

**41<sup>st</sup> Annual Running Room Indoor Games -- March 16, 2019**  
**Coach's Information**



SCHEDULE IS AVAILABLE TO ALL COACHES

You will receive from the Registration Desk a schedule, a list of your school's runners, a competition number for each runner and team, and safety pins. Please ensure the correct number is worn by each runner (refer to "COMP#" on your list of entries, or to the competitor number printed on the heat sheets). ***This number must be kept and used for each race today and tonight!*** If you have a relay team, please also read the "Memo to Coaches: Relays" (another copy of some of the rules that are in effect for these Running Room Indoor Games), plus a competition number for each relay team. (Each team must show the marshals the number being worn for that race. It does not matter which relay team uses which number.)

Please check the heat sheets posted on the north wall at balcony level to determine which races your athletes will compete in. Please tell each of your runners which heat they are racing in, and then direct them to go to the Marshalling Area (north-west corner at track level, near the basketball nets) when the Announcer calls that race. Please ensure that the Marshal records your relay team's number on the Marshalling sheet.

Coaches, please advise all your runners of the following:

- Runners must not run on the line that marks the inside of their lane.
- Runners may not receive assistance, either pacing or coaching, from the infield during the race.
- Metal pin/needle type spikes are prohibited. Only pyramid or "Christmas tree" type spikes are allowed. No other spike elements are permitted. Use of football/soccer type cleats/footwear is not allowed.
- Spike length must not exceed five millimetres. Athletes must remove any spikes that do not conform to these rules.
- Starting blocks will not be used.

In addition, please advise your competitors in 200m races of the following:

- Competitors in 200m races wear their number on the back!
- Starting command for all Elementary and Junior High 200m races will be "ON YOUR MARK".
- Starting command for all Senior High 200m races will be "ON YOUR MARK", then "SET".
- Competitors must remain in their assigned lane for the entire race. Note that the lanes have alternating colours -- "stay in the colour you start in".

In addition, please advise your competitors in 800m races of the following:

- Competitors in 800m races wear their number on the front!
- Starting command for all 800m races will be "ON YOUR MARK".
- 800m (four laps) should be run in lane one when it is clear to do so.

In addition, please **ensure your competitors in relays understand the rules** – no instructions will be given at centre field. The rules include those provided by "Memo to Coaches: Relays", as well as the following:

- Coaches will be allowed to accompany their relay teams in the infield **only** for each team's **first** race today.
- The **last** runner on the relay team wears the number on the **front**!
- Starting command will be "ON YOUR MARK".
- First runner must remain in assigned lane. Note that the lanes have alternating colours -- "stay in the colour you start in".
- Second runner must receive the baton in his/her assigned lane and then should move to inside lane when it is clear.
- After handing off the baton, runners must not interfere with other runners coming from behind. Runners should step off the track as soon as it is safe to do so.
- If the baton is dropped, the runner who drops it must pick it up and complete the exchange.
- The passing zone is marked by red safety cones (ten metres before and ten metres after the finish line). All exchanges must be made in this area; passing outside the zone will result in disqualification.

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Result sheets from each race will be posted on the balcony level 5-10 minutes after the race has completed (barring protests) -- please do not interrupt the staff working in the results area. In the event of a disqualification, we always call the team's coach to the announcer's desk (balcony level, behind section GG), but such announcements are not always heard. Therefore, **please take the time to verify how you finished.** Ties for the final qualifying position(s) will be broken by: 1) position of finish; 2) photofinish/hand times to hundredths of seconds. If this is not possible, none will advance. Extra run-offs will not be held.

Overall results for the event (which determines which athletes/teams will advance to the next round today/tonight) will be posted on the balcony level a few minutes after the event's last heat. Results will be posted at <http://www.indoorgames.ca> (which includes a "live results" link) and will be sent to the Edmonton Journal for consideration for publication.

