

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****Women 100 Meter Dash Midget**

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Zone IV: R 12.96	5/13/2005	LEIGH VEERMAN, Laura Secord		
Pre 2004: R 12.20	1979	YVETTE JULES, Grantham		
Name	Year	School	Prelims	H#
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Preliminaries

1	MARY OLLIER	GRIMSBY D S S	13.44Q	2
2	SELENA INNAMORATI	HOLY CROSS H S	13.96Q	1
3	LOLA SOJI	EDEN HIGH SCHOOL	14.29Q	1
4	MARY-LYNN DUNNINK	HERITAGE CHR	14.53Q	2
5	CAITLYN ANDREWS	NIAGARA D S S	14.32q	1
6	CAITLIN MUHL	GRIMSBY D S S	14.56q	2
7	VALERIE BURTNIK	ST. FRANCIS S S	14.59q	2
8	DEVAN SHEEHAN	CHURCHILL, S	14.78q	1
9	DANIELLE GAIO	HOLY CROSS H S	14.99	2
10	MAJA MIHELICIC	BLESSED TRINITY H S	15.05	2
11	JESSICA HUTCHINSON	BLESSED TRINITY H S	15.10	1
12	ANITA DUNK	SOUTH LINCOLN H S	15.39	2
13	HAILEY GAIO	HOLY CROSS H S	15.65	1
14	HELEN ZOU	CHURCHILL, S	15.77	2

Women 100 Meter Dash Midget

=====				
Zone IV: R 12.96	5/13/2005	LEIGH VEERMAN, Laura Secord		
Pre 2004: R 12.20	1979	YVETTE JULES, Grantham		
Name	Year	School	Finals	Points
=====				

Finals

1	MARY OLLIER	GRIMSBY D S S	13.22	6
2	SELENA INNAMORATI	HOLY CROSS H S	13.82	4
3	CAITLYN ANDREWS	NIAGARA D S S	14.16	3
4	LOLA SOJI	EDEN HIGH SCHOOL	14.25	2
5	CAITLIN MUHL	GRIMSBY D S S	14.35	1
6	MARY-LYNN DUNNINK	HERITAGE CHR	14.44	
7	VALERIE BURTNIK	ST. FRANCIS S S	14.51	
8	DEVAN SHEEHAN	CHURCHILL, S	14.59	

Women 200 Meter Dash Midget

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Zone IV: R 26.99	5/13/2005	LEIGH VEERMAN, Laura Secord		
Pre 2004: R 25.25	1997	DIANE PEITSCH, Sir Winston Churchill		
Name	Year	School	Finals	H# Points
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1	TALASIA EIZENGA	CHURCHILL, S	28.69	2	6
2	JESSICA HUTCHINSON	BLESSED TRINITY H S	29.57	2	4
3	NATALIE ZIMA	BLESSED TRINITY H S	30.02	2	3
4	SARA WARING	GRIMSBY D S S	30.13	2	2
5	DANIELLE OTTEN	HERITAGE CHR	30.14	2	1
6	CAITLIN MUHL	GRIMSBY D S S	30.29	2	
7	CHELIAK KATIE	DENIS MORRIS H S	30.90	2	
8	HELEN ZOU	CHURCHILL, S	31.10	1	
9	TAYLOR COTNAM	DENIS MORRIS H S	31.35	2	
10	HAILEY GAIO	HOLY CROSS H S	31.53	1	
11	ANITA DUNK	SOUTH LINCOLN H S	32.25	1	
12	AMANDA CLARKE	SOUTH LINCOLN H S	32.50	1	

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****....Women 200 Meter Dash Midget**

13 RYANN LAMPMAN	BLESSED TRINITY H S	32.86	1
14 LYNETTE WASILEWSKI	BLESSED TRINITY H S	33.21	1

Women 400 Meter Dash Midget

=====				
Zone IV: R 1:01.90	5/13/2005	ESTHER VERMEER,	Smithville District C	
Pre 2004: R 1:01.60	1981	LORI LITTLEBOY,	St Catharines Collegi	
Name	Year	School	Finals	H# Points
=====				
1 MADISON CLARKE		WEST PARK S S	1:01.66R	2 6
2 TALASIA EIZENGA		CHURCHILL, S	1:08.08	2 4
3 SELINA CHIVARAN		DENIS MORRIS H S	1:09.13	2 3
4 TAYLOR COTNAM		DENIS MORRIS H S	1:09.85	2 2
5 GAB GLATT		NIAGARA D S S	1:09.94	2 1
6 MICAH VERMEER		SMITHVILLE D	1:12.70	2
7 FRANCINE SMITH		DENIS MORRIS H S	1:13.03	1
8 CHELIAK KATIE		DENIS MORRIS H S	1:13.57	2
9 DAKOTA TENBRINKE		GRIMSBY D S S	1:14.24	1
10 SAVANNAH STUART		LAURA SECORD S S	1:19.56	1
11 DAKOTA STEVENSON		NIAGARA D S S	1:21.96	1

Women 800 Meter Run Midget

=====				
Zone IV: R 2:29.29	5/15/2008	JENNA LEASK,	Sir Winston	
Pre 2004: R 2:20.50	1999	MONIKA GRABOWIECKA,	Sir Winston Ch	
Name	Year	School	Finals	Points
=====				
1 MADISON CLARKE		WEST PARK S S	2:35.38	6
2 RACHEL WACHNER		BLESSED TRINITY H S	2:50.00	4
3 MELISSA TEICHGRAF		EDEN HIGH SCHOOL	2:51.14	3
4 ERIN HALL		LAURA SECORD S S	2:52.86	2
5 SARAH ARNOLD		BLESSED TRINITY H S	2:53.85	1
6 ANDREA FERNANDEZ		BLESSED TRINITY H S	3:04.94	
7 KATHERINE BUIST		SMITHVILLE D	3:05.06	
8 DAKOTA TENBRINKE		GRIMSBY D S S	3:10.28	
9 JENNIFER TESSIER		DENIS MORRIS H S	3:17.48	

Women 1500 Meter Run Midget

=====				
Zone IV: R 4:57.78	5/13/2004	KELSIE SLATER,	Grimsby DSS	
Pre 2004: R 4:54.80	1999	MONIKA GRABOWIECKA,	Sir Winston Ch	
Name	Year	School	Finals	Points
=====				
1 JESSICA MEYER		BLESSED TRINITY H S	5:20.30	6
2 NICOLE LAWLESS		CHURCHILL, S	5:31.08	4
3 SELINA CHIVARAN		DENIS MORRIS H S	5:41.67	3
4 RACHEL WACHNER		BLESSED TRINITY H S	5:44.65	2
5 MELISSA TEICHGRAF		EDEN HIGH SCHOOL	5:44.75	1
6 ERIN HALL		LAURA SECORD S S	5:49.49	
7 NATALIE ZIMA		BLESSED TRINITY H S	5:56.94	
8 SARAH ARNOLD		BLESSED TRINITY H S	6:00.22	
9 KATRINA CRUICKSHANK		SOUTH LINCOLN H S	6:02.30	
10 JENNIFER TESSIER		DENIS MORRIS H S	6:16.06	
11 KENDRA KLYN-HESSLEINK		HERITAGE CHR	6:35.34	
12 LINDSAY GRAY		LAURA SECORD S S	6:40.84	

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****....Women 1500 Meter Run Midget**

13 DAKOTA TENBRINKE GRIMSBY D S S 6:43.58

Women 3000 Meter Run Midget

=====				
Zone IV: R 10:44.03	5/15/2008	LAURA MOURADIAN, Denis Morris		
Pre 2004: R 11:03.97	2000	MONIKA GRABOWIECKA, Sir Winston C		
Name	Year	School	Finals	Points
=====				
1 COURTNEY FALARDEAU		GOVERNOR SIMCOE S S	10:39.44R	6
2 NICOLE LAWLESS		CHURCHILL, S	11:26.03	4
3 JESSICA MEYER		BLESSED TRINITY H S	12:09.85	3
4 KATRINA CRUICKSHANK		SOUTH LINCOLN H S	13:10.63	2
5 KENDRA KLYN-HESSLEINK		HERITAGE CHR	15:34.02	1

Women 80 Meter Hurdles Midget

=====				
Zone IV: R 13.17	5/15/2008	RACHAEL KLUNDER, South Lincoln		
Pre 2004: R 12.50	1982	SHARI ORDERS, Niagara District		
Name	Year	School	Prelims	H#
=====				

Preliminaries

1 MARY OLLIER	GRIMSBY D S S	R 13.10Q	2
2 SAVANNAH STUART	LAURA SECORD S S	16.66Q	1
3 KENNEDY VILLERS	NIAGARA D S S	17.00Q	1
4 MORGAN RUZYLO	GRIMSBY D S S	17.09Q	2
5 EMILY DEHAAN	SMITHVILLE D	17.51q	2
6 SARA WARING	GRIMSBY D S S	17.55q	2
7 HALEY KAMPING	SMITHVILLE D	17.68q	1
8 LINDSAY GRAY	LAURA SECORD S S	18.61q	1
9 KATHERINE BUIST	SMITHVILLE D	19.39	2

Women 80 Meter Hurdles Midget

=====				
Zone IV: R 13.17	5/15/2008	RACHAEL KLUNDER, South Lincoln		
Pre 2004: R 12.50	1982	SHARI ORDERS, Niagara District		
Name	Year	School	Finals	Points
=====				

Finals

1 MARY OLLIER	GRIMSBY D S S	13.13R	6
2 SAVANNAH STUART	LAURA SECORD S S	16.62	4
3 MORGAN RUZYLO	GRIMSBY D S S	16.70	3
4 KENNEDY VILLERS	NIAGARA D S S	17.22	2
5 SARA WARING	GRIMSBY D S S	17.27	1
6 HALEY KAMPING	SMITHVILLE D	17.35	
7 EMILY DEHAAN	SMITHVILLE D	17.52	
8 LINDSAY GRAY	LAURA SECORD S S	18.72	

Women 300 Meter Hurdles Midget

=====				
Zone IV: R 47.23	5/13/2005	ESTHER VERMEER, Smithville DC		
Pre 2004: R 47.07	1997	KRISTY DEVRIES, Laura Secord Seconda		
Name	Year	School	Finals	Points
=====				
1 MARY OLLIER	GRIMSBY D S S	51.43	6	

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****....Women 300 Meter Hurdles Midget**

2	SARA WARING	GRIMSBY D S S	58.54	4
3	SAVANNAH STUART	LAURA SECORD S S	1:00.18	3
4	LINDSAY GRAY	LAURA SECORD S S	1:05.01	2
5	MORGAN RUZYLO	GRIMSBY D S S	1:09.47	1

Women 4x100 Meter Relay Midget

=====				
	Zone IV: R 55.12	5/12/2005	GRIMSBY SECONDARY, Grimsby Secondary	
			K. MacLeod, H.r Kurpe, V. Lang, B. Kadwell	
	Pre 2004: R 53.20	1977	, Sir Winston Churchill	
	Pre 2004: R 53.20	1971	, Sir Winston Churchill	
	School		Finals	Points
=====				
1	SIR WINSTON CHURCHILL S S	'A'	56.99	6
2	GRIMSBY D S S	'A'	57.15	4
3	HOLY CROSS H S	'A'	58.75	3
4	DENIS MORRIS H S	'A'	59.80	2
5	SOUTH LINCOLN H S	'A'	1:00.11	1
6	NIAGARA D S S	'A'	1:00.35	
7	SMITHVILLE DISTRICT C H S	'A'	1:01.59	

Women High Jump Midget

=====				
	Zone IV: R 1.56m	5/14/2009	CRYSTAL ELMERS, Smithville D	
	Pre 2004: R 1.63m	1990	JANET WHEELER, Grimsby Secondary	
	Name	Year	School	Finals Points
=====				
1	MADISON BEACH		GRIMSBY D S S	1.45m 6
2	MAJA MIHELIC		BLESSED TRINITY H S	1.40m 4
3	MADI TAYLOR		EDEN HIGH SCHOOL	J1.40m 3
4	KRISTEN DORTONO		NIAGARA D S S	1.35m 2
5	ERIN MARSHALL		SOUTH LINCOLN H S	1.30m 1
6	KENNEDY VILLERS		NIAGARA D S S	1.25m
7	LOLA SOJI		EDEN HIGH SCHOOL	J1.25m
8	JENNIFER TESSIER		DENIS MORRIS H S	J1.25m
9	EMILY DEHAAN		SMITHVILLE D	1.20m

Women Long Jump Midget

=====				
	Zone IV: R 4.74m	5/11/2006	CHELSEA DUNCAN, Sir Winston	
	Pre 2004: R 4.95m	1997	ROBYN AHLSTEDT, Laura Secord	Seconda
	Name	Year	School	Finals Points
=====				
1	MICAH VERMEER		SMITHVILLE D	4.40m 6
2	TAYLOR BLATCHLEY		BEAMSVILLE D S S	4.29m 4
3	TALASIA EIZENGA		CHURCHILL, S	4.24m 3
4	MADISON BEACH		GRIMSBY D S S	4.23m 2
5	DEVAN SHEEHAN		CHURCHILL, S	4.06m 1
6	RYANN LAMPMAN		BLESSED TRINITY H S	J4.06m
7	MARY-LYNN DUNNINK		HERITAGE CHR	3.99m
8	KRISTIE MOUS		BLESSED TRINITY H S	3.95m
9	ALAINA SERGNESE		ST. FRANCIS S S	3.92m
10	LAUREN HERALE		GRIMSBY D S S	3.86m
11	ADRIANA BIANCO		BLESSED TRINITY H S	3.83m
12	DANIELLE GAIO		HOLY CROSS H S	3.73m

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****....Women Long Jump Midget**

13	LEAH STEWART	BLESSED TRINITY H S	3.51m
14	YVONNE VAILLANCOURT	SOUTH LINCOLN H S	3.49m
15	ERIN MARSHALL	SOUTH LINCOLN H S	3.42m

