

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 1 Women 100 Meter Dash Midget****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 5/21/2009 - 10:10 AM**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1			
2	HUITEMA, CHARLOTTE	CAYUGA S S	14.43
3	MAZZARELLA, ANNIKA	LAURA SECORD S S	14.13
4	EDWARDS, SHADAE	DENIS MORRIS H S	13.91
5	BOKESTYN, RICHELLE	HERITAGE CHRISTIAN SCHOOL	13.90
6	REICHEL, CARRIE	RIDGEWAY-CRYSTAL BEACH	13.34
7	ANDREWS, LAUREN	LAKESHORE C H S	14.19
8	SAMEK, EMILY	WESTDALE	14.41
Heat 2 of 2 Prelims			
1	SALMON, AMY	SALTFLEET	14.66
2	ANDREWS, SARAH	E. L. CROSSLEY S S	14.38
3	HARROP, KAYLA	SHERWOOD	13.67
4	MCCLURKEN, CAITLYN	GRIMSBY D S S	13.84
5	PATTERSON, CARLEY	ST. FRANCIS S S	14.02
6	LIGAS, ASHLEY	HIGHLAND	14.10
7	THOMAS, RACHELLE	NOTRE DAME COLLEGE	14.61
8	SMARKALA, DANIELLE	SHERWOOD	14.27

Event 2 Men 100 Meter Dash Midget**8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 5/21/2009 - 10:10 AM**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1			
2	KEMP, KORY	ST. PAUL H S	12.86
3	SANDS, TAYLOR	WESTMOUNT	12.51
4	MCPHERSON, BLAKE	GOVERNOR SIMCOE S S	12.16
5	AMBROSIO, COLTON	NOTRE DAME COLLEGE	12.31
6	CHRISTIANSEN, THOMAS	LAURA SECORD S S	12.68
7	DEJONG, CONNOR	HAMILTON DISTRICT	12.70
8	VANDAM, TIM	GUIDO DE BRES	12.92
Heat 2 of 2 Prelims			
1	RANA, OSMAN	SIR WINSTON CHURCHILL S S	12.78
2	MACDONALD, ZACH	NOTRE DAME COLLEGE	13.01
3	HAGGARTY, JEREMY	HIGHLAND	12.28
4	SCHINKEL, MIKE	RIDGEWAY-CRYSTAL BEACH	12.54
5	DOMAGALA, DANIEL	HOLY CROSS H S	12.52
6	SACCHETTI, ANDREW	WESTMOUNT	12.27
7	CHIA, RYAN	GOVERNOR SIMCOE S S	12.98
8	WOODS, JAKE	E. L. CROSSLEY S S	12.78

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 3 Women 200 Meter Dash Midget****Thursday 5/21/2009 - 1:55 PM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2	DIXON, SYDNIE	E. L. CROSSLEY S S	29.96
3	BAJIC, MELANIE	GRIMSBY D S S	29.26
4	MUSCA, MIREILLE	BLESSED TRINITY H S	28.95
5	PATTERSON, CARLEY	ST. FRANCIS S S	29.16
6	ZAVITZ, TAYLOR	E. L. CROSSLEY S S	29.47
7	KIDD, KASSIDY	A.N. MYER S S	29.94
8	ANDREWS, SARAH	E. L. CROSSLEY S S	30.09
Section 2 of 2 Timed Finals			
1	REICHELT, CARRIE	RIDGEWAY-CRYSTAL BEACH	27.97
2	TONOGAI, SARA	SHERWOOD	27.50
3	EDWARDS, SHADAE	DENIS MORRIS H S	27.34
4	HAYWARD, LEAH	HIGHLAND	26.70
5	HARROP, KAYLA	SHERWOOD	26.00
6	LIGAS, ASHLEY	HIGHLAND	27.40
7	ROSTS, MIKAYLA	GOVERNOR SIMCOE S S	27.87
8	SMARKALA, DANIELLE	SHERWOOD	28.30

Event 4 Men 200 Meter Dash Midget**Thursday 5/21/2009 - 1:55 PM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2	DEJONG, CONNOR	HAMILTON DISTRICT	27.80
3	SACCHETTI, ANDREW	WESTMOUNT	26.81
4	WOODS, JAKE	E. L. CROSSLEY S S	26.63
5	MEADOWS, DANNY	CAYUGA S S	26.80
6	TADESON, MARK	GRIMSBY D S S	27.11
7	SANDS, TAYLOR	WESTMOUNT	27.69
8	CHEAM, SOPHEAK	SHERWOOD	28.13
Section 2 of 2 Timed Finals			
1	HILDEBRAND, ZACK	WESTLANE S S	26.43
2	CHRISTIANSEN, THOMAS	LAURA SECORD S S	26.15
3	SLESSOR, KEN	GRIMSBY D S S	25.76
4	FAZEKAS, JAMIE	RIDGEWAY-CRYSTAL BEACH	25.56
5	KRZECZKOWSKI, ANDREW	SIR WINSTON CHURCHILL S S	25.53
6	SCHINKEL, MIKE	RIDGEWAY-CRYSTAL BEACH	25.92
7	RANA, OSMAN	SIR WINSTON CHURCHILL S S	26.34
8	HAGGARTY, JEREMY	HIGHLAND	26.44

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 5 Women 400 Meter Dash Midget****Thursday 5/21/2009 - 11:40 AM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2	FEATHERSTON, BAILEY	MCKINNON PARK H S	1:11.91
3	SHORT, MARGERET	HIGHLAND	1:10.30
4	HISELER, SARAH	PORT COLBORNE H S	1:08.80
5	WOOLFSON, MELISSA	HIGHLAND	1:09.57
6	GRAZIANO, KATIE	HOLY CROSS H S	1:11.25
7	POT, ALANNA	SMITHVILLE DISTRICT C H S	1:12.01
8	KLEEMOLA, SARAH	DENIS MORRIS H S	1:13.33
Section 2 of 2 Timed Finals			
1	BARTON, KASSI	MCKINNON PARK H S	1:08.30
2	STACEY, JULIE	WESTDALE	1:07.39
3	CAHILL, RACHEL	A.N. MYER S S	1:06.42
4	ROSTS, MIKAYLA	GOVERNOR SIMCOE S S	1:04.52
5	TONOGAI, SARA	SHERWOOD	1:05.73
6	HAYWARD, LEAH	HIGHLAND	1:06.93
7	YOUNG, JILLIAN	E. L. CROSSLEY S S	1:07.78
8	MC WILLIAM, HAILEY	LAURA SECORD S S	1:08.43

Event 6 Men 400 Meter Dash Midget**Thursday 5/21/2009 - 11:40 AM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2	LAROCQUE, BRETT	JEAN VANIER E S	1:00.21
3	OTTAWAY, LUCAS	CAYUGA S S	59.27
4	MCKNIGHT, COLE	GRIMSBY D S S	58.23
5	WOODS, JAKE	E. L. CROSSLEY S S	58.23
6	WHITEHALL, IAN	E. L. CROSSLEY S S	1:00.01
7	MANICCIA, CHRIS	DENIS MORRIS H S	1:00.45
8	SAXTON, BRETT	SIR WINSTON CHURCHILL S S	1:01.25
Section 2 of 2 Timed Finals			
1	KRZECZKOWSKI, ANDREW	SIR WINSTON CHURCHILL S S	57.70
2	PELOSINI, DAN	HIGHLAND	57.00
3	CHEAM, SOPHEAK	SHERWOOD	54.20
4	HAGGARTY, JEREMY	HIGHLAND	52.30
5	NEUMAN, FRANZ	ANCASTER HIGH	53.70
6	VANDAM, TIM	GUIDO DE BRES	56.70
7	SLESSOR, KEN	GRIMSBY D S S	57.68
8	HILDEBRAND, ZACK	WESTLANE S S	58.15

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 7 Women 800 Meter Run Midget****Thursday 5/21/2009 - 2:40 PM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2	GRAVINA, MAXINE	WESTDALE	2:52.71
3	YOUNG, JILLIAN	E. L. CROSSLEY S S	2:51.07
4	LLOYD, JACKIE	HIGHLAND	2:48.61
5	KOUDYS, JACKIE	BLESSED TRINITY H S	2:50.49
6	POT, ALANNA	SMITHVILLE DISTRICT C H S	2:51.38
7	CARR, KENDRA	PORT COLBORNE H S	3:06.16
8			
Section 2 of 2 Timed Finals			
1	HORN, MADELEINE	WESTDALE	2:45.78
2	SHORT, MARGERET	HIGHLAND	2:43.28
3	MC WILLIAM, HAILEY	LAURA SECORD S S	2:39.39
4	MACDONALD, ALANNAH	E. L. CROSSLEY S S	2:31.25
5	ROSTS, MIKAYLA	GOVERNOR SIMCOE S S	2:37.18
6	STACEY, JULIE	WESTDALE	2:42.09
7	CAHILL, RACHEL	A.N. MYER S S	2:44.38
8	ROSS, RAYLENE	GRIMSBY D S S	2:48.00

Event 8 Men 800 Meter Run Midget**Thursday 5/21/2009 - 2:40 PM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2	MOSS, ERIC	ST. PAUL H S	2:30.65
3	NEUMAN, FRANZ	ANCASTER HIGH	2:24.77
4	HILDEBRAND, ZACK	WESTLANE S S	2:23.54
5	BUSSE, COLIN	ORCHARD PARK	2:24.59
6	WILCOX, BRAD	WESTMOUNT	2:25.13
7	GRIER, TYLER	RIDGEWAY-CRYSTAL BEACH	2:31.32
8	DEBA, MITCHELL	E. L. CROSSLEY S S	2:34.12
Section 2 of 2 Timed Finals			
1	MORRIS, PATRICK	DENIS MORRIS H S	2:20.95
2	MCKENZIE-LEFURGEY, BRA	SIR WINSTON CHURCHILL S S	2:16.51
3	XU, RUI	WESTDALE	2:16.43
4	HUTTON, CHRIS	SIR WINSTON CHURCHILL S S	2:10.41
5	MCKNIGHT, COLE	GRIMSBY D S S	2:15.44
6	MILLEJOURS, KEVIN	NOTRE DAME COLLEGE	2:16.50
7	ROWLES, ADAM	HIGHLAND	2:18.74
8	MAHLER, MIKE	DENIS MORRIS H S	2:21.53

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 9 Women 1500 Meter Run Midget****Thursday 5/21/2009 - 10:40 AM**

Lane	Name	School	Seed Time
Section 1 of 1	Timed Finals		
1	YOUNG, JILLIAN	E. L. CROSSLEY S S	5:44.84
2	WALLACE, JESSICA	SIR WINSTON CHURCHILL S S	5:23.00
3	NEFF, JADEN	PORT COLBORNE H S	6:33.90
4	LLOYD, JACKIE	HIGHLAND	5:47.27
5	DAGENAIS, FELICIA	SIR WINSTON CHURCHILL S S	5:41.80
6	VINDIS, KATELYN	SOUTH LINCOLN H S	5:45.90
7	HORN, MADELEINE	WESTDALE	5:39.86
8	KLEEMOLA, SARAH	DENIS MORRIS H S	5:25.00
9	GRAVINA, MAXINE	WESTDALE	5:46.69
10	CARR, MACAULEY	RIDGEWAY-CRYSTAL BEACH	6:23.15
11	WHIFFING, ROBIN	HIGHLAND	5:55.36
12	THOMPSON, KAREN	HIGHLAND	5:35.87
13	NAGY, SKYE	A.N. MYER S S	5:53.94
14	MC WILLIAM, HAILEY	LAURA SECORD S S	5:35.20
15	MACDONALD, ALANNAH	E. L. CROSSLEY S S	5:10.99
16			

Event 10 Men 1500 Meter Run Midget**Thursday 5/21/2009 - 10:40 AM**

Lane	Name	School	Seed Time
Section 1 of 1	Timed Finals		
1	MCKENZIE-LEFURGEY, BRA	SIR WINSTON CHURCHILL S S	4:41.64
2	HUGHES, STEPHEN	E. L. CROSSLEY S S	4:45.43
3	MOSTERT, BRYAN	HAMILTON DISTRICT	4:55.62
4	DUNLOP, EVAN	HIGHLAND	5:01.05
5	DEBA, MITCHELL	E. L. CROSSLEY S S	5:03.11
6	HUTTON, CHRIS	SIR WINSTON CHURCHILL S S	4:40.90
7	XU, RUI	WESTDALE	4:37.88
8	MECCA, RYAN	ST. MICHAEL H S	4:53.19
9	ROWLES, ADAM	HIGHLAND	4:36.70
10	MILLEJOURS, KEVIN	NOTRE DAME COLLEGE	4:39.02
11	PALFRAMAN, KYLE	SIR WINSTON CHURCHILL S S	4:52.92
12	MCKNIGHT, COLE	GRIMSBY D S S	4:46.09
13	SENECA, BRAYDEN	NOTRE DAME COLLEGE	4:42.13
14	DOVER, MICHAEL	SIR WINSTON CHURCHILL S S	4:56.43
15	BUSSE, COLIN	ORCHARD PARK	4:57.61
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park
Meet Program****Event 11 Women 3000 Meter Run Midget****Thursday 5/21/2009 - 3:10 PM**

Lane	Name	School	Seed Time
Section 1 of 1	Timed Finals		
1	THOMPSON, KAREN	HIGHLAND	13:02.39
2	WALLACE, JESSICA	SIR WINSTON CHURCHILL S S	12:14.21
3	CARR, MACAULEY	RIDGEWAY-CRYSTAL BEACH	13:37.25
4	DELFABBRO, RAINY	CAYUGA S S	15:42.25
5	DAGENAIS, FELICIA	SIR WINSTON CHURCHILL S S	12:30.98
6	ANDREWS, ALEIGH	NIAGARA D S S	12:48.27
7	VINDIS, KATELYN	SOUTH LINCOLN H S	12:35.63
8	TODERICK, CARLEY	DENIS MORRIS H S	12:40.04
9	WHIFFING, ROBIN	HIGHLAND	14:00.34
10			
11			
12			
13			
14			
15			
16			

Event 12 Men 3000 Meter Run Midget**Thursday 5/21/2009 - 3:50 PM**

Lane	Name	School	Seed Time
Section 1 of 1	Timed Finals		
1	ELLENS, DEREK	HAMILTON DISTRICT	11:44.68
2	BOKMA, ERROLL	CENTENNIAL S S	11:50.31
3	KOLB, PAUL	HIGHLAND	11:09.53
4	MECCA, RYAN	ST. MICHAEL H S	10:59.69
5	RAND, JACKSON	BLESSED TRINITY H S	10:53.43
6	WIGNALL, GRANT	DENIS MORRIS H S	11:26.93
7	MCCAUGHEY, COLIN	WESTMOUNT	11:36.96
8	COPPOLA, MATT	DENIS MORRIS H S	11:10.81
9	MOSTERT, BRYAN	HAMILTON DISTRICT	11:00.87
10	VAUGHAN, MARSHALL	ST. MICHAEL H S	12:09.66
11	DAIGNEAULT, COREY	ORCHARD PARK	12:05.10
12	SENECA, BRAYDEN	NOTRE DAME COLLEGE	10:01.42
13	HUTTON, CHRIS	SIR WINSTON CHURCHILL S S	11:19.50
14	DEBA, MITCHELL	E. L. CROSSLEY S S	11:12.82
15	PALFRAMAN, KYLE	SIR WINSTON CHURCHILL S S	10:35.17
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 13 Women 80 Meter Hurdles Midget****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 5/21/2009 - 9:25 AM**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1			
2	BLAYNEY-CALDER, SAM	GRIMSBY D S S	16.38
3	HECKEL, JESSIE	A.N. MYER S S	15.78
4	MUSCA, MIREILLE	BLESSED TRINITY H S	14.57
5	ZAVITZ, TAYLOR	E. L. CROSSLEY S S	14.83
6	MITRO, ALISON	HIGHLAND	15.67
7	MEEBOER, MEGAN	BEAMSVILLE D S S	16.05
8			
Heat 2 of 2 Prelims			
1			
2	WOOLFSON, MELISSA	HIGHLAND	16.25
3	DANIELSON, HANNAH	CAYUGA S S	15.29
4	GATTA, KARLEY	CENTENNIAL S S	14.55
5	LIN, SALLY	LAURA SECORD S S	15.92
6	MEADOWS, COURTNEY	CAYUGA S S	15.66
7	KOUDYS, JACKIE	BLESSED TRINITY H S	16.58
8			

