



Below are results from the preliminary rounds for the 43rd Annual Running Room Indoor Games.

"Q" indicates heat winner advancing to the next round on Saturday, March 11, and
"q" indicates advancement to the next round based on time.

Results and final advancement of Teachers' Relay will occur (and be posted) the evening of March 8.

Heat sheets for March 11 can be viewed via the "Live Results" page -- please see www.indoorgames.ca .

The Running Room 43rd Annual Indoor Games - 2023-02-22 to 2023-03-11**Universiade Pavilion, Edmonton, Alberta****Results - Junior High Relay and Secondary Individual Preliminaries****Women 200 Meter Dash Junior High****14 Advance: Top 1 Each Heat plus Next 9 Best Times**

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

Name	Year Team	Seed	Prelims	H#
Preliminaries				
1 Monica Galouon-Eta	Joseph Moreau		25.79Q	1
2 Lauren Shepherd	Avalon		27.42Q	2
3 Isabel Sheeler	Woodhaven		29.05Q	4
4 Juanita Valencia Duque	Joseph Moreau		30.09Q	3
5 Steph Olsen	Amiskwaciy Academy		30.52Q	5
6 Miley Olsen	Amiskwaciy Academy		34.10Q	6
7 Salomé Arias Garzon	Joseph Moreau		29.77q	4
8 Aubrey Wachter	J.E. Lapointe		30.57q	5
9 Ryann Markham	J.E. Lapointe		30.68q	4
10 Alex Thain	Camrose		30.74q	2
11 Kieran Douglas	Riverbend		30.92q	4
12 Kamryn Hiemstra	Barrhead Composite		32.28q	5
13 Ella Mellett	David Thomas King		32.55q	4
14 Kylee Bohnet	Barrhead Composite		32.80q	1
15 Labeebah Ahmed S.	Elmer S. Gish		33.76	2
16 Mara Loitz	Barrhead Composite		33.79	2
17 Emily Bapoo	Joey Moss		34.05	3
18 Alyssa Olsen	Amiskwaciy Academy		34.39	1
19 Ubell Ylaina	Michael Phair		35.52	1
20 Peek Maren	Michael Phair		36.16	6
21 Taher Safiya	Tempo		36.17	5
22 Ruth Sime	Elmer S. Gish		36.58	3
23 Ashley Von Both	Joey Moss		36.79	6
24 Kianna Samon	M Fee Otterson		37.13	1
25 Olivia Beier	J.E. Lapointe		37.67	6
26 Kennedy Payten	Michael Phair		37.86	3
27 Faridah Abdelfattah	Joey Moss		38.78	2
28 Sabri Mohamud	Spruce Avenue		44.22	3
29 Zamzam Muhumed	Spruce Avenue		44.62	5
-- Amelia Chang	Tempo		DNS	6

Women 800 Meter Run Junior High**10 Advance: Top 1 Each Heat plus Next 7 Best Times**

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

Name	Year Team	Seed	Prelims	H#
1 Abiola Omoyayi	Champs Vallée		2:29.34Q	2
2 Sara Michaud	Joseph Moreau		2:37.23Q	1
3 Olivia Switzer	NorthStar Academy		2:56.40Q	3



The Running Room 43rd Annual Indoor Games - 2023-02-22 to 2023-03-11**Universiade Pavilion, Edmonton, Alberta****Results - Junior High Relay and Secondary Individual Preliminaries****....Women 800 Meter Run Junior High**

