colin Stauffer, Unattached						
Name	Year	Team	Seed	Finals	Points	
1	221	Stauffer, Colin	04 Unattached		4:19.75R	10
2	176	Fiala, Joshua	04 Prince George T&F	4:20.00	4:19.96	8
3	219	Mujcin, Decker	04 Unattached		4:35.71	6
4	104	Belanger, Maxim	04 BV Athletics,BC, BC		4:48.14	5

Boys 14-15 1200 Meter Run

Meet: R 3:36.58 11/06/2011 Sean K. Gaiesky, PG Track						
Name	Year	Team	Seed	Finals	Points	
1	193	Nemethy, Simon	01 Prince George T&F	3:35.00	3:43.41	10
2	171	Bax, Jordan	01 Prince George T&F		3:49.45	8
3	215	Spencer, Bazil	01 Quesnel,NJ, NJ		3:57.47	6
4	212	Letoria, Matthew	02 Quesnel,NJ, NJ		4:17.47	5

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****....Boys 14-15 1200 Meter Run**

5	116 Griffin, James	01 Nisga'a Track Club	4:25.21	4
6	120 Stewart, Nikolas	01 Nisga'a Track Club	4:35.94	3
7	177 Flett, Adam	02 Prince George T&F	4:36.95	2
8	210 Hamelin, Graeme	01 Quesnel,NJ, NJ	4:49.25	1

Boys 14-15 2000 Meter Run

14-15 Meet: R 6:38.53 12/06/2011 Alexander Nemethy, PG Track

Name	Year Team	Seed	Finals	Points
1 171 Bax, Jordan	01 Prince George T&F		6:52.65	10
2 212 Letoria, Matthew	02 Quesnel,NJ, NJ		7:31.66	8
3 116 Griffin, James	01 Nisga'a Track Club		7:41.16	6
4 177 Flett, Adam	02 Prince George T&F		8:31.85	5
5 120 Stewart, Nikolas	01 Nisga'a Track Club		8:37.12	4

Boys 9 Year Olds 60 Meter Hurdles 6 x 21" - .5

Meet: R 11.85 2001 Ian Smith, Kamloops

Name	Year Team	Seed	Finals	Wind	Points
1 172 Blackburn, Andrew	07 Prince George T&F		14.27	NWI	10

Boys 10 Year Olds 60 Meter Hurdles 6 x 24" - .6

Meet: R 12.36 12/06/2010 Colburn Pearce, PG TRACK

Name	Year Team	Seed	Finals	Wind	Points
1 174 Earl, Christopher	06 Prince George T&F		13.91	NWI	10
2 179 Foster, Connel	06 Prince George T&F		16.26	NWI	8
3 168 Alexander, Tyler	06 Prince George T&F		18.11	NWI	6

Boys 11 Year Olds 60 Meter Hurdles 6 x 24" - .6

Meet: R 11.35 13/06/2009 Jax Bailey, PG TRACK

Name	Year Team	Seed	Finals	Wind	Points
1 175 Emon, Caleb	05 Prince George T&F		12.50	NWI	10
2 169 Arsenault, Jake	05 Prince George T&F		14.42	NWI	8
3 184 Jacob, Micah	05 Prince George T&F		15.27	NWI	6

Boys 12 Year Olds 80 Meter Hurdles 8 x 27"

Meet: R 13.50 1992 Anthony Jackson, Burnaby Strider

Name	Year Team	Seed	Finals	Wind	Points
1 178 Fortier, Liam	04 Prince George T&F		16.72	NWI	10

Boys 14-15 100 Meter Hurdles 10 x 33"

Meet: R 16.68 08/06/2014 Ryan Elden, Quesnel

Name	Year Team	Seed	Finals	Wind	Points
1 211 Henderson, Christo	02 Quesnel,NJ, NJ		19.68	NWI	10
2 213 Mills, Odin	02 Quesnel,NJ, NJ		22.78	NWI	8

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****Boys 14-15 200 Meter Hurdles 5 x 30"**

Meet: R 30.73 13/06/2010 Keenan Render, Tumbler ridge						
Name	Year	Team	Seed	Finals	Wind	Points
1	211	Henderson, Christo	02 Quesnel,NJ, NJ	36.65	NWI	10
2	213	Mills, Odin	02 Quesnel,NJ, NJ	38.69	NWI	8

