

2024 Garriock Meet
Duncan, BC - 6/1/2024
Results

Girls 9 60 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Grieve, Obeline	15	Cowichan Valley Athletic Club	10.73	-0.2	3
2 Maccullough, Eva	15	Cowichan Valley Athletic Club	12.75	-0.2	3

Girls 10 60 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Lewis, Emmy	14	Comox Valley Cougars	10.23	-0.2	3
2 Dougherty, Amelia	14	Campbell River Comets	11.29	-0.2	3
3 Gaven, Ava	14	Cowichan Valley Athletic Club	11.44	-0.2	3
13 Hale, Shyloh	14	Cowichan Valley Athletic Club	12.11	-0.2	3

Girls 11 60 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Fikowski, Evan	13	Cowichan Valley Athletic Club	9.71	-0.3	2
2 Ihlen, Addison	13	Athletics Victoria Track And F	9.80	-0.3	2
3 Klassen, Rhea	13	Comox Valley Cougars	9.96	-0.2	1
4 McMillan, Finn (Finley)	13	Cowichan Valley Athletic Club	10.23	-0.2	1
5 Provoost, Hannah	13	Oceanside Track & Field Club	10.25	-0.3	2
5 Grieve, Leonie	13	Cowichan Valley Athletic Club	10.25	-0.2	1
5 Vaisius, Nadia	13	Cowichan Valley Athletic Club	10.25	-0.3	2
8 Wong, Poppy	13	Cowichan Valley Athletic Club	10.51	-0.2	1
9 Tyler, Lottie	13	Cowichan Valley Athletic Club	10.81	-0.2	1
10 Bewsey, Olivia	13	Oceanside Track & Field Club	10.86	-0.2	1
11 Reilly, Caylen	13	Nanaimo & District Track & Fie	11.08	-0.2	1
12 Messenger, Ruby	13	Alberni Valley Track Club	11.11	-0.3	2
--- Dickson, Amelia	13	Nanaimo & District Track & Fie	DNS	-0.3	2

Girls 12 300 Meter Dash

Name	Yr	Team	Finals	H#
Finals				
1 Hill, Martha	12	Athletics Victoria Track And F	47.88	3
2 Stoehr, Emmeline	12	Athletics Victoria Track And F	48.35	3
3 Schmidt, Avery	12	Comox Valley Cougars	49.54	3
4 Dunaway, Teagan	12	Cowichan Valley Athletic Club	50.98	3
5 Condly, Ilan	12	Comox Valley Cougars	58.58	3
--- Jaeger, Lillianna-Claire	12	Peninsula Track & Field Club	DNS	3
--- Shimek, Jada	12	Nanaimo & District Track & Fie	DNS	3

Girls 13 300 Meter Dash

Name	Yr	Team	Finals	H#
Finals				
1 Van Der Berg, Charley	11	Peninsula Track & Field Club	47.88	3
2 Linder, Elizabeth	11	Nanaimo & District Track & Fie	49.51	2
3 Reilly, Brynne	11	Nanaimo & District Track & Fie	49.56	2
4 Hill, Katie	11	Nanaimo & District Track & Fie	50.26	2
5 MacKenzie, Makayla	11	Campbell River Comets	53.13	2
6 Bazylinski, Saylor	11	Cowichan Valley Athletic Club	54.11	2
7 Thibault, Tessa	11	Nanaimo & District Track & Fie	54.12	2

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Girls 14-15 300 Meter Dash

	Name	Yr	Team	Finals
Finals				
1	Vanzo, Ella	10	Comox Valley Cougars	46.65
2	Haynes, Rosie	10	Peninsula Track & Field Club	48.43
3	James, Megan	10	Nanaimo & District Track & Fie	48.95
4	Arkwright, Saige	10	Nanaimo & District Track & Fie	49.62
5	Bradley-Horton, Ruby	09	Athletics Victoria Track And F	55.37
---	Lewis, Addison	09	Comox Valley Cougars	DNS
---	Martin, Elly	09	Peninsula Track & Field Club	DNS

Girls 9 600 Meter Run

	Name	Yr	Team	Finals	H#
Finals					
1	Maccullough, Eva	15	Cowichan Valley Athletic Club	2:41.63	2

Girls 10 600 Meter Run

	Name	Yr	Team	Finals	H#
Finals					
1	English, Anne	14	Nanaimo & District Track & Fie	2:23.86	2
2	Gaven, Ava	14	Cowichan Valley Athletic Club	2:31.17	2

Girls 11 600 Meter Run

	Name	Yr	Team	Finals
Finals				
1	McMillan, Finn (Finley)	13	Cowichan Valley Athletic Club	2:03.96
2	Fikowski, Evan	13	Cowichan Valley Athletic Club	2:03.99
3	Atkinson, Abigail	13	Oceanside Track & Field Club	2:04.75
4	Klassen, Rhea	13	Comox Valley Cougars	2:09.73
5	Bewsey, Olivia	13	Oceanside Track & Field Club	2:12.59
6	Vaisius, Nadia	13	Cowichan Valley Athletic Club	2:14.33
7	Dickson, Amelia	13	Nanaimo & District Track & Fie	2:14.62
8	Messenger, Ruby	13	Alberni Valley Track Club	2:16.30
9	Wong, Poppy	13	Cowichan Valley Athletic Club	2:19.33
10	Reilly, Caylen	13	Nanaimo & District Track & Fie	2:19.88
11	Tyler, Lottie	13	Cowichan Valley Athletic Club	2:20.99

Girls 10 1000 Meter Run

	Name	Yr	Team	Finals
Finals				
1	Gaven, Ava	14	Cowichan Valley Athletic Club	4:25.93

Girls 11 1000 Meter Run

	Name	Yr	Team	Finals
Finals				
1	Fielding, Keira-Marie	13	Unattached British Columbia	3:35.48
2	Fikowski, Evan	13	Cowichan Valley Athletic Club	3:40.25
3	Klassen, Rhea	13	Comox Valley Cougars	3:49.02
4	Messenger, Ruby	13	Alberni Valley Track Club	4:03.79
5	Reilly, Caylen	13	Nanaimo & District Track & Fie	4:07.15
6	Dickson, Amelia	13	Nanaimo & District Track & Fie	4:08.29
7	Vaisius, Nadia	13	Cowichan Valley Athletic Club	4:11.40

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Finals ... (Girls 11 1000 Meter Run)

Name	Yr	Team	Finals
--- Bewsey, Olivia	13	Oceanside Track & Field Club	DNS

Girls 13 2000 Meter Run

Name	Yr	Team	Finals
1 Reilly, Brynne	11	Nanaimo & District Track & Fie	8:16.90

Girls 10 60 Meter Hurdles 6 x 24"

