

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****Women 100 Meter Dash Midget**

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Mary Ollier	Grimsby D S S	13.05Q	1.1	1
2 Nicole Morrison	Westdale	13.15Q	-2.6	2
3 Jesse Pychel	Notre Dame College	13.10Q	1.1	1
4 Stefanie Kieft	Guido de Bres	13.46Q	-2.6	2
5 Dorothy Ilunga	Saltfleet	13.38q	1.1	1
6 Mikaela Eng	Sherwood	13.50q	-2.6	2
7 Selena Innamorati	Holy Cross H S	13.75q	1.1	1
8 Denise VanSydenborgh	Guido de Bres	13.75q	1.1	1
9 Jessica Minor	Ridge-Cr HS	13.88	-2.6	2
10 Lola Soji	Eden High School	13.97	1.1	1
11 Caitlyn Andrews	Niagara D S S	14.28	-2.6	2
12 Caitlin Muhl	Grimsby D S S	14.35	-2.6	2
13 Nathalie Belanger	E. L. Crossley S S	14.83	1.1	1

Women 100 Meter Dash Midget

Name	Year School	Finals	Wind	Points
Finals				
1 Nicole Morrison	Westdale	13.05	-0.9	6
2 Jesse Pychel	Notre Dame College	13.20	-0.9	4
3 Mary Ollier	Grimsby D S S	13.21	-0.9	3
4 Stefanie Kieft	Guido de Bres	13.33	-0.9	2
5 Mikaela Eng	Sherwood	13.50	-0.9	1
6 Dorothy Ilunga	Saltfleet	13.64	-0.9	
7 Denise VanSydenborgh	Guido de Bres	13.71	-0.9	
8 Selena Innamorati	Holy Cross H S	13.83	-0.9	

Women 200 Meter Dash Midget

Name	Year School	Finals	Wind	H#	Points
1 Nicole Morrison	Westdale	27.11	-2.5	2	6
2 Mikaela Eng	Sherwood	27.68	-2.5	2	4
3 Stefanie Kieft	Guido de Bres	27.80	-2.5	2	3
4 Talasia Eizenga	Churchill, S	27.86	-2.5	2	2
5 Becky Morris	E. L. Crossley S S	28.63	-2.5	2	1
6 Dorothy Ilunga	Saltfleet	28.77	-2.5	2	
7 Jessica Minor	Ridge-Cr HS	28.89	-2.5	2	
8 Livia Vitaterna	St. Paul H S	29.44	-2.4	1	
9 Caitlin Muhl	Grimsby D S S	29.52	-2.4	1	
10 Jessica Klassen	Westdale	29.82	-2.4	1	
11 Natalie Zima	Blessed Trinity H S	29.93	-2.4	1	
12 Elizabeth Biller	Niagara Coll	30.07	-2.4	1	
13 Jessica Hutchinson	Blessed Trinity H S	30.14	-2.4	1	
14 Madison Maurice	Notre Dame College	30.15	-2.5	2	
15 Sara Waring	Grimsby D S S	30.34	-2.4	1	

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****Women 400 Meter Dash Midget**

Name	Year	School	Finals	H#	Points
1 Mikaela Eng		Sherwood	59.80	2	6
2 Madison Clarke		West Park S S	1:00.27	2	4
3 Aleksa Despinic		Westdale	1:00.95	2	3
4 Courtney Bennett		E. L. Crossley S S	1:03.72	2	2
5 Emma Beesley		Highland	1:04.79	2	1
6 Talasia Eizenga		Churchill, S	1:05.40	1	
7 Jessica Minor		Ridge-Cr HS	1:05.54	2	
8 Miranda Horn		Westdale	1:05.61	2	
9 Rebecca Vis		Guido de Bres	1:06.25	2	
10 Selena Chivaran		Denis Morris H S	1:08.01	1	
11 Taylor Cotnam		Denis Morris H S	1:09.18	1	
12 Amanda Shoalts		Lakeshore C H S	1:21.23	1	

Women 800 Meter Run Midget

Name	Year	School	Finals	Points
1 Aleksa Despinic		Westdale	2:23.28	6
2 Heather Summers		Westdale	2:23.60	4
3 Phoebe Cseresnyes		Westdale	2:23.62	3
4 Madison Clarke		West Park S S	2:29.29	2
5 Sabrina Waller		St. Michael H S	2:34.24	1
6 Torie Evans		Sherwood	2:40.41	
7 Jocelyn Topp		Lakeshore C H S	2:41.32	
8 Brooke-Lyn Murdoch		Jean Vanier E S	2:41.50	
9 Alyssa Obrien		Lakeshore C H S	2:42.58	
10 Meredith Obrien		E. L. Crossley S S	2:45.70	
11 Rachel Wachner		Blessed Trinity H S	2:46.42	
12 Melissa Teichgraf		Eden High School	2:47.06	
13 Erin Hall		Laura Secord S S	2:48.70	

Women 1500 Meter Run Midget

Name	Year	School	Finals	Points
1 Phoebe Cseresnyes		Westdale	4:53.53	6
2 Heather Summers		Westdale	4:55.41	4
3 Paige Tate		Highland	5:04.33	3
4 Jessica Meyer		Blessed Trinity H S	5:13.13	2
5 Maria Gearing		E. L. Crossley S S	5:17.09	1
6 Nicole Lawless		Churchill, S	5:17.96	
7 Abby Llewellyn		Ancaster High	5:22.54	
8 Leah Elgersma		Guido de Bres	5:24.08	
9 Alyssa Obrien		Lakeshore C H S	5:27.09	
10 Sabrina Waller		St. Michael H S	5:27.37	
11 Selena Chivaran		Denis Morris H S	5:30.81	
12 Jocelyn Topp		Lakeshore C H S	5:32.68	
13 Rachel Wachner		Blessed Trinity H S	5:45.71	
14 Melissa Teichgraf		Eden High School	5:45.76	
15 Adelaide Taylor		Notre Dame College	6:01.77	

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****Women 3000 Meter Run Midget**

Name	Year	School	Finals	Points
1 Courtney Falardeau		Governor Simcoe S S	11:19.31	6
2 Nicole Lawless		Churchill, S	11:27.21	4
3 Paige Tate		Highland	11:42.51	3
4 Jessica Meyer		Blessed Trinity H S	12:11.41	2
5 Abby Llewellyn		Ancaster High	12:18.72	1
6 Alex Wyatt		Ancaster High	12:31.28	
7 Carly Zanatta		Lakeshore C H S	12:53.92	
8 Crystal deBoer		Guido de Bres	12:56.68	
9 Jennifer Wilson		Ancaster High	13:10.83	
10 Katrina Cruickshank		South Lincoln H S	13:26.02	
11 Ariel Grant		Port Colborne H S	13:41.33	
12 Alyssa Obrien		Lakeshore C H S	13:49.84	
13 Adelaide Taylor		Notre Dame College	13:54.56	
14 Monica Orourke		A.N. Myer S S	14:00.38	
15 Kendra Klyn-Hessleink		Heritage Chr	15:46.64	

Women 80 Meter Hurdles Midget

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Mary Ollier		Grimsby D S S	12.57Q	-0.6	1
2 Lauran Ferguson		Ridge-Cr HS	13.59Q	-1.7	2
3 Dorothy Ilunga		Saltfleet	13.80Q	-1.7	2
4 Cassidy Mayer		Saltfleet	14.33Q	-0.6	1
5 Katelyn Fontaine		Jean Vanier E S	14.43Q	-0.6	1
6 Sam Danos		Highland	14.68Q	-1.7	2
7 Elizabeth Kerekesch		Parkside	14.89q	-0.6	1
8 Maria Gearing		E. L. Crossley S S	15.11q	-1.7	2
9 Robyn Molnar		Jean Vanier E S	15.29	-1.7	2
10 Natausha Markgraf		Sherwood	16.18	-0.6	1
11 Morgan Ruzylo		Grimsby D S S	16.36	-0.6	1
12 Sara Waring		Grimsby D S S	16.73	-1.7	2
13 Savannah Stuart		Laura Second S S	16.82	-1.7	2
14 Nathalie Belanger		E. L. Crossley S S	16.96	-0.6	1
15 Kennedy Villers		Niagara D S S	17.09	-1.7	2

Women 80 Meter Hurdles Midget

Name	Year	School	Finals	Wind	Points
Finals					
1 Mary Ollier		Grimsby D S S	12.67	-0.9	6
2 Dorothy Ilunga		Saltfleet	13.87	-0.9	4
3 Lauran Ferguson		Ridge-Cr HS	14.07	-0.9	3
4 Sam Danos		Highland	14.33	-0.9	2
5 Cassidy Mayer		Saltfleet	14.35	-0.9	1
6 Katelyn Fontaine		Jean Vanier E S	14.55	-0.9	
7 Elizabeth Kerekesch		Parkside	14.56	-0.9	
8 Maria Gearing		E. L. Crossley S S	14.70	-0.9	

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****Women 300 Meter Hurdles Midget**

Name	Year School	Finals	H#	Points
1 Mary Ollier	Grimsby D S S	50.70	2	6
2 Courtney Bennett	E. L. Crossley S S	51.31	2	4
3 Maria Gearing	E. L. Crossley S S	51.45	2	3
4 Sam Danos	Highland	52.02	1	2
5 Anja Djogo	Saltfleet	53.09	2	1
6 Elizabeth Kerekesch	Parkside	53.50	2	
7 Jocelyn Topp	Lakeshore C H S	54.33	2	
8 Cassidy Mayer	Saltfleet	54.50	2	
9 Desiree Pembleton	Ridge-Cr HS	55.50	1	
10 Lauran Ferguson	Ridge-Cr HS	55.78	2	
11 Sara Waring	Grimsby D S S	56.93	1	
12 Savannah Stuart	Laura Secord S S	1:01.14	1	
13 Lindsay Gray	Laura Secord S S	1:02.33	1	
14 Morgan Ruzylo	Grimsby D S S	1:04.61	1	

Women 4x100 Meter Relay Midget

School	Finals	H#	Points
1 Notre Dame College 'A'	52.74	2	6
1) Danielle LaForest	2) Jesse Pychel		
3) Alexandra Symonds	4) Alexandra Klein		
5) Haley Rae	6)		
2 Guido de Bres 'A'	53.14	2	4
1) Stefanie Kieft	2) Rebecca Vis		
3) Denise VanSydenborgh	4) Vanessa Jansema		
5) Leah Elgersma	6)		
3 Sherwood 'A'	53.73	2	3
1) Tori Matysik	2) Courteney Nelligan		
3) Lauren Penney	4) Mikaela Eng		
5) Torie Evans	6)		
4 E. L. Crossley S S 'A'	54.87	2	2
1) Becky Morris	2) Courtney Bennett		
3) Maria Gearing	4) Nathalie Belanger		
5) Allyson Reichelt	6) Allison Bylsma		
5 St. Paul H S 'A'	55.65	1	1
1) Livia Vitaterna	2) Ahley Nejeru		
3) Alex Carriero	4) Hannah McLeod		
5) Briar Olah	6)		
6 Highland 'A'	56.11	2	
7 Sir Winston Churchill S S 'A'	56.65	2	
1) Helen Zou	2) Talasia Eizenga		
3) Sara Bocchinfuso	4) Devan Sheehan		
5) Zoe Thompson	6)		
8 Holy Cross H S 'A'	56.76	1	
1) Julia Mielczarek	2) Selena Innamorati		
3) Danielle Galo	4) Hailey Galo		
9 Waterdown 'A'	56.87	1	
1) Amy Boswell	2) Logan Boyd		
3) Sammy Lambert	4) Julianne MacDonald		
5) Nikki McLaren	6) Christine Pindu		
10 South Lincoln H S 'A'	57.95	1	

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Women 4x100 Meter Relay Midget**

1) Anita Dunk	2) Yvonne Vaillancourt
3) Amanda Clarke	4) Katrina Cruickshank
5) Erin Marshall	6)
11 Lakeshore C H S 'A'	59.93 1
1) Stephanie Swartz	2) Hannah Polinski
3) Faithful Poku	4) Kelsey Toner

Women High Jump Midget

Name	Year School	Finals	Points
1 Crystal deBoer	Guido de Bres	1.52m	6
2 Adelaide Taylor	Notre Dame College	1.48m	4
3 Maja Mihelcic	Blessed Trinity H S	1.40m	3
4 Madi Taylor	Eden High School	J1.40m	2
5 Briar Olah	St. Paul H S	J1.40m	1
6 Madison Beach	Grimsby D S S	J1.40m	
7 Nicole Didomenico	A.N. Myer S S	J1.40m	
8 Katelyn Fontaine	Jean Vanier E S	J1.40m	
9 Celia Sawyer	Waterdown	1.35m	
10 Erin Marshall	South Lincoln H S	J1.35m	
11 Hayley Crossing	Waterdown	J1.35m	
12 Natausha Markgraf	Sherwood	1.30m	
13 Amy MacDonald	Hill Park	J1.30m	
14 Kristen Dortono	Niagara D S S	J1.30m	
15 Jessica Post	St. Michael H S	1.20m	

Women Long Jump Midget

Name	Year School	Finals	Wind	Points
1 Briar Olah	St. Paul H S	4.70m	NWI	6
2 Alexandra Klein	Notre Dame College	4.68m	NWI	4
3 Alexandra Symonds	Notre Dame College	4.67m	NWI	3
4 Talasia Eizenga	Churchill, S	4.60m	NWI	2
5 Micah Vermeer	Smithville D	4.42m	NWI	1
6 Devan Sheehan	Churchill, S	4.35m	NWI	
7 Hondrea Hunt-Charbonneau	Westlane S S	4.28m	NWI	
8 Madison Beach	Grimsby D S S	4.10m	NWI	
9 Cassidy Mayer	Saltfleet	4.08m	NWI	
10 Grace Hoskins	Parkside	4.00m	NWI	
10 Melissa Vuyk	Hamilton District	4.00m	NWI	
12 Lauren Penney	Sherwood	3.89m	NWI	
13 Emily Young	Ancaster High	3.81m	NWI	
14 Kelsey Toner	Lakeshore C H S	3.57m	NWI	

Women Triple Jump Midget

Name	Year School	Finals	Wind	Points
1 Alexandra Symonds	Notre Dame College	11.08m	NWI	6
2 Briar Olah	St. Paul H S	10.20m	NWI	4
3 Courtney Bennett	E. L. Crossley S S	10.14m	NWI	3
4 Taylor Blatchley	Beamsville D S S	9.85m	NWI	2
5 Micah Vermeer	Smithville D	9.68m	NWI	1

