

2024 Van Ryswyk Indoor Invitational
2024 BC Masters Indoor Championship
Tournament Capital Centre, Kamloops, BC - 2024-03-08 to 2024-03-09
Results

Girls 9 60 Meter Hurdles

W(11) - 6x0.610 (24") - 11m, 6.5m, 16.5m - Scissor

W10 - 6x24" (0.610m) - 11m, 6.5m, 16.5m - Scissor

Name	Age Team	Seed	Finals
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Finals

1	Dhaliwal, Paige	9 Kamloops Tra	14.13
2	Leduke, Hanna	9 Kamloops Tra	14.34

Girls 10 60 Meter Hurdles

W(11) - 6x0.610 (24") - 11m, 6.5m, 16.5m - Scissor

W10 - 6x24" (0.610m) - 11m, 6.5m, 16.5m - Scissor

Name	Age Team	Seed	Finals
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1	Schellenberg, Ellie	10 Kamloops Tra	15.18
2	McIntyre, Stella	10 Kamloops Tra	16.17
--	Baillie, Tobin	10 Kamloops Tra	SCR

Girls 11 60 Meter Hurdles

W(11) - 6x0.610 (24") - 11m, 6.5m, 16.5m - Scissor

W10 - 6x24" (0.610m) - 11m, 6.5m, 16.5m - Scissor

Name	Age Team	Seed	Finals
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1	Schellenberg, Jordan	11 Kamloops Tra	13.11
2	Bernard, Alexandra	11 Okanagan Ath	11.82 13.33
3	Palmer, Brooke	11 Kamloops Tra	14.07 15.30
--	Davis, Clark	11 Kamloops Tra	11.55 SCR

Girls 12 60 Meter Hurdles

G (12) - 5x27" (0.686m), 12m, 7m, 20m (BLACK) SCISSOR

B 12 - 5x27" (0.686m) - 12m, 7m, 20m (BLACK) SCISSOR

Name	Age Team	Seed	Finals
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1	Collins, Olivia	12 Okanagan Ath	11.13
2	McIntyre, Piper	12 Kamloops Tra	12.32
3	Hepner, Teagan	12 Kamloops Tra	12.34 12.98
--	Pang, Darren	12 Vancouver Ol	SCR
--	Jack, Gage	12 Trail Track	13.44 SCR

Girls 13 60 Meter Hurdles

G (12) - 5x27" (0.686m), 12m, 7m, 20m (BLACK) SCISSOR

B 12 - 5x27" (0.686m) - 12m, 7m, 20m (BLACK) SCISSOR

Name	Age Team	Seed	Finals
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1	Pretorius, Megan	13 Kamloops Tra	11.31
2	Milne, Carys	13 Kamloops Tra	11.58
3	Leduke, Alyssa	13 Kamloops Tra	13.77

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Girls 9 60 Meter Dash

Name	Age	Team	Seed	Finals
9 Van Ryswyk: R 10.61	2020-02-29	Haylee Robinson, Kamloops Tra		
1 Dhaliwal, Paige	9	Kamloops Tra		10.43R
2 Shaw, Ella	9	Okanagan Ath		10.58R
3 Leduke, Hanna	9	Kamloops Tra	10.66	10.74
4 Collins, Evangeline	9	Okanagan Ath		10.90

Girls 10 60 Meter Dash

Name	Age	Team	Seed	Finals
10 Van Ryswy: R 10.62	2019-03-30	Rya Liburd, KAMLOOPS TRA		
1 Zenone, Juliana	10	Langley Mustangs	11.04	10.93
2 Schellenberg, Ellie	10	Kamloops Tra	11.57	11.25
3 McIntyre, Stella	10	Kamloops Tra	11.45	12.03

Girls 11 60 Meter Dash

Name	Age	Team	Seed	Finals	H#
11 Van Ryswy: R 8.92	2023-02-25	Georgia Leinemann, Okanagan Ath			
1 Bernard, Alexandra	11	Okanagan Ath	9.25	9.27	2
2 Wasyliw, Mckinley	11	Vancouver Th	9.57	9.62	2
3 Swanson, Rosalie	11	Trail Track		9.88	2
4 Schellenberg, Jordan	11	Kamloops Tra	10.20	10.03	2
5 Omer, Kenzie	11	Kamloops Tra	10.42	10.24	2
6 Harrower, Spencer	11	Unbc - Unatt		10.37	2
7 Fox Davidson, Hannah	11	Kamloops Tra	10.38	10.68	2

Girls 12 60 Meter Dash

Name	Age	Team	Seed	Finals	H#
1 Tainya-Ancheta, Rebecca	12	Kamloops Tra	8.90	8.98	2
2 Bennett, Brielle	12	Okanagan Ath	9.35	9.31	1
3 Collins, Olivia	12	Okanagan Ath	9.87	9.48	1
4 Dhaliwal, Emily	12	Kamloops Tra		9.86	1
5 Thompson, Elizabeth	12	Trail Track		10.16	1
6 Major, Sienna	12	Kamloops Tra	10.02	10.16	1
7 Palmer, Jordan	12	Kamloops Tra		10.42	1
8 Alphonse, Illiana	12	Canim Lake Band		10.86	1
9 Parker, Madi	12	Canim Lake Band		11.01	2

Girls 13 60 Meter Dash

Name	Age	Team	Seed	Finals	H#
1 Renaud, Adrianna	13	Okanagan Ath		8.81	1
2 Rossi, Emerson	13	Okanagan Ath	8.83	8.83	2
3 Mossman, Bella	13	Okanagan Ath	8.96	9.16	2
4 Pretorius, Megan	13	Kamloops Tra	9.26	9.19	2
5 Battiston, Gemma	13	Okanagan Ath	9.34	9.39	2
6 Leduke, Alyssa	13	Kamloops Tra	9.83	9.90	2

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Women 14-15 60 Meter Dash

Name	Age	Team	Seed	Finals
1 Boileau, Lacey	14	Kamloops Tra	8.28	8.26
2 Zenone, Sofia	14	Langley Mustangs	8.45	8.32
3 Lafreniere, Scotia	15	Okanagan Ath	8.56	8.64
4 Redden, Marissa	14	Langley Mustangs	9.48	9.46
5 Hall, Brooke	14	Trail Track		9.58

