

2017 Fraser Valley Track and Field Championships - 5/15/17 to 5/19/17**Zone -
Results****Women 100 Meter Dash Gr 8**

Name	Year Team	Seed	Prelims	Wind	H#	Alternate
Preliminaries						
1 Ange Kengni	Archbishop C	12.81	12.75Q	-0.4	2	
2 Tara Wallack	Semiahmoo Secondary	13.10	12.88Q	+0.0	4	
3 Hanna Sobkowich	Earl Marriot	13.13	13.12Q	0.1	3	
4 Kylie Kampman	Unity Christian	13.15	13.28Q	-0.2	1	
5 Laysha Tunti	Pacific Academy	13.20	13.30q	-0.2	1	
6 Estella Mainella	Fraser Heigh	13.37	13.32q	0.1	3	
7 Erin Murphy	Holy Cross Regional	14.02	13.60q	0.1	3	
8 Katie Del Rosario	Holy Cross Regional	13.80	13.74q	-0.4	2	
9 Veronica Robertson	Walnut Grove	13.72	13.79	+0.0	4	
10 Belle Baptiste	Maple Ridge	13.91	13.88	+0.0	4	
11 Alison Van De Loosdrecht	Highroad Academy	14.30	13.90	+0.0	4	
12 Nadia Rai	Southpointe Academy	14.05	14.07	-0.2	1	
13 Nicole Pajic	Semiahmoo Secondary	14.19	14.08	-0.2	1	
14 Juliana Jacobs	Walnut Grove	14.30	14.10	-0.4	2	
15 Charabelle Geonanga	Betty Gilber	13.76	14.25	-0.4	2	
16 Rebecca Rankin	Walnut Grove	14.49	14.34	+0.0	4	
17 Kiera Ludlow	Rosedale Tra	14.21	14.44	0.1	3	
18 Nyah Friesen	Rosedale Tra	14.63	14.52	-0.2	1	
19 Mckenna Whitely	Maple Ridge	14.53	14.52	-0.2	1	
20 Haleigh Holloway	Maple Ridge	14.45	14.60	-0.4	2	
21 Shiann Westmorland	Hatzic Secon	14.50	14.61	0.1	3	
22 Sereena Dhindsa	Seaquam Seco	15.05	15.04	+0.0	4	
23 Katelyn Croy	Southpointe Academy	14.98	15.20	0.1	3	
24 Maggie Stewart	South Delta School	15.24	15.35	-0.4	2	
25 Carlie Kuan	Southpointe Academy	15.25	15.60	-0.4	2	
26 Emily Tucker	Seaquam Seco	16.99	16.03	0.1	3	
27 Miakay Scott	Archbishop C	15.90	16.29	+0.0	4	
28 Ava Burbank	Burnsview Secondary	17.46	17.14	-0.2	1	
29 Willow Coates	Burnsview Secondary	17.71	17.44	-0.2	1	

Women 100 Meter Dash Gr 8

Name	Year Team	Prelims	Finals	Wind	Points	Alternate
Finals						
1 Ange Kengni	Archbishop C	12.75	12.68	-1.0	10	
2 Tara Wallack	Semiahmoo Secondary	12.88	12.99	-1.0	8	
3 Hanna Sobkowich	Earl Marriot	13.12	13.00	-1.0	6	
4 Estella Mainella	Fraser Heigh	13.32	13.24	-1.0	5	
5 Laysha Tunti	Pacific Academy	13.30	13.35	-1.0	4	
6 Kylie Kampman	Unity Christian	13.28	13.36	-1.0	3	
7 Erin Murphy	Holy Cross Regional	13.60	13.68	-1.0	2	
8 Katie Del Rosario	Holy Cross Regional	13.74	13.89	-1.0	1	

Women 200 Meter Dash Gr 8

Name	Year Team	Seed	Prelims	Wind	H#	Alternate
Preliminaries						
1 Tara Wallack	Semiahmoo Secondary	26.98	26.55Q	+0.0	3	
2 Ange Kengni	Archbishop C	27.26	26.62Q	+0.0	1	
3 Hanna Sobkowich	Earl Marriot	28.16	26.80Q	0.7	2	

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4	Laysha Tunti	Pacific Academy	27.13	27.52Q	0.7	2
5	Kylie Kampman	Unity Christian	27.76	27.67Q	+0.0	1
6	Alison Van De Loosdrecht	Highroad Academy	29.03	28.44Q	+0.0	3
7	Veronica Robertson	Walnut Grove	29.19	28.61q	0.7	2
8	Charabelle Geonanga	Betty Gilber	28.43	28.79q	+0.0	3
9	Belle Baptiste	Maple Ridge	29.74	28.93	0.7	2
10	Mireya Klassen	Langley Fundamental	29.33	29.10	+0.0	1
11	Gurneer Brar	Mei Middle School	29.46	29.34	+0.0	1
12	Rylea Keen	Walnut Grove	29.79	29.60	+0.0	3
13	Shiann Westmorland	Hatzic Secon	30.19	29.69	+0.0	1
14	Rebecca Rankin	Walnut Grove	30.18	29.83	+0.0	1
15	Erin Clemens	Archbishop C	30.38	30.12	+0.0	3
16	Kaelyn Van Garderen	Abbotsford C	30.27	30.14	0.7	2
17	Sonia Chohan	Lord Tweedsmuir	31.20	30.21	0.7	2
18	Sereena Dhindsa	Seaquam Seco	29.75	30.22	+0.0	3
19	Puneet Dhindsa	Lord Tweedsmuir	31.04	30.55	0.7	2
20	Annie Huang	Clayton Heig	30.96	31.04	+0.0	3
21	Katelyn Croy	Southpointe Academy	34.88	31.56	0.7	2
22	Thea D'Souza	Sands Secondary	31.40	32.31	+0.0	1
23	Miakay Scott	Archbishop C	33.65	33.40	+0.0	1
24	Ava Burbank	Burnsview Secondary	36.15	34.87	+0.0	3

Women 200 Meter Dash Gr 8

Name	Year Team	Prelims	Finals	Wind	Points	Alternate
Finals						
1	Ange Kengni	Archbishop C	26.62	26.13	NWI	10
2	Tara Wallack	Semiahmoo Secondary	26.55	26.39	NWI	8
3	Hanna Sobkowich	Earl Marriot	26.80	26.85	NWI	6
4	Laysha Tunti	Pacific Academy	27.52	27.28	NWI	5
5	Veronica Robertson	Walnut Grove	28.61	28.38	NWI	4
6	Alison Van De Loosdrecht	Highroad Academy	28.44	28.66	NWI	3
7	Charabelle Geonanga	Betty Gilber	28.79	28.78	NWI	2

Women 400 Meter Dash Gr 8

Name	Year Team	Seed	Prelims	H#	Alternate
Preliminaries					
1	Deja Lee	Semiahmoo Secondary	1:03.31	1:02.79Q	3
2	Madelyn Bonikowsky	South Delta School	1:04.92	1:06.19Q	2
3	Montana Kroeker	Pacific Academy	1:06.35	1:07.01Q	1
4	Veronica Robertson	Walnut Grove	1:08.54	1:06.67Q	3
5	Hannah Graham	Lord Tweedsmuir	1:10.69	1:07.84Q	2
6	Megan Robertson	Westview Secondary	1:14.47	1:08.32Q	1
7	Mireya Klassen	Langley Fundamental	1:08.65	1:07.90q	3
8	Olivia McAuley	Mei Middle School	1:09.26	1:08.48q	2
9	Balkirn Samra	Enver Creek	1:09.55	1:08.64	1
10	Lexie Kampman	Abbotsford C	1:06.72	1:08.90	1
11	Raya Brandsma	Abbotsford C	1:11.33	1:10.32	3
12	Jayde Blight-Swanson	Chilliwack M	1:10.24	1:11.14	1
13	Grace Hanberg	Pacific Academy	1:13.97	1:11.99	1
14	Joyce Ko	Mei Middle School	1:14.82	1:12.17	2
15	Rylee Baly	Yorkson Cree	1:12.43	1:12.80	3

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16 Samara Pauls	Mei Middle School	1:12.68	1:15.98	2
17 Emily Tucker	Seaquam Seco	1:21.13	1:17.02	3

Women 400 Meter Dash Gr 8

Name	Year Team	Prelims	Finals	Points	Alternate
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Finals

1 Madelyn Bonikowsky	South Delta School	1:06.19	1:02.08	10
2 Deja Lee	Semiahmoo Secondary	1:02.79	1:03.04	8
3 Veronica Robertson	Walnut Grove	1:06.67	1:05.15	6
4 Montana Kroeker	Pacific Academy	1:07.01	1:05.47	5
5 Mireya Klassen	Langley Fundamental	1:07.90	1:08.25	4
6 Hannah Graham	Lord Tweedsmuir	1:07.84	1:08.58	3
7 Olivia McAuley	Mei Middle School	1:08.48	1:08.94	2
8 Megan Robertson	Westview Secondary	1:08.32	1:10.92	1

Women 800 Meter Run Gr 8

Name	Year Team	Seed	Prelims	H#	Alternate
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Preliminaries

1 Madelyn Bonikowsky	South Delta School	2:25.16	2:31.66q	2
2 Alyza Aikins	Lord Tweedsmuir	2:37.81	2:32.94q	2
3 Emma Cobban	Elgin Park S	2:37.66	2:36.68q	1
4 Sophia Wisotzki	Walnut Grove	2:37.70	2:37.02q	2
5 Emma Graydon	Pitt Meadows	2:50.00	2:38.66q	2
6 Elise Younie	Hatzic Secon	2:51.00	2:39.14q	2
7 Carli Puskas	Semiahmoo Secondary	2:46.26	2:40.57q	2
8 Puneet Dhindsa	Lord Tweedsmuir	2:45.77	2:40.89q	1
9 Sonia Chohan	Lord Tweedsmuir	2:46.83	2:41.86	2
10 Melissa Stevens	Burnsview Secondary	2:48.25	2:41.98	1
11 Rebecca Versluis	Langley Chri	2:48.40	2:42.50	1
12 Makenna Baly	Yorkson Cree	2:51.03	2:53.04	1

Women 800 Meter Run Gr 8

Name	Year Team	Prelims	Finals	Points	Alternate
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Finals

1 Madelyn Bonikowsky	South Delta School	2:31.66	2:29.35	10
2 Emma Cobban	Elgin Park S	2:36.68	2:32.26	8
3 Alyza Aikins	Lord Tweedsmuir	2:32.94	2:32.97	6
4 Sophia Wisotzki	Walnut Grove	2:37.02	2:34.55	5
5 Puneet Dhindsa	Lord Tweedsmuir	2:40.89	2:38.67	4
6 Elise Younie	Hatzic Secon	2:39.14	2:39.40	3
7 Melissa Stevens	Burnsview Secondary	2:41.98	2:41.42	2
8 Emma Graydon	Pitt Meadows	2:38.66	2:44.88	1

Women 1500 Meter Run Gr 8

Name	Year Team	Seed	Finals	Points	Alternate
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1 Madelyn Bonikowsky	South Delta School	5:07.28	5:02.05	10
2 Emma Cobban	Elgin Park S	5:21.70	5:14.06	8

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...Women 1500 Meter Run Gr 8

3	Ava Mitchell	Semiahmoo Secondary	5:26.71	5:18.49	6
4	Elise Younie	Hatzic Secon	5:53.00	5:30.74	5
5	Rebecca Versluis	Langley Chri	5:29.60	5:31.87	4
6	Cassandra Chow	Pacific Academy	5:48.04	5:38.45	3
7	Jasleen Grewal	Sullivan Heights	5:44.08	5:38.90	2
8	Melissa Stevens	Burnsview Secondary	5:46.24	5:40.65	1
9	Nola Mountain	Fraser Heigh	5:49.58	5:42.78	
10	Emma Graydon	Pitt Meadows	5:55.00	5:47.83	
11	Statia Burchart	Regent Chris	5:55.18	5:48.15	
12	Dania Klassen	Vedder Middl	5:53.50	5:48.26	
13	Alexis Friedel	Earl Marriot	5:46.10	6:05.54	
14	Remy Voogt	Abbotsford C	6:38.40	6:18.09	
15	Keili Reist	Garibaldi Secondary	6:42.10	6:21.20	
16	Hayley Lawn	Chilliwack M	6:23.30	6:27.25	

Women 3000 Meter Run Gr 8

Name	Year Team	Seed	Finals	Points	Alternate
1	Rebecca Versluis	Langley Chri	11:43.10	11:35.51	10
2	Emma Cobban	Elgin Park S	11:56.10	11:37.34	8
3	Ava Mitchell	Semiahmoo Secondary	11:49.36	11:50.68	6
4	Nola Mountain	Fraser Heigh	12:30.74	12:09.65	5
5	Emma Graydon	Pitt Meadows	13:00.00	12:30.81	4
6	Alexis Friedel	Earl Marriot	13:06.92	12:32.17	3
7	Chelsea Stoochnoff	Holy Cross Regional	12:49.51	12:37.20	2
8	Dania Klassen	Vedder Middl	12:39.30	12:46.43	1
9	Jada Baker	Tamanawis Se	13:29.14	12:53.67	
10	Megan Porter	Garibaldi Secondary	12:55.80	12:58.89	
11	Keili Reist	Garibaldi Secondary	13:56.01	13:41.56	

Women 80 Meter Hurdles Gr 8

Name	Year Team	Seed	Prelims	Wind H#	Alternate
Preliminaries					
1	Laysha Tunti	Pacific Academy	12.81	12.60Q -1.5	2
2	Raya Brandsma	Abbotsford C	14.47	13.85Q -0.3	1
3	Abby Gamache	Mei Middle School	14.44	13.92Q -0.3	1
4	Rylea Keen	Walnut Grove	15.15	14.07Q -1.5	2
5	Montana Kroeker	Pacific Academy	14.92	14.52Q -1.5	2
6	Tania Louise	Seaquam Seco	15.84	15.40Q -0.3	1
7	Olivia McAuley	Mei Middle School	15.21	15.96q -0.3	1
8	Vienna Wise	Mei Middle School	18.66	15.96q -0.3	1
9	Carlie Kuan	Southpointe Academy	16.74	16.83 -1.5	2
10	Kiara McCarthy	Langley Chri		17.14 -1.5	2
11	Amy Lockwood	Hatzic Secon	17.48	17.30 -0.3	1
12	Emma Prui	Credo Christ	17.98	17.93 -0.3	1
13	Miakay Scott	Archbishop C	19.48	18.44 -0.3	1
14	Jasmine Mohammed	Guildford Park	16.86	18.86 -1.5	2
15	Danae Vanderveen	Langley Chri	18.31	19.13 -1.5	2
16	Amanda Moyo	Yorkson Cree	18.33	19.15 -1.5	2

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Women 80 Meter Hurdles Gr 8

Name	Year Team	Prelims	Finals	Wind	Points	Alternate
Finals						
1 Laysha Tunti	Pacific Academy	12.60	12.41	0.3	10	
2 Raya Brandsma	Abbotsford C	13.85	13.60	0.3	8	
3 Rylea Keen	Walnut Grove	14.07	13.67	0.3	6	
4 Abby Gamache	Mei Middle School	13.92	13.83	0.3	5	
5 Tania Louise	Seaquam Seco	15.40	14.07	0.3	4	
6 Montana Kroeker	Pacific Academy	14.52	14.85	0.3	3	
7 Vienna Wise	Mei Middle School	15.96	15.84	0.3	2	
8 Olivia McAuley	Mei Middle School	15.96	x15.89	0.3		

Women 200 Meter Hurdles Gr 8

Name	Year Team	Seed	Finals	Wind	H#	Points	Alternate
1 Kaylie Borntraeger	Southpointe Academy	33.78	31.32	0.7	2	10	
2 Rylea Keen	Walnut Grove	32.51	31.96	0.7	2	8	
3 Montana Kroeker	Pacific Academy	31.87	32.00	0.7	2	6	
4 Lexie Kampman	Abbotsford C	33.35	32.62	0.7	2	5	
5 Abby Gamache	Mei Middle School	34.50	32.88	0.7	2	4	
6 Olivia McAuley	Mei Middle School	34.82	34.04	0.7	2	3	
7 Carly Dyck	Mei Middle School	33.45	x34.06	0.7	2		
8 Emma Piers	Abbotsford C	35.90	34.35	1.1	1	2	
9 Joyce Ko	Mei Middle School	35.31	x34.64	0.7	2		
10 Vienna Wise	Mei Middle School	36.71	x35.52	1.1	1		
11 Kaitlyn Eckert	Langley Chri	36.85	36.81	1.1	1	1	
12 Lara Posthumus	Holy Cross Regional	37.13	39.45	1.1	1		
13 Halle Causton	Highroad Academy	42.10	54.43	1.1	1		

Women 4x100 Meter Relay Gr 8

Team	Seed	Finals	H#	Points	Alternate
1 Semiahmoo Secondary 'A'	54.73	53.18	2	10	
2 Holy Cross Regional 'A'	55.73	53.73	2	8	
3 Walnut Grove Secondary School 'A'	56.21	54.37	2	6	
4 Archbishop Carney Secondary 'A'	56.58	54.74	2	5	
5 Walnut Grove Secondary School 'B'	56.82	56.41	2	4	
6 Mei Middle School 'A'	56.85	56.42	2	3	
7 Fraser Heights Secondary School 'A'	58.40	56.71	1	2	
8 Enver Creek Secondary 'A'	57.92	57.07	1	1	
1) Jenna Li	2) Eysha Bariana				
3) Gurnir Gill	4) Balkirn Samra				
9 Lord Tweedsmuir 'A'	57.77	57.60	1		
10 Langley Christian School 'A'	1:00.50	59.10	1		
11 Southpointe Academy 'A'		59.19	1		
12 Yorkson Creek Middle School 'A'	59.75	59.22	1		
1) Makenna Baly	2) Rylee Baly				
3) Kayla Paskie	4) Divya Gill				
13 Abbotsford Christian School 'A'	56.41	59.91	2		
1) Raya Brandsma	2) Emma Piers				
3) Lexie Kampman	4) Rachel Atsma				
14 Brookwood 'A'	59.93	1:00.79	1		

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Women 4x400 Meter Relay Gr 8

Team	Seed	Finals	Points	Alternate
1 Walnut Grove Secondary 'A'		4:27.37	10	
2 Semiahmoo Secondary 'A'	4:46.67	4:28.13	8	
3 Lord Tweedsmuir 'A'		4:30.44	6	
4 Abbotsford Christian School 'A'	4:54.02	4:41.83	5	
1) Raya Brandsma				2) Emma Piers
3) Lexie Kampman				4) Rachel Atsma
5 Archbishop Carney Secondary 'A'	4:50.00	4:43.66	4	
6 Holy Cross Regional 'A'	5:02.94	4:45.08	3	
7 Mei Middle School 'A'	5:00.04	4:47.52	2	
8 Maple Ridge Secondary 'A'	5:19.03	5:12.55	1	
1) Mckenna Whitely				2) Patricia Cabezon
3) Haleigh Holloway				4) Plumb Madison

Women High Jump Gr 8

Name	Year Team	Seed	Finals	Points	Alternate
1 Emma De Boer	Holy Cross Regional	1.67m	1.50m	10	
1.45 1.50					
O O					
2 Lexie Kampman	Abbotsford C	1.55m	1.45m	8	
1.20 1.30 1.35 1.40 1.45 1.50					
O O O O XXO XXX					
3 Nadia Rai	Southpointe Academy	1.35m	1.35m	6	
1.15 1.20 1.25 1.30 1.35 1.40					
O O O O O XXX					
4 Olivia McCallum	Lord Tweedsmuir	1.40m	1.30m	4.50	
1.20 1.25 1.30 1.35					
O O O XXX					
4 Katherine Eckert	Lord Tweedsmuir	1.25m	1.30m	4.50	
1.20 1.25 1.30 1.35					
O O O XXX					
6 Megan Robertson	Westview Secondary	1.30m	1.30m	2.50	
1.15 1.20 1.25 1.30 1.35					
O O O XO XXX					
6 Kiera Hummelman	Langley Chri	1.25m	1.30m	2.50	
1.15 1.20 1.25 1.30 1.35					
O O O XO XXX					
8 Rebecca Rankin	Walnut Grove	1.35m	1.30m	1	
1.15 1.20 1.25 1.30 1.35					
O XO O XO XXX					
9 Katelyn Croy	Southpointe Academy	1.35m	1.30m		
1.15 1.20 1.25 1.30 1.35					
O O XO XXO XXX					
9 Julia Peng	Archbishop C	1.30m	1.30m		
1.10 1.15 1.20 1.25 1.30 1.35					
O O O XO XXO XXX					
9 Abby Gamache	Mei Middle School	1.40m	1.30m		
1.20 1.25 1.30 1.35					
O XO XXO XXX					
12 Jess Tunzi	Walnut Grove	1.35m	1.25m		
1.15 1.20 1.25 1.30					
O O O XXX					

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12	Kayla Paskie	Yorkson Cree	1.40m	1.25m
	1.15 1.20 1.25 1.30			
	O O O XXX			
14	Sophia Roukema	Credo Christ	1.30m	1.20m
	1.15 1.20 1.25			
	XO O XXX			
15	Kiera Ludlow	Rosedale Tra	1.25m	1.20m
	1.15 1.20 1.25			
	O XXO XXX			
16	Dominika Kruszyna	Yorkson Cree	1.25m	1.15m
	1.15			
	O			
17	Olivia Gallus	Pitt Meadows	1.30m	1.15m
	1.10 1.15 1.20			
	O XO XXX			

Women Long Jump Gr 8

Name	Year Team	Seed	Finals	Wind	Points	Alternate
1 Tara Wallack	Semiahmoo Secondary	4.54m	4.66m	NWI	10	
	4.52m(NWI) 4.66m(NWI) x					
2 Nicole Pajic	Semiahmoo Secondary	4.30m	4.52m	NWI	8	
	4.52m(NWI) 4.42m(NWI) 4.30m(NWI) 4.47m(NWI)					
3 Kaylie Borotraeger	Southpointe Academy	4.26m	4.50m	NWI	6	
	4.50m(NWI) 4.50m(NWI) 4.18m(NWI) 4.13m(NWI) 4.13m(NWI) 4.30m(NWI)					
4 Katie Del Rosario	Holy Cross Regional	4.47m	4.47m	NWI	5	
	4.47m(NWI) 4.29m(NWI) 4.18m(NWI)					
5 Tania Louise	Seaquam Seco		4.38m	NWI	3.50	
	4.11m(NWI) 4.33m(NWI) 4.20m(NWI) 4.07m(NWI) 4.38m(NWI) 4.11m(NWI)					
5 Haley Willis	Hatzic Secon	4.72m	4.38m	NWI	3.50	
	3.93m(NWI) 4.30m(NWI) 4.24m(NWI) 4.36m(NWI) 4.38m(NWI) 4.34m(NWI)					
7 Kylie Kampman	Unity Christian	4.62m	4.36m	NWI	2	
	4.22m(NWI) 4.36m(NWI) 4.02m(NWI) 4.14m(NWI) 4.07m(NWI)					
8 Belle Baptiste	Maple Ridge	4.07m	4.32m	NWI	1	
	4.32m(NWI) 4.09m(NWI) 4.16m(NWI) 3.86m(NWI)					
9 Rachel Atsma	Abbotsford C	4.51m	4.29m	NWI		
	4.29m(NWI) 4.04m(NWI) 3.99m(NWI)					
10 Shiann Westmorland	Hatzic Secon	4.12m	4.14m	NWI		
	4.14m(NWI) 4.09m(NWI)					
11 Kayla Paskie	Yorkson Cree	3.88m	4.10m	NWI		
	3.67m(NWI) 4.10m(NWI)					
12 Ava Mitchell	Semiahmoo Secondary	4.24m	x4.02m	NWI		
	3.98m(NWI) 4.00m(NWI) 4.02m(NWI)					
13 Megan Robertson	Westview Secondary	3.89m	3.99m	NWI		
	3.99m(NWI) 3.35m(NWI) 3.44m(NWI)					
14 Olivia McCallum	Lord Tweedsmuir	3.79m	3.95m	NWI		
	3.94m(NWI) 3.95m(NWI) 3.80m(NWI)					
15 Sophia Roukema	Credo Christ	3.80m	3.89m	NWI		
	3.82m(NWI) 3.89m(NWI) 3.87m(NWI)					
16 Kiera Ludlow	Rosedale Tra	4.19m	3.86m	NWI		
	3.62m(NWI) 3.86m(NWI)					
17 Julia Peng	Archbishop C	4.01m	3.85m	NWI		
	3.85m(NWI) 3.70m(NWI) 3.50m(NWI)					

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**Zone -
Results**

...Women Long Jump Gr 8

18	Rylee Baly	Yorkson Cree	3.84m	3.78m	NWI
	3.23m(NWI) 3.29m(NWI) 3.78m(NWI)				
18	Isabell Gerbrand	Ecole Herita	4.07m	3.78m	NWI
	3.78m(NWI) 3.70m(NWI)				
20	Bella Bay	Mei Middle School	4.20m	3.76m	NWI
	3.45m(NWI) 3.76m(NWI) 3.35m(NWI)				
21	Madeleine Froese	Archbishop C	3.69m	3.74m	NWI
	3.74m(NWI) 3.71m(NWI) 3.65m(NWI)				
22	Nadia Rai	Southpointe Academy	4.05m	3.63m	NWI
	3.63m(NWI)				

Women Triple Jump Gr 8

Name	Year Team	Seed	Finals	Wind	Points	Alternate
1 Kaylie Borntraeger	Southpointe Academy		9.81m	NWI	10	
	9.81m(NWI) FOUL 9.75m(NWI) 9.47m(NWI) 9.56m(NWI) 9.28m(NWI)					
2 Alyza Aikins	Lord Tweedsmuir	8.83m	9.51m	NWI	8	
	8.82m(NWI) 8.28m(NWI) 8.51m(NWI) 9.50m(NWI) 9.51m(NWI)					
3 Raya Brandsma	Abbotsford C	9.74m	9.41m	NWI	6	
	9.04m(NWI) FOUL 8.90m(NWI) 9.33m(NWI) 9.05m(NWI) 9.41m(NWI)					
4 Nicole Pajic	Semiahmoo Secondary	9.17m	9.35m	NWI	5	
	9.07m(NWI) 8.95m(NWI) 9.18m(NWI) 9.35m(NWI) 9.33m(NWI) 9.34m(NWI)					
5 Rachel Atsma	Abbotsford C	9.32m	9.30m	NWI	4	
	8.79m(NWI) 9.06m(NWI) 8.73m(NWI) 8.87m(NWI) 9.10m(NWI) 9.30m(NWI)					
6 Kennedy Hall	Fraser Valle	8.79m	8.62m	NWI	3	
	FOUL 8.62m(NWI) 8.57m(NWI) 8.58m(NWI) FOUL FOUL					
7 Amy Lockwood	Hatzic Secon	8.24m	8.41m	NWI	2	
	FOUL 8.22m(NWI) 8.13m(NWI) 8.41m(NWI) 7.96m(NWI) 8.20m(NWI)					
8 Puneet Dhindsa	Lord Tweedsmuir	8.32m	8.29m	NWI	1	
	8.29m(NWI) FOUL 8.07m(NWI) FOUL FOUL					
9 Julia Peng	Archbishop C	7.64m	8.21m	NWI		
	8.21m(NWI) 8.17m(NWI) 8.19m(NWI)					
10 Aisha Francis	Lord Tweedsmuir	7.90m	x7.74m	NWI		
	7.74m(NWI) 7.52m(NWI) 7.67m(NWI)					
11 Jolee Chan	Fraser Heigh	7.89m	7.66m	NWI		
	7.47m(NWI) 7.46m(NWI) 7.66m(NWI)					
12 Olyvia Guo	Semiahmoo Secondary	7.52m	7.51m	NWI		
	7.51m(NWI) 7.19m(NWI) 7.16m(NWI)					
13 Sabrina Dias	Walnut Grove	7.73m	7.34m	NWI		
	FOUL FOUL 7.34m(NWI)					
14 Kennedy Campbell	GW Graham -	7.69m	7.27m	NWI		
	7.27m(NWI) 7.04m(NWI) 7.17m(NWI)					
15 Nicole Pan	Semiahmoo Secondary	7.14m	x7.11m	NWI		
	6.79m(NWI) 7.11m(NWI) 6.53m(NWI)					
16 Avery White	Brookwood	7.00m	6.87m	NWI		
	FOUL 6.87m(NWI) 6.56m(NWI)					

Women Shot Put Gr 8

Name	Year Team	Seed	Finals	Points	Alternate
1 Isabelle Forsyth	Semiahmoo Secondary	10.64m	11.12m	10	
	10.04m 10.30m 10.43m 10.89m 11.12m 10.55m				

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**Zone -
Results**

....Women Shot Put Gr 8

2	Kennedy Hall		Fraser Valle	9.32m	9.50m	8
	9.49m	9.50m	8.84m	9.09m	9.39m	9.37m
3	Olivia Chandra		Clayton Heig	8.87m	8.95m	6
	7.48m	8.94m	8.40m	8.95m	8.84m	8.62m
4	Anya Peters		Mei Middle School	8.71m	8.57m	5
	8.06m	FOUL	7.32m	7.94m	8.57m	8.55m
5	Grace Hanberg		Pacific Academy	7.50m	8.26m	4
	8.21m	8.21m	8.20m	7.98m	7.97m	8.26m
6	Reagan Hadden		Maple Ridge	8.05m	8.19m	3
	8.03m	8.19m	7.84m	7.51m	7.64m	6.86m
7	Cassidy Cooke		Pacific Academy	7.55m	8.18m	2
	8.18m	7.87m	7.89m	7.86m	7.80m	FOUL
8	Emily Wieland		Hatzic Secon	8.44m	7.88m	1
	FOUL	6.91m	7.88m			
9	Gracie Corneau		Mei Middle School	7.65m	7.87m	
	7.47m	6.61m	7.87m	7.43m	7.73m	7.63m
10	Ito Ologhola		Holy Cross Regional	7.16m	7.85m	
	FOUL	6.85m	7.85m			
11	Tiara Dickson-Cowel		Ecole Herita	8.14m	7.77m	
	7.15m	FOUL	7.77m			
12	Patricia Cabezon		Maple Ridge	7.87m	7.61m	
	7.16m	7.61m	6.01m			
13	Brianna Ragsdale		Lord Tweedsmuir	7.16m	7.54m	
	7.47m	7.54m	7.48m			
14	Jayda Vermeer		Rosedale Tra	7.76m	7.19m	
	7.11m	7.19m	FOUL			
14	Madison Chow		Pacific Academy	7.84m	x7.19m	
	7.13m	7.19m	6.91m			
16	Anna Kisser		Langley Chri	8.03m	7.16m	
	6.83m	6.75m	7.16m			
17	Ruth Van Egmond		Abbotsford C	7.71m	7.05m	
	FOUL	7.05m	FOUL			

