

2016 ZONE 3 CHAMPIONSHIP MEET**Niagara Olympic Club - 2016-05-10****Results****Women 100 Meter Dash Midget****Meet Record: 12.91 m 2013-05-14 ALEXIS BRENZIL****Zone 3: 12.91 R 2013-05-14 ALEXIS BRENZIL**

Name	School	Prelims
Preliminaries		
1 234 Grace Otto	NDC-WELLAND	13.23Q
2 11 Monika Orsini	ANMSS-NIAGAF	13.56Q
3 93 Audrey Morrison	ELCSS-FONTHILL	13.42Q
4 284 Olivia Galas	RCBHS-RIDGEW	13.94Q
5 283 Madison Ferrara	RCBHS-RIDGEW	14.15Q
6 264 Tiawna Galandy	PCHS-PORT COI	14.41Q
7 317 Aliyah Glaze	SMHS-NIAGARA	14.43q
8 104 Kaileigh Smith	ELCSS-FONTHILL	14.50q
9 182 Brooke Albano	LCHS-PORT COI	14.59
10 222 Dera Cambell	NDC-WELLAND	14.65
11 10 Hannah Hong	ANMSS-NIAGAF	14.66
12 327 Lynnoia Smith	SMHS-NIAGARA	15.02
13 353 McKayla Parker	SPHS-NIAGARA	15.35
14 323 Inara Meghani	SMHS-NIAGARA	15.47
15 163 Emily Richard	ESJV-WELLAND	15.57

Women 100 Meter Dash Midget**Meet Record: 12.91 m 2013-05-14 ALEXIS BRENZIL****Zone 3: 12.91 R 2013-05-14 ALEXIS BRENZIL**

Name	School	Finals
Finals		
1 234 Grace Otto	NDC-WELLAND	13.17 6
2 93 Audrey Morrison	ELCSS-FONTHILL	13.25 4
3 11 Monika Orsini	ANMSS-NIAGAF	13.31 3
4 284 Olivia Galas	RCBHS-RIDGEW	13.92 2
5 283 Madison Ferrara	RCBHS-RIDGEW	14.12 1
6 317 Aliyah Glaze	SMHS-NIAGARA	14.22
7 264 Tiawna Galandy	PCHS-PORT COI	14.25
8 104 Kaileigh Smith	ELCSS-FONTHILL	14.32

Women 200 Meter Dash Midget**Meet Record: 27.11 m 2011-05-10 NICOLE LUCIANO****Zone 3: 27.11 R 2011-05-10 NICOLE LUCIANO**

Name	School	Finals
Finals		
1 11 Monika Orsini	ANMSS-NIAGAF	27.62 6
2 82 Emilie Hamilton	ELCSS-FONTHILL	28.51 4
3 43 Grace Garner	CSS-WELLAND	29.39 3
4 283 Madison Ferrara	RCBHS-RIDGEW	29.75 2
5 99 Avery Pew	ELCSS-FONTHILL	30.64 1
6 327 Lynnoia Smith	SMHS-NIAGARA	31.42
7 13 Kate Phillips	ANMSS-NIAGAF	31.77
8 161 Michaela Ferguson	ESJV-WELLAND	32.23
9 323 Inara Meghani	SMHS-NIAGARA	32.40
10 157 Abigayle Bilotta	ESJV-WELLAND	33.61
11 386 Julie Dube	WSS-NIAGARA	34.80
12 321 Jana Majed	SMHS-NIAGARA	35.15

Women 400 Meter Dash Midget**Meet Record: 1:02.37 m 2015-05-14 JESSIE FENNELL****Zone 3: 1:02.37 R 2015-05-14 JESSIE FENNELL**

Name	School	Finals
Finals		
1 17 Rosie Tait	ANMSS-NIAGAF	1:05.46 6
2 192 Margaret Taras	LCHS-PORT COI	1:10.53 4
3 99 Avery Pew	ELCSS-FONTHILL	1:12.40 3
4 288 Amelia McNamee	RCBHS-RIDGEW	1:13.72 2
5 19 Shelby Wilson	ANMSS-NIAGAF	1:13.87 1
6 228 Oksana Groch	NDC-WELLAND	1:16.18
7 7 Sarah Elkayed	ANMSS-NIAGAF	1:17.68
8 183 Gabrielle Audette	LCHS-PORT COI	1:19.02
9 347 Megan Helmaczi	SPHS-NIAGARA	1:19.90
10 320 Vanessa Kirsling	SMHS-NIAGARA	1:20.21
11 311 Arieanna Allan	SMHS-NIAGARA	1:21.90
12 14 Chelsea Russell	ANMSS-NIAGAF	1:24.69

Women 800 Meter Run Midget**Meet Record: 2:27.97 m 2015-05-14 CATE GUALTIERI****Zone 3: 2:27.97 R 2015-05-14 CATE GUALTIERI**

Name	School	Finals
Finals		
1 80 Amy Gilmore	ELCSS-FONTHILL	2:51.77 6
2 19 Shelby Wilson	ANMSS-NIAGAF	2:58.26 4
3 171 Taylor Doyle	FESS-FORT ERIE	3:00.58 3
4 228 Oksana Groch	NDC-WELLAND	3:02.93 2
5 288 Amelia McNamee	RCBHS-RIDGEW	3:06.93 1
6 347 Megan Helmaczi	SPHS-NIAGARA	3:07.13
7 183 Gabrielle Audette	LCHS-PORT COI	3:26.01
8 320 Vanessa Kirsling	SMHS-NIAGARA	3:27.88
9 379 Jovanna Ducker	SC-NIAGARA	4:10.79

Women 1500 Meter Run Midget**Meet Record: 5:10.99 m 2009-05-12 ALANNAH MACDONALD****Zone 3: 5:10.99 R 2009-05-12 ALANNAH MACDONALD**

Name	School	Finals
Finals		
1 351 Taylor Nicholls	SPHS-NIAGARA	5:25.23 6
2 84 Kate Knafelc	ELCSS-FONTHILL	5:37.05 4
3 9 Natasha Halavanja	ANMSS-NIAGAF	5:58.94 3
4 192 Margaret Taras	LCHS-PORT COI	6:11.69 2
5 387 Anjelaya Fulcher	WSS-NIAGARA	16:22.31 1
6 264 Tiawna Galandy	PCHS-PORT COI	7:00.07
7 183 Gabrielle Audette	LCHS-PORT COI	7:00.07
--- 379 Jovanna Ducker	SC-NIAGARA	FA DNF

Women 3000 Meter Run Midget**Meet Record: 11:25.06 m 2011-05-10 KRISTEN KUHN****Zone 3: 11:25.06 R 2011-05-10 KRISTEN KUHN**

Name	School	Finals
Finals		
1 84 Kate Knafelc	ELCSS-FONTHILL	1:29.23 6
2 351 Taylor Nicholls	SPHS-NIAGARA	12:15.69 4
3 387 Anjelaya Fulcher	WSS-NIAGARA	14:38.10 3

2016 ZONE 3 CHAMPIONSHIP MEET**Niagara Olympic Club - 2016-05-10****Results****Women 80 Meter Hurdles Midget****Meet Record: 12.69 m 2016-05-10 SARAH SALDUTTO****Zone 3: 12.69 R 2016-05-10 SARAH SALDUTTO**

Name	School	Finals
Finals		
1 238 Sarah Saldutto	NDC-WELLAND	12.69m 6
2 43 Grace Garner	CSS-WELLAND	14.47 4
3 55 Jennifer Vanschyndel	CSS-WELLAND	14.77 3
4 50 Taylor Pattison	CSS-WELLAND	16.16 2
5 101 Leila Rghei	ELCSS-FONTHILL	16.45 1
6 66 Justine Barnsley	ELCSS-FONTHILL	16.79
7 68 Emma Brownlee	ELCSS-FONTHILL	16.83
8 188 Melissa Loeffen	LCHS-PORT COI	17.84

Women 300 Meter Hurdles Midget**Meet Record: 50.72 m 2009-05-12 TAYLOR ZAVITZ****Zone 3: 50.72 R 2009-05-12 TAYLOR ZAVITZ**

Name	School	Finals
Finals		
1 43 Grace Garner	CSS-WELLAND	51.75 6
2 56 Emma Wright	CSS-WELLAND	55.45 4
3 82 Emilie Hamilton	ELCSS-FONTHILL	55.76 3
4 68 Emma Brownlee	ELCSS-FONTHILL	56.37 2
5 288 Amelia McNamee	RCBHS-RIDGEW	58.08 1
6 55 Jennifer Vanschyndel	CSS-WELLAND	59.83
7 188 Melissa Loeffen	LCHS-PORT COI	1:00.78
8 50 Taylor Pattison	CSS-WELLAND	1:03.58

Women 4x100 Meter Relay Midget**Meet Record: 53.14 m 2008-05-13 E. L. CROSSLEY S S****E Gearing, K Kalchman, M Kohli, H Reid****Zone 3: 53.14 R 2008-05-13 E. L. CROSSLEY S S****E Gearing, K Kalchman, M Kohli, H Reid**

Team	Relay	Finals
Finals		
1 ELCSS-FONTHILL	A	55.59 6
2 RIDGEWAY-CRYSTALB	A	57.64 4
3 SMHS-NIAGARA FAL	A	1:01.87 3
--- CENTENNIAL - WELLA	A	DQ

Women High Jump Midget**Meet Record: 1.70m m 2012-05-15 SHYLA CARDY****Zone 3: 1.70m R 2012-05-15 SHYLA CARDY**

Name	School	Finals
Finals		
1 56 Emma Wright	CSS-WELLAND	1.39m 6
2 220 Alayna Battaglini	NDC-WELLAND	1.37m 4
3 87 Katherine Konkle	ELCSS-FONTHILL	1.32m 3
4 157 Abigayle Bilotta	ESJV-WELLAND	1.28m 2
5 102 Cassidy Rietveld	ELCSS-FONTHILL	1.24m 1
6 106 Emma Wintle	ELCSS-FONTHILL	1.15m

Women Pole Vault Midget**Meet Record: 2.80m m 2016-05-10 MAYA FETIC****Zone 3: 2.80m R 2016-05-10 MAYA FETIC**

Name	School	Finals
Finals		
1 8 Maya Fetic	ANMSS-NIAGAF	2.80mm 6
2 80 Amy Gilmore	ELCSS-FONTHILL	2.00m 4
3 67 Hailey Bronn	ELCSS-FONTHILL	J2.00m 3
4 84 Kate Knafelc	ELCSS-FONTHILL	1.40m 2

Women Long Jump Midget**Meet Record: 5.02m m 2016-05-10 SARAH SALDUTTO****Zone 3: 5.02m R 2016-05-10 SARAH SALDUTTO**

Name	School	Finals
Finals		
1 238 Sarah Saldutto	NDC-WELLAND	5.02mm 6
2 93 Audrey Morrison	ELCSS-FONTHILL	4.68m 4
3 284 Olivia Galas	RCBHS-RIDGEW	4.67m 3
4 86 Jessica Konkle	ELCSS-FONTHILL	4.56m 2
5 265 Jordyn Goins	PCHS-PORT COI	4.46m 1
6 317 Aliyah Glaze	SMHS-NIAGARA	4.44m
7 82 Emilie Hamilton	ELCSS-FONTHILL	4.32m
8 220 Alayna Battaglini	NDC-WELLAND	4.15m
9 10 Hannah Hong	ANMSS-NIAGAF	4.01m
10 104 Kaileigh Smith	ELCSS-FONTHILL	3.95m
11 222 Dera Cambell	NDC-WELLAND	3.79m
12 224 Sandra Cowell	NDC-WELLAND	3.75m
13 6 Victoria Dicarolo	ANMSS-NIAGAF	3.73m
14 193 Katie Young	LCHS-PORT COI	3.32m
15 386 Julie Dube	WSS-NIAGARA I	3.15m
16 192 Margaret Taras	LCHS-PORT COI	2.78m

