

2026 Van Ryswyk JD Indoor/BC Athletics Indoor Championship
2026 BC Athletics U16 to Masters Indoor Championship
Tournament Capital Centre, Kamloops, BC - 3/6/2026 to 3/7/2026
Meet Program - Saturday Track

Event 4 Men 20-34 60 Meter Dash

8 Advance: Top 3 Each Heat plus Next 2 Best Times
Saturday 3/7/2026 - 9:00 AM

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims				
1				
2	Zhou, Victor	M25	Unattached B	7.42
3	Mourad, Omar	M30	Okanagan Ath	7.74
4	Tjernagel, Benjamin	M27	Unattached B	7.01
5	Andersen, Mikkel	M22	Okanagan Ath	7.18
6	Custodio, Matthew	M21	Unattached B	NT
7				
8				

Heat 2 of 2 Prelims

1				
2				
3	Artry, John	M22	Okanagan Ath	7.40
4	Soufi, Jordan	M25	Winnipeg Opt	6.64
5	Khan, Shayan	M30	NorWesters T	NT
6	Gokiert, Isaac	M22	Okanagan Ath	7.39
7	Bjornson, Forrest	M34	Greyhounds M	NT
8				

Event 6 Men 18-19 60 Meter Dash

8 Advance: Top 3 Each Heat plus Next 2 Best Times
Saturday 3/7/2026 - 9:06 AM

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Prelims				
1				
2	Wight, Luke	M19	Valley Royal	7.59
3	Checkley, Rylen	M18	Okanagan Ath	NT
4	Westlund, Oliver	M18	Okanagan Ath	7.19
5	Bains, Karman	M18	Valley Royal	8.96
6	Zhou, Derek	M18	Valley Royal	7.66
7	Medland, Spencer	M18	West Vancouv	7.17
8				

Heat 2 of 2 Prelims

1				
2	Kozak, Devan	M18	Penticton Tr	7.38
3	Lofstrom, Ryan	M19	Okanagan Ath	6.97
4	Bowler, Jack	M18	Prince Georg	7.78
5	Hien, Abdul-Rachad	M18	Unattached B	7.19
6	Gallo, Flavio	M18	NorWesters T	NT
7	Ingalls, Cohen	M18	Alberni Vall	8.04
8				

Event 7 Women 16-17 60 Meter Dash

8 Advance: Top 2 Each Heat plus Next 2 Best Times
Saturday 3/7/2026 - 9:12 AM

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims				
1				
2	Scali, Victoria	W17	Unattached B	8.81
3	Aulakh-Kahlon, Tanaz	W17	Universal At	7.97
4	Roberts, Claire	W17	Ocean Athlet	8.47
5	Patel, Aashni	W16	Elite Track	8.08
6	Sze, Natalie	W17	New West Spa	8.87
7	Okorie, Olaedo	W16	Okanagan Ath	8.54
8				

Heat 2 of 3 Prelims

1				
2	Sandhu, Tirath	W17	Universal At	8.43
3	Beaupre, Jamie	W16	NorWesters T	8.97
4	Day, Isabelle	W16	Prince Georg	8.78
5	Lum, Sze Nga (Rachel)	W17	Vancouver Ol	8.60
6	Sabatine, Amy	W16	Kamloops Tra	8.28
7	Aka, Sarah	W17	Unattached B	7.81
8	De Macedo Erthal, Isabel	W16	NorWesters T	NT

Heat 3 of 3 Prelims

1				
2	Hofs, Penelope	W16	Valley Royal	8.68
3	Stinn, Kaylee	W16	Okanagan Ath	8.30
4	Rohloff, Annabel	W16	Penticton Tr	8.62
5	Gagne, Stephanie	W16	Vancouver Th	9.10
6	Lofstrom, Kaylie	W16	Okanagan Ath	7.67
7	Jessup, Esme	W17	Unattached B	8.40
8	Ghuman, Manat	W16	Kamloops Tra	9.09

Event 8 Men 16-17 60 Meter Dash

8 Advance: Top 2 Each Heat plus Next 2 Best Times
Saturday 3/7/2026 - 9:21 AM

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims				
1				
2	Carnate, Braiden	M16	Unattached B	NT
3	Trollip, Jean-Luc	M16	Unattached B	7.22
4	Zhang, Victor	M17	Vancouver Th	7.84
5	Hayama, Keigo	M17	Valley Royal	7.34
6	Anthony, Jeremy	M17	Penticton Tr	NT
7	Conatser, Rajan	M16	Vancouver Th	7.72
8				

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Heat 2 of 3 Prelims...(Event 8 Men 16-17 60 Meter Dash)

1				
2	Maldonado, Noel	M16	Langley Must	7.50
3	McGrath, Aidan	M17	Kamloops Tra	NT
4	Brandsma, Marcus	M16	Valley Royal	NT
5	Meghdadi, Shayan	M17	Valley Royal	7.18
6	Linke, Kosis	M16	Okanagan Ath	8.00
7	Horne, Mason	M16	Okanagan Ath	7.68
8				

Heat 3 of 3 Prelims

1	Armitstead, Cassius	M17	Valley Royal	8.30
2	Yu, Lucas	M16	Unattached B	7.56
3	Sutherland, Logan	M16	Valley Royal	NT
4	Hurtubise, Hayden	M17	Vancouver Th	7.62
5	Wong, Harold	M17	Vancouver Ol	7.09
6	Nakamura, Aoi (Eric)	M17	Vancouver Ol	NT
7	Thapa, Hridik	M16	Okanagan Ath	8.16
8				

