

2023 Okanagan Championship**Hillside Stadium****Results****Women 100 Meter Dash Gr 8**

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OK Champs: R 12.40 1980		S.Stenhouse, Fulton					
Name	Year	School	Seed	Finals	Wind	H#	Points
=====							
Finals							
1	Nerling, Lyriq	8 Vernon Secon	13.33	13.49	-0.6	2	10
2	Lafreniere, Scotia	8 Dr Knox Midd	13.20	13.55	-0.6	2	8
3	Fitzpatrick, Caelyn	8 Vernon Secon	13.43	13.69	-0.6	2	6
4	Routley, Charlotte	8 Vernon Secon	13.71	13.86	-0.6	2	5
5	Comber, Portia	8 Canyon Falls	14.15	13.96	-0.6	2	4
6	Liburd, Rya	8 South Kamloo	14.22	14.11	-0.6	2	3
7	Carleton-Paliano, Sophia	8 Kvr Middle School	14.31	14.24	-0.6	2	2
8	Bates, Alexis	8 Merritt Secondary	13.90	14.47	-0.6	2	1
9	Eikenaar, Elena	8 Ecole H.S. G	14.33	14.67	-1.4	1	
10	Wilson, Arianna	8 Kvr Middle School	14.74	14.85	-1.4	1	
--	McGrath, Kiera	8 Valleyview S	14.47	DNS	-1.4	1	
--	Lanteigne, Kennedy	8 Kvr Middle School	14.35	DNS	-1.4	1	

Women 200 Meter Dash Gr 8

=====							
OK Champs: R 25.80 1980		S.Stenhouse, Fulton					
Name	Year	School	Seed	Finals	Wind	H#	Points
=====							
1	Lafreniere, Scotia	8 Dr Knox Midd	27.27	27.58	-2.2	2	10
2	Nerling, Lyriq	8 Vernon Secon	27.86	27.85	-2.2	2	8
3	Comber, Portia	8 Canyon Falls	28.63	28.45	-2.2	2	6
4	Woods, Amy	8 Westsyde Secondary	28.18	28.67	-2.2	2	5
5	Wright, London	8 Constable Ne	29.81	29.64	-2.2	2	4
6	McGrath, Kiera	8 Valleyview S	29.06	29.79	-2.2	2	3
7	Wilson, Arianna	8 Kvr Middle School	29.91	30.01	0.5	1	2
8	Bates, Alexis	8 Merritt Secondary	29.45	30.26	-2.2	2	1
9	Birmingham, Emilee	8 Eagle River	31.35	31.49	0.5	1	
--	Rands, Jessica	8 A L Fortune	29.15	SCR	-2.2	2	
--	Pradeep-Kabali, Hasini	8 Kvr Middle School	32.37	SCR	0.5	1	
--	Lanteigne, Kennedy	8 Kvr Middle School	30.17	SCR	0.5	1	

Women 400 Meter Dash Gr 8

=====							
OK Champs: R 60.10 1983		H. Quamme, Princess Margaret					
Name	Year	School	Seed	Finals	H#	Points	
=====							
1	Bicknell, Chloe	8 Vernon Secon	66.66	66.52	2	10	
2	McGrath, Kiera	8 Valleyview S	69.30	68.29	2	8	
3	Barr, Charlotte	8 Ecole Klo Mi	70.37	69.23	2	6	
4	Renker, Ashley	8 Glenrosa Mid	73.99	70.48	2	5	
5	Russouw, Eve	8 Dr Knox Midd	72.46	70.72	2	4	
6	Maybee, Olivia	8 Shuswap Middle	74.72	73.19	2	3	
7	Arunan, Meg	8 Kvr Middle School	75.26	75.57	2	2	
8	Brodersen, Bailey	8 Valleyview S	1:20.14	76.45	1	1	
9	Macvicar, Zoey	8 Merritt Secondary	1:20.88	76.50	1		
10	Kirk, Emma	8 Kvr Middle School	1:22.93	1:20.51	1		
--	Pradeep-Kabali, Hasini	8 Kvr Middle School	76.56	DNS	2		

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Women 800 Meter Run Gr 8

OK Champs: R 2:18.10 1984 Malindi Elmore, Kelowna Sec					
Name	Year	School	Seed	Finals	Points
1 Bicknell, Chloe	8	Vernon Secon	2:35.64	2:32.80	10
2 Raath, Lienke	8	Kamloops Chr	2:41.10	2:32.85	8
3 Lou, Amelia-Ahn	8	Canyon Falls	2:32.42	2:34.57	6
4 Barr, Charlotte	8	Ecole Klo Mi	2:50.28	2:42.93	5
5 Maybee, Olivia	8	Shuswap Middle	2:52.31	2:48.27	4
6 Bridge, Allie	8	Glenrosa Mid	2:58.60	2:57.38	3

Women 1500 Meter Run Gr 8

OK Champs: R 4:55.70 1994 Malindi Elmore, Kelowna Sec.					
Name	Year	School	Seed	Finals	Points
1 Lou, Amelia-Ahn	8	Canyon Falls	5:23.81	5:11.88	10
2 Bird, Eula	8	WL Seaton	5:26.23	5:15.92	8
3 Raath, Lienke	8	Kamloops Chr	5:30.59	5:19.05	6
4 Smith, Kasey	8	Constable Ne	6:22.80	6:10.40	5
5 Sprules, Bronwyn	8	Ecole Klo Mi	6:23.23	6:10.69	4
-- Macvicar, Zoey	8	Merritt Secondary	6:30.79	SCR	
-- Cooper, Clara	8	Carlin Middle	5:52.73	DNS	

Women 3000 Meter Run Gr 8

OK Champs: R 11:28.21 2022-05-19 Jasmine Hanry, Summerland M					
Name	Year	School	Seed	Finals	Points
1 Bird, Eula	8	WL Seaton	11:42.15	11:07.58R	10
2 Lou, Amelia-Ahn	8	Canyon Falls	12:00.89	11:09.66R	8
3 Raath, Lienke	8	Kamloops Chr	12:49.33	11:53.96	6
4 Carter, Kendall	8	Canyon Falls	13:00.00	12:22.51	5
5 Bridge, Allie	8	Glenrosa Mid	13:44.61	12:50.55	4

Women 80 Meter Hurdles Gr 8

8 x 30" (0.762m) (12m-8m-12m - Black)					
OK Champs: R 12.20 1999 N. Brisotto, KLO					
Name	Year	School	Seed	Finals	Wind Points
1 Liburd, Rya	8	South Kamloo	15.99	15.88	0.4 10
2 Marsh, Iman	8	Glenrosa Mid	15.97	16.17	0.4 8
3 Hughes, Dylan	8	Ecole Klo Mi	16.23	16.29	0.4 6
4 Jennings, Meiija	8	Vernon Secon	17.25	18.17	0.4 5
5 Kelly, Raiya	8	Vernon Secon	17.21	19.51	0.4 4
-- Eikenaar, Elena	8	Ecole H.S. G	15.74	DNS	0.4

Women 200 Meter Hurdles Gr 8

5 x 30" (0.762m) (20m-35m-40m)					
OK Champs: R 32.30 2017 M.Kujat, Shuswap Middle					
Name	Year	School	Seed	Finals	Wind Points
1 Carleton-Paliano, Sophia	8	Kvr Middle School	31.63	31.26R +0.0	10
2 Comber, Portia	8	Canyon Falls	32.61	31.70R +0.0	8

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....Women 200 Meter Hurdles Gr 8

3 Jennings, Meija	8 Vernon Secon	37.63	34.53	+0.0	6
4 Kelly, Raiya	8 Vernon Secon	35.56	34.54	+0.0	5
5 Marsh, Iman	8 Glenrosa Mid	33.57	35.60	+0.0	4
6 Kirk, Emma	8 Kvr Middle School	39.73	37.85	+0.0	3
7 Bellward, Caylee	8 Glenrosa Mid	35.66	58.03	+0.0	2

Women 4x100 Meter Relay Gr 8

OK Champs: R 51.70 1979		Princess Margaret			
School		Seed	Finals	Points	
1 Vernon Secondary School 'A'		54.06	53.24	10	
1) Fitzpatrick, Caelyn 8	2) Bicknell, Chloe 8				
3) Nerling, Lyriq 8	4) Routley, Charlotte 8				
2 Kvr Middle School 'A'		58.12	56.26	8	
1) Arunan, Meg 8	2) Carleton-Paliano, Sophia 8				
3) Lanteigne, Kennedy 8	4) Wilson, Arianna 8				
3 Constable Neil Bruce 'A'		58.53	57.40	6	
1)	2) Wright, London 8				
3) Campbell, Rachel 8	4) Smith, Kasey 8				
4 Shuswap Middle 'A'		59.80	58.80	5	
1) O'Brien, Charlie 8	2) Crossman, Lauren 8				
3) Green, Gemma 8	4) Bredick, Vienne 8				
5 Valleyview Secondary 'A'		60.17	58.85	4	
1) McGrath, Kiera 8	2) Parrilla, Lilah 8				
3) Brodersen, Bailey 8	4) Hawkins, Izzy 8				
6 Glenrosa Middle School 'B'		59.35	58.87	3	
-- Carlin Middle 'A'		67.01	SCR		
1) Kusisto, Kennedy 8	2) Cooper, Clara 8				
3) Thomlinson, Brianne 8	4) Ruten, Ava 8				

Women 4x400 Meter Relay Gr 8

OK Champs: R 4:20.50 1975		Kelowna			
School		Seed	Finals	Points	
1 Vernon Secondary School 'A'		4:41.31	4:44.03	10	
1) Fitzpatrick, Caelyn 8	2) Bicknell, Chloe 8				
3) Nerling, Lyriq 8	4) Routley, Charlotte 8				
2 Shuswap Middle 'A'		5:12.06	4:47.78	8	
1) Brown, Etoile 8	2) Maybee, Olivia 8				
3) Bollans, Stella 8	4) Bredick, Vienne 8				
3 Dr Knox Middle School 'A'		5:11.86	5:05.10	6	
4 Spring Valley Middle School 'A'		5:14.74	5:12.83	5	
1) Wiggins, McKenna 8	2)				
3) Prodger, Maya 8	4)				
-- Canyon Falls Middle School 'A'		5:12.00	SCR		

Women High Jump Gr 8

OK Champs: R 1.61m 1983		K. Novak, Brocklehurst			
Name	Year School	Seed	Finals	Points	

OK Champs: R 10.17m 1992 D.Slivinski, George Elliot						
Name	Year	School	Seed	Finals	Wind	Points

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....Women Triple Jump Gr 8

1 Ellis, Zion	8 Vernon Christian	8.98m	9.04m	+0.0	10
9.04m(+0.0)	9.02m(0.8)	8.74m(+0.0)	8.80m(+0.0)	8.71m(0.9)	
2 Klassen, Isabella	8 Spring Valle	8.15m	8.56m	+0.0	8
8.33m(0.1)	8.19m(+0.0)	8.33m(0.5)	8.16m(0.5)	8.56m(+0.0)	
3 Eikenaar, Elena	8 Ecole H.S. G	8.63m	8.50m	+0.0	6
8.50m(+0.0)	7.88m(0.5)	8.33m(0.3)	8.36m(0.5)	8.21m(0.2)	
4 Wallace, Paisley	8 Vernon Christian	8.42m	8.48m	+0.0	5
X(+0.0)	8.48m(+0.0)	X(0.9)	8.35m(1.0)	X(+0.0)	
5 Laviolette, Katelyn	8 Westsyde Secondary	7.85m	8.25m	+0.0	4
7.85m(0.9)	7.85m(+0.0)	7.88m(+0.0)	7.93m(0.2)	8.25m(+0.0)	
6 Prodger, Maya	8 Spring Valle	7.66m	8.14m	+0.0	3
8.04m(+0.0)	8.14m(+0.0)	8.05m(0.9)	6.94m(1.0)	8.03m(+0.0)	
7 Goddard, Myla	8 Valleyview S	6.88m	7.41m	+0.0	2
7.34m(+0.0)	6.84m(+0.0)	6.95m(+0.0)	7.05m(0.9)	7.41m(+0.0)	
-- Kusisto, Kennedy	8 Carlin Middle	7.05m	DNS	NWI	

Women Shot Put 3 Kg Gr 8

=====					
OK Champs: R 11.16m 1996		Joni Frei, Mt. Boucherie			
Name	Year	School	Seed	Finals	Points
=====					
1 Stevens, Hannia	8	Ecole Klo Mi	9.70m	9.48m	10
9.48m	8.86m	8.16m	7.66m	8.33m	
2 Wetherow, Ella	8	Ecole Klo Mi	8.37m	8.34m	8
8.22m	8.34m	8.12m	8.24m	8.34m	
3 Schmidt, Taylor	8	Revelstoke S	8.08m	8.18m	6
8.09m	8.18m	7.69m	7.77m	7.99m	
4 Anderson, Shae	8	Canyon Falls	8.19m	7.48m	5
6.87m	6.55m	7.48m	6.48m	6.62m	
5 Reist, Katrina	8	Len Wood Mid	7.51m	7.31m	4
6.93m	X	6.79m	7.31m	6.55m	
6 Beaumont, Aurealia	8	Shuswap Middle	6.40m	6.44m	3
6.44m	5.99m	5.83m	6.35m	5.61m	

Women Discus Throw 1 Kg Gr 8

=====					
OK Champs: R 31.72m 1983		L. Klohn, Summerland			
Name	Year	School	Seed	Finals	Points
=====					
1 Beaumont, Aurealia	8	Shuswap Middle	14.65m	17.92m	10
15.95m	15.42m	15.70m	17.92m	15.85m	
2 Carter, Kendall	8	Canyon Falls	18.45m	17.91m	8
14.80m	15.55m	16.04m	15.16m	17.91m	
3 Macvicar, Zoey	8	Merritt Secondary	15.13m	17.51m	6
16.33m	17.51m	14.85m	11.60m	17.38m	
4 Anderson, Shae	8	Canyon Falls	18.43m	16.99m	5
16.40m	13.58m	14.90m	15.42m	16.99m	
5 Bates, Alexis	8	Merritt Secondary	16.34m	16.10m	4
X	14.05m	16.10m	13.77m	14.37m	
6 Wetherow, Ella	8	Ecole Klo Mi	17.35m	16.08m	3
-	16.08m	14.65m	X	12.04m	
7 Byerley, Audrey	8	North Shuswa	12.18m	12.10m	2
11.44m	10.36m	10.61m	12.10m	11.35m	

