

**SFU HIGH PERFORMANCE #1**

Burnaby, BC

Simon Fraser

March 18, 2023

**OFFICIAL MEET REPORT**

printed: 2023-03-18, 6:39 PM

**RESULTS****#1 Women 100m Hurdles 33" (Open)**

Wind: (+0.0)

Pl	Name	Team	Time	Note
1	TALBOT, Corinna	Royal City Track and Field	17.38	
	TRESNJO, Marlana	NorWesters	DQ	tr22.6.1

**#2 Women's 400 Meters (Open)**

Pl	Name	Team	Time	Note
1	ROBERTSON, Veronica	Simon Fraser	1:02.09	
2	SMIEGELSKI, Natasha	Simon Fraser	1:04.24	

**#3 Men's 400 Meters (Open)**

Pl	Name	Team	Time	Note
1	LENTON, Jorin	Simon Fraser	51.13	
2	ERASO, Diego	Chilliwack Track & Field	53.53	
3	NOWAK, Sabin	Unattached	54.87	
4	YU, An	KAJAKS	54.92	

**#4 Women's 100 Meters (Open)**

Wind: (-1.3)

Pl	Name	Team	Time	Note
1	CANNAN, Emma	Simon Fraser	12.17	
2	CUMMINGS, Jaeland	Simon Fraser	12.44	
3	VOLOSHIN, Diana	Simon Fraser	12.62	
4	JACOBS, Cailey	Simon Fraser	13.41	
5	TALBOT, Corinna	Royal City Track and Field	13.50	
6	KANIA, Sydney	Simon Fraser	13.77	
7	NG, Rachelle	NorWesters	14.87	
8	BUNBURY, Shauna	Norwesters	15.10	

**#5 Men's 100 Meters (Open)**

Pl	Name	Team	Time	Note	H(Pl)
1	PENSON-MCCOY, Jesaiah	Simon Fraser	10.75	(+0.8)	2(1)
2	SUZUKI, Kaito	Simon Fraser	10.98	10.972 (+0.8)	2(2)
3	DAVIS, Shemar	Unattached	10.98	10.973 (+0.8)	2(3)
4	BELCHER, Jeremy	Simon Fraser	11.21	(+0.8)	2(4)
5	ORTIZ, Jose	Unattached	11.35	(+0.8)	2(5)
6	ARDIZZONI, Massimo	TBirds	11.38	(+0.8)	2(6)
7	GIBBS, Mitchell	Simon Fraser	11.64	11.636 (+0.0)	1(1)
8	FURTADO, Blake	Simon Fraser	11.64	11.639 (+0.0)	1(2)
9	TRAN, Tason	Unattached	11.80	(+0.0)	1(3)
10	HICKSON, Eamonn	West Vancouver	12.28	(+0.0)	1(4)
11	DEDAS, Konstantinos	WVFC	17.23	(+0.8)	2(7)
	MONRO, Nicholas	Simon Fraser	DNS		1

**SECTION RESULTS**

Pl	Name	Team	Time	Note
<b>Section 1 of 2</b>				
1	GIBBS, Mitchell	Simon Fraser	11.64	11.636

Wind: (+0.0)

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<b>RESULTS</b>
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**#5 Men's 100 Meters (Open) (cont'd)**

Pl	Name	Team	Time	Note
2	FURTADO, Blake	Simon Fraser	11.64	11.639
3	TRAN, Tason	Unattached	11.80	
4	HICKSON, Eamonn	West Vancouver	12.28	
	MONRO, Nicholas	Simon Fraser	DNS	

**Section 2 of 2**

Wind: (+0.8)

1	PENSON-MCCOY, Jesaiah	Simon Fraser	10.75	
2	SUZUKI, Kaito	Simon Fraser	10.98	10.972
3	DAVIS, Shemar	Unattached	10.98	10.973
4	BELCHER, Jeremy	Simon Fraser	11.21	
5	ORTIZ, Jose	Unattached	11.35	
6	ARDIZZONI, Massimo	TBirds	11.38	
7	DEDAS, Konstantinos	WVTFC	17.23	