Women Discus Throw Gr 8

Name	Year Team	Seed	Finals	Points	Alternate	
1 Isabelle Forsyth	Semiahmoo Secondary	32.83m	35.65m	10		
	33.00m	31.36m	33.46m	32.70m	35.65m	35.13m
2 Kennedy Hall	Fraser Valle	24.24m	24.83m	8		
	FOUL	18.63m	23.70m	FOUL	FOUL	24.83m
3 Emily Wieland	Hatzic Secon	25.04m	24.70m	6		
	24.70m	21.12m	22.74m	21.59m	18.85m	22.77m
4 Brianna Ragsdale	Lord Tweedsmuir	20.80m	21.17m	5		
	21.17m	16.57m	18.64m	20.82m	FOUL	FOUL
5 Gracie Corneau	Mei Middle School	19.20m	21.16m	4		
	FOUL	19.63m	21.16m	20.00m	20.29m	20.19m
6 Grace Hanberg	Pacific Academy	19.73m	20.13m	3		
	19.70m	16.46m	20.13m	19.21m	FOUL	18.91m
7 Logan Courchene	Tamanawis Se	20.60m	19.74m	2		
	19.74m	18.79m	17.13m	18.50m	FOUL	16.53m
8 Joely Ma	Lord Tweedsmuir	16.56m	18.62m	1		
	18.62m	15.88m	17.86m	17.12m	16.56m	18.23m
9 Anya Peters	Mei Middle School	19.13m	18.36m			
	18.18m	18.36m	16.95m			

2017 Fraser Valley Track and Field Championships - 5/15/17 to 5/19/17

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Results**

....Women Discus Throw Gr 8

10 Sydney Wright	Lord Tweedsmuir	16.59m	x18.33m
16.72m 18.33m 16.78m			
11 Jasmine Mann	Mei Middle School	19.05m	x17.67m
16.26m 17.67m 15.90m			
12 Stephanie Vis	Credo Christ	15.00m	17.60m
15.93m FOUL 17.60m			
13 Joyce Ko	Mei Middle School	17.68m	x17.42m
14.92m 16.23m 17.42m			
14 Kennedy Campbell	GW Graham -	17.12m	17.18m
15.57m 17.18m 17.15m			
15 Olivia Chandra	Clayton Heig	17.29m	16.98m
FOUL 16.38m 16.98m			
16 Reagan Hadden	Maple Ridge	16.13m	14.23m
14.23m FOUL FOUL			
17 Annie Zhang	Meadowridge	16.89m	13.52m
13.29m FOUL 13.52m			

Women Javelin Throw Gr 8

Name	Year	Team	Seed	Finals	Points	Alternate
1 Isabelle Forsyth		Semiahmoo Secondary	29.17m	31.02m	10	
27.66m 30.44m 29.23m		31.02m 28.33m 25.44m				
2 Olivia Chandra		Clayton Heig	26.00m	25.98m	8	
25.98m 23.07m 23.36m		23.42m 22.37m 24.90m				
3 Anya Peters		Mei Middle School	23.56m	25.49m	6	
22.55m 25.49m 23.44m		FOUL 24.67m 23.40m				
4 Brianna Ragsdale		Lord Tweedsmuir	25.83m	24.59m	5	
24.14m 24.59m FOUL		22.24m 22.85m 21.81m				
5 Carly Dyck		Mei Middle School	19.82m	23.17m	4	
FOUL 22.13m 21.39m		21.60m 23.17m 19.28m				
6 Erin Clemens		Archbishop C	23.91m	22.74m	3	
22.74m 21.34m 20.56m		21.93m 18.53m 19.98m				
7 Clara Joo		Walnut Grove	21.02m	21.73m	2	
18.80m 20.61m FOUL		FOUL 19.99m 21.73m				
8 Amy Lockwood		Hatzic Secon	16.88m	20.03m	1	
19.59m 17.33m 18.05m		18.37m 20.03m 19.70m				
9 Olivia Helly		Mei Middle School	20.24m	x19.57m		
17.72m 19.57m 19.07m						
10 Rachel Atsma		Abbotsford C	18.31m	19.36m		
19.36m 19.10m FOUL						
11 Amanda Moyo		Yorkson Cree	16.81m	18.99m		
16.24m 18.99m FOUL						
12 Ruth Van Egmond		Abbotsford C	21.90m	18.36m		
FOUL 16.59m 18.36m						
13 Tiara Dickson-Cowel		Ecole Herita	17.51m	17.76m		
14.39m 17.76m 17.09m						
14 Sumin Kim		Mei Middle School	18.58m	x17.05m		
FOUL 13.38m 17.05m						
15 Joely Ma		Lord Tweedsmuir	17.51m	16.95m		
16.09m 15.11m 16.95m						
16 Gracie Corneau		Mei Middle School	18.31m	x16.79m		
FOUL FOUL 16.79m						
17 Logan Courchene		Tamanawis Se	16.57m	13.85m		
13.85m FOUL FOUL						

2017 Fraser Valley Track and Field Championships - 5/15/17 to 5/19/17

**Zone -
Results**

...Women Javelin Throw Gr 8

18 Katherine Eckert Lord Tweedsmuir 9.39m x10.59m
FOUL 10.59m 9.46m

Women 100 Meter Dash Junior

Name	Year Team	Seed	Prelims	Wind	H#	Alternate
Preliminaries						
1 Jordan Jacobs	Walnut Grove	12.88	12.80Q	0.6	1	
2 Samantha Ogbeiwi	Lord Tweedsmuir	12.91	12.87Q	+0.0	2	
3 Hailey Dubois	Earl Marriot	13.23	13.22Q	0.6	3	
4 Alina Olson	Maple Ridge	13.24	13.32Q	+0.0	2	
5 Amara Duncan	Dr Charles Best	13.23	13.35Q	0.6	3	
6 Renessa Margison	Vedder Middl	13.44	13.45Q	0.6	1	
7 Mikaela Balla	Earl Marriot	13.81	13.48q	+0.0	2	
8 Katie Laface	Walnut Grove	13.78	13.51q	0.6	1	
9 Mona Yu	Pacific Academy	13.98	13.52	+0.0	2	
10 Amy Naldrette	W.J Mouat	13.55	13.57	0.6	3	
11 Jessie Markin	Clayton Heig	13.52	13.59	0.6	1	
12 Sabine Campeau	Heritage Woo	13.66	13.69	+0.0	2	
13 Trinaya States-Jones	Lord Tweedsmuir	13.63	13.69	0.6	3	
14 Paige Ackermann	Riverside Se	13.53	13.74	+0.0	2	
15 Anneke Deklerk	W.J Mouat	14.05	13.87	0.6	3	
16 Aneesha Sran	Dasmesh Punj	13.92	13.87	0.6	1	
17 Jesula McCallum	Fraser Valle	13.88	13.89	+0.0	2	
18 Kyla Smith	Mei Secondar	13.84	13.89	0.6	3	
19 Jenna Griffin	Heritage Woo	13.74	13.96	0.6	1	
20 Taya Suttill	Lord Tweedsmuir	13.98	14.03	0.6	1	
21 Elizabeth Warren	St. John Brebeuf	14.20	14.06	0.6	1	
22 Cassidy Vanoene	Credo Christ	14.19	14.17	+0.0	2	
23 Jasiel Castillo	Walnut Grove	14.04	14.32	0.6	3	
24 Emma Leblanc	Heritage Woo	13.87	14.48	0.6	3	

Women 100 Meter Dash Junior

Name	Year Team	Prelims	Finals	Wind	Points	Alternate
Finals						
1 Jordan Jacobs	Walnut Grove	12.80	12.95	-1.6	10	
2 Samantha Ogbeiwi	Lord Tweedsmuir	12.87	13.07	-1.6	8	
3 Amara Duncan	Dr Charles Best	13.35	13.33	-1.6	6	
4 Alina Olson	Maple Ridge	13.32	13.52	-1.6	5	
5 Mikaela Balla	Earl Marriot	13.48	13.73	-1.6	4	
6 Hailey Dubois	Earl Marriot	13.22	13.73	-1.6	3	
7 Katie Laface	Walnut Grove	13.51	13.75	-1.6	2	
8 Renessa Margison	Vedder Middl	13.45	13.79	-1.6	1	

Women 200 Meter Dash Junior

Name	Year Team	Seed	Prelims	Wind	H#	Alternate
Preliminaries						
1 Jordan Jacobs	Walnut Grove	26.59	26.19Q	NWI	2	
2 Samantha Ogbeiwi	Lord Tweedsmuir	27.08	26.71Q	-1.3	1	
3 Sheleena Wiley	Langley Fundamental	26.92	26.92Q	0.1	3	

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**Zone -
Results**

...Women 200 Meter Dash Junior

4	Dominique Ronse	Brookwood	27.31	27.15Q	0.1	3
5	Amara Duncan	Dr Charles Best	27.27	27.32Q	-1.3	1
6	Elizabeth Bodnariuc	Heritage Woo	27.52	27.62Q	NWI	2
7	Hailey Dubois	Earl Marriot	27.83	27.63q	0.1	3
8	Katie Laface	Walnut Grove	29.30	27.67q	0.1	3
9	Alina Olson	Maple Ridge	28.14	27.67	0.1	3
10	Carly Seemann	Dr Charles Best	27.41	27.76	NWI	2
11	Amy Naldrette	W.J Mouat	28.19	28.07	NWI	2
12	Jessie Markin	Clayton Heig	28.05	28.10	-1.3	1
13	Aneesha Sran	Dasmesh Punj	28.03	28.15	-1.3	1
14	Danika Dool	Vedder Middl	28.34	28.16	0.1	3
15	Kyla Smith	Mei Secondar	28.57	28.18	0.1	3
16	Trinaya States-Jones	Lord Tweedsmuir	28.84	28.39	NWI	2
17	Sabine Campeau	Heritage Woo	28.34	28.54	-1.3	1
18	Taya Suttill	Lord Tweedsmuir	28.74	28.55	NWI	2
19	Mikaela Balla	Earl Marriot	29.29	28.56	-1.3	1
20	Jesula McCallum	Fraser Valle	28.35	28.66	-1.3	1
21	Chantelle Leimer	Enver Creek	28.92	28.83	0.1	3
22	Veronica Sawatzky	Sardis School	29.27	28.92	-1.3	1
23	Linnea Zimmer	Abbotsford C	29.40	29.08	NWI	2
24	Emma Leblanc	Heritage Woo	28.33	29.39	NWI	2

Women 200 Meter Dash Junior

Name	Year Team	Prelims	Finals	Wind	Points	Alternate
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Finals

1	Jordan Jacobs	Walnut Grove	26.19	26.07	-1.4	10
2	Sheleena Wiley	Langley Fundamental	26.92	27.05	-1.4	8
3	Dominique Ronse	Brookwood	27.15	27.29	-1.4	6
4	Amara Duncan	Dr Charles Best	27.32	27.44	-1.4	5
5	Elizabeth Bodnariuc	Heritage Woo	27.62	27.65	-1.4	4
6	Katie Laface	Walnut Grove	27.67	27.83	-1.4	3
7	Hailey Dubois	Earl Marriot	27.63	28.98	-1.4	2

Women 400 Meter Run Junior

Name	Year Team	Seed	Prelims	H#	Alternate
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Preliminaries

1	Brooke Mussche	Langley Chri	59.41	59.88Q	3
2	Samantha Matthewman	Walnut Grove	1:01.19	1:00.33Q	2
3	Cayla Smith	Southridge School	1:01.89	1:00.77Q	1
4	Prabhasha Wickramaarachc	Walnut Grove	1:03.40	1:00.69Q	3
5	Cassidy Hutchison	Mei Secondar	1:01.59	1:01.42Q	1
6	Natasha Smigelski	Centennial W	1:03.00	1:01.77Q	2
7	Oliva McDonell	Riverside Se	1:04.80	1:03.00q	2
8	Danika Dool	Vedder Middl	1:03.69	1:03.26q	3
9	Khyra Le	Maple Ridge	1:07.69	1:03.77	3
10	Cassie Brandsma	Abbotsford C	1:05.58	1:04.42	3
11	Angela Peters	Earl Marriot	1:05.60	1:04.48	3
12	Chantelle Leimer	Enver Creek	1:05.48	1:04.83	1
13	Kaelin Gilbert	Earl Marriot	1:07.05	1:04.87	2
14	Jasmine Kageorge	Earl Marriot	1:06.67	1:05.58	1
15	Hayley Anderson	Heritage Woo	1:04.90	1:05.95	1

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**Zone -
Results**

...Women 400 Meter Run Junior

16 Maddie Gibson	BC Christian	1:05.53	1:05.98	2
17 Kelsy Stelnicki	Walnut Grove	1:09.25	1:06.08	2
18 Emily Parzyszek	Lord Tweedsmuir	1:06.38	1:06.57	1
19 Sanehpreet Basra	Sullivan Heights	1:06.14	1:07.46	2
20 Elizabeth Bowles	Sands Secondary	1:07.78	1:08.29	3
21 Sydney Owens	GW Graham -	1:09.90	1:08.82	1
22 Esme Markey	Chilliwack M	1:09.78	1:10.20	1
23 Julia Mijinke	St. John Brebeuf	1:10.58	1:11.43	2
24 Annabelle Green	Ecole Herita	1:10.59	1:11.98	3

Women 400 Meter Run Junior

Name	Year Team	Prelims	Finals	Points	Alternate
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Finals

1 Cayla Smith	Southridge School	1:00.77	58.06	10
2 Brooke Mussche	Langley Chri	59.88	58.27	8
3 Natasha Smigelski	Centennial W	1:01.77	1:00.47	6
4 Samantha Matthewman	Walnut Grove	1:00.33	1:00.51	5
5 Cassidy Hutchison	Mei Secondar	1:01.42	1:01.56	4
6 Prabhasha Wickramaarachc	Walnut Grove	1:00.69	1:01.85	3
7 Danika Dool	Vedder Middl	1:03.26	1:02.95	2
8 Oliva McDonell	Riverside Se	1:03.00	1:04.14	1

Women 800 Meter Run Junior

Name	Year Team	Seed	Prelims	H#	Alternate
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Preliminaries

1 Cayla Smith	Southridge School	2:29.55	2:20.63Q	1
2 Brooke Mussche	Langley Chri	2:22.20	2:21.89Q	3
3 Natasha Smigelski	Centennial W	2:20.00	2:25.30Q	2
4 Cassidy Hutchison	Mei Secondar	2:28.70	2:20.70Q	1
5 India Aikins	Lord Tweedsmuir	2:31.59	2:24.69Q	3
6 Elizabeth Gin	White Rock C	2:31.20	2:28.27Q	2
7 Oliva McDonell	Riverside Se	2:35.66	2:20.81q	1
8 Maggie Graydon	Pitt Meadows	2:31.00	2:28.45q	2
9 Lina Shalaby	Walnut Grove	2:34.70	2:28.82	1
10 Leah Bakker	Langley Chri	2:30.30	2:29.03	3
11 Serena Bath	Meadowridge	2:47.50	2:29.69	3
12 Arshdeep Waring	Abbotsford T	2:39.00	2:30.86	1
13 Madison Stoochnoff	Holy Cross Regional	2:40.07	2:32.33	1
14 Aliza Dueck	GW Graham -	2:37.00	2:33.25	2
15 Christina Zhang	Pinetree Sec	2:37.70	2:33.25	2
16 Mackenzie Campbell	GW Graham -	2:37.00	2:33.49	3
17 Mackenzie Lenz	Vedder Middl	2:41.20	2:34.04	2
18 Chloe Campeau	Heritage Woo	2:38.70	2:35.03	3
19 Marquesis Haintz	Maple Ridge	2:40.70	2:38.29	2
20 Ava Horne	Earl Marriot	2:41.21	2:39.36	3
21 Sarah Darby	Semiahmo Secondary	2:44.29	2:40.47	1
22 Nicole Zipursky	Delta Secondary	2:40.57	2:40.70	3
23 Georgia Muir	Semiahmo Secondary	2:46.56	2:43.22	1

2017 Fraser Valley Track and Field Championships - 5/15/17 to 5/19/17**Zone -
Results****Women 800 Meter Run Junior**

Name	Year Team	Prelims	Finals	Points	Alternate
Finals					
1 Brooke Mussche	Langley Chri	2:21.89	2:18.11	10	
2 Cayla Smith	Southridge School	2:20.63	2:21.54	8	
3 India Aikins	Lord Tweedsmuir	2:24.69	2:22.19	6	
4 Natasha Smigelski	Centennial W	2:25.30	2:25.18	5	
5 Cassidy Hutchison	Mei Secondar	2:20.70	2:25.79	4	
6 Oliva McDonell	Riverside Se	2:20.81	2:26.18	3	
7 Elizabeth Gin	White Rock C	2:28.27	2:26.88	2	
8 Maggie Graydon	Pitt Meadows	2:28.45	2:37.35	1	

Women 1500 Meter Run Junior

Name	Year Team	Seed	Finals	Points	Alternate
1 Baneet Bains	Princess Mar	4:50.01	4:52.80	10	
2 Rachel Mortimer	W.J Mouat	5:07.60	4:57.62	8	
3 Maggie Graydon	Pitt Meadows	5:09.00	5:00.06	6	
4 Hannah Milic	Seaquam Seco	5:15.55	5:02.52	5	
5 Leah Bakker	Langley Chri	5:13.00	5:03.94	4	
6 Grace Chalk	Walnut Grove	5:15.80	5:05.64	3	
7 Elizabeth Gin	White Rock C	5:07.37	5:05.88	2	
8 Madison Stoochnoff	Holy Cross Regional	5:15.21	5:06.59	1	
9 Ilse Rafter	Maple Ridge	5:20.00	5:09.27		
10 Oliva McDonell	Riverside Se	5:25.90	5:12.68		
11 Lina Shalaby	Walnut Grove	5:29.90	5:14.26		
12 Andrena Johnson	Vedder Middl	5:27.50	5:17.14		
13 Mackenzie Campbell	GW Graham -	5:26.60	5:18.06		
14 Arshdeep Waring	Abbotsford T	5:33.10	5:19.68		
15 Cassidy Cardle	Walnut Grove	5:34.60	x5:21.89		
16 Kelsy Stelnicki	Walnut Grove	5:33.80	x5:22.30		
17 Bailey Herbert	Pacific Academy	5:29.45	5:24.00		
18 Heidi Mueckel	Heritage Woo	5:36.60	5:25.82		
19 Ava Horne	Earl Marriot	5:32.26	5:26.61		
20 Nicole Zipursky	Delta Secondary	5:38.97	5:28.96		
21 Sarah Wade	Riverside Se	5:38.40	5:31.68		
22 Serena Bath	Meadowridge	5:29.70	5:33.44		
23 Dora Chan	Clayton Heig	5:34.51	5:35.63		

Women 3000 Meter Run Junior

Name	Year Team	Seed	Finals	Points	Alternate
1 Baneet Bains	Princess Mar	10:32.81	10:34.63	10	
2 Maya Kobylanski	Southridge School	10:44.32	10:40.19	8	
3 Rachel Mortimer	W.J Mouat	11:13.30	10:44.05	6	
4 Hannah Milic	Seaquam Seco	11:13.39	10:50.59	5	
5 Madison Stoochnoff	Holy Cross Regional	11:04.78	10:52.42	4	
6 Maggie Graydon	Pitt Meadows	11:18.00	10:53.29	3	
7 Grace Chalk	Walnut Grove	11:19.60	11:13.31	2	
8 Ilse Rafter	Maple Ridge	11:23.10	11:14.36	1	
9 Gracie Lorenson	Pitt Meadows		11:20.25		
10 Yvonne Wang	Pinetree Sec	11:37.77	11:41.88		
11 Andrena Johnson	Vedder Middl	11:21.60	11:44.58		

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...Women 3000 Meter Run Junior

12	Sonali Gaba	W.J Mouat	12:04.10	11:45.18
13	Nanaki Sangha	Enver Creek	12:12.04	11:50.18
14	Emma Kearns	Lord Tweedsmuir	11:54.85	12:03.05
15	Emma Rolfson	Walnut Grove	12:00.40	12:06.59
16	Sarah Wade	Riverside Se	11:44.30	12:11.84
17	Naomi Residorf	Walnut Grove	12:28.80	x12:17.90
18	Jolene Thalen	Credo Christ	12:07.80	12:18.16
19	Samantha Palatinus	Earl Marriot	12:39.93	12:19.37
20	Dora Chan	Clayton Heig	12:34.60	12:24.03
21	Josephine Bennett	Walnut Grove	12:38.80	x12:33.51

Women 80 Meter Hurdles Junior

Name	Year Team	Seed	Prelims	Wind	H#	Alternate
Preliminaries						
1	Holly Harrison	Walnut Grove	12.24	12.37Q	-1.2	1
2	Manreet Sangha	Fleetwood Pa	12.91	12.50Q	0.1	3
3	Carly Seemann	Dr Charles Best	12.60	12.56Q	-0.6	2
4	Jaziel Tunti	Pacific Academy	12.99	12.65Q	-0.6	2
5	Teagan Richardson	Lord Tweedsmuir	13.45	12.87Q	-1.2	1
6	Samantha Matthewman	Walnut Grove	12.96	13.05Q	0.1	3
7	Hanna Hansen	Delta Secondary	13.37	13.14q	-1.2	1
8	Karman Kang	Enver Creek	13.85	13.30q	0.1	3
9	Merin Lenz	Abbotsford S	13.90	13.56	-0.6	2
10	Emily Coons	Fraser Heigh	14.46	13.93	-1.2	1
11	Jaelyn Dragt	Abbotsford C	13.70	13.99	-0.6	2
12	Regan Bishop	Yale Secondary	14.07	14.00	-1.2	1
13	Georgia Hamnett	Dr Charles Best	13.74	14.05	0.1	3
14	Shelby Milliard	Maple Ridge	14.72	14.39	0.1	3
15	Mikaela Balla	Earl Marriot	14.56	14.76	0.1	3
16	Brooklyn White	Yale Secondary	15.29	14.79	-1.2	1
17	Kassidy Vanoene	Credo Christ	15.33	14.80	-1.2	1
18	Sarah Breukelman	Abbotsford C	15.22	15.61	-0.6	2
19	Julia Snow	W.J Mouat	15.68	16.91	0.1	3

Women 80 Meter Hurdles Junior

Name	Year Team	Prelims	Finals	Wind	Points	Alternate
Finals						
1	Holly Harrison	Walnut Grove	12.37	12.34	+0.0	10
2	Manreet Sangha	Fleetwood Pa	12.50	12.41	+0.0	8
3	Carly Seemann	Dr Charles Best	12.56	12.45	+0.0	6
4	Jaziel Tunti	Pacific Academy	12.65	12.48	+0.0	5
5	Samantha Matthewman	Walnut Grove	13.05	12.79	+0.0	4
6	Teagan Richardson	Lord Tweedsmuir	12.87	13.13	+0.0	3
7	Hanna Hansen	Delta Secondary	13.14	13.15	+0.0	2
8	Karman Kang	Enver Creek	13.30	13.29	+0.0	1

Women 300 Meter Hurdles Junior

Name	Year Team	Seed	Finals	H#	Points	Alternate
1	Holly Harrison	Walnut Grove	48.29	46.50	3	10

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...Women 300 Meter Hurdles Junior

2	Prabhasha Wickramaarachc	Walnut Grove	48.13	47.02	3	8
3	Samantha Matthewman	Walnut Grove	48.36	x47.20	3	
4	Dominique Ronse	Brookwood	52.67	49.85	2	6
5	Jessica Kampman	Abbotsford C	51.47	50.53	3	5
6	Kaelin Gilbert	Earl Marriot	50.54	50.60	3	4
7	Emma Kearns	Lord Tweedsmuir	51.98	51.18	3	3
8	Regan Bishop	Yale Secondary	52.31	51.93	2	2
9	Julia Snow	W.J Mouat	54.10	52.11	1	1
10	Shelby Milliard	Maple Ridge	52.73	52.14	2	
11	Karman Kang	Enver Creek	53.47	52.53	2	
12	Mollie Markin	Clayton Heig	52.16	52.69	2	
13	Emily Coons	Fraser Heigh	51.83	52.92	3	
14	Brooke Jangula	Lord Tweedsmuir	53.91	53.06	2	
15	Gemma Nootebos	St. John Brebeuf	54.46	53.17	1	
16	Abby Minderhoud	Abbotsford C	53.60	53.45	2	
17	Brooklyn White	Yale Secondary	54.91	54.77	1	
18	Martha Mass	Credo Christ	1:02.28	1:00.59	1	

Women 1500 Meter Steeplechase Junior

Name	Year	Team	Seed	Finals	Points	Alternate
1	Maya Kobylanski	Southridge School	5:23.75	5:19.44	10	
2	Jessica Kampman	Abbotsford C	5:38.40	5:27.28	8	
3	Hannah Milic	Seaquam Seco	5:42.81	5:30.98	6	
4	Baneet Bains	Princess Mar	5:21.68	5:31.41	5	
5	Ilse Rafter	Maple Ridge	5:52.50	5:46.36	4	
6	Marquesis Haintz	Maple Ridge	5:59.50	5:46.95	3	
7	Emma Rolfson	Walnut Grove	6:07.50	5:52.31	2	
8	Arshdeep Waring	Abbotsford T	6:14.80	5:56.62	1	
9	Krysta Serviss	Walnut Grove	6:03.90	5:56.70		
10	Maddie Gibson	BC Christian	6:05.55	6:00.16		
11	Kayla Serviss	Walnut Grove	6:03.70	x6:07.41		
12	Julia Ueda-Avarvari	Fleetwood Pa	7:05.93	6:28.63		
13	Josephine Bennett	Walnut Grove	6:37.30	x6:29.54		
14	Laiken Greffard	White Rock C	6:30.13	6:41.44		
15	Erica Fang	Walnut Grove	7:18.60	x7:01.20		
16	Melissa Tibbets	Highroad Academy	7:15.10	7:33.22		
17	Chanel Khabra	Queen Mary E	11:07.00	7:52.25		
18	Kaitlyn Lu	Fleetwood Pa	8:03.33	8:04.05		

Women 4x100 Meter Relay Junior

Team	Seed	Prelims	H#	Alternate
Preliminaries				
1 Walnut Grove Secondary 'B'		50.49Q	2	
2 Heritage Woods Secondary 'A'	53.75	53.05Q	1	
1) Jenna Griffin				2) Sabine Campeau
3) Hayley Anderson				4) Elizabeth Bodnariuc
3 Walnut Grove Secondary 'A'		53.78Q	2	
4 Mei Secondary School 'A'	54.20	54.68Q	1	
5 W.J Mouat 'A'	53.85	54.02Q	2	
6 Vedder Middle School 'A'	54.94	54.83Q	1	
7 Earl Marriott Secondary 'A'		54.14q	2	

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...Women 4x100 Meter Relay Junior

8	Abbotsford Christian School 'A'	54.33	54.80q	2
	1) Jaelyn Dragt			2) Cassie Brandsma
	3) Linnea Zimmer			4) Jessica Kampman
9	Maple Ridge Secondary 'A'	54.78	54.85	2
	1) Shelby Milliard			2) Kennedy Bergen
	3) Meaghan Christensen			4) Alina Olson
10	Lord Tweedsmuir 'C'		55.09	1
11	St. John Brebeuf 'A'		56.29	2
12	Archbishop Carney Secondary 'A'	56.94	56.72	2
13	Lord Tweedsmuir 'B'		56.81	1
14	Fleetwood Park Secondary School 'A'	55.92	57.66	1
	1) Julia Ueda-Avarvarei			2) Manroop Ghuman
	3) Manreet Sangha			4) Cassidy Bonderud
15	Pinetree Secondary School 'A'	57.23	1:00.07	1
--	Lord Tweedsmuir 'A'		DQ	1

Women 4x100 Meter Relay Junior

Team	Prelims	Finals	Points	Alternate
Finals				
1 Walnut Grove Secondary School 'A'		50.20	10	
2 Earl Marriott Secondary 'A'	54.14	51.29	8	
3 Heritage Woods Secondary 'A'	53.05	52.31	6	
4 W.J Mouat 'A'	54.02	52.89	5	
5 Abbotsford Christian School 'A'	54.80	53.16	4	
6 Walnut Grove Secondary School 'B'		53.95	3	
7 Vedder Middle School 'A'	54.83	54.38	2	
8 Mei Secondary School 'A'	54.68	54.58	1	

Women 4x400 Meter Relay Junior

Team	Seed	Finals	H#	Points	Alternate
1 Walnut Grove Secondary 'B'		4:09.31	2	10	
2 Abbotsford Christian School 'A'	4:30.00	4:19.46	2	8	
	1) Linnea Zimmer			2) Cassie Brandsma	
	3) Jessica Kampman			4) Jaelyn Dragt	
3 Earl Marriott Secondary 'A'		4:22.31	1	6	
4 Lord Tweedsmuir 'A'		4:24.33	1	5	
5 Mei Secondary School 'A'	4:27.10	4:26.76	2	4	
6 Walnut Grove Secondary 'C'		4:27.14	2	3	
7 Maple Ridge Secondary 'A'	4:41.30	4:28.32	2	2	
	1) Ilse Rafter			2) Shelby Milliard	
	3) Marquisis Haintz			4) Khyra Le	
8 GW Graham - Chilliwack 'A'	4:44.04	4:31.37	2	1	
9 W.J Mouat 'A'	4:39.09	4:32.44	2		
10 Walnut Grove Secondary 'A'		x4:34.86	1		
11 Earl Marriott Secondary 'B'		4:36.76	1		
12 Lord Tweedsmuir 'B'		4:42.75	1		
13 Archbishop Carney Secondary 'A'	5:10.00	4:46.19	1		

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Women High Jump Junior

Name	Year	Team	Seed	Finals	Points	Alternate
1 Eniko Sara 1.50 1.55 1.60 1.65 O O XO XXX		Lord Tweedsmuir	1.60m	1.60m	10	
2 Carly Seemann 1.45 1.50 1.55 1.60 O O XXO XXX		Dr Charles Best	1.60m	1.55m	8	
3 Alex Hinrichs 1.25 1.30 1.35 1.40 1.45 1.50 1.55 O O O O O O XXX		Heritage Woo	1.45m	1.50m	5.50	
3 Cassie Brandsma 1.30 1.35 1.40 1.45 1.50 1.55 O O O O O XXX		Abbotsford C	1.55m	1.50m	5.50	
5 Jessica Kampman 1.35 1.40 1.45 1.50 1.55 O O XXO O XXX		Abbotsford C	1.50m	1.50m	4	
6 Jaziel Tunti 1.40 1.45 1.50 XO XO XXX		Pacific Academy	1.53m	1.45m	3	
7 Merin Lenz 1.25 1.30 1.35 1.40 1.45 O O O O XXX		Abbotsford S	1.45m	1.40m	1	
7 Shaunika Suriya 1.30 1.35 1.40 1.45 O O O XXX		Walnut Grove	1.40m	1.40m	1	
7 Jesula McCallum 1.25 1.30 1.35 1.40 1.45 O O O O XXX		Fraser Valle	1.35m	1.40m	1	
10 Alyssa Ratcliff 1.30 1.35 1.40 1.45 XO O O XXX		Mei Secondar	1.40m	1.40m		
10 Raheema Ivan 1.20 1.25 1.30 1.35 1.40 1.45 O O O XO O XXX		Queen Mary E	1.35m	1.40m		
12 Liz Gilder 1.20 1.25 1.30 1.35 1.40 1.45 O O O O XO XXX		Gleneagle Secondary	1.35m	1.40m		
13 Shauna Hoogstra 1.25 1.30 1.35 1.40 O O O XXX		Credo Christ	1.40m	1.35m		
14 Emma Willis 1.25 1.30 1.35 1.40 O XXO XXO XXX		Fleetwood Pa	1.30m	1.35m		
14 Paige Carmichael- Barnes 1.25 1.30 1.35 1.40 XO XO XXO XXX		Clayton Heig	1.30m	1.35m		
16 Mackenzie Campbell 1.20 1.25 1.30 1.35 O O O XXX		GW Graham -	1.30m	1.30m		
16 Riya Virdi 1.25 1.30 1.35 O O XXX		Fleetwood Pa	1.35m	1.30m		

