

Licensed to Niagara Secondary School Hy-Tek's Meet Manager 12/05/2005 11:45 PM  
 2005 Zone IV T & F Championships - 12/05/2005  
 12/05/2005  
 Results

Women 100 Meter Dash Midget

|                   |            |                 |              |    |
|-------------------|------------|-----------------|--------------|----|
| =====             |            |                 |              |    |
| Zone IV: R 13.37  | 13/05/2004 | ALANA GOERTZEN, | Laura Secord |    |
| Pre 2004: R 12.20 | 1979       | YVETTE JULES,   | Grantham     |    |
| Name              | Year       | School          | Prelims      | H# |
| =====             |            |                 |              |    |

Preliminaries

|    |                    |              |          |   |
|----|--------------------|--------------|----------|---|
| 1  | LEIGH VEERMAN      | LAURA SECORD | R 13.31Q | 1 |
| 2  | BRITTANY KADWELL   | GRIMSBY DSS  | 13.42Q   | 2 |
| 3  | ELYSHA BUMA        | HERITAGE CHR | 13.74Q   | 1 |
| 4  | MADDY SIUCIAK      | ST. FRANCIS  | 13.81Q   | 2 |
| 5  | NIINA FAUTEUX      | ST. FRANCIS  | 13.82q   | 1 |
| 6  | OLA OLOLADE        | CHURCHILL, S | 14.46q   | 2 |
| 7  | RANDI ORMEL        | HERITAGE CHR | 14.57q   | 2 |
| 8  | KAITLYN VANDERMARK | BLESSED TRIN | 14.60q   | 1 |
| 9  | KATIE OBRIEN       | GOVERNOR SIM | 14.71    | 1 |
| 10 | RACHEL JOHNSTON    | DENIS MORRIS | 14.94    | 1 |
| 11 | BRANDY SZOCKYJ     | NIAGARA D    | 15.11    | 1 |
| 12 | KAYLA TUCKWELL     | LAURA SECORD | 15.62    | 2 |
| -- | DARNELL BIRDCENEAU | DENIS MORRIS | DNS      | 2 |
| -- | KASIA POWAKIEWICZ  | DENIS MORRIS | DNS      | 2 |

Women 100 Meter Dash Midget

|                   |            |                 |              |        |
|-------------------|------------|-----------------|--------------|--------|
| =====             |            |                 |              |        |
| Zone IV: R 13.37  | 13/05/2004 | ALANA GOERTZEN, | Laura Secord |        |
| Pre 2004: R 12.20 | 1979       | YVETTE JULES,   | Grantham     |        |
| Name              | Year       | School          | Finals       | Points |
| =====             |            |                 |              |        |

Finals

|   |                    |              |        |   |
|---|--------------------|--------------|--------|---|
| 1 | LEIGH VEERMAN      | LAURA SECORD | 12.96R | 6 |
| 2 | BRITTANY KADWELL   | GRIMSBY DSS  | 12.97R | 4 |
| 3 | MADDY SIUCIAK      | ST. FRANCIS  | 13.56  | 3 |
| 4 | NIINA FAUTEUX      | ST. FRANCIS  | 13.78  | 2 |
| 5 | ELYSHA BUMA        | HERITAGE CHR | 13.79  | 1 |
| 6 | RANDI ORMEL        | HERITAGE CHR | 14.38  |   |
| 7 | OLA OLOLADE        | CHURCHILL, S | 14.52  |   |
| 8 | KAITLYN VANDERMARK | BLESSED TRIN | 14.55  |   |

Women 200 Meter Dash Midget

|                   |            |                 |                       |  |
|-------------------|------------|-----------------|-----------------------|--|
| =====             |            |                 |                       |  |
| Zone IV: R 28.49  | 13/05/2004 | ALANA GOERTZEN, | Laura Secord          |  |
| Pre 2004: R 25.25 | 1997       | DIANE PEITSCH,  | Sir Winston Churchill |  |

| Name  | Year      | School     | Finals       | H#     | Points |
|-------|-----------|------------|--------------|--------|--------|
| ===== |           |            |              |        |        |
| 1     | LEIGH     | VEERMAN    | LAURA SECORD | 26.99R | 2 6    |
| 2     | BRITTANY  | KADWELL    | GRIMSBY DSS  | 27.29R | 2 4    |
| 3     | ELYSHA    | BUMA       | HERITAGE CHR | 29.09  | 2 3    |
| 4     | RACHEL    | RENNER     | DENIS MORRIS | 29.18  | 2 2    |
| 5     | NIINA     | FAUTEUX    | ST. FRANCIS  | 29.38  | 2 1    |
| 6     | KAITLYN   | VANDERMARK | BLESSED TRIN | 30.39  | 2      |
| 7     | OLA       | OLOLADE    | CHURCHILL, S | 30.70  | 2      |
| 8     | SHAWNA    | MCPHERSON  | SOUTH LINCOL | 30.86  | 1      |
| 9     | KAYLA     | TUCKWELL   | LAURA SECORD | 31.31  | 1      |
| 10    | NIKI      | DAVIS      | BLESSED TRIN | 31.78  | 1      |
| 11    | LEAH      | STRONGHILL | DENIS MORRIS | 31.82  | 1      |
| 12    | CHRISTINE | KEBALO     | BLESSED TRIN | 32.44  | 1      |
| --    | ASHLEIGH  | FRIESEN    | LAURA SECORD | DNS    | 2      |
| --    | DARNELL   | BIRDCENEAU | DENIS MORRIS | DNS    | 1      |
| --    | MADDY     | SIUCIAK    | ST. FRANCIS  | DNS    | 1      |

## Women 400 Meter Dash Midget

| =====                                                             |           |            |              |          |        |
|-------------------------------------------------------------------|-----------|------------|--------------|----------|--------|
| Zone IV: R 1:03.76 13/05/2004 AMANDA LONGO, Denis Morris          |           |            |              |          |        |
| Pre 2004: R 1:01.60 1981 LORI LITTLEBOY, St Catharines Collegiate |           |            |              |          |        |
| Name                                                              | Year      | School     | Finals       | H#       | Points |
| =====                                                             |           |            |              |          |        |
| 1                                                                 | ESTHER    | VERMEER    | SMITHVILLE D | 1:01.90R | 2 6    |
| 2                                                                 | HEATHER   | KURPE      | GRIMSBY DSS  | 1:04.22  | 2 4    |
| 3                                                                 | EMMA      | TALLMAN    | GREAT LAKES  | 1:05.29  | 2 3    |
| 4                                                                 | SARAH     | BORIGHT    | LAURA SECORD | 1:05.70  | 2 2    |
| 5                                                                 | LEIGH     | VEERMAN    | LAURA SECORD | 1:06.44  | 2 1    |
| 6                                                                 | RACHEL    | RENNER     | DENIS MORRIS | 1:11.76  | 2      |
| 7                                                                 | MAHLER    | DANIELLE   | DENIS MORRIS | 1:14.41  | 2      |
| 8                                                                 | VICKY     | LANG       | GRIMSBY DSS  | 1:14.67  | 2      |
| 9                                                                 | LEAH      | STRONGHILL | DENIS MORRIS | 1:15.72  | 1      |
| 10                                                                | LEXIE     | LANESE     | DENIS MORRIS | 1:15.79  | 1      |
| 11                                                                | MEGAN     | ARMSTRONG  | LAURA SECORD | 1:16.04  | 1      |
| 12                                                                | LEAH      | YAROMICH   | BLESSED TRIN | 1:16.85  | 1      |
| 13                                                                | LEAH      | LANE       | BLESSED TRIN | 1:20.73  | 1      |
| --                                                                | MADELEINE | SCHRIEFER  | NIAGARA D    | DNS      | 1      |

## Women 800 Meter Run Midget

| =====                                                              |        |         |              |          |   |
|--------------------------------------------------------------------|--------|---------|--------------|----------|---|
| Zone IV: R 2:37.22 13/05/2004 AMANDA LONGO, Denis Morris           |        |         |              |          |   |
| Pre 2004: R 2:20.50 1999 MONIKA GRABOWIECKA, Sir Winston Churchill |        |         |              |          |   |
| Name                                                               | Year   | School  | Finals       | Points   |   |
| =====                                                              |        |         |              |          |   |
| 1                                                                  | ESTHER | VERMEER | SMITHVILLE D | 2:31.42R | 6 |
| 2                                                                  | ALANAH | DRAKE   | GRIMSBY DSS  | 2:35.12R | 4 |
| 3                                                                  | EMMA   | TALLMAN | GREAT LAKES  | 2:40.93  | 3 |

|    |                 |              |         |   |
|----|-----------------|--------------|---------|---|
| 4  | RACHEL RENNER   | DENIS MORRIS | 2:54.88 | 2 |
| 5  | JOAN MC CARTHY  | LAURA SECORD | 3:03.38 | 1 |
| 6  | KATE HICKS      | CHURCHILL, S | 3:10.25 |   |
| 7  | LEXIE LANESE    | DENIS MORRIS | 3:27.52 |   |
| 8  | SYDNEY BELLOWES | DENIS MORRIS | 3:40.57 |   |
| -- | HEATHER KURPE   | GRIMSBY DSS  | DNS     |   |

## Women 1500 Meter Run Midget

| =====                                                              |                   |              |         |        |
|--------------------------------------------------------------------|-------------------|--------------|---------|--------|
| Zone IV: R 4:57.78 13/05/2004 KELSIE SLATER, Grimsby DSS           |                   |              |         |        |
| Pre 2004: R 4:54.80 1999 MONIKA GRABOWIECKA, Sir Winston Churchill |                   |              |         |        |
| Name                                                               | Year              | School       | Finals  | Points |
| =====                                                              |                   |              |         |        |
| 1                                                                  | EMMA TALLMAN      | GREAT LAKES  | 5:14.32 | 6      |
| 2                                                                  | ALANAH DRAKE      | GRIMSBY DSS  | 5:14.95 | 4      |
| 3                                                                  | ALISSON SHEEHAN   | DENIS MORRIS | 5:35.67 | 3      |
| 4                                                                  | EMILY HUGHES      | GOVERNOR SIM | 5:39.81 | 2      |
| 5                                                                  | ASHLEIGH FRIESEN  | LAURA SECORD | 5:46.45 | 1      |
| 6                                                                  | BRITTNEY NOTTRODT | WEST PARK    | 5:53.99 |        |
| 7                                                                  | ERIKA KUBIAS      | ST. CATHARIN | 6:04.42 |        |
| 8                                                                  | LEXIE LANESE      | DENIS MORRIS | 6:14.97 |        |
| 9                                                                  | MEGAN ARMSTRONG   | LAURA SECORD | 6:20.59 |        |
| 10                                                                 | JOAN MC CARTHY    | LAURA SECORD | 6:26.07 |        |
| 11                                                                 | KATE HICKS        | CHURCHILL, S | 6:26.56 |        |
| 12                                                                 | GWENDOLYN DEBOER  | SMITHVILLE D | 6:43.36 |        |
| 13                                                                 | CHELSEA MCCORMICK | CHURCHILL, S | 6:45.36 |        |
| --                                                                 | KYRA ALLEN        | ST. FRANCIS  | DNS     |        |

## Women 3000 Meter Run Midget

| =====                                                               |                   |              |          |        |
|---------------------------------------------------------------------|-------------------|--------------|----------|--------|
| Zone IV: R 10:50.77 13/05/2004 KELSIE SLATER, Grimsby DSS           |                   |              |          |        |
| Pre 2004: R 11:03.97 2000 MONIKA GRABOWIECKA, Sir Winston Churchill |                   |              |          |        |
| Name                                                                | Year              | School       | Finals   | Points |
| =====                                                               |                   |              |          |        |
| 1                                                                   | ALANAH DRAKE      | GRIMSBY DSS  | 11:16.36 | 6      |
| 2                                                                   | ALISSON SHEEHAN   | DENIS MORRIS | 12:07.72 | 4      |
| 3                                                                   | EMILY HUGHES      | GOVERNOR SIM | 12:08.92 | 3      |
| 4                                                                   | ASHLEIGH FRIESEN  | LAURA SECORD | 12:34.33 | 2      |
| 5                                                                   | BRITTNEY NOTTRODT | WEST PARK    | 12:50.84 | 1      |
| 6                                                                   | JOAN MC CARTHY    | LAURA SECORD | 12:57.75 |        |
| 7                                                                   | CHELSEA MCCORMICK | CHURCHILL, S | 14:44.62 |        |
| 8                                                                   | GWENDOLYN DEBOER  | SMITHVILLE D | 15:00.03 |        |

## Women 80 Meter Hurdles Midget

| =====                                                 |      |        |         |    |
|-------------------------------------------------------|------|--------|---------|----|
| Zone IV: R 13.76 13/05/2004 LAURA STOBBE, Grimsby DSS |      |        |         |    |
| Pre 2004: R 12.50 1982 SHARI ORDERS, Niagara District |      |        |         |    |
| Name                                                  | Year | School | Prelims | H# |

=====

Preliminaries

|    |                   |              |        |   |
|----|-------------------|--------------|--------|---|
| 1  | BRITTANY KADWELL  | GRIMSBY DSS  | 14.85Q | 1 |
| 2  | MAHLER DANIELLE   | DENIS MORRIS | 15.16Q | 2 |
| 3  | JESSICA HICKS     | GRIMSBY DSS  | 15.43Q | 2 |
| 4  | JESSICA MIOTTO    | LAURA SECORD | 15.71Q | 1 |
| 5  | KAYLA COLLING     | GRIMSBY DSS  | 15.90q | 2 |
| 6  | SHANNON THOMS     | LAURA SECORD | 17.27q | 2 |
| 7  | LEAH YAROMICH     | BLESSED TRIN | 17.48q | 1 |
| 8  | SARAH BORIGHT     | LAURA SECORD | 18.08q | 1 |
| -- | KARLEY BEACH      | GRIMSBY DSS  | DNS    | 1 |
| -- | HILARY VAN GELDER | LAURA SECORD | SCR    |   |

Women 80 Meter Hurdles Midget

=====

| Zone IV: R 13.76 13/05/2004 LAURA STOBBE, Grimsby DSS |      |        |        |        |
|-------------------------------------------------------|------|--------|--------|--------|
| Pre 2004: R 12.50 1982 SHARI ORDERS, Niagara District |      |        |        |        |
| Name                                                  | Year | School | Finals | Points |

=====

Finals

|   |                  |              |       |   |
|---|------------------|--------------|-------|---|
| 1 | BRITTANY KADWELL | GRIMSBY DSS  | 14.00 | 6 |
| 2 | SARAH BORIGHT    | LAURA SECORD | 14.40 | 4 |
| 3 | MAHLER DANIELLE  | DENIS MORRIS | 14.49 | 3 |
| 4 | JESSICA HICKS    | GRIMSBY DSS  | 14.64 | 2 |
| 5 | JESSICA MIOTTO   | LAURA SECORD | 15.25 | 1 |
| 6 | KAYLA COLLING    | GRIMSBY DSS  | 15.32 |   |
| 7 | LEAH YAROMICH    | BLESSED TRIN | 16.89 |   |
| 8 | SHANNON THOMS    | LAURA SECORD | 17.06 |   |

Women 300 Meter Hurdles Midget

=====

| Zone IV: R 52.59 13/05/2004 ELISHA ROGAL, Beamsville D        |      |        |        |           |
|---------------------------------------------------------------|------|--------|--------|-----------|
| Pre 2004: R 47.07 1997 KRISTY DEVRIES, Laura Secord Secondary |      |        |        |           |
| Name                                                          | Year | School | Finals | H# Points |

=====

|    |                   |              |         |   |   |
|----|-------------------|--------------|---------|---|---|
| 1  | ESTHER VERMEER    | SMITHVILLE D | 47.23R  | 2 | 6 |
| 2  | HEATHER KURPE     | GRIMSBY DSS  | 50.11R  | 2 | 4 |
| 3  | SARAH BORIGHT     | LAURA SECORD | 50.54R  | 2 | 3 |
| 4  | MAHLER DANIELLE   | DENIS MORRIS | 53.33   | 2 | 2 |
| 5  | VICKY LANG        | GRIMSBY DSS  | 54.47   | 2 | 1 |
| 6  | SHAWNA MCPHERSON  | SOUTH LINCOL | 54.75   | 2 |   |
| 7  | HILARY VAN GELDER | LAURA SECORD | 58.65   | 1 |   |
| 8  | SHANNON THOMS     | LAURA SECORD | 1:00.46 | 1 |   |
| 9  | ALLIE ZARUK       | GRIMSBY DSS  | 1:00.86 | 1 |   |
| -- | KARLEY BEACH      | GRIMSBY DSS  | DNS     | 2 |   |

Women 4x100 Meter Relay Midget

=====

Zone IV: R 53.39 13/05/2004 LAURA SECORD S S, Laura Secord  
 N Ilunga, A Goertzen, L Smith, I Norton  
 Pre 2004: R 53.20 1977 , Sir Winston Churchill  
 Pre 2004: R 53.20 1971 , Sir Winston Churchill

| School | Finals | Points |
|--------|--------|--------|
|--------|--------|--------|

|                           |                     |   |
|---------------------------|---------------------|---|
| 1 GRIMSBY D S S 'A'       | 55.12               | 6 |
| 1) KRISTIN MACLEOD        | 2) HEATHER KURPE    |   |
| 3) VICKY LANG             | 4) BRITTANY KADWELL |   |
| 2 LAURA SECORD S S 'A'    | 56.55               | 4 |
| 1) SARAH BORIGHT          | 2) ASHLEIGH FRIESEN |   |
| 3) MEGAN ARMSTRONG        | 4) LEIGH VEERMAN    |   |
| 3 BLESSED TRINITY H S 'A' | 59.34               | 3 |
| -- DENIS MORRIS H S 'A'   | DQ                  |   |
| -- SOUTH LINCOLN H S 'A'  | DNS                 |   |

### Women High Jump Midget

Zone IV: R 1.42m 13/05/2004 AMANDA SMITH, West Park  
 Pre 2004: R 1.63m 1990 JANET WHEELER, Grimsby Secondary

| Name | Year | School | Finals | Points |
|------|------|--------|--------|--------|
|------|------|--------|--------|--------|

|                      |              |        |   |
|----------------------|--------------|--------|---|
| 1 RENATE TRACE       | BEAMSVILLE D | 1.51mR | 6 |
| 2 KRISTIN MACLEOD    | GRIMSBY DSS  | 1.41m  | 4 |
| 3 CALEY VANULAR      | NIAGARA D    | J1.41m | 3 |
| 4 JESSICA HICKS      | GRIMSBY DSS  | J1.41m | 2 |
| 5 BRITTANY KUZYK     | CHURCHILL, S | 1.36m  | 1 |
| 6 BRITTANY UMER      | DENIS MORRIS | J1.36m |   |
| 7 SAMANTHA SAURIOL   | DENIS MORRIS | J1.36m |   |
| 8 TARYN LAVACCA      | CHURCHILL, S | 1.26m  |   |
| 9 SYDNEY BELLWS      | DENIS MORRIS | J1.26m |   |
| -- ARIANA GILLIS     | BLESSED TRIN | DNS    |   |
| -- KASIA POWAKIEWICZ | DENIS MORRIS | DNS    |   |

### Women Long Jump Midget

Zone IV: R 4.17m 13/05/2004 HOLLY WALSH, Blessed Trin  
 Pre 2004: R 4.95m 1997 ROBYN AHLSTEDT, Laura Secord Secondary

| Name | Year | School | Finals | Points |
|------|------|--------|--------|--------|
|------|------|--------|--------|--------|

|                       |              |        |   |
|-----------------------|--------------|--------|---|
| 1 MADDY SIUCIAK       | ST. FRANCIS  | 4.49mR | 6 |
| 2 RENATE TRACE        | BEAMSVILLE D | 4.45mR | 4 |
| 3 NIINA FAUXTEUX      | ST. FRANCIS  | 4.35mR | 3 |
| 4 JESSICA MIOTTO      | LAURA SECORD | 3.80m  | 2 |
| 5 CALEY VANULAR       | NIAGARA D    | 3.74m  | 1 |
| 6 RACHEL JOHNSTON     | DENIS MORRIS | 3.60m  |   |
| 7 MADELEINE SCHRIEFER | NIAGARA D    | 3.46m  |   |
| 8 RACHEL TENG         | LAKEPORT SS  | 3.37m  |   |

|    |                   |              |       |
|----|-------------------|--------------|-------|
| 9  | LEAH YAROMICH     | BLESSED TRIN | 3.22m |
| 10 | KAYLA TUCKWELL    | LAURA SECORD | 2.98m |
| 11 | SHELBY FLORIL     | NIAGARA D    | 2.84m |
| 12 | SAMANTHA SAURIOL  | DENIS MORRIS | 2.73m |
| 13 | ERIN SPELLER      | GRIMSBY DSS  | 2.50m |
| -- | KASIA POWAKIEWICZ | DENIS MORRIS | DNS   |
| -- | ARIANA GILLIS     | BLESSED TRIN | DNS   |