**#8 Women's 3000 Meters (Open)**

Pl	Name	Team	Time	Note
1	WILLETT, Olivia	Simon Fraser	10:33.59	
2	KALISCH, Milena	Simon Fraser	10:46.01	
3	MARION, Ella	Simon Fraser	10:51.31	
4	HESLOP, Kaitlyn	Royal City Track & Field Cl	11:26.38	
5	DOMMANN, Alita	West Vancouver Track and	11:27.31	
	TASDEMIR, Selin	Simon Fraser	DNS	

**#9 Men's 3000 Meters (Open)**

Pl	Name	Team	Time	Note
1	DOMMANN, Marten	West Vancouver Track and	9:42.19	
2	ZHANG, Tianyi	WVTFC	9:55.39	

**#12 Women's 200 Meters (Open)**

Pl	Name	Team	Time	Note	H(Pl)
1	CANNAN, Emma	Simon Fraser	25.31	(+1.2)	2(1)
2	BOSMA, Claire	Simon Fraser	25.70	(+2.6)	1(1)
3	CUMMINGS, Jaeland	Simon Fraser	25.97	(+1.2)	2(2)
4	BINDER, Erika	Simon Fraser	26.22	(+1.2)	2(3)
5	VOLOSHIN, Diana	Simon Fraser	26.53	(+1.2)	2(4)
6	JACOBS, Jordan	Simon Fraser	26.81	(+1.2)	2(5)
7	TRESNJO, Marlana	NorWesters	26.92	(+2.6)	1(2)
8	ROBERTSON, Veronica	Simon Fraser	27.01	(+2.6)	1(3)
	RONSE, Dominique	Simon Fraser	DNS		1

**SECTION RESULTS**

Pl	Name	Team	Time	Note
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**Section 1 of 2**

Wind: (+2.6)

1	BOSMA, Claire	Simon Fraser	25.70	
2	TRESNJO, Marlana	NorWesters	26.92	
3	ROBERTSON, Veronica	Simon Fraser	27.01	
	RONSE, Dominique	Simon Fraser	DNS	

**Section 2 of 2**

Wind: (+1.2)

1	CANNAN, Emma	Simon Fraser	25.31	
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**RESULTS****#12 Women's 200 Meters (Open) (cont'd)**

PI Name	Team	Time	Note
2 CUMMINGS, Jaeland	Simon Fraser	25.97	
3 BINDER, Erika	Simon Fraser	26.22	
4 VOLOSHIN, Diana	Simon Fraser	26.53	
5 JACOBS, Jordan	Simon Fraser	26.81	

**#13 Men's 200 Meters (Open)**

PI Name	Team	Time	Note	H(PI)
1 PENSON-MCCOY, Jesaiah	Simon Fraser	21.78	(+1.8)	2(1)
2 DAVIS, Shemar	Unattached	22.00	(+1.8)	2(2)
3 SUZUKI, Kaito	Simon Fraser	22.18	(+1.8)	2(3)
4 ORTIZ, Jose	Unattached	22.62	(+1.8)	2(4)
5 ARDIZZONI, Massimo	TBirds	23.22	(+1.8)	2(5)
6 TRAN, Tason	Unattached	24.15	(+1.4)	1(1)
7 NOWAK, Sabin	Unattached	24.47	(+1.4)	1(2)
8 GOUDRON, Ryan	UBC	29.40	(+1.4)	1(3)
HICKSON, Eamonn	West Vancouver	DNS		1
DEDAS, Konstantinos	WVTFC	DNS		2

**SECTION RESULTS**

PI Name	Team	Time	Note
<b>Section 1 of 2</b>		<b>Wind: (+1.4)</b>	
1 TRAN, Tason	Unattached	24.15	
2 NOWAK, Sabin	Unattached	24.47	
3 GOUDRON, Ryan	UBC	29.40	
HICKSON, Eamonn	West Vancouver	DNS	
<b>Section 2 of 2</b>		<b>Wind: (+1.8)</b>	
1 PENSON-MCCOY, Jesaiah	Simon Fraser	21.78	
2 DAVIS, Shemar	Unattached	22.00	
3 SUZUKI, Kaito	Simon Fraser	22.18	
4 ORTIZ, Jose	Unattached	22.62	
5 ARDIZZONI, Massimo	TBirds	23.22	
DEDAS, Konstantinos	WVTFC	DNS	