Event 9 Women 14-15 60 Meter Dash

8 Advance: Top 3 Each Heat plus Next 2 Best Times
Saturday 3/7/2026 - 9:30 AM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Prelims

1				
2	Du Toit, Elma	W15	Alberni Vall	8.21
3	Tainya-Ancheta, Rebecca	W14	Kamloops Tra	8.55
4	Battiston, Gemma	W15	Okanagan Ath	7.98
5	Holovchenko, Arina	W15	New West Spa	9.37
6	Perrey, Charlotte	W15	Valley Royal	8.49
7	Terrell, Ella	W14	Unattached B	9.66
8				

Heat 2 of 2 Prelims

1	Rossi, Emerson	W15	Okanagan Ath	8.37
2	Waite, Jada	W15	Unattached B	7.91
3	Ip-Jansen, Chloe	W14	Vancouver Th	8.26
4	Walman, Aria	W14	Valley Royal	8.82
5	Rees, Stella	W15	NorWesters T	NT
6	Dudka, Lily	W15	Valley Royal	NT
7	Cochrane, Claire	W15	Kamloops Tra	9.01
8				

Event 10 Men 14-15 60 Meter Dash

8 Advance: Top 3 Each Heat plus Next 2 Best Times
Saturday 3/7/2026 - 9:36 AM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Prelims

1				
2	Jack, Gage	M14	Trail Track	NT
3	Le, Jaden	M15	Okanagan Ath	NT
4	Silva, Aven	M15	Trail Track	NT
5	Morrison, Dayden	M15	Penticton Tr	NT
6	Wilsher, Xavier	M15	Victoria Spe	7.92
7	Sodke, Grayson	M15	Kamloops Tra	7.67
8				

Heat 2 of 2 Prelims

1				
2	Appleton, Mathis	M15	Penticton Tr	7.99
3	Pehl, Marcus	M14	Kamloops Tra	8.81
4	Hadani, Iyin	M15	Valley Royal	NT
5	Gill, Yash	M14	Alberni Vall	NT
6	Williams, Callum	M15	NorWesters T	7.42
7				
8				

Event 127 Men 35-99 1500 Meter Run Masters

Saturday 3/7/2026 - 9:45 AM

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	Gladdish, Bryce	M41	Prince Georg	4:31.35
2	Guss, David	M65	Okanagan Ath	4:54.26
3	Olsen, David	M70	Unattached B	6:43.38
4	Raath, Francois	M47	Kamloops Rid	NT
5	Hunter, Michael	M66	Greyhounds M	NT
6	Maraghelis, Horia	M45	New West Spa	NT
7	Eshleman, Mark	M42	Unattached B	NT
8	Antepyan, Raffi	M67	Greyhounds M	NT

Event 132 Women 16-99 1500 Meter Run

Saturday 3/7/2026 - 9:52 AM

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	Raath, Lienke	W16	Kamloops Tra	4:35.08
2	Simpson, Clara	W16	Prairie Inn	4:37.27
3	Brown, Stephanie	W37	Kelowna Runn	4:57.72
4	Albert, Adelle	W16	East Kootena	5:02.36
5	Nadler, Stella	W16	Unattached B	5:07.55
6	Johnston, Frankie	W16	Kamloops Tra	5:18.15
7	Eshleman, Tea	W16	Unattached B	5:24.58
8	Marchant, Ruby	W16	Kamloops Tra	5:49.05
9	Cross, Emma	W18	Unattached B	5:52.88
10	Von Hoensbroech, Carolina	W16	Calgary Inte	NT
11	Gerrard, Michaela	W35	Unattached B	NT

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Meet Program - Saturday Track

Event 133 Men 16-34 1500 Meter Run**Saturday 3/7/2026 - 9:59 AM**

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Olson, Laken	M16	Valley Royal	4:18.17
2	Peregrym, Ethan	M18	Kamloops Tra	4:22.13
3	Richards, Kristian	M18	Prince Georg	4:27.25
4	Dyck, Jonah	M18	Valley Royal	4:27.42
5	Bolton, Jack	M17	Prince Georg	4:31.35
6	Kang, Taron	M17	Unattached B	4:33.55
7	Bowler, Matthew	M20	Prince Georg	4:35.27
8	Gladdish, Zavier	M16	Prince Georg	4:35.59
9	Ndiaye, Keegan	M16	Prince Georg	4:46.86
10	Garrison, Connor	M16	Prince Georg	4:47.91
11	Rainford-Holsworth, Ethan	M17	Unattached B	NT
12	Ten Haaf, Ari	M17	Unattached B	NT

Event 115 Women 14-15 1200 Meter Run**Saturday 3/7/2026 - 10:06 AM**

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Schmidt, Avery	14	Comox Valley	3:52.95
2	Durnin, Sadie	15	Kamloops Tra	4:14.23
3	Thompson, Elizabeth	14	Trail Track	4:27.27
4	Roberge, Lexi	14	Prince Georg	5:03.66
5	Burch, Finley	14	Prince Georg	5:59.00
6				
7				
8				

