

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
Mohawk Sports Park  
Results****Women 100 Meter Dash Midget**

Name	Year	School	Seed	Prelims	H#
<b>Preliminaries</b>					
1		Kayla Harrop	Sherwood	13.49	14.05q 2
2		Ashley Ligas	Highland		14.44q 2
3		Danielle Smarkala	Sherwood	14.13	14.51q 1
4		Emily Samek	Westdale		14.76q 2
5		Amy Salmon	Saltfleet	14.10	14.91q 1
6		Khadija Alexander	Westdale		14.98q 2
7		Taneisha Brown	Westdale		15.07q 1
8		Allie Henderson	Sherwood	14.98	15.20q 2
9		Pascale Diverlus	Westdale		15.30 1
10		Victoria Asselstine	Highland		15.35 1
11		Kimberly Germann	Orchard Park		15.38 1
12		Raysheina Seaton	Saltfleet	15.00	15.48 1
13		Joviale Tshiyoyo	Westdale		15.86 2
14		Amina Rizvanovic	Orchard Park		15.92 2

**Women 100 Meter Dash Midget**

Name	Year	School	Prelims	Finals	Points
<b>Finals</b>					
1		Kayla Harrop	Sherwood	14.05	13.67 10
2		Ashley Ligas	Highland	14.44	14.10 8
3		Danielle Smarkala	Sherwood	14.51	14.27 6
4		Emily Samek	Westdale	14.76	14.41 5
5		Amy Salmon	Saltfleet	14.91	14.66 4
6		Taneisha Brown	Westdale	15.07	14.70 3
7		Khadija Alexander	Westdale	14.98	14.75 2
8		Allie Henderson	Sherwood	15.20	14.94 1

**Women 200 Meter Dash Midget**

Name	Year	School	Seed	Finals	H#	Points
1		Kayla Harrop	Sherwood	28.00	26.00	2 10
2		Leah Hayward	Highland	28.00	26.70	2 8
3		Ashley Ligas	Highland	29.00	27.40	2 6
4		Sara Tonogai	Sherwood	29.00	27.50	2 5
5		Danielle Smarkala	Sherwood	30.00	28.30	2 4
6		Amy Salmon	Saltfleet	29.80	28.60	2 3
7		Nicole Hughes	Highland	30.00	29.10	2 2
8		Emily Samek	Westdale		31.18	1 1
9		Alyssa Bruulsema	Hamilton District	30.21	31.20	2
10		Kimberly Germann	Orchard Park		32.44	1
11		Raysheina Seaton	Saltfleet	31.00	32.49	1
12		Victoria Asselstine	Highland	31.00	33.01	1
13		Amina Rizvanovic	Orchard Park		33.33	1

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Results****Women 400 Meter Dash Midget**

Name	Year	School	Seed	Finals	H#	Points
1 Sara Tonogai		Sherwood	1:05.00	1:05.73	2	10
2 Leah Hayward		Highland	1:04.00	1:06.93	2	8
3 Julie Stacey		Westdale		1:07.39	1	6
4 Melissa Woolfson		Highland		1:09.57	1	5
5 Margeret Short		Highland	1:05.00	1:10.30	2	4
6 Kimberly Germann		Orchard Park		1:13.27	1	3
7 Sarah Byrne		Sherwood	1:13.00	1:13.28	1	2
8 Taylor Rasmussen		Westmount	1:05.00	1:13.78	2	1
9 Nicole Hughes		Highland	1:06.00	1:15.71	2	

**Women 800 Meter Run Midget**

Name	Year	School	Seed	Finals	Points
1 Julie Stacey		Westdale		2:42.09	10
2 Margeret Short		Highland	2:32.00	2:43.28	8
3 Madeleine Horn		Westdale		2:45.78	6
4 Jackie Lloyd		Highland	2:40.00	2:48.61	5
5 Maxine Gravina		Westdale		2:52.71	4
6 Taylor Rasmussen		Westmount	2:47.00	2:53.31	3

**Women 1500 Meter Run Midget**

Name	Year	School	Seed	Finals	Points
1 Karen Thompson		Highland	5:30.00	5:35.87	10
2 Madeleine Horn		Westdale		5:39.86	8
3 Maxine Gravina		Westdale		5:46.69	6
4 Jackie Lloyd		Highland	5:35.00	5:47.27	5
5 Robin Whiffing		Highland	5:45.00	5:55.36	4

**Women 3000 Meter Run Midget**

Name	Year	School	Seed	Finals	Points
1 Karen Thompson		Highland		13:02.39	10
2 Robin Whiffing		Highland		14:00.34	8

**Women 80 Meter Hurdles Midget**

Name	Year	School	Seed	Finals	Points
1 Alison Mitro		Highland		15.67	10
2 Melissa Woolfson		Highland		16.25	8

**Women 300 Meter Hurdles Midget**

Name	Year	School	Seed	Finals	Points
1 Alison Mitro		Highland	52.00	54.89	10
2 Melissa Woolfson		Highland		57.66	8

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
Mohawk Sports Park  
Results****Women 4x100 Meter Relay Midget**

School	Seed	Finals	Points
1 Sherwood 'A'	54.00	55.13	10
1) Danielle Smarkala			
2) Sara Tonogai			
3) Allie Henderson			
4) Kayla Harrop			
2 Highland 'A'	54.00	55.84	8
3 Westdale 'A'		59.27	6
1) Pascale Diverlus			
2) Joviale Tshiyoyo			
3) Olivia Hinks-Russell			
4) Khadaja Alexander			

**Women High Jump Midget**

Name	Year School	Seed	Finals	Points
1 Devon Corning	Highland		1.40m	10
2 Alyssa Bruulsema	Hamilton District		1.30m	7
2 Michelle VanderMeer	Hamilton District		1.30m	7
4 Emma Baker	Waterdown		J1.30m	5
5 Khadija Alexander	Westdale		J1.30m	4
-- Alex Rees	Highland		NH	

**Women Long Jump Midget**

Name	Year School	Seed	Finals	Points
1 Michelle VanderMeer	Hamilton District		4.74m	10
2 Amina Rizvanovic	Orchard Park		3.94m	8
3 Alex Rees	Highland		3.89m	6
4 Alyssa Bruulsema	Hamilton District		3.42m	5

**Women Triple Jump Midget**

Name	Year School	Seed	Finals	Points
1 Michelle VanderMeer	Hamilton District		10.06m	10
2 Leah Hayward	Highland		8.99m	8
3 Alex Rees	Highland		8.71m	6

**Women Shot Put 3kg NEW Midget**

Name	Year School	Seed	Finals	Points
1 Alyssa DiCesare	Westmount		9.01m	10
2 Samantha MacLeod	Sherwood		8.83m	8
3 Rachel MacLeod	Sherwood		8.13m	6
4 Khadija Alexander	Westdale		7.81m	5
5 Mallory Peirce	Westdale		6.77m	4
6 Sarah Byrne	Sherwood		6.47m	3

**Women Discus Throw Midget**

Name	Year School	Seed	Finals	Points
1 Alyssa DiCesare	Westmount		27.03m	10

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
Mohawk Sports Park  
Results****....Women Discus Throw Midget**

2	Mallory Peirce	Westdale	15.77m	8
3	Rebecca Szczepanowski	Saltfleet	14.89m	6
4	Rebecca Johnson	Saltfleet	14.49m	5

**Women Javelin Throw Midget**

Name	Year	School	Seed	Finals	Points
1 Alyssa DiCesare		Westmount		25.15m	10
2 Alison Mitro		Highland		19.72m	8
3 Rebecca Szczepanowski		Saltfleet		18.79m	6
4 Rebecca Johnson		Saltfleet		16.76m	5
5 Mallory Peirce		Westdale		11.82m	4

**Women 100 Meter Dash Junior**

Name	Year	School	Seed	Prelims	H#
<b>Preliminaries</b>					
1	Valerie Vanderwoude	Guido de Bres	39:13.09	13.80q	1
2	Jenel Ulman	Westmount	13.44	13.86q	2
3	Deniqua Alexander	Westdale		14.30q	1
4	Jessica McAurther	Ancaster High	39:14.30	14.51q	2
5	Shope Obidi	Saltfleet	14.30	14.70q	1
6	Brittany Longboat	Delta	13.89	14.84q	2
7	Lauren Brooks	Westdale		14.88q	2
8	Kate Heer	Sherwood	15.31	15.00q	1
9	Lisa Luong	Sir John A M	15.00	15.28	2
10	Abby Campbell	Waterdown	14.20	15.66	2
11	Alexis Lynch	Saltfleet	15.30	17.03	2

