

BC Athletics Championships Jamboree
(Midget, Youth, Junior, Senior) - 19/07/2013 to 21/07/2013
Hillside Stadium, Kamloops, BC

Results**Women 14 Year Olds 100 Meter Dash**

Name	Team	Finals
Finals		
1 Lam, Georgia	Kajaks Track	13.00 1.2
2 Morrison, Hannah	Langley Must	13.29 1.2
3 Blyt, Kyra	Oceanside Tr	13.45 1.2
4 Ylo, Catherine	Kajaks Track	13.68 1.2
5 Ladipo, Tobi	Coastal Trac	13.78 1.2
6 Matheson, Lauren	Prince Georg	14.73 1.2
7 Vaughan, Zerai	Nanaimo & Di,Nana	15.11 1.2

Women 15 Year Olds 100 Meter Dash

Name	Team	Prelims
Preliminaries		
1 Corrales-Nelson, Zion	Burnaby Stri	12.20Q0.9
2 Marshall, Avery	Kamloops Tra	13.01Q1.4
3 Heyd, Casey	Cowichan Val,kamlo	12.95Q0.9
4 Floris, Emma	Prince Georg,Prince	13.20Q1.4
5 Lindsay, Nicole	Cowichan Val,kamlo	13.21Q1.4
6 Mcfall, Natalie	Uvic Track C	13.26Q0.9
7 Hoy, Megan	Strathcona L	13.31q 1.4
8 Chow, Cheryl	South Fraser,Surrey,	13.73q 0.9
9 Dufty, Haven	Penticton At,Pentict	13.80 0.9
10 Poulson, Emma	Nanaimo & Di	13.96 1.4
11 Gourley, Angela	Valley Royal	14.06 1.4
12 Procee, Katie	Chilliwack T	14.21 0.9
13 Mcwilliam, Rhianne	Okanagan Ath	14.33 1.4
14 Mcwilliam, Leah	Okanagan Ath	14.38 0.9
15 Drope, Lindy	Unattached B	14.49 0.9

Women 15 Year Olds 100 Meter Dash

Name	Team	Finals
Finals		
1 Corrales-Nelson, Zion	Burnaby Stri	12.12 2.0
2 Heyd, Casey	Cowichan Val,kamlo	12.82 2.0
3 Floris, Emma	Prince Georg,Prince	12.98 2.0
4 Marshall, Avery	Kamloops Tra	13.03 2.0
5 Mcfall, Natalie	Uvic Track C	13.17 2.0
6 Lindsay, Nicole	Cowichan Val,kamlo	13.26 2.0
6 Hoy, Megan	Strathcona L	13.26 2.0
8 Chow, Cheryl	South Fraser,Surrey,	13.68 2.0

Women 16-17 100 Meter Dash

Name	Team	Prelims
Preliminaries		
1 Tjernagel, Raquel	Coquitlam Ch	12.49Q1.8
2 Smiley, Taryn	Comox Valley	12.59Q0.4
3 Gibson, Hailey	Valley Royal	12.77Q1.8
4 Nijjar, Gagandeep	Universal At	13.01Q0.4
5 Reimer, Lexy	Coastal Trac	12.78Q1.8
6 Crivello, Katherine	Valley Royal	13.17Q0.4
7 Shuurman Hess, Merel	Kajaks Track	13.27q 1.8
8 Piers, Amber	Valley Royal	13.47q 0.4
9 Hamilton, Mikayla	Coastal Trac	13.55 0.4

10 Jackson, Ashlynn	Bulkley Vall	13.57 1.8
11 McClure, Daisy	Langley Must	13.63 1.8
12 Geary, Caitlin	Valley Royal	13.80 0.4
13 Bradely, Elizabeth	Penticton At	13.84 0.4
14 Turner, Marie-Josée	Okanagan Ath	14.39 1.8
15 Palmer, Katrina	Valley Royal	14.50 1.8
16 Campbell, Victoria	South Fraser,Surrey,	15.18 0.4

Women 16-17 100 Meter Dash

Name	Team	Finals
Finals		
1 Smiley, Taryn	Comox Valley	12.23 1.2
2 Tjernagel, Raquel	Coquitlam Ch	12.38 1.2
3 Reimer, Lexy	Coastal Trac	12.67 1.2
4 Gibson, Hailey	Valley Royal	12.76 1.2
5 Nijjar, Gagandeep	Universal At	12.83 1.2
6 Crivello, Katherine	Valley Royal	13.07 1.2
7 Shuurman Hess, Merel	Kajaks Track	13.21 1.2
8 Piers, Amber	Valley Royal	13.43 1.2

Women 18-19 100 Meter Dash

Name	Team	Prelims
Preliminaries		
1 Ashcroft, Jamie	Uvic Track C	12.21Q1.4
2 Ayesu-Attah, Esinam	Coquitlam Ch	12.42Q1.3
3 Payne, Shania	Coquitlam Ch	12.39Q1.4
4 Ellenwood, Georgia	Langley Must,Langl	12.43Q1.3
5 Win, Sajeda	Vancouver Th	12.53Q1.3
6 Joyce, Elisa	Unattached B	12.64Q1.4
7 Momoh, Sudie	Pacific Athl	12.78q 1.3
8 Russell, Emily	Vancouver Th	13.03q 1.4
9 Taddei, Larissa	Unattached B	13.15 1.3
10 Varona, Ashleigh	Coastal Trac	13.80 1.4
--- Sutherland, Carolyn	Langley Must,Langl	SCR 1.4

Women 18-19 100 Meter Dash

Name	Team	Finals
Finals		
1 Ashcroft, Jamie	Uvic Track C	12.09 2.0
2 Ellenwood, Georgia	Langley Must,Langl	12.19 2.0
3 Ayesu-Attah, Esinam	Coquitlam Ch	12.21 2.0
4 Joyce, Elisa	Unattached B	12.34 2.0
5 Payne, Shania	Coquitlam Ch	12.39 2.0
6 Win, Sajeda	Vancouver Th	12.56 2.0
7 Momoh, Sudie	Pacific Athl	12.77 2.0
8 Russell, Emily	Vancouver Th	12.88 2.0

Women 20+ 100 Meter Dash

Name	Team	Finals
Finals		
1 Rowe, Whitney	Unattached B	11.73 2.9
2 Whitehead, Liza	Coquitlam Ch	12.11 2.9
3 Cobb, Aleisha	Pacific Athl	12.19 2.9
4 Adande, Karin	Norwesters T	12.29 2.9

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Results**Women 14 Year Olds 200 Meter Dash**

Name	Team	Prelims
Preliminaries		
1 Lam, Georgia	Kajaks Track	26.71Q3.1
2 Morrison, Hannah	Langley Must	27.22Q3.3
3 Jansen, Shelby	Prince Georg	26.78Q3.1
4 Matheson, Lauren	Prince Georg	27.58Q3.3
5 Blyt, Kyra	Oceanside Tr	27.61Q3.1
6 Ylo, Catherine	Kajaks Track	28.63Q3.3
7 Ladipo, Tobi	Coastal Trac	28.07q 3.1
8 Dosanjh, Gulneer	Universal At	28.83q 3.3
9 Dufty, Hunter	Penticton At,Pentict	29.66 3.1
10 Vaughan, Zerai	Nanaimo & Di,Nana	31.45 3.3
--- Gage, Kristin	River City E,Campb	SCR 3.1
--- Rastad, Emma	Norwesters T,West V	SCR 3.3

Women 14 Year Olds 200 Meter Dash

Name	Team	Finals
Finals		
1 Lam, Georgia	Kajaks Track	26.44 2.5
2 Jansen, Shelby	Prince Georg	26.72 2.5
3 Matheson, Lauren	Prince Georg	26.98 2.5
4 Morrison, Hannah	Langley Must	27.10 2.5
5 Ladipo, Tobi	Coastal Trac	27.51 2.5
6 Blyt, Kyra	Oceanside Tr	27.60 2.5
7 Dosanjh, Gulneer	Universal At	27.68 2.5
8 Ylo, Catherine	Kajaks Track	28.38 2.5

Women 15 Year Olds 200 Meter Dash

Name	Team	Prelims
Preliminaries		
1 Corrales-Nelson, Zion	Burnaby Stri	24.55Q2.1
2 Terry, Rebecca	South Fraser,Surrey,	26.43Q2.5
3 Dufty, Haven	Penticton At,Pentict	27.89Q4.1
4 Abbott, Calli-Ann	Comox Valley	26.29Q2.1
5 Mcfall, Natalie	Uvic Track C	26.62Q2.5
6 Procee, Katie	Chilliwack T	28.54Q4.1
7 D'Agnolo, Lauren	Pacific Athl	26.71q 2.5
8 Heyd, Casey	Cowichan Val,kamlo	27.05q 2.1
9 Floris, Emma	Prince Georg,Prince	27.83 2.1
10 Chow, Cheryl	South Fraser,Surrey,	28.08 2.1
11 Pinto, Sonja	Strathcona L	28.43 2.5
12 Mcwilliam, Leah	Okanagan Ath	28.68 2.1
13 Irwin, Lara	Pacific Athl	28.92 2.1
14 Mcwilliam, Rhianne	Okanagan Ath	29.01 2.5
15 Hetherington, Chloe	Langley Must	29.36 4.1
16 Poulson, Emma	Nanaimo & Di	30.29 2.5
--- Lindsay, Nicole	Cowichan Val,kamlo	SCR 4.1

Women 15 Year Olds 200 Meter Dash

Name	Team	Finals
Finals		
1 Corrales-Nelson, Zion	Burnaby Stri	24.01 2.4
2 Terry, Rebecca	South Fraser,Surrey,	26.09 2.4

3 Abbott, Calli-Ann	Comox Valley	26.12 2.4
4 Mcfall, Natalie	Uvic Track C	26.44 2.4
5 Heyd, Casey	Cowichan Val,kamlo	26.67 2.4
6 D'Agnolo, Lauren	Pacific Athl	26.98 2.4
7 Floris, Emma	Prince Georg,Prince	27.50 2.4
8 Dufty, Haven	Penticton At,Pentict	28.33 2.4

Women 16-17 200 Meter Dash

Name	Team	Prelims
Preliminaries		
1 Smiley, Taryn	Comox Valley	26.03Q3.1
2 Gibson, Hailey	Valley Royal	26.23Q3.1
3 Nijjar, Gagandeep	Universal At	26.45Q1.6
4 Lisek, Monique	Unattached B	26.27Q3.1
5 Buckingham, Robyn	Langley Must	27.12Q3.1
6 May, Kyla	Comox Valley	27.17Q1.6
7 Yee, Michelle	Vancouver Th	26.81q 3.1
8 Shuurman Hess, Merel	Kajaks Track	27.27q 1.6
9 Crivello, Katherine	Valley Royal	27.69 3.1
10 Kowallik, Saskia	Okanagan Ath	27.76 3.1
11 Geary, Caitlin	Valley Royal	27.77 1.6
12 Giesbrecht, Alana	Kamloops Tra	27.79 3.1
13 Gill, Simerpreet	Universal At	28.18 3.1
14 Chan, Sylvia	Strathcona L	28.30 3.1
15 McClure, Daisy	Langley Must	28.37 1.6
16 Gregory, Miranda	Langley Must,Langl	28.41 3.1
17 Fraser, Lauren	Vancouver Th	29.30 3.1
18 Campbell, Victoria	South Fraser,Surrey,	31.56 1.6
--- Jackson, Ashlynn	Bulkley Vall	DNF 3.1
--- Voloshin, Diana	Norwesters T	SCR 1.6
--- Van Hombeck, Chantel	Vancouver Th	SCR 3.1

Women 16-17 200 Meter Dash

Name	Team	Finals
Finals		
1 Smiley, Taryn	Comox Valley	25.39 1.8
2 Lisek, Monique	Unattached B	25.81 1.8
3 Nijjar, Gagandeep	Universal At	26.13 1.8
4 Gibson, Hailey	Valley Royal	26.14 1.8
5 Yee, Michelle	Vancouver Th	26.71 1.8
6 Shuurman Hess, Merel	Kajaks Track	27.28 1.8
7 Buckingham, Robyn	Langley Must	27.32 1.8
--- May, Kyla	Comox Valley	SCR 1.8

Women 18-19 200 Meter Dash

Name	Team	Prelims
Preliminaries		
1 Ayesu-Attah, Esinam	Coquitlam Ch	25.22Q2.8
2 Joyce, Elisa	Unattached B	25.31Q1.3
3 Payne, Shania	Coquitlam Ch	25.39Q1.3
4 Grant, Jasmine	Langley Must,Langl	25.67Q2.8
5 Ashcroft, Jamie	Uvic Track C	25.50Q1.3
6 Win, Sajeda	Vancouver Th	26.24Q2.8
7 Momoh, Sudie	Pacific Athl	26.35q 2.8
8 Russell, Emily	Vancouver Th	26.92q 1.3

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Results**Preliminaries ... (Women 18-19 200 Meter Dash)**

Name	Team	Prelims
9 Yee, Candice	Vancouver Th	27.32 1.3
10 Taddei, Larissa	Unattached B	27.43 2.8

Women 18-19 200 Meter Dash

Name	Team	Finals
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Finals

1 Ayesu-Attah, Esinam	Coquitlam Ch	25.04 2.1
2 Ashcroft, Jamie	Uvic Track C	25.39 2.1
3 Grant, Jasmine	Langley Must,Langl	25.42 2.1
4 Joyce, Elisa	Unattached B	25.52 2.1
5 Payne, Shania	Coquitlam Ch	25.73 2.1
6 Win, Sajeda	Vancouver Th	26.51 2.1
7 Momoh, Sudie	Pacific Athl	26.98 2.1
8 Russell, Emily	Vancouver Th	27.69 2.1

Women 20+ 200 Meter Dash

Name	Team	Finals
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Finals

1 Rowe, Whitney	Unattached B	24.36 1.2
2 Pearse, Anastasia	Pacific Athl	25.33 1.2
3 Whitehead, Liza	Coquitlam Ch	25.37 1.2
4 Adande, Karin	Norwesters T	25.53 1.2

Women 14 Year Olds 300 Meter Dash

Name	Team	Finals
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Finals

1 Lam, Georgia	Kajaks Track	42.29
2 Gage, Kristin	River City E,Campb	42.50
3 Jansen, Shelby	Prince Georg	42.57
4 Ladipo, Tobi	Coastal Trac	44.52
5 Goodwin, Anna	Norwesters T	45.67
6 Heppell, Katia	Valley Royal	46.06

Women 15 Year Olds 300 Meter Dash

Name	Team	Prelims
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Preliminaries

1 Corrales-Nelson, Zion	Burnaby Stri	39.89Q
2 Gummer, Chloe	Comox Valley	41.65Q
3 Terry, Rebecca	South Fraser,Surrey,	41.87Q
4 D'Agnolo, Lauren	Pacific Athl	42.95Q
5 Lindsay, Nicole	Cowichan Val,kamlo	42.52Q
6 Mousseau, Alyssa	Nanaimo & Di	43.84Q
7 Mcfall, Natalie	Uvic Track C	42.69q
8 Chow, Cheryl	South Fraser,Surrey,	44.03q
9 Mcwilliam, Leah	Okanagan Ath	44.82
10 Moore, Tosha	South Fraser	45.05
11 Mcwilliam, Rhianne	Okanagan Ath	46.11
12 Pinto, Sonja	Strathcona L	46.71
13 Procee, Katie	Chilliwack T	47.16
--- Da Luz, Lauren	Coquitlam Ch	SCR