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Women Triple Jump Midget**

6	Lauren Herale	Grimsby D S S	9.54m	NWI
7	Jewel Poirier	Ridge-Cr HS	9.47m	NWI
8	Veronica Slappendel	Smithville D	9.25m	NWI
9	Melissa Vuyk	Hamilton District	8.80m	NWI
10	Allison Bylsma	E. L. Crossley S S	8.79m	NWI
11	Sarah Sloan	Highland	8.57m	NWI
11	Elizabeth Kerekesch	Parkside	8.57m	NWI
13	Celia Sawyer	Waterdown	8.54m	NWI
14	Caitlyn Andrews	Niagara D S S	8.02m	NWI
15	Julianne MacDonald	Waterdown	7.58m	NWI

Women Shot Put Midget

Name	Year	School	Finals	Points
1 Jocelyn denHollander		Denis Morris H S	9.22m	6
2 Randi Carey		Waterdown	9.06m	4
3 Naomi Flagg		E. L. Crossley S S	8.41m	3
4 Laura Cone		Orchard Park	8.34m	2
5 Alyssa Doepping		Ridge-Cr HS	8.07m	1
6 Gabby Riker		Lakeshore C H S	7.73m	
7 Chauncey Mills		Sir Winston	7.63m	
8 Katryna Drouin		Dunnville S S	7.35m	
9 Kayla Trivieri		Blessed Trinity H S	5.90m	
10 Christina Vos		Smithville D	5.83m	

Women Discus Throw Midget

Name	Year	School	Finals	Points
1 Ilyssa Boisvenue		Port Colborne H S	24.57m	6
2 Sydney Steneke		Parkside	23.28m	4
3 Megan Dendy		Port Colborne H S	21.92m	3
4 Carly Johnson		Port Colborne H S	20.98m	2
5 Janelle Rivando		Jean Vanier E S	20.73m	1
6 Laura Cone		Orchard Park	18.87m	
7 Katryna Drouin		Dunnville S S	18.11m	
8 Cassidy Bezemer		Hamilton District	17.14m	
9 Christina Vos		Smithville D	15.78m	
10 Chelsey MacLean		Saltfleet	15.42m	
11 Kayla Trivieri		Blessed Trinity H S	14.38m	

Women Javelin Throw Midget

Name	Year	School	Finals	Points
1 Naomi Flagg		E. L. Crossley S S	29.31m	6
2 Ilyssa Boisvenue		Port Colborne H S	25.53m	4
3 Chelsey MacLean		Saltfleet	25.38m	3
4 Emma Beesley		Highland	23.09m	2
5 Jordan Vaughan		Ridge-Cr HS	22.98m	1
6 Krissy Casucci		St. Paul H S	20.73m	
7 Laura Cone		Orchard Park	19.92m	
8 Randi Carey		Waterdown	19.70m	
9 Jocelyn denHollander		Denis Morris H S	17.90m	

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Women Javelin Throw Midget**

10 Christina Vos	Smithville D	13.84m
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Women 100 Meter Dash Junior

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Shadae Edwards		Denis Morris H S	12.84Q	-0.9	2
2 Carrie Reichelt		Ridge-Cr HS	13.10Q	0.6	1
3 Tanisha Medford		St. Catharin	13.38Q	0.6	1
4 Caitlin McClurkin		Grimsby D S S	13.48Q	-0.9	2
5 Ashley Ligas		Highland	13.42q	0.6	1
6 Rachelle Thomas		Notre Dame College	13.51q	-0.9	2
7 Annika Mazzarella		Laura Secord S S	13.57q	0.6	1
8 Melissa Guarascia		Beamsville D S S	13.60q	-0.9	2
9 Kayla Harrop		Sherwood	13.64	-0.9	2
10 Lauren Butters		Waterdown	13.71	-0.9	2
11 Rebecca Johnson		Saltfleet	13.79	-0.9	2
12 Sarah Andrews		E. L. Crossley S S	13.93	0.6	1
13 Emily Samek		Westdale	14.18	0.6	1

Women 100 Meter Dash Junior

Name	Year	School	Finals	Wind	Points
Finals					
1 Shadae Edwards		Denis Morris H S	12.79	-1.3	6
2 Carrie Reichelt		Ridge-Cr HS	13.14	-1.3	4
3 Ashley Ligas		Highland	13.48	-1.3	3
4 Tanisha Medford		St. Catharin	13.49	-1.3	2
5 Caitlin McClurkin		Grimsby D S S	13.56	-1.3	1
6 Annika Mazzarella		Laura Secord S S	13.58	-1.3	
7 Melissa Guarascia		Beamsville D S S	13.61	-1.3	
8 Rachelle Thomas		Notre Dame College	13.71	-1.3	

Women 200 Meter Dash Junior

Name	Year	School	Finals	Wind	H#	Points
1 Shadae Edwards		Denis Morris H S	26.88	-2.1	2	6
2 Carrie Reichelt		Ridge-Cr HS	27.63	-2.1	2	4
3 Annika Mazzarella		Laura Secord S S	28.39	-2.1	2	3
4 Kayla Harrop		Sherwood	28.65	-2.1	2	2
5 Carley Patterson		St. Francis S S	29.02	-2.1	2	1
6 Jackie Lawther		Blessed Trinity H S	29.11	-2.1	2	
7 Sarah Andrews		E. L. Crossley S S	29.15	-2.1	1	
8 Tanisha Medford		St. Catharin	29.20	-2.1	2	
9 Ashley Ligas		Highland	29.86	-2.1	2	
10 Morgan Kerekes		Lakeshore C H S	30.04	-2.1	1	
11 Sarah Hiseler		Port Colborne H S	32.02	-2.1	1	

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****Women 400 Meter Dash Junior**

Name	Year	School	Finals	H#	Points
1 Alannah MacDonald		E. L. Crossley S S	1:00.44	2	6
2 Crystal Elmers		Smithville D	1:01.88	2	4
3 Julia Stacey		Westdale	1:03.50	2	3
4 Hailey Mc William		Laura Secord S S	1:04.22	2	2
5 Jillian Young		E. L. Crossley S S	1:04.76	1	1
6 Heather McKay		Denis Morris H S	1:05.73	1	
7 Leah Hayward		Highland	1:05.93	2	
8 Rachael Holmes		Ancaster High	1:06.32	2	
9 Rachel Cahill		A.N. Myer S S	1:06.94	2	
10 Danielle Hunter		Holy Cross H S	1:07.89	1	
11 Sara Tonogai		Sherwood	1:08.06	1	
12 Ashley Keller		Niagara D S S	1:11.27	1	
13 Sarah Hiseler		Port Colborne H S	1:11.29	1	

Women 800 Meter Run Junior

Name	Year	School	Finals	Points
1 Alannah MacDonald		E. L. Crossley S S	2:19.68	6
2 Julia Stacey		Westdale	2:22.30	4
3 Jessica Wallace		Churchill, S	2:29.14	3
4 Kaitlin Pansegrau		Highland	2:30.93	2
5 Jillian Young		E. L. Crossley S S	2:35.32	1
6 Rachael Holmes		Ancaster High	2:35.44	
7 Katie Graziano		Holy Cross H S	2:36.25	
8 Hailey Mc William		Laura Secord S S	2:39.61	
9 Raylene Ross		Grimsby D S S	2:45.49	
10 Madeleine Horn		Westdale	2:45.50	
11 Jackie Koudys		Blessed Trinity H S	2:50.58	
11 Maxine Gravina		Westdale	2:50.58	
13 Chandler Edser		Niagara Coll	2:50.59	

Women 1500 Meter Run Junior

Name	Year	School	Finals	Points
1 Jessica Wallace		Churchill, S	5:04.20	6
2 Carley Toderick		Denis Morris H S	5:04.22	4
3 Hailey Mc William		Laura Secord S S	5:18.19	3
4 Katie Graziano		Holy Cross H S	5:19.67	2
5 Skye Nagy		A.N. Myer S S	5:20.12	1
6 Maxine Gravina		Westdale	5:27.04	
7 Felicia Dagenais		Churchill, S	5:32.15	
8 Jackie Lloyd		Highland	5:35.56	
9 Madeleine Horn		Westdale	5:41.40	
10 Alexa Jovanovic		St. Paul H S	5:44.76	
11 Amy Winter		Hamilton District	5:48.51	
12 Marisa Lazo		Lakeshore C H S	6:46.56	

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****Women 3000 Meter Run Junior**

Name	Year	School	Finals	Points
1 Carley Toderick		Denis Morris H S	11:15.28	6
2 Karen Thompson		Highland	11:23.50	4
3 Sarah Kleemola		Denis Morris H S	11:45.54	3
4 Felicia Dagenais		Churchill, S	11:59.53	2
5 Jessica Wallace		Churchill, S	12:17.70	1
6 Kelsey Jurachka		Waterdown	12:29.12	
7 Jackie Lloyd		Highland	12:43.95	
8 Amy Winter		Hamilton District	12:56.43	
9 Jenna Walton		Saltfleet	13:02.49	

Women 80 Meter Hurdles Junior

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Sally Lin		Laura Secord S S	13.30Q	-0.5	1
2 Adrienne Theissen		Laura Secord S S	13.74Q	+0.0	2
3 Jessie Heckel		A.N. Myer S S	13.58Q	-0.5	1
4 Taylor Zavitz		E. L. Crossley S S	13.81Q	+0.0	2
5 Karley Gatta		Centennial S S	14.34q	-0.5	1
6 Courtney Meadows		Cayuga S S	14.59q	+0.0	2
7 Jacqueline Lee		Westdale	14.97q	+0.0	2
8 Hannah Danielson		Cayuga S S	15.08q	-0.5	1
9 Stephanie Zachar		Beamsville D S S	15.41	-0.5	1
10 Emily Samek		Westdale	15.45	+0.0	2
11 Taneisha Brown		Westdale	15.53	-0.5	1
12 Megan Meeboer		Beamsville D S S	15.70	+0.0	2
13 Lauren Paduano		Grimsby D S S	16.02	+0.0	2
14 Alexandra Vickers		Westdale	17.87	-0.5	1

Women 80 Meter Hurdles Junior

Name	Year	School	Finals	Wind	Points
Finals					
1 Sally Lin		Laura Secord S S	13.17	-1.9	6
2 Adrienne Theissen		Laura Secord S S	13.43	-1.9	4
3 Jessie Heckel		A.N. Myer S S	13.51	-1.9	3
4 Taylor Zavitz		E. L. Crossley S S	13.85	-1.9	2
5 Courtney Meadows		Cayuga S S	14.32	-1.9	1
6 Karley Gatta		Centennial S S	14.71	-1.9	
7 Hannah Danielson		Cayuga S S	15.10	-1.9	
8 Jacqueline Lee		Westdale	15.21	-1.9	

Women 300 Meter Hurdles Junior

Name	Year	School	Finals	H#	Points
1 Mireille Musca		Blessed Trinity H S	47.23	2	6
2 Carrie Reichelt		Ridge-Cr HS	49.96	2	4
3 Taylor Zavitz		E. L. Crossley S S	50.93	2	3
4 Adrienne Theissen		Laura Secord S S	51.19	2	2

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Women 300 Meter Hurdles Junior**

5 Rachel Cahill	A.N. Myer S S	52.25	2	1
6 Courtney Meadows	Cayuga S S	52.42	2	
7 Lauren Paduano	Grimsby D S S	53.99	1	
8 Rachelle Thomas	Notre Dame College	54.08	1	
9 Chloe Simpson	Laura Secord S S	54.33	1	
10 Samantha Blayney	Grimsby D S S	56.75	2	
11 Lindsay Hazell	Orchard Park	58.36	2	

Women 4x100 Meter Relay Junior

School		Finals	H#	Points
1 Laura Secord S S 'A'		52.51	2	6
1) Chloe Simpson	2) Sally Lin			
3) Hailey Mc William	4) Annika Mazzarella			
5) Adrienne Theissen	6) Britt Van Driel			
2 Ridgeway-Crystal Beach 'A'		53.28	2	4
1) Carrie Reichelt	2) Jessica Minor			
3) Megan Fitzpatrick	4) Lauran Ferguson			
5) Hope Porier	6)			
3 Grimsby D S S 'A'		53.88	2	3
1) Samantha Blayney	2) Melanie Bajic			
3) Lauren Paduano	4) Caitlin McClurkin			
5) Alison Knapp	6)			
4 Sherwood 'A'		53.97	2	2
1) Danielle Smarkala	2) Sara Tonogai			
3) Allie Henderson	4) Kayla Harrop			
5) Natausha Markgraf	6)			
5 Westdale 'A'		54.26	2	1
1) Emily Samek	2) Alexandra Vickers			
3) Taneisha Brown	4) Olivia Hinks-Russell			
5) Jacqueline Lee	6) Julia Stacey			
6 Highland 'A'		54.33	2	
7 E. L. Crossley S S 'A'		55.12	2	
1) Sarah Andrews	2) Jillian Young			
3) Taylor Zavitz	4) Allyson Reichelt			
8 St. Francis S S 'A'		55.36	1	
1) Danielle Martineau	2) Valerie Burtnik			
3) Monika Palinkas	4) Carley Patterson			
5) Alaina Sergnese	6)			
9 Smithville District C H S 'A'		56.33	1	
1) Cassandra Deboer	2) Crystal Elmers			
3) Jazmine Hogeveen	4) Micah Vermeer			
5) Veronica Slappendel	6) Haley Kamping			
7) Katherine Buist	8)			
10 Dunnville S S 'A'		56.42	1	
1) Lauren Andrews	2) Hailey Hoffman			
3) Brenda Reid	4) Caitlin Ottaway			
11 Cayuga S S 'A'		56.57	1	
1) Andrea Kline	2) Adrienne Wolfe			
3) Courtney Meadows	4) Charlotte Huitema			
5) Hannah Danielson	6)			
12 Denis Morris H S 'A'		56.79	1	
1) Shadae Edwards	2) Heather McKay			
3) Christiana Neves	4) Brittnee Small			

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Women 4x100 Meter Relay Junior**

5) Sarah Kleemola	6)		
13 Delta 'A'		1:00.37	1
1) Charae Friesen	2) Victoria Pirrera		
3) Elisha Jordan	4) Danielle Breedon		
5) Cassandra Marquis	6)		

Women High Jump Junior

Name	Year	School	Finals	Points
1 Michelle VanderMeer		Hamilton District	1.65m	6
2 Crystal Elmers		Smithville D	1.60m	4
3 Mackenzie Kranics		Lakeshore C H S	1.55m	3
4 Mackenzie Leigh		St. Paul H S	1.50m	2
5 Taylor Baird		Cayuga S S	1.45m	1
6 Courtney Meadows		Cayuga S S	J1.45m	
7 Melanie Bajic		Grimsby D S S	1.40m	
8 Brooke Taylor		St. Paul H S	J1.40m	
9 Jacqueline Lee		Westdale	J1.40m	
10 Kayla McLaren		Governor Simcoe S S	1.35m	
11 Cassandra Deboer		Smithville D	1.32m	
12 Alison Knapp		Grimsby D S S	1.30m	