Name	Yr	Team	Finals	Wind	H#
1 Lewis, Emmy	14	Comox Valley Cougars	13.10	-1.3	2
2 English, Anne	14	Nanaimo & District Track & Fie	16.56	-1.3	2
--- Canary, Eastyn	14	Comox Valley Cougars	DNS	-1.3	2

Girls 11 60 Meter Hurdles 6 x 24"

Name	Yr	Team	Finals	Wind	H#
1 Klassen, Rhea	13	Comox Valley Cougars	12.49	-1.5	1
2 Dickson, Amelia	13	Nanaimo & District Track & Fie	13.01	-1.5	1
3 Wong, Poppy	13	Cowichan Valley Athletic Club	13.54	-1.5	1
4 Bedard, Charlee	13	Nanaimo & District Track & Fie	13.55	-1.3	2
5 Messenger, Ruby	13	Alberni Valley Track Club	13.92	-1.5	1
--- Fikowski, Evan	13	Cowichan Valley Athletic Club	SCR	-1.3	2
--- Bewsey, Olivia	13	Oceanside Track & Field Club	DNS	-1.3	2
--- Ihlen, Addison	13	Athletics Victoria Track And F	DNS	-1.5	1

Girls 12 Year Olds 80 Meter Hurdles 8 x 27"

Name	Yr	Team	Finals	Wind
1 Erickson, Sydnee	12	Cowichan Valley Athletic Club	14.45	0.5
2 Jaeger, Lillianna-Claire	12	Peninsula Track & Field Club	15.01	0.5
3 Munro, Hannah	12	Cowichan Valley Athletic Club	15.02	0.5
4 Hill, Martha	12	Athletics Victoria Track And F	15.06	0.5
5 Johnson, Abigail	12	Nanaimo & District Track & Fie	17.68	0.5
6 Kent, Madeline	12	Nanaimo & District Track & Fie	17.95	0.5

Girls 12 Year Olds 200 Meter Hurdles 5 x 24"

Name	Yr	Team	Finals	Wind
1 Schmidt, Avery	12	Comox Valley Cougars	34.82	-1.3
2 Jaeger, Lillianna-Claire	12	Peninsula Track & Field Club	35.28	-1.3
3 Condly, Ilan	12	Comox Valley Cougars	37.69	-1.3
4 Hoselton, Yve	12	Comox Valley Cougars	39.33	-1.3
--- Hill, Martha	12	Athletics Victoria Track And F	DNS	-1.3

Girls 13 Year Olds 200 Meter Hurdles 5 x 27"

Name	Yr	Team	Finals	Wind
1 Underwood, Rayah	11	Peninsula Track & Field Club	32.14	-1.7
2 Hill, Katie	11	Nanaimo & District Track & Fie	34.75	-1.7
3 Skuce, Emma	11	Nanaimo & District Track & Fie	36.41	-1.7

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Finals ... (Girls 13 Year Olds 200 Meter Hurdles 5 x 27")

Name	Yr	Team	Finals	Wind
4 Thibault, Tessa	11	Nanaimo & District Track & Fie	36.81	-1.7
5 Cheema, Miri Liv	11	Cowichan Valley Athletic Club	38.34	-1.7

Girls 14-15 300 Meter Hurdles 7 x 30"

Name	Yr	Team	Finals
Finals			
1 Chell, Kajsa	09	Athletics Victoria Track And F	53.77
--- Bradley-Horton, Ruby	09	Athletics Victoria Track And F	DNS
--- Lewis, Addison	09	Comox Valley Cougars	DNS
--- Martin, Elly	09	Peninsula Track & Field Club	DNS

Girls 10 High Jump

Name	Yr	Team	Finals
Finals			
1 Hale, Shyloh	14	Cowichan Valley Athletic Club	0.90m
2 Gaven, Ava	14	Cowichan Valley Athletic Club	0.85m
--- Kanary, Eastyn	14	Comox Valley Cougars	DNS

Girls 11 Year Olds High Jump

Name	Yr	Team	Finals
Finals			
1 Fikowski, Evan	13	Cowichan Valley Athletic Club	1.20m
2 Atkinson, Abigail	13	Oceanside Track & Field Club	J1.20m
3 Dickson, Amelia	13	Nanaimo & District Track & Fie	1.10m
4 Messenger, Ruby	13	Alberni Valley Track Club	1.05m
5 Bedard, Charlee	13	Nanaimo & District Track & Fie	J1.05m
--- Bewsey, Olivia	13	Oceanside Track & Field Club	DNS

Girls 12 Year Olds High Jump

Name	Yr	Team	Finals
Finals			
1 Erickson, Sydnee	12	Cowichan Valley Athletic Club	1.30m
2 Dunaway, Teagan	12	Cowichan Valley Athletic Club	1.20m
3 Schmidt, Avery	12	Comox Valley Cougars	J1.20m
4 Stoehr, Emmeline	12	Athletics Victoria Track And F	1.15m
5 Condly, Ilan	12	Comox Valley Cougars	1.10m
--- Jaeger, Lillianna-Claire	12	Peninsula Track & Field Club	DNS
--- Kent, Madeline	12	Nanaimo & District Track & Fie	DNS

Girls 13 Year Olds High Jump

Name	Yr	Team	Finals
Finals			
1 Underwood, Rayah	11	Peninsula Track & Field Club	1.40m
2 MacKenzie, Makayla	11	Campbell River Comets	1.30m
3 Hill, Katie	11	Nanaimo & District Track & Fie	1.25m
4 Thibault, Tessa	11	Nanaimo & District Track & Fie	1.20m
--- Linder, Elizabeth	11	Nanaimo & District Track & Fie	NH
--- Valastiak, Alica	11	Cowichan Valley Athletic Club	DNS
--- Van Zanden, Molly	11	Comox Valley Cougars	DNS
--- Gudmundseth, Maggie	11	Cowichan Valley Athletic Club	DNS

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Girls 14-15 High Jump

Name	Yr	Team	Finals
Finals			
1 Saccucci, Arianna	10	Unattached British Columbia	1.35m
2 Haynes, Rosie	10	Peninsula Track & Field Club	1.25m
3 Clark, Elsa	10	Peninsula Track & Field Club	1.10m

Girls 9 Year Olds Long Jump

Name	Yr	Team	Finals	Wind
Finals				
1 Grieve, Obeline	15	Cowichan Valley Athletic Club	2.74m	NWI
--- Maccullough, Eva	15	Cowichan Valley Athletic Club	DNS	NWI

Girls 10 Year Olds Long Jump

Name	Yr	Team	Finals	Wind
Finals				
1 Dougherty, Amelia	14	Campbell River Comets	2.96m	NWI
2 Gaven, Ava	14	Cowichan Valley Athletic Club	2.53m	NWI
3 Hale, Shyloh	14	Cowichan Valley Athletic Club	2.38m	NWI
--- Lewis, Emmy	14	Comox Valley Cougars	DNS	NWI
--- English, Anne	14	Nanaimo & District Track & Fie	DNS	NWI

