

2010 Regina Friendship Games - 04/12/2010**Regina Fieldhouse, Regina, Saskatchewan****Results****Event 1 Girls 14-15 60 Meter Dash Midget**

Name	Yr	Team	Finals
Section 1			
1 Lavoy, Renee	95	EXA	8.27
2 Sanson, Breanna	96	UNA	8.87
3 Anderson, Madeline	95	EXA	8.97
4 Allen, Michaela	97	EXA	9.00
5 Armstead, Kirstie	96	EXA	9.18

Event 2 Boys 14-15 60 Meter Dash Midget

Name	Yr	Team	Finals
Section 1			
1 Simon, Atlee	96	Striders	7.63
2 Gihawi, Fraidy	95	EXA	8.10
3 Vanstone, Ross	96	EXA	8.27
4 Christian, Cole	96	EXA	8.57

Event 3 Girls 16-17 60 Meter Dash Juvenile

Name	Yr	Team	Finals
Section 1			
1 Miskiman, Brooke	94	Striders	8.35
2 Bella, Grace	94	Striders	8.73

Event 4 Boys 16-17 60 Meter Dash Juvenile

Name	Yr	Team	Finals
Section 1			
1 Lazarou, Conor	94	EXA	7.75
2 Rossler, Mason	94	EXA	7.87

Event 7 Women 20-34 60 Meter Dash Senior

Name	Yr	Team	Finals
Section 1			
1 Ruller, Amanda	88	Cougars	7.78
2 Margetts, Merissa	91	Cougars	7.81
3 Davis, Tennille	90	Cougars	8.04
4 Bohachewski, Kelsey	92	Cougars	8.39
5 Koza, Nicole	92	Cougars	8.45
6 Jestadt, Gina	92	Cougars	8.50
7 Jestadt, Alison	89	Cougars	8.52

Event 8 Men 20-34 60 Meter Dash Senior

Name	Yr	Team	Prelims
Heat 1 Preliminaries			
1 Huber, Wade	85	EXA	7.21Q
2 Walford, David	90	Cougars	7.22Q
3 Gardner, Ethan	89	Cougars	7.24Q
4 Okere, Enyinnah	87	Cougars	7.40q
5 McLellan, Ian	92	Cougars	7.41q
6 Ewen, Lex	92	Cougars	7.59
7 Welsh, Torey	91	Cougars	7.88
Heat 2 Preliminaries			
1 Foote, Mason	89	Cougars	7.09Q
2 Andersen, Les	87	EXA	7.22Q
3 Windrum, Mychael	89	Cougars	7.30Q
4 White, Craig	90	Cougars	7.41

5 Inengi, Valentine 89 Cougars 7.54

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6	Gamache, Bryce	91	Cougars	7.55
7	Brown, Cale	92	Cougars	7.60
Event 8 Men 20-34 60 Meter Dash Senior				
	Name	Yr	Team	Finals
Section 1 Finals				
1	Foote, Mason	89	Cougars	6.96
2	Andersen, Les	87	EXA	7.10
3	Gardner, Ethan	89	Cougars	7.13
4	Walford, David	90	Cougars	7.28
5	Windrum, Mychael	89	Cougars	7.32
6	Okere, Enyinnah	87	Cougars	7.39
7	McLellan, Ian	92	Cougars	7.40
8	White, Craig	90	Cougars	7.41
Event 10 Men 35-99 60 Meter Dash Masters				
	Name	Yr	Team	Finals
Section 1				
1	Ellis, Colin	67	EXA	8.14
Event 11 Girls 14-15 200 Meter Dash Midget				
	Name	Yr	Team	Finals
Section 1				
1	Anderson, Madeline	95	EXA	28.62
2	Wilker, Justine	95	EXA	30.48
3	Allen, Michaela	97	EXA	30.87
4	Armstead, Kirstie	96	EXA	31.44
5	Hoffart, Taylor	97	EXA	32.94
Event 12 Boys 14-15 200 Meter Dash Midget				
	Name	Yr	Team	Finals
Section 1				
1	Simon, Atlee	96	Striders	24.61
2	Gihawi, Fraidy	95	EXA	26.88
3	Christian, Cole	96	EXA	27.68
4	Vanstone, Ross	96	EXA	27.96
Event 13 Girls 16-17 200 Meter Dash Juvenile				
	Name	Yr	Team	Finals
Section 1				
1	Lavoy, Renee	95	EXA	26.77
2	Miskiman, Brooke	94	Striders	27.58
3	Bella, Grace	94	Striders	28.59
Event 17 Women 20-34 200 Meter Dash Senior				
	Name	Yr	Team	Finals
Section 1				
1	Margetts, Merissa	91	Cougars	25.71
2	Ruller, Amanda	88	Cougars	25.79
3	Bohachewski, Kelsey	92	Cougars	27.41
4	Propp, Adrea	92	Cougars	27.44
5	Koza, Nicole	92	Cougars	27.90
---	Davis, Tennille	90	Cougars	DQ

