

VP EXCELLENCE

The 2019 season was a busy year in Athletics which saw a number of excellent performances by Sask Athletics athletes. Outlined below will be an overview of the year in the various components of Excellence.

Sask Excellence Program

Out of the 67 athletes that joined the Sask Excellence program, 57 attended the Tri Province Meet in Sherwood Park, Alberta. There were 27 U16 athletes and 30 U18 athletes that made up Team Saskatchewan.

Provincial Teams

Team Saskatchewan attended the Tri-Province meet in Regina, Saskatchewan from July 12 – 14th. The teams consisted of U16 and U18 athletes representing our province. The U16 team had 58 athletes and 6 coaching staff, finishing in 2nd place behind Alberta with 434 combined points. Alberta had 438 combined points. Our girls had 210 points (1st) while the boys had 224 points (2nd). Total medal count was 44.

Our U18 team had 62 athletes and 6 coaching staff. The team finished 1st ahead of Team Alberta with a combined score of 403 points. Alberta had 402 and Manitoba had 329 points respectively. The girls finished with 224 points (1st) and the boys had 179 points (2nd). Total medal count was 37 with a few provincial and meet records set.

National Teams/International Performances

- Jason Reindl represented Canada as the Head Coach at the U20 Pan Am Championships from July 18-21 in San Jose, Costa Rica.
- Payne Wylie competed at the U20 Pan Am Championships and finished 5th in the 110m Hurdles with a time of 13.74.
- Courtney Hufsmith competed at the 2019 Summer Universiade (FISU) in Napoli, Italy this summer. – Finished 3rd in 1500m with a time of 4:11.81.

Canadian Championships

The Canadian Championships, Junior and Senior were held in Montreal, Quebec from July 25-28th. The women finished with 1 gold, 5 silver and 2 bronze, while the men finished with 2 gold 1 silver and 1 bronze. Congratulations to the medalists, as listed below:

Women

GOLD – Jessica Frotten (Regina) – T34-53 400m (1:01.04) – CRTC

SILVER – Jessica Frotten (Regina) – T53-54 1500m (3:59.83) - CRTC

SILVER – Jessica Frotten (Regina) – T34-52 100m (17.82) - CRTC

SILVER – Savannah Sutherland (Borden) – U20 100mH (13.73) - STFC

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SILVER – STFC - Paige Willems (Saskatoon), Savannah Sutherland (Borden), Nicole Ostertag (Saskatoon), Brianna Andrews (Saskatoon) – U20 4x100m (47.32)

SILVER – STFC - Brianna Andrews (Saskatoon), Nicole Ostertag (Saskatoon), Savannah Sutherland (Borden), Courtney Dembrowski (Saskatoon) – U20 4x400m (3:52.20)

BRONZE – Michelle Harrison (Saskatoon) – Senior 100mH (13.309) - STFC

BRONZE – Savannah Sutherland (Borden) – U20 200m (24.46) – STFC

Men

GOLD – Vaughn Taylor (Regina) – U20 400m (48.02) - EXCL

GOLD – Payne Wylie (Elstow) – U20 110mH (13.96) - UNSK

BRONZE – Janz Stein (Regina) – Para Ambulatory Long Jump (5.58m) – EXCL

Legion Nationals

Legion Nationals were hosted Sydney, Nova Scotia from Aug 9-11. A number of our athletes attended as part of the Legion Provincial Team. The women had 5 gold, 5 silver and 1 bronze, while the men came home with 6 silver and 2 bronze. Congratulations to Saskatchewan's medalists as listed below.

