

## RECORDS:

- 1. JV Girls Medley relay by Sisler Spartans in 4:15.51**  
**(OLD RECORD: 4:21.27 by Edward Schreyer Barons (Beausejour) in 1991)**
- 2. JV Boys Javelin by Dylan Jones from the Warren Wildcats with a throw of 47.86m**  
**(Old Record: Justin Paschinyk of Warren with a throw of 47.29m in 2007)**
- 3. JV girls 200m - Carly Paracholski of the Sisler Spartans in 25.00 seconds**  
**(Old Record: JV girls 200m (heat) - Carly Paracholski of the Sisler Spartans in 25.17 seconds yesterday, June 5, 2009**  
**25.30 seconds by Jennifer Webber of Sturgeon Creek in 1973)**  
**25.30 seconds by Gladys Nortey of Sisler in 1989)**
- 4. Varsity girls Multi Event - Karolina Robak of the John Taylor Pipers with 2143 points**  
**(Old Record: 2081 points by Brooklyn Dyce of St. John's Ravenscourt in 2008)**
- 5. JV Girls - Multi Event - Kayleigh Wiens of the Garden Valley Zodiacs (Winkler) with 2240 points**  
**(Old Record: 2065 points by Brooklyn Dyce of St. John's Ravenscourt in 2007)**
- 6. JV Boys Multi Event - Matt Cory of the Vincent Massey Vikings (Bdn) with 2363 points**  
**(Old Record: 2229 points by Jay Waters of Vincent Massey (Wpg) in 2007)**

## 2009 MILK High School Track & Field Championships June 5 & 6 at the Pan-AM Stadium

### Girls 100 Meter Dash Junior Varsity

MILK: M 12.00 1966		Cheryl Cringan, Glenlawn Collegiate	
Name	Year School	Prelims	Wind H#
Preliminaries			
1 Paracholski, Carly	Sisler	12.39Q	1.8 3
2 Addison, Victoria	Westwood Collegi	12.91Q	2.6 1
3 Hebert, Michelle	Huskies	12.99Q	2.2 2
4 Kasprick, Lindsay	Neepawa	12.86q	1.8 3
5 Wiens, Kayleigh	gvc	12.92q	2.6 1
6 Kitching, Melissa	Springfield	12.93q	2.6 1
7 Bera, Mercy	Kelvin	13.08q	2.2 2
8 Ogungbemi, Sade	River East	13.11q	2.6 1
9 Staub, Katie	Warren	13.12	1.8 3
10 Scott, Ashley	Crocus Plains	13.32	2.2 2
11 Waters, Mallory	Vincent Massey (	13.59	2.6 1
12 Kingsland, Kalene	Lord Selkirk	13.59	1.8 3
13 Gauthier, Casie	Green Valley	13.80	2.2 2
14 Ruiz, Anna	Kelvin	13.81	2.2 2
15 Dyck, Leah	Westgate	13.85	1.8 3
16 Hawryluk, Megan	Stonewall	13.86	1.8 3
17 Ly, Vanessa	Kelvin	13.96	1.8 3
18 Peters, Breanna	Faith Academy	14.42	2.2 2
19 Desgagnes, Dani	Leo Remillard	14.52	2.6 1
20 Ritchie, Lauren	Linden Christian	14.60	2.6 1

Girls 100 Meter Dash Junior Varsity

MILK: M 12.00 1966		Cheryl Cringan, Glenlawn Collegiate		
Name	Year	School	Finals	Wind
Finals				
1	Paracholski, Carly	Sisler	12.73	-1.4
2	Kasprick, Lindsay	Neepawa	13.16	-1.4
3	Kitching, Melissa	Springfield	13.18	-1.4
4	Addison, Victoria	Westwood Collegi	13.29	-1.4
5	Hebert, Michelle	Huskies	13.31	-1.4
6	Wiens, Kayleigh	gvc	13.31	-1.4
7	Bera, Mercy	Kelvin	13.37	-1.4
8	Ogungbemi, Sade	River East	13.66	-1.4

Tetrathlon: #1 Girls 100 Meter Dash Junior Varsity Tetrathlon

Name	Year	School	Finals	Wind	H#	Points
1	Wiens, Kayleigh	gvc	13.05	3.3	2	761
2	Nelson, Alix	Lord Selkirk	13.81	3.3	2	634
3	Adriaansen, Dayna	Carberry	13.85	4.9	1	628
4	Kucheravy, Caila	Oak Park	13.94	4.9	1	613
5	Finnson, Carlyn	Arborg	14.02	4.9	1	601
6	Soubry, Claire	Oak Park	14.06	3.3	2	595
7	Indome, Jennifer	St. Mary's Acade	14.23	4.9	1	569
8	Carels, Breanna	Westmount	14.27	3.3	2	563
9	Lawenstein, Franzie	River East	14.42	3.3	2	540
10	Trotter, Shannon	Ste. Rose	14.72	4.9	1	496

Girls 200 Meter Dash Junior Varsity

MILK: M 25.30 1989		Gladys Nortey, Sisler High School		
Name	Year	School	Prelims	Wind H#
Preliminaries				
1	Paracholski, Carly	Sisler	25.17q	3.8 3
2	Kitching, Melissa	Springfield	26.17q	2.8 2
3	Andrushko, Amy	Pierre Ellio	26.56q	2.6 1
4	Staub, Katie	Warren	26.70q	3.8 3
5	Lavallee, Katie	spc	27.28q	2.8 2
6	Bera, Mercy	Kelvin	27.52q	2.6 1
7	Waters, Mallory	Vincent Massey (	27.63q	2.8 2
8	Kingsland, Kalene	Lord Selkirk	27.72q	3.8 3
9	Cote, Raven	John Taylor	27.96	2.6 1
10	Ogungbemi, Sade	River East	27.99	2.8 2
11	Graceffo, Amy	Glenlawn	28.10	2.8 2
12	Hawryluk, Megan	Stonewall	28.19	3.8 3
13	Vandynze, Chelsea	Somerset	28.24	3.8 3
14	Gauthier, Casie	Green Valley	28.38	2.8 2
15	Myskiw, Jennifer	St. Mary's Acade	28.48	3.8 3
16	Toet, Megan	Immanuel Christi	28.49	3.8 3
17	Dyck, Leah	Westgate	28.72	2.6 1
18	Ruiz, Anna	Kelvin	29.12	2.6 1
19	Doiron, Danielle	St. Maurice	29.88	2.6 1
20	Joyce, Kathy	Vincent Massey (	37.68	2.8 2

Girls 200 Meter Dash Junior Varsity

MILK: M 25.30 1989		Gladys Nortey, Sisler High School		
Name	Year	School	Finals	Wind
Finals				

1	Paracholski, Carly	Sisler	25.00M	NWI
2	Kitching, Melissa	Springfield	26.24	NWI
3	Staub, Katie	Warren	26.75	NWI
4	Andrushko, Amy	Pierre Ellio	27.14	NWI
5	Bera, Mercy	Kelvin	27.55	NWI
6	Lavallee, Katie	spc	27.66	NWI
7	Kingsland, Kalene	Lord Selkirk	28.07	NWI
8	Waters, Mallory	Vincent Massey (	28.15	NWI

Girls 400 Meter Dash Junior Varsity

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MILK: M 56.73	2008	Carly Paracholski, Sisler High School
Name	Year School	Prelims H#

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Preliminaries

1	Paracholski, Carly	Sisler	59.72Q	2
2	Andrushko, Amy	Pierre Ellio	1:01.54Q	1
3	Lavallee, Katie	spc	1:02.70q	1
4	Baron, Melanie	sanf	1:02.72q	2
5	Takatch, Katie	Huskies	1:02.73q	1
6	Wierer, Sam	Birtle	1:03.98q	1
7	Cote, Raven	John Taylor	1:04.68q	2
8	Roberts, Tanisha	Sisler	1:04.97q	2
9	Smith, Lindsay	Oak Park	1:05.14	1
10	Cantin, Catherine	St. John's-R	1:05.44	2
11	Marchildon-Lavoie, Marie	College Lou	1:05.88	1
12	Tucker, Jordyn	Lord Selkirk	1:07.41	2
13	Hanson, Eva	Lord Selkirk	1:08.88	2
14	Goshulak, Ashley	Garden City	1:11.94	1

Girls 400 Meter Dash Junior Varsity

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MILK: M 56.73	2008	Carly Paracholski, Sisler High School
Name	Year School	Finals

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Finals

1	Paracholski, Carly	Sisler	58.09
2	Baron, Melanie	sanf	1:01.33
3	Lavallee, Katie	spc	1:01.89
4	Andrushko, Amy	Pierre Ellio	1:02.29
5	Roberts, Tanisha	Sisler	1:03.27
6	Cote, Raven	John Taylor	1:03.36
7	Takatch, Katie	Huskies	1:03.80

Tetrathlon: #2 Girls 800 Meter Run Junior Varsity Tetrathlon

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Name	Year School	Finals	Points
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1	Wiens, Kayleigh	gvc	2:34.45	638
2	Adriaansen, Dayna	Carberry	2:43.70	531
3	Carels, Breanna	Westmount	2:48.53	479
4	Indome, Jennifer	St. Mary's Acade	2:52.03	443
5	Kucheravy, Caila	Oak Park	2:52.91	434
6	Soubry, Claire	Oak Park	2:54.77	415
7	Finnson, Carlyn	Arborg	2:55.43	409
8	Lawenstein, Franzie	River East	2:56.97	394
9	Nelson, Alix	Lord Selkirk	2:56.98	394
10	Trotter, Shannon	Ste. Rose	2:59.03	374

Girls 800 Meter Run Junior Varsity

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MILK: M 2:12.90	1979	Angela Chalmers, Neelin High School
Name	Year School	Finals

1	Paracholski, Meagan	Sisler	2:21.08
2	Teschuk, Erin	St. Mary's Acade	2:22.13
3	Cantin, Catherine	St. John's-R	2:23.25
4	Smith, Lindsay	Oak Park	2:25.77
5	Marchildon-Lavoie, Marie	College Lou	2:28.95
6	Takatch, Katie	Huskies	2:30.88
7	Gyoerick, Logan	carm	2:31.44
8	Gaensler, Hannah	Whitemouth	2:32.20
9	Donohoe, Anna	Minnedosa	2:32.41
10	Eramchuk, Avery	Lord Selkirk	2:33.97
11	Sprague, Taylor	Kelvin	2:34.36
12	Martin, Teghan	Transcona	2:37.00
13	Bell, Nikki	sanf	2:38.59
14	Taylor, Niki	Kelvin	2:38.71
15	Wierer, Sam	Birtle	2:40.47
16	Burak, Rachel	Miles Mac	2:42.64

Girls 1500 Meter Run Junior Varsity

MILK: M 4:35.20 1977 Lori Docker, Oak Park High School				
Name	Year	School	Finals	
1		Teschuk, Erin	St. Mary's Acade	4:58.42
2		Paracholski, Meagan	Sisler	4:58.95
3		Rossum, Krista	Kelvin	5:00.00
4		Wierer, Sam	Birtle	5:02.49
5		Gaensler, Hannah	Whitemouth	5:04.58
6		Baron, Melanie	sanf	5:17.47
7		Kinzel, Madi	Linden Christian	5:20.26
8		Bell, Nikki	sanf	5:29.88
9		Richtik, Taylor	Westwood Collegi	5:31.04
10		Taylor, Niki	Kelvin	5:32.52
11		Eramchuk, Avery	Lord Selkirk	5:33.49
12		Sparrow, Megan	Dakota	5:40.88
13		Burak, Rachel	Miles Mac	5:41.34
14		Greer, Ella	St. Norbert	5:49.39
15		Redman, Whitney	Vincent Massey (	6:02.33
16		Dusik, Tiffany	Linden Christian	6:04.11

Girls 3000 Meter Run Junior Varsity

MILK: M 10:12.05 2005 Sarah-Ann Brault, College Louis-Riel				
Name	Year	School	Finals	
1		Gaensler, Hannah	Whitemouth	10:34.97
2		Teschuk, Erin	St. Mary's Acade	10:36.68
3		Paracholski, Meagan	Sisler	10:47.85
4		Rossum, Krista	Kelvin	10:58.67
5		Sprague, Taylor	Kelvin	11:08.32
6		Bell, Nikki	sanf	11:25.25
7		Bos, Jessica	Elton	11:33.77
8		Hunt, Christina	Miles Mac	11:47.09
9		Krebs, Kim	Edward Schreyer	11:51.91
10		Sanduliak, Tianna	Elkhorn	12:27.05
11		Greer, Ella	St. Norbert	12:37.48
12		Booker, Mackenzie	Dakota	12:39.88
13		Lam, Linda	Miles Mac	12:41.45
14		Redman, Whitney	Vincent Massey (	13:36.73
15		Jabs, Melissa	Miles Mac	14:38.92