2010 Regina Friendship Games - 04/12/2010**Regina Fieldhouse, Regina, Saskatchewan****Results****Event 18 Men 20-34 200 Meter Dash Senior**

Name	Yr	Team	Finals
Section 1			
1 Gardner, Ethan	89	Cougars	23.26
2 MacDonald, Connor	90	Cougars	23.89
3 Gamache, Bryce	91	Cougars	24.34
4 Brown, Cale	92	Cougars	24.56
Section 2			
1 Foote, Mason	89	Cougars	22.59
2 Nystuen, Tait	91	Cougars	22.89
3 White, Craig	90	Cougars	23.80
4 McLellan, Ian	92	Cougars	24.13

Event 20 Men 35-99 200 Meter Dash Masters

Name	Yr	Team	Finals
Section 1			
1 Ellis, Colin	67	EXA	27.36

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

Name	Yr	Team	Finals
Section 1			
1 Loster, Cale	98	EXA	12.43

Event 23 Girls 14-15 60 Meter Hurdles 30" Midget

Name	Yr	Team	Finals
Section 1			
1 Hoffart, Taylor	97	EXA	13.34

Event 25 Girls 16-17 60 Meter Hurdles 33" Juvenile

Name	Yr	Team	Finals
Section 1			
1 Le Roux, Mignon	93	EXA	9.87

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

Name	Yr	Team	Finals
Section 1			
1 Margetts, Merissa	91	Cougars	8.99
2 Breker, Nicole	89	Cougars	9.17
3 Bauck, Sarah	89	Cougars	9.95

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

Name	Yr	Team	Finals
Section 1			
1 Baker, Justin	89	Cougars	8.30
2 Britnell, Lane	91	US	8.89

Event 31 Girls 10-11 600 Meter Run Pee Wee

Name	Yr	Team	Finals
Section 1			
1 Gravelle, Taylor	00	Striders	2:06.86
2 Wilke, Robin	00	EXA	2:08.34
3 Reimer, Joy-Lyn	99	EXA	2:23.37

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Name	Yr	Team	Finals
Section 1			
1 Lenius, Noah	00	Striders	2:05.17
2 Beke, Joshua	99	EXA	2:20.59

Event 33 Girls 12-13 800 Meter Run Bantam

Name	Yr	Team	Finals
Section 1			
1 Harold, Emma	97	EXA	2:50.00
2 Benko, Emily	97	EXA	2:55.80
3 Allen, Michaela	97	EXA	2:59.93
4 Randall, Brenna	98	EXA	3:06.45

Event 34 Boys 12-13 800 Meter Run Bantam

Name	Yr	Team	Finals
Section 1			
1 Hetterley, Greg	97	Striders	2:15.48
2 Johnson, Matthew	97	Striders	2:23.32
3 Foster, Zachary	97	Striders	2:33.63
4 Strueby, Jeffrey	97	EXA	2:41.00
5 Lenius, Alex	98	Striders	2:43.56
6 Pillay, Nilesh	97	EXA	2:57.00
7 Loster, Cale	98	EXA	3:08.51

Event 35 Girls 14-15 800 Meter Run Midget

Name	Yr	Team	Finals
Section 1			
1 Davis, Adriana	96	Striders	2:28.31
2 Zemlak, Sophia	95	Striders	2:29.15
3 McClelland, Jessica	96	EXA	2:40.81
4 de Gooijer, Brianna	96	EXA	2:41.47
5 Tittle, Zoe	95	Striders	2:41.48
6 Edwards, Julia	96	EXA	2:42.11
7 Strueby, Erin	95	EXA	2:46.11

