

**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

**Women 40-44 60 Meter Dash Master**

Name	Age	Team	Seed	Finals
40-44 BC Mas: # 8.61	2009-02-21	Georgina Titus		
1 Gibbs, Naomi	42	Unbc - Unatt	9.00	9.13

**Women 50-54 60 Meter Dash Master**

Name	Age	Team	Seed	Finals
50-54 BC Mas: # 9.16	2023-12-16	Verena Stroda		
1 Harris, Jennifer	54	Vancouver Th	9.49	9.27
2 Hill, Jane	50	Greyhounds M		9.97
3 Harwood, Jennifer	53	Vancouver Th	10.79	10.73

**Women 55-59 60 Meter Dash Master**

Name	Age	Team	Seed	Finals	H#
55-59 BC Mas: # 9.16	2016-02-13	Cindy O'Brien Hugh			
1 Lessing, Sunette	56	Unbc - Unatt		9.12#	2
2 Lachance, Debra	55	Greyhounds M	10.04	9.33	2
3 Valente, Julie	57	Greyhounds M	11.40	12.26	2

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**Women 60-64 60 Meter Dash Master**

60-64 BC Mas: # 9.06 2019-03-09 Patty Szybunka					
Name	Age	Team	Seed	Finals	H#
1 Hann, Sharon	63	Greyhounds M	9.79	9.97	2
2 Harris, Joan	61	Prince George		11.44	2

**Women 65-69 60 Meter Dash Master**

65-69 BC Mas: # 9.23 2023-02-25 Patty Szybunka					
Name	Age	Team	Seed	Finals	H#
1 O'Brien Hugh, Cindy	65	Greyhounds M	9.64	9.20#	2
2 Pomietlarz, Monica	65	Okanagan Ath	9.89	9.93	2

**Women 70-74 60 Meter Dash Master**

70-74 BC Mas: # 10.41 2011-03-20 Christa Bortignon					
Name	Age	Team	Seed	Finals	H#
1 Hayley, Urith	72	Greyhounds M	14.08	11.45	3
2 Lee, Deborah	73	Greyhounds M	11.40	11.71	3
3 Benz, Marilyn	74	Unbc - Unatt	13.39	13.39	3

**Women 80-84 60 Meter Dash Master**

80-84 BC Mas: # 10.54 2017-03-12 Christa Bortignon					
Name	Age	Team	Seed	Finals	H#
1 Crosthwaite, Gerda	84	Okanagan Ath		12.42	3

**Girls 11 200 Meter Dash**

11 Van Ryswy: R 34.19 2022-02-27 Claire Cochrane, Kamloops Tra					
Name	Age	Team	Seed	Finals	
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

**Women 40-44 200 Meter Dash Masters**

40-44 BC Mas: # 28.28 1994-03-27 Marne McMillan

Name	Age Team	Seed	Finals
1 Gibbs, Naomi	42 Unbc - Unatt	30.00	30.74

**Women 55-59 200 Meter Dash Masters**

55-59 BC Mas: # 30.84 2016-02-14 Cindy O'Brien Hugh

Name	Age Team	Seed	Finals
1 Lachance, Debra	55 Greyhounds M		33.02

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**Women 60-64 200 Meter Dash Masters**

60-64 BC Mas: # 30.69 2019-03-10 Patty Szybunka				
Name	Age	Team	Seed	Finals
1 Hann, Sharon	63	Greyhounds M	34.00	35.37

**Women 65-69 200 Meter Dash Masters**

65-69 BC Mas: # 31.48 2023-02-26 Patty Szybunka				
Name	Age	Team	Seed	Finals
1 O'Brien Hugh, Cindy	65	Greyhounds M	34.00	32.28

**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

**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**

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

**Girls 10 600 Meter Run**

10 Van Ryswy: R 2:34.24 2018-03-11 Stephanie Jones, Kamloops Tra				
Name	Age	Team	Seed	Finals
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**

11 Van Ryswy: R 2:01.80 2014-02-15 Indigo Learie, Kamloops Tra				
Name	Age	Team	Seed	Finals
1 Wasyliw, Mckinley	11	Vancouver Th	1:59.30	1:56.97R
2 Schellenberg, Jordan	11	Kamloops Tra	2:08.71	2:06.74

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**....Girls 11 600 Meter Run**

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

**Women 14-15 800 Meter Run**

Name	Age Team	Seed	Finals
1 Raath, Lienke	14 Kamloops Tra	2:34.47	2:28.66
-- Hall, Brooke	14 Trail Track		SCR

**Women 18-19 800 Meter Run**

Name	Age Team	Seed	Finals
1 D'Amore, Sophia	19 Kamloops Tra	2:41.68	2:47.05
-- Renwick, Danica	18 Kamloops Tra	2:32.06	SCR

**Women 60-64 800 Meter Run**

Name	Age Team	Seed	Finals
1 Christie, Juliette	61 Unbc - Unatt	2:50.12	2:53.95

**Girls 9 1000 Meter Run**

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

**Girls 10 1000 Meter Run**

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

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**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 60-64 3000 Meter Run**

Name	Age	Team	Seed	Finals
60-64 BC Mas: # 11:48.54	2023-03-26	Juliette Christie		
1 Christie, Juliette	61	Unbc - Unatt		11:44.24#

**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

**Women 55-59 60 Meter Hurdles**

W50-59 - 5x.(30") 762m, 12m, 7m, 20m (BLACK)  
 W60+ - 5x.27" (0.686m) 12m 7m 20m (Black)  
 55-59 BC Mas: # 12.50 2014-02-15 Margaret Rhebergen, Kamloops Tra

Name	Age	Team	Seed	Finals
1 Lessing, Sunette	56	Unbc - Unatt		10.80#
2 Lachance, Debra	55	Greyhounds M		12.28#

**Women 65-69 60 Meter Hurdles**

W50-59 - 5x.(30") 762m, 12m, 7m, 20m (BLACK)  
 W60+ - 5x.27" (0.686m) 12m 7m 20m (Black)  
 65-69 BC Mas: # 11.47 2023-02-26 Patty Szybunka

Name	Age	Team	Seed	Finals
1 O'Brien Hugh, Cindy	65	Greyhounds M	11.70	11.29#

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**Women 70-74 60 Meter Hurdles**

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=====
W50-59 - 5x.(30") 762m, 12m, 7m, 20m (BLACK)
W60+ - 5x.27" (0.686m) 12m 7m 20m (Black)
70-74 Van Ry: R 14.35 2022-02-27 Deborah Lee, Greyhounds M
70-74 BC Mas: # 14.35 2022-02-27 Deborah Lee
Name Age Team Seed Finals
=====
1 Lee, Deborah 73 Greyhounds M 14.40 14.61
=====
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**Girls 10 High Jump**

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=====
Name Age Team Seed Finals
=====
1 Schellenberg, Ellie 10 Kamloops Tra J1.00m
0.95 1.00 1.05
O XO XXX
=====
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**Girls 11 High Jump**

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=====
11 Van Ryswy: R 1.40m 2013-02-16 Julia Rastad, Norwesters T
Name Age Team Seed Finals
=====
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**

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=====
12 Van Ryswy: R 1.25m 2020-02-29 Payton Heer, Kamloops Tra
Name Age Team Seed Finals
=====
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 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 XXO XXX
4 Heppner, 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
=====
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**Women 14-15 High Jump U16 to Mast**