Women 16-17 60 Meter Dash

Name	Age	Team	Seed	Finals
1 Mallinson, Kezia	17	Okanagan Ath	8.71	8.61
2 Reimer, Sophia	16	Okanagan Ath	8.72	8.68

Women 18-19 60 Meter Dash

Name	Age	Team	Seed	Finals
1 McCroy, Danae	19	Prince George		8.28
2 Pentecost, Katya	18	Okanagan Ath	8.61	8.54
3 Bourgeault, Emma	19	Okanagan Ath		8.83

Women 20-34 60 Meter Dash

Name	Age	Team	Seed	Finals
1 Bliss, Emma-Lea	20	Unbc - Unatt		10.65

Girls 11 200 Meter Dash

Name	Age	Team	Seed	Finals
11 Van Ryswy: R 34.19	2022-02-27	Claire Cochrane, Kamloops Tra		
1 Bernard, Alexandra	11	Okanagan Ath	32.06	30.99R
2 Wasyliw, Mckinley	11	Vancouver Th		31.69R
3 Schellenberg, Jordan	11	Kamloops Tra		33.01R
4 Omer, Kenzie	11	Kamloops Tra	35.38	34.33
5 Swanson, Rosalie	11	Trail Track		35.05
6 Fox Davidson, Hannah	11	Kamloops Tra		36.20

Girls 12 200 Meter Dash

Name	Age	Team	Seed	Finals	H#
1 Davis, Ella	12	Vancouver Th	32.81	31.29	2
2 Tainya-Ancheta, Rebecca	12	Kamloops Tra	31.01	31.75	1
3 McIntyre, Piper	12	Kamloops Tra	33.55	33.24	1
4 Dhaliwal, Emily	12	Kamloops Tra	34.70	33.76	1
5 Thompson, Elizabeth	12	Trail Track		33.81	1

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Girls 13 200 Meter Dash

Name	Age	Team	Seed	Finals	H#
1 Rossi, Emerson	13	Okanagan Ath	29.94	29.99	2
2 Pretorius, Megan	13	Kamloops Tra	31.17	30.48	2
3 Leduke, Alyssa	13	Kamloops Tra	34.95	34.08	2
-- Battiston, Gemma	13	Okanagan Ath	31.83	SCR	2

Women 14-15 200 Meter Dash

14-15 Van Ry: R 26.79 2013

Name	Age	Team	Seed	Finals	H#
1 McGrath, Kiera	15	Kamloops Tra	28.50	28.21	2
2 Lafreniere, Scotia	15	Okanagan Ath	27.80	28.43	2
-- English, Alivia	14	Kamloops Tra	29.91	DQ	1 DQ - Rule 17.3.1

Women 16-17 200 Meter Dash

16-17 Van Ry: R 25.78 2020-03-01 Emma Cannan, Okanagan Ath

Name	Age	Team	Seed	Finals
1 Mallinson, Kezia	17	Okanagan Ath	29.69	29.24
2 Reimer, Sophia	16	Okanagan Ath	29.62	29.46

Women 18-19 200 Meter Dash U20

18-19 Van Ry: R 28.60 2020-03-01 Shaunika Suriya, Coastal Trac

Name	Age	Team	Seed	Finals
1 McCroy, Danae	19	Prince George		27.79R
2 Pentecost, Katya	18	Okanagan Ath	29.21	28.76
3 Bourgeault, Emma	19	Okanagan Ath		30.12
-- Wepruk, Samantha	18	New West Spa		SCR

Women 20-34 200 Meter Dash U20

Name	Age	Team	Seed	Finals
1 Bliss, Emma-Lea	20	Unbc - Unatt		49.15

Girls 12 300 Meter Dash

12 Van Ryswy: R 48.23 2014-02-14 Samantha Ogbeiwi, Ocean Athlet

Name	Age	Team	Seed	Finals
1 Davis, Ella	12	Vancouver Th		49.28
2 Dhaliwal, Emily	12	Kamloops Tra		53.98
3 Major, Sienna	12	Kamloops Tra	53.71	54.47
4 Thompson, Elizabeth	12	Trail Track		56.17

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Women 14-15 300 Meter Dash

Name	Age	Team	Seed	Finals
1 McGrath, Kiera	15	Kamloops Tra	44.58	44.82
2 Zenone, Sofia	14	Langley Mustangs	46.02	45.66
3 English, Alivia	14	Kamloops Tra	46.58	46.18
4 Redden, Marissa	14	Langley Mustangs	51.93	50.00

Girls 9 600 Meter Run

Name	Age	Team	Seed	Finals
9 Van Ryswyk: R 2:22.10	2020-03-01	Haylee Robinson, Kamloops Tra		
1 Dhaliwal, Paige	9	Kamloops Tra		2:22.53
-- Mwaikambo, Jasper	9	Okanagan Ath		SCR

Girls 10 600 Meter Run

Name	Age	Team	Seed	Finals
10 Van Ryswy: R 2:34.24	2018-03-11	Stephanie Jones, Kamloops Tra		
1 Schellenberg, Ellie	10	Kamloops Tra	2:36.47	2:41.58
-- Baillie, Tobin	10	Kamloops Tra	2:16.50	SCR

Girls 11 600 Meter Run

Name	Age	Team	Seed	Finals
11 Van Ryswy: R 2:01.80	2014-02-15	Indigo Learie, Kamloops Tra		
1 Wasyliw, Mckinley	11	Vancouver Th	1:59.30	1:56.97R
2 Schellenberg, Jordan	11	Kamloops Tra	2:08.71	2:06.74
3 Swanson, Rosalie	11	Trail Track		2:17.37
4 Palmer, Brooke	11	Kamloops Tra	2:21.56	2:24.03

Girls 12 800 Meter Run

Name	Age	Team	Seed	Finals
1 Major, Sienna	12	Kamloops Tra	3:04.60	3:14.79
-- Davis, Ella	12	Vancouver Th	2:33.50	SCR
-- Thompson, Elizabeth	12	Trail Track		SCR