Women Triple Jump Midget**Meet Record: 10.87m m 2012-05-15 KYLIE BUTLER****Zone 3: 10.87m R 2012-05-15 KYLIE BUTLER**

Name	School	Finals
Finals		
1 93 Audrey Morrison	ELCSS-FONTHILL	10.14m 6
2 265 Jordyn Goins	PCHS-PORT COI	10.11m 4
3 284 Olivia Galas	RCBHS-RIDGEW	10.00m 3
4 283 Madison Ferrara	RCBHS-RIDGEW	9.72m 2
5 80 Amy Gilmore	ELCSS-FONTHILL	9.31m 1
6 220 Alayna Battaglini	NDC-WELLAND	9.19m
7 86 Jessica Konkle	ELCSS-FONTHILL	J9.19m
8 67 Hailey Bronn	ELCSS-FONTHILL	8.20m
9 163 Emily Richard	ESJV-WELLAND	7.87m
10 193 Katie Young	LCHS-PORT COI	7.84m
11 387 Anjelaya Fulcher	WSS-NIAGARA I	7.75m
--- 222 Dera Cambell	NDC-WELLAND	FOUL

2016 ZONE 3 CHAMPIONSHIP MEET**Niagara Olympic Club - 2016-05-10****Results****Women Shot Put Midget****Meet Record: 15.99m m 2015-05-14TRINITY TUTTI****Zone 3: 15.99m R 2015-05-14TRINITY TUTTI**

Name	School	Finals
Finals		
1 263 Jasmine Flagg	PCHS-PORT COI	8.90m 6
2 49 Destiny Paquin	CSS-WELLAND	8.69m 4
3 285 Mattaya Hamer	RCBHS-RIDGEW	8.19m 3
4 282 Olivia Detlor	RCBHS-RIDGEW	7.74m 2
5 91 Chaise Major	ELCSS-FONTHII	7.72m 1
6 321 Jana Majed	SMHS-NIAGARA	6.27m

Women Discus Throw Midget**Meet Record: 41.93m m 2015-05-14TRINITY TUTTI****Zone 3: 41.93m R 2015-05-14TRINITY TUTTI**

Name	School	Finals
Finals		
1 49 Destiny Paquin	CSS-WELLAND	23.26m 6
2 263 Jasmine Flagg	PCHS-PORT COI	22.88m 4
3 41 Brenna Ferrara	CSS-WELLAND	20.98m 3
4 282 Olivia Detlor	RCBHS-RIDGEW	20.94m 2
5 44 Addie Hambly	CSS-WELLAND	20.35m 1
6 39 Emily Babyak	CSS-WELLAND	20.05m
7 104 Kaileigh Smith	ELCSS-FONTHII	17.08m
8 285 Mattaya Hamer	RCBHS-RIDGEW	16.64m
9 91 Chaise Major	ELCSS-FONTHII	15.99m

Women Javelin Throw Midget**Meet Record: 35.44m m 2015-05-14TRINITY TUTTI****Zone 3: 35.44m R 2015-05-14TRINITY TUTTI**

Name	School	Finals
Finals		
1 188 Melissa Loeffen	LCHS-PORT COI	25.71m 6
2 41 Brenna Ferrara	CSS-WELLAND	22.91m 4
3 106 Emma Wintle	ELCSS-FONTHII	22.41m 3
4 91 Chaise Major	ELCSS-FONTHII	22.31m 2
5 193 Katie Young	LCHS-PORT COI	20.15m 1
6 263 Jasmine Flagg	PCHS-PORT COI	19.51m
7 87 Katherine Konkle	ELCSS-FONTHII	18.18m
8 49 Destiny Paquin	CSS-WELLAND	17.20m
9 13 Kate Phillips	ANMSS-NIAGAF	16.08m
10 39 Emily Babyak	CSS-WELLAND	14.93m
11 150 Sophie Pilote	ESC-WELLAND	14.54m
12 44 Addie Hambly	CSS-WELLAND	13.10m
13 102 Cassidy Rietveld	ELCSS-FONTHII	12.97m
14 321 Jana Majed	SMHS-NIAGARA	12.28m
15 151 Gisele Rugigana	ESC-WELLAND	11.55m

Women 100 Meter Dash Junior**Meet Record: 12.82 m 2015-05-14KENDRA LEGER****Zone 3: 12.82 R 2015-05-14KENDRA LEGER**

Name	School	Prelims
Preliminaries		
1 385 Olivia Chen	WSS-NIAGARA I	13.12Q
2 289 Payton Midgley	RCBHS-RIDGEW	13.83Q

3	354 Natalie Pizzacalla	SPHS-NIAGARA	14.10Q
4	76 Ireland Fitzgerald	ELCSS-FONTHII	14.41Q
5	203 Tiffany Cheung	NIAGARA COLL	14.69Q
6	51 Carrie Plante	CSS-WELLAND	14.87Q
7	189 Delaney MacLean	LCHS-PORT COI	15.28q
8	202 Michelle Cheung	NIAGARA COLL	15.38q
9	148 Chamilla Champagnie	ESC-WELLAND	15.62
10	316 Gwen Ehi	SMHS-NIAGARA	16.32
11	143 Avery Baxter	ESS-WELLAND	16.37
12	349 Ivana Kesete	SPHS-NIAGARA	16.57
13	322 Michelle Martinez	SMHS-NIAGARA	16.95
14	142 Jillian Albano	ESS-WELLAND	17.06

Women 100 Meter Dash Junior**Meet Record: 12.82 m 2015-05-14KENDRA LEGER****Zone 3: 12.82 R 2015-05-14KENDRA LEGER**

Name	School	Finals
Finals		
1 385 Olivia Chen	WSS-NIAGARA I	12.87 6
2 289 Payton Midgley	RCBHS-RIDGEW	13.79 4
3 76 Ireland Fitzgerald	ELCSS-FONTHII	13.97 3
4 354 Natalie Pizzacalla	SPHS-NIAGARA	14.02 2
5 203 Tiffany Cheung	NIAGARA COLL	14.45 1
6 51 Carrie Plante	CSS-WELLAND	14.94
7 202 Michelle Cheung	NIAGARA COLL	15.18
--- 189 Delaney MacLean	LCHS-PORT COI	DNF

Women 200 Meter Dash Junior**Meet Record: 25.30 m 2004-05-11CARA MARCANTONIO****Zone 3: 25.30 R 2004-05-11CARA MARCANTONIO**

Name	School	Finals
Finals		
1 75 Jessie Fennell	ELCSS-FONTHII	26.89 6
2 162 Alexandra Hebert	ESJV-WELLAND	27.37 4
3 76 Ireland Fitzgerald	ELCSS-FONTHII	30.99 3
4 189 Delaney MacLean	LCHS-PORT COI	32.51 2
5 143 Avery Baxter	ESS-WELLAND	33.77 1

Women 400 Meter Dash Junior**Meet Record: 1:01.99 m 2016-05-10JESSIE FENNELL****Zone 3: 1:01.99 R 2016-05-10JESSIE FENNELL**

Name	School	Finals
Finals		
1 75 Jessie Fennell	ELCSS-FONTHII	1:01.99m 6
2 162 Alexandra Hebert	ESJV-WELLAND	1:04.18 4
3 189 Delaney MacLean	LCHS-PORT COI	1:13.57 3
4 384 Eden Bayer	WSS-NIAGARA I	1:19.46 2

Women 800 Meter Run Junior**Meet Record: 2:24.62 m 2009-05-12KARLEY REMPEL****Zone 3: 2:24.62 R 2009-05-12KARLEY REMPEL**

Name	School	Finals
Finals		
1 81 Cate Gualtieri	ELCSS-FONTHII	2:28.20 6
2 75 Jessie Fennell	ELCSS-FONTHII	2:36.48 4
3 172 Gabriela Johnston	FESS-FORT ERIE	3:00.55 3

2016 ZONE 3 CHAMPIONSHIP MEET**Niagara Olympic Club - 2016-05-10****Results****Women 1500 Meter Run Junior****Meet Record: 4:54.51 m 2013-05-14SIMONE WALLER****Zone 3: 4:54.51 R 2013-05-14SIMONE WALLER**

Name	School	Finals
Finals		
1 81 Cate Gualtieri	ELCSS-FONTHILL	5:12.67 6
2 2 Kayleigh Bush	ANMSS-NIAGARA	5:19.28 4

Women 3000 Meter Run Junior**Meet Record: 11:18.92 m 2012-05-15KRISTEN KUHN****Zone 3: 11:18.92 R 2012-05-15KRISTEN KUHN**

Name	School	Finals
Finals		
1 81 Cate Gualtieri	ELCSS-FONTHILL	1:26.44 6
2 2 Kayleigh Bush	ANMSS-NIAGARA	1:31.00 4
3 384 Eden Bayer	WSS-NIAGARA	14:40.59 3
4 202 Michelle Cheung	NIAGARA COLLEGE	5:34.37 2

Women 80 Meter Hurdles Junior**Meet Record: 12.44 m 2004-05-11VALERIE KOZINA****Zone 3: 12.44 R 2004-05-11 VALERIE KOZINA**

Name	School	Finals
Finals		
1 293 Sarah Watson	RCBHS-RIDGEWAY	15.02 6
2 77 Shaela Frado	ELCSS-FONTHILL	16.01 4
3 18 Ally Taylor	ANMSS-NIAGARA	16.51 3
4 79 Marisa Giammarco	ELCSS-FONTHILL	16.61 2
5 76 Ireland Fitzgerald	ELCSS-FONTHILL	16.67 1
6 65 Mikyla Balicki	ELCSS-FONTHILL	16.82
7 202 Michelle Cheung	NIAGARA COLLEGE	16.90

Women 300 Meter Hurdles Junior**Meet Record: 47.70 m 2014-05-13MAKIAH HUNT****Zone 3: 47.70 R 2014-05-13MAKIAH HUNT**

Name	School	Finals
Finals		
1 18 Ally Taylor	ANMSS-NIAGARA	1:02.49 6

Women 4x100 Meter Relay Junior**Meet Record: 51.83 m 2015-05-14NOTRE DAME COLLEGE - V****K Sadlo, C Obdeyn, L Frasca, K Leger****Zone 3: 51.83 R 2015-05-14NOTRE DAME COLLEGE - V****K Sadlo, C Obdeyn, L Frasca, K Leger**

Team	Relay	Finals
Finals		
1 RIDGEWAY-CRYSTALB	A	57.04 6
2 ELCSS-FONTHILL	A	57.77 4
3 SPHS-NIAGARA FALL	A	59.69 3
4 WSS-NIAGARA FALL	A	1:00.20 2

Women High Jump Junior**Meet Record: 1.65m m 2013-05-14SHYLA CARDY****Zone 3: 1.65m R 2013-05-14SHYLA CARDY**