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Women Javelin Throw 500g Gr 8

OK Champs: R 38.64m 1977 L.Dunbar, Fulton						
Name	Year	School	Seed	Finals	Points	
1 Rands, Jessica	8	A L Fortune	25.25m	23.64m	10	
19.21m 19.65m X 23.64m 20.13m						
2 Wiggins, McKenna	8	Spring Valle	19.52m	20.46m	8	
20.46m 16.54m X 18.89m X						
3 Leinweber, Talay	8	Ecole Klo Mi	19.39m	20.15m	6	
17.19m 14.35m 17.02m 20.15m 18.83m						
4 Beaumont, Aurealia	8	Shuswap Middle	19.75m	19.75m	5	
19.10m 18.77m 16.09m 19.75m 19.73m						
5 Jesson, Annaleigha	8	Rutland Midd	18.82m	18.98m	4	
18.98m 13.55m 18.72m 18.28m 16.51m						
6 Brown, Etoile	8	Shuswap Middle	20.28m	17.97m	2.50	
17.97m 15.79m 15.79m 14.52m 16.38m						
6 Kirk, Emma	8	Kvr Middle School	11.85m	17.97m	2.50	
14.01m 14.07m 15.76m 17.29m 17.97m						
8 Wetherow, Ella	8	Ecole Klo Mi		15.81m	1	
14.57m 14.21m 13.81m 15.81m -						
-- Donoghue, Ella	8	Kvr Middle School	18.48m	DNS		

Women 100 Meter Dash Junior

OK Champs: R 12.50 4 athletes, KLO,KLO,VV,PVSS						
Name	Year	School	Seed	Finals	Wind H#	Points
1 Peever, Caitlin	JR	Okanagan Mission	12.56	12.61	-0.6 2	10
2 Mostowy, Siena	JR	Aberdeen Hal	12.90	12.80	-0.6 2	8
3 Leduc, Baylee	JR	Penticton Hi	13.32	13.07	-0.6 2	6
4 Braun, Emma	JR	King's Chris	13.17	13.11	-0.6 2	5
5 Blake, Gia	JR	Ecole Klo Mi	13.18	13.69	-0.6 2	4
6 Widmer, Ilaria	JR	Revelstoke S	13.51	13.70	-0.6 2	3
7 Chala, Raina	JR	Sa-Hali Secondary	13.63	13.92	-0.6 2	2
8 Melvin, Anna	JR	Pleasant Valley	13.61	13.94	-0.6 2	1
9 Evans, Bethany	JR	Westsyde Secondary	13.64	13.98	-0.8 1	
10 Wiedner, Leela	JR	Princess Mar	14.21	14.13	-0.8 1	
11 Steeves, Berlyn	JR	Valleyview S	14.18	14.45	-0.8 1	
12 Hauber, Isobel	JR	Penticton Hi	14.49	14.57	-0.8 1	
-- Planden, Paige	JR	Valleyview S	14.72	DNS	-0.8 1	

Women 200 Meter Dash Junior

OK Champs: R 25.50 2018 Emma Cannan, Dr. Knox						
Name	Year	School	Seed	Finals	Wind H#	Points
1 Mostowy, Siena	JR	Aberdeen Hal	26.31	25.74	0.5 2	10
2 Peever, Caitlin	JR	Okanagan Mission	25.82	25.78	0.5 2	8
3 Blake, Gia	JR	Ecole Klo Mi	26.75	27.00	0.5 2	6
4 Leduc, Baylee	JR	Penticton Hi	27.50	27.24	0.5 2	5
5 Armstrong, Gabrielle	JR	South Kamloo	28.62	27.90	0.5 2	4
6 Widmer, Ilaria	JR	Revelstoke S	27.99	27.99	0.5 2	3
7 Evans, Bethany	JR	Westsyde Secondary	28.15	28.33	0.5 2	2
8 Isaac, Ila	JR	Pleasant Valley	29.37	29.44	-1.8 1	1
9 Fazan, Addie	JR	Salmon Arm S	28.95	29.48	0.5 2	
10 Steeves, Berlyn	JR	Valleyview S	30.25	30.25	-1.8 1	

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....Women 200 Meter Dash Junior

11 Planden, Paige	JR Valleyview S	31.16	31.81	-1.8	1
-- Wiedner, Leela	JR Princess Mar	31.29	DNS	-1.8	1

Women 400 Meter Dash Junior

=====					
OK Champs: R 59.00	1983	A.Kripps, Fulton			
Name	Year	School	Seed	Finals	Points
=====					
1 Matonovich, Raiya	JR	Sa-Hali Secondary	57.89	58.38R	10
2 King, Lucy	JR	Salmon Arm S	66.06	63.92	8
3 Mallinson, Kezia	JR	Kelowna Seco	67.78	67.64	6
4 Koebel, Gabi	JR	Vernon Christian	69.31	67.68	5
5 Millar, Hailey	JR	George Elliot	68.70	69.44	4
6 Wiens, Zoe	JR	George Elliot	68.27	69.72	3
7 Beaumont, Andrea	JR	Vernon Christian	70.66	69.80	2
8 Evans, Alicia	JR	Westsyde Secondary	71.71	70.53	1

Women 800 Meter Run Junior

=====					
OK Champs: R 2:14.70	1996	Malindi Elmore, Kelowna			
Name	Year	School	Seed	Finals	Points
=====					
1 Matonovich, Raiya	JR	Sa-Hali Secondary	2:12.59	2:11.70R	10
2 Royle, Maya	JR	Revelstoke S	2:31.18	2:28.33	8
3 Berkenbosch, Lutza	JR	Revelstoke S	2:41.18	2:32.94	6
4 King, Lucy	JR	Salmon Arm S	2:41.46	2:38.60	5
5 Litt, Meena	JR	Westsyde Secondary	2:39.68	2:39.00	4
6 Reynolds, Reese	JR	Okanagan Mission	2:41.46	2:39.18	3
7 Barry, Amelia	JR	Glenrosa Mid	2:47.30	2:41.39	2
8 Wiens, Zoe	JR	George Elliot	2:42.54	2:56.53	1
-- Steyn, Scarlett	JR	Princess Mar	3:38.13	SCR	

Women 1500 Meter Run Junior

=====					
OK Champs: R 4:46.30	1989	A.Bertoia, OKM			
Name	Year	School	Seed	Finals	Points
=====					
1 Wallace, Feron	JR	South Kamloo	4:54.35	4:59.79	10
2 Royle, Maya	JR	Revelstoke S	5:09.00	5:03.11	8
3 Hanry, Jasmine	JR	Summerland S	5:09.48	5:11.46	6
4 Reynolds, Reese	JR	Okanagan Mission	5:36.64	5:24.34	5
5 Berkenbosch, Lutza	JR	Revelstoke S	5:39.29	5:36.46	4
6 Steyn, Chanelle	JR	Princess Mar	7:31.42	7:14.09	3

Women 3000 Meter Run Junior

=====					
OK Champs: R 10:12.00	2014	Hannah Bennison, Vernon Sec			
Name	Year	School	Seed	Finals	Points
=====					
1 Wallace, Feron	JR	South Kamloo	10:38.89	10:43.20	10
2 Hanry, Jasmine	JR	Summerland S	11:12.01	11:06.91	8
3 Steyn, Chanelle	JR	Princess Mar	16:00.66	15:29.34	6
4 Steyn, Scarlett	JR	Princess Mar	16:10.29	16:07.19	5

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Women 80 Meter Hurdles Junior

8 x 30" (0.762) (12m-8m-12m - Black)

OK Champs: R 12.00 1985 K.Novak, Brocklehurst

Name	Year School	Seed	Finals	Wind	H#	Points
1 Stroda, Lily	JR Okanagan Mission	12.04	12.13	-0.8	2	10
2 Funk, Leah	JR Vernon Christian	13.06	12.96	-0.8	2	8
3 Armstrong, Gabrielle	JR South Kamloo	13.40	13.22	-0.8	2	6
4 Woods, Emily	JR Westsyde Secondary	13.48	13.64	-0.8	2	5
5 Cochrane, Avery	JR Revelstoke S	15.00	14.10	-0.8	2	4
6 Duncan, Alexis	JR Penticton Hi	15.78	14.93	-0.8	2	3
7 Grabinsky, Rachel	JR Revelstoke S	15.03	15.20	-0.8	2	2
8 Hatch, Anna	JR Penticton Hi	15.51	15.61	-0.8	2	1
9 Jhonston, Jessica	JR Glenrosa Mid	16.43	16.26	+0.0	1	
10 Chaffee, Brookelynn	JR Kelowna Seco	17.50	17.02	+0.0	1	
11 Hauber, Isobel	JR Penticton Hi	16.71	18.33	+0.0	1	

Women 300 Meter Hurdles Junior

7 x 30" (0.762m) (50m-35m-40m)

OK Champs: R 46.20 2017 Madelyn Hettinga, Kelowna Christian

Name	Year School	Seed	Finals	Points
1 Funk, Leah	JR Vernon Christian	49.49	48.46	10
2 Hatch, Anna	JR Penticton Hi	51.34	51.75	8
3 Duncan, Alexis	JR Penticton Hi	52.20	52.52	6
4 Giesbrecht, Ellie	JR Salmon Arm S	59.84	54.33	5
5 Jhonston, Jessica	JR Glenrosa Mid	53.89	55.46	4
6 Hinton, Isabelle	JR Glenrosa Mid	60.36	58.99	3
7 Edge, Sara	8 Penticton Hi	56.90	59.11	2

Women 1500 Meter Steeplechase 30" Junior

30" (0.762m) with water

OK Champs: R 5:28.00 2014 Kendall Fitzgerald, Valleyview

Name	Year School	Seed	Finals	Points
1 Wallace, Feron	JR South Kamloo	5:24.62	5:33.38	10
2 Beaumont, Andrea	JR Vernon Christian	6:49.57	6:45.00	8
3 Giesbrecht, Ellie	JR Salmon Arm S	7:16.68	6:58.64	6

Women 4x100 Meter Relay Junior

OK Champs: R 51.90 1991 Kelowna Secondary

School	Seed	Finals	Points
1 Okanagan Mission 'A'	52.23	51.29R	10
1) Comber, Quyanah JR			
3) Benwell, Maggie JR			
2 Revelstoke Secondary School 'A'	54.97	54.13	8
1) Grabinsky, Rachel JR			
3) Berkenbosch, Lutz JR			
4) Widmer, Ilaria JR			
3 Kelowna Secondary School 'A'	56.90	55.53	6
1) Jacquet, Alex JR			
3) Chaffee, Brookelynn JR			
4) Mallinson, Kezia JR			
4 Pleasant Valley 'A'	56.16	56.32	5

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....Women 4x100 Meter Relay Junior

1) Melvin, Anna JR	2) Wagner, Ava JR			
3) Isaac, Ila JR	4) Richoux, Jasmin JR			
5 Salmon Arm Secondary - Jackson 'A'	56.60	57.11	4	
1) Campbell, Kahlea JR	2) Fazan, Addie JR			
3) King, Lucy JR	4) Menzies, Isabelle JR			
6 Penticton High School 'A'	58.67	57.22	3	
1) Duncan, Alexis JR	2) Edge, Sara 8			
3) Hatch, Anna JR	4) Hauber, Isobel JR			
7 Glenrosa Middle School 'A'	60.57	58.59	2	
8 Westsyde Secondary 'A'	59.55	58.77	1	
1) Luszcz, Hailey JR	2) Litt, Meena JR			
3) Bruno, Marissa JR	4) Connolly, Claire JR			

Women 4x400 Meter Relay Junior

=====				
OK Champs: R 4:07.60	1983	Fulton		
School		Seed	Finals	Points
=====				
1 Okanagan Mission 'A'	4:01.00	4:21.72	10	
1) Reynolds, Reese JR	2) Peever, Caitlin JR			
3) Comber, Quyanah JR	4) Stroda, Lily JR			
2 Revelstoke Secondary School 'A'	4:31.74	4:32.74	8	
1) Royle, Maya JR	2) Widmer, Ilaria JR			
3) Cochrane, Avery JR	4) Berkenbosch, Lutz JR			
3 Pleasant Valley 'A'	4:58.32	4:47.17	6	
1) Melvin, Anna JR	2) Wagner, Ava JR			
3) Isaac, Ila JR	4) Richoux, Jasmin JR			
4 Glenrosa Middle School 'A'	4:13.00	4:54.09	5	

Women High Jump Junior

=====				
OK Champs: R 1.66m	2015	Trinity Hansma, Pleasant Valley		
Name	Year School	Seed	Finals	Points
=====				
1 Heer, Payton	JR South Kamloo	1.60m	1.67mR	10
1.45 1.50 1.55 1.60 1.65 1.67 1.71				
O O XO O O XO XXX				
2 Stroda, Lily	JR Okanagan Mission	1.65m	1.60m	8
1.40 1.45 1.60 1.65				
O O XO XXX				
3 Isaac, Ila	JR Pleasant Valley	1.45m	1.45m	6
1.25 1.30 1.35 1.40 1.45 1.50				
O O O O XXO XXX				
4 Sawatzky, Rebecca	JR Heritage Chr	1.35m	1.40m	5
1.25 1.30 1.35 1.40 1.45				
O O O XO XXX				
5 Polluck, Huia	JR Dr Knox Midd	1.30m	1.35m	4
1.15 1.20 1.25 1.30 1.35 1.40				
O O O O O XXX				
6 Jacquet, Alex	JR Kelowna Seco	1.30m	J1.35m	3
1.15 1.20 1.25 1.30 1.35 1.40				
O O O O XO XXX				
7 Grootendorst, Bobbi	JR King's Chris	1.20m	J1.35m	2
1.20 1.25 1.30 1.35 1.40				
O O XO XO XXX				