Women

GOLD – Savannah Sutherland (Borden) – U18 100mH (13.99) – TMSK

GOLD – Savannah Sutherland (Borden) – U18 400mH (1:01.48) – TMSK

GOLD – Avery Pearson (Meadow Lake) – U18 800m (2:08.71) – TMSK

GOLD – Shelaine Pritchard (Prince Albert) – U16 Pentathlon (3150) – TMSK

GOLD – TMSK – Paige Willems (Saskatoon), Rachel Albertson (Saskatoon), Savannah Sutherland (Borden), Avery Pearson (Meadow Lake) – U18 4x400m (3:48.28)

SILVER – Avery Pearson (Meadow Lake) – U18 400m (55.35) – TMSK

SILVER – Jenna McFadyen (Waseca) – U18 2000m SC (6:57.97) – TMSK

SILVER – Alexis Lewans (Saskatoon) – U16 800m (2:14.65) - TMSK

SILVER – TMSK – Lexi Derenoski (Warman), Josie Seabrook (Saskatoon), Kendyl Dziadyk (Saskatoon), Shelaine Pritchard (Prince Albert) – U16 4x100m (49.95)

SILVER – TMSK – Paige Willems (Saskatoon), Savannah Sutherland (Borden), Emily Cole-Johnson (Prince Albert), Timi Adelugba (Saskatoon) – U18 4x100m (48.28)

BRONZE – Alexis Lewans (Saskatoon) – U16 2000m (6:34.88) - RIVA

Men

SILVER – Ryder Hardy (Saskatoon) – U16 100m (11.36) – TMSK

SILVER – Ryder Hardy (Saskatoon) – U16 200m (22.70) - TMSK

SILVER – Ryder Hardy (Saskatoon) – U16 300m (36.42) – TMSK

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SILVER – Dawson Klinger (Saskatoon) – U18 200m (22.07) – TMSK
SILVER – Abraham Makaby (Saskatoon) – U16 1500m SC (4:31.82) - TMSK
SILVER – TMSK – James Thomas (Saskatoon), Dawson Klinger (Saskatoon), Jayce Janzen (Dalmeny), Ryder Hardy (Saskatoon) – U18 4x100m (42.53)
BRONZE – Mesele Klassen (Neuanlage) – U16 100m (11.594) - RIVA
BRONZE – Hunter Wallster (Estevan) – U18 Discus (50.04m) – TMSK

Western Canada Summer Games

Swift Current, Saskatchewan hosted the WCSG from Aug 15 – 18th. Team Saskatchewan finished in 1st place with 2,161 points. Compete point standings were as follows:

1. Saskatchewan - 2,161.0
2. Alberta1- 1,852.0
3. Manitoba - 1,396.0
4. Northwest Territories - 410.0
5. Yukon Territory - 330.0
6. Nunavut - 0.0

Team Saskatchewan women brought home 7 gold, 14 silver and 15 bronze medals, while the men had 13 gold, 15 silver and 9 bronze medals. The list of medalists is given below:

Women

GOLD – Kendra Farmer (Saskatoon) – 200m (25.62) - TMSK
GOLD – Kendra Farmer (Saskatoon) – 400m (57.04) - TMSK
GOLD – Jasmine Fehr (Osler) – 800m (2:12.76) - TMSK
GOLD – Jasmine Fehr (Osler) – 1500m (4:29.18) - TMSK
GOLD – Kaila Neigum (White City) – 3000m (10:18.37) - TMSK
GOLD – Nicole Ostertag (Saskatoon) – 100mH (14.27) - TMSK
GOLD – Nicole Kramchynsky (Saskatoon) – Javelin (37.15m) - TMSK
SILVER – Ojamale Attah (Saskatoon) – 200m (25.86) - TMSK
SILVER – Skylar Smith (Lemberg) – 400m (57.90) - TMSK
SILVER – Kaitlyn Harrison (Craven) – 300m (10:26.24) - TMSK
SILVER – Kaylee Tymo (Regina) – 500m (18:55.40) - TMSK
SILVER – Skylar Smith (Lemberg) – 400mH (1:02.52) – TMSK
SILVER – Ayva Delainey – 200m WC (1:03.62) - TMSK
SILVER – Mackinley Gader (Borden) – 100m Special O (17.49) - TMSK
SILVER – Mackinley Gader (Borden) – 200m Special O (34.18) - TMSK
SILVER – Mackinley Gader (Borden) – Long Jump Special O (3.15m) - TMSK
SILVER – Alyson Edwards (Strasbourg) – Heptathlon (4549) - TMSK
SILVER – Taylor De Jong (Saskatoon) – Pole Vault (2.90m) - TMSK
SILVER – Danielle Fedak (Regina) – Discus (36.75m) – TMSK

