

SOSSA - 5/19/2006
Track & Field Championships
Niagara Olympic Club
Results

Women 100 Meter Dash Midget

Name	Year Team	Prelims	H#
Preliminaries			
1 Stephanie Schipper	McKinnon Par	13.69Q	1
2 Emily Shing	Highland SS	13.77Q	2
3 Chelsea Duncan	Churchill, S	13.84Q	1
4 Nathalie Brisson	Jean Vanier	14.04Q	2
5 Ashley Moes	Eden High Sc	13.87Q	1
6 Tina Despres	St. Francis	14.16Q	2
7 Sarah Weemhoff	Waterdown	13.92q	1
8 Raquel Tiebert	St. Paul HS	14.09q	1
9 Natalee Prout	MacDonald, S	14.31	2
10 Alycia Cole	St. Paul HS	14.39	2
11 Jessica Chetyrbuk	Laura Secord	14.41	1
12 Megan Hill	Ancaster Hig	14.64	1
13 Nakeitha Galati	Delta Ss- Ha	16.05	2

Women 100 Meter Dash Midget

Name	Year Team	Finals	Points
Finals			
1 Stephanie Schipper	McKinnon Par	13.43	
2 Emily Shing	Highland SS	13.56	
3 Sarah Weemhoff	Waterdown	13.68	
4 Ashley Moes	Eden High Sc	13.72	
5 Chelsea Duncan	Churchill, S	13.75	
6 Raquel Tiebert	St. Paul HS	13.93	
7 Nathalie Brisson	Jean Vanier	13.99	
8 Tina Despres	St. Francis	14.13	

Women 200 Meter Dash Midget

Name	Year Team	Finals	H#	Points
1 Sarah Rosso	Waterdown	28.13	2	
2 Kristen Pizycki	Denis Morris	28.74	1	
3 Emily Shing	Highland SS	28.94	2	
4 keeley levitt	West Park	29.15	2	
5 Jessie Sawyers	Highland SS	29.28	2	
6 Andrea Thiessen	Eden High Sc	29.34	1	
7 Amy Lavoie	Jean Vanier	29.68	1	
8 Kerri Browndridge	Waterdown	29.92	2	
9 Alycia Cole	St. Paul HS	29.94	2	
10 Jessica Chetyrbuk	Laura Secord	29.97	1	
11 Tina Despres	St. Francis	29.98	1	
12 Keighan Curran	St. Michael	30.19	1	
13 Nakeitha Galati	Delta Ss- Ha	31.09	2	

Women 400 Meter Dash Midget

Name	Year Team	Finals	H#	Points
1 Jaclyn Harris	Beamsville D	1:02.56	2	
2 Alex Giles	Governor Sim	1:03.06	2	
3 keeley levitt	West Park	1:03.40	2	
4 Kristen Pizycki	Denis Morris	1:03.80	2	
5 Jessie Sawyers	Highland SS	1:04.20	2	
6 Kerri Browndridge	Waterdown	1:05.48	1	
7 Emily Milko	Blessed Trin	1:05.72	2	
8 Shelby Bordi	Highland SS	1:07.15	1	
9 Mariah Kelly	St. Michael	1:08.82	1	
10 Emily Keifer	Ridge-Cr HS	1:09.34	1	
11 Keighan Curran	St. Michael	1:10.13	1	
12 Rachel Hicks	Highland SS	1:10.44	1	
13 Shelby Letkemann	Ancaster Hig	1:11.79	1	

Women 800 Meter Run Midget

Name	Year Team	Finals	H#	Points
1 Courtney Patterson	Highland SS	2:29.90	2	
2 Jaclyn Harris	Beamsville D	2:31.75	2	
3 Natasha Eikelenboom	Churchill, S	2:33.85	2	
4 Paris Adams	Blessed Trin	2:33.97	2	
5 Alex Giles	Governor Sim	2:41.39	2	
6 Emily Milko	Blessed Trin	2:42.26	2	
7 Mariah Kelly	St. Michael	2:42.41	1	
8 Janelle Brouwer	Hamilton Dis	2:42.52	2	
9 Shelby Letkemann	Ancaster Hig	2:47.12	1	
10 Rachel Hicks	Highland SS	2:47.21	1	
11 Emily Baturin	Saltfleet DH	2:47.63	2	
12 Emily Keifer	Ridge-Cr HS	2:47.67	1	
13 Bailey Daubney	Confederatio	3:49.08	1	

Women 1500 Meter Run Midget

Name	Year Team	Finals	Points
1 Courtney Patterson	Highland SS	5:10.49	
2 Jaclyn Harris	Beamsville D	5:14.52	
3 Paris Adams	Blessed Trin	5:22.71	
4 Sammy Bazely	Denis Morris	5:26.41	
5 Mariah Kelly	St. Michael	5:26.85	
6 Michelle Langstaff	Crossley	5:27.54	
7 Sarah Holt	Sherwood SS	5:27.59	
8 Mary Appleyard	Sir Winston	5:36.61	
9 Erin Kurpe	Grimsby Dss	5:45.61	
10 Caroline Dunton	Westdale	5:46.10	
11 Bess Martin	Highland SS	5:46.41	
12 Kristia Bracken	Laura Secord	5:53.77	
13 Jennifer Roland	Centennial S	6:00.25	
14 Melyssa Curtis	Crossley	6:08.13	
-- Kayla Crown	Stamford Cvi	DNF	

Women 3000 Meter Run Midget

Name	Year Team	Finals	Points
1 Heather Stuive	Eden High Sc	11:15.50	
2 Bess Martin	Highland SS	12:10.58	
3 Sarah Holt	Sherwood SS	12:25.87	
4 Sammy Bazely	Denis Morris	12:31.55	
5 Mary Appleyard	Sir Winston	12:51.70	
6 Madeleine Bonsma	Smithville D	13:10.90	
7 Melyssa Curtis	Crossley	13:12.92	
8 Jennifer Montgomery	Ancaster Hig	13:42.36	

Women 80 Meter Hurdles Midget

Name	Year Team	Prelims	H#
Preliminaries			
1 Devon Glodziak	Grimsby Dss	13.57Q	2
2 Danielle Cottrell	Waterdown	13.90Q	1
3 Stephanie Schipper	McKinnon Par	13.63Q	2
4 Jessica May	Saltfleet DH	14.28Q	1
5 Sarah Rosso	Waterdown	13.77Q	2
6 Raquel Tiebert	St. Paul HS	14.33Q	1
7 Cassee Hayes	McKinnon Par	14.43q	1
8 Amanda John	Highland SS	14.67q	2
9 Megan MacLeod	Grimsby Dss	15.34	1
10 Erin Samchyk	Grimsby Dss	15.49	1
11 Jessica Chetyrbuk	Laura Secord	16.30	2
12 Natasha Latinovic	Waterdown	16.44	2
12 Taylor Frost	Crossley	16.44	1
14 Kyra Reilly	Blessed Trin	16.85	1
15 Sarah Louwes	Crossley	18.94	2

Women 80 Meter Hurdles Midget

Name	Year Team	Finals	Points
Finals			
1 Devon Glodziak	Grimsby Dss	13.57	
2 Sarah Rosso	Waterdown	13.69	
3 Danielle Cottrell	Waterdown	13.84	
4 Jessica May	Saltfleet DH	13.86	
5 Cassee Hayes	McKinnon Par	13.90	
6 Stephanie Schipper	McKinnon Par	13.94	
7 Raquel Tiebert	St. Paul HS	14.41	
8 Amanda John	Highland SS	15.45	

Women 300 Meter Hurdles Midget

Name	Year Team	Finals	H#	Points
1 Sarah Rosso	Waterdown	49.05	2	
2 Stephanie Schipper	McKinnon Par	49.85	2	
3 Alex Giles	Governor Sim	50.07	2	
4 Halee Lymburner	Crossley	51.81	2	
5 Erin Samchyk	Grimsby Dss	53.18	2	

6	Megan MacLeod	Grimsby Dss	54.06	2
7	Tori Lee	Grimsby Dss	54.42	2
8	Cassee Hayes	McKinnon Par	54.81	2
9	Heidi Vandermeer	Waterdown	55.49	1
10	Melissa Horner	McKinnon Par	55.67	1
11	Justine Comfort	South Lincol	56.85	1
12	Bosa Zagorac	Saltfleet DH	57.11	1
13	Michelle Langstaff	Crossley	57.86	1

Women 4x100 Meter Relay Midget

Team		Finals	H#	Points
1	McKinnon Park H S 'A'	54.82	2	
2	Waterdown D H S 'A'	54.93	2	
3	St. Paul H S 'A'	55.11	2	
4	Grimsby D S S 'A'	55.23	2	
5	Laura Secord S S 'A'	56.43	1	
6	E. L. Crossley S S 'A'	56.47	2	
7	St. Francis S S 'A'	57.13	1	
8	Barton S S 'A'	58.04	2	
9	Denis Morris H S 'A'	58.11	1	
10	Ridgeway-Crystal Beach 'A'	58.23	2	
11	Holy Cross H S 'A'	59.31	1	
12	Ancaster High 'A'	59.73	1	
--	Highland S S 'A'	DNF	2	

Women High Jump Midget

Name	Year Team	Finals	Points
1 Courtney Olah	St. Paul HS	1.50m	
2 Nathalie Brisson	Jean Vanier	1.45m	
3 Halee Lymburner	Crossley	J1.45m	
4 Rebecca Skaftfield	Notre Dame C	1.40m	
5 Jenny Reid	Dunnville SS	J1.40m	
6 Jessica May	Saltfleet DH	J1.40m	
7 Devon Glodziak	Grimsby Dss	1.35m	
7 Chelsea Duncan	Churchill, S	1.35m	
8 Elisa Coates	Waterdown	J1.35m	
9 Amy Oosterveen	Eden High Sc	J1.25m	
9 Krista Brouwer	Hamilton Dis	J1.25m	
-- Amanda Slamka	Holy Cross H	NH	

Women Long Jump Midget

Name	Year Team	Finals	Points
1 Natalee Prout	MacDonald, S	4.68m	
2 Brianna Pergentile	Grimsby Dss	4.61m	
2 Gill Thomas	Hamilton Dis	4.61m	
4 Chelsea Duncan	Churchill, S	4.51m	
5 Sydney Burniston	Blessed Trin	4.50m	
6 Keighan Curran	St. Michael	4.39m	
7 Jessica May	Saltfleet DH	4.37m	
8 Tori Lee	Grimsby Dss	4.34m	
9 Andrea Thiessen	Eden High Sc	4.27m	

10	Melanie White	McKinnon Par	4.04m
11	Amanda Wrona	St. Paul HS	3.94m
12	Jessica Smith	Cayuga Ss-Ca	3.88m
13	Karly Horvat	Saltfleet DH	3.61m

Women Triple Jump Midget

Name	Year Team	Finals	Points
1 Ashley Moes	Eden High Sc	9.39m	
2 Devon Glodziak	Grimsby Dss	9.31m	
3 Echo Fleury	Jean Vanier	9.27m	
4 Rebecca Bauer	Westlane	9.22m	
5 Brianna Pergentile	Grimsby Dss	9.18m	
6 Cassee Hayes	McKinnon Par	9.12m	
7 Hannah Woods	Grimsby Dss	8.86m	
8 Jessica Smith	Cayuga Ss-Ca	8.79m	
9 Jenny Reid	Dunnville SS	8.62m	
10 Karly Horvat	Saltfleet DH	8.23m	
11 Kristen Boonstra	Waterdown	8.15m	
12 Sarah Weemhoff	Waterdown	8.07m	
13 Heidi May	Waterdown	7.69m	
14 Heidi Vandermeer	Waterdown	7.49m	
-- Kristen Pizycki	Denis Morris	FOUL	

