

2016 ZONE 4 CHAMPIONSHIP MEET
Niagara Olympic Club Track and Field Centre - 2016-05-12
Results

Women 100 Meter Dash Midget

Zone 4: 12.87 R 2016-05-12 MACKENZIE BARNARD
Pre2004: 12.20 P 1979 YVETTE JULES

Name	School	Prelims
Preliminaries		
1	180 Mackenzie Barnard	GDSS-GRIMSBY 12.87Q
2	62 Ilena Ricker-Singh	BLESSED TRIN 13.46Q
3	137 Zoe Phillips	EHS-ST. CATHA 13.63Q
4	166 Madison Small	GSSS-ST. CATHA 13.95Q
5	169 Belle Vanderkley	GSSS-ST. CATHA 13.93Q
6	39 Lindsay Deptuck	BLESSED TRIN 14.32Q
7	65 Lauren Adamson	DMHS-ST. CATH 14.16q
8	247 Anna Belford	LSSS-ST. CATHA 14.38q
9	55 Madison McKinney	BLESSED TRIN 14.65
10	404 Katie Kathireson	SWCSS-ST. CATI 14.83
11	324 Rawan Gabir	SFSS-ST. CATHA 15.14
12	143 Victoria Archer	GSSS-ST. CATHA 15.25
13	215 Jennika DeKorte	HCS-JORDAN ST 15.34
14	83 Giya Joseph	DMHS-ST. CATH 15.76
15	437 Madison Zelichowski	SWCSS-ST. CATI 16.58
16	146 Chelsea Barton	GSSS-ST. CATHA 16.85

Women 100 Meter Dash Midget

Zone 4: 12.87 R 2016-05-12 MACKENZIE BARNARD
Pre2004: 12.20 P 1979 YVETTE JULES

Name	School	Finals
Finals		
1	180 Mackenzie Barnard	GDSS-GRIMSBY 13.00
2	62 Ilena Ricker-Singh	BLESSED TRIN 13.56
3	137 Zoe Phillips	EHS-ST. CATHA 13.70
4	166 Madison Small	GSSS-ST. CATHA 14.11
5	39 Lindsay Deptuck	BLESSED TRIN 14.31
6	65 Lauren Adamson	DMHS-ST. CATH 14.34
7	247 Anna Belford	LSSS-ST. CATHA 14.46

Women 200 Meter Dash Midget

Zone 4: 26.59 R 2012-05-17 SAVANAH ALLEN
Pre2004: 25.25 P 1997 DIANE PEITSCH

Name	School	Finals
Finals		
1	137 Zoe Phillips	EHS-ST. CATHA 27.52
2	283 Faith Ludwig	SMITHVILLE CF 27.71
3	62 Ilena Ricker-Singh	BLESSED TRIN 28.14
4	65 Lauren Adamson	DMHS-ST. CATH 30.20
5	55 Madison McKinney	BLESSED TRIN 30.32
6	247 Anna Belford	LSSS-ST. CATHA 30.33
7	39 Lindsay Deptuck	BLESSED TRIN 31.07
8	107 Kira Douce	DSBN ACADEM 32.22
9	437 Madison Zelichowski	SWCSS-ST. CATI 35.89

Women 400 Meter Dash Midget

Zone 4: 1:01.66 R 2010-05-12 MADISON CLARKE
Pre2004: 1:01.60 P 1981 LORI LITTLEBOY

Name	School	Finals
Finals		
1	55 Madison McKinney	BLESSED TRIN 1:08.33
2	212 Sahara Zingano	GDSS-GRIMSBY 1:11.36
3	166 Madison Small	GSSS-ST. CATHA 1:13.11
4	39 Lindsay Deptuck	BLESSED TRIN 1:16.51
5	333 Luisamaria Vallecilla	SFSS-ST. CATHA 1:23.61
6	164 Meagan Roberts	GSSS-ST. CATHA 1:31.81

Women 800 Meter Run Midget

Zone 4: 2:23.55 R 2012-05-17 TRACEY MYERS
Pre2004: 2:20.50 P 1999 MONIKA GRABOWIECKA

Name	School	Finals
Finals		
1	255 Lexi Hale	LSSS-ST. CATHA 2:32.00
2	386 Jenna Coles	SWCSS-ST. CATI 2:34.20
3	172 Charlize Breukelman	GREAT LAKES 2:36.92
4	363 Kaitlyn Pressley	TSS-THOROLD 2:41.22
5	161 Madalyn Noonan	GSSS-ST. CATHA 2:43.03
6	395 Abigail Greenough	SWCSS-ST. CATI 2:56.11
7	164 Meagan Roberts	GSSS-ST. CATHA 3:47.75

Women 1500 Meter Run Midget

Zone 4: 4:57.78 R 2004-05-13 KELSIE SLATER
Pre2004: 4:54.80 P 1999 MONIKA GRABOWIECKA

Name	School	Finals
Finals		
1	386 Jenna Coles	SWCSS-ST. CATI 5:18.75
2	249 Mackenzie Damiano	LSSS-ST. CATHA 5:23.14
3	255 Lexi Hale	LSSS-ST. CATHA 5:32.31
4	161 Madalyn Noonan	GSSS-ST. CATHA 5:35.52
5	194 Taylor Huff	GDSS-GRIMSBY 5:45.35
6	376 Alysha Bachelor	SWCSS-ST. CATI 5:52.75
7	87 Andrea Miotto	DMHS-ST. CATH 5:57.26
8	395 Abigail Greenough	SWCSS-ST. CATI 6:04.94
9	288 Shasta Ricker	SMITHVILLE CF 6:09.95
10	212 Sahara Zingano	GDSS-GRIMSBY 6:32.02
11	203 Payton Peters	GDSS-GRIMSBY 6:41.17

Women 3000 Meter Run Midget

Zone 4: 10:39.44 R 2010-05-13 COURTNEY FALARDEAU
Pre2004: 11:03.97 P 2000 MONIKA GRABOWIECKA

Name	School	Finals
Finals		
1	386 Jenna Coles	SWCSS-ST. CATI 2:34.85
2	249 Mackenzie Damiano	LSSS-ST. CATHA 2:42.87
3	296 Marlee Vanderlee	SMITHVILLE CH 3:55.14
4	194 Taylor Huff	GDSS-GRIMSBY 3:56.13
5	395 Abigail Greenough	SWCSS-ST. CATI 4:07.17

2016 ZONE 4 CHAMPIONSHIP MEET
Niagara Olympic Club Track and Field Centre - 2016-05-12
Results

Women 80 Meter Hurdles Midget**Zone 4: 13.10 R 2010-05-13 MARY OLLIER****Pre2004: 12.50 P 1982 SHARI ORDERS**

Name	School	Finals
Finals		
1 20 Abi McDonald	BDSS-BEAMSVI	13.30
2 169 Belle Vanderkley	GSSS-ST. CATHA	13.53
3 205 Alyssa Scott	GDSS-GRIMSBY	13.68
4 61 Ava Ricker-Singh	BLESSED TRIN	14.36
5 421 Cassandra Pugh	SWCSS-ST. CATI	15.06
6 247 Anna Belford	LSSS-ST. CATHA	15.94
7 372 Kerry Wilson	TSS-THOROLD	16.75

Women 300 Meter Hurdles Midget**Zone 4: 47.23 R 2005-05-13 ESTHER VERMEER****Pre2004: 47.07 P 1997 KRISTY DEVRIES**

Name	School	Finals
Finals		
1 61 Ava Ricker-Singh	BLESSED TRIN	49.14
2 20 Abi McDonald	BDSS-BEAMSVI	52.03
3 421 Cassandra Pugh	SWCSS-ST. CATI	56.29
4 363 Kaitlyn Pressley	TSS-THOROLD	59.25
5 376 Alysha Bachelor	SWCSS-ST. CATI	1:02.04

Women 4x100 Meter Relay Midget**Zone 4: 55.12 R 2005-05-12 GRIMSBY SECONDARY****K. MacLeod, H.r Kurpe, V. Lang, B. Kadwell****Pre2004: 53.20 P 1971****Pre2004ties: 53.20 p 1977**

Team	Relay	Finals
Finals		
1 GSSS-ST. CATHARI		56.82
1) 166 Madison Small	2) 143 Victoria Archer	
3) 159 Emma McDougall	4) 145 Victoria Balyk	
5) 146 Chelsea Barton		
2 GRIMSBY - GRIMSBY		57.32
1) 180 Mackenzie Barnard	2) 212 Sahara Zingano	
3) 205 Alyssa Scott	4) 183 Emma Couvesvek	
3 SWCSS-ST. CATHAR		58.03
	2) 437 Madison Zelichowski	
3) 404 Katie Kathireson	4) 426 Ryann Scheib	
5) 386 Jenna Coles		

Women High Jump Midget**Zone 4: 1.64m R 2016-05-12 BIGGER AUTUMN****Pre2004: 1.63m P 1990 JANET WHEELER**

Name	School	Finals
Finals		
1 2 Bigger Autumn	BDSS-BEAMSVI	1.64mR
2 357 Gates MacPherson	TSS-THOROLD	1.49m
3 421 Cassandra Pugh	SWCSS-ST. CATI	1.43m

Women Long Jump Midget**Zone 4: 4.74m R 2016-05-12 MACKENZIE BARNARD****Zone 4: 4.74m R 2006-05-11 CHELSEA DUNCAN****Pre2004: 4.95m P 1997 ROBYN AHLSTEDT**

Name	School	Finals
Finals		
1 180 Mackenzie Barnard	GDSS-GRIMSBY	4.74mR
2 134 Katia Matveev	EHS-ST. CATHA	4.49m
3 61 Ava Ricker-Singh	BLESSED TRIN	4.43m
4 283 Faith Ludwig	SMITHVILLE CF	4.35m
5 363 Kaitlyn Pressley	TSS-THOROLD	4.29m
6 352 Riley Humaniski	TSS-THOROLD	4.12m
7 203 Payton Peters	GDSS-GRIMSBY	4.04m
8 143 Victoria Archer	GSSS-ST. CATHA	3.95m
9 324 Rawan Gabir	SFSS-ST. CATHA	3.80m
10 215 Jennika DeKorte	HCS-JORDAN ST	3.65m
11 404 Katie Kathireson	SWCSS-ST. CATI	3.57m
12 83 Giya Joseph	DMHS-ST. CATH	3.54m
13 372 Kerry Wilson	TSS-THOROLD	3.38m
14 298 Rachel Wagter	SMITHVILLE CF	3.22m
15 437 Madison Zelichowski	SWCSS-ST. CATI	3.12m

Women Triple Jump Midget**Zone 4: 10.86m R 2014-05-15 ROWAN THOMAS****Pre2004: 10.00m P 2001 HEIDI BENCH**

Name	School	Finals
Finals		
1 134 Katia Matveev	EHS-ST. CATHA	10.15mP
2 205 Alyssa Scott	GDSS-GRIMSBY	9.86m
3 283 Faith Ludwig	SMITHVILLE CF	9.48m
4 352 Riley Humaniski	TSS-THOROLD	9.25m
5 62 Ilana Ricker-Singh	BLESSED TRIN	9.19m
6 203 Payton Peters	GDSS-GRIMSBY	8.59m
7 142 Leah Wiens	EHS-ST. CATHA	8.54m
8 372 Kerry Wilson	TSS-THOROLD	7.69m

Women Shot Put Midget**Zone 4: 11.33m R 2014-05-15 GRACE TENNANT****Pre2004: 10.50m P 1973 LAURA READ**

Name	School	Finals
Finals		
1 145 Victoria Balyk	GSSS-ST. CATHA	9.99m
2 74 Logan Cianco	DMHS-ST. CATH	9.79m
3 58 Colby Paterson	BLESSED TRIN	9.58m
4 8 Stockman Erin	BDSS-BEAMSVI	9.47m
5 102 Maggie Bernier	DSBN ACADEM	9.42m
6 387 Abby Cook	SWCSS-ST. CATI	9.13m
7 299 Rebecca Wagter	SMITHVILLE CF	8.58m
8 361 Mia Nicholson	TSS-THOROLD	8.47m
9 115 Dakota McRae	DSBN ACADEM	7.35m
10 280 Welly Hanenberg	SMITHVILLE CF	6.75m
11 426 Ryann Scheib	SWCSS-ST. CATI	6.65m
12 164 Meagan Roberts	GSSS-ST. CATHA	6.34m