Coaches might be interested in providing any "interesting tidbits" of information for our announcer to use this evening. Although tonight's meet is not being televised, the announcer would still like to personalize his message if possible. Print out any facts or figures that might be of interest and submit them to the Registration Desk before tonight's races. Thank-you in advance.

Spectator ticket prices on March 16 will be \$5.00 for adults; \$2.00 for students (with I.D.) and seniors. (We will accept cash only.) Children under the age of 6 will be admitted free. Spectator admissions, which are valid for all of March 16, pay for the rental of the Butterdome. See <http://www.indoorgames.ca> for Saturday's schedule.

**GOOD LUCK TO ALL TEAMS!! EACH OF YOUR ATHLETES DESERVES  
ENCOURAGEMENT AND A CHEER!**

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### **Memo to Coaches: Relays**

**Kindly review rules with your teams prior to the race. No instructions will be given at centre field.**

1. **Start Line:** Only one command is given before the gun is fired - "ON YOUR MARKS".
2. First runner on each team must run the entire race in his or her assigned lane. The athlete must NOT step on the left line (at all) at any time.
3. **Exchange:** Coaches please stress the following:
  - a) 20m exchange zone. Please point out pylon which indicates the end of zone.
  - b) Second (2nd) runner on each team is assigned to same lane as first runner. Subsequent runners (3 to 8) are placed on the track according to the team's position in the race.
  - c) Runners 2 to 8: Once the exchange has been made, the outgoing runner should move in safety to the inside lane(s).
  - d) After the exchange, incoming runners should remain in their lanes until it is safe to leave the track.
4. **Passing Slower Runners:** No contact, interference, or cutting off is permitted. It is safer to pass a slower runner on the outside (right).
5. **Finish Line:** Ensure the last runner on each team knows where the finish line is.

**The Running Room 41st Annual Indoor Games - 2019-02-19 to 2019-03-16**

Universiade Pavilion, Edmonton, Alberta

Meet Program - Saturday

**Event 69 Girls 800 Metre Run Elementary**

Saturday 2019-03-16 - 18:00

**Pat Munro Memorial**

Meet: 2:25.61 2018-03-17 Libby Dunn, Corinthia Park

Lane	Comp#	Name	Team	Semis	Finals	Place
<b>Section 1 of 1 Finals</b>						
1	682	Anaka Weber	Fultonvale	2:43.65	_____	_____
2	635	Abiola Omoyayi	Champs Vallée	2:45.02	_____	_____
3	683	Luisa Arco	Greenfield	2:40.05	_____	_____
4	775	Mary Maclean	M William Irwin	2:45.37	_____	_____
5	850	Haden Thomas	Riverdale	2:32.70	_____	_____
6	653	Mariam Hamaoui	Clear Vista	2:46.31	_____	_____
7	800	Megan Dolynchuk	Our Lady of Mt C	2:48.29	_____	_____
8	763	Ezra Haller	Meridian Heights	2:46.21	_____	_____
9	618	Brooklyn Johnston	Beau Meadow	2:46.68	_____	_____
10	654	Ava Sonnenberg	Clear Vista	2:44.22	_____	_____

**Event 89 Boys 800 Metre Run Elementary**

Saturday 2019-03-16 - 18:07

**Sponsor: The Running Room**

Meet: 2:23.53 2016-03-12 Finn Crowe, St.ThomasAquinas

Lane	Comp#	Name	Team	Semis	Finals	Place
<b>Section 1 of 1 Finals</b>						
1	728	Easton Herman	Keenooshayo	2:41.21	_____	_____
2	922	Nicolas Kalinocka	Suzuki	2:41.84	_____	_____
3	640	Dawson Ferguson	Charlie Killam	2:43.11	_____	_____
4	715	Nolan Stewart	Johnny Bright	2:42.10	_____	_____
5	636	Jacob Reves	Champs Vallée	2:40.00	_____	_____
6	634	Tanner McBride	Camilla	2:39.38	_____	_____
7	773	Josh Dumanski	M William Irwin	2:45.53	_____	_____
8	776	Daniel Matei	M William Irwin	2:42.21	_____	_____
9	848	Joah Lee	Riverdale	2:45.89	_____	_____
10	833	Jack Buchko	Rio Terrace	2:42.38	_____	_____