Girls 80 Meter Hurdles 30" Junior Varsity

MILK: M 12.35 1999 Ladonna Waldner, R.D. Parker Collegiate

Name	Year	School	Prelims	Wind	H#
=====					
Preliminaries					
1		Hebert, Michelle	Huskies	12.64Q	NWI 3
2		Sprague, Taylor	Kelvin	13.40Q	NWI 1
3		Najduch, Michelle	Oak Park	14.59Q	NWI 2
4		Paul, Karleigh	Elton	13.45q	NWI 3
5		Ostberg, Haley	rvs	13.49q	NWI 1
6		Kingsland, Kalene	Lord Selkirk	13.81q	NWI 1
7		Drain, Krystal	pci	13.93q	NWI 3
8		Martin, Steffi	Maples	14.13q	NWI 3
9		Hawryluk, Megan	Stonewall	14.25	NWI 3
10		Babiak, Rebecca	Kelvin	15.25	NWI 2
11		Waldner, Pauline	Faith Academy	15.30	NWI 1
12		Metisto, Myra	Glenlawn	16.89	NWI 2
13		Joyal, Desiree	Leo Remillard	17.52	NWI 2
14		Simpson, Cori	Lord Selkirk	18.12	NWI 2
--		Smith, Jessie	Minnedosa	DNF	NWI 1

Girls 80 Meter Hurdles 30" Junior Varsity

MILK: M 12.35 1999 Ladonna Waldner, R.D. Parker Collegiate					
Name	Year	School	Finals	Wind	
=====					
Finals					
1		Paul, Karleigh	Elton	13.62	NWI
2		Sprague, Taylor	Kelvin	13.67	NWI
3		Ostberg, Haley	rvs	13.86	NWI
4		Martin, Steffi	Maples	14.07	NWI
5		Drain, Krystal	pci	14.16	NWI
6		Kingsland, Kalene	Lord Selkirk	14.29	NWI
7		Najduch, Michelle	Oak Park	14.58	NWI
--		Hebert, Michelle	Huskies	DQ	NWI

Girls 4x100 Meter Relay Junior Varsity

MILK: M 50.30 1980 , Kildonan East Collegiate					
School			Prelims	H#	
=====					
Preliminaries					
1		Kelvin 'A'	53.66Q	2	
2		Pierre Elliott Trude 'A'	53.84Q	1	
3		Lord Selkirk 'A'	54.61Q	3	
4		Westmount 'A'	54.79q	3	
5		Springfield 'A'	54.88q	2	
6		Sturgeon Heights 'A'	54.95q	1	
7		Portage 'A'	55.23q	2	
8		St. Mary's Academy 'A'	55.30q	1	
9		St. Paul's Collegiate 'A'	55.65	2	
10		Warren 'A'	56.09	2	
11		Sisler 'A'	56.51	3	
12		Kelvin 'B'	57.08	1	
13		Dakota 'A'	57.31	2	
14		Garden City 'B'	57.51	3	
15		College Jeanne-Sauve 'A'	57.91	3	
16		John Taylor 'A'	57.97	3	
--		Neepawa 'A'	DQ	1	

Girls 4x100 Meter Relay Junior Varsity

MILK: M 50.30 1980 , Kildonan East Collegiate					
School			Finals		
=====					

Finals

1 Kelvin 'A'	52.73
2 Lord Selkirk 'A'	53.86
3 Pierre Elliott Trude 'A'	54.36
4 Westmount 'A'	54.60
5 Sturgeon Heights 'A'	54.63
6 Portage 'A'	55.30
7 St. Mary's Academy 'A'	55.61
-- Springfield 'A'	DQ

Girls 4x400 Meter Relay Junior Varsity

MILK: M 4:03.60 1976 , Oak Park High School

School	Finals	H#
1 Sanford 'A'	4:27.57	2
2 John Taylor 'A'	4:36.16	2
3 Oak Park 'A'	4:38.73	2
4 Garden City 'A'	4:39.99	2
5 Steinbach Christian 'A'	4:40.74	2
6 Sisler 'A'	4:41.94	1
7 Dakota 'A'	4:45.57	2
8 Pilot Mound 'A'	4:45.97	1
9 Miles Mac 'A'	4:53.51	2
10 Warren 'A'	4:54.88	1
11 Treherne 'A'	4:56.94	1
-- Westwood Collegiate 'A'	DQ	1

Girls Distance Medley Junior Varsity

MILK: M 4:21.27 1971 , Edward Schreyer Collegia

School	Finals
1 Sisler 'A'	4:15.51M
2 St. Mary's Academy 'A'	4:34.39
3 Kelvin 'A'	4:36.80
4 John Taylor 'A'	4:42.52
5 Oak Park 'B'	4:44.82
6 Sanford 'A'	4:45.20
7 Warren 'A'	4:45.76
8 Lord Selkirk 'A'	4:49.14
9 Minnedosa 'A'	4:50.28
10 Neepawa 'A'	4:53.61
11 St. Norbert 'A'	4:54.20
12 St. John's Ravenscourt 'A'	5:00.72
13 Morris 'A'	5:01.04
14 Dakota 'B'	5:02.07
15 Garden City 'A'	5:03.69
16 Maples 'A'	5:10.72

Girls High Jump Junior Varsity

MILK: M 1.75m 1997 Tammy Mahon, Treherne Collegiate

Name	Year School	Finals
1 Laing, Michelle	pci	1.55m
2 Mowat, Kathleen	Stonewall	1.50m
3 Guenther, Lindsay	gvc	1.45m
4 Dykun, Shelby	Gilbert Plains	J1.45m
5 Watts, Hayley	Oak Park	1.40m
5 Enokson, Jaimie	Garden City	1.40m
7 Burak, Rachel	Miles Mac	J1.40m

8	Hryndzio, Renata	Miles Mac	1.35m
9	Smith, Amy	St. Mary's Acade	J1.35m
10	Kushner, Jordan	Glenella	1.30m
10	Thorkelsson, Taylor	Dakota	1.30m
12	Djordjevic, Ivana	Leo Remillard	J1.30m
13	Shaw, Nicole	Sisler	1.25m
13	Kendall, Rachel	Sisler	1.25m
15	Pollard, Emilie	Tigers	J1.25m
16	Smith, Ashlee	Westwood Collegi	1.15m
--	Tiel, Karyn	Calvin Christian	NH

Tetrathlon: #3 Girls Long Jump Junior Varsity Tetrathlon

Name	Year School	Finals	Wind	Points
1	Wiens, Kayleigh	gvc	4.66m	NWI 469
2	Nelson, Alix	Lord Selkirk	4.41m	NWI 406
3	Trotter, Shannon	Ste. Rose	4.37m	NWI 396
4	Kucheravy, Caila	Oak Park	4.14m	NWI 340
5	Adriaansen, Dayna	Carberry	4.08m	NWI 326
6	Carels, Breanna	Westmount	4.00m	NWI 308
6	Soubry, Claire	Oak Park	4.00m	NWI 308
8	Lawenstein, Franzie	River East	3.91m	NWI 287
9	Finnson, Carlyn	Arborg	3.80m	NWI 263
10	Indome, Jennifer	St. Mary's Acade	3.67m	NWI 235

Girls Long Jump Junior Varsity

MILK: M 5.48m 1989		Janna Nikkel, Glenlawn Collegiate		
Name	Year School	Finals	Wind	
1	Proulx, Marielle	Pierre Ellio	4.79m	NWI
2	Graceffo, Amy	Glenlawn	4.72m	NWI
3	Van De Kerckhove, Courtn	Westmount	4.62m	NWI
4	Paul, Karleigh	Elton	4.42m	NWI
5	Kendall, Rachel	Sisler	4.28m	NWI
6	Hryndzio, Renata	Miles Mac	4.19m	NWI
7	Gauthier-Goodison, Caris	College Lou	4.17m	NWI
8	Tucker, Jordyn	Lord Selkirk	4.13m	NWI
9	Marshall-Stanchuk, Sawye	St. Norbert	4.02m	NWI
10	Mendoza, Cheryl	Maples	3.95m	NWI
11	Shaw, Nicole	Sisler	3.92m	NWI
12	Vandynze, Chelsea	Somerset	J3.92m	NWI
13	Nguy, Jessica	Kelvin	3.72m	NWI
14	Smith, Ashlee	Westwood Collegi	3.70m	NWI
15	Sandron, Elysa	St. Mary's Acade	3.68m	NWI
16	Kushner, Jordan	Glenella	3.40m	NWI

Girls Triple Jump Junior Varsity

MILK: M 11.07m 1990		Sarah Ulyot, St. John's Ravenscourt		
Name	Year School	Finals	Wind	
1	Van De Kerckhove, Courtn	Westmount	10.18m	NWI
2	Paul, Karleigh	Elton	10.16m	NWI
3	Carels, Breanna	Westmount	9.78m	NWI
4	Desgagnes, Dani	Leo Remillard	9.52m	NWI
5	Hewitt, Quahaila	Maples	9.37m	NWI
6	Despins, Jaclyn	Garden City	9.34m	NWI
7	Watts, Hayley	Oak Park	9.24m	NWI
8	Meadows, Melissa	Dakota	9.21m	NWI
9	Smyth, Lesley	Kildonan East	9.11m	NWI
10	Proulx, Marielle	Pierre Ellio	8.90m	NWI

11 Kendall, Rachel	Sisler	8.87m	NWI
12 Kuik, Chelsea	Immanuel Christi	8.60m	NWI
13 Nguy, Jessica	Kelvin	8.04m	NWI

Tetrathlon: #4 Girls Shot Put Junior Varsity Tetrathlon

Name	Year School	Finals	Points
1 Wiens, Kayleigh	gvc	7.57m	372
2 Lawenstein, Franzie	River East	7.53m	369
3 Carels, Breanna	Westmount	7.39m	360
4 Finnson, Carlyn	Arborg	7.01m	336
5 Indome, Jennifer	St. Mary's Acade	6.73m	318
6 Nelson, Alix	Lord Selkirk	6.55m	306
7 Kucheravy, Caila	Oak Park	6.44m	299
8 Adriaansen, Dayna	Carberry	6.41m	297
9 Trotter, Shannon	Ste. Rose	6.35m	294
10 Soubry, Claire	Oak Park	6.33m	292

Girls Shot Put 4 kg Junior Varsity

MILK: M 9.94m 2006 Kristi-Lyn Pollock, Virden Collegiate			
Name	Year School	Finals	
1 Edel, Melanie	morr	9.23m	
2 Huculak, Brooke	Elton	9.03m	
3 French, Sam	Miles Mac	9.00m	
4 Aime, Danica	Lord Selkirk	8.86m	
5 Matwyczuk, Alexis	Sisler	8.82m	
6 Faure, Marion	Notre Dame	8.77m	
7 Brightnose, Vanessa	Eagles	8.65m	
8 Willey, Madison	gvc	8.29m	
9 Grenier, Shaylyn	Somerset	8.04m	
10 Arthur, Stephanie	Dakota	7.91m	
11 Dueck, Kelsey	Springfield	7.82m	
12 Burton, Jaydin	Vincent Massey (	7.70m	
13 Thorkelsson, Taylor	Dakota	7.51m	
14 Parrington, Kyleigh	Dakota	6.92m	
15 Mercier, Nadia	College Lou	6.80m	
16 Cullen, Shelby	Vincent Massey (	6.74m	
17 Kitchen, Jennifer	Glenlawn	6.71m	
18 Arniel, Stephanie	St. Mary's Acade	6.38m	
19 Yankey, Manzah	Kelvin	6.09m	
20 Stefanson, Megan	Oak Park	6.07m	

Girls Discus Throw 1 kg Junior Varsity

MILK: M 39.70m 1986 Susanne Dandenault, Glenlawn Collegiate			
Name	Year School	Finals	
1 Allary, Courtney	Warren	26.03m	
2 Avery, Danica	Balmoral Hall	25.95m	
3 Matwyczuk, Alexis	Sisler	25.69m	
4 Babiak, Rebecca	Kelvin	25.32m	
5 Boyer, Sabrina	St. Laurent	24.43m	
6 Burton, Jaydin	Vincent Massey (	22.94m	
7 Barca, Amy	Teulon	22.86m	
8 Mercier, Nadia	College Lou	22.79m	
9 Brightnose, Vanessa	Eagles	21.66m	
10 Vargas, Shana	Westwood Collegi	21.53m	
11 Tacchi, Chelsea	Garden City	20.43m	
12 Serceau, Marianne	Leo Remillard	19.16m	
13 Arthur, Stephanie	Dakota	18.46m	

14 Courchene, Lindsey	Maples	17.78m
15 Cousins, Breeanna	Birtle	17.29m
16 Mendoza, Cheryl	Maples	17.15m
17 Cullen, Shelby	Vincent Massey (	16.88m
18 Rowe, Phoenicia	John Taylor	16.50m
19 Vargas, Bryn	Westwood Collegi	16.25m