Girls 13 800 Meter Run

Name	Age	Team	Seed	Finals
-- Covaceuszach, Kate	13	Kamloops Tra		SCR

Girls 9 1000 Meter Run

Name	Age	Team	Seed	Finals	H#
-- Mwaikambo, Jasper	9	Okanagan Ath		SCR	

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Girls 10 1000 Meter Run

Name	Age Team	Seed	Finals
1 Schellenberg, Ellie	10 Kamloops Tra	4:44.72	4:34.75

Girls 11 1000 Meter Run

Name	Age Team	Seed	Finals
11 Van Ryswy: R 3:55.39	2020-02-29 Amber Brinkworth, Kamloops Tra		
1 Schellenberg, Jordan	11 Kamloops Tra	3:46.54	3:52.54R
-- Swanson, Rosalie	11 Trail Track		SCR

Women 18-19 1500 Meter Run

Name	Age Team	Seed	Finals
1 Renwick, Danica	18 Kamloops Tra		5:17.23

Girls 12 2000 Meter Run

Name	Age Team	Seed	Finals
1 Major, Sienna	12 Kamloops Tra		9:15.56

Women 14-15 2000 Meter Run

Name	Age Team	Seed	Finals
14-15 Van Ry: R 7:17.86	2020-02-28 Danica Renwick, Kamloops Tra		
1 Raath, Lienke	14 Kamloops Tra		3:57.14R

Women 18-19 3000 Meter Run

Name	Age Team	Seed	Finals
18-19 Van Ry: R 10:39.46			
1 Renwick, Danica	18 Kamloops Tra		11:24.53

Women 14-15 60 Meter Hurdles U18

Name	Age Team	Seed	Finals	H#
W(U18)-U20) - 5x30" (0.762m), 13.00m, 8.50m, 13.00m (Yellow)				
Men (U16) - 5x33" (0.840m), 13.00m, 8.50m, 13.00m (Yellow)				
W (U20) - 5x33" ((0.838m), m13m, 8.5m, 13m (Yellow)				
-- Nakamura, Aoi (Eric)	15 Vancouver Ol		SCR	
-- Parkes, Cole	15 Kamloops Tra	12.56	SCR	
-- Inglis-Sundqvist, Theo	14 Vancouver Ol		SCR	

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Women 14-15 60 Meter Hurdles

W (U16) - 5x0.762m/30" - 12.0m, 8.0m, 16.0m (Pink)
 14-15 Van Ry: R 9.22 2013

Name	Age	Team	Seed	Finals
1 Pang, Vanessa	15	Vancouver Ol		10.17
2 Hall, Brooke	14	Trail Track		13.16

Women 16-17 60 Meter Hurdles U18

W(U18)-U20) - 5x30" (0.762m), 13.00m, 8.50m, 13.00m (Yellow)
 Men (U16) - 5x33" (0.840m), 13.00m, 8.50m, 13.00m (Yellow)
 W (U20) - 5x33" ((0.838m), m13m, 8.5m, 13m (Yellow)
 16-17 Van Ry: R 9.67 2018-03-11 Anna Parsakish, Norwesters T

Name	Age	Team	Seed	Finals
1 Armstrong, Gabrielle	16	Unbc - Unatt	9.63	9.56R
2 Reimer, Sophia	16	Okanagan Ath	11.52	11.46

Women 18-19 60 Meter Hurdles U18

W(U18)-U20) - 5x30" (0.762m), 13.00m, 8.50m, 13.00m (Yellow)
 Men (U16) - 5x33" (0.840m), 13.00m, 8.50m, 13.00m (Yellow)
 W (U20) - 5x33" ((0.838m), m13m, 8.5m, 13m (Yellow)

Name	Age	Team	Seed	Finals
1 D'Amore, Sophia	19	Kamloops Tra	10.19	10.15
2 Wepruk, Samantha	18	New West Spa		11.30

Girls 10 High Jump

Name	Age	Team	Seed	Finals
1 Schellenberg, Ellie	10	Kamloops Tra		J1.00m
0.95 1.00 1.05				
O XO XXX				

Girls 11 High Jump

Name	Age	Team	Seed	Finals
11 Van Ryswy: R 1.40m 2013-02-16 Julia Rastad, Norwesters T				
1 Schellenberg, Jordan	11	Kamloops Tra		J1.00m
0.95 1.00 1.05				
O O XXX				
2 Omer, Kenzie	11	Kamloops Tra	1.15m	J1.00m
0.95 1.00 1.25				
O XO XXX				

Girls 12 High Jump

Name	Age	Team	Seed	Finals
12 Van Ryswy: R 1.25m 2020-02-29 Payton Heer, Kamloops Tra				

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....Girls 12 High Jump

1	Naylor, Grace	12 Kamloops Tra		1.35mR
	1.05 1.10 1.15 1.20 1.25 1.30 1.35 1.40			
	o o o o o o o XO XXX			
2	McIntyre, Piper	12 Kamloops Tra		1.30mR
	0.95 1.00 1.05 1.10 1.15 1.20 1.25 1.30 1.35			
	o o o XO o o o o XXX			
3	Palmer, Jordan	12 Kamloops Tra	1.30m	J1.30mR
	0.95 1.00 1.05 1.10 1.15 1.20 1.25 1.30 1.35			
	o o o o o o o o XXO XXX			
4	Heppler, Teagan	12 Kamloops Tra	1.20m	1.20m
	0.95 1.00 1.05 1.10 1.15 1.20 1.25			
	o o o o o XO XXX			
5	Thompson, Elizabeth	12 Trail Track		J0.95m
	0.95 1.00 1.05			
	XXO X XX			

Girls 9 Long Jump

Name	Age Team	Seed	Finals
1 Dhaliwal, Paige	9 Kamloops Tra		2.90m
			2.90m 2.86m X
2 Collins, Evangeline	9 Okanagan Ath		2.55m
			2.55m 1.63m 2.49m
3 Leduke, Hanna	9 Kamloops Tra		2.39m
			2.22m 2.39m 2.35m

