

HWIAC 2016 - 11/05/2016
Track and Field
Mohawk Sports Park
Results

Event 1 Women 100 Meter Dash Midget

Name	Year School	Prelims	H#
Preliminaries			
1 Kaillie Hall	Saltfleet	13.25q	4
2 Dax Chamot	Westdale	13.64q	1
3 Claire SutherlandCase	Westdale	13.81q	2
4 Abbey Dikaitis	McKinnon Park	14.22q	5
5 Alannah Holman	Orchard Park	14.26q	5
6 Jeannie Nadorozny	Orchard Park	14.28q	3
7 Grace Oucharek	Macdonald	14.36q	4
8 Laura Van Houten	Hamilton Dis	14.39q	4
9 Sage Kraftchek	Westdale	14.41	3
10 Alicia Ritskes	Hamilton Dis	14.50	2
11 Miranda Burke	Waterdown	14.61	2
12 Kate Jonker	Guido de Bre	14.67	3
13 Sarah Brophy	Waterdown	14.68	1
14 Lorelai Burke	Cayuga	14.90	5
15 Heather Tuck	Cayuga	14.98	4
16 Cherilyn Yeboah	Guido de Bre	15.04	1
17 Souad Kurani	MacNab	15.68	5
18 Rebecca Van Donkersgoed	Cayuga	15.70	3
19 Ena Youn	Westmount	15.72	3
20 Maddison McCulloch	Cayuga	15.87	1
21 Mackenzie Budgell	Orchard Park	15.92	2
22 Abby Unrau	MacNab	15.97	1
23 Jeanie Heng	Macdonald	16.22	1
24 Chante Njihia	Orchard Park	16.75	4
25 Destiny Baxter	Saltfleet	16.80	5
26 Amanda Marshall	MacNab	16.86	2
27 Tristan Ricker	Dunnville	17.03	4
28 Shaymaa Farajat	Saltfleet	17.15	2
29 Ronya Banat	Saltfleet	17.87	3

Event 1 Women 100 Meter Dash Midget

Name	Year School	Finals
Finals		
1 Kaillie Hall	Saltfleet	13.09
2 Dax Chamot	Westdale	13.66
3 Claire SutherlandCase	Westdale	13.67
4 Laura Van Houten	Hamilton Dis	14.06
5 Jeannie Nadorozny	Orchard Park	14.16
6 Abbey Dikaitis	McKinnon Park	14.23
7 Grace Oucharek	Macdonald	14.42
8 Alannah Holman	Orchard Park	14.44

Event 2 Men 100 Meter Dash Midget

Name	Year School	Prelims	H#
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Preliminaries

1	Myles MisenerDaley	Westdale	11.53q	1
2	Malik Blunt	Saltfleet	12.44q	1
3	Zachary Brown	Macdonald	12.57q	3
4	Ryan Nienhuis	Guido de Bre	12.65q	2
5	Connor Bassie	Hamilton Dis	12.75q	4
6	Matthew Wolfe	Saltfleet	12.81q	4
7	Anthony Puglielli	Orchard Park	12.93q	4
8	Abdullah Dwyer	MacNab	13.00q	4
9	Calvin Bartels	Guido de Bre	13.02	4
10	Aidan van Arragon	Delta	13.18	1
11	Jordan Schutten	Guido de Bre	13.20	3
12	Braydan Mattice	Cayuga	13.23	1
13	Tarajot Saini	MacNab	13.31	3
14	Reid Baker	Dundas Valley	13.36	1
15	Steven Tran	MacNab	13.43	2
16	Jonas Mallett	Saltfleet	13.47	2
17	Dennis Linkert	Westdale	13.61	4
18	Tomy Begin	Robert Land	13.65	1
19	Johnny Kanagaratnam	Saltfleet	13.79	3
20	Daniel Lesuik	Westdale	13.85	3
21	Thomas Hatch	Westdale	14.20	2
22	Brandon Antos	Sherwood	14.24	3
23	Oliver Naruse	Dundas Valley	15.28	2

Event 2 Men 100 Meter Dash Midget

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Name	Year	School	Finals
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Finals

1	Myles MisenerDaley	Westdale	11.43
2	Malik Blunt	Saltfleet	12.31
3	Ryan Nienhuis	Guido de Bre	12.60
4	Zachary Brown	Macdonald	12.61
5	Matthew Wolfe	Saltfleet	12.75
6	Anthony Puglielli	Orchard Park	13.06
7	Abdullah Dwyer	MacNab	13.19
8	Connor Bassie	Hamilton Dis	13.58

Event 3 Women 200 Meter Dash Midget

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Name	Year	School	Finals	H#
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1	Dax Chamot	Westdale	25.00	4
2	Sara Vogel	Dundas Valley	25.60	4
3	Laura Van Houten	Hamilton Dis	26.10	4
4	Sara Tuberfield	Westdale	27.30	3
4	Jacqueline Boisvert	Guido de Bre	27.30	4
6	Abby Clarke	Orchard Park	27.80	4
7	Miranda Burke	Waterdown	28.10	3
8	Sage Kraftchek	Westdale	28.20	5
9	Beth Vansydenborgh	Guido de Bre	28.70	2
10	Sofia Dominico	Westdale	28.78	1
11	Lauren Patiakas	Westdale	29.00	2
12	Sarah Brophy	Waterdown	29.10	5
13	Erin Gibbons	Waterdown	29.40	2