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=====
Name Age Team Seed Finals
=====
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**....Women 14-15 High Jump U16 to Mast**

1	Boileau, Lacey	14 Kamloops Tra	1.53m	J1.55m
	1.25 1.30 1.35 1.40 1.45 1.50 1.55 1.60			
	o o o o o o o XO XXX			
2	Woods, Amy	15 Kamloops Tra	1.45m	J1.50m
	1.30 1.35 1.40 1.45 1.50 1.55			
	o o o o o XXX			
3	Heer, Presley	14 Kamloops Tra	1.45m	J1.50m
	1.30 1.35 1.40 1.45 1.50 1.55			
	o o XO o XXO XXX			
4	Hall, Brooke	14 Trail Track		J1.30m
	1.15 1.20 1.25 1.30 1.35			
	o o o XO XXX			
5	Sundset, Scarlett	14 Langley Mustangs	1.35m	J1.25m
	1.20 1.25 1.30			
	XO XO XXX			

**Women 16-17 High Jump U16 to Mast**

=====				
Name	Age Team	Seed	Finals	
=====				
1 Heer, Payton	16 Kamloops Tra	1.70m	1.70m	
	1.50 1.55 1.60 1.65 1.70 1.73			
	o o o o o XXX			
2 Pollock, Huia	16 Okanagan Ath	1.45m	J1.40m	
	1.30 1.35 1.40 1.45			
	o o XO XXX			

**Women 18-19 High Jump U16 to Mast**

=====				
Name	Age Team	Seed	Finals	
=====				
1 D'Amore, Sophia	19 Kamloops Tra	1.47m	J1.50m	
	1.35 1.40 1.45 1.50 1.55			
	o o o o XXX			
2 Wepruk, Samantha	18 New West Spa		J1.50m	
	1.30 1.35 1.40 1.45 1.50 1.55			
	o o XO XO o XXX			

**Women 50-54 High Jump U16 to Mast**

=====				
50-54 BC Mas: #	1.50m	2019-03-31	Sunette Lessing	
Name	Age Team	Seed	Finals	
=====				
1 Harwood, Jennifer	53 Vancouver Th	1.10m	J1.15m	
	1.00 1.05 1.10 1.15 1.20			
	o o o XXO XXX			
2 Hill, Jane	50 Greyhounds M		J1.10m	
	0.95 1.00 1.05 1.10 1.15			
	o o o XO XXX			

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**Women 55-59 High Jump U16 to Mast**

```
=====
55-59 BC Mas: # 1.46m 2018-03-10 Monica Pomietlarz
Name Age Team Seed Finals
=====
1 Lachance, Debra 55 Greyhounds M J1.15m
  1.00 1.05 1.10 1.15 1.20
    O O O O XXX
```

**Women 65-69 High Jump U16 to Mast**

```
=====
65-69 BC Mas: # 1.35m 2023-12-16 Monica Pomietlarz
Name Age Team Seed Finals
=====
1 Pomietlarz, Monica 65 Okanagan Ath 1.35m J1.30m
  1.25 1.30 1.35
    O O XXX
```

**Women 14-15 Pole Vault**

```
=====
Name Age Team Seed Finals
=====
1 Toth, Elizabeth 14 Ocean Athlet 2.70m
  2.20 2.30 2.40 2.50 2.60 2.70 2.75
    O - O O O XO XX
2 Boileau, Lacey 14 Kamloops Tra 2.50m
  1.40 1.50 1.60 1.70 1.80 1.90 2.00 2.10 2.20 2.30 2.40 2.50 2.60
    O - O O O O O O O XXO XO XXO XO XXX
3 Woods, Amy 15 Kamloops Tra 2.40m
  1.40 1.50 1.60 1.70 1.80 1.90 2.00 2.10 2.20 2.30 2.40 2.50
    XO O O O O O O O O O O XO XXX
```

**Women 16-17 Pole Vault**

```
=====
Name Age Team Seed Finals
=====
1 Armstrong, Gabrielle 16 Unbc - Unatt 3.40m
  3.20 3.30 3.40 3.50
    XO - XXO XXX
2 Ostrosser, Chloe 16 Ocean Athlet 2.70m
  2.30 2.40 2.50 2.60 2.70 2.80
    O O XO O O XXX
3 Pollock, Huia 16 Okanagan Ath 2.40m
  2.20 2.30 2.40 2.50
    O O XO XXX
```

**Women 50-54 Pole Vault**

```
=====
Name Age Team Seed Finals
=====
1 Harris, Jennifer 54 Vancouver Th 2.20m
  1.60 1.70 1.80 1.90 2.00 2.10 2.20 2.30
    O O O O O XO O XXX
```

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**Girls 9 Long Jump**

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

**Girls 10 Long Jump**

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

**Girls 11 Long Jump**

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

**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 3.75m 3.79m 3.84m	12 Kamloops Tra		3.84m	
2 Tainya-Ancheta, Rebecca 3.83m 3.66m 3.73m	12 Kamloops Tra	3.97m	3.83m	
3 Bennett, Brielle 3.58m 3.79m 3.81m	12 Okanagan Ath	3.51m	3.81m	
4 Collins, Olivia 3.63m X 3.73m	12 Okanagan Ath	3.22m	3.73m	
5 Davis, Ella 3.67m X X	12 Vancouver Th		3.67m	
6 Thompson, Elizabeth 3.18m 3.21m 3.14m	12 Trail Track		3.21m	

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**....Girls 12 Long Jump**

7	Palmer, Jordan	12	Kamloops Tra	3.26m	3.18m
	3.12m 3.18m 3.06m				
8	Heppler, 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	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

**Women 14-15 Long Jump**

=====					
	Name		Age	Team	Seed Finals
=====					
1	Woods, Amy		15	Kamloops Tra	4.86m 4.95m
	4.65m 4.77m X 4.56m 4.95m 4.91m				
2	Boileau, Lacey		14	Kamloops Tra	4.66m 4.88m
	4.88m 4.70m 4.29m 4.40m 4.72m 4.62m				
3	Zenone, Sofia		14	Langley Mustangs	4.67m
	4.67m 4.43m 4.48m 4.05m 4.20m -				
4	Pang, Vanessa		15	Vancouver Ol	4.56m
	4.42m 4.56m 4.34m 4.33m - X				
5	Sundset, Scarlett		14	Langley Mustangs	4.04m
	3.40m 3.67m 3.31m 3.35m 4.04m 3.98m				
6	Tereck, Alida		14	Kamloops Tra	3.78m
	X 3.78m 2.59m 2.41m 3.06m 3.61m				
7	Hall, Brooke		14	Trail Track	3.49m
	3.49m 1.56m 3.11m 3.16m 2.88m 3.32m				

**Women 16-17 Long Jump**

=====					
	Name		Age	Team	Seed Finals
=====					

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**....Women 16-17 Long Jump**

1 Pollock, Huia 16 Okanagan Ath 4.62m  
 4.31m 4.51m 4.62m X X -

**Women 18-19 Long Jump**

Name	Age	Team	Seed	Finals
18-19 Van Ry: R 4.67m 2020-03-01 Shaunika Suriya, Coastal Trac				
1 Wepruk, Samantha	18	New West Spa		4.50m
				3.73m 4.35m 4.23m 4.08m 4.50m 4.17m
2 Bourgeault, Emma	19	Okanagan Ath		4.39m
				4.39m 4.32m X 4.07m 4.13m -
2 McCroy, Danae	19	Prince George		4.39m
				4.15m 4.39m 4.35m 4.32m 4.32m 4.05m
4 D'Amore, Sophia	19	Kamloops Tra	4.31m	4.06m
				4.04m 3.51m 3.75m 4.05m 4.06m 3.85m