2016 ZONE 4 CHAMPIONSHIP MEET
Niagara Olympic Club Track and Field Centre - 2016-05-12

Results**Women Discus Throw Midget****Zone 4: 36.62m R 2014-05-15 GRACE TENNANT****Pre2004: 30.50m P 1975 GAYLE WRIGHT**

Name	School	Finals
Finals		
1 159 Emma McDougall	GSSS-ST. CATHA	25.13m
2 357 Gates MacPherson	TSS-THOROLD	22.77m
3 74 Logan Cianco	DMHS-ST. CATH	21.62m
4 58 Colby Paterson	BLESSED TRIN	21.41m
5 404 Katie Kathireson	SWCSS-ST. CATI	20.10m
6 299 Rebecca Wagter	SMITHVILLE CF	20.05m
7 387 Abby Cook	SWCSS-ST. CATI	18.52m
8 102 Maggie Bernier	DSBN ACADEM	18.25m
9 280 Welly Hanenberg	SMITHVILLE CF	16.10m
10 145 Victoria Balyk	GSSS-ST. CATHA	15.97m
11 298 Rachel Wagter	SMITHVILLE CF	15.60m
12 426 Ryann Scheib	SWCSS-ST. CATI	15.53m
13 107 Kira Douce	DSBN ACADEM	15.24m
14 361 Mia Nicholson	TSS-THOROLD	14.87m

Women Javelin Throw Midget**Zone 4: 32.08m R 2014-05-15 GRACE TENNANT****Pre2004: 32.80m P 1999 SARAH KISH**

Name	School	Finals
Finals		
1 159 Emma McDougall	GSSS-ST. CATHA	31.09m
2 74 Logan Cianco	DMHS-ST. CATH	26.30m
3 58 Colby Paterson	BLESSED TRIN	25.35m
4 145 Victoria Balyk	GSSS-ST. CATHA	21.63m
5 280 Welly Hanenberg	SMITHVILLE CF	20.43m
6 357 Gates MacPherson	TSS-THOROLD	20.12m
7 298 Rachel Wagter	SMITHVILLE CF	19.78m
8 102 Maggie Bernier	DSBN ACADEM	18.18m
9 347 Caitlin Gibson	TSS-THOROLD	17.97m
10 288 Shasta Ricker	SMITHVILLE CF	17.81m
11 387 Abby Cook	SWCSS-ST. CATI	15.52m
12 361 Mia Nicholson	TSS-THOROLD	15.38m
13 299 Rebecca Wagter	SMITHVILLE CF	14.95m
14 8 Stockman Erin	BDSS-BEAMSVI	14.02m
15 115 Dakota McRae	DSBN ACADEM	13.57m
16 215 Jennika DeKorte	HCS-JORDAN S1	10.01m

Women 100 Meter Dash Junior**Zone 4: 13.03 R 2007-05-17 CHELSEA DUNCAN****Pre2004: 12.18 P 2000 CATHARINE OKIWINSKY**

Name	School	Prelims
Preliminaries		
1 252 Kaelyn Emslie	LSSS-ST. CATHA	13.22Q
2 223 Kirztyn de Torres	HCSS-ST. CATH	13.84Q
3 291 Shannon teBrake	SMITHVILLE CF	13.85Q
4 390 Razan Ebrahim	SWCSS-ST. CATI	14.05Q
5 289 Marissa Talsma	SMITHVILLE CF	14.07Q
6 331 Ife Soji	SFSS-ST. CATHA	14.39Q
7 381 Autumn Bland	SWCSS-ST. CATI	14.43q
8 22 Chantel Pottie	BDSS-BEAMSVI	14.48q

9	158 Rebecca Maclean	GSSS-ST. CATHA	14.85
10	177 Chioma Nwebube	GREAT LAKES	15.01
10	132 Jordan Loon	EHS-ST. CATHA	15.01
12	174 Mayenn Buist	GREAT LAKES	15.21
13	327 Mya Ledl	SFSS-ST. CATHA	15.29
14	140 Ella Taylor	EHS-ST. CATHA	15.40
15	114 Keanna Mabon	DSBN ACADEM	16.83

Women 100 Meter Dash Junior**Zone 4: 13.03 R 2007-05-17 CHELSEA DUNCAN****Pre2004: 12.18 P 2000 CATHARINE OKIWINSKY**

Name	School	Finals
Finals		
1 252 Kaelyn Emslie	LSSS-ST. CATHA	13.31
2 291 Shannon teBrake	SMITHVILLE CF	13.91
3 223 Kirztyn de Torres	HCSS-ST. CATH	14.04
4 390 Razan Ebrahim	SWCSS-ST. CATI	14.06
5 289 Marissa Talsma	SMITHVILLE CF	14.14
6 381 Autumn Bland	SWCSS-ST. CATI	14.48
7 331 Ife Soji	SFSS-ST. CATHA	14.53
8 22 Chantel Pottie	BDSS-BEAMSVI	14.83

Women 200 Meter Dash Junior**Zone 4: 26.62 R 2007-05-17 ALEX GILES****Pre2004: 25.55 P 1998 DIANNE PEITSCH**

Name	School	Finals
Finals		
1 252 Kaelyn Emslie	LSSS-ST. CATHA	27.44
2 236 Keisha Pascall	HCSS-ST. CATH	28.44
3 136 Taylor Parker	EHS-ST. CATHA	29.41
4 29 Katelyn Alderson	BLESSED TRIN	29.50
5 381 Autumn Bland	SWCSS-ST. CATI	30.20
6 92 Michelle Rodriguez	DMHS-ST. CATH	30.54
7 36 Sarah Bothen	BLESSED TRIN	30.67
8 132 Jordan Loon	EHS-ST. CATHA	31.07
9 22 Chantel Pottie	BDSS-BEAMSVI	31.39
10 173 Sierra Breukelman	GREAT LAKES	31.49

Women 400 Meter Dash Junior**Zone 4: 1:00.77 R 2004-05-13 AMANDA MCMURTRIE****Pre2004: 59.60 P 1986 PATTY HIEBERT**

Name	School	Finals
Finals		
1 43 Tori Hendriks	BLESSED TRIN	1:03.98
2 112 Sydney Kuhlberg	DSBN ACADEM	1:05.90
3 252 Kaelyn Emslie	LSSS-ST. CATHA	1:06.97
4 236 Keisha Pascall	HCSS-ST. CATH	1:07.19
5 412 Katharine Namvar	SWCSS-ST. CATI	1:09.76
6 209 Brittany Weninger	GDSS-GRIMSBY	1:09.96
7 389 Emma Davies	SWCSS-ST. CATI	1:11.17
8 92 Michelle Rodriguez	DMHS-ST. CATH	1:12.39
9 381 Autumn Bland	SWCSS-ST. CATI	1:14.33
10 21 Alex McDonald	BDSS-BEAMSVI	1:16.30

2016 ZONE 4 CHAMPIONSHIP MEET**Niagara Olympic Club Track and Field Centre - 2016-05-12****Results****Women 800 Meter Run Junior****Zone 4: 2:23.17 R 2005-05-13 KELSIE SLATER****Pre2004: 2:25.20 P 2002 CAITLIN PAULS**

Name	School	Finals
------	--------	--------

Finals

1	43 Tori Hendriks	BLESSED TRIN	2:33.04
2	121 Payton Smith	DSBN ACADEM'	2:38.91
3	111 Breanna Kuhlberg	DSBN ACADEM'	2:42.28
4	131 Hannah Hesch	EHS-ST. CATHA	2:42.78
5	89 Danielle Orlando	DMHS-ST. CATH	2:45.06
6	209 Brittany Weninger	GDSS-GRIMSBY	2:46.29
7	187 Paige Epp	GDSS-GRIMSBY	2:58.42
8	149 Madeline Freeman-Cc	GSSS-ST. CATH	2:58.89

Women 1500 Meter Run Junior**Zone 4: 4:51.92 R 2015-05-14 AVERY GOERTZ****Pre2004: 4:56.00 P 1991 KRISTIE OTTO**

Name	School	Finals
------	--------	--------

Finals

1	121 Payton Smith	DSBN ACADEM'	5:32.72
2	131 Hannah Hesch	EHS-ST. CATHA	5:42.04
3	209 Brittany Weninger	GDSS-GRIMSBY	5:44.78
4	89 Danielle Orlando	DMHS-ST. CATH	5:50.77
5	187 Paige Epp	GDSS-GRIMSBY	5:56.44
6	428 Brittney Smith	SWCSS-ST. CATI	5:57.13
7	149 Madeline Freeman-Cc	GSSS-ST. CATH	6:11.42
8	78 Clare Flynn	DMHS-ST. CATH	6:23.74

Women 3000 Meter Run Junior**Zone 4: 10:37.15 R 2008-05-15 DEANNA BRASZ****Pre2004: 10:39.60 P 1991 KRISTIE OTTO**

Name	School	Finals
------	--------	--------

Finals

1	311 Kira McPherson	SLHS-SMITHV	2:53.66
2	428 Brittney Smith	SWCSS-ST. CATI	3:09.98
3	78 Clare Flynn	DMHS-ST. CATH	3:51.71
4	284 Shannon Mellema	SMITHVILLE CH	4:25.17

Women 80 Meter Hurdles Junior**Zone 4: 12.29 R 2011-05-12 MARY OLLIER****Pre2004: 12.00 P 1998 SARAH MILLER**

Name	School	Finals
------	--------	--------

Finals

1	195 Sienna Lalonde	GDSS-GRIMSBY	13.47
2	153 Emma Gordon	GSSS-ST. CATH	14.85
3	116 Triniti Morris-Burke	DSBN ACADEM'	16.55
4	29 Katelyn Alderson	BLESSED TRIN	17.02
5	284 Shannon Mellema	SMITHVILLE CF	19.02

Women 300 Meter Hurdles Junior**Zone 4: 47.13 R 2006-05-11 BRITTANY KADWELL****Pre2004: 46.00 P 1998 KRISTY DEVRIES**

Name	School	Finals
------	--------	--------

Finals

1	195 Sienna Lalonde	GDSS-GRIMSBY	47.53
2	112 Sydney Kuhlberg	DSBN ACADEM'	50.55

3	111 Breanna Kuhlberg	DSBN ACADEM'	52.20
4	1 Zoe Allister	BDSS-BEAMSVI	58.53
5	412 Katharine Namvar	SWCSS-ST. CATI	59.50

Women 4x100 Meter Relay Junior**Zone 4: 53.50 R 2010-05-13 LAURA SECORD****C. Simpson, S. Lin, H. McWilliam, A. Mazzarella****Pre2004: 51.40 P 1978**

Team	Relay	Finals
------	-------	--------

Finals

1	SWCSS-ST. CATHAR	54.94
1)	433 Natalie Weber	2) 412 Katharine Namvar
3)	389 Emma Davies	4) 390 Razan Ebrahim
5)	381 Autumn Bland	
2	SMITHVILLE CHS	55.55
1)	283 Faith Ludwig	2) 291 Shannon teBrake
3)	289 Marissa Talsma	4) 297 Mikayla Veldman
5)	284 Shannon Mellema	6) 299 Rebecca Wagter
3	BDSS-BEAMSVILLE	58.30
1)	21 Alex McDonald	2) 1 Zoe Allister
3)	22 Chantel Pottie	4) 20 Abi McDonald
5)	25 Shannon Swinson	6) 443 Madison O'Brien
4	GREAT LAKES	58.73
1)	173 Sierra Breukelman	2) 172 Charlize Breukelman
3)	177 Chioma Nwebube	4) 446 Saira Lopez

Women High Jump Junior**Zone 4: 1.55m R 2015-05-14 ROWAN THOMAS****Zone 4: 1.57m R 2016-05-12 MARISSA TALSM****Pre2004: 1.70m P 1992 WANITA DYKSTRA**

Name	School	Finals
------	--------	--------

Finals

1	289 Marissa Talsma	SMITHVILLE CF	1.57m
2	267 Courtney Thompson	LSSS-ST. CATHA	1.50m
3	291 Shannon teBrake	SMITHVILLE CF	1.20m

Women Long Jump Junior**Zone 4: 4.94m R 2007-05-17 CHELSEA DUNCAN****Pre2004: 5.05m P 1967 SHIELA FLOWERS**

