

2009 Regina Friendship Games - 05/12/2009
Regina Fieldhouse, Regina, Saskatchewan
Results

Event 1 Girls 14-15 60 Meter Dash Midget

| Name | Yr | Team | Finals | H# |
|----------------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Lavoy, Renee | 95 | Excel Athletika | 8.39 | |
| 2 Miskiman, Brooke | 94 | Excel Athletika | 8.44 | |
| 3 Anderson, Madeline | 95 | Excel Athletika | 8.82 | |
| 4 Wilker, Justine | 95 | Excel Athletika | 9.03 | |
| 5 Lazarou, Katey | 96 | Excel Athletika | 9.58 | |

Event 2 Boys 14-15 60 Meter Dash Midget

| Name | Yr | Team | Finals | H# |
|-----------------------|----|---------------------------|--------|----|
| Finals | | | | |
| 1 Robinson, Taran | 94 | Kindersley Athletics Club | 7.42 | |
| 2 Lazarou, Conor | 94 | Excel Athletika | 7.52 | |
| 3 Fry, Charles | 94 | Excel Athletika | 7.83 | |
| 4 Simon, Atlee | 96 | Queen City Striders | 7.84 | |
| 5 Aravinthan, Kaishan | 94 | Excel Athletika | 7.84 | |
| 6 Olson, Tyler | 95 | CC Track | 8.46 | |

Event 3 Girls 16-17 60 Meter Dash Juvenile

| Name | Yr | Team | Finals | H# |
|--------------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Koza, Nicole | 92 | Excel Athletika | 8.66 | |
| 2 Anderson, Dagmar | 93 | Excel Athletika | 8.93 | |

Event 4 Boys 16-17 60 Meter Dash Juvenile

| Name | Yr | Team | Finals | H# |
|-------------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Godwin, Brian | 92 | Excel Athletika | 7.79 | |
| 2 Johnstone, Eric | 93 | CC Track | 8.26 | |

Event 7 Women 20-34 60 Meter Dash Senior

| Name | Yr | Team | Finals | H# |
|---------------------|----|------------------------------|--------|----|
| Finals | | | | |
| 1 Ruller, Amanda | 87 | University of Regina Cougars | 7.86 | |
| 2 Margetts, Merissa | 91 | University of Regina Cougars | 7.88 | |
| 3 Davis, Tennille | 90 | University of Regina Cougars | 8.19 | |
| 4 Bauck, Sarah | 89 | Unattached | 8.29 | |
| 5 Jestadt, Alison | 89 | University of Regina Cougars | 8.65 | |
| 6 Grebinski, Lauren | 90 | University of Regina Cougars | 9.13 | |

Event 8 Men 20-34 60 Meter Dash Senior

| Name | Yr | Team | Finals | H# |
|--------------------|----|------------------------------|--------|----|
| Finals | | | | |
| 1 Foote, Mason | 89 | University of Regina Cougars | 7.04 | 2 |
| 2 Clark, Eric | 84 | University of Regina Cougars | 7.10 | 2 |
| 3 Windrum, Mychael | 89 | University of Regina Cougars | 7.13 | 2 |
| 4 Okere, Enyinnah | 87 | University of Regina Cougars | 7.17 | 2 |
| 5 Baker, Justin | 89 | University of Regina Cougars | 7.28 | 2 |
| 6 Huber, Wade | 85 | Excel Athletika | 7.28 | 2 |
| 7 White, Craig | 90 | University of Regina Cougars | 7.33 | 1 |
| 8 Ahmed, Uzair | 86 | University of Regina Cougars | 7.37 | 2 |

Finals ... (Event 8 Men 20-34 60 Meter Dash Senior)

2009 Regina Friendship Games - 05/12/2009
Regina Fieldhouse, Regina, Saskatchewan
Results

| Name | Yr | Team | Finals | H# |
|----------------------|----|------------------------------|--------|----|
| 9 MacDonald, Connor | 90 | University of Regina Cougars | 7.50 | 1 |
| 10 Bonsu, Nana | 84 | Unattached | 7.60 | 1 |
| 11 Inengi, Valentine | 89 | University of Regina Cougars | 7.66 | 1 |
| 12 Galloway, Brett | 91 | Unattached | 7.69 | 1 |
| 13 Harak, Benjamin | 84 | University of Regina Cougars | 7.82 | 1 |
| 14 Bonneville, Gage | 89 | University of Regina Cougars | 7.88 | 1 |

Event 9 Women 35-99 60 Meter Dash Masters

| Name | Yr | Team | Finals | H# |
|-------------------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Lafayette-Boyd, Carol | 42 | Excel Athletika | 9.29 | |

Event 11 Girls 14-15 200 Meter Dash Midget

| Name | Yr | Team | Finals | H# |
|----------------------|----|---------------------|--------|----|
| Finals | | | | |
| 1 Lavoy, Renee | 95 | Excel Athletika | 27.82 | |
| 2 Miskiman, Brooke | 94 | Excel Athletika | 28.45 | |
| 3 Wilker, Justine | 95 | Excel Athletika | 30.75 | |
| 4 Bistriztan, Rheann | 96 | Queen City Striders | 30.85 | |
| 5 Graessli, Mariah | 95 | Queen City Striders | 31.37 | |