**Women 35-39 Long Jump**

Name	Age	Team	Seed	Finals
1 Blake, Keneisha	39	Unattached Ontario		3.32m
				2.87m 2.88m 3.04m 3.00m 3.07m 3.32m

**Women 50-54 Long Jump**

Name	Age	Team	Seed	Finals
1 Harris, Jennifer	54	Vancouver Th	3.61m	3.78m
				3.65m 3.78m 0.70m 3.53m - 3.54m
2 Hill, Jane	50	Greyhounds M		3.38m
				2.92m 3.14m 3.17m 3.38m 3.22m 3.30m

**Women 55-59 Long Jump**

Name	Age	Team	Seed	Finals
1 Lessing, Sunette	56	Unbc - Unatt		4.32m
				4.32m 4.23m 4.17m 4.09m X 4.26m
2 Lachance, Debra	55	Greyhounds M		3.54m
				3.26m 3.32m 3.20m 3.54m 3.51m 3.20m

**Women 65-69 Long Jump**

Name	Age	Team	Seed	Finals
1 O'Brien Hugh, Cindy	65	Greyhounds M	3.50m	3.75m
				3.65m 3.09m 3.54m 3.75m - -

**Women 70-74 Long Jump**

Name	Age	Team	Seed	Finals
1 Lee, Deborah	73	Greyhounds M	3.00m	3.14m
				3.14m 2.98m 2.62m 2.94m 2.87m -

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**Girls 13 Triple Jump**

13 Van Ryswy: R 8.47m 2018-03-11 Sophia D'Amore, Kamloops Tra						
Name	Age	Team	Seed	Finals		
1 Pretorius, Megan	13	Kamloops Tra		9.09mR		
				8.65m	9.09m	8.86m
2 Milne, Carys	13	Kamloops Tra		8.14m		
				7.78m	8.14m	7.76m

**Women 14-15 Triple Jump**

14-15 Van Ry: R 10.85m 2013						
Name	Age	Team	Seed	Finals		
1 Pang, Vanessa	15	Vancouver Ol		10.25m		
				9.87m	1.20m	10.18m
				10.01m	10.25m	9.88m
2 Boileau, Lacey	14	Kamloops Tra		9.82m		
				9.82m	X	-

**Women 55-59 Triple Jump**

Name	Age	Team	Seed	Finals		
1 Lessing, Sunette	56	Unbc - Unatt		8.85m		
				8.67m	X	8.53m
				8.77m	8.85m	

**Women 70-74 Triple Jump**

Name	Age	Team	Seed	Finals		
1 Lee, Deborah	73	Greyhounds M		6.70m		
				6.52m	6.55m	6.66m
				6.68m	6.53m	6.70m

**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

**Girls 11 Shot Put**

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



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**....Girls 11 Shot Put**

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		

**Girls 12 Shot Put**

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				

**Girls 13 Shot Put**

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				

**Women 14-15 Shot Put**

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**

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 35-39 Shot Put Master**

W35-49 - 4kg					
W50-59 - 3kg					
W60-74 - 3kg					
W75+ - 2kg					
35-39 BC Mas: # 11.25m 2010-03-03 Pina Russo					
Name	Age	Team	Seed	Finals	
1 Blake, Keneisha	39	Unattached Ontario	6.80m	6.50m	
	6.50m	X	6.18m	5.33m	X 5.98m

**Women 50-54 Shot Put Master**

W35-49 - 4kg					
W50-59 - 3kg					
W60-74 - 3kg					
W75+ - 2kg					
50-54 BC Mas: # 10.76m 2014-02-15 Carolyn Boomer, Kamloops Tra					
Name	Age	Team	Seed	Finals	
1 Carlos, Nicole	50	Vaaa - Verno		10.72m	
	10.08m	10.39m	10.25m	10.57m	10.72m 10.64m
2 Hill, Jane	50	Greyhounds M		7.50m	
	7.06m	6.97m	7.27m	7.50m	6.79m 6.95m
2 Harwood, Jennifer	53	Vancouver Th	7.75m	J7.28m	
	6.78m	6.63m	7.28m	7.12m	7.17m X
3 Haerttrich, Lisa	52	Okanagan Ath		J7.24m	
	7.24m	X X X X	5.76m		

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**Women 55-59 Shot Put Master**

W35-49 - 4kg		W50-59 - 3kg	
W60-74 - 3kg		W75+ - 2kg	
55-59 BC Mas: # 10.18m 2017-02-18 Monica Pomietiarz			
Name	Age Team	Seed	Finals
1 Lessing, Sunette	56 Unbc - Unatt		10.26m#
10.26m 9.81m 8.97m 9.31m 9.29m 9.17m			
2 Thomas, Elena	57 Prince George		6.51m
6.51m 6.45m 6.50m 6.34m			

**Women 60-64 Shot Put Master**

W35-49 - 4kg		W50-59 - 3kg	
W60-74 - 3kg		W75+ - 2kg	
60-64 BC Mas: # 10.20m 2020-02-28 Monica Pomietiarz			
Name	Age Team	Seed	Finals
1 Beard, Donna	60 Usa Track and Field	10.54m	10.93m#
9.83m 10.32m 10.45m 10.93m 10.74m 10.69m			
2 Harris, Joan	61 Prince George		10.20m# Not For Record
7.70m 7.75m 7.52m 7.91m 10.20m 7.74m			
3 Dalgleish, Christine	60 Prince George		6.98m
6.98m 6.44m			

**Women 70-74 Shot Put Master**

W35-49 - 4kg		W50-59 - 3kg	
W60-74 - 3kg		W75+ - 2kg	
70-74 Van Ry: R 5.70m 2023-02-24 Urith Hayley, Greyhounds M			
70-74 BC Mas: # 7.93m 2023-02-04 Rose Hare			
Name	Age Team	Seed	Finals
-- Benz, Marilyn	74 Unbc - Unatt	7.00m	DNS

**Women 75-79 Shot Put Master**

W35-49 - 4kg		W50-59 - 3kg	
W60-74 - 3kg		W75+ - 2kg	
75-79 BC Mas: # 7.92m 2012-03-19 Myrtle Acton (2kg)			
Name	Age Team	Seed	Finals
1 Closkey, Cheryl	76 Unbc - Unatt		7.39m
7.03m 7.09m 7.29m 7.20m 7.08m 7.39m			

**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			

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**Women 18-19 Weight Throw**

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

**Women 50-54 Weight Throw**

Name	Age	Team	Seed	Finals
W35-49 - 9.08kg (20#)			W50-59 - 7.26kg (16#)	
W60-74 - 5.45g (12#)			W75+ - 4.00kg (8.9#)	
U18 - 7.26K	U20-Sr - 9.08 kg (20#)			
50-54 BC Mas: # 11.58m	2014-02-13	Denise Clements (16#), Unattached B		
1 Carlos, Nicole	50	Vaaa - Verno		14.14m#
13.73m 13.83m 14.14m 13.98m 13.41m 13.75m				