Event 116 Men 14-15 1200 Meter Run**Saturday 3/7/2026 - 10:11 AM**

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Psihogios, Sebastian	14	Valley Royal	3:50.00
2	Hopson, Sam	14	Prince Georg	3:58.62
3	Ten Haaf, Job	15	Unattached B	NT
4				
5				
6				
7				
8				

Event 117 Mixed 12-13 1200 Meter Run**Saturday 3/7/2026 - 10:16 AM**

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Machholz, Logan	M13	Penticton Tr	3:58.68
2	Carey, Violet	W13	Valley Royal	4:34.06
3	Carlberg, Ember	W12	Kamloops Tra	NT
4	Albert, Elianna	W13	East Kootena	NT
5				
6				

Event 109 Mixed 10-11 1000 Meter Run**Saturday 3/7/2026 - 10:21 AM**

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Adams, Linden	M11	Kamloops Tra	3:34.00
2	Biggen-Pound, James	M10	Unattached B	NT
3	Lamarsh, Bobby	W11	Kamloops Tra	NT
4				
5				
6				
7				
8				

Event 37 Women 35-99 200 Meter Dash Masters**Saturday 3/7/2026 - 10:26 AM**

Lane	Name	Age	Team	Seed Time
Section 1 of 2 Finals				
1				
2				
3				
4	Chow, Susan	W70	Greyhounds M	NT
5	Hurst, Sherry	W54	Athletics Vi	32.46
6	Robertson, Tamara	W55	Greyhounds M	35.09
Section 2 of 2 Finals				
1				
2	O'Brien Hugh, Cindy	W67	Greyhounds M	31.82
3	Thomson, Kathleen	W55	Athletics Vi	31.68
4	Craig, Nancy	W60	Athletics Vi	30.97
5	Van Den Bulk, Jeannette	W48	Athletics Vi	29.19
6	Szybunka, Patty	W68	NorWesters T	30.91

Event 38 Men 35-99 200 Meter Dash Masters**Saturday 3/7/2026 - 10:32 AM**

Lane	Name	Age	Team	Seed Time
Section 1 of 3 Finals				
1				
2	Mey, Karl	M89	Greyhounds M	NT
3	Hunter, Michael	M66	Greyhounds M	NT
4	Strong, Derm	M78	Unattached B	41.70
5	Prasad, Rajesh	M58	Greyhounds M	34.12
6	Ukonmaanaho, Tuomas	M81	Prince Georg	34.55
Section 2 of 3 Finals				
1				
2				
3	Van Gaans, Gerry	M71	Greyhounds M	33.97
4	Shibata, Kazuhiro	M72	Greyhounds M	32.00
5	Harrower, Will	M54	Unattached B	26.95
6	Thompson, Charles	M39	Vancouver Th	NT

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Meet Program - Saturday Track

Section 3 of 3 Finals...(Event 38 Men 35-99 200 Meter Dash Masters)

1				
2	Maraghelis, Horia	M45	New West Spa	26.97
3	Orser, Khyl	M38	Unattached B	26.86
4	Holmgren, Aaron	M43	Peninsula Tr	26.29
5	Hurlen, Erik	M48	Unattached B	25.02
6	Walker, Samuel	M54	Greyhounds M	26.25

Event 39 Women 20-34 200 Meter Dash Snr**Saturday 3/7/2026 - 10:41 AM**

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1				
2				
3	Fell (Thompson), Corri	W38	Vancouver Th	26.77
4	Voloshin, Diana	W29	NorWesters T	26.48
5	Van Den Bulk, Alexis	W23	Vancouver Th	25.20
6	Dreger, Isabella	W21	Okanagan Ath	26.38

Event 40 Men 20-34 200 Meter Dash Snr**Saturday 3/7/2026 - 10:44 AM**

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	Bjornson, Forrest	M34	Greyhounds M	25.64
2	Mourad, Omar	M30	Okanagan Ath	25.08
3	Artry, John	M22	Okanagan Ath	23.51
4	Maryniuk, Jack	M21	Kamloops Tra	23.34
5	Reid, Khymani	M26	Calgary Inte	22.57
6	Gokiart, Isaac	M22	Okanagan Ath	22.67

Event 41 Women 18-19 200 Meter Dash**Saturday 3/7/2026 - 10:47 AM**

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	Forrest, Freya	19	Vancouver Th	NT
2	Edge, Sara	18	Penticton Tr	30.46
3	Gill, Aanya Amber	18	Alberni Vall	28.81
4	Hadani, Meera	18	Valley Royal	28.59
5	Takhar, Simarjot	18	Universal At	27.33
6	Ngo-Gaetz, Constance	19	Valley Royal	27.88

Event 42 Men 18-19 200 Meter Dash U20**Saturday 3/7/2026 - 10:50 AM**

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1				
2				
3	Gallo, Flavio	M18	NorWesters T	NT
4	Checkley, Rylen	M18	Okanagan Ath	25.15
5	Bowler, Jack	M18	Prince Georg	24.41
6	Ingalls, Cohen	M18	Alberni Vall	25.03

Event 43 Women 16-17 200 Meter Dash**Saturday 3/7/2026 - 10:53 AM**

Lane	Name	Age	Team	Seed Time
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Section 1 of 3 Finals

1				
2				
3	Pruden, Rachael	17	Prince Georg	NT
4	Cross, Julia	17	Unattached B	30.88
5	Okorie, Olaedo	16	Okanagan Ath	29.59
6	Gagne, Stephanie	16	Vancouver Th	30.28

