

## 2011 Regina Friendship Games - 03/12/2011

Regina Fieldhouse, Regina, Saskatchewan

## Results - Saturday

**Event 1 Indoor Pentathlon: #1 Women 20-34 60 Meter Hurdles Senior Indoor Pentath**

Name	Year Team	Finals	Points
Finals			
1 Rumpel, Megan	93 Cougars	9.61	787
2 Paul, Karleigh	93 Cougars	10.41	637

**Event 3 Girls 16-17 Shot Put 4 kg Youth**

Name	Year Team	Seed	Finals
1 Mayne, Juliana	95 Excel Athletika		7.99m
2 Armstead, Kirstie	96 Excel Athletika		6.05m

**Event 4 Boys 16-17 Shot Put 5 kg Youth**

Name	Year Team	Seed	Finals
1 Shewfelt, Tory	95 Excel Athletika		13.49m

**Event 5 Men 35-99 Shot Put Masters**

Name	Year Team	Seed	Finals
1 Greschuk, Leonard	68 Unattached		6.20m

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

Name	Year Team	Finals	Points
1 Schmidt, Kylee	00 EXCL	3.30m	161
2 Johnson, Mackenzie	02 Tisdale Track Club	3.01m	109
3 Hamilton, Claire	01 Excel Athletika	2.34m	16

**Event 7 Triathlon: #1 Boys 6-11 Long Jump Pee Wee Triathlon**

Name	Year Team	Finals	Points
1 Vanderhooft, Andrew	01 EXCL	3.68m	156
2 Cox, Adrian	00 Excel Athletika	3.44m	122
3 Melnechenko, Kaden	00 Excel Athletika	3.20m	90
4 Polischuk, Max	02 Excel Athletika	2.97m	62
5 Sapach, Alexander	02 Excel Athletika	2.20m	
6 Braich, Armaan	04 Excel Athletika	2.01m	

**Event 8 Triathlon: #2 Girls 12-13 Long Jump Bantam Triathlon**

Name	Year Team	Finals	Points
1 Thrun, Courtney	98 Excel Athletika	4.85m	519
2 Melnechenko, Megan	98 Excel Athletika	4.17m	347
3 Lautenslager, Sydney	98 Excel Athletika	3.73m	248
4 Siebeneich, Taysha	98 Excel Athletika	3.65m	231
5 Melnechenko, Alexa	98 Excel Athletika	3.60m	220
6 Dreveny, Sydney	99 Excel Athletika	3.39m	178
7 MacDonald, Lauren	98 Excel Athletika	3.19m	140

**2011 Regina Friendship Games - 03/12/2011****Regina Fieldhouse, Regina, Saskatchewan****Results - Saturday****....Event 8 Triathlon: #2 Girls 12-13 Long Jump Bantam Triathlon**

8 Sambrook, Tori	99	Excel Athletika	2.96m	100
9 Moldenhauer, Taylor	99	Excel Athletika	2.60m	46
10 Braich, Mehrab	99	Excel Athletika	2.11m	

**Event 9 Triathlon: #2 Boys 12-13 Long Jump Bantam Triathlon**

Name	Year	Team	Finals	Points
1 Poissant, Benjamin	99	Excel Athletika	3.88m	187

**Event 10 Triathlon: #1 Girls 6-11 Long Jump Pee Wee Triathlon**

Name	Year	Team	Finals	Points
1 Shumay, Mikaela	01	Excel Athletika	2.23m	7

**Event 11 Girls 1-11 High Jump Pee Wee**

Name	Year	Team	Seed	Finals
1 Hamilton, Claire	01	Excel Athletika		0.80m

**Event 12 Boys 1-11 High Jump Pee Wee**

Name	Year	Team	Seed	Finals
1 Vanderhooft, Andrew	01	EXCL		1.25m
2 Melnechenko, Kaden	00	Excel Athletika		0.95m
3 Braich, Armaan	04	Excel Athletika		0.75m
-- Sapach, Alexander	02	Excel Athletika		NH

**Event 13 Indoor Pentathlon: #1 Men 20-34 60 Meter Hurdles Senior Indoor Pentathl**

Name	Year	Team	Finals	Points
1 Barber, Michael	86	Cougars	9.17	709
2 Birch, Carter	93	Cougars	9.85	570

