

The Running Room 43rd Annual Indoor Games - 2023-02-22 to 2023-03-11
Universiade Pavilion, Edmonton, Alberta
Meet Program - Junior High Relay and Secondary Individual Preliminaries

Event 101 Women 200 Meter Dash Senior High**6 Advance: Top 1 Each Heat plus Next 4 Best Times****Wednesday 2023-03-08 - 16:30****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	Seed Time	Prelim Time	Place
Heat 1 of 2 Preliminaries						
1	532	Gabby Paterson	Paul Kane	NT	_____	_____
2	446	Ava Wood	Amiskwaciy Academy	NT	_____	_____
3	536	Christina Ngandu Ye	Ross Sheppard	NT	_____	_____
4	435	Arianna Greco	Alexandre Tache	NT	_____	_____
5	437	Reanna Jordan	Alexandre Tache	NT	_____	_____
6	480	Riona Morrison	Harry Ainlay	NT	_____	_____
Heat 2 of 2 Preliminaries						
1	460	Harley Shymanski	Camrose	NT	_____	_____
2	441	Marlyse Ngakoutou	Alexandre Tache	NT	_____	_____
3	445	Summer Olsen	Amiskwaciy Academy	NT	_____	_____
4	457	Lauren Dellezay	Beaumont Composite	NT	_____	_____
5	553	Alicia Simms	Strathcona	NT	_____	_____
6	520	Efia Wiredu	Lillian Osborne	NT	_____	_____

Event 103 Men 200 Meter Dash Senior High**6 Advance: Top 1 Each Heat plus Next 3 Best Times****Wednesday 2023-03-08 - 16:35****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	Seed Time	Prelim Time	Place
Heat 1 of 3 Preliminaries						
1					_____	_____
2	439	Dominic Mulder	Alexandre Tache	NT	_____	_____
3	537	Ridley Verbeek	Ross Sheppard	NT	_____	_____
4	518	Josiah Ampadu	Lillian Osborne	NT	_____	_____
5	479	Kanyon Campbell	Harry Ainlay	NT	_____	_____
6	552	Nicolas Claramunt	Strathcona	NT	_____	_____
Heat 2 of 3 Preliminaries						
1					_____	_____
2	535	Taran Naidu-Barrett	Ross Sheppard	NT	_____	_____
3	519	Eshaan Virani	Lillian Osborne	NT	_____	_____
4	469	Ablie Saidiba	Eastglen	NT	_____	_____
5	459	Clark Mepa	Camrose	NT	_____	_____
6	477	Emmanuel Aka	Harry Ainlay	NT	_____	_____
Heat 3 of 3 Preliminaries						
1					_____	_____
2					_____	_____
3	534	Marlon Miller	Ross Sheppard	NT	_____	_____
4	517	Elisha Ampadu	Lillian Osborne	NT	_____	_____
5	468	Jered Pepin	Eastglen	NT	_____	_____
6	478	Malcolm Breckenridge	Harry Ainlay	NT	_____	_____

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Event 31 Women 8x200 Meter Relay Junior High
12 Advance: Top 1 Each Heat plus Next 8 Best Times
Wednesday 2023-03-08 - 16:45

Sponsor: The Running Room

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

Lane	Comp#	Team	Relay	Seed Time	Prelim Time	Place
Heat 1 of 4 Preliminaries						
1		Spruce Avenue		NT	_____	_____
2		Lilian Schick		NT	_____	_____
3		Lorne Akins		NT	_____	_____
4		St. Thomas Aquinas (Spruce Gr)	B	NT	_____	_____
5		Mary Butterworth		NT	_____	_____
6					_____	_____
Heat 2 of 4 Preliminaries						
1		Amiskwaciy Academy		NT	_____	_____
2		Avalon	B	NT	_____	_____
3		Michael Phair		NT	_____	_____
4		Alex Janvier		NT	_____	_____
5		Lorne Akins	B	NT	_____	_____
6		St. Nicholas		NT	_____	_____
Heat 3 of 4 Preliminaries						
1		Avalon		NT	_____	_____
2		kisêwâtisiwin		NT	_____	_____
3		Father Michael Troy		NT	_____	_____
4		Joseph Moreau		NT	_____	_____
5		Camrose		NT	_____	_____
6		J.E. Lapointe	B	NT	_____	_____
Heat 4 of 4 Preliminaries						
1		Neerlandia Public Christian		NT	_____	_____
2		St. John XXIII		NT	_____	_____
3		kisêwâtisiwin	B	NT	_____	_____
4		R.S. Fowler		NT	_____	_____
5		St. Thomas Aquinas (Spruce Gr)		NT	_____	_____
6		J.E. Lapointe		NT	_____	_____

