

**2024 Comox Icebreaker  
Comox Valley Sport Centre - 4/13/2024  
Results**

**Event 1 Women 16-17 800 Meter Run**

Name	Age Team	Finals
Finals		
1 176 Zaal, Kylie	16 Comox Valley	3:05.98
2 289 Hoffman, Victoria	16 Nanaimo & Di	3:18.86

**Event 1 Women 18-19 800 Meter Run**

Name	Age Team	Finals
1 139 Galik, Madelaine	18 Comox Valley	2:46.00

**Event 1 Men 16-17 800 Meter Run**

Name	Age Team	Finals
1 218 Beaudoin, Rhys	16 Nanaimo & Di	2:02.47
2 245 Nixon, Lorenzo	17 Nanaimo & Di	2:16.57
3 110 Carson, Quinn	17 Brooks Secondary	2:28.94

**Event 1 Men 18-19 800 Meter Run**

Name	Age Team	Finals
1 230 Galloway, Nolan	18 Nanaimo & Di	2:00.98

**Event 1 Men 35-39 800 Meter Run**

Name	Age Team	Finals
1 284 Winkler, Matthew	36 Unattached B	2:01.65

**Event 1 Men 45-49 800 Meter Run**

Name	Age Team	Finals
1 256 Sinclair, Peter	48 Nanaimo & Di	2:09.21

**Event 1 Men 80-84 800 Meter Run**

Name	Age Team	Finals
1 283 Stewart, Mark	80 Unattached B	3:13.62

**Event 2 Mixed 14-15 800 Meter Run**

Name	Age Team	Finals
1 111 Dominelli, Joseph	M15 Brooks Secondary	2:25.15
2 243 Morse, Griffin	M15 Nanaimo & Di	2:25.43
3 255 Sinclair, Oliver	M14 Nanaimo & Di	2:38.59
4 116 Nordman, Tea	W14 Brooks Secondary	2:48.12

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**Event 3 Girls 12 800 Meter Run**

Name	Age	Team	Finals	H#
1 158 Schmidt, Avery	12	Comox Valley	2:41.65	2
2 211 Wismer, Stella	12	Cowichan Val	2:56.10	2
3 254 Shimek, Jada	12	Nanaimo & Di	2:58.89	2
4 132 Condly, Ilan	12	Comox Valley	3:04.88	2
5 172 Weber, Carla	12	Comox Valley	3:41.02	2

**Event 3 Girls 13 800 Meter Run**

Name	Age	Team	Finals
1 248 Reilly, Brynne	13	Nanaimo & Di	2:46.86
2 235 Hill, Katie	13	Nanaimo & Di	2:47.09
3 217 Argyle-Anderson, E	13	Nanaimo & Di	2:56.82
4 128 MacKenzie, Makayla	13	Campbell Riv	2:57.65
5 241 Linder, Elizabeth	13	Nanaimo & Di	2:57.79
6 223 Clarke, Rowan	13	Nanaimo & Di	3:02.73
7 203 Smith, Phoebe	13	Cowichan Val	3:06.46
8 192 Gudmundseth, Maggi	13	Cowichan Val	3:17.29
9 207 Valastiak, Alica	13	Cowichan Val	3:20.63
10 123 Guthrie, Alivia	13	Campbell Riv	3:24.48

**Event 3 Boys 12 800 Meter Run**

Name	Age	Team	Finals	H#
1 103 Masa, Austin	12	Alberni Vall	2:51.65	2
2 107 Pritchard, Pace	12	Alberni Vall	2:58.71	2
3 198 McCauley, Patrick	12	Cowichan Val	2:58.73	2

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**Event 4 Women 16-17 100 Meter Dash**

Name	Age Team	Finals	Wind
1 216 Adegbola, Ooreoluw	17 Nanaimo & Di	13.89	0.3
2 101 Gill, Aanya Amber	16 Alberni Vall	13.93	0.3
3 127 Lanyon, Evaye	16 Campbell Riv	14.49	0.3

**Event 4 Women 18-19 100 Meter Dash**

Name	Age Team	Finals	Wind
1 140 Hoffman, Elisabeth	18 Comox Valley	13.67	0.3

**Event 4 Women 35-39 100 Meter Dash**

Name	Age Team	Finals	Wind
1 134 Donner, Claire	35 Comox Valley	14.04	0.3

**Event 4 Women 65-69 100 Meter Dash**

Name	Age Team	Finals	Wind
1 219 Bonin, Denise	68 Nanaimo & Di	17.64	0.3

**Event 4 Men 16-17 100 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 105 Mitchell, Riley	17 Alberni Vall	11.92	-0.1	2
2 214 Acosta, Lucas	16 Nanaimo & Di	11.97	-0.1	2
3 117 Roberts, Anthony	16 Brooks Secondary	12.82	-0.1	2
4 102 Ingalls, Cohen	16 Alberni Vall	13.15	-0.1	2

**Event 4 Men 55-59 100 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 258 Stewart, Matthew	56 Nanaimo & Di	14.48	-0.1	2

**Event 5 Mixed 14-15 100 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 246 Ohiaeri, Chinazor	M15 Nanaimo & Di	12.92	0.4	2
2 242 Miller, Mason	M15 Nanaimo & Di	13.24	0.4	2
3 286 Clark, Miguel	M14 Unattached B	13.32	-1.4	1
4 240 Kolen-Lee, Jonah	M14 Nanaimo & Di	13.93	0.4	2
5 115 Morton, Harper	M15 Brooks Secondary	14.29	0.4	2
6 215 Adegbola, Oluwagbe	W14 Nanaimo & Di	14.47	-1.4	1
7 109 Browne, Leander	M15 Brooks Secondary	14.50	0.4	2
8 177 Ball, Caitlyn	W14 Cowichan Val	15.19	-1.4	1
9 149 Monjo, Lily	W14 Comox Valley	15.25	-1.4	1
10 129 Ntalintumire, Anni	W15 Campbell Riv	15.33	0.4	2
11 165 Suppiah, Ella	W14 Comox Valley	16.04	-1.4	1

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**Event 6 Girls 12 100 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1	186	Erickson, Sydnee	12	Cowichan Val	15.28 -0.6 6
2	136	Dupuis, Harley	12	Comox Valley	15.44 -0.1 5
3	211	Wismer, Stella	12	Cowichan Val	15.56 -0.1 5
4	273	Procter, Abbie	12	Oceanside Tr	15.70 -0.1 5
5	158	Schmidt, Avery	12	Comox Valley	15.95 -0.1 5
6	174	Wesner, Meadow	12	Comox Valley	16.77 -0.1 5
7	172	Weber, Carla	12	Comox Valley	17.62 -0.6 6
8	120	Engel, Ivy	12	Campbell Riv	19.31 -0.6 6
9	234	Hawamdeh, Leena	12	Nanaimo & Di	21.74 -0.6 6

**Event 6 Girls 13 100 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1	261	Webber, Skyla	13	Nanaimo & Di	14.26 +0.0 2
2	241	Linder, Elizabeth	13	Nanaimo & Di	14.63 +0.0 2
3	213	Brown, Dana	13	Henderson El	14.85 -0.6 3
4	248	Reilly, Brynne	13	Nanaimo & Di	15.00 -0.6 3
5	184	De Cunha, Emma-Lin	13	Cowichan Val	15.15 1.0 1
6	170	Van Zanden, Molly	13	Comox Valley	15.22 +0.0 2
7	178	Bazylinski, Saylor	13	Cowichan Val	15.28 1.0 1
8	203	Smith, Phoebe	13	Cowichan Val	16.10 1.0 1
9	269	Hebb, Payton	13	Oceanside Tr	16.20 1.0 1
10	217	Argyle-Anderson, E	13	Nanaimo & Di	16.24 1.0 1
11	125	Konkel, Selah	13	Campbell Riv	16.27 +0.0 2
12	223	Clarke, Rowan	13	Nanaimo & Di	16.35 -0.6 3
13	182	Cheema, Miri Liv	13	Cowichan Val	16.69 +0.0 2
14	192	Gudmundseth, Maggi	13	Cowichan Val	16.96 +0.0 2
15	122	Griffiths, Frankie	13	Campbell Riv	18.62 1.0 1
16	123	Guthrie, Alivia	13	Campbell Riv	19.21 -0.6 3

