

Place	Bib	Lane	100m Final Men	-0.4 M/S		
1	539	4	Taylor-Lewis	Tunji	Coquitlam Cheetahs	11.48
2	538	3	Swanson	Matthew	Norwesters Track & Field Club	11.61
3	586	5	Aono	Michael	Ocean Athletics	12.05
4	589	2	Vennesland	Ryan	Unattached	12.07
5	526	7	Percival	Al	Greyhounds Track & Field Club	13.04
6	604	8	Galo	Alex	Unattached British Columbia	13.33
7	595	6	Cheng	Bob	Kajaks Track & Field Club	13.78
			100m Final Women	0.6 M/S		
1	537	4	Payne	Shania	Coquitlam Cheetahs	12.60
2	533	5	Adande	Karin	Norwesters Track & Field Club	12.86
3	536	3	Gibson	Hailey	Valley Royals Track & Field Cl	13.19
4	547	6	Nijjar	Gagandeep	Universal Athletics Club	13.25
5	511	2	Crivello	Katherine	Valley Royals Track & Field Cl	13.38
6	599	7	Russell	Emily	Vancouver Thunderbirds	13.58
			100m Men HT 1	0.2 M/S		
1	539	4	Taylor-Lewis	Tunji	Coquitlam Cheetahs	11.44
2	528	5	Chan	Matthew	Vancouver Thunderbirds	11.49
3	538	3	Swanson	Matthew	Norwesters Track & Field Club	11.58
4	575	8	Przystupa	Michael	Unattached British Columbia	11.77
5	586	6	Aono	Michael	Ocean Athletics	12.10
6	597	1	Suzuki	Yuri	Unattached British Columbia	12.20
7	587	2	Szakun	Mark	Ocean Athletics	12.26
8	192	7	Bonnes	Chris	Unattached British Columbia	12.31
			100m Men HT 2	-0.1 M/S		
1	589	8	Vennesland	Ryan	Unattached	12.09
2	501	5	Allen	Martin	Langley Mustangs	12.14
3	518	4	Villanueva	Erick	Golden Ears Athletics	12.41
4	551	7	Hellner	James	Langley Mustangs	12.69
5	506	6	Doherty	Sebastian	Unattached	12.74
6	573	3	Cheng	Joshua	Ocean Athletics	13.34
7	593	2	Roberson	Jarod	Unattached	13.68
			100m Men HT 3	0.6 M/S		
1	559	4	McLean	Doug	Unattached	11.94
2	567	1	Roman	Braydon	Norwesters Track & Field Club	12.57
3	526	3	Percival	Al	Greyhounds Track & Field Club	12.95
4	592	5	Roberson	Cameron	Unattached	13.25
5	604	7	Galo	Alex	Unattached British Columbia	13.36
6	595	2	Cheng	Bob	Kajaks Track & Field Club	13.75
7	527	6	Carwana	James	Unattached British Columbia	14.05
			100m Women HT 1	0.7 M/S		
1	537	4	Payne	Shania	Coquitlam Cheetahs	12.53
2	533	3	Adande	Karin	Norwesters Track & Field Club	12.83
3	536	5	Gibson	Hailey	Valley Royals Track & Field Cl	12.98
4	547	6	Nijjar	Gagandeep	Universal Athletics Club	13.13
5	525	2	Van Hombeek	Chantel	Vancouver Thunderbirds	13.31
			100m Women HT 2	-0.8 M/S		
1	511	4	Crivello	Katherine	Valley Royals Track & Field Cl	13.17
2	599	6	Russell	Emily	Vancouver Thunderbirds	13.23
3	555	5	Yuen	Camryn	Norwesters Track & Field Club	13.69
4	588	3	Geary	Caitlin	Valley Royals Track & Field Cl	13.97
5	557	2	Procee	Katie	Chilliwack Track & Field Club	14.41
6	558	7	Procee	Tera	Chilliwack Track & Field Club	14.81

300m Women					
-0.2 M/S					
1	596	Doerksen	Kimberly	Unattached British Columbia	10:01.62
2	601	Allison	Katrina	Vancouver Thunderbirds	10:02.94
3	166	Ross	Sarya	Valley Royals Track & Field Cl	10:40.79
4	524	Smart	Mikaela	Golden Ears Athletics	11:53.20
5	553	Laktionova	Anna	Norwesters Track & Field Club	12:16.61