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....Women High Jump Junior

8	Vigue, Jocelynn	JR Pleasant Valley	1.25m	1.30m	1
	1.20 1.25 1.30 1.35				
	O O XXO XXX				

Women Pole Vault Junior

=====					
OK Champs: R 2.50m 2016		K. Rogers, Vernon			
Name	Year	School	Seed	Finals	Points
=====					
1	Armstrong, Gabrielle	JR South Kamloo	3.30m	3.50mR	10
	2.30 2.40 2.50 2.90 3.00	3.10 3.20 3.30 3.40 3.45	3.50 3.55		
	O - - O -	XO - O XXO O	XO XXX		
2	Owen, Anika	JR Valleyview S	2.50m	2.40m	8
	2.00 2.10 2.20 2.30 2.40	2.50			
	XO O O XO O	XXX			
3	Polluck, Huia	JR Dr Knox Midd	1.65m	2.20m	6
	0.25 1.30 1.40 1.50 1.60	1.70 1.80 1.90 2.00 2.10	2.20 2.30		
	O - - O O	O XO O O O	O XXX		

Women Long Jump Junior

=====					
OK Champs: R 5.32m 1968		G. Piatelli, Revelstoke			
Name	Year	School	Seed	Finals	Wind Points
=====					
1	Stroda, Lily	JR Okanagan Mission	4.91m	5.13m	+0.0 10
	4.52m(+0.0) 4.66m(-0.1)	5.13m(+0.0) 4.92m(+0.0) 4.84m(+0.0)			
2	Chala, Raina	JR Sa-Hali Secondary	4.48m	4.62m	+0.0 8
	4.28m(+0.0) 4.38m(+0.0)	4.62m(+0.0) 4.48m(+0.0)			
3	Braun, Emma	JR King's Chris	4.18m	4.57m	+0.0 6
	4.57m(+0.0) 4.18m(+0.0)	X 4.05m(+0.0)			
4	Grabinsky, Rachel	JR Revelstoke S	4.40m	4.41m	+0.0 5
	4.38m(+0.0) 4.34m(+0.0)	4.41m(+0.0) X X			
5	Cochrane, Avery	JR Revelstoke S	4.18m	4.40m	+0.0 4
	4.31m(+0.0) 4.36m(+0.0)	4.33m(+0.0) 4.40m(+0.0) 4.22m(+0.0)			
6	Landry, Julia	JR Immaculata HS	4.08m	4.33m	+0.0 3
	4.11m(+0.0) 4.33m(+0.0)	3.93m(+0.0) 4.11m(+0.0) 4.00m(+0.0)			
7	Bagosi, Bogi	JR Kelowna Seco	3.79m	4.09m	+0.0 2
	4.02m(+0.0) 3.88m(+0.0)	4.09m(+0.0) 3.93m(+0.0) 3.80m(+0.0)			
8	Litt, Meena	JR Westsyde Secondary	4.27m	4.03m	+0.0 1
	4.00m(+0.0) 4.03m(+0.0)	3.74m(+0.0) 3.79m(+0.0) X			
9	Wiedner, Leela	JR Princess Mar	4.05m	3.98m	+0.0
	3.83m(+0.0) 3.85m(+0.0)	3.98m(+0.0)			
10	Melvin, Anna	JR Pleasant Valley	4.47m	3.81m	-0.3
	3.66m(-1.0) 3.81m(-0.3)	3.26m(+0.0) 3.50m(+0.0)			
11	Hatch, Anna	JR Penticton Hi	3.46m	3.64m	+0.0
	3.20m(-0.3) 2.85m(+0.0)	3.50m(+0.0) 3.64m(+0.0) 3.36m(+0.0)			
12	Guichon, Ronnie	JR Merritt Secondary	3.74m	3.59m	+0.0
	3.58m(-0.1) 3.49m(+0.0)	3.59m(+0.0) X 3.58m(+0.0)			

Women Triple Jump Junior

=====					
OK Champs: R 11.14m 2014		Haven Dufty, Summerland			
Name	Year	School	Seed	Finals	Wind Points
=====					

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....Women Triple Jump Junior

1	Funk, Leah	JR Vernon Christian	8.94m	9.87m	1.4	10
	9.87m(1.4) X	7.97m(1.0) -	-			
2	Connolly, Claire	JR Westsyde Secondary	9.58m	9.62m	0.2	8
	9.44m(1.0) 9.50m(0.5) X(1.0)	9.62m(0.2) 9.24m(+0.0)				
3	Chala, Raina	JR Sa-Hali Secondary	9.06m	9.08m	1.0	6
	8.89m(0.9) 8.89m(+0.0) X(+0.0)	9.08m(1.0) 9.05m(+0.0)				
4	Litt, Meena	JR Westsyde Secondary	8.82m	8.98m	1.4	5
	8.58m(0.6) 8.41m(1.3) 8.42m(+0.0)	8.71m(0.3) 8.98m(1.4)				
5	Chudecki, Kali	JR Rutland Senior	8.81m	8.24m	+0.0	4
	X(1.7) 8.24m(+0.0) 7.97m(+0.0) X	7.84m(0.2)				
6	Obuyi, Deheal	JR Rutland Senior	8.22m	7.88m	+0.0	3
	7.72m(1.5) 7.88m(+0.0) 7.74m(+0.0)	7.60m(+0.0) 7.88m(+0.0)				
7	Priebe, Mikaya	JR Kelowna Christian	7.13m	6.66m	0.4	2
	5.95m(1.0) 5.98m(0.4) 5.94m(0.2)	6.38m(+0.0) 6.66m(0.4)				

Women Shot Put 3 kg Junior

OK Champs: R 11.87m 2014 Hunter Dufty, Summerland						
Name	Year	School	Seed	Finals	Points	
1 Lansdowne, Devan	JR	Salmon Arm S	8.21m	8.47m	10	
	7.78m	8.17m 8.42m	8.47m 8.06m			
2 Gonzalez, Rachel	JR	Ecole Klo Mi	8.29m	8.22m	8	
	8.22m	8.01m 8.16m	7.70m 7.56m			
3 Braun, Emma	JR	King's Chris	8.22m	8.10m	6	
	7.42m	7.45m 7.45m	7.30m 8.10m			
4 Hay, Anikka	JR	Rutland Senior	8.24m	7.92m	5	
	7.40m	7.69m 6.47m	7.69m 7.92m			
5 Cleaveley, Kelsey	JR	Merritt Secondary	6.90m	7.58m	4	
	7.48m	7.13m X 7.14m	7.58m			
6 Itterman, Victoria	JR	Eagle River	8.30m	7.48m	3	
	7.30m	7.48m 6.60m X X				
7 Neufled, Kohana	JR	Westsyde Secondary	6.23m	6.09m	2	
	X 5.38m	6.09m 5.04m 5.38m				
-- McDermid, Emelia	JR	George Elliot	8.21m	DNS		

Women Discus Throw 1 kg Junior

OK Champs: R 35.54m 1966 W. Vanderwilk, Lumby						
Name	Year	School	Seed	Finals	Points	
1 Carlyle, Avery	JR	Okanagan Mission	25.23m	25.51m	10	
	24.15m	25.06m 22.61m	25.51m X			
2 Morrow, Lia	JR	Revelstoke S	16.23m	21.13m	8	
	21.13m	16.82m 18.72m	17.39m 18.33m			
3 Howe, Kasey	JR	Revelstoke S	19.61m	20.55m	6	
	18.12m	19.46m 20.43m	18.92m 20.55m			
4 Lasota, Ava	JR	Salmon Arm S	16.74m	19.94m	5	
	X 14.84m	X 19.94m 18.34m				
5 Chudecki, Kali	JR	Rutland Senior	18.92m	19.72m	4	
	18.16m	18.36m 19.72m	18.21m 19.64m			
6 Obuyi, Deheal	JR	Rutland Senior	17.21m	16.42m	3	
	X 13.63m	14.63m X 16.42m				
7 Thomson, Sophia	JR	Merritt Secondary	15.28m	15.39m	2	
	14.29m	14.08m 15.24m	14.67m 15.39m			

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Women Hammer Throw 3 kg Junior

OK Champs: R 53.71m 2017 M.Swoboda, Valleyview						
Name	Year	School	Seed	Finals	Points	
1 Strinholm, Molly		JR Glenrosa Mid	22.48m	24.78m	10	
19.75m 22.62m 22.88m 22.00m 24.78m						
2 Reid, Macey		JR Glenrosa Mid	20.54m	22.00m	8	
X 19.78m 19.37m X 22.00m						

Women Javelin Throw 500 gram Junior

OK Champs: R 41.11m 2002 A.Dalin, Chase						
Name	Year	School	Seed	Finals	Points	
1 Carlyle, Avery		JR Okanagan Mission	22.60m	25.74m	10	
22.95m 22.33m 25.74m X X						
2 Lansdowne, Devan		JR Salmon Arm S	21.85m	24.15m	8	
X 19.61m 20.23m 18.69m 24.15m						
3 Strinholm, Molly		JR Glenrosa Mid	22.93m	23.33m	6	
16.43m 19.67m 21.35m 23.33m 21.41m						
4 Elder, Jordan		JR Mount Boucherie	21.38m	21.73m	5	
21.46m X 20.90m 21.73m 21.44m						
5 Cochrane, Reece		JR Revelstoke S	19.01m	20.62m	4	
20.20m 20.49m 20.62m 19.07m 19.25m						
6 Richoux, Jasmin		JR Pleasant Valley	19.59m	20.57m	3	
19.01m 20.57m X X X						
7 Cleaveley, Kelsey		JR Merritt Secondary	11.32m	14.15m	2	
14.10m 12.26m X 14.15m X						
8 Luszcz, Hailey		JR Westsyde Secondary	11.09m	12.93m	1	
X 12.93m X X X						
9 Thomson, Sophia		JR Merritt Secondary	11.32m	10.39m		
8.81m 10.39m 8.62m 7.24m 7.47m						

Women 100 Meter Dash Senior

OK Champs: R 12.20 1975 K.Somerfiled, Rutland Sec							
Name	Year	School	Seed	Finals	Wind H#	Points	
1 Dreger, Isabella		SR George Elliot	13.13	12.98	-0.3 2	10	
2 Stevenson, Emily		SR King's Chris	13.27	13.32	-0.3 2	8	
3 Pentecost, Katya		SR Penticton Hi	13.73	13.41	-0.3 2	6	
4 Toering, Kt		SR Westsyde Secondary	13.37	13.45	-0.3 2	5	
5 Bigattini, Isabella		SR Kelowna Seco	13.54	13.59	-1.4 1	4	
6 Nicholls, Michaela		SR Merritt Secondary	13.57	13.75	-0.3 2	3	
7 Zirnhilt, Ava		SR Westsyde Secondary	13.67	13.95	-0.3 2	2	
8 Wagner, Sarah		SR Immaculata HS	14.31	14.01	-1.4 1	1	
9 Duff, Hailey		SR George Elliot	14.25	14.33	-1.4 1		
-- Goldberg, Eva		SR Salmon Arm S	14.47	SCR	-1.4 1		
-- Hamilton-Jackson, Makenn		SR WL Seaton	13.86	DNS	-0.3 2		
-- Murphy, Ivy		SR Rutland Senior	13.96	DNS	-0.3 2		

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Women 200 Meter Dash Senior

OK Champs: R 25.60		2018	Brynn Walsh, Kelowna					
Name	Year	School	Seed	Finals	Wind	H#	Points	
1 Dreger, Isabella	SR	George Elliot	27.19	26.58	0.2	2	10	
2 Stevenson, Emily	SR	King's Chris	26.73	26.59	0.2	2	8	
3 Pentecost, Katya	SR	Penticton Hi	28.06	27.49	0.2	2	6	
4 Nicholls, Michaela	SR	Merritt Secondary	27.68	27.53	0.2	2	5	
5 Toering, Kt	SR	Westsyde Secondary	28.10	28.22	0.2	2	4	
6 Russell, Lily	SR	Merritt Secondary	33.83	34.86	0.2	2	3	
-- Cameron, Fia	SR	Revelstoke S	28.41	SCR	NWI	1		
-- Hamilton-Jackson, Makenn	SR	WL Seaton	29.65	SCR	0.2	2		
-- Murphy, Ivy	SR	Rutland Senior	28.64	DNS	0.2	2		

Women 400 Meter Dash Senior

OK Champs: R 58.09		2022-05-19	Tatum Wade, Okanagan Mis			
Name	Year	School	Seed	Finals	Points	
1 Nicholls, Michaela	SR	Merritt Secondary	63.78	62.68	10	
2 Cameron, Fia	SR	Revelstoke S	64.82	63.07	8	
3 Millar, Stephanie	SR	George Elliot	63.86	64.29	6	
4 Zuidhof, Tianna	SR	King's Chris	67.05	68.69	5	
5 Roodzant, Rebecca	SR	King's Chris		69.60	4	
-- Widdess, Brooklyn	SR	Kelowna Seco	66.84	DNS		
-- Pighin, Isabella	SR	Clarence Ful	66.68	X66.54		

Women 800 Meter Run Senior

OK Champs: R 2:13.60		1997	Malindi Elmore, Kelowna		
Name	Year	School	Seed	Finals	Points
1 Millar, Stephanie	SR	George Elliot	2:30.42	2:27.78	10
2 Pighin, Isabella	SR	Clarence Ful	2:38.78	2:34.51	8
3 Renwick, Danica	SR	Sa-Hali Secondary	2:36.00	2:35.32	6
4 D'Amore, Sophia	SR	Sa-Hali Secondary	2:54.50	2:36.02	5
5 Guarasci, Maya	SR	Kelowna Seco	2:42.95	2:40.51	4