**The Running Room 41st Annual Indoor Games - 2019-02-19 to 2019-03-16**

Universiade Pavilion, Edmonton, Alberta

Meet Program - Saturday

**Event 92 Women 800 Metre Run Junior High**

Saturday 2019-03-16 - 18:15

Sponsor: The Running Room

Meet: 2:14.10 2014-03-15 Sophie Sigfstead, Crestwood

Lane	Comp#	Name	Team	Semis	Finals	Place
<b>Section 1 of 1 Finals</b>						
1	743	Libby Dunn	Leduc Junior High	2:28.51	_____	_____
2	782	Lauren Dellezay	Mother d'Youville	2:43.92	_____	_____
3	863	Reaghan Rajotte	S. Bruce Smith	2:35.36	_____	_____
4	674	Ella Heinrich	F.R. Haythorne	2:43.06	_____	_____
5	708	Julianna Chipiuk	J.E. Lapointe	2:27.67	_____	_____
6	709	Izzie Seiler	J.E. Lapointe	2:33.93	_____	_____
7	954	Zoey Turcotte	Westminster	2:37.83	_____	_____
8	719	Kiera Inglis	Joseph Moreau	2:38.95	_____	_____
9	628	Meadow Drebert	Breton	2:27.42	_____	_____
10	876	Sydney Slack	St. Cecilia	2:28.37	_____	_____

**Event 5 Girls Long Jump Elementary**

Saturday 2019-03-16 - 18:15

There will be a one-metre take-off area.

The athlete's take-off point is eyeballed; the athlete's jump will be measured to that point.

Meet: 4.88m 2019-02-19 Ella Steel-Douglas, East Element

Pos	Comp#	Name	Team	Prelims	Finals	Place
<b>Flight 1 of 1 Finals</b>						
1	625	Julianna Rath	Brentwood	3.54m	_____	_____
2	744	Samantha Christianson	Lendrum	3.84m	_____	_____
3	702	Skye Stanton	Home JS	3.25m	_____	_____
4	663	Ella Steel-Douglas	East Elementary	4.88m	_____	_____
5	645	Hannah Martin	Charlie Killam	3.63m	_____	_____
6	729	Kira Desrochers	La Mission	3.38m	_____	_____
7	805	Kyra Fedoretz	Our Lady M.Pleas	3.26m	_____	_____
8	899	Isabella Chitiak	St. Teresa	3.26m	_____	_____



**The Running Room 41st Annual Indoor Games - 2019-02-19 to 2019-03-16**

Universiade Pavilion, Edmonton, Alberta

Meet Program - Saturday

**Event 94 Men 800 Metre Run Junior High**

Saturday 2019-03-16 - 18:22

Sponsor: The Running Room

Meet: 1:59.45 2019-03-16 Mats Swanson, West Haven

Lane	Comp#	Name	Team	Semis	Finals	Place
<b>Section 1 of 1 Finals</b>						
1	727	Tyler Steele	Kate Chegwin	2:23.47	_____	_____
2	617	Henrik Quintilio	Barrhead	2:24.96	_____	_____
3	757	Keenan Desmarais	McKernan	2:21.76	_____	_____
4	936	Patrick Fisher	Wainwright	2:20.96	_____	_____
5	953	Mick Besko	Westminster	2:25.08	_____	_____
6	940	Mats Swanson	West Haven	1:59.45	_____	_____
7	861	Seth Ballermann	S. Bruce Smith	2:23.15	_____	_____
8	884	Nathan Lefrancois	St. John XXIII	2:25.22	_____	_____
9	678	Carl Chu	Father Michael T	2:22.82	_____	_____
10	846	Parker Wood	Riverbend	2:28.26	_____	_____

