

6th Annual  
Wetaskiwin Triathlon  
Wetaskiwin, AB  
June 10, 2023

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Kids of Steel Distance Triathlon Competition

Kids of Steel Competition  
KOS: Boys 7 & Under

| -----FINAL----- |       |                   |               |           |              |     | 50 Meter       |      |       | 1.1 Km         |       |       | 0.5 Km        |      |       |
|-----------------|-------|-------------------|---------------|-----------|--------------|-----|----------------|------|-------|----------------|-------|-------|---------------|------|-------|
| Pos             | Time  | Name              | City          | Category  |              |     | -----SWIM----- |      |       | -----BIKE----- |       |       | -----RUN----- |      |       |
|                 |       |                   |               | Plc/Total | Category     | #   | Rank           | Time | /100m | Rank           | Time  | Km/Hr | Rank          | Time | /km   |
| 1               | 11:09 | Berkley BUCHHOLTZ | Peace River   | 1/9       | Boys 7 & Und | 137 | 3              | 2:32 | 5:03  | 1              | 5:40  | 11.6  | 2             | 2:59 | 5:57  |
| 2               | 11:21 | Hayden ROWLAND    | Wetaskiwin    | 2/9       | Boys 7 & Und | 155 | 1              | 2:07 | 4:14  | 3              | 6:35  | 10.0  | 1             | 2:39 | 5:18  |
| 3               | 13:07 | Carson BUCHHOLTZ  | Peace River   | 3/9       | Boys 7 & Und | 138 | 7              | 3:16 | 6:31  | 5              | 6:53  | 9.6   | 3             | 3:00 | 5:59  |
| 4               | 14:53 | Sawyer DREICHEL   | Millet        | 4/9       | Boys 7 & Und | 153 | 5              | 2:51 | 5:41  | 6              | 8:12  | 8.0   | 6             | 3:51 | 7:42  |
| 5               | 15:39 | Robert CARTER     | Leduc         | 5/9       | Boys 7 & Und | 154 | 2              | 2:21 | 4:41  | 2              | 6:25  | 10.3  | 9             | 6:55 | 13:49 |
| 6               | 16:31 | Elliot SEMENIUK   | Edmonton      | 6/9       | Boys 7 & Und | 161 | 6              | 2:59 | 5:57  | 4              | 6:47  | 9.7   | 8             | 6:47 | 13:33 |
| 7               | 16:43 | Owen MAK          | Calgary       | 7/9       | Boys 7 & Und | 159 | 8              | 3:31 | 7:02  | 7              | 9:13  | 7.2   | 7             | 4:00 | 7:59  |
| 8               | 16:47 | Blake TANCOCK     | Wetaskiwin    | 8/9       | Boys 7 & Und | 136 | 9              | 3:31 | 7:02  | 8              | 9:47  | 6.7   | 4             | 3:30 | 7:00  |
| 9               | 17:00 | Oakhlan GODFREY   | Sherwood Park | 9/9       | Boys 7 & Und | 175 | 4              | 2:49 | 5:38  | 9              | 10:30 | 6.3   | 5             | 3:42 | 7:23  |