Event 14 Men 100 Meter Hurdles Midget**8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 5/21/2009 - 9:25 AM**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1			
2	HAYNES, VIDI	HAMILTON DISTRICT	21.33
3	MURRAY, BRETT	CENTENNIAL S S	19.02
4	VANLANGEVELD, JACOB	CAYUGA S S	17.88
5	NERO, SAM	CENTENNIAL S S	18.74
6	FALVO, VICTOR	LAURA SECORD S S	19.61
7	VAN WYCK, WILL	BLESSED TRINITY H S	19.94
8	YAKUBIW, ZACH	NIAGARA D S S	20.93
Heat 2 of 2 Prelims			
1			
2	POZZEBON, AARON	NIAGARA D S S	21.18
3	FRENCH, PATRICK	HAMILTON DISTRICT	17.98
4	CHANG, EMERSON	CAYUGA S S	19.47
5	KATULIK-DUCHARME, NICC	CENTENNIAL S S	16.09
6	DUNLOP, EVAN	HIGHLAND	19.56
7	BATES, ISAAC	HAMILTON DISTRICT	20.04
8	SALTER, JOE	LAURA SECORD S S	20.44

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park
Meet Program****Event 15 Women 300 Meter Hurdles Midget****Thursday 5/21/2009 - 1:10 PM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2			
3	CAMPBELL, MARY ELLEN	CAYUGA S S	59.57
4	BARRETT, SIERRA	BEAMSVILLE D S S	57.79
5	GATTA, KARLEY	CENTENNIAL S S	58.97
6	SHURR, HEATHER	CAYUGA S S	1:00.32
7			
8			
Section 2 of 2 Timed Finals			
1	WILSON, EMILY	LAURA SECORD S S	57.35
2	SIMPSON, CHLOE	LAURA SECORD S S	55.02
3	BLAYNEY-CALDER, SAM	GRIMSBY D S S	53.52
4	ZAVITZ, TAYLOR	E. L. CROSSLEY S S	50.72
5	REICHELT, CARRIE	RIDGEWAY-CRYSTAL BEACH	50.87
6	MITRO, ALISON	HIGHLAND	54.89
7	THIESSEN, ADRIENNE	LAURA SECORD S S	56.29
8	WOOLFSON, MELISSA	HIGHLAND	57.66

Event 16 Men 300 Meter Hurdles Midget**Thursday 5/21/2009 - 1:10 PM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2			
3	POZZEBON, AARON	NIAGARA D S S	55.09
4	FRENCH, PATRICK	HAMILTON DISTRICT	53.09
5	YAKUBIW, ZACH	NIAGARA D S S	53.86
6	SALTER, JOE	LAURA SECORD S S	1:08.59
7			
8			
Section 2 of 2 Timed Finals			
1	THOMPSON, IAIN	NIAGARA D S S	50.97
2	VANLANGEVELD, JACOB	CAYUGA S S	49.10
3	KATULIK-DUCHARME, NICC	CENTENNIAL S S	46.81
4	FAZEKAS, JAMIE	RIDGEWAY-CRYSTAL BEACH	46.45
5	SLESSOR, KEN	GRIMSBY D S S	46.54
6	WHITEHALL, IAN	E. L. CROSSLEY S S	48.06
7	NERO, SAM	CENTENNIAL S S	50.24
8	DUNLOP, EVAN	HIGHLAND	52.87

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 17 Women High Jump Midget****Thursday 5/21/2009 - 11:30 AM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	ALEXANDER, KHADIJA	WESTDALE	1.30m
2	CLEMENTS, ERIKA	CENTENNIAL S S	1.35m
3	RASCHOTTE, JILLIAN	BLESSED TRINITY H S	1.30m
4	KRANICS, MACKENZIE	LAKESHORE C H S	1.35m
5	BIANCANIELLO, JESSICA	HOLY CROSS H S	1.35m
6	BAKER, EMMA	WATERDOWN	1.30m
7	LEIGH, MACKENZIE	ST. PAUL H S	1.45m
8	MEADOWS, COURTNEY	CAYUGA S S	1.35m
9	VANDERMEER, MICHELLE	HAMILTON DISTRICT	1.30m
10	CORNING, DEVON	HIGHLAND	1.40m
11	BRUULSEMA, ALYSSA	HAMILTON DISTRICT	1.30m
12	ELMERS, CRYSTAL	SMITHVILLE DISTRICT C H S	1.56m
13	LOFF, LEANNE	EDEN HIGH SCHOOL	1.40m
14	BAJIC, MELANIE	GRIMSBY D S S	1.35m
15	ROBBINS, KRISTY	JEAN VANIER E S	1.40m
16			

Event 18 Men High Jump Midget**Thursday 5/21/2009 - 12:30 PM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	RADCLIFF, DEION	HIGHLAND	1.60m
2	DICK, AUSTIN	EDEN HIGH SCHOOL	1.60m
3	FALVO, VICTOR	LAURA SECORD S S	1.55m
4	JONGSMA, THOMAS	GUIDO DE BRES	1.55m
5	SCHOLMAN, JOSHUA	SMITHVILLE DISTRICT C H S	1.50m
6	OTTAWAY, LUCAS	CAYUGA S S	1.60m
7	ZYLSTRA, NICK	DUNNVILLE S S	1.55m
8	HEWITT, DEREK	CAYUGA S S	1.62m
9	NGUYEN, JASON	STAMFORD C & V I	1.60m
10	MILANOVIC, NIKOLA	ORCHARD PARK	1.40m
11	VANHOFFEN, DEVON	SMITHVILLE DISTRICT C H S	1.55m
12	REID, MITCH	SHERWOOD	1.45m
13	STIRTZINGER, JESSE	GRIMSBY D S S	1.55m
14	LEE, HWANG	WESTDALE	1.65m
15	CHITTY, CAMERON	CONFEDERATION E S	1.62m
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park
Meet Program****Event 20 Men Pole Vault Midget****Thursday 5/21/2009 - 10:15 AM**

Pos	Name	School	Seed Mark
Flight	1 of 1	Finals	
1	BETZOLD, JORDAN	RIDGEWAY-CRYSTAL BEACH	2.65m
2	MICHALAK, ANDREW	NOTRE DAME COLLEGE	2.65m
3	DAVIS, JACK	RIDGEWAY-CRYSTAL BEACH	2.05m
4	CORNELIUS, JOEL	E. L. CROSSLEY S S	2.80m
5	BLAKELY, CAMERON	NOTRE DAME COLLEGE	2.65m
6			
7			
8			

Event 21 Women Long Jump Midget**Thursday 5/21/2009 - 9:00 AM**

Pos	Name	School	Seed Mark
Flight	1 of 1	Finals	
1	MACKAY, CASSIDY	SIR WINSTON CHURCHILL S S	4.19m
2	RIZVANOVIC, AMINA	ORCHARD PARK	3.94m
3	MCCLURKEN, CAITLYN	GRIMSBY D S S	4.34m
4	BRUULSEMA, ALYSSA	HAMILTON DISTRICT	3.42m
5	HECKEL, JESSIE	A.N. MYER S S	4.26m
6	VANDERMEER, MICHELLE	HAMILTON DISTRICT	4.74m
7	NIEUWOLD, TAMARA	E. L. CROSSLEY S S	4.29m
8	ROBBINS, KRISTY	JEAN VANIER E S	3.93m
9	LIN, SALLY	LAURA SECORD S S	4.09m
10	WUTZKE, JENNA	E. L. CROSSLEY S S	3.80m
11	REES, ALEX	HIGHLAND	3.89m
12	SANDER, TORI	RIDGEWAY-CRYSTAL BEACH	3.79m
13	ELMERS, CRYSTAL	SMITHVILLE DISTRICT C H S	4.48m
14	TRIFUNOVIC, STACEY	SOUTH LINCOLN H S	4.18m
15			
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park
Meet Program****Event 22 Men Long Jump Midget****Thursday 5/21/2009 - 10:15 AM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	PARRY, RAYMOND	PARKSIDE	5.03m
2	VELDMAN, MATTHEW	SMITHVILLE DISTRICT C H S	4.87m
3	KOZACK, DYLLAN	CAYUGA S S	5.08m
4	FALVO, VICTOR	LAURA SECORD S S	5.19m
5	MILANOVIC, NIKOLA	ORCHARD PARK	4.81m
6	CZEPEK, STEVEN	E. L. CROSSLEY S S	5.19m
7	ZYLSTRA, NICK	DUNNVILLE S S	5.13m
8	KIT, AUSTIN	ORCHARD PARK	5.12m
9	HUNTER, KEN	A.N. MYER S S	4.87m
10	CHIA, RYAN	GOVERNOR SIMCOE S S	4.89m
11	VANDAM, TIM	GUIDO DE BRES	5.04m
12	STIRTZINGER, JESSE	GRIMSBY D S S	5.31m
13	RIVANDO, TAYLOR	JEAN VANIER E S	5.42m
14	MCPHERSON, BLAKE	GOVERNOR SIMCOE S S	5.53m
15	NOORDAM, MARK	HAMILTON DISTRICT	4.90m
16			

Event 23 Women Triple Jump Midget**Thursday 5/21/2009 - 2:15 PM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	THOMAS, RACHELLE	NOTRE DAME COLLEGE	8.97m
2	VANDERMEER, MICHELLE	HAMILTON DISTRICT	10.06m
3	REES, ALEX	HIGHLAND	8.71m
4	ELMERS, CRYSTAL	SMITHVILLE DISTRICT C H S	9.83m
5	ANDREWS, LAUREN	LAKESHORE C H S	9.26m
6	HAYWARD, LEAH	HIGHLAND	8.99m
7	TRIFUNOVIC, STACEY	SOUTH LINCOLN H S	9.50m
8	DUNBAR, CARLY	WEST PARK S S	9.74m
9	MACKAY, CASSIDY	SIR WINSTON CHURCHILL S S	9.59m
10	DIXON, SYDNIE	E. L. CROSSLEY S S	8.79m
11	HECKEL, JESSIE	A.N. MYER S S	9.45m
12	NIEUWOLD, TAMARA	E. L. CROSSLEY S S	9.01m
13	MCCLURKEN, CAITLYN	GRIMSBY D S S	10.14m
14			
15			
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 24 Men Triple Jump Midget****Thursday 5/21/2009 - 3:00 PM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	RIVANDO, TAYLOR	JEAN VANIER E S	10.95m
2	CZEPEK, STEVEN	E. L. CROSSLEY S S	11.33m
3	VOORBERG, STEVEN	HAMILTON DISTRICT	9.44m
4	STIRTZINGER, JESSE	GRIMSBY D S S	11.50m
5	PARKER, JOVAN	WEST PARK S S	10.98m
6	MAXIM, JORDAN	WESTLANE S S	10.44m
7	ZYLSTRA, NICK	DUNNVILLE S S	11.51m
8	BYLSMA, ALEX	HIGHLAND	9.21m
9	VELDMAN, MATTHEW	SMITHVILLE DISTRICT C H S	10.99m
10	MCPHERSON, BLAKE	GOVERNOR SIMCOE S S	11.86m
11	HUNTER, KEN	A.N. MYER S S	11.09m
12	KIT, AUSTIN	ORCHARD PARK	10.77m
13	BILL, CODY	HAMILTON DISTRICT	10.21m
14	TADESON, MARK	GRIMSBY D S S	9.99m
15			
16			

Event 25 Women Shot Put Midget**Thursday 5/21/2009 - 10:15 AM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	HOGVEEN, JAZMINE	SMITHVILLE DISTRICT C H S	7.86m
2	ALEXANDER, KHADIJA	WESTDALE	7.81m
3	ROGERS, KELSEY	DENIS MORRIS H S	6.74m
4	PEIRCE, MALLORY	WESTDALE	6.77m
5	MAZZARELLA, ANNIKA	LAURA SECORD S S	6.09m
6	CAMPBELL, MARY ELLEN	CAYUGA S S	8.67m
7	MACLEOD, SAMANTHA	SHERWOOD	8.83m
8	LIOTA, MARINA	HAGERSVILLE S S	7.40m
9	CROFT, MACKENZIE	NOTRE DAME COLLEGE	8.02m
10	DICESARE, ALYSSA	WESTMOUNT	9.01m
11	MIOTTO, JAMIE	LAURA SECORD S S	7.76m
12	MACLEOD, RACHEL	SHERWOOD	8.13m
13	MOSS, SARAH	NOTRE DAME COLLEGE	10.26m
14	BIANCANIELLO, JESSICA	HOLY CROSS H S	6.65m
15	WOEHL, CAROLINE	RIDGEWAY-CRYSTAL BEACH	7.34m
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 26 Men Shot Put Midget****Thursday 5/21/2009 - 9:00 AM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	PERALTA, ABRAHAM	GREAT LAKES CHRISTIAN COL	9.90m
2	BRADFORD, BEN	GOVERNOR SIMCOE S S	11.12m
3	WARDELL, KENT	CAYUGA S S	12.14m
4	RUIZ, ERNESTO	CENTENNIAL S S	11.50m
5	OOSTERHOFF, REECE	GUIDO DE BRES	8.54m
6	GLANCIE, JARRET	LAURA SECORD S S	9.76m
7	BANGS, ZACK	HOLY CROSS H S	10.01m
8	MAINSE, DAVID	BLESSED TRINITY H S	11.88m
9	VAN BEEK, LUCAS	HAMILTON DISTRICT	9.91m
10	OSBORN, ROB	RIDGEWAY-CRYSTAL BEACH	13.01m
11	DEJONG, CONNOR	HAMILTON DISTRICT	10.78m
12	QIU, JIMMY	WESTDALE	9.52m
13	PATTERSON, BILLY	FORT ERIE S S	13.11m
14	GOULD, CHRISTIAN	HIGHLAND	8.98m
15	MARR, KYLE	DUNNVILLE S S	13.23m
16			