Women Triple Jump Midget

=====				
Zone IV: R 10.14m		5/14/2009	CAITLIN MCCLURKIN, Grimsby DSS	
Pre 2004: R 10.00m		2001	HEIDI BENCH, Laura Second Secondary	
Name	Year	School	Finals	Points
=====				
1	TAYLOR BLATCHLEY	BEAMSVILLE D S S	10.05mR	6
2	VERONICA SLAPPENDEL	SMITHVILLE D	9.35m	4
3	MICAH VERMEER	SMITHVILLE D	9.32m	3
4	CAITLYN ANDREWS	NIAGARA D S S	8.87m	2
5	MARY-LYNN DUNNINK	HERITAGE CHR	8.86m	1
6	LAUREN HERALE	GRIMSBY D S S	8.67m	
7	KRISTEN DORTONO	NIAGARA D S S	8.13m	
8	HALEY KAMPING	SMITHVILLE D	7.85m	
9	MORGAN RUZYLO	GRIMSBY D S S	7.74m	
10	ANITA DUNK	SOUTH LINCOLN H S	7.45m	
11	YVONNE VAILLANCOURT	SOUTH LINCOLN H S	7.29m	
12	JOCELYN DENHOLLANDER	DENIS MORRIS H S	7.26m	
13	ADRIANA BIANCO	BLESSED TRINITY H S	7.16m	
14	ZOE THOMPSON	CHURCHILL, S	6.09m	

Women Shot Put Midget

=====				
Zone IV: R 9.27m		5/17/2007	KATIE KLODNICKI, Grimsby DSS	
Pre 2004: R 10.50m		1973	LAURA READ, Niagara District	
Name	Year	School	Finals	Points
=====				
1	JOCELYN DENHOLLANDER	DENIS MORRIS H S	9.56mR	6
2	KAYLA TRIVIERI	BLESSED TRINITY H S	6.28m	4
3	CHRISTINA VOS	SMITHVILLE D	5.81m	3

Women Discus Throw Midget

=====				
Zone IV: R 34.88m		5/17/2007	KATIE KLODNICKI, Grimsby DSS	
Pre 2004: R 30.50m		1975	GAYLE WRIGHT, Grantham	
Name	Year	School	Finals	Points
=====				
1	CHRISTINA VOS	SMITHVILLE D	15.44m	6
2	KAYLA TRIVIERI	BLESSED TRINITY H S	14.73m	4

Women Javelin Throw Midget

=====				
Zone IV: R 27.28m		5/13/2004	HEATHER EYMAN, Sir Winston	
Pre 2004: R 32.80m		1999	SARAH KISH, St. Francis	
Name	Year	School	Finals	Points
=====				
1	JOCELYN DENHOLLANDER	DENIS MORRIS H S	18.69m	6
2	CHRISTINA VOS	SMITHVILLE D	15.85m	4

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****Women 100 Meter Dash Junior**

=====				
Zone IV: R 13.03	5/17/2007	CHELSEA DUNCAN, Churchill, S		
Pre 2004: R 12.18	2000	CATHARINE OKIWINSKY, St. Francis		
Name	Year	School	Prelims	H#
=====				

Preliminaries

1	SHADAE EDWARDS	DENIS MORRIS H S	13.12Q	1
2	TANISHA MEDFORD	ST. CATHARIN	13.80Q	2
3	ANNIKA MAZZARELLA	LAURA SECORD S S	13.82Q	1
4	MELISSA GUARASCIA	BEAMSVILLE D S S	13.95Q	2
5	CAITLIN MCCLURKIN	GRIMSBY D S S	13.84q	1
6	TIARA SUMMERS	ST. CATHARIN	14.17q	1
7	HEATHER MCKAY	DENIS MORRIS H S	14.20q	2
8	CHLOE SIMPSON	LAURA SECORD S S	14.22q	2
9	JACKIE LAWTHER	BLESSED TRINITY H S	14.22	1
10	CARLEY PATTERSON	ST. FRANCIS S S	14.23	2
11	KAYLA MCLAREN	GOVERNOR SIMCOE S S	14.47	2
12	STACY TRIFUNOVIC	SOUTH LINCOLN H S	14.57	1
13	DANIELLE MARTINEAU	ST. FRANCIS S S	14.71	1
14	BRITT VANDRIEL	LAURA SECORD S S	14.75	2
15	BRIAR GILLIS	BLESSED TRINITY H S	14.87	2
16	MONIKA PALINKAS	ST. FRANCIS S S	15.03	1

Women 100 Meter Dash Junior

=====				
Zone IV: R 13.03	5/17/2007	CHELSEA DUNCAN, Churchill, S		
Pre 2004: R 12.18	2000	CATHARINE OKIWINSKY, St. Francis		
Name	Year	School	Finals	Points
=====				

Finals

1	SHADAE EDWARDS	DENIS MORRIS H S	13.05	6
2	TANISHA MEDFORD	ST. CATHARIN	13.59	4
3	MELISSA GUARASCIA	BEAMSVILLE D S S	13.69	3
4	CAITLIN MCCLURKIN	GRIMSBY D S S	13.69	2
5	ANNIKA MAZZARELLA	LAURA SECORD S S	13.73	1
6	CHLOE SIMPSON	LAURA SECORD S S	13.98	
7	HEATHER MCKAY	DENIS MORRIS H S	14.01	
8	TIARA SUMMERS	ST. CATHARIN	14.78	

Women 200 Meter Dash Junior

=====				
Zone IV: R 26.62	5/17/2007	ALEX GILES, Governor Sim		
Pre 2004: R 25.55	1998	DIANNE PEITSCH, Sir Winston Churchill		
Name	Year	School	Finals	H# Points
=====				

1	SHADAE EDWARDS	DENIS MORRIS H S	27.08	2	6
2	ANNIKA MAZZARELLA	LAURA SECORD S S	28.57	2	4
3	TANISHA MEDFORD	ST. CATHARIN	28.69	2	3
4	CARLEY PATTERSON	ST. FRANCIS S S	28.96	2	2
5	JACKIE LAWTHER	BLESSED TRINITY H S	29.30	2	1
6	DANIELLE MARTINEAU	ST. FRANCIS S S	30.34	2	
7	DANIELLE HUNTER	HOLY CROSS H S	30.74	2	
8	EMILY WILSON	LAURA SECORD S S	31.67	1	
9	BRITT VANDRIEL	LAURA SECORD S S	31.70	2	
10	BRITNEE SMALL	DENIS MORRIS H S	34.09	1	

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****Women 400 Meter Dash Junior**

=====				
Zone IV: R	1:00.77	5/13/2004	AMANDA MCMURTRIE,	South Lincol
Pre 2004: R	59.60	1986	PATTY HIEBERT,	Eden High School
Name		Year School	Finals	Points
=====				
1	CRYSTAL ELMERS	SMITHVILLE D	1:04.82	6
2	HAILEY MC WILLIAM	LAURA SECORD S S	1:05.13	4
3	HEATHER MCKAY	DENIS MORRIS H S	1:07.21	3
4	DANIELLE HUNTER	HOLY CROSS H S	1:10.03	2
5	ASHLEY KELLER	NIAGARA D S S	1:15.93	1
6	ADRIENNE THEISSEN	LAURA SECORD S S	1:16.79	
7	BRITT VANDRIEL	LAURA SECORD S S	1:18.44	

Women 800 Meter Run Junior

=====				
Zone IV: R	2:23.17	5/13/2005	KELSIE SLATER,	Grimsby DSS
Pre 2004: R	2:25.20	2002	CAITLIN PAULS,	Sir Winston Churchi
Name		Year School	Finals	Points
=====				
1	JESSICA WALLACE	CHURCHILL, S	2:33.25	6
2	HAILEY MC WILLIAM	LAURA SECORD S S	2:36.73	4
3	KATIE GRAZIANO	HOLY CROSS H S	2:46.74	3
4	RAYLENE ROSS	GRIMSBY D S S	2:51.33	2
5	JACKIE KOUDYS	BLESSED TRINITY H S	2:56.97	1
6	NICOLE ALTOBELLI	BLESSED TRINITY H S	3:05.46	

Women 1500 Meter Run Junior

=====				
Zone IV: R	4:58.43	5/13/2005	KELIE SLATER,	Grimsby DSS
Pre 2004: R	4:56.00	1991	KRISTIE OTTO,	Lakeport
Name		Year School	Finals	Points
=====				
1	CARLEY TODERICK	DENIS MORRIS H S	5:07.76	6
2	JESSICA WALLACE	CHURCHILL, S	5:08.21	4
3	HAILEY MC WILLIAM	LAURA SECORD S S	5:21.87	3
4	KATIE GRAZIANO	HOLY CROSS H S	5:29.76	2
5	FELICIA DAGENAIS	CHURCHILL, S	5:36.04	1
6	SARAH KLEEMOLA	DENIS MORRIS H S	5:45.16	
7	RAYLENE ROSS	GRIMSBY D S S	5:58.39	
8	TAYLOR HODGINS	BEAMSVILLE D S S	6:26.02	

Women 3000 Meter Run Junior

=====				
Zone IV: R	10:37.15	5/15/2008	DEANNA BRASZ,	Heritage Christian
Pre 2004: R	10:39.60	1991	KRISTIE OTTO,	Lakeport
Name		Year School	Finals	Points
=====				
1	CARLEY TODERICK	DENIS MORRIS H S	11:21.99	6
2	FELICIA DAGENAIS	CHURCHILL, S	11:55.05	4
3	SARAH KLEEMOLA	DENIS MORRIS H S	11:58.85	3
4	JESSICA WALLACE	CHURCHILL, S	12:23.21	2
5	ALEIGH ANDREWS	NIAGARA D S S	13:13.09	1

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****Women 80 Meter Hurdles Junior**

=====				
Zone IV: R 12.85	5/13/2005	KATIE WERNER,	Grimsby DSS	
Pre 2004: R 12.00	1998	SARAH MILLER,	St. Francis	
Name	Year	School	Prelims	H#
=====				

Preliminaries

1	MIREILLE MUSCA	BLESSED TRINITY H S	13.56Q	2
2	SALLY LIN	LAURA SECORD S S	13.59Q	1
3	ADRIENNE THEISSEN	LAURA SECORD S S	14.25Q	1
4	STEPHANIE ZACHAR	BEAMSVILLE D S S	15.61Q	2
5	MEGAN MEEBOER	BEAMSVILLE D S S	15.68q	1
6	LAUREN PADUANO	GRIMSBY D S S	16.23q	1
7	SAMANTHA BLAYNEY	GRIMSBY D S S	16.39q	2
8	EMILY WILSON	LAURA SECORD S S	16.53q	1
9	CASSANDRA DEBOER	SMITHVILLE D	16.61	2
10	ALISON KNAPP	GRIMSBY D S S	17.12	2
11	JESSICA FISCHLER	BLESSED TRINITY H S	18.02	1

Women 80 Meter Hurdles Junior

=====				
Zone IV: R 12.85	5/13/2005	KATIE WERNER,	Grimsby DSS	
Pre 2004: R 12.00	1998	SARAH MILLER,	St. Francis	
Name	Year	School	Finals	Points
=====				

Finals

1	ADRIENNE THEISSEN	LAURA SECORD S S	13.68	6
2	SALLY LIN	LAURA SECORD S S	13.86	4
3	STEPHANIE ZACHAR	BEAMSVILLE D S S	15.47	3
4	MEGAN MEEBOER	BEAMSVILLE D S S	15.83	2
5	LAUREN PADUANO	GRIMSBY D S S	15.88	1
6	EMILY WILSON	LAURA SECORD S S	15.96	
7	SAMANTHA BLAYNEY	GRIMSBY D S S	16.21	

Women 300 Meter Hurdles Junior

=====				
Zone IV: R 47.13	5/11/2006	BRITTANY KADWELL,	Grimsby DSS	
Pre 2004: R 46.00	1998	KRISTY DEVRIES,	Laura Secord Secondary	
Name	Year	School	Finals	H# Points
=====				

1	MIREILLE MUSCA	BLESSED TRINITY H S	49.10	2	6
2	ADRIENNE THEISSEN	LAURA SECORD S S	53.03	2	4
3	SAMANTHA BLAYNEY	GRIMSBY D S S	53.17	2	3
4	LAUREN PADUANO	GRIMSBY D S S	54.64	2	2
5	CHLOE SIMPSON	LAURA SECORD S S	54.64	2	1
6	EMILY WILSON	LAURA SECORD S S	54.66	2	
7	RAYLENE ROSS	GRIMSBY D S S	54.96	1	
8	ALISON KNAPP	GRIMSBY D S S	57.24	2	
9	JESSICA FISCHLER	BLESSED TRINITY H S	1:04.42	1	

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****Women 4x100 Meter Relay Junior**

=====				
Zone IV: R 54.17	5/13/2005	ST.FRANICS, St.Francis		
		N. Bonk, E. King, T. Howard, J. Howard		
Pre 2004: R 51.40	1978	, Sir Winston Churchill		
School			Finals	Points
=====				
1 LAURA SECORD S S 'A'			53.50R	6
2 GRIMSBY D S S 'A'			54.52	4
3 SMITHVILLE DISTRICT C H S 'A'			57.30	3
4 ST. FRANCIS S S 'A'			57.45	2
5 DENIS MORRIS H S 'A'			58.10	1

Women High Jump Junior

=====				
Zone IV: R 1.55m	5/15/2008	HEATHER HICKS, Grimsby		
Pre 2004: R 1.70m	1992	WANITA DYKSTRA, Beacon Christian		
Name	Year	School	Finals	Points
=====				
1 CRYSTAL ELMERS		SMITHVILLE D	1.45m	6
2 MELANIE BAJIC		GRIMSBY D S S	1.40m	4
3 ALISON KNAPP		GRIMSBY D S S	1.35m	3
4 CASSANDRA DEBOER		SMITHVILLE D	1.30m	2
5 KAYLA MCLAREN		GOVERNOR SIMCOE S S	1.25m	1
6 BRITTNEY SCHEERS		GOVERNOR SIMCOE S S	J1.25m	
7 BRIAR GILLIS		BLESSED TRINITY H S	1.20m	

Women Pole Vault Midget / Junior

=====				
Zone IV: R 2.71m	5/15/2008	AVERY THOMAS, Grimsby DSS		
Name	Year	School	Finals	Points
=====				
1 NICOLE GILLET		ST. CATHARIN	1.75m	6