Name	School	Finals
Finals		
1 292 Emily Teasdale	RCBHS-RIDGEWAY	1.40m 6

2 77 Shaela Frado	ELCSS-FONTHILL	1.25m 4
3 144 Ashley Gibson	ESS-WELLAND	1.20m 3

Women Pole Vault Junior**Meet Record: 3.30m m 2014-05-13MAKIAH HUNT****Zone 3: 3.30m R 2014-05-13MAKIAH HUNT**

Name	School	Finals
Finals		
1 77 Shaela Frado	ELCSS-FONTHILL	2.00m 6
2 94 Bethany Nicholls	ELCSS-FONTHILL	1.40m 4

Women Long Jump Junior**Meet Record: 4.98m m 2012-05-15LAUREN HINES****Zone 3: 4.98m R 2012-05-15LAUREN HINES**

Name	School	Finals
Finals		
1 286 Caitlyn Hamm	RCBHS-RIDGEWAY	4.71m 6
2 262 Alyce Andrews	PCHS-PORT COLLEGE	4.52m 4
3 292 Emily Teasdale	RCBHS-RIDGEWAY	4.52m 3
4 385 Olivia Chen	WSS-NIAGARA	4.34m 2
5 145 Daina Thompson	ESS-WELLAND	4.19m 1
6 203 Tiffany Cheung	NIAGARA COLLEGE	4.11m
7 89 Fallon Lodde	ELCSS-FONTHILL	4.05m
8 94 Bethany Nicholls	ELCSS-FONTHILL	3.88m
9 202 Michelle Cheung	NIAGARA COLLEGE	3.85m
10 223 Shellony Charles	NDC-WELLAND	3.77m
11 148 Chamilla Champagnie	ESC-WELLAND	3.54m
12 71 Cassandra Collins	ELCSS-FONTHILL	3.14m
13 348 Ciera Johnson	SPHS-NIAGARA	3.00m
14 322 Michelle Martinez	SMHS-NIAGARA	2.86m

Women Triple Jump Junior**Meet Record: 11.00m m 2012-05-15LAUREN HINES****Zone 3: 11.00m R 2012-05-15LAUREN HINES**

Name	School	Finals
Finals		
1 286 Caitlyn Hamm	RCBHS-RIDGEWAY	10.66m 6
2 145 Daina Thompson	ESS-WELLAND	9.94m 4
3 384 Eden Bayer	WSS-NIAGARA	9.47m 3
4 262 Alyce Andrews	PCHS-PORT COLLEGE	9.40m 2
5 223 Shellony Charles	NDC-WELLAND	9.39m 1
6 292 Emily Teasdale	RCBHS-RIDGEWAY	9.36m
7 354 Natalie Pizzacalla	SPHS-NIAGARA	8.52m
8 71 Cassandra Collins	ELCSS-FONTHILL	8.45m
9 45 Madalyn Keller	CSS-WELLAND	7.03m

Women Shot Put Junior**Meet Record: 16.10m m 2016-05-10TRINITY TUTTI****Zone 3: 16.10m R 2016-05-10TRINITY TUTTI**

Name	School	Finals
Finals		
1 146 Trinity Tutti	ESS-WELLAND	16.10mm 6
2 230 Emma Leger	NDC-WELLAND	11.32m 4
3 12 Kiara Parlevliet	ANMSS-NIAGARA	8.82m 3
4 348 Ciera Johnson	SPHS-NIAGARA	7.19m 2
5 314 Faten Darbaj	SMHS-NIAGARA	6.05m 1

2016 ZONE 3 CHAMPIONSHIP MEET**Niagara Olympic Club - 2016-05-10****Results****Women Discus Throw Junior****Meet Record: 45.27m m 2016-05-10 TRINITY TUTTI****Zone 3: 45.27m R 2016-05-10 TRINITY TUTTI**

Name	School	Finals
Finals		
1 146 Trinity Tutti	ESS-WELLAND	45.27m 6
2 230 Emma Leger	NDC-WELLAND	25.39m 4
3 78 Gracie Furlong	ELCSS-FONTHILL	20.65m 3
4 88 Veja Lianga	ELCSS-FONTHILL	19.98m 2
5 51 Carrie Plante	CSS-WELLAND	18.90m 1

Women Javelin Throw Junior**Meet Record: 37.22m m 2014-05-13 ALEXIS BRENZIL****Zone 3: 37.22m R 2014-05-13 ALEXIS BRENZIL**

Name	School	Finals
Finals		
1 78 Gracie Furlong	ELCSS-FONTHILL	28.07m 6
2 230 Emma Leger	NDC-WELLAND	27.04m 4
3 286 Caitlyn Hamm	RCBHS-RIDGEW	26.45m 3
4 100 Jennifer Reid	ELCSS-FONTHILL	18.37m 2
5 18 Ally Taylor	ANMSS-NIAGARA	17.89m 1
6 51 Carrie Plante	CSS-WELLAND	17.39m
7 45 Madalyn Keller	CSS-WELLAND	14.26m
8 79 Marisa Giammarco	ELCSS-FONTHILL	13.76m
9 89 Fallon Lodde	ELCSS-FONTHILL	11.01m

Women 100 Meter Dash Senior**Meet Record: 12.50 m 2016-05-10 KENDRA LEGER****Zone 3: 12.50 R 2016-05-10 KENDRA LEGER**

Name	School	Prelims
Preliminaries		
1 231 Kendra Leger	NDC-WELLAND	12.69Q
2 226 Lauren Frasca	NDC-WELLAND	12.89Q
3 52 Kamille Reaker	CSS-WELLAND	13.36Q
4 315 Rysa DelMundo	SMHS-NIAGARA	13.90Q
5 237 Kendra Sadlo	NDC-WELLAND	14.04Q
6 280 Abby Bolton	RCBHS-RIDGEW	14.15Q
7 48 Anna Nero	CSS-WELLAND	14.13q
8 204 Kachi Opara	NIAGARA COLL	14.24q
9 165 Alexandra White	ESJV-WELLAND	14.71
10 205 Nini Opara	NIAGARA COLL	14.79
11 159 Taylor Corriveau	ESJV-WELLAND	14.79
12 186 Lindsay Fabiani	LCHS-PORT COI	14.85
13 64 Emily Angi	ELCSS-FONTHILL	14.92
14 279 Leticia Archambault	RCBHS-RIDGEW	15.05
15 5 Taylor Devries	ANMSS-NIAGARA	15.06
16 164 Danica Rodgers	ESJV-WELLAND	15.17

Women 100 Meter Dash Senior**Meet Record: 12.50 m 2016-05-10 KENDRA LEGER****Zone 3: 12.50 R 2016-05-10 KENDRA LEGER**

Name	School	Finals
Finals		
1 231 Kendra Leger	NDC-WELLAND	12.50m 6
2 226 Lauren Frasca	NDC-WELLAND	12.85 4

3	52 Kamille Reaker	CSS-WELLAND	13.24	3
4	204 Kachi Opara	NIAGARA COLL	13.72	2
5	315 Rysa DelMundo	SMHS-NIAGARA	13.81	1
6	237 Kendra Sadlo	NDC-WELLAND	14.02	
7	280 Abby Bolton	RCBHS-RIDGEW	14.18	
8	48 Anna Nero	CSS-WELLAND	14.19	

Women 200 Meter Dash Senior**Meet Record: 25.43 m 2016-05-10 KENDRA LEGER****Zone 3: 25.43 R 2016-05-10 KENDRA LEGER**

Name	School	Finals
Finals		
1 231 Kendra Leger	NDC-WELLAND	25.43m 6
2 52 Kamille Reaker	CSS-WELLAND	27.81 4
3 233 Ceara Obdeyn	NDC-WELLAND	28.14 3
4 315 Rysa DelMundo	SMHS-NIAGARA	28.29 2
5 204 Kachi Opara	NIAGARA COLL	29.58 1
6 186 Lindsay Fabiani	LCHS-PORT COI	30.27
7 160 Marissa Dakin-Lachar	ESJV-WELLAND	30.94
8 64 Emily Angi	ELCSS-FONTHILL	31.07
9 240 Camille Waldeck	NDC-WELLAND	31.39
10 205 Nini Opara	NIAGARA COLL	31.80
11 42 Bianca Gage	CSS-WELLAND	32.73
12 313 Kamea Crowe	SMHS-NIAGARA	34.00

Women 400 Meter Dash Senior**Meet Record: 59.91 m 2009-05-12 MARIAH KELLY****Zone 3: 59.91 R 2009-05-12 MARIAH KELLY**

Name	School	Finals
Finals		
1 53 Abegale Rodrigues	CSS-WELLAND	1:04.16 6
2 160 Marissa Dakin-Lachar	ESJV-WELLAND	1:10.49 4
3 232 Ciera Lundy	NDC-WELLAND	1:13.58 3
4 73 Jeanette Derksen	ELCSS-FONTHILL	1:13.75 2
5 313 Kamea Crowe	SMHS-NIAGARA	1:20.88 1

Women 800 Meter Run Senior**Meet Record: 2:17.43 m 2010-05-11 MARIAH KELLY****Zone 3: 2:17.43 R 2010-05-11 MARIAH KELLY**

Name	School	Finals
Finals		
1 103 Tessa Sherk	ELCSS-FONTHILL	2:51.08 6

Women 1500 Meter Run Senior**Meet Record: 4:55.31 m 2010-05-11 MICHELLE MOLODYNNIA****Zone 3: 4:55.31 R 2010-05-11 MICHELLE MOLODYNNIA**

Name	School	Finals
Finals		
1 96 Megan Norton	ELCSS-FONTHILL	5:37.13 6
2 103 Tessa Sherk	ELCSS-FONTHILL	5:54.10 4
3 191 Courtney McKee	LCHS-PORT COI	6:05.01 3
4 227 Anastasia Groch	NDC-WELLAND	6:32.86 2
5 235 Mary Petriw	NDC-WELLAND	6:35.06 1
6 40 Alexa Battista	CSS-WELLAND	7:09.11

2016 ZONE 3 CHAMPIONSHIP MEET**Niagara Olympic Club - 2016-05-10****Results****Women 3000 Meter Run Senior****Meet Record: 10:41.83 m 2013-05-14 KRISTEN KUHN****Zone 3: 10:41.83 R 2013-05-14 KRISTEN KUHN**

Name	School	Finals
Finals		
1 96 Megan Norton	ELCSS-FONTHILL	1:54.63 6
2 221 Kayla Bevaqua	NDC-WELLAND	2:06.95 4
3 291 Caitlyn Tardif	RCBHS-RIDGEWAY	2:37.95 3
4 103 Tessa Sherk	ELCSS-FONTHILL	2:49.98 2
5 191 Courtney McKee	LCHS-PORT COIL	3:00.57 1
6 3 Mackenzie Campbell	ANMSS-NIAGARA	3:26.80

Women 100 Meter Hurdles Senior**Meet Record: 14.64 m 2015-05-14 EMMA NERO****Zone 3: 14.64 R 2015-05-14 EMMA NERO**

