

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****Event 1 Girls 14-15 60 Meter Dash Midget**

=====				
Open: * 7.45 09/02/2002 Jenni Hucul, STFC				
Native: \$ 7.45 09/02/2003 Jenni Hucul, STFC				
Name	Year	Team	Finals	H#
=====				
Finals				
1	Woitas, Kailee	02 Excel Athletika	8.21	2
2	Toth, Irelyn	01 Excel Athletika	8.35	1
3	Kozan, Sara	02 Excel Athletika	8.47	2
4	Stroeder, Victoria	02 Excel Athletika	8.53	1
5	Nestman, Mackenzie	01 Excel Athletika	8.61	1
6	Allen, Rachel	03 Excel Athletika	8.76	2
7	Strinholm, Kayleigh	01 Excel Athletika	8.87	2
8	Mukesh, Lakshmi	02 Excel Athletika	9.09	2
9	Braaten, Emma	02 Excel Athletika	9.18	1
10	Nicholls, Arden	02 Excel Athletika	9.71	1
11	Hussain, Sarina	03 Excel Athletika	9.76	1
12	Graham, Casey	02 Excel Athletika	10.10	2

Event 2 Boys 14-15 60 Meter Dash Midget

=====				
Open: * 7.18 29/12/1985 Brad McCuaig, AB				
Native: \$ 7.27 29/12/1983 Darryl Isbister, RIV				
Name	Year	Team	Finals	
=====				
1	Kirk, Drew	01 Unattached	7.64	
2	Callaghan, Brighton	02 Excel Athletika	8.03	
3	Nesseth, Nicholas	02 YLTC	8.26	
4	Kitchen, Beck	03 Excel Athletika	9.18	

Event 3 Girls 16-17 60 Meter Dash Youth

=====				
Open: * 7.45 09/02/2003 Jenni Hucul, STFC				
Native: \$ 7.45 09/02/2003 Jenni Hucul, STFC				
Name	Year	Team	Finals	
=====				
1	Smith, Skylar	00 YLTC	8.29	
2	Mwarabu, Galilee	00 Excel Athletika	8.41	
3	Strinholm, Hannah	99 Excel Athletika	9.03	
4	Rehman, Noor	00 Excel Athletika	9.22	

Event 4 Boys 16-17 60 Meter Dash Youth

=====				
Open: * 6.83 29/12/1982 Courtney Brown, MB				
Native: \$ 7.03 28/12/1984 Allan Fong, RIV/UOFS				
Name	Year	Team	Finals	
=====				
1	Botterill, Ryan	99 Excel Athletika	7.17	
2	Taylor, Vaughn	00 Excel Athletika	7.29	
3	Smeikle, Ontwain	99 Excel Athletika	7.38	
4	Cox, Adrian	00 Excel Athletika	7.65	
5	Croteau, Lukas	00 Excel Athletika	7.69	
6	Li, Benny	00 LMTFC	7.89	

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****Event 5 Women 18-19 60 Meter Dash Junior**

=====			
Open: *	7.45	09/02/2003	Jenni Hucul, STFC
Native: \$	7.45	09/02/2013	Jenni Hucul, STFC
Name	Year	Team	Finals
=====			
1 Olson, Bryn	98	Excel Athletika	9.15

Event 7 Women 20-34 60 Meter Dash Senior

=====			
Open: *	7.18	14/01/1996	Carlette Guidry/Philomena Men
Native: \$	7.45	09/02/2003	Jenni Hucul, STFC
Name	Year	Team	Finals
=====			
1 Becker, Joy	94	Univ. of Regina	7.75
2 Margetts, Merissa	91	Cougars	7.80
3 Huck, Laura	96	Univ. of Regina	8.25
4 Lawrence, Olivia	99	Cougars	8.42
5 Hansen, Jules	98	Univ. of Regina	8.45
6 Chernick, Elizabeth	96	Univ. of Regina	8.47
7 Kinnear, Lindsay	88	Excel Athletika	9.03

Event 8 Men 20-34 60 Meter Dash Senior

=====				
Open: *	6.51	14/01/1996	Bruny Surin, QU-VID	
Native: \$	6.78	11/03/2010	Graeme Rinholm, U of S	
Name	Year	Team	Finals	H#
=====				
1 Branning, Kahlen	93	Univ. of Regina	6.96	1
2 Strauss, Austin	97	Univ. of Regina	7.28	1
3 Teckchandani, Taylor	97	Univ. of Regina	7.32	2
4 Simon, Atlee	96	Univ. of Regina	7.35	1
5 Chamney, William	97	Univ. of Regina	7.37	2
6 Liebrecht, Preston	93	Univ. of Regina	7.39	2
7 Bloom, Connor	93	Univ. of Regina	7.40	1
8 Legien, Nolan	97	Cougars	7.42	2
9 Sebulsky, Tim	77	Unattached	7.57	1
10 Kouri, Marcus	97	Univ. of Regina	7.66	1
11 Graham, Michael	91	Excel Athletika	7.87	2
12 Stein, Janz	81	Excel Athletika	8.15	2
13 Kroeker, Darren	83	Unattached	8.22	2
14 Domon-Grenier, Kevin	84	Unattached	8.42	2
15 Faye, Lucas	93	Excel Athletika	9.66	1

Event 9 Women 35-99 60 Meter Dash Masters

=====			
Open: *	9.29	05/12/2009	Carol Lafayette-Boyd, EXA
Name	Year	Team	Finals
=====			
1 Silcox, Kelly	66	Excel Athletika	8.95*
2 Zinkhan-Davies, Kari	81	Excel Athletika	9.12*
3 LaFayette-Boyd, Carol	42	Excel Athletika	9.53

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****Event 10 Men 35-99 60 Meter Dash Masters**

Name	Year Team	Finals
1 Ellis, Colin	67 Excel Athletika	8.09

Event 11 Girls 14-15 200 Meter Dash Midget

Name	Year Team	Finals	H#
Open: * 24.69 07/03/2003 Jenni Hucul, STFC			
Native: \$ 24.69 07/03/2003 Jenni Hucul, STFC			
1 Toth, Irelyn	01 Excel Athletika	27.50	2
2 Stroeder, Victoria	02 Excel Athletika	28.66	2
3 Kozan, Sara	02 Excel Athletika	29.02	1
4 Strinholm, Kayleigh	01 Excel Athletika	29.93	2
5 McLeod, Stella	04 Excel Athletika	30.09	2
6 Belanger, Abby	02 Excel Athletika	30.49	1
7 Braaten, Emma	02 Excel Athletika	31.31	1
8 Nicholls, Arden	02 Excel Athletika	31.77	1
9 Elkew, Morgan	02 Excel Athletika	32.06	1
10 Danchilla, Camryn	02 YLTC	32.27	1
11 Ledingham, Claire	01 Excel Athletika	33.11	2

Event 12 Boys 14-15 200 Meter Dash Midget

Name	Year Team	Finals
Open: * 23.46 03/08/2015 Vaughn Taylor, QCST		
Native: \$ 23.46 08/03/2015 Vaughn Taylor, QCST		
1 Kirk, Drew	01 Unattached	24.74
2 Callaghan, Brighton	02 Excel Athletika	26.08
3 Hussain, Asad	01 Excel Athletika	26.53

Event 13 Girls 16-17 200 Meter Dash Youth

Name	Year Team	Finals
Open: * 24.69 07/03/2003 Jenni Hucul, STFC		
Native: \$ 24.69 07/03/2003 Jenni Hucul, STFC		
1 Smith, Skylar	00 YLTC	27.26
2 Mwarabu, Galilee	00 Excel Athletika	27.90
3 Strinholm, Hannah	99 Excel Athletika	29.35

Event 14 Boys 16-17 200 Meter Dash Youth

Name	Year Team	Finals
Open: * 22.63 01/03/1985 Darryl Isbister - Preston Wil		
Native: \$ 22.63 01/03/1985 Darryl Isbister - Preston Wil		
1 Botterill, Ryan	99 Excel Athletika	23.09
2 Molnar, Bennett	00 Excel Athletika	24.87
3 Croteau, Lukas	00 Excel Athletika	24.93
4 Aliev, Doniyor	00 LMTFC	27.65

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****Event 17 Women 20-34 200 Meter Dash Senior**

=====			
Open: * 23.68 04/02/2010 Kaltouma Nadjina, CHAD			
Native: \$ 23.90 31/01/1997 LaDonna Antoine, RAT			
Name	Year	Team	Finals
=====			
1 Huck, Laura	96	Univ. of Regina	26.71
2 Major, Danielle	97	Univ. of Regina	28.15
3 Kinnear, Lindsay	88	Excel Athletika	30.24

Event 18 Men 20-34 200 Meter Dash Senior

=====				
Open: * 21.22 07/02/2004 Tyler Christopher, CDA				
Native: \$ 21.27 15/02/1987 Cyprian Enweani, Team Sask				
Name	Year	Team	Finals	H#
=====				
1 Branning, Kahlen	93	Univ. of Regina	22.21	1
2 Strauss, Austin	97	Univ. of Regina	22.61	2
3 Liebrecht, Preston	93	Univ. of Regina	23.38	2
4 Teckchandani, Taylor	97	Univ. of Regina	23.48	1
5 Chamney, William	97	Univ. of Regina	23.76	2
6 Simon, Atlee	96	Univ. of Regina	24.07	2
7 Steininger, Dustin	93	Cougars	24.18	1
8 Rask, Adam		Unattached	25.25	1
9 Graham, Michael	91	Excel Athletika	25.45	2
10 Perrault, Levi	98	Tisdale Track Club	26.27	2
11 Faye, Lucas	93	Excel Athletika	34.31	1

Event 19 Women 35-99 200 Meter Dash Masters

=====			
Open: * 31.48 05/12/2009 Carol Lafayette-Boyd, EXA			
Name	Year	Team	Finals
=====			
1 Silcox, Kelly	66	Excel Athletika	29.94*
2 Zinkhan-Davies, Kari	81	Excel Athletika	31.16*
3 LaFayette-Boyd, Carol	42	Excel Athletika	34.76

