

**2023 North and West Zone Championships**  
**Hillside Stadium, Kamloops,BC**  
**Results**

**Event 1 Women 100 Meter Dash Gr 8**

Name	Year	School	Seed	Finals	Wind	H#
Finals						
1 Bates, Alexis		Merritt Secondary	14.49	13.90	1.4	3
2 Liburd, Rya	8	South Kamloo		14.22	1.5	1
3 McGrath, Kiera		Valleyview S	14.38	14.47	1.4	3
4 Fennell, Olivia		South Kamloo		14.68	1.4	3
5 Hawkins, Izzy		Valleyview S		14.88	1.5	1
-- Parrilla, Lilah		Valleyview S		SCR	2.4	2

**Event 2 Men 100 Meter Dash Gr 8**

Name	Year	School	Seed	Finals	Wind	H#
1 Sabiri, Ilyass		Secondaire d		13.39	2.3	2
2 Armstrong, Dimitri		South Kamloo	13.99	14.46	2.0	4
3 Kaarvik, Rylan		Westsyde Secondary		14.47	2.3	2
4 Henderson Dumont, Ashton		Merritt Secondary	15.19	14.72	2.0	4
5 Rossouw, Francois		Westsyde Secondary	14.99	14.74	2.0	4
6 Khelouiaty, Tarik		South Kamloo		14.87	2.3	3
7 Lefebvre, Charle-Éric		Secondaire d		15.52	2.3	3
8 Amor, Zeinedine		Valleyview S	15.05	15.58	2.0	4
-- Friberg, Rowan		Heritage Chr		SCR	2.3	2

**Event 3 Women 100 Meter Dash Junior**

Name	Year	School	Seed	Finals	Wind	H#
1 Chala, Raina		Sa-Hali Secondary		13.63	1.6	2
2 Evans, Bethany		Westsyde Secondary	13.66	13.64	1.7	3
3 Steeves, Berlyn		Valleyview S	14.18	14.18	1.7	3
4 Planden, Paige		Valleyview S	14.73	14.72	1.7	3
5 Evans, Alicia		Westsyde Secondary	15.30	14.74	1.7	3
6 Mohamd, Salma		Sa-Hali Secondary	16.35	14.98	1.7	3
7 Chemago, Isabel		Merritt Secondary	15.72	15.24	1.7	3
8 Bruno, Marissa		Westsyde Secondary	16.39	15.58	1.7	3
9 Guichon, Ronnie		Merritt Secondary		15.93	1.5	1

**Event 4 Men 100 Meter Dash Junior**

Name	Year	School	Seed	Finals	Wind	H#
1 Quinton, Tyler		Valleyview S	12.66	12.33	2.0	3
2 Kaarvik, Landon		Westsyde Secondary	13.45	12.97	2.0	3
3 Skotnicki, Daniel		Merritt Secondary	13.57	13.16	2.0	3
4 Etchart, Miguel		Merritt Secondary	15.28	15.12	1.4	2
-- Friberg, Bryden		Heritage Chr		DNS	0.8	1
-- Colwell, Paul		Merritt Secondary		DNS	1.4	2

**Event 5 Women 100 Meter Dash Senior**

Name	Year	School	Seed	Finals	Wind	H#
1 Toering, Kt		Westsyde Secondary	13.51	13.37	0.4	2
2 Nicholls, Michaela		Merritt Secondary		13.57	-0.5	1

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**....Event 5 Women 100 Meter Dash Senior**

3 Zirnhilt, Ava	Westsyde Secondary	13.77	13.67	0.4	2
4 Jensen, Trinity	Westsyde Secondary	15.49	15.41	0.4	2
-- Taylor Bellamy, Zoey	Merritt Secondary	18.59	SCR	0.4	2