Kids of Steel Competition  
KOS: Boys 8-9

| -----FINAL----- |       |                      |            |           |          |     | 100 Meter      |      |       | 4.2 Km         |       |       | 1.00 Km       |      |      |
|-----------------|-------|----------------------|------------|-----------|----------|-----|----------------|------|-------|----------------|-------|-------|---------------|------|------|
| Pos             | Time  | Name                 | City       | Category  |          |     | -----SWIM----- |      |       | -----BIKE----- |       |       | -----RUN----- |      |      |
|                 |       |                      |            | Plc/Total | Category | #   | Rank           | Time | /100m | Rank           | Time  | Km/Hr | Rank          | Time | /km  |
| 1               | 17:54 | Danger CHAMBERS      | Wetaskiwin | 1/6       | Boys 8-9 | 158 | 4              | 4:49 | 4:49  | 1              | 7:29  | 33.7  | 1             | 5:37 | 5:37 |
| 2               | 18:52 | Talan ROWLAND        | Wetaskiwin | 2/6       | Boys 8-9 | 156 | 1              | 2:36 | 2:36  | 3              | 10:13 | 24.7  | 2             | 6:04 | 6:04 |
| 3               | 20:01 | Jackson SEMENIUK     | Edmonton   | 3/6       | Boys 8-9 | 160 | 3              | 4:47 | 4:47  | 2              | 8:09  | 30.9  | 4             | 7:06 | 7:06 |
| 4               | 22:15 | Kale Hegedus HEGEDUS | Wetaskiwin | 4/6       | Boys 8-9 | 148 | 2              | 2:45 | 2:45  | 4              | 11:01 | 22.9  | 5             | 8:29 | 8:29 |
| 5               | 25:33 | Austin BENNETT       | Camrose    | 5/6       | Boys 8-9 | 139 | 5              | 5:43 | 5:43  | 6              | 13:11 | 19.1  | 3             | 6:41 | 6:41 |
| 6               | 31:01 | Weston DREICHEL      | Millet     | 6/6       | Boys 8-9 | 152 | 6              | 8:55 | 8:55  | 5              | 12:55 | 19.5  | 6             | 9:12 | 9:12 |

Kids of Steel Competition  
KOS: Boys 10-11

| -----FINAL----- |       |                |            |           |            |     | 200 Meter      |      |       | 4.2 Km         |       |       | 2.0 Km        |       |      |
|-----------------|-------|----------------|------------|-----------|------------|-----|----------------|------|-------|----------------|-------|-------|---------------|-------|------|
| Pos             | Time  | Name           | City       | Category  |            |     | -----SWIM----- |      |       | -----BIKE----- |       |       | -----RUN----- |       |      |
|                 |       |                |            | Plc/Total | Category   | #   | Rank           | Time | /100m | Rank           | Time  | Km/Hr | Rank          | Time  | /km  |
| 1               | 33:17 | Ryder CROMBIE  | Wetaskiwin | 1/8       | Boys 10-11 | 145 | 1              | 3:55 | 1:58  | 1              | 17:22 | 14.5  | 2             | 12:02 | 6:01 |
| 2               | 36:07 | Gabriel OGWU   | Wetaskiwin | 2/8       | Boys 10-11 | 130 | 6              | 8:00 | 4:00  | 2              | 17:37 | 14.3  | 1             | 10:31 | 5:16 |
| 3               | 36:52 | Ellis FELDBERG | WINFIELD   | 3/8       | Boys 10-11 | 164 | 2              | 5:48 | 2:54  | 5              | 18:12 | 13.8  | 3             | 12:53 | 6:27 |

|   |       |                 |              |     |            |     |   |       |      |   |       |      |   |       |       |
|---|-------|-----------------|--------------|-----|------------|-----|---|-------|------|---|-------|------|---|-------|-------|
| 4 | 39:04 | Blake CORIE     | Edmonton     | 4/8 | Boys 10-11 | 133 | 5 | 6:33  | 3:17 | 4 | 17:53 | 14.1 | 4 | 14:39 | 7:20  |
| 5 | 41:59 | Weston GODFREY  | EDMONTON     | 5/8 | Boys 10-11 | 174 | 4 | 6:25  | 3:13 | 6 | 19:47 | 12.7 | 5 | 15:49 | 7:55  |
| 6 | 42:40 | Connor GINGRICH | Edmonton     | 6/8 | Boys 10-11 | 142 | 3 | 6:04  | 3:02 | 3 | 17:49 | 14.1 | 7 | 18:48 | 9:24  |
| 7 | 55:43 | Kai JOHNSON     | Mulhurst Bay | 7/8 | Boys 10-11 | 162 | 7 | 10:00 | 5:00 | 8 | 27:03 | 9.3  | 6 | 18:41 | 9:21  |
| 8 | 56:35 | Jace OMEASOO    | Wetaskiwin   | 8/8 | Boys 10-11 | 167 | 8 | 10:50 | 5:25 | 7 | 23:57 | 10.5 | 8 | 21:49 | 10:55 |