Name	School	Prelims
Preliminaries		
1 236 Charlie Poretti	NDC-WELLAND	15.68Q
2 280 Abby Bolton	RCBHS-RIDGEWAY	16.01Q
3 187 Laura Ferreira	LCHS-PORT COIL	17.83Q
4 48 Anna Nero	CSS-WELLAND	18.31Q
5 279 Leticia Archambault	RCBHS-RIDGEWAY	18.73Q
6 105 Neenah Williams	ELCSS-FONTHILL	19.43Q
7 164 Danica Rodgers	ESJV-WELLAND	20.15q
8 186 Lindsay Fabiani	LCHS-PORT COIL	20.18q
9 205 Nini Opara	NIAGARA COLL	20.57
10 240 Camille Waldeck	NDC-WELLAND	21.47

Women 100 Meter Hurdles Senior**Meet Record: 14.64 m 2015-05-14 EMMA NERO****Zone 3: 14.64 R 2015-05-14 EMMA NERO**

Name	School	Finals
Finals		
1 236 Charlie Poretti	NDC-WELLAND	15.23 6
2 280 Abby Bolton	RCBHS-RIDGEWAY	15.83 4
3 187 Laura Ferreira	LCHS-PORT COIL	17.81 3
4 105 Neenah Williams	ELCSS-FONTHILL	18.58 2
5 48 Anna Nero	CSS-WELLAND	18.70 1
6 279 Leticia Archambault	RCBHS-RIDGEWAY	18.83
7 186 Lindsay Fabiani	LCHS-PORT COIL	20.10
8 164 Danica Rodgers	ESJV-WELLAND	20.59

Women 400 Meter Hurdles Senior**Meet Record: 1:06.73 m 2016-05-10 ALANNA PEPLINSKI****Zone 3: 1:06.73 R 2016-05-10 ALANNA PEPLINSKI**

Name	School	Finals
Finals		
1 98 Alanna Peplinski	ELCSS-FONTHILL	1:06.73m 6
2 53 Abegale Rodriques	CSS-WELLAND	1:07.38 4
3 97 Sophie Pauls	ELCSS-FONTHILL	1:12.55 3
4 280 Abby Bolton	RCBHS-RIDGEWAY	1:16.13 2
5 90 Michelle Maecker	ELCSS-FONTHILL	1:28.86 1
6 73 Jeanette Derksen	ELCSS-FONTHILL	1:29.08

Women 4x100 Meter Relay Senior**Zone 3: 51.56 R 2015-05-14 CENTENNIAL SS - WELLAND****Meet Record: 51.56 m 2015-05-14 CENTENNIAL SS - WELLAND****Meet Record: 51.56 m 2014-05-13 CENTENNIAL****E Nero, K Reaker, A Brenzil, A Rodrigues****Zone 3: 51.56 R 2014-05-13 CENTENNIAL - WELLAND****E Nero, K Reaker, A Brenzil, A Rodrigues**

Team	Relay	Finals
Finals		
1 NDC-WELLAND	A	52.53 6
2 ELCSS-FONTHILL	A	53.61 4
3 CENTENNIAL - WELLAND	A	55.88 3
4 RIDGEWAY-CRYSTAL BAY	A	56.65 2
5 ESJV-WELLAND	A	59.89 1
--- NIAGARA COLL	A	DQ

Women High Jump Senior**Meet Record: 1.73m m 2004-05-11 LEANNE PARE****Zone 3: 1.73m R 2004-05-11 LEANNE PARE**

Name	School	Finals
Finals		
1 346 Kandyce Heard	SPHS-NIAGARA	1.40m 6
2 53 Abegale Rodriques	CSS-WELLAND	1.40m 4
3 70 Kaye Chang	ELCSS-FONTHILL	1.40m 3
4 340 Kim Anicette	SPHS-NIAGARA	1.20m 2

Women Pole Vault Senior**Meet Record: 3.50m m 2016-05-10 MAKIAH HUNT****Zone 3: 3.50m R 2016-05-10 MAKIAH HUNT**

Name	School	Finals
Finals		
1 319 Makiah Hunt	SMHS-NIAGARA	3.50mm 6
2 85 Angel Koch	ELCSS-FONTHILL	2.00m 4
3 105 Neenah Williams	ELCSS-FONTHILL	2.00m 3

Women Long Jump Senior**Meet Record: 5.25m m 2016-05-10 VICTORIA FAIR****Zone 3: 5.25m R 2016-05-10 VICTORIA FAIR**

Name	School	Finals
Finals		
1 74 Victoria Fair	ELCSS-FONTHILL	5.25mm 6
2 185 Caitlin Deruiter	LCHS-PORT COIL	4.87m 4
3 16 Jacquelyn Spadzinski	ANMSS-NIAGARA	4.85m 3
4 237 Kendra Sadlo	NDC-WELLAND	4.77m 2
5 187 Laura Ferreira	LCHS-PORT COIL	4.43m 1
6 232 Ciera Lundy	NDC-WELLAND	4.42m
7 70 Kaye Chang	ELCSS-FONTHILL	4.40m
8 160 Marissa Dakin-Lachar	ESJV-WELLAND	4.18m
9 159 Taylor Corriveau	ESJV-WELLAND	4.03m
10 165 Alexandra White	ESJV-WELLAND	3.91m
11 326 Fatima Safieddine	SMHS-NIAGARA	3.30m
12 229 Claire Gwena	NDC-WELLAND	3.29m
--- 236 Charlie Poretti	NDC-WELLAND	FOUL

2016 ZONE 3 CHAMPIONSHIP MEET**Niagara Olympic Club - 2016-05-10****Results****Women Triple Jump Senior****Meet Record: 10.61m m 2009-05-12COURTNEY OLAH****Zone 3: 10.61m R 2009-05-12COURTNEY OLAH**

Name	School	Finals
Finals		
1 16 Jacquelyn Spadzinski	ANMSS-NIAGAF	10.56m 6
2 237 Kendra Sadlo	NDC-WELLAND	10.29m 4
3 187 Laura Ferreira	LCHS-PORT COI	9.82m 3
4 185 Caitlin Deruiter	LCHS-PORT COI	9.76m 2
5 232 Ciera Lundy	NDC-WELLAND	8.96m 1
6 159 Taylor Corriveau	ESJV-WELLAND	8.56m
7 165 Alexandra White	ESJV-WELLAND	8.10m
8 326 Fatima Safieddine	SMHS-NIAGARA ^A	7.08m

Women Shot Put Senior**Meet Record: 11.28m m 2012-05-15SARAH MOSS****Zone 3: 11.28m R 2012-05-15SARAH MOSS**

Name	School	Finals
Finals		
1 46 Kambrie Luciani	CSS-WELLAND	10.79m 6
2 266 Sensia Lampman	PCHS-PORT COI	9.09m 4
3 15 Daniella Sottile	ANMSS-NIAGAF	8.17m 3
4 239 Mikaela Turkovich	NDC-WELLAND	8.01m 2
5 350 Shemiah McDonald	SPHS-NIAGARA	7.82m 1
6 92 Miranda Mann	ELCSS-FONTHILL	7.73m
7 95 Juliet Nicolle	ELCSS-FONTHILL	7.19m
8 69 Hope Brownlee	ELCSS-FONTHILL	6.72m
9 229 Claire Gwena	NDC-WELLAND	5.84m

Women Discus Throw Senior**Meet Record: 42.84m m 2011-05-10SARAH MOSS****Zone 3: 42.84m R 2011-05-10SARAH MOSS**

Name	School	Finals
Finals		
1 46 Kambrie Luciani	CSS-WELLAND	37.92m 6
2 266 Sensia Lampman	PCHS-PORT COI	27.95m 4
3 85 Angel Koch	ELCSS-FONTHILL	25.15m 3
4 92 Miranda Mann	ELCSS-FONTHILL	23.36m 2
5 174 Shannon Troupe	FESS-FORT ERIE	22.24m 1
6 97 Sophie Pauls	ELCSS-FONTHILL	21.51m
7 173 Vanessa Larochelle	FESS-FORT ERIE	21.38m
8 69 Hope Brownlee	ELCSS-FONTHILL	20.07m
9 350 Shemiah McDonald	SPHS-NIAGARA	19.31m

Women Javelin Throw Senior**Meet Record: 41.70m m 2010-05-11WHITNEY NICHOLAS****Zone 3: 38.15m R 2016-05-10KAMBRIE LUCIANI**

Name	School	Finals
Finals		
1 46 Kambrie Luciani	CSS-WELLAND	38.15mR 6
2 236 Charlie Poretti	NDC-WELLAND	33.51m 4
3 345 Jenna Greco	SPHS-NIAGARA	31.24m 3
4 85 Angel Koch	ELCSS-FONTHILL	27.76m 2
5 341 Lauren Dempsey	SPHS-NIAGARA	25.44m 1
6 105 Neenah Williams	ELCSS-FONTHILL	25.13m

7	90 Michelle Maecker	ELCSS-FONTHILL	23.44m
8	281 Dharma Bonneau	RCBHS-RIDGEW	19.21m
9	158 Brianne Boudreau	ESJV-WELLAND	14.44m
10	48 Anna Nero	CSS-WELLAND	12.34m
11	312 Catherine Anderson	SMHS-NIAGARA ^A	7.52m

Women 1500 Meter Steeplechase Open**Meet Record: 5:45.00 m 2004-05-11CHELSEA RODRIGUEZ****Zone 3: 5:45.00 R 2004-05-11CHELSEA RODRIGUEZ**

Name	School	Finals
Finals		
1 221 Kayla Bevaqua	NDC-WELLAND	6:09.89 6
2 291 Caitlyn Tardif	RCBHS-RIDGEW	6:20.79 4
3 3 Mackenzie Campbell	ANMSS-NIAGAF	6:37.66 3
4 344 Olivia Garisto	SPHS-NIAGARA	6:41.75 2
5 4 Taylor Campbell	ANMSS-NIAGAF	6:47.63 1
6 206 Hollie Warkentin	NIAGARA COLL	7:11.93

Women 4x400 Meter Relay Open**Meet Record: 4:20.45 m 2009-05-12E. L. CROSSLEY S S****K Kalchman, H Reid, J Young, A MacDonald****Zone 3: 4:20.45 R 2009-05-12E. L. CROSSLEY S S****K Kalchman, H Reid, J Young, A MacDonald**

Team	Relay	Finals
Finals		
1 ANMSS-NIAGARA FA	A	4:28.26 6
2 ELCSS-FONTHILL	A	4:31.79 4

Women 100 Meter Dash Intellectual**Meet Record: 16.02 m 2016-05-10JULIANNE MISZK****Zone 3: 16.02 R 2016-05-10JULIANNE MISZK**

Name	School	Finals
Finals		
1 324 Julianne Miskz	SMHS-NIAGARA ^A	16.02m 6

Women 800 Meter Run Intellectual**Meet Record: 3:10.90 m 2016-05-10JULIANNE MISZK****Zone 3: 3:10.90 R 2016-05-10JULIANNE MISZK**

Name	School	Finals
Finals		
1 324 Julianne Miskz	SMHS-NIAGARA ^A	3:10.90m 6

Men 100 Meter Dash Midget**Meet Record: 11.65 m 2015-05-14ETHAN PASCO****Zone 3: 11.65 R 2015-05-14ETHAN PASCO**