**Event 14 Girls 12-13 800 Meter Run Bantam**

Name	Year	Team	Seed	Finals
1 Randall, Brenna	98	Excel Athletika	3:06.88	2:47.95
2 Reed, Madison	98	Excel Athletika		2:51.59
3 McArthur, Heather	99	Striders		2:53.40
4 Sambrook, Tori	99	Excel Athletika		2:58.50
-- Braich, Mehrab	99	Excel Athletika		DNF

**Event 15 Boys 12-13 800 Meter Run Bantam**

Name	Year	Team	Seed	Finals
1 Kukura, Miguel	98	Excel Athletika		2:28.50
2 Thiel, Michael	99	Excel Athletika		2:40.79
3 Beke, Joshua	99	Excel Athletika		3:07.05

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## Results - Saturday

## ....Event 15 Boys 12-13 800 Meter Run Bantam

4 Mehlhorn, Lucas	99 EXCL	3:08.84
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## Event 16 Girls 14-15 800 Meter Run Midget

Name	Year Team	Seed	Finals
1 Sutter, Nyka	96 Striders	2:24.51	2:29.88
2 Benko, Emily	97 Excel Athletika		2:46.03

## Event 17 Boys 14-15 800 Meter Run Midget

Name	Year Team	Seed	Finals
1 Strueby, Jeffrey	97 Excel Athletika	3:09.35	2:40.79

## Event 18 Girls 16-17 800 Meter Run Youth

Name	Year Team	Seed	Finals
1 Olmstead, Morgyn	95 Excel Athletika		2:26.47
2 Zemlak, Sophia	95 Striders	2:28.21	2:28.54
3 Schafer, Sadie	95 Excel Athletika		2:29.82
4 Strueby, Erin	95 Excel Athletika	3:05.87	2:46.09

## Event 19 Women 20-34 800 Meter Run Senior

Name	Year Team	Seed	Finals
1 Davis, Anneliese	94 Striders	2:17.27	2:23.13
2 Boehmer, Mieka	85 Unattached		3:02.62

## Event 20 Men 20-34 800 Meter Run Senior

Name	Year Team	Seed	Finals
1 Wand, Jordan	94 Striders	1:52.12	1:56.74
2 Sleightholm, Michael	94 Striders	2:06.63	2:06.01
3 Ginawi, Friday	95 Striders	2:08.00	2:11.02
4 Potosome, Miguel	90 Unattached	2:10.00	2:17.38

## Event 21 Indoor Pentathlon: #2 Women 20-34 High Jump Senior Indoor Pentathlon

Name	Year Team	Finals	Points
1 Rumpel, Megan	93 Cougars	1.66m	806
2 Paul, Karleigh	93 Cougars	1.36m	470

## Event 22 Girls 14-15 High Jump Midget

Name	Year Team	Seed	Finals
1 Armstead, Kirstie	96 Excel Athletika	1.20m	1.36m
2 Hoffart, Taylor	97 Excel Athletika		1.30m

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**Event 23 Girls 16-17 High Jump Youth**

Name	Year Team	Seed	Finals
1 Wilker, Justine	95 Excel Athletika		1.42m

**Event 24 Women 20-34 High Jump Senior**

Name	Year Team	Seed	Finals
1 Haselhan, Shalane	91 Cougars	1.66m	1.69m
2 Anderson, Dagmar	93 Cougars	1.60m	1.60m

**Event 25 Girls 10-11 600 Meter Run Pee Wee**

Name	Year Team	Seed	Finals
1 Wenger, Jordan	00 Striders	2:12.00	2:02.14
2 Kraft, Callum	01 Striders	2:12.00	2:08.19
3 Johnson, Mackenzie	02 Tisdale Track Club	2:05.00	2:09.44
4 Diemert, Monique	01 Excel Athletika		2:09.90
5 Reed, Brooke	00 Excel Athletika		2:35.70
6 Hamilton, Claire	01 Excel Athletika		2:46.39

**Event 26 Boys 10-11 600 Meter Run Pee Wee**

Name	Year Team	Seed	Finals
1 Dumanski, Nathan	01 Excel Athletika		2:02.37
2 Olate, Maverick	00 Excel Athletika		2:07.59
3 Palmer, Kristopher	01 Excel Athletika		2:43.21

