



Riversdale Athletics Club, Dec. 9, 2020

U14 Standards Recipients

Name	Event	Performance
Adlen Werbicki	Long jump	3.86m
Aubree Ohryn	800m	2:49.29
Laurel Foster	50m	7.58
	150m	21.27
Lauren Lockert	60m	8.86
Morgan Basset	800m	2:52.78
Logan Kok	50m	6.92
	60m	7.98
	80m	11.12
	150m	19.21
	Shot put	10.53

U16 Standards Recipients

<u>Name</u>	<u>Event</u>	<u>Performance</u>
Abraham Makaby	1200m	3:25.30
Alexis Lewans	400m	59.18
	1500m	4:53.59
Camryn Oliver	60m Hurdles	9.54
Cara Dobrohoczki	200m	29.22
Chloe Fehr	60m	8.65
	200m	29.10
	High jump	1.35m
Elizabeth Wright	1500m	5:27.17
	2000m	7:19.03
	1500m steeplechase	5:23.41
Emma Egert	60m	8.15
	300m	43.44
	60m hurdles	9.34
Kendyl Dziadyk	60m	7.99
	100m	13.30
	60m hurdles	9.37
	80m hurdles	13.44
Jaryn Janzen	200m	27.31
	Shot put	9.36
Laurel Foster	50m	7.58
	200m	29.07
	300m	46.55
Logan Kok	60m	7.98

U16 – continued

Mathieu LaFreniere	60m	7.82
	200m	25.10
	300m	40.83
	60m Hurdles	9.28
Mesele Klassen	200m	23.06
Nathan Granger	60m	8.05
	High jump	1.65m
Nathanial Dosman	800m	2:13.46
Ryder Hardy	300m	36.42
Trista Becker	60m	8.34
	200m	28.90
	300m	46.71
Williams Ogunnubi	300m	38.53
	Long jump	5.99

Bronze Standard Recipients

<u>Name</u>	<u>Event</u>	<u>Performance</u>
Abraham Makaby	3000m	9:18.26
	1500m Steeplechase	4:31.82
Aidan Ohryn	60m hurdles	8.93
Alexis Lewans	400m	59.18
	1000m	2:59.52
	1500m	4:53.59
Camryn Oliver	60m hurdles	9.54
Cara Dobrohoczki	1000m	3:20.06
Danielle Hoare	Triple jump	9.91m
Dawson Klinger	100m	11.04
Dayton Uchacz	60m	7.37
Elissa Gigun	1000m	3:16.40
Elizabeth Wright	1000m	3:14.98
	1500m Steeplechase	5:23.41
Emily Williams	Triple jump	10.63m
Emma Egert	60m	8.15
	300m	43.44
	60m hurdles	9.34
Kendyl Dziadyk	60m	7.99
	60m hurdles	9.37
Mathius Yuzdepski	3000m	9:31.90
Mesele Klassen	200m	23:06
Moktar Said	800m	2:04.28
	3000m Steeplechase	9:40.01
Williams Ogunnubi	300m	38.53

Bronze – continued

Jackson Hardy	400m hurdles	59.14
Jaryn Janzen	100m	13.07
	200m	27.31
Josh Websdale	Pole vault	4.31m
Justin Park	60m	7.42
	200m	24.19
Ryder Hardy	100m	11.29
	300m	36.42
	Long jump	6.27m
Sage Slobodzian	Long jump	4.92m
Scott McKerracher	Pole vault	4.40m
Taylor DeJong	Triple jump	9.99m

Silver Standard Recipients

<u>Name</u>	<u>Event</u>	<u>Performance</u>
Abraham Makaby	1500m Steeplechase	4.31.82
Alexis Lewans	400m	59.18
	1000m	2:59.52
Camryn Oliver	60m hurdles	9.54
Cara Dobrohoczki	800m	2:20.98
Dawson Klinger	100m	11.04
	200m	22.07
	300m	36.79
Emma Egert	60m hurdles	9.34
Jayce Janzen	300m	37.05
Jessica McBride	60m hurdles	9.66
Kendyl Dziadyk	60m hurdles	9.37
Mesele Klassen	300m	36.62
Moktar Said	1500m	4:02.90
	3000m	8:49.76
	5000m	15:20.20
Ojamalie Attah	200m	25.90
Ryder Hardy	300m	36.42
Scott Fenton	800m	1:57.31
Trey Pernitsky	800m	1:54.90