Name	School	Finals
------	--------	--------

Finals

1	297 Mikayla Veldman	SMITHVILLE CF	4.53m
2	141 Mikala Taylor	EHS-ST. CATHA	4.45m
3	331 Ife Soji	SFSS-ST. CATHA	4.33m
4	140 Ella Taylor	EHS-ST. CATHA	4.22m
5	21 Alex McDonald	BDSS-BEAMSVI	4.18m
6	223 Kirzty de Torres	HCSS-ST. CATH	4.07m
7	153 Emma Gordon	GSSS-ST. CATH	4.03m
8	1 Zoe Allister	BDSS-BEAMSVI	3.93m
9	136 Taylor Parker	EHS-ST. CATHA	3.78m
10	327 Mya Ledl	SFSS-ST. CATHA	3.74m
11	174 Mayenn Buist	GREAT LAKES	3.70m
12	177 Chioma Nwebube	GREAT LAKES	3.49m
13	92 Michelle Rodriguez	DMHS-ST. CATH	3.33m
14	364 Samantha Seburn	TSS-THOROLD	3.19m
15	110 Zoe John	DSBN ACADEM'	2.23m

2016 ZONE 4 CHAMPIONSHIP MEET**Niagara Olympic Club Track and Field Centre - 2016-05-12****Results****Women Triple Jump Junior****Zone 4: 10.81m R 2015-05-14 ROWAN THOMAS****Pre2004: 10.94m P 1992 WANITA DYKSTRA**

Name	School	Finals
Finals		
1 141 Mikala Taylor	EHS-ST. CATHA	9.94m
2 297 Mikayla Veldman	SMITHVILLE CF	9.46m
3 1 Zoe Allister	BDSS-BEAMSVI	8.92m
4 187 Paige Epp	GDSS-GRIMSBY	8.58m
5 267 Courtney Thompson	LSSS-ST. CATHA	8.08m

Women Shot Put Junior**Zone 4: 14.38m R 2015-05-14 GRACE TENNANT****Pre2004: 10.86m P 1979 HOLLY QUIRING**

Name	School	Finals
Finals		
1 420 Cierra Perron	SWCSS-ST. CATI	10.66m
2 118 Tia Rahmoun	DSBN ACADEM'	9.02m
3 336 Mikayla Bright	TSS-THOROLD	8.80m
4 117 Lia Rahmoun	DSBN ACADEM'	8.75m
5 223 Kirzty de Torres	HCSS-ST. CATHA	8.11m
6 308 Leah Heinen	SLHS-SMITHVIL	7.68m
7 170 Jillian Bermel	GREAT LAKES	7.04m
8 114 Keanna Mabon	DSBN ACADEM'	6.84m
9 25 Shannon Swinson	BDSS-BEAMSVI	3.98m

Women Discus Throw Junior**Zone 4: 44.27m R 2015-05-14 GRACE TENNANT****Pre2004: 35.54m P 1979 NANCY MATHER**

Name	School	Finals
Finals		
1 420 Cierra Perron	SWCSS-ST. CATI	27.69m
2 308 Leah Heinen	SLHS-SMITHVIL	23.77m
3 433 Natalie Weber	SWCSS-ST. CATI	23.29m
4 118 Tia Rahmoun	DSBN ACADEM'	22.65m
5 336 Mikayla Bright	TSS-THOROLD	20.60m
6 114 Keanna Mabon	DSBN ACADEM'	19.36m
7 170 Jillian Bermel	GREAT LAKES	17.96m
8 117 Lia Rahmoun	DSBN ACADEM'	17.09m
9 110 Zoe John	DSBN ACADEM'	15.47m
10 294 Nanya Udezue	SMITHVILLE CF	12.45m

Women Javelin Throw Junior**Zone 4: 38.49m R 2015-05-14 GRACE TENNANT****Pre2004: 36.30m P 2001 SARAH KISH**

Name	School	Finals
Finals		
1 420 Cierra Perron	SWCSS-ST. CATI	30.51m
2 117 Lia Rahmoun	DSBN ACADEM'	21.80m
3 110 Zoe John	DSBN ACADEM'	19.23m
4 116 Triniti Morris-Burke	DSBN ACADEM'	18.91m
5 173 Sierra Breukelman	GREAT LAKES	17.26m
6 174 Mayenn Buist	GREAT LAKES	16.66m
7 118 Tia Rahmoun	DSBN ACADEM'	15.46m
8 308 Leah Heinen	SLHS-SMITHVIL	13.72m

9 294 Nanya Udezue	SMITHVILLE CF	12.13m
10 177 Chioma Nwebube	GREAT LAKES	11.73m

Women 100 Meter Dash Senior**Zone 4: 12.43 R 2004-05-13 STEPHANIE FORESTELL****Pre2004: 12.50 P 1979 DONNA WOODWARD****Pre2004ties: 12.50 p 1980 MARTHA MERRITT**

Name	School	Prelims
Preliminaries		
1 219 Viktoria VanZanten	HCS-JORDAN S1	13.00Q
2 75 Sarah Coburn	DMHS-ST. CATH	13.29Q
3 434 Carlie White	SWCSS-ST. CATI	13.95Q
4 384 Kate Carter	SWCSS-ST. CATI	14.10Q
5 185 Olivia Davis	GDSS-GRIMSBY	14.18Q
6 68 Jenna Angrilli	DMHS-ST. CATH	15.01Q
7 176 Mattea Lodewyk	GREAT LAKES	14.63q
8 257 Maya Hines-Francis	LSSS-ST. CATHA	14.71q
9 307 Samantha Flint	SLHS-SMITHVIL	14.96
10 380 Kamila Blake	SWCSS-ST. CATI	15.13
11 235 Michelle O'Rourke	HCSS-ST. CATHA	15.26
12 260 Allyssah Martel	LSSS-ST. CATHA	15.55
13 273 Miranda Bos	SMITHVILLE CF	15.83
14 125 Ashlyn Beecroft	EHS-ST. CATHA	19.45

Women 100 Meter Dash Senior**Zone 4: 12.43 R 2004-05-13 STEPHANIE FORESTELL****Pre2004: 12.50 P 1979 DONNA WOODWARD****Pre2004ties: 12.50 p 1980 MARTHA MERRITT**

Name	School	Finals
Finals		
1 219 Viktoria VanZanten	HCS-JORDAN S1	13.01
2 75 Sarah Coburn	DMHS-ST. CATH	13.26
3 434 Carlie White	SWCSS-ST. CATI	13.35
4 384 Kate Carter	SWCSS-ST. CATI	13.80
5 185 Olivia Davis	GDSS-GRIMSBY	13.99
6 176 Mattea Lodewyk	GREAT LAKES	14.68
7 257 Maya Hines-Francis	LSSS-ST. CATHA	14.74
8 68 Jenna Angrilli	DMHS-ST. CATH	14.83

Women 200 Meter Dash Senior**Zone 4: 25.82 R 2008-05-15 CHELSEA DUNCAN****Pre2004: 25.40 P 1991 NSENGA BANSFIELD**

Name	School	Finals
Finals		
1 125 Ashlyn Beecroft	EHS-ST. CATHA	27.27
2 219 Viktoria VanZanten	HCS-JORDAN S1	27.70
3 264 Mikayla Sonneberg	LSSS-ST. CATHA	29.28
4 185 Olivia Davis	GDSS-GRIMSBY	29.66
5 232 Rileigh McNeil	HCSS-ST. CATHA	30.43
6 325 Trinity Gill-Knack	SFSS-ST. CATHA	30.53
7 201 Lexy Packingham-trot	GDSS-GRIMSBY	30.54
7 176 Mattea Lodewyk	GREAT LAKES	30.54
9 235 Michelle O'Rourke	HCSS-ST. CATHA	31.00
10 257 Maya Hines-Francis	LSSS-ST. CATHA	31.33
11 64 Brynne Warner	BLESSED TRIN	33.41
12 234 Diane Nsudila	HCSS-ST. CATHA	34.82

2016 ZONE 4 CHAMPIONSHIP MEET
Niagara Olympic Club Track and Field Centre - 2016-05-12
Results

Women 400 Meter Dash Senior

Zone 4: 59.72 R 2007-05-17 ESTHER VERMEER
Pre2004: 57.50 P 1991 NSENGA BANSFIELD

Name	School	Finals
Finals		
1 264 Mikayla Sonneberg	LSSS-ST. CATHA	1:06.23
2 201 Lexy Packingham-trot	GDSS-GRIMSBY	1:10.72
3 232 Rileigh McNeil	HCSS-ST. CATHA	1:11.01
4 99 Kaylee White	DMHS-ST. CATH	1:17.46
5 68 Jenna Angrilli	DMHS-ST. CATH	1:17.52
6 190 Skyler Goudswaard	GDSS-GRIMSBY	1:17.53
--- 405 Kennedy Thomson	SWCSS-ST. CATI	DNF

Women 800 Meter Run Senior

Zone 4: 2:20.33 R 2004-05-13 MEGAN STEWART
Pre2004: 2:21.30 P 1990 KRISSEY LOCKYER

Name	School	Finals
Finals		
1 405 Kennedy Thomson	SWCSS-ST. CATI	2:24.27
2 152 Avery Goertz	GSSS-ST. CATHA	2:30.19
3 328 Madeleine Nolan	SFSS-ST. CATHA	2:31.27
4 200 Hayley McMillan	GDSS-GRIMSBY	2:41.54
5 178 Hailey Yang	GREAT LAKES	2:45.15
6 435 Brenna Wills	SWCSS-ST. CATI	2:49.45
7 430 Sarah St. Angelo	SWCSS-ST. CATI	3:03.43
--- 99 Kaylee White	DMHS-ST. CATH	DNF

Women 1500 Meter Run Senior

Zone 4: 4:49.33 R 2015-05-14 KENNEDY THOMSON
Pre2004: 4:53.40 P 2003 MONIKA GRABOWIECKA

Name	School	Finals
Finals		
1 405 Kennedy Thomson	SWCSS-ST. CATI	5:09.39
2 152 Avery Goertz	GSSS-ST. CATHA	5:09.69
3 396 Madison Greenough	SWCSS-ST. CATI	5:09.73
4 328 Madeleine Nolan	SFSS-ST. CATHA	5:15.14
5 233 Ida Mesfin	HCSS-ST. CATHA	5:18.78
6 200 Hayley McMillan	GDSS-GRIMSBY	5:44.97
7 10 Sarah Hackney	BDSS-BEAMSVI	6:50.80
8 273 Miranda Bos	SMITHVILLE CF	7:18.66

Women 3000 Meter Run Senior

Zone 4: 10:03.77 R 2010-05-13 DEANNA BRASZ
Pre2004: 10:48.30 P 1988 MARCIA AITKEN

Name	School	Finals
Finals		
1 49 Rachel Langelan	BLESSED TRIN	11:44.92
2 233 Ida Mesfin	HCSS-ST. CATHA	12:16.34
3 396 Madison Greenough	SWCSS-ST. CATI	12:34.60
--- 130 Haley Esau	EHS-ST. CATHA	DNF

Women 100 Meter Hurdles Senior

Zone 4: 15.35 R 2004-05-13 LINDSAY WILLIAMSON
Pre2004: 15.53 P 2000 SARAH MILLER

Name	School	Finals
Finals		
1 434 Carlie White	SWCSS-ST. CATI	15.86
2 167 Rowan Thomas	GSSS-ST. CATHA	15.89
3 151 Jami Godin	GSSS-ST. CATHA	18.01
4 10 Sarah Hackney	BDSS-BEAMSVI	19.32
5 258 Tori Lancaster	LSSS-ST. CATHA	20.07
6 273 Miranda Bos	SMITHVILLE CF	21.76

Women 400 Meter Hurdles Senior

Zone 4: 1:07.28 R 2004-05-13 LAURA ECKER
Pre2004: 1:06.45 P 2000 KRISTY DEVRIES

Name	School	Finals
Finals		
1 201 Lexy Packingham-trot	GDSS-GRIMSBY	1:18.83
2 190 Skyler Goudswaard	GDSS-GRIMSBY	1:19.23
3 312 Hailey Orosz	SLHS-SMITHVIL	1:25.49