**Event 27 Triathlon: #3 Girls 6-11 600 Meter Run Pee Wee Triathlon**

Name	Year Team	Finals	Points
1 Shumay, Mikaela	01 Excel Athletika	2:33.89	97

**Event 28 Men 20-34 Long Jump Senior**

Name	Year Team	Seed	Finals
1 Huber, Wade	85 Unattached Cougars		7.10m
2 Alkabary, Ahmed	93 Cougars	6.97m	6.84m
3 Ewen, Lex	92 Cougars	6.71m	6.63m
4 Hauser, Simon	92 Cougars		6.08m

**Event 29 Indoor Pentathlon: #2 Men 20-34 Long Jump Senior Indoor Pentathlon**

Name	Year Team	Finals	Points
1 Barber, Michael	86 Cougars	6.19m	628
2 Birch, Carter	93 Cougars	5.44m	469

**2011 Regina Friendship Games - 03/12/2011****Regina Fieldhouse, Regina, Saskatchewan****Results - Saturday****Event 30 Girls 14-15 60 Meter Dash Midget**

Name	Year Team	Seed	Finals
1 White, Sarah	96 KATC		8.76
2 Armstead, Kirstie	96 Excel Athletika		8.90
3 Greggains, Shea	97 Excel Athletika		8.94
4 Gemmell, Jasmine	96 Excel Athletika		8.99
5 Gerbrandt, Jessica	96 Excel Athletika		9.61

**Event 31 Girls 16-17 60 Meter Dash Youth**

Name	Year Team	Seed	Finals
1 Anderson, Madeline	95 Excel Athletika	10.07	8.98

**Event 32 Boys 14-15 60 Meter Dash Midget**

Name	Year Team	Seed	Finals
1 Pederson, Ty	97 Tisdale Track Club	7.76	7.63
2 Bistritzan, Myles	99 Striders		8.37

**Event 33 Women 18-19 60 Meter Dash Junior**

Name	Year Team	Seed	Finals
1 Lavoy, Renee	95 Excel Athletika		8.20

**Event 34 Women 20-34 60 Meter Dash Senior**

Name	Year Team	Seed	Finals
1 Proctor, Shinelle	91 Cougars		7.90
2 Margetts, Merissa	91 Cougars	7.73	7.93
3 Bohachewski, Kelsey	92 Cougars	7.90	8.25
4 Betteridge, Chantell	92 Cougars	8.14	8.43
5 Jestadt, Alison	89 Cougars	8.12	8.50

**Event 35 Men 20-34 60 Meter Dash Senior**

Name	Year Team	Seed	Finals
1 Campbell, Tevaughn	93 Cougars	6.93	6.94
2 Foote, Mason	89 Unattached Cougars	6.77	7.13
3 Huber, Wade	85 Unattached Cougars		7.20
4 Nystuen, Tait	91 Cougars	7.02	7.20
5 Laville, Brian	77 Unattached		7.24
6 White, Craig	90 Cougars	7.20	7.27
7 Brown, Cale	92 Cougars	7.25	7.63
8 Ward, Arthur	90 Cougars	7.60	7.95

**Event 36 Girls 12-13 High Jump Bantam**

Name	Year Team	Seed	Finals
1 Thrun, Courtney	98 Excel Athletika		1.45m

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## ....Event 36 Girls 12-13 High Jump Bantam

2	Evans, Rachel	99 Striders	1.42m	1.40m
3	MacDonald, Lauren	98 Excel Athletika		1.15m
--	Sambrook, Tori	99 Excel Athletika		NH
--	Braich, Mehrab	99 Excel Athletika		NH

## Event 37 Boys 12-13 High Jump Bantam

Name	Year Team	Seed	Finals
1 Loster, Cale	98 Excel Athletika		1.55m
2 Kukura, Miguel	98 Excel Athletika		1.25m

## Event 38 Boys 16-17 800 Meter Run Youth

Name	Year Team	Seed	Finals
1 Preston, Eric	95 EXCL		2:18.21

## Event 39 Girls 14-15 Long Jump Midget

Name	Year Team	Seed	Finals
1 Armstead, Kirstie	96 Excel Athletika	3.38m	4.31m
2 White, Sarah	96 KATC		4.24m
3 Greggains, Shea	97 Excel Athletika		4.08m
4 Gerbrandt, Jessica	96 Excel Athletika	3.26m	3.93m