**Women 55-59 Weight Throw**

Name	Age	Team	Seed	Finals
W35-49 - 9.08kg (20#)			W50-59 - 7.26kg (16#)	
W60-74 - 5.45g (12#)			W75+ - 4.00kg (8.9#)	
U18 - 7.26K	U20-Sr - 9.08 kg (20#)			
55-59 BC Mas: # 9.83m	2023-02-24	Christine Dalglish (16#)		
1 Thomas, Elena	57	Prince George		5.65m
3.95m X 5.19m X 5.57m 5.65m				

**Women 60-64 Weight Throw**

Name	Age	Team	Seed	Finals
W35-49 - 9.08kg (20#)			W50-59 - 7.26kg (16#)	
W60-74 - 5.45g (12#)			W75+ - 4.00kg (8.9#)	
U18 - 7.26K	U20-Sr - 9.08 kg (20#)			
60-64 Van Ry: R 10.04m	2023-02-24	Joan Harris, Prince Georg		
60-64 BC Mas: # 11.28m	2011-03-20	Rose Hare (12#)		
1 Beard, Donna	60	Usa Track and Field	14.12m	14.71m#
X 13.58m 13.79m 13.15m X 14.71m				
2 Dalglish, Christine	60	Prince George		12.13m#
11.15m 12.13m 10.36m 10.62m 11.50m 10.54m				
3 Harris, Joan	61	Prince George		10.88mR
X X 10.88m 10.67m 10.88m 10.07m				

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**Women 75-79 Weight Throw**

Name	Age	Team	Seed	Finals
W35-49 - 9.08kg (20#)				
W60-74 - 5.45g (12#)				
U18 - 7.26K				
U20-Sr - 9.08 kg (20#)				
75-79 Van Ry: R 9.85m	2022-02-25	Kathy Brand, Kamloops Tra		
75-79 BC Mas: # 9.85m	2022-02-25	Kathy Brand (4kg)		
1 Closkey, Cheryl	76	Unbc - Unatt		10.27mR
10.27m	9.70m	X X	9.25m	X

**Women 95-99 Weight Throw**

Name	Age	Team	Seed	Finals	H#
W35-49 - 9.08kg (20#)					
W60-74 - 5.45g (12#)					
U18 - 7.26K					
U20-Sr - 9.08 kg (20#)					
95-99 BC Mas: # 6.97m	2014-03-30	Olga Kotelko			
-- Drake, Elise	18	Kajaks Track	14.90m	SCR	
-- Boyce-Archie, Lauryn Zay	17	Okanagan Ath		SCR	
-- Archie, Alexis	19	Canim Lake Band		SCR	

**Boys 9 60 Meter Hurdles**

Name	Age	Team	Seed	Finals
B/G 9 yrs - 6 x 0.533m (21")				
B (10-11) - 6x24" (0.610m)				
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**

Name	Age	Team	Seed	Finals
B/G 9 yrs - 6 x 0.533m (21")				
B (10-11) - 6x24" (0.610m)				
1 Baillie, Tobin	10	Kamloops Tra		13.74

**Boys 11 60 Meter Hurdles**

Name	Age	Team	Seed	Finals
B/G 9 yrs - 6 x 0.533m (21")				
B (10-11) - 6x24" (0.610m)				
1 Davis, Clark	11	Kamloops Tra		12.23

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**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 Ryswy: 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

**Men 10 60 Meter Dash**

10 Van Ryswy: R 9.16 2022-02-26 Sterling Therrien, Kamloops Tra

Name	Age	Team	Seed	Finals
1 Baillie, Tobin	10	Kamloops Tra	10.75	11.02

**Men 11 60 Meter Dash**

11 Van Ryswy: R 9.03 2023-02-25 Sterling Therrien, Kamloops Tra

Name	Age	Team	Seed	Finals
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

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**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

**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

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**Men 40-44 60 Meter Dash Master**

40-44 BC Mas: # 7.18 2019-02-02 Brian Carnate					
Name	Age	Team	Seed	Finals	H#
1 Yanez, Ignacio	42	Unbc - Unatt	7.88	7.95	2
-- Holmgren, Aaron	41	Peninsula	7.90	SCR	2

**Men 50-54 60 Meter Dash Master**

50-54 BC Mas: # 7.37 1993-03-20 Harold Morioka					
Name	Age	Team	Seed	Finals	H#
-- Harrower, Will	52	Unbc - Unatt	8.50	SCR	2

**Men 55-59 60 Meter Dash Master**

55-59 BC Mas: # 7.62 2010-01-18 Tom Dickson					
Name	Age	Team	Seed	Finals	H#
1 Colbert, Steven	59	Unbc - Unatt	8.03	8.09	2

**Men 60-64 60 Meter Dash Master**

60-64 BC Mas: # 7.80 2003-03-28 Harold Morioka					
Name	Age	Team	Seed	Finals	H#
1 Anastasio, Angelo	62	Unbc - Unatt	9.80	10.32	2

**Men 65-69 60 Meter Dash Master**

65-69 BC Mas: # 8.12 2019-01-26 Tom Dickson					
Name	Age	Team	Seed	Finals	
1 Hill, Joseph	65	Greyhounds M	8.90	8.71	
2 Woods, Jorge	65	Unbc - Unatt	8.88	8.80	

**Men 70-74 60 Meter Dash Master**

70-74 BC Mas: # 8.71 2013-02-02 Harold Morioka					
Name	Age	Team	Seed	Finals	
1 Stevens, Glenn	73	Unbc - Unatt	9.75	10.12	

**Men 75-79 60 Meter Dash Master**

75-79 BC Mas: # 9.17 2020-02-29 Tom Ukonmaanaho					
Name	Age	Team	Seed	Finals	
1 Ukonmaanaho, Tuomas	79	Prince George		9.54	
2 Strong, Derm	76	Kamloops Tra		10.53	



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**Men 80-84 60 Meter Dash Master**

80-84 BC Mas: # 9.90 2012-03-18 Norm Lesage				
Name	Age	Team	Seed	Finals
1 McGraw, Dave	81	Unbc - Unatt		11.13

**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**

14-15 Van Ry: R 23.59 2020-03-01 Tyson Carr, Okanagan Ath				
Name	Age	Team	Seed	Finals
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**

16-17 Van Ry: R 23.39 2014-02-15 Felix Richter, Oceanside Tr				
Name	Age	Team	Seed	Finals
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

**Men 18-19 200 Meter Dash U18**

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

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**Men 40-44 200 Meter Dash Masters**

40-44 BC Mas: # 23.68 2018-03-11 Marvin Johnson					
Name	Age	Team	Seed	Finals	H#
1 Yanez, Ignacio	42	Unbc - Unatt	25.24	25.99	3
-- Holmgren, Aaron	41	Peninsula	25.90	SCR	3

**Men 50-54 200 Meter Dash Masters**

50-54 BC Mas: # 23.76 1993-03-21 Harold Morioka					
Name	Age	Team	Seed	Finals	H#
1 Harrower, Will	52	Unbc - Unatt	28.13	35.77	3

**Men 55-59 200 Meter Dash Masters**

55-59 BC Mas: # 24.94 1999-03-28 Harold Morioka					
Name	Age	Team	Seed	Finals	H#
-- Colbert, Steven	59	Unbc - Unatt	26.50	SCR	3

**Men 60-64 200 Meter Dash Masters**

60-64 BC Mas: # 25.98 2014-03-28 Tom Dickson					
Name	Age	Team	Seed	Finals	H#
1 Anastasio, Angelo	62	Unbc - Unatt	34.00	34.05	2