Women 15 Year Olds 300 Meter Dash

Name	Team	Finals
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Finals

1 Corrales-Nelson, Zion	Burnaby Stri	39.67
2 Terry, Rebecca	South Fraser,Surrey,	41.37
3 Gummer, Chloe	Comox Valley	41.69
4 Mcfall, Natalie	Uvic Track C	42.26
5 D'Agnolo, Lauren	Pacific Athl	42.67
6 Lindsay, Nicole	Cowichan Val,kamlo	42.73
7 Mousseau, Alyssa	Nanaimo & Di	43.54
8 Chow, Cheryl	South Fraser,Surrey,	44.85

Women 16-17 400 Meter Dash

Name	Team	Prelims
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Preliminaries

1 Lisek, Monique	Unattached B	58.74Q
2 Gill, Jasmine	Universal At	59.17Q
3 Mussatto, Alana	Norwesters T	60.30Q
4 Laturnus, Cassie	Okanagan Ath	61.52Q
5 May, Kyla	Comox Valley	61.43Q
6 Piers, Amber	Valley Royal	63.21Q
7 Harrison, Trisha	Coquitlam Ch	62.49q
8 Geary, Caitlin	Valley Royal	64.71q
9 Gill, Simerpreet	Universal At	65.39
10 Bradely, Elizabeth	Penticton At	67.01
11 Palmer, Katrina	Valley Royal	73.10

Women 16-17 400 Meter Dash

Name	Team	Finals
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Finals

1 Lisek, Monique	Unattached B	58.58
2 Gill, Jasmine	Universal At	59.22
3 Mussatto, Alana	Norwesters T	59.54
4 Laturnus, Cassie	Okanagan Ath	61.50
5 Harrison, Trisha	Coquitlam Ch	62.72
6 May, Kyla	Comox Valley	63.01
7 Piers, Amber	Valley Royal	63.58
8 Geary, Caitlin	Valley Royal	65.14

Women 18-19 400 Meter Dash

Name	Team	Finals
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Finals

1 Grant, Jasmine	Langley Must,Langl	58.33
2 Wager, Brianne	Coastal Trac	60.69
3 Cryderman, Natalie	Vancouver Th	62.96
4 Yee, Candice	Vancouver Th	65.97
5 Chestnut, Taylor	Oceanside Tr	70.49
--- Robinson, Andrea	Uvic Track C	SCR
--- Sjoberg, Vanessa	Coastal Trac	SCR

Women 20+ 400 Meter Dash

Name	Team	Finals
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Finals

1 Atkin, Casey	Pacific Athl	55.67
2 Lowe, Christine	Coquitlam Ch	56.07

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Results**Finals ... (Women 20+ 400 Meter Dash)**

Name	Team	Finals
3 Wiebe, Devan	Point Grey T	56.13
4 Sawatzky, Sarah	Unattached B	56.92
5 Boss, Traci	Unattached B	57.47
6 Harris, Tamara	New West Spa	58.89

Women 14 Year Olds 800 Meter Run

Name	Team	Finals
Finals		
1 Gage, Kristin	River City E,Campb	2:22.63
2 Basra, Prabhneet	Universal At	2:29.86
3 Ginther, Georgia	Coastal Trac	2:32.12
4 Goodwin, Anna	Norwesters T	2:33.78
5 Macgregor, Gabrielle	Valley Royal	2:34.59
6 Tremblay-Mason, Soleiya	Kamloops Tra	2:35.49
7 Bako, Jensen Rose	Valley Royal	2:35.94

Women 15 Year Olds 800 Meter Run

Name	Team	Finals
Finals		
1 Picken, Megan	Vancouver Ol,Vanco	2:15.74
2 Mousseau, Alyssa	Nanaimo & Di	2:17.71
3 Gummer, Chloe	Comox Valley	2:18.95
4 Konrad, Hannah	Valley Royal	2:19.66
5 Da Luz, Lauren	Coquitlam Ch	2:21.17
6 D'Agnolo, Lauren	Pacific Athl	2:22.38
7 Klassen, Adrianna	Langley Must	2:22.60
--- Greer, Julia	Ocean Athlet,Surrey	DNF
--- Abbott, Calli-Ann	Comox Valley	SCR

Women 16-17 800 Meter Run

Name	Team	Finals
Finals		
1 Dodd, Sophie	Vancouver Th	2:16.39
2 Gill, Jasmine	Universal At	2:19.33
3 Bassett, Miryam	Oceanside Tr	2:19.37
4 Mussatto, Alana	Norwesters T	2:23.02
5 Latusus, Cassie	Okanagan Ath	2:24.18
6 Johnstone, Christina	Golden Ears	2:24.41
7 Smart, Mikaela	Golden Ears	2:28.89
8 O'Dwyer, Niamh	Golden Ears	2:29.85
9 Harrison, Trisha	Coquitlam Ch	2:30.06
10 Brown, Fiona	Ocean Athlet,Surrey	2:30.49
11 Laktionova, Anna	Norwesters T	2:39.85
12 Mahal, Harleen	Universal At	2:41.74
13 Johnson, Erica	Valley Royal	2:47.73
--- Watts-Watling, Keely	Okanagan Ath	SCR
--- Deschiffart, Marita	Nanaimo & Di	SCR

Women 18-19 800 Meter Run

Name	Team	Finals
Finals		
1 Stone, Kala	Kamloops Tra	2:11.33
2 Mackenzie, Kansas	Vancouver Th	2:14.99

3 King, Brittany	Uvic Track C	2:15.19
4 Siemens, Alexandra	Valley Royal	2:18.69
5 Ginther, Alexandra	Coastal Trac	2:21.86
6 Bassett, Rebecca	Oceanside Tr	2:23.43
7 Mahal, Loveleen	Universal At	2:24.17
8 Dobie, Reta	Coastal Trac	2:29.17
9 Simpson, Josephine	Campbell Riv	2:30.17
10 Lennea, Kayla	Valley Royal	2:32.77
11 Dispirito, Nicole	Burnaby Stri	2:46.23
12 Chestnut, Taylor	Oceanside Tr	3:08.27
--- Menzies, Miranda	Coquitlam Ch	SCR
--- Williams, Alison	Ocean Athlet,Surrey	SCR

Women 20+ 800 Meter Run

Name	Team	Finals
Finals		
1 Butterworth, Lindsey	Unattached B	2:11.34
2 Pomfret, Kendra	Uvic Track C	2:12.25
3 Atkin, Casey	Pacific Athl	2:14.54
4 Harris, Tamara	New West Spa	2:15.39
5 Mcculligh, Maureen	Uvic Track C	2:17.99
6 Macdonald, Madeline	Uvic Track C	2:18.27

Women 14 Year Olds 1200 Meter Run

Name	Team	Finals
Finals		
1 Hill, Olivia	River City E,Campb	3:47.19
2 Basra, Prabhneet	Universal At	3:57.23
3 Ginther, Georgia	Coastal Trac	4:04.37
4 Heppell, Katia	Valley Royal	4:12.81
5 Bako, Jensen Rose	Valley Royal	4:19.62
6 Macgregor, Gabrielle	Valley Royal	4:27.08
7 Tremblay-Mason, Soleiya	Kamloops Tra	4:33.59

Women 15 Year Olds 1200 Meter Run

Name	Team	Finals
Finals		
1 Greer, Julia	Ocean Athlet,Surrey	3:47.98
2 Morris, Amy	Nanaimo & Di	3:50.04
3 Charlton, Calli	Vancouver Th	4:00.13
4 Harris, Kathryn	West Vancouv	4:10.42
5 Klymchuk, Samantha	Ocean Athlet	4:59.60

Women 16-17 1500 Meter Run

Name	Team	Finals
Finals		
1 Hutchinson, Nicole	Hershey Harr	4:42.15
2 Bassett, Miryam	Oceanside Tr	4:42.84
3 Deschiffart, Erica	Nanaimo & Di	4:42.96
4 Thompson, Grace	Hershey Harr	4:50.18
5 Ross, Sarya	Valley Royal	4:56.30
6 Fagan, Veronika	Okanagan Ath	5:00.59
7 Johnstone, Christina	Golden Ears	5:09.45
8 Smart, Mikaela	Golden Ears	5:14.56
9 O'Dwyer, Niamh	Golden Ears	5:15.58

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	Name	Team	Finals
10	Bizarro, Zoe	Bulkley Vall	5:15.95
11	Brown, Fiona	Ocean Athlet,Surrey	5:24.71
12	Mcneil, Madysen	Golden Ears	5:25.19
13	Wong, Yomi	Strathcona L	5:29.37
14	Mahal, Harleen	Universal At	5:49.67
15	Johnson, Erica	Valley Royal	5:54.87
16	Young, Claire	Kooteany Cha	6:56.67
---	Kray, Victoria	Langley Must	SCR

Women 18-19 1500 Meter Run

	Name	Team	Finals
Finals			
1	Yee, Regan	Bulkley Vall	4:40.91
2	King, Brittany	Uvic Track C	4:43.06
3	Mackenzie, Kansas	Vancouver Th	4:43.94
4	Balazs, Emma	Prince Georg	4:44.75
5	Allison, Katrina	Vancouver Th	4:45.41
6	Siemens, Alexandra	Valley Royal	4:45.63
7	Ginther, Alexandra	Coastal Trac	4:45.96
8	Bassett, Rebecca	Oceanside Tr	4:53.92
9	Mahal, Loveleen	Universal At	5:18.64
10	Simpson, Josephine	Campbell Riv	5:19.05
11	Dispirito, Nicole	Burnaby Stri	5:40.94

Women 20+ 1500 Meter Run

	Name	Team	Finals
Finals			
1	Pomfret, Kendra	Uvic Track C	4:34.99
2	Benson, Fiona	Langley Must,Langl	4:41.46
3	Macdonald, Madeline	Uvic Track C	4:48.38
4	Mcculligh, Maureen	Uvic Track C	4:51.15
5	Wong, Elizabeth	Unattached B	6:33.26

Women 14 Year Olds 2000 Meter Run

	Name	Team	Finals
Finals			
1	Hill, Olivia	River City E,Campb	7:08.47
2	Bako, Jensen Rose	Valley Royal	7:55.56
---	Bennison, Hannah	Vernon Amate,NJ, N	SCR

Women 15 Year Olds 2000 Meter Run

	Name	Team	Finals
Finals			
1	Sim, Glynis	Unattached B	6:32.69
2	Fitzgerald, Kendall	Kamloops Tra	6:33.96
3	Charlton, Calli	Vancouver Th	6:52.03
4	Morris, Amy	Nanaimo & Di	6:52.54
5	Tinkham, Mikayla	Golden Ears	7:11.62
6	Harris, Kathryn	West Vancouv	7:11.94
7	Klymchuk, Samantha	Ocean Athlet	8:52.09

Women 16-17 3000 Meter Run

	Name	Team	Finals
Finals			
1	Ross, Sarya	Valley Royal	10:33.08
2	Hutchinson, Nicole	Hershey Harr	10:38.51
3	Fagan, Veronika	Okanagan Ath	10:40.75
4	Ribeiro, Chelsea	Ocean Athlet	10:50.50
5	Thompson, Grace	Hershey Harr	11:04.74
6	Sim, Emily	Unattached B	11:22.85
7	Young, Claire	Kooteany Cha	15:39.05
---	Bizarro, Zoe	Bulkley Vall	SCR

Women 18-19 3000 Meter Run

	Name	Team	Finals
Finals			
1	Allison, Katrina	Vancouver Th	10:18.04
2	Balazs, Emma	Prince Georg	10:33.73
---	Yee, Regan	Bulkley Vall	SCR

Women 20+ 5000 Meter Run

	Name	Team	Finals
Finals			
1	Cliff, Rachel	Vancouver Th	17:34.01
2	Christie, Juliette	Unattached B	20:31.08
3	Brown, Faryn	Kamloops Tra	21:37.56
4	Wong, Elizabeth	Unattached B	24:44.64

Women 14 Year Olds 80 Meter Hurdles 8 x 0.762m

	Name	Team	Finals
Finals			
1	Rastad, Emma	Norwesters T,West V	11.93 0.7
2	Dosanjh, Gulneer	Universal At	12.67 0.7
3	Morrison, Hannah	Langley Must	12.89 0.7
4	Tyndall, Hana	Coquitlam Ch	13.12 0.7
5	Dufty, Hunter	Penticton At,Pentict	17.07 0.7

Women 15 Year Olds 80 Meter Hurdles 8 x 0.762m

	Name	Team	Prelims
Preliminaries			
1	Bains, Chicago	Cowichan Val,kamlo	11.62Q+0.0
2	Schultz, Nina	New West Spa	11.86Q1.2
3	Abbott, Calli-Ann	Comox Valley	11.89Q1.2
4	Johnston, Hannah	Vancouver Ol,Vanco	12.27Q+0.0
5	Bekar, Kiana	Ocean Athlet,Surrey	12.54Q+0.0
6	Picken, Megan	Vancouver Ol,Vanco	12.78Q1.2
7	Moore, Tosha	South Fraser	12.55q +0.0
8	Pauley, Jaclyn	Langley Must	12.90q 1.2
9	Dufty, Haven	Penticton At,Pentict	13.10 1.2
10	Konrad, Hannah	Valley Royal	13.12 1.2
11	Gourley, Angela	Valley Royal	13.50 +0.0
12	Hetherington, Chloe	Langley Must	14.66 +0.0

BC Athletics Championships Jamboree
(Midget, Youth, Junior, Senior) - 19/07/2013 to 21/07/2013
Hillside Stadium, Kamloops, BC

Results**Women 15 Year Olds 80 Meter Hurdles 8 x 0.762m**

Name	Team	Finals
Finals		
1 Bains, Chicago	Cowichan Val,kamlo	11.42 0.2
2 Schultz, Nina	New West Spa	11.90 0.2
3 Johnston, Hannah	Vancouver Ol,Vanco	12.24 0.2
4 Bekar, Kiana	Ocean Athlet,Surrey	12.62 0.2
5 Picken, Megan	Vancouver Ol,Vanco	12.71 0.2
6 Pauley, Jaclyn	Langley Must	13.24 0.2
7 Abbott, Calli-Ann	Comox Valley	14.02 0.2
--- Moore, Tosha	South Fraser	DNF 0.2

Women 16-17 100 Meter Hurdles 10 x .762m

Name	Team	Prelims
Preliminaries		
1 Voloshin, Diana	Norwesters T	14.47Q1.3
2 Watts-Watling, Keely	Okanagan Ath	15.30Q0.7
3 Gilbert, Tyra	Vernon Amate,NJ, N	14.80Q1.3
4 Piercy, Jordyn	Uvic Track C	15.53Q0.7
5 Booker, Domonique	New West Spa	15.51Q1.3
6 Pauls, Sophie	Vancouver Th	16.35Q0.7
7 Kowallik, Saskia	Okanagan Ath	15.75q 1.3
8 Jackson, Ashlynn	Bulkley Vall	16.23q 1.3
9 Gregory, Miranda	Langley Must,Langl	17.03 0.7
10 Weir, Kinsey	Royal City T,Burnab	18.95 0.7
--- Cho, Stephanie	Vancouver Ol	SCR 0.7