Women 1500 Meter Run Senior

OK Champs: R 4:33.00		2018	Taryn O'Neill, George Ellliot			
Name	Year	School	Seed	Finals	Points	
1 Parilak, Mishka	SR	WL Seaton	5:30.49	5:12.94	10	
2 Renwick, Danica	SR	Sa-Hali Secondary	5:14.24	5:18.11	8	
3 Muddiman, Emma	SR	Salmon Arm S	6:06.47	5:45.19	6	
4 Scholfield, Emma	SR	Summerland S	6:10.40	5:55.61	5	
-- Guarasci, Maya	SR	Kelowna Seco	5:32.64	SCR		
-- Parker, Taylor	SR	Salmon Arm S	6:12.35	SCR		
-- Widdess, Brooklyn	SR	Kelowna Seco	5:43.38	SCR		

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Women 3000 Meter Run Senior

OK Champs: R 9:37.80 2018 Taryn O'Neill, George Elliot					
Name	Year	School	Seed	Finals	Points
1 Renwick, Danica	SR	Sa-Hali Secondary	11:13.22	11:22.12	10
2 Pighin, Isabella	SR	Clarence Ful	12:03.00	12:14.58	8
3 Brooks, Hazel	SR	Salmon Arm S	12:45.17	12:56.25	6
4 Scholfield, Emma	SR	Summerland S	13:31.25	13:10.47	5
5 Parker, Taylor	SR	Salmon Arm S	13:34.45	13:26.57	4

Women 100 Meter Hurdles Senior

10 x 33" (0.840m) (13m-8.5m-10.5m - Yellow)							
OK Champs: R 15.60 2018 J.Ostoforoff, Pleasant valely							
Name	Year	School	Seed	Finals	Wind	H#	Points
1 Stevenson, Emily	SR	King's Chris	16.51	15.94	+0.0	2	10
2 Horak, Amy	SR	Kelowna Seco	16.92	17.00	+0.0	2	8
3 D'Amore, Sophia	SR	Sa-Hali Secondary	17.33	17.49	+0.0	2	6
4 Campbell, Grace	SR	Penticton Hi	19.95	17.94	0.3	1	5
5 Nickel, Josie	SR	Penticton Hi	19.80	18.79	0.3	1	4
6 Vermeer, Nyla	SR	King's Chris	18.47	19.84	+0.0	2	3
7 Love, Emmerson	SR	George Elliot	21.66	21.52	0.3	1	2
-- Auger, Soraya	SR	Mount Boucherie	18.47	DNF	+0.0	2	
-- Kleinau, Felin	SR	Revelstoke S	18.29	SCR	+0.0	2	

Women 400 Meter Hurdles Senior

10 x 30" (0.762m) (45m-35m-40m)					
OK Champs: R 64.00 1992 A.Harrison, OKM					
Name	Year	School	Seed	Finals	Points
1 Cameron, Fia	SR	Revelstoke S	72.02	69.03	10
2 Campbell, Grace	SR	Penticton Hi	72.47	70.63	8
3 Zuidhof, Tianna	SR	King's Chris	73.28	72.35	6
4 Roodzant, Rebecca	SR	King's Chris	73.90	73.48	5

Women 1500 Meter Steeplechase 30" Senior

Name	Year	School	Seed	Finals	Points
1 Roodzant, Rebecca	SR	King's Chris	6:27.56	6:10.46	10
2 Muddiman, Emma	SR	Salmon Arm S	6:40.21	6:30.89	8
3 Brooks, Hazel	SR	Salmon Arm S	6:46.57	6:50.65	6

Women 4x100 Meter Relay Senior

OK Champs: R 50.70 2017 Kelowna Secondary				
School	Seed	Finals	Points	
1 Penticton High School 'A'	53.64	51.92	10	
1) Campbell, Grace SR				2) Pentecost, Katya SR
3) Leduc, Bayle JR				4) Hickie, Jordis JR
2 Westsyde Secondary 'A'	52.71	52.76	8	
1) Toering, Kt SR				2) Zirnhilt, Ava SR
3) Evans, Bethany JR				4) Toering, Kk SR

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....Women 4x100 Meter Relay Senior

3 George Elliot 'A'	53.97	54.12	6
1) Dreger, Isabella SR	2) Duff, Hailey SR		
3) Love, Emmerson SR	4) Millar, Stephanie SR		
4 King's Christian School 'A'	54.43	54.22	5
1) Stevenson, Emily SR	2) Zuidhof, Tianna SR		
3) Roodzant, Rebecca SR	4) Braun, Emma JR		
5 Princess Margaret Secondary Sc 'A'	56.21	57.76	4
1) Carleton-Paliano, Olivia SR	2) Gallicano, Graci SR		
3) Hickie, Kaydence SR	4) Wiedner, Leela JR		
6 King's Christian School 'B'	60.49	59.06	3
1) Jansen, Shiloh SR	2) Vermeer, Nyla SR		
3) Chapman, Olivia SR	4) Frazer, Annah JR		
-- Revelstoke Secondary School 'A'	58.99	SCR	
1) Cameron, Fia SR	2) Kleinau, Felin SR		
3) Slanger, Olive SR	4) Manson, Mya SR		

Women 4x400 Meter Relay Senior

=====			
OK Champs: R 4:06.40 1985	Penticton		
School	Seed	Finals	Points
=====			
1 King's Christian School 'A'	4:32.50	4:28.56	10
1) Stevenson, Emily SR	2) Zuidhof, Tianna SR		
3) Roodzant, Rebecca SR	4) Braun, Emma JR		
2 George Elliot 'A'	4:38.05	4:29.62	8
1) Millar, Stephanie SR	2) Millar, Hailey JR		
3) Wiens, Zoe JR	4) Love, Emmerson SR		
3 Penticton High School 'A'	4:34.12	4:31.33	6
1) Campbell, Grace SR	2) Hickie, Jordis JR		
3) Pentecost, Katya SR	4) Duncan, Alexis JR		
4 Salmon Arm Secondary - Sulliva 'A'	5:04.19	5:04.17	5
1) Parker, Taylor SR	2) Brooks, Hazel SR		
3) Cross, Grace SR	4) Muddiman, Emma SR		
-- Kelowna Secondary School 'A'	4:47.20	SCR	
-- Revelstoke Secondary School 'A'	4:59.01	SCR	
1) Kleinau, Felin SR	2) Manson, Mya SR		
3) Slanger, Olive SR	4) Cameron, Fia SR		

Women High Jump Senior

=====			
OK Champs: R 1.70m 2017	Trinity Hansma, Pleasant Valley		
Name	Year School	Seed	Finals Points
=====			
1 D'Amore, Sophia	SR Sa-Hali Secondary	1.54m	1.45m 10
1.35 1.40 1.45 1.50			
O O XO XXX			
2 Nickel, Josie	SR Penticton Hi	1.50m	J1.45m 8
1.30 1.35 1.40 1.45 1.50			
O O O XXO XXX			
3 Carleton-Paliano, Olivia	SR Princess Mar	1.25m	1.35m 5.50
1.20 1.25 1.30 1.35 1.40			
O O O XXO XXX			
3 Hickie, Kaydence	SR Princess Mar	1.35m	1.35m 5.50
1.20 1.25 1.30 1.35 1.40			
O O O XXO XXX			

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....Women High Jump Senior

-- Lesage, Mya	SR George Elliot	1.30m	DNS
-- Chadwick, Shayla	SR Westsyde Secondary	1.15m	DNS

Women Long Jump Senior

OK Champs: R 5.54m 1985 Lana Jolly, Brocklehurst							
Name	Year	School	Seed	Finals	Wind	Points	
1 Bigattini, Isabella		SR Kelowna Seco	4.61m	4.78m	+0.0	10	
4.78m(+0.0) X X X X							
2 Horak, Amy		SR Kelowna Seco	4.49m	4.54m	+0.0	8	
3.88m(-0.1) 4.52m(-0.5) 4.31m(+0.0) X 4.54m(+0.0)							
3 Toering, Kk		SR Westsyde Secondary	4.75m	4.33m	+0.0	6	
4.33m(+0.0) 4.18m(+0.0) 4.29m(+0.0) 4.18m(-0.4) 3.80m(+0.0)							
4 Carleton-Paliano, Olivia		SR Princess Mar	4.33m	J4.33m	+0.0	5	
4.09m(-0.3) 4.10m(+0.0) 4.05m(-0.3) 4.19m(-0.7) 4.33m(+0.0)							
5 Love, Emmerson		SR George Elliot	3.84m	4.31m	+0.0	4	
4.25m(+0.0) 4.13m(-0.4) 4.21m(-0.1) 4.31m(+0.0) 4.21m(-0.1)							
6 Slager, Olive		SR Revelstoke S	3.83m	4.12m	+0.0	3	
4.12m(+0.0) 4.07m(-1.0)							
7 Gallicano, Graci		SR Princess Mar	4.07m	4.09m	-0.3	2	
X X 3.80m(+0.0) 4.09m(-0.3) 3.84m(-1.1)							
8 Hickie, Kaydence		SR Princess Mar	3.77m	3.95m	+0.0	1	
3.95m(+0.0) 3.71m(+0.0) 3.74m(+0.0) 3.70m(-1.4) 3.60m(+0.0)							
9 Jensen, Trinity		SR Westsyde Secondary	3.79m	3.77m	+0.0		
3.69m(-0.5) 3.77m(+0.0) 3.74m(+0.0) 3.66m(+0.0) 3.39m(-0.8)							
10 Russell, Lily		SR Merritt Secondary	3.49m	3.67m	+0.0		
X X 3.18m(+0.0) 3.67m(+0.0) 3.41m(+0.0)							

Women Triple Jump Senior

OK Champs: R 11.36m 2015 Haven Dufty, Summerland							
Name	Year	School	Seed	Finals	Wind	Points	
1 Toering, Kt		SR Westsyde Secondary	9.73m	10.42m	0.1	10	
10.20m(1.0) 10.17m(+0.0) 10.28m(+0.0) 10.18m(1.4) 10.42m(0.1)							
2 Horak, Amy		SR Kelowna Seco	9.81m	9.72m	1.8	8	
9.72m(1.8) 9.45m(+0.0) 9.18m(0.7) 9.62m(1.4) 9.59m(0.7)							
3 Jensen, Trinity		SR Westsyde Secondary	7.51m	8.22m	0.7	6	
7.58m(1.1) X(0.5) 7.97m(0.6) X(0.6) 8.22m(0.7)							

Women Shot Put 4 kg Senior

OK Champs: R 12.11m 1968 K.Langham, Kelowna							
Name	Year	School	Seed	Finals	Points		
1 Van Zyl, Cathlene		SR Kelowna Seco	12.60m	12.19mR	10		
10.97m X 11.69m 12.19m 12.06m							
2 Drake, Elise		SR Kelowna Seco	10.49m	10.20m	8		
10.20m - - - -							
3 Jansen, Shiloh		SR King's Chris	8.29m	8.92m	6		
8.70m 8.89m 7.38m 8.92m 8.04m							
4 Chadwick, Shayla		SR Westsyde Secondary	6.75m	7.94m	5		
6.60m 7.77m 7.94m X 6.63m							

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....Women Shot Put 4 kg Senior

5	Hada, Yuki	SR Summerland S	7.46m	7.83m	4
	6.78m 7.42m 7.45m 7.83m 7.56m				
6	Ashley, Cassidy	SR Westsyde Secondary	6.49m	6.68m	3
	5.96m 6.05m 6.15m 6.68m 6.29m				
7	Manson, Mya	SR Revelstoke S	7.23m	6.05m	2
	X 6.05m X 5.14m X				
--	Goldberg, Eva	SR Salmon Arm S	6.30m	DNS	
--	Rodgers, Presley	SR George Elliot	6.25m	SCR	

Women Discus Throw 1 kg Senior

=====					
OK Champs: R 39.32m 1980		Val Scafe, Salmon Arm			
Name	Year	School	Seed	Finals	Points
=====					
1	Van Zyl, Cathlene	SR Kelowna Seco	38.51m	40.70mR	10
	37.94m 40.70m 39.12m 37.74m 37.89m				
2	Drake, Elise	SR Kelowna Seco	29.87m	28.40m	8
	X X X 27.78m 28.40m				
3	Jansen, Shiloh	SR King's Chris	23.61m	24.33m	6
	24.33m 20.64m X 24.20m X				
4	Vermeer, Nyla	SR King's Chris	20.35m	24.10m	5
	22.02m 20.19m 21.28m 21.44m 24.10m				
5	Hamilton, Alena	SR Salmon Arm S	20.36m	20.58m	4
	20.58m X X 17.93m 19.94m				
6	Ashley, Cassidy	SR Westsyde Secondary	19.99m	19.17m	3
	X 16.75m 13.45m 17.58m 19.17m				
7	Rodgers, Presley	SR George Elliot	18.43m	16.44m	2
	15.25m 16.44m X X 13.85m				

Women Hammer Throw 4 kg Senior

=====					
OK Champs: R 56.28m 2005		Rochelle Kokayko, Kelowna Christian			
Name	Year	School	Seed	Finals	Points
=====					
1	Drake, Elise	SR Kelowna Seco	46.21m	49.94m	10
	48.15m 44.96m X 49.94m 47.00m				
2	Jansen, Shiloh	SR King's Chris	22.36m	22.89m	8
	21.98m 22.89m X - -				
3	Slager, Olive	SR Revelstoke S	15.44m	20.40m	6
	16.95m 15.42m X 20.40m -				
4	Rodgers, Presley	SR George Elliot	15.95m	18.47m	5
	16.22m 13.34m 16.44m 17.77m 18.47m				

