

RESULTS

#1 Men's 100 Meters

Pl	Name	Team	Time	H(Pl)
1	JOHNSON, Noah	Western Washington	10.97 (+2.0)	1(1)
2	PENSON-MCCOY, Jesaiah	Simon Fraser	11.03 (+2.0)	1(2)
3	HAAGENSON, Chase	British Columbia	11.08 (+2.0)	1(3)
4	SUZUKI, Kaito	Simon Fraser	11.10 (+1.3)	2(1)
5	GREENWALT, Ryan	Western Washington	11.20 (+2.0)	1(4)
6	AMENTA, Anthony	Coq. Cheetahs	11.21 (+1.3)	2(2)
7	SORIANO, Jason	British Columbia	11.31 (+2.0)	1(5)
7	DULEY, Logan	Kajaks	11.31 (+1.3)	2(3)
9	HENRY, Ryan	Western Washington	11.44 (+2.0)	1(6)
10	GRUNINGER, Calib	Coq. Cheetahs	11.49 (+1.3)	2(4)
11	FAGBAMIYE, Iyimi	UBC Thunderbirds Surrey	11.60 (+0.7)	3(1)
12	OSBORNE, Keiran	Unattached	11.61 (+2.2)	4(1)
13	NISBABOURIAN, Ardalan	NorWesters	11.74 (+0.7)	3(2)
14	EASTMAN, Mattias	Unattached	11.75 (+1.3)	2(5)
15	HENRY, Stirling	Nanaimo Track & Field	11.77 (+0.7)	3(3)
16	GIBBS, Mitchell	Simon Fraser	11.84 (+1.9)	5(1)
17	ZHOU, Victor	Unattached	11.87 (+2.2)	4(2)
18	ZHANG, Danni	Unattached	11.95 (+0.7)	3(4)
19	PARKAR, Kyle	Alberni Valley Track Club	12.17 (+0.7)	3(5)
20	MANDIC, Daniel	Unattached	12.29 (+2.2)	4(3)
21	WANG, Congran	Unattached	12.33 (+0.7)	3(6)
22	DUBOUCHET, Raphael	NorWesters	12.38 (+1.9)	5(2)
23	YEUNG, Jack	Vancouver Thunderbirds	12.55 (+2.2)	4(4)
24	FROST, Ezra	Alberni Valley Track Club	12.62 (+2.2)	4(5)
25	LIU, Zewen	Vancouver Thunderbirds	12.93 (+0.7)	3(7)
26	RAI, Ranveer	Unattached	13.09 (+1.9)	5(3)
27	GILL, Sunny	Unattached	13.15 (+2.2)	4(6)
28	KUMAR, Mukesh	Ocean Athletics Track & Fie	13.36 (+1.3)	2(6)
29	LAM, Trevor	Vancouver Thunderbirds	13.66 (+1.9)	5(4)
30	KOK, Elton	Unattached	13.90 (+0.7)	3(8)
31	FUNG, Ching	Thunderbird	13.95 (+1.9)	5(5)
32	PIERCE, Conner	British Columbia	15.12 (+2.2)	4(7)

SECTION RESULTS

Pl	Name	Team	Time
Section 1 of 5			Wind: (+2.0)
1	JOHNSON, Noah	Western Washington	10.97
2	PENSON-MCCOY, Jesaiah	Simon Fraser	11.03
3	HAAGENSON, Chase	British Columbia	11.08
4	GREENWALT, Ryan	Western Washington	11.20
5	SORIANO, Jason	British Columbia	11.31
6	HENRY, Ryan	Western Washington	11.44
Section 2 of 5			Wind: (+1.3)
1	SUZUKI, Kaito	Simon Fraser	11.10
2	AMENTA, Anthony	Coq. Cheetahs	11.21
3	DULEY, Logan	Kajaks	11.31

RESULTS

#1 Men's 100 Meters (cont'd)

Pl	Name	Team	Time
4	GRUNINGER, Calib	Coq. Cheetahs	11.49
5	EASTMAN, Mattias	Unattached	11.75
6	KUMAR, Mukesh	Ocean Athletics Track & Fie	13.36
Section 3 of 5			Wind: (+0.7)
1	FAGBAMIYE, Iyimi	UBC Thunderbirds Surrey	11.60
2	NISBABOURIAN, Ardalan	NorWesters	11.74
3	HENRY, Stirling	Nanaimo Track & Field	11.77
4	ZHANG, Danni	Unattached	11.95
5	PARKAR, Kyle	Alberni Valley Track Club	12.17
6	WANG, Congran	Unattached	12.33
7	LIU, Zewen	Vancouver Thunderbirds	12.93
8	KOK, Elton	Unattached	13.90
Section 4 of 5			Wind: (+2.2)
1	OSBORNE, Keiran	Unattached	11.61
2	ZHOU, Victor	Unattached	11.87
3	MANDIC, Daniel	Unattached	12.29
4	YEUNG, Jack	Vancouver Thunderbirds	12.55
5	FROST, Ezra	Alberni Valley Track Club	12.62
6	GILL, Sunny	Unattached	13.15
7	PIERCE, Conner	British Columbia	15.12
Section 5 of 5			Wind: (+1.9)
1	GIBBS, Mitchell	Simon Fraser	11.84
2	DUBOUCHET, Raphael	NorWesters	12.38
3	RAI, Ranveer	Unattached	13.09
4	LAM, Trevor	Vancouver Thunderbirds	13.66
5	FUNG, Ching	Thunderbird	13.95

#3 Men's 200 Meters

Pl	Name	Team	Time	H(Pl)
1	GEORGE, Nathan	Coq. Cheetahs	21.18 (+1.9)	1(1)
2	TJERNAGEL, Benjamin	Trinity Western	22.04 (+1.9)	1(2)
3	PENSON-MCCOY, Jesaiah	Simon Fraser	22.15 (+1.9)	1(3)
4	HAAGENSON, Chase	British Columbia	22.21 (+1.9)	1(4)
5	ADHEMAR, Joshua	Coq. Cheetahs	22.27 (+1.9)	1(5)
6	LE, Brian	Western Washington	22.63 (+1.3)	2(1)
7	BELCHER, Jeremy	Simon Fraser	22.82 (+1.9)	1(6)
8	AMENTA, Anthony	Coq. Cheetahs	23.02 (+1.3)	2(2)
9	VIRIRI, Tinashe	Coq. Cheetahs	23.23 (+1.3)	2(3)
10	DULEY, Logan	Kajaks	23.29 (+0.6)	3(1)
11	WITTERS, Ryan	Western Washington	23.33 (+1.9)	1(7)
12	MCALLISTER, Cyrus	Western Washington	23.44 (+1.3)	2(4)
13	OSBORNE, Keiran	Unattached	23.71 (+0.6)	3(2)
14	HENRY, Stirling	Nanaimo Track & Field	23.86 (+0.6)	3(3)
15	ZHOU, Victor	Unattached	24.16 (+0.6)	3(4)
16	EASTMAN, Mattias	Unattached	24.22 (+1.3)	2(5)
17	TRUSTHAM, Harrison	Simon Fraser	24.32 (+0.6)	3(5)
18	NISBABOURIAN, Ardalan	NorWesters	24.39 (+0.6)	3(6)

RESULTS

#3 Men's 200 Meters (cont'd)

Pl	Name	Team	Time	H(Pl)
19	ENGBRETSEN, Kale	Western Washington	24.83 (+0.6)	3(7)
20	MANDIC, Daniel	Unattached	25.38 (+0.6)	4(1)
21	PIERCE, Conner	British Columbia	32.08 (+0.6)	4(2)