**Event 6 Boys 12 100 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1	155	Rose, Gavin	12	Comox Valley	15.08 0.1 8
2	179	Belleville, Landon	12	Cowichan Val	15.54 0.1 8
3	103	Masa, Austin	12	Alberni Vall	15.94 0.1 8
4	107	Pritchard, Pace	12	Alberni Vall	16.21 0.1 8
5	280	Williamson, Rowan	12	Oceanside Tr	16.82 -2.6 7
6	198	McCauley, Patrick	12	Cowichan Val	17.40 -2.6 7
7	279	Williamson, Dryden	12	Oceanside Tr	18.34 -2.6 7

**Event 6 Boys 13 100 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1	252	Ryan, Ben	13	Nanaimo & Di	14.07 0.1 4
2	288	Clark, Xavier	13	Unattached B	14.92 0.1 4
3	153	Pendak, Owen	13	Comox Valley	15.30 0.1 4
4	278	Willers, Gabriel	13	Oceanside Tr	15.31 0.1 4
5	272	Pastuck, Liam	13	Oceanside Tr	15.43 0.1 4
6	157	Ruhstaller, Sean	13	Comox Valley	16.21 0.1 4
7	163	Smit, Johannes	13	Comox Valley	18.30 0.1 4

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**Event 7 Girls 9 100 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 285 Clark, Adriana	9	Unattached B	18.79	-2.6	8
2 190 Grieve, Obeline	9	Cowichan Val	19.27	-2.6	8
3 164 Smit, Mia	9	Comox Valley	20.27	-2.6	8
4 231 Gilbert, Hana	9	Nanaimo & Di	20.73	-2.6	8
5 196 Maccullough, Eva	9	Cowichan Val	20.78	-2.6	8

**Event 7 Girls 10 100 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 145 Lewis, Emmy	10	Comox Valley	16.65	-1.5	5
2 143 Kanary, Eastyn	10	Comox Valley	17.98	-1.5	5
3 169 Van Tongeren, Stel	10	Comox Valley	18.02	-1.5	5
4 126 Lanyon, Angelica	10	Campbell Riv	18.03	-1.5	5
5 188 Gaven, Ava	10	Cowichan Val	18.85	-1.5	5

**Event 7 Girls 11 100 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 263 Atkinson, Abigail	11	Oceanside Tr	14.65	-1.3	1
2 144 Klassen, Rhea	11	Comox Valley	16.21	-1.3	1
3 199 McMillan, Finn (Fi	11	Cowichan Val	16.45	-1.3	1
4 191 Gudmundseth, Carly	11	Cowichan Val	16.53	-0.3	2
5 206 Vaisius, Nadia	11	Cowichan Val	16.92	-0.3	2
6 275 Provoost, Hannah	11	Oceanside Tr	17.01	-0.3	2
7 226 Dickson, Amelia	11	Nanaimo & Di	17.16	-1.3	1
8 222 Capadouca, Stevie	11	Nanaimo & Di	17.56	-1.3	1
9 205 Tyler, Lottie	11	Cowichan Val	17.61	-0.3	2
10 104 Messenger, Ruby	11	Alberni Vall	17.71	-0.3	2
11 262 Zhang, Chloe	11	Nanaimo & Di	17.95	-1.3	1
12 249 Reilly, Caylen	11	Nanaimo & Di	18.10	-0.3	2
13 270 Hunter, Matilda	11	Oceanside Tr	18.52	-1.3	1
14 147 Malapanis, Evelyn	11	Comox Valley	19.33	-1.3	1

**Event 7 Boys 9 100 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 180 Cheema, Avtar	9	Cowichan Val	18.90	-2.2	9
2 265 Barlow, Easton	9	Oceanside Tr	19.29	-2.2	9
3 227 Dickson, Marcus	9	Nanaimo & Di	20.25	-2.2	9
4 168 Upson, Huxley	9	Comox Valley	20.81	-2.2	9

**Event 7 Boys 10 100 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 244 Newstone, Chase	10	Nanaimo & Di	16.09	-1.4	6
2 253 Ryan, Owen	10	Nanaimo & Di	16.33	-1.4	7
3 202 Salmon, Jaden	10	Cowichan Val	16.40	-1.4	7
4 260 Webber, Israel	10	Nanaimo & Di	16.58	-1.4	6
5 224 Clarke, Sawyer	10	Nanaimo & Di	16.70	-1.4	6
6 141 Hoselton, Henry	10	Comox Valley	16.90	-1.4	6
7 166 Taylor, Jackson	10	Comox Valley	16.94	-1.4	6
8 210 Wismer, Niall	10	Cowichan Val	17.16	-1.4	7
9 201 Phillips, Henry	10	Cowichan Val	17.17	-1.4	6

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10	220	Briese, Luke	10	Nanaimo & Di	17.44	-1.4	6
11	221	Capadouca, River	10	Nanaimo & Di	17.61	-1.4	7
12	277	Willers, Caleb	10	Oceanside Tr	17.62	-1.4	7
13	208	Valastiak, Elijah	10	Cowichan Val	18.00	-1.4	7
14	290	Todd, Lachlan	10	Oceanside Tr	19.13	-1.4	7

**Event 7 Boys 11 100 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 130 Rentiers, William	11	Campbell Riv	15.11	-0.5	4
2 287 Clark, Rafael	11	Unattached B	15.69	-0.5	4
3 193 Jadan, Owen	11	Cowichan Val	15.73	-2.0	3
4 271 Luksay, Thomas	11	Oceanside Tr	15.79	-2.0	3
5 197 Maccullough, Jake	11	Cowichan Val	15.81	-0.5	4
6 264 Baetz, Andrew	11	Oceanside Tr	16.17	-2.0	3
7 187 Fast, Xavier	11	Cowichan Val	16.28	-0.5	4
8 100 Dornan, O'Brian	11	Alberni Vall	16.50	-0.5	4
9 204 Smith, Sebastian	11	Cowichan Val	16.64	-0.5	4
10 229 Dunnett, Cedar	11	Nanaimo & Di	16.76	-2.0	3
11 137 Fiander, Finnley	11	Comox Valley	17.01	-0.5	4
12 121 Griffiths, Brody	11	Campbell Riv	18.07	-2.0	3
13 183 Daigle, Sebastien	11	Cowichan Val	20.83	-2.0	3

**Event 8 Women 16-17 400 Meter Dash**

Name	Age	Team	Finals
1 173 Wesner, Maile	16	Comox Valley	1:03.13
2 101 Gill, Aanya Amber	16	Alberni Vall	1:06.99
3 176 Zaal, Kylie	16	Comox Valley	1:09.49

**Event 8 Women 50-54 400 Meter Dash**

Name	Age	Team	Finals
1 232 Gilbert, Laura	51	Nanaimo & Di	1:06.61

**Event 8 Men 16-17 400 Meter Dash**

Name	Age	Team	Finals	H#
1 105 Mitchell, Riley	17	Alberni Vall	54.87	2
2 112 Hull, Ethan	17	Brooks Secondary	55.45	2
3 214 Acosta, Lucas	16	Nanaimo & Di	55.52	2

**Event 8 Men 35-39 400 Meter Dash**

Name	Age	Team	Finals	H#
1 284 Winkler, Matthew	36	Unattached B	53.02	2

**Event 8 Men 40-44 400 Meter Dash**

Name	Age	Team	Finals	H#
1 194 Jadan, Patrick	40	Cowichan Val	1:05.00	2

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**Event 8 Men 45-49 400 Meter Dash**

