

## 2009 Manitoba Prov. Age Class Championship - 7/3/2009 to 7/4/2009

## CSG Trials

## U of Manitoba, Winnipeg, MB

## Performance List

**Event 1 Women 100 m Open**

Lane	Name	Yr	Team	Seed Time
<b>Bison Track &amp; Field Club</b>				
1	Wong, Lisa	89	Bison Track	12.70
2	Boxill, Alicia	90	Bison Track	12.95
<b>Flying M Athletic Club</b>				
1	Waters, Mallory	93	Flying M	13.30
<b>Garden Valley</b>				
1	Wiens, Kayleigh	93	Garden Valley	12.92
<b>Junior Development</b>				
1	Jeffers, Erinn	95	Jr. Development	13.70
2	Kessler, Veronica	97	Jr. Development	16.93
<b>Springs Christian Academy</b>				
1	Baiye, Faith	98	Springs	NT
2	Babalola, Tayo	97	Springs	NT
<b>Stride Ahead Tough Track</b>				
1	Wanigasekara, Sasanie	95	SA Tough Track	13.25
2	Zajac, Courtney	95	SA Tough Track	13.31
3	Mandzuk, Andrea	95	SA Tough Track	13.73
4	Madden, Chloe	94	SA Tough Track	13.91
5	Filyk, Megan	95	SA Tough Track	13.97
6	Cerasani, Larissa	96	SA Tough Track	14.40
7	Beauvais, Madeline	97	SA Tough Track	14.77
8	Levi, Jessi	96	SA Tough Track	14.97
9	Friesen, Courtney	98	SA Tough Track	16.24
10	Madden, Denae	96	SA Tough Track	16.58
<b>Unattached</b>				
1	Toews, Jessica	92	Unattached	13.03
2	McLeod, Rachael	96	Unattached	13.06
3	Morgan, Yvette	96	Unattached	15.10
<b>Westwood</b>				
1	Addison, Victoria	94	Westwood	NT
<b>Winnipeg Optimist Athletics</b>				
1	Grant, Chantal	89	Wpg Optimist	11.77
2	Miskimmin, Caley	87	Wpg Optimist	12.12
3	Kitching, Melissa	93	Wpg Optimist	13.01
4	Staub, Katie	94	Wpg Optimist	13.12
5	Hebert, Michelle	94	Wpg Optimist	13.18
6	Van der Zaag, Natalie	92	Wpg Optimist	13.50
7	Lavallee, Katie	94	Wpg Optimist	13.54
8	Millns, Carlyne	95	Wpg Optimist	13.60
9	Babalola, Omena	68	Wpg Optimist	13.70
10	Henry, Carmen	92	Wpg Optimist	13.80
11	Bewski, Nicole	91	Wpg Optimist	13.99
12	Gudmundson, Bryarre	97	Wpg Optimist	14.50
13	Fletcher, Meaghan	94	Wpg Optimist	14.70
14	Dela Merced, Geselle	97	Wpg Optimist	14.89
15	Bewski, Alyssa	95	Wpg Optimist	15.00
16	Merkel, Noelle	95	Wpg Optimist	15.00
17	Berube, Marie-Andree	95	Wpg Optimist	15.00

**Event 2 Women 150 m Open**

Lane	Name	Yr	Team	Seed Time
<b>Junior Development</b>				
1	Kessler, Veronica	97	Jr. Development	23.00
<b>Lakehead Athletics Club</b>				
1	Chambers-Bedard,	94	Lakehead Athlet	NT
<b>Selkirk</b>				
1	Fey, Kier	97	Selkirk	21.45
<b>Stride Ahead Tough Track</b>				
1	Wanigasekara, Sasanie	95	SA Tough Track	19.80
2	Zajac, Courtney	95	SA Tough Track	20.14
3	Mandzuk, Andrea	95	SA Tough Track	20.42
4	Filyk, Megan	95	SA Tough Track	21.50
5	Levi, Jessi	96	SA Tough Track	23.30
6	Beauvais, Madeline	97	SA Tough Track	23.30
7	Friesen, Courtney	98	SA Tough Track	25.64
<b>Unattached</b>				
1	Morgan, Yvette	96	Unattached	23.10
2	McLeod, Rachael	96	Unattached	NT
<b>Winnipeg Optimist Athletics</b>				
1	Staub, Katie	94	Wpg Optimist	19.49
2	Hebert, Michelle	94	Wpg Optimist	19.64
3	Lavallee, Katie	94	Wpg Optimist	19.69
4	Millns, Carlyne	95	Wpg Optimist	21.00
5	Hebert, Janine	94	Wpg Optimist	21.64
6	Merkel, Noelle	95	Wpg Optimist	21.80
7	Dela Merced, Geselle	97	Wpg Optimist	22.40
8	Gudmundson, Bryarre	97	Wpg Optimist	22.50
9	Bewski, Alyssa	95	Wpg Optimist	22.69
10	Berube, Marie-Andree	95	Wpg Optimist	23.00
11	Fletcher, Meaghan	94	Wpg Optimist	23.00

**Event 3 Women 200 m Open**

Lane	Name	Yr	Team	Seed Time
<b>Bison Track &amp; Field Club</b>				
1	King, Diana	86	Bison Track	25.20
2	Woo, Meaghan	88	Bison Track	25.50
3	Boxill, Alicia	90	Bison Track	26.50
<b>Flying M Athletic Club</b>				
1	Waters, Mallory	93	Flying M	26.95
<b>Lakehead Athletics Club</b>				
1	Ivec, Vanessa	90	Lakehead Athlet	27.10
2	Chambers-Bedard,	94	Lakehead Athlet	NT
<b>Sisler High School</b>				
1	Paracholski, Carly	93	Sisler	25.12
2	Roberts, Tanisha	93	Sisler	28.80
<b>Stride Ahead Tough Track</b>				
1	Andrushko, Amy	94	SA Tough Track	26.42
2	O'Donnell, Danielle	90	SA Tough Track	28.10
<b>Winnipeg Optimist Athletics</b>				
1	Grant, Chantal	89	Wpg Optimist	24.50
2	Miskimmin, Caley	87	Wpg Optimist	25.78

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## Performance List

**Winnipeg Optimist Athletics...(Event 3 Women 200 m Open)**

3	Kitching, Melissa	93	Wpg Optimist	26.14
4	Cote, Raven	93	Wpg Optimist	27.00
5	Huebert, Sarah	92	Wpg Optimist	27.52
6	Grondin, Renee	92	Wpg Optimist	28.50
7	Van der Zaag, Natalie	92	Wpg Optimist	29.50
8	Babalola, Omena	68	Wpg Optimist	30.00

**Event 4 Women 300 m Open**

Lane	Name	Yr	Team	Seed Time
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**Junior Development**

1	Kessler, Veronica	97	Jr. Development	51.00
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**Lakehead Athletics Club**

1	Chambers-Bedard,	94	Lakehead Athlet	NT
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**Selkirk**

1	Fey, Kier	97	Selkirk	47.51
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**Springs Christian Academy**

1	Babalola, Tayo	97	Springs	NT
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**Stride Ahead Tough Track**

1	Van Schepdael, Mikaela	96	SA Tough Track	51.40
2	Passler-Bates, Danika	97	SA Tough Track	51.70
3	Zrinyi, Anna	97	SA Tough Track	51.73

**Winnipeg Optimist Athletics**

1	Takatch, Katie	94	Wpg Optimist	43.14
2	Lavallee, Katie	94	Wpg Optimist	44.23
3	Smith, Lindsay	94	Wpg Optimist	45.67
4	Hebert, Janine	94	Wpg Optimist	45.67
5	Gudmundson, Bryarre	97	Wpg Optimist	48.09
6	Fletcher, Meaghan	94	Wpg Optimist	51.00
7	Berube, Marie-Andree	95	Wpg Optimist	51.00

