

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****Event 1 Girls 14-15 60 Meter Dash U16**

Name	Year Team	Seed	Prelims	H#
Preliminaries				
1 Gavel, Bauer	08 Level 10 Lightning	8.03	8.16Q	3
2 Seibel, Haylie	08 Excel Athletika		8.40Q	1
3 Stuehler, Cambria	08 Moose Jaw Ro		8.49Q	2
4 Akinloye, Folashade	09 Excel Athletika		8.52Q	1
5 Ashton, Kate	09 Excel Athletika		8.57Q	2
6 Bonnell, Malaea	08 Excel Athletika		8.74Q	3
7 Wilson, Sasha	09 Level 10 Lightning	8.44	8.58q	2
8 Williamson, Emerson	08 Excel Athletika		8.63q	1
9 Van Nortwick, Keira	08 N Battleford Legion	8.67	8.75	1
10 Phaneuf, Ava-Lynn	08 Excel Athletika		8.94	2
11 Flottorp, Ava	09 Excel Athletika		8.94	3
12 Glen, Brooke	09 Level 10 Lightning		8.96	2
13 Vanthuynne, Taelyn	09 Excel Athletika		8.97	2
14 Ulmer-Lutudromu, Kaileah	08 Level 10 Lightning		9.13	3
15 Duesing, Anaeya	09 Excel Athletika		9.30	3
16 Anderson, Brooke	09 PA Athletics	9.27	9.30	1
17 Kudalugodaarachchi, Thin	09 Excel Athletika		9.79	3
18 Martin, Lexis	09 Excel Athletika		9.87	1

Event 1 Girls 14-15 60 Meter Dash U16

Name	Year Team	Prelims	Finals
Finals			
1 Gavel, Bauer	08 Level 10 Lightning	8.16	7.97
2 Seibel, Haylie	08 Excel Athletika	8.40	8.26
3 Stuehler, Cambria	08 Moose Jaw Ro	8.49	8.37
4 Akinloye, Folashade	09 Excel Athletika	8.52	8.40
5 Williamson, Emerson	08 Excel Athletika	8.63	8.45
6 Wilson, Sasha	09 Level 10 Lightning	8.58	8.56
7 Ashton, Kate	09 Excel Athletika	8.57	8.71
8 Bonnell, Malaea	08 Excel Athletika	8.74	8.90

Event 2 Boys 14-15 60 Meter Dash U16

Name	Year Team	Seed	Finals
1 Caron, Cody	06 PA Athletics	8.05	8.23
2 Grant, Nyah	09 Excel Athletika		8.33
3 Pawlak, Matthew	09 Moose Jaw Ro	9.02	8.81
4 Russell, Aaden	08 Excel Athletika		9.14
5 Kashton, Ryan	09 Excel Athletika		9.21
6 Boyko, Griffin	09 Excel Athletika		9.33

Event 3 Girls 16-17 60 Meter Dash U18

Name	Year Team	Seed	Prelims	H#
Preliminaries				
1 Kasim, Hadiza	07 Una		8.13Q	2
2 Akinjobi, Esther	07 PA Athletics	8.19	8.31Q	1
3 Jackson, Makayla	06 PA Athletics	8.17	8.17Q	2

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****...Event 3 Girls 16-17 60 Meter Dash U18**

4 Kasim, Halima	06 Una		8.44Q	1
5 Siebert, Avery	06 Excel Athletika		8.39q	2
6 Krueger, Anya	07 Excel Athletika		8.40q	2
7 Woodhouse, Hailee	07 Excel Athletika		8.41q	2
8 Bzdel, Tyler	07 Excel Athletika		8.84q	1
9 Oduor, Maggie	07 Moose Jaw Ro	8.83	8.90	1
10 Pryor, Brooke	07 Moose Jaw Ro		9.00	1
11 Yung, Alexis	06 Level 10 Lightning		9.26	2
12 Martinez, Angelina	07 Una		9.63	2
13 Opseth, Abby	07 Excel Athletika		10.67	1

Event 3 Girls 16-17 60 Meter Dash U18

Name	Year Team	Prelims	Finals
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Finals

1 Jackson, Makayla	06 PA Athletics	8.17	8.06
2 Kasim, Hadiza	07 Una	8.13	8.09
3 Akinjobi, Esther	07 PA Athletics	8.31	8.14
4 Krueger, Anya	07 Excel Athletika	8.40	8.35
5 Siebert, Avery	06 Excel Athletika	8.39	8.39
6 Woodhouse, Hailee	07 Excel Athletika	8.41	8.42
7 Kasim, Halima	06 Una	8.44	8.44
8 Bzdel, Tyler	07 Excel Athletika	8.84	8.86

Event 4 Boys 16-17 60 Meter Dash U18

Name	Year Team	Seed	Prelims	H#
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Preliminaries

1 Akinloye, Olufemi	06 Excel Athletika		7.25Q	1
2 Boechler, Lucas	07 PA Athletics	8.02	8.09Q	2
3 Dorsch, Riley	06 Flight Club Regina		7.52Q	1
4 Reich, Jaik	07 Level 10 Lightning		8.17Q	2
5 Sulewski, Lucas	07 Excel Athletika		7.64q	1
6 Driedger, Brandon	07 Moose Jaw Ro		8.40q	1
7 Williams, Joe	07 Unknown		8.53q	2
8 Lenouail, Hugo	06 Excel Athletika		8.67q	2

Event 4 Boys 16-17 60 Meter Dash U18

Name	Year Team	Prelims	Finals
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Finals

1 Akinloye, Olufemi	06 Excel Athletika	7.25	7.16
2 Dorsch, Riley	06 Flight Club Regina	7.52	7.54
3 Sulewski, Lucas	07 Excel Athletika	7.64	7.55
4 Reich, Jaik	07 Level 10 Lightning	8.17	7.97
5 Boechler, Lucas	07 PA Athletics	8.09	8.01
6 Driedger, Brandon	07 Moose Jaw Ro	8.40	8.35
7 Lenouail, Hugo	06 Excel Athletika	8.67	8.54

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****Event 5 Women 35-99 60 Meter Dash Masters**

Name	Year Team	Seed	Finals
1 Silcox, Kelly	66 Flight Club Regina		8.71
2 Boyko, Raquel	74 Excel Athletika		9.29
3 Kinnear, Lindsay T20;F20	88 Excel Athletika		9.30
4 LaFayette-Boyd, Carol	42 Excel Athletika	9.98	9.89
5 Coward, Selina	54 Excel Athletika		12.38

Event 6 Men 35-99 60 Meter Dash Masters

Name	Year Team	Seed	Finals
1 Ellis, Colin	67 Excel Athletika	7.90	8.00
2 Sax, Mark	82 Excel Athletika		8.40
3 Sulewski, Travis	69 Excel Athletika		8.94

Event 7 Women 18-19 60 Meter Dash U20

Name	Year Team	Seed	Finals
1 Howe, Kylie	05 Excel Athletika		8.69

Event 8 Men 18-19 60 Meter Dash U20

Name	Year Team	Seed	Finals
1 Olotu-Akinyemi, Tunde	05 PA Athletics	7.22	7.31

Event 9 Women 20-35 60 Meter Dash Senior

Name	Year Team	Seed	Finals
1 Dorsch, Janaya	03 Regina Cougars	8.20	8.15

Event 10 Men 20-35 60 Meter Dash Senior

Name	Year Team	Seed	Finals
1 Patmore, Shane	98 Una	7.00	7.04
2 Bentz, Dawson	99 Una	7.15	7.07
3 Taylor, Mike	81 PA Athletics		7.40
4 Stachowich, Logan	01 Excel Athletika	7.37	7.57
5 Omar, Faddy	89 Unattached Alberta	7.66	7.71
6 Phommavong, Benjamin	02 Flight Club Regina	8.00	7.77
7 Doig, Aiden	03 Level 10 Lightning		8.08

Event 11 Girls 10-11 150 Meter Dash U12

Name	Year Team	Seed	Finals	H#
1 Ashton, Scarlett	12 Excel Athletika		24.03	2
2 Obleman, Nora	12 Excel Athletika		24.82	1
3 McDonald, Quinn	12 Level 10 Lightning		24.89	2
4 Grant, Naillah	12 Excel Athletika		25.60	2
5 Whitehead, Alexis	12 Excel Athletika		25.90	1

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****...Event 11 Girls 10-11 150 Meter Dash U12**

6 Haeusler, Ellie	12	Excel Athletika	26.07	1
7 McLaren, Samantha	13	Una	26.41	2
8 Otitoju, Ayooluwa	13	Excel Athletika	26.54	1
9 Horn, Ainsley	14	Level 10 Lightning	35.86	2

Event 12 Boys 10-11 150 Meter Dash U12

Name	Year	Team	Seed	Finals
1 Lazo-Chhuon, Lucas	14	Excel Athletika		23.99
2 Kraushaar, Leo	12	Excel Athletika		24.41
3 Cho, Paxton	12	Excel Athletika		26.18
4 Knight, August	15	Excel Athletika		27.78