**Event 11 Women 200 Meter Dash Gr 8**

Name	Year School	Seed	Finals	Wind	H#
1 Woods, Amy	Westsyde Secondary	28.01	28.18	0.1	3
2 McGrath, Kiera	Valleyview S	29.56	29.06	0.1	3
3 Bates, Alexis	Merritt Secondary	30.56	29.45	0.1	3
4 Maurice, Shale	Saint Ann's Academy		29.52	0.1	3
5 Fennell, Olivia	South Kamloo		30.24	0.6	2
6 Liburd, Rya	8 South Kamloo		31.52	1.0	1
7 Brodersen, Bailey	Valleyview S		33.01	1.0	1
-- Parrilla, Lilah	Valleyview S		SCR	0.6	2

**Event 12 Men 200 Meter Dash Gr 8**

Name	Year School	Seed	Finals	Wind	H#
1 Armstrong, Dimitri	South Kamloo	29.13	28.03	2.7	2
2 McGrath, Aidan	Valleyview S	29.15	28.05	2.7	2
3 Rossouw, Francois	Westsyde Secondary		30.93	1.7	1
4 Amor, Zeinedine	Valleyview S		31.93	1.7	1

**Event 13 Women 200 Meter Dash Junior**

Name	Year School	Seed	Finals	Wind	H#
1 Evans, Bethany	Westsyde Secondary	27.97	28.15	1.7	3
2 Armstrong, Gabrielle	South Kamloo	27.98	28.62	1.7	3
3 Connolly, Claire	Westsyde Secondary	29.66	29.68	1.7	3
4 Steeves, Berlyn	Valleyview S	29.88	30.25	1.7	3
5 Planden, Paige	Valleyview S	31.74	31.16	1.7	3
6 Mohamd, Salma	Sa-Hali Secondary	31.84	31.49	1.7	3
7 Bruno, Marissa	Westsyde Secondary	33.31	32.01	1.7	3
8 Chemago, Isabel	Merritt Secondary	32.91	32.26	1.7	3

**Event 14 Men 200 Meter Dash Junior**

Name	Year School	Seed	Finals	Wind	H#
1 Quinton, Tyler	Valleyview S		25.44	1.2	2
2 Biggar, Zane	Valleyview S	25.35	25.70	1.5	3
3 Trembley, Jensen	South Kamloo		27.05	0.1	1
4 Skotnicki, Daniel	Merritt Secondary	27.85	27.67	1.5	3
5 Colwell, Paul	Merritt Secondary		28.62	1.2	2

**Event 15 Women 200 Meter Dash Senior**

Name	Year School	Seed	Finals	Wind	H#
1 Nicholls, Michaela	Merritt Secondary	27.63	27.68	2.1	2
2 Toering, Kt	Westsyde Secondary	28.83	28.10	2.1	2

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**....Event 15 Women 200 Meter Dash Senior**

3 Zirnhilt, Ava	Westsyde Secondary	28.97	28.54	2.1	2
4 Russell, Lily	Merritt Secondary		33.83	2.1	2
5 Taylor Bellamy, Zoey	Merritt Secondary		41.63	1.1	1

**Event 21 Women 400 Meter Dash Gr 8**

Name	Year School	Seed	Finals	H#
1 McGrath, Kiera	Valleyview S		69.30	2
2 Brodersen, Bailey	Valleyview S		1:20.14	1
3 Macvicar, Zoey	Merritt Secondary		1:20.88	2
-- Maurice, Shale	Saint Ann's Academy		SCR	1

**Event 22 Men 400 Meter Dash Gr 8**

Name	Year School	Seed	Finals
1 McGrath, Aidan	Valleyview S		67.25

**Event 23 Women 400 Meter Dash Junior**

Name	Year School	Seed	Finals	H#
1 Matonovich, Raiya	Sa-Hali Secondary		57.89	2
2 Evans, Alicia	Westsyde Secondary		71.71	1
-- Luszcz, Hailey	Westsyde Secondary		DNF	1

