

**2023 Garriock Meet  
Duncan, BC - 6/3/2023 to 6/4/2023  
Results**

**Girls 9 60 Meter Dash**

=====					
Name	Year	Team	Finals	Wind	H#
=====					
Finals					
1	44	Kanary, Eastyn	14	Comox Valley	11.76 NWI 4
2	84	Hale, Shyloh	14	Cowichan Val	12.89 NWI 4

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 10 60 Meter Dash**

=====					
Name	Year	Team	Finals	Wind	H#
=====					
1	79	Fikowski, Evan	13	Cowichan Val	10.67 NWI 4
2	45	Klassen, Rhea	13	Comox Valley	10.73 NWI 3
3	213	Statham, Claire	13	Powell River	10.76 NWI 4
4	176	Provoost, Hannah	13	Oceanside Tr	11.10 NWI 3
5	107	Vaisius, Nadia	13	Cowichan Val	11.18 NWI 3
6	106	Tyler, Lottie	13	Cowichan Val	11.28 NWI 3
7	173	Hunter, Matilda	13	Oceanside Tr	11.35 NWI 3
8	1	Messenger, Ruby	13	Alberni Vall	11.44 NWI 4

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 11 60 Meter Dash**

=====					
Name	Year	Team	Finals	Wind	H#
=====					
1	77	Dunaway, Teagan	12	Cowichan Val	10.00 NWI 1
2	192	Hall, Linnea	12	Peninsula Tr	10.22 NWI 1
3	59	Schmidt, Avery	12	Comox Valley	10.32 NWI 1
4	25	Whitley, Gabrielle	12	Athletics Vi	10.81 NWI 2
5	171	Cupples, Callie	12	Oceanside Tr	10.83 NWI 2
6	15	Martin, Finley	12	Athletics Vi	10.87 NWI 2
7	210	Meyer, Milah	12	Powell River	11.08 NWI 2
8	184	Aussenegg, Annabel	12	Peninsula Tr	12.13 NWI 2

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 12 300 Meter Dash**

=====					
Name	Year	Team	Finals	H#	
=====					
1	144	Reilly, Brynne	11	Nanaimo & Di	51.65 2
2	69	Bazylinski, Saylor	11	Cowichan Val	56.71 2
3	231	Williams, Trinidi	11	Powell River	57.78 3
4	159	Thibault, Tessa	11	Nanaimo & Di	58.48 3
5	206	Van Der Berg, Char	11	Peninsula Tr	58.72 2
6	33	MacKenzie, Makayla	11	Campbell Riv	1:03.01 3
7	26	Clements, Sarah	11	Campbell Riv	1:08.62 3

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 13 300 Meter Dash**

=====					
	Name	Year	Team	Finals	H#
=====					
1	194 Haynes, Rosie	10	Peninsula Tr	49.46	2
2	12 Jaeger, Ava-Marie	10	Athletics Vi	50.26	2

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 14-15 300 Meter Dash**

=====			
	Name	Year Team	Finals
=====			
1	48 Lewis, Addison	09 Comox Valley	47.03
2	68 Zaal, Kylie	08 Comox Valley	47.78

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 10 600 Meter Run**

=====					
Name	Year	Team	Finals	H#	
=====					
1	45	Klassen, Rhea	13 Comox Valley	2:09.41	2
2	167	Atkinson, Abigail	13 Oceanside Tr	2:09.87	2
3	79	Fikowski, Evan	13 Cowichan Val	2:10.44	2
4	1	Messenger, Ruby	13 Alberni Vall	2:15.91	2
5	213	Statham, Claire	13 Powell River	2:26.11	2
6	107	Vaisius, Nadia	13 Cowichan Val	2:26.83	2
7	17	O'reilly, Saturna	13 Athletics Vi	2:31.87	2
8	106	Tyler, Lottie	13 Cowichan Val	2:34.89	2

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 11 600 Meter Run**

=====			
	Name	Year Team	Finals
=====			
1	59 Schmidt, Avery	12 Comox Valley	1:59.82
2	77 Dunaway, Teagan	12 Cowichan Val	2:01.91
3	192 Hall, Linnea	12 Peninsula Tr	2:05.45



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 9 1000 Meter Run**

=====		
Name	Year Team	Finals
=====		
1 155 Slater, Emery	14 Nanaimo & Di	5:13.64

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 10 1000 Meter Run**

=====				
Name	Year	Team	Finals	
=====				
1	6	Freitag, Anne	13 Athletics Vi	4:02.95
2	181	Watson, Maya	13 Oceanside Tr	4:08.15
3	79	Fikowski, Evan	13 Cowichan Val	4:15.15
4	145	Reilly, Caylen	13 Nanaimo & Di	4:25.24
--	45	Klassen, Rhea	13 Comox Valley	DNF
--	1	Messenger, Ruby	13 Alberni Vall	DNF

**2023 Garriock Meet  
Duncan, BC - 6/3/2023 to 6/4/2023  
Results**

**Girls 11 1000 Meter Run**

=====			
	Name	Year Team	Finals
=====			
1	59 Schmidt, Avery	12 Comox Valley	3:37.57
2	152 Shimek, Jada	12 Nanaimo & Di	4:13.51

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 13 2000 Meter Run**

=====		
Name	Year Team	Finals
=====		
1 194 Haynes, Rosie	10 Peninsula Tr	7:53.33

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 14-15 2000 Meter Run**

=====			
	Name	Year Team	Finals
=====			
1	82 Gough, Charlotte	09 Cowichan Val	7:40.57

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 10 60 Meter Hurdles 6 x 24"**

=====						
	Name	Year	Team	Finals	Wind	H#
=====						
1	167 Atkinson, Abigail	13	Oceanside Tr	12.66	-1.6	2
2	45 Klassen, Rhea	13	Comox Valley	13.18	-1.6	2
3	1 Messenger, Ruby	13	Alberni Vall	13.96	-1.6	2
4	79 Fikowski, Evan	13	Cowichan Val	14.30	-1.6	2
5	173 Hunter, Matilda	13	Oceanside Tr	14.34	-1.6	2
6	145 Reilly, Caylen	13	Nanaimo & Di	14.79	-1.6	2
7	6 Freitag, Anne	13	Athletics Vi	15.10	-1.6	2
8	106 Tyler, Lottie	13	Cowichan Val	15.55	-1.6	2

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 11 60 Meter Hurdles 6 x 24"**

=====					
	Name	Year	Team	Finals	Wind
=====					
1	11 Hill, Martha	12	Athletics Vi	11.77	-1.2
2	78 Erickson, Sydnee	12	Cowichan Val	11.90	-1.2
3	95 Munro, Hannah	12	Cowichan Val	11.94	-1.2
4	152 Shimek, Jada	12	Nanaimo & Di	13.19	-1.2
5	59 Schmidt, Avery	12	Comox Valley	13.37	-1.2
6	184 Aussenegg, Annabel	12	Peninsula Tr	13.71	-1.2

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 12 Year Olds 80 Meter Hurdles 8 x 27"**

=====					
=====					
Name	Year	Team	Finals	Wind	
=====					
1	164	Webber, Skyla	11	Nanaimo & Di	14.41 0.4
2	205	Underwood, Rayah	11	Peninsula Tr	15.40 0.4
3	144	Reilly, Brynne	11	Nanaimo & Di	17.54 0.4
4	118	Clarke, Rowan	11	Nanaimo & Di	18.50 0.4
5	33	MacKenzie, Makayla	11	Campbell Riv	18.56 0.4
6	80	Foksowicz, Annabel	11	Cowichan Val	18.64 0.4
7	131	Lundman, Sofia	11	Nanaimo & Di	20.14 0.4
8	26	Clements, Sarah	11	Campbell Riv	20.21 0.4



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 12 Year Olds 200 Meter Hurdles 5 x 24"**

=====						
Name						
Year Team						
Finals						
Wind						
=====						
1	164	Webber, Skyla	11	Nanaimo & Di	32.18	NWI
2	209	Carta, Olivia	11	Powell River	33.12	NWI
3	205	Underwood, Rayah	11	Peninsula Tr	34.20	NWI
4	211	Parsons, Grace	11	Powell River	36.81	NWI
5	231	Williams, Trinidi	11	Powell River	39.69	NWI

**2023 Garriock Meet  
Duncan, BC - 6/3/2023 to 6/4/2023  
Results**

**Girls 13 Year Olds 200 Meter Hurdles 5 x 27"**

=====					
	Name	Year	Team	Finals	Wind
=====					
1	12 Jaeger, Ava-Marie	10	Athletics Vi	33.07	NWI
2	5 Fielding, Sabrina	10	Athletics Vi	36.68	NWI

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 14-15 300 Meter Hurdles 7 x 30"**

=====				
Name	Year	Team	Finals	
=====				
1	48	Lewis, Addison	09 Comox Valley	51.17
2	68	Zaal, Kylie	08 Comox Valley	52.51
3	65	Steele, Kiera	08 Comox Valley	1:01.06

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 9 High Jump**

=====			
	Name	Year Team	Finals
=====			
1	155 Slater, Emery	14 Nanaimo & Di	0.80m
1	156 Slater, Jaiden	14 Nanaimo & Di	0.80m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 10 High Jump**

=====			
Name	Year	Team	Finals
=====			
1	1	Messenger, Ruby	13 Alberni Vall 0.95m
2	181	Watson, Maya	13 Oceanside Tr J0.95m 2
3	6	Freitag, Anne	13 Athletics Vi 0.90m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 11 Year Olds High Jump**

=====			
	Name	Year Team	Finals
=====			
1	78 Erickson, Sydnee	12 Cowichan Val	1.27m
2	59 Schmidt, Avery	12 Comox Valley	1.10m
3	210 Meyer, Milah	12 Powell River	1.05m
4	184 Aussenegg, Annabel	12 Peninsula Tr	0.95m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 12 Year Olds High Jump**

=====			
Name	Year	Team	Finals
=====			
1	209	Carta, Olivia	11 Powell River 1.35m
2	164	Webber, Skyla	11 Nanaimo & Di 1.30m
3	67	Van Zanden, Molly	11 Comox Valley J1.30m
4	211	Parsons, Grace	11 Powell River 1.25m
5	159	Thibault, Tessa	11 Nanaimo & Di 1.15m
6	118	Clarke, Rowan	11 Nanaimo & Di J1.15m
7	33	MacKenzie, Makayla	11 Campbell Riv 1.10m
8	131	Lundman, Sofia	11 Nanaimo & Di J1.10m
9	108	Valastiak, Alica	11 Cowichan Val J1.10m
10	76	Dow, Halle	11 Cowichan Val 1.05m
--	231	Williams, Trinidi	11 Powell River NH

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 13 Year Olds High Jump**

=====			
	Name	Year Team	Finals
=====			
1	194 Haynes, Rosie	10 Peninsula Tr	1.25m
2	188 Clark, Elsa	10 Peninsula Tr	1.20m
3	70 Beaton, Arianna	10 Cowichan Val	1.15m
4	13 Larose, Elaura	10 Athletics Vi	J1.15m



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 14-15 High Jump**

=====				
Name	Year	Team	Finals	
=====				
1	28	Harvey, Claire	09 Campbell Riv	1.35m
2	111	Weir, Nevaeh	09 Cowichan Val	1.25m
3	104	Telford, Selah	08 Cowichan Val	1.20m

**2023 Garriock Meet  
Duncan, BC - 6/3/2023 to 6/4/2023  
Results**

**Girls 9 Year Olds Long Jump**

Name	Year	Team	Finals	Wind
1 44 Kanary, Eastyn	14	Comox Valley	2.71m	+0.0
2 84 Hale, Shyloh	14	Cowichan Val	1.81m	+0.0