## Event 40 Boys 14-15 Long Jump Midget

Name	Year Team	Seed	Finals
1 Pederson, Ty	97 Tisdale Track Club		5.56m
2 Kukura, Miguel	98 Excel Athletika		4.07m

## Event 41 Girls 16-17 Long Jump Youth

Name	Year Team	Seed	Finals
1 Anderson, Madeline	95 Excel Athletika	3.60m	4.75m

## Event 42 Women 35-99 Long Jump Masters

Name	Year Team	Seed	Finals
1 Lafayette-Boyd, Carol	42 Excel Athletika	4.29m	3.69m

## Event 43 Men 35-99 Long Jump Masters

Name	Year Team	Seed	Finals
1 Koza, Joe	35 Unattached		3.62m
2 Delhomeau, Roland	45 CCTM		3.35m

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**Event 44 Women 35-99 60 Meter Dash Masters**

Name	Year Team	Seed	Finals
1 Lafayette-Boyd, Carol	42 Excel Athletika	9.19	9.57

**Event 45 Men 35-99 60 Meter Dash Masters**

Name	Year Team	Seed	Finals
1 Ellis, Colin	67 Excel Athletika		7.93
2 Greschuk, Leonard	68 Unattached		10.24

**Event 46 Girls 12-13 60 Meter Hurdles 30" Bantam**

Name	Year Team	Seed	Finals
1 Thrun, Courtney	98 Excel Athletika		11.24

**Event 47 Girls 14-15 60 Meter Hurdles 30" Midget**

Name	Year Team	Seed	Finals
1 Hoffart, Taylor	97 Excel Athletika		14.63

**Event 48 Indoor Pentathlon: #3 Women 20-34 Shot Put Senior Indoor Pentathlon**

Name	Year Team	Finals	Points
1 Rumpel, Megan	93 Cougars	8.61m	439
2 Paul, Karleigh	93 Cougars	7.99m	399

**Event 49 Women 18-34 Shot Put 4 kg Senior**

Name	Year Team	Seed	Finals
1 Labrecque, Chantelle	91 Cougars	12.53m	11.53m
2 Wolfe, Danika	92 Cougars	10.53m	10.52m
3 Boehmer, Mieka	85 Unattached		10.47m
4 Bassingthwaite, Kyla	93 Cougars		8.97m

**Event 51 Girls 16-17 1500 Meter Run Youth**

Name	Year Team	Seed	Finals
1 Schafer, Sadie	95 Excel Athletika		5:30.08

**Event 51 Women 20-34 60 Meter Hurdles 33" Senior**

Name	Year Team	Seed	Finals
1 Margetts, Merissa	91 Cougars	8.99	9.25
2 Bauck, Sarah	89 Cougars	9.95	9.35
3 Propp, Adrea	92 Cougars		9.89
-- Wylie, Amber	92 Cougars		DQ #168.7

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**Event 52 Boys 16-17 1500 Meter Run Youth**

Name	Year Team	Seed	Finals
1 Preston, Eric	95 EXCL		4:59.19

**Event 52 Boys 16-17 60 Meter Hurdles 36" Youth**

Name	Year Team	Seed	Finals
1 Hoffart, Dylan	94 Excel Athletika		9.48

**Event 53 Men 20-34 60 Meter Hurdles 42" Senior**

Name	Year Team	Seed	Finals
1 McLellan, Ian	92 Cougars		8.87
2 Steininger, Dustin	93 Cougars		9.30

**Event 54 Women 20-34 3000 Meter Run Senior**

Name	Year Team	Seed	Finals
1 Cripps, Nicole	95 Striders		12:22.36

**Event 55 Men 20-34 3000 Meter Run Senior**

Name	Year Team	Seed	Finals
1 Johnson, Matthew	97 Striders	10:14.56	10:07.82
2 Smith, Brennen	97 Striders	10:55.78	10:58.12

**Event 56 Indoor Pentathlon: #3 Men 20-34 Shot Put Senior Indoor Pentathlon**

Name	Year Team	Finals	Points
1 Barber, Michael	86 Cougars	12.62m	644
2 Birch, Carter	93 Cougars	8.37m	388