Boys 9 Year Olds High Jump

Meet: R 1.20m 1992 Andrew Cooke, Vancouver Olympic						
Name	Year	Team	Seed	Finals	Points	
1	187	Liston, Reid	07 Prince George T&F	0.92m		10
2	172	Blackburn, Andrew	07 Prince George T&F	J0.92m		8

Boys 10 Year Olds High Jump

Meet: R 1.32m 1991 Dylan Armstrong, Kamloops						
Name	Year	Team	Seed	Finals	Points	
1	201	Warkentin, Justin	06 Prince George T&F	1.07m		10
2	200	Svendsen, Logan	06 Prince George T&F	1.00m		8
3	174	Earl, Christopher	06 Prince George T&F	J1.00m		6
4	107	Press, Sean	06 BV Athletics,BC, BC	0.95m		5
5	168	Alexander, Tyler	06 Prince George T&F	0.90m		4
6	195	Rasmussen, Wil	06 Prince George T&F	0.80m		2.50
6	105	Jones, Aiden	06 BV Athletics,BC, BC	0.80m		2.50

Boys 11 Year Olds High Jump

Meet: R 1.45m 1992 Dylan Armstrong, Kamloops						
Name	Year	Team	Seed	Finals	Points	
1	175	Emon, Caleb	05 Prince George T&F	1.25m		10
2	196	Rice, Matthew	05 Prince George T&F	1.10m		8
3	184	Jacob, Micah	05 Prince George T&F	0.85m		6

Boys 13 Year Olds High Jump

Meet: R 1.70m 1992 Nick Wilkes, RMT						
Name	Year	Team	Seed	Finals	Points	
1	199	Soares, Rohan	03 Prince George T&F	1.14m		10

Boys 14-15 High Jump

Meet: R 1.72m 11/06/2016 Bazil Spencer, Quesnel						
Name	Year	Team	Seed	Finals	Points	
1	215	Spencer, Bazil	01 Quesnel,NJ, NJ	1.72mR		10
2	173	Dreyer, Andre	02 Prince George T&F	1.35m		8
3	106	Press, Aidan	02 BV Athletics,BC, BC	1.25m		6

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****Boys 16-17 High Jump**

Meet: R 1.90m 2000		Roelie Botha, South Peace				
Name	Year	Team	Seed	Finals	Points	
1	117	Guno, Skyler	00 Nisga'a Track Club	1.45m	10	

Boys 9 Year Olds Long Jump

Meet: R 3.72m 1992		Andrew Cooke, Vancouver Olympic Club				
Name	Year	Team	Seed	Finals	Wind	Points
1	186	Lang, Anson	07 Prince George T&F	2.83m	NWI	10
2	172	Blackburn, Andrew	07 Prince George T&F	2.77m	NWI	8
3	187	Liston, Reid	07 Prince George T&F	2.66m	NWI	6
4	183	Holmes, Jack	07 Prince George T&F	2.54m	NWI	5

Boys 10 Year Olds Long Jump

Meet: R 4.11m 1996		Quinton Gamble, Fort St. John				
Name	Year	Team	Seed	Finals	Wind	Points
1	201	Warkentin, Justin	06 Prince George T&F	3.48m	NWI	10
2	198	Sieben, Adam	06 Prince George T&F	3.27m	NWI	8
3	216	Hennessey, Chance	06 Unattached	2.97m	NWI	6
4	107	Press, Sean	06 BV Athletics,BC, BC	2.63m	NWI	5
5	195	Rasmussen, Wil	06 Prince George T&F	2.62m	NWI	4
6	174	Earl, Christopher	06 Prince George T&F	2.60m	NWI	3
7	179	Foster, Connel	06 Prince George T&F	2.58m	NWI	2
8	105	Jones, Aiden	06 BV Athletics,BC, BC	2.49m	NWI	1

Boys 11 Year Olds Long Jump

Meet: R 4.34m 1995		Chris Glover, Bella Coola				
Name	Year	Team	Seed	Finals	Wind	Points
1	175	Emon, Caleb	05 Prince George T&F	3.58m	NWI	10
2	190	McKee, Owen	05 Prince George T&F	3.40m	NWI	8
3	196	Rice, Matthew	05 Prince George T&F	3.46m	NWI	6
4	185	Labonte, James	05 Prince George T&F	3.02m	NWI	5
5	184	Jacob, Micah	05 Prince George T&F	2.49m	NWI	4