Event 32 Mixed 8x200 Meter Relay Junior High
6 Advance: Top 1 Each Heat plus Next 3 Best Times
Wednesday 2023-03-08 - 17:15

Sponsor: The Running Room

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

Lane	Comp#	Team	Relay	Seed Time	Prelim Time	Place
Heat 1 of 3 Preliminaries						
1		Argyll Centre		NT	_____	_____
2		Connections for Learning		NT	_____	_____
3		Spruce Avenue		NT	_____	_____
4		Jan Reimer		NT	_____	_____
5		Joey Moss		NT	_____	_____
6					_____	_____
7					_____	_____

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Heat 2 of 3 Preliminaries...(Event 32 Mixed 8x200 Meter Relay Junior High)

1					
2	Woodhaven			NT	
3	Alexandre Tache			NT	
4	Elmer S. Gish			NT	
5	Meridian Heights	B		NT	
6	Alex Janvier			NT	
7					

Heat 3 of 3 Preliminaries

1					
2	Elmer S. Gish	B		NT	
3	Woodhaven	B		NT	
4	St. Thomas Aquinas (Spruce Gr)			NT	
5	Neerlandia Public Christian			NT	
6	Meridian Heights			NT	
7					

Event 33 Men 8x200 Meter Relay Junior High
12 Advance: Top 1 Each Heat plus Next 8 Best Times
Wednesday 2023-03-08 - 17:40

Sponsor: The Running Room

Meet: 3:24.23 2014-03-15 Riverbend

Lane	Comp#	Team	Relay	Seed Time	Prelim Time	Place
Heat 1 of 4 Preliminaries						
1		St. Nicholas		NT		
2		J.E. Lapointe		NT		
3		Avalon	B	NT		
4		Lorne Akins		NT		
5						
6						
Heat 2 of 4 Preliminaries						
1						
2		Mary Butterworth		NT		
3		Father Michael Troy		NT		
4		St. Thomas Aquinas (Spruce Gr)		NT		
5		Avalon		NT		
6						
Heat 3 of 4 Preliminaries						
1		St. Thomas Aquinas (Spruce Gr)	B	NT		
2		kisêwâtisiwin	B	NT		
3		Lorne Akins	B	NT		
4		Michael Phair		NT		
5		J.E. Lapointe	B	NT		
6						
Heat 4 of 4 Preliminaries						
1		Jan Reimer		NT		
2		Joseph Moreau		NT		
3		St. John XXIII		NT		
4		R.S. Fowler		NT		
5		kisêwâtisiwin		NT		
6						

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Event 91 Women 200 Meter Dash Junior High**14 Advance: Top 1 Each Heat plus Next 9 Best Times****Wednesday 2023-03-08 - 18:35****Sponsor: The Running Room****Meet: 25.10 1987-03-15 Cheryl Allen, D.S. MacKenzie**

Lane	Comp#	Name	Team	Seed Time	Prelim Time	Place
Heat 1 of 6 Preliminaries						
1	442	Alyssa Olsen	Amiskwaciy Academy	NT	_____	_____
2	450	Kylee Bohnet	Barrhead Composite	NT	_____	_____
3	529	Kianna Samon	M Fee Otterson	NT	_____	_____
4	528	Ubell Ylaina	Michael Phair	NT	_____	_____
5	507	Monica Galouon-Eta	Joseph Moreau	NT	_____	_____
6					_____	_____
Heat 2 of 6 Preliminaries						
1	449	Lauren Shepherd	Avalon	NT	_____	_____
2	454	Mara Loitz	Barrhead Composite	NT	_____	_____
3	462	Alex Thain	Camrose	NT	_____	_____
4	471	Labeebah Ahmed S.	Elmer S. Gish	NT	_____	_____
5	495	Faridah Abdelfattah	Joey Moss	NT	_____	_____
6					_____	_____
Heat 3 of 6 Preliminaries						
1	497	Emily Bapoo	Joey Moss	NT	_____	_____
2	526	Kennedy Payten	Michael Phair	NT	_____	_____
3	513	Juanita Valencia Duque	Joseph Moreau	NT	_____	_____
4	542	Sabri Mohamud	Spruce Avenue	NT	_____	_____
5	475	Ruth Sime	Elmer S. Gish	NT	_____	_____
6					_____	_____
Heat 4 of 6 Preliminaries						
1	488	Ryann Markham	J.E. Lapointe	NT	_____	_____
2	466	Ella Mellett	David Thomas King	NT	_____	_____
3	533	Kieran Douglas	Riverbend	NT	_____	_____
4	564	Isabel Sheeler	Woodhaven	NT	_____	_____
5	504	Salomé Arias Garzon	Joseph Moreau	NT	_____	_____
6					_____	_____
Heat 5 of 6 Preliminaries						
1	444	Steph Olsen	Amiskwaciy Academy	NT	_____	_____
2	491	Aubrey Wachter	J.E. Lapointe	NT	_____	_____
3	543	Zamzam Muhumed	Spruce Avenue	NT	_____	_____
4	558	Taher Safiya	Tempo	NT	_____	_____
5	452	Kamryn Hiemstra	Barrhead Composite	NT	_____	_____
6					_____	_____
Heat 6 of 6 Preliminaries						
1	966	Olivia Beier	J.E. Lapointe	NT	_____	_____
2	525	Peek Maren	Michael Phair	NT	_____	_____
3	556	Amelia Chang	Tempo	NT	_____	_____
4	502	Ashley Von Both	Joey Moss	NT	_____	_____
5	443	Miley Olsen	Amiskwaciy Academy	NT	_____	_____
6					_____	_____