Event 12 Boys 14-15 200 Meter Dash Midget

| Name | Yr | Team | Finals | H# |
|-----------------------|----|---------------------------|--------|----|
| Finals | | | | |
| 1 Robinson, Taran | 94 | Kindersley Athletics Club | 24.63 | 2 |
| 2 Lazarou, Conor | 94 | Excel Athletika | 25.09 | 2 |
| 3 Aravinthan, Kaishan | 94 | Excel Athletika | 25.11 | 2 |
| 4 Simon, Atlee | 96 | Queen City Striders | 25.43 | 1 |
| 5 Fry, Charles | 94 | Excel Athletika | 26.01 | 2 |
| 6 Wand, Jordan | 94 | Excel Athletika | 26.52 | 2 |
| 7 Strueby, Adam | 94 | Excel Athletika | 26.67 | 1 |

Event 13 Girls 16-17 200 Meter Dash Juvenile

| Name | Yr | Team | Finals | H# |
|------------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Koza, Nicole | 92 | Excel Athletika | 28.22 | |
| 2 Latimer, Taryn | 94 | Excel Athletika | 28.23 | |

Event 14 Boys 16-17 200 Meter Dash Juvenile

| Name | Yr | Team | Finals | H# |
|-------------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 McCabe, Jesse | 93 | Excel Athletika | 25.84 | |
| 2 Johnstone, Eric | 93 | CC Track | 27.28 | |

Event 17 Women 20-34 200 Meter Dash Senior

| Name | Yr | Team | Finals | H# |
|---------------------|----|------------------------------|--------|----|
| Finals | | | | |
| 1 Omene, Eseroghene | 85 | Excel Athletika | 25.78 | 1 |
| 2 Valois, Chelsea | 87 | University of Regina Cougars | 25.91 | 2 |
| 3 Ruller, Amanda | 87 | University of Regina Cougars | 26.10 | 2 |
| 4 Margetts, Merissa | 91 | University of Regina Cougars | 26.46 | 1 |

Finals ... (Event 17 Women 20-34 200 Meter Dash Senior)

2009 Regina Friendship Games - 05/12/2009
Regina Fieldhouse, Regina, Saskatchewan
Results

| Name | Yr | Team | Finals | H# |
|-------------------|----|------------------------------|--------|----|
| 5 Davis, Tennille | 90 | University of Regina Cougars | 27.15 | 1 |
| 6 Breker, Nicole | 89 | University of Regina Cougars | 27.92 | 1 |
| 7 Bauck, Robyn | 87 | University of Regina Cougars | 28.18 | 2 |

Event 18 Men 20-34 200 Meter Dash Senior

| Name | Yr | Team | Finals | H# |
|----------------------|----|------------------------------|--------|----|
| Finals | | | | |
| 1 Foote, Mason | 89 | University of Regina Cougars | 22.85 | 3 |
| 2 Andersen, Leslie | 87 | University of Regina Cougars | 23.02 | 3 |
| 3 Nystuen, Tait | 91 | University of Regina Cougars | 23.19 | 2 |
| 4 Walford, David | 90 | University of Regina Cougars | 23.20 | 2 |
| 5 Windrum, Mychael | 89 | University of Regina Cougars | 23.24 | 3 |
| 6 Ahmed, Uzair | 86 | University of Regina Cougars | 23.53 | 2 |
| 7 Okere, Enyinnah | 87 | University of Regina Cougars | 23.81 | 3 |
| 8 White, Craig | 90 | University of Regina Cougars | 24.41 | 2 |
| 9 Bonneville, Gage | 89 | University of Regina Cougars | 24.41 | 1 |
| 10 Inengi, Valentine | 89 | University of Regina Cougars | 25.24 | 1 |
| 11 Bonsu, Nana | 84 | Unattached | 25.32 | 1 |

Event 19 Women 35-99 200 Meter Dash Masters

| Name | Yr | Team | Finals | H# |
|-------------------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Lafayette-Boyd, Carol | 42 | Excel Athletika | 31.48 | |
| 2 Hudey, Brenda | 67 | Excel Athletika | 33.13 | |

Event 21 Girls 12-13 60 Meter Hurdles 30" Bantam

| Name | Yr | Team | Finals | H# |
|----------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Olasz, Avary | 96 | Excel Athletika | 13.11 | |

Event 22 Boys 12-13 60 Meter Hurdles 30" Bantam

| Name | Yr | Team | Finals | H# |
|-------------------|----|---------------------------|--------|----|
| Finals | | | | |
| 1 Robinson, Quaid | 96 | Kindersley Athletics Club | 9.82 | |

Event 24 Boys 14-15 60 Meter Hurdles 36" Midget

| Name | Yr | Team | Finals | H# |
|----------------|----|----------|--------|----|
| Finals | | | | |
| 1 Olson, Tyler | 95 | CC Track | 11.09 | |