**Event 102 Women 800 Metre Run Senior High**

Saturday 2019-03-16 - 18:30

Sponsor: The Running Room

Province: 2:06.8h 1974-02-09 Linda Halverson (1954), CS; Edmonton

Meet: 2:11.70 1997-03-15 Tanya Wright, Beaumont Composite

Lane	Comp#	Name	Team	Prelims	Finals	Place
<b>Section 1 of 1 Finals</b>						
1	932	Emily Duxbury	Vimy Ridge Academy	2:32.20	_____	_____
2	919	Julia Seretny	Strathcona	2:38.78	_____	_____
3	759	Chloe Palmer	McNally	2:31.57	_____	_____
4	778	Chelley Berlinguette	Morinville	2:41.57	_____	_____
5	608	Jillan Brown	Archbishop Jordan	2:25.88	_____	_____
6	698	Emma Langstrom	Harry Ainlay	2:26.82	_____	_____
7	854	Annabelle Traub	Ross Sheppard	2:38.10	_____	_____
8	755	Sophia Zombor	Louis St. Laurent	2:49.49	_____	_____
9	880	Avery Linn	St. Francis Xavier	2:32.52	_____	_____
10					_____	_____



**The Running Room 41st Annual Indoor Games - 2019-02-19 to 2019-03-16**

Universiade Pavilion, Edmonton, Alberta

Meet Program - Saturday

**Event 104 Men 800 Metre Run Senior High**

Saturday 2019-03-16 - 18:37

Sponsor: The Running Room

Province: 1:49.46 2012-02-18 Tyler Smith (1994), LEDUC; Edmonton

Meet: 1:53.58 2014-03-15 Isaac Penner, Strathcona

Lane	Comp#	Name	Team	Prelims	Finals	Place
<b>Section 1 of 1 Finals</b>						
1	664	Tofik Said	Eastglen	2:08.88	_____	_____
2	918	Cassian Murray-White	Strathcona	2:07.87	_____	_____
3	811	Levi Osterwalder	Our Lady M.Pleas	2:09.68	_____	_____
4	855	Skyler York	Ross Sheppard	2:04.89	_____	_____
5	828	Brady Galvin	Paul Kane	2:07.07	_____	_____
6	915	Joel Fenske	Strathcona	2:05.33	_____	_____
7	935	Alec Paine	Vimy Ridge Academy	2:10.63	_____	_____
8	737	Connor Bole	Leduc Composite	2:06.00	_____	_____
9	738	Rhys Dunn	Leduc Composite	2:06.66	_____	_____
10	873	Nebil Jemal	Spruce Avenue	2:09.91	_____	_____

**Event 59 Girls 200 Metre Dash Elementary**

Saturday 2019-03-16 - 18:45

Sponsor: The Running Room

Meet: 27.50 1985-03-05 Monica Highbough, Pollard Meadows

Lane	Comp#	Name	Team	Semis	Finals	Place
<b>Section 1 of 1 Finals</b>						
1	837	Carys Moore	Rio Terrace	31.14	_____	_____
2	602	Kiara Broderick	Aldergrove	31.22	_____	_____
3	787	Laura Rodrigues	Neil M. Ross	30.81	_____	_____
4	830	Ava Tingstad	Pine Street	30.86	_____	_____
5	769	Layla Matthew	M Fee Otterson	29.32	_____	_____
6	772	Jayne Bialik	M William Irwin	29.57	_____	_____