Section 2 of 3 Finals

1				
2	Mandigo, Lillian	17	Valley Royal	28.72
3	Jessup, Esme	17	Unattached B	28.30
4	Brandsma, Katrina (Katie)	17	Valley Royal	27.74
5	Stinn, Kaylee	16	Okanagan Ath	27.49
6	McGrath, Kiera	17	Kamloops Tra	27.56

Section 3 of 3 Finals

1				
2	Sandhu, Tirath	17	Universal At	27.12
3	Lafreniere, Scotia	17	Okanagan Ath	27.09
4	Sabatine, Amy	16	Kamloops Tra	26.87
5	Aulakh-Kahlon, Tanaz	17	Universal At	25.37
6	Patel, Aashni	16	Elite Track	25.78

Event 44 Men 16-17 200 Meter Dash U18**Saturday 3/7/2026 - 11:02 AM**

Lane	Name	Age	Team	Seed Time
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Section 1 of 2 Finals

1	Meghdadi, Shayan	17	Valley Royal	NT
2	Solano, Mateo	17	Okanagan Ath	29.49
3	Holmgren, Emilian	17	Peninsula Tr	25.85
4	Zhang, Victor	17	Vancouver Th	25.34
5	Horne, Mason	16	Okanagan Ath	25.16
6	McGrath, Aidan	17	Kamloops Tra	25.22

Section 2 of 2 Finals

1				
2	Maldonado, Noel	16	Langley Must	24.33
3	Hayama, Keigo	17	Valley Royal	23.91
4	Hurtubise, Hayden	17	Vancouver Th	23.68
5	Conatser, Rajan	16	Vancouver Th	23.25
6	McCarthy, William	16	Kajaks Track	23.41

Event 45 Women 14-15 200 Meter Dash U16**Saturday 3/7/2026 - 11:08 AM**

Lane	Name	Age	Team	Seed Time
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Section 1 of 2 Finals

1	Terrell, Ella	W14	Unattached B	NT
2	Walman, Aria	W14	Valley Royal	NT
3	Milne, Talia	W14	Valley Royal	NT
4	Dudka, Lily	W15	Valley Royal	NT
5	Thompson, Elizabeth	W14	Trail Track	30.76
6	Holovchenko, Arina	W15	New West Spa	32.10

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Section 2 of 2 Finals...(Event 45 Women 14-15 200 Meter Dash U16)

1	Cochrane, Claire	W15	Kamloops Tra	30.47
2	Tainya-Ancheta, Rebecca	W14	Kamloops Tra	28.56
3	Perrey, Charlotte	W15	Valley Royal	28.28
4	Rossi, Emerson	W15	Okanagan Ath	28.01
5	Ip-Jansen, Chloe	W14	Vancouver Th	26.56
6	Battiston, Gemma	W15	Okanagan Ath	27.31

Event 46 Men 14-15 200 Meter Dash U16**Saturday 3/7/2026 - 11:17 AM**

Lane	Name	Age	Team	Seed Time
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Section 1 of 2 Finals

1				
2	Pehl, Marcus	M14	Kamloops Tra	NT
3	Silva, Aven	M15	Trail Track	NT
4	Le, Jaden	M15	Okanagan Ath	NT
5	Hadani, Iyin	M15	Valley Royal	NT
6	Wilsher, Xavier	M15	Victoria Spe	NT

Section 2 of 2 Finals

1				
2	Appleton, Mathis	M15	Penticton Tr	26.96
3	Holmgren, Coen	M15	Peninsula Tr	25.95
4	Morrison, Dayden	M15	Penticton Tr	25.79
5	Patel, Shaan	M14	Elite Track	25.39
6	Sodke, Grayson	M15	Kamloops Tra	25.73

Event 47 Women 13 Year Olds 200 Meter Dash**Saturday 3/7/2026 - 11:23 AM**

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1				
2				
3	Schellenberg, Jordan	13	Kamloops Tra	31.12
4	Gavel, Aubrey	13	Okanagan Ath	30.12
5	Van As, Taylin	13	Ocean Athlet	26.97
6	Bernard, Alexandra	13	Okanagan Ath	27.65

Event 48 Men 13 Year Olds 200 Meter Dash**Saturday 3/7/2026 - 11:26 AM**

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	Zhang, Noah	13	New West Spa	NT
2	Hall, Elliott	13	Penticton Tr	NT
3	Maraghelis, Anton	13	New West Spa	NT
4	Meeley, Zander	13	Kamloops Tra	34.15
5	Montalbetti, Alex	13	Kamloops Tra	27.54
6	Hansen, Austin	13	Kamloops Tra	28.34

Event 49 Women 12 Year Olds 200 Meter Dash**Saturday 3/7/2026 - 11:29 AM**

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1				
2	Carlberg, Ember	12	Kamloops Tra	NT
3	Wynne, Claire	12	Kamloops Tra	37.25
4	Taylor, Milla	12	Okanagan Ath	33.11
5	Shapiro, Danica	12	Langley Must	29.99
6	Arner, Ava	12	Kamloops Tra	31.41

Event 51 Men 12 Year Olds 200 Meter Dash**Saturday 3/7/2026 - 11:32 AM**

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1				
2				
3				
4				
5	Shute, Ronin	M12	Kajaks Track	32.42
6	Singh, Tegmeet	M12	Kamloops Tra	37.17