**Event 24 Men 400 Meter Dash Junior**

Name	Year School	Seed	Finals	H#
1 Rossouw, Werner	Westsyde Secondary		64.04	2

**Event 25 Women 400 Meter Dash Senior**

Name	Year School	Seed	Finals	H#
1 Nicholls, Michaela	Merritt Secondary		63.78	2
2 Zirnhilt, Ava	Westsyde Secondary		68.46	1
-- Russell, Lily	Merritt Secondary		SCR	1

**Event 26 Men 400 Meter Dash Senior**

Name	Year School	Seed	Finals
-- Spark, Hayden	Christian Ho		SCR

**Event 31 Women 800 Meter Run Gr 8**

Name	Year School	Seed	Finals
1 Raath, Lienke	Kamloops Chr	2:52.00	2:41.10
-- Luszcz, Hailey	Westsyde Secondary		SCR

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**Event 32 Men 800 Meter Run Gr 8**

Name	Year	School	Seed	Finals
1 Cooper, Makai		Kamloops Chr		2:31.09
2 Kaarvik, Rylan		Westsyde Secondary	2:37.87	2:32.33
3 Roberts, Jared		Secondaire d		2:42.65
4 Giles, Makai		Secondaire d		3:15.34

**Event 33 Women 800 Meter Run Junior**

Name	Year	School	Seed	Finals
1 Matonovich, Raiya		Sa-Hali Secondary		2:12.59
2 Litt, Meena		Westsyde Secondary	2:43.97	2:39.68
3 Planden, Paige		Valleyview S		3:35.05

**Event 34 Men 800 Meter Run Junior**

Name	Year	School	Seed	Finals
1 Kaarvik, Landon		Westsyde Secondary		2:23.52
2 Pozuelo, Lucas		Valleyview S		2:29.42
3 Rossouw, Werner		Westsyde Secondary	2:39.88	2:30.63

**Event 35 Women 800 Meter Run Senior**

Name	Year	School	Seed	Finals
1 Renwick, Danica		Sa-Hali Secondary		2:36.00
2 D'Amore, Sophia		Sa-Hali Secondary		2:54.50

**Event 36 Men 800 Meter Run Senior**

Name	Year	School	Seed	Finals
1 Lehmann, Bryce		Sa-Hali Secondary	2:03.00	2:11.64
2 Humphrey, Andrew		Sa-Hali Secondary	2:07.00	2:15.58
3 Chiogna, Jacopo		South Kamloo	2:26.00	2:25.82

**Event 41 Women 1500 Meter Run Gr 8**

Name	Year	School	Seed	Finals
1 Raath, Lienke		Kamloops Chr	5:25.00	5:30.59
2 Macvicar, Zoey		Merritt Secondary	6:45.10	6:30.79

**Event 43 Women 1500 Meter Run Junior**

Name	Year	School	Seed	Finals
1 Wallace, Feron		South Kamloo	4:51.00	4:54.35

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**Event 44 Men 1500 Meter Run Junior**

Name	Year School	Seed	Finals
1 Peregrym, Ethan	Sa-Hali Secondary	4:51.25	4:46.73
2 Pozuelo, Lucas	Valleyview S		5:37.18

**Event 45 Women 1500 Meter Run Senior**

Name	Year School	Seed	Finals
1 Renwick, Danica	Sa-Hali Secondary	5:15.00	5:14.24

**Event 46 Men 1500 Meter Run Senior**

Name	Year School	Seed	Finals
1 Lehmann, Bryce	Sa-Hali Secondary	4:18.00	4:32.30
2 Humphrey, Andrew	Sa-Hali Secondary	4:23.00	4:37.27
3 Wallace, Xavier	South Kamloo	4:45.00	4:54.74
4 Chiogna, Jacopo	South Kamloo	4:48.00	5:02.41