Event 36 Boys 14-15 800 Meter Run Midget

Name	Yr	Team	Finals
Section 1			
1 Eashappie, Braiden	95	Striders	2:20.24
2 Weber, Benjamin	96	Striders	2:29.60

Event 37 Girls 16-17 800 Meter Run Juvenile

Name	Yr	Team	Finals
Section 1			
1 Davis, Anneliese	94	Striders	2:20.96

Event 38 Boys 16-17 800 Meter Run Juvenile

Name	Yr	Team	Finals
Section 1			
1 Sleightholm, Michael	94	Striders	2:12.67

Event 41 Women 20-34 800 Meter Run Senior

Name	Yr	Team	Finals
Section 1			
1 Hart, Julia	90	Cougars	2:20.64

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Name	Yr	Team	Finals
2 Desjardins, Ashley	92	Cougars	2:31.48
Event 42 Men 20-34 800 Meter Run Senior			
Name	Yr	Team	Finals
Section 1			
1 Wig, Dale	88	Cougars	1:59.24
2 Neff, Russell	85	UNA	1:59.52
3 Lipp, Jaden	92	Cougars	2:01.23
4 Wand, Jordan	94	Striders	2:01.59
5 Thomas, Andrew	88	Cougars	2:02.01
6 Schlenker, AJ	92	Cougars	2:03.59
7 Beaton, Marc	90	Cougars	2:06.30
8 Neff, Matthew	90	UNA	2:07.73
9 Bain, Sandy	85	UNA	2:08.81
10 Singleton, Mitchell	91	Cougars	2:09.30
11 Broda, Sash	92	Cougars	2:09.68
12 Tkachuk, Blayze	92	Cougars	2:10.31
Event 45 Girls 1-11 1000 Meter Run Pee Wee			
Name	Yr	Team	Finals
Section 1			
1 Wilke, Robin	00	EXA	3:53.10
2 Gravelle, Taylor	00	Striders	3:54.76
Event 46 Boys 1-11 1000 Meter Run Pee Wee			
Name	Yr	Team	Finals
Section 1			
1 Nilson, Kaden	99	RIV	3:35.56
2 Lenius, Noah	00	Striders	3:36.66
Event 47 Girls 12-13 1200 Meter Run Bantam			
Name	Yr	Team	Finals
Section 1			
1 Gravelle, Santana	98	Striders	4:19.26
2 Benko, Emily	97	EXA	4:42.55
Event 48 Boys 12-13 1200 Meter Run Bantam			
Name	Yr	Team	Finals
Section 1			
1 Johnson, Matthew	97	Striders	3:59.36
2 Foster, Zachary	97	Striders	4:10.34
3 Lenius, Alex	98	Striders	4:20.90
4 Strueby, Jeffrey	97	EXA	4:22.51
Event 49 Girls 14-15 1500 Meter Run Midget			
Name	Yr	Team	Finals
Section 1			
1 Slusar, Sarah	96	Striders	5:09.53
2 Davis, Adriana	96	Striders	5:10.52
3 Gettle, Carey	95	Striders	5:31.47
4 Tittle, Zoe	95	Striders	5:42.75
5 Edwards, Julia	96	EXA	5:43.15
6 Zemlak, Sophia	95	Striders	5:47.51

2010 Regina Friendship Games - 04/12/2010**Regina Fieldhouse, Regina, Saskatchewan****Results****Event 50 Boys 14-15 1500 Meter Run Midget**

Name	Yr	Team	Finals
Section 1			
1 Turmel, Marc	95	EXA	5:08.41
2 Weber, Benjamin	96	Striders	5:09.58
3 Janiskevich, Noah	95	EXA	5:13.08

Event 52 Boys 16-17 1500 Meter Run Juvenile

Name	Yr	Team	Finals
Section 1			
1 Sleightholm, Michael	94	Striders	4:50.22
2 Bachi, Alexander	93	EXA	5:10.54