Event 27 Women Discus Throw Midget**Thursday 5/21/2009 - 3:00 PM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	FEIERTAG, CLAIRE	RIDGEWAY-CRYSTAL BEACH	22.03m
2	MIOTTO, JAMIE	LAURA SECORD S S	16.31m
3	PEIRCE, MALLORY	WESTDALE	15.77m
4	HOGVEEN, JAZMINE	SMITHVILLE DISTRICT C H S	18.28m
5	MOSS, SARAH	NOTRE DAME COLLEGE	36.91m
6	FISHER, NATALIE	SOUTH LINCOLN H S	15.36m
7	CROFT, MACKENZIE	NOTRE DAME COLLEGE	25.28m
8	JOHNSON, REBECCA	SALTFLEET	14.49m
9	SHURR, HEATHER	CAYUGA S S	18.51m
10	DICESARE, ALYSSA	WESTMOUNT	27.03m
11	WOEHL, CAROLINE	RIDGEWAY-CRYSTAL BEACH	28.85m
12	SZCZEPANOWSKI, REBECCA	SALTFLEET	14.89m
13			
14			
15			
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park
Meet Program****Event 28 Men Discus Throw Midget****Thursday 5/21/2009 - 2:15 PM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	FILLMORE, BEN	CAYUGA S S	31.29m
2	MARTZ, MATT	RIDGEWAY-CRYSTAL BEACH	38.58m
3	OOSTERHOFF, REECE	GUIDO DE BRES	23.55m
4	MARR, KYLE	DUNNVILLE S S	31.45m
5	DYKSTRA, TOM	GRIMSBY D S S	28.47m
6	SCHINKEL, MIKE	RIDGEWAY-CRYSTAL BEACH	33.77m
7	HILL, BRAEDAN	LAURA SECORD S S	23.75m
8	BOSSCHER, ANDREW	GUIDO DE BRES	25.30m
9	BRADFORD, BEN	GOVERNOR SIMCOE S S	29.39m
10	UPSHALL, TIM	NIAGARA D S S	30.52m
11	AANTJES, DAVID	SMITHVILLE DISTRICT C H S	24.48m
12	QIU, JIMMY	WESTDALE	22.58m
13	OSBORN, ROB	RIDGEWAY-CRYSTAL BEACH	41.94m
14	VOORBERG, STEVEN	HAMILTON DISTRICT	22.34m
15			
16			

Event 29 Women Javelin Throw Midget**Thursday 5/21/2009 - 12:30 PM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	SLAMKA, HAILEY	HOLY CROSS H S	23.49m
2	MITRO, ALISON	HIGHLAND	19.72m
3	SZCZEPANOWSKI, REBECCA	SALTFLEET	18.79m
4	DICESARE, ALYSSA	WESTMOUNT	25.15m
5	CROFT, MACKENZIE	NOTRE DAME COLLEGE	28.95m
6	CAMPBELL, MARY ELLEN	CAYUGA S S	21.65m
7	PEIRCE, MALLORY	WESTDALE	11.82m
8	JOHNSON, REBECCA	SALTFLEET	16.76m
9	MIOTTO, JAMIE	LAURA SECORD S S	19.23m
10	VISENTIN, DEE	ST. PAUL H S	24.70m
11	FISHER, NATALIE	SOUTH LINCOLN H S	22.38m
12	ROGERS, KELSEY	DENIS MORRIS H S	18.40m
13	DEVAY, OLIVIA	CAYUGA S S	20.32m
14	FEIERTAG, CLAIRE	RIDGEWAY-CRYSTAL BEACH	24.31m
15	DUSEK, JANELLE	LAURA SECORD S S	16.13m
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 30 Men Javelin Throw Midget****Thursday 5/21/2009 - 11:30 AM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	PATTERSON, BILLY	FORT ERIE S S	36.50m
2	GLANCIE, JARRET	LAURA SECORD S S	35.84m
3	MOERSCHFELDER, MATT	CAYUGA S S	35.80m
4	BOSSCHER, ANDREW	GUIDO DE BRES	23.24m
5	BLACKBOROW, JOE	BLESSED TRINITY H S	41.67m
6	VOORBERG, STEVEN	HAMILTON DISTRICT	29.71m
7	FILLMORE, BEN	CAYUGA S S	34.90m
8	ROWLES, ADAM	HIGHLAND	25.68m
9	WIEBE, BILLIE	RIDGEWAY-CRYSTAL BEACH	36.70m
10	OOSTERHOFF, REECE	GUIDO DE BRES	19.79m
11	ROBERTO, DEVON	WEST PARK S S	30.25m
12	BRIDE, NICK	SIR WINSTON CHURCHILL S S	37.95m
13	FLYNT, KEVIN	A.N. MYER S S	36.88m
14	BRADFORD, BEN	GOVERNOR SIMCOE S S	32.58m
15	KNOWLES, REUBEN	HAMILTON DISTRICT	26.47m
16			
17			

Event 31 Women 4x100 Meter Relay Midget**Thursday 5/21/2009 - 4:40 PM**

Lane	Team	Relay	Seed Time
Section	1 of 2 Timed Finals		
1			
2	ST. PAUL H S	A	1:01.06
3	CAYUGA S S	A	59.48
	1) KLINE, ANDREA 2) DANIELSON, HANNAH 3) WOLFE, ADRIENNE 4) MEADOWS, 5) HUITEMA,		
4	SOUTH LINCOLN H S	A	58.27
5	WESTDALE	A	59.27
	1) DIVERLUS, PASCALE 2) TSHIYOYO, JOVIALE 3) HINKS-RUSSELL, 4) ALEXANDER,		
6	RIDGEWAY-CRYSTAL BEAC	A	1:00.04
7			
8			
Section	2 of 2 Timed Finals		
1	BLESSED TRINITY H S	A	57.42
2	A.N. MYER S S	A	55.98
	1) KIDD, KASSIDY 2) HECKEL, JESSIE 3) NAGY, SKYE 4) CAHILL, RACHEL		
3	GRIMSBY D S S	A	55.68
4	SHERWOOD	A	55.13
	1) SMARKALA, 2) TONOGAI, SARA 3) HENDERSON, ALLIE 4) HARROP, KAYLA		
5	LAURA SECORD S S	A	55.15
6	HIGHLAND	A	55.84
7	E. L. CROSSLEY S S	A	56.10
	1) ZAVITZ, TAYLOR 2) ANDREWS, SARAH 3) DIXON, SYDNIE 4) NIEUWOLD, TAMARA 5) GUZOWSKI, KATIE 6) WUTZKE, JENNA		
8	HOLY CROSS H S	A	57.82

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park
Meet Program****Event 32 Men 4x100 Meter Relay Midget****Thursday 5/21/2009 - 4:40 PM**

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
1			
2			
3	DENIS MORRIS H S	A	52.68
4	HAMILTON DISTRICT	A	51.38
	1) BATES, ISAAC 2) FRENCH, PATRICK 3) DEJONG, CONNOR 4) VAN BEEK, LUCAS		
	5) NOORDAM, MARK		
5	WESTLANE S S	A	51.48
	1) LOWRY, DYLAN 2) HILDEBRAND, ZACK 3) KOSEVIC, ANDREJ 4) MAXIM, JORDAN		
	5) ADAM, TARIQ		
6	SMITHVILLE DISTRICT C H S	A	54.97
7			
8			
Section 2 of 2 Timed Finals			
1	LAURA SECORD S S	A	50.67
2	E. L. CROSSLEY S S	A	50.37
	1) WHITEHALL, IAN 2) WOODS, JAKE 3) CZEPEK, STEVEN 4) CORNELIUS, JOEL		
	5) ELLIOTT, EVAN 6) GRANT, DOUG		
3	SIR WINSTON CHURCHILL S	A	49.82
4	NOTRE DAME COLLEGE	A	48.88
	1) AMBROSIO, COLTON 2) MANCUSO, MATT 3) DYCK, RYAN 4) MACDONALD, ZACH		
5	GRIMSBY D S S	A	49.53
6	HIGHLAND	A	50.04
7	RIDGEWAY-CRYSTAL BEAC	A	50.53
8	CENTENNIAL S S	A	50.86

Event 33 Women 100 Meter Dash Junior**8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 5/21/2009 - 10:10 AM**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1			
2	BEACH, MORGAN	GRIMSBY D S S	14.34
3	ULMAN, JENEL	WESTMOUNT	13.82
4	BOYKIN, MERCEDES	ST. FRANCIS S S	14.03
5	ISENOR, JORDAN	NIAGARA D S S	13.84
6	SUICIAK, EMMA	E. L. CROSSLEY S S	13.37
7	MCAURTER, JESSICA	ANCASTER HIGH	14.03
8	ALEXANDER, DENIQUA	WESTDALE	14.30
Heat 2 of 2 Prelims			
1	BEGIN, DEVIN	ST. FRANCIS S S	14.29
2	BARTLETT, RENEE	BEAMSVILLE D S S	14.45
3	BARNES, LAUREN	NOTRE DAME COLLEGE	13.97
4	KOHLI, MELISSA	E. L. CROSSLEY S S	13.79
5	BOROWSKI, MELISSA	CENTENNIAL S S	13.99
6	VANDERWOUDE, VALERIE	GUIDO DE BRES	13.80
7	FAIRGRIEVE, ALEX	LAKESHORE C H S	14.24
8	BROOKS, LAUREN	WESTDALE	14.34

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 34 Men 100 Meter Dash Junior****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 5/21/2009 - 10:10 AM**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1			
2	SPAGNUOLO, LUCAS	GRIMSBY D S S	12.44
3	POST, DAN	ST. MICHAEL H S	12.19
4	SCHINKEL, LUCAS	LAKESHORE C H S	11.85
5	MOSS, TYLER	ST. FRANCIS S S	12.17
6	NIEUWESTEEG, RYAN	ST. PAUL H S	12.32
7	BRENNAND, DYLAN	E. L. CROSSLEY S S	12.34
8	YOUNG, CAMERON	WESTMOUNT	12.54
Heat 2 of 2 Prelims			
1	ABU-HARB, HAMAD	SALTFLEET	12.35
2	LARTEY, EDDIE	BARTON S.S.	13.13
3	TIBOLLO, NICK	RIDGEWAY-CRYSTAL BEACH	12.08
4	FERREIRA, KRISTIAN	WESTDALE	12.19
5	GAYLE, DANIEL	BARTON S.S.	12.25
6	FORESTER, JOSH	BLESSED TRINITY H S	11.95
7	MCALPINE, TRAVIS	GOVERNOR SIMCOE S S	12.43
8	MCANDREWS, DYLAN	WEST PARK S S	12.63

Event 35 Women 200 Meter Dash Junior**Thursday 5/21/2009 - 1:55 PM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2	BEACH, MORGAN	GRIMSBY D S S	30.27
3	LUONG, LISA	SIR JOHN A MACDONALD	29.80
4	HOWELL, CATHERINE	WESTDALE	29.46
5	BARTLETT, RENEE	BEAMSVILLE D S S	29.79
6	FLOCKHART, KAYLA	BLESSED TRINITY H S	29.93
7	BEGIN, DEVIN	ST. FRANCIS S S	30.35
8	WIEBE, LAUREN	E. L. CROSSLEY S S	31.61
Section 2 of 2 Timed Finals			
1	GADOURY, KELLY	MCKINNON PARK H S	29.22
2	KAPTEYN, EMILY	WESTMOUNT	29.00
3	REID, HILARY	E. L. CROSSLEY S S	28.52
4	HOLMES, JACQUIE	HIGHLAND	28.67
5	KALCHMAN, KATIE	E. L. CROSSLEY S S	28.54
6	KOHLI, MELISSA	E. L. CROSSLEY S S	28.99
7	ULMAN, JENEL	WESTMOUNT	29.06
8	MOSTERT, RACHEL	BEACON CHRISTIAN H S	29.63

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 36 Men 200 Meter Dash Junior****Thursday 5/21/2009 - 1:55 PM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2	FERREIRA, KRISTIAN	WESTDALE	26.36
3	MCALPINE, TRAVIS	GOVERNOR SIMCOE S S	26.18
4	VITONE, KEVIN	A.N. MYER S S	25.61
5	BOECK, JAKE	GRIMSBY D S S	26.07
6	BRENNAND, DYLAN	E. L. CROSSLEY S S	26.33
7	LORD, KURTIS	WATERDOWN	26.52
8	KNIGHT, RON	SHERWOOD	26.77
Section 2 of 2 Timed Finals			
1	ABU-HARB, HAMAD	SALTFLEET	25.47
2	SPAGNUOLO, LUCAS	GRIMSBY D S S	25.32
3	BIRCH, KRISTOPHER	SIR ALLAN MACNAB	24.78
4	FORESTER, JOSH	BLESSED TRINITY H S	24.24
5	SCHINKEL, LUCAS	LAKESHORE C H S	24.55
6	MOSS, TYLER	ST. FRANCIS S S	25.27
7	POST, DAN	ST. MICHAEL H S	25.34
8	RICHARDSON, MARTY	CENTENNIAL S S	25.52

Event 37 Women 400 Meter Dash Junior**Thursday 5/21/2009 - 11:40 AM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2	READ, KRISTINE	BEAMSVILLE D S S	1:11.61
3	MOSTERT, RACHEL	BEACON CHRISTIAN H S	1:09.16
4	VANDERWOUDE, VALERIE	GUIDO DE BRES	1:08.72
5	IONSON, ANNA	CENTENNIAL S S	1:08.43
6	SMITH, JESSIKA	SOUTH LINCOLN H S	1:10.47
7	STEC, WINSOME	DENIS MORRIS H S	1:11.79
8	LAZAR, KAMILLA	MCKINNON PARK H S	1:13.60
Section 2 of 2 Timed Finals			
1	GADOURY, KELLY	MCKINNON PARK H S	1:07.54
2	HOWELL, CATHERINE	WESTDALE	1:05.53
3	REID, HILARY	E. L. CROSSLEY S S	1:04.02
4	DICIENZO, NATASHA	ST. PAUL H S	1:03.05
5	HOLMES, JACQUIE	HIGHLAND	1:03.23
6	INMAN, MEG	WESTDALE	1:04.47
7	ULMAN, JENEL	WESTMOUNT	1:06.35
8	VAUGHAN, OLIVIA	GRIMSBY D S S	1:08.86

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park
Meet Program****Event 38 Men 400 Meter Dash Junior****Thursday 5/21/2009 - 11:40 AM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2	DIXON, OWEN	E. L. CROSSLEY S S	1:00.47
3	LODDER, KEEGAN	GUIDO DE BRES	58.91
4	BRENNAND, DYLAN	E. L. CROSSLEY S S	57.61
5	KUNCZ, ADAM	WATERDOWN	57.72
6	AHMED, KADAR	ST. FRANCIS S S	59.77
7	VANSYDENBOURGH, WARR	GUIDO DE BRES	1:00.22
8			
Section 2 of 2 Timed Finals			
1	HUNTER, STUART	HIGHLAND	57.16
2	ROSSI, DYLAN	E. L. CROSSLEY S S	56.45
3	SAVOY, BEN	ST. PAUL H S	55.70
4	BIRCH, KRISTOPHER	SIR ALLAN MACNAB	54.42
5	DELLE MONACHE, MITCHEL	E. L. CROSSLEY S S	55.46
6	MOSS, TYLER	ST. FRANCIS S S	56.34
7	JOHNSON, TYLER	WEST PARK S S	56.68
8	TURL, JAKE	GRIMSBY D S S	57.50