**Event 48 Women 3000 Meter Run Gr 8**

Name	Year School	Seed	Finals
1 Raath, Lienke	Kamloops Chr	12:00.00	12:49.33

**Event 49 Men 3000 Meter Run Gr 8**

Name	Year School	Seed	Finals
1 Roberts, Jared	Secondaire d		11:35.92

**Event 50 Women 3000 Meter Run Junior**

Name	Year School	Seed	Finals
1 Wallace, Feron	South Kamloo	10:34.00	10:38.89

**Event 51 Men 3000 Meter Run Junior**

Name	Year School	Seed	Finals
1 Peregrym, Ethan	Sa-Hali Secondary	9:55.52	9:59.40
2 Pozuelo, Lucas	Valleyview S		11:30.59

**Event 52 Women 3000 Meter Run Senior**

Name	Year School	Seed	Finals
1 Renwick, Danica	Sa-Hali Secondary		11:13.22

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**Event 53 Men 3000 Meter Run Senior**

Name	Year School	Seed	Finals
1 Humphrey, Andrew	Sa-Hali Secondary	9:38.00	9:41.19
2 Wallace, Xavier	South Kamloo	9:50.00	10:27.03
3 Chiogna, Jacopo	South Kamloo		10:32.01
4 Spark, Hayden	Christian Ho		11:19.53

**Event 63 Women 80 Meter Hurdles 30" Gr 8**

30" x 8 (12-8-12)					
Name	Year School	Seed	Finals	Wind	
1 Liburd, Rya	8 South Kamloo		15.99	0.2	

**Event 64 Women 80 Meter Hurdles 30" Junior**

30" x 8 (12-8-12)					
Name	Year School	Seed	Finals	Wind	
1 Armstrong, Gabrielle	South Kamloo	13.57	13.40	-1.1	
2 Woods, Emily	Westsyde Secondary		13.48	-1.1	

**Event 68 Men 100 Meter Hurdles 33" Gr 8**

33" x 10 (13-8.5-10.5)					
Name	Year School	Seed	Finals	Wind	
1 Khelouiati, Tarik	South Kamloo		19.61	1.4	

**Event 70 Women 100 Meter Hurdles 33" Senior**

33" x 10 (13-8.5-10.5)					
Name	Year School	Seed	Finals	Wind	
1 D'Amore, Sophia	Sa-Hali Secondary		17.33	0.6	

**Event 76 Men 200 Meter Hurdles 30" x 5 Gr 8**

30" x 5 (20-35-40)					
Name	Year School	Seed	Finals	Wind	
1 McGrath, Aidan	Valleyview S		32.22	1.1	

**Event 78 Men 300 Meter Hurdles 33" x 7 Junior**

33" x 7 (50-35-40)					
Name	Year School	Seed	Finals		
1 Biggar, Zane	Valleyview S	47.36	48.66		

**Event 93 Women 1500 Meter Steeplechase 30" Junior**

Name	Year School	Seed	Finals
1 Wallace, Feron	South Kamloo	5:20.00	5:24.62

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**Event 103 Women 4x100 Meter Relay Gr 8**

School	Seed	Finals
1 Valleyview Secondary 'A'		60.17
1) McGrath, Kiera	2) Parrilla, Lilah	
3) Brodersen, Bailey	4) Hawkins, Izzy	
5) Goddard, Myla	6)	

**Event 104 Men 4x100 Meter Relay Gr 8**

School	Seed	Finals
1 Secondaire de Kamloops 'A'		63.90
1) Roberts, Jared	2) Giles, Makai	
3) Sabiri, Ilyass	4) Lefebvre, Charle-Éric	

**Event 105 Women 4x100 Meter Relay Junior**

School	Seed	Finals
1 Westsyde Secondary 'A'		59.55
1) Luszcz, Hailey	2) Neufled, Kohana	
3) Litt, Meena	4) Bruno, Marissa	
5) Connolly, Claire	6)	

**Event 107 Women 4x100 Meter Relay Senior**

School	Seed	Finals
1 Westsyde Secondary 'A'	52.97	52.71
1) Toering, Kt	2) Zirnhilt, Ava	
3) Evans, Bethany	4) Toering, Kk	
5) Evans, Alicia	6)	