**Event 57 Men 18-34 Shot Put 7.26 kg Senior**

Name	Year Team	Seed	Finals
1 Pickering, Chris	89 Cougars	16.48m	15.87m
2 Hicks, Akiem	90 Unattached		13.81m
3 Bray, Cy	93 Cougars		11.94m
4 Pakula, Codey	90 Cougars	11.30m	10.44m
5 Jones, Brett	91 Unattached		10.35m

**Event 58 Girls 14-15 200 Meter Dash Midget**

Name	Year Team	Seed	Finals
1 Hoffart, Taylor	97 Excel Athletika		31.47



**2011 Regina Friendship Games - 03/12/2011****Regina Fieldhouse, Regina, Saskatchewan****Results - Saturday****Event 59 Girls 16-17 200 Meter Dash Youth**

Name	Year Team	Seed	Finals
1 Olmstead, Morgyn	95 Excel Athletika		28.70

**Event 60 Indoor Pentathlon: #4 Women 20-34 Long Jump Senior Indoor Pentathlon**

Name	Year Team	Finals	Points
1 Rumpel, Megan	93 Cougars	4.85m	519
2 Paul, Karleigh	93 Cougars	4.53m	436

**Event 61 Women 20-34 Long Jump Senior**

Name	Year Team	Seed	Finals
1 White, Julia	92 Cougars	5.11m	5.17m
2 Betteridge, Chantell	92 Cougars		4.98m
3 Sander, Shelby	93 Cougars		4.78m

**Event 62 Boys 14-15 200 Meter Dash Midget**

Name	Year Team	Seed	Finals
1 Pederson, Ty	97 Tisdale Track Club	24.26	24.76
2 Bistriztan, Myles	99 Striders		28.81
3 Kukura, Miguel	98 Excel Athletika		29.20

**Event 63 Women 18-19 200 Meter Dash Junior**

Name	Year Team	Seed	Finals
1 Lavoy, Renee	95 Excel Athletika		27.02

**Event 64 Women 20-34 200 Meter Dash Senior**

Name	Year Team	Seed	Finals	H#
1 Margetts, Merissa	91 Cougars	25.71	26.34	2
2 Proctor, Shinelle	91 Cougars		26.40	1
3 Bohachewski, Kelsey	92 Cougars	26.36	26.66	2
4 Propp, Adrea	92 Cougars	27.44	27.13	2
5 Wylie, Amber	92 Cougars		27.96	1
6 Haselhan, Shalane	91 Cougars		28.14	2
7 Bauck, Sarah	89 Cougars		28.25	2
8 Sander, Shelby	93 Cougars		29.61	1

**Event 65 Men 20-34 200 Meter Dash Senior**

Name	Year Team	Seed	Finals	H#
1 Nystuen, Tait	91 Cougars	22.89	22.57	2
2 Foote, Mason	89 Unattached Cougars	22.59	22.78	2
3 McLellan, Ian	92 Cougars	24.13	23.40	2
4 White, Craig	90 Cougars	23.80	23.76	2
5 Alkabary, Ahmed	93 Cougars		23.77	1

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## ...Event 65 Men 20-34 200 Meter Dash Senior

6 Ewen, Lex	92 Cougars		24.02	1
7 Brown, Cale	92 Cougars	24.56	24.53	2
8 Steininger, Dustin	93 Cougars		24.73	1
9 Hauser, Simon	92 Cougars		25.65	1

## Event 66 Boys 14-15 High Jump Midget

Name	Year Team	Seed	Finals
1 Pederson, Ty	97 Tisdale Track Club		1.64m

## Event 66 Men 35-99 200 Meter Dash Masters

Name	Year Team	Seed	Finals
1 Ellis, Colin	67 Excel Athletika		26.43
2 Greschuk, Leonard	68 Unattached		34.44

## Event 67 Girls 1-11 1000 Meter Run Pee Wee

Name	Year Team	Seed	Finals
1 Reed, Brooke	00 Excel Athletika		4:45.28

## Event 68 Boys 1-11 1000 Meter Run Pee Wee

Name	Year Team	Seed	Finals
1 Braich, Armaan	04 Excel Athletika		4:58.81

## Event 69 Triathlon: #2 Girls 6-11 Shot Put Pee Wee Triathlon

Name	Year Team	Finals	Points
1 Schmidt, Kylee	00 EXCL	4.75m	193
2 Johnson, Mackenzie	02 Tisdale Track Club	3.71m	128
3 Hamilton, Claire	01 Excel Athletika	2.58m	60