## Women Triple Jump Midget

| =====                                                       |                   |              |         |        |
|-------------------------------------------------------------|-------------------|--------------|---------|--------|
| Zone IV: R 9.27m 13/05/2004 ALICIA ARMSTRONG, Niagara D     |                   |              |         |        |
| Pre 2004: R 10.00m 2001 HEIDI BENCH, Laura Secord Secondary |                   |              |         |        |
| Name                                                        | Year              | School       | Finals  | Points |
| =====                                                       |                   |              |         |        |
| 1                                                           | RENATE TRACE      | BEAMSVILLE D | 10.07mR | 6      |
| 2                                                           | RANDI ORMEL       | HERITAGE CHR | 9.21m   | 4      |
| 3                                                           | CALEY VANULAR     | NIAGARA D    | 9.19m   | 3      |
| 4                                                           | JESSICA MIOTTO    | LAURA SECORD | 9.03m   | 2      |
| 5                                                           | RACHEL TENG       | LAKEPORT SS  | 8.77m   | 1      |
| 6                                                           | ASHLEY VOROS      | LAKEPORT SS  | 8.29m   |        |
| 7                                                           | SHELBY FLORIL     | NIAGARA D    | 7.89m   |        |
| 8                                                           | NICOLE HANSON     | BLESSED TRIN | 7.85m   |        |
| 9                                                           | BRITTNEY NOTTRODT | WEST PARK    | 7.82m   |        |
| 10                                                          | SHAWNA MCPHERSON  | SOUTH LINCOL | 7.36m   |        |
| 11                                                          | SARAH CONNERS     | WEST PARK    | 7.34m   |        |
| --                                                          | KARLEY BEACH      | GRIMSBY DSS  | DNS     |        |

## Women Shot Put Midget

| =====                                                |                   |              |        |        |
|------------------------------------------------------|-------------------|--------------|--------|--------|
| Zone IV: R 7.87m 13/05/2004 AUBRIE SMITH, Niagara D  |                   |              |        |        |
| Pre 2004: R 10.50m 1973 LAURA READ, Niagara District |                   |              |        |        |
| Name                                                 | Year              | School       | Finals | Points |
| =====                                                |                   |              |        |        |
| 1                                                    | SARAH BIEGA       | CHURCHILL, S | 9.07mR | 6      |
| 2                                                    | STEPH COSTIFF     | GRIMSBY DSS  | 8.08mR | 4      |
| 3                                                    | AMANDA VOORBERG   | GRIMSBY DSS  | 7.98mR | 3      |
| 4                                                    | BRITTANY KUZYK    | CHURCHILL, S | 7.73m  | 2      |
| 5                                                    | SAMANTHA SAURIOL  | DENIS MORRIS | 7.19m  | 1      |
| 6                                                    | TARYN LAVACCA     | CHURCHILL, S | 6.99m  |        |
| 7                                                    | ERIN SPELLER      | GRIMSBY DSS  | 6.74m  |        |
| 8                                                    | AMANDA DAVIDSON   | GRIMSBY DSS  | 6.43m  |        |
| 9                                                    | BRITTANY UMER     | DENIS MORRIS | 5.80m  |        |
| 10                                                   | ALEXANDRIA CIRONE | ST. FRANCIS  | 5.71m  |        |

## Women Discus Throw Midget

|                                                    |  |  |  |  |
|----------------------------------------------------|--|--|--|--|
| =====                                              |  |  |  |  |
| Zone IV: R 24.50m 13/05/2004 DANA BEE, Grimsby DSS |  |  |  |  |
| Pre 2004: R 30.50m 1975 GAYLE WRIGHT, Grantham     |  |  |  |  |

| Name              | Year School  | Finals | Points |
|-------------------|--------------|--------|--------|
| =====             |              |        |        |
| 1 BRITTANY KUZYK  | CHURCHILL, S | 23.49m | 6      |
| 2 SARAH BIEGA     | CHURCHILL, S | 22.13m | 4      |
| 3 AMANDA DAVIDSON | GRIMSBY DSS  | 22.02m | 3      |
| 4 NICOLE HANSON   | BLESSED TRIN | 21.12m | 2      |
| 5 ERIN SPELLER    | GRIMSBY DSS  | 20.41m | 1      |
| 6 TARYN LAVACCA   | CHURCHILL, S | 20.39m |        |
| 7 KATE BOOK       | ST. FRANCIS  | 16.81m |        |

## Women Javelin Throw Midget

| =====                                                    |              |        |        |
|----------------------------------------------------------|--------------|--------|--------|
| Zone IV: R 27.28m 13/05/2004 HEATHER EYMAN, Churchill, S |              |        |        |
| Pre 2004: R 32.80m 1999 SARAH KISH, St. Francis          |              |        |        |
| Name                                                     | Year School  | Finals | Points |
| =====                                                    |              |        |        |
| 1 STEPH COSTIFF                                          | GRIMSBY DSS  | 25.93m | 6      |
| 2 SARAH BIEGA                                            | CHURCHILL, S | 24.34m | 4      |
| 3 BRANDY SZOCKYJ                                         | NIAGARA D    | 22.95m | 3      |
| 4 TRACY WATTS                                            | GRIMSBY DSS  | 22.82m | 2      |
| 5 KATE BOOK                                              | ST. FRANCIS  | 22.38m | 1      |
| 6 AMANDA VOORBERG                                        | GRIMSBY DSS  | 19.28m |        |
| 7 NICOLE HANSON                                          | BLESSED TRIN | 17.32m |        |
| 8 LAUREN BUMA                                            | GRIMSBY DSS  | 17.22m |        |

## Women 100 Meter Dash Junior

| =====                                                   |             |         |    |
|---------------------------------------------------------|-------------|---------|----|
| Zone IV: R 13.06 13/05/2004 BETHANY MOES, Eden High Sc  |             |         |    |
| Pre 2004: R 12.18 2000 CATHARINE OKIWINSKY, St. Francis |             |         |    |
| Name                                                    | Year School | Prelims | H# |
| =====                                                   |             |         |    |

## Preliminaries

|                      |              |        |   |
|----------------------|--------------|--------|---|
| 1 NATASHA BONK       | ST. FRANCIS  | 13.60Q | 1 |
| 2 ALLEY PUHACH       | WEST PARK    | 13.77Q | 2 |
| 3 KIRSTEN JANSEN     | EDEN HIGH SC | 13.77Q | 1 |
| 4 ALANA GOERTZEN     | LAURA SECORD | 13.86Q | 2 |
| 5 ILYSE NORTON       | LAURA SECORD | 13.99q | 2 |
| 6 AMANDA SMITH       | WEST PARK    | 14.11q | 2 |
| 7 MEGAN PURDY        | BEAMSVILLE D | 14.34q | 1 |
| 8 KATIE WIERENGA     | SMITHVILLE D | 14.44q | 1 |
| 9 KATIE JORRITSMA    | SMITHVILLE D | 14.64  | 1 |
| 10 ALEDA EVANGELISTO | BLESSED TRIN | 14.71  | 1 |
| 11 HEATHER DOWD      | LAURA SECORD | 14.72  | 2 |
| 12 JOELLE KUPSCH     | CHURCHILL, S | 14.89  | 1 |
| 13 JULIA HOWE        | HOLY CROSS H | 14.97  | 2 |
| 14 BRITTANY NORRIS   | BLESSED TRIN | 15.20  | 1 |

## Women 100 Meter Dash Junior

```

=====
Zone IV: R 13.06 13/05/2004 BETHANY MOES, Eden High Sc
Pre 2004: R 12.18 2000 CATHARINE OKIWINSKY, St. Francis
Name Year School Finals Points
=====

```

# Finals

|    |                |              |       |   |
|----|----------------|--------------|-------|---|
| 1  | NATASHA BONK   | ST. FRANCIS  | 13.40 | 6 |
| 2  | KIRSTEN JANSEN | EDEN HIGH SC | 13.64 | 4 |
| 3  | ALLEY PUHACH   | WEST PARK    | 13.78 | 3 |
| 4  | AMANDA SMITH   | WEST PARK    | 13.87 | 2 |
| 5  | ILYSE NORTON   | LAURA SECORD | 13.95 | 1 |
| 6  | ALANA GOERTZEN | LAURA SECORD | 13.96 |   |
| 7  | KATIE WIERENGA | SMITHVILLE D | 14.35 |   |
| -- | MEGAN PURDY    | BEAMSVILLE D | DQ    |   |

# Women 200 Meter Dash Junior

```

=====
Zone IV: R 27.88 13/05/2004 AMANDA MCMURTRIE, South Lincol
Pre 2004: R 25.55 1998 DIANNE PEITSCH, Sir Winston Churchill
Name Year School Finals H# Points
=====

```

|    |                   |              |        |   |     |
|----|-------------------|--------------|--------|---|-----|
| 1  | KATIE WERNER      | GRIMSBY DSS  | 27.54R | 2 | 6   |
| 2  | NATASHA BONK      | ST. FRANCIS  | 27.74R | 2 | 4   |
| 3  | BRYANNA KELLY     | BEAMSVILLE D | 27.75R | 2 | 3   |
| 4  | ALANA GOERTZEN    | LAURA SECORD | 28.90  | 2 | 1.5 |
| 4  | BRITTANY NORRIS   | BLESSED TRIN | 28.90  | 2 | 1.5 |
| 6  | HEATHER DOWD      | LAURA SECORD | 30.04  | 2 |     |
| 7  | JOELLE KUPSCH     | CHURCHILL, S | 30.44  | 1 |     |
| 8  | ALEDA EVANGELISTO | BLESSED TRIN | 30.48  | 2 |     |
| 9  | BRENDA HENRY      | GRIMSBY DSS  | 30.83  | 1 |     |
| 10 | BERRIT PAGE       | DENIS MORRIS | 31.07  | 1 |     |
| 11 | HEATHER STRUYK    | SMITHVILLE D | 31.61  | 1 |     |
| 12 | SANDRA KURDZIEL   | DENIS MORRIS | 32.69  | 1 |     |
| 13 | DENELLE KENNEDY   | DENIS MORRIS | 33.40  | 2 |     |

# Women 400 Meter Dash Junior

```

=====
Zone IV: R 1:00.77 13/05/2004 AMANDA MCMURTRIE, South Lincol
Pre 2004: R 59.60 1986 PATTY HIEBERT, Eden High School
Name Year School Finals H# Points
=====

```

|   |                    |              |         |   |   |
|---|--------------------|--------------|---------|---|---|
| 1 | AMANDA LONGO       | DENIS MORRIS | 1:05.39 | 2 | 6 |
| 2 | RACHEL NATELE      | ST. FRANCIS  | 1:07.09 | 2 | 4 |
| 3 | DENELLE KENNEDY    | DENIS MORRIS | 1:10.51 | 2 | 3 |
| 4 | BECKY SHANTZ       | LAURA SECORD | 1:11.81 | 2 | 2 |
| 5 | KAILA GAGNIER      | BLESSED TRIN | 1:11.86 | 2 | 1 |
| 6 | BRITNEY ELLIS      | ST. FRANCIS  | 1:12.79 | 2 |   |
| 7 | ALLISON VNADERZALM | HOLY CROSS H | 1:13.82 | 2 |   |

|   |                   |              |         |   |
|---|-------------------|--------------|---------|---|
| 8 | ALEDA EVANGELISTO | BLESSED TRIN | 1:15.23 | 1 |
| 9 | LIZ THOMAS        | NIAGARA D    | 1:16.67 | 1 |

## Women 800 Meter Run Junior

| =====                                                         |                    |              |          |           |
|---------------------------------------------------------------|--------------------|--------------|----------|-----------|
| Zone IV: R 2:39.59 13/05/2004 SAMANTHA DILLMAN, Holy Cross H  |                    |              |          |           |
| Pre 2004: R 2:25.20 2002 CAITLIN PAULS, Sir Winston Churchill |                    |              |          |           |
| Name                                                          | Year               | School       | Finals   | H# Points |
| =====                                                         |                    |              |          |           |
| 1                                                             | KELSIE SLATER      | GRIMSBY DSS  | 2:23.17R | 2 6       |
| 2                                                             | LINDSAY MOORADIAN  | WEST PARK    | 2:36.74R | 2 4       |
| 3                                                             | AMANDA LONGO       | DENIS MORRIS | 2:37.03R | 2 3       |
| 4                                                             | LAUREL SISLER      | CHURCHILL, S | 2:43.37  | 2 2       |
| 5                                                             | EMMA SMALLEY       | GRIMSBY DSS  | 2:46.55  | 2 1       |
| 6                                                             | KAILA GAGNIER      | BLESSED TRIN | 2:48.43  | 2         |
| 7                                                             | ELIZABETH KING     | ST. FRANCIS  | 2:49.05  | 2         |
| 8                                                             | RACHEL NATELE      | ST. FRANCIS  | 2:49.83  | 2         |
| 9                                                             | ALICIA BEYNON      | SOUTH LINCOL | 2:51.93  | 1         |
| 10                                                            | BECKY SHANTZ       | LAURA SECORD | 3:00.89  | 1         |
| 11                                                            | ALLISON VNADERZALM | HOLY CROSS H | 3:01.30  | 1         |
| 12                                                            | DENELLE KENNEDY    | DENIS MORRIS | 3:02.46  | 1         |
| 13                                                            | JOURDAN BIRD       | CHURCHILL, S | 3:02.69  | 1         |
| 14                                                            | TRISHA HOWARD      | ST. FRANCIS  | 3:31.12  | 1         |
| 15                                                            | JENNIFER HOWARD    | ST. FRANCIS  | 3:31.14  | 1         |

## Women 1500 Meter Run Junior

| =====                                                  |                     |              |          |        |
|--------------------------------------------------------|---------------------|--------------|----------|--------|
| Zone IV: R 5:25.71 13/05/2004 CARLY DRAKE, Grimsby DSS |                     |              |          |        |
| Pre 2004: R 4:56.00 1991 KRISTIE OTTO, Lakeport        |                     |              |          |        |
| Name                                                   | Year                | School       | Finals   | Points |
| =====                                                  |                     |              |          |        |
| 1                                                      | KELSIE SLATER       | GRIMSBY DSS  | 4:58.43R | 6      |
| 2                                                      | LINDSAY MOORADIAN   | WEST PARK    | 5:24.52R | 4      |
| 3                                                      | REBECCA TALLMAN     | GREAT LAKES  | 5:35.54  | 3      |
| 4                                                      | LAUREL SISLER       | CHURCHILL, S | 5:36.42  | 2      |
| 5                                                      | BRITNEY ELLIS       | ST. FRANCIS  | 5:40.87  | 1      |
| 6                                                      | ALICIA BEYNON       | SOUTH LINCOL | 5:44.28  |        |
| 7                                                      | MICHELLE HONSBERGER | DENIS MORRIS | 5:46.09  |        |
| 8                                                      | EMMA SMALLEY        | GRIMSBY DSS  | 5:50.39  |        |
| 9                                                      | AMANDA LONGO        | DENIS MORRIS | 5:59.90  |        |
| 10                                                     | NAHIELLY FERNANDEZ  | CHURCHILL, S | 6:22.35  |        |
| --                                                     | JOURDAN BIRD        | CHURCHILL, S | DNS      |        |
| --                                                     | LAURA COWAL         | DENIS MORRIS | DNS      |        |
| --                                                     | ELLEN SCHOLL        | CHURCHILL, S | DNS      |        |

## Women 3000 Meter Run Junior

|                                                         |  |  |  |  |
|---------------------------------------------------------|--|--|--|--|
| =====                                                   |  |  |  |  |
| Zone IV: R 11:59.18 13/05/2004 CARLY DRAKE, Grimsby DSS |  |  |  |  |

| Pre 2004: R 10:39.60  |      | 1991         | KRISTIE OTTO, Lakeport |        |
|-----------------------|------|--------------|------------------------|--------|
| Name                  | Year | School       | Finals                 | Points |
| =====                 |      |              |                        |        |
| 1 LINDSAY MOORADIAN   |      | WEST PARK    | 11:24.85R              | 6      |
| 2 LAUREL SISLER       |      | CHURCHILL, S | 12:28.17               | 4      |
| 3 MICHELLE HONSBERGER |      | DENIS MORRIS | 12:31.37               | 3      |
| 4 REBECCA TALLMAN     |      | GREAT LAKES  | 12:45.18               | 2      |
| 5 ALICIA BEYNON       |      | SOUTH LINCOL | 13:47.09               | 1      |
| 6 NAHIELLY FERNANDEZ  |      | CHURCHILL, S | 13:58.68               |        |
| -- ELLEN SCHOLL       |      | CHURCHILL, S | DNF                    |        |

## Women 80 Meter Hurdles Junior

| Zone IV: R 15.30  |      | 13/05/2004 | KATRINA PIETSCH, Holy Cross H |    |
|-------------------|------|------------|-------------------------------|----|
| Pre 2004: R 12.00 |      | 1998       | SARAH MILLER, St. Francis     |    |
| Name              | Year | School     | Prelims                       | H# |
| =====             |      |            |                               |    |

## Preliminaries

|                       |  |              |          |   |
|-----------------------|--|--------------|----------|---|
| 1 KATIE WERNER        |  | GRIMSBY DSS  | R 12.90Q | 1 |
| 2 LAURA STOBBE        |  | GRIMSBY DSS  | R 13.91Q | 2 |
| 3 JANINE YAROMICH     |  | BLESSED TRIN | R 14.72Q | 1 |
| 4 KYLA BELLISARIO     |  | GRIMSBY DSS  | 15.51Q   | 2 |
| 5 ILYSE NORTON        |  | LAURA SECORD | R 14.82q | 1 |
| 6 TRISHA HOWARD       |  | ST. FRANCIS  | 15.51q   | 1 |
| 7 JULIA HOWE          |  | HOLY CROSS H | 15.84q   | 2 |
| 8 JENNIFER HOWARD     |  | ST. FRANCIS  | 15.98q   | 2 |
| 9 VICTORIA MARTINDALE |  | BEAMSVILLE D | 16.39    | 1 |
| 10 HEATHER DOWD       |  | LAURA SECORD | 17.03    | 2 |
| 11 HEATHER STRUYK     |  | SMITHVILLE D | 17.67    | 2 |
| 12 CASSIE SMITH       |  | GRIMSBY DSS  | 17.71    | 2 |
| 13 JOSCELYN DYKSTRA   |  | BEAMSVILLE D | 18.15    | 1 |

## Women 80 Meter Hurdles Junior

| Zone IV: R 15.30  |      | 13/05/2004 | KATRINA PIETSCH, Holy Cross H |        |
|-------------------|------|------------|-------------------------------|--------|
| Pre 2004: R 12.00 |      | 1998       | SARAH MILLER, St. Francis     |        |
| Name              | Year | School     | Finals                        | Points |
| =====             |      |            |                               |        |

## Finals

|                   |  |              |        |   |
|-------------------|--|--------------|--------|---|
| 1 KATIE WERNER    |  | GRIMSBY DSS  | 12.85R | 6 |
| 2 LAURA STOBBE    |  | GRIMSBY DSS  | 14.13R | 4 |
| 3 JANINE YAROMICH |  | BLESSED TRIN | 14.86R | 3 |
| 4 ILYSE NORTON    |  | LAURA SECORD | 15.12R | 2 |
| 5 KYLA BELLISARIO |  | GRIMSBY DSS  | 15.33  | 1 |
| 6 TRISHA HOWARD   |  | ST. FRANCIS  | 15.54  |   |
| 7 JENNIFER HOWARD |  | ST. FRANCIS  | 15.61  |   |
| 8 JULIA HOWE      |  | HOLY CROSS H | 15.72  |   |

## Women 300 Meter Hurdles Junior

|                       |            |                                        |        |    |        |
|-----------------------|------------|----------------------------------------|--------|----|--------|
| =====                 |            |                                        |        |    |        |
| Zone IV: R 48.11      | 13/05/2004 | AMANDA MCMURTRIE, South Lincol         |        |    |        |
| Pre 2004: R 46.00     | 1998       | KRISTY DEVRIES, Laura Secord Secondary |        |    |        |
| Name                  | Year       | School                                 | Finals | H# | Points |
| =====                 |            |                                        |        |    |        |
| 1 KATIE WERNER        |            | GRIMSBY DSS                            | 49.28  | 2  | 6      |
| 2 ILYSE NORTON        |            | LAURA SECORD                           | 53.43  | 2  | 4      |
| 3 JANINE YAROMICH     |            | BLESSED TRIN                           | 54.14  | 2  | 3      |
| 4 CARLY ROGAL         |            | BEAMSVILLE D                           | 54.72  | 2  | 2      |
| 5 LAURA STOBBE        |            | GRIMSBY DSS                            | 55.30  | 2  | 1      |
| 6 VICTORIA MARTINDALE |            | BEAMSVILLE D                           | 56.59  | 2  |        |
| 7 ELISHA ROGAL        |            | BEAMSVILLE D                           | 56.80  | 2  |        |
| 8 LIZ THOMAS          |            | NIAGARA D                              | 57.39  | 2  |        |
| -- JOSCELYN DYKSTRA   |            | BEAMSVILLE D                           | DNS    | 1  |        |