**Event 5 Women 400 m Open**

Lane	Name	Yr	Team	Seed Time
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**Bison Track & Field Club**

1	Woo, Meaghan	88	Bison Track	57.50
2	Campbell, Jennifer	87	Bison Track	58.00
3	King, Diana	86	Bison Track	58.00
4	Bordun, Kimberly-Ann	89	Bison Track	59.00

**Flying M Athletic Club**

1	Johnson, Alyssa	91	Flying M	55.14
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**Lakehead Athletics Club**

1	Ivec, Vanessa	90	Lakehead Athlet	1:00.50
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**Sisler High School**

1	Paracholski, Carly	93	Sisler	58.09
2	Paracholski, Meagan	93	Sisler	59.06
3	Roberts, Tanisha	93	Sisler	1:03.27

**Stride Ahead Tough Track**

1	Andrushko, Amy	94	SA Tough Track	1:00.00
2	Baran, Melanie	94	SA Tough Track	1:00.18

**Winnipeg Optimist Athletics**

1	Huebert, Sarah	92	Wpg Optimist	59.00
2	Kitching, Melissa	93	Wpg Optimist	59.85
3	Cote, Raven	93	Wpg Optimist	1:03.00
4	Wroblewski, Rebecca	92	Wpg Optimist	1:04.00

5	Grant, Liz	93	Wpg Optimist	1:08.00
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**Event 6 Women 800 m Open**

Lane	Name	Yr	Team	Seed Time
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**Bison Track & Field Club**

1	Campbell, Jennifer	87	Bison Track	2:20.00
2	Hesketh, Andrea	89	Bison Track	2:25.00

**College Louis-Riel**

1	Remillard, Janelle	91	College Louis-R	2:32.00
2	Sylvie, Michaud	91	College Louis-R	2:33.00

**Garden Valley**

1	Wiens, Kayleigh	93	Garden Valley	2:34.45
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**Junior Development**

1	Kessler, Veronica	97	Jr. Development	2:57.39
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**Lakehead Athletics Club**

1	Yuan, Megan	94	Lakehead Athlet	2:26.80
2	Krezonoski, Michelle	93	Lakehead Athlet	2:28.90

**Morden**

1	Wirth, Lauren	99	Morden	NT
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**Peter & Andrew Running Club**

1	Stromberg, Justine	88	P.A.R.C.	2:22.00
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**Sisler High School**

1	Paracholski, Meagan	93	Sisler	2:21.08
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**Stride Ahead Tough Track**

1	Zrinyi, Julia	94	SA Tough Track	2:17.80
2	Baran, Melanie	94	SA Tough Track	2:21.12
3	Zajac, Janine	96	SA Tough Track	2:40.39
4	Van Schepdael, Mikaela	96	SA Tough Track	2:41.82
5	Zrinyi, Anna	97	SA Tough Track	2:43.00
6	Passler-Bates, Danika	97	SA Tough Track	2:49.33

**Unattached**

1	Sadowy, Sara	95	Unattached	2:30.00
2	Moar, Alexsondra	96	Unattached	NT

**Winnipeg Optimist Athletics**

1	Teschuk, Erin	94	Wpg Optimist	2:22.13
2	Cantin, Catherine	94	Wpg Optimist	2:23.25
3	Takatch, Katie	94	Wpg Optimist	2:23.76
4	Smith, Lindsay	94	Wpg Optimist	2:25.77
5	Grondin, Renee	92	Wpg Optimist	2:30.00
6	Hebert, Janine	94	Wpg Optimist	2:31.90
7	Dela Merced, Geselle	97	Wpg Optimist	2:40.00
8	Adamson, Jaclyn	91	Wpg Optimist	NT

**Event 7 Women 1500 m Open**

Lane	Name	Yr	Team	Seed Time
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**College Louis-Riel**

1	Sylvie, Michaud	91	College Louis-R	5:17.00
2	Remillard, Janelle	91	College Louis-R	5:17.00

**Junior Development**

1	Kessler, Veronica	97	Jr. Development	6:11.96
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**Lakehead Athletics Club**

1	Yuan, Megan	94	Lakehead Athlet	4:48.45
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**Lakehead Athletics Club...(Event 7 Women 1500 m Open)**

2	Naroski, Tess	89	Lakehead Athlet	4:52.60
3	Krezonoski, Michelle	93	Lakehead Athlet	4:54.04

**Manitoba National Triathlon**

1	Edwards, Rachael	91	MB Triathlon	4:45.00
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**Morden**

1	Wirth, Lauren	99	Morden	NT
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**Peter & Andrew Running Club**

1	Stromberg, Justine	88	P.A.R.C.	4:49.00
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**Stride Ahead Tough Track**

1	Van Schepdael, Mikaela	96	SA Tough Track	5:27.59
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**Unattached**

1	Dubois, Nicole	91	Unattached	5:09.00
2	Sadowy, Sara	95	Unattached	5:15.00
3	Moar, Alexsondra	96	Unattached	NT

**Winnipeg Optimist Athletics**

1	Adamson, Jaclyn	91	Wpg Optimist	4:47.30
2	Teschuk, Erin	94	Wpg Optimist	4:50.07
3	Cantin, Catherine	94	Wpg Optimist	4:53.77

**Event 8 Women 3000 m Open**

Lane	Name	Yr	Team	Seed Time
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**Lakehead Athletics Club**

1	Yuan, Megan	94	Lakehead Athlet	10:29.70
2	Quirion, Hilary	90	Lakehead Athlet	10:45.10
3	Naroski, Tess	89	Lakehead Athlet	10:45.20
4	Krezonoski, Michelle	93	Lakehead Athlet	10:48.00

**Unattached**

1	Hamilton, Cassie	92	Unattached	NT
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**Event 9 Women 5000 m Open**

Lane	Name	Yr	Team	Seed Time
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**Bison Track & Field Club**

1	Bruckschwaiger, Katrina	82	Bison Track	17:30.00
2	Ginter, Lacey	88	Bison Track	18:00.00
3	Gregoire, Melanie	89	Bison Track	18:00.00
4	Bell, Alex	89	Bison Track	18:30.00
5	Altomare, Alyssa	89	Bison Track	19:15.00

**Manitoba National Triathlon**

1	Edwards, Rachael	91	MB Triathlon	18:40.00
2	Moore, Stevie	90	MB Triathlon	19:06.00

**River City Athletics**

1	Walker, Darolyn	82	River City	NT
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**Unattached**

1	Dubois, Nicole	91	Unattached	19:30.00
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**Event 10 Women 80 m Hurdles 0.762m-7.5m Open**

Lane	Name	Yr	Team	Seed Time
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**Winnipeg Optimist Athletics**

1	Hebert, Michelle	94	Wpg Optimist	11.45
2	Millns, Carlynnne	95	Wpg Optimist	12.87
3	Henry, Carmen	92	Wpg Optimist	X13.56

**Event 14 Women 100 m Hurdles 0.84m-8.5m Open**

Lane	Name	Yr	Team	Seed Time
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**Bison Track & Field Club**

1	Bordun, Kimberly-Ann	89	Bison Track	16.40
2	Boxill, Alicia	90	Bison Track	17.00

**Sisler High School**

1	Gallant, Jena	91	Sisler	NT
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**Stride Ahead Tough Track**

1	O'Donnell, Danielle	90	SA Tough Track	15.54
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**Unattached**

1	Gundrum, Amanda	91	Unattached	16.65
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**Winnipeg Optimist Athletics**

1	Twerdun, Deondra	88	Wpg Optimist	16.76
2	Grondin, Renee	92	Wpg Optimist	NT
3	Bewski, Nicole	91	Wpg Optimist	NT

**Event 15 Women 200 m Hurdles 0.762m-35m Open**

Lane	Name	Yr	Team	Seed Time
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1	Millns, Carlynnne	95	Wpg Optimist	NT
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**Event 22 Women Pole Vault Open**