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....Women High Jump Junior

18 Alexis Olson	W.J Mouat	1.35m	1.30m
1.20 1.25 1.30 1.35			
XX O XO XXX			
19 Martha Mass	Credo Christ	1.30m	1.30m
1.25 1.30 1.35			
XXO XXO XXX			
20 Jasmine Agudelo Williams	AD Rundle Middle	1.35m	1.20m
1.20 1.25			
XXO XXX			

Women Pole Vault Junior

Name	Year Team	Seed	Finals	Points	Alternate
1 Olivia Van Ryswyk	Earl Marriot	2.80m	2.80m	10	
2.60 2.70 2.80 2.91					
O O O XXX					
2 Macey Michaud	Earl Marriot	2.60m	2.70m	8	
2.30 2.40 2.50 2.60 2.70 2.80					
O O O O XXO XXX					
3 Sierra Arnold	Semiahmoo Secondary	1.90m	2.10m	6	
1.50 1.60 1.70 1.80 1.90 2.00 2.10 2.20					
O O O XO O XO XO XXX					
4 Sarah Breukelman	Abbotsford C	2.00m	1.90m	5	
1.50 1.60 1.70 1.80 1.90 2.00					
O O O O O XXX					
5 Olivia McCallum	Lord Tweedsmuir	1.80m	1.90m	4	
1.50 1.60 1.70 1.80 1.90 2.00					
O O O O XO XXX					
6 Georgia Muir	Semiahmoo Secondary	1.50m	1.50m	3	
1.50 1.60					
XO XXX					
-- Harpreet Bangha	W.J Mouat	2.00m	NH		
1.50					
XXX					

Women Long Jump Junior

Name	Year Team	Seed	Finals	Wind	Points	Alternate
1 Dominique Ronse	Brookwood	5.02m	5.24m	NWI	10	
FOUL 5.07m(NWI) FOUL 5.24m(NWI) FOUL						
2 Sierrah Burrows	Pitt Meadows	5.40m	5.03m	NWI	8	
4.98m(NWI) 4.93m(NWI) 4.71m(NWI) 4.92m(NWI) 5.03m(NWI) 4.98m(NWI)						
3 Prabhasha Wickramaarachc	Walnut Grove	4.60m	4.92m	NWI	6	
FOUL 4.78m(NWI) FOUL 4.70m(NWI) 4.74m(NWI) 4.92m(NWI)						
4 Holly Harrison	Walnut Grove	4.58m	4.89m	NWI	5	
4.61m(NWI) 4.36m(NWI) 4.71m(NWI) 4.43m(NWI) 4.89m(NWI) 4.73m(NWI)						
5 Merin Lenz	Abbotsford S	4.67m	4.75m	NWI	4	
4.39m(NWI) 4.36m(NWI) 4.54m(NWI) 4.55m(NWI) 4.41m(NWI) 4.75m(NWI)						
6 Jaelyn Dragt	Abbotsford C	4.70m	4.72m	NWI	3	
4.67m(NWI) 4.72m(NWI) 4.60m(NWI) 4.59m(NWI) 4.63m(NWI) 4.61m(NWI)						
7 Hanna Hansen	Delta Secondary	4.54m	4.71m	NWI	2	
4.71m(NWI) 4.71m(NWI) 4.67m(NWI) 4.57m(NWI) 4.60m(NWI) FOUL						

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8	Sheleena Wiley	Langley Fundamental	4.62m	4.58m	NWI	1
	FOUL	4.58m(NWI) 4.34m(NWI) 4.37m(NWI) 4.53m(NWI)	FOUL			
9	Mona Yu	Pacific Academy	3.88m	4.32m	NWI	
		4.26m(NWI) 4.32m(NWI) 4.25m(NWI)				
10	Manroop Ghuman	Fleetwood Pa	4.27m	4.27m	NWI	
	FOUL	4.21m(NWI) 4.27m(NWI)				
11	Jessica Wisotzki	Walnut Grove	4.10m	x4.22m	NWI	
		4.22m(NWI) 4.21m(NWI) 4.03m(NWI)				
12	Natasha Burgert	Semiahmo Secondary	4.02m	4.20m	NWI	
		4.20m(NWI) 3.95m(NWI) 4.07m(NWI)				
13	Paige Ackermann	Riverside Se	4.33m	4.15m	NWI	
		3.05m(NWI) 4.15m(NWI) 3.12m(NWI)				
14	Elizabeth Warren	St. John Brebeuf	4.02m	4.11m	NWI	
		4.11m(NWI) 3.50m(NWI) 4.04m(NWI)				
15	Gemma Nootebos	St. John Brebeuf	4.41m	4.10m	NWI	
		3.68m(NWI) 3.36m(NWI) 4.10m(NWI)				
16	Jennifer Wu	Pinetree Sec	4.31m	4.04m	NWI	
		3.79m(NWI) 3.95m(NWI) 4.04m(NWI)				
16	Johannah Brandsma	Abbotsford C	4.04m	4.04m	NWI	
		3.17m(NWI) 2.76m(NWI) 4.04m(NWI)				
18	Sherine Jeevakumar	Port Moody S	4.15m	3.90m	NWI	
		3.90m(NWI) 3.87m(NWI) FOUL				
19	Lucy Fournier	Lord Tweedsmuir	3.92m	3.86m	NWI	
		3.86m(NWI) 3.55m(NWI) 3.79m(NWI)				
20	Laine Taylor	Archbishop C	3.97m	3.84m	NWI	
		3.84m(NWI) 3.66m(NWI) 3.57m(NWI)				

Women Triple Jump Junior

=====							
Name	Year	Team	Seed	Finals	Wind	Points	Alternate
=====							
1	Jaelyn	Dragt	Abbotsford C	9.93m	10.11m	NWI	10
				9.82m(NWI) 9.55m(NWI) 9.75m(NWI) 9.95m(NWI) 9.91m(NWI) 10.11m(NWI)			
2	Johannah	Brandsma	Abbotsford C	9.18m	9.89m	NWI	8
				9.74m(NWI) FOUL 9.45m(NWI) 9.48m(NWI) 9.55m(NWI) 9.89m(NWI)			
3	Mona	Yu	Pacific Academy	9.01m	9.81m	NWI	6
				9.16m(NWI) 9.16m(NWI) 9.23m(NWI) 9.34m(NWI) 9.81m(NWI) 9.55m(NWI)			
4	Angela	Peters	Earl Marriot	9.48m	9.47m	NWI	5
				FOUL FOUL 9.47m(NWI) 9.42m(NWI) FOUL 9.34m(NWI)			
5	Cassie	Brandsma	Abbotsford C	9.45m	x9.43m	NWI	
				9.34m(NWI) 9.43m(NWI) 9.21m(NWI) 9.19m(NWI) 9.21m(NWI) 8.97m(NWI)			
6	Natasha	Burgert	Semiahmo Secondary	9.17m	9.23m	NWI	4
				9.05m(NWI) 9.23m(NWI) 9.04m(NWI) 9.07m(NWI) 8.74m(NWI) 8.95m(NWI)			
7	Manroop	Ghuman	Fleetwood Pa	9.60m	9.19m	NWI	3
				8.35m(NWI) 8.54m(NWI) 9.19m(NWI) 8.76m(NWI) 8.77m(NWI) 8.99m(NWI)			
8	Paige Carmichael-	Barnes	Clayton Heig	8.96m	9.17m	NWI	2
				9.17m(NWI) 9.03m(NWI) FOUL 8.61m(NWI) 8.26m(NWI) 8.91m(NWI)			
9	Yilian	Zhao	Walnut Grove	8.82m	9.12m	NWI	1
				9.12m(NWI) 8.96m(NWI) 8.90m(NWI)			
10	Stephanie	Ta	Sardis School	9.07m	9.01m	NWI	
				8.99m(NWI) 9.01m(NWI) 8.85m(NWI)			
11	Uma	Tiurpenko	Southpointe Academy		8.76m	NWI	
				8.76m(NWI) FOUL 8.72m(NWI)			
12	Kayla	Serviss	Walnut Grove	8.64m	8.70m	NWI	
				8.70m(NWI) 8.29m(NWI) 8.53m(NWI)			

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....Women Triple Jump Junior

13	Lucy Fournier	Lord Tweedsmuir	8.60m	8.54m	NWI
	FOUL	8.03m(NWI) 8.54m(NWI)			
14	Rianna Belonio	Port Moody S	7.93m	8.52m	NWI
	8.52m(NWI) FOUL	8.49m(NWI)			
15	Kennedy Parsons	Ecole Herita	8.57m	8.49m	NWI
	8.40m(NWI) 8.49m(NWI)	8.10m(NWI)			
16	Lexy Toscano	AD Rundle Middle	8.18m	8.36m	NWI
	8.36m(NWI) 8.00m(NWI)	7.59m(NWI)			
17	Krysta Serviss	Walnut Grove	8.12m	x8.26m	NWI
	7.68m(NWI) 8.26m(NWI)	7.90m(NWI)			
17	Liz Gilder	Gleneagle Secondary	8.99m	8.26m	NWI
	8.26m(NWI) FOUL	FOUL			
19	Annabelle Green	Ecole Herita	7.74m	7.62m	NWI
	7.46m(NWI) 7.62m(NWI)	7.50m(NWI)			
20	Sonali Gaba	W.J Mouat	7.61m	7.31m	NWI
	7.31m(NWI) FOUL	7.14m(NWI)			
--	Jessica Monsen	Ecole Herita	8.01m	FOUL	
	FOUL	FOUL			

Women Shot Put 3 kg Junior

Name	Year	Team	Seed	Finals	Points	Alternate
1 Simran Bangar		North Delta	11.04m	11.34m	10	
	10.62m	10.87m	11.34m	11.05m	11.23m	10.69m
2 Eniko Sara		Lord Tweedsmuir	10.17m	10.96m	8	
	10.96m	FOUL	10.57m	10.87m	10.71m	10.76m
3 Mateya Haintz		Maple Ridge	9.43m	10.93m	6	
	10.63m	10.66m	10.51m	10.89m	10.37m	10.93m
4 Georgia Hamnett		Dr Charles Best	10.51m	10.77m	5	
	10.13m	FOUL	10.01m	10.00m	10.77m	9.86m
5 Cailin Bitter		Mei Secondar	8.91m	10.40m	4	
	10.17m	9.66m	9.41m	10.06m	10.40m	9.50m
6 Hanna Hansen		Delta Secondary	9.51m	10.04m	3	
	8.74m	10.02m	FOUL	9.85m	8.92m	10.04m
7 Alina Olson		Maple Ridge	10.54m	9.85m	2	
	9.85m	9.39m	9.57m	9.03m	8.95m	
8 Sheleena Wiley		Langley Fundamental	8.89m	9.77m	1	
	9.70m	8.59m	7.58m	9.56m	9.40m	9.77m
9 Janice Oh		Port Moody S	8.43m	9.45m		
	8.64m	9.45m	8.96m			
10 Kyra Gauthier		Lord Tweedsmuir	8.03m	9.13m		
	3.91m	9.13m	8.88m			
11 Meghan Kennedy_spence		Gleneagle Secondary	8.00m	8.79m		
	8.79m	8.65m	8.59m			
12 Mary Telian		Abbotsford C	8.19m	8.78m		
	7.70m	7.97m	8.78m			
13 Sarah Stewart		Rosedale Tra	8.02m	8.76m		
	8.76m	8.25m	8.38m			
14 Hanna Dhillon		Queen Mary E	7.13m	8.54m		
	8.54m	7.63m	7.23m			
15 Tasha Stenneth		Brookwood	8.76m	8.45m		
	8.45m	8.25m	8.41m			
16 Emilie Plante		W.J Mouat	8.30m	8.26m		
	7.91m	6.97m	8.26m			

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**Zone -
Results**

...Women Shot Put 3 kg Junior

17	Yelissa Beugelink	Abbotsford C	7.96m	8.18m
	8.11m 8.18m 7.95m			
18	Emily Morgante	Ecole Herita	8.73m	8.16m
	8.16m 8.07m 7.80m			
19	Makenna Van Muyen	Abbotsford C	8.43m	x7.64m
	7.52m 7.55m 7.64m			
20	Aarti Dhunna	Holy Cross Regional	6.67m	7.33m
	7.33m 7.15m 6.98m			
21	Sydney Foster	Maple Ridge	8.94m	x6.90m
	6.90m 6.42m 6.73m			
22	Chelsea-Grace Sharp	Lord Tweedsmuir	6.10m	x6.66m
	6.10m 6.66m 6.26m			

Women Discus Throw 1 kg Junior

Name	Year Team	Seed	Finals	Points	Alternate
1 Mateya Haintz	Maple Ridge	30.64m	33.43m	10	
	31.84m 29.26m 33.43m 30.01m 29.88m 32.96m				
2 Tiese Unruh	Wj Mouat Sec	22.11m	27.42m	8	
	27.42m 25.77m FOUL 23.94m FOUL 23.96m				
3 Cailin Bitter	Mei Secondar	21.67m	26.03m	6	
	22.86m 26.03m 19.45m				
4 Tanisha Gill	Abbotsford T	21.88m	25.69m	5	
	FOUL 25.69m 23.57m 25.11m FOUL 21.90m				
5 Shaunika Suriya	Walnut Grove	24.50m	25.55m	4	
	25.55m 23.95m 25.45m				
6 Talyn Ziemer	Walnut Grove	22.53m	25.46m	3	
	25.33m 23.56m 25.46m FOUL 25.43m FOUL				
7 Abby Kroeker	Ecole Herita	22.62m	22.04m	2	
	13.48m 20.56m 19.80m 20.48m 20.37m 22.04m				
8 Kyra Gauthier	Lord Tweedsmuir	21.54m	20.51m	1	
	19.78m 18.81m 19.72m 18.00m 20.51m 18.19m				
9 Emily Morgante	Ecole Herita	19.34m	19.50m		
	17.26m 13.88m 19.50m				
10 Navleen Brar	Abbotsford T	20.24m	19.44m		
	FOUL FOUL 19.44m				
11 Maddie Guild	Lord Tweedsmuir	19.05m	19.23m		
	18.16m 19.23m				
12 Meghan Kennedy_spence	Gleneagle Secondary	18.14m	18.82m		
	17.25m 16.23m 18.82m				
13 Uthra Viswanathan	Sands Secondary	14.85m	17.66m		
	17.66m FOUL 16.64m				
14 Mercedes Hough	White Rock C	16.41m	17.60m		
	0.16m 17.60m 16.93m				
15 Jesse Spiess	Garibaldi Secondary	21.30m	17.54m		
	15.93m 17.54m 16.92m				
16 Janice Oh	Port Moody S	14.29m	17.18m		
	17.18m 13.00m 15.62m				
17 Emma Felgner	Garibaldi Secondary	25.76m	17.15m		
	FOUL 17.15m FOUL				
18 Chelsea-Grace Sharp	Lord Tweedsmuir	12.68m	x13.68m		
	FOUL 13.68m 12.29m				
19 Kristen Seppelt	Archbishop C	15.98m	13.16m		
	10.90m FOUL 13.16m				

2017 Fraser Valley Track and Field Championships - 5/15/17 to 5/19/17

**Zone -
Results**

...Women Discus Throw 1 kg Junior

20 Avneet Tiwana	Queen Mary E	12.32m	12.55m
12.55m 12.33m FOUL			
-- Simran Bangar	North Delta	25.37m	FOUL
FOUL FOUL FOUL			

Women Hammer Throw 3 kg Junior

Name	Year Team	Seed	Finals	Points	Alternate
1 Mateya Haintz	Maple Ridge	55.65m	54.14m	10	
FOUL 53.59m 53.34m 54.14m 52.61m 53.40m					
2 Shaunika Suriya	Walnut Grove	32.42m	34.25m	8	
31.72m 33.69m 34.25m FOUL 32.69m FOUL					
3 Kihomi Adhemar	W.J Mouat	29.41m	33.71m	6	
FOUL 26.39m 33.71m FOUL 32.88m FOUL					
4 Melissa Holyhead-Miles	Chilliwack S	22.19m	27.91m	5	
22.97m 23.27m 24.54m FOUL 26.18m 27.91m					
5 Sarah Webb	W.J Mouat	30.95m	26.23m	4	
26.23m FOUL FOUL FOUL FOUL 18.10m					
6 Yelissa Beugelink	Abbotsford C	26.36m	26.00m	3	
25.35m FOUL 26.00m 25.80m 25.19m 25.19m					
7 Faith Baars	Abbotsford C	23.88m	25.51m	2	
FOUL FOUL 24.88m 23.12m 25.51m FOUL					
8 Erin Grywacheski	Walnut Grove	22.13m	24.51m	1	
24.51m FOUL 24.19m 23.53m 20.27m 22.50m					
9 Hanna Dhillon	Queen Mary E	19.89m	16.14m		
FOUL 16.14m FOUL					
10 Tesia Kelleway	Maple Ridge	19.03m	15.14m		
FOUL FOUL 15.14m					
11 Cayley Geddes	Walnut Grove	13.74m	x14.00m		
FOUL FOUL 14.00m					
12 Chanel Khabra	Queen Mary E	11.70m	12.39m		
FOUL 11.04m 12.39m					

Women Javelin Throw 500 gram Junior

Name	Year Team	Seed	Finals	Points	Alternate
1 Rori Denness	Earl Marriot	43.08m	40.22m	10	
38.47m 38.48m 40.22m 36.25m 36.13m 34.90m					
2 Eniko Sara	Lord Tweedsmuir	34.33m	37.02m	8	
32.65m 34.28m 34.81m 34.18m 37.02m 32.02m					
3 Kyla Smith	Mei Secondar	33.40m	35.01m	6	
35.01m 29.16m 30.24m 29.99m 32.62m 33.25m					
4 Spencer Morrison	Maple Ridge	25.88m	32.49m	5	
26.51m 29.05m 28.34m 25.66m 32.49m 28.88m					
5 Georgia Hamnett	Dr Charles Best	31.94m	31.52m	4	
30.20m 31.10m 31.52m 31.30m 31.28m 28.98m					
6 Julia Ueda-Avarvari	Fleetwood Pa	25.78m	29.91m	3	
25.59m 25.14m 28.08m 27.42m 29.91m					
7 Jasmine Agudelo Williams	AD Rundle Middle	31.99m	28.69m	2	
28.69m 24.93m 26.51m 27.29m 25.39m					
8 Reiko Bohmert	Delta Secondary	27.84m	27.41m	1	
27.41m 24.86m 20.96m 22.08m 25.81m 25.24m					

2017 Fraser Valley Track and Field Championships - 5/15/17 to 5/19/17

**Zone -
Results**

...Women Javelin Throw 500 gram Junior

9	Kayla Serviss	Walnut Grove	25.72m	27.25m
	24.16m 22.10m 27.25m			
10	Christine Wiebe	Earl Marriot	24.00m	26.44m
	26.44m 20.30m			
11	Allie Ho	Semiahmoo Secondary	22.32m	25.74m
	18.98m 25.74m 13.25m			
12	Talyn Ziemer	Walnut Grove	23.42m	25.35m
	22.74m 25.35m			
13	Brooke Coumont	Maple Ridge	23.47m	22.59m
	20.52m 19.26m 22.59m			
14	Erin Grywacheski	Walnut Grove	25.65m	x22.28m
	22.04m 19.15m 22.28m			
15	Ayliffe Jones	Walnut Grove	24.79m	x22.05m
	22.05m			
16	Makenna Van Muyen	Abbotsford C	22.78m	21.95m
	21.95m 19.33m			
17	Jesse Spiess	Garibaldi Secondary	25.84m	20.89m
	20.89m 20.03m			
18	Chelsea Penner	W.J Mouat	23.02m	20.37m
	20.01m 20.20m 20.37m			
19	Melissa Holyhead-Miles	Chilliwack S	22.50m	19.88m
	19.88m 17.22m 19.51m			
20	Liz Gilder	Gleneagle Secondary	13.86m	19.28m
	17.89m 17.13m 19.28m			

Women 1500 Meter Race Walk Junior

Name	Year Team	Seed	Finals	Points	Alternate
1 Cassidy Cardle	Walnut Grove	7:57.70	7:36.70	10	
2 Taya Suttill	Lord Tweedsmuir	11:59.09	9:03.12	8	
3 Cayley Geddes	Walnut Grove	9:45.80	9:08.86	6	
4 Erica Fang	Walnut Grove	9:53.70	x9:14.20		
5 Natalie Jorgensen	Mission Secondary	9:25.70	9:17.32	5	
6 Jolene Thalen	Credo Christ	10:07.10	9:33.28	4	
7 Sacha Radatzke	Abbotsford C	10:11.30	9:42.70	3	
8 Josephine Bennett	Walnut Grove	10:19.20	x9:43.51		
9 Lydia Gunnink	Credo Christ	10:21.20	9:44.68	2	
10 Bethany Lengkeek	Credo Christ	10:01.70	x10:13.28		
11 Simran Dosanjh	Mei Middle School	10:28.80	10:19.35	1	
12 Kaitlyn Lu	Fleetwood Pa	15:19.57	12:01.76		
13 Luna Wagner	Johnston Hei	15:23.34	12:01.82		
14 Chelsea-Grace Sharp	Lord Tweedsmuir	15:25.99	12:02.17		
15 Victoria Chung	Johnston Hei		12:02.94		
16 Chanel Khabra	Queen Mary E	16:58.00	15:03.87		
-- Hailey Dubois	Earl Marriot	10:32.00	DNF		
-- Annabell Tanzil	Walnut Grove	10:25.70	DQ		

Women 100 Meter Dash Senior

Name	Year Team	Seed	Prelims	Wind H#	Alternate
Preliminaries					
1 Jasneet Nijjar	Queen Elizab	12.49	12.40Q	-0.4	4
2 Jordan Hall	Earl Marriot	12.72	12.71Q	0.9	3

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...Women 100 Meter Dash Senior

3	Aaryanna Kurucz	Maple Ridge	12.62	12.90Q	-0.4	2
4	Kristen Lagerstrom	Pitt Meadows	12.90	13.31Q	-0.6	1
5	Cayla Snow	Clayton Heig	13.00	12.86q	-0.4	4
6	Amanda Moore	Lord Tweedsmuir	13.20	13.08q	-0.4	2
7	Tamara Alexander	Mei Secondar	13.15	13.12q	-0.4	4
8	Cassidy Sader	Earl Marriot	13.56	13.18q	0.9	3
9	Lauryn Dieleman	Lord Tweedsmuir	13.67	13.43	-0.4	2
10	Julie Ydenberg	Pitt Meadows	13.32	13.49	-0.6	1
11	Francesca Dube	St. John Brebeuf	13.53	13.61	0.9	3
12	Aimee Milliard	Maple Ridge	13.91	13.66	-0.4	4
13	Kelsey Friesen	Yale Secondary	13.91	13.73	-0.4	4
14	Mikaela Alexander	Mei Secondar	14.53	13.89	-0.4	4
15	Alex Godlewski	Seaquam Seco	14.06	13.91	0.9	3
16	Bonnie Xie	Sardis School	13.64	13.96	-0.6	1
17	Xiao Yang Carson	Sardis School	13.93	14.03	-0.4	2
18	Jacqueline Le	North Surrey	14.24	14.06	-0.4	4
19	Andrea Gil	Archbishop C	14.22	14.08	-0.6	1
20	Josepha Bassewitz	Delta Secondary	13.98	14.08	-0.6	1
21	Shaelyn Kooyman	Unity Christian	14.19	14.14	0.9	3
22	Jasmine Lew	Heritage Woo	12.66	19.81	-0.6	1

Women 100 Meter Dash Senior

Name	Year Team	Prelims	Finals	Wind	Points	Alternate
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Finals

1	Jasneet Nijjar	Queen Elizab	12.40	12.50	-1.4	10
2	Jorden Hall	Earl Marriot	12.71	12.88	-1.4	8
3	Aaryanna Kurucz	Maple Ridge	12.90	12.90	-1.4	6
4	Cayla Snow	Clayton Heig	12.86	13.06	-1.4	5
5	Amanda Moore	Lord Tweedsmuir	13.08	13.15	-1.4	4
6	Tamara Alexander	Mei Secondar	13.12	13.32	-1.4	3
7	Kristen Lagerstrom	Pitt Meadows	13.31	13.42	-1.4	2
8	Cassidy Sader	Earl Marriot	13.18	13.54	-1.4	1

Women 200 Meter Dash Senior

Name	Year Team	Seed	Prelims	Wind	H#	Alternate
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Preliminaries

1	Jasneet Nijjar	Queen Elizab	25.15	24.83Q	+0.0	3
2	Aaryanna Kurucz	Maple Ridge	26.15	25.87Q	+0.0	2
3	Katarina Vlahovic	Fraser Heigh	25.62	26.89Q	0.6	1
4	Jorden Hall	Earl Marriot	26.57	26.12Q	+0.0	2
5	Amanda Moore	Lord Tweedsmuir	27.30	26.69Q	+0.0	3
6	Lisa Seidelmann	Earl Marriot	27.26	26.91Q	0.6	1
7	Tamara Alexander	Mei Secondar	27.69	27.00q	0.6	1
8	Jaya Bannerman	GW Graham -	27.31	27.50q	+0.0	3
9	Julie Ydenberg	Pitt Meadows	28.21	27.90	+0.0	2
10	Kelsey Friesen	Yale Secondary	28.42	27.91	0.6	1
11	Francesca Dube	St. John Brebeuf	28.03	27.94	+0.0	2
12	Xiao Yang Carson	Sardis School	28.50	28.36	+0.0	3
13	Bonnie Xie	Sardis School	28.67	28.58	+0.0	3
14	Mikaela Alexander	Mei Secondar	29.18	28.70	+0.0	2
15	Mayci Falk	Yale Secondary	28.81	28.75	0.6	1

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Results**

...Women 200 Meter Dash Senior

16	Charlotte Koopmans	W.J Mouat	29.58	29.09	0.6	1
17	Shaila Weflen	Chilliwack S	29.43	29.23	+0.0	2
18	Andrea Gil	Archbishop C	29.67	29.57	+0.0	3
19	Jasjit Kang	Tamanawis Se	30.14	29.58	0.6	1
20	Isabelle Pearson	Delta Secondary	30.69	29.84	+0.0	2
21	Annze Villena	North Delta	30.40	30.49	+0.0	2
22	Sher-Gill Kaelin	Clayton Heig	31.66	30.86	0.6	1

Women 200 Meter Dash Senior

Name	Year Team	Prelims	Finals	Wind	Points	Alternate
Finals						
1	Jasneet Nijjar	Queen Elizab	24.83	24.81	0.7	10
2	Aaryanna Kurucz	Maple Ridge	25.87	25.83	0.7	8
3	Jorden Hall	Earl Marriot	26.12	25.86	0.7	6
4	Amanda Moore	Lord Tweedsmuir	26.69	26.50	0.7	5
5	Tamara Alexander	Mei Secondar	27.00	27.08	0.7	4
6	Katarina Vlahovic	Fraser Heigh	26.89	27.22	0.7	3
7	Lisa Seidelmann	Earl Marriot	26.91	27.33	0.7	2
8	Jaya Bannerman	GW Graham -	27.50	27.61	0.7	1

Women 400 Meter Run Senior

Name	Year Team	Seed	Prelims	H#	Alternate
Preliminaries					
1	Jasneet Nijjar	Queen Elizab	58.73	58.48Q	3
2	Aaryanna Kurucz	Maple Ridge	59.48	59.88Q	2
3	Jessica Williams	Semiahmoo Secondary	59.12	59.99Q	1
4	Emily Morley	Maple Ridge	1:02.70	1:00.63Q	1
5	Lisa Seidelmann	Earl Marriot	1:02.37	1:02.00Q	2
6	Alyssa Terry	Sullivan Heights	1:03.09	1:02.40Q	3
7	Louise Forsyth	Brookwood	1:03.78	1:03.34q	3
8	Amanda Moore	Lord Tweedsmuir	1:05.24	1:03.44q	1
9	Julie Ydenberg	Pitt Meadows	1:04.00	1:04.43	2
10	Mikaela Alexander	Mei Secondar	1:06.99	1:04.61	2
11	Serenah Roy	Sardis School	1:05.52	1:05.15	3
12	Alyssa Turcott	Gleneagle Secondary	1:03.87	1:05.24	1
13	Xiao Yang Carson	Sardis School	1:05.72	1:05.50	3
14	Jojo Caverley	Mission Secondary	1:06.21	1:05.53	1
15	Anne Yolland	Gleneagle Secondary	1:07.40	1:05.96	2
16	Simonne Mikolay	Pitt Meadows	1:05.00	1:06.08	2
17	Madelyn Huston	Thomas Haney	1:09.59	1:08.75	1
18	Brielle Reaume	Gleneagle Secondary	1:10.44	1:08.97	3
19	Mary Chad	Gleneagle Secondary	1:11.06	1:09.46	3
20	Tatiana Potashova	Kwantlen Par	1:11.12	1:10.34	1

Women 400 Meter Run Senior

Name	Year Team	Prelims	Finals	Points	Alternate
Finals					
1	Jessica Williams	Semiahmoo Secondary	59.99	56.47	10
2	Jasneet Nijjar	Queen Elizab	58.48	58.38	8

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**Zone -
Results**

...Women 400 Meter Run Senior

3	Aaryanna Kurucz	Maple Ridge	59.88	59.48	6
4	Alyssa Terry	Sullivan Heights	1:02.40	1:02.25	5
5	Emily Morley	Maple Ridge	1:00.63	1:03.90	4
6	Lisa Seidelmann	Earl Marriot	1:02.00	1:04.02	3
7	Louise Forsyth	Brookwood	1:03.34	1:05.71	2
8	Amanda Moore	Lord Tweedsmuir	1:03.44	1:05.76	1