## Women 4x100 Meter Relay Junior

|                                 |            |                                           |         |        |  |
|---------------------------------|------------|-------------------------------------------|---------|--------|--|
| =====                           |            |                                           |         |        |  |
| Zone IV: R 55.87                | 13/05/2004 | SOUTH LINCOLN H S, South Lincol           |         |        |  |
|                                 |            | J Comley, L Comley, A Comley, A McMurtrie |         |        |  |
| Pre 2004: R 51.40               | 1978       | , Sir Winston Churchill                   |         |        |  |
| School                          |            |                                           | Finals  | Points |  |
| =====                           |            |                                           |         |        |  |
| 1 ST. FRANCIS S S 'A'           |            |                                           | 54.17R  | 6      |  |
| 2 BEAMSVILLE D S S 'A'          |            |                                           | 54.81R  | 4      |  |
| 3 WEST PARK S S 'A'             |            |                                           | 56.44   | 3      |  |
| 1) AMANDA SMITH                 |            | 2) ALLEY PUHACH                           |         |        |  |
| 3) ERIN BELLWS                  |            | 4) JESSIE RIVE                            |         |        |  |
| 4 LAURA SECORD S S 'A'          |            |                                           | 57.13   | 2      |  |
| 1) ILYSE NORTON                 |            | 2) ALANA GORTZEN                          |         |        |  |
| 3) KRISTA CATELLA               |            | 4) HEATHER DOWD                           |         |        |  |
| 5 SMITHVILLE DISTRICT C H S 'A' |            |                                           | 58.31   | 1      |  |
| 1) KATIE JORRITSMA              |            | 2) KATIE WIERENGA                         |         |        |  |
| 3) ANNELIE BREUGEM              |            | 4) HEATHER STRUYK                         |         |        |  |
| 6 GRIMSBY D S S 'A'             |            |                                           | 58.63   |        |  |
| 1) CASSIE SMITH                 |            | 2) LAURA STOBBE                           |         |        |  |
| 3) BRENDA HENRY                 |            | 4) KATIE WERNER                           |         |        |  |
| 7 EDEN HIGH SCHOOL 'A'          |            |                                           | 1:01.47 |        |  |
| 1) GRACE CERIMINARA             |            | 2) KIRSTEN JANSEN                         |         |        |  |
| 3) DAYNA LEGGE                  |            | 4) KAYLEY PREECE                          |         |        |  |
| -- BLESSED TRINITY H S 'A'      |            |                                           | DNS     |        |  |
| 1) KAYLA GAGNIER                |            | 2)                                        |         |        |  |
| 3) AGATHA WOJEIK                |            | 4) ALEDA EVANGELISTO                      |         |        |  |

## Women High Jump Junior

|                   |            |                                  |  |  |  |
|-------------------|------------|----------------------------------|--|--|--|
| =====             |            |                                  |  |  |  |
| Zone IV: R 1.42m  | 13/05/2004 | KATRINA PIETSCH, Holy Cross H    |  |  |  |
| Pre 2004: R 1.70m | 1992       | WANITA DYKSTRA, Beacon Christian |  |  |  |

| Name  | Year   | School    | Finals       | Points    |
|-------|--------|-----------|--------------|-----------|
| ===== |        |           |              |           |
| 1     | AMANDA | BRUTON    | ST. FRANCIS  | 1.47mR 6  |
| 2     | KATIE  | WIERENGA  | SMITHVILLE D | 1.42mR 4  |
| 3     | MEGAN  | PURDY     | BEAMSVILLE D | J1.42mR 3 |
| 4     | ALLEY  | PUHACH    | WEST PARK    | 1.37m 2   |
| 5     | AMANDA | SMITH     | WEST PARK    | J1.37m 1  |
| 6     | KATIE  | JORRITSMA | SMITHVILLE D | J1.37m    |
| 7     | ERIN   | BELLOWS   | WEST PARK    | J1.37m    |
| 8     | RACHEL | FLYNN     | DENIS MORRIS | 1.32m     |
| 9     | SANDRA | KURDZIEL  | DENIS MORRIS | J1.32m    |
| 10    | AMY    | MITCHELL  | LAURA SECORD | 1.22m     |

## Women Pole Vault Midget / Junior

| =====                                                   |         |        |              |        |
|---------------------------------------------------------|---------|--------|--------------|--------|
| Zone IV: R 2.10m 13/05/2004 BRYANNA KELLY, Beamsville D |         |        |              |        |
| Name                                                    | Year    | School | Finals       | Points |
| =====                                                   |         |        |              |        |
| 1                                                       | ELISHA  | ROGAL  | BEAMSVILLE D | 2.22mR |
| 1                                                       | LINDSAY | MARTIN | BEAMSVILLE D | 2.22mR |
| 1                                                       | BRYANNA | KELLY  | BEAMSVILLE D | 2.22mR |

## Women Long Jump Junior

| =====                                                         |          |           |              |         |
|---------------------------------------------------------------|----------|-----------|--------------|---------|
| Zone IV: R 4.62m 13/05/2004 BETHANY MOES, Eden High Sc        |          |           |              |         |
| Pre 2004: R 5.05m 1967 SHIELA FLOWERS, Laura Secord Secondary |          |           |              |         |
| Name                                                          | Year     | School    | Finals       | Points  |
| =====                                                         |          |           |              |         |
| 1                                                             | LAUREN   | OROSZ     | BEAMSVILLE D | 4.18m 6 |
| 2                                                             | ALANA    | GOERTZEN  | LAURA SECORD | 4.12m 4 |
| 3                                                             | TIFFANY  | SMITH     | GREAT LAKES  | 3.85m 3 |
| 4                                                             | KATIE    | WIERENGA  | SMITHVILLE D | 3.84m 2 |
| 5                                                             | ERICA    | MOSSOP    | BLESSED TRIN | 3.73m 1 |
| 6                                                             | SANDRA   | KURDZIEL  | DENIS MORRIS | 3.39m   |
| 7                                                             | KRISTA   | CATELLA   | LAURA SECORD | 3.29m   |
| 8                                                             | JOELLE   | KUPSCH    | CHURCHILL, S | 3.02m   |
| 9                                                             | BRITTANY | BERGMAN   | SMITHVILLE D | 2.94m   |
| 10                                                            | JENNI    | LEES      | LAKEPORT SS  | 2.88m   |
| 11                                                            | AMY      | MITCHELL  | LAURA SECORD | 2.67m   |
| 12                                                            | BERRIT   | PAGE      | DENIS MORRIS | 2.33m   |
| --                                                            | LAURA    | COWAL     | DENIS MORRIS | DNS     |
| --                                                            | ALICIA   | ARMSTRONG | NIAGARA D    | DNS     |

## Women Triple Jump Junior

| =====                                                    |      |        |        |        |
|----------------------------------------------------------|------|--------|--------|--------|
| Zone IV: R 10.20m 13/05/2004 SHAWNA HANSON, Blessed Trin |      |        |        |        |
| Pre 2004: R 10.94m 1992 WANITA DYKSTRA, Beacon Christian |      |        |        |        |
| Name                                                     | Year | School | Finals | Points |

|    |                  |              |       |   |
|----|------------------|--------------|-------|---|
| 1  | LAUREN OROSZ     | BEAMSVILLE D | 8.80m | 6 |
| 2  | LIZ THOMAS       | NIAGARA D    | 8.44m | 4 |
| 3  | CARLY ROGAL      | BEAMSVILLE D | 8.30m | 3 |
| 4  | ELISHA ROGAL     | BEAMSVILLE D | 8.28m | 2 |
| 5  | JOURDAN BIRD     | CHURCHILL, S | 7.91m | 1 |
| 6  | GRACE CERIMINARA | EDEN HIGH SC | 7.79m |   |
| 7  | ERICA MOSSOP     | BLESSED TRIN | 7.75m |   |
| 8  | BRANDI PAPINEAU  | WEST PARK    | 7.58m |   |
| 9  | KRISTA CATELLA   | LAURA SECORD | 7.31m |   |
| 10 | ELLEN SCHOLL     | CHURCHILL, S | 6.82m |   |
| 11 | AMY MITCHELL     | LAURA SECORD | 6.55m |   |
| 12 | ALEXANDRA FARROW | LAURA SECORD | 5.29m |   |
| -- | ALICIA ARMSTRONG | NIAGARA D    | DNS   |   |

## Women Shot Put Junior

| Zone IV: R 9.25m 13/05/2004 KATHLEEN WILSON, Governor Sim |                     |              |        |        |
|-----------------------------------------------------------|---------------------|--------------|--------|--------|
| Pre 2004: R 10.86m 1979 HOLLY QUIRING, Lakeport           |                     |              |        |        |
| Name                                                      | Year                | School       | Finals | Points |
| 1                                                         | JESSIE RIVE         | WEST PARK    | 8.83m  | 6      |
| 2                                                         | AUBRIE SMITH        | NIAGARA D    | 8.77m  | 4      |
| 3                                                         | JENNA LANSKY        | GRIMSBY DSS  | 8.34m  | 3      |
| 4                                                         | HEATHER EYMAN       | CHURCHILL, S | 7.72m  | 2      |
| 5                                                         | KAILEY PREECE       | EDEN HIGH SC | 7.64m  | 1      |
| 6                                                         | RACHEL ANTONIO      | ST. FRANCIS  | 7.09m  |        |
| 7                                                         | BRITTANY MITCHELL   | BLESSED TRIN | 6.90m  |        |
| 8                                                         | KAYLA WALSH         | BLESSED TRIN | 6.72m  |        |
| 9                                                         | MICHELLE HONSBERGER | DENIS MORRIS | 5.69m  |        |
| 10                                                        | BERRIT PAGE         | DENIS MORRIS | 5.39m  |        |
| 11                                                        | KAYLA LOGAN         | GRIMSBY DSS  | 4.78m  |        |
| 12                                                        | ANNELIE BREUGEM     | SMITHVILLE D | 3.85m  |        |
| --                                                        | CHANTALE ANDREE     | SMITHVILLE D | DNS    |        |

## Women Discus Throw Junior

| Zone IV: R 30.37m 13/05/2004 KATHLEEN WILSON, Governor Sim |                   |              |        |        |
|------------------------------------------------------------|-------------------|--------------|--------|--------|
| Pre 2004: R 35.54m 1979 NANCY MATHER, Grantham             |                   |              |        |        |
| Name                                                       | Year              | School       | Finals | Points |
| 1                                                          | DANA BEE          | GRIMSBY DSS  | 28.20m | 6      |
| 2                                                          | MAGGIE SCULL      | GOVERNOR SIM | 23.34m | 4      |
| 3                                                          | KAILEY PREECE     | EDEN HIGH SC | 23.19m | 3      |
| 4                                                          | HEATHER EYMAN     | CHURCHILL, S | 21.31m | 2      |
| 5                                                          | BRITTANY MITCHELL | BLESSED TRIN | 21.13m | 1      |
| 6                                                          | AUBRIE SMITH      | NIAGARA D    | 21.11m |        |
| 7                                                          | KAYLA WALSH       | BLESSED TRIN | 17.30m |        |

|    |                      |              |        |
|----|----------------------|--------------|--------|
| 8  | DAYNA LEGGE          | EDEN HIGH SC | 14.64m |
| 9  | BAILEY VANRAVENSWAAY | EDEN HIGH SC | 11.05m |
| 10 | SIOBAHN MOELLER      | LAKEPORT SS  | 9.27m  |
| 11 | ANNELIE BREUGEM      | SMITHVILLE D | 6.67m  |
| -- | CHANTALE ANDREE      | SMITHVILLE D | DNS    |

## Women Javelin Throw Junior

| =====              |                      |              |                             |        |
|--------------------|----------------------|--------------|-----------------------------|--------|
| Zone IV: R 31.84m  |                      | 13/05/2004   | JENNIFER BAUER, St. Francis |        |
| Pre 2004: R 36.30m |                      | 2001         | SARAH KISH, St. Francis     |        |
| Name               | Year                 | School       | Finals                      | Points |
| =====              |                      |              |                             |        |
| 1                  | MAGGIE SCULL         | GOVERNOR SIM | 33.05mR                     | 6      |
| 2                  | HEATHER EYMAN        | CHURCHILL, S | 26.74m                      | 4      |
| 3                  | DANA BEE             | GRIMSBY DSS  | 26.25m                      | 3      |
| 4                  | KRISTA CATELLA       | LAURA SECORD | 24.02m                      | 2      |
| 5                  | CASSIE SMITH         | GRIMSBY DSS  | 23.57m                      | 1      |
| 6                  | AUBRIE SMITH         | NIAGARA D    | 22.44m                      |        |
| 7                  | LAUREN OROSZ         | BEAMSVILLE D | 20.82m                      |        |
| 8                  | LINDSAY MARTIN       | BEAMSVILLE D | 17.21m                      |        |
| 9                  | JENNA LANSKY         | GRIMSBY DSS  | 16.45m                      |        |
| 10                 | RACHEL ANTONIO       | ST. FRANCIS  | 16.07m                      |        |
| 11                 | BAILEY VANRAVENSWAAY | EDEN HIGH SC | 15.87m                      |        |
| 12                 | DAYNA LEGGE          | EDEN HIGH SC | 14.00m                      |        |
| 13                 | ANNELIE BREUGEM      | SMITHVILLE D | 11.55m                      |        |
| 14                 | SIOBAHN MOELLER      | LAKEPORT SS  | 10.37m                      |        |
| --                 | BRITTANY MITCHELL    | BLESSED TRIN | FOUL                        |        |

## Women 100 Meter Dash Senior

| =====             |                     |              |                                       |        |
|-------------------|---------------------|--------------|---------------------------------------|--------|
| Zone IV: R 12.43  |                     | 13/05/2004   | STEPHANIE FORESTELL, Beamsville D     |        |
| Pre 2004: R 12.50 |                     | 1980         | MARTHA MERRITT, Sir Winston Churchill |        |
| Pre 2004: R 12.50 |                     | 1979         | DONNA WOODWARD, Sir Winston Churchill |        |
| Name              | Year                | School       | Finals                                | Points |
| =====             |                     |              |                                       |        |
| 1                 | BETHANY MOES        | EDEN HIGH SC | 13.24                                 | 6      |
| 2                 | STEPHANIE FORESTELL | BEAMSVILLE D | 13.43                                 | 4      |
| 3                 | DIANA AGULAR        | ST. FRANCIS  | 13.69                                 | 3      |
| 4                 | MARY ANN LEHMAN     | HOLY CROSS H | 13.96                                 | 2      |
| 5                 | JENNI WIERENGA      | SMITHVILLE D | 14.09                                 | 1      |
| 6                 | MEGHAN HOAR         | LAURA SECORD | 14.32                                 |        |
| 7                 | LEAHAAN MACDONALD   | DENIS MORRIS | 15.30                                 |        |
| 8                 | KATLIN TROMANHAUSR  | ST. FRANCIS  | 15.46                                 |        |

## Women 200 Meter Dash Senior

|                   |  |            |                                    |  |
|-------------------|--|------------|------------------------------------|--|
| =====             |  |            |                                    |  |
| Zone IV: R 27.14  |  | 13/05/2004 | STEPHANIE FORESTELL, Beamsville D  |  |
| Pre 2004: R 25.40 |  | 1991       | NSENGA BANSFIELD, Niagara District |  |

| Name  | Year      | School      | Finals       | H#    | Points |   |
|-------|-----------|-------------|--------------|-------|--------|---|
| ===== | =====     | =====       | =====        | ===== | =====  |   |
| 1     | STEPHANIE | FORESTELL   | BEAMSVILLE D | 27.40 | 2      | 6 |
| 2     | ALISON    | MUIR        | GRIMSBY DSS  | 27.80 | 2      | 4 |
| 3     | DIANA     | AGULAR      | ST. FRANCIS  | 28.09 | 2      | 3 |
| 4     | SONYA     | VANGAMEREN  | HERITAGE CHR | 28.27 | 2      | 2 |
| 5     | JENNI     | WIERENGA    | SMITHVILLE D | 28.52 | 2      | 1 |
| 6     | MEGHAN    | HOAR        | LAURA SECORD | 29.00 | 2      |   |
| 7     | KARINA    | BAKKER      | SMITHVILLE D | 29.32 | 2      |   |
| 8     | KENDRA    | REEDS       | ST. FRANCIS  | 30.00 | 1      |   |
| 9     | DELIA     | CAUGHLIN    | HOLY CROSS H | 31.44 | 2      |   |
| 10    | KATLIN    | TROMANHAUSR | ST. FRANCIS  | 32.35 | 1      |   |
| 11    | MICHELLE  | GROSSKURTH  | DENIS MORRIS | 32.69 | 1      |   |
| 12    | LISA      | FERRATO     | DENIS MORRIS | 33.80 | 1      |   |
| --    | SHIRIN    | PILAKKA     | DENIS MORRIS | DNF   | 1      |   |

## Women 400 Meter Dash Senior

| Zone IV: R 1:00.10 13/05/2004 MEGAN STEWART, Governor Sim |           |            |              |         |   |
|-----------------------------------------------------------|-----------|------------|--------------|---------|---|
| Pre 2004: R 57.50 1991 NSENGA BANSFIELD, Niagara District |           |            |              |         |   |
| Name                                                      | Year      | School     | Finals       | Points  |   |
| 1                                                         | AMANDA    | MCMURTRIE  | SOUTH LINCOL | 1:03.87 | 6 |
| 2                                                         | MEGHAN    | HOAR       | LAURA SECORD | 1:07.84 | 4 |
| 3                                                         | ALISON    | MUIR       | GRIMSBY DSS  | 1:08.75 | 3 |
| 4                                                         | SAMANTHA  | DILLMAN    | HOLY CROSS H | 1:11.25 | 2 |
| 5                                                         | STEPHANIE | FORESTELL  | BEAMSVILLE D | 1:11.43 | 1 |
| 6                                                         | MICHELLE  | GROSSKURTH | DENIS MORRIS | 1:20.94 |   |
| 7                                                         | KORINNA   | BOWLER     | GREAT LAKES  | 1:27.44 |   |
| --                                                        | SHIRIN    | PILAKKA    | DENIS MORRIS | NT      |   |

## Women 800 Meter Run Senior

| Zone IV: R 2:20.33 13/05/2004 MEGAN STEWART, Governor Sim |           |           |              |         |   |
|-----------------------------------------------------------|-----------|-----------|--------------|---------|---|
| Pre 2004: R 2:21.30 1990 KRISSY LOCKYER, Ridley College   |           |           |              |         |   |
| Name                                                      | Year      | School    | Finals       | Points  |   |
| 1                                                         | KAITLYN   | TALLMAN   | GREAT LAKES  | 2:21.92 | 6 |
| 2                                                         | MEGAN     | STEWART   | GOVERNOR SIM | 2:31.13 | 4 |
| 3                                                         | AMANDA    | MCMURTRIE | SOUTH LINCOL | 2:37.72 | 3 |
| 4                                                         | JESSICA   | SHANTZ    | EDEN HIGH SC | 2:41.19 | 2 |
| 5                                                         | CATHERINE | SUKKAU    | CHURCHILL, S | 2:47.00 | 1 |
| 6                                                         | KRISTEN   | KIT       | CHURCHILL, S | 2:51.44 |   |
| 7                                                         | SAMANTHA  | DILLMAN   | HOLY CROSS H | 2:59.38 |   |
| 8                                                         | JULIA     | SISLER    | CHURCHILL, S | 3:04.77 |   |
| 9                                                         | MICHELLE  | MOONEY    | DENIS MORRIS | 3:18.96 |   |
| --                                                        | LINDSAY   | CORMAN    | LAKEPORT SS  | DNS     |   |
| --                                                        | NICOLE    | REMIGIO   | NIAGARA D    | DNS     |   |

## Women 1500 Meter Run Senior

|                     |            |                     |                       |        |
|---------------------|------------|---------------------|-----------------------|--------|
| =====               |            |                     |                       |        |
| Zone IV: R 5:05.60  | 13/05/2004 | LAURA ECKER,        | Beamsville D          |        |
| Pre 2004: R 4:53.40 | 2003       | MONIKA GRABOWIECKA, | Sir Winston Churchill |        |
| Name                | Year       | School              | Finals                | Points |
| =====               |            |                     |                       |        |
| 1 KAITLYN TALLMAN   |            | GREAT LAKES         | 4:59.37R              | 6      |
| 2 CATHERINE SUKKAU  |            | CHURCHILL, S        | 5:36.66               | 4      |
| 3 JESSICA SHANTZ    |            | EDEN HIGH SC        | 5:48.67               | 3      |
| 4 JULIA SISLER      |            | CHURCHILL, S        | 5:58.13               | 2      |
| 5 KRISTEN KIT       |            | CHURCHILL, S        | 6:00.94               | 1      |
| 6 AMY JOHNSON       |            | BEAMSVILLE D        | 6:11.36               |        |
| 7 MICHELLE MOONEY   |            | DENIS MORRIS        | 7:10.75               |        |
| -- LINDSAY CORMAN   |            | LAKEPORT SS         | DNS                   |        |

## Women 3000 Meter Run Senior

|                      |            |                |              |        |
|----------------------|------------|----------------|--------------|--------|
| =====                |            |                |              |        |
| Zone IV: R 11:30.26  | 13/05/2004 | BARBRA PHELAN, | Churchill, S |        |
| Pre 2004: R 10:48.30 | 1988       | MARCI AITKEN,  | Denis Morris |        |
| Name                 | Year       | School         | Finals       | Points |
| =====                |            |                |              |        |
| 1 KAITLYN TALLMAN    |            | GREAT LAKES    | 10:49.11R    | 6      |
| 2 CARLY DRAKE        |            | GRIMSBY DSS    | 11:18.13R    | 4      |
| 3 LAURA ECKER        |            | BEAMSVILLE D   | 11:58.07     | 3      |
| 4 CATHERINE SUKKAU   |            | CHURCHILL, S   | 12:17.50     | 2      |
| 5 JULIA SISLER       |            | CHURCHILL, S   | 13:22.11     | 1      |
| 6 AMY JOHNSON        |            | BEAMSVILLE D   | 14:00.00     |        |
| 7 KRISTEN KIT        |            | CHURCHILL, S   | 14:00.01     |        |