Women 16-17 100 Meter Hurdles 10 x .762m

Name	Team	Finals
Finals		
1 Voloshin, Diana	Norwesters T	14.19 2.1
2 Watts-Watling, Keely	Okanagan Ath	14.54 2.1
3 Gilbert, Tyra	Vernon Amate,NJ, N	14.60 2.1
4 Piercy, Jordyn	Uvic Track C	15.21 2.1
5 Booker, Domonique	New West Spa	15.30 2.1
6 Jackson, Ashlynn	Bulkley Vall	16.12 2.1
7 Kowallik, Saskia	Okanagan Ath	16.36 2.1
--- Pauls, Sophie	Vancouver Th	DNF 2.1

Women 18-19 100 Meter Hurdles 10 x .840m

Name	Team	Finals
Finals		
1 Van Ryswyk, Kathryn	Ocean Athlet,Surrey	13.87 +0.0
2 Fedor, Kye	Norwesters T	15.23 +0.0
3 Kandola, Manisha	New West Spa	17.20 +0.0

Women 20+ 100 Meter Hurdles 10 x .840m

Name	Team	Finals
Finals		
1 Klippenstein, Aisha	Valley Royal	14.51 +0.0
--- Pearse, Anastasia	Pacific Athl	SCR

Women 14 Year Olds 200 Meter Hurdles 5 x .762m

Name	Team	Finals
Finals		
1 Morrison, Hannah	Langley Must	28.68 2.3
2 Dosanjh, Gulneer	Universal At	29.18 2.3
3 Gage, Kristin	River City E,Campb	30.04 2.3
4 Tyndall, Hana	Coquitlam Ch	30.66 2.3
5 Macgregor, Gabrielle	Valley Royal	33.40 2.3

Women 15 Year Olds 200 Meter Hurdles 5 x .762m

Name	Team	Finals
Finals		
1 Bains, Chicago	Cowichan Val,kamlo	27.60 1.0
2 Schultz, Nina	New West Spa	28.26 1.0
3 Johnston, Hannah	Vancouver Ol,Vanco	28.48 1.0
4 Abbott, Calli-Ann	Comox Valley	29.23 1.0
5 Bekar, Kiana	Ocean Athlet,Surrey	31.53 1.0
6 Dufty, Haven	Penticton At,Pentict	32.76 1.0
--- Moore, Tosha	South Fraser	SCR 1.0

Women 16-17 300 Meter Hurdles 7 x .762m

Name	Team	Finals
Finals		
1 Cho, Stephanie	Vancouver Ol	43.02
2 Piercy, Jordyn	Uvic Track C	45.19
3 Korpach, Sarah	Ocean Athlet,Surrey	46.39
4 Kowallik, Saskia	Okanagan Ath	48.53
5 Piers, Amber	Valley Royal	49.66
--- Mcleod, Mackenzie	Comox Valley	SCR
--- May, Kyla	Comox Valley	SCR
--- Kray, Victoria	Langley Must	SCR
--- Gilbert, Tyra	Vernon Amate,NJ, N	SCR

Women 18-19 400 Meter Hurdles 10 x .762m

Name	Team	Finals
Finals		
1 Palesch, Meghan	Ocean Athlet,Surrey	62.59
2 Robinson, Andrea	Uvic Track C	67.55

Women 20+ 400 Meter Hurdles 10 x .762m

Name	Team	Finals
Finals		
1 Boss, Traci	Unattached B	61.03
2 Pearse, Anastasia	Pacific Athl	61.30
3 Van Den Bulk, Jeannette	Pacific Athl	63.69
--- Lowe, Christine	Coquitlam Ch	DNF

Women 14 Year Olds 1500 Meter Steeplechase 12 x .762 NW

Name	Team	Finals
Finals		
1 Goodwin, Anna	Norwesters T	5:51.22

BC Athletics Championships Jamboree
(Midget, Youth, Junior, Senior) - 19/07/2013 to 21/07/2013
Hillside Stadium, Kamloops, BC

Results**Women 15 Year Olds 1500 Meter Steeplechase 12 x .762 NW**

Name	Team	Finals
Finals		
1 Sim, Glynis	Unattached B	4:58.92
2 Fitzgerald, Kendall	Kamloops Tra	5:01.03
3 Tinkham, Mikayla	Golden Ears	5:18.18
4 Harris, Kathryn	West Vancouv	5:43.57

Women 16-17 2000 Meter Steeplechase 18 x .762

Name	Team	Finals
Finals		
1 Deschiffart, Marita	Nanaimo & Di	7:05.83
2 Deschiffart, Erica	Nanaimo & Di	7:08.65
3 Fagan, Veronika	Okanagan Ath	7:25.92
4 Sim, Emilyn	Unattached B	7:43.59
5 Bizarro, Zoe	Bulkley Vall	8:06.32
6 King, Tkia	Oceanside Tr	8:11.53
7 Mcneil, Madysen	Golden Ears	8:11.75
8 Wong, Yomi	Strathcona L	8:11.80
9 Laktionova, Anna	Norwesters T	8:36.97
--- Ribeiro, Chelsea	Ocean Athlet	DNF

Women 18-19 2000 Meter Steeplechase 18 x .762

Name	Team	Finals
Finals		
1 Yee, Regan	Bulkley Vall	6:43.22
2 Balazs, Emma	Prince Georg	7:05.90
3 Noel, Peggy	Ocean Athlet,Surrey	7:16.89
4 Simpson, Josephine	Campbell Riv	7:52.89

Women 16-17 4x100 Meter Relay

Team	Relay	Finals
Finals		
--- South Fraser	A	SCR
1) Campbell, Victoria	2) Ashcroft, Madison	
3) Chow, Cheryl	4) Terry, Rebecca	
--- Vancouver Th	A	SCR
--- Prince Georg	A	SCR
1) Floris, Emma	2) Campbell, Carlee	
3) Matheson, Lauren	4) Jansen, Shelby	
--- Valley Royal	A	SCR
--- Okanagan Ath	A	SCR
1) Kowallik, Saskia	2) Mcwilliam, Leah	
3) Turner, Marie-Josée	4) Mcwilliam, Rhianne	
--- Strathcona L	A	SCR
1) Wong, Yomi	2) Chan, Sylvia	
3) Pinto, Sonja	4) Hoy, Megan	
--- Comox Valley Cougars	A	SCR
1) Abbott, Calli-Ann	2) Gummer, Chloe	
3) May, Kyla	4) Smiley, Taryn	
--- Coastal Track Club	A	SCR
1) Crivello, Katherine	2) Piers, Amber	
3) Geary, Caitlin	4) Gibson, Hailey	

--- Vancouver Th	A	SCR
1) Yee, Michelle	2) Lin, Joyce	
3) Lam, Cherry	4) Pauls, Sophie	

Women 16-17 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Comox Valley Cougars	A	49.69
1) Abbott, Calli-Ann	2) Gummer, Chloe	
3) May, Kyla	4) Smiley, Taryn	
2 Vancouver Th	A	51.68
1) Yee, Michelle	2) Lin, Joyce	
3) Lam, Cherry	4) Pauls, Sophie	
3 Okanagan Ath	A	54.68
1) Kowallik, Saskia	2) Mcwilliam, Leah	
3) Turner, Marie-Josée	4) Mcwilliam, Rhianne	
4 South Fraser	A	54.95
1) Campbell, Victoria	2) Ashcroft, Madison	
3) Chow, Cheryl	4) Terry, Rebecca	
5 Strathcona L	A	58.47
1) Wong, Yomi	2) Chan, Sylvia	
3) Pinto, Sonja	4) Hoy, Megan	
--- Valley Royal	A	DQ
--- Vancouver Th	B	DNS
--- Coastal Track Club	A	DNS
1) Crivello, Katherine	2) Piers, Amber	
3) Geary, Caitlin	4) Gibson, Hailey	

Women 18-19 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Uvic Track Club	A	49.76
1) Ashcroft, Jamie	2) Robinson, Andrea	
3) Piercy, Jordyn	4) Mcfall, Natalie	
2 Coastal Track Club	A	51.38
1) Kent, Brittany		
--- Vancouver Th	A	DQ
1) Cryderman, Natalie	2) Yee, Candice	
3) Russell, Emily	4) Win, Sajeda	

Women 18-19 4x100 Meter Relay

Team	Relay	Finals
Finals		
--- Coastal Track Club	A	SCR
1) Kent, Brittany		
--- Uvic Track Club	A	SCR
1) Ashcroft, Jamie	2) Robinson, Andrea	
3) Piercy, Jordyn	4) Mcfall, Natalie	
--- Vancouver Th	A	SCR
1) Cryderman, Natalie	2) Yee, Candice	
3) Russell, Emily	4) Win, Sajeda	

BC Athletics Championships Jamboree
(Midget, Youth, Junior, Senior) - 19/07/2013 to 21/07/2013
Hillside Stadium, Kamloops, BC

Results**Women 16-17 4x400 Meter Relay**

Team	Relay	Finals
Finals		
1 Okanagan Ath	A	4:15.66
2 Vancouver Th	A	4:34.04
--- Strathcona L	A	SCR
1) Wong, Yomi	2) Choi, Chelsea	
3) Chan, Sylvia	4) Pinto, Sonja	

Women 18-19 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Coastal Track Club	A	4:05.02
2 Vancouver Th	A	4:15.45
1) Russell, Emily	2) Win, Sajeda	
3) Yee, Candice	4) Cryderman, Natalie	

Women 14 Year Olds High Jump

Name	Team	Finals
Finals		
1 Rastad, Emma	Norwesters T,West V	1.48m
2 Smyth, Georgia	Unattached B	1.45m
3 Tyndall, Hana	Coquitlam Ch	1.40m
4 Heppell, Katia	Valley Royal	1.35m
4 Goodwin, Anna	Norwesters T	1.35m
6 Bako, Jensen Rose	Valley Royal	1.30m

Women 15 Year Olds High Jump

Name	Team	Finals
Finals		
1 Schultz, Nina	New West Spa	1.56m
2 Konrad, Hannah	Valley Royal	1.53m
3 Irwin, Lara	Pacific Athl	1.50m
4 Abbott, Calli-Ann	Comox Valley	1.45m
5 Pauley, Jaclyn	Langley Must	1.40m
--- Aquilini, Gabriela	Vancouver Th	DNS
--- Hetherington, Chloe	Langley Must	SCR

Women 16-17 High Jump

Name	Team	Finals
Finals		
1 Evans, Anastasia	Coquitlam Ch	1.60m
2 Pauls, Sophie	Vancouver Th	1.60m
3 Campbell, Carlee	Prince Georg	1.50m
3 Buckingham, Robyn	Langley Must	1.50m
3 Watts-Watling, Keely	Okanagan Ath	1.50m
6 Postle, Danika	Pacific Athl	1.50m
7 Turner, Marie-Josée	Okanagan Ath	1.40m
--- Heuer, Kristin	Norwesters T	DNS
--- Neveu, Taylor	Ocean Athlet,Surrey	SCR

Women 18-19 High Jump

Name	Team	Finals
Finals		
1 Ellenwood, Georgia	Langley Must,Langl	1.65m

2 Kandola, Manisha	New West Spa	1.55m
3 Huser, Emily	Vancouver Th	1.50m
4 Maryschuk, Katerina	Okanagan Ath	1.50m
5 Hayes, Samantha	Kamloops Tra	1.40m

Women 20+ High Jump

Name	Team	Finals
Finals		
1 Smithson, Shelby	Langley Must,Langl	1.50m
1 Hawkins, Julia	Unattached B	1.50m

Women 14 Year Olds Pole Vault

Name	Team	Finals
Finals		
1 Cheung, Lauryn	Langley Must,Langl	2.70m
2 Martinusen, Christina	Pacific Athl	2.20m

Women 16-17 Pole Vault

Name	Team	Finals
Finals		
1 Smith, Alex	Kamloops Tra	2.90m
2 Cole, Lindsay	Victoria Tra	2.80m
3 Lam, Cherry	Vancouver Th	2.20m
4 Crivello, Katherine	Valley Royal	1.90m
--- Weir, Kinsey	Royal City T,Burnab	NH

Women 18-19 Pole Vault

Name	Team	Finals
Finals		
1 Van Ryswyk, Kathryn	Ocean Athlet,Surrey	3.70m
2 Maryschuk, Katerina	Okanagan Ath	2.20m
--- Huser, Emily	Vancouver Th	NH

Women 20+ Pole Vault

Name	Team	Finals
Finals		
1 Richey, Meghan	Victoria Tra	3.60m
2 Craig, Nancy	Victoria Tra	2.50m
3 Schultz, Emily	Kamloops Tra	2.40m

Women 14 Year Olds Long Jump

Name	Team	Finals
Finals		
1 Rastad, Emma	Norwesters T,West V	5.13m 2.7
2 Forsyth, Marie Louise	Kajaks Track	4.99m 4.4
3 Gage, Kristin	River City E,Campb	4.84m 2.9

Women 15 Year Olds Long Jump

Name	Team	Finals
Finals		
1 Jerome, Rachel	Nanaimo & Di	5.39m 4.5
2 Schultz, Nina	New West Spa	5.20m 1.6
3 Johnston, Hannah	Vancouver Ol,Vanco	5.17m 3.5
4 Bekar, Kiana	Ocean Athlet,Surrey	4.93m 2.4
5 Abbott, Calli-Ann	Comox Valley	4.90m 4.3
6 Dufty, Haven	Penticton At,Pentict	4.84m 2.4

BC Athletics Championships Jamboree
(Midget, Youth, Junior, Senior) - 19/07/2013 to 21/07/2013
Hillside Stadium, Kamloops, BC

Results**Finals ... (Women 15 Year Olds Long Jump)**

Name	Team	Finals
7 Foster, Mira	Langley Must	4.80m 2.9
8 Pauley, Jaclyn	Langley Must	4.78m 2.9
9 Hoy, Megan	Strathcona L	4.40m 1.9
10 Floris, Emma	Prince Georg,Prince	4.37m 2.6
11 Chow, Cheryl	South Fraser,Surrey,	4.33m 3.0
12 Hetherington, Chloe	Langley Must	4.28m 1.6
13 Heyd, Casey	Cowichan Val,kamlo	4.26m 2.6
14 Mcwilliam, Rhianne	Okanagan Ath	4.05m 2.6
15 Irwin, Lara	Pacific Athl	4.02m 3.0
16 Mcwilliam, Leah	Okanagan Ath	3.90m 3.2
17 Kaiser, Paige	Pacific Athl	3.86m 1.7
--- Aquilini, Gabriela	Vancouver Th	DNS NWI

