

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****Women 100 Meter Dash Midget**

Name	Year School	Prelims	H#
Preliminaries			
1 Edwards, Shadae	Denis Morris H S	13.00Q	1
2 Harrop, Kayla	Sherwood	13.51Q	2
3 Reichelt, Carrie	Ridge-Cr HS	13.13Q	1
4 McClurkin, Caitlin	Grimsby D S S	13.62Q	2
5 Ligas, Ashley	Highland	13.79q	2
6 Bokestyn, Richelle	Heritage Chr	13.83q	1
7 Thomas, Rachelle	Notre Dame College	13.87q	2
8 Andrews, Lauren	Lakeshore C H S	13.92q	1
9 Patterson, Carley	St. Francis S S	13.93	2
10 Mazzarella, Annika	Laura Secord S S	14.02	1
11 Samek, Emily	Westdale	14.19	1
12 Smarkala, Danielle	Sherwood	14.24	2
13 Huitema, Charlotte	Cayuga S S	14.32	1
14 Andrews, Sarah	E. L. Crossley S S	14.46	2
15 Salmon, Amy	Saltfleet	14.78	2

Women 100 Meter Dash Midget

Name	Year School	Finals	Points
Finals			
1 Edwards, Shadae	Denis Morris H S	12.88	
2 Reichelt, Carrie	Ridge-Cr HS	13.13	
3 Harrop, Kayla	Sherwood	13.47	
4 Thomas, Rachelle	Notre Dame College	13.62	
5 McClurkin, Caitlin	Grimsby D S S	13.66	
6 Bokestyn, Richelle	Heritage Chr	13.78	
7 Andrews, Lauren	Lakeshore C H S	13.86	
8 Ligas, Ashley	Highland	13.92	

Women 200 Meter Dash Midget

Name	Year School	Finals	H#	Points
1 Edwards, Shadae	Denis Morris H S	27.29	2	
2 Reichelt, Carrie	Ridge-Cr HS	27.98	2	
3 Rosts, Mikayla	Governor Simcoe S S	28.27	2	
4 Harrop, Kayla	Sherwood	28.33	2	
5 Hayward, Leah	Highland	28.84	2	
6 Musca, Mireille	Blessed Trinity H S	29.08	1	
7 Patterson, Carley	St. Francis S S	29.13	1	
8 Bajic, Melanie	Grimsby D S S	29.20	1	
9 Zavitz, Taylor	E. L. Crossley S S	29.41	1	
10 Tonogai, Sara	Sherwood	29.43	2	
11 Smarkala, Danielle	Sherwood	29.85	2	
12 Kidd, Cassidy	A.N. Myer S S	29.93	1	
13 Andrews, Sarah	E. L. Crossley S S	30.37	1	
14 Dixon, Sydnie	E. L. Crossley S S	30.49	1	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****Women 400 Meter Dash Midget**

Name	Year	School	Finals	H#	Points
1 Rosts, Mikayla		Governor Simcoe S S	1:00.45	2	
2 Tonogai, Sara		Sherwood	1:03.84	2	
3 Hayward, Leah		Highland	1:03.86	2	
4 Young, Jillian		E. L. Crossley S S	1:04.94	2	
5 Mc William, Hailey		Laura Secord S S	1:05.00	2	
6 Cahill, Rachel		A.N. Myer S S	1:06.05	2	
7 Graziano, Katie		Holy Cross H S	1:06.66	1	
8 Stacey, Julie		Westdale	1:06.70	2	
9 Barton, Kassi		McKinnon Park H S	1:06.83	2	
10 Woolfson, Melissa		Highland	1:07.82	1	
11 Hiseler, Sarah		Port Colborne H S	1:10.76	1	
12 Pot, Alanna		Smithville D	1:11.33	1	
13 Kleemola, Sarah		Denis Morris H S	1:12.18	1	
14 Featherston, Bailey		McKinnon Park H S	1:12.73	1	

Women 800 Meter Run Midget

Name	Year	School	Finals	H#	Points
1 MacDonald, Alannah		E. L. Crossley S S	2:26.61	2	
2 Stacey, Julie		Westdale	2:35.18	2	
3 Rosts, Mikayla		Governor Simcoe S S	2:36.68	2	
4 Cahill, Rachel		A.N. Myer S S	2:36.91	2	
5 Young, Jillian		E. L. Crossley S S	2:37.39	1	
6 Mc William, Hailey		Laura Secord S S	2:38.77	2	
7 Horn, Madeleine		Westdale	2:43.47	2	
8 Gravina, Maxine		Westdale	2:44.12	1	
9 Lloyd, Jackie		Highland	2:45.51	1	
10 Ross, Raylene		Grimsby D S S	2:55.83	2	
11 Koudys, Jackie		Blessed Trinity H S	2:55.87	1	

Women 1500 Meter Run Midget

Name	Year	School	Finals	Points
1 MacDonald, Alannah		E. L. Crossley S S	5:03.02	
2 Wallace, Jessica		Churchill, S	5:19.19	
3 Thompson, Karen		Highland	5:21.46	
4 Young, Jillian		E. L. Crossley S S	5:23.98	
5 Mc William, Hailey		Laura Secord S S	5:24.28	
6 Kleemola, Sarah		Denis Morris H S	5:29.39	
7 Lloyd, Jackie		Highland	5:31.29	
8 Horn, Madeleine		Westdale	5:39.75	
9 Gravina, Maxine		Westdale	5:39.97	
10 Vindis, Katelyn		South Lincoln H S	5:52.52	
11 Carr, MacAuley		Ridge-Cr HS	5:53.91	
12 Whiffing, Robin		Highland	5:59.09	
13 Dagenais, Felicia		Churchill, S	6:03.99	
14 Nagy, Skye		A.N. Myer S S	6:14.50	
-- Neff, Jaden		Port Colborne H S	DNF	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****Women 3000 Meter Run Midget**

Name	Year School	Finals	Points
1 Wallace, Jessica	Churchill, S	11:52.69	
2 Thompson, Karen	Highland	11:57.18	
3 Dagenais, Felicia	Churchill, S	12:31.51	
4 Carr, MacAuley	Ridge-Cr HS	12:31.57	
5 Vindis, Katelyn	South Lincoln H S	12:39.65	
6 Toderick, Carley	Denis Morris H S	13:04.79	
7 Andrews, Aleigh	Niagara D S S	13:21.14	
8 Whiffing, Robin	Highland	13:41.94	
-- DelFabbro, Rainy	Cayuga S S	DNF	

Women 80 Meter Hurdles Midget

Name	Year School	Prelims	H#
Preliminaries			
1 Musca, Mireille	Blessed Trinity H S	13.42Q	1
2 Lin, Sally	Laura Secord S S	14.10Q	2
3 Gatta, Karley	Centennial S S	14.29Q	2
4 Zavitz, Taylor	E. L. Crossley S S	14.43Q	1
5 Heckel, Jessie	A.N. Myer S S	14.86q	1
6 Meadows, Courtney	Cayuga S S	15.24q	2
7 Mitro, Alison	Highland	15.34q	1
8 Danielson, Hannah	Cayuga S S	15.48q	2
9 Blayney-Calder, Sam	Grimsby D S S	15.60	1
10 Meeboer, Megan	Beamsville D S S	15.73	1
11 Koudys, Jackie	Blessed Trinity H S	17.11	2

Women 80 Meter Hurdles Midget

Name	Year School	Finals	Points
Finals			
1 Musca, Mireille	Blessed Trinity H S	12.98	
2 Zavitz, Taylor	E. L. Crossley S S	13.35	
3 Lin, Sally	Laura Secord S S	13.86	
4 Heckel, Jessie	A.N. Myer S S	13.87	
5 Meadows, Courtney	Cayuga S S	14.69	
6 Gatta, Karley	Centennial S S	14.79	
7 Mitro, Alison	Highland	14.88	
8 Danielson, Hannah	Cayuga S S	14.99	

Women 300 Meter Hurdles Midget

Name	Year School	Finals	H#	Points
1 Zavitz, Taylor	E. L. Crossley S S	50.20	2	
2 Reichelt, Carrie	Ridge-Cr HS	52.05	2	
3 Simpson, Chloe	Laura Secord S S	52.99	2	
4 Gatta, Karley	Centennial S S	54.72	1	
5 Thiessen, Adrienne	Laura Secord S S	54.89	2	
6 Mitro, Alison	Highland	56.47	2	
7 Wilson, Emily	Laura Secord S S	57.69	2	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****....Women 300 Meter Hurdles Midget**

8 Shurr, Heather	Cayuga S S	58.17	1
9 Campbell, Mary Ellen	Cayuga S S	59.52	1
10 Barrett, Sierra	Beamsville D S S	1:03.46	1
-- Blayney-Calder, Sam	Grimsby D S S	DQ	2

Women 4x100 Meter Relay Midget

School	Finals	H#	Points
1 Sherwood 'A'	54.01	2	
1) Smarkala, Danielle			
3) Henderson, Allie			
2 A.N. Myer S S 'A'	54.70	2	
1) Kidd, Kassidy			
3) Nagy, Skye			
3 Laura Secord S S 'A'	54.74	2	
4 E. L. Crossley S S 'A'	55.16	2	
1) Zavitz, Taylor			
3) Dixon, Sydney			
5 Highland 'A'	55.17	2	
6 Grimsby D S S 'A'	55.27	2	
7 Holy Cross H S 'A'	56.90	2	
8 Westdale 'A'	57.27	1	
1) Diverlus, Pascale			
3) Hinks-Russell, Olivia			
9 Blessed Trinity H S 'A'	57.83	2	
10 South Lincoln H S 'A'	58.06	1	
11 Cayuga S S 'A'	58.24	1	
1) Kline, Andrea			
3) Wolfe, Adrienne			
12 St. Paul H S 'A'	1:00.10	1	
-- Ridgeway-Crystal Beach 'A'	DQ	1	

Women High Jump Midget

Name	Year School	Finals	Points
1 Elmers, Crystal	Smithville D	1.57m	
2 Kranics, Mackenzie	Lakeshore C H S	1.45m	
3 Leigh, Mackenzie	St. Paul H S	J1.45m	
4 Bajic, Melanie	Grimsby D S S	J1.45m	
5 VanderMeer, Michelle	Hamilton District	1.40m	
6 Clements, Erika	Centennial S S	J1.40m	
7 Corning, Devon	Highland	J1.40m	
7 Robbins, Kristy	Jean Vanier E S	J1.40m	
9 Alexander, Khadija	Westdale	J1.40m	
10 Loff, Leanne	Eden High School	J1.40m	
11 Meadows, Courtney	Cayuga S S	1.35m	
11 Bruulsema, Alyssa	Hamilton District	1.35m	
13 Biancaniello, Jessica	Holy Cross H S	1.30m	
-- Baker, Emma	Waterdown	FAIL	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****Women Long Jump Midget**

Name	Year	School	Finals	Points
1 McClurkin, Caitlin		Grimsby D S S	4.95m	
2 VanderMeer, Michelle		Hamilton District	4.67m	
3 Elmers, Crystal		Smithville D	4.60m	
4 Trifunovic, Stacey		South Lincoln H S	4.53m	
5 Heckel, Jessie		A.N. Myer S S	4.44m	
6 MacKay, Cassidy		Churchill, S	4.38m	
7 Nieuwold, Tamara		E. L. Crossley S S	4.32m	
8 Lin, Sally		Laura Secord S S	4.24m	
9 Bruulsema, Alyssa		Hamilton District	3.81m	
10 Rees, Alex		Highland	3.79m	
11 Wutzke, Jenna		E. L. Crossley S S	3.75m	
12 Rizvanovic, Amina		Orchard Park	3.73m	
13 Robbins, Kristy		Jean Vanier E S	3.68m	
14 Sander, Tori		Ridge-Cr HS	3.63m	

Women Triple Jump Midget

Name	Year	School	Finals	Points
1 McClurkin, Caitlin		Grimsby D S S	10.40m	
2 VanderMeer, Michelle		Hamilton District	10.24m	
3 Dunbar, Carly		West Park S S	10.10m	
4 Trifunovic, Stacey		South Lincoln H S	10.07m	
5 MacKay, Cassidy		Churchill, S	9.87m	
6 Elmers, Crystal		Smithville D	9.85m	
7 Nieuwold, Tamara		E. L. Crossley S S	9.75m	
8 Thomas, Rachelle		Notre Dame College	9.72m	
9 Andrews, Lauren		Lakeshore C H S	9.25m	
10 Heckel, Jessie		A.N. Myer S S	9.01m	
11 Dixon, Sydnie		E. L. Crossley S S	8.20m	
12 Rees, Alex		Highland	7.93m	