Event 13 Girls 12-13 150 Meter Dash U14

Name	Year	Team	Seed	Finals	H#
1 Tait, Peighton	10	PA Athletics	24.22	21.07	2
2 Khovrenkov, Veronica	10	Level 10 Lightning		22.96	2
3 Akinjobi, Davina	11	PA Athletics		23.05	1
4 Adam, Jazmyne	10	Excel Athletika		23.19	1
5 Kannan, Adithii	11	Excel Athletika		23.82	1
6 Lang, Gracie	11	Excel Athletika		25.65	1
7 McNab, Lashayne	11	Excel Athletika		27.02	2
8 Martinez, Mariela	10	Una		27.83	2

Event 14 Boys 12-13 150 Meter Dash U14

Name	Year	Team	Seed	Finals
1 Jedlic, Marlow	11	Excel Athletika		24.80

Event 15 Girls 14-15 200 Meter Dash U16

Name	Year	Team	Seed	Finals	H#
1 Reddekopp, Raedyn	09	PA Athletics	28.73	27.87	3
2 Williamson, Emerson	08	Excel Athletika		28.25	2
3 Stuehler, Cambria	08	Moose Jaw Ro		28.49	1
4 Pacholka, Elan	08	Level 10 Lightning	27.69	29.18	3
5 Klein, Lola	08	Excel Athletika		29.78	1
6 Ashton, Kate	09	Excel Athletika		29.92	1
7 Van Nortwick, Keira	08	N Battleford Legion	30.20	30.14	3
8 Glen, Brooke	09	Level 10 Lightning		30.46	2
9 Vanthuynne, Taelyn	09	Excel Athletika		30.50	3
10 Duesing, Anaeya	09	Excel Athletika		31.02	2
11 Anderson, Brooke	09	PA Athletics		31.33	1
12 Shabatoski, Grace	09	Una		33.20	2
13 Rosca, Darian	08	Excel Athletika		35.42	2

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****Event 16 Boys 14-15 200 Meter Dash U16**

Name	Year Team	Seed	Finals
1 Vidomski, Joshua	09 Una		26.98
2 Grant, Nyah	09 Excel Athletika		26.98
3 Caron, Cody	06 PA Athletics		27.59
4 Russell, Aaden	08 Excel Athletika		30.46

Event 17 Girls 16-17 200 Meter Dash U18

Name	Year Team	Seed	Finals	H#
1 Kasim, Hadiza	07 Una		26.70	2
2 Jackson, Makayla	06 PA Athletics	26.97	26.91	2
3 Woodhouse, Hailee	07 Excel Athletika		27.73	1
4 Kasim, Halima	06 Una		28.02	2
5 Siebert, Avery	06 Excel Athletika		28.23	1
6 Pryor, Brooke	07 Moose Jaw Ro		29.95	1
7 Celin, Addyson	07 Level 10 Lightning		30.76	2
8 Yung, Alexis	06 Level 10 Lightning		31.60	1
9 Eldamaty, Jumana	06 Excel Athletika		32.65	1

Event 18 Boys 16-17 200 Meter Dash U18

Name	Year Team	Seed	Finals	H#
1 Akinloye, Olufemi	06 Excel Athletika		23.47	1
2 Dorsch, Riley	06 Flight Club Regina		23.76	2
3 Lazo-Chhuon, Elijah	06 Excel Athletika		24.50	1
4 Derkatch, Easton	06 Level 10 Lightning		24.73	2
5 Reich, Jaik	07 Level 10 Lightning		27.09	2
6 Morhart, Noah	06 Excel Athletika		27.29	2
7 Driedger, Brandon	07 Moose Jaw Ro		27.53	2
8 Lenouail, Mathias	06 Excel Athletika		28.04	1

Event 19 Women 35-99 200 Meter Dash Masters

Name	Year Team	Seed	Finals
1 Silcox, Kelly	66 Flight Club Regina		29.83
2 Kozan, Andrea	72 Excel Athletika	29.66	30.01
3 LaFayette-Boyd, Carol	42 Excel Athletika	35.82	35.51
4 Coward, Selina	54 Excel Athletika	38.80	46.72

Event 20 Men 35-99 200 Meter Dash Masters

Name	Year Team	Seed	Finals
1 Taylor, Mike	81 PA Athletics		24.16
2 Ellis, Colin	67 Excel Athletika	27.00	26.35
3 Munro, Ian	83 Excel Athletika	27.00	27.92
4 Sulewski, Travis	69 Excel Athletika		30.08

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****Event 21 Women 18-19 200 Meter Dash U20**

Name	Year Team	Seed	Finals
1 Totton, Bryanna	05 Excel Athletika	28.97	29.07

Event 22 Men 18-19 200 Meter Dash U20

Name	Year Team	Seed	Finals
1 Olotu-Akinyemi, Tunde	05 PA Athletics	24.18	24.00
2 Phillips, Riley	04 Level 10 Lightning	25.00	25.27
3 Morhart, Ethan	04 Excel Athletika		27.19
4 Kitz, Jackson	05 Excel Athletika		27.55

Event 24 Men 20-35 200 Meter Dash Senior

Name	Year Team	Seed	Finals
1 Patmore, Shane	98 Una	23.00	22.91
2 Stachowich, Logan	01 Excel Athletika		23.69
3 Cote-Williamson, Brendan	04 Running Wild		24.02
4 Phommavong, Benjamin	02 Flight Club Regina	25.00	25.31
5 Doig, Aiden	03 Level 10 Lightning		26.35

Event 25 Girls 16-17 400 Meter Dash U18

Name	Year Team	Seed	Finals
1 Gates, Hannah	08 Excel Athletika		1:02.91
2 Celin, Addyson	07 Level 10 Lightning		1:10.14
3 Pryor, Brooke	07 Moose Jaw Ro		1:12.43
4 Kardynal, Willow	07 Una		1:17.87
5 Martinez, Angelina	07 Una		1:23.03

Event 26 Boys 16-17 400 Meter Dash U18

Name	Year Team	Seed	Finals
1 Derkatch, Easton	06 Level 10 Lightning		55.59
2 Weimer, James	06 Excel Athletika		58.88
3 Zacharias, Carter	07 Moose Jaw Ro		1:06.01

Event 27 Women 35-99 400 Meter Dash Masters

Name	Year Team	Seed	Finals
1 Kozan, Andrea	72 Excel Athletika	1:05.97	1:07.97

Event 28 Men 35-99 400 Meter Dash Masters

Name	Year Team	Seed	Finals
1 Ellis, Colin	67 Excel Athletika	59.00	1:01.70
2 Munro, Ian	83 Excel Athletika	59.00	1:02.87

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****Event 29 Women 18-19 400 Meter Dash U20**

Name	Year Team	Seed	Finals
1 Totton, Bryanna	05 Excel Athletika	1:05.76	1:07.47

Event 30 Men 18-19 400 Meter Dash U20

Name	Year Team	Seed	Finals
1 Roizman, Jonathan	04 Una		1:01.33
2 Wilson, Spencer	05 Moose Jaw Ro		1:03.87
3 Schaan, Zach	04 Level 10 Lightning		1:04.46

Event 31 Women 20-34 400 Meter Dash Senior

Name	Year Team	Seed	Finals
1 Gebert, Vanessa	92 Excel Athletika		1:42.87

Event 32 Men 20-34 400 Meter Dash Senior

Name	Year Team	Seed	Finals
1 Patmore, Shane	98 Una	50.00	51.22
2 Stachowich, Logan	01 Excel Athletika	51.86	51.97
3 Cote-Williamson, Brendan	04 Running Wild		53.64

Event 33 Girls 10-11 600 Meter Run U12

Name	Year Team	Seed	Finals
1 Deren, Sierra	12 Excel Athletika	2:31.58	2:22.05

Event 34 Boys 10-11 600 Meter Run U12

Name	Year Team	Seed	Finals
1 Weisbeck, Lincoln	13 Excel Athletika		2:07.92
2 Kraushaar, Leo	12 Excel Athletika		2:09.18
3 Knight, August	15 Excel Athletika		2:26.69

Event 35 Girls 12-13 800 Meter Run U14

Name	Year Team	Seed	Finals
1 Moore, Brooklyn	10 Level 10 Lightning		2:53.48
2 Teichler, Amy	10 Excel Athletika		2:55.33
3 Martinez, Mariela	10 Una		3:28.24
-- Haas, Abigail	11 Level 10 Lightning		DQ DQ Rule 17.3

Event 36 Boys 12-13 800 Meter Run U14

Name	Year Team	Seed	Finals
1 Therrien, Hunter	10 Moose Jaw Ro		2:40.79
2 Carter, Emery	11 Excel Athletika		2:42.00

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****...Event 36 Boys 12-13 800 Meter Run U14**

3 Blouin, Brendan	11 Running Wild	2:44.20
4 Wedewer, Tobin	10 Excel Athletika	2:58.94
5 Jedlic, Marlow	11 Excel Athletika	3:07.23
6 Fehr, Greyson	11 Excel Athletika	3:41.64