Women 16-17 Long Jump

Name	Team	Finals
1 Watts-Watling, Keely	Okanagan Ath	5.52m 1.4
2 Voloshin, Diana	Norwesters T	5.50m 0.1
3 Lisek, Monique	Unattached B	5.20m -1.0
4 Lin, Joyce	Vancouver Th	5.06m 0.5
5 Pauls, Sophie	Vancouver Th	5.00m NWI
6 Postle, Danika	Pacific Athl	4.90m 0.5
7 Gregory, Miranda	Langley Must,Langl	4.84m -1.4
8 Poon, Megan	West Vancouv	4.65m -1.6
9 Chan, Sylvia	Strathcona L	4.57m -1.1
10 Frenkel, Carly	Prince Georg	4.42m -1.0
10 Mcclure, Daisy	Langley Must	4.42m -0.5
12 Evans, Anastasia	Coquitlam Ch	4.39m -1.0
13 Turner, Marie-Josée	Okanagan Ath	4.25m -0.4
14 Jackson, Ashlynn	Bulkley Vall	4.08m 1.7
--- Booker, Dominique	New West Spa	DNS NWI
--- Cho, Stephanie	Vancouver Ol	SCR NWI

Women 18-19 Long Jump

Name	Team	Finals
1 Ellenwood, Georgia	Langley Must,Langl	5.56m -0.4
2 Fedor, Kye	Norwesters T	5.26m 1.8
3 Gallagher, Allison	Langley Must	5.19m -0.3
4 Kavelaars, Ruthanne	Pacific Athl	4.93m 1.7
5 Win, Sajeda	Vancouver Th	4.43m 0.7
--- Akehurst, Ayla	Unattached B	DNS NWI
--- Sutherland, Carolyn	Langley Must,Langl	DNS NWI

Women 20+ Long Jump

Name	Team	Finals
1 Cobb, Aleisha	Pacific Athl	5.55m -1.2
2 Klippenstein, Aisha	Valley Royal	5.54m 1.4
3 Hawkins, Julia	Unattached B	5.18m -0.8
4 Adande, Karin	Norwesters T	4.45m 0.3
--- Smithson, Shelby	Langley Must,Langl	DNS NWI
--- Nettey, Sabrina	Universal At	DNS NWI

Women 14 Year Olds Triple Jump

Name	Team	Finals
1 Rastad, Emma	Norwesters T,West V	10.53m 0.9
2 Gage, Kristin	River City E,Campb	10.37m 1.4
3 Forsyth, Marie Louise	Kajaks Track	10.33m NWI
4 Dufty, Hunter	Penticton At,Pentict	9.39m 0.5
5 Martinusen, Christina	Pacific Athl	8.85m 0.9

Women 15 Year Olds Triple Jump

Name	Team	Finals
1 Schultz, Nina	New West Spa	11.05m 0.8
2 Dufty, Haven	Penticton At,Pentict	10.81m 0.3
3 Johnston, Hannah	Vancouver Ol,Vanco	10.70m 0.5
4 Abbott, Calli-Ann	Comox Valley	10.69m 2.1
5 Jerome, Rachel	Nanaimo & Di	10.65m 0.4
6 Foster, Mira	Langley Must	9.86m 0.4
7 Chow, Cheryl	South Fraser,Surrey,	9.58m 0.6
7 Irwin, Lara	Pacific Athl	9.58m 0.9
9 Kaiser, Paige	Pacific Athl	9.00m 0.1
10 Heinze, Natalie	Prince Georg,Prince	7.93m -0.2
--- Bekar, Kiana	Ocean Athlet,Surrey	FOUL

Women 16-17 Triple Jump

Name	Team	Finals
1 Postle, Danika	Pacific Athl	10.86m 0.4
2 Cho, Stephanie	Vancouver Ol	10.79m -0.8
3 Lin, Joyce	Vancouver Th	10.75m 0.6
4 Campbell, Carlee	Prince Georg	10.46m NWI
5 Poon, Megan	West Vancouv	10.04m 0.1
6 Frenkel, Carly	Prince Georg	10.00m 0.1
7 Weir, Kinsey	Royal City T,Burnab	9.70m 1.1
8 Bradely, Elizabeth	Penticton At	8.04m NWI

Women 18-19 Triple Jump

Name	Team	Finals
1 Fedor, Kye	Norwesters T	10.96m +0.0
2 Kavelaars, Ruthanne	Pacific Athl	10.40m +0.0
3 Huser, Emily	Vancouver Th	10.17m +0.0
--- Brown, Ella	Vernon Amate,NJ, N	DNS NWI
--- Akehurst, Ayla	Unattached B	DNS NWI

Women 20+ Triple Jump

Name	Team	Finals
1 Hawkins, Julia	Unattached B	10.94m +0.0

Women 14 Year Olds Shot Put 3 kg

Name	Team	Finals
1 Rogers (Toney), Camryn	Kajaks Track	11.16m
2 Wideski, Valerie	Kajaks Track	10.38m

BC Athletics Championships Jamboree
(Midget, Youth, Junior, Senior) - 19/07/2013 to 21/07/2013
Hillside Stadium, Kamloops, BC

Results**Finals ... (Women 14 Year Olds Shot Put 3 kg)**

Name	Team	Finals
3 Dufty, Hunter	Penticton At,Pentict	10.18m
4 Frederiksen, Lindsey	Unattached B	10.03m
5 Macgregor, Gabrielle	Valley Royal	9.48m
6 Andrews, Katrina	Unattached B	8.76m
7 Foote, Abresia	Valley Royal	8.18m
8 Roberts, Camille	Ocean Athlet,Surrey	7.88m

Women 15 Year Olds Shot Put 3 kg

Name	Team	Finals
Finals		
1 Willing, Tasha	Valley Royal	11.49m
2 Pauley, Jaclyn	Langley Must	11.32m
3 Carrothers, Kelsey	Path Throws	11.09m
4 Schultz, Nina	New West Spa	10.57m
5 Abbott, Calli-Ann	Comox Valley	10.48m
6 Hetherington, Chloe	Langley Must	9.71m
7 Irwin, Lara	Pacific Athl	6.89m
8 Heinze, Natalie	Prince Georg,Prince	6.81m

Women 16-17 Shot Put 3 kg

Name	Team	Finals
Finals		
1 Moriconi, Olivia	Ridge Rocket	13.15m
2 Nijjar, Avneet	Universal At	12.62m
3 Akbarizadeh, Natasha	Ridge Rocket	12.56m
4 Lim, Emily	Vancouver Th	10.89m
5 Voloshin, Diana	Norwesters T	10.19m
6 Poon, Michelle	West Vancouv	7.84m

Women 18-19 Shot Put 4 kg

Name	Team	Finals
Finals		
1 Esser, Agnes	Path Throws	12.87m
2 Graf, Serena	Kajaks Track	11.79m
3 Merenyi, Eva	Kajaks Track	6.69m

Women 20+ Shot Put 4 kg

Name	Team	Finals
Finals		
1 Suttie, Taryn	Unattached	14.73m

Women 14 Year Olds Discus Throw 1 kg

Name	Team	Finals
Finals		
1 Wideski, Valerie	Kajaks Track	32.51m
2 Rogers (Toney), Camryn	Kajaks Track	28.93m
3 Dufty, Hunter	Penticton At,Pentict	26.93m
4 Frederiksen, Lindsey	Unattached B	25.11m
5 Blyt, Kyra	Oceanside Tr	22.69m
6 Roberts, Camille	Ocean Athlet,Surrey	21.88m
7 Foote, Abresia	Valley Royal	19.47m
--- Andrews, Katrina	Unattached B	SCR

Women 15 Year Olds Discus Throw 1 kg

Name	Team	Finals
Finals		
1 Bhandal, Gurleen	Kajaks Track	33.02m
2 Carrothers, Kelsey	Path Throws	31.83m
3 Botsis, Chanell	Kajaks Track	31.62m
4 Willing, Tasha	Valley Royal	30.84m
5 Kaiser, Paige	Pacific Athl	19.37m
6 Irwin, Lara	Pacific Athl	17.48m

Women 16-17 Discus Throw 1 kg

Name	Team	Finals
Finals		
1 Moriconi, Olivia	Ridge Rocket	41.29m
2 Dosanjh, Prabhjit	Unattached B	38.74m
3 Grewal, Manpreet	Valley Royal	35.31m
4 Covington, Autumn	Kajaks Track	33.92m
5 Wolczyk, Brittini	Langley Must	32.22m
6 Kaiser, Hannah	Path Throws	31.65m
7 Frederiksen, Mairina	Unattached B	29.95m
8 Lim, Emily	Vancouver Th	26.93m
9 Frenkel, Carly	Prince Georg	25.66m
10 Turner, Marie-Josee	Okanagan Ath	20.84m

Women 18-19 Discus Throw 1 kg

Name	Team	Finals
Finals		
1 Esser, Agnes	Path Throws	46.21m
2 Cote, Addie	Path Throws	29.54m

Women 20+ Discus Throw 1 kg

Name	Team	Finals
Finals		
--- Patterson, Mikaela	Valley Royal	DNS

Women 14 Year Olds Hammer Throw 3 kg

Name	Team	Finals
Finals		
1 Frederiksen, Lindsey	Unattached B	53.73m
2 Rogers (Toney), Camryn	Kajaks Track	52.79m
3 Wideski, Valerie	Kajaks Track	43.85m
4 Dufty, Hunter	Penticton At,Pentict	32.84m
5 Andrews, Katrina	Unattached B	32.83m
6 Foote, Abresia	Valley Royal	23.98m
7 Cheung, Lauryn	Langley Must,Langl	22.30m

Women 15 Year Olds Hammer Throw 3 kg

Name	Team	Finals
Finals		
1 Botsis, Chanell	Kajaks Track	56.85m
2 Willing, Tasha	Valley Royal	45.26m
3 Carrothers, Kelsey	Path Throws	41.29m
4 Bhandal, Gurleen	Kajaks Track	35.43m

BC Athletics Championships Jamboree
(Midget, Youth, Junior, Senior) - 19/07/2013 to 21/07/2013
Hillside Stadium, Kamloops, BC

Results**Women 16-17 Hammer Throw 3 kg**

Name	Team	Finals
Finals		
1 Neville-Rutherford, Courtenay	Path Throws	52.05m
2 Akbarizadeh, Natasha	Ridge Rocket	51.94m
3 Covington, Autumn	Kajaks Track	50.69m
4 Grewal, Manpreet	Valley Royal	49.54m
5 Rasche, Teagan	Langley Must	48.58m
6 Gmitroski, Krysta	Path Throws	46.85m
7 Kaiser, Hannah	Path Throws	42.45m
8 Frenkel, Carly	Prince Georg	34.96m

Women 18-19 Hammer Throw 4 kg

Name	Team	Finals
Finals		
1 Derker, Breanna	Kamloops Tra	49.24m
2 Graf, Serena	Kajaks Track	47.00m
3 Hayes, Samantha	Kamloops Tra	32.41m
4 Merenyi, Eva	Kajaks Track	25.51m

Women 20+ Hammer Throw 4 kg

Name	Team	Finals
Finals		
1 Rodhe, Megann	Kamloops Tra	56.81m
2 Kennedy, Samantha	Kajaks Track	52.96m
--- Franke-Kuhn, Joanna	Unattached B	DNS

Women 14 Year Olds Javelin Throw 500 g

Name	Team	Finals
Finals		
1 Hunter, Hayley	River City E,Campb	39.68m
2 Dufty, Hunter	Penticton At,Pentict	27.02m
3 Roberts, Camille	Ocean Athlet,Surrey	22.80m

Women 15 Year Olds Javelin Throw 500 g

Name	Team	Finals
Finals		
1 Botsis, Chanell	Kajaks Track	35.04m
2 Carrothers, Kelsey	Path Throws	33.12m
3 Hetherington, Chloe	Langley Must	21.36m

Women 16-17 Javelin Throw 500 g

Name	Team	Finals
Finals		
1 Wolczyk, Brittni	Langley Must	48.00m
2 Beaton, Hannah	Langley Must	36.68m
3 Buckingham, Robyn	Langley Must	34.95m
4 Kaiser, Hannah	Path Throws	29.53m
5 Frederiksen, Mairina	Unattached B	29.27m
6 Poon, Michelle	West Vancouv	22.86m
7 Lim, Emily	Vancouver Th	21.71m
--- Rasche, Teagan	Langley Must	FOUL

Women 18-19 Javelin Throw 600 g

Name	Team	Finals
Finals		
1 Cote, Addie	Path Throws	26.86m

Women 20+ Javelin Throw 600 g

Name	Team	Finals
Finals		
1 Ausman, Christine	Kajaks Track	42.82m
2 Merritt, Olivia	Path Throws	41.79m
3 Hawkins, Julia	Unattached B	30.35m

Women 16-17 200 Meter Dash Heptathlon

Name	Team	Finals
Finals		
1 Weaver, Katie	Norwesters T	27.32 685
2 Beaton, Hannah	Langley Must	27.37 681

Women 20+ 200 Meter Dash Heptathlon

Name	Team	Finals
Finals		
1 Delage, Danielle	Pacific Athl	25.40 850

Women 16-17 800 Meter Run Heptathlon

Name	Team	Finals
Finals		
1 Weaver, Katie	Norwesters T	2:18.83 839
2 Beaton, Hannah	Langley Must	2:26.74 734

Women 20+ 800 Meter Run Heptathlon

Name	Team	Finals
Finals		
--- Delage, Danielle	Pacific Athl	SCR

Women 16-17 100 Meter Hurdles Heptathlon

Name	Team	Finals
Finals		
1 Weaver, Katie	Norwesters T	15.58 767
2 Beaton, Hannah	Langley Must	16.45 660

Women 20+ 100 Meter Hurdles Heptathlon

Name	Team	Finals
Finals		
1 Delage, Danielle	Pacific Athl	15.74 746

Women 16-17 High Jump Heptathlon

Name	Team	Finals
Finals		
1 Weaver, Katie	Norwesters T	1.49m 610
2 Beaton, Hannah	Langley Must	1.43m 544

Women 20+ High Jump Heptathlon

Name	Team	Finals
Finals		
1 Delage, Danielle	Pacific Athl	1.70m 855

BC Athletics Championships Jamboree
(Midget, Youth, Junior, Senior) - 19/07/2013 to 21/07/2013
Hillside Stadium, Kamloops, BC

Results**Women 16-17 Long Jump Heptathlon**

Name	Team	Finals
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Finals

1	Weaver, Katie	Norwesters T 4.99m 557
2	Beaton, Hannah	Langley Must 4.57m 446

Women 20+ Long Jump Heptathlon

Name	Team	Finals
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Finals

1	Delage, Danielle	Pacific Athl 5.37m 663
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Women 16-17 Shot Put Heptathlon

Name	Team	Finals
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Finals

1	Beaton, Hannah	Langley Must 11.28m 614
2	Weaver, Katie	Norwesters T 10.35m 552

Women 20+ Shot Put Heptathlon

Name	Team	Finals
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Finals

1	Delage, Danielle	Pacific Athl 10.49m 562
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Women 16-17 Javelin Throw Heptathlon