**Event 133 Women High Jump Gr 8**

Name	Year School	Seed	Finals
1 Woods, Amy	Westsyde Secondary	1.35m	1.40m
1.20 1.25 1.30 1.35 1.40 1.45			
0 0 0 0 0 XXX			
-- Sawatzky, Lanelle	Heritage Chr	1.25m	DNS
-- D'Amore, Sophia	Sa-Hali Secondary		SCR

**Event 134 Men High Jump Gr 8**

Name	Year School	Seed	Finals
1 Hall, Colton	Valleyview S	1.50m	1.55m
1.30 1.35 1.40 1.45 1.50 1.55 1.60			
0 0 0 0 0 0 XXX			
2 Cooper, Makai	Kamloops Chr		1.30m
1.20 1.25 1.30 1.35			
0 0 0 -			

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**Event 135 Women High Jump Junior**

Name	Year	School	Seed	Finals
1 Heer, Payton		South Kamloo	1.70m	1.60m
	1.50 1.55 1.60 1.65			
	O O O XXX			
-- Sawatzky, Rebecca		Heritage Chr	1.35m	DNS

**Event 136 Men High Jump Junior**

Name	Year	School	Seed	Finals
1 Biggar, Zane		Valleyview S	1.55m	1.60m
	1.40 1.45 1.50 1.55 1.60 1.65			
	O O O O O XXX			
2 Etchart, Miguel		Merritt Secondary	1.40m	1.30m
	1.30 1.35			
	O XXX			

**Event 137 Women High Jump Senior**

Name	Year	School	Seed	Finals
1 D'Amore, Sophia		Sa-Hali Secondary		1.54m
	1.35 1.40 1.45 1.50 1.52 1.54 1.56			
	O O O XO O O XXX			
2 Chadwick, Shayla		Westsyde Secondary		1.15m
	1.10 1.15 1.20			
	O O XXX			

**Event 143 Women Triple Jump Gr 8**

Name	Year	School	Seed	Finals	Wind
1 Laviolette, Katelyn		Westsyde Secondary	8.01m	7.85m	1.3
				7.57m(-0.3) 7.85m(1.3) X(1.4)	
2 Goddard, Myla		Valleyview S		6.88m	0.7
				6.51m(+0.0) 6.84m(+0.0) 6.88m(0.7)	

**Event 144 Men Triple Jump Gr 8**

Name	Year	School	Seed	Finals	Wind
1 Quiring, Owen		Westsyde Secondary		10.19m	0.5
				9.80m(+0.0) 10.19m(0.5) X(1.5)	
2 Khelouiaty, Tarik		South Kamloo		9.65m	+0.0
				9.65m(+0.0) 9.32m(+0.0) 9.39m(0.4)	
3 Giles, Makai		Secondaire d		7.33m	0.8
				7.33m(0.8) 6.94m(+0.0) 7.14m(0.1)	

**Event 145 Women Triple Jump Junior**

Name	Year	School	Seed	Finals	Wind
1 Connolly, Claire		Westsyde Secondary	9.31m	9.58m	+0.0
				8.55m(+0.0) - 9.58m(+0.0)	



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**....Event 145 Women Triple Jump Junior**

2 Chala, Raina	Sa-Hali Secondary	9.06m	+0.0
8.72m(+0.0) 9.06m(+0.0) 8.73m(1.1)			
3 Litt, Meena	Westsyde Secondary	8.77m	8.82m 0.4
8.48m(0.1) 8.82m(0.4) 8.35m(+0.0)			
-- Neufled, Kohana	Westsyde Secondary	DNS	NWI

**Event 146 Men Triple Jump Junior**

Name	Year School	Seed	Finals	Wind
1 Carne, Seth	Westsyde Secondary	11.04m	11.19m	2.0
11.00m(-0.4) 11.19m(2.0) 11.02m(0.6)				
2 Sheldon, Ryland	Merritt Secondary		7.41m	0.2
7.41m(0.2) X X				