Event 20 Men 35-99 200 Meter Dash Masters

=====			
Name	Year	Team	Finals
=====			
1 Ellis, Colin	67	Excel Athletika	27.40

Event 21 Girls 12-13 60 Meter Hurdles .76m Bantam

=====			
Open: * 9.46 20/02/1998 Janine Polischuk, RAT			
Native: \$ 9.46 20/02/1998 Janine Polischuk, RAT			
Name	Year	Team	Finals
=====			
1 Allen, Rachel	03	Excel Athletika	11.71
2 Neiszner, Autumn	03	Excel Athletika	12.27
3 Demyen, Berlin	03	Excel Athletika	12.90
4 Keyowski, Selena	04	Excel Athletika	22.44

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****Event 22 Boys 12-13 60 Meter Hurdles .76m Bantam**

=====			
Open: *	9.80	20/03/2010	Nicholas Keenan, RIVA
Native: \$	9.80	20/03/2010	Nicholas Keenan, RIVA
Name	Year	Team	Finals
=====			
1 Shannon, Kesar	04	Excel Athletika	12.97

Event 23 Girls 14-15 60 Meter Hurdles .76m Midget

=====			
Open: *	8.88	25/01/2003	Jenni Hucul, STFC
Native: \$	8.88	25/01/2003	Jenni Hucul, STFC
Name	Year	Team	Finals
=====			
1 Strinholm, Kayleigh	01	Excel Athletika	11.09
2 Ledingham, Claire	01	Excel Athletika	12.08

Event 24 Boys 14-15 60 Meter Hurdles .84m Midget

=====			
Open: *	9.12	28/01/2012	Dalton Wells, STFC
Native: \$	9.02	13/02/2015	Payne Wylie, RIVA
Name	Year	Team	Finals
=====			
1 Burkholder, Karsun	02	Excel Athletika	10.34

Event 25 Girls 16-17 60 Meter Hurdles .76m Youth

=====			
Open: *	8.56	04/03/2005	Jenni Hucul, STFC
Native: \$	8.56	04/03/2005	Jenni Hucul, STFC
Name	Year	Team	Finals
=====			
1 Smith, Skylar	00	YLTC	9.73

Event 26 Boys 16-17 60 Meter Hurdles .91m Youth

=====			
Open: *	8.27	03/03/2007	Andrew Arndt, STFC
Native: \$	8.27	03/03/2007	Andrew Arndt, STFC
Name	Year	Team	Finals
=====			
1 Molnar, Bennett	00	Excel Athletika	9.58
2 Fabella, Emmanuel	99	LMTFC	10.89

Event 28 Men 18-19 60 Meter Hurdles .99m Junior

=====			
Open: *	8.13	15/03/1998	Lindsay Tallon, STFC
Native: \$	8.13	15/03/1998	Lindsay Tallon, STFC
Name	Year	Team	Finals
=====			
1 Trakalo, Bryden	98	Excel Athletika	9.27

Event 29 Women Open 60 Meter Hurdles .84m Senior

=====			
Open: *	8.04	18/03/2016	Brianne Theisen-Eaton, UNSK
Native: \$	8.04	18/03/2016	Brianne Theisen, UNSK
Name	Year	Team	Finals
=====			
1 Margetts, Merissa	91	Cougars	8.90

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****....Event 29 Women Open 60 Meter Hurdles .84m Senior**

2 Yungmann, Molly	98 Univ. of Regina	9.49
3 Dela Merced, Geselle	97 Univ. of Regina	9.83
4 Major, Danielle	97 Univ. of Regina	10.12
5 Stockhorst, Erika	98 Univ. of Regina	10.54

Event 30 Men Open 60 Meter Hurdles 1.07m Senior

=====			
Open: *	7.55	06/02/1995	Allen Johnson, USA
Native: \$	8.04	28/02/1999	Omar Forrest-Lindsay Tallon-0
Name	Year	Team	Finals
=====			
1 Steininger, Dustin	93	Cougars	8.66

Event 33 Girls 10-11 600 Meter Run Pee Wee

=====			
Open: *	3:07.22	05/12/2009	Emily Benko, EXA
Name	Year	Team	Finals
=====			
1 Dorais, Alexis	05	Excel Athletika	2:02.00*
2 Junk, Jocelyn	05	Tisdale Track Club	2:10.00*
3 Schultz, Alexandra	05	Excel Athletika	2:17.00*

Event 34 Boys 10-11 600 Meter Run Pee Wee

=====			
Open: *	3:09.73	05/12/2009	Michael Thiel, EXA
Name	Year	Team	Finals
=====			
1 Naughton, Killian	06	Excel Athletika	1:53.00*
2 Loukas, Sherlock	05	Tisdale Track Club	1:56.00*
3 Matsyk, Josh	05	Excel Athletika	2:00.00*
4 Hischebett, Jack	05	Excel Athletika	2:02.00*
5 Downes, Adonias	06	Excel Athletika	2:04.00*

Event 37 Girls 12-13 800 Meter Run Bantam

=====			
Open: *	2:23.94	24/03/2007	Jennifer Paul, CINT
Native: \$	2:24.82	06/12/2014	Natalia McCullough, QCST
Name	Year	Team	Finals
=====			
1 McLeod, Stella	04	Excel Athletika	2:39.71
2 Demyen, Berlin	03	Excel Athletika	2:44.70
3 Yuzicappi, Sistine	03	Excel Athletika	2:51.45
4 Wagner, Grace	03	Excel Athletika	2:57.17

Event 38 Boys 12-13 800 Meter Run Bantam

=====			
Open: *	2:10.98	01/03/2014	Ron MacLean, QCST
Native: \$	2:10.98	01/03/2014	Ron MacLean, QCST
Name	Year	Team	Finals
=====			
1 Eiswerth, Daniel	03	Excel Athletika	2:41.14
2 Boersch, Peter	05	Excel Athletika	2:56.05

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****Event 39 Girls 14-15 800 Meter Run Midget**

=====			
Open: * 2:15.65 01/03/2001 Kailey Smith, MJR			
Native: \$ 2:15.65 01/03/2001 Kailey Smith, MJR			
Name	Year	Team	Finals
=====			
1 Kozan, Ellison	02	Excel Athletika	2:38.40
2 Roney, Alyssa	02	LMTFC	2:44.84
3 Danchilla, Camryn	02	YLTC	3:00.73

Event 40 Boys 14-15 800 Meter Run Midget

=====			
Open: * 2:00.09 12/06/2014 Vaughn Taylor, QCST			
Native: \$ 2:00.09 06/12/2014 Vaughn Taylor, QCST			
Name	Year	Team	Finals
=====			
1 Downes, Liam	01	Excel Athletika	2:12.00
2 Preston, Adam	01	Excel Athletika	2:12.88
3 Dorey, Eric	02	Excel Athletika	2:15.59
4 Mytopher, Adam	02	LMTFC	2:21.97
5 Smith, Joseph	01	Excel Athletika	2:30.35
6 Haczkewicz, Josh	02	YLTC	2:34.17
7 Easton, Sean	02	YLTC	2:34.30
8 Clark, David	01	Excel Athletika	2:42.07

Event 41 Girls 16-17 800 Meter Run Youth

=====			
Open: * 2:08.0h 29/12/1972 Glenda Reiser, ON-OKH			
Native: \$ 2:15.14 19/02/2016 Chloe McEachern, QCST			
Name	Year	Team	Finals
=====			
1 Tremblay, Sarrah	00	Excel Athletika	2:41.98
2 Tymo, Kaylee	00	Excel Athletika	2:54.11

Event 42 Boys 16-17 800 Meter Run Youth

=====			
Open: * 1:56.65 12/03/2005 Darren Mazzei, QCS			
Native: \$ 1:56.56 03/12/2005 Darren Mazzei, QCS			
Name	Year	Team	Finals
=====			
1 Girgis, Samuel	00	Excel Athletika	2:13.95

Event 45 Women 20-34 800 Meter Run Senior

=====			
Open: * 2:03.72 17/12/1991 Charmaine Crooks, BC-KAJ			
Native: \$ 2:07.10 25/02/2012 Jessica Furlan, NE/EXCL			
Name	Year	Team	Finals
=====			
1 McEachern, Chloe	00	Stride Ahead	2:18.70
2 Haczkewicz, Kelsey	99	YLTC	2:20.29
3 Ham, Robyn	98	Univ. of Regina	2:24.60
4 Dodds, Tianna	97	Univ. of Regina	2:29.49
5 Mehlhorn, Hillary	95	Univ. of Regina	2:29.64
6 Zarowny, Justine	98	Univ. of Regina	2:31.15
7 Edwards, Darbi	98	Univ. of Regina	2:33.90

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****Event 46 Men 20-34 800 Meter Run Senior**

=====			
Open: * 1:49.35 10/01/1999 Mark Everett, USA-Power Bar			
Native: \$ 1:50.01 17/02/2015 Daniel Block, STFC			
Name	Year	Team	Finals
=====			
1 Eiswerth, Alex	95	Univ. of Regina	1:57.83
2 Pederson, Steven	96	Excel Athletika	1:59.19
3 Hetterley, Greg	97	Univ. of Regina	1:59.76
4 Mytopher, Brayden	00	Stride Ahead	1:59.81
5 Strueby, Adam	94	Univ. of Regina	2:00.37
6 McLean, Shawn	94	Univ. of Regina	2:00.64
7 Johnson, Matthew	97	Univ. of Regina	2:01.87
8 Brailsford, Ret	97	Univ. of Regina	2:02.75
9 Turmel, Marc	95	Univ. of Regina	2:06.81
10 Legare, Quinn	97	Univ. of Regina	2:07.80

Event 48 Men 35-99 800 Meter Run Masters

=====			
Open: * 2:43.77 05/12/2009 Grant Van Eaton, EXA			
Name	Year	Team	Finals
=====			
1 Baouya, Daniel	75	Unattached	2:31.45*

Event 49 Girls 1-11 1000 Meter Run Pee Wee

=====			
Open: * 6:38.82 05/12/2009 Spencer Boldt, EXA			
Name	Year	Team	Finals
=====			
1 Metzger, Callie	05	YLTC	3:37.13*
2 Dorais, Alexis	05	Excel Athletika	3:46.46*
3 Kolb, Mackenzie	05	Regina Multi-Sport	3:58.67*
4 Bond, Avery	06	YLTC	4:02.26*

