

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 159 Men 9 Long Jump

=====					
Name	Year	Team	Finals	Wind	
=====					
Finals					
1	576	OWEN RYAN	14 NANAIMO & DI	3.38m	NWI
2	597	KALEB BINDER	14 OCEANSIDE TR	3.16m	NWI
3	620	CALEB WILLERS	14 OCEANSIDE TR	3.09m	NWI
4	531	SAWYER CLARKE	14 NANAIMO & DI	2.97m	NWI
5	518	ELIJAH VALASTIAK	14 COWICHAN VAL	2.83m	NWI
6	587	ISRAEL WEBBER	14 NANAIMO & DI	2.82m	NWI
7	400	THOR ASKERHAUG TOR	14 ALBERNI VALL	2.70m	NWI
8	651	OWEN CALDER	14 POWELL RIVER	2.65m	NWI
9	677	LIAM VAN EGTEREN	14 POWELL RIVER	2.39m	NWI
10	647	WOODROW BECKER	14 POWELL RIVER	2.26m	NWI
11	666	CADEN LADNER	14 POWELL RIVER	2.23m	NWI

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 159 Men 10 Long Jump

Name	Year	Team	Finals	Wind
1 504 OWEN JADAN	13	COWICHAN VAL	3.73m	NWI
2 551 GEORGE HOWARD	13	NANAIMO & DI	3.72m	NWI
3 606 THOMAS LUKSAY	13	OCEANSIDE TR	3.54m	NWI
4 539 COLTEN FONTAINE	13	NANAIMO & DI	3.53m	NWI
5 593 ANDREW BAETZ	13	OCEANSIDE TR	3.49m	NWI
6 507 JAKE MACCULLOUGH	13	COWICHAN VAL	3.46m	NWI
7 598 CHASE BRITTAIN	13	OCEANSIDE TR	3.38m	NWI
7 637 HENRY SHEPHERD	13	PENINSULA TR	3.38m	NWI
9 671 EWAN NAYLOR	13	POWELL RIVER	3.04m	NWI
10 645 TED BARFOOT	13	POWELL RIVER	3.00m	NWI
11 536 CEDAR DUNNETT	13	NANAIMO & DI	2.88m	NWI
12 602 JAMES DONOHOE	13	OCEANSIDE TR	2.80m	NWI
13 680 HAYES WATERTON	13	POWELL RIVER	2.69m	NWI

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 258 Men 12 Year Olds Hammer Throw 3 kg

=====				
Name				
Year Team				
Finals				
=====				
1	628	COEN HOLMGREN	11 PENINSULA TR	18.05m
2	512	ZACHARY RAMSTEAD	11 COWICHAN VAL	15.42m
3	634	CHRISTOPHER PARFIT	11 PENINSULA TR	14.82m
4	607	HUDSON PALICHUK	11 OCEANSIDE TR	12.83m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 216 Men 14-15 Javelin Throw 600 g

=====				
	Name	Year	Team	Finals
=====				
1	623 EGAN FRANEY	08	PENINSULA TR	44.79m
2	446 CARTER GRANSON	09	COMOX VALLEY	25.51m
3	629 EMILIAN HOLMGREN	09	PENINSULA TR	22.31m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 183 Women 10 Year Olds Discus Throw 750 g

=====				
Name				
Year Team				
Finals				
=====				
1	619	MAYA WATSON	13 OCEANSIDE TR	12.19m
2	595	OLIVIA BEWSEY	13 OCEANSIDE TR	11.99m
3	534	AMELIA DICKSON	13 NANAIMO & DI	10.09m
4	403	RUBY MESSENGER	13 ALBERNI VALL	9.75m
5	610	HANNAH PROVOOST	13 OCEANSIDE TR	9.06m
6	609	MEMPHIS PALICHUK	13 OCEANSIDE TR	8.59m
7	604	MATILDA HUNTER	13 OCEANSIDE TR	8.47m
8	572	CAYLEN REILLY	13 NANAIMO & DI	7.02m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 228 Women 12 Year Olds Shot Put 3 kg

Name	Year	Team	Finals
1 656 SASHA GALLIGOS	11	POWELL RIVER	6.11m
2 675 ALISON SHANNON	11	POWELL RIVER	5.55m
3 429 MAKAYLA MACKENZIE	11	CAMPBELL RIV	5.47m
4 423 SARAH CLEMENTS	11	CAMPBELL RIV	5.46m
5 571 BRYNNE REILLY	11	NANAIMO & DI	5.45m
6 652 OLIVIA CARTA	11	POWELL RIVER	4.99m
7 549 KATIE HILL	11	NANAIMO & DI	4.98m
8 404 CLAIRE AVEYARD	11	ATHLETICS VI	4.70m
9 670 TAIGE MAXWELL	11	POWELL RIVER	4.45m
10 573 LENNOX REYNOLDS	11	NANAIMO & DI	4.16m
11 557 SOFIA LUNDMAN	11	NANAIMO & DI	3.94m
12 673 GRACE PARSONS	11	POWELL RIVER	3.78m
13 616 MADISON SCOTT	11	OCEANSIDE TR	J3.78m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 140 Women 14-15 High Jump

=====				
	Name	Year	Team	Finals
=====				
1	524 TESSA BELL	09	NANAIMO & DI	1.50m
2	444 GILLIAN GALIK	08	COMOX VALLEY	J1.50m
3	520 NEVAEH WEIR	09	COWICHAN VAL	1.30m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 161 Men 11 Year Olds Long Jump

Name	Year	Team	Finals	Wind
1 655 GRIFFIN FRASER	12	POWELL RIVER	4.01m	NWI
2 544 KAILO GRAIN	12	NANAIMO & DI	3.85m	NWI
3 511 LIAM RAMSTEAD	12	COWICHAN VAL	3.65m	NWI
4 631 JUSTIN JONES	12	PENINSULA TR	3.59m	NWI
5 633 HARRISON MATTHEWS	12	PENINSULA TR	3.54m	NWI
6 469 GAVIN ROSE	12	COMOX VALLEY	3.39m	NWI
7 650 ISAAC CALDER	12	POWELL RIVER	3.30m	NWI
8 596 DECLAN BINDER	12	OCEANSIDE TR	3.22m	NWI
8 558 IAIN MACLEOD	12	NANAIMO & DI	3.22m	NWI
10 611 SIMON RICHARDSON	12	OCEANSIDE TR	3.05m	NWI
10 648 CEIBA BORREGO-BROW	12	POWELL RIVER	3.05m	NWI
12 667 NOAH LAMDEN	12	POWELL RIVER	2.95m	NWI
13 646 WREN BARFOOT	12	POWELL RIVER	2.92m	NWI

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 259 Men 13 Year Olds Hammer Throw 3 kg

=====				
Name	Year	Team	Finals	
=====				
1	480	HOLDEN SMITS	10 COMOX VALLEY	27.49m
2	546	LEVI HAAB	10 NANAIMO & DI	22.22m
3	506	ROBERT LAZENBY	10 COWICHAN VAL	20.43m
4	510	SAMUEL NICKOLICHUK	10 COWICHAN VAL	15.51m
5	519	JACOB WEIR	10 COWICHAN VAL	15.29m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 224 Men 80-84 Javelin Throw 400 g

=====			
Name	Year	Team	Finals
=====			
1	622	LES EAST	39 PENINSULA TR
			19.94m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 220 Men 35-49 Javelin Throw 800 g

=====				
	Name	Year	Team	Finals
=====				
1	630 CHRIS JONES	81	PENINSULA TR	38.90m
2	627 AARON HOLMGREN	82	PENINSULA TR	38.05m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 219 Men 18-19 Javelin Throw 800 g

=====				
	Name	Year	Team	Finals
=====				
1	497 GRAEME DAILEY	04	COWICHAN VAL	37.03m
2	522 SEBASTIAN LAMBERT	05	GP VANIER	17.01m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 219 Men 20-34 Javelin Throw 800 g