Women Pole Vault Midget / Junior

Name	Year	School	Finals	Points
1 Kelsey Darnay		St. Michael H S	2.55m	6
2 Mackenzie Kranics		Lakeshore C H S	2.45m	4
3 Lauran Ferguson		Ridge-Cr HS	2.40m	3
4 Kimmy Au		St. Paul H S	2.25m	2
5 Meaghan Gutenberg		E. L. Crossley S S	1.80m	1
6 Nicole Gilleta		St. Catharin	1.65m	

Women Long Jump Junior

Name	Year	School	Finals	Wind	Points
1 Crystal Elmers		Smithville D	5.12m	NWI	6
2 Michelle VanderMeer		Hamilton District	5.10m	NWI	4
3 Caitlin McClurkin		Grimsby D S S	5.04m	NWI	3
4 Jessie Heckel		A.N. Myer S S	4.75m	NWI	2
5 Stacy Trifunovic		South Lincoln H S	4.70m	NWI	1
6 Melanie Bajic		Grimsby D S S	J4.70m	NWI	
7 Kayla Harrop		Sherwood	4.49m	NWI	
8 Katie Graziano		Holy Cross H S	4.32m	NWI	
9 Jenna Wutzke		Notre Dame College	4.23m	NWI	
10 Sarah Neville		Waterdown	4.08m	NWI	
11 Janina Braunger		Ridge-Cr HS	4.07m	NWI	
12 Tianna Barnes		Ridge-Cr HS	4.05m	NWI	
13 Heather King		Hill Park	3.66m	NWI	

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****Women Triple Jump Junior**

Name	Year	School	Finals	Wind	Points
1 Mireille Musca		Blessed Trinity H S	11.09m	NWI	6
2 Michelle VanderMeer		Hamilton District	10.90m	NWI	4
3 Stacy Trifunovic		South Lincoln H S	10.24m	NWI	3
4 Caitlin McClurkin		Grimsby D S S	10.21m	NWI	2
5 Jessie Heckel		A.N. Myer S S	10.07m	NWI	1
6 Cassidy MacKay		Churchill, S	9.96m	NWI	
7 Kelsey Jurachka		Waterdown	9.29m	NWI	
8 Tianna Barnes		Ridge-Cr HS	9.09m	NWI	
9 Taylor Baird		Cayuga S S	8.84m	NWI	

Women Shot Put Junior

Name	Year	School	Finals	Points
1 Sarah Moss		Notre Dame College	10.82m	6
2 Sara Forbes		Port Colborne H S	9.27m	4
3 Mackenzie Croft		Notre Dame College	9.24m	3
4 Alyssa Dicesare		Westmount	9.13m	2
5 Connie Fong		Stamford C & V I	8.53m	1
6 Khadija Alexander		Westdale	8.25m	
7 Jesyka Poirier		Port Colborne H S	8.19m	
8 Jazmine Hogeveen		Smithville D	7.90m	
9 Cassandra Deboer		Smithville D	7.36m	
10 Mallory Peirce		Westdale	7.21m	
11 Victoria Pirrera		Delta	7.03m	
12 Natalie Fisher		South Lincoln H S	6.90m	
13 Victoria Asselstine		Highland	6.64m	
14 Tabitha Hendricks		South Lincoln H S	6.61m	
15 Olivia Staples		Blessed Trinity H S	6.11m	

Women Discus Throw Junior

Name	Year	School	Finals	Points
1 Sarah Moss		Notre Dame College	41.91m	6
2 Alyssa Dicesare		Westmount	29.79m	4
3 Caroline Woehl		Ridge-Cr HS	29.19m	3
4 Kelsey Kovar		Saltfleet	27.94m	2
5 Jesyka Poirier		Port Colborne H S	24.39m	1
6 Jackie Koudys		Blessed Trinity H S	22.38m	
7 Melanie Bajic		Grimsby D S S	21.18m	
8 Heather Schur		Cayuga S S	20.09m	
9 Mallory Peirce		Westdale	19.96m	
10 Kathy Procyk		West Park S S	19.95m	
11 Mackenzie Croft		Notre Dame College	19.66m	
12 Khadija Alexander		Westdale	18.50m	
13 Rebecca Johnson		Saltfleet	18.33m	
14 Natalie Fisher		South Lincoln H S	16.48m	
15 Olivia Staples		Blessed Trinity H S	16.20m	

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****Women Javelin Throw Junior**

Name	Year	School	Finals	Points
1 Mackenzie Croft		Notre Dame College	32.05m	6
2 Alyssa Dicesare		Westmount	31.29m	4
3 Claire Feiertag		Ridge-Cr HS	28.48m	3
4 Cassidy MacKay		Churchill, S	26.72m	2
5 Hailey Slamka		Holy Cross H S	26.15m	1
6 Natalie Fisher		South Lincoln H S	24.70m	
7 Jessica Mabee		Parkside	24.29m	
8 Kelsey Kovar		Saltfleet	23.93m	
9 Rebecca Johnson		Saltfleet	23.26m	
10 Caitlin Ottaway		Dunnville S S	22.38m	
11 Aliison Mitro		Highland	22.37m	
12 Kathy Procyk		West Park S S	20.47m	
13 Tabitha Hendricks		South Lincoln H S	17.76m	
14 Jamie Stotski		Ridge-Cr HS	17.65m	

Women 100 Meter Dash Senior

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Jenel Ulman		Westmount	13.17Q	-0.9	1
2 Kadaija Blackwood		Westlane S S	13.22Q	-0.2	2
3 Melissa Kohli		E. L. Crossley S S	13.30Q	-0.9	1
4 Lauren Barnes		Notre Dame College	13.33Q	-0.2	2
5 Samantha Mersereau		Westmount	13.46q	-0.2	2
6 Kayla Flockhart		Blessed Trinity H S	13.56q	-0.2	2
7 Valerie Vanderwoude		Guido de Bres	13.58q	-0.9	1
8 ChiChi Chuks-Mady		Barton S.S.	13.63q	-0.2	2
9 Hailey Dang		Westlane S S	13.68	-0.9	1
10 Anita Cloutier		St. Catharin	13.75	-0.9	1
11 Jessica McArthur		Ancaster High	13.84	-0.2	2
12 Jordan Isenor		Niagara D S S	13.93	-0.9	1
13 Devin Begin		St. Francis S S	14.08	-0.9	1
14 Christy Gadsby		Beamsville D S S	14.10	-0.2	2
15 Alex Fairgrieve		Lakeshore C H S	14.13	-0.9	1

Women 100 Meter Dash Senior

Name	Year	School	Finals	Wind	Points
Finals					
1 Kadaija Blackwood		Westlane S S	13.03	-1.8	6
2 Jenel Ulman		Westmount	13.15	-1.8	4
3 Lauren Barnes		Notre Dame College	13.39	-1.8	3
4 Melissa Kohli		E. L. Crossley S S	13.44	-1.8	2
5 Samantha Mersereau		Westmount	13.46	-1.8	1
6 Kayla Flockhart		Blessed Trinity H S	13.56	-1.8	
7 Valerie Vanderwoude		Guido de Bres	13.57	-1.8	
8 ChiChi Chuks-Mady		Barton S.S.	13.77	-1.8	

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****Women 200 Meter Dash Senior**

Name	Year School	Finals	Wind	H#	Points
1 Jacquie Holmes	Highland	26.79	0.2	2	6
2 Heather Hicks	Grimsby D S S	27.09	0.2	2	4
3 Kadaija Blackwood	Westlane S S	27.14	0.2	2	3
4 Jenel Ulman	Westmount	27.43	0.2	2	2
5 Victoria Smith	A.N. Myer S S	27.67	0.2	2	1
6 Hilary Reid	E. L. Crossley S S	27.73	-0.6	1	
7 Melissa Kohli	E. L. Crossley S S	28.28	-0.6	1	
8 Alison Boyd	Governor Simcoe S S	28.40	0.2	2	
9 Caprice Aiello	St. Michael H S	28.45	0.2	2	
10 Sarah Bosscher	Guido de Bres	28.51	-0.6	1	
11 Renee Bartlett	Beamsville D S S	29.24	0.2	2	
12 Lina Garcia	Westdale	29.55	-0.6	1	
13 Kristine Reed	Beamsville D S S	30.12	-0.6	1	
14 Devin Begin	St. Francis S S	30.66	-0.6	1	

Women 400 Meter Dash Senior

Name	Year School	Finals	H#	Points
1 Natasha DiCienzo	St. Paul H S	59.04	2	6
2 Jacquie Holmes	Highland	1:00.19	2	4
3 Mariah Kelly	St. Michael H S	1:00.31	2	3
4 Victoria Smith	A.N. Myer S S	1:01.44	2	2
5 Meg Inman	Westdale	1:01.80	2	1
6 Katie Kalchman	E. L. Crossley S S	1:02.78	2	
7 Alison Boyd	Governor Simcoe S S	1:04.96	2	
8 Tisha Ventresca	St. Paul H S	1:07.17	1	
9 Rachel deHaan	Guido de Bres	1:07.64	1	
10 Jenna Simpson	Orchard Park	1:07.77	1	
11 Jamie Lafferty	Saltfleet	1:09.24	1	
12 Kristine Reed	Beamsville D S S	1:13.05	2	
13 Carli Adams	Blessed Trinity H S	1:13.93	1	
14 Kelsea Levesque	St. Francis S S	1:14.68	1	
15 Jasmine Lauritzen	Denis Morris H S	1:15.42	1	

Women 800 Meter Run Senior

Name	Year School	Finals	Points
1 Michelle Molodynia	A.N. Myer S S	2:14.76	6
2 Chelsea MacKinnon	Westdale	2:15.42	4
3 Mariah Kelly	St. Michael H S	2:16.59	3
4 Meg Inman	Westdale	2:21.60	2
5 Natasha DiCienzo	St. Paul H S	2:23.53	1
6 Jenna Leask	Churchill, S	2:28.12	
7 Shelby Dunbar	West Park S S	2:35.73	
8 Heather Dumitru	Westmount	2:39.84	
9 Alisha Attema	South Lincoln H S	2:41.05	
10 Rachel deHaan	Guido de Bres	2:43.96	
11 Jamie Lafferty	Saltfleet	2:55.96	
12 Yhael Medalla	Denis Morris H S	2:56.83	
13 Emily Buttram	Great Lakes	2:57.38	

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****Women 1500 Meter Run Senior**

Name	Year	School	Finals	Points
1 Chelsea MacKinnon		Westdale	4:43.29	6
2 Michelle Molodynia		A.N. Myer S S	4:43.80	4
3 Carise Thompson		Highland	4:43.83	3
4 Karley Rempel		E. L. Crossley S S	4:45.47	2
5 Deanna Brasz		Heritage Chr	4:49.08	1
6 Jessica Witt		Westdale	4:57.29	
7 Julie Hambleton		Grimsby D S S	5:00.66	
8 Jenna Leask		Churchill, S	5:12.57	
9 Hambleton Brittany		Grimsby D S S	5:19.04	
10 Paige Bates		Orchard Park	5:34.32	
11 Kristen Johnson		E. L. Crossley S S	5:35.07	
12 Heather Dumitru		Westmount	5:53.14	

Women 3000 Meter Run Senior

Name	Year	School	Finals	Points
1 Carise Thompson		Highland	10:29.29	6
2 Deanna Brasz		Heritage Chr	10:36.11	4
3 Karley Rempel		E. L. Crossley S S	10:38.90	3
4 Jessica Witt		Westdale	10:52.29	2
5 Julie Hambleton		Grimsby D S S	11:14.62	1
6 Hambleton Brittany		Grimsby D S S	11:40.43	
7 Alisha Attema		South Lincoln H S	12:23.43	
8 Monique Stuiwe		Eden High School	12:34.54	
9 Alyson Rogers		Westlane S S	13:08.63	
10 Melanie Thompson		Highland	13:10.59	
11 Katelyn Swenor		Westmount	13:24.27	
12 Ashley Crecco		Jean Vanier E S	13:30.84	
13 Chelsey McFarland		Centennial S S	15:57.75	

Women 100 Meter Hurdles Senior

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Emma Suiciak		E. L. Crossley S S	14.98Q	-0.2	2
2 Samantha Mersereau		Westmount	16.57Q	-1.3	1
3 Vanessa Sarjeant		Orchard Park	17.59Q	-1.3	1
4 Rebecca Hayward		Highland	18.05Q	-0.2	2
5 Tavia Bond		Beamsville D S S	18.50q	-0.2	2
6 Rachael Klunder		South Lincoln H S	18.71q	-1.3	1
7 Jessica Smith		A.N. Myer S S	18.79q	-0.2	2
8 Whitney Nicholas		Hagersville S S	19.05q	-1.3	1
9 Lesley Given		South Lincoln H S	19.06	-0.2	2
10 Jennifer Weir		Centennial S S	19.46	-1.3	1
11 Victoria Kerekesch		Highland	19.69	-1.3	1
12 Renee Bartlett		Beamsville D S S	20.22	-1.3	1
13 Olivia Vaughan		Grimsby D S S	21.54	-0.2	2

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****Women 100 Meter Hurdles Senior**

Name	Year	School	Finals	Wind	Points
Finals					
1 Emma Suiciak		E. L. Crossley S S	15.54	-2.8	6
2 Samantha Mersereau		Westmount	16.92	-2.8	4
3 Vanessa Sarjeant		Orchard Park	17.65	-2.8	3
4 Rebecca Hayward		Highland	17.81	-2.8	2
5 Tavia Bond		Beamsville D S S	18.33	-2.8	1
6 Jessica Smith		A.N. Myer S S	18.78	-2.8	
7 Rachael Klunder		South Lincoln H S	18.81	-2.8	

Women 400 Meter Hurdles Senior

Name	Year	School	Finals	H#	Points
1 Katie Kalchman		E. L. Crossley S S	1:10.58	2	6
2 Emily Schoppmann		Blessed Trinity H S	1:12.99	2	4
3 Rebecca Hayward		Highland	1:14.69	2	3
4 Michelle Richardson		Laura Secord S S	1:14.82	2	2
5 Olivia Vaughan		Grimsby D S S	1:14.89	2	1
6 Jennifer Weir		Centennial S S	1:18.82	1	
7 Kristen Johnson		E. L. Crossley S S	1:19.03	2	
8 Lesley Given		South Lincoln H S	1:19.64	2	
9 Paige Bates		Orchard Park	1:21.62	1	
10 Bethany Peacock		E. L. Crossley S S	1:22.31	1	