Event 55 Women 20-34 1500 Meter Run Senior

Name	Yr	Team	Finals
Section 1			
1 Criddle, Kaytlyn	89	Cougars	5:20.86
2 Benz, Lisa	85	Cougars	5:24.06
3 Silversides, Katelyn	90	Cougars	5:25.16
4 Baller, Christina	83	JPRC	5:54.25

Event 56 Men 20-34 1500 Meter Run Senior

Name	Yr	Team	Finals
Section 1			
1 Wand, Jordan	94	Striders	4:34.69

Event 58 Men 35-99 1500 Meter Run Masters

Name	Yr	Team	Finals
Section 1			
1 Olsen, Dave	55	UNA	5:39.32

Event 59 Women 20-34 3000 Meter Run Senior

Name	Yr	Team	Finals
Section 1			
1 Marshall, Kimberly	84	UNA	11:05.51
2 Mitchelson, Nicole	82	JPRC	11:05.62
3 Mysko, Barbara	77	JPRC	12:16.03

Event 60 Men 20-34 3000 Meter Run Senior

Name	Yr	Team	Finals
Section 1			
1 Nagy, Gerry	62	JPRC	10:30.37
2 Munro, Andrew	81	JPRC	10:45.58

Event 61 Girls 1-11 High Jump Pee Wee

Name	Yr	Team	Finals
Flight 1			
1 Reimer, Joy-Lyn	99	EXA	1.20m
2 Wilke, Robin	00	EXA	1.00m
--- Drew, Darian	99	EXA	NH

Event 63 Girls 12-13 High Jump Bantam

Name	Yr	Team	Finals
Flight 1			
1 Thrun, Courtney	98	EXA	1.53m
2 Greggains, Shea	97	EXA	1.30m

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Event 64 Boys 12-13 High Jump Bantam			
Name	Yr	Team	Finals
Flight 1			
1 Loster, Cale	98	EXA	1.40m
Event 65 Girls 14-15 High Jump Midget			
Name	Yr	Team	Finals
Flight 1			
1 Wilker, Justine	95	EXA	1.45m
2 Hoffart, Taylor	97	EXA	1.35m
2 Armstead, Kirstie	96	EXA	1.35m
Event 68 Boys 16-17 High Jump Juvenile			
Name	Yr	Team	Finals
Flight 1			
1 Hoffart, Dylan	94	EXA	1.80m
Event 71 Women 20-34 High Jump Senior			
Name	Yr	Team	Finals
Flight 1			
1 Anderson, Dagmar	93	Cougars	1.55m
Event 72 Men 20-34 High Jump Senior			
Name	Yr	Team	Finals
Flight 1			
1 MacDonald, Connor	90	Cougars	2.00m
2 Hoffart, Jarrett	92	Cougars	1.85m
3 Welsh, Torey	91	Cougars	1.80m
Event 75 Girls 14-15 Long Jump Midget			
Name	Yr	Team	Finals
Flight 1			
1 Anderson, Madeline	95	EXA	4.77m
2 Armstead, Kirstie	96	EXA	3.93m
3 Sanson, Breanna	96	UNA	3.50m
4 Hoffart, Taylor	97	EXA	3.17m
Event 76 Boys 14-15 Long Jump Midget			
Name	Yr	Team	Finals
Flight 1			
1 Seidle, Scott	95	UNA	5.63m
Event 81 Women 20-34 Long Jump Senior			
Name	Yr	Team	Finals
Flight 1			
1 Breker, Nicole	89	Cougars	5.38m
2 Jestadt, Gina	92	Cougars	4.67m
3 Jestadt, Alison	89	Cougars	4.61m
Event 82 Men 20-34 Long Jump Senior			
Name	Yr	Team	Finals
Flight 1			
1 Walford, David	90	Cougars	6.43m
2 Hoffart, Jarrett	92	Cougars	6.20m