4	Kate Pettigrew	J.E. Lapointe	2:48.00q	1
5	Sakura Chong	Jan Reimer	2:50.44q	1
6	Isla Mitchell	William D. Cutts	2:54.73q	1
7	Kiera Adams	J.E. Lapointe	2:55.15q	2
8	Chimeree Mgbaja	St. John XXIII	2:59.29q	2
9	Aimee MacMahon	St. John XXIII	3:01.22q	3
10	Elodie Irvine	Joseph Moreau	3:04.84q	3
11	Claire Setch	Elmer S. Gish	3:05.25	1
12	Kenyon Quilichini	Camilla	3:05.27	2
13	Duretti Kabira	Spruce Avenue	3:05.74	1
14	Taryn Bock	Woodhaven	3:08.23	3
15	Kristy Murangwa	Alexandre Tache	3:10.20	3
16	Livia Macdonell	Joseph Moreau	3:15.47	2
17	Story Plummer	Elmer S. Gish	3:16.29	2
18	Emily Girard	J.E. Lapointe	3:17.51	3
19	Li Alysha	Michael Phair	3:36.03	2
--	Isabella Dhaliwal	Joey Moss	DNF	3
--	Laurene Igiraneza	Alexandre Tache	DNF	1
--	Ahronson Kenzie	Michael Phair	DNF	2
--	Holly Tonnos	Parkview	DNS	2
--	Audrina Poulin	St. John XXIII	DNS	1
--	Ruftael Zeray	Spruce Avenue	DNS	3

Women 8x200 Meter Relay Junior High**12 Advance: Top 1 Each Heat plus Next 8 Best Times**

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

Team	Seed	Prelims	H#
1 Joseph Moreau		4:01.97Q	3
2 Lorne Akins		4:02.61Q	1
3 J.E. Lapointe		4:10.94Q	4
4 Lorne Akins 'B'		4:11.77Q	2
5 Avalon		4:06.89q	3
6 St. John XXIII		4:13.14q	4
7 Lilian Schick		4:14.97q	1
8 Camrose		4:15.18q	3
9 R.S. Fowler		4:16.27q	4
10 Neerlandia Public Christian		4:24.90q	4
11 Mary Butterworth		4:26.72q	1
12 Father Michael Troy		4:28.59q	3
13 J.E. Lapointe 'B'		4:35.16	3
14 kisêwâtisiwin 'B'		4:40.95	4
15 Michael Phair		4:47.88	2
16 kisêwâtisiwin		4:48.70	3



The Running Room 43rd Annual Indoor Games - 2023-02-22 to 2023-03-11**Universiade Pavilion, Edmonton, Alberta****Results - Junior High Relay and Secondary Individual Preliminaries****....Women 8x200 Meter Relay Junior High**

17 Amiskwaciy Academy	4:50.70	2	
-- Alex Janvier	DQ	2	bad exchange
-- Spruce Avenue	DNS	1	
-- St. Nicholas	DNS	2	
-- St. Thomas Aquinas (Spruce Gr)	X4:25.53	4	too few runners
-- St. Thomas Aquinas (Spruce Gr) 'B'	X4:46.05	1	too few runners

Women 200 Meter Dash Senior High**6 Advance: Top 1 Each Heat plus Next 3 Best Times**

Province: ! 23.93 1998-02-21 Atia Weekes (1980), CITC; Pocatello, Idah
 Meet: # 25.01 2010-03-20 Leah Walkeden, Ardrossan Jr/Sr High

Name	Year Team	Seed	Prelims	H#
1 Gabby Paterson	Paul Kane	25.74Q	3	
2 Riona Morrison	Harry Ainlay	26.10Q	1	
3 Efia Wiredu	Lillian Osborne	28.23Q	2	
4 Dianna Proctor	Strathcona	25.98q	3	
5 Christina Ngandu Ye	Ross Sheppard	26.46q	1	
6 Jamie Timmer	Jasper Place	27.00q	3	
7 Lauren Dellezay	Beaumont Composite	28.47	2	
8 Harley Shymanski	Camrose	28.57	3	
9 Marlyse Ngakoutou	Alexandre Tache	28.63	2	
10 Alicia Simms	Strathcona	29.33	2	
11 Arianna Jordan	Alexandre Tache	30.55	1	
12 Reanna Jordan	Alexandre Tache	33.26	1	
13 Ava Wood	Amiskwaciy Academy	34.16	3	
14 Summer Olsen	Amiskwaciy Academy	35.94	2	

Men 200 Meter Dash Junior High**14 Advance: Top 1 Each Heat plus Next 9 Best Times**

