

## Vernon All Comers Meet 2023 - 2023-04-23

Greater Vernon Athletics Park,

## Results

**Event 4 Men 15 1500 Meter Run**

Name	Age Team	Seed	Finals
Finals			
1 Matthies, Alexander	15 Vernon Amate		5:34.80
2 Canabe, Aiden	15 Vernon Amate		6:15.65

**Event 4 Men 16-17 1500 Meter Run**

Name	Age Team	Seed	Finals
1 Reid, Liam	16 Vernon Amate		4:44.44
2 Westley, Eric	16 Vernon Amate		4:53.07
3 Frost, Blake	17 Vernon Amate		5:15.91

**Event 4 Men 40-44 1500 Meter Run**

Name	Age Team	Seed	Finals
1 Welter, Josh	40 Vernon Amate		5:35.48

**Event 4 Men 60-64 1500 Meter Run**

Name	Age Team	Seed	Finals
1 Briggeman, Steve	64 Vernon Amate		5:58.39

**Event 5 Men 14 100 Meter Dash**

Name	Age Team	Seed	Finals	Wind
1 Austen, Finn	14 Okanagan Ath	16.15	14.78	0.2
2 Solano, Mateo	14 Okanagan Ath		15.34	0.2

**Event 5 Men 15 100 Meter Dash**

Name	Age Team	Seed	Finals	Wind
1 Westlund, Oliver	15 Okanagan Ath		13.04	0.2
2 Pinkoski, Everett	15 Okanagan Ath		13.12	0.2

**Event 5 Men 16-17 100 Meter Dash**

Name	Age Team	Seed	Finals	Wind	H#
1 Patenaude, Maximilian	16 Okanagan Ath		11.42	-0.5	2
2 Grenier, Charles	16 Unattached B	11.92	12.35	-0.5	2

**Event 5 Men 18-19 100 Meter Dash**

Name	Age Team	Seed	Finals	Wind	H#
1 Andersen, Mikkel	19 Okanagan Ath	11.16	11.36	-0.5	2
2 Gokiert, Isaac	19 Okanagan Ath	11.66	11.67	-0.5	2
3 Carr, Tyson	18 Okanagan Ath	11.62	11.94	-0.5	2

**Vernon All Comers Meet 2023 - 2023-04-23**  
**Greater Vernon Athletics Park,**  
**Results**

**Event 5 Men 20-34 100 Meter Dash**

Name	Age Team	Seed	Finals	Wind	H#
1 Simpson, Jared	20 Okanagan Ath	11.70	12.03	-0.5	2

**Event 6 Girls 14 100 Meter Dash**

Name	Age Team	Seed	Finals	Wind
1 Lafreniere, Scotia	14 Okanagan Ath		13.62	-0.1
2 Taves, Kayla	14 Vernon Amate		16.22	-0.1

**Event 6 Women 15 100 Meter Dash**

Name	Age Team	Seed	Finals	Wind
1 Mostowy, Siena	15 Okanagan Ath	12.84	12.76	-0.1
2 Stroda, Lily	15 Unattached B	13.44	13.13	-0.1

**Event 6 Women 16-17 100 Meter Dash**

Name	Age Team	Seed	Finals	Wind
1 Peever, Caitlin	16 Okanagan Ath	12.89	12.58	-0.1

**Event 6 Women 18-19 100 Meter Dash**

Name	Age Team	Seed	Finals	Wind
1 Dreger, Isabella	18 Unattached B		13.09	-0.1

**Event 6 Women 40-44 100 Meter Dash**

Name	Age Team	Seed	Finals	Wind
1 Gibbs, Naomi	42 Unattached	15.00	15.92	-0.1

**Event 7 Men 16-17 Shot Put**

Masters 80+: 3kg, Masters 70-79: 4kg  
 Masters 60-69: 5kg, Masters 50-59: 6kg, Masters 35-39: 7.26kg  
 Senior: 7.26kg, U20: 6kg  
 U18: 5kg, U16: 4kg

Name	Age Team	Seed	Finals
1 Van Zyl, Zander	16 Vernon Amate		12.16m

**Event 8 Women 18-19 Shot Put**

Masters 75+: 2kg, Masters 60-74: 3kg, Masters 50-59: 3kg  
 Masters 35-49: 4kg, Senior: 4kg, U20: 4kg  
 U18: 3kg, U16: 3kg

Name	Age Team	Seed	Finals
2 Van Zyl, Cathlene	19 Vernon Amate		J12.08m

**Vernon All Comers Meet 2023 - 2023-04-23****Greater Vernon Athletics Park,****Results****Event 8 Women 45-49 Shot Put**

=====  
 Masters 75+: 2kg, Masters 60-74: 3kg, Masters 50-59: 3kg  
 Masters 35-49: 4kg, Senior: 4kg, U20: 4kg  
 U18: 3kg, U16: 3kg

Name	Age Team	Seed	Finals
3 Carlos, Nicole	49 Vernon Amate		J9.28m

**Event 9 Men 15 High Jump**

Name	Age Team	Seed	Finals
1 Brown, Walker	15 Okanagan Ath	1.67m	1.75m

**Event 10 Girls 14 High Jump**

Name	Age Team	Seed	Finals
-- Sawatzky, Lanelle	14 Vernon Amate	1.25m	NH

**Event 10 Women 15 High Jump**

Name	Age Team	Seed	Finals
1 Stroda, Lily	15 Unattached B	1.57m	1.50m

**Event 10 Women 16-17 High Jump**

Name	Age Team	Seed	Finals
2 Sawatzky, Rebecca	16 Vernon Amate	1.04m	J1.35m

**Event 11 Men 14 Javelin Throw**

=====  
 Masters 80+: 400g, Masters 70-79: 500g, Masters 60-69: 600g  
 Masters 50-59: 700g, Masters 35-49: 800g  
 Senior: 800g, U20: 800g  
 U18: 700g, U16: 600g

Name	Age Team	Seed	Finals
1 Austen, Finn	14 Okanagan Ath	15.18m	18.28m

**Event 11 Men 15 Javelin Throw**

=====  
 Masters 80+: 400g, Masters 70-79: 500g, Masters 60-69: 600g  
 Masters 50-59: 700g, Masters 35-49: 800g  
 Senior: 800g, U20: 800g  
 U18: 700g, U16: 600g

Name	Age Team	Seed	Finals
1 Pinkoski, Everett	15 Okanagan Ath		24.99m

**Vernon All Comers Meet 2023 - 2023-04-23****Greater Vernon Athletics Park,****Results****Event 12 Women 18-19 Javelin Throw**

Masters 75+: 400g, Masters 60-74: 500g, Masters 59-59: 500g

Masters 35-49: 600g, Senior: 600g

U20: 600g

U18: 500g, U16: 500g

Name	Age Team	Seed	Finals
1 Breau, Brianna	18 Vernon Amate	34.07m	32.27m

**Event 12 Women 45-49 Javelin Throw**

Masters 75+: 400g, Masters 60-74: 500g, Masters 59-59: 500g

Masters 35-49: 600g, Senior: 600g

U20: 600g

U18: 500g, U16: 500g

Name	Age Team	Seed	Finals
1 Carlos, Nicole	49 Vernon Amate		28.73m

**Event 13 Men 16-17 Long Jump**

Name	Age Team	Seed	Finals	Wind
1 Grenier, Charles	16 Unattached B	5.22m	4.23m	+0.0

**Event 14 Women 15 Long Jump**

Name	Age Team	Seed	Finals	Wind
1 Stroda, Lily	15 Unattached B	4.73m	4.83m	+0.0