=====				
	Name	Year	Team	Finals
=====				
1	434 SEEVER RONDQUIST	98	CAMPBELL RIV	47.95m
2	547 DANIEL HALL	02	NANAIMO & DI	35.84m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 218 Men 16-17 Javelin Throw 700 g

=====						
Name		Year	Team		Finals	
=====						
1	487 KAYDEN U-MING	06	COMOX	VALLEY	50.83m	
2	460 THOMAS MACDONNELL	07	COMOX	VALLEY	46.80m	
3	477 JUSTIN SERVOS	06	COMOX	VALLEY	36.94m	

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 184 Women 11 Year Olds Discus Throw 750 g

=====				
Name	Year	Team	Finals	
=====				
1	499	SYDNEE ERICKSON	12 COWICHAN VAL	18.14m
2	552	ABIGAIL JOHNSON	12 NANAIMO & DI	14.71m
3	636	NATALYA ROMAINE	12 PENINSULA TR	12.54m
4	600	CALLIE CUPPLES	12 OCEANSIDE TR	12.16m
5	621	DAISY BARKER	12 PENINSULA TR	11.56m
6	414	FINLEY MARTIN	12 ATHLETICS VI	9.50m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 229 Women 13 Year Olds Shot Put 3 kg

=====				
	Name	Year	Team	Finals
=====				
1	412 AVA-MARIE JAEGER	10	ATHLETICS VI	6.22m
2	681 LONDYN WATERTON	10	POWELL RIVER	6.16m
3	415 ELLIS RAMSAY	10	ATHLETICS VI	5.15m
4	682 LUCY WEGNER	10	POWELL RIVER	5.01m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 142 Women 16-17 High Jump

=====				
	Name	Year	Team	Finals
=====				
1	438 ERIKA BURRY	07	COMOX VALLEY	1.50m
1	418 NOVA WEDMANN-KENT	07	ATHLETICS VI	1.50m
3	521 BELLA SACCUCCI	07	GEORGES P. V	1.35m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 142 Women 18-19 High Jump

=====		
Name	Year Team	Finals
=====		
1 674 ALISON RUEGG	04 POWELL RIVER	1.45m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 212 Men 10 Year Olds Javelin Throw 400 g

=====				
Name				
Year Team				
Finals				
=====				
1	539	COLTEN FONTAINE	13 NANAIMO & DI	17.72m
2	618	WILEY WALKER	13 OCEANSIDE TR	17.00m
3	602	JAMES DONOHOE	13 OCEANSIDE TR	14.93m
4	671	EWAN NAYLOR	13 POWELL RIVER	13.46m
5	536	CEDAR DUNNETT	13 NANAIMO & DI	13.02m
6	680	HAYES WATERTON	13 POWELL RIVER	12.89m
7	551	GEORGE HOWARD	13 NANAIMO & DI	12.04m
8	593	ANDREW BAETZ	13 OCEANSIDE TR	11.41m
9	615	CONNOR SCOTT	13 OCEANSIDE TR	11.38m
10	653	SAMUEL CHARTER	13 POWELL RIVER	10.51m
11	598	CHASE BRITAIN	13 OCEANSIDE TR	9.88m
12	645	TED BARFOOT	13 POWELL RIVER	7.11m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 162 Men 12 Year Olds Long Jump

=====					
	Name	Year	Team	Finals	Wind
=====					
1	562 FINN OLSEN	11	NANAIMO & DI	4.11m	NWI
2	575 BEN RYAN	11	NANAIMO & DI	3.70m	NWI
3	492 JACK WOODS	11	COMOX VALLEY	3.65m	NWI
3	628 COEN HOLMGREN	11	PENINSULA TR	3.65m	NWI
5	538 FINN ENGLISH	11	NANAIMO & DI	3.54m	NWI
6	508 CHRISTOPHER MULLER	11	COWICHAN VAL	3.39m	NWI
7	512 ZACHARY RAMSTEAD	11	COWICHAN VAL	3.37m	NWI
8	634 CHRISTOPHER PARFIT	11	PENINSULA TR	3.13m	NWI
9	501 ATWOOD HALE	11	COWICHAN VAL	3.05m	NWI
10	607 HUDSON PALICHUK	11	OCEANSIDE TR	3.02m	NWI

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 260 Men 14-15 Hammer Throw 4 kg

=====				
	Name	Year	Team	Finals
=====				
1	623 EGAN FRANEY	08	PENINSULA TR	35.13m
2	422 EDWIN CLEMENTS	09	CAMPBELL RIV	21.78m
3	613 DEVON SCHNIDER	09	OCEANSIDE TR	21.14m
4	629 EMILIAN HOLMGREN	09	PENINSULA TR	19.22m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 185 Women 12 Year Olds Discus Throw 750 g

=====					
Name	Year	Team	Finals		
=====					
1	641	RAYAH UNDERWOOD	11	PENINSULA TR	21.57m
2	402	PAYTON HARVEY	11	ALBERNI VALL	21.19m
3	554	ELIZABETH LINDER	11	NANAIMO & DI	18.44m
4	489	MOLLY VAN ZANDEN	11	COMOX VALLEY	17.61m
5	571	BRYNNE REILLY	11	NANAIMO & DI	15.01m
6	530	ROWAN CLARKE	11	NANAIMO & DI	13.84m
7	616	MADISON SCOTT	11	OCEANSIDE TR	13.55m
8	429	MAKAYLA MACKENZIE	11	CAMPBELL RIV	12.60m
9	670	TAIGE MAXWELL	11	POWELL RIVER	12.55m
10	557	SOFIA LUNDMAN	11	NANAIMO & DI	12.51m
11	652	OLIVIA CARTA	11	POWELL RIVER	12.41m
12	656	SASHA GALLIGOS	11	POWELL RIVER	12.15m
13	404	CLAIRE AVEYARD	11	ATHLETICS VI	11.07m
14	673	GRACE PARSONS	11	POWELL RIVER	10.35m
15	517	ALICA VALASTIAK	11	COWICHAN VAL	9.73m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 139 Women 13 Year Olds High Jump

=====					
Name	Year	Team	Finals		
=====					
1	458	KAYLIE LOFSTROM	10	COMOX VALLEY	1.45m
2	470	ARIANNA SACCUCCI	10	COMOX VALLEY	1.30m
3	495	ARIANNA BEATON	10	COWICHAN VAL	1.25m
4	461	LILY MONJO	10	COMOX VALLEY	1.20m
5	451	AMELIA JELEN MOORE	10	COMOX VALLEY	J1.20m
6	626	ROSIE HAYNES	10	PENINSULA TR	J1.20m
7	682	LUCY WEGNER	10	POWELL RIVER	J1.20m
8	681	LONDYN WATERTON	10	POWELL RIVER	1.15m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 230 Women 14-15 Shot Put 3 kg

=====				
	Name	Year	Team	Finals
=====				
1	444 GILLIAN GALIK	08	COMOX VALLEY	10.59m
2	450 VICTORIA HOFFMAN	08	COMOX VALLEY	10.22m
3	476 MAIA SCHOLTZ	08	COMOX VALLEY	8.71m
4	524 TESSA BELL	09	NANAIMO & DI	7.73m
5	676 REBEKAH SHANNON	09	POWELL RIVER	7.14m
6	520 NEVAEH WEIR	09	COWICHAN VAL	6.00m
7	413 ELLY MARTIN	09	ATHLETICS VI	5.92m
8	421 RACHEL ALGUIRE	08	CAMPBELL RIV	5.89m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 268 Men 80-84 Hammer Throw 3 kg

=====			
Name	Year	Team	Finals
=====			
1	622	LES EAST	39 PENINSULA TR
			29.80m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 262 Men 16-17 Hammer Throw 5 kg