SECTION RESULTS

Pl	Name	Team	Time
Section 1 of 4			Wind: (+1.9)
1	GEORGE, Nathan	Coq. Cheetahs	21.18
2	TJERNAGEL, Benjamin	Trinity Western	22.04
3	PENSON-MCCOY, Jesaiah	Simon Fraser	22.15
4	HAAGENSON, Chase	British Columbia	22.21
5	ADHEMAR, Joshua	Coq. Cheetahs	22.27
6	BELCHER, Jeremy	Simon Fraser	22.82
7	WITTERS, Ryan	Western Washington	23.33
Section 2 of 4			Wind: (+1.3)
1	LE, Brian	Western Washington	22.63
2	AMENTA, Anthony	Coq. Cheetahs	23.02
3	VIRIRI, Tinashe	Coq. Cheetahs	23.23
4	MCALLISTER, Cyrus	Western Washington	23.44
5	EASTMAN, Mattias	Unattached	24.22
Section 3 of 4			Wind: (+0.6)
1	DULEY, Logan	Kajaks	23.29
2	OSBORNE, Keiran	Unattached	23.71
3	HENRY, Stirling	Nanaimo Track & Field	23.86
4	ZHOU, Victor	Unattached	24.16
5	TRUSTHAM, Harrison	Simon Fraser	24.32
6	NISBABOURIAN, Ardalan	NorWesters	24.39
7	ENGBRETSEN, Kale	Western Washington	24.83
Section 4 of 4			Wind: (+0.6)
1	MANDIC, Daniel	Unattached	25.38
2	PIERCE, Conner	British Columbia	32.08

#5 Men's 400 Meters

Pl	Name	Team	Time	H(Pl)
1	GEORGE, Nathan	Coq. Cheetahs	46.90	1(1)
2	AYESU-ATTAH, Benjamin	Coq. Cheetahs	47.65	1(2)
3	TJERNAGEL, Benjamin	Trinity Western	49.75	1(3)
4	ADHEMAR, Joshua	Coq. Cheetahs	49.88	1(4)
5	LE, Brian	Western Washington	50.24	1(5)
6	DANIELS, Mark	Western Washington	50.90	1(6)
7	ALLEN, Felix	Simon Fraser	51.15	2(1)
8	WITTERS, Ryan	Western Washington	51.40	2(2)
9	CHHIM, Sonny	Western Washington	51.59	2(3)
10	FLACK, Owen	Langley Mustangs	52.32	2(4)
11	KITS, Aidan	Unattached	53.08	2(5)
12	VIRIRI, Tinashe	Coq. Cheetahs	53.34	2(6)
13	YU, An	Unattached	56.85	3(1)

RESULTS

#5 Men's 400 Meters (cont'd)

Pl Name	Team	Time	H(Pl)
14 REDL, Simon	Com. Cougars	57.23	3(2)
15 PARKAR, Kyle	Alberni Valley Track Club	57.84	3(3)
16 ROLLE, Antonio	Unattached	58.47	1(7)
17 FROST, Ezra	Alberni Valley Track Club	59.12	3(4)

SECTION RESULTS

Pl Name	Team	Time
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Section 1 of 3

1 GEORGE, Nathan	Coq. Cheetahs	46.90
2 AYESU-ATTAH, Benjamin	Coq. Cheetahs	47.65
3 TJERNAGEL, Benjamin	Trinity Western	49.75
4 ADHEMAR, Joshua	Coq. Cheetahs	49.88
5 LE, Brian	Western Washington	50.24
6 DANIELS, Mark	Western Washington	50.90
7 ROLLE, Antonio	Unattached	58.47

Section 2 of 3

1 ALLEN, Felix	Simon Fraser	51.15
2 WITTERS, Ryan	Western Washington	51.40
3 CHHIM, Sonny	Western Washington	51.59
4 FLACK, Owen	Langley Mustangs	52.32
5 KITS, Aidan	Unattached	53.08
6 VIRIRI, Tinashe	Coq. Cheetahs	53.34

Section 3 of 3

1 YU, An	Unattached	56.85
2 REDL, Simon	Com. Cougars	57.23
3 PARKAR, Kyle	Alberni Valley Track Club	57.84
4 FROST, Ezra	Alberni Valley Track Club	59.12

#7 Men's 800 Meters

Pl Name	Team	Time	H(Pl)
1 BUCKINGHAM, Paul	Simon Fraser	1:52.15	1(1)
2 FRANKS, Macauley	Western Washington	1:52.65	1(2)
3 WEBER, Drew	Western Washington	1:53.10	1(3)
4 KRAMER, Liam	British Columbia	1:53.24	2(1)
5 SCHMIDT, Jordan	Simon Fraser	1:53.28	1(4)
6 CHAPMAN, Tomas	Simon Fraser	1:53.74	1(5)
7 WARREN, Calahan	Western Washington	1:54.56	1(6)
8 MCDERMOTT, Kevin	Western Washington	1:55.16	2(2)
9 BOGALE, Kirubel	Simon Fraser	1:55.27	2(3)
10 MEKONNEN, Ephrem	Simon Fraser	1:55.41	1(7)
11 BIRO, Stefan	Coach W Athletics	1:57.26	2(4)
12 BLOOM, Jonah	Western Washington	1:57.46	2(5)
13 KORTA, Kaleb	Western Washington	1:58.61	3(1)
14 BOYLE, Parker	Unattached	2:02.21	3(2)
14 WILCOX, Quinn	Western Washington	2:02.21	3(2)
16 LOEWEN, Samuel	British Columbia	2:02.52	3(4)
17 SANDS, Sean	Western Washington	2:06.09	3(5)

RESULTS

#7 Men's 800 Meters (cont'd)

Pl	Name	Team	Time	H(Pl)
18	MIYA, Rogelio	Thunderbirds	2:06.25	4(1)
19	SADA, Bernardo	Ocean Athletics	2:06.69	4(2)
20	SIAU, Timothy	Coq. Cheetahs	2:08.58	3(6)
21	RICHARDSON, Nate	Thunderbirds	2:19.27	4(3)
22	MYINT, Christian	Nanaimo Track and Field Cl	2:35.37	4(4)
23	PIERCE, Conner	British Columbia	2:54.62	4(5)
	FISHER, Paul	British Columbia	DNF	1
	GOUDRON, Ryan	British Columbia	DNF	2

SECTION RESULTS

Pl	Name	Team	Time
Section 1 of 4			
1	BUCKINGHAM, Paul	Simon Fraser	1:52.15
2	FRANKS, Macauley	Western Washington	1:52.65
3	WEBER, Drew	Western Washington	1:53.10
4	SCHMIDT, Jordan	Simon Fraser	1:53.28
5	CHAPMAN, Tomas	Simon Fraser	1:53.74
6	WARREN, Calahan	Western Washington	1:54.56
7	MEKONNEN, Ephrem	Simon Fraser	1:55.41
	FISHER, Paul	British Columbia	DNF
Section 2 of 4			
1	KRAMER, Liam	British Columbia	1:53.24
2	MCDERMOTT, Kevin	Western Washington	1:55.16
3	BOGALE, Kirubel	Simon Fraser	1:55.27
4	BIRO, Stefan	Coach W Athletics	1:57.26
5	BLOOM, Jonah	Western Washington	1:57.46
	GOUDRON, Ryan	British Columbia	DNF
Section 3 of 4			
1	KORTA, Kaleb	Western Washington	1:58.61
2	BOYLE, Parker	Unattached	2:02.21
2	WILCOX, Quinn	Western Washington	2:02.21
4	LOEWEN, Samuel	British Columbia	2:02.52
5	SANDS, Sean	Western Washington	2:06.09
6	SIAU, Timothy	Coq. Cheetahs	2:08.58
Section 4 of 4			
1	MIYA, Rogelio	Thunderbirds	2:06.25
2	SADA, Bernardo	Ocean Athletics	2:06.69
3	RICHARDSON, Nate	Thunderbirds	2:19.27
4	MYINT, Christian	Nanaimo Track and Field Cl	2:35.37
5	PIERCE, Conner	British Columbia	2:54.62

