

Licensed to Hamilton-Wentworth High School

Hy-Tek's Meet Manager 5/22/2008 08:40 PM

SOSSA. 2008 - 5/22/2008

Track and Field

Mohawk Sports Park

Results

Women 100 Meter Dash Midget

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Emma Suiciak	Crossley	13.20	13.10Q	2
2 Sabrina Dangelo	Notre Dame C	13.48	13.43Q	1
3 Jenel Ulman	Westmount	13.43	13.47Q	1
4 Tasha Rodriques	Westlane	13.74	13.55Q	2
5 Jessica Bagnulo	Myer, A.N.	13.83	13.75q	1
6 Morgan Beach	Grimsby Dss	13.90	14.07q	2
7 Carly Doherty	Waterdown	14.14	14.17q	2
8 Nina Hindrichs	Highland	14.15	14.21q	2
9 Emily Foster	Westmount	13.86	14.24	1
10 CJ Brushett	St. Francis	14.16	14.41	1
11 Jordyn Isoner	Niagara D	14.35	14.63	1
12 Katie Teng	Churchill, S	14.26	14.65	1
13 Brittany Longboat	Delta	14.06	14.84	2

Women 100 Meter Dash Midget

Name	Year School	Prelims	Finals	Points
Finals				
1 Emma Suiciak	Crossley	13.10	13.04	10
2 Sabrina Dangelo	Notre Dame C	13.43	13.15	8
3 Jenel Ulman	Westmount	13.47	13.44	6
4 Tasha Rodriques	Westlane	13.55	13.52	5
5 Morgan Beach	Grimsby Dss	14.07	13.96	4
6 Carly Doherty	Waterdown	14.17	14.17	3
7 Nina Hindrichs	Highland	14.21	14.19	2

Women 200 Meter Dash Midget

Name	Year School	Seed	Finals	H#	Points
1 Jacquie holmes	Highland	27.41	27.98	2	10
2 Tasha Rodriques	Westlane	28.23	28.02	2	8
3 Hilary Reid	Crossley	28.55	28.19	2	6
4 Jenel Ulman	Westmount	27.62	28.26	2	5
5 Natasha Dicienzo	St. Paul HS	28.40	28.27	2	4
6 Catherine Howell	Westdale	28.58	29.15	2	3
7 Lindsay Evans	Hagersville	29.13	29.30	1	2
8 Carly Doherty	Waterdown	29.10	29.81	1	1
9 Morgan Beach	Grimsby Dss	29.91	29.85	2	
10 Renee Bartlett	Beamsville D	30.37	30.30	1	
11 Rachel Muizelaar	South Lincol	30.27	30.52	1	
12 Kayla Flockhart	Blessed Trin	30.14	30.86	1	
13 Rachel Mostert	Beacon Chris	30.46	30.87	1	

Women 400 Meter Dash Midget

Name	Year School	Seed	Finals	H#	Points
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1	Jacquie holmes	Highland	1:03.31	1:02.19	2	10
2	Natasha Dicienzo	St. Paul HS	1:04.27	1:02.34	2	8
3	Michelle Molodyn timer	Myer, A.N.	1:05.43	1:02.77	2	6
4	Catherine Howell	Westdale	1:04.03	1:03.37	2	5
5	Rina Charalampis	Westdale	1:06.08	1:04.57	2	4
6	Hilary Reid	Crossley	1:05.44	1:05.65	2	3
7	Kelly Gadoury	McKinnon Par	1:08.96	1:07.01	1	2
8	Lindsay MacLean	Eden High Sc	1:09.74	1:07.71	1	1
9	Jodi Feenstra	Guido de Bre	1:09.04	1:08.54	1	
10	Heather Dumitru	Westmount	1:07.72	1:09.39	2	
11	Lauren Wiebe	Crossley	1:10.00	1:09.82	1	
12	Victoria Medeiros	Blessed Trin	1:13.62	1:13.58	1	

Women 800 Meter Run Midget

Name	Year	School	Seed	Finals	Points
1	Karley Rempel	Crossley	2:30.94	2:24.36	10
2	Chelsea MacKinnon	Westdale	2:24.54	2:24.97	8
3	Michelle Molodyn timer	Myer, A.N.	2:34.51	2:25.25	6
4	Jenna Leask	Churchill, S	2:29.29	2:28.00	5
5	Meg Inman	Westdale	2:32.20	2:29.67	4
6	Erin Snelgrove	Denis Morris	2:36.40	2:38.11	3
7	Heather Dumitru	Westmount	2:38.62	2:41.61	2
8	Jodi Feenstra	Guido de Bre	2:42.20	2:43.62	1
9	Maggie Dumitru	Westmount	2:40.14	2:50.89	
10	Dorothy DeBoer	Smithville D	2:53.27	2:52.22	
11	Taylor MacMillian	St. Michael	2:59.68	2:53.23	
12	Haeley Sheenan	Laura Secord	2:56.93	2:54.16	
13	Chelsea Wharram	Centennial S	3:05.35	3:02.56	

Women 1500 Meter Run Midget

Name	Year	School	Seed	Finals	Points
1	Karley Rempel	Crossley	5:26.23	4:49.80	10
2	Chelsea MacKinnon	Westdale	5:03.80	4:50.79	8
3	Laura Mooradian	Denis Morris	5:06.39	5:07.98	6
4	Jenna Leask	Churchill, S	5:08.83	5:10.96	5
5	Kaitlyn Principi	Governor Sim	5:09.66	5:19.78	4
6	Maggie Dumitru	Westmount	5:18.00	5:23.23	3
7	Katelyn Swenor	Westmount	5:29.50	5:29.79	2
8	Erin Snelgrove	Denis Morris	5:23.18	5:37.07	1
9	Katie Casucci	St. Paul HS	5:37.54	5:40.01	
10	Alicia Attema	South Lincol	5:45.47	5:42.08	
11	Jessica Witt	Westdale	5:37.70	5:47.09	
12	Anna Ionson	Centennial S	5:38.77	5:49.65	
13	Jennifer Sloan	Highland	5:47.90	5:58.18	
14	Emily Gearing	Crossley	5:49.64	6:10.19	

Women 3000 Meter Run Midget

Name	Year	School	Seed	Finals	Points
1	Laura Mooradian	Denis Morris	10:44.03	11:10.91	10
2	Kaitlyn Principi	Governor Sim	12:27.86	11:36.33	8
3	Katelyn Swenor	Westmount	12:08.72	12:00.72	6
4	Jessica Witt	Westdale	12:15.58	12:05.46	5
5	Alicia Attema	South Lincol	13:20.28	12:47.07	4

6	Samar El-Tabech	Westmount	14:44.15	14:22.68	3
7	Toria Byskov	Churchill, S	14:54.85	14:35.10	2
8	Beth Rodgers	Centennial S	15:20.80	15:12.41	1
9	Megan Matkowski	Centennial S	15:32.14	15:18.40	

Women 80 Meter Hurdles Midget

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	Rachael Klunder	South Lincol	13.17	13.46Q	2
2	Hillary Beattie	Grimsby Dss	13.96	13.63Q	1
3	Katie Kalchman	Crossley	14.56	13.89Q	2
4	Jessica Koning	McKinnon Par	14.15	14.30Q	1
5	Olivia Vaughn	Grimsby Dss	14.97	14.64q	1
6	Lindsey Dynes	Highland	15.87	14.98q	1
7	Dorothy DeBoer	Smithville D	14.77	15.01q	2
8	Lindsay Evans	Hagersville	16.02	15.21q	1
9	Victoria Kerekesch	Highland	14.63	15.34	2
10	Jordyn Isoner	Niagara D	15.90	16.13	1
11	Serenity Poirier	Ridge-Cr HS	16.54	16.60	2
12	Monique Varwig	Orchard Park	19.27	17.25	2
--	Jennifer Weir	Centennial S	14.92	DNF	2

Women 80 Meter Hurdles Midget

Name	Year	School	Prelims	Finals	Points
Finals					
1	Rachael Klunder	South Lincol	13.46	13.08	10
2	Hillary Beattie	Grimsby Dss	13.63	13.47	8
3	Katie Kalchman	Crossley	13.89	13.48	6
4	Jessica Koning	McKinnon Par	14.30	14.08	5
5	Olivia Vaughn	Grimsby Dss	14.64	14.85	4
6	Lindsey Dynes	Highland	14.98	15.02	3
7	Lindsay Evans	Hagersville	15.21	15.10	2
8	Dorothy DeBoer	Smithville D	15.01	15.22	1

Women 300 Meter Hurdles Midget

Name	Year	School	Seed	Finals	H#	Points
1	Katie Kalchman	Crossley	52.68	50.59	2	10
2	Hillary Beattie	Grimsby Dss	51.74	51.24	2	8
3	Jennifer Weir	Centennial S	51.95	51.29	2	6
4	Olivia Vaughn	Grimsby Dss	52.11	53.42	2	5
5	Jen Winger	Ridge-Cr HS	55.67	53.75	1	4
6	Emily Gearing	Crossley	54.16	54.35	2	3
7	Lindsey Dynes	Highland	56.51	55.07	1	2
8	Mhairi Carr	Ridge-Cr HS	56.17	55.19	1	1
9	Moriah Alblas	Grimsby Dss	53.53	56.26	2	
10	Victoria Kerekesch	Highland	55.75	56.43	1	
11	Maryanne Stones	Beamsville D	57.54	59.31	1	
12	Michelle Owens	Waterdown	1:04.77	1:01.43	1	

Women 4x100 Meter Relay Midget

School	Seed	Finals	H#	Points
1 E. L. Crossley S S 'A'	53.14	52.69	2	10

2	Grimsby D S S 'A'	55.85	55.91	2	8
3	Highland 'A'	57.59	57.72	2	6
4	Westdale 'A'	58.12	57.77	2	5
	1) Deniqua Alexander				
	3) Shayna Brissett-Foster				
5	St. Paul H S 'A'	58.44	58.51	1	4
6	McKinnon Park H S 'A'	1:06.13	58.72	1	3
7	Ridgeway-Crystal Beach 'A'	57.79	58.92	2	2
8	South Lincoln H S 'A'	58.13	59.08	2	1
9	Delta 'A'	59.34	59.30	1	
	1) Rachelle Monette				
	3) Ruth Rodriguez				
10	Blessed Trinity H S 'A'	58.35	59.31	2	
11	Beamsville D S S 'A'	59.45	59.71	1	
12	Sir John A MacDonald 'A'	58.41	1:00.03	1	
	1) Samantha Kernick				
	3) Misty Guigue-Hachey				
13	Saltfleet 'A'	59.86	1:00.06	1	
	1) Heather Salmon				
	3) Jenna McGill				
14	Centennial S S 'A'	56.44	1:00.32	2	
--	Denis Morris H S 'A'	1:01.06	DQ	1	

Women High Jump Midget

Name	Year School	Seed	Finals	Points
1 Emma Siuciak	Crossley	1.46m	1.60m	10
2 Rachael Klunder	South Lincol	1.55m	1.40m	7
2 Dayva Regnerus	Hamilton Dis	1.30m	1.40m	7
4 Katelynn Folkerts	Smithville D	1.35m	J1.40m	5
5 Brook Dorin	Blessed Trin	1.40m	J1.40m	4
6 Jessica Bagnulo	Myer, A.N.	1.40m	1.35m	3
7 Hannah Phillips	Dunnville SS	1.35m	1.30m	1.5
7 Kendall Darnay	St. Michael	1.43m	1.30m	1.5
9 Misty Guigue-Hachey	Sir John A M	1.30m	J1.30m	
9 Rachelle Monette	Delta	1.35m	J1.30m	
11 Bryanne Martin	Ridge-Cr HS	1.35m	J1.30m	
12 Kaitlin MacDonald	Hill Park	1.30m	J1.30m	
13 Alycia Park	Orchard Park	1.30m	1.25m	
14 Haeley Sheenan	Laura Secord	1.15m	1.15m	

Women Long Jump Midget

Name	Year School	Seed	Finals	Points
1 Katie Teng	Churchill, S	4.19m	4.58m	10
2 Jessica Bagnulo	Myer, A.N.	4.92m	4.56m	8
3 Tasha Rodriques	Westlane	4.24m	J4.56m	6
4 Skye Soobramanie	Beamsville D	4.18m	4.42m	5
5 Rebecca Barnfield	Grimsby Dss	4.23m	4.39m	4
6 Shannon Lafontaine	Laura Secord	4.32m	4.26m	3
7 Carly Doherty	Waterdown	4.06m	4.15m	2
8 Diana Rin	Sir John A M	4.22m	3.98m	1
9 Aleasha Spadzinski	Myer, A.N.	4.15m	3.94m	
10 Molly Higenell	Crossley	4.00m	3.85m	
11 Misty Guigue-Hachey	Sir John A M	4.07m	3.75m	
12 Paige Bates	Orchard Park	3.88m	3.67m	
13 Samantha Kernick	Sir John A M	3.90m	3.64m	
14 Leah Medwin	Crossley	4.02m	3.58m	

Women Triple Jump Midget

Name	Year School	Seed	Finals	Points
1 Rebecca Barnfield	Grimsby Dss	9.77m	9.86m	10
2 Melissa Kohli	Crossley	9.10m	9.67m	8
3 Klaudia Litwiniuk	Myer, A.N.	8.91m	9.66m	6
4 Jessica Smith	Myer, A.N.	9.79m	9.61m	5
5 Katie Teng	Churchill, S	9.83m	9.55m	4
6 Shannon Lafontaine	Laura Secord	9.57m	9.43m	3
7 Jen Winger	Ridge-Cr HS	8.96m	9.29m	2
8 Morgan Beach	Grimsby Dss	9.14m	9.02m	1
9 Dorothy DeBoer	Smithville D	9.10m	8.63m	
10 Emily Gearing	Crossley	9.05m	8.53m	
11 Maggie Dumitru	Westmount	8.32m	8.14m	
-- Samantha Hart	Saltfleet	7.84m	FOUL	
-- Diana Rin	Sir John A M	9.48m	FOUL	