Name	Team	Finals
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Finals

1	Beaton, Hannah	Langley Must 35.61m 583
2	Weaver, Katie	Norwesters T 26.62m 413

Women 20+ Javelin Throw Heptathlon

Name	Team	Finals
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Finals

1	Delage, Danielle	Pacific Athl 25.09m 384
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Women 16-17 Heptathlon

Name	Team	Finals
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Finals

1	Weaver, Katie	Norwesters T 4423
2	Beaton, Hannah	Langley Must 4262

Women 15 Year Olds 1500 Meter Race Walk

Name	Team	Finals
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Finals

1	Zhang, Zoe	Strathcona L 9:19.12
2	Irwin, Lara	Pacific Athl 10:42.28

Women 16-17 3000 Meter Race Walk

Name	Team	Finals
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Finals

1	Choi, Chelsea	Strathcona L 21:29.21
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Women 20+ 10000 Meter Race Walk

Name	Team	Finals
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Finals

1	Ramage, Katelynn	Nanaimo & Di 53:21.07
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Men 14 Year Olds 100 Meter Dash

Name	Team	Prelims
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Preliminaries

1	King, Nathan	Langley Must,Langl 11.73Q1.9
2	Jang, Kyle	Vancouver Ol 12.13Q1.1
3	Villanueva, Erick	Golden Ears 12.15Q1.1
4	Hay, Gregory	River City E,Campb 12.36Q1.9
5	Tjernagel, Benjamin	Coquitlam Ch 12.33Q1.1
6	Roman, Braydon	Norwesters T,North ` 12.39Q1.9
7	Kabia, Benjamin	South Fraser 12.63q 1.1
8	Morrison, Simon	Oceanside Tr 12.79q 1.1
9	Blakely, Conor	Vancouver Ol,Vanco 13.04 1.9
---	Hoffmann, Jean-Marc	Unattached B SCR 1.9

Men 14 Year Olds 100 Meter Dash

Name	Team	Finals
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Finals

1	King, Nathan	Langley Must,Langl 11.80 1.5
2	Jang, Kyle	Vancouver Ol 12.01 1.5
3	Villanueva, Erick	Golden Ears 12.12 1.5
4	Hay, Gregory	River City E,Campb 12.31 1.5
5	Tjernagel, Benjamin	Coquitlam Ch 12.46 1.5
6	Roman, Braydon	Norwesters T,North ` 12.66 1.5
7	Morrison, Simon	Oceanside Tr 12.82 1.5
8	Kabia, Benjamin	South Fraser 14.55 1.5

Men 15 Year Olds 100 Meter Dash

Name	Team	Prelims
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Preliminaries

1	Richter, Felix	Oceanside Tr 11.36Q0.1
2	Walsh, Reece	Okanagan Ath 11.72Q0.9
3	Weegar, Thompson	Alberni Vall 11.76Q0.9
4	Aono, Michael	Ocean Athlet,Surrey 11.84Q0.1
5	Pavlic, Daniel	Langley Must 12.09Q0.9
6	Regier, Emerson	Okanagan Ath 12.12Q0.1
7	Savage, Alexander	Unattached B 11.66q 0.9
8	Savery, Marcus	Campbell Riv,Camp 12.52q 0.1
---	Chippett, Bryn	West Vancouv SCR 0.9

Men 15 Year Olds 100 Meter Dash

Name	Team	Finals
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Finals

1	Richter, Felix	Oceanside Tr 11.29 2.1
2	Savage, Alexander	Unattached B 11.43 2.1
3	Walsh, Reece	Okanagan Ath 11.45 2.1
4	Weegar, Thompson	Alberni Vall 11.70 2.1
5	Aono, Michael	Ocean Athlet,Surrey 11.71 2.1
6	Pavlic, Daniel	Langley Must 11.89 2.1
7	Regier, Emerson	Okanagan Ath 12.07 2.1
8	Savery, Marcus	Campbell Riv,Camp 12.64 2.1

Men 16-17 100 Meter Dash

Name	Team	Prelims
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Preliminaries

1	Taylor-Lewis, Adeyemi	Coquitlam Ch 11.14QNWI
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BC Athletics Championships Jamboree
(Midget, Youth, Junior, Senior) - 19/07/2013 to 21/07/2013
Hillside Stadium, Kamloops, BC

Results**Preliminaries ... (Men 16-17 100 Meter Dash)**

Name	Team	Prelims
2 Rankin, Felix	West Vancouv	11.28Q1.8
3 Ladipo, Awwal	Coastal Trac	11.20QNWI
4 Choboter, Zach	Valley Royal	11.45Q1.8
5 Chan, Matthew	Vancouver Th	11.24QNWI
6 Owen, Nathan	Coastal Trac	11.59Q1.8
7 Mclean, Matthew	Ocean Athlet,Surrey	11.32q NWI
8 Stamp, Sean	Universal At	11.66q 1.8
9 Johnston, Brenden	Club Rapide	11.84 1.8
9 Schmidt, Andrew	Bulkley Vall	11.84 NWI
11 Suesser, Konrad	Uvic Track C	11.95 NWI
12 Choi, Kevin	Club Rapide	12.26 NWI
13 Parmar, Jagbir	Prince Georg,Prince	12.36 1.8
14 Law, Felix	Strathcona L	12.39 1.8
15 Baradar, Ali	Chilliwack T	13.23 NWI

Men 16-17 100 Meter Dash

Name	Team	Finals
Finals		
1 Rankin, Felix	West Vancouv	10.85 2.1
2 Ladipo, Awwal	Coastal Trac	11.01 2.1
3 Mclean, Matthew	Ocean Athlet,Surrey	11.02 2.1
4 Chan, Matthew	Vancouver Th	11.11 2.1
5 Taylor-Lewis, Adeyemi	Coquitlam Ch	11.33 2.1
6 Choboter, Zach	Valley Royal	11.38 2.1
7 Owen, Nathan	Coastal Trac	11.53 2.1
8 Stamp, Sean	Universal At	11.64 2.1

Men 18-19 100 Meter Dash

Name	Team	Finals
Finals		
1 Joyce, Keefer	Unattached B	10.76 2.1
2 Linde, James	Coquitlam Ch	10.85 2.1
3 Payne, Chad	Coquitlam Ch	10.89 2.1
4 Taylor-Lewis, Tunji	Coquitlam Ch	11.24 2.1
5 Blake, Jerome	Okanagan Ath	11.53 2.1
6 Guang, Johnny	Strathcona L	11.92 2.1
--- More O'Ferrall, Christopher	Norwesters T	SCR

Men 20+ 100 Meter Dash

Name	Team	Finals
Finals		
1 Ayesu-Attah, Benjamin	Coquitlam Ch	10.89 0.1
2 Ayin, Nicholas	Coquitlam Ch	10.99 0.1
3 Peleshaty, Chase	Cowichan Val,kamlo	11.18 0.1
4 Rockerbie, Phillip	Coquitlam Ch	11.55 0.1
5 Dosanjh, Tarin	Universal At	11.57 0.1
6 Faust, Eric	Pacific Athl	11.63 0.1
7 Van Ryswyk, Riley	Ocean Athlet,Surrey	12.04 0.1
8 Fonseca, Madura	Uvic Track C	12.19 0.1

Men 14 Year Olds 200 Meter Dash

Name	Team	Finals
Finals		
1 King, Nathan	Langley Must,Langl	24.27 2.3
2 Roman, Braydon	Norwesters T,North `	25.33 2.3
3 Morrison, Simon	Oceanside Tr	25.71 2.3
4 Kabia, Benjamin	South Fraser	26.46 2.3
5 Blakely, Conor	Vancouver Ol,Vanco	26.75 2.3
--- Nobbs, Thomas	Vancouver Ol,Vanco	SCR 2.3
--- Johnston, Alec	Coastal Trac	SCR

Men 15 Year Olds 200 Meter Dash

Name	Team	Prelims
Preliminaries		
1 Richter, Felix	Oceanside Tr	22.84Q2.8
2 Weegar, Thompson	Alberni Vall	23.46Q2.6
3 Walsh, Reece	Okanagan Ath	23.41Q2.8
4 Savage, Alexander	Unattached B	24.02Q2.6
5 Aono, Michael	Ocean Athlet,Surrey	24.01Q2.8
6 Sanchez Mejorada, Javier	Vancouver Ol,Vanco	24.07Q2.6
7 Schan, Steven	Oceanside Tr	24.08q 2.6
8 Pavlic, Daniel	Langley Must	24.15q 2.8
9 Regier, Emerson	Okanagan Ath	24.74 2.6
10 Chin, Conrad	Uvic Track C	25.24 2.6
11 Savery, Marcus	Campbell Riv,Camp	25.85 2.8
--- Chippett, Bryn	West Vancouv	SCR 2.8

Men 15 Year Olds 200 Meter Dash

Name	Team	Finals
Finals		
1 Richter, Felix	Oceanside Tr	23.04 2.3
2 Weegar, Thompson	Alberni Vall	23.35 2.3
3 Walsh, Reece	Okanagan Ath	23.46 2.3
4 Aono, Michael	Ocean Athlet,Surrey	23.73 2.3
5 Savage, Alexander	Unattached B	23.99 2.3
6 Sanchez Mejorada, Javier	Vancouver Ol,Vanco	24.06 2.3
7 Schan, Steven	Oceanside Tr	24.59 2.3
--- Pavlic, Daniel	Langley Must	SCR 2.3

Men 16-17 200 Meter Dash

Name	Team	Prelims
Preliminaries		
1 Rankin, Felix	West Vancouv	22.56QNWI
2 Macklin, Aiden	Norwesters T	22.96Q4.3
3 Mclean, Matthew	Ocean Athlet,Surrey	22.63QNWI
4 Ladipo, Awwal	Coastal Trac	22.97Q4.3
5 Owen, Nathan	Coastal Trac	23.27Q4.3
6 Schmidt, Andrew	Bulkley Vall	23.85QNWI
6 Choboter, Zach	Valley Royal	23.85QNWI
8 Kits, Aidan	Langley Must	23.54q 4.3
9 Chan, Matthew	Vancouver Th	23.88 NWI
10 Allen, Martin	Langley Must	24.08 NWI
11 Suesser, Konrad	Uvic Track C	24.45 NWI
12 Mcdonald, James	Coastal Trac	25.00 4.3

BC Athletics Championships Jamboree
(Midget, Youth, Junior, Senior) - 19/07/2013 to 21/07/2013
Hillside Stadium, Kamloops, BC

Results**Preliminaries ... (Men 16-17 200 Meter Dash)**

Name	Team	Prelims
--- Lindsay, Liam	Cowichan Val,kamlo	SCR NWI
--- Johnston, Brenden	Club Rapide	SCR 4.3
--- Taylor-Lewis, Adeyemi	Coquitlam Ch	SCR 4.3

Men 16-17 200 Meter Dash

Name	Team	Finals
Finals		
1 Rankin, Felix	West Vancouv	22.53 1.7
2 Mclean, Matthew	Ocean Athlet,Surrey	22.60 1.7
3 Ladipo, Awwal	Coastal Trac	22.73 1.7
4 Macklin, Aiden	Norwesters T	22.91 1.7
5 Owen, Nathan	Coastal Trac	23.38 1.7
6 Kits, Aidan	Langley Must	23.61 1.7
7 Choboter, Zach	Valley Royal	24.13 1.7
--- Schmidt, Andrew	Bulkley Vall	SCR 1.7

Men 18-19 200 Meter Dash

Name	Team	Prelims
Preliminaries		
1 George, Nathan	Coquitlam Ch	21.85Q1.3
2 Joyce, Keefer	Unattached B	21.88Q2.5
3 Payne, Chad	Coquitlam Ch	22.38Q1.3
4 Linde, James	Coquitlam Ch	22.45Q2.5
5 Rosler, Jerome	Coquitlam Ch	22.88Q1.3
6 Taylor-Lewis, Tunji	Coquitlam Ch	23.39Q2.5
7 Commandeur, Adam	Comox Valley	22.98q 1.3
8 Szeremeta, Sean	Vancouver Th	23.29q 1.3
9 Wilkinson, Ethan	Langley Must,Langl	23.46 2.5
10 Blake, Jerome	Okanagan Ath	23.62 1.3
11 Guang, Johnny	Strathcona L	24.54 2.5
--- Hooper, Lucas	Penticton At,Pentict	SCR 1.3
--- Turner, Rostam	Okanagan Ath	SCR 2.5

Men 18-19 200 Meter Dash

Name	Team	Finals
Finals		
1 George, Nathan	Coquitlam Ch	21.53 -1.6
2 Payne, Chad	Coquitlam Ch	21.98 -1.6
3 Linde, James	Coquitlam Ch	22.00 -1.6
4 Joyce, Keefer	Unattached B	22.05 -1.6
5 Commandeur, Adam	Comox Valley	23.58 -1.6
6 Taylor-Lewis, Tunji	Coquitlam Ch	23.62 -1.6
--- Rosler, Jerome	Coquitlam Ch	SCR -1.6
--- Szeremeta, Sean	Vancouver Th	SCR -1.6

Men 20+ 200 Meter Dash

Name	Team	Finals
Finals		
1 Ayesu-Attah, Benjamin	Coquitlam Ch	22.17 1.5
2 Ayin, Nicholas	Coquitlam Ch	22.30 1.5
3 Peleshaty, Chase	Cowichan Val,kamlo	22.45 1.5
4 Brar, Parmveer	Universal At	23.15 1.5
5 Faust, Eric	Pacific Athl	23.24 1.5

---	Gallaughner, Robert	Langley Must	SCR 1.5
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Men 14 Year Olds 300 Meter Dash

Name	Team	Finals
Finals		
1 Loewen, Nathan	Kajaks Track	41.02
2 Kabia, Benjamin	South Fraser	41.61
3 Johnson, Nick	Coastal Trac	44.16
--- Johnston, Alec	Coastal Trac	SCR

Men 15 Year Olds 300 Meter Dash

Name	Team	Finals
Finals		
1 Ellenwood, Dean	Langley Must	37.05
2 Weegar, Thompson	Alberni Vall	37.09
3 Walsh, Reece	Okanagan Ath	37.36
4 Higgins, Carter	Nanaimo & Di	37.96
5 Sanchez Mejorada, Javier	Vancouver Ol,Vanco	38.07
6 Schan, Steven	Oceanside Tr	38.33
7 Chin, Conrad	Uvic Track C	39.65
--- Chippett, Bryn	West Vancouv	SCR

Men 16-17 400 Meter Dash

Name	Team	Prelims
Preliminaries		
1 Degroot, Andrew	Nanaimo & Di	50.28Q
2 Hanna, Jake	Ocean Athlet,Surrey	50.90Q
3 Kits, Aidan	Langley Must	50.97Q
4 Klimo, Francis	Elite Track,New We	51.13Q
5 Macklin, Aiden	Norwesters T	51.32Q
6 Getty, Ethan	Pacific Athl	51.92Q
7 Stampp, Sean	Universal At	52.63q
8 Ellison, Elias	Ocean Athlet,Surrey	52.91q
9 Allen, Martin	Langley Must	53.10
10 Paul-Morris, Andrew	Coastal Trac	54.90
--- Mcdonald, James	Coastal Trac	SCR