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 10 Year Olds Long Jump**

=====					
	Name	Year	Team	Finals	Wind
=====					
1	167 Atkinson, Abigail	13	Oceanside Tr	3.35m	NWI
2	79 Fikowski, Evan	13	Cowichan Val	3.15m	NWI
3	106 Tyler, Lottie	13	Cowichan Val	2.76m	NWI
4	213 Statham, Claire	13	Powell River	2.70m	NWI
5	176 Provoost, Hannah	13	Oceanside Tr	2.64m	NWI
6	173 Hunter, Matilda	13	Oceanside Tr	2.52m	NWI
7	107 Vaisius, Nadia	13	Cowichan Val	2.45m	NWI
8	1 Messenger, Ruby	13	Alberni Vall	2.18m	NWI

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 11 Year Olds Long Jump**

=====					
Name	Year	Team	Finals	Wind	
=====					
1	77	Dunaway, Teagan	12	Cowichan Val	3.48m NWI
2	78	Erickson, Sydnee	12	Cowichan Val	3.34m NWI
3	15	Martin, Finley	12	Athletics Vi	2.99m NWI
4	184	Aussenegg, Annabel	12	Peninsula Tr	2.83m NWI
5	171	Cupples, Callie	12	Oceanside Tr	2.56m NWI

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 12 Year Olds Long Jump**

Name	Year	Team	Finals	Wind
1 205 Underwood, Rayah	11	Peninsula Tr	3.93m	NWI
2 164 Webber, Skyla	11	Nanaimo & Di	3.83m	NWI
3 146 Reynolds, Lennox	11	Nanaimo & Di	3.76m	NWI
4 209 Carta, Olivia	11	Powell River	3.56m	NWI
5 33 MacKenzie, Makayla	11	Campbell Riv	3.51m	NWI
6 129 Hill, Katie	11	Nanaimo & Di	3.35m	NWI
7 41 Granson, Kinley	11	Comox Valley	3.32m	NWI
8 206 Van Der Berg, Char	11	Peninsula Tr	3.25m	NWI
9 211 Parsons, Grace	11	Powell River	3.01m	NWI
10 231 Williams, Trinidi	11	Powell River	2.96m	NWI
11 108 Valastiak, Alica	11	Cowichan Val	2.69m	NWI
12 27 Guthrie, Alivia	11	Campbell Riv	2.31m	NWI
13 139 Park, Katelyn	11	Nanaimo & Di	2.26m	NWI

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 13 Year Olds Long Jump**

=====					
Name	Year	Team	Finals	Wind	
=====					
1	12	Jaeger, Ava-Marie	10 Athletics Vi	4.17m	NWI
2	13	Larose, Elaura	10 Athletics Vi	3.78m	NWI
3	5	Fielding, Sabrina	10 Athletics Vi	3.62m	NWI
4	70	Beaton, Arianna	10 Cowichan Val	3.61m	NWI
5	188	Clark, Elsa	10 Peninsula Tr	3.58m	NWI
6	19	Ramsay, Ellis	10 Athletics Vi	3.07m	NWI

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 14-15 Long Jump**

=====				
Name	Year	Team	Finals	Wind
=====				
1	75	De Leeuw, Lyla	08 Cowichan Val	4.97m 2.8
2	48	Lewis, Addison	09 Comox Valley	4.67m 0.3
3	97	Narraway, Emma	09 Cowichan Val	4.27m +0.0
4	82	Gough, Charlotte	09 Cowichan Val	4.16m 0.3
5	2	Chell, Kajsa	09 Athletics Vi	J4.16m 0.7
6	32	MacKenzie, Kendra	09 Campbell Riv	J4.16m +0.0
7	28	Harvey, Claire	09 Campbell Riv	4.03m +0.0
8	111	Weir, Nevaeh	09 Cowichan Val	3.40m 0.7

**2023 Garriock Meet  
Duncan, BC - 6/3/2023 to 6/4/2023  
Results**

**Girls 13 Year Olds Triple Jump**

=====					
	Name	Year	Team	Finals	Wind
=====					
1	12 Jaeger, Ava-Marie	10	Athletics Vi	9.22m	NWI
2	13 Larose, Elaura	10	Athletics Vi	8.24m	NWI



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 14-15 Triple Jump**

=====				
Name				
Year Team		Finals	Wind	
=====				
1	2 Chell, Kajsa	09 Athletics Vi	9.61m	0.4

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 9 Shot Put 2 kg**

=====			
	Name	Year Team	Finals
=====			
1	156 Slater, Jaiden	14 Nanaimo & Di	3.71m
2	84 Hale, Shyloh	14 Cowichan Val	3.49m
3	155 Slater, Emery	14 Nanaimo & Di	3.32m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 10 Shot Put 2 kg**

=====				
Name	Year	Team	Finals	
=====				
1	107	Vaisius, Nadia	13 Cowichan Val	4.04m
2	106	Tyler, Lottie	13 Cowichan Val	3.93m
3	1	Messenger, Ruby	13 Alberni Vall	3.88m
4	145	Reilly, Caylen	13 Nanaimo & Di	2.71m
5	173	Hunter, Matilda	13 Oceanside Tr	2.61m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 11 Year Olds Shot Put 2 kg**

=====			
	Name	Year Team	Finals
=====			
1	152 Shimek, Jada	12 Nanaimo & Di	6.74m
2	210 Meyer, Milah	12 Powell River	5.51m
3	78 Erickson, Sydnee	12 Cowichan Val	5.46m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 12 Year Olds Shot Put 3 kg**

=====				
=====				
Name	Year	Team		Finals
=====				
1	33	MacKenzie, Makayla	11 Campbell Riv	6.00m
2	144	Reilly, Brynne	11 Nanaimo & Di	5.82m
3	26	Clements, Sarah	11 Campbell Riv	5.17m
4	131	Lundman, Sofia	11 Nanaimo & Di	4.49m
5	209	Carta, Olivia	11 Powell River	4.35m
6	118	Clarke, Rowan	11 Nanaimo & Di	4.09m
7	76	Dow, Halle	11 Cowichan Val	3.99m
8	211	Parsons, Grace	11 Powell River	3.97m
9	231	Williams, Trinidi	11 Powell River	3.88m
10	27	Guthrie, Alivia	11 Campbell Riv	3.51m
11	108	Valastiak, Alica	11 Cowichan Val	2.61m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 13 Year Olds Shot Put 3 kg**

=====				
Name		Year	Team	Finals
=====				
1	12 Jaeger, Ava-Marie	10	Athletics Vi	5.98m
2	19 Ramsay, Ellis	10	Athletics Vi	4.83m
3	5 Fielding, Sabrina	10	Athletics Vi	4.78m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 14-15 Shot Put 3 kg**

=====				
=====				
Name	Year	Team		Finals
=====				
1	43	Hoffman, Victoria	08 Comox Valley	10.51m
2	62	Scholtz, Maia	08 Comox Valley	8.59m
3	133	Moonsamy, Anishka	09 Nanaimo & Di	8.14m
4	32	MacKenzie, Kendra	09 Campbell Riv	7.80m
5	28	Harvey, Claire	09 Campbell Riv	7.71m
6	104	Telford, Selah	08 Cowichan Val	7.17m
7	111	Weir, Nevaeh	09 Cowichan Val	6.17m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 10 Discus Throw 750 g**

=====				
	Name	Year	Team	Finals
=====				
1	176 Provoost, Hannah	13	Oceanside Tr	13.10m
2	167 Atkinson, Abigail	13	Oceanside Tr	10.26m
3	213 Statham, Claire	13	Powell River	9.80m
4	79 Fikowski, Evan	13	Cowichan Val	9.57m
5	1 Messenger, Ruby	13	Alberni Vall	8.44m



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 11 Discus Throw 750 g**

=====				
Name	Year	Team	Finals	
=====				
1	78	Erickson, Sydnee	12 Cowichan Val	16.36m
2	171	Cupples, Callie	12 Oceanside Tr	12.03m
3	15	Martin, Finley	12 Athletics Vi	11.26m
4	210	Meyer, Milah	12 Powell River	9.50m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 12 Discus Throw 750 g**

=====				
Name				
Year Team				
Finals				
=====				
1	33	MacKenzie, Makayla	11 Campbell Riv	15.25m
2	139	Park, Katelyn	11 Nanaimo & Di	11.30m
3	27	Guthrie, Alivia	11 Campbell Riv	9.19m
4	108	Valastiak, Alica	11 Cowichan Val	8.74m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 13 Discus Throw 750 g**

=====				
Name				
Year Team				
Finals				
=====				
1	5	Fielding, Sabrina	10 Athletics Vi	15.94m
2	70	Beaton, Arianna	10 Cowichan Val	14.18m
3	12	Jaeger, Ava-Marie	10 Athletics Vi	14.13m
4	188	Clark, Elsa	10 Peninsula Tr	12.84m
5	19	Ramsay, Ellis	10 Athletics Vi	12.83m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 14-15 Discus Throw 1 kg**

=====				
Name	Year	Team	Finals	
=====				
1	43	Hoffman, Victoria	08 Comox Valley	26.07m
2	32	MacKenzie, Kendra	09 Campbell Riv	19.07m
3	133	Moonsamy, Anishka	09 Nanaimo & Di	18.71m
4	151	Shepherd, Charlott	09 Nanaimo & Di	17.42m
5	111	Weir, Nevaeh	09 Cowichan Val	14.36m
6	28	Harvey, Claire	09 Campbell Riv	13.66m
7	14	Martin, Elly	09 Athletics Vi	13.24m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 12 Year Olds Hammer Throw 3 kg**

=====				
Name	Year	Team	Finals	
=====				
1	164	Webber, Skyla	11 Nanaimo & Di	19.53m
2	67	Van Zanden, Molly	11 Comox Valley	17.12m
3	131	Lundman, Sofia	11 Nanaimo & Di	13.85m
4	33	MacKenzie, Makayla	11 Campbell Riv	12.55m
5	159	Thibault, Tessa	11 Nanaimo & Di	10.61m
6	26	Clements, Sarah	11 Campbell Riv	10.06m
7	57	Salzmann, Elise	11 Comox Valley	7.14m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 13 Year Olds Hammer Throw 3 kg**

=====			
	Name	Year Team	Finals
=====			
1	12 Jaeger, Ava-Marie	10 Athletics Vi	15.41m
2	19 Ramsay, Ellis	10 Athletics Vi	11.41m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 14-15 Hammer Throw 3 kg**

=====			
	Name	Year Team	Finals
=====			
1	133 Moonsamy, Anishka	09 Nanaimo & Di	28.65m
2	62 Scholtz, Maia	08 Comox Valley	28.19m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 10 Year Olds Javelin Throw 400 g**

=====				
Name	Year	Team	Finals	
=====				
1	167	Atkinson, Abigail	13 Oceanside Tr	11.53m
2	176	Provoost, Hannah	13 Oceanside Tr	10.86m
3	213	Statham, Claire	13 Powell River	9.37m
4	1	Messenger, Ruby	13 Alberni Vall	7.96m
5	79	Fikowski, Evan	13 Cowichan Val	7.75m
6	17	O'reilly, Saturna	13 Athletics Vi	5.88m
7	173	Hunter, Matilda	13 Oceanside Tr	5.70m