Boys 12 Year Olds Long Jump

Meet: R 4.87m 1992		Brock Armstrong, Track 54.50/Smithers				
Name	Year	Team	Seed	Finals	Wind	Points
1	178	Fortier, Liam	04 Prince George T&F	3.66m	NWI	10
2	202	Wright, Isaac	04 Prince George T&F	3.65m	NWI	8
3	176	Fiala, Joshua	04 Prince George T&F	3.61m	NWI	6

Boys 13 Year Olds Long Jump

Meet: R 5.29m 1992		Nick Wilkes, RMT				
Name	Year	Team	Seed	Finals	Wind	Points
1	218	Loth, Tyler	03 Unattached	4.40m	NWI	10

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****....Boys 13 Year Olds Long Jump**

2	188 Loog, Noah	03 Prince George T&F	4.20m	NWI	8
3	108 Smale, Caleb	03 BV Athletics,BC, BC	3.45m	NWI	6

Boys 14-15 Long Jump

Meet: R 5.27m 13/06/2010 Eric Kidwell, PG Track

Name	Year Team	Seed	Finals	Wind	Points
1	106 Press, Aidan	02 BV Athletics,BC, BC	4.45m	NWI	10
2	173 Dreyer, Andre	02 Prince George T&F	4.26m	NWI	8
3	207 Berlinguette, Alex	01 Quesnel,NJ, NJ	4.04m	NWI	6
4	120 Stewart, Nikolas	01 Nisga'a Track Club	3.64m	NWI	5

Boys 13 Year Olds Triple Jump

Meet: R 11.11m 1992 Isaac Payne, Richmond Kajaks

Name	Year Team	Seed	Finals	Wind	Points
1	199 Soares, Rohan	03 Prince George T&F	7.40m	NWI	10

Boys 14-15 Triple Jump

Meet: R 11.39m 12/06/2010 Duncan Elliot, PG Track

Name	Year Team	Seed	Finals	Wind	Points
1	173 Dreyer, Andre	02 Prince George T&F	9.07m	NWI	10
2	207 Berlinguette, Alex	01 Quesnel,NJ, NJ	8.59m	NWI	8

Boys 16-17 Triple Jump

Meet: R 13.05m 1998 Josh Guggenheimer, PGT/Quesnel

Name	Year Team	Seed	Finals	Wind	Points
1	194 Pearce, Colburn	00 Prince George T&F	11.41m	NWI	10
2	122 Williams, Seth	99 Nisga'a Track Club	9.82m	NWI	8

Boys 9 Year Olds Shot Put 2 kg

Meet: R 6.36m 2005 Olin Erricson, Prince George/Unattached

Name	Year Team	Seed	Finals	Points
1	172 Blackburn, Andrew	07 Prince George T&F	5.07m	10
2	183 Holmes, Jack	07 Prince George T&F	4.12m	8

Boys 10 Year Olds Shot Put 2 kg

Meet: R 8.73m 2001 Oliver Anderson, Fort Fraser

Name	Year Team	Seed	Finals	Points
1	198 Sieben, Adam	06 Prince George T&F	5.79m	10
2	179 Foster, Connel	06 Prince George T&F	4.46m	8

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****Boys 11 Year Olds Shot Put 2 kg**

Meet: R 10.00m 2002 Oliver Anderson, Fort Fraser						
Name	Year	Team	Seed	Finals	Points	
1	196	Rice, Matthew	05 Prince George T&F	6.12m	6.74m	10
2	185	Labonte, James	05 Prince George T&F		6.29m	8
3	175	Emon, Caleb	05 Prince George T&F		6.12m	6

Boys 12 Year Olds Shot Put 3 kg

Meet: R 10.20m 12/06/2010 Keiran Leboe, PG Track						
Name	Year	Team	Seed	Finals	Points	
1	220	Powar, Amar	04 Unattached		8.20m	10
2	221	Stauffer, Colin	04 Unattached		6.80m	8