## Women 100 Meter Hurdles Senior

|                   |            |                     |             |    |
|-------------------|------------|---------------------|-------------|----|
| =====             |            |                     |             |    |
| Zone IV: R 15.35  | 13/05/2004 | LINDSAY WILLIAMSON, | Grimsby DSS |    |
| Pre 2004: R 15.53 | 2000       | SARAH MILLER,       | St. Francis |    |
| Name              | Year       | School              | Prelims     | H# |
| =====             |            |                     |             |    |

## Preliminaries

|                     |              |        |   |
|---------------------|--------------|--------|---|
| 1 KARINA BAKKER     | SMITHVILLE D | 16.40Q | 2 |
| 2 ALISON MUIR       | GRIMSBY DSS  | 18.01Q | 1 |
| 3 KALEY STUART      | GRIMSBY DSS  | 18.13Q | 1 |
| 4 DELIA CAUGHLIN    | HOLY CROSS H | 19.02Q | 2 |
| 5 KENDRA REEDS      | ST. FRANCIS  | 19.48q | 1 |
| 6 NATALIE STONE     | EDEN HIGH SC | 19.52q | 2 |
| 7 ARLENE SINCLAIR   | LAKEPORT SS  | 20.36q | 1 |
| 8 KATRINA PIETSCH   | HOLY CROSS H | 20.70q | 2 |
| 9 ROBYN HEYDER      | LAURA SECORD | 21.16  | 1 |
| 10 TIANA DESROCHES  | ST. FRANCIS  | 22.25  | 1 |
| -- MARA DI MAURIZIO | ST. FRANCIS  | DNS    | 2 |

## Women 100 Meter Hurdles Senior

|                   |            |                     |             |        |
|-------------------|------------|---------------------|-------------|--------|
| =====             |            |                     |             |        |
| Zone IV: R 15.35  | 13/05/2004 | LINDSAY WILLIAMSON, | Grimsby DSS |        |
| Pre 2004: R 15.53 | 2000       | SARAH MILLER,       | St. Francis |        |
| Name              | Year       | School              | Finals      | Points |
| =====             |            |                     |             |        |

## Finals

|   |                 |              |       |   |
|---|-----------------|--------------|-------|---|
| 1 | KARINA BAKKER   | SMITHVILLE D | 16.16 | 6 |
| 2 | ALISON MUIR     | GRIMSBY DSS  | 18.07 | 4 |
| 3 | KALEY STUART    | GRIMSBY DSS  | 18.28 | 3 |
| 4 | NATALIE STONE   | EDEN HIGH SC | 18.97 | 2 |
| 5 | DELIA CAUGHLIN  | HOLY CROSS H | 19.13 | 1 |
| 6 | KENDRA REEDS    | ST. FRANCIS  | 19.77 |   |
| 7 | ARLENE SINCLAIR | LAKEPORT SS  | 20.12 |   |
| 8 | KATRINA PIETSCH | HOLY CROSS H | 20.79 |   |

## Women 400 Meter Hurdles Senior

|                     |                     |                 |                        |        |
|---------------------|---------------------|-----------------|------------------------|--------|
| =====               |                     |                 |                        |        |
| Zone IV: R 1:07.28  | 13/05/2004          | LAURA ECKER,    | Beamsville D           |        |
| Pre 2004: R 1:06.45 | 2000                | KRISTY DEVRIES, | Laura Second Secondary |        |
| Name                | Year                | School          | Finals                 | Points |
| =====               |                     |                 |                        |        |
| 1                   | LAURA ECKER         | BEAMSVILLE D    | 1:10.26                | 6      |
| 2                   | AMANDA MCMURTRIE    | SOUTH LINCOL    | 1:13.22                | 4      |
| 3                   | MEGAN VANKEULEN     | GRIMSBY DSS     | 1:22.78                | 3      |
| 4                   | MICHELLE VANDERZALM | HOLY CROSS H    | 1:29.90                | 2      |
| --                  | ARLENE SINCLAIR     | LAKEPORT SS     | DNS                    |        |

## Women 4x100 Meter Relay Senior

|                   |                           |                                          |              |        |
|-------------------|---------------------------|------------------------------------------|--------------|--------|
| =====             |                           |                                          |              |        |
| Zone IV: R 54.08  | 13/05/2004                | LAURA SECORD S S,                        | Laura Secord |        |
|                   |                           | A van Reenen, M Hoar, E Hanson, D Lovell |              |        |
| Pre 2004: R 51.60 | 1979                      | , Sir Winston Churchill                  |              |        |
| School            |                           |                                          | Finals       | Points |
| =====             |                           |                                          |              |        |
| 1                 | BLESSED TRINITY H S       | 'A'                                      | 56.36        | 6      |
|                   | 1) SHAUNA HANSON          | 2) KAYLA KUTCHARUK                       |              |        |
|                   | 3) MEGAN HUTCHINSON       | 4) JANINE YAROMICH                       |              |        |
| 2                 | GRIMSBY D S S             | 'A'                                      | 57.27        | 4      |
|                   | 1) DANA SHAW              | 2) KALEY STUART                          |              |        |
|                   | 3) MEGAN VANKEULEN        | 4) ALLISON MUIR                          |              |        |
| 3                 | SIR WINSTON CHURCHILL S S | 'A'                                      | 57.33        | 3      |
|                   | 1) OLA OLOLADE            | 2) JOELLE KUPSCH                         |              |        |
|                   | 3) SARAH KUPSCH           | 4) JENNA MARINO                          |              |        |
| 4                 | SMITHVILLE DISTRICT C H S | 'A'                                      | 58.40        | 2      |
|                   | 1) KARINA BAKKER          | 2) JENNI WIERENGA                        |              |        |
|                   | 3) DEANNA ZANTINGH        | 4) LIZ KIKKERT                           |              |        |

|    |                      |         |             |
|----|----------------------|---------|-------------|
| 5  | LAURA SECORD S S 'A' | 58.97   | 1           |
| 1) | EMILY HANSON         | 2)      | MEGHAN HOAR |
| 3) | ROBYN HEYDER         | 4)      |             |
| 6  | ST. FRANCIS S S 'A'  | 59.29   |             |
| 7  | HOLY CROSS H S 'A'   | 59.52   |             |
| 8  | DENIS MORRIS H S 'A' | 1:03.48 |             |

## Women High Jump Senior

| =====                  |                     |                                  |        |        |
|------------------------|---------------------|----------------------------------|--------|--------|
| Pre 2004: R 1.80m 1993 |                     | WANITA DYKSTRA, Beacon Christian |        |        |
| Name                   | Year                | School                           | Finals | Points |
| =====                  |                     |                                  |        |        |
| 1                      | SAMANTHA MROZCEK    | HOLY CROSS H                     | 1.52m  | 6      |
| 2                      | KARINA BAKKER       | SMITHVILLE D                     | 1.47m  | 4      |
| 3                      | MICHELLE VANDERZALM | HOLY CROSS H                     | 1.37m  | 3      |
| 4                      | DANIELLE MCKEEN     | SOUTH LINCOL                     | J1.37m | 2      |
| 5                      | KATRINA PIETSCH     | HOLY CROSS H                     | J1.37m | 1      |
| 6                      | DEANNA ZANTINGH     | SMITHVILLE D                     | 1.32m  |        |

## Women Pole Vault Senior

| =====                       |                |                             |        |        |
|-----------------------------|----------------|-----------------------------|--------|--------|
| Zone IV: R 2.10m 13/05/2004 |                | KRISTIN DAVOLI, Grimsby DSS |        |        |
| Name                        | Year           | School                      | Finals | Points |
| =====                       |                |                             |        |        |
| 1                           | EMILY HANSON   | LAURA SECORD                | 2.22mR |        |
| 1                           | KRISTIN DAVOLI | GRIMSBY DSS                 | 2.22mR |        |

## Women Long Jump Senior

| =====                       |                   |                                  |        |        |
|-----------------------------|-------------------|----------------------------------|--------|--------|
| Zone IV: R 4.47m 13/05/2004 |                   | LINDSEY NORRIS, Blessed Trin     |        |        |
| Pre 2004: R 5.38m 1993      |                   | WANITA DYKSTRA, Beacon Christian |        |        |
| Name                        | Year              | School                           | Finals | Points |
| =====                       |                   |                                  |        |        |
| 1                           | SHAWNA HANSON     | BLESSED TRIN                     | 4.77mR | 6      |
| 2                           | BETHANY MOES      | EDEN HIGH SC                     | 4.74mR | 4      |
| 3                           | SONYA VANGAMEREN  | HERITAGE CHR                     | 4.62mR | 3      |
| 4                           | EMILY HANSON      | LAURA SECORD                     | 4.46m  | 2      |
| 5                           | MARY ANN LEHMAN   | HOLY CROSS H                     | 4.31m  | 1      |
| 6                           | JENNI WIERENGA    | SMITHVILLE D                     | 4.27m  |        |
| 7                           | MEAGAN HUTCHINSON | BLESSED TRIN                     | 4.18m  |        |
| 8                           | JENNA MARINO      | CHURCHILL, S                     | 3.96m  |        |
| 9                           | KAYLA KUCHARUK    | BLESSED TRIN                     | 3.93m  |        |
| 10                          | SAMANTHA MROZCEK  | HOLY CROSS H                     | 3.88m  |        |
| 11                          | LIZ KIKKERT       | SMITHVILLE D                     | 3.79m  |        |
| 12                          | LEAHAAN MACDONALD | DENIS MORRIS                     | 3.49m  |        |
| 13                          | PAM LUGG          | LAKEPORT SS                      | 3.41m  |        |
| 14                          | DELIA CAUGHLIN    | HOLY CROSS H                     | 3.35m  |        |
| 15                          | JULIE VANBERGEN   | NIAGARA D                        | 3.07m  |        |

## Women Triple Jump Senior

| =====              |      |              |                                 |        |
|--------------------|------|--------------|---------------------------------|--------|
| Zone IV: R 10.51m  |      | 13/05/2004   | LINDSAY WILLIAMSON, Grimsby DSS |        |
| Pre 2004: R 10.85m |      | 1993         | JODY MONRO, Governor Simcoe     |        |
| Name               | Year | School       | Finals                          | Points |
| =====              |      |              |                                 |        |
| 1 SHAWNA HANSON    |      | BLESSED TRIN | 10.55mR                         | 6      |
| 2 SONYA VANGAMEREN |      | HERITAGE CHR | 9.76m                           | 4      |
| 3 MARY ANN LEHMAN  |      | HOLY CROSS H | 9.67m                           | 3      |
| 4 EMILY HANSON     |      | LAURA SECORD | 9.63m                           | 2      |
| 5 SAMANTHA DILLMAN |      | HOLY CROSS H | 9.29m                           | 1      |
| 6 JAMIE RYLANDS    |      | NIAGARA D    | 9.23m                           |        |
| 7 JENNA MARINO     |      | CHURCHILL, S | 8.65m                           |        |
| 8 LIZ KIKKERT      |      | SMITHVILLE D | 8.17m                           |        |
| 9 PAM LUGG         |      | LAKEPORT SS  | 7.73m                           |        |
| 10 SARAH KUPSCH    |      | CHURCHILL, S | 7.43m                           |        |
| 11 DANIELLE MCKEEN |      | SOUTH LINCOL | 7.13m                           |        |
| 12 JULIE VANBERGEN |      | NIAGARA D    | 7.06m                           |        |

## Women Shot Put Senior

| =====                   |      |              |                             |        |
|-------------------------|------|--------------|-----------------------------|--------|
| Zone IV: R 9.19m        |      | 13/05/2004   | AMELIA RUPSYS, Grimsby DSS  |        |
| Pre 2004: R 12.00m      |      | 1982         | LAURANN COL, Merritton High |        |
| Name                    | Year | School       | Finals                      | Points |
| =====                   |      |              |                             |        |
| 1 AMELIA ROUSE          |      | GRIMSBY DSS  | 9.69mR                      | 6      |
| 2 KATIE WILSON          |      | GOVERNOR SIM | 8.78m                       | 4      |
| 3 ANGELA WIERSMA        |      | GRIMSBY DSS  | 8.20m                       | 3      |
| 4 MEGAN VANKEULEN       |      | GRIMSBY DSS  | 7.63m                       | 2      |
| 5 JORDYNN PAULS         |      | CHURCHILL, S | 7.52m                       | 1      |
| 6 ASHLEY EIKELLENBOOM   |      | SOUTH LINCOL | 7.11m                       |        |
| 7 LEAHAAN MACDONALD     |      | DENIS MORRIS | 7.00m                       |        |
| 8 SARA PICKERSGILL      |      | GRIMSBY DSS  | 6.64m                       |        |
| 9 DEANNA ZANTINGH       |      | SMITHVILLE D | 6.23m                       |        |
| 10 MARA DI MAURIZIO     |      | ST. FRANCIS  | 5.86m                       |        |
| 11 KATE MUNROE          |      | SOUTH LINCOL | 5.08m                       |        |
| -- EMMA DICK            |      | NIAGARA D    | DNS                         |        |
| -- CHRISTALYNN MCCOLLUM |      | SOUTH LINCOL | DNS                         |        |

## Women Discus Throw Senior

| =====              |      |              |                             |        |
|--------------------|------|--------------|-----------------------------|--------|
| Zone IV: R 30.56m  |      | 13/05/2004   | MARY CHESNEY, Grimsby DSS   |        |
| Pre 2004: R 39.30m |      | 2000         | ANGELA MACHAJ, Denis Morris |        |
| Name               | Year | School       | Finals                      | Points |
| =====              |      |              |                             |        |
| 1 KATIE WILSON     |      | GOVERNOR SIM | 27.64m                      | 6      |
| 2 ANGELA WIERSMA   |      | GRIMSBY DSS  | 22.77m                      | 4      |

|    |                    |              |        |   |
|----|--------------------|--------------|--------|---|
| 3  | LINDSAY DRUERY     | SOUTH LINCOL | 22.40m | 3 |
| 4  | JORDYNN PAULS      | CHURCHILL, S | 20.20m | 2 |
| 5  | SARAH KUPSCH       | CHURCHILL, S | 19.53m | 1 |
| 6  | DEANNA ZANTINGH    | SMITHVILLE D | 16.64m |   |
| 7  | KATE MUNROE        | SOUTH LINCOL | 13.37m |   |
| -- | KATELYN GIESBRECHT | EDEN HIGH SC | DNS    |   |
| -- | STEPHANIE RYLANDS  | NIAGARA D    | DNS    |   |
| -- | EMMA DICK          | NIAGARA D    | DNS    |   |

## Women Javelin Throw Senior

| =====                                                     |                      |              |         |        |
|-----------------------------------------------------------|----------------------|--------------|---------|--------|
| Zone IV: R 27.01m 13/05/2004 MEGAN MACPHERESON, Niagara D |                      |              |         |        |
| Pre 2004: R 37.98m 2003 SARAH KISH, St. Francis           |                      |              |         |        |
| Name                                                      | Year                 | School       | Finals  | Points |
| =====                                                     |                      |              |         |        |
| 1                                                         | JENNIFER BAUER       | ST. FRANCIS  | 30.23mR | 6      |
| 2                                                         | KATELYN GIESBRECHT   | EDEN HIGH SC | 27.32mR | 4      |
| 3                                                         | JORDYNN PAULS        | CHURCHILL, S | 26.33m  | 3      |
| 4                                                         | MEGAN VANKEULEN      | GRIMSBY DSS  | 25.69m  | 2      |
| 5                                                         | LARISSA SCHUDLO      | ST. FRANCIS  | 25.03m  | 1      |
| 6                                                         | STEPHANIE RYLANDS    | NIAGARA D    | 21.45m  |        |
| 7                                                         | ANGELA WIERSMA       | GRIMSBY DSS  | 20.42m  |        |
| 8                                                         | SARA PICKERSGILL     | GRIMSBY DSS  | 16.89m  |        |
| 9                                                         | SARAH KUPSCH         | CHURCHILL, S | 16.83m  |        |
| 10                                                        | LINDSAY DRUERY       | SOUTH LINCOL | 16.72m  |        |
| --                                                        | CHRISTALYNN MCCOLLUM | SOUTH LINCOL | FOUL    |        |
| --                                                        | ASHLEY EIKELENBOOM   | SOUTH LINCOL | FOUL    |        |

## Women 1500 Meter Steeplechase Open

| =====                                                        |                    |              |         |        |
|--------------------------------------------------------------|--------------------|--------------|---------|--------|
| Zone IV: R 5:32.34 13/05/2004 MIRANDA GALLOWAY, Governor Sim |                    |              |         |        |
| Name                                                         | Year               | School       | Finals  | Points |
| =====                                                        |                    |              |         |        |
| 1                                                            | LAURA ECKER        | BEAMSVILLE D | 5:56.00 | 6      |
| 2                                                            | CARLY DRAKE        | GRIMSBY DSS  | 6:07.00 | 4      |
| 3                                                            | LEANNE STUIVE      | EDEN HIGH SC | 6:37.00 | 3      |
| 4                                                            | AMY JOHNSON        | BEAMSVILLE D | 6:38.00 | 2      |
| --                                                           | KATELYN GIESBRECHT | EDEN HIGH SC | DNF     |        |

## Women 4x400 Meter Relay Open

| =====                                                    |                   |                  |          |        |
|----------------------------------------------------------|-------------------|------------------|----------|--------|
| Zone IV: R 4:22.57 13/05/2004 GRIMSBY D S S, Grimsby DSS |                   |                  |          |        |
| L Capron, C Drake, K Slater, L Williamson                |                   |                  |          |        |
| Pre 2004: R 4:10.00 1980 , Grimsby Secondary             |                   |                  |          |        |
| School                                                   |                   |                  | Finals   | Points |
| =====                                                    |                   |                  |          |        |
| 1                                                        | GRIMSBY D S S 'A' |                  | 4:19.39R | 6      |
|                                                          | 1) KELSIE SLATER  | 2) HEATHER KURPE |          |        |

|                        |                  |         |   |
|------------------------|------------------|---------|---|
| 3) KATIE WERNER        | 4) ALANAH DRAKE  |         |   |
| 2 LAURA SECORD S S 'A' |                  | 4:25.58 | 4 |
| 1) LEIGH VEERMAN       | 2) EMILY HANSON  |         |   |
| 3) ASHLEIGH FRIESEN    | 4) SARAH BORIGHT |         |   |
| 3 DENIS MORRIS H S 'A' |                  | 4:54.84 | 3 |

## Men 100 Meter Dash Midget

|                   |            |                           |            |
|-------------------|------------|---------------------------|------------|
| =====             |            |                           |            |
| Zone IV: R 12.15  | 13/05/2004 | TANNER GOODE, St. Francis |            |
| Pre 2004: R 11.40 | 1970       | TED DIDMUS, West Park     |            |
| Name              | Year       | School                    | Prelims H# |
| =====             |            |                           |            |

## Preliminaries

|                        |              |        |   |
|------------------------|--------------|--------|---|
| 1 SEAN FAST            | EDEN HIGH SC | 12.29Q | 1 |
| 2 BEN DICKSON          | CHURCHILL, S | 12.37Q | 2 |
| 3 JONATHAN DEMETRIADES | CHURCHILL, S | 12.39Q | 2 |
| 4 OSCAR ANDERSON-SHORT | NIAGARA D    | 12.50Q | 1 |
| 5 TOM MINARD           | GRIMSBY DSS  | 12.55q | 1 |
| 6 ZAC BARLOW           | CHURCHILL, S | 12.61q | 1 |
| 7 CHRIS MARSHALL       | SOUTH LINCOL | 12.63q | 1 |
| 8 CALEB SCOTT          | DENIS MORRIS | 12.79q | 2 |
| 9 DAVID GEREMIA        | ST. FRANCIS  | 12.91  | 2 |
| 10 JORDAN HUIZENGA     | HERITAGE CHR | 13.15  | 2 |
| 11 GIANMARCO RAIMONDO  | ST. FRANCIS  | 13.57  | 1 |
| 12 DEAN NISSON         | LAKEPORT SS  | 13.75  | 1 |
| 13 CASEY NEWHOUSE      | LAKEPORT SS  | 13.96  | 2 |
| 14 DENIS GUILBAULT     | ST. FRANCIS  | 14.08  | 2 |
| 15 TUAN TRAN           | CHURCHILL, S | 14.37  | 2 |
| -- KYLE VANDERHEIDE    | SMITHVILLE D | DNS    | 1 |

## Men 100 Meter Dash Midget

|                   |            |                           |               |
|-------------------|------------|---------------------------|---------------|
| =====             |            |                           |               |
| Zone IV: R 12.15  | 13/05/2004 | TANNER GOODE, St. Francis |               |
| Pre 2004: R 11.40 | 1970       | TED DIDMUS, West Park     |               |
| Name              | Year       | School                    | Finals Points |
| =====             |            |                           |               |

