

EMILIE MONDOR INVITATIONALBurnaby, BC
Simon Fraser

April 8, 2023

MEET OFFICIALS**Meet Director:**
Brit Townsend
Timing:
Jason Swan**OFFICIAL MEET REPORT**

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RESULTS

#1 Women 3000m Steeplechase 30"

Pl	Name	Team	Time
1	REECK, Ashley	Western Washington	11:05.35
2	COLLINS-WINN, Evelyn	Western Washington	11:27.70
3	HALSELL, Laura	Western Washington	11:33.42
4	EWING, Maya	Seattle Pacific	11:37.77
5	FLOLO, Katelyn	Seattle Pacific	11:46.15

#2 Men 3000m Steeplechase 36"

Pl	Name	Team	Time
1	SALAZAR, Matthew	Western Washington	9:51.51
2	JAVUREK, Jalen	Western Washington	9:55.28
3	LEBLANC, Brennan	Seattle Pacific	10:12.88
	HARRIS, Owen	British Columbia	DNF

#3 Women's 4 x 100m Relay

Pl	Team	Time
1	Simon Fraser (A)	48.06

#4 Men's 4 x 100m Relay

Pl	Team	Time
1	Simon Fraser (A)	42.44
	British Columbia (A)	DNF

#5 Women 100m Hurdles 33"

Wind: (+0.0)

Pl	Name	Team	Time
1	PORTER, Isabella	Western Washington	15.41
2	AVERY, Nicole	Western Washington	15.79
3	MANSFIELD, Brooke	Western Washington	16.06
4	TRESNJO, Marlena	NorWesters	16.44
5	VENNESLAND, Audrey	NorWesters	19.79
	VOLOSHIN, Diana	Simon Fraser	DNS
	BATES, Naomi	Western Washington	DNS

#6 Men 110m Hurdles 42"

Wind: (+0.0)

Pl	Name	Team	Time
1	EDWARDS, Jaden	Western Washington	15.64
2	MARTELLES, Sean	Western Washington	15.85
3	DUBOUCHET, Raphael	NorWesters	16.42
4	CIARNIELLO, Dean	British Columbia	20.75
	KENNY, Ryan	Western Washington	DNS

#7 Women's 1500 Meters

Pl	Name	Team	Time	H(Pl)
1	MACGILLIVRAY, Holly	British Columbia	4:30.12	2(1)
2	BECKER, Kyla	British Columbia	4:32.93	2(2)
3	GIBSON, Kiana	British Columbia	4:37.76	2(3)

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#7 Women's 1500 Meters (cont'd)

Pl	Name	Team	Time	H(Pl)
4	CLEMENT, sidney	Wvan track	4:43.22	2(4)
5	PFOHL, Amelia	British Columbia	4:45.78	1(1)
6	ESVELT, Annika	Seattle Pacific	4:45.80	2(5)
7	BUITELAAR, Adrianna	Valley Royals (VRTC)	4:47.49	1(2)
8	WILLETT, Olivia	Simon Fraser	4:48.23	2(6)
9	EPP, Maggie	fraser valley royals	4:50.42	1(3)
10	UNGER, Zoe	Valley Royals	4:50.60	1(4)
11	CAMPBELL, Mackenzie	British Columbia	4:51.69	2(7)
12	MULCH, Matise	Seattle Pacific	4:54.24	1(5)
13	FLEMING, Elysse	British Columbia	4:57.62	1(6)
14	MILLER, Sidra	Western Washington	5:00.34	1(7)
15	HESLOP, Kaitlyn	Royal City Track & Field Cl	5:25.64	1(8)
	MORTIMER, Rachel	British Columbia	DNF	2
	PRANGLEY, Sarah	Simon Fraser	DNS	2
	LAWLOR, Brooke	UBCO	DNS	1
	RANAHAN, Alicia	Simon Fraser	DNS	1
	YORGES, Nicki	Seattle Pacific	DNS	1
	MICHAEL, Libby	Seattle Pacific	DNS	2
	BRAWDY, Eliyah	UBCO	DNS	2
	SHANNON, Meaera	Western Washington	DNS	1

SECTION RESULTS

Pl	Name	Team	Time
Section 1 of 2			
1	PFOHL, Amelia	British Columbia	4:45.78
2	BUITELAAR, Adrianna	Valley Royals (VRTC)	4:47.49
3	EPP, Maggie	fraser valley royals	4:50.42
4	UNGER, Zoe	Valley Royals	4:50.60
5	MULCH, Matise	Seattle Pacific	4:54.24
6	FLEMING, Elysse	British Columbia	4:57.62
7	MILLER, Sidra	Western Washington	5:00.34
8	HESLOP, Kaitlyn	Royal City Track & Field Cl	5:25.64
	LAWLOR, Brooke	UBCO	DNS
	RANAHAN, Alicia	Simon Fraser	DNS
	YORGES, Nicki	Seattle Pacific	DNS
	SHANNON, Meaera	Western Washington	DNS

Section 2 of 2

1	MACGILLIVRAY, Holly	British Columbia	4:30.12
2	BECKER, Kyla	British Columbia	4:32.93
3	GIBSON, Kiana	British Columbia	4:37.76
4	CLEMENT, sidney	Wvan track	4:43.22
5	ESVELT, Annika	Seattle Pacific	4:45.80
6	WILLETT, Olivia	Simon Fraser	4:48.23
7	CAMPBELL, Mackenzie	British Columbia	4:51.69
	MORTIMER, Rachel	British Columbia	DNF
	PRANGLEY, Sarah	Simon Fraser	DNS

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RESULTS

#7 Women's 1500 Meters (cont'd)

Pl	Name	Team	Time
	MICHAEL, Libby	Seattle Pacific	DNS
	BRAWDY, Eliyah	UBCO	DNS

#8 Men's 1500 Meters

Pl	Name	Team	Time	H(Pl)
1	HARDY, Spencer	British Columbia	3:57.97	4(1)
2	WARREN, Calahan	Unattached	3:58.37	4(2)
3	KRAMER, Liam	British Columbia	4:01.29	4(3)
4	SCHIMMELPENNINCK VAN, Sacha	British Columbia	4:02.86	3(1)
5	MILLER, Riley	British Columbia	4:03.17	4(4)
6	PERRIER, John	British Columbia	4:03.90	4(5)
7	RITTER, Alec	Western Washington	4:04.16	3(2)
8	MOLINA, Mark	Valley Royals Track & Field	4:04.26	3(3)
9	KORTA, Kaleb	Western Washington	4:04.80	4(6)
10	MILLER, Aiden	British Columbia	4:06.09	4(7)
11	DWYER, Liam	British Columbia	4:06.51	4(8)
12	SADA, Bernardo	Ocean Athletics	4:07.34	3(4)
13	TIWANA, Jaiveer	British Columbia	4:08.42	3(5)
14	AHL, Braden	Simon Fraser	4:09.35	4(9)
15	JENSEN, Ryan	Simon Fraser	4:09.59	3(6)
16	MLOTSHWA, Charlie	Prairie Inn Harriers	4:09.64	4(10)
17	SHEIRBON, Ben	Seattle Pacific	4:11.99	2(1)
18	BAUMGART, Mark	Vancouver Thunderbirds	4:12.48	2(2)
19	LASCELLE, Mackenzie	VRTC	4:12.54	2(3)
20	MIJARES, Ignacio	Tbirds	4:12.68	3(7)
21	MAY, Samuel	Valley Royals	4:13.31	2(4)
22	LOGIE, Micah	Simon Fraser	4:16.46	3(8)
23	WOODROW, Hayden	Unattached	4:18.15	2(5)
24	FRANCO, Kade	Seattle Pacific	4:18.22	2(6)
25	SIMMONDS, Riley	Valley Royals	4:20.31	2(7)
26	BOUTIN, Colin	Seattle Pacific	4:20.44	2(8)
27	CINO, Sebastian	Unattached	4:22.22	2(9)
28	MOORE, Brendan	Simon Fraser	4:22.34	3(9)
29	MACKWAE, Bill	British Columbia	4:24.47	4(11)
30	VAN SCHAGEN, Will	Valley Royals	4:26.13	1(1)
31	DOMMANN, Marten	West Vancouver Track and	4:28.54	1(2)
32	JAMES, Sikich	Unattached	4:28.88	1(3)
33	ZHANG, John	WVTF	4:31.18	1(4)
34	GIBNEY, Zachary	Coq. Cheetahs	4:31.90	1(5)
35	DHILLON, Aman	West Van Track Club	4:32.39	1(6)
36	DHALIWAL, Rohin	WVTF	4:41.09	1(7)
37	LIN, Paxton	Vancouver Thunderbirds	4:50.63	1(8)
38	SMITH, Benjamin	Vancouver Thunderbirds	4:51.35	1(9)
39	STEIGER, William	Valley Royals	5:00.30	1(10)
40	DYCK, Jonah	fraser valley royals	5:00.79	1(11)
41	RASQUINHA, Samuel	VRTC	5:10.52	1(12)
	WASSENAAR, Arie	Valley Royals	DNS	1