Name	Age Team	Finals	H#
1 256 Sinclair, Peter	48 Nanaimo & Di	59.23	2

**Event 8 Men 80-84 400 Meter Dash**

Name	Age Team	Finals	H#
1 283 Stewart, Mark	80 Unattached B	1:23.93	2

**Event 9 Mixed 14-15 300 Meter Dash**

Name	Age Team	Finals
1 162 Smallacombe, Simon	M15 Comox Valley	39.07
2 286 Clark, Miguel	M14 Unattached B	41.96
3 240 Kolen-Lee, Jonah	M14 Nanaimo & Di	45.73
4 115 Morton, Harper	M15 Brooks Secondary	48.18
5 255 Sinclair, Oliver	M14 Nanaimo & Di	48.93

**Event 10 Girls 12 300 Meter Dash**

Name	Age Team	Finals	H#
1 158 Schmidt, Avery	12 Comox Valley	50.55	3
2 132 Condly, Ilan	12 Comox Valley	57.53	3
3 172 Weber, Carla	12 Comox Valley	59.91	3

**Event 10 Girls 13 300 Meter Dash**

Name	Age Team	Finals
1 235 Hill, Katie	13 Nanaimo & Di	49.21
2 128 MacKenzie, Makayla	13 Campbell Riv	51.71
3 203 Smith, Phoebe	13 Cowichan Val	54.00
4 182 Cheema, Miri Liv	13 Cowichan Val	55.83
5 269 Hebb, Payton	13 Oceanside Tr	56.73

**Event 10 Boys 12 300 Meter Dash**

Name	Age Team	Finals	H#
1 103 Masa, Austin	12 Alberni Vall	51.81	4
2 198 McCauley, Patrick	12 Cowichan Val	53.98	4
3 107 Pritchard, Pace	12 Alberni Vall	57.05	4
4 266 Binder, Declan	12 Oceanside Tr	59.72	4
5 279 Williamson, Dryden	12 Oceanside Tr	1:06.31	4

**Event 10 Boys 13 300 Meter Dash**

Name	Age Team	Finals	H#
1 252 Ryan, Ben	13 Nanaimo & Di	49.64	2

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**Event 11 Girls 9 600 Meter Run**

Name	Age	Team	Finals	H#
1 164 Smit, Mia	9	Comox Valley	2:27.35	4
2 196 Maccullough, Eva	9	Cowichan Val	2:51.01	4

**Event 11 Girls 10 600 Meter Run**

Name	Age	Team	Finals	H#
1 236 Jaworski, Hannah	10	Nanaimo & Di	2:11.66	3
2 169 Van Tongeren, Stel	10	Comox Valley	2:19.40	3
3 188 Gaven, Ava	10	Cowichan Val	2:29.61	3

**Event 11 Girls 11 600 Meter Run**

Name	Age	Team	Finals	H#
1 263 Atkinson, Abigail	11	Oceanside Tr	2:01.74	
2 144 Klassen, Rhea	11	Comox Valley	2:05.98	
3 191 Gudmundseth, Carly	11	Cowichan Val	2:10.73	
4 199 McMillan, Finn (Fi	11	Cowichan Val	2:13.15	
5 104 Messenger, Ruby	11	Alberni Vall	2:15.25	
6 222 Capadouca, Stevie	11	Nanaimo & Di	2:18.66	
7 226 Dickson, Amelia	11	Nanaimo & Di	2:26.15	
8 249 Reilly, Caylen	11	Nanaimo & Di	2:27.24	
9 262 Zhang, Chloe	11	Nanaimo & Di	2:30.68	
10 205 Tyler, Lottie	11	Cowichan Val	2:33.72	
11 147 Malapanis, Evelyn	11	Comox Valley	2:39.28	

**Event 11 Boys 9 600 Meter Run**

Name	Age	Team	Finals	H#
1 259 Tripathi, Nirvaan	9	Nanaimo & Di	2:14.87	4
2 227 Dickson, Marcus	9	Nanaimo & Di	2:18.48	4
3 180 Cheema, Avtar	9	Cowichan Val	2:27.32	4
4 168 Upson, Huxley	9	Comox Valley	2:45.12	4

**Event 11 Boys 10 600 Meter Run**

Name	Age	Team	Finals	H#
1 221 Capadouca, River	10	Nanaimo & Di	2:04.12	3
2 201 Phillips, Henry	10	Cowichan Val	2:06.58	3
3 244 Newstone, Chase	10	Nanaimo & Di	2:08.00	3
4 202 Salmon, Jaden	10	Cowichan Val	2:14.33	3
5 166 Taylor, Jackson	10	Comox Valley	2:16.84	3
6 277 Willers, Caleb	10	Oceanside Tr	2:19.45	3

**Event 11 Boys 11 600 Meter Run**

Name	Age	Team	Finals	H#
1 130 Rentiers, William	11	Campbell Riv	2:03.70	2
2 181 Cheema, Bakshish	11	Cowichan Val	2:04.67	2
3 193 Jadan, Owen	11	Cowichan Val	2:04.86	2
4 197 Maccullough, Jake	11	Cowichan Val	2:05.50	2
5 264 Baetz, Andrew	11	Oceanside Tr	2:06.08	2



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6	229	Dunnett, Cedar	11	Nanaimo & Di	2:08.84	2
7	212	Wright, Logan	11	Cowichan Val	2:14.88	2
8	121	Griffiths, Brody	11	Campbell Riv	2:17.66	2
9	187	Fast, Xavier	11	Cowichan Val	2:19.45	2

**Event 12 Women 16-17 200 Meter Dash**

Name	Age	Team	Finals	Wind
1 173	Wesner, Maile	16 Comox Valley	27.83	1.0
2 138	Galik, Gillian	16 Comox Valley	29.54	1.0
3 176	Zaal, Kylie	16 Comox Valley	29.75	1.0
4 101	Gill, Aanya Amber	16 Alberni Vall	29.80	1.0
5 118	Alguire, Rachel	16 Campbell Riv	34.36	1.0

**Event 12 Women 50-54 200 Meter Dash**

Name	Age	Team	Finals	Wind
1 232	Gilbert, Laura	51 Nanaimo & Di	29.01	1.0

**Event 12 Men 16-17 200 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 112	Hull, Ethan	17 Brooks Secondary	25.14	+0.0	2
2 102	Ingalls, Cohen	16 Alberni Vall	26.20	+0.0	2
3 110	Carson, Quinn	17 Brooks Secondary	27.00	+0.0	2

**Event 12 Men 40-44 200 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 194	Jadan, Patrick	40 Cowichan Val	28.70	+0.0	2

**Event 13 Mixed 14-15 200 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 162	Smallacombe, Simon	M15 Comox Valley	25.35	-0.2	1
2 111	Dominelli, Joseph	M15 Brooks Secondary	28.47	-0.2	1
3 286	Clark, Miguel	M14 Unattached B	28.48	-1.4	2
4 240	Kolen-Lee, Jonah	M14 Nanaimo & Di	28.93	-1.4	2
5 129	Ntalintumire, Anni	W15 Campbell Riv	32.79	-0.2	1

**Event 14 Girls 11 200 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 144	Klassen, Rhea	11 Comox Valley	34.09	-1.5	6
2 199	McMillan, Finn (Fi	11 Cowichan Val	34.14	-0.5	5
3 191	Gudmundseth, Carly	11 Cowichan Val	35.04	-0.5	5
4 206	Vaisius, Nadia	11 Cowichan Val	35.92	-0.5	5
5 222	Capadouca, Stevie	11 Nanaimo & Di	37.71	-1.5	6
6 104	Messenger, Ruby	11 Alberni Vall	38.54	-1.5	6
7 249	Reilly, Caylen	11 Nanaimo & Di	39.21	-1.5	6
8 147	Malapanis, Evelyn	11 Comox Valley	40.92	-0.5	5

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**Event 14 Girls 12 200 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 158 Schmidt, Avery	12	Comox Valley	32.89	-1.5	3
2 211 Wismer, Stella	12	Cowichan Val	34.04	-1.5	3
3 254 Shimek, Jada	12	Nanaimo & Di	35.40	-1.5	3
4 132 Condly, Ilan	12	Comox Valley	36.51	-1.5	3
5 172 Weber, Carla	12	Comox Valley	37.48	-1.5	3