13	Lorelai Burke	Cayuga	29.40	2
15	Robin Jones	Orchard Park	29.60	2
16	Abbey Dikaitis	McKinnon Park	30.02	1
17	Mackenzie Budgell	Orchard Park	30.20	5
18	Maddison McCulloch	Cayuga	30.80	5
19	Ena Youn	Westmount	31.60	3
20	Kamryn Moulder-Scott	Churchill	31.80	3
21	Souad Kurani	MacNab	31.90	5
22	Hailey Taylor	MacNab	32.60	5

Event 4 Men 200 Meter Dash Midget

Name	Year	School	Finals	H#
1	Myles Misener	Daley Westdale	23.16	3
2	Zachary Brown	Macdonald	26.06	1
3	Nathaniel Steele	Macdonald	26.08	2
4	Aidan van Arragon	Delta	26.69	2
5	Abdullah Dwyer	MacNab	26.89	3
6	Reid Baker	Dundas Valley	27.14	3
7	Tarajot Saini	MacNab	27.58	1
8	Shane Fleming	Nora Henderson	27.71	1
9	Ryan Nienhuis	Guido de Bre	27.85	2
10	Daniel Lesuik	Westdale	28.28	2
11	Christian Ligtenberg	Guido de Bre	28.71	3
12	Steven Tran	MacNab	28.78	2
13	Josh Rey	Westdale	29.10	1
14	Oliver Naruse	Dundas Valley	31.30	1

Event 5 Women 400 Meter Dash Midget

Name	Year	School	Finals	H#
1	Claire Sutherland	Case Westdale	1:04.93	3
2	Jessica Hils	Dundas Valley	1:05.64	3
3	Jenna Button	Dundas Valley	1:06.28	3
4	Sara Tuberfield	Westdale	1:07.28	3
5	Sara Vogel	Dundas Valley	1:07.70	2
6	Beth Vansydenborgh	Guido de Bre	1:09.90	3
7	Lauren Patiakas	Westdale	1:10.61	1
8	Olivia Chong	Guido de Bre	1:14.65	1
9	Madeline Carey	Waterdown	1:16.85	3
10	Brie Alkema	Guido de Bre	1:20.11	2
11	Chloe Marshall	MacNab	1:25.34	2

Event 6 Men 400 Meter Dash Midget

Name	Year	School	Finals	H#
1	Zachary Brown	Macdonald	59.30	2
2	Aidan van Arragon	Delta	1:01.10	2
3	Grant Shewchuk	Dundas Valley	1:01.24	2
4	Justin Nilligan	Nora Henderson	1:01.85	2
5	Simon Hendriks	Dundas Valley	1:01.89	2
6	Malcolm Green	Westdale	1:02.24	2
7	Shane Fleming	Nora Henderson	1:03.30	2
8	Christian Ligtenberg	Guido de Bre	1:03.66	1

9	Dustin Spoelstra	Guido de Bre	1:03.80	1
10	Evan Carbert	Nora Henderson	1:04.25	1
11	Scott Justason	Dundas Valley	1:04.58	1
12	Owen Blokker	Guido de Bre	1:05.23	2
13	Josh Rey	Westdale	1:08.18	1

Event 7 Women 800 Meter Run Midget

Name	Year School	Finals
1 Allyson Sober	Dundas Valley	2:36.69
2 Jenna Button	Dundas Valley	2:36.70
3 Mackenzie Oliver	Ancaster Hig	2:43.58
4 Amber Hordyk	Guido de Bre	2:52.59
5 Kristen deBoer	Guido de Bre	2:55.17
6 Mackenzie Martindale	Cayuga	2:56.98
7 Sarah Lanting	Guido de Bre	3:06.82
8 Grace Mezger	Waterdown	3:21.91

Event 8 Men 800 Meter Run Midget

Name	Year School	Finals
1 Malcolm Green	Westdale	2:25.04
2 Dean Muis	Guido de Bre	2:26.76
3 Justin Nilligan	Nora Henderson	2:29.85
4 Simon Hendriks	Dundas Valley	2:31.71
5 Scott Justason	Dundas Valley	2:34.06
6 Evan Carbert	Nora Henderson	2:35.20
7 Connor Ogg	Waterdown	2:35.89
8 Conor Wilson	Orchard Park	2:37.01
9 Hudson Schulenberg	Guido de Bre	2:37.67
10 Greg Forester	Nora Henderson	2:39.95
11 Brandon Hofsink	Guido de Bre	2:43.69

Event 9 Women 1500 Meter Run Midget

Name	Year School	Finals
1 Allyson Sober	Dundas Valley	5:32.94
2 Mackenzie Oliver	Ancaster Hig	5:38.86
3 Amber Hordyk	Guido de Bre	6:00.71
4 Kristen deBoer	Guido de Bre	6:08.87
5 Madeline Carey	Waterdown	6:16.46
6 Sarah Lanting	Guido de Bre	6:25.69
7 Tatum Brown	Waterdown	6:26.09
8 Grace Mezger	Waterdown	6:56.49

