

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

Boys 12 300 Meter Dash

Name	Yr	Team	Finals	H#
Finals				
1 Masa, Austin	12	Alberni Valley Track Club	53.23	3
--- Ramstead, Liam	12	Cowichan Valley Athletic Club	DNS	3
--- Holloway-Dean, Rowan	12	Cowichan Valley Athletic Club	DNS	3
--- Matthews, Harrison	12	Peninsula Track & Field Club	DNS	3
--- Binder, Declan	12	Oceanside Track & Field Club	DNS	3
--- Jones, Justin	12	Peninsula Track & Field Club	DNS	3

Boys 13 300 Meter Dash

Name	Yr	Team	Finals	H#
Finals				
1 Holmgren, Coen	11	Peninsula Track & Field Club	44.24	2
2 Willers, Gabriel	11	Oceanside Track & Field Club	48.05	2
3 English, Finn	11	Nanaimo & District Track & Fie	48.70	2
4 Gordon, Oban	11	Peninsula Track & Field Club	51.21	2
5 Muller, Christopher	11	Cowichan Valley Athletic Club	51.77	2
6 Ramstead, Zachary	11	Cowichan Valley Athletic Club	55.10	2
--- Ryan, Ben	11	Nanaimo & District Track & Fie	DNS	2
--- Olsen, Finn	11	Nanaimo & District Track & Fie	DNS	2

Boys 14-15 300 Meter Dash

Name	Yr	Team	Finals
Finals			
1 Hill, Tristan	10	Victoria Speed Project	40.42
2 Holmgren, Emilian	09	Peninsula Track & Field Club	42.36
3 Kolen-Lee, Jonah	10	Nanaimo & District Track & Fie	47.53
4 Stubbs, Ryder	10	Peninsula Track & Field Club	49.55
--- Williams, Kai	10	Peninsula Track & Field Club	SCR
--- Jones, Myles	10	Peninsula Track & Field Club	SCR
--- Smallacombe, Simon	09	Comox Valley Cougars	DNS

Boys 9 600 Meter Run

Name	Yr	Team	Finals	H#
Finals				
1 Shepherd, Charles	15	Peninsula Track & Field Club	2:01.85	2
2 Tripathi, Nirvaan	15	Nanaimo & District Track & Fie	2:04.92	2
3 Tweten, Jakob	15	Cowichan Valley Athletic Club	2:11.01	2
4 Barlow, Easton	15	Oceanside Track & Field Club	2:16.50	2
5 Dickson, Marcus	15	Nanaimo & District Track & Fie	2:20.21	2
6 Cheema, Avtar	15	Cowichan Valley Athletic Club	2:24.69	2
7 Upson, Huxley	15	Comox Valley Cougars	2:39.88	2

Boys 10 600 Meter Run

Name	Yr	Team	Finals	H#
Finals				
1 Phillips, Henry	14	Cowichan Valley Athletic Club	2:05.71	2
2 Willers, Caleb	14	Oceanside Track & Field Club	2:09.28	2
3 Truant, Dean	14	Cowichan Valley Athletic Club	2:21.26	2
4 Valastiak, Elijah	14	Cowichan Valley Athletic Club	2:25.58	2
5 Holloway-Dean, August	14	Cowichan Valley Athletic Club	2:34.29	2

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Boys 11 600 Meter Run

Name	Yr	Team	Finals
Finals			
1 Shepherd, Henry	13	Peninsula Track & Field Club	1:53.05
2 Gross, Curtis	13	Nanaimo & District Track & Fie	1:56.57
3 Jadan, Owen	13	Cowichan Valley Athletic Club	1:57.35
4 Maccullough, Jake	13	Cowichan Valley Athletic Club	1:58.95
5 Baetz, Andrew	13	Oceanside Track & Field Club	1:59.36
6 Cheema, Bakshish	13	Cowichan Valley Athletic Club	1:59.86
7 Luksay, Thomas	13	Oceanside Track & Field Club	2:01.73
8 Hawthorne, Benson	13	Peninsula Track & Field Club	2:02.86
9 Fontaine, Colten	13	Nanaimo & District Track & Fie	2:06.25
10 O'Brian, Dornan	13	Alberni Valley Track Club	2:12.01
11 Donohoe, James	13	Oceanside Track & Field Club	2:17.62

Boys 9 1000 Meter Run

Name	Yr	Team	Finals	H#
Finals				
1 Shepherd, Charles	15	Peninsula Track & Field Club	3:34.18	2
2 Tripathi, Nirvaan	15	Nanaimo & District Track & Fie	3:40.88	2
3 Tweten, Jakob	15	Cowichan Valley Athletic Club	3:48.51	2
4 Rogers, Henry	15	Alberni Valley Track Club	3:57.32	2
5 Cheema, Avtar	15	Cowichan Valley Athletic Club	3:59.58	2
6 Dickson, Marcus	15	Nanaimo & District Track & Fie	4:01.97	2

Boys 10 1000 Meter Run

Name	Yr	Team	Finals	H#
Finals				
1 Phillips, Henry	14	Cowichan Valley Athletic Club	3:40.76	2
2 Ryan, Owen	14	Nanaimo & District Track & Fie	3:40.79	2
3 Willers, Caleb	14	Oceanside Track & Field Club	3:48.20	2

Boys 11 1000 Meter Run

Name	Yr	Team	Finals
Finals			
1 Gross, Curtis	13	Nanaimo & District Track & Fie	3:27.78
2 Shepherd, Henry	13	Peninsula Track & Field Club	3:34.86
3 Jadan, Owen	13	Cowichan Valley Athletic Club	3:36.07
4 Cheema, Bakshish	13	Cowichan Valley Athletic Club	3:38.68
5 Maccullough, Jake	13	Cowichan Valley Athletic Club	3:38.77
6 Hawthorne, Benson	13	Peninsula Track & Field Club	3:43.45
7 Wright, Logan	13	Cowichan Valley Athletic Club	3:51.70
8 Donohoe, James	13	Oceanside Track & Field Club	3:58.62
9 Knight, Brody	13	Nanaimo & District Track & Fie	4:04.56
10 Walker, Wiley	13	Oceanside Track & Field Club	4:09.60
--- Baetz, Andrew	13	Oceanside Track & Field Club	DNS

Boys 12 1200 Meter Run

Name	Yr	Team	Finals	H#
Finals				
1 Bond, Matthew	12	Victoria Speed Project	4:02.17	2
2 Matthews, Harrison	12	Peninsula Track & Field Club	4:11.13	2

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Finals ... (Boys 12 1200 Meter Run)

Name	Yr	Team	Finals	H#
3 Masa, Austin	12	Alberni Valley Track Club	4:27.91	2
4 Rogers, Casey	12	Alberni Valley Track Club	4:29.96	2
5 Ramstead, Liam	12	Cowichan Valley Athletic Club	4:35.91	2
--- Haynes, Elliott	12	Peninsula Track & Field Club	SCR	2
--- Jones, Justin	12	Peninsula Track & Field Club	SCR	2

Boys 13 1200 Meter Run

Name	Yr	Team	Finals	H#
Finals				
1 Holmgren, Coen	11	Peninsula Track & Field Club	3:40.95	2
2 Ramstead, Zachary	11	Cowichan Valley Athletic Club	4:41.31	2
--- English, Finn	11	Nanaimo & District Track & Fie	SCR	2
--- Willers, Gabriel	11	Oceanside Track & Field Club	SCR	2

Boys 14-15 1200 Meter Run

Name	Yr	Team	Finals
Finals			
1 Holmgren, Emilian	09	Peninsula Track & Field Club	3:35.18
2 Hunt, Ethan	09	Unattached British Columbia	3:43.91
3 McArthur, Max	10	Prairie Inn Harriers Racing Te	3:50.68
4 Stubbs, Ryder	10	Peninsula Track & Field Club	4:09.04
5 Jones, Myles	10	Peninsula Track & Field Club	4:09.27
6 Stubbs, Grayson	10	Peninsula Track & Field Club	4:15.26

Boys 13 2000 Meter Run

Name	Yr	Team	Finals
Finals			
1 Holmgren, Coen	11	Peninsula Track & Field Club	6:37.24