#9 Men's 1500 Meters

Pl	Name	Team	Time	H(Pl)
1	WARREN, Calahan	Western Washington	3:46.14	1(1)
2	WEBER, Drew	Western Washington	3:47.76	1(2)
3	FRANKS, Macauley	Western Washington	3:48.13	1(3)
4	MCDERMOTT, Kevin	Western Washington	3:48.46	1(4)

RESULTS

#9 Men's 1500 Meters (cont'd)

Pl	Name	Team	Time	H(Pl)
5	GOOD, Aiden	Simon Fraser	3:52.80	1(5)
6	RUCKMAN-UTTING, Henry	Simon Fraser	3:54.47	1(6)
7	MEKONNEN, Ephrem	Simon Fraser	3:54.77	1(7)
8	ARNDT, Scott	Simon Fraser	3:55.51	1(8)
9	BRINKMAN, Sebastian	Simon Fraser	3:56.83	1(9)
10	CASTRO, Jose	Simon Fraser	3:58.06	1(10)
11	GILLINGHAM, Jeret	Western Washington	3:59.66	1(11)
12	WILCOX, Quinn	Western Washington	4:01.89	1(12)
13	RITTER, Alec	Western Washington	4:01.94	2(1)
14	BLINN, Jason	Western Washington	4:03.44	2(2)
15	BIRO, Stefan	Coach W Athletics	4:06.72	1(13)
16	SALAZAR, Matthew	Unattached	4:06.75	2(3)
17	VAN RAAMSDONK, Paul	Vancouver Thunderbirds	4:07.83	2(4)
18	MOORE, Brendan	Simon Fraser	4:08.57	2(5)
19	COTE, Jeremy	Vancouver Thunderbirds	4:12.37	2(6)
20	HODGSON, James	OATF	4:12.59	2(7)
21	SANDS, Sean	Western Washington	4:12.88	2(8)
22	MARTLAND, Kai	Vancouver Thunderbirds	4:13.03	2(9)
23	THEOPHILUS, Abbas	Western Washington	4:13.07	2(10)
24	BRITTAİN, Steven	Ocean Athletics	4:13.17	2(11)
25	WONG, Evan	Vancouver Thunderbirds	4:20.00	2(12)
26	LOGIE, Micah	Simon Fraser	4:20.82	2(13)
27	PUTZ, Jake	NTFC	4:22.53	3(1)
28	KLASSEN, Mitchell	Thunderbirds	4:24.21	3(2)
29	WERSTIUK, Jordan	Thunderbirds	4:24.78	3(3)
30	HOLMES, Max	Vancouver Thunderbirds	4:28.59	2(14)
31	MIYA, Renaldo	Thunderbirds	4:32.44	3(4)
32	WATSON, Jayden	Unattached	4:38.83	3(5)
33	PINCKARD, mark	Ocean Athletics	4:39.95	3(6)
34	CROOME, Zachary	Nanaimo Track and Field Cl	4:44.72	3(7)
35	KLASSEN, Dixon	Thunderbirds	4:46.00	3(8)
36	ALIKAMIK, Kyran	Vancouver Thunderbirds	4:47.91	3(9)
	BOYLE, Parker	Unattached	4:07.53	2

SECTION RESULTS

Pl	Name	Team	Time
Section 1 of 3			
1	WARREN, Calahan	Western Washington	3:46.14
2	WEBER, Drew	Western Washington	3:47.76
3	FRANKS, Macauley	Western Washington	3:48.13
4	MCDERMOTT, Kevin	Western Washington	3:48.46
5	GOOD, Aiden	Simon Fraser	3:52.80
6	RUCKMAN-UTTING, Henry	Simon Fraser	3:54.47
7	MEKONNEN, Ephrem	Simon Fraser	3:54.77
8	ARNDT, Scott	Simon Fraser	3:55.51
9	BRINKMAN, Sebastian	Simon Fraser	3:56.83

RESULTS

#9 Men's 1500 Meters (cont'd)

Pl	Name	Team	Time
10	CASTRO, Jose	Simon Fraser	3:58.06
11	GILLINGHAM, Jeret	Western Washington	3:59.66
12	WILCOX, Quinn	Western Washington	4:01.89
13	BIRO, Stefan	Coach W Athletics	4:06.72

Section 2 of 3

	BOYLE, Parker	Unattached	4:07.53
1	RITTER, Alec	Western Washington	4:01.94
2	BLINN, Jason	Western Washington	4:03.44
3	SALAZAR, Matthew	Unattached	4:06.75
4	VAN RAAMSDONK, Paul	Vancouver Thunderbirds	4:07.83
5	MOORE, Brendan	Simon Fraser	4:08.57
6	COTE, Jeremy	Vancouver Thunderbirds	4:12.37
7	HODGSON, James	OATF	4:12.59
8	SANDS, Sean	Western Washington	4:12.88
9	MARTLAND, Kai	Vancouver Thunderbirds	4:13.03
10	THEOPHILUS, Abbas	Western Washington	4:13.07
11	BRITTAİN, Steven	Ocean Athletics	4:13.17
12	WONG, Evan	Vancouver Thunderbirds	4:20.00
13	LOGIE, Micah	Simon Fraser	4:20.82
14	HOLMES, Max	Vancouver Thunderbirds	4:28.59

Section 3 of 3

1	PUTZ, Jake	NTFC	4:22.53
2	KLASSEN, Mitchell	Thunderbirds	4:24.21
3	WERSTIUK, Jordan	Thunderbirds	4:24.78
4	MIYA, Renaldo	Thunderbirds	4:32.44
5	WATSON, Jayden	Unattached	4:38.83
6	PINCKARD, mark	Ocean Athletics	4:39.95
7	CROOME, Zachary	Nanaimo Track and Field Cl	4:44.72
8	KLASSEN, Dixon	Thunderbirds	4:46.00
9	ALIKAMIK, Kyran	Vancouver Thunderbirds	4:47.91

#11 Men's 5000 Meters

Pl	Name	Team	Time	H(Pl)
1	DOZZI, Tyler	British Columbia	13:57.14	1(1)
2	DINSDALE, Cole	Unattached	14:16.25	1(2)
3	BROATCH, Thomas	Vancouver Thunderbirds	14:20.60	1(3)
4	GRAVEL, Christian	Vancouver Thunderbirds	14:31.42	1(4)
5	KOZELJ, Josh	British Columbia	14:33.36	1(5)
6	SCOTT, Derek	Unattached	14:36.26	1(6)
7	DWYER, Liam	British Columbia	14:38.27	1(7)
8	HARDY, Spencer	British Columbia	15:04.59	1(8)
9	NICOL, Connor	Ocean Athletics	15:07.20	2(1)
10	SCHIMMELPENNINCK, Alexander	Unattached	15:08.43	1(9)
11	JAVUREK, Jalen	Western Washington	15:11.34	1(10)
12	LAMERS, James	VFAC	15:12.75	2(2)
13	BROST, Jonah	British Columbia	15:16.99	1(11)
14	LOEWEN, Ronald	Vancouver Thunderbirds	15:18.34	1(12)

RESULTS

#11 Men's 5000 Meters (cont'd)

Pl	Name	Team	Time	H(Pl)
15	WEBSTER, Jacob	Unattached	15:18.43	2(3)
16	MULUGETA, Yemane	Ocean Athletics	15:21.48	2(4)
17	MACKWAE, Bill	British Columbia	15:21.74	1(13)
18	BLOCK, Connor	British Columbia	15:22.95	1(14)
19	HARRIS, Owen	British Columbia	15:30.84	1(15)
20	LABRIE, Zac	Thunderbird Club	15:34.74	2(5)
21	MILLER, Evan	Thunderbirds TC	15:36.47	2(6)
22	SNYMAN, Steph	Oceans Athletics.	15:42.39	2(7)
23	CINO, Sebastian	Vancouver Thunderbirds	15:47.10	2(8)
24	BAKER, Isaac	Ocean Athletics	15:53.65	2(9)
25	DAVIDOFF, Yabi	Vancouver Thunderbird	16:01.55	2(10)
26	MACKINNON, Patrick	Dundas Valley Track Club	16:18.56	2(11)
27	KIMURA, Kyle	VFAC	16:30.73	2(12)
28	GUERRERO, Hector	Vancouver Falcons	16:47.55	2(13)
29	ZIMMERLING, Hans	VFAC	16:50.49	2(14)
	GAY, John	Unattached	DNF	1
	YUZDEPSKI, Mathias	UVic Track Club	DNF	1