Event 10 Men 1500 Meter Run Midget

Name	Year School	Finals
1 Tristan Richards	Dundas Valley	4:44.31
2 Nathaniel Leighninger	Westdale	4:45.81
3 LaShaw DavidsonThomas	Westdale	4:50.31
4 Connor Ogg	Waterdown	5:21.41
5 Greg Forester	Nora Henderson	5:25.38

6	Hudson Schulenberg	Guido de Bre	5:25.97
7	Conor Wilson	Orchard Park	5:27.42
8	Raymond Lee-Page	Churchill	5:28.14
9	Brandon Hofsink	Guido de Bre	5:35.22
10	Jordan Beijes	Guido de Bre	6:01.26
11	Daniel Ohalloran	Cayuga	6:18.28

Event 12 Men 3000 Meter Run Midget

Name	Year School	Finals
1 Nathaniel Leighninger	Westdale	11:07.17
2 Tristan Richards	Dundas Valley	11:50.77
3 Jordan Beijes	Guido de Bre	13:53.16
4 Ethan RoseteartSmith	Dundas Valley	15:02.24

Event 13 Women 80 Meter Hurdles Midget

Name	Year School	Finals	H#
1 Julia Sylvester	Dundas Valley	15.05	1
2 Abbey Dikaitis	McKinnon Park	15.66	2
3 Julia Stavnitzky	Westdale	15.79	1
4 Viv Holmes	Dundas Valley	16.35	2
5 Jane Fox	Westdale	16.74	2
6 Lorelai Burke	Cayuga	16.84	1
7 Robin Jones	Orchard Park	17.46	2
8 Hailey Taylor	MacNab	18.13	1
9 Heather Tuck	Cayuga	18.54	2
10 Chloe Marshall	MacNab	19.33	2
11 Amanda Marshall	MacNab	20.20	2
12 Abby Clarke	Orchard Park	20.25	1

Event 14 Men 100 Meter Hurdles Midget

Name	Year School	Finals
1 Anthony Puglielli	Orchard Park	17.49
2 Braydan Mattice	Cayuga	18.28
3 Cole Pont	Cayuga	18.60
4 Ethan Paulos	Ancaster Hig	19.53

Event 15 Women 300 Meter Hurdles Midget

Name	Year School	Finals
1 Jessica Hils	Dundas Valley	51.41
2 Julia Sylvester	Dundas Valley	53.26
3 Beth Vansydenborgh	Guido de Bre	55.53
4 Robin Jones	Orchard Park	55.89
5 Viv Holmes	Dundas Valley	58.01
6 Abby Clarke	Orchard Park	1:02.97

Event 16 Men 300 Meter Hurdles Midget

Name	Year School	Finals
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1	Anthony Beijes	Guido de Bre	51.34
2	Owen Blokker	Guido de Bre	52.64
3	Scott Justason	Dundas Valley	52.78
4	Liam Boatsmith	Westdale	53.67

Event 17 Women High Jump Midget

Name	Year	School	Finals
1	Julia Sylvester	Dundas Valley	1.47m
2	Mackenzie Hordyk	Guido de Bre	1.35m
3	Alannah Holman	Orchard Park	1.30m
4	Taylor Schipper	Guido de Bre	1.25m

Event 18 Men High Jump Midget

Name	Year	School	Finals
1	Alex Kobosuvich	Dundas Valley	1.65m
2	Scott Jenkins	MacNab	1.60m
3	Tomy Begin	Robert Land	J1.60m
4	Anthony Beijes	Guido de Bre	1.55m
5	Ezekiel Kennedy	Robert Land	J1.55m
6	Lucas Bezemer	Dundas Valley	1.50m
7	Owen Blokker	Guido de Bre	1.40m

Event 21 Women Long Jump Midget

Name	Year	School	Finals
1	Dax Chamot	Westdale	4.17m
2	Mackenzie Hordyk	Guido de Bre	4.04m
3	Kate Jonker	Guido de Bre	3.95m
4	Laura Van Houten	Hamilton Dis	3.93m
5	Julia Stavnitzky	Westdale	3.85m
6	Jeannie Nadorozny	Orchard Park	J3.85m
7	Rebecca Van Donkersgoed	Cayuga	3.73m
8	Heather Tuck	Cayuga	3.68m
9	Jacqueline Boisvert	Guido de Bre	3.47m
10	Lindsay Townsend	Cayuga	3.35m
11	Souad Kurani	MacNab	3.31m
12	Jane Fox	Westdale	3.18m
13	Grace Ourcharek	Macdonald	3.06m

Event 22 Men Long Jump Midget

Name	Year	School	Finals
1	Spencer Murray	Westmount	5.63m
2	Nathaniel Steele	Macdonald	5.00m
3	Alex Kobosuvich	Dundas Valley	4.82m
4	Thomas Sant	Ancaster Hig	4.59m
5	Dean Muis	Guido de Bre	4.56m
6	Anthony Puglielli	Orchard Park	4.46m
7	Daniel Lesuik	Westdale	4.43m
8	Scott Jenkins	MacNab	4.37m
9	Lucas Bezemer	Dundas Valley	4.31m