Men 16-17 400 Meter Dash

Name	Team	Finals
Finals		
1 Hanna, Jake	Ocean Athlet,Surrey	49.29
2 Degroot, Andrew	Nanaimo & Di	50.29
3 Kits, Aidan	Langley Must	50.78
4 Macklin, Aiden	Norwesters T	51.21
5 Klimo, Francis	Elite Track,New We	51.24
6 Getty, Ethan	Pacific Athl	51.87
7 Stampp, Sean	Universal At	52.86
8 Ellison, Elias	Ocean Athlet,Surrey	53.63

Men 18-19 400 Meter Dash

Name	Team	Prelims
Preliminaries		
1 George, Nathan	Coquitlam Ch	49.10Q
2 Restall, Brendon	Uvic Track C	49.35Q
3 Harding, Hodson	Coquitlam Ch	49.62Q
4 Wilkinson, Ethan	Langley Must,Langl	50.57Q

BC Athletics Championships Jamboree
(Midget, Youth, Junior, Senior) - 19/07/2013 to 21/07/2013
Hillside Stadium, Kamloops, BC

Results**Preliminaries ... (Men 18-19 400 Meter Dash)**

Name	Team	Prelims
5 Szeremeta, Sean	Vancouver Th	52.00Q
6 Commandeur, Adam	Comox Valley	52.31Q
7 Hooper, Lucas	Penticton At,Pentict	52.39q
8 Hewitt, Joshua	Prince Georg	52.78q
9 Rokeby, Simon	Elite Track,New We	53.14
10 Blake, Jerome	Okanagan Ath	53.42
11 Wong, Billy	Unattached B	53.84
12 Gill, Holden	Club Rapide	57.03
--- Rosler, Jerome	Coquitlam Ch	SCR

Men 18-19 400 Meter Dash

Name	Team	Finals
1 George, Nathan	Coquitlam Ch	47.17
2 Restall, Brendon	Uvic Track C	47.85
3 Harding, Hodson	Coquitlam Ch	48.59
4 Commandeur, Adam	Comox Valley	50.27
5 Hooper, Lucas	Penticton At,Pentict	50.99
6 Szeremeta, Sean	Vancouver Th	51.92
7 Hewitt, Joshua	Prince Georg	52.38
--- Wilkinson, Ethan	Langley Must,Langl	DNF

Men 20+ 400 Meter Dash

Name	Team	Finals
1 Paul-Morris, Adam	Coastal Trac	48.38
2 Brar, Parmveer	Universal At	52.82
3 Butler, Michael	Ocean Athlet	53.70
4 Polos, Ian	Kamloops Tra	54.05
--- Ference, Lucas	Coastal Trac	SCR
--- Mcmillan, Tyler	Coastal Trac	SCR

Men 14 Year Olds 800 Meter Run

Name	Team	Finals
1 Harris, Luke	Norwesters T,North	2:08.95
2 King, Nathan	Langley Must,Langl	2:09.04
3 Pelayo-Mazzone, Roberto	Vancouver Th	2:12.02
4 Loewen, Nathan	Kajaks Track	2:12.34
5 Bouchier, Jacobus	Okanagan Ath	2:16.88
6 Nobbs, Thomas	Vancouver Ol,Vanco	2:17.32
7 Ross, Alexander	Golden Ears	2:18.33

Men 15 Year Olds 800 Meter Run

Name	Team	Finals
1 Ellenwood, Dean	Langley Must	1:57.73
2 Higgins, Carter	Nanaimo & Di	2:02.20
3 Mitchell, Rylee	Alberni Vall	2:06.66
4 Dinsdale, Cole	Prince Georg,Prince	2:12.30
5 Kohut, Joey	Vernon Amate,NJ, N	2:13.05
6 Geary, Tanner	Valley Royal	2:14.69
7 Bassett, Yosef	Oceanside Tr	2:21.25

--- Hughes-Geekie, Davis Okanagan Ath SCR

Men 16-17 800 Meter Run

Name	Team	Finals
1 Oxland, Thomas	Oceanside Tr	1:59.07
2 Oxland, Peter	Oceanside Tr	1:59.16
3 Muller, Reid	Golden Ears	1:59.29
4 Tadesse, Nathan	Unattached B	2:00.28
5 Trummer, Max	Vancouver Th	2:00.45
6 Klassen, Jude	Langley Must	2:02.14
7 Paul-Morris, Andrew	Coastal Trac	2:03.67
8 Murray, Adam	Okanagan Ath	2:05.89
9 Nemethy, Alexander	Prince Georg	2:07.72
10 Mitchell, Peter	Valley Royal	2:08.18
11 Davitt, Cameron	Hershey Harr	2:08.55
12 Marchand, Boyd	Prince Georg	2:13.89
--- Torres, Richard	Coastal Trac	DNF
--- Figueroa, Brandon	Ocean Athlet,Surrey	DNF
--- Wadhvani, Isaac	Golden Ears	SCR
--- Wadhvani, Nathan	Golden Ears	SCR

Men 18-19 800 Meter Run

Name	Team	Finals
1 Restall, Brendon	Uvic Track C	1:51.79
2 Gravel, Christian	Vancouver Th	1:52.96
3 Getty, Thomas	Uvic Track C	1:53.00
4 Tadesse, Ephraim	Unattached B	1:55.95
5 Marshall, Adam	Langley Must	1:56.31
6 Weir, Ben	Uvic Track C	1:57.44
7 Jorgensen, Oliver	Valley Royal	1:58.42
8 Hewitt, Joshua	Prince Georg	1:59.50
9 Miles, James	Hershey Harr	2:01.60
10 Charlton, Braeden	Vancouver Th	2:01.65
11 Matyas, Zachary	Prince Georg	2:02.98
12 Gill, Holden	Club Rapide	2:04.38
13 Favreau, Christian	Vancouver Th	2:04.41
14 Johnson, Dustin	Coastal Trac	2:08.41
15 Sawatzky, David	Valley Royal	2:12.96
--- Richardson, Layne	Penticton At,Pentict	DNF
--- So, Matthew	Vancouver Th	SCR
--- Delcourt, Timothy	Coastal Trac	SCR

Men 20+ 800 Meter Run

Name	Team	Finals
1 Paul-Morris, Adam	Coastal Trac	1:52.04
2 Kent, Justin	Coastal Trac	1:53.61
3 Vugteveen, Travis	Valley Royal	1:53.82
4 Irvine, Kyle	Uvic Track C	1:53.83
5 Kilpatrick, Alexander	Vancouver Th	1:54.35
6 Williams, Jack	Ocean Athlet,Surrey	1:55.42
7 Robertson, Karl	Uvic Track C	1:55.79
8 Therrien, Cody	Uvic Track C	1:55.83

BC Athletics Championships Jamboree
(Midget, Youth, Junior, Senior) - 19/07/2013 to 21/07/2013
Hillside Stadium, Kamloops, BC

Results**Finals ... (Men 20+ 800 Meter Run)**

Name	Team	Finals
9 White, Declan	Coastal Trac	1:59.05
10 Bal, Gurjot	Coastal Trac	2:00.06
10 Dong, Christopher	Coastal Trac	2:00.06
--- Riva, Thomas	Uvic Track C	SCR

Men 14 Year Olds 1200 Meter Run

Name	Team	Finals
Finals		
1 Pelayo-Mazzone, Roberto	Vancouver Th	3:29.00
2 Harris, Luke	Norwesters T,North	3:31.44
3 Bouchier, Jacobus	Okanagan Ath	3:32.00
4 Nobbs, Thomas	Vancouver Ol,Vanco	3:32.31
5 Loewen, Nathan	Kajaks Track	3:36.68
6 Ribeiro, Dawson	Ocean Athlet,Surrey	3:37.60
7 Bingert, Liam	Valley Royal	3:40.67
8 Ross, Alexander	Golden Ears	3:41.33
--- Buckingham, Paul	Langley Must,Langl	SCR

Men 15 Year Olds 1200 Meter Run

Name	Team	Finals
Finals		
1 Hoff, Brendan	River City E,Campb	3:13.88
2 Bailey, Josh	Nanaimo & Di	3:19.85
3 Bergman, Sean	Okanagan Ath	3:24.07
4 Fletcher, Jordan	Langley Must	3:32.03
5 Kohut, Joey	Vernon Amate,NJ, N	3:35.18
6 Geary, Tanner	Valley Royal	3:35.32
7 Dinsdale, Cole	Prince Georg,Prince	3:39.65
8 Liang, Alger	Strathcona L	3:45.44
9 Bassett, Yosef	Oceanside Tr	3:47.87
10 Silvester-Lee, Jackson	Ocean Athlet,Surrey	3:49.99
--- Hughes-Geekie, Davis	Okanagan Ath	SCR
--- Mcgovern, Dakota	Norwesters T	SCR

Men 16-17 1500 Meter Run

Name	Team	Finals
Finals		
1 Wadhwani, Nathan	Golden Ears	4:01.22
2 Muller, Reid	Golden Ears	4:01.53
3 Tadesse, Nathan	Unattached B	4:01.64
4 Oxland, Peter	Oceanside Tr	4:05.22
5 Wadhwani, Isaac	Golden Ears	4:10.73
6 Miller, Sean	Nanaimo & Di	4:10.83
7 Gay, John	Okanagan Ath	4:11.37
8 Figueroa, Brandon	Ocean Athlet,Surrey	4:14.15
9 Fuoco, Ty	Kamloops Tra	4:18.80
10 Murray, Adam	Okanagan Ath	4:20.27
11 Reta, Jemal	New West Spa	4:22.81
12 Ginther, Sterling	Coastal Trac	4:24.72
13 Taylor, Matthew	Vancouver Th	4:28.19
14 Davitt, Cameron	Hershey Harr	4:44.64
15 Marchand, Boyd	Prince Georg	4:47.54
--- Mitchell, Peter	Valley Royal	SCR

---	Deschiffart, Joel	Nanaimo & Di	SCR
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Men 18-19 1500 Meter Run

Name	Team	Finals	
Finals			
1 Gravel, Christian	Vancouver Th	3:57.98	
2 Weir, Ben	Uvic Track C	3:58.57	
3 Getty, Thomas	Uvic Track C	3:59.25	
4 Marshall, Adam	Langley Must	4:00.33	
5 Deschiffart, Joel	Nanaimo & Di	4:00.59	
6 Tadesse, Ephraim	Unattached B	4:05.36	
7 Jorgensen, Oliver	Valley Royal	4:05.71	
8 Delcourt, Timothy	Coastal Trac	4:11.62	
9 Charlton, Braeden	Vancouver Th	4:17.08	
10 Miles, James	Hershey Harr	4:25.52	
11 Matyas, Zachary	Prince Georg	4:28.33	
12 Richardson, Layne	Penticton At,Pentict	4:31.90	
13 Sawatzky, David	Valley Royal	4:52.64	
---	Hooton, Jesse	Hershey Harr	SCR
---	Clifford, Deon	Ocean Athlet	SCR

Men 20+ 1500 Meter Run

Name	Team	Finals	
Finals			
1 White, Declan	Coastal Trac	3:51.33	
2 Williams, Jack	Ocean Athlet,Surrey	3:51.75	
3 Hole, Nigel	Point Grey T	3:52.48	
4 Robertson, Karl	Uvic Track C	3:53.00	
5 Therrien, Cody	Uvic Track C	3:53.20	
6 Vugteveen, Travis	Valley Royal	3:53.55	
7 Irvine, Kyle	Uvic Track C	3:54.08	
8 Voth, Chris	Langley Must	3:54.14	
9 Psootka, Patrick	Uvic Track C	3:56.39	
10 Kent, Justin	Coastal Trac	3:56.40	
11 Riva, Thomas	Uvic Track C	4:00.45	
---	Maynard, Jordan	Vancouver Th	SCR
---	Kilpatrick, Alexander	Vancouver Th	SCR
---	Machuga, John	Okanagan Run	SCR

Men 14 Year Olds 2000 Meter Run

Name	Team	Finals	
Finals			
1 Bouchier, Jacobus	Okanagan Ath	6:27.18	
2 Ribeiro, Dawson	Ocean Athlet,Surrey	6:27.96	
3 Nobbs, Thomas	Vancouver Ol,Vanco	6:28.62	
4 Loewen, Nathan	Kajaks Track	6:36.66	
5 Ross, Alexander	Golden Ears	6:44.58	
6 Buckingham, Paul	Langley Must,Langl	7:09.88	
---	Bingert, Liam	Valley Royal	SCR
---	Wadhwani, Nathan	Golden Ears	SCR

Men 15 Year Olds 2000 Meter Run

Name	Team	Finals
Finals		
1 Hoff, Brendan	River City E,Campb	5:52.45

BC Athletics Championships Jamboree
(Midget, Youth, Junior, Senior) - 19/07/2013 to 21/07/2013
Hillside Stadium, Kamloops, BC

Results**Finals ... (Men 15 Year Olds 2000 Meter Run)**

Name	Team	Finals
2 Bailey, Josh	Nanaimo & Di	5:55.35
3 Kohut, Joey	Vernon Amate,NJ, N	6:16.05
4 Marshall, Brodie	Vancouver Th	6:21.20
5 Turner, Bryce	Kamloops Tra	6:21.59
6 MCGovern, Dakota	Norwesters T	6:37.86
7 Liang, Alger	Strathcona L	6:44.07
8 Silvester-Lee, Jackson	Ocean Athlet,Surrey	6:52.34
--- Bergman, Sean	Okanagan Ath	SCR
--- Fletcher, Jordan	Langley Must	SCR

Men 16-17 3000 Meter Run

Name	Team	Finals
1 Wadhvani, Nathan	Golden Ears	8:59.13
2 Gay, John	Okanagan Ath	9:11.41
3 Miller, Sean	Nanaimo & Di	9:14.33
4 Colyn, Nicholas	Langley Must,Langl	9:21.28
5 Serban, Anthony	Nanaimo & Di	9:24.70
6 Reta, Jemal	New West Spa	9:25.95
7 Wadhvani, Isaac	Golden Ears	9:32.98
8 Serban, Christopher	Nanaimo & Di	9:38.79
9 Nemethy, Alexander	Prince Georg	9:54.55
10 Rafie-Pour, Aran	Strathcona L	9:56.17
11 Thies, Erik	Strathcona L	11:39.54

Men 18-19 5000 Meter Run

Name	Team	Finals
1 Hooton, Jesse	Hershey Harr	15:45.61
--- Li, Alan	Strathcona L	DNS
--- Ip, Nelson	Strathcona L	DNS

Men 20+ 5000 Meter Run

Name	Team	Finals
1 Machuga, John	Okanagan Run	16:27.64

Men 14 Year Olds 100 Meter Hurdles 10 x .840m

Name	Team	Finals
1 Luccock, Dominic	Ocean Athlet,Surrey	17.64 NWI

Men 15 Year Olds 100 Meter Hurdles 10 x .840m

Name	Team	Finals
1 Richter, Felix	Oceanside Tr	13.69 1.7
2 Schiedel, Jasper	Vancouver Ol,Vanco	13.76 1.7
3 Gaiesky, Ryan	Prince Georg	14.38 1.7
4 Savery, Marcus	Campbell Riv,Camp	15.78 1.7