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 11 Javelin Throw 400 g**

=====				
Name	Year	Team	Finals	
=====				
1	78	Erickson, Sydnee	12 Cowichan Val	15.15m
2	77	Dunaway, Teagan	12 Cowichan Val	14.33m
3	25	Whitley, Gabrielle	12 Athletics Vi	9.54m
4	210	Meyer, Milah	12 Powell River	8.70m
5	171	Cupples, Callie	12 Oceanside Tr	8.65m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 12 Year Olds Javelin Throw 400 g**

=====				
Name	Year	Team	Finals	
=====				
1	41	Granson, Kinley	11 Comox Valley	22.05m
2	205	Underwood, Rayah	11 Peninsula Tr	19.85m
3	129	Hill, Katie	11 Nanaimo & Di	13.44m
4	231	Williams, Trinidi	11 Powell River	12.61m
5	211	Parsons, Grace	11 Powell River	10.09m
6	27	Guthrie, Alivia	11 Campbell Riv	8.44m
--	69	Bazylinski, Saylor	11 Cowichan Val	FOUL
--	33	MacKenzie, Makayla	11 Campbell Riv	FOUL

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 13 Year Olds Javelin Throw 400 g**

=====				
Name	Year	Team	Finals	
=====				
1	70	Beaton, Arianna	10 Cowichan Val	15.53m
2	13	Larose, Elaura	10 Athletics Vi	12.88m
3	19	Ramsay, Ellis	10 Athletics Vi	10.71m
4	12	Jaeger, Ava-Marie	10 Athletics Vi	9.37m
5	194	Haynes, Rosie	10 Peninsula Tr	9.16m
6	5	Fielding, Sabrina	10 Athletics Vi	8.52m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 14-15 Javelin Throw 500 g**

=====				
Name				
Year Team				
Finals				
=====				
1	151	Shepherd, Charlott	09 Nanaimo & Di	28.85m
2	28	Harvey, Claire	09 Campbell Riv	21.79m
3	47	Leiterman, Haylee	09 Comox Valley	20.70m
4	32	MacKenzie, Kendra	09 Campbell Riv	19.90m
5	111	Weir, Nevaeh	09 Cowichan Val	15.15m
6	14	Martin, Elly	09 Athletics Vi	14.40m

**2023 Garriock Meet  
Duncan, BC - 6/3/2023 to 6/4/2023  
Results**

**Girls 9 100 Meter Dash**

=====						
	Name	Year	Team	Finals	Wind	H#
=====						
1	155 Slater, Emery	14	Nanaimo & Di	21.30	-2.4	9
2	156 Slater, Jaiden	14	Nanaimo & Di	21.92	-2.8	10

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 10 100 Meter Dash**

Name	Year	Team	Finals	Wind	H#
1 167 Atkinson, Abigail	13	Oceanside Tr	16.49	-2.8	10
2 45 Klassen, Rhea	13	Comox Valley	17.81	-2.4	9
3 213 Statham, Claire	13	Powell River	17.88	-2.4	9
4 181 Watson, Maya	13	Oceanside Tr	18.05	-2.4	9
5 79 Fikowski, Evan	13	Cowichan Val	18.16	-2.8	10
6 17 O'reilly, Saturna	13	Athletics Vi	18.18	-2.4	9
7 176 Provoost, Hannah	13	Oceanside Tr	18.31	-2.4	9
8 6 Freitag, Anne	13	Athletics Vi	18.66	-2.8	10
9 106 Tyler, Lottie	13	Cowichan Val	18.70	-2.8	10
10 1 Messenger, Ruby	13	Alberni Vall	18.70	-2.8	10
11 107 Vaisius, Nadia	13	Cowichan Val	18.71	-2.8	10
12 173 Hunter, Matilda	13	Oceanside Tr	18.84	-2.4	9
13 145 Reilly, Caylen	13	Nanaimo & Di	19.90	-2.4	9

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 11 100 Meter Dash**

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	95	Munro, Hannah	12	Cowichan Val	15.48	-1.8 8
2	11	Hill, Martha	12	Athletics Vi	15.61	-1.8 8
3	78	Erickson, Sydnee	12	Cowichan Val	15.63	-1.8 8
4	59	Schmidt, Avery	12	Comox Valley	16.80	-1.8 8
6	152	Shimek, Jada	12	Nanaimo & Di	17.26	-1.8 8
7	210	Meyer, Milah	12	Powell River	18.50	-1.8 8
8	184	Aussenegg, Annabel	12	Peninsula Tr	21.13	-1.8 8

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 12 100 Meter Dash**

Name	Year	Team	Finals	Wind	H#
1 205 Underwood, Rayah	11	Peninsula Tr	14.42	-1.8	7
2 164 Webber, Skyla	11	Nanaimo & Di	14.85	-3.7	6
3 209 Carta, Olivia	11	Powell River	15.19	-1.8	7
4 144 Reilly, Brynne	11	Nanaimo & Di	15.51	-3.7	6
5 69 Bazylinski, Saylor	11	Cowichan Val	15.96	-1.8	7
5 231 Williams, Trinidi	11	Powell River	17.08	-1.8	7
6 67 Van Zanden, Molly	11	Comox Valley	16.01	-3.7	6
7 211 Parsons, Grace	11	Powell River	16.19	-3.7	6
8 80 Foksowicz, Annabel	11	Cowichan Val	16.24	-3.7	6
9 30 Konkol, Selah	11	Campbell Riv	16.62	-1.8	7
10 118 Clarke, Rowan	11	Nanaimo & Di	16.73	-3.7	6
11 76 Dow, Halle	11	Cowichan Val	17.17	-1.8	7
12 26 Clements, Sarah	11	Campbell Riv	17.79	-3.7	6
13 27 Guthrie, Alivia	11	Campbell Riv	18.90	-1.8	7



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 13 100 Meter Dash**

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	12	Jaeger, Ava-Marie	10 Athletics Vi	14.74	-3.3	5
2	13	Larose, Elaura	10 Athletics Vi	14.99	-3.3	5
3	194	Haynes, Rosie	10 Peninsula Tr	15.39	-3.3	5
4	5	Fielding, Sabrina	10 Athletics Vi	15.53	-3.3	5
5	188	Clark, Elsa	10 Peninsula Tr	16.51	-3.3	5
6	19	Ramsay, Ellis	10 Athletics Vi	17.03	-3.3	5

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 14-15 100 Meter Dash**

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	43	Hoffman, Victoria	08	Comox Valley	13.36	-2.2 3
2	116	Brand, Danaea	09	Nanaimo & Di	13.56	-2.2 3
3	97	Narraway, Emma	09	Cowichan Val	13.61	-2.1 4
4	48	Lewis, Addison	09	Comox Valley	13.72	-2.2 3
5	75	De Leeuw, Lyla	08	Cowichan Val	13.79	-2.2 3
6	3	Darrall, Lucea	09	Athletics Vi	13.82	-2.2 3
7	28	Harvey, Claire	09	Campbell Riv	14.60	-2.1 4
8	32	MacKenzie, Kendra	09	Campbell Riv	14.95	-2.1 4
9	18	Owusu-Nyamekye, Oh	09	Athletics Vi	15.16	-2.1 4

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 16-17 100 Meter Dash**

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	148	Russell, Lucy	07	Nanaimo & Di	13.25	-1.9 2
2	42	Hoffman, Elisabeth	06	Comox Valley	13.70	-1.9 2
3	37	Burry, Erika	07	Comox Valley	14.36	-1.9 2
4	39	Doty-Brown, Payge	07	Comox Valley	15.03	-1.9 2
5	71	Blumel, Annette	07	Cowichan Val	15.34	-1.9 2

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 20-34 100 Meter Dash**

=====				
	Name	Year Team	Finals	Wind
=====				
1	74 Dailey, Victoria	03 Cowichan Val	16.03	-2.6

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 35-39 100 Meter Dash**

=====				
	Name	Year	Team	Finals Wind
=====				
1	56 Richards, Jessica	85	Comox Valley	18.94 -2.6

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 45-49 100 Meter Dash**

=====				
Name	Year	Team	Finals	Wind
=====				
1	29	Hoffman, Stefanie	78 Campbell Riv	17.15 -2.6

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 65-69 100 Meter Dash**

=====				
	Name	Year	Team	Finals Wind
=====				
1	126 Hendrie, Nola	55	Nanaimo & Di	20.94 -2.6

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 70-74 100 Meter Dash**

=====				
	Name	Year Team	Finals	Wind
=====				
1	21 Shook, Karen	50 Athletics Vi	19.71	-2.6



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 11 200 Meter Dash**

=====					
Name	Year	Team	Finals	Wind	H#
=====					
1	95	Munro, Hannah	12	Cowichan Val	32.31 -1.8 6
2	77	Dunaway, Teagan	12	Cowichan Val	33.85 -2.6 7
3	192	Hall, Linnea	12	Peninsula Tr	33.96 -1.8 6
4	59	Schmidt, Avery	12	Comox Valley	34.18 -1.8 6
5	25	Whitley, Gabrielle	12	Athletics Vi	40.56 -1.8 6
6	184	Aussenegg, Annabel	12	Peninsula Tr	44.73 -2.6 7

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 12 200 Meter Dash**

=====					
Name	Year	Team	Finals	Wind	H#
=====					
1	164	Webber, Skyla	11	Nanaimo & Di	30.63 0.1 5
2	205	Underwood, Rayah	11	Peninsula Tr	30.81 -1.7 4
3	209	Carta, Olivia	11	Powell River	31.21 -1.7 4
4	206	Van Der Berg, Char	11	Peninsula Tr	31.43 -1.7 4
5	129	Hill, Katie	11	Nanaimo & Di	32.90 0.1 5
6	69	Bazylinski, Saylor	11	Cowichan Val	33.82 0.1 5
7	211	Parsons, Grace	11	Powell River	34.23 0.1 5
8	80	Foksowicz, Annabel	11	Cowichan Val	34.29 0.1 5
9	231	Williams, Trinidi	11	Powell River	37.90 0.1 5

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 13 200 Meter Dash**

=====						
	Name	Year	Team	Finals	Wind	H#
=====						
1	194 Haynes, Rosie	10	Peninsula Tr	30.99	-1.7	4
2	12 Jaeger, Ava-Marie	10	Athletics Vi	31.20	0.1	5

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 14-15 200 Meter Dash**

=====					
Name	Year	Team	Finals	Wind	H#
=====					
1	43	Hoffman, Victoria	08 Comox Valley	27.42	1.3 3
2	97	Narraway, Emma	09 Cowichan Val	28.00	1.3 3
3	48	Lewis, Addison	09 Comox Valley	28.43	1.3 3
4	75	De Leeuw, Lyla	08 Cowichan Val	28.79	1.3 3
5	68	Zaal, Kylie	08 Comox Valley	29.69	1.3 3
6	32	MacKenzie, Kendra	09 Campbell Riv	31.66	1.3 3

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 16-17 200 Meter Dash**

=====						
	Name	Year	Team	Finals	Wind	H#
=====						
1	42 Hoffman, Elisabeth	06	Comox Valley	29.00	-2.1	1
2	71 Blumel, Annette	07	Cowichan Val	30.72	-1.1	2

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 55-59 200 Meter Dash**

=====				
	Name	Year	Team	Finals Wind
=====				
1	225 Summers, Judy	64	Valley Royal	32.95 -2.1

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 70-74 200 Meter Dash**

=====				
Name	Year	Team	Finals	Wind
=====				
1	21	Shook, Karen	50 Athletics Vi	45.80 -2.1

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 16-17 400 Meter Dash**

=====			
	Name	Year Team	Finals
=====			
1	229 Vizina, Maya	07 Victoria Spe	1:00.67
2	42 Hoffman, Elisabeth	06 Comox Valley	1:09.73