Women 800 Meter Run Senior

Name	Year	Team	Seed	Prelims	H#	Alternate
Preliminaries						
1		Madelyn Huston	Thomas Haney	2:26.40	2:25.05Q	1
2		Danielle Steer	Elgin Park S	2:29.00	2:26.56Q	2
3		Kayla Weltzin	Brookwood	2:28.10	2:28.90Q	3
4		Jamie Hennessey	Maple Ridge	2:33.30	2:25.53Q	1
5		Alyssa Terry	Sullivan Heights	2:30.13	2:26.66Q	2
6		Simonne Mikolay	Pitt Meadows	2:32.00	2:31.18Q	3
7		Harneet Gill	North Delta	2:32.58	2:30.11q	1
8		Kate Sokolowski	GW Graham -	2:36.10	2:31.12q	2
9		Jasmine Randhawa	Fleetwood Pa	2:35.59	2:31.99	3
10		Jensen Bako	Yale Secondary	2:36.20	2:32.46	2
11		Brontë Elphick-Miner	Maple Ridge	2:43.40	2:33.07	3
12		Alex Godlewski	Seaquam Seco	2:39.91	2:33.15	3
13		Brooke Parry	Maple Ridge	2:43.10	2:37.50	1
14		Ravnett Tirana	Fleetwood Pa	2:50.25	2:39.74	1
15		Alex Redey	Dr Charles Best	2:48.91	2:44.97	3
16		Tatiana Potashova	Kwantlen Par	2:48.67	2:45.94	2
17		Serena Larsen	Yale Secondary	2:48.60	2:48.35	2
18		Ariona Curiel	Dr Charles Best	2:42.57	2:48.68	1
19		Mariana Jimenez	Heritage Woo	2:53.00	2:49.23	3
20		Jenna Dubois	Earl Marriot	2:50.73	2:52.33	1

Women 800 Meter Run Senior

Name	Year	Team	Prelims	Finals	Points	Alternate
Finals						
1		Madelyn Huston	Thomas Haney	2:25.05	2:18.03	10
2		Alyssa Terry	Sullivan Heights	2:26.66	2:24.97	8
3		Danielle Steer	Elgin Park S	2:26.56	2:27.28	6
4		Jamie Hennessey	Maple Ridge	2:25.53	2:29.51	5
5		Kayla Weltzin	Brookwood	2:28.90	2:32.61	4
6		Harneet Gill	North Delta	2:30.11	2:33.49	3
7		Simonne Mikolay	Pitt Meadows	2:31.18	2:36.07	2
8		Kate Sokolowski	GW Graham -	2:31.12	2:37.91	1

Women 1500 Meter Run Senior

Name	Year	Team	Seed	Finals	Points	Alternate
1		Madelyn Huston	Thomas Haney	5:19.40	4:50.54	10
2		Jamie Hennessey	Maple Ridge	5:00.30	4:51.93	8
3		Olivia Willett	Riverside Se	5:04.30	4:54.16	6
4		Georgia Ginther	Earl Marriot	5:02.37	4:57.18	5

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**Zone -
Results**

...Women 1500 Meter Run Senior

5	Haley Ribeiro	Earl Marriot	5:36.00	5:01.03	4
6	Amelia Cairns	Heritage Woo	5:09.80	5:01.51	3
7	Jouen Chang	Credo Christ	5:02.80	5:01.80	2
8	Harneet Gill	North Delta	5:15.71	5:11.50	1
9	Kate Sokolowski	GW Graham -	5:34.60	5:15.65	
10	Jensen Bako	Yale Secondary	5:24.80	5:17.78	
11	Jaya Bannerman	GW Graham -	5:27.50	5:18.99	
12	Sydney Fraess	GW Graham -	5:36.20	x5:19.17	
13	Carly Good	Earl Marriot	5:39.26	x5:23.45	
14	Sarah Darby	Semiahmoo Secondary		5:31.53	
15	Ravnett Tirana	Fleetwood Pa	5:51.20	5:37.27	
16	Alex Godlewski	Seaquam Seco	5:55.27	5:47.38	
17	Julia Spearn	Walnut Grove	5:54.80	5:54.96	
18	Alex Redey	Dr Charles Best	6:04.34	5:58.18	
19	Gabriella Szalkai	Walnut Grove	6:01.50	6:03.61	
20	Allison Scott	Clayton Heig	6:37.10	6:34.84	

Women 3000 Meter Run Senior

Name	Year Team	Seed	Finals	Points	Alternate
1	Georgia Ginther	Earl Marriot	10:57.79	10:29.18	10
2	Jamie Hennessey	Maple Ridge	10:56.30	10:29.94	8
3	Olivia Willett	Riverside Se	11:02.00	10:31.33	6
4	Jouen Chang	Credo Christ	10:39.50	10:38.91	5
5	Amelia Cairns	Heritage Woo	11:02.20	10:49.69	4
6	Sydney Fraess	GW Graham -	11:54.60	11:42.75	3
7	Carly Good	Earl Marriot	12:02.48	11:45.91	2
8	Simran Sarai	Earl Marriot	12:00.56	x11:52.26	
9	Nicole Huang	Gleneagle Secondary	12:00.19	12:12.92	1
10	Michael Bredell	South Delta School	12:59.77	12:55.05	
11	Emerald Schreier	Earl Marriot	13:15.48	x12:58.06	
12	Gabriella Szalkai	Walnut Grove	13:13.80	13:14.85	

Women 100 Meter Hurdles Senior

Name	Year Team	Seed	Prelims	Wind	H#	Alternate
Preliminaries						
1	Katarina Vlahovic	Fraser Heigh	14.98	14.27Q	0.9	2
2	Hana Tyndall	Gleneagle Secondary	14.71	14.60Q	+0.0	1
3	Natalia Monro	Walnut Grove	16.29	15.97Q	0.9	2
4	Cassidy Sader	Earl Marriot	17.26	16.21Q	+0.0	1
5	Marley Hutchison	Mei Secondar	17.53	17.26Q	+0.0	1
6	Tess Bulka	Elgin Park S	17.98	17.36Q	0.9	2
7	Sydney Dyck	Mei Secondar	20.45	19.22q	+0.0	1
8	Isabella Lyons	Archbishop C	20.19	19.45q	0.9	2
9	Isabelle Pearson	Delta Secondary	20.34	20.51	+0.0	1
10	Annze Villena	North Delta	22.21	21.97	0.9	2
11	Crystal Blake	Port Moody S	22.76	31.24	0.9	2

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Women 100 Meter Hurdles Senior

Name	Year Team	Prelims	Finals	Wind	Points	Alternate
Finals						
1 Katarina Vlahovic	Fraser Heigh	14.27	14.19	-1.0	10	
2 Hana Tyndall	Gleneagle Secondary	14.60	14.73	-1.0	8	
3 Cassidy Sader	Earl Marriot	16.21	16.40	-1.0	6	
4 Natalia Monro	Walnut Grove	15.97	16.97	-1.0	5	
5 Tess Bulka	Elgin Park S	17.36	17.33	-1.0	4	
6 Marley Hutchison	Mei Secondar	17.26	17.35	-1.0	3	
7 Sydney Dyck	Mei Secondar	19.22	19.24	-1.0	2	
8 Isabella Lyons	Archbishop C	19.45	19.26	-1.0	1	

Women 400 Meter Hurdles Senior

Name	Year Team	Seed	Finals	H#	Points	Alternate
1 Megan Champoux	Langley Fundamental	1:07.09	1:02.22	2	10	
2 Emily Morley	Maple Ridge	1:10.20	1:09.65	2	8	
3 Mataya Thue	Heritage Woo	1:15.90	1:09.86	1	6	
4 Marley Hutchison	Mei Secondar	1:12.48	1:10.12	2	5	
5 Tess Bulka	Elgin Park S	1:11.33	1:10.94	2	4	
6 Haley Ribeiro	Earl Marriot	1:15.70	1:11.96	2	3	
7 Hana Tyndall	Gleneagle Secondary	1:08.16	1:12.16	2	2	
8 Serenah Roy	Sardis School	1:17.06	1:13.38	1	1	
9 Jessica Williams	Semiahmo Secondary	1:05.96	1:13.47	2		
10 Brooke Parry	Maple Ridge	1:15.22	1:13.66	2		
11 Brontë Elphick-Miner	Maple Ridge	1:23.38	x1:15.81	1		
12 Jadyne Weiss	Chilliwack S	1:18.02	1:15.82	1		
13 Isabella Lyons	Archbishop C	1:24.80	1:19.92	1		
14 Annze Villena	North Delta	1:31.50	1:25.46	1		

Women 1500 Meter Steeplechase Senior

Name	Year Team	Seed	Finals	Points	Alternate
1 Olivia Willett	Riverside Se	5:18.22	5:09.04	10	
2 Amelia Cairns	Heritage Woo	5:20.20	5:14.93	8	
3 Georgia Ginther	Earl Marriot	5:13.65	5:21.67	6	
4 Haley Ribeiro	Earl Marriot	5:51.70	5:25.30	5	
5 Jouen Chang	Credo Christ	5:26.90	5:25.74	4	
6 Kayla Weltzin	Brookwood	5:34.60	5:40.29	3	
7 Carly Good	Earl Marriot	5:59.11	x5:45.70		
8 Simran Sarai	Earl Marriot	6:13.21	x6:00.07		
9 Coco Wiebe	Earl Marriot	6:07.39	x6:05.60		
10 Julia Spearn	Walnut Grove	6:07.30	6:21.53	2	
11 Charlotte Daignault	Mission Secondary	6:53.10	6:29.78	1	
12 Jadyne Weiss	Chilliwack S	6:16.02	6:29.93		
-- Julia Ueda-Avarvari	Fleetwood Pa		DQ		cross line

Women 4x100 Meter Relay Senior

Team	Seed	Prelims	H#	Alternate
Preliminaries				
1 Lord Tweedsmuir 'A'		51.61Q	1	

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...Women 4x100 Meter Relay Senior

2 Maple Ridge Secondary 'A'	54.96	52.35Q	2
1) Elise Carelse			
3) Amy Milliard			
3 Earl Marriott Secondary 'A'		51.93Q	1
4 Gleneagle Secondary 'A'	53.20	52.44Q	2
5 Mei Secondary School 'A'	53.13	52.83Q	2
6 Semiahmoo Secondary 'A'	53.74	53.19Q	1
1) Gabrielle Hack			
3) Jessica Williams			
7 Clayton Heights Secondary 'A'		53.61q	2
8 Sardis School 'A'		53.73q	1
9 W.J Mouat 'A'	54.99	54.58	2
10 Heritage Woods Secondary 'A'	55.66	55.66	1
1) Mataya Thue			
3) Denny Siobhan			
11 Yale Secondary 'A'	56.44	56.18	1
12 Gleneagle Secondary 'B'	57.10	56.30	2
13 Maple Ridge Secondary 'B'	57.35	56.83	1
1) Bronte Elphick-Miner			
3) Blythe Parry			
14 Chilliwack Secondary School 'A'	57.33	57.46	2
1) Jadyne Weiss			
3) Morgan Miller			
15 Mission Secondary 'A'	57.46	57.66	1
1) Jojo Caverley			
3) Janie Green			
16 Queen Elizabeth SS - Surrey 'A'		59.37	2
2) Nichole Chun			
4) Hannah Nelson			
2) Alexa Porpaczy			
4) Aryana Ansari			
2) Brooke Parry			
4) Ilse Rafter			
2) Isabel Antonoli			
4) Shaila Weflen			
2) Sewon Son			
4) Amelia Janes			

Women 4x100 Meter Relay Senior

Team	Prelims	Finals	Points	Alternate
Finals				
1 Maple Ridge Secondary 'A'	52.35	50.57	10	
2 Earl Marriott Secondary 'A'	51.93	50.91	8	
3 Lord Tweedsmuir 'A'	51.61	51.41	6	
4 Gleneagle Secondary 'A'	52.44	52.32	5	
5 Mei Secondary School 'A'	52.83	52.36	4	
6 Semiahmoo Secondary 'A'	53.19	52.64	3	
7 Sardis School 'A'	53.73	53.47	2	
8 Clayton Heights Secondary 'A'	53.61	53.66	1	

Women 4x400 Meter Relay Senior

Team	Seed	Finals	H#	Points	Alternate
1 Sardis School 'A'		3:32.29	2	10	
2 Gleneagle Secondary 'A'	4:18.07	4:13.39	2	8	
3 Earl Marriott Secondary 'B'		4:15.32	1	6	
4 Maple Ridge Secondary 'A'	4:18.00	4:17.24	2	5	
1) Brooke Parry					
3) Jamie Hennessey					
5 Mei Secondary School 'A'	4:18.60	4:18.58	2	4	
6 Yale Secondary 'A'	4:27.20	4:21.43	2	3	
7 Clayton Heights Secondary 'A'		4:21.84	1	2	
2) Emily Morley					
4) Aaryanna Kurucz					

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....Women 4x400 Meter Relay Senior

1) Mollie Markin	2) Jessie Markin				
3) Lauren Chandra	4) Allison Scott				
8 Semiahmoo Secondary 'A'		4:30.01	4:22.30	2	1
9 Earl Marriott Secondary 'A'			4:26.96	1	
10 Brookswood 'A'			4:30.51	2	
11 Riverside Secondary School 'A'		4:40.02	4:37.62	2	
1)	2) Shelby Connelly				
3) Sarah Wade	4) Olivia Willett				
12 Fleetwood Park Secondary Schoo 'A'		4:47.78	4:40.85	1	
1) Jasmine Randhawa	2) Ravneet Tiwana				
3) Cassidy Bonderud	4) Julia Ueda-Avarvarei				
13 Yale Secondary 'B'		4:51.00	4:42.33	1	
14 W.J Mouat 'A'		4:40.04	4:42.63	1	
15 Gleneagle Secondary 'B'		4:45.12	4:43.54	1	
16 GW Graham - Chilliwack 'A'		4:41.03	4:45.03	1	

Women High Jump Senior

Name	Year Team	Seed	Finals	Points	Alternate
1 Alexa Porpaczy 1.60 1.65 1.70 1.75 1.80 O O O XO XXX	Semiahmoo Secondary	1.60m	1.75m	10	
2 Emma Conway 1.35 1.40 1.45 1.50 1.55 O O O XO XXX	Abbotsford C	1.30m	1.50m	8	
3 Jayden Bontkes 1.35 1.40 1.45 1.50 1.55 O O O XXO XXX	Langley Chri	1.30m	1.50m	6	
4 Isabella Lyons 1.25 1.30 1.35 1.40 1.45 1.50 XO O XO O XXO XXX	Archbishop C	1.40m	1.45m	5	
5 Kim Ehizode 1.35 1.40 1.45 O O XXX	Holy Cross Regional	1.40m	1.40m	4	
6 Audrey Heath 1.20 1.25 1.30 1.35 1.40 O O O XO XXX	Dr Charles Best	1.03m	1.35m	3	
7 Sarah McEvoy 1.25 1.30 1.35 O O XXX	Garibaldi Secondary	1.30m	1.30m	2	

Women Pole Vault Senior

Name	Year Team	Seed	Finals	Points	Alternate
1 Janessa Minderhoud 1.70 1.90 2.10 2.30 2.40 2.50 O O O O O XXX	Abbotsford C	2.00m	2.40m	10	

Women Long Jump Senior

Name	Year Team	Seed	Finals	Wind	Points	Alternate
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....Women Long Jump Senior

1	Jasmine Lew	Heritage Woo	5.72m	5.34m	NWI	10
	5.03m(NWI) 4.86m(NWI) 4.88m(NWI) 4.84m(NWI) 5.23m(NWI) 5.34m(NWI)					
2	Tamara Alexander	Mei Secondar	4.96m	4.97m	NWI	8
	4.56m(NWI) 4.88m(NWI) 4.97m(NWI) 4.90m(NWI)					
3	Jorden Hall	Earl Marriot	4.84m	4.97m	NWI	6
	4.89m(NWI) 4.97m(NWI)					
4	Natalia Monro	Walnut Grove	5.05m	4.97m	NWI	5
	4.88m(NWI) 4.97m(NWI) 4.85m(NWI) 4.69m(NWI) 4.88m(NWI) 4.74m(NWI)					
5	Lyzandria Enns	Mei Secondar	4.78m	4.72m	NWI	4
	4.44m(NWI) 4.40m(NWI) 4.33m(NWI) 4.22m(NWI) 4.72m(NWI)					
6	Kristen Lagerstrom	Pitt Meadows	5.10m	4.71m	NWI	3
	4.71m(NWI)					
7	Gabrielle Hack	Semiahmoo Secondary	4.95m	4.62m	NWI	2
	4.58m(NWI) 4.62m(NWI)					
8	Lauren Chandra	Clayton Heig	4.63m	4.55m	NWI	1
	4.47m(NWI) 4.55m(NWI) 4.47m(NWI)					
9	Francesca Dube	St. John Brebeuf	4.75m	4.43m	NWI	
	4.43m(NWI) 4.36m(NWI) 4.33m(NWI)					
10	Praise Osifo	Lord Tweedsmuir	4.54m	4.43m	NWI	
	4.09m(NWI) 4.43m(NWI)					
11	Emily Morley	Maple Ridge	4.80m	4.39m	NWI	
	4.36m(NWI) 4.15m(NWI) 4.39m(NWI)					
12	Louise Forsyth	Brookwood	4.73m	4.33m	NWI	
	4.33m(NWI) 3.96m(NWI)					
13	Hannah Nelson	Maple Ridge	4.37m	4.25m	NWI	
	4.25m(NWI) 4.12m(NWI) 4.19m(NWI)					
14	Kim Ehizode	Holy Cross Regional	4.29m	4.21m	NWI	
	3.74m(NWI) 4.21m(NWI) 3.90m(NWI)					
15	Aimee Milliard	Maple Ridge	4.45m	x4.20m	NWI	
	4.11m(NWI) 4.20m(NWI)					
16	Bonnie Xie	Sardis School	4.47m	4.17m	NWI	
	4.17m(NWI)					
17	Anne Yolland	Gleneagle Secondary	3.98m	4.05m	NWI	
	3.92m(NWI) 4.05m(NWI)					
18	Elise Carelse	Maple Ridge	4.11m	x4.03m	NWI	
	4.01m(NWI) 4.03m(NWI) 3.90m(NWI)					
19	Isabelle Pearson	Delta Secondary	4.01m	3.92m	NWI	
	3.92m(NWI) 3.83m(NWI)					
20	Shaelyn Kooyman	Unity Christian	4.24m	3.77m	NWI	
	3.77m(NWI) 3.52m(NWI) 3.51m(NWI)					
21	Teresa Lau	Johnston Hei	3.59m	3.75m	NWI	
	3.60m(NWI) 3.75m(NWI) 3.52m(NWI)					
22	Josepha Bassewitz	Delta Secondary	4.07m	3.69m	NWI	
	3.42m(NWI) 3.69m(NWI)					
23	Cate Tso	Port Moody S		3.50m	NWI	
	2.98m(NWI) 3.47m(NWI) 3.50m(NWI)					

Women Triple Jump Senior

=====							
Name	Year Team	Seed	Finals	Wind	Points	Alternate	
=====							
1	Gabrielle Hack	Semiahmoo Secondary	10.43m	10.95m	NWI	10	
	FOUL 10.95m(NWI) 10.79m(NWI) 10.29m(NWI) 10.87m(NWI) PASS						
2	Yuexin Liu	Semiahmoo Secondary	9.84m	10.35m	NWI	8	
	10.35m(NWI) FOUL 9.94m(NWI) 9.93m(NWI) 9.75m(NWI) 10.19m(NWI)						

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....Women Triple Jump Senior

3	Danika Cowie	Earl Marriot	9.63m	10.03m	NWI	6
	9.79m(NWI) 10.03m(NWI) FOUL	9.64m(NWI) PASS	PASS			
4	Lyzandria Enns	Mei Secondar	10.01m	9.81m	NWI	5
	9.76m(NWI) FOUL	9.81m(NWI) 9.69m(NWI) FOUL	FOUL			
5	Aimee Milliard	Maple Ridge	9.29m	9.58m	NWI	4
	9.34m(NWI) 9.42m(NWI) 9.33m(NWI) 9.15m(NWI) 9.03m(NWI) 9.58m(NWI)					
6	Serenah Roy	Sardis School	9.37m	9.48m	NWI	3
	9.04m(NWI) 8.83m(NWI) 9.48m(NWI) 8.68m(NWI) 9.08m(NWI) FOUL					
7	Hannah Nelson	Maple Ridge	9.37m	9.47m	NWI	2
	9.47m(NWI) 9.03m(NWI) 9.42m(NWI) 9.05m(NWI) FOUL	9.37m(NWI)				
8	Elise Carelse	Maple Ridge	9.16m	x9.22m	NWI	
	9.22m(NWI) 8.89m(NWI) 8.87m(NWI) 8.77m(NWI) 8.70m(NWI) 8.34m(NWI)					
9	Charlotte Koopmans	W.J Mouat	8.79m	9.13m	NWI	1
	9.03m(NWI) FOUL	9.13m(NWI)				
10	Jadyn Weiss	Chilliwack S	9.04m	8.75m	NWI	
	8.69m(NWI) 8.61m(NWI) 8.75m(NWI)					
11	Brontë Elphick-Miner	Maple Ridge	8.23m	x8.55m	NWI	
	8.12m(NWI) 8.55m(NWI) 7.99m(NWI)					
12	Cate Tso	Port Moody S	8.43m	8.46m	NWI	
	7.65m(NWI) 8.46m(NWI) 8.36m(NWI)					
13	Nichole Chun	Maple Ridge	7.97m	x7.83m	NWI	
	FOUL	7.83m(NWI) 7.30m(NWI)				
14	Manvi Sharma	Queen Elizab	6.99m	7.64m	NWI	
	7.37m(NWI) 7.45m(NWI) 7.64m(NWI)					
15	Navreet Badh	Queen Mary E	6.68m	7.24m	NWI	
	7.02m(NWI) 7.24m(NWI) FOUL					
16	Sophia Jiang	Pinetree Sec	7.44m	7.22m	NWI	
	FOUL	FOUL	7.22m(NWI)			
--	Fatima Osman	Queen Mary E	5.82m	FOUL		
	FOUL	FOUL	FOUL			

Women Shot Put 4 kg Senior

=====							
Name	Year	Team	Seed	Finals	Points	Alternate	
=====							
1	Dolly Gabri	Sullivan Heights	12.28m	12.50m	10		
	11.82m	FOUL	11.34m	11.81m	12.50m	FOUL	
2	Jv Patry-Smith	Terry Fox Se	10.04m	9.82m	8		
	9.75m	9.73m	9.81m	9.82m	FOUL		
3	Nia Cayenne	Holy Cross Regional	9.47m	9.09m	6		
	8.98m	8.81m	9.09m	8.41m	8.24m	8.43m	
4	Emily White	Agassiz Elem	7.91m	8.22m	5		
	8.05m	8.21m	8.05m	8.08m	7.95m	8.22m	
5	Brandi Pihowich	W.J Mouat	7.82m	8.08m	4		
	7.78m	7.62m	7.98m	7.91m	8.08m	FOUL	
6	Mellissa Gentry	W.J Mouat	7.91m	7.93m	3		
	7.83m	FOUL	7.56m	7.52m	7.74m	7.93m	
7	Hannah Forde	Sardis School	7.99m	7.89m	2		
	7.84m	7.89m	7.24m	7.09m	FOUL	7.13m	
8	Julianna Antonsen	Langley Chri	7.01m	7.41m	1		
	7.40m	7.00m	7.41m	7.28m	6.71m	7.20m	
9	Ruqayah Khan	Queen Mary E	5.90m	6.91m			
	5.82m	5.70m	6.91m				
10	Megan Nunner	Enver Creek	6.19m	6.13m			
	5.78m	6.13m	5.86m				

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....Women Shot Put 4 kg Senior

11	Serena Larsen	Yale Secondary	5.44m	6.03m
	5.69m 6.03m 5.52m			
12	Natte Thompson	RE Mountain	6.77m	5.95m
	FOUL FOUL 5.95m			
13	Ah Jin (angela) Yoo	Heritage Woo	6.14m	5.70m
	5.70m 5.40m FOUL			
14	Stephania Kamagranis	Mission Secondary	5.95m	5.63m
	5.40m 5.33m 5.63m			
15	Manvi Sharma	Queen Elizab	5.44m	5.47m
	5.47m			
--	Hailey Krieg	Yale Secondary	6.21m	FOUL
	FOUL FOUL			

Women Discus Throw 1 kg Senior

Name	Year	Team	Seed	Finals	Points	Alternate
1 Dolly Gabri		Sullivan Heights	42.10m	42.55m	10	
				41.91m 42.55m		
2 Jv Patry-Smith		Terry Fox Se	31.16m	30.92m	8	
				29.91m 27.59m 30.92m 30.90m 30.68m		
3 Nia Cayenne		Holy Cross Regional	31.72m	30.29m	6	
				30.29m 27.29m 23.85m		
4 Morgan Miller		Chilliwack S	29.81m	29.81m	5	
				29.81m 23.00m		
5 Louise Forsyth		Brookwood	30.77m	29.61m	4	
				27.46m 29.61m 28.39m 25.97m		
6 Hannah Lambert		Mission Secondary	27.18m	27.61m	3	
				24.82m 26.72m 25.94m 25.79m 27.61m		
7 Sewon Son		Mission Secondary	26.59m	24.81m	2	
				22.63m 24.81m 21.32m		
8 Mellissa Gentry		W.J Mouat	25.69m	24.21m	1	
				21.19m 24.21m 22.68m		
9 Abresia Foote		Abbotsford S	21.86m	22.87m		
				22.87m		
10 Ah Jin (angela) Yoo		Heritage Woo	15.81m	19.88m		
				19.88m 15.16m 16.82m		
11 Dadfar Sarah		Heritage Woo	19.48m	19.10m		
				16.18m 19.10m		
12 Stephania Kamagranis		Mission Secondary	17.97m	x16.83m		
				16.83m		
13 Sophia Nguyen		Johnston Hei	13.43m	16.69m		
				16.69m 13.54m		
14 Hannah Collins		W.J Mouat	15.77m	16.64m		
				16.64m 16.59m		
15 Julianna Antonsen		Langley Chri	17.63m	15.14m		
				15.14m 14.11m		
16 Annika Olsen		Earl Marriot	15.05m	13.79m		
				10.81m 12.92m 13.79m		
17 Emerald Schreier		Earl Marriot	8.49m	12.63m		
				12.63m		

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Women Hammer Throw 4 kg Senior

Name	Year Team	Seed	Finals	Points	Alternate
1 Tanika Dolfo	Langley Fundamental	47.15m	45.54m	10	
	FOUL 43.92m 45.54m 44.43m 45.00m 44.38m				
2 Dolly Gabri	Sullivan Heights	37.95m	41.82m	8	
	41.82m 40.06m FOUL 40.20m 39.68m FOUL				
3 Nia Cayenne	Holy Cross Regional	37.81m	39.10m	6	
	38.41m 39.05m FOUL FOUL FOUL 39.10m				
4 Camille Roberts	Elgin Park S	34.70m	37.68m	5	
	34.62m FOUL 36.52m 37.68m FOUL 35.91m				
5 Mellissa Gentry	W.J Mouat	37.21m	37.35m	4	
	37.35m FOUL 37.14m 36.65m FOUL FOUL				
6 Abresia Foote	Abbotsford S	35.80m	36.82m	3	
	35.69m 36.79m 36.11m 36.82m 35.55m 35.58m				
7 Stephania Kamagranis	Mission Secondary		29.51m	2	
	26.85m 29.51m 28.47m 25.81m 27.74m 28.96m				
8 Hannah Collins	W.J Mouat	28.90m	27.44m	1	
	27.44m 27.29m 25.19m 21.78m 22.63m 24.85m				
9 Jenna Dubois	Earl Marriot	9.44m	16.74m		
	16.05m 16.74m 16.40m				
-- Sofia Shayler	W.J Mouat	31.47m	FOUL		
	FOUL FOUL FOUL				

Women Javelin Throw 600 gram Senior

Name	Year Team	Seed	Finals	Points	Alternate
1 Jv Patry-Smith	Terry Fox Se	38.62m	34.08m	10	
	34.08m PASS PASS PASS PASS 32.91m				
2 Hannah Lambert	Mission Secondary	26.64m	31.38m	8	
	31.38m 28.09m FOUL 27.71m 28.49m 23.56m				
3 Julia Nick	Riverside Se	30.32m	29.57m	6	
	24.75m FOUL 28.46m 29.57m 28.70m FOUL				
4 Jaenjira Lane	W.J Mouat	28.39m	29.26m	5	
	28.29m 27.70m 29.26m 26.29m 27.09m 23.16m				
5 Erin Garrison	Gleneagle Secondary	30.38m	27.50m	4	
	26.06m 24.46m 25.83m 20.08m 27.50m 27.50m				
6 Olivia Jackson	W.J Mouat	28.26m	26.10m	3	
	25.30m 21.88m 22.04m 23.47m 26.10m 21.03m				
7 Audrey Heath	Dr Charles Best	24.18m	24.25m	2	
	24.02m 24.25m 21.47m FOUL 23.92m 23.07m				
8 Hannah Allison	RE Mountain	22.60m	23.82m	1	
	21.89m 20.45m 23.82m 21.58m 19.67m 20.58m				
9 Annabel Rowley	Highroad Academy	24.77m	23.81m		
	23.81m 20.97m 22.38m				
10 Lauren Chandra	Clayton Heig	21.06m	22.18m		
	20.38m 22.18m 21.95m				
11 Rida Abrahimi	Queen Mary E	19.60m	21.59m		
	18.67m 20.48m 21.59m				
12 Sewon Son	Mission Secondary	21.20m	21.51m		
	20.62m 21.51m 20.70m				
13 Michaela Read	GW Graham -	17.90m	20.44m		
	19.67m 20.44m 17.33m				
14 Coco Wiebe	Earl Marriot	26.17m	19.80m		
	FOUL FOUL 19.80m				

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...Women Javelin Throw 600 gram Senior

15	Hannah Collins	W.J Mouat	20.98m	x18.23m
	FOUL 18.23m FOUL			
16	Natte Thompson	RE Mountain	19.07m	18.07m
	18.07m 17.25m 14.10m			
17	Ruqayah Khan	Queen Mary E	12.34m	13.70m
	11.31m 10.53m 13.70m			
18	Megan Nunner	Enver Creek	8.02m	12.76m
	FOUL 12.76m 12.69m			

Women 1500 Meter Race Walk Senior

Name	Year Team	Seed	Finals	Points	Alternate
1 Charlotte Daignault	Mission Secondary	8:42.80	8:55.01	10	
2 Amelia Janes	Mission Secondary	9:05.80	8:59.54	8	
3 Emilie Peelo	Fleetwood Pa	10:02.55	9:10.79	6	
4 Abresia Foote	Abbotsford S	9:18.70	9:14.04	5	
5 Janie Green	Mission Secondary	9:32.60	x9:16.15		
6 Michayla Cardow	Abbotsford C	10:34.13	9:48.92	4	
7 Linda Clarke-Harter	Chilliwack S	10:25.40	9:58.05	3	
8 Jessee Villar	Burnsview Secondary	12:11.09	11:22.76	2	