10	Braydan Mattice	Cayuga	4.24m
11	Abdullah Dwyer	MacNab	4.21m
12	Jordan Schutten	Guido de Bre	4.17m
13	Cole Pont	Cayuga	4.16m
14	Jordan Beijes	Guido de Bre	4.05m
15	Steven Tran	MacNab	4.04m
16	Dennis Linkert	Westdale	4.01m
17	Brandon Antos	Sherwood	3.13m
18	Thomas Hatch	Westdale	2.91m
--	Jaden Barrick	Cayuga	FOUL

Event 24 Men Triple Jump Midget

Name	Year	School	Finals
1	Thomas Sant	Ancaster Hig	10.02m
1	Jordan Schutten	Guido de Bre	10.02m
3	Alex Kobosuvich	Dundas Valley	9.88m
4	Dean Muis	Guido de Bre	9.80m
5	Anthony Beijes	Guido de Bre	9.27m
6	Dennis Linkert	Westdale	9.03m
7	Lucas Bezemer	Dundas Valley	9.02m
--	Connor Lowery	Dundas Valley	DNF

Event 25 Women Shot Put 3 kg Midget

Name	Year	School	Finals
1	Jessica Hils	Dundas Valley	11.00m
2	Joanie Hart	Hamilton Dis	9.62m
3	Lindsay Townsend	Cayuga	8.80m
4	Nicole Brown	Dunnville	8.64m
5	Hailey Bartels	Guido de Bre	8.57m
6	Lauren Vanderwoude	Guido de Bre	J8.57m
7	Sopiko Darsalia	Saltfleet	8.37m
8	Laura Bishop	Dundas Valley	8.20m
9	Jeannie Nadorozny	Orchard Park	7.96m
10	Ciara Korda	Dundas Valley	7.70m
11	Chante Njihia	Orchard Park	7.37m
12	Cara Hill	McKinnon Park	6.75m
13	Darien Gromadzki	Churchill	6.62m
14	Megan Bos	Guido de Bre	6.27m
15	Sophie Wright	Dundas Valley	5.75m

Event 26 Men Shot Put 4 kg Midget

Name	Year	School	Finals
1	David Mendez	Macdonald	12.87m
2	Grant Shewchuk	Dundas Valley	11.05m
3	Ezekiel Kennedy	Robert Land	10.98m
4	Calvin Bartels	Guido de Bre	10.00m
5	William Beldman	Hamilton Dis	9.82m
6	Dustin Spoelstra	Guido de Bre	9.68m
7	Chad Moody	Churchill	8.34m
8	Zach Hampstead	Dundas Valley	8.31m

Event 28 Men Discus Throw 1 kg Midget

Name	Year School	Finals
1 Ezekiel Kennedy	Robert Land	30.82m
2 Grant Shewchuk	Dundas Valley	27.91m
3 David Mendez	Macdonald	22.15m
4 Zach Hampstead	Dundas Valley	18.93m
5 William Beldman	Hamilton Dis	15.85m

Event 29 Women Javelin Throw 600g Midget

Name	Year School	Finals
1 Laura Bishop	Dundas Valley	22.80m
2 Lauren Vanderwoude	Guido de Bre	22.12m
3 Maya Madjercic	Saltfleet	20.63m
4 Kate McPhail	Saltfleet	20.20m
5 Melissa Tougher	Saltfleet	20.05m
6 Nicole Brown	Saltfleet	18.10m
7 Cara Hill	McKinnon Park	17.60m
8 Jackie Rainville	Saltfleet	15.40m
9 Sophie Wright	Dundas Valley	15.20m
10 Beverly Bergsma	Hamilton Dis	13.92m
11 Ciara Korda	Dundas Valley	12.08m
12 Abby Unrau	MacNab	10.02m
-- Darien Gromadzki	Churchill	DNF

Event 30 Men Javelin Throw 600g Midget

Name	Year School	Finals
1 Ethan Paulos	Ancaster Hig	29.71m
2 Dustin Spoelstra	Guido de Bre	27.70m
3 Zachary Brown	Macdonald	26.74m
4 Liam Boatsmith	Westdale	26.39m
5 William Beldman	Hamilton Dis	24.00m
6 Zach Hampstead	Dundas Valley	17.70m

Event 31 Women 4x100 Meter Relay Midget

School	Finals
1 Westdale 'A'	55.44
2 Dundas Valley 'A'	56.11
3 Guido de Bres 'A'	56.16
4 Orchard Park 'A'	58.48
5 Waterdown 'A'	58.78
6 Cayuga 'A'	59.43
7 Hamilton District 'A'	59.75
-- Sir Allan MacNab 'A'	DQ

Event 32 Men 4x100 Meter Relay Midget

School	Finals
1 Saltfleet 'A'	51.85

2	Guido de Bres	'A'	52.14
3	Dundas Valley	'A'	53.30
4	Nora Frances Henderson	'A'	54.82
5	Westdale	'A'	54.95
6	Cayuga	'A'	57.25