Event 39 Women 800 Meter Run Junior**Thursday 5/21/2009 - 2:40 PM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2	KARPYSHYN, TAYLOR	LAURA SECORD S S	3:06.15
3	LITWINIUK, KLAUDIA	A.N. MYER S S	2:58.14
4	SLOAN, JENN	HIGHLAND	2:51.58
5	VANDERVEEN, KRISTA	GUIDO DE BRES	2:52.29
6	MACMILLAN, TAYLOR	ST. MICHAEL H S	3:01.96
7			
8			
Section 2 of 2 Timed Finals			
1	LEASK, JENNA	SIR WINSTON CHURCHILL S S	2:39.86
2	INMAN, MEG	WESTDALE	2:38.43
3	REMPEL, KARLEY	E. L. CROSSLEY S S	2:24.62
4	MACKINNON, CHELSEA	WESTDALE	2:28.26
5	MOLODYNIA, MICHELLE	A.N. MYER S S	2:26.31
6	BEATTIE, HILLARY	GRIMSBY D S S	2:34.62
7	DICIENZO, NATASHA	ST. PAUL H S	2:38.93
8	LIAO, ELIZABETH	WESTDALE	2:46.17

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 40 Men 800 Meter Run Junior****Thursday 5/21/2009 - 2:40 PM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2	OLIVER, TOD	E. L. CROSSLEY S S	2:23.01
3	KAMPHUIS, JORDAN	GRIMSBY D S S	2:19.71
4	VANSYDENBOURGH, WARR	GUIDO DE BRES	2:17.64
5	ALBANESE, RYAN	CENTENNIAL S S	2:18.03
6	ROTH, NEIL	HAMILTON DISTRICT	2:21.37
7	MILLER, JASON	PORT COLBORNE H S	2:26.58
8	WILLIAMS, BEN	MCKINNON PARK H S	2:34.77
Section 2 of 2 Timed Finals			
1	KHALIF, BADEL	SIR JOHN A MACDONALD	2:16.51
2	SAVOY, BEN	ST. PAUL H S	2:12.82
3	GILES, CAM	EDEN HIGH SCHOOL	2:07.38
4	FORBES, TAYLOR	HIGHLAND	2:11.77
5	JANSSEN, TREVOR	EDEN HIGH SCHOOL	2:08.08
6	FORBES, AUSTEN	HIGHLAND	2:12.04
7	KROGMAN, ISAAC	GRIMSBY D S S	2:14.76
8	DOHERTY, CONNOR	SIR WINSTON CHURCHILL S S	2:16.83

Event 41 Women 1500 Meter Run Junior**Thursday 5/21/2009 - 10:40 AM**

Lane	Name	School	Seed Time
Section 1 of 1 Timed Finals			
1	READ, KRISTINE	BEAMSVILLE D S S	8:12.80
2	SWENOR, KATELYN	WESTMOUNT	5:50.64
3	ATTEMA, ALICIA	SOUTH LINCOLN H S	7:36.64
4	LIAO, CHRISTINA	WESTDALE	5:51.26
5	MACMILLAN, TAYLOR	ST. MICHAEL H S	7:05.82
6	LEASK, JENNA	SIR WINSTON CHURCHILL S S	7:21.05
7	MACKINNON, CHELSEA	WESTDALE	5:10.92
8	REMPEL, KARLEY	E. L. CROSSLEY S S	5:01.73
9	CASUCCI, KATIE	ST. PAUL H S	6:14.30
10	MALOTT, LAUREN	WATERDOWN	5:47.04
11	SLOAN, JEN	HIGHLAND	5:50.64
12	MOLODYNIA, MICHELLE	A.N. MYER S S	5:03.59
13	KARPYSHYN, TAYLOR	LAURA SECORD S S	8:06.15
14	BRASZ, DEANNA	HERITAGE CHRISTIAN SCHOOL	7:52.10
15			
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 42 Men 1500 Meter Run Junior****Thursday 5/21/2009 - 10:40 AM**

Lane	Name	School	Seed Time
Section 1 of 1	Timed Finals		
1	HAMBLEY, DEREK	ANCASTER HIGH	4:36.16
2	CORCORAN, HUNTER	SIR WINSTON CHURCHILL S S	4:45.82
3	KHALIF, BADEL	SIR JOHN A MACDONALD	4:53.98
4	ERICKSON, KYLE	RIDGEWAY-CRYSTAL BEACH	5:26.46
5	HERING, PHIL	E. L. CROSSLEY S S	4:28.46
6	DOHERTY, CONNOR	SIR WINSTON CHURCHILL S S	4:46.17
7	GILES, CAM	EDEN HIGH SCHOOL	4:35.81
8	ALBANESE, RYAN	CENTENNIAL S S	4:27.76
9	FORBES, TAYLOR	HIGHLAND	4:28.61
10	MCAVOY, BRYCE	RIDGEWAY-CRYSTAL BEACH	4:57.77
11	TWEEDLE, DAN	GRIMSBY D S S	4:45.00
12	FORBES, AUSTEN	HIGHLAND	4:28.32
13	JOHNSTON, KEVIN	A.N. MYER S S	5:01.84
14	JANSSEN, TREVOR	EDEN HIGH SCHOOL	4:34.69
15	VANSYDENBOURGH, WARR	GUIDO DE BRES	4:55.66
16			

Event 43 Women 3000 Meter Run Junior**Thursday 5/21/2009 - 3:10 PM**

Lane	Name	School	Seed Time
Section 1 of 1	Timed Finals		
1	ATTEMA, ALICIA	SOUTH LINCOLN H S	13:13.87
2	MOORADIAN, LAURA	DENIS MORRIS H S	11:27.93
3	WITT, JESSICA	WESTDALE	12:37.45
4	ST.PIERRE, MICHELLE	HIGHLAND	14:11.94
5	BRASZ, DEANNA	HERITAGE CHRISTIAN SCHOOL	12:55.37
6	RUIZ, CECILIA	CENTENNIAL S S	19:43.05
7	SWENOR, KATELYN	WESTMOUNT	13:44.03
8	THOMPSON, MELANIE	HIGHLAND	14:13.16
9	MCFARLAND, CHELSEY	CENTENNIAL S S	14:39.21
10			
11			
12			
13			
14			
15			
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park
Meet Program****Event 44 Men 3000 Meter Run Junior****Thursday 5/21/2009 - 3:50 PM**

Lane	Name	School	Seed Time
Section 1 of 1	Timed Finals		
1	LEVESQUE, JORDAN	CAYUGA S S	11:55.84
2	FORBES, TAYLOR	HIGHLAND	9:54.59
3	AHMED, IBRAHIM	ST. FRANCIS S S	10:05.17
4	VISSER, SEAN	E. L. CROSSLEY S S	10:57.66
5	CORCORAN, HUNTER	SIR WINSTON CHURCHILL S S	10:30.39
6	LILL, MICHAEL	ORCHARD PARK	11:13.22
7	ELIA, MIKE	ST. PAUL H S	12:11.74
8	CARTER, CHRIS	WESTMOUNT	11:13.87
9	HODGSON, IAN	GRIMSBY D S S	10:04.05
10	MCAVOY, BRYCE	RIDGEWAY-CRYSTAL BEACH	10:51.19
11	KROGMAN, ISAAC	GRIMSBY D S S	10:36.85
12	HERING, PHIL	E. L. CROSSLEY S S	9:59.61
13	HAMBLEY, DEREK	ANCASTER HIGH	9:50.96
14	THOMPSON, BEN	BLESSED TRINITY H S	10:56.66
15	MACKIE, DAVID	HIGHLAND	10:25.29
16			

Event 45 Women 80 Meter Hurdles Junior**8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 5/21/2009 - 9:25 AM**

Lane	Name	School	Seed Time
Heat 1 of 2	Prelims		
1			
2	ISENOR, JORDAN	NIAGARA D S S	14.82
3	GIVEN, LESLEY	SOUTH LINCOLN H S	14.31
4	KALCHMAN, KATIE	E. L. CROSSLEY S S	14.10
5	WEIR, JENNIFER	CENTENNIAL S S	13.95
6	VAUGHAN, OLIVIA	GRIMSBY D S S	14.53
7	DUNSMUIR, GILLIAN	SALTFLEET	16.25
8	CARR, MHAIRI	RIDGEWAY-CRYSTAL BEACH	15.79
Heat 2 of 2	Prelims		
1			
2	DYNES, LINDSAY	HIGHLAND	15.77
3	KONING, JESSICA	MCKINNON PARK H S	14.62
4	HARLEY, TERI-LEE	SIR JOHN A MACDONALD	14.67
5	SUICIAK, EMMA	E. L. CROSSLEY S S	13.18
6	BEATTIE, HILLARY	GRIMSBY D S S	13.85
7	RICHARDSON, MICHELLE	LAURA SECORD S S	15.85
8			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 46 Men 100 Meter Hurdles Junior****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 5/21/2009 - 9:25 AM**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1			
2			
3	MAY, JEREMY	SALTFLEET	19.04
4	DEVISSER, JAMES	SMITHVILLE DISTRICT C H S	19.02
5	PELLIZARI, SHAWN	JEAN VANIER E S	15.10
6	TESTA, SAM	RIDGEWAY-CRYSTAL BEACH	16.66
7	WHYTE, CARTER	CAYUGA S S	16.70
8			
Heat 2 of 2 Prelims			
1			
2			
3	KIVELL, CHASE	HIGHLAND	18.76
4	RICHARDSON, MARTY	CENTENNIAL S S	15.66
5	FORESTER, JOSH	BLESSED TRINITY H S	16.34
6	LEE, VINH	HOLY CROSS H S	17.54
7	BABB, COLIN	GRIMSBY D S S	19.06
8			

Event 47 Women 300 Meter Hurdles Junior**Thursday 5/21/2009 - 1:10 PM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2	SMITH, JESSIKA	SOUTH LINCOLN H S	58.37
3	GRIFFITHS, COURTNEY	RIDGEWAY-CRYSTAL BEACH	55.12
4	HARLEY, TERI-LEE	SIR JOHN A MACDONALD	54.10
5	ALBLAS, MARIAH	GRIMSBY D S S	54.47
6	DUNSMUIR, GILLIAN	SALTFLEET	55.87
7	GUIGUE, MISTY	SIR JOHN A MACDONALD	59.44
8			
Section 2 of 2 Timed Finals			
1	DYNES, LINDSAY	HIGHLAND	53.91
2	VAUGHAN, OLIVIA	GRIMSBY D S S	53.65
3	WEIR, JENNIFER	CENTENNIAL S S	51.60
4	KALCHMAN, KATIE	E. L. CROSSLEY S S	49.77
5	BEATTIE, HILLARY	GRIMSBY D S S	50.66
6	WINGER, JEN	RIDGEWAY-CRYSTAL BEACH	53.14
7	GEARING, EMILY	E. L. CROSSLEY S S	53.71
8	GIVEN, LESLEY	SOUTH LINCOLN H S	54.01

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park
Meet Program****Event 48 Men 300 Meter Hurdles Junior****Thursday 5/21/2009 - 1:10 PM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2			
3	MAY, JEREMY	SALTFLEET	52.00
4	CHANTHAPHONH, SEASON	LAURA SECORD S S	50.51
5	BABB, COLIN	GRIMSBY D S S	49.63
6	BADDWI, AHMED	LAURA SECORD S S	54.68
7			
8			
Section 2 of 2 Timed Finals			
1	MCMURTRIE, ANDREW	BEAMSVILLE D S S	47.57
2	KIVELL, CHASE	HIGHLAND	46.20
3	DELLE MONACHE, MITCHEI	E. L. CROSSLEY S S	43.43
4	TESTA, SAM	RIDGEWAY-CRYSTAL BEACH	41.88
5	RICHARDSON, MARTY	CENTENNIAL S S	42.87
6	HUNTER, STUART	HIGHLAND	45.90
7	HERING, PHIL	E. L. CROSSLEY S S	46.79
8	FAZEKAS, TYLER	RIDGEWAY-CRYSTAL BEACH	47.66

Event 49 Women High Jump Junior**Thursday 5/21/2009 - 2:15 PM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	DARNAY, KENDALL	ST. MICHAEL H S	1.35m
2	SUICIAK, EMMA	E. L. CROSSLEY S S	1.60m
3	MARTIN, BRYANNE	RIDGEWAY-CRYSTAL BEACH	1.30m
4	HARLEY, TERI-LEE	SIR JOHN A MACDONALD	1.30m
5	BULL, CAROLINE	BLESSED TRINITY H S	1.20m
6	POIRIER, SERENITY	RIDGEWAY-CRYSTAL BEACH	1.25m
7	FOLKERTS, KATELYNN	SMITHVILLE DISTRICT C H S	1.40m
8	MACDONALD, KAITLYN	HILL PARK	1.30m
9	GUIGUE, MISTY	SIR JOHN A MACDONALD	1.30m
10	KLUNDER, RACHAEL	SOUTH LINCOLN H S	1.50m
11	REGNERUS, DAYVA	HAMILTON DISTRICT	1.45m
12	PHILLIPS, HANNAH	DUNNVILLE S S	1.30m
13	MALOTT, LAUREN	WATERDOWN	1.35m
14	DORIN, BROOK	BLESSED TRINITY H S	1.45m
15			
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 50 Men High Jump Junior****Thursday 5/21/2009 - 3:00 PM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	ROGERS, TREVOR	E. L. CROSSLEY S S	1.60m
2	WAHIDI, WASSI	ORCHARD PARK	1.65m
3	NIECE, DYLAN	CENTENNIAL S S	1.60m
4	ANTOINE, KHADEEM	NOTRE DAME COLLEGE	1.60m
5	BARKWAY, BRANDON	EDEN HIGH SCHOOL	1.65m
6	PELLIZARI, SHAWN	JEAN VANIER E S	1.65m
7	MCGOWAN, ALEX	STAMFORD C & V I	1.60m
8	VANDERMEER, NICK	SMITHVILLE DISTRICT C H S	1.55m
9	LODDER, KEEGAN	GUIDO DE BRES	1.70m
10	KIVELL, CHASE	HIGHLAND	1.55m
11	GOOD, STEVE	PARKSIDE	1.35m
12	HEEG, ANDREW	HAMILTON DISTRICT	1.55m
13	LEE, ALEX	HOLY CROSS H S	1.60m
14	AWRAM, NATHANYL	GRIMSBY D S S	1.55m
15	LAHAIE, CODY	GOVERNOR SIMCOE S S	1.55m
16			

Event 51 Women Pole Vault Midget / Junior**Thursday 5/21/2009 - 9:00 AM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	AU, KIMMY	ST. PAUL H S	2.25m
2	FOWLER, INDIA	LAURA SECORD S S	1.65m
3	DARNAY, KENDALL	ST. MICHAEL H S	2.85m
4	RICHARDSON, MICHELLE	LAURA SECORD S S	1.95m
5	KALENUIK, VICTORIA	RIDGEWAY-CRYSTAL BEACH	1.95m
6	DUSEK, JANELLE	LAURA SECORD S S	1.50m
7	TOMAINO, HEIKE	NOTRE DAME COLLEGE	2.10m
8	LAFONTAINE, SHANNON	LAURA SECORD S S	1.80m
9			
10			