Pos	Name	Yr	Team	Seed Mark
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1	Robson, Victoria	85	Wpg Optimist	3.82m
2	Logozar, Teresa	72	Wpg Optimist	3.40m
3	Boila, Sarah	92	Wpg Optimist	3.28m
4	Gauthier, Carrisa	93	Wpg Optimist	3.08m
5	Garfinkle, Mikaela	92	Wpg Optimist	3.05m
6	Cook, Taralyn	89	Wpg Optimist	2.75m

**Event 23 Women High Jump Open**

Pos	Name	Yr	Team	Seed Mark
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**Garden Valley**

1	Guenther, Lindsay	93	Garden Valley	1.45m
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**Stride Ahead Tough Track**

1	O'Donnell, Danielle	90	SA Tough Track	1.68m
2	Filyk, Megan	95	SA Tough Track	1.30m

**Unattached**

1	Morgan, Yvette	96	Unattached	1.25m
2	Smith, Taylor	92	Unattached	NH
3	Scott, Megan	90	Unattached	NH

**Winnipeg Optimist Athletics**

1	Logozar, Teresa	72	Wpg Optimist	1.55m
2	Prychitko, Alexis	91	Wpg Optimist	1.50m
3	Stoesz, Meredith	90	Wpg Optimist	1.50m
4	Grondin, Renee	92	Wpg Optimist	1.35m

**Event 24 Women Long Jump Open**

Pos	Name	Yr	Team	Seed Mark
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**Bison Track & Field Club**

1	Wong, Lisa	89	Bison Track	5.30m
2	Baker, Dana	87	Bison Track	5.20m

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**Garden Valley...(Event 24 Women Long Jump Open)**

1	Wiens, Kayleigh	93	Garden Valley	4.66m
2	Guenther, Lindsay	93	Garden Valley	ND

**Junior Development**

1	Jeffers, Erinn	95	Jr. Development	4.05m
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**Springs Christian Academy**

1	Babalola, Tayo	97	Springs	1.77m
2	Baiye, Faith	98	Springs	1.56m

**Stride Ahead Tough Track**

1	Wanigasekara, Sasanie	95	SA Tough Track	5.15m
2	O'Donnell, Danielle	90	SA Tough Track	5.09m
3	Zajac, Courtney	95	SA Tough Track	4.23m
4	Filyk, Megan	95	SA Tough Track	4.21m
5	Mandzuk, Andrea	95	SA Tough Track	4.21m
6	Cerasani, Larissa	96	SA Tough Track	3.73m
7	Levi, Jessi	96	SA Tough Track	3.08m
8	Beauvais, Madeline	97	SA Tough Track	2.63m
9	Madden, Denae	96	SA Tough Track	ND
10	Madden, Chloe	94	SA Tough Track	ND

**Unattached**

1	Gundrum, Amanda	91	Unattached	5.15m
2	Toews, Jessica	92	Unattached	4.94m
3	McLeod, Rachael	96	Unattached	4.15m
4	Bobko, Patricia	58	Unattached	3.87m
5	Morgan, Yvette	96	Unattached	3.62m

**Westwood**

1	Addison, Victoria	94	Westwood	ND
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**Winnipeg Optimist Athletics**

1	Twerdun, Deondra	88	Wpg Optimist	5.05m
2	Logozar, Teresa	72	Wpg Optimist	4.50m
3	Grondin, Renee	92	Wpg Optimist	4.41m
4	Millns, Carlynnne	95	Wpg Optimist	4.15m
5	Dela Merced, Geselle	97	Wpg Optimist	ND

**Event 25 Women Triple Jump Open**

Pos	Name	Yr	Team	Seed Mark
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**Flying M Athletic Club**

1	Waters, Mallory	93	Flying M	ND
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**Junior Development**

1	Kessler, Veronica	97	Jr. Development	ND
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**Stride Ahead Tough Track**

1	Wanigasekara, Sasanie	95	SA Tough Track	10.95m
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**Unattached**

1	Gundrum, Amanda	91	Unattached	10.51m
2	Toews, Jessica	92	Unattached	10.24m
3	Smith, Taylor	92	Unattached	ND
4	Scott, Megan	90	Unattached	ND

**Winnipeg Optimist Athletics**

1	Bewski, Nicole	91	Wpg Optimist	9.09m
2	Twerdun, Deondra	88	Wpg Optimist	ND
3	Millns, Carlynnne	95	Wpg Optimist	ND

**Event 26 Women Shot Put 2.73kg Open**

Pos	Name	Yr	Team	Seed Mark
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**Stride Ahead Tough Track**

1	Cerasani, Larissa	96	SA Tough Track	7.11m
2	Beauvais, Madeline	97	SA Tough Track	6.06m

**Event 27 Women Shot Put 3kg Open**

Pos	Name	Yr	Team	Seed Mark
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**Unattached**

1	Bobko, Patricia	58	Unattached	8.37m
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**Event 28 Women Shot Put 4kg Open**

Pos	Name	Yr	Team	Seed Mark
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**Flying M Athletic Club**

1	Ocran, Michelle	87	Flying M	11.16m
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**Sisler High School**

1	Matwyczuk, Alexa	93	Sisler	ND
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**Unattached**

1	Martin, Stacey	91	Unattached	8.91m
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**Winnipeg Optimist Athletics**

1	Twerdun, Deondra	88	Wpg Optimist	10.67m
2	Grondin, Renee	92	Wpg Optimist	8.50m

**Event 29 Women Hammer 4kg Open**

Pos	Name	Yr	Team	Seed Mark
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**Flying M Athletic Club**

1	Mackie, Kristen	89	Flying M	38.69m
2	Ocran, Michelle	87	Flying M	35.99m
3	Ferris, Karen	91	Flying M	31.29m

**Event 30 Women Discus 1kg Open**

Pos	Name	Yr	Team	Seed Mark
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1	Mackie, Kristen	89	Flying M	37.06m
2	Ferris, Karen	91	Flying M	35.20m

**Junior Development**

1	Kessler, Veronica	97	Jr. Development	ND
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**Sisler High School**

1	Matwyczuk, Alexa	93	Sisler	ND
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**Winnipeg Optimist Athletics**

1	Prychitko, Alexis	91	Wpg Optimist	17.63m
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**Event 31 Women Javelin 600g Open**

Pos	Name	Yr	Team	Seed Mark
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**Springs Christian Academy**