Girls Javelin Throw 600 g Junior Varsity

MILK: M 39.93m 1972		Dianne Jacobson, Arborg Collegiate	
Name	Year School	Finals	
1 McCartney, Ashley	Joseph H. Kerr	29.04m	
2 Thorkelsson, Taylor	Dakota	28.07m	
3 Weessies, Amy	Immanuel Christi	24.63m	
4 Vancauwenberghe, Krista	Melita	24.09m	
5 Brightnose, Vanessa	Eagles	23.31m	
6 Dueck, Kelsey	Springfield	22.67m	
7 Soldier, Whitney	Treherne	21.97m	
8 Sandron, Elysa	St. Mary's Acade	21.26m	
9 Blaine, Erin	Westgate	20.49m	
10 Yankey, Manzah	Kelvin	19.34m	
11 Proskie, Randi	Goose Lake	19.09m	
12 French, Sam	Miles Mac	18.92m	
13 Eramchuk, Avery	Lord Selkirk	17.07m	
14 Cullen, Shelby	Vincent Massey (	11.98m	
15 Joyce, Kathy	Vincent Massey (	10.44m	

Girls Tetrathlon Junior Varsity

MILK: M 2065 2007		Brooklyn Dyce, St.John's Ravenscourt	
Name	Year School	Finals	
1 Wiens, Kayleigh	gvc	2240M	
2 Adriaansen, Dayna	Carberry	1782	
3 Nelson, Alix	Lord Selkirk	1740	
4 Carels, Breanna	Westmount	1710	
5 Kucheravy, Caila	Oak Park	1686	
6 Soubry, Claire	Oak Park	1610	
7 Finnson, Carlyn	Arborg	1609	
8 Lawenstein, Franzie	River East	1590	
9 Indome, Jennifer	St. Mary's Acade	1565	
10 Trotter, Shannon	Ste. Rose	1560	

Girls 100 Meter Dash Varsity

MILK: M 11.57 1980		Tanya Brothers, John Taylor Collegiate		
Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Johnson, Alyssa	Sisler	12.58Q	3.1	3
2 Mooney, Cayla	Vincent Massey (	12.81Q	3.3	1
3 Tabing, Genna	Sisler	12.88Q	4.2	2
4 Dyck, Jess	mord	12.69q	3.1	3
5 Toews, Jessica	MacGregor	13.03q	3.1	3
6 Duncan, Ravyn	Olympiens	13.14q	4.2	2
6 Rempel, Meaghan	Calvin Christian	13.14q	3.3	1
8 Hamilton, Cassie	Garden City	13.25q	3.1	3
9 Lukie, Daria	St. Mary's Acade	13.42	3.3	1
10 Adamson, Jody	William Morton	13.44	3.3	1
11 Farr, Caitlyn	Dakota	13.51	4.2	2
12 Rebeck, Michelle	Balmoral Hall	13.66	4.2	2
13 Funk, Becky	Springs Christia	13.70	4.2	2

14 Ferris, Karen	Treherne	13.73	4.2	2
15 Beaumont, Alex	Dakota	13.82	3.3	1
16 Chen, Clarissa	Vincent Massey (	13.87	4.2	2
17 Ryan, Caitlin	Miles Mac	13.90	3.1	3
18 Kovacs, Anna	Lord Selkirk	14.32	3.1	3
19 Matias, Adrienne	Sisler	14.83	3.3	1

Girls 100 Meter Dash Varsity

MILK: M 11.57 1980		Tanya Brothers, John Taylor Collegiate		
Name	Year School	Finals	Wind	
Finals				
1 Johnson, Alyssa	Sisler	12.56	0.6	
2 Dyck, Jess	mord	12.85	0.6	
3 Mooney, Cayla	Vincent Massey (	13.01	0.6	
4 Tabing, Genna	Sisler	13.09	0.6	
5 Toews, Jessica	MacGregor	13.19	0.6	
6 Duncan, Ravyn	Olympiens	13.29	0.6	
7 Rempel, Meaghan	Calvin Christian	13.32	0.6	
8 Hamilton, Cassie	Garden City	13.40	0.6	

Tetrathlon: #1 Girls 100 Meter Dash Varsity Tetrathlon

Name	Year School	Finals	Wind	H#	Points
1 Pollock, Brandi	Viriden	13.52	2.6	2	681
2 Robak, Karolina	John Taylor	13.61	3.0	1	666
3 Rosenbaum, Jessica	Garden City	13.86	3.0	1	626
4 Milne, Alysia	William Morton	13.96	3.0	1	610
5 Deyaegher, Hailey	Bci	14.08	2.6	2	592
6 Chubey, Alyssa	Lord Selkirk	14.30	3.0	1	558
7 Grondin, Renee	St. Maurice	14.42	2.6	2	540
8 Lillies, Bobbi-Jo	Warren	14.43	2.6	2	539
9 Oswald, Sara	Oak Park	14.77	2.6	2	489
10 Fowle, Erin	St. Norbert	15.26	3.0	1	422
11 McCullough-Zintel, Tabit	Nelson Mac	15.63	2.6	2	374

Girls 200 Meter Dash Varsity

MILK: M 24.05 1980		Tanya Brothers, John Taylor Collegiate		
Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Mooney, Cayla	Vincent Massey (	26.21q	4.2	3
2 Dyck, Jess	mord	26.38q	3.1	1
3 Rempel, Meaghan	Calvin Christian	27.23q	3.1	1
4 Thorleifson, Erin	Nellie McClung	27.37q	3.3	2
5 Sigvaldason, Nicole	Garden City	27.63q	3.3	2
6 Gaudet, Jenna	Vincent Massey (	27.83q	4.2	3
7 Lukie, Daria	St. Mary's Acade	27.85q	4.2	3
8 Adamson, Jody	William Morton	27.95q	3.1	1
9 Carey, Vanessa	Margaret Barbour	28.05	3.1	1
10 Farr, Caitlyn	Dakota	28.06	3.3	2
11 Funk, Becky	Springs Christia	28.31	3.3	2
12 Godard, Jolene	Treherne	28.43	4.2	3
13 Kovacs, Anna	Lord Selkirk	29.07	4.2	3
14 Brady, Kristy	Olympiens	29.49	3.3	2
15 Arnold, Alyssa	Dakota	29.79	3.1	1
16 Bhattal, Dilpreet	Maples	30.30	3.1	1

Girls 200 Meter Dash Varsity

MILK: M 24.05 1980

Tanya Brothers, John Taylor Collegiate

Name	Year	School	Finals	Wind
1 Dyck, Jess		mord	26.30	NWI
2 Mooney, Cayla		Vincent Massey (	26.47	NWI
3 Rempel, Meaghan		Calvin Christian	27.18	NWI
4 Thorleifson, Erin		Nellie McClung	27.86	NWI
5 Adamson, Jody		William Morton	28.01	NWI
6 Gaudet, Jenna		Vincent Massey (	28.27	NWI
7 Sigvaldason, Nicole		Garden City	28.30	NWI
8 Lukie, Daria		St. Mary's Acade	28.81	NWI

## Girls 400 Meter Dash Varsity

MILK: M 56.13 2008

Alyssa Johnson, Sisler High School

Name	Year	School	Prelims	H#
1 Johnson, Alyssa		Sisler	57.78Q	2
2 Lavoie, Michele		sanf	1:02.36Q	1
3 Thorleifson, Erin		Nellie McClung	1:03.44q	2
4 Wroblewski, Rebecca		John Taylor	1:04.66q	2
5 Gallant, Jena		Sisler	1:04.76q	1
6 Wagner, Luise		Westgate	1:04.83q	1
7 Luke, Bret		Ste. Rose	1:06.22q	1
8 Carey, Vanessa		Margaret Barbour	1:06.99q	2
9 Hyndman, Allana		Rivers	1:07.33	1
10 Kovacs, Anna		Lord Selkirk	1:07.51	2
11 Page, Taryn		Westwood Collegi	1:07.71	2
12 Sparrow, Erin		Dakota	1:09.52	1

## Girls 400 Meter Dash Varsity

MILK: M 56.13 2008

Alyssa Johnson, Sisler High School

Name	Year	School	Finals
1 Johnson, Alyssa		Sisler	57.25
2 Lavoie, Michele		sanf	1:01.37
3 Thorleifson, Erin		Nellie McClung	1:01.91
4 Carey, Vanessa		Margaret Barbour	1:03.40
5 Gallant, Jena		Sisler	1:04.09
6 Wroblewski, Rebecca		John Taylor	1:04.50
7 Luke, Bret		Ste. Rose	1:04.70
8 Wagner, Luise		Westgate	1:06.62

## Tetrathlon: #2 Girls 800 Meter Run Varsity Tetrathlon

Name	Year	School	Finals	Points
1 Grondin, Renee		St. Maurice	2:31.61	673
2 Robak, Karolina		John Taylor	2:34.88	633
3 Oswald, Sara		Oak Park	2:35.68	623
4 Deyaegher, Hailey		Bci	2:36.69	611
5 Chubey, Alyssa		Lord Selkirk	2:44.83	519
6 Milne, Alysia		William Morton	2:50.33	460
7 Rosenbaum, Jessica		Garden City	2:51.64	447
8 Lillies, Bobbi-Jo		Warren	2:53.98	423
9 McCullough-Zintel, Tabit		Nelson Mac	2:58.85	376
10 Pollock, Brandi		Viriden	2:59.41	371
11 Fowle, Erin		St. Norbert	3:06.67	306

Girls 800 Meter Run Varsity

MILK: M 2:09.70 2004 Nicole Edwards, Vincent Massey (Wpg)			
Name	Year	School	Finals
1 Lavoie, Michele		sanf	2:26.42
2 Donohoe, Holly		Minnedosa	2:28.09
3 Dubois, Nicole		St. Mary's Acade	2:30.05
4 Luke, Bret		Ste. Rose	2:32.43
5 Michaud, Sylvie		College Lou	2:32.66
6 Gaudet, Janelle		Vincent Massey (	2:33.29
7 Wagner, Luise		Westgate	2:36.02
8 Karlowsky, Jenessa		sanf	2:38.57
9 Remillard, Janelle		College Lou	2:42.17
10 Stevens, Raven		Margaret Barbour	2:42.57
11 Raih, Marielle		Lord Selkirk	2:45.27
12 Hargreaves, Heidi		Kelvin	2:45.52
13 To, Carlin		Kelvin	2:54.36
-- Wroblewski, Rebecca		John Taylor	DNF

Girls 1500 Meter Run Varsity

MILK: M 4:27.38 1980 Nancy Rettie, Oak Park High School			
Name	Year	School	Finals
1 Adamson, Jackie		Dakota	4:56.50
2 Dubois, Nicole		St. Mary's Acade	5:09.00
3 Remillard, Janelle		College Lou	5:16.60
4 Ready, Richelle		Vincent Massey (	5:18.10
5 Michaud, Sylvie		College Lou	5:20.90
6 Lavoie, Michele		sanf	5:21.80
7 Anderson, Teslyn		Hapnot	5:23.10
8 Luke, Bret		Ste. Rose	5:23.50
9 Britton, Kristjana		Oak Park	5:25.20
10 Tsumoto, Aiko		Kelvin	5:30.60
11 Bell, Jennifer		sanf	5:49.80
12 Sharp, Breann		pci	5:54.10
13 Raih, Marielle		Lord Selkirk	5:55.00
14 Yussuf, Fatumah		Garden City	5:55.30

Girls 3000 Meter Run Varsity

MILK: M 10:01.36 1986 Cheryl Murphy, Oak Park High School			
Name	Year	School	Finals
1 Adamson, Jackie		Dakota	10:58.71
2 Dubois, Nicole		St. Mary's Acade	11:14.79
3 Britton, Kristjana		Oak Park	11:17.93
4 Remillard, Janelle		College Lou	11:23.47
5 Ready, Richelle		Vincent Massey (	11:32.24
6 Kachur, Tara		Lac du Bonnet	11:40.85
7 Anderson, Teslyn		Hapnot	11:45.10
8 Stevens, Raven		Margaret Barbour	12:16.38
9 Yussuf, Fatumah		Garden City	12:26.39
10 Loeppky, Alex		gvc	12:27.85
11 Sharp, Breann		pci	12:53.26

Girls 80 Meter Hurdles 30" Varsity

MILK: M 12.15 1999 Jill Brock, Shaftesbury High School				
Name	Year	School	Prelims	Wind H#