Girls 10 Long Jump

Name	Age Team	Seed	Finals
1 Schellenberg, Ellie	10 Kamloops Tra		2.75m
			2.64m 2.53m 2.75m
2 McIntyre, Stella	10 Kamloops Tra		2.18m
			2.18m 2.12m 2.17m

Girls 11 Long Jump

Name	Age Team	Seed	Finals
1 Wasyliv, Mckinley	11 Vancouver Th	3.69m	3.76m
			3.69m 3.69m 3.76m
2 Fox Davidson, Hannah	11 Kamloops Tra	3.31m	3.05m
			3.05m 2.56m 2.94m
3 Harrower, Spencer	11 Unbc - Unatt		3.03m
			3.03m X 2.78m
4 Schellenberg, Jordan	11 Kamloops Tra	3.05m	2.96m
			2.95m 2.73m 2.96m
5 Omer, Kenzie	11 Kamloops Tra	3.15m	2.87m
			2.73m 2.87m 2.51m
6 Palmer, Brooke	11 Kamloops Tra	2.68m	2.86m
			2.86m 2.73m 2.77m
7 Swanson, Rosalie	11 Trail Track		2.67m
			2.67m 2.60m 2.34m

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Girls 12 Long Jump

=====						
12 Van Ryswy: R 4.04m 2022-02-26 Naya Grimm, Kamloops Tra						
Name	Age	Team	Seed	Finals		
=====						
1 Naylor, Grace	12	Kamloops Tra		3.84m		
3.75m 3.79m 3.84m						
2 Tainya-Ancheta, Rebecca	12	Kamloops Tra	3.97m	3.83m		
3.83m 3.66m 3.73m						
3 Bennett, Brielle	12	Okanagan Ath	3.51m	3.81m		
3.58m 3.79m 3.81m						
4 Collins, Olivia	12	Okanagan Ath	3.22m	3.73m		
3.63m X 3.73m						
5 Davis, Ella	12	Vancouver Th		3.67m		
3.67m X X						
6 Thompson, Elizabeth	12	Trail Track		3.21m		
3.18m 3.21m 3.14m						
7 Palmer, Jordan	12	Kamloops Tra	3.26m	3.18m		
3.12m 3.18m 3.06m						
8 Heppner, Teagan	12	Kamloops Tra	3.34m	3.13m		
3.13m 2.70m 2.38m						
9 Alphonse, Illiana	12	Canim Lake Band		2.40m		
2.18m X 2.40m						

Girls 13 Long Jump

=====						
13 Van Ryswy: R 4.06m 2017-04-01 Sadie Joyce, TRAIL TRACK						
Name	Age	Team	Seed	Finals		
=====						
1 Pretorius, Megan	13	Kamloops Tra	3.98m	4.03m		
X 4.03m 4.01m						
2 Renaud, Adrianna	13	Okanagan Ath		3.95m		
3.85m 3.95m X						
3 Mossman, Bella	13	Okanagan Ath	3.73m	3.50m		
3.50m 3.37m 3.39m						
4 Leduke, Alyssa	13	Kamloops Tra	3.12m	3.25m		
3.21m 2.92m 3.25m						
5 Battiston, Gemma	13	Okanagan Ath	3.26m	2.17m		
2.17m X						
-- Harrower, Spencer	11	Unbc - Unatt		SCR		
-- Palmer, Brooke	11	Kamloops Tra	2.68m	SCR		
-- Fox Davidson, Hannah	11	Kamloops Tra	3.31m	SCR		
-- Omer, Kenzie	11	Kamloops Tra	3.15m	SCR		
-- Schellenberg, Jordan	11	Kamloops Tra	3.05m	SCR		
-- Wasyliw, Mckinley	11	Vancouver Th	3.69m	SCR		
-- Swanson, Rosalie	11	Trail Track		SCR		

Girls 10 Shot Put

=====						
9 - 11 years - 2 kg						
12-13 years - 3 kg						
10 Van Ryswy: R 6.67m 2020-03-01 Tianna Zabihi, Kamloops Tra						
Name	Age	Team	Seed	Finals		
=====						
1 Schellenberg, Ellie	10	Kamloops Tra		3.34m		
2.92m 2.89m 3.34m						

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Girls 11 Shot Put

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=====
9 - 11 years - 2 kg
12-13 years - 3 kg
11 Van Ryswy: R 7.83m 2013-02-17 Julia Rastad, Norwesters T
Name Age Team Seed Finals
=====
1 Omer, Kenzie 11 Kamloops Tra 6.75m 6.84m
6.18m 6.84m 6.46m
2 Fox Davidson, Hannah 11 Kamloops Tra 5.14m 6.04m
6.04m X 6.01m
3 Schellenberg, Jordan 11 Kamloops Tra 4.75m
4.75m 4.41m 4.26m
4 Palmer, Brooke 11 Kamloops Tra 4.59m 4.32m
3.79m 4.32m 4.27m

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Girls 12 Shot Put

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=====
9 - 11 years - 2 kg
12-13 years - 3 kg
12 Van Ryswy: R 6.09m 2020-03-01 Lily Stroda, Unattached B
Name Age Team Seed Finals
=====
1 Naylor, Grace 12 Kamloops Tra 6.55mR
6.55m 6.17m 6.22m
2 Dhaliwal, Emily 12 Kamloops Tra 5.97m
4.90m 5.70m 5.97m
3 Haerttrich, Grace 12 Canim Lake Band 5.62m
5.62m 5.38m 5.23m
4 Boyce, Jordyn 12 Okanagan Ath 5.31m
4.39m 5.31m 5.12m
5 Heppner, Teagan 12 Kamloops Tra 5.28m 4.91m
4.33m 4.08m 4.91m
6 Alphonse, Illiana 12 Canim Lake Band 4.78m
X 4.78m 4.67m
7 Palmer, Jordan 12 Kamloops Tra 5.12m 4.20m
X 4.20m 3.73m
8 Parker, Madi 12 Canim Lake Band 2.64m
2.49m 2.64m 2.25m