Women Javelin Throw 600 gram Senior

=====					
OK Champs: R 40.19m 2003		Alia Dalin, Chase			
Name	Year	School	Seed	Finals	Points
=====					
1	Breau, Brianna	SR Kelowna Seco	31.59m	35.26m	10
	35.26m 29.69m 30.12m 31.30m -				
2	Duff, Hailey	SR George Elliot	25.61m	30.42m	8
	24.30m 23.47m 29.73m 30.42m X				
3	Petrasek, Alex	SR Princess Mar	18.36m	25.80m	6
	X 18.14m 21.88m 25.80m 18.55m				

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....Women Javelin Throw 600 gram Senior

4	Slager, Olive	SR Revelstoke S	23.48m	25.26m	5
	21.78m 25.04m 20.04m 25.26m 20.15m				
5	Smith, Brynne	SR Salmon Arm S	25.42m	24.71m	4
	X 24.71m 22.75m 21.69m X				
6	Toering, Kk	SR Westsyde Secondary	23.47m	22.71m	3
	X - - - 22.71m				
7	Hada, Yuki	SR Summerland S	22.84m	21.64m	2
	21.15m 21.64m X X 20.57m				
8	Millar, Stephanie	SR George Elliot	20.29m	20.12m	1
	17.56m 18.34m 20.12m X 19.09m				
9	Chadwick, Shayla	SR Westsyde Secondary	20.99m	20.08m	
	20.08m 19.22m X 18.01m 16.39m				
10	Manson, Mya	SR Revelstoke S	15.41m	18.31m	
	18.31m 13.84m 17.98m X X				
11	Ashley, Cassidy	SR Westsyde Secondary	16.74m	18.06m	
	17.00m 16.50m 17.19m 15.78m 18.06m				
12	Wagner, Sarah	SR Immaculata HS	18.71m	15.93m	
	X X X X 15.93m				

Men 100 Meter Dash Gr 8

OK Champs: R 11.60 1993		S.Sangha, Nicola Valley					
Name	Year	School	Seed	Finals	Wind	H#	Points
1 Ignacio, Ram	8	Carlin Middle	13.97	12.78	0.1	1	10
2 Liu, Harrison	8	Dr Knox Midd	12.89	12.99	-1.3	2	8
3 Gerow, River	8	Shuswap Middle	13.35	13.13	-1.3	2	6
4 Sayer, Daman	8	Vernon Christian	13.05	13.20	-1.3	2	5
5 Spooner, Carver	8	North Shuswa	12.86	13.26	-1.3	2	4
6 Henry, Peyton	8	Canyon Falls	13.20	13.47	-1.3	2	3
7 Fratini Borges Lima, Luc	8	Rutland Midd	13.13	13.58	-1.3	2	2
8 Sabiri, Ilyass	8	Secondaire d	13.39	13.79	-1.3	2	1
9 Armstrong, Dimitri	8	South Kamloo	14.46	14.61	0.1	1	
10 Kaarvik, Rylan	8	Westsyde Secondary	14.47	14.90	0.1	1	

Men 200 Meter Dash Gr 8

OK Champs: R 23.90 1989		John Constantinescu, Springvalley					
Name	Year	School	Seed	Finals	Wind	H#	Points
1 Liu, Harrison	8	Dr Knox Midd	25.94	25.90	0.6	2	10
2 Worman, Tate	8	Ecole Kloo Mi	26.68	26.15	0.6	2	8
3 Spooner, Carver	8	North Shuswa	26.87	26.90	0.6	2	6
4 Fratini Borges Lima, Luc	8	Rutland Midd	27.06	26.97	0.6	2	5
5 Lafortune, Colten	8	Shuswap Middle	27.73	28.16	0.6	2	4
6 McGrath, Aidan	8	Valleyview S	28.05	28.50	-1.1	1	3
7 Armstrong, Dimitri	8	South Kamloo	28.03	28.57	-1.1	1	2
8 Rossouw, Francois	8	Westsyde Secondary	30.93	30.27	-1.1	1	1
-- Ignacio, Ram	8	Carlin Middle	27.60	SCR	0.6	2	

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Men 400 Meter Dash Gr 8

OK Champs: R 54.10 1983 B.Spaural, McNicoll Park					
Name	Year	School	Seed	Finals	Points
1 Orchards, Ian	8	Shuswap Middle	63.86	62.10	10
2 Cormier, Shaden	8	A L Fortune	67.16	62.73	8
3 Matlock, Hayden	8	Ecole Klo Mi	65.74	62.96	6
4 McLeod, Kieran	8	Len Wood Mid	64.29	63.29	5
5 Motohashi, Kota	8	Rutland Midd	66.58	66.48	4
6 McGrath, Aidan	8	Valleyview S	67.25	66.49	3
7 Jaggars, Nate	8	Ecole Klo Mi	69.45	68.05	2

Men 800 Meter Run Gr 8

OK Champs: R 2:06.10 1983 T. Devolder, George Elliot					
Name	Year	School	Seed	Finals	Points
1 Orchards, Ian	8	Shuswap Middle	2:26.62	2:22.49	10
2 Motohashi, Kota	8	Rutland Midd	2:44.83	2:28.54	8
3 Davis, Xavier	8	Constable Ne	2:47.82	2:30.85	6
4 Kaarvik, Rylan	8	Westsyde Secondary	2:32.33	2:31.99	5
5 Terleski, Rylan	8	WL Seaton	2:40.05	2:33.88	4
6 Machpherson, Ben	8	Revelstoke S	2:45.15	2:36.48	3
-- Cooper, Makai	8	Kamloops Chr	2:31.09	DNS	
-- Roberts, Jared	8	Secondaire d	2:42.65	DNS	
-- Chambers, Reace	8	Glenrosa Mid		DNS	

Men 1500 Meter Run Gr 8

OK Champs: R 4:22.60 1988 N. Vanbeers, Fulton					
Name	Year	School	Seed	Finals	Points
1 Kissmann, Coen	8	Dr Knox Midd	4:59.51	4:54.06	10
2 Sieben, Coulter	8	Ecole Klo Mi	5:06.46	5:06.88	8
3 Redman, Kai	8	Ecole Klo Mi	5:25.06	5:17.06	6
4 Machpherson, Ben	8	Revelstoke S	5:33.49	5:29.07	5
5 Terleski, Rylan	8	WL Seaton	5:29.15	5:30.50	4

Men 3000 Meter Run Gr 8

OK Champs: R 9:51.60 2016 Keegan Ingram, Summerland Middle					
Name	Year	School	Seed	Finals	Points
1 Kissmann, Coen	8	Dr Knox Midd	10:07.43	10:09.42	10
2 Sieben, Coulter	8	Ecole Klo Mi	10:47.98	10:54.61	8
3 Davis, Xavier	8	Constable Ne	11:24.38	11:11.34	6
4 Roberts, Jared	8	Secondaire d	11:35.92	11:50.57	5
-- Cormier, Shaden	8	A L Fortune	13:17.22	SCR	

Men 100 Meter Hurdles Gr 8

10 x 33" (0.840m) (13m-8.5m-10.5m - Yellow)					
OK Champs: R 14.90 1982 G. McIntosh, McNicoll Park					
Name	Year	School	Seed	Finals	Wind Points
1 Harris, Jack	8	Rutland Midd	16.75	15.85	-0.6 10

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....Men 100 Meter Hurdles Gr 8

2 Worman, Tate	8 Ecole Klo Mi	16.61	15.97	-0.6	8
3 Hvidston, Tyler	8 Kvr Middle School	16.27	16.15	-0.6	6
4 Liu, Harrison	8 Dr Knox Midd	16.93	18.07	-0.6	5
5 Khelouiati, Tarik	8 South Kamloo	19.61	20.10	-0.6	4
-- Zuidhof, Eli	8 Vernon Christian	23.55	SCR	-0.6	

Men 200 Meter Hurdles Gr 8

5 x 30" (0.762m) (20m-35m-40m)

OK Champs: R 29.40 2018 James Harris, Rutland Middle

Name	Year	School	Seed	Finals	Wind	Points
1 Hvidston, Tyler	8	Kvr Middle School	29.50	29.93	1.2	10
2 McGrath, Aidan	8	Valleyview S	32.22	31.10	1.2	8
3 Machpherson, Ben	8	Revelstoke S	33.05	33.19	1.2	6
4 Priebe, Taylen	8	Spring Valle	34.21	34.12	1.2	5
5 Solano, Mateo	8	Ecole Klo Mi	34.08	35.55	1.2	4
-- McFayden, Owen	8	Canyon Falls	38.89	SCR	1.2	

Men 4x100 Meter Relay Gr 8

OK Champs: R 48.20 1983

Clearwater

School		Seed	Finals	Points
1 Rutland Middle School 'A'		52.75	50.87	10
2 Dr Knox Middle School 'A'		53.21	52.30	8
1) Liu, Harrison 8	2) He, Yu Yao 8			
3) David, Marcxus 8	4) Kennedy, Asher 7			
3 Shuswap Middle 'A'		54.71	53.38	6
1) Orchard, Ian 8	2) Gerow, River 8			
3) Giesbrecht, Joel 8	4) Lafortune, Colten 8			
4 A L Fortune 'A'		56.62	54.52	5
1) Dykman, Jaxon 8	2) Nicholls, Evan 8			
3) Cormier, Shaden 8	4) Weiler, Riley 8			
5 Glenrosa Middle School 'A'		65.37	55.16	4
-- Ecole Klo Middle School 'A'		57.40	SCR	
-- Revelstoke Secondary School 'A'		56.68	SCR	
1) Machpherson, Ben 8	2) Mandel, Connor 8			
3) Wider, Timo 8	4) Gardner, Hudson 8			

Men 4x400 Meter Relay Gr 8

OK Champs: R 3:53.40 1983

KLO

School		Seed	Finals	Points
1 Ecole Klo Middle School 'A'		4:24.77	4:23.43	10
2 Constable Neil Bruce 'A'		4:49.05	4:32.42	8
3) Meyers, Gage 8	4) Davis, Xavier 8			
-- Revelstoke Secondary School 'A'		4:46.18	SCR	
1) Machpherson, Ben 8	2) Mandel, Connor 8			
3) Wider, Timo 8	4) Gardner, Hudson 8			
-- Rutland Middle School 'A'		4:38.36	SCR	

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Men High Jump Gr 8

OK Champs: R 1.85m 1984										K.Russell, McArthur Park					
Name		Year		School		Seed		Finals		Points					
1	Hall, Colton			8 Valleyview S		1.55m		1.62m		10					
	1.30 1.35 1.40 1.45 1.50 1.55 1.60 1.62 1.65														
	O O O O O XO XO XO XXX														
2	Frank, Jacob			8 Rutland Midd		1.45m		1.50m		8					
	1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55														
	O O O O O O O XXX														
3	Hvidston, Tyler			8 Kvr Middle School		1.60m		1.45m		5.50					
	1.30 1.35 1.40 1.45 1.50 1.55 1.60														
	O O XO O X-- X-- XXX														
3	Vass, Jd			8 Vernon Christian		1.45m		1.45m		5.50					
	1.30 1.35 1.40 1.45 1.50														
	XO O O O XXX														
--	Sanchez, Gabriel			8 Aberdeen Hal		1.50m		DNS							
--	Cooper, Makai			8 Kamloops Chr		1.30m		DNS							
--	Infanti, Ty			8 Spring Valle		1.25m		DNS							

Men Pole Vault Gr 8

Name	Year	School								Seed	Finals	Points
1 Armstrong, Dimitri		8	South Kamloo							2.20m	2.50m	10
1.80 1.90 2.00 2.10 2.20 2.30 2.40 2.50 2.60												
O O O O O XO O O XXX												
2 Amor, Zeinedine		8	Valleyview S							1.80m	2.00m	8
1.30 1.40 1.50 1.60 1.70 1.80 1.90 2.00 2.10												
O - O O O O XO O XXX												

Men Long Jump Gr 8

OK Champs: R 6.08m 1965 Ivars Dravinskis, Rutland Sec													
Name		Year		School		Seed		Finals		Wind		Points	
1	Worman, Tate	8	Ecole Klo Mi	4.99m	5.21m	+0.0	10						
	5.21m(+0.0) 4.62m(+0.0) 4.61m(+0.0)												
2	He, Yu Yao	8	Dr Knox Midd	4.42m	4.76m	+0.0	8						
	4.64m(+0.0) 4.64m(+0.0) 4.76m(+0.0)												
3	Motohashi, Kota	8	Rutland Midd	4.46m	4.75m	+0.0	6						
	4.19m(+0.0) 4.75m(+0.0) 4.32m(+0.0)												
4	Quiring, Owen	8	Westsyde Secondary	4.46m	4.56m	+0.0	5						
	4.50m(+0.0) 4.38m(+0.0) 4.37m(0.1) 4.45m(+0.0) 4.56m(+0.0)												
5	Sayer, Daman	8	Vernon Christian	4.97m	4.54m	+0.0	4						
	4.54m(+0.0) X X 4.40m(+0.0) 4.50m(+0.0)												
6	Ignacio, Ram	8	Carlin Middle	4.36m	4.47m	+0.0	3						
	X 4.21m(+0.0) 4.47m(+0.0) 3.86m(+0.0) 4.15m(+0.0)												
7	Rossouw, Francois	8	Westsyde Secondary	4.03m	4.04m	+0.0	2						
	3.83m(+0.0) 3.94m(+0.0) 4.04m(+0.0) 4.04m(+0.0) 3.95m(+0.0)												
--	Capada, Simon	8	Eagle River	4.30m	DNS	NWI							
--	Chambers, Reace	8	Glenrosa Mid	4.35m	DNS	NWI							
--	Sabiri, Ilyass	8	Secondaire d	4.16m	DNS	NWI							