Women 4x100 Meter Relay Senior

School	Finals	H#	Points
1 E. L. Crossley S S 'A'	50.81	2	6
1) Melissa Kohli			
2) Hilary Reid			
3) Emma Suiciak			
4) Emily Gearing			
5) Katie Kalchman			
6) Becky Morris			
2 Grimsby D S S 'A'	51.81	2	4
1) Taylor Macleod			
2) Mary Ollier			
3) Morgan Beach			
4) Heather Hicks			
5) Rebecca Barnfield			
6)			
3 Notre Dame College 'A'	51.99	1	3
1) Rachelle Thomas			
2) Lauren Barnes			
3) Madison Maurice			
4) Larissa Bruzesse			
5) Vanessa VanderZalm			
6)			
4 Guido de Bres 'A'	52.90	2	2
1) Valerie Vanderwoude			
2) Sarah Bosscher			
3) Karyn Bosscher			
4) Melissa Bethlehem			
5) Rachel deHaan			
6)			
5 Westmount 'A'	52.98	2	1
1) Samantha Mersereau			
2) Jenel Ulman			
3) Alyssa Dicesare			
4) Heather Dumitru			
5) Maggie Dumitru			
6)			
6 Hamilton District 'A'	53.63	2	
1) Julie DeJong			
2) Victoria DeJong			
3) Dayva Regnerus			
4) Michelle VanderMeer			
5) Lindsay Noordam			
6) Krista Douwes			

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Women 4x100 Meter Relay Senior**

7 Centennial S S 'A'	54.19	2
1) Carly Davies	2) Jennifer Weir	
3) Olenka Iwanicki	4) Karley Gatta	
8 South Lincoln H S 'A'	54.35	1
1) Deanna Rose Smith	2) Lesley Given	
3) Stacy Trifunovic	4) Rachael Klunder	
5) Tabitha Hendricks	6)	
9 Highland 'A'	54.78	2
10 Sir Winston Churchill S S 'A'	55.96	2
1) Tat Winnington	2) Cassidy MacKay	
3) Lexie Gillies	4) Jenna Leask	
11 Denis Morris H S 'A'	58.90	1
1) Carly Dugo	2) Jocelyn denHollander	
3) Taneisha McAdam	4) Caitlin Sheehan	
12 Hill Park 'A'	59.72	1
1) Jessica Troop	2) Carly Stanhope	
3) Laura Chubb	4) Kaitlyn MacDonald	

Women High Jump Senior

Name	Year School	Finals	Points
1 Courtney Olah	St. Paul H S	1.72m	6
2 Emma Suiciak	E. L. Crossley S S	J1.72m	4
3 Dayva Regnerus	Hamilton District	1.60m	3
4 Rachael Klunder	South Lincoln H S	J1.60m	2
5 Brook Dorin	Blessed Trinity H S	1.50m	1
6 Mackenzie White	Beamsville D S S	1.45m	
6 Heather Hicks	Grimsby D S S	1.45m	
6 Courtney Yole	Blessed Trinity H S	1.45m	
9 Caprice Aiello	St. Michael H S	1.40m	
9 Lina Garcia	Westdale	1.40m	
11 Brainne Martin	Ridge-Cr HS	1.35m	
11 Randa Elsharty	A.N. Myer S S	1.35m	
13 Kasey DeRaineville	Sir Winston	1.20m	

Women Pole Vault Senior

Name	Year School	Finals	Points
1 Kendall Darnay	St. Michael H S	3.15m	6
2 Alison Stark	E. L. Crossley S S	2.55m	4
3 Shannon La Fontaine	Laura Secord S S	2.10m	3
4 Michelle Richardson	Laura Secord S S	J2.10m	2
5 Nicole Temple	St. Catharin	J2.10m	1
6 Emily Gearing	E. L. Crossley S S	1.95m	
7 Taylor Karpysyn	Laura Secord S S	1.65m	
7 Page Campbell	E. L. Crossley S S	1.65m	
9 Sophie Ali	Laura Secord S S	1.50m	

Women Long Jump Senior

Name	Year School	Finals	Wind	Points
1 Courtney Olah	St. Paul H S	4.96m	NWI	6

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Women Long Jump Senior**

2	Dayva Regnerus	Hamilton District	4.94m	NWI	4
3	Bianca Molnar	Jean Vanier E S	4.92m	NWI	3
4	Heather Hicks	Grimsby D S S	4.89m	NWI	2
5	Hailey Dang	Westlane S S	4.77m	NWI	1
6	Taylor Macleod	Grimsby D S S	4.60m	NWI	
7	Jessica Bagnulo	A.N. Myer S S	4.39m	NWI	
8	Aleksandra Yosifova	A.N. Myer S S	4.31m	NWI	
9	Shyrell Gough	West Park S S	4.30m	NWI	
10	Janine Jackson	Parkside	4.29m	NWI	
11	Anita Cloutier	St. Catharin	4.20m	NWI	
12	Melissa Jeffreys	Parkside	4.09m	NWI	
13	Rebecca Barnfield	Grimsby D S S	3.98m	NWI	
14	Carly Stanhope	Hill Park	3.94m	NWI	
15	Kasey DeRaineville	Sir Winston	3.64m	NWI	

Women Triple Jump Senior

Name	Year	School	Finals	Wind	Points
1 Courtney Olah		St. Paul H S	11.03m	NWI	6
2 Bianca Molnar		Jean Vanier E S	10.53m	NWI	4
3 Julie DeJong		Hamilton District	10.40m	NWI	3
4 Melissa Kohli		E. L. Crossley S S	10.26m	NWI	2
5 Jessica Smith		A.N. Myer S S	10.07m	NWI	1
6 Jordan Isenor		Niagara D S S	10.02m	NWI	
7 Rebecca Barnfield		Grimsby D S S	9.90m	NWI	
8 Melissa Jeffreys		Parkside	9.80m	NWI	
9 Kirsten Oakes		A.N. Myer S S	9.68m	NWI	
10 Shannon La Fontaine		Laura Secord S S	9.64m	NWI	
11 Taylor Macleod		Grimsby D S S	9.59m	NWI	
12 Skye Soobramanie		Beamsville D S S	9.07m	NWI	

Women Shot Put Senior

Name	Year	School	Finals	Points
1 Kristina Smolovic		Barton S.S.	11.55m	6
2 Melissa Ott		Fort Erie S S	10.26m	4
3 Lauren Brew		St. Catharin	10.05m	3
4 Kortney Koroll		Governor Simcoe S S	9.86m	2
5 Whitney Nicholas		Hagersville S S	9.68m	1
6 Jamie Evans		Hagersville S S	9.00m	
7 Taneisha McAdam		Denis Morris H S	8.85m	
8 Cassandra Robins		Lakeshore C H S	8.75m	
9 ChiChi Chuks-Mady		Barton S.S.	8.62m	
10 Laura Doepping		Ridge-Cr HS	8.56m	
11 Natalie Jongsma		Guido de Bres	7.46m	
12 Kathryn Kaple		Niagara D S S	7.19m	

Women Discus Throw Senior

Name	Year	School	Finals	Points
1 Katie Klodnicki		Grimsby D S S	37.81m	6
2 Carly Davies		Centennial S S	30.65m	4

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Women Discus Throw Senior**

3	Kortney Koroll	Governor Simcoe S S	27.93m	3
4	Lauren Brew	St. Catharin	27.29m	2
5	Allison Campbell	Cayuga S S	27.23m	1
6	Samantha Palmer	Saltfleet	24.10m	
7	Kristen Daley	E. L. Crossley S S	23.42m	
8	Samantha Houston	Saltfleet	23.14m	
9	Krista Douwes	Hamilton District	22.28m	
10	Kathleen Macintosh	Port Colborne H S	21.98m	
11	Courtney Yole	Blessed Trinity H S	20.13m	
12	Natalie Jongsma	Guido de Bres	19.00m	
13	Jenna McGill	Saltfleet	18.90m	
14	Jamie Evans	Hagersville S S	17.93m	
15	Aurora A. Shortt	Niagara D S S	15.28m	

Women Javelin Throw Senior

Name	Year	School	Finals	Points
1 Whitney Nicholas		Hagersville S S	35.33m	6
2 Victoria Ely		St. Paul H S	33.39m	4
3 Lina Garcia		Westdale	32.42m	3
4 Kortney Koroll		Governor Simcoe S S	32.37m	2
5 Lauren Brew		St. Catharin	31.49m	1
6 Krista Douwes		Hamilton District	30.80m	
7 Brianne Fisher		South Lincoln H S	26.19m	
8 Samantha Palmer		Saltfleet	25.48m	
9 Jamie Evans		Hagersville S S	25.38m	
10 Sarah Duck		Smithville D	24.00m	
11 Page Campbell		E. L. Crossley S S	23.43m	
12 Aurora A. Shortt		Niagara D S S	23.10m	
13 Samantha Houston		Saltfleet	22.92m	
14 Jennifer Hall		Hill Park	21.74m	
15 C.J. Brushett		St. Michael H S	20.01m	

Women 1500 Meter Steeplechase Open

Name	Year	School	Finals	Points
1 Colleen Wilson		Ancaster High	5:36.43	6
2 Karen Thompson		Highland	5:37.73	4
3 Monique Stuiwe		Eden High School	6:02.18	3
4 Jackie Koudys		Blessed Trinity H S	6:17.38	2
5 Jennifer Wilson		Ancaster High	6:21.79	1
6 Aleigh Andrews		Niagara D S S	6:38.64	
7 Taylor Karpshyn		Laura Secord S S	7:03.45	
8 Sophie Ali		Laura Secord S S	7:57.83	

Women 4x400 Meter Relay Open

School	Finals	Points
1 Westdale 'A'	4:08.72	6
1) Chelsea MacKinnon	2) Meg Inman	
3) Aleksa Despinic	4) Julia Stacey	
5) Heather Summers	6) Jessica Witt	

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Women 4x400 Meter Relay Open**

2 E. L. Crossley S S 'A'	4:13.47	4
1) Katie Kalchman	2) Jillian Young	
3) Alannah MacDonald	4) Courtney Bennett	
5) Hilary Reid	6)	
3 Highland 'A'	4:18.62	3
4 Grimsby D S S 'A'	4:38.66	2
1) Olivia Vaughan	2) Samantha Blayney	
3) Raylene Ross	4) Mary Ollier	
5) Julie Hambleton	6)	
5 Centennial S S 'A'	4:45.30	1
1) Carly Davies	2) Jennifer Weir	
3) Olenka Iwanicki	4) Karley Gatta	
5) Elizabeth Holmes	6)	
6 Denis Morris H S 'A'	4:48.78	
1) Katie Cheliak	2) Selena Chivaran	
3) Taylor Cotnam	4) Francine Smith	
7 St. Francis S S 'A'	4:49.62	
1) Jordan Linton	2) Chelsea Howard	
3) Lisa Mancini	4) Cirissa Phelan	
5) Kelsea Levesque	6)	
8 Lakeshore C H S 'A'	5:12.06	
1) Kelsey Toner	2) Rebbecca Meyering	
3) Jocelyn Topp	4) Alyssa Obrien	

Men 100 Meter Dash Midget

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Marcus Wu	Westmount	12.07Q	-1.8	1
2 Calum Westbrook	Churchill, S	12.15Q	-1.3	2
3 Steven Bos	Guido de Bres	12.18Q	-1.8	1
4 Kyle Nardangeli	Denis Morris H S	12.27Q	-1.3	2
5 Jeremy Espino	St. Francis S S	12.28q	-1.8	1
6 Jesse Begg	A.N. Myer S S	12.32q	-1.3	2
7 Tyson Forrest	Hagersville S S	12.33q	-1.3	2
8 Nick Bartlett	Beamsville D S S	12.33q	-1.3	2
9 Malcolm Corriette	Sherwood	12.46	-1.8	1
10 Avery Hawryluk	Churchill, S	12.53	-1.8	1
11 Johnathan Roberts	Orchard Park	12.84	-1.3	2
12 Dylan Hoeksema	E. L. Crossley S S	12.88	-1.8	1
13 Kass Burnett	Westlane S S	12.94	-1.3	2
14 Arty Coventry-MacDonald	Westmount	13.06	-1.3	2
15 Clay Kenyeres	Ridge-Cr HS	13.15	-1.8	1

Men 100 Meter Dash Midget

Name	Year School	Finals	Wind	Points
Finals				
1 Marcus Wu	Westmount	11.82	-1.1	6
2 Calum Westbrook	Churchill, S	11.96	-1.1	4
3 Steven Bos	Guido de Bres	12.07	-1.1	3
4 Jesse Begg	A.N. Myer S S	12.20	-1.1	2
5 Jeremy Espino	St. Francis S S	12.22	-1.1	1

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Men 100 Meter Dash Midget**

6	Kyle Nardangeli	Denis Morris H S	12.30	-1.1
7	Nick Bartlett	Beamsville D S S	12.42	-1.1
8	Tyson Forrest	Hagersville S S	12.60	-1.1

Men 200 Meter Dash Midget

Name	Year School	Finals	Wind	H#	Points
1 Calum Westbrook	Churchill, S	24.08	-0.6	2	6
2 Marcus Wu	Westmount	24.38	-0.6	2	4
3 Steven Bos	Guido de Bres	24.81	-0.6	2	3
4 Elijah Kalenuik	Ridge-Cr HS	25.17	-0.6	2	2
5 Nick Bartlett	Beamsville D S S	25.20	-0.6	2	1
6 Garrett Dion	Churchill, S	25.43	-0.6	2	
7 Tyson Forrest	Hagersville S S	25.55	-0.6	2	
8 Jesse Begg	A.N. Myer S S	25.60	+0.0	1	
9 Jake Verrips	Hamilton District	25.72	+0.0	1	
10 Patrick Woodrow	Churchill, S	25.80	-0.6	2	
11 Kevin Vanatter	Ridge-Cr HS	26.03	+0.0	1	
12 Nick Rizzo	E. L. Crossley S S	26.16	+0.0	1	
13 Malcolm Corriette	Sherwood	26.27	+0.0	1	
14 Ben Gadsby	Beamsville D S S	26.62	+0.0	1	
15 Arty Coventry-MacDonald	Westmount	26.83	+0.0	1	