Boys 14-15 Shot Put 4 kg

Meet: R 11.00m 08/06/2014 Seth Williams, Nisgaa						
Name	Year	Team	Seed	Finals	Points	
1	189	Matheson, Tanner	02 Prince George T&F		9.07m	10
2	211	Henderson, Christo	02 Quesnel, NJ, NJ		8.83m	8

Boys 16-17 Shot Put 5 kg

Meet: R 13.87m 2003 Rob Negrin, PG Track						
Name	Year	Team	Seed	Finals	Points	
1	222	Kellis, Nikolaos	99 Unattached Alberta	11.29m	10.95m	10
2	122	Williams, Seth	99 Nisga'a Track Club		9.55m	8

Boys 10 Year Olds Discus Throw 750 g

Meet: R 16.92m 2000 Tyler Henly, PG Track						
Name	Year	Team	Seed	Finals	Points	
1	174	Earl, Christopher	06 Prince George T&F		11.19m	10
2	201	Warkentin, Justin	06 Prince George T&F		9.88m	8
3	200	Svendsen, Logan	06 Prince George T&F		9.37m	6

Boys 11 Year Olds Discus Throw 750 g

Meet: R 21.70m 2001 Erling Skuggedal, PG Track						
Name	Year	Team	Seed	Finals	Points	
1	190	McKee, Owen	05 Prince George T&F		14.52m	10
2	196	Rice, Matthew	05 Prince George T&F		13.66m	8
3	169	Arsenault, Jake	05 Prince George T&F		13.39m	6
4	175	Emon, Caleb	05 Prince George T&F		12.72m	5
5	185	Labonte, James	05 Prince George T&F		11.79m	4

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****Boys 13 Year Olds Discus Throw 1 kg**

Meet: R 40.62m 1992 Garrett Collier, Richmond Kajaks					
Name	Year	Team	Seed	Finals	Points
1	188	Loog, Noah	03	Prince George T&F	18.98m 10

Boys 14-15 Discus Throw 1 kg

Meet: R 33.60m 09/06/2014 Seth Williams, Nisgaa					
Name	Year	Team	Seed	Finals	Points
1	197	Schonewille, Max	01	Prince George T&F	27.50m 10
2	207	Berlinguette, Alex	01	Quesnel,NJ, NJ	21.56m 8
3	116	Griffin, James	01	Nisga'a Track Club	21.43m 6
4	173	Dreyer, Andre	02	Prince George T&F	21.06m 5
5	189	Matheson, Tanner	02	Prince George T&F	20.78m 4
6	211	Henderson, Christo	02	Quesnel,NJ, NJ	17.21m 3

Boys 16-17 Discus Throw 1.5 kg

Meet: R 48.92m 2004 David Skermer, Penticton					
Name	Year	Team	Seed	Finals	Points
1	122	Williams, Seth	99	Nisga'a Track Club	28.86m 10
2	117	Guno, Skyler	00	Nisga'a Track Club	24.87m 8
3	121	Watts, Nick	00	Nisga'a Track Club	21.20m 6

Boys 14-15 Hammer Throw 4 kg

Meet: R 29.59m 09/06/2014 Cole Stone, Quesnel					
Name	Year	Team	Seed	Finals	Points
1	197	Schonewille, Max	01	Prince George T&F	28.85m 10
2	189	Matheson, Tanner	02	Prince George T&F	20.38m 8
3	211	Henderson, Christo	02	Quesnel,NJ, NJ	17.27m 6
4	213	Mills, Odin	02	Quesnel,NJ, NJ	13.39m 5

Boys 16-17 Hammer Throw 5 kg

Meet: R 45.18m 2005 Tyrel Pohl, Dawson Creek					
Name	Year	Team	Seed	Finals	Points
1	122	Williams, Seth	99	Nisga'a Track Club	24.60m 10
2	117	Guno, Skyler	00	Nisga'a Track Club	20.55m 8

Boys 10 Year Olds Javelin Throw 400 g

Meet: R 22.71m 2003 Reece Molland, Bella Coola					
Name	Year	Team	Seed	Finals	Points
1	174	Earl, Christopher	06	Prince George T&F	11.70m 10
2	200	Svendsen, Logan	06	Prince George T&F	11.55m 8
3	168	Alexander, Tyler	06	Prince George T&F	8.14m 6

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****Boys 11 Year Olds Javelin Throw 400 g**