**Event 79 Boys 200 Metre Dash Elementary**

Saturday 2019-03-16 - 18:50

Sponsor: The Running Room

Meet: 26.50 1992-03-15 Chris Griffith, Grace Martin

Lane	Comp#	Name	Team	Semis	Finals	Place
<b>Section 1 of 1 Finals</b>						
1	694	Ryder Rattee	Greystone Cent.	28.48	_____	_____
2	951	Dylan Carnegie	Westlock	28.59	_____	_____
3	604	Kalechi Okpular	Aldergrove	27.96	_____	_____
4	913	Yvann Kouame	Ste. Jeanne-d'Arc	28.05	_____	_____
5	795	Ariel Kemami Wangun	Notre Dame Edm.	27.74	_____	_____
6	784	Pierre Chong	Neil M. Ross	27.24	_____	_____



**The Running Room 41st Annual Indoor Games - 2019-02-19 to 2019-03-16**

Universiade Pavilion, Edmonton, Alberta

Meet Program - Saturday

**Event 91 Women 200 Metre Dash Junior High**

Saturday 2019-03-16 - 18:55

Sponsor: The Running Room

Meet: 25.10 1987-03-15 Cheryl Allen, D.S. MacKenzie

Lane	Comp#	Name	Team	Semis	Finals	Place
<b>Section 1 of 1 Finals</b>						
1	933	Isabella McClelland	Vimy Ridge Academy	29.09	_____	_____
2	721	Ruth Moke Ngala	Joseph Moreau	28.42	_____	_____
3	673	Cheyenne Duncan	F.R. Haythorne	28.31	_____	_____
4	701	Ella Murphy	Highlands	28.25	_____	_____
5	700	Rhianna Gordon	Highlands	27.99	_____	_____
6	842	Kate Kolber	Riverbend	28.20	_____	_____

**Event 93 Men 200 Metre Dash Junior High**

Saturday 2019-03-16 - 19:00

Sponsor: The Running Room

Meet: 23.00 1985-03-15 Karl Jones, Killarney

Lane	Comp#	Name	Team	Semis	Finals	Place
<b>Section 1 of 1 Finals</b>						
1	882	Yann Kamga Kuate	St. John XXIII	25.97	_____	_____
2	726	Dylan Martin	Kate Chegwin	26.11	_____	_____
3	631	Ethan Tweten	Broxton Park	25.43	_____	_____
4	718	Mario Frechette	Joseph Moreau	25.86	_____	_____
5	670	Daniel Mercado	Elmer S. Gish	25.48	_____	_____
6	947	George Blacklock	Westlawn	25.43	_____	_____

**Event 101 Women 200 Metre Dash Senior High**

Saturday 2019-03-16 - 19:05

Sponsor: The Running Room

Province: 23.93 1998-02-21 Atia Weekes (1980), CITC; Pocatello, Idaho

Meet: 25.01 2010-03-20 Leah Walkeden, Ardrossan Jr/Sr High

Lane	Comp#	Name	Team	Prelims	Finals	Place
<b>Section 1 of 1 Finals</b>						
1	914	Akemi Ekpe	Strathcona	28.27	_____	_____
2	753	Nanine Pol	Lillian Osborne	28.38	_____	_____
3	827	Riley Andruchow	Paul Kane	27.56	_____	_____
4	609	Alexis Ludlow	Ardrossan JrSr H	27.96	_____	_____
5	916	Reem Hamdon	Strathcona	27.39	_____	_____
6	829	Anneke Odinga	Paul Kane	27.50	_____	_____



**The Running Room 41st Annual Indoor Games - 2019-02-19 to 2019-03-16**

**Universiade Pavilion, Edmonton, Alberta**

**Meet Program - Saturday**

**Event 103 Men 200 Metre Dash Senior High**

**Saturday 2019-03-16 - 19:10**

**Sponsor: The Running Room**

**Province: 21.42 1988-02-06 Brad McCuaig (1970), CAL; Winnipeg**

**Meet: 22.10 1987-03-15 Selwyn Taylor, Harry Ainlay**

Lane	Comp#	Name	Team	Semis	Finals	Place
<b>Section 1 of 1 Finals</b>						
1	879	Josh Bethel	St. Francis Xavier	23.98	_____	_____
2	740	Bennett Packard	Leduc Composite	24.40	_____	_____
3	853	Tyrone de Vega	Ross Sheppard	23.74	_____	_____
4	754	Jacob Bodnaruk	Louis St. Laurent	23.92	_____	_____
5	697	Jaxon Hume	Harry Ainlay	23.14	_____	_____
6	917	Evan Martens	Strathcona	23.86	_____	_____