Name	School	Prelims
Preliminaries		
1 338 Clayton Roperti	SMHS-NIAGARA ^A	11.88Q
2 61 Christian Pavely	CSS-WELLAND	12.02Q
3 368 Joe Morocco	SPHS-NIAGARA	12.03Q
4 371 Mike Navarolli	SPHS-NIAGARA	12.08Q
5 260 Luca Timpano	NDC-WELLAND	12.22Q
6 255 Tom Myslowka	NDC-WELLAND	12.24Q
7 199 Eric Joyce	LCHS-PORT COI	12.49q
8 334 Qasim Khan	SMHS-NIAGARA ^A	12.66q
9 357 Matteo Cimato	SPHS-NIAGARA	12.77
10 300 Alex Giampaolo	RCBHS-RIDGEW	13.02

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Name	School	Prelims
11 328 R.J. Derhodge	SMHS-NIAGARA	13.19
12 36 Noah Sharp	ANMSS-NIAGAF	13.22
13 295 Holden Browning	RCBHS-RIDGEW	14.12
14 251 Brice Maidens	NDC-WELLAND	14.18

Men 100 Meter Dash Midget**Meet Record: 11.65 m 2015-05-14 ETHAN PASCO****Zone 3: 11.65 R 2015-05-14 ETHAN PASCO**

Name	School	Finals
Finals		
1 61 Christian Pavely	CSS-WELLAND	11.78 6
2 371 Mike Navarolli	SPHS-NIAGARA	11.85 4
3 338 Clayton Roperti	SMHS-NIAGARA	11.86 3
4 368 Joe Morocco	SPHS-NIAGARA	11.93 2
5 260 Luca Timpano	NDC-WELLAND	11.99 1
6 255 Tom Myslowka	NDC-WELLAND	12.17
7 199 Eric Joyce	LCHS-PORT COI	12.38
8 334 Qasim Khan	SMHS-NIAGARA	12.41

Men 200 Meter Dash Midget**Meet Record: 23.90 m 2007-05-15 JAHMAL LOUNGS****Zone 3: 23.90 R 2007-05-15 JAHMAL LOUNGS**

Name	School	Finals
Finals		
1 57 Blake Devinney	CSS-WELLAND	24.08 6
2 338 Clayton Roperti	SMHS-NIAGARA	24.32 4
3 61 Christian Pavely	CSS-WELLAND	24.35 3
4 368 Joe Morocco	SPHS-NIAGARA	24.63 2
5 260 Luca Timpano	NDC-WELLAND	25.11 1
6 199 Eric Joyce	LCHS-PORT COI	25.73
7 27 Adam Lamb	ANMSS-NIAGAF	26.65
8 328 R.J. Derhodge	SMHS-NIAGARA	27.01
9 295 Holden Browning	RCBHS-RIDGEW	29.47

Men 400 Meter Dash Midget**Meet Record: 54.73 m 2006-05-09 JASON GADOURY****Zone 3: 55.56 R 2012-05-15 SAM FENNELL**

Name	School	Finals
Finals		
1 337 Matthew Riva	SMHS-NIAGARA	58.99 6
2 27 Adam Lamb	ANMSS-NIAGAF	59.99 4
3 36 Noah Sharp	ANMSS-NIAGAF	1:03.37 3
4 251 Brice Maidens	NDC-WELLAND	1:08.29 2

Men 800 Meter Run Midget**Meet Record: 2:10.29 m 2015-05-14 BROCK DEBA****Zone 3: 2:10.29 R 2015-05-14 BROCK DEBA**

Name	School	Finals
Finals		
1 248 Evan Kernaghan	NDC-WELLAND	2:44.46 6
2 175 Cole Mackinnon	FESS-FORT ERIE	3:00.06 4

Men 1500 Meter Run Midget**Meet Record: 4:27.42 m 2016-05-10 SANTIAGO GAITAN****Zone 3: 4:27.42 R 2016-05-10 SANTIAGO GAITAN**

Name	School	Finals
Finals		
1 246 Santiago Gaitan	NDC-WELLAND	4:27.42m 6
2 119 Derian Free	ELCSS-FONTHILL	4:32.79 4
3 251 Brice Maidens	NDC-WELLAND	5:23.58 3
4 248 Evan Kernaghan	NDC-WELLAND	5:24.59 2
5 219 Neil Wangler	NIAGARA COLL	6:13.39 1

Men 3000 Meter Run Midget**Meet Record: 9:28.01 m 2016-05-10 SANTIAGO GAITAN****Zone 3: 9:28.01 R 2016-05-10 SANTIAGO GAITAN**

Name	School	Finals
Finals		
1 246 Santiago Gaitan	NDC-WELLAND	9:28.01m 6
2 119 Derian Free	ELCSS-FONTHILL	9:28.51 4
3 138 Elliott Song	ELCSS-FONTHILL	1:30.09 3
4 170 Simon Veillette	ESJV-WELLAND	1:32.92 2
5 248 Evan Kernaghan	NDC-WELLAND	2:45.55 1
6 175 Cole Mackinnon	FESS-FORT ERIE	3:33.50
7 356 Cian Burke	SPHS-NIAGARA	3:33.79

Men 100 Meter Hurdles Midget**Meet Record: 15.68 m 2015-05-14 MACKENZIE JASINSKAS****Zone 3: 15.68 R 2015-05-14 MACKENZIE JASINSKAS**

Name	School	Finals
Finals		
1 396 Andrew Smith	WSS-NIAGARA	16.09 6

Men 300 Meter Hurdles Midget**Meet Record: 44.08 m 2008-05-13 SAM TESTA****Zone 3: 44.08 R 2008-05-13 SAM TESTA**

Name	School	Finals
Finals		
1 57 Blake Devinney	CSS-WELLAND	45.42 6

Men 4x100 Meter Relay Midget**Meet Record: 48.53 m 2007-05-15 ST. PAUL HS****S Oreskovich, J Cardamone, M Greco, J Cardwell****Zone 3: 48.53 R 2007-05-15 ST. PAUL HS****S Oreskovich, J Cardamone, M Greco, J Cardwell**

Team	Relay	Finals
Finals		
1 NDC-WELLAND	A	49.33 6
2 SMHS-NIAGARA FAL	A	49.58 4
3 ELCSS-FONTHILL	A	1:03.92 3

Men High Jump Midget**Meet Record: 1.80m m 2007-05-15 JEAN-PAUL LAUZON****Zone 3: 1.80m R 2007-05-15 JEAN-PAUL LAUZON**

Name	School	Finals
Finals		
1 297 Zack Cooper	RCBHS-RIDGEW	1.65m 6
2 116 Tyler Dobbie	ELCSS-FONTHILL	1.60m 4

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	Name	School	Finals
3	334 Qasim Khan	SMHS-NIAGARA ^A	1.55m 3
4	135 Josh Schooley	ELCSS-FONTHILL	1.55m 2
5	30 Nick Murdaca	ANMSS-NIAGARA ^F	1.50m 1
6	301 Riley Gilmour	RCBHS-RIDGEWAY	1.40m
7	197 Cyprus Green	LCHS-PORT COI	1.40m
---	244 Dan Durkin	NDC-WELLAND	FAIL

Men Pole Vault Midget**Meet Record: 3.33m m 2012-05-15 JOEL MUELLER****Zone 3: 3.33m R 2012-05-15 JOEL MUELLER**

	Name	School	Finals
Finals			
1	396 Andrew Smith	WSS-NIAGARA I	2.50m 6
2	116 Tyler Dobbie	ELCSS-FONTHILL	2.40m 4
3	124 Jon Higenall	ELCSS-FONTHILL	2.10m 3
4	132 Adrian Papez	ELCSS-FONTHILL	2.00m 2
5	110 Aidan Clarke	ELCSS-FONTHILL	1.90m 1

Men Long Jump Midget**Meet Record: 6.14m m 2007-05-15 JEAN-PAUL LAUZON****Zone 3: 6.14m R 2007-05-15 JEAN-PAUL LAUZON**

	Name	School	Finals
Finals			
1	334 Qasim Khan	SMHS-NIAGARA ^A	5.74m 6
2	198 Johnathan Jacob	LCHS-PORT COI	5.50m 4
3	255 Tom Myslowka	NDC-WELLAND	5.35m 3
4	371 Mike Navarolli	SPHS-NIAGARA	5.32m 2
5	30 Nick Murdaca	ANMSS-NIAGARA ^F	5.28m 1
6	338 Clayton Roperti	SMHS-NIAGARA ^A	5.26m
7	199 Eric Joyce	LCHS-PORT COI	5.14m
8	356 Cian Burke	SPHS-NIAGARA	4.99m
9	122 Josh Glen	ELCSS-FONTHILL	4.98m
9	297 Zack Cooper	RCBHS-RIDGEWAY	4.98m
11	135 Josh Schooley	ELCSS-FONTHILL	4.95m
12	195 Jacob Eden	LCHS-PORT COI	4.81m
13	300 Alex Giampaolo	RCBHS-RIDGEWAY	4.63m
14	170 Simon Veillette	ESJV-WELLAND	4.22m
---	133 Zach Pasma	ELCSS-FONTHILL	FOUL

Men Triple Jump Midget**Meet Record: 11.81m m 2015-05-14 FRASER DARLING****Zone 3: 11.81m R 2015-05-14 FRASER DARLING**

	Name	School	Finals
Finals			
1	198 Johnathan Jacob	LCHS-PORT COI	11.59m 6
2	122 Josh Glen	ELCSS-FONTHILL	11.10m 4
3	110 Aidan Clarke	ELCSS-FONTHILL	10.53m 3
4	170 Simon Veillette	ESJV-WELLAND	9.48m 2
5	197 Cyprus Green	LCHS-PORT COI	9.20m 1
6	196 Corgan Garrison	LCHS-PORT COI	9.03m
7	295 Holden Browning	RCBHS-RIDGEWAY	8.06m

Men Shot Put Midget**Meet Record: 13.54m m 2012-05-15 JOSH PHIBBS****Zone 3: 13.45m R 2004-05-11 NICHOLAS BARRON**

	Name	School	Finals
Finals			
1	267 Bruce Bryan	PCHS-PORT COI	11.76m 6
2	369 Jesse Murphy	SPHS-NIAGARA	10.80m 4
3	195 Jacob Eden	LCHS-PORT COI	9.97m 3
4	134 Jeremy Pollard	ELCSS-FONTHILL	9.87m 2
5	194 Matthew Chmielewski	LCHS-PORT COI	9.48m 1
6	394 Daniel Krowchuk	WSS-NIAGARA I	9.02m
7	329 Giorgio Fazzari	SMHS-NIAGARA ^A	8.79m
8	332 Markian Hawrylyshyn	SMHS-NIAGARA ^A	8.30m
---	391 Joshua Bigelow	WSS-NIAGARA I	FOUL

Men Discus Throw Midget**Meet Record: 41.94m m 2009-05-12 ROB OSBORN****Zone 3: 41.94m R 2009-05-12 ROB OSBORN**

	Name	School	Finals
Finals			
1	134 Jeremy Pollard	ELCSS-FONTHILL	34.61m 6
2	274 Jake Richard	PCHS-PORT COI	33.78m 4
3	332 Markian Hawrylyshyn	SMHS-NIAGARA ^A	29.51m 3
4	267 Bruce Bryan	PCHS-PORT COI	29.50m 2
5	244 Dan Durkin	NDC-WELLAND	26.14m 1
6	194 Matthew Chmielewski	LCHS-PORT COI	24.67m
7	369 Jesse Murphy	SPHS-NIAGARA	23.97m
8	394 Daniel Krowchuk	WSS-NIAGARA I	23.12m
9	118 Josh Flores	ELCSS-FONTHILL	19.93m
10	329 Giorgio Fazzari	SMHS-NIAGARA ^A	15.64m