Event 37 Girls 14-15 800 Meter Run U16

Name	Year Team	Seed	Finals
1 Ouellet, Sofia	08 Excel Athletika	2:29.00	2:35.19
2 Haas, Hailey	09 Level 10 Lightning		2:43.29
3 Mack, Ella	09 Moose Jaw Ro		2:44.64
4 Thuen, Caili	09 Moose Jaw Ro		2:57.24
5 Kudalugodaarachchi, Thin	09 Excel Athletika		3:02.33
6 Shabatoski, Grace	09 Una		3:06.81

Event 38 Boys 14-15 800 Meter Run U16

Name	Year Team	Seed	Finals
1 Ambay, Habtay	09 Excel Athletika	2:30.72	2:25.78
2 Pawlak, Matthew	09 Moose Jaw Ro		2:31.20
3 Vidomski, Joshua	09 Una		2:34.69
4 Gartner, Jayan	09 Moose Jaw Ro	2:43.36	2:40.13
5 Dent, Joseph (Jamison)	08 Excel Athletika		2:41.64
6 Sax, Nolan	08 Excel Athletika		2:44.22
7 Therrien, Brady	08 Moose Jaw Ro		2:45.70

Event 39 Girls 16-17 800 Meter Run U18

Name	Year Team	Seed	Finals
1 Selland, Vienna	07 Excel Athletika		2:28.49
2 Conrad, Jenna	07 Excel Athletika		2:33.93
3 Kapovic, Nikolina	06 Moose Jaw Ro	2:34.00	2:39.22
4 Sommer, Reese	07 Excel Athletika		2:44.43
5 Kardynal, Willow	07 Una		3:00.72
-- Rieger, Emilee	07 Excel Athletika		DQ DQ Rule #17.3

Event 40 Boys 16-17 800 Meter Run U18

Name	Year Team	Seed	Finals
1 Teichler, Ian	06 Excel Athletika	2:08.00	2:13.33
2 Weimer, James	06 Excel Athletika		2:19.66
3 Regie, Maurice	07 Running Wild	2:23.22	2:35.01
4 Zacharias, Carter	07 Moose Jaw Ro		2:41.86
5 Emery, Bronson	07 Una		2:48.81

Event 42 Men 35-99 800 Meter Run Masters

Name	Year Team	Seed	Finals
1 Mitchell, Scott	86 Moose Jaw Ro	2:20.00	2:16.45
2 Weber, Harvey	65 Running Wild	2:29.82	2:30.70

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****Event 43 Women 18-19 800 Meter Run U20**

Name	Year Team	Seed	Finals
1 Cyr, Rayne	05 PA Athletics	2:27.81	2:29.90
2 Totton, Bryanna	05 Excel Athletika	2:40.77	2:45.81

Event 45 Women 20-35 800 Meter Run Senior

Name	Year Team	Seed	Finals
1 Fitzgerald, Makenna	00 Cochrane End	2:20.00	2:21.09
2 Ouellet, Eve	06 Excel Athletika	2:28.00	2:34.80
3 Kaban, Gabrielle	06 Excel Athletika	2:29.00	2:39.01

Event 46 Men 20-35 800 Meter Run Senior

Name	Year Team	Seed	Finals
1 McLean, Shawn	94 Una	2:00.64	1:59.67
2 MacLean, Brett	06 Excel Athletika	2:04.64	2:00.19
3 Naughton, Killian	06 Excel Athletika	2:00.00	2:01.30
4 Klassen, Jacob	06 PA Athletics	2:04.80	2:05.87
5 Downes, Adonias	06 Excel Athletika	2:06.00	2:09.38
6 Bizoza, Don Durrel	99 Jaleta Pacers	2:10.00	2:10.68
7 Barraza Garcia, Felipe	93 Running Wild	2:20.00	2:19.48
8 Faye, Lucas	95 Excel Athletika		3:41.35

Event 47 Girls 10-11 1000 Meter Run U12

Name	Year Team	Seed	Finals
1 Labbie, Olivia	12 Level 10 Lightning		4:10.91
2 Lynn, Vivie	12 Excel Athletika		4:11.68
3 Deren, Sierra	12 Excel Athletika	4:38.67	4:23.86

Event 48 Boys 10-11 1000 Meter Run U12

Name	Year Team	Seed	Finals
1 Kraushaar, Leo	12 Excel Athletika		4:10.76

Event 49 Girls 12-13 1200 Meter Run U14

Name	Year Team	Seed	Finals
1 Teichler, Amy	10 Excel Athletika	4:40.00	4:42.74
2 Moore, Brooklyn	10 Level 10 Lightning		4:43.21
3 Moore, Madison	10 Level 10 Lightning		4:44.18
4 McLeod, Charlie	11 Excel Athletika		4:46.64
5 Haas, Abigail	11 Level 10 Lightning		4:58.58
6 Horn, Ada-Lyn	11 Level 10 Lightning		5:00.33
7 Lang, Gracie	11 Excel Athletika		5:12.38

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****Event 50 Boys 12-13 1200 Meter Run U14**

Name	Year Team	Seed	Finals
1 Carter, Emery	11 Excel Athletika		4:23.24
2 Wedewer, Tobin	10 Excel Athletika		4:32.97

Event 51 Girls 14-15 1200 Meter Run U16

Name	Year Team	Seed	Finals
1 Gates, Hannah	08 Excel Athletika		3:59.73
2 Ouellet, Sofia	08 Excel Athletika	4:06.00	3:59.79
3 Mack, Ella	09 Moose Jaw Ro		4:22.50
4 Haas, Hailey	09 Level 10 Lightning		4:24.35
5 Thuen, Caili	09 Moose Jaw Ro		4:49.81

Event 52 Boys 14-15 1200 Meter Run U16

Name	Year Team	Seed	Finals
1 Vidomski, Joshua	09 Una		4:17.95
2 Dent, Joseph (Jamison)	08 Excel Athletika		4:20.39

Event 53 Girls 16-17 1500 Meter Run U18

Name	Year Team	Seed	Finals
1 Selland, Vienna	07 Excel Athletika		5:18.00
2 Conrad, Jenna	07 Excel Athletika		5:25.72
3 Rieger, Emilee	07 Excel Athletika		5:37.20
4 Sommer, Reese	07 Excel Athletika		5:44.96
5 Martinez, Angelina	07 Una		6:50.00

Event 54 Boys 16-17 1500 Meter Run U18

Name	Year Team	Seed	Finals
1 Teichler, Ian	06 Excel Athletika	4:40.00	4:40.15
2 Tabin, Kaeleb	07 Moose Jaw Ro	5:08.13	4:56.25
3 Regie, Maurice	07 Running Wild	5:13.24	5:15.78
4 Emery, Bronson	07 Una		5:45.79

Event 58 Men 18-19 1500 Meter Run U20

Name	Year Team	Seed	Finals
1 Kolesov, Oleksii	04 Level 10 Lightning	4:30.00	4:35.14
2 Roizman, Jonathan	04 Una		6:27.65

Event 59 Women 20-34 1500 Meter Run Senior

Name	Year Team	Seed	Finals
1 Fitzgerald, Makenna	00 Cochrane End	4:47.10	4:47.22
2 Palaschuk, Jadyne	05 Moose Jaw Ro	4:46.24	4:55.19
3 Ouellet, Eve	06 Excel Athletika	5:06.00	5:10.07

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****....Event 59 Women 20-34 1500 Meter Run Senior**

4 Kolesova, Nataliia	01 Level 10 Lightning	5:05.00	5:16.29
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Event 60 Men 20-34 1500 Meter Run Senior

Name	Year Team	Seed	Finals
1 Bristol, Henry	06 Level 10 Lightning		4:20.57
2 Klassen, Jacob	06 PA Athletics	4:20.17	4:21.72
3 Downes, Adonias	06 Excel Athletika	4:20.00	4:26.76
4 Bizoza, Don Durrel	99 Jaleta Pacers	4:20.00	4:40.16
5 Faye, Lucas	95 Excel Athletika		7:27.30

Event 62 Boys 14-15 2000 Meter Run U16

Name	Year Team	Seed	Finals
1 Vidomski, Joshua	09 Una		8:05.72

Event 64 Boys 16-17 3000 Meter Run U18

Name	Year Team	Seed	Finals
1 Tabin, Kaeleb	07 Moose Jaw Ro		10:56.90

Event 65 Women 35-99 3000 Meter Run Masters

Name	Year Team	Seed	Finals
1 Tomczak, Elizabeth	86 Jaleta Pacers		11:11.70

Event 66 Men 35-99 3000 Meter Run Masters

Name	Year Team	Seed	Finals
1 Olsen, Dave	55 Una	13:00.00	12:44.47

Event 68 Men 18-19 3000 Meter Run U20

Name	Year Team	Seed	Finals
-- Gel, Kyle	04 Excel Athletika		DQ DQ Rule #17.3

Event 69 Women 20-34 3000 Meter Run Senior

Name	Year Team	Seed	Finals
1 Palaschuk, Jadyne	05 Moose Jaw Ro		10:41.21

Event 73 Girls 14-15 60 Meter Hurdles .76m U16

Name	Year Team	Seed	Finals
1 Van Nortwick, Keira	08 N Battleford Legion	10.85	10.61