Preliminaries

1	Gallant, Jena	Sisler	12.50Q	NWI	3
2	Gundrum, Amanda	Westmount	12.70Q	NWI	2
3	Tabing, Genna	Sisler	12.79Q	NWI	1
4	Comeault, Ali	Stonewall	12.97q	NWI	3
5	Ursell, Jade	rvs	13.12q	NWI	2
6	Sigvaldason, Nicole	Garden City	13.38q	NWI	1
7	Dodds, Kara	Margaret Barbour	13.54q	NWI	3
8	Rebeck, Michelle	Balmoral Hall	13.78q	NWI	2
9	Karlowsky, Jenessa	sanf	13.80	NWI	1
10	Boila, Sarah	Fort Richmond	13.95	NWI	3
11	Bewski, Nicole	Vincent Massey (	14.08	NWI	1
12	Henry, Carmen	St. Boniface	14.37	NWI	3
13	Waddell, kaytlin	St. Norbert	14.58	NWI	2
14	Martin, Ashley	West Kildonan	14.68	NWI	2
15	Stevenson, Amy	Minnedosa	14.71	NWI	1
16	McKoy, Niasha	Olympiens	15.13	NWI	3
17	Langelotz, Naomi	Westgate	15.90	NWI	1
18	Garfinkel, Mikaela	Grant Park	16.01	NWI	2
19	Isla, Christina	Maples	16.20	NWI	3

Girls 80 Meter Hurdles 30" Varsity

=====					
MILK: M 12.15		1999	Jill Brock, Shaftesbury High School		
Name	Year	School	Finals	Wind	
=====					
Finals					
1	Gallant, Jena	Sisler	12.34	NWI	
2	Gundrum, Amanda	Westmount	12.48	NWI	
3	Ursell, Jade	rvs	12.77	NWI	
4	Comeault, Ali	Stonewall	12.84	NWI	
5	Tabing, Genna	Sisler	12.93	NWI	
6	Sigvaldason, Nicole	Garden City	13.43	NWI	
7	Dodds, Kara	Margaret Barbour	13.67	NWI	
8	Rebeck, Michelle	Balmoral Hall	13.72	NWI	

Girls 4x100 Meter Relay Varsity

=====					
MILK: M 49.88		1982	, Murdoch McKay Collegiate		
School			Prelims	H#	
=====					
Preliminaries					
1	Sisler	'A'	53.51Q	2	
2	College Jeanne-Sauve	'A'	54.08Q	1	
3	Garden City	'A'	54.28q	1	
4	Westmount	'A'	54.97q	2	
5	Shevchenko	'A'	55.17q	1	
6	Warren	'A'	55.39q	1	
7	Dakota	'A'	55.71q	2	
8	Oak Park	'A'	57.25q	1	
9	Morden	'A'	57.32	2	
10	West Kildonan	'A'	1:00.57	1	
--	Lord Selkirk	'A'	DQ	2	

Girls 4x100 Meter Relay Varsity

=====					
MILK: M 49.88		1982	, Murdoch McKay Collegiate		
School			Finals		
=====					
Finals					
1	Sisler	'A'	52.97		
2	College Jeanne-Sauve	'A'	53.76		
3	Westmount	'A'	54.39		
4	Garden City	'A'	54.58		

5	Dakota 'A'	55.06
6	Shevchenko 'A'	55.55
7	Warren 'A'	55.67
8	Oak Park 'A'	58.34

Girls 4x400 Meter Relay Varsity

MILK: M 4:02.80 1979		, Grant Park High School
School	Finals	
1	Dakota 'A'	4:34.90
2	Rivers 'A'	4:38.74
3	Stonewall 'A'	4:41.16
4	Carberry 'A'	4:42.15
5	Hapnot 'A'	4:48.90
6	Treherne 'A'	4:55.95

Girls Distance Medley Varsity

MILK: M 4:12.36 1991		, Glenlawn Collegiate
School	Finals	
1	Dakota 'A'	4:32.23
2	Sanford 'A'	4:34.57
3	Minnedosa 'A'	4:38.16
4	Vincent Massey (Winnipeg) 'A'	4:38.46
5	Oak Park 'A'	4:47.81
6	Margaret Barbour 'A'	4:49.09
7	Hapnot 'B'	4:58.87
8	Westmount 'A'	5:16.24
9	Oak Park 'B'	5:40.33

Girls High Jump Varsity

MILK: M 1.76m 1998		Tammy Mahon, Treherne Collegiate
Name	Year School	Finals
1	Danielle, O'Donnell	Vincent Massey ( 1.65m
2	Prychitko, Alexis	Huskies 1.50m
2	Smith, Taylor	Oak Park 1.50m
4	Stevenson, Amy	Minnedosa 1.45m
5	Robidoux, Chelsea	Westmount J1.45m
6	Lychuk, Brooke	R.D. Parker J1.45m
7	Thiessen, Jennifer	carm 1.40m
8	Greschuk, Lauren	Edward Schreyer J1.40m
9	Chuckrey, Payton	R.D. Parker J1.40m
10	Wagner, Luise	Westgate J1.40m
11	Loeppky, Theresa	mord 1.35m
11	Spiers, Lisa	St. Norbert 1.35m
13	Kouk, Stepanie	Windsor Park J1.35m
14	Peters, Krystal	Stonewall 1.30m
15	Wilburg, Jayde	Miles Mac J1.30m
16	McLeod, Jessica	West Kildonan 1.25m

Girls Long Jump Varsity

MILK: M 5.64m 1991		Janna Nikkel, Glenlawn Collegiate
Name	Year School	Finals Wind
1	Philippot, Bailey	St. Claude 5.21m NWI
2	Gundrum, Amanda	Westmount 5.13m NWI
3	Comeault, Ali	Stonewall 5.11m NWI
4	Danielle, O'Donnell	Vincent Massey ( 5.06m NWI

5	Toews, Jessica	MacGregor	4.94m	NWI
6	Karlowisky, Jenessa	sanf	4.86m	NWI
7	Beaumont, Alex	Dakota	4.50m	NWI
8	Morrison, Amanda	Shaftesbury	J4.50m	NWI
9	Duncan, Ravyn	Olympiens	4.39m	NWI
10	Funk, Becky	Springs Christia	4.24m	NWI
11	Sigvaldason, Nicole	Garden City	4.18m	NWI
11	Beynon, Valerie	Balmoral Hall	4.18m	NWI
13	Junghans, Ali	Glenlawn	4.13m	NWI
14	Navarro, Elaine	Murdoch MacKay	4.10m	NWI
15	Garfinkel, Mikaela	Grant Park	3.85m	NWI
16	Boila, Sarah	Fort Richmond	3.76m	NWI
17	Gagarin, Frances	Maples	3.32m	NWI

Tetrathlon: #3 Girls Long Jump Varsity Tetrathlon

Name	Year School	Finals	Wind	Points	
1	Robak, Karolina	John Taylor	4.60m	NWI	454
2	Rosenbaum, Jessica	Garden City	4.51m	NWI	431
3	Milne, Alysia	William Morton	4.47m	NWI	421
4	Chubey, Alyssa	Lord Selkirk	4.38m	NWI	398
5	Lillies, Bobbi-Jo	Warren	4.25m	NWI	367
6	Grondin, Renee	St. Maurice	4.19m	NWI	352
7	Deyaegher, Hailey	Bci	4.18m	NWI	350
8	Pollock, Brandi	Viriden	4.17m	NWI	347
9	Oswald, Sara	Oak Park	3.74m	NWI	250
10	McCullough-Zintel, Tabit	Nelson Mac	3.08m	NWI	121
11	Fowle, Erin	St. Norbert	2.87m	NWI	86

Girls Triple Jump Varsity

MILK: M 11.69m 2000		Alanna Boudreau, Oak Park High School		
Name	Year School	Finals	Wind	
1	Danielle, O'Donnell	Vincent Massey (	10.78m	NWI
2	Gundrum, Amanda	Westmount	10.51m	NWI
3	Toews, Jessica	MacGregor	10.24m	NWI
4	Comeault, Ali	Stonewall	10.18m	NWI
5	Shamanski, Sam	Carberry	10.15m	NWI
6	Gallant, Jena	Sisler	10.06m	NWI
7	Poier, Jessica	Goose Lake	9.88m	NWI
8	Junghans, Ali	Glenlawn	9.74m	NWI
9	Spiers, Lisa	St. Norbert	9.21m	NWI
10	Morrison, Amanda	Shaftesbury	8.97m	NWI
11	Martin, Ashley	West Kildonan	8.20m	NWI

Girls Shot Put 4 kg Varsity

MILK: M 12.90m 1987		Susanne Dandenault, Glenlawn Collegiate		
Name	Year School	Finals		
1	Chupa, Lindsay	Elton	10.34m	
2	Catellier, Amber	vita	10.21m	
3	Martin, Stacey	Arborg	10.10m	
4	Vandenbos, Rhonda	duff	9.42m	
5	Ferris, Karen	Treherne	9.38m	
6	Dyck, Jada	mci	9.27m	
7	Robertson, Jennifer	Lord Selkirk	8.93m	
8	McVeigh, Cara	Linden Christian	8.82m	
9	Walker, Alexandra	Elkhorn	8.35m	
10	Spence, Myleen	Shaftesbury	8.28m	
11	Gnanakumar, Glory	Fort Richmond	8.23m	

12 Fowle, Erin	St. Norbert	8.15m
13 Handkamer, Melissa	Garden City	8.01m
14 Bell, Hayleigh	Sisler	7.97m
15 Chiozie, Zukkey	Fort Richmond	7.89m
16 Rafter, Tatianna	Balmoral Hall	7.64m
17 Tran, Jessica	Dakota	6.76m

Tetrathlon: #4 Girls Shot Put Varsity Tetrathlon

Name	Year School	Finals	Points
1 Lillies, Bobbi-Jo	Warren	8.60m	438
2 Rosenbaum, Jessica	Garden City	8.33m	421
3 Fowle, Erin	St. Norbert	7.88m	392
4 Robak, Karolina	John Taylor	7.85m	390
5 Pollock, Brandi	Virden	7.78m	385
6 Grondin, Renee	St. Maurice	7.60m	374
7 Deyaegher, Hailey	Bci	7.34m	357
8 McCullough-Zintel, Tabit	Nelson Mac	7.15m	345
9 Milne, Alysia	William Morton	7.05m	338
10 Oswald, Sara	Oak Park	6.55m	306
11 Chubey, Alyssa	Lord Selkirk	6.27m	288

Girls Discus Throw 1 kg Varsity

MILK: M 44.98m 1994 Sami Jo Small, College Jeanne-Sauve			
Name	Year School	Finals	
1 Ferris, Karen	Treherne	33.28m	
2 Chupa, Lindsay	Elton	31.33m	
3 Catellier, Amber	vita	27.35m	
4 Rheault, Carlyn	Treherne	25.76m	
5 Chiozie, Zukkey	Fort Richmond	25.29m	
6 Bell, Hayleigh	Sisler	24.94m	
7 Peniuta, Jennifer	Windsor Park	24.33m	
8 Stranger, Shelby	West Kildonan	23.20m	
9 Abara, Anisha	Fort Richmond	21.88m	
10 Martin, Ashley	West Kildonan	21.00m	
11 Dyck, Jada	mci	20.83m	
12 Robertson, Jennifer	Lord Selkirk	20.78m	
13 Tran, Jessica	Dakota	20.25m	
14 Peloquin, Haley	Glenlawn	19.09m	
15 Balyut, Roxanne	Kelvin	18.91m	
16 Gnanakumar, Glory	Fort Richmond	18.85m	

Girls Javelin Throw 600 g Varsity

MILK: M 44.80m 1994 Sami Jo Small, College Jeanne-Sauve			
Name	Year School	Finals	
1 Grondin, Renee	St. Maurice	33.81m	
2 Dyck, Jada	mci	32.18m	
3 Halpin, Jaycee	Hapnot	31.33m	
4 Adamson, Jody	William Morton	27.10m	
5 Stranger, Shelby	West Kildonan	25.71m	
6 Proctor, Jana Lea	Elmwood	25.55m	
7 Vandenbos, Rhonda	duff	24.05m	
8 Gnutel, Amy	St. Mary's Acade	23.64m	
9 Neal, Kailee	Garden City	22.33m	
10 Handkamer, Melissa	Garden City	22.14m	
11 Thiessen, Jennifer	carm	21.83m	
12 Balyut, Roxanne	Kelvin	21.69m	
13 Prychitko, Alexis	Huskies	18.00m	

## Girls Tetrathlon Varsity

MILK: M 2081 2008 Brooklyn Dyce, St. John's Ravenscourt			
Name	Year	School	Finals
1 Robak, Karolina		John Taylor	2143M
2 Grondin, Renee		St. Maurice	1939
3 Rosenbaum, Jessica		Garden City	1925
4 Deyaegher, Hailey		Bci	1910
5 Milne, Alysia		William Morton	1829
6 Pollock, Brandi		Viriden	1784
7 Lillies, Bobbi-Jo		Warren	1767
8 Chubey, Alyssa		Lord Selkirk	1763
9 Oswald, Sara		Oak Park	1668
10 McCullough-Zintel, Tabit		Nelson Mac	1216
11 Fowle, Erin		St. Norbert	1206