Women Shot Put Midget

Name	Year	School	Finals	Points
1 Moss, Sarah		Notre Dame College	10.84m	
2 DiCesare, Alyssa		Westmount	9.57m	
3 Croft, Mackenzie		Notre Dame College	8.92m	
4 Campbell, Mary Ellen		Cayuga S S	8.83m	
5 MacLeod, Samantha		Sherwood	8.72m	
6 MacLeod, Rachel		Sherwood	8.36m	
7 Liota, Marina		Hagersville S S	8.34m	
8 Hogeveen, Jazmine		Smithville D	7.90m	
9 Alexander, Khadija		Westdale	7.42m	
10 Miotto, Jamie		Laura Secord S S	7.28m	
11 Mazzarella, Annika		Laura Secord S S	7.26m	
12 Biancaniello, Jessica		Holy Cross H S	7.10m	
13 Peirce, Mallory		Westdale	6.91m	
14 Woehl, Caroline		Ridge-Cr HS	6.86m	
15 Rogers, Kelsey		Denis Morris H S	6.72m	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****Women Discus Throw Midget**

Name	Year School	Finals	Points
1 Moss, Sarah	Notre Dame College	35.64m	
2 DiCesare, Alyssa	Westmount	26.24m	
3 Woehl, Caroline	Ridge-Cr HS	25.78m	
4 Croft, Mackenzie	Notre Dame College	22.02m	
5 Miotto, Jamie	Laura Secord S S	20.74m	
6 Peirce, Mallory	Westdale	20.27m	
7 Feiertag, Claire	Ridge-Cr HS	19.74m	
8 Shurr, Heather	Cayuga S S	19.63m	
9 Hogeveen, Jazmine	Smithville D	17.00m	
10 Johnson, Rebecca	Saltfleet	16.58m	
11 Szczepanowski, Rebecca	Saltfleet	14.64m	
12 Fisher, Natalie	South Lincoln H S	14.26m	

Women Javelin Throw Midget

Name	Year School	Finals	Points
1 DiCesare, Alyssa	Westmount	31.71m	
2 Feiertag, Claire	Ridge-Cr HS	26.49m	
3 Croft, Mackenzie	Notre Dame College	26.20m	
4 Rogers, Kelsey	Denis Morris H S	23.42m	
5 Slamka, Hailey	Holy Cross H S	23.34m	
6 Devay, Olivia	Cayuga S S	23.14m	
7 Mitro, Alison	Highland	23.11m	
8 Visentin, Dee	St. Paul H S	22.43m	
9 Szczepanowski, Rebecca	Saltfleet	19.51m	
10 Fisher, Natalie	South Lincoln H S	19.38m	
11 Miotto, Jamie	Laura Secord S S	16.96m	
12 Dusek, Janelle	Laura Secord S S	16.43m	
13 Johnson, Rebecca	Saltfleet	16.21m	
14 Campbell, Mary Ellen	Cayuga S S	15.11m	
15 Peirce, Mallory	Westdale	14.39m	

Women 100 Meter Dash Junior

Name	Year School	Prelims	H#
Preliminaries			
1 Kohli, Melissa	E. L. Crossley S S	13.35Q	2
2 Suiciak, Emma	E. L. Crossley S S	13.38Q	1
3 Ulman, Jenel	Westmount	13.49Q	1
4 Vanderwoude, Valerie	Guido de Bres	13.61Q	2
5 Barnes, Lauren	Notre Dame College	13.70q	2
6 Borowski, Melissa	Centennial S S	13.72q	2
7 Brooks, Lauren	Westdale	13.82q	2
8 Isenor, Jordan	Niagara D S S	13.88q	1
9 Fairgrieve, Alex	Lakeshore C H S	13.89	2
10 McAurthur, Jessica	Ancaster High	13.90	1
11 Boykin, Mercedes	St. Francis S S	14.13	1
12 Begin, Devin	St. Francis S S	14.24	2
13 Bartlett, Renee	Beamsville D S S	14.29	2
14 Alexander, Deniqua	Westdale	14.43	1
15 Beach, Morgan	Grimsby D S S	14.46	1

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****Women 100 Meter Dash Junior**

Name	Year School	Finals	Points
Finals			
1 Ulman, Jenel	Westmount	13.18	
2 Kohli, Melissa	E. L. Crossley S S	13.27	
3 Suiciak, Emma	E. L. Crossley S S	13.55	
4 Vanderwoude, Valerie	Guido de Bres	13.56	
5 Barnes, Lauren	Notre Dame College	13.69	
6 Borowski, Melissa	Centennial S S	13.92	
7 Brooks, Lauren	Westdale	14.00	
8 Isenor, Jordan	Niagara D S S	14.02	

Women 200 Meter Dash Junior

Name	Year School	Finals	H#	Points
1 Holmes, Jacquie	Highland	27.94	2	
2 Ulman, Jenel	Westmount	27.96	2	
3 Kohli, Melissa	E. L. Crossley S S	28.01	2	
4 Reid, Hilary	E. L. Crossley S S	28.13	2	
5 Gadoury, Kelly	McKinnon Park H S	28.76	1	
6 Kalchman, Katie	E. L. Crossley S S	28.83	2	
7 Howell, Catherine	Westdale	28.86	1	
8 Bartlett, Renee	Beamsville D S S	29.33	1	
9 Flockhart, Kayla	Blessed Trinity H S	29.46	1	
10 Mostert, Rachel	Beacon Chris	29.67	2	
11 Kapteyn, Emily	Westmount	29.76	2	
12 Beach, Morgan	Grimsby D S S	30.18	1	
13 Begin, Devin	St. Francis S S	30.58	1	
14 Wiebe, Lauren	E. L. Crossley S S	31.16	1	

Women 400 Meter Dash Junior

Name	Year School	Finals	H#	Points
1 Holmes, Jacquie	Highland	1:01.14	2	
2 Inman, Meg	Westdale	1:01.69	2	
3 DiCienzo, Natasha	St. Paul H S	1:02.04	2	
4 Reid, Hilary	E. L. Crossley S S	1:03.46	2	
5 Howell, Catherine	Westdale	1:04.75	2	
6 Gadoury, Kelly	McKinnon Park H S	1:07.12	2	
7 Smith, Jessika	South Lincoln H S	1:08.95	1	
8 Stec, Winsome	Denis Morris H S	1:09.95	1	
9 Mostert, Rachel	Beacon Chris	1:10.68	1	
10 Read, Kristine	Beamsville D S S	1:18.02	1	
11 Vaughan, Olivia	Grimsby D S S	1:35.31	2	

Women 800 Meter Run Junior

Name	Year School	Finals	H#	Points
1 Rempel, Karley	E. L. Crossley S S	2:20.67	2	
2 Molodynia, Michelle	A.N. Myer S S	2:21.88	2	
3 MacKinnon, Chelsea	Westdale	2:24.63	2	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****....Women 800 Meter Run Junior**

4	Inman, Meg	Westdale	2:25.75	2
5	DiCienzo, Natasha	St. Paul H S	2:29.64	2
6	Beattie, Hillary	Grimsby D S S	2:32.47	2
7	Leask, Jenna	Churchill, S	2:35.34	2
8	Liao, Elizabeth	Westdale	2:42.65	2
9	Sloan, Jenn	Highland	2:48.99	1
10	Litwiniuk, Klaudia	A.N. Myer S S	2:52.00	1
11	Karpyshyn, Taylor	Laura Secord S S	3:13.68	1
12	MacMillan, Taylor	St. Michael H S	3:16.07	1

Women 1500 Meter Run Junior

Name	Year	School	Finals	Points
1 Rempel, Karley		E. L. Crossley S S	4:53.24	
2 MacKinnon, Chelsea		Westdale	4:53.73	
3 Molodynia, Michelle		A.N. Myer S S	4:54.21	
4 Leask, Jenna		Churchill, S	5:27.59	
5 Attema, Alicia		South Lincoln H S	5:40.12	
6 Liao, Christina		Westdale	5:46.58	
7 Swenor, Katelyn		Westmount	5:47.55	
8 Sloan, Jen		Highland	5:48.71	
9 Casucci, Katie		St. Paul H S	6:06.63	
10 Karpyshyn, Taylor		Laura Secord S S	6:35.28	
11 MacMillan, Taylor		St. Michael H S	6:37.76	
-- Read, Kristine		Beamsville D S S	DNF	
-- Malott, Lauren		Waterdown	DNF	

Women 3000 Meter Run Junior

Name	Year	School	Finals	Points
1 Witt, Jessica		Westdale	11:18.27	
2 Mooradian, Laura		Denis Morris H S	11:30.14	
3 Swenor, Katelyn		Westmount	13:13.26	
4 Thompson, Melanie		Highland	13:13.68	
5 St.Pierre, Michelle		Highland	13:58.77	
6 McFarland, Chelsey		Centennial S S	15:32.11	
-- Ruiz, Cecilia		Centennial S S	DNF	
-- Attema, Alicia		South Lincoln H S	DNF	

Women 80 Meter Hurdles Junior

Name	Year	School	Prelims	H#
Preliminaries				
1 Beattie, Hillary		Grimsby D S S	14.00Q	2
1 Weir, Jennifer		Centennial S S	14.00Q	1
3 Suiciak, Emma		E. L. Crossley S S	14.01Q	2
3 Kalchman, Katie		E. L. Crossley S S	14.01Q	1
5 Isenor, Jordan		Niagara D S S	14.02q	1
5 Harley, Teri-Lee		Sir John A M	14.02q	2
7 Koning, Jessica		McKinnon Park H S	14.03q	2
7 Vaughan, Olivia		Grimsby D S S	14.03q	1
9 Given, Lesley		South Lincoln H S	14.04	1

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****....Women 80 Meter Hurdles Junior**

9	Dynes, Lindsay	Highland	14.04	2
11	Dunsmuir, Gillian	Saltfleet	14.05	1
11	Richardson, Michelle	Laura Secord S S	14.05	2
13	Carr, Mhairi	Ridge-Cr HS	14.06	1

Women 80 Meter Hurdles Junior

Name	Year	School	Finals	Points
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Finals

1	Suiciak, Emma	E. L. Crossley S S	13.08	
2	Kalchman, Katie	E. L. Crossley S S	13.33	
3	Beattie, Hillary	Grimsby D S S	13.34	
4	Weir, Jennifer	Centennial S S	13.61	
5	Vaughan, Olivia	Grimsby D S S	13.83	
6	Isenor, Jordan	Niagara D S S	14.13	
7	Harley, Teri-Lee	Sir John A M	14.30	
8	Koning, Jessica	McKinnon Park H S	14.35	

Women 300 Meter Hurdles Junior

Name	Year	School	Finals	H#	Points
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1	Beattie, Hillary	Grimsby D S S	48.38	2	
2	Kalchman, Katie	E. L. Crossley S S	49.30	2	
3	Weir, Jennifer	Centennial S S	51.17	2	
4	Dynes, Lindsay	Highland	51.37	2	
5	Harley, Teri-Lee	Sir John A M	52.15	1	
6	Vaughan, Olivia	Grimsby D S S	52.23	2	
7	Gearing, Emily	E. L. Crossley S S	52.77	2	
8	Alblas, Mariah	Grimsby D S S	54.10	1	
9	Dunsmuir, Gillian	Saltfleet	54.35	1	
10	Winger, Jen	Ridge-Cr HS	54.49	2	
11	Given, Lesley	South Lincoln H S	54.71	2	
12	Guigue, Misty	Sir John A M	1:01.11	1	

Women 4x100 Meter Relay Junior

School	Finals	H#	Points
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1	E. L. Crossley S S 'A'	51.80	2
	1) Kalchman, Katie		
	2) Kohli, Melissa		
	3) Reid, Hilary		
	4) Suiciak, Emma		
2	Grimsby D S S 'A'	54.52	2
2	Centennial S S 'A'	54.52	2
4	Westdale 'A'	55.16	2
	1) Alexander, Deniqua		
	2) Brooks, Lauren		
	3) Samek, Emily		
	4) Brown, Taneisha		
5	Lakeshore C H S 'A'	55.60	2
6	Hamilton District 'A'	56.32	1
	1) deBoer, Jody		
	2) Douwes, Krista		
	3) VanderMeer, Michelle		
	4) Regnerus, Dayva		
7	South Lincoln H S 'A'	56.61	1
8	Beamsville D S S 'A'	56.86	2

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****....Women 4x100 Meter Relay Junior**