SECTION RESULTS

Pl	Name	Team	Time
Section 1 of 2			
1	DOZZI, Tyler	British Columbia	13:57.14
2	DINSDALE, Cole	Unattached	14:16.25
3	BROATCH, Thomas	Vancouver Thunderbirds	14:20.60
4	GRAVEL, Christian	Vancouver Thunderbirds	14:31.42
5	KOZELJ, Josh	British Columbia	14:33.36
6	SCOTT, Derek	Unattached	14:36.26
7	DWYER, Liam	British Columbia	14:38.27
8	HARDY, Spencer	British Columbia	15:04.59
9	SCHIMMELPENNINCK, Alexander	Unattached	15:08.43
10	JAVUREK, Jalen	Western Washington	15:11.34
11	BROST, Jonah	British Columbia	15:16.99
12	LOEWEN, Ronald	Vancouver Thunderbirds	15:18.34
13	MACKWAE, Bill	British Columbia	15:21.74
14	BLOCK, Connor	British Columbia	15:22.95
15	HARRIS, Owen	British Columbia	15:30.84
	GAY, John	Unattached	DNF
	YUZDEPSKI, Mathias	UVic Track Club	DNF

Section 2 of 2

1	NICOL, Connor	Ocean Athletics	15:07.20
2	LAMERS, James	VFAC	15:12.75
3	WEBSTER, Jacob	Unattached	15:18.43
4	MULUGETA, Yemane	Ocean Athletics	15:21.48
5	LABRIE, Zac	Thunderbird Club	15:34.74
6	MILLER, Evan	Thunderbirds TC	15:36.47
7	SNYMAN, Steph	Oceans Athletics.	15:42.39

RESULTS

#11 Men's 5000 Meters (cont'd)

Pl Name	Team	Time
8 CINO, Sebastian	Vancouver Thunderbirds	15:47.10
9 BAKER, Isaac	Ocean Athletics	15:53.65
10 DAVIDOFF, Yabi	Vancouver Thunderbird	16:01.55
11 MACKINNON, Patrick	Dundas Valley Track Club	16:18.56
12 KIMURA, Kyle	VFAC	16:30.73
13 GUERRERO, Hector	Vancouver Falcons	16:47.55
14 ZIMMERLING, Hans	VFAC	16:50.49

#14 Men's 110m Hurdles

Pl Name	Team	Time	Wind: (+0.2)
1 FLICK, Hunter	Western Washington	14.95	
2 OKEZIE, Koby	Western Washington	15.07	
3 EDWARDS, Jaden	Western Washington	15.47	
4 DUBOUCHET, Raphael	NorWesters	16.77	
SCHERK, Michael	NorWesters	NT	

#15 Men's 400m Hurdles

Pl Name	Team	Time	H(Pl)
1 LENTON, Jorin	Simon Fraser	55.15	1(1)
2 OKEZIE, Koby	Western Washington	55.79	1(2)
3 EDWARDS, Jaden	Western Washington	57.10	1(3)
4 ENGBRETSEN, Kale	Western Washington	1:00.32	2(1)
5 MCKAY, Fraser	Universal Athletics	1:04.16	2(2)

SECTION RESULTS

Pl Name	Team	Time
Section 1 of 2		
1 LENTON, Jorin	Simon Fraser	55.15
2 OKEZIE, Koby	Western Washington	55.79
3 EDWARDS, Jaden	Western Washington	57.10
Section 2 of 2		
1 ENGBRETSEN, Kale	Western Washington	1:00.32
2 MCKAY, Fraser	Universal Athletics	1:04.16

#17 Men's 5000m Walk

Pl Name	Team	Time
1 LIANG, Alger	Vancouver Thunderbirds	21:14.06
2 WILSON, Tyler	British Columbia	21:35.96
3 HO, Kenny	British Columbia	22:16.10
4 THIES, Erik	British Columbia	23:48.15
5 SOLIVEN, Daniel	British Columbia	23:58.99
6 SEMENIUK, Heath	Unattached	24:02.30

#21 Men's High Jump

Pl Name	Team	Mark
1 VANDERZEE, Noel	Kajaks	2.05m
2 SHEERAN, Beau	Western Washington	2.00m

RESULTS

#21 Men's High Jump (cont'd)

Pl	Name	Team	Mark
3	CHATTEN, Eric	Kajaks	2.00m
4	TUURA, Levi	Kjacks	2.00m
5	SPENCER, Bazil	Kajaks	2.00m
6	WANNIARACHCHI, Kiran	Kjaks Track and Field	1.95m
7	QUAYE, Caleb	British Columbia	1.85m
8	HORLOCK, Brayden	Vancouver Thunderbirds	1.75m
9	MILLARD, William	NorWesters	1.45m
	KUZYK, Zackary	Simon Fraser	NH
	MERCADO, Damian	Western Washington	NH

#23 Men's Pole Vault

Pl	Name	Team	Mark
1	ARNOLD, Cayden	Royal City Track & Field Cl	4.30m
1	CLEMENTS, Isaac	Athletics Victoria	4.30m
3	SNASHALL, Kael	Athletics Victoria	4.00m
4	EBY, Jon	Athletics Victoria	4.00m
5	GILL, Gurshaan	royal city	3.90m
6	HUSSEIN, Ali	Vancouver Thunderbirds	3.60m
7	ABRILL, FRANCIS	Athletics Victoria	3.20m
	CHIANG, Kairo	Royal City Track and Field	NH
	HALME, Tyrel	Western Washington	NH
	PROVO, Kacey	Western Washington	NH

#25 Men's Long Jump

Pl	Name	Team	Mark
1	KUZYK, Zackary	Simon Fraser	7.03m (+0.0)
2	FURTADO, Blake	Simon Fraser	6.66m (+0.3)
3	GREENWALT, Ryan	Western Washington	6.62m (+0.0)
4	GIBBS, Mitchell	Simon Fraser	6.38m (+0.0)
5	MCALLISTER, Cyrus	Western Washington	6.09m (+1.1)
6	MAO, Nolan	Vancouver Thunderbirds	5.96m (+1.7)
7	ANIAMAKA, Divine	Vancouver Thunderbirds	5.85m (+1.2)
8	MCDIARMID, Caysen	Unattached	5.68m (+1.1)
9	SORIANO, Jason	British Columbia	4.89m (+0.5)
10	MILLARD, William	NorWesters	4.58m (+1.0)

#27 Men's Triple Jump

Pl	Name	Team	Mark
1	MERCADO, Damian	Western Washington	13.50m (+0.8)
2	ANIAMAKA, Divine	Vancouver Thunderbirds	13.02m (+1.1)
3	MAO, Nolan	Vancouver Thunderbirds	11.92m (+1.2)

#29 Men's Shot Put

Pl	Name	Team	Mark
1	BENEDET, Theo	British Columbia	14.72m
2	LEE, Jerrod	Western Washington	12.92m
3	PARAHO, Vikram	Kajaks	10.44m

RESULTS

#29 Men's Shot Put (cont'd)

Pl	Name	Team	Mark
4	KHODAEI, Keon	Unattached	9.05m

#31 Men's Discus

Pl	Name	Team	Mark
1	KIZELL, William	British Columbia	43.31m

#33 Men's Hammer

Pl	Name	Team	Mark
1	HAMILTON, Rowan	British Columbia	72.22m
2	ULIANA, Matthew	Kajaks TFC	64.84m
3	LONGLEY, Ethan	Kajaks TFC	51.04m
4	LONGLEY, Chase	Kajaks TFC	48.80m
5	LEE, Jerrod	Western Washington	42.11m