Men 400 Meter Dash Midget

Name	Year School	Finals	H#	Points
1 Patrick Woodrow	Churchill, S	55.22	2	6
2 Calvin Bond	Beamsville D S S	55.65	2	4
3 Nem Ilic	Westmount	55.70	2	3
4 Garrett Dion	Churchill, S	56.08	2	2
5 Carmen Continisio	Blessed Trinity H S	56.45	2	1
6 Jake Verrips	Hamilton District	56.58	2	
7 AJ Thompson	Highland	57.38	2	
8 Ben Korody	Ridge-Cr HS	58.14	1	
9 Nick Rizzo	E. L. Crossley S S	58.26	1	
10 Tyler Mccallum	Highland	58.35	1	
11 Dan Reed	Beamsville D S S	58.47	2	
12 Scott Roth	Hamilton District	1:00.04	1	
13 Brad Main	Westlane S S	1:00.58	1	
14 Matteo Bono	Lakeshore C H S	1:01.65	1	

Men 800 Meter Run Midget

Name	Year School	Finals	Points
1 Liam Smith	Highland	2:04.64	6
2 Troy Smith	Grimsby D S S	2:07.62	4
3 Zach Godin	Churchill, S	2:08.01	3
4 Erick Danecker	St. Paul H S	2:08.92	2
5 T.J. Kountourogiannis	Westlane S S	2:09.43	1
6 Sean MacKinnon	Westdale	2:14.31	
7 Mike Fortaleza	Churchill, S	2:14.83	

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Men 800 Meter Run Midget**

8	John Rabideau	Churchill, S	2:15.85
9	Steven Falk	Eden High School	2:17.03
10	Shane Bethlehem	Guido de Bres	2:17.90
11	Nem Ilic	Westmount	2:17.95
12	Calvin deJonge	Guido de Bres	2:24.50
13	Brendan Sanders	Westlane S S	2:25.71
14	Hunter Salomons	E. L. Crossley S S	2:26.07
15	Adam Barron	Centennial S S	2:39.31

Men 1500 Meter Run Midget

Name	Year School	Finals	Points
1 Liam Smith	Highland	4:16.93	6
2 Troy Smith	Grimsby D S S	4:22.03	4
3 T.J. Kountourogiannis	Westlane S S	4:22.37	3
4 Erick Danecker	St. Paul H S	4:22.47	2
5 Zach Godin	Churchill, S	4:22.61	1
6 Kent Hambly	Ancaster High	4:28.10	
7 Alex DelleMonache	E. L. Crossley S S	4:28.45	
8 Mike Fortaleza	Churchill, S	4:33.00	
9 John Rabideau	Churchill, S	4:37.44	
10 Sean MacKinnon	Westdale	4:38.89	
11 Dan Rivera	Churchill, S	4:47.71	
12 Christopher Rao	Notre Dame College	4:53.38	
13 Kyle Gonci	Westmount	4:55.96	
14 Brendan Sanders	Westlane S S	4:57.77	
15 Aaron Taylor	Ancaster High	5:07.13	

Men 3000 Meter Run Midget

Name	Year School	Finals	Points
1 Kent Hambly	Ancaster High	9:59.55	6
2 Alex DelleMonache	E. L. Crossley S S	10:03.62	4
3 Mike Fortaleza	Churchill, S	10:30.64	3
4 Dan Rivera	Churchill, S	10:33.26	2
5 Adam Smith	Laura Secord S S	10:38.00	1
6 Brendan McDougall	Grimsby D S S	10:48.93	
7 Kyle Gonci	Westmount	10:56.77	
8 Michael Conte	Notre Dame College	11:03.16	
9 Kyle Van Hell	Centennial S S	11:10.91	
10 Aaron Taylor	Ancaster High	11:15.69	
11 Andreas Cordoba	Notre Dame College	11:21.14	
12 Tyler Davis	Churchill, S	11:48.89	

Men 100 Meter Hurdles Midget

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Todd Robinson	Centennial S S	15.53Q	-0.2	1
2 Jesse Hildebrand	Centennial S S	15.94Q	-0.2	2
3 Cole Martin	Cayuga S S	15.68Q	-0.2	1
4 Matt Kohli	E. L. Crossley S S	16.51Q	-0.2	2

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Men 100 Meter Hurdles Midget**

5	Peter Oliveira	Blessed Trinity H S	16.52q	-0.2	2
6	Johnathan Roberts	Orchard Park	16.92q	-0.2	1
7	Dylan Hoeksema	E. L. Crossley S S	17.08q	-0.2	1
8	Kai Hansen	Laura Secord S S	18.00q	-0.2	1
9	Brett MacDougall	Grimsby D S S	18.37	-0.2	2
10	Jamie Farrell	Grimsby D S S	18.77	-0.2	1
11	Desmond Stewart	Laura Secord S S	19.07	-0.2	2

Men 100 Meter Hurdles Midget

Name	Year	School	Finals	Wind	Points
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Finals

1	Todd Robinson	Centennial S S	15.22	-1.7	6
2	Jesse Hildebrand	Centennial S S	15.43	-1.7	4
3	Cole Martin	Cayuga S S	15.66	-1.7	3
4	Peter Oliveira	Blessed Trinity H S	16.25	-1.7	2
5	Matt Kohli	E. L. Crossley S S	16.40	-1.7	1
6	Johnathan Roberts	Orchard Park	16.66	-1.7	
7	Dylan Hoeksema	E. L. Crossley S S	17.32	-1.7	

Men 300 Meter Hurdles Midget

Name	Year	School	Finals	H#	Points
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1	Elijah Kalenuik	Ridge-Cr HS	43.44	2	6
2	Calvin Bond	Beamsville D S S	45.41	1	4
3	Jesse Hildebrand	Centennial S S	45.43	2	3
4	Cole Martin	Cayuga S S	45.60	2	2
5	AJ Thompson	Highland	46.58	2	1
6	Jamie Farrell	Grimsby D S S	47.01	2	
7	Matt Kohli	E. L. Crossley S S	48.23	2	
8	Jesse Marcil	Ridge-Cr HS	48.96	2	
9	Desmond Stewart	Laura Secord S S	48.99	1	
10	Brock Martin	Grimsby D S S	53.95	1	

Men 4x100 Meter Relay Midget

School	Finals	H#	Points
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1	Sir Winston Churchill S S 'A'	47.42	2	6
	1) Garrett Dion	2) Patrick Woodrow		
	3) Avery Hawryluk	4) Calum Westbrook		
	5) Mitchell Brown	6)		
2	Centennial S S 'A'	49.11	2	4
	1) Adam Barron	2) Stephen Smith		
	3) Jesse Hildebrand	4) Todd Robinson		
	5) Mike Lundy	6)		
3	E. L. Crossley S S 'A'	49.19	2	3
	1) Dylan Hoeksema	2) Matt Kohli		
	3) Keaten Myers	4) Nick Rizzo		
	5) Tim Miller	6) Ian Domenegato		
4	Beamsville D S S 'A'	49.49	2	2
	1) Nick Bartlett	2) Calvin Bond		

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Men 4x100 Meter Relay Midget**

3) Ben Gadsby	4) Dan Reed			
5) Kevin Stones	6)			
5 Grimsby D S S 'A'		49.70	2	1
1) Brett MacDougall	2) Troy Smith			
3) Jamie Farrell	4) Brock Martin			
5) Riley Dunda	6)			
6 Denis Morris H S 'A'		50.65	2	
1) Matt DiSimoni	2) Edward Donato			
3) Daniel Figuerra	4) Kyle Nardangeli			
5) John Kolbuc	6)			
7 Highland 'A'		50.83	1	
8 Hamilton District 'A'		51.04	2	
1) Scott Roth	2) Marshall Kampen			
3) Eric Pot	4) Jake Verrips			
5) Wes Baird	6)			
9 Lakeshore C H S 'A'		54.73	1	
1) Kyle Hill	2) Drew Gauthier			
3) Troy Huneault	4) Jon England			

Men High Jump Midget

Name	Year School	Finals	Points
1 J.T. Hunt	St. Michael H S	1.81m	6
2 Tyler Vachon	A.N. Myer S S	1.60m	4
3 Ben Langendoen	Hamilton District	J1.60m	3
4 Paul Cuffaro	St. Paul H S	J1.60m	2
5 Mike Lundy	Centennial S S	1.55m	1
6 Kevin Stones	Beamsville D S S	J1.55m	
7 Kyle Schertzer	Churchill, S	J1.55m	
8 Dahlen Cook	St. Francis S S	J1.55m	
9 Matt DiSimoni	Denis Morris H S	J1.55m	
10 Kass Burnett	Westlane S S	J1.55m	
11 Jake Stewart	Parkside	1.50m	
11 Thomas VanderLinde	Smithville D	1.50m	
11 Munesh Maraj	Orchard Park	1.50m	

Men Pole Vault Midget

Name	Year School	Finals	Points
1 Jesse Marcil	Ridge-Cr HS	2.75m	5
2 Elijah Kalenuik	Ridge-Cr HS	J2.75m	5
3 Bailey Bowden	Laura Secord S S	1.95m	3

Men Long Jump Midget

Name	Year School	Finals	Wind	Points
1 Marcus Wu	Westmount	5.93m	NWI	6
2 Ben Gadsby	Beamsville D S S	5.50m	NWI	4
3 Steven Bos	Guido de Bres	5.36m	NWI	3
4 Dahlen Cook	St. Francis S S	5.34m	NWI	2
5 Malcolm Corriette	Sherwood	5.28m	NWI	1
6 Mark Rankin	Churchill, S	5.27m	NWI	

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Men Long Jump Midget**

7	Jordan Ingraham	E. L. Crossley S S	5.17m	NWI
8	Ian Domenegato	E. L. Crossley S S	5.11m	NWI
9	Kass Burnett	Westlane S S	5.10m	NWI
10	Travis Tomlinson	Parkside	5.08m	NWI
11	Clayton Morrison	Westlane S S	4.89m	NWI
12	Josh Smith	Niagara D S S	4.88m	NWI
13	J.T. Hunt	St. Michael H S	4.80m	NWI
14	Mike Humphrey	Blessed Trinity H S	4.79m	NWI

Men Triple Jump Midget

Name	Year	School	Finals	Wind	Points
1	Ian Domenegato	E. L. Crossley S S	11.39m	NWI	6
2	Jordan Ingraham	E. L. Crossley S S	11.32m	NWI	4
3	Angus A. Shortt	Niagara D S S	11.22m	NWI	3
4	Dahlen Cook	St. Francis S S	11.20m	NWI	2
5	Calvin Bond	Beamsville D S S	11.14m	NWI	1
6	Ben Langendoen	Hamilton District	10.80m	NWI	
7	Mike Lundy	Centennial S S	10.60m	NWI	
8	Brock Devries	South Lincoln H S	10.49m	NWI	
9	Ryan Gibson	Highland	10.22m	NWI	
10	Michael Song	Laura Secord S S	10.15m	NWI	
11	Nick Braun	Centennial S S	9.95m	NWI	
12	Curtis Cain	Orchard Park	9.82m	NWI	
13	Cole Martin	Cayuga S S	9.81m	NWI	

Men Shot Put Midget

Name	Year	School	Finals	Points
1	Tyler Russo	Sherwood	12.55m	6
2	Trevon Demos	St. Catharin	12.16m	4
3	Garrett Cote	Port Colborne H S	10.84m	3
4	Chris Robertson	Highland	10.57m	2
5	Pat Quinn	Lakeshore C H S	10.48m	1
6	Jacob Moore	Blessed Trinity H S	10.45m	
7	Dean Conway	Governor Simcoe S S	10.11m	
8	Drew Gauthier	Lakeshore C H S	9.95m	
9	Brandon Harrison	West Park S S	9.85m	
10	Adam Crocker	Sir Winston	9.47m	
11	Clay Kenyeres	Ridge-Cr HS	9.38m	
11	Ben Dale	Great Lakes	9.38m	
13	Colin Burns	Ridge-Cr HS	9.15m	
14	Scott Roth	Hamilton District	9.12m	

Men Discus Throw Midget

Name	Year	School	Finals	Points
1	Steven Falk	Eden High School	43.84m	6
2	Jason Rhodes	St. Paul H S	35.12m	4
3	Trevon Demos	St. Catharin	33.91m	3
4	Zachary Koroll	Governor Simcoe S S	32.50m	2
5	Josh Smith	Niagara D S S	30.85m	1

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Men Discus Throw Midget**

6	Ethan Vanden Boogaard	Port Colborne H S	30.51m
7	Dean Conway	Governor Simcoe S S	30.32m
8	Garrett Cote	Port Colborne H S	28.19m
9	Brody Ostermaier	Port Colborne H S	28.17m
10	Tyler Russo	Sherwood	27.89m
11	Austin Schulenberg	Guido de Bres	27.34m
12	Andrew Hedley	Cayuga S S	22.86m

Men Javelin Throw Midget

Name	Year School	Finals	Points
1 Tyson Forrest	Hagersville S S	44.00m	6
2 Riley Dunda	Grimsby D S S	38.85m	4
3 Chris Robertson	Highland	38.12m	3
4 Keaten Myers	E. L. Crossley S S	36.59m	2
5 Randy Hutton	Blessed Trinity H S	36.21m	1
6 Zachary Koroll	Governor Simcoe S S	33.30m	
7 Jason Rhodes	St. Paul H S	32.95m	
8 Brandon Harrison	West Park S S	30.79m	
9 James Vanderveen	Centennial S S	29.44m	
10 Alex Lastewka	Churchill, S	26.97m	
11 Adam Crocker	Sir Winston	26.78m	
12 Jake Reichheld	Hagersville S S	25.52m	
13 Tyler McCallum	Highland	19.83m	

Men 100 Meter Dash Junior

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Colton Ambrosio	Notre Dame College	11.58Q	+0.0	2
2 Warren Van Dyke	Westlane S S	11.71Q	0.4	1
3 Jeremy Haggerty	Highland	11.80Q	0.4	1
4 Mike Schinkel	Ridge-Cr HS	11.86Q	+0.0	2
5 Thomas Christiansen	Laura Secord S S	12.03q	+0.0	2
6 Zach Macdonald	Notre Dame College	12.07q	0.4	1
7 Daniel Domagala	Holy Cross H S	12.12q	0.4	1
8 Ryan Dyck	Notre Dame College	12.18q	+0.0	2
9 Connor DeJong	Hamilton District	12.23	+0.0	2
10 Devon Roberto	West Park S S	12.34	0.4	1
11 Tim VanDam	Guido de Bres	12.38	0.4	1
12 Osman Rana	Churchill, S	12.61	+0.0	2

