

**NEW WEST
SPARTANS
TRACK & FIELD**

**Great results were obtained by New West Spartans at
the BC High School Championships held
June 4-5/10 in Burnaby**

Grade 8-9 Results

Sebastian Adugalski – Gold in 100mh, Gold in LJ,
Gold in 4 x 100m relay, 4th in 100m

John Karis-Cates – Gold in 4 x 100m relay, 9th in 100m

Ahmad Nizamani – 4th place 100mh, 5th place in LJ

Ethan Strome – 5th place 100mh, 12th place in LJ

Mihailo Stefanovic – 6th place 100mh

Alex Korzuchowski – 9th place 100mh

Santiago Ward – 15th place 1500m, 17th place 3000m,
19th place 800m



BC High School Championship June 2010, 100mh - 4 Spartans in top eight

Grade 10, 11 & 12 Results

Damanpreet Rai – 5th place 100mh, 9th place in LJ

Manisha Kandola – 6th place in HJ

Simran Rai – 15th place in 1500RW

Ali Nizamani – 15th place in 400mh