Meet: R 29.11m 2002 Oliver Anderson, Fort Fraser						
Name	Year	Team	Seed	Finals	Points	
1	196	Rice, Matthew	05 Prince George T&F	20.23m	10	
2	169	Arsenault, Jake	05 Prince George T&F	16.20m	8	
3	190	McKee, Owen	05 Prince George T&F	13.85m	6	
4	175	Emon, Caleb	05 Prince George T&F	9.67m	5	
5	184	Jacob, Micah	05 Prince George T&F	7.28m	4	

Boys 12 Year Olds Javelin Throw 500 g

Meet: R 33.17m 12/06/2010 Keiran Leboe, PG Track						
Name	Year	Team	Seed	Finals	Points	
1	176	Fiala, Joshua	04 Prince George T&F	17.18m	10	
2	178	Fortier, Liam	04 Prince George T&F	13.68m	8	

Boys 14-15 Javelin Throw 600 g

Meet: R 38.15m 12/06/2010 Eric Kidwell, PG Track						
Name	Year	Team	Seed	Finals	Points	
1	197	Schonewille, Max	01 Prince George T&F	34.68m	10	
2	207	Berlinguette, Alex	01 Quesnel,NJ, NJ	26.19m	8	
3	210	Hamelin, Graeme	01 Quesnel,NJ, NJ	24.70m	6	
4	173	Dreyer, Andre	02 Prince George T&F	23.40m	5	
5	211	Henderson, Christo	02 Quesnel,NJ, NJ	19.79m	4	

Boys 16-17 Javelin Throw 700 g

Meet: R 52.27m 1991 R. Constantinescu, Kelowna						
Name	Year	Team	Seed	Finals	Points	
1	222	Kellis, Nikolaos	99 Unattached Alberta	48.60m	45.90m	10
2	122	Williams, Seth	99 Nisga'a Track Club	33.11m	8	
3	117	Guno, Skyler	00 Nisga'a Track Club	26.91m	6	
4	121	Watts, Nick	00 Nisga'a Track Club	24.42m	5	

Men 18-19 200 Meter Dash

Meet: R 23.98 13/06/2010 Shaun Cormier, PG Track						
Name	Year	Team	Seed	Finals	Wind	Points
1	119	Stewart, Justin	97 Nisga'a Track Club	26.22	NWI	10
2	115	Grandison, Smiddy	97 Nisga'a Track Club	26.84	NWI	8

Men 18-19 400 Meter Run

Meet: R 51.94 11/06/2016 Ryan Gaiesky, PG Track						
Name	Year	Team	Seed	Finals	Points	
1	181	Gaiesky, Ryan	98 Prince George T&F	51.94R	10	
2	115	Grandison, Smiddy	97 Nisga'a Track Club	1:01.03	8	

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****Men 18-19 800 Meter Run**

Meet: R 1:59.95 09/06/2014 Zachary Matyas, PG Track					
Name	Year	Team	Seed	Finals	Points
1	111	Dinsdale, Cole	98 CSS,NJ, NJ	2:02.37	10
2	182	Goodrich, Isaac	97 Prince George T&F	2:19.59	8

Men 20-34 800 Meter Run

20-34 Meet: R 2:01.47 12/06/2016 Zachary Matyas, LANGLEY MUST					
Name	Year	Team	Seed	Finals	Points
1	114	Matyas, Zachary	95 Langley Mustangs	2:01.47R	10

Men 18-19 1500 Meter Run

Meet: R 4:11.01 11/06/2016 Cole Dinsdale, CSS					
Name	Year	Team	Seed	Finals	Points
1	111	Dinsdale, Cole	98 CSS,NJ, NJ	4:11.01R	10
2	192	Nemethy, Alexander	97 Prince George T&F	4:20.33	8
3	182	Goodrich, Isaac	97 Prince George T&F	4:34.42	6

Men 35-99 1500 Meter Run

35-99 Meet: R 4:41.90 11/06/2011 Brian Nemethy, PG Track					
Name	Year	Team	Seed	Finals	Points
1	123	Nemethy, Brian	61 Prince Georg	5:15.00	5:01.21 10

Men 18-19 3000 Meter Run

Meet: R 9:21.37 12/06/2016 Cole Dinsdale, CSS					
Name	Year	Team	Seed	Finals	Points
1	111	Dinsdale, Cole	98 CSS,NJ, NJ	9:21.37R	10
2	182	Goodrich, Isaac	97 Prince George T&F	9:42.79	8