Event 52 Mixed 11 Year Olds 200 Meter Dash**Saturday 3/7/2026 - 11:35 AM**

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1				
2				
3	Jaskiewicz, Jaymee	W11	Trail Track	NT
4	Saxby, Ava	W11	Kamloops Tra	36.33
5	Du Toit, Luan	M11	Alberni Vall	31.06
6	Maraghelis, Tecla	W11	New West Spa	35.44

Event 1 Women 35-99 60 Meter Dash Master**Saturday 3/7/2026 - 11:45 AM**

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	Szybunka, Patty	W68	NorWesters T	NT
2	Chow, Susan	W70	Greyhounds M	NT
3	Abhari, Zahra	W44	Athletics Vi	9.45
4	Craig, Nancy	W60	Athletics Vi	9.19
5	O'Brien Hugh, Cindy	W67	Greyhounds M	9.41
6	Crosthwaite, Gerda	W86	Okanagan Ath	12.06
7	Gibbs, Naomi	W44	Unattached B	NT
8				

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Event 2 Men 35-99 60 Meter Dash Master**Saturday 3/7/2026 - 11:48 AM**

Lane	Name	Age	Team	Seed Time
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Section 1 of 4 Finals

1	Hunter, Michael	M66	Greyhounds M	NT
2	Van Ryswyk, Roy	M88	Unattached B	16.31
3	Ukonmaanaho, Tuomas	M81	Prince Georg	10.26
4	Alley, Raymond	M69	Greyhounds M	8.62
5	Shibata, Kazuhiro	M72	Greyhounds M	8.85
6	Strong, Derm	M78	Unattached B	11.27
7	Van Gaans, Gerry	M71	Greyhounds M	NT
8				

Section 2 of 4 Finals

1				
2	Steele, Sean	M64	Athletics Vi	NT
3	Joyce, Stephen	M64	Vernon Amate	9.02
4	Colbert, Steven	M61	Unattached -	8.11
5	Patterson, Todd	M58	Okanagan Ath	8.90
6	Prasad, Rajesh	M58	Greyhounds M	10.24
7				
8				

Section 3 of 4 Finals

1	Osaji, Emeka	M52	Unattached B	NT
2	De Steur, Victor	M52	Valley Royal	9.59
3	Harrower, Will	M54	Unattached B	8.18
4	Walker, Samuel	M54	Greyhounds M	8.10
5	Ong, Raymond	M54	Greyhounds M	8.15
6	Guzman, Jay	M51	Greyhounds M	8.36
7				
8				

Section 4 of 4 Finals

1				
2				
3	Gibbons-Smyth, Paul	M49	Greyhounds M	7.86
4	Carnate, Brian	M48	Greyhounds M	7.43
5	Orser, Khyl	M38	Unattached B	7.78
6	Manuel, Bernard	M47	Unattached B	10.21
7	Kirechuk, Kevin	M46	Greyhounds M	8.54
8	Thompson, Charles	M39	Vancouver Th	8.28

Event 3 Women 20-36 60 Meter Dash Open**Saturday 3/7/2026 - 12:00 PM**

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1				
2				
3	Voloshin, Diana	29	NorWesters T	NT
4	Van Den Bulk, Alexis	23	Vancouver Th	7.87
5	Fell (Thompson), Corri	38	Vancouver Th	7.98
6	Dreger, Isabella	21	Okanagan Ath	NT
7				
8				

Event 5 Women 18-19 60 Meter Dash**Saturday 3/7/2026 - 12:06 PM**

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1				
2	Bernett, Mya	19	Vancouver Th	NT
3	Gill, Aanya Amber	18	Alberni Vall	8.72
4	Forrest, Freya	19	Vancouver Th	8.13
5	Takhar, Simarjot	18	Universal At	8.34
6	Edge, Sara	18	Penticton Tr	8.99
7	Hadani, Meera	18	Valley Royal	NT
8				

Event 11 Women 12-13 60 Meter Dash

Name	Age	Team	Seed Time
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--- No entries for this event

Event 14 Men 12-13 60 Meter Dash**Saturday 3/7/2026 - 12:30 PM**

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	Hall, Elliott	M13	Penticton Tr	NT
2	Maraghelis, Anton	M13	New West Spa	NT
3	Montalbetti, Alex	M13	Kamloops Tra	8.80
4	Hansen, Austin	M13	Kamloops Tra	8.39
5	Zhang, Noah	M13	New West Spa	8.51
6	Birkenhead, Zyon	M13	Kamloops Tra	9.28
7	Jack, Hunter	M12	Trail Track	NT
8	Sutherland, Josh	M13	Valley Royal	NT

Event 15 Women 10-11 60 Meter Dash**Saturday 3/7/2026 - 12:33 PM**

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	Francoise, Lina	W11	Kamloops Tra	NT
2	Walts, Katerina	W11	Trail Track	NT
3	Saxby, Ava	W11	Kamloops Tra	28.12
4	Maraghelis, Tecla	W11	New West Spa	9.28
5	Kabelik, Mia	W11	Kamloops Tra	10.31
6	Lamarsh, Bobby	W11	Kamloops Tra	NT
7	McFayden, Noni	W11	Okanagan Ath	NT
8				