**Men 65-69 200 Meter Dash Masters**

65-69 BC Mas: # 28.49 2014-02-16 Tom Ukonmaanaho					
Name	Age	Team	Seed	Finals	H#
1 Woods, Jorge	65	Unbc - Unatt	29.95	29.71	2
2 Finding, Chris	65	Greyhounds M	30.00	30.11	2

**Men 75-79 200 Meter Dash Masters**

75-79 BC Mas: # 30.72 2020-03-01 Tom Ukonmaanaho					
Name	Age	Team	Seed	Finals	H#
1 Ukonmaanaho, Tuomas	79	Prince George		32.50	
2 Strong, Derm	76	Kamloops Tra		38.77	

**Men 80-84 200 Meter Dash Masters**

80-84 BC Mas: # 33.82 2011-03-19 Norm Lesage					
Name	Age	Team	Seed	Finals	H#
-- McGraw, Dave	81	Unbc - Unatt		SCR	

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**Men 85-89 200 Meter Dash Masters**

Name	Age	Team	Seed	Finals
85-89 BC Mas: # 38.60	2023-03-31	Karl Mey, Greyhounds T		
1 Mey, Karl	87	Greyhounds M	41.90	41.60

**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

**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

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**Men 40-44 400 Meter Dash Masters**

Name	Age	Team	Seed	Finals
40-44 BC Mas: # 53.03	2018-03-10	Marvin Johnson		
1 Yanez, Ignacio	42	Unbc - Unatt	55.35	58.15

**Men 50-54 400 Meter Dash Masters**

Name	Age	Team	Seed	Finals
50-54 BC Mas: # 52.72	1999-02-27	Harold Morioka		
-- Harrower, Will	52	Unbc - Unatt	70.86	SCR

**Men 65-69 400 Meter Dash Masters**

Name	Age	Team	Seed	Finals
65-69 BC Mas: # 64.04	2008-02-16	Tony Badowski		
1 Finding, Chris	65	Greyhounds M	66.00	66.74
2 Antepyan, Raffi	65	Greyhounds M	76.00	78.82

**Men 75-79 400 Meter Dash Masters**

Name	Age	Team	Seed	Finals
75-79 BC Mas: # 72.52	2005-03-12	Norm Lesage		
1 Ukonmaanaho, Tuomas	79	Prince George		78.44

**Men 85-89 400 Meter Dash Masters**

Name	Age	Team	Seed	Finals
85-89 BC Mas: # 1:37.76	2022-02-04	Karl Mey, Greyhounds T		
1 Mey, Karl	87	Greyhounds M	1:42.00	1:45.90

**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

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**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 40-44 800 Meter Run Masters**

Name	Age Team	Seed	Finals
40-44 BC Mas: # 2:06.75	2023-02-26 Ian Sharp		
-- Holmgren, Aaron	41 Peninsula	1:57.30	SCR

**Men 45-49 800 Meter Run Masters**

Name	Age Team	Seed	Finals
45-49 BC Mas: # 2:03.71	2023-03-12 Erik Hurlen		
1 Hurlen, Erik	46 Unbc - Unatt	2:05.00	2:07.77

**Men 50-54 800 Meter Run Masters**

Name	Age Team	Seed	Finals
50-54 BC Mas: # 2:10.17	2023-03-12 Craig Maclean		
-- MacLean, Craig	52 Unbc - Unatt	2:09.00	SCR

**Men 60-64 800 Meter Run Masters**

Name	Age Team	Seed	Finals
60-64 BC Mas: # 2:14.42	2003-03-30 Harold Morioka		
1 Pinckard, Mark	63 Unbc - Unatt	2:15.00	2:19.14
-- Christie, Gordon	62 Unbc - Unatt	2:46.00	SCR

**Men 80-84 800 Meter Run Masters**

Name	Age Team	Seed	Finals
80-84 BC Mas: # 3:43.40	2019-03-31 Karl Mey		
-- Harton, Pat	82 Unbc - Unatt	3:30.00	SCR

**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

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**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

**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 35-39 1500 Meter Run Masters**

Name	Age	Team	Seed	Finals
35-39 BC Mas: # 4:39.84	2016-02-06	Jeremy Brown		
1 Soda, Umberto	37	Greyhounds M		5:10.33

**Men 50-54 1500 Meter Run Masters**

Name	Age	Team	Seed	Finals
50-54 BC Mas: # 4:19.64	2023-04-01	Craig Maclean		
1 MacLean, Craig	52	Unbc - Unatt	4:19.00	4:26.33

**Men 65-69 1500 Meter Run Masters**

Name	Age	Team	Seed	Finals
65-69 BC Mas: # 5:51.17	2014-02-15	Fred Pawluk		
1 Antepyan, Raffi	65	Greyhounds M	5:56.00	6:14.49
2 Olsen, David	68	Unbc - Unatt	6:00.00	6:15.72

**Men 80-84 1500 Meter Run Masters**

Name	Age	Team	Seed	Finals
80-84 BC Mas: # 7:41.50	1998-03-14	Les Leyland		
1 Harton, Pat	82	Unbc - Unatt	6:50.00	7:26.94#

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**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	H#
1 Holmgren, Coen	13 Peninsula		6:52.79	

**Men 13 2000 Meter Run**

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

**Men 14-15 2000 Meter Run**

14-15 Van Ry: R 7:02.09 2013				
Name	Age Team	Seed	Finals	H#
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	H#
1 Peregrym, Ethan	16 Kamloops Tra	10:17.99	9:42.89	

**Men 18-19 3000 Meter Run**

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

**Men 40-44 3000 Meter Run**

40-44 BC Mas: # 9:38.17 2010-03-03 Mark Sherman				
Name	Age Team	Seed	Finals	H#
1 Holmgren, Aaron	41 Peninsula	9:30.00	9:47.58	

**Men 45-49 3000 Meter Run**

45-49 BC Mas: # 9:45.48 2010-03-04 Richard Brewster				
Name	Age Team	Seed	Finals	H#
1 Hajek, Martin	48 Vancouver Fa	10:45.66	10:40.09	

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**Men 50-54 3000 Meter Run**

Name	Age	Team	Seed	Finals
50-54 BC Mas: # 9:38.90	2017-02-18	Bruce Deacon		
1 MacLean, Craig	52	Unbc - Unatt	9:38.00	9:32.01#

**Men 60-64 3000 Meter Run**

Name	Age	Team	Seed	Finals
60-64 Van Ry: R 10:48.45	2022-02-25	Mark Pinckard, Ocean Athlet		
60-64 BC Mas: # 10:48.45	2022-02-22	Mark Pinckard		
-- Christie, Gordon	62	Unbc - Unatt	11:35.00	DNF
-- Christie, Juliette	61	Unbc - Unatt	11:49.52	SCR

**Men 65-69 3000 Meter Run**

Name	Age	Team	Seed	Finals
65-69 BC Mas: # 13:34.72	2020-02-28	Kelly Sharp		
1 Olsen, David	68	Unbc - Unatt	13:00.00	12:57.58#

**Men 14-15 60 Meter Hurdles**

Name	Age	Team	Seed	Finals
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			
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 20-34 60 Meter Hurdles**

Name	Age	Team	Seed	Finals
Sr M - 5x1.067m/42" - 13.72m, 9.14m, 9.72m (Red)				
Mast (35-49) - 5x39" (0.991m) - 13.72m, 9.14m, 9.72m (Red)				
20-34 Van Ry: R 8.84	2022-02-27	Phillip Rockerbie, Kajaks Track		
1 McKay, Fraser	22	Universal At		10.98