**Women 100 Meter Dash Junior**

Name	Year	School	Prelims	Finals	Points
<b>Finals</b>					
1	Jenel Ulman	Westmount	13.86	13.82	10
2	Jessica McAurther	Ancaster High	14.51	14.03	8
3	Valerie Vanderwoude	Guido de Bres	13.80	14.16	6
4	Lauren Brooks	Westdale	14.88	14.34	5
5	Deniqua Alexander	Westdale	14.30	14.47	4
6	Kate Heer	Sherwood	15.00	15.40	3
7	Shope Obidi	Saltfleet	14.70	15.54	2
8	Brittany Longboat	Delta	14.84	15.71	1

**Women 200 Meter Dash Junior**

Name	Year	School	Seed	Finals	H#	Points
1	Jacquie Holmes	Highland	27.00	28.67	3	10
2	Emily Kapteyn	Westmount	30.01	29.00	2	8
3	Jenel Ulman	Westmount	28.26	29.06	3	6
4	Catherine Howell	Westdale		29.46	3	5
5	Lisa Luong	Sir John A M	32.00	29.80	2	4

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Results****....Women 200 Meter Dash Junior**

6	Valerie Vanderwoude	Guido de Bres	28.38	30.11	3	3
7	Karli Hall	Highland	32.00	30.60	2	1.50
7	Kate Heer	Sherwood	33.00	30.60	2	1.50
9	Jessica McAurther	Ancaster High	39:28.00	31.42	3	
10	Heather Salmon	Saltfleet	31.00	31.50	2	
11	Gillian Dunsmuir	Saltfleet		32.21	1	
12	Shope Obidi	Saltfleet	29.40	32.40	3	
13	Alison Klotz	Barton S.S.		32.59	1	
14	Jody deBoer	Hamilton District		33.50	1	
15	Jacqueline Tracy	Delta		40.22	1	

**Women 400 Meter Dash Junior**

Name	Year	School	Seed	Finals	H#	Points
1	Jacque Holmes	Highland	1:01.00	1:03.23	3	10
2	Meg Inman	Westdale		1:04.47	3	8
3	Catherine Howell	Westdale		1:05.53	3	6
4	Jenel Ulman	Westmount	1:04.00	1:06.35	3	5
5	Valerie Vanderwoude	Guido de Bres	1:05.00	1:08.72	3	4
6	Emily Kapteyn	Westmount	1:10.00	1:11.18	3	3
7	Krista Vanderveen	Guido de Bres	1:10.00	1:11.59	3	2
8	Chantelle Knoll	Guido de Bres	1:14.00	1:12.41	2	1
9	Shope Obidi	Saltfleet	1:11.00	1:12.70	3	
10	Mariah Dorion	Sir Allan MacNab	1:15.00	1:14.01	2	
11	Jenna Simpson	Orchard Park		1:14.26	1	
12	Emina Kapo	Orchard Park		1:15.06	2	
13	Jessica McAurther	Ancaster High		1:15.94	1	
14	Alison Klotz	Barton S.S.		1:16.91	1	
15	Karli Hall	Highland		1:17.85	2	
16	Heather Salmon	Saltfleet	1:11.00	1:20.86	2	

**Women 800 Meter Run Junior**

Name	Year	School	Seed	Finals	Points
1	Chelsea MacKinnon	Westdale		2:28.26	10
2	Meg Inman	Westdale		2:38.43	8
3	Elizabeth Liao	Westdale		2:46.17	6
4	Jenn Sloan	Highland	2:45.00	2:51.58	5
5	Krista Vanderveen	Guido de Bres	2:40.00	2:52.29	4
6	Jenna Simpson	Orchard Park		2:53.67	3
7	Michelle Owens	Waterdown		2:58.56	2
8	Mariah Dorion	Sir Allan MacNab	2:50.00	3:03.13	1
9	Emina Kapo	Orchard Park		3:09.97	
10	Kayla Blain	Sherwood	2:58.00	3:12.42	

**Women 1500 Meter Run Junior**

Name	Year	School	Seed	Finals	Points
1	Chelsea MacKinnon	Westdale		5:10.92	10
2	Lauren Malott	Waterdown		5:47.04	8
3	Katelyn Swenor	Westmount	5:29.00	5:50.64	5.50

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
Mohawk Sports Park  
Results****....Women 1500 Meter Run Junior**

3	Jen Sloan	Highland		5:50.64	5.50
5	Christina Liao	Westdale		5:51.26	4
6	Jenna Simpson	Orchard Park		5:53.07	3
7	Michelle Owens	Waterdown		5:58.33	2
8	Michelle St.Pierre	Highland		6:15.72	1
9	Emina Kapo	Orchard Park		6:29.39	
10	Carley Stanhope	Hill Park		6:33.75	
11	Kayla Blain	Sherwood	6:45.00	6:41.14	
12	Locksley MacLean	Westmount	7:00.00	7:37.32	

**Women 3000 Meter Run Junior**

Name	Year	School	Seed	Finals	Points
1	Jessica Witt	Westdale		12:37.45	10
2	Katelyn Swenor	Westmount	11:54.00	13:44.03	8
3	Michelle St.Pierre	Highland		14:11.94	6
4	Melanie Thompson	Highland		14:13.16	5

**Women 80 Meter Hurdles Junior**

Name	Year	School	Seed	Finals	Points
1	Teri-Lee Harley	Sir John A M	14.00	14.67	10
2	Lindsay Dynes	Highland		15.77	8
3	Gillian Dunsmuir	Saltfleet	14.05	16.25	6

**Women 300 Meter Hurdles Junior**

Name	Year	School	Seed	Finals	Points
1	Lindsay Dynes	Highland		53.91	10
2	Teri-Lee Harley	Sir John A M	49.00	54.10	8
3	Gillian Dunsmuir	Saltfleet	54.05	55.87	6
4	Misty Guigue	Sir John A M	51.00	59.44	5

**Women 4x100 Meter Relay Junior**

School	Seed	Finals	Points
1 Westdale 'A' 1) Deniqua Alexander 3) Emily Samek 2) Lauren Brooks 4) Taneisha Brown		57.31	10
2 Sir John A MacDonald 'A' 1) Teri-Lee Harley 3) Misty Guigue 2) Lisa Luong 4) Diana Rin	56.00	59.43	8
3 Highland 'A' 1) Jody deBoer 3) Michelle VanderMeer 2) Krista Douwes 4) Dayva Regnerus	56.00	59.87	6
4 Hamilton District 'A' 1) Jody deBoer 3) Michelle VanderMeer 2) Krista Douwes 4) Dayva Regnerus	58.04	1:00.66	5
5 Saltfleet 'A' 1) Shope Obidi 3) Alexis Lynch 2) Amy Salmon 4)	55.00	1:01.11	4
6 Waterdown 'A'	56.00	1:02.05	3

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
Mohawk Sports Park  
Results****....Women 4x100 Meter Relay Junior**

- |                    |                   |
|--------------------|-------------------|
| 1) Carly Dougherty | 2) Abby Campbell  |
| 3) Lauren Malott   | 4) Michelle Owens |

**Women High Jump Junior**

Name	Year School	Seed	Finals	Points
1 Dayva Regnerus	Hamilton District		1.45m	10
2 Lauren Malott	Waterdown		1.35m	8
3 Misty Guigue	Sir John A M		1.30m	6
4 Teri-Lee Harley	Sir John A M		J1.30m	5
5 Kaitlyn MacDonald	Hill Park		J1.30m	4
-- Carley Stanhope	Hill Park		NH	
-- Jessica Troop	Hill Park		NH	

**Women Long Jump Junior**

Name	Year School	Seed	Finals	Points
1 Misty Guigue	Sir John A M		4.54m	10
2 Dayva Regnerus	Hamilton District		4.40m	8
3 Diana Rin	Sir John A M		4.39m	6
4 Lisa Luong	Sir John A M		4.15m	5
5 Chantelle Knoll	Guido de Bres		4.06m	4
6 Paige Bates	Orchard Park		3.92m	3
7 Brittany Longboat	Delta		3.68m	2
8 Kate Heer	Sherwood		3.59m	1
-- Reanne Bootsma	Hamilton District		ND	