Girls 11 Year Olds Long Jump

Name	Yr	Team	Finals	Wind
Finals				
1 Atkinson, Abigail	13	Oceanside Track & Field Club	3.73m	NWI
2 Dickson, Amelia	13	Nanaimo & District Track & Fie	3.71m	NWI
3 McMillan, Finn (Finley)	13	Cowichan Valley Athletic Club	3.52m	NWI
4 Fikowski, Evan	13	Cowichan Valley Athletic Club	3.41m	NWI
5 Bedard, Charlee	13	Nanaimo & District Track & Fie	3.11m	NWI
6 Ihlen, Addison	13	Athletics Victoria Track And F	2.98m	NWI
7 Grieve, Leonie	13	Cowichan Valley Athletic Club	2.84m	NWI
8 Wong, Poppy	13	Cowichan Valley Athletic Club	2.83m	NWI
9 Provoost, Hannah	13	Oceanside Track & Field Club	2.79m	NWI
9 Tyler, Lottie	13	Cowichan Valley Athletic Club	2.79m	NWI
11 Vaisius, Nadia	13	Cowichan Valley Athletic Club	2.73m	NWI
12 Reilly, Caylen	13	Nanaimo & District Track & Fie	2.43m	NWI
13 Messenger, Ruby	13	Alberni Valley Track Club	2.32m	NWI

Girls 12 Year Olds Long Jump

Name	Yr	Team	Finals	Wind
Finals				
1 Dunaway, Teagan	12	Cowichan Valley Athletic Club	3.83m	NWI
2 Erickson, Sydnee	12	Cowichan Valley Athletic Club	3.68m	NWI
3 Kent, Madeline	12	Nanaimo & District Track & Fie	3.29m	NWI
4 Johnson, Abigail	12	Nanaimo & District Track & Fie	3.24m	NWI
5 Caine, Brannagh	12	Cowichan Valley Athletic Club	3.00m	NWI
6 Hoselton, Yve	12	Comox Valley Cougars	2.82m	NWI
--- Dupuis, Harley	12	Comox Valley Cougars	DNS	NWI
--- Jaeger, Lillianna-Claire	12	Peninsula Track & Field Club	DNS	NWI
--- Hill, Martha	12	Athletics Victoria Track And F	DNS	NWI

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Girls 13 Year Olds Long Jump

Name	Yr	Team	Finals	Wind
Finals				
1 Underwood, Rayah	11	Peninsula Track & Field Club	4.15m	NWI
2 Hill, Katie	11	Nanaimo & District Track & Fie	3.84m	NWI
3 Granson, Kinley	11	Campbell River Comets	3.60m	NWI
4 MacKenzie, Makayla	11	Campbell River Comets	3.56m	NWI
5 Van Der Berg, Charley	11	Peninsula Track & Field Club	3.51m	NWI
6 Thibault, Tessa	11	Nanaimo & District Track & Fie	3.36m	NWI
7 Reilly, Brynne	11	Nanaimo & District Track & Fie	3.25m	NWI
8 Skuce, Emma	11	Nanaimo & District Track & Fie	3.23m	NWI
9 Bazylinski, Saylor	11	Cowichan Valley Athletic Club	3.21m	NWI
10 Cheema, Miri Liv	11	Cowichan Valley Athletic Club	2.71m	NWI
11 Park, Katelyn	11	Nanaimo & District Track & Fie	2.41m	NWI
--- De Cunha, Emma-Lin	11	Cowichan Valley Athletic Club	DNS	NWI
--- Valastiak, Alica	11	Cowichan Valley Athletic Club	DNS	NWI
--- Gudmundseth, Maggie	11	Cowichan Valley Athletic Club	DNS	NWI

Girls 14-15 Long Jump

Name	Yr	Team	Finals	Wind
Finals				
1 Chell, Kajsa	09	Athletics Victoria Track And F	4.65m	NWI
2 Shaw, Kit	10	Gulf Island Secondary	4.16m	NWI
3 Larose, Elaura	10	Athletics Victoria Track And F	4.00m	NWI
4 Clark, Elsa	10	Peninsula Track & Field Club	3.92m	NWI
5 Gallins, Scarlett	10	Peninsula Track & Field Club	3.78m	NWI
6 Suppiah, Ella	10	Comox Valley Cougars	3.67m	NWI
--- Lewis, Addison	09	Comox Valley Cougars	DNS	NWI
--- Martin, Elly	09	Peninsula Track & Field Club	DNS	NWI

Girls 13 Year Olds Triple Jump

Name	Yr	Team	Finals	Wind
Finals				
1 Linder, Elizabeth	11	Nanaimo & District Track & Fie	9.66m	NWI
2 Underwood, Rayah	11	Peninsula Track & Field Club	9.51m	NWI
3 Valastiak, Alica	11	Cowichan Valley Athletic Club	6.92m	NWI

Girls 14-15 Triple Jump

Name	Yr	Team	Finals	Wind
Finals				
1 Martin, Elly	09	Peninsula Track & Field Club	10.46m	1.0
2 Chell, Kajsa	09	Athletics Victoria Track And F	10.33m	+0.0
3 Clark, Janae	10	Peninsula Track & Field Club	6.90m	+0.0

Girls 9 Shot Put 2 kg

Name	Yr	Team	Finals
Finals			
1 Maccullough, Eva	15	Cowichan Valley Athletic Club	2.16m

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Girls 10 Shot Put 2 kg

Name	Yr	Team	Finals
Finals			
1 Lewis, Emmy	14	Comox Valley Cougars	4.79m
2 Gaven, Ava	14	Cowichan Valley Athletic Club	4.58m
3 Hale, Shyloh	14	Cowichan Valley Athletic Club	4.01m
--- Canary, Eastyn	14	Comox Valley Cougars	DNS

Girls 11 Year Olds Shot Put 2 kg

Name	Yr	Team	Finals
Finals			
1 Dickson, Amelia	13	Nanaimo & District Track & Fie	7.06m
2 Provoost, Hannah	13	Oceanside Track & Field Club	6.81m
3 Atkinson, Abigail	13	Oceanside Track & Field Club	5.42m
4 Wong, Poppy	13	Cowichan Valley Athletic Club	5.06m
5 Hunter, Matilda	13	Oceanside Track & Field Club	4.97m
6 Bedard, Charlee	13	Nanaimo & District Track & Fie	4.63m
7 Messenger, Ruby	13	Alberni Valley Track Club	4.29m
8 Tyler, Lottie	13	Cowichan Valley Athletic Club	4.16m
9 Vaisius, Nadia	13	Cowichan Valley Athletic Club	4.03m
10 Reilly, Caylen	13	Nanaimo & District Track & Fie	3.44m
--- Hale, Shyloh	14	Cowichan Valley Athletic Club	SCR