9	Ridgeway-Crystal Beach	'A'	57.25	2
10	Denis Morris H S	'A'	57.46	1
11	Highland	'A'	58.35	1
12	Saltfleet	'A'	59.12	1
	1) Obidi, Shope		2) Salmon, Amy	
	3) Lynch, Alexis		4)	
--	McKinnon Park H S	'A'	DQ	1
	1) Koning, Jessica		2) Barton, Kassi	
	3) Dilks, Angie		4) Gee, Taryn	

Women High Jump Junior

Name	Year	School	Finals	Points
1 Suiciak, Emma		E. L. Crossley S S	1.50m	
2 Klunder, Rachael		South Lincoln H S	J1.50m	
3 Regnerus, Dayva		Hamilton District	J1.50m	
4 Harley, Teri-Lee		Sir John A M	1.40m	
5 Folkerts, Katelynn		Smithville D	1.38m	
6 Guigue, Misty		Sir John A M	1.35m	
7 Darnay, Kendall		St. Michael H S	J1.35m	
8 Martin, Bryanne		Ridge-Cr HS	1.30m	
8 MacDonald, Kaitlyn		Hill Park	1.30m	
8 Malott, Lauren		Waterdown	1.30m	
11 Phillips, Hannah		Dunnville S S	J1.30m	
-- Bull, Caroline		Blessed Trinity H S	FAIL	

Women Pole Vault Midget / Junior

Name	Year	School	Finals	Points
1 Darnay, Kendall		St. Michael H S	2.72m	
2 Lafontaine, Shannon		Laura Secord S S	2.12m	
3 Tomaino, Heike		Notre Dame College	J2.12m	
4 Au, Kimmy		St. Paul H S	J2.12m	
5 Kalenuik, Victoria		Ridge-Cr HS	1.87m	
6 Richardson, Michelle		Laura Secord S S	J1.87m	
7 Fowler, India		Laura Secord S S	1.72m	
-- Dusek, Janelle		Laura Secord S S	FAIL	

Women Long Jump Junior

Name	Year	School	Finals	Points
1 Soobramanie, Skye		Beamsville D S S	4.52m	
2 Gearing, Emily		E. L. Crossley S S	4.51m	
3 Theissen, Janelle		Eden High School	4.48m	
4 Barnfield, Rebecca		Grimsby D S S	4.33m	
5 Regnerus, Dayva		Hamilton District	4.30m	
6 Lafontaine, Shannon		Laura Secord S S	4.29m	
6 Bagnulo, Jessica		A.N. Myer S S	4.29m	
8 Spadzinski, Aleesha		A.N. Myer S S	4.22m	
9 Yosifova, Aleksandra		A.N. Myer S S	4.18m	
10 Guigue, Misty		Sir John A M	4.16m	
11 Crouse, Haley		Grimsby D S S	3.98m	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****....Women Long Jump Junior**

12 Bonnick, Ranice	Notre Dame College	3.93m
13 Knoll, Chantelle	Guido de Bres	3.77m

Women Triple Jump Junior

Name	Year School	Finals	Points
1 Kohli, Melissa	E. L. Crossley S S	10.14m	
2 Barnfield, Rebecca	Grimsby D S S	10.12m	
3 Isenor, Jordan	Niagara D S S	9.91m	
4 Soobramanie, Skye	Beamsville D S S	9.79m	
5 Bagnulo, Jessica	A.N. Myer S S	9.66m	
6 Lafontaine, Shannon	Laura Secord S S	9.49m	
7 Winger, Jen	Ridge-Cr HS	9.43m	
8 Smith, Jessica	A.N. Myer S S	9.22m	
9 Beach, Morgan	Grimsby D S S	9.09m	
10 Litwiniuk, Klaudia	A.N. Myer S S	8.88m	
11 Knoll, Chantelle	Guido de Bres	8.51m	
12 Bootsma, Reanne	Hamilton District	7.81m	

Women Shot Put Junior

Name	Year School	Finals	Points
1 Climenhage, Megan	E. L. Crossley S S	9.50m	
2 Evans, Jamie	Hagersville S S	9.23m	
3 Williams, Tyanna	Westdale	9.00m	
4 McAdam, Taneisha	Denis Morris H S	8.83m	
5 Robins, Cassie	Port Colborne H S	8.58m	
6 Doepping-Schumacher, Lau	Ridge-Cr HS	8.53m	
7 Sanderson, Rachel	Highland	8.48m	
8 Douwes, Krista	Hamilton District	7.82m	
9 Jongsma, Natalie	Guido de Bres	7.72m	
10 DiDomenico, Sarah	St. Paul H S	7.69m	
11 Lehn-Blazejczek, Isabel	Highland	7.04m	
12 Langbroek, Allison	Beacon Chris	6.98m	
13 Riebot, Leanne	Smithville D	6.86m	
14 Duck, Sarah	Smithville D	6.56m	
15 MacLeod, Melissa	Denis Morris H S	6.26m	

Women Discus Throw Junior

Name	Year School	Finals	Points
1 Doepping-Schumacher, Lau	Ridge-Cr HS	28.26m	
2 Climenhage, Megan	E. L. Crossley S S	27.00m	
3 Houston, Samantha	Saltfleet	22.48m	
4 Betz, Tess	Grimsby D S S	21.69m	
5 Martin, Shelby	E. L. Crossley S S	21.68m	
6 Evans, Jamie	Hagersville S S	21.31m	
7 Douwes, Krista	Hamilton District	19.53m	
8 Jongsma, Natalie	Guido de Bres	19.48m	
9 Drake, Casey	Grimsby D S S	17.29m	
10 Ronnenberg, Karly	Saltfleet	16.75m	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****Women Javelin Throw Junior**

Name	Year	School	Finals	Points
1 Climenhage, Megan		E. L. Crossley S S	32.61m	
2 Higenell, Molly		E. L. Crossley S S	28.62m	
3 Evans, Jamie		Hagersville S S	27.60m	
4 Murphy, Christine		Denis Morris H S	25.08m	
5 Houston, Samantha		Saltfleet	24.70m	
6 Drake, Casey		Grimsby D S S	24.33m	
7 Klunder, Rachael		South Lincoln H S	23.64m	
8 Douwes, Krista		Hamilton District	22.98m	
9 Robins, Cassie		Port Colborne H S	21.22m	
10 Lehn-Blazejczek, Isabel		Highland	21.15m	
11 Poot, Emily		Highland	19.17m	
12 Karpysyn, Taylor		Laura Secord S S	17.34m	
13 Hart, Samantha		Saltfleet	17.08m	
14 Lennon, Madison		McKinnon Park H S	16.34m	
15 LaFratta, Rebecca		Denis Morris H S	14.90m	

Women 100 Meter Dash Senior

Name	Year	School	Prelims	H#
Preliminaries				
1 Elmers, Dawn		Smithville D	13.18Q	1
2 Bruzesse, Larissa		Notre Dame College	13.24Q	2
3 Blackwood, Kadaija		Westlane S S	13.28Q	2
4 Rose Smith, Deanna		South Lincoln H S	13.44Q	1
5 Smith, Victoria		A.N. Myer S S	13.54q	2
5 Barber, Krista		McKinnon Park H S	13.54q	2
7 Chuks-Mady, Chi Chi		Barton S.S.	13.57q	2
8 Kasamba, Lorette		Denis Morris H S	13.61q	1
9 Grosskurth, Alex		Laura Secord S S	13.72	1
10 Mersereau, Samantha		Westmount	13.88	1
11 Steele, Rebekah		Dunnville S S	13.93	2
12 Schoppmann, Emily		Blessed Trinity H S	14.22	1
13 Bosscher, Karyn		Guido de Bres	14.27	1
14 Jackson, Janine		Parkside	14.40	1
15 Haalstra, Rachel		Hamilton District	14.84	2

Women 100 Meter Dash Senior

Name	Year	School	Finals	Points
Finals				
1 Bruzesse, Larissa		Notre Dame College	13.14	
2 Smith, Victoria		A.N. Myer S S	13.33	
3 Elmers, Dawn		Smithville D	13.34	
4 Rose Smith, Deanna		South Lincoln H S	13.35	
5 Blackwood, Kadaija		Westlane S S	13.38	
6 Chuks-Mady, Chi Chi		Barton S.S.	13.39	
7 Barber, Krista		McKinnon Park H S	13.46	
8 Kasamba, Lorette		Denis Morris H S	13.65	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****Women 200 Meter Dash Senior**

Name	Year	School	Finals	H#	Points
1 Giles, Alex		Governor Simcoe S S	27.46	2	
2 Elmers, Dawn		Smithville D	27.48	2	
3 Smith, Victoria		A.N. Myer S S	27.57	2	
4 Kasamba, Lorette		Denis Morris H S	27.97	1	
5 Bethlehem, Melissa		Guido de Bres	28.14	1	
6 DeJong, Julie		Hamilton District	28.21	1	
7 Hayes, Cassee		Cayuga S S	28.24	1	
8 Blackwood, Kadaija		Westlane S S	28.40	2	
9 Mersereau, Samantha		Westmount	28.91	1	
10 Bosscher, Sarah		Guido de Bres	29.08	1	

Women 400 Meter Dash Senior

Name	Year	School	Finals	H#	Points
1 Kelly, Mariah		St. Michael H S	59.23	2	
2 Smith, Victoria		A.N. Myer S S	1:02.24	2	
3 Giles, Alex		Governor Simcoe S S	1:03.78	2	
4 Shing, Emily		Highland	1:04.27	2	
5 Szota, Lindsay		Ancaster High	1:05.98	2	
6 Klassen, Janell		Westdale	1:06.93	1	
7 Garvey, Paige		E. L. Crossley S S	1:08.00	1	
8 Pappin, Rebecca		Barton S.S.	1:09.38	1	
9 Boyd, Ali		Governor Simcoe S S	1:09.91	1	
10 Kurpe, Erin		Grimsby D S S	1:10.30	1	
11 Adams, Carli		Blessed Trinity H S	1:12.58	1	

Women 800 Meter Run Senior

Name	Year	School	Finals	H#	Points
1 Kelly, Mariah		St. Michael H S	2:19.42	2	
2 Thompson, Carise		Highland	2:23.85	2	
3 Adams, Paris		Blessed Trinity H S	2:27.32	2	
4 Patterson, Courtney		Highland	2:28.77	2	
5 Dunbar, Shelby		West Park S S	2:31.32	2	
6 Hicks, Rachel		Highland	2:34.16	1	
7 Hamblton, Julie		Grimsby D S S	2:34.21	2	
8 Szota, Lindsay		Ancaster High	2:38.76	1	
9 Jones, Brittany		Jean Vanier E S	2:42.06	1	
10 Bracken, Kristia		Laura Secord S S	2:42.67	2	
11 Pulsifer, Kenzie		Westdale	2:43.80	1	

Women 1500 Meter Run Senior

Name	Year	School	Finals	Points
1 Thompson, Carise		Highland	4:50.07	
2 Stuive, Heather		Eden High School	4:50.76	
3 Adams, Paris		Blessed Trinity H S	5:05.63	
4 Hamblton, Julie		Grimsby D S S	5:10.54	
5 Stuive, Monique		Eden High School	5:23.99	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****....Women 1500 Meter Run Senior**

6	Hicks, Rachel	Highland	5:27.34
7	Johnson, Kristen	E. L. Crossley S S	5:38.68
8	Rasmussen, Sarah	Ancaster High	5:44.31
9	Jones, Brittany	Jean Vanier E S	5:55.00
10	Tritton, Tessa	Centennial S S	6:25.69
11	Thomas, Nicky	Notre Dame College	7:00.57
--	Wilson, Colleen	Ancaster High	DNF
--	Szota, Lindsay	Ancaster High	DNF
--	McEwan, Kirsten	Centennial S S	DNF

Women 3000 Meter Run Senior

Name	Year	School	Finals	Points
1	Stuive, Heather	Eden High School	10:42.59	
2	Wilson, Colleen	Ancaster High	11:48.19	
3	Hamblton, Brittany	Grimsby D S S	12:02.10	
4	Stuive, Monique	Eden High School	12:05.00	
5	Rasmussen, Sarah	Ancaster High	12:13.09	
6	Passant, Jessica	Highland	12:25.09	
7	Kalvaitis, Genna	Blessed Trinity H S	13:23.25	
8	Marjanovic, Jelena	Highland	13:51.48	
9	Tritton, Tessa	Centennial S S	15:56.22	
10	Forgues, Madison	Lakeshore C H S	16:03.26	
11	Swan, Kelly	Centennial S S	16:05.89	