Event 29 Women 20-34 60 Meter Hurdles 33" Senior

| Name | Yr | Team | Finals | H# |
|---------------------|----|------------------------------|--------|----|
| Finals | | | | |
| 1 Valois, Chelsea | 87 | University of Regina Cougars | 8.93 | |
| 2 Breker, Nicole | 89 | University of Regina Cougars | 9.20 | |
| 3 Bauck, Robyn | 87 | University of Regina Cougars | 9.25 | |
| 4 Bauck, Sarah | 89 | Unattached | 9.78 | |
| 5 Margetts, Merissa | 91 | University of Regina Cougars | 9.81 | |
| 6 Haselhan, Shalane | 91 | University of Regina Cougars | 10.14 | |
| 7 Brault, Lindsay | 91 | University of Regina Cougars | 12.22 | |

2009 Regina Friendship Games - 05/12/2009
Regina Fieldhouse, Regina, Saskatchewan
Results

Event 30 Men 20-34 60 Meter Hurdles 42" Senior

| Name | Yr | Team | Finals | H# |
|--------------------|----|------------------------------|--------|----|
| Finals | | | | |
| 1 Baker, Justin | 89 | University of Regina Cougars | 8.39 | |
| 2 Stewart, Jason | 86 | Excel Athletika | 8.56 | |
| 3 Andersen, Leslie | 87 | University of Regina Cougars | 8.58 | |
| 4 Ahmed, Uzair | 86 | University of Regina Cougars | 8.81 | |
| 5 Eckert, Jeremy | 90 | University of Regina Cougars | 9.09 | |
| 6 Glazer, Drew | 89 | University of Regina Cougars | 9.49 | |

Event 31 Girls 10-11 800 Meter Run Pee Wee

| Name | Yr | Team | Finals | H# |
|--------------------|----|---------------------|---------|----|
| Finals | | | | |
| 1 Benko, Emily | 98 | Excel Athletika | 3:07.22 | |
| 2 Boldt, Spencer | 98 | Excel Athletika | 3:07.77 | |
| 3 Randall, Brenna | 98 | Excel Athletika | 3:07.87 | |
| 4 Owens, Mackenzie | 99 | Excel Athletika | 3:22.21 | |
| 5 Caleval, Emma | 99 | Excel Athletika | 3:25.12 | |
| 6 Angelo, Yusra | 99 | Queen City Striders | 3:28.03 | |
| 7 Wagner, Emmie | 00 | Queen City Striders | 3:45.07 | |

Event 32 Boys 10-11 800 Meter Run Pee Wee

| Name | Yr | Team | Finals | H# |
|-------------------|----|-----------------|---------|----|
| Finals | | | | |
| 1 Thiel, Michael | 99 | Excel Athletika | 3:09.73 | |
| 2 Mehlhorn, Lucas | 99 | Excel Athletika | 3:42.18 | |

Event 33 Girls 12-13 800 Meter Run Bantam

| Name | Yr | Team | Finals | H# |
|-----------------------|----|---------------------|---------|----|
| Finals | | | | |
| 1 Davis, Adrianna | 96 | Queen City Striders | 2:43.07 | |
| 2 Van Eaton, McKenzie | 96 | Excel Athletika | 2:54.02 | |
| 3 Haque, Inaya | 96 | Excel Athletika | 2:58.47 | |
| 4 Harold, Emma | 97 | Excel Athletika | 3:01.32 | |
| 5 Malloy, Bronwen | 97 | Excel Athletika | 3:01.88 | |
| 6 Hoffart, Taylor | 97 | Excel Athletika | 3:07.70 | |

Event 34 Boys 12-13 800 Meter Run Bantam

| Name | Yr | Team | Finals | H# |
|--------------------|----|---------------------|---------|----|
| Finals | | | | |
| 1 Johnson, Matthew | 97 | Excel Athletika | 2:39.25 | |
| 2 Strueby, Jeffrey | 97 | Excel Athletika | 2:54.83 | |
| 3 Hagos, Mutasim | 98 | Queen City Striders | 3:10.85 | |

Event 35 Girls 14-15 800 Meter Run Midget

| Name | Yr | Team | Finals | H# |
|----------------------|----|---------------------|---------|----|
| Finals | | | | |
| 1 Davis, Anneliese | 94 | Excel Athletika | 2:32.38 | |
| 2 Zmlak, Sophia | 95 | Queen City Striders | 2:32.39 | |
| 3 Van Eaton, Jesse | 95 | Excel Athletika | 2:38.69 | |
| 4 Gettle, Carey Lynn | 95 | Excel Athletika | 2:39.96 | |
| 5 Tittle, Zoe | 95 | Queen City Striders | 2:49.64 | |

Finals ... (Event 35 Girls 14-15 800 Meter Run Midget)