1	Anderson, Hannah	92	Springs	ND
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**Stride Ahead Tough Track**

1	O'Donnell, Danielle	90	SA Tough Track	31.99m
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**Unattached**

1	Harmon, Sara	90	Unattached	37.50m
2	Stratton, Desiree	90	Unattached	34.12m
3	Boudreau, Alanna	83	Unattached	ND

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## Performance List

**William Morton Collegiate...(Event 31 Women Javelin 600g)**

1 Adamson, Jody 92 William Morton 36.72m

**Winnipeg Optimist Athletics**

1 Grondin, Renee 92 Wpg Optimist 35.00m

2 Prychitko, Alexis 91 Wpg Optimist 20.09m

3 Bewski, Alyssa 95 Wpg Optimist ND

**Event 37 Men 100 m Open****Lane Name Yr Team Seed Time****Bison Track & Field Club**

1 Ferguson, Quin 88 Bison Track 11.00

2 Moolchan, Kieran 89 Bison Track 11.00

**Riversdale Athletics**

1 D'Eon, Marcel 53 Riversdale Athle 12.68

**Sisler High School**

1 Mar Franciso, John 94 Sisler NT

**Springs Christian Academy**

1 Baiye, Samuel 00 Springs NT

2 Babalola, Tope 97 Springs NT

**Stanley Knowles School**

1 Anderson, Robert 95 Stanley Knowles 12.34

**Stride Ahead Tough Track**

1 Parrington, Nolan 95 SA Tough Track 12.16

2 Deleau, Luc 99 SA Tough Track 15.15

**Unattached**

1 Lucas, Phil 80 Unattached 10.99

2 Labbe, Nathan 88 Unattached 11.00

3 Brydges, Dylan 94 Unattached NT

4 Fatoye, Yemi 98 Unattached NT

**Walter Whyte School**

1 Juvonen, Timothy 00 Walter Whyte 16.05

**Winnipeg Optimist Athletics**

1 Szczepaniak, David 88 Wpg Optimist 10.90

2 Lautenslager, Rhys 90 Wpg Optimist 11.15

3 Twerdun, Tanner 91 Wpg Optimist 11.20

4 Gadjadhar, Mack 91 Wpg Optimist 11.45

5 McMaster, Jamie 91 Wpg Optimist 11.45

6 Trapmore, Kevin 91 Wpg Optimist 11.58

7 Pollock, Ethan 90 Wpg Optimist 11.58

8 Akins, Michael 93 Wpg Optimist 11.64

9 Duncan, Patrick 93 Wpg Optimist 11.80

10 Sader, Levi 94 Wpg Optimist 11.98

11 Schindell, Brayden 94 Wpg Optimist 12.34

12 Leech, Kyle 94 Wpg Optimist 13.10

13 Lo, Joseph 95 Wpg Optimist 13.20

14 Guy, Eric 95 Wpg Optimist 13.20

15 Bilenko, Vitaliy 94 Wpg Optimist 13.66

16 Hurdal, Quenton 96 Wpg Optimist 14.66

17 Madrid, Christian 97 Wpg Optimist 14.89

**Event 38 Men 150 m Open****Lane Name Yr Team Seed Time****Sisler High School**

1 Mar Franciso, John 94 Sisler NT

**Springs Christian Academy**

1 Babalola, Tope 97 Springs 25.61

2 Toews, AJ 97 Springs NT

**Stride Ahead Tough Track**

1 Parrington, Nolan 95 SA Tough Track 18.90

2 Deleau, Luc 99 SA Tough Track 23.47

3 Dillon, Shane 97 SA Tough Track 23.50

**Unattached**

1 Brydges, Dylan 94 Unattached NT

**Walter Whyte School**

1 Juvonen, Timothy 00 Walter Whyte NT

**Winnipeg Optimist Athletics**

1 Sader, Levi 94 Wpg Optimist 18.30

2 Leech, Kyle 94 Wpg Optimist 18.57

3 Kohut, Josh 95 Wpg Optimist 18.67

4 Lo, Joseph 95 Wpg Optimist 18.70

5 Guy, Eric 95 Wpg Optimist 19.10

6 Schindell, Brayden 94 Wpg Optimist 19.30

7 Bilenko, Vitaliy 94 Wpg Optimist 23.75

8 Hurdal, Quenton 96 Wpg Optimist 23.80

**Event 39 Men 200 m Open****Lane Name Yr Team Seed Time****Bison Track & Field Club**

1 Ferguson, Quin 88 Bison Track 21.89

2 Durand, Zacharie 89 Bison Track 22.80

**Flying M Athletic Club**

1 Waters, Jay 91 Flying M 23.36

**John Taylor collegiate**

1 Woo, Graham 93 John Taylor coll 26.00

**Kelvin High**

1 Fitkowsky, Matthew 93 Kelvin High 22.70

**Lakehead Athletics Club**

1 McDonough, Joseph 93 Lakehead Athlet 23.18

**Riversdale Athletics**

1 D'Eon, Marcel 53 Riversdale Athle 26.50

**Stride Ahead Tough Track**

1 Post, Mac 93 SA Tough Track 25.78

**Unattached**

1 Labbe, Nathan 88 Unattached 22.79

**Winnipeg Optimist Athletics**

1 Twerdun, Tanner 91 Wpg Optimist 22.30

2 Szczepaniak, David 88 Wpg Optimist 22.55

3 McMaster, Jamie 91 Wpg Optimist 22.80

4 Trapmore, Kevin 91 Wpg Optimist 23.13

5 Akins, Michael 93 Wpg Optimist 23.27

6 Gadjadhar, Mack 91 Wpg Optimist 23.56

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**Winnipeg Optimist Athletics...(Event 39 Men 200 m Open)**

7	Pollock, Ethan	90	Wpg Optimist	23.99
8	Beckett, Patrick	93	Wpg Optimist	24.51
9	Nickol, Brett	91	Wpg Optimist	25.90

**Event 40 Men 300 m Open**

Lane	Name	Yr	Team	Seed Time
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**Junior Development**

1	Koshelanyk, Matthew	98	Jr. Development	54.97
2	Desmarais, Mathieu	95	Jr. Development	NT

**Springs Christian Academy**

1	Toews, AJ	97	Springs	NT
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**Stanley Knowles School**

1	Anderson, Robert	95	Stanley Knowles	43.50
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**Stride Ahead Tough Track**

1	Parrington, Nolan	95	SA Tough Track	39.70
2	Van Schepdael, Tyler	96	SA Tough Track	51.00
3	Deleau, Luc	99	SA Tough Track	NT

**Unattached**

1	Peters, Colton	00	Unattached	NT
2	Croy, Ryan	94	Unattached	NT
3	Brydges, Dylan	94	Unattached	NT

**Winnipeg Optimist Athletics**

1	Sader, Levi	94	Wpg Optimist	39.78
2	Leech, Kyle	94	Wpg Optimist	41.58
3	Kohut, Josh	95	Wpg Optimist	42.04
4	Lo, Joseph	95	Wpg Optimist	42.35
5	Schindell, Brayden	94	Wpg Optimist	43.50
6	Legare, Brad	94	Wpg Optimist	43.67

**Event 41 Men 400 m Open**

Lane	Name	Yr	Team	Seed Time
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**Bison Track & Field Club**

1	Ferguson, Quin	88	Bison Track	47.31
2	Durand, Zacharie	89	Bison Track	49.50
3	Campbell, Stephen	90	Bison Track	55.00

**Flying M Athletic Club**

1	Waters, Jay	91	Flying M	51.86
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**John Taylor collegiate**

1	Woo, Graham	93	John Taylor coll	56.00
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**Kelvin High**

1	Fitkowsky, Matthew	93	Kelvin High	51.25
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**Lakehead Athletics Club**

1	McDonaugh, Joseph	93	Lakehead Athlet	51.44
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**Peter & Andrew Running Club**

1	Schellenberg, Andrew	87	P.A.R.C.	52.76
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**River East Collegiate**

1	Willems, Brian	92	River East	52.39
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**Sisler High School**

1	Sampson, Terrence	92	Sisler	51.75
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**Stride Ahead Tough Track**

1	Post, Mac	93	SA Tough Track	56.80
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**Unattached**

1	Cameron, Michael	93	Unattached	NT
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**Winnipeg Optimist Athletics**

1	Szczepaniak, David	88	Wpg Optimist	50.01
2	McMaster, Jamie	91	Wpg Optimist	51.12
3	Van Koughnet, Joel	91	Wpg Optimist	52.04
4	Beckett, Patrick	93	Wpg Optimist	54.55
5	Duncan, Patrick	93	Wpg Optimist	55.40
6	Nickol, Brett	91	Wpg Optimist	55.50

**Event 42 Men 800 m Open**

Lane	Name	Yr	Team	Seed Time
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**Bison Track & Field Club**

1	Carr, Paul	86	Bison Track	1:56.00
2	Toet, Travis	89	Bison Track	1:58.50
3	Kelly, Patrick	87	Bison Track	1:58.77
4	Barnett, Colin	89	Bison Track	1:59.50
5	Campbell, Stephen	90	Bison Track	2:04.00

**College Louis-Riel**

1	Brault, Charles	93	College Louis-R	2:03.00
2	Bulloch, Patrique	94	College Louis-R	2:09.50
3	Robinson, Daniel	92	College Louis-R	2:12.00