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****Event 75 Girls 16-17 60 Meter Hurdles .76m U18**

Name	Year Team	Seed	Finals
1 Krueger, Anya	07 Excel Athletika		9.97

Event 78 Men 35-99 60 Meter Hurdles .76m Masters

Name	Year Team	Seed	Finals
1 Lawrence, Dale	58 Una		12.37

Event 79 Women 18-19 60 Meter Hurdles .84m U20

Name	Year Team	Seed	Finals
1 Howe, Kylie	05 Excel Athletika	14.05	12.51

Event 83 Girls 10-11 High Jump U12

Name	Year Team	Seed	Finals
1 Whitehead, Alexis	12 Excel Athletika		1.17m
			0.83 0.86 0.89 0.92 0.95 0.98 1.02 1.05 1.08 1.11 1.14 1.17 1.19
			o o o o o o o o o o o o XXO XXX
2 Obleman, Nora	12 Excel Athletika		1.08m
			0.83 0.86 0.89 0.92 0.95 0.98 1.02 1.05 1.08 1.11
			o o o o o o o o XO o XXX
3 Wilson, Sidney	12 Excel Athletika		1.02m
			0.83 0.86 0.89 0.92 0.95 0.98 1.02 1.05
			o o o o o XXO o XXX

Event 84 Boys 10-11 High Jump U12

Name	Year Team	Seed	Finals
1 Cho, Paxton	12 Excel Athletika		1.11m
			0.83 0.86 0.89 0.92 0.95 0.98 1.02 1.05 1.08 1.11 1.14
			o o o o o o o XO o o XO XXX

Event 85 Girls 12-13 High Jump U14

Name	Year Team	Seed	Finals
1 Sali, Alex	10 Excel Athletika		1.35m
			1.00 1.05 1.10 1.15 1.18 1.21 1.35 1.40
			P P P o o o o XXX
2 Kannan, Adithii	11 Excel Athletika		1.05m
			1.00 1.05 1.10
			o XO XXX
-- Schwartz, Joss	11 Excel Athletika		NH
			1.00 1.05 1.10 1.15
			P P P XXX

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****Event 86 Boys 12-13 High Jump U14**

Name	Year Team	Seed	Finals
1 Eisler, Clark	11 Excel Athletika	1.10m	1.18m
1.00 1.05 1.10 1.15 1.18 1.21			
P P O O O XXX			

Event 87 Girls 14-15 High Jump U16

Name	Year Team	Seed	Finals
1 Bonnell, Malaea	08 Excel Athletika	1.40m	J1.44m
1.25 1.30 1.33 1.36 1.38 1.40 1.42 1.44 1.46			
O O O XO O O XO XO XXX			
2 Ulmer-Lutudromu, Kaileah	08 Level 10 Lightning		J1.44m
1.25 1.30 1.33 1.36 1.38 1.40 1.42 1.44 1.46			
O O XO O O XO XO XXO XXX			
3 Gavel, Bauer	08 Level 10 Lightning	1.35m	J1.30m
1.25 1.30 1.36			
O O XXX			
4 Rosca, Darian	08 Excel Athletika		J1.00m
1.00 1.05			
O XXX			

Event 89 Girls 16-17 High Jump U18

Name	Year Team	Seed	Finals
1 Siebert, Avery	06 Excel Athletika		1.30m
1.20 1.25 1.30 1.33			
O O O XXX			

Event 90 Boys 16-17 High Jump U18

Name	Year Team	Seed	Finals
1 Sawatzky, Brandon	06 PA Athletics		1.70m
1.40 1.45 1.50 1.55 1.58 1.60 1.65 1.70 1.75			
P P O O P O O O XXX			
2 Boechler, Lucas	07 PA Athletics		1.55m
1.40 1.45 1.50 1.55 1.58			
O O XO XXO XXX			

Event 92 Men 35-99 High Jump Masters

Name	Year Team	Seed	Finals
1 Lawrence, Dale	58 Una		1.36m
1.20 1.25 1.30 1.33 1.36			
O O XO XO O			

Event 94 Men 18-19 High Jump U20

Name	Year Team	Seed	Finals
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2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****....Event 94 Men 18-19 High Jump U20**

1	Kitz, Jackson	05	Excel Athletika						1.55m
				1.40	1.45	1.50	1.55	1.58	
				O	O	XXO	O	XXX	

Event 95 Women 20-34 High Jump Senior

Name	Year	Team	Seed	Finals
1 Murwanashyaka, Raissa	02	Regina Cougars	1.55m	1.50m
				1.50 1.55
				XXO XXX

Event 100 Boys 16-17 Pole Vault U18

Name	Year	Team	Seed	Finals
1 Boechler, Lucas	07	PA Athletics		2.85m
				2.45 2.60 2.75 2.85 2.85
				O O O O O
2 Morhart, Noah	06	Excel Athletika		2.75m
				2.45 2.60 2.75 2.85 2.85
				P O O X X

Event 104 Men 18-19 Pole Vault U20

Name	Year	Team	Seed	Finals
1 Morhart, Ethan	04	Excel Athletika		2.75m
				2.45 2.60 2.75 2.85
				P P O XX
-- Kitz, Jackson	05	Excel Athletika		NH
				2.45 2.60
				P XXX

Event 107 Girls 14-15 Long Jump U16

Name	Year	Team	Seed	Finals
1 Gates, Hannah	08	Excel Athletika		4.79m
				4.55m 4.53m 4.65m 4.59m 4.72m 4.79m
2 Seibel, Haylie	08	Excel Athletika		4.70m
				FOUL 4.62m 4.70m 4.41m 4.61m FOUL
3 Van Nortwick, Keira	08	N Battleford Legion	4.29m	4.64m
				4.10m 4.22m 3.74m 3.85m 4.64m 3.36m
4 Gavel, Bauer	08	Level 10 Lightning	5.10m	4.59m
				4.40m 4.34m 4.28m 4.59m 4.54m 4.21m
5 Klein, Lola	08	Excel Athletika		4.35m
				4.08m 4.35m FOUL 4.02m 4.16m 4.22m
6 Wilson, Sasha	09	Level 10 Lightning	4.69m	4.32m
				4.06m 4.31m 4.22m 4.23m 4.09m 4.32m
7 Pacholka, Elan	08	Level 10 Lightning	4.55m	4.22m
				4.12m FOUL 4.09m 4.07m 4.22m 4.05m
8 Glen, Brooke	09	Level 10 Lightning		3.81m
				3.57m 3.81m 3.80m 3.57m 3.72m 3.79m
9 Flottorp, Ava	09	Excel Athletika		3.66m
				3.50m 3.45m 3.66m

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****....Event 107 Girls 14-15 Long Jump U16**

10 Vanthuynne, Taelyn	09 Excel Athletika	3.56m
3.39m 3.49m 3.56m		
11 Duesing, Anaeya	09 Excel Athletika	3.52m
3.41m 3.52m 3.52m		
12 Rosca, Darian	08 Excel Athletika	3.20m
2.70m 2.54m 3.20m		

Event 108 Boys 14-15 Long Jump U16

Name	Year Team	Seed	Finals
1 Caron, Cody	06 PA Athletics		4.58m
4.25m 3.73m 3.95m 4.58m 4.47m 4.33m			
2 Grant, Nyah	09 Excel Athletika		4.03m
4.03m 3.36m 1.89m 3.76m FOUL FOUL			
3 Kashton, Ryan	09 Excel Athletika		3.59m
FOUL 3.59m 3.30m 3.18m 3.29m 3.24m			
4 Russell, Aaden	08 Excel Athletika		3.45m
FOUL 3.42m FOUL 3.42m FOUL 3.45m			
5 Boyko, Griffin	09 Excel Athletika		3.30m
FOUL 3.30m 3.08m FOUL FOUL 2.66m			

Event 109 Girls 16-17 Long Jump U18

Name	Year Team	Seed	Finals
1 Jackson, Makayla	06 PA Athletics		5.28m
5.05m 5.28m FOUL 5.13m 4.44m FOUL			
2 Krueger, Anya	07 Excel Athletika		4.91m
4.91m FOUL FOUL FOUL 4.73m FOUL			
3 Siebert, Avery	06 Excel Athletika		4.76m
4.52m 4.76m 4.56m 4.33m FOUL 4.32m			
4 Akinjobi, Esther	07 PA Athletics	4.51m	4.65m
4.65m 4.40m 4.03m 4.09m 4.46m 4.21m			
5 Kardynal, Willow	07 Una		3.57m
3.40m 3.52m 3.53m 3.57m 3.38m 2.94m			
6 Opseth, Abby	07 Excel Athletika		3.00m
2.92m 2.98m 3.00m FOUL 2.69m 2.74m			