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

Name	Year Team	Seed	Prelims	H#
1 TJ Boussombo	Joseph Moreau	25.20Q	3	
2 Maddon Pagee	Avalon	25.64Q	4	
3 Spencer Scott	Alex Janvier	26.14Q	5	
4 Tyrese Knight	J.E. Lapointe	26.65Q	2	
5 Benny Allangba	Joseph Moreau	26.73Q	1	
6 Vincent Anquist	Alex Janvier	26.69q	3	
7 Samuel Yongonge	Joseph Moreau	26.87q	5	
8 James Gladue	St. Thomas More	27.47q	3	
9 Jonas Gitzel	Barrhead Composite	28.14q	4	
10 Osman Alzouhbi	Alex Janvier	28.54q	2	



The Running Room 43rd Annual Indoor Games - 2023-02-22 to 2023-03-11**Universiade Pavilion, Edmonton, Alberta****Results - Junior High Relay and Secondary Individual Preliminaries****....Men 200 Meter Dash Junior High**

11	Labeeb Ahmed S.	Elmer S. Gish	29.21q	3	
12	Judah Loates	Woodhaven	29.51q	4	
13	Nathan Salud	Michael Phair	29.64q	1	
14	Ilya Jurny	Michael Phair	30.78q	2	
15	Mcperson Aiani	David Thomas King	31.63	4	
16	Sebastian Gannon	Tempo	31.83	5	
17	Patrick Foster	William D. Cutts	32.29	2	
18	Ahlyan Juma Khan	Jan Reimer	32.96	1	
19	Gardiner Mason	David Thomas King	33.02	1	
20	Joseph Samy	David Thomas King	34.72	5	
21	Troy Millares	Spruce Avenue	37.24	2	
22	Bryden Croydon	Spruce Avenue	38.70	4	
23	Nolan Benoit	J.E. Lapointe	50.68	1	
--	Jayden Visscher	J.E. Lapointe	DQ	5	out of lane
--	Timilehin Oloyede	Joey Moss	DNS	5	
--	Jude Rempel	Avalon	DNS	3	
--	Jamal Abu Omar	Joey Moss	DNS	4	
--	Ashton Luciek	Barrhead Composite	DNS	3	

Men 800 Meter Run Junior High**10 Advance: Top 1 Each Heat plus Next 7 Best Times**

=====

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

Name	Year Team	Seed	Prelims	H#	
1	Easton Herman	William D. Cutts	2:22.22Q	3	
2	Daniel-Cristian Rosca	Jan Reimer	2:26.09Q	2	
3	Micah Brown	Johnny Bright	2:26.55Q	1	
4	Ty Secker	Garth Worthington	2:22.96q	3	
5	Xander Edge	J.E. Lapointe	2:26.34q	2	
6	Nathaniel Labelle	Joseph Moreau	2:27.43q	2	
7	Alexander Leon-Villeda	Alexandre Tache	2:28.37q	1	
8	Ryland Wong	Joseph Moreau	2:28.89q	3	
9	Stefan Vajsabel	Joseph Moreau	2:31.92q	1	
10	Blake Drebert	Breton	2:38.21q	3	2:38.205
11	Barry Ogbolu	St. John XXIII	2:38.21	1	2:38.209
12	Devin Ahlefeldt	J.E. Lapointe	2:38.86	3	
13	Daniel Mukasa	St. John XXIII	2:38.91	2	
14	Locke Montgomery	Barrhead Composite	2:43.16	2	
15	Dalton Mukasa	St. John XXIII	2:46.15	3	
16	Kenzo Harrold	Elmer S. Gish	2:46.20	3	
17	Hudson Thomsen	Swan Hills	2:48.13	3	
18	Griffin Hole	Avalon	2:50.66	1	
19	Carter Hearn	Leduc Junior High	2:54.65	1	
20	Caden Caffrey	J.E. Lapointe	2:59.02	1	



The Running Room 43rd Annual Indoor Games - 2023-02-22 to 2023-03-11**Universiade Pavilion, Edmonton, Alberta****Results - Junior High Relay and Secondary Individual Preliminaries****....Men 800 Meter Run Junior High**