## Boys 100 Meter Dash Junior Varsity

MILK: M 10.60 1973 Greg Sexsmith, Grand Park High School					
Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Edwards, Devin		West Kildonan	11.47Q	2.2	2
2 Buyachek, Steven		Garden City	11.95Q	1.7	3
3 Bredin, Cam		Linden Christian	12.14Q	3.4	1
4 Akins, Mike		Oak Park	11.54q	2.2	2
5 Duncan, Patrick		Kelvin	11.93q	2.2	2
6 Kyle, Brad		Neepawa	12.01q	1.7	3
7 Brincheski, Stuart		Lac du Bonnet	12.02q	1.7	3
8 Lawrence, Shaqueel		Garden City	12.10q	2.2	2
9 Peladeau, Nathaniel		Steinbach Christ	12.16	3.4	1
10 Spearing, Jared		Vincent Massey (	12.19	1.7	3
11 Iglesias, Mark		Kelvin	12.31	3.4	1
12 Beckett, Patrick		J.H. Bruns	12.36	2.2	2
13 Leech, Kyle		St. Paul's	12.41	1.7	3
14 Rose, Jordan		J.H. Bruns	12.52	2.2	2
15 Lumarque, Jamie		Sisler	12.60	3.4	1
16 Gallant, Cody		Vincent Massey (	12.68	2.2	2
17 Valko, Calvin		St. John's-R	12.75	1.7	3

## Boys 100 Meter Dash Junior Varsity

MILK: M 10.60 1973 Greg Sexsmith, Grand Park High School				
Name	Year	School	Finals	Wind
Finals				
1 Akins, Mike		Oak Park	11.73	-0.2
2 Edwards, Devin		West Kildonan	11.84	-0.2
3 Brincheski, Stuart		Lac du Bonnet	12.13	-0.2
4 Kyle, Brad		Neepawa	12.19	-0.2
5 Buyachek, Steven		Garden City	12.20	-0.2
6 Lawrence, Shaqueel		Garden City	12.24	-0.2
7 Duncan, Patrick		Kelvin	12.36	-0.2
8 Bredin, Cam		Linden Christian	12.41	-0.2

## Tetrathlon: #1 Boys 100 Meter Dash Junior Varsity Tetrathlon

Name	Year	School	Finals	Wind	H#	Points
1 Cory, Matt		Vincent Massey (	11.86	2.1	2	679
2 Koop-Blouin, Adam		Margaret Barbour	12.44	2.1	2	567

3	Houlden, Curtis	Olympiens	12.45	1.8	1	565
4	Wozney, Mathew	Erickson	12.58	2.1	2	541
5	Cameron, Michael	Gimli	12.80	2.1	2	502
6	Hoogerdijk, Matthew	Immanuel Christi	12.84	1.8	1	495
7	Mowat, Andrew	Fort Richmond	12.96	2.1	2	475
8	McLeod, Conner	River East	13.01	1.8	1	466
9	Hueging, Darrell	Warren	13.06	1.8	1	458

#### Boys 200 Meter Dash Junior Varsity

MILK: M 22.30 1969		Calvin Young, Miles MacDonell Collegia			
Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	Fitkowsky, Matthew	Kelvin	22.86q	2.0	3
2	Akins, Mike	Oak Park	23.45q	5.4	2
3	Edwards, Devin	West Kildonan	23.55q	5.4	2
4	Franz, Shae	Stonewall	23.84q	5.4	2
5	Hunter, Kristoff	Sisler	24.08q	4.1	1
6	Beckett, Patrick	J.H. Bruns	24.34q	4.1	1
7	Khakh, Pardeep	John Taylor	24.34q	4.1	1
8	Lawrence, Shaqueel	Garden City	24.48q	5.4	2
9	Whiteside, Eric	Kelvin	24.51	2.0	3
10	Kyle, Brad	Neepawa	24.54	2.0	3
11	Bugsdrucker, Deval	Nelson Mac	24.56	2.0	3
12	Matheson, Austin	Stonewall	24.82	5.4	2
13	Bredin, Cam	Linden Christian	24.82	5.4	2
14	Spearing, Jared	Vincent Massey (	24.95	2.0	3
15	Leathers, Jeremy	Glenlawn	25.04	4.1	1
16	Leech, Kyle	St. Paul's	25.05	4.1	1
17	Kovacs, Emerich	Lord Selkirk	25.35	2.0	3
18	Asghedon, Haben	St. Maurice	25.93	4.1	1
19	Gallant, Cody	Vincent Massey (	26.07	2.0	3

#### Boys 200 Meter Dash Junior Varsity

MILK: M 22.30 1969		Calvin Young, Miles MacDonell Collegia			
Name	Year	School	Finals	Wind	
Finals					
1	Fitkowsky, Matthew	Kelvin	22.7h	NWI	
2	Akins, Mike	Oak Park	23.4h	NWI	
3	Edwards, Devin	West Kildonan	23.8h	NWI	
4	Khakh, Pardeep	John Taylor	24.0h	NWI	
5	Franz, Shae	Stonewall	24.4h	NWI	
6	Beckett, Patrick	J.H. Bruns	24.7h	NWI	
7	Lawrence, Shaqueel	Garden City	24.8h	NWI	
8	Whiteside, Eric	Kelvin	24.9h	NWI	

#### Boys 400 Meter Dash Junior Varsity

MILK: M 49.60 1989		Byron Goodwin, Grant Park High School			
Name	Year	School	Prelims	H#	
Preliminaries					
1	Fitkowsky, Matthew	Kelvin	52.85Q	2	
2	Willmott, Reil	Kelvin	54.36Q	1	
3	Bell, James	Neepawa	53.63q	2	
4	Reutlinger, Kirby	Kelvin	55.35q	2	
5	McLeod, Liam	Huskies	55.96q	1	
6	Beckett, Patrick	J.H. Bruns	56.15q	2	
7	Garand-Verrette, Yarade	College Lou	56.78q	2	
8	Erickson, Travis	Erickson	57.16q	1	

9	Klassen, Jonathan	gvc	57.21	2
10	Ennis, Nick	Lord Selkirk	57.40	1
11	Woo, Graham	John Taylor	57.88	1
12	Campbell, Clayton	Warren	58.97	2
13	McIvor, Del	Garden City	1:00.29	2

Boys 400 Meter Dash Junior Varsity

=====				
MILK: M 49.60		1989	Byron Goodwin, Grant Park High School	
Name	Year	School	Finals	
=====				

Finals

1	Fitkowsky, Matthew	Kelvin	51.25
2	Willmott, Reil	Kelvin	53.33
3	Reutlinger, Kirby	Kelvin	53.42
4	Bell, James	Neepawa	53.59
5	Beckett, Patrick	J.H. Bruns	55.24
6	McLeod, Liam	Huskies	55.69
7	Garand-Verrette, Yarade	College Lou	56.31
8	Erickson, Travis	Erickson	58.07

Tetrathlon: #2 Boys 800 Meter Run Junior Varsity Tetrathlon

=====				
Name	Year	School	Finals	Points
=====				
1	Cory, Matt	Vincent Massey (	2:12.38	698
2	Koop-Blouin, Adam	Margaret Barbour	2:14.37	673
3	Cameron, Michael	Gimli	2:17.41	636
4	Hoogerdijk, Matthew	Immanuel Christi	2:19.29	613
5	Hueging, Darrell	Warren	2:28.49	509
6	Houlden, Curtis	Olympiens	2:31.70	474
7	McLeod, Conner	River East	2:34.05	450
8	Wozney, Mathew	Erickson	2:35.33	437
9	Mowat, Andrew	Fort Richmond	2:43.12	361

Boys 800 Meter Run Junior Varsity

=====				
MILK: M 1:56.30		1999	Eric Sproll, St.Paul's High School	
Name	Year	School	Finals	
=====				

1	Brault, Charles	College Lou	2:04.33
2	Drover, Conrad	Windsor Park	2:09.21
3	Bulloch, Patrick	College Lou	2:09.89
4	Duncan, Patrick	Kelvin	2:11.94
5	Taylor, Matt	Vincent Massey (	2:12.37
6	Berg, Sean	gvc	2:12.80
7	Ennis, Nick	Lord Selkirk	2:13.12
8	Guenther, Brandon	Treherne	2:14.39
9	Deally, Joseph	Kelvin	2:16.24
10	Veitch, Rylan	Hapnot	2:16.64
11	Sesay, Abdul	Kelvin	2:17.17
12	Ilagan, Tyller	Maples	2:18.23
13	DeVos, Colton	Vincent Massey (	2:18.68
14	Johnson, Wesley	Fort Richmond	2:20.00
15	Kellington, Bryan	Margaret Barbour	2:20.08
16	Gemmell, Brendan	River East	2:20.81
17	Nienhuis, Scott	Immanuel Christi	2:40.06
18	McDonald, Dustin	Crocus Plains	2:58.45

Boys 1500 Meter Run Junior Varsity

=====				
MILK: M 4:07.34		2000	Kristjan Hunter, College Pierre-Eliot-Tru	
Name	Year	School	Finals	
=====				

1	Brault, Charles	College Lou	4:20.60
2	Mislawchuk, Tyler	sanf	4:31.86
3	Kristjanson, Bjorn	Kelvin	4:32.53
4	Drover, Conrad	Windsor Park	4:32.65
5	Rollins, Dennis	Elton	4:36.68
6	Lajoie, Jordan	vita	4:39.06
7	Dueck, Simon	Mennonite Brethe	4:42.74
8	Tinkess, Blake	Elton	4:44.54
9	Robinson, Daniel	College Lou	4:47.87
10	Gemmell, Brendan	River East	4:49.18
11	Taylor, Matt	Vincent Massey (	4:49.42
12	DeVos, Colton	Vincent Massey (	4:50.10
13	Smith, Josh	Neepawa	4:53.59
14	Paterson, Ben	Kelvin	4:54.70
15	Nguyen, Lucas	Kelvin	4:59.92
16	Ivey, Matt	Vincent Massey (	5:00.90
17	Jackson, Keegan	St. Maurice	5:11.79
18	Nicolas, Marc	Springs Christia	5:11.85
19	Minenko, Andrew	Garden City	5:22.95

Boys 3000 Meter Run Junior Varsity

MILK: M 8:53.58 1997 Will Thrift, Vincent Massey (Wpg)			
Name	Year	School	Finals
1	Brault, Charles	College Lou	9:25.57
2	Kristjanson, Bjorn	Kelvin	9:33.58
3	Rollins, Dennis	Elton	9:34.20
4	Naylor, Patrick	Miles Mac	9:34.98
5	Mislawchuk, Tyler	sanf	9:35.95
6	Peters, Dustin	gvc	9:58.72
7	Pomeranski, Trevor	Maples	10:07.74
8	Smith, Josh	Neepawa	10:12.74
9	Darcel, Joe	Nelson Mac	10:17.50
10	McNaughton, Andrew	Nelson Mac	10:23.54
11	Unger, Riley	Vincent Massey (	10:28.16
12	Gemmell, Brendan	River East	10:32.54
13	Beil, Jordan	Stonewall	10:37.85
14	Davis, Ethan	Kelvin	10:47.12
15	Britton, Stefan	Oak Park	10:56.55
16	Jackson, Keegan	St. Maurice	11:14.51
17	MacDuff, Kevin	St. Boniface	11:16.15
18	Kidane, Danny	St. Maurice	11:45.72
--	Paterson, Ben	Kelvin	DNF

Boys 100 Meter Hurdles 36" Junior Varsity

MILK: M 14.26 2003 Stefan Arnason, Gimli Collegiate					
Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	Schwark, Dustin	morr	15.12Q	2.5	1
2	Driedger, Rueben	Steinbach Christ	15.31Q	2.7	2
3	Khakh, Pardeep	John Taylor	15.67Q	2.7	3
4	Eyford, Wyatt	Warren	15.26q	2.5	1
5	DE Guzman, Daniel	Sisler	15.57q	2.7	2
6	Cuaresma, Brendan	Sisler	15.85q	2.7	3
7	Templeton, Ryan	R.D. Parker	16.26q	2.7	3
7	Parsons, Keith	Glenlawn	16.26q	2.7	2
9	Motyka, Daniel	Maples	16.39	2.5	1
10	Peers, Sam	Lord Selkirk	16.63	2.7	3
11	Ortilla, Chris	Maples	16.90	2.7	2

12 Jones, Shane	Oak Park	17.75	2.7	3
13 Valko, Kalvin	St. John's-R	18.21	2.7	2
-- Ashcroft, Michael	Laureate Academy	DNF	2.5	1
-- Gerstein, Jonathan	Gray Academy	DNF	2.7	2