=====				
Name	Year	Team	Finals	
=====				
1	487	KAYDEN U-MING	06 COMOX VALLEY	30.06m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 135 Girls 9 High Jump

=====				
	Name	Year	Team	Finals
=====				
1	553 AMARA LATIFF	14	NANAIMO & DI	1.00m
2	452 EASTYN KANARY	14	COMOX VALLEY	0.95m
3	537 ANNE ENGLISH	14	NANAIMO & DI	0.90m
4	608 LENIX PALICHUK	14	OCEANSIDE TR	J0.90m
5	488 STELLALYN VAN TONG	14	COMOX VALLEY	0.85m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 135 Girls 10 High Jump

Name	Year	Team	Finals
1 619 MAYA WATSON	13	OCEANSIDE TR	1.10m
2 563 IMISIOLUWA OYENUGA	13	NANAIMO & DI	J1.10m
3 453 RHEA KLASSEN	13	COMOX VALLEY	1.05m
4 661 GENEVIEVE HULL	13	POWELL RIVER	J1.05m
5 662 GIANNA HULL	13	POWELL RIVER	J1.05m
6 649 EILY BRATSETH	13	POWELL RIVER	J1.05m
7 533 FIONA CUNNING	13	NANAIMO & DI	1.00m
7 411 ADDISON IHLEN	13	ATHLETICS VI	1.00m
9 534 AMELIA DICKSON	13	NANAIMO & DI	0.95m
10 644 FARRAN ANDERSON	13	POWELL RIVER	J0.95m
11 609 MEMPHIS PALICHUK	13	OCEANSIDE TR	J0.95m
12 403 RUBY MESSENGER	13	ALBERNI VALL	0.90m
13 572 CAYLEN REILLY	13	NANAIMO & DI	J0.90m
14 665 AUDREY KROMM	13	POWELL RIVER	0.85m
-- 541 GEORGIA GAUTHIER	13	NANAIMO & DI	NH
-- 462 ELLA MOORE	13	COMOX VALLEY	NH

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 233 Women 18-19 Shot Put 4 kg

=====				
	Name	Year	Team	Finals
=====				
1	565 MAKENNA PAUGH	05	NANAIMO & DI	7.40m
2	464 GABRIELLE MORFITT	05	COMOX VALLEY	6.58m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 233 Women 20-34 Shot Put 4 kg

=====				
Name	Year	Team	Finals	
=====				
1	498	VICTORIA DAILEY	03 COWICHAN VAL	7.64m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 233 Women 35-39 Shot Put 4 kg

=====				
Name	Year	Team	Finals	
=====				
1	686	DEVYN ERICKSON	88 UNATTACHED B	9.29m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 233 Women 45-49 Shot Put 4 kg

=====				
Name		Year	Team	Finals
=====				
1	424 STEFANIE HOFFMAN	78	CAMPBELL RIV	6.90m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 232 Women 16-17 Shot Put 3 kg

=====				
Name				
Year Team				
Finals				
=====				
1	529	JENNA BUNSTON	07 NANAIMO & DI	8.51m
2	559	ANNIKA MCMINN	07 NANAIMO & DI	7.61m
3	442	PAYGE DOTY-BROWN	07 COMOX VALLEY	6.51m
4	496	ANNETTE BLUMEL	07 COWICHAN VAL	6.49m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 213 Men 11 Year Olds Javelin Throw 400 g

=====				
Name	Year	Team	Finals	
=====				
1	655	GRIFFIN FRASER	12 POWELL RIVER	26.34m
2	544	KAILO GRAIN	12 NANAIMO & DI	18.33m
3	511	LIAM RAMSTEAD	12 COWICHAN VAL	17.93m
4	631	JUSTIN JONES	12 PENINSULA TR	17.30m
5	650	ISAAC CALDER	12 POWELL RIVER	17.20m
6	469	GAVIN ROSE	12 COMOX VALLEY	16.93m
7	667	NOAH LAMDEN	12 POWELL RIVER	15.14m
8	558	IAIN MACLEOD	12 NANAIMO & DI	14.90m
9	596	DECLAN BINDER	12 OCEANSIDE TR	14.59m
10	633	HARRISON MATTHEWS	12 PENINSULA TR	13.15m
11	648	CEIBA BORREGO-BROW	12 POWELL RIVER	11.62m
12	625	ELLIOTT HAYNES	12 PENINSULA TR	10.11m
13	611	SIMON RICHARDSON	12 OCEANSIDE TR	8.64m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 163 Men 13 Year Olds Long Jump

Name	Year	Team	Finals	Wind
1 532 CARTER CUNNING	10	NANAIMO & DI	4.51m	NWI
2 416 LEVI SEEL	10	ATHLETICS VI	4.49m	NWI
3 605 JONAH KOLEN-LEE	10	OCEANSIDE TR	4.42m	NWI
4 410 DANIEL HILL	10	ATHLETICS VI	4.29m	NWI
5 560 MATTHEW MORRISON	10	NANAIMO & DI	3.83m	NWI
6 632 MYLES JONES	10	PENINSULA TR	3.80m	NWI
6 480 HOLDEN SMITS	10	COMOX VALLEY	3.80m	NWI
8 640 RYDER STUBBS	10	PENINSULA TR	3.79m	NWI
9 654 GABRIEL CHARTIER	10	POWELL RIVER	3.64m	NWI
10 409 COOPER ELLIOTT	10	ATHLETICS VI	3.61m	NWI
11 443 BENJAMIN GALIK	10	COMOX VALLEY	3.58m	NWI
12 439 NASH CALDWELL-WALU	10	COMOX VALLEY	3.56m	NWI
13 506 ROBERT LAZENBY	10	COWICHAN VAL	3.27m	NWI
14 510 SAMUEL NICKOLICHUK	10	COWICHAN VAL	2.85m	NWI
15 519 JACOB WEIR	10	COWICHAN VAL	2.72m	NWI

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 227 Women 11 Year Olds Shot Put 2 kg

=====				
Name				
Year Team				
Finals				
=====				
1	580	JADA SHIMEK	12 NANAIMO & DI	6.28m
2	552	ABIGAIL JOHNSON	12 NANAIMO & DI	5.82m
3	499	SYDNEE ERICKSON	12 COWICHAN VAL	5.69m
4	414	FINLEY MARTIN	12 ATHLETICS VI	4.80m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 138 Women 12 Year Olds High Jump

Name	Year	Team	Finals
1 641 RAYAH UNDERWOOD	11	PENINSULA TR	1.37m
2 652 OLIVIA CARTA	11	POWELL RIVER	1.30m
3 673 GRACE PARSONS	11	POWELL RIVER	1.25m
4 554 ELIZABETH LINDER	11	NANAIMO & DI	J1.25m
5 588 SKYLA WEBBER	11	NANAIMO & DI	1.20m
6 549 KATIE HILL	11	NANAIMO & DI	J1.20m
6 429 MAKAYLA MACKENZIE	11	CAMPBELL RIV	J1.20m
8 668 BRIA MASSULLO	11	POWELL RIVER	J1.20m
9 669 EMILY MASSULLO	11	POWELL RIVER	J1.20m
10 656 SASHA GALLIGOS	11	POWELL RIVER	J1.20m
11 557 SOFIA LUNDMAN	11	NANAIMO & DI	1.10m
11 489 MOLLY VAN ZANDEN	11	COMOX VALLEY	1.10m
13 584 TESSA THIBAUT	11	NANAIMO & DI	J1.10m
13 455 SOPHIA LEE	11	COMOX VALLEY	J1.10m
15 530 ROWAN CLARKE	11	NANAIMO & DI	J1.10m
16 517 ALICA VALASTIAK	11	COWICHAN VAL	J1.10m
17 571 BRYNNE REILLY	11	NANAIMO & DI	1.05m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 186 Women 13 Year Olds Discus Throw 750 g

