

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

Event 80 Girls 10 800 Meter Race Walk

=====				
Name				
Year Team				
Finals				
=====				
Finals				
1	563	IMISIOLUWA OYENUGA	13 NANAIMO & DI	6:17.93
2	533	FIONA CUNNING	13 NANAIMO & DI	7:24.54

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

Event 80 Girls 11 800 Meter Race Walk

=====			
Name	Year	Team	Finals
=====			
1	545	AVA HAAB	12 NANAIMO & DI
			5:50.87

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

Event 80 Girls 12 800 Meter Race Walk

=====				
	Name	Year	Team	Finals
=====				
1	530 ROWAN CLARKE	11	NANAIMO & DI	4:55.89
2	429 MAKAYLA MACKENZIE	11	CAMPBELL RIV	5:17.04
3	557 SOFIA LUNDMAN	11	NANAIMO & DI	5:18.34
4	517 ALICA VALASTIAK	11	COWICHAN VAL	5:20.24

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

Event 80 Boys 9 800 Meter Race Walk

=====				
Name	Year	Team	Finals	
=====				
1	518	ELIJAH VALASTIAK	14 COWICHAN VAL	6:31.58

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

Event 80 Boys 10 800 Meter Race Walk

=====			
Name	Year	Team	Finals
=====			
1	615	CONNOR SCOTT	13 OCEANSIDE TR
			6:31.21

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

Event 84 Women 14-15 1500 Meter Race Walk

=====			
Name	Year	Team	Finals
=====			
1	601	SOPHIA DESVAUX	09 OCEANSIDE TR 11:08.09

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

Event 84 Boys 13 1500 Meter Race Walk

=====				
	Name	Year	Team	Finals
=====				
1	605 JONAH KOLEN-LEE	10	OCEANSIDE TR	11:35.30
2	506 ROBERT LAZENBY	10	COWICHAN VAL	14:22.11

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

Event 89 Women 16-17 5000 Meter Race Walk

=====				
Name	Year	Team	Finals	
=====				
1	496	ANNETTE BLUMEL	07 COWICHAN VAL	30:17.30

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

Event 89 Women 20-34 5000 Meter Race Walk

=====			
Name	Year	Team	Finals
=====			
1	556	OLIVIA LUNDMAN	03 NANAIMO & DI 23:13.81

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

Event 71 Men 40-44 1500 Meter Run

=====			
Name	Year	Team	Finals
=====			
-- 627	AARON HOLMGREN	82 PENINSULA TR	DNF

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

Event 71 Men 75-79 1500 Meter Run

=====				
Name	Year	Team	Finals	
=====				
1	574	TERRY RIGGINS	47 NANAIMO & DI	6:35.33

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

Event 69 Men 12 1200 Meter Run

=====					
Name	Year	Team	Finals	H#	
=====					
1	628	COEN HOLMGREN	11	PENINSULA TR	3:56.40 2
2	538	FINN ENGLISH	11	NANAIMO & DI	4:13.94 2
3	575	BEN RYAN	11	NANAIMO & DI	4:21.00 2
4	634	CHRISTOPHER PARFIT	11	PENINSULA TR	4:22.08 2
5	508	CHRISTOPHER MULLER	11	COWICHAN VAL	4:26.78 2
6	607	HUDSON PALICHUK	11	OCEANSIDE TR	4:41.14 2
7	512	ZACHARY RAMSTEAD	11	COWICHAN VAL	4:45.07 2

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

Event 69 Men 13 1200 Meter Run

=====					
Name	Year	Team	Finals	H#	
=====					
1	532	CARTER CUNNING	10	NANAIMO & DI	3:48.83 2
2	514	CONNOR THOMPSON	10	COWICHAN VAL	4:07.76 2
3	640	RYDER STUBBS	10	PENINSULA TR	4:10.33 2
4	605	JONAH KOLEN-LEE	10	OCEANSIDE TR	4:13.44 2

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

Event 69 Men 14-15 1200 Meter Run

=====				
	Name	Year	Team	Finals
=====				
1	623 EGAN FRANEY	08	PENINSULA TR	3:26.94
2	481 WALKER SMITS	08	COMOX VALLEY	3:27.99
3	689 ETHAN HUNT	09	UNATTACHED B	3:31.34
4	629 EMILIAN HOLMGREN	09	PENINSULA TR	4:02.30
5	422 EDWIN CLEMENTS	09	CAMPBELL RIV	4:04.93

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

Event 67 Girls 12 1200 Meter Run

=====					
Name	Year	Team	Finals	H#	
=====					
1	554	ELIZABETH LINDER	11 NANAIMO & DI	4:21.89	2
2	549	KATIE HILL	11 NANAIMO & DI	4:21.95	2
3	571	BRYNNE REILLY	11 NANAIMO & DI	4:24.75	2
4	584	TESSA THIBAULT	11 NANAIMO & DI	4:42.11	2
5	429	MAKAYLA MACKENZIE	11 CAMPBELL RIV	4:52.80	2
6	530	ROWAN CLARKE	11 NANAIMO & DI	4:54.36	2
7	557	SOFIA LUNDMAN	11 NANAIMO & DI	4:58.30	2
8	517	ALICA VALASTIAK	11 COWICHAN VAL	5:30.96	2
9	616	MADISON SCOTT	11 OCEANSIDE TR	5:44.48	2

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

Event 67 Girls 13 1200 Meter Run

=====						
	Name	Year	Team	Finals	H#	
=====						
1	451 AMELIA JELEN MOORE	10	COMOX VALLEY	4:10.33	2	
2	672 TEA NORDMAN	10	POWELL RIVER	4:12.20	2	
3	626 ROSIE HAYNES	10	PENINSULA TR	4:13.73	2	
4	485 TUVA TAEVS	10	COMOX VALLEY	4:50.97	2	
5	415 ELLIS RAMSAY	10	ATHLETICS VI	5:12.16	2	

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

Event 67 Women 14-15 1200 Meter Run

=====					
Name	Year	Team	Finals	H#	
=====					
1	440	INDIE CUDMORE	09	COMOX VALLEY	3:51.40 2

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

Event 65 Men 9 1000 Meter Run

=====					
	Name	Year	Team	Finals	H#
=====					
1	576 OWEN RYAN	14	NANAIMO & DI	4:04.53	2
2	620 CALEB WILLERS	14	OCEANSIDE TR	4:09.98	2
3	647 WOODROW BECKER	14	POWELL RIVER	4:20.65	2
4	518 ELIJAH VALASTIAK	14	COWICHAN VAL	4:25.70	2

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

Event 65 Men 10 1000 Meter Run

=====				
Name	Year	Team	Finals	
=====				
1	504	OWEN JADAN	13 COWICHAN VAL	3:41.29
2	536	CEDAR DUNNETT	13 NANAIMO & DI	3:44.88
3	507	JAKE MACCULLOUGH	13 COWICHAN VAL	3:47.98
4	637	HENRY SHEPHERD	13 PENINSULA TR	3:56.60
5	671	EWAN NAYLOR	13 POWELL RIVER	3:56.70
6	602	JAMES DONOHOE	13 OCEANSIDE TR	4:01.39
7	618	WILEY WALKER	13 OCEANSIDE TR	4:12.48

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

Event 65 Men 11 1000 Meter Run

=====				
	Name	Year	Team	Finals
=====				
1	633 HARRISON MATTHEWS	12	PENINSULA TR	3:28.31
2	511 LIAM RAMSTEAD	12	COWICHAN VAL	3:33.23

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

Event 64 Girls 9 1000 Meter Run

=====					
	Name	Year	Team	Finals	H#
=====					
1	488 STELLALYN VAN TONG	14	COMOX VALLEY	4:16.95	2
2	537 ANNE ENGLISH	14	NANAIMO & DI	4:26.43	2
3	608 LENIX PALICHUK	14	OCEANSIDE TR	5:20.53	2

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

Event 64 Girls 10 1000 Meter Run

=====					
Name	Year	Team	Finals	H#	
=====					
1	595	OLIVIA BEWSEY	13 OCEANSIDE TR	3:53.91	1
2	453	RHEA KLASSEN	13 COMOX VALLEY	3:55.40	2
3	403	RUBY MESSENGER	13 ALBERNI VALL	3:58.52	1
4	619	MAYA WATSON	13 OCEANSIDE TR	4:05.94	2
5	572	CAYLEN REILLY	13 NANAIMO & DI	4:16.29	1
6	462	ELLA MOORE	13 COMOX VALLEY	4:18.05	1
7	533	FIONA CUNNING	13 NANAIMO & DI	4:26.24	2
8	534	AMELIA DICKSON	13 NANAIMO & DI	4:26.42	2

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

Event 64 Girls 11 1000 Meter Run

=====				
	Name	Year	Team	Finals
=====				
1	473 AVERY SCHMIDT	12	COMOX VALLEY	3:28.44
2	636 NATALYA ROMAINE	12	PENINSULA TR	3:38.29
3	580 JADA SHIMEK	12	NANAIMO & DI	4:05.41