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#8 Men's 1500 Meters (cont'd)

Pl	Name	Team	Time	H(Pl)
	MCCLELLAND, Rory	Seattle Pacific	DNS	2
	BURSCH, Ethan	Western Washington	DNS	3
	PORTER, Kyle	UBCO	DNS	3
	OWEN, Jon	Seattle Pacific	DNS	3
	BIRO, Stefan	Coach W Athletics	DNS	3
	CASTRO, Jose	Simon Fraser	DNS	4
	MEKONNEN, Ephrem	Simon Fraser	DNS	4

SECTION RESULTS

Pl	Name	Team	Time
Section 1 of 4			
1	VAN SCHAGEN, Will	Valley Royals	4:26.13
2	DOMMANN, Marten	West Vancouver Track and	4:28.54
3	JAMES, Sikich	Unattached	4:28.88
4	ZHANG, John	WVTFC	4:31.18
5	GIBNEY, Zachary	Coq. Cheetahs	4:31.90
6	DHILLON, Aman	West Van Track Club	4:32.39
7	DHALIWAL, Rohin	WVTFC	4:41.09
8	LIN, Paxton	Vancouver Thunderbirds	4:50.63
9	SMITH, Benjamin	Vancouver Thunderbirds	4:51.35
10	STEIGER, William	Valley Royals	5:00.30
11	DYCK, Jonah	fraser valley royals	5:00.79
12	RASQUINHA, Samuel	VRTC	5:10.52
	WASSENAAR, Arie	Valley Royals	DNS
Section 2 of 4			
1	SHEIRBON, Ben	Seattle Pacific	4:11.99
2	BAUMGART, Mark	Vancouver Thunderbirds	4:12.48
3	LASCELLE, Mackenzie	VRTC	4:12.54
4	MAY, Samuel	Valley Royals	4:13.31
5	WOODROW, Hayden	Unattached	4:18.15
6	FRANCO, Kade	Seattle Pacific	4:18.22
7	SIMMONDS, Riley	Valley Royals	4:20.31
8	BOUTIN, Colin	Seattle Pacific	4:20.44
9	CINO, Sebastian	Unattached	4:22.22
	MCCLELLAND, Rory	Seattle Pacific	DNS
Section 3 of 4			
1	SCHIMMELPENNINCK VAN, Sacha	British Columbia	4:02.86
2	RITTER, Alec	Western Washington	4:04.16
3	MOLINA, Mark	Valley Royals Track & Field	4:04.26
4	SADA, Bernardo	Ocean Athletics	4:07.34
5	TIWANA, Jaiveer	British Columbia	4:08.42
6	JENSEN, Ryan	Simon Fraser	4:09.59
7	MIJARES, Ignacio	Tbirds	4:12.68
8	LOGIE, Micah	Simon Fraser	4:16.46
9	MOORE, Brendan	Simon Fraser	4:22.34
	BURSCH, Ethan	Western Washington	DNS

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#8 Men's 1500 Meters (cont'd)

Pl	Name	Team	Time
	PORTER, Kyle	UBCO	DNS
	OWEN, Jon	Seattle Pacific	DNS
	BIRO, Stefan	Coach W Athletics	DNS

Section 4 of 4

1	HARDY, Spencer	British Columbia	3:57.97
2	WARREN, Calahan	Unattached	3:58.37
3	KRAMER, Liam	British Columbia	4:01.29
4	MILLER, Riley	British Columbia	4:03.17
5	PERRIER, John	British Columbia	4:03.90
6	KORTA, Kaleb	Western Washington	4:04.80
7	MILLER, Aiden	British Columbia	4:06.09
8	DWYER, Liam	British Columbia	4:06.51
9	AHL, Braden	Simon Fraser	4:09.35
10	MLOTSHWA, Charlie	Prairie Inn Harriers	4:09.64
11	MACKWAE, Bill	British Columbia	4:24.47
	CASTRO, Jose	Simon Fraser	DNS
	MEKONNEN, Ephrem	Simon Fraser	DNS

#9 Women's 100 Meters

Pl	Name	Team	Time	H(Pl)
1	SOBKOWICH, Hanna	British Columbia	12.07 (+1.8)	3(1)
2	CUMMINGS, Jaeland	Simon Fraser	12.42 (+1.8)	3(2)
3	SELF, Makenna	Coq. Cheetahs	12.45 (+1.8)	3(3)
4	CHATWIN, Kerlinda	Vancouver Thunderbirds	12.65 (+1.8)	3(4)
5	TENN, Alexandra	Unattached	12.83 (+1.8)	3(5)
6	ADOMI, Aliyah	Coq. Cheetahs	12.87 (+2.0)	2(1)
7	CHUNG, Candice	Coq. Cheetahs	13.00 (+2.0)	2(2)
8	POLKINGHORN, Hannah	Western Washington	13.01 (+1.8)	3(6)
9	SELF, Delaney	Coq. Cheetahs	13.08 (+2.0)	2(3)
10	TRESNJO, Marlena	NorWesters	13.13 (+3.4)	1(1)
11	KENNEDY-HAILU, Serena	Coq. Cheetahs	13.16 (+1.8)	3(7)
12	ROBINSON, Olivia	Royal City Track and Field	13.34 (+3.4)	1(2)
13	SERBAN, Alissa	Vancouver Thunderbirds	13.71 (+3.4)	1(3)
14	VENNESLAND, Audrey	NorWesters	14.07 (+3.4)	1(4)
15	BLONDEAU, Sierra	Coq. Cheetahs	15.15 (+3.4)	1(5)
	JACOBS, Cailey	Simon Fraser	DNS	2
	CANNAN, Emma	Simon Fraser	DNS	3

SECTION RESULTS

Pl	Name	Team	Time
Section 1 of 3			Wind: (+3.4)
1	TRESNJO, Marlena	NorWesters	13.13
2	ROBINSON, Olivia	Royal City Track and Field	13.34
3	SERBAN, Alissa	Vancouver Thunderbirds	13.71
4	VENNESLAND, Audrey	NorWesters	14.07
5	BLONDEAU, Sierra	Coq. Cheetahs	15.15
Section 2 of 3			Wind: (+2.0)

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RESULTS**#9 Women's 100 Meters (cont'd)**

Pl	Name	Team	Time
1	ADOMI, Aliyah	Coq. Cheetahs	12.87
2	CHUNG, Candice	Coq. Cheetahs	13.00
3	SELF, Delaney	Coq. Cheetahs	13.08
	JACOBS, Cailey	Simon Fraser	DNS