Event 110 Boys 16-17 Long Jump U18

Name	Year Team	Seed	Finals
1 Sulewski, Lucas	07 Excel Athletika		5.84m
5.81m 5.84m 5.81m 5.53m 5.65m 5.67m			
2 Dorsch, Riley	06 Flight Club Regina		5.80m
5.20m FOUL 5.78m 5.12m 5.80m 5.62m			
3 Siroski-Brown, Landen	06 Excel Athletika		5.62m
4.94m FOUL 5.60m 5.21m FOUL 5.62m			
4 Williams, Joe	07 Unknown		4.97m
4.97m 4.81m 4.64m 4.85m 4.58m 4.60m			
5 Boechler, Lucas	07 PA Athletics		4.63m
FOUL 4.63m 4.54m 4.22m 4.56m 4.45m			
6 Lenouail, Mathias	06 Excel Athletika		4.31m
FOUL 4.28m 3.55m 3.82m 4.27m 4.31m			

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****Event 111 Women 35-99 Long Jump Masters**

Name	Year	Team	Seed	Finals
1 Boyko, Raquel	74	Excel Athletika		4.11m
	3.74m	3.95m	4.11m	4.04m 3.99m 3.96m
2 LaFayette-Boyd, Carol	42	Excel Athletika	3.57m	3.53m
	3.44m	3.53m	PASS	PASS PASS PASS

Event 112 Men 35-99 Long Jump Masters

Name	Year	Team	Seed	Finals
1 Lawrence, Dale	58	Una		4.14m
	4.14m	FOUL	FOUL	3.27m 3.92m 3.97m

Event 113 Women 18-19 Long Jump U20

Name	Year	Team	Seed	Finals
1 Howe, Kylie	05	Excel Athletika	4.67m	4.69m
	4.25m	4.69m	4.58m	4.33m 4.65m 4.55m

Event 114 Men 18-19 Long Jump U20

Name	Year	Team	Seed	Finals
1 Kitz, Jackson	05	Excel Athletika		4.96m
	4.05m	4.47m	4.84m	4.96m 4.64m 4.84m

Event 115 Women 20-34 Long Jump Senior

Name	Year	Team	Seed	Finals
1 Kinnear, Lindsay T20;F20	88	Excel Athletika		3.83m
	3.83m	3.80m	FOUL	3.70m 3.56m 3.81m
2 Gebert, Vanessa	92	Excel Athletika		2.99m
	2.26m	2.38m	2.56m	1.90m 2.55m 2.99m

Event 116 Men 20-34 Long Jump Senior

Name	Year	Team	Seed	Finals
1 Patmore, Shane	98	Una	6.40m	6.81m
	6.81m	6.53m	6.48m	6.51m 6.75m 6.58m
2 Stein, Janz T64;F64	81	Excel Athletika	6.18m	6.22m
	6.22m	5.93m	6.03m	FOUL 6.16m 5.75m
3 Doig, Aiden	03	Level 10 Lightning		4.50m
	4.50m	4.06m	3.89m	4.26m 4.21m 4.27m
4 Stachowich, Logan	01	Excel Athletika		2.14m
	FOUL	FOUL	2.14m	FOUL FOUL FOUL

Event 117 Girls 14-15 Shot Put 3kg U16

Name	Year	Team	Seed	Finals
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2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****....Event 117 Girls 14-15 Shot Put 3kg U16**

1 Duesing, Anaeya	09	Excel Athletika					7.69m
			6.70m	7.64m	7.65m	7.69m	6.85m 7.40m
2 Flottorp, Ava	09	Excel Athletika					6.96m
			6.16m	FOUL	6.96m	6.78m	6.48m 6.90m
3 Vanthuynne, Taelyn	09	Excel Athletika					6.05m
			FOUL	5.44m	6.05m	5.84m	5.66m 5.64m

Event 118 Boys 14-15 Shot Put 4kg U16

Name	Year	Team	Seed	Finals
1 Johnston, Calder	08	Excel Athletika	12.43m	14.08m
				12.87m 12.72m 12.91m 12.13m 14.08m 13.71m

Event 119 Girls 16-17 Shot Put 3kg U18

Name	Year	Team	Seed	Finals
1 Seibel, Joclyn	06	Excel Athletika		10.90m
				10.90m 9.78m 9.94m FOUL 9.63m 8.95m
2 Rolles, Paige	06	PA Athletics		9.24m
				9.24m 8.40m 8.65m 8.85m 8.71m 8.71m
3 McIntyre, Katie	06	Excel Athletika		8.32m
				FOUL 7.70m FOUL 6.86m 8.06m 8.32m
4 Oduor, Maggie	07	Moose Jaw Ro	7.97m	7.93m
				7.74m 7.38m 7.93m 6.82m 7.45m 6.77m
5 Krueger, Anya	07	Excel Athletika		7.32m
				6.76m 6.72m 7.29m 6.94m 7.32m 6.90m

Event 120 Boys 16-17 Shot Put 5kg U18

Name	Year	Team	Seed	Finals
1 Bissky, Carson	06	PA Athletics		13.02m
				12.28m 12.27m 13.02m 11.98m 10.05m 11.55m
2 Siroski-Brown, Landen	06	Excel Athletika		11.35m
				11.21m 10.26m 11.09m 9.79m 11.35m FOUL
3 Lenouail, Hugo	06	Excel Athletika		9.10m
				6.22m 8.42m 8.85m 8.61m 9.10m 6.67m

Event 122 Men 35-99 Shot Put 6kg Masters

Name	Year	Team	Seed	Finals
1 Lawrence, Dale	58	Una		10.55m
				9.79m 10.19m 9.77m 9.93m FOUL 10.55m
2 McIntyre, Riley	88	Excel Athletika		9.38m
				9.26m 8.58m 8.68m 7.47m 9.38m 9.05m

Event 124 Men 18-19 Shot Put 7.26kg U20

Name	Year	Team	Seed	Finals
1 Ward, Kael	04	Una	12.34m	11.76m
				FOUL 11.33m 11.76m 9.61m 11.54m 11.65m

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****....Event 124 Men 18-19 Shot Put 7.26kg U20**

2 Bissky, Bode	04 PA Athletics	11.74m
9.93m FOUL 11.50m 11.74m 11.36m FOUL		

Event 127 Girls 16-17 Weight Throw 16lb U18

Name	Year Team	Seed	Finals
1 Seibel, Joclyn	06 Excel Athletika		11.09m
10.11m 10.46m 10.39m 10.40m 9.77m 11.09m			
2 McIntyre, Katie	06 Excel Athletika		7.67m
PASS 7.67m PASS PASS PASS 7.44m			

Event 128 Boys 16-17 Weight Throw 20lb U18

Name	Year Team	Seed	Finals
1 Bissky, Carson	06 PA Athletics		11.93m
11.06m 11.87m 11.13m 11.47m 11.93m 11.72m			
2 Lenouail, Hugo	06 Excel Athletika		11.19m
9.62m 10.32m 9.37m 10.09m 11.19m 9.78m			

Event 130 Men 35-99 Weight Throw 25lb Masters

Name	Year Team	Seed	Finals
1 McIntyre, Riley	88 Excel Athletika		8.64m
PASS 8.64m 8.29m PASS PASS 8.40m			

Event 132 Men 18-19 Weight Throw 35lb U20

Name	Year Team	Seed	Finals
1 Ward, Kael	04 Una	10.01m	12.27m
PASS 11.52m 9.73m PASS 12.27m 12.18m			
2 Bissky, Bode	04 PA Athletics		11.10m
9.82m 9.95m 11.10m 10.35m PASS 10.72m			

Event 135 Girls 5-11 Triathlon Speed U12

Name	Year Team	Seed	Finals	H#
1 Ashton, Scarlett	12 Excel Athletika		685	
2 Whitehead, Alexis	12 Excel Athletika		647	
3 McLaren, Samantha	13 Una		564	
4 McDonald, Quinn	12 Level 10 Lightning		553	
5 Otitoju, Ayooluwa	13 Excel Athletika		455	
6 Grant, Naillah	12 Excel Athletika		423	
7 Haeusler, Ellie	12 Excel Athletika		412	
8 Bajwa, Amayah	13 Excel Athletika		289	
9 MacKenzie, Lily	13 Level 10 Lightning		210	

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****Event 135 Triathlon: #1 Girls 5-11 60 Meter Dash U12 Triathlon**

Name	Year Team	Finals	H#	Points
1 Whitehead, Alexis	12 Excel Athletika	9.90	1	357
2 Ashton, Scarlett	12 Excel Athletika	9.91	2	355
3 McDonald, Quinn	12 Level 10 Lightning	9.92	1	353
4 McLaren, Samantha	13 Una	10.27	2	283
5 Haeusler, Ellie	12 Excel Athletika	10.30	2	278
6 Grant, Naillah	12 Excel Athletika	10.53	2	236
7 Otitoju, Ayooluwa	13 Excel Athletika	10.53	1	236
8 Wilson, Sidney	12 Excel Athletika	10.82	1	188
9 Bajwa, Amayah	13 Excel Athletika	10.84	2	185
10 MacKenzie, Lily	13 Level 10 Lightning	10.97	2	166
11 MacKenzie, Ruby	16 Level 10 Lightning	13.63	1	