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 55-59 400 Meter Dash**

=====			
	Name	Year Team	Finals
=====			
1	225 Summers, Judy	64 Valley Royal	1:17.54

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 12 800 Meter Run**

=====					
Name	Year	Team	Finals	H#	
=====					
1	41	Granson, Kinley	11	Comox Valley	3:00.08 2
2	33	MacKenzie, Makayla	11	Campbell Riv	3:13.36 2
3	139	Park, Katelyn	11	Nanaimo & Di	3:17.79 2
4	27	Guthrie, Alivia	11	Campbell Riv	3:25.06 2
--	206	Van Der Berg, Char	11	Peninsula Tr	DNF 2

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 13 800 Meter Run**

=====				
Name	Year	Team	Finals	H#
=====				
1	194	Haynes, Rosie	10 Peninsula Tr	2:48.43 2

**2023 Garriock Meet  
Duncan, BC - 6/3/2023 to 6/4/2023  
Results**

**Women 14-15 800 Meter Run**

=====			
	Name	Year Team	Finals
=====			
1	82 Gough, Charlotte	09 Cowichan Val	2:31.80
2	65 Steele, Kiera	08 Comox Valley	3:01.91

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 16-17 800 Meter Run**

=====			
	Name	Year Team	Finals
=====			
1	136 Morse, Zoe	06 Nanaimo & Di	2:37.66
2	71 Blumel, Annette	07 Cowichan Val	2:45.26
3	81 Foo, Satya	07 Cowichan Val	2:58.60

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 18-19 800 Meter Run**

=====			
	Name	Year Team	Finals
=====			
1	85 Hallquist, Lily	05 Cowichan Val	2:45.04

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 12 1200 Meter Run**

=====				
Name	Year	Team	Finals	
=====				
1	144	Reilly, Brynne	11 Nanaimo & Di	4:40.36
2	159	Thibault, Tessa	11 Nanaimo & Di	4:51.00
3	118	Clarke, Rowan	11 Nanaimo & Di	4:58.61
4	33	MacKenzie, Makayla	11 Campbell Riv	4:59.13
5	57	Salzmann, Elise	11 Comox Valley	5:17.94

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 13 1200 Meter Run**

=====		
Name	Year Team	Finals
=====		
1 194 Haynes, Rosie	10 Peninsula Tr	4:13.42



**2023 Garriock Meet  
Duncan, BC - 6/3/2023 to 6/4/2023  
Results**

**Women 14-15 1200 Meter Run**

=====			
	Name	Year Team	Finals
=====			
1	82 Gough, Charlotte	09 Cowichan Val	4:11.07
2	158 Sutton, Rebecca	09 Nanaimo & Di	4:20.04

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 16-17 1500 Meter Run**

=====				
Name	Year	Team	Finals	
=====				
1	98	Nickolichuk, Naomi	07 Cowichan Val	6:52.69

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 16-17 3000 Meter Run**

=====			
	Name	Year Team	Finals
=====			
1	98 Nickolichuk, Naomi	07 Cowichan Val	16:06.73

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 20-34 3000 Meter Run**

=====		
Name	Year Team	Finals
=====		
1	74 Dailey, Victoria 03 Cowichan Val	16:48.59

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 13 Year Olds 80 Meter Hurdles 8 x 30"**

=====						
Name						
Year Team						
Finals						
Wind						
=====						
1	12	Jaeger, Ava-Marie	10	Athletics Vi	14.57	0.4
2	13	Larose, Elaura	10	Athletics Vi	15.67	0.4
3	70	Beaton, Arianna	10	Cowichan Val	16.18	0.4
4	5	Fielding, Sabrina	10	Athletics Vi	16.75	0.4
5	19	Ramsay, Ellis	10	Athletics Vi	19.10	0.4

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 14-15 80 Meter Hurdles 8 x 30"**

=====					
	Name	Year	Team	Finals	Wind
=====					
1	43 Hoffman, Victoria	08	Comox Valley	12.56	0.3
2	2 Chell, Kajsa	09	Athletics Vi	14.31	0.3
3	3 Darrall, Lucea	09	Athletics Vi	15.16	0.3

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 16-17 100 Meter Hurdles 10 x 30"**

=====				
Name	Year	Team	Finals	Wind
=====				
1	39	Doty-Brown, Payge	07 Comox Valley	18.40 -1.1

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 50-59 300 Meter Hurdles 7 x 30"**

=====			
	Name	Year Team	Finals
=====			
1	225 Summers, Judy	64 Valley Royal	1:02.16



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 16-17 High Jump**

=====			
	Name	Year Team	Finals
=====			
1	24 Wedmann - Kent, No	07 Athletics Vi	1.50m
2	37 Burry, Erika	07 Comox Valley	1.45m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 18-19 High Jump**

=====		
Name	Year Team	Finals
=====		
1 212 Ruegg, Alison	04 Powell River	1.40m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 16-17 Long Jump**

=====					
	Name	Year	Team	Finals	Wind
=====					
1	81 Foo, Satya	07	Cowichan Val	3.57m	NWI
2	98 Nickolichuk, Naomi	07	Cowichan Val	3.01m	NWI

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 18-19 Long Jump**

=====				
Name	Year	Team	Finals	Wind
=====				
1	219	Morgan, Mya	04 Unattached B	4.93m NWI

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 20-34 Long Jump**

=====				
Name	Year	Team	Finals	Wind
=====				
1	16	Mullins, Melissa	95 Athletics Vi	3.66m NWI

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 16-17 Triple Jump**

=====				
Name	Year	Team	Finals	Wind
=====				
1	71	Blumel, Annette	07 Cowichan Val	7.94m NWI

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 18-19 Triple Jump**

=====				
Name	Year	Team	Finals	Wind
=====				
1	212	Ruegg, Alison	04 Powell River	9.44m NWI

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

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

=====			
	Name	Year Team	Finals
=====			
1	117 Bunston, Jenna	07 Nanaimo & Di	8.29m
2	132 McMinn, Annika	07 Nanaimo & Di	7.14m
3	71 Blumel, Annette	07 Cowichan Val	6.22m



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 18-19 Shot Put 4 kg**

=====			
	Name	Year Team	Finals
=====			
1	140 Paugh, Makenna	05 Nanaimo & Di	8.39m
2	52 Morfitt, Gabrielle	05 Comox Valley	6.72m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 20-34 Shot Put 4 kg**

=====			
	Name	Year Team	Finals
=====			
1	74 Dailey, Victoria	03 Cowichan Val	7.82m
2	51 Morfitt, Chantal	03 Comox Valley	6.71m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

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

=====			
	Name	Year Team	Finals
=====			
1	217 Erickson, Devyn	88 Unattached B	9.50m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 45-49 Shot Put 4 kg**

=====				
Name	Year	Team	Finals	
=====				
1	29	Hoffman, Stefanie	78 Campbell Riv	7.15m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 65-69 Shot Put 3 kg**

=====			
	Name	Year Team	Finals
=====			
1	126 Hendrie, Nola	55 Nanaimo & Di	5.93m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 16-17 Discus Throw 1 kg**

=====			
	Name	Year Team	Finals
=====			
1	37 Burry, Erika	07 Comox Valley	23.00m
2	39 Doty-Brown, Payge	07 Comox Valley	22.30m
3	91 Lazenby, Danika	07 Cowichan Val	19.56m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 18-19 Discus Throw 1 kg**

=====				
	Name	Year	Team	Finals
=====				
1	161 Vannini, Autumn	05	Nanaimo & Di	27.16m
2	52 Morfitt, Gabrielle	05	Comox Valley	24.19m
3	140 Paugh, Makenna	05	Nanaimo & Di	23.17m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 20-34 Discus Throw 1 kg**

=====				
Name	Year	Team	Finals	
=====				
1	51	Morfitt, Chantal	03 Comox Valley	17.98m
2	74	Dailey, Victoria	03 Cowichan Val	17.18m



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 35-39 Discus Throw 1 kg**

=====			
	Name	Year Team	Finals
=====			
1	217 Erickson, Devyn	88 Unattached B	25.81m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 45-49 Discus Throw 1 kg**

=====			
	Name	Year Team	Finals
=====			
1	29 Hoffman, Stefanie	78 Campbell Riv	21.29m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 65-69 Discus Throw 1 kg**

=====		
Name	Year Team	Finals
=====		
1 126 Hendrie, Nola	55 Nanaimo & Di	14.58m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

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

=====				
=====				
	Name	Year	Team	Finals
=====				
1	141 Putz, Katelyn	06	Nanaimo & Di	49.98m
2	132 McMinn, Annika	07	Nanaimo & Di	42.18m
3	39 Doty-Brown, Payge	07	Comox Valley	37.21m
4	117 Bunston, Jenna	07	Nanaimo & Di	34.42m
5	37 Burry, Erika	07	Comox Valley	25.79m
6	91 Lazenby, Danika	07	Cowichan Val	24.92m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 18-19 Hammer Throw 4 kg**

=====			
	Name	Year Team	Finals
=====			
1	52 Morfitt, Gabrielle	05 Comox Valley	24.26m

**2023 Garriock Meet  
Duncan, BC - 6/3/2023 to 6/4/2023  
Results**

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

=====			
	Name	Year Team	Finals
=====			
1	51 Morfitt, Chantal	03 Comox Valley	31.34m
2	74 Dailey, Victoria	03 Cowichan Val	23.19m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 45-49 Hammer Throw 4 kg**

=====			
	Name	Year Team	Finals
=====			
1	29 Hoffman, Stefanie	78 Campbell Riv	24.91m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

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

=====		
Name	Year Team	Finals
=====		
1 126 Hendrie, Nola	55 Nanaimo & Di	16.95m



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

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

=====			
	Name	Year Team	Finals
=====			
1	37 Burry, Erika	07 Comox Valley	37.44m
2	91 Lazenby, Danika	07 Cowichan Val	22.48m
3	132 McMinn, Annika	07 Nanaimo & Di	20.86m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

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

=====			
	Name	Year Team	Finals
=====			
1	54 Munro, Akira	05 Comox Valley	36.15m
2	52 Morfitt, Gabrielle	05 Comox Valley	20.35m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 20-34 Javelin Throw 600 g**

=====				
	Name	Year	Team	Finals
=====				
1	232 Paugh, Madison	03	Unattached B	36.74m
2	74 Dailey, Victoria	03	Cowichan Val	26.22m
3	51 Morfitt, Chantal	03	Comox Valley	16.42m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

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

=====			
	Name	Year Team	Finals
=====			
1	29 Hoffman, Stefanie	78 Campbell Riv	18.43m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 80-84 Javelin Throw 400 g**

=====			
	Name	Year Team	Finals
=====			
1	220 Radcliffe, Marg	42 Unattached B	20.30m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 12 300 Meter Dash**

=====					
Name	Year	Team	Finals	H#	
=====					
1	196	Holmgren, Coen	11 Peninsula Tr	47.85	4
2	149	Ryan, Ben	11 Nanaimo & Di	49.95	4
3	183	Willers, Gabriel	11 Oceanside Tr	51.21	4
4	96	Munro, Jack	11 Cowichan Val	55.10	4
5	101	Ramstead, Zachary	11 Cowichan Val	58.26	4
6	201	Parfit, Christophe	11 Peninsula Tr	1:01.14	4