Men 100 Meter Dash Gr 8

Name	Year Team	Seed	Prelims	Wind H#	Alternate
Preliminaries					
1 David Midgley	Walnut Grove	11.66	11.84Q	-0.5	4
2 Roy Jiang	Southridge School	11.91	12.01Q	-0.6	2
3 Harvir Panesar	Delta Secondary	11.88	12.14Q	+0.0	3
4 Francky Priebe	Highroad Academy	12.19	12.27Q	0.8	1
5 Samuel Nelson	Maple Ridge	12.18	12.34q	0.8	1
6 Mitchell Gibbs	Pacific Academy	12.38	12.35q	-0.6	2
7 Ty Stevenson	Maple Ridge	12.88	12.58q	+0.0	3
8 Cade Armour	Srt	12.56	12.59q	+0.0	3
9 Alex Lamyin	South Delta School	12.55	12.62	-0.5	4
10 Sawyer Collie	Unity Christian	12.48	12.64	-0.5	4
11 Harman Taggar	Enver Creek	12.71	12.80	-0.6	2
12 Carter Smith	Pitt Meadows	12.82	12.90	0.8	1
13 Amitoj Arora	Tamanawis Se	12.89	12.90	-0.5	4
14 Ramey Kasim	Enver Creek	13.08	12.93	+0.0	3
15 Tremel States-Jones	Lord Tweedsmuir	13.00	12.98	-0.5	4
16 Parker McKeeman	Pitt Meadows	12.42	13.04	+0.0	3
17 Emmitt Underwood	Garibaldi Secondary	13.30	13.05	-0.6	2
18 Nelson Schmidt	Abbotsford C	13.20	13.13	0.8	1
19 Jack Emley-Graham	Maple Ridge	13.24	13.21	0.8	1
20 Harshvir Lamba	Queen Elizab	12.84	13.22	-0.6	2
21 Max Gelineau	Brookwood	13.15	13.28	-0.6	2
22 Nolan Okamura	South Delta School	13.49	13.87	+0.0	3
23 Lucas Radstaak	Seaquam Seco	13.64	13.90	-0.5	4
24 Benji Munoz-Marte	Seaquam Seahawks	14.61	14.44	+0.0	3
25 Zach Rai	Southpointe Academy	14.67	14.52	-0.6	2
26 Jackson Napier	Seaquam Seco	14.48	14.89	-0.5	4

2017 Fraser Valley Track and Field Championships - 5/15/17 to 5/19/17**Zone -
Results****Men 100 Meter Dash Gr 8**

Name	Year Team	Prelims	Finals	Wind	Points	Alternate
Finals						
1 David Midgley	Walnut Grove	11.84	11.47	1.8	10	
2 Harvir Panesar	Delta Secondary	12.14	11.63	1.8	8	
3 Roy Jiang	Southridge School	12.01	11.78	1.8	6	
4 Mitchell Gibbs	Pacific Academy	12.35	12.10	1.8	5	
5 Francky Priebe	Highroad Academy	12.27	12.14	1.8	4	
6 Samuel Nelson	Maple Ridge	12.34	12.22	1.8	3	
7 Cade Armour	Srt	12.59	12.34	1.8	2	
8 Ty Stevenson	Maple Ridge	12.58	12.61	1.8	1	

Men 200 Meter Dash Gr 8

Name	Year Team	Seed	Prelims	Wind	H#	Alternate
Preliminaries						
1 David Midgley	Walnut Grove	24.29	23.71Q	NWI	3	
2 Roy Jiang	Southridge School	24.66	24.19Q	0.1	2	
3 Harvir Panesar	Delta Secondary	25.04	24.45Q	1.0	1	
4 Francky Priebe	Highroad Academy	25.48	24.73Q	0.1	2	
5 Samuel Nelson	Maple Ridge	24.96	25.03Q	1.0	1	
6 Mitchell Gibbs	Pacific Academy	25.80	25.43Q	NWI	3	
7 Alex Lamyin	South Delta School	26.04	25.38q	0.1	2	
8 Cade Armour	Srt	25.84	25.55q	NWI	3	
9 Sawyer Collie	Unity Christian	26.17	25.61	1.0	1	
10 Parker McKeeman	Pitt Meadows	26.50	26.26	0.1	2	
11 Carter Smith	Pitt Meadows	26.66	26.38	NWI	3	
12 Kyu Hyun Yoon	Pacific Academy	27.03	26.39	1.0	1	
13 Tremel States-Jones	Lord Tweedsmuir	26.51	26.45	NWI	3	
14 Jack Emley-Graham	Maple Ridge	26.96	26.53	0.1	2	
15 Emmitt Underwood	Garibaldi Secondary	27.58	26.59	NWI	3	
16 Landy Liu	Kwantlen Par	28.80	26.71	1.0	1	
17 Nathan Chan	Pacific Academy	27.04	26.89	0.1	2	
18 Nelson Schmidt	Abbotsford C	27.01	26.90	1.0	1	
19 Lucas Radstaak	Seaquam Seco		27.43	1.0	1	
20 Ethan Lachowich	AD Rundle Middle	27.96	27.44	0.1	2	
21 Callum Middleton	Walnut Grove	27.57	28.00	NWI	3	

Men 200 Meter Dash Gr 8

Name	Year Team	Prelims	Finals	Wind	Points	Alternate
Finals						
1 David Midgley	Walnut Grove	23.71	23.76	-1.4	10	
2 Roy Jiang	Southridge School	24.19	24.02	-1.4	8	
3 Harvir Panesar	Delta Secondary	24.45	24.16	-1.4	6	
4 Francky Priebe	Highroad Academy	24.73	24.92	-1.4	5	
5 Samuel Nelson	Maple Ridge	25.03	24.95	-1.4	4	
6 Alex Lamyin	South Delta School	25.38	25.31	-1.4	3	
7 Mitchell Gibbs	Pacific Academy	25.43	25.92	-1.4	2	
8 Cade Armour	Srt	25.55	26.08	-1.4	1	

2017 Fraser Valley Track and Field Championships - 5/15/17 to 5/19/17**Zone -
Results****Men 400 Meter Dash Gr 8**

Name	Year Team	Seed	Prelims	H#	Alternate
Preliminaries					
1 Owen Pinto	Holy Cross Regional	55.49	55.24Q	3	
2 Alex Lamyin	South Delta School	59.32	57.35Q	2	
3 Jacob Bonikowsky	South Delta School	57.55	58.82Q	1	
4 Nicholas Monro	Walnut Grove	1:00.08	55.96Q	3	
5 Jake Procknow	Seaquam Seco	57.45	57.72Q	2	
6 Robin Gill	Delview Secondary	58.78	1:00.23Q	1	
7 Adrian Truong	Maple Ridge	59.58	59.89q	3	
8 Brady Van Unen	Earl Marriot	1:04.27	1:01.83q	1	
9 Jack Davison	Meadowridge	1:01.85	1:02.57	2	
10 Arlo Hamilton	Ecole Herita	1:04.74	1:02.98	2	
11 Darryl Tanzil	Walnut Grove	1:03.76	1:03.62	1	
12 Jakob Neufeld	Walnut Grove	1:03.59	1:03.66	3	
13 Amitoj Arora	Tamanawis Se	1:06.10	1:04.19	2	
14 Jaxon Stebbings	Lord Tweedsmuir	1:03.70	1:04.64	2	
15 John Alexander	Walnut Grove	1:05.59	1:05.17	3	
16 Owen Wright	Langley Chri	1:05.75	1:07.50	3	
17 Jared Aukema	Langley Chri	1:06.69	1:07.84	1	

Men 400 Meter Dash Gr 8

Name	Year Team	Prelims	Finals	Points	Alternate
Finals					
1 Owen Pinto	Holy Cross Regional	55.24	53.33	10	
2 Nicholas Monro	Walnut Grove	55.96	56.67	8	
3 Jacob Bonikowsky	South Delta School	58.82	57.39	6	
4 Jake Procknow	Seaquam Seco	57.72	59.28	5	
5 Robin Gill	Delview Secondary	1:00.23	1:01.15	4	
6 Adrian Truong	Maple Ridge	59.89	1:02.07	3	
-- Brady Van Unen	Earl Marriot	1:01.83	DNF		

Men 800 Meter Run Gr 8

Name	Year Team	Seed	Prelims	H#	Alternate
Preliminaries					
1 Cash Raymond	Earl Marriot	2:27.11	2:13.48Q	1	
2 Owen Pinto	Holy Cross Regional	2:15.11	2:14.65Q	2	
3 Jacob Bonikowsky	South Delta School	2:10.41	2:20.21Q	3	
4 Robin Gill	Delview Secondary	2:20.24	2:14.40Q	1	
5 Jack Davison	Meadowridge	2:21.60	2:16.41Q	2	
6 Josh Carsience	Mei Middle School	2:24.90	2:20.59Q	3	
7 Carter Stevenson	Maple Ridge	2:17.80	2:14.84q	1	
8 Jack Hardy	Walnut Grove	2:25.60	2:19.43q	2	
9 Gavin Thomas	AD Rundle Middle	2:25.00	2:20.71	3	
10 Elichai Manseel	Guildford Park	2:31.93	2:24.24	1	
11 Alan Zietlow	Earl Marriot	2:32.19	2:24.58	2	
12 Jadyn Gudjanson	Chilliwack M	2:26.30	2:25.38	1	
13 Jake Driscoll	Vedder Middl	2:28.90	2:28.18	2	
14 Payton Downey	Thomas Haney	2:32.10	2:30.85	1	
15 Jaxon Stebbings	Lord Tweedsmuir	2:39.83	2:32.63	3	
16 Devon Kim	Semiahmo Secondary	2:40.53	2:34.89	2	

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...Men 800 Meter Run Gr 8

17	Quinn Thomson	Brookwood	2:31.60	2:34.89	2
18	Hunter Saindon	Lord Tweedsmuir	2:44.10	2:35.03	1
19	Brian Lee	Meadowridge	2:29.60	2:37.62	3
20	Gabriel Whitaker	Walnut Grove	2:34.50	2:41.31	3
21	James Konlup	Burnsview Secondary	3:00.00	2:57.48	2

Men 800 Meter Run Gr 8

Name	Year Team	Prelims	Finals	Points	Alternate
Finals					
1	Owen Pinto	Holy Cross Regional	2:14.65	1:58.86	10
2	Jacob Bonikowsky	South Delta School	2:20.21	2:08.82	8
3	Carter Stevenson	Maple Ridge	2:14.84	2:15.25	6
4	Jack Hardy	Walnut Grove	2:19.43	2:16.75	5
5	Robin Gill	Delview Secondary	2:14.40	2:17.42	4
6	Josh Carsience	Mei Middle School	2:20.59	2:24.11	3
7	Cash Raymond	Earl Marriot	2:13.48	2:27.82	2

Men 1500 Meter Run Gr 8

Name	Year Team	Seed	Finals	Points	Alternate
1	Owen Pinto	Holy Cross Regional	4:46.58	4:18.74	10
2	Jacob Bonikowsky	South Delta School	4:29.25	4:25.56	8
3	Josh Carsience	Mei Middle School	4:46.20	4:46.06	6
4	Cash Raymond	Earl Marriot	4:54.67	4:47.54	5
5	Carter Stevenson	Maple Ridge	4:47.60	4:48.56	4
6	Jack Hardy	Walnut Grove	4:55.70	4:50.78	3
7	Gregory De Raadt	Unity Christian	5:06.00	4:51.66	2
8	Gavin Thomas	AD Rundle Middle	5:03.00	4:51.70	1
9	James Dejager	Abbotsford C	4:51.70	4:52.25	
10	Joshua Chapman	Pacific Academy	5:09.31	4:53.66	
11	Brady Sandes	Langley Chri	5:08.90	4:55.93	
12	Nick Raymond	Walnut Grove	5:09.20	4:56.77	
13	Grant Verhoeven	Holy Cross Regional	5:04.72	4:57.20	
14	Jadyn Gudjanson	Chilliwack M	5:04.50	4:58.62	
15	Matthew Trent	Abbotsford C	5:02.90	4:59.91	
16	Evan Slofstra	White Rock C	5:01.98	5:00.00	
17	Logan Picard	Walnut Grove	4:58.30	x5:00.51	
18	Parv Sood	Burnsview Secondary	5:11.94	5:16.50	
19	Andres Pena	South Delta School	5:37.85	5:34.62	
20	James Konlup	Burnsview Secondary	5:59.25	5:51.74	

Men 3000 Meter Run Gr 8

Name	Year Team	Seed	Finals	Points	Alternate
1	Matthew Trent	Abbotsford C	10:24.30	10:26.73	10
2	Jack Hardy	Walnut Grove	10:25.40	10:28.64	8
3	Finn Longhurst	Vedder Middl	10:32.70	10:30.52	6
4	Joshua Chapman	Pacific Academy	10:37.00	10:37.42	5
5	Gregory De Raadt	Unity Christian	11:06.10	10:37.58	4
6	Evan Slofstra	White Rock C	11:25.53	10:37.95	3
7	Micah Logie	Earl Marriot	10:50.55	10:38.64	2

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...Men 3000 Meter Run Gr 8

8 Nick Raymond	Walnut Grove	10:49.60	10:41.06	1
9 Jack Johnston	Vedder Middl	10:53.90	10:43.29	
10 Abram Wiebe	Mei Middle School	11:29.30	11:19.15	
11 Asher Barnsdale	Mei Middle School	11:08.80	11:40.06	
12 Calvin Dumont-Belanger	Chilliwack M	11:45.70	11:52.09	
13 Eric Heuving	Langley Chri	11:46.80	11:52.96	
14 Daya Sarai	Earl Marriot	11:57.06	11:53.68	
15 Matthew Spoor	Credo Christ	11:52.00	12:02.85	
16 Sean Murray	White Rock C	12:30.52	12:10.21	
17 Colin Murray	White Rock C	12:58.64	x13:43.48	

Men 100 Meter Hurdles Gr 8

Name	Year Team	Seed	Prelims	Wind H#	Alternate
Preliminaries					
1 Praise Aniamaka	Pacific Academy	15.71	15.39Q	0.3	3
2 Brady Sandes	Langley Chri	17.38	16.28Q	+0.0	1
3 Jackson Napier	Seaquam Seco	18.36	18.08Q	+0.0	2
4 Ryan Williams	Abbotsford C	18.62	17.98Q	0.3	3
5 Nelson Schmidt	Abbotsford C	19.66	18.10Q	+0.0	2
6 Seth Mangroo	Langley Chri	18.23	18.35Q	+0.0	1
7 Jacob Niblet	White Rock C	20.47	18.83q	+0.0	2
8 Jared Aukema	Langley Chri	22.06	19.86q	+0.0	1
9 Emerson Balosbalos	Lord Tweedsmuir	21.03	20.13	0.3	3
10 Danny Hong	White Rock C	21.02	20.24	0.3	3
11 Owen Wright	Langley Chri	35.06	20.90	+0.0	2
12 Adam Pederson	Lord Tweedsmuir	16.17	21.51	+0.0	2
13 Nathan Davidson	White Rock C	21.73	22.26	+0.0	2
14 Joel Vanderveen	Abbotsford C	22.92	26.51	+0.0	1

Men 100 Meter Hurdles Gr 8

Name	Year Team	Prelims	Finals	Wind	Points	Alternate
Finals						
1 Praise Aniamaka	Pacific Academy	15.39	15.20	0.1	10	
2 Brady Sandes	Langley Chri	16.28	16.20	0.1	8	
3 Seth Mangroo	Langley Chri	18.35	17.53	0.1	6	
4 Ryan Williams	Abbotsford C	17.98	17.76	0.1	5	
5 Nelson Schmidt	Abbotsford C	18.10	17.86	0.1	4	
6 Jackson Napier	Seaquam Seco	18.08	18.52	0.1	3	
7 Jacob Niblet	White Rock C	18.83	18.68	0.1	2	
8 Jared Aukema	Langley Chri	19.86	x19.82	0.1		

Men 200 Meter Hurdles Gr 8

Name	Year Team	Seed	Finals	Wind	H#	Points	Alternate
1 Praise Aniamaka	Pacific Academy	28.98	26.99	0.8	3	10	
2 Adam Pederson	Lord Tweedsmuir	30.08	29.14	0.8	3	8	
3 Taylor Sillars	Pacific Academy	29.58	29.52	0.8	3	6	
4 Andrew Meier	Brookwood	29.97	29.91	0.8	3	5	
5 Seth Mangroo	Langley Chri	30.48	30.06	0.8	3	4	
6 Justus Vanspronsen	Credo Christ	31.88	30.10	0.8	2	3	

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...Men 200 Meter Hurdles Gr 8

7 Elichai Manseel	Guildford Park	31.47	30.41	0.8	2	2
8 Isaac Hamilton	HD Stafford	29.89	30.51	0.8	3	1
9 Praveen Wickramaarachchi	Walnut Grove	31.05	30.83	0.8	3	
10 Ethan Hagerty	Lord Tweedsmuir	32.19	31.29	0.8	2	
11 Jared Aukema	Langley Chri	33.81	32.17	0.8	2	
12 Max Gelineau	Brookswood	32.90	32.24	0.8	2	
13 Owen Wright	Langley Chri	20.74	x33.35	0.8	3	
14 Danny Hong	White Rock C	33.04	33.36	0.8	2	
15 Josh Vuong	Abbotsford C	36.36	34.37	0.8	2	
16 Jacob Niblet	White Rock C	34.56	35.45	0.8	2	
17 Isaiah Kok	Credo Christ	36.68	36.35	0.9	1	
18 Declan Torio	Langley Fundamental	37.92	36.38	0.9	1	
19 Carsen Grim	Langley Chri	38.92	x38.37	0.9	1	

Men 4x100 Meter Relay Gr 8

Team	Seed	Finals	H#	Points	Alternate
1 Maple Ridge Secondary 'A' 1) Samuel Nelson 3) Ty Stevenson	49.22	48.03	2	10	
2) Adrian Truong 4) Jack Emly-Graham					
2 Walnut Grove Secondary 'B'		48.53	2	8	
3 Pacific Academy 'A'	50.07	48.93	2	6	
4 Highroad Academy 'A'	51.63	50.70	2	5	
5 Lord Tweedsmuir 'A'	53.45	51.91	2	4	
6 Brookswood 'A'		52.05	1	3	
7 Seaquam Secondary School 'A' 1) Jake Procknow 3) Jackson Napier	53.79	52.62	2	2	
2) Lucas Radstaak 4) Benji Munoz-Marte					
8 Walnut Grove Secondary 'A'		52.77	1	1	
9 Holy Cross Regional 'A'	54.79	53.22	1		
10 Earl Marriott Secondary 'A'		53.34	1		
11 Enver Creek Secondary 'A' 1) Harman Taggar 3) Omer Waraich	54.95	54.45	1		
2) Ramey Kasim 4) Gurshant Deol					
12 Walnut Grove Secondary 'C' -- Langley Christian School 'A'	54.17	x55.79 DQ	2		out of zone

Men 4x400 Meter Relay Gr 8

Team	Seed	Finals	H#	Points	Alternate
1 Walnut Grove Secondary 'A'		3:55.51	2	10	
2 Maple Ridge Secondary 'A' 1) Ty Stevenson 3) Carter Stevenson	4:07.04	3:57.06	2	8	
2) Jack Emley-Graham 4) Adrian Truong					
3 Pacific Academy 'A'		3:59.61	2	6	
4 Abbotsford Christian School 'A' 1) Spencer Langelaar 3) James Dejager	4:18.07	4:11.19	2	5	
2) Nelson Schmidt 4) Matthew Trent					
5 Highroad Academy 'A'	4:26.10	4:14.73	2	4	
6 Earl Marriott Secondary 'A'		4:16.43	1	3	
7 Walnut Grove Secondary 'B'		4:19.38	2	2	
8 Lord Tweedsmuir 'A'		4:20.90	1	1	
9 Mei Middle School 'A'	4:15.01	4:22.81	2		

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...Men 4x400 Meter Relay Gr 8

10	Langley Christian High School	'A'		4:24.32	1
11	Holy Cross Regional	'A'	4:39.54	4:25.67	1
12	White Rock Christian Academy	'A'	4:41.04	4:34.11	1
	1) Ramses Arizia		2) Wyatt Harivel		
	3) Evan Slofstra		4) Danny Hong		

Men High Jump Gr 8

Name	Year	Team	Seed	Finals	Points	Alternate
1 David Midgley		Walnut Grove	1.70m	1.75m	10	
1.55 1.60 1.65 1.70 1.75 1.80						
O XO O O XO XXX						
2 Nolan McEachern		Thomas Haney	1.70m	1.70m	8	
1.40 1.45 1.50 1.55 1.60 1.65 1.70 1.75						
O O O O XO O O XXX						
3 Ashton Koop		Garibaldi Secondary	1.65m	1.65m	6	
1.40 1.45 1.50 1.55 1.60 1.65 1.70						
O O O O O O XXX						
4 U'Shaun Campbell		Betty Gilber	1.65m	1.60m	5	
1.40 1.45 1.50 1.55 1.60 1.65						
O XO XO O O XXX						
5 Liam Vanderkooi		Abbotsford C	1.55m	1.55m	4	
1.30 1.35 1.40 1.45 1.50 1.55 1.60						
O O O O O O XXX						
6 Isaac Hamilton		HD Stafford	1.60m	1.55m	3	
1.30 1.35 1.40 1.45 1.50 1.55 1.60						
O O XO O O XO XXX						
7 Nick Schock		Semiahmoo Secondary	1.45m	1.50m	2	
1.35 1.40 1.45 1.50 1.55						
O O XO O XXX						
8 Dominic Beltrame		Holy Cross Regional	1.45m	1.45m	1	
1.30 1.35 1.40 1.45 1.50						
O O XXO O XXX						
9 Evan Slofstra		White Rock C	1.40m	1.45m		
1.25 1.30 1.35 1.40 1.45 1.50						
O O O XO XO XXX						
10 Ethan Fernand0		Holy Cross Regional	1.45m	1.45m		
1.25 1.30 1.35 1.40 1.45 1.50						
O XO O XXO XXO XXX						
11 Aiden McClenaghan		Garibaldi Secondary	1.40m	1.40m		
1.25 1.30 1.35 1.40 1.45						
XO XO XO XO XXX						
12 Jackson Napier		Seaquam Seco		1.35m		
1.25 1.30 1.35 1.40						
O O O XX						
13 Callum Middleton		Walnut Grove	1.40m	1.35m		
1.30 1.35 1.40						
XO O XXX						
14 Brenden Romeyn-Klassen		Vedder Middl	1.40m	1.35m		
1.30 1.35 1.40						
O XO XXX						
14 Jake Stobbe		Abbotsford C	1.35m	1.35m		
1.25 1.30 1.35 1.40						
O O XO XXX						

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**Zone -
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....Men High Jump Gr 8

14 Praveen Wickramaarachchi	Walnut Grove	1.40m	x1.35m
1.30 1.35 1.40			
O XO XXX			
17 Borea Kim	Johnston Hei	1.40m	1.35m
1.35 1.40			
XXO XXX			
17 Jacob Niblet	White Rock C	1.35m	1.35m
1.25 1.30 1.35 1.40			
O O XXO XXX			

Men Long Jump Gr 8

Name	Year Team	Seed	Finals	Wind	Points	Alternate
1 Mitchell Gibbs	Pacific Academy	5.39m	5.57m	NWI	10	
5.57m(NWI) 5.38m(NWI) 5.45m(NWI) FOUL		5.37m(NWI) 5.33m(NWI)				
2 Spencer Langelaar	Abbotsford C	5.22m	5.35m	NWI	8	
5.20m(NWI) FOUL 4.88m(NWI) FOUL		5.35m(NWI)				
3 Sawyer Collie	Unity Christian	4.96m	5.01m	NWI	6	
5.01m(NWI) 4.48m(NWI) 4.69m(NWI) 4.63m(NWI) 4.90m(NWI) 4.84m(NWI)						
4 Cade Armour	Srt	4.60m	4.96m	NWI	5	
4.44m(NWI) 4.96m(NWI) 4.62m(NWI) 4.69m(NWI) FOUL		FOUL				
5 Alejandro Palayo	Fraser Heigh	4.72m	4.94m	NWI	4	
4.81m(NWI) 4.06m(NWI) 4.94m(NWI) 4.88m(NWI) 4.47m(NWI) 4.66m(NWI)						
6 Elijah Grimard	Highroad Academy	4.95m	4.86m	NWI	3	
4.86m(NWI) 4.86m(NWI) 4.72m(NWI) 4.69m(NWI) 4.80m(NWI)						
7 Amitoj Arora	Tamanawis Se	4.27m	4.79m	NWI	2	
4.75m(NWI) 4.40m(NWI) 4.79m(NWI)						
8 Emmitt Underwood	Garibaldi Secondary	4.68m	4.70m	NWI	1	
4.65m(NWI) 4.70m(NWI) 4.55m(NWI) 4.67m(NWI) 4.48m(NWI) 4.59m(NWI)						
9 Cole Wilkie	St. John Brebeuf	4.65m	4.48m	NWI		
4.35m(NWI) 4.45m(NWI) 4.48m(NWI)						
10 Brenden Romeyn-Klassen	Vedder Middl	4.56m	4.35m	NWI		
4.35m(NWI) 3.99m(NWI) 4.10m(NWI)						
11 Benji Munoz-Marte	Seaquam Seahawks		4.32m	NWI		
4.21m(NWI) 4.18m(NWI) 4.32m(NWI)						
12 Lucas Radstaak	Seaquam Seco		4.26m	NWI		
4.26m(NWI) 4.08m(NWI) 4.10m(NWI)						
13 Andrew Meier	Brookwood	4.75m	4.20m	NWI		
3.98m(NWI) 4.20m(NWI) 4.13m(NWI)						
14 Peter Phuc	Betty Gilber	4.26m	4.15m	NWI		
4.15m(NWI) 3.75m(NWI) 3.85m(NWI)						
15 Alan Zietlow	Earl Marriot	4.29m	4.12m	NWI		
3.78m(NWI) 3.89m(NWI) 4.12m(NWI)						
16 Nick Schock	Semiahmo Secondary	4.21m	4.08m	NWI		
4.08m(NWI) 4.06m(NWI) 3.90m(NWI)						
17 Omar Khan	Southpointe Academy	3.66m	3.97m	NWI		
3.97m(NWI) 3.71m(NWI) 3.64m(NWI)						
18 Dylan Szakszon-Tovar	North Surrey	4.00m	3.94m	NWI		
FOUL 3.88m(NWI) 3.94m(NWI)						
19 Arshpreet Bahra	Tamanawis Se	3.88m	3.81m	NWI		
3.81m(NWI) 3.72m(NWI) 3.49m(NWI)						

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Men Triple Jump Gr 8

Name	Year Team	Seed	Finals	Wind	Points	Alternate
1 Praise Aniamaka	Pacific Academy	11.42m	12.33m	-0.9	10	
12.33m(-0.9) 11.39m(+0.0) 12.15m(+0.0) 11.96m(+0.0) 11.69m(+0.0)						
2 Spencer Langelaar	Abbotsford C	10.85m	10.78m	NWI	8	
10.78m(NWI) 10.76m(NWI) 0.10m(NWI)						
3 Kyu Hyun Yoon	Pacific Academy	9.38m	10.45m	+0.0	6	
10.45m(+0.0) FOUL 9.29m(+0.0) FOUL(-0.0) 9.10m(0.4)						
4 Alejandro Palayo	Fraser Heigh	10.42m	10.17m	+0.0	5	
10.15m(+0.0) 9.83m(+0.0) 9.75m(+0.0) 9.76m(+0.0) 10.17m(+0.0) 10.10m(+0.0)						
5 Isaac Hamilton	HD Stafford	10.49m	10.07m	NWI	4	
9.99m(+0.0) 10.07m(-0.0) FOUL(+0.0) 9.65m(0.3) FOUL(+0.0) 9.33m(+0.0)						
6 Ethan Hagerty	Lord Tweedsmuir	9.47m	9.77m	+0.0	3	
9.38m(0.8) 9.77m(+0.0) 9.53m(+0.0) FOUL FOUL FOUL						
7 Landy Liu	Kwantlen Par	9.41m	9.58m	+0.0	2	
9.20m(+0.0) 9.42m(0.1) 9.39m(+0.0) 9.53m(+0.0) 9.58m(+0.0)						
8 Karan Athwal	Lord Tweedsmuir	9.48m	9.37m	+0.0	1	
FOUL 9.37m(+0.0) FOUL FOUL FOUL 8.92m(+0.0)						
9 Gavin Thomas	AD Rundle Middle	9.95m	9.33m	+0.0		
9.33m(+0.0) 9.19m(+0.0) FOUL						
10 Jason Guirguis	Pacific Academy	8.77m	x8.73m	+0.0		
8.38m(+0.0) 8.73m(+0.0) 8.59m(+0.0)						
11 Nathan Um	Highroad Academy	8.67m	8.50m	+0.0		
8.45m(+0.0) 8.34m(0.3) 8.50m(+0.0)						
12 Kaleb Stel	Credo Christ	8.12m	8.29m	+0.0		
8.24m(-0.4) 8.08m(+0.0) 8.29m(+0.0)						
13 Justin Nguyen	Mei Middle School	8.23m	8.27m	+0.0		
8.27m(+0.0) FOUL 8.10m(+0.0)						
14 Carsen Grim	Langley Chri	7.66m	7.80m	+0.0		
FOUL(+0.0) 7.75m(+0.0) 7.80m(+0.0)						
15 Michael Moore	Walnut Grove	7.64m	7.50m	+0.0		
7.50m(+0.0) 7.20m(+0.0) FOUL						

Men Shot Put Gr 8

Name	Year Team	Seed	Finals	Points	Alternate
1 Charn Nijjar	Queen Mary E	11.63m	11.21m	10	
10.32m 11.21m 10.99m 9.88m 10.45m FOUL					
2 Phil Akagu-Jones	Pacific Academy	11.00m	10.59m	8	
8.31m 10.11m 9.74m 9.52m 10.59m 9.58m					
3 Trey Smith	Mei Middle School	10.58m	10.53m	6	
9.75m 9.70m 9.87m 9.98m 10.53m 10.24m					
4 Jordan Dickhof	Langley Chri	9.48m	9.73m	5	
9.34m 9.13m 8.81m 9.37m 9.73m 9.31m					
5 Evan McMartin	Semiahmoo Secondary	8.94m	9.38m	4	
8.47m 9.38m 8.92m 8.73m 8.20m 8.89m					
6 Martin Jirava	Lord Tweedsmuir	8.76m	9.03m	3	
8.05m FOUL 8.63m 7.94m 8.69m 9.03m					
7 Dhillion Myers	AD Rundle Middle	8.74m	8.92m	2	
8.01m 7.91m 8.45m 8.02m 8.92m 8.29m					
8 Jake Stobbe	Abbotsford C	8.47m	8.55m	1	
7.41m 8.55m 8.44m FOUL 8.08m 8.34m					
9 Henry Lesinski	Elgin Park S	6.76m	8.12m		
7.72m 7.70m 8.12m					