**Junior Development**

1	Koshelanyk, Matthew	98	Jr. Development	2:44.51
2	Desmarais, Mathieu	95	Jr. Development	NT

**Kelvin High**

1	Fitkowsky, Matthew	93	Kelvin High	2:06.19
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**Lakehead Athletics Club**

1	Brown, Chris	91	Lakehead Athlet	2:00.45
2	Belluz, Ben	93	Lakehead Athlet	2:05.50

**Peter & Andrew Running Club**

1	Schellenberg, Andrew	87	P.A.R.C.	1:57.00
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**River City Athletics**

1	Miller, Thomas	92	River City	2:06.32
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**River East Collegiate**

1	Willems, Brian	92	River East	2:07.92
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**Riversdale Athletics**

1	D'Eon, Marcel	53	Riversdale Athle	2:39.50
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**Springs Christian Academy**

1	Nicholas, Mathieu	95	Springs	NT
2	Nicolas, Marc	94	Springs	NT

**Stride Ahead Tough Track**

1	Thacher, Eric	92	SA Tough Track	2:03.79
2	Gemmell, Brendan	93	SA Tough Track	2:12.00
3	Dillon, Shane	97	SA Tough Track	2:25.00
4	Van Schepdael, Matthew	96	SA Tough Track	2:28.61
5	Van Schepdael, Tyler	96	SA Tough Track	2:39.00

**Unattached**

1	Peters, Braedan	95	Unattached	2:07.00
2	Peters, Dustin	93	Unattached	2:16.00
3	Peters, Colton	00	Unattached	3:00.00
4	Cameron, Michael	93	Unattached	NT

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**Walter Whyte School...(Event 42 Men 800 m Open)**

1	Juvonen, Andrew	96	Walter Whyte	2:32.70
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**Winnipeg Optimist Athletics**

1	Brown, Alastair	90	Wpg Optimist	1:56.64
2	Saccucci, Jordan	91	Wpg Optimist	2:00.00
3	Van Koughnet, Joel	91	Wpg Optimist	2:01.15
4	Drover, Conrad	93	Wpg Optimist	2:09.00
5	Sader, Levi	94	Wpg Optimist	2:09.23
6	Duncan, Patrick	93	Wpg Optimist	2:11.00
7	Taylor, Matthew	93	Wpg Optimist	2:13.00
8	Taylor, Matt	93	Wpg Optimist	2:13.00
9	Legare, Brad	94	Wpg Optimist	2:14.00
10	Loch, Robert	95	Wpg Optimist	2:16.00
11	Paterson, Ben	94	Wpg Optimist	2:20.61
12	Nowrang, Brett	94	Wpg Optimist	2:24.00

**Event 43 Men 1500 m Open**

Lane	Name	Yr	Team	Seed Time
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**Bison Track & Field Club**

1	Carr, Paul	86	Bison Track	3:57.00
2	Kelly, Patrick	87	Bison Track	4:04.00
3	Budigoma, Desire	88	Bison Track	4:06.00
4	DeJong, Calvary	85	Bison Track	4:08.00
5	Penner, Adam	86	Bison Track	4:10.00
6	Lang, Dennis	51	Bison Track	4:35.00

**Carman**

1	Aubin, Garth	92	Carman	4:18.70
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**College Louis-Riel**

1	Brault, Charles	93	College Louis-R	4:14.00
2	Bulloch, Patrique	94	College Louis-R	4:33.00
3	Robinson, Daniel	92	College Louis-R	4:38.00

**Junior Development**

1	Lutz, Haldon	95	Jr. Development	5:05.00
2	Koshelanyk, Matthew	98	Jr. Development	NT
3	Desmarais, Mathieu	95	Jr. Development	NT

**Lakehead Athletics Club**

1	Brown, Chris	91	Lakehead Athlet	4:10.00
2	Howells, Daniel	92	Lakehead Athlet	4:12.00
3	Esposti, Peter	90	Lakehead Athlet	4:12.80
4	Aulagnon, Dominique	93	Lakehead Athlet	4:15.20
5	Belluz, Ben	93	Lakehead Athlet	4:20.50
6	Chambers-Bedard, Geoff	92	Lakehead Athlet	4:22.30

**River City Athletics**

1	Miller, Thomas	92	River City	4:17.38
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**Springs Christian Academy**

1	Nicholas, Mathieu	95	Springs	NT
2	Nicolas, Marc	94	Springs	NT

**Stride Ahead Tough Track**

1	Thacher, Eric	92	SA Tough Track	4:13.74
2	Gemmell, Brendan	93	SA Tough Track	4:33.53
3	Dillon, Shane	97	SA Tough Track	4:50.96
4	Van Schepdael, Matthew	96	SA Tough Track	4:58.00

**Unattached**

1	Nicol-Samuel, DeLohnni	91	Unattached	4:04.00
2	Peters, Braedan	95	Unattached	4:23.00
3	Peters, Dustin	93	Unattached	4:40.00

**Walter Whyte School**

1	Juvonen, Andrew	96	Walter Whyte	5:11.29
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**Winnipeg Optimist Athletics**

1	Brown, Alastair	90	Wpg Optimist	3:55.27
2	Drover, Conrad	93	Wpg Optimist	4:30.00
3	Neufeld, Levi	94	Wpg Optimist	4:30.37
4	Taylor, Matthew	93	Wpg Optimist	4:45.00
5	Taylor, Matt	93	Wpg Optimist	4:50.10

**Event 44 Men 3000 m Open**

Lane	Name	Yr	Team	Seed Time
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**Lakehead Athletics Club**

1	Esposti, Peter	90	Lakehead Athlet	9:15.00
2	Howells, Daniel	92	Lakehead Athlet	9:15.80
3	Aulagnon, Dominique	93	Lakehead Athlet	9:25.60
4	Chambers-Bedard, Geoff	92	Lakehead Athlet	9:35.70

**Event 45 Men 5000 m Open**

Lane	Name	Yr	Team	Seed Time
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**Bison Track & Field Club**

1	Budigoma, Desire	88	Bison Track	15:25.00
2	DeJong, Calvary	85	Bison Track	15:45.00
3	Hynes, Tyler	84	Bison Track	15:45.00
4	Penner, Adam	86	Bison Track	15:45.00
5	Muise, Brendyn	91	Bison Track	16:20.00

**Lakehead Athletics Club**

1	Refern - Pucci, Antonio	85	Lakehead Athlet	16:00.00
2	Aulagnon, Dominique	93	Lakehead Athlet	16:44.30

**Unattached**

1	Nicol-Samuel, DeLohnni	91	Unattached	15:42.00
2	Samuel, Dane	67	Unattached	15:54.00

**Winnipeg Optimist Athletics**

1	Brown, Alastair	90	Wpg Optimist	15:45.00
2	Krisjanson, Bjorn	93	Wpg Optimist	NT
3	Booth, Mike	80	Wpg Optimist	NT

**Event 47 Men 100 m Hurdles 0.84m-8.5m Open**

Lane	Name	Yr	Team	Seed Time
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**Unattached**

1	Croy, Ryan	94	Unattached	NT
2	Brydges, Dylan	94	Unattached	NT

**Winnipeg Optimist Athletics**

1	Guy, Eric	95	Wpg Optimist	NT
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**Event 49 Men 110 m Hurdles 0.914m-9.14 Open**

Lane	Name	Yr	Team	Seed Time
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**Sisler High School**

1	DeGuzman, Daniel	93	Sisler	NT
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**Event 51 Men 110 m Hurdles 1.067m-9.14m Open**

Lane	Name	Yr	Team	Seed Time
<b>Bison Track &amp; Field Club...(Event 51 Men 110 m Hurdles</b>				
1	Moolchan, Kieran	89	Bison Track	15.00