**Event 813 Women 19-30 800 Metre Run Isaak Invite**

**Saturday 2019-03-16 - 19:15**

**Isaak's Invitational Eight**

**Special thanks to: Running Room and Ellis Timing Canada.**

**Province: 2:01.89 2014-02-15 Jenna Westaway (1994)**

**Meet: 2:10.61 2015-03-14 Jenna Westaway, Brooks Running Canada**

Lane	Comp#	Name	Team	Seed Time	Finals	Place
<b>Section 1 of 1 Timed Finals</b>						
1	856	Taylor Carlin	Running Room	2:20.00	_____	_____
2	929	Bella Gustin	U of A	2:17.25	_____	_____
3	860	Vanessa Trofimenkoff	Running Room	2:12.61	_____	_____
4	858	Lesley Koopman	Running Room	2:20.00	_____	_____
5					_____	_____
6					_____	_____
7					_____	_____
8					_____	_____
9					_____	_____
10					_____	_____





**The Running Room 41st Annual Indoor Games - 2019-02-19 to 2019-03-16**  
**Universiade Pavilion, Edmonton, Alberta**  
**Meet Program - Saturday**

**Event 814 Men 19-30 800 Metre Run Isaak Invite**  
**Saturday 2019-03-16 - 19:25**

**Isaak's Invitational Eight**

**Special thanks to: Running Room and Ellis Timing Canada.**

**Province: 1:49.46 2012-02-18 Tyler Smith (1994), LED; Edmonton, AB**

**Meet: 1:54.75 2018-03-17 Matthew Van Mulligen, U of A**

Lane	Comp#	Name	Team	Seed Time	Finals	Place
<b>Section 1 of 1 Timed Finals</b>						
1	963	Garrett Gerke	Running Room	2:02.00	_____	_____
2	928	Boyd Erickson	U of A	1:58.50	_____	_____
3	926	Alex Bouferguene	U of A	1:54.78	_____	_____
4	859	Michael Nishiyama	Running Room	1:56.00	_____	_____
5	927	Brendan Calef	U of A	1:52.00	_____	_____
6	857	Kyle Erickson	Running Room	2:00.00	_____	_____
7	970	David Falk	Running Room	NT	_____	_____
8					_____	_____
9					_____	_____
10					_____	_____

**Event 25 Boys Long Jump Elementary**  
**Saturday 2019-03-16 - 19:25**

**There will be a one-metre take-off area.**

**The athlete's take-off point is eyeballed; the athlete's jump will be measured to that point.**

**Meet: 4.79m 2018-03-17 Hayes Cook, St. Stanislaus**

Pos	Comp#	Name	Team	Prelims	Finals	Place
<b>Flight 1 of 1 Finals</b>						
1	838	Xavier Park	Rio Terrace	3.52m	_____	_____
2	762	Caleb Ford	MeadowlarkChrist	3.52m	_____	_____
3	781	Austin Dellezay	Mother d'Youville	4.27m	_____	_____
4	815	Rhen Andison	Parkallen	3.98m	_____	_____
5	661	Karsen Ostapowich	Donnan	4.70m	_____	_____
6	750	Oscar Olfert	Lendrum	3.66m	_____	_____
7	733	Roy Kim	Lansdowne	3.78m	_____	_____
8					_____	_____