**Women Triple Jump Junior**

Name	Year School	Seed	Finals	Points
1 Diana Rin	Sir John A M		9.24m	10
2 Chantelle Knoll	Guido de Bres		8.24m	8
3 Lauren Malott	Waterdown		7.93m	6
4 Reanne Bootsma	Hamilton District		7.31m	5
-- Carly Dougherty	Waterdown		ND	

**Women Shot Put (NEW-3kg) Junior**

Name	Year School	Seed	Finals	Points
1 Rachel Sanderson	Highland		8.34m	10
2 Tyanna Williams	Westdale		7.91m	8
3 Natalie Jongsma	Guido de Bres		7.85m	6
4 Krista Douwes	Hamilton District		7.36m	5
5 Isabel Lehn-Blazejczek	Highland		6.97m	4
6 Krista Vanderveen	Guido de Bres		6.51m	3
7 Emily Poot	Highland		6.28m	2
8 Diana Rin	Sir John A M		J6.28m	1

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
Mohawk Sports Park  
Results****Women Discus Throw Junior**

Name	Year School	Seed	Finals	Points
1 Isabel Lehn-Blazejczek	Highland		22.96m	10
2 Samantha Houston	Saltfleet		21.91m	8
3 Karly Ronnenberg	Saltfleet		21.01m	6
4 Natalie Jongsma	Guido de Bres		19.51m	5
5 Krista Douwes	Hamilton District		18.85m	4
6 Emily Poot	Highland		18.60m	3
7 Samantha Hart	Saltfleet		17.53m	2
8 Rachel Sanderson	Highland		16.62m	1
9 Jenna McGill	Saltfleet		14.64m	

**Women Javelin Throw Junior**

Name	Year School	Seed	Finals	Points
1 Krista Douwes	Hamilton District		22.15m	10
2 Isabel Lehn-Blazejczek	Highland		21.04m	8
3 Samantha Houston	Saltfleet		19.29m	6
4 Samantha Hart	Saltfleet		18.28m	5
5 Rachel Sanderson	Highland		17.03m	4
6 Tyanna Williams	Westdale		16.84m	3
7 Jenna McGill	Saltfleet		16.58m	2
8 Karly Ronnenberg	Saltfleet		16.40m	1
9 Emily Poot	Highland		15.37m	

**Women 100 Meter Dash Senior**

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Chi Chi Chuks-Mady	Barton S.S.		11.46q	2
2 Janine Jackson	Parkside	13.00	12.21q	2
3 Karyn Bosscher	Guido de Bres	13.80	12.24q	2
4 Rachel Haalstra	Hamilton District	14.19	12.69q	2
5 Shevonne Rose	Barton S.S.		13.86q	2
6 Samantha Mersereau	Westmount	13.60	14.30q	3
7 Melissa Bethlehem	Guido de Bres	13.40	14.58q	3
8 Elizabeth Lartey	Barton S.S.	16.70	14.66q	2
9 Victoria Gayle	Barton S.S.	14.40	15.23	1
10 Vanessa Sarjeant	Orchard Park		15.39	1
11 Julie DeJong	Hamilton District	13.29	15.61	1
12 Victoria DeJong	Hamilton District	14.42	15.69	3
13 Sarah Bosscher	Guido de Bres	13.60	15.70	1
14 Rebecca Pappin	Barton S.S.		16.38	1

**Women 100 Meter Dash Senior**

Name	Year School	Prelims	Finals	Points
Finals				
1 Chi Chi Chuks-Mady	Barton S.S.	11.46	14.10	10
2 Samantha Mersereau	Westmount	14.30	14.22	8
3 Rachel Haalstra	Hamilton District	12.69	14.74	6

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
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Results****....Women 100 Meter Dash Senior**

4	Karyn Bosscher	Guido de Bres	12.24	14.79	5
5	Janine Jackson	Parkside	12.21	15.03	4
6	Melissa Bethlehem	Guido de Bres	14.58	15.17	3
7	Shevonne Rose	Barton S.S.	13.86	16.20	2
8	Elizabeth Lartey	Barton S.S.	14.66	17.15	1

**Women 200 Meter Dash Senior**

Name	Year	School	Seed	Finals	H#	Points
1	Emily Shing	Highland	28.00	29.50	3	10
2	Julie DeJong	Hamilton District	28.97	29.59	3	8
3	Melissa Bethlehem	Guido de Bres	27.50	30.19	3	6
4	Sarah Bosscher	Guido de Bres	27.90	30.33	3	5
5	Samantha Mersereau	Westmount	29.00	30.43	3	4
6	Janell Klassen	Westdale		31.40	1	3
7	Amanda John	Highland	29.00	31.44	3	2
8	Janine Jackson	Parkside	29.50	31.84	2	1
9	Karyn Bosscher	Guido de Bres	28.90	32.13	3	
10	Kelsie Pulsifer	Westdale		32.27	1	
11	Bailey Russel	Ancaster High		32.56	1	
12	Victoria DeJong	Hamilton District	30.31	32.73	2	
13	Meaghan Obrien	Highland	30.00	33.46	2	
14	Julie Ma	Westdale		33.59	1	
15	Alexandra Rusu	Westdale		34.33	1	
16	Lindsay Noordam	Hamilton District	31.54	34.46	2	
17	Letesha Hull	Ancaster High		37.11	1	

**Women 400 Meter Dash Senior**

Name	Year	School	Seed	Finals	H#	Points
1	Emily Shing	Highland	1:04.00	1:06.99	3	10
2	Lindsay Szota	Ancaster High	1:06.00	1:08.99	3	8
3	Jessie Sawyers	Highland	1:05.00	1:09.87	3	6
4	Janell Klassen	Westdale		1:10.36	2	5
5	Rebecca Pappin	Barton S.S.		1:11.75	1	4
6	Bailey Russel	Ancaster High		1:11.94	2	3
7	Melissa Bethlehem	Guido de Bres	1:04.50	1:12.11	3	2
8	Meaghan Obrien	Highland	1:10.00	1:12.83	3	1
9	Kristina Jovanic	Orchard Park		1:17.62	2	
10	Letesha Hull	Ancaster High		1:20.77	1	
11	Sarah Gysbers	Hill Park		1:28.45	2	
12	Christine Williams	Hamilton District	1:25.00	1:30.26	2	

**Women 800 Meter Run Senior**

Name	Year	School	Seed	Finals	Points
1	Carise Thompson	Highland	2:25.00	2:29.43	10
2	Courtney Patterson	Highland	2:28.00	2:33.08	8
3	Rachel Hicks	Highland	2:30.00	2:42.49	6
4	Kenzie Pulsifer	Westdale		2:47.26	5
5	Lindsay Szota	Ancaster High	2:40.00	2:53.01	4

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
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Results****Women 1500 Meter Run Senior**

Name	Year School	Seed	Finals	Points
1 Carise Thompson	Highland	4:55.00	5:22.17	10
2 Colleen Wilson	Ancaster High	5:15.00	5:40.01	8
3 Rachel Hicks	Highland	5:30.00	5:40.41	6
4 Lindsay Szota	Ancaster High	5:35.00	5:40.77	5
5 Sarah Rasmussen	Ancaster High	5:30.00	5:47.10	4
6 Kenzie Pulsifer	Westdale		5:51.79	3
7 Emily Baturin	Saltfleet		6:02.95	2

**Women 3000 Meter Run Senior**

Name	Year School	Seed	Finals	Points
1 Colleen Wilson	Ancaster High	11:10.00	12:55.15	10
2 Jessica Passant	Highland	11:00.00	13:01.94	8
3 Sarah Rasmussen	Ancaster High	11:45.00	13:29.08	6
4 Jelena Marjanovic	Highland		13:43.49	5

**Women 100 Meter Hurdles Senior**

Name	Year School	Seed	Finals	Points
1 Jessica May	Saltfleet	14.50	16.18	10
2 Vanessa Sarjeant	Orchard Park		16.93	8
3 Shelby Bordi	Highland		17.03	6
4 Samantha Mersereau	Westmount		18.49	5
5 Rebecca Hayward	Highland		18.74	4
6 Danielle Cottrell	Waterdown	16.90	19.24	3