Event 50 Boys 1-11 1000 Meter Run Pee Wee

=====			
Name	Year	Team	Finals
=====			
1 Naughton, Killian	06	Excel Athletika	3:36.72
2 Bristol, Henry	06	Regina Multi-Sport	3:37.99
3 Hischebett, Jack	05	Excel Athletika	3:41.25
4 Downes, Adonias	06	Excel Athletika	3:41.74
5 Gettle, Eli	06	Excel Athletika	3:41.78

Event 51 Girls 12-13 1200 Meter Run Bantam

=====			
Open: * 4:00.25 08/02/2014 Natalia McCullough, QCST			
Native: \$ 4:00.25 08/02/2014 Natalia McCullough, QCST			
Name	Year	Team	Finals
=====			
1 Latkustiak, Molly	04	Regina Multi-Sport	4:15.26
2 Perras, Ella	03	Regina Multi-Sport	4:22.15
3 Gettle, Sophie	03	Excel Athletika	4:23.93
4 Demyen, Berlin	03	Excel Athletika	4:31.98
5 Yuzicappi, Sistine	03	Excel Athletika	4:44.78
6 Markatos, Elizabeth	03	Regina Multi-Sport	4:46.33
7 Senga, Maia	03	Regina Multi-Sport	4:47.08

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8 Neiszner, Autumn	03 Excel Athletika	4:54.94
9 Heroux, Jocelyn	03 Regina Multi-Sport	4:58.38

Event 52 Boys 12-13 1200 Meter Run Bantam

=====		
Open: *	3:30.66	28/02/2014 Ron MacLean, QCST
Native: \$	3:30.66	28/02/2014 Ron MacLean, QCST
Name	Year Team	Finals
=====		
1 Eiswerth, Daniel	03 Excel Athletika	4:20.18
2 Parrott, Rhys	03 Excel Athletika	4:20.36
3 Shannon, Kesar	04 Excel Athletika	4:36.58
4 Gilbey, Ethan	03 Excel Athletika	4:54.78

Event 53 Girls 14-15 1200 Meter Run Midget

=====		
Open: *	3:50.29	21/03/2015 Chloe McEachern, QCST
Native: \$	3:50.29	21/03/2015 Chloe McEachern, QCST
Name	Year Team	Finals
=====		
1 Kozan, Ellison	02 Excel Athletika	4:18.39
2 Roney, Alyssa	02 LMTFC	4:26.37
3 Kolesova, Natalia	01 Regina Multi-Sport	4:32.38

Event 54 Boys 14-15 1200 Meter Run Midget

=====		
Open: *	3:21.59	11/02/2012 Jay Ort, MB
Native: \$	3:22.91	06/12/2014 Kaden Nilson, QCST
Name	Year Team	Finals
=====		
1 Kolb, Kaelen	01 Regina Multi-Sport	3:43.29
2 Dorey, Eric	02 Excel Athletika	3:44.50
3 Easton, Sean	02 YLTC	4:06.86
4 Smith, Joseph	01 Excel Athletika	4:18.31

Event 55 Girls 16-17 1500 Meter Run Youth

=====		
Open: *	4:31.3h	29/12/1971 Glenda Reiser, ON-OKH
Native: \$	4:38.9h	08/02/1980 Jane Bolstad, RWCK
Name	Year Team	Finals
=====		
1 Tremblay, Sarrah	00 Excel Athletika	5:33.50
2 Tymo, Kaylee	00 Excel Athletika	5:55.09

Event 56 Boys 16-17 1500 Meter Run Youth

=====		
Open: *	3:57.39	28/12/1984 Mark Lynch, AB
Native: \$	4:00.09	02/03/2000 Simon Bairu, HAR
Name	Year Team	Finals
=====		
1 Girgis, Samuel	00 Excel Athletika	5:08.91

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****Event 59 Women 20-34 1500 Meter Run Senior**

=====			
Open: *	4:16.3h	29/12/1973	Glenda Reiser, ON-OKH
Native: \$	4:25.30	15/02/1992	Janice Beland, UOFS
Name	Year	Team	Finals
=====			
1 Tomczak, Liz	86	Regina Multi-Sport	5:32.51

Event 62 Men 35-99 1500 Meter Run Masters

=====			
Open: *	5:23.00	05/12/2009	Dave Olsen, Unattached
Name	Year	Team	Finals
=====			
1 Mann, Derrick	76	Regina Multi-Sport	5:40.28

Event 63 Women 20-34 3000 Meter Run Senior

=====			
Open: *	9:13.12	22/02/2009	Danette Doetzel, RI/QCS
Native: \$	9:13.12	22/02/2009	Danette Doetzel, RI/QCST
Name	Year	Team	Finals
=====			
1 Elkew, Morgan	02	Excel Athletika	13:04.25
2 Petit, Kai-La	99	Excel Athletika	18:29.05

Event 64 Men 20-34 3000 Meter Run Senior

=====			
Open: *	8:03.85	28/02/2004	Simon Bairu, UofW-QCS
Native: \$	8:03.85	28/02/2004	Simon Bairu, UofW-QCS
Name	Year	Team	Finals
=====			
1 Thiel, Michael	99	Excel Athletika	9:54.83
2 Smith, Jacob	99	Excel Athletika	10:03.59

Event 65 Girls 1-11 High Jump Pee Wee

=====			
Name	Year	Team	Finals
=====			
1 Culbert, Victoria	06	Excel Athletika	1.20m
0.95 1.00 1.05 1.10 1.15 1.20 1.30			
O O O O XO XO XXX			
2 Lena, Gieni	05	Excel Athletika	1.15m
0.95 1.00 1.05 1.10 1.15 1.20			
O O O O XXO XXX			
3 Anderson, Jordan	06	Excel Athletika	J1.15m
0.90 0.95 1.00 1.05 1.10 1.15 1.20			
P O O XXO XO XXO XXX			
4 Alli, Viola	05	Excel Athletika	1.10m
0.95 1.00 1.05 1.10 1.15			
O O O XXO XXX			
5 Metz, Emily	06	Excel Athletika	1.05m
0.95 1.00 1.05 1.10			
O O XXO XXX			
6 Schultz, Alexandra	05	Excel Athletika	1.00m
0.95 1.00 1.05			
O O XX			

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016
Regina Fieldhouse, Regina, Saskatchewan
Results

....Event 65 Girls 1-11 High Jump Pee Wee

7 Metz, Alyssa	07 Excel Athletika	J1.00m
0.90 0.95 1.00 1.05		
O XO XXO XXX		
-- Bradley, Halle	07 Excel Athletika	NH
0.90		
XXX		
-- Kozan, Grace	07 Excel Athletika	NH
0.95		
XXX		

Event 66 Boys 1-11 High Jump Pee Wee

Name	Year Team	Finals
1 Matsyk, Josh	05 Excel Athletika	1.30m
0.95 1.00 1.05 1.10 1.15 1.20 1.25 1.30		
P O O O O O XO O		
2 Kitz, Jackson	05 Excel Athletika	1.25m
0.95 1.00 1.05 1.10 1.15 1.20 1.25 1.30		
P O O XXO XO O XO XXX		
3 Nicholls, Dawson	05 Excel Athletika	J1.25m
0.95 1.00 1.05 1.10 1.15 1.20 1.25 1.30		
P O O O O XO XXO XXX		
4 Topos, Dominic	06 Excel Athletika	1.20m
0.95 1.00 1.05 1.10 1.15 1.20 1.25		
P O O O XO O XXX		
5 Lloyd, Tayen	05 Excel Athletika	1.15m
0.95 1.00 1.05 1.10 1.15 1.20		
P O O O XO XXX		
6 Cann, Benjamin	06 Excel Athletika	1.00m
0.95 1.00 1.05		
O XXO XXX		
7 Baker, Noah	07 Excel Athletika	0.95m
0.95 1.00		
XXO XXX		

Event 67 Girls 12-13 High Jump Bantam

Name	Year Team	Finals
Open: * 1.66m 29/12/1975 Michelle Dunlop, YLTC		
Native: \$ 1.66m 29/12/1975 Michelle Dunlop, Yorkton		
1 Vanderhooft, Rachel	03 Excel Athletika	1.40m
1.10 1.15 1.20 1.25 1.30 1.35 1.40 1.45		
O O O O O O XXO XXX		
1 McCombs, Kasey	03 YLTC	1.40m
1.10 1.15 1.20 1.25 1.30 1.35 1.40 1.45		
O O O O O O XO XXX		
3 Neiszner, Autumn	03 Excel Athletika	1.35m
1.10 1.15 1.20 1.25 1.30 1.35 1.40		
P O O O O XO XXX		
4 Sutherland, Alexandra	04 Excel Athletika	1.30m
1.10 1.15 1.20 1.25 1.30 1.35		
O O O O XO XX		

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****....Event 67 Girls 12-13 High Jump Bantam**

4 Braaten, Reece	04 Excel Athletika	1.30m
1.10 1.15 1.20 1.25 1.30 1.35		
0 0 0 0 XXO XXX		
4 Paradowski, Jessalyn	04 Excel Athletika	1.30m
1.10 1.15 1.20 1.25 1.30 1.35		
0 XO 0 XO XO XXX		
7 McEachern, Jordyn	03 Excel Athletika	1.25m
1.10 1.15 1.20 1.25 1.30		
0 0 0 0 XXX		
8 Allen, Drew	04 Excel Athletika	1.20m
1.10 1.15 1.20 1.25		
0 0 0 XXX		
8 Keith, Kaidyn	04 Excel Athletika	1.20m
1.10 1.15 1.20 1.25		
XO XO XO XXX		
10 Gdanski, Sydney	03 Regina Multi-Sport	1.15m
1.15 1.20 1.25 1.30		
0 X X XXX		
10 Keyowski, Selena	04 Excel Athletika	1.15m
1.10 1.15 1.20		
XO XO XXX		
-- Lolacher, Dilyn	04 Excel Athletika	NH
1.00		
XXX		