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SILVER – TMSK – Kaylee Ilinisky (Kinistino), Ojamale Attah (Saskatoon), Nicole Ostertag (Saskatoon), Brianna Andrews (Saskatoon) – 4x100m (47.91)
SILVER – TMSK – Kendra Farmer (Saskatoon), Skylar Smith (Lemberg), Courtney Dembrowski (Saskatoon), Jasmine Fehr (Osler) – 4x400m (3:52.23)
BRONZE – Kaylee Ilinisky (Kinistino) – 100m (12.41) - TMSK
BRONZE – Courtney Dembrowski (Saskatoon) – 800m (2:16.81) - TMSK
BRONZE – Kaitlyn Harrison (Craven) – 1500m (4:40.33) - TMSK
BRONZE – Rebecca Barkway Warman) – 100mH (14.53) - TMSK
BRONZE – Ayva Delainey (Grayson) – 400m WC (2:03.81) - TMSK
BRONZE – Madison Lawrence (Swift Current) – 100m (29.68) - TMSK
BRONZE – Madalyn Gramiak (Saskatoon) – 200m Special O (38.40) - TMSK
BRONZE – Madalyn Gramiak (Saskatoon) – Long Jump Special O (2.75m) - TMSK
BRONZE – Mackinley Gader (Borden) – Shot Put Special O (5.15m) - TMSK
BRONZE – Nicole Ostertag (Saskatoon) – Heptathlon (4370) - TMSK
BRONZE – Kathryn Guenter (Saskatoon) – Pole Vault (2.40m) - TMSK
BRONZE – Kaylee Ilinisky (Kinistino) – Long Jump (5.46m) - TMSK
BRONZE – Danielle Fedak (Regina) – Hammer Throw (44.79m) – TMSK
BRONZE – Alyson Edwards (Strasbourg) – Javelin (36.81m) – TMSK
BRONZE – Nicole Kramchynsky (Saskatoon) – Shot Put (11.60m) - TMSK

Men

GOLD – Ron MacLean (Regina) – 800m (1:52.99) - TMSK
GOLD – Ron MacLean (Regina) – 1500m (3:58.16) - TMSK
GOLD – Payne Wylie (Elstow) – 100mH (14.23) - TMSK
GOLD – Yousif Kaed (Saskatoon) – 200m WC (46.02) - TMSK
GOLD – Yousif Kaed (Saskatoon) – 400m WC (1:26.30) - TMSK
GOLD – Yousif Kaed (Saskatoon) – 100m WC (21.54) - TMSK
GOLD – Bradyn Giraudier (Assiniboia) – 200m Special O (26.22) - TMSK
GOLD – Bradyn Giraudier (Assiniboia) – Shot Put Special O (10.92m) - TMSK
GOLD – Jake Neufeld (Saskatoon) – Decathlon (5327) - TMSK
GOLD – Scott Joseph (Swift Current) – Long Jump (6.85m) - TMSK
GOLD – Scott Joseph (Swift Current) – Triple Jump (13.88m) - TMSK
GOLD – Brett Lachance (Saskatoon) – Discus (43.44m) - TMSK
GOLD – Brett Lachance (Saskatoon) – Shot Put (14.80m) - TMSK
SILVER – Jonah Branning (Regina) – 200m (21.97) - TMSK
SILVER – Vaugh Taylor (Regina) – 400m (48.52) - TMSK
SILVER – Matthew Exner (Regina) – 800m (1:54.14) - TMSK
SILVER – Brayden Mytopher (Strasbourg) – 1500m (3:59.64) - TMSK
SILVER – Payne Wylie (Elstow) – 400mH (54.59) - TMSK
SILVER – Hunter Berg (Swift Current) – 200m WC (47.15) - TMSK
SILVER – Hunter Berg (Swift Current) – 400m WC (1:31.41) – TMSK
SILVER – Bradyn Giraudier (Assiniboia) – 100m Special O (12.49) - TMSK
SILVER – Bradyn Giraudier (Assiniboia) – Long Jump Special O (5.24m) - TMSK
SILVER – Jordan Dasiuk (Dalmeny) – Decathlon (5009) - TMSK
SILVER – Logan Fettes (Assiniboia) – Triple Jump (13.72m) - TMSK
SILVER – Erik Salamon (Saskatoon) – Discus (42.26m) – TMSK