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....Men Shot Put Gr 8

10 Aiden McClenaghan	Garibaldi Secondary	8.16m	7.97m
7.97m FOUL 7.35m			
11 Brandon Folkerts	Langley Chri	7.75m	7.89m
7.89m 6.75m 7.25m			
12 Nathan Um	Highroad Academy	8.34m	7.78m
7.06m 7.78m 7.56m			
13 Giuliano Bertolini	Pacific Academy	7.54m	7.62m
FOUL FOUL 7.62m			
14 Ty Stevenson	Maple Ridge	8.89m	7.52m
FOUL 7.52m 7.05m			
15 Noah Wong	Meadowridge	8.05m	7.28m
7.06m 6.25m 7.28m			
16 Thomas Flukiger	Unity Christian	8.29m	7.02m
6.98m 7.02m 6.99m			

Men Discus Throw Gr 8

Name	Year Team	Seed	Finals	Points	Alternate
1 Jordan Dickhof	Langley Chri	28.12m	31.38m	10	
27.75m 28.90m 31.02m 23.30m FOUL 31.38m					
2 Samuel Nelson	Maple Ridge	29.24m	28.93m	8	
25.46m 27.13m 28.93m 28.24m FOUL					
3 Spencer Langelaar	Abbotsford C	22.53m	28.92m	6	
27.28m 28.92m 25.53m 26.10m 24.69m 26.24m					
4 Evan McMartin	Semiahmoo Secondary	28.44m	28.23m	5	
26.69m 22.31m FOUL 20.35m 27.09m 28.23m					
5 Billy Ratcliff	Mei Middle School	28.18m	27.26m	4	
22.28m FOUL 25.27m 27.26m 26.20m 22.35m					
6 Camden Koch	Mei Middle School	22.16m	25.33m	3	
22.25m 21.78m 25.33m FOUL FOUL 22.36m					
7 Collin Visarra	Holy Cross Regional	24.33m	25.23m	2	
FOUL FOUL 24.72m 24.25m 24.60m 25.23m					
8 Nick Schock	Semiahmoo Secondary	21.29m	23.44m	1	
23.44m 21.63m 21.98m 22.17m 21.01m 22.04m					
9 Charn Nijjar	Queen Mary E	34.98m	21.96m		
FOUL FOUL 21.96m					
10 Hunter Saindon	Lord Tweedsmuir	22.15m	21.95m		
19.39m 21.08m 21.95m					
11 Trey Smith	Mei Middle School	27.29m	x21.68m		
21.68m 19.98m 19.13m					
12 Martin Jirava	Lord Tweedsmuir	20.85m	21.08m		
18.40m 18.92m 21.08m					
13 Jake Stobbe	Abbotsford C	21.61m	20.90m		
FOUL 14.92m 20.90m					
14 Ashton Koop	Garibaldi Secondary	21.28m	20.18m		
FOUL FOUL 20.18m					
-- Aiden McClenaghan	Garibaldi Secondary	24.41m	FOUL		
FOUL FOUL FOUL					

Men Javelin Throw Gr 8

Name	Year Team	Seed	Finals	Points	Alternate
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....Men Javelin Throw Gr 8

1	Nicholas Monro	Walnut Grove	24.29m	39.45m	10
	35.50m 31.87m 33.67m 35.76m 33.94m 39.45m				
2	Trey Smith	Mei Middle School	34.02m	39.04m	8
	39.04m 37.09m 33.74m 36.72m 34.95m 32.06m				
3	Josh Carsience	Mei Middle School	34.80m	37.00m	6
	26.50m 33.50m 30.60m 33.49m 35.70m 37.00m				
4	Jordan Dickhof	Langley Chri	33.91m	34.40m	5
	29.80m 31.38m 34.05m 34.40m 26.61m 28.03m				
5	Ty Stevenson	Maple Ridge	34.75m	33.61m	4
	28.36m 27.34m 29.32m 29.66m 16.95m 33.61m				
6	Martin Jirava	Lord Tweedsmuir	30.81m	33.52m	3
	33.52m 29.53m 29.22m 26.21m 27.02m 26.10m				
7	Liam Vanderkooi	Abbotsford C	29.34m	30.93m	2
	27.35m 30.16m 30.93m 29.50m 30.03m 30.05m				
8	Adrian Truong	Maple Ridge	27.34m	28.48m	1
	27.67m 28.48m 26.57m 24.26m FOUL 27.06m				
9	Justin Nguyen	Mei Middle School	25.04m	x27.91m	
	27.91m 21.37m 25.27m				
10	Collin Visarra	Holy Cross Regional	22.33m	26.38m	
	17.71m 25.56m 26.38m				
11	Nathan Smith	Holy Cross Regional	21.58m	26.16m	
	23.97m 26.16m 18.84m				
12	Brenden Romeyn-Klassen	Vedder Middl	28.72m	25.75m	
	25.75m 25.37m FOUL				
13	Parker Brown	Rosedale Tra	26.98m	25.21m	
	25.21m 23.09m 23.62m				
14	Hunter Saindon	Lord Tweedsmuir	22.02m	25.07m	
	25.07m 21.80m FOUL				
15	Jacob Seter	Lord Tweedsmuir	19.59m	x22.91m	
	22.91m FOUL FOUL				
16	Dominic Beltrame	Holy Cross Regional	20.78m	x20.83m	
	18.03m 20.83m 16.29m				
17	Jed Borseth	Mei Middle School	23.34m	x16.89m	
	15.06m 16.89m				

Men 100 Meter Dash Junior

Name	Year Team	Seed	Prelims	Wind H#	Alternate
Preliminaries					
1	Jaden Severy Terry Fox Se	11.49	11.63Q +0.0	1	
2	Ryan Pederson Lord Tweedsmuir	11.46	11.64Q +0.0	3	
3	Adam Wang Heritage Woo	11.53	11.81Q -0.3	2	
4	Jesaiah Penson-McCoy Frank Hurt Sec	11.68	11.64Q +0.0	1	
5	Tyler Parsons Chilliwack S	12.18	11.76Q +0.0	3	
6	Julio Ruddle-Webb South Delta School	11.56	11.88Q -0.3	2	
7	Ian Vandergugten Credo Christ	11.75	11.85q +0.0	3	
8	Kanai Josh Lord Tweedsmuir	11.88	11.88q +0.0	1	
9	Keaton Lees Semiahmoo Secondary	11.87	11.91 -0.3	2	
10	Nathan Hausermann W.J Mouat	11.96	11.95 +0.0	3	
11	Spencer Thiessen Sardis School	11.98	11.95 +0.0	1	
12	Thane Timmerman Abbotsford S	12.67	11.95 +0.0	3	
13	Jaxson Koch Mei Secondar	11.90	11.98 +0.0	3	
14	Jaden Cole Mei Secondar	12.05	12.04 -0.3	2	
15	Wiltosso Neufeld Unity Christian	11.83	12.04 +0.0	1	
16	Alex Le Lord Tweedsmuir	12.21	12.05 -0.3	2	

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...Men 100 Meter Dash Junior

17	Juan Eraso	Sardis School	11.82	12.12	+0.0	3
18	Lucas Peacock	Heritage Woo	12.03	12.26	-0.3	2
19	Matthew Roadhouse	Ecole Herita	12.28	12.30	+0.0	1
20	Anthony Rich	Fraser Heigh	12.19	12.31	+0.0	1
21	Aaden Smith	Maple Ridge	12.14	12.36	+0.0	1
22	Owen Guertler	Panorama Rid	12.15	12.39	+0.0	3
23	Edward Riddell	Archbishop C	11.87	12.48	-0.3	2

Men 100 Meter Dash Junior

Name	Year Team	Prelims	Finals	Wind	Points	Alternate
Finals						
1	Jesaiah Penson-McCoy	Frank Hurt Sec	11.64	11.48	0.4	10
2	Jaden Severy	Terry Fox Se	11.63	11.50	0.4	8
3	Ryan Pederson	Lord Tweedsmuir	11.64	11.54	0.4	6
4	Adam Wang	Heritage Woo	11.81	11.65	0.4	5
5	Kanai Josh	Lord Tweedsmuir	11.88	11.78	0.4	4
6	Ian Vandergugten	Credo Christ	11.85	11.80	0.4	3
7	Tyler Parsons	Chilliwack S	11.76	12.06	0.4	2

Men 200 Meter Dash Junior

Name	Year Team	Seed	Prelims	Wind	H#	Alternate
Preliminaries						
1	Ryan Pederson	Lord Tweedsmuir	23.34	23.38Q	0.2	2
2	Jaden Severy	Terry Fox Se	23.13	23.61Q	+0.0	3
3	Adam Wang	Heritage Woo	23.43	23.78Q	+0.0	1
4	Jesaiah Penson-McCoy	Frank Hurt Sec	24.63	23.76Q	0.2	2
5	Nathan Hausermann	W.J Mouat	23.94	23.93Q	+0.0	1
6	Thane Timmerman	Abbotsford S	24.13	24.16Q	+0.0	3
7	Wiltosso Neufeld	Unity Christian	24.29	23.98q	0.2	2
8	Juan Eraso	Sardis School	24.51	24.10q	0.2	2
9	Tyler Parsons	Chilliwack S	24.48	24.16	+0.0	1
10	Jaden Cole	Mei Secondar	24.03	24.17	0.2	2
11	Owen Guertler	Panorama Rid	24.53	24.20	+0.0	3
12	Bob Nicol	Walnut Grove	24.72	24.55	+0.0	1
13	Aaron Williams	Heritage Woo	24.52	24.56	+0.0	3
14	Spencer Thiessen	Sardis School	25.14	24.57	0.2	2
15	Alex Le	Lord Tweedsmuir	24.71	24.81	+0.0	1
16	Isaiah Vanderveen	Abbotsford C	25.65	24.93	+0.0	3
17	Matthew Roadhouse	Ecole Herita	25.39	25.13	+0.0	3
18	Marc Pacatang	Fraser Heigh	25.58	25.16	+0.0	1
19	Anthony Rich	Fraser Heigh	25.53	25.24	0.2	2
20	Evan Wright	Walnut Grove	25.43	25.31	+0.0	3
21	Reilly Reynolds	Elgin Park S	25.53	25.47	+0.0	1
22	Alex Guraliuk	Westview Secondary	25.59	27.77	0.2	2

Men 200 Meter Dash Junior

Name	Year Team	Prelims	Finals	Wind	Points	Alternate
Finals						
1	Ryan Pederson	Lord Tweedsmuir	23.38	23.33	-1.8	10

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...Men 200 Meter Dash Junior

2	Jaden Severy	Terry Fox Se	23.61	23.34	-1.8	8
3	Jesaiah Penson-McCoy	Frank Hurt Sec	23.76	23.63	-1.8	6
4	Adam Wang	Heritage Woo	23.78	23.73	-1.8	5
5	Nathan Hausermann	W.J Mouat	23.93	23.78	-1.8	4
6	Wiltosso Neufeld	Unity Christian	23.98	24.04	-1.8	3
7	Juan Eraso	Sardis School	24.10	24.33	-1.8	2
8	Thane Timmerman	Abbotsford S	24.16	24.56	-1.8	1

Men 400 Meter Run Junior

Name	Year Team	Seed	Prelims	H#	Alternate
Preliminaries					
1	Nathan Hausermann	W.J Mouat	53.28	51.98Q	2
2	Jaden Severy	Terry Fox Se	54.42	52.69Q	1
3	Juan Eraso	Sardis School	54.39	53.69Q	3
4	Richard Midgley	Walnut Grove	54.47	53.36Q	2
5	Wiltosso Neufeld	Unity Christian	53.82	53.38Q	1
6	Felix Allen	RE Mountain	54.12	54.20Q	3
7	Owen Guertler	Panorama Rid	56.49	54.72q	1
8	Evan Wright	Walnut Grove	55.80	54.97q	1
9	Amardeep Mann	Yale Secondary	55.10	55.80	2
10	Ethan Borkowski	Holy Cross Regional	58.86	55.95	2
11	Matt Liosis	Maple Ridge	57.06	56.44	2
12	Amani Pollar-Dyck	W.J Mouat	56.26	56.62	3
13	Carson Garneau	Ecole Herita	57.19	57.21	1
14	Aaron Williams	Heritage Woo	57.95	57.74	3
15	Khashayar Effatparvar	Sardis School	56.99	57.76	2
16	Reilly Reynolds	Elgin Park S	58.44	57.98	1
17	Brennan Katsube	Delta Secondary	58.95	58.24	1
18	Josh Laughlin	Gleneagle Secondary	56.24	58.39	3
19	Moheb Razeq	Fleetwood Pa	59.39	58.85	3
20	Dylan Harris	Sardis School	57.23	58.99	3
21	Matthew Fayle	South Delta School	1:00.84	59.47	2
22	Blessing Nabbimba	Tamanawis Se	58.65	1:01.26	2
23	Liam Page	Lord Tweedsmuir	1:00.70	1:01.63	1
24	Imran Sran	Lord Tweedsmuir	1:00.63	1:05.84	3

Men 400 Meter Run Junior

Name	Year Team	Prelims	Finals	Points	Alternate
Finals					
1	Jaden Severy	Terry Fox Se	52.69	52.28	10
2	Nathan Hausermann	W.J Mouat	51.98	53.14	8
3	Richard Midgley	Walnut Grove	53.36	53.78	6
4	Felix Allen	RE Mountain	54.20	54.79	5
5	Wiltosso Neufeld	Unity Christian	53.38	56.34	4
6	Owen Guertler	Panorama Rid	54.72	56.80	3
7	Evan Wright	Walnut Grove	54.97	59.25	2
8	Juan Eraso	Sardis School	53.69	1:05.93	1

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**Zone -
Results**

Men 800 Meter Run Junior

Name	Year Team	Seed	Prelims	H#	Alternate
Preliminaries					
1	Brendan Mclaughlin	Heritage Woo	2:10.20	2:04.50Q	3
2	Kaelan House	Surrey Christian	2:20.19	2:04.82Q	1
3	Cameron Calbick	Walnut Grove	2:13.30	2:05.53Q	2
4	Richard Midgley	Walnut Grove	2:11.30	2:05.58Q	2
5	Amardeep Mann	Yale Secondary	2:11.80	2:05.85Q	1
6	Brennan Katsube	Delta Secondary	2:12.89	2:08.35Q	3
7	Khashayar Effatparvar	Sardis School	2:10.60	2:06.43q	1
8	Felix Allen	RE Mountain	2:11.00	2:06.47q	2
9	Mebius Zhang	Yale Secondary	2:15.70	2:09.47	3
10	Tyler Wilson	Lord Tweedsmuir	2:19.29	2:10.22	3
11	Stephen Klein	Credo Christ	2:13.10	2:10.97	1
12	Liam Selle	Maple Ridge	2:15.50	2:11.51	3
13	Evan Querngesser	Pitt Meadows	2:13.00	2:12.02	3
14	Trey Ference	Semiahmoo Secondary	2:15.39	2:14.43	1
15	Sam Manke	Pitt Meadows	2:15.00	2:14.91	2
16	Andrew Villena	North Delta	2:15.77	2:16.30	1
17	Micha Bonikowsky	Sands Secondary	2:18.50	2:17.19	1
18	Devin Mccrae	Heritage Woo	2:19.50	2:17.80	3
19	Samuel Costanzo	Semiahmoo Secondary	2:27.88	2:21.04	1
20	Lesi Korobosaga	Queen Mary E	2:28.10	2:21.52	3
21	Brendan Visser	Abbotsford C	2:17.00	2:21.72	2
22	Angad Bath	Tamanawis Se	2:23.92	2:23.15	2

Men 800 Meter Run Junior

Name	Year Team	Prelims	Finals	Points	Alternate
Finals					
1	Richard Midgley	Walnut Grove	2:05.58	2:05.99	10
2	Brendan Mclaughlin	Heritage Woo	2:04.50	2:07.32	8
3	Amardeep Mann	Yale Secondary	2:05.85	2:07.84	6
4	Cameron Calbick	Walnut Grove	2:05.53	2:08.49	5
5	Khashayar Effatparvar	Sardis School	2:06.43	2:09.02	4
6	Felix Allen	RE Mountain	2:06.47	2:10.38	3
7	Brennan Katsube	Delta Secondary	2:08.35	2:11.91	2
8	Kaelan House	Surrey Christian	2:04.82	2:14.87	1

Men 1500 Meter Run Junior

Name	Year Team	Seed	Finals	Points	Alternate
1	Tyson Baker	Tamanawis Se	4:21.53	4:15.49	10
2	Brendan Mclaughlin	Heritage Woo	4:26.50	4:21.56	8
3	Cameron Calbick	Walnut Grove	4:36.70	4:25.01	6
4	Michael Miller	Semiahmoo Secondary	4:33.87	4:26.99	5
5	Kaelan House	Surrey Christian	4:29.05	4:27.33	4
6	Riley Hall	Abbotsford C	4:37.50	4:29.71	3
7	Logan MacDonald	Sardis School	4:38.50	4:31.80	2
8	Everett Carter	W.J Mouat	4:39.20	4:31.82	1
9	Brayden Kells	Pacific Academy	4:35.70	4:31.94	
10	Stephen Klein	Credo Christ	4:38.00	4:34.39	
11	Trey Ference	Semiahmoo Secondary	4:43.29	4:35.90	

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...Men 1500 Meter Run Junior

12 Sam Manke	Pitt Meadows	4:42.00	4:36.91
13 Lucas Smith	St. John Brebeuf	4:43.30	4:38.97
14 Kerry Zhu	Yale Secondary	4:42.70	4:40.37
15 Sam Yeung	Gleneagle Secondary	4:46.31	4:40.93
16 Jared Dehaan	Credo Christ	4:40.40	4:42.47
17 Kai MacKenzie	W.J Mouat	4:43.60	4:43.50
18 Isaiah Power-Smith	Dr Charles Best	4:54.70	4:50.98
19 Andrew Villena	North Delta	4:55.56	4:51.01
20 Devin Mccrae	Heritage Woo	4:59.70	4:58.36

Men 3000 Meter Run Junior

Name	Year Team	Seed	Finals	Points	Alternate
1 Tyson Baker	Tamanawis Se	9:50.35	9:40.44	10	
2 Riley Hall	Abbotsford C	9:51.60	9:45.97	8	
3 Logan MacDonald	Sardis School	9:51.50	9:47.17	6	
4 Mark Potashov	Kwantlen Par	10:02.80	9:51.09	5	
5 Jaiveer Tirana	Fleetwood Pa	10:06.98	9:51.66	4	
6 Jared Dehaan	Credo Christ	10:08.70	9:52.94	3	
7 Caleb Graham	Unity Christian	10:23.90	9:53.94	2	
8 Mark Grandberg	Rick Hansen	10:18.40	9:54.25	1	
9 Kai MacKenzie	W.J Mouat	10:24.06	9:57.29		
10 Sam Yeung	Gleneagle Secondary	10:30.89	9:58.10		
11 Oliver Gibson	Elgin Park S		10:02.87		
12 Matthew Tymos	Semiahmoo Secondary	10:23.93	10:20.98		
13 Sam Manke	Pitt Meadows	10:32.00	10:26.56		
14 Marley Edwards	GW Graham -	10:39.90	10:31.05		
15 Nicholas Voth	Vedder Middl	10:29.20	10:45.66		
16 Ethan Yang	Gleneagle Secondary	10:59.69	10:56.89		
17 Weihang Zhang	Fraser Heigh	10:49.79	11:09.61		
18 Joe Lidderdale	Brookwood	10:55.10	11:10.07		
19 Elliot Heath	Dr Charles Best	11:28.77	11:14.18		
20 Joshua Vranesich	Dr Charles Best	11:10.97	11:14.95		

Men 100 Meter Hurdles Junior

Name	Year Team	Seed	Prelims	Wind H#	Alternate
Preliminaries					
1 Ian Vandergugten	Credo Christ	14.19	14.30Q	-0.9	1
2 Elia Farag Alla	Credo Christ	15.61	14.86Q	-0.9	3
3 Devante Scarpino	Lord Tweedsmuir	16.35	15.44Q	+0.0	2
4 Lucas Huttema	Credo Christ	18.68	15.44Q	+0.0	2
5 Ethan Borkowski	Holy Cross Regional	15.77	15.68Q	-0.9	1
6 Bob Nicol	Walnut Grove	15.64	16.06Q	-0.9	3
7 Harrison Trustham	Ecole Herita	15.72	15.45q	+0.0	2
8 David Williamson	Abbotsford C	15.54	15.57q	+0.0	2
9 Nate Savage	W.J Mouat	15.90	16.17	-0.9	1
10 Ben Charbonneau	St. John Brebeuf	17.05	16.22	-0.9	3
11 Evan Castellani	Abbotsford C	17.13	16.32	+0.0	2
12 Aneel Gillan	Semiahmoo Secondary	16.72	16.58	-0.9	3
13 Diego Peckenpaugh	Dr Charles Best	18.32	16.89	-0.9	3
14 Scott Coons	Fraser Heigh	17.57	17.02	-0.9	1
15 Colton Cameron	Lord Tweedsmuir	18.89	17.02	-0.9	1

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16	Oliver Harrison	Walnut Grove	18.69	17.36	-0.9	1
17	Aaron Fos-Oy	Fraser Heigh	18.28	17.77	+0.0	2
18	Kieran Kotwal	Ecole Herita	18.31	18.30	-0.9	3
19	Liam Page	Lord Tweedsmuir	19.37	18.85	-0.9	3
20	Levi De Greeff	Abbotsford C	19.27	18.93	-0.9	3
21	Logan Vaitkus	South Delta School	22.61	23.00	-0.9	1

Men 100 Meter Hurdles Junior

Name	Year Team	Prelims	Finals	Wind	Points	Alternate
Finals						
1	Ian Vandergugten	Credo Christ	14.30	14.32	-2.6	10
2	Elia Farag Alla	Credo Christ	14.86	14.84	-2.6	8
3	Devante Scarpino	Lord Tweedsmuir	15.44	15.36	-2.6	6
4	Lucas Huttema	Credo Christ	15.44	x15.47	-2.6	
5	Harrison Trustham	Ecole Herita	15.45	15.58	-2.6	5
6	Ethan Borkowski	Holy Cross Regional	15.68	15.62	-2.6	4
7	David Williamson	Abbotsford C	15.57	15.75	-2.6	3
8	Bob Nicol	Walnut Grove	16.06	15.90	-2.6	2

Men 300 Meter Hurdles Junior

Name	Year Team	Seed	Finals	H#	Points	Alternate
1	Adam Vilio	Holy Cross Regional	42.98	42.49	3	10
2	Felix Allen	RE Mountain	44.57	42.87	3	8
3	Harrison Trustham	Ecole Herita	46.15	42.99	3	6
4	Ethan Borkowski	Holy Cross Regional	43.67	43.14	3	5
5	Evan Castellani	Abbotsford C	45.68	43.19	3	4
6	Taylor Franklin	W.J Mouat	44.65	43.57	3	3
7	Aneel Gillan	Semiahmoo Secondary	45.69	44.28	3	2
8	Ben Charbonneau	St. John Brebeuf	44.89	44.41	3	1
9	Nate Savage	W.J Mouat	47.34	44.70	2	
10	Oliver Harrison	Walnut Grove	46.25	45.06	2	
11	David Williamson	Abbotsford C	46.51	45.45	2	
12	Brendan Luccock	Seaquam Seco	48.06	45.83	2	
13	Scott Coons	Fraser Heigh	49.41	46.01	2	
14	Alair Ang	Port Moody S	49.01	47.42	2	
15	Aaron Fos-Oy	Fraser Heigh	47.69	47.60	2	
16	Samuel Gaertner	Highroad Academy	49.81	47.97	1	
17	Kieran Kotwal	Ecole Herita	51.52	48.26	1	
18	Yuvraj Gill	Queen Mary E	52.02	48.66	1	
19	Andy Lee	Port Moody S	49.63	48.77	1	
20	Zach Carpenter	Sardis School	47.88	49.12	2	
21	Prashant Kumar	Queen Mary E	50.57	49.57	1	
22	Levi De Greeff	Abbotsford C	51.01	x49.79	1	
23	Bhavrup Gosal	Fleetwood Pa	58.17	52.31	1	

Men 1500 Meter Steeplechase Junior

Name	Year Team	Seed	Finals	Points	Alternate
1	Tyson Baker	Tamanawis Se	4:44.53	4:35.43	10
2	Riley Hall	Abbotsford C	4:48.40	4:43.28	8

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3	Adam Vilio	Holy Cross Regional	4:51.58	4:48.83	6
4	Jaiveer Tirana	Fleetwood Pa	4:54.06	4:51.06	5
5	Mark Grandberg	Rick Hansen	5:03.90	4:51.72	4
6	Michael Miller	Semiahmoo Secondary	4:59.26	4:57.02	3
7	Logan MacDonald	Sardis School	4:56.60	4:57.36	2
8	Caleb Graham	Unity Christian	5:05.90	4:59.09	1
9	Jared Dehaan	Credo Christ	5:08.60	5:05.17	
10	Fred Wilson	Abbotsford C	5:24.20	5:05.84	
11	Tyler Wilson	Lord Tweedsmuir	5:12.65	5:09.51	
12	Brandt Davies	Chilliwack S	5:14.90	5:10.80	
13	Liam Selle	Maple Ridge	5:18.10	5:14.33	
14	Iker Martinez	RE Mountain	5:18.00	5:20.74	
15	Ian Rush	Johnston Hei	5:31.38	5:21.69	
16	Dylan Theberge	Ecole Herita	5:26.30	5:28.69	
17	Matthew Fayle	South Delta School	5:41.00	5:35.34	
18	Daniel Kim	Walnut Grove	5:28.80	5:38.88	
19	Santiago Pavi	South Delta School	5:59.83	5:40.20	
20	Alair Ang	Port Moody S	5:34.06	5:40.92	
21	Callum Brown	Pinetree Sec	5:58.17	5:44.06	
--	Mark Potashov	Kwantlen Par	4:52.14	DQ	Rule 163.3
--	Mebius Zhang	Yale Secondary	5:09.10	DQ	Rule 163.3
--	Brendan Mclaughlin	Heritage Woo	4:55.50	DQ	Rule 163.3

Men 4x100 Meter Relay Junior

Team	Seed	Prelims	H#	Alternate
Preliminaries				
1 Mei Secondary School 'A'	46.94	46.41Q	1	
2 Lord Tweedsmuir 'A'		46.73Q	2	
3 Heritage Woods Secondary 'A'	46.59	46.86Q	1	
1) Timothy Hui				2) Lucas Peacock
3) Aaron Williams				4) Adam Wang
4 Sardis School 'A'		47.34Q	2	
5 Abbotsford Christian School 'A'	47.93	47.66Q	2	
1) Zach Meinen				2) Michael Mandagi
3) Evan Castellani				4) Isaiah Vanderveen
6 Fraser Heights Secondary Schoo 'A'	48.00	47.67Q	1	
7 W.J Mouat 'A'	48.21	47.95q	2	
8 Holy Cross Regional 'B'	48.14	48.15q	1	
9 Holy Cross Regional 'A'	48.47	48.44	1	
10 Lord Tweedsmuir 'B'		48.83	2	
11 Maple Ridge Secondary 'A'	48.66	49.08	1	
1) Matthew Liosis				2) Hudson Coumont
3) Shahil Narayan				4) Aaden Smith
12 Yale Secondary 'A'	49.13	49.27	2	
13 Archbishop Carney Secondary 'A'	49.56	49.98	1	
14 Unity Christian 'A'		50.06	2	

Men 4x100 Meter Relay Junior

Team	Prelims	Finals	Points	Alternate
Finals				
1 Lord Tweedsmuir 'A'	46.73	44.57	10	

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...Men 4x100 Meter Relay Junior

2 Mei Secondary School 'A'	46.41	45.48	8
3 Heritage Woods Secondary 'A'	46.86	46.01	6
4 Abbotsford Christian School 'A'	47.66	46.90	5
5 Sardis School 'A'	47.34	47.13	4
6 Fraser Heights Secondary School 'A'	47.67	47.30	3
7 Holy Cross Regional 'B'	48.15	47.68	2
-- W.J Mouat 'A'	47.95	DQ	pass out of zone

Men 4x400 Meter Relay Junior

Team	Seed	Finals	H#	Points	Alternate
1 Walnut Grove Secondary 'A'		3:39.11	2	10	
2 Holy Cross Regional 'A'	3:55.74	3:41.24	2	8	
3 Mei Secondary School 'A'	3:58.30	3:45.96	2	6	
4 Abbotsford Christian School 'A'	3:52.00	3:47.11	2	5	
1) Isaiah Vanderveen					2) Michael Mandagi
3) Zach Meinen					4) Evan Castellani
5 W.J Mouat 'A'	3:45.40	3:47.78	2	4	
6 Yale Secondary 'A'	3:51.10	3:49.68	2	3	
7 Lord Tweedsmuir 'A'		3:50.77	1	2	
8 Ecole Heritage Park Middle Sch 'A'	3:55.00	3:53.44	2	1	
9 Tamanawis Secondary School 'A'	3:58.90	3:53.83	1		
1) Tyson Baker					2) Blessing Nabbimba
3) Preet Kailey					4) Angad Bath
10 Holy Cross Regional 'B'	4:08.43	4:01.08	1		
11 Unity Christian 'A'		4:11.44	1		
-- Sardis School 'A'		DQ	2		

Men High Jump Junior

Name	Year Team	Seed	Finals	Points	Alternate
1 Aidan Grout	Maple Ridge	1.70m	1.75m	10	
1.55 1.60 1.65 1.70 1.75 1.80					
O O XO O O XXX					
2 Cole Brandsma	Abbotsford C	1.83m	1.75m	8	
1.60 1.65 1.70 1.75 1.80					
O O O XO XXX					
3 Liam Espedido	Terry Fox Se	1.75m	1.70m	6	
1.60 1.65 1.70 1.75					
O XO O XXX					
4 Elia Farag Alla	Credo Christ	1.70m	1.65m	5	
1.55 1.60 1.65 1.70					
O O O XXX					
5 Jake Schmidt	Langley Chri	1.65m	1.65m	4	
1.50 1.55 1.60 1.65 1.70					
O XO XO O XXX					
6 Darren Ahn	Semiahmoo Secondary	1.70m	1.65m	3	
1.45 1.55 1.60 1.65 1.70					
O O O XXO XXX					
7 Russell Gilroy	Yale Secondary	1.70m	1.65m	2	
1.45 1.50 1.55 1.60 1.65 1.70					
O O O XXO XXO XXX					