Boys 14-15 2000 Meter Run

Name	Yr	Team	Finals
Finals			
1 Henry, Cody	09	Cowichan Valley Athletic Club	6:43.60
2 Nickolichuk, Samuel	10	Cowichan Valley Athletic Club	8:03.30
--- Jones, Myles	10	Peninsula Track & Field Club	SCR

Boys 12 Year Olds 200 Meter Hurdles 5 x 24"

Name	Yr	Team	Finals	Wind
Finals				
1 Jones, Justin	12	Peninsula Track & Field Club	34.55	-1.1
2 Ramstead, Liam	12	Cowichan Valley Athletic Club	35.80	-1.1
--- Zaal, Carter	12	Comox Valley Cougars	DNS	-1.1

Boys 14-15 300 Meter Hurdles 7 x 30"

Name	Yr	Team	Finals
Finals			
1 Williams, Kai	10	Peninsula Track & Field Club	49.30
2 Krieger, Grayson	10	Peninsula Track & Field Club	50.59
3 Jones, Myles	10	Peninsula Track & Field Club	52.39

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Boys 14-15 1500 Meter Steeplechase 30" NO WATER

Name	Yr	Team	Finals
Finals			
1 Krieger, Grayson	10	Peninsula Track & Field Club	5:21.41
2 Sinclair, Oliver	10	Nanaimo & District Track & Fie	5:27.92
3 Jones, Myles	10	Peninsula Track & Field Club	5:42.21
4 Lazenby, Robert	10	Cowichan Valley Athletic Club	6:06.70
--- Stubbs, Ryder	10	Peninsula Track & Field Club	SCR
--- Nickolichuk, Samuel	10	Cowichan Valley Athletic Club	SCR
--- Stubbs, Grayson	10	Peninsula Track & Field Club	SCR

Boys 11 Year Olds High Jump

Name	Yr	Team	Finals
Finals			
1 Baetz, Andrew	13	Oceanside Track & Field Club	1.25m
2 Floyd, Ryland	13	Peninsula Track & Field Club	1.20m
3 Donohoe, James	13	Oceanside Track & Field Club	J1.20m
4 Hawthorne, Benson	13	Peninsula Track & Field Club	1.10m
5 Cheema, Bakshish	13	Cowichan Valley Athletic Club	1.05m
5 Fast, Xavier	13	Cowichan Valley Athletic Club	1.05m
--- Fiander, Finnley	13	Comox Valley Cougars	DNS
--- Fontaine, Colten	13	Nanaimo & District Track & Fie	DNS
--- Luksay, Thomas	13	Oceanside Track & Field Club	DNS
--- Jadan, Owen	13	Cowichan Valley Athletic Club	DNS

Boys 12 Year Olds High Jump

Name	Yr	Team	Finals
Finals			
1 Jones, Justin	12	Peninsula Track & Field Club	1.15m
1 Sinclair, Jacob	12	Nanaimo & District Track & Fie	1.15m
--- McCauley, Patrick	12	Cowichan Valley Athletic Club	DNS
--- Rose, Gavin	12	Comox Valley Cougars	DNS
--- Ramstead, Liam	12	Cowichan Valley Athletic Club	DNS

Boys 13 Year Olds High Jump

Name	Yr	Team	Finals
Finals			
1 Willers, Gabriel	11	Oceanside Track & Field Club	1.25m
1 English, Finn	11	Nanaimo & District Track & Fie	1.25m
3 Muller, Christopher	11	Cowichan Valley Athletic Club	J1.25m
--- Holmgren, Coen	11	Peninsula Track & Field Club	DNS

Boys 14-15 High Jump

Name	Yr	Team	Finals
Finals			
1 Henry, Cody	09	Cowichan Valley Athletic Club	1.50m
2 Kolen-Lee, Jonah	10	Nanaimo & District Track & Fie	1.40m
2 Granson, Carter	09	Campbell River Comets	1.40m
4 Williams, Kai	10	Peninsula Track & Field Club	1.25m
5 Jones, Myles	10	Peninsula Track & Field Club	J1.25m
--- Holmgren, Emilian	09	Peninsula Track & Field Club	DNS
--- Smallacombe, Simon	09	Comox Valley Cougars	DNS

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Finals ... (Boys 14-15 High Jump)

Name	Yr	Team	Finals
--- Stubbs, Ryder	10	Peninsula Track & Field Club	DNS

Boys 9 Year Olds Long Jump

Name	Yr	Team	Finals	Wind
Finals				
1 Tweten, Jakob	15	Cowichan Valley Athletic Club	3.24m	NWI
2 Barlow, Easton	15	Oceanside Track & Field Club	3.22m	NWI
3 Rogers, Henry	15	Alberni Valley Track Club	2.77m	NWI
4 Dickson, Marcus	15	Nanaimo & District Track & Fie	2.49m	NWI
5 Upson, Huxley	15	Comox Valley Cougars	2.15m	NWI
--- Shepherd, Charles	15	Peninsula Track & Field Club	DNS	NWI
--- Cheema, Avtar	15	Cowichan Valley Athletic Club	DNS	NWI

Boys 10 Year Olds Long Jump

Name	Yr	Team	Finals	Wind
Finals				
1 Ryan, Owen	14	Nanaimo & District Track & Fie	3.43m	NWI
2 Willers, Caleb	14	Oceanside Track & Field Club	3.38m	NWI
3 Phillips, Henry	14	Cowichan Valley Athletic Club	3.27m	NWI
4 Valastiak, Elijah	14	Cowichan Valley Athletic Club	3.25m	NWI
5 Motuz, Saxon	14	Cowichan Valley Athletic Club	2.76m	NWI
--- Holloway-Dean, August	14	Cowichan Valley Athletic Club	DNS	NWI

Boys 11 Year Olds Long Jump

Name	Yr	Team	Finals	Wind
Finals				
1 Shepherd, Henry	13	Peninsula Track & Field Club	3.84m	NWI
2 Fontaine, Colten	13	Nanaimo & District Track & Fie	3.79m	NWI
3 Rentiers, William	13	Campbell River Comets	3.75m	NWI
4 Jadan, Owen	13	Cowichan Valley Athletic Club	3.67m	NWI
5 Floyd, Ryland	13	Peninsula Track & Field Club	3.66m	NWI
6 Luksay, Thomas	13	Oceanside Track & Field Club	3.65m	NWI
7 Baetz, Andrew	13	Oceanside Track & Field Club	3.59m	NWI
8 Maccullough, Jake	13	Cowichan Valley Athletic Club	3.54m	NWI
9 Fast, Xavier	13	Cowichan Valley Athletic Club	3.29m	NWI
10 Gross, Curtis	13	Nanaimo & District Track & Fie	3.27m	NWI
11 Irving, Robert	13	Cowichan Valley Athletic Club	3.23m	NWI
12 Cheema, Bakshish	13	Cowichan Valley Athletic Club	3.16m	NWI
13 McIndoe, Nelson	13	Cowichan Valley Athletic Club	3.14m	NWI
14 Fiander, Finnley	13	Comox Valley Cougars	3.08m	NWI
15 Aikman - Heir, Kai	13	Oceanside Track & Field Club	3.07m	NWI
16 Donohoe, James	13	Oceanside Track & Field Club	2.89m	NWI
17 Walker, Wiley	13	Oceanside Track & Field Club	2.64m	NWI
18 Knight, Brody	13	Nanaimo & District Track & Fie	2.63m	NWI
19 Ladouceur, Jett	13	Oceanside Track & Field Club	2.09m	NWI
--- Kruk, Cruz	13	Nanaimo & District Track & Fie	DNS	NWI

Boys 12 Year Olds Long Jump

Name	Yr	Team	Finals	Wind
Finals				
1 Jones, Justin	12	Peninsula Track & Field Club	3.91m	NWI

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Finals ... (Boys 12 Year Olds Long Jump)