Event 135 Triathlon: #2 Girls 5-11 Long Jump U12 Triathlon

Name	Year Team	Finals	Points
1 Ashton, Scarlett 3.29m 3.15m 3.18m	12 Excel Athletika	3.29m	159
2 McLaren, Samantha 3.05m 2.99m 2.90m	13 Una	3.05m	116
3 Whitehead, Alexis 2.75m 2.81m 3.01m	12 Excel Athletika	3.01m	109
4 McDonald, Quinn 2.70m 2.60m 2.85m	12 Level 10 Lightning	2.85m	83
5 Otitoju, Ayooluwa FOUL 2.66m FOUL	13 Excel Athletika	2.66m	55
6 Grant, Naillah 2.57m 2.09m 2.15m	12 Excel Athletika	2.57m	43
7 Bajwa, Amayah 2.19m 1.98m 2.14m	13 Excel Athletika	2.19m	4
7 Haeusler, Ellie 2.13m 2.09m 2.19m	12 Excel Athletika	2.19m	4
9 MacKenzie, Lily 1.95m 2.11m 1.96m	13 Level 10 Lightning	2.11m	
10 MacKenzie, Ruby 1.34m 1.16m 1.20m	16 Level 10 Lightning	1.34m	

Event 135 Triathlon: #3 Girls 5-11 Shot Put U12 Triathlon

Name	Year Team	Finals	Points
1 Wilson, Sidney 5.37m 3.97m 4.47m	12 Excel Athletika	5.37m	231
2 Whitehead, Alexis 4.57m 4.39m 3.91m	12 Excel Athletika	4.57m	181
3 Ashton, Scarlett 4.17m 4.29m 4.40m	12 Excel Athletika	4.40m	171
4 McLaren, Samantha 3.76m 4.03m 4.30m	13 Una	4.30m	165
5 Otitoju, Ayooluwa 4.29m 3.07m 3.30m	13 Excel Athletika	4.29m	164
6 Grant, Naillah FOUL 3.96m 3.88m	12 Excel Athletika	3.96m	144

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****...Event 135 Triathlon: #3 Girls 5-11 Shot Put U12 Triathlon**

7 Haeusler, Ellie	12	Excel Athletika	3.74m	130
3.67m FOUL 3.74m				
8 McDonald, Quinn	12	Level 10 Lightning	3.53m	117
3.53m 3.51m 3.47m				
9 Bajwa, Amayah	13	Excel Athletika	3.25m	100
2.86m 3.25m 3.11m				
10 MacKenzie, Lily	13	Level 10 Lightning	2.30m	44
2.30m 2.25m FOUL				
11 MacKenzie, Ruby	16	Level 10 Lightning	1.27m	
1.00m 1.07m 1.27m				

Event 136 Boys 5-11 Triathlon Speed U12

Name	Year	Team	Seed	Finals	H#
1 Sharma, Aarav	12	Excel Athletika		527	
2 Filson, Weston	12	Una		520	
3 Kups, Dawsyn	13	Excel Athletika		384	
4 Larkin, Jace	12	Excel Athletika		376	
5 Lazo-Chhuon, Lucas	14	Excel Athletika		345	
6 Baird, Ronin	12	Excel Athletika		342	
7 Hackel, Nathaniel	12	Excel Athletika		290	
8 Cho, Paxton	12	Excel Athletika		277	
9 Knight, August	15	Excel Athletika		174	
10 Cho, Anson	14	Excel Athletika		157	
11 Dean, Lachlan	12	Excel Athletika		135	
12 King, Parker	12	Excel Athletika		114	

Event 136 Triathlon: #1 Boys 5-11 60 Meter Dash U12 Triathlon

Name	Year	Team	Finals	H#	Points
1 Sharma, Aarav	12	Excel Athletika	9.69	2	169
2 Lazo-Chhuon, Lucas	14	Excel Athletika	9.79	1	153
3 Filson, Weston	12	Una	9.80	2	151
4 Kups, Dawsyn	13	Excel Athletika	10.09	2	108
5 Baird, Ronin	12	Excel Athletika	10.22	2	90
6 Larkin, Jace	12	Excel Athletika	10.36	2	73
7 Cho, Anson	14	Excel Athletika	10.51	2	56
8 Hackel, Nathaniel	12	Excel Athletika	10.53	1	54
9 Cho, Paxton	12	Excel Athletika	10.61	1	46
10 Woynarski, Kieran	13	Excel Athletika	10.71	1	37
11 Knight, August	15	Excel Athletika	10.91	1	22
12 King, Parker	12	Excel Athletika	12.50	1	
13 Dean, Lachlan	12	Excel Athletika	12.73	2	

Event 136 Triathlon: #2 Boys 5-11 Long Jump U12 Triathlon

Name	Year	Team	Finals	Points
1 Filson, Weston	12	Una	3.66m	153
3.45m 3.66m 3.59m				
2 Sharma, Aarav	12	Excel Athletika	3.50m	130
3.34m 3.27m 3.50m				

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****...Event 136 Triathlon: #2 Boys 5-11 Long Jump U12 Triathlon**

3	Baird, Ronin	12	Excel Athletika	3.39m	115
	3.32m 3.39m 3.36m				
4	Kups, Dawsyn	13	Excel Athletika	3.22m	93
	3.18m 3.22m 3.18m				
5	Cho, Paxton	12	Excel Athletika	3.20m	90
	3.20m 2.97m 3.04m				
6	Larkin, Jace	12	Excel Athletika	3.12m	80
	3.12m 3.07m 2.85m				
7	Lazo-Chhuon, Lucas	14	Excel Athletika	3.06m	73
	3.06m 2.88m FOUL				
8	Woynarski, Kieran	13	Excel Athletika	2.94m	59
	2.94m 2.82m 2.70m				
9	Cho, Anson	14	Excel Athletika	2.73m	37
	2.71m 2.47m 2.73m				
10	Hackel, Nathaniel	12	Excel Athletika	2.62m	26
	2.53m 2.62m 2.57m				
10	Knight, August	15	Excel Athletika	2.62m	26
	2.62m 2.58m 2.52m				
12	King, Parker	12	Excel Athletika	2.55m	20
	2.55m 2.52m 2.38m				
13	Dean, Lachlan	12	Excel Athletika	2.35m	6
	2.15m 2.35m 2.30m				

Event 136 Triathlon: #3 Boys 5-11 Shot Put U12 Triathlon

=====					
Name	Year	Team	Finals	Points	
=====					
1	Sharma, Aarav	12	Excel Athletika	5.65m	228
	5.21m 5.45m 5.65m				
2	Larkin, Jace	12	Excel Athletika	5.56m	223
	5.29m 5.21m 5.56m				
3	Filson, Weston	12	Una	5.44m	216
	FOUL 5.44m FOUL				
4	Hackel, Nathaniel	12	Excel Athletika	5.33m	210
	5.33m FOUL 4.97m				
5	Kups, Dawsyn	13	Excel Athletika	4.86m	183
	4.15m 4.19m 4.86m				
6	Cho, Paxton	12	Excel Athletika	4.12m	141
	3.87m 4.12m 3.85m				
7	Baird, Ronin	12	Excel Athletika	4.06m	137
	4.06m 3.74m 3.94m				
8	Dean, Lachlan	12	Excel Athletika	3.91m	129
	3.65m 3.88m 3.91m				
9	Knight, August	15	Excel Athletika	3.85m	126
	FOUL 3.36m 3.85m				
10	Lazo-Chhuon, Lucas	14	Excel Athletika	3.73m	119
	3.43m 3.73m 3.32m				
11	King, Parker	12	Excel Athletika	3.29m	94
	FOUL 3.29m FOUL				
12	Cho, Anson	14	Excel Athletika	2.75m	64
	FOUL 2.75m FOUL				

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****Event 137 Girls 12-13 Triathlon Speed U14**

Name	Year Team	Seed	Finals	H#
1 Tait, Peighton	10 PA Athletics		1255	
2 Sali, Alex	10 Excel Athletika		1160	
3 Akinjobi, Davina	11 PA Athletics		967	
4 Khovrenkov, Veronica	10 Level 10 Lightning		963	
5 Wakelam, Issabelle	10 Excel Athletika		877	
6 Schwartz, Joss	11 Excel Athletika		846	
7 Patrick, Niesha	11 Excel Athletika		820	
7 Kannan, Adithii	11 Excel Athletika		820	
9 McNab, Lashayne	11 Excel Athletika		445	
10 Krueger, Sophia	11 Excel Athletika		419	
11 Williams, Brady	10 Una		297	

Event 137 Triathlon: #1 Girls 12-13 60 Meter Dash U14 Triathlon

Name	Year Team	Finals	H#	Points
1 Tait, Peighton	10 PA Athletics	8.56	2	684
2 Sali, Alex	10 Excel Athletika	8.62	2	667
3 Akinjobi, Davina	11 PA Athletics	9.22	1	511
4 Khovrenkov, Veronica	10 Level 10 Lightning	9.31	1	489
5 Wakelam, Issabelle	10 Excel Athletika	9.38	1	472
6 Patrick, Niesha	11 Excel Athletika	9.50	1	444
7 Kannan, Adithii	11 Excel Athletika	9.50	1	444
8 Schwartz, Joss	11 Excel Athletika	9.56	1	431
9 McNab, Lashayne	11 Excel Athletika	10.61	2	223
10 Krueger, Sophia	11 Excel Athletika	10.93	2	171
11 Williams, Brady	10 Una	11.71	2	73