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 13 300 Meter Dash**

=====				
Name	Year	Team	Finals	H#
=====				
1	226	Hill, Tristan	10 Victoria Spe	40.36 3
2	31	Kumar, Adrian	10 Campbell Riv	43.57 3
3	174	Kolen-Lee, Jonah	10 Oceanside Tr	49.22 3
4	208	Williams, Kai	10 Peninsula Tr	49.29 2
5	204	Stubbs, Ryder	10 Peninsula Tr	50.74 2
6	198	Krieger, Grayson	10 Peninsula Tr	50.83 3
7	203	Stubbs, Grayson	10 Peninsula Tr	54.43 2
8	99	Nickolichuk, Samue	10 Cowichan Val	54.96 2
9	92	Lazenby, Robert	10 Cowichan Val	55.91 3

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 14-15 300 Meter Dash**

=====				
Name				
Year Team				
Finals				
=====				
1	120	Esleyer, Gavin	08 Nanaimo & Di	38.91
2	46	Kumar, Avery	08 Comox Valley	41.15
3	7	Grange, Liam	09 Athletics Vi	42.47
4	4	Dickinson, Aidan	09 Athletics Vi	44.18
5	202	Slauenwhite, Joshu	08 Peninsula Tr	47.64
6	197	Holmgren, Emilian	09 Peninsula Tr	47.69



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 9 600 Meter Run**

=====					
Name	Year	Team	Finals	H#	
=====					
1	150	Ryan, Owen	14	Nanaimo & Di	2:12.89 2
2	102	Randhawa, Deven	14	Cowichan Val	2:17.09 2
3	182	Willers, Caleb	14	Oceanside Tr	2:26.59 2
4	109	Valastiak, Elijah	14	Cowichan Val	2:33.27 2

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 10 600 Meter Run**

=====				
Name	Year	Team	Finals	
=====				
1	88	Jadan, Owen	13 Cowichan Val	2:05.08
2	93	Maccullough, Jake	13 Cowichan Val	2:07.46
3	122	Fontaine, Colten	13 Nanaimo & Di	2:07.93
4	175	Luksay, Thomas	13 Oceanside Tr	2:12.66
5	187	Bodson, Félix	13 Peninsula Tr	2:12.96
6	166	Aikman - Heir, Kai	13 Oceanside Tr	2:18.12
7	172	Donohoe, James	13 Oceanside Tr	2:25.71

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 11 600 Meter Run**

=====			
	Name	Year Team	Finals
=====			
1	100 Ramstead, Liam	12 Cowichan Val	1:59.94
2	112 Yamamoto-Untereine	12 Cowichan Val	2:03.25
3	193 Haynes, Elliott	12 Peninsula Tr	2:45.20

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 9 1000 Meter Run**

=====				
Name	Year	Team	Finals	
=====				
1	150	Ryan, Owen	14 Nanaimo & Di	3:51.02
2	182	Willers, Caleb	14 Oceanside Tr	4:03.33
3	109	Valastiak, Elijah	14 Cowichan Val	4:33.57
4	119	Clarke, Sawyer	14 Nanaimo & Di	4:34.88

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 10 1000 Meter Run**

=====				
Name	Year	Team	Finals	
=====				
1	88	Jadan, Owen	13 Cowichan Val	3:51.13
2	93	Maccullough, Jake	13 Cowichan Val	3:58.39
3	87	Irving, Robert	13 Cowichan Val	4:05.66
4	172	Donohoe, James	13 Oceanside Tr	4:09.66
5	180	Walker, Wiley	13 Oceanside Tr	4:18.63

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 11 1000 Meter Run**

=====				
Name	Year	Team	Finals	
=====				
1	199	Matthews, Harrison	12 Peninsula Tr	3:33.50
2	100	Ramstead, Liam	12 Cowichan Val	3:37.19

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 12 1200 Meter Run**

=====					
Name	Year	Team	Finals	H#	
=====					
1	196	Holmgren, Coen	11 Peninsula Tr	4:04.55	2
2	186	Bodson, Antoine	11 Peninsula Tr	4:21.95	2
3	149	Ryan, Ben	11 Nanaimo & Di	4:31.56	2
4	101	Ramstead, Zachary	11 Cowichan Val	4:49.22	2
5	191	Gordon, Oban	11 Peninsula Tr	4:50.19	2

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 13 1200 Meter Run**

=====					
Name	Year	Team	Finals	H#	
=====					
1	198	Krieger, Grayson	10 Peninsula Tr	4:08.39	2
2	174	Kolen-Lee, Jonah	10 Oceanside Tr	4:25.61	2
3	137	O'Keefe, Taveon	10 Nanaimo & Di	4:47.91	2



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 14-15 1200 Meter Run**

=====				
	Name	Year	Team	Finals
=====				
1	190 Franey, Egan	08	Peninsula Tr	3:33.81
2	197 Holmgren, Emilian	09	Peninsula Tr	4:00.71
3	115 Bortolin, Anthony	09	Nanaimo & Di	4:15.09
4	157 Smith, Nolan	09	Nanaimo & Di	4:19.07
5	160 Thibault, Tycho	09	Nanaimo & Di	4:31.66

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 13 2000 Meter Run**

=====			
	Name	Year Team	Finals
=====			
1	153 Sinclair, Oliver	10 Nanaimo & Di	8:33.62
2	99 Nickolichuk, Samue	10 Cowichan Val	8:53.12

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 14-15 2000 Meter Run**

=====			
	Name	Year Team	Finals
=====			
1	160 Thibault, Tycho	09 Nanaimo & Di	8:00.43

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 12 Year Olds 200 Meter Hurdles 5 x 24"**

=====					
	Name	Year	Team	Finals	Wind
=====					
1	138 Olsen, Finn	11	Nanaimo & Di	32.82	NWI
2	183 Willers, Gabriel	11	Oceanside Tr	35.35	NWI
3	94 Muller, Christophe	11	Cowichan Val	35.58	NWI
4	101 Ramstead, Zachary	11	Cowichan Val	38.58	NWI

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 14-15 300 Meter Hurdles 7 x 30"**

=====			
	Name	Year Team	Finals
=====			
1	207 Venables, Levi	08 Peninsula Tr	43.65
2	4 Dickinson, Aidan	09 Athletics Vi	48.83
3	40 Granson, Carter	09 Comox Valley	52.69

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 14-15 1500 Meter Steeplechase 30" NO WATER**

=====				
Name				
Year Team				
Finals				
=====				
1	190	Franey, Egan	08 Peninsula Tr	4:53.86
2	135	Morse, Griffin	09 Nanaimo & Di	5:35.36
3	35	Palmer, Madrid	08 Campbell Riv	5:40.77
4	115	Bortolin, Anthony	09 Nanaimo & Di	5:44.80
5	157	Smith, Nolan	09 Nanaimo & Di	5:46.64
6	197	Holmgren, Emilian	09 Peninsula Tr	5:48.83
7	160	Thibault, Tycho	09 Nanaimo & Di	6:39.83

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 11 Year Olds High Jump**

=====			
	Name	Year Team	Finals
=====			
1	123 Grain, Kailo	12 Nanaimo & Di	1.20m
2	100 Ramstead, Liam	12 Cowichan Val	1.05m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 12 Year Olds High Jump**

=====			
Name	Year	Team	Finals
=====			
1	183	Willers, Gabriel	11 Oceanside Tr 1.30m
2	138	Olsen, Finn	11 Nanaimo & Di J1.30m
3	196	Holmgren, Coen	11 Peninsula Tr 1.20m
4	94	Muller, Christophe	11 Cowichan Val J1.20m



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 13 Year Olds High Jump**

=====				
	Name	Year	Team	Finals
=====				
1	174 Kolen-Lee, Jonah	10	Oceanside Tr	1.30m
2	38 Caldwell-Waluk, Na	10	Comox Valley	1.25m
3	105 Thompson, Connor	10	Cowichan Val	J1.25m
4	10 Hill, Daniel	10	Athletics Vi	1.15m
5	153 Sinclair, Oliver	10	Nanaimo & Di	1.10m
--	110 Weir, Jacob	10	Cowichan Val	NH

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 14-15 High Jump**

=====				
Name				
Year Team				
Finals				
=====				
1	64	Smallacombe, Simon	09 Comox Valley	1.70m
2	40	Granson, Carter	09 Comox Valley	1.40m
3	157	Smith, Nolan	09 Nanaimo & Di	1.35m
4	115	Bortolin, Anthony	09 Nanaimo & Di	J1.35m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 9 Year Olds Long Jump**

=====					
Name	Year	Team	Finals	Wind	
=====					
1	150	Ryan, Owen	14	Nanaimo & Di	3.39m NWI
2	169	Binder, Kaleb	14	Oceanside Tr	3.09m NWI
3	182	Willers, Caleb	14	Oceanside Tr	2.98m NWI
4	163	Webber, Israel	14	Nanaimo & Di	2.96m NWI
5	109	Valastiak, Elijah	14	Cowichan Val	2.89m NWI
6	119	Clarke, Sawyer	14	Nanaimo & Di	2.81m NWI
7	103	Sindhi, Kayden	14	Cowichan Val	2.62m NWI
8	102	Randhawa, Deven	14	Cowichan Val	2.58m NWI

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 10 Year Olds Long Jump**

=====					
Name	Year	Team	Finals	Wind	
=====					
1	122	Fontaine, Colten	13	Nanaimo & Di	3.55m NWI
2	93	Maccullough, Jake	13	Cowichan Val	3.27m NWI
3	170	Brittain, Chase	13	Oceanside Tr	3.21m NWI
4	88	Jadan, Owen	13	Cowichan Val	3.11m NWI
5	87	Irving, Robert	13	Cowichan Val	2.93m NWI
6	175	Luksay, Thomas	13	Oceanside Tr	2.72m NWI
7	172	Donohoe, James	13	Oceanside Tr	2.63m NWI
8	180	Walker, Wiley	13	Oceanside Tr	2.35m NWI

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 11 Year Olds Long Jump**

=====					
Name	Year	Team	Finals	Wind	
=====					
1	123	Grain, Kailo	12	Nanaimo & Di	3.74m NWI
2	100	Ramstead, Liam	12	Cowichan Val	3.62m NWI
3	199	Matthews, Harrison	12	Peninsula Tr	3.61m NWI
4	177	Richardson, Simon	12	Oceanside Tr	3.42m NWI
5	168	Binder, Declan	12	Oceanside Tr	3.15m NWI

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 12 Year Olds Long Jump**

=====					
Name	Year	Team	Finals	Wind	
=====					
1	183	Willers, Gabriel	11	Oceanside Tr	4.07m NWI
2	196	Holmgren, Coen	11	Peninsula Tr	3.83m NWI
3	138	Olsen, Finn	11	Nanaimo & Di	3.76m NWI
4	94	Muller, Christophe	11	Cowichan Val	3.63m NWI
5	101	Ramstead, Zachary	11	Cowichan Val	3.46m NWI
6	149	Ryan, Ben	11	Nanaimo & Di	3.34m NWI
7	83	Hale, Atwood	11	Cowichan Val	3.16m NWI
8	201	Parfit, Christophe	11	Peninsula Tr	3.15m NWI

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 13 Year Olds Long Jump**

=====					
Name	Year	Team	Finals	Wind	
=====					
1	174	Kolen-Lee, Jonah	10 Oceanside Tr	4.39m	NWI
2	10	Hill, Daniel	10 Athletics Vi	4.06m	NWI
3	60	Scholtz, Bo	10 Comox Valley	3.70m	NWI
4	204	Stubbs, Ryder	10 Peninsula Tr	3.65m	NWI
5	198	Krieger, Grayson	10 Peninsula Tr	3.57m	NWI
6	137	O'Keefe, Taveon	10 Nanaimo & Di	3.49m	NWI
7	105	Thompson, Connor	10 Cowichan Val	3.30m	NWI
8	92	Lazenby, Robert	10 Cowichan Val	3.27m	NWI
8	99	Nickolichuk, Samue	10 Cowichan Val	3.27m	NWI
10	208	Williams, Kai	10 Peninsula Tr	3.23m	NWI
11	110	Weir, Jacob	10 Cowichan Val	2.34m	NWI