Women Shot Put Midget

Name	Year Team	Finals	Points
1 Erica Tokar	Crossley	8.62m	
2 Clelsea Galoni	Grimsby Dss	8.38m	
3 Cheyenne Jope	Notre Dame C	8.06m	
4 Kimi McKay	Churchill, S	8.04m	
5 Brittany Quin	Ridge-Cr HS	7.84m	
6 Victoria Patterson	Highland SS	7.80m	
7 Nicki Miller	Saltfleet DH	7.65m	
8 Amie Mogford	Great Lakes	7.56m	
9 Brooke Surridge	Dunnville SS	7.36m	
10 Tracey Boeringa	Guido De Bre	7.04m	
11 Krista Hall	Hagersville	6.91m	
12 Lindsay Kyle	St. Francis	6.34m	
13 Heidi Berry	Parkside HS	6.31m	
14 Cunningham Leona	Blessed Trin	5.58m	
-- Melissa Loyzer	Westdale	ND	

Women Discus Throw Midget

Name	Year Team	Finals	Points
1 Keri Alderman	Grimsby Dss	25.80m	
2 Stephanie Duffin	MacDonald, S	23.10m	
3 Brittany Hicks	Saltfleet DH	22.06m	
4 Erica Tokar	Crossley	21.70m	
5 Tracey Boeringa	Guido De Bre	20.99m	
6 Leona Cunningham	Blessed Trin	19.94m	
7 Clelsea Galoni	Grimsby Dss	18.31m	
8 Kelsey Reece	Crossley	18.13m	

9	Charlotte Hogg	Hagersville	16.60m
10	Amie Mogford	Great Lakes	16.55m
11	Maeghan Leavens	Crossley	15.88m
12	Tashawna Linkiewicz	Blessed Trin	15.63m
13	Alexa Kerrio	Niagara Coll	14.79m
--	Victoria Patterson	Highland SS	FOUL
--	Nicki Miller	Saltfleet DH	FOUL

Women Javelin Throw Midget

Name	Year Team	Finals	Points
1	Brittany Hicks	Saltfleet DH	28.42m
2	Kimi McKay	Churchill, S	24.60m
3	Julian Meyers	Waterdown	23.82m
4	Melanie White	McKinnon Par	22.75m
5	Victoria Patterson	Highland SS	20.02m
6	Brittany Chambers	Ridge-Cr HS	18.71m
7	Mirjana Zagorac	Saltfleet DH	18.15m
8	Amie Mogford	Great Lakes	17.36m
9	Charlotte Hogg	Hagersville	17.12m
10	Stephanie Ryglewicz	McKinnon Par	16.83m
11	Lindsay Kyle	St. Francis	14.80m
12	Samantha Vlaar	Laura Secord	13.38m
13	Tashawna Linkiewicz	Blessed Trin	11.96m
--	Stephanie Duffin	MacDonald, S	FOUL

Women 100 Meter Dash Junior

Name	Year Team	Prelims	H#
Preliminaries			
1	Stesha Conway	Jean Vanier	13.00Q 1
2	Esther Adjekum	MacDonald, S	13.68Q 2
3	Kirstie Sheperd	Sir Winston	13.53Q 1
4	Hilary Light	Niagara Coll	14.03Q 2
5	Leigh Veerman	Laura Secord	13.71Q 1
6	Niina fauteaux	St. Francis	14.53Q 2
7	Stacy Drohomysrecky	Westmount	13.91q 1
8	Kerri Mulder	South Lincol	14.36q 1
9	Rachel Renner	Denis Morris	14.56 2
10	Veronica Rickli	Waterdown	14.65 2
11	Jenna Pettigrew	McKinnon Par	14.73 1
12	Tara Giallonardo	Notre Dame C	15.00 1
13	Amanda Fazzalari	Jean Vanier	15.06 2
14	Charnell Bernard	Westmount	15.16 2

Women 100 Meter Dash Junior

Name	Year Team	Finals	Points
Finals			
1	Stesha Conway	Jean Vanier	13.11
2	Esther Adjekum	MacDonald, S	13.26
3	Kirstie Sheperd	Sir Winston	13.35
4	Leigh Veerman	Laura Secord	13.50
5	Stacy Drohomysrecky	Westmount	13.75

6 Hilary Light	Niagara Coll	13.85
7 Niina fauteaux	St. Francis	14.41
8 Kerri Mulder	South Lincol	14.48

Women 200 Meter Dash Junior

Name	Year Team	Finals	H#	Points
1 Stesha Conway	Jean Vanier	26.96	2	
2 Leigh Veerman	Laura Secord	27.70	2	
3 Lauren Aquilina	Westmount	27.84	2	
4 Kirstie Sheperd	Sir Winston	28.04	2	
5 Brittany Kadwell	Grimsby Dss	28.37	1	
6 Hilary Light	Niagara Coll	28.65	1	
7 Charnell Bernard	Westmount	28.86	2	
8 Rachel Renner	Denis Morris	29.00	1	
9 Lauren Freeman	Notre Dame C	29.11	2	
10 Veronica Rickli	Waterdown	30.75	2	
11 Kerri Mulder	South Lincol	30.90	1	
12 Carleigh Maxwell	Myer, A.N.	31.41	1	
13 Hailey Gullett	Crossley	31.91	1	

Women 400 Meter Dash Junior

Name	Year Team	Finals	H#	Points
1 Heather Kurpe	Grimsby Dss	1:01.10	2	
2 Esther Vermeer	Smithville D	1:02.59	2	
3 Danielle Rastovac	Westmount	1:03.73	2	
4 Hannah Pate	Highland SS	1:04.77	2	
5 Emily Hughes	Governor Sim	1:05.05	1	
6 Pam Gorham	Ridge-Cr HS	1:07.64	2	
7 Sarah Woolcott	Waterdown	1:08.78	2	
8 Meagan MasSwayn	Ridge-Cr HS	1:09.08	2	
9 Breanna Hall	Highland SS	1:09.19	2	
10 Felicia Dracz	Notre Dame C	1:10.00	1	
11 Joan MC Carthy	Laura Secord	1:12.35	1	
12 Hilary Van Gelder	Laura Secord	1:12.59	1	

Women 800 Meter Run Junior

Name	Year Team	Finals	H#	Points
1 Esther Vermeer	Smithville D	2:25.74	2	
2 Heather Kurpe	Grimsby Dss	2:25.98	2	
3 Alanah Drake	Grimsby Dss	2:25.99	2	
4 Robyn Mildren	Highland SS	2:27.88	2	
5 Emily Hughes	Governor Sim	2:32.80	2	
6 Samantha Beattie	MacNab,Sir A	2:36.40	2	
7 Breanna Hall	Highland SS	2:43.01	1	
8 Gemma Saners	Saltfleet DH	2:47.20	1	
9 Kelsey Kurgan	Crossley	2:48.32	1	
10 Pam Gorham	Ridge-Cr HS	2:50.58	1	
11 Jennifer Gearing	Crossley	2:52.32	1	
12 Amber Webb	Crossley	2:52.69	1	
13 Ashleigh Friesen	Laura Secord	2:54.32	1	

Women 1500 Meter Run Junior

Name	Year Team	Finals	Points
1 Samantha Beattie	MacNab, Sir A	5:07.93	
2 Alex Harriss	Highland SS	5:14.90	
3 Esther Vermeer	Smithville D	5:24.62	
4 Rebecca Masten-Davies	Ancaster Hig	5:35.81	
5 Crissy Kingma	Holy Cross H	5:37.26	
6 Ally Sheehan	Denis Morris	5:40.53	
7 Jennifer Gearing	Crossley	5:43.03	
8 Julie Falsetti	Crossley	5:43.71	
9 Megan Black	Crossley	5:46.12	
10 Gemma Saners	Saltfleet DH	5:46.20	
11 Krysten Bates	Crossley	5:50.50	
12 Jenn Zuccolo	Highland SS	5:51.16	
13 Alexa Lanese	Denis Morris	5:51.24	
14 Joan MC Carthy	Laura Secord	5:54.34	

Women 3000 Meter Run Junior

Name	Year Team	Finals	Points
1 Rebecca Masten-Davies	Ancaster Hig	11:31.16	
2 Alex Harriss	Highland SS	11:35.71	
3 Ally Sheehan	Denis Morris	12:10.12	
4 Kyle MacIntosh	St. Francis	12:10.20	
5 Julie Falsetti	Crossley	12:10.93	
6 Krysten Bates	Crossley	12:43.55	
7 Jenn Zuccolo	Highland SS	12:56.34	
8 Ashleigh Friesen	Laura Secord	13:02.56	
9 Joan MC Carthy	Laura Secord	13:17.53	
10 Megan Armstrong	Laura Secord	13:22.63	
11 Kelsy Weaver	Orchard Park	13:29.72	

Women 80 Meter Hurdles Junior

Name	Year Team	Prelims	H#
Preliminaries			
1 Kelly Morisson	Ancaster Hig	13.09Q	1
2 Leigh Veerman	Laura Secord	13.58Q	2
3 Brittany Kadwell	Grimsby Dss	13.13Q	1
4 Esther Adjekum	MacDonald, S	13.68Q	2
5 Sabrina Giancaterino	St. Francis	13.75Q	1
6 Robin Press	Highland SS	14.00Q	2
7 Jessica Miotto	Laura Secord	13.84q	1
8 Kayla Colling	Grimsby Dss	14.95q	1
9 Melissa Miller	Crossley	15.30	2
10 Samantha Tremmel	Cayuga Ss-Ca	15.52	2
11 Katie Minor	Ridge-Cr HS	16.09	1
12 Kelli Romanin	Crossley	16.14	2
13 Jessica Sternberg	Centennial S	16.55	2

Women 80 Meter Hurdles Junior

Name	Year Team	Finals	Points
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Finals

1	Kelly Morisson	Ancaster Hig	12.86
2	Brittany Kadwell	Grimsby Dss	12.87
3	Esther Adjekum	MacDonald, S	13.46
4	Leigh Veerman	Laura Secord	13.47
5	Sabrina Giancaterino	St. Francis	13.78
6	Jessica Miotto	Laura Secord	13.84
7	Robin Press	Highland SS	13.92
8	Kayla Colling	Grimsby Dss	15.07

Women 300 Meter Hurdles Junior

Name	Year Team	Finals	H#	Points
1	Brittany Kadwell	Grimsby Dss	48.06	2
2	Heather Kurpe	Grimsby Dss	48.54	2
3	Pam Gorham	Ridge-Cr HS	52.15	2
4	Danielle Mahler	Denis Morris	52.83	2
5	Melissa Miller	Crossley	54.19	2
6	Kelli Romanin	Crossley	55.20	2
7	Shawna McPherson	South Lincol	56.48	1
8	Hilary Van Gelder	Laura Secord	57.83	1
9	Hailey Gullett	Crossley	58.32	2
10	Katie Wilson	Highland SS	58.39	1
11	Jillian Dixon	Crossley	58.56	1
12	Amiee Belanger	Waterdown	58.78	1
13	Kelsy Weaver	Orchard Park	58.91	1