Women 100 Meter Hurdles Senior

Name	Year	School	Prelims	H#
Preliminaries				
1	May, Jessica	Saltfleet	16.00Q	1
1	Glodziak, Devon	Grimsby D S S	16.00Q	2
3	Miotto, Jessica	Laura Secord S S	16.01Q	2
3	Sarjeant, Vanessa	Orchard Park	16.01Q	1
5	Hicks, Heather	Grimsby D S S	16.02q	1
5	Elmers, Dawn	Smithville D	16.02q	2
7	Hayes, Cassee	Cayuga S S	16.03q	2
7	Bordi, Shelby	Highland	16.03q	1
9	Cook, Olivia	Ridge-Cr HS	16.04	2
9	Mersereau, Samantha	Westmount	16.04	1
11	Lymburner, Halee	E. L. Crossley S S	16.05	1
11	Hayward, Rebecca	Highland	16.05	2
13	Stark, Alison	E. L. Crossley S S	16.06	1
13	Gearing, Jennifer	E. L. Crossley S S	16.06	2
--	Macleod, Taylor	Grimsby D S S	DNF	1

Women 100 Meter Hurdles Senior

Name	Year	School	Finals	Points
Finals				
1	May, Jessica	Saltfleet	15.89	
2	Elmers, Dawn	Smithville D	15.98	
3	Sarjeant, Vanessa	Orchard Park	16.09	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****....Women 100 Meter Hurdles Senior**

4 Miotto, Jessica	Laura Secord S S	16.35
5 Bordi, Shelby	Highland	16.59
6 Glodziak, Devon	Grimsby D S S	16.75
7 Hayes, Cassee	Cayuga S S	16.88
-- Hicks, Heather	Grimsby D S S	DNF

Women 400 Meter Hurdles Senior

Name	Year School	Finals	H#	Points
1 Schoppmann, Emily	Blessed Trinity H S	1:09.91	2	
2 May, Jessica	Saltfleet	1:10.00	2	
3 Lymburner, Halee	E. L. Crossley S S	1:13.93	2	
4 Bordi, Shelby	Highland	1:16.30	2	
5 Hartwick, Charlene	E. L. Crossley S S	1:16.56	2	
6 Hayward, Rebecca	Highland	1:17.12	2	
7 Johnson, Kristen	E. L. Crossley S S	1:18.86	1	
8 Gearing, Jennifer	E. L. Crossley S S	1:19.39	2	
9 Henniges, Marieke	Smithville D	1:45.32	1	
-- Sarjeant, Vanessa	Orchard Park	DQ	1	

Women 4x100 Meter Relay Senior

School	Finals	H#	Points
1 Guido de Bres 'A'	51.97	2	
1) Vanderwoude, Valerie			
2) Bosscher, Sarah			
3) Bosscher, Karyn			
2 Grimsby D S S 'A'	52.09	2	
3 Notre Dame College 'A'	52.30	2	
1) Pizicki, Kristen			
2) Bruzzese, Larissa			
3) Michalak, Sharon			
4) Barnes, Lauren			
4 Highland 'A'	52.47	2	
5 Centennial S S 'A'	53.11	2	
6 A.N. Myer S S 'A'	54.03	2	
7 E. L. Crossley S S 'A'	54.18	2	
1) Hartwick, Charlene			
2) Johnson, Kristen			
3) Lymburner, Halee			
4) Stark, Alison			
8 Hamilton District 'A'	54.83	1	
1) Thomas, Gillian			
2) DeJong, Victoria			
3) DeJong, Julie			
4) Haalstra, Rachel			
9 Barton S.S. 'A'	55.15	2	
1) Chuks-Mady, Chi Chi			
2) Gayle, Victoria			
3) Pappin, Rebecca			
4) Hebert, Nicole			
10 Cayuga S S 'A'	55.81	1	
1) Fehrman, Bailey			
2) Danielson, Naomi			
3) Reischl, Stephanie			
4) Hayes, Cassee			
11 Denis Morris H S 'A'	57.05	1	
12 Westdale 'A'	57.70	1	
1) Klassen, Janell			
2) Ma, Julie			
3) Pulsifer, Kelsie			
4) Pulsifer, Kenzie			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****Women High Jump Senior**

Name	Year	School	Finals	Points
1 Olah, Courtney		St. Paul H S	1.65m	
2 Hicks, Heather		Grimsby D S S	1.55m	
3 Aiello, Caprice		St. Michael H S	1.45m	
4 John, Amanda		Highland	J1.45m	
5 Yole, Courtney		Blessed Trinity H S	1.35m	
6 Singleton, Meagan		Ridge-Cr HS	J1.35m	
7 Stechyshyn, Shalimar		E. L. Crossley S S	1.30m	
8 Elsharty, Randa		A.N. Myer S S	J1.30m	
9 Anderson, Kelsey		Blessed Trinity H S	J1.30m	

Women Pole Vault Senior

Name	Year	School	Finals	Points
1 Michalak, Sharon		Notre Dame College	3.22m	
2 Nicholas, Whitney		Hagersville S S	2.57m	
3 Stark, Alison		E. L. Crossley S S	2.42m	
4 Gearing, Jennifer		E. L. Crossley S S	2.27m	
5 Warkholdt, Ellen		Laura Secord S S	2.12m	

Women Long Jump Senior

Name	Year	School	Finals	Points
1 Olah, Courtney		St. Paul H S	4.83m	
2 Gough, Shyrell		West Park S S	4.71m	
3 Macleod, Taylor		Grimsby D S S	4.70m	
4 Miotto, Jessica		Laura Secord S S	4.69m	
5 Cook, Olivia		Ridge-Cr HS	J4.69m	
6 Hayes, Cassee		Cayuga S S	4.50m	
7 Thomas, Gillian		Hamilton District	4.38m	
8 Cottrell, Danielle		Waterdown	4.37m	
9 Barber, Krista		McKinnon Park H S	4.15m	
10 Hicks, Heather		Grimsby D S S	4.13m	
11 Johnston, Shelby		Centennial S S	4.12m	
12 Smith, Katelin		Orchard Park	4.00m	
13 Russel, Bailey		Ancaster High	3.24m	

Women Triple Jump Senior

Name	Year	School	Finals	Points
1 Olah, Courtney		St. Paul H S	10.77m	
2 Miotto, Jessica		Laura Secord S S	10.69m	
3 Cook, Olivia		Ridge-Cr HS	10.49m	
4 Glodziak, Devon		Grimsby D S S	10.44m	
5 Oakes, Kirsten		A.N. Myer S S	10.33m	
6 Gough, Shyrell		West Park S S	10.24m	
7 DeJong, Julie		Hamilton District	10.09m	
8 May, Jessica		Saltfleet	10.07m	
9 Boese, Margie		Niagara D S S	9.50m	
10 Barber, Krista		McKinnon Park H S	9.05m	
11 Comfort, Justine		South Lincoln H S	8.88m	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****Women Shot Put Senior**

Name	Year School	Finals	Points
1 Smolovic, Kristina	Barton S.S.	10.45m	
2 Middleton, Sam	Dunnville S S	10.41m	
3 MacKay, Kimi	Churchill, S	9.26m	
4 Koroll, Kortney	Governor Simcoe S S	8.95m	
5 Ott, Melissa	Fort Erie S S	8.89m	
6 Campbell, Allison	Cayuga S S	8.87m	
7 Chuks-Mady, Chi Chi	Barton S.S.	8.67m	
8 Giordano, Martha	Westdale	8.49m	
9 Joep, Cheyenne	Notre Dame College	8.20m	
10 Tokar, Erica	E. L. Crossley S S	7.80m	
10 Reilly, Kyra	Blessed Trinity H S	7.80m	
12 Thomas, Gillian	Hamilton District	7.25m	
13 Murre, Teresa	Eden High School	6.84m	
14 Williams, Chanel	Sherwood	6.49m	
15 Ridder, Jen	South Lincoln H S	6.26m	

Women Discus Throw Senior

Name	Year School	Finals	Points
1 Kłodnicki, Katie	Grimsby D S S	40.13m	
2 Middleton, Sam	Dunnville S S	31.88m	
3 Miller, Nikki	Saltfleet	30.29m	
4 Hicks, Brittany	Saltfleet	29.17m	
5 Alderman, Karie	Grimsby D S S	28.94m	
6 Fulop, Ashley	Centennial S S	28.02m	
7 Davies, Carly	Centennial S S	27.70m	
8 Koroll, Kortney	Governor Simcoe S S	27.20m	
9 Tokar, Erica	E. L. Crossley S S	24.04m	
10 Harris, Keesha	Blessed Trinity H S	23.90m	
11 Lewis-Waddell, Shanika	Orchard Park	21.01m	
12 Boeringa, Tracey	Guido de Bres	20.90m	
13 Colling, Jen	Grimsby D S S	20.78m	
14 Loescher, Sherri	Ridge-Cr HS	15.35m	

Women Javelin Throw Senior

Name	Year School	Finals	Points
1 Hicks, Brittany	Saltfleet	36.15m	
2 Nicholas, Whitney	Hagersville S S	34.88m	
3 Ely, Victoria	St. Paul H S	32.46m	
4 Boese, Margie	Niagara D S S	29.04m	
5 MacKay, Kimi	Churchill, S	28.36m	
6 Quinn, Brittany	Ridge-Cr HS	26.80m	
7 Koroll, Kortney	Governor Simcoe S S	26.11m	
8 Palmer, Samantha	Saltfleet	25.80m	
9 Mackenzie, Alisha	Highland	23.94m	
10 Thomson, Natalie	St. Paul H S	23.57m	
11 Darling, Paige	Highland	22.96m	
12 Harris, Keesha	Blessed Trinity H S	21.56m	
13 Fuenmayor, Paula	Denis Morris H S	20.59m	
14 Giordano, Martha	Westdale	18.90m	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****Women 1500 Meter Steeplechase Open**

Name	Year School	Finals	Points
1 Patterson, Courtney	Highland	5:26.37	
2 Mooradian, Laura	Denis Morris H S	5:39.88	
3 Wilson, Colleen	Ancaster High	5:47.99	
4 Hamblton, Brittany	Grimsby D S S	5:57.78	
5 Passant, Jessica	Highland	6:03.11	
6 Rasmussen, Sarah	Ancaster High	6:12.33	
7 Bracken, Kristia	Laura Secord S S	6:16.20	
8 Marjanovic, Jelena	Highland	6:28.90	
9 Vint, Emily	Dunnville S S	6:50.74	
10 Forgues, Madison	Lakeshore C H S	7:53.57	

Women 4x400 Meter Relay Open

School	Finals	H#	Points
1 Highland 'A'	4:13.71	2	
2 Westdale 'A'	4:16.60	2	
1) Liao, Elizabeth	2) Liao, Christina		
3) Horm, Madeleine	4) Samek, Emily		
3 E. L. Crossley S S 'A'	4:26.89	2	
1) Kalchman, Katie	2) Reid, Hilary		
3) Young, Jillian	4) Johnson, Kristen		
4 Grimsby D S S 'A'	4:28.89	2	
5 Centennial S S 'A'	4:32.74	2	
6 A.N. Myer S S 'A'	4:36.43	2	
7 Laura Secord S S 'A'	4:41.94	1	
8 Guido de Bres 'A'	4:43.69	1	
1) Knol, Chantelle	2) Vanderveen, Krista		
3) Bosscher, Sarah	4) Bosscher, Karyn		

Men 100 Meter Dash Midget

Name	Year School	Prelims	H#
Preliminaries			
1 McPherson, Blake	Governor Simcoe S S	12.01Q	1
2 Haggarty, Jeremy	Highland	12.19Q	2
3 Ambrosio, Colton	Notre Dame College	12.27Q	1
4 Schinkel, Mike	Ridge-Cr HS	12.36Q	2
5 Sands, Taylor	Westmount	12.35q	1
6 Domagala, Daniel	Holy Cross H S	12.46q	2
7 Christiansen, Thomas	Laura Secord S S	12.51q	1
7 VanDam, Tim	Guido de Bres	12.51q	1
9 DeJong, Connor	Hamilton District	12.62	1
10 Chia, Ryan	Governor Simcoe S S	12.63	2
11 Kemp, Kory	St. Paul H S	12.68	1
12 Woods, Jake	E. L. Crossley S S	12.75	2
13 Macdonald, Zach	Notre Dame College	12.86	2
14 Rana, Osman	Churchill, S	12.99	2

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****Men 100 Meter Dash Midget**