**Event 147 Women Triple Jump Senior**

Name	Year School	Seed	Finals	Wind
1 Toering, Kt	Westsyde Secondary	9.84m	9.73m	+0.0
9.71m(+0.0) 9.73m(+0.0) 9.53m(0.1)				
2 Bassett, Rae	Merritt Secondary		7.59m	1.3
6.85m(0.8) 7.24m(1.1) 7.59m(1.3)				
3 Jensen, Trinity	Westsyde Secondary	8.26m	7.51m	1.1
X(+0.0) 7.32m(0.1) 7.51m(1.1)				

**Event 148 Men Triple Jump Senior**

Name	Year School	Seed	Finals	Wind
1 Chala, Brady	Sa-Hali Secondary		12.21m	0.6
11.73m(+0.0) 12.20m(1.6) 12.21m(0.6)				

**Event 153 Women Long Jump Gr 8**

Name	Year School	Seed	Finals	Wind
2 Woods, Amy	Westsyde Secondary	4.38m	4.28m	NWI
4.28m(NWI) 4.28m(NWI) 3.43m(NWI)				
3 Maurice, Shale	Saint Ann's Academy		4.18m	NWI
3.96m(NWI) 4.18m(NWI) 4.13m(NWI)				
9 Laviolette, Katelyn	Westsyde Secondary	3.40m	3.81m	NWI
3.81m(NWI) 3.46m(NWI) 3.23m(NWI)				
17 Goddard, Myla	Valleyview S		3.31m	NWI
3.11m(NWI) 3.31m(NWI) X				
-- Hawkins, Izzy	Valleyview S		DNS	NWI

**Event 154 Men Long Jump Gr 8**

Name	Year School	Seed	Finals	Wind
1 Quiring, Owen	Westsyde Secondary		4.46m	+0.0
4.31m(1.7) X 4.46m(+0.0)				
2 Sabiri, Ilyass	Secondaire d		4.16m	0.9
4.08m(+0.0) 4.16m(0.9) 4.09m(0.3)				

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**....Event 154 Men Long Jump Gr 8**

3	Rossouw, Francois	Westsyde Secondary	3.25m	4.03m	+0.0
	3.33m(+0.0)	4.03m(+0.0)	3.93m(+0.0)		
4	Henderson Dumont, Ashton	Merritt Secondary	3.96m	3.64m	+0.0
	3.26m(0.8)	2.76m(+0.0)	3.64m(+0.0)		
5	Lefebvre, Charle-Éric	Secondaire d		3.33m	+0.0
	3.33m(+0.0)	3.03m(+0.0)	3.02m(1.2)		

**Event 155 Women Long Jump Junior**

Name	Year	School	Seed	Finals	Wind
1 Chala, Raina		Sa-Hali Secondary		4.48m	1.3
	4.36m(+0.0)	4.11m(0.2)	4.48m(1.3)		
2 Litt, Meena		Westsyde Secondary	3.85m	4.27m	+0.0
	-	4.24m(+0.0)	4.27m(+0.0)		
3 Guichon, Ronnie		Merritt Secondary	3.62m	3.74m	+0.0
	3.74m(+0.0)	3.66m(0.3)	X(0.6)		
4 Chemago, Isabel		Merritt Secondary	3.08m	3.29m	+0.0
	2.36m(0.7)	3.29m(+0.0)	2.97m(+0.0)		
5 Bruno, Marissa		Westsyde Secondary	3.49m	3.26m	+0.0
	3.00m(0.7)	3.26m(+0.0)	X(-0.1)		
6 Cleaveley, Kelsey		Merritt Secondary		3.16m	1.0
	2.96m(+0.0)	3.16m(1.0)	X(0.2)		
7 Luszc, Hailey		Westsyde Secondary	2.99m	3.08m	+0.0
	3.08m(+0.0)	X(0.3)	X(+0.0)		