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Event 86 Boys 6-15 Triple Jump Midget			
Name	Yr	Team	Finals
Flight 1			
1 Seidle, Scott	95	UNA	12.15m
2 Loster, Cale	98	EXA	8.10m
Event 91 Women 20-34 Triple Jump Senior			
Name	Yr	Team	Finals
Flight 1			
1 Foraie, Richelle	91	Cougars	9.46m
Event 94 Men 35-99 Triple Jump Masters			
Name	Yr	Team	Finals
Flight 1			
1 Delhomeau, Roland	45	Century	7.85m
Event 95 Girls 6-15 Pole Vault Midget			
Name	Yr	Team	Finals
Flight 1			
1 Mysko, Reis	96	EXA	2.61m
2 Van Eaton, McKenzie	96	EXA	1.81m
--- Gerbrandt, Jessica	96	EXA	NH
Event 97 Girls 16-17 Pole Vault Juvenile			
Name	Yr	Team	Finals
Flight 1			
1 Le Roux, Mignon	93	EXA	3.11m
Event 98 Boys 16-17 Pole Vault Juvenile			
Name	Yr	Team	Finals
Flight 1			
1 Lazarou, Conor	94	EXA	2.61m
Event 100 Men 18-19 Pole Vault Junior			
Name	Yr	Team	Finals
Flight 1			
1 Britnell, Lane	91	US	4.61m
Event 101 Women 20-34 Pole Vault Senior			
Name	Yr	Team	Finals
Flight 1			
1 Hill, Teresa	87	US	3.41m
Event 102 Men 20-34 Pole Vault Senior			
Name	Yr	Team	Finals
Flight 1			
1 Selzer, Paul	89	US	4.01m
1 Weiman, Kyle	89	US	4.01m
Event 104 Men 35-99 Pole Vault Masters			
Name	Yr	Team	Finals
Flight 1			
1 Renwick, Doug	42	Century	2.41m
--- Delhomeau, Roland	45	Century	NH

2010 Regina Friendship Games - 04/12/2010**Regina Fieldhouse, Regina, Saskatchewan****Results****Event 105 Girls 14-15 Shot Put 4 kg Midget**

Name	Yr	Team	Finals
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Flight 1

1 Mayne, Juliana	95	EXA	8.62m
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Event 106 Boys 14-15 Shot Put 4 kg Midget

Name	Yr	Team	Finals
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Flight 1

1 Shewfelt, Tory	95	EXA	13.52m
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Event 111 Women 18-34 Shot Put 4 kg Senior

Name	Yr	Team	Finals
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Flight 1

1 Labrecque, Chantelle	91	Cougars	12.51m
2 Fowler, Caitlin	88	Cougars	11.69m
3 Lethbridge, Larissa	92	Cougars	10.56m
4 Wolfe, Danika	92	Cougars	10.13m

Event 112 Men 18-34 Shot Put 7.26 kg Senior

Name	Yr	Team	Finals
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Flight 1

1 Pickering, Chris	89	Cougars	15.70m
2 Barber, Michael	86	Cougars	12.66m
3 Pakula, Codey	90	Cougars	11.21m

Event 116 Boys 16-17 Weight Throw Juvenile

Name	Yr	Team	Finals
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Flight 1

1 Shewfelt, Tory	95	EXA	17.08m
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Event 119 Women 20-34 Weight Throw Senior

Name	Yr	Team	Finals
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Flight 1

1 Fowler, Caitlin	88	Cougars	13.53m
2 Ecklund, Kirsten	90	Cougars	13.44m
3 Labrecque, Chantelle	91	Cougars	12.60m
4 Dyck, Emma	91	Cougars	12.29m
5 Lethbridge, Larissa	92	Cougars	11.32m
6 Wolfe, Danika	92	Cougars	10.32m

Event 120 Men 20-34 Weight Throw Senior

Name	Yr	Team	Finals
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Flight 1

1 Pakula, Codey	90	Cougars	14.55m
2 Pickering, Chris	89	Cougars	14.10m

Event 123 Girls 6-11 Triathlon Speed Pee Wee

Name	Yr	Team	Finals
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1 Sanson, Gabrielle	99	UNA	879
2 Reimer, Joy-Lyn	99	EXA	674
3 Moyse, Olivia	00	UNA	519
4 Dreveny, Sydney	99	EXA	406
5 Tegart, Madison	99	EXA	368
6 Moldenhauer, Taylor	99	EXA	323
7 Drew, Darian	99	EXA	163