**Event 14 Girls 13 200 Meter Dash**

Name	Age	Team	Finals	Wind
1 261 Webber, Skyla	13	Nanaimo & Di	30.29	-0.6
2 248 Reilly, Brynne	13	Nanaimo & Di	31.20	-0.6
3 178 Bazyliniski, Saylor	13	Cowichan Val	31.93	-0.6
4 235 Hill, Katie	13	Nanaimo & Di	31.96	-0.6
5 182 Cheema, Miri Liv	13	Cowichan Val	35.20	-0.6
6 192 Gudmundseth, Maggi	13	Cowichan Val	35.47	-0.6

**Event 14 Boys 11 200 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 197 Maccullough, Jake	11	Cowichan Val	31.95	-0.1	8
2 193 Jadan, Owen	11	Cowichan Val	32.10	-0.4	7
3 287 Clark, Rafael	11	Unattached B	33.88	-0.4	7
4 181 Cheema, Bakshish	11	Cowichan Val	34.15	-0.4	7
5 225 Densmore, Mason	11	Nanaimo & Di	34.22	-0.4	7
6 212 Wright, Logan	11	Cowichan Val	34.32	-0.1	8
7 204 Smith, Sebastian	11	Cowichan Val	34.41	-0.1	8
8 229 Dunnett, Cedar	11	Nanaimo & Di	35.04	-0.4	7
9 187 Fast, Xavier	11	Cowichan Val	35.81	-0.4	7

**Event 14 Boys 12 200 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 175 Zaal, Carter	12	Comox Valley	31.40	-0.4	4
2 103 Masa, Austin	12	Alberni Vall	32.48	-0.4	4
3 179 Belleville, Landon	12	Cowichan Val	32.68	-0.4	4
4 107 Pritchard, Pace	12	Alberni Vall	35.00	-0.4	4

**Event 14 Boys 13 200 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 252 Ryan, Ben	13	Nanaimo & Di	29.66	NWI	2
2 288 Clark, Xavier	13	Unattached B	31.41	NWI	2
3 153 Pendak, Owen	13	Comox Valley	31.57	NWI	2
4 272 Pastuck, Liam	13	Oceanside Tr	32.54	NWI	2

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**Event 15 Girls 9 60 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 285 Clark, Adriana	9	Unattached B	10.82	NWI	8
2 231 Gilbert, Hana	9	Nanaimo & Di	12.01	NWI	8
3 164 Smit, Mia	9	Comox Valley	12.04	NWI	8
4 196 Maccullough, Eva	9	Cowichan Val	12.22	NWI	8

**Event 15 Girls 10 60 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 145 Lewis, Emmy	10	Comox Valley	10.31	NWI	5
2 236 Jaworski, Hannah	10	Nanaimo & Di	10.65	NWI	5
3 143 Kanary, Eastyn	10	Comox Valley	10.90	NWI	5
4 119 Dougherty, Amelia	10	Campbell Riv	11.12	NWI	5
5 188 Gaven, Ava	10	Cowichan Val	12.18	NWI	5

**Event 15 Girls 11 60 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 263 Atkinson, Abigail	11	Oceanside Tr	9.44	NWI	1
2 144 Klassen, Rhea	11	Comox Valley	10.25	NWI	2
3 191 Gudmundseth, Carly	11	Cowichan Val	10.35	NWI	1
4 199 McMillan, Finn (Fi	11	Cowichan Val	10.45	NWI	1
5 206 Vaisius, Nadia	11	Cowichan Val	10.52	NWI	2
6 275 Provoost, Hannah	11	Oceanside Tr	10.60	NWI	1
7 104 Messenger, Ruby	11	Alberni Vall	10.92	NWI	1
8 222 Capadouca, Stevie	11	Nanaimo & Di	11.02	NWI	2
9 205 Tyler, Lottie	11	Cowichan Val	11.13	NWI	1
10 249 Reilly, Caylen	11	Nanaimo & Di	11.39	NWI	2
11 147 Malapanis, Evelyn	11	Comox Valley	12.09	NWI	1

**Event 15 Boys 9 60 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 180 Cheema, Avtar	9	Cowichan Val	10.97	NWI	9
2 265 Barlow, Easton	9	Oceanside Tr	10.98	NWI	9
3 227 Dickson, Marcus	9	Nanaimo & Di	11.70	NWI	9
4 168 Upson, Huxley	9	Comox Valley	12.74	NWI	9

**Event 15 Boys 10 60 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 202 Salmon, Jaden	10	Cowichan Val	9.97	NWI	7
2 260 Webber, Israel	10	Nanaimo & Di	10.00	NWI	6
3 210 Wismer, Niall	10	Cowichan Val	10.09	NWI	7
4 224 Clarke, Sawyer	10	Nanaimo & Di	10.19	NWI	7
5 166 Taylor, Jackson	10	Comox Valley	10.41	NWI	6
6 220 Briese, Luke	10	Nanaimo & Di	10.58	NWI	6
7 201 Phillips, Henry	10	Cowichan Val	10.58	NWI	6
8 277 Willers, Caleb	10	Oceanside Tr	10.69	NWI	7
9 221 Capadouca, River	10	Nanaimo & Di	10.73	NWI	7
10 208 Valastiak, Elijah	10	Cowichan Val	11.57	NWI	6

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**Event 15 Boys 11 60 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1	130	Rentiers, William	11 Campbell Riv	9.39	NWI 4
2	193	Jadan, Owen	11 Cowichan Val	9.58	NWI 4
3	271	Luksay, Thomas	11 Oceanside Tr	9.70	NWI 3
4	197	Maccullough, Jake	11 Cowichan Val	9.84	NWI 3
5	187	Fast, Xavier	11 Cowichan Val	10.05	NWI 3
6	100	Dornan, O'Brian	11 Alberni Vall	10.14	NWI 3
7	181	Cheema, Bakshish	11 Cowichan Val	10.27	NWI 3
8	225	Densmore, Mason	11 Nanaimo & Di	10.30	NWI 3
8	229	Dunnett, Cedar	11 Nanaimo & Di	10.30	NWI 4
10	204	Smith, Sebastian	11 Cowichan Val	10.46	NWI 3
11	137	Fiander, Finnley	11 Comox Valley	10.58	NWI 4
12	121	Griffiths, Brody	11 Campbell Riv	10.69	NWI 4

**Event 20 Mixed 9 Year Olds High Jump**

Name	Age	Team	Finals
1	265	Barlow, Easton	M9 Oceanside Tr 0.90m
2	171	Van Zanden, Shane	M9 Comox Valley 0.85m
3	180	Cheema, Avtar	M9 Cowichan Val J0.85m
4	168	Upson, Huxley	M9 Comox Valley 0.75m
5	227	Dickson, Marcus	M9 Nanaimo & Di J0.75m

**Event 21 Girls 10 High Jump**

Name	Age	Team	Finals
--	143	Kanary, Eastyn	10 Comox Valley NH

**Event 21 Girls 11 High Jump**

Name	Age	Team	Finals
1	144	Klassen, Rhea	11 Comox Valley 1.05m
2	104	Messenger, Ruby	11 Alberni Vall 1.00m
3	147	Malapanis, Evelyn	11 Comox Valley 0.95m
4	222	Capadouca, Stevie	11 Nanaimo & Di 0.90m

**Event 21 Boys 10 High Jump**

Name	Age	Team	Finals
1	208	Valastiak, Elijah	10 Cowichan Val 1.25m
2	260	Webber, Israel	10 Nanaimo & Di 1.00m
3	166	Taylor, Jackson	10 Comox Valley 0.95m
4	201	Phillips, Henry	10 Cowichan Val J0.95m
5	244	Newstone, Chase	10 Nanaimo & Di 0.90m
6	141	Hoselton, Henry	10 Comox Valley J0.90m
7	221	Capadouca, River	10 Nanaimo & Di 0.85m
8	277	Willers, Caleb	10 Oceanside Tr J0.85m
9	290	Todd, Lachlan	10 Oceanside Tr J0.85m