Men Javelin Throw Midget**Meet Record: 48.21m m 2008-05-13 DYLAN NIECE****Zone 3: 48.21m R 2008-05-13 DYLAN NIECE**

	Name	School	Finals
Finals			
1	244 Dan Durkin	NDC-WELLAND	37.68m 6
2	195 Jacob Eden	LCHS-PORT COI	37.43m 4
3	134 Jeremy Pollard	ELCSS-FONTHILL	37.03m 3
4	198 Johnathan Jacob	LCHS-PORT COI	33.72m 2
5	369 Jesse Murphy	SPHS-NIAGARA	32.60m 1
6	211 John Mason	NIAGARA COLL	32.19m
7	301 Riley Gilmour	RCBHS-RIDGEWAY	27.46m
8	194 Matthew Chmielewski	LCHS-PORT COI	25.00m

Men 100 Meter Dash Junior**Meet Record: 11.27 m 2016-05-10 ETHAN PASCO****Zone 3: 11.27 R 2016-05-10 ETHAN PASCO**

	Name	School	Prelims
Preliminaries			
1	374 Ethan Pasco	SPHS-NIAGARA m	11.27Q
2	34 Owen Protulipac	ANMSS-NIAGARA ^F	11.81Q
3	218 Tomi Toyon	NIAGARA COLL	12.11Q
4	258 Jean Baptiste Rovenst	NDC-WELLAND	12.19Q
5	129 Dalton Mashenko	ELCSS-FONTHILL	12.19Q

2016 ZONE 3 CHAMPIONSHIP MEET**Niagara Olympic Club - 2016-05-10****Results****Preliminaries ... (Men 100 Meter Dash Junior)**

Name	School	Prelims
6 26 Omesh Jayaweera	ANMSS-NIAGAF	12.41Q
7 294 Matthew Bolton	RCBHS-RIDGEW	12.48q
8 381 Darcy MacIssac	SC-NIAGARA FA	12.61q
9 359 Daniel Gurguis	SPHS-NIAGARA	12.66
10 169 Di'Andre McDonald	ESJV-WELLAND	12.69
11 154 Isaiah Mundle	ESC-WELLAND	12.83
12 331 Dennis Harker	SMHS-NIAGARA	12.87
13 366 Ben Maccarone	SPHS-NIAGARA	12.87
14 152 Yannick Hurtubise	ESC-WELLAND	13.31
15 21 Josh Dibellonia	ANMSS-NIAGAF	13.32
16 155 Liam Polden	ESC-WELLAND	13.35

Men 100 Meter Dash Junior**Meet Record: 11.27 m 2016-05-10 ETHAN PASCO****Zone 3: 11.27 R 2016-05-10 ETHAN PASCO**

Name	School	Finals
Finals		
1 374 Ethan Pasco	SPHS-NIAGARA	11.28 6
2 34 Owen Protulipac	ANMSS-NIAGAF	11.69 4
3 218 Tomi Toyon	NIAGARA COLL	11.84 3
4 258 Jean Baptiste Rovenst	NDC-WELLAND	12.06 2
5 26 Omesh Jayaweera	ANMSS-NIAGAF	12.16 1
6 129 Dalton Mashenko	ELCSS-FONTHII	12.46
7 294 Matthew Bolton	RCBHS-RIDGEW	12.46
8 381 Darcy MacIssac	SC-NIAGARA FA	12.51

Men 200 Meter Dash Junior**Meet Record: 23.03 m 2016-05-10 ETHAN PASCO****Zone 3: 23.03 R 2016-05-10 ETHAN PASCO**

Name	School	Finals
Finals		
1 374 Ethan Pasco	SPHS-NIAGARA	23.03m 6
2 34 Owen Protulipac	ANMSS-NIAGAF	24.01 4
3 218 Tomi Toyon	NIAGARA COLL	25.32 3
4 115 Evan Dobbie	ELCSS-FONTHII	25.42 2
5 129 Dalton Mashenko	ELCSS-FONTHII	25.59 1
6 331 Dennis Harker	SMHS-NIAGARA	25.79
7 359 Daniel Gurguis	SPHS-NIAGARA	26.28
8 339 Michael Russiani	SMHS-NIAGARA	27.90
9 249 Eric Kuchman	NDC-WELLAND	30.55

Men 400 Meter Dash Junior**Meet Record: 53.32 m 2012-05-15 JORDAN FORTIN****Zone 3: 53.32 R 2012-05-15 JORDAN FORTIN**

Name	School	Finals
Finals		
1 304 Isaac Lapp	RCBHS-RIDGEW	54.47 6
2 272 Dean Miller	PCHS-PORT COI	54.96 4
3 26 Omesh Jayaweera	ANMSS-NIAGAF	57.34 3
4 115 Evan Dobbie	ELCSS-FONTHII	57.73 2
5 58 Williston Goodfellow	CSS-WELLAND	59.08 1
6 269 Devon Doolittle	PCHS-PORT COI	1:02.61
--- 374 Ethan Pasco	SPHS-NIAGARA	DNF

Men 800 Meter Run Junior**Meet Record: 2:05.55 m 2016-05-10 BROCK DEBA****Zone 3: 2:05.55 R 2016-05-10 BROCK DEBA**

Name	School	Finals
Finals		
1 114 Brock Deba	ELCSS-FONTHII	2:05.55m 6
2 304 Isaac Lapp	RCBHS-RIDGEW	2:09.38 4
3 272 Dean Miller	PCHS-PORT COI	2:15.16 3
4 310 Hunter Zimmerman	RCBHS-RIDGEW	2:32.60 2
5 339 Michael Russiani	SMHS-NIAGARA	2:35.09 1
6 177 Noah McCracken	FESS-FORT ERIE	2:40.08
--- 395 Gavin Rolls	WSS-NIAGARA I	DNF

Men 1500 Meter Run Junior**Meet Record: 4:15.53 m 2010-05-11 BRAYDEN SENECA****Zone 3: 4:15.53 R 2010-05-11 BRAYDEN SENECA**

Name	School	Finals
Finals		
1 114 Brock Deba	ELCSS-FONTHII	4:48.79 6
2 304 Isaac Lapp	RCBHS-RIDGEW	4:49.82 4
3 272 Dean Miller	PCHS-PORT COI	4:52.78 3
4 130 Jake Nunn	ELCSS-FONTHII	4:56.48 2
5 136 Davis Shepherd	ELCSS-FONTHII	4:57.76 1
6 177 Noah McCracken	FESS-FORT ERIE	5:24.66
7 339 Michael Russiani	SMHS-NIAGARA	5:31.85
8 395 Gavin Rolls	WSS-NIAGARA I	5:46.52

Men 3000 Meter Run Junior**Meet Record: 9:17.27 m 2010-05-11 BRAYDEN SENECA****Zone 3: 9:34.67 R 2007-05-15 JEREMY RAE**

Name	School	Finals
Finals		
1 136 Davis Shepherd	ELCSS-FONTHII	9:56.88 6
2 130 Jake Nunn	ELCSS-FONTHII	10:57.69 4

Men 100 Meter Hurdles Junior**Meet Record: 14.93 m 2010-05-11 NICOLAS KATULIC-DUCHA****Zone 3: 14.93 R 2010-05-11 NICOLAS KATULIC-DUCHA**

Name	School	Finals
Finals		
1 306 Berwick Patterson	RCBHS-RIDGEW	15.20 6
2 59 Mack Jasinkas	CSS-WELLAND	15.40 4
3 109 Aman Chera	ELCSS-FONTHII	17.29 3
4 129 Dalton Mashenko	ELCSS-FONTHII	17.99 2
5 107 Dylan Biggar	ELCSS-FONTHII	19.30 1

Men 300 Meter Hurdles Junior**Meet Record: 38.57 m 2004-05-11 JAKE GIBSON****Zone 3: 38.57 R 2004-05-11 JAKE GIBSON**

Name	School	Finals
Finals		
1 59 Mack Jasinkas	CSS-WELLAND	43.54 6
2 109 Aman Chera	ELCSS-FONTHII	45.73 4
3 58 Williston Goodfellow	CSS-WELLAND	47.43 3
4 26 Omesh Jayaweera	ANMSS-NIAGAF	51.10 2

2016 ZONE 3 CHAMPIONSHIP MEET**Niagara Olympic Club - 2016-05-10****Results****Men 4x100 Meter Relay Junior**

Meet Record: 46.71 m 2014-05-13A.N. MYER - NIAGARA FALLS
C Parlevliet, M Burns, T Ford, T Ford

Zone 3: 46.71 R 2014-05-13A.N. MYER - NIAGARA FALLS
C Parlevliet, M Burns, T Ford, T Ford

Team	Relay	Finals
Finals		
1 CENTENNIAL - WELLS	A	48.66 6
2 RIDGEWAY-CRYSTAL B	A	55.01 4

Men High Jump Junior

Meet Record: 1.85m m 2008-05-13JEAN-PAUL LAUZON

Zone 3: 1.85m R 2008-05-13JEAN-PAUL LAUZON

Name	School	Finals
Finals		
1 258 Jean Baptiste Rovenst	NDC-WELLAND	1.65m 6
2 126 Scott Leduc	ELCSS-FONTHILL	1.60m 4
3 254 Sebastian Mitchell	NDC-WELLAND	1.60m 3
4 378 Richard Warner	SPHS-NIAGARA	1.45m 2

Men Pole Vault Junior

Meet Record: 3.80m m 2005-05-10KYLE TOMASELLO

Zone 3: 3.80m R 2005-05-10KYLE TOMASELLO

Name	School	Finals
Finals		
1 107 Dylan Biggar	ELCSS-FONTHILL	2.50m 6
2 109 Aman Chera	ELCSS-FONTHILL	2.40m 4
3 126 Scott Leduc	ELCSS-FONTHILL	2.20m 3
4 112 Max Crowder	ELCSS-FONTHILL	2.10m 2

Men Long Jump Junior

Meet Record: 6.17m m 2008-05-13JEAN-PAUL LAUZON

Zone 3: 6.17m R 2008-05-13JEAN-PAUL LAUZON

Name	School	Finals
Finals		
1 214 Ebuka Okonkwo	NIAGARA COLL	5.52m 6
2 168 Hansley Leclair	ESJV-WELLAND	5.38m 4
3 306 Berwick Patterson	RCBHS-RIDGEW	5.26m 3
4 254 Sebastian Mitchell	NDC-WELLAND	5.24m 2
5 113 Fraser Darling	ELCSS-FONTHILL	5.15m 1
6 333 Abdullah Khan	SMHS-NIAGARA	5.04m
7 294 Matthew Bolton	RCBHS-RIDGEW	5.03m
8 366 Ben Maccarone	SPHS-NIAGARA	4.95m
9 152 Yannick Hurtubise	ESC-WELLAND	4.75m
10 120 Mitchell Frick	ELCSS-FONTHILL	4.50m
11 308 Carter Seguin	RCBHS-RIDGEW	4.34m
12 331 Dennis Harker	SMHS-NIAGARA	4.27m
13 395 Gavin Rolls	WSS-NIAGARA	3.63m
--- 381 Darcy MacIssac	SC-NIAGARA FA	FOUL
--- 372 Asare Otchere	SPHS-NIAGARA	FOUL