#35 Men's Javelin

Pl	Name	Team	Mark
1	CHONG, Jarrett	Simon Fraser	61.89m
2	CORTES, Bryan	Simon Fraser	59.21m
3	SMART-REED, Daniel	British Columbia	56.12m
4	KUZIAK, Cameron	British Columbia	55.86m
5	WITTERS, Sean	Western Washington	51.60m
6	TRYON, Jaydon	Western Washington	50.09m
7	BAJARUNAS, Marty	Coq. Cheetahs	49.00m
8	VAN RAAMSDONK, Mason	Unattached	40.08m
9	DHEILLY-STURROCK, matthew	royal city	38.89m
	COLE, Griffin	Thunderbirds	NM

#37 Men's Decathlon

Pl	Name	Points	100	Long Jump	Shot Put	High Jump	400	110H	Discus	Pole Vault	Javelin	1500
1	PARIS, Nate Nanaimo Track and	3915	10.64 (+1.0)	6.84m (+0.0)	10.86m	2.00m	49.10					
			942	776	537	803	857					
2	KIBLER, Trent Western Washingto	3214	11.24 (+1.0)	6.24m (+0.0)	8.02m	1.97m	54.38					
			808	639	367	776	624					
3	CANTARELLA, Egid British Columbia	3120	11.45 (+1.0)	6.02m (+0.0)	11.05m	1.61m	51.54					
			763	591	549	472	745					
4	KENNY, Ryan Western Washingto	3009	11.55 (+1.0)	5.90m (+0.0)	9.44m	1.76m	53.58					
			742	565	452	593	657					
5	CUMMINGS, Coope Western Washingto	2848	11.92 (+1.0)	5.85m (+0.0)	9.40m	1.70m	54.17					
			667	554	450	544	633					

RESULTS

#37 Men's Decathlon (cont'd)

Pl	Name	Points	100	Long Jump	Shot Put	High Jump	400	110H	Discus	Pole Vault	Javelin	1500
	CIARNIELLO, Dean British Columbia	DNF	11.39 (+1.0)	NM	10.87m	DNS	DNS					
			776		538							

#37-1 Men's Decathlon 100 Meters

Wind: (+1.0)				
Pl	Name	Team	Time	Pts
1	PARIS, Nate	Nanaimo Track and Field Cl	10.64	942
2	KIBLER, Trent	Western Washington	11.24	808
3	CIARNIELLO, Dean	British Columbia	11.39	776
4	CANTARELLA, Egidio	British Columbia	11.45	763
5	KENNY, Ryan	Western Washington	11.55	742
6	CUMMINGS, Cooper	Western Washington	11.92	667

Men's Decathlon After 1 Events

Pl	Athlete	Team	Points
1	PARIS, Nate	Nanaimo Track and F	942
2	KIBLER, Trent	Western Washington	808
3	CIARNIELLO, Dean	British Columbia	776
4	CANTARELLA, Egid	British Columbia	763
5	KENNY, Ryan	Western Washington	742
6	CUMMINGS, Coope	Western Washington	667

#37-2 Men's Decathlon Long Jump

Pl	Name	Team	Mark	Pts
1	PARIS, Nate	Nanaimo Track and Field Cl	6.84m (+0.0)	776
2	KIBLER, Trent	Western Washington	6.24m (+0.0)	639
3	CANTARELLA, Egidio	British Columbia	6.02m (+0.0)	591
4	KENNY, Ryan	Western Washington	5.90m (+0.0)	565
5	CUMMINGS, Cooper	Western Washington	5.85m (+0.0)	554
	CIARNIELLO, Dean	British Columbia	NM	

Men's Decathlon After 2 Events

Pl	Athlete	Team	Points
1	PARIS, Nate	Nanaimo Track and F	1718
2	KIBLER, Trent	Western Washington	1447
3	CANTARELLA, Egid	British Columbia	1354
4	KENNY, Ryan	Western Washington	1307
5	CUMMINGS, Coope	Western Washington	1221
6	CIARNIELLO, Dean	British Columbia	776

#37-3 Men's Decathlon Shot Put

Pl	Name	Team	Mark	Pts
1	CANTARELLA, Egidio	British Columbia	11.05m	549
2	CIARNIELLO, Dean	British Columbia	10.87m	538
3	PARIS, Nate	Nanaimo Track and Field Cl	10.86m	537
4	KENNY, Ryan	Western Washington	9.44m	452
5	CUMMINGS, Cooper	Western Washington	9.40m	450

RESULTS

#37-3 Men's Decathlon Shot Put (cont'd)

Pl	Name	Team	Mark	Pts
6	KIBLER, Trent	Western Washington	8.02m	367

Men's Decathlon After 3 Events

Pl	Athlete	Team	Points
1	PARIS, Nate	Nanaimo Track and F	2255
2	CANTARELLA, Egid	British Columbia	1903
3	KIBLER, Trent	Western Washington	1814
4	KENNY, Ryan	Western Washington	1759
5	CUMMINGS, Coope	Western Washington	1671
6	CIARNIELLO, Dean	British Columbia	1314

#37-4 Men's Decathlon High Jump

Pl	Name	Team	Mark	Pts
1	PARIS, Nate	Nanaimo Track and Field Cl	2.00m	803
2	KIBLER, Trent	Western Washington	1.97m	776
3	KENNY, Ryan	Western Washington	1.76m	593
4	CUMMINGS, Cooper	Western Washington	1.70m	544
5	CANTARELLA, Egidio	British Columbia	1.61m	472

Men's Decathlon After 4 Events

Pl	Athlete	Team	Points
1	PARIS, Nate	Nanaimo Track and F	3058
2	KIBLER, Trent	Western Washington	2590
3	CANTARELLA, Egid	British Columbia	2375
4	KENNY, Ryan	Western Washington	2352
5	CUMMINGS, Coope	Western Washington	2215

#37-5 Men's Decathlon 400 Meters

Pl	Name	Team	Time	Pts
1	PARIS, Nate	Nanaimo Track and Field Cl	49.10	857
2	CANTARELLA, Egidio	British Columbia	51.54	745
3	KENNY, Ryan	Western Washington	53.58	657
4	CUMMINGS, Cooper	Western Washington	54.17	633
5	KIBLER, Trent	Western Washington	54.38	624

Men's Decathlon After 5 Events

Pl	Athlete	Team	Points
1	PARIS, Nate	Nanaimo Track and F	3915
2	KIBLER, Trent	Western Washington	3214
3	CANTARELLA, Egid	British Columbia	3120
4	KENNY, Ryan	Western Washington	3009
5	CUMMINGS, Coope	Western Washington	2848

#2 Women's 100 Meters

Pl	Name	Team	Time	H(Pl)
1	LECLAIR, Marie-Eloise	Simon Fraser	11.88 (+1.7)	1(1)
1	LUCAS, Katherine	Unattached	11.88 (+1.7)	1(1)
3	TJERNAGEL, raquel	Tbirds	12.05 (+1.7)	1(3)
4	SMART, Sian	TRAC	12.28 (+1.7)	1(4)

RESULTS

#2 Women's 100 Meters (cont'd)