	Name	Yr	Team	Finals	Wind
2	Matthews, Harrison	12	Peninsula Track & Field Club	3.41m	NWI
3	Binder, Declan	12	Oceanside Track & Field Club	3.30m	NWI
4	O'Reilly, Waylin	12	Oceanside Track & Field Club	3.14m	NWI
5	Ramstead, Liam	12	Cowichan Valley Athletic Club	2.92m	NWI
6	Wynne-Smith, Tristan	12	Cowichan Valley Athletic Club	2.82m	NWI
---	Holloway-Dean, Rowan	12	Cowichan Valley Athletic Club	DNS	NWI
---	Rogers, Casey	12	Alberni Valley Track Club	DNS	NWI
---	Rose, Gavin	12	Comox Valley Cougars	DNS	NWI
---	Masa, Austin	12	Alberni Valley Track Club	DNS	NWI

Boys 13 Year Olds Long Jump

	Name	Yr	Team	Finals	Wind
Finals					
1	Olsen, Finn	11	Nanaimo & District Track & Fie	4.09m	NWI
2	Brand, Jonas	11	Nanaimo & District Track & Fie	3.97m	NWI
3	Willers, Gabriel	11	Oceanside Track & Field Club	3.92m	NWI
4	Muller, Christopher	11	Cowichan Valley Athletic Club	3.91m	NWI
5	Ferrario, Luca	11	Cowichan Valley Athletic Club	3.67m	NWI
6	Ramstead, Zachary	11	Cowichan Valley Athletic Club	2.98m	NWI
---	Holmgren, Coen	11	Peninsula Track & Field Club	DNS	NWI
---	Ryan, Ben	11	Nanaimo & District Track & Fie	DNS	NWI

Boys 14-15 Long Jump

	Name	Yr	Team	Finals	Wind
Finals					
1	Smallacombe, Simon	09	Comox Valley Cougars	5.22m	1.1
2	Kolen-Lee, Jonah	10	Nanaimo & District Track & Fie	4.81m	1.1
3	Granson, Carter	09	Campbell River Comets	4.65m	1.3
4	Zhang, Alex	09	Club Rapide	4.63m	1.0
5	Williams, Kai	10	Peninsula Track & Field Club	4.37m	0.9
6	Jones, Myles	10	Peninsula Track & Field Club	4.24m	1.7
7	Stubbs, Ryder	10	Peninsula Track & Field Club	4.20m	2.2
8	Elliott, Cooper	10	Athletics Victoria Track And F	4.07m	1.4
9	Scholtz, Bo	10	Comox Valley Cougars	3.86m	0.9
---	Fifield, Cole	10	Cowichan Valley Athletic Club	DNS	NWI
---	Dickinson, Aidan	09	Athletics Victoria Track And F	DNS	NWI
---	Weir, Jacob	10	Cowichan Valley Athletic Club	DNS	NWI

Boys 13 Year Olds Triple Jump

	Name	Yr	Team	Finals	Wind
Finals					
1	Willers, Gabriel	11	Oceanside Track & Field Club	8.50m	NWI
2	Muller, Christopher	11	Cowichan Valley Athletic Club	7.95m	NWI
3	Ramstead, Zachary	11	Cowichan Valley Athletic Club	7.63m	NWI
---	Gordon, Oban	11	Peninsula Track & Field Club	DNS	NWI

Boys 14-15 Triple Jump

	Name	Yr	Team	Finals	Wind
Finals					
1	Granson, Carter	09	Campbell River Comets	10.15m	NWI
2	Williams, Kai	10	Peninsula Track & Field Club	9.46m	NWI

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Finals ... (Boys 14-15 Triple Jump)

Name	Yr	Team	Finals	Wind
3 Jones, Myles	10	Peninsula Track & Field Club	8.88m	NWI
4 Lazenby, Robert	10	Cowichan Valley Athletic Club	8.50m	NWI
5 Stubbs, Grayson	10	Peninsula Track & Field Club	7.86m	NWI
--- Kolen-Lee, Jonah	10	Nanaimo & District Track & Fie	DNS	NWI
--- Holmgren, Emilian	09	Peninsula Track & Field Club	DNS	NWI
--- Stubbs, Ryder	10	Peninsula Track & Field Club	DNS	NWI

Boys 9 Shot Put 2 kg

Name	Yr	Team	Finals
Finals			
1 Cheema, Avtar	15	Cowichan Valley Athletic Club	4.90m
2 Upson, Huxley	15	Comox Valley Cougars	4.49m
3 Tweten, Jakob	15	Cowichan Valley Athletic Club	3.89m
4 Barlow, Easton	15	Oceanside Track & Field Club	3.66m
5 Dickson, Marcus	15	Nanaimo & District Track & Fie	3.37m

Boys 10 Shot Put 2 kg

Name	Yr	Team	Finals
Finals			
1 Valastiak, Elijah	14	Cowichan Valley Athletic Club	7.27m
2 Phillips, Henry	14	Cowichan Valley Athletic Club	5.46m
3 Hoselton, Henry	14	Comox Valley Cougars	5.33m
4 Truant, Conrad	14	Cowichan Valley Athletic Club	5.31m
5 Willers, Caleb	14	Oceanside Track & Field Club	5.06m
6 Motuz, Saxon	14	Cowichan Valley Athletic Club	4.93m
7 Holloway-Dean, August	14	Cowichan Valley Athletic Club	3.67m
--- Binder, Kaleb	14	Oceanside Track & Field Club	DNS

Boys 11 Year Olds Shot Put 2 kg

Name	Yr	Team	Finals
Finals			
1 Donohoe, James	13	Oceanside Track & Field Club	7.84m
2 Irving, Robert	13	Cowichan Valley Athletic Club	7.56m
3 Aikman - Heir, Kai	13	Oceanside Track & Field Club	7.26m
4 Floyd, Ryland	13	Peninsula Track & Field Club	7.07m
5 Baetz, Andrew	13	Oceanside Track & Field Club	6.84m
6 McIndoe, Nelson	13	Cowichan Valley Athletic Club	6.40m
7 Cheema, Bakshish	13	Cowichan Valley Athletic Club	6.08m
8 Fontaine, Colten	13	Nanaimo & District Track & Fie	6.07m
9 Daigle, Sebastien	13	Cowichan Valley Athletic Club	6.00m
10 Luksay, Thomas	13	Oceanside Track & Field Club	5.02m
11 Jadan, Owen	13	Cowichan Valley Athletic Club	4.58m
12 Enfield, Linden	13	Cowichan Valley Athletic Club	4.30m

Boys 12 Year Olds Shot Put 3 kg

Name	Yr	Team	Finals
Finals			
1 Jones, Justin	12	Peninsula Track & Field Club	5.77m
2 Holloway-Dean, Rowan	12	Cowichan Valley Athletic Club	4.03m
--- Ramstead, Liam	12	Cowichan Valley Athletic Club	DNS
--- McCauley, Patrick	12	Cowichan Valley Athletic Club	DNS

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Finals ... (Boys 12 Year Olds Shot Put 3 kg)

Name	Yr	Team	Finals
--- Haynes, Elliott	12	Peninsula Track & Field Club	DNS
--- Binder, Declan	12	Oceanside Track & Field Club	DNS
--- Rose, Gavin	12	Comox Valley Cougars	DNS

Boys 13 Year Olds Shot Put 3 kg

Name	Yr	Team	Finals
Finals			
1 Willers, Gabriel	11	Oceanside Track & Field Club	8.36m
2 Olsen, Finn	11	Nanaimo & District Track & Fie	8.12m
3 Gordon, Oban	11	Peninsula Track & Field Club	6.68m
--- Ramstead, Zachary	11	Cowichan Valley Athletic Club	DNS
--- Holmgren, Coen	11	Peninsula Track & Field Club	DNS

Boys 14-15 Shot Put 4 kg

Name	Yr	Team	Finals
Finals			
1 Miller, Mason	09	Nanaimo & District Track & Fie	10.21m
2 Elliott, Cooper	10	Athletics Victoria Track And F	7.37m
3 Weir, Jacob	10	Cowichan Valley Athletic Club	6.63m
4 Lazenby, Robert	10	Cowichan Valley Athletic Club	6.54m
5 Nickolichuk, Samuel	10	Cowichan Valley Athletic Club	6.00m
6 Jones, Myles	10	Peninsula Track & Field Club	5.25m
--- Scholtz, Bo	10	Comox Valley Cougars	DNS