2023 Comox Summer Solstice
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Results - Saturday Track

Event 47 Men 16-17 400 Meter Dash

=====			
Name	Year	Team	Finals
=====			
1	578	SAM SAKAMOTO	07 NANAIMO & DI
			1:04.85

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

Event 47 Men 18-19 400 Meter Dash

=====			
Name	Year	Team	Finals
=====			
1	577	NICHOLAS SAKAMOTO	05 NANAIMO & DI 1:01.29

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

Event 47 Men 40-44 400 Meter Dash

=====			
Name	Year	Team	Finals
=====			
1	630	CHRIS JONES	81 PENINSULA TR 1:02.21

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

Event 47 Men 75-79 400 Meter Dash

=====				
Name	Year	Team	Finals	
=====				
1	574	TERRY RIGGINS	47 NANAIMO & DI	1:21.54

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Results - Saturday Track

Event 45 Women 16-17 400 Meter Dash

=====				
	Name	Year	Team	Finals
=====				
1	445 MADELAINE GALIK	06	COMOX VALLEY	1:08.48
2	701 QUINN SMITS	06	POWELL RIVER	1:10.01
3	442 PAYGE DOTY-BROWN	07	COMOX VALLEY	1:22.80

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Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Track

Event 45 Women 70-74 400 Meter Dash

=====					
Name		Year	Team	Finals	
=====					
1	526 SANDRA BISSESSUR	49	NANAIMO & DI	1:29.60	

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

Event 42 Men 14-15 300 Meter Dash

=====					
	Name		Year	Team	Finals
=====					
1	479	SIMON SMALLACOMBE	09	COMOX VALLEY	39.54
2	407	AIDAN DICKINSON	09	ATHLETICS VI	42.65
3	638	JOSHUA SLAUENWHITE	08	PENINSULA TR	46.28

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Results - Saturday Track

Event 40 Boys 12 300 Meter Dash

=====					
Name	Year	Team	Finals	H#	
=====					
1	628	COEN HOLMGREN	11	PENINSULA TR	47.27 2
2	575	BEN RYAN	11	NANAIMO & DI	49.43 2
3	634	CHRISTOPHER PARFIT	11	PENINSULA TR	56.08 2
4	607	HUDSON PALICHUK	11	OCEANSIDE TR	57.22 2
5	512	ZACHARY RAMSTEAD	11	COWICHAN VAL	57.87 2

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Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Track

Event 40 Boys 13 300 Meter Dash

=====					
	Name	Year	Team	Finals	H#
=====					
1	426 ADRIAN KUMAR	10	CAMPBELL RIV	41.80	1
2	555 RYAN LUCH	10	NANAIMO & DI	45.93	1
3	546 LEVI HAAB	10	NANAIMO & DI	46.35	2
4	632 MYLES JONES	10	PENINSULA TR	49.55	1
5	439 NASH CALDWELL-WALU	10	COMOX VALLEY	49.67	1
6	640 RYDER STUBBS	10	PENINSULA TR	50.49	1
7	639 GRAYSON STUBBS	10	PENINSULA TR	52.11	1
8	510 SAMUEL NICKOLICHUK	10	COWICHAN VAL	53.86	1
9	506 ROBERT LAZENBY	10	COWICHAN VAL	56.09	1

2023 Comox Summer Solstice
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Results - Saturday Track

Event 38 Women 14-15 300 Meter Dash

=====				
	Name	Year	Team	Finals
=====				
1	457 ADDISON LEWIS	09	COMOX VALLEY	44.43
2	491 MAILE WESNER	08	COMOX VALLEY	44.93
3	413 ELLY MARTIN	09	ATHLETICS VI	45.67
4	493 KYLIE ZAAL	08	COMOX VALLEY	46.50
5	483 ZOE STEELE	08	COMOX VALLEY	47.70
6	676 REBEKAH SHANNON	09	POWELL RIVER	47.89
7	482 KIERA STEELE	08	COMOX VALLEY	48.51

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

Event 36 Girls 12 300 Meter Dash

=====					
Name	Year	Team	Finals	H#	
=====					
1	641	RAYAH UNDERWOOD	11	PENINSULA TR	48.28 1
2	642	CHARLEY VAN DER BE	11	PENINSULA TR	49.18 3
3	554	ELIZABETH LINDER	11	NANAIMO & DI	49.82 2
4	571	BRYNNE REILLY	11	NANAIMO & DI	50.95 2
5	542	LUCIA GAUTHIER	11	NANAIMO & DI	52.20 3
6	584	TESSA THIBAULT	11	NANAIMO & DI	54.06 2
7	557	SOFIA LUNDMAN	11	NANAIMO & DI	56.55 2
8	429	MAKAYLA MACKENZIE	11	CAMPBELL RIV	58.91 3
9	423	SARAH CLEMENTS	11	CAMPBELL RIV	1:00.97 2

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

Event 36 Girls 13 300 Meter Dash

=====				
	Name	Year	Team	Finals
=====				
1	472 NYA SAMSON	10	COMOX VALLEY	45.30
2	626 ROSIE HAYNES	10	PENINSULA TR	47.99
3	412 AVA-MARIE JAEGER	10	ATHLETICS VI	49.62
4	672 TEA NORDMAN	10	POWELL RIVER	52.28

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

Event 118 Men 16-17 110 Meter Hurdles 10 x 36"

=====					
Name	Year	Team	Finals	Wind	
=====					
1	694	JOSE MONTESSORI	06 VANCOUVER OL	14.84	0.2
2	660	ETHAN HULL	07 POWELL RIVER	16.49	0.2

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

Event 601 Women 18-19 100 Meter Hurdles 10 x 33"

=====				
Name	Year	Team	Finals	Wind
=====				
1	478	LACIE SIMMONS	05 COMOX VALLEY	15.09 -1.1

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

Event 116 Women 16-17 100 Meter Hurdles 10 x 30"

=====					
	Name	Year	Team	Finals	Wind
=====					
1	695 ALLISON TORRANCE	07	VANCOUVER OL	16.12	-0.1
2	442 PAYGE DOTY-BROWN	07	COMOX VALLEY	18.69	-0.1

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Event 114 Men 14-15 100 Meter Hurdles 10 x 33"

=====					
Name	Year	Team	Finals	Wind	
=====					
1	446	CARTER GRANSON	09	COMOX VALLEY	19.65 -0.9

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Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
Results - Saturday Track

Event 110 Women 14-15 80 Meter Hurdles 8 x 30"

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	450	VICTORIA HOFFMAN	08	COMOX VALLEY	12.48	-1.9 2
2	693	ANA MONTESSORI	08	VANCOUVER OL	12.88	-1.9 2
3	524	TESSA BELL	09	NANAIMO & DI	13.22	-0.4 1
4	444	GILLIAN GALIK	08	COMOX VALLEY	13.40	-1.9 2
5	413	ELLY MARTIN	09	ATHLETICS VI	13.68	-0.4 1
6	457	ADDISON LEWIS	09	COMOX VALLEY	14.04	-0.4 1
7	405	KAJSA CHELL	09	ATHLETICS VI	14.54	-0.4 1
8	433	GEMMA QUESNEL	09	CAMPBELL RIV	16.71	-1.9 2

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Results - Saturday Track

Event 113 Men 13 Year Olds 80 Meter Hurdles 8 x 30"

=====						
Name						
Year Team						
Finals						
Wind						
=====						
1	546	LEVI HAAB	10	NANAIMO & DI	14.24	0.6
2	410	DANIEL HILL	10	ATHLETICS VI	14.25	0.6
3	555	RYAN LUCH	10	NANAIMO & DI	14.63	0.6
4	632	MYLES JONES	10	PENINSULA TR	15.35	0.6
5	654	GABRIEL CHARTIER	10	POWELL RIVER	16.33	0.6

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

Event 112 Men 12 Year Olds 80 Meter Hurdles 8 x 27"

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	562	FINN OLSEN	11	NANAIMO & DI	15.61	-1.1 2
2	628	COEN HOLMGREN	11	PENINSULA TR	15.65	-0.7 1
3	508	CHRISTOPHER MULLER	11	COWICHAN VAL	17.20	-0.7 1
4	575	BEN RYAN	11	NANAIMO & DI	17.25	-1.1 2
5	501	ATWOOD HALE	11	COWICHAN VAL	17.62	-0.7 1
6	634	CHRISTOPHER PARFIT	11	PENINSULA TR	17.91	-1.1 2
7	607	HUDSON PALICHUK	11	OCEANSIDE TR	17.92	-0.7 1
8	512	ZACHARY RAMSTEAD	11	COWICHAN VAL	18.31	-1.1 2

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Event 109 Women 13 Year Olds 80 Meter Hurdles 8 x 30"