=====					
Name	Year	Team	Finals		
=====					
1	458	KAYLIE LOFSTROM	10	COMOX VALLEY	18.81m
2	412	AVA-MARIE JAEGER	10	ATHLETICS VI	17.90m
3	495	ARIANNA BEATON	10	COWICHAN VAL	17.05m
4	681	LONDYN WATERTON	10	POWELL RIVER	16.05m
5	682	LUCY WEGNER	10	POWELL RIVER	13.83m
6	415	ELLIS RAMSAY	10	ATHLETICS VI	13.65m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 214 Men 12 Year Olds Javelin Throw 500 g

=====				
Name				
Year Team				
Finals				
=====				
1	492	JACK WOODS	11 COMOX VALLEY	25.48m
2	562	FINN OLSEN	11 NANAIMO & DI	24.59m
3	607	HUDSON PALICHUK	11 OCEANSIDE TR	18.39m
4	538	FINN ENGLISH	11 NANAIMO & DI	16.85m
5	508	CHRISTOPHER MULLER	11 COWICHAN VAL	16.09m
6	501	ATWOOD HALE	11 COWICHAN VAL	11.34m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 164 Men 14-15 Long Jump

=====						
	Name	Year	Team	Finals	Wind	
=====						
1	479 SIMON SMALLACOMBE	09	COMOX VALLEY	4.95m	NWI	
2	623 EGAN FRANEY	08	PENINSULA TR	4.84m	NWI	
3	446 CARTER GRANSON	09	COMOX VALLEY	4.18m	NWI	
4	638 JOSHUA SLAUENWHITE	08	PENINSULA TR	1.77m	NWI	

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 225 Girls 9 Shot Put 2 kg

=====				
	Name	Year	Team	Finals
=====				
1	608 LENIX PALICHUK	14	OCEANSIDE TR	3.73m
2	679 IRIE WALLS	14	POWELL RIVER	3.62m
3	502 SHYLOH HALE	14	COWICHAN VAL	3.49m
4	452 EASTYN KANARY	14	COMOX VALLEY	3.46m
5	537 ANNE ENGLISH	14	NANAIMO & DI	2.75m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 225 Girls 10 Shot Put 2 kg

Name	Year	Team	Finals
1 563 IMISIOLUWA OYENUGA	13	NANAIMO & DI	6.52m
2 534 AMELIA DICKSON	13	NANAIMO & DI	4.85m
3 665 AUDREY KROMM	13	POWELL RIVER	4.58m
4 609 MEMPHIS PALICHUK	13	OCEANSIDE TR	4.27m
5 403 RUBY MESSENGER	13	ALBERNI VALL	4.26m
6 649 EILY BRATSETH	13	POWELL RIVER	J4.26m
7 533 FIONA CUNNING	13	NANAIMO & DI	4.21m
8 661 GENEVIEVE HULL	13	POWELL RIVER	3.89m
9 516 NADIA VAISIUS	13	COWICHAN VAL	3.75m
10 515 LOTTIE TYLER	13	COWICHAN VAL	3.69m
11 541 GEORGIA GAUTHIER	13	NANAIMO & DI	3.50m
11 572 CAYLEN REILLY	13	NANAIMO & DI	3.50m
13 644 FARRAN ANDERSON	13	POWELL RIVER	3.29m
14 662 GIANNA HULL	13	POWELL RIVER	2.70m
15 604 MATILDA HUNTER	13	OCEANSIDE TR	2.21m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 137 Women 11 Year Olds High Jump

=====				
	Name	Year	Team	Finals
=====				
1	499 SYDNEE ERICKSON	12	COWICHAN VAL	1.25m
2	473 AVERY SCHMIDT	12	COMOX VALLEY	1.15m
3	636 NATALYA ROMAINE	12	PENINSULA TR	J1.15m
--	467 EMMA PALYCHUK	12	COMOX VALLEY	NH

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 187 Women 14-15 Discus Throw 1 kg

=====				
	Name	Year	Team	Finals
=====				
1	444 GILLIAN GALIK	08	COMOX VALLEY	32.11m
2	450 VICTORIA HOFFMAN	08	COMOX VALLEY	30.77m
3	476 MAIA SCHOLTZ	08	COMOX VALLEY	25.69m
4	520 NEVAEH WEIR	09	COWICHAN VAL	13.16m
5	421 RACHEL ALGUIRE	08	CAMPBELL RIV	12.88m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 215 Men 13 Year Olds Javelin Throw 500 g

Name	Year	Team	Finals
1 605 JONAH KOLEN-LEE	10	OCEANSIDE TR	35.87m
2 546 LEVI HAAB	10	NANAIMO & DI	28.68m
3 443 BENJAMIN GALIK	10	COMOX VALLEY	28.26m
4 532 CARTER CUNNING	10	NANAIMO & DI	27.81m
5 416 LEVI SEEL	10	ATHLETICS VI	26.45m
6 514 CONNOR THOMPSON	10	COWICHAN VAL	26.40m
7 639 GRAYSON STUBBS	10	PENINSULA TR	20.21m
8 617 SCOTT STODDART	10	OCEANSIDE TR	19.57m
9 409 COOPER ELLIOTT	10	ATHLETICS VI	19.25m
10 410 DANIEL HILL	10	ATHLETICS VI	18.57m
11 632 MYLES JONES	10	PENINSULA TR	18.42m
12 640 RYDER STUBBS	10	PENINSULA TR	17.59m
13 654 GABRIEL CHARTIER	10	POWELL RIVER	17.15m
14 560 MATTHEW MORRISON	10	NANAIMO & DI	17.02m
15 506 ROBERT LAZENBY	10	COWICHAN VAL	14.76m
16 519 JACOB WEIR	10	COWICHAN VAL	14.56m
17 510 SAMUEL NICKOLICHUK	10	COWICHAN VAL	14.35m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 166 Men 16-17 Long Jump

=====					
	Name	Year	Team	Finals	Wind
=====					
1	477 JUSTIN SERVOS	06	COMOX VALLEY	5.87m	NWI
2	660 ETHAN HULL	07	POWELL RIVER	5.71m	NWI
3	614 TAYLOR SCHNIDER	06	OCEANSIDE TR	5.26m	NWI
4	487 KAYDEN U-MING	06	COMOX VALLEY	4.94m	NWI

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 166 Men 18-19 Long Jump

=====						
	Name		Year	Team	Finals	Wind
=====						
1	569	CESARE REDNOUR-BRU	04	NANAIMO & DI	6.48m	NWI
2	570	KAI REDNOUR-BRUCKM	05	NANAIMO & DI	6.01m	NWI
3	522	SEBASTIAN LAMBERT	05	GP VANIER	5.31m	NWI

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 166 Men 40-44 Long Jump

=====						
Name	Year	Team	Finals	Wind		
=====						
1	630	CHRIS JONES	81	PENINSULA TR	4.68m	NWI

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 189 Women 16-17 Discus Throw 1 kg

=====				
=====				
Name	Year	Team		Finals
=====				
1	442	PAYGE DOTY-BROWN	07 COMOX VALLEY	25.08m
2	445	MADELAINE GALIK	06 COMOX VALLEY	24.51m
3	449	ELISABETH HOFFMAN	06 COMOX VALLEY	23.05m
4	438	ERIKA BURRY	07 COMOX VALLEY	20.41m
5	505	DANIKA LAZENBY	07 COWICHAN VAL	20.22m
6	559	ANNIKA MCMINN	07 NANAIMO & DI	19.91m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 189 Women 18-19 Discus Throw 1 kg

=====				
	Name	Year	Team	Finals
=====				
1	464 GABRIELLE MORFITT	05	COMOX VALLEY	26.05m
1	565 MAKENNA PAUGH	05	NANAIMO & DI	26.05m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 189 Women 20-34 Discus Throw 1 kg