Boys 12 Hammer Throw 3 kg

Name	Yr	Team	Finals
Finals			
1 Ramstead, Liam	12	Cowichan Valley Athletic Club	12.82m
2 Binder, Declan	12	Oceanside Track & Field Club	12.03m
3 Haynes, Elliott	12	Peninsula Track & Field Club	10.62m

Boys 13 Hammer Throw 3 kg

Name	Yr	Team	Finals
Finals			
1 Willers, Gabriel	11	Oceanside Track & Field Club	32.32m
2 Parfit, Christopher	11	Peninsula Track & Field Club	21.82m
3 English, Finn	11	Nanaimo & District Track & Fie	17.15m
4 Ramstead, Zachary	11	Cowichan Valley Athletic Club	16.90m
--- Holmgren, Coen	11	Peninsula Track & Field Club	DNS

Boys 14-15 Hammer Throw 4 kg

Name	Yr	Team	Finals
Finals			
1 Miller, Mason	09	Nanaimo & District Track & Fie	38.53m
2 Scholtz, Bo	10	Comox Valley Cougars	23.80m
3 Lazenby, Robert	10	Cowichan Valley Athletic Club	18.96m
4 Weir, Jacob	10	Cowichan Valley Athletic Club	18.42m
5 Nickolichuk, Samuel	10	Cowichan Valley Athletic Club	17.13m
--- Stubbs, Grayson	10	Peninsula Track & Field Club	DNS

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Boys 10 Year Olds Javelin Throw 400 g

Name	Yr	Team	Finals
Finals			
1 Motuz, Saxon	14	Cowichan Valley Athletic Club	9.28m
--- Phillips, Henry	14	Cowichan Valley Athletic Club	DNS
--- Ryan, Owen	14	Nanaimo & District Track & Fie	DNS
--- Binder, Kaleb	14	Oceanside Track & Field Club	DNS
--- Valastiak, Elijah	14	Cowichan Valley Athletic Club	DNS
--- Truant, Dean	14	Cowichan Valley Athletic Club	DNS

Boys 11 Year Olds Javelin Throw 400 g

Name	Yr	Team	Finals
Finals			
1 Baetz, Andrew	13	Oceanside Track & Field Club	27.68m
2 Gross, Curtis	13	Nanaimo & District Track & Fie	21.49m
3 Walker, Wiley	13	Oceanside Track & Field Club	20.26m
4 Aikman - Heir, Kai	13	Oceanside Track & Field Club	17.05m
5 Donohoe, James	13	Oceanside Track & Field Club	15.54m
6 Fontaine, Colten	13	Nanaimo & District Track & Fie	15.47m
7 Cheema, Bakshish	13	Cowichan Valley Athletic Club	15.06m
8 Irving, Robert	13	Cowichan Valley Athletic Club	14.73m
9 Luksay, Thomas	13	Oceanside Track & Field Club	13.80m
10 Wright, Logan	13	Cowichan Valley Athletic Club	13.28m
11 Rentiers, William	13	Campbell River Comets	10.57m
12 Ladouceur, Jett	13	Oceanside Track & Field Club	7.93m
--- Fiander, Finnley	13	Comox Valley Cougars	FOUL
--- Kruk, Cruz	13	Nanaimo & District Track & Fie	DNS

Boys 12 Year Olds Javelin Throw 500 g

Name	Yr	Team	Finals
Finals			
1 Jones, Justin	12	Peninsula Track & Field Club	23.79m
2 Ramstead, Liam	12	Cowichan Valley Athletic Club	16.86m
3 Binder, Declan	12	Oceanside Track & Field Club	14.52m
4 Matthews, Harrison	12	Peninsula Track & Field Club	14.48m
5 O'Reilly, Waylin	12	Oceanside Track & Field Club	10.34m
6 Haynes, Elliott	12	Peninsula Track & Field Club	9.53m
--- Rose, Gavin	12	Comox Valley Cougars	DNS

Boys 13 Year Olds Javelin Throw 500 g

Name	Yr	Team	Finals
Finals			
1 Willers, Gabriel	11	Oceanside Track & Field Club	31.41m
2 Olsen, Finn	11	Nanaimo & District Track & Fie	23.28m
3 English, Finn	11	Nanaimo & District Track & Fie	19.71m
4 Muller, Christopher	11	Cowichan Valley Athletic Club	18.68m
5 Gordon, Oban	11	Peninsula Track & Field Club	16.28m
6 Ryan, Ben	11	Nanaimo & District Track & Fie	13.79m

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Boys 14-15 Javelin Throw 600 g

Name	Yr	Team	Finals
Finals			
1 Kolen-Lee, Jonah	10	Nanaimo & District Track & Fie	34.48m
2 Granson, Carter	09	Campbell River Comets	28.72m
3 Elliott, Cooper	10	Athletics Victoria Track And F	25.83m
4 Stubbs, Ryder	10	Peninsula Track & Field Club	25.12m
5 Lazenby, Robert	10	Cowichan Valley Athletic Club	24.37m
6 Miller, Mason	09	Nanaimo & District Track & Fie	20.73m
7 Weir, Jacob	10	Cowichan Valley Athletic Club	18.89m
8 Jones, Myles	10	Peninsula Track & Field Club	17.64m
--- Stubbs, Grayson	10	Peninsula Track & Field Club	FOUL
--- Nickolichuk, Samuel	10	Cowichan Valley Athletic Club	FOUL

Men 9 60 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Shepherd, Charles	15	Peninsula Track & Field Club	9.97	-0.4	4
2 Tweten, Jakob	15	Cowichan Valley Athletic Club	10.89	-0.4	4
3 Upson, Huxley	15	Comox Valley Cougars	12.62	-0.4	4
--- Cheema, Avtar	15	Cowichan Valley Athletic Club	DNS	-0.4	4
--- Barlow, Easton	15	Oceanside Track & Field Club	DNS	-0.4	4
--- Dickson, Marcus	15	Nanaimo & District Track & Fie	DNS	-0.4	4

Men 10 60 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Owusu-Nyamekye, Nana Yaw	14	Victoria Speed Project	8.93	-0.2	3
2 Hoselton, Henry	14	Comox Valley Cougars	10.32	-0.2	3
3 Phillips, Henry	14	Cowichan Valley Athletic Club	10.50	-0.2	3
4 Valastiak, Elijah	14	Cowichan Valley Athletic Club	10.77	-0.2	3
5 Willers, Caleb	14	Oceanside Track & Field Club	10.80	-0.2	3
6 Holloway-Dean, August	14	Cowichan Valley Athletic Club	12.30	-0.2	3
--- Motuz, Saxon	14	Cowichan Valley Athletic Club	DNS	-0.2	3

Men 11 60 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Luksay, Thomas	13	Oceanside Track & Field Club	9.34	-0.1	1
2 Jadan, Owen	13	Cowichan Valley Athletic Club	9.35	-0.1	1
3 Floyd, Ryland	13	Peninsula Track & Field Club	9.59	-0.1	1
4 Fast, Xavier	13	Cowichan Valley Athletic Club	9.61	-0.1	2
5 Maccullough, Jake	13	Cowichan Valley Athletic Club	9.69	-0.1	1
6 Baetz, Andrew	13	Oceanside Track & Field Club	9.78	-0.1	2
7 Aikman - Heir, Kai	13	Oceanside Track & Field Club	9.91	-0.1	2
8 Shepherd, Henry	13	Peninsula Track & Field Club	9.92	-0.1	2
9 Fontaine, Colten	13	Nanaimo & District Track & Fie	10.10	-0.1	2
10 Hawthorne, Benson	13	Peninsula Track & Field Club	10.18	-0.1	2
11 O'Brian, Dornan	13	Alberni Valley Track Club	10.44	-0.1	1
12 Irving, Robert	13	Cowichan Valley Athletic Club	10.49	-0.1	2
13 Cheema, Bakshish	13	Cowichan Valley Athletic Club	10.60	-0.1	1
14 Enfield, Linden	13	Cowichan Valley Athletic Club	10.74	-0.1	1

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Finals ... (Men 11 60 Meter Dash)

Name	Yr	Team	Finals	Wind	H#
15 Daigle, Sebastien	13	Cowichan Valley Athletic Club	12.41	-0.1	2