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Men Triple Jump Gr 8

OK Champs: R 12.57m 1993 S.Sangha, Nicola Valley							
Name	Year	School	Seed	Finals	Wind	Points	
1 Harris, Jack	8	Rutland Midd	10.57m	10.72m	+0.0	10	
10.72m(+0.0) 10.72m(+0.0) X(+0.0) 9.82m(0.1) 10.18m(0.8)							
2 Henry, Peyton	8	Canyon Falls	10.29m	10.56m	+0.0	8	
X 10.32m(+0.0) 10.56m(+0.0) 10.32m(+0.0) 9.78m(0.5)							
3 Quiring, Owen	8	Westsyde Secondary	10.19m	9.99m	1.1	6	
9.99m(1.1) 9.87m(+0.0) 9.14m(+0.0) 9.81m(+0.0) X							
4 Zuidhof, Eli	8	Vernon Christian	8.42m	9.26m	0.7	5	
9.04m(+0.0) 8.92m(+0.0) 8.87m(+0.0) 9.26m(0.7) 8.82m(+0.0)							
5 Khelouiati, Tarik	8	South Kamloo	9.65m	9.07m	+0.0	4	
X X X 9.02m(+0.0) 9.07m(+0.0)							
6 Meyers, Gage	8	Constable Ne	8.87m	8.62m	+0.0	3	
8.62m(+0.0) 8.27m(+0.0) 7.58m(+0.0) 8.25m(0.7) 8.39m(+0.0)							
7 Widmer, Timo	8	Revelstoke S	7.47m	8.40m	0.1	2	
X(+0.0) 7.70m(+0.0) 7.90m(+0.0) 8.40m(0.1) 8.31m(0.1)							

Men Shot Put 4 Kg Gr 8

OK Champs: R 13.92m 1976 R.Pasquotti, Brocklehurst							
Name	Year	School	Seed	Finals	Points		
1 Zumbo, Max	8	Constable Ne	10.22m	10.81m	10		
10.47m 10.39m 10.24m 10.65m 10.81m							
2 Fratini Borges Lima, Luc	8	Rutland Midd	10.39m	10.62m	8		
10.25m 9.57m X 10.62m 10.19m							
3 Krabbendam, Alex	8	King's Chris	8.07m	9.22m	6		
8.57m 8.15m 8.68m 7.70m 9.22m							
4 Morgan, Noah	8	Glenrosa Mid	10.03m	9.13m	5		
9.13m 9.10m 7.41m 8.09m 9.10m							
5 Sabiri, Ilyass	8	Secondaire d	7.79m	8.44m	4		
8.00m 7.82m 8.35m 7.18m 8.44m							
6 Froess, Dante	8	King's Chris	8.73m	8.28m	3		
6.72m 7.82m 7.53m 8.22m 8.28m							
7 Bischoff, Morgan	8	North Shuswa	8.93m	8.24m	2		
7.12m 8.19m 8.24m 7.94m 8.15m							

Men Discus Throw 1 Kg Gr 8

OK Champs: R 45.15m 1980 D. Derban, Sa-Hali							
Name	Year	School	Seed	Finals	Points		
1 Giesbrecht, Joel	8	Shuswap Middle	26.08m	35.85m	10		
26.78m 26.55m 35.85m 27.66m 25.77m							
2 Zumbo, Max	8	Constable Ne	31.53m	25.93m	8		
- X X X 25.93m							
3 Henderson Dumont, Ashton	8	Merritt Secondary	23.73m	23.26m	6		
X 20.56m 22.53m X 23.26m							
4 Eldon, Alex	8	Shuswap Middle	24.05m	20.68m	5		
18.25m 18.05m 19.57m 20.68m 18.37m							
5 Coleman, Tanner	8	Revelstoke S	16.90m	17.87m	4		
16.05m 15.20m 14.59m 17.87m 16.68m							
-- Clark, Brendan	8	Westsyde Secondary	24.22m	DNS			
-- Buckley, Kaidan	8	Glenrosa Mid	26.93m	DNS			

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....Men Discus Throw 1 Kg Gr 8

-- Hampson, Oliver 8 Constable Ne 26.80m DNS

Men Javelin Throw 600g Gr 8

OK Champs: R 46.75m 1975 J.Rogers, Shuswap						
Name	Year	School	Seed	Finals	Points	
1 Spooner, Carver	8	North Shuswa	34.04m	38.85m	10	
38.85m - - X 29.54m						
2 Harris, Jack	8	Rutland Midd	33.52m	38.13m	8	
24.33m 32.77m X 21.32m 38.13m						
3 Schultz, Linden	8	Spring Valle	28.16m	31.13m	6	
26.83m 27.72m 27.68m 31.13m 29.75m						
4 Krabbendam, Alex	8	King's Chris	22.93m	22.86m	5	
21.68m 21.16m 22.77m 22.46m 22.86m						
5 Froess, Dante	8	King's Chris	24.02m	21.03m	4	
X 16.99m 19.19m 20.87m 21.03m						
6 Roberts, Jared	8	Secondaire d	15.30m	13.85m	3	
13.85m 11.69m 9.53m 12.39m 13.13m						
-- Clark, Brendan	8	Westsyde Secondary	28.61m	DNS		
-- Auchincloss, Ethan	8	Canyon Falls	28.99m	DNS		

Men 100 Meter Dash Junior

OK Champs: R 11.20 1989 P.Sanghera, Westsyde							
Name	Year	School	Seed	Finals	Wind	H#	Points
1 Patenaude, Maximilian	JR	Summerland S	11.46	11.41	-0.8	2	10
2 Bicknell, Anderson	JR	Vernon Secon	11.87	11.92	-0.8	2	8
3 Lee, Jonah	JR	Vernon Secon	11.97	12.01	-0.8	2	6
4 McDonald, Ayden	JR	Vernon Secon	12.03	12.08	-0.8	2	5
5 Grenier, Charles	JR	Immaculata HS	12.50	12.14	-0.8	2	4
6 Lessley, Jack	JR	Summerland S	12.60	12.42	-0.9	1	3
7 Quinton, Tyler	JR	Valleyview S	12.33	12.62	-0.8	2	2
8 Bolodo, John	JR	Penticton Hi	12.77	13.09	-0.9	1	1
9 Kaarvik, Landon	JR	Westsyde Secondary	12.97	13.14	-0.9	1	
-- Powell, Kevaghn	JR	Rutland Senior	11.98	DNS	-0.8	2	

Men 200 Meter Dash Junior

OK Champs: R 22.80 2016 Jesse Benneke, Mt. Boucherie							
Name	Year	School	Seed	Finals	Wind	H#	Points
1 Patenaude, Maximilian	JR	Summerland S	23.39	22.84	0.7	2	10
2 Hanzek, Gabriel	JR	Immaculata HS	23.38	22.87	0.7	2	8
3 Bicknell, Anderson	JR	Vernon Secon	24.20	24.22	0.7	2	6
4 Neels, Ryland	JR	Mount Boucherie	24.62	24.49	0.7	2	5
5 McDonald, Ayden	JR	Vernon Secon	24.45	24.78	0.7	2	4
6 Quinton, Tyler	JR	Valleyview S	25.44	25.26	0.7	1	3
7 Therrien, Coby	JR	Vernon Secon	26.09	25.47	0.7	1	2
8 Biggar, Zane	JR	Valleyview S	25.70	25.48	0.7	1	1
-- Powell, Kevaghn	JR	Rutland Senior	24.57	SCR	0.7	2	

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Men 400 Meter Dash Junior

=====					
OK Champs: R 51.90	1990	B.Handvold, KLO			
Name	Year	School	Seed	Finals	Points
=====					
1 Hanzek, Gabriel	JR	Immaculata HS	52.36	52.93	10
2 Neels, Ryland	JR	Mount Boucherie	54.60	56.14	8
3 Shojania, Jordan	JR	Mount Boucherie	56.05	56.51	6
4 Robinson, Ian	JR	Summerland S	56.26	56.94	5
5 Loewen, Kayden	JR	A L Fortune	58.63	58.86	4
6 Therrien, Coby	JR	Vernon Secon	59.67	62.93	3
7 Rossouw, Werner	JR	Westsyde Secondary	64.04	64.11	2
-- Awad, Diego	JR	Revelstoke S	59.61	SCR	

Men 800 Meter Run Junior

=====					
OK Champs: R 2:01.00	1991	R. Bullock, KLO			
Name	Year	School	Seed	Finals	Points
=====					
1 Rahkola, Maverik	JR	Penticton Hi	2:03.31	2:01.82	10
2 Hayden, Miles	JR	Penticton Hi	2:11.09	2:06.06	8
3 Neels, Ryland	JR	Mount Boucherie	2:07.59	2:06.60	6
4 Reid, Liam	JR	Kalamalka Se	2:18.82	2:16.88	5
5 Kaarvik, Landon	JR	Westsyde Secondary	2:23.52	2:19.81	4
6 Mitchell, Luke	JR	WL Seaton	2:20.23	2:19.95	3
7 Sandhu, Yuvnaaz	JR	Mount Boucherie	2:26.46	2:25.38	2
8 Rossouw, Werner	JR	Westsyde Secondary	2:30.63	2:25.45	1
9 Poitras, Wyatt	JR	Okanagan Mission	2:27.74	2:28.26	
10 Pozuelo, Lucas	JR	Valleyview S	2:29.42	2:35.64	

Men 1500 Meter Run Junior

=====					
OK Champs: R 4:13.60	1985	Dan Bertoia, OKM			
Name	Year	School	Seed	Finals	Points
=====					
1 Rahkola, Maverik	JR	Penticton Hi	4:19.00	4:16.93	10
2 Hayden, Miles	JR	Penticton Hi	4:26.12	4:21.62	8
3 Kunka, Peter	JR	Summerland S	4:27.70	4:31.27	6
4 Heidt, Simon	JR	WL Seaton	4:45.44	4:43.05	5
5 Reid, Liam	JR	Kalamalka Se	4:46.01	4:43.53	4
6 Peregrym, Ethan	JR	Sa-Hali Secondary	4:46.73	4:44.98	3
7 Westley, Eric	JR	WL Seaton	4:52.84	4:45.81	2
8 Aaserud, Mika	JR	Kelowna Seco	4:51.28	4:52.07	1
9 Spencer, Davis	JR	Dr Knox Midd	5:01.41	4:54.28	
10 Bird, Rowan	JR	Ecole Klo Mi	5:57.15	5:50.23	
-- Pozuelo, Lucas	JR	Valleyview S	5:37.18	SCR	

Men 3000 Meter Run Junior

=====					
OK Champs: R 9:09.00	2014	Sean Bergman, Kelowna			
Name	Year	School	Seed	Finals	Points
=====					
1 Kunka, Peter	JR	Summerland S	9:52.66	9:28.48	10
2 Peregrym, Ethan	JR	Sa-Hali Secondary	9:59.40	9:49.31	8
3 Heidt, Simon	JR	WL Seaton	9:56.73	10:03.36	6
4 Collingwood, Cai	JR	Okanagan Mission	10:22.16	10:04.72	5
5 Aaserud, Mika	JR	Kelowna Seco	10:32.51	10:05.76	4

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....Men 3000 Meter Run Junior

6 Spencer, Davis	JR Dr Knox Midd	10:51.46	10:30.06	3
7 Pozuelo, Lucas	JR Valleyview S	11:30.59	11:49.22	2

Men 100 Meter Hurdles Junior

10 x 36" (0.914m) (13m-8.5m-10.5m - Yellow)

OK Champs: R 14.10 1999 N.Evans, Revelstoke

Name	Year School	Seed	Finals	Wind	Points
1 Kozak, Devan	JR Penticton Hi	16.97	16.30	0.6	10
2 Bruce, Beckham	JR Mount Boucherie	16.76	16.78	0.6	8
3 Eberharther, Mason	JR Glenrosa Mid	18.23	17.00	0.6	6
4 Curtis, Jeff	JR Vernon Secon	22.62	18.15	0.6	5
5 Hurd, Evan	JR Mount Boucherie	18.99	18.19	0.6	4

Men 300 Meter Hurdles Junior

7 x 33" (0.840m) (50m-35m-40m)

OK Champs: R 41.70 1993 C.Gustaw, KLO

Name	Year School	Seed	Finals	Points
1 Bicknell, Anderson	JR Vernon Secon	44.66	42.88	10
2 Kozak, Devan	JR Penticton Hi	47.01	43.34	8
3 Eberharther, Mason	JR Glenrosa Mid	47.71	45.46	6
4 Nava, Aleutian	JR Revelstoke S	51.03	46.63	5
5 Biggar, Zane	JR Valleyview S	48.66	47.39	4
6 Bruce, Beckham	JR Mount Boucherie	48.08	47.54	3
7 Hurd, Evan	JR Mount Boucherie	48.63	47.64	2
-- Awad, Diego	JR Revelstoke S	46.43	SCR	

Men 1500 Meter Steeplechase 30" Junior

Name	Year School	Seed	Finals	Points
1 Collingwood, Cai	JR Okanagan Mission	5:39.51	5:20.35	10
2 Roodzant, Benjamin	JR King's Chris	5:58.36	5:40.93	8
3 Wiebe, Noah	JR Kelowna Christian	6:16.23	5:49.53	6
4 Erwin, Daniel	JR Revelstoke S	6:19.87	5:57.41	5
5 Amyot, Felix	JR Revelstoke S	6:23.70	5:58.12	4
6 Canabe, Aiden	WL Seaton		6:09.96	3

Men 4x100 Meter Relay Junior

OK Champs: R 45.40 2018 Kelowna Secondary

School	Seed	Finals	Points
1 Vernon Secondary School 'A'	47.79	46.87	10
1) Bicknell, Anderson JR			
3) Therrien, Coby JR			
2 Mount Boucherie 'A'	51.40	49.64	8
3 Revelstoke Secondary School 'A'	54.39	50.07	6
1) Awad, Diego JR			
3) Yu, Ansley JR			
4 Mount Boucherie 'B'	49.57	50.61	5
5 Penticton High School 'A'	50.87	50.87	4
2) McDonald, Ayden JR			
4) Lee, Jonah JR			
2) Dodds, Liam JR			
4) Nava, Aleutian JR			

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....Men 4x100 Meter Relay Junior