Section 3 of 3**Wind: (+1.8)**

1	SOBKOWICH, Hanna	British Columbia	12.07
2	CUMMINGS, Jaeland	Simon Fraser	12.42
3	SELF, Makenna	Coq. Cheetahs	12.45
4	CHATWIN, Kerlinda	Vancouver Thunderbirds	12.65
5	TENN, Alexandra	Unattached	12.83
6	POLKINGHORN, Hannah	Western Washington	13.01
7	KENNEDY-HAILU, Serena	Coq. Cheetahs	13.16
	CANNAN, Emma	Simon Fraser	DNS

#10 Men's 100 Meters

Pl	Name	Team	Time	H(Pl)
1	PARIS, Nathaniel	British Columbia	10.62 (+2.8)	4(1)
2	PENSON-MCCOY, Jesaiah	Simon Fraser	10.75 (+2.8)	4(2)
3	SUZUKI, Kaito	Simon Fraser	10.88 (+2.8)	4(3)
4	ODONNELL, Liam	Vancouver Thunderbirds	10.88 (+1.9)	3(1)
5	GANZ, Tony	British Columbia	11.08 (+1.9)	3(2)
6	GRUNINGER, Calib	Coq. Cheetahs	11.10 (+2.8)	4(4)
7	BEECROFT, Riley	British Columbia	11.12 (+2.8)	4(5)
8	DAVIS, Shemar	Unattached	11.15 (+2.8)	4(6)
9	SORIANO, Jason	British Columbia	11.16 (+2.8)	4(7)
10	BELCHER, Jeremy	Simon Fraser	11.16 (+2.8)	4(8)
11	JOHNSON, Jaden	Western Washington	11.29 (+1.9)	3(3)
12	GEORGAS, Constantine	Vancouver Thunderbirds	11.31 (+1.9)	3(4)
13	MOONSAMY, Krescyn	Nanaimo Track and Field Cl	11.38 (+0.8)	2(1)
14	CUSTODIO, Matthew	Coq. Cheetahs	11.39 (+1.9)	3(5)
15	LAU, Chun Yau Adrian	Vancouver Thunderbirds	11.42 (+1.9)	3(6)
16	VONGPHET, Anouthai	Western Washington	11.44 (+0.8)	2(2)
17	HENRY, Stirling	Nanaimo Track & field	11.63 (+0.8)	2(3)
18	ZAMAN, Saif	Thunderbirds	11.72 (+1.9)	3(7)
19	SEALS, Austin	Western Washington	11.83 (+0.8)	2(4)
20	MARSHALL, Jack	NorWesters	11.86 (+2.4)	1(1)
21	DUBOUCHET, Raphael	NorWesters	12.02 (+2.4)	1(2)
22	SILVA, Ranuga	Ocean Athletics	12.04 (+0.8)	2(5)
23	BAPTISTE, Matt	Unattached	12.17 (+2.4)	1(3)
24	NYANDORO, Alex	Unattached	12.28 (+2.4)	1(4)
25	PIERCE, Conner	British Columbia	14.39 (+2.4)	1(5)
26	KANG, Mike	Unattached	14.97 (+2.4)	1(6)
	YEUNG, Jack	Vancouver Thunderbirds	DNS	1
	FURTADO, Blake	Simon Fraser	DNS	2
	GIBBS, Mitchell	Simon Fraser	DNS	2
	ZHANG, Danni	Vancouver Thunderbirds	DNS	2
	MONRO, Nicholas	Simon Fraser	DNS	3

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#10 Men's 100 Meters (cont'd)**SECTION RESULTS**

Pl	Name	Team	Time
Section 1 of 4			Wind: (+2.4)
1	MARSHALL, Jack	NorWesters	11.86
2	DUBOUCHET, Raphael	NorWesters	12.02
3	BAPTISTE, Matt	Unattached	12.17
4	NYANDORO, Alex	Unattached	12.28
5	PIERCE, Conner	British Columbia	14.39
6	KANG, Mike	Unattached	14.97
	YEUNG, Jack	Vancouver Thunderbirds	DNS
Section 2 of 4			Wind: (+0.8)
1	MOONSAMY, Krescyn	Nanaimo Track and Field Cl	11.38
2	VONGPHET, Anouthai	Western Washington	11.44
3	HENRY, Stirling	Nanaimo Track & field	11.63
4	SEALS, Austin	Western Washington	11.83
5	SILVA, Ranuga	Ocean Athletics	12.04
	FURTADO, Blake	Simon Fraser	DNS
	GIBBS, Mitchell	Simon Fraser	DNS
	ZHANG, Danni	Vancouver Thunderbirds	DNS
Section 3 of 4			Wind: (+1.9)
1	ODONNELL, Liam	Vancouver Thunderbirds	10.88
2	GANZ, Tony	British Columbia	11.08
3	JOHNSON, Jaden	Western Washington	11.29
4	GEORGAS, Constantine	Vancouver Thunderbirds	11.31
5	CUSTODIO, Matthew	Coq. Cheetahs	11.39
6	LAU, Chun Yau Adrian	Vancouver Thunderbirds	11.42
7	ZAMAN, Saif	Thunderbirds	11.72
	MONRO, Nicholas	Simon Fraser	DNS
Section 4 of 4			Wind: (+2.8)
1	PARIS, Nathaniel	British Columbia	10.62
2	PENSON-MCCOY, Jesaiah	Simon Fraser	10.75
3	SUZUKI, Kaito	Simon Fraser	10.88
4	GRUNINGER, Calib	Coq. Cheetahs	11.10
5	BEECROFT, Riley	British Columbia	11.12
6	DAVIS, Shemar	Unattached	11.15
7	SORIANO, Jason	British Columbia	11.16
8	BELCHER, Jeremy	Simon Fraser	11.16

#11 Women's 400 Meters

Pl	Name	Team	Time	H(Pl)
1	ANDREWS-PAUL, Alison	Unattached	56.26	2(1)
2	BOSMA, Claire	Simon Fraser	58.04	2(2)
3	SMITH, Cayla	British Columbia	58.56	2(3)
4	BINDER, Erika	Simon Fraser	59.66	2(4)
5	JACOBS, Jordan	Simon Fraser	1:01.73	2(5)
6	BEUTHIN, Michela	Coq. Cheetahs	1:02.30	1(1)
7	ROBERTSON, Veronica	Simon Fraser	1:02.33	2(6)
8	SMITH, Charisma	Seattle Pacific	1:02.35	2(7)

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#11 Women's 400 Meters (cont'd)

Pl	Name	Team	Time	H(Pl)
9	ROHU, Robin	Coq. Cheetahs	1:03.91	1(2)
10	GRUBER, Jenna	WVTFC	1:11.03	1(3)
	SMIEGELSKI, Natasha	Simon Fraser	DNS	1

SECTION RESULTS

Pl	Name	Team	Time
Section 1 of 2			
1	BEUTHIN, Michela	Coq. Cheetahs	1:02.30
2	ROHU, Robin	Coq. Cheetahs	1:03.91
3	GRUBER, Jenna	WVTFC	1:11.03
	SMIEGELSKI, Natasha	Simon Fraser	DNS

Section 2 of 2

1	ANDREWS-PAUL, Alison	Unattached	56.26
2	BOSMA, Claire	Simon Fraser	58.04
3	SMITH, Cayla	British Columbia	58.56
4	BINDER, Erika	Simon Fraser	59.66
5	JACOBS, Jordan	Simon Fraser	1:01.73
6	ROBERTSON, Veronica	Simon Fraser	1:02.33
7	SMITH, Charisma	Seattle Pacific	1:02.35