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....Men High Jump Junior

8	Arman Dhaliwal	W.J Mouat	1.65m	1.60m	1
	1.40 1.45 1.50 1.55 1.60 1.65				
	o o o o o XXX				
9	Willem Dykstra	Credo Christ	1.65m	1.60m	
	1.40 1.45 1.50 1.55 1.60 1.65				
	o o o XO o XXX				
9	William Gong	Pinetree Sec	1.50m	1.60m	
	1.40 1.45 1.50 1.55 1.60 1.65				
	o o XO o o XXX				
11	Imran Sran	Lord Tweedsmuir	1.55m	1.55m	
	1.45 1.55 1.60				
	o o XXX				
12	Evan Baker	Semiahmoo Secondary	1.55m	1.55m	
	1.40 1.45 1.50 1.55 1.60				
	o XO o XO XXX				
13	Jason Vanspronsen	Credo Christ	1.50m	x1.55m	
	1.40 1.45 1.50 1.55 1.60				
	o XO o XXO XXX				
14	Justin Niyomahoro	BC Christian	1.55m	1.50m	
	1.40 1.45 1.50 1.55				
	o o o XXX				
15	Gerard Bouwman	St. John Brebeuf	1.50m	1.50m	
	1.40 1.45 1.50 1.55				
	o XXO XO XXX				
16	Kevin Apdal	Holy Cross Regional	1.50m	1.50m	
	1.40 1.45 1.50 1.55				
	o XO XXO XXX				
17	Joseph Tuivai	Hope Secondary	1.50m	1.45m	
	1.40 1.45 1.50				
	o XO XXX				
18	Nick Kuzyk	BC Christian	1.50m	1.45m	
	1.40 1.45 1.50				
	XXO XO XXX				
19	Liam Van Tassel	Mount Slesse	1.50m	1.40m	
	1.40 1.45				
	o XXX				

Men Pole Vault Junior

Name	Year Team	Seed	Finals	Points	Alternate
1 Logan Onderwater	Abbotsford C	2.40m	2.60m	10	
	1.80 2.00 2.20 2.35 2.50 2.60 2.70				
	o o o o o o XXX				
2 Keaton Lees	Semiahmoo Secondary	2.60m	2.50m	8	
	2.00 2.20 2.35 2.50 2.60				
	XO o o XO XXX				
3 Matthew Taekema	Abbotsford C	2.40m	2.20m	6	
	1.80 2.00 2.20 2.35				
	o o o XXX				
4 Brendan Luccock	Seaquam Seco		2.20m	5	
	1.80 2.00 2.20 2.35				
	o XO XO XXX				

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....Men Pole Vault Junior

5 Drew Brandsma	Abbotsford C	2.40m	x2.00m
1.80 2.00 2.20			
0 0 XXX			

Men Long Jump Junior

Name	Year Team	Seed	Finals	Wind	Points	Alternate
1 Ryan Pederson	Lord Tweedsmuir	5.89m	5.99m	NWI	10	
5.89m(NWI) 5.87m(NWI)	5.90m(NWI) 5.99m(NWI)					
2 Ian Vandergugten	Credo Christ	6.12m	5.87m	NWI	8	
5.35m(NWI) 4.66m(NWI)	5.63m(NWI) 5.87m(NWI)					
3 Keaton Lees	Semiahmo Secondary	5.63m	5.74m	NWI	6	
5.67m(NWI) 5.51m(NWI)	5.74m(NWI) 5.44m(NWI) 5.69m(NWI) 5.62m(NWI)					
4 Elia Farag Alla	Credo Christ	5.67m	5.65m	NWI	5	
5.43m(NWI) 5.65m(NWI)	5.35m(NWI) 5.62m(NWI)					
5 Alex Guraliuk	Westview Secondary	5.60m	5.50m	NWI	4	
5.50m(NWI) 5.41m(NWI)	3.86m(NWI) 5.23m(NWI)					
6 Pranay Sharma	Queen Mary E	5.26m	5.47m	NWI	3	
5.16m(NWI) 5.18m(NWI)	5.47m(NWI) 4.85m(NWI) 5.10m(NWI) 5.38m(NWI)					
7 Alex Le	Lord Tweedsmuir	5.30m	5.32m	NWI	2	
5.17m(NWI) 5.09m(NWI)	5.32m(NWI) 5.16m(NWI) 5.14m(NWI) 5.24m(NWI)					
8 Jaden Cole	Mei Secondar	5.43m	5.29m	NWI	1	
4.94m(NWI) 5.24m(NWI)	5.29m(NWI)					
9 Jaxson Koch	Mei Secondar	5.19m	5.22m	NWI		
5.22m(NWI) 4.50m(NWI)	4.91m(NWI)					
10 Bob Nicol	Walnut Grove	5.31m	5.21m	NWI		
5.21m(NWI) 5.16m(NWI)	5.17m(NWI)					
11 Samuel Leyenhorst	Credo Christ	5.60m	x5.19m	NWI		
5.19m(NWI) 4.99m(NWI)	4.99m(NWI)					
12 Russell Gilroy	Yale Secondary	5.17m	5.14m	NWI		
4.89m(NWI) 5.14m(NWI)						
13 Lucas Huttema	Credo Christ	5.38m	x5.01m	NWI		
5.01m(NWI) 4.97m(NWI)	4.92m(NWI)					
14 Nick Kuzyk	BC Christian	5.54m	4.91m	NWI		
4.91m(NWI) 4.86m(NWI)	4.89m(NWI)					
15 Aneel Gillan	Semiahmo Secondary	4.81m	4.87m	NWI		
4.87m(NWI) 4.82m(NWI)	4.83m(NWI)					
16 Ritvik Govindu	Queen Mary E	4.99m	4.70m	NWI		
4.70m(NWI) 4.70m(NWI)						
17 Micha Bonikowsky	Sands Secondary	5.21m	4.70m	NWI		
4.39m(NWI) 4.70m(NWI)						
18 Gavin Grim	Credo Christ	5.19m	x4.69m	NWI		
4.69m(NWI) 4.29m(NWI)	4.28m(NWI)					
19 Spencer Thiessen	Sardis School	5.17m	4.68m	NWI		
4.68m(NWI) 4.48m(NWI)	4.14m(NWI)					
20 Jonathan Goldchmidt	W.J Mouat	5.18m	3.98m	NWI		
3.98m(NWI) 3.95m(NWI)						

Men Triple Jump Junior

Name	Year Team	Seed	Finals	Wind	Points	Alternate
1 Dan Ko	Mei Secondar	11.78m	11.86m	NWI	9	
11.86m(NWI) 11.47m(NWI)	11.31m(NWI) 11.27m(NWI) 11.75m(NWI)					

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....Men Triple Jump Junior

2	Nick Kuzyk	BC Christian	11.39m	11.86m	NWI	9
	11.20m(NWI)	9.55m(NWI)	11.17m(NWI)	11.33m(NWI)	11.64m(NWI)	11.86m(NWI)
3	Cole Brandsma	Abbotsford C	11.93m	11.84m	NWI	6
	11.48m(NWI)	11.54m(NWI)	11.04m(NWI)	11.84m(NWI)	11.65m(NWI)	
4	Willem Dykstra	Credo Christ	11.42m	11.65m	NWI	5
	11.31m(NWI)	11.25m(NWI)	10.95m(NWI)	11.38m(NWI)	11.65m(NWI)	11.08m(NWI)
5	Lucas Huttema	Credo Christ	11.03m	11.50m	NWI	4
	10.85m(NWI)	10.56m(NWI)	11.17m(NWI)	11.50m(NWI)	11.36m(NWI)	
6	Evan Castellani	Abbotsford C	11.32m	11.45m	NWI	3
	10.97m(NWI)	11.27m(NWI)	10.39m(NWI)	11.45m(NWI)	11.07m(NWI)	
7	Gavin Grim	Credo Christ	11.03m	x11.38m	NWI	
	11.38m(NWI)	11.08m(NWI)	10.90m(NWI)	11.15m(NWI)	11.01m(NWI)	11.38m(NWI)
8	Tyler Parsons	Chilliwack S	11.97m	11.10m	NWI	2
	11.10m(NWI)	10.26m(NWI)	FOUL	PASS	PASS	PASS
9	Justin Niyomahoro	BC Christian	10.11m	11.04m	NWI	1
	11.04m(NWI)	10.67m(NWI)	10.95m(NWI)			
10	Logan Onderwater	Abbotsford C	11.16m	x10.93m	NWI	
	10.93m(NWI)	10.49m(NWI)	10.38m(NWI)			
11	Samuel Leyenhorst	Credo Christ	11.24m	x10.88m	NWI	
	10.45m(NWI)	10.59m(NWI)	10.88m(NWI)			
12	Jaxson Koch	Mei Secondar	10.93m	10.46m	NWI	
	10.38m(NWI)	10.46m(NWI)	10.23m(NWI)			
13	Jonathan Goldchmidt	W.J Mouat	10.57m	10.42m	NWI	
	10.42m(NWI)	FOUL	10.01m(NWI)			
14	Colton Cameron	Lord Tweedsmuir	10.42m	10.41m	NWI	
	10.40m(NWI)	10.05m(NWI)	10.41m(NWI)			
15	Michael Zaworski	Johnston Hei	10.67m	10.38m	NWI	
	10.37m(NWI)	10.10m(NWI)	10.38m(NWI)			
16	Liam Page	Lord Tweedsmuir	10.10m	10.08m	NWI	
	10.08m(NWI)	9.58m(NWI)	9.71m(NWI)			
17	Devynn Thammavong	Fleetwood Pa	9.56m	9.65m	NWI	
	9.55m(NWI)	9.52m(NWI)	9.65m(NWI)			
18	Andrew Coons	Heritage Woo	9.53m	9.42m	NWI	
	9.38m(NWI)	9.32m(NWI)	9.42m(NWI)			
19	Tj Gill	Fleetwood Pa	8.75m	9.33m	NWI	
	9.33m(NWI)	8.97m(NWI)	8.00m(NWI)			
20	Evan Baker	Semiahmo Secondary	9.04m	8.75m	NWI	
	8.69m(NWI)	8.42m(NWI)	8.75m(NWI)			

Men Shot Put 5 kg Junior

=====							
Name	Year Team			Seed	Finals	Points	Alternate
=====							
1	Jarrett Chong	Riverside Se		14.37m	14.60m	10	
	14.07m	14.19m	14.60m	14.09m	14.09m	14.33m	
2	Druv Sobti	Brookwood		13.80m	13.80m	8	
	12.24m	FOUL	12.91m	13.80m	FOUL		
3	Kalvin Sandhu	Enver Creek		11.49m	11.91m	6	
	11.85m	11.91m	11.10m	10.86m	11.47m	11.84m	
4	William Craig	Unity Christian		12.32m	11.63m	5	
	11.33m	11.01m	11.63m	11.33m	FOUL	FOUL	
5	Blake Flikkema	Abbotsford C		11.56m	11.56m	4	
	11.22m	11.56m	11.05m	11.11m	11.01m	11.00m	
6	Riley Gookstetter	South Delta School		10.52m	11.16m	3	
	10.60m	10.93m	11.05m	11.16m	10.83m	10.66m	

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....Men Shot Put 5 kg Junior

7	Kevin Apdal	Holy Cross Regional	10.44m	10.51m	2
	9.84m 10.23m FOUL 10.10m 10.23m 10.51m				
8	Bradly Tober	Hatzic Secon	10.30m	10.30m	1
	9.69m 9.71m 10.30m 10.14m 10.07m 9.78m				
9	Josh Ogren	Hope Secondary	8.90m	9.59m	
	8.96m 8.85m 9.59m				
10	Hyeok Jin (michae Yoo	Heritage Woo	9.47m	9.31m	
	8.60m 8.77m 9.31m				
11	Mathew Bouwers	Ecole Herita	8.73m	9.27m	
	8.52m 8.70m 9.27m				
12	Josh Bruinsma	Abbotsford C	8.70m	9.24m	
	9.24m 8.69m 8.49m				
13	Samson Min	RE Mountain	9.00m	9.05m	
	9.05m 9.03m 8.92m				
14	John Wang	RE Mountain	8.76m	8.83m	
	8.83m 8.31m 8.63m				
15	Kyle Sun-Payeur	Heritage Woo	8.54m	8.78m	
	7.74m FOUL 8.78m				
16	Demetrius Alemendarez	Fleetwood Pa	8.68m	8.42m	
	8.13m 6.31m 8.42m				
17	Ethan Ludwig	Mei Secondar	8.70m	8.26m	
	7.73m 8.26m 8.23m				
18	Ved Vora	Meadowridge	8.65m	8.14m	
	8.08m 8.14m 7.96m				
19	Jason Sangha	Lord Tweedsmuir	6.42m	7.52m	
	7.52m 7.50m 7.51m				
20	Praedon Haer	Fleetwood Pa	5.42m	5.46m	
	4.73m 5.45m 5.46m				

Men Discus Throw 1.5 kg Junior

Name	Year Team	Seed	Finals	Points	Alternate
1 Jarrett Chong	Riverside Se	38.74m	38.70m	10	
	38.70m 36.60m 37.89m FOUL FOUL				
2 William Craig	Unity Christian	18.89m	36.23m	8	
	35.40m 33.20m FOUL 36.23m 32.92m 33.08m				
3 Kalvin Sandhu	Enver Creek	32.64m	33.56m	6	
	28.53m 28.36m 30.54m 33.56m 30.60m FOUL				
4 Damian Panko	Abbotsford C	28.87m	32.80m	5	
	32.80m 28.82m 31.77m 30.78m 28.83m 25.46m				
5 Udesch Narang	Abbotsford T	30.98m	31.75m	4	
	29.36m FOUL 31.75m				
6 Josh Ogren	Hope Secondary	32.06m	31.63m	3	
	30.91m 29.29m 31.63m 27.81m FOUL FOUL				
7 Hyeok Jin (michae Yoo	Heritage Woo	25.02m	25.76m	2	
	23.70m 18.89m 23.60m 21.67m FOUL 25.76m				
8 Gerard Bouwman	St. John Brebeuf	23.59m	24.70m	1	
	18.38m 23.78m 24.70m 22.57m FOUL FOUL				
9 Maijken Meindertsma	Vedder Middl	24.81m	23.45m		
	13.47m 21.54m 23.45m				
10 Blessing Nabbimba	Tamanawis Se	21.82m	23.43m		
	23.43m FOUL 22.24m				
11 Evan Van Vliet	St. John Brebeuf	23.96m	23.28m		
	21.20m FOUL 23.28m				

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...Men Discus Throw 1.5 kg Junior

12	Joseph Tuivai	Hope Secondary	23.81m	23.03m
	20.71m FOUL 23.03m			
13	Aj Krahn	W.J Mouat	26.34m	22.48m
	21.21m 21.91m 22.48m			
14	Diego Peckenpaugh	Dr Charles Best	14.46m	22.08m
	19.62m 22.08m 16.54m			
15	Tyler Nelson	W.J Mouat	28.00m	22.01m
	21.72m FOUL 22.01m			
16	Isaac Tjandra	Semiahmoo Secondary	19.82m	20.77m
	20.77m 19.26m 17.96m			
17	Tj Gill	Fleetwood Pa	20.88m	20.60m
	20.19m 20.60m 19.85m			
18	Creighton Tays	Hope Secondary	24.75m	x20.23m
	20.14m 20.23m 20.05m			
19	Preet Kailey	Tamanawis Se	19.75m	20.06m
	20.06m FOUL 16.49m			
20	Demetrius Alemendarez	Fleetwood Pa	18.46m	20.03m
	18.13m 19.11m 20.03m			
21	Harjot Arora	Queen Mary E	17.89m	18.64m
	FOUL FOUL 18.64m			
--	Stevenson Yan	Port Moody S	14.30m	FOUL
	FOUL FOUL			
--	Timothy Hui	Heritage Woo	19.72m	FOUL
	FOUL FOUL			

Men Hammer Throw 5 kg Junior

Name	Year Team	Seed	Finals	Points	Alternate
1 Udesh Narang	Abbotsford T	29.75m	31.17m	10	
	FOUL 31.17m FOUL FOUL 28.88m FOUL				
2 Rajvir Brar	Mei Secondar	22.22m	25.43m	8	
	24.58m 25.43m FOUL 24.12m 22.37m 24.25m				
3 Creighton Tays	Hope Secondary	21.30m	24.87m	6	
	18.40m 21.87m 23.10m 22.85m 24.57m 24.87m				
4 Adam Borg	Mei Secondar	21.11m	24.27m	5	
	22.51m 21.60m 24.27m 21.50m FOUL 23.69m				
5 Griffin Blue	Hope Secondary	20.88m	24.19m	4	
	23.79m 24.19m 23.23m 23.92m 22.99m 23.59m				
6 Daniel Krasnov	Mei Secondar	19.38m	x24.18m		
	24.06m 23.11m 24.18m FOUL 22.27m 21.80m				
7 Manbir Johal	W.J Mouat	20.24m	22.79m	3	
	22.39m 20.97m 20.27m 21.42m 18.40m 22.79m				
8 Josh Bruinsma	Abbotsford C	19.50m	21.83m	2	
	FOUL 20.46m 21.83m 21.33m FOUL 20.38m				
9 Ethan Ludwig	Mei Secondar	21.23m	x21.40m		
	21.40m 20.43m FOUL				
10 Kody George	W.J Mouat	18.84m	20.82m	1	
	19.72m 20.58m 20.82m				
11 Daniel Rowley	Highroad Academy	16.58m	15.22m		
	FOUL 15.22m 14.19m				

2017 Fraser Valley Track and Field Championships - 5/15/17 to 5/19/17**Zone -
Results****Men Javelin Throw 700 gram Junior**

Name	Year Team	Seed	Finals	Points	Alternate
1 Jarrett Chong 48.76m 50.28m 51.97m	Riverside Se	54.02m	51.97m	10	
2 David Reston 39.46m 46.90m 44.78m	Surrey Christian FOUL 37.56m	33.72m	46.90m	8	
3 Russell Young 42.72m 34.34m	Lord Tweedsmuir FOUL FOUL FOUL FOUL	30.73m	42.72m	6	
4 Tanner Geringer 39.18m 40.50m 34.24m	Mission Secondary 39.94m FOUL 37.72m	44.57m	40.50m	5	
5 Cole Brandsma 34.79m 38.72m 39.76m	Abbotsford C 37.81m	36.61m	39.76m	4	
6 Paul Smit 36.31m 36.74m 37.35m	Walnut Grove FOUL	39.20m	37.35m	3	
7 Caleb Kastelin 34.23m 28.48m 32.63m	Langley Chri 31.79m 35.71m FOUL	33.75m	35.71m	2	
8 Joel Ward 28.45m 30.15m 31.39m	Mei Secondar 29.95m 0.30m 30.20m	31.41m	31.39m	1	
9 Jake McFarland 29.16m 30.87m 28.89m	Terry Fox Se	38.39m	30.87m		
10 Colton Cameron 23.27m 29.71m 29.95m	Lord Tweedsmuir	28.55m	29.95m		
11 Elijah Elgersma 25.27m FOUL 29.28m	Highroad Academy	28.73m	29.28m		
12 Devon Higginbottom 24.73m 28.25m 29.26m	Hope Secondary	31.10m	29.26m		
13 Tyrell Littlechild 28.10m 28.12m 28.80m	Hope Secondary	31.70m	28.80m		
14 James Henn 26.62m 28.33m 27.93m	Abbotsford C	33.45m	28.33m		
15 Justin Niyomahoro 25.39m 27.59m	BC Christian	27.17m	27.59m		
16 Jackson Corneil 27.43m 26.61m 25.74m	Lord Tweedsmuir	29.15m	x27.43m		
17 Caleb Sunwoo 21.12m 26.76m 27.42m	Surrey Christian	26.73m	27.42m		
18 Arman Dhaliwal 23.50m 24.62m 24.12m	W.J Mouat	29.34m	24.62m		
19 Michael Witt 22.51m 23.17m 22.89m	Elgin Park S	28.19m	23.17m		
20 Blessing Nabbimba 18.83m 22.70m 22.64m	Tamanawis Se	26.44m	22.70m		
21 Elliot Heath 21.74m 18.19m	Dr Charles Best	26.49m	21.74m		

Men 1500 Meter Race Walk Junior

Name	Year Team	Seed	Finals	Points	Alternate
1 Tyler Wilson	Lord Tweedsmuir	7:25.96	7:18.57	10	
2 Brendan Visser	Abbotsford C	8:55.50	7:55.63	8	
3 Levi De Greeff	Abbotsford C	9:04.90	8:49.55	6	
4 Jason Vanspronsen	Credo Christ	9:23.00	8:59.03	5	
5 Rylan Laurillard	Vedder Middl	9:07.50	8:59.80	4	
6 Leonard Leguijt	Credo Christ	9:25.70	9:01.49	3	

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...Men 1500 Meter Race Walk Junior

7	Levi Kropp	Mei Middle School	9:31.10	9:01.64	2
8	Daryl Lim	Walnut Grove	11:23.90	9:17.66	1
9	Wiltsozzo Neufeld	Unity Christian		9:23.89	
10	Thomas Clarke	AD Rundle Middle	10:02.00	9:24.61	
11	Samuel Gaertner	Highroad Academy	10:30.40	9:27.75	
12	Tyson Hofer	Langley Chri	9:56.70	9:36.13	
13	Wyatt Harivel	White Rock C	10:34.94	9:41.09	
14	Kevin Gao	White Rock C	11:47.69	9:48.97	

Men 100 Meter Dash Senior

Name	Year Team	Seed	Prelims	Wind	H#	Alternate
Preliminaries						
1	Kenny Blackman Jr.	Surrey Christian	11.14	11.33Q	1.2	1
2	Kevin Hughes	Langley Secondary	11.33	11.38Q	0.2	2
3	Ben Wezeman	Heritage Woo	11.40	11.48Q	0.2	3
4	Jack Fayle	South Delta School	11.45	11.58Q	0.2	3
5	Richard Kofi	W.J Mouat	11.65	11.67Q	1.2	1
6	Ben Kabia	Sullivan Heights	11.68	11.71Q	0.2	2
7	Mitchell Sever	Rick Hansen	11.74	11.62q	0.2	3
8	Chavis Spencer	W.J Mouat	11.64	11.79q	0.2	2
9	Dakota Campbell	Delta Secondary	11.76	11.80	0.2	2
10	Jeremie Mbenza	Mei Secondar	12.00	11.80	0.2	2
11	Liam Hunt	South Delta School	11.80	11.86	1.2	1
12	Luke Chalk	Walnut Grove	11.87	11.86	0.2	3
13	Rajan Brar	Tamanawis Se	12.06	11.97	1.2	1
14	Andy Yang	GW Graham -	11.88	12.01	0.2	3
15	Josh Schweyer	Maple Ridge	11.85	12.03	0.2	2
16	Andy Kliewer	North Surrey	12.27	12.09	1.2	1
17	Xavier Soh	RE Mountain	11.75	12.10	0.2	3
18	Mateo Manke	Pitt Meadows	12.41	12.52	0.2	3

Men 100 Meter Dash Senior

Name	Year Team	Prelims	Finals	Wind	Points	Alternate
Finals						
1	Kenny Blackman Jr.	Surrey Christian	11.33	11.23	-0.9	10
2	Kevin Hughes	Langley Secondary	11.38	11.34	-0.9	8
3	Ben Wezeman	Heritage Woo	11.48	11.41	-0.9	6
4	Richard Kofi	W.J Mouat	11.67	11.65	-0.9	5
5	Jack Fayle	South Delta School	11.58	11.68	-0.9	4
6	Chavis Spencer	W.J Mouat	11.79	11.71	-0.9	3
7	Mitchell Sever	Rick Hansen	11.62	11.72	-0.9	2
8	Ben Kabia	Sullivan Heights	11.71	11.75	-0.9	1

Men 200 Meter Dash Senior

Name	Year Team	Seed	Prelims	Wind	H#	Alternate
Preliminaries						
1	Kevin Hughes	Langley Secondary	23.03	22.87Q	0.8	1
2	Ben Wezeman	Heritage Woo	23.41	22.91Q	1.2	2
3	Gurkeet Bains	Sullivan Heights	24.74	23.69Q	0.1	3

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...Men 200 Meter Dash Senior

4	Jack Fayle	South Delta School	23.65	22.92Q	1.2	2
5	Ben Kabia	Sullivan Heights	23.66	23.57Q	0.8	1
6	Jeremie Mbenza	Mei Secondar	23.94	23.87Q	0.1	3
7	Mitchell Sever	Rick Hansen	23.91	23.74q	1.2	2
8	Chavis Spencer	W.J Mouat	23.70	23.88q	0.8	1
9	Xavier Soh	RE Mountain	23.46	24.02	0.1	3
10	Cole Deakin	Maple Ridge	24.35	24.29	0.8	1
11	Shawn Mann	Mission Secondary	24.48	24.48	1.2	2
12	Daniel Paley	Gleneagle Secondary	24.27	24.54	0.1	3
13	Andy Yang	GW Graham -	24.36	24.78	0.8	1
14	Nathan King	Langley Secondary	24.31	24.81	1.2	2
15	Steev Salim	Guildford Park	25.33	25.28	1.2	2
16	Daniel Cuadra	Surrey Christian	25.73	25.50	0.8	1

Men 200 Meter Dash Senior

Name	Year Team	Prelims	Finals	Wind	Points	Alternate
Finals						
1	Kevin Hughes	Langley Secondary	22.87	22.63	0.1	10
2	Jack Fayle	South Delta School	22.92	22.81	0.1	8
3	Ben Wezeman	Heritage Woo	22.91	22.88	0.1	6
4	Ben Kabia	Sullivan Heights	23.57	23.32	0.1	5
5	Mitchell Sever	Rick Hansen	23.74	23.60	0.1	4
6	Chavis Spencer	W.J Mouat	23.88	23.62	0.1	3
7	Jeremie Mbenza	Mei Secondar	23.87	23.90	0.1	2
8	Gurkeet Bains	Sullivan Heights	23.69	24.26	0.1	1

Men 400 Meter Run Senior

Name	Year Team	Seed	Prelims	H#	Alternate
Preliminaries					
1	Jack Fayle	South Delta School	51.79	51.40Q	1
2	Ben Wezeman	Heritage Woo	52.15	52.04Q	3
3	Jordan Schmidt	RE Mountain	52.09	52.43Q	2
4	Luke Forsyth	Semiahmoo Secondary	54.01	52.82Q	3
5	Xavier Soh	RE Mountain	52.78	52.87Q	1
6	Jorrin Lenton	Maple Ridge	52.25	52.98Q	2
7	Chavis Spencer	W.J Mouat	52.37	53.07q	1
8	Ben Kabia	Sullivan Heights	53.22	53.28q	2
9	Cole Deakin	Maple Ridge	54.21	53.59	3
10	Janik Rai	Semiahmoo Secondary	57.24	54.53	1
11	Connor Keane	Holy Cross Regional	54.39	54.54	1
12	Jeremie Mbenza	Mei Secondar	56.38	54.55	1
13	James Fowler	St. John Brebeuf	54.85	55.15	1
14	Shawn Mann	Mission Secondary	55.37	55.34	3
15	Bryan Niwa	St. John Brebeuf	54.30	55.46	2
16	Seth Hayward	Elgin Park S	55.17	56.07	2
17	Austyn Bell	Chilliwack S	55.73	56.16	2
18	Gurkeet Bains	Sullivan Heights	55.42	57.13	3
19	Arshpreet Dhindsa	North Delta	57.57	57.43	2
20	Jp Pedrosa	Archbishop C	58.90	58.93	3

2017 Fraser Valley Track and Field Championships - 5/15/17 to 5/19/17**Zone -
Results****Men 400 Meter Run Senior**

Name	Year Team	Prelims	Finals	Points	Alternate
Finals					
1 Jack Fayle	South Delta School	51.40	51.16	10	
2 Ben Wezeman	Heritage Woo	52.04	51.34	8	
3 Jorrin Lenton	Maple Ridge	52.98	51.93	6	
4 Jordan Schmidt	RE Mountain	52.43	52.36	5	
5 Chavis Spencer	W.J Mouat	53.07	52.76	4	
6 Xavier Soh	RE Mountain	52.87	52.87	3	
7 Luke Forsyth	Semiahmoo Secondary	52.82	54.06	2	
8 Ben Kabia	Sullivan Heights	53.28	55.03	1	

Men 800 Meter Run Senior

Name	Year Team	Seed	Prelims	H#	Alternate
Preliminaries					
1 Sajjan Sarai	Earl Marriot	2:08.54	1:56.95Q	1	
2 Liam Foster	Pitt Meadows	2:01.00	1:58.48Q	2	
3 Jordan Schmidt	RE Mountain	2:00.00	2:01.60Q	3	
4 Will Riley	Walnut Grove	2:02.40	1:58.78Q	1	
5 Paul Buckingham	Walnut Grove	2:05.90	1:58.81Q	2	
6 Graeme Roberts	Westview Secondary	2:06.70	2:02.99Q	3	
7 Andrew Lewis	Earl Marriot	2:08.96	2:00.52q	2	
8 Connor Keane	Holy Cross Regional	2:12.04	2:01.29q	1	
9 Matt Hobson	Fleetwood Pa	2:12.47	2:01.94	2	
10 Owen Wright	Sardis School	2:02.40	2:04.07	1	
11 Alexander Ross	Maple Ridge	2:07.10	2:04.47	2	
12 Dylan Bubel	Delta Secondary	2:14.80	2:05.17	3	
13 Daniel James	Sardis School	2:08.50	2:08.66	1	
14 Jp Pedroso	Archbishop C	2:20.00	2:09.59	3	
15 Mario Lovett	Abbotsford S	2:10.10	2:10.55	3	
16 Luke Forsyth	Semiahmoo Secondary	2:12.19	2:12.47	1	
17 Liam Riley	Walnut Grove	2:09.40	2:13.12	3	
18 Leandro Gerbrand	Abbotsford S	2:10.20	2:17.01	2	
19 Taylor Whitehouse	Terry Fox Se		2:37.96	1	
20 Aditya Goshalia	Pinetree Sec	2:47.46	2:45.50	2	

Men 800 Meter Run Senior

Name	Year Team	Prelims	Finals	Points	Alternate
Finals					
1 Sajjan Sarai	Earl Marriot	1:56.95	1:58.54	10	
2 Liam Foster	Pitt Meadows	1:58.48	1:59.03	8	
3 Jordan Schmidt	RE Mountain	2:01.60	1:59.89	6	
4 Will Riley	Walnut Grove	1:58.78	2:01.38	5	
5 Andrew Lewis	Earl Marriot	2:00.52	2:02.35	4	
6 Graeme Roberts	Westview Secondary	2:02.99	2:02.59	3	
7 Paul Buckingham	Walnut Grove	1:58.81	2:03.30	2	
8 Connor Keane	Holy Cross Regional	2:01.29	2:08.05	1	

2017 Fraser Valley Track and Field Championships - 5/15/17 to 5/19/17

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Men 1500 Meter Run Senior

Name	Year Team	Seed	Finals	Points	Alternate
1 Liam Foster	Pitt Meadows	4:11.00	4:06.11	10	
2 Dawson Ribeiro	Earl Marriot	4:12.65	4:06.20	8	
3 Will Riley	Walnut Grove	4:11.60	4:06.59	6	
4 Sajjan Sarai	Earl Marriot	4:18.61	4:07.19	5	
5 Paul Buckingham	Walnut Grove	4:24.30	4:07.79	4	
6 Jaxon Mackie	Earl Marriot	4:14.93	x4:08.06		
7 Owen Wright	Sardis School	4:16.30	4:08.58	3	
8 Nathan Gaucher	Centennial W	4:10.00	4:10.17	2	
9 Graeme Roberts	Westview Secondary	4:18.10	4:12.19	1	
10 Qays Abdiwahid	Heritage Woo	4:34.00	4:13.76		
11 Parmvir Waring	Abbotsford T	4:18.00	4:13.86		
12 Matt Hobson	Fleetwood Pa	4:42.92	4:20.10		
13 Alexander Ross	Maple Ridge	4:30.00	4:21.73		
14 Daniel James	Sardis School	4:31.20	4:28.94		
15 Carter Proudfoot	Chilliwack S	4:32.10	4:37.24		
16 Liam Riley	Walnut Grove	4:32.60	x4:40.87		
17 Connor Attridge	Gleneagle Secondary	5:00.80	4:45.80		
18 Nick Herzog	Terry Fox Se	5:06.68	4:56.14		
19 Kyle Kennedy	Lord Tweedsmuir	5:07.06	5:00.95		
20 Cameron Lee	Pinetree Sec	5:06.68	5:02.59		
21 Steev Salim	Guildford Park	5:03.41	5:05.05		
22 Paolo Salud	Guildford Park	5:42.02	5:33.05		