1) Antilano, Lorenzo JR	2) Zobel Bolodo, John JR			
3) Kozak, Devan JR	4) McWhirter, Logan JR			
6 Rutland Senior 'A'	49.97	51.31	3	
7 Salmon Arm Secondary - Jackson 'A'	52.96	52.11	2	
1) Bonthuys, Ben JR	2) Jurgens, Marcus JR			
3) Paton, Brody JR	4) Bell, Kaelan JR			
-- Summerland Secondary 'A'	48.96	SCR		
1) Kunka, Peter JR	2) Patenaude, Maximilian JR			
3) Robinson, Ian JR	4) Lessley, Jack JR			

Men 4x400 Meter Relay Junior

OK Champs: R 3:42.20 1989		Westsyde	Seed	Finals	Points
School					
1	Penticton High School 'A'		3:57.60	3:49.78	10
	1) Kozak, Devan JR	2) Rahkola, Maverik JR			
	3) Hayden, Miles JR	4) Antilano, Lorenzo JR			
2	Revelstoke Secondary School 'A'		4:07.38	4:02.77	8
	1) Nava, Aleutian JR	2) Dodds, Liam JR			
	3) Yu, Ansley JR	4) Awad, Diego JR			
3	Mount Boucherie 'A'		3:59.50	4:05.49	6
4	Vernon Secondary School 'A'		4:10.98	4:06.45	5
	1) Bicknell, Anderson JR	2) McDonald, Ayden JR			
	3) Therrien, Coby JR	4) Lee, Jonah JR			
5	Okanagan Mission 'A'		3:55.00	4:09.46	4
	1) Poitras, Wyatt JR	2) Suri, Aaryan JR			
	3) Collingwood, Cai JR	4) Porter, Mateo JR			
6	WL Seaton 'A'		4:10.53	4:25.18	3
	1) Mitchell, Luke JR	2) Girard, Jacob JR			
	3) Heidt, Simon JR	4) Westley, Eric JR			

Men High Jump Junior

OK Champs: R 1.87m 1985		M.McNamara, W.L.Seaton	Seed	Finals	Points
Name		Year School			
1	Brown, Walker	JR Dr Knox Midd	1.75m	1.80m	10
	1.60 1.65 1.70 1.75 1.80 1.85				
	O O O XO XO XXX				
2	Sharp, Tristan	JR Kelowna Christian	1.70m	1.75m	8
	1.55 1.60 1.65 1.70 1.75 1.80				
	O O O O O XXX				
3	Robinson, Ian	JR Summerland S	1.55m	1.70m	6
	1.45 1.50 1.55 1.60 1.65 1.70 1.75				
	O O O O O XO XXX				
4	Tudan, Ben	JR King's Chris	1.50m	1.65m	5
	1.35 1.40 1.45 1.50 1.55 1.60 1.65 1.70				
	O XO O O O XO O XXX				
5	Biggar, Zane	JR Valleyview S	1.60m	J1.65m	4
	1.45 1.50 1.55 1.60 1.65 1.70				
	O O O O XXO XXX				
6	Zacharias, Kaelan	JR A L Fortune	1.60m	1.60m	3
	1.40 1.45 1.50 1.55 1.60 1.65				
	O O O XO O XXX				

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....Men High Jump Junior

7	Yu, Ansley	JR Revelstoke S	1.55m	1.55m	2
	1.35 1.40 1.45 1.50 1.55 1.60				
	O O XO O XXO XXX				
8	Etchart, Miguel	JR Merritt Secondary	1.30m	1.30m	1
	1.30 1.35				
	O XXX				

Men Pole Vault Junior

OK Champs: R 3.76m 1984										C.Heywood, McNicol Park																								
Name					Year					School					Seed					Finals					Points									
1 Heer, Tomas										JR South Kamloo										2.70m					2.60m					10				
2.00		2.10		2.20		2.30		2.40		2.50		2.60		2.70																				
O		-		-		-		XO		O		O		XXX																				

Men Long Jump Junior

=====									
OK Champs: R 6.69m 1966			Ivars Dravinskis, Rutland						
Name	Year	School	Seed	Finals	Wind	Points	=====		
1 Robinson, Ian		JR Summerland S	5.38m	5.69m	+0.0	10			
5.25m(0.3)	5.49m(+0.0)	5.69m(+0.0)	5.00m(+0.0)						
2 Schuch, Stefan		JR Vernon Christian	5.31m	5.50m	0.6	8			
5.12m(0.2)	5.50m(0.6)	5.25m(+0.0)	5.45m(0.1)	5.27m(+0.0)					
3 Quinton, Tyler		JR Valleyview S	4.94m	5.43m	0.3	6			
5.43m(0.3)	4.94m(0.2)	5.09m(0.1)	4.63m(0.1)	4.64m(0.4)					
4 Lee, Jonah		JR Vernon Secon	5.34m	5.42m	+0.0	5			
5.00m(0.1)	5.42m(+0.0)	4.85m(+0.0)	5.35m(+0.0)	X					
5 Carne, Seth		JR Westsyde Secondary	5.09m	5.41m	+0.0	4			
X	X	5.38m(+0.0)	5.41m(+0.0)	X					
6 Yu, Ansley		JR Revelstoke S	5.06m	5.37m	0.1	3			
4.98m(0.3)	5.16m(+0.0)	4.93m(+0.0)	5.33m(+0.0)	5.37m(0.1)					
7 Bolodo, John		JR Penticton Hi	5.00m	5.34m	+0.0	2			
4.92m(0.2)	5.34m(+0.0)	X	5.29m(0.1)	X					
8 Moore, Keenan		JR Mount Boucherie	4.95m	5.09m	0.4	1			
4.86m(0.1)	4.67m(0.4)	5.09m(0.4)	5.08m(1.2)	X					
9 Atilano, Lorenzo		JR Penticton Hi	4.50m	4.67m	+0.0				
4.32m(0.3)	X	4.44m(+0.0)	4.61m(+0.0)	4.67m(+0.0)					
10 Rossouw, Werner		JR Westsyde Secondary	4.19m	4.44m	0.1				
4.44m(0.1)	4.05m(0.3)	4.16m(+0.0)	4.03m(+0.0)	4.04m(+0.0)					
-- Pinkoski, Everett		JR Rutland Senior	4.92m	DNS	NWI				
=====									

Men Triple Jump Junior

OK Champs: R 13.18m 1966										Ivars Dravinskis, Rutland Sec									
Name		Year		School		Seed		Finals		Wind		Points							
1	Hanzek, Gabriel	JR		Immaculata HS		11.64m		11.50m		+0.0		10							
	11.40m(+0.0)	11.37m(+0.0)	11.43m(-0.5)	10.99m(+0.0)	11.50m(+0.0)														
2	Carne, Seth	JR		Westsyde Secondary		11.19m		11.24m		+0.0		8							
	10.70m(-0.7)	11.24m(+0.0)	11.15m(+0.0)	10.18m(0.1)	X(+0.0)														
3	Bruce, Beckham	JR		Mount Boucherie		9.92m		10.56m		+0.0		6							
	X	9.81m(+0.0)	9.54m(+0.0)	10.16m(+0.0)	10.56m(+0.0)														

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....Men Triple Jump Junior

4	Illingworth, Miles	JR Princess Mar	10.20m	10.12m	0.6	5
	10.12m(0.6) X	10.00m(+0.0) -(+0.0)	10.07m(+0.0)			
5	Jurgens, Marcus	JR Salmon Arm S	9.24m	9.89m	+0.0	4
	9.47m(-1.4) 9.70m(+0.0)	9.29m(1.1) 9.86m(+0.0)	9.89m(+0.0)			
6	Dodds, Liam	JR Revelstoke S	9.35m	9.51m	+0.0	3
	9.26m(-2.1) X X	9.11m(+0.0) 9.51m(+0.0)				
--	Nava, Aleutian	JR Revelstoke S	8.34m	DNS	NWI	

Men Shot Put 5 kg Junior

OK Champs: R 14.92m 1967 A. Cameron 121lb						
Name	Year	School	Seed	Finals	Points	
1 Van Zyl, Zander		JR Kelowna Seco	13.17m	13.61m	10	
	13.48m 13.36m X 13.30m	13.61m				
2 Tudan, Ben		JR King's Chris	10.48m	11.19m	8	
	10.20m 10.53m 10.74m	10.76m 11.19m				
3 Simpso, Jacob		JR A L Fortune	9.76m	10.47m	6	
	9.12m 9.79m 9.91m X	10.47m				
4 Poitras, Wyatt		JR Okanagan Mission	10.08m	10.15m	5	
	9.64m 8.96m 9.89m	10.15m 9.81m				
5 Arnold, Aiden		JR Revelstoke S	9.84m	10.11m	4	
	10.11m 9.31m X 8.79m	9.25m				

Men Discus Throw 1.5 kg Junior

OK Champs: R 39.40m 1969 J.Masterson 1.6kg, Salmon Arm						
Name	Year	School	Seed	Finals	Points	
1 Van Zyl, Zander		JR Kelowna Seco	40.65m	38.83m	10	
	X 34.67m X X 38.83m					
2 Arnold, Aiden		JR Revelstoke S	27.65m	29.20m	8	
	27.88m 28.78m 29.20m X	28.51m				
3 Crockford Alvarez, Justi		JR Aberdeen Hal	23.98m	24.45m	6	
	22.29m 23.12m 24.45m	21.23m X				
4 Etchart, Miguel		JR Merritt Secondary	14.67m	19.63m	5	
	15.52m 18.42m 19.63m	18.32m				
--	Awad, Diego	JR Revelstoke S	27.50m	DNS		
--	Stockman, Fisher	JR Revelstoke S	28.37m	DNS		
--	Adams, Finley	JR Kelowna Christian	24.81m	DNS		

Men Hammer Throw 5 kg Junior

OK Champs: R 60.00m 1997 D Armstrong into building, Westsyde						
Name	Year	School	Seed	Finals	Points	
1 Van Zyl, Zander		JR Kelowna Seco	41.09m	44.01m	10	
	28.40m 30.55m 39.09m	44.01m X				
2 Arnold, Aiden		JR Revelstoke S	24.07m	23.15m	8	
	23.15m 18.41m - - -					
3 Suri, Aaryan		JR Okanagan Mission	17.69m	19.51m	6	
	X 19.51m - - -					
--	Erwin, Daniel	JR Revelstoke S	12.51m	DNS		
--	Stockman, Fisher	JR Revelstoke S	21.28m	DNS		

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Men Javelin Throw 700 gram Junior

OK Champs: R 52.12m 1982 R.Novak 800g, Brocklehurst						
Name	Year	School	Seed	Finals	Points	
1 Beck, Chazz (charles)		JR Sa-Hali Secondary	36.14m	37.51m	10	
36.12m 35.51m 34.05m 36.23m 37.51m						
2 Zacharias, Kaelan		JR A L Fortune	35.25m	36.76m	8	
36.76m 36.36m 33.92m 34.31m 35.54m						
3 Erwin, Daniel		JR Revelstoke S	28.92m	35.47m	6	
31.40m 30.33m 29.82m 30.69m 35.47m						
4 Wardman, Kynan		JR Kelowna Christian		34.90m	5	
34.90m 27.53m 31.46m 34.71m 30.72m						
5 Illingworth, Miles		JR Princess Mar	31.56m	34.39m	4	
- 32.04m 29.27m X 34.39m						
6 Sturko, Nate		JR Glenrosa Mid	27.21m	32.63m	3	
X 24.92m 32.63m 32.15m 31.06m						
7 Kenyon, Noah		JR Revelstoke S	31.47m	31.15m	2	
X X X 31.15m 28.23m						
8 Garchinski, Magni		JR Mount Boucherie	33.81m	26.50m	1	
25.52m 25.56m X X 26.50m						
9 McWhirter, Logan		JR Penticton Hi	21.63m	25.08m		
25.08m 23.28m 22.05m 20.70m 19.07m						

Men 100 Meter Dash Senior

OK Champs: R 10.50 2014 Jerome Blake, Rutland Sec						
Name	Year	School	Seed	Finals	Wind	Points
1 Infanti, Lynden		SR Kelowna Seco	11.73	11.65	-1.3	10
2 Gokiart, Isaac		SR Kelowna Seco	11.75	11.69	-1.3	8
3 Lutes, Justin		SR Kelowna Seco	11.98	11.72	-1.3	6
4 Tishenko, Ben		SR Vernon Christian	11.89	12.06	-1.3	5
5 Redelinguys, Hendri		SR Vernon Christian	12.02	12.41	-1.3	4
6 Murphy, Joe		SR Vernon Secon	12.14	12.44	-1.3	3
7 Rougeau, Kyle		SR Penticton Hi	12.82	12.58	-1.3	2

Men 200 Meter Dash Senior

OK Champs: R 21.60 2004 Brandt Fralick, Kelowna						
Name	Year	School	Seed	Finals	Wind	Points
1 Haughton, Pishon		SR Okanagan Mission	23.57	21.88	+0.0	10
2 Maryniuk, Jack		SR Salmon Arm S	23.44	22.99	+0.0	8
3 Gokiart, Isaac		SR Kelowna Seco	23.71	23.25	+0.0	6
4 Carr, Tyson		SR Kelowna Seco	23.91	23.53	+0.0	5
5 Tishenko, Ben		SR Vernon Christian	24.37	24.25	+0.0	4
6 Oland, James		SR Kelowna Seco	24.05	24.32	+0.0	3
7 Rougeau, Kyle		SR Penticton Hi	26.77	25.58	+0.0	2
-- Archer, Evan		SR Salmon Arm S	26.33	DNF	+0.0	

Men 400 Meter Dash Senior

OK Champs: R 48.20 1996 Shane Niemi, Westsyde					
Name	Year	School	Seed	Finals	Points
1 Haughton, Pishon		SR Okanagan Mission	51.92	50.44	10

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....Men 400 Meter Dash Senior