**Men 40-44 60 Meter Hurdles**

Name	Age	Team	Seed	Finals
Sr M - 5x1.067m/42" - 13.72m, 9.14m, 9.72m (Red)				
Mast (35-49) - 5x39" (0.991m) - 13.72m, 9.14m, 9.72m (Red)				
1 Kirechuk, Kevin	44	Greyhounds M	10.97	11.04



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**Men 16-17 4x200 Meter Relay**

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16-17 Van Ry: R 1:45.94 2014-02-15 Strathcona Lions Athletics Clu, Stra
A Keith, A Liang, F Law, T Lin
Team Seed Finals
=====
1 Okanagan Athletics Club 'A' 1:40.02R
  1) Shojania, Jordan 16          2) Neels, Ryland 16
  3) Westlund, Oliver 16         4) Hanzek, Gabriel 17
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**Men 20-34 4x200 Meter Relay**

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=====
20-34 Van Ry: R 1:36.67 2023-02-26 Unattached British Columbia, Unattac
V Zhou, K Osborne, D Eraso, S Davis
Team Seed Finals
=====
1 Okanagan Athletics Club 'B' 1:39.88
  1) Mourad, Omar 28              2) Gokiert, Isaac 20
  3) Japson, Pablo 17            4) Lewis, Zamar 20
=====
```

**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 14-15 High Jump U16 & Mast**

Name	Age	Team	Seed	Finals
1 Cooper, Makai	15	Kamloops Tra	1.60m	1.60m
	1.00	1.05 1.10 1.15 1.20	1.25 1.30 1.35 1.40 1.45 1.50 1.55 1.60 1.63	
	-	-	-	O O O XO XO XXX
2 Linke, Kosis	14	Vaaa - Verno	1.35m	1.50m
	1.00	1.05 1.10 1.15 1.20	1.25 1.30 1.35 1.40 1.45 1.50 1.55	
	-	-	-	O O O O XXX
3 Jones, Kalani	15	Kamloops Tra		1.35m
	1.00	1.05 1.10 1.15 1.20	1.25 1.30 1.35	
	-	-	-	O - O

**Men 16-17 High Jump**

16-17 Van Ry: R 1.65m 2023-02-25 Maclean Carlson, Vancouver Th				
Name	Age	Team	Seed	Finals
1 Brown, Walker	16	Okanagan Ath	1.80m	1.90mR
	1.20	1.25 1.30 1.35 1.40	1.45 1.50 1.55 1.60 1.65 1.70 1.75 1.80 1.85 1.90 1.93	
	-	-	-	O O O O XO XXX
2 Japson, Pablo	17	Okanagan Ath		1.65mR
	1.20	1.25 1.30 1.35 1.40	1.45 1.50 1.55 1.60 1.65 1.70	
	-	-	-	O XXO O O XXX
3 Stromgren, Liam	16	Langley Mustangs	1.65m	1.60m
	1.20	1.25 1.30 1.35 1.40	1.45 1.50 1.55 1.60 1.65	
	-	-	-	O XO XO XXX
4 Salter, Quinton	17	Okanagan Ath		1.45m
	1.20	1.25 1.30 1.35 1.40	1.45 1.50	
	XO	O O O XO	O XXX	
-- Singer, Deandre	16	Canim Lake Band		DNS

**Men 20-34 High Jump**

20-34 Van Ry: R 2.05m 2022-02-26 Eric Chatten, Kajaks Track				
Name	Age	Team	Seed	Finals
1 McKay, Fraser	22	Universal At		1.50m
	1.20	1.25 1.30 1.35 1.40	1.45 1.50 1.55	
	-	-	-	O O O XXX

**Men 70-74 High Jump U16 & Mast**

70-74 BC Mas: # 1.38m 2019-03-10 Heinz Peter				
Name	Age	Team	Seed	Finals
1 Donaldson, Sven	74	Nanaimo & Di	1.24m	1.20m
	1.00	1.05 1.10 1.15 1.20	1.25	
	-	-	-	O XO XXO XXX

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**Men 75-79 High Jump U16 & Mast**

75-79 Van Ry: R 1.15m 2022-02-26 Tuomas Ukonmaanaho, Prince Georg  
75-79 BC Mas: # 1.17m 2006-03-16 Danny Daniels

Name	Age	Team	Seed	Finals
1 Ukonmaanaho, Tuomas	79	Prince George		1.10m
				1.00 1.05 1.10 1.15
				O O O XXX

**Men 14-15 Pole Vault**

Name	Age	Team	Seed	Finals
1 Jones, Kalani	15	Kamloops Tra	2.15m	2.40m
				1.40 1.70 1.80 1.90 2.00 2.10 2.20 2.30 2.40 2.50
				O O O - O - O O O -
2 Millard, James	14	NorWesters T	1.95m	1.90m
				1.50 1.60 1.70 1.80 1.90 2.00
				O O O O XO XXX
-- Boileau, Lacey	14	Kamloops Tra	2.30m	SCR
-- Toth, Elizabeth	14	Ocean Athlet	2.50m	SCR
-- Woods, Amy	15	Kamloops Tra	2.40m	SCR

**Men 16-17 Pole Vault**

Name	Age	Team	Seed	Finals
1 Millard, William	17	NorWesters T	3.63m	3.70m
				3.30 3.40 3.50 3.60 3.70 3.80
				O XXO O O XO XXX
-- Pollock, Huia	16	Okanagan Ath	2.50m	SCR
-- Ostrosser, Chloe	16	Ocean Athlet		SCR
-- Armstrong, Gabrielle	16	Unbc - Unatt	3.55m	SCR

**Men 16-17 Pole Vault**

Name	Age	Team	Seed	Finals	H#
-- Millard, William	17	NorWesters T		SCR	

**Men 20-34 Pole Vault**

Name	Age	Team	Seed	Finals
1 Arnold, Cayden	20	Ocean Athlet	4.30m	4.35m
				3.80 3.90 4.00 4.05 4.10 4.15 4.20 4.25 4.30 4.35 4.40
				O X- - - O - XXO - - XO XXX

**Men 50-54 Pole Vault**

Name	Age	Team	Seed	Finals	H#
-- Harris, Jennifer	54	Vancouver Th		SCR	

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**Men 60-64 Pole Vault**

Name	Age Team	Seed	Finals
-- Van Ryswyk, Len 2.65 XXX	60 Royal City T	3.00m	NH

**Men 70-74 Pole Vault**

Name	Age Team	Seed	Finals
1 Donaldson, Sven 2.00 2.10 2.20 O O XXX	74 Nanaimo & Di	2.10m	2.10m

**Men 75-79 Pole Vault**

Name	Age Team	Seed	Finals
1 Ukonmaanaho, Tuomas 2.00 2.10 2.20 2.30 O O O XXX	79 Prince George		2.20m

**Men 9 Long Jump**

Name	Age Team	Seed	Finals
9 Van Ryswyk: R 3.20m 2017-04-01 Thane Joyce, TRAIL TRACK			
1 Adams, Linden 2.92m 3.08m 3.04m	9 Kamloops Tra		3.08m
2 Mwaikambo, Jasper 2.83m 2.73m 2.59m	9 Okanagan Ath		2.83m
3 Heinzman, Weston 2.01m 1.74m X	9 Okanagan Ath	1.77m	2.01m

**Men 10 Long Jump**

Name	Age Team	Seed	Finals