Event 52 Men Pole Vault Junior**Thursday 5/21/2009 - 11:30 AM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	KEEPING, BRENDAN	RIDGEWAY-CRYSTAL BEACH	3.00m
2	PEPPER, JUSTIN	HAGERSVILLE S S	2.80m
3	CHANTHAPHONH, SEASON	LAURA SECORD S S	2.40m
4	REECE, CHAD	E. L. CROSSLEY S S	2.40m
5	PERIERA, DARREN	RIDGEWAY-CRYSTAL BEACH	3.00m
6	NAPOLITANO, ANTONIO	LAURA SECORD S S	1.80m
7	DERKSEN, JON	RIDGEWAY-CRYSTAL BEACH	2.00m
8			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park
Meet Program****Event 53 Women Long Jump Junior****Thursday 5/21/2009 - 11:30 AM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	SPADZINSKI, ALEESHA	A.N. MYER S S	4.27m
2	RIN, DIANA	SIR JOHN A MACDONALD	4.39m
3	LAFONTAINE, SHANNON	LAURA SECORD S S	4.00m
4	CROUSE, HALEY	GRIMSBY D S S	3.90m
5	KNOLL, CHANTELLE	GUIDO DE BRES	4.06m
6	BAGNULO, JESSICA	A.N. MYER S S	4.64m
7	GUIGUE, MISTY	SIR JOHN A MACDONALD	4.54m
8	BONNICK, RANICE	NOTRE DAME COLLEGE	4.31m
9	THEISSEN, JANELLE	EDEN HIGH SCHOOL	4.25m
10	REGNERUS, DAYVA	HAMILTON DISTRICT	4.40m
11	BARNFIELD, REBECCA	GRIMSBY D S S	4.15m
12	YOSIFOVA, ALEKSANDRA	A.N. MYER S S	4.46m
13	LUONG, LISA	SIR JOHN A MACDONALD	4.15m
14	GEARING, EMILY	E. L. CROSSLEY S S	4.35m
15	SOOBAMANIE, SKYE	BEAMSVILLE D S S	4.28m
16			

Event 54 Men Long Jump Junior**Thursday 5/21/2009 - 12:30 PM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	GAYLE, DANIEL	BARTON S.S.	6.08m
2	TESTA, SAM	RIDGEWAY-CRYSTAL BEACH	5.38m
3	PHIBBS, KYLE	HAGERSVILLE S S	5.28m
4	BOECK, JAKE	GRIMSBY D S S	5.18m
5	MCGOWAN, ALEX	STAMFORD C & V I	5.85m
6	HEEG, ANDREW	HAMILTON DISTRICT	5.80m
7	MCALPINE, TRAVIS	GOVERNOR SIMCOE S S	5.35m
8	GRANT, CLAY	RIDGEWAY-CRYSTAL BEACH	5.49m
9	SELBY, MATT	DENIS MORRIS H S	5.65m
10	ABU-HARB, HAMAD	SALTFLEET	4.88m
11	STRASBOURG, ROC	JEAN VANIER E S	5.30m
12	KRANENBURG, JOEL	HAMILTON DISTRICT	4.40m
13	LEE, VINH	HOLY CROSS H S	5.64m
14	KNIGHT, RON	SHERWOOD	5.40m
15	MCANDREWS, DYLAN	WEST PARK S S	5.69m
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 55 Women Triple Jump Junior****Thursday 5/21/2009 - 9:00 AM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	MALOTT, LAUREN	WATERDOWN	7.93m
2	BARNFIELD, REBECCA	GRIMSBY D S S	10.00m
3	BAGNULO, JESSICA	A.N. MYER S S	9.24m
4	WINGER, JEN	RIDGEWAY-CRYSTAL BEACH	9.07m
5	KOHLI, MELISSA	E. L. CROSSLEY S S	9.47m
6	BOOTSMA, REANNE	HAMILTON DISTRICT	7.31m
7	LAFONTAINE, SHANNON	LAURA SECORD S S	9.51m
8	SOOBRAMANIE, SKYE	BEAMSVILLE D S S	9.71m
9	ISENOR, JORDAN	NIAGARA D S S	9.47m
10	LITWINIUK, KLAUDIA	A.N. MYER S S	9.35m
11	KNOLL, CHANTELLE	GUIDO DE BRES	8.24m
12	SMITH, JESSICA	A.N. MYER S S	9.14m
13	BEACH, MORGAN	GRIMSBY D S S	9.28m
14	RIN, DIANA	SIR JOHN A MACDONALD	9.24m
15			
16			

Event 56 Men Triple Jump Junior**Thursday 5/21/2009 - 10:15 AM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	WILLIAMS, PETER	HAMILTON DISTRICT	9.88m
2	PHIBBS, KYLE	HAGERSVILLE S S	10.78m
3	GRANT, CLAY	RIDGEWAY-CRYSTAL BEACH	12.28m
4	HEEG, ANDREW	HAMILTON DISTRICT	8.72m
5	BOECK, JAKE	GRIMSBY D S S	10.50m
6	BEZEMER, NICK	HAMILTON DISTRICT	9.02m
7	STRASBOURG, ROC	JEAN VANIER E S	10.37m
8	RIEBOT, BRAD	SMITHVILLE DISTRICT C H S	10.19m
9	ORTEGA, GUS	ST. PAUL H S	10.69m
10	LEE, VINH	HOLY CROSS H S	12.78m
11	FIORUCCI, JAKE	ST. PAUL H S	10.86m
12	MCCLENNAN, ALEX	HAMILTON DISTRICT	9.63m
13	WIELER, ISAAK	NIAGARA D S S	10.76m
14	LAHAIE, CODY	GOVERNOR SIMCOE S S	10.45m
15	GAYLE, DANIEL	BARTON S.S.	12.46m
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 57 Women Shot Put Junior****Thursday 5/21/2009 - 12:30 PM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	MACLEOD, MELISSA	DENIS MORRIS H S	6.46m
2	EVANS, JAMIE	HAGERSVILLE S S	8.34m
3	RIEBOT, LEANNE	SMITHVILLE DISTRICT C H S	6.76m
4	WILLIAMS, TYANNA	WESTDALE	7.91m
5	MCADAM, TANEISHA	DENIS MORRIS H S	8.18m
6	DIDOMENICO, SARAH	ST. PAUL H S	7.58m
7	LANGBROEK, ALLISON	BEACON CHRISTIAN H S	6.82m
8	SANDERSON, RACHEL	HIGHLAND	8.34m
9	JONGSMA, NATALIE	GUIDO DE BRES	7.85m
10	DOUWES, KRISTA	HAMILTON DISTRICT	7.36m
11	LEHN-BLAZEJCZEK, ISABEL	HIGHLAND	6.97m
12	CLIMENHAGE, MEGAN	E. L. CROSSLEY S S	8.97m
13	DOEPPING-SCHUMACHER, I	RIDGEWAY-CRYSTAL BEACH	8.91m
14	ROBINS, CASSIE	PORT COLBORNE H S	8.10m
15	DUCK, SARAH	SMITHVILLE DISTRICT C H S	6.89m
16			
17			

Event 58 Men Shot Put Junior**Thursday 5/21/2009 - 11:30 AM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	SCOTT, NICO	WEST PARK S S	13.38m
2	MAYADUNNE, CHAMATH	WESTDALE	7.32m
3	SELBY, MATT	DENIS MORRIS H S	11.38m
4	JOZWIAK, BRANDON	HAGERSVILLE S S	13.37m
5	GIROUX, CRAIG	GOVERNOR SIMCOE S S	11.47m
6	NEMETH, FRANK	ST. MICHAEL H S	12.45m
7	PROVOST, AARON	KERNAHAN PARK S S	11.21m
8	TSCHRITTER, TRAVIS	ORCHARD PARK	9.89m
9	TRENDLE, JORDAN	ST. MICHAEL H S	12.52m
10	FEENSTRA, DEREK	GUIDO DE BRES	10.37m
11	FLAGG, LIAM	RIDGEWAY-CRYSTAL BEACH	12.85m
12	HOGVEEN, CHAD	SMITHVILLE DISTRICT C H S	11.48m
13	TODD, GABE	RIDGEWAY-CRYSTAL BEACH	14.39m
14			
15			
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park
Meet Program****Event 59 Women Discus Throw Junior****Thursday 5/21/2009 - 10:15 AM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	MARTIN, SHELBY	E. L. CROSSLEY S S	21.61m
2	LEHN-BLAZEJCZEK, ISABEL	HIGHLAND	22.96m
3	CLIMENHAGE, MEGAN	E. L. CROSSLEY S S	19.66m
4	BETZ, TESS	GRIMSBY D S S	25.22m
5	EVANS, JAMIE	HAGERSVILLE S S	21.11m
6	HOUSTON, SAMANTHA	SALTFLEET	21.91m
7	DRAKE, CASEY	GRIMSBY D S S	18.28m
8	DOUWES, KRISTA	HAMILTON DISTRICT	18.85m
9	ROBINS, CASSIE	PORT COLBORNE H S	20.36m
10	RONNENBERG, KARLY	SALTFLEET	21.01m
11	JONGSMA, NATALIE	GUIDO DE BRES	19.51m
12	RIEBOT, LEANNE	SMITHVILLE DISTRICT C H S	16.41m
13	DOEPPING-SCHUMACHER, I	RIDGEWAY-CRYSTAL BEACH	25.97m
14			
15			
16			

Event 60 Men Discus Throw Junior**Thursday 5/21/2009 - 9:00 AM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	HOGVEEN, CHAD	SMITHVILLE DISTRICT C H S	38.44m
2	TODD, GABE	RIDGEWAY-CRYSTAL BEACH	34.12m
3	FARRINGTON, MIKE	NIAGARA CHRISTIAN COLLEGE	38.11m
4	SMITH, DEREK	HIGHLAND	15.34m
5	RUTHERFORD, KURT	SMITHVILLE DISTRICT C H S	32.12m
6	GIROUX, CRAIG	GOVERNOR SIMCOE S S	38.92m
7	COLLARD, CODY	CENTENNIAL S S	33.35m
8	LARTEY, EDDIE	BARTON S.S.	21.89m
9	GRANT, CLAY	RIDGEWAY-CRYSTAL BEACH	32.34m
10	POBRIC, AMIR	GOVERNOR SIMCOE S S	27.23m
11	EVANS, LENNY	RIDGEWAY-CRYSTAL BEACH	37.46m
12	FEENSTRA, DEREK	GUIDO DE BRES	27.40m
13	WILLIAMS, PETER	HAMILTON DISTRICT	33.21m
14	MAYADUNNE, CHAMATH	WESTDALE	20.37m
15	KUKNTA, BRANDON	BLESSED TRINITY H S	38.34m
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 61 Women Javelin Throw Junior****Thursday 5/21/2009 - 3:00 PM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	MURPHY, CHRISTINE	DENIS MORRIS H S	20.12m
2	HOUSTON, SAMANTHA	SALTFLEET	19.29m
3	POOT, EMILY	HIGHLAND	ND
4	KARPYSHYN, TAYLOR	LAURA SECORD S S	19.56m
5	LAFRATTA, REBECCA	DENIS MORRIS H S	22.79m
6	KLUNDER, RACHAEL	SOUTH LINCOLN H S	24.55m
7	HART, SAMANTHA	SALTFLEET	18.28m
8	EVANS, JAMIE	HAGERSVILLE S S	28.38m
9	DOUWES, KRISTA	HAMILTON DISTRICT	22.15m
10	HIGENELL, MOLLY	E. L. CROSSLEY S S	26.22m
11	ROBINS, CASSIE	PORT COLBORNE H S	23.79m
12	DRAKE, CASEY	GRIMSBY D S S	20.79m
13	LEHN-BLAZEJCZEK, ISABEL	HIGHLAND	21.04m
14	CLIMENHAGE, MEGAN	E. L. CROSSLEY S S	29.57m
15	LENNON, MADISON	MCKINNON PARK H S	31.70m
16			

Event 62 Men Javelin Throw Junior**Thursday 5/21/2009 - 2:15 PM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	BEZEMER, NICK	HAMILTON DISTRICT	29.51m
2	DONNELLY, DAVID	ST. FRANCIS S S	39.45m
3	VANDERMEER, NICK	SMITHVILLE DISTRICT C H S	43.19m
4	SMITH, DEREK	HIGHLAND	42.40m
5	BADDWI, AHMED	LAURA SECORD S S	38.24m
6	LAVIGNE, KYLE	SIR WINSTON CHURCHILL	18.82m
7	MCGOWAN, ALEX	STAMFORD C & V I	45.30m
8	TOEPP, JOSH	PORT COLBORNE H S	40.60m
9	BABB, COLIN	GRIMSBY D S S	44.79m
10	MCCLENNAN, ALEX	HAMILTON DISTRICT	25.37m
11	DELLE MONACHE, MITCHEI	E. L. CROSSLEY S S	45.48m
12	WILLIAMS, PETER	HAMILTON DISTRICT	29.54m
13	DEVISSER, JAMES	SMITHVILLE DISTRICT C H S	35.39m
14	NIECE, DYLAN	CENTENNIAL S S	44.75m
15	PELLIZARI, SHAWN	JEAN VANIER E S	49.21m
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park
Meet Program****Event 63 Women 4x100 Meter Relay Junior****Thursday 5/21/2009 - 4:40 PM**

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
1			
2	HIGHLAND	A	59.87
3	SOUTH LINCOLN H S	A	58.06
4	DENIS MORRIS H S	A	57.89
5	MCKINNON PARK H S	A	57.97
6	SIR JOHN A MACDONALD	A	59.43
	1) HARLEY, TERI-LEE 2) LUONG, LISA 3) GUIGUE, MISTY 4) RIN, DIANA		
7	HAMILTON DISTRICT	A	1:00.66
	1) DEBOER, JODY 2) DOUWES, KRISTA 3) VANDERMEER, 4) REGNERUS, DAYVA		
	5) BRUULSEMA, ALYSSA		
8	SALTFLEET	A	1:01.11
	1) OBIDI, SHOPE 2) SALMON, AMY 3) LYNCH, ALEXIS		
	5) SALMON, HEATHER 6) SEATON, RAYSHEINA		
Section 2 of 2 Timed Finals			
1	RIDGEWAY-CRYSTAL BEAC	A	57.13
2	BEAMSVILLE D S S	A	56.69
3	GRIMSBY D S S	A	56.12
4	E. L. CROSSLEY S S	A	51.97
	1) KALCHMAN, KATIE 2) KOHLI, MELISSA 3) REID, HILARY 4) SUICIAK, EMMA		
	5) GEARING, EMILY 6) CLIMENHAGE, MEGAN		
5	CENTENNIAL S S	A	54.95
6	LAKESHORE C H S	A	56.20
7	SMITHVILLE DISTRICT C H S	A	56.70
8	WESTDALE	A	57.31
	1) ALEXANDER, 2) BROOKS, LAUREN 3) SAMEK, EMILY 4) BROWN, TANEISHA		

Event 64 Men 4x100 Meter Relay Junior**Thursday 5/21/2009 - 4:40 PM**

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
1			
2	SMITHVILLE DISTRICT C H S	A	50.72
3	HAGERSVILLE S S	A	50.38
	1) PHIBBS, KYLE 2) JOZWIAK, BRANDON 3) MATHIESON, TYLER 4) PEPPER, JUSTIN		
4	ORCHARD PARK	A	50.08
5	BLESSED TRINITY H S	A	50.25
6	JEAN VANIER E S	A	50.54
7	ST. PAUL H S	A	50.86
8	HIGHLAND	A	51.37

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Section 2 of 2 Timed Finals...(Event 64 Men 4x100 Meter Relay Junior)**