2009 Regina Friendship Games - 05/12/2009
Regina Fieldhouse, Regina, Saskatchewan
Results

| Name | Yr | Team | Finals | H# |
|--|----|------------------------------|---------|----|
| 6 Strueby, Erin | 95 | Excel Athletika | 2:50.10 | |
| Event 36 Boys 14-15 800 Meter Run Midget | | | | |
| Name | Yr | Team | Finals | H# |
| Finals | | | | |
| 1 Eashappie, Braiden | 95 | Queen City Striders | 2:20.92 | |
| 2 Caleval, Connor | 95 | Excel Athletika | 2:33.95 | |
| 3 Powell, Brandon | 95 | Excel Athletika | 2:40.37 | |
| 4 Turmel, Marc | 95 | Excel Athletika | 2:43.10 | |
| Event 37 Girls 16-17 800 Meter Run Juvenile | | | | |
| Name | Yr | Team | Finals | H# |
| Finals | | | | |
| 1 Simon, Ashlynn | 92 | Queen City Striders | 2:26.25 | |
| 2 Lea Paul, Brandi | 93 | Queen City Striders | 2:47.33 | |
| 3 Ready, Julie | 93 | Excel Athletika | 3:06.72 | |
| Event 42 Men 20-34 800 Meter Run Senior | | | | |
| Name | Yr | Team | Finals | H# |
| Finals | | | | |
| 1 Neff, Russel | 85 | Unattached | 1:59.06 | |
| 2 Mitchell, Major | 86 | Unattached | 2:08.30 | |
| 3 Beaton, Marc | 90 | University of Regina Cougars | 2:09.99 | |
| 4 Singleton, Mitchell | 91 | University of Regina Cougars | 2:13.92 | |
| 5 Mehari, Awet | 89 | University of Regina Cougars | 2:17.65 | |
| --- Potosme, Miguel | 90 | University of Regina Cougars | DNF | |
| Event 44 Men 35-99 800 Meter Run Masters | | | | |
| Name | Yr | Team | Finals | H# |
| Finals | | | | |
| 1 Van Eaton, Grant | 60 | Excel Athletika | 2:43.77 | |
| Event 45 Girls 1-11 1500 Meter Run Pee Wee | | | | |
| Name | Yr | Team | Finals | H# |
| Finals | | | | |
| 1 Boldt, Spencer | 98 | Excel Athletika | 6:38.82 | |
| 2 Benko, Emily | 98 | Excel Athletika | 6:53.67 | |
| Event 47 Girls 12-13 1500 Meter Run Bantam | | | | |
| Name | Yr | Team | Finals | H# |
| Finals | | | | |
| 1 Davis, Adrianna | 96 | Queen City Striders | 5:38.12 | |
| 2 Van Eaton, McKenzie | 96 | Excel Athletika | 6:06.15 | |
| Event 48 Boys 12-13 1500 Meter Run Bantam | | | | |
| Name | Yr | Team | Finals | H# |
| Finals | | | | |
| 1 Weber, Ben | 96 | Excel Athletika | 5:35.42 | |
| 2 Strueby, Jeffrey | 97 | Excel Athletika | 6:19.90 | |

2009 Regina Friendship Games - 05/12/2009
Regina Fieldhouse, Regina, Saskatchewan
Results

Event 49 Girls 14-15 1500 Meter Run Midget

| Name | Yr | Team | Finals | H# |
|----------------------|----|---------------------|---------|----|
| Finals | | | | |
| 1 Gettle, Carey Lynn | 95 | Excel Athletika | 5:27.15 | |
| 2 Zemlak, Sophia | 95 | Queen City Striders | 5:29.91 | |
| 3 Van Eaton, Jesse | 95 | Excel Athletika | 5:30.17 | |
| 4 Strueby, Erin | 95 | Excel Athletika | 5:46.65 | |

Event 50 Boys 14-15 1500 Meter Run Midget

| Name | Yr | Team | Finals | H# |
|---------------------|----|-----------------|---------|----|
| Finals | | | | |
| 1 Wincherauk, Matt | 94 | Excel Athletika | 5:06.0h | |
| 2 Turmel, Marc | 95 | Excel Athletika | 5:35.0h | |
| 3 Greggains, Holden | 95 | Excel Athletika | 6:01.0h | |

Event 51 Girls 16-17 1500 Meter Run Juvenile

| Name | Yr | Team | Finals | H# |
|--------------------|----|---------------------|---------|----|
| Finals | | | | |
| 1 Simon, Ashlynn | 92 | Queen City Striders | 5:28.4h | |
| 2 Ready, Julie | 93 | Excel Athletika | 5:57.0h | |
| 3 Lea Paul, Brandi | 93 | Queen City Striders | 6:31.2h | |

Event 52 Boys 16-17 1500 Meter Run Juvenile

| Name | Yr | Team | Finals | H# |
|---------------------|----|-----------------|---------|----|
| Finals | | | | |
| 1 Bachiu, Alexander | 93 | Excel Athletika | 5:08.0h | |

Event 58 Men 35-99 1500 Meter Run Masters

| Name | Yr | Team | Finals | H# |
|--------------------|----|-----------------|---------|----|
| Finals | | | | |
| 1 Olsen, Dave | 55 | Unattached | 5:23.0h | |
| 2 Van Eaton, Grant | 60 | Excel Athletika | 5:35.0h | |