Women 4x100 Meter Relay Senior

Zone 4: 51.99 R 2012-05-17 GRIMSBY D S S

L Paduano, R Ross, C McClurkin, M Ollier

Pre2004: 51.60 P 1979

Team	Relay	Finals
Finals		
1 GSSS-ST. CATHARI		55.12
1) 167 Rowan Thomas	2) 153 Emma Gordon	
3) 149 Madeline Freeman-Cout	4) 158 Rebecca Maclean	
5) 151 Jami Godin		
2 LSSS-ST. CATHARI		56.48
1) 257 Maya Hines-Francis	2) 258 Tori Lancaster	
3) 264 Mikayla Sonneberg	4) 252 Kaelyn Emslie	
5) 247 Anna Belford		
3 HCSS-ST. CATHARI		58.73
1) 223 Kirtlyn de Torres	2) 232 Rileigh McNeil	
3) 235 Michelle O'Rourke	4) 236 Keisha Pascall	
5) 234 Diane Nsudila		
4 SFSS-ST. CATHARI		58.97
1) 327 Mya Ledl	2) 329 Ivona Palinkas	
3) 325 Trinity Gill-Knack	4) 331 Ife Soji	
5) 330 Jaelynn Roque		
5 DMHS-ST. CATHARI		59.56
1) 65 Lauren Adamson	2) 96 Erica Simminavong	
3) 92 Michelle Rodriguez	4) 75 Sarah Coburn	
5) 68 Jenna Angrilli		

Women High Jump Senior

Zone 4: 1.58m R 2016-05-12 ROWAN THOMAS
Pre2004: 1.80m P 1993 WANITA DYKSTRA

Name	School	Finals
Finals		
1 167 Rowan Thomas	GSSS-ST. CATHA	1.58mR
2 371 Karsyn Venus	TSS-THOROLD	1.48m

2016 ZONE 4 CHAMPIONSHIP MEET**Niagara Olympic Club Track and Field Centre - 2016-05-12****Results****Finals ... (Women High Jump Senior)**

	Name	School	Finals
3	434 Carlie White	SWCSS-ST. CATI	1.46m
4	258 Tori Lancaster	LSSS-ST. CATHA	1.35m

Women Pole Vault Senior**Zone 4: 2.35m R 2012-05-17SHEENA SISAVATH**

	Name	School	Finals
--	-------------	---------------	---------------

Finals

1	257 Maya Hines-Francis	LSSS-ST. CATHA	1.75m
---	------------------------	----------------	-------

Women Long Jump Senior**Zone 4: 5.23m R 2008-05-15CHELSEA DUNCAN****Pre2004: 5.38m P 1993 WANITA DYKSTRA**

	Name	School	Finals
--	-------------	---------------	---------------

Finals

1	75 Sarah Coburn	DMHS-ST. CATH	4.56m
2	415 Jummy Oladipo	SWCSS-ST. CATI	4.44m
3	258 Tori Lancaster	LSSS-ST. CATHA	4.39m
4	151 Jami Godin	GSSS-ST. CATHA	4.23m
5	13 Katie Hunter	BDSS-BEAMSVI	4.13m
6	91 Olga Rapita	DMHS-ST. CATH	4.01m
7	329 Ivona Palinkas	SFSS-ST. CATHA	3.93m
8	312 Hailey Orosz	SLHS-SMITHVIL	3.84m
9	307 Samantha Flint	SLHS-SMITHVIL	3.51m
9	260 Allyssah Martel	LSSS-ST. CATHA	3.51m
11	234 Diane Nsudila	HCSS-ST. CATHA	3.45m
12	365 Eryka Sneath	TSS-THOROLD	3.44m
13	330 Jaelynn Roque	SFSS-ST. CATHA	3.41m
14	264 Mikayla Sonneberg	LSSS-ST. CATHA	2.85m
15	96 Erica Simminavong	DMHS-ST. CATH	2.63m

Women Triple Jump Senior**Zone 4: 11.03m R 2015-05-14SARA KOVAC****Pre2004: 10.85m P 1993 JODY MONRO**

	Name	School	Finals
--	-------------	---------------	---------------

Finals

1	167 Rowan Thomas	GSSS-ST. CATHA	10.72m
2	415 Jummy Oladipo	SWCSS-ST. CATI	10.26m
3	13 Katie Hunter	BDSS-BEAMSVI	9.06m
4	260 Allyssah Martel	LSSS-ST. CATHA	8.64m
5	365 Eryka Sneath	TSS-THOROLD	7.89m
---	354 Simone Keddo	TSS-THOROLD	FOUL

Women Shot Put Senior**Zone 4: 12.53m R 2016-05-12GRACE TENNAMT****Pre2004: 12.00m P 1982 LAURANN COL**

	Name	School	Finals
--	-------------	---------------	---------------

Finals

1	315 Grace Tennamt	SLHS-SMITHVIL	12.53mR
2	60 Cassandra Plute	BLESSED TRIN	10.70m
3	241 Tia Stys	HCSS-ST. CATHA	9.92m
4	144 Rebecca Balyk	GSSS-ST. CATHA	9.88m
5	261 Sydney Mires	LSSS-ST. CATHA	9.08m
6	415 Jummy Oladipo	SWCSS-ST. CATI	8.71m
7	314 Emily Taylor	SLHS-SMITHVIL	8.47m

8	275 Kayla DeKlerk	SMITHVILLE CF	6.20m
9	419 Annelise Perron	SWCSS-ST. CATI	5.81m
10	178 Hailey Yang	GREAT LAKES	5.72m

Women Discus Throw Senior**Zone 4: 42.65m R 2016-05-12GRACE TENNAMT****Pre2004: 39.30m P 2000 ANGELA MACHAJ**

	Name	School	Finals
--	-------------	---------------	---------------

Finals

1	315 Grace Tennamt	SLHS-SMITHVIL	42.65mR
2	60 Cassandra Plute	BLESSED TRIN	32.15m
3	261 Sydney Mires	LSSS-ST. CATHA	26.92m
4	307 Samantha Flint	SLHS-SMITHVIL	21.69m
5	314 Emily Taylor	SLHS-SMITHVIL	21.24m
6	279 Morgan Glasbergen	SMITHVILLE CF	20.18m
7	84 Erin Kenny	DMHS-ST. CATH	19.75m
8	383 Chloe Brown	SWCSS-ST. CATI	19.15m
9	144 Rebecca Balyk	GSSS-ST. CATHA	18.19m
10	419 Annelise Perron	SWCSS-ST. CATI	15.65m
11	275 Kayla DeKlerk	SMITHVILLE CF	14.55m

Women Javelin Throw Senior**Zone 4: 35.76m R 2016-05-12GRACE TENNAMT****Pre2004: 37.98m P 2003 SARAH KISH**

	Name	School	Finals
--	-------------	---------------	---------------

Finals

1	315 Grace Tennamt	SLHS-SMITHVIL	35.76mR
2	84 Erin Kenny	DMHS-ST. CATH	30.49m
3	73 Kallie Charette	DMHS-ST. CATH	26.08m
4	261 Sydney Mires	LSSS-ST. CATHA	25.18m
5	72 Madison Bell	DMHS-ST. CATH	23.76m
6	383 Chloe Brown	SWCSS-ST. CATI	22.10m
7	241 Tia Stys	HCSS-ST. CATHA	22.04m
8	189 Jessica Garr	GDSS-GRIMSBY	21.94m
9	91 Olga Rapita	DMHS-ST. CATH	19.42m
10	419 Annelise Perron	SWCSS-ST. CATI	16.45m
11	279 Morgan Glasbergen	SMITHVILLE CF	16.14m
12	384 Kate Carter	SWCSS-ST. CATI	16.11m
13	445 Isabelle Dick	SWCSS-ST. CATI	12.96m
14	64 Brynne Warner	BLESSED TRIN	11.90m

Women 1500 Meter Steeplechase Open**Zone 4: 5:17.69 R 2006-05-11KELSIE SLATER**

	Name	School	Finals
--	-------------	---------------	---------------

Finals

1	396 Madison Greenough	SWCSS-ST. CATI	5:43.45
2	49 Rachel Langelaan	BLESSED TRIN	5:50.44
3	190 Skyler Goudswaard	GDSS-GRIMSBY	6:31.66
4	430 Sarah St. Angelo	SWCSS-ST. CATI	7:07.42

2016 ZONE 4 CHAMPIONSHIP MEET
Niagara Olympic Club Track and Field Centre - 2016-05-12
Results

Women 4x400 Meter Relay Open**Zone 4: 4:16.91 R 2006-05-11GRIMSBY D S S****H Kurpe, A Drake, B Kadwell, K Slater****Pre2004: 4:10.00 P 1980**

Team	Relay	Finals
Finals		
1 SWCSS-ST. CATHAR		4:23.83
1) 405 Kennedy Thomson	2) 435 Brenna Wills	
3) 396 Madison Greenough	4) 389 Emma Davies	
5) 434 Carlie White	6) 386 Jenna Coles	
2 DSBN ACADEMY		4:33.80
1) 121 Payton Smith	2) 111 Breanna Kuhlberg	
3) 112 Sydney Kuhlberg	4) 116 Trinita Morris-Burke	
5) 107 Kira Douce	6) 117 Lia Rahmoun	
3 LSSS-ST. CATHARI		4:38.81
1) 264 Mikayla Sonneberg	2) 252 Kaelyn Emslie	
3) 255 Lexi Hale	4) 249 Mackenzie Damiano	
5) 258 Tori Lancaster		
4 GSSS-ST. CATHARI		5:05.88
1) 152 Avery Goertz	2) 166 Madison Small	
3) 167 Rowan Thomas	4) 149 Madeline Freeman-Cout	
5) 153 Emma Gordon		

Women 100 Meter Dash Ambulatory Ambulatory**Zone 4: 16.70 R 2016-05-12SHANNON SWINSON**

Name	School	Finals
Finals		
1 25 Shannon Swinson	BDSS-BEAMSVI	16.70R

Women 200 Meter Dash Wheelchair Wheelchair**Zone 4: 4:32.31 R 2016-05-12KANICE MCLEAN**

Name	School	Finals
Finals		
1 160 Kanice McLean	GSSS-ST. CATHA	4:32.31R

Men 100 Meter Dash Midget**Zone 4: 11.71 R 2015-05-14CHASE OSINGA****Pre2004: 11.40 P 1970 TED DIDMUS**

Name	School	Prelims
Preliminaries		
1 47 Owen Jones	BLESSED TRIN	12.11Q
2 359 Callum McNamara	TSS-THOROLD	12.31Q
3 165 Owen Sandy-Wood	GSSS-ST. CATHA	12.31Q
4 193 Ryan Holland	GDSS-GRIMSBY	12.64Q
5 24 Josh Reid	BDSS-BEAMSVI	12.52Q
6 14 Scott Hunter	BDSS-BEAMSVI	12.68Q
7 413 Eric Neilson	SWCSS-ST. CATI	12.73q
8 335 Chris Berryman	TSS-THOROLD	12.84q
9 127 Ash Brookson	EHS-ST. CATHAI	12.98
10 106 AJ Choi	DSBN ACADEM	13.00
10 181 Jared Boles	GDSS-GRIMSBY	13.00
12 276 Adam Denee	SMITHVILLE CF	13.01
13 222 Tinashe Dandato	HCSS-ST. CATHA	13.02
14 179 Cole Abernot	GDSS-GRIMSBY	13.12
15 339 Quinn Bryans	TSS-THOROLD	13.36

Men 100 Meter Dash Midget**Zone 4: 11.71 R 2015-05-14CHASE OSINGA****Pre2004: 11.40 P 1970 TED DIDMUS**

Name	School	Finals
Finals		
1 359 Callum McNamara	TSS-THOROLD	12.11
2 47 Owen Jones	BLESSED TRIN	12.25
3 165 Owen Sandy-Wood	GSSS-ST. CATHA	12.46
4 193 Ryan Holland	GDSS-GRIMSBY	12.60
5 413 Eric Neilson	SWCSS-ST. CATI	12.62
6 14 Scott Hunter	BDSS-BEAMSVI	12.66
7 24 Josh Reid	BDSS-BEAMSVI	12.76
8 335 Chris Berryman	TSS-THOROLD	12.90

Men 200 Meter Dash Midget**Zone 4: 24.21 R 2012-05-17JAQUAN SELMAN****Pre2004: 24.00 P 1979 RICK WILSON**

Name	School	Finals
Finals		
1 359 Callum McNamara	TSS-THOROLD	24.76
2 202 Nick Pasaluko	GDSS-GRIMSBY	25.24
3 165 Owen Sandy-Wood	GSSS-ST. CATHA	25.67
4 127 Ash Brookson	EHS-ST. CATHAI	25.92
5 193 Ryan Holland	GDSS-GRIMSBY	25.93
6 319 Noah Banic	SFSS-ST. CATHA	26.07
7 14 Scott Hunter	BDSS-BEAMSVI	26.09
8 276 Adam Denee	SMITHVILLE CF	26.13
9 338 Jakob Brooman	TSS-THOROLD	26.21
10 181 Jared Boles	GDSS-GRIMSBY	26.25
11 335 Chris Berryman	TSS-THOROLD	27.29
12 339 Quinn Bryans	TSS-THOROLD	27.70
13 106 AJ Choi	DSBN ACADEM	28.14
14 301 Noah Bartlett	SLHS-SMITHVIL	28.30
15 306 Jacob Derenowski	SLHS-SMITHVIL	28.32