Event 33 Women 100 Meter Dash Junior

Name	Year School	Prelims	H#
Preliminaries			
1	Cree Bell	MacNab	12.74q 1
2	Katelyn Kennedy	Ancaster Hig	13.56q 3
3	Paige Faith	Waterdown	14.14q 1
4	Taylor Freeman-Wills	Sherwood	14.30q 2
5	Naomi Terlhjan	Dundas Valley	14.38q 1
6	Jessica Woodworth	Dundas Valley	14.45q 3
7	Magda Teeuwsen	Hamilton Dis	14.47q 3
8	Zoe Lawrence	Dundas Valley	14.72q 2
9	Leah Hart	Hamilton Dis	14.95 1
10	Emily Robertson	Nora Henderson	15.05 2
11	Katie East	Waterdown	15.06 2
12	Iris Mulder	Hamilton Dis	15.10 1
13	Rachel Kudrenski	Nora Henderson	15.16 1
14	Annika Daddazio	Guido de Bre	15.18 3
15	Mimi Hassan	MacNab	15.48 3
16	Madi McHarg	Dundas Valley	15.58 2
17	Vivien Schnitzler	Waterdown	15.61 2
18	Erin Gull	Waterdown	15.62 3
19	Samantha Kunz	Sherwood	15.93 1
20	Hannah Raymond	Ancaster Hig	16.43 2
21	Kaitlyn Arsenault	Sherwood	17.07 3
22	Jessica Reid	Saltfleet	18.01 3
--	Edora Awi	Hamilton Dis	DQ 2

Event 33 Women 100 Meter Dash Junior

Name	Year School	Finals
Finals		
1	Cree Bell	MacNab 12.77
2	Katelyn Kennedy	Ancaster Hig 13.39
3	Paige Faith	Waterdown 13.89
4	Taylor Freeman-Wills	Sherwood 14.08
5	Magda Teeuwsen	Hamilton Dis 14.21
6	Naomi Terlhjan	Dundas Valley 14.22
7	Jessica Woodworth	Dundas Valley 14.39
8	Zoe Lawrence	Dundas Valley 14.68

Event 34 Men 100 Meter Dash Junior

Name	Year School	Prelims	H#
Preliminaries			
1	Patrick Harrisson	Dundas Valley	11.84q 1
2	Carter Routlodge	Waterdown	12.26q 4
3	Devon Steele	MacNab	12.36q 1

4	Justin Day	Cayuga	12.51q	2
5	Brad Vandermeulan	Hamilton Dis	12.64q	1
6	Tre Edwards	MacNab	12.69q	3
7	Kaymel King	Saltfleet	12.89q	4
8	Liam Garcia	Ancaster Hig	13.01q	3
9	Michael Walters	Ancaster Hig	13.03	4
10	Akshay Maharaj	Ancaster Hig	13.13	1
11	Ayaat Mehdi	Westmount	13.16	2
12	Jason Flores	Nora Henderson	13.20	4
13	Brandon Peck	Sherwood	13.21	2
14	Samsom Kennedy	Robert Land	13.35	3
15	Lucas Eising	Hamilton Dis	13.44	3
16	Nicolas Sidorow	Robert Land	13.59	1
17	Tasheen Ahmed	Macdonald	13.61	4
18	Htoo Nay Moo	Macdonald	14.04	3
19	Tim Bruulsema	Hamilton Dis	14.35	2
20	Kolby Deschner	Robert Land	14.40	2
21	Kevin Guo	Saltfleet	15.46	3

Event 34 Men 100 Meter Dash Junior

Name	Year School	Finals
Finals		
1	Patrick Harrisson	Dundas Valley 11.79
2	Devon Steele	MacNab 12.18
3	Carter Routloudge	Waterdown 12.22
4	Justin Day	Cayuga 12.48
5	Kaymel King	Saltfleet 12.55
6	Tre Edwards	MacNab 12.72
7	Brad Vandermeulan	Hamilton Dis 12.76
8	Liam Garcia	Ancaster Hig 13.00

Event 35 Women 200 Meter Dash Junior

Name	Year School	Finals	H#
1	Cree Bell	MacNab	26.05 3
2	Katelyn Kennedy	Ancaster Hig	28.09 2
3	Paige Faith	Waterdown	29.22 2
4	Jessica Woodworth	Dundas Valley	29.84 3
5	Emma Clapman	Ancaster Hig	29.89 1
6	Emily Robertson	Nora Henderson	30.65 3
7	Edora Awi	Hamilton Dis	30.75 1
8	Janel Humphrey	Dundas Valley	31.21 1
9	Magda Teeuwesen	Hamilton Dis	31.25 3
10	Annika Daddazio	Guido de Bre	31.36 1
11	Jaiden Maunder	Waterdown	31.38 2
12	Leah Hart	Hamilton Dis	32.00 2
13	Vivien Schnitzler	Waterdown	32.07 3
14	Madi McHarg	Dundas Valley	32.35 2
15	Mimi Hassan	MacNab	33.08 1
16	Hanna Hertel	Waterdown	35.38 1

