



Aaron Anderson, Commissioner of Athletics  
Regina High Schools Athletic Association  
#1- 575 Park Street  
Regina, SK S4N 5B2  
Phone: (306) 522 - 5572  
e-mail: aaron.anderson@rbe.sk.ca

“EDUCATION THROUGH SPORT”

## 2019 Track & Field Mini Meet #3 Results

Date: May 15, 2019

### Jumps

Long Jump			
<b>Midget Boys</b>			
	<b>Name</b>	<b>School</b>	<b>Distance</b>
1.	Brayden Chamryk	Riffel	4.88m
2.	Dhenver Degoro	O'Neill	4.87m
3.	Brandon Maracle	O'Neill	4.71m
<b>Junior Boys</b>			
	<b>Name</b>	<b>School</b>	<b>Distance</b>
1.	Rick Poligartes	O'Neill	5.55m
2.	Zeus Anonas	O'Neill	5.02m
3.	Jackson Fellner	Martin	4.98m
<b>Senior Boys</b>			
	<b>Name</b>	<b>School</b>	<b>Distance</b>
1.	Mark Koffi	Laval	5.12m
2.	Andre Smith	Martin	5.09m
3.	Andy Tmariam	Miller	4.96m

Triple Jump			
<b>Midget Girls</b>			
	<b>Name</b>	<b>School</b>	<b>Distance</b>
1.	Kaidyn Keith	Riffel	9.82m
2.	Alex Sutherland	Miller	9.11m
3.	Mackenzie Bigelo	Miller	9.04m
<b>Junior Girls</b>			
	<b>Name</b>	<b>School</b>	<b>Distance</b>
1.	Rachel Kirk	Miller	9.23m
2.	Brooke Bentz	Riffel	8.79m
3.	Zoe Deiana	Miller	8.26m
<b>Senior Girls</b>			
	<b>Name</b>	<b>School</b>	<b>Distance</b>
1.	Raissa Murwanashyaka	Laval	10.04m
2.	Madison Wszolek	O'Neill	9.74m
3.	Kaitlyn Matthews	O'Neill	7.91m
High Jump			
<b>Midget Girls</b>			
	<b>Name</b>	<b>School</b>	<b>Height</b>
1.	Natalie Klein	Miller	1.40m

2.	Hayley Roland	Luther	1.25m
3.			
<b>Junior Girls</b>			
	<b>Name</b>	<b>School</b>	<b>Height</b>
1.	Saryn Hughes	Campbell	1.45m
2.			
3.			
<b>Senior Girls</b>			
	<b>Name</b>	<b>School</b>	<b>Height</b>
1.	Raissa Murwanashyaka	Laval	1.50m
2.	Claire Ledingham	Luther	1.35m
3.	Nicole Ponto	Luther	1.35m

## Throws

Shot Put			
<b>Midget Boys</b>			
	<b>Name</b>	<b>School</b>	<b>Distance</b>
1.	Xandray Lagimodiere	Miller	10.72m
2.	Jake Orthner	Martin	10.68m
3.	Izak Wozniak	RCS	9.52m
<b>Junior Boys</b>			
	<b>Name</b>	<b>School</b>	<b>Distance</b>
1.	Lundyn Kups	Martin	12.00m
2.	Kaeden Brennan	LeBoldus	11.32m
3.	Ryan Evans	O'Neill	10.64m
<b>Senior Boys</b>			
	<b>Name</b>	<b>School</b>	<b>Distance</b>
1.	Ethan Vibert	Miller	13.04m
2.	Payton O'Connor	Riffel	11.01m
3.	Kion Khandehroo	Riffel	10.84m

Discus			
<b>Midget Girls</b>			
	<b>Name</b>	<b>School</b>	<b>Distance</b>
1.	Sianna Forsberg	Thom	18.60m
2.	Allison Drever	Luther	16.07m
3.	Aurora Zuck	O'Neill	13.86m
<b>Junior Girls</b>			
	<b>Name</b>	<b>School</b>	<b>Distance</b>
1.	Kaylee Dyer	Martin	21.53m
2.	Addison Verot	Martin	19.36m
3.	Makena Ricard	Campbell	17.91m
<b>Senior Girls</b>			
	<b>Name</b>	<b>School</b>	<b>Distance</b>
1.	Donna Dumitrescu	Campbell	18.76m
2.	Olivia Rempel	Luther	16.40m
3.			