Boys 100 Meter Hurdles 36" Junior Varsity

=====				
MILK: M 14.26	2003	Stefan Arnason, Gimli Collegiate		
Name	Year	School	Finals	Wind
=====				
Finals				
1 Eyford, Wyatt		Warren	15.18	NWI
2 Driedger, Rueben		Steinbach Christ	15.20	NWI
3 DE Guzman, Daniel		Sisler	15.27	NWI
4 Schwark, Dustin		morr	15.39	NWI
5 Khakh, Pardeep		John Taylor	15.74	NWI
6 Parsons, Keith		Glenlawn	16.15	NWI
7 Templeton, Ryan		R.D. Parker	16.56	NWI
8 Cuaresma, Brendan		Sisler	16.79	NWI

Boys 4x100 Meter Relay Junior Varsity

=====				
MILK: M 44.80	1976	, Vincent Massey (Wpg)		
School			Prelims	H#
=====				
Preliminaries				
1 Kelvin 'A'			47.00q	2
2 Neepawa 'A'			47.50q	1
3 Stonewall 'A'			47.73q	2
4 Oak Park 'A'			47.96q	1
5 Kelvin 'B'			48.13q	2
6 Sisler 'A'			48.26q	1
7 West Kildonan 'A'			48.41q	1
8 Gimli 'A'			48.98q	2
9 Warren 'A'			49.18	2
10 Glenlawn 'A'			49.18	2
11 Dakota 'A'			49.24	1
12 St. Paul's 'B'			49.68	1
13 Lac du Bonnet 'A'			49.69	1
14 Garden City 'A'			49.97	2
15 St. John's Ravenscourt 'A'			49.98	1

Boys 4x100 Meter Relay Junior Varsity

=====				
MILK: M 44.80	1976	, Vincent Massey (Wpg)		
School			Finals	
=====				
Finals				
1 Neepawa 'A'			47.37	
2 Stonewall 'A'			47.49	
3 Kelvin 'B'			47.84	
4 Sisler 'A'			48.19	
5 Oak Park 'A'			48.98	
6 West Kildonan 'A'			49.31	
7 Gimli 'A'			49.63	
-- Kelvin 'A'			DQ	

Boys 4x400 Meter Relay Junior Varsity

=====				
MILK: M 3:31.60	1979	, Grant Park High School		
School			Finals	H#
=====				
1 Kelvin 'A'			3:40.29	2

2	Warren 'A'	3:47.64	2
3	John Taylor 'A'	3:48.13	2
4	Gimli 'A'	3:51.09	2
5	College Louis-Riel 'A'	3:51.84	2
6	Westgate 'A'	3:52.17	2
7	Garden Valley 'A'	3:57.37	2
8	Westwood Collegiate 'A'	3:57.74	2
9	Oak Park 'A'	4:02.82	1
10	Dakota 'A'	4:03.68	1
11	Roseau Valley 'A'	4:09.38	1
12	Teulon 'A'	4:12.71	1
13	River East 'A'	4:13.50	1
14	Garden City 'A'	4:14.60	1

Boys Distance Medley Junior Varsity

=====			
MILK: M 3:46.37 1989		, Grant Park High School	
School			Finals
=====			
1	Kelvin 'A'		4:00.30
2	St. Paul's 'A'		4:00.95
3	John Taylor 'A'		4:03.14
4	Neepawa 'A'		4:04.98
5	College Louis-Riel 'A'		4:06.29
6	Kelvin 'B'		4:06.47
7	Nelson Mac 'A'		4:06.71
8	Warren 'A'		4:09.86
9	Garden Valley 'A'		4:10.54
10	Oak Park 'B'		4:14.40
11	Treherne 'A'		4:14.58
12	Maples 'A'		4:14.92
13	Garden Valley 'B'		4:16.45
14	Garden City 'A'		4:28.65
--	College Jeanne-Sauve 'A'		DQ

Boys High Jump Junior Varsity

=====			
MILK: M 1.96m 1978		Scott Flagel, Charleswood Collegiate	
Name	Year School		Finals
=====			
1	Olson, Steven	Warren	1.82m
2	Parsons, Keith	Glenlawn	1.76m
3	Driedger, Rueben	Steinbach Christ	1.70m
4	Anderson, Justin	Warren	1.65m
5	Dyck, Shane	Maples	J1.65m
6	Preece, Matt	Carberry	J1.65m
7	Mostkov, Igal	Gray Academy	J1.65m
8	Green, Michael	Teulon	J1.65m
8	Radchenka, Lyndon	Jimmies	J1.65m
8	Sesay, Abdul	Kelvin	J1.65m
11	Bjarnison, Kris-Jon	Carberry	J1.65m
12	Tyrell, Ihsan	River East	J1.65m
13	Clark, Neil	St. John's-R	1.60m
14	Driedger, Chris	St. Paul's	J1.60m
15	Slegers, Derrick	Westwood Collegi	J1.60m
16	Willmott, Reil	Kelvin	J1.60m
17	Crellin, Josh	Stonewall	J1.60m
18	Kowal, Cameron	Garden City	1.55m
19	Peers, Tom	Lord Selkirk	J1.55m
20	Mickey, Conan	Vincent Massey (	J1.55m
21	Chana, Gurkirat	St. Maurice	1.40m

Tetrathlon: #3 Boys Long Jump Junior Varsity Tetrathlon

Name	Year	School	Finals	Wind	Points
1 Mowat, Andrew		Fort Richmond	5.28m	NWI	437
2 Hoogerdijk, Matthew		Immanuel Christi	5.26m	NWI	433
3 Cameron, Michael		Gimli	5.13m	NWI	407
4 Hueging, Darrell		Warren	5.12m	NWI	405
5 Cory, Matt		Vincent Massey (	4.89m	NWI	361
6 Houlden, Curtis		Olympiens	4.72m	NWI	330
7 Wozney, Mathew		Erickson	4.69m	NWI	324
8 Koop-Blouin, Adam		Margaret Barbour	4.23m	NWI	244
9 McLeod, Conner		River East	4.16m	NWI	232

Boys Long Jump Junior Varsity

MILK: M 6.75m 1988 Jamie Slogan, Lord Selkirk High School					
Name	Year	School	Finals	Wind	
1 Feldschun, Matthew		Joseph H. Kerr	6.02m	NWI	
2 DE Guzman, Daniel		Sisler	5.78m	NWI	
3 Ly, Brandon		Glenlawn	5.70m	NWI	
4 Chan, Michael		Glenlawn	5.60m	NWI	
5 Milne, Toby		gvc	J5.60m	NWI	
6 Gesell, Jessie		West Kildonan	5.55m	NWI	
7 Dyck, Shane		Maples	5.53m	NWI	
8 Lawrence, Shaqueel		Garden City	5.46m	NWI	
9 Bakker, Justin		Calvin Christian	5.35m	NWI	
10 Chanel, Mitch		Somerset	5.31m	NWI	
11 Brincheski, Stuart		Lac du Bonnet	5.29m	NWI	
12 Seburn, Luke		Jimmies	J5.29m	NWI	
13 Piol, John		Sisler	5.25m	NWI	
14 Green, Michael		Teulon	5.16m	NWI	
15 Wills, Tyler		St. Paul's	5.09m	NWI	
16 Malezdrewich, Anthony		Glenlawn	5.05m	NWI	
17 Asghedon, Haben		St. Maurice	4.87m	NWI	
18 McKinney, Justin		Oak Park	4.80m	NWI	
19 Mickey, Conan		Vincent Massey (	4.68m	NWI	
20 Lumarque, Jamie		Sisler	4.58m	NWI	

Boys Triple Jump Junior Varsity

MILK: M 13.36m 1971 Kasmir Mankicwicz, St. John's High School					
Name	Year	School	Finals	Wind	
1 DE Guzman, Daniel		Sisler	12.34m	NWI	
2 Krahn, Riley		gvc	11.88m	NWI	
3 Reutlinger, Kirby		Kelvin	11.83m	NWI	
4 Ly, Brandon		Glenlawn	11.77m	NWI	
5 Feldschun, Matthew		Joseph H. Kerr	11.76m	NWI	
6 Scott, Torey		Carberry	11.46m	NWI	
7 Green, Michael		Teulon	11.23m	NWI	
8 Tyrell, Ihsan		River East	11.19m	NWI	
9 Grocholski, Winston		Lord Selkirk	11.18m	NWI	
10 Dyck, Shane		Maples	10.97m	NWI	
11 Chanel, Mitch		Somerset	10.94m	NWI	
12 Reimer, Tyson		Steinbach Re	10.74m	NWI	
13 Moschler, Nathan		Glenlawn	10.71m	NWI	
14 Bakker, Justin		Calvin Christian	10.69m	NWI	
15 McKinney, Justin		Oak Park	10.54m	NWI	
16 McLeod, Liam		Huskies	10.40m	NWI	
17 Nienhuis, Scott		Immanuel Christi	9.70m	NWI	

Boys Shot Put 4 kg Junior Varsity

MILK: M 18.22m 1976 Mike Byrne, Silver Heights Collegiat			
Name	Year	School	Finals
1	Bewski, Aaron	Dakota	14.62m
2	Penner, Carl	W. C. Miller	14.22m
3	Spence, Josh	John Taylor	13.57m
4	Hackie, Ezra	Springs Christia	13.01m
5	Rogalsky, Adam	Glenlawn	12.85m
6	Bouchie, Mathew	vita	12.82m
7	Waldner, Nathan	rort	12.78m
8	Early, Justin	Treherne	12.72m
9	Morrow, Brett	Pilot Mound	12.40m
10	Dela Cruz, J R	Sisler	12.02m
11	Iglesias, Mark	Kelvin	11.96m
12	Williamson, Gordie	Eagles	11.83m
13	Thomas, Trevor	Lord Selkirk	11.27m
14	deBruin, Hayden	Calvin Christian	11.05m
15	Nguyen, Andrew	St. Maurice	10.22m
16	Wu, Weiling	Dakota	10.16m

Tetrathlon: #4 Boys Shot Put Junior Varsity Tetrathlon

Name	Year	School	Finals	Points
1	Cory, Matt	Vincent Massey (	12.31m	625
2	Mowat, Andrew	Fort Richmond	12.03m	608
3	Hueging, Darrell	Warren	10.95m	543
4	McLeod, Conner	River East	10.79m	533
5	Houlden, Curtis	Olympiens	10.51m	516
6	Hoogerdijs, Matthew	Immanuel Christi	10.50m	516
7	Koop-Blouin, Adam	Margaret Barbour	10.02m	487
8	Cameron, Michael	Gimli	9.98m	484
9	Wozney, Mathew	Erickson	8.47m	394

Boys Discus Throw 1.5 kg Junior Varsity

MILK: M 40.14m 2008 Drew Sedor, Ste. Rose			
Name	Year	School	Finals
1	Jones, Dylan	Warren	34.77m
2	Denhart-Vandepoele, Brae	Ste. Rose	34.22m
3	Perkin, Sebastian	Elton	33.04m
4	Wu, Weiling	Dakota	31.10m
5	Hluszok, Anton	West Kildonan	30.57m
6	Hackie, Ezra	Springs Christia	29.62m
7	Desrosiers, Scott	College Beliveau	28.38m
8	Dela Cruz, J R	Sisler	28.37m
9	Lesage, Dylen	St. Claude	25.90m
10	Deezar, Theo	St. Paul's	25.12m
11	Jackson, Neil	Treherne	24.73m
12	Andre, Alain	West Kildonan	22.32m
13	Cook, Tyrell	Sisler	22.30m
14	Spence, Josh	John Taylor	21.60m
15	Watkins, Cameron	Churchill	20.74m
16	White, Alex	Crocus Plains	15.96m

Boys Javelin Throw 700 g Junior Varsity

MILK: M 47.29m 2007 Justin Paschinyk, Warren Collegiate			
Name	Year	School	Finals
1	Jones, Dylan	Warren	47.86mM

2 Hueging, Darrell	Warren	44.59m
3 Cote, Max	elmc	43.92m
4 Jones, Brett	Hapnot	39.61m
5 Thevenot, Tyler	Minnedosa	37.98m
6 Woo, Graham	John Taylor	35.80m
7 Chan, Michael	Glenlawn	35.77m
8 Urniezius, Curtis	spc	35.64m
9 Parrot, Seth	Grandview	35.03m
10 Thomas, Trevor	Lord Selkirk	34.66m
11 Desjarlais, Paul	Alonsa	32.79m
12 Nguyen, Andrew	St. Maurice	28.68m
13 Palmer, Braden	Glenlawn	27.95m
14 Andre, Alain	West Kildonan	27.47m
15 Hackie, Ezra	Springs Christia	25.86m
16 Williamson, Gordie	Eagles	25.72m
17 Balhari, Sachin	Elmwood	16.10m

#### Boys Tetrathlon Junior Varsity

MILK: M 2229 2007				Jay Waters, Vincent Massey (Wpg)	
Name	Year	School	Finals		
1 Cory, Matt		Vincent Massey (	2363M		
2 Hoogerdijk, Matthew		Immanuel Christi	2057		
3 Cameron, Michael		Gimli	2029		
4 Koop-Blouin, Adam		Margaret Barbour	1971		
5 Hueging, Darrell		Warren	1915		
6 Houlden, Curtis		Olympiens	1885		
7 Mowat, Andrew		Fort Richmond	1881		
8 Wozney, Mathew		Erickson	1696		
9 McLeod, Conner		River East	1681		