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 14-15 Long Jump**

=====					
	Name	Year	Team	Finals	Wind
=====					
1	7 Grange, Liam	09	Athletics Vi	5.18m	NWI
2	64 Smallacombe, Simon	09	Comox Valley	4.72m	NWI
3	202 Slauenwhite, Joshu	08	Peninsula Tr	4.08m	NWI
4	40 Granson, Carter	09	Comox Valley	3.86m	NWI



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 13 Year Olds Triple Jump**

=====					
Name	Year	Team	Finals	Wind	
=====					
1	174	Kolen-Lee, Jonah	10	Oceanside Tr	9.90m NWI
2	130	Luch, Ryan	10	Nanaimo & Di	8.86m NWI
3	204	Stubbs, Ryder	10	Peninsula Tr	8.50m NWI
4	198	Krieger, Grayson	10	Peninsula Tr	7.84m NWI
5	203	Stubbs, Grayson	10	Peninsula Tr	7.45m NWI

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 14-15 Triple Jump**

=====					
Name	Year	Team	Finals	Wind	
=====					
1	35	Palmer, Madrid	08 Campbell Riv	9.75m	1.4
2	4	Dickinson, Aidan	09 Athletics Vi	9.58m	0.8
3	157	Smith, Nolan	09 Nanaimo & Di	9.13m	0.7
4	40	Granson, Carter	09 Comox Valley	9.08m	3.3
5	197	Holmgren, Emilian	09 Peninsula Tr	8.97m	0.7
6	160	Thibault, Tycho	09 Nanaimo & Di	6.15m	0.5

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 9 Shot Put 2 kg**

=====				
Name	Year	Team	Finals	
=====				
1	163	Webber, Israel	14 Nanaimo & Di	5.83m
2	125	Gunn, Thomas	14 Nanaimo & Di	5.72m
3	169	Binder, Kaleb	14 Oceanside Tr	5.66m
4	182	Willers, Caleb	14 Oceanside Tr	5.35m
5	109	Valastiak, Elijah	14 Cowichan Val	4.12m
6	150	Ryan, Owen	14 Nanaimo & Di	3.99m
7	103	Sindhi, Kayden	14 Cowichan Val	3.22m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 10 Shot Put 2 kg**

=====				
Name	Year	Team		Finals
=====				
1	170	Brittain, Chase	13 Oceanside Tr	5.67m
2	166	Aikman - Heir, Kai	13 Oceanside Tr	5.41m
3	187	Bodson, Félix	13 Peninsula Tr	5.22m
4	122	Fontaine, Colten	13 Nanaimo & Di	5.02m
5	172	Donohoe, James	13 Oceanside Tr	4.97m
6	200	McFadden, Jasper	13 Peninsula Tr	3.85m
7	175	Luksay, Thomas	13 Oceanside Tr	3.48m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 11 Year Olds Shot Put 2 kg**

=====			
	Name	Year Team	Finals
=====			
1	123 Grain, Kailo	12 Nanaimo & Di	8.08m
2	100 Ramstead, Liam	12 Cowichan Val	6.34m
3	193 Haynes, Elliott	12 Peninsula Tr	4.19m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 12 Year Olds Shot Put 3 kg**

=====				
Name	Year	Team	Finals	
=====				
1	183	Willers, Gabriel	11 Oceanside Tr	6.79m
2	138	Olsen, Finn	11 Nanaimo & Di	5.92m
3	196	Holmgren, Coen	11 Peninsula Tr	4.85m
4	101	Ramstead, Zachary	11 Cowichan Val	4.13m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 13 Year Olds Shot Put 3 kg**

=====				
Name	Year	Team	Finals	
=====				
1	20	Seel, Levi	10 Athletics Vi	10.50m
2	105	Thompson, Connor	10 Cowichan Val	7.92m
3	174	Kolen-Lee, Jonah	10 Oceanside Tr	7.87m
4	10	Hill, Daniel	10 Athletics Vi	7.69m
5	92	Lazenby, Robert	10 Cowichan Val	6.81m
6	153	Sinclair, Oliver	10 Nanaimo & Di	5.84m
7	110	Weir, Jacob	10 Cowichan Val	5.76m
8	99	Nickolichuk, Samue	10 Cowichan Val	5.29m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 12 Hammer Throw 3 kg**

=====				
Name	Year	Team	Finals	
=====				
1	183	Willers, Gabriel	11 Oceanside Tr	21.99m
2	196	Holmgren, Coen	11 Peninsula Tr	17.10m
3	201	Parfit, Christophe	11 Peninsula Tr	13.43m
4	101	Ramstead, Zachary	11 Cowichan Val	9.33m
5	186	Bodson, Antoine	11 Peninsula Tr	9.24m



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 13 Hammer Throw 3 kg**

=====				
Name	Year	Team	Finals	
=====				
1	60	Scholtz, Bo	10 Comox Valley	23.55m
2	92	Lazenby, Robert	10 Cowichan Val	19.00m
3	110	Weir, Jacob	10 Cowichan Val	14.73m
4	99	Nickolichuk, Samue	10 Cowichan Val	14.57m
5	198	Krieger, Grayson	10 Peninsula Tr	11.91m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 14-15 Hammer Throw 4 kg**

=====			
	Name	Year Team	Finals
=====			
1	190 Franey, Egan	08 Peninsula Tr	37.17m
2	197 Holmgren, Emilian	09 Peninsula Tr	19.73m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 10 Year Olds Javelin Throw 400 g**

=====				
Name	Year	Team	Finals	
=====				
1	180	Walker, Wiley	13 Oceanside Tr	14.21m
2	170	Brittain, Chase	13 Oceanside Tr	11.89m
3	172	Donohoe, James	13 Oceanside Tr	10.56m
4	87	Irving, Robert	13 Cowichan Val	10.10m
5	122	Fontaine, Colten	13 Nanaimo & Di	9.62m
6	175	Luksay, Thomas	13 Oceanside Tr	8.85m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 11 Year Olds Javelin Throw 400 g**

=====			
	Name	Year Team	Finals
=====			
1	123 Grain, Kailo	12 Nanaimo & Di	20.88m
2	100 Ramstead, Liam	12 Cowichan Val	15.09m
3	168 Binder, Declan	12 Oceanside Tr	14.41m
4	199 Matthews, Harrison	12 Peninsula Tr	14.29m
5	177 Richardson, Simon	12 Oceanside Tr	12.65m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 12 Year Olds Javelin Throw 500 g**

=====				
Name	Year	Team	Finals	
=====				
1	183	Willers, Gabriel	11 Oceanside Tr	33.61m
2	138	Olsen, Finn	11 Nanaimo & Di	23.94m
3	186	Bodson, Antoine	11 Peninsula Tr	17.62m
4	94	Muller, Christophe	11 Cowichan Val	17.30m
5	83	Hale, Atwood	11 Cowichan Val	11.56m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 13 Year Olds Javelin Throw 500 g**

=====				
Name	Year	Team		Finals
=====				
1	174	Kolen-Lee, Jonah	10 Oceanside Tr	35.70m
2	20	Seel, Levi	10 Athletics Vi	32.76m
3	105	Thompson, Connor	10 Cowichan Val	24.66m
4	10	Hill, Daniel	10 Athletics Vi	20.62m
5	198	Krieger, Grayson	10 Peninsula Tr	20.39m
6	92	Lazenby, Robert	10 Cowichan Val	19.47m
7	204	Stubbs, Ryder	10 Peninsula Tr	17.20m
8	99	Nickolichuk, Samue	10 Cowichan Val	16.43m
9	203	Stubbs, Grayson	10 Peninsula Tr	15.58m
10	179	Stoddart, Scott	10 Oceanside Tr	14.63m
11	110	Weir, Jacob	10 Cowichan Val	12.63m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

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

=====			
	Name	Year Team	Finals
=====			
1	190 Franey, Egan	08 Peninsula Tr	39.42m
2	40 Granson, Carter	09 Comox Valley	26.07m
3	157 Smith, Nolan	09 Nanaimo & Di	22.62m
4	197 Holmgren, Emilian	09 Peninsula Tr	21.22m
5	115 Bortolin, Anthony	09 Nanaimo & Di	19.43m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 9 60 Meter Dash**

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	150	Ryan, Owen	14	Nanaimo & Di	10.29	NWI 3
2	102	Randhawa, Deven	14	Cowichan Val	10.78	NWI 3
3	169	Binder, Kaleb	14	Oceanside Tr	10.79	NWI 4
4	125	Gunn, Thomas	14	Nanaimo & Di	11.34	NWI 3
5	182	Willers, Caleb	14	Oceanside Tr	11.46	NWI 4
6	72	Champagne, Jordan	14	Cowichan Val	12.35	NWI 2
7	103	Sindhi, Kayden	14	Cowichan Val	12.36	NWI 2



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 10 60 Meter Dash**

Name	Year	Team	Finals	Wind	H#
1 88 Jadan, Owen	13	Cowichan Val	9.86	NWI	3
2 170 Brittain, Chase	13	Oceanside Tr	9.99	NWI	2
3 93 Maccullough, Jake	13	Cowichan Val	10.11	NWI	2
4 175 Luksay, Thomas	13	Oceanside Tr	10.17	NWI	2
5 122 Fontaine, Colten	13	Nanaimo & Di	10.23	NWI	3
6 187 Bodson, Félix	13	Peninsula Tr	10.39	NWI	4
7 166 Aikman - Heir, Kai	13	Oceanside Tr	10.59	NWI	4
8 227 Kendler, Ryan	13	Victoria Spe	10.62	NWI	4
9 200 McFadden, Jasper	13	Peninsula Tr	10.87	NWI	4
10 34 Palmer, Cooper	13	Campbell Riv	11.30	NWI	3

**2023 Garriock Meet  
Duncan, BC - 6/3/2023 to 6/4/2023  
Results**

**Men 11 60 Meter Dash**

Name	Year	Team	Finals	Wind
1 100 Ramstead, Liam	12	Cowichan Val	9.49	NWI
2 123 Grain, Kailo	12	Nanaimo & Di	9.56	NWI
3 193 Haynes, Elliott	12	Peninsula Tr	11.25	NWI

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 9 100 Meter Dash**

=====					
Name	Year	Team	Finals	Wind	H#
=====					
1	150	Ryan, Owen	14	Nanaimo & Di	16.67 -1.4 12
2	169	Binder, Kaleb	14	Oceanside Tr	17.36 -2.3 11
3	102	Randhawa, Deven	14	Cowichan Val	17.45 -2.3 11
4	119	Clarke, Sawyer	14	Nanaimo & Di	18.11 -1.4 12
4	163	Webber, Israel	14	Nanaimo & Di	18.11 -2.3 11
6	182	Willers, Caleb	14	Oceanside Tr	18.61 -1.4 12
7	109	Valastiak, Elijah	14	Cowichan Val	19.75 -2.3 11
8	72	Champagne, Jordan	14	Cowichan Val	20.43 -1.4 12