1	DENIS MORRIS H S	A	49.49
2	E. L. CROSSLEY S S	A	49.09
	1) BRENNAND, DYLAN 2) DELLE MONACHE, 3) FELESKO, JESSE 4) SPARROW, CHRIS		
	5) ROGERS, TREVOR 6) ROSSI, DYLAN		
3	GOVERNOR SIMCOE S S	A	48.30
4	RIDGEWAY-CRYSTAL BEAC	A	46.98
5	WATERDOWN	A	48.22
	1) CHIN, JORDAN 2) LORD, KURTIS 3) KUNCZ, ADAM 4) PARRY, JAMES		
6	GRIMSBY D S S	A	48.97
7	WESTMOUNT	A	49.25
	1) YOUNG, CAM 3) SANDS, T. 4) SACCHETTI, A.		
	5) CARTER, CHRIS		
8	BARTON S.S.	A	49.55
	1) JANG, CAMERON 2) PARKER, BUDD 3) LARTEY, EDDIE 4) GAYLE, DANIEL		

Event 65 Women 100 Meter Dash Senior**8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 5/21/2009 - 10:10 AM**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	MERSEREAU, SAMANTHA	WESTMOUNT	14.22
2	KASAMBA, LORETTE	DENIS MORRIS H S	13.67
3	ELMERS, DAWN	SMITHVILLE DISTRICT C H S	13.30
4	JACKSON, JANINE	PARKSIDE	12.21
5	BOSSCHER, KARYN	GUIDO DE BRES	12.24
6	ROSE SMITH, DEANNA	SOUTH LINCOLN H S	13.46
7	SCHOPPMANN, EMILY	BLESSED TRINITY H S	14.24
8	GROSSKURTH, ALEX	LAURA SECORD S S	13.78
Heat 2 of 2 Prelims			
1			
2	STEELE, REBEKAH	DUNNVILLE S S	13.95
3	SMITH, VICTORIA	A.N. MYER S S	13.62
4	CHUKS-MADY, CHI CHI	BARTON S.S.	11.46
5	HAALSTRA, RACHEL	HAMILTON DISTRICT	12.69
6	BRUZESSE, LARISSA	NOTRE DAME COLLEGE	13.27
7	BLACKWOOD, KADAIJA	WESTLANE S S	13.63
8	BARBER, KRISTA	MCKINNON PARK H S	13.94

Event 66 Men 100 Meter Dash Senior**8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 5/21/2009 - 10:10 AM**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	SFERRAZZA, SANDRO	ST. FRANCIS S S	12.20
2	TRIPP, STEVE	RIDGEWAY-CRYSTAL BEACH	12.18
3	MARQUIS, MIKE	NOTRE DAME COLLEGE	11.90
4	OFOSU, ISAAC	ORCHARD PARK	11.51
5	WILLIAMS, AKINO	GRIMSBY D S S	11.85
6	MCLEAN, CARLIN	ORCHARD PARK	11.56
7	NOBLE, JORDAN	SIR WINSTON CHURCHILL	12.06
8	ST. JEAN, MICHAEL	DENIS MORRIS H S	12.07

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Heat 2 of 2 Prelims...(Event 66 Men 100 Meter Dash Senior)**

1			
2	GRIEM, DAVID	RIDGEWAY-CRYSTAL BEACH	11.96
3	MASONOVICH, MIKE	ST. PAUL H S	11.51
4	KIT, MAT	ORCHARD PARK	11.93
5	MERRITT, NATHAN	RIDGEWAY-CRYSTAL BEACH	11.62
6	SELMAN, JABARI	LAURA SECORD S S	11.74
7	EDWARDS, SEAN	SHERWOOD	12.10
8	EMSLIE, STEVE	HOLY CROSS H S	12.12

Event 67 Women 200 Meter Dash Senior**Thursday 5/21/2009 - 1:55 PM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2	BETHLEHEM, MELISSA	GUIDO DE BRES	30.19
3	DEJONG, JULIE	HAMILTON DISTRICT	29.59
4	KASAMBA, LORETTE	DENIS MORRIS H S	28.99
5	HAYES, CASSEE	CAYUGA S S	28.99
6	AIELLO, CAPRICE	ST. MICHAEL H S	29.61
7	BOSSCHER, SARAH	GUIDO DE BRES	30.33
8	MERSEREAU, SAMANTHA	WESTMOUNT	30.43
Section 2 of 2 Timed Finals			
1	PIZYCKI, KRISTEN	NOTRE DAME COLLEGE	28.85
2	SMITH, VICTORIA	A.N. MYER S S	28.47
3	GILES, ALEX	GOVERNOR SIMCOE S S	27.83
4	DUNCAN, CHELSEA	SIR WINSTON CHURCHILL S S	26.94
5	ELMERS, DAWN	SMITHVILLE DISTRICT C H S	27.76
6	ROSE SMITH, DEANNA	SOUTH LINCOLN H S	28.22
7	BLACKWOOD, KADAIJA	WESTLANE S S	28.82
8	SHING, EMILY	HIGHLAND	29.50

Event 68 Men 200 Meter Dash Senior**Thursday 5/21/2009 - 1:55 PM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2	NOORDAM, JAMES	HAMILTON DISTRICT	24.99
3	BARONETTE, RUDY	SIR ALLAN MACNAB	24.88
4	WOJCIK, MATT	HOLY CROSS H S	24.86
5	MARQUIS, MIKE	NOTRE DAME COLLEGE	24.63
6	GRANT, BEN	HOLY CROSS H S	24.96
7	EDWARDS, SEAN	SHERWOOD	25.85
8	NOBLE, JORDAN	SIR WINSTON CHURCHILL	25.89
Section 2 of 2 Timed Finals			
1	MERRITT, NATHAN	RIDGEWAY-CRYSTAL BEACH	24.55
2	FANNING, CONNOR	HIGHLAND	24.33
3	EASTERBROOK, DOUG	GRIMSBY D S S	23.99
4	MASONOVICH, MIKE	ST. PAUL H S	23.58
5	GRIEM, DAVID	RIDGEWAY-CRYSTAL BEACH	24.20
6	SELMAN, JABARI	LAURA SECORD S S	23.96
7	MERRITT, BEN	RIDGEWAY-CRYSTAL BEACH	24.46
8	WILLIAMS, AKINO	GRIMSBY D S S	24.62

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 69 Women 400 Meter Dash Senior****Thursday 5/21/2009 - 11:40 AM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2	ADAMS, CARLI	BLESSED TRINITY H S	1:11.37
3	KLASSEN, JANELL	WESTDALE	1:10.36
4	BOYD, ALI	GOVERNOR SIMCOE S S	1:09.18
5	SAWYERS, JESSIE	HIGHLAND	1:09.87
6	KURPE, ERIN	GRIMSBY D S S	1:10.87
7	PAPPIN, REBECCA	BARTON S.S.	1:11.75
8	GARVEY, PAIGE	E. L. CROSSLEY S S	1:12.44
Section 2 of 2 Timed Finals			
1	MACTAVISH, LISA	A.N. MYER S S	1:08.47
2	PIZYCKI, KRISTEN	NOTRE DAME COLLEGE	1:05.96
3	GILES, ALEX	GOVERNOR SIMCOE S S	1:02.99
4	DUNCAN, CHELSEA	SIR WINSTON CHURCHILL S S	59.88
5	KELLY, MARIAH	ST. MICHAEL H S	59.91
6	SMITH, VICTORIA	A.N. MYER S S	1:04.78
7	SHING, EMILY	HIGHLAND	1:06.99
8	SZOTA, LINDSAY	ANCASTER HIGH	1:08.99

Event 70 Men 400 Meter Dash Senior**Thursday 5/21/2009 - 11:40 AM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2	WYMAN, BEN	WESTDALE	57.26
3	VARLEY, KYLE	WESTLANE S S	54.24
4	WOJCIK, MATT	HOLY CROSS H S	54.37
5	OPARE, KOFI	ST. PAUL H S	55.45
6	BEHAN, JEFF	WESTDALE	56.57
7	LARIVIERE, TOMMY	HIGHLAND	57.80
8	BLACK, TAYLOR	ORCHARD PARK	57.95
Section 2 of 2 Timed Finals			
1	MERRITT, BEN	RIDGEWAY-CRYSTAL BEACH	53.64
2	KERRY, DONOVAN	DENIS MORRIS H S	53.10
3	MACDONALD, MATT	ST. FRANCIS S S	50.30
4	MORI, LEE	DENIS MORRIS H S	51.32
5	EASTERBROOK, DOUG	GRIMSBY D S S	50.72
6	MIEDEMA, CHRIS	LAKESHORE C H S	51.50
7	OLIVER, TROY	E. L. CROSSLEY S S	53.31
8	NOORDAM, JAMES	HAMILTON DISTRICT	56.16

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park
Meet Program****Event 71 Women 800 Meter Run Senior****Thursday 5/21/2009 - 2:40 PM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2	LIGHT, SHANNON	ST. MICHAEL H S	2:54.10
3	JONES, BRITTANY	JEAN VANIER E S	2:48.42
4	HICKS, RACHEL	HIGHLAND	2:42.49
5	PULSIFER, KENZIE	WESTDALE	2:47.26
6	SZOTA, LINDSAY	ANCASTER HIGH	2:53.01
7	MCEWAN, KIRSTEN	CENTENNIAL S S	3:23.60
8			
Section 2 of 2 Timed Finals			
1	GILES, ALEX	GOVERNOR SIMCOE S S	2:37.65
2	HAMBLTON, JULIE	GRIMSBY D S S	2:32.64
3	THOMPSON, CARISE	HIGHLAND	2:29.43
4	KELLY, MARIAH	ST. MICHAEL H S	2:22.11
5	ADAMS, PARIS	BLESSED TRINITY H S	2:27.53
6	DUNBAR, SHELBY	WEST PARK S S	2:30.41
7	PATTERSON, COURTNEY	HIGHLAND	2:33.08
8	BRACKEN, KRISTIA	LAURA SECORD S S	2:41.78

Event 72 Men 800 Meter Run Senior**Thursday 5/21/2009 - 2:40 PM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2	SHORT, JOHN	HIGHLAND	2:23.14
3	VARLEY, KYLE	WESTLANE S S	2:15.74
4	BEHAN, JEFF	WESTDALE	2:14.68
5	WOJCIK, MATT	HOLY CROSS H S	2:15.66
6	WYMAN, BEN	WESTDALE	2:18.04
7	CINQ-MARS, JOSEPH	CAYUGA S S	2:33.92
8	KOPACZ, TYLER	MCKINNON PARK H S	2:38.20
Section 2 of 2 Timed Finals			
1	VOORBERG, ADAM	HAMILTON DISTRICT	2:13.40
2	MIEDEMA, CHRIS	LAKESHORE C H S	2:01.63
3	ROUSSEAU, JULIEN	SIR WINSTON CHURCHILL S S	1:59.93
4	RAE, JEREMY	LAKESHORE C H S	1:54.24
5	EASTERBROOK, DOUG	GRIMSBY D S S	1:58.78
6	MACDONALD, MATT	ST. FRANCIS S S	2:01.11
7	LAVIGNE, COLIN	SIR WINSTON CHURCHILL	2:11.74
8	BYSKOV, BRANDON	SIR WINSTON CHURCHILL S S	2:14.48

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 73 Women 1500 Meter Run Senior****Thursday 5/21/2009 - 10:40 AM**

Lane	Name	School	Seed Time
Section 1 of 1	Timed Finals		
1	WILSON, COLLEEN	ANCASTER HIGH	5:40.01
2	HICKS, RACHEL	HIGHLAND	5:40.41
3	JONES, BRITTANY	JEAN VANIER E S	5:53.06
4	JOHNSON, KRISTEN	E. L. CROSSLEY S S	5:50.44
5	THOMPSON, CARISE	HIGHLAND	5:22.17
6	ADAMS, PARIS	BLESSED TRINITY H S	5:07.50
7	TRITTON, TESSA	CENTENNIAL S S	6:14.98
8	SZOTA, LINDSAY	ANCASTER HIGH	5:40.77
9	STUIVE, HEATHER	EDEN HIGH SCHOOL	5:03.85
10	HAMBLTON, JULIE	GRIMSBY D S S	5:08.51
11	RASMUSSEN, SARAH	ANCASTER HIGH	5:47.10
12	THOMAS, NICKY	NOTRE DAME COLLEGE	6:46.25
13	MCEWAN, KIRSTEN	CENTENNIAL S S	6:51.31
14	STUIVE, MONIQUE	EDEN HIGH SCHOOL	5:38.75
15			
16			

Event 74 Men 1500 Meter Run Senior**Thursday 5/21/2009 - 10:40 AM**

Lane	Name	School	Seed Time
Section 1 of 1	Timed Finals		
1	AHMED, MOHAMMED	ST. CATHARINES C I & V S	4:09.94
2	WASSENAAR, JONATHAN	E. L. CROSSLEY S S	5:02.19
3	BEHAN, JEFF	WESTDALE	4:36.18
4	LAVIGNE, COLIN	SIR WINSTON CHURCHILL	4:35.63
5	RAE, JEREMY	LAKESHORE C H S	3:59.90
6	ROMANO, JOSH	DENIS MORRIS H S	5:26.90
7	HOPTON, DAVE	ANCASTER HIGH	4:43.41
8	BERGSHOEFF, JON	GRIMSBY D S S	4:49.46
9	MURPHY, CONNOR	SIR WINSTON CHURCHILL S S	4:38.51
10	MORIELLO, SIMON	ST. PAUL H S	4:26.40
11	ROUSSEAU, JULIEN	SIR WINSTON CHURCHILL S S	4:23.26
12	VOORBERG, ADAM	HAMILTON DISTRICT	4:39.97
13	SHORT, JOHN	HIGHLAND	4:43.96
14	MIEDEMA, CHRIS	LAKESHORE C H S	4:22.08
15	SCOTLAND, ANDREW	E. L. CROSSLEY S S	4:40.07
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 75 Women 3000 Meter Run Senior****Thursday 5/21/2009 - 3:10 PM**

Lane	Name	School	Seed Time
Section 1 of 1	Timed Finals		
1	RASMUSSEN, SARAH	ANCASTER HIGH	13:29.08
2	MARJANOVIC, JELENA	HIGHLAND	13:43.49
3	STUIVE, HEATHER	EDEN HIGH SCHOOL	10:42.29
4	TRITTON, TESSA	CENTENNIAL S S	14:56.40
5	KALVAITIS, GENNA	BLESSED TRINITY H S	12:48.38
6	STUIVE, MONIQUE	EDEN HIGH SCHOOL	12:28.69
7	FORGUES, MADISON	LAKESHORE C H S	16:17.44
8	WILSON, COLLEEN	ANCASTER HIGH	12:55.15
9	SWAN, KELLY	CENTENNIAL S S	15:47.25
10	PASSANT, JESSICA	HIGHLAND	13:01.94
11	HAMBLTON, BRITTANY	GRIMSBY D S S	11:58.39
12	GATTA, KATEY	CENTENNIAL S S	15:37.85
13			
14			
15			
16			