## Finals

|                        |              |       |   |
|------------------------|--------------|-------|---|
| 1 BEN DICKSON          | CHURCHILL, S | 12.39 | 6 |
| 2 JONATHAN DEMETRIADES | CHURCHILL, S | 12.43 | 4 |
| 3 SEAN FAST            | EDEN HIGH SC | 12.45 | 3 |
| 4 OSCAR ANDERSON-SHORT | NIAGARA D    | 12.61 | 2 |
| 5 TOM MINARD           | GRIMSBY DSS  | 12.73 | 1 |
| 6 CHRIS MARSHALL       | SOUTH LINCOL | 12.85 |   |
| 7 ZAC BARLOW           | CHURCHILL, S | 12.86 |   |
| 8 CALEB SCOTT          | DENIS MORRIS | 12.98 |   |

## Men 200 Meter Dash Midget

|       |  |  |  |
|-------|--|--|--|
| ===== |  |  |  |
|-------|--|--|--|

Zone IV: R 25.62 13/05/2004 CODY BOYD, Churchill, S  
 Pre 2004: R 24.00 1979 RICK WILSON, Grantham

| Name                   | Year | School       | Finals | H# | Points |
|------------------------|------|--------------|--------|----|--------|
| =====                  |      |              |        |    |        |
| 1 JORDAN GLANCIE       |      | LAURA SECORD | 24.63R | 2  | 6      |
| 2 JONATHAN DEMETRIADES |      | CHURCHILL, S | 25.50R | 2  | 4      |
| 3 TOM MINARD           |      | GRIMSBY DSS  | 25.62R | 2  | 3      |
| 4 MATTHEW MCDONALD     |      | ST. FRANCIS  | 25.72  | 2  | 2      |
| 5 JORDAN HUIZENGA      |      | HERITAGE CHR | 26.47  | 1  | 1      |
| 6 MACKENZIE BENARD     |      | LAURA SECORD | 26.52  | 2  |        |
| 7 DAVID GEREMIA        |      | ST. FRANCIS  | 26.62  | 2  |        |
| 8 CALEB SCOTT          |      | DENIS MORRIS | 27.18  | 1  |        |
| 9 ZAC BARLOW           |      | CHURCHILL, S | 28.00  | 1  |        |
| 10 BHARAT BHAGA        |      | GRIMSBY DSS  | 28.22  | 1  |        |
| 11 BRAD TANNER         |      | LAURA SECORD | 28.23  | 2  |        |
| 12 LUCAS DAROCHE       |      | BLESSED TRIN | 30.16  | 1  |        |
| 13 PABLO RODAS         |      | HOLY CROSS H | 30.74  | 1  |        |
| 14 CASEY NEWHOUSE      |      | LAKEPORT SS  | 32.18  | 1  |        |
| -- DEAN NISSON         |      | LAKEPORT SS  | DNS    | 1  |        |
| -- TAYLOR BOYLE        |      | CHURCHILL, S | DNS    | 2  |        |

## Men 400 Meter Dash Midget

Zone IV: R 55.48 13/05/2004 JORDAN HECKMAN, Churchill, S  
 Pre 2004: R 53.90 1982 TODD ANDERSON, Lakeport

| Name                | Year | School       | Finals  | H# | Points |
|---------------------|------|--------------|---------|----|--------|
| =====               |      |              |         |    |        |
| 1 LEE MORI          |      | DENIS MORRIS | 57.12   | 2  | 6      |
| 2 JOHNATHAN STORM   |      | BEAMSVILLE D | 59.53   | 2  | 4      |
| 3 MATTHEW MCDONALD  |      | ST. FRANCIS  | 1:00.01 | 1  | 3      |
| 4 JOHN WILLIAMSON   |      | DENIS MORRIS | 1:00.96 | 2  | 2      |
| 5 JOE BRADY         |      | ST. CATHARIN | 1:01.20 | 2  | 1      |
| 6 BRYAN ROSE        |      | LAURA SECORD | 1:01.46 | 2  |        |
| 7 BRAD TANNER       |      | LAURA SECORD | 1:01.57 | 2  |        |
| 8 OLIVER BUSH       |      | CHURCHILL, S | 1:01.75 | 2  |        |
| 9 MARTIN LABANAWICZ |      | HOLY CROSS H | 1:01.91 | 2  |        |
| 10 MICHAEL KIT      |      | CHURCHILL, S | 1:08.72 | 1  |        |
| 11 PABLO RODAS      |      | HOLY CROSS H | 1:12.81 | 1  |        |
| -- TREVOR HICKS     |      | LAKEPORT SS  | DNS     | 1  |        |

## Men 800 Meter Run Midget

Zone IV: R 2:08.51 13/05/2004 DUSTIN DEMOE, Denis Morris  
 Pre 2004: R 2:08.20 1994 NEIL O'REILLY, Sir Winston Churchill

| Name               | Year | School       | Finals  | H# | Points |
|--------------------|------|--------------|---------|----|--------|
| =====              |      |              |         |    |        |
| 1 TAYLOR SIMPSON   |      | LAURA SECORD | 2:17.54 | 2  | 6      |
| 2 MACKENZIE BENARD |      | LAURA SECORD | 2:19.73 | 2  | 4      |

|    |                 |              |         |   |   |
|----|-----------------|--------------|---------|---|---|
| 3  | LEE MORI        | DENIS MORRIS | 2:23.50 | 2 | 3 |
| 4  | CODY GODFREY    | BEAMSVILLE D | 2:23.81 | 2 | 2 |
| 5  | AARON LUKASIK   | ST. FRANCIS  | 2:24.28 | 2 | 1 |
| 6  | COREY CHEROPITA | WEST PARK    | 2:25.28 | 2 |   |
| 7  | TOM CLARK       | GRIMSBY DSS  | 2:30.83 | 2 |   |
| 8  | JOHN WILLIAMSON | DENIS MORRIS | 2:32.13 | 1 |   |
| 9  | MATT FRIESEN    | EDEN HIGH SC | 2:35.87 | 2 |   |
| 10 | MICHAEL KIT     | CHURCHILL, S | 2:40.39 | 1 |   |
| 11 | OLIVER BUSH     | CHURCHILL, S | 2:41.56 | 1 |   |
| 12 | BRAD TANNER     | LAURA SECORD | 2:43.05 | 1 |   |
| -- | JOE BRADY       | ST. CATHARIN | DNS     | 1 |   |
| -- | TIM JONES       | LAURA SECORD | DNS     | 1 |   |

## Men 1500 Meter Run Midget

| =====                                                   |           |           |              |         |   |
|---------------------------------------------------------|-----------|-----------|--------------|---------|---|
| Zone IV: R 4:20.74 13/05/2004 KEVIN MOORE, Churchill, S |           |           |              |         |   |
| Pre 2004: R 4:17.10 1981 MIKE SMITH, Lakeport           |           |           |              |         |   |
| Name                                                    | Year      | School    | Finals       | Points  |   |
| =====                                                   |           |           |              |         |   |
| 1                                                       | MACKENZIE | BENARD    | LAURA SECORD | 4:50.74 | 6 |
| 2                                                       | CODY      | GODFREY   | BEAMSVILLE D | 4:52.39 | 4 |
| 3                                                       | TOM       | CLARK     | GRIMSBY DSS  | 5:04.63 | 3 |
| 4                                                       | MATT      | FRIESEN   | EDEN HIGH SC | 5:08.90 | 2 |
| 5                                                       | AARON     | LUKASIK   | ST. FRANCIS  | 5:11.25 | 1 |
| 6                                                       | SHAUN     | WHITEHEAD | GREAT LAKES  | 5:11.68 |   |
| 7                                                       | JESSE     | DEKKER    | WEST PARK    | 5:26.75 |   |
| 8                                                       | NATHAN    | ALBLAS    | GRIMSBY DSS  | 5:52.51 |   |
| 9                                                       | DYLAN     | BRAUN     | DENIS MORRIS | 5:55.43 |   |

## Men 3000 Meter Run Midget

| =====                                                    |        |           |              |          |   |
|----------------------------------------------------------|--------|-----------|--------------|----------|---|
| Zone IV: R 10:11.18 13/05/2004 DEREK MOORE, Churchill, S |        |           |              |          |   |
| Pre 2004: R 9:21.20 1981 MIKE SMITH, Lakeport            |        |           |              |          |   |
| Name                                                     | Year   | School    | Finals       | Points   |   |
| =====                                                    |        |           |              |          |   |
| 1                                                        | TAYLOR | SIMPSON   | LAURA SECORD | 10:36.48 | 6 |
| 2                                                        | CODY   | GODFREY   | BEAMSVILLE D | 10:52.34 | 4 |
| 3                                                        | MATT   | FRIESEN   | EDEN HIGH SC | 10:58.52 | 3 |
| 4                                                        | SHAUN  | WHITEHEAD | GREAT LAKES  | 11:53.24 | 2 |
| 5                                                        | NATHAN | ALBLAS    | GRIMSBY DSS  | 12:35.65 | 1 |
| 6                                                        | LUCAS  | DAROCHE   | BLESSED TRIN | 12:55.24 |   |

## Men 100 Meter Hurdles Midget

| =====                                                          |      |        |        |        |  |
|----------------------------------------------------------------|------|--------|--------|--------|--|
| Zone IV: R 17.68 13/05/2004 SPENCER BURNISTON, Blessed Trin    |      |        |        |        |  |
| Pre 2004: R 14.50 2001 TAI SPENCER-YAP, Laura Secord Secondary |      |        |        |        |  |
| Pre 2004: R 14.50 1975 LEON ARENDSE, Laura Secord Secondary    |      |        |        |        |  |
| Name                                                           | Year | School | Finals | Points |  |

|   |                |              |        |   |
|---|----------------|--------------|--------|---|
| 1 | JORDAN GLANCIE | LAURA SECORD | 16.21R | 6 |
| 2 | VICTOR BIBBY   | GRIMSBY DSS  | 19.13  | 4 |

## Men 300 Meter Hurdles Midget

| Zone IV: R 46.92 13/05/2004 KYLE HERSICS, Grimsby DSS          |      |              |        |        |
|----------------------------------------------------------------|------|--------------|--------|--------|
| Pre 2004: R 42.49 2001 TAI SPENCER-YAP, Laura Secord Secondary |      |              |        |        |
| Name                                                           | Year | School       | Finals | Points |
| 1 JORDAN GLANCIE                                               |      | LAURA SECORD | 43.95R | 6      |
| 2 JOHNATHAN STORM                                              |      | BEAMSVILLE D | 48.89  | 4      |
| 3 VICTOR BIBBY                                                 |      | GRIMSBY DSS  | 49.59  | 3      |

## Men 4x100 Meter Relay Midget

| Zone IV: R 48.88 13/05/2004 ST. FRANCIS S S, St. Francis |  |                     |        |        |
|----------------------------------------------------------|--|---------------------|--------|--------|
| M Mckenna, T Goode, J Amadio, A Meyer                    |  |                     |        |        |
| Pre 2004: R 47.60 1979 , Denis Morris                    |  |                     |        |        |
| School                                                   |  |                     | Finals | Points |
| 1 LAURA SECORD S S 'A'                                   |  |                     | 51.74  | 6      |
| 1) BRAD TANNER                                           |  | 2) MACKENZIE BENARD |        |        |
| 3) BRYAN ROSE                                            |  | 4) TAYLOR SIMPSON   |        |        |
| 2 ST. FRANCIS S S 'A'                                    |  |                     | 52.50  | 4      |
| 3 DENIS MORRIS H S 'A'                                   |  |                     | 52.77  | 3      |
| 4 GRIMSBY D S S 'A'                                      |  |                     | 55.65  | 2      |
| 1) BRENT WILLIAMS                                        |  | 2) TOM MINARD       |        |        |
| 3) VICTOR BIBBY                                          |  | 4) NATHAN ALBLAS    |        |        |
| 5 SIR WINSTON CHURCHILL S S 'A'                          |  |                     | 56.00  | 1      |
| 1) ZAC BARLOW                                            |  | 2) MICHAEL KIT      |        |        |
| 3) OLIVER BUSH                                           |  | 4) BEN DICKSON      |        |        |
| -- LAKEPORT S S 'A'                                      |  |                     | DNS    |        |
| 1) DEAN NISSON                                           |  | 2) CASEY NEWHOUSE   |        |        |
| 3) TREVOR HICKS                                          |  | 4) JEFF VONGPHAKDY  |        |        |

## Men High Jump Midget

| Zone IV: R 1.72m 13/05/2004 NICK GLOVER, Beamsville D |      |              |        |        |
|-------------------------------------------------------|------|--------------|--------|--------|
| Pre 2004: R 1.87m 1995 MIKE PONIQUAR, Denis Morris    |      |              |        |        |
| Name                                                  | Year | School       | Finals | Points |
| 1 TAYLOR BOYLE                                        |      | CHURCHILL, S | 1.67m  | 6      |
| 2 BRYAN ROSE                                          |      | LAURA SECORD | 1.62m  | 4      |
| 3 JOHN WILLIAMSON                                     |      | DENIS MORRIS | J1.62m | 3      |
| 4 JESSE DEKKER                                        |      | WEST PARK    | 1.57m  | 2      |
| 5 MARTIN LABANAWICZ                                   |      | HOLY CROSS H | J1.57m | 1      |
| 6 CHRIS MARSHALL                                      |      | SOUTH LINCOL | 1.52m  |        |

|    |                    |              |         |
|----|--------------------|--------------|---------|
| 7  | JEANMARC GERONIMO  | ST. FRANCIS  | J11.52m |
| 8  | BRENT WILLIAMS     | GRIMSBY DSS  | J11.52m |
| 9  | MITCHEL MACPHERSON | ST. FRANCIS  | J11.52m |
| 10 | COREY CHEROPITA    | WEST PARK    | 1.42m   |
| 10 | LEE MORI           | DENIS MORRIS | 1.42m   |
| 12 | NATHAN ALBLAS      | GRIMSBY DSS  | J11.42m |
| 12 | MATTHEW VAN        | LAURA SECORD | J11.42m |
| -- | RYAN WEBB          | WEST PARK    | DNS     |
| -- | RAUL ROJAS         | HOLY CROSS H | DNS     |

## Men Pole Vault Midget

| =====             |            |              |                           |        |
|-------------------|------------|--------------|---------------------------|--------|
| Pre 2004: R 3.26m |            | 1986         | MARK WIKABRADO, West Park |        |
| Name              | Year       | School       | Finals                    | Points |
| =====             |            |              |                           |        |
| 1                 | BRYAN ROSE | LAURA SECORD | 2.44m                     |        |

## Men Long Jump Midget

| =====             |                      |              |                                 |        |
|-------------------|----------------------|--------------|---------------------------------|--------|
| Zone IV: R 5.45m  |                      | 13/05/2004   | THOMAS GLASBERGEN, Heritage Chr |        |
| Pre 2004: R 6.20m |                      | 1982         | GREG BRISKIN, Lakeport          |        |
| Name              | Year                 | School       | Finals                          | Points |
| =====             |                      |              |                                 |        |
| 1                 | BEN DICKSON          | CHURCHILL, S | 5.09m                           | 6      |
| 2                 | CHRIS MARSHALL       | SOUTH LINCOL | 4.99m                           | 4      |
| 3                 | OSCAR ANDERSON-SHORT | NIAGARA D    | J4.99m                          | 3      |
| 4                 | JEANMARC GERONIMO    | ST. FRANCIS  | 4.84m                           | 2      |
| 5                 | TOM CLARK            | GRIMSBY DSS  | J4.84m                          | 1      |
| 6                 | JEFF VONGPHAKDY      | LAKEPORT SS  | J4.84m                          |        |
| 7                 | BRENT WILLIAMS       | GRIMSBY DSS  | 4.67m                           |        |
| 8                 | JOE BRADY            | ST. CATHARIN | 4.59m                           |        |
| 9                 | MARTIN LABANAWICZ    | HOLY CROSS H | 4.33m                           |        |
| 10                | TAYLOR BOYLE         | CHURCHILL, S | 4.27m                           |        |
| 11                | SUNG SOHN            | DENIS MORRIS | 4.26m                           |        |
| 12                | TUAN TRAN            | CHURCHILL, S | 3.93m                           |        |
| 13                | MATTHEW VAN          | LAURA SECORD | 3.50m                           |        |
| 14                | TAYLOR SIMPSON       | LAURA SECORD | 3.46m                           |        |
| --                | RAUL ROJAS           | HOLY CROSS H | DNS                             |        |

## Men Triple Jump Midget

| =====              |                      |              |                                 |        |
|--------------------|----------------------|--------------|---------------------------------|--------|
| Zone IV: R 11.51m  |                      | 13/05/2004   | THOMAS GLASBERGEN, Heritage Chr |        |
| Pre 2004: R 12.73m |                      | 1984         | ANDY RYMSHA, Governor Simcoe    |        |
| Name               | Year                 | School       | Finals                          | Points |
| =====              |                      |              |                                 |        |
| 1                  | BEN DICKSON          | CHURCHILL, S | 11.15m                          | 6      |
| 2                  | COREY CHEROPITA      | WEST PARK    | 10.74m                          | 4      |
| 3                  | OSCAR ANDERSON-SHORT | NIAGARA D    | 10.73m                          | 3      |

|    |                    |              |        |   |
|----|--------------------|--------------|--------|---|
| 4  | JEFF VONGPHAKDY    | LAKEPORT SS  | 10.69m | 2 |
| 5  | BRENT WILLIAMS     | GRIMSBY DSS  | 10.50m | 1 |
| 6  | JESSE DEKKER       | WEST PARK    | 10.04m |   |
| 7  | ADAM SHEWCHUK      | WEST PARK    | 9.82m  |   |
| 8  | MATTHEW VAN        | LAURA SECORD | 9.39m  |   |
| 9  | TUAN TRAN          | CHURCHILL, S | 9.14m  |   |
| 10 | MITCHEL MACPHERSON | ST. FRANCIS  | 8.58m  |   |
| 11 | WES KOVACH         | GRIMSBY DSS  | 8.27m  |   |
| -- | KODI HOLLINGSWORTH | LAKEPORT SS  | DNS    |   |

## Men Shot Put Midget

| =====                                                 |                    |              |        |        |
|-------------------------------------------------------|--------------------|--------------|--------|--------|
| Zone IV: R 13.74m 13/05/2004 JOSH MOES, Heritage Chr  |                    |              |        |        |
| Pre 2004: R 14.88m 1981 JOHN WILLMS, Eden High School |                    |              |        |        |
| Name                                                  | Year               | School       | Finals | Points |
| =====                                                 |                    |              |        |        |
| 1                                                     | ROB FADER          | BLESSED TRIN | 11.60m | 6      |
| 2                                                     | CAMERON GOERTZEN   | NIAGARA D    | 11.22m | 4      |
| 3                                                     | ROBERT ETHERINGTON | CHURCHILL, S | 11.05m | 3      |
| 4                                                     | JOSH HIPPERSON     | DENIS MORRIS | 10.97m | 2      |
| 5                                                     | BLAKE KIERLING     | ST. FRANCIS  | 9.80m  | 1      |
| 6                                                     | KEVIN WASSILL      | CHURCHILL, S | 9.69m  |        |
| 7                                                     | TIM JONES          | LAURA SECORD | 9.30m  |        |
| 8                                                     | BOBBY VANDERZALM   | ST. FRANCIS  | 8.98m  |        |
| 9                                                     | SHAWN NOAMAN       | WEST PARK    | 7.83m  |        |

## Men Discus Throw Midget

| =====                                                            |                    |              |        |        |
|------------------------------------------------------------------|--------------------|--------------|--------|--------|
| Zone IV: R 37.08m 13/05/2004 JOSH MOES, Heritage Chr             |                    |              |        |        |
| Pre 2004: R 49.92m 2001 JOHNNIE AHLSTEDT, Laura Secord Secondary |                    |              |        |        |
| Name                                                             | Year               | School       | Finals | Points |
| =====                                                            |                    |              |        |        |
| 1                                                                | ROB FADER          | BLESSED TRIN | 31.18m | 6      |
| 2                                                                | ROBERT ETHERINGTON | CHURCHILL, S | 29.55m | 4      |
| 3                                                                | KEVIN WASSILL      | CHURCHILL, S | 27.77m | 3      |
| 4                                                                | CAMERON GOERTZEN   | NIAGARA D    | 25.48m | 2      |

## Men Javelin Throw Midget

| =====                                                       |                    |              |        |        |
|-------------------------------------------------------------|--------------------|--------------|--------|--------|
| Zone IV: R 40.15m 13/05/2004 CAM KRAJCIK, Grimsby DSS       |                    |              |        |        |
| Pre 2004: R 49.32m 2003 SHAWN BENCH, Laura Secord Secondary |                    |              |        |        |
| Name                                                        | Year               | School       | Finals | Points |
| =====                                                       |                    |              |        |        |
| 1                                                           | BLAKE KIERLING     | ST. FRANCIS  | 39.68m | 6      |
| 2                                                           | BOBBY VANDERZALM   | ST. FRANCIS  | 38.87m | 4      |
| 3                                                           | ROB FADER          | BLESSED TRIN | 35.60m | 3      |
| 4                                                           | TIM JONES          | LAURA SECORD | 35.19m | 2      |
| 5                                                           | GIANMARCO RAIMONDO | ST. FRANCIS  | 29.88m | 1      |

|   |                    |              |         |
|---|--------------------|--------------|---------|
| 6 | CAMERON GOERTZEN   | NIAGARA D    | J29.88m |
| 7 | KIERAN MONTALBAN   | ST. FRANCIS  | 29.42m  |
| 8 | ROBERT ETHERINGTON | CHURCHILL, S | 28.68m  |