Name	Year	School	Finals	Points
Finals				
1 McPherson, Blake		Governor Simcoe S S	11.97	
2 Ambrosio, Colton		Notre Dame College	12.05	
3 Haggarty, Jeremy		Highland	12.06	
4 Schinkel, Mike		Ridge-Cr HS	12.33	
5 Sands, Taylor		Westmount	12.37	
6 Domagala, Daniel		Holy Cross H S	12.39	
7 Christiansen, Thomas		Laura Secord S S	12.52	

Men 200 Meter Dash Midget

Name	Year	School	Finals	H#	Points
1 Krzeczowski, Andrew		Churchill, S	25.19	2	
2 Schinkel, Mike		Ridge-Cr HS	25.47	2	
3 Fazekas, Jamie		Ridge-Cr HS	25.50	2	
4 Slessor, Ken		Grimsby D S S	25.57	2	
5 Rana, Osman		Churchill, S	25.92	2	
6 Christiansen, Thomas		Laura Secord S S	26.10	2	
7 Hildebrand, Zack		Westlane S S	26.31	2	
8 Woods, Jake		E. L. Crossley S S	26.61	1	
9 Cheam, Sopheak		Sherwood	26.74	1	
10 Sands, Taylor		Westmount	26.92	1	
11 Tadeson, Mark		Grimsby D S S	27.07	1	
12 Meadows, Danny		Cayuga S S	27.44	1	

Men 400 Meter Dash Midget

Name	Year	School	Finals	H#	Points
1 Haggarty, Jeremy		Highland	55.44	2	
2 Slessor, Ken		Grimsby D S S	56.10	2	
3 Hildebrand, Zack		Westlane S S	56.84	2	
4 Krzeczowski, Andrew		Churchill, S	56.92	2	
5 McKnight, Cole		Grimsby D S S	56.93	1	
6 Cheam, Sopheak		Sherwood	57.02	2	
7 Ottaway, Lucas		Cayuga S S	57.22	1	
8 Woods, Jake		E. L. Crossley S S	57.25	1	
9 Larocque, Brett		Jean Vanier E S	57.80	1	
10 Neuman, Franz		Ancaster High	57.95	2	
11 Maniccia, Chris		Denis Morris H S	58.66	1	
12 Saxton, Brett		Churchill, S	58.89	1	
13 Whitehall, Ian		E. L. Crossley S S	59.75	1	
14 Pelosini, Dan		Highland	59.85	2	
15 VanDam, Tim		Guido de Bres	1:02.09	2	

Men 800 Meter Run Midget

Name	Year	School	Finals	H#	Points
1 Hutton, Chris		Churchill, S	2:06.70	2	
2 Rowles, Adam		Highland	2:07.60	2	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****....Men 800 Meter Run Midget**

3	Millejours, Kevin	Notre Dame College	2:09.39	2
4	Xu, Rui	Westdale	2:11.58	2
5	McKenzie-Lefurgey, Brann	Churchill, S	2:15.84	2
6	Hildebrand, Zack	Westlane S S	2:18.75	1
7	Busse, Colin	Orchard Park	2:19.13	1
8	Morris, Patrick	Denis Morris H S	2:19.72	2
9	Mahler, Mike	Denis Morris H S	2:19.99	2
10	Neuman, Franz	Ancaster High	2:22.14	1
11	Wilcox, Brad	Westmount	2:25.06	1
12	Moss, Eric	St. Paul H S	2:25.68	1
13	McKnight, Cole	Grimsby D S S	2:33.35	2
14	Deba, Mitchell	E. L. Crossley S S	2:37.54	1

Men 1500 Meter Run Midget

Name	Year	School	Finals	Points
1	Hutton, Chris	Churchill, S	4:23.81	
2	Rowles, Adam	Highland	4:24.64	
3	Millejours, Kevin	Notre Dame College	4:26.80	
4	Xu, Rui	Westdale	4:28.87	
5	McKnight, Cole	Grimsby D S S	4:31.98	
6	Seneca, Brayden	Notre Dame College	4:33.22	
7	Dunlop, Evan	Highland	4:45.96	
8	McKenzie-Lefurgey, Brann	Churchill, S	4:46.93	
9	Hughes, Stephen	E. L. Crossley S S	4:47.71	
10	Mecca, Ryan	St. Michael H S	4:48.52	
11	Busse, Colin	Orchard Park	4:55.08	
12	Palframan, Kyle	Churchill, S	4:55.46	
13	Dover, Michael	Churchill, S	4:57.95	
14	Mostert, Bryan	Hamilton District	5:01.24	
15	Deba, Mitchell	E. L. Crossley S S	5:03.22	

Men 3000 Meter Run Midget

Name	Year	School	Finals	Points
1	Seneca, Brayden	Notre Dame College	9:58.64	
2	Palframan, Kyle	Churchill, S	10:20.92	
3	Kolb, Paul	Highland	10:26.31	
4	Mecca, Ryan	St. Michael H S	10:32.99	
5	Mostert, Bryan	Hamilton District	10:47.33	
6	Rand, Jackson	Blessed Trinity H S	10:57.88	
7	Deba, Mitchell	E. L. Crossley S S	10:59.81	
8	Ellens, Derek	Hamilton District	11:00.38	
9	Coppola, Matt	Denis Morris H S	11:12.98	
10	McCaughey, Colin	Westmount	11:17.28	
11	Wignall, Grant	Denis Morris H S	11:32.49	
12	Bokma, Erroll	Centennial S S	11:56.56	
--	Daigneault, Corey	Orchard Park	DNF	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****Men 100 Meter Hurdles Midget**

Name	Year	School	Prelims	H#
Preliminaries				
1 Falvo, Victor		Laura Secord S S	18.00Q	1
1 Katulik-Ducharme, Nicola		Centennial S S	18.00Q	2
3 French, Patrick		Hamilton District	18.01Q	2
3 Nero, Sam		Centennial S S	18.01Q	1
5 VanLangeveld, Jacob		Cayuga S S	18.02q	1
5 Dunlop, Evan		Highland	18.02q	2
7 Van Wyck, Will		Blessed Trinity H S	18.03q	1
7 Pozzebon, Aaron		Niagara D S S	18.03q	2
9 Yakubiw, Zach		Niagara D S S	18.04	1
10 Murray, Brett		Centennial S S	18.05	1
10 Salter, Joe		Laura Secord S S	18.05	2
12 Haynes, Vidi		Hamilton District	18.06	1
13 Chang, Emerson		Cayuga S S	19.95	2

Men 100 Meter Hurdles Midget

Name	Year	School	Finals	Points
Finals				
1 Katulik-Ducharme, Nicola		Centennial S S	14.98	
2 French, Patrick		Hamilton District	16.22	
3 Falvo, Victor		Laura Secord S S	16.68	
4 Van Wyck, Will		Blessed Trinity H S	17.04	
5 Nero, Sam		Centennial S S	17.32	
6 VanLangeveld, Jacob		Cayuga S S	17.59	
7 Dunlop, Evan		Highland	19.27	
-- Pozzebon, Aaron		Niagara D S S	DNF	

Men 300 Meter Hurdles Midget

Name	Year	School	Finals	H#	Points
1 Slessor, Ken		Grimsby D S S	44.10	2	
2 Fazekas, Jamie		Ridge-Cr HS	45.36	2	
3 Katulik-Ducharme, Nicola		Centennial S S	45.93	2	
4 Whitehall, Ian		E. L. Crossley S S	47.85	2	
5 Dunlop, Evan		Highland	48.81	2	
6 French, Patrick		Hamilton District	49.20	1	
7 VanLangeveld, Jacob		Cayuga S S	50.13	2	
8 Nero, Sam		Centennial S S	51.07	2	
9 Yakubiw, Zach		Niagara D S S	51.86	1	
10 Thompson, Iain		Niagara D S S	52.42	2	
11 Pozzebon, Aaron		Niagara D S S	54.20	1	
-- Salter, Joe		Laura Secord S S	DNF	1	

Men 4x100 Meter Relay Midget

School	Finals	H#	Points
1 Notre Dame College 'A'	47.45	2	
1) Ambrosio, Colton			
2) Mancuso, Matt			

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****....Men 4x100 Meter Relay Midget**

3) Dyck, Ryan	4) Macdonald, Zach		
2 Highland 'A'		48.93	2
3 Ridgeway-Crystal Beach 'A'		49.06	2
4 Centennial S S 'A'		49.69	2
5 Sir Winston Churchill S S 'A'		49.81	2
6 Laura Secord S S 'A'		50.07	2
7 E. L. Crossley S S 'A'		50.09	2
1) Whitehall, Ian	2) Woods, Jake		
3) Czepek, Steven	4) Cornelius, Joel		
8 Westlane S S 'A'		50.41	1
1) Lowry, Dylan	2) Hildebrand, Zack		
3) Kosevic, Andrej	4) Maxim, Jordan		
9 Grimsby D S S 'A'		51.11	2
10 Denis Morris H S 'A'		51.93	1
11 Hamilton District 'A'		52.74	1
1) Bates, Isaac	2) French, Patrick		
3) DeJong, Connor	4) Van Beek, Lucas		
12 Smithville District C H S 'A'		53.71	1

Men High Jump Midget

Name	Year School	Finals	Points
1 Dick, Austin	Eden High School	1.85m	
2 Zylstra, Nick	Dunnville S S	1.70m	
3 Hewitt, Derek	Cayuga S S	J1.70m	
4 Lee, Hwang	Westdale	1.65m	
5 Jongsma, Thomas	Guido de Bres	J1.65m	
6 Ottaway, Lucas	Cayuga S S	J1.65m	
7 Falvo, Victor	Laura Secord S S	1.60m	
8 Nguyen, Jason	Stamford C & V I	J1.60m	
9 Radcliff, Deion	Highland	J1.60m	
10 Scholman, Joshua	Smithville D	J1.60m	
11 Stirtzinger, Jesse	Grimsby D S S	J1.60m	
12 VanHoffen, Devon	Smithville D	1.55m	
13 Chitty, Cameron	Confederation E S	J1.55m	
14 Reid, Mitch	Sherwood	1.50m	

Men Pole Vault Midget

Name	Year School	Finals	Points
1 Michalak, Andrew	Notre Dame College	2.87m	
2 Blakely, Cameron	Notre Dame College	2.57m	
3 Cornelius, Joel	E. L. Crossley S S	J2.57m	
4 Betzold, Jordan	Ridge-Cr HS	J2.57m	
5 Davis, Jack	Ridge-Cr HS	2.12m	

Men Long Jump Midget

Name	Year School	Finals	Points
1 McPherson, Blake	Governor Simcoe S S	5.60m	
2 Stirtzinger, Jesse	Grimsby D S S	5.57m	
3 Zylstra, Nick	Dunnville S S	5.33m	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****....Men Long Jump Midget**

4	Rivando, Taylor	Jean Vanier E S	5.27m
5	Chia, Ryan	Governor Simcoe S S	5.24m
6	Kit, Austin	Orchard Park	5.20m
7	Kozack, Dyllan	Cayuga S S	5.09m
8	Veldman, Matthew	Smithville D	4.99m
9	Falvo, Victor	Laura Secord S S	4.94m
10	Hunter, Ken	A.N. Myer S S	4.85m
11	Czepek, Steven	E. L. Crossley S S	4.70m
12	Noordam, Mark	Hamilton District	4.61m
13	VanDam, Tim	Guido de Bres	4.57m
14	Parry, Raymond	Parkside	4.30m

Men Triple Jump Midget

Name	Year	School	Finals	Points
1 Hunter, Ken		A.N. Myer S S	11.81m	
2 Stirtzinger, Jesse		Grimsby D S S	11.56m	
3 McPherson, Blake		Governor Simcoe S S	11.45m	
4 Veldman, Matthew		Smithville D	11.31m	
5 Rivando, Taylor		Jean Vanier E S	11.23m	
6 Czepek, Steven		E. L. Crossley S S	11.09m	
7 Parker, Jovan		West Park S S	11.01m	
8 Kit, Austin		Orchard Park	10.75m	
9 Zylstra, Nick		Dunnville S S	10.69m	
10 Maxim, Jordan		Westlane S S	10.17m	
11 Bill, Cody		Hamilton District	9.93m	
12 Tadeson, Mark		Grimsby D S S	9.47m	
13 Voorberg, Steven		Hamilton District	9.26m	
14 Bylsma, Alex		Highland	8.71m	