Men 16-17 110 Meter Hurdles 10 x .914m

Name	Team	Prelims
1 Pavel, Bogdan	New West Spa	14.44Q1.0

2 Cheung, Jackson	Strathcona L	14.45Q0.1
3 Schultze, Kenneth	West Vancouv	14.63Q0.1
4 Marshall, Ben	Langley Must,Langl	15.52Q1.0
5 Stefanovic, Mihailo	New West Spa	14.86Q0.1
6 Roberts, Richard	Ocean Athlet,Surrey	16.90Q1.0
7 Smith, Kaelan	Peninsula Tr	16.89q 0.1
8 Bertness, Timothy	Valley Royal	17.11q 0.1
9 Macewan, Caelan	Peninsula Tr	18.15 1.0
--- De Visser, Andrew	Vancouver Th	SCR 1.0

Men 16-17 110 Meter Hurdles 10 x .914m

Name	Team	Finals
1 Schultze, Kenneth	West Vancouv	14.29 0.7
2 Stefanovic, Mihailo	New West Spa	14.53 0.7
3 Pavel, Bogdan	New West Spa	14.54 0.7
4 Cheung, Jackson	Strathcona L	14.57 0.7
5 Marshall, Ben	Langley Must,Langl	15.25 0.7
6 Roberts, Richard	Ocean Athlet,Surrey	16.63 0.7
7 Smith, Kaelan	Peninsula Tr	16.74 0.7
--- Bertness, Timothy	Valley Royal	SCR 0.7

Men 18-19 110 Meter Hurdles 10 x .990m

Name	Team	Finals
1 Voloshin, Daniel	Norwesters T	15.78 0.6
2 Elke, Daniel	Kamloops Tra	15.96 0.6
3 Boyd, David	Uvic Track C	16.27 0.6

Men 20+ 110 Meter Hurdles 10 x 1.067m

Name	Team	Finals
1 Rockerbie, Phillip	Coquitlam Ch	15.89 NWI
2 Massar, Justin	Langley Must	16.88 NWI

Men 14 Year Olds 200 Meter Hurdles 5 x .762m

Name	Team	Finals
1 King, Nathan	Langley Must,Langl	27.38 2.1
2 Luccock, Dominic	Ocean Athlet,Surrey	27.87 2.1

Men 15 Year Olds 200 Meter Hurdles 5 x .762m

Name	Team	Finals
1 Schan, Steven	Oceanside Tr	27.91 0.2
2 Savery, Marcus	Campbell Riv,Camp	31.39 0.2
3 Schiedel, Jasper	Vancouver Ol,Vanco	36.47 0.2

Men 16-17 300 Meter Hurdles 7 x .840m

Name	Team	Finals
1 Stefanovic, Mihailo	New West Spa	38.09
2 Strome, Ethan	Vancouver Th	38.70
3 Hanna, Jake	Ocean Athlet,Surrey	38.71
4 Schultze, Kenneth	West Vancouv	39.76
5 Marshall, Ben	Langley Must,Langl	41.26

BC Athletics Championships Jamboree
(Midget, Youth, Junior, Senior) - 19/07/2013 to 21/07/2013
Hillside Stadium, Kamloops, BC

Results**Finals ... (Men 16-17 300 Meter Hurdles 7 x .840m)**

Name	Team	Finals
6 Pavel, Bogdan	New West Spa	41.47
7 Roberts, Richard	Ocean Athlet,Surrey	41.99
8 Getty, Ethan	Pacific Athl	43.18
9 Macewan, Caelan	Peninsula Tr	43.37

Men 18-19 400 Meter Hurdles 10 x .914m

Name	Team	Finals
Finals		
1 Adugalski, Sebastian	Ocean Athlet,Surrey	55.96
2 Boyd, David	Uvic Track C	58.11
3 Richardson, Layne	Penticton At,Pentict	63.09

Men 20+ 400 Meter Hurdles 10 x .914m

Name	Team	Finals
Finals		
1 Rockerbie, Phillip	Coquitlam Ch	55.88

Men 14 Year Olds 1500 Meter Steeplechase 12 x .762 NW

Name	Team	Finals
Finals		
1 Ribeiro, Dawson	Ocean Athlet,Surrey	4:55.76
2 Buckingham, Paul	Langley Must,Langl	4:58.12

Men 15 Year Olds 1500 Meter Steeplechase 12 x .762 NW

Name	Team	Finals
Finals		
1 Bergman, Sean	Okanagan Ath	4:27.31
2 MCGovern, Dakota	Norwesters T	4:43.20
3 Turner, Bryce	Kamloops Tra	4:45.98
4 Dinsdale, Cole	Prince Georg,Prince	4:52.53

Men 16-17 2000 Meter Steeplechase 18 x .840

Name	Team	Finals
Finals		
1 Colyn, Nicholas	Langley Must,Langl	6:05.78
2 Reta, Jemal	New West Spa	6:13.91
3 Gay, John	Okanagan Ath	6:14.21
4 Serban, Anthony	Nanaimo & Di	6:20.42
5 Nemethy, Alexander	Prince Georg	6:26.30
6 Serban, Christopher	Nanaimo & Di	6:31.94
7 Rafie-Pour, Aran	Strathcona L	6:35.92
8 Torres, Richard	Coastal Trac	6:37.62
9 Murray, Adam	Okanagan Ath	6:40.46
10 Marchand, Boyd	Prince Georg	7:34.18

Men 18-19 3000 Meter Steeplechase 28 x .914

Name	Team	Finals
Finals		
1 Clifford, Deon	Ocean Athlet	9:31.39
2 Deschiffart, Joel	Nanaimo & Di	9:49.51
3 McDonald, Stuart	Coastal Trac	10:05.64

Men 20+ 3000 Meter Steeplechase 28 x .914

Name	Team	Finals
Finals		
1 Psootka, Patrick	Uvic Track C	9:08.83

Men 14 4x100 Meter Relay

Team	Relay	Finals
Finals		
--- VOC	A	SCR
1) Jang, Kyle	2) Sanchez Mejorada, Javier	
3) Blakely, Conor	4) Schiedel, Jasper	
--- Oceanside Tr	A	SCR
1) Schan, Steven	2) Richter, Felix	
3) Morrison, Simon	4) Bassett, Yosef	

Men 15 Year Olds 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Vancouver Ol	A	47.10
1) Jang, Kyle	2) Sanchez Mejorada, Javier	
3) Blakely, Conor	4) Schiedel, Jasper	
2 Oceanside Tr	A	48.94
1) Schan, Steven	2) Richter, Felix	
3) Morrison, Simon	4) Bassett, Yosef	

Men 16-17 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Vancouver Th	A	44.49
1) Strome, Ethan	2) Nizamani, Ahmad	
3) Chan, Matthew	4) De Visser, Andrew	
2 Coastal Track Club	A	45.54

Men 16-17 4x100 Meter Relay

Team	Relay	Finals
Finals		
--- Coastal Track Club	A	SCR
--- Valley Royal	A	SCR
--- Vancouver Th	A	SCR
1) Strome, Ethan	2) Nizamani, Ahmad	
3) Chan, Matthew	4) De Visser, Andrew	

Men 18-19 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Okanagan Ath	A	45.16
1) Turner, Rostam	2) Blake, Jerome	
3) Regier, Emerson	4) Walsh, Reece	
2 Strathcona L	A	46.79
1) Ip, Nelson	2) Law, Felix	
3) Guang, Johnny	4) Cheung, Jackson	
3 Club Rapide	A	47.04
1) Choi, Kevin	2) Gill, Holden	
3) Hsueh, Albert	4) Johnston, Brenden	

BC Athletics Championships Jamboree
(Midget, Youth, Junior, Senior) - 19/07/2013 to 21/07/2013
Hillside Stadium, Kamloops, BC

Results**Men 18-19 4x100 Meter Relay**

Team	Relay	Finals
Finals		
--- Club Rapide	A	SCR
1) Choi, Kevin	2) Gill, Holden	
3) Hsueh, Albert	4) Johnston, Brenden	
--- Okanagan Ath	A	SCR
1) Turner, Rostam	2) Blake, Jerome	
3) Regier, Emerson	4) Walsh, Reece	
--- Strathcona L	A	SCR
1) Ip, Nelson	2) Law, Felix	
3) Guang, Johnny	4) Cheung, Jackson	

Men 20+ 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Uvic Track Club	A	45.14
1) Fonseka, Madura	2) Boyd, David	
3) Suesser, Konrad	4) Peleshaty, Chase	

Men 20+ 4x100 Meter Relay

Team	Relay	Finals
Finals		
--- Uvic Track Club	A	SCR
1) Fonseka, Madura	2) Boyd, David	
3) Suesser, Konrad	4) Peleshaty, Chase	

Men 16-17 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Coastal Track Club	A	3:42.77

Men 18-19 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Vancouver Th	A	3:38.83
2 Coastal Track Club	A	3:44.18
--- Strathcona L	A	SCR
1) Ip, Nelson	2) Rafie-Pour, Aran	
3) Guang, Johnny	4) Cheung, Jackson	

Men 20+ 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Coastal Track Club	A	3:34.11

Men 14 Year Olds High Jump

Name	Team	Finals
Finals		
1 King, Nathan	Langley Must,Langl	1.75m
2 Luccock, Dominic	Ocean Athlet,Surrey	1.65m
3 Hay, Gregory	River City E,Campb	1.60m
4 Lambert, Michael	Valley Royal	1.55m

Men 15 Year Olds High Jump

Name	Team	Finals
Finals		
1 Della Siega, Joel	Ocean Athlet,Surrey	1.80m
2 Sexsmith, Jared	Vernon Amate,NJ, N	1.75m
3 Williams, Ben	Cowichan Val,kamlo	1.70m
4 Gaiesky, Ryan	Prince Georg	1.60m

Men 16-17 High Jump

Name	Team	Finals
Finals		
1 Elson, James	Norwesters T	1.85m
2 Spenst, Spencer	Valley Royal	1.75m
2 Chatten, Adam	Langley Must,Langl	1.75m
4 Chatten, Eric	Langley Must	1.75m
4 Hellner, James	Langley Must,Langl	1.75m
6 Laurie, Thomas	Valley Royal	1.70m
7 Smith, Kaelan	Peninsula Tr	1.70m
8 Macewan, Caelan	Peninsula Tr	1.70m

Men 18-19 High Jump

Name	Team	Finals
Finals		
1 Chen, Youle	Vancouver Th	1.80m

Men 20+ High Jump

Name	Team	Finals
Finals		
1 Mason, Michael	Valley Royal	2.25m
2 Lovett, Django	Valley Royal	1.80m
3 Massar, Justin	Langley Must	1.75m

Men 15 Year Olds Pole Vault

Name	Team	Finals
Finals		
1 Clare, Jason	Nanaimo & Di	3.40m

Men 16-17 Pole Vault

Name	Team	Finals
Finals		
1 Derker, Braden	Kamloops Tra	3.90m
2 Martinez, Fernando	Langley Must	3.60m
3 Niwinski, Conor	Ocean Athlet,Surrey	3.10m
4 Bertness, Timothy	Valley Royal	3.00m
--- Sandrin, Austin	Okanagan Ath	NH
--- Johnston, Glen	Ocean Athlet,Surrey	NH
--- Petruzzelli, Lucas	Victoria Tra	DNS

Men 20+ Pole Vault

Name	Team	Finals
Finals		
1 Allen, Spencer	Kamloops Tra	4.40m
2 Van Ryswyk, Riley	Ocean Athlet,Surrey	4.00m
2 Osborne, Adam	Langley Must	4.00m
4 Hawkins, John	Unattached B	3.00m

BC Athletics Championships Jamboree
(Midget, Youth, Junior, Senior) - 19/07/2013 to 21/07/2013
Hillside Stadium, Kamloops, BC

Results**Finals ... (Men 20+ Pole Vault)**

Name	Team	Finals
5 Steele, Sean	Victoria Tra	2.80m
6 Dumas, Gerard	Victoria Tra	2.00m
--- Steele, Sergei	Victoria Tra	NH

Men 14 Year Olds Long Jump

Name	Team	Finals
Finals		
1 Luccock, Dominic	Ocean Athlet,Surrey	5.51m -0.1
2 Villanueva, Erick	Golden Ears	5.35m 0.8
3 Niwinski, Bryan	Ocean Athlet,Surrey	5.00m 2.3
4 Roman, Braydon	Norwesters T,North`	4.80m 0.2
--- Kabia, Benjamin	South Fraser	FOUL

Men 15 Year Olds Long Jump

Name	Team	Finals
Finals		
1 Savage, Alexander	Unattached B	6.00m NWI
2 Williams, Ben	Cowichan Val,kamlo	5.78m 0.2
3 Clare, Jason	Nanaimo & Di	5.49m NWI
4 Wang, Richard	Vancouver Th	5.18m -0.8
5 Savery, Marcus	Campbell Riv,Camp	4.96m 0.4
--- Medina, Omar	Prince Georg	DNS NWI

Men 16-17 Long Jump

Name	Team	Finals
Finals		
1 Nizamani, Ahmad	Vancouver Th	6.50m 1.8
2 Choboter, Zach	Valley Royal	6.37m -0.7
3 Lindsay, Liam	Cowichan Val,kamlo	6.15m +0.0
4 Law, Felix	Strathcona L	5.49m 1.0
5 Hsueh, Albert	Club Rapide	5.48m 0.3
6 Parmar, Jagbir	Prince Georg,Prince	5.40m 0.4
7 Rankin, Felix	West Vancouv	5.29m -1.5
8 Schmidt, Andrew	Bulkeley Vall	5.13m 0.2
--- Martinez, Fernando	Langley Must	DNS NWI
--- Choi, Kevin	Club Rapide	DNS NWI
--- Smith, Kaelan	Peninsula Tr	DNS NWI
--- De Visser, Andrew	Vancouver Th	DNS NWI

Men 18-19 Long Jump

Name	Team	Finals
Finals		
1 Moldavanov, Vladislav A.	Norwesters T	6.57m 1.1
2 Voloshin, Daniel	Norwesters T	6.40m 0.9
3 Turner, Rostam	Okanagan Ath	6.39m -0.5

Men 20+ Long Jump

Name	Team	Finals
Finals		
1 Gallagher, Robert	Langley Must	7.35m 1.5
2 Khouw, Justin	Unattached B	6.54m NWI
3 Hogan, Ashaunti	Unattached B	6.48m 1.1
4 Dixon, Aaron	Unattached B	6.25m 1.0
5 Van Ryswyk, Riley	Ocean Athlet,Surrey	6.01m 1.0

6 Massar, Justin	Langley Must	5.45m 0.3
7 Grzelak, Patrick	Unattached B	1.92m 0.2

Men 14 Year Olds Triple Jump

Name	Team	Finals
Finals		
1 Roman, Braydon	Norwesters T,North`	11.61m 2.0
2 Villanueva, Erick	Golden Ears	11.25m 1.4
3 Luccock, Dominic	Ocean Athlet,Surrey	11.01m 2.3
4 Niwinski, Bryan	Ocean Athlet,Surrey	10.47m 2.3