**#14 Women's 1500 Meters (Open)**

PI Name	Team	Time	Note
1 TASDEMIR, Selin	Simon Fraser	4:44.53	
2 WATKINS, Rachael	Simon Fraser	4:46.38	
3 CAMERON, Kate	Simon Fraser	4:47.49	
4 CHILTON, Emily	Simon Fraser	4:48.40	
5 PRANGLEY, Sarah	Simon Fraser	4:51.21	
6 RANAHAHAN, Alicia	Simon Fraser	4:54.95	
WILLETT, Olivia	Simon Fraser	DNS	

**#15 Men's 1500 Meters (Open)**

PI Name	Team	Time	Note
1 THOMSON, Andrew	Simon Fraser	3:53.00	
2 MEKONNEN, Ephrem	Simon Fraser	3:55.15	
3 CHAPMAN, Tomas	Simon Fraser	3:58.66	

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## RESULTS

### #15 Men's 1500 Meters (Open) (cont'd)

Pl	Name	Team	Time	Note
4	CURTIS, Joseph	Unattached	3:59.82	
5	CASTRO, Jose	Simon Fraser	4:00.84	
6	JENSEN, Ryan	Simon Fraser	4:03.75	
7	AHL, Braden	Simon Fraser	4:04.24	
8	LOGIE, Micah	Simon Fraser	4:05.32	
9	MOORE, Brendan	Simon Fraser	4:06.93	
10	JIVRAJ, Keyaan	West Vancouver Track & Fi	4:18.22	
11	VAN DIJK, Oliver	WVTF	4:20.60	
12	IVANOVIC, Adam	Unattached	4:22.27	
13	TORRES, Richard	Simon Fraser	4:23.24	
14	ZHANG, Tianyi	WVTF	4:33.17	
15	ROBERTSON, Trevor	West Vancouver Track and	4:41.56	
16	BROWN, Jordan	West Vancouver Track and	5:02.00	
	GOOD, Aiden	Simon Fraser	DNF	
	BOGALE, Kirubel	Simon Fraser	DNS	
	SCHOENING, Benjamin	Simon Fraser	DNS	

### #20 Women Shot Put 3Kg (U18)

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	PHANGURA, Talia	Dynamo Throws C	13.45m	13.45	11.83	12.78	FOUL	12.94	12.08
2	TRESNJO, Marlena	NorWesters	7.64m	7.64	6.81	6.79			

### #21 Men Shot Put 6Kg (U20)

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	MIKACEVICH WARHOLM, Do	Royal City Track &	8.73m	8.72	8.57	8.12	8.20	8.48	8.73

### #22 Men's Triple Jump (Open)

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	LEE, Hei Long	Unattached	12.17m (+0.4)	12.17 (+0.4)	12.01 (+0.8)	11.97 (+0.1)	PASS	11.52 (+0.8)	PASS

### #23 Women's High Jump (Open)

Pl	Name	Team	Mark	1.48	1.53	1.58
1	TRESNJO, Marlena	NorWesters	1.53m	O	O	XXX
2	WINDBIEL, Olivia	Simon Fraser	1.53m	O	O	XXX
	KANIA, Sydney	Simon Fraser	DNS			

### #24 Women's Long Jump (Open)

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	KANIA, Sydney	Simon Fraser	5.09m (+0.1)	FOUL	5.09 (+0.1)	4.99 (+0.2)	PASS	4.73 (+0.8)	PASS
2	STEWART, Kyra	Simon Fraser	5.04m (+0.8)	4.85 (+0.3)	FOUL	4.61 (+0.0)	4.84 (+0.0)	FOUL	5.04 (+0.8)
3	RONSE, Dominique	Simon Fraser	4.96m (+0.2)	FOUL	FOUL	4.89 (+0.0)	4.96 (+0.2)	4.83 (+0.5)	FOUL
4	URBAN, Jessica	UBC	4.95m (+0.5)	FOUL	FOUL	4.88 (+0.2)	FOUL	4.95 (+0.5)	FOUL
5	JACOBS, Cailey	Simon Fraser	4.94m (+0.0)	4.70 (+1.3)	4.83 (+0.2)	2.74 (+1.4)	4.86 (+0.0)	4.94 (+0.0)	4.84 (+0.9)
6	COTE, Larissa	Simon Fraser	4.62m (+0.7)	FOUL	4.58 (+0.0)	PASS	4.62 (+0.7)	PASS	FOUL
7	NG, Rachelle	NorWesters	3.94m (+0.0)	FOUL	FOUL	3.80 (+1.0)	3.94 (+0.0)	3.70 (+1.5)	FOUL
	PRIMROSE, Kennedy	Simon Fraser	NM						