Kids of Steel Competition  
KOS: Girls 7 & Under

| -----FINAL----- |       |                 |            |           |              | 50 Meter       |      |      | 1.1 Km         |      |       | 0.5 Km        |      |      |      |
|-----------------|-------|-----------------|------------|-----------|--------------|----------------|------|------|----------------|------|-------|---------------|------|------|------|
| Pos             | Time  | Name            | City       | Category  |              | -----SWIM----- |      |      | -----BIKE----- |      |       | -----RUN----- |      |      |      |
|                 |       |                 |            | Plc/Total | Category     | #              | Rank | Time | /100m          | Rank | Time  | Km/Hr         | Rank | Time | /km  |
| 1               | 12:59 | Chelsea CROMBIE | Wetaskiwin | 1/7       | Girls 7 & Un | 147            | 4    | 3:02 | 6:04           | 1    | 6:47  | 9.7           | 1    | 3:11 | 6:22 |
| 2               | 13:28 | Charley CORIE   | Edmonton   | 2/7       | Girls 7 & Un | 134            | 1    | 2:33 | 5:06           | 2    | 7:32  | 8.8           | 3    | 3:23 | 6:46 |
| 3               | 15:16 | Keziah HOFFARTH | Wetaskiwin | 3/7       | Girls 7 & Un | 166            | 5    | 3:23 | 6:45           | 4    | 8:31  | 7.7           | 2    | 3:23 | 6:46 |
| 4               | 15:39 | Mehayla ROWLAND | Wetaskiwin | 4/7       | Girls 7 & Un | 172            | 3    | 2:59 | 5:58           | 5    | 9:16  | 7.1           | 4    | 3:25 | 6:49 |
| 5               | 17:42 | Gemma MIHALUS   | Wetaskiwin | 5/7       | Girls 7 & Un | 151            | 7    | 6:11 | 12:21          | 3    | 7:56  | 8.3           | 5    | 3:36 | 7:11 |
| 6               | 18:44 | Madysen HEGEDUS | Wetaskiwin | 6/7       | Girls 7 & Un | 149            | 6    | 4:13 | 8:26           | 6    | 9:44  | 6.8           | 7    | 4:48 | 9:36 |
| 7               | 19:55 | Jordyn JOHNSON  | Wetaskiwin | 7/7       | Girls 7 & Un | 169            | 2    | 2:48 | 5:35           | 7    | 12:33 | 5.3           | 6    | 4:35 | 9:09 |

Kids of Steel Competition  
KOS: Girls 8-9

| -----FINAL----- |       |                 |            |           |           | 100 Meter      |      |      | 4.2 Km         |      |       | 1.00 Km       |      |      |      |
|-----------------|-------|-----------------|------------|-----------|-----------|----------------|------|------|----------------|------|-------|---------------|------|------|------|
| Pos             | Time  | Name            | City       | Category  |           | -----SWIM----- |      |      | -----BIKE----- |      |       | -----RUN----- |      |      |      |
|                 |       |                 |            | Plc/Total | Category  | #              | Rank | Time | /100m          | Rank | Time  | Km/Hr         | Rank | Time | /km  |
| 1               | 18:07 | Kiera ODO NOVAN | Edmonton   | 1/8       | Girls 8-9 | 132            | 2    | 2:47 | 2:47           | 2    | 9:22  | 26.9          | 1    | 5:58 | 5:58 |
| 2               | 19:08 | Maryn KUHARSKI  | Falun      | 2/8       | Girls 8-9 | 177            | 1    | 2:20 | 2:20           | 5    | 10:08 | 24.9          | 4    | 6:41 | 6:41 |
| 3               | 19:11 | Ruari FELDBERG  | WINFIELD   | 3/8       | Girls 8-9 | 163            | 3    | 2:49 | 2:49           | 3    | 10:03 | 25.1          | 3    | 6:20 | 6:20 |
| 4               | 19:51 | Brook TANCOCK   | Wetaskiwin | 4/8       | Girls 8-9 | 135            | 6    | 4:51 | 4:51           | 1    | 7:35  | 33.2          | 6    | 7:26 | 7:26 |
| 5               | 20:58 | Cadence CROMBIE | Wetaskiwin | 5/8       | Girls 8-9 | 146            | 4    | 3:26 | 3:26           | 4    | 10:07 | 24.9          | 7    | 7:27 | 7:27 |
| 6               | 27:52 | Harper DALY     | Leduc      | 6/8       | Girls 8-9 | 140            | 5    | 4:13 | 4:13           | 6    | 16:24 | 15.4          | 5    | 7:16 | 7:16 |
| 7               | 33:35 | Julie BORDUZAK  | Wetaskiwin | 7/8       | Girls 8-9 | 171            | 8    | 7:23 | 7:23           | 7    | 16:38 | 15.2          | 8    | 9:35 | 9:35 |
| 8               | 33:42 | Amari OGWU      | Wetaskiwin | 8/8       | Girls 8-9 | 129            | 7    | 5:47 | 5:47           | 8    | 21:37 | 11.7          | 2    | 6:19 | 6:19 |