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SILVER – Landon Kohle (Cudworth) – Javelin (56.82m) - TMSK
SILVER – TMSK – Scott Joseph (Swift Current), Dami Ogunbiyi (Yorkton), Dawson Bentz (Regina), Jonah Branning (Regina) – 4x100m (41.29)
SILVER – TSMK – Dawson Bentz (Regina), Matthew Exner (Regina), Jonah Branning (Regina), Vaughn Taylor (Regina) – 4x400m (3:15.95)
BRONZE – Brayden Mytopher (Strasbourg) – 800m (1:55.28) - TMSK
BRONZE – Thomas Haidl (Regina) – 100mH (15.58) - TMSK
BRONZE – Hunter Berg (Swift Current) – 100m WC (22.38) – TMSK
BRONZE – Kyle Giraudier (Assiniboia) – 100m Special O (13.32) - TMSK
BRONZE – Kyle Giraudier (Assiniboia) – 200m Special O (27.24) - TMSK
BRONZE – Kyle Giraudier (Assiniboia) – Long Jump Special O (4.85m) - TMSK
BRONZE – Kyle Giraudier (Assiniboia) – Shot Put Special O (8.38m) - TMSK
BRONZE – Asad Hussain (Regina)– Decathlon (4027) - TMSK
BRONZE – Jonah Murray (Saskatoon) – Pole Vault (4.00m) - TMSK

Mixed

GOLD – TMSK – Mackinley Gader (Borden), Kyle Giraudier (Assiniboia), Madalyn Gramiak (Saskatoon), Bradyn Giraudier (Assiniboia) – 4x100m Special O (57.92)

Cross Country Competitions (2018)

Due to the timing of the AGM, I have included the results from last years Cross Country Championships. Canadian Championships were held in Kinston, Ontario, Nov 10, 2018.

In Canada West Competition, Courtney Hufsmith won bronze, also earning 1st Team All-Star

In USport, Competition, Courtney finished 11th an earned Second Team All-Canadian
In the Canadian Championships Ron McLean placed won gold.

Included below are other notable mentions:

Canada West Cross-Country Championships, Kingston, Ontario November 10:

BRONZE	Courtney Hufsmith	UOFS	1 st Team All-Star
17 th	Courtney Moffat	UOFS	
27 th	Greg Hetterley	UOFR	
30 th	Kaila Neigum	UOFR	
30 th	Brayden Mytopher	UOFR	
5 th	UofS Women's Team		
6 th	UofR Women's Team		
7 th	UofR Men's Team		

USPORT Cross-Country Championships, Kingston, Ontario, November 10:

11 th	Courtney Hufsmith	UOFS	Second Team All-Canadian
59 th	Courtney Moffat	UOFS	
71 st	Greg Hetterley	UOFR	
83 rd	Brayden Mytopher	UOFR	

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17th UofS Women's Team
19th UofR Women's Team

Canadian Cross-Country Championships, Kingston, ON, November 24:

GOLD	Ron MacLean	U18 Men	UOFR
4 th	Moktar Said	U18 Men	RIVA
14 th	Tyra Dickson	Masters Women 35-39	UNSK
30 th	Benjamin Seshadri	U18 Men	RIVA
GOLD	U18 Men		TMSK

I would like to acknowledge Paul Ayres who is excellent in compiling and keeping tabs on the performances and programs that include our Athletes within the province. Thank you Paul.