2026 Van Ryswyk JD Indoor/BC Athletics Indoor Championship
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Tournament Capital Centre, Kamloops, BC - 3/6/2026 to 3/7/2026
Meet Program - Saturday Track

Event 16 Mixed 9-11 60 Meter Dash

Saturday 3/7/2026 - 12:36 PM

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2	Granberg, Sofia	W10	Kamloops Tra	NT
3	Kabelik, Emilie	WW9	Kamloops Tra	12.74
4	Gavel, Noah	M11	Okanagan Ath	10.12
5	Parreira Fernandes, Sofia	W10	Vancouver Ol	11.05
6	Maraghelis, Zian	M10	New West Spa	NT
7				
8				

Event 179 Men 18-34 60 Meter Hurdles U20

Saturday 3/7/2026 - 1:10 PM

U20 - 5x0.991m/39" - 13.72m, 9.14m, 9.72m (Red)

Sr - 5x1.067m/42" - 13.72m, 9.14m, 9.72m (Red)

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2	Kozak, Devan	M18	Penticton Tr	NT
3	Stromgren, Liam	M18	Langley Must	NT
4	Zhou, Derek	M18	Valley Royal	9.87
5				
6	Reid, Khymani	M26	Calgary Inte	NT
7	Khan, Shayan	M30	NorWesters T	NT
8				

Event 181 Men 16-17 60 Meter Hurdles U18 / U20

Saturday 3/7/2026 - 1:15 PM

M(U18) - 5x0.914m/36" - 13.72m, 9.14m, 9.72m (Red)

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2	Jones, Kalani	17	Athletics Vi	NT
3	Brandsma, Marcus	16	Valley Royal	NT
4	Nakamura, Aoi (Eric)	17	Vancouver Ol	8.80
5	Solano, Mateo	17	Okanagan Ath	10.23
6	Wong, Harold	17	Vancouver Ol	NT
7	Hvidston, Tyler	17	Penticton Tr	NT
8				

Event 183 Men 14-15 60 Meter Hurdles

Saturday 3/7/2026 - 1:20 PM

M 14-15 5x0.840m/33" - 13.00m, 8.50m, 13.00m (Yellow)

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Sodke, Grayson	M15	Kamloops Tra	NT
2	Pehl, Marcus	M14	Kamloops Tra	NT
3	Gill, Yash	M14	Alberni Vall	NT
4	Williams, Callum	M15	NorWesters T	8.83
5	Jack, Gage	M14	Trail Track	15.18
6	Biring, Armaan	M15	Vancouver Ol	NT
7	Biring, Arjan	M15	Vancouver Ol	NT
8				

Event 178 Women 18-34 60 Meter Hurdles U20

Saturday 3/7/2026 - 1:25 PM

5x0.838m/33" - 13.00m, 8.50m, 13.00m (Yellow)

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2	Wepruk, Samantha	W20	New West Spa	NT
3	Thompson, Amey	W18	Penticton Tr	NT
4	Ngo-Gaetz, Constance	W19	Valley Royal	10.00
5	Voloshin, Diana	W29	NorWesters T	NT
6	Sandhu, Gurpartap	W18	Valley Royal	NT
7	Hadani, Meera	W18	Valley Royal	NT
8				

Event 180 Women 16-17 60 Meter Hurdles U18 / U20

Saturday 3/7/2026 - 1:30 PM

W(U18) - 5x30" (0.762m), 13.00m, 8.50m, 13.00m (Yellow)

Lane	Name	Age	Team	Seed Time
Section 1 of 2 Finals				
1				
2	Woods, Amy	17	Kamloops Tra	NT
3	Brandsma, Katrina (Katie)	17	Valley Royal	NT
4	Aka, Sarah	17	Unattached B	NT
5	Roberts, Claire	17	Ocean Athlet	NT
6	Sze, Natalie	17	New West Spa	NT
7				
8				
Section 2 of 2 Finals				
1				
2	Gagne, Stephanie	16	Vancouver Th	13.81
3	Pruden, Rachael	17	Prince Georg	10.30
4	Beaupre, Jamie	16	NorWesters T	12.73
5	Boileau, Lacey	16	Kamloops Tra	12.21
6	Lum, Sze Nga (Rachel)	17	Vancouver Ol	10.54
7	Day, Isabelle	16	Prince Georg	13.78
8				

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Meet Program - Saturday Track

Event 182 Women 14-15 60 Meter Hurdles

Saturday 3/7/2026 - 1:40 PM

W (U16) - 5x0.762m/30" - 12.0m, 8.0m, 16.0m (Pink)

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2	Cochrane, Claire	15	Kamloops Tra	NT
3	Milne, Talia	14	Valley Royal	NT
4	Ip-Jansen, Chloe	14	Vancouver Th	12.50
5	Du Toit, Elma	15	Alberni Vall	12.65
6	Zhou, Fiona	15	Valley Royal	NT
7				
8				

Event 184 Mixed 13-99 60 Meter Hurdles

Saturday 3/7/2026 - 1:50 PM

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

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

W 60-69 - 5x.686/27" - 12m, 8m, 16m - weighted - PINK

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2	Craig, Nancy	W60	Athletics Vi	NT
3	O'Brien Hugh, Cindy	W67	Greyhounds M	15.13
4				
5	Sandhu, Gurman	W13	Valley Royal	NT
6				
7	Hall, Elliott	M13	Penticton Tr	NT
8				