=====					
Name	Year	Team	Finals	Wind	
=====					
1	412	AVA-MARIE JAEGER	10	ATHLETICS VI	14.28 -0.7
2	461	LILY MONJO	10	COMOX VALLEY	16.42 -0.7
3	484	ELLA SUPPIAH	10	COMOX VALLEY	17.03 -0.7
4	681	LONDYN WATERTON	10	POWELL RIVER	18.59 -0.7
5	495	ARIANNA BEATON	10	COWICHAN VAL	20.40 -0.7

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Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
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Event 108 Women 12 Year Olds 80 Meter Hurdles 8 x 27"

Name	Year	Team	Finals	Wind	H#
1 641 RAYAH UNDERWOOD	11	PENINSULA TR	14.66	-0.4	3
2 588 SKYLA WEBBER	11	NANAIMO & DI	14.87	-1.1	2
3 652 OLIVIA CARTA	11	POWELL RIVER	15.12	-1.1	2
4 669 EMILY MASSULLO	11	POWELL RIVER	15.62	-1.1	2
5 549 KATIE HILL	11	NANAIMO & DI	16.64	-1.1	2
6 668 BRIA MASSULLO	11	POWELL RIVER	16.86	-0.4	3
7 530 ROWAN CLARKE	11	NANAIMO & DI	17.62	-0.4	3
8 673 GRACE PARSONS	11	POWELL RIVER	17.68	-0.4	3
9 455 SOPHIA LEE	11	COMOX VALLEY	17.88	0.1	1
10 429 MAKAYLA MACKENZIE	11	CAMPBELL RIV	18.23	-1.1	2
11 616 MADISON SCOTT	11	OCEANSIDE TR	18.49	0.1	1
12 571 BRYNNE REILLY	11	NANAIMO & DI	18.63	0.1	1
13 670 TAIGE MAXWELL	11	POWELL RIVER	19.97	-0.4	3
14 656 SASHA GALLIGOS	11	POWELL RIVER	21.04	0.1	1

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Results - Saturday Track

Event 106 Men 10 60 Meter Hurdles 6 x 24"

Name	Year	Team	Finals	Wind	H#
1 593 ANDREW BAETZ	13	OCEANSIDE TR	11.86	0.4	4
2 551 GEORGE HOWARD	13	NANAIMO & DI	11.94	+0.0	3
3 504 OWEN JADAN	13	COWICHAN VAL	12.09	0.4	4
4 598 CHASE BRITTAIN	13	OCEANSIDE TR	12.16	+0.0	3
5 539 COLTEN FONTAINE	13	NANAIMO & DI	12.34	0.4	4
6 606 THOMAS LUKSAY	13	OCEANSIDE TR	13.44	0.4	4
7 671 EWAN NAYLOR	13	POWELL RIVER	13.54	0.4	4
8 536 CEDAR DUNNETT	13	NANAIMO & DI	13.88	+0.0	3
9 680 HAYES WATERTON	13	POWELL RIVER	13.92	+0.0	3
10 615 CONNOR SCOTT	13	OCEANSIDE TR	13.97	+0.0	3
11 653 SAMUEL CHARTER	13	POWELL RIVER	14.29	0.4	4
12 602 JAMES DONOHOE	13	OCEANSIDE TR	15.58	0.4	4

2023 Comox Summer Solstice
Comox Valley Sport Centre - 6/24/2023 to 6/25/2023
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Event 106 Men 11 60 Meter Hurdles 6 x 24"

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	511	LIAM RAMSTEAD	12	COWICHAN VAL	11.23	-0.6 2
2	544	KAILO GRAIN	12	NANAIMO & DI	11.56	-0.6 2
3	655	GRIFFIN FRASER	12	POWELL RIVER	11.80	-0.6 2
4	631	JUSTIN JONES	12	PENINSULA TR	11.86	-0.6 2
5	469	GAVIN ROSE	12	COMOX VALLEY	12.92	-1.0 1
6	646	WREN BARFOOT	12	POWELL RIVER	13.58	-1.0 1

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

Event 105 Men 9 Year Olds 60 Meter Hurdles 6 x 21"

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	576	OWEN RYAN	14 NANAIMO & DI	12.21	0.7	1
2	531	SAWYER CLARKE	14 NANAIMO & DI	12.73	0.7	1
3	651	OWEN CALDER	14 POWELL RIVER	13.40	0.7	1
4	587	ISRAEL WEBBER	14 NANAIMO & DI	13.58	-0.6	2
5	666	CADEN LADNER	14 POWELL RIVER	13.60	-0.6	2
6	597	KALEB BINDER	14 OCEANSIDE TR	13.68	0.7	1
7	647	WOODROW BECKER	14 POWELL RIVER	13.77	-0.6	2
8	400	THOR ASKERHAUG TOR	14 ALBERNI VALL	13.78	-0.6	2
9	518	ELIJAH VALASTIAK	14 COWICHAN VAL	13.90	0.7	1
10	677	LIAM VAN EGTEREN	14 POWELL RIVER	14.53	0.7	1

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

Event 103 Girls 10 60 Meter Hurdles 6 x 24"

Name	Year	Team	Finals	Wind	H#
1 563 IMISIOLUWA OYENUGA	13	NANAIMO & DI	12.82	0.5	2
2 453 RHEA KLASSEN	13	COMOX VALLEY	12.93	0.5	2
3 411 ADDISON IHLEN	13	ATHLETICS VI	13.15	0.5	2
4 662 GIANNA HULL	13	POWELL RIVER	13.60	-0.9	3
5 661 GENEVIEVE HULL	13	POWELL RIVER	13.88	-0.9	3
6 534 AMELIA DICKSON	13	NANAIMO & DI	13.96	-0.9	3
7 403 RUBY MESSENGER	13	ALBERNI VALL	14.10	-0.9	3
8 649 EILY BRATSETH	13	POWELL RIVER	14.13	0.5	2
9 604 MATILDA HUNTER	13	OCEANSIDE TR	14.26	-0.9	3
10 609 MEMPHIS PALICHUK	13	OCEANSIDE TR	14.54	0.5	2
11 515 LOTTIE TYLER	13	COWICHAN VAL	14.84	0.5	2
12 533 FIONA CUNNING	13	NANAIMO & DI	14.95	0.5	2
13 572 CAYLEN REILLY	13	NANAIMO & DI	15.69	-0.9	3
14 644 FARRAN ANDERSON	13	POWELL RIVER	15.89	-0.9	3

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

Event 103 Girls 11 60 Meter Hurdles 6 x 24"

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	499	SYDNEE ERICKSON	12	COWICHAN VAL	11.45	-0.7 1
2	621	DAISY BARKER	12	PENINSULA TR	11.49	-0.7 1
3	636	NATALYA ROMAINE	12	PENINSULA TR	12.40	-0.7 1
4	473	AVERY SCHMIDT	12	COMOX VALLEY	12.89	-0.7 1
5	414	FINLEY MARTIN	12	ATHLETICS VI	12.95	-0.7 1
6	490	CARLA WEBER	12	COMOX VALLEY	13.09	-0.7 1
7	552	ABIGAIL JOHNSON	12	NANAIMO & DI	13.20	0.5 2
8	580	JADA SHIMEK	12	NANAIMO & DI	13.28	-0.7 1

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

Event 102 Women 9 Year Olds 60 Meter Hurdles 6 x 21"

=====						
Name						
Year Team						
Finals						
Wind						
=====						
1	488	STELLALYN VAN TONG	14	COMOX VALLEY	13.85	1.4
2	452	EASTYN KANARY	14	COMOX VALLEY	13.96	1.4
3	679	IRIE WALLS	14	POWELL RIVER	14.53	1.4
4	608	LENIX PALICHUK	14	OCEANSIDE TR	14.65	1.4
5	664	MADELEINE KOOP-REB	14	POWELL RIVER	15.23	1.4
6	553	AMARA LATIFF	14	NANAIMO & DI	15.31	1.4

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

Event 35 Men 16-17 200 Meter Dash

=====					
	Name	Year	Team	Finals	Wind
=====					
1	459 RYAN LOFSTROM	07	COMOX VALLEY	21.69	0.9

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

Event 35 Men 18-19 200 Meter Dash

=====					
Name	Year	Team	Finals	Wind	
=====					
1	522	SEBASTIAN LAMBERT	05 GP VANIER	24.34	0.9

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

Event 35 Men 35-39 200 Meter Dash

=====					
	Name	Year	Team	Finals	Wind
=====					
1	692 MATTHEW WINKLER	88	UNATTACHED B	24.09	0.9

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

Event 33 Men 14-15 200 Meter Dash

=====					
	Name	Year	Team	Finals	Wind
=====					
1	454 AVERY KUMAR	08	COMOX VALLEY	24.58	-1.0
2	479 SIMON SMALLACOMBE	09	COMOX VALLEY	25.42	-1.0
3	481 WALKER SMITS	08	COMOX VALLEY	26.69	-1.0
4	638 JOSHUA SLAUENWHITE	08	PENINSULA TR	28.13	-1.0
5	629 EMILIAN HOLMGREN	09	PENINSULA TR	29.66	-1.0
6	446 CARTER GRANSON	09	COMOX VALLEY	30.59	-1.0