Men 400 Meter Dash Midget**Zone 4: 55.48 R 2004-05-13JORDAN HECKMAN****Pre2004: 53.90 P 1982 TODD ANDERSON**

Name	School	Finals
Finals		
1 168 Samuel Unruh	GSSS-ST. CATHA	1:00.55
2 375 Liam Armstrong	SWCSS-ST. CATI	1:03.49
3 11 Issa Hatu	BDSS-BEAMSVI	1:03.53
4 302 Bradyn Beijes	SLHS-SMITHVIL	1:05.28
5 362 Cameron Patterson	TSS-THOROLD	1:05.93
6 240 Spencer Salisbury	HCSS-ST. CATHA	1:06.99
--- 399 Max Horsely	SWCSS-ST. CATI	DNF
--- 374 Henry Allan	SWCSS-ST. CATI	DNF

Men 800 Meter Run Midget**Zone 4: 2:04.47 R 2016-05-12NICHOLAS YOUNG****Pre2004: 2:08.20 P 1994 NEIL O'REILLY**

Name	School	Finals
Finals		
1 334 Nicholas Young	SFSS-ST. CATHA	2:04.47R

2016 ZONE 4 CHAMPIONSHIP MEET**Niagara Olympic Club Track and Field Centre - 2016-05-12****Results****Finals ... (Men 800 Meter Run Midget)**

	Name	School	Finals
2	374 Henry Allan	SWCSS-ST. CATI	2:16.07
3	199 Chase Lupton	GDSS-GRIMSBY	2:16.86
4	409 Alex Meffe	SWCSS-ST. CATI	2:18.73
5	375 Liam Armstrong	SWCSS-ST. CATI	2:27.44
6	245 Shuta Ando	LSSS-ST. CATHA	2:29.86
7	362 Cameron Patterson	TSS-THOROLD	2:49.81

Men 1500 Meter Run Midget**Zone 4: 4:20.74 R 2004-05-13 KEVIN MOORE****Pre2004: 4:17.10 P 1981 MIKE SMITH**

	Name	School	Finals
Finals			
1	334 Nicholas Young	SFSS-ST. CATHA	4:30.71
2	394 Ethan Girard	SWCSS-ST. CATI	4:36.99
3	199 Chase Lupton	GDSS-GRIMSBY	4:40.09
4	271 Jared Attema	SMITHVILLE CF	4:41.68
5	148 Ivan Fernandez	GSSS-ST. CATHA	4:42.96
6	399 Max Horsely	SWCSS-ST. CATI	4:51.52
7	192 Sam Graef	GDSS-GRIMSBY	4:56.05
8	23 Nolan Randall	BDSS-BEAMSVI	5:02.70
9	28 Zinan Ahmed	BLESSED TRIN	5:13.53
10	245 Shuta Ando	LSSS-ST. CATHA	5:27.61

Men 3000 Meter Run Midget**Zone 4: 9:42.21 R 2006-05-11 MOHAMED AHMED****Pre2004: 9:21.20 P 1981 MIKE SMITH**

	Name	School	Finals
Finals			
1	271 Jared Attema	SMITHVILLE CH	0:09.61
2	394 Ethan Girard	SWCSS-ST. CATI	0:13.98
3	407 Harry Lengyl	SWCSS-ST. CATI	0:21.30
4	192 Sam Graef	GDSS-GRIMSBY	0:24.29
5	392 Peyton Enns	SWCSS-ST. CATI	0:29.59
6	148 Ivan Fernandez	GSSS-ST. CATHA	0:44.41
7	423 Nick Reimer	SWCSS-ST. CATI	0:49.07
8	28 Zinan Ahmed	BLESSED TRIN	1:22.88
9	85 Aidan Lawr	DMHS-ST. CATH	1:25.91
10	245 Shuta Ando	LSSS-ST. CATHA	1:54.91

Men 100 Meter Hurdles Midget**Zone 4: 15.71 R 2008-05-15 JOSH FORESTER****Pre2004: 14.50 P 1975 LEON ARENDSE****Pre2004ties: 14.50 p 2001 TAI SPENCER-YAP**

	Name	School	Finals
Finals			
1	150 Remy Gavanac	GSSS-ST. CATHA	16.82
2	338 Jakob Brooman	TSS-THOROLD	18.13
3	342 Connor Davidson	TSS-THOROLD	19.12
4	40 Giuseppe Ferreri	BLESSED TRIN	20.55
5	305 Spencer Dennie	SLHS-SMITHVIL	20.75

Men 300 Meter Hurdles Midget**Zone 4: 43.95 R 2005-05-13 JORDAN GLANCIE****Pre2004: 42.49 P 2001 TAI SPENCER-YAP**

	Name	School	Finals
Finals			
1	374 Henry Allan	SWCSS-ST. CATI	44.96
2	150 Remy Gavanac	GSSS-ST. CATHA	46.52
3	342 Connor Davidson	TSS-THOROLD	49.63
4	28 Zinan Ahmed	BLESSED TRIN	51.42
5	338 Jakob Brooman	TSS-THOROLD	52.22
6	168 Samuel Unruh	GSSS-ST. CATHA	59.06

Men 4x100 Meter Relay Midget**Zone 4: 48.46 R 2012-05-17 DENIS MORRIS H S****J. Chambers, V. Cojocari, J. Selman, A. Wilson****Pre2004: 47.60 P 1979**

	Team	Relay	Finals
Finals			
1	SWCSS-ST. CATHA		50.39
	1) 413 Eric Neilson	2) 374 Henry Allan	
	3) 394 Ethan Girard	4) 393 Noah Garnace	
2	THOROLD - THOROLD		51.23
	1) 338 Jakob Brooman	2) 335 Chris Berryman	
	3) 339 Quinn Bryans	4) 359 Callum McNamara	
	5) 342 Connor Davidson		
3	GSSS-ST. CATHARI		51.97
	1) 150 Remy Gavanac	2) 165 Owen Sandy-Wood	
	3) 168 Samuel Unruh	4) 148 Ivan Fernandez	
4	BDSS-BEAMSVILLE		53.13
	1) 24 Josh Reid	2) 14 Scott Hunter	
	3) 23 Nolan Randall	4) 11 Issa Hatu	

Men High Jump Midget**Zone 4: 1.85m R 2007-05-17 JEFF WEBB****Pre2004: 1.87m P 1995 MIKE PONIKVAR**

	Name	School	Finals
Finals			
1	101 Andrew Berisha	DSBN ACADEM	1.60m
2	344 DeAndre Fournier	TSS-THOROLD	1.55m
3	358 Devon Maltby	TSS-THOROLD	J1.55m
4	418 Hawkin Paleczny	SWCSS-ST. CATI	1.50m
4	202 Nick Pasaluko	GDSS-GRIMSBY	1.50m
6	168 Samuel Unruh	GSSS-ST. CATHA	J1.50m
7	100 Kyle Baker	DSBN ACADEM	1.40m

Men Long Jump Midget**Zone 4: 5.70m R 2012-05-17 ALVIN FORTALEZA****Pre2004: 6.20m P 1982 GREG BRISKIN**

	Name	School	Finals
Finals			
1	360 Elijah Mitchell	TSS-THOROLD	5.53m
2	344 DeAndre Fournier	TSS-THOROLD	5.51m
3	24 Josh Reid	BDSS-BEAMSVI	5.05m
4	106 AJ Choi	DSBN ACADEM	5.00m
5	47 Owen Jones	BLESSED TRIN	4.91m

2016 ZONE 4 CHAMPIONSHIP MEET**Niagara Olympic Club Track and Field Centre - 2016-05-12****Results****Finals ... (Men Long Jump Midget)**

	Name	School	Finals
6	319 Noah Banic	SFSS-ST. CATHA	4.84m
7	393 Noah Garnace	SWCSS-ST. CATI	4.73m
8	184 Grayson Crompton	GDSS-GRIMSBY	4.59m
9	278 Lucas Gerryts	SMITHVILLE CF	4.48m
10	213 Lee Bakker	HCS-JORDAN ST	4.26m
11	179 Cole Abernot	GDSS-GRIMSBY	4.25m
12	171 Gabriel Boden	GREAT LAKES	4.06m
13	240 Spencer Salisbury	HCSS-ST. CATHA	3.92m
14	355 Carter Lagerstrom	TSS-THOROLD	3.81m
15	265 Kiefer Sonnenberg	LSSS-ST. CATHA	3.52m

Men Triple Jump Midget**Zone 4: 12.08m R 2012-05-17EDVIN MILLER****Pre2004: 12.73m P 1984 ANDY RYMSHA**

	Name	School	Finals
Finals			
1	344 DeAndre Fournier	TSS-THOROLD	11.76m
2	360 Elijah Mitchell	TSS-THOROLD	11.42m
3	24 Josh Reid	BDSS-BEAMSVI	10.81m
4	278 Lucas Gerryts	SMITHVILLE CF	10.17m
5	184 Grayson Crompton	GDSS-GRIMSBY	9.96m
6	302 Bradyn Beijes	SLHS-SMITHVIL	9.93m
7	393 Noah Garnace	SWCSS-ST. CATI	9.65m

Men Shot Put Midget**Zone 4: 14.24m R 2007-05-17STEFAN PALIOS****Pre2004: 14.88m P 1981 JOHN WILLMS**

	Name	School	Finals
Finals			
1	349 Caleb Gough	TSS-THOROLD	12.95m
2	369 Jacob Turner	TSS-THOROLD	12.03m
3	262 Josh Ramnarain	LSSS-ST. CATHA	10.44m
4	355 Carter Lagerstrom	TSS-THOROLD	10.38m
5	109 Cameron Hunt	DSBN ACADEM'	9.00m
6	53 David Martinek	BLESSED TRIN	8.95m
7	218 Shane VanWingerden	HCS-JORDAN ST	8.59m

Men Discus Throw Midget**Zone 4: 50.52m R 2007-05-17STEFAN PALIOS****Pre2004: 49.92m P 2001 JOHNNIE AHLSTEDT**

	Name	School	Finals
Finals			
1	349 Caleb Gough	TSS-THOROLD	35.58m
2	369 Jacob Turner	TSS-THOROLD	30.71m
3	100 Kyle Baker	DSBN ACADEM'	29.44m
4	262 Josh Ramnarain	LSSS-ST. CATHA	22.54m
5	355 Carter Lagerstrom	TSS-THOROLD	20.50m
6	109 Cameron Hunt	DSBN ACADEM'	20.31m
7	356 Mac Levesque	TSS-THOROLD	17.77m
8	122 CJ Warner	DSBN ACADEM'	14.36m

Men Javelin Throw Midget**Zone 4: 47.47m R 2007-05-17RAY DYKSTRA****Pre2004: 49.32m P 2003 SHAWN BENCH**

	Name	School	Finals
Finals			
1	265 Kiefer Sonnenberg	LSSS-ST. CATHA	30.28m
2	34 Jack Baran	BLESSED TRIN	28.86m
3	349 Caleb Gough	TSS-THOROLD	28.84m
4	342 Connor Davidson	TSS-THOROLD	27.56m
5	262 Josh Ramnarain	LSSS-ST. CATHA	26.96m
6	40 Giuseppe Ferreri	BLESSED TRIN	26.93m
7	369 Jacob Turner	TSS-THOROLD	25.64m
8	48 John Korpa	BLESSED TRIN	23.49m
9	340 Jordan Burton	TSS-THOROLD	20.49m
10	181 Jared Boles	GDSS-GRIMSBY	20.45m
11	222 Tinashe Dandato	HCSS-ST. CATHA	19.63m
12	171 Gabriel Boden	GREAT LAKES	19.42m
13	218 Shane VanWingerden	HCS-JORDAN ST	16.87m
14	122 CJ Warner	DSBN ACADEM'	15.18m
15	109 Cameron Hunt	DSBN ACADEM'	13.01m

Men 100 Meter Dash Junior**Zone 4: 11.42 R 2015-05-14JOVAN GRIFFITHS****Pre2004: 11.04 P 2003 DIRK HOFMANN**