Event 36 Men 200 Meter Dash Junior

Name	Year School	Finals	H#
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1	Alec Purnell	Dundas Valley	23.63	2
2	Justin Day	Cayuga	25.02	5
2	Devon Steele	MacNab	25.02	1
4	Luke Vanspronsen	Guido de Bre	25.69	2
5	Tre Edwards	MacNab	25.71	3
6	Eric Justason	Dundas Valley	25.80	3
7	Mirza Berberovic	Orchard Park	26.46	4
8	Akshay Maharaj	Ancaster Hig	26.52	2
9	Ayaat Mehdi	Westmount	26.56	3
10	Kenton Slaa	Guido de Bre	26.80	4
11	Samuel Richardson	McKinnon Park	27.22	5
12	Liam Garcia	Ancaster Hig	27.29	5
13	Jason Flores	Nora Henderson	27.31	1
14	Peyton Meloche	Nora Henderson	27.37	4
15	Jesse Davis	Dundas Valley	27.60	1
16	Tasheen Ahmed	Macdonald	28.31	1
17	Navid Chowdhury	Macdonald	28.47	4
18	Ali Currie	Delta	34.00	5

Event 37 Women 400 Meter Dash Junior

Name	Year School	Finals	H#	
1	Aven Blanchard	McKinnon Park	1:04.56	1
2	Meaghan Boatsmith	Westdale	1:07.94	2
3	Debbie Hart	Hamilton Dis	1:14.81	2
4	Jaiden Maunder	Waterdown	1:16.95	2
5	Natasha Hillman	Ancaster Hig	1:17.90	1
6	Janel Humphrey	Dundas Valley	1:19.07	2
7	Keirsten Pyringer	Dundas Valley	1:20.08	1
8	Hanna Hertel	Waterdown	1:23.92	1

Event 38 Men 400 Meter Dash Junior

Name	Year School	Finals	H#	
1	Alec Purnell	Dundas Valley	52.66	2
2	Eric Justason	Dundas Valley	56.64	1
3	Bryan Enriquez	Waterdown	58.42	1
4	Jimmy Cushnie	Waterdown	58.87	2
5	Mirza Berberovic	Orchard Park	1:00.08	1
6	Myko Smid	Guido de Bre	1:00.54	2
7	T.D Whittaker	Westmount	1:01.39	2
8	Spencer McLucas	Westmount	1:01.51	1
9	Ayaat Mehdi	Westmount	1:02.14	2
10	Tahseen Ahmed	Macdonald	1:06.20	2
11	Joshua Hill	Delta	1:09.47	1
12	Jesse Davis	Dundas Valley	1:09.94	2
13	Ali Currie	Delta	1:19.53	1
14	Navid Chowdhury	Macdonald	1:30.64	1

Event 39 Women 800 Meter Run Junior

Name	Year School	Finals	
1	Brittany Johnstone	Ancaster Hig	2:33.25

2	Meaghan Boatsmith	Westdale	2:33.35
3	Ashley Lof	Guido de Bre	2:43.97
4	Elianna VanRaalte	Guido de Bre	2:45.24
5	Alysha Wira	Orchard Park	2:53.76
6	Rachel Brown	Waterdown	2:58.33
7	Emma Grills	Hamilton Dis	2:59.96
8	Natasha Hillman	Ancaster Hig	3:01.77
9	Keirsten Pyringer	Dundas Valley	3:07.27

Event 40 Men 800 Meter Run Junior

Name	Year	School	Finals
1	Alec Purnell	Dundas Valley	2:04.27
2	Finn Mills	Ancaster Hig	2:05.53
3	Luke Vandervelde	Guido de Bre	2:12.73
4	Ian klassen	Dundas Valley	2:14.11
5	Abdifatah Mahdi Mohammed	Macdonald	2:19.76
6	Jorge Lopez	Sherwood	2:24.28
7	Jack Buitenhuis	Guido de Bre	2:26.20
8	Gerrit Verrips	Hamilton Dis	2:27.24
9	Brandon Singh	Saltfleet	2:27.88
10	Myko Smid	Guido de Bre	2:35.41
11	Bryan Enriquez	Waterdown	2:35.55
12	Jimmy Cushnie	Waterdown	2:36.41

Event 41 Women 1500 Meter Run Junior

Name	Year	School	Finals
1	Madison Johnstone	Ancaster Hig	5:08.43
2	Brittany Johnstone	Ancaster Hig	5:28.09
3	Ashley Lof	Guido de Bre	5:34.27
4	Emma Clapman	Ancaster Hig	5:46.11
5	Hailey Adzija	Orchard Park	6:06.15
6	Rachel Brown	Waterdown	6:06.71
7	Debbie Hart	Hamilton Dis	6:08.40
8	Emma Grills	Hamilton Dis	6:26.39
9	Kayla Kerssies	Hamilton Dis	6:46.66