Men Shot Put Midget

Name	Year	School	Finals	Points
1 Marr, Kyle		Dunnville S S	12.67m	
2 Patterson, Billy		Fort Erie S S	12.53m	
3 Osborn, Rob		Ridge-Cr HS	12.52m	
4 Mainse, David		Blessed Trinity H S	12.08m	
5 Wardell, Kent		Cayuga S S	11.84m	
6 Bradford, Ben		Governor Simcoe S S	11.70m	
7 Bangs, Zack		Holy Cross H S	11.57m	
8 DeJong, Connor		Hamilton District	11.04m	
9 Ruiz, Ernesto		Centennial S S	10.57m	
10 Peralta, Abraham		Great Lakes	9.88m	
11 Van Beek, Lucas		Hamilton District	8.82m	
12 Glancie, Jarret		Laura Secord S S	8.55m	
13 Gould, Christian		Highland	7.77m	

Men Discus Throw Midget

Name	Year	School	Finals	Points
1 Osborn, Rob		Ridge-Cr HS	48.59m	
2 Martz, Matt		Ridge-Cr HS	39.77m	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****....Men Discus Throw Midget**

3	Upshall, Tim	Niagara D S S	36.99m
4	Bradford, Ben	Governor Simcoe S S	34.46m
5	Fillmore, Ben	Cayuga S S	33.69m
6	Schinkel, Mike	Ridge-Cr HS	32.74m
7	Hill, Braedan	Laura Secord S S	28.00m
8	Bosscher, Andrew	Guido de Bres	27.56m
9	Dykstra, Tom	Grimsby D S S	25.52m
10	Aantjes, David	Smithville D	23.35m
11	Marr, Kyle	Dunnville S S	20.97m
12	Oosterhoff, Reece	Guido de Bres	20.25m
13	Voorberg, Steven	Hamilton District	16.13m

Men Javelin Throw Midget

Name	Year	School	Finals	Points
1	Bride, Nick	Churchill, S	36.91m	
2	Blackborow, Joe	Blessed Trinity H S	36.46m	
3	Flynt, Kevin	A.N. Myer S S	36.42m	
4	Glancie, Jarret	Laura Secord S S	34.58m	
5	Fillmore, Ben	Cayuga S S	34.47m	
6	Wiebe, Billie	Ridge-Cr HS	34.44m	
7	Patterson, Billy	Fort Erie S S	34.34m	
8	Bradford, Ben	Governor Simcoe S S	34.11m	
9	Rand, Jackson	Blessed Trinity H S	33.64m	
10	Moerschfelder, Matt	Cayuga S S	33.27m	
11	Knowles, Reuben	Hamilton District	27.90m	
12	Rowles, Adam	Highland	27.33m	
13	Voorberg, Steven	Hamilton District	22.55m	
14	Bosscher, Andrew	Guido de Bres	21.54m	
15	Oosterhoff, Reece	Guido de Bres	20.34m	

Men 100 Meter Dash Junior

Name	Year	School	Prelims	H#
Preliminaries				
1	Schinkel, Lucas	Lakeshore C H S	11.76Q	1
2	Gayle, Daniel	Barton S.S.	11.78Q	2
3	Forester, Josh	Blessed Trinity H S	11.83Q	2
3	Nieuwesteeg, Ryan	St. Paul H S	11.83Q	1
5	Ferreira, Kristian	Westdale	12.01q	2
6	Tibollo, Nick	Ridge-Cr HS	12.14q	2
7	Brennand, Dylan	E. L. Crossley S S	12.15q	1
8	Post, Dan	St. Michael H S	12.26q	1
9	Moss, Tyler	St. Francis S S	12.31	1
9	McAlpine, Travis	Governor Simcoe S S	12.31	2
11	Abu-Harb, Hamad	Saltfleet	12.33	2
12	McAndrews, Dylan	West Park S S	12.34	2
13	Lartey, Eddie	Barton S.S.	12.81	2
14	Young, Cameron	Westmount	13.02	1

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****Men 100 Meter Dash Junior**

Name	Year	School	Finals	Points
Finals				
1 Forester, Josh		Blessed Trinity H S	11.71	
2 Schinkel, Lucas		Lakeshore C H S	11.74	
3 Gayle, Daniel		Barton S.S.	11.76	
4 Nieuwesteeg, Ryan		St. Paul H S	11.86	
5 Ferreira, Kristian		Westdale	12.01	
6 Brennand, Dylan		E. L. Crossley S S	12.04	
7 Tibollo, Nick		Ridge-Cr HS	12.18	
8 Post, Dan		St. Michael H S	12.40	

Men 200 Meter Dash Junior

Name	Year	School	Finals	H#	Points
1 Schinkel, Lucas		Lakeshore C H S	23.72	2	
2 Forester, Josh		Blessed Trinity H S	23.85	2	
3 Birch, Kristopher		Sir Allan MacNab	24.41	2	
4 Moss, Tyler		St. Francis S S	25.21	2	
5 Ferreira, Kristian		Westdale	25.29	1	
6 McAlpine, Travis		Governor Simcoe S S	25.47	1	
7 Brennand, Dylan		E. L. Crossley S S	25.48	1	
8 Vitone, Kevin		A.N. Myer S S	25.53	1	
9 Abu-Harb, Hamad		Saltfleet	25.65	2	
10 Post, Dan		St. Michael H S	25.81	2	
11 Boeck, Jake		Grimsby D S S	25.82	1	
12 Richardson, Marty		Centennial S S	25.96	2	
13 Knight, Ron		Sherwood	26.30	1	
14 Lord, Kurtis		Waterdown	28.70	1	

Men 400 Meter Dash Junior

Name	Year	School	Finals	H#	Points
1 Birch, Kristopher		Sir Allan MacNab	52.06	2	
2 Delle Monache, Mitchell		E. L. Crossley S S	54.13	2	
3 Savoy, Ben		St. Paul H S	54.96	2	
4 Johnson, Tyler		West Park S S	55.29	2	
5 Hunter, Stuart		Highland	55.69	2	
6 Brennand, Dylan		E. L. Crossley S S	56.21	1	
7 Lodder, Keegan		Guido de Bres	56.65	1	
8 Kuncz, Adam		Waterdown	56.98	1	
8 Turl, Jake		Grimsby D S S	56.98	2	
10 Ahmed, Kadar		St. Francis S S	57.50	1	
11 Dixon, Owen		E. L. Crossley S S	57.92	1	
12 Moss, Tyler		St. Francis S S	1:04.06	2	

Men 800 Meter Run Junior

Name	Year	School	Finals	H#	Points
1 Janssen, Trevor		Eden High School	2:05.19	2	
2 Giles, Cam		Eden High School	2:06.35	2	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****....Men 800 Meter Run Junior**

3	Forbes, Austen	Highland	2:06.75	2
4	Savoy, Ben	St. Paul H S	2:08.46	2
5	Khalif, Badel	Sir John A M	2:08.86	2
6	VanSydenburgh, Warren	Guido de Bres	2:11.54	1
7	Albanese, Ryan	Centennial S S	2:13.72	1
8	Krogman, Isaac	Grimsby D S S	2:16.48	2
9	Doherty, Connor	Churchill, S	2:17.91	2
10	Kamphuis, Jordan	Grimsby D S S	2:18.12	1
11	Oliver, Tod	E. L. Crossley S S	2:20.49	1
12	Roth, Neil	Hamilton District	2:29.57	1
13	Miller, Jason	Port Colborne H S	2:34.99	1
14	Williams, Ben	McKinnon Park H S	2:44.47	1

Men 1500 Meter Run Junior

Name	Year	School	Finals	Points
1	Forbes, Austen	Highland	4:18.81	
2	Forbes, Taylor	Highland	4:19.02	
3	Hambley, Derek	Ancaster High	4:20.33	
4	Albanese, Ryan	Centennial S S	4:21.81	
5	Janssen, Trevor	Eden High School	4:22.11	
6	Hering, Phil	E. L. Crossley S S	4:26.07	
7	Giles, Cam	Eden High School	4:33.74	
8	Tweedle, Dan	Grimsby D S S	4:41.58	
9	VanSydenburgh, Warren	Guido de Bres	4:47.15	
10	Doherty, Connor	Churchill, S	4:56.70	
11	Corcoran, Hunter	Churchill, S	4:57.24	
12	McAvoy, Bryce	Ridge-Cr HS	4:58.15	
13	Johnston, Kevin	A.N. Myer S S	4:59.34	
14	Erickson, Kyle	Ridge-Cr HS	5:02.34	
--	Khalif, Badel	Sir John A M	DNF	

Men 3000 Meter Run Junior

Name	Year	School	Finals	Points
1	Forbes, Taylor	Highland	9:42.17	
2	Hambley, Derek	Ancaster High	9:42.25	
3	Mackie, David	Highland	9:52.50	
4	Hering, Phil	E. L. Crossley S S	9:57.40	
5	Ahmed, Ibrahim	St. Francis S S	10:00.52	
6	Hodgson, Ian	Grimsby D S S	10:02.98	
7	Krogman, Isaac	Grimsby D S S	10:25.79	
8	Lill, Michael	Orchard Park	10:26.98	
9	Corcoran, Hunter	Churchill, S	10:30.90	
10	Carter, Chris	Westmount	10:45.39	
11	McAvoy, Bryce	Ridge-Cr HS	10:57.93	
12	Thompson, Ben	Blessed Trinity H S	11:02.39	
13	Visser, Sean	E. L. Crossley S S	11:03.75	
--	Levesque, Jordan	Cayuga S S	DNF	
--	Elia, Mike	St. Paul H S	DNF	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****Men 100 Meter Hurdles Junior**

Name	Year	School	Prelims	H#
Preliminaries				
1 Richardson, Marty		Centennial S S	15.07Q	2
2 Pellizari, Shawn		Jean Vanier E S	15.69Q	1
3 Lee, Vinh		Holy Cross H S	15.87Q	2
4 Testa, Sam		Ridge-Cr HS	16.35Q	1
5 Forester, Josh		Blessed Trinity H S	15.96q	2
6 Whyte, Carter		Cayuga S S	16.50q	1
7 Kivell, Chase		Highland	16.90q	2
8 DeVisser, James		Smithville D	17.48q	1
9 Babb, Colin		Grimsby D S S	17.95	2
10 May, Jeremy		Saltfleet	21.65	1

Men 100 Meter Hurdles Junior

Name	Year	School	Finals	Points
Finals				
1 Richardson, Marty		Centennial S S	14.92	
2 Forester, Josh		Blessed Trinity H S	15.30	
3 Pellizari, Shawn		Jean Vanier E S	15.67	
4 Lee, Vinh		Holy Cross H S	16.21	
5 Kivell, Chase		Highland	16.70	
6 Testa, Sam		Ridge-Cr HS	16.95	
7 DeVisser, James		Smithville D	17.33	

Men 300 Meter Hurdles Junior

Name	Year	School	Finals	H#	Points
1 Testa, Sam		Ridge-Cr HS	41.62	2	
2 Richardson, Marty		Centennial S S	42.69	2	
3 Delle Monache, Mitchell		E. L. Crossley S S	43.05	2	
4 Hunter, Stuart		Highland	45.48	2	
5 Fazekas, Tyler		Ridge-Cr HS	45.87	2	
6 Hering, Phil		E. L. Crossley S S	46.07	2	
7 McMurtrie, Andrew		Beamsville D S S	47.18	2	
8 Chanthaphonh, Season		Laura Secord S S	48.65	1	
9 Babb, Colin		Grimsby D S S	50.79	1	
10 May, Jeremy		Saltfleet	52.87	1	
11 Baddwi, Ahmed		Laura Secord S S	57.23	1	

Men 4x100 Meter Relay Junior

School	Finals	H#	Points
1 Ridgeway-Crystal Beach 'A'	46.53	2	
2 Waterdown 'A'	47.55	2	
1) Chin, Jordan			
2) Lord, Kurtis			
3) Kuncz, Adam			
4) Parry, James			
3 Grimsby D S S 'A'	48.12	2	
4 Governor Simcoe S S 'A'	48.28	2	
5 Barton S.S. 'A'	48.42	2	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****....Men 4x100 Meter Relay Junior**

1) Jang, Cameron	2) Parker, Budd		
3) Lartey, Eddie	4) Gayle, Daniel		
6 E. L. Crossley S S 'A'		48.62	2
1) Brennand, Dylan	2) Delle Monache, Mitchell		
3) Felesko, Jesse	4) Sparrow, Chris		
7 Jean Vanier E S 'A'		49.18	1
8 Orchard Park 'A'		49.42	1
9 Denis Morris H S 'A'		49.88	2
10 Blessed Trinity H S 'A'		50.24	1
11 Westmount 'A'		50.26	2
1) Young, Cam	2)		
3) Sands, T.	4) Sacchetti, A.		
-- St. Paul H S 'A'		DQ	1
-- Smithville District C H S 'A'		DQ	1