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**Event 21 Boys 11 High Jump**

Name	Age	Team	Finals
1 271 Luksay, Thomas	11	Oceanside Tr	1.10m
1 267 Donohoe, James	11	Oceanside Tr	1.10m
3 225 Densmore, Mason	11	Nanaimo & Di	J1.10m
3 204 Smith, Sebastian	11	Cowichan Val	J1.10m
5 187 Fast, Xavier	11	Cowichan Val	1.05m
6 229 Dunnett, Cedar	11	Nanaimo & Di	0.90m
7 193 Jadan, Owen	11	Cowichan Val	J0.90m
8 264 Baetz, Andrew	11	Oceanside Tr	0.85m
9 137 Fiander, Finnley	11	Comox Valley	J0.85m

**Event 22 Girls 12 High Jump**

Name	Age	Team	Finals
1 186 Erickson, Sydnee	12	Cowichan Val	1.35m
2 158 Schmidt, Avery	12	Comox Valley	1.20m
3 211 Wismer, Stella	12	Cowichan Val	1.15m
4 174 Wesner, Meadow	12	Comox Valley	1.05m
5 132 Condly, Ilan	12	Comox Valley	1.00m

**Event 22 Girls 13 High Jump**

Name	Age	Team	Finals
1 170 Van Zanden, Molly	13	Comox Valley	1.35m
2 235 Hill, Katie	13	Nanaimo & Di	J1.35m
3 261 Webber, Skyla	13	Nanaimo & Di	1.30m
4 128 MacKenzie, Makayla	13	Campbell Riv	1.25m
5 148 Malapanis, Sage	13	Comox Valley	1.15m
6 207 Valastiak, Alica	13	Cowichan Val	J1.15m
7 184 De Cunha, Emma-Lin	13	Cowichan Val	J1.15m
8 269 Hebb, Payton	13	Oceanside Tr	1.10m
8 223 Clarke, Rowan	13	Nanaimo & Di	1.10m
10 178 Bazylnski, Saylor	13	Cowichan Val	1.00m
-- 182 Cheema, Miri Liv	13	Cowichan Val	NH
-- 237 Jeffries, Lila	13	Nanaimo & Di	NH
-- 192 Gudmundseth, Maggi	13	Cowichan Val	NH

**Event 22 Boys 12 High Jump**

Name	Age	Team	Finals
1 155 Rose, Gavin	12	Comox Valley	1.15m
2 103 Masa, Austin	12	Alberni Vall	1.05m

**Event 22 Boys 13 High Jump**

Name	Age	Team	Finals
1 157 Ruhstaller, Sean	13	Comox Valley	1.40m
2 278 Willers, Gabriel	13	Oceanside Tr	1.15m
3 272 Pastuck, Liam	13	Oceanside Tr	1.10m

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**Event 23 Mixed 14-15 High Jump**

Name	Age Team	Finals
1 162 Smallacombe, Simon	M15 Comox Valley	1.78m

**Event 24 Women 16-17 High Jump**

Name	Age Team	Finals
1 251 Russell, Lucy	17 Nanaimo & Di	1.30m

**Event 24 Men 18-19 High Jump**

Name	Age Team	Finals
1 167 U-Ming, Kayden	18 Comox Valley	1.70m

**Event 24 Men 75-79 High Jump**

Name	Age Team	Finals
1 228 Donaldson, Sven	75 Nanaimo & Di	1.20m

**Event 30 Mixed 9 Year Olds Long Jump**

Name	Age Team	Finals	Wind
1 180 Cheema, Avtar	M9 Cowichan Val	2.60m	NWI
2 265 Barlow, Easton	M9 Oceanside Tr	2.44m	NWI
3 231 Gilbert, Hana	W9 Nanaimo & Di	2.29m	NWI
4 190 Grieve, Obeline	W9 Cowichan Val	2.27m	NWI
5 227 Dickson, Marcus	M9 Nanaimo & Di	2.23m	NWI
6 168 Upson, Huxley	M9 Comox Valley	2.04m	NWI
7 196 Maccullough, Eva	W9 Cowichan Val	2.00m	NWI
8 106 Paterson, Abigail	W9 Alberni Vall	1.36m	NWI

**Event 31 Girls 10 Long Jump**

Name	Age Team	Finals	Wind
1 143 Canary, Eastyn	10 Comox Valley	3.18m	NWI
2 236 Jaworski, Hannah	10 Nanaimo & Di	3.09m	NWI
3 119 Dougherty, Amelia	10 Campbell Riv	2.70m	NWI
4 145 Lewis, Emmy	10 Comox Valley	2.66m	NWI
5 126 Lanyon, Angelica	10 Campbell Riv	2.41m	NWI
6 188 Gaven, Ava	10 Cowichan Val	2.17m	NWI

**Event 31 Girls 11 Long Jump**

Name	Age Team	Finals	Wind
1 263 Atkinson, Abigail	11 Oceanside Tr	3.77m	NWI
2 239 Kavanagh, Stella	11 Nanaimo & Di	3.27m	NWI
3 199 McMillan, Finn (Fi	11 Cowichan Val	3.25m	NWI
4 275 Provoost, Hannah	11 Oceanside Tr	3.21m	NWI
5 226 Dickson, Amelia	11 Nanaimo & Di	3.18m	NWI
6 191 Gudmundseth, Carly	11 Cowichan Val	3.00m	NWI
7 262 Zhang, Chloe	11 Nanaimo & Di	2.93m	NWI
8 222 Capadouca, Stevie	11 Nanaimo & Di	2.89m	NWI

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8	206	Vaisius, Nadia	11	Cowichan Val	2.89m	NWI
10	147	Malapanis, Evelyn	11	Comox Valley	2.74m	NWI
10	270	Hunter, Matilda	11	Oceanside Tr	2.74m	NWI
12	249	Reilly, Caylen	11	Nanaimo & Di	2.60m	NWI
13	104	Messenger, Ruby	11	Alberni Vall	2.53m	NWI
14	205	Tyler, Lottie	11	Cowichan Val	2.44m	NWI

**Event 31 Boys 10 Long Jump**

Name	Age	Team	Finals	Wind
1 274 Procter, Ollie	10	Oceanside Tr	3.57m	NWI
2 260 Webber, Israel	10	Nanaimo & Di	3.47m	NWI
3 253 Ryan, Owen	10	Nanaimo & Di	3.34m	NWI
4 224 Clarke, Sawyer	10	Nanaimo & Di	3.24m	NWI
4 202 Salmon, Jaden	10	Cowichan Val	3.24m	NWI
6 201 Phillips, Henry	10	Cowichan Val	3.14m	NWI
7 210 Wismer, Niall	10	Cowichan Val	3.10m	NWI
8 220 Briese, Luke	10	Nanaimo & Di	2.97m	NWI

**Event 31 Boys 11 Long Jump**

Name	Age	Team	Finals	Wind
1 130 Rentiers, William	11	Campbell Riv	3.70m	NWI
2 193 Jadan, Owen	11	Cowichan Val	3.54m	NWI
3 197 Maccullough, Jake	11	Cowichan Val	3.46m	NWI
4 187 Fast, Xavier	11	Cowichan Val	3.39m	NWI
5 181 Cheema, Bakshish	11	Cowichan Val	3.36m	NWI
6 121 Griffiths, Brody	11	Campbell Riv	2.89m	NWI

**Event 32 Girls 12 Long Jump**

Name	Age	Team	Finals	Wind
1 211 Wismer, Stella	12	Cowichan Val	3.47m	NWI
2 186 Erickson, Sydnee	12	Cowichan Val	3.36m	NWI
3 136 Dupuis, Harley	12	Comox Valley	3.13m	NWI
4 238 Johnson, Abigail	12	Nanaimo & Di	3.02m	NWI
5 254 Shimek, Jada	12	Nanaimo & Di	2.97m	NWI
6 172 Weber, Carla	12	Comox Valley	2.94m	NWI
7 174 Wesner, Meadow	12	Comox Valley	2.86m	NWI
8 120 Engel, Ivy	12	Campbell Riv	2.55m	NWI