Men 100 Meter Dash Junior

Name	Year School	Finals	Wind	Points
Finals				
1 Colton Ambrosio	Notre Dame College	11.72	-2.8	6
2 Warren Van Dyke	Westlane S S	11.87	-2.8	4
3 Mike Schinkel	Ridge-Cr HS	11.99	-2.8	3
4 Jeremy Haggerty	Highland	12.03	-2.8	2
5 Thomas Christiansen	Laura Secord S S	12.22	-2.8	1
6 Zach Macdonald	Notre Dame College	12.23	-2.8	

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Men 100 Meter Dash Junior**

7 Daniel Domagala	Holy Cross H S	12.28	-2.8
8 Ryan Dyck	Notre Dame College	12.30	-2.8

Men 200 Meter Dash Junior

Name	Year School	Finals	Wind	H#	Points
1 Jeremy Haggerty	Highland	23.91	-0.5	2	6
2 Andrew Krzeczowski	Churchill, S	24.20	-0.5	2	4
3 Warren Van Dyke	Westlane S S	24.21	-0.5	2	3
4 Ryan Dyck	Notre Dame College	24.60	-0.5	2	2
5 Matt Mancusso	Notre Dame College	24.69	-1.5	1	1
6 Blake McPherson	Governor Simcoe S S	24.70	-0.5	2	
7 Zach Macdonald	Notre Dame College	24.86	-0.5	2	
8 Sopheak Cheam	Sherwood	24.91	-1.5	1	
9 Deion Ratcliff	Highland	25.09	-1.5	1	
10 Joe Blackborow	Blessed Trinity H S	25.21	-1.5	1	
11 Jamie Fazekas	Ridge-Cr HS	25.30	-0.5	2	
12 Connor DeJong	Hamilton District	25.39	-1.5	1	
13 Mike Wright	Ridge-Cr HS	25.52	-1.5	1	
14 Brett Saxton	Churchill, S	25.54	-1.5	1	
15 Thomas Christiansen	Laura Secord S S	25.65	-0.5	2	

Men 400 Meter Dash Junior

Name	Year School	Finals	H#	Points
1 Zack Hildebrand	Westlane S S	52.29	2	6
2 Jeremy Haggerty	Highland	52.42	2	4
3 Andrew Krzeczowski	Churchill, S	53.02	2	3
4 Sopheak Cheam	Sherwood	54.26	2	2
5 Jamie Fazekas	Ridge-Cr HS	54.84	2	1
6 Ken Slessor	Grimsby D S S	56.08	2	
7 Devon Roberto	West Park S S	56.27	2	
8 Brett Saxton	Churchill, S	57.13	2	
9 Lucas Ottaway	Cayuga S S	57.29	1	
10 Reeves Anthony	Orchard Park	57.37	1	
11 Kakisa Wilson	Smithville D	57.68	1	
12 Andreij Kosevic	Westlane S S	58.39	1	
13 Franz Neumann	Ancaster High	58.77	1	
14 Mark Noordam	Hamilton District	59.09	1	
15 Corey Hockings	Port Colborne H S	59.22	1	

Men 800 Meter Run Junior

Name	Year School	Finals	Points
1 Chris Hutton	Churchill, S	1:58.48	6
2 Adam Rowles	Highland	2:04.46	4
3 Ryan Mecca	St. Michael H S	2:06.84	3
4 Rui Xu	Westdale	2:07.67	2
5 Taylor Laekman	Churchill, S	2:11.09	1
6 Kakisa Wilson	Smithville D	2:11.79	
7 Franz Neumann	Ancaster High	2:20.89	

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Men 800 Meter Run Junior**

8	Alan Morningstar	A.N. Myer S S	2:22.00
9	Erroll Bokma	Centennial S S	2:22.69
10	Alex Hobbes	Eden High School	2:26.07
11	Anthony Scozzafava	St. Paul H S	2:26.93
12	Mitchell Deba	E. L. Crossley S S	2:28.17

Men 1500 Meter Run Junior

Name	Year	School	Finals	Points
1	Chris Hutton	Churchill, S	4:09.63	6
2	Brayden Seneca	Notre Dame College	4:16.44	4
3	Rui Xu	Westdale	4:16.99	3
4	Adam Rowles	Highland	4:17.30	2
5	Taylor Laekman	Churchill, S	4:20.60	1
6	Ryan Mecca	St. Michael H S	4:26.99	
7	Paul Kolb	Highland	4:31.13	
8	Brannen McKenzie-Lefurgy	Churchill, S	4:33.83	
9	David Mitov	Churchill, S	4:37.28	
10	Grant Wignall	Denis Morris H S	4:40.71	
11	Brad Wilcox	Westmount	4:47.91	
12	David Friend	Highland	4:48.95	
13	Anthony Scozzafava	St. Paul H S	4:52.85	
14	Brandon Sloan	Niagara Coll	4:54.19	
15	Mitchell Deba	E. L. Crossley S S	4:56.07	

Men 3000 Meter Run Junior

Name	Year	School	Finals	Points
1	Brayden Seneca	Notre Dame College	9:28.42	6
2	Paul Kolb	Highland	9:35.82	4
3	Grant Wignall	Denis Morris H S	10:00.89	3
4	Brannen McKenzie-Lefurgy	Churchill, S	10:16.31	2
5	Colin Heyens	Orchard Park	10:24.04	1
6	Brad Wilcox	Westmount	10:30.46	
7	David Friend	Highland	10:31.45	
8	Mitchell Deba	E. L. Crossley S S	10:45.24	
9	Erroll Bokma	Centennial S S	11:35.88	
10	Farzad Hemmati	Centennial S S	11:50.03	

Men 100 Meter Hurdles Junior

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	Nicolas Katulic-Ducharme	Centennial S S	15.24Q	-0.2	1
2	Ken Slessor	Grimsby D S S	16.25Q	-0.2	2
3	Thomas Christiansen	Laura Secord S S	16.29Q	-0.2	2
4	Samuel Nero	Centennial S S	16.61Q	-0.2	1
5	Joe Salter	Laura Secord S S	17.09q	-0.2	1
6	Brett Murray	Centennial S S	17.20q	-0.2	2
7	Cam Gerrie	Highland	17.75q	-0.2	1
8	Isaac Bates	Hamilton District	18.25q	-0.2	2
9	Ian Whitehall	E. L. Crossley S S	18.31	-0.2	1

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Men 100 Meter Hurdles Junior**

10	Ian Drijber	Cayuga S S	18.78	-0.2	1
11	Dylan Christiansen	Laura Secord S S	19.14	-0.2	2
12	Christian Gould	Highland	19.89	-0.2	2
13	Tim VanDam	Guido de Bres	20.30	-0.2	2

Men 100 Meter Hurdles Junior

Name	Year	School	Finals	Wind	Points
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Finals

1	Nicolas Katulic-Ducharme	Centennial S S	15.07	-1.5	6
2	Ken Slessor	Grimsby D S S	16.21	-1.5	4
3	Samuel Nero	Centennial S S	16.24	-1.5	3
4	Brett Murray	Centennial S S	16.48	-1.5	2
5	Thomas Christiansen	Laura Secord S S	16.52	-1.5	1
6	Joe Salter	Laura Secord S S	16.67	-1.5	
7	Cam Gerrie	Highland	17.12	-1.5	
8	Isaac Bates	Hamilton District	17.59	-1.5	

Men 300 Meter Hurdles Junior

Name	Year	School	Finals	H#	Points
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1	Zack Hildebrand	Westlane S S	41.76	2	6
2	Mike Schinkel	Ridge-Cr HS	41.96	2	4
3	Ken Slessor	Grimsby D S S	44.42	2	3
4	Jamie Fazekas	Ridge-Cr HS	44.90	2	2
5	Cam Gerrie	Highland	45.39	2	1
6	Ben Todd	Ridge-Cr HS	46.79	2	
7	Joe Salter	Laura Secord S S	48.02	1	
8	Mike Wright	Ridge-Cr HS	48.43	2	
9	Jeff Heuving	Grimsby D S S	49.45	1	
10	Isaac Bates	Hamilton District	49.62	1	

Men 4x100 Meter Relay Junior

School	Finals	H#	Points
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1	Notre Dame College 'A'	45.89	2	6
	1) Colton Ambrosio			
	2) Matt Mancusso			
	3) Ryan Dyck			
	4) Zach Macdonald			
	5) Cam Blakely			
	6)			
2	Centennial S S 'A'	46.93	2	4
	1) Travis Fulop			
	2) Nicolas Katulic-Ducharme			
	3) Brett Murray			
	4) Samuel Nero			
	5) Farzad Hemmati			
	6)			
3	Sir Winston Churchill S S 'A'	46.93	2	3
	1) Brett Saxton			
	2) Nick Bride			
	3) Osman Rana			
	4) Chris Ames			
	5) Andrew Krzeczowski			
	6)			
4	Highland 'A'	47.11	2	2
5	Laura Secord S S 'A'	47.39	2	1
	1) Dylan Christiansen			
	2) Thomas Christiansen			
	3) David Livingstone			
	4) Victor Falvo			

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Men 4x100 Meter Relay Junior**

5) Joe Salter	6) Jarret Glancie	47.55	2
6 Westlane S S 'A'	2) Zack Hildebrand		
1) Jordan Davey	4) Warren Van Dyke		
3) Andreij Kosevic	6) Brad Main	48.70	1
5) Kass Burnett			
7 Cayuga S S 'A'	2) Emmerson Chang		
1) Dyllan Kozck	4) Danny Meadows		
3) Lucas Ottaway	6)	49.59	1
5) Ian Drijber			
8 Denis Morris H S 'A'	2) Matt Perella		
1) david Hough	4) Jaleel Ward		
3) Christian Sandercott	6)	49.67	2
5) Josh Niesink			
9 Westmount 'A'	2) Brad Wilcox		
1) Andrew Sacchetti	4) Arty Coventry-MacDonald		
3) Marcus Wu	6)	50.07	1
5) Nem Ilic			
10 Parkside 'A'	2) Brendon Bonnor		
1) Ray Parry	4)		
3) Brandon Delmastro	8)	51.39	1
7) Jake Stewart			
11 Hill Park 'A'	2) Josh Ducharme		
1) Jack Dungey	4) Chris DeRoche	51.56	1
3) Matt Hagopian			
12 Waterdown 'A'	2) Dean Alkerton		
1)	4) Brandon VanderMeer		
3) Mitch Sylvester	6)		
5) Justin Abraham			

Men High Jump Junior

Name	Year School	Finals	Points
1 Hwang Lee	Westdale	1.80m	6
2 Dereck Hewitt	Cayuga S S	1.75m	4
3 Kyle Boverhof	Guido de Bres	J1.75m	3
4 Austin Dick	Eden High School	J1.75m	2
5 Jesse Stirtzinger	A.N. Myer S S	1.70m	1
6 Devon VanHoffen	Smithville D	1.65m	
6 Nick Bride	Churchill, S	1.65m	
6 Nick Zylstra	Dunnville S S	1.65m	
6 Thomas Jongsma	Guido de Bres	1.65m	
10 Brendan Bonnor	Parkside	1.60m	
10 Nathan Snippe	Smithville D	1.60m	
10 Ishmael Macdon	St. Paul H S	1.60m	
10 Joshua Scholman	Smithville D	1.60m	
14 Lucas Ottaway	Cayuga S S	1.55m	

Men Pole Vault Junior

Name	Year School	Finals	Points
1 Andrew Michalak	Notre Dame College	3.40m	6
2 Joe Salter	Laura Secord S S	3.20m	4
3 Jordan Betzold	Ridge-Cr HS	3.00m	3

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Men Pole Vault Junior**

4 Victor Falvo	Laura Secord S S	2.90m	2
5 Ian Whitehall	E. L. Crossley S S	2.75m	1
6 Jesse Ruzgys	E. L. Crossley S S	2.60m	
7 Cam Blakely	Notre Dame College	2.45m	

Men Long Jump Junior

Name	Year School	Finals	Wind	Points
1 Blake McPherson	Governor Simcoe S S	6.10m	NWI	6
2 Jesse Stirtzinger	A.N. Myer S S	6.09m	NWI	4
3 Conner Lirette	St. Francis S S	5.72m	NWI	3
4 Matthew Watson	Stamford C & V I	5.65m	NWI	2
5 Ryan Chia	A.N. Myer S S	5.59m	NWI	1
6 Nicolas Katulic-Ducharme	Centennial S S	5.59m	NWI	
7 Kenneth Hunter	A.N. Myer S S	5.57m	NWI	
8 Chris DeRoche	Hill Park	5.46m	NWI	
9 Deion Ratcliff	Highland	5.31m	NWI	
10 Victor Falvo	Laura Secord S S	5.28m	NWI	
11 Rameez Aziz	Orchard Park	5.24m	NWI	
12 Brendan Bonnor	Parkside	5.06m	NWI	
13 Ray Parry	Parkside	4.97m	NWI	

Men Triple Jump Junior

Name	Year School	Finals	Wind	Points
1 Taylor Rivando	Jean Vanier E S	12.12m	NWI	6
2 Jesse Stirtzinger	A.N. Myer S S	12.02m	NWI	4
3 Blake McPherson	Governor Simcoe S S	11.79m	NWI	3
4 Kenneth Hunter	A.N. Myer S S	11.77m	NWI	2
5 Nick Zylstra	Dunnville S S	11.73m	NWI	1
6 Nicolas Katulic-Ducharme	Centennial S S	11.52m	NWI	
7 Andrew Bosscher	Guido de Bres	10.76m	NWI	
8 Jeff Heuving	Grimsby D S S	10.53m	NWI	
9 Steven Voorberg	Hamilton District	10.45m	NWI	
10 Kyle Boverhof	Guido de Bres	10.19m	NWI	
11 Marshall Cino	Blessed Trinity H S	9.76m	NWI	
12 Thomas Jongsma	Guido de Bres	9.71m	NWI	
13 Hung Chung	Laura Secord S S	9.48m	NWI	
14 Zachary Bangs	Holy Cross H S	9.33m	NWI	

Men Shot Put Junior

Name	Year School	Finals	Points
1 Rob Osborn	Ridge-Cr HS	14.74m	6
2 Kyle Marr	Dunnville S S	13.95m	4
3 Kent Wordell	Cayuga S S	13.33m	3
4 Brett Golding	Dunnville S S	12.87m	2
5 David Mainse	Blessed Trinity H S	12.46m	1
6 Connor DeJong	Hamilton District	12.44m	
7 Jimmy Qiu	Westdale	11.97m	
8 Zachary Bangs	Holy Cross H S	11.49m	
9 Tom Dykstra	Grimsby D S S	11.12m	