Women Shot Put 3kg NEW Midget

Name	Year School	Seed	Finals	Points
1 Sabrina Dangelo	Notre Dame C	8.56m	8.20m	10
2 Laura Doepping-Schumache	Ridge-Cr HS	8.22m	8.10m	8
3 Rachel Sanderson	Highland	7.82m	8.06m	6
4 Krista Douwes	Hamilton Dis	7.90m	7.90m	5
5 Jamie Evans	Hagersville	8.26m	7.39m	4
6 Britney Gearing	Thorold Ss-T	7.34m	7.30m	3
7 Krista VanderVeen	Guido de Bre	6.32m	6.85m	2
8 Robyn Deklerk	Smithville D	7.27m	6.74m	1
9 Kathryn Kaple	Niagara D	6.64m	6.66m	
10 Karling Keays	St. Paul HS	7.49m	6.47m	
11 Casey Drake	Grimsby Dss	6.63m	6.42m	
12 Melissa MacLeod	Denis Morris	6.73m	6.20m	
13 Gwen Coxé	Westdale	6.50m	6.11m	

Women Discus Throw Midget

Name	Year School	Seed	Finals	Points
1 Page Campbell	Crossley	22.50m	22.90m	10
2 Laura Doepping-Schumache	Ridge-Cr HS	20.84m	20.84m	8
3 Jodi Feenstra	Guido de Bre	20.35m	19.60m	6
4 Jamie Evans	Hagersville	19.82m	18.39m	5
5 Jenna McGill	Saltfleet	17.30m	18.35m	4
6 Melanie Smit	Smithville D	16.99m	17.97m	3
7 Rachel Sanderson	Highland	19.10m	17.92m	2
8 Shannon Cardiff	Grimsby Dss	16.96m	17.50m	1
9 Casey Drake	Grimsby Dss	16.15m	17.34m	
10 Robyn Deklerk	Smithville D	17.61m	16.84m	
11 Tess Betz	Grimsby Dss	20.50m	16.74m	
12 Courtney Ligiatis	Ridge-Cr HS	15.55m	10.00m	

Women Javelin Throw Midget

Name	Year School	Seed	Finals	Points
1 Madison Lennon	McKinnon Par	27.09m	31.57m	10
2 Molly Higenell	Crossley	24.40m	25.24m	8

3	Casey Drake	Grimsby Dss	22.66m	25.18m	6
4	Samantha Houston	Saltfleet	21.92m	25.14m	5
5	Page Campbell	Crossley	25.21m	25.10m	4
6	Jamie Evans	Hagersville	20.54m	23.50m	3
7	Krista Douwes	Hamilton Dis	21.35m	23.40m	2
8	Gwen Coxe	Westdale	18.71m	20.80m	1
9	Shelby Brunet	St. Paul HS	19.58m	20.06m	
10	Jenna McGill	Saltfleet	21.04m	19.73m	
11	Katherine McKenzie	Grimsby Dss	21.99m	19.10m	
12	Robyn Deklerk	Smithville D	16.27m	18.97m	
13	Shannon Cardiff	Grimsby Dss	16.07m	16.07m	
14	Mary Tamburic	Highland	21.76m	15.93m	
15	Alex Scordas	Niagara D	16.66m	15.87m	

Women 100 Meter Dash Junior

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Emma ROUNG	Ancaster Hig	12.83	12.74Q	2
2 Victoria Smith	Myer, A.N.	13.52	13.43Q	1
3 Dawn Elmers	Smithville D	13.25	13.44Q	1
4 Kadaija Blackwood	Westlane	13.59	13.51Q	2
5 Holly Drohomysky	Westmount	13.62	13.63q	2
6 Sina Woerthle	Churchill, S	13.62	13.82q	1
7 Chi Chi Chuks-Mady	Barton S.S.	13.90	14.00q	2
8 Carly Davies	Centennial S	14.30	14.05q	1
9 Emily Schoppmann	Blessed Trin	13.82	14.14	2
10 Hailey Dang	Westlane	13.86	14.14	1
11 Natasha Auret	Westdale	14.17	14.33	1
12 Gugu Mpofu	Orchard Park	14.03	14.36	1
13 Melissa Giancaterino	St. Francis	14.18	14.41	2
14 Mika Hendriks	South Lincol	14.13	14.42	2
15 Shelby Feren	Myer, A.N.	14.29	14.45	2

Women 100 Meter Dash Junior

Name	Year School	Prelims	Finals	Points
Finals				
1 Emma ROUNG	Ancaster Hig	12.74	12.77	10
2 Dawn Elmers	Smithville D	13.44	13.21	8
3 Victoria Smith	Myer, A.N.	13.43	13.41	6
4 Kadaija Blackwood	Westlane	13.51	13.43	5
5 Sina Woerthle	Churchill, S	13.82	13.63	4
6 Holly Drohomysky	Westmount	13.63	13.75	3
7 Chi Chi Chuks-Mady	Barton S.S.	14.00	13.87	2
8 Carly Davies	Centennial S	14.05	13.98	1

Women 200 Meter Dash Junior

Name	Year School	Seed	Finals	H#	Points
1 Emma ROUNG	Ancaster Hig	25.68	26.59	2	10
2 Dawn Elmers	Smithville D	27.74	27.71	2	8
3 Victoria Smith	Myer, A.N.	28.57	28.59	2	6
4 Julie DeJong	Hamilton Dis	28.24	29.06	2	5
5 Caprice Aiello	St. Michael	29.35	29.26	1	4
6 Sina Woerthle	Churchill, S	28.95	29.47	2	3
7 Alison Boyd	Governor Sim	29.08	29.58	2	2

8	Victoria DeJong	Hamilton Dis	29.15	29.61	2	1
9	Melissa Bethlehem	Guido de Bre	29.38	29.69	1	
10	Hailey Dang	Westlane	29.09	30.16	2	
11	Mika Hendriks	South Lincol	29.23	30.26	1	
12	Natasha Auret	Westdale	29.20	30.33	1	
13	Carli Adams	Blessed Trin	31.38	31.73	1	
14	Kristen Johnson	Crossley	30.57	34.52	1	

Women 400 Meter Dash Junior

Name	Year School	Seed	Finals	H#	Points
1 Emma ROUNG	Ancaster Hig	1:02.21	1:00.71	2	10
2 Kristen Kostuk	Governor Sim	1:05.45	1:04.54	2	8
3 Shelby Dunar	West Park	1:06.54	1:05.51	2	6
4 Melissa Bethlehem	Guido de Bre	1:08.81	1:06.40	1	5
5 Mchelle Hollingshead	Centennial S	1:06.77	1:06.50	2	4
6 Lisa MacTavish	Myer, A.N.	1:11.09	1:06.71	1	3
7 Alison Boyd	Governor Sim	1:06.62	1:07.11	2	2
8 Kathryn Skirrow	Saltfleet	1:06.93	1:07.46	2	1
9 Erica Rasmussen	Westmount	1:06.58	1:07.76	2	
10 Carli Adams	Blessed Trin	1:07.32	1:08.52	2	
11 Bronte Fudge	Crossley	1:08.91	1:08.67	1	
12 Shayla Mordue	Highland	1:07.64	1:08.70	1	
13 Paige Garvey	Crossley	1:09.15	1:10.69	1	
14 Elicia Lauder	St. Michael	1:09.54	1:11.75	1	
15 Tia Pavan	Denis Morris	1:15.44	1:15.95	1	

Women 800 Meter Run Junior

Name	Year School	Seed	Finals	Points
1 Carise Thompson	Highland	2:27.62	2:28.24	10
2 Shelby Dunar	West Park	2:38.73	2:31.52	8
3 Kathryn Skirrow	Saltfleet	2:37.59	2:33.84	6
4 Monique Stuiwe	Eden High Sc	2:42.17	2:37.24	5
5 Erica Rasmussen	Westmount	2:42.77	2:42.30	4
6 Kristen Kostuk	Governor Sim	2:37.57	2:44.77	3
7 Carli Adams	Blessed Trin	2:40.05	2:47.11	2
8 Sarah Rasmussen	Ancaster Hig	2:43.46	2:48.51	1
9 Tia Pavan	Denis Morris	3:07.75	3:01.88	

Women 1500 Meter Run Junior

Name	Year School	Seed	Finals	Points
1 deanna Brasz	Heritage Chr	5:06.54	4:56.23	10
2 Carise Thompson	Highland	5:07.28	4:57.81	8
3 Julie Hambleton	Grimsby Dss	5:13.63	5:11.31	6
4 Colleen Wilson	Ancaster Hig	5:25.94	5:21.06	5
5 Kristen Johnson	Crossley	6:00.92	5:24.65	4
6 Sarah Rasmussen	Ancaster Hig	5:40.52	5:27.71	3
7 Chahinez Chemlal	Barton S.S.	5:48.73	5:59.70	2
8 Becky Bergsma	Laura Secord	6:01.39	6:00.35	1
9 Kenzie Pulsifer	Westdale	5:55.41	6:02.31	
10 Jennifer Bisson	Jean Vanier	6:26.22	6:34.82	
11 Summer Salomons	Notre Dame C	6:31.03	6:36.95	
12 Tate Kenney	Notre Dame C	6:40.02	6:46.86	
13 Bailey Sewell	South Lincol	7:00.38	6:57.89	
14 Emily Wilson	McKinnon Par	6:43.09	6:59.88	

15 Samantha Ellis Thorold Ss-T 8:12.63 7:19.46

Women 3000 Meter Run Junior

Name	Year School	Seed	Finals	Points
1 deanna Brasz	Heritage Chr	10:37.15	10:52.07	10
2 Colleen Wilson	Ancaster Hig	12:02.14	11:25.84	8
3 Julie Hambleton	Grimsby Dss	11:27.25	11:35.14	6
4 Brittany Hambleton	Grimsby Dss	11:47.06	11:50.35	5
5 Jessica Passant	Highland	12:07.70	11:51.41	4
6 Monique Stuive	Eden High Sc	12:17.08	13:22.35	3
7 Jocelyn Minor	Dunnville SS	14:47.67	14:12.48	2
8 Jennifer Bisson	Jean Vanier	15:41.84	15:00.64	1

Women 80 Meter Hurdles Junior

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Vanessa Sarjeant	Orchard Park	13.73	13.73Q	2
2 Olivia Cook	Ridge-Cr HS	13.70	13.76Q	1
3 Amanda Coutu	Churchill, S	13.92	14.19Q	2
4 Taylor MacLeod	Grimsby Dss	14.10	14.32Q	1
5 Emily Schoppmann	Blessed Trin	15.05	14.50q	2
6 Shannon Rogers	Crossley	14.84	14.63q	2
7 Rebecca Hayward	Highland	14.83	14.71q	1
8 Madison Leslie	Grimsby Dss	15.47	15.60q	1
9 Alana Attema	Beamsville D	15.46	15.85	1
10 Shelly Vanderhout	Ancaster Hig	16.88	16.83	2
11 Bethany Peacock	Crossley	17.04	16.97	2
12 Elizabeth Kalles	Saltfleet	17.19	17.38	1
13 Naomi Danielson	Cayuga Ss-Ca	17.40	23.67	1

Women 80 Meter Hurdles Junior

Name	Year School	Prelims	Finals	Points
Finals				
1 Vanessa Sarjeant	Orchard Park	13.73	13.26	10
2 Olivia Cook	Ridge-Cr HS	13.76	13.45	8
3 Taylor MacLeod	Grimsby Dss	14.32	13.86	6
4 Amanda Coutu	Churchill, S	14.19	14.25	5
5 Rebecca Hayward	Highland	14.71	14.29	4
6 Emily Schoppmann	Blessed Trin	14.50	14.65	3
7 Shannon Rogers	Crossley	14.63	14.80	2
8 Madison Leslie	Grimsby Dss	15.60	17.90	1

Women 300 Meter Hurdles Junior

Name	Year School	Seed	Finals	H#	Points
1 Emily Schoppmann	Blessed Trin	50.24	50.22	2	10
2 Vanessa Sarjeant	Orchard Park	51.67	51.16	2	8
3 Rebecca Hayward	Highland	53.34	51.78	2	6
4 Alana Attema	Beamsville D	52.79	52.96	2	5
5 Olivia Cook	Ridge-Cr HS	53.05	53.01	2	4
6 Kristen Johnson	Crossley	54.27	53.23	1	3
7 Amanda Coutu	Churchill, S	51.89	54.83	2	2
8 Chelsey Wilson	Grimsby Dss	53.44	55.21	2	1

9	Madison Leslie	Grimsby Dss	55.09	55.30	1
10	Chelsea Walker	Saltfleet	56.01	55.84	1
11	Courtney Griffis	Ridge-Cr HS	56.28	55.94	1
12	Paige Garvey	Crossley	55.97	58.83	1
13	Shannon Rogers	Crossley	59.12	1:01.29	1

Women 4x100 Meter Relay Junior

School	Seed	Finals	H#	Points
1 Centennial S S 'A'	53.52	53.64	2	10
2 Grimsby D S S 'A'	54.38	53.90	2	8
3 Guido de Bres 'A'	55.97	55.04	2	6
1) Melissa Bethlehem				
2) Karyn Bosscher				
3) Sarah Bosscher				
4) Esther Hutten				
4 A.N. Myer S S 'A'	54.34	55.40	2	5
5 Hamilton District 'A'	56.69	57.10	2	4
1) Victoria DeJong				
2) Julie DeJong				
3) Lindsay Noordam				
4) Sara Wiebenga				
6 Jean Vanier E S 'A'	59.23	58.36	1	3
7 Highland 'A'	56.40	58.90	2	2
8 Lakeshore C H S 'A'	59.09	1:00.07	1	1
9 Sir John A MacDonald 'A'	1:00.20	1:01.07	1	
1) Tara Clack				
2) Nikki Wood				
3) Nancy Chau				
4) Faith Harvey				
10 Denis Morris H S 'A'	1:01.62	1:01.18	1	
-- Beamsville D S S 'A'	58.15	DQ	2	
-- Westdale 'A'	58.95	DQ	1	
1) Natasha Auret				
2) Julie Ling Ma				
3) Kelsie Pulsifer				
4) Kenzie Pulsifer				
-- E. L. Crossley S S 'A'	54.80	DQ	2	