Event 68 Boys 12-13 High Jump Bantam

=====			
Open: *	1.66m	07/12/2013	Calvin Napope, CCTC
Native: \$	1.66m	07/12/2013	Calvin Napope, CCTC
Name	Year	Team	Finals
=====			
1 Adam, Ben	03	Excel Athletika	1.35m
1.10 1.15 1.20 1.25 1.30 1.35			
0 0 0 0 0 XXO			
2 Boersch, Peter	05	Excel Athletika	1.30m
1.10 1.15 1.20 1.25 1.30 1.35			
XO 0 0 0 0 XXX			
3 Thurman, Tyson	03	Excel Athletika	1.25m
1.10 1.15 1.20 1.25 1.30			
0 0 0 0 XXX			
4 Somers, William	04	Excel Athletika	1.15m
1.10 1.15 1.20			
XO 0 XXX			
5 Morhart, Ethan	04	Excel Athletika	1.10m
1.10 1.15			
XXO XXX			

Event 69 Girls 14-15 High Jump Midget

=====			
Open: *	1.75m	15/03/1987	Coralea Brown, AB-SPC
Native: \$	1.68m	28/11/1998	Angie Collinge-Janine Polisch
Name	Year	Team	Finals
=====			

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****....Event 69 Girls 14-15 High Jump Midget**

1	Danchilla, Camryn	02 YLTC								1.50m
	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	
	P	O	O	O	O	XO	XXO	XO	XXX	
2	Ledingham, Claire	01 Excel Athletika								1.40m
	1.15	1.20	1.25	1.30	1.35	1.40	1.45			
	O	O	P	P	O	XO	XXX			
3	Nicholls, Arden	02 Excel Athletika								1.35m
	1.15	1.20	1.25	1.30	1.35	1.40				
	P	O	O	O	O	XXX				
3	Mukesh, Lakshmi	02 Excel Athletika								1.35m
	1.15	1.20	1.25	1.30	1.35	1.40				
	O	O	O	O	O	XXX				
--	Graham, Casey	02 Excel Athletika								NH
	1.15									
	XXX									

Event 70 Boys 14-15 High Jump Midget

=====										
Open: * 1.91m 11/04/1987 Gordon Flood, STFC										
Native: \$ 1.91m 11/04/1987 Gordon Flood, STFC										
	Name				Year	Team				Finals
=====										
1	Hussain, Asad	01	Excel	Athletika						1.65m
	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.65	1.70
	P	P	P	P	P	O	O	O	XO	XXX
2	Callaghan, Brighton	02	Excel	Athletika						1.55m
	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60		
	P	P	O	O	XO	XO	O	XXX		
2	Nesseth, Nicholas	02	YLTC							1.55m
	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60		
	P	P	O	O	XO	O	O	XXX		
4	Burkholder, Karsun	02	Excel	Athletika						1.50m
	1.25	1.30	1.35	1.40	1.45	1.50	1.55			
	P	P	O	O	XXO	XXO	XXX			
5	Kitchen, Beck	03	Excel	Athletika						1.25m
	1.25	1.30								
	O	XXX								

Event 71 Girls 16-17 High Jump Youth

=====										
Open: * 1.80m 11/01/1997 Whitney Evans, AB-WAR										
Native: \$ 1.71m 30/12/1980 S Ruecker B Wehrhahn/92 A Col										
	Name				Year	Team				Finals
=====										
1	Edwards, Alyson	00	LMTFC							1.55m
	1.30	1.35	1.40	1.45	1.50	1.55	1.60			
	P	P	XO	O	XO	XXO	XXX			
2	Sutter, Sarah	00	YLTC							1.50m
	1.30	1.35	1.40	1.45	1.50	1.55				
	O	O	O	XXO	XXO	XXX				

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****Event 72 Boys 16-17 High Jump Youth**

=====						
Open: * 2.18m 28/02/1982 Alain Metellus, QC						
Native: \$ 2.03m 10/12/1995 Blake Cumming, YLTC						
Name	Year Team					Finals
=====						
1 Wiome, Lynden	00 Excel Athletika					1.70m
	1.50	1.55	1.60	1.65	1.70	1.75
	O	O	O	O	O	XXX

Event 75 Women 20-34 High Jump Senior

=====						
Open: * 1.91m 29/12/1977 Debbie Brill, BC-						
Native: \$ 1.88m 10/03/2012 Brianne Theisen, UNSK/OR						
Name	Year Team					Finals
=====						
1 Yungmann, Molly	98 Univ. of Regina					1.50m
	1.30	1.35	1.40	1.45	1.50	1.55
	XO	O	XXO	O	XO	XXX

Event 76 Men 20-34 High Jump Senior

=====						
Open: * 2.30m 11/01/1998 Brian Brown, USA-Health						
Native: \$ 2.17m 01/12/1912 Jeremy Eckert, UofR						
Name	Year Team					Finals
=====						
1 Rumpel, Ben	96 Univ. of Regina					1.90m
	1.70	1.75	1.80	1.85	1.90	1.95
	P	P	O	O	XO	XXX
2 Pederson, Ty	97 Univ. of Regina					J1.90m
	1.70	1.75	1.80	1.85	1.90	1.95
	P	P	O	O	XO	XXX
3 Legien, Nolan	97 Cougars					J1.90m
	1.70	1.75	1.80	1.85	1.90	1.95
	O	O	O	O	XXO	XXX
4 Schutz, Hayden	98 Univ. of Regina					1.80m
	1.70	1.75	1.80	1.85		
	P	XO	O	XXX		

Event 79 Girls 14-15 Long Jump Midget

=====						
Open: * 5.57m 29/01/2000 Janine Polischuk, RAT						
Native: \$ 5.57m 29/01/2000 Janine Polischuk, RAT						
Name	Year Team					Finals
=====						
1 Woitas, Kailee	02 Excel Athletika					4.92m
	4.64m	4.81m	4.65m	4.90m	4.86m	4.92m
2 Kozan, Sara	02 Excel Athletika					4.47m
	4.47m	4.24m	4.31m	4.37m	4.28m	FOUL
3 Danchilla, Camryn	02 YLTC					4.23m
	4.23m	FOUL	3.92m	3.39m	3.86m	4.10m
4 Stroeder, Victoria	02 Excel Athletika					4.20m
	3.98m	2.95m	3.43m	3.79m	3.75m	4.20m
5 Li, Avery	02 LMTFC					4.13m
	4.13m	4.01m	FOUL	4.05m	3.86m	3.61m
6 Kozan, Holland	02 Excel Athletika					4.05m
	4.05m	3.95m	3.95m	3.84m	4.00m	FOUL

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****....Event 79 Girls 14-15 Long Jump Midget**

7	Strinholm, Kayleigh	01	Excel Athletika	3.82m
	3.15m 3.82m 3.67m 3.41m 3.48m 3.57m			
8	Ledingham, Claire	01	Excel Athletika	3.81m
	FOUL 3.57m 3.81m FOUL FOUL 2.45m			
--	Braaten, Emma	02	Excel Athletika	FOUL
	FOUL FOUL FOUL			

Event 80 Boys 14-15 Long Jump Midget

=====				
	Open: *	6.34m	27/12/1986	Errol Brown, YLTC
	Native: \$	6.34m	27/12/1986	Errol Brown, YLTC
	Name		Year Team	Finals
=====				
1	Kirk, Drew	01	Unattached	5.96m
	3.52m 5.70m 5.96m 5.52m 5.27m 5.70m			
2	Nesseth, Nicholas	02	YLTC	5.25m
	3.83m 5.25m 5.01m 4.62m 4.48m 4.47m			
3	Burkholder, Karsun	02	Excel Athletika	4.73m
	4.60m 4.66m 4.73m 4.67m 4.67m PASS			
4	Kitchen, Beck	03	Excel Athletika	3.97m
	3.97m 3.70m 3.79m 3.77m FOUL 3.58m			
5	Thurman, Tyson	03	Excel Athletika	3.75m
	3.75m 3.68m 3.61m 3.57m 3.67m 3.61m			

Event 81 Girls 16-17 Long Jump Youth

=====				
	Open: *	5.68m	12/01/2002	Janine Polischuk, RAT
	Native: \$	5.68m	12/01/2002	Janine Polischuck, RAT
	Name		Year Team	Finals
=====				
1	Edwards, Alyson	00	LMTFC	4.84m
	4.82m 4.81m 4.82m 3.60m 4.74m 4.84m			
2	Sutter, Sarah	00	YLTC	4.16m
	4.16m FOUL FOUL FOUL			

Event 82 Boys 16-17 Long Jump Youth

=====				
	Open: *	6.90m	16/02/1996	Shawn Peters, RAT
	Native: \$	6.90m	16/02/1996	Shawn Peters, RAT
	Name		Year Team	Finals
=====				
1	Cox, Adrian	00	Excel Athletika	5.96m
	PASS PASS 5.96m 5.68m 5.78m 5.57m			
2	Mansbridge-Goldie, Willi	00	LMTFC	5.77m
	5.54m 5.77m 5.31m 5.67m 5.65m 5.49m			
3	Croteau, Lukas	00	Excel Athletika	5.75m
	PASS PASS FOUL 5.60m FOUL 5.75m			
4	Li, Benny	00	LMTFC	5.53m
	PASS PASS 5.29m 5.36m 5.26m 5.53m			
5	Korkola, Sam	99	Excel Athletika	3.73m
	3.73m 3.65m PASS PASS PASS PASS			

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****Event 83 Women 18-19 Long Jump Junior**

=====							
Open: * 5.83m 21/02/2014 Katelyn Lehner, UNSK							
Native: \$ 5.83m 21/02/2014 Katelyn Lehner, UNSK							
Name	Year	Team					Finals
=====							
1 Olson, Bryn	98	Excel Athletika					4.03m
	4.03m	3.91m	3.85m	3.96m	3.92m	3.80m	