Pl	Name	Team	Time	H(Pl)
5	CUMMINGS, Jaeland	Coq. Cheetahs	12.34 (+2.5)	2(1)
6	OLSON, Alina	Trinity Western	12.36 (+1.7)	1(5)
7	SELF, Makenna	Coq. Cheetahs	12.41 (+2.5)	2(2)
8	SMITH, Cayla	British Columbia	12.47 (+2.5)	2(3)
9	KENNEDY-HAILU, Serena	Coq. Cheetahs	12.59 (+2.5)	2(4)
10	REED, Jordyn	Vancouver Thunderbirds	12.61 (+1.7)	1(6)
11	CHENEY, Caitlyn	Western Washington	12.76 (+2.5)	2(5)
12	JACOBS, Jordan	Simon Fraser	12.88 (+2.5)	2(6)
13	MCLAUGHLIN, Jaedyn	Coq. Cheetahs	12.89 (+1.9)	3(1)
14	LYAMBA, Lainnie	Western Washington	13.06 (+1.9)	3(2)
15	SELF, Delaney	Coq. Cheetahs	13.21 (+1.9)	3(3)
16	SANFORD, Jamie	Western Washington	13.54 (+1.9)	3(4)
17	TALBOT, Corinna	Royal City Track and Field	13.57 (+1.9)	3(5)
18	ADANDE, Karin	NorWesters	13.59 (+2.7)	4(1)
19	RONSE, Dominique	Simon Fraser	13.63 (+1.9)	3(6)
20	TRESNJO, Marlana	NorWesters	13.66 (+2.7)	4(2)
21	KONRAD, Shawnee	Western Washington	13.71 (+1.9)	3(7)
22	SKUSE, Tyza	Com. Cougars	13.78 (+2.7)	4(3)
23	NG, Bernice	Vancouver Thunderbirds	13.89 (+1.9)	3(8)
24	HALL, Victoria	Alberni Valley Track Club	14.41 (+2.7)	4(4)
25	MCLAUGHLIN, Camdyn	Coq. Cheetahs	16.02 (+2.7)	4(5)
	VOLOSHIN, Diana	Simon Fraser	NT	1

SECTION RESULTS

Pl	Name	Team	Time
Section 1 of 4			Wind: (+1.7)
1	LECLAIR, Marie-Eloise	Simon Fraser	11.88
1	LUCAS, Katherine	Unattached	11.88
3	TJERNAGEL, raquel	Tbirds	12.05
4	SMART, Sian	TRAC	12.28
5	OLSON, Alina	Trinity Western	12.36
6	REED, Jordyn	Vancouver Thunderbirds	12.61
	VOLOSHIN, Diana	Simon Fraser	NT
Section 2 of 4			Wind: (+2.5)
1	CUMMINGS, Jaeland	Coq. Cheetahs	12.34
2	SELF, Makenna	Coq. Cheetahs	12.41
3	SMITH, Cayla	British Columbia	12.47
4	KENNEDY-HAILU, Serena	Coq. Cheetahs	12.59
5	CHENEY, Caitlyn	Western Washington	12.76
6	JACOBS, Jordan	Simon Fraser	12.88
Section 3 of 4			Wind: (+1.9)
1	MCLAUGHLIN, Jaedyn	Coq. Cheetahs	12.89
2	LYAMBA, Lainnie	Western Washington	13.06
3	SELF, Delaney	Coq. Cheetahs	13.21
4	SANFORD, Jamie	Western Washington	13.54
5	TALBOT, Corinna	Royal City Track and Field	13.57

RESULTS

#2 Women's 100 Meters (cont'd)

Pl	Name	Team	Time
6	RONSE, Dominique	Simon Fraser	13.63
7	KONRAD, Shawnee	Western Washington	13.71
8	NG, Bernice	Vancouver Thunderbirds	13.89
Section 4 of 4			Wind: (+2.7)
1	ADANDE, Karin	NorWesters	13.59
2	TRESNJO, Marlana	NorWesters	13.66
3	SKUSE, Tyza	Com. Cougars	13.78
4	HALL, Victoria	Alberni Valley Track Club	14.41
5	MCLAUGHLIN, Camdyn	Coq. Cheetahs	16.02

#4 Women's 200 Meters

Pl	Name	Team	Time	H(Pl)
1	LUCAS, Katherine	Unattached	24.25 (+1.7)	1(1)
2	LINDSAY, Emily	Simon Fraser	24.88 (+1.7)	1(2)
3	SMART, Sian	TRAC	25.57 (+1.7)	1(3)
4	SMITH, Cayla	British Columbia	25.60 (+1.7)	1(4)
5	REED, Jordyn	Vancouver Thunderbirds	25.91 (+1.7)	1(5)
6	OLSON, Alina	Trinity Western	26.01 (+1.7)	1(6)
7	CUMMINGS, Jaeland	Coq. Cheetahs	26.04 (+1.7)	1(7)
7	BINDER, Erika	Simon Fraser	26.04 (+1.5)	2(1)
9	KENNEDY-HAILU, Serena	Coq. Cheetahs	26.15 (+1.5)	2(2)
10	CHENEY, Caitlyn	Western Washington	26.52 (+1.5)	2(3)
11	SELF, Makenna	Coq. Cheetahs	26.55 (+1.5)	2(4)
12	MCLAUGHLIN, Jaedyn	Coq. Cheetahs	26.66 (+1.5)	2(5)
13	HOREL (BIGGS), Kailey	Com. Cougars	27.41 (+1.5)	2(6)
14	SELF, Delaney	Coq. Cheetahs	27.44 (+1.5)	2(7)
15	NG, Bernice	Vancouver Thunderbirds	29.56 (+1.5)	2(8)

SECTION RESULTS

Pl	Name	Team	Time
Section 1 of 3			Wind: (+1.7)
1	LUCAS, Katherine	Unattached	24.25
2	LINDSAY, Emily	Simon Fraser	24.88
3	SMART, Sian	TRAC	25.57
4	SMITH, Cayla	British Columbia	25.60
5	REED, Jordyn	Vancouver Thunderbirds	25.91
6	OLSON, Alina	Trinity Western	26.01
7	CUMMINGS, Jaeland	Coq. Cheetahs	26.04
Section 2 of 3			Wind: (+1.5)
1	BINDER, Erika	Simon Fraser	26.04
2	KENNEDY-HAILU, Serena	Coq. Cheetahs	26.15
3	CHENEY, Caitlyn	Western Washington	26.52
4	SELF, Makenna	Coq. Cheetahs	26.55
5	MCLAUGHLIN, Jaedyn	Coq. Cheetahs	26.66
6	HOREL (BIGGS), Kailey	Com. Cougars	27.41
7	SELF, Delaney	Coq. Cheetahs	27.44
8	NG, Bernice	Vancouver Thunderbirds	29.56

RESULTS

#4 Women's 200 Meters (cont'd)

Pl Name	Team	Time
Section 3 of 3		
Wind: (NW)		

#6 Women's 400 Meters

Pl Name	Team	Time
1 BOSMA, Claire	Simon Fraser	59.27
2 KONRAD, Shawnee	Western Washington	1:03.02
3 HOREL (BIGGS), Kailey	Com. Cougars	1:05.61

#8 Women's 800 Meters

Pl Name	Team	Time
1 WILLETT, Olivia	Simon Fraser	2:13.97
2 VANDERPUT, Elizabeth	Simon Fraser	2:18.75
3 MARTIN, Haley	Nanaimo Track and Field Cl	2:32.78
CHILTON, Emily	Simon Fraser	2:15.54

#10 Women's 1500 Meters

Pl Name	Team	Time	H(Pl)
1 HAWTHORN, Natalia	Brooks	4:13.85	1(1)
2 BROADBENT, Ruby	Victoria Speed Project	4:33.29	1(2)
3 BAECHLER, Maya	Vancouver Thunderbirds	4:35.23	1(3)
4 HODGSON, Maella	Ocean Athletics	4:39.95	1(4)
5 NOVAK-KLOTZ, Nanette	Thunderbirds	4:42.18	1(5)
6 CAMERON, Kate	Simon Fraser	4:44.29	1(6)
7 SLANEY, Jaxon	British Columbia	4:45.59	1(7)
8 HACK, Mackenzie	Ocean Athletics Track & Fie	4:46.99	2(1)
9 PRANGLEY, Charlotte	Simon Fraser	4:53.65	2(2)
10 YAKEMCHUK, Abigail	Ocean Athletics	4:54.72	2(3)
11 RANAHAH, Alicia	Simon Fraser	4:55.04	2(4)
12 PFOHL, Amelia	British Columbia	4:55.17	2(5)
13 MARION, Ella	Simon Fraser	4:55.60	2(6)
14 HIGGINS, Skye	Thunderbirds	4:58.18	2(7)
15 MCDONALD, Rachel	Ocean Athletics	5:13.06	2(8)
16 FORSYTH, Ava	UBC T Birds	5:20.56	2(9)
17 KING, Lucie	Unattached	5:22.18	2(10)
18 MINNITI, Silvia	Alberni Valley Track Club	7:08.32	2(11)
RODWAY, Ava	Thunderbirds track	5:25.58	2