Event 42 Men 1500 Meter Run Junior

Name	Year	School	Finals
1	Finn Mills	Ancaster Hig	4:27.27
2	Ian klassen	Dundas Valley	4:38.45
3	Abdifatah Mahdi Mohammed	Macdonald	4:39.58
4	Alex Seguin	Waterdown	4:41.14
5	Doug Keen	Dundas Valley	4:42.69
6	Luke Vandervelde	Guido de Bre	4:48.50
7	Gerrit Verrips	Hamilton Dis	4:52.00
8	Zac Hennessey	Waterdown	4:54.63
9	Carter Knox	Dundas Valley	4:57.86
10	Jack Buitenhuis	Guido de Bre	5:01.91
11	Brandon Singh	Saltfleet	5:02.71
12	Jacob Roussel	Delta	5:16.84
13	Jorge Lopez	Sherwood	5:19.68

14	Alex Creaghan	Westmount	5:45.79
15	Kevin Guo	Saltfleet	6:10.43

Event 43 Women 3000 Meter Run Junior

Name	Year School	Finals	
1	Madison Johnstone	Ancaster Hig	11:06.20
2	Megan Richer	Dundas Valley	12:28.12
3	Abbey Gauthier	Orchard Park	12:41.31
4	Elianna VanRaalte	Guido de Bre	13:11.71

Event 44 Men 3000 Meter Run Junior

Name	Year School	Finals	
1	Alex Seguin	Waterdown	10:11.15
2	Abdifatah Mahdi Mohammed	Macdonald	10:17.62
3	Doug Keen	Dundas Valley	10:18.98
4	Zac Hennessey	Waterdown	10:32.29
5	T.D Whittaker	Westmount	10:36.31
6	Carter Knox	Dundas Valley	10:44.86
7	Jacob Roussel	Delta	10:46.08
8	Alex Creaghan	Westmount	12:53.59

Event 45 Women 80 Meter Hurdles Junior

Name	Year School	Finals	
1	Aven Blanchard	McKinnon Park	14.95
2	Aislin Osbourne	Dundas Valley	16.32
3	Olivia Ferney	Dundas Valley	17.09
4	Hailey Adzija	Orchard Park	17.28

Event 46 Men 100 Meter Hurdles Junior

Name	Year School	Finals	
1	Michael Walters	Ancaster Hig	17.64
2	Peyton Meloche	Nora Henderson	19.07
3	Owen Gadjanski	Dundas Valley	22.28

Event 47 Women 300 Meter Hurdles Junior

Name	Year School	Finals	
1	Aven Blanchard	McKinnon Park	53.90
2	Hailey Adzija	Orchard Park	57.82
3	Olivia Ferney	Dundas Valley	59.16
4	Alysha Wira	Orchard Park	59.37

Event 48 Men 300 Meter Hurdles Junior

Name	Year School	Finals	
1	Cameron McLeod	Nora Henderson	46.20
2	Eric Justason	Dundas Valley	46.53

3	Luke Vanspronsen	Guido de Bre	47.40
4	Spencer McLucas	Westmount	48.52
5	Gideon Nijenhuis	Guido de Bre	48.78
6	Myko Smid	Guido de Bre	49.79
7	Owen Gadjanski	Dundas Valley	49.84

Event 49 Women High Jump Junior

Name	Year	School	Finals
1 Megan Heemskerk		Guido de Bre	1.30m
-- Isabella Brukker		Dundas Valley	DNF

Event 50 Men High Jump Junior

Name	Year	School	Finals
1 Jonathan Spears		Hamilton Dis	1.60m
1 Brad Wright		Dundas Valley	1.60m
3 Gideon Nijenhuis		Guido de Bre	1.55m
4 Cole Spoelstra		Guido de Bre	1.50m
-- Kolby Deschner		Robert Land	FAIL
-- Gerrit Verrips		Hamilton Dis	FAIL
-- Faisal Mohamed		Macdonald	FAIL

Event 53 Women Long Jump Junior

Name	Year	School	Finals
1 Emma Clapham		Ancaster Hig	4.15m
2 Aislin Osbourne		Dundas Valley	4.14m
3 Jess Star		Hamilton Dis	3.86m
4 Emma Johnston		Dundas Valley	3.61m
5 Isabella Brukker		Dundas Valley	J3.61m
6 Naomi Terlhjan		Dundas Valley	3.53m
7 Iris Mulder		Hamilton Dis	3.30m
8 Kaitlyn Arsenault		Sherwood	2.23m

Event 54 Men Long Jump Junior

Name	Year	School	Finals
1 Devon Steele		MacNab	5.35m
2 Carter Routlodge		Waterdown	5.34m
3 Gideon Nijenhuis		Guido de Bre	4.96m
4 Zack Stevens		Ancaster Hig	4.79m
5 Htoo Nay Moo		Macdonald	4.69m
6 Lucas Eising		Hamilton Dis	4.64m
7 Kenton Slaa		Guido de Bre	4.63m
8 Tim Bruulsema		Hamilton Dis	4.49m
9 Brad Vandermeulan		Hamilton Dis	4.43m
10 Mirza Berberovic		Orchard Park	4.36m
11 Samuel Richardson		McKinnon Park	4.28m
12 Tre Edwards		MacNab	4.19m
13 Trenton Dam		MacNab	4.09m
14 Faisal Mohamed		Macdonald	3.97m
15 Nick Terpstra		Hamilton Dis	3.72m

