

**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**  
**Comox Valley Sport Centre - 6/24/2023 to 6/25/2023**  
**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

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

**2023 Comox Summer Solstice**  
**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

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

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

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

**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

**2023 Comox Summer Solstice**  
**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



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

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

**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

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

**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

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

**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**

=====						
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**

=====						
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**

=====	
Team	Finals
=====	
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

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

**Event 159 Men 9 Long Jump**

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



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

**Event 159 Men 10 Long Jump**

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

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

**Event 258 Men 12 Year Olds Hammer Throw 3 kg**

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

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

**Event 216 Men 14-15 Javelin Throw 600 g**

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

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

**Event 183 Women 10 Year Olds Discus Throw 750 g**

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

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

**Event 228 Women 12 Year Olds Shot Put 3 kg**

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

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

**Event 140 Women 14-15 High Jump**

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

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

**Event 161 Men 11 Year Olds Long Jump**

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

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

**Event 259 Men 13 Year Olds Hammer Throw 3 kg**

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



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

**Event 224 Men 80-84 Javelin Throw 400 g**

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

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

**Event 220 Men 35-49 Javelin Throw 800 g**

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

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

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

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

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

**Event 219 Men 20-34 Javelin Throw 800 g**

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

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

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

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

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

**Event 184 Women 11 Year Olds Discus Throw 750 g**

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

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

**Event 229 Women 13 Year Olds Shot Put 3 kg**

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

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

**Event 142 Women 16-17 High Jump**

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



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

**Event 142 Women 18-19 High Jump**

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

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

**Event 212 Men 10 Year Olds Javelin Throw 400 g**

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

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

**Event 162 Men 12 Year Olds Long Jump**

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

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

**Event 260 Men 14-15 Hammer Throw 4 kg**

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

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

**Event 185 Women 12 Year Olds Discus Throw 750 g**

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

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

**Event 139 Women 13 Year Olds High Jump**

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

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

**Event 230 Women 14-15 Shot Put 3 kg**

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

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

**Event 268 Men 80-84 Hammer Throw 3 kg**

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



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

**Event 262 Men 16-17 Hammer Throw 5 kg**

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

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

**Event 135 Girls 9 High Jump**

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

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

**Event 135 Girls 10 High Jump**

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

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

**Event 233 Women 18-19 Shot Put 4 kg**

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

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

**Event 233 Women 20-34 Shot Put 4 kg**

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

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

**Event 233 Women 35-39 Shot Put 4 kg**

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

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

**Event 233 Women 45-49 Shot Put 4 kg**

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

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

**Event 232 Women 16-17 Shot Put 3 kg**

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



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

**Event 213 Men 11 Year Olds Javelin Throw 400 g**

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

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

**Event 163 Men 13 Year Olds Long Jump**

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

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

**Event 227 Women 11 Year Olds Shot Put 2 kg**

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

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

**Event 138 Women 12 Year Olds High Jump**

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

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

**Event 186 Women 13 Year Olds Discus Throw 750 g**

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

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

**Event 214 Men 12 Year Olds Javelin Throw 500 g**

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

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

**Event 164 Men 14-15 Long Jump**

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

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

**Event 225 Girls 9 Shot Put 2 kg**

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



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

**Event 225 Girls 10 Shot Put 2 kg**

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

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

**Event 137 Women 11 Year Olds High Jump**

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

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

**Event 187 Women 14-15 Discus Throw 1 kg**

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

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

**Event 215 Men 13 Year Olds Javelin Throw 500 g**

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

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

**Event 166 Men 16-17 Long Jump**

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

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

**Event 166 Men 18-19 Long Jump**

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

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

**Event 166 Men 40-44 Long Jump**

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

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

**Event 189 Women 16-17 Discus Throw 1 kg**

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



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

**Event 189 Women 18-19 Discus Throw 1 kg**

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