**Unattached**

1	Labbe, Nathan	88	Unattached	16.00
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**Winnipeg Optimist Athletics**

1	Smook, Troy	88	Wpg Optimist	15.50
2	Lautenslager, Rhys	90	Wpg Optimist	NT
3	Entz, Scott	92	Wpg Optimist	NT
4	Finnson, Curtis	91	Wpg Optimist	NT

**Event 53 Men 300 m Hurdles 0.84m-35m Open**

Lane	Name	Yr	Team	Seed Time
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**Sisler High School**

1	Cuaresma, Brendan	94	Sisler	NT
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**Event 54 Men 400 m Hurdles 0.84m-35m Open**

Lane	Name	Yr	Team	Seed Time
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1	Sampson, Terrence	92	Sisler	58.22
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**Event 60 Men Pole Vault Open**

Pos	Name	Yr	Team	Seed Mark
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**Winnipeg Optimist Athletics**

1	Logozar, Josh	89	Wpg Optimist	3.45m
2	Bilenko, Vitaliy	94	Wpg Optimist	3.35m
3	Buchanan, Arthur	91	Wpg Optimist	3.25m
4	Bairos-Novak, Steven	94	Wpg Optimist	3.10m
5	Welchinski, Tyrone	89	Wpg Optimist	NH
6	Lautenslager, Rhys	90	Wpg Optimist	NH

**Event 61 Men High Jump Open**

Pos	Name	Yr	Team	Seed Mark
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**Unattached**

1	Croy, Ryan	94	Unattached	NH
2	Cameron, Michael	93	Unattached	NH

**Winnipeg Optimist Athletics**

1	Rodewald, Lucas	90	Wpg Optimist	2.06m
2	Buchanan, Arthur	91	Wpg Optimist	1.96m
3	Finnson, Curtis	91	Wpg Optimist	1.63m
4	Guy, Eric	95	Wpg Optimist	1.59m
5	Kohut, Josh	95	Wpg Optimist	1.55m
6	Lo, Joseph	95	Wpg Optimist	1.50m
7	Welchinski, Tyrone	89	Wpg Optimist	NH
8	Bilenko, Vitaliy	94	Wpg Optimist	NH

**Event 62 Men Long Jump Open**

Pos	Name	Yr	Team	Seed Mark
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**Sisler High School**

1	DeGuzman, Daniel	93	Sisler	ND
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**Springs Christian Academy**

1	Babalola, Tope	97	Springs	1.95m
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2	Baiye, Samuel	00	Springs	1.69m
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**Stride Ahead Tough Track**

1	Deleau, Luc	99	SA Tough Track	ND
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**Unattached**

1	Labbe, Nathan	88	Unattached	7.45m
2	Walford, David	90	Unattached	6.72m
3	Fatoye, Yemi	98	Unattached	ND
4	Cameron, Michael	93	Unattached	ND

**Winnipeg Optimist Athletics**

1	Gundrum, Joshua	90	Wpg Optimist	6.58m
2	Akins, Michael	93	Wpg Optimist	5.74m
3	Guy, Eric	95	Wpg Optimist	5.69m
4	Leech, Kyle	94	Wpg Optimist	5.39m
5	Lo, Joseph	95	Wpg Optimist	5.35m
6	Sader, Levi	94	Wpg Optimist	4.24m
7	Bilenko, Vitaliy	94	Wpg Optimist	ND
8	Entz, Scott	92	Wpg Optimist	ND
9	Hurdal, Quenton	96	Wpg Optimist	ND

**Event 63 Men Triple Jump Open**

Pos	Name	Yr	Team	Seed Mark
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**Flying M Athletic Club**

1	Waters, Jay	91	Flying M	12.22m
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**Sisler High School**

1	DeGuzman, Daniel	93	Sisler	ND
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**Unattached**

1	Walford, David	90	Unattached	13.97m
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**Winnipeg Optimist Athletics**

1	Gundrum, Joshua	90	Wpg Optimist	14.14m
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**Event 64 Men Hammer 4kg Open**

Pos	Name	Yr	Team	Seed Mark
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**Unattached**

1	Morrow, Brett	94	Unattached	ND
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**Event 66 Men Hammer 7.26kg Open**

Pos	Name	Yr	Team	Seed Mark
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**Flying M Athletic Club**

1	Charrier, Justin	86	Flying M	ND
2	Suppes, Garth	87	Flying M	ND

**Event 68 Men Shot Put 2.73kg Open**

Pos	Name	Yr	Team	Seed Mark
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**Morden**

1	Wirth, Michael	97	Morden	ND
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**Event 69 Men Shot Put 4kg Open**

Pos	Name	Yr	Team	Seed Mark
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**Junior Development**

1	Desmarais, Mathieu	95	Jr. Development	ND
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**Unattached**

1	Morrow, Brett	94	Unattached	12.40m
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**Event 70 Men Shot Put 5kg Open**

Pos	Name	Yr	Team	Seed	Mark
<b>Springs Christian Academy...(Event 70 Men Shot Put 5kg</b>					
1	Hackie, Ezra	93	Springs		10.90m

**Event 71 Men Shot Put 7.26kg Open**

Pos	Name	Yr	Team	Seed	Mark
<b>Flying M Athletic Club</b>					
1	Charrier, Justin	86	Flying M		ND
2	Suppes, Garth	87	Flying M		ND

**Unattached**

1	Labbe, Nathan	88	Unattached	8.00m	
2	Twiss, Justin	90	Unattached		ND

**Winnipeg Optimist Athletics**

1	Buchanan, Arthur	91	Wpg Optimist	12.25m	
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**Event 72 Men Shot Put 6kg Open**

Pos	Name	Yr	Team	Seed	Mark
<b>Springs Christian Academy</b>					
1	Hackie, Caleb	91	Springs		10.72m

**Event 73 Men Discus 1kg Open**

Pos	Name	Yr	Team	Seed	Mark
<b>Morden</b>					
1	Wirth, Michael	97	Morden		ND

**Event 74 Men Discus 1.5kg Open**

Pos	Name	Yr	Team	Seed	Mark
<b>Springs Christian Academy</b>					
1	Hackie, Ezra	93	Springs		ND

**Event 75 Men Discus 2kg Open**

Pos	Name	Yr	Team	Seed	Mark
<b>Flying M Athletic Club</b>					
1	Sedor, Mat	88	Flying M	46.21m	
2	Angus, Mark	76	Flying M		ND
3	Suppes, Garth	87	Flying M		ND
4	Suppes, Patrick	86	Flying M		ND

**Unattached**

1	Stackiw, Dave	67	Unattached		ND
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**Winnipeg Optimist Athletics**

1	Buchanan, Arthur	91	Wpg Optimist	34.74m	
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**Event 76 Men Discus 1.75kg Open**

Pos	Name	Yr	Team	Seed	Mark
<b>Springs Christian Academy</b>					
1	Hackie, Caleb	91	Springs		ND

**Event 77 Men Javelin 600g Open**

Pos	Name	Yr	Team	Seed	Mark
<b>Winnipeg Optimist Athletics</b>					
1	Schindell, Brayden	94	Wpg Optimist		ND

**Event 78 Men Javelin 700g Open**

Pos	Name	Yr	Team	Seed	Mark
<b>John Taylor collegiate</b>					
1	Woo, Graham	93	John Taylor coll	39.86m	
<b>Springs Christian Academy</b>					
1	Hackie, Ezra	93	Springs		ND

**Event 80 Men Javelin 800g Open**

Pos	Name	Yr	Team	Seed	Mark
<b>Flying M Athletic Club</b>					
1	Waterhouse, Travis	88	Flying M	54.19m	
2	Suppes, Patrick	86	Flying M		ND
<b>Unattached</b>					
1	Labbe, Nathan	88	Unattached	40.00m	
2	Twiss, Justin	90	Unattached		ND
3	Nadeau, Alex	92	Unattached		ND

**Winnipeg Optimist Athletics**

1	Buchanan, Arthur	91	Wpg Optimist	47.51m	
2	Gundrum, Joshua	90	Wpg Optimist	45.74m	
3	Lautenslager, Rhys	90	Wpg Optimist	32.63m	

