

| Shot Put | Name | Grade | School | Distance |
|----------|---------------|-------|-------------|----------|
| 1 | Reagan Hadden | 8 | Maple Ridge | 8.78 |

| Shot Put | Name | Grade | School | Distance |
|----------|-------------------|-------|-------------|----------|
| 1 | Alina Olson | JR | Maple Ridge | 10.19 |
| 2 | Hanna Hanson | JR | Delta | 8.97 |
| 3 | Mateya Haintz | JR | Maple Ridge | 8.95 |
| 4 | Uthra Viswanathan | JR | Sands | 8.00 |
| 5 | Kristen Seppelt | JR | AB Carney | 7.28 |
| 6 | Sydney Foster | JR | Maple Ridge | 7.24 |
| 7 | Olivia Ekman | JR | Maple Ridge | 6.15 |
| 8 | Rebecca Kahle | JR | Garibaldi | 5.17 |

| Shot Put | Name | Grade | School | Distance |
|----------|------------------|-------|----------------|----------|
| 1 | Kianna Counsell | SR | Heritage Woods | 7.15 |
| 2 | Taylor Wilson | SR | Garibaldi | 6.48 |
| 3 | Ine Gerloff | SR | Garibaldi | 5.77 |
| 4 | Isabelle Pearson | SR | Delta | 5.04 |
| 5 | Charlotte Tatge | SR | Maple Ridge | 4.33 |

| Shot Put | Name | Grade | School | Distance |
|----------|-------------------|-------|-----------|----------|
| 1 | Aiden McClenaghan | 8 | Garibaldi | 8.23 |
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| Shot Put | Name | Grade | School | Distance |
|----------|-----------------|-------|----------------|----------|
| 1 | Michael Yoo | Jr | Heritage Woods | 9.15 |
| 2 | Mason Robinson | Jr | Garibaldi | 8.81 |
| 3 | Kyle Sun-Payeur | Jr | Heritage Woods | 8.78 |
| 4 | Simon Miyashita | Jr | MRSS | 8.32 |
| 5 | Chris Coulthard | Jr | Westview | 7.25 |
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| Shot Put | Name | Grade | School | Distance |
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| 1 | Nicholas Homeniuk | SR | Port Moody | 6.75 |
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