200m Men HT 1					
-0.5 M/S					
1	538	8 Swanson	Matthew	Norwesters Track & Field Club	22.87
2	576	6 Macklin	Aiden	Norwesters Track & Field Club	23.22
3	528	4 Chan	Matthew	Vancouver Thunderbirds	23.33
4	503	3 Stampp	Sean	Universal Athletics Club	23.35
5	562	5 Trummer	Max	Vancouver Thunderbirds	24.62
6	556	7 Taylor	Matthew	Vancouver Thunderbirds	25.31
7	522	2 Harrison	Joel	Langley Mustangs	25.94
8	593	1 Roberson	Jarod	Unattached	28.88

200m Men HT 2					
1 M/S					
1	573	5 Cheng	Joshua	Ocean Athletics	26.67
2	604	3 Galo	Alex	Unattached British Columbia	26.68
3	592	2 Roberson	Cameron	Unattached	27.17
4	595	4 Cheng	Bob	Kajaks Track & Field Club	28.37

200m Women HT 1					
-1.5 M/S					
1	533	5 Adande	Karin	Norwesters Track & Field Club	26.31
2	580	4 Dodd	Sophie	Vancouver Thunderbirds	26.34
3	568	3 Williams	Jessica	Ocean Athletics	26.52
4	164	6 Lennea	Kayla	Valley Royals Track & Field Cl	27.57
5	599	7 Russell	Emily	Vancouver Thunderbirds	27.83
6	588	2 Geary	Caitlin	Valley Royals Track & Field Cl	28.40

200m Women HT 2					
-0.7 M/S					
1	547	3 Nijjar	Gagandeep	Universal Athletics Club	26.98
2	606	5 Lesyk	Camille	Ocean Athletics	27.91
3	555	4 Yuen	Camryn	Norwesters Track & Field Club	28.93
4	557	7 Procee	Katie	Chilliwack Track & Field Club	29.64
5	558	6 Procee	Tera	Chilliwack Track & Field Club	30.92

3000 Men					
1	584	Voth	Chris	Langley Mustangs	08:27.20
2	179	Hunt	Theo	Point Grey Track & Field Club	08:28.76
3	549	Byles	Adam	Unattached	08:47.07
4	603	Colyn	Nickolas	Langley Mustangs	09:08.94
5	155	Wadhwani	Isaac	Golden Ears Athletics	09:16.62
6	194	McGovern	Dakota	Norwesters Track & Field Club	09:57.44
7	530	Flett	Gordon	Semiahmoo Sun Runners	12:03.30

3000m Women					
1	596	Doerksen	Kimberly	Unattached British Columbia	10:01.62
2	601	Allison	Katrina	Vancouver Thunderbirds	10:02.95
3	166	Ross	Sarya	Valley Royals Track & Field Cl	10:40.80
4	524	Smart	Mikaela	Golden Ears Athletics	11:53.21
5	553	Laktionova	Anna	Norwesters Track & Field Club	12:16.61

300m Women					
1	176	3 Johnston	Hannah	Vancouver Olympic Club	42.76
2	600	4 Burgert	Elise	Ocean Athletics	44.66
3	557	5 Procee	Katie	Chilliwack Track & Field Club	48.02

400m Men HT 1

1	504	4 Hooton	Jesse	Hershey Harriers Athletic Club	55.46
2	505	5 Miles	James	Hershey Harriers Athletic Club	55.81
3	543	6 Titov	Mikhail	Elite Track & Field Academy	01:01.81
4	569	3 Palaty	Thomas	Vancouver Thunderbirds	01:11.20

400m Men HT 2

1	544	3 Ellenwood	Dean	Langley Mustangs	51.06
2	594	4 Kilpatrick	Alexander	Vancouver Thunderbirds	51.74
3	540	5 Kits	Aidan	Langley Mustangs	52.32
4	562	6 Trummer	Max	Vancouver Thunderbirds	52.85
5	550	7 Maynard	Jordan	Vancouver Thunderbirds	53.13
6	189	2 Ellison	Elias	Ocean Athletics	53.98
7	566	1 Anand	Kapil	Vancouver Thunderbirds	56.16