Event 137 Triathlon: #2 Girls 12-13 Long Jump U14 Triathlon

Name	Year Team	Finals	Points
1 Adam, Jazmyne	10 Excel Athletika	4.02m	312
FOUL 3.60m 4.02m			
2 Khovrenkov, Veronica	10 Level 10 Lightning	3.97m	301
3.91m 3.97m 3.88m			
3 Kannan, Adithii	11 Excel Athletika	3.78m	259
3.59m 3.78m FOUL			
4 Sali, Alex	10 Excel Athletika	3.72m	246
3.53m 3.53m 3.72m			
5 Tait, Peighton	10 PA Athletics	3.67m	235
3.57m 3.34m 3.67m			
6 Akinjobi, Davina	11 PA Athletics	3.58m	216
3.24m 3.56m 3.58m			
7 Schwartz, Joss	11 Excel Athletika	3.34m	168
3.02m 2.70m 3.34m			
8 Patrick, Niesha	11 Excel Athletika	3.23m	148
3.23m FOUL 3.13m			
9 Wakelam, Issabelle	10 Excel Athletika	3.18m	139
3.00m 3.18m 3.15m			
10 Krueger, Sophia	11 Excel Athletika	2.84m	81
2.80m 2.64m 2.84m			

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****...Event 137 Triathlon: #2 Girls 12-13 Long Jump U14 Triathlon**

11 Williams, Brady	10 Una	2.65m	53
1.98m FOUL 2.65m			
12 McNab, Lashayne	11 Excel Athletika	2.52m	36
2.50m 2.52m 2.34m			

Event 137 Triathlon: #3 Girls 12-13 Shot Put U14 Triathlon

Name	Year Team	Finals	Points
1 Tait, Peighton	10 PA Athletics	7.02m	336
6.77m 7.02m 6.61m			
2 Wakelam, Issabelle	10 Excel Athletika	5.91m	266
5.42m 5.54m 5.91m			
3 Schwartz, Joss	11 Excel Athletika	5.62m	247
5.62m 5.42m 5.42m			
4 Sali, Alex	10 Excel Athletika	5.61m	247
5.17m 5.44m 5.61m			
5 Akinjobi, Davina	11 PA Athletics	5.51m	240
5.17m 4.97m 5.51m			
6 Patrick, Niesha	11 Excel Athletika	5.32m	228
5.26m 5.32m 5.17m			
7 Adam, Jazmyne	10 Excel Athletika	5.04m	211
5.04m 4.49m 4.21m			
8 McNab, Lashayne	11 Excel Athletika	4.65m	186
4.11m 4.65m 4.48m			
9 Khovrenkov, Veronica	10 Level 10 Lightning	4.43m	173
4.43m 4.41m 4.20m			
10 Williams, Brady	10 Una	4.41m	171
4.12m 3.99m 4.41m			
11 Krueger, Sophia	11 Excel Athletika	4.33m	167
4.33m 4.20m 3.44m			
12 Kannan, Adithii	11 Excel Athletika	3.53m	117
3.18m 3.53m FOUL			

Event 138 Boys 12-13 Triathlon Speed U14

Name	Year Team	Seed	Finals	H#
1 Therrien, Hunter	10 Moose Jaw Ro		684	
2 Eisler, Clark	11 Excel Athletika	563	549	
3 Fossenier, Dax	11 Level 10 Lightning		490	
4 Cappel, Trey	10 Excel Athletika		387	

Event 138 Triathlon: #1 Boys 12-13 60 Meter Dash U14 Triathlon

Name	Year Team	Finals	Points
1 Therrien, Hunter	10 Moose Jaw Ro	9.30	241
2 Eisler, Clark	11 Excel Athletika	9.48	207
3 Cappel, Trey	10 Excel Athletika	9.85	143
4 Fossenier, Dax	11 Level 10 Lightning	10.04	115

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****Event 138 Triathlon: #2 Boys 12-13 Long Jump U14 Triathlon**

Name	Year Team	Finals	Points
1 Therrien, Hunter 3.80m 3.92m 3.93m	10 Moose Jaw Ro	3.93m	195
2 Fossenier, Dax FOUL 3.82m 3.82m	11 Level 10 Lightning	3.82m	177
3 Eisler, Clark 3.58m 3.49m 3.67m	11 Excel Athletika	3.67m	155
4 Cappo, Trey 2.97m FOUL 2.80m	10 Excel Athletika	2.97m	62

Event 138 Triathlon: #3 Boys 12-13 Shot Put U14 Triathlon

Name	Year Team	Finals	Points
1 Therrien, Hunter 5.98m 5.13m 5.63m	10 Moose Jaw Ro	5.98m	248
2 Fossenier, Dax 5.07m 4.76m 5.12m	11 Level 10 Lightning	5.12m	198
3 Eisler, Clark 4.93m FOUL FOUL	11 Excel Athletika	4.93m	187
4 Cappo, Trey 4.53m 4.84m FOUL	10 Excel Athletika	4.84m	182

Event 139 Girls 14-15 Triathlon Speed U16

Name	Year Team	Seed	Finals	H#
1 Reddekopp, Raedyn	09 PA Athletics		1514	
2 Williams, Piper	09 Unknown		565	

Event 139 Triathlon: #1 Girls 14-15 60 Meter Dash U16 Triathlon

Name	Year Team	Finals	Points
1 Reddekopp, Raedyn	09 PA Athletics	8.38	735
2 Williams, Piper	09 Unknown	10.84	185

Event 139 Triathlon: #2 Girls 14-15 Long Jump U16 Triathlon

Name	Year Team	Finals	Points
1 Reddekopp, Raedyn 4.38m 4.38m 4.40m	09 PA Athletics	4.40m	403
2 Williams, Piper FOUL 3.17m 2.89m	09 Unknown	3.17m	137

Event 139 Triathlon: #3 Girls 14-15 Shot Put U16 Triathlon

Name	Year Team	Finals	Points
1 Reddekopp, Raedyn 7.58m 7.11m 7.64m	09 PA Athletics	7.64m	376
2 Williams, Piper 5.24m 5.20m 5.55m	09 Unknown	5.55m	243

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****Event 141 Girls 10-11 Triathlon Endurance Tri12**

Name	Year Team	Seed	Finals	H#
1 Obleman, Nora	12 Excel Athletika		530	
2 Lynn, Vivie	12 Excel Athletika		424	

Event 141 Triathlon: #1 Girls 10-11 600 Meter Run Tri12 Triathlon

Name	Year Team	Finals	Points
1 Obleman, Nora	12 Excel Athletika	2:14.83	268
2 Lynn, Vivie	12 Excel Athletika	2:20.91	205

Event 141 Triathlon: #2 Girls 10-11 Long Jump Tri12 Triathlon

Name	Year Team	Finals	Points
1 Lynn, Vivie	12 Excel Athletika	2.64m	52
2.55m 2.56m 2.64m			
2 Obleman, Nora	12 Excel Athletika	2.61m	48
2.61m 2.53m 2.58m			

Event 141 Triathlon: #3 Girls 10-11 Shot Put Tri12 Triathlon

Name	Year Team	Finals	Points
1 Obleman, Nora	12 Excel Athletika	5.09m	214
4.62m 4.33m 5.09m			
2 Lynn, Vivie	12 Excel Athletika	4.33m	167
3.70m 4.33m 4.18m			

Event 142 Boys 10-11 Triathlon Endurance Tri12

Name	Year Team	Seed	Finals	H#
1 Mulholland Tomczak, Eric	14 Excel Athletika		15	

Event 142 Triathlon: #1 Boys 10-11 600 Meter Run Tri12 Triathlon

Name	Year Team	Finals	Points
1 Mulholland Tomczak, Eric	14 Excel Athletika	2:59.62	

Event 142 Triathlon: #2 Boys 10-11 Long Jump Tri12 Triathlon

Name	Year Team	Finals	Points
1 Mulholland Tomczak, Eric	14 Excel Athletika	2.35m	6
2.35m 2.10m 1.91m			

Event 142 Triathlon: #3 Boys 10-11 Shot Put Tri12 Triathlon

Name	Year Team	Finals	Points
1 Mulholland Tomczak, Eric	14 Excel Athletika	1.70m	9
1.24m 1.70m FOUL			

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****Event 143 Girls 12-13 Triathlon Endurance Tri14**

Name	Year Team	Seed	Finals	H#
1 McLeod, Charlie	11 Excel Athletika		712	
2 Opseth, Zoe	10 Excel Athletika		584	
3 Horn, Ada-Lyn	11 Level 10 Lightning		535	
4 Lang, Gracie	11 Excel Athletika		448	
5 West, Emersen	10 Level 10 Lightning		245	