2010 Regina Friendship Games - 04/12/2010**Regina Fieldhouse, Regina, Saskatchewan****Results****Event 123 Triathlon: #1 Girls 6-11 Long Jump Pee Wee**

Name	Yr	Team	Finals	
Flight 1				
1 Sanson, Gabrielle	99	UNA	3.58m	216
2 Reimer, Joy-Lyn	99	EXA	3.22m	146
3 Moyse, Olivia	00	UNA	3.06m	117
4 Moldenhauer, Taylor	99	EXA	2.90m	91
5 Tegart, Madison	99	EXA	2.53m	37
6 Drew, Darian	99	EXA	2.32m	14

Event 123 Triathlon: #2 Girls 6-11 Shot Put Pee Wee

Name	Yr	Team	Finals	
Flight 1				
1 Tegart, Madison	99	EXA	5.01m	209
2 Reimer, Joy-Lyn	99	EXA	4.83m	198
3 Moyse, Olivia	00	UNA	4.45m	174
4 Sanson, Gabrielle	99	UNA	4.41m	171
5 Moldenhauer, Taylor	99	EXA	3.36m	107
6 Drew, Darian	99	EXA	2.79m	73

Event 123 Triathlon: #3 Girls 6-11 60 Meter Dash Pee Wee

Name	Yr	Team	Finals	
Section 1				
1 Sanson, Gabrielle	99	UNA	9.30	492
2 Reimer, Joy-Lyn	99	EXA	10.03	330
3 Moyse, Olivia	00	UNA	10.58	228
4 Moldenhauer, Taylor	99	EXA	11.26	125
5 Tegart, Madison	99	EXA	11.28	122
6 Drew, Darian	99	EXA	11.68	76

Event 124 Boys 6-11 Triathlon Speed Pee Wee

Name	Yr	Team	Finals	
1 Cox, Adrian	00	EXA	764	

Event 124 Triathlon: #1 Boys 6-11 Long Jump Pee Wee

Name	Yr	Team	Finals	
Flight 1				
1 Cox, Adrian	00	EXA	5.37m	455

Event 124 Triathlon: #2 Boys 6-11 Shot Put Pee Wee

Name	Yr	Team	Finals	
Flight 1				
1 Cox, Adrian	00	EXA	5.37m	212

Event 124 Triathlon: #3 Boys 6-11 60 Meter Dash Pee Wee

Name	Yr	Team	Finals	
Section 1				
1 Cox, Adrian	00	EXA	10.17	97

Event 125 Girls 12-13 Triathlon Speed Bantam

Name	Yr	Team	Finals	
1 Thrun, Courtney	98	EXA	1303	
2 Greggains, Shea	97	EXA	1080	
3 Melnechenko, Megan	98	EXA	1074	
4 Fadare, Dolago	97	EXA	864	
5 Grieve, Danielle	98	EXA	751	

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Name	Yr	Team	Finals
Flight 1			
1 Thrun, Courtney	98	EXA	7.63m 375
2 Greggains, Shea	97	EXA	6.88m 327
3 Fadare, Dolago	97	EXA	6.70m 316
4 Melnechenko, Megan	98	EXA	5.62m 247
5 Grieve, Danielle	98	EXA	5.02m 210

Event 125 Triathlon: #2 Girls 12-13 Long Jump Bantam

Name	Yr	Team	Finals
Flight 1			
1 Thrun, Courtney	98	EXA	4.22m 359
2 Melnechenko, Megan	98	EXA	3.94m 294
3 Greggains, Shea	97	EXA	3.75m 252
4 Grieve, Danielle	98	EXA	3.36m 172
5 Fadare, Dolago	97	EXA	3.23m 148

Event 125 Triathlon: #3 Girls 12-13 60 Meter Dash Bantam

Name	Yr	Team	Finals
Section 1			
1 Thrun, Courtney	98	EXA	8.99 569
2 Melnechenko, Megan	98	EXA	9.13 533
3 Greggains, Shea	97	EXA	9.26 501
4 Fadare, Dolago	97	EXA	9.70 400
5 Grieve, Danielle	98	EXA	9.84 369