Girls 12 Year Olds Shot Put 3 kg

Name	Yr	Team	Finals
Finals			
1 Stoehr, Emmeline	12	Athletics Victoria Track And F	6.02m
2 Johnson, Abigail	12	Nanaimo & District Track & Fie	4.74m
--- Shimek, Jada	12	Nanaimo & District Track & Fie	DNS
--- Jaeger, Lillianna-Claire	12	Peninsula Track & Field Club	DNS

Girls 13 Year Olds Shot Put 3 kg

Name	Yr	Team	Finals
Finals			
1 Underwood, Rayah	11	Peninsula Track & Field Club	7.82m
2 Hill, Katie	11	Nanaimo & District Track & Fie	6.75m
3 Bazylinski, Saylor	11	Cowichan Valley Athletic Club	6.68m
4 MacKenzie, Makayla	11	Campbell River Comets	6.38m
5 Argyle-Anderson, Evelyn	11	Nanaimo & District Track & Fie	6.08m
6 Jeffries, Lila	11	Nanaimo & District Track & Fie	5.92m
7 Thibault, Tessa	11	Nanaimo & District Track & Fie	5.80m
8 De Cunha, Emma-Lin	11	Cowichan Valley Athletic Club	5.18m
--- Valastiak, Alica	11	Cowichan Valley Athletic Club	DNS
--- Cheema, Miri Liv	11	Cowichan Valley Athletic Club	DNS

Girls 14-15 Shot Put 3 kg

Name	Yr	Team	Finals
Finals			
1 Chase, Brooklyn	10	Club Rapide	8.63m
2 Beaton, Arianna	10	Cowichan Valley Athletic Club	7.63m
3 Weir, Nevaeh	09	Cowichan Valley Athletic Club	6.61m
4 Clark, Elsa	10	Peninsula Track & Field Club	5.76m

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Finals ... (Girls 14-15 Shot Put 3 kg)

Name	Yr	Team	Finals
5 Clark, Janae	10	Peninsula Track & Field Club	4.84m

Girls 10 Discus Throw 750 g

Name	Yr	Team	Finals
Finals			
1 Lewis, Emmy	14	Comox Valley Cougars	11.50m
2 Dougherty, Amelia	14	Campbell River Comets	8.51m

Girls 11 Discus Throw 750 g

Name	Yr	Team	Finals
Finals			
1 Provoost, Hannah	13	Oceanside Track & Field Club	16.59m
2 Dickson, Amelia	13	Nanaimo & District Track & Fie	16.07m
3 Ihlen, Addison	13	Athletics Victoria Track And F	12.66m
4 Atkinson, Abigail	13	Oceanside Track & Field Club	10.88m
5 Hunter, Matilda	13	Oceanside Track & Field Club	10.71m
6 Messenger, Ruby	13	Alberni Valley Track Club	9.83m
7 Reilly, Caylen	13	Nanaimo & District Track & Fie	8.81m
--- Bewsey, Olivia	13	Oceanside Track & Field Club	DNS

Girls 12 Discus Throw 750 g

Name	Yr	Team	Finals
Finals			
1 Johnson, Abigail	12	Nanaimo & District Track & Fie	19.77m
2 Erickson, Sydnee	12	Cowichan Valley Athletic Club	18.38m
3 Dunaway, Teagan	12	Cowichan Valley Athletic Club	16.16m
4 Hoselton, Yve	12	Comox Valley Cougars	12.55m

Girls 13 Discus Throw 750 g

Name	Yr	Team	Finals
Finals			
1 Underwood, Rayah	11	Peninsula Track & Field Club	23.23m
2 Harvey, Payton	11	Alberni Valley Track Club	21.58m
3 Granson, Kinley	11	Campbell River Comets	18.47m
4 Reilly, Brynne	11	Nanaimo & District Track & Fie	17.99m
5 Jeffries, Lila	11	Nanaimo & District Track & Fie	16.99m
6 Bazylinski, Saylor	11	Cowichan Valley Athletic Club	16.71m
7 Van Der Berg, Charley	11	Peninsula Track & Field Club	16.66m
8 MacKenzie, Makayla	11	Campbell River Comets	16.03m
9 De Cunha, Emma-Lin	11	Cowichan Valley Athletic Club	14.50m
10 Park, Katelyn	11	Nanaimo & District Track & Fie	11.00m
11 Valastiak, Alica	11	Cowichan Valley Athletic Club	10.08m
--- Van Zanden, Molly	11	Comox Valley Cougars	DNS

Girls 14-15 Discus Throw 1 kg

Name	Yr	Team	Finals
Finals			
1 Chase, Brooklyn	10	Club Rapide	22.02m
2 Beaton, Arianna	10	Cowichan Valley Athletic Club	17.21m
3 Weir, Nevaeh	09	Cowichan Valley Athletic Club	16.36m
4 Clark, Elsa	10	Peninsula Track & Field Club	14.19m

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Girls 12 Year Olds Hammer Throw 3 kg

Name	Yr	Team	Finals
Finals			
1 Erickson, Sydnee	12	Cowichan Valley Athletic Club	16.10m
2 Johnson, Abigail	12	Nanaimo & District Track & Fie	11.93m

Girls 13 Year Olds Hammer Throw 3 kg

Name	Yr	Team	Finals
Finals			
1 Linder, Elizabeth	11	Nanaimo & District Track & Fie	21.95m
2 Jeffries, Lila	11	Nanaimo & District Track & Fie	16.55m
3 MacKenzie, Makayla	11	Campbell River Comets	16.49m
4 Thibault, Tessa	11	Nanaimo & District Track & Fie	14.13m
5 Valastiak, Alica	11	Cowichan Valley Athletic Club	7.35m
--- Van Zanden, Molly	11	Comox Valley Cougars	DNS

Girls 14-15 Hammer Throw 3 kg

Name	Yr	Team	Finals
Finals			
1 Beaton, Arianna	10	Cowichan Valley Athletic Club	22.15m
2 Weir, Nevaeh	09	Cowichan Valley Athletic Club	21.49m
3 Haynes, Rosie	10	Peninsula Track & Field Club	18.40m
4 Clark, Janae	10	Peninsula Track & Field Club	15.09m

Girls 10 Javelin Throw 400 g

Name	Yr	Team	Finals
Finals			
--- Hale, Shyloh	14	Cowichan Valley Athletic Club	DNS