Men 9 100 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Shepherd, Charles	15	Peninsula Track & Field Club	16.12	-1.8	12
2 Tweten, Jakob	15	Cowichan Valley Athletic Club	17.17	-1.8	12
3 Barlow, Easton	15	Oceanside Track & Field Club	17.59	-1.8	12
4 Rogers, Henry	15	Alberni Valley Track Club	17.90	-1.8	12
5 Tripathi, Nirvaan	15	Nanaimo & District Track & Fie	18.07	-1.8	12
6 Dickson, Marcus	15	Nanaimo & District Track & Fie	19.08	-1.8	12
7 Cheema, Avtar	15	Cowichan Valley Athletic Club	19.34	-1.8	12
8 Upton, Huxley	15	Comox Valley Cougars	20.47	-1.8	12

Men 10 100 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Owusu-Nyamekye, Nana Yaw	14	Victoria Speed Project	14.69	-3.1	11
2 Ryan, Owen	14	Nanaimo & District Track & Fie	16.47	-3.1	11
3 Phillips, Henry	14	Cowichan Valley Athletic Club	16.93	-3.1	11
4 Willers, Caleb	14	Oceanside Track & Field Club	17.92	-3.1	11
--- Holloway-Dean, August	14	Cowichan Valley Athletic Club	DNS	-3.1	11
--- Motuz, Saxon	14	Cowichan Valley Athletic Club	DNS	-3.1	11

Men 11 100 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Luksay, Thomas	13	Oceanside Track & Field Club	15.28	-1.0	9
2 Jadan, Owen	13	Cowichan Valley Athletic Club	15.34	-2.0	8
3 Baetz, Andrew	13	Oceanside Track & Field Club	15.58	-2.0	8
4 Maccullough, Jake	13	Cowichan Valley Athletic Club	15.64	-2.0	8
5 Fast, Xavier	13	Cowichan Valley Athletic Club	15.99	-1.9	10
6 Wright, Logan	13	Cowichan Valley Athletic Club	16.00	-1.0	9
7 Floyd, Ryland	13	Peninsula Track & Field Club	16.12	-2.0	8
8 Fontaine, Colten	13	Nanaimo & District Track & Fie	16.20	-1.9	10
9 Hawthorne, Benson	13	Peninsula Track & Field Club	16.40	-1.9	10
10 Shepherd, Henry	13	Peninsula Track & Field Club	16.42	-1.0	9
10 McIndoe, Nelson	13	Cowichan Valley Athletic Club	16.42	-2.0	8
12 Aikman - Heir, Kai	13	Oceanside Track & Field Club	16.49	-1.9	10
13 Cheema, Bakshish	13	Cowichan Valley Athletic Club	16.77	-1.0	9
14 Fiander, Finnley	13	Comox Valley Cougars	16.80	-2.0	8
15 Irving, Robert	13	Cowichan Valley Athletic Club	17.54	-1.9	10
16 Walker, Wiley	13	Oceanside Track & Field Club	17.88	-2.0	8
17 Daigle, Sebastien	13	Cowichan Valley Athletic Club	20.19	-1.0	9
18 Ladouceur, Jett	13	Oceanside Track & Field Club	20.42	-1.9	10
--- Rentiers, William	13	Campbell River Comets	DQ	-1.0	9
--- Kruk, Cruz	13	Nanaimo & District Track & Fie	DNS	-1.0	9

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Men 12 100 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Jones, Justin	12	Peninsula Track & Field Club	15.09	-0.9	7
2 Ramstead, Liam	12	Cowichan Valley Athletic Club	15.93	-0.9	7
3 Masa, Austin	12	Alberni Valley Track Club	16.25	-0.9	7
4 Rogers, Casey	12	Alberni Valley Track Club	16.77	-0.9	7
--- Holloway-Dean, Rowan	12	Cowichan Valley Athletic Club	DNS	-0.9	7
--- Rose, Gavin	12	Comox Valley Cougars	DNS	-0.9	7

Men 13 100 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Holmgren, Coen	11	Peninsula Track & Field Club	13.84	-2.0	6
2 Brand, Jonas	11	Nanaimo & District Track & Fie	14.21	-2.0	6
3 Munro, Jack	11	Cowichan Valley Athletic Club	14.58	-2.0	6
4 Willers, Gabriel	11	Oceanside Track & Field Club	15.42	-2.0	6
5 Muller, Christopher	11	Cowichan Valley Athletic Club	16.16	-2.0	6
6 Ferrario, Luca	11	Cowichan Valley Athletic Club	17.15	-2.0	6
--- Ryan, Ben	11	Nanaimo & District Track & Fie	DNS	-2.0	6

Men 14-15 100 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Smallacombe, Simon	09	Comox Valley Cougars	12.20	-1.8	4
2 Zhang, Alex	09	Club Rapide	13.11	-1.8	4
3 Hill, Tristan	10	Victoria Speed Project	13.39	-1.1	5
4 Kolen-Lee, Jonah	10	Nanaimo & District Track & Fie	13.62	-1.1	5
5 Williams, Kai	10	Peninsula Track & Field Club	13.95	-1.1	5
6 Jones, Myles	10	Peninsula Track & Field Club	15.35	-1.1	5
--- Holmgren, Emilian	09	Peninsula Track & Field Club	DNS	-1.8	4
--- Fifield, Cole	10	Cowichan Valley Athletic Club	DNS	-1.1	5

Men 16-17 100 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Pearce, Jasper	08	Victoria Speed Project	12.28	-1.8	4
2 Slauenwhite, Joshua	08	Peninsula Track & Field Club	12.61	-1.8	4

Men 18-19 100 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Moore, Gavin	05	Victoria Speed Project	11.28	-1.0	3
--- Blom, David	06	Club Rapide	DNS	-1.0	3

Men 20-34 100 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Correa, Oleg	00	Athletics Victoria Track And F	12.17	-1.0	3
2 Dailey, Graeme	04	Cowichan Valley Athletic Club	13.08	-1.0	3

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Men 35-39 100 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
Finals						
1	Robinson, Brad	84	Unattached-New Brunswick	12.53	-0.6	2
2	Donaldson, Jaime	88	Nanaimo & District Track & Fie	13.81	-0.6	2

Men 40-44 100 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
Finals						
1	Vaisius, Dimitri	83	Cowichan Valley Athletic Club	12.21	-0.6	2
2	Jadan, Patrick	84	Cowichan Valley Athletic Club	13.91	-0.6	2
---	Ptolemy, Jaritt	82	Unattached British Columbia	DNS	-0.6	2
---	Holmgren, Aaron	82	Peninsula Track & Field Club	DNS	-0.6	2

Men 50-54 100 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
Finals						
1	Copeland, Cale	74	Athletics Victoria Track And F	13.38	-0.6	2

Men 60-64 100 Meter Dash

	Name	Yr	Team	Finals	Wind
Finals					
---	Oliver, Brad	62	Peninsula Track & Field Club	DNS	0.3

Men 70-74 100 Meter Dash

	Name	Yr	Team	Finals	Wind
Finals					
---	Stevens, Glenn	50	Unattached British Columbia	DNS	0.3

Men 80-84 100 Meter Dash

	Name	Yr	Team	Finals	Wind
Finals					
1	Thompson, Lynn	39	Unattached British Columbia	18.36	0.3
---	Gee, Arthur	44	Greyhounds Masters Track & Fie	DNS	0.3

Men 11 200 Meter Dash

	Name	Yr	Team	Finals	Wind	H#
Finals						
1	Maccullough, Jake	13	Cowichan Valley Athletic Club	32.63	-0.6	7
2	Luksay, Thomas	13	Oceanside Track & Field Club	33.49	-1.1	8
3	Shepherd, Henry	13	Peninsula Track & Field Club	34.81	-0.6	7
4	McIndoe, Nelson	13	Cowichan Valley Athletic Club	35.94	-1.1	8
5	O'Brian, Dornan	13	Alberni Valley Track Club	36.95	-1.1	8
6	Cheema, Bakshish	13	Cowichan Valley Athletic Club	37.08	-0.6	7
---	Jadan, Owen	13	Cowichan Valley Athletic Club	SCR	-0.6	7
---	Fiander, Finnley	13	Comox Valley Cougars	SCR	-1.1	8
---	Aikman - Heir, Kai	13	Oceanside Track & Field Club	SCR	-0.6	7
---	Fontaine, Colten	13	Nanaimo & District Track & Fie	SCR	-0.6	7
---	Baetz, Andrew	13	Oceanside Track & Field Club	SCR	-1.1	8
---	Irving, Robert	13	Cowichan Valley Athletic Club	SCR	-1.1	8