400m Women HT 1

1	580	4 Dodd	Sophie	Vancouver Thunderbirds	57.56
2	519	5 Swaffield	Emma	Vancouver Thunderbirds	58.59
3	585	3 Williams	Alison	Ocean Athletics	59.81
4	541	6 Giesbrecht	Allison	Langley Mustangs	01:01.19
5	561	1 Harrison	Trisha	Coquitlam Cheetahs	01:02.05
6	164	8 Lennea	Kayla	Valley Royals Track & Field Cl	01:02.62
7	502	2 Wong	Madison	Vancouver Thunderbirds	01:02.97
8	199	7 Yee	Michelle	Vancouver Thunderbirds	01:03.95

400m Women HT 2

1	198	8 Gill	Jasmine	Universal Athletics Club	01:00.85
2	525	2 Van Hombbeck	Chantel	Vancouver Thunderbirds	01:03.18
3	512	4 Chow	Cheryl	South Fraser Track & Field Clu	01:03.72
4	581	3 Cryderman	Natalie	Vancouver Thunderbirds	01:04.01
5	515	7 Hutchinson	Nicole	Hershey Harriers Athletic Club	01:04.03
6	200	5 Yee	Candice	Vancouver Thunderbirds	01:04.99
7	546	6 Mahal	Harleen	Universal Athletics Club	01:09.02
8	578	1 Wright	Molly	Chilliwack Track & Field Club	01:11.59

800m Men HT 1

1	572	White	Declan	Coastal Track Club	01:51.71
2	517	Proceviat	Cameron	Mountain Track Club	01:52.03
3	178	Hole	Nigel	Point Grey Track & Field Club	01:52.10
4	184	Mitchell	Cameron	Unattached British Columbia	01:52.51
5	571	Williams	Jack	Ocean Athletics	01:52.64
6	550	Maynard	Jordan	Vancouver Thunderbirds	01:55.38
7	534	Wong	Brendan	Coquitlam Cheetahs	01:55.89
8	583	Marshall	Adam	Langley Mustangs	01:57.35
9	163	Jorgensen	Oliver	Valley Royals Track & Field Cl	01:58.25
10	504	Hooton	Jesse	Hershey Harriers Athletic Club	01:58.33
11	566	Anand	Kapil	Vancouver Thunderbirds	01:58.80
12	508	Figueroa	Brandon	Ocean Athletics	01:59.73
13	598	Tadesse	Nathan	Unattached British Columbia	02:00.47
14	556	Taylor	Matthew	Vancouver Thunderbirds	02:01.46

800m Men HT 2

1	505	Miles	James	Hershey Harriers Athletic Club	02:02.42
2	529	Freinhofer	Dylan	Golden Ears Athletics	02:03.41
3	158	Gay	John	Okanagan Athletics Club	02:03.86
4	160	Murray	Adam	Okanagan Athletics Club	02:04.14
5	196	Dejong	Tyler	Langley Mustangs	02:05.11
6	563	Charlton	Braeden	Vancouver Thunderbirds	02:06.92
7	165	Mitchell	Peter	Valley Royals Track & Field Cl	02:07.03
8	156	Bergman	Sean	Okanagan Athletics Club	02:09.38
9	194	McGovern	Dakota	Norwesters Track & Field Club	02:12.04

10	167	Sawatzky	David	Valley Royals Track & Field Cl	02:13.29
11	543	Titov	Mikhail	Elite Track & Field Academy	02:13.64
12	187	Fletcher	Jordan	Langley Mustangs	02:13.65
13	520	Lucks	Shaun	Hershey Harriers Athletic Club	02:15.41
14	513	Ross	Alexander	Golden Ears Athletics	02:18.85
15	535	Smillie	Malcolm	Unattached British Columbia	02:22.87
16	579	Carscadden	Gordon	Vancouver Falcons Athletic Club	02:24.31
17	570	Palaty	Willem	Vancouver Thunderbirds	02:30.77
18	574	Huige	Nicolas	Ocean Athletics	02:34.12
19	530	Flett	Gordon	Semiahmoo Sun Runners	02:46.83