Event 185 Mixed 12 Year Olds 60 Meter Hurdles

Saturday 3/7/2026 - 1:55 PM

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

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

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2	Jack, Hunter	M12	Trail Track	NT
3	Schellenberg, Ellie	W12	Kamloops Tra	13.84
4	Taylor, Milla	W12	Okanagan Ath	11.29
5	Granberg, Anja	W12	Kamloops Tra	13.64
6	Carlberg, Ember	W12	Kamloops Tra	NT
7	McLellan, Macie	W12	Kamloops Tra	NT
8				

Event 186 Women 9-11 60 Meter Hurdles

Saturday 3/7/2026 - 2:00 PM

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

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

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2				
3	McFayden, Noni	W11	Okanagan Ath	NT
4	Maraghelis, Tecla	W11	New West Spa	10.71
5	Lamarsh, Bobby	W11	Kamloops Tra	14.05
6	Jaskiewicz, Jaymee	W11	Trail Track	NT
7				
8				

Event 74 Women 35-99 400 Meter Dash Masters

Saturday 3/7/2026 - 2:20 PM

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2				
3				
4	Thomson, Kathleen	W55	Athletics Vi	NT
5	Van Den Bulk, Jeannette	W48	Athletics Vi	65.82
6	Barnes, Beverli	W66	Greyhounds M	1:21.88

Event 75 Men 35-99 400 Meter Dash Masters

Saturday 3/7/2026 - 2:25 PM

Lane	Name	Age	Team	Seed Time
Section 1 of 2 Finals				
1				
2				
3	Ukonmaanaho, Tuomas	M81	Prince Georg	NT
4	Stewart, Mark	M81	Unattached B	1:21.32
5	Patterson, Todd	M58	Okanagan Ath	69.29
6	Van Gaans, Gerry	M71	Greyhounds M	79.38
Section 2 of 2 Finals				
1				
2	Thompson, Charles	M39	Vancouver Th	NT
3	Walker, Samuel	M54	Greyhounds M	NT
4	Harrower, Will	M54	Unattached B	64.88
5	Hurlen, Erik	M48	Unattached B	53.85
6	Maraghelis, Horia	M45	New West Spa	61.61

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Event 79 Men 18-34 400 Meter Dash

Saturday 3/7/2026 - 2:35 PM

Lane	Name	Age	Team	Seed Time
Section 1 of 2 Finals				
1				
2				
3	Robinson, Ian	M18	Penticton Tr	NT
4	Medland, Spencer	M18	West Vancouv	NT
5	Ingalls, Cohen	M18	Alberni Vall	57.07
6	Svelander, Santos	M18	Valley Royal	62.85
Section 2 of 2 Finals				
1				
2				
3	Checkley, Rylen	M18	Okanagan Ath	57.26
4	Tremblay, Jensen	M18	Kamloops Tra	55.87
5	Kozak, Devan	M18	Penticton Tr	52.62
6	Maryniuk, Jack	M21	Kamloops Tra	52.96

Event 76 Women 20-34 400 Meter Dash

Saturday 3/7/2026 - 2:42 PM

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2				
3				
4				
5	Fell (Thompson), Corri	W38	Vancouver Th	59.62
6				

Event 80 Women 16-19 400 Meter Dash

Saturday 3/7/2026 - 2:45 PM

Lane	Name	Age	Team	Seed Time
Section 1 of 2 Finals				
1				
2	Rohloff, Annabel	W16	Penticton Tr	NT
3	Arvanitis, Eleni	W18	Calgary Inte	NT
4	Cross, Julia	W17	Unattached B	72.19
5	Hadani, Meera	W18	Valley Royal	68.06
6	Gagne, Stephanie	W16	Vancouver Th	70.59
Section 2 of 2 Finals				
1				
2	Sandhu, Tirath	W17	Universal At	64.09
3	Sabatine, Amy	W16	Kamloops Tra	62.80
4	Lafreniere, Scotia	W17	Okanagan Ath	61.08
5	Aulakh-Kahlon, Tanaz	W17	Universal At	55.74
6	McGrath, Kiera	W17	Kamloops Tra	60.28

Event 81 Men 16-17 400 Meter Dash

Saturday 3/7/2026 - 2:55 PM

Lane	Name	Age	Team	Seed Time
Section 1 of 2 Finals				
1				
2				
3				
4	Neufeld, Sammy	M17	Valley Royal	NT
5	Zhang, Victor	M17	Vancouver Th	58.62
6	Conatser, Rajan	M16	Vancouver Th	NT
Section 2 of 2 Finals				
1				
2				
3	Thapa, Hridik	M16	Okanagan Ath	57.99
4	McGrath, Aidan	M17	Kamloops Tra	57.29
5	Hurtubise, Hayden	M17	Vancouver Th	52.22
6	McCarthy, William	M16	Kajaks Track	52.56

Event 60 Women 14-15 300 Meter Dash

Saturday 3/7/2026 - 3:05 PM

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2				
3				
4				
5	Perrey, Charlotte	W15	Valley Royal	NT
6				

Event 61 Men 14-15 300 Meter Dash

Saturday 3/7/2026 - 3:10 PM

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2				
3	Gill, Yash	M14	Alberni Vall	NT
4	Hadani, Iyin	M15	Valley Royal	NT
5	Patel, Shaan	M14	Elite Track	39.67
6	Wilsher, Xavier	M15	Victoria Spe	41.98