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Men 12 200 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Bond, Matthew	12	Victoria Speed Project	30.57	-2.0	5
2 Jones, Justin	12	Peninsula Track & Field Club	32.01	-2.0	5
3 Masa, Austin	12	Alberni Valley Track Club	35.44	-0.9	6
4 Holloway-Dean, Rowan	12	Cowichan Valley Athletic Club	43.41	-0.9	6
--- Zaal, Carter	12	Comox Valley Cougars	SCR	-0.9	6
--- McCauley, Patrick	12	Cowichan Valley Athletic Club	SCR	-0.9	6
--- Ramstead, Liam	12	Cowichan Valley Athletic Club	SCR	-2.0	5
--- Matthews, Harrison	12	Peninsula Track & Field Club	SCR	-2.0	5
--- Rose, Gavin	12	Comox Valley Cougars	SCR	-0.9	6

Men 13 200 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Olsen, Finn	11	Nanaimo & District Track & Fie	29.97	-0.8	4
2 Willers, Gabriel	11	Oceanside Track & Field Club	35.69	-0.8	4
3 Gordon, Oban	11	Peninsula Track & Field Club	37.06	-0.8	4
--- Holmgren, Coen	11	Peninsula Track & Field Club	SCR	-0.8	4
--- English, Finn	11	Nanaimo & District Track & Fie	SCR	-0.8	4
--- Munro, Jack	11	Cowichan Valley Athletic Club	SCR	-0.8	4

Men 14-15 200 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Jones, Myles	10	Peninsula Track & Field Club	32.47	-0.4	3
--- Stubbs, Grayson	10	Peninsula Track & Field Club	SCR	-0.4	3
--- Kolen-Lee, Jonah	10	Nanaimo & District Track & Fie	SCR	-0.4	3
--- Williams, Kai	10	Peninsula Track & Field Club	SCR	-0.4	3
--- Holmgren, Emilian	09	Peninsula Track & Field Club	SCR	-0.6	2
--- Smallacombe, Simon	09	Comox Valley Cougars	SCR	-0.6	2
--- Stubbs, Ryder	10	Peninsula Track & Field Club	SCR	-0.4	3

Men 16-17 200 Meter Dash

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Pearce, Jasper	08	Victoria Speed Project	26.03	-0.6	2
2 Delmo, Brad	07	Ballenas Secondary	31.03	-0.6	2
--- Slauenwhite, Joshua	08	Peninsula Track & Field Club	SCR	-0.6	2

Men 20-34 200 Meter Dash

Name	Yr	Team	Finals	Wind
Finals				
1 Glodek, Bartosz	90	Victoria Speed Project	25.02	-1.5

Men 35-39 200 Meter Dash

Name	Yr	Team	Finals	Wind
Finals				
--- Donaldson, Jaime	88	Nanaimo & District Track & Fie	SCR	-1.5

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Men 40-44 200 Meter Dash

Name	Yr	Team	Finals	Wind
Finals				
--- Vaisius, Dimitri	83	Cowichan Valley Athletic Club	SCR	-1.5
--- Jadan, Patrick	84	Cowichan Valley Athletic Club	SCR	-1.5
--- Holmgren, Aaron	82	Peninsula Track & Field Club	SCR	-1.5

Men 80-84 200 Meter Dash

Name	Yr	Team	Finals	Wind
Finals				
--- Gee, Arthur	44	Greyhounds Masters Track & Fie	SCR	-1.5
--- Thompson, Lynn	39	Unattached British Columbia	SCR	-1.5

Men 16-17 400 Meter Dash

Name	Yr	Team	Finals
Finals			
--- Flett, William	07	Athletics Victoria Track And F	DNS

Men 20-34 400 Meter Dash

Name	Yr	Team	Finals
Finals			
1 Correa, Oleg	00	Athletics Victoria Track And F	55.73

Men 35-39 400 Meter Dash

Name	Yr	Team	Finals
Finals			
1 Winkler, Matthew	88	Unattached British Columbia	52.17

Men 40-44 400 Meter Dash

Name	Yr	Team	Finals
Finals			
1 Holmgren, Aaron	82	Peninsula Track & Field Club	57.31
2 Jadan, Patrick	84	Cowichan Valley Athletic Club	1:06.15

Men 70-74 400 Meter Dash

Name	Yr	Team	Finals
Finals			
1 Hendrie, Tim	50	Nanaimo & District Track & Fie	1:59.84

Men 12 800 Meter Run

Name	Yr	Team	Finals	H#
Finals				
1 Masa, Austin	12	Alberni Valley Track Club	2:49.43	3
2 Ramstead, Liam	12	Cowichan Valley Athletic Club	2:51.05	3
3 Holloway-Dean, Rowan	12	Cowichan Valley Athletic Club	3:50.31	3
--- Jones, Justin	12	Peninsula Track & Field Club	DNS	3
--- Matthews, Harrison	12	Peninsula Track & Field Club	DNS	3
--- Binder, Declan	12	Oceanside Track & Field Club	DNS	3
--- Haynes, Elliott	12	Peninsula Track & Field Club	DNS	3

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Men 13 800 Meter Run

Name	Yr	Team	Finals	H#
Finals				
1 Holmgren, Coen	11	Peninsula Track & Field Club	2:23.79	3
2 English, Finn	11	Nanaimo & District Track & Fie	2:49.89	3
--- Ramstead, Zachary	11	Cowichan Valley Athletic Club	DNS	3

Men 14-15 800 Meter Run

Name	Yr	Team	Finals	H#
Finals				
1 Holmgren, Emilian	09	Peninsula Track & Field Club	2:21.97	2
2 Krieger, Grayson	10	Peninsula Track & Field Club	2:29.26	2
3 Kolen-Lee, Jonah	10	Nanaimo & District Track & Fie	2:38.90	2
4 Granson, Carter	09	Campbell River Comets	2:39.80	1
5 Stubbs, Ryder	10	Peninsula Track & Field Club	2:42.47	2
6 Stubbs, Grayson	10	Peninsula Track & Field Club	2:42.54	2
--- Dickinson, Aidan	09	Athletics Victoria Track And F	DNS	2
--- Jones, Myles	10	Peninsula Track & Field Club	DNS	2
--- Fifield, Cole	10	Cowichan Valley Athletic Club	DNS	2

Men 16-17 800 Meter Run

Name	Yr	Team	Finals
Finals			
--- Palmer, Madrid	08	Campbell River Comets	DNS

Men 18-19 800 Meter Run

Name	Yr	Team	Finals
Finals			
1 Krusekopf, Nikolas	05	Grizzly Endurance Collective A	2:15.48

Men 35-39 800 Meter Run

Name	Yr	Team	Finals
Finals			
--- Winkler, Matthew	88	Unattached British Columbia	DNS

Men 40-44 800 Meter Run

Name	Yr	Team	Finals
Finals			
1 Holmgren, Aaron	82	Peninsula Track & Field Club	2:13.37

Men 45-49 800 Meter Run

Name	Yr	Team	Finals
Finals			
1 Sinclair, Peter	76	Nanaimo & District Track & Fie	2:08.11
2 Klan, Paul	79	Unattached British Columbia	2:21.40

Men 40-44 1500 Meter Run

Name	Yr	Team	Finals
Finals			
1 Holmgren, Aaron	82	Peninsula Track & Field Club	4:26.38

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Men 18-19 3000 Meter Run

Name	Yr	Team	Finals
Finals			
1 Krusekopf, Nikolas	05	Grizzly Endurance Collective A	10:15.17

Men 9 Year Olds 60 Meter Hurdles 6 x 21"