10 Van Ryswy: R 3.48m 2017-04-01 Ryland Sheldon, Kamloops Tra			
1 Baillie, Tobin 2.41m 2.39m 2.44m	10 Kamloops Tra	2.73m	2.44m

**Men 11 Long Jump**

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

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**Men 12 Long Jump**

Name	Age	Team	Seed	Finals
12 Van Ryswy: R 3.87m	2019-03-30	Ryland Sheldon, KAMLOOPS TRA		
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**

Name	Age	Team	Seed	Finals
13 Van Ryswy: R 5.03m	2018-03-10	Tyson Carr, Okanagan Ath		
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 14-15 Long Jump**

Name	Age	Team	Seed	Finals
1 Inglis-Sundqvist, Theo	14	Vancouver Ol		5.39m
5.22m 5.29m 4.95m 4.99m 5.35m 5.39m				
2 Linke, Kosis	14	Vaaa - Verno	4.76m	4.81m
4.81m 4.28m X 4.21m X 4.10m				
-- Jones, Kalani	15	Kamloops Tra		DNS

**Men 16-17 Long Jump**

Name	Age	Team	Seed	Finals
1 Japson, Pablo	17	Okanagan Ath		5.32m
5.21m 4.87m - 4.19m 5.32m 5.32m				
2 Trousil, Rowan	17	Athletics Vi		5.29m
5.29m 2.22m X - X -				
3 Christopher, Darius	17	Okanagan Ath	4.70m	4.75m
4.75m X X - -				
4 Westlund, Oliver	16	Okanagan Ath	4.71m	4.39m
3.24m X X X 4.39m X				
5 Salter, Quinton	17	Okanagan Ath		4.01m
3.91m 3.69m 3.40m 3.77m X 4.01m				
6 Archie, Wyatt	16	Okanagan Ath		3.19m
3.03m 3.19m 3.18m 3.07m 3.18m X				
7 Singer, Deandre	16	Canim Lake Band		3.10m
2.94m 3.04m 3.06m 3.10m - -				

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**Men 20-34 Long Jump**

20-34 Van Ry: R 6.56m 2023-02-26 Brandyn Martineau, Kajaks Track					
Name	Age	Team	Seed	Finals	
1 Lewis, Zamar	20	Okanagan Ath	5.95m	5.81m	
				5.72m 5.72m 5.81m 5.30m 5.39m 5.46m	
2 Finden, Christopher	25	Unbc - Unatt		5.73m	
				5.23m X 2.24m 5.73m X X	
3 Yaroshinsky-Russell, Don	23	Unbc - Unatt		5.63m	
				4.23m 5.17m 4.69m 5.63m 5.51m X	
4 McKay, Fraser	22	Universal At	5.25m	4.93m	
				X X X 4.93m X 4.89m	

**Men 65-69 Long Jump**

Name	Age	Team	Seed	Finals	
1 Liu, Edwin	67	Greyhounds M	4.00m	4.04m	
				3.73m 3.87m 4.04m 3.93m 3.98m 3.80m	
2 Hill, Joseph	65	Greyhounds M		3.98m	
				3.73m 3.82m 3.76m 3.95m 3.44m 3.98m	

**Men 70-74 Long Jump**

Name	Age	Team	Seed	Finals	
1 Donaldson, Sven	74	Nanaimo & Di		2.90m	
				2.69m 2.79m 2.78m X 2.50m 2.90m	

**Men 85-89 Long Jump**

Name	Age	Team	Seed	Finals	
-- Mey, Karl	87	Greyhounds M	2.44m	DNS	

**Men 13 Triple Jump Mstr(35+)**

Name	Age	Team	Seed	Finals	H#
-- Pretorius, Megan	13	Kamloops Tra	8.11m	SCR	
-- Milne, Carys	13	Kamloops Tra		SCR	

**Men 14-15 Triple Jump Mstr(35+)**

Name	Age	Team	Seed	Finals	H#
-- Boileau, Lacey	14	Kamloops Tra	9.76m	SCR	
-- Pang, Vanessa	15	Vancouver Ol		SCR	

**Men 16-17 Triple Jump Mstr(35+)**

Name	Age	Team	Seed	Finals	
1 Trousil, Rowan	17	Athletics Vi		11.99m	
				11.50m 11.99m	

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**Men 16-17 Triple Jump**

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

**Men 55-59 Triple Jump Mstr(35+)**

55-59 BC Mas: # 10.75m 2001-03-25 Warren Hamill				
Name	Age Team	Seed	Finals	H#
-- Lessing, Sunette	56 Unbc - Unatt		SCR	

**Men 65-69 Triple Jump Mstr(35+)**

65-69 BC Mas: # 8.77m 2023-02-26 Edwin Lui				
Name	Age Team	Seed	Finals	H#
1 Liu, Edwin	67 Greyhounds M	9.00m	8.62m	
8.47m 7.91m X 8.26m 8.62m 8.32m				

**Men 70-74 Triple Jump Mstr(35+)**

70-74 BC Mas: # 8.10m 2018-03-10 Harnek Toor				
Name	Age Team	Seed	Finals	H#
1 Donaldson, Sven	74 Nanaimo & Di		6.41m	
5.79m X 5.74m 6.41m 6.03m 6.00m				
-- Lee, Deborah	73 Greyhounds M	6.75m	SCR	

**Men 85-89 Triple Jump Mstr(35+)**

85-89 BC Mas: # 6.17m 2023-04-06 Karl Mey				
Name	Age Team	Seed	Finals	H#
1 Mey, Karl	87 Greyhounds M	5.20m	5.15m	
X 5.08m X 5.03m 5.15m X				

**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	H#
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 50-54 Shot Put Master**

M35-49 - 7.26kg		M50-59 - 6kg			
M60-69 - 5kg		M70-79 - 4kg		M80+ - 3kg	
50-54 BC Mas: # 13.30m 2022-02-05 Shane Wiebe					
Name	Age	Team	Seed	Finals	
1 Harrower, Will	52	Unbc - Unatt	10.67m	10.77m	
	10.55m	10.16m	10.18m	10.08m	10.16m 10.77m

**Men 60-64 Shot Put Master**

M35-49 - 7.26kg		M50-59 - 6kg			
M60-69 - 5kg		M70-79 - 4kg		M80+ - 3kg	
60-64 BC Mas: # 13.07m 2010-03-02 John Hawkins					
Name	Age	Team	Seed	Finals	
1 Pannu, Jaswinder	61	Ultra Throw	9.10m	10.19m	
	10.19m	8.19m	8.54m	8.04m	8.58m 8.10m
2 Anastasio, Angelo	62	Unbc - Unatt	8.23m	8.17m	
	7.99m	8.17m	X	7.60m	7.72m 7.61m

**Men 65-69 Shot Put Master**

M35-49 - 7.26kg		M50-59 - 6kg			
M60-69 - 5kg		M70-79 - 4kg		M80+ - 3kg	
65-69 BC Mas: # 11.88m 2010-03-03 Marek Glowacki					
Name	Age	Team	Seed	Finals	
1 Hill, Joseph	65	Greyhounds M		9.23m	
	9.08m	9.23m	8.77m	9.06m	9.18m X

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**Men 70-74 Shot Put Master**