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Event 93 Men 200 Meter Dash Junior High**14 Advance: Top 1 Each Heat plus Next 9 Best Times****Wednesday 2023-03-08 - 18:45****Sponsor: The Running Room****Meet: 23.00 1985-03-15 Karl Jones, Killarney**

Lane	Comp#	Name	Team	Seed Time	Prelim Time	Place
Heat 1 of 5 Preliminaries						
1					_____	_____
2	493	Ahlyan Juma Khan	Jan Reimer	NT	_____	_____
3	483	Nolan Benoit	J.E. Lapointe	NT	_____	_____
4	465	Gardiner Mason	David Thomas King	NT	_____	_____
5	506	Benny Allangba	Joseph Moreau	NT	_____	_____
6	527	Nathan Salud	Michael Phair	NT	_____	_____
Heat 2 of 5 Preliminaries						
1					_____	_____
2	541	Troy Millares	Spruce Avenue	NT	_____	_____
3	432	Osman Alzoughbi	Alex Janvier	NT	_____	_____
4	524	Jumy Liya	Michael Phair	NT	_____	_____
5	559	Patrick Foster	William D. Cutts	NT	_____	_____
6	487	Tyrese Knight	J.E. Lapointe	NT	_____	_____
Heat 3 of 5 Preliminaries						
1	551	James Gladue	St. Thomas More	NT	_____	_____
2	433	Vincent Anquist	Alex Janvier	NT	_____	_____
3	505	TJ Boussombo	Joseph Moreau	NT	_____	_____
4	470	Labeeb Ahmed S.	Elmer S. Gish	NT	_____	_____
5	455	Ashton Luciek	Barrhead Composite	NT	_____	_____
6	448	Jude Rempel	Avalon	NT	_____	_____
Heat 4 of 5 Preliminaries						
1	496	Jamal Abu Omar	Joey Moss	NT	_____	_____
2	447	Maddon Pagee	Avalon	NT	_____	_____
3	563	Judah Loates	Woodhaven	NT	_____	_____
4	539	Bryden Croydon	Spruce Avenue	NT	_____	_____
5	451	Jonas Gitzel	Barrhead Composite	NT	_____	_____
6	464	Mcperson Aiani	David Thomas King	NT	_____	_____
Heat 5 of 5 Preliminaries						
1	515	Samuel Yongonge	Joseph Moreau	NT	_____	_____
2	434	Spencer Scott	Alex Janvier	NT	_____	_____
3	501	Timilehin Oloyede	Joey Moss	NT	_____	_____
4	467	Joseph Samy	David Thomas King	NT	_____	_____
5	557	Sebastian Gannon	Tempo	NT	_____	_____
6	490	Jayden Visscher	J.E. Lapointe	NT	_____	_____

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Event 92 Women 800 Meter Run Junior High**10 Advance: Top 1 Each Heat plus Next 7 Best Times****Wednesday 2023-03-08 - 18:55****Sponsor: The Running Room****Meet: 2:14.10 2014-03-15 Sophie Sigstead, Crestwood**