Name	Yr	Team	Finals	Wind
Finals				
1 Barlow, Easton	15	Oceanside Track & Field Club	12.91	-2.2
2 Cheema, Avtar	15	Cowichan Valley Athletic Club	13.59	-2.2
3 Dickson, Marcus	15	Nanaimo & District Track & Fie	14.46	-2.2
4 Upson, Huxley	15	Comox Valley Cougars	16.73	-2.2

Men 10 60 Meter Hurdles 6 x 24"

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Owusu-Nyamekye, Nana Yaw	14	Victoria Speed Project	11.17	-1.2	1
2 Ryan, Owen	14	Nanaimo & District Track & Fie	11.73	-1.2	1
3 Phillips, Henry	14	Cowichan Valley Athletic Club	12.70	-0.7	2
4 Willers, Caleb	14	Oceanside Track & Field Club	13.96	-0.7	2
5 Valastiak, Elijah	14	Cowichan Valley Athletic Club	14.69	-0.7	2

Men 11 60 Meter Hurdles 6 x 24"

Name	Yr	Team	Finals	Wind	H#
Finals					
1 Baetz, Andrew	13	Oceanside Track & Field Club	11.34	-0.7	2
2 Luksay, Thomas	13	Oceanside Track & Field Club	11.70	-0.7	2
3 Cheema, Bakshish	13	Cowichan Valley Athletic Club	11.83	-1.2	1
4 Fast, Xavier	13	Cowichan Valley Athletic Club	11.87	-0.7	2
5 Gross, Curtis	13	Nanaimo & District Track & Fie	12.12	-0.7	2
6 Jadan, Owen	13	Cowichan Valley Athletic Club	12.64	-1.2	1
7 Irving, Robert	13	Cowichan Valley Athletic Club	13.03	-1.2	1
8 Fontaine, Colten	13	Nanaimo & District Track & Fie	13.04	-1.2	1
9 Daigle, Sebastien	13	Cowichan Valley Athletic Club	15.08	-1.2	1
--- Bates, Kingston	13	Cowichan Valley Athletic Club	SCR	-0.7	2

Men 12 Year Olds 80 Meter Hurdles 8 x 27"

Name	Yr	Team	Finals	Wind
Finals				
1 Jones, Justin	12	Peninsula Track & Field Club	15.57	-1.6
2 Ramstead, Liam	12	Cowichan Valley Athletic Club	16.66	-1.6

Men 13 Year Olds 80 Meter Hurdles 8 x 30"

Name	Yr	Team	Finals	Wind
Finals				
1 Olsen, Finn	11	Nanaimo & District Track & Fie	15.51	-0.5
2 Muller, Christopher	11	Cowichan Valley Athletic Club	16.35	-0.5
3 Gordon, Oban	11	Peninsula Track & Field Club	17.45	-0.5
4 Ramstead, Zachary	11	Cowichan Valley Athletic Club	18.39	-0.5
--- Ryan, Ben	11	Nanaimo & District Track & Fie	SCR	-0.5
--- Holmgren, Coen	11	Peninsula Track & Field Club	DNS	-0.5

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Men 80-99 80 Meter Hurdles 8 x 27"

Name	Yr	Team	Finals	Wind
Finals				
1 Thompson, Lynn	39	Unattached British Columbia	20.08	-1.9
--- Gee, Arthur	44	Greyhounds Masters Track & Fie	SCR	-1.9

Men 14-15 100 Meter Hurdles 10 x 33"

Name	Yr	Team	Finals	Wind
Finals				
1 Williams, Kai	10	Peninsula Track & Field Club	19.51	-1.7
2 Jones, Myles	10	Peninsula Track & Field Club	20.07	-1.7
3 Stubbs, Grayson	10	Peninsula Track & Field Club	21.16	-1.7
4 Stubbs, Ryder	10	Peninsula Track & Field Club	21.41	-1.7
--- Nickolichuk, Samuel	10	Cowichan Valley Athletic Club	SCR	-1.7
--- Scholtz, Bo	10	Comox Valley Cougars	DNS	-1.7

Men 13 200 Meter Hurdles 5 x 27"

Name	Yr	Team	Finals	Wind
Finals				
1 Olsen, Finn	11	Nanaimo & District Track & Fie	31.61	-1.5
2 Willers, Gabriel	11	Oceanside Track & Field Club	34.75	-1.5
3 Muller, Christopher	11	Cowichan Valley Athletic Club	38.02	-1.5
4 Gordon, Oban	11	Peninsula Track & Field Club	39.74	-1.5
--- Ramstead, Zachary	11	Cowichan Valley Athletic Club	DNS	-1.5
--- Holmgren, Coen	11	Peninsula Track & Field Club	DNS	-1.5

Men 80-84 200 Meter Hurdles 5 x 27"

Name	Yr	Team	Finals	Wind
Finals				
1 Thompson, Lynn	39	Unattached British Columbia	47.24	-1.5
--- Gee, Arthur	44	Greyhounds Masters Track & Fie	SCR	-1.5

Men 16-17 2000 Meter Steeplechase 33" water

Name	Yr	Team	Finals
Finals			
1 Nixon, Lorenzo	07	Nanaimo & District Track & Fie	7:13.16

Men 9 High Jump

Name	Yr	Team	Finals
Finals			
1 Barlow, Easton	15	Oceanside Track & Field Club	1.00m
2 Dickson, Marcus	15	Nanaimo & District Track & Fie	0.80m

Men 10 High Jump

Name	Yr	Team	Finals
Finals			
1 Valastiak, Elijah	14	Cowichan Valley Athletic Club	1.10m
2 Hoselton, Henry	14	Comox Valley Cougars	1.05m
3 Willers, Caleb	14	Oceanside Track & Field Club	1.00m
4 Truant, Conrad	14	Cowichan Valley Athletic Club	0.95m
4 Phillips, Henry	14	Cowichan Valley Athletic Club	0.95m
6 Holloway-Dean, August	14	Cowichan Valley Athletic Club	0.85m
--- Motuz, Saxon	14	Cowichan Valley Athletic Club	DNS

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Men 40-44 High Jump

Name	Yr	Team	Finals
Finals			
--- Jones, Chris	81	Peninsula Track & Field Club	DNS

Men 70-74 High Jump

Name	Yr	Team	Finals
Finals			
1 Donaldson, Sven	49	Nanaimo & District Track & Fie	1.16m
2 Hendrie, Tim	50	Nanaimo & District Track & Fie	0.91m

Men 80-84 High Jump

Name	Yr	Team	Finals
Finals			
--- Gee, Arthur	44	Greyhounds Masters Track & Fie	DNS

Men 16-17 Long Jump

Name	Yr	Team	Finals	Wind
Finals				
--- Slauenwhite, Joshua	08	Peninsula Track & Field Club	DNS	NWI

Men 18-19 Long Jump

Name	Yr	Team	Finals	Wind
Finals				
1 Moore, Gavin	05	Victoria Speed Project	6.03m	NWI

Men 40-44 Long Jump

Name	Yr	Team	Finals	Wind
Finals				
--- Binder, Karl	82	Oceanside Track & Field Club	DNS	NWI
--- Jones, Chris	81	Peninsula Track & Field Club	DNS	NWI

Men 80-84 Long Jump

Name	Yr	Team	Finals	Wind
Finals				
1 Thompson, Lynn	39	Unattached British Columbia	3.12m	NWI
--- Gee, Arthur	44	Greyhounds Masters Track & Fie	DNS	NWI

Men 70-74 Triple Jump

Name	Yr	Team	Finals	Wind
Finals				
--- Donaldson, Sven	49	Nanaimo & District Track & Fie	DNS	NWI

Men 80-84 Triple Jump

Name	Yr	Team	Finals	Wind
Finals				
1 Thompson, Lynn	39	Unattached British Columbia	7.24m	NWI
--- Gee, Arthur	44	Greyhounds Masters Track & Fie	DNS	NWI

Men 16-17 Shot Put 5 kg

Name	Yr	Team	Finals
Finals			
1 Delmo, Brad	07	Ballenas Secondary	6.89m
2 Slauenwhite, Joshua	08	Peninsula Track & Field Club	5.89m

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Men 18-19 Shot Put 6 kg

Name	Yr	Team	Finals
Finals			
1 Hengstler, Connor	05	Nanaimo & District Track & Fie	14.20m
2 Chen, Thibaut (Siyu)	06	Club Rapide	11.51m