Girls 10 Year Olds Javelin Throw 400 g

Name	Yr	Team	Finals
Finals			
1 English, Anne	14	Nanaimo & District Track & Fie	8.50m
2 Hale, Shyloh	14	Cowichan Valley Athletic Club	7.94m
3 Gaven, Ava	14	Cowichan Valley Athletic Club	6.88m

Girls 11 Javelin Throw 400 g

Name	Yr	Team	Finals
Finals			
1 Provoost, Hannah	13	Oceanside Track & Field Club	15.09m
2 McMillan, Finn (Finley)	13	Cowichan Valley Athletic Club	13.51m
3 Atkinson, Abigail	13	Oceanside Track & Field Club	12.31m
4 Ihlen, Addison	13	Athletics Victoria Track And F	9.51m
5 Hunter, Matilda	13	Oceanside Track & Field Club	9.44m
6 Reilly, Caylen	13	Nanaimo & District Track & Fie	9.03m
7 Messenger, Ruby	13	Alberni Valley Track Club	8.92m
8 Bedard, Charlee	13	Nanaimo & District Track & Fie	8.58m
9 Wong, Poppy	13	Cowichan Valley Athletic Club	7.73m
10 Bewsey, Olivia	13	Oceanside Track & Field Club	7.05m
--- Dickson, Amelia	13	Nanaimo & District Track & Fie	DNS

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Girls 12 Year Olds Javelin Throw 400 g

Name	Yr	Team	Finals
Finals			
1 Johnson, Abigail	12	Nanaimo & District Track & Fie	17.05m
2 Hoselton, Yve	12	Comox Valley Cougars	12.30m
3 Kent, Madeline	12	Nanaimo & District Track & Fie	9.66m
--- Erickson, Sydnee	12	Cowichan Valley Athletic Club	FOUL

Girls 13 Year Olds Javelin Throw 400 g

Name	Yr	Team	Finals
Finals			
1 Underwood, Rayah	11	Peninsula Track & Field Club	27.65m
2 Granson, Kinley	11	Campbell River Comets	23.11m
3 MacKenzie, Makayla	11	Campbell River Comets	18.19m
4 Reilly, Brynne	11	Nanaimo & District Track & Fie	16.55m
5 Bazylinski, Saylor	11	Cowichan Valley Athletic Club	16.50m
6 Thibault, Tessa	11	Nanaimo & District Track & Fie	13.75m
7 Jeffries, Lila	11	Nanaimo & District Track & Fie	13.63m
8 Park, Katelyn	11	Nanaimo & District Track & Fie	12.56m
9 Cheema, Miri Liv	11	Cowichan Valley Athletic Club	11.34m
--- De Cunha, Emma-Lin	11	Cowichan Valley Athletic Club	DNS
--- Gudmundseth, Maggie	11	Cowichan Valley Athletic Club	DNS

Girls 14-15 Javelin Throw 500 g

Name	Yr	Team	Finals
Finals			
1 Beaton, Arianna	10	Cowichan Valley Athletic Club	18.95m
2 Chase, Brooklyn	10	Club Rapide	18.81m
3 Clark, Janae	10	Peninsula Track & Field Club	15.09m
4 Weir, Nevaeh	09	Cowichan Valley Athletic Club	14.67m
5 Haynes, Rosie	10	Peninsula Track & Field Club	10.94m

Girls 9 100 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Huges, Ivy	15	Victoria Speed Project	16.15	0.9	11
2 Grieve, Obeline	15	Cowichan Valley Athletic Club	17.57	0.9	11
3 Paterlini, Talia	15	Cowichan Valley Athletic Club	18.16	0.9	11
4 Maccullough, Eva	15	Cowichan Valley Athletic Club	20.37	0.9	11

Girls 10 100 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Lewis, Emmy	14	Comox Valley Cougars	16.17	0.3	10
--- Canary, Eastyn	14	Comox Valley Cougars	DNS	0.3	10

Girls 11 100 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Atkinson, Abigail	13	Oceanside Track & Field Club	14.76	0.2	9
2 Fielding, Keira-Marie	13	Unattached British Columbia	15.54	0.2	9
3 Fikowski, Evan	13	Cowichan Valley Athletic Club	15.64	0.2	9

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Finals ... (Girls 11 100 Meter Dash)

Name	Yr	Team	Finals	Wind	H#
4 Klassen, Rhea	13	Comox Valley Cougars	15.74	0.3	10
5 Grieve, Leonie	13	Cowichan Valley Athletic Club	16.16	0.3	10
6 Dickson, Amelia	13	Nanaimo & District Track & Fie	16.40	0.3	10
7 Wong, Poppy	13	Cowichan Valley Athletic Club	16.47	0.3	10
8 Provoost, Hannah	13	Oceanside Track & Field Club	16.65	0.2	9
9 Vaisius, Nadia	13	Cowichan Valley Athletic Club	16.83	0.2	9
10 Zhang, Anna	13	Club Rapide	16.85	0.3	10
11 Tyler, Lottie	13	Cowichan Valley Athletic Club	16.93	0.2	9
12 Bedard, Charlee	13	Nanaimo & District Track & Fie	17.21	0.2	9
13 Messenger, Ruby	13	Alberni Valley Track Club	17.99	0.2	9
--- Ihlen, Addison	13	Athletics Victoria Track And F	DNS	0.3	10

Girls 12 100 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Stoehr, Emmeline	12	Athletics Victoria Track And F	14.53	-0.7	7
2 Munro, Hannah	12	Cowichan Valley Athletic Club	14.67	-0.7	7
3 Hill, Martha	12	Athletics Victoria Track And F	14.80	-0.4	8
4 Erickson, Sydnee	12	Cowichan Valley Athletic Club	15.18	-0.7	7
5 Dunaway, Teagan	12	Cowichan Valley Athletic Club	15.23	-0.7	7
6 Schmidt, Avery	12	Comox Valley Cougars	15.59	-0.4	8
7 Jaeger, Lillianna-Claire	12	Peninsula Track & Field Club	15.89	-0.4	8
8 Kent, Madeline	12	Nanaimo & District Track & Fie	16.09	-0.4	8
9 Caine, Brannagh	12	Cowichan Valley Athletic Club	16.12	-0.7	7
10 Condly, Ian	12	Comox Valley Cougars	16.94	-0.4	8
--- Dupuis, Harley	12	Comox Valley Cougars	DNS	-0.4	8
--- Shimek, Jada	12	Nanaimo & District Track & Fie	DNS	-0.7	7