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

**Event 189 Women 20-34 Discus Throw 1 kg**

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

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

**Event 189 Women 35-39 Discus Throw 1 kg**

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

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

**Event 189 Women 45-49 Discus Throw 1 kg**

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

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

**Event 191 Men 10 Year Olds Discus Throw 750 g**

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

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

**Event 239 Men 12 Year Olds Shot Put 3 kg**

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

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

**Event 148 Men 14-15 High Jump**

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

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

**Event 151 Girls 9 Long Jump**

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



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

**Event 151 Girls 10 Long Jump**

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

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

**Event 250 Women 12 Year Olds Hammer Throw 3 kg**

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

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

**Event 206 Women 14-15 Javelin Throw 500 g**

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

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

**Event 192 Men 11 Year Olds Discus Throw 750 g**

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

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

**Event 240 Men 13 Year Olds Shot Put 3 kg**

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

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

**Event 150 Men 16-17 High Jump**

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

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

**Event 150 Men 70-74 High Jump**

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

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

**Event 153 Women 11 Year Olds Long Jump**

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



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

**Event 251 Women 13 Year Olds Hammer Throw 3 kg**

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

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

**Event 209 Women 18-19 Javelin Throw 600 g**

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

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

**Event 209 Women 20-34 Javelin Throw 600 g**

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

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

**Event 209 Women 40-44 Javelin Throw 600 g**

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

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

**Event 208 Women 16-17 Javelin Throw 500 g**

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

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

**Event 193 Men 12 Year Olds Discus Throw 1 kg**

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

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

**Event 147 Men 13 Year Olds High Jump**

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

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

**Event 241 Men 14-15 Shot Put 4 kg**

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



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

**Event 202 Women 10 Year Olds Javelin Throw 400 g**

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

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

**Event 154 Women 12 Year Olds Long Jump**

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

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

**Event 252 Women 14-15 Hammer Throw 3 kg**

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

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

**Event 143 Men 9 High Jump**

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

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

**Event 143 Men 10 High Jump**

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

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

**Event 249 Men 80-84 Shot Put 3 kg**

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

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

**Event 248 Men 70-74 Shot Put 4 kg**

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

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

**Event 247 Men 60-64 Shot Put 5 kg**

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



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

**Event 244 Men 18-19 Shot Put 6 kg**

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

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

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

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

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

**Event 255 Women 18-19 Hammer Throw 4 kg**

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

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

**Event 255 Women 20-34 Hammer Throw 4 kg**

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

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

**Event 255 Women 45-49 Hammer Throw 4 kg**

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

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

**Event 254 Women 16-17 Hammer Throw 3 kg**

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

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

**Event 203 Women 11 Year Olds Javelin Throw 400 g**

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

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

**Event 155 Women 13 Year Olds Long Jump**

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



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

**Event 238 Men 11 Year Olds Shot Put 2 kg**

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

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

**Event 146 Men 12 Year Olds High Jump**

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

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

**Event 194 Men 13 Year Olds Discus Throw 1 kg**

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

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

**Event 204 Women 12 Year Olds Javelin Throw 400 g**

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

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

**Event 156 Women 14-15 Long Jump**

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

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

**Event 236 Men 9 Shot Put 2 kg**

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

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

**Event 236 Men 10 Shot Put 2 kg**

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

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

**Event 145 Men 11 Year Olds High Jump**

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



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

**Event 195 Men 14-15 Discus Throw 1 kg**

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

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

**Event 205 Women 13 Year Olds Javelin Throw 400 g**

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

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

**Event 158 Women 16-17 Long Jump**

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

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

**Event 158 Women 18-19 Long Jump**

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

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

**Event 201 Men 60-64 Discus Throw 1 kg**

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

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

**Event 201 Men 70-74 Discus Throw 1 kg**

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

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

**Event 201 Men 80-84 Discus Throw 1 kg**

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

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

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

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



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

**Event 199 Men 40-44 Discus Throw 2 kg**

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

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

**Event 199 Men 45-49 Discus Throw 2 kg**

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

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

**Event 198 Men 18-19 Discus Throw 1.75 kg**

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