## Men 100 Meter Dash Junior

=====

Zone IV: R 11.90 13/05/2004 JERIMY HIPPERSON, Denis Morris  
 Pre 2004: R 11.04 2003 DIRK HOFMANN, S.W.C.

| Name | Year | School | Prelims | H# |
|------|------|--------|---------|----|
|------|------|--------|---------|----|

=====

## Preliminaries

|    |                   |              |          |   |
|----|-------------------|--------------|----------|---|
| 1  | CODY BOYD         | CHURCHILL, S | R 11.65Q | 1 |
| 2  | TANNER GOODE      | ST. FRANCIS  | R 11.73Q | 2 |
| 3  | RICH LITTLE       | GOVERNOR SIM | 11.97Q   | 2 |
| 4  | ANDREW GAZZELLONE | DENIS MORRIS | 12.24Q   | 1 |
| 5  | KAMIL SIUDOWSKI   | DENIS MORRIS | 12.25q   | 1 |
| 6  | TOM GLASBERGEN    | HERITAGE CHR | 12.27q   | 1 |
| 7  | ANDREW MYER       | ST. FRANCIS  | 12.30q   | 2 |
| 8  | JOHN CARRIGAN     | BEAMSVILLE D | 12.33q   | 1 |
| 9  | MATT EDMONDS      | ST. CATHARIN | 12.55    | 2 |
| 10 | MIKE BELL         | BLESSED TRIN | 12.56    | 2 |
| 11 | CAM MICHAUD       | GRIMSBY DSS  | 12.58    | 2 |
| 12 | DAVID RYPSTRA     | SMITHVILLE D | 12.59    | 1 |
| 13 | MARK FABIANO      | DENIS MORRIS | 12.79    | 1 |
| 14 | TRAVIS LEES       | NIAGARA D    | 13.07    | 1 |
| 14 | JONATHAN WILLEMS  | BLESSED TRIN | 13.07    | 2 |
| 16 | CAMERON VIGNEUX   | ST. FRANCIS  | 13.14    | 2 |

## Men 100 Meter Dash Junior

=====

Zone IV: R 11.90 13/05/2004 JERIMY HIPPERSON, Denis Morris  
 Pre 2004: R 11.04 2003 DIRK HOFMANN, S.W.C.

| Name | Year | School | Finals | Points |
|------|------|--------|--------|--------|
|------|------|--------|--------|--------|

=====

## Finals

|    |                   |              |        |   |
|----|-------------------|--------------|--------|---|
| 1  | TANNER GOODE      | ST. FRANCIS  | 11.43R | 6 |
| 2  | CODY BOYD         | CHURCHILL, S | 11.54R | 4 |
| 3  | RICH LITTLE       | GOVERNOR SIM | 11.79R | 3 |
| 4  | ANDREW MYER       | ST. FRANCIS  | 12.11  | 2 |
| 5  | KAMIL SIUDOWSKI   | DENIS MORRIS | 12.19  | 1 |
| 6  | TOM GLASBERGEN    | HERITAGE CHR | J12.19 |   |
| 7  | ANDREW GAZZELLONE | DENIS MORRIS | 12.24  |   |
| -- | JOHN CARRIGAN     | BEAMSVILLE D | DNS    |   |

## Men 200 Meter Dash Junior

=====

Zone IV: R 24.87 13/05/2004 STEPHEN DEMETRIADES, Churchill, S  
 Pre 2004: R 23.00 1972 VIC REMPEL, Niagara District

| Name  | Year     | School     | Finals       | H#     | Points |
|-------|----------|------------|--------------|--------|--------|
| ===== |          |            |              |        |        |
| 1     | TANNER   | GOODE      | ST. FRANCIS  | 23.71R | 2 6    |
| 2     | CODY     | BOYD       | CHURCHILL, S | 23.82R | 2 4    |
| 3     | DEREK    | BEATTIE    | GRIMSBY DSS  | 24.50R | 2 3    |
| 4     | RICH     | LITTLE     | GOVERNOR SIM | 24.76R | 2 2    |
| 5     | SPENCER  | BURNSTON   | BLESSED TRIN | 25.48  | 1 1    |
| 6     | JOHN     | KERIGAN    | BEAMSVILLE D | 25.49  | 2      |
| 7     | MATT     | DART       | HOLY CROSS H | 25.73  | 1      |
| 8     | ANDREW   | GAZZELLONE | DENIS MORRIS | 25.76  | 2      |
| 9     | ANDREW   | MYER       | ST. FRANCIS  | 25.95  | 2      |
| 10    | DAVID    | RYPSTRA    | SMITHVILLE D | 25.96  | 1      |
| 11    | MIKE     | BELL       | BLESSED TRIN | 26.29  | 2      |
| 12    | CONNER   | GRAHAM     | ST. FRANCIS  | 26.47  | 1      |
| 13    | JONATHAN | WILLEMS    | BLESSED TRIN | 27.09  | 1      |
| 14    | MIKE     | MCGOWAN    | HOLY CROSS H | 27.36  | 1      |
| 15    | AARON    | KIRN       | BEAMSVILLE D | 28.03  | 1      |
| --    | JAMES    | WEBB       | NIAGARA D    | DNS    | 1      |

## Men 400 Meter Dash Junior

| =====                                                     |          |           |              |         |        |
|-----------------------------------------------------------|----------|-----------|--------------|---------|--------|
| Zone IV: R 55.35 13/05/2004 MATTHEW BUTTERS, Denis Morris |          |           |              |         |        |
| Pre 2004: R 50.90 1986 BOB LYONS, Ridley College          |          |           |              |         |        |
| Name                                                      | Year     | School    | Finals       | H#      | Points |
| =====                                                     |          |           |              |         |        |
| 1                                                         | DUSTIN   | DEMOE     | DENIS MORRIS | 54.17R  | 2 6    |
| 2                                                         | JORDAN   | HECKMAN   | CHURCHILL, S | 57.25   | 2 4    |
| 3                                                         | ANTHONY  | HENDERSON | BLESSED TRIN | 59.15   | 2 3    |
| 4                                                         | JORGE    | BARAHONA  | DENIS MORRIS | 59.65   | 2 2    |
| 5                                                         | JEFF     | AMADIO    | ST. FRANCIS  | 1:00.21 | 2 1    |
| 6                                                         | DREW     | BAERG     | BEAMSVILLE D | 1:01.01 | 2      |
| 7                                                         | KALLAHAN | PARK      | GRIMSBY DSS  | 1:03.00 | 1      |
| 8                                                         | MIKE     | MCGOWAN   | HOLY CROSS H | 1:05.41 | 1      |
| 9                                                         | SCOTT    | CHERRIE   | BEAMSVILLE D | 1:08.02 | 2      |
| --                                                        | JAMES    | WEBB      | NIAGARA D    | DNS     | 1      |

## Men 800 Meter Run Junior

| =====                                                       |         |           |              |         |        |
|-------------------------------------------------------------|---------|-----------|--------------|---------|--------|
| Zone IV: R 2:02.43 13/05/2004 MATTHEW BUTTERS, Denis Morris |         |           |              |         |        |
| Pre 2004: R 1:58.69 1997 JEFF MALLYSH, Holy Cross           |         |           |              |         |        |
| Name                                                        | Year    | School    | Finals       | H#      | Points |
| =====                                                       |         |           |              |         |        |
| 1                                                           | JAMES   | PAUL      | CHURCHILL, S | 2:08.24 | 2 6    |
| 2                                                           | KEVIN   | MOORE     | CHURCHILL, S | 2:08.37 | 2 4    |
| 3                                                           | DEREK   | MOORE     | CHURCHILL, S | 2:08.46 | 2 3    |
| 4                                                           | SPENCER | PRUDHOMME | WEST PARK    | 2:08.77 | 2 2    |
| 5                                                           | DUSTIN  | DEMOE     | DENIS MORRIS | 2:14.18 | 1 1    |
| 6                                                           | JORDAN  | HECKMAN   | CHURCHILL, S | 2:14.47 | 2      |

|    |                  |              |         |   |
|----|------------------|--------------|---------|---|
| 7  | JESSE HALS       | BLESSED TRIN | 2:18.26 | 2 |
| 8  | JEFF DILL        | EDEN HIGH SC | 2:18.39 | 2 |
| 9  | TERENCE ATTEMA   | SMITHVILLE D | 2:19.83 | 2 |
| 10 | JORGE BARAHONA   | DENIS MORRIS | 2:22.98 | 1 |
| 11 | MIKE BELL        | BLESSED TRIN | 2:33.11 | 1 |
| 12 | ZACK CANO        | BLESSED TRIN | 2:43.89 | 1 |
| -- | CAMERON DIPIETRO | ST. FRANCIS  | DNS     | 1 |
| -- | KALLAHAN PARK    | GRIMSBY DSS  | DNS     | 1 |
| -- | SCOTT CHERRIE    | BEAMSVILLE D | DNS     | 1 |
| -- | BRAD COMFORT     | SOUTH LINCOL | DNS     | 1 |

## Men 1500 Meter Run Junior

| =====                                                       |                   |              |          |        |
|-------------------------------------------------------------|-------------------|--------------|----------|--------|
| Zone IV: R 5:01.00 13/05/2004 MATTHEW BUTTERS, Denis Morris |                   |              |          |        |
| Pre 2004: R 4:06.24 2002 JEFF SCULL, Beamsville Secondary   |                   |              |          |        |
| Name                                                        | Year              | School       | Finals   | Points |
| =====                                                       |                   |              |          |        |
| 1                                                           | KEVIN MOORE       | CHURCHILL, S | 4:24.41R | 6      |
| 2                                                           | DEREK MOORE       | CHURCHILL, S | 4:25.35R | 4      |
| 3                                                           | JAMES PAUL        | CHURCHILL, S | 4:25.45R | 3      |
| 4                                                           | SPENCER PRUDHOMME | WEST PARK    | 4:25.70R | 2      |
| 5                                                           | BLAINE STEVENSON  | CHURCHILL, S | 4:33.95R | 1      |
| 6                                                           | JEFF DILL         | EDEN HIGH SC | 4:41.05R |        |
| 7                                                           | ANTHONY HENDERSON | BLESSED TRIN | 4:51.99R |        |
| 8                                                           | TERENCE ATTEMA    | SMITHVILLE D | 4:54.76R |        |
| 9                                                           | PAUL WOODS        | ST. FRANCIS  | 5:09.37  |        |
| 10                                                          | JAS MOGFORD       | GREAT LAKES  | 5:10.36  |        |
| 11                                                          | KALLAHAN PARK     | GRIMSBY DSS  | 5:16.64  |        |
| 12                                                          | KEVIN WIERENGA    | SMITHVILLE D | 5:30.30  |        |
| 13                                                          | ZACK CANO         | BLESSED TRIN | 5:33.72  |        |
| --                                                          | ERIC CHEMERIKA    | BLESSED TRIN | DNF      |        |
| --                                                          | CORY ANELLO       | BEAMSVILLE D | DNS      |        |

## Men 3000 Meter Run Junior

| =====                                                       |                  |              |           |        |
|-------------------------------------------------------------|------------------|--------------|-----------|--------|
| Zone IV: R 10:06.41 13/05/2004 MATTHEW MAHLER, Denis Morris |                  |              |           |        |
| Pre 2004: R 9:04.70 1983 MIKE SMITH, Lakeport               |                  |              |           |        |
| Name                                                        | Year             | School       | Finals    | Points |
| =====                                                       |                  |              |           |        |
| 1                                                           | DEREK MOORE      | CHURCHILL, S | 10:00.03R | 6      |
| 2                                                           | JAMES PAUL       | CHURCHILL, S | 10:01.16R | 4      |
| 3                                                           | BLAINE STEVENSON | CHURCHILL, S | 10:01.18R | 3      |
| 4                                                           | KEVIN MOORE      | CHURCHILL, S | 10:01.20R | 2      |
| 5                                                           | TERENCE ATTEMA   | SMITHVILLE D | 10:22.99  | 1      |
| 6                                                           | PAUL WOODS       | ST. FRANCIS  | 11:13.01  |        |
| 7                                                           | JAS MOGFORD      | GREAT LAKES  | 11:14.94  |        |
| 8                                                           | KEVIN WIERENGA   | SMITHVILLE D | 11:36.53  |        |
| 9                                                           | JASON ELDER      | ST. CATHARIN | 11:39.13  |        |

|    |                   |              |          |
|----|-------------------|--------------|----------|
| 10 | NATHAN LANSDELL   | GREAT LAKES  | 11:48.84 |
| 11 | ZACK CANO         | BLESSED TRIN | 11:53.02 |
| 12 | DANIEL HEERSINK   | SMITHVILLE D | 13:00.98 |
| -- | ERIC CHEMERIKA    | BLESSED TRIN | DNS      |
| -- | ANTHONY HENDERSON | BLESSED TRIN | DNS      |

## Men 100 Meter Hurdles Junior

|                   |                  |              |                                |        |
|-------------------|------------------|--------------|--------------------------------|--------|
| =====             |                  |              |                                |        |
| Zone IV: R 16.21  |                  | 13/05/2004   | STEPHEN MICHENER, Beamsville D |        |
| Pre 2004: R 14.67 |                  | 2003         | TAI SPENCER-YAP, Laura Secord  |        |
| Name              | Year             | School       | Finals                         | Points |
| =====             |                  |              |                                |        |
| 1                 | SPENCER BURNSTON | BLESSED TRIN | 15.69R                         | 6      |
| 2                 | JOHN CARRIGAN    | BEAMSVILLE D | 16.01R                         | 4      |
| 3                 | JEFF AMADIO      | ST. FRANCIS  | 17.55                          | 3      |
| --                | JOSH NEAL        | EDEN HIGH SC | DQ                             |        |

## Men 300 Meter Hurdles Junior

|                   |                  |              |                                      |        |
|-------------------|------------------|--------------|--------------------------------------|--------|
| =====             |                  |              |                                      |        |
| Zone IV: R 44.00  |                  | 13/05/2004   | TYLER ROUSE, Grimsby DSS             |        |
| Pre 2004: R 42.50 |                  | 2003         | ROB PETERS, Grimsby                  |        |
| Pre 2004: R 42.50 |                  | 1994         | JIM CORUPE, Denis Morris             |        |
| Pre 2004: R 42.50 |                  | 1991         | DAVE CHUCHMAN, Sir Winston Churchill |        |
| Name              | Year             | School       | Finals                               | Points |
| =====             |                  |              |                                      |        |
| 1                 | KYLE JESS-BANNON | BEAMSVILLE D | 45.82                                | 6      |
| 2                 | AARON KIRN       | BEAMSVILLE D | 48.09                                | 4      |
| 3                 | JOSH NEAL        | EDEN HIGH SC | 49.59                                | 3      |
| 4                 | CAMERON DIPIETRO | ST. FRANCIS  | 51.42                                | 2      |
| 5                 | WES PHELPS       | GRIMSBY DSS  | 57.02                                | 1      |

## Men 4x100 Meter Relay Junior

|                   |                      |            |                                             |        |
|-------------------|----------------------|------------|---------------------------------------------|--------|
| =====             |                      |            |                                             |        |
| Zone IV: R 47.59  |                      | 13/05/2004 | BEAMSVILLE D S S, Beamsville D              |        |
|                   |                      |            | S Michener, B Maitland, C Lemieux, R Phipps |        |
| Pre 2004: R 45.90 |                      | 1980       | , Grantham                                  |        |
| School            |                      |            | Finals                                      | Points |
| =====             |                      |            |                                             |        |
| 1                 | ST. FRANCIS S S      | 'A'        | 49.04                                       | 6      |
| 2                 | DENIS MORRIS H S     | 'A'        | 49.59                                       | 4      |
| 3                 | GRIMSBY D S S        | 'A'        | 49.78                                       | 3      |
|                   | 1) WES PHELPS        |            | 2) DEREK BEATTIE                            |        |
|                   | 3)                   |            | 4) CAM MICHAUD                              |        |
| 4                 | BLESSED TRINITY H S  | 'A'        | 50.19                                       | 2      |
|                   | 1) JOHN WILLIAMS     |            | 2) JESSE HALLS                              |        |
|                   | 3) SPENCER BURNISTON |            | 4) MIKE BELL                                |        |
| 5                 | BEAMSVILLE D S S     | 'A'        | 50.69                                       | 1      |
| 6                 | LAURA SECORD S S     | 'A'        | 53.45                                       |        |

1) SHANE COOPER  
3) ISHAC MUSAH

2) SEAN MARTINS  
4) ROB PICKERING

# Men High Jump Junior

|                      |      |              |                               |        |
|----------------------|------|--------------|-------------------------------|--------|
| =====                |      |              |                               |        |
| Zone IV: R 1.88m     |      | 13/05/2004   | JAMES BRODHAGEN, Thorold SS-T |        |
| Pre 2004: R 2.11m    |      | 1997         | MIKE PONIUKVAR, Denis Morris  |        |
| Name                 | Year | School       | Finals                        | Points |
| =====                |      |              |                               |        |
| 1 NICK GLOVER        |      | BEAMSVILLE D | 1.87m                         | 6      |
| 2 STEVE PRINS        |      | EDEN HIGH SC | 1.72m                         | 4      |
| 3 CAM MICHAUD        |      | GRIMSBY DSS  | J1.72m                        | 3      |
| 4 JOHN BALD          |      | BLESSED TRIN | 1.67m                         | 2      |
| 5 DEREK BEATTIE      |      | GRIMSBY DSS  | 1.62m                         | 1      |
| 6 ISHAC MUSAH        |      | LAURA SECORD | J1.62m                        |        |
| 7 PATRICK SUMMERS    |      | THOROLD SS-T | 1.57m                         |        |
| 7 KAMIL SIUDOWSKI    |      | DENIS MORRIS | 1.57m                         |        |
| 9 SCOTT CHERRIE      |      | BEAMSVILLE D | 1.52m                         |        |
| 10 PHIL WILLIAMSON   |      | THOROLD SS-T | J1.52m                        |        |
| 10 TRAVIS LEES       |      | NIAGARA D    | J1.52m                        |        |
| 12 PAT DESHENES      |      | BLESSED TRIN | 1.47m                         |        |
| -- JUSTIN LAUTENBACH |      | WEST PARK    | FAIL                          |        |
| -- JOSH NEAL         |      | EDEN HIGH SC | FAIL                          |        |
| -- KORY LAYFIELD     |      | WEST PARK    | FAIL                          |        |
| -- CONOR KEENAN      |      | BLESSED TRIN | DNS                           |        |

# Men Pole Vault Junior

|                    |      |              |                        |        |
|--------------------|------|--------------|------------------------|--------|
| =====              |      |              |                        |        |
| Pre 2004: R 3.91m  |      | 1986         | DAN PEROSSA, West Park |        |
| Name               | Year | School       | Finals                 | Points |
| =====              |      |              |                        |        |
| 1 MATTHEW STANTON  |      | BEAMSVILLE D | 2.44m                  |        |
| 1 CAM KRAJCIK      |      | GRIMSBY DSS  | 2.44m                  |        |
| 1 BENJAMIN WILSON  |      | BEAMSVILLE D | 2.44m                  |        |
| 1 KYLE JESS-BANNON |      | BEAMSVILLE D | 2.44m                  |        |

# Men Long Jump Junior

|                   |      |              |                                       |        |
|-------------------|------|--------------|---------------------------------------|--------|
| =====             |      |              |                                       |        |
| Zone IV: R 5.58m  |      | 13/05/2004   | COREY LEMIEUX, Beamsville D           |        |
| Pre 2004: R 6.55m |      | 1992         | ANDREW BELL, St Catharines Collegiate |        |
| Name              | Year | School       | Finals                                | Points |
| =====             |      |              |                                       |        |
| 1 MIKE CLIMENHAGE |      | LAKEPORT SS  | 5.42m                                 | 6      |
| 2 CODY BOYD       |      | CHURCHILL, S | 5.41m                                 | 4      |
| 3 RICH LITTLE     |      | GOVERNOR SIM | 5.33m                                 | 3      |
| 4 JONATHAN BALD   |      | BLESSED TRIN | 5.30m                                 | 2      |
| 5 KAMIL SIUDOWSKI |      | DENIS MORRIS | 5.25m                                 | 1      |
| 6 MARK FABIANO    |      | DENIS MORRIS | 5.24m                                 |        |

|    |                  |              |       |
|----|------------------|--------------|-------|
| 7  | ROB PICKERING    | LAURA SECORD | 5.23m |
| 8  | ALEX DUECK       | BEAMSVILLE D | 5.03m |
| 9  | TRAVIS LEES      | NIAGARA D    | 4.97m |
| 10 | JJ HYLAND        | BLESSED TRIN | 4.78m |
| 11 | JOEL RASHOTT     | BLESSED TRIN | 4.76m |
| 12 | ISHAC MUSAH      | LAURA SECORD | 4.57m |
| 13 | TYLER EMMERTON   | LAURA SECORD | 4.28m |
| 14 | MIKE OBRIEN      | BLESSED TRIN | 2.40m |
| -- | BROCK LASCHOWSKI | NIAGARA D    | DNS   |