Event 85 Women 20-34 Long Jump Senior

=====							
Open: * 6.42m 18/03/2016 Brianne Theisen-Eaton, UNSK							
Native: \$ 6.42m 18/03/2016 Brianne Theisen-Eaton, UNSK							
Name	Year	Team					Finals
=====							
1 Becker, Joy	94	Univ. of Regina					5.91m
	FOUL	5.91m	FOUL	FOUL	5.64m	5.83m	
2 Jeannot, Paige	97	Univ. of Regina					5.33m
	5.33m	FOUL	5.33m	5.21m	5.00m	5.20m	
3 Yungmann, Molly	98	Univ. of Regina					5.20m
	4.39m	4.85m	5.20m	5.05m	5.08m	5.05m	
4 Lawrence, Olivia	99	Cougars					5.08m
	FOUL	FOUL	5.08m	4.98m	FOUL	4.91m	
5 Dela Merced, Geselle	97	Univ. of Regina					5.02m
	4.62m	4.84m	4.67m	5.02m	4.70m	PASS	
6 Hansen, Jules	98	Univ. of Regina					4.96m
	3.43m	4.96m	3.88m	4.94m	4.93m	4.92m	

Event 86 Men 20-34 Long Jump Senior

=====							
Open: * 7.94m 01/03/1993 Ian James, ON-YUT							
Native: \$ 7.53m 10/03/2006 Wade Huber, UofR/RAT							
Name	Year	Team					Finals
=====							
1 Legien, Nolan	97	Cougars					6.95m
	6.95m	5.99m	6.78m	6.90m	6.86m	2.58m	
2 Schmidt, Adam	96	Univ. of Regina					6.70m
	FOUL	6.70m	5.70m	PASS	PASS	PASS	
3 Rumpel, Ben	96	Univ. of Regina					6.43m
	FOUL	FOUL	6.43m	FOUL	6.33m	4.59m	
4 Pederson, Ty	97	Univ. of Regina					6.27m
	5.80m	6.01m	6.05m	6.27m	6.15m	6.16m	
5 Stein, Janz	81	Excel Athletika					6.05m
	5.88m	5.74m	6.05m	5.92m	FOUL	5.15m	
6 Kouri, Marcus	97	Univ. of Regina					5.93m
	5.93m	4.88m	4.45m	5.81m	FOUL	2.00m	
7 Faye, Lucas	93	Excel Athletika					3.28m
	3.13m	3.28m	PASS	3.28m	FOUL	3.19m	

Event 87 Women 35-99 Long Jump Masters

=====							
Open: * 3.70m 05/12/2009 Carol Lafayette-Boyd, EXA							
Name	Year	Team					Finals
=====							
1 LaFayette-Boyd, Carol	42	Excel Athletika					3.97m*
	3.97m	3.87m	3.87m				

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****Event 88 Men 35-99 Long Jump Masters**

=====							
Open: * 3.40m 05/12/2009 Roland Delhomeau, Century Tra							
Name	Year	Team					Finals
=====							
1 Lawrence, Dale	58	Unattached					4.21m*
FOUL	4.06m	4.12m	4.00m	4.14m	4.21m		

Event 89 Girls 6-15 Triple Jump Midget

=====							
Open: * 11.72m 16/03/2007 Chloe Hetherton, SMA							
Native: \$ 11.72m 16/03/2007 Chloe Hetherton, SMA							
Name	Year	Team					Finals
=====							
1 Li, Avery	02	LMTFC					8.91m
8.91m	FOUL	8.83m	8.50m	8.34m	8.51m		
2 Allen, Rachel	03	Excel Athletika					8.70m
8.45m	8.65m	8.41m	8.31m	7.81m	8.70m		

Event 90 Boys 6-15 Triple Jump Midget

=====							
Open: * 13.08m 27/04/1990 David Cowan, AB							
Native: \$ 12.39m 04/12/1999 Lee Wolfater, STFC							
Name	Year	Team					Finals
=====							
1 Thurman, Tyson	03	Excel Athletika					8.18m
8.04m	8.18m	7.96m	8.08m	8.04m	PASS		

Event 92 Boys 16-17 Triple Jump Youth

=====							
Open: * 13.89m 29/02/1996 Shawn Peters, RAT							
Native: \$ 13.89m 29/02/1996 Shawn Peters, RAT							
Name	Year	Team					Finals
=====							
1 Mansbridge-Goldie, Willi	00	LMTFC					12.25m
11.84m	11.92m	12.25m	12.05m	12.01m	FOUL		
2 Aliev, Doniyor	00	LMTFC					10.53m
10.53m	10.31m	9.76m	10.06m	10.22m	10.05m		

Event 95 Women 20-34 Triple Jump Senior

=====							
Open: * 12.87m 20/01/1995 Tracy Dulmage, RAT							
Native: \$ 12.87m 20/01/1995 Tracy Dulmage, RAT							
Name	Year	Team					Finals
=====							
1 Chernick, Elizabeth	96	Univ. of Regina					10.89m
10.64m	FOUL	10.58m	10.52m	FOUL	10.89m		
2 Stockhorst, Erika	98	Univ. of Regina					10.72m
FOUL	10.37m	FOUL	10.23m	FOUL	10.72m		
3 Koblun, Megan	95	Univ. of Regina					10.46m
10.11m	10.46m	FOUL	FOUL	1.36m	FOUL		

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****Event 96 Men 20-34 Triple Jump Senior**

Open: * 16.56m 14/01/1996 LaMark Carter, USA							
Native: \$ 16.15m 22/02/2003 Shawn Peters, RAT							
Name	Year	Team					Finals
1 Howe, Carter	93	Univ. of Regina					12.55m
	12.55m	12.13m	12.25m	12.04m	12.24m	12.10m	

Event 97 Women 35-99 Triple Jump Masters

Open: * 7.53m 05/12/2009 Carol Lafayette-Boyd, EXA							
Name	Year	Team					Finals
1 LaFayette-Boyd, Carol	42	Excel Athletika					7.93m*
	7.33m	7.93m	PASS	PASS	PASS	PASS	

Event 99 Girls 6-15 Pole Vault Midget

Open: * 3.40m 07/12/2002 Theresa Wiebe, RIV							
Native: \$ 3.40m 07/12/2003 Theresa Wiebe, RIV							
Name	Year	Team					Finals
1 Elkew, Caitlyn	01	Excel Athletika					2.00m
	1.45	1.65	1.85	2.00	2.15		
	O	O	O	XXO	XXX		

Event 100 Boys 6-15 Pole Vault Midget

Open: * 3.90m 07/12/2002 Taylor Petrucha, RIV							
Native: \$ 3.90m 07/12/2002 Taylor Petrucha, RIV							
Name	Year	Team					Finals
1 Hussain, Asad	01	Excel Athletika					2.65m
	1.45	1.65	1.85	2.00	2.15	2.30 2.45 2.55 2.65 2.75	
	P	P	P	P	O	O P O O XXX	
2 Thurman, Tyson	03	Excel Athletika					1.85m
	1.45	1.65	1.85	2.00			
	XXO	O	XXO	XXX			
3 Kitchen, Beck	03	Excel Athletika					1.65m
	1.45	1.65	1.85				
	O	O	XXX				

Event 101 Girls 16-17 Pole Vault Youth

Open: * 3.71m 21/12/2004 Leah Vause, RIV							
Native: \$ 3.71m 21/12/2004 Leah Vause, RIVA							
Name	Year	Team					Finals
-- Milligan, Jane	00	Excel Athletika					NH
	2.15						
	XXX						

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****Event 108 Men 35-99 Pole Vault Masters**

Name	Year Team	Finals
1 Ehr, Mike	79 Excel Athletika	2.30m
2.15 2.30 2.45 2.55		
XO O P XXX		

Event 109 Girls 14-15 Shot Put 3kg Midget

Open: *	11.76m	15/12/1912	Brooke Shatkowski,	EXCL
Native: \$	11.76m	15/12/1912	Brooke Shatkowski,	EXCL
Name	Year Team	Finals		
1 Crowdis, Melissa	03 YLTC	11.01m		
10.89m 11.01m 10.26m 10.90m 10.33m 10.79m				
2 Ledingham, Claire	01 Excel Athletika	9.29m		
8.88m 9.29m 8.47m 8.74m 0.75m 7.94m				
3 Decker, Courtney	01 LMTFC	8.29m		
7.94m 7.81m 7.96m 8.15m 8.29m 8.13m				
4 Mukesh, Lakshmi	02 Excel Athletika	6.80m		
6.35m 6.48m 5.68m 6.80m 6.42m 6.54m				
5 Elkew, Caitlyn	01 Excel Athletika	5.97m		
5.91m 5.96m 5.83m 5.97m 5.80m 5.44m				
6 Duffield, Darby	02 LMTFC	5.29m		
4.72m 4.85m 4.70m 4.82m 5.27m 5.29m				

Event 110 Boys 14-15 Shot Put 4kg Midget

Open: *	16.46m	20/01/2001	Tyler Sivertson,	STFC
Native: \$	16.46m	20/01/2001	Tyler Sivertson,	STFC
Name	Year Team	Finals		
1 Duffield, Trenton	02 LMTFC	7.10m		
5.96m 6.77m 6.76m 6.68m 6.32m 7.10m				

Event 111 Girls 16-17 Shot Put 3kg Youth

Open: *	12.10m	17/03/2012	Jessica Buettner,	SMAT
Native: \$	12.10m	11/02/2012	Jessica Buettner,	SMAT
Name	Year Team	Finals		
1 Kitzul, Deanna	99 YLTC	10.17m		
9.78m FOUL 10.17m 9.40m 9.97m 10.16m				
2 Smith, Jenna	00 Excel Athletika	8.81m		
8.49m 8.81m 8.44m FOUL FOUL FOUL				

Event 112 Boys 16-17 Shot Put 5kg Youth

Open: *	16.90m	02/12/2006	Chris Pickering,	MJR
Native: \$	16.90m	02/12/2006	Chris Pickering,	MJR
Name	Year Team	Finals		
1 Peplar, Hendrick	00 Excel Athletika	13.85m		
13.20m 13.85m 13.34m 13.34m 13.55m FOUL				
2 Zalys-Smeretsky, Matthew	99 YLTC	12.53m		
12.53m 12.00m FOUL 12.23m 11.91m FOUL				

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****....Event 112 Boys 16-17 Shot Put 5kg Youth**