## Event 70 Triathlon: #2 Boys 6-11 Shot Put Pee Wee Triathlon

Name	Year Team	Finals	Points
1 Vanderhooft, Andrew	01 EXCL	6.53m	280
2 Melnechenko, Kaden	00 Excel Athletika	6.01m	249
3 Cox, Adrian	00 Excel Athletika	5.91m	244
4 Sapach, Alexander	02 Excel Athletika	4.02m	135
5 Polischuk, Max	02 Excel Athletika	4.01m	135
6 Braich, Armaan	04 Excel Athletika	2.11m	30

## Event 71 Triathlon: #1 Girls 12-13 Shot Put Bantam Triathlon

Name	Year Team	Finals	Points
1 Thrun, Courtney	98 Excel Athletika	8.21m	413
2 MacDonald, Lauren	98 Excel Athletika	6.77m	320

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## ....Event 71 Triathlon: #1 Girls 12-13 Shot Put Bantam Triathlon

3	Melnechenko, Megan	98	Excel Athletika	6.48m	302
4	Melnechenko, Alexa	98	Excel Athletika	6.13m	280
5	Siebeneich, Taysha	98	Excel Athletika	5.88m	264
6	Lautenslager, Sydney	98	Excel Athletika	5.87m	263
7	Sambrook, Tori	99	Excel Athletika	5.45m	237
8	Dreveny, Sydney	99	Excel Athletika	5.30m	227
9	Moldenhauer, Taylor	99	Excel Athletika	3.40m	109

## Event 72 Triathlon: #1 Boys 12-13 Shot Put Bantam Triathlon

Name	Year	Team	Finals	Points
1 Poissant, Benjamin	99	Excel Athletika	6.91m	302

## Event 73 Triathlon: #2 Girls 6-11 Shot Put Pee Wee Triathlon

Name	Year	Team	Finals	Points
1 Shumay, Mikaela	01	Excel Athletika	4.41m	171

## Event 74 Girls 6-15 Triple Jump Midget

Name	Year	Team	Seed	Finals
1 White, Sarah	96	KATC		9.36m
2 Melnechenko, Alexa	98	Excel Athletika		8.31m
3 Greggains, Shea	97	Excel Athletika		7.17m

## Event 74 Men 35-99 High Jump Masters

Name	Year	Team	Seed	Finals
1 Koza, Joe	35	Unattached		1.25m

## Event 75 Women 20-34 Triple Jump Senior

Name	Year	Team	Seed	Finals
1 Jestadt, Alison	89	Cougars	11.47m	10.71m

## Event 76 Men 20-34 Triple Jump Senior

Name	Year	Team	Seed	Finals
1 Ward, Arthur	90	Cougars	13.78m	13.23m

## Event 77 Women 35-99 Triple Jump Masters

Name	Year	Team	Seed	Finals
1 Lafayette-Boyd, Carol	42	Excel Athletika	8.58m	7.44m

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**Event 78 Men 35-99 Triple Jump Masters**

Name	Year	Team	Seed	Finals
1 Koza, Joe	35	Unattached		7.73m
2 Delhomeau, Roland	45	CCTM		7.57m

**Event 79 Girls 12-13 1200 Meter Run Bantam**

Name	Year	Team	Seed	Finals
1 Benko, Emily	97	Excel Athletika		4:34.25
2 Trembley, Jaida	99	Striders		4:36.55
3 Randall, Brenna	98	Excel Athletika		4:39.22
4 Reed, Madison	98	Excel Athletika		4:39.39

**Event 80 Indoor Pentathlon: #4 Men 20-34 High Jump Senior Indoor Pentathlon**

Name	Year	Team	Finals	Points
1 Barber, Michael	86	Cougars	1.82m	644
2 Birch, Carter	93	Cougars	1.64m	496

**Event 81 Boys 16-17 High Jump Youth**

Name	Year	Team	Seed	Finals
1 Hoffart, Dylan	94	Excel Athletika		1.79m

**Event 82 Men 20-34 High Jump Senior**

Name	Year	Team	Seed	Finals
1 Eckert, Jeremy	90	Cougars	2.16m	2.05m

**Event 83 Indoor Pentathlon: #5 Women 20-34 800 Meter Run Senior Indoor Pentathlo**

Name	Year	Team	Finals	Points
1 Paul, Karleigh	93	Cougars	2:47.17	493
2 Rumpel, Megan	93	Cougars	2:51.65	447