Women 4x100 Meter Relay Junior

Team	Finals	H#	Points
1	Jean Vanier E S 'A'	53.90	2
2	Highland S S 'A'	54.20	2
3	Grimsby D S S 'A'	54.31	1
4	Notre Dame College 'A'	54.61	2
5	Holy Cross H S 'A'	57.04	1
6	Ridgeway-Crystal Beach 'A'	57.05	2
7	Laura Secord S S 'A'	57.43	2
8	Guido De Bres C H S 'A'	57.76	2
9	Denis Morris H S 'A'	58.11	1
10	Westdale S S 'A'	58.22	1
11	Hamilton District C H S 'A'	59.38	1
12	E. L. Crossley S S 'A'	1:00.44	2
13	Smithville District C H S 'A'	1:05.45	1
--	Waterdown D H S 'A'	DQ	2
--	McKinnon Park H S 'A'	DQ	1

Women High Jump Junior

Name	Year Team	Finals	Points
1	Kristin MacLeod	Grimsby Dss	1.57m
2	Kelly Morisson	Ancaster Hig	1.50m
3	Sammie Duffus	Saltfleet DH	1.45m
3	Jess Hicks	Grimsby Dss	1.45m

5	Rachel Sellan	Jean Vanier	1.40m
6	Nicole Brandt	Waterdown	J1.40m
7	Nicole Jaskova	Parkside HS	J1.40m
7	Shannon McIvor	Crossley	J1.40m
9	Kirstie Sheperd	Sir Winston	1.35m
9	Samantha Tremmel	Cayuga Ss-Ca	1.35m
11	Brittney Kuzyk	Churchill, S	J1.35m
12	Renata Tracey	Beamsville D	J1.35m
13	Rachel Scholman	Smithville D	1.30m
13	Laura Lambie	Port Colborn	1.30m
15	Jaid Newstead	Port Colborn	J1.30m

Women Pole Vault Midget / Junior

Name	Year Team	Finals	Points
1 Meagen Krawczyk	Ridge-Cr HS	2.15m	
1 Renata Tracey	Beamsville D	2.15m	
3 Jennifer Gearing	Crossley	2.00m	
4 Kelsey Kurgan	Crossley	J2.00m	
5 Megan Black	Crossley	J2.00m	
-- Krista Hall	Hagersville	NH	

Women Long Jump Junior

Name	Year Team	Finals	Points
1 Kelly Morisson	Ancaster Hig	5.08m	
2 Karley Beach	Grimsby Dss	4.81m	
3 Gemma Saners	Saltfleet DH	4.62m	
4 Niina fauteaux	St. Francis	4.61m	
5 Chantal Landon	Denis Morris	4.60m	
6 Nechelle Venturini	Ridge-Cr HS	4.47m	
7 Sammie Duffus	Saltfleet DH	J4.47m	
8 Jessica Miotto	Laura Secord	4.44m	
9 Maggie Hetherington	Crossley	4.28m	
10 Amber Webb	Crossley	4.24m	
11 Karin Kranenburg	Hamilton Dis	4.10m	
12 Jaid Newstead	Port Colborn	4.06m	
13 Jenna lansky	Grimsby Dss	3.98m	
14 Anna Southall-Millward	Westdale	3.68m	

Women Triple Jump Junior

Name	Year Team	Finals	Points
1 Jessica Miotto	Laura Secord	9.61m	
2 Nechelle Venturini	Ridge-Cr HS	9.52m	
3 Felicia Dracz	Notre Dame C	9.47m	
4 Sammie Duffus	Saltfleet DH	J9.47m	
5 Renata Tracey	Beamsville D	J9.47m	
6 Karley Beach	Grimsby Dss	9.40m	
7 Karin Kranenburg	Hamilton Dis	9.13m	
8 Robin Press	Highland SS	8.89m	
9 Maggie Hetherington	Crossley	8.70m	
10 Jaid Newstead	Port Colborn	8.60m	
11 Jenna Pettigrew	McKinnon Par	8.43m	

12 Nicole Hanson

Blessed Trin

7.94m

Women Shot Put Junior

Name	Year Team	Finals	Points
1 Sarah Beiga	Churchill, S	9.39m	
2 Sam Middleton	Dunnville SS	9.23m	
3 Jenna lansky	Grimsby Dss	9.04m	
4 Lauren Freeman	Notre Dame C	8.95m	
5 Amanda Voorberg	Grimsby Dss	8.77m	
6 Steph Costiff	Grimsby Dss	8.50m	
7 Rachel Golob	St. Francis	8.18m	
8 Amanda Mersereau	Westmount	8.04m	
9 Brittany Sobierajski	Hill Park SS	7.25m	
10 Danielle Nesbitt	Crossley	6.54m	
11 Natasha Rietveld	Crossley	6.47m	
12 Lisa Hachey	Parkside HS	6.41m	
13 Felicia Simone-Masterson	St. Paul HS	6.07m	
14 Becky Mobach	Hamilton Dis	5.95m	

Women Discus Throw Junior

Name	Year Team	Finals	Points
1 Erin Speller	Grimsby Dss	25.08m	
2 Sam Middleton	Dunnville SS	24.02m	
3 Danielle Nesbitt	Crossley	J24.02m	
4 Jaklyn Nimec	Saltfleet DH	23.93m	
5 Julie Osterlund	Crossley	23.60m	
6 Nicole Hanson	Blessed Trin	20.58m	
7 Becky Mobach	Hamilton Dis	20.41m	
8 Stephanie Best	Crossley	19.93m	
9 Joanne Feenstra	Guido De Bre	19.91m	
10 Brittney Ciszek	Niagara Coll	19.21m	
11 Laura Scull	Governor Sim	18.74m	
12 Brittney Kuzyk	Churchill, S	17.46m	
13 Emily Davies-Schinkel	Hamilton Dis	16.47m	
14 Stephanie DeVet	Hamilton Dis	16.03m	
-- Amanda Davidson	Grimsby Dss	FOUL	

Women Javelin Throw Junior

Name	Year Team	Finals	Points
1 Laura Scull	Governor Sim	29.53m	
2 Jessica Tarnawski	Ridge-Cr HS	28.62m	
3 Alex Laxon	Waterdown	27.42m	
4 Kyle MacIntosh	St. Francis	26.90m	
5 Danielle Nesbitt	Crossley	26.14m	
6 Jaklyn Nimec	Saltfleet DH	25.66m	
7 Tracey Watts	Grimsby Dss	25.27m	
8 Sarah Beiga	Churchill, S	24.92m	
9 Jodi Mackeil	Notre Dame C	23.10m	
10 Kate Book	St. Francis	22.43m	
11 Lisa Fulbrook	Crossley	20.49m	
12 Julie Osterlund	Crossley	20.25m	

13 Erin Trinier	Waterdown	19.21m
14 Kaitlyn Krizmanich	Waterdown	17.90m
-- Moriel Mesterman	Highland SS	FOUL

Women 100 Meter Dash Senior

Name	Year Team	Prelims	H#
Preliminaries			
1 Shaneka Knight	Barton SS	13.30Q	2
2 Kaysea Toy	St. Michael	13.34Q	1
3 Alexandra Biggs	MacDonald, S	13.42Q	1
4 Bethany Moes	Eden High Sc	13.46Q	2
5 Natasha Bonk	St. Francis	13.83Q	2
6 Daniella Jones	Myer, A.N.	13.88Q	1
7 Kessia Musgrave	Westdale	14.00q	1
8 Stacey Thompson	McKinnon Par	14.15q	1
9 Steph Waldron	Hill Park SS	14.29	2
10 Ashley Rosetto	Notre Dame C	14.32	1
11 Lydia Steele	MacDonald, S	14.33	2
12 Jenni Wierenga	Smithville D	14.35	1
13 Sonja Dancevic	St. Paul HS	14.41	2
14 Katie Werner	Grimsby Dss	14.54	2

Women 100 Meter Dash Senior

Name	Year Team	Finals	Points
Finals			
1 Shaneka Knight	Barton SS	13.07	
2 Bethany Moes	Eden High Sc	13.26	
3 Alexandra Biggs	MacDonald, S	13.32	
4 Kaysea Toy	St. Michael	13.35	
5 Daniella Jones	Myer, A.N.	13.76	
6 Natasha Bonk	St. Francis	13.90	
7 Stacey Thompson	McKinnon Par	13.96	
8 Kessia Musgrave	Westdale	14.04	

Women 200 Meter Dash Senior

Name	Year Team	Finals	H#	Points
1 Shaneka Knight	Barton SS	27.42	2	
2 Alexandra Biggs	MacDonald, S	27.48	2	
3 Nikisha Gregory	MacNab, Sir A	27.56	2	
4 Monique Cryne-Grant	Westdale	27.98	2	
5 Natasha Bonk	St. Francis	28.52	2	
6 Bryanna Kelly	Beamsville D	28.60	1	
7 Stacey Thompson	McKinnon Par	28.77	2	
8 Jenni Wierenga	Smithville D	29.00	1	
9 Katie Werner	Grimsby Dss	29.64	1	
10 Alexa Fraser	Crossley	29.95	2	
11 Heather Dowd	Laura Secord	30.59	1	
12 Lauren Miller	Myer, A.N.	31.74	1	
13 Laura Hill	Ancaster Hig	32.17	2	
-- Tayna Pacheco	Ridge-Cr HS	DNF	1	

Women 400 Meter Dash Senior

Name	Year Team	Finals	H#	Points
1 Monique Cryne-Grant	Westdale	1:00.85	2	
2 Nikisha Gregory	MacNab,Sir A	1:01.20	2	
3 Jillian Wyman	Westdale	1:01.88	2	
4 Laurel Patterson	Ancaster Hig	1:02.95	2	
5 Alisha Witter	Westmount	1:03.45	2	
6 Amanda McMurtrie	South Lincol	1:03.76	2	
7 Amanda Longo	Denis Morris	1:06.02	2	
8 Alexa Fraser	Crossley	1:07.49	2	
9 Alex Orosz	Crossley	1:08.01	1	
10 Laura Capron	Grimsby Dss	1:08.02	1	
11 Allison Vanderzalm	Holy Cross H	1:08.86	1	
12 Samantha Dillman	Holy Cross H	1:10.38	1	
13 Jill Veldhuizen	Crossley	1:14.51	1	
14 Katie Dundas	Ridge-Cr HS	1:16.53	1	

Women 800 Meter Run Senior

Name	Year Team	Finals	H#	Points
1 Jillian Wyman	Westdale	2:22.63	2	
2 Carly Drake	Grimsby Dss	2:30.61	2	
3 Alyssa Clarke	Fort Erie SS	2:34.78	2	
4 Amanda Longo	Denis Morris	2:36.05	2	
5 Elizabeth King	St. Francis	2:39.84	2	
6 Carli Prenger	Saltfleet DH	2:45.49	2	
7 Amanda Wong	Myer, A.N.	2:50.00	2	
8 Susie Freeman	Crossley	3:01.73	1	
9 Rachel Wierenga	Smithville D	3:22.58	1	

Women 1500 Meter Run Senior

Name	Year Team	Finals	Points
1 Jillian Wyman	Westdale	4:50.05	
2 Caitlin Price	Ancaster Hig	4:53.69	
3 Carly Drake	Grimsby Dss	5:13.34	
4 Sarah Parfeniuk	Highland SS	5:14.73	
5 Victoria Heyens	Orchard Park	5:16.99	
6 Marlaina Meinzinger	Centennial S	5:21.50	
7 lindsay mooradian	West Park	5:27.00	
8 Anita Demczuck	Westdale	5:38.67	
9 Ellen Scholl	Churchill, S	5:38.75	
10 Amanda Wong	Myer, A.N.	5:59.21	
11 Susie Freeman	Crossley	6:05.47	
12 Catherine Sukkau	Churchill, S	6:08.75	
13 Kyla Flagg	Myer, A.N.	6:35.72	
-- Rachel Wierenga	Smithville D	DNF	