=====				
Name	Year	Team	Finals	
=====				
1	498	VICTORIA DAILEY	03 COWICHAN VAL	19.43m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 189 Women 35-39 Discus Throw 1 kg

=====				
	Name	Year	Team	Finals
=====				
1	686 DEVYN ERICKSON	88	UNATTACHED B	27.71m
2	468 JESSICA RICHARDS	85	COMOX VALLEY	13.56m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Field

Event 189 Women 45-49 Discus Throw 1 kg

=====				
	Name	Year	Team	Finals
=====				
1	424 STEFANIE HOFFMAN	78	CAMPBELL RIV	24.65m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 191 Men 10 Year Olds Discus Throw 750 g

=====				
Name	Year	Team	Finals	
=====				
Finals				
1	591	KAI AIKMAN - HEIR	13 OCEANSIDE TR	13.00m
2	653	SAMUEL CHARTER	13 POWELL RIVER	12.61m
3	645	TED BARFOOT	13 POWELL RIVER	12.58m
4	539	COLTEN FONTAINE	13 NANAIMO & DI	12.16m
5	606	THOMAS LUKSAY	13 OCEANSIDE TR	10.99m
6	618	WILEY WALKER	13 OCEANSIDE TR	10.92m
7	431	COOPER PALMER	13 CAMPBELL RIV	10.76m
8	680	HAYES WATERTON	13 POWELL RIVER	10.62m
9	615	CONNOR SCOTT	13 OCEANSIDE TR	9.25m
10	602	JAMES DONOHOE	13 OCEANSIDE TR	9.16m
11	504	OWEN JADAN	13 COWICHAN VAL	8.76m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 239 Men 12 Year Olds Shot Put 3 kg

=====				
	Name	Year	Team	Finals
=====				
1	607 HUDSON PALICHUK	11	OCEANSIDE TR	5.14m
2	512 ZACHARY RAMSTEAD	11	COWICHAN VAL	4.88m
3	501 ATWOOD HALE	11	COWICHAN VAL	4.70m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 148 Men 14-15 High Jump

=====				
	Name	Year	Team	Finals
=====				
1	479 SIMON SMALLACOMBE	09	COMOX VALLEY	1.60m
2	623 EGAN FRANEY	08	PENINSULA TR	1.55m
3	691 GERRIT VINK	09	UNATTACHED B	1.45m
4	613 DEVON SCHNIDER	09	OCEANSIDE TR	1.40m
4	446 CARTER GRANSON	09	COMOX VALLEY	1.40m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 151 Girls 9 Long Jump

=====					
	Name	Year	Team	Finals	Wind
=====					
1	452 EASTYN KANARY	14	COMOX VALLEY	2.28m	NWI
2	608 LENIX PALICHUK	14	OCEANSIDE TR	2.11m	NWI
3	664 MADELEINE KOOP-REB	14	POWELL RIVER	2.07m	NWI
4	679 IRIE WALLS	14	POWELL RIVER	2.06m	NWI
5	502 SHYLOH HALE	14	COWICHAN VAL	1.92m	NWI

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 151 Girls 10 Long Jump

Name	Year	Team	Finals	Wind
1 592 ABIGAIL ATKINSON	13	OCEANSIDE TR	3.34m	NWI
2 563 IMISIOLUWA OYENUGA	13	NANAIMO & DI	3.12m	NWI
3 411 ADDISON IHLEN	13	ATHLETICS VI	3.11m	NWI
4 619 MAYA WATSON	13	OCEANSIDE TR	2.90m	NWI
5 661 GENEVIEVE HULL	13	POWELL RIVER	2.89m	NWI
6 649 EILY BRATSETH	13	POWELL RIVER	2.84m	NWI
7 515 LOTTIE TYLER	13	COWICHAN VAL	2.80m	NWI
8 662 GIANNA HULL	13	POWELL RIVER	2.75m	NWI
9 610 HANNAH PROVOOST	13	OCEANSIDE TR	2.68m	NWI
10 534 AMELIA DICKSON	13	NANAIMO & DI	2.67m	NWI
11 525 MYLA BISSENDEN	13	NANAIMO & DI	2.53m	NWI
12 604 MATILDA HUNTER	13	OCEANSIDE TR	2.44m	NWI
13 663 MAYA JASINSKA	13	POWELL RIVER	2.43m	NWI
14 644 FARRAN ANDERSON	13	POWELL RIVER	2.36m	NWI
15 403 RUBY MESSENGER	13	ALBERNI VALL	2.24m	NWI
16 462 ELLA MOORE	13	COMOX VALLEY	2.22m	NWI
17 541 GEORGIA GAUTHIER	13	NANAIMO & DI	2.07m	NWI
18 665 AUDREY KROMM	13	POWELL RIVER	2.00m	NWI

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 250 Women 12 Year Olds Hammer Throw 3 kg

=====				
Name				
Year Team				
Finals				
=====				
1	588	SKYLA WEBBER	11 NANAIMO & DI	21.09m
2	489	MOLLY VAN ZANDEN	11 COMOX VALLEY	17.92m
3	542	LUCIA GAUTHIER	11 NANAIMO & DI	15.34m
4	557	SOFIA LUNDMAN	11 NANAIMO & DI	15.14m
5	530	ROWAN CLARKE	11 NANAIMO & DI	13.77m
6	429	MAKAYLA MACKENZIE	11 CAMPBELL RIV	13.08m
7	517	ALICA VALASTIAK	11 COWICHAN VAL	11.05m
8	471	ELISE SALZMANN	11 COMOX VALLEY	8.77m
--	656	SASHA GALLIGOS	11 POWELL RIVER	DNF

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 206 Women 14-15 Javelin Throw 500 g

=====				
	Name	Year	Team	Finals
=====				
1	444 GILLIAN GALIK	08	COMOX VALLEY	39.53m
2	433 GEMMA QUESNEL	09	CAMPBELL RIV	28.23m
3	524 TESSA BELL	09	NANAIMO & DI	22.12m
4	456 HAYLEE LEITERMAN	09	COMOX VALLEY	19.80m
5	579 CHARLOTTE SHEPHERD	09	NANAIMO & DI	19.36m
6	520 NEVAEH WEIR	09	COWICHAN VAL	13.51m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 192 Men 11 Year Olds Discus Throw 750 g

=====				
Name				
Year Team				
Finals				
=====				
1	655	GRIFFIN FRASER	12 POWELL RIVER	16.38m
2	511	LIAM RAMSTEAD	12 COWICHAN VAL	16.28m
3	558	IAIN MACLEOD	12 NANAIMO & DI	13.74m
4	596	DECLAN BINDER	12 OCEANSIDE TR	13.56m
5	667	NOAH LAMDEN	12 POWELL RIVER	13.45m
6	648	CEIBA BORREGO-BROW	12 POWELL RIVER	12.31m
7	625	ELLIOTT HAYNES	12 PENINSULA TR	12.25m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 240 Men 13 Year Olds Shot Put 3 kg

=====				
	Name	Year	Team	Finals
=====				
1	416 LEVI SEEL	10	ATHLETICS VI	10.34m
2	410 DANIEL HILL	10	ATHLETICS VI	8.27m
3	514 CONNOR THOMPSON	10	COWICHAN VAL	8.13m
4	605 JONAH KOLEN-LEE	10	OCEANSIDE TR	7.92m
5	443 BENJAMIN GALIK	10	COMOX VALLEY	7.74m
6	506 ROBERT LAZENBY	10	COWICHAN VAL	6.90m
7	519 JACOB WEIR	10	COWICHAN VAL	6.53m
8	503 LINCOLN HELLEMOND	10	COWICHAN VAL	4.48m
--	659 HENRY GUNN	10	POWELL RIVER	ND