	Name	School	Prelims
Preliminaries			
1	416 Chase Osinga	SWCSS-ST. CATI	11.60Q
2	337 Tyler Broderick	TSS-THOROLD	11.89Q
3	37 Glenn Butler	BLESSED TRIN	12.08Q
4	120 Esteban Sarminento	DSBN ACADEM'	12.10Q
5	155 Elijah Kornelson	GSSS-ST. CATHA	12.37Q
6	425 Diego Ruiz	SWCSS-ST. CATI	12.38Q
7	242 Adam Topolinsky	HCSS-ST. CATHA	12.42q
8	54 Isaac McAlonan	BLESSED TRIN	12.53q
9	98 Aidan VanSteekelenbur	DMHS-ST. CATH	12.79
10	316 Jordan Haynes	SCCIVS-ST. CAT	13.02
11	431 Daniel Visser	SWCSS-ST. CATI	13.22
12	221 Jimmy Carbonel	HCSS-ST. CATHA	13.31
13	318 Joshua Banic	SFSS-ST. CATHA	13.35
14	59 Richard Pendlebury	BLESSED TRIN	13.72

Men 100 Meter Dash Junior**Zone 4: 11.42 R 2015-05-14JOVAN GRIFFITHS****Pre2004: 11.04 P 2003 DIRK HOFMANN**

	Name	School	Finals
Finals			
1	416 Chase Osinga	SWCSS-ST. CATI	11.46
2	337 Tyler Broderick	TSS-THOROLD	11.63
3	120 Esteban Sarminento	DSBN ACADEM'	11.73
4	37 Glenn Butler	BLESSED TRIN	11.88
5	425 Diego Ruiz	SWCSS-ST. CATI	12.29
6	155 Elijah Kornelson	GSSS-ST. CATHA	12.32
7	242 Adam Topolinsky	HCSS-ST. CATHA	12.34

2016 ZONE 4 CHAMPIONSHIP MEET**Niagara Olympic Club Track and Field Centre - 2016-05-12****Results****Men 200 Meter Dash Junior****Zone 4: 23.54 R 2008-05-15 DYLAN GRANGER****Pre2004: 23.00 P 1972 VIC REMPEL**

Name	School	Finals
Finals		
1 120 Esteban Sarmento	DSBN ACADEM	24.24
2 37 Glenn Butler	BLESSED TRIN	24.86
3 63 Drew Ruigrok	BLESSED TRIN	25.17
4 256 Marcus Hale	LSSS-ST. CATHA	25.54
5 242 Adam Topolinsky	HCSS-ST. CATHA	25.60
6 163 Chris Puskar	GSSS-ST. CATHA	25.70
7 346 Shane Furnival	TSS-THOROLD	26.11
8 316 Jordan Haynes	SCCIVS-ST. CAT	26.58
9 317 Colton Switzer	SCCIVS-ST. CAT	27.06

Men 400 Meter Dash Junior**Zone 4: 53.86 R 2006-05-11 LEE MORI****Pre2004: 50.90 P 1986 BOB LYONS**

Name	School	Finals
Finals		
1 120 Esteban Sarmento	DSBN ACADEM	54.00
2 3 Eric Bell	BDSS-BEAMSVI	55.04
3 154 Brendan Guignard	GSSS-ST. CATHA	55.54
4 63 Drew Ruigrok	BLESSED TRIN	57.60
5 256 Marcus Hale	LSSS-ST. CATHA	58.15
6 163 Chris Puskar	GSSS-ST. CATHA	59.61
7 436 Carson Wills	SWCSS-ST. CATI	1:13.57

Men 800 Meter Run Junior**Zone 4: 2:01.11 R 2010-05-13 CHRIS HUTTON****Pre2004: 1:58.69 P 1997 JEFF MALLYSH**

Name	School	Finals
Finals		
1 254 Robert Gray	LSSS-ST. CATHA	2:17.81
2 259 Spencer Laveck (Huds	LSSS-ST. CATHA	2:25.00
3 251 Kevin Diep	LSSS-ST. CATHA	2:27.86
4 436 Carson Wills	SWCSS-ST. CATI	2:51.03

Men 1500 Meter Run Junior**Zone 4: 4:12.38 R 2011-05-12 TROY SMITH****Pre2004: 4:06.24 P 2002 JEFF SCULL**

Name	School	Finals
Finals		
1 230 Campbell Lee	HCSS-ST. CATHA	4:30.43
2 254 Robert Gray	LSSS-ST. CATHA	4:42.17
3 259 Spencer Laveck (Huds	LSSS-ST. CATHA	4:50.50
4 266 Raymond Stearns	LSSS-ST. CATHA	5:07.09
5 345 Jackson Friesen	TSS-THOROLD	5:13.12

Men 3000 Meter Run Junior**Zone 4: 9:15.44 R 2007-05-17 MOHAMED AHMED****Pre2004: 9:04.70 P 1983 MIKE SMITH**

Name	School	Finals
Finals		
1 230 Campbell Lee	HCSS-ST. CATHA	9:53.87
2 259 Spencer Laveck (Huds	LSSS-ST. CATHA	10:13.00

3 69 Donald Bagozzi	DMHS-ST. CATHA	0:35.66
4 135 Gavin McLaughlin	EHS-ST. CATHA	10:52.68
5 287 Owen Ricker	SMITHVILLE CH	1:03.46
6 251 Kevin Diep	LSSS-ST. CATHA	1:37.39
7 266 Raymond Stearns	LSSS-ST. CATHA	1:42.57
8 345 Jackson Friesen	TSS-THOROLD	11:55.39

Men 100 Meter Hurdles Junior**Zone 4: 14.51 R 2007-05-17 TOWNSEND BENARD****Pre2004: 14.67 P 2003 TAI SPENCER-YAP**

Name	School	Finals
Finals		
1 366 Colton Spencer	TSS-THOROLD	15.19
2 429 Nathan Sneath	SWCSS-ST. CATI	15.71
3 414 Matt Nichols	SWCSS-ST. CATI	15.97
4 162 Jonathan Othman	GSSS-ST. CATHA	16.25
5 243 Osaze Usuanlele	HCSS-ST. CATHA	17.56
--- 346 Shane Furnival	TSS-THOROLD	DQ

Men 300 Meter Hurdles Junior**Zone 4: 42.31 R 2015-05-14 TRISTAN VERMOLEN****Pre2004: 42.49 P 2001 TAI SPENCER-YAP****Pre2004ties: 42.50 p 1994 JIM CORUPE**

Name	School	Finals
Finals		
1 429 Nathan Sneath	SWCSS-ST. CATI	44.26
2 346 Shane Furnival	TSS-THOROLD	46.60
3 414 Matt Nichols	SWCSS-ST. CATI	47.00
4 162 Jonathan Othman	GSSS-ST. CATHA	47.27
5 56 Matthew Memme	BLESSED TRIN	47.42

Men 4x100 Meter Relay Junior**Zone 4: 46.35 R 2016-05-12 WINSTON CHURCHILL - ST.****C Osinga, M Nichols, N Sneath, D Ruiz****Pre2004: 45.90 P 1980**

Team	Relay	Finals
Finals		
1 SWCSS-ST. CATHA		46.35R
1) 416 Chase Osinga	2) 414 Matt Nichols	
3) 429 Nathan Sneath	4) 425 Diego Ruiz	
2 BLESSED TRINITY H S		48.12
1) 37 Glenn Butler	2) 54 Isaac McAlonan	
3) 42 Xavier Hamidu	4) 63 Drew Ruigrok	
--- HCSS-ST. CATHARI		DQ
1) 222 Tinashe Dandato	2) 243 Osaze Usuanlele	
3) 221 Jimmy Carbonel	4) 242 Adam Topolinsky	
5) 240 Spencer Salisbury		

Men High Jump Junior**Zone 4: 1.88m R 2004-05-13 JAMES BRODHAGEN****Pre2004: 2.11m P 1997 MIKE PONIKVAR**

Name	School	Finals
Finals		
1 337 Tyler Broderick	TSS-THOROLD	1.75m
2 366 Colton Spencer	TSS-THOROLD	1.70m
3 119 Omar Ridgeway	DSBN ACADEM	1.65m

2016 ZONE 4 CHAMPIONSHIP MEET**Niagara Olympic Club Track and Field Centre - 2016-05-12****Results****Finals ... (Men High Jump Junior)**

	Name	School	Finals
4	54 Isaac McAlonan	BLESSED TRIN	J1.65m
5	410 Abdul Mohamad	SWCSS-ST. CATI	J1.65m
6	400 Matt Hyeum	SWCSS-ST. CATI	1.60m
---	155 Elijah Kornelson	GSSS-ST. CATHA	FAIL
---	287 Owen Ricker	SMITHVILLE CF	FAIL

Men Pole Vault Junior**Zone 4: 3.30m R 2007-05-17TOWNSEND BENARD****Pre2004: 3.91m P 1986 DAN PEROSSA**

	Name	School	Finals
Finals			
1	263 Josiah Royal	LSSS-ST. CATHA	2.05m
2	416 Chase Osinga	SWCSS-ST. CATI	J2.05m

Men Long Jump Junior**Zone 4: 6.11m R 2016-05-12TYLER BRODERICK****Pre2004: 6.55m P 1992 ANDREW BELL**

	Name	School	Finals
Finals			
1	337 Tyler Broderick	TSS-THOROLD	6.11mR
2	154 Brendan Guignard	GSSS-ST. CATHA	5.62m
3	63 Drew Ruigrok	BLESSED TRIN	5.37m
4	221 Jimmy Carbonel	HCSS-ST. CATHA	5.34m
5	54 Isaac McAlonan	BLESSED TRIN	5.22m
6	138 Madison Salmond	EHS-ST. CATHA	5.03m
7	367 Baily Stewart	TSS-THOROLD	4.93m
8	56 Matthew Memme	BLESSED TRIN	4.81m
9	410 Abdul Mohamad	SWCSS-ST. CATI	4.78m
9	243 Osaze Usuanlele	HCSS-ST. CATHA	4.78m
11	343 Evan Ferguson	TSS-THOROLD	4.76m
12	353 Matt Hunter	TSS-THOROLD	4.69m
13	242 Adam Topolinsky	HCSS-ST. CATHA	4.65m
14	139 Nicholas Stricko	EHS-ST. CATHA	4.50m
15	263 Josiah Royal	LSSS-ST. CATHA	3.94m
16	51 Chris MacCarl	BLESSED TRIN	1.87m

Men Triple Jump Junior**Zone 4: 12.89m R 2005-05-13DAVID TEBBUTT****Pre2004: 13.65m P 2003 TUMELO MOLEKO**

	Name	School	Finals
Finals			
1	3 Eric Bell	BDSS-BEAMSVI	11.55m
2	76 Piotr Cojocari	DMHS-ST. CATH	11.07m
3	350 Braydon Harrietha	TSS-THOROLD	10.69m
4	138 Madison Salmond	EHS-ST. CATHA	10.46m
5	343 Evan Ferguson	TSS-THOROLD	9.96m
6	50 Kyle Love	BLESSED TRIN	9.85m
7	42 Xavier Hamidu	BLESSED TRIN	9.55m

Men Shot Put Junior**Zone 4: 16.35m R 2008-05-15STEFAN PALIOS****Pre2004: 16.03m P 1990 RICK FRIESEN**

	Name	School	Finals
Finals			
1	402 Matt Johnston	SWCSS-ST. CATI	14.26m
2	343 Evan Ferguson	TSS-THOROLD	13.47m
3	411 Alex Mrkalj	SWCSS-ST. CATI	12.80m
4	269 Eric Wilson	LSSS-ST. CATHA	12.75m
4	182 Bayley Burchell	GDSS-GRIMSBY	12.75m
6	353 Matt Hunter	TSS-THOROLD	12.03m
7	368 Tyler Summerfield	TSS-THOROLD	11.43m
8	244 Aws Al-Jumaily	LSSS-ST. CATHA	10.32m
9	216 Caleb Vanderende	HCS-JORDAN S1	10.27m
10	282 Max Hwang	SMITHVILLE CF	9.68m

Men Discus Throw Junior**Zone 4: 54.43m R 2008-05-15STEFAN PALIOS****Pre2004: 45.62m P 1990 RICK FRIESEN**