Event 76 Men 3000 Meter Run Senior**Thursday 5/21/2009 - 3:50 PM**

Lane	Name	School	Seed Time
Section 1 of 1	Timed Finals		
1	MCRAE, TOM	ST. PAUL H S	9:29.82
2	ALBERS, JOHN	GRIMSBY D S S	10:08.93
3	LLOYD, DUKE	HIGHLAND	9:48.25
4	MORIELLO, SIMON	ST. PAUL H S	9:39.70
5	MANN, EVAN	WESTLANE S S	10:16.18
6	HOPTON, DAVE	ANCASTER HIGH	10:27.11
7	MARSHAL, DAVID	HIGHLAND	10:51.38
8	MURPHY, CONNOR	SIR WINSTON CHURCHILL S S	10:07.13
9	MACKETT, MIKE	ST. FRANCIS S S	11:31.37
10	AHMED, MOHAMMED	ST. CATHARINES C I & V S	8:30.12
11	WILCOX, JESSE	WESTMOUNT	10:26.04
12	THOMAS, RYAN	GRIMSBY D S S	10:02.57
13	SCOTLAND, ANDREW	E. L. CROSSLEY S S	9:46.81
14	ANTONIO, JORDAN	ST. MICHAEL H S	10:30.88
15	MARXHAL, DAVID	HIGHLAND	NT
16	RASMUSSEN, JOHN	ANCASTER HIGH	10:07.14

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 77 Women 100 Meter Hurdles Senior****8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 5/21/2009 - 9:25 AM**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1	MERSEREAU, SAMANTHA	WESTMOUNT	18.49
2	LYMBURNER, HALEE	E. L. CROSSLEY S S	20.08
3	SARJEANT, VANESSA	ORCHARD PARK	16.93
4	HICKS, HEATHER	GRIMSBY D S S	17.83
5	MAY, JESSICA	SALTFLEET	16.18
6	BORDI, SHELBY	HIGHLAND	17.03
7	MACLEOD, TAYLOR	GRIMSBY D S S	18.61
8	STARK, ALISON	E. L. CROSSLEY S S	19.46
Heat 2 of 2 Prelims			
1			
2	COOK, OLIVIA	RIDGEWAY-CRYSTAL BEACH	18.40
3	HAYES, CASSEE	CAYUGA S S	16.99
4	ELMERS, DAWN	SMITHVILLE DISTRICT C H S	17.91
5	GLODZIAK, DEVON	GRIMSBY D S S	16.61
6	MIOTTO, JESSICA	LAURA SECORD S S	16.97
7	HAYWARD, REBECCA	HIGHLAND	18.74
8	GEARING, JENNIFER	E. L. CROSSLEY S S	19.14

Event 78 Men 110 Meter Hurdles Senior**8 Advance: Top 2 Each Heat plus Next 4 Best Times****Thursday 5/21/2009 - 9:25 AM**

Lane	Name	School	Seed Time
Heat 1 of 2 Prelims			
1			
2	HIND, SHAWN	HOLY CROSS H S	19.82
3	BONSIGNORE, COLE	E. L. CROSSLEY S S	18.94
4	TRIPP, STEVE	RIDGEWAY-CRYSTAL BEACH	17.61
5	FANNING, CONNOR	HIGHLAND	15.33
6	BENARD, TOWNSEND	LAURA SECORD S S	17.00
7	SAJID, HASSAN	SIR WINSTON CHURCHILL	23.50
8			
Heat 2 of 2 Prelims			
1			
2	SELMAN, JABARI	LAURA SECORD S S	19.86
3	KISAKA, STEVE	SALTFLEET	18.01
4	MACLEOD, DANNY	RIDGEWAY-CRYSTAL BEACH	16.31
5	FERMAN, ROB	CAYUGA S S	16.71
6	DIGNARD, PATRICK	CENTENNIAL S S	17.65
7	MILLS, BRIAN	HIGHLAND	18.18
8			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park
Meet Program****Event 79 Women 400 Meter Hurdles Senior****Thursday 5/21/2009 - 1:10 PM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2			
3	HENNIGES, MARIEKE	SMITHVILLE DISTRICT C H S	1:37.02
4	SARJEANT, VANESSA	ORCHARD PARK	1:21.97
5	JOHNSON, KRISTEN	E. L. CROSSLEY S S	1:25.02
6			
7			
8			
Section 2 of 2 Timed Finals			
1			
2	GEARING, JENNIFER	E. L. CROSSLEY S S	1:20.22
3	SCHOPPMANN, EMILY	BLESSED TRINITY H S	1:12.05
4	LYMBURNER, HALEE	E. L. CROSSLEY S S	1:16.40
5	MAY, JESSICA	SALTFLEET	1:15.82
6	BORDI, SHELBY	HIGHLAND	1:18.28
7	HARTWICK, CHARLENE	E. L. CROSSLEY S S	1:20.65
8	HAYWARD, REBECCA	HIGHLAND	1:21.05

Event 80 Men 400 Meter Hurdles Senior**Thursday 5/21/2009 - 1:10 PM**

Lane	Name	School	Seed Time
Section 1 of 2 Timed Finals			
1			
2			
3	MILLS, BRIAN	HIGHLAND	1:10.48
4	VANSPRONSEN, JON	GUIDO DE BRES	1:09.56
5	GRUNDY, JORDON	HIGHLAND	1:10.13
6	GRANT, BEN	HOLY CROSS H S	1:10.50
7			
8			
Section 2 of 2 Timed Finals			
1	FERMAN, ROB	CAYUGA S S	1:05.20
2	SULKOWSKI, BRYSON	HOLY CROSS H S	1:04.62
3	FANNING, CONNOR	HIGHLAND	1:01.51
4	MACLEOD, DANNY	RIDGEWAY-CRYSTAL BEACH	59.52
5	DISTON, JASON	ST. PAUL H S	59.96
6	TRIPP, STEVE	RIDGEWAY-CRYSTAL BEACH	1:02.94
7	LEVESQUE, ANDREW	CAYUGA S S	1:05.10
8	PRESS, ERIC	HIGHLAND	1:07.21

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park
Meet Program****Event 81 Women High Jump Senior****Thursday 5/21/2009 - 9:00 AM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	AIELLO, CAPRICE	ST. MICHAEL H S	1.45m
2	JOHN, AMANDA	HIGHLAND	NH
3	STECHYSHYN, SHALIMAR	E. L. CROSSLEY S S	1.35m
4	YOLE, COURTNEY	BLESSED TRINITY H S	1.30m
5	OLAH, COURTNEY	ST. PAUL H S	1.65m
6	SINGLETON, MEAGAN	RIDGEWAY-CRYSTAL BEACH	1.35m
7	ANDERSON, KELSEY	BLESSED TRINITY H S	1.25m
8	HICKS, HEATHER	GRIMSBY D S S	1.35m
9	ELSAHARTY, RANDA	A.N. MYER S S	1.40m
10			
11			
12			
13			
14			
15			
16			

Event 82 Men High Jump Senior**Thursday 5/21/2009 - 10:15 AM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	TAYLOR, CODY	SHERWOOD	1.60m
2	LAPORTE, ERIC	CONFEDERATION E S	1.70m
3	WRIGHT, CODY	ORCHARD PARK	1.70m
4	ROBERTO, MATT	WEST PARK S S	1.50m
5	WEBB, JEFFERY	EDEN HIGH SCHOOL	1.55m
6	WASSENAAR, GARRETT	E. L. CROSSLEY S S	1.70m
7	ARMSTRONG, JONATHON	NIAGARA CHRISTIAN COLLEGE	1.75m
8	LAUZON, JEAN PAUL	ST. PAUL H S	1.90m
9	KISAKA, STEVE	SALTFLEET	1.60m
10	WAHIDI, SATAR	ORCHARD PARK	1.80m
11	AHMED, AHMED	ST. FRANCIS S S	1.60m
12	SCHRAM, MIKE	LAURA SECORD S S	1.65m
13	DISTON, JASON	ST. PAUL H S	1.95m
14	PIETERSE, STEVE	HILL PARK	1.60m
15	VANDENBOOGAARD, DAN	BEACON CHRISTIAN H S	1.60m
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park
Meet Program****Event 83 Women Pole Vault Senior****Thursday 5/21/2009 - 9:00 AM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	STARK, ALISON	E. L. CROSSLEY S S	2.55m
2	MICHALAK, SHARON	NOTRE DAME COLLEGE	2.85m
3	GEARING, JENNIFER	E. L. CROSSLEY S S	2.40m
4	WARKHOLDT, ELLEN	LAURA SECORD S S	1.80m
5	HARTWICK, CHARLENE	E. L. CROSSLEY S S	1.95m
6	NICHOLAS, WHITNEY	HAGERSVILLE S S	2.55m
7			
8			

Event 84 Men Pole Vault Senior**Thursday 5/21/2009 - 2:15 PM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	COCCAGNA, ANTHONY	NOTRE DAME COLLEGE	2.60m
2	SHIN, HYUN BIN	LAURA SECORD S S	2.10m
3	MALJKOVIC, DANNY	RIDGEWAY-CRYSTAL BEACH	3.40m
4	HAENI, ALEX	LAURA SECORD S S	1.95m
5	MALJKOVIC, MIKEY	RIDGEWAY-CRYSTAL BEACH	3.40m
6	BENARD, TOWNSEND	LAURA SECORD S S	3.60m
7	HAMPEL, DREW	RIDGEWAY-CRYSTAL BEACH	2.60m
8	DISTON, MATTHEW	ST. PAUL H S	4.15m

Event 85 Women Long Jump Senior**Thursday 5/21/2009 - 2:15 PM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	THOMAS, GILLIAN	HAMILTON DISTRICT	4.52m
2	GOUGH, SHYRELL	WEST PARK S S	4.44m
3	GLODZIAK, DEVON	GRIMSBY D S S	4.32m
4	RUSSEL, BAILEY	ANCASTER HIGH	3.98m
5	OLAH, COURTNEY	ST. PAUL H S	5.03m
6	HAYES, CASSEE	CAYUGA S S	4.89m
7	BARBER, KRISTA	MCKINNON PARK H S	4.49m
8	HICKS, HEATHER	GRIMSBY D S S	4.68m
9	SMITH, KATELIN	ORCHARD PARK	4.00m
10	COOK, OLIVIA	RIDGEWAY-CRYSTAL BEACH	4.60m
11	JOHNSTON, SHELBY	CENTENNIAL S S	4.57m
12	DUNCAN, CHELSEA	SIR WINSTON CHURCHILL S S	5.14m
13	COTTRELL, DANIELLE	WATERDOWN	4.46m
14	MIOTTO, JESSICA	LAURA SECORD S S	4.61m
15			
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 86 Men Long Jump Senior****Thursday 5/21/2009 - 3:00 PM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	HIND, SHAWN	HOLY CROSS H S	6.11m
2	DEBRUYNE, DAN	BEACON CHRISTIAN H S	5.84m
3	PIETERSE, STEVE	HILL PARK	5.67m
4	RASHID, SAM	WESTDALE	6.05m
5	SINGLETON, JAMIE	ST. PAUL H S	5.52m
6	WASSENAAR, GARRETT	E. L. CROSSLEY S S	5.67m
7	SHATEI, RUGARE	SIR JOHN A MACDONALD	5.74m
8	GUIGNARD, DAVID	JEAN VANIER E S	5.30m
9	ATKINSON, CAM	GRIMSBY D S S	5.59m
10	LAUZON, JEAN PAUL	ST. PAUL H S	5.87m
11	SCHRAM, MIKE	LAURA SECORD S S	5.49m
12	TROJNER, MAT	GRIMSBY D S S	5.35m
13	PRESS, ERIC	HIGHLAND	6.02m
14	MATIVO, RHODRI	ST. PAUL H S	5.73m
15	MCLEAN, CARLIN	ORCHARD PARK	6.66m
16			

Event 87 Women Triple Jump Senior**Thursday 5/21/2009 - 11:30 AM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	GLODZIAK, DEVON	GRIMSBY D S S	10.30m
2	COOK, OLIVIA	RIDGEWAY-CRYSTAL BEACH	10.30m
3	GOUGH, SHYRELL	WEST PARK S S	9.93m
4	COMFORT, JUSTINE	SOUTH LINCOLN H S	8.96m
5	BOESE, MARGIE	NIAGARA D S S	9.45m
6	MIOTTO, JESSICA	LAURA SECORD S S	10.53m
7	DEJONG, JULIE	HAMILTON DISTRICT	9.96m
8	MAY, JESSICA	SALTFLEET	9.89m
9	MOLNAR, BIANCA	JEAN VANIER E S	9.56m
10	BARBER, KRISTA	MCKINNON PARK H S	9.23m
11	OLAH, COURTNEY	ST. PAUL H S	10.61m
12	OAKES, KIRSTEN	A.N. MYER S S	9.80m
13			
14			
15			
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park
Meet Program****Event 88 Men Triple Jump Senior****Thursday 5/21/2009 - 12:30 PM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	TWOMEY, PATRICK	E. L. CROSSLEY S S	11.00m
2	SCHRAM, MIKE	LAURA SECORD S S	11.35m
3	BEATTY, TYLER	PARKSIDE	11.28m
4	WHITE, ROB	A.N. MYER S S	10.90m
5	DEBRUYNE, DAN	BEACON CHRISTIAN H S	11.49m
6	ROBERTO, MATT	WEST PARK S S	10.88m
7	WASSENAAR, GARRETT	E. L. CROSSLEY S S	11.13m
8	GUIGNARD, DAVID	JEAN VANIER E S	10.83m
9	VANDEBELD, MATTHEW	E. L. CROSSLEY S S	10.97m
10	OFOSU, ISAAC	ORCHARD PARK	11.80m
11	CHETTY, YESHALE	WESTDALE	11.07m
12	MCLEAN, CARLIN	ORCHARD PARK	12.58m
13	ATKINSON, CAM	GRIMSBY D S S	12.14m
14	MACFARLANE, JOSH	GREAT LAKES CHRISTIAN COL	11.65m
15	GRITTER, JOEL	GUIDO DE BRES	10.93m
16			

Event 89 Women Shot Put Senior**Thursday 5/21/2009 - 3:00 PM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	MACKAY, KIMI	SIR WINSTON CHURCHILL S S	9.06m
2	KOROLL, KORTNEY	GOVERNOR SIMCOE S S	9.07m
3	MURRE, TERESA	EDEN HIGH SCHOOL	7.29m
4	CAMPBELL, ALLISON	CAYUGA S S	8.93m
5	SMOLOVIC, KRISTINA	BARTON S.S.	10.48m
6	THOMAS, GILLIAN	HAMILTON DISTRICT	7.96m
7	MIDDLETON, SAM	DUNNVILLE S S	10.29m
8	OTT, MELISSA	FORT ERIE S S	9.03m
9	GIORDANO, MARTHA	WESTDALE	8.30m
10	TOKAR, ERICA	E. L. CROSSLEY S S	8.69m
11	CHUKS-MADY, CHI CHI	BARTON S.S.	8.33m
12	WILLIAMS, CHANEL	SHERWOOD	7.12m
13	RIDDER, JEN	SOUTH LINCOLN H S	6.77m
14	JOPE, CHEYENNE	NOTRE DAME COLLEGE	9.00m
15	REILLY, KYRA	BLESSED TRINITY H S	8.44m
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 90 Men Shot Put Senior**
Thursday 5/21/2009 - 2:15 PM

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	EVINK, DON	GUIDO DE BRES	11.28m
2	DISTON, JASON	ST. PAUL H S	11.80m
3	DEGRAAF, SCOTT	HAGERSVILLE S S	12.46m
4	MCGILLY, SHANE	ST. PAUL H S	13.05m
5	DYKSTRA, RAY	GRIMSBY D S S	13.17m
6	BAIRD, AARON	ST. FRANCIS S S	11.83m
7	MORRISON, TREVOR	HILL PARK	10.09m
8	LANGERAAP, HOAS	LAKESHORE C H S	12.70m
9	KOK, DAVE	GUIDO DE BRES	11.94m
10	HOUSE, JESSE	LAKESHORE C H S	12.30m
11	PALIOS, STEFAN	GRIMSBY D S S	14.70m
12	VANCE, WILL	HIGHLAND	10.45m
13	LANGDON, CHRIS	HOLY CROSS H S	12.59m
14	DUGUAY, ZACK	DENIS MORRIS H S	13.09m
15	MCGIBNEY, JARRETT	WESTDALE	10.00m
16			