Men 3000 Meter Run Senior

Name	Year Team	Seed	Finals	Points	Alternate
1 Tate Wyatt	RE Mountain	9:12.00	8:49.62	10	
2 Dawson Ribeiro	Earl Marriot	9:06.21	8:52.16	8	
3 Jaxon Mackie	Earl Marriot	9:14.22	8:55.40	6	
4 Zach Wyatt	RE Mountain	9:05.00	8:56.08	5	
5 Riley Miller	Holy Cross Regional	9:14.43	8:58.41	4	
6 Aiden Miller	Holy Cross Regional	9:22.00	9:02.99	3	
7 Nathan Gaucher	Centennial W	9:15.00	9:03.10	2	
8 Qays Abdiwahid	Heritage Woo	9:14.50	9:06.63	1	
9 Graeme Roberts	Westview Secondary	9:36.00	9:12.10		
10 Liam Foster	Pitt Meadows	9:02.00	9:26.28		
11 Will Riley	Walnut Grove	9:24.20	9:43.26		
12 Alexander Ross	Maple Ridge	10:14.30	9:54.32		
13 Parmvir Waring	Abbotsford T	9:53.40	9:54.56		
14 Liam Riley	Walnut Grove	10:09.60	10:00.86		
15 Carter Proudfoot	Chilliwack S	10:13.00	10:07.45		
16 Jake Robertson	Walnut Grove	10:19.80	x10:10.14		
17 Aaron Li	Brookwood	10:00.30	10:13.54		
18 Ayoub Naoui	Queen Mary E	10:42.00	10:39.58		
19 Connor Attridge	Gleneagle Secondary	10:24.81	10:54.60		
20 Sean Miles	Fleetwood Pa	11:07.25	10:59.90		
21 Taishi Ishioka	Pinetree Sec	11:00.21	11:01.58		
22 Kyle Kennedy	Lord Tweedsmuir	11:13.90	11:03.37		
-- Sam Lachance	Pitt Meadows	9:20.00	DNF		

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**Zone -
Results**

Men 110 Meter Hurdles Senior

Name	Year Team	Seed	Prelims	Wind	H#	Alternate
Preliminaries						
1 Jacob Kooy	W.J Mouat	15.82	16.01Q	+0.0	1	
2 Gideon Brandsma	Abbotsford C	16.39	16.37Q	0.8	2	
3 Mitchell Sever	Rick Hansen	16.65	16.79Q	0.4	3	
4 Ethan Foster	DW Poppy Secondary	17.11	16.67Q	+0.0	1	
5 Dominic Luccock	Seaquam Seco	16.83	16.97Q	0.8	2	
6 Jacob Walters	Mission Secondary	16.64	17.11Q	0.4	3	
7 Ryan Togeretz	Credo Christ	16.96	17.10q	+0.0	1	
8 Colton Ludwar	Holy Cross Regional	17.89	17.15q	+0.0	1	
9 Peter Price	Yale Secondary	17.89	17.26	+0.0	1	
10 William Schratz	St. John Brebeuf	17.15	17.44	0.8	2	
11 Cam'ron Lobban	W.J Mouat	18.11	17.51	0.8	2	
12 Braedon Howard	Abbotsford C	17.54	17.60	0.4	3	
13 Daniel Durante	St. John Brebeuf	17.36	17.94	0.4	3	
14 Connor Haig	Mission Secondary	17.54	18.67	0.8	2	
15 Andrew Crawford	Guildford Park	21.11	20.68	0.4	3	
16 Steev Salim	Guildford Park	21.20	21.21	0.8	2	
17 Shinkoh Takahashi	Pinetree Sec	20.24	21.32	0.4	3	
18 Paiman Sheikhzadeh	Pinetree Sec	21.65	23.32	+0.0	1	

Men 110 Meter Hurdles Senior

Name	Year Team	Prelims	Finals	Wind	Points	Alternate
Finals						
1 Jacob Kooy	W.J Mouat	16.01	15.85	+0.0	10	
2 Jacob Walters	Mission Secondary	17.11	16.35	+0.0	8	
3 Mitchell Sever	Rick Hansen	16.79	16.42	+0.0	6	
4 Gideon Brandsma	Abbotsford C	16.37	16.54	+0.0	5	
5 Dominic Luccock	Seaquam Seco	16.97	16.71	+0.0	4	
6 Colton Ludwar	Holy Cross Regional	17.15	16.97	+0.0	3	
7 Ryan Togeretz	Credo Christ	17.10	17.44	+0.0	2	
8 Ethan Foster	DW Poppy Secondary	16.67	18.00	+0.0	1	

Men 400 Meter Hurdles Senior

Name	Year Team	Seed	Finals	H#	Points	Alternate
1 Jorrin Lenton	Maple Ridge	59.44	58.13	3	10	
2 Jacob Walters	Mission Secondary	1:03.13	1:01.18	3	8	
3 Dominic Luccock	Seaquam Seco	1:05.37	1:01.67	3	6	
4 Ryan Togeretz	Credo Christ	1:04.32	1:02.36	3	5	
5 Jacob Kooy	W.J Mouat	1:00.56	1:02.87	3	4	
6 Ian Foster	Holy Cross Regional	1:04.51	1:03.36	3	3	
7 Colton Ludwar	Holy Cross Regional	1:05.51	1:03.55	3	2	
8 Peter Price	Yale Secondary	1:11.87	1:04.42	1	1	
9 William Schratz	St. John Brebeuf	1:08.08	1:04.90	2		
10 Braedon Howard	Abbotsford C	1:07.69	1:05.04	2		
11 Shawn Mann	Mission Secondary	1:05.10	1:05.14	3		
12 Gideon Brandsma	Abbotsford C	1:06.21	1:05.20	2		
13 Jp Pedroso	Archbishop C	1:12.14	1:05.99	1		
14 Brydon Pires	RE Mountain	1:09.06	1:06.56	2		
15 Justin Curran	Walnut Grove	1:11.34	1:06.75	2		

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Results****...Men 400 Meter Hurdles Senior**

16 Liam Smithson	Walnut Grove	1:09.02	1:08.00	2
17 Andrew Crawford	Guildford Park	1:11.86	1:12.36	1
18 Waqar Ahmed	Burnsview Secondary	1:20.32	1:22.68	1

Men 2000 Meter Steeplechase Senior

Name	Year Team	Seed	Finals	Points	Alternate
1 Zach Wyatt	RE Mountain	6:18.00	6:07.46	10	
2 Tate Wyatt	RE Mountain	6:18.00	6:07.50	8	
3 Riley Miller	Holy Cross Regional	6:24.56	6:18.15	6	
4 Aiden Miller	Holy Cross Regional	6:26.91	6:20.14	5	
5 Dawson Ribeiro	Earl Marriot	6:24.39	6:20.68	4	
6 Nathan Gaucher	Centennial W	6:30.00	6:26.53	3	
7 Parmvir Waring	Abbotsford T	6:55.40	6:41.14	2	
8 Aaron Li	Brookwood	7:09.50	7:04.35	1	
9 Liam Smithson	Walnut Grove	7:25.40	7:05.90		
10 Liam Bingert	W.J Mouat	7:40.40	7:18.11		
11 Jeremiah Jimmie	Chilliwack S	8:02.10	7:39.34		
12 Brody Patton	Mission Secondary	9:00.50	8:34.41		

Men 4x100 Meter Relay Senior

Team	Seed	Prelims	H#	Alternate
Preliminaries				
1 W.J Mouat 'A'	45.59	45.54Q	2	
2 Surrey Christian 'A'		46.32Q	1	
3 Mission Secondary 'A'		46.44Q	2	
1) Connor Haig				2) Bryce MacKenzie
3) Jacob Walters				4) Mathew Reitsema
4 Semiahmoo Secondary 'A'	46.82	47.14Q	1	
1) Luke Forsyth				2) Keaton Lees
3) Janik Rai				4)
5 St. John Brebeuf 'A'		47.46Q	1	
6 Holy Cross Regional 'A'	47.56	47.75Q	2	
7 Chilliwack Secondary School 'A'	47.75	48.13q	2	
1) Michael Nahanee				2) Tyler Parsons
3) Austyn Bell				4) Connor Johnston
8 Maple Ridge Secondary 'A'	48.37	48.20q	1	
1) Travis Spence				2) Jake Loftus
3) Sahil Brar				4) Josh Schweyer
9 BC Christian Academy Panthers 'A'	48.64	49.04	1	
1) Zack Kuzyk				2) Nick Kuzyk
3) Max Gibson				4) Cody Dowell
10 Mei Secondary School 'A'	48.89	49.79	2	
11 Lord Tweedsmuir 'A'		50.31	2	
12 Pinetree Secondary School 'A'	50.70	50.69	1	
13 Gleneagle Secondary 'A'	49.93	50.82	1	
14 Holy Cross Regional 'B'	49.55	52.09	2	
-- Yale Secondary 'A'	48.03	DNF	2	

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Men 4x100 Meter Relay Senior

Team	Prelims	Finals	Points	Alternate
Finals				
1 W.J Mouat 'A'	45.54	44.84	10	
2 Mission Secondary 'A'	46.44	45.63	8	
3 Holy Cross Regional 'A'	47.75	46.97	6	
4 Chilliwack Secondary School 'A'	48.13	47.18	5	
5 St. John Brebeuf 'A'	47.46	47.32	4	
6 Maple Ridge Secondary 'A'	48.20	47.79	3	
7 Semiahmoo Secondary 'A'	47.14	47.93	2	
8 Surrey Christian 'A'	46.32	48.08	1	

Men 4x400 Meter Relay Senior

Team	Seed	Finals	H#	Points	Alternate
1 RE Mountain Secondary 'A'		3:26.62	2	10	
2 Sardis Secondary 'A'	3:42.08	3:32.29	2	8	
3 Holy Cross Regional 'A'	3:42.97	3:35.13	2	6	
4 W.J Mouat 'A'	3:34.03	3:35.94	2	5	
5 Maple Ridge Secondary 'A'	3:44.09	3:39.63	2	4	
1) Matt Liosis					2) Cole Deakin
3) Jacob Loftus					4) Jorrin Lenton
6 Heritage Woods Secondary 'A'	3:47.00	3:44.97	1	3	
1) Ben Wezeman					2) Scott Ciaran
3) Brendan Mclaughlin					4) Aaron Williams
7 Walnut Grove Secondary 'A'		3:45.62	2	2	
8 Chilliwack Secondary School 'A'	3:47.20	3:48.37	1	1	
1) Dylan Murdy					2) Carter Proudfoot
3) Alex Ubieta					4) Austyn Bell
9 W.J Mouat 'B'	3:45.08	3:49.62	2		
10 Surrey Christian School 'A'		3:51.14	1		
11 Mei Secondary School 'A'	3:46.80	3:56.99	2		

Men High Jump Senior

Name	Year Team	Seed	Finals	Points	Alternate
1 Bryce MacKenzie	Mission Secondary	1.80m	1.90m	9	
1.80 1.85 1.90 2.00					
O XO O XXX					
1 Michael Lambert	Mission Secondary	1.90m	1.90m	9	
1.80 1.90 2.00					
XO O XXX					
3 Zack Kuzyk	BC Christian	1.85m	J1.90m	6	
1.75 1.80 1.85 1.90 1.95					
O O XO XO XXX					
4 Daniel Aylett	Lord Tweedsmuir	1.80m	1.75m	5	
1.55 1.60 1.65 1.70 1.75 1.80					
O O O XXO XXO XXX					
5 Leo Sun	Centennial W	1.80m	J1.75m	4	
1.65 1.75 1.80					
O XO XXX					

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**Zone -
Results**

....Men High Jump Senior

6	Nathan Boudreau	W.J Mouat	1.75m	J1.75m	3
	1.60 1.65 1.70 1.75 1.80				
	o o o o XXX				
7	Kyle Davies	Walnut Grove	1.75m	1.70m	2
	1.60 1.65 1.70 1.75				
	o o o XXX				
8	Elijah De Hoog	Southridge School	1.70m	J1.70m	1
	1.60 1.65 1.70 1.75				
	o o XXO XXX				
9	Joel Choboter	St. John Brebeuf	1.60m	1.65m	
	1.55 1.60 1.65 1.70				
	o o XXO XXX				
10	Gavyn Tattersall	W.J Mouat	1.60m	1.60m	
	1.50 1.55 1.60 1.65				
	o o XXO XXX				
10	Levi Baton	Mission Secondary	1.60m	x1.60m	
	1.50 1.55 1.60 1.65				
	o o o XXX				
10	Robbie Kunz	Mission Secondary	1.60m	x1.60m	
	1.55 1.60 1.65				
	o XO XXX				
10	Jonathon Furse	DW Poppy Secondary	1.60m	1.60m	
	1.55 1.60 1.65				
	XO XXO XXX				
10	Finn White-Robinson	Meadowridge	1.60m	1.60m	
	1.50 1.55 1.60 1.65				
	o XO XO XXX				

Men Pole Vault Senior

=====														
Name	Year Team					Seed	Finals	Points	Alternate					
=====														
1	Ethan Foster	DW Poppy Secondary					1.80m	3.88m	10					
	3.30 3.40 3.60 3.70 3.88 4.00													
	o XO o o XO XXX													
2	Dominic Luccock	Seaquam Seco						3.60m	8					
	3.20 3.50 3.60 3.70													
	XXO XXO XXO XXX													
3	Cameron Vanderveen	Abbotsford C					2.60m	3.30m	6					
	1.80 2.00 2.20 2.35 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40													
	XO o o o o o o o XO XO o XXO XO XXX													
4	Amrin Bhangu	W.J Mouat					2.40m	3.20m	5					
	1.80 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30													
	o o o o XO o XXO o o XXX													
5	Ryan Togeretz	Credo Christ					2.40m	2.35m	4					
	1.80 2.00 2.20 2.35 2.50													
	o o o o XXX													

Men Long Jump Senior

=====											
Name	Year Team					Seed	Finals	Wind	Points	Alternate	
=====											
1	Landon Gill	Southridge School					6.16m	6.71m	NWI	10	
	6.32m(NWI) 6.46m(NWI) 6.38m(NWI) 6.39m(NWI) 6.52m(NWI) 6.71m(NWI)										

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**Zone -
Results**

....Men Long Jump Senior

2	Bryce MacKenzie	Mission Secondary	6.24m	6.65m	NWI	8
	4.25m(NWI) 6.04m(NWI) 6.34m(NWI) 6.21m(NWI) 6.60m(NWI) 6.65m(NWI)					
3	Elijah De Hoog	Southridge School	6.19m	6.29m	NWI	6
	6.29m(NWI) 5.86m(NWI) 6.12m(NWI) 6.27m(NWI)					
4	Daniel Durante	St. John Brebeuf	6.14m	6.04m	NWI	5
	5.69m(NWI) 5.84m(NWI) 5.67m(NWI) 5.80m(NWI) 6.04m(NWI)					
5	Ethan Foster	DW Poppy Secondary	5.76m	5.92m	NWI	4
	5.75m(NWI) 5.92m(NWI) 5.80m(NWI) 5.77m(NWI)					
6	Joel Choboter	St. John Brebeuf	5.68m	5.82m	NWI	3
	5.82m(NWI) 5.73m(NWI)					
7	Kyle Davies	Walnut Grove	5.73m	5.78m	NWI	2
	5.51m(NWI) 5.48m(NWI) 5.78m(NWI) 5.09m(NWI)					
8	Mitchell Savage	North Surrey	5.65m	5.61m	NWI	1
	5.45m(NWI) 5.45m(NWI) 5.61m(NWI) 5.38m(NWI) 5.51m(NWI) 5.33m(NWI)					
9	Balraj Mangat	W.J Mouat	5.35m	5.54m	NWI	
	5.51m(NWI) 5.54m(NWI)					
10	Pavan Mand	Terry Fox Se	5.64m	5.53m	NWI	
	5.01m(NWI) 5.53m(NWI)					
11	Adamson Adeogun	Maple Ridge	5.12m	5.52m	NWI	
	5.52m(NWI) 4.99m(NWI) 4.87m(NWI)					
12	Brian Cortez	Terry Fox Se	5.53m	5.49m	NWI	
	5.35m(NWI) 4.53m(NWI) 5.49m(NWI)					
12	Dylan Manocha	W.J Mouat	6.13m	5.49m	NWI	
	5.10m(NWI) 5.49m(NWI)					
14	Peter Price	Yale Secondary	5.36m	5.43m	NWI	
	5.43m(NWI) 5.43m(NWI)					
15	Janik Rai	Semiahmo Secondary	5.14m	5.22m	NWI	
	5.04m(NWI) 5.22m(NWI) 4.16m(NWI)					
16	Alon Zivkler	Elgin Park S	5.44m	5.20m	NWI	
	5.15m(NWI) 5.17m(NWI) 5.20m(NWI)					
17	Robbie Kunz	Mission Secondary	5.13m	5.14m	NWI	
	5.03m(NWI) 5.14m(NWI) x					
18	Dilsharan Gill	Lord Tweedsmuir	5.20m	5.02m	NWI	
	5.02m(NWI) 4.97m(NWI)					
19	Andy Kliewer	North Surrey	5.08m	4.99m	NWI	
	4.99m(NWI) x x					
20	Mateo Manke	Pitt Meadows	5.18m	4.70m	NWI	
	4.59m(NWI) 4.70m(NWI)					
21	Jonathon Furse	DW Poppy Secondary	5.19m	4.57m	NWI	
	4.31m(NWI) 4.55m(NWI) 4.57m(NWI)					

Men Triple Jump Senior

=====							
Name	Year	Team	Seed	Finals	Wind	Points	Alternate
=====							
1	Elijah De Hoog	Southridge School	13.30m	13.36m	NWI	10	
	13.22m(NWI) 13.14m(NWI) 13.14m(NWI) 13.36m(NWI) 13.22m(NWI) 13.07m(NWI)						
2	Zack Kuzyk	BC Christian	12.69m	12.89m	NWI	8	
	12.50m(NWI) 11.28m(NWI) 12.71m(NWI) 12.52m(NWI) 12.46m(NWI) 12.89m(NWI)						
3	Bryce MacKenzie	Mission Secondary	12.93m	12.71m	NWI	6	
	12.56m(NWI) 12.71m(NWI) FOUL FOUL FOUL 12.57m(NWI)						
4	Landon Gill	Southridge School	12.51m	12.04m	NWI	5	
	11.40m(NWI) 12.04m(NWI) 11.67m(NWI)						
5	Janik Rai	Semiahmo Secondary	11.89m	11.86m	NWI	4	
	11.86m(NWI) 11.60m(NWI) 11.61m(NWI) 11.06m(NWI) 10.44m(NWI)						

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Results**

...Men Triple Jump Senior

6	Balraj Mangat	W.J Mouat	12.01m	11.72m	NWI	3
	11.40m(NWI)	11.68m(NWI)	11.64m(NWI)	11.72m(NWI)	11.47m(NWI)	11.37m(NWI)
7	Josh Schweyer	Maple Ridge	11.08m	11.44m	NWI	2
	11.44m(NWI)	10.72m(NWI)	10.80m(NWI)	11.02m(NWI)	11.24m(NWI)	11.10m(NWI)
8	Mitchell Savage	North Surrey	11.89m	11.39m	NWI	1
	11.27m(NWI)	11.39m(NWI)	11.26m(NWI)	10.81m(NWI)	10.82m(NWI)	
9	Daniel Durante	St. John Brebeuf	11.37m	11.31m	NWI	
	11.07m(NWI)	10.83m(NWI)	11.31m(NWI)			
10	Benjamin Ewert	Highroad Academy	10.78m	11.25m	NWI	
	11.25m(NWI)	11.19m(NWI)	10.49m(NWI)			
10	Dilsharan Gill	Lord Tweedsmuir	11.22m	11.25m	NWI	
	FOUL	11.25m(NWI)	11.10m(NWI)			
12	Aaron Hill	Chilliwack S	10.68m	10.93m	NWI	
	10.93m(NWI)	FOUL	10.88m(NWI)			
13	Praveen Sivakumar	RE Mountain	10.52m	10.57m	NWI	
	10.57m(NWI)	FOUL	FOUL			
14	Jonathon Furse	DW Poppy Secondary	10.44m	9.90m	NWI	
	9.90m(NWI)	FOUL	FOUL			
--	Eric Yan	Heritage Woo	9.04m	FOUL		
	FOUL	FOUL	FOUL			

Men Shot Put 6 kg Senior

=====											
Name	Year Team					Seed	Finals	Points	Alternate		
=====											
1	Greg Poirier	Robert Batem					14.65m	14.63m	10		
	13.32m	14.24m	14.12m	14.12m	14.27m	14.63m					
2	Connor Sinclair	Semiahmoo Secondary					12.38m	12.66m	8		
	11.97m	11.72m	12.66m	FOUL	12.61m	12.34m					
3	Kene Ubajaka	Abbotsford C					10.62m	12.32m	6		
	10.98m	10.84m	12.32m	FOUL	FOUL	FOUL					
4	Dakota Mathers	GW Graham -					10.53m	11.23m	5		
	10.52m	11.23m	10.58m	11.22m	11.13m	10.95m					
5	Brody MacDonald	Langley Chri					10.78m	10.76m	4		
	10.40m	10.01m	10.76m	10.39m	10.15m	10.50m					
6	Nelson Lokombo	W.J Mouat					10.79m	10.68m	3		
	10.10m	10.16m	10.68m	FOUL							
7	Joel Choboter	St. John Brebeuf					10.85m	10.54m	2		
	10.44m	10.54m	10.33m								
8	Jacob Smart	Holy Cross Regional					10.22m	10.39m	1		
	9.99m	10.39m	10.31m	10.38m	9.46m	9.35m					
9	Tim Wang	Johnston Hei					9.93m	10.19m			
	10.19m	9.71m	FOUL								
10	Jaren Lengert	GW Graham -					10.43m	10.03m			
	10.03m	9.33m	9.60m								
11	Daniel Jirava	Lord Tweedsmuir					9.70m	9.69m			
	9.69m	9.20m	9.39m								
12	Paolo Lujan	Holy Cross Regional					9.35m	9.25m			
	9.25m	FOUL	FOUL								
13	Ben Ethier	Walnut Grove					10.22m	9.04m			
	FOUL	9.04m	8.65m								
14	Jordan Gauthier	Hope Secondary					9.87m	8.93m			
	8.93m	FOUL	FOUL								
15	Kyle Collins	St. John Brebeuf					9.16m	8.43m			
	FOUL	8.43m	FOUL								

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Results**

....Men Shot Put 6 kg Senior

16 Nathaniel Gidon	Highroad Academy	8.73m	8.39m
8.39m FOUL FOUL			
17 Kevin Lee	Holy Cross Regional	8.33m	x8.18m
FOUL 7.79m 8.18m			
18 Rajan Brar	Tamanawis Se	9.34m	7.33m
FOUL 7.33m FOUL			

Men Discus Throw 1.75 kg Senior

Name	Year Team	Seed	Finals	Points	Alternate
1 Vikramjit Gondara	W.J Mouat	43.18m	43.58m	10	
FOUL 41.75m 41.98m 43.58m 42.38m					
2 Rowan Hamilton	Sardis School	40.49m	39.83m	8	
39.83m FOUL 37.72m 36.00m 38.39m FOUL					
3 Noah Bailey	Chilliwack S	34.00m	34.50m	6	
32.48m 32.40m 33.55m 34.50m FOUL FOUL					
4 Cam'ron Lobban	W.J Mouat	23.20m	32.04m	5	
27.50m 22.68m 29.79m 26.09m 32.04m 25.26m					
5 Connor Sinclair	Semiahmoo Secondary	31.95m	30.89m	4	
FOUL 27.78m 30.89m 27.89m 30.24m FOUL					
6 Kene Ubajaka	Abbotsford C	24.64m	28.91m	3	
28.91m FOUL FOUL					
7 Jaren Lengert	GW Graham -	25.85m	28.30m	2	
25.24m 27.22m 26.57m 28.30m FOUL 26.00m					
8 Jake Pott	Mission Secondary	27.38m	27.64m	1	
27.64m 21.13m 22.15m 27.64m FOUL FOUL					
9 Jordan Gauthier	Hope Secondary	24.02m	24.87m		
FOUL 24.87m 23.73m					
10 Jacob Smart	Holy Cross Regional	24.76m	24.35m		
23.46m 24.35m 20.48m					
11 Gurmehekjot Pannu	Tamanawis Se	20.54m	22.98m		
FOUL 18.73m 22.98m					
12 Thanasi Stassinis	Guildford Park	16.84m	18.77m		
16.81m 18.77m 18.38m					
13 Eric Steinhilber	Lord Tweedsmuir	15.08m	15.83m		
FOUL 15.83m 13.94m					
14 Le John	GW Graham -	27.00m	9.72m		
FOUL 9.72m FOUL					
-- Michael Lambert	Mission Secondary	33.32m	FOUL		
FOUL FOUL FOUL					
-- Hayden Oberhoffner	St. John Brebeuf	25.34m	FOUL		
FOUL FOUL FOUL					

Men Hammer Throw 6 kg Senior

Name	Year Team	Seed	Finals	Points	Alternate
1 Vikramjit Gondara	W.J Mouat	62.57m	61.17m	10	
60.49m 61.01m 61.17m					
2 Rowan Hamilton	Sardis School	56.11m	58.89m	8	
58.89m 58.05m 55.33m 57.35m					
3 Noah Bailey	Chilliwack S	40.15m	38.40m	6	
31.28m 29.97m 35.21m 38.40m					

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...Men Hammer Throw 6 kg Senior

4	Kielan Pilgrim	W.J Mouat	31.00m	33.34m	5
	29.54m 30.33m 32.18m 32.88m 31.53m 33.34m				
5	Jordan Gauthier	Hope Secondary	26.72m	29.50m	4
	25.86m 27.62m 25.50m 29.13m 29.50m				
6	Nathaniel Gidon	Highroad Academy	20.89m	24.30m	3
	24.28m 23.24m 22.62m 23.82m 22.64m 24.30m				
7	Kene Ubajaka	Abbotsford C	25.82m	24.24m	2
	24.24m 23.15m				
8	Jake Pott	Mission Secondary	20.42m	23.86m	1
	22.51m 23.86m				
9	Avjot Kala	Mission Secondary	18.13m	21.05m	
	17.20m 21.05m				
10	Aaron Devalk	Highroad Academy	17.16m	14.10m	
	x 12.33m 14.10m				
11	Sharonvir Thandi	Queen Mary E	5.14m	6.96m	
	6.96m				

Men Javelin Throw 800 gram Senior

Name	Year Team	Seed	Finals	Points	Alternate
1 Brian Cortez	Terry Fox Se	49.18m	50.47m	10	
	50.47m 43.94m 46.93m 48.90m 45.97m 46.45m				
2 Christian Christie	Langley Chri	43.04m	44.24m	8	
	44.24m FOUL FOUL FOUL 41.77m				
3 Shay Lalor	Earl Marriot	40.18m	42.63m	6	
	30.82m 40.86m 42.63m 40.39m 39.86m 42.59m				
4 Cam'ron Lobban	W.J Mouat	40.50m	40.95m	5	
	35.84m 37.65m 33.07m 38.33m 40.95m 39.50m				
5 Evan Smith	Dr Charles Best	42.43m	40.78m	4	
	40.36m 38.12m 40.78m FOUL 36.48m FOUL				
6 Cole Barron	Holy Cross Regional	34.92m	40.39m	3	
	37.19m 37.93m 40.39m 36.04m 38.19m 36.42m				
7 Jacob Smart	Holy Cross Regional	34.74m	39.59m	2	
	37.43m 35.62m 38.47m 36.37m 39.59m 38.23m				
8 Cameron Vanderveen	Abbotsford C	39.69m	37.54m	1	
	37.25m 36.81m 37.54m 35.12m 34.05m				
9 Paolo Lujan	Holy Cross Regional	32.45m	x37.38m		
	35.33m 30.86m 37.38m				
10 Philbert Um	Highroad Academy	30.60m	35.29m		
	31.69m 35.29m 32.19m				
11 Jake Loftus	Maple Ridge	35.97m	35.27m		
	34.98m 35.27m 32.94m				
12 Daniel Jirava	Lord Tweedsmuir	35.95m	34.10m		
	33.93m 33.90m 34.10m				
13 Tristan Coumont	Maple Ridge	33.39m	32.12m		
	32.12m 29.18m 30.46m				
14 Gavyn Tattersall	W.J Mouat	32.78m	31.89m		
	31.89m 29.94m 31.59m				
15 Dakota Mathers	GW Graham -	31.34m	31.16m		
	31.16m FOUL 31.04m				
16 Nathan Boudreau	W.J Mouat		x30.39m		
	30.39m 22.20m 27.97m				
17 Levi Baton	Mission Secondary	27.85m	28.36m		
	28.36m 25.54m 26.70m				

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...Men Javelin Throw 800 gram Senior

18 Landon Gill	Southridge School	33.34m	27.58m
25.51m 27.58m			
19 Brendan Fraser	Holy Cross Regional	28.62m	x27.19m
27.19m 24.95m 26.82m			
20 Hayden Oberhoffner	St. John Brebeuf	28.20m	26.42m
FOUL 26.42m 24.42m			
21 Matthew Wood	Pinetree Sec	25.86m	26.31m
26.31m FOUL 21.62m			
22 Gideon Brandsma	Abbotsford C	32.10m	25.79m
25.79m FOUL 20.53m			

Men 1500 Meter Race Walk Senior

Name	Year Team	Seed	Finals	Points	Alternate
1 Amrin Bhangu	W.J Mouat	8:44.02	8:26.39	10	
2 Adam Clay	Langley Chri	9:37.00	9:11.17	8	
3 Marshall Campbell	Langley Chri	10:08.20	9:13.26	6	
4 Thomas Schratz	St. John Brebeuf	9:42.70	9:32.98	5	
5 Nick Scott	Maple Ridge	11:42.20	9:37.10	4	
6 Campbell Stops	Johnston Hei	10:29.38	9:48.64	3	
7 Nathanael Van Deventer	Abbotsford C	12:33.30	10:56.61	2	
8 Eric Steinhilber	Lord Tweedsmuir	14:21.51	12:12.20	1	