**Event 32 Girls 13 Long Jump**

Name	Age	Team	Finals	Wind
1 261 Webber, Skyla	13	Nanaimo & Di	4.15m	NWI
2 241 Linder, Elizabeth	13	Nanaimo & Di	3.99m	NWI
3 248 Reilly, Brynne	13	Nanaimo & Di	3.72m	NWI
4 223 Clarke, Rowan	13	Nanaimo & Di	3.58m	NWI
5 235 Hill, Katie	13	Nanaimo & Di	3.55m	NWI
6 128 MacKenzie, Makayla	13	Campbell Riv	3.53m	NWI
7 178 Bazylnski, Saylor	13	Cowichan Val	3.39m	NWI
8 203 Smith, Phoebe	13	Cowichan Val	3.07m	NWI
9 207 Valastiak, Alica	13	Cowichan Val	2.91m	NWI
10 184 De Cunha, Emma-Lin	13	Cowichan Val	2.81m	NWI
11 148 Malapanis, Sage	13	Comox Valley	2.70m	NWI
12 125 Konkell, Selah	13	Campbell Riv	2.68m	NWI
13 192 Gudmundseth, Maggi	13	Cowichan Val	2.66m	NWI

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14	122	Griffiths, Frankie	13	Campbell Riv	2.58m	NWI
15	269	Hebb, Payton	13	Oceanside Tr	2.30m	NWI
16	123	Guthrie, Alivia	13	Campbell Riv	2.29m	NWI

**Event 32 Boys 12 Long Jump**

=====						
	Name	Age	Team	Finals	Wind	
=====						
1	155	Rose, Gavin	12	Comox Valley	3.34m	NWI
2	103	Masa, Austin	12	Alberni Vall	3.05m	NWI
3	198	McCauley, Patrick	12	Cowichan Val	2.67m	NWI
4	124	Jean, Drew	12	Campbell Riv	2.48m	NWI
5	233	Harvey, Max	12	Nanaimo & Di	2.33m	NWI

**Event 32 Boys 13 Long Jump**

=====						
	Name	Age	Team	Finals	Wind	
=====						
1	153	Pendak, Owen	13	Comox Valley	3.84m	NWI
2	157	Ruhstaller, Sean	13	Comox Valley	3.51m	NWI
3	272	Pastuck, Liam	13	Oceanside Tr	3.50m	NWI
--	278	Willers, Gabriel	13	Oceanside Tr	FOUL	

**Event 33 Mixed 14-15 Long Jump**

=====						
	Name	Age	Team	Finals	Wind	
=====						
1	115	Morton, Harper	M15	Brooks Secondary	4.57m	NWI
2	240	Kolen-Lee, Jonah	M14	Nanaimo & Di	4.54m	NWI
3	149	Monjo, Lily	W14	Comox Valley	3.99m	NWI
4	129	Ntalintumire, Anni	W15	Campbell Riv	3.89m	NWI
5	165	Suppiah, Ella	W14	Comox Valley	3.60m	NWI

**Event 34 Women 16-17 Long Jump**

=====						
	Name	Age	Team	Finals	Wind	
=====						
1	251	Russell, Lucy	17	Nanaimo & Di	4.85m	NWI
2	127	Lanyon, Evaye	16	Campbell Riv	4.20m	NWI

**Event 34 Men 16-17 Long Jump**

=====						
	Name	Age	Team	Finals	Wind	
=====						
1	117	Roberts, Anthony	16	Brooks Secondary	5.82m	NWI
2	112	Hull, Ethan	17	Brooks Secondary	5.45m	NWI

**Event 34 Men 18-19 Long Jump**

=====						
	Name	Age	Team	Finals	Wind	
=====						
1	160	Servos, Justin	18	Comox Valley	6.24m	NWI

**Event 34 Men 75-79 Long Jump**

=====						
	Name	Age	Team	Finals	Wind	
=====						
1	228	Donaldson, Sven	75	Nanaimo & Di	2.72m	NWI



**2024 Comox Icebreaker  
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**Event 40 Girls 10 Discus Throw 750 g**

Name	Age	Team	Finals
-- 126 Lanyon, Angelica	10	Campbell Riv	FOUL
-- 119 Dougherty, Amelia	10	Campbell Riv	FOUL

**Event 40 Girls 11 Discus Throw 750 g**

Name	Age	Team	Finals
1 263 Atkinson, Abigail	11	Oceanside Tr	13.92m
2 226 Dickson, Amelia	11	Nanaimo & Di	13.68m
3 275 Provoost, Hannah	11	Oceanside Tr	10.56m
4 147 Malapanis, Evelyn	11	Comox Valley	8.53m
5 131 Chernov, Saesha	11	Comox Valley	8.11m
6 249 Reilly, Caylen	11	Nanaimo & Di	7.65m
-- 104 Messenger, Ruby	11	Alberni Vall	FOUL

**Event 40 Boys 10 Discus Throw 750 g**

Name	Age	Team	Finals
1 221 Capadouca, River	10	Nanaimo & Di	9.69m
2 290 Todd, Lachlan	10	Oceanside Tr	9.07m
3 220 Briese, Luke	10	Nanaimo & Di	9.05m
4 274 Procter, Ollie	10	Oceanside Tr	8.97m

**Event 40 Boys 11 Discus Throw 750 g**

Name	Age	Team	Finals
1 181 Cheema, Bakshish	11	Cowichan Val	11.99m
2 137 Fiander, Finnley	11	Comox Valley	11.43m
3 183 Daigle, Sebastien	11	Cowichan Val	9.57m

**Event 41 Girls 12 Discus Throw 750 g**

Name	Age	Team	Finals
1 238 Johnson, Abigail	12	Nanaimo & Di	16.38m
2 186 Erickson, Sydnee	12	Cowichan Val	14.71m
3 120 Engel, Ivy	12	Campbell Riv	10.00m
4 172 Weber, Carla	12	Comox Valley	8.39m

**Event 41 Girls 13 Discus Throw 750 g**

Name	Age	Team	Finals
1 170 Van Zanden, Molly	13	Comox Valley	18.11m
2 241 Linder, Elizabeth	13	Nanaimo & Di	17.28m
3 223 Clarke, Rowan	13	Nanaimo & Di	17.13m
4 237 Jeffries, Lila	13	Nanaimo & Di	15.20m
5 248 Reilly, Brynne	13	Nanaimo & Di	14.78m
6 217 Argyle-Anderson, E	13	Nanaimo & Di	13.13m
7 184 De Cunha, Emma-Lin	13	Cowichan Val	13.03m
8 122 Griffiths, Frankie	13	Campbell Riv	12.92m
9 125 Konkel, Selah	13	Campbell Riv	10.04m
10 123 Guthrie, Alivia	13	Campbell Riv	8.98m
-- 269 Hebb, Payton	13	Oceanside Tr	FOUL

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**Event 42 Boys 12 Discus Throw 1 kg**

Name	Age Team	Finals
1 124 Jean, Drew	12 Campbell Riv	16.97m
2 155 Rose, Gavin	12 Comox Valley	10.34m
3 233 Harvey, Max	12 Nanaimo & Di	9.65m

**Event 42 Boys 13 Discus Throw 1 kg**

Name	Age Team	Finals
1 278 Willers, Gabriel	13 Oceanside Tr	18.31m
2 252 Ryan, Ben	13 Nanaimo & Di	15.74m
3 272 Pastuck, Liam	13 Oceanside Tr	14.98m

**Event 43 Boys 14 Discus Throw 1 kg**

Name	Age Team	Finals
1 200 Nickolichuk, Samue	14 Cowichan Val	14.46m

**Event 43 Men 15 Discus Throw 1 kg**

Name	Age Team	Finals
1 109 Browne, Leander	15 Brooks Secondary	25.91m
2 276 Schnider, Devon	15 Oceanside Tr	22.28m