Lane	Comp#	Name	Team	Seed Time	Prelim Time	Place
Heat 1 of 3 Preliminaries						
1	561	Isla Mitchell	William D. Cutts	NT	_____	_____
2	436	Laurene Igiraneza	Alexandre Tache	NT	_____	_____
3	492	Sakura Chong	Jan Reimer	NT	_____	_____
4	511	Sara Michaud	Joseph Moreau	NT	_____	_____
5	489	Kate Pettigrew	J.E. Lapointe	NT	_____	_____
6	550	Audrina Poulin	St. John XXIII	NT	_____	_____
7	474	Claire Setch	Elmer S. Gish	NT	_____	_____
8	540	Duretti Kabira	Spruce Avenue	NT	_____	_____
9					_____	_____
10					_____	_____
Heat 2 of 3 Preliminaries						
1	546	Chimeree Mgbaja	St. John XXIII	NT	_____	_____
2	510	Livia Macdonell	Joseph Moreau	NT	_____	_____
3	473	Story Plummer	Elmer S. Gish	NT	_____	_____
4	463	Abiola Omoyayi	Champs Vallée	NT	_____	_____
5	523	Ahronson Kenzie	Michael Phair	NT	_____	_____
6	458	Kenyon Quilichini	Camilla	NT	_____	_____
7	481	Kiera Adams	J.E. Lapointe	NT	_____	_____
8	531	Holly Tonnos	Parkview	NT	_____	_____
9					_____	_____
10					_____	_____
Heat 3 of 3 Preliminaries						
1	562	Taryn Bock	Woodhaven	NT	_____	_____
2	508	Elodie Irvine	Joseph Moreau	NT	_____	_____
3	545	Aimee MacMahon	St. John XXIII	NT	_____	_____
4	544	Ruftael Zeray	Spruce Avenue	NT	_____	_____
5	440	Kristy Murangwa	Alexandre Tache	NT	_____	_____
6	499	Dhaliwal Kaur	Joey Moss	NT	_____	_____
7	530	Olivia Switzer	NorthStar Academy	NT	_____	_____
8	486	Emily Girard	J.E. Lapointe	NT	_____	_____
9					_____	_____
10					_____	_____

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Event 94 Men 800 Meter Run Junior High**10 Advance: Top 1 Each Heat plus Next 7 Best Times****Wednesday 2023-03-08 - 19:05****Sponsor: The Running Room****Meet: 1:59.45 2019-03-16 Mats Swanson, West Haven**

Lane	Comp#	Name	Team	Seed Time	Prelim Time	Place
Heat 1 of 3 Preliminaries						
1	498	Adam French	Joey Moss	NT	_____	_____
2	438	Alexander Leon-Villeda	Alexandre Tache	NT	_____	_____
3	503	Micah Brown	Johnny Bright	NT	_____	_____
4	516	Carter Hearn	Leduc Junior High	NT	_____	_____
5	512	Stefan Vajsabel	Joseph Moreau	NT	_____	_____
6	484	Caden Caffrey	J.E. Lapointe	NT	_____	_____
7	521	Li Alysha	Michael Phair	NT	_____	_____
8	565	Brady Wright	Woodhaven	NT	_____	_____
9	549	Barry Ogbolu	St. John XXIII	NT	_____	_____
10					_____	_____
Heat 2 of 3 Preliminaries						
1	554	Owen MacDonald	Swan Hills	NT	_____	_____
2	538	Cole Bose-Silecock	Spruce Avenue	NT	_____	_____
3	522	Steevs Kaleb	Michael Phair	NT	_____	_____
4	494	Daniel-Cristian Rosca	Jan Reimer	NT	_____	_____
5	485	Xander Edge	J.E. Lapointe	NT	_____	_____
6	509	Nathaniel Labelle	Joseph Moreau	NT	_____	_____
7	456	Locke Montgomery	Barrhead Composite	NT	_____	_____
8	548	Daniel Mukasa	St. John XXIII	NT	_____	_____
9	500	Denys Kononchenko	Joey Moss	NT	_____	_____
10					_____	_____
Heat 3 of 3 Preliminaries						
1	482	Devin Ahlefeldt	J.E. Lapointe	NT	_____	_____
2	547	Dalton Mukasa	St. John XXIII	NT	_____	_____
3	453	Lochlan Kile	Barrhead Composite	NT	_____	_____
4	560	Easton Herman	William D. Cutts	NT	_____	_____
5	476	Ty Secker	Garth Worthington	NT	_____	_____
6	472	Kenzo Harrold	Elmer S. Gish	NT	_____	_____
7	514	Ryland Wong	Joseph Moreau	NT	_____	_____
8	555	Hudson Thomsen	Swan Hills	NT	_____	_____
9					_____	_____
10					_____	_____