Men High Jump Junior

Name	Year School	Finals	Points
1 Pellizari, Shawn	Jean Vanier E S	1.75m	
2 Lodder, Keegan	Guido de Bres	1.70m	
3 McGowan, Alex	Stamford C & V I	J1.70m	
4 Antoine, Khadeem	Notre Dame College	1.65m	
5 Wahidi, Wassi	Orchard Park	J1.65m	
6 Lee, Alex	Holy Cross H S	J1.65m	
7 Barkway, Brandon	Eden High School	J1.65m	
8 Niece, Dylan	Centennial S S	1.60m	
9 Rogers, Trevor	E. L. Crossley S S	J1.60m	
10 Heeg, Andrew	Hamilton District	1.55m	
11 Lahaie, Cody	Governor Simcoe S S	J1.55m	
12 Good, Steve	Parkside	J1.55m	
13 VanderMeer, Nick	Smithville D	1.45m	

Men Pole Vault Junior

Name	Year School	Finals	Points
1 Periera, Darren	Ridge-Cr HS	3.32m	
2 Pepper, Justin	Hagersville S S	3.17m	
3 Keeping, Brendan	Ridge-Cr HS	J3.17m	
4 Reece, Chad	E. L. Crossley S S	2.62m	
5 Derksen, Jon	Ridge-Cr HS	J2.62m	
6 Chanthaphonh, Season	Laura Secord S S	2.42m	
7 Napolitano, Antonio	Laura Secord S S	J2.42m	

Men Long Jump Junior

Name	Year School	Finals	Points
1 Gayle, Daniel	Barton S.S.	6.02m	
2 McGowan, Alex	Stamford C & V I	5.75m	
3 Grant, Clay	Ridge-Cr HS	5.70m	
4 McAndrews, Dylan	West Park S S	5.67m	
5 Lee, Vinh	Holy Cross H S	J5.67m	
6 McAlpine, Travis	Governor Simcoe S S	5.50m	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****....Men Long Jump Junior**

6	Testa, Sam	Ridge-Cr HS	5.50m
8	Heeg, Andrew	Hamilton District	5.48m
9	Phibbs, Kyle	Hagersville S S	5.22m
10	Knight, Ron	Sherwood	5.16m
11	Jessome, Matt	St. Francis S S	5.11m
12	Strasbourg, Roc	Jean Vanier E S	4.99m
13	Kranenburg, Joel	Hamilton District	4.64m
14	Boeck, Jake	Grimsby D S S	4.39m
15	Abu-Harb, Hamad	Saltfleet	4.29m

Men Triple Jump Junior

Name	Year	School	Finals	Points
1	Lee, Vinh	Holy Cross H S	12.70m	
2	Gayle, Daniel	Barton S.S.	11.70m	
3	Grant, Clay	Ridge-Cr HS	11.56m	
4	Fiorucci, Jake	St. Paul H S	11.33m	
5	Phibbs, Kyle	Hagersville S S	11.12m	
6	Lahaie, Cody	Governor Simcoe S S	10.98m	
7	Boeck, Jake	Grimsby D S S	10.92m	
8	Ortega, Gus	St. Paul H S	10.42m	
9	Strasbourg, Roc	Jean Vanier E S	10.21m	
10	Williams, Peter	Hamilton District	9.99m	
11	Bezemer, Nick	Hamilton District	9.60m	
12	McClennan, Alex	Hamilton District	8.98m	
13	Riebot, Brad	Smithville D	8.82m	

Men Shot Put Junior

Name	Year	School	Finals	Points
1	Todd, Gabe	Ridge-Cr HS	14.31m	
2	Scott, Nico	West Park S S	13.90m	
3	Jozwiak, Brandon	Hagersville S S	13.84m	
4	Nemeth, Frank	St. Michael H S	12.75m	
5	Flagg, Liam	Ridge-Cr HS	12.41m	
6	Giroux, Craig	Governor Simcoe S S	11.88m	
7	Provost, Aaron	Kernahan Park S S	11.55m	
8	Hogeveen, Chad	Smithville D	11.49m	
9	Trendle, Jordan	St. Michael H S	11.27m	
10	Selby, Matt	Denis Morris H S	11.06m	
11	Tschritter, Travis	Orchard Park	10.85m	
12	Feenstra, Derek	Guido de Bres	10.71m	
13	Mayadunne, Chamath	Westdale	8.14m	

Men Discus Throw Junior

Name	Year	School	Finals	Points
1	Kuknta, Brandon	Blessed Trinity H S	40.04m	
2	Evans, Lenny	Ridge-Cr HS	38.90m	
3	Hogeveen, Chad	Smithville D	38.55m	
4	Todd, Gabe	Ridge-Cr HS	37.65m	
5	Collard, Cody	Centennial S S	36.83m	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****....Men Discus Throw Junior**

6	Farrington, Mike	Niagara Coll	36.41m
7	Williams, Peter	Hamilton District	36.05m
8	Smith, Derek	Highland	34.75m
9	Grant, Clay	Ridge-Cr HS	32.64m
10	Giroux, Craig	Governor Simcoe S S	31.57m
11	Feenstra, Derek	Guido de Bres	27.92m
12	Pobric, Amir	Governor Simcoe S S	25.78m
13	Mayadunne, Chamath	Westdale	23.85m
14	Lartey, Eddie	Barton S.S.	23.67m

Men Javelin Throw Junior

Name	Year	School	Finals	Points
1 Pellizari, Shawn		Jean Vanier E S	52.30m	
2 Delle Monache, Mitchell		E. L. Crossley S S	45.79m	
3 Niece, Dylan		Centennial S S	43.17m	
4 VanderMeer, Nick		Smithville D	43.08m	
5 Smith, Derek		Highland	42.52m	
6 Babb, Colin		Grimsby D S S	41.02m	
7 Toepp, Josh		Port Colborne H S	40.00m	
8 DeVisser, James		Smithville D	39.09m	
9 Baddwi, Ahmed		Laura Secord S S	38.62m	
10 Donnelly, David		St. Francis S S	38.16m	
11 McGowan, Alex		Stamford C & V I	36.60m	
12 Bezemer, Nick		Hamilton District	31.26m	
13 Williams, Peter		Hamilton District	27.32m	
14 McClennan, Alex		Hamilton District	23.39m	
15 Lavigne, Kyle		Sir Winston	19.15m	

Men 100 Meter Dash Senior

Name	Year	School	Prelims	H#
Preliminaries				
1 McLean, Carlin		Orchard Park	11.48Q	1
2 Merritt, Nathan		Ridge-Cr HS	11.49Q	2
3 Masonovich, Mike		St. Paul H S	11.50Q	2
4 Ofosu, Isaac		Orchard Park	11.78Q	1
5 Selman, Jabari		Laura Secord S S	11.73q	2
6 Marquis, Mike		Notre Dame College	11.82q	1
7 Griem, David		Ridge-Cr HS	11.83q	2
8 Noble, Jordan		Sir Winston	11.85q	1
9 Kit, Mat		Orchard Park	11.86	2
10 Williams, Akino		Grimsby D S S	11.89	1
11 Tripp, Steve		Ridge-Cr HS	11.90	1
12 Edwards, Sean		Sherwood	11.98	2
13 St. Jean, Michael		Denis Morris H S	12.11	1
14 Emslie, Steve		Holy Cross H S	12.20	2
15 Sferrazza, Sandro		St. Francis S S	12.28	1

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****Men 100 Meter Dash Senior**

Name	Year	School	Finals	Points
Finals				
1 Masonovich, Mike		St. Paul H S	11.43	
2 McLean, Carlin		Orchard Park	11.49	
2 Merritt, Nathan		Ridge-Cr HS	11.49	
2 Ofosu, Isaac		Orchard Park	11.49	
5 Griem, David		Ridge-Cr HS	11.70	
6 Selman, Jabari		Laura Secord S S	11.75	
7 Marquis, Mike		Notre Dame College	11.77	
8 Noble, Jordan		Sir Winston	11.94	

Men 200 Meter Dash Senior

Name	Year	School	Finals	H#	Points
1 Masonovich, Mike		St. Paul H S	23.61	2	
2 Easterbrook, Doug		Grimsby D S S	23.95	2	
3 Selman, Jabari		Laura Secord S S	24.00	2	
4 Griem, David		Ridge-Cr HS	24.05	2	
5 Merritt, Nathan		Ridge-Cr HS	24.48	2	
6 Noordam, James		Hamilton District	24.49	1	
7 Williams, Akino		Grimsby D S S	24.50	2	
8 Baronette, Rudy		Sir Allan MacNab	24.71	1	
9 Marquis, Mike		Notre Dame College	24.76	1	
10 Merritt, Ben		Ridge-Cr HS	24.83	2	
11 Noble, Jordan		Sir Winston	24.95	1	
12 Wojcik, Matt		Holy Cross H S	25.12	1	
13 Grant, Ben		Holy Cross H S	25.32	1	
14 Edwards, Sean		Sherwood	25.57	1	

Men 400 Meter Dash Senior

Name	Year	School	Finals	H#	Points
1 MacDonald, Matt		St. Francis S S	50.80	2	
2 Easterbrook, Doug		Grimsby D S S	51.22	2	
3 Mori, Lee		Denis Morris H S	52.85	2	
4 Kerry, Donovan		Denis Morris H S	53.64	2	
5 Varley, Kyle		Westlane S S	53.67	1	
6 Opare, Kofi		St. Paul H S	53.86	1	
7 Noordam, James		Hamilton District	54.57	2	
8 Wojcik, Matt		Holy Cross H S	54.76	1	
9 Wyman, Ben		Westdale	55.70	1	
10 Black, Taylor		Orchard Park	56.44	1	
11 Merritt, Ben		Ridge-Cr HS	56.60	2	
12 Lariviere, Tommy		Highland	56.62	1	
13 Miedema, Chris		Lakeshore C H S	1:17.33	2	

Men 800 Meter Run Senior

Name	Year	School	Finals	H#	Points
1 Miedema, Chris		Lakeshore C H S	1:56.46	2	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****....Men 800 Meter Run Senior**

2	Rae, Jeremy	Lakeshore C H S	1:56.96	2
3	Rousseau, Julien	Churchill, S	1:59.95	2
4	Easterbrook, Doug	Grimsby D S S	2:02.00	2
5	MacDonald, Matt	St. Francis S S	2:03.72	2
6	Behan, Jeff	Westdale	2:06.06	1
7	Varley, Kyle	Westlane S S	2:06.11	1
8	Voorberg, Adam	Hamilton District	2:11.36	2
9	Wyman, Ben	Westdale	2:12.21	1
10	Byskov, Brandon	Churchill, S	2:14.67	2
11	Cinq-Mars, Joseph	Cayuga S S	2:23.75	1
12	Kopacz, Tyler	McKinnon Park H S	2:31.41	1
--	Wojcik, Matt	Holy Cross H S	DNF	1

Men 1500 Meter Run Senior

Name	Year	School	Finals	Points
1	Rae, Jeremy	Lakeshore C H S	3:55.18	
2	Ahmed, Mohammed	St. Catharin	4:01.70	
3	Miedema, Chris	Lakeshore C H S	4:08.00	
4	Rousseau, Julien	Churchill, S	4:16.35	
5	Moriello, Simon	St. Paul H S	4:21.15	
6	Behan, Jeff	Westdale	4:25.00	
7	Lavigne, Colin	Sir Winston	4:27.89	
8	Scotland, Andrew	E. L. Crossley S S	4:35.01	
9	Murphy, Connor	Churchill, S	4:36.13	
10	Voorberg, Adam	Hamilton District	4:36.75	
11	Bergshoeff, Jon	Grimsby D S S	4:38.12	
12	Hopton, Dave	Ancaster High	4:45.49	
13	Romano, Josh	Denis Morris H S	5:03.10	
14	Wassenaar, Jonathan	E. L. Crossley S S	5:03.33	
--	Short, John	Highland	DNF	

Men 3000 Meter Run Senior

Name	Year	School	Finals	Points
1	Ahmed, Mohammed	St. Catharin	8:31.82	
2	McRae, Tom	St. Paul H S	9:30.38	
3	Lloyd, Duke	Highland	9:32.22	
4	Wilcox, Jesse	Westmount	9:33.89	
5	Moriello, Simon	St. Paul H S	9:37.21	
6	Scotland, Andrew	E. L. Crossley S S	9:44.02	
7	Albers, John	Grimsby D S S	9:48.04	
8	Murphy, Connor	Churchill, S	10:01.82	
9	Rasmussen, John	Ancaster High	10:11.12	
10	Mann, Evan	Westlane S S	10:12.21	
11	Hopton, Dave	Ancaster High	10:16.93	
12	Marshall, David	Highland	10:18.94	
13	Mackett, Mike	St. Francis S S	10:57.87	
14	Antonio, Jordan	St. Michael H S	11:29.50	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****Men 110 Meter Hurdles Senior**