800m Women Heat 1

1	582	Harradine	Meg	Langley Mustangs	02:17.91
2	198	Gill	Jasmine	Universal Athletics Club	02:18.66
3	515	Hutchinson	Nicole	Hershey Harriers Athletic Club	02:19.58
4	186	Balbosa	Chelsea	Unattached British Columbia	02:19.84
5	542	Greer	Julia	Ocean Athletics	02:20.05
6	159	Laternus	Cassie	Okanagan Athletics Club	02:23.35
7	151	Johnstone	Christina	Golden Ears Athletics	02:23.60
8	157	Fagan	Veronika	Okanagan Athletics Club	02:24.46

800m Women Heat 2

1	545	Mahal	Loveleen	Universal Athletics Club	02:27.67
2	577	De Faye	Amanda	Vancouver Thunderbirds	02:31.02
3	514	Townsend	Dana	Unattached British Columbia	02:31.52
4	554	Boparai	Joldenjeet	Ocean Athletics	02:32.15
5	553	Laktionova	Anna	Norwesters Track & Field Club	02:39.70
6	162	Johnson	Erica	Valley Royals Track & Field Cl	02:43.50
7	552	Lee	Melissa	Norwesters Track & Field Club	02:45.73
8	181	Alldritt	Miranda	Elite Track & Field Academy	02:46.66
9	516	Klymchuk	Samantha	Ocean Athletics	03:10.17

Steeplechase 1500m Women

1	154	Tinkham	Mikayla	Golden Ears Athletics	05:12.29
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Steeplechase 2000m Women

2	152	Mcneil	Madyson	Golden Ears Athletics	07:46.73
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Discus Birthyear (Weights coming soon)

										Best
523	Rori	Denness	x	21.10m	23.26m	20.93m	23.66m	21.45m		23.66m
173	Valerie	Wideskii	x	32.10m	32.89m	34.35m	x	x		34.35m
510	Nicolette	Duschene	23.36m	27.26m	x	28.19m	x	25.42m		28.19m
521	Eniko	Sara	x	15.23m	15.31m	x	17.70m	17.09m		17.70m
197	Gabriella	Por	16.37m	x	x	x	14.46m	17.78m		17.78m
532	Asianna	Covington	50.99m	47.62m	x	46.71m	43.85m	44.44m		50.99m
531	Autumn	Covington	31.88m	32.18m	32.73m	x	x	33.67m		33.67m
195	Ralph	Alvaro	26.50m	28.96m	30.32m	29.57m	x	31.77m		31.77m
185	Pauljit Singh	Bhandal	x	x	40.58m	41.28m	x	41.91m		41.91m
183	Ranjit Singh	Bhandal	31.82m	34.07m	33.57m	x	33.56m	x		34.07m

Long Jump

										Best
560 14yrs	Megan	Champoux	4.58m/-0.6	3.82m/1.6	4.27m/0.0	4.16m/+0.3	X	4.39m/+1.7		4.58m/-0.6
176 15yrs	Hannah	Johnston	4.62m/+0.8	4.77m/+0.7	4.45m/+0.7	4.86m/0.0	4.71m/+1.1	4.76m/+1.1		4.86m/0.0
512 15yrs	Cheryl	Chow	3.97m/+0.5	3.94m/+0.5	X	4.17m/+1.7	4.06m/+0.5	X		4.17m/+1.7
190 15yrs	Kiana	Bekar	X	4.82m/+0.5	4.64m/+1.1	4.80m/+0.7	4.50m/+1.1	4.13m/+0.5		4.82m/+0.5
187 16yrs	Sophie	Pauls	4.30m/+0.8	4.37m/+1.7	-	-	-	-		4.37m/+1.2

Para Club Throw

Jeff	Scott	7.87m	7.47m	5.15m	6.94m	8.13m	8.09m	8.13m
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Para Shot Put

Colin	Morrow	4.65m	4.82m	4.71m	4.52m	4.67m	4.55m	4.82m
Andrew	Davis	5.19m	5.24m	5.10m	5.03m	5.28m	5.33m	5.33m

Para Discus

Colin	Morrow	11.30m	11.26m	10.78m	12.26m	11.46m	11.14m	12.26m
Andrew	Davis	8.65m	8.76m	8.98m	9.69m	9.71m	9.30m	9.71m