SECTION RESULTS

Pl Name	Team	Time
Section 1 of 2		
1 HAWTHORN, Natalia	Brooks	4:13.85
2 BROADBENT, Ruby	Victoria Speed Project	4:33.29
3 BAECHLER, Maya	Vancouver Thunderbirds	4:35.23
4 HODGSON, Maella	Ocean Athletics	4:39.95
5 NOVAK-KLOTZ, Nanette	Thunderbirds	4:42.18
6 CAMERON, Kate	Simon Fraser	4:44.29
7 SLANEY, Jaxon	British Columbia	4:45.59
Section 2 of 2		

RESULTS

#10 Women's 1500 Meters (cont'd)

Pl	Name	Team	Time
	RODWAY, Ava	Thunderbirds track	5:25.58
1	HACK, Mackenzie	Ocean Athletics Track & Fie	4:46.99
2	PRANGLEY, Charlotte	Simon Fraser	4:53.65
3	YAKEMCHUK, Abigail	Ocean Athletics	4:54.72
4	RANAHAN, Alicia	Simon Fraser	4:55.04
5	PFOHL, Amelia	British Columbia	4:55.17
6	MARION, Ella	Simon Fraser	4:55.60
7	HIGGINS, Skye	Thunderbirds	4:58.18
8	MCDONALD, Rachel	Ocean Athletics	5:13.06
9	FORSYTH, Ava	UBC T Birds	5:20.56
10	KING, Lucie	Unattached	5:22.18
11	MINNITI, Silvia	Alberni Valley Track Club	7:08.32

#12 Women's 5000 Meters

Pl	Name	Team	Time
1	SIM, Glynis	Unattached	16:08.25
2	TINKHAM, Mikayla	Unattached	16:34.04
3	DOORENSPLEET, Zoe	British Columbia	16:43.16
4	MACGILLIVARY, Holly	British Columbia	16:46.27
5	MELANSON, Jenna	Unattached	16:52.71
6	MORTIMER, Rachel	British Columbia	17:00.84
7	HENNESSEY, Jamie	British Columbia	17:04.08
8	NEWLOVE, Katie	British Columbia	17:22.84
9	KILMARTIN, Sandra	Vancouver Thunderbirds	17:42.39
10	BECKETT, Marley	Unattached	17:44.61
11	STARK, Keila	Unattached	17:48.93
12	WATSON, Katherine	VFAC	17:54.21
13	MEINECKE, Lea	UBC Thunderbirds	17:56.04
14	AUSTIN, Annika	British Columbia	18:02.64
15	CARBECK, Katherine	Polaris Athletics	18:14.73
16	CARTER, Emma	VFAC	18:22.89
17	STRAIN, Molly	British Columbia	18:42.95
	ALLISON, Katrina	Vancouver Thunderbirds	DNF
	BECKER, Kyla	British Columbia	DNF

#13 Women's 100m Hurdles

Pl	Name	Team	Time
			Wind: (+1.2)
1	VOLOSHIN, Diana	Simon Fraser	14.93
2	TRESNJO, Marlana	NorWesters	17.22
3	TALBOT, Corinna	Royal City Track and Field	17.40
4	MARSDEN, Kya	British Columbia	17.45

#16 Women's 400m Hurdles

Pl	Name	Team	Time
1	SANGHA, Nanaki	British Columbia	1:10.97
2	SIMMONS, Lacie	Com. Cougars	1:12.85

RESULTS

#18 Women's 5000m Walk

Pl	Name	Team	Time
1	LUNDMAN, Olivia	British Columbia	23:12.53
2	LU, Joean	British Columbia	23:59.78
3	CARDLE, Cassidy	British Columbia	25:10.72
4	RAMAGE, Katelynn	Unattached	25:37.77
5	YU, Joanna	British Columbia	26:56.90
	FOX, Audrey	British Columbia	DNF

#22 Women's High Jump

Pl	Name	Team	Mark
1	KAWAI, Julie	Vancouver Thunderbirds	1.65m
2	STEWART, Isla	Ocean Athletics	1.65m
3	NEAL, Jessica	Western Washington	1.60m
4	KANIA, Sydney	Simon Fraser	1.55m
5	PAVAN, Isabella	Thunderbirds	1.55m
6	TRESNJO, Marlena	NorWesters	1.55m

#24 Women's Pole Vault

Pl	Name	Team	Mark
1	STOYKA KAY, Sage	British Columbia	3.40m
2	TRAN, Annie	Western Washington	3.30m
3	COBLE, Kaylee	Western Washington	3.00m
4	KONRAD, Shawnee	Western Washington	2.90m
5	FLOOD, Nathalie	Royal City Track	2.80m
	HWANG, Kate	Royal City Track & Field	NH

#26 Women's Long Jump

Pl	Name	Team	Mark	F(Pl)
1	KAWAI, Julie	Vancouver Thunderbirds	5.67m (+0.0)	2(1)
2	RASTAD, Emma	British Columbia	5.65m (+0.7)	2(2)
3	MACDONALD, Allison	British Columbia	5.36m (+0.0)	2(3)
4	WALLER, Danielle	Simon Fraser	5.24m (+0.3)	2(4)
5	KANIA, Sydney	Simon Fraser	5.19m (+0.0)	2(5)
6	SKUSE, Tyza	Com. Cougars	5.14m (+0.0)	1(1)
7	SANFORD, Jamie	Western Washington	5.02m (+0.9)	2(6)
8	RONSE, Dominique	Simon Fraser	5.01m (+0.0)	2(7)
9	PAUGH, Madison	Simon Fraser	4.97m (+0.9)	1(2)
10	RADZISZEWSKI, Sarah-Isabelle	Thunderbirds club	4.97m (+0.0)	2(8)
11	TRESNJO, Marlena	NorWesters	4.91m (+0.0)	1(3)
12	LYAMBA, Lainnie	Western Washington	4.76m (+0.0)	1(4)
13	STEWART, Kyra	Simon Fraser	4.59m (+0.4)	1(5)
14	PAVAN, Isabella	Thunderbirds	4.57m (+0.0)	1(6)
15	TALBOT, Corinna	Royal City Track and Field	4.47m (+0.0)	1(7)
16	MARSDEN, Kya	British Columbia	4.40m (+0.0)	1(8)
	YOW, Carissa	Unattached	NM	1
	PRIMROSE, Kennedy	Simon Fraser	NM	2
	REED, Jordyn	Vancouver Thunderbirds	NM	2

RESULTS

#26 Women's Long Jump (cont'd)

FLIGHT RESULTS

Pl	Name	Team	Mark
Flight 1 of 2			
1	SKUSE, Tyza	Com. Cougars	5.14m (+0.0)
2	PAUGH, Madison	Simon Fraser	4.97m (+0.9)
3	TRESNJO, Marlana	NorWesters	4.91m (+0.0)
4	LYAMBA, Lainnie	Western Washington	4.76m (+0.0)
5	STEWART, Kyra	Simon Fraser	4.59m (+0.4)
6	PAVAN, Isabella	Thunderbirds	4.57m (+0.0)
7	TALBOT, Corinna	Royal City Track and Field	4.47m (+0.0)
8	MARSDEN, Kya	British Columbia	4.40m (+0.0)
	YOW, Carissa	Unattached	NM