Girls 13 100 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Underwood, Rayah	11	Peninsula Track & Field Club	13.75	-1.1	6
2 Harvey, Payton	11	Alberni Valley Track Club	14.02	-1.1	6
3 De Cunha, Emma-Lin	11	Cowichan Valley Athletic Club	14.45	-1.1	6
4 Linder, Elizabeth	11	Nanaimo & District Track & Fie	14.56	-1.2	5
5 Van Der Berg, Charley	11	Peninsula Track & Field Club	14.69	-1.1	6
6 Reilly, Brynne	11	Nanaimo & District Track & Fie	14.82	-1.2	5
7 Argyle-Anderson, Evelyn	11	Nanaimo & District Track & Fie	15.62	-1.2	5
8 Bazylinski, Saylor	11	Cowichan Valley Athletic Club	15.99	-1.1	6
9 Gudmundseth, Maggie	11	Cowichan Valley Athletic Club	16.44	-1.2	5
10 Cheema, Miri Liv	11	Cowichan Valley Athletic Club	16.49	-1.2	5
--- Van Zanden, Molly	11	Comox Valley Cougars	DNS	-1.1	6

Women 14-15 100 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Martin, Elly	09	Peninsula Track & Field Club	13.60	-0.7	3
2 Lewis, Addison	09	Comox Valley Cougars	13.75	-0.7	3
3 Saccucci, Arianna	10	Unattached British Columbia	13.77	-0.7	3
4 Darrall, Lucea	09	Athletics Victoria Track And F	14.12	-0.7	3

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Finals ... (Women 14-15 100 Meter Dash)

Name	Yr	Team	Finals	Wind	H#
5 Owusu-Nyamekye, Ohenewaa	09	Victoria Speed Project	14.16	-0.7	3
6 Vanzo, Ella	10	Comox Valley Cougars	14.34	-1.8	4
7 Chase, Brooklyn	10	Club Rapide	14.49	-1.8	4
8 Gallins, Scarlett	10	Peninsula Track & Field Club	14.56	-1.8	4
9 Haynes, Rosie	10	Peninsula Track & Field Club	14.97	-1.8	4
10 Clark, Elsa	10	Peninsula Track & Field Club	16.20	-1.8	4

Women 16-17 100 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 de Leeuw, Lyla	08	Cowichan Valley Athletic Club	13.65	-0.2	2
2 Burry, Erika	07	Comox Valley Cougars	14.45	-0.2	2

Women 18-19 100 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Barlee, Alex	05	Peninsula Track & Field Club	12.38	-0.2	2

Women 20-34 100 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Van Den Bulk, Alexis	03	Victoria Speed Project	12.70	-0.2	2
2 Dailey, Victoria	03	Cowichan Valley Athletic Club	16.11	-0.2	2

Women 35-39 100 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Erickson, Devyn	88	Cowichan Valley Athletic Club	16.08	-0.9	

Women 55-59 100 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Craig, Nancy	65	Athletics Victoria Track And F	15.34	-0.9	

Women 65-69 100 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Hendrie, Nola	55	Nanaimo & District Track & Fie	21.08	-0.9	

Women 70-74 100 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Johnson, Marie	53	Greyhounds Masters Track & Fie	18.39	-0.9	
2 Shook, Karen	50	Athletics Victoria Track And F	19.79	-0.9	

Girls 11 200 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Atkinson, Abigail	13	Oceanside Track & Field Club	31.14	-1.5	7
2 McMillan, Finn (Finley)	13	Cowichan Valley Athletic Club	33.28	-1.6	8
3 Ihlen, Addison	13	Athletics Victoria Track And F	33.55	-1.5	7
4 Klassen, Rhea	13	Comox Valley Cougars	34.40	-1.6	8

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Finals ... (Girls 11 200 Meter Dash)

Name	Yr	Team	Finals	Wind	H#
5 Vaisius, Nadia	13	Cowichan Valley Athletic Club	35.41	-1.5	7
6 Provoost, Hannah	13	Oceanside Track & Field Club	35.71	-1.5	7
7 Grieve, Leonie	13	Cowichan Valley Athletic Club	36.34	-1.6	8
8 Wong, Poppy	13	Cowichan Valley Athletic Club	36.35	-1.5	7
9 Reilly, Caylen	13	Nanaimo & District Track & Fie	38.56	-1.5	7
10 Bedard, Charlee	13	Nanaimo & District Track & Fie	39.04	-1.6	8
11 Messenger, Ruby	13	Alberni Valley Track Club	40.02	-1.6	8
--- Dickson, Amelia	13	Nanaimo & District Track & Fie	SCR	-1.6	8

Girls 12 200 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Dunaway, Teagan	12	Cowichan Valley Athletic Club	31.65	-0.5	6
2 Schmidt, Avery	12	Comox Valley Cougars	32.08	-0.5	6
3 Erickson, Sydney	12	Cowichan Valley Athletic Club	32.43	-0.5	6
4 Kent, Madeline	12	Nanaimo & District Track & Fie	33.73	-0.5	6
5 Caine, Brannagh	12	Cowichan Valley Athletic Club	34.47	-0.5	6
--- Munro, Hannah	12	Cowichan Valley Athletic Club	SCR	-0.5	6
--- Hill, Martha	12	Athletics Victoria Track And F	SCR	-0.5	6
--- Jaeger, Lillianna-Claire	12	Peninsula Track & Field Club	SCR	-0.5	6

Girls 13 200 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Reilly, Brynne	11	Nanaimo & District Track & Fie	31.53	-2.3	4
2 Skuce, Emma	11	Nanaimo & District Track & Fie	34.61	-2.3	4
3 Cheema, Miri Liv	11	Cowichan Valley Athletic Club	35.96	-2.3	4
4 Park, Katelyn	11	Nanaimo & District Track & Fie	37.14	-1.4	5
--- Gudmundseth, Maggie	11	Cowichan Valley Athletic Club	SCR	-1.4	5
--- Bazylinski, Saylor	11	Cowichan Valley Athletic Club	SCR	-1.4	5
--- Van Zanden, Molly	11	Comox Valley Cougars	SCR	-2.3	4
--- Van Der Berg, Charley	11	Peninsula Track & Field Club	SCR	-2.3	4
--- Underwood, Rayah	11	Peninsula Track & Field Club	SCR	-1.4	5

Women 14-15 200 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Vanzo, Ella	10	Comox Valley Cougars	29.53	-1.1	3
2 Owusu-Nyamekye, Ohenewaa	09	Victoria Speed Project	30.06	-1.1	3
3 Shaw, Kit	10	Gulf Island Secondary	30.55	-1.1	3
4 Haynes, Rosie	10	Peninsula Track & Field Club	31.15	-1.1	3
5 Gallins, Scarlett	10	Peninsula Track & Field Club	31.56	-1.1	3
6 Suppiah, Ella	10	Comox Valley Cougars	32.62	-1.1	3
--- Lewis, Addison	09	Comox Valley Cougars	DNS	-1.1	3
--- Martin, Elly	09	Peninsula Track & Field Club	DNS	-1.1	3