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

Event 30 Men 11 200 Meter Dash

=====						
	Name	Year	Team	Finals	Wind	H#
=====						
1	511 LIAM RAMSTEAD	12	COWICHAN VAL	31.65	-1.2	4
2	631 JUSTIN JONES	12	PENINSULA TR	31.70	-1.2	4
3	633 HARRISON MATTHEWS	12	PENINSULA TR	32.23	-1.2	4

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

Event 30 Men 12 200 Meter Dash

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	628	COEN HOLMGREN	11	PENINSULA TR	29.83	0.5 3
2	575	BEN RYAN	11	NANAIMO & DI	29.92	-1.2 4
3	538	FINN ENGLISH	11	NANAIMO & DI	31.66	0.5 3
4	607	HUDSON PALICHUK	11	OCEANSIDE TR	35.62	-1.2 4
5	634	CHRISTOPHER PARFIT	11	PENINSULA TR	36.34	0.5 3
6	512	ZACHARY RAMSTEAD	11	COWICHAN VAL	37.48	0.5 3
7	501	ATWOOD HALE	11	COWICHAN VAL	40.89	0.5 3

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

Event 30 Men 13 200 Meter Dash

Name	Year	Team	Finals	Wind	H#
1 480 HOLDEN SMITS	10	COMOX VALLEY	26.36	1.8	1
2 426 ADRIAN KUMAR	10	CAMPBELL RIV	26.71	1.8	1
3 416 LEVI SEEL	10	ATHLETICS VI	27.87	0.2	2
4 605 JONAH KOLEN-LEE	10	OCEANSIDE TR	28.95	0.2	2
5 532 CARTER CUNNING	10	NANAIMO & DI	29.09	1.8	1
6 555 RYAN LUCH	10	NANAIMO & DI	29.25	1.8	1
7 546 LEVI HAAB	10	NANAIMO & DI	29.98	1.8	1
8 560 MATTHEW MORRISON	10	NANAIMO & DI	30.44	1.8	1
9 632 MYLES JONES	10	PENINSULA TR	30.93	0.2	2
10 439 NASH CALDWELL-WALU	10	COMOX VALLEY	32.12	1.8	1
11 640 RYDER STUBBS	10	PENINSULA TR	33.16	0.2	2
12 639 GRAYSON STUBBS	10	PENINSULA TR	34.52	0.2	2
13 506 ROBERT LAZENBY	10	COWICHAN VAL	36.46	0.2	2

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

Event 29 Women 16-17 200 Meter Dash

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	418	NOVA WEDMANN-KENT	07 ATHLETICS VI	27.74	1.5	2
2	449	ELISABETH HOFFMAN	06 COMOX VALLEY	28.01	0.8	1
3	521	BELLA SACCUCCI	07 GEORGES P. V	28.51	1.5	2
4	438	ERIKA BURRY	07 COMOX VALLEY	29.39	1.5	2
5	496	ANNETTE BLUMEL	07 COWICHAN VAL	30.53	1.5	2
6	559	ANNIKA MCMINN	07 NANAIMO & DI	31.52	0.8	1

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

Event 29 Women 18-19 200 Meter Dash

=====					
	Name	Year	Team	Finals	Wind
=====					
1	478 LACIE SIMMONS	05	COMOX VALLEY	26.80	0.8
2	408 SADIE DICKINSON	05	ATHLETICS VI	27.59	0.8

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

Event 29 Women 70-74 200 Meter Dash

=====					
	Name	Year	Team	Finals	Wind
=====					
1	526 SANDRA BISSESSUR	49	NANAIMO & DI	38.13	0.8

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

Event 27 Women 14-15 200 Meter Dash

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	457	ADDISON LEWIS	09	COMOX VALLEY	27.24	1.0 1
2	450	VICTORIA HOFFMAN	08	COMOX VALLEY	27.27	0.7 2
3	509	EMMA NARRAWAY	09	COWICHAN VAL	27.53	1.0 1
4	493	KYLIE ZAAL	08	COMOX VALLEY	29.50	0.7 2
5	483	ZOE STEELE	08	COMOX VALLEY	30.34	0.7 2
6	433	GEMMA QUESNEL	09	CAMPBELL RIV	31.32	1.0 1
7	421	RACHEL ALGUIRE	08	CAMPBELL RIV	31.90	0.7 2

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

Event 24 Girls 11 200 Meter Dash

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	636	NATALYA ROMAINE	12	PENINSULA TR	32.57	-1.3 5
2	624	LINNEA HALL	12	PENINSULA TR	33.06	-1.3 5
3	473	AVERY SCHMIDT	12	COMOX VALLEY	33.33	+0.0 4
4	621	DAISY BARKER	12	PENINSULA TR	33.35	-1.3 5
5	490	CARLA WEBER	12	COMOX VALLEY	35.41	+0.0 4
6	580	JADA SHIMEK	12	NANAIMO & DI	35.42	+0.0 4
7	552	ABIGAIL JOHNSON	12	NANAIMO & DI	36.24	-1.3 5
8	545	AVA HAAB	12	NANAIMO & DI	37.26	+0.0 4

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

Event 24 Girls 12 200 Meter Dash

Name	Year	Team	Finals	Wind	H#
1 641 RAYAH UNDERWOOD	11	PENINSULA TR	30.09	-0.5	3
2 588 SKYLA WEBBER	11	NANAIMO & DI	30.23	-0.5	3
3 652 OLIVIA CARTA	11	POWELL RIVER	30.49	1.0	2
4 642 CHARLEY VAN DER BE	11	PENINSULA TR	31.05	-0.5	3
5 669 EMILY MASSULLO	11	POWELL RIVER	31.70	1.0	2
6 571 BRYNNE REILLY	11	NANAIMO & DI	31.77	1.0	2
7 673 GRACE PARSONS	11	POWELL RIVER	32.13	1.0	2
8 542 LUCIA GAUTHIER	11	NANAIMO & DI	32.30	1.0	2
9 656 SASHA GALLIGOS	11	POWELL RIVER	32.44	-0.5	3
10 455 SOPHIA LEE	11	COMOX VALLEY	37.30	-0.5	3

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

Event 24 Girls 13 200 Meter Dash

=====					
	Name	Year	Team	Finals	Wind
=====					
1	458 KAYLIE LOFSTROM	10	COMOX VALLEY	28.50	2.2
2	472 NYA SAMSON	10	COMOX VALLEY	28.90	2.2
3	412 AVA-MARIE JAEGER	10	ATHLETICS VI	30.08	2.2
4	626 ROSIE HAYNES	10	PENINSULA TR	30.39	2.2

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

Event 75 Women 20-34 3000 Meter Run

=====			
Name	Year	Team	Finals
=====			
Finals			
1	498	VICTORIA DAILEY	03 COWICHAN VAL 16:36.96

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

Event 75 Men 35-39 3000 Meter Run

=====			
Name	Year	Team	Finals
=====			
1	692	MATTHEW WINKLER	88 UNATTACHED B 9:20.62

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

Event 75 Men 40-44 3000 Meter Run

=====			
Name	Year	Team	Finals
=====			
1	627	AARON HOLMGREN	82 PENINSULA TR 9:26.60

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

Event 75 Men 55-59 3000 Meter Run

=====			
	Name	Year Team	Finals
=====			
1	688 NEIL HOLM	66 UNATTACHED B	10:18.70

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

Event 73 Girls 13 2000 Meter Run

=====			
Name	Year	Team	Finals
=====			
1	485	TUVA TAEVS	10 COMOX VALLEY
			9:01.03

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

Event 73 Women 14-15 2000 Meter Run

=====				
Name	Year	Team	Finals	
=====				
1	500	CHARLOTTE GOUGH	09 COWICHAN VAL	7:31.61

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

Event 73 Boys 13 2000 Meter Run

=====				
Name	Year	Team	Finals	
=====				
1	582	OLIVER SINCLAIR	10 NANAIMO & DI	8:11.21

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

Event 73 Men 14-15 2000 Meter Run

=====				
	Name	Year	Team	Finals
=====				
1	635 LUCAS PEARSON	08	PENINSULA TR	6:20.30
2	689 ETHAN HUNT	09	UNATTACHED B	6:26.24
3	629 EMILIAN HOLMGREN	09	PENINSULA TR	7:14.05
4	687 BOWEN FOLK	09	UNATTACHED B	7:22.89
5	432 MADRID PALMER	08	CAMPBELL RIV	7:32.90

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

Event 605 Men 16-17 100 Meter Dash

=====					
	Name	Year	Team	Finals	Wind
=====					
1	459 RYAN LOFSTROM	07	COMOX VALLEY	10.98	-0.2
2	477 JUSTIN SERVOS	06	COMOX VALLEY	12.15	-0.2
3	435 DAVID BLOM	06	CLUB RAPIDE	12.25	-0.2
4	614 TAYLOR SCHNIDER	06	OCEANSIDE TR	12.61	-0.2
5	487 KAYDEN U-MING	06	COMOX VALLEY	12.71	-0.2