#12 Men's 400 Meters

Pl	Name	Team	Time	H(Pl)
1	ADHEMAR, Joshua	Coq. Cheetahs	50.41	3(1)
2	BRENEK, Lucas	Western Washington	50.61	3(2)
3	PARIS, Nathaniel	British Columbia	50.67	3(3)
4	OLADUNTOYE, Faizal	Coq. Cheetahs	50.80	2(1)
5	WOODRING, Maurice	Western Washington	50.84	2(2)
6	PINTO, Denzel	Western Washington	50.84	2(3)
7	ALLEN, Felix	Simon Fraser	51.06	3(4)
8	SCHMIDT, Jordan	Simon Fraser	51.36	3(5)
9	AMENTA, Anthony	Coq. Cheetahs	51.84	2(4)
10	THOMSON, Andrew	Simon Fraser	52.28	3(6)
11	GOOD, Aiden	Simon Fraser	52.45	3(7)
12	UDE, Paul	Vancouver Thunderbird	53.86	1(1)
13	ESLEYER, Gavin	Nanaimo Track and Field Cl	54.48	1(2)
14	GILL, Holden	Unattached	54.72	2(5)
15	MORAN, Ethan	Vancouver Thunderbirds	55.25	1(3)
16	WOODARD, Gabe	Seattle Pacific	55.41	1(4)
17	WITTRELL, Solomon	Seattle Pacific	55.48	2(6)
18	YU, An	KAJAKS	55.79	1(5)
19	YANEZ, Ignacio	Unattached	57.15	1(6)
20	HURTUBISE, Hayden	Langley Mustangs	1:00.15	1(7)
21	SVELANDER, Santos	VRTC	1:00.90	1(8)
	CIARNIELLO, Dean	British Columbia	DNF	2
	GEORGE, Nathan	Coq. Cheetahs	DNS	3

SECTION RESULTS

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#12 Men's 400 Meters (cont'd)

Pl	Name	Team	Time
Section 1 of 3			
1	UDE, Paul	Vancouver Thunderbird	53.86
2	ESLEYER, Gavin	Nanaimo Track and Field Cl	54.48
3	MORAN, Ethan	Vancouver Thunderbirds	55.25
4	WOODARD, Gabe	Seattle Pacific	55.41
5	YU, An	KAJAKS	55.79
6	YANEZ, Ignacio	Unattached	57.15
7	HURTUBISE, Hayden	Langley Mustangs	1:00.15
8	SVELANDER, Santos	VRTC	1:00.90
Section 2 of 3			
1	OLADUNTOYE, Faizal	Coq. Cheetahs	50.80
2	WOODRING, Maurice	Western Washington	50.84
3	PINTO, Denzel	Western Washington	50.84
4	AMENTA, Anthony	Coq. Cheetahs	51.84
5	GILL, Holden	Unattached	54.72
6	WITTRELL, Solomon	Seattle Pacific	55.48
	CIARNIELLO, Dean	British Columbia	DNF
Section 3 of 3			
1	ADHEMAR, Joshua	Coq. Cheetahs	50.41
2	BRENEK, Lucas	Western Washington	50.61
3	PARIS, Nathaniel	British Columbia	50.67
4	ALLEN, Felix	Simon Fraser	51.06
5	SCHMIDT, Jordan	Simon Fraser	51.36
6	THOMSON, Andrew	Simon Fraser	52.28
7	GOOD, Aiden	Simon Fraser	52.45
	GEORGE, Nathan	Coq. Cheetahs	DNS

#13 Men's 5000 Meters

Pl	Name	Team	Time
1	SOUZA-PONCE, Eric Anthony	Western Washington	14:58.78
2	MULUGETA, Yemane	Ocean Athletics	15:01.72
3	SANDS, Sean	Western Washington	15:02.60
4	ZEWDU, Daniel Mulushet	Prairie Inn Harriers	15:19.34
5	PORTER, Kyle	UBCO	15:31.84
6	WEBSTER, Jacob	Vikes	15:34.67
7	SOMERVILLE, Thomas	Unattached	15:36.83
8	BLINN, Jason	Western Washington	15:39.61
9	JONES, Aidan	Western Washington	16:06.43
10	YUZDEPSKI, Mathias	Uvic Club Team	16:09.82
11	VENABLE, Isaac	Seattle Pacific	16:16.87
12	NORMAN, Anders	Western Washington	16:17.48
13	GALE, Nathaniel	Seattle Pacific	16:32.54
14	ENDRESEN, Gabe	Seattle Pacific	16:33.16

EMILIE MONDOR INVITATIONAL

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#14 Women's 800 Meters

Pl	Name	Team	Time	H(Pl)
1	O'CONNOR, Haley	Bellingham Distance Projec	2:10.52	2(1)
2	ROXBY, Megan	Simon Fraser	2:10.94	2(2)
3	MORTIMER, Rachel	British Columbia	2:12.39	2(3)
4	CROCKER, Mia	Western Washington	2:13.26	2(4)
5	WRIGHT, Sophie	Western Washington	2:15.06	2(5)
6	CAMERON, Kate	Simon Fraser	2:15.23	2(6)
7	VANDERPUT, Elizabeth	Simon Fraser	2:16.09	2(7)
8	MICHAEL, Libby	Seattle Pacific	2:16.88	2(8)
9	LEDESMA, Marian	Western Washington	2:16.92	2(9)
10	BASSETT, Elie	Western Washington	2:17.89	2(10)
11	PRANGLEY, Sarah	Simon Fraser	2:18.31	2(11)
12	CHILTON, Emily	Simon Fraser	2:19.07	2(12)
13	TASDEMIR, Selin	Simon Fraser	2:19.45	1(1)
14	O'BRIEN, Rory	West Vancouver Track and	2:20.28	1(2)
15	BUITELAAR, Adrianna	Valley Royals (VRTC)	2:20.41	1(3)
16	KROONTJE, Emmy	Western Washington	2:21.11	1(4)
17	EPP, Maggie	fraser valley royals	2:22.32	1(5)
18	RANAHAN, Alicia	Simon Fraser	2:23.78	1(6)
19	WATKINS, Rachael	Simon Fraser	2:25.72	2(13)
20	LAWLOR, Brooke	UBCO	2:26.87	1(7)
21	UNGER, Zoe	Valley Royals	2:26.92	1(8)
22	HIGGINS, Skye	Vancouver Thunderbirds	2:28.57	1(9)
23	SMIEGELSKI, Natasha	Simon Fraser	2:32.78	1(10)
24	NGOBI, Kalima	Coq. Cheetahs	2:37.44	1(11)
25	HALWAS, Jasmine	Valley Royals	2:46.23	1(12)
26	MEYANG, Manuela	Coq. Cheetahs	2:49.40	1(13)

SECTION RESULTS

Pl	Name	Team	Time
Section 1 of 2			
1	TASDEMIR, Selin	Simon Fraser	2:19.45
2	O'BRIEN, Rory	West Vancouver Track and	2:20.28
3	BUITELAAR, Adrianna	Valley Royals (VRTC)	2:20.41
4	KROONTJE, Emmy	Western Washington	2:21.11
5	EPP, Maggie	fraser valley royals	2:22.32
6	RANAHAN, Alicia	Simon Fraser	2:23.78
7	LAWLOR, Brooke	UBCO	2:26.87
8	UNGER, Zoe	Valley Royals	2:26.92
9	HIGGINS, Skye	Vancouver Thunderbirds	2:28.57
10	SMIEGELSKI, Natasha	Simon Fraser	2:32.78
11	NGOBI, Kalima	Coq. Cheetahs	2:37.44
12	HALWAS, Jasmine	Valley Royals	2:46.23
13	MEYANG, Manuela	Coq. Cheetahs	2:49.40
Section 2 of 2			
1	O'CONNOR, Haley	Bellingham Distance Projec	2:10.52
2	ROXBY, Megan	Simon Fraser	2:10.94

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#14 Women's 800 Meters (cont'd)