Flight 2 of 2			
1	KAWAI, Julie	Vancouver Thunderbirds	5.67m (+0.0)
2	RASTAD, Emma	British Columbia	5.65m (+0.7)
3	MACDONALD, Allison	British Columbia	5.36m (+0.0)
4	WALLER, Danielle	Simon Fraser	5.24m (+0.3)
5	KANIA, Sydney	Simon Fraser	5.19m (+0.0)
6	SANFORD, Jamie	Western Washington	5.02m (+0.9)
7	RONSE, Dominique	Simon Fraser	5.01m (+0.0)
8	RADZISZEWSKI, Sarah-Isabelle	Thunderbirds club	4.97m (+0.0)
	PRIMROSE, Kennedy	Simon Fraser	NM
	REED, Jordyn	Vancouver Thunderbirds	NM

#28 Women's Triple Jump

Pl	Name	Team	Mark
1	PRIMROSE, Kennedy	Simon Fraser	11.37m (+0.9)
2	MACDONALD, Allison	British Columbia	11.00m (+0.5)
3	PAUGH, Madison	Simon Fraser	10.50m (+1.1)
4	LYAMBA, Lainnie	Western Washington	10.46m (+0.0)
5	SANFORD, Jamie	Western Washington	10.33m (+0.7)
6	NEAL, Jessica	Western Washington	9.98m (+0.8)
	REED, Jordyn	Vancouver Thunderbirds	NM

#30 Women's Shot Put

Pl	Name	Team	Mark
1	DADSON, Michelle	British Columbia	12.73m
2	MANDER, Gurleen	Unattached	11.27m
3	KAWAI, Julie	Vancouver Thunderbirds	10.99m
4	DOSANJH, Randeep(Riya)	Unattached	10.47m
5	PAUGH, Makenna	Nanaimo Track and Field Cl	9.10m
6	RADZISZEWSKI, Sarah-Isabelle	Thunderbirds club	8.30m

#32 Women's Discus

Pl	Name	Team	Mark
1	ESSER, Agnes	AVIC	52.30m
2	POTTS, Katie	Western Washington	42.48m
3	GOUDRON, Lindsay	Royal City Track & Field Cl	31.07m

RESULTS

#32 Women's Discus (cont'd)

Pl	Name	Team	Mark
4	BEARD, Kim	Get Strong First TC	30.76m
5	PUTZ, Katelyn	NTFC	27.57m
6	PAUGH, Makenna	Nanaimo Track and Field Cl	26.97m
7	HALL, Isabella	Alberni Valley Track Club	25.77m

#34 Women's Hammer

Pl	Name	Team	Mark
1	HALL, Isabella	Alberni Valley Track Club	50.87m
2	MANDER, Gurleen	Unattached	49.59m
3	DADSON, Michelle	British Columbia	47.74m
4	BEARD, Kim	Get Strong First TC	45.25m
5	HANGER, Kaitlyn	Simon Fraser	44.83m
6	LINIEWSKI, Zuzanna	Simon Fraser	44.02m
7	PUTZ, Katelyn	NTFC	41.42m
8	POTTS, Katie	Western Washington	40.52m
9	GOUDRON, Lindsay	Royal City Track & Field Cl	34.22m
10	DOSANJH, Randeep(Riya)	Unattached	31.27m

#36 Women's Javelin

Pl	Name	Team	Mark
1	KJAER, Hailey	British Columbia	43.87m
2	PATRY-SMITH, J.V.	British Columbia	43.07m
3	JANES, Giovanna	British Columbia	42.79m
4	SHORT, Amanda	Western Washington	41.98m
5	BAJARUNAS, Liepa	Coq. Cheetahs	33.82m
6	HALL, Victoria	Alberni Valley Track Club	31.95m
7	RADZISZEWSKI, Sarah-Isabelle	Thunderbirds club	24.93m
8	TALBOT, Corinna	Royal City Track and Field	15.36m

#38 Women's Outdoor Heptathlon

Pl	Name	Points	100H	High Jump	Shot Put	200	Long Jump	Javelin	800
1	FASHINA-BOMBAT British Columbia	2860	14.97 (+0.2)	1.58m	8.76m	25.37 (-0.5)			
			846	712	449	853			
2	DUTCHAK, Rebecc British Columbia	2482	15.62 (+0.2)	1.46m	9.21m	27.57 (-0.5)			
			762	577	478	665			
3	GORDON, Madi Langley Mustangs	2423	16.61 (+0.2)	1.55m	9.61m	28.39 (-0.5)			
			641	678	504	600			
4	KIBBEE, Leanne Western Washingto	2329	16.46 (+0.2)	1.49m	9.22m	28.64 (-0.5)			
			659	610	479	581			
5	MAYA, Daher NorWesters	1568	22.32 (+0.2)	1.35m	8.66m	29.35 (-0.5)			
			138	460	442	528			

RESULTS

#38-1 Women's Outdoor Heptathlon 100m Hurdles

		Wind: (+0.2)		
Pl	Name	Team	Time	Pts
1	FASHINA-BOMBATA, Hassy	British Columbia	14.97	846
2	DUTCHAK, Rebecca	British Columbia	15.62	762
3	KIBBEE, Leanne	Western Washington	16.46	659
4	GORDON, Madi	Langley Mustangs	16.61	641
5	MAYA, Daher	NorWesters	22.32	138

Women's Outdoor Heptathlon After 1 Events

Pl	Athlete	Team	Points
1	FASHINA-BOMBAT	British Columbia	846
2	DUTCHAK, Rebecc	British Columbia	762
3	KIBBEE, Leanne	Western Washington	659
4	GORDON, Madi	Langley Mustangs	641
5	MAYA, Daher	NorWesters	138

#38-2 Women's Outdoor Heptathlon High Jump

Pl	Name	Team	Mark	Pts
1	FASHINA-BOMBATA, Hassy	British Columbia	1.58m	712
2	GORDON, Madi	Langley Mustangs	1.55m	678
3	KIBBEE, Leanne	Western Washington	1.49m	610
4	DUTCHAK, Rebecca	British Columbia	1.46m	577
5	MAYA, Daher	NorWesters	1.35m	460

Women's Outdoor Heptathlon After 2 Events

Pl	Athlete	Team	Points
1	FASHINA-BOMBAT	British Columbia	1558
2	DUTCHAK, Rebecc	British Columbia	1339
3	GORDON, Madi	Langley Mustangs	1319
4	KIBBEE, Leanne	Western Washington	1269
5	MAYA, Daher	NorWesters	598

#38-3 Women's Outdoor Heptathlon Shot Put

Pl	Name	Team	Mark	Pts
1	GORDON, Madi	Langley Mustangs	9.61m	504
2	KIBBEE, Leanne	Western Washington	9.22m	479
3	DUTCHAK, Rebecca	British Columbia	9.21m	478
4	FASHINA-BOMBATA, Hassy	British Columbia	8.76m	449
5	MAYA, Daher	NorWesters	8.66m	442

Women's Outdoor Heptathlon After 3 Events

Pl	Athlete	Team	Points
1	FASHINA-BOMBAT	British Columbia	2007
2	GORDON, Madi	Langley Mustangs	1823
3	DUTCHAK, Rebecc	British Columbia	1817
4	KIBBEE, Leanne	Western Washington	1748
5	MAYA, Daher	NorWesters	1040

RESULTS

#38-4 Women's Outdoor Heptathlon 200 Meters

Wind: (-0.5)

Pl	Name	Team	Time	Pts
1	FASHINA-BOMBATA, Hassy	British Columbia	25.37	853
2	DUTCHAK, Rebecca	British Columbia	27.57	665
3	GORDON, Madi	Langley Mustangs	28.39	600
4	KIBBEE, Leanne	Western Washington	28.64	581
5	MAYA, Daher	NorWesters	29.35	528

Women's Outdoor Heptathlon After 4 Events

Pl	Athlete	Team	Points
1	FASHINA-BOMBAT	British Columbia	2860
2	DUTCHAK, Rebecc	British Columbia	2482
3	GORDON, Madi	Langley Mustangs	2423
4	KIBBEE, Leanne	Western Washington	2329
5	MAYA, Daher	NorWesters	1568