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Men Shot Put Junior**

10	Ernesto Ruiz	Centennial S S	11.11m
11	Connor Hickingbottom	Grimsby D S S	10.80m
12	Ben Csiernik	Westdale	10.36m
13	Jesse Wallace	Sir Winston	10.32m

Men Discus Throw Junior

Name	Year	School	Finals	Points
1	Rob Osborn	Ridge-Cr HS	55.23m	6
2	Ben Filmore	Cayuga S S	47.54m	4
3	Steven Toepp	Port Colborne H S	46.99m	3
4	Matt Martz	Ridge-Cr HS	45.38m	2
5	Mike Schinkel	Ridge-Cr HS	42.14m	1
6	Victor Falvo	Laura Secord S S	38.19m	
7	Tim Upshall	Niagara D S S	37.94m	
8	Jackson Rand	Blessed Trinity H S	36.77m	
9	Andrew Bosscher	Guido de Bres	35.87m	
10	Tom Dykstra	Grimsby D S S	35.67m	
11	Jackson Harley	Grimsby D S S	33.87m	
12	Kyle Boverhof	Guido de Bres	31.69m	
13	Josh Janzen	Saltfleet	31.34m	
14	Nolan Poot	Highland	29.09m	
15	Jimmy Qiu	Westdale	28.02m	

Men Javelin Throw Junior

Name	Year	School	Finals	Points
1	Levi Mackenzie	Ridge-Cr HS	47.18m	6
2	Connor Hickingbottom	Grimsby D S S	47.02m	4
3	Ben Csiernik	Westdale	43.26m	3
4	Nick Bride	Churchill, S	42.99m	2
5	Ben Filmore	Cayuga S S	42.32m	1
6	Billy Wiebe	Ridge-Cr HS	41.58m	
7	Jarret Glancie	Laura Secord S S	41.21m	
8	Joe Blackborow	Blessed Trinity H S	39.88m	
9	Steven Voorberg	Hamilton District	39.79m	
10	John R-Oakes	Cayuga S S	38.58m	
11	Blake Schram	Hagersville S S	37.98m	
12	Josh Janzen	Saltfleet	34.16m	
13	Jesse Wallace	Sir Winston	26.85m	

Men 100 Meter Dash Senior

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	Nathan Merritt	Ridge-Cr HS	11.48Q	-2.2	2
2	Josh Forester	Blessed Trinity H S	11.49Q	-0.9	1
3	Carlin McLean	Orchard Park	11.51Q	-0.9	1
4	Lucas Schinkel	Lakeshore C H S	11.66Q	-2.2	2
5	Akeeno Williams	Grimsby D S S	11.56q	-0.9	1
6	Steve Tripp	Ridge-Cr HS	11.69q	-0.9	1
7	Ryan Nieuwesteeg	St. Paul H S	11.71q	-0.9	1

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Men 100 Meter Dash Senior**

8	Lucas Spagnulo	Grimsby D S S	11.77q	-2.2	2
9	Mathew Kit	Orchard Park	11.77	-2.2	2
10	Sean Edwards	Sherwood	11.78	-2.2	2
11	Tyson Vanzie	Highland	11.89	-0.9	1
12	Joel Forestell	Beamsville D S S	12.02	-0.9	1
13	Travis McAlpine	Governor Simcoe S S	12.21	-2.2	2
14	Kyle Whitehouse	Kernahan Park S S	12.43	-2.2	2

Men 100 Meter Dash Senior

Name	Year	School	Finals	Wind	Points
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Finals

1	Akeeno Williams	Grimsby D S S	11.53	-2.0	6
2	Nathan Merritt	Ridge-Cr HS	11.58	-2.0	4
3	Josh Forester	Blessed Trinity H S	11.60	-2.0	3
4	Carlin McLean	Orchard Park	11.60	-2.0	2
5	Lucas Schinkel	Lakeshore C H S	11.72	-2.0	1
6	Steve Tripp	Ridge-Cr HS	11.73	-2.0	
7	Lucas Spagnulo	Grimsby D S S	11.77	-2.0	
8	Ryan Nieuwesteeg	St. Paul H S	11.77	-2.0	

Men 200 Meter Dash Senior

Name	Year	School	Finals	Wind	H#	Points
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1	Dylan Brennand	E. L. Crossley S S	22.90	-1.3	2	6
2	Lucas Schinkel	Lakeshore C H S	23.08	-1.3	2	4
3	Akeeno Williams	Grimsby D S S	23.11	-1.3	2	3
4	Steve Tripp	Ridge-Cr HS	23.44	-1.3	2	2
5	Daniel Gayle	Barton S.S.	23.63	1.5	1	1
6	Sean Edwards	Sherwood	23.89	1.5	1	
7	Brian Domenicucci	Lakeshore C H S	23.93	-1.3	2	
8	Tyson Vanzie	Highland	23.97	-1.3	2	
9	Blake Finora	West Park S S	24.27	-1.3	2	
10	Dan Post	St. Michael H S	24.38	-1.3	2	
11	Travis McAlpine	Governor Simcoe S S	24.59	1.5	1	
12	Michael Marchese	St. Francis S S	24.72	1.5	1	
13	Tyler Johnson	West Park S S	25.09	1.5	1	
14	James Gould	Highland	25.42	1.5	1	

Men 400 Meter Dash Senior

Name	Year	School	Finals	H#	Points
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1	Dylan Brennand	E. L. Crossley S S	50.13	2	6
2	Cam Giles	Eden High School	50.70	2	4
3	Kyle Varley	Westlane S S	50.90	2	3
4	Mitchell DelleMonache	E. L. Crossley S S	51.28	2	2
5	Ben Wyman	Westdale	52.97	2	1
6	Ben Savoy	St. Paul H S	53.07	1	
7	Dalton Rawcliffe	Hagersville S S	53.81	1	
8	Blake Finora	West Park S S	54.39	2	
9	Tyler Johnson	West Park S S	54.71	1	

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Men 400 Meter Dash Senior**

10	Neil Roth	Hamilton District	54.77	1
11	Tommy Lariviere	Highland	55.43	1
12	Brandon Rogers	Governor Simcoe S S	55.72	1
13	Ernesto Fernandez	Churchill, S	56.65	1

Men 800 Meter Run Senior

Name	Year	School	Finals	Points
1	Chris Meidema	Lakeshore C H S	1:53.97	6
2	Jeff Behan	Westdale	1:59.43	4
3	Cam Giles	Eden High School	2:00.16	3
4	Trevor Janssen	Eden High School	2:00.21	2
5	Austen Forbes	Highland	2:00.91	1
6	Simon Moriello	St. Paul H S	2:05.07	
7	Adam Voorberg	Hamilton District	2:05.20	
8	Connor Doherty	Churchill, S	2:06.16	
8	Taylor Forbes	Highland	2:06.16	
10	Ben Savoy	St. Paul H S	2:09.93	
11	Warren VanSydenborgh	Guido de Bres	2:11.94	
12	Kyle Varley	Westlane S S	2:12.14	
13	Brandon Byskov	Churchill, S	2:13.32	
13	Connor Ferriday	Lakeshore C H S	2:13.32	
15	Nick Grossi	Denis Morris H S	2:23.79	

Men 1500 Meter Run Senior

Name	Year	School	Finals	Points
1	Chris Meidema	Lakeshore C H S	4:02.30	6
2	Austen Forbes	Highland	4:06.18	4
3	Jeff Behan	Westdale	4:06.19	3
4	Taylor Forbes	Highland	4:06.82	2
5	Trevor Janssen	Eden High School	4:07.90	1
6	Simon Moriello	St. Paul H S	4:18.49	
7	Ryan Albanese	Centennial S S	4:23.39	
8	John Albers	Grimsby D S S	4:24.02	
9	Connor Doherty	Churchill, S	4:24.64	
10	Adam Voorberg	Hamilton District	4:32.22	
11	Neil Roth	Hamilton District	4:35.80	
12	Hunter Corcoran	Churchill, S	4:36.26	
13	Ryan Smidts	Cayuga S S	4:46.30	

Men 3000 Meter Run Senior

Name	Year	School	Finals	Points
1	Ibrahim Ahmed	St. Francis S S	9:08.38	6
2	Andrew Scotland	E. L. Crossley S S	9:24.62	4
3	Phil Hering	E. L. Crossley S S	9:30.37	3
4	Duke Lloyd	Highland	9:35.43	2
5	Derek Hambly	Ancaster High	9:47.60	1
6	Daniel Peters	Denis Morris H S	9:59.60	
7	Evan Mann	Westlane S S	10:15.15	
8	Greg Lariviere	Westdale	10:17.28	

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Men 3000 Meter Run Senior**

9	Hunter Corcoran	Churchill, S	10:30.04
10	Adam Polly	Denis Morris H S	10:50.55
11	Ryan Smidts	Cayuga S S	11:09.53
12	Nick Grossi	Denis Morris H S	11:29.24

Men 110 Meter Hurdles Senior

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	Rob Fearman	Cayuga S S	16.05Q	-0.2	1
2	Josh Forester	Blessed Trinity H S	16.15Q	0.3	2
3	Marty Richardson	Centennial S S	16.45Q	0.3	2
4	Patrick Dignard	Centennial S S	16.97Q	-0.2	1
5	Carter Whyte	Cayuga S S	16.54q	0.3	2
6	Errol Stewart	Sherwood	17.65q	-0.2	1
7	Chase Kivell	Highland	18.10q	-0.2	1
8	Stuart Hunter	Highland	19.18q	0.3	2
9	Season Chanthaphonh	Laura Secord S S	19.22	-0.2	1
10	Alejandro Rivera	Laura Secord S S	19.40	0.3	2
11	Nathan Keen	Smithville D	21.36	0.3	2

Men 110 Meter Hurdles Senior

Name	Year	School	Finals	Wind	Points
Finals					
1	Rob Fearman	Cayuga S S	15.85	-1.4	6
2	Marty Richardson	Centennial S S	16.05	-1.4	4
3	Josh Forester	Blessed Trinity H S	16.10	-1.4	3
4	Patrick Dignard	Centennial S S	16.67	-1.4	2
5	Errol Stewart	Sherwood	16.85	-1.4	1
6	Carter Whyte	Cayuga S S	16.96	-1.4	
7	Chase Kivell	Highland	18.46	-1.4	
8	Stuart Hunter	Highland	18.57	-1.4	

Men 400 Meter Hurdles Senior

Name	Year	School	Finals	H#	Points
1	Mitchell DelleMonache	E. L. Crossley S S	57.93	2	6
2	Eric Press	Highland	59.30	2	4
3	Steve Tripp	Ridge-Cr HS	59.41	2	3
4	Marty Richardson	Centennial S S	59.51	2	2
5	Adam McMurtrie	Beamsville D S S	1:03.85	2	1
6	Sam Testa	Ridge-Cr HS	1:04.67	2	
7	Stuart Hunter	Highland	1:05.27	1	
8	Alejandro Rivera	Laura Secord S S	1:07.25	1	
9	Chase Kivell	Highland	1:07.57	2	
10	Jeremy May	Saltfleet	1:07.71	1	

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****Men 4x100 Meter Relay Senior**

School		Finals	H#	Points
1	Lakeshore C H S 'A'	44.52	2	6
	1) Brian Domenicucci			
	3) Chris Meidema			
	2) Lucas Schinkel			
	4) Mac McAvoy			
2	Grimsby D S S 'A'	45.05	2	4
	1) Mitchell Weylie			
	3) Ray Dykstra			
	5) Ray Ross			
	2) Lucas Spagnulo			
	4) Akeeno Williams			
	6)			
3	Orchard Park 'A'	45.46	2	3
	1) Carlin McLean			
	3) Cody Wright			
	5) Randy Bui			
	2) Mat Kit			
	4) Grant Durfey			
	6) Nikola Kosanovic			
4	Blessed Trinity H S 'A'	45.49	2	2
	1) Cody Chemerika			
	3) Josh Forester			
	5) Miles Morton			
	2) Connor Smith			
	4) Jason Baum			
	6) Joe Blackborow			
5	Ridgeway-Crystal Beach 'A'	45.53	2	1
	1) Steve Tripp			
	3) Darren Periera			
	5) Mike Schinkel			
	2) Nathan Merritt			
	4) Sam Testa			
	6) Darrell Lane			
6	St. Paul H S 'A'	45.72	1	
	1) Ryan Nieuwesteeg			
	3) Jamie Cardamone			
	5) Brandon Koluk			
	2) Matt Mcleoad			
	4) Miklos McMaster			
	6) Andrew Oreskovich			
7	Sir Allan MacNab 'A'	45.86	2	
	1) Kris Burch			
	3) Darren Chow			
	5) Andrew Chu			
	2) Jimmy Hill			
	4) Cameron Gonci			
	6) Jospeh Hill			
8	Waterdown 'A'	46.15	2	
	1) James Parry			
	3) Adam Kurcz			
	5) Curtis Lavoie			
	2) Jordan Chin			
	4) Matt Krizmanich			
	6)			
9	E. L. Crossley S S 'A'	46.58	1	
	1) Dylan Rossi			
	3) Hayden Paterson			
	5) Ian Whitehall			
	2) Dylan Brennand			
	4) Chris Sparrow			
	6)			
10	Highland 'A'	47.89	2	
11	Hagersville S S 'A'	48.25	1	
	1) Dalton Rawcliffe			
	3) Justin Pepper			
	5) Scott Slack			
	2) Brandon Jozwiak			
	4) Tyson Forrest			
	6)			
12	Governor Simcoe S S 'A'	49.08	1	
	1) Blake McPherson			
	3) Brandon Rogers			
	5) Cody Lahaie			
	2) Travis McAlpine			
	4) Jordan Clout			
	6)			

Men High Jump Senior

Name	Year School	Finals	Points
1 Jeff Webb	Eden High School	1.90m	6
2 Jay Lauzon	St. Paul H S	1.85m	4
3 Jonathon Armstrong	Niagara Coll	1.80m	3
4 Nathan Merritt	Ridge-Cr HS	1.75m	2

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Men High Jump Senior**

5	Cody Wright	Orchard Park	J1.75m	1
6	Nick VanderMeer	Smithville D	J1.75m	
7	Cody Taylor	Sherwood	1.70m	
7	Andrew Heeg	Hamilton District	1.70m	
7	Joel Forestell	Beamsville D S S	1.70m	
10	Alex McGowan	Stamford C & V I	1.65m	
11	Manny Rataul	Orchard Park	1.60m	
12	Cody Lahaie	Governor Simcoe S S	J1.60m	
13	Justin DeRoche	Hill Park	J1.60m	
14	David Devellis	Niagara D S S	J1.60m	
15	Brandon Sonnenberg	Ridge-Cr HS	1.55m	