2 Carr, Tyson	SR Kelowna Seco	52.21	52.04	8
3 Maryniuk, Jack	SR Salmon Arm S	55.11	54.69	6
4 Redelinghuys, Hendri	SR Vernon Christian	55.05	55.57	5
5 Daniels, Ayrton	SR Kelowna Seco	56.42	58.96	4
6 Oliver, Ryder	SR Salmon Arm S	62.41	60.83	3

Men 800 Meter Run Senior

=====					
OK Champs: R 1:57.60	2015	T.Fuoco, Sa-Hali			
Name	Year	School	Seed	Finals	Points
=====					
1 Pinsonneault, Matt	SR	Penticton Hi	2:09.42	2:07.54	10
2 Lehmann, Bryce	SR	Sa-Hali Secondary	2:11.64	2:08.75	8
3 Humphrey, Andrew	SR	Sa-Hali Secondary	2:15.58	2:14.19	6
4 Bakker, Simon	SR	Salmon Arm S	2:18.70	2:18.72	5
5 Nimsombun, Aomsin	SR	Okanagan Mission	2:26.06	2:24.49	4
-- Nicol, Triston	SR	Revelstoke S	2:23.36	SCR	
-- Achtem, Nathan	SR	Kelowna Seco	2:14.29	DNS	

Men 1500 Meter Run Senior

=====					
OK Champs: R 4:05.70	1986	Dan Bertoia, OKM			
Name	Year	School	Seed	Finals	Points
=====					
1 Lehmann, Bryce	SR	Sa-Hali Secondary	4:32.30	4:27.35	10
2 Pinsonneault, Matt	SR	Penticton Hi	4:23.89	4:27.92	8
3 Humphrey, Andrew	SR	Sa-Hali Secondary	4:37.27	4:36.76	6
4 Frost, Blake	SR	WL Seaton	5:05.93	5:04.93	5
5 Nimsombun, Aomsin	SR	Okanagan Mission	5:14.53	5:08.29	4
-- Chiogna, Jacopo	SR	South Kamloo	5:02.41	DNS	
-- Achtem, Nathan	SR	Kelowna Seco	4:42.47	DNS	

Men 3000 Meter Run Senior

=====					
OK Champs: R 8:47.20	2016	Sean Bergman, Kelowna			
Name	Year	School	Seed	Finals	Points
=====					
1 Calkins, Sam	SR	Salmon Arm S	9:36.02	9:31.38	10
2 Humphrey, Andrew	SR	Sa-Hali Secondary	9:41.19	9:33.46	8
3 Ayotte, Frankie	SR	Salmon Arm S	10:18.78	10:14.92	6
4 Chiogna, Jacopo	SR	South Kamloo	10:32.01	10:44.79	5
-- Ashton, Drew	SR	Princess Mar	11:26.94	DNF	
-- Zhu, Harry	SR	Vernon Christian	11:08.19	SCR	

Men 110 Meter Hurdles Senior

=====						
10 x 36" (0.914m) (13.72m-9.14m-14.02m - Blue)						
OK Champs: R 14.60	1969	R.Boss, Armstrong				
Name	Year	School	Seed	Finals	Wind	Points
=====						
1 Unger, Aaron	SR	King's Chris	19.27	18.54	0.6	10
2 Chancellor, David	SR	King's Chris	21.19	19.92	0.6	8
3 Hansma, Nathan	SR	King's Chris	20.74	19.97	0.6	6

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Men 400 Meter Hurdles Senior

10 x 36" (0.914m) (45m-35m-40m)

OK Champs: R 55.50 1993 D.Lundell, Summerland

Name	Year School	Seed	Finals	Points
1 Carr, Tyson	SR Kelowna Seco	60.18	59.72	10
2 Unger, Aaron	SR King's Chris	65.91	66.00	8
3 Chancellor, David	SR King's Chris	77.44	71.65	6

Men 2000 Meter Steeplechase Senior

33" (0.762m) with water

OK Champs: R 6:06.70 2016 Sean Bergman, Kelowna

Name	Year School	Seed	Finals	Points
1 Calkins, Sam	SR Salmon Arm S	7:23.93	6:47.31	10
2 Ayotte, Frankie	SR Salmon Arm S	7:32.64	7:39.56	8
3 Achtem, Nathan	SR Kelowna Seco	7:39.32	7:39.84	6
4 Unger, Aaron	SR King's Chris	7:46.35	7:39.88	5

Men 4x100 Meter Relay Senior

OK Champs: R 44.18 2022-05-19 Okanagan Mission, Okanagan Mis

N Humphries, P Haughton, O Christophe, N Loo

School	Seed	Finals	Points
1 Kelowna Secondary School 'A'	46.14	44.82	10
1) Lutes, Justin SR			
3) Gokiart, Isaac SR			
2 Okanagan Mission 'A'	48.84	47.39	8
1) Ostrom, Tyler SR			
3) Nimsombun, Aomsin SR			
3 Kelowna Secondary School 'B'	47.69	47.48	6
1) Daniels, Ayrton SR			
3) Oland, James SR			
4 Vernon Christian 'A'	47.60	47.81	5
1) Redelinghuys, Hendri SR			
3) Barry, Zack SR			
-- Salmon Arm Secondary - Sulliva 'A'	50.62	DQ	TR 24.7
1) Owens, Jack SR			
3) Oliver, Ryder SR			
-- Vernon Secondary School 'A'	50.71	DQ	TR 24.7
1) Curtis, Jeff JR			
3) Hove, Cisko SR			

Men 4x400 Meter Relay Senior

OK Champs: R 3:33.80 1967 Kelowna

School	Seed	Finals	Points
1 Kelowna Secondary School 'A'	3:55.75	3:42.70	10
2 Okanagan Mission 'A'	4:12.73	3:52.48	8
1) Ostrom, Tyler SR			
3) Wilson, Braylon SR			
3 Salmon Arm Secondary - Sulliva 'A'	4:10.06	3:58.77	6
1) Calkins, Sam SR			
2) Ayotte, Frankie SR			

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....Men 4x400 Meter Relay Senior

3) Bakker, Simon SR	4) Owens, Jack SR			
4 King's Christian School 'B'	4:14.12	4:01.31	5	
1) North, Matthew SR	2) Unger, Aaron SR			
3) Hansma, Nathan SR	4) Tudan, Ben JR			
5 King's Christian School 'A'	4:21.96	4:08.00	4	
1) Luth, Darin SR	2) Chancellor, David SR			
3) Richmond, Mikah SR	4) Schroeder, Silas SR			

Men High Jump Senior

OK Champs: R 2.03m 1989						Brad Kingsplan, Penticton			
Name	Year	School	Seed	Finals	Points				
1 Platten, Dominic		SR Kelowna Christian	1.85m	1.75m	10				
1.60 1.65 1.70 1.75 1.80									
O O O O XXX									
2 Moore, Eric		SR Salmon Arm S	1.70m	1.70m	8				
1.40 1.55 1.60 1.65 1.70 1.75									
O O O O O XXX									
3 Podmoroff, Tyson		SR Mount Boucherie	1.60m	1.55m	6				
1.40 1.45 1.50 1.55 1.60									
O O XO O XXX									
4 Tishenko, Ben		SR Vernon Christian	1.65m	1.40m	5				
1.40									
O									
-- Hansen, Carter		SR Immaculata HS	1.35m	DNS					
-- Thompson, Tristan		SR Vernon Christian	1.55m	DNS					

Men Pole Vault Senior

OK Champs: R 4.05m 1997						Matt Brunton, W.L. Seaton			
Name	Year	School	Seed	Finals	Points				
1 Schroeder, Silas		SR King's Chris	2.60m	2.40m	10				
2.00 2.20 2.40 2.50 2.60									
O XO O - XXX									
2 Richmond, Mikah		SR King's Chris	2.30m	2.00m	8				
1.50 2.00									
O O									

Men Long Jump Senior

OK Champs: R 6.99m 1995						Shane Niemi, Westsyde			
Name	Year	School	Seed	Finals	Wind	Points			
1 Infanti, Lynden		SR Kelowna Seco	6.10m	6.33m	+0.0	10			
X 6.33m(+0.0)									
2 Daniels, Ayrton		SR Kelowna Seco	5.70m	5.91m	+0.0	8			
X 5.50m(0.5) 5.91m(+0.0) 5.46m(+0.0) 5.61m(+0.0)									
3 Bergmann, Finn		SR George Elliot	5.48m	5.55m	+0.0	6			
5.18m(+0.0) 5.55m(+0.0) 5.50m(+0.0) 5.49m(+0.0) 5.18m(+0.0)									
4 Moore, Eric		SR Salmon Arm S	5.40m	5.42m	+0.0	5			
5.10m(+0.0) 5.37m(0.2) 5.13m(+0.0) 5.42m(+0.0) 5.18m(+0.0)									
5 Luth, Darin		SR King's Chris	5.25m	5.15m	+0.0	4			
5.15m(+0.0) 4.88m(+0.0) 4.98m(0.1) 5.13m(+0.0) 4.96m(0.2)									

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....Men Long Jump Senior

6 Hove, Cisko	SR Vernon Secon	5.02m	4.85m	+0.0	3
4.82m(0.4) 4.78m(0.5) 4.81m(+0.0) 4.85m(+0.0) 4.75m(+0.0)					
-- Chala, Brady	SR Sa-Hali Secondary	5.39m	DNS	NWI	

Men Triple Jump Senior

OK Champs: R 13.81m 1969 Brian Gibbons, Salmon Arm					
Name	Year	School	Seed	Finals	Wind Points
1 Chala, Brady	SR Sa-Hali Secondary	12.21m	11.55m	0.4	10
11.39m(-0.9) 10.21m(+0.0) 11.34m(+0.0) 11.48m(1.2) 11.55m(0.4)					
2 Moore, Eric	SR Salmon Arm S	11.42m	11.38m	0.1	8
10.45m(-0.0) 10.79m(+0.0) 10.91m(-0.6) 11.04m(+0.0) 11.38m(0.1)					
3 Bergmann, Finn	SR George Elliot	11.13m	11.28m	-0.5	6
10.64m(-0.0) X 11.28m(-0.5) 11.00m(-0.2) 10.84m(+0.0)					
4 Kritzinger, Marnu	SR George Elliot	11.47m	11.23m	+0.0	5
9.09m(-1.2) 10.96m(-0.3) X(+0.0) 11.23m(+0.0) 11.03m(+0.0)					
5 Ostrom, Tyler	SR Okanagan Mission	11.19m	10.67m	-0.1	4
10.30m(-0.0) 10.67m(-0.1) 10.58m(-0.1) 10.52m(+0.0) X(0.1)					
6 Beck, Kaiden	SR Salmon Arm S	9.92m	10.27m	+0.0	3
X(-0.3) 10.09m(-0.9) 10.27m(+0.0) 10.25m(+0.0) 9.98m(0.8)					
-- Thompson, Tristan	SR Vernon Christian	11.17m	DNS	NWI	

Men Shot Put 6 kg Senior

OK Champs: R 16.48m 1998 Dylan Armstrong, Westsyde					
Name	Year	School	Seed	Finals	Points
1 Pickering, Ben	SR Rutland Senior	11.39m	11.03m	10	
11.03m 10.57m 10.86m 10.48m 10.89m					
2 Newman, Nicholas	SR Clarence Ful	9.99m	10.77m	8	
10.62m 10.48m 10.77m 10.39m 10.05m					
3 Starling, Micah	SR Revelstoke S	10.28m	9.54m	6	
9.21m X 8.67m 9.20m 9.54m					
4 Hove, Cisko	SR Vernon Secon	9.05m	9.05m	5	
8.74m 9.05m 8.11m 8.75m 9.00m					

Men Discus Throw 1.75 kg Senior

OK Champs: R 53.94m 1998 Dylan Armstrong, Westsyde					
Name	Year	School	Seed	Finals	Points
1 Newman, Nicholas	SR Clarence Ful	34.81m	34.55m	10	
28.11m 34.41m 31.65m 34.55m X					
2 Starling, Micah	SR Revelstoke S	27.29m	31.89m	8	
X 27.63m X 31.89m X					
3 Schroeder, Silas	SR King's Chris	24.66m	26.52m	6	
25.26m 26.52m 19.68m X 21.95m					
4 Pickering, Ben	SR Rutland Senior	26.82m	25.13m	5	
- - 22.53m 25.13m					

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Men Hammer Throw 6 kg Senior

=====						
OK Champs: R 76.62m	1999	Dylan Armstrong,	Westsyde			
Name	Year	School	Seed	Finals	Points	
=====						
1 Zabihi, Kian		SR Sa-Hali Secondary	62.85m	54.55m	10	
54.55m - - -						
2 Thibeault, Matthew		SR Revelstoke S	15.37m	18.76m	8	
18.76m 17.32m - - -						
3 Neustaeter, Easton		SR George Elliot	16.89m	18.33m	6	
X 17.20m 16.76m 15.59m 18.33m						

Men Javelin Throw 800 gram Senior

=====						
OK Champs: R 65.00m	1976	Laslo Babitts,	South Okanagan			
Name	Year	School	Seed	Finals	Points	
=====						
1 Starling, Micah		SR Revelstoke S	43.18m	46.15m	10	
39.18m 46.15m 43.42m 43.37m 43.84m						
2 Richmond, Mikah		SR King's Chris	39.19m	42.52m	8	
34.18m 42.52m X X 39.08m						
3 North, Matthew		SR King's Chris	43.40m	40.75m	6	
40.26m 38.30m 37.19m 40.75m X						
4 Neustaeter, Easton		SR George Elliot	20.61m	22.21m	5	
X 22.21m X 19.00m 20.75m						
-- Pickering, Ben		SR Rutland Senior	26.97m	DNS		

Men 1500 Meter Race Walk Senior

=====						
OK Champs: R 7:21.20	2001	I. McKechnie,	Pleasant Valley			
Name	Year	School	Seed	Finals	Points	
=====						
1 Chancellor, David		SR King's Chris	11:48.20	11:48.20	10	