Men 15 Year Olds Triple Jump

Name	Team	Finals
Finals		
1 Williams, Ben	Cowichan Val,kamlo	12.64m 3.6
2 Clare, Jason	Nanaimo & Di	11.27m 2.2
3 Gaiesky, Ryan	Prince Georg	11.06m 3.4
4 Wang, Richard	Vancouver Th	10.83m 2.0
5 Savery, Marcus	Campbell Riv,Camp	10.82m 0.5

Men 16-17 Triple Jump

Name	Team	Finals
Finals		
1 Elson, James	Norwesters T	13.69m 3.6
2 Lindsay, Liam	Cowichan Val,kamlo	13.28m 1.3
3 Bertness, Timothy	Valley Royal	12.21m 2.4
4 Roberts, Richard	Ocean Athlet,Surrey	11.64m 2.9
5 Choi, Kevin	Club Rapide	11.09m 2.0
6 Parmar, Jagbir	Prince Georg,Prince	10.37m 3.9
7 Niwinski, Conor	Ocean Athlet,Surrey	10.26m 2.9

Men 18-19 Triple Jump

Name	Team	Finals
Finals		
1 Moldavanov, Vladislav A.	Norwesters T	13.87m 0.8

Men 14 Shot Put 4 kg

Name	Team	Finals
Finals		
1 Gondara, Vikramjit	Valley Royal	9.73m

Men 15 Shot Put 4 kg

Name	Team	Finals
Finals		
1 Rondquist, Seever	Campbell Riv,Camp	13.71m
2 Szczawinski, Maxwell	Unattached B	12.58m
3 Leboe, Keiran	Prince Georg	11.03m

Men 16-17 Shot Put 5 kg

Name	Team	Finals
Finals		
1 Stroda, Aaron	Unattached B,Kelow	16.13m
2 Dosanjh, Chitraj	Universal At	15.14m
3 Ingvaldson, Benjamin	Ocean Athlet	14.21m
4 Lambert, Adam	Valley Royal	14.08m
5 Andrews, Christopher	Unattached B	13.62m

BC Athletics Championships Jamboree
(Midget, Youth, Junior, Senior) - 19/07/2013 to 21/07/2013
Hillside Stadium, Kamloops, BC

Results**Finals ... (Men 16-17 Shot Put 5 kg)**

Name	Team	Finals
6 Ellingson, Jordan	Langley Must	12.57m
7 De Boer, Nate	Valley Royal	12.01m
8 Sandrin, Austin	Okanagan Ath	10.67m

Men 18-19 Shot Put 6 kg

Name	Team	Finals
1 Bhandal, Pauljit	Kajaks Track	12.01m

Men 20+ Shot Put 7.260 kg

Name	Team	Finals
1 Saari, John	Kamloops Tra	12.50m
2 Bhandal, Ranjit Singh	Kajaks Track	9.34m
3 Alvaro, Ralph	Ocean Athlet,Surrey	8.46m
--- Stredulinsky, Steven	Unattached B	DNS

Men 14 Year Olds Discus Throw 1 kg

Name	Team	Finals
1 Gondara, Vikramjit	Valley Royal	45.80m
2 Lambert, Michael	Valley Royal	28.00m

Men 15 Year Olds Discus Throw 1 kg

Name	Team	Finals
1 Weegar, Thompson	Alberni Vall	48.89m
2 Szczawinski, Maxwell	Unattached B	45.29m
3 Leboe, Keiran	Prince Georg	42.64m
4 Rondquist, Seever	Campbell Riv,Camp	39.52m

Men 16-17 Discus Throw 1.5 kg

Name	Team	Finals
1 Stroda, Aaron	Unattached B,Kelow	48.76m
2 Ingvaldson, Benjamin	Ocean Athlet	45.89m
3 Lambert, Adam	Valley Royal	39.66m
4 Dosanjh, Chitraj	Universal At	36.89m
5 Andrews, Christopher	Unattached B	36.82m
6 Sandrin, Austin	Okanagan Ath	36.05m
7 Grewal, Jeewan	Valley Royal	33.16m
8 De Boer, Nate	Valley Royal	30.24m
9 Ellingson, Jordan	Langley Must	29.86m
--- Niwinski, Conor	Ocean Athlet,Surrey	DNS
--- Willett, Sam	Path Throws	DNS

Men 18-19 Discus Throw 1.75 kg

Name	Team	Finals
1 Turner, Rostam	Okanagan Ath	42.37m
2 Bhandal, Pauljit	Kajaks Track	38.98m

Men 20+ Discus Throw 2 kg

Name	Team	Finals
1 Keenan, Adam	Kamloops Tra	45.73m
2 Dosanjh, Gurinder	Unattached B	45.72m
3 Saari, John	Kamloops Tra	35.76m
4 Bhandal, Ranjit Singh	Kajaks Track	33.40m
5 Alvaro, Ralph	Ocean Athlet,Surrey	30.45m

Men 14 Year Olds Hammer Throw 4 kg

Name	Team	Finals
1 Gondara, Vikramjit	Valley Royal	45.66m

Men 15 Year Olds Hammer Throw 4 kg

Name	Team	Finals
1 Leboe, Keiran	Prince Georg	50.16m

Men 16-17 Hammer Throw 5 kg

Name	Team	Finals
1 Stroda, Aaron	Unattached B,Kelow	57.30m
2 Ingvaldson, Benjamin	Ocean Athlet	55.65m
3 Willett, Sam	Path Throws	50.22m
4 Lambert, Adam	Valley Royal	49.68m
5 Andrews, Christopher	Unattached B	48.80m
6 Grewal, Jeewan	Valley Royal	45.09m
7 Sandrin, Austin	Okanagan Ath	31.11m

Men 18-19 Hammer Throw 6 kg

Name	Team	Finals
1 Bhandal, Pauljit	Kajaks Track	51.46m
2 Behncke, Peter	Unattached B	46.82m
3 Kalmykov, Mark	Kajaks Track	41.80m
4 Stewart, Daniel	Oceanside Tr	39.02m

Men 20+ Hammer Throw 7.260 kg

Name	Team	Finals
1 Johnson, Kibwe	Unattached	75.97m
2 Henderson, Nolan (Trey)	Unattached B	64.87m
3 Keenan, Adam	Kamloops Tra	62.93m
4 Jensen, Ryan	Kamloops Tra	59.37m
5 Taylor, Angus	Kajaks Track	58.56m
6 Bhandal, Ranjit Singh	Kajaks Track	31.76m
7 Alvaro, Ralph	Ocean Athlet,Surrey	28.65m

Men 14 Year Olds Javelin Throw 600 g

Name	Team	Finals
1 Hay, Gregory	River City E,Campb	40.29m
2 Lambert, Michael	Valley Royal	29.75m
3 Blakely, Conor	Vancouver Ol,Vanco	27.88m

BC Athletics Championships Jamboree
(Midget, Youth, Junior, Senior) - 19/07/2013 to 21/07/2013
Hillside Stadium, Kamloops, BC

Results**Finals ... (Men 14 Year Olds Javelin Throw 600 g)**

Name	Team	Finals
4 Morrison, Simon	Oceanside Tr	22.93m

Men 15 Year Olds Javelin Throw 600 g

Name	Team	Finals
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Finals

1 Mitchell, Rylee	Alberni Vall	47.70m
2 Szczawinski, Maxwell	Unattached B	47.48m
3 Leboe, Keiran	Prince Georg	47.47m
4 Rondquist, Seever	Campbell Riv,Camp	42.21m
5 Sexsmith, Jared	Vernon Amate,NJ, N	39.11m

Men 16-17 Javelin Throw 700 g

Name	Team	Finals
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Finals

1 Kostiuk, Tyler	Comox Valley	63.36m
2 Ellingson, Jordan	Langley Must	58.52m
3 Stroda, Aaron	Unattached B,Kelow	51.36m
4 Cutts, Jacob	Vancouver Th	44.49m
5 Sandrin, Austin	Okanagan Ath	38.91m
6 Hsueh, Albert	Club Rapide	30.32m
7 Johnston, Brenden	Club Rapide	15.32m

Men 18-19 Javelin Throw 800 g

Name	Team	Finals
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Finals

1 Kereszti, Mason	Kamloops Tra	58.77m
2 Turner, Rostam	Okanagan Ath	52.59m
3 Hanna, Maxwell	Langley Must	49.47m

Men 20+ Javelin Throw 800 g

Name	Team	Finals
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Finals

1 Moss, Curtis	Unattached B	73.85m
2 White, Andy	Kajaks Track	67.32m
3 Marchinkow, Adam	Unattached B	48.35m
--- Yliruusi, Levi	Chilliwack T	DNS
--- Nielsen, Kyle	Langley Must	SCR

Octathlon: #1 Men 16-17 100 Meter Dash Octathlon

Name	Team	Finals
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Finals

1 Hernandez, Zane	Powell River	11.93 665
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Men 18-19 100 Meter Dash Decathlon

Name	Team	Finals
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Finals

1 Hernandez, Cale	Powell River	11.70 711
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Octathlon: #4 Men 16-17 400 Meter Dash Octathlon

Name	Team	Finals
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Finals

1 Hernandez, Zane	Powell River	53.42 664
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Men 18-19 400 Meter Dash Decathlon

Name	Team	Finals
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Finals

1 Hernandez, Cale	Powell River	52.50 703
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Octathlon: #8 Men 16-17 1000 Meter Run Octathlon

Name	Team	Finals
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Finals

1 Hernandez, Zane	Powell River	3:03.98 626
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Men 18-19 1500 Meter Run Decathlon

Name	Team	Finals
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Finals

1 Hernandez, Cale	Powell River	5:00.74 555
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Octathlon: #5 Men 16-17 110 Meter Hurdles Octathlon

Name	Team	Finals
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Finals

1 Hernandez, Zane	Powell River	16.91 634
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Men 18-19 110 Meter Hurdles Decathlon

Name	Team	Finals
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Finals

1 Hernandez, Cale	Powell River	16.11 720
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Octathlon: #6 Men 16-17 High Jump Octathlon

Name	Team	Finals
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Finals

1 Hernandez, Zane	Powell River	1.53m 411
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Men 18-19 High Jump Decathlon

Name	Team	Finals
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Finals

1 Hernandez, Cale	Powell River	1.66m 512
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Men 18-19 Pole Vault Decathlon

Name	Team	Finals
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Finals

1 Hernandez, Cale	Powell River	3.00m 357
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Octathlon: #2 Men 16-17 Long Jump Octathlon

Name	Team	Finals
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Finals

1 Hernandez, Zane	Powell River	5.58m 498
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Men 18-19 Long Jump Decathlon

Name	Team	Finals
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Finals

1 Hernandez, Cale	Powell River	6.31m 655
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Octathlon: #3 Men 16-17 Shot Put 5 kg Octathlon

Name	Team	Finals
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Finals

1 Hernandez, Zane	Powell River	10.32m 505
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BC Athletics Championships Jamboree
(Midget, Youth, Junior, Senior) - 19/07/2013 to 21/07/2013
Hillside Stadium, Kamloops, BC

Results**Men 18-19 Shot Put Decathlon**

Name	Team	Finals
Finals		
1 Hernandez, Cale	Powell River	12.10m 612

Men 18-19 Discus Throw Decathlon

Name	Team	Finals
Finals		
1 Hernandez, Cale	Powell River	38.67m 638

Octathlon: #7 Men 16-17 Javelin Throw 700 g Octathlon

Name	Team	Finals
Finals		
1 Hernandez, Zane	Powell River	37.69m 409

Men 18-19 Javelin Throw Decathlon

Name	Team	Finals
Finals		
1 Hernandez, Cale	Powell River	41.89m 470

Men 18-19 Decathlon

Name	Team	Finals
Finals		
1 Hernandez, Cale	Powell River	5933

Men 16-17 Octathlon

Name	Team	Finals
Finals		
1 Hernandez, Zane	Powell River	4412

Men 18-19 5000 Meter Race Walk

Name	Team	Finals
Finals		
1 Cheng, Caleb	Strathcona L	24:38.47

Mixed 100 Meter Dash Wheelchair

Name	Team	Finals
Finals		
1 Shinoda, Masashi	M Wc Race Seri	16.27 2.4
1 Solla, Eddy	M Wc Race Seri	18.24 2.4
1 Diallo, Djami	W Wc Race Seri	22.89 2.4
1 Helm, Jessica	W Ultimate WC	24.37 2.4
2 Eldoma, Morwan	M Ultimate WC	22.51 2.4
2 Hershick-Fraser, Samantha	W Ultimate WC	25.12 2.4

Mixed 200 Meter Dash Wheelchair

Name	Team	Finals
Finals		
1 Shinoda, Masashi	M Wc Race Seri	30.85 2.5
1 Solla, Eddy	M Wc Race Seri	33.26 2.5
1 Diallo, Djami	W Wc Race Seri	44.02 2.5
1 Helm, Jessica	W Ultimate WC	48.29 2.5
2 Eldoma, Morwan	M Ultimate WC	43.28 2.5
2 Hershick-Fraser, Samantha	W Ultimate WC	49.94 2.5

Mixed 400 Meter Dash Wheelchair

Name	Team	Finals
Finals		
1 Smyth, Tristan	M Wc Race Seri	55.61
1 Solla, Eddy	M Wc Race Seri	64.48
1 Diallo, Djami	W Wc Race Seri	1:23.36
1 Helm, Jessica	W Ultimate WC	1:34.69
2 Shinoda, Masashi	M Wc Race Seri	61.95
2 Hershick-Fraser, Samantha	W Ultimate WC	1:43.22
3 Eldoma, Morwan	M Ultimate WC	1:21.91

Mixed 800 Meter Run Wheelchair

Name	Team	Finals
Finals		
1 Smyth, Tristan	M Wc Race Seri	1:57.20
1 Solla, Eddy	M Wc Race Seri	2:16.48
1 Diallo, Djami	W Wc Race Seri	2:44.70
2 Shinoda, Masashi	M Wc Race Seri	2:16.06
--- Helm, Jessica	W Ultimate WC	SCR
--- Eldoma, Morwan	M Ultimate WC	SCR
--- Hershick-Fraser, Samantha	W Ultimate WC	SCR

Mixed 1500 Meter Run Wheelchair

Name	Team	Finals
Finals		
1 Smyth, Tristan	M Wc Race Seri	3:44.27
1 Diallo, Djami	W Wc Race Seri	5:20.81
1 Helm, Jessica	W Ultimate WC	7:33.56
2 Shinoda, Masashi	M Wc Race Seri	4:24.75
2 Hershick-Fraser, Samantha	W Ultimate WC	7:45.69
3 Eldoma, Morwan	M Ultimate WC	5:55.83

Mixed Shot Put Para - seate Wheelchair

Name	Team	Finals
Finals		
1 Brockway, Jessye	W Wc Race Seri	5.90m
1 Morrow, Colin	M Wc Race Seri	5.11m

Mixed Discus Throw Para - seate Wheelchair

Name	Team	Finals
Finals		
1 Brockway, Jessye	W Wc Race Seri	20.71m
1 Morrow, Colin	M Wc Race Seri	12.62m

Mixed Javelin Throw Para-seated Wheelchair

Name	Team	Finals
Finals		
1 Brockway, Jessye	W Wc Race Seri	14.51m
1 Morrow, Colin	M Wc Race Seri	10.62m