Women 3000 Meter Run Senior

Name	Year Team	Finals	Points
1 Caitlin Price	Ancaster Hig	10:33.82	

2	Carly Drake	Grimsby Dss	11:23.97
3	Chelsea Buck	Barton SS	11:25.44
4	Victoria Heyens	Orchard Park	11:36.32
5	lindsay mooradian	West Park	11:44.78
6	Marlaina Meinzinger	Centennial S	11:44.90
7	Sarah Parfeniuk	Highland SS	12:21.70
8	Anita Demczuck	Westdale	12:25.31
9	Ellen Scholl	Churchill, S	12:52.02
10	Alicia Beynon	South Lincol	12:56.12

Women 100 Meter Hurdles Senior

Name	Year Team	Prelims	H#
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Preliminaries

1	Valerie Kozina	St. Paul HS	15.36Q	1
2	Abbie Lymburner	Crossley	16.01Q	2
3	Emily Dumitru	Westmount	16.11Q	1
4	Kristy Mackiel	Notre Dame C	16.84Q	2
5	Karina Bakker	Smithville D	16.31Q	1
6	Janet Rudzroga	Waterdown	17.11Q	2
7	Laura Stobbe	Grimsby Dss	17.17q	1
8	Riisa Mikkelsaar	Crossley	17.64q	2
9	Katie Werner	Grimsby Dss	17.85	1
10	Delia Caughlin	Holy Cross H	18.29	2
11	Jenna Rak	Waterdown	18.56	2
12	Leanne Campbell	Beamsville D	19.17	2
13	Bonnie Cook	Orchard Park	19.38	1
14	Stephanie Harris	Cayuga Ss-Ca	19.74	1

Women 100 Meter Hurdles Senior

Name	Year Team	Finals	Points
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Finals

1	Valerie Kozina	St. Paul HS	15.36
2	Abbie Lymburner	Crossley	15.38
3	Emily Dumitru	Westmount	15.51
4	Kristy Mackiel	Notre Dame C	15.93
5	Karina Bakker	Smithville D	16.29
6	Laura Stobbe	Grimsby Dss	17.30
7	Riisa Mikkelsaar	Crossley	17.39
8	Janet Rudzroga	Waterdown	18.17

Women 400 Meter Hurdles Senior

Name	Year Team	Finals	H#	Points
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1	Kelsie Slater	Grimsby Dss	1:06.13	2
2	Emily Dumitru	Westmount	1:09.09	2
3	Amanda McMurtrie	South Lincol	1:11.48	2
4	Stefanie Cruickshank	South Lincol	1:13.77	2
5	Liz Gooderham	Ridge-Cr HS	1:14.53	2
6	Kristy Mackiel	Notre Dame C	1:17.95	2
7	Denise Elliott	McKinnon Par	1:22.24	1
8	Jennifer Howard	St. Francis	1:22.33	2
9	Michelle Michael	Ridge-Cr HS	1:23.73	1

10 Mara Alexanian-Farr Highland SS 1:23.77 1

Women 4x100 Meter Relay Senior

Team	Finals	H#	Points
1 Sir John A. MacDonald S S 'A'	51.54	2	
2 Westmount S S 'A'	51.84	2	
3 Notre Dame College 'A'	52.99	2	
4 E. L. Crossley S S 'A'	53.75	2	
5 St. Francis S S 'A'	54.12	2	
6 Sir Winston Churchill S S 'A'	54.31	1	
7 Barton S S 'A'	54.66	1	
8 Ancaster High 'A'	55.01	2	
9 Eden High School 'A'	55.18	1	
10 St. Paul H S 'A'	55.59	1	
11 Westdale S S 'A'	55.62	2	
12 Ridgeway-Crystal Beach 'A'	55.89	1	
13 Beamsville D S S 'A'	56.05	1	
14 A.N. Myer S S 'A'	56.53	2	
15 Laura Secord S S 'A'	57.43	1	

Women High Jump Senior

Name	Year Team	Finals	Points
1 Abbie Lymburner	Crossley	1.55m	
2 Rachel Vandenbos	Guido De Bre	1.50m	
3 Karina Bakker	Smithville D	1.45m	
4 Danielle McKeen	South Lincol	J1.45m	
5 Katie Wierenga	Smithville D	1.40m	
6 Anna Tweney- MacKenzie	Churchill, S	J1.40m	
7 Michelle Vanderzalm	Holy Cross H	J1.40m	
8 Chelsey Nicholas	Hagersville	J1.40m	
9 Ashley Rosetto	Notre Dame C	1.35m	
10 Kaysea Toy	St. Michael	J1.35m	
-- Holly Lovell	Myer, A.N.	FAIL	

Women Pole Vault Senior

Name	Year Team	Finals	Points
1 Chelsey Nicholas	Hagersville	2.55m	
2 Becky Shantz	Laura Secord	2.20m	
3 Janine Wassenaar	Crossley	2.05m	
4 Karley Blair	Crossley	1.90m	
5 Mallery Deguire-Legault	Laura Secord	1.65m	
-- Bryanna Kelly	Beamsville D	NH	
-- Brittani Nieuwesteeg	Crossley	NH	
-- Krista Catella	Laura Secord	NH	
-- Amy Mitchell	Laura Secord	NH	
-- Marlee Wurster	Ridge-Cr HS	NH	

Women Long Jump Senior

Name	Year Team	Finals	Points
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1	Bethany Moes	Eden High Sc	5.18m
2	Lydia Steele	MacDonald, S	4.83m
3	Marissa DeVries	Hamilton Dis	4.69m
4	Alana Goertzen	Laura Secord	4.62m
5	Kessia Musgrave	Westdale	4.59m
6	Karina Bakker	Smithville D	4.51m
7	Jenni Wierenga	Smithville D	4.49m
8	Jenna Rak	Waterdown	4.41m
9	Pearl Leung	Westlane	4.28m
10	Katie Wierenga	Smithville D	4.21m
11	Sonja Dancevic	St. Paul HS	4.19m
12	Alyssa Clarke	Fort Erie SS	4.16m
13	Janine Wassenaar	Crossley	4.02m
14	Christa Ohowe	Westlane	3.92m

Women Triple Jump Senior

Name	Year Team	Finals	Points
1	Lydia Steele	MacDonald, S	10.79m
2	Shawna Hanson	Blessed Trin	10.22m
3	Jenna Rak	Waterdown	9.80m
4	Alana Goertzen	Laura Secord	9.76m
5	Marissa DeVries	Hamilton Dis	9.64m
6	Lauren Orosz	Beamsville D	9.20m
7	Pearl Leung	Westlane	J9.20m
8	Christa Ohowe	Westlane	9.16m
9	Bonnie Cook	Orchard Park	9.09m
10	Alyssa Clarke	Fort Erie SS	9.06m
11	Samantha Dillman	Holy Cross H	8.98m
12	Katie Wierenga	Smithville D	8.86m
12	Meghan Henderson	Parkside HS	8.86m
14	Karley Blair	Crossley	8.65m
15	Kristina Dancevic	St. Paul HS	8.33m

Women Shot Put Senior

Name	Year Team	Finals	Points
1	Tonja MacRae	Waterdown	10.00m
2	Carla Dangelo	Barton SS	9.87m
3	Erin Varga	Stamford Cvi	9.25m
4	Aubrie Smith	Niagara D	9.21m
5	Liz McKenney	Eastdale SS	9.05m
6	Jenni Bauer	St. Francis	9.03m
7	Katie Wilson	Governor Sim	9.01m
8	Sarah Kupsch	Churchill, S	8.50m
9	Jazz Proulx	Parkside HS	8.43m
10	Cara Marcantonio	Eastdale SS	8.30m
11	Gillian Elliot	Highland SS	7.90m
12	Leahann MacDonald	Denis Morris	7.69m
13	Lindsay Plugers	Notre Dame C	7.63m
14	Sara Norman	Port Colborn	7.62m
15	Lacey Appleton	Saltfleet DH	7.19m

Women Discus Throw Senior

Name	Year Team	Finals	Points
=====			
1 Dana Bee	Grimsby Dss	39.00m	
2 Cara Marcantonio	Eastdale SS	36.20m	
3 Erin Varga	Stamford Cvi	30.14m	
4 Katie Wilson	Governor Sim	30.02m	
5 Carla Dangelo	Barton SS	27.74m	
6 Aubrie Smith	Niagara D	26.78m	
7 Alexandra Biggs	MacDonald, S	26.60m	
8 Jenni Bauer	St. Francis	24.42m	
9 Tonja MacRae	Waterdown	22.89m	
10 Heather Eyman	Churchill, S	22.50m	
11 Lacey Appleton	Saltfleet DH	22.27m	
12 Jessica West	Centennial S	22.21m	
13 Janelle de Waard	Niagara Coll	20.57m	
14 Anam Siddiqui	Eastdale SS	19.04m	
15 Nicole Miceski	Saltfleet DH	15.87m	

Women Javelin Throw Senior

Name	Year Team	Finals	Points
=====			
1 Maggie Scull	Governor Sim	32.58m	
2 Jenni Bauer	St. Francis	32.16m	
3 Carla Dangelo	Barton SS	32.04m	
4 jessica Cairns	Ridge-Cr HS	30.40m	
5 Katelyn Giesbrecht	Eden High Sc	28.19m	
6 Allison Morris	Saltfleet DH	27.52m	
7 Heather Eyman	Churchill, S	26.34m	
7 Jordynn Pauls	Churchill, S	26.34m	
9 Katie Histrop	Eastdale SS	25.53m	
10 Robbilyn Parker	Crossley	25.30m	
11 Kristen Sweeney	Ancaster Hig	24.90m	
12 Lacey Appleton	Saltfleet DH	22.80m	
13 Katie Webb	Cayuga Ss-Ca	19.00m	
14 Shawna Bethlehem	Guido De Bre	18.90m	
15 Sarah Holmes	Cayuga Ss-Ca	18.20m	

Women 1500 Meter Steeplechase Open

Name	Year Team	Finals	Points
=====			
1 Kelsie Slater	Grimsby Dss	5:17.97	
2 Alanah Drake	Grimsby Dss	5:39.63	
3 Robyn Mildren	Highland SS	5:47.10	
4 Chelsea Buck	Barton SS	5:55.59	
5 Mara Alexanian-Farr	Highland SS	6:28.63	
-- Kaitlyn Krizmanich	Waterdown	NT	
-- Sarah Pettipas	Westmount	NT	
-- Ashleigh Friesen	Laura Secord	NT	
-- Leanne Stuive	Eden High Sc	NT	
-- Julie Falsetti	Crossley	NT	

Women 4x400 Meter Relay Open

Team	Finals	H#	Points
=====			

1	Westmount S S 'A'	4:13.42	2
2	Grimsby D S S 'A'	4:15.54	2
3	Highland S S 'A'	4:21.14	2
4	South Lincoln H S 'A'	4:31.46	2
5	Sir Allan MacNab S S 'A'	4:32.90	2
6	Smithville District C H S 'A'	4:33.22	2
7	E. L. Crossley S S 'A'	4:37.65	2
8	Guido De Bres C H S 'A'	4:40.77	1
9	Denis Morris H S 'A'	4:45.47	1
10	A.N. Myer S S 'A'	4:56.48	1