Women 16-17 200 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 de Leeuw, Lyla	08	Cowichan Valley Athletic Club	29.50	-1.6	2
--- Zaal, Kylie	08	Comox Valley Cougars	DNS	-1.6	2

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Women 18-19 200 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Avigni, Ludovica	06	Cowichan Valley Athletic Club	25.52	-1.6	2
--- Barlee, Alex	05	Peninsula Track & Field Club	DNS	-1.6	2
--- Dickinson, Sadie	05	Athletics Victoria Track And F	DNS	-1.6	2

Women 35-39 200 Meter Dash

Name	Yr	Team	Finals	Wind
Finals				
--- Saville, Christine	89	Nanaimo & District Track & Fie	DNS	NWI

Women 70-74 200 Meter Dash

Name	Yr	Team	Finals	Wind
Finals				
--- Shook, Karen	50	Athletics Victoria Track And F	DNS	NWI

Women 16-17 400 Meter Dash

Name	Yr	Team	Finals
Finals			
1 Mense, Amelie	07	Cowichan Valley Athletic Club	1:05.83

Women 35-39 400 Meter Dash

Name	Yr	Team	Finals
Finals			
1 Saville, Christine	89	Nanaimo & District Track & Fie	1:11.96

Women 50-54 400 Meter Dash

Name	Yr	Team	Finals
Finals			
1 Hurst, Sherry	71	Athletics Victoria Track And F	1:15.73

Women 60-64 400 Meter Dash

Name	Yr	Team	Finals
Finals			
1 Barnes, Beverli	59	NorWesters Track & Field Club	1:24.41

Women 70-74 400 Meter Dash

Name	Yr	Team	Finals
Finals			
1 Johnson, Marie	53	Greyhounds Masters Track & Fie	1:36.42

Girls 12 800 Meter Run

Name	Yr	Team	Finals	H#
Finals				
1 Schmidt, Avery	12	Comox Valley Cougars	2:35.54	2
2 Dunaway, Teagan	12	Cowichan Valley Athletic Club	2:48.31	2
3 Condly, Ilan	12	Comox Valley Cougars	3:00.08	2
--- Hoselton, Yve	12	Comox Valley Cougars	DNS	2

Girls 13 800 Meter Run

Name	Yr	Team	Finals	H#
Finals				
1 Reilly, Brynne	11	Nanaimo & District Track & Fie	2:34.73	2

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Finals ... (Girls 13 800 Meter Run)

Name	Yr	Team	Finals	H#
2 Hill, Katie	11	Nanaimo & District Track & Fie	2:38.57	2
3 Granson, Kinley	11	Campbell River Comets	2:46.55	2
4 MacKenzie, Makayla	11	Campbell River Comets	2:50.24	2
5 Thibault, Tessa	11	Nanaimo & District Track & Fie	2:58.49	2
6 Cheema, Miri Liv	11	Cowichan Valley Athletic Club	3:04.50	2
--- Bazylinski, Saylor	11	Cowichan Valley Athletic Club	DNS	2

Women 14-15 800 Meter Run

Name	Yr	Team	Finals
Finals			
1 Appleton, Elyse	10	Victoria Speed Project	2:34.51
2 Haynes, Rosie	10	Peninsula Track & Field Club	2:49.31

Women 16-17 800 Meter Run

Name	Yr	Team	Finals
Finals			
1 Zult, Amariah	08	Club Rapide	2:29.21

Women 60-64 800 Meter Run

Name	Yr	Team	Finals
Finals			
1 Barnes, Beverli	59	NorWesters Track & Field Club	3:25.78

Girls 12 1200 Meter Run

Name	Yr	Team	Finals
Finals			
1 Schmidt, Avery	12	Comox Valley Cougars	4:05.88
2 Condly, Ilan	12	Comox Valley Cougars	4:37.43
3 Shimek, Jada	12	Nanaimo & District Track & Fie	4:39.85

Girls 13 1200 Meter Run

Name	Yr	Team	Finals
Finals			
1 Reilly, Brynne	11	Nanaimo & District Track & Fie	4:08.25
2 Hill, Katie	11	Nanaimo & District Track & Fie	4:12.39
3 MacKenzie, Makayla	11	Campbell River Comets	4:31.19
4 Argyle-Anderson, Evelyn	11	Nanaimo & District Track & Fie	4:33.51
5 Thibault, Tessa	11	Nanaimo & District Track & Fie	4:36.34
6 Linder, Elizabeth	11	Nanaimo & District Track & Fie	4:39.81

Women 14-15 1200 Meter Run

Name	Yr	Team	Finals
Finals			
1 Haynes, Rosie	10	Peninsula Track & Field Club	4:34.51

Women 16-17 1500 Meter Run

Name	Yr	Team	Finals
Finals			
1 Zult, Amariah	08	Club Rapide	5:14.51
2 Nickolichuk, Naomi	07	Cowichan Valley Athletic Club	6:41.10

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Women 20-34 1500 Meter Run

Name	Yr	Team	Finals
Finals			
1 Dailey, Victoria	03	Cowichan Valley Athletic Club	7:29.19

Women 16-17 3000 Meter Run

Name	Yr	Team	Finals
Finals			
1 Nickolichuk, Naomi	07	Cowichan Valley Athletic Club	15:56.00

Women 13 Year Olds 80 Meter Hurdles 8 x 30"

Name	Yr	Team	Finals	Wind
Finals				
1 Underwood, Rayah	11	Peninsula Track & Field Club	13.61	-1.5
2 Hill, Katie	11	Nanaimo & District Track & Fie	16.72	-1.5
3 MacKenzie, Makayla	11	Campbell River Comets	17.08	-1.5
4 Thibault, Tessa	11	Nanaimo & District Track & Fie	17.72	-1.5
5 Cheema, Miri Liv	11	Cowichan Valley Athletic Club	17.89	-1.5

Women 14-15 80 Meter Hurdles 8 x 30"

Name	Yr	Team	Finals	Wind
Finals				
1 Martin, Elly	09	Peninsula Track & Field Club	13.13	-0.4
2 Lewis, Addison	09	Comox Valley Cougars	13.68	-0.4
3 Chell, Kajsa	09	Athletics Victoria Track And F	14.69	-0.4
4 Darrall, Lucea	09	Athletics Victoria Track And F	14.83	-0.4

Women 16-17 400 Meter Hurdles 10 x 30"

Name	Yr	Team	Finals
Finals			
--- Zaal, Kylie	08	Comox Valley Cougars	DNS

Women 18-19 400 Meter Hurdles 10 x 30"

Name	Yr	Team	Finals
Finals			
1 Paris, Lydia	06	Nanaimo & District Track & Fie	1:07.76
2 Dickinson, Sadie	05	Athletics Victoria Track And F	1:10.81