Women Long Jump Junior

=====				
Zone IV: R 4.94m	5/17/2007	CHELSEA DUNCAN, Sir Winston		
Pre 2004: R 5.05m	1967	SHIELA FLOWERS, Laura Secord	Seconda	
Name	Year	School	Finals	Points
=====				
1 CAITLIN MCCLURKIN		GRIMSBY D S S	4.80m	6
2 STACY TRIFUNOVIC		SOUTH LINCOLN H S	4.73m	4
3 CRYSTAL ELMERS		SMITHVILLE D	4.72m	3
4 MELANIE BAJIC		GRIMSBY D S S	4.47m	2
5 KATIE GRAZIANO		HOLY CROSS H S	4.40m	1
6 CASSIDY MACKAY		CHURCHILL, S	4.39m	
7 SALLY LIN		LAURA SECORD S S	4.33m	
8 JAZMINE HOGEVEEN		SMITHVILLE D	4.17m	
9 MONIKA PALINKAS		ST. FRANCIS S S	4.15m	
10 TANISHA MEDFORD		ST. CATHARIN	3.96m	
10 TIARA SUMMERS		ST. CATHARIN	3.96m	
12 HAILEY SLAMKA		HOLY CROSS H S	3.91m	
13 BRIAR GILLIS		BLESSED TRINITY H S	3.89m	
14 KAYLA MCLAREN		GOVERNOR SIMCOE S S	3.67m	

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****Women Triple Jump Junior**

=====				
Zone IV: R 10.20m		5/13/2004	SHAWNA HANSON, Blessed Trin	
Pre 2004: R 10.94m		1992	WANITA DYKSTRA, Beacon Christian	
Name	Year	School	Finals	Points
=====				
1 MIREILLE MUSCA		BLESSED TRINITY H S	10.43mR	6
2 CARLY DUNBAR		WEST PARK S S	10.26mR	4
3 STACY TRIFUNOVIC		SOUTH LINCOLN H S	10.18m	3
4 CASSIDY MACKAY		CHURCHILL, S	10.06m	2
5 CAITLIN MCCLURKIN		GRIMSBY D S S	9.94m	1
6 SALLY LIN		LAURA SECORD S S	9.82m	
7 CHLOE SIMPSON		LAURA SECORD S S	9.35m	
8 JAZMINE HOGEVEEN		SMITHVILLE D	8.55m	

Women Shot Put Junior

=====				
Zone IV: R 10.49m		5/15/2008	KATIE KLODNICKI, Grimsby DSS	
Pre 2004: R 10.86m		1979	HOLLY QUIRING, Lakeport	
Name	Year	School	Finals	Points
=====				
1 JAZMINE HOGEVEEN		SMITHVILLE D	7.65m	6
2 CASSANDRA DEBOER		SMITHVILLE D	7.07m	4
3 TABITHA HENDRICKS		SOUTH LINCOLN H S	6.97m	3
4 OLIVIA STAPLES		BLESSED TRINITY H S	6.82m	2
5 NATALIE FISHER		SOUTH LINCOLN H S	6.61m	1
6 ANNIKA MAZZARELLA		LAURA SECORD S S	6.26m	
7 JESSICA MOLONEY		ST. FRANCIS S S	5.94m	
8 SARAH SHORT		WEST PARK S S	4.75m	

Women Discus Throw Junior

=====				
Zone IV: R 36.84m		5/15/2008	KATIE KLODNICKI, Grimsby DSS	
Pre 2004: R 35.54m		1979	NANCY MATHER, Grantham	
Name	Year	School	Finals	Points
=====				
1 OLIVIA STAPLES		BLESSED TRINITY H S	19.56m	6
2 MELANIE BAJIC		GRIMSBY D S S	19.32m	4
3 KATHY PROCYK		WEST PARK S S	16.97m	3
4 JACKIE KOUDYS		BLESSED TRINITY H S	16.75m	2
5 NATALIE FISHER		SOUTH LINCOLN H S	16.62m	1
6 TABITHA HENDRICKS		SOUTH LINCOLN H S	15.18m	
7 JESSICA FISCHLER		BLESSED TRINITY H S	12.71m	

Women Javelin Throw Junior

=====				
Zone IV: R 33.05m		5/13/2005	MAGGIE SCULL, Governor Simcoe	
Pre 2004: R 36.30m		2001	SARAH KISH, St. Francis	
Name	Year	School	Finals	Points
=====				
1 HAILEY SLAMKA		HOLY CROSS H S	23.67m	6
2 NATALIE FISHER		SOUTH LINCOLN H S	23.30m	4
3 CASSIDY MACKAY		CHURCHILL, S	23.28m	3
4 KATHY PROCYK		WEST PARK S S	19.89m	2
5 TABITHA HENDRICKS		SOUTH LINCOLN H S	17.51m	1
6 SARAH SHORT		WEST PARK S S	15.38m	
7 JESSICA MOLONEY		ST. FRANCIS S S	12.93m	

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****....Women Javelin Throw Junior**

8 BRITTNEY SCHEERS GOVERNOR SIMCOE S S 11.51m

Women 100 Meter Dash Senior

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=====
Zone IV: R 12.43 5/13/2004 STEPHANIE FORESTELL, Beamsville
Pre 2004: R 12.50 1980 MARTHA MERRITT, Sir Winston Chur
Pre 2004: R 12.50 1979 DONNA WOODWARD, Sir Winston Chur
Name Year School Prelims H#
=====

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Preliminaries

1	ANITA CLOUTIER	ST. CATHARIN	14.02Q	2
2	CHRISTY GADSBY	BEAMSVILLE D S S	14.14Q	1
3	KAYLA FLOCKHART	BLESSED TRINITY H S	14.21Q	1
4	DEVIN BEGIN	ST. FRANCIS S S	14.23Q	2
5	MERCEDES BOYKIN	ST. FRANCIS S S	14.36q	1
6	MORGAN BEACH	GRIMSBY D S S	14.39q	2
7	JORDAN ISENER	NIAGARA D S S	14.40q	2
8	RENEE BARTLETT	BEAMSVILLE D S S	14.63q	2
9	TAT WINNINGTON	CHURCHILL, S	14.65	1
10	EMILY SCHOPPMANN	BLESSED TRINITY H S	14.74	2
11	CARLY DUGO	DENIS MORRIS H S	14.87	1
12	KAORA GENEST	GREAT LAKES	15.06	1
13	JORDAN LINTON	ST. FRANCIS S S	15.44	2

Women 100 Meter Dash Senior

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=====
Zone IV: R 12.43 5/13/2004 STEPHANIE FORESTELL, Beamsville D
Pre 2004: R 12.50 1980 MARTHA MERRITT, Sir Winston Churchil
Pre 2004: R 12.50 1979 DONNA WOODWARD, Sir Winston Churchil
Name Year School Finals Points
=====

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Finals

1	ANITA CLOUTIER	ST. CATHARIN	13.85	6
2	KAYLA FLOCKHART	BLESSED TRINITY H S	13.92	4
3	DEVIN BEGIN	ST. FRANCIS S S	13.95	3
4	CHRISTY GADSBY	BEAMSVILLE D S S	14.03	2
5	JORDAN ISENER	NIAGARA D S S	14.05	1
6	MERCEDES BOYKIN	ST. FRANCIS S S	14.07	
7	MORGAN BEACH	GRIMSBY D S S	14.29	
8	RENEE BARTLETT	BEAMSVILLE D S S	14.41	

Women 200 Meter Dash Senior

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=====
Zone IV: R 25.82 5/15/2008 CHELSEA DUNCAN, Sir Winston
Pre 2004: R 25.40 1991 NSENGA BANSFIELD, Niagara District
Name Year School Finals H# Points
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1	HEATHER HICKS	GRIMSBY D S S	27.69	2	6
2	ALISON BOYD	GOVERNOR SIMCOE S S	28.57	2	4
3	RENEE BARTLETT	BEAMSVILLE D S S	29.03	2	3
4	KRISTINE REED	BEAMSVILLE D S S	29.33	1	2
5	DEVIN BEGIN	ST. FRANCIS S S	29.83	2	1
6	MORGAN BEACH	GRIMSBY D S S	29.95	1	
7	OLIVIA VAUGHAN	GRIMSBY D S S	29.97	2	

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****....Women 200 Meter Dash Senior**

8	KAORA GENEST	GREAT LAKES	30.95	2
9	MERCEDES BOYKIN	ST. FRANCIS S S	31.38	1
10	CARLY DUGO	DENIS MORRIS H S	31.41	1
11	ROLINE ELIACIN	GREAT LAKES	32.69	1

Women 400 Meter Dash Senior

=====				
	Zone IV: R 59.72	5/17/2007	ESTHER VERMEER, Smithville D	
	Pre 2004: R 57.50	1991	NSENGA BANSFIELD, Niagara District	
	Name	Year School	Finals	Points
=====				
1	ALISON BOYD	GOVERNOR SIMCOE S S	1:06.24	6
2	KRISTINE REED	BEAMSVILLE D S S	1:08.97	4
3	CARLI ADAMS	BLESSED TRINITY H S	1:13.98	3
4	JASMINE LAURITZEN	DENIS MORRIS H S	1:15.26	2
5	KELSEA LEVESQUE	ST. FRANCIS S S	1:17.71	1

Women 800 Meter Run Senior

=====				
	Zone IV: R 2:20.33	5/13/2004	MEGAN STEWART, Governor Sim	
	Pre 2004: R 2:21.30	1990	KRISSY LOCKYER, Ridley College	
	Name	Year School	Finals	Points
=====				
1	JENNA LEASK	CHURCHILL, S	2:29.23	6
2	SHELBY DUNBAR	WEST PARK S S	2:34.75	4
3	ALISHA ATTEMA	SOUTH LINCOLN H S	2:45.48	3
4	EMILY BUTTRAM	GREAT LAKES	2:51.51	2
5	YHAEL MEDALLA	DENIS MORRIS H S	2:58.71	1
6	CARLI ADAMS	BLESSED TRINITY H S	3:04.38	
7	JASMINE LAURITZEN	DENIS MORRIS H S	3:13.54	

Women 1500 Meter Run Senior

=====				
	Zone IV: R 4:59.37	5/13/2005	KAITLYN TALLMAM, Great Lakes CC	
	Pre 2004: R 4:53.40	2003	MONIKA GRABOWIECKA, Sir Winston Ch	
	Name	Year School	Finals	Points
=====				
1	DEANNA BRASZ	HERITAGE CHR	4:51.68R	6
2	JULIE HAMBLETON	GRIMSBY D S S	4:58.05R	4
3	JENNA LEASK	CHURCHILL, S	5:00.95	3
4	HAMBLETON BRITTANY	GRIMSBY D S S	5:16.43	2
5	ALISHA ATTEMA	SOUTH LINCOLN H S	5:33.40	1
6	HANNAH SUKKAU	CHURCHILL, S	5:38.62	
7	EMILY BUTTRAM	GREAT LAKES	6:12.43	
8	DIANNA COLALILO	BEAMSVILLE D S S	6:16.28	
9	JEN HEINS	NIAGARA D S S	6:56.09	

Women 3000 Meter Run Senior

=====				
	Zone IV: R 10:42.29	5/14/2009	HEATHER STUIVE, Eden High Sc	
	Pre 2004: R 10:48.30	1988	MARCI AITKEN, Denis Morris	
	Name	Year School	Finals	Points
=====				
1	DEANNA BRASZ	HERITAGE CHR	10:03.77R	6
2	JULIE HAMBLETON	GRIMSBY D S S	10:59.62	4

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****....Women 3000 Meter Run Senior**

3	HAMBLETON BRITTANY	GRIMSBY D S S	11:27.78	3
4	MONIQUE STUIVE	EDEN HIGH SCHOOL	11:58.39	2
5	ALISHA ATTEMA	SOUTH LINCOLN H S	12:18.60	1
6	HANNAH SUKKAU	CHURCHILL, S	12:24.25	
7	GENNA KALVAITIS	BLESSED TRINITY H S	13:14.22	
8	DIANNA COLALILO	BEAMSVILLE D S S	13:30.28	
9	EMILY BUTTRAM	GREAT LAKES	13:52.19	
10	JENN CANO	BLESSED TRINITY H S	14:06.85	

Women 100 Meter Hurdles Senior

=====				
Zone IV: R 15.35		5/13/2004	LINDSAY WILLIAMSON, Grimsby DSS	
Pre 2004: R 15.53		2000	SARAH MILLER, St. Francis	
Name	Year	School	Finals	Points
=====				
1	RACHAEL KLUNDER	SOUTH LINCOLN H S	18.05	6
2	TAVIA BOND	BEAMSVILLE D S S	18.80	4
3	OLIVIA VAUGHAN	GRIMSBY D S S	18.86	3
4	LESLEY GIVEN	SOUTH LINCOLN H S	19.11	2
5	RENEE BARTLETT	BEAMSVILLE D S S	19.40	1
6	MICHELLE RICHARDSON	LAURA SECORD S S	21.28	

Women 400 Meter Hurdles Senior

=====				
Zone IV: R 1:07.28		5/13/2004	LAURA ECKER, Beamsville D	
Pre 2004: R 1:06.45		2000	KRISTY DEVRIES, Laura Secord Secon	
Name	Year	School	Finals	Points
=====				
1	EMILY SCHOPPMANN	BLESSED TRINITY H S	1:15.58	6
2	OLIVIA VAUGHAN	GRIMSBY D S S	1:17.67	4
3	MICHELLE RICHARDSON	LAURA SECORD S S	1:18.90	3
4	LESLEY GIVEN	SOUTH LINCOLN H S	1:20.19	2

Women 4x100 Meter Relay Senior

=====				
Zone IV: R 52.80		5/15/2008	LAURA SECORD, Laura Secord	
			K Tuckwell, A Friesen, A Grosskurth, L Veerman	
Pre 2004: R 51.60		1979	, Sir Winston Churchill	
School			Finals	Points
=====				
1	GRIMSBY D S S	'A'	53.62	6
2	SIR WINSTON CHURCHILL S S	'A'	56.15	4
3	SOUTH LINCOLN H S	'A'	58.55	3
4	DENIS MORRIS H S	'A'	1:01.41	2