Women 800 Meter Dash Wheelchair

Name	Year Team	Finals	Points
1 Natasha Southwell	Crossley	6:38.42	

Men 100 Meter Dash Midget

Name	Year Team	Prelims	H#
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Preliminaries

1	Steven King	Westmount	12.12Q	2
2	Jason Gadoury	McKinnon Par	12.46Q	1
3	brandon ricker	West Park	12.41Q	2
4	Ethan Moore	Crossley	12.56Q	1
5	Carlin McLean	Orchard Park	12.56Q	2
6	Michael Marquis	Notre Dame C	12.61Q	1
7	Dalton Jay	Sir Winston	12.71q	2
8	Ben Earp Lynch	Churchill, S	12.72q	2
9	Simon Earp Lynch	Churchill, S	12.76	1
10	Blair Owens	Westlane	12.76	1
11	Marcus Murray	MacDonald, S	12.80	1
12	Lenny Dismberio	Lakeshore CH	12.80	2
13	Brandon Nelson	Westmount	13.07	2
14	Sandro Sferrazza	St. Francis	13.16	1
15	josh topa	West Park	15.78	1

Men 100 Meter Dash Midget

Name	Year Team	Finals	Points
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Finals

1	Steven King	Westmount	12.03
2	brandon ricker	West Park	12.04
3	Jason Gadoury	McKinnon Par	12.34
4	Michael Marquis	Notre Dame C	12.51
5	Ben Earp Lynch	Churchill, S	12.53
6	Dalton Jay	Sir Winston	12.54
7	Ethan Moore	Crossley	12.55
--	Carlin McLean	Orchard Park	DQ

Men 200 Meter Dash Midget

Name	Year Team	Finals	H#	Points
1 Steven King	Westmount	24.88	2	

2	brandon ricker	West Park	24.88	1
3	Jason Gadoury	McKinnon Par	25.57	2
4	Michael Marquis	Notre Dame C	25.77	2
5	Dalton Jay	Sir Winston	25.94	1
6	Ethan Moore	Crossley	25.95	2
7	Carlin McLean	Orchard Park	25.97	2
8	Blair Owens	Westlane	26.00	2
9	Steve Komadoski	Eden High Sc	26.01	1
10	Simon Earp Lynch	Churchill, S	26.25	1
11	Lenny Dismberio	Lakeshore CH	26.47	2
12	Sandro Sferrazza	St. Francis	26.75	1
13	Marcus Murray	MacDonald, S	27.07	2
14	Derrell Ellis	MacDonald, S	27.22	1
15	Jonathan Angulo	Holy Cross H	28.41	1

Men 400 Meter Dash Midget

Name	Year Team	Finals	H#	Points
1	Jason Gadoury	McKinnon Par	54.45	2
2	Troy Oliver	Crossley	54.62	2
3	Steve Komadoski	Eden High Sc	56.30	2
4	Derrell Ellis	MacDonald, S	59.23	2
5	Joel Blankin	Parkside HS	59.65	1
6	Marcus Murray	MacDonald, S	1:00.24	1
7	Patrick Twomey	Crossley	1:00.31	1
8	Jonathan Angulo	Holy Cross H	1:00.99	2
9	Micheal St. Jean	MacDonald, S	1:01.04	2
10	Oliver Thatcher	Grimsby Dss	1:01.32	1
11	Russell Samasuwd	Saltfleet DH	1:01.73	2
12	Alex Rivera	Holy Cross H	1:02.11	1
13	Wes McRoberts	Grimsby Dss	1:02.48	1

Men 800 Meter Run Midget

Name	Year Team	Finals	H#	Points
1	Doug Easterbrook	Grimsby Dss	2:11.35	2
2	Bryan Woodhouse	Denis Morris	2:12.07	2
3	Julien Rousseau	Churchill, S	2:12.08	2
4	Brad Jamison	Eden High Sc	2:14.21	2
5	Blair Owens	Westlane	2:18.83	2
6	Tyson Sider	Niagara Coll	2:24.41	1
7	Eli Dwor	Port Colborn	2:24.82	1
8	Troy Oliver	Crossley	2:25.11	2
9	Cody Biggley	Sir Winston	2:27.50	1
10	Josh Barbas	Laura Secord	2:29.02	1
11	Brandon Dear	Sherwood SS	2:30.03	1
12	Jacky Li	Port Colborn	2:31.50	1
13	Caleb Campbell	Waterdown	2:44.85	2
14	Jeff Regnerus	Hamilton Dis	2:48.73	1

Men 1500 Meter Run Midget

Name	Year Team	Finals	Points
1	Jeremy Rae	Lakeshore CH	4:25.30

2	Doug Easterbrook	Grimsby Dss	4:25.90
3	Paul Scholl	Churchill, S	4:31.26
4	Mohamed Ahmed	St. Catharin	4:32.90
5	Ryan Thomas	Grimsby Dss	4:36.14
6	Bryan Woodhouse	Denis Morris	4:50.55
7	Josh Patterson	Waterdown	4:55.26
8	Andrew Lawrence	Barton SS	4:55.72
9	Caleb Campbell	Waterdown	4:59.81
10	Cody Biggley	Sir Winston	5:01.09
11	Chris Miedema	Lakeshore CH	5:03.05
12	Tyson Sider	Niagara Coll	5:14.01
13	Matt Hauer	Myer, A.N.	5:22.06
--	Dan Brown	St. Paul HS	DNF

Men 3000 Meter Run Midget

Name	Year Team	Finals	Points
1 Mohamed Ahmed	St. Catharin	9:27.55	
2 Jeremy Rae	Lakeshore CH	9:36.42	
3 Ryan Thomas	Grimsby Dss	9:43.92	
4 Paul Scholl	Churchill, S	9:49.45	
5 Jon Schram	Churchill, S	10:51.64	
6 Mike Mackett	St. Francis	11:09.00	
7 Kyle Johnson	Crossley	11:19.54	
8 Justin Henry	Confederatio	11:30.87	
9 Ian Visser	Crossley	11:40.56	
10 Andy Bolona	St. Paul HS	11:54.18	

Men 100 Meter Hurdles Midget

Name	Year Team	Prelims	H#
Preliminaries			
1 Lenny Dismberio	Lakeshore CH	15.98Q	1
2 josh topa	West Park	17.11Q	2
3 Townsend Benard	Laura Secord	16.01Q	1
4 Stephen Hume	Myer, A.N.	17.54Q	2
5 Adam Palios	Grimsby Dss	17.47Q	1
6 Shawn Hind	Holy Cross H	17.73Q	2
7 Brian Mills	Highland SS	18.05q	2
8 Jeff DeVisser	Smithville D	19.60q	1
9 Jessie Schonberg	Highland SS	28.11	1

Men 100 Meter Hurdles Midget

Name	Year Team	Finals	Points
Finals			
1 Lenny Dismberio	Lakeshore CH	15.61	
2 Townsend Benard	Laura Secord	15.68	
3 josh topa	West Park	16.57	
4 Stephen Hume	Myer, A.N.	16.64	
5 Adam Palios	Grimsby Dss	16.92	
6 Brian Mills	Highland SS	17.91	
7 Shawn Hind	Holy Cross H	18.10	
8 Jeff DeVisser	Smithville D	19.66	

Men 300 Meter Hurdles Midget

Name	Year Team	Finals	H#	Points
1 Adam Palios	Grimsby Dss	47.22	2	
2 Ben Grant	Holy Cross H	48.04	2	
3 Matt Swan	Ridge-Cr HS	48.16	2	
4 Brian Mills	Highland SS	48.25	2	
5 Kyle Johnson	Crossley	50.09	2	
6 Wes McRoberts	Grimsby Dss	50.29	2	
7 Jessie Schonberg	Highland SS	54.47	1	
8 Townsend Benard	Laura Secord	54.91	1	
9 Ryan Bosscher	Guido De Bre	55.00	1	

Men 4x100 Meter Relay Midget

Team	Finals	H#	Points
1 Westmount S S 'A'	48.48	2	
2 E. L. Crossley S S 'A'	49.27	2	
3 Sir John A. MacDonald S S 'A'	49.35	2	
4 West Park S S 'A'	49.41	2	
5 Grimsby D S S 'A'	51.59	1	
6 Waterdown D H S 'A'	51.60	2	
7 St. Paul H S 'A'	52.03	2	
8 Holy Cross H S 'A'	52.09	1	
9 Guido De Bres C H S 'A'	52.12	2	
10 Laura Secord S S 'A'	52.83	1	
11 Denis Morris H S 'A'	53.20	1	
-- Hamilton District C H S 'A'	DQ	2	

Men High Jump Midget

Name	Year Team	Finals	Points
1 Michael Moffatt	Eden High Sc	1.60m	
2 Stephen Hume	Myer, A.N.	J1.60m	
3 Dylan Janssen	Smithville D	1.55m	
4 Simon Earp Lynch	Churchill, S	J1.55m	
5 Jeff Regnerus	Hamilton Dis	1.50m	
6 Joey Schaeffer	Hagersville	1.45m	
6 Rick Dooler	Crossley	1.45m	
7 Derrell Ellis	MacDonald, S	J1.45m	
8 Eric LaPointe	Confederatio	J1.45m	
8 Ben Earp Lynch	Churchill, S	J1.45m	
10 Jacob Braun	Denis Morris	J1.45m	
11 Thomas Sikma	Hamilton Dis	J1.40m	
12 Keaton Dixon	St. Paul HS	1.40m	
-- Eric Rynnimeri	Parkside HS	NH	
-- Steven Kisaka	Saltfleet DH	NH	

Men Pole Vault Midget

Name	Year Team	Finals	Points
1 Mikey Maljkovic	Ridge-Cr HS	3.00m	

2	Joey Schaeffer	Hagersville	2.55m
3	Kyle Johnson	Crossley	2.40m
4	Townsend Benard	Laura Secord	2.30m

Men Long Jump Midget

Name	Year Team	Finals	Points
1 Carlin McLean	Orchard Park	5.54m	
2 Aaron Brown	Governor Sim	5.20m	
3 Shawn Hind	Holy Cross H	5.09m	
4 Rhodri Mativo	St. Paul HS	5.01m	
5 Daniel Debruyne	Eden High Sc	4.99m	
6 Mike Fisher	South Lincol	4.89m	
7 Hoas Longernaap	Lakeshore CH	4.84m	
8 Cameron McLean	St. Michael	4.81m	
9 Michael Marquis	Notre Dame C	4.79m	
10 Ruan Beukes	Parkside HS	4.78m	
11 James Noordam	Hamilton Dis	4.63m	
12 Micheal St. Jean	MacDonald, S	4.57m	
13 Dalton Jay	Sir Winston	4.47m	
14 Dylan Janssen	Smithville D	4.45m	
15 Nash Briggs	Port Colborn	4.28m	

Men Triple Jump Midget

Name	Year Team	Finals	Points
1 Chris Miedema	Lakeshore CH	10.92m	
2 Cameron McLean	St. Michael	10.84m	
3 Thomas Sikma	Hamilton Dis	10.80m	
4 Nash Briggs	Port Colborn	10.46m	
5 Ruan Beukes	Parkside HS	10.34m	
6 cam anderson	West Park	10.01m	
7 Spencer Thompson	Crossley	9.90m	
8 Mike Fisher	South Lincol	9.83m	
9 Matt Firth	Grimsby Dss	9.61m	
10 Jay Schulenberg	Guido De Bre	9.58m	
11 Mike Bailey	Parkside HS	9.44m	
12 PJ Demik	Hamilton Dis	9.43m	
13 Travis Bico	Laura Secord	8.99m	