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Girls 13 Shot Put

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=====
9 - 11 years - 2 kg
12-13 years - 3 kg
13 Van Ryswy: R 8.32m 2019-03-31 Elise Drake, OKANAGAN ATH
Name Age Team Seed Finals
=====
1 Gabri, Anhad 13 Unbc - Unatt 8.33m 9.47mR
8.72m 8.27m 9.47m

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Women 14-15 Shot Put

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=====
U16 & U18 - 3.00 kg
U20 & Snr - 4.00 kg
14-15 Van Ry: R 10.93m 2020-03-01 Elise Drake, Okanagan Ath
Name Age Team Seed Finals
=====
1 Redden, Marissa 14 Langley Mustangs 7.65m 7.76m
7.12m 7.76m 7.55m 7.31m 7.69m 7.47m
2 Hall, Brooke 14 Trail Track 3.00m 6.83m
6.16m X 6.83m 6.37m 6.36m 6.35m
  
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Women 16-17 Shot Put

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=====
U16 & U18 - 3.00 kg
U20 & Snr - 4.00 kg
16-17 Van Ry: R 12.04m 2022-02-27 Elise Drake, Okanagan Ath
Name Age Team Seed Finals
=====
1 Boyce-Archie, Lauryn Zay 17 Okanagan Ath 8.38m
8.15m 8.03m 8.38m 8.01m 8.01m X
  
```

Women 18-19 Shot Put

```

=====
U16 & U18 - 3.00 kg
U20 & Snr - 4.00 kg
18-19 Van Ry: R 9.49m 2022-02-27 Jendaya Shields, Trail Track
Name Age Team Seed Finals
=====
1 Drake, Elise 18 Kajaks Track 12.04m 10.42mR
9.22m 10.32m X X 10.42m X
2 D'Amore, Sophia 19 Kamloops Tra 8.84m 8.28m
7.77m 7.37m 8.28m 7.46m 7.62m 7.85m
3 Archie, Alexis 19 Canim Lake Band 8.18m
7.92m 8.18m 7.90m 7.03m X 8.06m
  
```

Women 16-17 Weight Throw

```

=====
Name Age Team Seed Finals
=====
1 Boyce-Archie, Lauryn Zay 17 Okanagan Ath 9.72m
7.95m X X 6.95m 9.72m 7.16m
  
```

Women 18-19 Weight Throw