**Women 400 Meter Hurdles Senior**

Name	Year School	Seed	Finals	Points
1 Jessica May	Saltfleet	1:05.00	1:15.82	10
2 Shelby Bordi	Highland	1:14.00	1:18.28	8
3 Rebecca Hayward	Highland	1:15.00	1:21.05	6
4 Vanessa Sarjeant	Orchard Park		1:21.97	5

**Women 4x100 Meter Relay Senior**

School	Seed	Finals	Points
1 Highland 'A'	52.00	53.23	10
2 Guido de Bres 'A'	54.40	53.61	8
1) Valerie Vanderwoude	2) Sarah Bosscher		
3) Karyn Bosscher	4) Melissa Bethlehem		
3 Barton S.S. 'A'		56.51	6
1) Chi Chi Chuks-Mady	2) Victoria Gayle		
3) Rebecca Pappin	4) Nicole Hebert		
4 Hamilton District 'A'	56.29	57.71	5
1) Gillian Thomas	2) Victoria DeJong		
3) Julie DeJong	4) Rachel Haalstra		
5 Westdale 'A'		58.59	4

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
Mohawk Sports Park  
Results****....Women 4x100 Meter Relay Senior**

1) Janell Klassen	2) Julie Ma			
3) Kelsie Pulsifer	4) Kenzie Pulsifer			
6 Ancaster High 'A'		58.00	59.94	3
1) Letesha Hull	2) Bailey Russel			
3) Jessica McAurther	4) Colleen Wilson			

**Women High Jump Senior**

Name	Year School	Seed	Finals	Points
1 Amanda John	Highland		1.30m	10

**Women Long Jump Senior**

Name	Year School	Seed	Finals	Points
1 Gillian Thomas	Hamilton District		4.52m	10
2 Danielle Cottrell	Waterdown		4.46m	8
3 Katelin Smith	Orchard Park		4.00m	6
4 Bailey Russel	Ancaster High		3.98m	5

**Women Triple Jump Senior**

Name	Year School	Seed	Finals	Points
1 Julie DeJong	Hamilton District		9.96m	10
2 Jessica May	Saltfleet		9.89m	8

**Women Shot Put Senior**

Name	Year School	Seed	Finals	Points
1 Kristina Smolovic	Barton S.S.		10.48m	10
2 Chi Chi Chuks-Mady	Barton S.S.		8.33m	8
3 Martha Giordano	Westdale		8.30m	6
4 Gillian Thomas	Hamilton District		7.96m	5
5 Chanel Williams	Sherwood		7.12m	4
6 Hailey Bruckner	Highland		7.09m	3
7 Jordan Allen	Westdale		6.97m	2
8 Aroosa Butt	Westdale		6.73m	1
9 Charlotte Dzivy	Sir Winston		6.59m	
10 Jennifer Burlie	Hamilton District		5.46m	

**Women Discus Throw Senior**

Name	Year School	Seed	Finals	Points
1 Nikki Miller	Saltfleet		32.30m	10
2 Brittany Hicks	Saltfleet		28.24m	8
3 Tracey Boeringa	Guido de Bres		23.98m	6
4 Charlotte Dzivy	Sir Winston		23.22m	5
5 Shanika Lewis-Waddell	Orchard Park		21.48m	4
6 Alisha Mackenzie	Highland		20.99m	3
7 Martha Giordano	Westdale		20.62m	2

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
Mohawk Sports Park  
Results****....Women Discus Throw Senior**

8	Samantha Palmer	Saltfleet	20.30m	1
9	Aroosa Butt	Westdale	18.60m	
10	Emily Weingartner	Highland	17.69m	
11	Paige Darling	Highland	16.84m	
12	Hailey Bruckner	Highland	16.70m	
13	Danielle Grundy	Highland	16.15m	
14	Jennifer Burlie	Hamilton District	15.85m	
15	Jordan Allen	Westdale	15.52m	
16	Kristina Jovanic	Orchard Park	15.37m	
--	Jenn Hall	Hill Park	FOUL	

**Women Javelin Throw Senior**

Name	Year	School	Seed	Finals	Points
1		Brittany Hicks	Saltfleet	32.13m	10
2		Samantha Palmer	Saltfleet	26.19m	8
3		Alisha Mackenzie	Highland	22.78m	6
4		Martha Giordano	Westdale	21.43m	5
5		Paige Darling	Highland	19.93m	4
6		Emily Weingartner	Highland	19.45m	3
7		Lindsay Noordam	Hamilton District	19.40m	2
8		Danielle Grundy	Highland	18.01m	1
9		Aroosa Butt	Westdale	16.57m	
10		Jenn Hall	Hill Park	16.41m	
11		Christine Williams	Hamilton District	15.34m	
12		Jordan Allen	Westdale	14.44m	
13		Hailey Bruckner	Highland	14.32m	
14		Jennifer Burlie	Hamilton District	11.45m	
--		Chi Chi Chuks-Mady	Barton S.S.	ND	

**Women 1500 Meter Steeplechase (NEW) Open**

Name	Year	School	Seed	Finals	Points
1		Courtney Patterson	Highland	5:35.00	5:43.45 10
2		Colleen Wilson	Ancaster High	6:00.00	6:11.01 8
3		Jessica Passant	Highland	5:45.00	6:22.52 6
4		Jelena Marjanovic	Highland	6:00.00	6:37.05 5
5		Sarah Rasmussen	Ancaster High	6:30.00	6:51.28 4

**Women 4x400 Meter Relay Open**

School	Seed	Finals	Points
1 Westdale 'A'		4:23.17	10
1) Meg Inman	2) Catherine Howell		
3) Chelsea MacKinnon	4) Rina Charalampis		
2 Highland 'A'	4:20.00	4:24.70	8
3 Guido de Bres 'A'	4:45.00	5:00.57	6
1) Chantelle Knol	2) Krista Vanderveen		
3) Sarah Bosscher	4) Karyn Bosscher		
4 Ancaster High 'A'	5:00.00	5:26.59	5
1) Lindsay Szota	2) Colleen Wilson		

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
Mohawk Sports Park  
Results****....Women 4x400 Meter Relay Open**

3) Sarah Rasmussen

4) Bailey Russel

**Men 100 Meter Dash Midget**

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1		Jeremy Haggarty		Highland	12.58q 1
2		Andrew Sacchetti	12.02	Westmount	12.62q 2
3		Taylor Sands	12.05	Westmount	12.63q 1
4		Connor DeJong	12.51	Hamilton District	12.89q 1
5		Christian Gould		Highland	12.99q 2
6		Tim VanDam	12.43	Guido de Bres	13.01q 2
7		Cam Gerrie		Highland	13.23q 2
8		Ryan Parry		Highland	13.52q 1
9		Patrick French	12.59	Hamilton District	13.56 2
10		Vanyl Tija	13.10	Waterdown	13.59 2
11		Raymond Parry	13.00	Parkside	14.14 1
12		Nathaniel Webster		Hamilton District	14.27 2
13		Lucas Van Beek	13.39	Hamilton District	14.32 1
14		Josh Shin	13.00	Parkside	14.60 2

**Men 100 Meter Dash Midget**

Name	Year	School	Prelims	Finals	Points
Finals					
1		Andrew Sacchetti	12.62	Westmount	12.27 10
2		Jeremy Haggarty	12.58	Highland	12.28 8
3		Taylor Sands	12.63	Westmount	12.51 6
4		Connor DeJong	12.89	Hamilton District	12.70 5
5		Tim VanDam	13.01	Guido de Bres	12.92 4
6		Christian Gould	12.99	Highland	13.00 3
7		Cam Gerrie	13.23	Highland	13.19 2
8		Ryan Parry	13.52	Highland	13.62 1

**Men 200 Meter Dash Midget**

Name	Year	School	Seed	Finals	H#	Points
1		Jeremy Haggarty	24.00	Highland	26.44	2 10
2		Andrew Sacchetti	25.68	Westmount	26.81	2 8
3		Taylor Sands	26.68	Westmount	27.69	2 6
4		Connor DeJong		Hamilton District	27.80	1 5
5		Sopheak Cheam	26.80	Sherwood	28.13	2 4
6		Christian Gould	29.00	Highland	28.20	1 3
7		Cam Gerrie	28.00	Highland	28.21	2 2
8		Mark Noordam	26.09	Hamilton District	28.27	2 1
9		Ryan Parry	29.00	Highland	28.40	1
10		Tim VanDam	39:26.02	Guido de Bres	28.86	2
11		Vanyl Tija	28.20	Waterdown	29.03	2
12		Lucas Van Beek		Hamilton District	29.40	1
13		Vidi Haynes		Hamilton District	29.70	1