Pl	Name	Team	Time
3	MORTIMER, Rachel	British Columbia	2:12.39
4	CROCKER, Mia	Western Washington	2:13.26
5	WRIGHT, Sophie	Western Washington	2:15.06
6	CAMERON, Kate	Simon Fraser	2:15.23
7	VANDERPUT, Elizabeth	Simon Fraser	2:16.09
8	MICHAEL, Libby	Seattle Pacific	2:16.88
9	LEDESMA, Marian	Western Washington	2:16.92
10	BASSETT, Elie	Western Washington	2:17.89
11	PRANGLEY, Sarah	Simon Fraser	2:18.31
12	CHILTON, Emily	Simon Fraser	2:19.07
13	WATKINS, Rachael	Simon Fraser	2:25.72

#15 Men's 800 Meters

Pl	Name	Team	Time	H(Pl)
1	FISHER, Paul	British Columbia	1:54.88	4(1)
2	BLOOM, Jonah	Western Washington	1:55.42	4(2)
3	CHAPMAN, Tomas	Simon Fraser	1:56.01	4(3)
4	CASTRO, Jose	Simon Fraser	1:56.10	4(4)
5	PALMEN, Connor	Western Washington	1:56.93	4(5)
6	BOGALE, Kirubel	Simon Fraser	1:57.68	4(6)
7	TORRES, Richard	Unattached	1:57.97	4(7)
8	EIFERT, Ian	Western Washington	1:58.30	3(1)
9	CRESPI, Adam	British Columbia	1:58.79	3(2)
10	MOLINA, Mark	Valley Royals Track & Field	1:59.14	3(3)
11	MEKONNEN, Ephrem	Simon Fraser	1:59.62	4(8)
12	SADA, Bernardo	Ocean Athletics	1:59.65	3(4)
13	GRANDI CAPPELLANO, Matteo	Vancouver Thunderbird	1:59.97	3(5)
14	IVANOVIC, Adam	Unattached	2:00.16	3(6)
15	MEADOWS, Devon	British Columbia	2:00.72	3(7)
16	CURTIS, Joseph	Unattached	2:01.17	4(9)
17	WARREN, Calahan	Unattached	2:02.19	4(10)
18	KEARY-MATZNER, Benjamin	Vancouver Thunderbirds	2:03.03	2(1)
19	LASCELLE, Mackenzie	VRTC	2:04.60	2(2)
20	VAN DIJK, Oliver	WVTF	2:04.77	2(3)
21	JIVRAJ, Keyaan	West Vancouver Track & Fi	2:05.79	2(4)
22	POWELL, Miles	Prairie Inn Harriers	2:06.10	2(5)
23	MAY, Samuel	Valley Royals	2:06.52	2(6)
24	VAN SCHAGEN, Will	Valley Royals	2:08.66	2(7)
25	NAKANISHI, Atata	Valley Royals	2:08.98	1(1)
26	SIMMONDS, Riley	Valley Royals	2:09.23	1(2)
27	PLESU, George	Coq. Cheetahs	2:10.11	1(3)
28	MEIER, Nolan	Vancouver Thunderbirds	2:10.61	2(8)
29	SHEIRBON, Ben	Seattle Pacific	2:12.45	1(4)
30	HUSSAIN, Ammad	Vancouver Thunderbirds T	2:14.27	1(5)
31	NORTON, Myles	Vancouver Thunderbirds	2:14.39	1(6)
32	FRANCO, Kade	Seattle Pacific	2:15.40	2(9)
33	BARON, Gavin	Coq. Cheetahs	2:16.95	1(7)

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#15 Men's 800 Meters (cont'd)

Pl	Name	Team	Time	H(Pl)
34	BROWN, Jordan	West Vancouver Track and	2:20.12	1(8)
35	RASQUINHA, Samuel	VRTC	2:36.84	1(9)
	STEIGER, William	Valley Royals	DNS	1
	WASSENAAR, Arie	Valley Royals	DNS	1
	JENSEN, Ryan	Simon Fraser	DNS	3
	PORTER, Kyle	UBCO	DNS	2
	MCFADYEN, James	Tbirds	DNS	3
	MOORE, Brendan	Simon Fraser	DNS	3
	OWEN, Jon	Seattle Pacific	DNS	3
	MCCLELLAND, Rory	Seattle Pacific	NT	2

SECTION RESULTS

Pl	Name	Team	Time
Section 1 of 4			
1	NAKANISHI, Atata	Valley Royals	2:08.98
2	SIMMONDS, Riley	Valley Royals	2:09.23
3	PLESU, George	Coq. Cheetahs	2:10.11
4	SHEIRBON, Ben	Seattle Pacific	2:12.45
5	HUSSAIN, Ammad	Vancouver Thunderbirds T	2:14.27
6	NORTON, Myles	Vancouver Thunderbirds	2:14.39
7	BARON, Gavin	Coq. Cheetahs	2:16.95
8	BROWN, Jordan	West Vancouver Track and	2:20.12
9	RASQUINHA, Samuel	VRTC	2:36.84
	STEIGER, William	Valley Royals	DNS
	WASSENAAR, Arie	Valley Royals	DNS

Section 2 of 4			
1	KEARY-MATZNER, Benjamin	Vancouver Thunderbirds	2:03.03
2	LASCELLE, Mackenzie	VRTC	2:04.60
3	VAN DIJK, Oliver	WVTFC	2:04.77
4	JIVRAJ, Keyaan	West Vancouver Track & Fi	2:05.79
5	POWELL, Miles	Prairie Inn Harriers	2:06.10
6	MAY, Samuel	Valley Royals	2:06.52
7	VAN SCHAGEN, Will	Valley Royals	2:08.66
8	MEIER, Nolan	Vancouver Thunderbirds	2:10.61
9	FRANCO, Kade	Seattle Pacific	2:15.40
	PORTER, Kyle	UBCO	DNS
	MCCLELLAND, Rory	Seattle Pacific	NT

Section 3 of 4			
1	EIFERT, Ian	Western Washington	1:58.30
2	CRESPI, Adam	British Columbia	1:58.79
3	MOLINA, Mark	Valley Royals Track & Field	1:59.14
4	SADA, Bernardo	Ocean Athletics	1:59.65
5	GRANDI CAPPELLANO, Matteo	Vancouver Thunderbird	1:59.97
6	IVANOVIC, Adam	Unattached	2:00.16
7	MEADOWS, Devon	British Columbia	2:00.72
	JENSEN, Ryan	Simon Fraser	DNS

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#15 Men's 800 Meters (cont'd)

Pl	Name	Team	Time
	MCFADYEN, James	Tbirds	DNS
	MOORE, Brendan	Simon Fraser	DNS
	OWEN, Jon	Seattle Pacific	DNS

Section 4 of 4

1	FISHER, Paul	British Columbia	1:54.88
2	BLOOM, Jonah	Western Washington	1:55.42
3	CHAPMAN, Tomas	Simon Fraser	1:56.01
4	CASTRO, Jose	Simon Fraser	1:56.10
5	PALMEN, Connor	Western Washington	1:56.93
6	BOGALE, Kirubel	Simon Fraser	1:57.68
7	TORRES, Richard	Unattached	1:57.97
8	MEKONNEN, Ephrem	Simon Fraser	1:59.62
9	CURTIS, Joseph	Unattached	2:01.17
10	WARREN, Calahan	Unattached	2:02.19