Event 61 Girls 12-13 High Jump Bantam

| Name | Yr | Team | Finals | H# |
|----------------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Gerbrandt, Jessica | 96 | Excel Athletika | 1.35m | |
| 2 Olasz, Avary | 96 | Excel Athletika | 1.25m | |
| 3 Lazarou, Katey | 96 | Excel Athletika | 1.20m | |
| 4 Hoffart, Taylor | 97 | Excel Athletika | J1.20m | |
| 5 Armstead, Kirstie | 96 | Excel Athletika | J1.20m | |
| 6 Benko, Emily | 98 | Excel Athletika | 1.15m | |

Event 62 Boys 12-13 High Jump Bantam

| Name | Yr | Team | Finals | H# |
|-----------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Bolen, Willem | 97 | Excel Athletika | 1.25m | |

Event 63 Girls 14-15 High Jump Midget

| Name | Yr | Team | Finals | H# |
|-------------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Wilker, Justine | 95 | Excel Athletika | 1.30m | |

2009 Regina Friendship Games - 05/12/2009
Regina Fieldhouse, Regina, Saskatchewan
Results

Event 64 Boys 14-15 High Jump Midget

| Name | Yr | Team | Finals | H# |
|-------------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Wand, Jordan | 94 | Excel Athletika | 1.55m | |
| 2 Lazarou, Conor | 94 | Excel Athletika | J1.55m | |
| 3 Strueby, Adam | 94 | Excel Athletika | J1.55m | |
| 4 Powell, Brandon | 95 | Excel Athletika | 1.40m | |

Event 65 Girls 16-17 High Jump Juvenile

| Name | Yr | Team | Finals | H# |
|--------------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Anderson, Dagmar | 93 | Excel Athletika | 1.49m | |

Event 66 Boys 16-17 High Jump Juvenile

| Name | Yr | Team | Finals | H# |
|--------------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Hoffart, Jarrett | 92 | Excel Athletika | 1.80m | |

Event 68 Men 18-19 High Jump Junior

| Name | Yr | Team | Finals | H# |
|-----------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Giles, Dorian | 91 | Excel Athletika | 1.65m | |

Event 69 Women 20-34 High Jump Senior

| Name | Yr | Team | Finals | H# |
|-----------------------|----|------------------------------|--------|----|
| Finals | | | | |
| 1 Haselhan, Shalane | 91 | University of Regina Cougars | 1.65m | |
| 2 Bocek, Toni | 84 | University of Regina Cougars | 1.49m | |
| --- Forale, Richelle | 91 | University of Regina Cougars | NH | |
| --- Grebinski, Lauren | 90 | University of Regina Cougars | NH | |
| --- Brault, Lindsay | 91 | University of Regina Cougars | NH | |

Event 70 Men 20-34 High Jump Senior

| Name | Yr | Team | Finals | H# |
|------------------|----|------------------------------|--------|----|
| Finals | | | | |
| 1 Eckert, Jeremy | 90 | University of Regina Cougars | 2.03m | |
| 2 Maynard, Cale | 76 | Unattached | 1.70m | |

Event 72 Men 35-99 High Jump Masters

| Name | Yr | Team | Finals | H# |
|---------------------|----|---------------|--------|----|
| Finals | | | | |
| 1 Delhomeau, Roland | 45 | Century Track | 1.30m | |

Event 73 Girls 14-15 Long Jump Midget

| Name | Yr | Team | Finals | H# |
|---------------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Boschetti, Hannah | 95 | CC Track | 4.25m | |
| 2 Lazarou, Katey | 96 | Excel Athletika | 3.48m | |
| 3 Podbeilski, Tessa | 95 | CC Track | 3.32m | |

2009 Regina Friendship Games - 05/12/2009
Regina Fieldhouse, Regina, Saskatchewan
Results

Event 74 Boys 14-15 Long Jump Midget

| Name | Yr | Team | Finals | H# |
|-------------------|----|------------------------------|--------|----|
| Finals | | | | |
| 1 Robinson, Taran | | 94 Kindersley Athletics Club | 6.01m | |
| 2 Fry, Charles | | 94 Excel Athletika | 5.26m | |
| 3 Lazarou, Conor | | 94 Excel Athletika | 5.21m | |
| 4 Olson, Tyler | | 95 CC Track | 4.63m | |

Event 75 Girls 16-17 Long Jump Juvenile

| Name | Yr | Team | Finals | H# |
|--------------------|----|--------------------|--------|----|
| Finals | | | | |
| 1 Anderson, Dagmar | | 93 Excel Athletika | 4.59m | |