Event 64 Mixed 12-13 300 Meter Dash

Saturday 3/7/2026 - 3:15 PM

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2				
3	Arner, Ava	W12	Kamloops Tra	NT
4	Shute, Ronin	M12	Kajaks Track	NT
5	Maraghelis, Anton	M13	New West Spa	NT
6	Shapiro, Danica	W12	Langley Must	NT

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Meet Program - Saturday Track

Event 95 Men 35-99 800 Meter Run Masters**Saturday 3/7/2026 - 3:25 PM**

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2	Holmgren, Aaron	M43	Peninsula Tr	2:00.22
3	Vogt, Jeff	M47	Unattached B	2:10.52
4	Gladdish, Bryce	M41	Prince Georg	2:13.48
5	Guss, David	M65	Okanagan Ath	2:26.62
6	Antepyan, Raffi	M67	Greyhounds M	3:04.00
7	Stewart, Mark	M81	Unattached B	3:17.06
8	Raath, Francois	M47	Kamloops Rid	NT
9				
10				

Event 98 Women 18-19 800 Meter Run**Saturday 3/7/2026 - 3:30 PM**

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2	Matte, Sarah	18	Calgary Inte	2:22.79
3	Browne, Lillianna	18	Calgary Inte	2:24.59
4	Cross, Emma	18	Unattached B	2:45.11
5				

Event 97 Men 18-34 800 Meter Run**Saturday 3/7/2026 - 3:35 PM**

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2	Parkins, Basil	M22	Prairie Inn	1:54.65
3	Robertson, Lucas	M23	West Vancouv	1:56.97
4	Robertson, Trevor	M21	West Vancouv	2:00.00
5	Cormier, Brody	M19	Unattached -	2:03.11
6	Richards, Kristian	M18	Prince Georg	2:05.09
7	Bowler, Matthew	M20	Prince Georg	2:13.38
8				

Event 100 Women 16-17 800 Meter Run**Saturday 3/7/2026 - 3:40 PM**

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2	Raath, Lienke	W16	Kamloops Tra	2:14.54
3	Albert, Adelle	W16	East Kootena	2:15.37
4	Cudmore, Indie	W17	Comox Valley	2:20.32
5	Tielmann, Jayda	W16	Valley Royal	2:21.00
6	Marchant, Ruby	W16	Kamloops Tra	2:42.05
7	Cross, Julia	W17	Unattached B	NT
8	Allwell-Brown, Duonye	W16	Kamloops Tra	NT
9				
10				

Event 101 Men 16-17 800 Meter Run**Saturday 3/7/2026 - 3:45 PM**

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2	Ten Haaf, Ari	17	Unattached B	2:04.94
3	Holmgren, Emilian	17	Peninsula Tr	2:04.98
4	Cooper, Makai	17	Kamloops Tra	2:07.69
5	Hurtubise, Hayden	17	Vancouver Th	2:14.00
6	Gladdish, Xavier	16	Prince Georg	2:17.30
7	Ndiaye, Keegan	16	Prince Georg	2:19.72
8	Garrison, Connor	16	Prince Georg	2:20.68
9	Neufeld, Sammy	17	Valley Royal	NT
10	Rainford-Holsworth, Ethan	17	Unattached B	NT
11				

Event 102 Women 14-15 800 Meter Run**Saturday 3/7/2026 - 3:50 PM**

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2	Schmidt, Avery	14	Comox Valley	2:27.25
3	Thompson, Elizabeth	14	Trail Track	2:45.52
4	Roberge, Lexi	14	Prince Georg	3:05.73
5	Burch, Finley	14	Prince Georg	3:27.60
6				

Event 103 Men 14-15 800 Meter Run**Saturday 3/7/2026 - 3:55 PM**

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2	Holmgren, Coen	M15	Peninsula Tr	2:03.46
3	Psihogios, Sebastian	M14	Valley Royal	2:30.50
4	Hopson, Sam	M14	Prince Georg	2:32.15
5	Ten Haaf, Job	M15	Unattached B	2:41.12
6	Silva, Aven	M15	Trail Track	NT
7	Tran, Nicolas	M15	Valley Royal	NT
8	Eddy, Josiah	M15	Prince Georg	NT
9				

Event 106 Mixed 12 Year Olds 800 Meter Run

Name	Age	Team	Seed Time
---	No entries for this event		

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 Meet Program - Saturday Track**

Event 86 Mixed 10-11 600 Meter Run

Saturday 3/7/2026 - 4:08 PM

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2	Du Toit, Luan	M11	Alberni Vall	2:02.00
3	Maraghelis, Tecla	W11	New West Spa	2:18.15
4	Kabelik, Mia	W11	Kamloops Tra	2:18.86
5	Parreira Fernandes, Sofia	W10	Vancouver Ol	NT
6	Adams, Linden	M11	Kamloops Tra	NT
7	Maraghelis, Zian	M10	New West Spa	NT
8	Jaskiewicz, Jaymee	W11	Trail Track	NT
9				

Event 489 Women 14-34 4x200 Meter Relay

Team	Relay	Seed Time
---	No entries for this event	

Event 509 Mixed 35-99 4x400 Meter Relay

Team	Relay	Seed Time
---	No entries for this event	