#16 Women's 200 Meters

Pl	Name	Team	Time	H(Pl)
1	SOBKOWICH, Hanna	British Columbia	25.35 (+1.9)	3(1)
2	SELF, Makenna	Coq. Cheetahs	25.99 (+1.9)	3(2)
3	POLKINGHORN, Hannah	Western Washington	26.20 (+1.9)	3(3)
4	TENN, Alexandra	Unattached	26.65 (+1.9)	3(4)
5	BEUTHIN, Michela	Coq. Cheetahs	26.68 (+2.4)	2(1)
6	SELF, Delaney	Coq. Cheetahs	27.28 (+2.4)	2(2)
7	ADOMI, Aliyah	Coq. Cheetahs	27.51 (+2.4)	2(3)
8	CHUNG, Candice	Coq. Cheetahs	27.51 (+2.1)	1(1)
9	SCHOENROTH, Alexis	Langley Mustangs	28.11 (+2.1)	1(2)
	SERBAN, Alissa	Vancouver Thunderbirds	DNS	1
	LAGERWEY, Matty	Western Washington	DNS	1
	MCCREADY, Alessandra	Unattached	DNS	2
	TRESNJO, Marlena	NorWesters	DNS	2
	JACOBS, Jordan	Simon Fraser	DNS	2
	BINDER, Erika	Simon Fraser	DNS	3
	CUMMINGS, Jaeland	Simon Fraser	DNS	3
	BOSMA, Claire	Simon Fraser	DNS	3
	KENNEDY-HAILU, Serena	Coq. Cheetahs	DNS	3

SECTION RESULTS

Pl	Name	Team	Time
Section 1 of 3			Wind: (+2.1)
1	CHUNG, Candice	Coq. Cheetahs	27.51
2	SCHOENROTH, Alexis	Langley Mustangs	28.11
	SERBAN, Alissa	Vancouver Thunderbirds	DNS
	LAGERWEY, Matty	Western Washington	DNS
Section 2 of 3			Wind: (+2.4)
1	BEUTHIN, Michela	Coq. Cheetahs	26.68
2	SELF, Delaney	Coq. Cheetahs	27.28
3	ADOMI, Aliyah	Coq. Cheetahs	27.51

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#16 Women's 200 Meters (cont'd)

Pl	Name	Team	Time
	MCCREADY, Alessandra	Unattached	DNS
	TRESNJO, Marlena	NorWesters	DNS
	JACOBS, Jordan	Simon Fraser	DNS

Section 3 of 3**Wind: (+1.9)**

1	SOBKOWICH, Hanna	British Columbia	25.35
2	SELF, Makenna	Coq. Cheetahs	25.99
3	POLKINGHORN, Hannah	Western Washington	26.20
4	TENN, Alexandra	Unattached	26.65
	BINDER, Erika	Simon Fraser	DNS
	CUMMINGS, Jaeland	Simon Fraser	DNS
	BOSMA, Claire	Simon Fraser	DNS
	KENNEDY-HAILU, Serena	Coq. Cheetahs	DNS

#17 Men's 200 Meters

Pl	Name	Team	Time	H(Pl)
1	GEORGE, Nathan	Coq. Cheetahs	21.57 (+1.4)	4(1)
2	PENSON-MCCOY, Jesaiah	Simon Fraser	22.09 (+1.4)	4(2)
3	DAVIS, Shemar	Unattached	22.21 (+1.4)	4(3)
4	WOODRING, Maurice	Western Washington	22.40 (+1.4)	4(4)
5	SUZUKI, Kaito	Simon Fraser	22.41 (+1.4)	4(5)
6	ADHEMAR, Joshua	Coq. Cheetahs	22.64 (+1.4)	4(6)
7	GANZ, Tony	British Columbia	22.89 (+1.5)	2(1)
8	VIRIRI, Tinashe	Coq. Cheetahs	23.04 (+0.6)	3(1)
9	JOHNSON, Jaden	Western Washington	23.13 (+0.6)	3(2)
10	ODONNELL, Liam	Vancouver Thunderbirds	23.14 (+0.6)	3(3)
11	MONRO, Nicholas	Simon Fraser	23.51 (+0.6)	3(4)
12	GEORGAS, Constantine	Vancouver Thunderbirds	23.51 (+0.6)	3(5)
13	BRENEK, Lucas	Western Washington	23.57 (+1.4)	4(7)
14	HENRY, Stirling	Nanaimo Track & field	23.65 (+0.6)	3(6)
15	MOONSAMY, Krescyn	Nanaimo Track and Field Cl	23.66 (+1.5)	2(2)
16	PINTO, Denzel	Western Washington	23.70 (+1.5)	2(3)
17	WITTRELL, Solomon	Seattle Pacific	24.36 (+2.5)	1(1)
18	MARSHALL, Jack	NorWesters	24.52 (+2.5)	1(2)
19	SILVA, Ranuga	Ocean Athletics	24.89 (+1.5)	2(4)
20	ESLEYER, Gavin	Nanaimo Track and Field Cl	25.03 (+2.5)	1(3)
21	BELLEFONTAINE, Matt	Coq. Cheetahs	25.16 (+1.5)	2(5)
22	AGBAYANI, Carl Joshua	Vancouver Thunderbirds	25.58 (+2.5)	1(4)
23	YANEZ, Ignacio	Unattached	26.22 (+2.5)	1(5)
24	NYANDORO, Alex	Unattached	26.45 (+2.5)	1(6)
25	PIERCE, Conner	British Columbia	30.68 (+2.5)	1(7)
	JOHNSON, Ethan	Western Washington	DNS	2
	ZHANG, Danni	Vancouver Thunderbirds	DNS	2
	CUSTODIO, Matthew	Coq. Cheetahs	DNS	2
	YEUNG, Jack	Vancouver Thunderbirds	DNS	1
	VONGPHET, Anouthai	Western Washington	DNS	3
	LAU, Chun Yau Adrian	Vancouver Thunderbirds	DNS	3
	GRUNINGER, Calib	Coq. Cheetahs	DNS	4

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#17 Men's 200 Meters (cont'd)**SECTION RESULTS**

Pl	Name	Team	Time
Section 1 of 4			Wind: (+2.5)
1	WITTRELL, Solomon	Seattle Pacific	24.36
2	MARSHALL, Jack	NorWesters	24.52
3	ESLEYER, Gavin	Nanaimo Track and Field Cl	25.03
4	AGBAYANI, Carl Joshua	Vancouver Thunderbirds	25.58
5	YANEZ, Ignacio	Unattached	26.22
6	NYANDORO, Alex	Unattached	26.45
7	PIERCE, Conner	British Columbia	30.68
	YEUNG, Jack	Vancouver Thunderbirds	DNS
Section 2 of 4			Wind: (+1.5)
1	GANZ, Tony	British Columbia	22.89
2	MOONSAMY, Krescyn	Nanaimo Track and Field Cl	23.66
3	PINTO, Denzel	Western Washington	23.70
4	SILVA, Ranuga	Ocean Athletics	24.89
5	BELLEFONTAINE, Matt	Coq. Cheetahs	25.16
	JOHNSON, Ethan	Western Washington	DNS
	ZHANG, Danni	Vancouver Thunderbirds	DNS
	CUSTODIO, Matthew	Coq. Cheetahs	DNS
Section 3 of 4			Wind: (+0.6)
1	VIRIRI, Tinashe	Coq. Cheetahs	23.04
2	JOHNSON, Jaden	Western Washington	23.13
3	ODONNELL, Liam	Vancouver Thunderbirds	23.14
4	MONRO, Nicholas	Simon Fraser	23.51
5	GEORGAS, Constantine	Vancouver Thunderbirds	23.51
6	HENRY, Stirling	Nanaimo Track & field	23.65
	VONGPHET, Anouthai	Western Washington	DNS
	LAU, Chun Yau Adrian	Vancouver Thunderbirds	DNS
Section 4 of 4			Wind: (+1.4)
1	GEORGE, Nathan	Coq. Cheetahs	21.57
2	PENSON-MCCOY, Jesaiah	Simon Fraser	22.09
3	DAVIS, Shemar	Unattached	22.21
4	WOODRING, Maurice	Western Washington	22.40
5	SUZUKI, Kaito	Simon Fraser	22.41
6	ADHEMAR, Joshua	Coq. Cheetahs	22.64
7	BRENEK, Lucas	Western Washington	23.57
	GRUNINGER, Calib	Coq. Cheetahs	DNS