Event 91 Women Discus Throw Senior
Thursday 5/21/2009 - 12:30 PM

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	LEWIS-WADDELL, SHANIKA	ORCHARD PARK	21.48m
2	FULOP, ASHLEY	CENTENNIAL S S	28.53m
3	ALDERMAN, KARIE	GRIMSBY D S S	29.82m
4	LOESCHER, SHERRI	RIDGEWAY-CRYSTAL BEACH	22.25m
5	MILLER, NIKKI	SALTFLEET	32.30m
6	MIDDLETON, SAM	DUNNVILLE S S	30.00m
7	HARRIS, KEESHA	BLESSED TRINITY H S	23.45m
8	DZIVY, CHARLOTTE	SIR WINSTON CHURCHILL	23.22m
9	KOROLL, KORTNEY	GOVERNOR SIMCOE S S	26.82m
10	BOERINGA, TRACEY	GUIDO DE BRES	23.98m
11	KLODNICKI, KATIE	GRIMSBY D S S	39.73m
12	HICKS, BRITTANY	SALTFLEET	28.24m
13	TOKAR, ERICA	E. L. CROSSLEY S S	23.90m
14	DAVIES, CARLY	CENTENNIAL S S	26.84m
15	COLLING, JEN	GRIMSBY D S S	24.21m
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park
Meet Program****Event 92 Men Discus Throw Senior****Thursday 5/21/2009 - 11:30 AM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	KOK, DAVE	GUIDO DE BRES	38.73m
2	DYKSTRA, RAY	GRIMSBY D S S	35.62m
3	BAIRD, AARON	ST. FRANCIS S S	28.88m
4	LANGERAAP, HOAS	LAKESHORE C H S	34.17m
5	WOEHL, MATT	RIDGEWAY-CRYSTAL BEACH	38.16m
6	PALIOS, STEFAN	GRIMSBY D S S	46.90m
7	TRUAX, CODY	RIDGEWAY-CRYSTAL BEACH	35.30m
8	VANCE, WILL	HIGHLAND	30.70m
9	EVINK, DON	GUIDO DE BRES	30.68m
10	MCKEEN, JASON	SOUTH LINCOLN H S	33.24m
11	HOUSE, JESSE	LAKESHORE C H S	32.76m
12	CALIGUIRO, WES	ST. PAUL H S	31.58m
13	LOUW, HANNES	HAMILTON DISTRICT	34.12m
14	BRADFORD, KENNY	EDEN HIGH SCHOOL	32.31m
15	BOUWERS, MATT	HAMILTON DISTRICT	30.43m
16			

Event 93 Women Javelin Throw Senior**Thursday 5/21/2009 - 10:15 AM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	ELY, VICTORIA	ST. PAUL H S	31.60m
2	DARLING, PAIGE	HIGHLAND	19.93m
3	FUENMAYOR, PAULA	DENIS MORRIS H S	21.63m
4	PALMER, SAMANTHA	SALTFLEET	26.19m
5	BOESE, MARGIE	NIAGARA D S S	25.70m
6	MACKAY, KIMI	SIR WINSTON CHURCHILL S S	30.49m
7	QUINN, BRITTANY	RIDGEWAY-CRYSTAL BEACH	26.46m
8	KOROLL, KORTNEY	GOVERNOR SIMCOE S S	27.18m
9	GIORDANO, MARTHA	WESTDALE	21.43m
10	MACKENZIE, ALISHA	HIGHLAND	22.78m
11	NICHOLAS, WHITNEY	HAGERSVILLE S S	36.83m
12	OSTERLUND, KIRSTEN	E. L. CROSSLEY S S	26.19m
13	THOMSON, NATALIE	ST. PAUL H S	25.97m
14	HARRIS, KEESHA	BLESSED TRINITY H S	21.91m
15	HICKS, BRITTANY	SALTFLEET	32.13m
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park
Meet Program****Event 94 Men Javelin Throw Senior****Thursday 5/21/2009 - 9:00 AM**

Pos	Name	School	Seed Mark
Flight	1 of 1 Finals		
1	VANCE, WILL	HIGHLAND	43.45m
2	CALABRESE, NICK	WEST PARK S S	43.15m
3	PRESS, ERIC	HIGHLAND	43.31m
4	LOUW, HANNES	HAMILTON DISTRICT	40.04m
5	BAIRD, AARON	ST. FRANCIS S S	42.80m
6	GRIEM, DAVID	RIDGEWAY-CRYSTAL BEACH	43.89m
7	MUNNINGS, KAHSHANN	NIAGARA CHRISTIAN COLLEGE	44.01m
8	STRZALKOWSKI, PATRICK	SIR WINSTON CHURCHILL S S	40.49m
9	FISHER, THOMAS	E. L. CROSSLEY S S	50.82m
10	BOUWERS, MATT	HAMILTON DISTRICT	36.46m
11	BRADFORD, KENNY	EDEN HIGH SCHOOL	50.22m
12	DYKSTRA, RAY	GRIMSBY D S S	60.10m
13	BEZEMER, DAKOTA	HAMILTON DISTRICT	32.60m
14	ORESKOVICH, NICK	ST. PAUL H S	46.62m
15	BETZOLD, TIM	RIDGEWAY-CRYSTAL BEACH	43.20m
16			

Event 95 Women 4x100 Meter Relay Senior**Thursday 5/21/2009 - 4:40 PM**

Lane	Team	Relay	Seed Time
Section	1 of 2 Timed Finals		
1			
2	DENIS MORRIS H S	A	59.03
3	LAURA SECORD S S	A	58.07
4	CAYUGA S S	A	56.66
	1) FEHRMAN, BAILEY 2) DANIELSON, NAOMI 3) REISCHL, STEPHANIE 4) HAYES, CASSEE		
	5) PIPE, KATE		
5	HAMILTON DISTRICT	A	57.71
	1) THOMAS, GILLIAN 2) DEJONG, VICTORIA 3) DEJONG, JULIE 4) HAALSTRA, RACHEL		
	5) NOORDAM, LINDSAY		
6	WESTDALE	A	58.59
	1) KLASSEN, JANELL 2) MA, JULIE 3) PULSIFER, KELSIE 4) PULSIFER, KENZIE		
7			
8			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Section 2 of 2 Timed Finals...(Event 95 Women 4x100 Meter Relay Senior)**

1	A.N. MYER S S	A	56.44
2	CENTENNIAL S S	A	54.68
3	GUIDO DE BRES	A	53.61
	1) VANDERWOUDE, 2) BOSSCHER, SARAH 3) BOSSCHER, KARYN 4) BETHLEHEM, MELISSA 5) VANDERVEEN,		
4	HIGHLAND	A	53.23
5	GRIMSBY D S S	A	53.49
6	NOTRE DAME COLLEGE	A	53.94
	1) PIZICKI, KRISTEN 2) BRUZZESE, LARISSA 3) MICHALAK, SHARON 4) BARNES, LAUREN		
7	E. L. CROSSLEY S S	A	55.05
	1) HARTWICK, 2) JOHNSON, KRISTEN 3) LYMBURNER, HALEE 4) STARK, ALISON 5) GARVEY, PAIGE 6) GEARING, EMILY		
8	BARTON S.S.	A	56.51
	1) CHUKS-MADY, CHI 2) GAYLE, VICTORIA 3) PAPPIN, REBECCA 4) HEBERT, NICOLE 5) ROSE, SHEVONNE 6) WILLIAMS, ALISHA		

Event 96 Men 4x100 Meter Relay Senior**Thursday 5/21/2009 - 4:40 PM**

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
1			
2	HAMILTON DISTRICT	A	53.63
	1) NOORDAM, JAMES 2) ZWART, ALEX 3) HENSEN, MATT 4) VANDERMOLLEN, 5) BERGSMA, BRAD 6) KRANENBURG, JOEL		
3	GRIMSBY D S S	A	47.34
4	LAURA SECORD S S	A	46.98
5	A.N. MYER S S	A	47.34
	1) WHITE, ROB 2) CARBY, NICK 3) FERGUSON, TANNER 4) HUME, STEPHEN		
6	CENTENNIAL S S	A	47.96
7			
8			
Section 2 of 2 Timed Finals			
1	ST. FRANCIS S S	A	46.85
2	SIR WINSTON CHURCHILL	A	46.72
	1) NOBLE, JORDAN 2) LYNCH, CODY 3) JAY, DALTON 4) NAYLOR, BRYAN 5) BOURGEOUS,		
3	ORCHARD PARK	A	46.01
4	RIDGEWAY-CRYSTAL BEAC	A	45.58
5	ST. PAUL H S	A	45.60
6	HIGHLAND	A	46.30
7	E. L. CROSSLEY S S	A	46.76
	1) MOORE, ETHAN 2) JOHNSON, KEVIN 3) OLIVER, TROY 4) TWOMEY, PATRICK 5) WATSON, NATHAN 6) VANDERBELD, MATT		
8	SIR ALLAN MACNAB	A	46.89
	1) BIRCH, KRISTOPHER 2) BARONETTE, RUDY 3) CHOW, DARREN 4) GONCI, CAMERON 5) HILL, JOEY 6) HILL, JIMMY		

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Meet Program****Event 97 Women 1500 Meter Steeplechase Open****Thursday 5/21/2009 - 9:00 AM**

Lane	Name	School	Seed Time
Section 1 of 1	Timed Finals		
1	PATTERSON, COURTNEY	HIGHLAND	5:43.45
2	MOORADIAN, LAURA	DENIS MORRIS H S	5:53.00
3	WILSON, COLLEEN	ANCASTER HIGH	6:11.01
4	HAMBLTON, BRITTANY	GRIMSBY D S S	6:16.00
5	PASSANT, JESSICA	HIGHLAND	6:22.52
6	MARJANOVIC, JELENA	HIGHLAND	6:37.05
7	BRACKEN, KRISTIA	LAURA SECORD S S	6:38.00
8	RASMUSSEN, SARAH	ANCASTER HIGH	6:51.28
9	VINT, EMILY	DUNNVILLE S S	6:55.70
10	GATTA, KATEY	CENTENNIAL S S	7:55.20
11	FORGUES, MADISON	LAKESHORE C H S	8:24.90
12			
13			
14			
15			
16			

Event 98 Men 2000 Meter Steeplechase Open**Thursday 5/21/2009 - 9:15 AM**

Lane	Name	School	Seed Time
Section 1 of 1	Timed Finals		
1	THOMAS, RYAN	GRIMSBY D S S	6:59.00
2	MCRAE, TOM	ST. PAUL H S	6:27.80
3	MACKIE, DAVID	HIGHLAND	7:25.09
4	ALBERS, JOHN	GRIMSBY D S S	7:19.00
5	MURPHY, CONNOR	SIR WINSTON CHURCHILL S S	7:06.00
6	KAUFHOLD, DAN	GRIMSBY D S S	7:53.00
7	VISSER, SEAN	E. L. CROSSLEY S S	8:05.50
8	MANN, EVAN	WESTLANE S S	7:12.90
9	WILCOX, JESSE	WESTMOUNT	7:20.09
10	VARLEY, KYLE	WESTLANE S S	7:07.30
11	LAVIGNE, COLIN	SIR WINSTON CHURCHILL	6:46.20
12	RASMUSSEN, JOHN	ANCASTER HIGH	7:32.79
13	LLOYD, DUKE	HIGHLAND	6:57.03
14	PANASIUK, AARON	BLESSED TRINITY H S	8:03.00
15	GILES, SPENCER	CENTENNIAL S S	7:49.90
16			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park
Meet Program****Event 99 Women 4x400 Meter Relay Open****Thursday 5/21/2009 - 4:40 PM**

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
1			
2			
3	ANCASTER HIGH	A	5:26.59
	1) SZOTA, LINDSAY	2) WILSON, COLLEEN	3) RASMUSSEN, SARAH 4) RUSSEL, BAILEY
	5) HULL, LETESHA	6) MCAURTHUR, JESSICA	
4	LAURA SECORD S S	A	4:46.84
5	GUIDO DE BRES	A	5:00.57
	1) KNOL, CHANTELE	2) VANDERVEEN,	3) BOSSCHER, SARAH 4) BOSSCHER, KARYN
	5) JONGSMA, NATALIE		
6			
7			
8			

Section 2 of 2 Timed Finals

1			
2	CENTENNIAL S S	A	4:34.31
3	HIGHLAND	A	4:24.70
4	E. L. CROSSLEY S S	A	4:20.45
	1) KALCHMAN, KATIE	2) REID, HILARY	3) YOUNG, JILLIAN 4) JOHNSON, KRISTEN
	5) FUDGE, BRONTE	6) MACDONALD,	
5	WESTDALE	A	4:23.17
	1) LIAO, ELIZABETH	2) LIAO, CHRISTINA	3) HORM, MADELEINE 4) SAMEK, EMILY
	5) PULSIFER, KELSIE	6) PULSIFER, KENZIE	
6	A.N. MYER S S	A	4:32.68
7	GRIMSBY D S S	A	4:34.88
8			

Event 100 Men 4x400 Meter Relay Open**Thursday 5/21/2009 - 4:40 PM**

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
1			
2	GUIDO DE BRES	A	4:11.28
	1) VANSRONSEN, JON	2) BOSSCHER, RYAN	3) LUDWIG, KEVIN 4) VANSYDENBOURGH,
	5) VANDAM, TIM		
3	WESTLANE S S	A	4:07.34
	1) VARLEY, KYLE	2) MANN, EVAN	3) DUPUIS, PATRICK 4) HILDEBRAND, ZACK
	5) KOSEVIC, ANDREJ	6) WARD, MATT	
4	LAURA SECORD S S	A	4:04.03
5	SHERWOOD	A	4:04.12
	1) CHEAM, SOPHEAK	2) KNIGHT, RON	3) STEWART, ERROL 4) TONOGAI, JAMES
6	GRIMSBY D S S	A	4:07.55
7	SALTFLEET	A	4:13.08
	1) TAYLOR, BRANDON	2) KISAKA, STEVE	3) MAY, JEREMY 4) ABU-HARB, HAMAD
8			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park
Meet Program****Section 2 of 2 Timed Finals...(Event 100 Men 4x400 Meter Relay Open)**

1	ST. PAUL H S	A	3:56.37
2	HIGHLAND	A	3:45.46
3	SIR WINSTON CHURCHILL S	A	3:39.89
4	RIDGEWAY-CRYSTAL BEAC	A	3:35.80
5	DENIS MORRIS H S	A	3:39.27
6	E. L. CROSSLEY S S	A	3:41.76
	1) OLIVER, TROY	2) TWOMEY, PATRICK	3) HERING, PHIL
	5) BRENNAND, DYLAN	6) ROSSI, DYLAN	4) DELLE MONACHE,
7	HAMILTON DISTRICT	A	3:51.48
	1) NOORDAM, JAMES	2) VANDERMOLLEN,	3) VOORBERG, ADAM
	5) ROTH, NEIL		4) LOUW, HANNES
8	CENTENNIAL S S	A	3:59.85