Women High Jump Senior

=====				
Zone IV: R 1.52m		5/13/2005	SAMANTHA MROZCEK, Holy Cross	
Pre 2004: R 1.80m		1993	WANITA DYKSTRA, Beacon Christian	
Name	Year	School	Finals	Points
=====				
1	HEATHER HICKS	GRIMSBY D S S	1.50m	6
2	RACHAEL KLUNDER	SOUTH LINCOLN H S	1.45m	4
3	BROOK DORIN	BLESSED TRINITY H S	1.40m	3
4	COURTNEY YOLE	BLESSED TRINITY H S	1.35m	2

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****....Women High Jump Senior**

5 MACKENZIE WHITE	BEAMSVILLE D S S	1.15m	1
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Women Pole Vault Senior

=====				
Zone IV: R 2.30m		5/17/2007	RENATA TRACEY, Beamsville D	
Name	Year	School	Finals	Points
=====				
1 SHANNON LA FONTAINE		LAURA SECORD S S	2.05m	6
2 NICOLE TEMPLE		ST. CATHARIN	1.90m	3.50
2 MICHELLE RICHARDSON		LAURA SECORD S S	1.90m	3.50
4 TAYLOR KARPYSHYN		LAURA SECORD S S	1.45m	1.50
4 SOPHIE ALI		LAURA SECORD S S	1.45m	1.50

Women Long Jump Senior

=====				
Zone IV: R 5.23m		5/15/2008	CHELSEA DUNCAN, Sir Winston	
Pre 2004: R 5.38m		1993	WANITA DYKSTRA, Beacon Christian	
Name	Year	School	Finals	Points
=====				
1 HEATHER HICKS		GRIMSBY D S S	4.96m	6
2 TAYLOR MACLEOD		GRIMSBY D S S	4.71m	4
3 SHYRELL GOUGH		WEST PARK S S	4.67m	3
4 REBECCA BARNFIELD		GRIMSBY D S S	4.50m	2
5 ANITA CLOUTIER		ST. CATHARIN	4.41m	1
6 SHANNON LA FONTAINE		LAURA SECORD S S	4.32m	
7 SKYE SOOBRAMANIE		BEAMSVILLE D S S	4.18m	
8 NICOLE TEMPLE		ST. CATHARIN	4.12m	
9 HALEY CROUSE		GRIMSBY D S S	3.89m	
10 AMANDA HENDRIKS		EDEN HIGH SCHOOL	3.66m	
11 ALISHA ROBINSON		GREAT LAKES	3.55m	
12 JORDAN LINTON		ST. FRANCIS S S	3.49m	
13 JEN HEINS		NIAGARA D S S	3.01m	

Women Triple Jump Senior

=====				
Zone IV: R 10.56m		5/15/2008	LEIGH VEERMAN, Laura Secord	
Pre 2004: R 10.85m		1993	JODY MONRO, Governor Simcoe	
Name	Year	School	Finals	Points
=====				
1 JORDAN ISENER		NIAGARA D S S	10.04m	6
2 REBECCA BARNFIELD		GRIMSBY D S S	9.97m	4
3 SHANNON LA FONTAINE		LAURA SECORD S S	9.78m	3
4 SKYE SOOBRAMANIE		BEAMSVILLE D S S	9.60m	2
5 TAYLOR MACLEOD		GRIMSBY D S S	9.53m	1
6 ANITA CLOUTIER		ST. CATHARIN	9.30m	
7 MORGAN BEACH		GRIMSBY D S S	9.26m	
8 LESLEY GIVEN		SOUTH LINCOLN H S	9.26m	
9 HALEY CROUSE		GRIMSBY D S S	8.53m	
10 ALISHA ROBINSON		GREAT LAKES	8.38m	
11 NICOLE TEMPLE		ST. CATHARIN	8.15m	
12 GENNA KALVAITIS		BLESSED TRINITY H S	7.91m	
13 JORDAN HAMILTON		BLESSED TRINITY H S	7.50m	
14 JEN HEINS		NIAGARA D S S	7.31m	

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****Women Shot Put Senior**

=====				
Zone IV: R 10.15m		5/15/2008	AMANDA VOORBERG, Grimsby DSS	
Pre 2004: R 12.00m		1982	LAURANN COL, Merritton High	
Name	Year	School	Finals	Points
=====				
1	LAUREN BREW	ST. CATHARIN	9.81m	6
2	TANEISHA MCADAM	DENIS MORRIS H S	9.56m	4
3	KORTNEY KOROLL	GOVERNOR SIMCOE S S	9.37m	3
4	TERESA MURRE	EDEN HIGH SCHOOL	7.82m	2
5	KATHRYN KAPLE	NIAGARA D S S	7.76m	1
6	JEN RIDDER	SOUTH LINCOLN H S	7.23m	
7	SARAH DUCK	SMITHVILLE D	7.00m	
8	AURORA A. SHORTT	NIAGARA D S S	6.92m	
9	BRIANNE FISHER	SOUTH LINCOLN H S	6.51m	
10	KAILEY THIESSEN	EDEN HIGH SCHOOL	6.06m	
11	TRINKA TRAVER	SMITHVILLE D	5.55m	
12	MARYANNA WILSON	SMITHVILLE D	4.34m	

Women Discus Throw Senior

=====				
Zone IV: R 41.21m		5/17/2007	DANA BEE, Grimsby DSS	
Pre 2004: R 39.30m		2000	ANGELA MACHAJ, Denis Morris	
Name	Year	School	Finals	Points
=====				
1	KATIE KLODNICKI	GRIMSBY D S S	38.93m	6
2	KORTNEY KOROLL	GOVERNOR SIMCOE S S	27.78m	4
3	LAUREN BREW	ST. CATHARIN	25.91m	3
4	COURTNEY YOLE	BLESSED TRINITY H S	23.39m	2
5	AURORA A. SHORTT	NIAGARA D S S	22.93m	1
6	KATHRYN KAPLE	NIAGARA D S S	18.49m	
7	TRINKA TRAVER	SMITHVILLE D	17.68m	
8	MARYANNA WILSON	SMITHVILLE D	17.60m	
9	JEN RIDDER	SOUTH LINCOLN H S	15.34m	
10	JORDAN HAMILTON	BLESSED TRINITY H S	11.27m	

Women Javelin Throw Senior

=====				
Zone IV: R 34.64m		5/11/2006	JENNI BAUER, St. Francis	
Pre 2004: R 37.98m		2003	SARAH KISH, St. Francis	
Name	Year	School	Finals	Points
=====				
1	KORTNEY KOROLL	GOVERNOR SIMCOE S S	30.36m	6
2	AURORA A. SHORTT	NIAGARA D S S	27.25m	4
3	LAUREN BREW	ST. CATHARIN	26.85m	3
4	BRIANNE FISHER	SOUTH LINCOLN H S	24.40m	2
5	SARAH DUCK	SMITHVILLE D	22.37m	1
6	RACHAEL KLUNDER	SOUTH LINCOLN H S	20.95m	
7	AMANDA HENDRIKS	EDEN HIGH SCHOOL	20.41m	
8	TRINKA TRAVER	SMITHVILLE D	18.79m	
9	TAYLOR KARPYSHYN	LAURA SECORD S S	18.24m	
10	YHAEL MEDALLA	DENIS MORRIS H S	17.56m	
11	TERESA MURRE	EDEN HIGH SCHOOL	16.54m	
12	MERCEDES BOYKIN	ST. FRANCIS S S	16.39m	
13	JEN RIDDER	SOUTH LINCOLN H S	16.15m	
14	KATHRYN KAPLE	NIAGARA D S S	15.68m	
15	MARYANNA WILSON	SMITHVILLE D	12.61m	

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****Women 1500 Meter Steeplechase Open**

=====				
Zone IV: R 5:17.69 5/11/2006 KELSIE SLATER, Grimsby DSS				
Name	Year	School	Finals	Points
=====				
1 MONIQUE STUIVE		EDEN HIGH SCHOOL	5:53.40	6
2 ALEIGH ANDREWS		NIAGARA D S S	6:34.00	4
3 JACKIE KOUDYS		BLESSED TRINITY H S	6:36.00	3
4 TAYLOR KARPYSHYN		LAURA SECORD S S	7:06.00	2
5 SOPHIE ALI		LAURA SECORD S S	8:11.00	1

Women 4x400 Meter Relay Open

=====				
Zone IV: R 4:16.91 5/11/2006 GRIMSBY D S S, Grimsby DSS				
H Kurpe, A Drake, B Kadwell, K Slater				
Pre 2004: R 4:10.00 1980 , Grimsby Secondary				
School			Finals	Points
=====				
1 GRIMSBY D S S 'A'			4:37.22	6
2 ST. FRANCIS S S 'A'			4:47.71	4
3 DENIS MORRIS H S 'A'			4:56.21	3

Men 100 Meter Dash Midget

=====				
Zone IV: R 11.93 5/15/2008 JOSH FORESTER, Blessed Trinity				
Pre 2004: R 11.40 1970 TED DIDMUS, West Park				
Name	Year	School	Prelims	H#
=====				
Preliminaries				
1 CALUM WESTBROOK		CHURCHILL, S	12.18Q	2
2 NICK BARTLETT		BEAMSVILLE D S S	12.39Q	1
3 AVERY HAWRYLUK		CHURCHILL, S	12.70Q	1
4 KYLE NARDANGELI		DENIS MORRIS H S	12.77Q	2
5 MIKE HUMPHREY		BLESSED TRINITY H S	12.84q	2
6 PATRICK WOODROW		CHURCHILL, S	12.90q	2
7 JEREMY ESPINO		ST. FRANCIS S S	12.98q	1
8 DANIEL FIGUERRA		DENIS MORRIS H S	13.02q	1
9 EMMANUEL OBESEKI		EDEN HIGH SCHOOL	13.19	2
10 NICHOLAS DAVEY		ST. CATHARIN	13.29	2
11 EDWARD DONATO		DENIS MORRIS H S	13.34	1
12 MATTHEW KORNELSON		LAURA SECORD S S	13.63	1
13 JOSH VANDERMOLLEN		HERITAGE CHR	13.81	2
14 MICHAEL SONG		LAURA SECORD S S	14.04	2

Men 100 Meter Dash Midget

=====				
Zone IV: R 11.93 5/15/2008 JOSH FORESTER, Blessed Trinity				
Pre 2004: R 11.40 1970 TED DIDMUS, West Park				
Name	Year	School	Finals	Points
=====				
Finals				
1 CALUM WESTBROOK		CHURCHILL, S	11.96	6
2 NICK BARTLETT		BEAMSVILLE D S S	12.31	4
3 KYLE NARDANGELI		DENIS MORRIS H S	12.53	3
4 JEREMY ESPINO		ST. FRANCIS S S	12.70	2
5 AVERY HAWRYLUK		CHURCHILL, S	12.77	1
6 PATRICK WOODROW		CHURCHILL, S	12.85	

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****....Men 100 Meter Dash Midget**

7	MIKE HUMPHREY	BLESSED TRINITY H S	12.89
8	DANIEL FIGUERRA	DENIS MORRIS H S	13.27

Men 200 Meter Dash Midget

=====					
Zone IV: R 24.41		5/17/2007	MATT WOJAK, Holy Cross H		
Pre 2004: R 24.00		1979	RICK WILSON, Grantham		
Name	Year	School	Finals	H#	Points
=====					
1	CALUM WESTBROOK	CHURCHILL, S	24.31R	2	6
2	NICK BARTLETT	BEAMSVILLE D S S	24.88	2	4
3	PATRICK WOODROW	CHURCHILL, S	25.66	2	3
4	GARRETT DION	CHURCHILL, S	25.67	2	2
5	BEN GADSBY	BEAMSVILLE D S S	26.42	2	1
6	BRETT MACDOUGALL	GRIMSBY D S S	26.61	2	
7	BROCK MARTIN	GRIMSBY D S S	26.99	1	
8	PETER OLIVEIRA	BLESSED TRINITY H S	27.09	2	
9	KYLE NARDANGELI	DENIS MORRIS H S	27.16	2	
10	MITCHEL BROWN	CHURCHILL, S	27.82	1	
11	KEVIN CO	ST. FRANCIS S S	28.17	1	
12	MATTHEW KORNELSON	LAURA SECORD S S	28.35	1	
13	MICHAEL SONG	LAURA SECORD S S	28.57	1	

Men 400 Meter Dash Midget

=====					
Zone IV: R 55.48		5/13/2004	JORDAN HECKMAN, Sir Winston		
Pre 2004: R 53.90		1982	TODD ANDERSON, Lakeport		
Name	Year	School	Finals	H#	Points
=====					
1	CALVIN BOND	BEAMSVILLE D S S	56.40	2	6
2	PATRICK WOODROW	CHURCHILL, S	56.40	2	4
3	GARRETT DION	CHURCHILL, S	57.79	2	3
4	CARMEN CONTINISIO	BLESSED TRINITY H S	58.58	2	2
5	DAN REED	BEAMSVILLE D S S	59.39	2	1
6	DANIEL FIGUERRA	DENIS MORRIS H S	1:00.28	1	
7	RILEY DUNDA	GRIMSBY D S S	1:01.90	1	
8	KEVIN STONES	BEAMSVILLE D S S	1:02.02	2	
9	MITCHELL BROWN	CHURCHILL, S	1:02.24	1	
10	BROCK MARTIN	GRIMSBY D S S	1:02.98	1	
11	EDWARD DONATO	DENIS MORRIS H S	1:03.57	1	
12	NICHOLAS DAVEY	ST. CATHARIN	1:03.62	2	
13	KAI HANSEN	LAURA SECORD S S	1:04.84	1	
14	REJEAN OUELLETTE	LAURA SECORD S S	1:07.31	1	

Men 800 Meter Run Midget

=====					
Zone IV: R 2:08.51		5/13/2004	DUSTIN DEMOE, Denis Morris		
Pre 2004: R 2:08.20		1994	NEIL O'REILLY, Sir Winston Churchi		
Name	Year	School	Finals	Points	
=====					
1	ZACH GODIN	CHURCHILL, S	2:05.07R	6	
2	TROY SMITH	GRIMSBY D S S	2:11.43	4	
3	JOHN RABIDEAU	CHURCHILL, S	2:13.06	3	
4	MIKE FORTALEZA	CHURCHILL, S	2:16.09	2	

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****....Men 800 Meter Run Midget**