**Event 45 Women 16-17 Discus Throw 1.0 kg**

Name	Age Team	Finals
1 138 Galik, Gillian	16 Comox Valley	29.75m
2 195 Lazenby, Danika	17 Cowichan Val	19.11m
3 118 Alguire, Rachel	16 Campbell Riv	16.07m

**Event 46 Men 16-17 Discus Throw 1.5 kg**

Name	Age Team	Finals
-- 114 Morrison, Tristan	17 Brooks Secondary	FOUL
-- 113 Morrison, Hayden	16 Brooks Secondary	FOUL

**Event 50 Girls 10 Javelin Throw 400 g**

Name	Age Team	Finals
1 126 Lanyon, Angelica	10 Campbell Riv	6.52m
2 188 Gaven, Ava	10 Cowichan Val	5.81m
3 145 Lewis, Emmy	10 Comox Valley	5.36m

**Event 50 Girls 11 Javelin Throw 400 g**

Name	Age Team	Finals
1 275 Provoost, Hannah	11 Oceanside Tr	16.45m
2 263 Atkinson, Abigail	11 Oceanside Tr	13.82m
3 226 Dickson, Amelia	11 Nanaimo & Di	11.07m

**2024 Comox Icebreaker  
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**Event 50 Boys 10 Javelin Throw 400 g**

Name	Age	Team	Finals
1 166 Taylor, Jackson	10	Comox Valley	19.62m
2 220 Briese, Luke	10	Nanaimo & Di	17.08m
3 224 Clarke, Sawyer	10	Nanaimo & Di	13.84m
4 141 Hoselton, Henry	10	Comox Valley	13.48m
5 244 Newstone, Chase	10	Nanaimo & Di	12.80m
6 274 Procter, Ollie	10	Oceanside Tr	11.33m
7 208 Valastiak, Elijah	10	Cowichan Val	11.19m
8 210 Wismer, Niall	10	Cowichan Val	9.87m

**Event 50 Boys 11 Javelin Throw 400 g**

Name	Age	Team	Finals
1 264 Baetz, Andrew	11	Oceanside Tr	16.83m
2 181 Cheema, Bakshish	11	Cowichan Val	15.28m
3 267 Donohoe, James	11	Oceanside Tr	14.75m
4 271 Luksay, Thomas	11	Oceanside Tr	14.65m
5 212 Wright, Logan	11	Cowichan Val	12.61m
6 137 Fiander, Finnley	11	Comox Valley	10.87m
7 204 Smith, Sebastian	11	Cowichan Val	9.21m
8 183 Daigle, Sebastien	11	Cowichan Val	6.12m

**Event 52 Girls 12 Javelin Throw 400 g**

Name	Age	Team	Finals
1 238 Johnson, Abigail	12	Nanaimo & Di	15.57m
2 186 Erickson, Sydnee	12	Cowichan Val	13.58m
3 120 Engel, Ivy	12	Campbell Riv	12.59m
4 254 Shimek, Jada	12	Nanaimo & Di	11.64m
5 273 Procter, Abbie	12	Oceanside Tr	11.37m

**Event 52 Girls 13 Javelin Throw 400 g**

Name	Age	Team	Finals
1 178 Bazylnski, Saylor	13	Cowichan Val	18.75m
2 235 Hill, Katie	13	Nanaimo & Di	16.82m
3 128 MacKenzie, Makayla	13	Campbell Riv	16.20m
4 248 Reilly, Brynne	13	Nanaimo & Di	14.12m
5 182 Cheema, Miri Liv	13	Cowichan Val	11.19m
6 148 Malapanis, Sage	13	Comox Valley	10.25m
7 123 Guthrie, Alivia	13	Campbell Riv	9.79m
8 237 Jeffries, Lila	13	Nanaimo & Di	9.41m
9 122 Griffiths, Frankie	13	Campbell Riv	9.02m
10 269 Hebb, Payton	13	Oceanside Tr	8.93m
11 125 Konkell, Selah	13	Campbell Riv	7.84m

**Event 53 Boys 12 Javelin Throw 500 g**

Name	Age	Team	Finals
1 155 Rose, Gavin	12	Comox Valley	16.13m
2 266 Binder, Declan	12	Oceanside Tr	11.36m
3 279 Williamson, Dryden	12	Oceanside Tr	10.57m
4 280 Williamson, Rowan	12	Oceanside Tr	9.65m

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**Event 53 Boys 13 Javelin Throw 500 g**

Name	Age Team	Finals
1 278 Willers, Gabriel	13 Oceanside Tr	33.31m
2 272 Pastuck, Liam	13 Oceanside Tr	15.58m
3 163 Smit, Johannes	13 Comox Valley	10.44m

**Event 55 Boys 14-15 Javelin Throw 600 g**

Name	Age Team	Finals
1 268 Folk, Bowen	15 Oceanside Tr	37.54m
2 240 Kolen-Lee, Jonah	14 Nanaimo & Di	37.40m
3 242 Miller, Mason	15 Nanaimo & Di	22.06m
4 276 Schnider, Devon	15 Oceanside Tr	20.19m
5 200 Nickolichuk, Samue	14 Cowichan Val	18.60m

**Event 56 Women 16-17 Javelin Throw 500 g**

Name	Age Team	Finals
1 138 Galik, Gillian	16 Comox Valley	39.43m
2 251 Russell, Lucy	17 Nanaimo & Di	22.39m
3 195 Lazenby, Danika	17 Cowichan Val	21.79m
4 118 Alguire, Rachel	16 Campbell Riv	11.56m

**Event 57 Women 18-19 Javelin Throw 600 g**

Name	Age Team	Finals
1 152 Munro, Akira	19 Comox Valley	37.72m

**Event 57 Women 35-39 Javelin Throw 600 g**

Name	Age Team	Finals
1 154 Richards, Jessica	39 Comox Valley	11.75m

**Event 57 Women 45-49 Javelin Throw 600 g**

Name	Age Team	Finals
1 282 Por, Gabriella	47 Unattached B	18.99m

**Event 60 Mixed 9 Year Olds Shot Put 2 kg**

Name	Age Team	Finals
1 180 Cheema, Avtar	M9 Cowichan Val	4.42m
2 168 Upson, Huxley	M9 Comox Valley	4.25m
3 227 Dickson, Marcus	M9 Nanaimo & Di	3.42m
4 265 Barlow, Easton	M9 Oceanside Tr	3.08m
5 190 Grieve, Obeline	W9 Cowichan Val	2.58m
6 231 Gilbert, Hana	W9 Nanaimo & Di	2.42m
7 196 Maccullough, Eva	W9 Cowichan Val	1.41m

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**Event 61 Girls 10 Shot Put 2 kg**

Name	Age	Team	Finals
1 145 Lewis, Emmy	10	Comox Valley	3.61m
2 188 Gaven, Ava	10	Cowichan Val	3.37m

**Event 61 Girls 11 Shot Put 2 kg**

Name	Age	Team	Finals
1 226 Dickson, Amelia	11	Nanaimo & Di	6.58m
2 199 McMillan, Finn (Fi	11	Cowichan Val	5.88m
3 104 Messenger, Ruby	11	Alberni Vall	5.18m
4 131 Chernov, Saesha	11	Comox Valley	4.51m
5 205 Tyler, Lottie	11	Cowichan Val	4.43m
6 206 Vaisius, Nadia	11	Cowichan Val	4.39m
7 147 Malapanis, Evelyn	11	Comox Valley	3.94m
8 249 Reilly, Caylen	11	Nanaimo & Di	3.20m
-- 222 Capadouca, Stevie	11	Nanaimo & Di	FOUL
-- 270 Hunter, Matilda	11	Oceanside Tr	FOUL

**Event 61 Boys 10 Shot Put 2 kg**

Name	Age	Team	Finals
1 260 Webber, Israel	10	Nanaimo & Di	6.54m
2 281 Gunn, Thomas	10	unassigned	6.53m
3 208 Valastiak, Elijah	10	Cowichan Val	5.95m
4 166 Taylor, Jackson	10	Comox Valley	5.66m
5 220 Briese, Luke	10	Nanaimo & Di	5.56m
6 202 Salmon, Jaden	10	Cowichan Val	5.36m
7 201 Phillips, Henry	10	Cowichan Val	4.75m
-- 210 Wismer, Niall	10	Cowichan Val	FOUL
-- 253 Ryan, Owen	10	Nanaimo & Di	FOUL
-- 221 Capadouca, River	10	Nanaimo & Di	FOUL