Men Shot Put Midget

Name	Year Team	Finals	Points
1 Hoas Longernaap	Lakeshore CH	12.53m	
2 Jon Ventresca	Highland SS	12.11m	
3 Scott DeGraaf	Hagersville	11.97m	
4 Riley Jakobschuk	Denis Morris	11.82m	
5 Garrett House	Lakeshore CH	11.75m	
6 James Klassen	Eden High Sc	11.65m	
7 Aaron Baird	St. Francis	11.62m	
8 Corbin Dailey	Grimsby Dss	11.39m	
9 Ben Williams	Lakeshore CH	11.22m	
10 Allan Tripp	Ridge-Cr HS	11.05m	
11 PJ Demik	Hamilton Dis	10.66m	

12	Andrew Barry	Blessed Trin	10.65m
13	Simon Fallon	Hamilton Dis	9.01m
14	Jason Vandenberg	Hamilton Dis	8.66m

Men Discus Throw Midget

Name	Year Team	Finals	Points
1 Corbin Dailey	Grimsby Dss	35.48m	
2 Desmond Cousins	Ridge-Cr HS	33.06m	
3 Andrew Braham	McKinnon Par	32.09m	
4 Leigh Pauls	Churchill, S	29.60m	
5 Andrew Barry	Blessed Trin	28.73m	
6 Simon Fallon	Hamilton Dis	28.42m	
7 Allan Tripp	Ridge-Cr HS	28.21m	
8 Hannes Louw	Hamilton Dis	26.19m	
9 Scott DeGraaf	Hagersville	25.31m	
10 Mike Hajmasy	Crossley	24.23m	
11 Matt Bouwers	Hamilton Dis	24.17m	
12 Jason Vandenberg	Hamilton Dis	24.16m	
13 James Klassen	Eden High Sc	24.08m	
14 Kyle Deboer	Smithville D	23.19m	
15 Jon Ventresca	Highland SS	23.05m	

Men Javelin Throw Midget

Name	Year Team	Finals	Points
1 Troy Oliver	Crossley	40.34m	
2 Andrew Barry	Blessed Trin	38.38m	
3 PJ Demik	Hamilton Dis	38.37m	
4 Josh Helson	Lakeshore CH	38.10m	
5 cam anderson	West Park	33.28m	
6 Dalton Doepping	Ridge-Cr HS	32.91m	
7 John Gondosch	Laura Secord	31.64m	
8 Joseph Cinq-Mars	Cayuga Ss-Ca	30.43m	
9 Dakota Bezemer	Hamilton Dis	29.94m	
10 Aaron Baird	St. Francis	29.36m	
11 Hannes Louw	Hamilton Dis	28.52m	
12 Joel Gritter	Guido De Bre	28.04m	
13 Andrew Braham	McKinnon Par	26.15m	
14 Jeff DeVisser	Smithville D	23.13m	
-- Jon Ventresca	Highland SS	FOUL	

Men 100 Meter Dash Junior

Name	Year Team	Prelims	H#
Preliminaries			
1 Matt Culver	Dunnville SS	12.18Q	1
2 Jeffrey Kranyak	Crossley	12.42Q	2
3 Isaac Ofosu	MacDonald, S	12.37Q	1
4 Jordan Baronet	Waterdown	12.45Q	2
5 Oscar Anderson-Shortt	Niagara D	12.45Q	1
6 Dustin Atkinson	St. Paul HS	12.54Q	2
7 Matt MacDonald	St. Francis	12.57q	2
8 Jonathan Demetriades	Churchill, S	12.60q	2

9	Matt Richardson	Westdale	12.61	1
10	Tom Minard	Grimsby Dss	12.68	1
11	David Geremia	St. Francis	12.69	1
12	Ishrak Hasan	MacDonald, S	12.86	1
13	Andrew Danielson	Cayuga Ss-Ca	12.87	2
14	Robb Caporicci	St. Paul HS	12.90	1

Men 100 Meter Dash Junior

Name	Year Team	Finals	Points
Finals			
1	Jordan Baronet	Waterdown	12.07
2	Isaac Ofosu	MacDonald, S	12.08
3	Matt Culver	Dunnville SS	12.12
4	Dustin Atkinson	St. Paul HS	12.16
5	Matt MacDonald	St. Francis	12.18
6	Jeffrey Kranyak	Crossley	12.25
7	Jonathan Demetriades	Churchill, S	12.38
8	Oscar Anderson-Shortt	Niagara D	12.76

Men 200 Meter Dash Junior

Name	Year Team	Finals	H#	Points
1	Jordan Glancie	Laura Secord	24.61	2
2	Jordan Baronet	Waterdown	24.69	2
3	Dustin Atkinson	St. Paul HS	24.89	2
4	Matt MacDonald	St. Francis	24.99	1
5	David Griem	Ridge-Cr HS	25.03	2
6	Raffi Schulman	Highland SS	25.33	2
7	Jonathan Demetraides	Churchill, S	25.76	1
8	Jacob Wynia	Grimsby Dss	25.87	1
9	Adrian Phillpotts	Sir Winston	25.93	2
10	Tom Minard	Grimsby Dss	26.14	1
11	Andrew Kamstra	Guido De Bre	26.25	2
12	Derek Maurice	Jean Vanier	26.29	1
13	Taylor Woodburn	Westlane	26.36	2
14	Bradley O'Neill	Hagersville	26.61	1

Men 400 Meter Dash Junior

Name	Year Team	Finals	H#	Points
1	Lee Mori	Denis Morris	52.84	2
2	Jordan Baronet	Waterdown	54.01	2
3	Matt Richardson	Westdale	54.17	2
4	Matt Wakulich	Crossley	54.86	2
5	Matt MacDonald	St. Francis	55.57	1
6	Raffi Schulman	Highland SS	55.85	2
7	Tom Minard	Grimsby Dss	56.42	1
8	Andrew Kamstra	Guido De Bre	56.53	1
9	Alex Keeton	Highland SS	57.02	2
10	Greg Mason	Crossley	57.43	1
11	John Williamson	Denis Morris	57.62	1
12	Bryan Rose	Laura Secord	59.38	1
--	Robb Caporicci	St. Paul HS	DNF	2

Men 800 Meter Run Junior

Name	Year Team	Finals	H#	Points
1 Matt Dimarcantonio	Notre Dame C	2:10.23	2	
2 Lee Mori	Denis Morris	2:11.40	2	
3 Taylor Simpson	Laura Secord	2:11.89	2	
4 Matt Wakulich	Crossley	2:15.64	2	
5 Dan Sobczak	Highland SS	2:16.12	1	
6 Thomas Clark	Grimsby Dss	2:18.90	2	
7 Andrew Hutton	Highland SS	2:19.90	1	
8 Tyler Tanguay	Port Colborn	2:20.05	2	
9 David Clay	Highland SS	2:21.37	1	
10 John Williamson	Denis Morris	2:25.55	1	
11 Greg Mason	Crossley	2:39.12	1	

Men 1500 Meter Run Junior

Name	Year Team	Finals	Points
1 Colin Lavigne	Sir Winston	4:22.19	
2 Taylor Simpson	Laura Secord	4:37.50	
3 Jack Sikkema	Barton SS	4:38.95	
4 Thomas Clark	Grimsby Dss	4:40.87	
5 Brandon Smith	Ancaster Hig	4:42.03	
6 Andrew Hutton	Highland SS	4:43.74	
7 Matt Friesen	Eden High Sc	4:43.92	
8 Tyler Tanguay	Port Colborn	4:49.09	
9 Matt Dimarcantonio	Notre Dame C	4:51.33	
10 Mike Kit	Churchill, S	4:54.74	
11 Cody Godfrey	Beamsville D	5:00.58	
12 Nick Janssen	Crossley	5:01.79	
13 Jason Diston	St. Paul HS	5:04.94	

Men 3000 Meter Run Junior

Name	Year Team	Finals	Points
1 Colin Lavigne	Sir Winston	9:26.31	
2 Jack Sikkema	Barton SS	10:09.92	
3 Matt Friesen	Eden High Sc	10:14.33	
4 Mike Kit	Churchill, S	10:16.10	
5 Brandon Smith	Ancaster Hig	10:25.17	
6 Matt Dimarcantonio	Notre Dame C	10:27.91	
7 Steven Roy	Notre Dame C	10:49.41	
8 David Lariviere	Westdale	10:51.16	
9 Nick Janssen	Crossley	10:55.09	
10 Cory Machensney	Crossley	11:15.97	
11 Joe Wunder	Lakeshore CH	11:36.45	
12 Tommy VanSchaik	Eden High Sc	12:06.42	
13 Shaun Whitehead	Great Lakes	12:29.09	

Men 100 Meter Hurdles Junior

Name	Year Team	Prelims	H#
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Preliminaries

1	Jordan Glancie	Laura Secord	15.28Q	2
2	Dan MacLeod	Ridge-Cr HS	15.64Q	1
3	Darren Edwards	Waterdown	16.76Q	2
4	Conner MacLeod	Waterdown	17.49Q	1
5	Victor Bibby	Grimsby Dss	17.48Q	2
6	Matthew Flagg	Crossley	18.96Q	1
7	Oliver Bush	Churchill, S	19.00q	2
8	Ben Cushnie	Crossley	19.02q	2
9	Zach Campbell	Crossley	19.30	1
10	Eric Jensen	Delta Ss- Ha	20.77	2
11	Colin Cyr	Orchard Park	22.62	1

Men 100 Meter Hurdles Junior

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Name	Year Team	Finals	Points
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Finals

1	Jordan Glancie	Laura Secord	15.19
2	Dan MacLeod	Ridge-Cr HS	15.39
3	Darren Edwards	Waterdown	16.18
4	Victor Bibby	Grimsby Dss	17.15
5	Oliver Bush	Churchill, S	18.49
6	Matthew Flagg	Crossley	18.63
7	Conner MacLeod	Waterdown	18.67
8	Ben Cushnie	Crossley	18.86

Men 300 Meter Hurdles Junior

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Name	Year Team	Finals	H#	Points
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1	Jordan Glancie	Laura Secord	43.12	2
2	Darren Edwards	Waterdown	44.82	2
3	Dan MacLeod	Ridge-Cr HS	44.87	2
4	David Griem	Ridge-Cr HS	45.54	2
5	Greg Mason	Crossley	46.52	2
6	Alex Keeton	Highland SS	47.84	2
7	Zach Campbell	Crossley	47.87	2
8	Matt Schuurman	Guido De Bre	48.82	2
9	Kenny Conchiser	Ridge-Cr HS	48.84	1
10	Conner MacLeod	Waterdown	50.43	1
11	Jabari Selman	Laura Secord	50.92	1
12	Oliver Bush	Churchill, S	51.28	1
13	Victor Bibby	Grimsby Dss	51.93	1

Men 4x100 Meter Relay Junior

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Team	Finals	H#	Points
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1	Ridgeway-Crystal Beach 'A'	48.31	2
2	Sir Winston Churchill S S 'A'	48.38	2
3	Laura Secord S S 'A'	48.45	1
4	Holy Cross H S 'A'	48.69	1
5	St. Francis S S 'A'	48.79	1
6	Sir Winston Churchill 'A'	48.98	1
7	Highland S S 'A'	49.21	2