5	STEVEN FALK	EDEN HIGH SCHOOL	2:17.55	1
6	DAN REED	BEAMSVILLE D S S	2:30.11	
7	LEMUEL NUFIO-ESCOBAR	DENIS MORRIS H S	2:46.72	
8	ANDREW PEROSSA	DENIS MORRIS H S	2:47.84	
9	MONTANA TOURIGNY	EDEN HIGH SCHOOL	2:52.55	
10	TANNER MYERS	KERNAHAN PARK S S	2:54.42	

Men 1500 Meter Run Midget

=====				
Zone IV: R 4:20.74		5/13/2004	KEVIN MOORE, Sir Winston	
Pre 2004: R 4:17.10		1981	MIKE SMITH, Lakeport	
Name	Year	School	Finals	Points
=====				
1	ZACH GODIN	CHURCHILL, S	4:23.43	6
2	TROY SMITH	GRIMSBY D S S	4:29.02	4
3	JOHN RABIDEAU	CHURCHILL, S	4:30.85	3
4	DAN RIVERA	CHURCHILL, S	4:39.85	2
5	MIKE FORTALEZA	CHURCHILL, S	4:39.86	1
6	JAMIE PAGENDAM	EDEN HIGH SCHOOL	4:46.42	
7	ADAM SMITH	LAURA SECORD S S	5:05.93	
8	BRENDAN MCDOUGALL	GRIMSBY D S S	5:18.02	
9	NOLAN LEON BAKER	HOLY CROSS H S	5:19.40	
10	MONTANA TOURIGNY	EDEN HIGH SCHOOL	5:33.83	
11	LEMUEL NUFIO-ESCOBAR	DENIS MORRIS H S	5:35.46	
12	TANNER MYERS	KERNAHAN PARK S S	5:47.11	
13	ANDREW PEROSSA	DENIS MORRIS H S	5:52.79	

Men 3000 Meter Run Midget

=====				
Zone IV: R 9:42.21		5/11/2006	MOHAMED AHMED, St. Catharin	
Pre 2004: R 9:21.20		1981	MIKE SMITH, Lakeport	
Name	Year	School	Finals	Points
=====				
1	MIKE FORTALEZA	CHURCHILL, S	10:27.60	6
2	DAN RIVERA	CHURCHILL, S	10:32.19	4
3	ADAM SMITH	LAURA SECORD S S	10:48.93	3
4	BRENDAN MCDOUGALL	GRIMSBY D S S	11:03.12	2
5	TYLER DAVIS	CHURCHILL, S	11:05.34	1
6	GRANT HAYWARD	CHURCHILL, S	11:39.82	
7	BEN DALE	GREAT LAKES	11:57.34	

Men 100 Meter Hurdles Midget

=====				
Zone IV: R 15.71		5/15/2008	JOSH FORESTER, Blessed Trinity	
Pre 2004: R 14.50		2001	TAI SPENCER-YAP, Laura Secord Second	
Pre 2004: R 14.50		1975	LEON ARENDSE, Laura Secord Secondary	
Name	Year	School	Finals	Points
=====				
1	PETER OLIVEIRA	BLESSED TRINITY H S	17.03	6
2	KAI HANSEN	LAURA SECORD S S	18.75	4
3	BRETT MACDOUGALL	GRIMSBY D S S	18.78	3
4	DESMOND STEWART	LAURA SECORD S S	18.80	2
5	JAMIE FARRELL	GRIMSBY D S S	19.29	1

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****Men 300 Meter Hurdles Midget**

=====				
Zone IV: R 43.95		5/13/2005	JORDAN GLANCIE, Laura Secord	
Pre 2004: R 42.49		2001	TAI SPENCER-YAP, Laura Secord	Second
Name	Year	School	Finals	Points
=====				
1 JAMIE FARRELL		GRIMSBY D S S	49.20	6
2 DESMOND STEWART		LAURA SECORD S S	51.48	4
3 BROCK MARTIN		GRIMSBY D S S	55.00	3
4 CALVIN BOND		BEAMSVILLE D S S	1:19.00	2

Men 4x100 Meter Relay Midget

=====				
Zone IV: R 48.88		5/13/2004	ST. FRANCIS S S, St. Francis	
Pre 2004: R 47.60		1979	M McKenna, T Goode, J Amadio, A Meyer	
School			, Denis Morris	
			Finals	Points
=====				
1 SIR WINSTON CHURCHILL S S	'A'		48.66R	6
2 GRIMSBY D S S	'A'		50.97	4
3 BEAMSVILLE D S S	'A'		51.26	3
4 DENIS MORRIS H S	'A'		52.39	2
5 BLESSED TRINITY H S	'A'		53.87	1
6 LAURA SECORD S S	'A'		54.15	
7 HERITAGE CHRISTIAN SCHOOL	'A'		57.46	

Men High Jump Midget

=====				
Zone IV: R 1.85m		5/17/2007	JEFF WEBB, Eden High Sc	
Pre 2004: R 1.87m		1995	MIKE PONIKVAR, Denis Morris	
Name	Year	School	Finals	Points
=====				
1 KEVIN STONES		BEAMSVILLE D S S	1.60m	6
2 DAHLEN COOK		ST. FRANCIS S S	1.55m	4
3 KYLE SCHERTZER		CHURCHILL, S	J1.55m	3
4 MATT DISIMONI		DENIS MORRIS H S	1.50m	2
5 THOMAS VANDERLINDE		SMITHVILLE D	J1.50m	1
6 CAMERON LEVEILLE		WEST PARK S S	J1.50m	
7 KYLE NARDANGELI		DENIS MORRIS H S	J1.50m	
8 PETER OLIVEIRA		BLESSED TRINITY H S	J1.50m	
9 ETHAN WAKELING		LAURA SECORD S S	1.45m	
10 BRETT SPOJA		SOUTH LINCOLN H S	1.40m	
10 CALEB COOLEN		HERITAGE CHR	1.40m	
10 MATT MERRATT		SOUTH LINCOLN H S	1.40m	

Men Pole Vault Midget

=====				
Zone IV: R 2.44m		5/13/2005	BRYAN ROSE, Laura Secord	
Pre 2004: R 3.26m		1986	MARK WIKABRADO, West Park	
Name	Year	School	Finals	Points
=====				
1 BAILEY BOWDEN		LAURA SECORD S S	2.05m	6

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****Men Long Jump Midget**

=====				
Zone IV: R 5.66m		5/15/2008	JOSH FORESTER, Blessed Trinity	
Pre 2004: R 6.20m		1982	GREG BRISKIN, Lakeport	
Name	Year	School	Finals	Points
=====				
1 DAHLEN COOK		ST. FRANCIS S S	5.28m	6
2 BEN GADSBY		BEAMSVILLE D S S	5.16m	4
3 MIKE HUMPHREY		BLESSED TRINITY H S	5.15m	3
4 JOSH SMITH		NIAGARA D S S	J5.15m	2
5 MARK RANKIN		CHURCHILL, S	5.04m	1
6 DESMOND METZ		HOLY CROSS H S	5.02m	
7 GARRETT DION		CHURCHILL, S	5.01m	
8 ANGUS A. SHORTT		NIAGARA D S S	4.95m	
9 BAILEY BOWDEN		LAURA SECORD S S	4.58m	
10 BROCK DEVRIES		SOUTH LINCOLN H S	4.56m	
11 ETHAN WAKELING		LAURA SECORD S S	4.49m	
12 BRETT MACDOUGALL		GRIMSBY D S S	4.48m	
13 AVERY HAWRYLUK		CHURCHILL, S	4.45m	
14 CALEB COOLEN		HERITAGE CHR	4.42m	
15 KEVIN CO		ST. FRANCIS S S	4.39m	
16 VICTOR ZAJACZKOWSKI		HOLY CROSS H S	4.25m	
17 BEN DALE		GREAT LAKES	4.15m	

Men Triple Jump Midget

=====				
Zone IV: R 11.86m		5/14/2009	BLAKE MCPHERSON, Governor Sim	
Pre 2004: R 12.73m		1984	ANDY RYMSHA, Governor Simcoe	
Name	Year	School	Finals	Points
=====				
1 CALVIN BOND		BEAMSVILLE D S S	11.19m	6
2 DAHLEN COOK		ST. FRANCIS S S	10.82m	4
3 ANGUS A. SHORTT		NIAGARA D S S	10.71m	3
4 BROCK DEVRIES		SOUTH LINCOLN H S	10.70m	2
5 MICHAEL SONG		LAURA SECORD S S	10.65m	1
6 THOMAS VANDERLINDE		SMITHVILLE D	10.36m	
7 DAN RIVERA		CHURCHILL, S	10.27m	
8 JAMES BAILEY		WEST PARK S S	10.26m	
9 MARK RANKIN		CHURCHILL, S	10.19m	
10 CAMERON LEVEILLE		WEST PARK S S	10.12m	
11 ETHAN WAKELING		LAURA SECORD S S	10.11m	
12 CURTIS BRUINEKOOL		HERITAGE CHR	9.96m	
13 BAILEY BOWDEN		LAURA SECORD S S	9.93m	
14 CALEB COOLEN		HERITAGE CHR	9.61m	
15 JIM SWANSON		GRIMSBY D S S	9.30m	
16 CARMEN CONTINISIO		BLESSED TRINITY H S	8.98m	

Men Shot Put Midget

=====				
Zone IV: R 14.24m		5/17/2007	STEFAN PALIOS, Grimsby DSS	
Pre 2004: R 14.88m		1981	JOHN WILLMS, Eden High School	
Name	Year	School	Finals	Points
=====				
1 TREVON DEMOS		ST. CATHARIN	11.58m	6
2 JACOB MOORE		BLESSED TRINITY H S	10.69m	4
3 BEN DALE		GREAT LAKES	10.22m	3
4 BRANDON HARRISON		WEST PARK S S	10.00m	2

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****....Men Shot Put Midget**

5	DEAN CONWAY	GOVERNOR SIMCOE S S	9.95m	1
6	RANDY HUTTON	BLESSED TRINITY H S	9.58m	
7	JOSH VANDERMOLLEN	HERITAGE CHR	9.38m	
8	ADAM SCHWEINBENZ	BLESSED TRINITY H S	8.94m	
9	ZACHARY KOROLL	GOVERNOR SIMCOE S S	8.73m	
10	ALEX LASTEWKA	CHURCHILL, S	8.45m	
11	JEREMY ROTUNDO	KERNAHAN PARK S S	8.34m	
12	DEVIN SPENCER	LAURA SECORD S S	8.07m	
13	JESSE VANDENEDE	HERITAGE CHR	7.43m	
14	JOHN KOLBUC	DENIS MORRIS H S	7.27m	
15	CAN KILIC	CHURCHILL, S	7.24m	
16	ADAM SMITH	LAURA SECORD S S	7.14m	

Men Discus Throw Midget

=====				
Zone IV: R 50.52m		5/17/2007	STEFAN PALIOS, Grimsby DSS	
Pre 2004: R 49.92m		2001	JOHNNIE AHLSTEDT, Laura Secord Seco	
Name	Year	School	Finals	Points
=====				
1	DEAN CONWAY	GOVERNOR SIMCOE S S	30.94m	6
2	STEVEN FALK	EDEN HIGH SCHOOL	30.79m	4
3	TREVON DEMOS	ST. CATHARIN	30.47m	3
4	JOSH SMITH	NIAGARA D S S	28.56m	2
5	ZACHARY KOROLL	GOVERNOR SIMCOE S S	28.30m	1
6	JOSH VANDERMOLLEN	HERITAGE CHR	28.14m	
7	MITCHEL BROWN	CHURCHILL, S	25.68m	
8	BRANDON HARRISON	WEST PARK S S	24.45m	
9	WYATT DUNLOP	BLESSED TRINITY H S	20.86m	
10	DEVIN SPENCER	LAURA SECORD S S	18.80m	
11	DOUG HICKS	EDEN HIGH SCHOOL	11.20m	

Men Javelin Throw Midget

=====				
Zone IV: R 47.47m		5/17/2007	RAY DYKSTRA, Grimsby DSS	
Pre 2004: R 49.32m		2003	SHAWN BENCH, Laura Secord Secondary	
Name	Year	School	Finals	Points
=====				
1	RILEY DUNDA	GRIMSBY D S S	42.20m	6
2	RANDY HUTTON	BLESSED TRINITY H S	39.12m	4
3	ZACHARY KOROLL	GOVERNOR SIMCOE S S	30.43m	3
4	BRANDON HARRISON	WEST PARK S S	28.26m	2
5	ALEX LASTEWKA	CHURCHILL, S	27.48m	1
6	DEAN CONWAY	GOVERNOR SIMCOE S S	26.72m	
7	EMMANUEL OBESEKI	EDEN HIGH SCHOOL	26.28m	
8	DANIEL FIGUERRA	DENIS MORRIS H S	23.99m	
9	MATT MERRATT	SOUTH LINCOLN H S	22.62m	
10	ADAM SCHWEINBENZ	BLESSED TRINITY H S	22.45m	
11	CAN KILIC	CHURCHILL, S	17.67m	
12	DOUG HICKS	EDEN HIGH SCHOOL	17.06m	
13	DEVIN SPENCER	LAURA SECORD S S	15.51m	

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****Men 100 Meter Dash Junior**

=====				
Zone IV: R 11.43	5/13/2005	TANNER GOODE,	St.Francis	
Pre 2004: R 11.04	2003	DIRK HOFMANN,	S.W.C.	
Name	Year	School	Prelims	H#
=====				

Preliminaries

1	DANIEL DOMAGALA	HOLY CROSS H S	12.35Q	3
2	THOMAS CHRISTIANSEN	LAURA SECORD S S	12.41Q	1
3	JORDAN CLOUT	GOVERNOR SIMCOE S S	12.49Q	2
4	JOE BLACKBOROW	BLESSED TRINITY H S	12.60q	1
5	DEVON ROBERTO	WEST PARK S S	12.65q	3
6	CHRISTIAN SANDERCOTT	DENIS MORRIS H S	12.76q	1
7	OSMAN RANA	CHURCHILL, S	12.77q	2
8	CONNER LIRETTE	ST. FRANCIS S S	12.82q	3
9	RILEY MACDONALD	ST. FRANCIS S S	13.11	1
9	MATT PERELLA	DENIS MORRIS H S	13.11	2
11	MARK TADESON	GRIMSBY D S S	13.16	1
12	JACKSON HARLEY	GRIMSBY D S S	13.22	2
13	ALEX HOEKSTRA	SMITHVILLE D	13.24	1
14	DAVID HOUGH	DENIS MORRIS H S	13.34	3
15	JOSHUA SCHOLMAN	SMITHVILLE D	13.49	3