Men 20-34 Shot Put 7.26 kg

Name	Yr	Team	Finals
Finals			
1 Dailey, Graeme	04	Cowichan Valley Athletic Club	8.58m

Men 40-44 Shot Put 7.26 kg

Name	Yr	Team	Finals
Finals			
1 Vaisius, Dimitri	83	Cowichan Valley Athletic Club	9.95m
2 Jones, Chris	81	Peninsula Track & Field Club	7.97m

Men 50-59 Shot Put 6 kg

Name	Yr	Team	Finals
Finals			
1 Morfitt, Graham	67	Comox Valley Cougars	9.85m

Men 60-64 Shot Put 5 kg

Name	Yr	Team	Finals
Finals			
1 Oliver, Brad	62	Peninsula Track & Field Club	9.98m

Men 70-74 Shot Put 4 kg

Name	Yr	Team	Finals
Finals			
1 Brodeur, Don	51	Unattached British Columbia	10.20m
2 Donaldson, Sven	49	Nanaimo & District Track & Fie	6.26m

Men 80-84 Shot Put 3 kg

Name	Yr	Team	Finals
Finals			
--- Gee, Arthur	44	Greyhounds Masters Track & Fie	DNS
--- East, Les	39	Peninsula Track & Field Club	DNS

Men 10 Discus Throw 750 g

Name	Yr	Team	Finals
Finals			
1 Hoselton, Henry	14	Comox Valley Cougars	11.19m
2 Valastiak, Elijah	14	Cowichan Valley Athletic Club	10.74m
3 Willers, Caleb	14	Oceanside Track & Field Club	10.08m
4 Truant, Dean	14	Cowichan Valley Athletic Club	8.24m
--- Binder, Kaleb	14	Oceanside Track & Field Club	DNS
--- Phillips, Henry	14	Cowichan Valley Athletic Club	DNS

Men 11 Discus Throw 750 g

Name	Yr	Team	Finals
Finals			
1 Aikman - Heir, Kai	13	Oceanside Track & Field Club	16.07m

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Finals ... (Men 11 Discus Throw 750 g)

Name	Yr	Team	Finals
2 Fontaine, Colten	13	Nanaimo & District Track & Fie	15.45m
3 Baetz, Andrew	13	Oceanside Track & Field Club	15.34m
4 Irving, Robert	13	Cowichan Valley Athletic Club	14.94m
5 Cheema, Bakshish	13	Cowichan Valley Athletic Club	13.14m
6 Donohoe, James	13	Oceanside Track & Field Club	12.69m
7 Daigle, Sebastien	13	Cowichan Valley Athletic Club	12.07m
8 McIndoe, Nelson	13	Cowichan Valley Athletic Club	11.53m
9 Luksay, Thomas	13	Oceanside Track & Field Club	10.39m
--- Floyd, Ryland	13	Peninsula Track & Field Club	DNS
--- Fiander, Finnley	13	Comox Valley Cougars	DNS

Men 12 Discus Throw 1 kg

Name	Yr	Team	Finals
Finals			
1 Jones, Justin	12	Peninsula Track & Field Club	13.33m
2 Sinclair, Jacob	12	Nanaimo & District Track & Fie	8.51m
--- Ramstead, Liam	12	Cowichan Valley Athletic Club	DNS
--- McCauley, Patrick	12	Cowichan Valley Athletic Club	DNS
--- Haynes, Elliott	12	Peninsula Track & Field Club	DNS
--- Matthews, Harrison	12	Peninsula Track & Field Club	DNS
--- Binder, Declan	12	Oceanside Track & Field Club	DNS

Men 13 Discus Throw 1 kg

Name	Yr	Team	Finals
Finals			
1 Olsen, Finn	11	Nanaimo & District Track & Fie	27.49m
2 Willers, Gabriel	11	Oceanside Track & Field Club	21.32m
3 English, Finn	11	Nanaimo & District Track & Fie	15.01m
4 Gordon, Oban	11	Peninsula Track & Field Club	12.10m
--- Ramstead, Zachary	11	Cowichan Valley Athletic Club	DNS

Men 14-15 Discus Throw 1 kg

Name	Yr	Team	Finals
Finals			
1 Elliott, Cooper	10	Athletics Victoria Track And F	26.17m
2 Lazenby, Robert	10	Cowichan Valley Athletic Club	24.30m
3 Krieger, Grayson	10	Peninsula Track & Field Club	20.31m
4 Weir, Jacob	10	Cowichan Valley Athletic Club	19.71m
5 Jones, Myles	10	Peninsula Track & Field Club	18.87m
6 Stubbs, Grayson	10	Peninsula Track & Field Club	16.88m
--- Scholtz, Bo	10	Comox Valley Cougars	DNS

Men 16-17 Discus Throw 1.5 kg

Name	Yr	Team	Finals
Finals			
1 Huckabone, Rylan	08	Unknown	18.02m
2 Delmo, Brad	07	Ballenas Secondary	18.00m
--- Slauenwhite, Joshua	08	Peninsula Track & Field Club	DNS
--- Palmer, Madrid	08	Campbell River Comets	DNS

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Men 18-19 Discus Throw 1.75 kg

Name	Yr	Team	Finals
Finals			
1 Hengstler, Connor	05	Nanaimo & District Track & Fie	42.72m

Men 20-34 Discus Throw 2 kg

Name	Yr	Team	Finals
Finals			
1 Dailey, Graeme	04	Cowichan Valley Athletic Club	24.69m

Men 40-44 Discus Throw 2 kg

Name	Yr	Team	Finals
Finals			
--- Jones, Chris	81	Peninsula Track & Field Club	DNS

Men 50-59 Discus Throw 1.5 kg

Name	Yr	Team	Finals
Finals			
--- Morfitt, Graham	67	Comox Valley Cougars	DNS

Men 70-74 Discus Throw 1 kg

Name	Yr	Team	Finals
Finals			
1 Brodeur, Don	51	Unattached British Columbia	30.37m
--- Donaldson, Sven	49	Nanaimo & District Track & Fie	DNS

Men 80-84 Discus Throw 1 kg

Name	Yr	Team	Finals
Finals			
--- Gee, Arthur	44	Greyhounds Masters Track & Fie	DNS
--- East, Les	39	Peninsula Track & Field Club	DNS

Men 18-19 Hammer Throw 6 kg

Name	Yr	Team	Finals
Finals			
1 U-Ming, Kayden	06	Comox Valley Cougars	29.73m

Men 50-59 Hammer Throw 6 kg

Name	Yr	Team	Finals
Finals			
1 Morfitt, Graham	67	Comox Valley Cougars	36.71m

Men 70-74 Hammer Throw 4 kg

Name	Yr	Team	Finals
Finals			
1 Brodeur, Don	51	Unattached British Columbia	28.07m

Men 16-17 Javelin Throw 700 g

Name	Yr	Team	Finals
Finals			
1 Macdonnell, Thomas	07	Comox Valley Cougars	59.10m
2 Slauenwhite, Joshua	08	Peninsula Track & Field Club	16.81m

2024 Garriock Meet
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Results

Men 18-19 Javelin Throw 800 g

Name	Yr	Team	Finals
Finals			
1 U-Ming, Kayden	06	Comox Valley Cougars	55.19m

Men 20-34 Javelin Throw 800 g

Name	Yr	Team	Finals
Finals			
1 Dailey, Graeme	04	Cowichan Valley Athletic Club	33.63m
2 Hall, Daniel	02	Nanaimo & District Track & Fie	33.19m

Men 35-49 Javelin Throw 800 g

Name	Yr	Team	Finals
Finals			
1 Binder, Karl	82	Oceanside Track & Field Club	38.54m
2 Jones, Chris	81	Peninsula Track & Field Club	34.49m

Men 50-59 Javelin Throw 700 g

Name	Yr	Team	Finals
Finals			
1 Morfitt, Graham	67	Comox Valley Cougars	52.26m

Men 80-84 Javelin Throw 400 g

Name	Yr	Team	Finals
Finals			
--- Gee, Arthur	44	Greyhounds Masters Track & Fie	DNS
--- East, Les	39	Peninsula Track & Field Club	DNS