Event 143 Triathlon: #1 Girls 12-13 800 Meter Run Tri14 Triathlon

Name	Year Team	Finals	Points
1 Opseth, Zoe	10 Excel Athletika	3:03.65	332
2 McLeod, Charlie	11 Excel Athletika	3:05.85	313
3 Horn, Ada-Lyn	11 Level 10 Lightning	3:12.83	255
4 Lang, Gracie	11 Excel Athletika	3:24.19	173
-- West, Emersen	10 Level 10 Lightning	DQ	

Event 143 Triathlon: #2 Girls 12-13 Long Jump Tri14 Triathlon

Name	Year Team	Finals	Points
1 McLeod, Charlie FOUL 3.70m 3.61m	11 Excel Athletika	3.70m	242
2 Horn, Ada-Lyn 3.28m 3.09m 2.87m	11 Level 10 Lightning	3.28m	157
3 Opseth, Zoe 3.10m 3.00m 3.08m	10 Excel Athletika	3.10m	124
4 West, Emersen 2.88m 3.06m 2.64m	10 Level 10 Lightning	3.06m	117
5 Lang, Gracie 2.76m 3.03m 2.92m	11 Excel Athletika	3.03m	112

Event 143 Triathlon: #3 Girls 12-13 Shot Put Tri14 Triathlon

Name	Year Team	Finals	Points
1 Lang, Gracie 3.47m 4.00m 4.28m	11 Excel Athletika	4.28m	163
2 McLeod, Charlie 3.09m 4.17m 4.13m	11 Excel Athletika	4.17m	157
3 West, Emersen FOUL 3.71m 3.64m	10 Level 10 Lightning	3.71m	128
3 Opseth, Zoe 3.56m 3.71m 3.67m	10 Excel Athletika	3.71m	128
5 Horn, Ada-Lyn 3.63m 3.49m 3.57m	11 Level 10 Lightning	3.63m	123

Event 145 Girls 10-11 4x100 Meter Relay U12

Team	Seed	Finals
1 Excel Athletika 'A'		1:47.76
2 Level 10 Lightning 'A'		2:35.38

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****Event 146 Boys 10-11 4x100 Meter Relay U12**

Team	Seed	Finals
1 Excel Athletika 'A'		2:31.03

Event 147 Girls 12-13 4x100 Meter Relay U14

Team	Seed	Finals
1 Excel Athletika 'B'		1:00.86
2 Excel Athletika 'A'		1:06.26

Event 148 Boys 12-13 4x100 Meter Relay U14

Team	Seed	Finals
1 Excel Athletika 'A'		1:03.80

Event 149 Girls 14-15 4x100 Meter Relay U16

Team	Seed	Finals
1 Excel Athletika 'A'		55.72
2 Level 10 Lightning 'C'		55.77
3 Excel Athletika 'B'		59.73
4 Level 10 Lightning 'B'		1:04.59
5 Level 10 Lightning 'A'		1:05.61

Event 150 Boys 14-15 4x100 Meter Relay U16

Team	Seed	Finals
1 Excel Athletika 'A'		57.90
2 Moose Jaw Rotary Track 'A'	57.00	58.62

Event 151 Girls 16-17 4x100 Meter Relay U18

Team	Seed	Finals
1 Excel Athletika 'A'		53.41
2 Moose Jaw Rotary Track 'A'		56.12

Event 152 Boys 16-17 4x100 Meter Relay U18

Team	Seed	Finals
1 Excel Athletika 'B'		49.22
2 Excel Athletika 'A'		54.43
3 Moose Jaw Rotary Track 'A'		54.89

Event 171 Women 14-99 60 Meter Dash Wheelchair Senior

Name	Year Team	Seed	Finals
1 Delainey, Ayva	07 Cyclones Athletics		18.45

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****Event 172 Men 14-99 60 Meter Dash Wheelchair Senior**

Name	Year Team	Seed	Finals
1 Kaed, Yousif	01 Cyclones Athletics		12.83
2 Sopoty, Kyrell T53	01 Cyclones Athletics		13.11

Event 173 Women 14-99 200 Meter Dash Wheelchair Senior

Name	Year Team	Seed	Finals
1 Delainey, Ayva	07 Cyclones Athletics		55.49

Event 174 Men 14-99 200 Meter Dash Wheelchair Senior

Name	Year Team	Seed	Finals
1 Kaed, Yousif	01 Cyclones Athletics		33.60
2 Sopoty, Kyrell T53	01 Cyclones Athletics		35.28

Event 175 Women 14-99 400 Meter Dash Wheelchair Senior

Name	Year Team	Seed	Finals
1 Delainey, Ayva	07 Cyclones Athletics		1:44.54

Event 176 Men 14-99 400 Meter Dash Wheelchair Senior

Name	Year Team	Seed	Finals
1 Kaed, Yousif	01 Cyclones Athletics		1:07.73
2 Sopoty, Kyrell T53	01 Cyclones Athletics		1:07.95

Event 178 Men 14-99 Shot Put Wheelchair Senior

Name	Year Team	Seed	Finals
1 Hudy, Teddy F54	98 Cyclones Athletics		6.37m
			6.17m 5.91m 6.18m 6.29m 6.37m 6.11m

Event 179 Girls 14-15 Triple Jump U16

Name	Year Team	Seed	Finals
1 Seibel, Haylie	08 Excel Athletika		10.67m
			10.67m 10.57m 10.28m 10.16m 9.63m 1.01m
2 Gates, Hannah	08 Excel Athletika		10.29m
			10.29m 10.21m 10.22m 10.02m 9.91m 9.65m
3 Wilson, Sasha	09 Level 10 Lightning	9.73m	10.02m
			9.83m 9.92m 10.02m 9.90m 9.40m 9.24m
4 Ashton, Kate	09 Excel Athletika		8.95m
			8.92m PASS 8.95m 8.78m 8.46m 8.82m
5 Bonnell, Malaea	08 Excel Athletika	8.00m	8.61m
			8.61m 7.66m 8.59m 8.05m 8.56m 8.49m
6 Phaneuf, Ava-Lynn	08 Excel Athletika		8.51m
			8.00m 8.13m 8.30m 8.35m 8.51m 8.51m

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****....Event 179 Girls 14-15 Triple Jump U16**

7 Wakelam, Issabelle	10 Excel Athletika	7.67m
7.53m 7.40m 7.41m FOUL 7.29m 7.67m		

Event 181 Girls 16-17 Triple Jump U18

Name	Year Team	Seed	Finals
1 Krueger, Anya	07 Excel Athletika		10.35m
10.30m 1.03m FOUL 1.03m 10.06m 10.35m			

Event 182 Boys 16-17 Triple Jump U18

Name	Year Team	Seed	Finals
1 Siroski-Brown, Landen	06 Excel Athletika		10.88m
10.88m 10.86m 10.21m 10.53m 10.48m FOUL			
2 Lenouail, Mathias	06 Excel Athletika		9.57m
9.40m 9.43m 9.57m 9.08m 9.46m 7.37m			

Event 183 Women 18-19 Triple Jump U20

Name	Year Team	Seed	Finals
1 Howe, Kylie	05 Excel Athletika		9.59m
9.26m 9.59m 9.54m 9.18m 9.31m 9.46m			

Event 185 Women 20-34 Triple Jump Senior

Name	Year Team	Seed	Finals
1 Martin, McKenna	03 Regina Cougars	9.90m	10.20m
10.11m 9.98m 10.13m 10.17m 9.89m 10.20m			

Event 187 Women 35-99 Triple Jump Masters

Name	Year Team	Seed	Finals
1 LaFayette-Boyd, Carol	42 Excel Athletika	6.09m	7.66m
7.28m 7.66m			

Event 188 Men 35-99 Triple Jump Masters

Name	Year Team	Seed	Finals
1 Lawrence, Dale	58 Una		8.61m
8.37m 8.15m PASS 8.33m 8.61m 8.50m			

Event 189 Girls 14-15 300 Meter Dash U16

Name	Year Team	Seed	Finals
1 Pacholka, Elan	08 Level 10 Lightning	44.00	45.86
2 Glen, Brooke	09 Level 10 Lightning		50.81
3 Shabatoski, Grace	09 Una		53.50
4 Rosca, Darian	08 Excel Athletika		58.68

2023 Regina Indoor Games - 03/02/2023 to 04/02/2023**Regina Fieldhouse****Results****Event 190 Boys 14-15 300 Meter Dash U16**

Name	Year Team	Seed	Finals
1 Ambay, Habtay	09 Excel Athletika		44.68

Event 193 Boys 14-15 Weight Throw U16

Name	Year Team	Seed	Finals
1 Johnston, Calder	08 Excel Athletika		16.84m
	16.84m PASS PASS PASS 16.73m PASS		

Event 194 Women 35-99 50 Meter Dash Masters

Name	Year Team	Seed	Finals
1 LaFayette-Boyd, Carol	42 Excel Athletika		8.61
2 Coward, Selina	54 Excel Athletika		10.68

Event 195 Men 35-99 50 Meter Dash Masters

Name	Year Team	Seed	Finals
1 Taylor, Mike	81 PA Athletics		6.43
2 Ellis, Colin	67 Excel Athletika		6.89
3 Sax, Mark	82 Excel Athletika		7.11
4 Sulewski, Travis	69 Excel Athletika		7.63