Women 16-17 High Jump

Name	Yr	Team	Finals
Finals			
1 Burry, Erika	07	Comox Valley Cougars	1.50m
2 Mense, Amelie	07	Cowichan Valley Athletic Club	1.35m

Women 65-69 High Jump

Name	Yr	Team	Finals
Finals			
1 Hendrie, Nola	55	Nanaimo & District Track & Fie	0.85m

Women 16-17 Long Jump

Name	Yr	Team	Finals	Wind
Finals				
1 de Leeuw, Lyla	08	Cowichan Valley Athletic Club	4.69m	NWI

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Finals ... (Women 16-17 Long Jump)

Name	Yr	Team	Finals	Wind
2 Nickolichuk, Naomi	07	Cowichan Valley Athletic Club	2.81m	NWI

Women 18-19 Long Jump

Name	Yr	Team	Finals	Wind
Finals				
1 Anchoris, Jasmine	05	Unattached British Columbia	4.05m	NWI
--- Dickinson, Sadie	05	Athletics Victoria Track And F	DNS	NWI

Women 16-17 Triple Jump

Name	Yr	Team	Finals	Wind
Finals				
1 Blumel, Annette	07	Cowichan Valley Athletic Club	7.96m	NWI
2 McMinn, Annika	07	Nanaimo & District Track & Fie	7.25m	NWI

Women 18-19 Triple Jump

Name	Yr	Team	Finals	Wind
Finals				
1 Anchoris, Jasmine	05	Unattached British Columbia	9.05m	NWI

Women 20-34 Triple Jump

Name	Yr	Team	Finals	Wind
Finals				
1 Dailey, Victoria	03	Cowichan Valley Athletic Club	8.39m	NWI

Women 16-17 Shot Put 3 kg

Name	Yr	Team	Finals
Finals			
1 McMinn, Annika	07	Nanaimo & District Track & Fie	7.45m
2 Lazenby, Danika	07	Cowichan Valley Athletic Club	7.01m
3 Blumel, Annette	07	Cowichan Valley Athletic Club	6.19m
4 Alguire, Rachel	08	Campbell River Comets	5.50m

Women 20-34 Shot Put 4 kg

Name	Yr	Team	Finals
Finals			
1 Dailey, Victoria	03	Cowichan Valley Athletic Club	8.00m

Women 35-39 Shot Put 4 kg

Name	Yr	Team	Finals
Finals			
1 Erickson, Devyn	88	Cowichan Valley Athletic Club	9.67m

Women 55-59 Shot Put 3 kg

Name	Yr	Team	Finals
Finals			
1 Hengstler, Julia	67	Cowichan Valley Athletic Club	8.79m
2 Alguire, Cindy	67	Campbell River Comets	6.90m

Women 16-17 Discus Throw 1 kg

Name	Yr	Team	Finals
Finals			
1 Burry, Erika	07	Comox Valley Cougars	20.56m

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Finals ... (Women 16-17 Discus Throw 1 kg)

Name	Yr	Team	Finals
2 Lazenby, Danika	07	Cowichan Valley Athletic Club	18.30m
3 Alguire, Rachel	08	Campbell River Comets	12.52m
--- Scholtz, Maia	08	Comox Valley Cougars	DNS

Women 18-19 Discus Throw 1 kg

Name	Yr	Team	Finals
--- Morfitt, Gabrielle	05	Comox Valley Cougars	DNS

Women 20-34 Discus Throw 1 kg

Name	Yr	Team	Finals
1 Dailey, Victoria	03	Cowichan Valley Athletic Club	19.52m
2 Morfitt, Chantal	03	Comox Valley Cougars	17.54m

Women 35-39 Discus Throw 1 kg

Name	Yr	Team	Finals
1 Erickson, Devyn	88	Cowichan Valley Athletic Club	29.30m

Women 55-59 Discus Throw 1 kg

Name	Yr	Team	Finals
1 Hengstler, Julia	67	Cowichan Valley Athletic Club	22.95m
2 Alguire, Cindy	67	Campbell River Comets	13.63m

Women 65-69 Discus Throw 1 kg

Name	Yr	Team	Finals
1 Hendrie, Nola	55	Nanaimo & District Track & Fie	13.83m

Women 16-17 Hammer Throw 3 kg

Name	Yr	Team	Finals
1 Doty-Brown, Payge	07	Comox Valley Cougars	43.52m
2 McMinn, Annika	07	Nanaimo & District Track & Fie	43.07m
3 Scholtz, Maia	08	Comox Valley Cougars	38.44m
4 Burry, Erika	07	Comox Valley Cougars	27.63m
5 Lazenby, Danika	07	Cowichan Valley Athletic Club	24.68m
6 Nickolichuk, Naomi	07	Cowichan Valley Athletic Club	13.25m
--- Alguire, Rachel	08	Campbell River Comets	DNS

Women 18-19 Hammer Throw 4 kg

Name	Yr	Team	Finals
1 Putz, Katelyn	06	Nanaimo & District Track & Fie	46.43m

Women 20-34 Hammer Throw 4 kg

Name	Yr	Team	Finals
1 Dailey, Victoria	03	Cowichan Valley Athletic Club	29.09m

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Women 55-59 Hammer Throw 3 kg

Name	Yr	Team	Finals
Finals			
1 Hengstler, Julia	67	Cowichan Valley Athletic Club	25.89m

Women 16-17 Javelin Throw 500 g

Name	Yr	Team	Finals
Finals			
1 Burry, Erika	07	Comox Valley Cougars	38.62m
2 Lazenby, Danika	07	Cowichan Valley Athletic Club	22.10m
3 Alguire, Rachel	08	Campbell River Comets	12.61m
4 Blumel, Annette	07	Cowichan Valley Athletic Club	11.95m

Women 18-19 Javelin Throw 600 g

Name	Yr	Team	Finals
Finals			
1 Munro, Akira	05	Comox Valley Cougars	35.09m
--- Morfitt, Gabrielle	05	Comox Valley Cougars	DNS

Women 20-34 Javelin Throw 600 g

Name	Yr	Team	Finals
Finals			
1 Dailey, Victoria	03	Cowichan Valley Athletic Club	22.54m
--- Morfitt, Chantal	03	Comox Valley Cougars	DNS

Women 55-59 Javelin Throw 500 g

Name	Yr	Team	Finals
Finals			
1 Alguire, Cindy	67	Campbell River Comets	15.02m

Women 65-69 Javelin Throw 400 g

Name	Yr	Team	Finals
Finals			
1 Hendrie, Nola	55	Nanaimo & District Track & Fie	12.15m

Women 80-84 Javelin Throw 400 g

Name	Yr	Team	Finals
Finals			
1 Radcliffe, Marg	42	Unattached British Columbia	18.78m