Name	Year	School	Prelims	H#
Preliminaries				
1 Benard, Townsend		Laura Secord S S	14.71Q	1
2 Selman, Jabari		Laura Secord S S	14.72Q	2
3 Fanning, Connor		Highland	15.04Q	1
4 MacLeod, Danny		Ridge-Cr HS	15.05Q	2
5 Tripp, Steve		Ridge-Cr HS	17.11q	1
6 Ferman, Rob		Cayuga S S	17.12q	2
7 Hind, Shawn		Holy Cross H S	18.63q	1
8 Kisaka, Steve		Saltfleet	18.64q	2
9 Bonsignore, Cole		E. L. Crossley S S	18.96	1
10 Dignard, Patrick		Centennial S S	18.97	2
11 Mills, Brian		Highland	18.98	2
12 Sajid, Hassan		Sir Winston	23.17	1

Men 110 Meter Hurdles Senior

Name	Year	School	Finals	Points
Finals				
1 Benard, Townsend		Laura Secord S S	14.58	
2 Fanning, Connor		Highland	14.88	
3 Selman, Jabari		Laura Secord S S	15.68	
4 MacLeod, Danny		Ridge-Cr HS	15.93	
4 Ferman, Rob		Cayuga S S	15.93	
6 Kisaka, Steve		Saltfleet	16.98	
7 Tripp, Steve		Ridge-Cr HS	17.37	
8 Hind, Shawn		Holy Cross H S	17.67	

Men 400 Meter Hurdles Senior

Name	Year	School	Finals	H#	Points
1 Fanning, Connor		Highland	56.87	2	
2 MacLeod, Danny		Ridge-Cr HS	59.15	2	
3 Diston, Jason		St. Paul H S	1:00.02	2	
4 Tripp, Steve		Ridge-Cr HS	1:01.25	2	
4 Press, Eric		Highland	1:01.25	2	
6 Vanspronsen, Jon		Guido de Bres	1:03.99	1	
7 Sulkowski, Bryson		Holy Cross H S	1:04.25	2	
8 Grant, Ben		Holy Cross H S	1:05.27	1	
9 Ferman, Rob		Cayuga S S	1:05.84	2	
10 Grundy, Jordon		Highland	1:06.47	1	
11 Mills, Brian		Highland	1:07.36	1	

Men 4x100 Meter Relay Senior

School	Finals	H#	Points
1 Orchard Park 'A'	45.35	2	
2 Sir Winston Churchill 'A'	45.42	2	
1) Noble, Jordan	2) Lynch, Cody		
3) Jay, Dalton	4) Naylor, Bryan		

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****....Men 4x100 Meter Relay Senior**

3	Ridgeway-Crystal Beach 'A'	45.52	2
4	St. Paul H S 'A'	45.64	2
5	Highland 'A'	45.68	2
6	Sir Allan MacNab 'A'	45.87	2
	1) Birch, Kristopher	2) Baronette, Rudy	
	3) Chow, Darren	4) Gonci, Cameron	
7	St. Francis S S 'A'	46.31	2
8	E. L. Crossley S S 'A'	46.50	2
	1) Moore, Ethan	2) Johnson, Kevin	
	3) Oliver, Troy	4) Twomey, Patrick	
9	Laura Secord S S 'A'	46.80	1
10	A.N. Myer S S 'A'	46.94	1
	1) White, Rob	2) Carby, Nick	
	3) Ferguson, Tanner	4) Hume, Stephen	
11	Centennial S S 'A'	47.24	1
12	Grimsby D S S 'A'	47.29	1
13	Hamilton District 'A'	50.74	1
	1) Noordam, James	2) Zwart, Alex	
	3) Hensen, Matt	4) Vandermolten, Aaron	

Men High Jump Senior

Name	Year School	Finals	Points
1	Diston, Jason	St. Paul H S	1.95m
2	Lauzon, Jean Paul	St. Paul H S	1.90m
3	Wright, Cody	Orchard Park	1.80m
4	Wahidi, Satar	Orchard Park	J1.80m
5	Armstrong, Jonathon	Niagara Coll	1.73m
6	Webb, Jeffery	Eden High School	J1.73m
7	Wassenaar, Garrett	E. L. Crossley S S	1.70m
8	Schram, Mike	Laura Secord S S	1.65m
8	Kisaka, Steve	Saltfleet	1.65m
10	Vandenboogaard, Dan	Beacon Chris	1.60m
10	Ahmed, Ahmed	St. Francis S S	1.60m
12	Roberto, Matt	West Park S S	1.55m
12	Lapointe, Eric	Confederation E S	1.55m
14	Thornton, Levon	Parkside	1.50m

Men Pole Vault Senior

Name	Year School	Finals	Points
1	Diston, Matthew	St. Paul H S	4.10m
2	Maljkovic, Mikey	Ridge-Cr HS	3.47m
3	Maljkovic, Danny	Ridge-Cr HS	3.32m
4	Benard, Townsend	Laura Secord S S	3.02m
5	Hampel, Drew	Ridge-Cr HS	J3.02m
6	Coccagna, Anthony	Notre Dame College	2.57m
7	Shin, Hyun Bin	Laura Secord S S	2.12m
--	Haeni, Alex	Laura Secord S S	FAIL

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****Men Long Jump Senior**

Name	Year	School	Finals	Points
1 McLean, Carlin		Orchard Park	6.63m	
2 Lauzon, Jean Paul		St. Paul H S	6.19m	
3 Hind, Shawn		Holy Cross H S	6.04m	
4 Atkinson, Cam		Grimsby D S S	5.91m	
5 Rashid, Sam		Westdale	5.71m	
6 Press, Eric		Highland	5.63m	
7 Trojner, Mat		Grimsby D S S	5.58m	
8 Wassenaar, Garrett		E. L. Crossley S S	5.49m	
9 Shatei, Rugare		Sir John A M	5.48m	
10 Mativo, Rhodri		St. Paul H S	5.29m	
11 Guignard, David		Jean Vanier E S	5.25m	
12 Schram, Mike		Laura Secord S S	5.15m	
13 Singleton, Jamie		St. Paul H S	5.14m	

Men Triple Jump Senior

Name	Year	School	Finals	Points
1 McLean, Carlin		Orchard Park	12.49m	
2 Atkinson, Cam		Grimsby D S S	12.48m	
3 Beatty, Tyler		Parkside	12.40m	
4 Wassenaar, Garrett		E. L. Crossley S S	12.11m	
5 Ofosu, Isaac		Orchard Park	11.93m	
6 MacFarlane, Josh		Great Lakes	11.88m	
7 Twomey, Patrick		E. L. Crossley S S	11.76m	
8 Vandebeld, Matthew		E. L. Crossley S S	11.31m	
9 White, Rob		A.N. Myer S S	11.25m	
10 Schram, Mike		Laura Secord S S	11.05m	
11 Chetty, Yeshale		Westdale	11.00m	
12 Roberto, Matt		West Park S S	10.95m	
13 deBruyne, Dan		Beacon Chris	10.86m	
14 Guignard, David		Jean Vanier E S	10.75m	
15 Gritter, Joel		Guido de Bres	10.64m	

Men Shot Put Senior

Name	Year	School	Finals	Points
1 Dykstra, Ray		Grimsby D S S	15.07m	
2 Palios, Stefan		Grimsby D S S	15.06m	
3 McGilly, Shane		St. Paul H S	13.36m	
4 Duguay, Zack		Denis Morris H S	13.28m	
5 DeGraaf, Scott		Hagersville S S	12.71m	
6 Baird, Aaron		St. Francis S S	12.53m	
7 Langdon, Chris		Holy Cross H S	12.51m	
8 Langeraap, Hoas		Lakeshore C H S	11.63m	
9 Kok, Dave		Guido de Bres	11.60m	
10 House, Jesse		Lakeshore C H S	11.49m	
11 Evink, Don		Guido de Bres	11.37m	
12 Morrison, Trevor		Hill Park	10.03m	
13 McGibney, Jarrett		Westdale	9.87m	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****Men Discus Throw Senior**

Name	Year	School	Finals	Points
1 Palios, Stefan		Grimsby D S S	48.45m	
2 Truax, Cody		Ridge-Cr HS	41.37m	
3 Dykstra, Ray		Grimsby D S S	39.11m	
4 Langerap, Hoas		Lakeshore C H S	38.51m	
5 House, Jesse		Lakeshore C H S	37.17m	
6 Louw, Hannes		Hamilton District	35.58m	
7 Woehl, Matt		Ridge-Cr HS	35.50m	
8 Kok, Dave		Guido de Bres	32.25m	
9 Caliguiro, Wes		St. Paul H S	29.97m	
10 Mckeen, Jason		South Lincoln H S	29.70m	
11 Bradford, Kenny		Eden High School	24.90m	
12 Evink, Don		Guido de Bres	24.32m	
13 Baird, Aaron		St. Francis S S	23.88m	

Men Javelin Throw Senior

Name	Year	School	Finals	Points
1 Dykstra, Ray		Grimsby D S S	57.92m	
2 Fisher, Thomas		E. L. Crossley S S	50.66m	
3 Bradford, Kenny		Eden High School	50.19m	
4 Oreskovich, Nick		St. Paul H S	46.82m	
5 Griem, David		Ridge-Cr HS	46.31m	
6 Press, Eric		Highland	43.62m	
7 Betzold, Tim		Ridge-Cr HS	43.05m	
8 Vance, Will		Highland	42.07m	
9 Baird, Aaron		St. Francis S S	40.52m	
10 Munnings, Kahshann		Niagara Coll	39.44m	
11 Strzalkowski, Patrick		Churchill, S	39.13m	
12 Calabrese, Nick		West Park S S	38.12m	
13 Louw, Hannes		Hamilton District	36.48m	

Men 2000 Meter Steeplechase Open

Name	Year	School	Finals	Points
1 McRae, Tom		St. Paul H S	6:25.50	
2 Thomas, Ryan		Grimsby D S S	6:36.24	
3 Lavigne, Colin		Sir Winston	6:41.62	
4 Murphy, Connor		Churchill, S	6:46.70	
5 Lloyd, Duke		Highland	6:47.73	
6 Wilcox, Jesse		Westmount	6:47.98	
7 Varley, Kyle		Westlane S S	6:58.58	
8 Mann, Evan		Westlane S S	6:58.70	
9 Albers, John		Grimsby D S S	7:07.57	
10 Kaufhold, Dan		Grimsby D S S	7:19.62	
11 Mackie, David		Highland	7:22.95	
12 Visser, Sean		E. L. Crossley S S	7:42.07	
13 Rasmussen, John		Ancaster High	7:42.27	
14 Giles, Spencer		Centennial S S	7:47.40	

2009 SOSSA CHAMPIONSHIP MEET - 5/21/2009**Niagara Olympic Club Centre - West Park****Results****Men 4x400 Meter Relay Open**

School		Finals	H#	Points
1	Ridgeway-Crystal Beach 'A'	3:33.73	2	
2	Denis Morris H S 'A'	3:36.37	2	
3	Highland 'A'	3:39.34	2	
4	Sir Winston Churchill S S 'A'	3:40.37	2	
5	Hamilton District 'A'	3:44.05	2	
	1) Noordam, James	2) Vandermolen, Aaron		
	3) Voorberg, Adam	4) Louw, Hannes		
6	E. L. Crossley S S 'A'	3:44.47	2	
	1) Oliver, Troy	2) Twomey, Patrick		
	3) Hering, Phil	4) Delle Monache, Mitchell		
7	St. Paul H S 'A'	3:47.16	2	
8	Guido de Bres 'A'	3:48.32	1	
	1) Vanspronsen, Jon	2) Bosscher, Ryan		
	3) Ludwig, Kevin	4) VanSydenburgh, Warren		
9	Sherwood 'A'	3:51.78	1	
	1) Cheam, Sopheak	2) Knight, Ron		
	3) Stewart, Errol	4) Tonogai, James		
10	Westlane S S 'A'	3:59.43	1	
	1) Varley, Kyle	2) Mann, Evan		
	3) Dupuis, Patrick	4) Hildebrand, Zack		
11	Grimsby D S S 'A'	3:59.75	1	
12	Centennial S S 'A'	3:59.80	2	
13	Laura Secord S S 'A'	4:04.37	1	