#### Boys 100 Meter Dash Varsity

MILK: M 10.20 1982				Courtney Brown, John Taylor Collegiate		
Name	Year	School	Prelims	Wind	H#	
Preliminaries						
1 Ostberg, Dylan		rvs	11.15Q	3.5	3	
2 Gajadhar, Mack		Fort Richmond	11.23Q	3.3	2	
3 Samking, Wilfred		Fort Richmond	11.57Q	2.1	1	
4 Trapmore, Kevin		Dakota	11.25q	3.5	3	
5 Harmon, Lloyd		mord	11.40q	3.5	3	
6 Oliver, Alex		Warren	11.41q	3.3	2	
7 Allen, Ben		Kelvin	11.44q	3.3	2	
8 Kussin, Jordan		Kelvin	11.72q	3.5	3	
9 Picicci, Nic		Mennonite Brethe	11.72	3.3	2	
10 Gallaway, Clayton		Neelin	11.81	2.1	1	
11 Gardiner, Rob		Oak Park	11.91	3.3	2	
12 Adams, Tyler		Kildonan East	12.01	2.1	1	
13 Salangsang, Randy		Sisler	12.05	2.1	1	
14 Venuto, Alex		Westwood Collegi	12.09	3.3	2	
15 Gibson, Nick		Kelvin	12.41	3.5	3	
16 Bourassa, Justin		Oak Park	12.42	2.1	1	
17 Bazilewich, Jonathan		Vincent Massey (	12.82	3.3	2	
18 Nikkel, Stephen		Glenlawn	13.97	2.1	1	
-- Twerdun, Tanner		St. Paul's	DNF	3.5	3	

#### Boys 100 Meter Dash Varsity

MILK: M 10.20 1982				Courtney Brown, John Taylor Collegiate		
Name	Year	School	Finals	Wind		

Finals

1	Ostberg, Dylan	rvs	11.52	NWI
2	Gajadhar, Mack	Fort Richmond	11.62	NWI
3	Trapmore, Kevin	Dakota	11.78	NWI
4	Oliver, Alex	Warren	11.91	NWI
5	Samking, Wilfred	Fort Richmond	11.91	NWI
6	Kussin, Jordan	Kelvin	12.11	NWI
7	Picicci, Nic	Mennonite Brethe	12.12	NWI

Tetrathlon: #1 Boys 100 Meter Dash Varsity Tetrathlon

Name	Year School	Finals	Wind	H#	Points	
1	Ferguson, Kelvin	Fort Richmond	11.59	3.8	2	734
2	Beddome, Aaron	Olympiens	12.03	3.8	2	645
3	Vercaigne, Nathan	William Morton	12.07	3.8	2	637
4	Kennedy, Ryan	Westgate	12.15	2.4	1	622
5	Hacault, Mitch	Glenboro	12.25	3.8	2	603
6	Bernstein, Matt	St. Paul's	12.27	2.4	1	599
7	Spulnick, Keith	Gimli	12.28	2.4	1	597
8	Stevens, Kevin	Dakota	12.35	3.8	2	584
9	Oleksuk, Boe	Joseph H. Kerr	12.37	2.4	1	580
10	Coy, Evan	Oak Park	12.54	2.4	1	549
11	Macaulay, Connor	Kci	12.55	2.4	1	547
12	Gates, Jesse	Tigers	12.86	2.4	1	492

Boys 200 Meter Dash Varsity

MILK: M 21.56		1981	Rick Jones, Garden City Collegiate		
Name	Year School	Prelims	Wind	H#	

Preliminaries

1	Ostberg, Dylan	rvs	22.52q	1.7	2
2	McMaster, Jamie	Westwood Collegi	22.61q	1.8	1
3	Allen, Ben	Kelvin	22.85q	3.9	3
4	Rydberg, Paul	Margaret Barbour	22.93q	3.9	3
5	Trapmore, Kevin	Dakota	23.02q	1.7	2
6	Twerdun, Tanner	St. Paul's	23.31q	3.9	3
7	Gamache, Bryce	Margaret Barbour	23.31q	1.8	1
8	Waters, Jay	Vincent Massey (	23.32q	1.7	2
9	Harmon, Lloyd	mord	23.45	1.7	2
10	Nikkel, Stephen	Glenlawn	23.73	3.9	3
11	Gallaway, Clayton	Neelin	23.98	3.9	3
12	Wanigasekara, Dilendra	St. John's-R	24.03	1.8	1
13	Kussin, Jordan	Kelvin	24.08	1.8	1
14	Ilagan, Jordan	Maples	24.28	1.8	1
15	Mylrea, Tristen	Rivers	24.67	1.7	2
16	Sywy, Scotty	River East	25.17	1.7	2

Boys 200 Meter Dash Varsity

MILK: M 21.56		1981	Rick Jones, Garden City Collegiate		
Name	Year School	Finals	Wind		

Finals

1	Ostberg, Dylan	rvs	22.25	NWI
2	McMaster, Jamie	Westwood Collegi	22.74	NWI
3	Trapmore, Kevin	Dakota	22.99	NWI
4	Waters, Jay	Vincent Massey (	23.00	NWI
5	Gamache, Bryce	Margaret Barbour	23.35	NWI
--	Twerdun, Tanner	St. Paul's	DNF	NWI

Boys 400 Meter Dash Varsity

MILK: M 49.10 1977 Greg Haydenluck, Arthur Meighen High Scho				
Name	Year	School	Prelims	H#
Preliminaries				
1 Waters, Jay		Vincent Massey (	51.56q	3
2 McMaster, Jamie		Westwood Collegi	51.78q	2
3 VanKoughnet, Joel		carm	52.21q	2
4 Ostberg, Dylan		rvs	52.87q	1
5 Willims, Brian		River East	53.06q	1
6 Howe, Geoff		River East	53.82q	1
7 Sampson, Terrance		Sisler	53.96q	2
8 Popel, Chris		St. Paul's	55.08q	3
9 Kolt-Baete, Michael		Baldur	55.44	2
10 McCarthy, Robin		Neepawa	57.39	1
11 Nickol, Brett		Glenlawn	57.88	3
12 Morgan, Brett		Vincent Massey (	58.16	1
13 Kovacs, Ethan		Gordon Bell	58.19	3
14 Yigzaw, Daniel		Crocus Plains	58.44	2
15 Magnusson, Steven		Pierre Ellio	1:02.49	2
16 Will, Nick		Vincent Massey (	1:05.28	2

Boys 400 Meter Dash Varsity

MILK: M 49.10 1977 Greg Haydenluck, Arthur Meighen High Scho				
Name	Year	School	Finals	
Finals				
1 Ostberg, Dylan		rvs	49.56	
2 McMaster, Jamie		Westwood Collegi	50.34	
3 Sampson, Terrance		Sisler	51.75	
4 Waters, Jay		Vincent Massey (	51.84	
5 Willims, Brian		River East	52.39	
6 VanKoughnet, Joel		carm	52.85	
7 Howe, Geoff		River East	52.96	
8 Popel, Chris		St. Paul's	53.12	

Tetrathlon: #2 Boys 800 Meter Run Varsity Tetrathlon

Name	Year	School	Finals	Points
1 Hacault, Mitch		Glenboro	2:11.72	706
2 Vercaine, Nathan		William Morton	2:14.66	669
3 Beddome, Aaron		Olympiens	2:15.39	660
4 Spulnick, Keith		Gimli	2:16.45	647
5 Oleksuk, Boe		Joseph H. Kerr	2:18.11	627
6 Kennedy, Ryan		Westgate	2:18.36	624
7 Macaulay, Connor		Kci	2:18.54	622
8 Ferguson, Kelvin		Fort Richmond	2:18.84	619
9 Gates, Jesse		Tigers	2:20.90	594
10 Coy, Evan		Oak Park	2:22.08	580
11 Bernstein, Matt		St. Paul's	2:26.23	533

Boys 800 Meter Run Varsity

MILK: M 1:53.08 2001 Eric Sproll, St. Paul's High School				
Name	Year	School	Finals	
1 VanKoughnet, Joel		carm	2:01.15	
2 Nicol-Samuel, Delohnni		Vincent Massey (	2:01.42	
3 Saccucci, Jordan		Churchill	2:02.43	
4 Thatcher, Eric		Vincent Massey (	2:03.52	
5 Miller, Thomas		River East	2:06.32	

6	Aubin, Garth	carm	2:07.90
7	Willims, Brian	River East	2:07.92
8	Redpath, Jason	Lord Selkirk	2:07.95
9	Yigzaw, Daniel	Crocus Plains	2:08.22
10	Trout, Morgan	Otter Nelson Riv	2:08.57
11	Ralko, Stephen	Fort Richmond	2:09.14
12	Leylek, Tarik	Kelvin	2:09.50
13	Guenther, Matthew	Steinbach Christ	2:10.29
14	Sherwin, Tom	Vincent Massey (	2:10.54
15	Reimer, Nicholas	rort	2:10.89
16	Kuby, Quinton	Dakota	2:25.20

Boys 1500 Meter Run Varsity

=====			
MILK: M 3:51.08		1980	Carey Penner, Dakota Collegiate
Name	Year	School	Finals
=====			
1	Nicol-Samuel, Delohnni	Vincent Massey (	4:07.22
2	Redpath, Jason	Lord Selkirk	4:10.21
3	Thatcher, Eric	Vincent Massey (	4:13.72
4	Miller, Thomas	River East	4:17.38
5	Aubin, Garth	carm	4:18.72
6	Sherwin, Tom	Vincent Massey (	4:30.55
7	Trout, Morgan	Otter Nelson Riv	4:31.58
8	Hailemolokot, Moges	Gordon Bell	4:32.25
9	Marvin, Jeremy	Elton	4:34.67
10	Athayde, Paul	Kelvin	4:36.10
11	Mages, Cody	Garden City	4:37.65
12	Cassie, Luke	Fort Richmond	4:38.17
13	Morse, Jan	sanf	4:38.21
14	Hueging, Karl	Warren	4:40.68
15	Gowing, Keith	Olympiens	5:37.72

Boys 3000 Meter Run Varsity

=====			
MILK: M 8:28.81		1980	Carey Penner, Dakota Collegiate
Name	Year	School	Finals
=====			
1	Nicol-Samuel, Delohnni	Vincent Massey (	9:00.35
2	Redpath, Jason	Lord Selkirk	9:03.55
3	Miller, Thomas	River East	9:20.10
4	Muise, Brendyn	Jimmies	9:46.81
5	Trout, Morgan	Otter Nelson Riv	9:48.35
6	Athayde, Paul	Kelvin	9:56.03
7	Marvin, Jeremy	Elton	10:01.36
8	Morse, Jan	sanf	10:02.45
9	Fast, Eric	Steinbach Christ	10:26.64
10	Hart, Tyson	Springfield	10:40.81
11	Green, Paul	mord	10:49.73
12	Umar, Waqas	Dakota	12:37.23
--	Yigzaw, Daniel	Crocus Plains	DNF
--	Cassie, Luke	Fort Richmond	DNF

Boys 100 Meter Hurdles 36" Varsity

=====					
MILK: M 13.94		2004	Joey Patsack, Arthur Meighen High Scho		
Name	Year	School	Prelims	Wind	H#
=====					
Preliminaries					
1	Tully, Brad	Warren	14.84Q	1.8	1
2	Finnson, Curtis	Arborg	14.96Q	1.3	2
3	Buchanan, Arthur	Fort Richmond	14.96q	1.3	2
4	Gamache, Bryce	Margaret Barbour	14.99q	1.3	2

5	Entz, Scott	Dakota	15.01q	1.8	1
6	Kilcollins, Justin	pci	15.05q	1.8	1
7	Samking, Wilfred	Fort Richmond	15.18q	1.8	1
8	Smith, Brendan	Maples	15.56q	1.3	2
9	Salangsang, Randy	Sisler	16.72	1.8	1
10	Giesbrecht, Tyler	vita	16.90	1.3	2
11	Paul, Mitchell	Garden City	18.40	1.8	1
12	Nnadi, Kene	Glenlawn	19.50	1.8	1

Boys 100 Meter Hurdles 36" Varsity

=====

MILK: M 13.94 2004 Joey Patsack, Arthur Meighen High Scho

Name Year School Finals Wind

=====

Finals

1	Tully, Brad	Warren	14.74	NWI
2	Finnson, Curtis	Arborg	14.78	NWI
3	Samking, Wilfred	Fort Richmond	15.30	NWI
4	Gamache, Bryce	Margaret Barbour	15.33	NWI
5	Kilcollins, Justin	pci	15.41	NWI
6	Buchanan, Arthur	Fort Richmond	15.47	NWI
7	Smith, Brendan	Maples	15.80	NWI
8	Entz, Scott	Dakota	18.49	NWI