**Event 83 Women 100 m CSG Trials**

Lane	Name	Yr	Team	Seed	Time
<b>Flying M Athletic Club</b>					
1	Waters, Mallory	93	Flying M		13.30
<b>Unattached</b>					
1	Toews, Jessica	92	Unattached		13.03
<b>Winnipeg Optimist Athletics</b>					
1	Grant, Chantal	89	Wpg Optimist		11.77
2	Miskimmin, Caley	87	Wpg Optimist		12.12
3	Kitching, Melissa	93	Wpg Optimist		13.01
4	Bewski, Nicole	91	Wpg Optimist		13.99

**Event 84 Men 100 m CSG Trials**

Lane	Name	Yr	Team	Seed	Time
<b>Manitoba</b>					
1	Labbe, Nathan	88	Manitoba		11.00
<b>Winnipeg Optimist Athletics</b>					
1	Szczepaniak, David	88	Wpg Optimist		10.90
2	Lautenslager, Rhys	90	Wpg Optimist		11.15
3	Twerdun, Tanner	91	Wpg Optimist		11.20
4	Gadjadhar, Mack	91	Wpg Optimist		11.45
5	McMaster, Jamie	91	Wpg Optimist		11.45
6	Pollock, Ethan	90	Wpg Optimist		11.58
7	Trapmore, Kevin	91	Wpg Optimist		11.58
8	Duncan, Patrick	93	Wpg Optimist		11.80

**Event 85 Women 200 m CSG Trials**

Lane	Name	Yr	Team	Seed	Time
<b>Flying M Athletic Club</b>					
1	Waters, Mallory	93	Flying M		26.95
<b>Sisler High School</b>					
1	Paracholski, Carly	93	Sisler		NT

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## U of Manitoba, Winnipeg, MB

## Performance List

**Stride Ahead Tough Track...(Event 85 Women 200 m CSG**

1	Andrushko, Amy	94	SA Tough Track	26.42
2	O'Donnell, Danielle	90	SA Tough Track	28.10

**Winnipeg Optimist Athletics**

1	Grant, Chantal	89	Wpg Optimist	24.50
2	Miskimmin, Caley	87	Wpg Optimist	25.78
3	Kitching, Melissa	93	Wpg Optimist	26.14
4	Huebert, Sarah	92	Wpg Optimist	27.52

**Event 86 Men 200 m CSG Trials**

Lane Name	Yr Team	Seed Time
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**Flying M Athletic Club**

1	Waters, Jay	91	Flying M	23.36
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**Kelvin High**

1	Fitkowsky, Matthew	93	Kelvin High	22.70
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**Manitoba**

1	Labbe, Nathan	88	Manitoba	22.79
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**Winnipeg Optimist Athletics**

1	Twerdun, Tanner	91	Wpg Optimist	22.30
2	Szczepaniak, David	88	Wpg Optimist	22.55
3	McMaster, Jamie	91	Wpg Optimist	22.80
4	Trapmore, Kevin	91	Wpg Optimist	23.13
5	Gadjadhar, Mack	91	Wpg Optimist	23.56
6	Pollock, Ethan	90	Wpg Optimist	23.99

**Event 87 Women 400 m CSG Trials**

Lane Name	Yr Team	Seed Time
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**Flying M Athletic Club**

1	Johnson, Alyssa	91	Flying M	55.14
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**Sisler High School**

1	Paracholski, Carly	93	Sisler	NT
2	Paracholski, Meagan	93	Sisler	NT

**Stride Ahead Tough Track**

1	Andrushko, Amy	94	SA Tough Track	1:00.00
2	Baran, Melanie	94	SA Tough Track	1:00.18

**Winnipeg Optimist Athletics**

1	Huebert, Sarah	92	Wpg Optimist	59.00
2	Kitching, Melissa	93	Wpg Optimist	1:01.11
3	Wroblewski, Rebecca	92	Wpg Optimist	1:04.00

**Event 88 Men 400 m CSG Trials**

Lane Name	Yr Team	Seed Time
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**Flying M Athletic Club**

1	Waters, Jay	91	Flying M	51.86
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**Kelvin High**

1	Fitkowsky, Matthew	93	Kelvin High	51.25
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**Peter & Andrew Running Club**

1	Schellenberg, Andrew	87	P.A.R.C.	52.76
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**Winnipeg Optimist Athletics**

1	Szczepaniak, David	88	Wpg Optimist	50.01
2	McMaster, Jamie	91	Wpg Optimist	51.12
3	Van Koughnet, Joel	91	Wpg Optimist	52.04
4	Duncan, Patrick	93	Wpg Optimist	55.40

**Event 89 Women 800 m CSG Trials**

Lane Name	Yr Team	Seed Time
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**Peter & Andrew Running Club**

1	Stromberg, Justine	88	P.A.R.C.	2:22.00
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**Sisler High School**

1	Paracholski, Meagan	93	Sisler	NT
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**Stride Ahead Tough Track**

1	Zrinyi, Julia	94	SA Tough Track	2:17.80
2	Baran, Melanie	94	SA Tough Track	2:21.12

**Winnipeg Optimist Athletics**

1	Teschuk, Erin	94	Wpg Optimist	2:22.13
2	Cantin, Catherine	94	Wpg Optimist	2:23.25
3	Adamson, Jaclyn	91	Wpg Optimist	NT

**Event 90 Men 800 m CSG Trials**

Lane Name	Yr Team	Seed Time
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**Peter & Andrew Running Club**

1	Schellenberg, Andrew	87	P.A.R.C.	1:57.00
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**Winnipeg Optimist Athletics**

1	Brown, Alastair	90	Wpg Optimist	1:56.64
2	Saccucci, Jordan	91	Wpg Optimist	2:00.00
3	Van Koughnet, Joel	91	Wpg Optimist	2:01.15
4	Duncan, Patrick	93	Wpg Optimist	2:11.00
5	Paterson, Ben	94	Wpg Optimist	2:20.61

**Event 91 Women 1500 m CSG Trials**

Lane Name	Yr Team	Seed Time
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**Manitoba National Triathlon**

1	Edwards, Rachael	91	MB Triathlon	4:45.00
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**Peter & Andrew Running Club**

1	Stromberg, Justine	88	P.A.R.C.	4:49.00
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**Unattached**

1	Dubois, Nicole	91	Unattached	5:09.00
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**Winnipeg Optimist Athletics**

1	Adamson, Jaclyn	91	Wpg Optimist	4:47.30
2	Teschuk, Erin	94	Wpg Optimist	4:50.07
3	Cantin, Catherine	94	Wpg Optimist	4:53.77

**Event 92 Men 1500 m CSG Trials**

Lane Name	Yr Team	Seed Time
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**Unattached**

1	Nicol-Samuel, DeLohnni	91	Unattached	4:04.00
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**Winnipeg Optimist Athletics**

1	Brown, Alastair	90	Wpg Optimist	3:55.27
2	Neufeld, Levi	94	Wpg Optimist	4:30.37

**Event 93 Women 5000 m CSG Trials**

Lane Name	Yr Team	Seed Time
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**Manitoba National Triathlon**

1	Edwards, Rachael	91	MB Triathlon	18:40.00
2	Moore, Stevie	90	MB Triathlon	19:06.00

## 2009 Manitoba Prov. Age Class Championship - 7/3/2009 to 7/4/2009

## CSG Trials

## U of Manitoba, Winnipeg, MB

## Performance List

**Unattached...(Event 93 Women 5000 m CSG Trials)**

1	Dubois, Nicole	91	Unattached	19:30.00
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**Event 94 Men 5000 m CSG Trials**