**Event 156 Men Long Jump Junior**

Name	Year	School	Seed	Finals	Wind
1 Carne, Seth		Westsyde Secondary	5.34m	5.09m	+0.0
	5.09m(+0.0)	4.89m(0.3)	5.03m(+0.0)		
2 Quinton, Tyler		Valleyview S		4.94m	0.3
	4.94m(0.3)	4.82m(+0.0)	X(+0.0)		
3 Rossouw, Werner		Westsyde Secondary	4.17m	4.19m	+0.0
	4.12m(+0.0)	4.19m(+0.0)	3.98m(+0.0)		
4 Skotnicki, Daniel		Merritt Secondary		4.15m	1.6
	4.15m(1.6)				
-- Sheldon, Ryland		Merritt Secondary	5.27m	DNS	NWI

**Event 157 Women Long Jump Senior**

Name	Year	School	Seed	Finals	Wind
1 Toering, Kk		Westsyde Secondary	4.58m	4.75m	+0.0
	4.75m(+0.0)	4.60m(+0.0)	4.48m(0.5)		
2 Jensen, Trinity		Westsyde Secondary		3.79m	+0.0
	3.50m(+0.0)	2.35m(+0.0)	3.79m(+0.0)		
3 Russell, Lily		Merritt Secondary	3.43m	3.49m	+0.0
	2.80m(+0.0)	3.49m(+0.0)	3.26m(+0.0)		
4 Bassett, Rae		Merritt Secondary		3.19m	+0.0
	3.19m(+0.0)	3.04m(+0.0)	2.95m(0.2)		
5 Taylor Bellamy, Zoey		Merritt Secondary	2.46m	2.92m	0.4
	2.75m(+0.0)	2.69m(+0.0)	2.92m(0.4)		

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**Event 158 Men Long Jump Senior**

Name	Year	School	Seed	Finals	Wind
1 Chala, Brady		Sa-Hali Secondary		5.39m	+0.0
				3.28m(+0.0) 5.04m(0.1) 5.39m(+0.0)	

**Event 164 Men Shot Put 4 kg Gr 8**

Name	Year	School	Seed	Finals
1 Sabiri, Ilyass		Secondaire d		7.79m
				7.23m 7.72m 7.79m
2 Giles, Makai		Secondaire d		6.33m
				- X 6.33m
3 Lefebvre, Charle-Éric		Secondaire d		6.09m
				X 6.09m X

**Event 165 Women Shot Put 3 kg Junior**

Name	Year	School	Seed	Finals
1 Cleaveley, Kelsey		Merritt Secondary	7.37m	6.90m
				6.55m 6.90m 6.39m
2 Neufled, Kohana		Westsyde Secondary		6.23m
				5.94m X 6.23m

**Event 166 Boys Shot Put 5 kg Junior**

Name	Year	School	Seed	Finals
1 Sheldon, Ryland		Merritt Secondary		2.72m
				2.72m - -

**Event 167 Women Shot Put 4 kg Senior**

Name	Year	School	Seed	Finals
1 Chadwick, Shayla		Westsyde Secondary		6.75m
				X 6.75m 6.43m
2 Ashley, Cassidy		Westsyde Secondary	6.37m	6.49m
				6.49m 6.24m 5.98m

**Event 173 Women Discus Throw 1 kg Gr 8**

Name	Year	School	Seed	Finals
1 Bates, Alexis		Merritt Secondary	16.24m	16.34m
				16.34m 14.45m 14.12m
2 Macvicar, Zoey		Merritt Secondary	17.57m	15.13m
				X X 15.13m

**Event 174 Men Discus Throw 1 kg Gr 8**

Name	Year	School	Seed	Finals
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**2023 North and West Zone Championships**  
**Hillside Stadium, Kamloops, BC**  
**Results**

**....Event 174 Men Discus Throw 1 kg Gr 8**

1 Clark, Brendan	Westsyde Secondary		24.22m
24.22m X 18.98m			
2 Henderson Dumont, Ashton	Merritt Secondary	21.51m	23.73m
21.74m 23.73m 20.24m			