```

=====
18-19 Van Ry: R 7.07m 2023-02-24 Alexis Archie, Canim Lake B
Name Age Team Seed Finals
=====
1 Drake, Elise 18 Kajaks Track 15.05mR
15.05m 14.09m X 14.91m X X
-- Archie, Alexis 19 Canim Lake Band DNS
  
```

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Boys 9 60 Meter Hurdles

B/G 9 yrs - 6 x 0.533m (21") - 11m, 6.5m, 16.5m - SCISSOR

B (10-11) - 6x24" (0.610m) - 11m, 6.5m, 16.50m - SCISSOR

Name	Age Team	Seed	Finals
1 Mwaikambo, Jasper	9 Okanagan Ath		12.90
-- Leduke, Hanna	9 Kamloops Tra	14.51	SCR
-- Dhaliwal, Paige	9 Kamloops Tra		SCR

Boys 10 60 Meter Hurdles

B/G 9 yrs - 6 x 0.533m (21") - 11m, 6.5m, 16.5m - SCISSOR

B (10-11) - 6x24" (0.610m) - 11m, 6.5m, 16.50m - SCISSOR

Name	Age Team	Seed	Finals
1 Baillie, Tobin	10 Kamloops Tra		13.74

Boys 11 60 Meter Hurdles

B/G 9 yrs - 6 x 0.533m (21") - 11m, 6.5m, 16.5m - SCISSOR

B (10-11) - 6x24" (0.610m) - 11m, 6.5m, 16.50m - SCISSOR

Name	Age Team	Seed	Finals
1 Davis, Clark	11 Kamloops Tra		12.23

Boys 12 60 Meter Hurdles

M 13 - 5 x 0.762m (30") - 12m, 8m, 16m (Pink) - Scissor

W 13 - 5 x 0.762m (30") - 12m, 7.5m, 18m - Scissor

Name	Age Team	Seed	Finals
1 Pang, Darren	12 Vancouver Ol		10.72
2 Jack, Gage	12 Trail Track		12.65

Boys 13 60 Meter Hurdles

M 13 - 5 x 0.762m (30") - 12m, 8m, 16m (Pink) - Scissor

W 13 - 5 x 0.762m (30") - 12m, 7.5m, 18m - Scissor

13 Van Ryswyk: R 11.62 2022-02-27 Hayden Hurtubise, Unattached B

Name	Age Team	Seed	Finals
1 Silva, Aven	13 Trail Track		14.50
-- Leduke, Alyssa	13 Kamloops Tra		SCR
-- Milne, Carys	13 Kamloops Tra		SCR
-- Pretorius, Megan	13 Kamloops Tra		SCR

Men 9 60 Meter Dash

9 Van Ryswyk: R 10.64 2019-03-30 Mateo Maldonado, KAMLOOPS TRA

Name	Age Team	Seed	Finals
1 Mwaikambo, Jasper	9 Okanagan Ath		9.88R
2 Adams, Linden	9 Kamloops Tra		10.49R
3 Heinzman, Weston	9 Okanagan Ath		12.17

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Men 10 60 Meter Dash

Name	Age	Team	Seed	Finals
10 Van Ryswy, R	9.16	2022-02-26 Sterling Therrien, Kamloops Tra		
1 Baillie, Tobin	10	Kamloops Tra	10.75	11.02

Men 11 60 Meter Dash

Name	Age	Team	Seed	Finals
11 Van Ryswy, R	9.03	2023-02-25 Sterling Therrien, Kamloops Tra		
1 Shaw, Emerson	11	Okanagan Ath		9.25
2 Hansen, Austin	11	Kamloops Tra	9.62	9.61
3 Davis, Clark	11	Kamloops Tra	9.64	10.14

Men 12 60 Meter Dash

Name	Age	Team	Seed	Finals
1 Jack, Gage	12	Trail Track	10.87	10.28

Men 13 60 Meter Dash

Name	Age	Team	Seed	Finals
1 Holmgren, Coen	13	Peninsula	8.92	8.73
2 Thompson, Brayden	13	Trail Track		10.60
3 Silva, Aven	13	Trail Track		10.64
4 Salter, Mason	13	Okanagan Ath		10.80
5 Archie, Dakota	13	Okanagan Ath		10.97

Men 14-15 60 Meter Dash

Name	Age	Team	Seed	Finals
1 Nakamura, Aoi (Eric)	15	Vancouver Ol	7.66	7.64
2 Maldonado, Noel	14	Langley Mustangs	7.84	7.67
3 Inglis-Sundqvist, Theo	14	Vancouver Ol	8.05	7.76
4 McGrath, Aidan	15	Kamloops Tra	8.44	8.41
5 Austen, Finn	15	Okanagan Ath	8.63	8.77
6 Parkes, Cole	15	Kamloops Tra	9.43	9.20

Men 16-17 60 Meter Dash

Name	Age	Team	Seed	Finals
1 Patenaude, Maximilian	17	Unbc - Unatt		7.31
2 Hanzek, Gabriel	17	Okanagan Ath		7.53
3 Japson, Pablo	17	Okanagan Ath		7.63
4 Shojania, Jordan	16	Okanagan Ath	7.81	7.83
5 Westlund, Oliver	16	Okanagan Ath	7.80	7.92
6 Stromgren, Liam	16	Langley Mustangs	8.11	8.11
7 Singer, Deandre	16	Canim Lake Band		11.25

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Men 18-19 60 Meter Dash

Name	Age Team	Seed	Finals
1 Haughton, Pishon	18 Okanagan Ath	6.89	7.18
2 Scholtens, Timothy	18 Kamloops Tra	7.70	7.57

Men 20-34 60 Meter Dash

Name	Age Team	Seed	Finals
20-34 Van Ry: R 6.93	2012-02-18 Keefer Joyce, UNATTACHED B		
1 Akiri, David	25 Athletics Vi		6.98
2 Yaroshinsky-Russell, Don	23 Unbc - Unatt	7.26	7.23
3 Finden, Christopher	25 Unbc - Unatt	7.27	7.26
4 Osborne, Keiran	23 Kajaks Track	7.36	7.57
5 Lewis, Zamar	20 Okanagan Ath		7.60
6 Eraso, Diego	24 Unbc - Unatt	7.52	7.60
7 Kim, Seong Soon	33 Unbc - Unatt	7.61	7.63
8 Mourad, Omar	28 Okanagan Ath	7.78	7.87

Men 11 200 Meter Dash

Name	Age Team	Seed	Finals
1 Shaw, Emerson	11 Okanagan Ath		32.16

Men 13 200 Meter Dash

Name	Age Team	Seed	Finals
1 Holmgren, Coen	13 Peninsula	28.29	28.59
2 Silva, Aven	13 Trail Track		36.14
3 Thompson, Brayden	13 Trail Track		36.78

Men 14-15 200 Meter Dash U16

Name	Age Team	Seed	Finals
14-15 Van Ry: R 23.59	2020-03-01 Tyson Carr, Okanagan Ath		
1 Maldonado, Noel	14 Langley Mustangs		26.55
2 McGrath, Aidan	15 Kamloops Tra	27.88	27.46
3 Austen, Finn	15 Okanagan Ath	28.80	28.42
4 Linke, Kosis	14 Vaaa - Verno	29.78	29.98
5 Parkes, Cole	15 Kamloops Tra	30.93	30.70

Men 16-17 200 Meter Dash U18

Name	Age Team	Seed	Finals