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
Mohawk Sports Park  
Results****Men 400 Meter Dash Midget**

Name	Year School	Seed	Finals	H#	Points
1 Jeremy Haggarty	Highland	55.00	52.30	2	10
2 Franz Neuman	Ancaster High	1:00.00	53.70	2	8
3 Sopheak Cheam	Sherwood	56.80	54.20	2	6
4 Tim VanDam	Guido de Bres	1:01.00	56.70	2	5
5 Dan Pelosini	Highland		57.00	2	4
6 Mark Noordam	Hamilton District	1:01.00	59.20	2	3
7 Reeves Anthony	Orchard Park		1:03.88	1	2
8 Vidi Haynes	Hamilton District	1:03.00	1:04.10	2	1
9 Austin Kit	Orchard Park		1:04.69	1	
10 Matt Hagopian	Hill Park		1:07.82	1	
11 Vanyl Tija	Waterdown	1:06.00	1:08.33	1	
12 Dylan Field	Hill Park		1:12.14	1	
13 Peter Gysbers	Hill Park		1:18.12	1	

**Men 800 Meter Run Midget**

Name	Year School	Seed	Finals	Points
1 Rui Xu	Westdale		2:16.43	10
2 Adam Rowles	Highland	2:15.00	2:18.74	8
3 Colin Busse	Orchard Park		2:24.59	6
4 Franz Neuman	Ancaster High	2:25.00	2:24.77	5
5 Brad Wilcox	Westmount	2:18.00	2:25.13	4
6 Reeves Anthony	Orchard Park		2:25.21	3
7 Dan Pelosini	Highland	2:24.00	2:28.67	2
8 Derek Ellens	Hamilton District		2:35.14	1
9 Bryan Mostert	Hamilton District	2:27.00	2:40.33	
10 Isaac Bates	Hamilton District	2:29.00	2:42.88	
11 Mitch Reid	Sherwood	2:35.00	2:47.00	

**Men 1500 Meter Run Midget**

Name	Year School	Seed	Finals	Points
1 Adam Rowles	Highland		4:36.70	10
2 Rui Xu	Westdale		4:37.88	8
3 Bryan Mostert	Hamilton District	5:02.00	4:55.62	6
4 Colin Busse	Orchard Park		4:57.61	5
5 Evan Dunlop	Highland		5:01.05	4
6 Corey Daigneault	Orchard Park		5:01.44	3
7 Paul Kolb	Highland		5:04.33	2
8 Colin McCaughey	Westmount	5:06.00	5:08.93	1
9 Derek Ellens	Hamilton District	5:06.00	5:09.41	
10 Bradley Wilcox	Westmount	4:55.00	5:14.54	
11 Franz Neuman	Ancaster High	5:30.00	5:18.84	
12 Nikola Milanovic	Orchard Park		5:39.31	
13 Mitch Reid	Sherwood	5:25.00	5:43.58	

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
Mohawk Sports Park  
Results****Men 3000 Meter Run Midget**

Name	Year School	Seed	Finals	Points
1 Bryan Mostert	Hamilton District	11:20.00	11:00.87	10
2 Paul Kolb	Highland		11:09.53	8
3 Colin McCaughey	Westmount	11:03.00	11:36.96	6
4 Derek Ellens	Hamilton District	11:25.00	11:44.68	5
5 Corey Daigneault	Orchard Park		12:05.10	4

**Men 100 Meter Hurdles Midget**

Name	Year School	Seed	Finals	Points
1 Patrick French	Hamilton District		17.98	10
2 Evan Dunlop	Highland		19.56	8
3 Isaac Bates	Hamilton District		20.04	6
4 Vidi Haynes	Hamilton District		21.33	5

**Men 300 Meter Hurdles Midget**

Name	Year School	Seed	Finals	Points
1 Evan Dunlop	Highland		52.87	10
2 Patrick French	Hamilton District		53.09	8

**Men 4x100 Meter Relay Midget**

School	Seed	Finals	Points
1 Highland 'A'	47.00	50.04	10
2 Hamilton District 'A'	52.01	51.38	8
1) Isaac Bates	2) Patrick French		
3) Connor DeJong	4) Lucas Van Beek		

**Men High Jump Midget**

Name	Year School	Seed	Finals	Points
1 Hwang Lee	Westdale		1.65m	10
2 Deion Radcliff	Highland		1.60m	8
3 Thomas Jongsma	Guido de Bres		1.55m	6
4 Mitch Reid	Sherwood		1.45m	5
5 Nikola Milanovic	Orchard Park		1.40m	4
-- Cody Bill	Hamilton District		NH	
-- Isaac Bates	Hamilton District		NH	
-- Andrew Birkby	Parkside		NH	
-- Tafari Cole	Sherwood		NH	

**Men Long Jump Midget**

Name	Year School	Seed	Finals	Points
1 Austin Kit	Orchard Park		5.12m	10
2 Tim VanDam	Guido de Bres		5.04m	8
3 Raymond Parry	Parkside		5.03m	6

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
Mohawk Sports Park  
Results****....Men Long Jump Midget**

4	Mark Noordam	Hamilton District	4.90m	5
5	Nikola Milanovic	Orchard Park	4.81m	4
6	Cody Bill	Hamilton District	4.80m	3
7	Tafari Cole	Sherwood	4.78m	2
8	Hwang Lee	Westdale	4.77m	1
9	Andrew Bosscher	Guido de Bres	4.54m	
10	Thomas Jongsma	Guido de Bres	4.44m	
11	Alex Bylsma	Highland	4.43m	
12	Nathaniel Webster	Hamilton District	4.24m	
13	Josh Shin	Parkside	4.16m	

**Men Triple Jump Midget**

Name	Year	School	Seed	Finals	Points
1	Austin Kit	Orchard Park		10.77m	10
2	Cody Bill	Hamilton District		10.21m	8
3	Steven Voorberg	Hamilton District		9.44m	6
4	Alex Bylsma	Highland		9.21m	5

**Men Shot Put Midget**

Name	Year	School	Seed	Finals	Points
1	Connor DeJong	Hamilton District		10.78m	10
2	Lucas Van Beek	Hamilton District		9.91m	8
3	Jimmy Qiu	Westdale		9.52m	6
4	Christian Gould	Highland		8.98m	5
5	Reece Oosterhoff	Guido de Bres		8.54m	4
6	Cam Gerrie	Highland		J8.54m	3
7	Thomas Jongsma	Guido de Bres		8.12m	2
8	Reuben Knowles	Hamilton District		7.90m	1

**Men Discus Throw Midget**

Name	Year	School	Seed	Finals	Points
1	Andrew Bosscher	Guido de Bres		25.30m	10
2	Reece Oosterhoff	Guido de Bres		23.55m	8
3	Jimmy Qiu	Westdale		22.58m	6
4	Steven Voorberg	Hamilton District		22.34m	5

**Men Javelin Throw Midget**

Name	Year	School	Seed	Finals	Points
1	Steven Voorberg	Hamilton District		29.71m	10
2	Reuben Knowles	Hamilton District		26.47m	8
3	Adam Rowles	Highland		25.68m	6
4	Andrew Bosscher	Guido de Bres		23.24m	5
5	Reece Oosterhoff	Guido de Bres		19.79m	4
6	Jimmy Qiu	Westdale		19.53m	3

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
Mohawk Sports Park  
Results****Men 100 Meter Dash Junior**