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

Event 605 Men 18-19 100 Meter Dash

=====						
	Name	Year	Team	Finals	Wind	H#
=====						
1	522 SEBASTIAN LAMBERT	05	GP VANIER	12.10	-1.0	2
2	497 GRAEME DAILEY	04	COWICHAN VAL	12.89	-1.0	2

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

Event 605 Men 35-39 100 Meter Dash

=====						
	Name	Year	Team	Finals	Wind	H#
=====						
1	685 JAIME DONALDSON	88	UNATTACHED B	13.45	-1.0	2

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

Event 605 Men 55-59 100 Meter Dash

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	540	SHAWN FOSTVELT	68	NANAIMO & DI	12.62	-1.0 2

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

Event 605 Men 75-79 100 Meter Dash

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	684	HERSH CHERNOVSKY	48	UNATTACHED	B	18.93 -1.0 2

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

Event 21 Men 14-15 100 Meter Dash

=====						
	Name	Year	Team	Finals	Wind	
=====						
1	454 AVERY KUMAR	08	COMOX VALLEY	12.03	0.3	
2	479 SIMON SMALLACOMBE	09	COMOX VALLEY	12.53	0.3	
3	638 JOSHUA SLAUENWHITE	08	PENINSULA TR	12.73	0.3	
4	481 WALKER SMITS	08	COMOX VALLEY	13.17	0.3	
5	446 CARTER GRANSON	09	COMOX VALLEY	14.63	0.3	

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

Event 19 Men 12 100 Meter Dash

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	628	COEN HOLMGREN	11	PENINSULA TR	14.26	-1.1 3
2	575	BEN RYAN	11	NANAIMO & DI	14.37	-1.1 3
3	607	HUDSON PALICHUK	11	OCEANSIDE TR	16.58	-1.1 3
4	512	ZACHARY RAMSTEAD	11	COWICHAN VAL	17.00	-1.1 3
5	501	ATWOOD HALE	11	COWICHAN VAL	17.90	-1.1 3

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

Event 19 Men 13 100 Meter Dash

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	480	HOLDEN SMITS	10	COMOX VALLEY	12.98	1.0 2
2	426	ADRIAN KUMAR	10	CAMPBELL RIV	13.27	1.0 2
3	416	LEVI SEEL	10	ATHLETICS VI	13.52	1.0 2
4	605	JONAH KOLEN-LEE	10	OCEANSIDE TR	13.76	1.0 2
5	410	DANIEL HILL	10	ATHLETICS VI	14.40	0.6 1
6	555	RYAN LUCH	10	NANAIMO & DI	14.54	0.6 1
7	503	LINCOLN HELLEMOND	10	COWICHAN VAL	15.36	0.6 1
8	582	OLIVER SINCLAIR	10	NANAIMO & DI	15.86	0.6 1

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

Event 16 Men 9 100 Meter Dash

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	576	OWEN RYAN	14 NANAIMO & DI	15.90	-0.9	6
2	597	KALEB BINDER	14 OCEANSIDE TR	16.58	-0.1	7
3	531	SAWYER CLARKE	14 NANAIMO & DI	16.82	-0.9	6
4	587	ISRAEL WEBBER	14 NANAIMO & DI	17.02	-0.1	7
5	651	OWEN CALDER	14 POWELL RIVER	17.35	-0.9	6
6	620	CALEB WILLERS	14 OCEANSIDE TR	17.70	-0.1	7
7	400	THOR ASKERHAUG TOR	14 ALBERNI VALL	17.87	-0.9	6
8	486	JACKSON TAYLOR	14 COMOX VALLEY	18.03	-0.1	7
9	518	ELIJAH VALASTIAK	14 COWICHAN VAL	19.09	-0.9	6
10	677	LIAM VAN EGTEREN	14 POWELL RIVER	19.55	-0.1	7
11	666	CADEN LADNER	14 POWELL RIVER	20.41	-0.9	6

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

Event 16 Men 10 100 Meter Dash

Name	Year	Team	Finals	Wind	H#
1 504 OWEN JADAN	13	COWICHAN VAL	15.06	0.9	4
2 606 THOMAS LUKSAY	13	OCEANSIDE TR	15.84	0.9	4
3 507 JAKE MACCULLOUGH	13	COWICHAN VAL	15.87	0.9	4
4 551 GEORGE HOWARD	13	NANAIMO & DI	15.89	-0.3	5
5 539 COLTEN FONTAINE	13	NANAIMO & DI	15.92	-0.3	5
6 598 CHASE BRITTAIN	13	OCEANSIDE TR	15.99	0.9	4
7 658 ALEX GUNN	13	POWELL RIVER	16.06	0.9	4
8 696 RYAN KENDLER	13	VICTORIA SPE	16.33	-0.3	5
9 536 CEDAR DUNNETT	13	NANAIMO & DI	16.35	-0.3	5
10 637 HENRY SHEPHERD	13	PENINSULA TR	16.83	-2.0	3
11 615 CONNOR SCOTT	13	OCEANSIDE TR	17.06	-2.0	3
12 645 TED BARFOOT	13	POWELL RIVER	17.24	0.9	4
13 680 HAYES WATERTON	13	POWELL RIVER	17.27	0.9	4
14 591 KAI AIKMAN - HEIR	13	OCEANSIDE TR	17.48	-2.0	3
15 602 JAMES DONOHOE	13	OCEANSIDE TR	17.95	-0.3	5
16 618 WILEY WALKER	13	OCEANSIDE TR	18.34	-2.0	3
17 653 SAMUEL CHARTER	13	POWELL RIVER	19.15	-0.3	5

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

Event 16 Men 11 100 Meter Dash

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	581	JACOB SINCLAIR	12	NANAIMO & DI	15.14	0.2 1
2	511	LIAM RAMSTEAD	12	COWICHAN VAL	15.26	0.1 2
3	469	GAVIN ROSE	12	COMOX VALLEY	15.44	0.2 1
4	558	IAIN MACLEOD	12	NANAIMO & DI	15.56	0.2 1
5	655	GRIFFIN FRASER	12	POWELL RIVER	15.62	0.1 2
6	428	ALASTAIR MACKENZIE	12	CAMPBELL RIV	15.85	0.1 2
7	650	ISAAC CALDER	12	POWELL RIVER	16.45	0.1 2
8	648	CEIBA BORREGO-BROW	12	POWELL RIVER	16.47	0.1 2
9	667	NOAH LAMDEN	12	POWELL RIVER	17.03	0.2 1

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

Event 15 Women 16-17 100 Meter Dash

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	449	ELISABETH HOFFMAN	06	COMOX VALLEY	13.57	-0.6 2
2	521	BELLA SACCUCCI	07	GEORGES P. V	13.98	-0.6 2
3	438	ERIKA BURRY	07	COMOX VALLEY	14.35	-0.6 2
4	436	CHYVONNE BORSA	06	CLUB RAPIDE	14.47	-0.6 2
5	442	PAYGE DOTY-BROWN	07	COMOX VALLEY	14.85	-0.6 2

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

Event 15 Women 18-19 100 Meter Dash

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	478	LACIE SIMMONS	05 COMOX VALLEY	13.23	-0.6	2
2	419	ANNIKA WAITE	05 BALLENAS SECONDARY	14.09	-0.6	2
3	612	SARA RODRIGUEZ	05 OCEANSIDE TR	15.04	1.0	1
3	603	CHIARA GIUMMOLE	05 OCEANSIDE TR	15.04	1.0	1
5	599	MOLLY COLE	05 OCEANSIDE TR	15.28	-0.6	2

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

Event 15 Women 35-39 100 Meter Dash

=====					
	Name	Year	Team	Finals	Wind
=====					
1	468 JESSICA RICHARDS	85	COMOX VALLEY	18.38	1.0

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

Event 15 Women 40-44 100 Meter Dash

=====						
Name	Year	Team	Finals	Wind		
=====						
1	430	NICOLE MACKENZIE	83	CAMPBELL RIV	16.15	1.0

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

Event 15 Women 45-49 100 Meter Dash

=====					
	Name	Year	Team	Finals	Wind
=====					
1	424 STEFANIE HOFFMAN	78	CAMPBELL RIV	16.89	1.0

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

Event 15 Women 50-54 100 Meter Dash

=====					
	Name	Year	Team	Finals	Wind
=====					
1	523 SANDRA ANDERTON	69	NANAIMO & DI	16.10	1.0