16-17 Van Ry: R 23.39	2014-02-15 Felix Richter, Oceanside Tr		
1 Hanzek, Gabriel	17 Okanagan Ath	24.16	23.35R
2 Trousil, Rowan	17 Athletics Vi		25.41
3 Stromgren, Liam	16 Langley Mustangs	27.21	27.22
4 Christopher, Darius	17 Okanagan Ath		30.04

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Men 18-19 200 Meter Dash U18

Name	Age	Team	Seed	Finals
18-19 Van Ry: R 24.02	2023-02-26	Jack Maryniuk, Kamloops Tra		
1 Scholtens, Timothy	18	Kamloops Tra	24.53	24.18

Men 20-34 200 Meter Dash U18

Name	Age	Team	Seed	Finals
1 Lewis, Zamar	20	Okanagan Ath		24.84

Men 12 300 Meter Dash

Name	Age	Team	Seed	Finals
12 Van Ryswy: R 44.07	2015-02-14	Matti Erickson, Kootenay Cha		
1 Jack, Gage	12	Trail Track		52.88

Men 13 300 Meter Dash

Name	Age	Team	Seed	Finals
13 Van Ryswy: R 40.74	2018-03-10	Tyson Carr, Okanagan Ath		
1 Silva, Aven	13	Trail Track		58.16
2 Thompson, Brayden	13	Trail Track		59.00

Men 14-15 300 Meter Dash

Name	Age	Team	Seed	Finals
1 Nakamura, Aoi (Eric)	15	Vancouver Ol	40.62	40.16
2 McGrath, Aidan	15	Kamloops Tra	43.89	44.92
3 Parkes, Cole	15	Kamloops Tra	49.98	49.90
-- Jones, Kalani	15	Kamloops Tra		SCR

Men 16-17 400 Meter Dash

Name	Age	Team	Seed	Finals
16-17 Van Ry: R 52.30	2012-02-18	Adam Commandeur, COMOX VALLEY		
1 Hanzek, Gabriel	17	Okanagan Ath	53.05	52.60
2 Neels, Ryland	16	Okanagan Ath	55.11	55.08
3 Shojania, Jordan	16	Okanagan Ath		55.54
-- Patenaude, Maximilian	17	Unbc - Unatt		SCR

Men 18-19 400 Meter Dash Masters

Name	Age	Team	Seed	Finals
1 Maryniuk, Jack	19	Kamloops Tra	53.32	54.51

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Men 20-34 400 Meter Dash Masters

Name	Age Team	Seed	Finals
1 Davis, Shemar	24 Unbc - Unatt	53.17	53.05
2 Gokiert, Isaac	20 Okanagan Ath	55.18	53.65
3 Eraso, Diego	24 Unbc - Unatt	55.03	56.41
4 Osborne, Keiran	23 Kajaks Track		56.49

Men 9 600 Meter Run

Name	Age Team	Seed	Finals
9 Van Ryswyk: R 2:16.15	2018-03-11 Solomon Wong, Kamloops Tra		
-- Mwaikambo, Jasper	9 Okanagan Ath		SCR

Men 10 600 Meter Run

Name	Age Team	Seed	Finals
10 Van Ryswy: R 2:08.79	2017-04-02 Ryland Sheldon, Kamloops Tra		
1 Baillie, Tobin	10 Kamloops Tra		2:33.95

Men 13 800 Meter Run

Name	Age Team	Seed	Finals
1 Holmgren, Coen	13 Peninsula		2:21.28

Men 14-15 800 Meter Run

Name	Age Team	Seed	Finals
1 Cooper, Makai	15 Kamloops Tra	2:24.18	2:21.79
2 Holmgren, Emilian	15 Peninsula		2:25.02
-- Jones, Kalani	15 Kamloops Tra		SCR

Men 16-17 800 Meter Run

Name	Age Team	Seed	Finals
1 Neels, Ryland	16 Okanagan Ath	2:07.14	2:12.56

Men 9 1000 Meter Run

Name	Age Team	Seed	Finals
9 Van Ryswyk: R 4:24.31	2022-02-26 Khyden Horton, Kamloops Tra		
1 Mwaikambo, Jasper	9 Okanagan Ath		4:21.74R

Men 13 1200 Meter Run

Name	Age Team	Seed	Finals
13 Van Ryswy: R 4:40.67	2012-02-18 Reeve Matias, KAMLOOPS TRA		
1 Holmgren, Coen	13 Peninsula		3:50.33R

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Men 14-15 1200 Meter Run

Name	Age	Team	Seed	Finals
14-15 Van Ry: R 3:38.96	2017-04-01	Dylan Uhrich, Vancouver Th		
1 Holmgren, Emilian	15	Peninsula		4:13.35

Men 16-17 1500 Meter Run

Name	Age	Team	Seed	Finals
1 Peregrym, Ethan	16	Kamloops Tra	4:53.21	4:37.83

Men 18-19 1500 Meter Run

Name	Age	Team	Seed	Finals	H#
-- Renwick, Danica	18	Kamloops Tra	5:10.39	SCR	

Men 12 2000 Meter Run

Name	Age	Team	Seed	Finals	H#
-- Major, Sienna	12	Kamloops Tra		SCR	

Men 13 2000 Meter Run

Name	Age	Team	Seed	Finals
1 Holmgren, Coen	13	Peninsula		6:52.79

Men 13 2000 Meter Run

Name	Age	Team	Seed	Finals	H#
13 Van Ryswy: R 7:59.83	2022-02-25	Hayden Hurtubise, Unattached B			
-- Holmgren, Coen	13	Peninsula		SCR	

Men 14-15 2000 Meter Run

Name	Age	Team	Seed	Finals
14-15 Van Ry: R 7:02.09	2013			
1 Holmgren, Emilian	15	Peninsula		7:34.45
-- Raath, Lienke	14	Kamloops Tra		SCR

Men 16-17 3000 Meter Run

Name	Age	Team	Seed	Finals
1 Peregrym, Ethan	16	Kamloops Tra	10:17.99	9:42.89

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Men 18-19 3000 Meter Run

Name	Age Team	Seed	Finals	H#
-- Renwick, Danica	18 Kamloops Tra	11:36.75	SCR	

Men 14-15 60 Meter Hurdles

M 14-15 5x0.840m/33" - 13.00m, 8.50m, 13.00m (Yellow)
 Mast M 50-59 5x0.914m/36" - 13.00m, 8.50m, 13.00m (Yellow)
 M18 - 0.991m/39" - 5x13.72m, 9.14m, 9.72m (Red)
 14-15 Van Ry: R 8.87 2013

Name	Age Team	Seed	Finals
1 Nakamura, Aoi (Eric)	15 Vancouver Ol		9.08
2 Inglis-Sundqvist, Theo	14 Vancouver Ol		9.74
3 Parkes, Cole	15 Kamloops Tra		12.35

Men 9 High Jump

Name	Age Team	Seed	Finals
-- Heinzman, Weston	9 Okanagan Ath		DNS

Men 11 High Jump

11 Van Ryswy: R 1.25m 2014-02-14 Caeleb Schlachter, Okanagan Ath

Name	Age Team	Seed	Finals
1 Davis, Clark	11 Kamloops Tra	1.15m	1.20m
0.95 1.00 1.05 1.10 1.15 1.20 1.25			