Women High Jump Junior

Name	Year School	Seed	Finals	Points
1 Heather Hicks	Grimsby Dss	1.55m	1.50m	10
2 Caprice Aiello	St. Michael	1.42m	1.45m	8
3 Vanessa Sarjeant	Orchard Park	1.40m	1.40m	5.5
3 Meghan Singleton	Ridge-Cr HS	1.39m	1.40m	5.5
5 Courtney Yole	Blessed Trin	1.35m	1.35m	2.5
6 Christine Schuele	Beamsville D	1.30m	J1.35m	2.5
7 Randa ElSaharty	Myer, A.N.	1.25m	J1.35m	2.5
7 Julie DeJong	Hamilton Dis	1.40m	J1.35m	2.5
9 Shelly Vanderhout	Ancaster Hig	1.30m	1.30m	
10 LaStaysha Jackson	Denis Morris	1.20m	1.25m	
10 Kelsey Stewart	Lakeshore CH	1.30m	1.25m	
12 Kathleen Simpson	Laura Secord	1.35m	1.20m	
-- Nikki Campagiorni	Myer, A.N.	1.25m	DNF	
-- Megan Wickens	Waterdown	1.40m	DNF	
-- Victoria DeJong	Hamilton Dis	1.30m	DNF	

Women Pole Vault (NEW) Junior

Name	Year School	Seed	Finals	Points
1 Avery Thomas	Grimsby Dss	2.71m	3.00m	10
2 Kendall Darnay	St. Michael	2.80m	J3.00m	8
3 Sharon Michalak	Notre Dame C	2.90m	2.85m	6
4 Alison Stark	Crossley	2.20m	2.55m	5

5	Ellen Warkholdt	Laura Secord	2.10m	2.25m	4
6	Mackenzie Thomas	Grimsby Dss	1.75m	J2.25m	3
7	Leah Medwin	Crossley	2.20m	2.10m	2
8	Rebecca Stallwood	Hagersville	2.00m	J2.10m	1
--	Andrea Fleury	Laura Secord	1.60m	NH	

Women Long Jump Junior

Name	Year School	Seed	Finals	Points
1 Heather Hicks	Grimsby Dss	4.60m	4.78m	10
2 Olenka Iwanicki	Centennial S	4.64m	4.73m	8
3 Shelby Johnston	Centennial S	4.68m	4.64m	6
4 Bianca Molnar	Jean Vanier	4.69m	J4.64m	5
5 Taylor MacLeod	Grimsby Dss	4.45m	4.62m	4
6 Melanie Ulch	Crossley	4.56m	4.56m	3
7 Hailey Dang	Westlane	4.64m	4.48m	2
8 Laina Rasmussen	Beamsville D	4.20m	4.45m	1
9 Gugu Mpofu	Orchard Park	4.14m	4.20m	
10 Sara Wiebenga	Hamilton Dis	4.01m	3.97m	
11 Mika Hendriks	South Lincol	4.28m	J3.97m	
12 Alysha VanEgmond	Eden High Sc	4.10m	3.95m	
13 Chelsea Walker	Saltfleet	3.95m	3.86m	
14 Olivia Pate	Highland	3.97m	3.75m	
15 Shayla Mordue	Highland	3.88m	3.29m	

Women Triple Jump Junior

Name	Year School	Seed	Finals	Points
1 Olivia Cook	Ridge-Cr HS	10.13m	10.28m	10
2 Dawn Elmers	Smithville D	9.76m	10.06m	8
3 Heather Hicks	Grimsby Dss	9.84m	10.00m	6
4 Bianca Molnar	Jean Vanier	9.84m	9.99m	5
5 Shelby Johnston	Centennial S	9.69m	9.73m	4
6 Julie DeJong	Hamilton Dis	9.51m	9.59m	3
7 Shelby Dunar	West Park	9.26m	9.53m	2
8 Natalie Diakow	Governor Sim	9.25m	9.30m	1
9 Carly Davies	Centennial S	9.20m	9.25m	
10 Erica Rasmussen	Westmount	8.92m	8.64m	
11 Esther Hutten	Guido de Bre	8.61m	8.45m	
12 Darcy Enns	Thorold Ss-T	8.53m	8.08m	
-- Chelsea Walker	Saltfleet	7.50m	FOUL	
-- Melanie Ulch	Crossley	9.51m	FOUL	

Women Shot Put (NEW-3kg) Junior

Name	Year School	Seed	Finals	Points
1 Katie Klodnicki	Grimsby Dss	10.49m	10.60m	10
2 Kiki Smolovic	Barton S.S.	9.18m	9.31m	8
3 Melissa Ott	Fort Erie SS	8.79m	9.28m	6
4 Kortney Koroll	Governor Sim	8.33m	8.16m	5
5 Chi Chi Chuks-Mady	Barton S.S.	8.37m	8.09m	4
6 Martha Giordano	Westdale	8.00m	7.66m	3
7 Jenn Ridder	South Lincol	6.86m	7.20m	2
8 Emily Weingartner	Highland	7.40m	7.11m	1
9 Hailey Bruckner	Highland	8.04m	7.01m	
10 Cassie Robins	Port Colborn	7.28m	6.85m	
11 Allison Campbell	Cayuga Ss-Ca	7.84m	6.30m	

12	Danielle Trigatti	Blessed Trin	6.59m	J6.30m
13	Kelly Forrest	Crossley	6.22m	6.25m
14	Amber Hogeveen	Smithville D	6.14m	5.92m
15	Mary-Jane Wishart	Crossley	6.80m	5.55m

Women Discus Throw Junior

Name	Year	School	Seed	Finals	Points
1	Katie Klodnicki	Grimsby Dss	36.84m	37.88m	10
2	Kortney Koroll	Governor Sim	26.82m	26.07m	8
3	Carly Davies	Centennial S	22.32m	21.69m	6
4	Martha Giordano	Westdale	21.30m	21.23m	5
5	Cassie Robins	Port Colborn	22.84m	20.64m	4
6	Courtney Yole	Blessed Trin	19.38m	20.63m	3
7	Alisha Mackenzie	Highland	20.00m	20.55m	2
8	Emily Weingartner	Highland	19.30m	20.43m	1
9	Kristen Daley	Crossley	19.95m	19.64m	
10	Hailey Bruckner	Highland	19.00m	19.16m	
11	Aurora Anderson-Shortt	Niagara D	18.75m	18.81m	
12	Kirsten Osterlund	Crossley	21.44m	18.25m	
13	Genna Kalvaitis	Blessed Trin	18.38m	17.27m	
14	Allison Campbell	Cayuga Ss-Ca	20.25m	17.25m	

Women Javelin Throw Junior

Name	Year	School	Seed	Finals	Points
1	Victoria Ely	St. Paul HS	31.14m	30.10m	10
2	Katie Klodnicki	Grimsby Dss	22.98m	27.72m	8
3	Kortney Koroll	Governor Sim	27.10m	26.40m	6
4	Kirsten Osterlund	Crossley	25.30m	25.06m	5
5	Melissa Ott	Fort Erie SS	25.47m	24.48m	4
6	Shalimar Stechyshyn	Crossley	24.49m	24.47m	3
7	Cassie Robins	Port Colborn	29.40m	24.45m	2
8	Andjela Mamic	St. Francis	23.12m	22.53m	1
9	Katie Pratt	Waterdown	23.19m	20.52m	
10	Martha Giordano	Westdale	18.48m	20.50m	
11	Alisha Mackenzie	Highland	20.72m	20.19m	
12	Aurora Anderson-Shortt	Niagara D	23.36m	19.89m	
13	Kristina Bonk	St. Francis	21.71m	19.60m	
14	Emily Weingartner	Highland	21.37m	17.35m	

Women 100 Meter Dash Senior

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	Chelsea Duncan	Churchill, S	12.65	12.81Q	2
2	Kirstie Sheppard	Orchard Park	12.89	13.09Q	1
3	Krista Barber	McKinnon Par	13.59	13.20Q	2
4	Megan Hill	Ancaster Hig	13.32	13.44Q	1
5	Gill Thomas	Hamilton Dis	13.66	13.56q	2
6	Stesha Conway	Jean Vanier	14.25	13.58q	2
7	Stephanie Schipper	McKinnon Par	13.70	13.62q	1
8	Jessica May	Saltfleet	13.54	13.62q	1
9	Deana-Rose Smith	South Lincol	13.39	13.65	2
10	Kayla Tuckwell	Laura Secord	13.54	13.65	2
11	Rebekah Steele	Dunnville SS	13.85	13.66	2
12	Natasha Bonk	St. Francis	13.55	13.71	1

13	Emily Davidson	Ancaster Hig	13.71	13.95	1
14	Alex Grosskurth	Laura Secord	13.68	13.95	1
15	Amy Lavoie	Jean Vanier	14.36	13.97	1

Women 100 Meter Dash Senior

Name	Year School	Prelims	Finals	Points
Finals				
1 Chelsea Duncan	Churchill, S	12.81	12.69	10
2 Kirstie Sheppard	Orchard Park	13.09	13.00	8
3 Megan Hill	Ancaster Hig	13.44	13.31	6
4 Krista Barber	McKinnon Par	13.20	13.34	5
5 Gill Thomas	Hamilton Dis	13.56	13.54	4
6 Stephanie Schipper	McKinnon Par	13.62	13.67	3
7 Jessica May	Saltfleet	13.62	13.92	2

Women 200 Meter Dash Senior

Name	Year School	Seed	Finals	H#	Points
1	Chelsea Duncan	Churchill, S	25.82	26.25	2 10
2	Alex Giles	Governor Sim	25.97	26.71	2 8
3	Kristen Pizycki	Notre Dame C	27.16	26.91	2 6
4	Kirstie Sheppard	Orchard Park	27.11	26.93	2 5
5	Leigh Veerman	Laura Secord	26.66	27.30	2 4
6	Lauren Aquilina	Westmount	27.74	28.08	2 3
7	Stephanie Schipper	McKinnon Par	28.10	28.31	1 2
8	Megan Hill	Ancaster Hig	27.90	28.38	2 1
9	Tina Despres	St. Francis	28.35	28.71	1
10	Emily Davidson	Ancaster Hig	28.52	28.78	1
11	Kayla Tuckwell	Laura Secord	27.81	29.04	2
12	Rachel Fitkowski	St. Michael	30.85	30.65	1

Women 400 Meter Dash Senior

Name	Year School	Seed	Finals	H#	Points
1	Kristen Pizycki	Notre Dame C	1:00.56	1:00.15	2 10
2	Jaclyn Harris	Beamsville D	1:01.36	1:00.33	2 8
3	Alex Giles	Governor Sim	1:00.85	1:00.47	2 6
4	Heather Kurpe	Grimsby Dss	1:01.55	1:01.19	2 5
5	Mariah Kelly	St. Michael	1:00.92	1:01.41	2 4
6	Sarah Weemhoff	Waterdown	1:02.07	1:01.57	2 3
7	Amanda Weldon	Waterdown	1:03.84	1:02.72	1 2
8	Tina Despres	St. Francis	1:05.05	1:04.22	1 1
9	Emily Shing	Highland	1:03.66	1:04.87	2
10	Danielle Rastovac	Westmount	1:07.26	1:07.90	1
11	Charlene Hartwick	Crossley	1:09.72	1:11.83	1

Women 800 Meter Run Senior

Name	Year School	Seed	Finals	Points
1 Esther Vermeer	Smithville D	2:25.15	2:15.88	10
2 Mariah Kelly	St. Michael	2:23.14	2:21.33	8
3 Heather Kurpe	Grimsby Dss	2:26.13	2:25.59	6
4 Paris Adams	Blessed Trin	2:27.91	2:28.61	5
5 Rachel Hicks	Highland	2:36.43	2:38.75	4
6 Felicia Dracz	Notre Dame C	2:52.74	2:43.22	3

7	Breanna Hall	Highland	2:42.45	2:45.47	2
8	Kelsey Kurgan	Crossley	2:48.63	2:49.93	1
9	Erin Kurpe	Grimsby Dss	2:53.79	2:50.22	
10	Brittany Jones	Jean Vanier	2:43.86	2:58.08	

Women 1500 Meter Run Senior

Name	Year School	Seed	Finals	Points
1 Esther Vermeer	Smithville D	5:10.42	5:03.34	10
2 Mariah Kelly	St. Michael	5:22.58	5:03.49	8
3 Samantha Beattie	Sir Allan Ma	5:04.47	5:03.94	6
4 Paris Adams	Blessed Trin	5:14.47	5:08.44	5
5 Alex Harriss	Highland	5:00.33	5:09.08	4
6 Heather Stuive	Eden High Sc	5:11.68	5:11.89	3
7 Emily Hughes	Governor Sim	5:13.75	5:22.56	2
8 Rachel Hicks	Highland	5:29.39	5:24.94	1
9 Brittany Jones	Jean Vanier	5:39.06	5:48.17	
10 Kelsey Kurgan	Crossley	6:01.62	5:49.15	
11 Julie Falsetti	Crossley	5:46.33	5:50.94	
12 Amanda Weaver	Centennial S	6:05.76	6:17.73	