Men Pole Vault Senior

Name	Year	School	Finals	Points
1	Matthew Diston	St. Paul H S	4.00m	6
2	Mikey Maljkovic	Ridge-Cr HS	3.85m	4
3	Danny Majkovic	Ridge-Cr HS	3.55m	3
4	Drew Hampel	Ridge-Cr HS	3.49m	2
5	Justin Pepper	Hagersville S S	3.20m	1
6	Season Chanthaphonh	Laura Secord S S	J2.60m	
7	Jesse Paal	Laura Secord S S	J2.69m	
8	Michael Perez	Laura Secord S S	J2.60m	

Men Long Jump Senior

Name	Year	School	Finals	Wind	Points
1	Carlin McLean	Orchard Park	6.79m	NWI	6
2	Vinh Le	Holy Cross H S	6.62m	NWI	4
3	Jeff Webb	Eden High School	6.36m	NWI	3
4	Alex McGowan	Stamford C & V I	6.16m	NWI	2
5	Daniel Gayle	Barton S.S.	6.15m	NWI	1
6	Jay Lauzon	St. Paul H S	6.10m	NWI	
7	Shawn Pellizari	Jean Vanier E S	5.85m	NWI	
8	Cody Wright	Orchard Park	5.73m	NWI	
9	Joel Forestell	Beamsville D S S	5.58m	NWI	
10	Travis McAlpine	Governor Simcoe S S	5.51m	NWI	
11	Kelvin Choi	Great Lakes	5.47m	NWI	
12	Justin DeRoche	Hill Park	5.44m	NWI	
13	James Parry	Waterdown	5.35m	NWI	

Men Triple Jump Senior

Name	Year	School	Finals	Wind	Points
1	Vinh Le	Holy Cross H S	13.84m	NWI	6
2	Daniel Gayle	Barton S.S.	12.64m	NWI	4
3	Eric Press	Highland	12.57m	NWI	3
4	Carlin McLean	Orchard Park	12.27m	NWI	2
5	Troy Laguerre	Fort Erie S S	12.12m	NWI	1
6	Andrew Heeg	Hamilton District	11.96m	NWI	
7	Brian Choi	Great Lakes	11.57m	NWI	
8	Chris Sparrow	E. L. Crossley S S	11.51m	NWI	

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Men Triple Jump Senior**

9	Jake Fiorucci	St. Paul H S	11.48m	NWI
10	Cody Lahaie	Governor Simcoe S S	11.29m	NWI
11	Mike Roberge	St. Paul H S	11.25m	NWI
12	Hayden Paterson	E. L. Crossley S S	11.03m	NWI
13	Alex McLellan	Hamilton District	9.95m	NWI

Men Shot Put Senior

Name	Year	School	Finals	Points
1	Stefan Palios	Grimsby D S S	15.98m	6
2	Ray Dykstra	Grimsby D S S	14.04m	4
3	Adam Dickson	St. Paul H S	13.48m	3
4	Brandon Jozwiak	Hagersville S S	13.24m	2
5	Colin Brown	Dunnville S S	12.48m	1
6	John Caruso	Cayuga S S	12.46m	
7	Gabe Todd	Ridge-Cr HS	12.43m	
8	Steve Connery	Parkside	11.39m	
9	Joel Williams	Blessed Trinity H S	11.00m	
10	Steven Harder	Beamsville D S S	10.84m	
11	Jarrett McGibney	Westdale	10.53m	
12	Robert Smith	Westdale	10.25m	
13	Craig Giroux	Governor Simcoe S S	9.97m	
14	Alex Teodorovic	Orchard Park	9.63m	

Men Discus Throw Senior

Name	Year	School	Finals	Points
1	Stefan Palios	Grimsby D S S	49.50m	6
2	Barry Hill	Port Colborne H S	44.09m	4
3	Ray Dykstra	Grimsby D S S	42.40m	3
4	Matt Woehl	Ridge-Cr HS	39.13m	2
5	Jesse House	Lakeshore C H S	37.18m	1
6	Gabe Todd	Ridge-Cr HS	34.47m	
7	Craig Giroux	Governor Simcoe S S	32.67m	
8	Jason McKeen	South Lincoln H S	32.49m	
9	Lenny Desmarais	Ridge-Cr HS	30.26m	
10	Josh Salverda	Hamilton District	26.60m	
11	Robert Smith	Westdale	26.13m	
12	Jordan Vanspronsen	Guido de Bres	25.17m	
13	Dillon Bonomo	Guido de Bres	24.42m	
14	Derek Smith	Highland	21.60m	

Men Javelin Throw Senior

Name	Year	School	Finals	Points
1	Ray Dykstra	Grimsby D S S	68.38m	6
2	Barry Hill	Port Colborne H S	45.77m	4
3	Shawn Pellizari	Jean Vanier E S	44.79m	3
4	Darrell Lane	Ridge-Cr HS	44.54m	2
5	Derek Smith	Highland	43.19m	1
6	Braden Fleming	Cayuga S S	39.72m	
7	Asmir Basic	West Park S S	38.89m	

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Men Javelin Throw Senior**

8	Kyle Arbuthnott	Waterdown	38.71m
9	Patrick Strazalkowski	Churchill, S	38.22m
10	Tommy Anderson	Highland	35.76m
11	Teagan Waite	South Lincoln H S	35.12m
12	Brad Bergsma	Hamilton District	32.71m

Men 2000 Meter Steeplechase Open

Name	Year	School	Finals	Points
1 Duke Lloyd		Highland	6:30.88	6
2 Derek Hambly		Ancaster High	6:42.83	4
3 Evan Mann		Westlane S S	6:49.29	3
4 Garret Brenner		St. Catharin	6:50.85	2
5 Kyle Palframan		Churchill, S	6:50.88	1
6 David Hopton		Ancaster High	6:57.57	
7 Greg Lariviere		Westdale	7:18.43	
8 Jacob Furlan		Delta	7:23.92	
9 Adam Polly		Denis Morris H S	7:30.03	
10 Jamie Farrell		Grimsby D S S	7:40.91	
11 Spencer Giles		Centennial S S	7:42.81	
12 Daniel Wilsher		Centennial S S	9:09.16	

Men 4x400 Meter Relay Open

School	Finals	H#	Points
1 Highland 'A'	3:33.41	2	6
2 E. L. Crossley S S 'A'	3:34.52	2	4
1) Dylan Rossi	2) Dylan Brennand		
3) Ian Whitehall	4) Mitchell DelleMonache		
5) Phil Hering	6) Andrew Scotland		
3 Ridgeway-Crystal Beach 'A'	3:37.43	2	3
1) Steve Tripp	2) Nathan Merritt		
3) Darren Periera	4) Sam Testa		
5) Jamie Fazekas	6) Darrell Lane		
4 Sir Winston Churchill S S 'A'	3:37.70	2	2
1) Brandon Byskov	2) Zach Godin		
3) Connor Doherty	4) Chris Hutton		
5) Brett Saxton	6)		
5 Lakeshore C H S 'A'	3:39.37	2	1
1) Lucas Schinkel	2) Brian Domenicucci		
3) Chris Meidema	4) Troy Huneault		
6 Grimsby D S S 'A'	3:47.98	2	
1) Akeeno Williams	2) Jake Boeck		
3) Ray Ross	4) Jake Turl		
5) Troy Smith	6) Ken Slessor		
7 Centennial S S 'A'	3:49.33	1	
1) Patrick Dignard	2) Marty Richardson		
3) Ryan Albanese	4) Spencer Giles		
5) Marllon Pietrus	6)		
8 Beamsville D S S 'A'	3:49.39	1	
1) Joel Forestell	2) Adam McMurtrie		
3) Kristiaan Hansen	4) Calvin Bond		
5) Dan Reed	6) Kevin Stones		

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Men 4x400 Meter Relay Open**

9 Hamilton District 'A'	3:53.72	2
1) Adam Voorberg	2) Christian Paquette	
3) Neil Roth	4) Jake Verrips	
5) Vidi Haynes	6)	
10 Barton S.S. 'A'	3:56.39	2
1) Bobby Anderson	2) Masud Nazer	
3) Andrew Choubeta	4) Agar Hasan	
5) Chris Viola	6)	
11 Blessed Trinity H S 'A'	3:56.89	1
1) Ben Thompson	2) Cam Poustie	
3) Brent Smith	4) Carmen Continisio	
5) Eric Van Goch	6)	
12 Guido de Bres 'A'	3:57.47	1
1) Warren VanSydenborgh	2) Keegan Lodder	
3) Shane Bethlehem	4) Calvin deJonge	
13 Denis Morris H S 'A'	3:58.82	1
1) Tyler DiSimoni	2) Nick Grossi	
3) Brendan Hastie	4) Alex Lupul	
5) Adam Polly	6)	

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Women - Midget - Team Rankings - 15 Events Scored

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1) Westdale	38	2) Notre Dame College	27
3) E. L. Crossley S S	25	4) Grimsby D S S	15
4) Port Colborne H S	15	4) Guido de Bres	15
7) Sherwood	14	8) Highland	13
9) St. Paul H S	12	10) Saltfleet	9
11) Sir Winston Churchill S S	8	12) Blessed Trinity H S	7
13) Denis Morris H S	6	13) West Park S S	6
13) Governor Simcoe S S	6	16) Ridgeway-Crystal Beach	5
17) Parkside	4	17) Waterdown	4
19) Orchard Park	2	19) Smithville District C H S	2
19) Eden High School	2	19) Beamsville D S S	2
23) Jean Vanier E S	1	23) St. Michael H S	1
23) Ancaster High	1		

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Women - Junior - Team Rankings - 16 Events Scored

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1) Laura Secord S S	26	2) Ridgeway-Crystal Beach	25
2) Denis Morris H S	25	4) Notre Dame College	21
5) E. L. Crossley S S	20	6) Sir Winston Churchill S S	14
6) Hamilton District	14	6) Smithville District C H S	14
9) Blessed Trinity H S	12	10) Westmount	10
11) Grimsby D S S	9	11) Highland	9
13) A.N. Myer S S	8	13) Westdale	8
15) Lakeshore C H S	7	16) St. Michael H S	6
17) Port Colborne H S	5	18) Sherwood	4
18) South Lincoln H S	4	18) St. Paul H S	4
21) Holy Cross H S	3	22) Saltfleet	2
22) St. Catharines C I & V S	2	22) Cayuga S S	2
25) St. Francis S S	1	25) Stamford C & V I	1

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Women - Senior - Team Rankings - 16 Events Scored

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1) E. L. Crossley S S	35	2) St. Paul H S	29
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2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Women - Senior - Team Rankings - 16 Events Scored**

3) Highland	24	4) Grimsby D S S	18
4) Westdale	18	6) A.N. Myer S S	14
7) St. Michael H S	12	7) Westmount	12
9) Hamilton District	10	9) Westlane S S	10
11) Laura Secord S S	7	11) St. Catharines C I & V S	7
11) Governor Simcoe S S	7	11) Jean Vanier E S	7
11) Hagersville S S	7	16) Notre Dame College	6
16) Barton S.S.	6	18) Heritage Christian School	5
18) Blessed Trinity H S	5	20) Fort Erie S S	4
20) Centennial S S	4	22) Orchard Park	3
23) Guido de Bres	2	23) South Lincoln H S	2
25) Cayuga S S	1	25) Beamsville D S S	1

Women - Open - Team Rankings - 2 Events Scored

1) Highland	7	1) Ancaster High	7
3) Westdale	6	4) E. L. Crossley S S	4
5) Eden High School	3	6) Blessed Trinity H S	2
6) Grimsby D S S	2	8) Centennial S S	1

Men - Midget - Team Rankings - 16 Events Scored

1) Sir Winston Churchill S S	33	2) E. L. Crossley S S	20
3) Westmount	19	4) Highland	18
4) Ridgeway-Crystal Beach	18	4) Centennial S S	18
7) Beamsville D S S	16	8) Grimsby D S S	13
9) St. Paul H S	10	10) Guido de Bres	9
11) St. Catharines C I & V S	7	11) Sherwood	7
13) Hagersville S S	6	13) Ancaster High	6
13) St. Michael H S	6	13) Eden High School	6
13) A.N. Myer S S	6	18) St. Francis S S	5
18) Cayuga S S	5	20) Niagara D S S	4
20) Westlane S S	4	20) Laura Secord S S	4
20) Blessed Trinity H S	4	24) Hamilton District	3
24) Port Colborne H S	3	26) Governor Simcoe S S	2
27) Lakeshore C H S	1		

Men - Junior - Team Rankings - 16 Events Scored

1) Ridgeway-Crystal Beach	34	2) Notre Dame College	31
3) Sir Winston Churchill S S	28	4) Highland	25
5) Westlane S S	19	6) Centennial S S	15
7) Westdale	14	8) A.N. Myer S S	12
8) Cayuga S S	12	10) Grimsby D S S	11
11) Laura Secord S S	9	11) Governor Simcoe S S	9
13) Dunnville S S	7	14) Jean Vanier E S	6
15) Guido de Bres	3	15) St. Francis S S	3
15) Denis Morris H S	3	15) St. Michael H S	3
15) Port Colborne H S	3	20) Sherwood	2
20) Eden High School	2	20) Stamford C & V I	2
23) Blessed Trinity H S	1	23) Orchard Park	1
23) E. L. Crossley S S	1		

2010 SOSSA CHAMPIONSHIP MEET - 5/20/2010**Niagara Olympic Club Centre - West Park****Results****....Men - Senior - Team Rankings - 16 Events Scored**

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Men - Senior - Team Rankings - 16 Events Scored

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1) Grimsby D S S	38	2) E. L. Crossley S S	27
3) Ridgeway-Crystal Beach	25	4) Lakeshore C H S	24
5) Eden High School	19	6) Highland	17
7) Orchard Park	14	8) St. Paul H S	13
9) Holy Cross H S	10	10) Port Colborne H S	8
10) Centennial S S	8	10) Westdale	8
10) Blessed Trinity H S	8	14) Cayuga S S	6
14) St. Francis S S	6	14) Barton S.S.	6
17) Westlane S S	3	17) Hagersville S S	3
17) Jean Vanier E S	3	17) Niagara Christian College	3
21) Stamford C & V I	2	22) Fort Erie S S	1
22) Dunnville S S	1	22) Sherwood	1
22) Ancaster High	1	22) Beamsville D S S	1

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Men - Open - Team Rankings - 2 Events Scored

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1) Highland	12	2) Ancaster High	4
2) E. L. Crossley S S	4	4) Sir Winston Churchill S S	3
4) Ridgeway-Crystal Beach	3	4) Westlane S S	3
7) St. Catharines C I & V S	2	8) Lakeshore C H S	1