**The Running Room 41st Annual Indoor Games - 2019-02-19 to 2019-03-16**

Universiade Pavilion, Edmonton, Alberta

Meet Program - Saturday

**Event 108 Mixed 4x200 Metre Relay Teacher**

Saturday 2019-03-16 - 19:35

Meet: 1:51.20 1989-03-15 Edith Rogers

Lane	Comp#	Team	Relay	Prelims	Finals	Place
<b>Section 1 of 1 Finals</b>						
1		Meridian Heights	B	2:15.03	_____	_____
2		Meadowlark Christian		2:05.64	_____	_____
3		Neerlandia Public Christian		2:17.20	_____	_____
4		Ross Sheppard		1:55.48	_____	_____
5		Meridian Heights		2:01.31	_____	_____
6					_____	_____

**Event 19 Mixed 8x200 Metre Relay Elementary**

Saturday 2019-03-16 - 20:10

Sponsor: The Running Room

Meet: 4:12.48 2014-03-15 Windsor Park

Lane	Comp#	Team	Relay	Semis	Finals	Place
<b>Section 1 of 1 Finals</b>						
1		Centennial Wetaskiwin		4:31.78	_____	_____
2		Neerlandia Public Christian		4:34.45	_____	_____
3		Windsor Park		4:32.73	_____	_____
4		Belgravia		4:33.55	_____	_____
5		Parkallen		4:31.40	_____	_____
6		Lendrum		4:29.69	_____	_____

**Event 9 Girls 8x200 Metre Relay Elementary**

Saturday 2019-03-16 - 20:20

Sponsor: The Running Room

Heat 1 in Final Round: Consolation Final (7:50 p.m.)

Heat 2 in Final Round: Medal Final (8:20 p.m.)

Meet: 4:12.00 2005-03-12 Centennial

Lane	Comp#	Team	Relay	Semis	Finals	Place
<b>Section 1 of 2 Finals</b>						
1		Earl Buxton		4:31.43	_____	_____
2		Davidson Creek		4:31.98	_____	_____
3		Muriel Martin	B	4:29.98	_____	_____
4		Ardrossan Elementary	B	4:28.81	_____	_____
5		Muriel Martin		4:29.13	_____	_____
6		Barrhead		4:27.37	_____	_____



**The Running Room 41st Annual Indoor Games - 2019-02-19 to 2019-03-16**  
**Universiade Pavilion, Edmonton, Alberta**  
**Meet Program - Saturday**

**Section 2 of 2 Finals...(Event 9 Girls 8x200 Metre Relay Elementary)**

1	Lakeland Ridge	4:26.08	_____	_____
2	Michael A. Kostek	4:21.98	_____	_____
3	Centennial Edmonton	4:26.01	_____	_____
4	J.J. Nearing	4:20.96	_____	_____
5	Sir Alexander Mackenzie	4:20.68	_____	_____
6	Elizabeth Finch	4:18.35	_____	_____

**Event 29 Boys 8x200 Metre Relay Elementary**  
**Saturday 2019-03-16 - 20:30**

**Sponsor: The Running Room**

**Heat 1 in Final Round: Consolation Final (8:00 p.m.)**

**Heat 2 in Final Round: Medal Final (8:30 p.m.)**

**Meet: 4:01.50 1988-03-15 Glen Allen**

Lane	Comp#	Team	Relay	Semis	Finals	Place
<b>Section 1 of 2 Finals</b>						
1		Lois E. Hole		4:20.43	_____	_____
2		George P. Nicholson		4:19.70	_____	_____
3		St. John XXIII		4:14.72	_____	_____
4		J.J. Nearing		4:18.04	_____	_____
5		Johnny Bright		4:18.32	_____	_____
6		Ardrossan Elementary	B	4:13.36	_____	_____
<b>Section 2 of 2 Finals</b>						
1		Greystone Centennial		4:13.08	_____	_____
2		Sir Alexander Mackenzie		4:12.67	_____	_____
3		Muriel Martin		4:11.22	_____	_____
4		Earl Buxton		4:11.22	_____	_____
5		Notre Dame Edmonton		4:10.47	_____	_____
6		Elizabeth Finch		4:10.58	_____	_____