Women 3000 Meter Run Senior

Name	Year School	Seed	Finals	Points
1 Samantha Beattie	Sir Allan Ma	10:56.66	10:52.17	10
2 Robyn Mildren	Highland	11:00.68	10:52.52	8
3 Heather Stuive	Eden High Sc	10:51.08	10:54.72	6
4 Alex Harriss	Highland	11:22.35	10:56.85	5
5 Katelyn Hodgson	Grimsby Dss	12:09.66	11:01.06	4
6 Kristen Vromans	Grimsby Dss	12:09.77	11:03.69	3
7 Emily Hughes	Governor Sim	12:26.72	12:00.25	2
8 Julie Falsetti	Crossley	12:29.08	12:19.76	1
9 Asia Bedasso	Sir John A M	13:19.80	12:28.88	
10 Allison Coons	Notre Dame C		12:33.43	
11 Chloe Leonard	St. Paul HS	15:19.24	16:06.62	
12 Abby Fenwick	St. Paul HS	15:08.39	16:06.67	
13 Kelly Swan	Centennial S	17:05.75	16:20.36	

Women 100 Meter Hurdles Senior

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Jessica May	Saltfleet	15.94	15.80Q	2
2 Devon Glodziak	Grimsby Dss	15.82	16.13Q	1
3 Kelly Morrison	Ancaster Hig	15.41	15.89Q	2
4 Brittany Kadwell	Grimsby Dss	15.46	16.26Q	1
5 Jessica Miotto	Laura Secord	16.41	16.22q	2
6 Cassee Hayes	Cayuga Ss-Ca	17.58	17.40q	2
7 Sabrina Giancaterino	St. Francis	16.63	17.43q	1
8 Jennifer Gearing	Crossley	18.70	18.06q	2
9 Shelby Bordi	Highland	17.31	18.17	1
10 Melissa Miller	Crossley	18.25	18.50	1
11 Kayla Colling	Grimsby Dss	17.55	18.61	2
12 Jessica Sternberg	Centennial S	18.32	18.97	1
13 Jenifer MacBain	Saltfleet	20.33	20.73	2
14 Amanda Weaver	Centennial S	20.95	20.97	1

Women 100 Meter Hurdles Senior

Name	Year School	Prelims	Finals	Points
Finals				
1 Jessica May	Saltfleet	15.80	15.56	10
2 Kelly Morrison	Ancaster Hig	15.89	15.61	8
3 Brittany Kadwell	Grimsby Dss	16.26	15.81	6
4 Devon Glodziak	Grimsby Dss	16.13	15.94	5
5 Jessica Miotto	Laura Secord	16.22	16.24	4
6 Sabrina Giancaterino	St. Francis	17.43	17.06	3
7 Cassee Hayes	Cayuga Ss-Ca	17.40	17.15	2
8 Jennifer Gearing	Crossley	18.06	18.00	1

Women 400 Meter Hurdles Senior

Name	Year School	Seed	Finals	H#	Points
1 Jaclyn Harris	Beamsville D	1:09.82	1:08.96	2	10
2 Pam Gorham	Ridge-Cr HS	1:11.83	1:11.35	2	8
3 Brittany Kadwell	Grimsby Dss	1:10.82	1:12.45	2	6
4 Shelby Bordi	Highland	1:14.89	1:15.30	2	5
5 Courtney Patterson	Highland	1:16.08	1:16.62	2	4
6 Jennifer Gearing	Crossley	1:18.48	1:18.91	1	3
7 Charlene Hartwick	Crossley	1:20.62	1:18.93	1	2
8 Jillian Dixon	Crossley	1:27.12	1:26.03	1	1
-- Jessica May	Saltfleet	1:12.69	DQ	2	

Women 4x100 Meter Relay Senior

School	Seed	Finals	H#	Points
1 Ancaster High 'A'	51.34	51.58	2	10
1) Kelly Morrison				
2) Emily Davidson				
3) Megan Hill				
4) Emma Rounq				
2 Laura Secord S S 'A'	52.80	52.74	2	8
3 Highland 'A'	52.72	52.98	2	6
4 Notre Dame College 'A'	54.22	53.31	2	5
5 Westmount 'A'	52.87	53.48	2	4
1) Jenel Ulman				
2) Emily Foster				
3) Holly Drohomyrecky				
4) Lauren Aquilina				
6 Waterdown 'A'	53.43	53.76	2	3
1) Kristen Boonstra				
2) Sarah Weemhoff				
3) Kerri Brownridge				
4) Danielle Cottrell				
7 St. Francis S S 'A'	54.53	54.42	2	2
8 Jean Vanier E S 'A'	55.35	55.10	1	1
9 Sir Winston Churchill S S 'A'	54.77	55.55	1	
10 Grimsby D S S 'A'	55.10	55.67	1	
11 St. Paul H S 'A'	57.10	56.18	1	
12 South Lincoln H S 'A'	55.65	56.26	1	

Women High Jump Senior

Name	Year School	Seed	Finals	Points
1 Courtney Olah	St. Paul HS	1.55m	1.60m	10
2 Kelly Morrison	Ancaster Hig	1.55m	1.55m	8
3 Kristen MacLeod	Grimsby Dss	1.50m	1.55m	6
4 Jenny Reid	Dunnville SS	1.50m	1.50m	5
5 Samantha Duffus	Saltfleet	1.40m	1.45m	4

6	Sara Desterke	Highland	1.30m	J1.45m	3
7	Amanda John	Highland	1.45m	1.40m	2
8	Elisa Coates	Waterdown	1.45m	J1.40m	1
9	Kimi MacKay	Churchill, S	1.20m	1.35m	
--	Jess Hicks	Grimsby Dss	1.20m	NH	

Women Pole Vault Senior

Name	Year	School	Seed	Finals	Points
1 Whitney Nicholas		Hagersville	2.35m	2.40m	10
2 Jennifer Gearing		Crossley	2.10m	2.25m	8
3 Krista Hall		Hagersville	2.25m	2.10m	6
4 Renata Tracey		Laura Secord	1.92m	J2.10m	5
5 Rebecca Bunz		Crossley	1.95m	J2.10m	4
6 Megan Black		Crossley	2.10m	1.95m	3
--	Stephanie Szymanski	Laura Secord	1.60m	NH	

Women Long Jump Senior

Name	Year	School	Seed	Finals	Points
1 Leigh Veerman		Laura Secord	5.13m	5.32m	10
2 Kelly Morrison		Ancaster Hig	5.31m	5.21m	8
3 Chelsea Duncan		Churchill, S	5.23m	5.09m	6
4 Courtney Olah		St. Paul HS	4.80m	4.84m	5
5 Margie Boese		Niagara D	4.37m	4.77m	4
6 Chantal Landon		Denis Morris	4.69m	4.74m	3
7 Krista Barber		McKinnon Par	4.53m	4.72m	2
8 Gill Thomas		Hamilton Dis	4.54m	4.60m	1
9 Lauren Freeman		Notre Dame C	4.09m	4.48m	
10 Karin Kranenburg		Hamilton Dis	4.56m	4.32m	
11 Steph Waldron		Hill Park	4.31m	4.27m	

Women Triple Jump Senior

Name	Year	School	Seed	Finals	Points
1 Courtney Olah		St. Paul HS	10.43m	10.64m	10
2 Leigh Veerman		Laura Secord	10.56m	10.60m	8
3 Devon Glodziak		Grimsby Dss	10.26m	10.26m	6
4 Jessica Miotto		Laura Secord	10.21m	10.16m	5
5 Krista Barber		McKinnon Par	9.99m	9.89m	4
6 Kelly Eggink		Hamilton Dis	9.62m	9.67m	3
7 Cassee Hayes		Cayuga Ss-Ca	9.68m	9.58m	2
8 Karin Kranenburg		Hamilton Dis	9.49m	9.35m	1
9 Amanda Weldon		Waterdown	9.25m	9.26m	
10 Margie Boese		Niagara D	9.32m	9.18m	
11 Nechelle Venturini		Ridge-Cr HS	9.39m	9.11m	
12 Samantha Duffus		Saltfleet	9.18m	8.45m	
--	Felicia Dracz	Notre Dame C	9.41m	FOUL	

Women Shot Put Senior

Name	Year	School	Seed	Finals	Points
1 Amanda Voorberg		Grimsby Dss	10.15m	10.42m	10
2 Sam Middleton		Dunnville SS	10.28m	10.13m	8
3 Steph Costiff		Grimsby Dss	9.77m	9.93m	6
4 Noelle Antkowiak		Notre Dame C	9.25m	8.90m	5

5	Jazz Proulx	Parkside	8.40m	8.70m	4
6	Lauren Freeman	Notre Dame C	8.81m	8.66m	3
7	Joanne Morin	Niagara Coll	9.86m	8.43m	2
8	Krista Hall	Hagersville	8.86m	8.36m	1
9	Gill Thomas	Hamilton Dis	8.12m	7.98m	
10	Kyra Reilly	Blessed Trin	8.16m	7.94m	
11	Amie Mogford	Great Lakes	7.91m	7.70m	
12	Ola Ololade	Churchill, S	7.92m	7.53m	
13	Jillian Meyers	Waterdown	7.13m	6.96m	
14	Charlotte Dzivy	Sir Winston	7.08m	6.63m	

Women Discus Throw Senior

Name	Year School	Seed	Finals	Points
1 Sam Middleton	Dunnville SS	32.64m	31.14m	10
2 Brittany Hicks	Saltfleet	29.00m	30.23m	8
3 Karie Alderman	Grimsby Dss	30.13m	29.00m	6
4 Tracey Boeringa	Guido de Bre	26.10m	27.00m	5
5 Nicole Hanson	Grimsby Dss	24.79m	26.67m	4
6 Erin Speller	Grimsby Dss	26.20m	26.01m	3
7 Danielle Nesbitt	Crossley	25.22m	25.63m	2
8 Ashley Fulop	Centennial S	25.63m	24.69m	1
9 Kimi MacKay	Churchill, S	21.09m	24.28m	
10 Ola Ololade	Churchill, S	24.03m	23.77m	
11 Kelsey Milmine	Saltfleet	23.16m	22.01m	
12 Moriel Mesterman	Highland	24.23m	21.91m	
13 Charlotte Dzivy	Sir Winston	26.40m	21.15m	
14 Erica Tokar	Crossley	23.88m	20.67m	
15 Rebecca Bunz	Crossley	21.54m	20.00m	

Women Javelin Throw Senior

Name	Year School	Seed	Finals	Points
1 Whitney Nicholas	Hagersville	28.88m	35.42m	10
2 Brittany Hicks	Saltfleet	36.29m	35.18m	8
3 Sarah Arts	Ridge-Cr HS	30.15m	32.10m	6
4 Margie Boese	Niagara D	30.28m	30.20m	5
5 Moriel Mesterman	Highland	33.01m	29.91m	4
6 Kimi MacKay	Churchill, S	27.90m	28.71m	3
7 Samantha Palmer	Saltfleet	25.67m	27.50m	2
8 Kate Book	St. Francis	29.87m	26.40m	1
9 Kyle MacIntosh	St. Francis	27.80m	24.83m	
10 Lauren McKenzie	Grimsby Dss	25.36m	24.38m	
11 Danielle Nesbitt	Crossley	29.95m	22.63m	
12 Kelly Eggink	Hamilton Dis	27.02m	22.12m	
13 Jillian Meyers	Waterdown	25.57m	21.98m	
14 Melanie White	McKinnon Par	27.69m	20.29m	
-- Michelle Trottier	St. Michael	25.80m	FOUL	

Women 1500 Meter Steeplechase (NEW) Open

Name	Year School	Seed	Finals	Points
1 Robyn Mildren	Highland	5:38.19	5:29.30	10
2 Courtney Patterson	Highland	5:49.38	5:40.46	8
3 Colleen Wilson	Ancaster Hig	5:56.97	5:46.74	6
4 Jessica Passant	Highland	6:06.25	5:53.61	5
5 Brittany Hambleton	Grimsby Dss	6:11.45	6:07.62	4

6 Sarah Rasmussen	Ancaster Hig	6:21.95	6:11.98	3
7 Becky Bergsma	Laura Secord	6:22.05	6:28.01	2

Women 4x400 Meter Relay Open

School	Seed	Finals	H#	Points
1 Highland 'A'	4:19.33	4:22.10	2	10
1) Emily Shing				
2) Jessie Sawyers				
3) Carise Thompson				
4) Courtney Patterson				
2 Grimsby D S S 'A'	4:25.72	4:22.73	2	8
3 Waterdown 'A'	4:21.79	4:23.65	2	6
1) Kristen Boonstra				
2) Sarah Weemhoff				
3) Amanda Weldon				
4) Jenna Rak				
4 Westmount 'A'	4:27.38	4:26.95	2	5
1) Erica Rasmussen				
2) Danielle Rastovac				
3) Lauren Aquilina				
4) Holly Drohomyrecky				
5 E. L. Crossley S S 'A'	4:30.92	4:30.35	2	4
6 A.N. Myer S S 'A'	4:32.01	4:43.09	1	3
7 Jean Vanier E S 'A'	5:11.37	4:59.00	1	2
8 Centennial S S 'A'	5:36.54	5:09.40	1	1

Women 100 Meter Dash Ambulatory

Name	Year School	Seed	Finals
1 Melanie Ball	Ancaster Hig	24.00	23.69
2 Hamilton Lindsay	Ancaster Hig	26.29	25.56

Men 100 Meter Dash Midget

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Josh Forester	Blessed Trin	11.98	12.01Q	2
2 Kristian Ferreira	Westdale	12.06	12.02Q	1
3 Sam Testa	Ridge-Cr HS	12.00	12.10Q	1
4 Lucas Schinkel	Lakeshore CH	12.24	12.17Q	2
5 Daniel Gayle	Barton S.S.	12.27	12.27q	2
6 Jurrell Gaddishaw	Governor Sim	12.49	12.57q	2
7 James Perry	Waterdown	12.28	12.60q	1
8 Brandon Lee	Myer, A.N.	12.57	12.66q	1
9 Jonathan Lue	Centennial S	12.52	12.68	1
10 Jorden Chin	Waterdown	12.35	12.70	1
11 Matt Macleod	St. Paul HS	12.60	12.78	1
12 Tyler Moss	St. Francis	12.57	13.00	2
13 Alex Zwart	Hamilton Dis	12.45	13.02	2
14 Jeff Jones	Blessed Trin	12.55	13.06	2
15 Kashus Spencer	St. Catharin	12.53	13.36	1