#18 Women 400m Hurdles 30"

Pl	Name	Team	Time
1	MANSFIELD, Brooke	Western Washington	1:06.82
2	MARTIN, Haley	Nanaimo Track and Field Cl	1:07.61
3	NICHOL, Claire	Vancouver Thunderbirds	1:08.76
4	PORTER, Isabella	Western Washington	1:09.67
	BATES, Naomi	Western Washington	DNS

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#19 Men 400m Hurdles 36"

Pl	Name	Team	Time
1	LENTON, Jorin	Simon Fraser	55.27
2	EDWARDS, Jaden	Western Washington	56.00
3	MARTELLES, Sean	Western Washington	57.32
4	MCQUEEN, Jaelin	Western Washington	1:01.90

#20 Women's 5000 Meters

Pl	Name	Team	Time
1	BRAWDY, Elijah	UBCO	17:20.61
2	NOWICKI, Sophia	Cochrane Endurance Proje	17:39.35
3	BECKETT, Marley	British Columbia	17:59.27
4	DOORENSPLEET, Zoe	British Columbia	17:59.64
5	PARKER, Alanna	Western Washington	18:17.10
6	SMITH, Emma	Western Washington	18:23.05
7	PARKER, Alexis	Western Washington	18:24.22
8	KALISCH, Milena	Simon Fraser	18:31.39
9	MARION, Ella	Simon Fraser	18:31.43
	BECKER, Kyla	British Columbia	DNF

#22 Women's 4 x 400m Relay

Pl	Team	Time
1	Western Washington (A)	4:07.12
	Simon Fraser (A)	DNS

#23 Men's 4 x 400m Relay

Pl	Team	Time
1	Simon Fraser (A)	3:26.44
2	Western Washington (A)	3:30.41
	Simon Fraser (B)	DNS

#24 Women Hammer 4Kg

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	HALL, Bella	British Columbia	51.76m	51.76	46.78	50.55	51.11	50.23	45.64
2	WESTFALL, Raine	Western Washingt	49.61m	FOUL	46.45	47.69	FOUL	47.25	49.61
3	CURTIS, Lauren	Kajaks Track and	48.56m	47.79	FOUL	FOUL	FOUL	FOUL	48.56
4	FRIESEN, Lauren	British Columbia	47.19m	FOUL	FOUL	FOUL	FOUL	46.93	47.19
5	HANGER, Kaitlyn	Simon Fraser	44.67m	44.67	40.18	FOUL	FOUL	44.05	43.74
6	LINIEWSKI, Zuzanna	Simon Fraser	44.36m	FOUL	FOUL	FOUL	42.89	FOUL	44.36
7	PUTZ, Katelyn	NTFC	39.28m	FOUL	FOUL	FOUL	FOUL	FOUL	39.28
8	PARKS, Mara	Western Washingt	37.19m	FOUL	FOUL	FOUL	FOUL	FOUL	37.19

#25 Men Hammer 7.26Kg

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	CAMPBELL, Miller	Western Washingt	53.91m	51.94	FOUL	FOUL	53.20	52.81	53.91
2	RAMOS, Angelo	Western Washingt	50.52m	47.85	50.52	FOUL	48.59	50.50	FOUL
3	DHEILLY-STURROCK, matthe	Royal City	41.27m	35.46	FOUL	41.27	39.54	FOUL	FOUL
4	SIMICICH, Nathan	Western Washingt	36.82m	FOUL	35.03	36.82	FOUL	FOUL	FOUL

EMILIE MONDOR INVITATIONAL

Burnaby, BC
Simon Fraser
April 8, 2023

MEET OFFICIALS

Meet Director:
Brit Townsend
Timing:
Jason Swan



OFFICIAL MEET REPORT
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RESULTS

#26 Women Discus 1Kg

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	POTTS, Katie	Western Washingt	42.97m	40.45	42.97	38.37	FOUL	39.69	41.42

#27 Men discus 2Kg

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	SIMICICH, Nathan	Western Washingt	35.46m	32.89	FOUL	32.39	34.31	35.35	35.46
	CAMPBELL, Miller	Western Washingt	DNS						
	NASAJPOUR, Shahrad	Unattached	DNS						

#30 Women's Long Jump

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	NAGRA, Jasleen	Vancouver Thund	5.08m (+0.1)	4.91 (-1.1)	FOUL	4.90 (+0.0)	FOUL	4.82 (+0.7)	5.08 (+0.1)
2	POLKINGHORN, Hannah	Western Washingt	5.00m (-1.3)	5.00 (-1.3)	4.84 (+0.0)	4.98 (+0.6)	4.23 (+0.0)	4.93 (+1.4)	4.99 (+0.0)
3	RONSE, Dominique	Simon Fraser	4.88m (+1.5)	FOUL	FOUL	4.76 (+0.2)	4.48 (-0.4)	4.76 (+0.3)	4.88 (+1.5)
4	PAUGH, Madison	Simon Fraser	4.78m (+1.4)	4.54 (+0.3)	FOUL	4.76 (+0.6)	FOUL	4.78 (+1.4)	FOUL
5	STEWART, Kyra	Simon Fraser	4.78m (+0.5)	FOUL	4.64 (-1.2)	4.78 (+0.5)	FOUL	4.56 (+1.0)	4.64 (+1.7)
6	PRIMROSE, Kennedy	Simon Fraser	4.64m (-0.8)	4.39 (-1.1)	4.59 (+0.0)	4.64 (-0.8)	4.52 (+0.5)	4.59 (+2.0)	PASS
7	TORRANCE, Allison	Vancouver Olympi	4.54m (-0.2)	4.34 (-0.6)	4.54 (-0.2)	4.51 (+0.2)	4.50 (-1.3)	PASS	PASS
8	COTE, Larissa	Simon Fraser	4.48m (+0.4)	4.48 (+0.4)	4.34 (+0.5)	FOUL	4.41 (+0.9)	FOUL	4.44 (+1.1)
9	WINDBIEL, Olivia	Simon Fraser	4.29m (+0.0)	4.00 (-0.8)	3.99 (+0.0)	4.29 (+0.0)			
	LAGERWEY, Matty	Western Washingt	DNS						
	JACOBS, Cailey	Simon Fraser	DNS						
	VENNESLAND, Audrey	NorWesters	DNS						

#31 Women's High Jump

Pl	Name	Team	Mark	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60
1	PIMBLETT, Sarah	British Columbia	1.55m	P	P	P	P	XXO	XXO	XO	XXX
2	WINDBIEL, Olivia	Simon Fraser	1.45m	P	P	O	P	XXO	XXX		
3	OSTROSSER, Chloe	Ocean Athletics	1.40m	O	O	O	O	XXX			
4	VERY, Nicole	Western Washingt	1.40m	P	P	P	XXO	XXX			
	KANIA, Sydney	Simon Fraser	DNS								
	STEWART, Isla	Unattached	DNS								

#32 Men's Triple Jump

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	LO, Lyle	Kajaks	14.04m (-0.7)	FOUL	13.33 (-1.4)	FOUL	14.04 (-0.7)	12.06 (-0.2)	13.53 (+0.0)
2	MENICKE, Gabe	Western Washingt	13.10m (-0.1)	FOUL	13.09 (-2.4)	13.03 (-3.4)	13.10 (-0.1)	FOUL	12.83 (-1.8)
3	SALISBURY, Zach	Simon Fraser	12.20m (-0.1)	12.20 (-0.1)	12.13 (-0.8)	12.04 (-2.3)	11.91 (+0.0)	FOUL	12.06 (-0.5)
4	AGBAYANI, Carl Joshua	Vancouver Thund	10.12m (+0.0)	10.12 (+0.0)	FOUL	10.08 (-0.3)	9.11 (-0.4)	9.82 (-1.7)	9.99 (+0.0)