**Event 41 Women 8x200 Metre Relay Senior High**  
**Saturday 2019-03-16 - 20:40**

**Sponsor: The Running Room**

**Meet: 3:37.85 2006-03-18 Strathcona Composite**

Lane	Comp#	Team	Relay	Seed Time	Finals	Place
<b>Section 1 of 1 Timed Finals</b>						
1		Mother Margaret Mary		NT	_____	_____
2		Strathcona		NT	_____	_____
3		Harry Ainlay		NT	_____	_____
4		Ross Sheppard		NT	_____	_____
5		Paul Kane		NT	_____	_____
6		Ross Sheppard	B	NT	_____	_____
7					_____	_____



**The Running Room 41st Annual Indoor Games - 2019-02-19 to 2019-03-16**

Universiade Pavilion, Edmonton, Alberta

Meet Program - Saturday

**Event 42 Men 8x200 Metre Relay Senior High**

Saturday 2019-03-16 - 20:50

Sponsor: The Running Room

Meet: 3:10.20 1987-03-15 Harry Ainlay

Lane	Comp#	Team	Relay	Seed Time	Finals	Place
<b>Section 1 of 1 Timed Finals</b>						
1		Paul Kane		NT	_____	_____
2		Ross Sheppard		NT	_____	_____
3		Harry Ainlay		NT	_____	_____
4		Mother Margaret Mary		NT	_____	_____
5		Harry Ainlay	B	NT	_____	_____
6		Ross Sheppard	B	NT	_____	_____
7		Strathcona		NT	_____	_____

**Event 32 Mixed 8x200 Metre Relay Junior High**

Saturday 2019-03-16 - 21:00

Sponsor: The Running Room

Meet: 3:40.40 2012-03-17 Meridian Heights

Lane	Comp#	Team	Relay	Semis	Finals	Place
<b>Section 1 of 1 Finals</b>						
1		Greystone Centennial		3:53.70	_____	_____
2		Duffield		3:54.67	_____	_____
3		Westlawn		3:53.13	_____	_____
4		Meridian Heights	B	3:49.10	_____	_____
5		St. John XXIII		3:46.52	_____	_____
6		Woodhaven		3:46.74	_____	_____

**Event 31 Women 8x200 Metre Relay Junior High**

Saturday 2019-03-16 - 21:10

Sponsor: The Running Room

Meet: 3:44.60 2013-03-16 Lorne Akins

Lane	Comp#	Team	Relay	Semis	Finals	Place
<b>Section 1 of 1 Finals</b>						
1		Joseph Moreau		4:05.50	_____	_____
2		Father Michael Troy		4:05.60	_____	_____
3		R.S. Fowler		4:00.28	_____	_____
4		Lorne Akins		4:03.11	_____	_____
5		S. Bruce Smith		4:01.49	_____	_____
6		Riverbend		3:55.91	_____	_____



**The Running Room 41st Annual Indoor Games - 2019-02-19 to 2019-03-16**

**Universiade Pavilion, Edmonton, Alberta**

**Meet Program - Saturday**

**Event 33 Men 8x200 Metre Relay Junior High**

**Saturday 2019-03-16 - 21:20**

**Sponsor: The Running Room**

**Meet: 3:24.23 2014-03-15 Riverbend**

Lane	Comp#	Team	Relay	Semis	Finals	Place
<b>Section 1 of 1 Finals</b>						
1		Vernon Barford		3:40.79	_____	_____
2		Kate Chegwin		3:40.93	_____	_____
3		Riverbend		3:39.28	_____	_____
4		Mary Butterworth		3:33.79	_____	_____
5		Lorne Akins		3:32.34	_____	_____
6		Avalon		3:35.70	_____	_____