Men Triple Jump Junior

Meet Record: 12.36m m 2014-05-13SOLOMON AWOBEM

Zone 3: 12.36m R 2014-05-13SOLOMON AWOBEM

Name	School	Finals
Finals		
1 333 Abdullah Khan	SMHS-NIAGARA	12.11m 6
2 113 Fraser Darling	ELCSS-FONTHILL	11.77m 4
3 168 Hansley Leclair	ESJV-WELLAND	11.27m 3
4 254 Sebastian Mitchell	NDC-WELLAND	11.02m 2
5 112 Max Crowder	ELCSS-FONTHILL	9.31m 1
6 276 Joel Snider	PCHS-PORT COI	8.61m

Men Shot Put Junior

Meet Record: 14.72m m 2010-05-11ROB OSBORN

Zone 3: 14.72m R 2010-05-11ROB OSBORN

Name	School	Finals
Finals		
1 372 Asare Otchere	SPHS-NIAGARA	11.77m 6
2 275 Thomas Slater	PCHS-PORT COI	11.72m 4
3 62 Blake Thompson	CSS-WELLAND	11.44m 3
4 214 Ebuka Okonkwo	NIAGARA COLL	11.36m 2
5 298 Kyle Detenbeck	RCBHS-RIDGEW	10.32m 1
6 382 Jordan Shelly	SC-NIAGARA FA	10.11m
7 120 Mitchell Frick	ELCSS-FONTHILL	10.09m
8 302 Gabriel Grigorov	RCBHS-RIDGEW	9.98m
9 201 Connor Mullen	LCHS-PORT COI	9.51m
10 152 Yannick Hurtubise	ESC-WELLAND	9.39m
11 60 Nigal Lamb	CSS-WELLAND	9.18m
12 277 Isaiah St. Pierre	PCHS-PORT COI	9.07m

Men Discus Throw Junior

Meet Record: 48.68m m 2010-05-11BEN FILMORE

Zone 3: 46.92m R 2012-05-15DALTON MATIASZ

Name	School	Finals
Finals		
1 127 Sauli Lianga	ELCSS-FONTHILL	37.85m 6
2 62 Blake Thompson	CSS-WELLAND	34.12m 4
3 296 Thomas Cochrane	RCBHS-RIDGEW	32.74m 3
4 302 Gabriel Grigorov	RCBHS-RIDGEW	30.40m 2
5 21 Josh Dibellonia	ANMSS-NIAGARA	30.19m 1
6 277 Isaiah St. Pierre	PCHS-PORT COI	29.17m
7 120 Mitchell Frick	ELCSS-FONTHILL	28.69m
8 308 Carter Seguin	RCBHS-RIDGEW	27.36m
9 112 Max Crowder	ELCSS-FONTHILL	27.31m
10 275 Thomas Slater	PCHS-PORT COI	26.43m
11 201 Connor Mullen	LCHS-PORT COI	25.03m
12 60 Nigal Lamb	CSS-WELLAND	24.38m

Men Javelin Throw Junior

Meet Record: 49.21m m 2009-05-12SHAWN PELLIZARI

Zone 3: 49.21m R 2009-05-12SHAWN PELLIZARI

Name	School	Finals
Finals		
1 113 Fraser Darling	ELCSS-FONTHILL	42.10m 6
2 155 Liam Polden	ESC-WELLAND	38.48m 4

2016 ZONE 3 CHAMPIONSHIP MEET**Niagara Olympic Club - 2016-05-10****Results****Finals ... (Men Javelin Throw Junior)**

	Name	School	Finals
3	306 Berwick Patterson	RCBHS-RIDGEW	37.99m 3
4	107 Dylan Biggar	ELCSS-FONTHILL	34.40m 2
5	126 Scott Leduc	ELCSS-FONTHILL	32.80m 1
6	275 Thomas Slater	PCHS-PORT COI	29.50m
7	153 Zacharie Lessard	ESC-WELLAND	29.30m
8	382 Jordan Shelly	SC-NIAGARA FA	25.56m
9	372 Asare Otchere	SPHS-NIAGARA	25.22m
10	298 Kyle Detenbeck	RCBHS-RIDGEW	23.68m
11	201 Connor Mullen	LCHS-PORT COI	21.35m
12	308 Carter Seguin	RCBHS-RIDGEW	21.08m
13	277 Isaiah St. Pierre	PCHS-PORT COI	18.40m
14	276 Joel Snider	PCHS-PORT COI	17.80m

Men 100 Meter Dash Senior**Meet Record: 11.16 m 2016-05-10 TOYE ODUSANYA****Zone 3: 11.16 R 2016-05-10 TOYE ODUSANYA**

	Name	School	Prelims
Preliminaries			
1	212 Toye Odusanya	NIAGARA COLL	11.22Q
2	365 Seth Long	SPHS-NIAGARA	11.33Q
3	22 Tre Ford	ANMSS-NIAGAF	11.31Q
4	360 Will Kandeya	SPHS-NIAGARA	11.44Q
5	392 Mitchell Hicks	WSS-NIAGARA I	11.69Q
6	32 Christopher Parlevliet	ANMSS-NIAGAF	11.69Q
7	307 Tanner Schinkel	RCBHS-RIDGEW	11.93q
8	24 Tyler Hildebrand	ANMSS-NIAGAF	12.06q
9	215 Timi Owoturo	NIAGARA COLL	12.07
10	25 Joel Ingram	ANMSS-NIAGAF	12.09
11	247 Tyler Iuduciani	NDC-WELLAND	12.34
12	209 Sylvester Feyisayo	NIAGARA COLL	12.38
13	393 Ben Krowchuk	WSS-NIAGARA I	12.59
14	181 Timothy Turner	FESS-FORT ERIE	12.67

Men 100 Meter Dash Senior**Meet Record: 11.16 m 2016-05-10 TOYE ODUSANYA****Zone 3: 11.16 R 2016-05-10 TOYE ODUSANYA**

	Name	School	Finals
Finals			
1	212 Toye Odusanya	NIAGARA COLL	11.16m 6
2	22 Tre Ford	ANMSS-NIAGAF	11.17 4
3	365 Seth Long	SPHS-NIAGARA	11.26 3
4	360 Will Kandeya	SPHS-NIAGARA	11.48 2
5	32 Christopher Parlevliet	ANMSS-NIAGAF	11.58 1
6	392 Mitchell Hicks	WSS-NIAGARA I	11.68
7	307 Tanner Schinkel	RCBHS-RIDGEW	11.84
8	24 Tyler Hildebrand	ANMSS-NIAGAF	12.07

Men 200 Meter Dash Senior**Meet Record: 22.21 m 2016-05-10 TRE FORD****Zone 3: 22.21 R 2016-05-10 TRE FORD**

	Name	School	Finals
Finals			
1	22 Tre Ford	ANMSS-NIAGAF	22.21m 6
2	212 Toye Odusanya	NIAGARA COLL	22.56 4

3	23 Tyrell Ford	ANMSS-NIAGAF	22.86 3
4	365 Seth Long	SPHS-NIAGARA	23.04 2
5	360 Will Kandeya	SPHS-NIAGARA	23.45 1
6	32 Christopher Parlevliet	ANMSS-NIAGAF	23.50
7	392 Mitchell Hicks	WSS-NIAGARA I	23.72
8	25 Joel Ingram	ANMSS-NIAGAF	24.22
9	215 Timi Owoturo	NIAGARA COLL	24.30
10	247 Tyler Iuduciani	NDC-WELLAND	25.06
11	216 Natsumi Sugusaki	NIAGARA COLL	25.40
12	181 Timothy Turner	FESS-FORT ERIE	25.89
13	208 Solomon Ebata	NIAGARA COLL	25.93
14	389 Jordan Anderson	WSS-NIAGARA I	25.99
15	370 John Navarolli	SPHS-NIAGARA	26.67

Men 400 Meter Dash Senior**Meet Record: 48.79 m 2012-05-15 DYLAN BRENNAND****Zone 3: 48.79 R 2012-05-15 DYLAN BRENNAND**

	Name	School	Finals
Finals			
1	299 Levi Fretz	RCBHS-RIDGEW	53.91 6
2	303 Alexander Jacques-Mc	RCBHS-RIDGEW	55.01 4
3	389 Jordan Anderson	WSS-NIAGARA I	58.55 3
4	25 Joel Ingram	ANMSS-NIAGAF	58.78 2
5	181 Timothy Turner	FESS-FORT ERIE	1:02.11 1
6	362 Brandon Lanese	SPHS-NIAGARA	1:04.64
---	207 Victor Bilaniyi-Bejam	NIAGARA COLL	DNF

Men 800 Meter Run Senior**Meet Record: 1:54.24 m 2009-05-12 JEREMY RAE****Zone 3: 1:54.24 R 2009-05-12 JEREMY RAE**

	Name	School	Finals
Finals			
1	299 Levi Fretz	RCBHS-RIDGEW	2:05.21 6
2	388 Abdulkadir Adam	WSS-NIAGARA I	2:25.69 4
3	393 Ben Krowchuk	WSS-NIAGARA I	2:29.09 3
4	261 Harris Wilkinson	NDC-WELLAND	2:32.67 2
5	253 Andrew McClellmont	NDC-WELLAND	2:49.12 1

Men 1500 Meter Run Senior**Meet Record: 3:59.90 m 2009-05-12 JEREMY RAE****Zone 3: 3:59.90 R 2009-05-12 JEREMY RAE**

	Name	School	Finals
Finals			
1	299 Levi Fretz	RCBHS-RIDGEW	4:42.85 6
2	123 Owen Gabel	ELCSS-FONTHILL	4:47.15 4
3	108 Jared Carter	ELCSS-FONTHILL	4:48.54 3
4	259 Stephen Taylor	NDC-WELLAND	4:50.63 2
5	393 Ben Krowchuk	WSS-NIAGARA I	4:54.06 1
6	31 Michael O'Rourke	ANMSS-NIAGAF	4:55.68
7	178 Blair McNeill	FESS-FORT ERIE	4:58.74
8	139 Nick Song	ELCSS-FONTHILL	5:05.63
9	167 Doyle Groulx	ESJV-WELLAND	5:09.48
10	37 Callum Stephenson	ANMSS-NIAGAF	5:13.90
11	252 Brad Maurice	NDC-WELLAND	5:16.63

2016 ZONE 3 CHAMPIONSHIP MEET**Niagara Olympic Club - 2016-05-10****Results****Men 3000 Meter Run Senior****Meet Record: 9:28.45 m 2011-05-10BRAYDEN SENECA****Zone 3: 9:28.45 R 2011-05-10BRAYDEN SENECA**

Name	School	Finals
Finals		
1 125 Ryan Kort	ELCSS-FONTHILL	0:18.40 6
2 123 Owen Grabel	ELCSS-FONTHILL	0:31.71 4
3 108 Jared Carter	ELCSS-FONTHILL	0:48.61 3
4 390 Donovan Beatty	WSS-NIAGARA	10:51.55 2
5 31 Michael O'Rourke	ANMSS-NIAGARA	0:53.04 1
6 259 Stephen Taylor	NDC-WELLAND	0:55.78
7 139 Nick Song	ELCSS-FONTHILL	1:03.57
8 336 Owen Powell	SMHS-NIAGARA	1:49.72
9 37 Callum Stephenson	ANMSS-NIAGARA	1:52.25
10 252 Brad Maurice	NDC-WELLAND	1:52.35
11 362 Brandon Lanese	SPHS-NIAGARA	2:27.09