Lane	Name	Yr	Team	Seed Time
1	Nicol-Samuel, DeLohnni	91	Unattached	15:42.00

**Winnipeg Optimist Athletics**

1	Brown, Alastair	90	Wpg Optimist	15:45.00
2	Krisjanson, Bjorn	93	Wpg Optimist	NT

**Event 95 Women 100 m Hurdles 0.84m-8.5m CSG Trials**

Lane	Name	Yr	Team	Seed Time
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**Sisler High School**

1	Gallant, Jena	91	Sisler	NT
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**Stride Ahead Tough Track**

1	O'Donnell, Danielle	90	SA Tough Track	15.54
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**Unattached**

1	Gundrum, Amanda	91	Unattached	16.65
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**Winnipeg Optimist Athletics**

1	Bewski, Nicole	91	Wpg Optimist	NT
2	Twerdun, Deondra	88	Wpg Optimist	NT

**Event 96 Men 110 m Hurdles 1.067m-9.14m CSG Trials**

Lane	Name	Yr	Team	Seed Time
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**Manitoba**

1	Labbe, Nathan	88	Manitoba	16.00
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**Winnipeg Optimist Athletics**

1	Smook, Troy	88	Wpg Optimist	15.50
2	Finnsen, Curtis	91	Wpg Optimist	NT
3	Lautenslager, Rhys	90	Wpg Optimist	NT

**Event 97 Women High Jump CSG Trials**

Pos	Name	Yr	Team	Seed Mark
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**Stride Ahead Tough Track**

1	O'Donnell, Danielle	90	SA Tough Track	1.68m
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**Unattached**

1	Scott, Megan	90	Unattached	NH
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**Winnipeg Optimist Athletics**

1	Stoesz, Meredith	90	Wpg Optimist	1.50m
2	Prychitko, Alexis	91	Wpg Optimist	1.50m

**Event 98 Men High Jump CSG Trials**

Pos	Name	Yr	Team	Seed Mark
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1	Rodewald, Lucas	90	Wpg Optimist	2.06m
2	Buchanan, Arthur	91	Wpg Optimist	1.96m
3	Finnsen, Curtis	91	Wpg Optimist	1.63m
4	Welchinski, Tyrone	89	Wpg Optimist	NH

**Event 100 Men Pole Vault CSG Trials**

Pos	Name	Yr	Team	Seed Mark
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1	Logozar, Josh	89	Wpg Optimist	3.45m
2	Bilenko, Vitaliy	94	Wpg Optimist	3.35m
3	Buchanan, Arthur	91	Wpg Optimist	3.25m
4	Lautenslager, Rhys	90	Wpg Optimist	NH
5	Welchinski, Tyrone	89	Wpg Optimist	NH

**Event 101 Women Long Jump CSG Trials**

Pos	Name	Yr	Team	Seed Mark
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**Stride Ahead Tough Track**

1	O'Donnell, Danielle	90	SA Tough Track	5.09m
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**Unattached**

1	Gundrum, Amanda	91	Unattached	5.15m
2	Toews, Jessica	92	Unattached	4.94m

**Winnipeg Optimist Athletics**

1	Twerdun, Deondra	88	Wpg Optimist	ND
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**Event 102 Men Long Jump CSG Trials**

Pos	Name	Yr	Team	Seed Mark
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**Manitoba**

1	Labbe, Nathan	88	Manitoba	7.45m
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**Winnipeg Optimist Athletics**

1	Gundrum, Joshua	90	Wpg Optimist	6.58m
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**Event 103 Women Triple Jump CSG Trials**

Pos	Name	Yr	Team	Seed Mark
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**Flying M Athletic Club**

1	Waters, Mallory	93	Flying M	ND
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**Unattached**

1	Gundrum, Amanda	91	Unattached	10.51m
2	Toews, Jessica	92	Unattached	10.24m
3	Scott, Megan	90	Unattached	ND

**Winnipeg Optimist Athletics**

1	Bewski, Nicole	91	Wpg Optimist	9.09m
2	Twerdun, Deondra	88	Wpg Optimist	ND

**Event 104 Men Triple Jump CSG Trials**

Pos	Name	Yr	Team	Seed Mark
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**Flying M Athletic Club**

1	Waters, Jay	91	Flying M	12.22m
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**Winnipeg Optimist Athletics**

1	Gundrum, Joshua	90	Wpg Optimist	14.14m
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**Event 105 Women Shot Put 4kg CSG Trials**

Pos	Name	Yr	Team	Seed Mark
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**Flying M Athletic Club**

1	Ocran, Michelle	87	Flying M	ND
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**Unattached**

1	Martin, Stacey	91	Unattached	ND
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## 2009 Manitoba Prov. Age Class Championship - 7/3/2009 to 7/4/2009

## CSG Trials

## U of Manitoba, Winnipeg, MB

## Performance List

**Winnipeg Optimist Athletics...(Event 105 Women Shot Put 4kg**

1	Twerdun, Deondra	88	Wpg Optimist	ND
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**Event 106 Men Shot Put 7.26kg CSG Trials**

Pos	Name	Yr	Team	Seed Mark
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**Flying M Athletic Club**

1	Suppes, Garth	87	Flying M	ND
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**Manitoba**

1	Labbe, Nathan	88	Manitoba	8.00m
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**Unattached**

1	Twiss, Justin	90	Unattached	ND
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**Winnipeg Optimist Athletics**

1	Buchanan, Arthur	91	Wpg Optimist	12.25m
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**Event 107 Women Discus 1kg CSG Trials**

Pos	Name	Yr	Team	Seed Mark
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**Flying M Athletic Club**

1	Mackie, Kristen	89	Flying M	37.06m
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2	Ferris, Karen	91	Flying M	35.20m
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**Winnipeg Optimist Athletics**

1	Prychitko, Alexis	91	Wpg Optimist	17.63m
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**Event 108 Men Discus 2kg CSG Trials**

Pos	Name	Yr	Team	Seed Mark
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**Flying M Athletic Club**

1	Sedor, Mat	88	Flying M	46.21m
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2	Suppes, Garth	87	Flying M	ND
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**Winnipeg Optimist Athletics**

1	Buchanan, Arthur	91	Wpg Optimist	34.74m
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**Event 109 Women Javelin 600g CSG Trials**

Pos	Name	Yr	Team	Seed Mark
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**Stride Ahead Tough Track**

1	O'Donnell, Danielle	90	SA Tough Track	31.99m
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**Unattached**

1	Harmon, Sara	90	Unattached	37.50m
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2	Stratton, Desiree	90	Unattached	34.12m
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**William Morton Collegiate**

1	Adamson, Jody	92	William Morton	36.72m
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**Winnipeg Optimist Athletics**

1	Grondin, Renee	92	Wpg Optimist	35.00m
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2	Prychitko, Alexis	91	Wpg Optimist	20.09m
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**Event 110 Men Javelin 800g CSG Trials**

Pos	Name	Yr	Team	Seed Mark
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**Flying M Athletic Club**

1	Waterhouse, Travis	88	Flying M	54.19m
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**Manitoba**

1	Labbe, Nathan	88	Manitoba	40.00m
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**Unattached**

1	Nadeau, Alex	92	Unattached	ND
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2	Twiss, Justin	90	Unattached	ND
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**Winnipeg Optimist Athletics**

1	Buchanan, Arthur	91	Wpg Optimist	47.51m
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2	Gundrum, Joshua	90	Wpg Optimist	45.74m
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3	Lautenslager, Rhys	90	Wpg Optimist	32.63m
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**Event 111 Women Hammer 4kg CSG Trials**

Pos	Name	Yr	Team	Seed Mark
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**Flying M Athletic Club**

1	Mackie, Kristen	89	Flying M	38.69m
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2	Ferris, Karen	91	Flying M	31.29m
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3	Ocran, Michelle	87	Flying M	ND
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**Event 112 Men Hammer 7.26kg CSG Trials**

Pos	Name	Yr	Team	Seed Mark
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1	Suppes, Garth	87	Flying M	ND
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