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 150 Men 16-17 High Jump

=====					
	Name	Year	Team		Finals
=====					
1	487 KAYDEN U-MING	06	COMOX VALLEY		1.70m
2	477 JUSTIN SERVOS	06	COMOX VALLEY		1.50m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 150 Men 70-74 High Jump

=====			
Name	Year	Team	Finals
=====			
1	535	SVEN DONALDSON	49 NANAIMO & DI
			1.15m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 153 Women 11 Year Olds Long Jump

=====					
Name	Year	Team	Finals	Wind	
=====					
1	499	SYDNEE ERICKSON	12	COWICHAN VAL	3.56m NWI
2	636	NATALYA ROMAINE	12	PENINSULA TR	3.25m NWI
3	621	DAISY BARKER	12	PENINSULA TR	3.24m NWI
4	490	CARLA WEBER	12	COMOX VALLEY	3.00m NWI
5	552	ABIGAIL JOHNSON	12	NANAIMO & DI	2.84m NWI
6	467	EMMA PALYCHUK	12	COMOX VALLEY	2.83m NWI
6	580	JADA SHIMEK	12	NANAIMO & DI	2.83m NWI

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 251 Women 13 Year Olds Hammer Throw 3 kg

=====				
Name				
Year Team				
Finals				
=====				
1	401	SHYLA BROOK	10 ALBERNI VALL	30.08m
2	495	ARIANNA BEATON	10 COWICHAN VAL	19.98m
3	626	ROSIE HAYNES	10 PENINSULA TR	13.15m
4	415	ELLIS RAMSAY	10 ATHLETICS VI	12.38m
5	412	AVA-MARIE JAEGER	10 ATHLETICS VI	11.12m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 209 Women 18-19 Javelin Throw 600 g

=====				
	Name	Year	Team	Finals
=====				
1	466 AKIRA MUNRO	05	COMOX VALLEY	33.90m
2	464 GABRIELLE MORFITT	05	COMOX VALLEY	16.86m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 209 Women 20-34 Javelin Throw 600 g

=====				
Name	Year	Team	Finals	
=====				
1	498	VICTORIA DAILEY	03 COWICHAN VAL	21.30m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 209 Women 40-44 Javelin Throw 600 g

=====				
Name	Year	Team	Finals	
=====				
1	430	NICOLE MACKENZIE	83 CAMPBELL RIV	24.95m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 208 Women 16-17 Javelin Throw 500 g

=====				
	Name	Year	Team	Finals
=====				
1	438 ERIKA BURRY	07	COMOX VALLEY	39.25m
2	449 ELISABETH HOFFMAN	06	COMOX VALLEY	30.88m
3	559 ANNIKA MCMINN	07	NANAIMO & DI	22.21m
4	505 DANIKA LAZENBY	07	COWICHAN VAL	20.96m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 193 Men 12 Year Olds Discus Throw 1 kg

=====				
Name	Year	Team	Finals	
=====				
1	562	FINN OLSEN	11 NANAIMO & DI	21.46m
2	607	HUDSON PALICHUK	11 OCEANSIDE TR	15.14m
3	512	ZACHARY RAMSTEAD	11 COWICHAN VAL	13.99m
4	501	ATWOOD HALE	11 COWICHAN VAL	11.83m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 147 Men 13 Year Olds High Jump

=====				
Name				
Year Team				
Finals				
=====				
1	605	JONAH KOLEN-LEE	10 OCEANSIDE TR	1.35m
2	410	DANIEL HILL	10 ATHLETICS VI	1.30m
3	514	CONNOR THOMPSON	10 COWICHAN VAL	J1.30m
4	439	NASH CALDWELL-WALU	10 COMOX VALLEY	1.25m
5	654	GABRIEL CHARTIER	10 POWELL RIVER	J1.25m
6	503	LINCOLN HELLEMOND	10 COWICHAN VAL	1.20m
7	582	OLIVER SINCLAIR	10 NANAIMO & DI	1.10m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 241 Men 14-15 Shot Put 4 kg

=====				
	Name	Year	Team	Finals
=====				
1	623 EGAN FRANEY	08	PENINSULA TR	9.63m
2	691 GERRIT VINK	09	UNATTACHED B	8.85m
3	432 MADRID PALMER	08	CAMPBELL RIV	7.75m
4	687 BOWEN FOLK	09	UNATTACHED B	7.37m
5	613 DEVON SCHNIDER	09	OCEANSIDE TR	6.67m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 202 Women 10 Year Olds Javelin Throw 400 g

=====				
Name				
Year Team				
Finals				
=====				
1	610	HANNAH PROVOOST	13 OCEANSIDE TR	13.58m
2	595	OLIVIA BEWSEY	13 OCEANSIDE TR	11.98m
3	534	AMELIA DICKSON	13 NANAIMO & DI	11.26m
4	592	ABIGAIL ATKINSON	13 OCEANSIDE TR	10.70m
5	525	MYLA BISSENDEN	13 NANAIMO & DI	10.23m
6	403	RUBY MESSENGER	13 ALBERNI VALL	10.01m
7	619	MAYA WATSON	13 OCEANSIDE TR	9.31m
8	604	MATILDA HUNTER	13 OCEANSIDE TR	7.31m
--	541	GEORGIA GAUTHIER	13 NANAIMO & DI	ND

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 154 Women 12 Year Olds Long Jump

Name	Year	Team	Finals	Wind
1 641 RAYAH UNDERWOOD	11	PENINSULA TR	3.89m	NWI
2 588 SKYLA WEBBER	11	NANAIMO & DI	3.84m	NWI
3 447 KINLEY GRANSON	11	COMOX VALLEY	3.77m	NWI
4 675 ALISON SHANNON	11	POWELL RIVER	3.63m	NWI
5 530 ROWAN CLARKE	11	NANAIMO & DI	3.50m	NWI
6 652 OLIVIA CARTA	11	POWELL RIVER	3.46m	NWI
7 402 PAYTON HARVEY	11	ALBERNI VALL	3.40m	NWI
8 642 CHARLEY VAN DER BE	11	PENINSULA TR	3.36m	NWI
8 542 LUCIA GAUTHIER	11	NANAIMO & DI	3.36m	NWI
10 669 EMILY MASSULLO	11	POWELL RIVER	3.30m	NWI
11 573 LENNOX REYNOLDS	11	NANAIMO & DI	3.29m	NWI
12 673 GRACE PARSONS	11	POWELL RIVER	3.23m	NWI
13 429 MAKAYLA MACKENZIE	11	CAMPBELL RIV	3.20m	NWI
14 668 BRIA MASSULLO	11	POWELL RIVER	3.14m	NWI
15 656 SASHA GALLIGOS	11	POWELL RIVER	3.00m	NWI
16 589 ALLISON EDMONDSON	11	NANAIMO DISTRICT	2.97m	NWI
17 616 MADISON SCOTT	11	OCEANSIDE TR	2.93m	NWI
18 494 SAYLOR BAZYLINSKI	11	COWICHAN VAL	2.89m	NWI
19 550 EVELYN HOWARD	11	NANAIMO & DI	2.83m	NWI
20 471 ELISE SALZMANN	11	COMOX VALLEY	2.82m	NWI
21 670 TAIGE MAXWELL	11	POWELL RIVER	2.72m	NWI
22 517 ALICA VALASTIAK	11	COWICHAN VAL	2.31m	NWI

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 252 Women 14-15 Hammer Throw 3 kg

=====					
Name	Year	Team	Finals		
=====					
1	450	VICTORIA HOFFMAN	08	COMOX VALLEY	40.66m
2	476	MAIA SCHOLTZ	08	COMOX VALLEY	33.44m
3	579	CHARLOTTE SHEPHERD	09	NANAIMO & DI	24.34m
4	421	RACHEL ALGUIRE	08	CAMPBELL RIV	19.94m
5	520	NEVAEH WEIR	09	COWICHAN VAL	18.47m
6	601	SOPHIA DESVAUX	09	OCEANSIDE TR	18.13m
7	448	GRACE HAWESOVA	09	COMOX VALLEY	17.45m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 143 Men 9 High Jump