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## RESULTS

## #25 Women Javelin 600g (Open)

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	PAUGH, Madison	Simon Fraser	35.27m	34.41	32.85	FOUL	FOUL	35.27	33.34
2	TALBOT, Corinna	Royal City Track &	23.91m	22.01	19.58	19.92	17.53	FOUL	23.91
	TRESNJO, Marlena	NorWesters	DNS						

## #26 Men Javelin 800g (Open)

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	MANUEL, Theo	Valley Royals	58.18m	FOUL	56.12	58.18	55.14	50.75	48.65
2	CORTES, Bryan	Simon Fraser	52.95m	30.93	51.23	51.58	52.95	49.61	47.68
3	BAJARUNAS, Martynas	royal city	51.67m	51.67	50.33	49.63	FOUL	43.58	50.94
4	MALKOSKE, Riley	Royal City Athletic	47.50m	47.50	FOUL	37.84	43.39	46.60	43.46
5	DHEILLY-STURROCK, matthe	royal city	43.80m	37.55	40.54	43.80	FOUL	39.11	FOUL

## #27 Men's Long Jump (Open)

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	GIBBS, Mitchell	Simon Fraser	6.21m (+0.0)	FOUL	FOUL	FOUL	5.06 (+0.0)	6.17 (+0.2)	6.21 (+0.0)
2	FURTADO, Blake	Simon Fraser	6.21m (+0.0)	FOUL	6.00 (-0.5)	5.95 (+0.6)	FOUL	FOUL	6.21 (+0.0)
3	MCDIARMID, Caysen	Simon Fraser	5.64m (+0.0)	5.55 (+0.0)	5.22 (+0.0)	5.38 (+0.0)	5.54 (+0.0)	5.58 (+1.2)	5.64 (+0.0)
4	LEE, Hei Long	Unattached	5.56m (+0.0)	4.94 (+0.0)	5.56 (+0.0)	5.06 (+0.0)	5.38 (+0.1)	4.99 (+0.0)	5.17 (+0.2)
5	MILLARD, William	NorWesters	5.03m (+0.7)	4.64 (+0.0)	5.01 (+0.0)	5.03 (+0.7)	4.51 (+0.0)	FOUL	4.60 (+0.0)
	MONRO, Nicholas	Simon Fraser	NM						

## #29 Women Hammer 4Kg (Open)

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	LINIEWSKI, Zuzanna	Simon Fraser	47.89m	45.51	43.44	46.81	FOUL	47.89	FOUL
2	HANGER, Kaitlyn	Simon Fraser	44.78m	44.78	42.53	43.41	FOUL	43.42	FOUL

## #30 Men Hammer 7.26kg (Open)

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	DHEILLY-STURROCK, matthe	royal city	42.92m	FOUL	39.54	FOUL	42.92	FOUL	39.21

## #31 Mens hammer 5kg (U18)

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	MACLACHLAN, Ewan	Royal City Track &	21.07m	FOUL	19.69	FOUL	FOUL	21.07	FOUL

## #32 Men hammer 6kg (U20)

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	MIKACEVICH WARHOLM, Do	Royal City Track &	32.54m	FOUL	30.61	FOUL	31.13	FOUL	32.54

## #33 Men shot Put 5kg (U18)

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	MACLACHLAN, Ewan	Royal City Track &	5.64m	5.64	FOUL	4.90	5.25	4.93	5.62

## #34 men Javelin 700g (U18)

Pl	Name	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	MILLARD, William	NorWesters	30.70m	30.70	23.99	29.90	29.67	27.20	25.93

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**RESULTS****#34 men Javelin 700g (U18) (cont'd)**

<b>Pl</b>	<b>Name</b>	<b>Team</b>	<b>Mark</b>	<b>Rnd 1</b>	<b>Rnd 2</b>	<b>Rnd 3</b>	<b>Rnd 4</b>	<b>Rnd 5</b>	<b>Rnd 6</b>
2	MACLACHLAN, Ewan	Royal City Track &	18.22m	13.32	14.87	15.50	15.81	17.56	18.22