**Event 61 Boys 11 Shot Put 2 kg**

Name	Age	Team	Finals
1 204 Smith, Sebastian	11	Cowichan Val	6.95m
2 267 Donohoe, James	11	Oceanside Tr	6.50m
3 229 Dunnett, Cedar	11	Nanaimo & Di	5.85m
4 183 Daigle, Sebastien	11	Cowichan Val	5.60m
5 187 Fast, Xavier	11	Cowichan Val	4.35m
6 193 Jadan, Owen	11	Cowichan Val	3.49m
-- 271 Luksay, Thomas	11	Oceanside Tr	FOUL
-- 264 Baetz, Andrew	11	Oceanside Tr	FOUL

**Event 62 Girls 12 Shot Put 3 kg**

Name	Age	Team	Finals
1 238 Johnson, Abigail	12	Nanaimo & Di	5.84m
2 254 Shimek, Jada	12	Nanaimo & Di	5.20m
3 211 Wismer, Stella	12	Cowichan Val	5.15m
4 120 Engel, Ivy	12	Campbell Riv	4.44m

**2024 Comox Icebreaker  
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**Event 62 Girls 13 Shot Put 3 kg**

Name	Age	Team	Finals
1 128 MacKenzie, Makayla	13	Campbell Riv	6.18m
2 237 Jeffries, Lila	13	Nanaimo & Di	5.95m
3 122 Griffiths, Frankie	13	Campbell Riv	5.82m
4 248 Reilly, Brynne	13	Nanaimo & Di	5.72m
5 269 Hebb, Payton	13	Oceanside Tr	5.55m
6 235 Hill, Katie	13	Nanaimo & Di	5.54m
7 217 Argyle-Anderson, E	13	Nanaimo & Di	4.87m
8 184 De Cunha, Emma-Lin	13	Cowichan Val	4.72m
9 182 Cheema, Miri Liv	13	Cowichan Val	4.62m
10 178 Bazylnski, Saylor	13	Cowichan Val	4.57m
11 203 Smith, Phoebe	13	Cowichan Val	4.36m
12 123 Guthrie, Alivia	13	Campbell Riv	4.05m

**Event 62 Boys 12 Shot Put 3 kg**

Name	Age	Team	Finals
1 124 Jean, Drew	12	Campbell Riv	6.96m
2 280 Williamson, Rowan	12	Oceanside Tr	5.55m
3 155 Rose, Gavin	12	Comox Valley	4.79m

**Event 62 Boys 13 Shot Put 3 kg**

Name	Age	Team	Finals
1 278 Willers, Gabriel	13	Oceanside Tr	7.62m
2 163 Smit, Johannes	13	Comox Valley	5.82m

**Event 64 Boys 14-15 Shot Put 4 kg**

Name	Age	Team	Finals
1 109 Browne, Leander	15	Brooks Secondary	11.66m
2 242 Miller, Mason	15	Nanaimo & Di	8.12m
3 276 Schnider, Devon	15	Oceanside Tr	7.40m
4 200 Nickolichuk, Samue	14	Cowichan Val	5.97m

**Event 65 Women 16-17 Shot Put 3 kg**

Name	Age	Team	Finals
1 138 Galik, Gillian	16	Comox Valley	12.36m
2 251 Russell, Lucy	17	Nanaimo & Di	10.98m
3 118 Alguire, Rachel	16	Campbell Riv	6.08m

**Event 66 Women 35-39 Shot Put 4 kg**

Name	Age	Team	Finals
1 185 Erickson, Devyn	36	Cowichan Val	9.13m

**2024 Comox Icebreaker  
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**Event 70 Girls 12 Hammer Throw 3 kg**

Name	Age Team	Finals
1 172 Weber, Carla	12 Comox Valley	14.90m
2 238 Johnson, Abigail	12 Nanaimo & Di	11.07m
3 174 Wesner, Meadow	12 Comox Valley	10.34m

**Event 70 Girls 13 Hammer Throw 3 kg**

Name	Age Team	Finals
1 261 Webber, Skyla	13 Nanaimo & Di	23.86m
2 170 Van Zanden, Molly	13 Comox Valley	19.62m
3 237 Jeffries, Lila	13 Nanaimo & Di	16.06m
4 269 Hebb, Payton	13 Oceanside Tr	12.79m
5 148 Malapanis, Sage	13 Comox Valley	11.56m

**Event 70 Boys 12 Hammer Throw 3 kg**

Name	Age Team	Finals
1 175 Zaal, Carter	12 Comox Valley	14.77m
2 266 Binder, Declan	12 Oceanside Tr	11.08m

**Event 70 Boys 13 Hammer Throw 3 kg**

Name	Age Team	Finals
1 278 Willers, Gabriel	13 Oceanside Tr	30.62m
2 163 Smit, Johannes	13 Comox Valley	14.24m

**Event 72 Boys 14 Hammer Throw 4 kg**

Name	Age Team	Finals
1 200 Nickolichuk, Samue	14 Cowichan Val	16.49m

**Event 72 Boys 15 Hammer Throw 4 kg**

Name	Age Team	Finals
1 242 Miller, Mason	15 Nanaimo & Di	30.67m
2 276 Schnider, Devon	15 Oceanside Tr	19.07m

**Event 73 Women 16-17 Hammer Throw 3 kg**

Name	Age Team	Finals
1 135 Doty-Brown, Payge	17 Comox Valley	42.15m
2 195 Lazenby, Danika	17 Cowichan Val	24.81m
3 118 Alguire, Rachel	16 Campbell Riv	18.36m

**2024 Comox Icebreaker  
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**Event 74 Women 18-19 Hammer Throw 4 kg**

Name	Age	Team	Finals
1 247 Putz, Katelyn	18	Nanaimo & Di	40.89m
2 140 Hoffman, Elisabeth	18	Comox Valley	35.87m

**Event 74 Women 20-34 Hammer Throw 4 kg**

Name	Age	Team	Finals
1 150 Morfitt, Chantal	21	Comox Valley	28.18m

**Event 74 Women 35-39 Hammer Throw 4 kg**

Name	Age	Team	Finals
1 154 Richards, Jessica	39	Comox Valley	14.85m

**Event 75 Women 65-69 Hammer Throw 3 kg**

Name	Age	Team	Finals
1 142 Jones, Terri	67	Comox Valley	23.25m

**Event 200 Men 50-59 Discus Throw 1.5 kg**

Name	Age	Team	Finals
1 108 Vannini, Phillip	50	Athletics Vi	36.40m

**Event 201 Men 75-79 Discus Throw 1 kg**

Name	Age	Team	Finals
1 228 Donaldson, Sven	75	Nanaimo & Di	20.45m

**Event 218 Men 16-17 Javelin Throw 700 g**

Name	Age	Team	Finals
1 161 Servos, Tyson	16	Comox Valley	50.59m
2 146 Macdonnell, Thomas	17	Comox Valley	47.65m

**Event 219 Men 18-19 Javelin Throw 800 g**

Name	Age	Team	Finals
1 167 U-Ming, Kayden	18	Comox Valley	54.96m

**Event 243 Men 16-17 Shot Put 5 kg**

Name	Age	Team	Finals
1 113 Morrison, Hayden	16	Brooks Secondary	7.83m
2 114 Morrison, Tristan	17	Brooks Secondary	7.26m



**2024 Comox Icebreaker  
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**Event 901 Women 18-19 Discus Throw 1.0 kg**

Name	Age	Team	Finals
1 139 Galik, Madelaine	18	Comox Valley	23.79m

**Event 902 Women 35-39 Discus Throw 1.0 kg**

Name	Age	Team	Finals
1 185 Erickson, Devyn	36	Cowichan Val	27.69m

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