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

Event 13 Women 14-15 100 Meter Dash

Name	Year	Team	Finals	Wind	H#
1 450 VICTORIA HOFFMAN	08	COMOX VALLEY	13.34	-0.8	2
2 509 EMMA NARRAWAY	09	COWICHAN VAL	13.44	-0.3	1
3 457 ADDISON LEWIS	09	COMOX VALLEY	13.54	-0.3	1
4 524 TESSA BELL	09	NANAIMO & DI	14.06	-0.3	1
5 444 GILLIAN GALIK	08	COMOX VALLEY	14.26	-0.8	2
6 427 EVAYE LANYON	08	CAMPBELL RIV	14.48	-0.8	2
7 676 REBEKAH SHANNON	09	POWELL RIVER	14.79	-0.3	1
8 483 ZOE STEELE	08	COMOX VALLEY	15.04	-0.8	2
9 657 MIA GIROUARD	09	POWELL RIVER	15.54	-0.3	1
10 601 SOPHIA DESVAUX	09	OCEANSIDE TR	16.10	-0.3	1
11 643 ARWEN ANDERSON	09	POWELL RIVER	16.36	-0.8	2

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

Event 11 Girls 12 100 Meter Dash

Name	Year	Team	Finals	Wind	H#
1 641 RAYAH UNDERWOOD	11	PENINSULA TR	14.22	-0.5	3
2 402 PAYTON HARVEY	11	ALBERNI VALL	14.25	-0.5	6
3 588 SKYLA WEBBER	11	NANAIMO & DI	14.30	0.9	4
4 652 OLIVIA CARTA	11	POWELL RIVER	14.67	-0.5	6
5 573 LENNOX REYNOLDS	11	NANAIMO & DI	14.75	-0.7	5
6 447 KINLEY GRANSON	11	COMOX VALLEY	14.85	-0.7	5
7 656 SASHA GALLIGOS	11	POWELL RIVER	14.99	-0.5	3
8 669 EMILY MASSULLO	11	POWELL RIVER	15.02	0.9	4
9 642 CHARLEY VAN DER BE	11	PENINSULA TR	15.05	-0.5	3
10 673 GRACE PARSONS	11	POWELL RIVER	15.18	-0.5	3
11 542 LUCIA GAUTHIER	11	NANAIMO & DI	15.42	0.9	4
12 675 ALISON SHANNON	11	POWELL RIVER	15.58	-0.5	3
13 494 SAYLOR BAZYLINSKI	11	COWICHAN VAL	15.61	0.9	4
14 429 MAKAYLA MACKENZIE	11	CAMPBELL RIV	15.67	0.9	4
15 668 BRIA MASSULLO	11	POWELL RIVER	15.89	0.9	4
16 589 ALLISON EDMONDSON	11	NANAIMO DISTRICT	15.94	-0.7	5
17 489 MOLLY VAN ZANDEN	11	COMOX VALLEY	15.95	-0.7	5
18 425 SELAH KONKEL	11	CAMPBELL RIV	16.58	-0.7	5
19 530 ROWAN CLARKE	11	NANAIMO & DI	16.70	-0.5	6
20 550 EVELYN HOWARD	11	NANAIMO & DI	16.72	-0.7	5
21 670 TAIGE MAXWELL	11	POWELL RIVER	17.12	-0.5	6
22 455 SOPHIA LEE	11	COMOX VALLEY	17.72	-0.5	6
23 616 MADISON SCOTT	11	OCEANSIDE TR	18.16	-0.5	3

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

Event 11 Girls 13 100 Meter Dash

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	470	ARIANNA SACCUCCI	10	COMOX VALLEY	14.07	-1.0 2
2	472	NYA SAMSON	10	COMOX VALLEY	14.23	-1.2 1
3	412	AVA-MARIE JAEGER	10	ATHLETICS VI	14.71	-1.0 2
4	451	AMELIA JELEN MOORE	10	COMOX VALLEY	15.07	-1.2 1
5	461	LILY MONJO	10	COMOX VALLEY	15.31	-1.0 2
6	682	LUCY WEGNER	10	POWELL RIVER	15.50	-1.0 2
7	484	ELLA SUPPIAH	10	COMOX VALLEY	15.58	-1.2 1

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

Event 8 Girls 9 100 Meter Dash

=====						
Name	Year	Team	Finals	Wind	H#	
=====						
1	664	MADELEINE KOOP-REB	14	POWELL RIVER	18.38	0.2 5
2	452	EASTYN KANARY	14	COMOX VALLEY	18.59	0.2 5
3	608	LENIX PALICHUK	14	OCEANSIDE TR	18.99	0.2 5
4	679	IRIE WALLS	14	POWELL RIVER	20.11	0.2 5

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

Event 8 Girls 10 100 Meter Dash

Name	Year	Team	Finals	Wind	H#		
1	592	ABIGAIL ATKINSON	13	OCEANSIDE TR	15.32	0.1	3
2	411	ADDISON IHLEN	13	ATHLETICS VI	15.79	1.6	2
3	453	RHEA KLASSEN	13	COMOX VALLEY	16.01	-0.6	4
4	563	IMISIOLUWA OYENUGA	13	NANAIMO & DI	16.14	1.6	2
5	525	MYLA BISSENDEN	13	NANAIMO & DI	16.42	0.1	3
6	661	GENEVIEVE HULL	13	POWELL RIVER	16.48	0.1	3
7	619	MAYA WATSON	13	OCEANSIDE TR	16.64	0.1	3
8	516	NADIA VAISIUS	13	COWICHAN VAL	16.95	1.6	2
9	662	GIANNA HULL	13	POWELL RIVER	16.96	1.6	2
10	610	HANNAH PROVOOST	13	OCEANSIDE TR	17.23	-0.6	4
11	534	AMELIA DICKSON	13	NANAIMO & DI	17.38	-0.6	4
12	541	GEORGIA GAUTHIER	13	NANAIMO & DI	17.39	-0.6	4
13	515	LOTTIE TYLER	13	COWICHAN VAL	17.49	0.1	3
14	403	RUBY MESSENGER	13	ALBERNI VALL	17.55	1.6	2
15	604	MATILDA HUNTER	13	OCEANSIDE TR	18.08	0.1	3
16	644	FARRAN ANDERSON	13	POWELL RIVER	19.21	-0.6	4
17	462	ELLA MOORE	13	COMOX VALLEY	20.10	-0.6	4

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

Event 8 Girls 11 100 Meter Dash

=====					
	Name	Year	Team	Finals	Wind
=====					
1	499 SYDNEE ERICKSON	12	COWICHAN VAL	15.18	-0.4
2	621 DAISY BARKER	12	PENINSULA TR	15.65	-0.4
3	636 NATALYA ROMAINE	12	PENINSULA TR	16.05	-0.4
4	473 AVERY SCHMIDT	12	COMOX VALLEY	16.32	-0.4
5	580 JADA SHIMEK	12	NANAIMO & DI	16.70	-0.4
6	490 CARLA WEBER	12	COMOX VALLEY	17.08	-0.4

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

Event 63 Men 16-17 800 Meter Run

=====			
Name	Year	Team	Finals
=====			
1	578	SAM SAKAMOTO	07 NANAIMO & DI 2:35.16

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

Event 63 Men 18-19 800 Meter Run

=====			
Name	Year	Team	Finals
=====			
1	577	NICHOLAS SAKAMOTO	05 NANAIMO & DI 2:27.93

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

Event 63 Men 35-39 800 Meter Run

=====			
Name	Year	Team	Finals
=====			
1	692	MATTHEW WINKLER	88 UNATTACHED B 2:04.68

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

Event 63 Men 45-49 800 Meter Run

=====			
Name	Year	Team	Finals
=====			
1	583	PETER SINCLAIR	76 NANAIMO & DI 2:11.98

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

Event 61 Men 14-15 800 Meter Run

=====				
	Name	Year	Team	Finals
=====				
1	623 EGAN FRANEY	08	PENINSULA TR	2:08.52
2	635 LUCAS PEARSON	08	PENINSULA TR	2:15.41
3	689 ETHAN HUNT	09	UNATTACHED B	2:17.65
4	407 AIDAN DICKINSON	09	ATHLETICS VI	2:21.15
5	629 EMILIAN HOLMGREN	09	PENINSULA TR	2:24.41
6	691 GERRIT VINK	09	UNATTACHED B	2:39.94
7	432 MADRID PALMER	08	CAMPBELL RIV	2:41.29

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

Event 59 Men 12 800 Meter Run

=====				
	Name	Year	Team	Finals
=====				
1	628 COEN HOLMGREN	11	PENINSULA TR	2:28.08
2	575 BEN RYAN	11	NANAIMO & DI	2:46.92
3	607 HUDSON PALICHUK	11	OCEANSIDE TR	2:59.66
4	512 ZACHARY RAMSTEAD	11	COWICHAN VAL	3:00.03

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

Event 59 Men 13 800 Meter Run

=====				
	Name	Year	Team	Finals
=====				
1	555 RYAN LUCH	10	NANAIMO & DI	2:29.93
2	605 JONAH KOLEN-LEE	10	OCEANSIDE TR	2:35.58
3	640 RYDER STUBBS	10	PENINSULA TR	2:36.95
4	514 CONNOR THOMPSON	10	COWICHAN VAL	2:38.20
5	439 NASH CALDWELL-WALU	10	COMOX VALLEY	2:42.53
6	639 GRAYSON STUBBS	10	PENINSULA TR	2:51.83
7	582 OLIVER SINCLAIR	10	NANAIMO & DI	2:54.72
8	506 ROBERT LAZENBY	10	COWICHAN VAL	3:04.45