#33 Men Shot Put 7.26Kg

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	ULIANA, Matthew	British Columbia	14.22m	13.12	13.79	FOUL	13.75	13.74	14.22
2	KIZELL, William	British Columbia	12.85m	12.75	12.85	12.50	12.50	12.53	FOUL
3	CAMPBELL, Miller	Western Washingt	12.84m	12.00	11.58	11.68	12.31	12.84	11.03
4	SIMICICH, Nathan	Western Washingt	12.30m	FOUL	11.27	11.77	12.30	12.03	12.09
	RAMOS, Angelo	Western Washingt	DNS						

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RESULTS**#33 Men Shot Put 7.26Kg (cont'd)**

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
	PARAHOO, Vikram	KAJAKS	DNS						
	ASIFF, Mohamed	Unattached	DNS						

#34 Women Shot Put 4Kg

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	PARKS, Mara	Western Washingt	12.68m	12.00	12.37	12.68	12.43	FOUL	12.11
2	DADSON, Michelle	British Columbia	12.25m	12.25	11.64	11.82	12.18	10.83	12.19
3	POTTS, Katie	Western Washingt	11.64m	FOUL	10.64	11.24	11.64	11.60	11.52
4	YOUNG, Payton	Coq. Cheetahs	9.59m	FOUL	9.59	8.71	9.39	8.46	FOUL
5	DHILLON, keerat	Dynamo Throws C	9.42m	8.94	7.38	9.42	8.31	8.26	8.92

#35 Men's High Jump

Pl	Name	Team	Mark	1.60	1.65	1.70	1.75	1.80
1	SEALS, Austin	Western Washingt	1.75m	P	O	XXO	O	XXX
2	MCDIARMID, Caysen	Simon Fraser	1.65m	O	O	XXX		
	GREENLEE, Manu	Western Washingt	NH	P	P	P	P	XXX
	BULLOCK, Samuel	Ocean Athletics	DNS					
	KIBLER, Trent	Western Washingt	DNS					
	KENNY, Ryan	Western Washingt	DNS					
	MAVER, Caidyn	Ocean Athletics	DNS					

#36 Women Javelin 600g

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	JANES, Giovanna	British Columbia	37.69m	37.58	37.69	35.63	35.32	34.36	FOUL
2	PAUGH, Madison	Simon Fraser	35.51m	34.09	33.29	35.51	33.97	FOUL	FOUL
3	BAJARUNAS, Liepa	British Columbia	32.15m	19.88	32.15	30.93	29.93	31.40	FOUL
4	VERY, Nicole	Western Washingt	27.12m	FOUL	24.40	27.12	26.64	22.82	24.35
5	PIMBLETT, Sarah	British Columbia	23.50m	19.49	18.68	21.24	FOUL	23.50	21.21
6	VENNESLAND, Audrey	NorWesters	17.89m	16.94	FOUL	FOUL	16.00	FOUL	17.89
7	TRESNJO, Marlena	NorWesters	15.69m	13.59	15.61	FOUL	15.69	14.92	10.90

#37 Men Javelin 800g

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	CORTES, Bryan	Simon Fraser	53.72m	52.41	53.72	51.94	FOUL	48.09	50.33
2	KUZIAK, Cameron	British Columbia	52.72m	52.72	51.87	PASS	PASS	PASS	PASS
3	SMART-REED, Daniel	British Columbia	43.96m	43.96	PASS	PASS	PASS	PASS	PASS
4	MALKOSKE, Riley	Royal City Athletic	40.05m	40.05	39.31	FOUL	PASS	PASS	PASS
5	DHEILLY-STURROCK, matthe	Royal City	39.21m	FOUL	38.45	36.92	39.21	37.72	FOUL
6	MIKACEVICH WARHOLM, Do	Royal City Track &	36.53m	36.53	29.23	29.70	32.96	31.53	33.10
7	MARSHALL, Jack	NorWesters	26.39m	24.01	24.71	26.39	24.55	FOUL	PASS

#38 Women's Triple Jump

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	CHATWIN, Kerlinda	Vancouver Thund	10.54m (+0.0)	10.50 (+1.3)	10.54 (+0.0)	FOUL	10.18 (+0.0)	FOUL	FOUL
2	NAGRA, Jasleen	Vancouver Thund	10.52m (+1.0)	FOUL	9.76 (-0.4)	FOUL	FOUL	FOUL	10.52 (+1.0)
	WINDBIEL, Olivia	Simon Fraser	DNS						

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RESULTS**#39 Men's Long Jump**

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	SORIANO, Jason	British Columbia	6.70m (+0.0)	FOUL	6.70 (+0.0)	PASS			
2	FURTADO, Blake	Simon Fraser	6.39m (-1.7)	6.39 (-1.7)	6.36 (+1.4)	5.86 (+1.8)	6.30 (+0.1)	3.63 (+1.1)	6.30 (+1.5)
3	GIBBS, Mitchell	Simon Fraser	6.14m (+0.4)	5.80 (+0.2)	6.08 (-0.4)	6.14 (+0.4)	5.98 (+0.0)	FOUL	FOUL
4	MENICKE, Gabe	Western Washingt	5.98m (+0.8)	5.98 (+0.8)	5.83 (+0.9)	5.88 (+0.8)	5.76 (+1.5)	PASS	PASS
5	VONGPHET, Anouthai	Western Washingt	5.95m (+0.0)	5.80 (-1.1)	5.84 (+0.2)	5.76 (+0.4)	5.89 (-0.7)	5.95 (+0.0)	5.90 (+1.2)
6	MONRO, Nicholas	Simon Fraser	5.93m (+1.5)	FOUL	5.24 (+0.0)	5.60 (+0.8)	5.83 (+0.8)	5.85 (+0.2)	5.93 (+1.5)
7	MCDIARMID, Caysen	Simon Fraser	5.83m (+0.0)	5.73 (-0.9)	5.83 (+0.0)	5.73 (+0.4)	FOUL	FOUL	FOUL
8	GREENLEE, Manu	Western Washingt	5.48m (+0.0)	5.40 (+1.5)	5.48 (+0.0)	5.36 (+1.1)	5.48 (-0.2)	5.40 (+0.8)	4.68 (+0.0)
9	SILVA, Ranuga	Ocean Athletics	5.31m (+0.7)	5.31 (+0.7)	5.26 (+0.1)	FOUL	4.88 (+0.3)	PASS	PASS
10	AGBAYANI, Carl Joshua	Vancouver Thund	5.13m (+1.1)	5.03 (-1.1)	FOUL	5.13 (+1.1)			
	CIARNIELLO, Dean	British Columbia	DNS						
	SEALS, Austin	Western Washingt	DNS						
	LO, Lyle	Kajaks	DNS						
	MARSHALL, Jack	NorWesters	DNS						
	SALISBURY, Zach	Simon Fraser	DNS						

#40 Men hammer 6kg

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	MIKACEVICH WARHOLM, Do	Royal City Track &	36.74m	36.47	33.48	35.06	31.93	36.74	35.23

#41 Women Shot put 3Kg

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	PHANGURA, Talia	Dynamo Throws C	13.25m	12.71	12.79	12.65	13.25	1.36	13.11
2	UDE, Sarah	Vancouver Thund	10.02m	8.80	8.75	9.43	9.51	9.47	10.02

#42 Men Javelin 700g

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	BAJARUNAS, Martynas	Royal City	54.09m	FOUL	47.29	42.42	52.53	FOUL	54.09

#43 Men shot put 5kg

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	MARSHALL, Harris	NorWesters	12.39m	11.41	12.12	12.11	10.66	11.71	12.39