Kids of Steel Competition  
KOS: Girls 10-11

| -----FINAL----- |       |                      |          |           |             | 200 Meter      |      |      | 4.2 Km         |      |       | 2.0 Km        |      |       |      |
|-----------------|-------|----------------------|----------|-----------|-------------|----------------|------|------|----------------|------|-------|---------------|------|-------|------|
| Pos             | Time  | Name                 | City     | Category  |             | -----SWIM----- |      |      | -----BIKE----- |      |       | -----RUN----- |      |       |      |
|                 |       |                      |          | Plc/Total | Category    | #              | Rank | Time | /100m          | Rank | Time  | Km/Hr         | Rank | Time  | /km  |
| 1               | 25:15 | Calli KUHARSKI       | Falun    | 1/9       | Girls 10-11 | 176            | 1    | 3:51 | 1:56           | 1    | 9:30  | 26.5          | 2    | 11:55 | 5:58 |
| 2               | 35:26 | Elizabeth ODO NOVAN  | edmonton | 2/9       | Girls 10-11 | 131            | 2    | 4:30 | 2:15           | 2    | 18:01 | 14.0          | 4    | 12:56 | 6:28 |
| 3               | 38:47 | Kenzington REINHART  | Camrose  | 3/9       | Girls 10-11 | 165            | 4    | 5:22 | 2:41           | 3    | 19:39 | 12.8          | 5    | 13:47 | 6:54 |
| 4               | 40:14 | Melia SWINKELS-SANTO | Edmonton | 4/9       | Girls 10-11 | 170            | 5    | 5:41 | 2:51           | 4    | 20:27 | 12.3          | 6    | 14:07 | 7:04 |
| 5               | 42:06 | Eva CAISSIE          | Gwynne   | 5/9       | Girls 10-11 | 168            | 6    | 6:38 | 3:19           | 5    | 20:45 | 12.1          | 7    | 14:44 | 7:22 |

|   |                        |            |     |             |     |   |       |      |   |       |      |   |       |       |
|---|------------------------|------------|-----|-------------|-----|---|-------|------|---|-------|------|---|-------|-------|
| 6 | 45:00 Anna WHITE       | Millet     | 6/9 | Girls 10-11 | 157 | 9 | 10:22 | 5:11 | 8 | 24:54 | 10.1 | 1 | 9:46  | 4:53  |
| 7 | 47:36 Payton HEGEDUS   | Wetaskiwin | 7/9 | Girls 10-11 | 150 | 3 | 4:50  | 2:25 | 6 | 21:11 | 11.9 | 9 | 21:36 | 10:48 |
| 8 | 49:26 Claire CALLICOTT | Camrose    | 8/9 | Girls 10-11 | 143 | 7 | 6:41  | 3:21 | 7 | 23:50 | 10.6 | 8 | 18:56 | 9:28  |
| 9 | 51:14 Ophelia PAQUETTE | Edmonton   | 9/9 | Girls 10-11 | 200 | 8 | 9:28  | 4:44 | 9 | 29:17 | 8.6  | 3 | 12:31 | 6:16  |