- - O O O O XXX			
2 Hansen, Austin	11 Kamloops Tra	1.15m	1.05m
0.95 1.00 1.05 1.10			
- - O XXX			

Men 12 High Jump

12 Van Ryswy: R 1.25m 2019-03-30 Ryland Sheldon, KAMLOOPS TRA

Name	Age Team	Seed	Finals
1 Jack, Gage	12 Trail Track	1.10m	1.30mR
0.95 1.00 1.05 1.10 1.15 1.20 1.25 1.30 1.35			
- - - - O XO O XO XXX			

Men 13 High Jump

13 Van Ryswy: R 1.40m 2018-03-10 Tyson Carr, Okanagan Ath

Name	Age Team	Seed	Finals
1 Salter, Mason	13 Okanagan Ath		0.95m
0.95 1.00			
O XXX			

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Men 11 Long Jump

=====					
11 Van Ryswy: R 4.22m 2023-02-25 Sterling Therrien, Kamloops Tra					
Name	Age	Team	Seed	Finals	
=====					
1 Davis, Clark	11	Kamloops Tra	3.39m	3.17m	
				3.17m 2.98m 2.64m	
2 Boyce, Austin	11	Okanagan Ath	2.82m	2.73m	
				2.73m 2.69m 2.60m	
-- Hansen, Austin	11	Kamloops Tra	3.30m	DNS	

Men 12 Long Jump

=====					
12 Van Ryswy: R 3.87m 2019-03-30 Ryland Sheldon, KAMLOOPS TRA					
Name	Age	Team	Seed	Finals	
=====					
1 Pang, Darren	12	Vancouver Ol		4.15mR	
				3.83m 4.15m X	
2 Jack, Gage	12	Trail Track	2.95m	3.43m	
				3.14m 3.43m X	

Men 13 Long Jump

=====					
13 Van Ryswy: R 5.03m 2018-03-10 Tyson Carr, Okanagan Ath					
Name	Age	Team	Seed	Finals	
=====					
1 Salter, Mason	13	Okanagan Ath		2.98m	
				2.86m 2.88m 2.98m	
2 Thompson, Brayden	13	Trail Track		2.75m	
				2.28m 2.56m 2.75m	
3 Silva, Aven	13	Trail Track		2.63m	
				2.60m X 2.63m	
4 Archie, Dakota	13	Okanagan Ath		2.57m	
				X 2.57m 2.42m	

Men 16-17 Triple Jump

=====					
Name	Age	Team	Seed	Finals	H#
=====					
-- Trousil, Rowan	17	Athletics Vi		SCR	

Men 11 Shot Put

=====					
9 - 11 years - 2 kg					
12-13 years - 3 kg					
11 Van Ryswy: R 8.15m 2022-02-27 Wyler Storey, Kamloops Tra					
Name	Age	Team	Seed	Finals	
=====					
1 Boyce, Austin	11	Okanagan Ath	6.39m	5.47m	
				5.47m 4.39m X	
2 Davis, Clark	11	Kamloops Tra	5.72m	5.16m	
				5.16m 5.01m 4.88m	

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Men 12 Shot Put

9 - 11 years - 2 kg				
12-13 years - 3 kg				
Name	Age	Team	Seed	Finals
12 Van Ryswy: R 6.81m	2018-03-11	Mark Vermette, Kamloops Tra		
1 Pang, Darren	12	Vancouver Ol		7.53mR
7.53m 7.25m 5.71m				

Men 13 Shot Put

9 - 11 years - 2 kg				
12-13 years - 3 kg				
Name	Age	Team	Seed	Finals
13 Van Ryswy: R 7.24m	2020-03-01	Maddox McGrath, Canim Lake B		
1 Salter, Mason	13	Okanagan Ath		5.93m
5.47m 5.40m 5.93m				
2 Thompson, Brayden	13	Trail Track		4.86m
4.08m 4.86m 4.38m				
3 Archie, Dakota	13	Okanagan Ath		4.16m
3.85m 4.16m 3.42m				

Men 14-15 Shot Put

U16 - 4 kg				
U18 - 5 kg				
U20 - 6 kg				
Sr - 7.26 kg				
Name	Age	Team	Seed	Finals
14-15 Van Ry: R 13.66m	2019-03-31	Kian Zabihi, KAMLOOPS TRA		
1 Gabri, Gursher	15	Unbc - Unatt	15.99m	17.31mR
16.26m 17.31m X X 16.38m X				
-- Jones, Kalani	15	Kamloops Tra		DNS

Men 16-17 Shot Put

U16 - 4 kg				
U18 - 5 kg				
U20 - 6 kg				
Sr - 7.26 kg				
Name	Age	Team	Seed	Finals
16-17 Van Ry: R 10.44m	2018-03-11	Isaiah Collins, Okanagan Ath		
1 Archie, Wyatt	16	Okanagan Ath	7.81m	8.26m
8.26m 8.11m 8.23m 7.96m 7.46m 7.79m				
2 Christopher, Darius	17	Okanagan Ath	8.10m	7.69m
7.03m 5.51m 7.29m 7.28m 7.69m 7.27m				
3 Paul, Eric	17	Canim Lake Band		7.59m
7.07m 6.78m X 6.91m 7.59m 7.04m				
4 Salter, Quinton	17	Okanagan Ath		7.35m
X 7.35m 7.33m X 6.83m 7.33m				
5 Singer, Deandre	16	Canim Lake Band		5.53m
X 5.01m X 5.53m 5.35m X				

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Men 18-19 Shot Put

U16 - 4 kg		U18 - 5 kg		
U20 - 6 kg		Sr - 7.26 kg		
18-19 Van Ry: R 12.49m 2020-03-01 Isaiah Collins, Okanagan Ath				
Name	Age	Team	Seed	Finals
1 Mikacevich Warholm, Domi	18	Royal City T	11.00m	10.12m
9.53m 9.82m X 10.08m 10.12m 9.94m				

Men 20-34 Shot Put

U16 - 4 kg		U18 - 5 kg		
U20 - 6 kg		Sr - 7.26 kg		
20-34 Van Ry: R 12.17m 2022-02-27 Evan Castellani, Trinity West				
Name	Age	Team	Seed	Finals
1 McKay, Fraser	22	Universal At		8.52m
8.01m 7.71m 7.40m 7.96m 8.19m 8.52m				

Men 18-19 Weight Throw

Name	Age	Team	Seed	Finals
1 Mikacevich Warholm, Domi	18	Royal City T		14.27m
13.55m 13.79m 14.02m 14.27m X X				

Boys 13 1200 Meter Run

13 Van Ryswy: R 4:19.37 2022-02-26 Dimitri Armstrong, Kamloops Tra					
Name	Age	Team	Seed	Finals	H#
-- Holmgren, Coen	13	Peninsula	4:10.27	SCR	

Girls 13 1200 Meter Run

Name	Age	Team	Seed	Finals
1 Covaceuszach, Kate	13	Kamloops Tra		4:43.74

Women 14-15 1200 Meter Run

Name	Age	Team	Seed	Finals
1 Raath, Lienke	14	Kamloops Tra	4:02.07	3:57.14

Men 14-15 1200 Meter Run

14-15 Van Ry: R 3:38.96 2017-04-01 Dylan Uhrich, Vancouver Th					
Name	Age	Team	Seed	Finals	H#
-- Holmgren, Emilian	15	Peninsula	4:08.16	SCR	