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

Event 58 Women 16-17 800 Meter Run

=====				
	Name	Year	Team	Finals
=====				
1	445 MADELAINE GALIK	06	COMOX VALLEY	2:32.72
2	436 CHYVONNE BORSA	06	CLUB RAPIDE	2:38.88

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

Event 56 Women 14-15 800 Meter Run

=====				
Name		Year	Team	Finals
=====				
1	491 MAILE WESNER	08	COMOX VALLEY	2:36.15
2	482 KIERA STEELE	08	COMOX VALLEY	2:45.66
--	440 INDIE CUDMORE	09	COMOX VALLEY	X2:22.10

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

Event 54 Girls 12 800 Meter Run

=====					
Name	Year	Team	Finals	H#	
=====					
1	641	RAYAH UNDERWOOD	11	PENINSULA TR	2:53.88 2
2	447	KINLEY GRANSON	11	COMOX VALLEY	2:55.22 2
3	429	MAKAYLA MACKENZIE	11	CAMPBELL RIV	2:57.15 2
4	642	CHARLEY VAN DER BE	11	PENINSULA TR	2:57.93 2
5	550	EVELYN HOWARD	11	NANAIMO & DI	3:03.10 2
6	557	SOFIA LUNDMAN	11	NANAIMO & DI	3:09.05 2
7	471	ELISE SALZMANN	11	COMOX VALLEY	3:11.27 2

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

Event 54 Girls 13 800 Meter Run

=====					
Name	Year	Team	Finals	H#	
=====					
1	626	ROSIE HAYNES	10	PENINSULA TR	2:38.88 2
2	672	TEA NORDMAN	10	POWELL RIVER	2:41.34 2
3	451	AMELIA JELEN MOORE	10	COMOX VALLEY	2:43.16 2
4	568	EMMA RAPTON	10	NANAIMO & DI	3:01.42 2
5	567	AUDREY RAPTON	10	NANAIMO & DI	3:09.54 2

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

Event 51 Men 9 600 Meter Run

=====						
Name	Year	Team	Finals	H#		
=====						
1	576	OWEN RYAN	14	NANAIMO & DI	2:04.91	3
2	690	LOCHALNN PEARSON	14	UNATTACHED B	2:10.09	3
3	513	DEVEN RANDHAWA	14	COWICHAN VAL	2:20.98	3
4	486	JACKSON TAYLOR	14	COMOX VALLEY	2:22.53	3
5	620	CALEB WILLERS	14	OCEANSIDE TR	2:23.86	3
6	531	SAWYER CLARKE	14	NANAIMO & DI	2:31.80	3
7	677	LIAM VAN EGTEREN	14	POWELL RIVER	2:33.13	3
8	400	THOR ASKERHAUG TOR	14	ALBERNI VALL	2:33.65	3
9	518	ELIJAH VALASTIAK	14	COWICHAN VAL	2:37.99	3
10	666	CADEN LADNER	14	POWELL RIVER	2:46.27	3

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

Event 51 Men 10 600 Meter Run

Name	Year	Team	Finals	H#
1 504 OWEN JADAN	13	COWICHAN VAL	1:57.03	2
2 536 CEDAR DUNNETT	13	NANAIMO & DI	2:02.40	2
3 507 JAKE MACCULLOUGH	13	COWICHAN VAL	2:03.81	2
4 606 THOMAS LUKSAY	13	OCEANSIDE TR	2:05.08	2
5 551 GEORGE HOWARD	13	NANAIMO & DI	2:05.10	2
6 539 COLTEN FONTAINE	13	NANAIMO & DI	2:07.42	2
7 671 EWAN NAYLOR	13	POWELL RIVER	2:09.53	2
8 637 HENRY SHEPHERD	13	PENINSULA TR	2:12.75	2
9 658 ALEX GUNN	13	POWELL RIVER	2:15.66	2
10 591 KAI AIKMAN - HEIR	13	OCEANSIDE TR	2:16.14	2
11 645 TED BARFOOT	13	POWELL RIVER	2:19.56	2
12 602 JAMES DONOHOE	13	OCEANSIDE TR	2:19.90	2
13 618 WILEY WALKER	13	OCEANSIDE TR	2:22.56	2
14 615 CONNOR SCOTT	13	OCEANSIDE TR	2:26.00	2
15 680 HAYES WATERTON	13	POWELL RIVER	4:15.90	2

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

Event 51 Men 11 600 Meter Run

=====				
	Name	Year	Team	Finals
=====				
1	633 HARRISON MATTHEWS	12	PENINSULA TR	1:54.49
2	511 LIAM RAMSTEAD	12	COWICHAN VAL	1:59.71
3	648 CEIBA BORREGO-BROW	12	POWELL RIVER	2:08.64
4	558 IAIN MACLEOD	12	NANAIMO & DI	2:20.93

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

Event 48 Girls 9 600 Meter Run

=====					
	Name	Year	Team	Finals	H#
=====					
1	488 STELLALYN VAN TONG	14	COMOX VALLEY	2:22.27	2
2	664 MADELEINE KOOP-REB	14	POWELL RIVER	2:28.89	2
3	553 AMARA LATIFF	14	NANAIMO & DI	2:47.79	2

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

Event 48 Girls 10 600 Meter Run

=====					
Name	Year	Team	Finals	H#	
=====					
1	453	RHEA KLASSEN	13	COMOX VALLEY	2:06.12 2
2	592	ABIGAIL ATKINSON	13	OCEANSIDE TR	2:08.18 2
3	595	OLIVIA BEWSEY	13	OCEANSIDE TR	2:09.46 2
4	403	RUBY MESSENGER	13	ALBERNI VALL	2:12.51 2
5	619	MAYA WATSON	13	OCEANSIDE TR	2:18.34 2
6	534	AMELIA DICKSON	13	NANAIMO & DI	2:22.81 2
7	516	NADIA VAISIUS	13	COWICHAN VAL	2:23.85 2
8	515	LOTTIE TYLER	13	COWICHAN VAL	2:25.54 2
9	462	ELLA MOORE	13	COMOX VALLEY	2:26.29 2
10	541	GEORGIA GAUTHIER	13	NANAIMO & DI	2:27.43 2

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

Event 48 Girls 11 600 Meter Run

=====				
Name	Year	Team	Finals	
=====				
1	473	AVERY SCHMIDT	12 COMOX VALLEY	1:56.56
2	636	NATALYA ROMAINE	12 PENINSULA TR	1:57.99
3	624	LINNEA HALL	12 PENINSULA TR	2:00.60
4	580	JADA SHIMEK	12 NANAIMO & DI	2:14.46
5	490	CARLA WEBER	12 COMOX VALLEY	2:17.78
6	621	DAISY BARKER	12 PENINSULA TR	2:21.48

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

Event 130 Men 16-17 400 Meter Hurdles 10 x 33"

=====				
Name				
Year Team				
Finals				
=====				
1	694	JOSE MONTESSORI	06 VANCOUVER OL	58.68
2	590	RAMNEEK SINGH SEKH	06 NEW WEST SPA	59.32
3	660	ETHAN HULL	07 POWELL RIVER	59.90

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

Event 129 Women 16-17 400 Meter Hurdles 10 x 30"

=====			
Name	Year	Team	Finals
=====			
1	695	ALLISON TORRANCE	07 VANCOUVER OL 1:09.79

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

Event 598 Men 14-15 200 Meter Hurdles 5 x 30"

=====					
	Name	Year	Team	Finals	Wind
=====					
1	454 AVERY KUMAR	08	COMOX VALLEY	26.99	-0.3
2	481 WALKER SMITS	08	COMOX VALLEY	28.88	-0.3

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

Event 124 Men 13 Year Olds 200 Meter Hurdles 5 x 27"

=====					
	Name	Year	Team	Finals	Wind
=====					
1	480 HOLDEN SMITS	10	COMOX VALLEY	29.30	0.7
2	555 RYAN LUCH	10	NANAIMO & DI	31.53	0.7
3	605 JONAH KOLEN-LEE	10	OCEANSIDE TR	31.64	0.7
4	582 OLIVER SINCLAIR	10	NANAIMO & DI	36.27	0.7
5	654 GABRIEL CHARTIER	10	POWELL RIVER	36.32	0.7

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

Event 123 Men 12 Year Olds 200 Meter Hurdles 5 x 24"

=====					
	Name	Year	Team	Finals	Wind
=====					
1	562 FINN OLSEN	11	NANAIMO & DI	32.17	-0.7
2	594 ETHAN BEWSEY	11	OCEANSIDE TR	34.39	-0.7
3	512 ZACHARY RAMSTEAD	11	COWICHAN VAL	39.29	-0.7