Event 79 Women 20-34 Long Jump Senior

| Name | Yr | Team | Finals | H# |
|---------------------|----|---------------------------------|--------|----|
| Finals | | | | |
| 1 Valois, Chelsea | | 87 University of Regina Cougars | 5.46m | |
| 2 Breker, Nicole | | 89 University of Regina Cougars | 5.36m | |
| 3 Bauck, Robyn | | 87 University of Regina Cougars | 4.96m | |
| 4 Haselhan, Shalane | | 91 University of Regina Cougars | 4.84m | |
| 4 Jestadt, Alison | | 89 University of Regina Cougars | 4.84m | |
| 6 Gelsinger, Bobbi | | 89 University of Regina Cougars | 4.43m | |
| 7 Braul, Lindsay | | 91 University of Regina Cougars | 4.37m | |
| 8 Bochek, Toni | | 84 University of Regina Cougars | 4.25m | |
| 9 Bauck, Sarah | | 89 Unattached | 4.15m | |

Event 80 Men 20-34 Long Jump Senior

| Name | Yr | Team | Finals | H# |
|---------------------|----|---------------------------------|--------|----|
| Finals | | | | |
| 1 Walford, David | | 90 University of Regina Cougars | 6.76m | |
| 2 Galloway, Brett | | 91 Unattached | 6.53m | |
| 3 Andersen, Leslie | | 87 University of Regina Cougars | 6.47m | |
| 4 MacDonald, Connor | | 90 University of Regina Cougars | 6.46m | |
| 5 Harak, Benjamin | | 84 University of Regina Cougars | 5.59m | |
| 6 Inengi, Valentine | | 89 University of Regina Cougars | 4.99m | |

Event 81 Women 35-99 Long Jump Masters

| Name | Yr | Team | Finals | H# |
|-------------------------|----|--------------------|--------|----|
| Finals | | | | |
| 1 Lafayette-Boyd, Carol | | 42 Excel Athletika | 3.70m | |

Event 82 Men 35-99 Long Jump Masters

| Name | Yr | Team | Finals | H# |
|---------------------|----|------------------|--------|----|
| Finals | | | | |
| 1 Delhomeau, Roland | | 45 Century Track | 3.40m | |

Event 83 Girls 6-15 Triple Jump Midget

| Name | Yr | Team | Finals | H# |
|----------------------|----|--------------------|--------|----|
| Finals | | | | |
| 1 Boschetti, Hannah | | 95 CC Track | 8.54m | |
| 2 Gerbrandt, Jessica | | 96 Excel Athletika | 8.17m | |

2009 Regina Friendship Games - 05/12/2009
Regina Fieldhouse, Regina, Saskatchewan
Results

Event 84 Boys 6-15 Triple Jump Midget

| Name | Yr | Team | Finals | H# |
|-------------------|----|------------------------------|--------|----|
| Finals | | | | |
| 1 Robinson, Taran | | 94 Kindersley Athletics Club | 11.85m | |
| 2 Bolen, Willem | | 97 Excel Athletika | 6.85m | |

Event 86 Boys 16-17 Triple Jump Juvenile

| Name | Yr | Team | Finals | H# |
|-------------------|----|-------------|--------|----|
| Finals | | | | |
| 1 Johnstone, Eric | | 93 CC Track | 10.37m | |

Event 89 Women 20-34 Triple Jump Senior

| Name | Yr | Team | Finals | H# |
|--------------------|----|---------------------------------|--------|----|
| Finals | | | | |
| 1 Foraie, Richelle | | 91 University of Regina Cougars | 9.61m | |
| 2 Gelsinger, Bobbi | | 89 University of Regina Cougars | 9.41m | |

Event 90 Men 20-34 Triple Jump Senior

| Name | Yr | Team | Finals | H# |
|----------------|----|---------------------------------|--------|----|
| Finals | | | | |
| 1 Glazer, Drew | | 89 University of Regina Cougars | 12.50m | |

Event 91 Women 35-99 Triple Jump Masters

| Name | Yr | Team | Finals | H# |
|-------------------------|----|--------------------|--------|----|
| Finals | | | | |
| 1 Lafayette-Boyd, Carol | | 42 Excel Athletika | 7.53m | |

Event 92 Men 35-99 Triple Jump Masters

| Name | Yr | Team | Finals | H# |
|---------------------|----|------------------|--------|----|
| Finals | | | | |
| 1 Delhomeau, Roland | | 45 Century Track | 7.51m | |

Event 106 Boys 16-17 Shot Put 5 kg Juvenile

| Name | Yr | Team | Finals | H# |
|-----------------|----|--------------------|--------|----|
| Finals | | | | |
| 1 Godwin, Brian | | 92 Excel Athletika | 10.42m | |

Event 109 Women 18-34 Shot Put 4 kg Senior

| Name | Yr | Team | Finals | H# |
|------------------------|----|---------------------------------|--------|----|
| Finals | | | | |
| 1 Fowler, Caitlin | | 87 University of Regina Cougars | 12.48m | |
| 2 Labrecque, Chantelle | | 91 University of Regina Cougars | 11.53m | |
| 3 Dyck, Emma | | 91 University of Regina Cougars | 10.43m | |
| 4 Bello, AbiOla | | 91 University of Regina Cougars | 10.22m | |
| 5 Bradley, Amanda | | 86 University of Regina Cougars | 7.83m | |