=====				
=====				
Name	Year	Team	Finals	
=====				
1	576	OWEN RYAN	14 NANAIMO & DI	1.15m
2	518	ELIJAH VALASTIAK	14 COWICHAN VAL	1.05m
3	587	ISRAEL WEBBER	14 NANAIMO & DI	1.00m
4	597	KALEB BINDER	14 OCEANSIDE TR	J1.00m
5	513	DEVEN RANDHAWA	14 COWICHAN VAL	0.95m
6	620	CALEB WILLERS	14 OCEANSIDE TR	J0.95m
7	666	CADEN LADNER	14 POWELL RIVER	0.90m
8	531	SAWYER CLARKE	14 NANAIMO & DI	0.85m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 143 Men 10 High Jump

=====					
Name	Year	Team	Finals		
=====					
1	606	THOMAS LUKSAY	13	OCEANSIDE TR	1.15m
2	671	EWAN NAYLOR	13	POWELL RIVER	J1.15m
3	598	CHASE BRITTAIN	13	OCEANSIDE TR	1.05m
4	539	COLTEN FONTAINE	13	NANAIMO & DI	1.00m
5	536	CEDAR DUNNETT	13	NANAIMO & DI	J1.00m
6	615	CONNOR SCOTT	13	OCEANSIDE TR	J1.00m
6	602	JAMES DONOHOE	13	OCEANSIDE TR	J1.00m
8	551	GEORGE HOWARD	13	NANAIMO & DI	0.95m
9	431	COOPER PALMER	13	CAMPBELL RIV	0.90m
10	618	WILEY WALKER	13	OCEANSIDE TR	J0.90m
11	645	TED BARFOOT	13	POWELL RIVER	J0.90m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 249 Men 80-84 Shot Put 3 kg

=====			
Name	Year	Team	Finals
=====			
1	622	LES EAST	39 PENINSULA TR 7.60m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 248 Men 70-74 Shot Put 4 kg

=====				
Name	Year	Team	Finals	
=====				
1	535	SVEN DONALDSON	49 NANAIMO & DI	7.82m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 247 Men 60-64 Shot Put 5 kg

=====				
	Name	Year	Team	Finals
=====				
1	417 SEAN STEELE	61	ATHLETICS VI	10.67m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 244 Men 18-19 Shot Put 6 kg

=====				
	Name	Year	Team	Finals
=====				
1	548 CONNOR HENGSTLER	05	NANAIMO & DI	13.58m
2	497 GRAEME DAILEY	04	COWICHAN VAL	9.01m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 243 Men 16-17 Shot Put 5 kg

=====				
	Name	Year	Team	Finals
=====				
1	437 THIBAUT (SIYU) CHE	06	CLUB RAPIDE	12.16m
2	460 THOMAS MACDONNELL	07	COMOX VALLEY	9.43m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 255 Women 18-19 Hammer Throw 4 kg

=====				
	Name	Year	Team	Finals
=====				
1	419 ANNIKA WAITE	05	BALLENAS SECONDARY	31.75m
2	464 GABRIELLE MORFITT	05	COMOX VALLEY	30.48m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 255 Women 20-34 Hammer Throw 4 kg

=====				
	Name	Year	Team	Finals
=====				
1	463 CHANTAL MORFITT	03	COMOX VALLEY	31.30m
2	498 VICTORIA DAILEY	03	COWICHAN VAL	27.26m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 255 Women 45-49 Hammer Throw 4 kg

=====					
Name	Year	Team	Finals		
=====					
1	424	STEFANIE HOFFMAN	78	CAMPBELL RIV	22.03m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 254 Women 16-17 Hammer Throw 3 kg

=====				
Name				
Year Team				
Finals				
=====				
1	566	KATELYN PUTZ	06 NANAIMO & DI	54.56m
2	442	PAYGE DOTY-BROWN	07 COMOX VALLEY	47.29m
3	449	ELISABETH HOFFMAN	06 COMOX VALLEY	44.05m
4	559	ANNIKA MCMINN	07 NANAIMO & DI	41.84m
5	529	JENNA BUNSTON	07 NANAIMO & DI	39.86m
6	445	MADELAINA GALIK	06 COMOX VALLEY	35.82m
7	438	ERIKA BURRY	07 COMOX VALLEY	26.53m
8	505	DANIKA LAZENBY	07 COWICHAN VAL	25.26m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 203 Women 11 Year Olds Javelin Throw 400 g

=====				
Name				
Year Team				
Finals				
=====				
1	621	DAISY BARKER	12 PENINSULA TR	18.05m
2	499	SYDNEE ERICKSON	12 COWICHAN VAL	16.01m
3	552	ABIGAIL JOHNSON	12 NANAIMO & DI	14.62m
4	580	JADA SHIMEK	12 NANAIMO & DI	10.15m
5	636	NATALYA ROMAINE	12 PENINSULA TR	9.97m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 155 Women 13 Year Olds Long Jump

=====					
Name	Year	Team	Finals	Wind	
=====					
1	412	AVA-MARIE JAEGER	10	ATHLETICS VI	4.01m NWI
2	461	LILY MONJO	10	COMOX VALLEY	3.97m NWI
3	495	ARIANNA BEATON	10	COWICHAN VAL	3.69m NWI
4	484	ELLA SUPPIAH	10	COMOX VALLEY	3.48m NWI
5	681	LONDYN WATERTON	10	POWELL RIVER	3.18m NWI
6	682	LUCY WEGNER	10	POWELL RIVER	3.16m NWI
7	415	ELLIS RAMSAY	10	ATHLETICS VI	2.88m NWI

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 238 Men 11 Year Olds Shot Put 2 kg

=====				
=====				
	Name	Year	Team	Finals
=====				
1	655 GRIFFIN FRASER	12	POWELL RIVER	7.71m
2	667 NOAH LAMDEN	12	POWELL RIVER	7.14m
3	648 CEIBA BORREGO-BROW	12	POWELL RIVER	6.82m
4	650 ISAAC CALDER	12	POWELL RIVER	6.29m
5	511 LIAM RAMSTEAD	12	COWICHAN VAL	6.16m
6	469 GAVIN ROSE	12	COMOX VALLEY	6.05m
7	611 SIMON RICHARDSON	12	OCEANSIDE TR	5.82m
8	625 ELLIOTT HAYNES	12	PENINSULA TR	4.46m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 146 Men 12 Year Olds High Jump

=====				
	Name	Year	Team	Finals
=====				
1	594 ETHAN BEWSEY	11	OCEANSIDE TR	1.42m
2	628 COEN HOLMGREN	11	PENINSULA TR	1.20m
3	575 BEN RYAN	11	NANAIMO & DI	1.15m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 194 Men 13 Year Olds Discus Throw 1 kg

=====				
Name				
Year Team				
Finals				
=====				
1	443	BENJAMIN GALIK	10 COMOX VALLEY	25.14m
2	416	LEVI SEEL	10 ATHLETICS VI	23.66m
3	605	JONAH KOLEN-LEE	10 OCEANSIDE TR	20.67m
4	514	CONNOR THOMPSON	10 COWICHAN VAL	19.70m
5	410	DANIEL HILL	10 ATHLETICS VI	18.67m
6	659	HENRY GUNN	10 POWELL RIVER	17.14m
7	506	ROBERT LAZENBY	10 COWICHAN VAL	15.90m
8	639	GRAYSON STUBBS	10 PENINSULA TR	14.18m
9	654	GABRIEL CHARTIER	10 POWELL RIVER	12.47m
10	519	JACOB WEIR	10 COWICHAN VAL	12.42m
11	582	OLIVER SINCLAIR	10 NANAIMO & DI	10.97m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 204 Women 12 Year Olds Javelin Throw 400 g