Men 110 Meter Hurdles Senior**Meet Record: 15.24 m 2012-05-15NICOLAS KATULIC-DUCHA****Zone 3: 15.24 R 2012-05-15NICOLAS KATULIC-DUCHA**

Name	School	Finals
Finals		
1 210 Raymond Lee Hok Hi	NIAGARA COLL	19.91 6

Men 400 Meter Hurdles Senior**Meet Record: 58.77 m 2012-05-15ZACHARY HILDEBRAND****Zone 3: 58.77 R 2012-05-15ZACHARY HILDEBRAND**

Name	School	Finals
Finals		
1 303 Alexander Jacques-Mc	RCBHS-RIDGEW	1:01.28 6
2 38 Tyler Thomson	ANMSS-NIAGARA	1:02.35 4
3 207 Victor Bilaniyi-Bejam	NIAGARA COLL	1:14.24 3

Men 4x100 Meter Relay Senior**Meet Record: 44.47 m 2013-05-14NOTRE DAME COLLEGE****J Augustine, K Brannigan, R Joseph, A Westin****Zone 3: 44.47 R 2013-05-14NOTRE DAME COLLEGE****J Augustine, K Brannigan, R Joseph, A Westin**

Team	Relay	Finals
Finals		
1 ANMSS-NIAGARA FA	A	45.22 6
2 SPHS-NIAGARA FAL	A	45.78 4
3 NIAGARA COLL	A	47.43 3
4 WSS-NIAGARA FALL	A	48.60 2
5 NDC-WELLAND	A	49.06 1
6 ELCSS-FONTHILL	A	49.51

Men High Jump Senior**Meet Record: 2.00m m 2008-05-13JAY DISTON****Zone 3: 2.00m R 2008-05-13JAY DISTON**

Name	School	Finals
Finals		
1 375 Cameron Pow	SPHS-NIAGARA	1.85m 6
2 28 Lucas Mazzone	ANMSS-NIAGARA	1.80m 4
3 29 Joseph Murdaca	ANMSS-NIAGARA	1.80m 3
4 217 Mike Sutherland	NIAGARA COLL	1.65m 2

5 208 Solomon Ebata	NIAGARA COLL	J1.65m 1
6 131 Wes Osborne	ELCSS-FONTHILL	1.60m

Men Pole Vault Senior**Meet Record: 4.45m m 2007-05-15KYLE TOMASELLO****Zone 3: 4.45m R 2007-05-15KYLE TOMASELLO**

Name	School	Finals
Finals		
1 111 Brayden Crowder	ELCSS-FONTHILL	3.30m 6
2 137 Spencer Shoalts	ELCSS-FONTHILL	3.10m 4
3 131 Wes Osborne	ELCSS-FONTHILL	2.40m 2.5
3 141 Ben Wayda	ELCSS-FONTHILL	2.40m 2.5

Men Long Jump Senior**Meet Record: 6.79m m 2007-05-15TRISTAN WOODBURN****Zone 3: 6.79m R 2007-05-15TRISTAN WOODBURN**

Name	School	Finals
Finals		
1 29 Joseph Murdaca	ANMSS-NIAGARA	6.15m 6
2 365 Seth Long	SPHS-NIAGARA	5.84m 4
3 23 Tyrell Ford	ANMSS-NIAGARA	5.83m 3
4 20 Jake Andrews	ANMSS-NIAGARA	5.65m 2
5 32 Christopher Parlevliet	ANMSS-NIAGARA	5.60m 1
6 373 Sefa Otchere	SPHS-NIAGARA	5.41m
7 213 Confidence Okonkwo	NIAGARA COLL	5.29m
8 208 Solomon Ebata	NIAGARA COLL	5.15m
9 217 Mike Sutherland	NIAGARA COLL	5.00m
10 117 Wyatt Flagg	ELCSS-FONTHILL	4.96m
11 128 Nick Lodde	ELCSS-FONTHILL	4.78m
12 270 Grant Flagg	PCHS-PORT COI	4.74m
13 388 Abdulkadir Adam	WSS-NIAGARA	4.69m
14 209 Sylvester Feyisayo	NIAGARA COLL	4.64m
15 253 Andrew McClellmont	NDC-WELLAND	3.96m
16 330 Daniel Francis	SMHS-NIAGARA	3.50m

Men Triple Jump Senior**Meet Record: 12.95m m 2011-05-10TROY LAGUERRE****Zone 3: 12.95m R 2011-05-10TROY LAGUERRE**

Name	School	Finals
Finals		
1 213 Confidence Okonkwo	NIAGARA COLL	12.38m 6
2 217 Mike Sutherland	NIAGARA COLL	11.48m 4
3 390 Donovan Beatty	WSS-NIAGARA	11.15m 3
4 20 Jake Andrews	ANMSS-NIAGARA	11.01m 2
5 128 Nick Lodde	ELCSS-FONTHILL	10.87m 1
6 261 Harris Wilkinson	NDC-WELLAND	10.78m
7 117 Wyatt Flagg	ELCSS-FONTHILL	10.70m
8 370 John Navarolli	SPHS-NIAGARA	10.36m
--- 208 Solomon Ebata	NIAGARA COLL	FOUL

Men Shot Put Senior**Meet Record: 14.79m m 2005-05-10MARK YOUNG****Zone 3: 14.79m R 2005-05-10MARK YOUNG**

Name	School	Finals
Finals		
1 268 Ryan Dendy	PCHS-PORT COI	14.30m 6

2016 ZONE 3 CHAMPIONSHIP MEET**Niagara Olympic Club - 2016-05-10****Results****Finals ... (Men Shot Put Senior)**

	Name	School	Finals	
2	361 Alessandro Krick	SPHS-NIAGARA	13.37m	4
3	140 Quinn Tucker	ELCSS-FONTHILL	12.81m	3
4	33 Nick Petrick	ANMSS-NIAGARA	12.46m	2
5	330 Daniel Francis	SMHS-NIAGARA	11.65m	1
6	373 Sefa Otchere	SPHS-NIAGARA	11.59m	
7	309 Ethan Tupala	RCBHS-RIDGEMOUNT	11.33m	
8	63 Alex Wilsher	CSS-WELLAND	10.42m	
9	355 Austin Benevides	SPHS-NIAGARA	10.19m	
10	358 Jordan Donato	SPHS-NIAGARA	9.83m	
11	176 Raphael Mandisodza	FESS-FORT ERIE	8.69m	
12	256 Ethan Poirier	NDC-WELLAND	7.61m	

Men Discus Throw Senior**Meet Record: 48.39m m 2005-05-10 MARK YOUNG****Zone 3: 48.39m R 2005-05-10 MARK YOUNG**

	Name	School	Finals	
Finals				
1	305 Bryce Martin	RCBHS-RIDGEMOUNT	39.58m	6
2	271 Trystan Hinks	PCHS-PORT COI	35.69m	4
3	137 Spencer Shoalts	ELCSS-FONTHILL	35.36m	3
4	309 Ethan Tupala	RCBHS-RIDGEMOUNT	34.68m	2
5	268 Ryan Dendy	PCHS-PORT COI	34.50m	1
6	63 Alex Wilsher	CSS-WELLAND	32.81m	
7	111 Brayden Crowder	ELCSS-FONTHILL	32.43m	
8	358 Jordan Donato	SPHS-NIAGARA	31.22m	
9	140 Quinn Tucker	ELCSS-FONTHILL	27.23m	
10	367 Matthew Margittay	SPHS-NIAGARA	25.96m	
11	355 Austin Benevides	SPHS-NIAGARA	25.82m	
12	256 Ethan Poirier	NDC-WELLAND	21.37m	
13	141 Ben Wayda	ELCSS-FONTHILL	20.46m	

Men Javelin Throw Senior**Meet Record: 54.57m m 2012-05-15 SHAWN PELLIZARI****Zone 3: 54.57m R 2012-05-15 SHAWN PELLIZARI**

	Name	School	Finals	
Finals				
1	117 Wyatt Flagg	ELCSS-FONTHILL	43.67m	6
2	35 Tyler Scholz	ANMSS-NIAGARA	40.57m	4
3	24 Tyler Hildebrand	ANMSS-NIAGARA	39.93m	3
4	373 Sefa Otchere	SPHS-NIAGARA	38.80m	2
5	364 Edward Liu	SPHS-NIAGARA	38.60m	1
6	28 Lucas Mazzone	ANMSS-NIAGARA	38.36m	
7	256 Ethan Poirier	NDC-WELLAND	33.30m	
8	270 Grant Flagg	PCHS-PORT COI	27.20m	
9	140 Quinn Tucker	ELCSS-FONTHILL	20.95m	
---	358 Jordan Donato	SPHS-NIAGARA	FOUL	

Men 2000 Meter Steeplechase Open**Meet Record: 6:27.80 m 2009-05-12 TOM MCRAE****Zone 3: 6:27.80 R 2009-05-12 TOM MCRAE**

	Name	School	Finals	
Finals				
1	125 Ryan Kort	ELCSS-FONTHILL	7:07.01	6
2	178 Blair McNeill	FESS-FORT ERIE	7:39.28	4

3	390 Donovan Beatty	WSS-NIAGARA	17:44.34	3
4	219 Neil Wangler	NIAGARA COLL	7:55.31	2
5	336 Owen Powell	SMHS-NIAGARA	8:09.29	1
6	138 Elliott Song	ELCSS-FONTHILL	8:20.47	
7	310 Hunter Zimmerman	RCBHS-RIDGEMOUNT	8:29.93	
8	273 Hunter Miller	PCHS-PORT COI	9:13.37	
9	147 Malcolm Allcorn	ESS-WELLAND	9:13.79	

Men 4x400 Meter Relay Open**Meet Record: 3:35.42 m 2012-05-15 RIDGEWAY CBHS****Zone 3: 3:35.42 R 2012-05-15 RIDGEWAY-CRYSTAL BEAC**

	Team	Relay	Finals	
Finals				
1	RIDGEWAY-CRYSTAL BEAC	A	3:37.40	6
2	ELCSS-FONTHILL	A	3:51.97	4
3	WSS-NIAGARA FALL	A	4:03.86	3

Men 100 Meter Run Intellectual**Meet Record: 13.48 m 2016-05-10 GRANT FLAGG****Zone 3: 13.48 R 2016-05-10 GRANT FLAGG**

	Name	School	Finals	
Finals				
1	270 Grant Flagg	PCHS-PORT COI	13.48m	6
2	249 Eric Kuchman	NDC-WELLAND	14.12	4
3	335 Andrew McIntyre	SMHS-NIAGARA	14.18	3
4	200 Chandler Ladd	LCHS-PORT COI	14.38	2
5	250 Alexi Liszt	NDC-WELLAND	14.61	1

Men 800 Meter Run Intellectual**Meet Record: 2:55.52 m 2016-05-10 ANDREW MCINTYRE****Zone 3: 2:55.52 R 2016-05-10 ANDREW MCINTYRE**

	Name	School	Finals	
Finals				
1	335 Andrew McIntyre	SMHS-NIAGARA	2:55.52m	6
2	200 Chandler Ladd	LCHS-PORT COI	3:02.11	4