Event 110 Men 18-34 Shot Put 7.26 kg Senior

| Name | Yr | Team | Finals | H# |
|--------------------|----|---------------------------------|--------|----|
| Finals | | | | |
| 1 Pickering, Chris | | 89 University of Regina Cougars | 14.25m | |
| 2 Pakula, Codey | | 90 University of Regina Cougars | 10.89m | |
| 3 Glazer, Drew | | 89 University of Regina Cougars | 10.40m | |

2009 Regina Friendship Games - 05/12/2009
Regina Fieldhouse, Regina, Saskatchewan
Results

Event 111 Women 35-99 Shot Put Masters

| Name | Yr | Team | Finals | H# |
|------------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Coward, Selina | 54 | Excel Athletika | 9.60m | |

Event 117 Women 20-34 Weight Throw Senior

| Name | Yr | Team | Finals | H# |
|------------------------|----|------------------------------|--------|----|
| Finals | | | | |
| 1 Bello, AbiOla | 91 | University of Regina Cougars | 14.03m | |
| 2 Fowler, Caitlin | 87 | University of Regina Cougars | 13.68m | |
| 3 Dyck, Emma | 91 | University of Regina Cougars | 12.39m | |
| 4 Labrecque, Chantelle | 91 | University of Regina Cougars | 11.88m | |

Event 118 Men 20-34 Weight Throw Senior

| Name | Yr | Team | Finals | H# |
|--------------------|----|------------------------------|--------|----|
| Finals | | | | |
| 1 Pickering, Chris | 89 | University of Regina Cougars | 15.87m | |
| 2 Pakula, Codey | 90 | University of Regina Cougars | 12.40m | |

Event 121 Girls 6-11 Triathlon Speed Pee Wee

| Name | Yr | Team | Finals | H# |
|------------------|----|------------|--------|----|
| Finals | | | | |
| 1 Desnome, Kiane | 98 | Unattached | 531 | |

Event 121 Triathlon: #1 Girls 6-11 Long Jump Pee Wee Triathlon

| Name | Yr | Team | Finals | H# |
|------------------|----|------------|--------|----|
| Finals | | | | |
| 1 Desnome, Kiane | 98 | Unattached | 3.13m | |

Event 121 Triathlon: #2 Girls 6-11 Shot Put Pee Wee Triathlon

| Name | Yr | Team | Finals | H# |
|------------------|----|------------|--------|----|
| Finals | | | | |
| 1 Desnome, Kiane | 98 | Unattached | 4.16m | |

Event 121 Triathlon: #3 Girls 6-11 60 Meter Dash Pee Wee Triathlon

| Name | Yr | Team | Finals | H# |
|------------------|----|------------|--------|----|
| Finals | | | | |
| 1 Desnome, Kiane | 98 | Unattached | 10.48 | |

Event 122 Boys 6-11 Triathlon Speed Pee Wee

| Name | Yr | Team | Finals | H# |
|---------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Fox, Tyler | 98 | Excel Athletika | 472 | |

Event 122 Triathlon: #1 Boys 6-11 Long Jump Pee Wee Triathlon

| Name | Yr | Team | Finals | H# |
|---------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Fox, Tyler | 98 | Excel Athletika | 3.51m | |

Event 122 Triathlon: #2 Boys 6-11 Shot Put Pee Wee Triathlon

| Name | Yr | Team | Finals | H# |
|---------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Fox, Tyler | 98 | Excel Athletika | 4.46m | |

2009 Regina Friendship Games - 05/12/2009
Regina Fieldhouse, Regina, Saskatchewan
Results

Event 122 Triathlon: #3 Boys 6-11 60 Meter Dash Pee Wee Triathlon

| Name | Yr | Team | Finals | H# |
|---------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Fox, Tyler | 98 | Excel Athletika | 9.63 | |

Event 123 Girls 12-13 Triathlon Speed Bantam

| Name | Yr | Team | Finals | H# |
|----------------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Armstead, Kirstie | 96 | Excel Athletika | 1083 | |
| 2 Gemmell, Jasmine | 96 | Excel Athletika | 896 | |
| 3 Gerbrandt, Jessica | 96 | Excel Athletika | 806 | |

Event 123 Triathlon: #1 Girls 12-13 Shot Put Bantam Triathlon

| Name | Yr | Team | Finals | H# |
|----------------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Gemmell, Jasmine | 96 | Excel Athletika | 7.03m | |
| 2 Armstead, Kirstie | 96 | Excel Athletika | 6.63m | |
| 3 Gerbrandt, Jessica | 96 | Excel Athletika | 5.95m | |

Event 123 Triathlon: #2 Girls 12-13 Long Jump Bantam Triathlon

| Name | Yr | Team | Finals | H# |
|----------------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Armstead, Kirstie | 96 | Excel Athletika | 3.80m | |
| 2 Gerbrandt, Jessica | 96 | Excel Athletika | 3.46m | |
| 3 Gemmell, Jasmine | 96 | Excel Athletika | 3.11m | |