Men 100 Meter Dash Midget

Name	Year School	Prelims	Finals	Points
Finals				
1 Josh Forester	Blessed Trin	12.01	11.90	10
2 Lucas Schinkel	Lakeshore CH	12.17	11.94	8
3 Sam Testa	Ridge-Cr HS	12.10	11.95	6
4 Kristian Ferreira	Westdale	12.02	12.05	5
5 James Perry	Waterdown	12.60	12.25	4

6	Daniel Gayle	Barton S.S.	12.27	12.44	3
7	Jurrell Gaddishaw	Governor Sim	12.57	12.52	2
8	Brandon Lee	Myer, A.N.	12.66	12.55	1

Men 200 Meter Dash Midget

Name	Year School	Seed	Finals	H#	Points
1 Lucas Schinkel	Lakeshore CH	25.09	25.07	2	10
2 Matt Macleod	St. Paul HS	25.55	26.08	2	8
3 Dan Post	St. Michael	25.51	26.14	2	6
4 Tyler Moss	St. Francis	26.07	26.24	1	5
5 Kevin Vitone	Myer, A.N.	25.97	26.47	2	4
6 Jonathan Lue	Centennial S	25.70	26.50	2	3
7 Kristian Ferreira	Westdale	25.88	26.65	2	2
8 Kris Campbell	Churchill, S	25.42	26.79	2	1
9 Jake Turl	Grimsby Dss	26.10	27.01	1	
10 Adam Kurcz	Waterdown	26.87	27.10	1	
11 Ronald Knight	Sherwood	26.62	27.35	1	
12 Adam Milko	Blessed Trin	26.41	27.70	1	
13 Jeff Jones	Blessed Trin	25.58	28.15	2	
14 Eddie Lartey	Barton S.S.	27.50	28.47	1	

Men 400 Meter Dash Midget

Name	Year School	Seed	Finals	H#	Points
1 Ben Savoy	Ridge-Cr HS	57.46	56.42	2	10
2 Tyler Johnson	West Park	59.71	58.40	2	8
3 Tyler Moss	St. Francis	58.24	58.47	2	6
4 Derek Hambly	Ancaster Hig	59.94	58.84	2	5
5 Dylan Brennand-McClemont	Crossley	1:00.01	58.97	2	4
6 Brennan Doherty	Churchill, S	59.64	59.31	2	3
7 Keegan Lodder	Guido de Bre	1:02.67	1:00.21	1	2
8 Kadar Ahmed	St. Francis	1:01.40	1:00.41	1	1
9 Tyler Fazekas	Ridge-Cr HS	1:01.84	1:01.57	1	
10 Andrew Czajkowski	Orchard Park	1:03.42	1:01.75	1	
11 Brandon Coe	Orchard Park	1:02.44	1:03.20	1	

Men 800 Meter Run Midget

Name	Year School	Seed	Finals	Points
1 Austen Forbes	Highland	2:12.24	2:09.71	10
2 Trevor Janssen	Eden High Sc	2:14.84	2:11.11	8
3 Ben Savoy	Ridge-Cr HS	2:16.06	2:11.59	6
4 Connor Doherty	Churchill, S	2:25.15	2:18.97	5
5 Tyler Johnson	West Park	2:27.67	2:19.33	4
6 Brennan Doherty	Churchill, S	2:26.06	2:20.05	3
7 Derek Hambly	Ancaster Hig	2:27.80	2:20.09	2
8 Keegan Lodder	Guido de Bre	2:30.95	2:23.39	1
9 Scott Mannell	Centennial S	2:31.68	2:29.93	
10 drew smith	Ancaster Hig	2:31.28	2:30.80	
11 Jason Miller	Port Colborn	2:30.74	2:31.46	
12 Wallace Kelly	St. Francis	2:29.68	2:33.07	
13 Warren VanSydenborgh	Guido de Bre	2:30.91	2:33.19	
14 Zac Williams	McKinnon Par	2:27.65	2:34.16	

Men 1500 Meter Run Midget

Name	Year School	Seed	Finals	Points
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Name	Year School	Seed	Finals	Points
1 Taylor Forbes	Highland	4:27.31	4:26.91	10
2 Austen Forbes	Highland	4:33.52	4:27.02	8
3 David Mackie	Highland	4:35.17	4:27.33	6
4 Trevor Janssen	Eden High Sc	4:45.66	4:28.10	5
5 Ryan Albanese	Centennial S	4:51.57	4:35.19	4
6 Derek Hambly	Ancaster Hig	4:54.58	4:55.18	3
7 Chris Carter	Westmount	4:56.18	5:03.42	2
8 Ibrahim Ahmed	St. Francis	4:55.98	5:05.47	1
9 Ian Hodgson	Grimsby Dss	4:54.49	5:21.18	
10 Andrew McMurtrie	Beamsville D	4:55.15	5:28.91	
11 Connor Doherty	Churchill, S	4:55.86	5:31.26	
12 Tyler Seymore	Myer, A.N.	5:02.94	5:35.29	
13 Brandon Sloan	Niagara Coll	5:16.12	5:37.84	
14 Scott Mannell	Centennial S	5:15.45	5:48.60	
15 Stephen Negus	St. Michael	5:18.99	5:53.62	

Men 3000 Meter Run Midget

Name	Year School	Seed	Finals	Points
1 Taylor Forbes	Highland	9:55.66	9:42.38	10
2 David Mackie	Highland	10:07.04	9:57.65	8
3 Ibrahim Ahmed	St. Francis	10:51.95	10:33.08	6
4 Chris Carter	Westmount	11:05.78	10:33.71	5
5 Andrew McMurtrie	Beamsville D	11:02.22	10:34.08	4
6 Ben Thompson	Blessed Trin	11:01.33	10:34.41	3
7 Ian Hodgson	Grimsby Dss	10:57.94	10:34.67	2
8 Neil Roth	Hamilton Dis	11:12.75	10:53.22	1
9 Sean Visser	Crossley	11:09.19	11:20.75	
10 Reilly McIlhone	Centennial S	11:28.82	11:33.27	
11 Val Stoicescu	Waterdown	11:21.63	11:59.47	
-- Mike Elia	St. Paul HS	12:22.41	DNF	

Men 100 Meter Hurdles Midget

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Josh Forester	Blessed Trin	15.71	15.34Q	2
2 Chase Kivell	Highland	16.03	15.67Q	1
3 Marty Richardson	Centennial S	16.91	16.97Q	1
4 Stuart Hunter	Highland	18.49	17.43Q	2
5 Vinh Le	Centennial S	17.41	17.59q	2
6 James DeVisser	Smithville D	17.85	17.78q	2
7 Wesley Griffin	Blessed Trin	17.89	18.09q	2
8 Brad Ruzyllo	Grimsby Dss	19.32	18.60q	1
9 Trevor Rogers	Crossley	21.42	19.79	2
10 Jordan Levesque	Cayuga Ss-Ca	20.23	20.09	1
11 Colin Babb	Grimsby Dss	19.11	21.54	1

Men 100 Meter Hurdles Midget

Name	Year School	Prelims	Finals	Points
Finals				
1 Josh Forester	Blessed Trin	15.34	15.32	10
2 Chase Kivell	Highland	15.67	15.56	8
3 Marty Richardson	Centennial S	16.97	16.65	6

4	Stuart Hunter	Highland	17.43	16.84	5
5	Vinh Le	Centennial S	17.59	16.99	4
6	Brad Ruzylo	Grimsby Dss	18.60	17.56	3
7	James DeVisser	Smithville D	17.78	17.89	2
8	Wesley Griffin	Blessed Trin	18.09	18.15	1

Men 300 Meter Hurdles Midget

Name	Year School	Seed	Finals	H#	Points
1 Sam Testa	Ridge-Cr HS	44.08	44.55	2	10
2 Chase Kivell	Highland	49.74	46.90	2	8
3 Marty Richardson	Centennial S	46.60	47.42	2	6
4 Mitchell DelleMonache	Crossley	45.29	47.71	2	5
5 Jeff Jones	Blessed Trin	47.71	48.06	2	4
6 Stuart Hunter	Highland	50.56	48.38	1	3
7 Colin Babb	Grimsby Dss	51.23	50.19	1	2
8 Joey Wells	Ridge-Cr HS	49.59	50.89	2	1
9 Warren VanSydenborgh	Guido de Bre	53.56	52.23	1	
10 Barrett Brooks	Grimsby Dss	52.04	54.15	1	
11 Tyler Fazekas	Ridge-Cr HS	49.59	1:03.70	2	

Men 4x100 Meter Relay Midget

School	Seed	Finals	H#	Points
1 Waterdown 'A'	49.18	48.42	2	10
1) Kurtis Lord				
2) James Perry				
3) Adam Kurcz				
4) Jordan Chin				
2 Ridgeway-Crystal Beach 'A'	49.00	49.51	2	8
3 Blessed Trinity H S 'A'	50.49	49.62	2	6
4 Centennial S S 'A'	49.48	49.65	2	5
5 Orchard Park 'A'	52.75	50.92	2	4
1) Chris Wallwork				
2) Fahad Wasseem				
3) Jason Knight				
4) Travis Tschcritter				
6 E. L. Crossley S S 'A'	50.56	51.16	2	3
7 Highland 'A'	52.64	53.25	2	2
8 Grimsby D S S 'A'	52.78	53.36	1	1
9 Denis Morris H S 'A'	53.48	53.91	1	
10 St. Francis S S 'A'	53.28	55.48	1	

Men High Jump Midget

Name	Year School	Seed	Finals	Points
1 Jurrell Gaddishaw	Governor Sim	1.75m	1.70m	10
2 Wasse Wahidi	Orchard Park	1.75m	J1.70m	8
3 Shawn Pellizari	Jean Vanier	1.70m	1.65m	6
4 Ed Creighton	Lakeshore CH	1.65m	J1.65m	5
5 Brad Col	Orchard Park	1.70m	J1.65m	4
6 Lucas Schinkel	Lakeshore CH	1.65m	1.60m	3
7 Kevin Ireland	Blessed Trin	1.70m	J1.60m	2
8 Sebastian Ibbotson	Kernahan Par	1.55m	J1.60m	1
9 Kevin Johnston	Myer, A.N.	1.50m	1.55m	
9 Brandon Coe	Orchard Park	1.65m	1.55m	
11 Alex McGowen	Stamford Cvi	1.55m	J1.55m	
12 Kris Campbell	Churchill, S	1.70m	J1.55m	
13 Brandon Barkway	Eden High Sc	1.60m	J1.55m	
14 Daniel Gayle	Barton S.S.	1.65m	1.50m	

Men Pole Vault Midget

Name	Year School	Seed	Finals	Points
1 Justin Pepper	Hagersville	2.80m	2.75m	10
2 Brendon Keeping	Ridge-Cr HS	2.40m	J2.75m	8
3 Chad Reece	Crossley	2.20m	2.45m	6
4 Darren Pereira	Ridge-Cr HS	2.00m	2.30m	5

Men Long Jump Midget

Name	Year School	Seed	Finals	Points
1 Josh Forester	Blessed Trin	5.66m	5.62m	10
2 Clay Grant	Lakeshore CH	5.77m	5.48m	8
3 Daniel Gayle	Barton S.S.	5.53m	5.35m	6
4 Sam Testa	Ridge-Cr HS	5.78m	5.31m	5
5 Kris Campbell	Churchill, S	5.31m	5.28m	4
6 Vinh Le	Centennial S	5.38m	5.23m	3
7 Alexander Thompson	Crossley	5.37m	5.15m	2
8 Aaron Smith	Orchard Park	4.94m	5.01m	1
9 Shawn Pellizari	Jean Vanier	5.41m	5.00m	
10 Brennan Doherty	Churchill, S	5.04m	4.80m	
11 Kevin Mutomba	Holy Cross H	5.06m	J4.80m	
12 Peter Feddema	Smithville D	5.06m	4.77m	
13 Ben Nobels	Guido de Bre	4.71m	4.38m	

Men Triple Jump Midget

Name	Year School	Seed	Finals	Points
1 Clay Grant	Lakeshore CH	11.48m	11.89m	10
2 Jurrell Gaddishaw	Governor Sim	11.41m	11.69m	8
3 Vinh Le	Centennial S	11.52m	11.57m	6
4 Brandon Lee	Myer, A.N.	11.04m	10.79m	5
5 Alexander Thompson	Crossley	10.89m	10.65m	4
6 Peter Feddema	Smithville D	10.72m	10.42m	3
7 Gus Ortega	St. Paul HS	10.41m	10.41m	2
8 Jake Boeck	Grimsby Dss	10.41m	9.84m	1
9 David Greene	Governor Sim	9.81m	9.69m	
10 Nick Bezemer	Hamilton Dis	8.98m	9.27m	
11 Mike Zwagstra	Guido de Bre	9.01m	9.01m	
12 Jordan Vanspronsen	Guido de Bre	8.48m	8.03m	

Men Shot Put Midget

Name	Year School	Seed	Finals	Points
1 Gabe Todd	Ridge-Cr HS	12.84m	12.10m	10
2 Aaron Provost	Kernahan Par	11.85m	11.79m	8
3 Liam Flagg	Ridge-Cr HS	11.45m	11.78m	6
4 Jordan Trendle	St. Michael	11.31m	11.19m	5
5 Peter Lord	Laura Secord	11.97m	11.04m	4
6 Joel Williams	Blessed Trin	11.92m	10.93m	3
7 Frank Nemeth	St. Michael	11.00m	10.71m	2
8 Steven Harder	Beamsville D	10.46m	10.49m	1
9 Michael Popovich	Highland	10.54m	10.25m	
10 Brandon Kuknta	Blessed Trin	10.84m	10.01m	
11 Mitch Muir	Notre Dame C	9.90m	9.97m	
12 Jacob TenBrinke	Guido de Bre	10.00m	9.82m	