=====				
	Name	Year	Team	Finals
=====				
1	641 RAYAH UNDERWOOD	11	PENINSULA TR	23.89m
2	447 KINLEY GRANSON	11	COMOX VALLEY	19.54m
3	429 MAKAYLA MACKENZIE	11	CAMPBELL RIV	17.75m
4	494 SAYLOR BAZYLINSKI	11	COWICHAN VAL	15.00m
5	542 LUCIA GAUTHIER	11	NANAIMO & DI	13.65m
6	673 GRACE PARSONS	11	POWELL RIVER	12.09m
7	652 OLIVIA CARTA	11	POWELL RIVER	11.96m
8	616 MADISON SCOTT	11	OCEANSIDE TR	11.83m
9	550 EVELYN HOWARD	11	NANAIMO & DI	11.51m
10	557 SOFIA LUNDMAN	11	NANAIMO & DI	11.40m
11	404 CLAIRE AVEYARD	11	ATHLETICS VI	9.03m
--	589 ALLISON EDMONDSON	11	NANAIMO DISTRICT	ND
--	656 SASHA GALLIGOS	11	POWELL RIVER	ND
--	670 TAIGE MAXWELL	11	POWELL RIVER	ND

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 156 Women 14-15 Long Jump

=====					
Name	Year	Team	Finals	Wind	
=====					
1	457	ADDISON LEWIS	09 COMOX VALLEY	4.83m	NWI
2	405	KAJSA CHELL	09 ATHLETICS VI	4.60m	NWI
3	427	EVAYE LANYON	08 CAMPBELL RIV	4.25m	NWI
4	520	NEVAEH WEIR	09 COWICHAN VAL	3.51m	NWI
5	657	MIA GIROUARD	09 POWELL RIVER	3.35m	NWI
6	643	ARWEN ANDERSON	09 POWELL RIVER	2.99m	NWI

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 236 Men 9 Shot Put 2 kg

=====				
Name	Year	Team		Finals
=====				
1	597	KALEB BINDER	14 OCEANSIDE TR	6.51m
2	518	ELIJAH VALASTIAK	14 COWICHAN VAL	5.76m
3	620	CALEB WILLERS	14 OCEANSIDE TR	5.71m
4	400	THOR ASKERHAUG TOR	14 ALBERNI VALL	5.63m
5	486	JACKSON TAYLOR	14 COMOX VALLEY	5.33m
6	531	SAWYER CLARKE	14 NANAIMO & DI	5.27m
7	587	ISRAEL WEBBER	14 NANAIMO & DI	5.20m
8	677	LIAM VAN EGTEREN	14 POWELL RIVER	4.58m
9	651	OWEN CALDER	14 POWELL RIVER	3.99m
10	666	CADEN LADNER	14 POWELL RIVER	3.10m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 236 Men 10 Shot Put 2 kg

=====					
Name	Year	Team	Finals		
=====					
1	539	COLTEN FONTAINE	13	NANAIMO & DI	5.62m
2	653	SAMUEL CHARTER	13	POWELL RIVER	5.54m
3	602	JAMES DONOHOE	13	OCEANSIDE TR	5.53m
3	536	CEDAR DUNNETT	13	NANAIMO & DI	5.53m
5	645	TED BARFOOT	13	POWELL RIVER	5.44m
6	598	CHASE BRITTAIN	13	OCEANSIDE TR	5.40m
7	591	KAI AIKMAN - HEIR	13	OCEANSIDE TR	5.32m
8	431	COOPER PALMER	13	CAMPBELL RIV	5.20m
9	680	HAYES WATERTON	13	POWELL RIVER	5.12m
10	658	ALEX GUNN	13	POWELL RIVER	4.96m
11	551	GEORGE HOWARD	13	NANAIMO & DI	4.89m
12	606	THOMAS LUKSAY	13	OCEANSIDE TR	4.45m
13	618	WILEY WALKER	13	OCEANSIDE TR	4.34m
14	615	CONNOR SCOTT	13	OCEANSIDE TR	3.18m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 145 Men 11 Year Olds High Jump

=====				
Name				
Year Team				
Finals				
=====				
1	655	GRIFFIN FRASER	12 POWELL RIVER	1.25m
2	650	ISAAC CALDER	12 POWELL RIVER	1.10m
2	469	GAVIN ROSE	12 COMOX VALLEY	1.10m
4	648	CEIBA BORREGO-BROW	12 POWELL RIVER	J1.10m
5	581	JACOB SINCLAIR	12 NANAIMO & DI	1.00m
5	511	LIAM RAMSTEAD	12 COWICHAN VAL	1.00m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 195 Men 14-15 Discus Throw 1 kg

=====				
	Name	Year	Team	Finals
=====				
1	623 EGAN FRANEY	08	PENINSULA TR	34.74m
2	687 BOWEN FOLK	09	UNATTACHED B	24.01m
3	432 MADRID PALMER	08	CAMPBELL RIV	23.37m
4	613 DEVON SCHNIDER	09	OCEANSIDE TR	22.23m
5	638 JOSHUA SLAUENWHITE	08	PENINSULA TR	22.20m
6	691 GERRIT VINK	09	UNATTACHED B	19.50m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 205 Women 13 Year Olds Javelin Throw 400 g

=====					
Name	Year	Team	Finals		
=====					
1	458	KAYLIE LOFSTROM	10	COMOX VALLEY	17.66m
2	495	ARIANNA BEATON	10	COWICHAN VAL	15.34m
3	567	AUDREY RAPTON	10	NANAIMO & DI	14.15m
4	470	ARIANNA SACCUCCI	10	COMOX VALLEY	14.06m
5	682	LUCY WEGNER	10	POWELL RIVER	13.96m
6	415	ELLIS RAMSAY	10	ATHLETICS VI	11.80m
7	681	LONDYN WATERTON	10	POWELL RIVER	10.91m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 158 Women 16-17 Long Jump

=====				
Name	Year	Team	Finals	Wind
=====				
1	695	ALLISON TORRANCE	07 VANCOUVER OL	5.09m NWI

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 158 Women 18-19 Long Jump

=====						
	Name		Year	Team	Finals	Wind
=====						
1	408 SADIE DICKINSON		05	ATHLETICS VI	4.59m	NWI
2	478 LACIE SIMMONS		05	COMOX VALLEY	4.51m	NWI

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 201 Men 60-64 Discus Throw 1 kg

=====				
Name	Year	Team	Finals	
=====				
1	417	SEAN STEELE	61 ATHLETICS VI	35.21m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 201 Men 70-74 Discus Throw 1 kg

=====				
Name	Year	Team	Finals	
=====				
1	535	SVEN DONALDSON	49 NANAIMO & DI	22.34m

**2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field**

Event 201 Men 80-84 Discus Throw 1 kg

=====			
Name	Year	Team	Finals
=====			
1	622	LES EAST	39 PENINSULA TR 23.21m

**2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field**

Event 200 Men 50-59 Discus Throw 1.5 kg

=====			
Name	Year	Team	Finals
=====			
1	465	GRAHAM MORFITT	67 COMOX VALLEY 35.40m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 199 Men 40-44 Discus Throw 2 kg

=====				
	Name	Year	Team	Finals
=====				
--	630 CHRIS JONES	81	PENINSULA TR	ND
--	627 AARON HOLMGREN	82	PENINSULA TR	ND

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 199 Men 45-49 Discus Throw 2 kg

=====			
	Name	Year Team	Finals
=====			
1	586 PHILLIP VANNINI	74 NANAIMO & DI	35.25m

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Sunday Field

Event 198 Men 18-19 Discus Throw 1.75 kg

=====				
Name		Year	Team	Finals
=====				
1	548 CONNOR HENGSTLER	05	NANAIMO & DI	46.44m
2	497 GRAEME DAILEY	04	COWICHAN VAL	27.39m