Event 123 Triathlon: #3 Girls 12-13 60 Meter Dash Bantam Triathlon

| Name | Yr | Team | Finals | H# |
|----------------------|----|-----------------|--------|----|
| Finals | | | | |
| 1 Armstead, Kirstie | 96 | Excel Athletika | 9.23 | |
| 2 Gemmell, Jasmine | 96 | Excel Athletika | 9.55 | |
| 3 Gerbrandt, Jessica | 96 | Excel Athletika | 9.95 | |

Event 124 Boys 12-13 Triathlon Speed Bantam

| Name | Yr | Team | Finals | H# |
|----------------------|----|---------------------------|--------|----|
| Finals | | | | |
| 1 Robinson, Quaid | 96 | Kindersley Athletics Club | 1711 | |
| 2 Waterhouse, Isaiah | 96 | CC Track | 1508 | |
| 3 Brassard, Brady | 97 | CC Track | 674 | |
| 4 Bolen, Willem | 97 | Excel Athletika | 611 | |

Event 124 Triathlon: #1 Boys 12-13 Shot Put Bantam Triathlon

| Name | Yr | Team | Finals | H# |
|----------------------|----|---------------------------|--------|----|
| Finals | | | | |
| 1 Robinson, Quaid | 96 | Kindersley Athletics Club | 14.02m | |
| 2 Waterhouse, Isaiah | 96 | CC Track | 11.46m | |
| 3 Bolen, Willem | 97 | Excel Athletika | 7.23m | |
| 4 Brassard, Brady | 97 | CC Track | 6.62m | |

Event 124 Triathlon: #2 Boys 12-13 Long Jump Bantam Triathlon

| Name | Yr | Team | Finals | H# |
|-------------------|----|---------------------------|--------|----|
| Finals | | | | |
| 1 Robinson, Quaid | 96 | Kindersley Athletics Club | 5.40m | |

Finals ... (Event 124 Triathlon: #2 Boys 12-13 Long Jump Bantam Triathlon)

2009 Regina Friendship Games - 05/12/2009

Regina Fieldhouse, Regina, Saskatchewan

Results

| Name | Yr | Team | Finals | H# |
|---|----|---------------------------|---------|----|
| 2 Waterhouse, Isaiah | 96 | CC Track | 5.14m | |
| 3 Brassard, Brady | 97 | CC Track | 3.78m | |
| 4 Bolen, Willem | 97 | Excel Athletika | 3.58m | |
| Event 124 Triathlon: #3 Boys 12-13 60 Meter Dash Bantam Triathlon | | | | |
| Name | Yr | Team | Finals | H# |
| Finals | | | | |
| 1 Waterhouse, Isaiah | 96 | CC Track | 8.12 | |
| 2 Robinson, Quaid | 96 | Kindersley Athletics Club | 8.14 | |
| 3 Brassard, Brady | 97 | CC Track | 9.42 | |
| 4 Bolen, Willem | 97 | Excel Athletika | 9.82 | |
| Event 125 Girls 6-11 Triathlon Endurance Pee Wee | | | | |
| Name | Yr | Team | Finals | H# |
| Finals | | | | |
| 1 Melnick, Katie | 98 | Excel Athletika | 503 | |
| Event 125 Triathlon: #1 Girls 6-11 Long Jump Pee Wee Triathlon | | | | |
| Name | Yr | Team | Finals | H# |
| Finals | | | | |
| 1 Melnick, Katie | 98 | Excel Athletika | 2.85m | |
| Event 125 Triathlon: #2 Girls 6-11 Shot Put Pee Wee Triathlon | | | | |
| Name | Yr | Team | Finals | H# |
| Finals | | | | |
| 1 Melnick, Katie | 98 | Excel Athletika | 5.82m | |
| Event 125 Triathlon: #3 Girls 6-11 800 Meter Run Pee Wee Triathlon | | | | |
| Name | Yr | Team | Finals | H# |
| Finals | | | | |
| 1 Melnick, Katie | 98 | Excel Athletika | 3:26.25 | |
| Event 127 Girls 12-13 Triathlon Endurance Bantam | | | | |
| Name | Yr | Team | Finals | H# |
| Finals | | | | |
| 1 Janz, Darby | 96 | Excel Athletika | 753 | |
| Event 127 Triathlon: #1 Girls 12-13 Shot Put Bantam Triathlon | | | | |
| Name | Yr | Team | Finals | H# |
| Finals | | | | |
| 1 Janz, Darby | 96 | Excel Athletika | 5.79m | |
| Event 127 Triathlon: #2 Girls 12-13 Long Jump Bantam Triathlon | | | | |
| Name | Yr | Team | Finals | H# |
| Finals | | | | |
| 1 Janz, Darby | 96 | Excel Athletika | 3.35m | |
| Event 127 Triathlon: #3 Girls 12-13 800 Meter Run Bantam Triathlon | | | | |
| Name | Yr | Team | Finals | H# |
| Finals | | | | |
| 1 Janz, Darby | 96 | Excel Athletika | 3:04.40 | |