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Daniel Gayle	Barton S.S.	12.00	12.25q	3
2 Hamad Abu-Harb	Saltfleet	11.80	12.35q	3
3 Cameron Young	Westmount	13.05	12.54q	2
4 James Parry	Waterdown	11.80	12.73q	3
5 Kristian Ferreira	Westdale		12.77q	1
6 Cameron Jang	Barton S.S.	12.98	13.00q	2
7 Eddie Lartey	Barton S.S.	12.94	13.13q	2
8 Jordan Chin	Waterdown	12.20	13.20q	3
9 Keegan Lodder	Guido de Bres	12.40	13.29	3
10 Budd Parker	Barton S.S.	12.90	13.32	2
11 Mohamed Younis	Sherwood	13.51	13.36	2
12 Aren Kingma	Guido de Bres	39:13.00	13.65	2
13 Fahad Waseem	Orchard Park		13.88	1
14 Alex Vrakela	Orchard Park		14.07	1
15 Adam Anderson	Parkside	12.80	14.07	2
16 Ryan Kasanzksy	Westmount	14.40	14.22	2
17 Mani Dhaliwal	Orchard Park		14.30	1

**Men 100 Meter Dash Junior**

Name	Year School	Prelims	Finals	Points
Finals				
1 Kristian Ferreira	Westdale	12.77	12.19	10
2 Daniel Gayle	Barton S.S.	12.25	12.27	8
3 Hamad Abu-Harb	Saltfleet	12.35	12.43	6
4 Cameron Young	Westmount	12.54	12.79	5
5 Eddie Lartey	Barton S.S.	13.13	13.14	4
6 Jordan Chin	Waterdown	13.20	13.17	3

**Men 200 Meter Dash Junior**

Name	Year School	Seed	Finals	H#	Points
1 Kristopher Birch	Sir Allan MacNab	24.00	24.78	3	10
2 Hamad Abu-Harb	Saltfleet	24.80	25.47	3	8
3 Kristian Ferreira	Westdale		26.36	1	6
4 Kurtis Lord	Waterdown	26.00	26.52	3	5
5 Ron Knight	Sherwood	26.50	26.77	3	4
6 Keegan Lodder	Guido de Bres	25.80	26.88	3	3
7 Cameron Young	Westmount	28.02	27.03	2	2
8 Mohamed Younis	Sherwood	27.00	27.37	2	1
9 Fahad Waseem	Orchard Park		27.40	1	
10 Budd Parker	Barton S.S.		27.68	1	
11 Eddie Lartey	Barton S.S.		28.41	1	
12 Adam Anderson	Parkside	26.00	29.36	3	
13 Aren Kingma	Guido de Bres	28.50	29.89	2	
14 Ryan Kasanzksy	Westmount	30.65	31.36	2	

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
Mohawk Sports Park  
Results****Men 400 Meter Dash Junior**

Name	Year School	Seed	Finals	H#	Points
1 Kristopher Birch	Sir Allan MacNab	53.00	54.42	2	10
2 Stuart Hunter	Highland	59.00	57.16	2	8
3 Adam Kuncz	Waterdown	58.00	57.72	2	6
4 Keegan Lodder	Guido de Bres	57.00	58.91	2	5
5 Warren VanSydenbourgh	Guido de Bres	59:00.00	1:00.22	2	4
6 Ron Knight	Sherwood	1:00.00	1:00.53	2	3
7 Derek Hambley	Ancaster High	56.00	1:02.22	2	2
8 Kurtis Lord	Waterdown	1:00.00	1:02.79	2	1
9 Budd Parker	Barton S.S.		1:07.00	1	
10 Joel Kranenburg	Hamilton District		1:08.43	1	

**Men 800 Meter Run Junior**

Name	Year School	Seed	Finals	Points
1 Taylor Forbes	Highland	2:05.00	2:11.77	10
2 Austen Forbes	Highland	2:05.00	2:12.04	8
3 Badel Khalif	Sir John A M	2:15.00	2:16.51	6
4 Warren VanSydenbourgh	Guido de Bres	2:19.00	2:17.64	5
5 Neil Roth	Hamilton District	2:19.00	2:21.37	4
6 Wasse Wahidi	Orchard Park		2:21.48	3
7 Chris Carter	Westmount	2:20.00	2:25.61	2
8 Drew Smith	Ancaster High	2:24.00	2:27.47	1
9 Adam Kuncz	Waterdown	2:40.00	2:28.67	
10 Ian Summers	Westdale		2:29.73	
-- Paul Hudgins	Sir John A M	2:21.00	DNF	

**Men 1500 Meter Run Junior**

Name	Year School	Seed	Finals	Points
1 Austen Forbes	Highland	4:15.00	4:28.32	10
2 Taylor Forbes	Highland	4:15.00	4:28.61	8
3 Derek Hambley	Ancaster High	4:25.00	4:36.16	6
4 Badel Khalif	Sir John A M	4:44.00	4:53.98	5
5 Warren VanSydenbourgh	Guido de Bres	4:45.00	4:55.66	4
6 Chris Carter	Westmount	5:02.00	5:02.10	3
7 Michael Lill	Orchard Park		5:03.10	2
8 Ian Summers	Westdale		5:06.57	1
9 Neil Roth	Hamilton District	5:00.00	5:11.10	
10 Drew Smith	Ancaster High	5:00.00	5:14.29	
11 Kyle Lavigne	Sir Winston		5:15.57	
12 Paul Hudgins	Sir John A M	5:25.00	5:19.92	
13 Andrew Stewart	Westmount		5:21.14	
14 David Mackie	Highland	4:30.00	5:23.57	
15 Alex McClennan	Hamilton District		5:36.26	

**Men 3000 Meter Run Junior**

Name	Year School	Seed	Finals	Points
1 Derek Hambley	Ancaster High	9:40.00	9:50.96	10

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
Mohawk Sports Park  
Results****....Men 3000 Meter Run Junior**

2	Taylor Forbes	Highland		9:54.59	8
3	David Mackie	Highland		10:25.29	6
4	Michael Lill	Orchard Park		11:13.22	5
5	Chris Carter	Westmount	10:33.00	11:13.87	4
6	Neil Roth	Hamilton District	11:07.00	11:32.53	3
7	Paul Hudgins	Sir John A M	11:00.00	12:02.92	2

**Men 100 Meter Hurdles (NEW-100m) Junior**

Name	Year School	Seed	Finals	Points
1 Chase Kivell	Highland		18.76	10
2 Jeremy May	Saltfleet	18.00	19.04	8

**Men 300 Meter Hurdles Junior**

Name	Year School	Seed	Finals	Points
1 Stuart Hunter	Highland	45.00	45.90	10
2 Chase Kivell	Highland	43.00	46.20	8
3 Jeremy May	Saltfleet	51.00	52.00	6

**Men 4x100 Meter Relay Junior**

School	Seed	Finals	Points
1 Waterdown 'A' 1) Jordan Chin 3) Adam Kuncz	48.00	48.22	10
2 Westmount 'A' 1) Cam Young 3) T. Sands	46.00	49.25	8
3 Barton S.S. 'A' 1) Cameron Jang 3) Eddie Lartey		49.55	6
4 Orchard Park 'A'	50.00	50.08	5
5 Highland 'A'	48.00	51.37	4

**Men High Jump Junior**

Name	Year School	Seed	Finals	Points
1 Keegan Lodder	Guido de Bres		1.70m	10
2 Wassi Wahidi	Orchard Park		1.65m	8
3 Chase Kivell	Highland		1.55m	6
4 Andrew Heeg	Hamilton District		1.55m	5
5 Steve Good	Parkside		1.35m	4

**Men Long Jump Junior**

Name	Year School	Seed	Finals	Points
1 Daniel Gayle	Barton S.S.		6.08m	10
2 Andrew Heeg	Hamilton District		5.80m	8

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
Mohawk Sports Park  
Results****....Men Long Jump Junior**

3	Ron Knight	Sherwood	5.40m	6
4	Hamad Abu-Harb	Saltfleet	4.88m	5
5	Joel Kranenburg	Hamilton District	4.40m	4

**Men Triple Jump Junior**

Name	Year	School	Seed	Finals	Points
1	Daniel	Gayle	Barton S.S.	12.46m	10
2	Peter	Williams	Hamilton District	9.88m	8
3	Alex	McClennan	Hamilton District	9.63m	6
4	Nick	Bezemer	Hamilton District	9.02m	5
5	Andrew	Heeg	Hamilton District	8.72m	4

**Men Shot Put (NEW-4kg) Junior**

Name	Year	School	Seed	Finals	Points
1	Derek	Feenstra	Guido de Bres	10.37m	10
2	Travis	Tschrutter	Orchard Park	9.89m	8
3	Chamath	Mayadunne	Westdale	7.32m	6