Javelin			
<b>Midget Boys</b>			
	<b>Name</b>	<b>School</b>	<b>Distance</b>
1.	Jake Orthner	Martin	25.02m
2.	Xandray Lagimodiere	Miller	23.68m
3.	Kai Murray	RCS	18.49m
<b>Junior Boys</b>			
	<b>Name</b>	<b>School</b>	<b>Distance</b>
1.	Jadrienne Fepasco	O'Neill	28.45m
2.	Jesse Fischer	Luther	27.79m
3.	Josh Seifer	Luther	25.32m
<b>Senior Boys</b>			
	<b>Name</b>	<b>School</b>	<b>Distance</b>
1.	Anthony Jordan	O'Neill	36.86m
2.	Emmanuel Osaseri	Campbell	34.16m
3.	Kian Khandehiro	Riffel	30.21m

## Races

100 M			
<b>Midget Boys</b>			
	<b>Name</b>	<b>School</b>	<b>Time</b>
1.	Kaylum Langmo	Riffel	11.50
2.	Zachary Streibel	Thom	11.89
3.	Evan Ripplinger	Miller	12.09
<b>Junior Boys</b>			
	<b>Name</b>	<b>School</b>	<b>Time</b>
1.	Brett Petersen	O'Neill	11.30
2.	Nick Kalume	Miller	11.98
3.	Rick Poligrates	O'Neill	12.01
<b>Senior Boys</b>			
	<b>Name</b>	<b>School</b>	<b>Time</b>
1.	Joshua Wiome	FWJ	11.24
2.	Kieren Poissant	Miller	11.45
3.	Nathan Weiman	FWJ	11.59
<b>Midget Girls</b>			
	<b>Name</b>	<b>School</b>	<b>Time</b>
1.	Emma Metz	Miller	13.16
2.	Jessica Rooney	LeBoldus	13.79
3.	Maia Poirier	LeBoldus	13.81
<b>Junior Girls</b>			
	<b>Name</b>	<b>School</b>	<b>Time</b>
1.	Emnet Nixon	Miller	13.25
2.	Abigail Kachaluba	Riffel	14.93
3.	Simran Brar	Luther	15.41
<b>Senior Girls</b>			
	<b>Name</b>	<b>School</b>	<b>Time</b>
1.	Marianne Djigo	WKC	13.04
2.	Madison Wszolek	O'Neill	13.70
3.	Samantha Miller	O'Neill	13.74

## 400 M

400 M			
Midget Boys			
	Name	School	Time
1.	Jon Podbielski	Campbell	58.32
2.	Avan Thakurdeen	Thom	1:02.50
3.	Isaac McPherson	Luther	1:03.63
Junior Boys			
	Name	School	Time
1.	Hayden Stark	Miller	1:03.07
2.	Jordan Ha	Luther	1:06.78
3.			
Senior Boys			
	Name	School	Time
1.	Quincy Telus	Campbell	52.76
2.	Thomas Haidl	SWC	55.01
3.	Omer Labrie-Bouley	Laval	55.57
Midget Girls			
	Name	School	Time
1.	Kaidyn Keith	Riffel	1:08.92
2.	Sophie Gettle	Miller	1:06.24
3.	Marysa Sereda	Riffel	1:08.92
Junior Girls			
	Name	School	Time
1.	Arden Nicholls	SWC	1:04.86
2.	Morgan Elkew	Campbell	1:17.69
3.			
Senior Girls			
	Name	School	Time
1.	Evangelia Kourles	Campbell	1:22.53
2.	Jayna McKnight	Balfour	2:16.46
3.			

## Relay

Relay			
Midget Boys			
	Name	School	Time
1.			
2.			
3.			
Junior Boys			
	Name	School	Time
1.			
2.			
3.			
Senior Boys			
	Name	School	Time
1.	O'Neill		47.41
2.	Laval		49.25
3.	Martin 'A'		49.84
Midget Girls			

<b>Name</b>	<b>School</b>	<b>Time</b>
<b>1.</b>		
<b>2.</b>		
<b>3.</b>		
<b>Junior Girls</b>		
<b>Name</b>	<b>School</b>	<b>Time</b>
<b>1.</b>		
<b>2.</b>		
<b>3.</b>		
<b>Senior Girls</b>		
<b>Name</b>	<b>School</b>	<b>Time</b>
<b>1. Miller</b>		<b>54.86</b>
<b>2. O'Neill 'A'</b>		<b>56.38</b>
<b>3. O'Neill 'B'</b>		<b>1:00.79</b>