13	Matt Gambioli	Hamilton Dis	9.28m	9.58m
14	Derek Feenstra	Guido de Bre	9.64m	9.41m
15	Derek Searle	Highland	9.94m	9.30m

Men Discus Throw Midget

Name	Year School	Seed	Finals	Points
1 Dakota LaMarre	Centennial S	29.57m	36.80m	10
2 Craig Giroux	Governor Sim	29.29m	35.30m	8
3 Tyson Galoni	Grimsby Dss	31.12m	34.10m	6
4 Peter Williams	Hamilton Dis	30.43m	33.82m	5
5 Michael Farrington	Niagara Coll	30.05m	33.76m	4
6 Brandon Kuknta	Blessed Trin	33.25m	31.83m	3
7 Chad Hogeveen	Smithville D	28.67m	29.92m	2
8 Joel Williams	Blessed Trin	31.79m	29.54m	1
9 Gabe Todd	Ridge-Cr HS	27.23m	27.79m	
10 Jacob TenBrinke	Guido de Bre	25.54m	24.90m	
11 Matt Gambioli	Hamilton Dis	28.14m	24.43m	
12 Derek Feenstra	Guido de Bre	28.46m	24.31m	
13 Eddie Lartey	Barton S.S.	25.73m	22.29m	
14 Mitch Muir	Notre Dame C	22.14m	20.65m	

Men Javelin Throw Midget

Name	Year School	Seed	Finals	Points
1 Alex McGowen	Stamford Cvi	43.98m	47.72m	10
2 Shawn Pellizari	Jean Vanier	44.22m	47.48m	8
3 Dylan Niece	Centennial S	48.21m	46.50m	6
4 Tod Oliver	Crossley	35.13m	39.51m	5
5 Dan DeFrance	Waterdown	34.08m	38.83m	4
6 Craig Giroux	Governor Sim	33.55m	38.31m	3
7 Dylan Fennema	Hamilton Dis	27.99m	35.61m	2
8 Nick Bezemer	Hamilton Dis	32.30m	32.87m	1
9 Nick Vandermeer	Smithville D	33.40m	32.59m	
10 Peter Williams	Hamilton Dis	27.90m	32.26m	
11 Chad Hogeveen	Smithville D	31.46m	31.00m	
12 Steven Harder	Beamsville D	31.44m	29.00m	
13 Michael Popovich	Highland	29.36m	27.79m	
14 Joel Williams	Blessed Trin	31.29m	27.50m	
15 Mitchell DelleMonache	Crossley	39.19m	26.80m	

Men 100 Meter Dash Junior

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Nathan Merritt	Ridge-Cr HS	11.87	11.67Q	2
2 Matt Wojcik	Holy Cross H	11.79	11.95Q	1
3 Mat Kit	Orchard Park	11.76	11.98Q	1
4 Grant Durfey	Orchard Park	11.86	12.02Q	2
5 Dalton Rawcliffe	Hagersville	12.55	12.10q	1
6 Jake Cardwell	St. Paul HS	12.33	12.19q	1
7 Dylan Granger	Holy Cross H	11.64	12.22q	2
8 Joel Forestell	Beamsville D	12.01	12.35q	1
9 James Gould	Highland	12.36	12.37	1
10 Cody Chemerika	Blessed Trin	12.20	12.41	2
11 Jamie Cardamone	St. Paul HS	12.33	12.50	2
12 Matt Hensen	Hamilton Dis	12.36	12.61	1

13 MacKenzie Seebach Centennial S 12.61 12.66 2

Men 100 Meter Dash Junior

Name	Year School	Prelims	Finals	Points
Finals				
1 Nathan Merritt	Ridge-Cr HS	11.67	11.63	10
2 Dylan Granger	Holy Cross H	12.22	11.70	8
3 Grant Durfey	Orchard Park	12.02	11.82	6
4 Matt Wojcik	Holy Cross H	11.95	11.83	5
5 Mat Kit	Orchard Park	11.98	11.97	4
6 Jake Cardwell	St. Paul HS	12.19	12.04	3
7 Joel Forestell	Beamsville D	12.35	12.10	2
8 Dalton Rawcliffe	Hagersville	12.10	12.17	1

Men 200 Meter Dash Junior

Name	Year School	Seed	Finals	H#	Points
1 Dylan Granger	Holy Cross H	23.54	23.57	2	10
2 Matt Wojcik	Holy Cross H	23.71	23.78	2	8
3 Mark DiDonato	West Park	24.05	24.08	2	6
4 Dalton Rawcliffe	Hagersville	25.09	24.69	2	5
5 Mat Kit	Orchard Park	24.73	24.83	2	4
6 Blake Finora	West Park	24.91	24.91	2	3
7 Cody Chemerika	Blessed Trin	25.12	25.37	2	2
8 David Barty	St. Michael	26.22	25.73	1	1
9 Matt Hensen	Hamilton Dis	25.36	25.84	1	
10 Miklos McMaster	St. Paul HS	26.29	26.07	1	
11 Kevin Johnson	Crossley	25.98	26.48	1	
12 Jon Vanspronsen	Guido de Bre	25.95	26.64	1	
13 Jeff Holinaty	Westlane	27.61	27.97	1	

Men 400 Meter Dash Junior

Name	Year School	Seed	Finals	H#	Points
1 Matt Wojcik	Holy Cross H	54.93	54.59	2	10
2 Blake Finora	West Park	55.91	54.92	2	8
3 Dalton Rawcliffe	Hagersville	57.41	55.79	2	6
4 Adam McMurtrie	Beamsville D	57.59	56.14	2	5
5 Ben Wyman	Westdale	57.68	56.51	2	4
6 Patrick Strzalkowski	Churchill, S	1:00.11	58.33	1	3
7 Jeff Behan	Westdale	59.13	58.35	2	2
8 Shane McDonald	Denis Morris	58.24	58.49	2	1
9 David Barty	St. Michael	1:00.09	58.73	1	
10 Tim Werkman	Guido de Bre	1:00.79	58.98	1	
11 Tommy Lariviere	Highland	1:00.27	59.00	1	
12 Errol Stewart	Sherwood	1:00.76	1:00.01	1	
13 Brandon Berlingieri	McKinnon Par	1:00.80	1:01.39	1	
14 Nicholas Leduc	Jean Vanier	1:01.70	1:02.04	1	

Men 800 Meter Run Junior

Name	Year School	Seed	Finals	Points
1 Kosta Krajisnik	Westlane	2:10.59	2:09.85	10
2 Nigel Kurgan	Crossley	2:17.01	2:14.65	8
3 Ben Wyman	Westdale	2:18.54	2:15.72	6

4	Brogan Park	Grimsby Dss	2:23.81	2:16.77	5
5	Adam Voorberg	Hamilton Dis	2:16.97	2:17.10	4
6	Jeff Behan	Westdale	2:18.85	2:17.54	3
7	Alexandre Lafontaine	Jean Vanier	2:17.87	2:19.46	2
8	Jeremy Muizelaar	South Lincol	2:21.85	2:22.33	1
9	Nicholas Leduc	Jean Vanier	2:22.84	2:23.19	
10	Dylan colquhoun	Highland	2:19.28	2:24.54	
11	Brandon Byskov	Churchill, S	2:18.18	2:26.66	
--	Ager Hasan	Sir Winston	2:16.10	DNF	

Men 1500 Meter Run Junior

Name	Year School	Seed	Finals	Points
1 Thomas McRae	St. Paul HS	4:21.38	4:18.81	10
2 Connor Murphy	Churchill, S	4:33.32	4:26.88	8
3 Duke Lloyd	Highland	4:27.74	4:27.55	6
4 Kyle Varley	Westlane	4:39.56	4:28.10	5
5 Spencer Blackwood	Westmount	4:36.24	4:29.53	4
6 Simon Moriello	St. Paul HS	4:36.44	4:32.17	3
7 Colin Wierts	Beamsville D	4:51.23	4:32.22	2
8 John Albers	Grimsby Dss	4:35.44	5:02.93	1
9 Dan Hellendy	Westmount	4:38.49	5:02.95	
10 Adam Voorberg	Hamilton Dis	4:40.98	5:03.00	
11 Alexandre Lafontaine	Jean Vanier	4:46.82	5:10.59	
12 Andrew Scotland	Grimsby Dss	4:54.81	5:10.61	
13 Evan Mann	Westlane	4:54.77	5:14.71	
14 Ager Hasan	Sir Winston	4:46.06	5:14.74	

Men 3000 Meter Run Junior

Name	Year School	Seed	Finals	Points
1 Thomas McRae	St. Paul HS	9:38.28	9:23.48	10
2 Duke Lloyd	Highland	9:43.71	9:29.24	8
3 Connor Murphy	Churchill, S	10:11.56	9:29.78	6
4 John Albers	Grimsby Dss	9:44.87	9:55.10	5
5 Kyle Varley	Westlane	10:11.27	9:55.95	4
6 Dan Hellendy	Westmount	10:04.88	10:07.66	3
7 Simon Moriello	St. Paul HS	10:21.26	10:17.46	2
8 Colin Wierts	Beamsville D	10:38.41	10:21.15	1
9 Spencer Blackwood	Westmount	10:30.25	10:26.10	
10 Andrew Scotland	Grimsby Dss	10:15.69	10:26.11	
11 Dave Hopton	Ancaster Hig	10:47.89	10:27.16	
12 Evan Mann	Westlane	10:33.60	10:36.74	
13 Jeff Rhodes	St. Paul HS	10:52.52	10:49.70	
14 Darrel Davies	Delta	11:03.45	11:04.70	
15 Calvin Mech	Eden High Sc	10:47.42	11:29.92	

Men 110 Meter Hurdles (NEW-100m) Junior

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Rob Fearman	Cayuga Ss-Ca	15.57	15.37Q	2
2 Steve Tripp	Ridge-Cr HS	16.00	15.82Q	1
3 Eric Press	Highland	16.31	16.69Q	1
4 Trevor Ruzyllo	Grimsby Dss	18.09	16.80Q	2
5 Jon Vanspronsen	Guido de Bre	18.71	18.35q	2
6 Tom Zasucha	Blessed Trin	19.92	19.14q	1

7	Sam Grolla	Westdale	22.97	19.59q	1
8	Akeeno Williams	Grimsby Dss	17.21	20.18q	2
9	Justin Vanderee	Guido de Bre	20.04	21.94	2
10	Nick Fattore	St. Francis	21.49	22.93	1

Men 110 Meter Hurdles (NEW-100m) Junior

Name	Year School	Prelims	Finals	Points
Finals				
1 Rob Fearman	Cayuga Ss-Ca	15.37	15.10	10
2 Steve Tripp	Ridge-Cr HS	15.82	15.42	8
3 Eric Press	Highland	16.69	15.64	6
4 Trevor Ruzyllo	Grimsby Dss	16.80	16.66	5
5 Jon Vanspronsen	Guido de Bre	18.35	17.67	4
6 Tom Zasucha	Blessed Trin	19.14	18.15	3
7 Sam Grolla	Westdale	19.59	18.57	2
8 Akeeno Williams	Grimsby Dss	20.18	23.75	1

Men 300 Meter Hurdles Junior

Name	Year School	Seed	Finals	H#	Points
1 Eric Press	Highland	43.36	42.94	2	10
2 Steve Tripp	Ridge-Cr HS	42.74	43.09	2	8
3 Trevor Ruzyllo	Grimsby Dss	45.82	44.00	2	6
4 Adam McMurtrie	Beamsville D	47.51	45.61	2	5
5 Casey Patterson	Ridge-Cr HS	45.81	45.69	2	4
6 Rob Fearman	Cayuga Ss-Ca	47.48	45.98	2	3
7 steve boekestyn	Heritage Chr	52.94	46.53	1	2
8 Hassan Sajid	Sir Winston	48.98	48.05	2	1
9 Danny Pawlik	Notre Dame C	49.39	48.31	1	
10 Akeeno Williams	Grimsby Dss	49.89	48.91	1	
11 Sam Grolla	Westdale	51.33	50.70	1	
12 Justin Vanderee	Guido de Bre	49.90	52.97	1	

Men 4x100 Meter Relay Junior

School	Seed	Finals	H#	Points
1 Ridgeway-Crystal Beach 'A'	47.48	46.89	2	10
2 St. Paul H S 'A'	47.12	47.17	2	8
3 Orchard Park 'A'	47.31	47.54	2	6
1) Mat Kit				
2) Cody Wright				
3) Trevor Kearse				
4) Grant Durfey				
4 Highland 'A'	47.44	47.57	2	5
5 Beamsville D S S 'A'	48.63	47.78	2	4
6 Holy Cross H S 'A'	48.52	47.99	2	3
7 Lakeshore C H S 'A'	47.74	48.07	2	2
8 Hamilton District 'A'	50.73	49.16	1	1
1) Matt Hensen				
2) Kevin Brouwer				
3) Eric Kippers				
4) Kevin Koning				
9 Sir Winston Churchill S S 'A'	49.43	49.19	1	
10 Grimsby D S S 'A'	49.18	49.23	1	
11 Cayuga S S 'A'	49.53	49.54	1	
12 Delta 'A'	52.38	52.26	1	
1) Aaron Laslo				
2) Ronnie Crockson				
3) Brad Bespolko				
4) Mike Belbin				
13 Churchill 'A'	52.37	52.89	1	
1) Alan Awez				
2) Hassan Sajid				