Boys 4x100 Meter Relay Varsity

=====

MILK: M 42.20 1983 , Vincent Massey (Wpg)

School Prelims H#

=====

Preliminaries

1	Fort Richmond 'A'	44.91q	2
2	Warren 'A'	46.83q	2
3	Portage 'A'	47.12q	2
4	West Kildonan 'A'	47.18q	1
5	Neepawa 'A'	47.21q	2
6	Glenboro 'A'	47.47q	2
7	Kelvin 'A'	47.89q	2
8	Maples 'A'	47.99q	2
9	Dakota 'A'	48.17	1
10	St. Paul's 'A'	48.23	1
11	River East 'A'	48.74	1
12	St. John's Ravenscourt 'A'	48.95	1
13	Sisler 'A'	49.19	1
14	Oak Park 'A'	49.30	2
15	Glenlawn 'A'	49.75	1

Boys 4x100 Meter Relay Varsity

=====

MILK: M 42.20 1983 , Vincent Massey (Wpg)

School Finals

=====

Finals

1	Fort Richmond 'A'	44.37
2	Neepawa 'A'	46.09
3	Warren 'A'	46.22
4	West Kildonan 'A'	46.39
5	Glenboro 'A'	46.87
6	Maples 'A'	47.03
7	Kelvin 'A'	48.87
--	Portage 'A'	DQ

Boys 4x400 Meter Relay Varsity

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MILK: M 3:25.48 1993 , Grant Park High School  
 School Finals H#

1	Fort Richmond 'A'	3:39.01	2
2	River East 'A'	3:40.78	2
3	Maples 'A'	3:41.71	2
4	Margaret Barbour 'A'	3:42.77	2
5	Warren 'A'	3:45.47	2
6	William Morton 'A'	3:47.60	1
7	Neepawa 'A'	3:48.42	2
8	Oak Park 'A'	3:54.83	1
9	Dakota 'A'	3:55.78	1
10	Green Valley 'A'	3:56.44	1
11	River East 'B'	4:01.71	2
12	Glenlawn 'A'	4:08.28	1
--	Vincent Massey (Bdn) 'A'	DQ	1

Boys Distance Medley Varsity

MILK: M 3:35.72 1988 , Kelvin High School  
 School Finals

1	River East 'A'	3:45.61
2	St. Paul's 'A'	3:46.50
3	Kelvin 'A'	3:47.76
4	Neepawa 'A'	3:49.78
5	Carman 'A'	3:50.72
6	Maples 'A'	3:57.49
7	Fort Richmond 'A'	3:57.97
8	Warren 'A'	3:59.13
9	Margaret Barbour 'A'	3:59.98
10	Dakota 'A'	4:00.55
11	River East 'B'	4:02.15
12	Treherne 'A'	4:10.16
13	John Taylor 'A'	4:14.25

Boys High Jump Varsity

MILK: M 2.05m 2000 Mike Kizinkewich, Vincent Massey (Wpg)  
 Name Year School Finals

1	Buchanan, Arthur	Fort Richmond	1.90m
2	Dietrich, Dillon	Tigers	1.75m
3	Nelson, Devin	Teulon	J1.75m
4	Blad, Corey	Steinbach Re	J1.75m
5	Hanks, Brendan	mia	J1.75m
6	Gowing, Keith	Olympiens	J1.75m
6	Funk, Ryan	Green Valley	J1.75m
8	Bruneau, Brady	Treherne	1.70m
9	Sinclair, Kirby	Neelin	1.65m
10	Schmidt, Devin	Huskies	J1.65m
11	Lemire, Josh	Glenlawn	J1.65m
12	Jackson, Evan	Mennonite Brethe	J1.65m
13	Picicci, Nic	Mennonite Brethe	J1.65m
14	VandenBerg, Jon	Calvin Christian	1.60m

Tetrathlon: #3 Boys Long Jump Varsity Tetrathlon

Name Year School Finals Wind Points

1	Beddome, Aaron	Olympiens	5.89m	NWI	563
2	Ferguson, Kelvin	Fort Richmond	5.58m	NWI	498
3	Kennedy, Ryan	Westgate	5.55m	NWI	492

4	Oleksuk, Boe	Joseph H. Kerr	5.52m	NWI	485
5	Spulnick, Keith	Gimli	5.29m	NWI	439
6	Macaulay, Connor	Kci	5.19m	NWI	419
7	Vercaigne, Nathan	William Morton	5.13m	NWI	407
8	Hacault, Mitch	Glenboro	5.05m	NWI	392
9	Gates, Jesse	Tigers	5.02m	NWI	386
10	Bernstein, Matt	St. Paul's	4.93m	NWI	369
11	Coy, Evan	Oak Park	4.86m	NWI	356

Boys Long Jump Varsity

MILK: M 7.41m 2006		Nathan Labbe, McCreary School		
Name	Year	School	Finals	Wind
1	Robison, Kyle	Shaftesbury	6.16m	NWI
2	Blad, Corey	Steinbach Re	6.15m	NWI
3	Nelson, Devin	Teulon	6.11m	NWI
4	Beddome, Aaron	Olympiens	6.10m	NWI
5	Bourassa, Justin	Oak Park	6.01m	NWI
6	Rydberg, Paul	Margaret Barbour	5.98m	NWI
7	Friesen, Paul	Goose Lake	5.96m	NWI
8	McAdam, Justin	Mennonite Brethe	5.86m	NWI
9	Gallant, Jonathan	Dauphin	5.82m	NWI
10	Becker, Trent	Goose Lake	5.76m	NWI
11	McMaster, Jamie	Westwood Collegi	5.59m	NWI
12	Entz, Scott	Dakota	5.48m	NWI
13	Alfaro, Clarence	Garden City	5.47m	NWI
14	Lacap, Aljon	Sisler	5.43m	NWI
15	Dang, Khoa	Elmwood	4.90m	NWI
16	VandenBerg, Jon	Calvin Christian	4.75m	NWI
17	Boys, Caine	Crocus Plains	4.58m	NWI

Boys Triple Jump Varsity

MILK: M 14.28m 2006		Nathan Labbe, McCreary School		
Name	Year	School	Finals	Wind
1	Waters, Jay	Vincent Massey (	12.89m	NWI
2	Becker, Trent	Goose Lake	12.80m	NWI
3	Jubinville, Calvin	Kelvin	12.31m	NWI
4	Gallant, Jonathan	Dauphin	12.16m	NWI
5	Friesen, Paul	Goose Lake	12.12m	NWI
6	Robison, Kyle	Shaftesbury	11.89m	NWI
7	Thiessen, Paul	Steinbach Re	11.68m	NWI
8	Nelson, Devin	Teulon	11.56m	NWI
9	Vanderveen, Brock	duff	11.52m	NWI
10	Kennedy, Ryan	Westgate	11.38m	NWI
11	Wood, Jordan	Fort Richmond	11.26m	NWI
12	Dietrich, Dillon	Tigers	11.05m	NWI
13	Entz, Scott	Dakota	11.03m	NWI
14	Alfaro, Clarence	Garden City	10.81m	NWI
15	Mages, Cody	Garden City	10.72m	NWI
16	VandenBerg, Jon	Calvin Christian	10.48m	NWI
17	Dang, Khoa	Elmwood	10.42m	NWI
18	Bazilewich, Jonathan	Vincent Massey (	10.31m	NWI
19	Smith, Brendan	Maples	10.16m	NWI
20	Bakker, Josh	Calvin Christian	10.05m	NWI
21	Sefton, Colin	Vincent Massey (	9.04m	NWI

Boys Shot Put 5 kg Varsity

MILK: M 15.15m 2006		Terrell Weik, Arborg Collegiate		
Name	Year	School	Finals	

1	Zelenitsky, Mike	Gimli	14.54m
2	Mulvey, Riley	pci	13.90m
3	Stefera, Chris	Dakota	13.34m
4	Campbell, Robert	Warren	12.66m
5	Stevens, Kevin	Dakota	12.55m
6	Jackson, Evan	Mennonite Brethe	12.52m
7	Damianakos, Daylon	Maples	12.48m
8	Martin, Aaron	Neepawa	11.99m
9	Farago, Colton	Kelvin	11.82m
10	Rempel, Matthew	morr	11.54m
11	Russell, Curtis	Glenlawn	11.39m
12	Hardman, Dustin	Lord Selkirk	10.97m
13	Arceo, Bradley	Elmwood	10.77m
14	Dela Cruz, Reighmond	Sisler	10.56m
15	Mayhew, Braidan	Laureate Academy	10.21m
16	Moskal, David	Oak Park	10.12m
17	Boys, Caine	Crocus Plains	9.92m
18	Bakker, Josh	Calvin Christian	9.81m
19	Westervelt, Owen	Calvin Christian	9.66m
20	Tsibulski, Alex	Fort Richmond	9.56m
21	Sefton, Colin	Vincent Massey (	8.86m

Tetrathlon: #4 Boys Shot Put Varsity Tetrathlon

Name	Year School	Finals	Points
1	Hacault, Mitch	Glenboro	12.12m 614
2	Ferguson, Kelvin	Fort Richmond	11.83m 596
3	Stevens, Kevin	Dakota	11.79m 594
4	Oleksuk, Boe	Joseph H. Kerr	11.70m 588
5	Macaulay, Connor	Kci	11.56m 580
6	Beddome, Aaron	Olympiens	11.05m 549
7	Kennedy, Ryan	Westgate	10.78m 533
8	Spulnick, Keith	Gimli	10.25m 501
9	Vercaigne, Nathan	William Morton	10.06m 489
10	Gates, Jesse	Tigers	9.44m 452
11	Sharifzadah, Aries	Kildonan East	8.43m 392
12	Coy, Evan	Oak Park	8.32m 385
13	Bernstein, Matt	St. Paul's	8.00m 366

Boys Discus Throw 1.5 kg Varsity

Name	Year School	Finals
1	Sedor, Drew	Ste. Rose 45.50m
2	Timmerman, Brett	Treherne 39.42m
3	Kiesman, Nathon	Warren 37.38m
4	Nowakowski, Jordan	Nellie McClung 34.52m
5	Korban, Jay	Mennonite Brethe 34.49m
6	Rempel, Matthew	morr 33.93m
7	Dela Cruz, Reighmond	Sisler 33.30m
8	Versteeg, Ryan	Immanuel Christi 32.15m
9	Zelenitsky, Mike	Gimli 31.17m
10	Moore, Michael	Dakota 30.67m
11	Funk, Mike	West Kildonan 30.34m
12	Russell, Curtis	Glenlawn 29.97m
13	Brar, Cjay	Fort Richmond 29.06m
14	Dietrich, Dillon	Tigers 26.26m
15	Tiede, Tyler	Tec Voc 25.32m
16	Damianakos, Daylon	Maples 24.58m
17	Charbonneau, Marc	John Taylor 22.27m

18 Plato, Aaron	Vincent Massey (	21.67m
-- DiGaetano, Bruno	Steinbach Re	FOUL

Boys Javelin Throw 700 g Varsity

MILK: M 56.22m 2008			Justin Twiss, Elm Creek
Name	Year School	Finals	
1 Fehr, Andrew	Green Valley	52.54m	
2 Jackson, Evan	Mennonite Brethe	50.19m	
3 Lemire, Josh	Glenlawn	48.61m	
4 Fallis, Jesse	Warren	48.34m	
5 Alipio, Angelo	Maples	45.50m	
6 Mulvey, Riley	pai	45.22m	
7 Schmidt, Devin	Huskies	43.98m	
8 Buchanan, Arthur	Fort Richmond	43.56m	
9 Laser, Alex	Glenlawn	37.59m	
10 Kuol, Marial	Miles Mac	35.11m	
11 Boys, Caine	Crocus Plains	29.59m	
12 Luff, Ethan	John Taylor	28.63m	
13 Sefton, Colin	Vincent Massey (	25.24m	
-- McDonald, Reed	Steinbach Re	FOUL	
-- Shingoose, Kyle	Grandview	FOUL	

Boys Tetrathlon Varsity

MILK: M 2523 2007			Tyler Nelson, Lord Selkirk High School
Name	Year School	Finals	
1 Ferguson, Kelvin	Fort Richmond	2447	
2 Beddome, Aaron	Olympiens	2417	
3 Hacault, Mitch	Glenboro	2315	
4 Oleksuk, Boe	Joseph H. Kerr	2280	
5 Kennedy, Ryan	Westgate	2271	
6 Vercaigne, Nathan	William Morton	2202	
7 Spulnick, Keith	Gimli	2184	
8 Macaulay, Connor	Kci	2168	
9 Gates, Jesse	Tigers	1924	
10 Coy, Evan	Oak Park	1870	
11 Bernstein, Matt	St. Paul's	1867	