	Name	School	Finals
Finals			
1	368 Tyler Summerfield	TSS-THOROLD	37.31m
2	353 Matt Hunter	TSS-THOROLD	35.09m
3	350 Braydon Harrietha	TSS-THOROLD	34.78m
4	367 Baily Stewart	TSS-THOROLD	31.86m
5	411 Alex Mrkalj	SWCSS-ST. CATI	31.70m
6	269 Eric Wilson	LSSS-ST. CATHA	29.08m
7	197 Jack Lambert	GDSS-GRIMSBY	26.45m
8	147 Calvin Dolinski	GSSS-ST. CATHA	26.10m
9	182 Bayley Burchell	GDSS-GRIMSBY	23.66m
10	244 Aws Al-Jumaily	LSSS-ST. CATHA	23.09m
11	402 Matt Johnston	SWCSS-ST. CATI	22.72m
12	282 Max Hwang	SMITHVILLE CF	19.70m

Men Javelin Throw Junior**Zone 4: 55.45m R 2008-05-15RAY DYKSTRA****Pre2004: 51.16m P 2003 RICKY POWELL**

	Name	School	Finals
Finals			
1	366 Colton Spencer	TSS-THOROLD	44.52m
2	70 Jacob Barnowski	DMHS-ST. CATH	41.76m
3	26 Tanner Vail	BDSS-BEAMSVI	40.32m
4	350 Braydon Harrietha	TSS-THOROLD	36.30m
5	51 Chris MacCarl	BLESSED TRIN	36.24m
6	76 Piotr Cojocari	DMHS-ST. CATH	34.37m
7	403 Nathan Jordan	SWCSS-ST. CATI	34.09m
8	216 Caleb Vanderende	HCS-JORDAN S1	31.55m
9	266 Raymond Stearns	LSSS-ST. CATHA	30.83m
10	119 Omar Ridgeway	DSBN ACADEM	30.24m
11	42 Xavier Hamidu	BLESSED TRIN	27.19m
12	147 Calvin Dolinski	GSSS-ST. CATHA	26.49m
13	69 Donald Bagozzi	DMHS-ST. CATH	25.32m
14	345 Jackson Friesen	TSS-THOROLD	23.83m
15	244 Aws Al-Jumaily	LSSS-ST. CATHA	22.87m

2016 ZONE 4 CHAMPIONSHIP MEET**Niagara Olympic Club Track and Field Centre - 2016-05-12****Results****Men 100 Meter Dash Senior****Zone 4: 10.97 R 2015-05-14 SHANE DECKER****Pre2004: 10.80 P 1973 VIC REMPEL****Pre2004ties: 10.77 p 2003 ALWYN COX**

Name	School	Prelims
Preliminaries		
1 108 Jovan Griffiths	DSBN ACADEM'	11.31Q
2 38 Jerome Davis	BLESSED TRIN	11.40Q
3 94 Jaquan Selman	DMHS-ST. CATH	11.39Q
4 385 Holden Child	SWCSS-ST. CATI	11.60Q
5 207 Trent Snyder	GDSS-GRIMSBY	11.53Q
6 427 Cade Scott	SWCSS-ST. CATI	11.72Q
7 33 Tre Avery	BLESSED TRIN	11.61q
8 12 Isiah Henry	BDSS-BEAMSVI	11.90q
9 304 Bryan Crawford	SLHS-SMITHVIL	12.03
10 227 Jason-Lee Jones	HCSS-ST. CATH/	12.04
11 408 Riley Mackinnon	SWCSS-ST. CATI	12.16
12 208 Kyle Vanbuuren	GDSS-GRIMSBY	12.20
13 313 Peter Pasaluko	SLHS-SMITHVIL	12.23
14 104 Kelvin Buljubasic	DSBN ACADEM'	12.34
15 229 Eric Laflamme	HCSS-ST. CATH/	12.42
16 293 Endee Udezue	SMITHVILLE CF	13.83

Men 100 Meter Dash Senior**Zone 4: 10.97 R 2015-05-14 SHANE DECKER****Pre2004: 10.80 P 1973 VIC REMPEL****Pre2004ties: 10.77 p 2003 ALWYN COX**

Name	School	Finals
Finals		
1 38 Jerome Davis	BLESSED TRIN	11.18
2 108 Jovan Griffiths	DSBN ACADEM'	11.30
3 207 Trent Snyder	GDSS-GRIMSBY	11.32
4 94 Jaquan Selman	DMHS-ST. CATH	11.37
5 33 Tre Avery	BLESSED TRIN	11.51
6 385 Holden Child	SWCSS-ST. CATI	11.55
7 12 Isiah Henry	BDSS-BEAMSVI	11.73
8 427 Cade Scott	SWCSS-ST. CATI	11.82

Men 200 Meter Dash Senior**Zone 4: 22.25 R 2007-05-17 CODY BOYD****Pre2004: 22.60 P 1991 BOB COLES**

Name	School	Finals
Finals		
1 38 Jerome Davis	BLESSED TRIN	22.65
2 207 Trent Snyder	GDSS-GRIMSBY	22.86
3 108 Jovan Griffiths	DSBN ACADEM'	22.95
4 94 Jaquan Selman	DMHS-ST. CATH	23.20
5 385 Holden Child	SWCSS-ST. CATI	23.72
6 52 Jacob Malaryk	BLESSED TRIN	24.01
7 19 (Avery) Quinn Martin	BDSS-BEAMSVI	24.55
8 304 Bryan Crawford	SLHS-SMITHVIL	24.56
9 12 Isiah Henry	BDSS-BEAMSVI	24.67
10 227 Jason-Lee Jones	HCSS-ST. CATH/	24.74
11 313 Peter Pasaluko	SLHS-SMITHVIL	24.80
12 104 Kelvin Buljubasic	DSBN ACADEM'	25.06

13 408 Riley Mackinnon	SWCSS-ST. CATI	25.55
14 229 Eric Laflamme	HCSS-ST. CATH/	25.68
15 220 Darren Zylstra	HCS-JORDAN S1	25.95
--- 424 John Riley	SWCSS-ST. CATI	DNF

Men 400 Meter Dash Senior**Zone 4: 49.81 R 2007-05-17 CODY BOYD****Pre2004: 49.40 P 1991 BRYAN HENRY**

Name	School	Finals
Finals		
1 38 Jerome Davis	BLESSED TRIN	52.65
2 108 Jovan Griffiths	DSBN ACADEM'	53.05
3 424 John Riley	SWCSS-ST. CATI	53.82
4 44 Jackson Holloway	BLESSED TRIN	56.27
5 397 Ross Halfyard	SWCSS-ST. CATI	57.29
6 104 Kelvin Buljubasic	DSBN ACADEM'	58.34
7 9 Evan Fitzgerald	BDSS-BEAMSVI	58.58
8 93 Carter Rudge	DMHS-ST. CATH	1:00.32
9 225 Davinzon Florez	HCSS-ST. CATH/	1:01.06
10 82 Mohammad Hariri	DMHS-ST. CATH	1:01.97
--- 391 Harrison Enns	SWCSS-ST. CATI	DNF

Men 800 Meter Run Senior**Zone 4: 1:58.13 R 2012-05-17 CHRIS HUTTON****Pre2004: 1:54.00 P 1991 BRYAN HENRY**

Name	School	Finals
Finals		
1 206 Gavin Smith	GDSS-GRIMSBY	1:59.49
2 86 Yahia Liban	DMHS-ST. CATH	2:05.01
3 391 Harrison Enns	SWCSS-ST. CATI	2:06.57
4 71 Tyler Bastien	DMHS-ST. CATH	2:13.44
5 44 Jackson Holloway	BLESSED TRIN	2:16.73
6 77 Damon Davidson	DMHS-ST. CATH	2:35.32
7 397 Ross Halfyard	SWCSS-ST. CATI	2:56.44
--- 231 Logan Martineau	HCSS-ST. CATH/	DNF
--- 388 Millar Coveney	SWCSS-ST. CATI	DNF

Men 1500 Meter Run Senior**Zone 4: 3:55.89 R 2012-05-17 TROY SMITH****Pre2004: 3:59.70 P 1991 JEFF LOCKYER**

Name	School	Finals
Finals		
1 206 Gavin Smith	GDSS-GRIMSBY	4:12.68
2 388 Millar Coveney	SWCSS-ST. CATI	4:15.08
3 231 Logan Martineau	HCSS-ST. CATH/	4:18.32
4 391 Harrison Enns	SWCSS-ST. CATI	4:23.08
5 86 Yahia Liban	DMHS-ST. CATH	4:31.42
6 67 David Altamirano	DMHS-ST. CATH	4:44.49
7 77 Damon Davidson	DMHS-ST. CATH	4:56.59
8 432 Nick Voelkner	SWCSS-ST. CATI	5:07.64
--- 382 Jonas Braun	SWCSS-ST. CATI	DNF
--- 52 Jacob Malaryk	BLESSED TRIN	DNF
--- 95 Cal Sentence	DMHS-ST. CATH	DNF

2016 ZONE 4 CHAMPIONSHIP MEET**Niagara Olympic Club Track and Field Centre - 2016-05-12****Results****Men 3000 Meter Run Senior****Zone 4: 8:30.12 R 2009-05-14 MOHAMMED AHMED****Pre2004: 8:40.20 P 1991 JEFF LOCKYER**

Name	School	Finals
Finals		
1 388 Millar Coveney	SWCSS-ST. CATI	9:11.27
2 398 Theo Hassim	SWCSS-ST. CATI	9:12.53
3 377 Owen Bachelor	SWCSS-ST. CATI	9:13.63
4 382 Jonas Braun	SWCSS-ST. CATI	9:14.38
5 231 Logan Martineau	HCSS-ST. CATH	9:14.88
6 95 Cal Sentance	DMHS-ST. CATH	9:14.94
7 90 Gregory Orlando	DMHS-ST. CATH	0:03.06
8 67 David Altamirano	DMHS-ST. CATH	0:49.29
9 211 Jake Yoder	GDSS-GRIMSBY	1:08.51
10 123 Josh Wood	DSBN ACADEMY	1:19.52
11 322 Luis D'Arrigo	SFSS-ST. CATHA	1:30.76
12 292 Dan Teeuwsen	SMITHVILLE CH	1:41.92

Men 110 Meter Hurdles Senior**Zone 4: 14.85 R 2008-05-15 TOWNSEND BENARD****Pre2004: 15.30 P 1988 BRAD CARROLL**

Name	School	Finals
Finals		
1 427 Cade Scott	SWCSS-ST. CATI	16.17
2 373 Oliver Wolf	TSS-THOROLD	16.25
3 248 Kyle Craig	LSSS-ST. CATHA	16.45
4 268 Tristan Vermolen	LSSS-ST. CATHA	18.01
5 303 Liam Burrows	SLHS-SMITHVIL	18.44
6 19 (Avery) Quinn Martin	BDSS-BEAMSVI	18.51
7 293 Endee Udezue	SMITHVILLE CF	20.33

Men 400 Meter Hurdles Senior**Zone 4: 59.84 R 2007-05-17 TYLER ROUSE****Pre2004: 57.20 P 1995 JIM CORUPE**

Name	School	Finals
Finals		
1 424 John Riley	SWCSS-ST. CATI	1:02.90
2 377 Owen Bachelor	SWCSS-ST. CATI	1:04.77
3 268 Tristan Vermolen	LSSS-ST. CATHA	1:06.44
4 397 Ross Halfyard	SWCSS-ST. CATI	1:07.26
5 57 Mitch Mueller	BLESSED TRIN	1:07.32
6 9 Evan Fitzgerald	BDSS-BEAMSVI	1:08.77
7 313 Peter Pasaluko	SLHS-SMITHVIL	1:10.08
8 4 Cripps Callum	BDSS-BEAMSVI	1:14.19
--- 5 Zach Carrier	BDSS-BEAMSVI	DNF

Men 4x100 Meter Relay Senior**Zone 4: 43.53 R 2015-05-14 DENIS MORRIS****A Somerville, T Bell, J Selman, S Decker****Pre2004: 44.60 P 1971**