3) Ager Hasan	4) Abdul Butts			
14 Blessed Trinity H S 'A'	51.31	53.88	1	
-- Notre Dame College 'A'	48.42	DQ	2	

Men High Jump Junior

Name	Year School	Seed	Finals	Points
1 Jeff Webb	Eden High Sc	1.85m	1.95m	10
2 Jean-Paul Lauzon	St. Paul HS	1.85m	1.85m	8
3 Satar Wahidi	Orchard Park	1.85m	1.80m	6
4 tony brouwer	Heritage Chr	1.70m	1.70m	5
5 Joel Forestell	Beamsville D	1.75m	J1.70m	4
6 Jon Armstrong	Niagara Coll	1.60m	1.65m	3
7 Kevin Brouwer	Hamilton Dis	1.60m	1.60m	2
8 Danny Pawlik	Notre Dame C	1.60m	1.55m	1
9 Benjamin Haro	Holy Cross H	1.65m	1.50m	
10 Errol Stewart	Sherwood	1.55m	J1.50m	
10 Brad Golenia	St. Paul HS	1.60m	J1.50m	
-- Sam Grolla	Westdale	1.50m	NH	
-- Adam McMurtrie	Beamsville D	1.65m	NH	
-- Cody Wright	Orchard Park	1.70m	NH	

Men Pole Vault Junior

Name	Year School	Seed	Finals	Points
1 Matthew Diston	St. Paul HS	2.80m	3.00m	10
2 Danny Maljkovic	Ridge-Cr HS	3.25m	J3.00m	8
3 Jesse Paal	Laura Secord	2.45m	2.70m	6
4 Drew Hampel	Ridge-Cr HS	2.40m	2.55m	5
5 Robert Jackson	Crossley	2.20m	J2.55m	4
6 Casey Patterson	Ridge-Cr HS	2.40m	2.40m	3
7 Henry Guzman-Diaz	Laura Secord	2.05m	2.25m	2

Men Long Jump Junior

Name	Year School	Seed	Finals	Points
1 Jean-Paul Lauzon	St. Paul HS	6.17m	6.20m	10
2 Jeff Webb	Eden High Sc	5.78m	6.17m	8
3 Nathan Merritt	Ridge-Cr HS	5.97m	5.73m	6
4 tony brouwer	Heritage Chr	5.58m	5.59m	5
5 James Gould	Highland	5.15m	5.58m	4
6 Cody Wright	Orchard Park	5.62m	5.57m	3
7 Patrick Strzalkowski	Churchill, S	5.21m	5.51m	2
8 Cody Beattie	Stamford Cvi	5.45m	5.32m	1
9 Steve Tripp	Ridge-Cr HS	5.49m	5.27m	
10 John McKay	Denis Morris	5.19m	5.21m	
11 Nathan Berardi	Notre Dame C	5.28m	5.14m	
12 Shane Huisman	Highland	5.31m	5.11m	
13 Joe Dale	Great Lakes	5.07m	5.06m	

Men Triple Jump Junior

Name	Year School	Seed	Finals	Points
1 Nathan Merritt	Ridge-Cr HS	11.76m	12.14m	10
2 Mark DiDonato	West Park	12.24m	12.03m	8
3 tony brouwer	Heritage Chr	11.45m	11.46m	6

4	Cody Wright	Orchard Park	11.34m	11.37m	5
5	Eric Kippers	Hamilton Dis	11.17m	11.13m	4
6	Cody Beattie	Stamford Cvi	11.00m	11.09m	3
7	Mikael Gohm	Niagara Coll	10.98m	10.66m	2
8	Braden Fleming	Cayuga Ss-Ca	10.84m	10.46m	1
9	Rob DiPietro	St. Francis	9.73m	10.19m	
10	Jason McKeen	South Lincol	9.75m	9.76m	
11	Haakim Nainar	Westdale	9.39m	9.44m	

Men Shot Put (NEW-4kg) Junior

Name	Year School	Seed	Finals	Points
1 Stefan Palios	Grimsby Dss	16.35m	16.51m	10
2 Ray Dykstra	Grimsby Dss	13.95m	15.32m	8
3 Jon Ventresca	Highland	14.73m	15.10m	6
4 Colin Brown	Dunnville SS	14.50m	13.56m	5
5 Chris Langdon	Holy Cross H	13.95m	13.55m	4
6 Jesse House	Lakeshore CH	12.85m	13.04m	3
7 Darrell Lane	Ridge-Cr HS	12.17m	12.61m	2
8 Matt Woehl	Ridge-Cr HS	12.14m	11.97m	1
9 Mike Belbin	Delta	12.28m	11.81m	
10 Dustin Gilbey	St. Catharin	11.58m	11.46m	
11 Tim Werkman	Guido de Bre	11.36m	11.43m	
12 Kevin Koning	Hamilton Dis	11.12m	11.37m	
13 Jesse Nunn	Holy Cross H	11.51m	11.26m	

Men Discus Throw (NEW-1kg) Junior

Name	Year School	Seed	Finals	Points
1 Stefan Palios	Grimsby Dss	54.43m	53.80m	10
2 Matt Woehl	Ridge-Cr HS	44.48m	44.95m	8
3 Nelson Davis	Ridge-Cr HS	40.32m	41.67m	6
4 Jesse House	Lakeshore CH	39.35m	38.87m	5
5 Jason McKeen	South Lincol	39.37m	38.67m	4
6 Will Plett	St. Catharin	32.00m	36.51m	3
7 Wes Caliguero	St. Paul HS	35.86m	36.14m	2
8 Dillon Bonomo	Guido de Bre	26.90m	31.53m	1
9 Paul Zdichavsky	Blessed Trin	31.51m	31.43m	
10 Spencer Wikkerink	Hamilton Dis	27.50m	30.81m	
11 Brandon Duva	St. Paul HS	36.88m	29.49m	
12 Matthew Wendel	St. Francis	32.21m	29.15m	
13 Dylan colquhoun	Highland	32.10m	27.66m	
14 Nate Fennema	Hamilton Dis	25.40m	21.89m	

Men Javelin Throw (NEW-600g) Junior

Name	Year School	Seed	Finals	Points
1 Ray Dykstra	Grimsby Dss	55.45m	54.90m	10
2 Darrell Lane	Ridge-Cr HS	47.61m	44.69m	8
3 Eric Kippers	Hamilton Dis	45.92m	43.36m	5
4 Eric Press	Highland	50.88m	41.11m	4
5 Patrick Strzalkowski	Churchill, S	41.55m	40.23m	3
6 Braden Fleming	Cayuga Ss-Ca	40.17m	39.43m	2
7 Ryan VanderMolen	St. Paul HS	40.31m	39.41m	1
8 Matthew Wendel	St. Francis	39.34m	35.47m	
9 Brad Bergsma	Hamilton Dis	33.55m	34.79m	
10 Dylan colquhoun	Highland	37.42m	34.21m	

11	Paul Zdichavsky	Blessed Trin	33.62m	33.61m	6
12	Brandon Berlingieri	McKinnon Par	39.84m	32.45m	
13	Nate Fennema	Hamilton Dis	31.69m	32.11m	
14	Marc Zwaan	Smithville D	32.52m	31.91m	
15	Nathan Lodde	Crossley	39.72m	31.52m	

Men 100 Meter Dash Senior

Name	Year School	Seed	Prelims	H#
Preliminaries				
1	Damion Vassell	Sir John A M	11.07	11.40Q 2
2	Michael Masonovich	St. Paul HS	11.70	11.48Q 1
3	Andrew Danielson	Cayuga Ss-Ca	11.78	11.54Q 1
4	Simon Earp-Lynch	Churchill, S	11.57	11.57Q 2
5	Issac Ofosu	Orchard Park	11.58	11.54q 1
6	Carlin McLean	Orchard Park	11.48	11.55q 1
7	Townsend Benard	Laura Secord	11.51	11.64q 1
8	Matt MacDonald	St. Francis	11.52	11.73q 2
9	Steven King	Westmount	11.78	11.85 1
10	Jabari Selman	Laura Secord	11.70	11.88 2
11	Ben Earp-Lynch	Churchill, S	11.76	11.92 2
12	Jamie Singleton	St. Paul HS	12.06	12.05 1
13	Lenny Dimberio	Ridge-Cr HS	12.18	12.11 1

Men 100 Meter Dash Senior

Name	Year School	Prelims	Finals	Points
Finals				
1	Damion Vassell	Sir John A M	11.40	11.27 10
2	Michael Masonovich	St. Paul HS	11.48	11.32 8
3	Andrew Danielson	Cayuga Ss-Ca	11.54	11.37 6
4	Issac Ofosu	Orchard Park	11.54	11.42 5
5	Simon Earp-Lynch	Churchill, S	11.57	11.44 4
6	Carlin McLean	Orchard Park	11.55	11.51 3
7	Townsend Benard	Laura Secord	11.64	11.58 2
8	Matt MacDonald	St. Francis	11.73	11.68 1

Men 200 Meter Dash Senior

Name	Year School	Seed	Finals	H#	Points
1	Damion Vassell	Sir John A M	23.02	23.11 2	10
2	Jordan Baronet	Waterdown	23.46	23.51 2	8
3	Michael Masonovich	St. Paul HS	23.91	23.68 2	6
4	Matt MacDonald	St. Francis	23.24	23.86 2	5
5	Andrew Danielson	Cayuga Ss-Ca	23.74	24.01 2	4
6	Simon Earp-Lynch	Churchill, S	23.51	24.08 2	3
7	David Griem	Ridge-Cr HS	24.04	24.17 1	2
8	Steven King	Westmount	24.15	24.45 1	1
9	Jabari Selman	Laura Secord	23.82	24.48 2	
10	Steve Komadoski	Eden High Sc	23.98	24.52 1	
11	Jason Gadoury	McKinnon Par	24.47	24.59 1	
12	Sean Ogrady	Notre Dame C	24.90	25.11 1	
13	James Noordam	Hamilton Dis	24.37	25.22 1	
14	Jordan Glancie	Laura Secord	23.89	28.03 2	

Men 400 Meter Dash Senior

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Name	Year School	Seed	Finals	H#	Points
1 Cam Michaud	Grimsby Dss	50.39	49.47	2	10
2 Lee Mori	Denis Morris	50.25	49.77	2	8
3 Jordan Baronet	Waterdown	51.18	51.36	2	6
4 Matt MacDonald	St. Francis	51.56	51.49	2	5
5 Chris Miedema	Lakeshore CH	52.94	51.95	2	4
6 Doug Easterbrook	Grimsby Dss	51.75	52.28	2	3
7 Jason Gadoury	McKinnon Par	54.08	53.55	1	2
8 Steve Komadoski	Eden High Sc	53.21	53.89	2	1
9 Raffi Schulman	Highland	53.42	55.18	2	
10 James Noordam	Hamilton Dis	53.49	55.38	1	
11 Nick Carby	Myer, A.N.	56.69	55.51	1	
12 Derrell Ellis	Sir John A M	55.52	56.21	1	
13 Colin Mills	Crossley	57.57	58.56	1	
14 Andy Balona	St. Paul HS	59.49	1:01.54	1	

Men 800 Meter Run Senior

Name	Year School	Seed	Finals	Points
1 Lee Mori	Denis Morris	1:58.96	1:57.99	10
2 Jeremy Rae	Lakeshore CH	1:57.39	1:58.11	8
3 Malcolm Mings	Denis Morris	1:59.54	1:59.65	6
4 Doug Easterbrook	Grimsby Dss	1:59.73	2:00.22	5
5 Julien Rousseau	Churchill, S	2:03.44	2:00.41	4
6 Chris Miedema	Lakeshore CH	2:03.07	2:00.67	3
7 Jordan Heckman	Churchill, S	2:02.36	2:01.04	2
8 Josh Patterson	Waterdown	2:10.82	2:11.42	1
9 David Rauwerda	Hamilton Dis	2:10.61	2:15.87	
10 Matt Dimarcantonio	Notre Dame C	2:11.28	2:16.57	
11 Andrew Levesque	Cayuga Ss-Ca	2:18.00	2:22.79	

Men 1500 Meter Run Senior

Name	Year School	Seed	Finals	Points
1 Jeremy Rae	Lakeshore CH	4:05.52	4:02.47	10
2 Kevin Moore	Churchill, S	4:05.16	4:06.79	8
3 Mohammed Ahmed	St. Catharin	4:04.18	4:10.40	6
4 Malcolm Mings	Denis Morris	4:13.54	4:12.90	5
5 Derek Moore	Churchill, S	4:07.82	4:14.71	4
6 Mac Benard	Churchill, S	4:17.44	4:20.13	3
7 Dan Sobczak	Highland	4:32.08	4:30.76	2
8 John Short	Highland	4:38.48	4:37.16	1
9 Matt Dimarcantonio	Notre Dame C	4:35.55	4:38.44	
10 David Marshall	Highland	4:42.57	4:46.14	
11 Andrew Levesque	Cayuga Ss-Ca	4:45.67	4:52.83	
12 Jordan Antonio	St. Michael	4:44.54	5:03.49	

Men 3000 Meter Run Senior

Name	Year School	Seed	Finals	Points
1 Mohammed Ahmed	St. Catharin	9:14.97	9:18.96	10
2 Kevin Moore	Churchill, S	9:43.55	9:19.96	8
3 Colin Lavigne	Sir Winston	9:39.51	9:22.33	6
4 Ryan Thomas	Grimsby Dss	9:24.94	9:24.22	5
5 Derek Moore	Churchill, S	9:55.35	9:43.83	4
6 John Rasmussen	Ancaster Hig	9:40.72	9:48.93	3

7	Jessie Wilcox	Westmount	10:10.73	9:49.81	2
8	Brandon Smith	Ancaster Hig	10:21.74	10:01.16	1
9	Mike Kit	Churchill, S	10:10.99	10:05.06	
10	Nick Janssen	Crossley	10:13.81	10:17.66	
11	David Marshall	Highland	10:26.45	10:44.07	
12	Dan Stewart	Stamford Cvi	10:58.02	10:58.07	
13	Ian Visser	Crossley	11:39.47	11:17.46	
14	Kalon Lillis	McKinnon Par	11:20.59	11:37.00	