**Event 84 Girls 14-15 1500 Meter Run Midget**

Name	Year	Team	Seed	Finals
1 Davis, Adriana	96	Striders	4:48.02	5:07.67
2 Slusar, Sarah	96	Striders	4:59.79	5:16.42
3 Sutter, Nyka	96	Striders		5:26.38

**Event 85 Men 35-99 1500 Meter Run Masters**

Name	Year	Team	Seed	Finals
1 Olsen, Dave	71	Unattached	5:20.00	5:10.02

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**Event 86 Indoor Pentathlon: #5 Men 20-34 1000 Meter Run Senior Indoor Pentathlon**

Name	Year Team	Finals	Points
1 Barber, Michael	86 Cougars	2:48.32	783
2 Birch, Carter	93 Cougars	3:14.90	526

**Event 87 Girls 16-17 Weight Throw Youth**

Name	Year Team	Seed	Finals
1 Mayne, Juliana	95 Excel Athletika		10.54m
2 Armstead, Kirstie	96 Excel Athletika		6.74m

**Event 88 Boys 16-17 Weight Throw Youth**

Name	Year Team	Seed	Finals
1 Shewfelt, Tory	95 Excel Athletika		16.83m

**Event 89 Women 20-34 Weight Throw Senior**

Name	Year Team	Seed	Finals
1 Labrecque, Chantelle	91 Cougars	14.36m	13.78m
2 Wolfe, Danika	92 Cougars	12.45m	13.01m
3 Basingthwaite, Kyla	93 Cougars		11.35m

**Event 90 Men 20-34 Weight Throw Senior**

Name	Year Team	Seed	Finals
1 Pickering, Chris	89 Cougars	15.87m	14.85m
2 Pakula, Codey	90 Cougars	14.55m	14.32m

**Event 91 Triathlon: #3 Girls 6-11 60 Meter Dash Pee Wee Triathlon**

Name	Year Team	Finals	Points
1 Johnson, Mackenzie	02 Tisdale Track Club	9.58	426
2 Schmidt, Kylee	00 EXCL	10.04	328
3 Hamilton, Claire	01 Excel Athletika	10.37	265

**Event 92 Triathlon: #3 Boys 6-11 60 Meter Dash Pee Wee Triathlon**

Name	Year Team	Finals	Points
1 Vanderhooft, Andrew	01 EXCL	9.02	300
2 Cox, Adrian	00 Excel Athletika	9.85	143
3 Melnechenko, Kaden	00 Excel Athletika	10.58	49
4 Polischuk, Max	02 Excel Athletika	10.82	28
5 Sapach, Alexander	02 Excel Athletika	10.98	17
6 Braich, Armaan	04 Excel Athletika	12.78	

## 2011 Regina Friendship Games - 03/12/2011

Regina Fieldhouse, Regina, Saskatchewan

Results - Saturday

**Event 93 Triathlon: #3 Girls 12-13 60 Meter Dash Bantam Triathlon**

Name	Year	Team	Finals	H#	Points
1 Thrun, Courtney	98	Excel Athletika	8.65	1	659
2 Melnechenko, Megan	98	Excel Athletika	8.82	2	613
3 Melnechenko, Alexa	98	Excel Athletika	8.98	1	571
4 Lautenslager, Sydney	98	Excel Athletika	9.07	1	548
5 Siebeneich, Taysha	98	Excel Athletika	9.23	2	509
6 Dreveny, Sydney	99	Excel Athletika	9.45	2	456
7 Sambrook, Tori	99	Excel Athletika	9.64	2	413
8 MacDonald, Lauren	98	Excel Athletika	9.64	1	413
9 Moldenhauer, Taylor	99	Excel Athletika	10.58	2	228
10 Braich, Mehrab	99	Excel Athletika	11.24	2	128

**Event 94 Triathlon: #3 Boys 12-13 60 Meter Dash Bantam Triathlon**

Name	Year	Team	Finals	Points
1 Poissant, Benjamin	99	Excel Athletika	8.81	347