8	St. Paul H S 'A'	49.22	2
9	E. L. Crossley S S 'A'	49.30	2
10	Jean Vanier E S 'A'	49.64	2
11	Sir John A. MacDonald S S 'A'	50.14	1
12	Guido De Bres C H S 'A'	52.74	1
--	Waterdown D H S 'A'	DQ	2
--	Grimsby D S S 'A'	DQ	1

Men High Jump Junior

Name	Year Team	Finals	Points
1 Eric Schwoob	Dunnville SS	1.75m	
2 Jason Diston	St. Paul HS	J1.75m	
3 Shane Garrison	St. Paul HS	1.70m	
3 Mitch MacPherson	St. Francis	1.70m	
3 Jarred Nunn	Holy Cross H	1.70m	
6 Ty Beatty	Parkside HS	J1.70m	
7 Jon Sipter	Hill Park SS	1.65m	
8 Wade Smith	Crossley	J1.65m	
9 Bryan Rose	Laura Secord	1.60m	
10 Geoff Borgschulze	Orchard Park	J1.60m	
11 John Williamson	Denis Morris	J1.60m	
12 Isaac Ofosu	MacDonald, S	1.55m	
13 Sebastian Cerruti	Hamilton Dis	J1.55m	
14 Mario Fournier	Jean Vanier	J1.55m	

Men Pole Vault Junior

Name	Year Team	Finals	Points
1 Justin Bath	Crossley	3.20m	
2 Tim Betzold	Ridge-Cr HS	2.90m	
3 Wade Smith	Crossley	2.75m	
4 Brad Tanner	Laura Secord	2.60m	
5 Josh Frank	Ridge-Cr HS	J2.60m	
6 Cory Machensney	Crossley	2.45m	
7 Cory Braithwaite	Laura Secord	2.30m	

Men Long Jump Junior

Name	Year Team	Finals	Points
1 Ben Merritt	Centennial S	5.95m	
2 Eric Schwoob	Dunnville SS	5.91m	
3 Oscar Anderson-Shortt	Niagara D	5.79m	
4 Taylor Woodburn	Westlane	5.78m	
5 Adrian Phillpotts	Sir Winston	5.63m	
6 Clayton Weyrauch	Waterdown	5.34m	
7 Andrew Danielson	Cayuga Ss-Ca	5.14m	
8 Jarred Nunn	Holy Cross H	5.04m	
9 Jabari Selman	Laura Secord	5.02m	
10 Thomas Clark	Grimsby Dss	5.00m	
11 Ben Dickson	Churchill, S	4.89m	
12 Mike Zoric	Crossley	4.73m	
13 Bryan Shediedel	Waterdown	4.55m	
5 Ishrak Hasan	MacDonald, S	JFOUL	

Men Triple Jump Junior

Name	Year Team	Finals	Points
1 Taylor Woodburn	Westlane	12.06m	
2 Ty Beatty	Parkside HS	11.95m	
3 Oscar Anderson-Shortt	Niagara D	11.78m	
4 Eric Schwoob	Dunnville SS	11.61m	
5 Ben Merritt	Centennial S	11.60m	
6 Adrian Phillpotts	Sir Winston	11.36m	
7 Ben Dickson	Churchill, S	11.27m	
8 Clayton Weyrauch	Waterdown	11.19m	
9 Brock Murphy	Crossley	11.16m	
-- Kodi Hollingsworth	Niagara D	ND	
-- Isaac Ofosu	MacDonald, S	ND	
-- Jarred Nunn	Holy Cross H	ND	
-- corey cheropita	West Park	ND	
-- Zach Hargraves	Centennial S	ND	
-- Kevin Dejonge	Guido De Bre	ND	

Men Shot Put Junior

Name	Year Team	Finals	Points
1 Cameron Goertzen	Niagara D	14.45m	
2 Jahari Spinks	Holy Cross H	14.10m	
3 Robbie Wade	Great Lakes	13.48m	
4 Jordon Emick	Highland SS	13.17m	
5 Kyle Never-Failes	St. Catharin	12.74m	
6 Mike Smith	Ridge-Cr HS	12.50m	
7 Phil Brown	Dunnville SS	12.09m	
7 Nathan DeHaan	Hamilton Dis	12.09m	
9 Kyle Danch	Notre Dame C	11.97m	
10 Jay Christano	Parkside HS	11.58m	
11 Rory Benson	Centennial S	11.07m	
12 Chris Nobels	Guido De Bre	11.03m	
13 Steve Uhm	St. Paul HS	10.47m	
14 Mike Joosse	Guido De Bre	10.04m	
-- Rob Fader	Blessed Trin	FOUL	

Men Discus Throw Junior

Name	Year Team	Finals	Points
1 Rob Fader	Blessed Trin	45.41m	
2 Cody Truax	Ridge-Cr HS	42.26m	
3 Jordon Emick	Highland SS	37.76m	
4 Steve Davies	Crossley	36.37m	
5 Greg Smits	Grimsby Dss	36.29m	
6 Ryan Brooks	Grimsby Dss	35.24m	
7 Nick Schudlo	St. Francis	31.82m	
8 Riley Turner	Niagara D	31.18m	
9 Matt Culver	Dunnville SS	28.25m	
10 Jay Christano	Parkside HS	26.38m	
11 Chris Nobels	Guido De Bre	26.10m	
12 Justin Bath	Crossley	25.22m	

13	Joseph Wormald	Notre Dame C	24.16m
14	Mike Joosse	Guido De Bre	23.96m
--	Josh Mitchell	Highland SS	FOUL

Men Javelin Throw Junior

Name	Year Team	Finals	Points
1 Tom Fisher	Crossley	46.33m	
2 Nick Oreskovich	St. Paul HS	44.65m	
3 Blake Kerling	St. Francis	41.36m	
4 Bobby VanderZalm	St. Francis	39.45m	
5 Jordon Emick	Highland SS	39.00m	
6 Sebastian Cerruti	Hamilton Dis	37.00m	
7 Nick Schudlo	St. Francis	36.94m	
8 Jean Marc Raimondo	St. Francis	36.90m	
9 Matt Groenveld	Notre Dame C	35.28m	
10 Rob Etherington	Churchill, S	31.46m	
11 Jesse Gilbert	Crossley	29.29m	
12 Ryan Smith	Orchard Park	27.72m	
13 Rudi Louw	Hamilton Dis	26.23m	
14 Josh Mitchell	Highland SS	20.00m	
-- Aaron Thompson	Ridge-Cr HS	FOUL	

Men 100 Meter Dash Senior

Name	Year Team	Prelims	H#
Preliminaries			
1 Tanner Goode	St. Francis	11.50Q	2
2 Lucas Deangelis	Holy Cross H	11.67Q	1
3 John Boonstra	Waterdown	11.65Q	2
4 Tristan Woodburn	Westlane	11.75Q	1
5 Jesse Leger	St. Michael	11.67Q	2
6 Everett Bokma	Crossley	12.01Q	1
7 Damion Vassell	MacDonald, S	12.01q	2
8 Lucas Arnold	Barton SS	12.04q	1
9 Corey Lemieux	Beamsville D	12.05	2
10 Dan Sulatycky	Myer, A.N.	12.08	2
11 Rich Little	Governor Sim	12.11	1
12 Emmanuel Mbanga	MacDonald, S	12.15	2
13 Denton Coleman	Notre Dame C	12.15	1
14 Eric Spearin	Highland SS	12.31	1

Men 100 Meter Dash Senior

Name	Year Team	Finals	Points
Finals			
1 Tanner Goode	St. Francis	11.51	
2 John Boonstra	Waterdown	11.61	
3 Lucas Deangelis	Holy Cross H	11.62	
4 Jesse Leger	St. Michael	11.67	
5 Damion Vassell	MacDonald, S	11.89	
6 Tristan Woodburn	Westlane	11.96	
7 Everett Bokma	Crossley	12.00	
8 Lucas Arnold	Barton SS	12.10	

Men 200 Meter Dash Senior

Name	Year Team	Finals	H#	Points
1 Cody Boyd	Churchill, S	23.53	2	
2 John Boonstra	Waterdown	23.89	2	
3 Tanner Goode	St. Francis	23.93	1	
4 Andrew Flagg	Crossley	24.57	2	
5 Steve Demetriades	Churchill, S	24.84	1	
6 Tyson Smith	Highland SS	24.90	2	
7 Ryan Phipps	Beamsville D	24.91	1	
8 Dave Feere	Waterdown	24.91	2	
9 Denton Coleman	Notre Dame C	24.92	1	
10 Steve Cameron	Barton SS	25.11	2	
11 Mike Luchetta	Ridge-Cr HS	25.53	1	
12 Max Csikos	Crossley	25.55	1	
13 Everett Bokma	Crossley	25.70	2	
14 John Huczel	Highland SS	25.75	2	

Men 400 Meter Dash Senior

Name	Year Team	Finals	H#	Points
1 Cody Boyd	Churchill, S	50.96	2	
2 Jeff Vanderharst	Highland SS	51.66	2	
3 Ryan Phipps	Beamsville D	51.96	2	
4 Cam Michaud	Grimsby Dss	52.29	2	
5 Matt Mahler	Denis Morris	52.69	2	
6 Andrew Flagg	Crossley	53.14	1	
7 Justin Thomson	Saltfleet DH	53.23	2	
8 Tyson Smith	Highland SS	53.63	1	
9 Jordan Heckman	Churchill, S	53.68	1	
10 Dave Webb	Notre Dame C	54.11	1	
11 Matthew Milner	Westlane	54.17	2	
12 John Huczel	Highland SS	54.99	1	
13 Max Csikos	Crossley	55.43	1	
14 Derron Johnson	Crossley	56.56	1	

Men 800 Meter Run Senior

Name	Year Team	Finals	H#	Points
1 Matt Mahler	Denis Morris	2:01.86	2	
2 Jeff Vanderharst	Highland SS	2:02.72	2	
3 Justin Thomson	Saltfleet DH	2:03.65	2	
4 James Paul	Churchill, S	2:04.75	2	
5 Jordan Heckman	Churchill, S	2:05.04	2	
6 Dave Webb	Notre Dame C	2:07.83	2	
7 spencer prudhomme	West Park	2:10.21	2	
8 Jamie Inman	Westdale	2:14.84	1	
9 Sam Pauls	Hill Park SS	2:23.91	1	
10 Sean Odonnel	Holy Cross H	2:24.13	2	
11 Steffan Harriss	Highland SS	2:24.55	1	
12 Peter Jackiewicz	Myer, A.N.	2:26.19	1	
13 Scott Cole	Lakeshore CH	2:26.91	1	
14 Greg Langstaff	Crossley	2:39.82	1	

Men 1500 Meter Run Senior

Name	Year Team	Finals	Points
1 James Paul	Churchill, S	4:09.37	
2 Kevin Moore	Churchill, S	4:10.48	
3 Matt Butters	Denis Morris	4:13.10	
4 Terence Attema	Smithville D	4:20.44	
5 spencer prudhomme	West Park	4:23.40	
6 Jonathon Hallett	Myer, A.N.	4:40.95	
7 Jamie Inman	Westdale	4:45.85	
8 Andrew Willison	Westdale	4:46.52	
9 Ryan Mathieson	Sir Winston	4:59.06	
10 Colin Avery	Eastdale SS	4:59.67	
11 Ian Court	Highland SS	5:08.32	
12 Stephen Boulton	Hill Park SS	5:08.63	
13 Bill Szolga	Myer, A.N.	5:09.39	
14 Greg Langstaff	Crossley	5:19.06	