## Men Triple Jump Junior

| =====              |                  |              |                             |        |
|--------------------|------------------|--------------|-----------------------------|--------|
| Zone IV: R 11.87m  |                  | 13/05/2004   | COREY LEMIEUX, Beamsville D |        |
| Pre 2004: R 13.65m |                  | 2003         | TUMELO MOLEKO, Ridley       |        |
| Name               | Year             | School       | Finals                      | Points |
| =====              |                  |              |                             |        |
| 1                  | DAVID TEBBUTT    | EDEN HIGH SC | 12.89mR                     | 6      |
| 2                  | SPENCER BURNSTON | BLESSED TRIN | 11.73m                      | 4      |
| 3                  | MATT EDMONDS     | ST. CATHARIN | 11.12m                      | 3      |
| 4                  | TOM GLASBERGEN   | HERITAGE CHR | 10.91m                      | 2      |
| 5                  | JOHN BALD        | BLESSED TRIN | 10.63m                      | 1      |
| 6                  | ALEX DUECK       | BEAMSVILLE D | 10.61m                      |        |
| 7                  | MARK FABIANO     | DENIS MORRIS | 10.23m                      |        |
| 8                  | ANDREW SPECK     | GRIMSBY DSS  | 8.80m                       |        |
| 9                  | TYLER EMMERTON   | LAURA SECORD | 8.76m                       |        |
| --                 | MIKE CLIMENHAGE  | LAKEPORT SS  | FOUL                        |        |
| --                 | LUKE HENDRICKS   | BLESSED TRIN | DNS                         |        |

## Men Shot Put Junior

| =====              |                 |              |                           |        |
|--------------------|-----------------|--------------|---------------------------|--------|
| Zone IV: R 15.28m  |                 | 13/05/2004   | SHAWN BENCH, Laura Secord |        |
| Pre 2004: R 16.03m |                 | 1990         | RICK FRIESEN, Lakeport    |        |
| Name               | Year            | School       | Finals                    | Points |
| =====              |                 |              |                           |        |
| 1                  | JORDAN NOLAN    | ST. FRANCIS  | 13.62m                    | 6      |
| 2                  | ADAM BETZ       | GRIMSBY DSS  | 12.77m                    | 4      |
| 3                  | CODY WHITFIELD  | GREAT LAKES  | 12.22m                    | 3      |
| 4                  | CHARLIE UPWARD  | BLESSED TRIN | 12.00m                    | 2      |
| 5                  | JOSH ANDERSON   | WEST PARK    | 11.86m                    | 1      |
| 6                  | SEAN MARTINS    | LAURA SECORD | 10.89m                    |        |
| 7                  | JOHN CHAYKA     | BEAMSVILLE D | 10.59m                    |        |
| 8                  | DAN KIRWIN      | EDEN HIGH SC | 10.54m                    |        |
| 9                  | CHRIS SHORT     | GRIMSBY DSS  | 10.31m                    |        |
| 10                 | MIKE OBRIEN     | BLESSED TRIN | 10.26m                    |        |
| 11                 | ANDREW WIENS    | WEST PARK    | 10.19m                    |        |
| 12                 | ALEX MARCONI    | ST. FRANCIS  | 9.00m                     |        |
| 13                 | JOEL RASHOTT    | BLESSED TRIN | 8.52m                     |        |
| 14                 | JARED LINDEBOOM | SMITHVILLE D | 8.11m                     |        |

-- JOSH MOES

HERITAGE CHR

DNS

## Men Discus Throw Junior

| =====              |      |              |                           |        |
|--------------------|------|--------------|---------------------------|--------|
| Zone IV: R 45.28m  |      | 13/05/2004   | SHAWN BENCH, Laura Secord |        |
| Pre 2004: R 45.62m |      | 1990         | RICK FRIESEN, Lakeport    |        |
| Name               | Year | School       | Finals                    | Points |
| =====              |      |              |                           |        |
| 1 ADAM BETZ        |      | GRIMSBY DSS  | 37.81m                    | 6      |
| 2 CODY WHITFIELD   |      | GREAT LAKES  | 35.65m                    | 4      |
| 3 ROB PICKERING    |      | LAURA SECORD | 33.58m                    | 3      |
| 4 CHRIS SHORT      |      | GRIMSBY DSS  | 31.60m                    | 2      |
| 5 ANTON STEFANAC   |      | BLESSED TRIN | 31.07m                    | 1      |
| 6 SEAN MARTINS     |      | LAURA SECORD | 30.91m                    |        |
| 7 JJ HYLAND        |      | BLESSED TRIN | 30.44m                    |        |
| 8 MATT CONWAY      |      | BLESSED TRIN | 29.69m                    |        |
| 9 ANDREW MYER      |      | ST. FRANCIS  | 23.33m                    |        |
| 10 DAVE VANDERWEIR |      | SMITHVILLE D | 23.24m                    |        |
| 11 CHARLIE UPWARD  |      | BLESSED TRIN | 22.55m                    |        |
| 12 SHANE COOPER    |      | LAURA SECORD | 16.24m                    |        |
| 13 JARED LINDEBOOM |      | SMITHVILLE D | 14.33m                    |        |
| -- CONNER GRAHAM   |      | ST. FRANCIS  | FOUL                      |        |
| -- JOSH MOES       |      | HERITAGE CHR | DNS                       |        |

## Men Javelin Throw Junior

| =====               |      |              |                                      |        |
|---------------------|------|--------------|--------------------------------------|--------|
| Zone IV: R 49.75m   |      | 13/05/2004   | SHAWN BENCH, Laura Secord            |        |
| Pre 2004: R 51.16m  |      | 2003         | RICKY POWELL, Laura Secord Secondary |        |
| Name                | Year | School       | Finals                               | Points |
| =====               |      |              |                                      |        |
| 1 CAM KRAJCIK       |      | GRIMSBY DSS  | 46.50m                               | 6      |
| 2 SEAN MARTINS      |      | LAURA SECORD | 42.88m                               | 4      |
| 3 CHRIS SHORT       |      | GRIMSBY DSS  | 37.60m                               | 3      |
| 4 ADAM BETZ         |      | GRIMSBY DSS  | 35.20m                               | 2      |
| 5 ROB PICKERING     |      | LAURA SECORD | 34.18m                               | 1      |
| 6 JARED LINDEBOOM   |      | SMITHVILLE D | 32.93m                               |        |
| 7 CAMERON DIPETRO   |      | ST. FRANCIS  | 32.85m                               |        |
| 8 ANTON STEFANAC    |      | BLESSED TRIN | 32.65m                               |        |
| 9 SHAUGHN REILLY    |      | BLESSED TRIN | 29.88m                               |        |
| 10 SHANE COOPER     |      | LAURA SECORD | 29.64m                               |        |
| 11 DAVE VANDERWEIR  |      | SMITHVILLE D | 29.40m                               |        |
| 12 JONATHAN MONSTER |      | SMITHVILLE D | 24.22m                               |        |
| 13 JOHN CHAYKA      |      | BEAMSVILLE D | 18.06m                               |        |
| -- CHARLIE UPWARD   |      | BLESSED TRIN | FOUL                                 |        |
| -- JOSH MOES        |      | HERITAGE CHR | DNS                                  |        |

## Men 100 Meter Dash Senior

=====

Zone IV: R 11.20 13/05/2004 CHRIS GERIMIA, St. Francis  
 Pre 2004: R 10.77 2003 ALWYN COX, Ridley  
 Pre 2004: R 10.80 1973 VIC REMPEL, Niagara District

| Name | Year | School | Prelims | H# |
|------|------|--------|---------|----|
|------|------|--------|---------|----|

=====

Preliminaries

|    |                     |              |        |   |
|----|---------------------|--------------|--------|---|
| 1  | COREY LEMIEUX       | BEAMSVILLE D | 11.73Q | 2 |
| 2  | STEPHEN DEMETRAIDES | CHURCHILL, S | 11.92Q | 1 |
| 3  | JERIMY HIPPERSON    | DENIS MORRIS | 11.74Q | 2 |
| 4  | MARK DEBRUIN        | HERITAGE CHR | 12.18Q | 1 |
| 5  | IAN MILLER          | ST. FRANCIS  | 12.10q | 2 |
| 6  | DAVID DICKSON       | CHURCHILL, S | 12.11q | 2 |
| 7  | ROB HUTCHESON       | GOVERNOR SIM | 12.21q | 1 |
| 8  | JAMES GAYDER        | GOVERNOR SIM | 12.43q | 1 |
| 9  | CAM SCHWENKER       | EDEN HIGH SC | 12.44  | 2 |
| 10 | DAWSON MATTHEW      | CHURCHILL, S | 12.45  | 2 |
| 11 | RYAN MACGREGOR      | ST. CATHARIN | 12.69  | 1 |
| 12 | ADAM HOEKSTRA       | SMITHVILLE D | 12.70  | 2 |
| 13 | ABDALLAH AWADH      | ST. CATHARIN | 12.81  | 2 |
| -- | SHANE KILGALLEN     | GRIMSBY DSS  | DNS    | 1 |

Men 100 Meter Dash Senior

=====

Zone IV: R 11.20 13/05/2004 CHRIS GERIMIA, St. Francis  
 Pre 2004: R 10.77 2003 ALWYN COX, Ridley  
 Pre 2004: R 10.80 1973 VIC REMPEL, Niagara District

| Name | Year | School | Finals | Points |
|------|------|--------|--------|--------|
|------|------|--------|--------|--------|

=====

Finals

|    |                     |              |       |   |
|----|---------------------|--------------|-------|---|
| 1  | JERIMY HIPPERSON    | DENIS MORRIS | 11.49 | 6 |
| 2  | COREY LEMIEUX       | BEAMSVILLE D | 11.62 | 4 |
| 3  | STEPHEN DEMETRAIDES | CHURCHILL, S | 11.83 | 3 |
| 4  | IAN MILLER          | ST. FRANCIS  | 11.85 | 2 |
| 5  | DAVID DICKSON       | CHURCHILL, S | 12.02 | 1 |
| 6  | MARK DEBRUIN        | HERITAGE CHR | 12.05 |   |
| 7  | ROB HUTCHESON       | GOVERNOR SIM | 12.17 |   |
| -- | JAMES GAYDER        | GOVERNOR SIM | DNF   |   |

Men 200 Meter Dash Senior

=====

Zone IV: R 23.80 13/05/2004 CHRIS GERIMIA, St. Francis  
 Pre 2004: R 22.60 1991 BOB COLES, Holy Cross

| Name | Year | School | Finals | H# | Points |
|------|------|--------|--------|----|--------|
|------|------|--------|--------|----|--------|

=====

|   |                     |              |        |   |   |
|---|---------------------|--------------|--------|---|---|
| 1 | STEPHEN DEMETRAIDES | CHURCHILL, S | 23.75R | 2 | 6 |
| 2 | RYAN PHIPPS         | BEAMSVILLE D | 24.45  | 2 | 4 |
| 3 | JOHN WALKER         | GRIMSBY DSS  | 24.50  | 2 | 3 |
| 4 | ELLIS REIMER        | EDEN HIGH SC | 24.54  | 2 | 2 |

|    |                 |              |       |   |   |
|----|-----------------|--------------|-------|---|---|
| 5  | ROB HUTCHESON   | GOVERNOR SIM | 24.85 | 2 | 1 |
| 6  | MUHANAD MUSAED  | ST. CATHARIN | 24.97 | 2 |   |
| 7  | JOSH KOMAR      | BLESSED TRIN | 26.18 | 1 |   |
| 8  | ANDREW MAHOOD   | BEAMSVILLE D | 26.78 | 1 |   |
| 9  | KARIM CHOCHRI   | ST. CATHARIN | 26.99 | 1 |   |
| -- | JAMES GAYDER    | GOVERNOR SIM | DNS   | 1 |   |
| -- | JEFF KOMADOSKI  | EDEN HIGH SC | DNS   | 1 |   |
| -- | SHANE KILGALLEN | GRIMSBY DSS  | DNS   | 2 |   |
| -- | JOE DEANGELIS   | BLESSED TRIN | DNS   | 1 |   |
| -- | MARK DEBRUIN    | HERITAGE CHR | DNS   | 2 |   |
| -- | JOSH SORMAN     | GRIMSBY DSS  | DNS   | 1 |   |

## Men 400 Meter Dash Senior

| =====             |                 |              |                               |    |        |
|-------------------|-----------------|--------------|-------------------------------|----|--------|
| Zone IV: R 52.25  |                 | 13/05/2004   | RICHARD BROUWER, Heritage Chr |    |        |
| Pre 2004: R 49.40 |                 | 1991         | BRYAN HENRY, Ridley College   |    |        |
| Name              | Year            | School       | Finals                        | H# | Points |
| =====             |                 |              |                               |    |        |
| 1                 | RYAN PHIPPS     | BEAMSVILLE D | 54.79                         | 2  | 6      |
| 2                 | JOHN WALKER     | GRIMSBY DSS  | 54.87                         | 2  | 4      |
| 3                 | TYLER ROUSE     | GRIMSBY DSS  | 55.96                         | 2  | 3      |
| 4                 | ELLIS REIMER    | EDEN HIGH SC | 56.34                         | 2  | 2      |
| 5                 | MIKE MUIZELAAR  | SOUTH LINCOL | 56.87                         | 2  | 1      |
| 6                 | JEFF KOMADOSKI  | EDEN HIGH SC | 57.22                         | 2  |        |
| 7                 | MUHANAD MUSAED  | ST. CATHARIN | 58.28                         | 2  |        |
| 8                 | ADAM HOEKSTRA   | SMITHVILLE D | 58.60                         | 2  |        |
| 9                 | ABDALLAH AWADH  | ST. CATHARIN | 1:00.20                       | 1  |        |
| 10                | DARREN HOEKSTRA | SMITHVILLE D | 1:01.32                       | 1  |        |
| --                | STREVE YOUNG    | DENIS MORRIS | DNS                           | 1  |        |

## Men 800 Meter Run Senior

| =====               |                 |              |                             |        |  |
|---------------------|-----------------|--------------|-----------------------------|--------|--|
| Zone IV: R 2:01.29  |                 | 13/05/2004   | JEFF SCULL, Beamsville D    |        |  |
| Pre 2004: R 1:54.00 |                 | 1991         | BRYAN HENRY, Ridley College |        |  |
| Name                | Year            | School       | Finals                      | Points |  |
| =====               |                 |              |                             |        |  |
| 1                   | MATT BUTTERS    | DENIS MORRIS | 2:03.44                     | 6      |  |
| 2                   | STEVE POSTMA    | EDEN HIGH SC | 2:09.96                     | 4      |  |
| 3                   | TROY EDWARDS    | WEST PARK    | 2:10.24                     | 3      |  |
| 4                   | MIKE MUIZELAAR  | SOUTH LINCOL | 2:15.30                     | 2      |  |
| 5                   | SEAN O'DONNELL  | HOLY CROSS H | 2:18.49                     | 1      |  |
| 6                   | RYAN PHIPPS     | BEAMSVILLE D | 2:23.91                     |        |  |
| 7                   | ALAN COMFORT    | SOUTH LINCOL | 2:25.12                     |        |  |
| 8                   | SAM ARNOLD      | BLESSED TRIN | 2:25.21                     |        |  |
| 9                   | CHRIS SEGATO    | ST. FRANCIS  | 2:33.47                     |        |  |
| 10                  | LEVY BODNAR     | HOLY CROSS H | 2:38.03                     |        |  |
| --                  | JJ CROCKETT     | BLESSED TRIN | NT                          |        |  |
| --                  | DARREN HOEKSTRA | SMITHVILLE D | NT                          |        |  |

-- TIM HALLS

GREAT LAKES

DNF

## Men 1500 Meter Run Senior

| =====                                                        |      |              |         |        |
|--------------------------------------------------------------|------|--------------|---------|--------|
| Zone IV: R 3:59.31 13/05/2004 JEFF SCULL, Beamsville D       |      |              |         |        |
| Pre 2004: R 3:59.70 1991 JEFF LOCKYER, Sir Winston Churchill |      |              |         |        |
| Name                                                         | Year | School       | Finals  | Points |
| =====                                                        |      |              |         |        |
| 1 MATT BUTTERS                                               |      | DENIS MORRIS | 4:18.53 | 6      |
| 2 SCOTT CAPRON                                               |      | GRIMSBY DSS  | 4:31.92 | 4      |
| 3 TROY EDWARDS                                               |      | WEST PARK    | 4:39.94 | 3      |
| 4 MATTHEW MAHLER                                             |      | DENIS MORRIS | 4:42.36 | 2      |
| 5 GREG CRONKWRIGHT                                           |      | BEAMSVILLE D | 4:43.86 | 1      |
| 6 KARL TRIMBLE                                               |      | CHURCHILL, S | 4:45.82 |        |
| 7 NICK BAKE                                                  |      | CHURCHILL, S | 4:45.90 |        |
| 8 JESSE FREDSON                                              |      | BEAMSVILLE D | 4:55.28 |        |
| 9 JEREMY SMITH                                               |      | BEAMSVILLE D | 4:55.32 |        |
| 10 MIKE MUIZELAAR                                            |      | SOUTH LINCOL | 4:59.88 |        |
| 11 ADAM BARTLET                                              |      | THOROLD SS-T | 5:07.91 |        |
| 12 ALAN COMFORT                                              |      | SOUTH LINCOL | 5:08.42 |        |
| 13 SHAWN QUESNEL                                             |      | ST. FRANCIS  | 5:17.48 |        |
| 14 MARTIN MACPHERSON                                         |      | BLESSED TRIN | 5:28.47 |        |
| 15 JOHN MATISZ                                               |      | BLESSED TRIN | 5:29.45 |        |
| -- SAM ARNOLD                                                |      | BLESSED TRIN | DNF     |        |

## Men 3000 Meter Run Senior

| =====                                                        |      |              |          |        |
|--------------------------------------------------------------|------|--------------|----------|--------|
| Zone IV: R 9:40.18 13/05/2004 BLAIR PAUL, Churchill, S       |      |              |          |        |
| Pre 2004: R 8:40.20 1991 JEFF LOCKYER, Sir Winston Churchill |      |              |          |        |
| Name                                                         | Year | School       | Finals   | Points |
| =====                                                        |      |              |          |        |
| 1 SCOTT CAPRON                                               |      | GRIMSBY DSS  | 9:55.53  | 6      |
| 2 KARL TRIMBLE                                               |      | CHURCHILL, S | 10:01.58 | 4      |
| 3 NICK BAKE                                                  |      | CHURCHILL, S | 10:07.41 | 3      |
| 4 MATTHEW MAHLER                                             |      | DENIS MORRIS | 10:11.00 | 2      |
| 5 MATT BUTTERS                                               |      | DENIS MORRIS | 10:12.94 | 1      |
| 6 JEREMY SMITH                                               |      | BEAMSVILLE D | 10:25.16 |        |
| 7 SCOTT THOMPSON                                             |      | LAURA SECORD | 10:46.13 |        |
| 8 GREG CRONKWRIGHT                                           |      | BEAMSVILLE D | 11:15.36 |        |
| 9 JESSE FREDSON                                              |      | BEAMSVILLE D | 11:16.27 |        |
| 10 MATT SMITH                                                |      | BEAMSVILLE D | 11:16.28 |        |
| 11 SHAWN QUESNEL                                             |      | ST. FRANCIS  | 11:55.07 |        |
| -- MARK BONE                                                 |      | GRIMSBY DSS  | DNS      |        |
| -- MARTIN MACPHERSON                                         |      | BLESSED TRIN | DNS      |        |
| -- RANNON STUIVE                                             |      | EDEN HIGH SC | DNS      |        |
| -- JJ CROCKETT                                               |      | BLESSED TRIN | DNS      |        |

## Men 110 Meter Hurdles Senior

```

=====
Zone IV: R 17.14 13/05/2004 ROB PETERS, Grimsby DSS
Pre 2004: R 15.30 1988 BRAD CARROLL, Grimsby Secondary
Name Year School Finals Points
=====

```

```

1 STEVEN MICHENER BEAMSVILLE D 16.66R 6
2 JERIMY HIPPERSON DENIS MORRIS 17.25 4
3 TYLER ROUSE GRIMSBY DSS 17.54 3
4 NATHAN VOORBERG GRIMSBY DSS 20.61 2

```

## Men 400 Meter Hurdles Senior

```

=====
Zone IV: R 1:00.94 13/05/2004 ROB PETERS, Grimsby DSS
Pre 2004: R 57.20 1995 JIM CORUPE, Denis Morris
Name Year School Finals Points
=====

```

```

1 TYLER ROUSE GRIMSBY DSS 1:03.87 6
2 STEVE DUMOULIN GRIMSBY DSS 1:07.06 4
3 BRETT MAITLAND BEAMSVILLE D 1:09.00 3
4 NATHAN VOORBERG GRIMSBY DSS 1:10.44 2
5 JEFF KOMADOSKI EDEN HIGH SC 1:10.60 1

```

## Men 4x100 Meter Relay Senior

```

=====
Zone IV: R 45.77 13/05/2004 RIDLEY COLLEGE, Ridley Colle
M Fay, Y Sato, A Ayoade, J Robinson
Pre 2004: R 44.60 1971 , Ridley College
School Finals Points
=====