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

Event 597 Women 14-15 200 Meter Hurdles 5 x 30"

=====					
Name	Year	Team	Finals	Wind	
=====					
1	450	VICTORIA HOFFMAN	08 COMOX VALLEY	29.57	0.8
2	457	ADDISON LEWIS	09 COMOX VALLEY	30.25	0.8
3	693	ANA MONTESSORI	08 VANCOUVER OL	31.22	0.8
4	444	GILLIAN GALIK	08 COMOX VALLEY	32.11	0.8
5	493	KYLIE ZAAL	08 COMOX VALLEY	32.55	0.8
6	482	KIERA STEELE	08 COMOX VALLEY	37.27	0.8
7	421	RACHEL ALGUIRE	08 CAMPBELL RIV	41.46	0.8

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

Event 122 Women 13 Year Olds 200 Meter Hurdles 5 x 27"

=====						
Name						
Year Team						
Finals						
Wind						
=====						
1	458	KAYLIE LOFSTROM	10	COMOX VALLEY	30.52	1.9
2	470	ARIANNA SACCUCCI	10	COMOX VALLEY	31.85	1.9
3	412	AVA-MARIE JAEGER	10	ATHLETICS VI	33.03	1.9
4	484	ELLA SUPPIAH	10	COMOX VALLEY	34.94	1.9

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

Event 121 Women 12 Year Olds 200 Meter Hurdles 5 x 24"

Name	Year	Team	Finals	Wind	H#
1 441 PHOEBE CURTS	11	COMOX VALLEY	32.41	0.5	3
2 652 OLIVIA CARTA	11	POWELL RIVER	32.72	0.5	3
3 588 SKYLA WEBBER	11	NANAIMO & DI	32.81	-0.7	2
4 641 RAYAH UNDERWOOD	11	PENINSULA TR	32.92	-1.1	1
5 669 EMILY MASSULLO	11	POWELL RIVER	33.99	0.5	3
6 668 BRIA MASSULLO	11	POWELL RIVER	34.93	-1.1	1
7 656 SASHA GALLIGOS	11	POWELL RIVER	35.41	-0.7	2
8 673 GRACE PARSONS	11	POWELL RIVER	36.87	-0.7	2
9 530 ROWAN CLARKE	11	NANAIMO & DI	36.94	0.5	3
10 550 EVELYN HOWARD	11	NANAIMO & DI	39.33	-0.7	2
11 616 MADISON SCOTT	11	OCEANSIDE TR	40.44	-1.1	1
12 557 SOFIA LUNDMAN	11	NANAIMO & DI	41.18	-1.1	1

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

Event 6 Men 9 60 Meter Dash

Name	Year	Team	Finals	Wind	H#
1 576 OWEN RYAN	14	NANAIMO & DI	9.91	+0.0	6
2 597 KALEB BINDER	14	OCEANSIDE TR	10.33	-0.2	5
3 587 ISRAEL WEBBER	14	NANAIMO & DI	10.37	-0.2	5
4 531 SAWYER CLARKE	14	NANAIMO & DI	10.49	+0.0	6
5 651 OWEN CALDER	14	POWELL RIVER	10.67	+0.0	6
6 513 DEVEN RANDHAWA	14	COWICHAN VAL	10.79	+0.0	6
7 620 CALEB WILLERS	14	OCEANSIDE TR	11.05	+0.0	6
8 400 THOR ASKERHAUG TOR	14	ALBERNI VALL	11.09	-0.2	5
9 486 JACKSON TAYLOR	14	COMOX VALLEY	11.13	+0.0	6
10 518 ELIJAH VALASTIAK	14	COWICHAN VAL	11.31	+0.0	6
11 677 LIAM VAN EGTEREN	14	POWELL RIVER	12.17	-0.2	5
12 666 CADEN LADNER	14	POWELL RIVER	12.43	-0.2	5

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

Event 6 Men 10 60 Meter Dash

Name	Year	Team	Finals	Wind	H#
1 504 OWEN JADAN	13	COWICHAN VAL	9.39	0.6	3
2 606 THOMAS LUKSAY	13	OCEANSIDE TR	9.80	0.5	4
3 539 COLTEN FONTAINE	13	NANAIMO & DI	9.83	0.5	4
4 507 JAKE MACCULLOUGH	13	COWICHAN VAL	9.89	0.6	3
5 598 CHASE BRITTAIN	13	OCEANSIDE TR	9.99	0.5	4
5 536 CEDAR DUNNETT	13	NANAIMO & DI	9.99	0.5	4
7 615 CONNOR SCOTT	13	OCEANSIDE TR	10.24	0.6	3
8 696 RYAN KENDLER	13	VICTORIA SPE	10.25	0.6	3
9 645 TED BARFOOT	13	POWELL RIVER	10.49	0.6	3
10 591 KAI AIKMAN - HEIR	13	OCEANSIDE TR	10.55	0.5	4
11 602 JAMES DONOHOE	13	OCEANSIDE TR	11.09	0.6	3
12 618 WILEY WALKER	13	OCEANSIDE TR	11.09	0.6	3
13 653 SAMUEL CHARTER	13	POWELL RIVER	12.09	0.6	3

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

Event 6 Men 11 60 Meter Dash

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Name	Year	Team	Finals	Wind	H#	
=====						
1	511	LIAM RAMSTEAD	12	COWICHAN VAL	9.61	-0.1 2
2	469	GAVIN ROSE	12	COMOX VALLEY	9.75	-0.6 1
3	428	ALASTAIR MACKENZIE	12	CAMPBELL RIV	9.93	-0.1 2
4	648	CEIBA BORREGO-BROW	12	POWELL RIVER	10.21	-0.6 1
5	650	ISAAC CALDER	12	POWELL RIVER	10.27	-0.6 1
6	667	NOAH LAMDEN	12	POWELL RIVER	10.59	-0.1 2

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

Event 4 Girls 9 60 Meter Dash

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Name	Year	Team	Finals	Wind	H#	
=====						
1	679	IRIE WALLS	14	POWELL RIVER	10.55	NWI 6
2	488	STELLALYN VAN TONG	14	COMOX VALLEY	11.08	NWI 6
3	452	EASTYN KANARY	14	COMOX VALLEY	11.46	NWI 6
4	502	SHYLOH HALE	14	COWICHAN VAL	11.76	NWI 6
5	608	LENIX PALICHUK	14	OCEANSIDE TR	12.29	NWI 6

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

Event 4 Girls 10 60 Meter Dash

Name	Year	Team	Finals	Wind	H#
1 592 ABIGAIL ATKINSON	13	OCEANSIDE TR	9.73	0.3	3
2 453 RHEA KLASSEN	13	COMOX VALLEY	9.94	0.3	3
3 619 MAYA WATSON	13	OCEANSIDE TR	10.18	-0.7	5
4 563 IMISIOLUWA OYENUGA	13	NANAIMO & DI	10.20	0.3	3
5 661 GENEVIEVE HULL	13	POWELL RIVER	10.27	0.5	4
6 662 GIANNA HULL	13	POWELL RIVER	10.52	-0.7	5
7 516 NADIA VAISIUS	13	COWICHAN VAL	10.55	-0.7	5
8 534 AMELIA DICKSON	13	NANAIMO & DI	10.66	-0.7	5
9 610 HANNAH PROVOOST	13	OCEANSIDE TR	10.71	0.5	4
10 515 LOTTIE TYLER	13	COWICHAN VAL	10.91	0.5	4
11 403 RUBY MESSENGER	13	ALBERNI VALL	10.92	-0.7	5
12 604 MATILDA HUNTER	13	OCEANSIDE TR	11.08	-0.7	5
13 644 FARRAN ANDERSON	13	POWELL RIVER	11.76	0.3	3
14 663 MAYA JASINSKA	13	POWELL RIVER	12.18	0.5	4
15 462 ELLA MOORE	13	COMOX VALLEY	12.29	0.3	3

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

Event 4 Girls 11 60 Meter Dash

=====						
	Name	Year	Team	Finals	Wind	H#
=====						
1	499 SYDNEE ERICKSON	12	COWICHAN VAL	9.51	-1.1	2
2	621 DAISY BARKER	12	PENINSULA TR	9.81	-1.1	2
3	624 LINNEA HALL	12	PENINSULA TR	9.91	-1.2	1
4	473 AVERY SCHMIDT	12	COMOX VALLEY	10.09	-1.2	1
5	636 NATALYA ROMAINE	12	PENINSULA TR	10.19	-1.2	1
6	467 EMMA PALYCHUK	12	COMOX VALLEY	10.42	-1.2	1
7	552 ABIGAIL JOHNSON	12	NANAIMO & DI	10.50	-1.1	2

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

Event 1 Women 9-99 Distance Medley

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Team	Finals
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1 PRAIRIE INN HARRIERS 'A'	11:47.09
1) 698 ELLA BALLARD 05	2) 700 MANDY EAMES 06
3) 699 CHARLIE PACKFORD 07	4) 697 ALEXA DOW 07