Men 3000 Meter Run Senior

Name	Year Team	Finals	Points
1 Matt Butters	Denis Morris	8:57.70	
2 Kevin Moore	Churchill, S	9:19.68	
3 Terence Attema	Smithville D	9:23.05	
4 Ahmed Khalif	MacDonald, S	9:37.47	
5 Derek Moore	Churchill, S	9:52.79	
6 Ben Cooper	St. Paul HS	9:59.04	
7 Marc Thebaud	Ridge-Cr HS	9:59.09	
8 Kevin Patterson	Highland SS	10:06.51	
9 Andrew Willison	Westdale	10:14.89	
10 Greg Langstaff	Crossley	10:48.02	
11 Bobby Young	Barton SS	11:01.17	
12 Allan Simmons	Sir Winston	11:17.66	

Men 110 Meter Hurdles Senior

Name	Year Team	Prelims	H#
Preliminaries			
1 Emmanuel Mbanga	MacDonald, S	15.91Q	2
2 Austin Draper	Highland SS	16.70Q	1
3 Jake Gibson	Ridge-Cr HS	15.98Q	2
4 Zach Fisher	Crossley	17.18Q	1
5 Spencer Burniston	Blessed Trin	16.05Q	2
6 Stephen Michener	Beamsville D	17.20Q	1
7 John Carrigan	Beamsville D	17.40q	1
8 Tyler Rouse	Grimsby Dss	17.41q	2
9 Kevin Shaver	Highland SS	17.74	1
10 Brian Luu	MacDonald, S	19.48	2
11 Ryan Warner	Eastdale SS	20.52	2
12 Paul Jaroslawski	Eastdale SS	20.75	1
13 Kevin Dowling	Parkside HS	20.88	2
14 James Newman	Centennial S	21.08	1

Men 110 Meter Hurdles Senior

Name	Year Team	Finals	Points
Finals			
1 Emmanuel Mbanga	MacDonald, S	15.30	
2 Spencer Burniston	Blessed Trin	15.44	
3 Jake Gibson	Ridge-Cr HS	15.85	
4 Austin Draper	Highland SS	16.24	
5 Zach Fisher	Crossley	16.66	
6 Stephen Michener	Beamsville D	16.86	
7 John Carrigan	Beamsville D	16.89	
8 Tyler Rouse	Grimsby Dss	17.22	

Men 400 Meter Hurdles Senior

Name	Year Team	Finals	H#	Points
1 Kevin Shaver	Highland SS	57.92	2	
2 Austin Draper	Highland SS	1:00.36	2	
3 Nathaniel Hayward	Highland SS	1:01.05	2	
4 Tyler Rouse	Grimsby Dss	1:01.69	2	
5 Jake Gibson	Ridge-Cr HS	1:02.21	2	
6 Jordan Bartol	Westlane	1:04.26	2	
7 Kyle Jess-Bannon	Beamsville D	1:05.30	1	
8 Zach Fisher	Crossley	1:05.82	1	
9 Sean Fallon	Hamilton Dis	1:06.41	2	
10 Matt Stanton	Beamsville D	1:09.13	2	
11 Chris Winger	Crossley	1:09.36	1	
12 Sam Layard	Westdale	1:10.98	1	
13 Nathan Voorberg	Grimsby Dss	1:13.94	1	

Men 4x100 Meter Relay Senior

Team	Finals	H#	Points
1 Waterdown D H S 'A'	45.30	2	
2 Sir Winston Churchill S S 'A'	45.47	2	
3 Sir John A. MacDonald S S 'A'	45.87	2	
4 Barton S S 'A'	45.90	1	
5 St. Michael H S 'A'	45.93	2	
6 Ridgeway-Crystal Beach 'A'	46.14	2	
7 St. Francis S S 'A'	46.46	1	
8 Beamsville D S S 'A'	46.79	1	
9 E. L. Crossley S S 'A'	46.98	2	
10 St. Paul H S 'A'	47.68	2	
11 Grimsby D S S 'A'	48.50	1	
12 Sir Winston Churchill 'A'	48.80	1	
-- Westlane S S 'A'	DQ	2	

Men High Jump Senior

Name	Year Team	Finals	Points
1 Nick Glover	Beamsville D	1.90m	
2 Tim Young	Hamilton Dis	1.80m	
3 Steve Fox	McKinnon Par	J1.80m	

4	Mike Luchetta	Ridge-Cr HS	1.75m
5	Stephen Michener	Beamsville D	1.70m
6	James Brodhagen	Thorold Ss-T	J1.70m
7	Jeff Dam	Smithville D	J1.70m
8	Chris Moning	Parkside HS	1.65m
8	David Canavan	St. Paul HS	1.65m
9	Matt Burlak	Myer, A.N.	J1.65m
10	Derek Sutherland	Jean Vanier	J1.65m
11	Andrew Enns	Niagara D	J1.60m
12	Kyle Sutherland	Parkside HS	J1.55m

Men Pole Vault Senior

Name	Year Team	Finals	Points
1	Todd Krupa	Ridge-Cr HS	3.85m
2	Kyle Tomasello	Ridge-Cr HS	J3.85m
3	Adam Rudd	Ridge-Cr HS	3.50m
4	Daniel Ammendolia	Notre Dame C	3.25m
5	Trent Minor	Crossley	J3.25m
--	Matt Stanton	Beamsville D	FAIL
--	Kyle Jess-Bannon	Beamsville D	FAIL

Men Long Jump Senior

Name	Year Team	Finals	Points
1	Tristan Woodburn	Westlane	6.42m
2	Mark Tian	Stamford Cvi	6.16m
3	Danilo Pejicic	Sir Winston	6.15m
4	Corey Lemieux	Beamsville D	6.10m
5	Steve Fox	McKinnon Par	6.03m
6	Ben Peters	Myer, A.N.	5.88m
7	Aaron Griesse	Sherwood SS	5.72m
8	Eric VanStaalduinen	Eden High Sc	5.62m
9	Matt Buckles	Orchard Park	5.58m
10	Eric Duffus	Saltfleet DH	5.56m
11	Jesse Fredson	Beamsville D	5.49m
12	Sopearin Yos	Churchill, S	5.41m
13	Brandon Rijgersberg	Grimsby Dss	5.39m
14	Chris Collura	Westdale	5.28m
15	Graham Hay	Crossley	5.16m

Men Triple Jump Senior

Name	Year Team	Finals	Points
1	Damion Vassell	MacDonald, S	12.85m
2	David Tebbuit	Eden High Sc	12.55m
3	Steve Fox	McKinnon Par	12.45m
4	Spencer Burniston	Blessed Trin	12.18m
5	Jason Peng	Stamford Cvi	12.10m
6	Eric Rozema	Guido De Bre	11.98m
7	Tim Young	Hamilton Dis	11.93m
8	Tristan Woodburn	Westlane	11.77m
9	Sopearin Yos	Churchill, S	11.62m
10	Corey Lemieux	Beamsville D	11.55m

11	Jordan Brouwer	Hamilton Dis	11.52m
12	Ryan Kelly	Ancaster Hig	11.17m
13	David Canavan	St. Paul HS	11.07m
14	Jeff Dam	Smithville D	10.93m

Men Shot Put Senior

Name	Year Team	Finals	Points
1	Ryan Chmielewski	St. Francis	14.55m
2	Nick Woehl	Ridge-Cr HS	14.02m
3	Adam Betz	Grimsby Dss	14.00m
4	Troy Sider	Ridge-Cr HS	13.03m
5	Josh Moes	Heritage Chr	12.87m
6	Mirko Smolovic	Barton SS	12.79m
7	Dylan Clack	Blessed Trin	12.72m
8	Ricky Savage	Port Colborn	11.80m
9	Scott Jones	Ancaster Hig	11.73m
10	Wesley Zuidersma	Crossley	11.62m
11	Jarrett Woof	Barton SS	10.55m
12	Caleb Ingram	Parkside HS	10.43m
13	Darryl Hoeksema	Guido De Bre	10.18m

Men Discus Throw Senior

Name	Year Team	Finals	Points
1	Troy Sider	Ridge-Cr HS	44.98m
2	Dylan Clack	Blessed Trin	38.75m
3	Nathan Ellis	Notre Dame C	35.50m
4	Adam Betz	Grimsby Dss	33.96m
5	Greg Swan	Highland SS	33.69m
6	Trent Minor	Crossley	33.25m
7	David Palmer	MacDonald, S	31.72m
8	Nick Woehl	Ridge-Cr HS	31.59m
9	Sean Fallon	Hamilton Dis	30.75m
10	Adam Mealing	Ridge-Cr HS	30.42m
11	Josh Moes	Heritage Chr	29.79m
12	Rob Pickering	Laura Secord	28.34m
13	Mike Kooiman	Smithville D	25.91m
14	Jarrett Woof	Barton SS	24.72m
--	Mike Leeson	Ancaster Hig	DNF

Men Javelin Throw Senior

Name	Year Team	Finals	Points
1	Shawn Bench	Laura Secord	49.05m
2	John Beck	Notre Dame C	46.89m
3	Jon Greening	Barton SS	41.95m
4	Christian Berketo	Ridge-Cr HS	39.32m
5	Steven Black	Ancaster Hig	38.65m
6	Jesse Lofthouse	Niagara Coll	38.25m
7	Pete Riewald	Smithville D	38.07m
8	Yosef Molakandov	Cayuga Ss-Ca	36.97m
9	Chris Short	Grimsby Dss	36.96m
10	Corey Daniels	Cayuga Ss-Ca	36.05m

11	Jarrett Woof	Barton SS	35.52m
12	Sobonnie Muon	Laura Secord	35.39m
13	Nick DeJong	Smithville D	34.75m
14	Greg Swan	Highland SS	31.11m

Men 2000 Meter Steeplechase Open

Name	Year Team	Finals	Points
1 Ahmed Khalif	MacDonald, S	6:29.11	
2 Kevin Patterson	Highland SS	6:38.94	
3 Nathaniel Hayward	Highland SS	6:42.00	
4 Matt Mahler	Denis Morris	6:44.03	
5 Ben Cooper	St. Paul HS	6:44.04	
6 Marc Thebaud	Ridge-Cr HS	7:07.00	
7 Steffan Harriss	Highland SS	7:37.00	
8 Mike McRae	St. Paul HS	7:38.00	
9 Kallahan Park	Grimsby Dss	7:56.00	
10 Andrew Spadzinski	Niagara Coll	7:58.00	
11 Chris Short	Grimsby Dss	8:00.00	
12 Mitch Wild	Waterdown	8:20.00	
13 Andrew Pauls	Eden High Sc	8:29.00	

Men 4x400 Meter Relay Open

Team	Finals	H#	Points
1 Highland S S 'A'	3:32.76	2	
2 Sir Winston Churchill S S 'A'	3:35.69	2	
3 Grimsby D S S 'A'	3:37.06	2	
4 E. L. Crossley S S 'A'	3:39.16	2	
5 Barton S S 'A'	3:40.32	2	
6 Beamsville D S S 'A'	3:45.11	2	
7 Sir John A. MacDonald S S 'A'	3:47.79	2	
8 Westdale S S 'A'	3:51.40	1	
9 Westlane S S 'A'	3:54.35	1	
10 Ancaster High 'A'	3:55.59	1	
11 Denis Morris H S 'A'	4:00.40	2	
12 Smithville District C H S 'A'	4:06.20	1	
13 A.N. Myer S S 'A'	4:06.89	1	