**Men Discus Throw (NEW-1kg) Junior**

Name	Year	School	Seed	Finals	Points
1	Peter	Williams	Hamilton District	33.21m	10
2	Derek	Feenstra	Guido de Bres	27.40m	8
3	Eddie	Lartey	Barton S.S.	21.89m	6
4	Chamath	Mayadunne	Westdale	20.37m	5
5	Derek	Smith	Highland	15.34m	4

**Men Javelin Throw (NEW-600g) Junior**

Name	Year	School	Seed	Finals	Points
1	Derek	Smith	Highland	42.40m	10
2	Peter	Williams	Hamilton District	29.54m	8
3	Nick	Bezemer	Hamilton District	29.51m	6
4	Alex	McClennan	Hamilton District	25.37m	5
5	Kyle	Lavigne	Sir Winston	18.82m	4

**Men 100 Meter Dash Senior**

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	Isaac	Ofosu	Orchard Park	11.73q	3
2	Carlin	McLean	Orchard Park	11.98q	4
3	Mat	Kit	Orchard Park	12.05q	1
4	Jordan	Noble	Sir Winston	12.15q	4
5	Rudy	Baronette	Sir Allan MacNab	12.25q	4
6	Sean	Edwards	Sherwood	12.34q	3
7	Grant	Durfey	Orchard Park	12.38q	2

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
Mohawk Sports Park  
Results****....Men 100 Meter Dash Senior**

8	Bryan Naylor	Sir Winston		12.63q	2
9	Rugare Shatei	Sir John A M	12.25	12.64	2
10	Dalton Jay	Sir Winston		12.66	2
11	Cameron Gonci	Sir Allan MacNab	11.90	12.70	4
12	Cody Wright	Orchard Park	11.60	12.73	1
13	Jerad Godreault	Sherwood	12.58	12.73	4
14	Tyson Vanzie	Parkside	11.70	12.82	3
15	James Gould	Highland		12.82	2
16	Sam Rashid	Westdale		12.87	4
17	Ronnie Crockson	Delta	12.89	12.89	3
18	Darren Chow	Sir Allan MacNab	12.00	12.96	1
19	Brody DeVries	Hamilton District		13.16	4
20	Steve Kisaka	Saltfleet		13.23	1
21	Cody Taylor	Sherwood	13.20	13.49	4
22	Nathan Smith	Orchard Park		13.55	1
23	Brad Bergsma	Hamilton District		13.56	1
24	Denroy Davis	Barton S.S.	39:13.00	13.60	1

**Men 100 Meter Dash Senior**

Name	Year	School	Prelims	Finals	Points
Finals					
1	Isaac Ofosu	Orchard Park	11.73	11.51	10
2	Carlin McLean	Orchard Park	11.98	11.56	8
3	Mat Kit	Orchard Park	12.05	11.93	6
4	Jordan Noble	Sir Winston	12.15	12.06	5
5	Sean Edwards	Sherwood	12.34	12.10	4
6	Rudy Baronette	Sir Allan MacNab	12.25	12.20	3
7	Bryan Naylor	Sir Winston	12.63	12.35	2
8	Grant Durfey	Orchard Park	12.38	12.52	1

**Men 200 Meter Dash Senior**

Name	Year	School	Seed	Finals	H#	Points
1	Connor Fanning	Highland	23.55	24.33	4	10
2	Rudy Baronette	Sir Allan MacNab	23.80	24.88	4	8
3	James Noordam	Hamilton District	23.65	24.99	4	6
4	Sean Edwards	Sherwood	25.00	25.85	3	5
5	Jordan Noble	Sir Winston		25.89	1	4
6	James Gould	Highland	24.00	26.09	4	3
7	Tyson Vanzie	Parkside	24.00	26.29	4	2
8	Rugare Shatei	Sir John A M	24.50	26.39	3	1
9	Cameron Gonci	Sir Allan MacNab	24.10	26.53	4	
10	Dalton Jay	Sir Winston		26.57	1	
11	Yeshale Chetty	Westdale		26.78	1	
12	Darren Chow	Sir Allan MacNab	24.60	26.94	3	
13	Brad Bergsma	Hamilton District		28.08	1	
14	Tommy Lariviere	Highland	27.00	5:22:18.57	2	
15	Aaron Vandermolen	Hamilton District	25.22	5:22:18.77	2	
16	Jerad Godreault	Sherwood	26.00	5:22:19.50	2	

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
Mohawk Sports Park  
Results****Men 400 Meter Dash Senior**

Name	Year School	Seed	Finals	H#	Points
1 James Noordam	Hamilton District	52.92	56.16	2	10
2 Jeff Behan	Westdale		56.57	1	8
3 Ben Wyman	Westdale		57.26	2	6
4 Tommy Lariviere	Highland	56.00	57.80	2	5
5 Taylor Black	Orchard Park		57.95	1	4
6 Aaron Vandermolen	Hamilton District	57.52	58.11	2	3
7 Cody Biggley	Sir Winston		58.34	1	2
8 Ryan Bosscher	Guido de Bres	56.10	59.77	2	1
9 Jonah Zulinski	Orchard Park		1:01.30	1	
10 Jon Vanspronsen	Guido de Bres	55.00	1:01.53	2	
11 Jordon Grundy	Highland	56.00	1:01.59	2	
12 Hassan Sajid	Sir Winston		1:04.18	1	
13 Andrew Choubta	Barton S.S.		1:11.39	1	
14 Kevin Wong	Orchard Park		1:12.83	1	

**Men 800 Meter Run Senior**

Name	Year School	Seed	Finals	Points
1 Colin Lavigne	Sir Winston		2:11.74	10
2 Adam Voorberg	Hamilton District	2:11.51	2:13.40	8
3 Jeff Behan	Westdale		2:14.68	6
4 Ben Wyman	Westdale		2:18.04	5
5 John Short	Highland	2:16.00	2:23.14	4
6 James Tonogai	Sherwood	2:20.00	2:27.30	3
7 Ryan Bosscher	Guido de Bres	2:10.00	2:29.10	2
8 Dean Coull	Parkside	2:08.00	2:31.95	1
9 Dillon Bonomo	Guido de Bres	2:20.00	2:37.24	
10 Adam Yahye	Sir John A M		2:38.47	
11 Chris Viola	Barton S.S.		2:39.92	
12 Eric Turner	Hill Park		2:40.43	
13 Chris Alderson	Parkside	2:15.00	2:44.27	

**Men 1500 Meter Run Senior**

Name	Year School	Seed	Finals	Points
1 Colin Lavigne	Sir Winston		4:35.63	10
2 Jeff Behan	Westdale		4:36.18	8
3 Adam Voorberg	Hamilton District	4:29.16	4:39.97	6
4 Dave Hopton	Ancaster High	4:40.00	4:43.41	5
5 John Short	Highland	4:35.00	4:43.96	4
6 David Marshall	Highland	4:40.00	4:47.15	3
7 Brandon Taylor	Saltfleet		4:58.30	2
8 James Tonogai	Sherwood	4:55.00	4:58.83	1
9 Cody Biggley	Sir Winston		4:59.34	
10 Ian Harrison	Sir John A M		5:02.97	
11 Adam Yahye	Sir John A M		5:14.00	
11 Shane Sanderson	Delta	5:20.00	5:14.00	
13 Dillon Bonomo	Guido de Bres	5:15.00	5:14.44	
14 Peter Watson	Parkside	4:35.00	5:15.00	
15 Brandon Hamilton	Delta		5:18.52	

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
Mohawk Sports Park  
Results****....Men 1500 Meter Run Senior**

15	Dean Coull	Parkside	4:30.00	5:18.52
17	John Rasmussen	Ancaster High	4:30.00	5:19.40
18	Chris Viola	Barton S.S.		5:21.36
19	Ager Hasan	Sir Winston		5:28.05
19	Chris Alderson	Parkside	4:45.00	5:28.05
21	Charlie Vida-Moore	Sir John A M		5:38.68
22	Andrew Choubta	Barton S.S.		5:45.16
23	Omar Nawaki	Orchard Park		5:52.55