Men 100 Meter Dash Junior

=====				
Zone IV: R 11.43	5/13/2005	TANNER GOODE,	St.Francis	
Pre 2004: R 11.04	2003	DIRK HOFMANN,	S.W.C.	
Name	Year	School	Finals	Points
=====				

Finals

1	THOMAS CHRISTIANSEN	LAURA SECORD S S	12.17	6
2	DANIEL DOMAGALA	HOLY CROSS H S	12.22	4
3	JORDAN CLOUT	GOVERNOR SIMCOE S S	12.38	3
4	OSMAN RANA	CHURCHILL, S	12.54	2
5	DEVON ROBERTO	WEST PARK S S	12.56	1
6	CONNER LIRETTE	ST. FRANCIS S S	12.59	
7	JOE BLACKBOROW	BLESSED TRINITY H S	12.62	
8	CHRISTIAN SANDERCOTT	DENIS MORRIS H S	12.73	

Men 200 Meter Dash Junior

=====				
Zone IV: R 23.54	5/15/2008	DYLAN GRANGER,	Holy Cross	
Pre 2004: R 23.00	1972	VIC REMPEL,	Niagara District	
Name	Year	School	Finals	H# Points
=====				

1	ANDREW KRZECZKOWSKI	CHURCHILL, S	24.29	2	6
2	THOMAS CHRISTIANSEN	LAURA SECORD S S	24.68	2	4
3	BLAKE MCPHERSON	GOVERNOR SIMCOE S S	24.72	2	3
4	JOE BLACKBOROW	BLESSED TRINITY H S	25.43	2	2
5	BRETT SAXTON	CHURCHILL, S	25.47	2	1
6	OSMAN RANA	CHURCHILL, S	25.58	2	
7	CHRISTIAN SANDERCOTT	DENIS MORRIS H S	26.05	2	
8	JALEEL WARD	DENIS MORRIS H S	26.46	2	
9	MARK TADESON	GRIMSBY D S S	26.87	1	
10	MATT PERELLA	DENIS MORRIS H S	27.21	1	
11	JACOB FOLKERTS	SMITHVILLE D	27.38	1	

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****....Men 200 Meter Dash Junior**

12	JAYLEN SAYERS	ST. FRANCIS S S	27.45	1
13	FRANKLIN SERRANO	KERNAHAN PARK S S	27.61	1
14	HENRY TAN	LAURA SECORD S S	28.00	1

Men 400 Meter Dash Junior

=====				
Zone IV: R 53.86		5/11/2006	LEE MORI, Denis Morris	
Pre 2004: R 50.90		1986	BOB LYONS, Ridley College	
Name	Year	School	Finals	H# Points
=====				
1	ANDREW KRZECZKOWSKI	CHURCHILL, S	55.00	2 6
2	DEVON ROBERTO	WEST PARK S S	56.73	2 4
3	KEN SLESSOR	GRIMSBY D S S	56.95	2 3
4	BRETT SAXTON	CHURCHILL, S	57.54	2 2
5	KAKISA WILSON	SMITHVILLE D	57.68	2 1
6	JALEEL WARD	DENIS MORRIS H S	58.63	2
7	ERIC VANGOCH	BLESSED TRINITY H S	1:00.73	1
8	ALEXANDER MILNE	HOLY CROSS H S	1:02.06	1
9	LUKE HONSBERGER	LAURA SECORD S S	1:02.28	1
10	HENRY TAN	LAURA SECORD S S	1:02.81	1
11	LUCAS KRZYWDZINSKI	HOLY CROSS H S	1:03.22	1
12	AARON ZWIEP	HERITAGE CHR	1:04.75	1
13	KEVIN CHANHSAVANG	LAURA SECORD S S	1:06.11	1
14	FRANKLIN SERRANO	KERNAHAN PARK S S	1:06.59	2

Men 800 Meter Run Junior

=====				
Zone IV: R 2:02.43		5/13/2004	MATTHEW BUTTERS, Denis Morris	
Pre 2004: R 1:58.69		1997	JEFF MALLYSH, Holy Cross	
Name	Year	School	Finals	Points
=====				
1	CHRIS HUTTON	CHURCHILL, S	2:01.11R	6
2	TAYLOR LAEKMAN	CHURCHILL, S	2:12.45	4
3	BRANNEN MCKENZIE-LEFURGY	CHURCHILL, S	2:12.87	3
4	KAKISA WILSON	SMITHVILLE D	2:16.41	2
5	ALEX HOBBS	EDEN HIGH SCHOOL	2:22.88	1
6	LUCAS KRZYWDZINSKI	HOLY CROSS H S	2:26.63	
7	LUKE HONSBERGER	LAURA SECORD S S	2:33.96	
8	HENRY TAN	LAURA SECORD S S	2:39.63	
9	JIM HEIDA	HERITAGE CHR	2:41.90	
10	AARON ZWIEP	HERITAGE CHR	2:41.95	
11	KEVIN CHANHSAVANG	LAURA SECORD S S	2:44.25	

Men 1500 Meter Run Junior

=====				
Zone IV: R 4:17.52		5/17/2007	MOHAMED AHMED, St. Catharin	
Pre 2004: R 4:06.24		2002	JEFF SCULL, Beamsville Secondary	
Name	Year	School	Finals	Points
=====				
1	CHRIS HUTTON	CHURCHILL, S	4:14.52R	6
2	TAYLOR LAEKMAN	CHURCHILL, S	4:28.85	4
3	BRANNEN MCKENZIE-LEFURGY	CHURCHILL, S	4:39.67	3
4	DAVID MITOV	CHURCHILL, S	4:42.45	2
5	GRANT WIGNALL	DENIS MORRIS H S	4:45.23	1
6	NICK MASTERVICK	BEAMSVILLE D S S	4:46.76	

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****....Men 1500 Meter Run Junior**

7	LUCAS KRZYWDZINSKI	HOLY CROSS H S	4:57.72
8	ALEXANDER MILNE	HOLY CROSS H S	4:59.88
9	LUKE HONSBERGER	LAURA SECORD S S	5:13.00
10	EVAN BULL	BEAMSVILLE D S S	5:14.08
11	TYLER TIERSMA	SMITHVILLE D	5:14.80
12	MARK GERAEDTS	GRIMSBY D S S	5:26.77
13	JOSH DURLING	EDEN HIGH SCHOOL	5:49.29
14	AUSTIN BLAKE	BEAMSVILLE D S S	5:57.18

Men 3000 Meter Run Junior

=====				
Zone IV: R 9:15.44		5/17/2007	MOHAMED AHMED, St. Catharin	
Pre 2004: R 9:04.70		1983	MIKE SMITH, Lakeport	
Name	Year	School	Finals	Points
=====				
1	KYLE PALFRAMAN	CHURCHILL, S	10:00.35	6
2	TAYLOR LAEKMAN	CHURCHILL, S	10:15.99	4
3	BRANNEN MCKENZIE-LEFURGY	CHURCHILL, S	10:18.24	3
4	GRANT WIGNALL	DENIS MORRIS H S	10:19.91	2
5	NICK MASTERVICK	BEAMSVILLE D S S	10:26.85	1
6	JACKSON RAND	BLESSED TRINITY H S	10:36.71	
7	KRISTIAAN HANSEN	BEAMSVILLE D S S	10:45.20	
8	MARK GERAEDTS	GRIMSBY D S S	11:27.48	
9	EVAN BULL	BEAMSVILLE D S S	11:42.72	

Men 100 Meter Hurdles Junior

=====				
Zone IV: R 14.51		5/17/2007	TOWNSEND BENARD, Laura Secord	
Pre 2004: R 14.67		2003	TAI SPENCER-YAP, Laura Secord	
Name	Year	School	Prelims	
=====				
Preliminaries				
1	THOMAS CHRISTIANSEN	LAURA SECORD S S	15.95Q	
2	JOE SALTER	LAURA SECORD S S	16.60Q	
3	KEN SLESSOR	GRIMSBY D S S	16.98q	
4	DYLAN CHRISTIANSEN	LAURA SECORD S S	17.28q	
5	IAIN THOMPSON	NIAGARA D S S	17.75q	
6	AARON POZZEBON	NIAGARA D S S	18.31q	
7	ALEX HOEKSTRA	SMITHVILLE D	19.78q	
8	ZACH YAKUBIW	NIAGARA D S S	20.20q	

Men 100 Meter Hurdles Junior

=====				
Zone IV: R 14.51		5/17/2007	TOWNSEND BENARD, Laura Secord	
Pre 2004: R 14.67		2003	TAI SPENCER-YAP, Laura Secord	
Name	Year	School	Finals	Second Points
=====				
Finals				
1	THOMAS CHRISTIANSEN	LAURA SECORD S S	15.95	6
2	JOE SALTER	LAURA SECORD S S	16.60	4
3	KEN SLESSOR	GRIMSBY D S S	16.98	3
4	DYLAN CHRISTIANSEN	LAURA SECORD S S	17.28	2
5	IAIN THOMPSON	NIAGARA D S S	17.75	1
6	AARON POZZEBON	NIAGARA D S S	18.31	
7	ALEX HOEKSTRA	SMITHVILLE D	19.78	

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****....Men 100 Meter Hurdles Junior**

8 ZACH YAKUBIW NIAGARA D S S 20.20

Men 300 Meter Hurdles Junior

=====				
Zone IV: R 44.00	5/13/2004	TYLER ROUSE, Grimsby DSS		
Pre 2004: R 42.50	2003	ROB PETERS, Grimsby		
Pre 2004: R 42.50	1994	JIM CORUPE, Denis Morris		
Pre 2004: R 42.49	2001	TAI SPENCER-YAP, Laura Secord	Second	Second
Name	Year	School	Finals	Points
=====				
1 KEN SLESSOR		GRIMSBY D S S	44.17	6
2 JOE SALTER		LAURA SECORD S S	48.65	4
3 JEFF HEUVING		GRIMSBY D S S	49.92	3

Men 4x100 Meter Relay Junior

=====				
Zone IV: R 47.59	5/13/2004	BEAMSVILLE D S S, Beamsville D		
		S Michener, B Maitland, C Lemieux, R Phipps		
Pre 2004: R 45.90	1980	, Grantham		
School			Finals	Points
=====				
1 LAURA SECORD S S 'A'			47.67	6
2 SIR WINSTON CHURCHILL S S 'A'			48.09	4
3 DENIS MORRIS H S 'A'			50.78	3
4 GRIMSBY D S S 'A'			50.94	2
5 HOLY CROSS H S 'A'			54.35	1

Men High Jump Junior

=====				
Zone IV: R 1.88m	5/13/2004	JAMES BRODHAGEN, Thorold SS-T		
Pre 2004: R 2.11m	1997	MIKE PONIKVAR, Denis Morris		
Name	Year	School	Finals	Points
=====				
1 AUSTIN DICK		EDEN HIGH SCHOOL	1.60m	6
2 DEVON VANHOFFEN		SMITHVILLE D	1.55m	4
3 NICK BRIDE		CHURCHILL, S	J1.55m	3
4 JOSHUA SCHOLMAN		SMITHVILLE D	J1.55m	2
5 NATHAN SNIPPE		SMITHVILLE D	1.50m	1
6 DYLAN CHRISTIANSEN		LAURA SECORD S S	1.45m	
6 DAVID HOUGH		DENIS MORRIS H S	1.45m	

Men Pole Vault Junior

=====				
Zone IV: R 3.30m	5/17/2007	TOWNSEND BENARD, Laura Secord		
Pre 2004: R 3.91m	1986	DAN PEROSSA, West Park		
Name	Year	School	Finals	Points
=====				
1 JOE SALTER		LAURA SECORD S S	2.45m	6
2 VICTOR FALVO		LAURA SECORD S S	J2.45m	4

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****Men Long Jump Junior**

=====				
Zone IV: R 6.05m		5/17/2007	SHAWN HIND, Holy Cross H	
Pre 2004: R 6.55m		1992	ANDREW BELL, St Catharines Collegiat	
Name	Year	School	Finals	Points
=====				
1	BLAKE MCPHERSON	GOVERNOR SIMCOE S S	5.79m	6
2	VICTOR FALVO	LAURA SECORD S S	5.59m	4
3	JORDAN CLOUT	GOVERNOR SIMCOE S S	5.58m	3
4	DANIEL DOMAGALA	HOLY CROSS H S	5.36m	2
5	CONNER LIRETTE	ST. FRANCIS S S	5.24m	1
6	TIM UPSHALL	NIAGARA D S S	5.04m	
7	ABRAHAM PERALTA	GREAT LAKES	5.00m	
8	ERIC VANGOCH	BLESSED TRINITY H S	4.91m	
9	DAVID HOUGH	DENIS MORRIS H S	4.84m	
10	AUSTIN BALD	BLESSED TRINITY H S	4.78m	
11	NATHAN SNIPPE	SMITHVILLE D	4.59m	
12	JIM HEIDA	HERITAGE CHR	4.58m	
13	DEVON VANHOFFEN	SMITHVILLE D	4.55m	
14	JOSHUA SCHOLMAN	SMITHVILLE D	4.53m	
15	LUCAS VANLANDSCHOOT	BLESSED TRINITY H S	4.28m	
16	DARRYL BAKKER	HERITAGE CHR	4.12m	

Men Triple Jump Junior

=====				
Zone IV: R 12.89m		5/13/2005	DAVID TEBBUTT, Eden Highschool	
Pre 2004: R 13.65m		2003	TUMELO MOLEKO, Ridley	
Name	Year	School	Finals	Points
=====				
1	BLAKE MCPHERSON	GOVERNOR SIMCOE S S	11.05m	6
2	DARRYL BAKKER	HERITAGE CHR	10.60m	4
3	JEFF HEUVING	GRIMSBY D S S	10.54m	3
4	HUNG CHUNG	LAURA SECORD S S	9.92m	2
5	MARSHALL CINO	BLESSED TRINITY H S	9.85m	1
6	ZACHARY BANGS	HOLY CROSS H S	9.80m	
7	JOSH DURLING	EDEN HIGH SCHOOL	9.79m	
8	TYLER TIERSMA	SMITHVILLE D	9.59m	
9	NATHAN SNIPPE	SMITHVILLE D	8.89m	
10	JAKE VANDERHEIDE	SMITHVILLE D	8.49m	