M35-49 - 7.26kg		M50-59 - 6kg		
M60-69 - 5kg		M70-79 - 4kg		
M80+ - 3kg				
70-74 BC Mas: # 13.74m 2014-03-29 Marek Glowacki				
Name	Age	Team	Seed	Finals
=====				
1 Bains, Mohan	73	Ultra Throw	10.80m	10.26m
	9.98m	9.78m	10.26m	9.98m
	9.36m	10.11m		
2 Donaldson, Sven	74	Nanaimo & Di		7.29m
	7.29m	X X	6.95m	X
		6.90m		

**Men 75-79 Shot Put Master**

M35-49 - 7.26kg		M50-59 - 6kg		
M60-69 - 5kg		M70-79 - 4kg		
M80+ - 3kg				
75-79 BC Mas: # 11.76m 2018-03-03 Marek Glowacki				
Name	Age	Team	Seed	Finals
=====				
1 Toor, Harnek	77	Ultra Throw	9.50m	9.69m
	9.34m	9.69m	9.68m	9.58m
	9.17m	9.44m		
2 Ukonmaanaho, Tuomas	79	Prince George		8.97m
	8.91m	8.97m	8.57m	

**Men 85-89 Shot Put Master**

M35-49 - 7.26kg		M50-59 - 6kg		
M60-69 - 5kg		M70-79 - 4kg		
M80+ - 3kg				
85-89 Van Ry: R 7.99m 2022-02-25 Bruce Butcher, Kamloops Tra				
85-89 BC Mas: # 8.42m 2020-02-28 Bruce Butcher				
Name	Age	Team	Seed	Finals
=====				
1 Butcher, Bruce	89	Kamloops Tra	8.00m	7.60m
	6.18m	7.15m	7.54m	7.60m
	6.90m	7.39m		

**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		

**Men 50-54 Weight Throw**

M35-49 - 15.88kg (35#)		M50-59 - 11.34kg (25#)		
M60-69 - 9.08kg (20#)		M70-79 - 7.26kg (16#)		
M80+ - 5.45kg (12#)				
U18 - 9.08 kg (20#) U20 - 11.34 kg (25#) Snr- 15.88 kg (35)				
50-54 BC Mas: # 13.51m 2022-02-25 Shane Wiebe (25#)				
Name	Age	Team	Seed	Finals
=====				
1 Harrower, Will	52	Unbc - Unatt		10.19m
	10.19m	9.54m	X	10.15m
	9.09m	9.11m		

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**Men 60-64 Weight Throw**

M35-49 - 15.88kg (35#)		M50-59 - 11.34kg (25#)		
M60-69 - 9.08kg (20#)		M70-79 - 7.26kg (16#)		
M80+ - 5.45kg (12#)				
U18 - 9.08 kg (20#)		U20 - 11.34 kg (25#)		
Snr- 15.88 kg (35)				
60-64 BC Mas: # 15.55m 2016-02-12 Dave McDonald (20#)				
Name	Age	Team	Seed	Finals
1 Pannu, Jaswinder	61	Ultra Throw	8.60m	8.15m
				7.97m 7.42m 7.31m 7.82m 8.10m 8.15m
2 Anastasio, Angelo	62	Unbc - Unatt	8.00m	7.62m
				6.70m 7.41m 6.99m 7.37m 7.62m 7.24m

**Men 70-74 Weight Throw**

M35-49 - 15.88kg (35#)		M50-59 - 11.34kg (25#)		
M60-69 - 9.08kg (20#)		M70-79 - 7.26kg (16#)		
M80+ - 5.45kg (12#)				
U18 - 9.08 kg (20#)		U20 - 11.34 kg (25#)		
Snr- 15.88 kg (35)				
70-74 BC Mas: # 15.81m 2020-02-28 Harnek Toor (16#)				
Name	Age	Team	Seed	Finals
1 McDonald, Dave	70	Ultra Throw	16.70m	16.19m#
				X X X 15.63m 14.85m 16.19m
2 Bains, Mohan	73	Ultra Throw	13.25m	13.05m
				12.55m 12.30m 12.82m 13.05m X X

**Men 75-79 Weight Throw**

M35-49 - 15.88kg (35#)		M50-59 - 11.34kg (25#)		
M60-69 - 9.08kg (20#)		M70-79 - 7.26kg (16#)		
M80+ - 5.45kg (12#)				
U18 - 9.08 kg (20#)		U20 - 11.34 kg (25#)		
Snr- 15.88 kg (35)				
75-79 BC Mas: # 14.95m 2022-02-25 Harnek Toor (16#)				
Name	Age	Team	Seed	Finals
1 Toor, Harnek	77	Ultra Throw	13.50m	13.67m
				13.32m 13.34m 13.00m 13.67m 13.37m 13.67m

**Men 85-89 Weight Throw**

M35-49 - 15.88kg (35#)		M50-59 - 11.34kg (25#)		
M60-69 - 9.08kg (20#)		M70-79 - 7.26kg (16#)		
M80+ - 5.45kg (12#)				
U18 - 9.08 kg (20#)		U20 - 11.34 kg (25#)		
Snr- 15.88 kg (35)				
85-89 Van Ry: R 9.00m 2023-02-24 Bruce Butcher, Kamloops Tra				
85-89 BC Mas: # 8.95m 2022-02-25 Bruce Butcher (12#)				
Name	Age	Team	Seed	Finals
1 Butcher, Bruce	89	Kamloops Tra	9.00m	8.60m
				8.40m 8.31m 7.83m 8.45m 8.60m 8.33m

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

**Men 95-99 Weight Throw**

M35-49 - 15.88kg (35#)		M50-59 - 11.34kg (25#)			
M60-69 - 9.08kg (20#)		M70-79 - 7.26kg (16#)			
M80+ - 5.45kg (12#)					
U18 - 9.08 kg (20#)		U20 - 11.34 kg (25#)		Snr- 15.88 kg (35)	
Name	Age Team	Seed	Finals	H#	
-- Mikacevich Warholm, Domi	18 Royal City T	15.19m	SCR		

**Girls 13 1200 Meter Run**

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

**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		

**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		

**Mixed 11 4x200 Meter Relay**

Team	Seed	Finals
1 Kamloops Track & Field Club 'A'		2:38.06
1) Schellenberg, Jordan 11	2) Palmer, Jordan 12	
3) Fox Davidson, Hannah 11	4) Davis, Clark 11	

**Girls 12 4x200 Meter Relay**

Team	Seed	Finals
1 Kamloops Track & Field Club 'B'		2:38.06
1) Leduke, Hanna 9	2) Dhaliwal, Paige 9	
3) Schellenberg, Ellie 10	4) Dhaliwal, Emily 12	

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

**Girls 13 4x200 Meter Relay**

Team	Seed	Finals
13 Van Ryswy: R 2:10.50 2019-03-31 KAMLOOPS TRACK & FIELD CLUB, KAMLOOP P Planden, D Renwick, T Coulson, K Chung		
1 Okanagan Athletics Club 'A'		2:14.63
1) Bernard, Alexandra 11	2) Parker, Madi 12	
3) Battiston, Gemma 13	4) Rossi, Emerson 13	

**Women 50-54 4x200 Meter Relay**

Team	Seed	Finals
1 Greyhounds Masters Track & Fie 'A'		2:20.14
1) Hann, Sharon 63	2) Hill, Jane 50	
3) Lachance, Debra 55	4) O'Brien Hugh, Cindy 65	