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 10 100 Meter Dash**

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	88	Jadan, Owen	13	Cowichan Val	15.82	-2.8 9
2	170	Brittain, Chase	13	Oceanside Tr	16.54	-2.8 9
3	122	Fontaine, Colten	13	Nanaimo & Di	16.59	-1.8 10
4	175	Luksay, Thomas	13	Oceanside Tr	16.61	-2.8 9
5	93	Maccullough, Jake	13	Cowichan Val	16.66	-2.8 9
6	227	Kendler, Ryan	13	Victoria Spe	16.68	-2.8 9
7	87	Irving, Robert	13	Cowichan Val	17.49	-1.8 10
8	180	Walker, Wiley	13	Oceanside Tr	18.26	-1.8 10
9	172	Donohoe, James	13	Oceanside Tr	18.38	-1.8 10

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 11 100 Meter Dash**

=====						
	Name	Year	Team	Finals	Wind	H#
=====						
1	100 Ramstead, Liam	12	Cowichan Val	15.90	-2.1	8
2	123 Grain, Kailo	12	Nanaimo & Di	16.01	-2.1	8
3	168 Binder, Declan	12	Oceanside Tr	18.26	-2.1	8

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 12 100 Meter Dash**

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	196	Holmgren, Coen	11 Peninsula Tr	14.29	-2.4	7
2	96	Munro, Jack	11 Cowichan Val	14.66	-2.4	7
3	149	Ryan, Ben	11 Nanaimo & Di	14.95	-2.8	6
4	183	Willers, Gabriel	11 Oceanside Tr	15.90	-2.4	7
5	94	Muller, Christophe	11 Cowichan Val	16.30	-2.4	7
6	201	Parfit, Christophe	11 Peninsula Tr	16.60	-2.4	7
7	101	Ramstead, Zachary	11 Cowichan Val	17.17	-2.8	6
8	83	Hale, Atwood	11 Cowichan Val	18.31	-2.8	6

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 13 100 Meter Dash**

Name	Year	Team	Finals	Wind	H#
1 226 Hill, Tristan	10	Victoria Spe	13.06	-2.2	5
2 31 Kumar, Adrian	10	Campbell Riv	13.60	-2.2	5
3 20 Seel, Levi	10	Athletics Vi	13.78	-1.5	4
4 174 Kolen-Lee, Jonah	10	Oceanside Tr	14.16	-1.5	4
5 208 Williams, Kai	10	Peninsula Tr	14.74	-2.2	5
6 10 Hill, Daniel	10	Athletics Vi	14.90	-2.2	5
7 60 Scholtz, Bo	10	Comox Valley	15.38	-2.2	5
8 204 Stubbs, Ryder	10	Peninsula Tr	15.60	-2.2	5
9 137 O'Keefe, Taveon	10	Nanaimo & Di	15.97	-1.5	4
10 203 Stubbs, Grayson	10	Peninsula Tr	16.42	-1.5	4
11 92 Lazenby, Robert	10	Cowichan Val	17.08	-1.5	4
12 110 Weir, Jacob	10	Cowichan Val	19.25	-1.5	4

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 14-15 100 Meter Dash**

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	46	Kumar, Avery	08	Comox Valley	12.53	+0.0 3
2	64	Smallacombe, Simon	09	Comox Valley	12.95	+0.0 3
3	202	Slauenwhite, Joshu	08	Peninsula Tr	12.99	+0.0 3
4	7	Grange, Liam	09	Athletics Vi	13.19	+0.0 3
5	63	Servos, Tyson	08	Comox Valley	13.57	+0.0 3
6	40	Granson, Carter	09	Comox Valley	14.65	+0.0 3



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 16-17 100 Meter Dash**

=====					
	Name	Year	Team	Finals	Wind H#
=====					
1	90 Kis-Toth, Mitchell	07	Cowichan Val	12.68	-3.0 2

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 18-19 100 Meter Dash**

=====						
	Name	Year	Team	Finals	Wind	H#
=====						
1	134 Moonsamy, Krescyn	05	Nanaimo & Di	11.47	-3.0	2
2	73 Dailey, Graeme	04	Cowichan Val	12.93	-3.0	2

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 20-34 100 Meter Dash**

=====				
	Name	Year Team	Finals	Wind
=====				
1	230 Greir, Josh	03 Cowichan Val	12.19	-2.4

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 35-39 100 Meter Dash**

=====						
Name	Year	Team	Finals	Wind		
=====						
1	216	Donaldson, Jaime	88	Unattached B	14.28	-2.4

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 80-84 100 Meter Dash**

=====					
	Name	Year	Team	Finals	Wind
=====					
1	221 Thompson, Lynn	39	Unattached B	18.69	-2.4
2	22 Shook, Vern	42	Athletics Vi	29.70	-2.4

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 11 200 Meter Dash**

=====					
Name	Year	Team	Finals	Wind	H#
=====					
1	100	Ramstead, Liam	12	Cowichan Val	32.75 -1.4 5

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 12 200 Meter Dash**

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	196	Holmgren, Coen	11 Peninsula Tr	29.79	-1.4	5
2	96	Munro, Jack	11 Cowichan Val	33.15	-2.1	6
3	183	Willers, Gabriel	11 Oceanside Tr	34.02	-1.4	5
4	94	Muller, Christophe	11 Cowichan Val	35.56	-2.1	6
5	101	Ramstead, Zachary	11 Cowichan Val	35.66	-2.1	6
6	83	Hale, Atwood	11 Cowichan Val	39.35	-1.4	5

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 13 200 Meter Dash**

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	174	Kolen-Lee, Jonah	10	Oceanside Tr	29.56	-0.5 4
2	198	Krieger, Grayson	10	Peninsula Tr	32.32	-0.5 4
3	38	Caldwell-Waluk, Na	10	Comox Valley	33.55	-0.5 4
4	153	Sinclair, Oliver	10	Nanaimo & Di	34.03	-0.5 4
5	203	Stubbs, Grayson	10	Peninsula Tr	34.90	-0.5 4
6	99	Nickolichuk, Samue	10	Cowichan Val	36.62	-0.5 4



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 14-15 200 Meter Dash**

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	202	Slauenwhite, Joshu	08 Peninsula Tr	29.86	-2.5	3
2	40	Granson, Carter	09 Comox Valley	31.55	-2.5	3

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 16-17 200 Meter Dash**

=====					
Name	Year	Team	Finals	Wind	H#
=====					
1	90	Kis-Toth, Mitchell	07	Cowichan Val	26.51 -1.8 2

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 20-34 200 Meter Dash**

=====				
	Name	Year Team	Finals	Wind
=====				
1	185 Baird, Kieran	90 Peninsula Tr	25.97	-3.1

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 35-39 200 Meter Dash**

=====				
	Name	Year	Team	Finals Wind
=====				
1	89 Jadan, Patrick	84	Cowichan Val	30.48 -3.1

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 75-79 200 Meter Dash**

=====				
	Name	Year	Team	Finals Wind
=====				
1	147 Riggins, Terry	47	Nanaimo & Di	36.71 -3.1

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 80-84 200 Meter Dash**

=====				
	Name	Year	Team	Finals Wind
=====				
1	221 Thompson, Lynn	39	Unattached B	41.08 -3.1

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 20-34 400 Meter Dash**

=====			
	Name	Year Team	Finals
=====			
1	215 Anderson, Dawson	99 Unattached B	49.74

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 35-39 400 Meter Dash**

=====			
	Name	Year Team	Finals
=====			
1	89 Jadan, Patrick	84 Cowichan Val	1:06.84



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 70-74 400 Meter Dash**

=====			
	Name	Year Team	Finals
=====			
1	127 Hendrie, Tim	50 Nanaimo & Di	1:46.53

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 75-79 400 Meter Dash**

=====			
	Name	Year Team	Finals
=====			
1	147 Riggins, Terry	47 Nanaimo & Di	1:20.27

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 12 800 Meter Run**

=====					
Name	Year	Team	Finals	H#	
=====					
1	196	Holmgren, Coen	11 Peninsula Tr	2:33.14	3
2	183	Willers, Gabriel	11 Oceanside Tr	2:44.12	3
3	94	Muller, Christophe	11 Cowichan Val	3:00.56	3
4	101	Ramstead, Zachary	11 Cowichan Val	3:04.31	3

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 13 800 Meter Run**

=====					
Name	Year	Team	Finals	H#	
=====					
1	130	Luch, Ryan	10	Nanaimo & Di	2:33.58 4
2	105	Thompson, Connor	10	Cowichan Val	2:34.44 4
3	198	Krieger, Grayson	10	Peninsula Tr	2:35.58 4
4	38	Caldwell-Waluk, Na	10	Comox Valley	2:36.98 4
5	174	Kolen-Lee, Jonah	10	Oceanside Tr	2:44.85 4
6	153	Sinclair, Oliver	10	Nanaimo & Di	2:54.72 4
7	203	Stubbs, Grayson	10	Peninsula Tr	2:57.21 4

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 14-15 800 Meter Run**

=====					
Name	Year	Team	Finals	H#	
=====					
1	190	Franey, Egan	08 Peninsula Tr	2:09.51	2
2	207	Venables, Levi	08 Peninsula Tr	2:09.70	2
3	197	Holmgren, Emilian	09 Peninsula Tr	2:28.26	2
4	135	Morse, Griffin	09 Nanaimo & Di	2:33.36	2

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 20-34 800 Meter Run**

=====			
	Name	Year Team	Finals
=====			
1	185 Baird, Kieran	90 Peninsula Tr	2:05.78

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 40-44 800 Meter Run**

=====			
	Name	Year Team	Finals
=====			
1	218 Klan, Paul	79 Unattached B	2:21.88

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 45-49 800 Meter Run**

=====			
	Name	Year Team	Finals
=====			
1	154 Sinclair, Peter	76 Nanaimo & Di	2:15.66



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 75-79 800 Meter Run**

=====			
	Name	Year Team	Finals
=====			
1	147 Riggins, Terry	47 Nanaimo & Di	3:12.75

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 40-44 1500 Meter Run**

=====			
	Name	Year Team	Finals
=====			
1	195 Holmgren, Aaron	82 Peninsula Tr	4:12.02

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 20-34 3000 Meter Run**

=====		
Name	Year Team	Finals
=====		
1 185 Baird, Kieran	90 Peninsula Tr	9:49.05

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 45-49 3000 Meter Run**

=====		
Name	Year Team	Finals
=====		
1 154 Sinclair, Peter	76 Nanaimo & Di	10:10.95

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 9 Year Olds 60 Meter Hurdles 6 x 21"**

=====						
Name						
Year Team						
Finals						
Wind						
=====						
1	150	Ryan, Owen	14	Nanaimo & Di	12.20	0.3
2	163	Webber, Israel	14	Nanaimo & Di	12.96	0.3
3	182	Willers, Caleb	14	Oceanside Tr	13.14	0.3
4	119	Clarke, Sawyer	14	Nanaimo & Di	13.32	0.3
5	109	Valastiak, Elijah	14	Cowichan Val	14.34	0.3

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 10 60 Meter Hurdles 6 x 24"**

=====					
Name	Year	Team	Finals	Wind	H#
=====					
1	122	Fontaine, Colten	13	Nanaimo & Di	12.73 0.9 2
2	170	Brittain, Chase	13	Oceanside Tr	12.78 0.9 2
3	175	Luksay, Thomas	13	Oceanside Tr	13.61 0.9 2
4	87	Irving, Robert	13	Cowichan Val	13.78 0.9 2
5	180	Walker, Wiley	13	Oceanside Tr	15.31 0.9 2

**2023 Garriock Meet  
Duncan, BC - 6/3/2023 to 6/4/2023  
Results**

**Men 11 60 Meter Hurdles 6 x 24"**

=====					
	Name	Year	Team	Finals	Wind
=====					
1	100 Ramstead, Liam	12	Cowichan Val	11.40	0.3
2	123 Grain, Kailo	12	Nanaimo & Di	11.69	0.3