Men Shot Put Junior

=====				
Zone IV: R 16.35m		5/15/2008	STEFAN PALIOS, Grimsby DSS	
Pre 2004: R 16.03m		1990	RICK FRIESEN, Lakeport	
Name	Year	School	Finals	Points
=====				
1	DAVID MAINSE	BLESSED TRINITY H S	12.24m	6
2	ZACHARY BANGS	HOLY CROSS H S	11.43m	4
3	TOM DYKSTRA	GRIMSBY D S S	11.37m	3
4	CONNOR HICKINGBOTTOM	GRIMSBY D S S	11.22m	2
5	ABRAHAM PERALTA	GREAT LAKES	11.04m	1
6	JOSH NIESINK	DENIS MORRIS H S	10.88m	
7	LUCAS FRYER	BLESSED TRINITY H S	10.35m	
8	DYLAN COOPER	LAURA SECORD S S	10.16m	
9	ETHAN KORTEN	SMITHVILLE D	9.97m	
10	JARRET GLANCIE	LAURA SECORD S S	9.74m	
11	ANDREW HAYES	GRIMSBY D S S	9.40m	

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****....Men Shot Put Junior**

12	HENRY BOESE	NIAGARA D S S	8.55m
13	JEFF LIBROCK	GRIMSBY D S S	7.75m
14	CHRIS DEKKER	SMITHVILLE D	6.75m

Men Discus Throw Junior

=====				
Zone IV: R 54.43m		5/15/2008	STEFAN PALIOS, Grimsby DSS	
Pre 2004: R 45.62m		1990	RICK FRIESEN, Lakeport	
Name	Year	School	Finals	Points
=====				
1	TOM DYKSTRA	GRIMSBY D S S	37.21m	6
2	TIM UPSHALL	NIAGARA D S S	36.05m	4
3	VICTOR FALVO	LAURA SECORD S S	34.42m	3
4	JACKSON RAND	BLESSED TRINITY H S	34.20m	2
5	JACKSON HARLEY	GRIMSBY D S S	30.34m	1
6	AUSTIN BALD	BLESSED TRINITY H S	29.69m	
7	TOMMAS TRIVIERI	BLESSED TRINITY H S	28.71m	
8	DAVID SCHOLMAN	SMITHVILLE D	26.95m	
9	NICK BRIDE	CHURCHILL, S	26.92m	
10	DYLAN COOPER	LAURA SECORD S S	26.81m	
11	DAVID LIVINGSTONE	LAURA SECORD S S	26.27m	
12	DAVID MAINSE	BLESSED TRINITY H S	25.84m	
13	CHRIS DEKKER	SMITHVILLE D	23.30m	
14	JEFF LIBROCK	GRIMSBY D S S	19.16m	
15	JARRET GLANCIE	LAURA SECORD S S	18.43m	

Men Javelin Throw Junior

=====				
Zone IV: R 55.45m		5/15/2008	RAY DYKSTRA, Grimsby DSS	
Pre 2004: R 51.16m		2003	RICKY POWELL, Laura Secord Secondary	
Name	Year	School	Finals	Points
=====				
1	JARRET GLANCIE	LAURA SECORD S S	41.02m	6
2	CONNOR HICKINGBOTTOM	GRIMSBY D S S	40.01m	4
3	JOE BLACKBOROW	BLESSED TRINITY H S	38.50m	3
4	ABRAHAM PERALTA	GREAT LAKES	38.40m	2
5	NICK BRIDE	CHURCHILL, S	37.47m	1
6	ANDREW KRECZKOWSKI	CHURCHILL, S	33.99m	
7	TOM DYKSTRA	GRIMSBY D S S	33.60m	
8	DYLAN COOPER	LAURA SECORD S S	30.98m	
9	DARREN CAMERON	BLESSED TRINITY H S	30.75m	
10	BRAD HALL	GOVERNOR SIMCOE S S	29.53m	
11	JACOB FOLKERTS	SMITHVILLE D	27.52m	
12	ETHAN KORTEN	SMITHVILLE D	26.49m	
13	JACKSON RAND	BLESSED TRINITY H S	26.29m	
14	ANDREW HAYES	GRIMSBY D S S	26.21m	
15	JORDAN CLOUT	GOVERNOR SIMCOE S S	24.29m	
16	HENRY BOESE	NIAGARA D S S	20.36m	

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****Men 100 Meter Dash Senior**

=====				
Zone IV: R 11.20	5/13/2004	CHRIS GERIMIA, St. Francis		
Pre 2004: R 10.77	2003	ALWYN COX, Ridley		
Pre 2004: R 10.80	1973	VIC REMPEL, Niagara District		
Name	Year	School	Prelims	H#
=====				

Preliminaries

1	JOSH FORESTER	BLESSED TRINITY H S	11.63Q	1
2	AKEENO WILLIAMS	GRIMSBY D S S	11.85Q	2
3	LUCAS SPAGNULO	GRIMSBY D S S	11.84Q	1
4	JOEL FORESTELL	BEAMSVILLE D S S	12.29Q	2
5	KYLE WHITEHOUSE	KERNAHAN PARK S S	12.32q	1
6	TRAVIS MCALPINE	GOVERNOR SIMCOE S S	12.52q	2
7	ADAM MCMURTRIE	BEAMSVILLE D S S	12.53q	1
8	CHRISTOPHER LANGDON	HOLY CROSS H S	12.57q	1
9	VINH LE	HOLY CROSS H S	12.60	2
10	ASMIR BASIC	WEST PARK S S	12.65	1
11	MICHAEL MARCHESE	ST. FRANCIS S S	12.77	2
12	BENJAMIN HARO MONTIEL	HOLY CROSS H S	12.81	1
13	TYLER JOHNSON	WEST PARK S S	12.86	2
14	JASON BAUM	BLESSED TRINITY H S	13.02	2
15	RAY ROSS	GRIMSBY D S S	13.22	2

Men 100 Meter Dash Senior

=====				
Zone IV: R 11.20	5/13/2004	CHRIS GERIMIA, St. Francis		
Pre 2004: R 10.77	2003	ALWYN COX, Ridley		
Pre 2004: R 10.80	1973	VIC REMPEL, Niagara District		
Name	Year	School	Finals	Points
=====				

Finals

1	JOSH FORESTER	BLESSED TRINITY H S	11.48	6
2	AKEENO WILLIAMS	GRIMSBY D S S	11.65	4
3	LUCAS SPAGNULO	GRIMSBY D S S	11.69	3
4	JOEL FORESTELL	BEAMSVILLE D S S	12.02	2
5	CHRISTOPHER LANGDON	HOLY CROSS H S	12.38	
6	KYLE WHITEHOUSE	KERNAHAN PARK S S	12.59	
7	ADAM MCMURTRIE	BEAMSVILLE D S S	12.61	

Men 200 Meter Dash Senior

=====				
Zone IV: R 22.25	5/17/2007	CODY BOYD, Sir Winston		
Pre 2004: R 22.60	1991	BOB COLES, Holy Cross		
Name	Year	School	Finals	H# Points
=====				
1	AKEENO WILLIAMS	GRIMSBY D S S	23.53	2 6
2	BLAKE FINORA	WEST PARK S S	24.17	2 4
3	TRAVIS MCALPINE	GOVERNOR SIMCOE S S	25.01	2 3
4	TYLER JOHNSON	WEST PARK S S	25.17	2 2
5	MICHAEL MARCHESE	ST. FRANCIS S S	25.53	2 1
6	BRANDON ROGERS	GOVERNOR SIMCOE S S	25.55	1
7	RAY ROSS	GRIMSBY D S S	25.99	2
8	ASMIR BASIC	WEST PARK S S	26.05	1
9	ERNESTO FERNANDEZ	CHURCHILL, S	26.05	2
10	JAKE TURL	GRIMSBY D S S	26.10	1

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****....Men 200 Meter Dash Senior**

11 MITCHELL WEYLIE	GRIMSBY D S S	26.36	1
12 DAN KLYN-HESSLEINK	HERITAGE CHR	26.51	1
13 TYLER DISIMONI	DENIS MORRIS H S	26.99	1
14 JESSE PAAL	LAURA SECORD S S	27.06	1
15 MILES MORTON	BLESSED TRINITY H S	27.50	1

Men 400 Meter Dash Senior

=====					
Zone IV: R 49.81		5/17/2007	CODY BOYD, Sir Winston		
Pre 2004: R 49.40		1991	BRYAN HENRY, Ridley College		
Name	Year	School	Finals	H#	Points
=====					
1 CAM GILES		EDEN HIGH SCHOOL	51.52	2	6
2 BLAKE FINORA		WEST PARK S S	54.46	2	4
3 KYLE WHITEHOUSE		KERNAHAN PARK S S	55.51	2	3
4 TYLER JOHNSON		WEST PARK S S	55.65	2	2
5 BRANDON ROGERS		GOVERNOR SIMCOE S S	55.91	2	1
6 ERNESTO FERNANDEZ		CHURCHILL, S	57.40	2	
7 JAKE TURL		GRIMSBY D S S	58.50	1	
8 BRENT SMITH		BLESSED TRINITY H S	58.52	1	
9 TYLER DISIMONI		DENIS MORRIS H S	59.67	1	
10 JAKE BOECK		GRIMSBY D S S	1:00.14	1	
11 ALEX LUPUL		DENIS MORRIS H S	1:01.87	1	
12 CHAD GROSSI		DENIS MORRIS H S	1:09.95	1	

Men 800 Meter Run Senior

=====					
Zone IV: R 1:58.78		5/14/2009	DOUG EASTERBROOK, Grimsby DSS		
Pre 2004: R 1:54.00		1991	BRYAN HENRY, Ridley College		
Name	Year	School	Finals	Points	
=====					
1 TREVOR JANSSEN		EDEN HIGH SCHOOL	2:03.16	6	
2 CAM GILES		EDEN HIGH SCHOOL	2:04.98	4	
3 CONNOR DOHERTY		CHURCHILL, S	2:12.34	3	
4 BRANDON BYSKOV		CHURCHILL, S	2:17.73	2	
5 NICK GROSSI		DENIS MORRIS H S	2:20.86	1	
6 BRENDAN HASTIE		DENIS MORRIS H S	2:26.83		
7 JAKE KENNY		DENIS MORRIS H S	2:28.19		
8 JAKE BOECK		GRIMSBY D S S	2:31.32		
9 MATT DAGENAIS		DENIS MORRIS H S	2:59.36		

Men 1500 Meter Run Senior

=====					
Zone IV: R 3:59.31		5/13/2004	JEFF SCULL, Beamsville D		
Pre 2004: R 3:59.70		1991	JEFF LOCKYER, Sir Winston Churchil		
Name	Year	School	Finals	Points	
=====					
1 TREVOR JANSSEN		EDEN HIGH SCHOOL	4:16.78	6	
2 IBRAHIM AHMED		ST. FRANCIS S S	4:18.89	4	
3 JOHN ALBERS		GRIMSBY D S S	4:28.62	3	
4 CONNOR DOHERTY		CHURCHILL, S	4:30.35	2	
5 HUNTER CORCORAN		CHURCHILL, S	4:43.62	1	
6 DANIEL PETERS		DENIS MORRIS H S	4:47.59		
7 BRENDAN HASTIE		DENIS MORRIS H S	4:49.22		
8 BRANDON BYSKOV		CHURCHILL, S	4:49.84		

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****....Men 1500 Meter Run Senior**

9	DORIAN PHOENIX	EDEN HIGH SCHOOL	4:53.35
10	CHRIS WHITEHEAD	GREAT LAKES	5:04.90
11	DAN MCGEE	CHURCHILL, S	5:15.46
12	CHAD GROSSI	DENIS MORRIS H S	5:22.26
13	MATT DAGENAIS	DENIS MORRIS H S	5:39.81

Men 3000 Meter Run Senior

=====				
	Zone IV: R 8:30.12	5/14/2009	MOHAMMED AHMED, St. Catharin	
	Pre 2004: R 8:40.20	1991	JEFF LOCKYER, Sir Winston Churchil	
	Name	Year School	Finals	Points
=====				
1	IBRAHIM AHMED	ST. FRANCIS S S	9:21.01	6
2	DANIEL PETERS	DENIS MORRIS H S	10:07.31	4
3	HUNTER CORCORAN	CHURCHILL, S	10:16.36	3
4	ADAM POLLY	DENIS MORRIS H S	10:42.43	2
5	NICK GROSSI	DENIS MORRIS H S	10:54.86	1
6	JAKE KENNY	DENIS MORRIS H S	11:23.17	
7	DAN MCGEE	CHURCHILL, S	11:40.73	
8	CHRIS WHITEHEAD	GREAT LAKES	11:52.08	

Men 110 Meter Hurdles Senior

=====				
	Zone IV: R 14.85	5/15/2008	TOWNSEND BENARD, Laura Secord	
	Pre 2004: R 15.30	1988	BRAD CARROLL, Grimsby Secondary	
	Name	Year School	Finals	Points
=====				
1	JOSH FORESTER	BLESSED TRINITY H S	17.37	6
2	ALEJANDRO RIVERA	LAURA SECORD S S	19.58	4
3	SEASON CHANTAPHONH	LAURA SECORD S S	20.56	3
4	AZLAN SHAH	LAURA SECORD S S	21.01	2
5	NATHAN KEEN	SMITHVILLE D	21.12	1

Men 400 Meter Hurdles Senior

=====				
	Zone IV: R 59.84	5/17/2007	TYLER ROUSE, Grimsby DSS	
	Pre 2004: R 57.20	1995	JIM CORUPE, Denis Morris	
	Name	Year School	Finals	Points
=====				
1	ADAM MCMURTRIE	BEAMSVILLE D S S	1:05.21	6
2	ALEJANDRO RIVERA	LAURA SECORD S S	1:09.02	4
3	AZLAN SHAH	LAURA SECORD S S	1:14.99	3