Team	Relay	Finals
Finals		
1 SWCSS-ST. CATHAR		45.22
1) 385 Holden Child	2) 427 Cade Scott	
3) 424 John Riley	4) 408 Riley Mackinnon	
5) 417 Hunter Osinga		
2 BLESSED TRINITY H S		45.96
1) 33 Tre Avery	2) 57 Mitch Mueller	
3) 52 Jacob Malaryk	4) 38 Jerome Davis	
3 THOROLD - THOROLD		46.06
1) 366 Colton Spencer	2) 373 Oliver Wolf	
3) 341 Brian Cartmell	4) 337 Tyler Broderick	
4 BDSS-BEAMSVILLE		46.38
1) 6 Chase Cosman	2) 12 Isiah Henry	
3) 5 Zach Carrier	4) 3 Eric Bell	
5) 9 Evan Fitzgerald	6) 444 Adam McMaster	
5 DSBN ACADEMY		46.53
1) 108 Jovan Griffiths	2) 120 Esteban Sarminento	
3) 106 AJ Choi	4) 104 Kelvin Buljubasic	
5) 123 Josh Wood	6) 119 Omar Ridgeway	
6 HCSS-ST. CATHARI		48.79
1) 228 Alex Kedzierski	2) 229 Eric Laflamme	
3) 442 Tatenda Dandato	4) 227 Jason-Lee Jones	
5) 225 Davinzon Florez	6) 237 Zach Pietras	
7 SMITHVILLE CHS		49.12
1) 272 Alex Bokestyn	2) 292 Dan Teeuwsen	
3) 293 Endee Udezue	4) 295 Dale VandenDool	
5) 300 Tyson Wagter		
8 LSSS-ST. CATHARI		49.13
1) 248 Kyle Craig	2) 246 Carter Andrew	
3) 250 Jake Day	4) 268 Tristan Vermolen	
5) 256 Marcus Hale		

Men High Jump Senior**Zone 4: 1.95m R 2006-05-11 NICK GLOVER****Pre2004: 2.07m P 1998 MIKE PONIUKVAR**

Name	School	Finals
Finals		
1 188 Cole Forster	GDSS-GRIMSBY	1.80m
2 196 Jake Lamb	GDSS-GRIMSBY	1.70m
2 129 Mendelt Elsinga	EHS-ST. CATHA	1.70m
3 379 Ryan Benevento	SWCSS-ST. CATI	1.70m
3 6 Chase Cosman	BDSS-BEAMSVI	1.70m
6 204 Will Reil	GDSS-GRIMSBY	1.60m
7 41 Kameron Hallas	BLESSED TRIN	1.55m
8 290 Damian teBrake	SMITHVILLE CF	1.50m

2016 ZONE 4 CHAMPIONSHIP MEET
Niagara Olympic Club Track and Field Centre - 2016-05-12

Results**Men Pole Vault Senior****Zone 4: 3.60m R 2009-05-14 TOWNSEND BENARD****Pre2004: 4.10m P 1988 DAN PEROSSA**

Name	School	Finals
Finals		
1 250 Jake Day	LSSS-ST. CATHA	2.65m
2 270 Adam Zammitt	LSSS-ST. CATHA	J2.65m

Men Long Jump Senior**Zone 4: 6.62m R 2010-05-13 VINH LE****Pre2004: 6.75m P 1992 RICH DUNCAN**

Name	School	Finals
Finals		
1 248 Kyle Craig	LSSS-ST. CATHA	6.10m
2 341 Brian Cartmell	TSS-THOROLD	5.97m
3 7 Riley Daniels	BDSS-BEAMSVI	5.65m
4 6 Chase Cosman	BDSS-BEAMSVI	5.62m
5 208 Kyle Vanbuuren	GDSS-GRIMSBY	5.61m
6 52 Jacob Malaryk	BLESSED TRIN	5.58m
7 303 Liam Burrows	SLHS-SMITHVIL	5.44m
8 272 Alex Boeckstyn	SMITHVILLE CF	5.43m
9 295 Dale VandenDool	SMITHVILLE CF	5.31m
10 422 Sam Rabian	SWCSS-ST. CATI	5.16m
11 228 Alex Kedzierski	HCSS-ST. CATHA	5.13m
12 16 Owen Konkle	BDSS-BEAMSVI	5.01m
13 250 Jake Day	LSSS-ST. CATHA	4.97m
14 225 Davinzon Florez	HCSS-ST. CATHA	4.83m
15 79 Jethro Galinda	DMHS-ST. CATH	4.64m

Men Triple Jump Senior**Zone 4: 13.73m R 2015-05-14 JAQUAN SELMAN****Pre2004: 13.77m P 1992 RICH DUNCAN**

Name	School	Finals
Finals		
1 94 Jaquan Selman	DMHS-ST. CATH	12.28m
2 248 Kyle Craig	LSSS-ST. CATHA	12.16m
3 7 Riley Daniels	BDSS-BEAMSVI	11.94m
4 220 Darren Zylstra	HCS-JORDAN S1	11.84m
5 272 Alex Boeckstyn	SMITHVILLE CF	11.79m
6 208 Kyle Vanbuuren	GDSS-GRIMSBY	11.69m
7 341 Brian Cartmell	TSS-THOROLD	11.64m
8 304 Bryan Crawford	SLHS-SMITHVIL	11.23m
9 268 Tristan Vermolen	LSSS-ST. CATHA	10.83m
10 124 Victor An	EHS-ST. CATHA	10.78m
11 309 Cayden Lapceovich	SLHS-SMITHVIL	10.54m
12 295 Dale VandenDool	SMITHVILLE CF	10.24m
13 250 Jake Day	LSSS-ST. CATHA	9.90m

Men Shot Put Senior**Zone 4: 16.26m R 2010-05-13 STEFAN PALIOS****Pre2004: 16.92m P 1991 RICK FRIESEN**

Name	School	Finals
Finals		
1 332 Carmine Spedaliere	SFSS-ST. CATHA	13.10m
2 321 Matteo Collevicchio	SFSS-ST. CATHA	11.70m

3	81 Tanner Geddes	DMHS-ST. CATH	11.18m
4	156 Riley Lepp	GSSS-ST. CATHA	10.89m
5	45 Anthony Izzo	BLESSED TRIN	J10.89m
6	66 Marco Albanese	DMHS-ST. CATH	10.56m
7	88 Daniel Nejman	DMHS-ST. CATH	10.54m
8	351 David Humaniski	TSS-THOROLD	10.30m
9	417 Hunter Osinga	SWCSS-ST. CATI	10.28m
10	217 Dakotah Vandermolen	HCS-JORDAN S1	10.25m
11	323 Dakota Follick	SFSS-ST. CATHA	10.22m
12	370 Nick VanKralingen	TSS-THOROLD	9.47m
13	175 Jeremy Denbok	GREAT LAKES	9.15m
14	326 Devon Hallett	SFSS-ST. CATHA	8.87m
15	253 Nick Graf	LSSS-ST. CATHA	8.82m

Men Discus Throw Senior**Zone 4: 48.52m R 2004-05-13 RICH JOHNSON****Pre2004: 46.86m P 1987 DAVE DMYTRAS**

	Name	School	Finals
Finals			
1	321 Matteo Collevicchio	SFSS-ST. CATHA	46.29m
2	332 Carmine Spedaliere	SFSS-ST. CATHA	37.39m
3	351 David Humaniski	TSS-THOROLD	32.87m
4	309 Cayden Lapceovich	SLHS-SMITHVIL	32.58m
5	300 Tyson Wagter	SMITHVILLE CF	31.89m
6	126 Adam Bovine	EHS-ST. CATHA	31.65m
7	401 Harrison Jarvis	SWCSS-ST. CATI	29.06m
8	88 Daniel Nejman	DMHS-ST. CATH	28.80m
9	156 Riley Lepp	GSSS-ST. CATHA	28.42m
10	406 Joe Knizat	SWCSS-ST. CATI	27.80m
11	310 Troy Marshall	SLHS-SMITHVIL	26.61m
12	253 Nick Graf	LSSS-ST. CATHA	26.14m
13	370 Nick VanKralingen	TSS-THOROLD	24.63m
14	46 Joseph Jones	BLESSED TRIN	23.88m
15	175 Jeremy Denbok	GREAT LAKES	23.32m
---	81 Tanner Geddes	DMHS-ST. CATH	FOUL

Men Javelin Throw Senior**Zone 4: 69.85m R 2010-05-13 RAY DYKSTRA****Pre2004: 49.30m P 2001 PIERRE ROBINSON**

Name	School	Finals
Finals		
1 133 Jacob Martens	EHS-ST. CATHA	39.98m
2 46 Joseph Jones	BLESSED TRIN	39.76m
3 300 Tyson Wagter	SMITHVILLE CF	39.29m
4 351 David Humaniski	TSS-THOROLD	39.07m
5 378 Max Beaudouin	SWCSS-ST. CATI	37.28m
6 323 Dakota Follick	SFSS-ST. CATHA	37.16m
7 105 John Bunton	DSBN ACADEM	36.64m
8 41 Kameron Hallas	BLESSED TRIN	35.98m
9 124 Victor An	EHS-ST. CATHA	35.56m
10 204 Will Reil	GDSS-GRIMSBY	35.26m
11 309 Cayden Lapceovich	SLHS-SMITHVIL	34.64m
12 82 Mohammad Hariri	DMHS-ST. CATH	34.40m
13 310 Troy Marshall	SLHS-SMITHVIL	32.78m
14 401 Harrison Jarvis	SWCSS-ST. CATI	31.74m
15 281 Sean Houwer	SMITHVILLE CF	27.29m

2016 ZONE 4 CHAMPIONSHIP MEET**Niagara Olympic Club Track and Field Centre - 2016-05-12****Results****Finals ... (Men Javelin Throw Senior)**

Name	School	Finals
16 45 Anthony Izzo	BLESSED TRIN	26.58m

Men 2000 Meter Steeplechase Open**Zone 4: 6:24.17 R 2008-05-15 RYAN THOMAS****Pre2004: 6:17.40 P 1988 TIM MCNEIL**

Name	School	Finals
------	--------	--------

Finals

1	398 Theo Hassim	SWCSS-ST. CATI	6:37.48
2	382 Jonas Braun	SWCSS-ST. CATI	6:38.86
3	95 Cal Sentance	DMHS-ST. CATH	6:41.34
4	377 Owen Bachelor	SWCSS-ST. CATI	6:44.68
5	135 Gavin McLaughlin	EHS-ST. CATHA	6:58.63
6	123 Josh Wood	DSBN ACADEM	7:16.41
7	211 Jake Yoder	GDSS-GRIMSBY	7:35.80
8	287 Owen Ricker	SMITHVILLE CF	7:45.85
9	432 Nick Voelkner	SWCSS-ST. CATI	7:46.47
10	251 Kevin Diep	LSSS-ST. CATHA	7:47.74
11	191 Jake Graef	GDSS-GRIMSBY	8:25.78

Men 4x400 Meter Relay Open**Zone 4: 3:33.01 R 2008-05-15 GRIMSBY D S S****D Easterbrook, C Short, K Park, C Michaud****Pre2004: 3:31.90 P 1990**

Team	Relay	Finals
------	-------	--------

Finals

1	SWCSS-ST. CATHAR	3:44.18
	1) 398 Theo Hassim	2) 424 John Riley
	3) 388 Millar Coveney	4) 392 Peyton Enns
	5) 397 Ross Halfyard	
2	BDSS-BEAMSVILLE	3:53.66
	1) 444 Adam McMaster	2) 6 Chase Cosman
	3) 9 Evan Fitzgerald	4) 5 Zach Carrier
	5) 4 Cripps Callum	6) 3 Eric Bell
3	DMHS-ST. CATHARI	3:56.43
	1) 82 Mohammad Hariri	2) 95 Cal Sentance
	3) 93 Carter Rudge	4) 90 Gregory Orlando
	5) 69 Donald Bagozzi	6) 86 Yahia Liban
4	GSSS-ST. CATHARI	3:59.92
	1) 157 Aidan Loughlin	2) 163 Chris Puskar
	3) 154 Brendan Guignard	4) 162 Jonathan Othman
	5) 168 Samuel Unruh	6) 165 Owen Sandy-Wood

Men 100 Meter Dash Ambulatory Ambulatory**Zone 4: 13.00 R 2016-05-12 OWEN KONKLE**

Name	School	Finals
------	--------	--------

Finals

1	16 Owen Konkle	BDSS-BEAMSVI	13.00R
2	15 Brian Knechtel	BDSS-BEAMSVI	13.85
3	17 Ryan Kulikowski	BDSS-BEAMSVI	13.98

Men 800 Meter Run Ambulatory Ambulatory**Zone 4: 2:39.53 R 2016-05-12 OWEN KONKLE**

Name	School	Finals
------	--------	--------

Finals

1	16 Owen Konkle	BDSS-BEAMSVI	2:39.53R
2	15 Brian Knechtel	BDSS-BEAMSVI	2:50.76
3	17 Ryan Kulikowski	BDSS-BEAMSVI	3:19.92