21	Brady Wright	Woodhaven	3:00.02	1
22	Adam French	Joey Moss	3:00.13	1
23	Steevs Kaleb	Michael Phair	3:03.53	2
24	Lochlan Kile	Barrhead Composite	3:10.35	3
--	Denys Kononchenko	Joey Moss	DNF	2
--	Cole Bose-Silecock	Spruce Avenue	DNS	2
--	Owen MacDonald	Swan Hills	DNS	2

Men 8x200 Meter Relay Junior High**12 Advance: Top 1 Each Heat plus Next 8 Best Times**

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

Team	Seed	Prelims	H#
1 Avalon		3:36.66Q	2
2 St. John XXIII		3:41.30Q	3
3 Lorne Akins		3:42.46Q	1
4 Joseph Moreau		3:44.00q	2
5 Mary Butterworth		3:49.11q	1
6 Father Michael Troy		3:51.63q	1
7 kisêwâtisiwin		3:52.38q	2
8 Lorne Akins 'B'		3:58.80q	2
9 J.E. Lapointe		4:05.43q	1
10 R.S. Fowler		4:08.16q	3
11 Jan Reimer		4:09.17q	2
12 kisêwâtisiwin 'B'		4:10.73q	1
13 St. Nicholas		4:11.11	1
14 St. Thomas Aquinas (Spruce Gr) 'B'		4:20.46	3
15 J.E. Lapointe 'B'		4:49.22	3
-- St. Thomas Aquinas (Spruce Gr)		DQ	2 out of lane
-- Michael Phair		X4:13.73	3 too few runners

Men 200 Meter Dash Senior High**6 Advance: Top 1 Each Heat plus Next 3 Best Times**

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

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

Name	Year Team	Seed	Prelims	H#
1 Emmanuel Aka	Harry Ainlay		23.50Q	2
2 Kanyon Campbell	Harry Ainlay		23.58Q	1
3 Elisha Ampadu	Lillian Osborne		24.36Q	3
4 Taran Naidu-Barrett	Ross Sheppard		23.99q	2
5 Ablie Saidiba	Eastglen		24.02q	2
6 Eshaan Virani	Lillian Osborne		24.19q	2



The Running Room 43rd Annual Indoor Games - 2023-02-22 to 2023-03-11**Universiade Pavilion, Edmonton, Alberta****Results - Junior High Relay and Secondary Individual Preliminaries****....Men 200 Meter Dash Senior High**

7	Nicolas Claramunt	Strathcona	24.43	1
8	Jered Pepin	Eastglen	24.61	3
9	Josiah Ampadu	Lillian Osborne	25.01	1
10	Clark Mepa	Camrose	25.03	2
11	Ridley Verbeek	Ross Sheppard	25.16	1
12	Marlon Miller	Ross Sheppard	25.33	3
13	Malcolm Breckenridge	Harry Ainlay	25.44	3
14	Dominic Mulder	Alexandre Tache	29.37	1
--	Ali Ahil	Dr. Anne Anderson	DNS	3

Mixed 8x200 Meter Relay Junior High**6 Advance: Top 1 Each Heat plus Next 3 Best Times**

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

Team	Seed	Prelims	H#
1 Woodhaven		3:48.64Q	2
2 St. Thomas Aquinas (Spruce Gr)		3:59.23Q	3
3 Connections for Learning		4:35.44Q	1
4 Alexandre Tache		3:57.20q	2
5 Alex Janvier		4:06.03q	2
6 Elmer S. Gish		4:11.69q	2
7 Neerlandia Public Christian		4:16.47	3
8 Woodhaven 'B'		4:17.91	3
9 Meridian Heights 'B'		4:22.02	2
10 St. Nicholas		4:38.83	1
11 Jan Reimer		4:50.58	1
12 Joey Moss		4:50.70	1
-- Argyll Centre		DQ	1 bad exchange
-- Meridian Heights		DQ	3 out of zone
-- Elmer S. Gish 'B'		DNS	3
-- Spruce Avenue		X5:03.89	1 too few runners