```

```

1 SIR WINSTON CHURCHILL S S 'A' 46.81 6
  1) CODY BOYD 2) JORDAN HECKMAN
  3) STEPHEN DEMETRIADES 4) DAVID DICKSON
2 BEAMSVILLE D S S 'A' 47.22 4
3 GRIMSBY D S S 'A' 48.29 3
  1) TYLER ROUSE 2) JOHN WALKER
  3) JOSH SORMAN 4) SHANE KILGALLAN
4 BLESSED TRINITY H S 'A' 50.20 2
  1) MARK HENDRIKS 2) ANTHONY HENDERSON
  3) JOSH KOMAR 4) SAM ALAIMO
5 HOLY CROSS H S 'A' 50.49 1
6 LAURA SECORD S S 'A' 51.03
  1) JUSTIN HISCOCK 2) RANDY CORNER
  3) SOBONNIE MUON 4) SCOTT THOMPSON
-- NIAGARA D S S 'A' DNS
  1) OSCAR ANDERSON-SHORT 2) TRAVIS LEES
  3) JAMES WEBB 4) KENNY FELKER
-- GOVERNOR SIMCOE S S 'A' DNS
  1) ANDREW FERGUSON 2) JAMES GAYDER

```

## 3) ROB HUTCHESON

## 4) RICH LITTLE

## Men High Jump Senior

| =====             |      |              |                              |        |
|-------------------|------|--------------|------------------------------|--------|
| Zone IV: R 1.92m  |      | 13/05/2004   | DAN COUTURE, Holy Cross H    |        |
| Pre 2004: R 2.07m |      | 1998         | MIKE PONIKNVAR, Denis Morris |        |
| Name              | Year | School       | Finals                       | Points |
| =====             |      |              |                              |        |
| 1 STEVEN MICHENER |      | BEAMSVILLE D | 1.77m                        | 6      |
| 2 JAMES BRODHAGEN |      | THOROLD SS-T | J1.77m                       | 4      |
| 3 CORBIN OUWENDYK |      | EDEN HIGH SC | J1.77m                       | 3      |
| 4 JEFF DAM        |      | SMITHVILLE D | 1.72m                        | 2      |
| 5 CAM SCHWENKER   |      | EDEN HIGH SC | J1.72m                       | 1      |
| 6 ANDREW ENNS     |      | NIAGARA D    | 1.67m                        |        |
| 7 ADAM BARTLET    |      | THOROLD SS-T | 1.57m                        |        |
| 8 ALEX BROUWER    |      | HERITAGE CHR | 1.52m                        |        |
| -- MIKE VOLANTE   |      | HOLY CROSS H | NH                           |        |
| -- JOE DEANGELIS  |      | BLESSED TRIN | NH                           |        |
| -- KENNY FELKER   |      | NIAGARA D    | DNS                          |        |
| -- MATTHEW PRICE  |      | THOROLD SS-T | DNS                          |        |

## Men Pole Vault Senior

| =====             |      |              |                        |        |
|-------------------|------|--------------|------------------------|--------|
| Pre 2004: R 4.10m |      | 1988         | DAN PEROSSA, West Park |        |
| Name              | Year | School       | Finals                 | Points |
| =====             |      |              |                        |        |
| 1 STEVEN MICHENER |      | BEAMSVILLE D | 2.44m                  |        |
| 1 ANDREW MAHOOD   |      | BEAMSVILLE D | 2.44m                  |        |

## Men Long Jump Senior

| =====              |      |              |                                       |        |
|--------------------|------|--------------|---------------------------------------|--------|
| Zone IV: R 6.06m   |      | 13/05/2004   | DAN COUTURE, Holy Cross H             |        |
| Pre 2004: R 6.75m  |      | 1992         | RICH DUNCAN, St Catharines Collegiate |        |
| Name               | Year | School       | Finals                                | Points |
| =====              |      |              |                                       |        |
| 1 COREY LEMIEUX    |      | BEAMSVILLE D | 6.11mR                                | 6      |
| 2 DAVID DICKSON    |      | CHURCHILL, S | 5.81m                                 | 4      |
| 3 JOE DEANGELIS    |      | BLESSED TRIN | J5.81m                                | 3      |
| 4 ALEX BROUWER     |      | HERITAGE CHR | 5.79m                                 | 2      |
| 5 CORY GOERZEN     |      | NIAGARA D    | 5.74m                                 | 1      |
| 6 ADAM BARTLET     |      | THOROLD SS-T | 5.71m                                 |        |
| 7 CAM SCHWENKER    |      | EDEN HIGH SC | 5.69m                                 |        |
| 8 MUHANAD MUSAED   |      | ST. CATHARIN | 5.30m                                 |        |
| 9 JEFF DAM         |      | SMITHVILLE D | 5.19m                                 |        |
| 10 MARK HENDRIKS   |      | BLESSED TRIN | 5.03m                                 |        |
| 11 ANDREW ENNS     |      | NIAGARA D    | 5.00m                                 |        |
| 12 BRONSON SMITH   |      | NIAGARA D    | 4.99m                                 |        |
| 13 JAMES BRODHAGEN |      | THOROLD SS-T | 4.98m                                 |        |

|    |                |              |       |
|----|----------------|--------------|-------|
| 14 | ABDALLAH AWADH | ST. CATHARIN | 4.91m |
| 15 | SIMON WOODS    | GRIMSBY DSS  | 4.74m |
| -- | RYAN MACGREGOR | ST. CATHARIN | FOUL  |

## Men Triple Jump Senior

| =====              |                 |              |                                       |        |
|--------------------|-----------------|--------------|---------------------------------------|--------|
| Zone IV: R 12.25m  |                 | 13/05/2004   | DAN COUTURE, Holy Cross H             |        |
| Pre 2004: R 13.77m |                 | 1992         | RICH DUNCAN, St Catharines Collegiate |        |
| Name               | Year            | School       | Finals                                | Points |
| =====              |                 |              |                                       |        |
| 1                  | DAVID DICKSON   | CHURCHILL, S | 11.97m                                | 6      |
| 2                  | ADAM BARTLET    | THOROLD SS-T | 11.55m                                | 4      |
| 3                  | COREY LEMIEUX   | BEAMSVILLE D | 11.47m                                | 3      |
| 4                  | MIKE VOLANTE    | HOLY CROSS H | 11.45m                                | 2      |
| 5                  | BRONSON SMITH   | NIAGARA D    | 11.37m                                | 1      |
| 6                  | ANDREW ENNS     | NIAGARA D    | 11.35m                                |        |
| 7                  | JEFF DAM        | SMITHVILLE D | J11.35m                               |        |
| 8                  | RYAN MACGREGOR  | ST. CATHARIN | 11.15m                                |        |
| 9                  | ANDREW FERGUSON | GOVERNOR SIM | 10.84m                                |        |
| 10                 | STEVE DUMOULIN  | GRIMSBY DSS  | 10.67m                                |        |
| 11                 | JAMES BRODHAGEN | THOROLD SS-T | 10.42m                                |        |
| --                 | JAMES GAYDER    | GOVERNOR SIM | DNS                                   |        |
| --                 | WILLAM AUSTIN   | ST. FRANCIS  | DNS                                   |        |
| --                 | ADAM SLOKI      | BEAMSVILLE D | DNS                                   |        |

## Men Shot Put Senior

| =====              |                   |              |                            |        |
|--------------------|-------------------|--------------|----------------------------|--------|
| Zone IV: R 14.25m  |                   | 13/05/2004   | RICH JOHNSON, Governor Sim |        |
| Pre 2004: R 16.92m |                   | 1991         | RICK FRIESEN, Lakeport     |        |
| Name               | Year              | School       | Finals                     | Points |
| =====              |                   |              |                            |        |
| 1                  | RYAN CHOMIELEWSKI | ST. FRANCIS  | 12.79m                     | 6      |
| 2                  | DILON CLACK       | BLESSED TRIN | 12.06m                     | 4      |
| 3                  | JERIMY HIPPERSON  | DENIS MORRIS | 11.04m                     | 3      |
| 4                  | JAMES SNOOK       | CHURCHILL, S | 10.83m                     | 2      |
| 5                  | CORY DEWIT        | GRIMSBY DSS  | 10.47m                     | 1      |
| 6                  | JONATHAN MARTINS  | SOUTH LINCOL | 9.96m                      |        |
| 6                  | DEVIN JANZEN      | EDEN HIGH SC | 9.96m                      |        |
| 8                  | SOBONNIE MUON     | LAURA SECORD | 9.43m                      |        |
| 9                  | JAMIE DIXON       | GRIMSBY DSS  | 8.91m                      |        |
| 10                 | SAM CRISTALES     | LAURA SECORD | 8.71m                      |        |
| 11                 | PETER RIEWALD     | SMITHVILLE D | 8.65m                      |        |
| 12                 | MIKE KOOIMAN      | SMITHVILLE D | 8.50m                      |        |
| 13                 | RYAN WALTON       | EDEN HIGH SC | 8.34m                      |        |
| 14                 | JUSTIN HISCOCK    | LAURA SECORD | 7.90m                      |        |
| --                 | CAMERON BARRY     | BLESSED TRIN | DNS                        |        |

## Men Discus Throw Senior

|                    |                   |              |                            |        |
|--------------------|-------------------|--------------|----------------------------|--------|
| =====              |                   |              |                            |        |
| Zone IV: R 48.52m  |                   | 13/05/2004   | RICH JOHNSON, Governor Sim |        |
| Pre 2004: R 46.86m |                   | 1987         | DAVE DMYTRAS, Denis Morris |        |
| Name               | Year              | School       | Finals                     | Points |
| =====              |                   |              |                            |        |
| 1                  | JAMES SNOOK       | CHURCHILL, S | 33.95m                     | 6      |
| 2                  | DILON CLACK       | BLESSED TRIN | 33.43m                     | 4      |
| 3                  | SOBONNIE MUON     | LAURA SECORD | 30.42m                     | 3      |
| 4                  | ANDREW FERGUSON   | GOVERNOR SIM | 29.90m                     | 2      |
| 5                  | JUSTIN HISCOCK    | LAURA SECORD | 29.70m                     | 1      |
| 6                  | CORY DEWIT        | GRIMSBY DSS  | 28.99m                     |        |
| 7                  | MIKE KOOIMAN      | SMITHVILLE D | 26.05m                     |        |
| 8                  | RANDY CORNER      | LAURA SECORD | 25.31m                     |        |
| 9                  | CHRISTIAN COUTURE | HOLY CROSS H | 24.85m                     |        |
| 10                 | ALEX BROUWER      | HERITAGE CHR | 23.83m                     |        |
| 11                 | DEAN PAPINEAU     | BLESSED TRIN | 23.56m                     |        |
| 12                 | JAMIE DIXON       | GRIMSBY DSS  | 22.64m                     |        |
| 13                 | SAM CRISTALES     | LAURA SECORD | 19.06m                     |        |
| --                 | CAMERON BARRY     | BLESSED TRIN | DNS                        |        |
| --                 | DAVE MCAVOY       | BLESSED TRIN | DNS                        |        |

## Men Javelin Throw Senior

|                    |                   |              |                                 |        |
|--------------------|-------------------|--------------|---------------------------------|--------|
| =====              |                   |              |                                 |        |
| Zone IV: R 53.61m  |                   | 13/05/2004   | RICKY POWELL, Laura Secord      |        |
| Pre 2004: R 49.30m |                   | 2001         | PIERRE ROBINSON, Ridley College |        |
| Name               | Year              | School       | Finals                          | Points |
| =====              |                   |              |                                 |        |
| 1                  | RICKY POWELL      | LAURA SECORD | 44.92m                          | 6      |
| 2                  | PETER RIEWALD     | SMITHVILLE D | 39.51m                          | 4      |
| 3                  | SOBONNIE MUON     | LAURA SECORD | 38.60m                          | 3      |
| 4                  | STREVE YOUNG      | DENIS MORRIS | 38.16m                          | 2      |
| 5                  | DILON CLACK       | BLESSED TRIN | 38.15m                          | 1      |
| 6                  | CORY DEWIT        | GRIMSBY DSS  | 36.71m                          |        |
| 7                  | NICK DEJONGE      | SMITHVILLE D | 36.44m                          |        |
| 8                  | JAMES SNOOK       | CHURCHILL, S | 35.89m                          |        |
| 9                  | JUSTIN HISCOCK    | LAURA SECORD | 35.21m                          |        |
| 10                 | IAN MILLER        | ST. FRANCIS  | 34.76m                          |        |
| 11                 | ANDREW FERGUSON   | GOVERNOR SIM | 34.68m                          |        |
| 12                 | RANDY CORNER      | LAURA SECORD | 33.18m                          |        |
| 13                 | DEAN PAPINEAU     | BLESSED TRIN | 31.57m                          |        |
| 14                 | SAM CRISTALES     | LAURA SECORD | 30.55m                          |        |
| 15                 | JAMIE DIXON       | GRIMSBY DSS  | 28.98m                          |        |
| 16                 | CHRISTIAN COUTURE | HOLY CROSS H | 28.58m                          |        |

## Men 2000 Meter Steeplechase Open

|                     |  |            |                           |  |
|---------------------|--|------------|---------------------------|--|
| =====               |  |            |                           |  |
| Zone IV: R 6:47.12  |  | 13/05/2004 | SCOTT CAPRON, Grimsby DSS |  |
| Pre 2004: R 6:17.40 |  | 1988       | TIM MCNEIL, West Park     |  |

| Name               | Year School  | Finals  | Points |
|--------------------|--------------|---------|--------|
| =====              |              |         |        |
| 1 SCOTT CAPRON     | GRIMSBY DSS  | 7:00.36 | 6      |
| 2 MATTHEW MAHLER   | DENIS MORRIS | 7:13.58 | 4      |
| 3 BLAINE STEVENSON | CHURCHILL, S | 7:19.66 | 3      |
| 4 MARK BONE        | GRIMSBY DSS  | 7:25.11 | 2      |
| 5 ALAN COMFORT     | SOUTH LINCOL | 7:29.16 | 1      |
| 6 RANNON STUIVE    | EDEN HIGH SC | 8:10.31 |        |
| 7 IAN MILLER       | ST. FRANCIS  | 8:10.39 |        |
| -- JASON ELDER     | ST. CATHARIN | DNF     |        |
| -- STEVE POSTMA    | EDEN HIGH SC | DNS     |        |
| -- JESSE HALS      | BLESSED TRIN | DNS     |        |

## Men 4x400 Meter Relay Open

|                                                          |                   |         |        |
|----------------------------------------------------------|-------------------|---------|--------|
| =====                                                    |                   |         |        |
| Zone IV: R 3:40.08 13/05/2004 GRIMSBY D S S, Grimsby DSS |                   |         |        |
| T Rouse, R Peters, S Capron, D Mucyk                     |                   |         |        |
| Pre 2004: R 3:31.90 1990 , Ridley College                |                   |         |        |
| School                                                   |                   | Finals  | Points |
| =====                                                    |                   |         |        |
| 1 GRIMSBY D S S 'A'                                      |                   | 3:43.06 | 6      |
| 1) SCOTT CAPRON                                          | 2) STEVE DUMOULIN |         |        |
| 3) MARK BONE                                             | 4) TOM CLARK      |         |        |
| 2 BEAMSVILLE D S S 'A'                                   |                   | 3:59.56 | 4      |
| 3 DENIS MORRIS H S 'A'                                   |                   | 4:04.39 | 3      |
| 4 BLESSED TRINITY H S 'A'                                |                   | 4:06.88 | 2      |
| 1) JOHN WILLEMS                                          | 2) JESSE HALLS    |         |        |
| 3) MIKE BELL                                             | 4) JOHN BALD      |         |        |
| 5 LAURA SECORD S S 'A'                                   |                   | 4:14.44 | 1      |
| 1) MACKENZIE BENARD                                      | 2) TAYLOR SIMPSON |         |        |
| 3) JORDAN GLANCIE                                        | 4) BRAD TANNER    |         |        |

## Women - Midget - Team Rankings - 15 Events Scored

|       |                              |    |                               |
|-------|------------------------------|----|-------------------------------|
| ===== |                              |    |                               |
| 35    | 1) Grimsby D S S             | 70 | 2) Laura Secord S S           |
| 18    | 3) Sir Winston Churchill S S | 23 | 4) Smithville District C H S  |
| 16    | 5) Denis Morris H S          | 17 | 6) St. Francis S S            |
| 12    | 6) Beamsville D S S          | 16 | 8) Great Lakes Christian Col  |
| 8     | 9) Niagara D S S             | 10 | 10) Heritage Christian School |
| 5     | 11) Governor Simcoe S S      | 5  | 11) Blessed Trinity H S       |
| 1     | 13) Lakeport S S             | 1  | 13) West Park S S             |

# Women - Junior - Team Rankings - 15 Events Scored

|       |                               |       |                               |
|-------|-------------------------------|-------|-------------------------------|
| 31    | 1) Grimsby D S S              | 50    | 2) West Park S S              |
| 27    | 3) Beamsville D S S           | 29    | 4) St. Francis S S            |
| 17    | 5) Laura Secord S S           | 18.50 | 6) Sir Winston Churchill S S  |
| 10.50 | 7) Denis Morris H S           | 15    | 8) Blessed Trinity H S        |
| 8     | 9) Governor Simcoe S S        | 10    | 10) Niagara D S S             |
| 8     | 10) Eden High School          | 8     | 10) Great Lakes Christian Col |
| 1     | 13) Smithville District C H S | 7     | 14) South Lincoln H S         |

# Women - Senior - Team Rankings - 15 Events Scored

|    |                              |    |                               |
|----|------------------------------|----|-------------------------------|
| 22 | 1) Grimsby D S S             | 42 | 2) Holy Cross H S             |
| 21 | 3) Sir Winston Churchill S S | 21 | 3) Eden High School           |
| 18 | 5) Beamsville D S S          | 20 | 6) South Lincoln H S          |
| 18 | 6) Great Lakes Christian Col | 18 | 6) Blessed Trinity H S        |
| 14 | 9) Smithville District C H S | 14 | 9) Governor Simcoe S S        |
| 9  | 11) St. Francis S S          | 13 | 12) Heritage Christian School |
| 9  | 12) Laura Secord S S         |    |                               |

# Women - Open - Team Rankings - 2 Events Scored

|   |                     |    |                     |
|---|---------------------|----|---------------------|
| 8 | 1) Grimsby D S S    | 10 | 2) Beamsville D S S |
| 3 | 3) Laura Secord S S | 4  | 4) Eden High School |
| 3 | 4) Denis Morris H S |    |                     |

# Men - Midget - Team Rankings - 15 Events Scored

|    |                     |    |                              |
|----|---------------------|----|------------------------------|
| 43 | 1) Laura Secord S S | 52 | 2) Sir Winston Churchill S S |
|----|---------------------|----|------------------------------|

|    |                               |    |                              |
|----|-------------------------------|----|------------------------------|
| 19 | 3) St. Francis S S            | 25 | 4) Denis Morris H S          |
| 18 | 4) Grimsby D S S              | 19 | 6) Beamsville D S S          |
| 14 | 7) Blessed Trinity H S        | 15 | 8) Niagara D S S             |
| 6  | 9) Eden High School           | 8  | 10) West Park S S            |
| 2  | 11) South Lincoln H S         | 4  | 12) Lakeport S S             |
| 1  | 12) Great Lakes Christian Col | 2  | 14) St. Catharines C I & V S |
| 1  | 14) Heritage Christian School | 1  | 14) Holy Cross H S           |

#### Men - Junior - Team Rankings - 15 Events Scored

|    |                               |    |                               |
|----|-------------------------------|----|-------------------------------|
| 34 | 1) Sir Winston Churchill S S  | 58 | 2) Grimsby D S S              |
| 24 | 3) St. Francis S S            | 32 | 4) Blessed Trinity H S        |
| 15 | 5) Beamsville D S S           | 21 | 6) Denis Morris H S           |
| 8  | 7) Eden High School           | 13 | 8) Governor Simcoe S S        |
| 7  | 8) Laura Secord S S           | 8  | 10) Great Lakes Christian Col |
| 5  | 11) Lakeport S S              | 6  | 12) West Park S S             |
| 2  | 13) St. Catharines C I & V S  | 3  | 14) Heritage Christian School |
| 1  | 15) Smithville District C H S |    |                               |

#### Men - Senior - Team Rankings - 15 Events Scored

|    |                               |    |                              |
|----|-------------------------------|----|------------------------------|
| 41 | 1) Beamsville D S S           | 43 | 2) Sir Winston Churchill S S |
| 32 | 2) Grimsby D S S              | 41 | 4) Denis Morris H S          |
| 13 | 5) Blessed Trinity H S        | 14 | 6) Laura Secord S S          |
| 8  | 6) Eden High School           | 13 | 8) Thorold S S               |
| 6  | 8) St. Francis S S            | 8  | 10) West Park S S            |
| 4  | 10) Smithville District C H S | 6  | 12) Holy Cross H S           |

13) Governor Simcoe S S

3

13) South Lincoln H S

15) Niagara D S S

2

15) Heritage Christian School

## Men - Open - Team Rankings - 2 Events Scored

1) Grimsby D S S

14

2) Denis Morris H S

3) Beamsville D S S

4

4) Sir Winston Churchill S S

5) Blessed Trinity H S

2

6) Laura Secord S S

6) South Lincoln H S