3	Last, Micheal	99	YLTC							12.37m
				11.72m	12.37m	11.89m	FOUL	FOUL	11.62m	
4	Korkola, Sam	99	Excel Athletika							11.86m
				10.54m	10.82m	10.89m	11.59m	11.86m	11.36m	
5	Duffield, Lee	00	LMTFC							10.22m
				10.22m	9.04m	9.60m	9.82m	9.83m	9.78m	

Event 113 Women 18-19 Shot Put 4kg Junior

=====										
	Open:	*	14.68m	19/12/2009	Taryn Suttie,	STFC/Uofs				
	Native:	\$	14.68m	19/12/2009	Taryn Suttie,	STFC/UOFS				
	Name			Year	Team					Finals
=====										
1	Giles, Kyanna	98	Univ. of Regina							12.71m
				12.52m	12.19m	12.71m	11.82m	12.03m	12.24m	

Event 115 Women 18-34 Shot Put 4kg Senior

=====										
	Open:	*	17.66m	12/02/2016	Taryn Suttie,	UNSK				
	Native:	\$	17.66m	12/02/2016	Taryn Suttie,	UNSK				
	Name			Year	Team					Finals
=====										
1	Fedak, Reagan	97	Univ. of Regina							11.82m
				11.23m	10.82m	11.82m	FOUL	FOUL	11.75m	
2	Schneider, Kayla	96	Univ. of Regina							10.66m
				10.17m	FOUL	10.15m	10.66m	10.61m	10.33m	
3	Ogundipe, Faith	96	Univ. of Regina							10.60m
				9.36m	9.20m	9.15m	10.60m	FOUL	FOUL	
4	Bubb, Sentilla	97	Univ. of Regina							8.80m
				FOUL	8.30m	8.41m	8.00m	8.61m	8.80m	

Event 116 Men 18-34 Shot Put 7.26kg Senior

=====										
	Open:	*	20.64m	29/12/1972	Al Feuerbach,	USA				
	Native:	\$	19.25m	24/03/1972	Bruce Pirnie,	U of S				
	Name			Year	Team					Finals
=====										
1	Ehr, Mike	79	Excel Athletika							10.10m
				9.82m	9.49m	9.81m	9.39m	10.10m	8.42m	

Event 118 Men 35-99 Shot Put Masters

=====										
	Name			Year	Team					Finals
=====										
1	Edwards, Bob	40	YLTC							7.88m
				7.88m	7.46m	7.42m	7.54m			

Event 119 Girls 16-17 Weight Throw 16lb Youth

=====										
	Open:	*	13.82m	02/12/2006	Chelsea Revoy,	TIS				
	Native:	\$	13.82m	02/12/2006	Chelsea Revoy,	TIST				
	Name			Year	Team					Finals
=====										
1	Kitzul, Deanna	99	YLTC							11.36m
				9.45m	9.96m	9.72m	9.75m	9.91m	11.36m	

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****....Event 119 Girls 16-17 Weight Throw 16lb Youth**

2 Smith, Jenna 00 Excel Athletika 8.43m
 7.48m 8.09m 7.91m 8.43m 8.15m 8.22m

Event 120 Boys 16-17 Weight Throw 201b Youth

Open: * 21.68m 01/12/1912 Tory Shewfelt, EXCL

Native: \$ 21.68m 01/12/1912 Tory Shewfelt, EXCL

Name	Year	Team	Finals
------	------	------	--------

1 Zalys-Smeretsky, Matthew	99	YLTC	17.98m
			17.48m 17.47m 17.94m 17.98m 17.79m FOUL
2 Korkola, Sam	99	Excel Athletika	15.63m
			15.54m 14.52m 15.63m 15.55m FOUL FOUL
3 Duffield, Lee	00	LMTFC	14.50m
			FOUL FOUL FOUL 12.20m FOUL 14.50m
4 Last, Micheal	99	YLTC	12.99m
			10.92m 12.99m 12.88m 11.68m FOUL FOUL

Event 122 Men 18-19 Weight Throw 25lb Junior

Open: * 19.41m 25/01/2003 Jim Steacy, U of L

Native: \$ 17.16m 24/02/2007 Justin Greif, UofS/TIS

Name	Year	Team	Finals
------	------	------	--------

1 Baker-Smith, Isaac	98	Excel Athletika	14.43m
			FOUL FOUL FOUL 14.43m FOUL FOUL

Event 123 Women 20-34 Weight Throw 201b Senior

Open: * 19.55m 10/03/1911 Taryn Suttie, U of S/ STFC

Native: \$ 19.55m 10/03/1911 Taryn Suttie, UOFS/STFC

Name	Year	Team	Finals
------	------	------	--------

1 Fedak, Reagan	97	Univ. of Regina	15.51m
			FOUL 15.01m 15.51m FOUL FOUL FOUL
2 Fortier, Elisabeth	93	Univ. of Regina	14.21m
			14.03m FOUL 14.21m FOUL FOUL PASS
3 Ogundipe, Faith	96	Univ. of Regina	14.12m
			13.97m FOUL FOUL 14.12m 12.69m 13.74m
4 Schneider, Kayla	96	Univ. of Regina	10.92m
			FOUL 9.89m 10.92m FOUL FOUL 10.92m
5 Bubb, Sentilla	97	Univ. of Regina	6.75m
			6.75m FOUL 6.52m 6.43m 6.34m 5.33m

Event 126 Men 35-99 Weight Throw Masters

Name	Year	Team	Finals
------	------	------	--------

1 Edwards, Bob	40	YLTC	8.79m
			8.26m 8.14m 8.79m FOUL FOUL 8.36m

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****Event 127 Girls 6-11 Triathlon Speed Pee Wee**

Name	Year	Team	Finals
1 Brander, Sydney	05	Excel Athletika	1245
2 Culbert, Victoria	06	Excel Athletika	958
3 Lena, Gieni	05	Excel Athletika	885
4 Alli, Viola	05	Excel Athletika	785
5 Schultz, Alexandra	05	Excel Athletika	769
6 Anderson, Jordan	06	Excel Athletika	752
7 Saha, Anoushka	05	Excel Athletika	655
8 Bond, Avery	06	YLTC	612
9 Metz, Alyssa	07	Excel Athletika	313
10 Kozan, Grace	07	Excel Athletika	306
11 Bradley, Halle	07	Excel Athletika	222
12 Metz, Emily	06	Excel Athletika	214
13 Amjad, Maleeha	06	Excel Athletika	75

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

Name	Year	Team	Finals	Points
1 Brander, Sydney	05	Excel Athletika	4.34m	388
4.34m 4.02m 4.04m				
2 Culbert, Victoria	06	Excel Athletika	3.66m	233
3.66m 3.43m 3.57m				
3 Schultz, Alexandra	05	Excel Athletika	3.39m	178
3.35m 3.36m 3.39m				
4 Lena, Gieni	05	Excel Athletika	3.38m	176
3.38m 3.33m 3.16m				
5 Anderson, Jordan	06	Excel Athletika	3.37m	174
2.85m 2.96m 3.37m				
6 Alli, Viola	05	Excel Athletika	3.24m	150
3.24m 2.90m 2.88m				
7 Saha, Anoushka	05	Excel Athletika	3.23m	148
3.23m 3.20m 3.14m				
8 Bond, Avery	06	YLTC	3.02m	110
3.02m 2.92m 2.58m				
9 Metz, Emily	06	Excel Athletika	2.80m	75
2.80m 2.73m 2.54m				
10 Metz, Alyssa	07	Excel Athletika	2.74m	66
2.74m 2.61m 2.64m				
11 Bradley, Halle	07	Excel Athletika	2.36m	18
2.23m 2.36m 2.23m				
12 Kozan, Grace	07	Excel Athletika	2.32m	14
2.20m 2.18m 2.32m				
13 Amjad, Maleeha	06	Excel Athletika	1.70m	
1.70m PASS PASS				

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

Name	Year	Team	Finals	Points
1 Culbert, Victoria	06	Excel Athletika	7.29m	354
6.12m 6.07m 7.29m				
2 Brander, Sydney	05	Excel Athletika	7.21m	348
7.21m 6.49m 5.82m				

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016
Regina Fieldhouse, Regina, Saskatchewan
Results

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

3	Alli, Viola	05	Excel Athletika	6.68m	315
	4.94m 6.68m 6.47m				
4	Lena, Gieni	05	Excel Athletika	6.08m	276
	5.12m FOUL 6.08m				
5	Schultz, Alexandra	05	Excel Athletika	5.56m	243
	5.56m FOUL 5.05m				
6	Anderson, Jordan	06	Excel Athletika	5.08m	213
	4.00m 4.70m 5.08m				
7	Bond, Avery	06	YLTC	4.52m	178
	4.52m 3.68m 3.65m				
8	Saha, Anoushka	05	Excel Athletika	4.24m	161
	FOUL 3.97m 4.24m				
9	Kozan, Grace	07	Excel Athletika	4.01m	147
	3.61m 3.92m 4.01m				
10	Amjad, Maleeha	06	Excel Athletika	2.83m	75
	2.81m 1.92m 2.83m				
11	Metz, Emily	06	Excel Athletika	2.63m	63
	2.11m 2.33m 2.63m				
12	Metz, Alyssa	07	Excel Athletika	2.38m	48
	2.38m 2.37m FOUL				
13	Bradley, Halle	07	Excel Athletika	1.78m	14
	0.61m FOUL 1.78m				

Event 127 Triathlon: #3 Girls 6-11 60 Meter Dash Pee Wee Triathlon

Name	Year Team	Finals	H#	Points
1 Brander, Sydney	05 Excel Athletika	9.23	2	509
2 Lena, Gieni	05 Excel Athletika	9.55	1	433
3 Culbert, Victoria	06 Excel Athletika	9.83	2	371
4 Anderson, Jordan	06 Excel Athletika	9.86	2	365
5 Schultz, Alexandra	05 Excel Athletika	9.94	1	348
6 Saha, Anoushka	05 Excel Athletika	9.95	1	346
7 Bond, Avery	06 YLTC	10.06	1	324
8 Alli, Viola	05 Excel Athletika	10.08	2	320
9 Metz, Alyssa	07 Excel Athletika	10.75	1	199
10 Bradley, Halle	07 Excel Athletika	10.81	1	190
11 Kozan, Grace	07 Excel Athletika	11.11	2	145
12 Metz, Emily	06 Excel Athletika	11.68	2	76
13 Amjad, Maleeha	06 Excel Athletika	13.03	1	