Men 20-34 3000 Meter Run

20-34 Meet: R 9:51.21 12/06/2016 Sam Goodrich, Unattached B					
Name	Year	Team	Seed	Finals	Points
1	230	Goodrich, Sam	93 Unattached B	9:51.21R	10

Men 18-99 High Jump

Meet: R 1.58m 11/06/2016 Justin Stewart, Nisgaa					
Name	Year	Team	Seed	Finals	Points
1	119	Stewart, Justin	97 Nisga'a Track Club	1.58mR	10

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****Men 16-17 Long Jump**

Meet: R 6.85m 2003 Quinton Gamble, Fort St. John						
Name	Year	Team	Seed	Finals	Wind	Points
1	194	Pearce, Colburn	00	Prince George T&F	5.46m	NWI 10
2	122	Williams, Seth	99	Nisga'a Track Club	4.74m	NWI 8

Men 18-99 Long Jump

Meet: R 5.18m 12/06/2011 Shaun Cormier, PG Track						
Name	Year	Team	Seed	Finals	Wind	Points
1	115	Grandison, Smiddy	97	Nisga'a Track Club	4.78m	NWI 10

Men 18-99 Triple Jump

Meet: R 11.48m 13/06/2009 Brayden Edwards, PG TRACK						
Name	Year	Team	Seed	Finals	Wind	Points
1	119	Stewart, Justin	97	Nisga'a Track Club	9.82m	NWI 10

Men 18-99 Shot Put 6kg / 7.26kg

Meet: R 12.54m 12/06/2011 Mitch Elliot, PG Track						
Name	Year	Team	Seed	Finals	Points	
1	180	Frenkel, Brad	64	Prince George T&F	9.16m	10
2	118	McMillan, Brendan	97	Nisga'a Track Club	8.80m	8

Men 18-99 Discus Throw 1.75/2kg

Meet: R 37.27m 11/06/2011 Mitch Elliot, PG Track						
Name	Year	Team	Seed	Finals	Points	
1	180	Frenkel, Brad	64	Prince George T&F	27.61m	10
2	118	McMillan, Brendan	97	Nisga'a Track Club	24.56m	8
3	119	Stewart, Justin	97	Nisga'a Track Club	21.53m	6

Men 18-99 Hammer Throw 6 kg / 7.26

Meet: R 44.45m 12/06/2011 Mitch Elliot, PG Track						
Name	Year	Team	Seed	Finals	Points	
1	180	Frenkel, Brad	64	Prince George T&F	28.62m	10
2	118	McMillan, Brendan	97	Nisga'a Track Club	14.97m	8

Men 18-99 Javelin Throw 800 g

Meet: R 35.55m 13/06/2009 Dusty Bruhs, DAWSON CREEK						
Name	Year	Team	Seed	Finals	Points	
1	118	McMillan, Brendan	97	Nisga'a Track Club	29.31m	10
2	119	Stewart, Justin	97	Nisga'a Track Club	28.11m	8

Spruce Capital Invitational Meet-2016 - 11/06/2016 to 12/06/2016**Masich Place Stadium, Prince George, BC****Results****....Men 18-99 Javelin Throw 800 g**=====

Women - Team Rankings - 81 Events Scored

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1) Prince George T&F	1260	2) Unattached British Columb	113
3) Quesnel Junior Secondary	102	4) Bulkley Vally Athletics C	34
5) Correlieu Secondary School	30		

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Men - Team Rankings - 88 Events Scored

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1) Prince George T&F	1090.50	2) Nisga'a Track Club	284
3) Quesnel Junior Secondary	184	4) Bulkley Vally Athletics C	84.50
5) Correlieu Secondary School	30	6) Unattached British Columb	10
6) LANGLEY MUSTANGS	10	6) Prince George Road Runner	10

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Combined Team Scores - 169 Events Scored

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1) Prince George T&F	2350.50	2) Quesnel Junior Secondary	286
3) Nisga'a Track Club	284	4) Unattached British Columb	123
5) Bulkley Vally Athletics Cl	118.50	6) Correlieu Secondary Schoo	60
7) LANGLEY MUSTANGS	10	7) Prince George Road Runner	10