**Event 175 Women Discus Throw 1 kg Junior**

Name	Year School	Seed	Finals
1 Thomson, Sophia	Merritt Secondary		15.28m
15.28m 13.78m 12.20m			

**Event 176 Men Discus Throw 1.5 kg Junior**

Name	Year School	Seed	Finals
1 Etchart, Miguel	Merritt Secondary		14.67m
14.67m X X			

**Event 177 Women Discus Throw 1 kg Senior**

Name	Year School	Seed	Finals
1 Ashley, Cassidy	Westsyde Secondary	18.35m	19.99m
18.56m 18.68m 19.99m			

**Event 184 Men Javelin Throw 600 gram Gr 8**

Name	Year School	Seed	Finals
1 Clark, Brendan	Westsyde Secondary		28.61m
25.25m 28.61m X			
2 Roberts, Jared	Secondeaire d		15.30m
11.42m 15.30m 12.75m			

**Event 185 Women Javelin Throw 500 gram Junior**

Name	Year School	Seed	Finals
1 Thomson, Sophia	Merritt Secondary		11.32m
11.11m 10.26m 11.32m			
1 Cleaveley, Kelsey	Merritt Secondary	11.24m	11.32m
11.32m 11.26m X			
3 Luszcz, Hailey	Westsyde Secondary		11.09m
X 11.09m X			

**Event 186 Men Javelin Throw 700 gram Junior**

Name	Year School	Seed	Finals
1 Beck, Chazz (charles)	Sa-Hali Secondary		36.14m
27.67m 32.28m 36.14m			
2 Colwell, Paul	Merritt Secondary		17.38m
X 17.32m 17.38m			

**2023 North and West Zone Championships**  
**Hillside Stadium, Kamloops,BC**  
**Results**

**Event 187 Women Javelin Throw 600 gram Senior**

Name	Year	School	Seed	Finals
1 Toering, Kk		Westsyde Secondary	24.03m	23.47m
	X	20.87m	23.47m	
2 Chadwick, Shayla		Westsyde Secondary		20.99m
	20.99m	13.31m	18.47m	
3 Ashley, Cassidy		Westsyde Secondary	17.23m	16.74m
	16.74m	14.45m	15.95m	

**Event 198 Men Hammer Throw 6 kg Senior**

Name	Year	School	Seed	Finals
1 Zabihi, Kian	12	Sa-Hali Secondary	64.64m	62.85m
	62.85m	X	X	X
	X	X	X	62.36m

**Event 201 Men Pole Vault Gr 8**

Name	Year	School	Seed	Finals							
1 Armstrong, Dimitri		South Kamloo	2.30m	2.20m							
	1.30	1.40	1.50	1.60	1.70	1.80	1.90	2.00	2.10	2.20	2.30
	XO	-	-	-	-	-	o	o	o	o	XXX
2 Amor, Zeinedine		Valleyview S	1.80m	1.80m							
	1.30	1.40	1.50	1.60	1.70	1.80	1.90				
	o	o	o	o	o	XO	X				

**Event 204 Women Pole Vault Junior**

Name	Year	School	Seed	Finals						
1 Armstrong, Gabrielle		South Kamloo	3.35m	3.30m						
	1.90	2.60	2.70	2.80	2.90	3.00	3.10	3.20	3.30	3.40
	o	o	-	-	o	-	o	XO	o	XXX
2 Owen, Anika		Valleyview S	2.50m	2.50m						
	1.90	2.00	2.10	2.20	2.30	2.40	2.50	2.60		
	o	-	o	o	o	XXO	o	XXX		

**Event 205 Men Pole Vault Junior**

Name	Year	School	Seed	Finals					
1 Heer, Tomas		South Kamloo	2.50m	2.70m					
	2.00	2.10	2.20	2.30	2.40	2.50	2.60	2.70	2.80
	o	-	-	o	o	o	o	XO	XXX