Event 128 Boys 6-11 Triathlon Speed Pee Wee

Name	Year Team	Finals
1 Matsyk, Josh	05 Excel Athletika	511
2 Nicholls, Dawson	05 Excel Athletika	423
3 Kitz, Jackson	05 Excel Athletika	345
4 Lloyd, Tayen	05 Excel Athletika	341
5 Cann, Benjamin	06 Excel Athletika	274
6 Kohli, Ryder	07 Excel Athletika	155
7 Frecon, Samuel	07 Excel Athletika	145
8 Warnecke, Griffin	07 Excel Athletika	126
9 Baker, Noah	07 Excel Athletika	124
10 Rehman, Saif	06 Excel Athletika	112

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****....Event 128 Boys 6-11 Triathlon Speed Pee Wee**

11 Morhart, Noah	06 Excel Athletika	110
12 Kashton, Eric	07 Excel Athletika	43

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

Name	Year Team	Finals	Points
1 Nicholls, Dawson	05 Excel Athletika	3.62m	147
3.48m 3.62m 3.43m			
2 Matsyk, Josh	05 Excel Athletika	3.59m	143
3.12m 3.59m 3.54m			
3 Kitz, Jackson	05 Excel Athletika	3.18m	88
3.13m 3.18m 3.13m			
4 Lloyd, Tayen	05 Excel Athletika	3.16m	85
2.73m PASS 3.16m			
5 Cann, Benjamin	06 Excel Athletika	3.06m	73
3.04m 2.28m 3.06m			
6 Rehman, Saif	06 Excel Athletika	2.73m	37
2.70m 2.73m 2.42m			
7 Kohli, Ryder	07 Excel Athletika	2.49m	16
1.83m 2.49m 2.31m			
8 Warnecke, Griffin	07 Excel Athletika	2.26m	1
1.59m 2.26m 2.23m			
9 Baker, Noah	07 Excel Athletika	2.19m	
2.19m 2.07m 2.07m			
10 Kashton, Eric	07 Excel Athletika	2.15m	
1.97m 2.15m 2.06m			
11 Frecon, Samuel	07 Excel Athletika	2.14m	
2.01m PASS 2.14m			
12 Morhart, Noah	06 Excel Athletika	2.00m	
1.98m 1.98m 2.00m			

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

Name	Year Team	Finals	Points
1 Nicholls, Dawson	05 Excel Athletika	5.26m	206
4.78m 4.89m 5.26m			
2 Lloyd, Tayen	05 Excel Athletika	5.08m	196
3.97m 5.08m FOUL			
3 Kitz, Jackson	05 Excel Athletika	4.92m	186
4.65m 4.92m 4.39m			
4 Matsyk, Josh	05 Excel Athletika	4.81m	180
4.73m 4.81m FOUL			
5 Cann, Benjamin	06 Excel Athletika	4.54m	165
4.54m FOUL 4.29m			
6 Frecon, Samuel	07 Excel Athletika	4.20m	145
3.24m 3.72m 4.20m			
7 Warnecke, Griffin	07 Excel Athletika	3.84m	125
3.34m 2.80m 3.84m			
8 Baker, Noah	07 Excel Athletika	3.83m	124
3.69m 3.83m FOUL			
9 Morhart, Noah	06 Excel Athletika	3.57m	110
FOUL 0.58m 3.57m			

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****....Event 128 Triathlon: #2 Boys 6-11 Shot Put Pee Wee Triathlon**

10 Kohli, Ryder	07	Excel Athletika	3.14m	86
1.72m 3.14m 2.96m				
11 Rehman, Saif	06	Excel Athletika	2.94m	75
2.42m 2.94m 2.84m				
12 Kashton, Eric	07	Excel Athletika	2.36m	43
2.06m 2.34m 2.36m				

Event 128 Triathlon: #3 Boys 6-11 60 Meter Dash Pee Wee Triathlon

Name	Year	Team	Finals	H#	Points
1 Matsyk, Josh	05	Excel Athletika	9.58	1	188
2 Kitz, Jackson	05	Excel Athletika	10.38	2	71
3 Nicholls, Dawson	05	Excel Athletika	10.39	2	70
4 Lloyd, Tayen	05	Excel Athletika	10.48	1	60
5 Kohli, Ryder	07	Excel Athletika	10.54	2	53
6 Cann, Benjamin	06	Excel Athletika	10.73	1	36
7 Warnecke, Griffin	07	Excel Athletika	11.42	2	
8 Morhart, Noah	06	Excel Athletika	11.48	1	
9 Kashton, Eric	07	Excel Athletika	11.73	1	
10 Rehman, Saif	06	Excel Athletika	11.83	1	
11 Frecon, Samuel	07	Excel Athletika	12.16	2	
-- Baker, Noah	07	Excel Athletika	DQ	2	163.3a

Event 129 Girls 12-13 Triathlon Speed Bantam

Name	Year	Team	Finals
1 Vanderhooft, Rachel	03	Excel Athletika	1442
2 Paradowski, Jessalyn	04	Excel Athletika	1208
3 McCombs, Kasey	03	YLTC	1201
4 McEachern, Jordyn	03	Excel Athletika	1178
5 Neiszner, Autumn	03	Excel Athletika	971
6 Switzer, Anaka	04	Excel Athletika	953
7 Keyowski, Selena	04	Excel Athletika	923
8 Metz, Emma	04	Excel Athletika	904
9 Keith, Kaidyn	04	Excel Athletika	869
10 Kohli, Rylynn	04	Excel Athletika	853
11 Moller, Laken	04	Excel Athletika	849
12 Poirier, Maia	04	Excel Athletika	835
13 Kelly, Kaitlyn	04	YLTC	785
14 Durant, Jacey	04	Excel Athletika	719
15 Braaten, Reece	04	Excel Athletika	636

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

Open: * 10.82m	27/02/2015	Kyana Bear, UNSK		
Native: \$ 10.82m	27/02/2015	Kyana Bear, UNSK		
Name	Year	Team	Finals	Points
1 Vanderhooft, Rachel	03	Excel Athletika	10.77m	580
9.78m 9.86m 10.77m				
2 McEachern, Jordyn	03	Excel Athletika	7.69m	379
FOUL 7.41m 7.69m				

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016
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Results

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

3	McCombs, Kasey	03	YLTC	7.15m	345
	6.12m 7.14m 7.15m				
4	Moller, Laken	04	Excel Athletika	6.38m	295
	6.38m 5.66m 6.38m				
5	Paradowski, Jessalyn	04	Excel Athletika	6.13m	280
	5.83m 6.13m 5.83m				
6	Kohli, Rylynn	04	Excel Athletika	5.90m	265
	5.14m 5.49m 5.90m				
7	Switzer, Anaka	04	Excel Athletika	5.71m	253
	5.24m 5.49m 5.71m				
8	Neiszner, Autumn	03	Excel Athletika	5.44m	236
	4.62m 5.44m 5.34m				
9	Poirier, Maia	04	Excel Athletika	5.30m	227
	4.91m 5.30m 4.59m				
10	Kelly, Kaitlyn	04	YLTC	4.60m	183
	4.35m 4.60m FOUL				
11	Keith, Kaidyn	04	Excel Athletika	4.57m	181
	4.57m 4.36m 3.98m				
12	Metz, Emma	04	Excel Athletika	4.46m	175
	4.46m 4.43m 4.35m				
13	Durant, Jacey	04	Excel Athletika	4.29m	164
	4.29m 3.84m 4.26m				
14	Braaten, Reece	04	Excel Athletika	4.23m	160
	3.46m 3.32m 4.23m				
15	Keyowski, Selena	04	Excel Athletika	3.23m	99
	3.23m PASS PASS				

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

Open: * 5.06m 05/12/1998 Janine Polischuk, RAT					
Native: \$ 5.06m 05/12/1998 Janine Polischuk, RAT					
Name	Year	Team	Finals	Points	
1	Paradowski, Jessalyn	04 Excel Athletika	4.12m	336	
	4.12m FOUL 3.97m				
2	Vanderhooft, Rachel	03 Excel Athletika	4.05m	319	
	FOUL 4.05m 3.97m				
3	Keyowski, Selena	04 Excel Athletika	3.97m	301	
	3.97m 3.71m 3.70m				
4	McCombs, Kasey	03 YLTC	3.85m	274	
	3.85m 3.85m 3.70m				
5	McEachern, Jordyn	03 Excel Athletika	3.67m	235	
	3.61m 3.67m 3.52m				
6	Switzer, Anaka	04 Excel Athletika	3.59m	218	
	3.59m 2.48m 3.40m				
7	Neiszner, Autumn	03 Excel Athletika	3.56m	212	
	3.56m 3.48m 3.52m				
8	Keith, Kaidyn	04 Excel Athletika	3.53m	206	
	3.49m 3.53m 3.37m				
9	Kelly, Kaitlyn	04 YLTC	3.33m	167	
	3.02m 3.33m 3.12m				
10	Metz, Emma	04 Excel Athletika	3.32m	165	
	3.32m 2.56m 2.11m				
11	Moller, Laken	04 Excel Athletika	3.16m	135	
	2.97m 2.58m 3.16m				

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Regina Fieldhouse, Regina, Saskatchewan
Results

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

12 Braaten, Reece	04 Excel Athletika	3.08m	121
FOUL 3.08m 3.08m			
13 Durant, Jacey	04 Excel Athletika	3.06m	117
3.06m 2.97m 3.04m			
14 Kohli, Rylynn	04 Excel Athletika	2.95m	99
2.59m 2.95m 2.86m			
15 Poirier, Maia	04 Excel Athletika	2.77m	70
2.61m 2.38m 2.77m			