Event 127 Triathlon: #1 Girls 6-11 Long Jump Pee Wee

Name	Yr	Team	Finals
Flight 1			
1 Dreveny, Sydney	99	EXA	3.43m 186

Event 127 Triathlon: #2 Girls 6-11 Shot Put Pee Wee

Name	Yr	Team	Finals
Flight 1			
1 Dreveny, Sydney	99	EXA	5.18m 220

Event 127 Triathlon: #3 Girls 6-11 800 Meter Run Pee Wee

Name	Yr	Team	Finals
Section 1			
1 Dreveny, Sydney	99	EXA	3:12.15 261

Event 128 Boys 6-11 Triathlon Endurance Pee Wee

Name	Yr	Team	Finals
1 Beke, Joshua	99	EXA	447

Event 128 Triathlon: #1 Boys 6-11 Long Jump Pee Wee

Name	Yr	Team	Finals
Flight 1			
1 Beke, Joshua	99	EXA	3.27m 99

Event 128 Triathlon: #2 Boys 6-11 Shot Put Pee Wee

Name	Yr	Team	Finals
Flight 1			
1 Beke, Joshua	99	EXA	5.00m 191

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Event 128 Triathlon: #3 Boys 6-11 800 Meter Run Pee Wee

Name	Yr	Team	Finals
Section 1			
1 Beke, Joshua	99	EXA	3:09.18 157

Event 129 Girls 12-13 Triathlon Endurance Bantam

Name	Yr	Team	Finals
1 Melnechenko, Alexa	98	EXA	744

Event 129 Triathlon: #1 Girls 12-13 Shot Put Bantam

Name	Yr	Team	Finals
Flight 1			
1 Melnechenko, Alexa	98	EXA	5.61m 247

Event 129 Triathlon: #2 Girls 12-13 Long Jump Bantam

Name	Yr	Team	Finals
Flight 1			
1 Melnechenko, Alexa	98	EXA	3.71m 244

Event 129 Triathlon: #3 Girls 12-13 800 Meter Run Bantam

Name	Yr	Team	Finals
Section 1			
1 Melnechenko, Alexa	98	EXA	3:13.13 253

Event 131 Women 20-34 Indoor Pentathlon Senior

Name	Yr	Team	Finals
1 Valois, Chelsea	87	Cougars	3422
2 Haselhan, Shalane	91	Cougars	2634

Event 131 Indoor Pentathlon: #1 Women 20-34 60 Meter

Name	Yr	Team	Finals
Section 1			
1 Valois, Chelsea	87	Cougars	9.33 842
2 Haselhan, Shalane	91	Cougars	10.74 580
--- White, Julia	92	Cougars	DNF

Event 131 Indoor Pentathlon: #2 Women 20-34 Long Jump

Name	Yr	Team	Finals
Flight 1			
1 Valois, Chelsea	87	Cougars	5.37m 663
2 Haselhan, Shalane	91	Cougars	4.84m 516
3 White, Julia	92	Cougars	4.81m 508

Event 131 Indoor Pentathlon: #3 Women 20-34 Shot Put Senior

Name	Yr	Team	Finals
Flight 1			
1 Valois, Chelsea	87	Cougars	11.08m 600
2 Haselhan, Shalane	91	Cougars	9.33m 486
3 White, Julia	92	Cougars	9.13m 473

Event 131 Indoor Pentathlon: #4 Women 20-34 High Jump

Name	Yr	Team	Finals
Flight 1			
1 Haselhan, Shalane	91	Cougars	1.62m 759
1 Valois, Chelsea	87	Cougars	1.62m 759

2010 Regina Friendship Games - 04/12/2010**Regina Fieldhouse, Regina, Saskatchewan****Results**

Event 131 Indoor Pentathlon: #5 Women 20-34 800 Meter Run

Name	Yr	Team	Finals	
Section 1				
1 Valois, Chelsea	87	Cougars	2:41.28	558
2 Haselhan, Shalane	91	Cougars	3:08.16	293

Event 133 Women 14-15 4x400 Meter Relay Senior

Team	Relay	Finals	
Section 1			
1 Cougars	A	4:04.26	

Event 134 Men 14-15 4x400 Meter Relay Senior

Team	Relay	Finals	
Section 1			
1 Cougars	A	3:37.34	