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 12 Year Olds 80 Meter Hurdles 8 x 27"**

Name	Year	Team	Finals	Wind	H#
1	196	Holmgren, Coen	11 Peninsula Tr	14.78	-0.1 1
2	96	Munro, Jack	11 Cowichan Val	14.85	-0.1 1
3	138	Olsen, Finn	11 Nanaimo & Di	15.04	-0.1 2
4	149	Ryan, Ben	11 Nanaimo & Di	15.90	-0.1 2
5	94	Muller, Christophe	11 Cowichan Val	16.13	-0.1 2
6	201	Parfit, Christophe	11 Peninsula Tr	16.20	-0.1 2
7	183	Willers, Gabriel	11 Oceanside Tr	16.74	-0.1 1
8	83	Hale, Atwood	11 Cowichan Val	16.80	-0.1 1
9	186	Bodson, Antoine	11 Peninsula Tr	17.06	-0.1 1
10	101	Ramstead, Zachary	11 Cowichan Val	18.17	-0.1 2



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 13 Year Olds 80 Meter Hurdles 8 x 30"**

=====				
Name	Year	Team	Finals	Wind
=====				
1	10	Hill, Daniel	14.05	-0.1
2	60	Scholtz, Bo	15.24	-0.1
3	174	Kolen-Lee, Jonah	15.93	-0.1
4	208	Williams, Kai	16.07	-0.1
5	198	Krieger, Grayson	16.50	-0.1

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 80-99 80 Meter Hurdles 8 x 27"**

=====						
Name	Year	Team	Finals	Wind		
=====						
1	221	Thompson, Lynn	39	Unattached B	19.68	1.3

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 14-15 100 Meter Hurdles 10 x 33"**

=====				
	Name	Year Team	Finals	Wind
=====				
1	40 Granson, Carter	09 Comox Valley	19.46	-0.4

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 18-19 110 Meter Hurdles 10 x 39"**

=====				
Name	Year	Team	Finals	Wind
=====				
1	165	Scherk, Michael	05 NorWesters T	14.23 0.5

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 13 200 Meter Hurdles 5 x 27"**

=====					
	Name	Year	Team	Finals	Wind
=====					
1	174 Kolen-Lee, Jonah	10	Oceanside Tr	31.47	NWI
2	130 Luch, Ryan	10	Nanaimo & Di	31.92	NWI
3	153 Sinclair, Oliver	10	Nanaimo & Di	37.97	NWI

**2023 Garriock Meet  
Duncan, BC - 6/3/2023 to 6/4/2023  
Results**

**Men 80-84 200 Meter Hurdles 5 x 27"**

=====						
Name	Year	Team	Finals	Wind		
=====						
1	221	Thompson, Lynn	39	Unattached B	44.57	NWI

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 9 High Jump**

=====				
Name	Year	Team	Finals	
=====				
1	163	Webber, Israel	14 Nanaimo & Di	1.15m
2	109	Valastiak, Elijah	14 Cowichan Val	1.05m
3	150	Ryan, Owen	14 Nanaimo & Di	J1.05m
4	169	Binder, Kaleb	14 Oceanside Tr	1.00m
5	102	Randhawa, Deven	14 Cowichan Val	J1.00m
6	72	Champagne, Jordan	14 Cowichan Val	0.90m
7	182	Willers, Caleb	14 Oceanside Tr	J0.90m
7	125	Gunn, Thomas	14 Nanaimo & Di	J0.90m
9	103	Sindhi, Kayden	14 Cowichan Val	0.85m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 10 High Jump**

=====				
	Name	Year	Team	Finals
=====				
1	175 Luksay, Thomas	13	Oceanside Tr	1.20m
2	172 Donohoe, James	13	Oceanside Tr	1.10m
3	122 Fontaine, Colten	13	Nanaimo & Di	1.05m
4	187 Bodson, Félix	13	Peninsula Tr	J1.05m
4	170 Brittain, Chase	13	Oceanside Tr	J1.05m



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 16-17 High Jump**

=====			
	Name	Year Team	Finals
=====			
1	66 U-Ming, Kayden	06 Comox Valley	1.65m
2	178 Schnider, Taylor	06 Oceanside Tr	1.00m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 70-74 High Jump**

=====		
Name	Year Team	Finals
=====		
1 127 Hendrie, Tim	50 Nanaimo & Di	0.95m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 16-17 Long Jump**

=====				
Name	Year	Team	Finals	Wind
=====				
1	178	Schnider, Taylor	06 Oceanside Tr	5.29m 3.0

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 18-19 Long Jump**

=====						
Name	Year	Team	Finals	Wind		
=====						
1	142	Rednour-Bruckman,	04	Nanaimo & Di	6.60m	1.8

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 80-84 Long Jump**

=====						
Name	Year	Team	Finals	Wind		
=====						
1	221	Thompson, Lynn	39	Unattached B	3.37m	2.5

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 80-84 Triple Jump**

=====				
	Name	Year Team	Finals	Wind
=====				
1	221 Thompson, Lynn	39 Unattached B	7.31m	1.4

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 18-19 Shot Put 6 kg**

=====			
	Name	Year Team	Finals
=====			
1	128 Hengstler, Connor	05 Nanaimo & Di	13.51m
2	73 Dailey, Graeme	04 Cowichan Val	9.53m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 50-59 Shot Put 6 kg**

=====		
Name	Year Team	Finals
=====		
1	53 Morfitt, Graham 67 Comox Valley	10.22m



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 60-64 Shot Put 5 kg**

=====			
	Name	Year Team	Finals
=====			
1	23 Steele, Sean	61 Athletics Vi	11.64m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 80-84 Shot Put 3 kg**

=====		
Name	Year Team	Finals
=====		
1 189 East, Les	39 Peninsula Tr	7.64m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 10 Discus Throw 750 g**

=====				
Name	Year	Team	Finals	
=====				
1	187	Bodson, Félix	13 Peninsula Tr	14.47m
2	166	Aikman - Heir, Kai	13 Oceanside Tr	12.47m
3	122	Fontaine, Colten	13 Nanaimo & Di	12.21m
4	172	Donohoe, James	13 Oceanside Tr	11.23m
5	200	McFadden, Jasper	13 Peninsula Tr	10.43m
6	88	Jadan, Owen	13 Cowichan Val	7.20m
--	34	Palmer, Cooper	13 Campbell Riv	FOUL

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 11 Discus Throw 750 g**

=====				
Name	Year	Team	Finals	
=====				
1	123	Grain, Kailo	12 Nanaimo & Di	16.98m
2	100	Ramstead, Liam	12 Cowichan Val	15.60m
3	168	Binder, Declan	12 Oceanside Tr	11.11m
4	193	Haynes, Elliott	12 Peninsula Tr	10.51m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 12 Discus Throw 1 kg**

=====			
	Name	Year Team	Finals
=====			
1	183 Willers, Gabriel	11 Oceanside Tr	19.86m
2	138 Olsen, Finn	11 Nanaimo & Di	18.67m
3	101 Ramstead, Zachary	11 Cowichan Val	12.97m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 13 Discus Throw 1 kg**

=====				
Name	Year	Team	Finals	
=====				
1	20	Seel, Levi	10 Athletics Vi	30.11m
2	10	Hill, Daniel	10 Athletics Vi	22.60m
3	105	Thompson, Connor	10 Cowichan Val	19.76m
4	198	Krieger, Grayson	10 Peninsula Tr	13.92m
5	203	Stubbs, Grayson	10 Peninsula Tr	13.90m
6	92	Lazenby, Robert	10 Cowichan Val	13.71m
7	99	Nickolichuk, Samue	10 Cowichan Val	12.49m
8	153	Sinclair, Oliver	10 Nanaimo & Di	11.81m
9	110	Weir, Jacob	10 Cowichan Val	10.43m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 14-15 Discus Throw 1 kg**

=====				
	Name	Year	Team	Finals
=====				
1	190 Franey, Egan	08	Peninsula Tr	33.32m
2	35 Palmer, Madrid	08	Campbell Riv	24.40m
3	202 Slauenwhite, Joshu	08	Peninsula Tr	22.04m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 18-19 Discus Throw 1.75 kg**

=====			
	Name	Year Team	Finals
=====			
1	128 Hengstler, Connor	05 Nanaimo & Di	43.81m
2	73 Dailey, Graeme	04 Cowichan Val	26.86m



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 45-49 Discus Throw 2 kg**

=====		
Name	Year Team	Finals
=====		
1 162 Vannini, Phillip	74 Nanaimo & Di	36.21m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

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

=====			
	Name	Year Team	Finals
=====			
1	53 Morfitt, Graham	67 Comox Valley	33.50m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 60-64 Discus Throw 1 kg**

=====			
	Name	Year Team	Finals
=====			
1	23 Steele, Sean	61 Athletics Vi	34.18m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 80-84 Discus Throw 1 kg**

=====		
Name	Year Team	Finals
=====		
1 189 East, Les	39 Peninsula Tr	19.15m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 40-44 Hammer Throw 7.26 kg**

=====		
Name	Year Team	Finals
=====		
1	195 Holmgren, Aaron	82 Peninsula Tr
		22.67m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 50-59 Hammer Throw 6 kg**

=====		
Name	Year Team	Finals
=====		
1	53 Morfitt, Graham 67 Comox Valley	36.86m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 80-84 Hammer Throw 3 kg**

=====		
Name	Year Team	Finals
=====		
1 189 East, Les	39 Peninsula Tr	28.58m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

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

=====				
Name	Year	Team	Finals	
=====				
1	8	Harfield, Travis	07 Athletics Vi	69.11m
2	66	U-Ming, Kayden	06 Comox Valley	53.11m



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

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

=====		
Name	Year Team	Finals
=====		
1	73 Dailey, Graeme	04 Cowichan Val
		36.49m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 20-34 Javelin Throw 800 g**

=====			
Name	Year	Team	Finals
=====			
1	9	Henderson, Brett	95 Athletics Vi
			65.03m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 50-59 Javelin Throw 700 g**

=====			
	Name	Year Team	Finals
=====			
1	53 Morfitt, Graham	67 Comox Valley	54.10m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 60-69 Javelin Throw 600 g**

=====			
	Name	Year Team	Finals
=====			
1	23 Steele, Sean	61 Athletics Vi	30.90m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Men 80-84 Javelin Throw 400 g**

=====			
	Name	Year Team	Finals
=====			
1	189 East, Les	39 Peninsula Tr	20.22m

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 9 800 Meter Race Walk**

=====				
Name	Year	Team	Finals	
=====				
1	109	Valastiak, Elijah	14 Cowichan Val	6:26.22

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 9 800 Meter Race Walk**

=====		
Name	Year Team	Finals
=====		
1 156 Slater, Jaiden	14 Nanaimo & Di	7:14.79

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Boys 11 800 Meter Race Walk**

=====		
Name	Year Team	Finals
=====		
1 123 Grain, Kailo	12 Nanaimo & Di	5:14.21



**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Girls 12 800 Meter Race Walk**

=====				
Name	Year	Team	Finals	
=====				
1	118	Clarke, Rowan	11 Nanaimo & Di	4:47.98
2	131	Lundman, Sofia	11 Nanaimo & Di	4:52.29
3	108	Valastiak, Alica	11 Cowichan Val	5:15.33

**2023 Garriock Meet**  
**Duncan, BC - 6/3/2023 to 6/4/2023**  
**Results**

**Women 16-17 1500 Meter Race Walk**

=====			
	Name	Year Team	Finals
=====			
1	71 Blumel, Annette	07 Cowichan Val	9:58.59