Men 110 Meter Hurdles (NEW-36") Senior

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Townsend Benard	Laura Secord	14.85	15.04Q	2
2 Jordan Glancie	Laura Secord	15.84	15.86Q	1
3 Jabari Selman	Laura Secord	16.69	15.88Q	2
4 Connor Fanning	Highland	16.58	16.65Q	1
5 Danny MacLeod	Ridge-Cr HS	16.85	16.50q	2
6 Zach Fisher	Crossley	16.95	16.78q	2
7 Steven Hume	Myer, A.N.	17.42	16.92q	1
8 Victor Bibby	Grimsby Dss	17.55	17.01q	1
9 Lenny Dimberio	Ridge-Cr HS	17.68	17.02	1
10 Brian Mills	Highland	17.02	17.34	2
11 Darren Edwards	Waterdown	16.71	17.41	2
12 Steve Dougherty	Cayuga Ss-Ca	18.32	18.46	2
13 Wes VanBarneveld	Guido de Bre	18.31	19.13	1
14 Andrew Ioannides	Sir John A M	19.14	19.32	2

Men 110 Meter Hurdles (NEW-36") Senior

Name	Year School	Prelims	Finals	Points
Finals				
1 Townsend Benard	Laura Secord	15.04	15.25	10
2 Jabari Selman	Laura Secord	15.88	15.53	8
3 Jordan Glancie	Laura Secord	15.86	15.63	6
4 Danny MacLeod	Ridge-Cr HS	16.50	15.97	5
5 Zach Fisher	Crossley	16.78	16.57	4
6 Victor Bibby	Grimsby Dss	17.01	16.92	3
7 Connor Fanning	Highland	16.65	17.02	2
8 Steven Hume	Myer, A.N.	16.92	18.04	1

Men 400 Meter Hurdles Senior

Name	Year School	Seed	Finals	H#	Points
1 Jordan Glancie	Laura Secord	1:04.68	59.70	2	10
2 David Greim	Ridge-Cr HS	1:01.70	1:00.53	2	8
3 Danny MacLeod	Ridge-Cr HS	1:01.41	1:01.61	2	6
4 Connor Fanning	Highland	1:03.14	1:02.31	2	5
5 Olivier Lempereur	Centennial S	1:06.98	1:03.59	1	4
6 Darren Edwards	Waterdown	1:04.83	1:03.71	2	3
7 Brian Mills	Highland	1:04.94	1:04.24	2	2
8 Matt Swan	Ridge-Cr HS	1:05.04	1:06.30	2	1
9 Derrell Ellis	Sir John A M	1:06.31	1:06.49	1	
10 Jordon Grundy	Highland	1:06.75	1:07.79	1	
11 Pat Dignard	Centennial S	1:07.78	1:09.71	1	

Men 4x100 Meter Relay Senior

School	Seed	Finals	H#	Points
1 Waterdown 'A'	46.81	45.68	2	10
1) Jordan Baronet				
3) James Curwin				
2 Orchard Park 'A'	46.43	45.81	2	8
1) Carlin McLean				
3) Derek Bergstrand				
3 Laura Secord S S 'A'	45.90	45.94	2	6
4 Ridgeway-Crystal Beach 'A'	46.16	46.17	2	5
5 Churchill 'A'	46.96	46.29	2	4
1) Jordan Noble				
3) David Howie				
6 St. Francis S S 'A'	53.38	47.07	1	3
7 Grimsby D S S 'A'	48.09	47.27	1	2
8 Sir John A MacDonald 'A'	47.04	47.31	2	1
1) Izuba Musafari				
3) Ishrak Hasan				
9 E. L. Crossley S S 'A'	48.03	47.61	1	
10 Notre Dame College 'A'	48.02	48.14	1	
11 Hamilton District 'A'	47.85	48.38	2	
1) Jordan Brouwer				
3) James Noordam				
-- Centennial S S 'A'	47.17	DQ	2	
-- Lakeshore C H S 'A'	48.15	DQ	1	

Men High Jump Senior

Name	Year School	Seed	Finals	Points
1 Jay Diston	St. Paul HS	2.00m	1.95m	10
2 Phil Williamson	Thorold Ss-T	1.90m	1.85m	8
3 Eric Schwoob	Dunnville SS	1.90m	J1.85m	6
4 Dominic Kucharski	Governor Sim	1.80m	1.80m	5
5 Mitch MacPherson	St. Francis	1.75m	1.75m	4
6 Andrew Ghaly	St. Paul HS	1.70m	J1.75m	2.5
6 Jon Sipter	Hill Park	1.75m	J1.75m	2.5
8 Jordan Noble	Sir Winston	1.75m	J1.75m	1
9 Mirko Smolovic	Barton S.S.	1.70m	1.70m	
10 Steven MacLeod	Delta	1.70m	1.65m	
10 Jeff Regnerus	Hamilton Dis	1.80m	1.65m	
10 Bryan Rose	Laura Secord	1.70m	1.65m	
13 Matt Lane	Thorold Ss-T	1.70m	J1.65m	
14 Anthony Coccagna	Notre Dame C	1.55m	1.60m	
15 Jordan Raycroft	Centennial S	1.60m	1.55m	

Men Pole Vault Senior

Name	Year School	Seed	Finals	Points
1 Townsend Benard	Laura Secord	2.20m	3.85m	10
2 Daniel Ammendolia	Notre Dame C	3.40m	3.55m	8
3 Troy Harker	Laura Secord	3.15m	3.40m	6
4 Mikey Maljkovic	Ridge-Cr HS	3.60m	J3.40m	5
5 Jason Jackson	Crossley	3.00m	2.95m	4

Men Long Jump Senior

Name	Year School	Seed	Finals	Points
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1	Damion Vassell	Sir John A M	6.36m	6.71m	10
2	Eric Schwoob	Dunnville SS	6.59m	6.52m	8
3	Carlin McLean	Orchard Park	6.30m	J6.52m	6
4	Danik Johnston	St. Catharin	6.22m	6.48m	5
5	Jay Diston	St. Paul HS	5.76m	6.37m	4
6	Taylor Woodburn	Westlane	5.89m	6.23m	3
7	Cam Atkinson	Grimsby Dss	5.93m	5.88m	2
8	Sam Rashid	Westdale	5.86m	5.79m	1
9	Bryan Schiedel	Waterdown		5.58m	
10	Paul Sonier	St. Paul HS	5.84m	5.56m	
11	Victor Bibby	Grimsby Dss	5.81m	5.47m	
12	Shawn Hind	Holy Cross H	5.95m	5.28m	
13	Devin Bowland	Sir Winston	5.44m	5.25m	
--	Ben Merritt	Ridge-Cr HS	5.81m	FOUL	

Men Triple Jump Senior

Name	Year	School	Seed	Finals	Points
1 Danik Johnston		St. Catharin	13.20m	13.04m	10
2 Carlin McLean		Orchard Park	12.18m	J13.04m	8
3 Taylor Woodburn		Westlane	12.92m	12.70m	6
4 Cam Atkinson		Grimsby Dss	12.29m	12.18m	5
5 Ben Merritt		Ridge-Cr HS	12.10m	11.98m	4
6 Clayton Weyrauch		Waterdown	12.30m	11.94m	3
7 Kevin DeJonge		Guido de Bre	12.03m	11.92m	2
8 Ethan Doan		Blessed Trin	11.03m	11.62m	1
9 Brock Murphy		Crossley	11.48m	11.37m	
10 Brian Zijlstra		Great Lakes	11.27m	11.19m	
11 Steve Bennett		Stamford Cvi	11.46m	10.95m	
12 Joel Gritter		Guido de Bre	10.59m	10.85m	
13 Josh Topa		West Park	10.99m	10.75m	
14 Spencer Thompson		Crossley	11.32m	10.70m	
15 Rudi Louw		Hamilton Dis	10.75m	10.19m	

Men Shot Put Senior

Name	Year School	Seed	Finals	Points
1 Shane McGilly	St. Paul HS	13.27m	12.99m	10
2 Wes Zuidersma	Crossley	12.88m	12.66m	4
3 Scott DeGraaf	Hagersville	12.99m	J12.66m	6
4 Cam Goertzen	Niagara D	12.36m	12.22m	8
5 Mirko Smolovic	Barton S.S.	12.01m	12.20m	5
6 Paul Sirignano	St. Francis	12.23m	11.76m	3
7 Cam Bailey	Highland	11.70m	11.73m	2
8 Kyle Never-Failes	Churchill, S	12.41m	11.63m	1
9 Don Evink	Guido de Bre	10.96m	10.77m	
10 Nick VanLuick	Guido de Bre	10.79m	10.42m	
11 Riley Turner	Niagara D	11.02m	10.01m	
12 Jamie Howard	Holy Cross H	10.88m	9.92m	

Men Discus Throw Senior

Name	Year School	Seed	Finals	Points
1 Cody Truax	Ridge-Cr HS	36.98m	37.93m	10
2 Wes Zuidersma	Crossley	35.58m	37.30m	8
3 Trevor Trotman	Grimsby Dss	36.52m	37.23m	6

4	Andrew Hall	Hill Park	31.90m	34.63m	5
5	Kyle Never-Failes	Churchill, S	34.20m	34.10m	4
6	Kevin Bishop	Stamford Cvi	33.63m	33.72m	3
7	Riley Turner	Niagara D	34.89m	31.22m	2
8	David Postman	Niagara D	35.27m	31.07m	1
9	James Soon	Crossley	31.93m	30.46m	
10	Garrett House	Lakeshore CH	32.34m	30.02m	
11	Hannes Louw	Hamilton Dis	28.59m	29.03m	
12	Will vance	Highland	30.30m	27.19m	
13	Cam Goertzen	Niagara D	31.48m	26.42m	
14	Jon Greening	Barton S.S.	27.10m	26.10m	
--	Brian Bailey	Sir Winston	29.06m	FOUL	

Men Javelin Throw Senior

Name	Year School	Seed	Finals	Points
1 Tom Fisher	Crossley	46.90m	48.03m	10
2 Nicholas Oreskovich	St. Paul HS	50.85m	46.45m	8
3 Chris Short	Grimsby Dss	48.07m	45.68m	6
4 Kenny Bradford	Eden High Sc	50.17m	44.94m	5
5 Tim Betzold	Ridge-Cr HS	41.22m	42.85m	4
6 David Greim	Ridge-Cr HS	44.06m	42.20m	3
7 PJ Demik	Hamilton Dis	40.65m	40.40m	2
8 Bobby Vanderzalm	St. Francis	40.68m	40.18m	1
9 Aaron Baird	St. Francis	38.74m	40.03m	
10 Montana Hawkins	Laura Secord	40.22m	39.83m	
11 Jon Greening	Barton S.S.	40.82m	39.57m	
12 Will vance	Highland	46.66m	38.40m	
13 James Soon	Crossley	40.53m	35.91m	
14 Hannes Louw	Hamilton Dis	38.18m	35.42m	
15 Sebastian Cerutti	Hamilton Dis	36.41m	31.40m	

Men 2000 Meter Steeplechase Open

Name	Year School	Seed	Finals	Points
1 Ryan Thomas	Grimsby Dss	6:24.17	6:35.52	10
2 Colin Lavigne	Sir Winston	6:54.38	6:39.52	8
3 Brandon Smith	Ancaster Hig	7:04.30	6:53.90	6
4 Mike Kit	Churchill, S	6:41.13	6:59.25	5
5 Nick Janssen	Crossley	7:26.00	7:05.15	4
6 John Rasmussen	Ancaster Hig	7:30.56	7:05.69	3
7 Kallahan Park	Grimsby Dss	7:23.25	7:38.54	2
8 Jesse Wilcox	Westmount	7:38.11	7:45.70	1
9 Matt Schurman	Guido de Bre	7:42.49	7:51.24	
10 Justin Henri	Confederatio	8:12.00	7:56.56	
11 Spencer Giles	Centennial S	8:06.00	7:57.35	
12 Sean Visser	Crossley	8:15.00	8:18.94	
13 Scott Mannell	Centennial S	8:18.00	8:29.07	

Men 4x400 Meter Relay Open

School	Seed	Finals	H#	Points
1 Grimsby D S S 'A'	3:33.01	3:33.15	2	10
2 Waterdown 'A'	3:44.51	3:42.14	2	8
1) Jordan Baronet	2) Clayton Weyrauch			
3) Josh Patterson	4) Darren Edwards			
3 Ridgeway-Crystal Beach 'A'	3:42.76	3:43.78	2	6

4	Denis Morris H S 'A'	3:36.85	3:44.84	2	5
5	Sir Winston Churchill S S 'A'	3:54.00	3:46.81	2	4
6	Lakeshore C H S 'A'	3:48.35	3:46.98	2	3
7	Stamford C & V I 'A'	4:01.66	3:52.62	1	2
8	Centennial S S 'A'	3:49.32	3:53.81	1	1
9	Hamilton District 'A'	4:02.46	3:54.18	1	
	1) Jordan Brouwer				
	2) David Rauwerda				
	3) Adam Voorberg				
	4) Eric Kippers				
10	Guido de Bres 'A'	4:09.64	3:57.50	1	
	1) Josh Feenstra				
	2) Kevin Ludwig				
	3) Matt Schurman				
	4) Ryan Bosscher				
11	Laura Secord S S 'A'	4:06.97	4:05.86	1	
12	E. L. Crossley S S 'A'	3:58.98	4:05.90	2	

Men 100 Meter Dash Ambulatory

Name	Year School	Seed	Finals
1 Ben Miller	Ancaster Hig	16.72	17.16
2 Jon Oak	Ancaster Hig	27.44	29.07