Event 129 Triathlon: #3 Girls 12-13 60 Meter Dash Bantam Triathlon

Open: * 7.77 08/12/2001 Jenni Hucul, STFC

Name	Year Team	Finals	H#	Points
1 Paradowski, Jessalyn	04 Excel Athletika	8.90	1	592
2 Allen, Drew	04 Excel Athletika	8.91	1	589
3 McCombs, Kasey	03 YLTC	8.94	1	582
4 McEachern, Jordyn	03 Excel Athletika	9.01	2	564
4 Metz, Emma	04 Excel Athletika	9.01	1	564
6 Vanderhooft, Rachel	03 Excel Athletika	9.09	1	543
7 Poirier, Maia	04 Excel Athletika	9.11	1	538
8 Keyowski, Selena	04 Excel Athletika	9.17	2	523
9 Neiszner, Autumn	03 Excel Athletika	9.17	2	523
10 Kohli, Rylynn	04 Excel Athletika	9.31	2	489
11 Switzer, Anaka	04 Excel Athletika	9.34	2	482
12 Keith, Kaidyn	04 Excel Athletika	9.34	2	482
13 Durant, Jacey	04 Excel Athletika	9.53	1	438
14 Kelly, Kaitlyn	04 YLTC	9.54	2	435
15 Moller, Laken	04 Excel Athletika	9.61	1	419
16 Braaten, Reece	04 Excel Athletika	9.91	2	355

Event 130 Boys 12-13 Triathlon Speed Bantam

Name	Year Team	Finals
1 Adam, Ben	03 Excel Athletika	1297
2 Boersch, Peter	05 Excel Athletika	586
3 Somers, William	04 Excel Athletika	425

Event 130 Triathlon: #1 Boys 12-13 Shot Put Bantam Triathlon

Open: * 13.29m 07/12/2013 Calvin Napope, CCTC
Native: \$ 14.82m 18/12/1999 Tyler Sivertson, STFC

Name	Year Team	Finals	Points
1 Adam, Ben	03 Excel Athletika	10.53m	518
10.47m 10.53m 10.16m			
2 Boersch, Peter	05 Excel Athletika	6.46m	276
4.74m 5.76m 6.46m			
3 Somers, William	04 Excel Athletika	5.20m	202
4.99m 5.20m FOUL			

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Results

Event 130 Triathlon: #2 Boys 12-13 Long Jump Bantam Triathlon

Name	Year	Team	Finals	Points
Open: * 5.69m 07/12/2013 Calvin Napope, CCTC				
Native: \$ 5.69m 07/12/2013 Calvin Napope, CCTC				
1 Adam, Ben	03	Excel Athletika	4.75m	335
4.43m 4.75m 4.62m				
2 Somers, William	04	Excel Athletika	3.31m	104
3.21m 3.06m 3.31m				
3 Boersch, Peter	05	Excel Athletika	3.20m	90
3.20m 3.01m FOUL				

Event 130 Triathlon: #3 Boys 12-13 60 Meter Dash Bantam Triathlon

Name	Year	Team	Finals	Points
Open: * 7.59 01/05/1999 Tyler Sivertson, STFC				
Native: \$ 7.59 01/05/1999 Tyler Sivertson, STFC				
1 Adam, Ben	03	Excel Athletika	8.42	444
2 Boersch, Peter	05	Excel Athletika	9.41	220
3 Somers, William	04	Excel Athletika	10.01	119

Event 132 Boys 6-11 Triathlon Endurance Pee Wee

Name	Year	Team	Finals
1 Topos, Dominic	06	Excel Athletika	426

Event 132 Triathlon: #1 Boys 6-11 Long Jump Pee Wee Triathlon

Name	Year	Team	Finals	Points
1 Topos, Dominic	06	Excel Athletika	3.84m	181
3.84m 3.84m 3.82m				

Event 132 Triathlon: #2 Boys 6-11 Shot Put Pee Wee Triathlon

Name	Year	Team	Finals	Points
1 Topos, Dominic	06	Excel Athletika	5.93m	245
4.58m 5.93m 5.16m				

Event 132 Triathlon: #3 Boys 6-11 600 Meter Run Pee Wee Triathlon

Name	Year	Team	Finals	Points
1 Topos, Dominic	06	Excel Athletika	2:05.63	

Event 133 Girls 12-13 Triathlon Endurance Bantam

Name	Year	Team	Finals
1 Perras, Ella	03	Regina Multi-Sport	961
2 Sutherland, Alexandra	04	Excel Athletika	853
3 Baker, Abigail	04	Excel Athletika	716
4 Lolacher, Dilyn	04	Excel Athletika	355

2016 Larmer Friendship Games - 03/12/2016 to 13/12/2016**Regina Fieldhouse, Regina, Saskatchewan****Results****Event 133 Triathlon: #1 Girls 12-13 Shot Put Bantam Triathlon**

=====				
Open: * 10.82m 27/02/2015 Kyana Bear, UNSK				
Native: \$ 13.16m 28/11/1998 Megan Jordison, CVT				
Name	Year	Team	Finals	Points
=====				
1 Baker, Abigail	04	Excel Athletika	5.56m	243
			5.17m 4.92m 5.56m	
2 Sutherland, Alexandra	04	Excel Athletika	5.28m	226
			FOUL 5.11m 5.28m	
3 Perras, Ella	03	Regina Multi-Sport	5.26m	225
			FOUL 5.26m FOUL	
4 Lolacher, Dilyn	04	Excel Athletika	4.14m	155
			3.73m 4.14m FOUL	

Event 133 Triathlon: #2 Girls 12-13 Long Jump Bantam Triathlon

=====				
Name	Year	Team	Finals	Points
=====				
1 Perras, Ella	03	Regina Multi-Sport	3.33m	167
			2.99m 2.80m 3.33m	
2 Baker, Abigail	04	Excel Athletika	3.28m	157
			3.28m 3.03m 3.14m	
3 Sutherland, Alexandra	04	Excel Athletika	3.18m	139
			3.16m 3.15m 3.18m	
4 Lolacher, Dilyn	04	Excel Athletika	2.72m	63
			2.67m FOUL 2.72m	

Event 133 Triathlon: #3 Girls 12-13 800 Meter Run Bantam Triathlon

=====				
Name	Year	Team	Finals	Points
=====				
1 Perras, Ella	03	Regina Multi-Sport	2:40.33	569
2 Sutherland, Alexandra	04	Excel Athletika	2:47.65	488
3 Baker, Abigail	04	Excel Athletika	3:05.46	316
4 Lolacher, Dilyn	04	Excel Athletika	3:30.08	137

Event 134 Boys 12-13 Triathlon Endurance Bantam

=====				
Name	Year	Team	Finals	Points
=====				
1 Parrott, Rhys	03	Excel Athletika	619	
2 Shannon, Kesar	04	Excel Athletika	454	
3 Morhart, Ethan	04	Excel Athletika	412	
4 Decker, Colby	04	LMTFC	393	

Event 134 Triathlon: #1 Boys 12-13 Shot Put Bantam Triathlon

=====				
Name	Year	Team	Finals	Points
=====				
1 Shannon, Kesar	04	Excel Athletika	7.24m	321
			6.92m 6.41m 7.24m	
2 Decker, Colby	04	LMTFC	5.62m	227
			4.81m 5.04m 5.62m	
3 Morhart, Ethan	04	Excel Athletika	5.31m	209
			4.94m 4.24m 5.31m	

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....Event 134 Triathlon: #1 Boys 12-13 Shot Put Bantam Triathlon

4 Parrott, Rhys 03 Excel Athletika 5.13m 198
 FOUL FOUL 5.13m

Event 134 Triathlon: #2 Boys 12-13 Long Jump Bantam Triathlon

=====
 Open: * 5.69m 07/12/2013 Calvin Napope, CCTC
 Native: \$ 5.69m 07/12/2013 Calvin Napope, CCTC
 Name Year Team Finals Points
 =====
 1 Shannon, Kesar 04 Excel Athletika 3.52m 133
 3.52m FOUL 3.16m
 2 Morhart, Ethan 04 Excel Athletika 3.31m 104
 3.08m 3.31m FOUL
 3 Decker, Colby 04 LMTCF 3.10m 78
 2.80m 3.10m 2.92m
 4 Parrott, Rhys 03 Excel Athletika 2.87m 51
 2.47m 2.87m 2.76m

Event 134 Triathlon: #3 Boys 12-13 800 Meter Run Bantam Triathlon

=====
 Name Year Team Finals Points
 =====
 1 Parrott, Rhys 03 Excel Athletika 2:42.18 370
 2 Morhart, Ethan 04 Excel Athletika 3:19.29 99
 3 Decker, Colby 04 LMTCF 3:21.50 88
 -- Shannon, Kesar 04 Excel Athletika DQ 163.3a

Event 135 Mixed 10-11 4x100 Meter Relay Pee Wee

=====
 Team Finals
 =====
 1 Excel Athletika Track 'A' 1:03.62
 2 Excel Athletika Track 'D' 1:06.61
 3 Excel Athletika Track 'C' 1:07.42
 4 Excel Athletika Track 'B' 1:08.92

Event 136 Mixed 12-13 4x100 Meter Relay Bantam

=====
 Team Finals
 =====
 1 Regina Multi-Sport 'A' 1:01.97
 2 Excel Athletika Track 'B' 1:03.55

Event 137 Mixed 14-15 4x100 Meter Relay Midget

=====
 Team Finals
 =====
 1 Excel Athletika Track 'B' 57.08
 2 Excel Athletika Track 'C' 58.86
 3 Excel Athletika Track 'A' 59.17

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Event 138 Mixed 16-17 4x100 Meter Relay Youth

Team	Finals
1 Excel Athletika Track 'B'	48.41
2 Excel Athletika Track 'A'	49.12

Event 140 Men 35-99 60 Meter Hurdles Masters

Name	Year Team	Finals
1 Lawrence, Dale	58 Unattached	11.69

Event 141 Women 16-17 4x400 Meter Relay Youth

Team	Finals
1 Excel Athletika Track 'A'	4:55.85

Event 142 Men 16-17 4x400 Meter Relay Youth

Team	Finals
1 Excel Athletika Track 'B'	4:19.67
2 Excel Athletika Track 'A'	4:51.72