Men 4x100 Meter Relay Senior

=====				
	Zone IV: R 45.47	5/17/2007	SIR WINSTON CHURCHILL S S, Sir Winst	
			C Boyd, J Heckman, B Earp-Lynch, S Earp-Lynch	
	Pre 2004: R 44.60	1971	, Ridley College	
	School		Finals	Points
=====				
1	BLESSED TRINITY H S	'A'	45.96	6
2	GRIMSBY D S S	'A'	46.42	4
3	GOVERNOR SIMCOE S S	'A'	47.70	3

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****Men High Jump Senior**

=====				
Zone IV: R 1.95m		5/11/2006	NICK GLOVER, Beamsville D	
Pre 2004: R 2.07m		1998	MIKE PONIKVAR, Denis Morris	
Name	Year	School	Finals	Points
=====				
1	JEFF WEBB	EDEN HIGH SCHOOL	1.90m	6
2	NICK VANDERMEER	SMITHVILLE D	1.80m	4
3	DAVID DEVELLIS	NIAGARA D S S	1.60m	3
4	JOEL FORESTELL	BEAMSVILLE D S S	J1.60m	2
5	CODY LAHAIE	GOVERNOR SIMCOE S S	1.55m	0.50
5	ALEX LEE	HOLY CROSS H S	1.55m	0.50

Men Pole Vault Senior

=====				
Zone IV: R 3.60m		5/14/2009	TOWNSEND BENARD, Laura Secord	
Pre 2004: R 4.10m		1988	DAN PEROSSA, West Park	
Name	Year	School	Finals	Points
=====				
1	MICHAEL PEREZ	LAURA SECORD S S	2.45m	6
2	JESSE PAAL	LAURA SECORD S S	J2.45m	4
3	SEASON CHANTHAPHONH	LAURA SECORD S S	2.15m	3

Men Long Jump Senior

=====				
Zone IV: R 6.22m		5/15/2008	DANIK JOHNSTON, St. Catharines Colle	
Pre 2004: R 6.75m		1992	RICH DUNCAN, St Catharines Collegiat	
Name	Year	School	Finals	Points
=====				
1	VINH LE	HOLY CROSS H S	6.62mR	6
2	JEFF WEBB	EDEN HIGH SCHOOL	6.34mR	4
3	TRAVIS MCALPINE	GOVERNOR SIMCOE S S	5.60m	3
4	JOEL FORESTELL	BEAMSVILLE D S S	5.55m	2
5	KELVIN CHOI	GREAT LAKES	5.51m	1
6	BRIAN CHOI	GREAT LAKES	5.44m	
7	MATT JESSOME	ST. FRANCIS S S	5.25m	
8	JOE DALE	GREAT LAKES	4.95m	
9	BENJAMIN HARO MONTIEL	HOLY CROSS H S	4.47m	
10	ALEX KRETZ	DENIS MORRIS H S	4.41m	
11	TEAGAN WAITE	SOUTH LINCOLN H S	4.20m	
12	CODY CHERMERIKA	BLESSED TRINITY H S	2.97m	

Men Triple Jump Senior

=====				
Zone IV: R 13.20m		5/11/2006	DAVID TEBBUIT, Eden High Sc	
Zone IV: R 13.20m		5/15/2008	DANIK JOHNSTON, St. Catharines Coll	
Pre 2004: R 13.77m		1992	RICH DUNCAN, St Catharines Collegia	
Name	Year	School	Finals	Points
=====				
1	VINH LE	HOLY CROSS H S	13.61mR	6
2	BRIAN CHOI	GREAT LAKES	11.73m	4
3	CORY PATTISON	HOLY CROSS H S	11.61m	3
4	MARK DIDONATO	WEST PARK S S	11.43m	2
5	CODY LAHAIE	GOVERNOR SIMCOE S S	11.29m	1
6	MICHAEL PEREZ	LAURA SECORD S S	10.60m	
7	JOE DALE	GREAT LAKES	10.59m	
8	JAKE BOECK	GRIMSBY D S S	9.95m	

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****....Men Triple Jump Senior**

9 JASON MCKEEN SOUTH LINCOLN H S 9.64m

Men Shot Put Senior

=====				
Zone IV: R 14.70m		5/14/2009	STEFAN PALIOS, Grimsby DSS	
Pre 2004: R 16.92m		1991	RICK FRIESEN, Lakeport	
Name	Year	School	Finals	Points
=====				
1 STEFAN PALIOS		GRIMSBY D S S	16.26mR	6
2 RAY DYKSTRA		GRIMSBY D S S	13.71m	4
3 JOEL WILLIAMS		BLESSED TRINITY H S	11.80m	3
4 STEVEN HARDER		BEAMSVILLE D S S	11.45m	2
5 CRAIG GIROUX		GOVERNOR SIMCOE S S	10.00m	1
6 BEN WOELKE		NIAGARA D S S	9.83m	
7 NICOLAS VANDYK		GOVERNOR SIMCOE S S	9.83m	
8 MATT WENSINK		HERITAGE CHR	9.03m	
9 TREVOR DELISLE		BLESSED TRINITY H S	9.00m	
10 MATT DAGENAIS		DENIS MORRIS H S	8.88m	
11 KUNDAI KAHARI		LAURA SECORD S S	8.80m	
12 NATHANIEL RAHM		SMITHVILLE D	8.30m	
13 GABRIEL DIRO		WEST PARK S S	8.19m	
14 KURTIS BERG		GOVERNOR SIMCOE S S	7.54m	

Men Discus Throw Senior

=====				
Zone IV: R 48.52m		5/13/2004	RICH JOHNSON, Governor Sim	
Pre 2004: R 46.86m		1987	DAVE DMYTRAS, Denis Morris	
Name	Year	School	Finals	Points
=====				
1 STEFAN PALIOS		GRIMSBY D S S	47.16mR	6
2 RAY DYKSTRA		GRIMSBY D S S	40.97m	4
3 BRANDON KUKHTA		BLESSED TRINITY H S	35.14m	3
4 CRAIG GIROUX		GOVERNOR SIMCOE S S	31.59m	2
5 JASON MCKEEN		SOUTH LINCOLN H S	30.87m	1
6 JEFF WEBB		EDEN HIGH SCHOOL	27.06m	
7 STEVEN HARDER		BEAMSVILLE D S S	25.35m	
8 GABRIEL DIRO		WEST PARK S S	25.10m	
9 DAN SIRIGNANO		ST. FRANCIS S S	24.87m	
10 PATRICK STRAZALKOWSKI		CHURCHILL, S	24.26m	
11 TEAGAN WAITE		SOUTH LINCOLN H S	23.85m	
12 NATHANIEL RAHM		SMITHVILLE D	23.31m	
13 KURTIS BERG		GOVERNOR SIMCOE S S	21.34m	
14 MATT WENSINK		HERITAGE CHR	20.49m	
15 TREVOR DELISLE		BLESSED TRINITY H S	20.43m	
16 AHTSHAN MUHAMMAD		LAURA SECORD S S	20.30m	
17 GREG SKIBA		ST. FRANCIS S S	20.02m	

Men Javelin Throw Senior

=====				
Zone IV: R 60.10m		5/14/2009	RAY DYKSTRA, Grimsby DSS	
Pre 2004: R 49.30m		2001	PIERRE ROBINSON, Ridley College	
Name	Year	School	Finals	Points
=====				
1 RAY DYKSTRA		GRIMSBY D S S	69.85mR	6
2 PATRICK STRAZALKOWSKI		CHURCHILL, S	40.56m	4

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****....Men Javelin Throw Senior**

3 ALLEN PHILLIPS	GRIMSBY D S S	39.37m	3
4 TEAGAN WAITE	SOUTH LINCOLN H S	37.98m	2
5 ASMIR BASIC	WEST PARK S S	37.38m	1
6 PAUL ZDICHAVSKY	BLESSED TRINITY H S	36.31m	
7 NICK VANDERMEER	SMITHVILLE D	36.24m	
8 BEN WOELKE	NIAGARA D S S	33.07m	
9 DAVID DONNELLY	ST. FRANCIS S S	32.33m	
10 CRAIG GIROUX	GOVERNOR SIMCOE S S	31.94m	
11 LUKA TRIFUNOVIC	SOUTH LINCOLN H S	31.12m	
12 STEVEN HARDER	BEAMSVILLE D S S	31.05m	
13 JACH AXYBONE	NIAGARA D S S	30.74m	
14 MATT SIRIGNANO	ST. FRANCIS S S	28.79m	

Men 2000 Meter Steeplechase Open

=====				
Zone IV: R 6:24.17 5/15/2008 RYAN THOMAS, Grimsby DSS				
Pre 2004: R 6:17.40 1988 TIM MCNEIL, West Park				
Name	Year	School	Finals	Points
=====				
1 GARRET BRENNER		ST. CATHARIN	7:03.25	6
2 KYLE PALFRAMAN		CHURCHILL, S	7:07.49	4
3 ADAM POLLY		DENIS MORRIS H S	7:36.63	3
4 JAMIE FARRELL		GRIMSBY D S S	7:57.94	2
5 CAM POUSTIE		BLESSED TRINITY H S	8:12.65	1
6 RYLEY MACDONALD		ST. FRANCIS S S	9:33.64	

Men 4x400 Meter Relay Open

=====				
Zone IV: R 3:33.01 5/15/2008 GRIMSBY D S S, Grimsby DSS				
D Easterbrook, C Short, K Park, C Michaud				
Pre 2004: R 3:31.90 1990 , Ridley College				
School			Finals	Points
=====				
1 SIR WINSTON CHURCHILL S S	'A'		3:40.93	6
2 GRIMSBY D S S	'A'		3:53.65	4
3 BEAMSVILLE D S S	'A'		3:54.44	3
4 BLESSED TRINITY H S	'A'		4:02.66	2
5 DENIS MORRIS H S	'A'		4:06.06	1
6 SMITHVILLE DISTRICT C H S	'A'		4:12.51	
7 HERITAGE CHRISTIAN SCHOOL	'A'		4:19.44	

Men 100 Meter Dash Ambulatory

=====				
Name	Year	School	Finals	Points
=====				
1 KYLE WHITEHOUSE		KERNAHAN PARK S S	12.32	6

Women - Midget - Team Rankings - 15 Events Scored

=====				
1) Grimsby D S S	42	2) Blessed Trinity H S	35	
3) Sir Winston Churchill S S	28	4) Smithville District C H S	26	
5) Denis Morris H S	22	6) West Park S S	12	
7) Laura Secord S S	11	8) Beamsville D S S	10	
8) Niagara D S S	10	10) Eden High School	9	
11) Holy Cross H S	7	12) Governor Simcoe S S	6	

20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****....Women - Midget - Team Rankings - 15 Events Scored**

13) South Lincoln H S	4	14) Heritage Christian School	3
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Women - Junior - Team Rankings - 16 Events Scored

1) Laura Secord S S	37	2) Grimsby D S S	34
3) Denis Morris H S	31	4) Smithville District C H S	30
5) Blessed Trinity H S	24	6) Sir Winston Churchill S S	22
7) South Lincoln H S	17	8) Holy Cross H S	14
9) St. Catharines C I & V S	13	10) West Park S S	9
11) Beamsville D S S	8	12) St. Francis S S	4
13) Niagara D S S	2	14) Governor Simcoe S S	1

Women - Senior - Team Rankings - 16 Events Scored

1) Grimsby D S S	61	2) South Lincoln H S	24
3) Governor Simcoe S S	23	4) St. Catharines C I & V S	22.50
5) Blessed Trinity H S	20	6) Beamsville D S S	19
7) Laura Secord S S	18.50	8) Sir Winston Churchill S S	13
8) Niagara D S S	13	10) Heritage Christian School	12
11) Denis Morris H S	9	12) West Park S S	7
13) St. Francis S S	5	14) Eden High School	4
15) Great Lakes Christian Col	2	16) Smithville District C H S	1

Women - Open - Team Rankings - 2 Events Scored

1) Grimsby D S S	6	1) Eden High School	6
3) Niagara D S S	4	3) St. Francis S S	4
5) Laura Secord S S	3	5) Denis Morris H S	3
5) Blessed Trinity H S	3		

Men - Midget - Team Rankings - 16 Events Scored

1) Sir Winston Churchill S S	70	2) Beamsville D S S	37
3) Grimsby D S S	33	4) Blessed Trinity H S	20
4) Laura Secord S S	20	6) St. Francis S S	16
7) Governor Simcoe S S	11	8) St. Catharines C I & V S	9
9) Niagara D S S	7	9) Denis Morris H S	7
11) Eden High School	5	12) West Park S S	4
13) Great Lakes Christian Col	3	14) South Lincoln H S	2
15) Smithville District C H S	1		

Men - Junior - Team Rankings - 16 Events Scored

1) Sir Winston Churchill S S	66	2) Laura Secord S S	57
3) Grimsby D S S	36	4) Governor Simcoe S S	21
5) Blessed Trinity H S	14	6) Holy Cross H S	11
7) Smithville District C H S	10	8) Eden High School	7
9) Denis Morris H S	6	10) Niagara D S S	5
10) West Park S S	5	12) Heritage Christian School	4
13) Great Lakes Christian Col	3	14) Beamsville D S S	1
14) St. Francis S S	1		

Men - Senior - Team Rankings - 16 Events Scored

1) Grimsby D S S	49	2) Eden High School	32
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20010 SOSSA ZONE IV T. & F. CHAMPIONSHIP MEET - 5/13/2010**Niagara Olympic Club- West Park****Results****....Men - Senior - Team Rankings - 16 Events Scored**

3) Laura Secord S S	29	4) Blessed Trinity H S	24
5) Holy Cross H S	15.50	5) Governor Simcoe S S	15.50
7) Sir Winston Churchill S S	15	7) West Park S S	15
9) Beamsville D S S	14	10) St. Francis S S	11
11) Denis Morris H S	8	12) Great Lakes Christian Col	5
12) Smithville District C H S	5	14) South Lincoln H S	3
14) Kernahan Park S S	3	14) Niagara D S S	3

Men - Open - Team Rankings - 2 Events Scored

1) Sir Winston Churchill S S	10	2) St. Catharines C I & V S	6
2) Grimsby D S S	6	4) Denis Morris H S	4
5) Beamsville D S S	3	5) Blessed Trinity H S	3

Men - Ambulatory - Team Rankings - 1 Events Scored

1) Kernahan Park S S	6
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