**Men 3000 Meter Run Senior**

Name	Year School	Seed	Finals	Points	
1	Duke Lloyd	Highland	9:48.25	10	
2	John Rasmussen	Ancaster High	9:40.00	10:07.14	8
3	Jesse Wilcox	Westmount	9:49.00	10:26.04	6
4	Dave Hopton	Ancaster High	9:50.00	10:27.11	5
5	David Marshall	Highland		10:47.47	4
6	Greg Lariviere	Westdale		10:51.38	3
7	Brandon Taylor	Saltfleet		10:52.68	2
8	Kevin Ludwig	Guido de Bres	10:30.00	11:27.95	1
9	Charlie Vida-Moore	Sir John A M		13:16.10	
10	Omar Nawaki	Orchard Park		13:22.94	

**Men 110 Meter Hurdles (NEW-36") Senior**

Name	Year School	Seed	Finals	Points	
1	Connor Fanning	Highland	15.00	15.33	10
2	Steve Kisaka	Saltfleet		18.01	8
3	Brian Mills	Highland	17.00	18.18	6
4	Hassan Sajid	Sir Winston		23.50	5

**Men 400 Meter Hurdles Senior**

Name	Year School	Seed	Finals	Points	
1	Connor Fanning	Highland	56.00	1:01.51	10
2	Eric Press	Highland	59.00	1:07.21	8
3	Jon Vanspronsen	Guido de Bres	1:01.00	1:09.56	6
4	Jordon Grundy	Highland	1:00.00	1:10.13	5
5	Brian Mills	Highland	1:00.00	1:10.48	4

**Men 4x100 Meter Relay Senior**

School	Seed	Finals	Points	
1	Orchard Park 'A'	45.00	46.01	10
2	Highland 'A'	45.00	46.30	8
3	Sir Winston Churchill 'A'		46.72	6
	1) Jordan Noble	2) Cody Lynch		
	3) Dalton Jay	4) Bryan Naylor		
4	Sir Allan MacNab 'A'	46.50	46.89	5
	1) Kristopher Birch	2) Rudy Baronette		

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
Mohawk Sports Park  
Results****....Men 4x100 Meter Relay Senior**

3) Darren Chow	4) Cameron Gonci			
5 Hamilton District 'A'		48.00	53.63	4
1) James Noordam	2) Alex Zwart			
3) Matt Hensen	4) Aaron Vandermolten			

**Men High Jump Senior**

Name	Year	School	Seed	Finals	Points
1 Satar Wahidi		Orchard Park		1.80m	10
2 Cody Wright		Orchard Park		1.70m	8
3 Levon Thornton		Parkside		1.60m	5.50
3 Steve Kisaka		Saltfleet		1.60m	5.50
5 Steve Pieterse		Hill Park		J1.60m	3.50
5 Cody Taylor		Sherwood		J1.60m	3.50
7 Errol Stewart		Sherwood		1.55m	2
8 Denroy Davis		Barton S.S.		J1.55m	1
9 Tyler Beatty		Parkside		1.45m	
-- Kevin Wong		Orchard Park		NH	

**Men Long Jump Senior**

Name	Year	School	Seed	Finals	Points
1 Carlin McLean		Orchard Park		6.66m	10
2 Sam Rashid		Westdale		6.05m	8
3 Eric Press		Highland		6.02m	6
4 Rugare Shatei		Sir John A M		5.74m	5
5 Steve Pieterse		Hill Park		5.67m	4
6 Cody Taylor		Sherwood		5.41m	3
7 Errol Stewart		Sherwood		5.37m	2
8 James Gould		Highland		5.29m	1
9 Brody DeVries		Hamilton District		J5.29m	
10 Tommy Lariviere		Highland		5.27m	
11 Trevor Kearse		Orchard Park		5.24m	
12 Cody Wright		Orchard Park		5.16m	
13 Joel Gritter		Guido de Bres		5.13m	
14 Brandon Fennema		Hamilton District		4.31m	

**Men Triple Jump Senior**

Name	Year	School	Seed	Finals	Points
1 Carlin McLean		Orchard Park		12.58m	10
2 Isaac Ofosu		Orchard Park		11.80m	8
3 Tyler Beatty		Parkside		11.28m	6
4 Yeshale Chetty		Westdale		11.07m	5
5 Joel Gritter		Guido de Bres		10.93m	4
6 Trevor Kearse		Orchard Park		10.84m	3
7 Taylor Black		Orchard Park		9.86m	2

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
Mohawk Sports Park  
Results****Men Shot Put Senior**

Name	Year School	Seed	Finals	Points
1 Dave Kok	Guido de Bres		11.94m	10
2 Don Evink	Guido de Bres		11.28m	8
3 Will Vance	Highland		10.45m	6
4 Trevor Morrison	Hill Park		10.09m	5
5 Jarrett McGibney	Westdale		10.00m	4
6 Hannes Louw	Hamilton District		9.94m	3
7 Tyler Bistrovich	Westdale		9.60m	2
8 Dakota Bezemer	Hamilton District		9.54m	1
9 Robert Smith	Westdale		9.36m	
10 Steve Pieterse	Hill Park		9.34m	
11 Ryan Gates	Hill Park		8.77m	
12 Brandon Fennema	Hamilton District		8.05m	
13 Jacob Krizenfeld	Highland		7.34m	

**Men Discus Throw Senior**

Name	Year School	Seed	Finals	Points
1 Dave Kok	Guido de Bres		38.73m	10
2 Hannes Louw	Hamilton District		34.12m	8
3 Will Vance	Highland		30.70m	6
4 Don Evink	Guido de Bres		30.68m	5
5 Matt Bouwers	Hamilton District		30.43m	4
6 Jarrett McGibney	Westdale		28.48m	3
7 Robert Smith	Westdale		28.36m	2
8 Dakota Bezemer	Hamilton District		26.93m	1
9 Kris Dean	Hill Park		22.77m	
10 Mark Lannigan	Westdale		20.96m	
11 Dillon Bonomo	Guido de Bres		20.75m	
12 Ryan Gates	Hill Park		19.46m	
13 Jacob Krizenfeld	Highland		18.52m	

**Men Javelin Throw Senior**

Name	Year School	Seed	Finals	Points
1 Will Vance	Highland		43.45m	10
2 Eric Press	Highland		43.31m	8
3 Hannes Louw	Hamilton District		40.04m	6
4 Matt Bouwers	Hamilton District		36.46m	5
5 Dakota Bezemer	Hamilton District		32.60m	4
6 Mark Lannigan	Westdale		32.49m	3
7 Dave Kok	Guido de Bres		32.07m	2
8 Jarrett McGibney	Westdale		28.86m	1
9 Brad Bergsma	Hamilton District		28.23m	
10 Joel Gritter	Guido de Bres		26.51m	
11 Tyler Bistrovich	Westdale		24.48m	
-- Robert Smith	Westdale		ND	

**H.W.I.A.C. 2009 - 5/14/2009****Track and Field  
Mohawk Sports Park  
Results****Men 2000 Meter Steeplechase Open**

Name	Year School	Seed	Finals	Points
1 Colin Lavigne	Sir Winston	6:20.00	6:46.20	10
2 Duke Lloyd	Highland		6:57.03	8
3 Jesse Wilcox	Westmount		7:20.09	6
4 David Mackie	Highland		7:25.09	5
5 John Rasmussen	Ancaster High	6:45.00	7:32.79	4
6 Ager Hasan	Sir Winston	7:00.00	7:52.28	3
7 John Smith	Delta		9:55.55	2
-- Darrel Davies	Delta		DNF	

**Men 4x400 Meter Relay Open**

School	Seed	Finals	Points
1 Highland 'A'	3:50.00	3:45.46	10
2 Hamilton District 'A'	3:55.00	3:51.48	8
1) James Noordam	2) Aaron Vandermolen		
3) Adam Voorberg	4) Hannes Louw		
3 Sherwood 'A'	4:00.00	4:04.12	6
1) Sopheak Cheam	2) Ron Knight		
3) Errol Stewart	4) James Tonogai		
4 Guido de Bres 'A'	3:59.00	4:11.28	5
1) Jon Vanspronsen	2) Ryan Bosscher		
3) Kevin Ludwig	4) Warren VanSydenbourgh		
5 Saltfleet 'A'	4:00.00	4:13.08	4
1) Brandon Taylor	2) Steve Kisaka		
3) Jeremy May	4) Hamad Abu-Harb		
6 Sir John A MacDonald 'A'		4:27.11	3
1) Rugare Shatei	2) Ian Harrison		
3) Badel Khalif	4) Paul Hudgins		