16 Tasheen Ahmed Macdonald 3.56m

Event 55 Women Triple Jump Junior

Name	Year School	Finals
1 Naomi Terlhjan	Dundas Valley	8.70m
2 Elianna VanRaalte	Guido de Bre	8.57m
3 Isabella Brukker	Dundas Valley	7.99m
4 Emma Johnston	Dundas Valley	7.80m
5 Jess Star	Hamilton Dis	7.75m

Event 56 Men Triple Jump Junior

Name	Year School	Finals
1 Lucas Eising	Hamilton Dis	10.70m
2 Kenton Slaa	Guido de Bre	10.68m
3 Zack Stevens	Ancaster Hig	10.63m
4 Nick Terpstra	Hamilton Dis	10.35m
5 Tim Bruulsema	Hamilton Dis	9.88m
6 Josh Hill	Churchill	9.16m
7 Duncan Eldredge	Dundas Valley	8.74m

Event 57 Women Shot Put 3 kg Junior

Name	Year School	Finals
1 Emily Gondar	Orchard Park	10.56m
2 Nikki Jamieson	McKinnon Park	8.83m
3 Sam Crawford	Dundas Valley	8.70m
4 Brianna Petrie	Churchill	8.15m
5 Deanna Hutten	Guido de Bre	7.57m
6 Rachel Kudrenski	Nora Henderson	7.22m
7 Megan White	Sherwood	6.53m
8 Chloe McMillan	Sherwood	4.59m
-- Sarah Dwyer	MacNab	DNF
-- Yanna Vandervolk	Nora Henderson	DNF
-- Taylor Wielink	Guido de Bre	DNF

Event 58 Men Shot Put 4 kg Junior

Name	Year School	Finals
1 Samsom Kennedy	Robert Land	12.54m
2 Brad Wright	Dundas Valley	11.20m
3 Logan Harnett	Nora Henderson	10.70m
4 Coby Trotman	Nora Henderson	10.62m
5 Marcus Rosetto	Dundas Valley	10.50m
6 Tristan Burr	Dundas Valley	9.66m
7 Logan Jonker	Guido de Bre	9.62m

Event 59 Women Discus Throw 1 kg Junior

Name	Year School	Finals
1 Taylor Wielink	Guido de Bre	22.23m

2	Nikki Jamieson	McKinnon Park	21.09m
3	Deanna Hutten	Guido de Bre	19.13m
4	Sam Crawford	Dundas Valley	17.79m
5	Megan White	Sherwood	17.77m
6	Zoe Lawrence	Dundas Valley	17.39m
7	Brianna Petrie	Churchill	15.73m
8	Kayla Kerssies	Hamilton Dis	13.95m

Event 60 Men Discus Throw 1 kg Junior

Name	Year School	Finals	
1	Tristan Burr	Dundas Valley	31.47m
2	Marcus Rosetto	Dundas Valley	26.80m
3	Jonathan Spears	Hamilton Dis	25.54m
4	Conrad VonPallske	Dundas Valley	25.30m
5	Logan Jonker	Guido de Bre	24.22m
6	Michael Walters	Ancaster Hig	22.80m

Event 61 Women Javelin Throw 600g Junior

Name	Year School	Finals	
1	Joey Hewick	Waterdown	31.61m
2	Emily Gondar	Orchard Park	25.77m
3	Taylor Wielink	Guido de Bre	20.52m
4	Emily Matsell	Saltfleet	19.10m
5	Sam Crawford	Dundas Valley	18.67m
6	Rachel Rioux	Saltfleet	17.10m
7	Zoe Lawrence	Dundas Valley	15.98m
8	Brittany Orourke	Churchill	14.98m
9	Kayla Kerssies	Hamilton Dis	14.70m

Event 62 Men Javelin Throw 600g Junior

Name	Year School	Finals	
1	Nicolas Sidorow	Robert Land	38.70m
2	Conrad VonPallske	Dundas Valley	38.40m
3	Cole Spoelstra	Guido de Bre	35.20m
4	Zack Stevens	Ancaster Hig	33.50m
5	Jesse Davis	Dundas Valley	31.70m
6	Marcus Rosetto	Dundas Valley	29.90m
7	Brad Wright	Dundas Valley	27.40m
8	Tristan Burr	Dundas Valley	27.10m
--	Kolby Deschner	Robert Land	FOUL
--	Joshua Hill	Delta	FOUL
--	Logan Jonker	Guido de Bre	FOUL

Event 63 Women 4x100 Meter Relay Junior

School	Finals
1 Ancaster High 'A'	57.88
2 Dundas Valley 'A'	58.02
3 Waterdown 'A'	59.59
4 Guido de Bres 'A'	1:00.00

5 Hamilton District 'A'

1:00.38

Event 64 Men 4x100 Meter Relay Junior

School	Finals	H#
1 Dundas Valley 'A'	50.42	2
2 Guido de Bres 'A'	50.54	1
3 Ancaster High 'A'	51.42	2
4 Sir Allan MacNab 'A'	54.52	2
5 Hamilton District 'A'	55.10	2
6 Delta 'A'	59.86	1

Event 65 Women 100 Meter Dash Senior

Name	Year School	Prelims	H#
Preliminaries			
1 Eryn Reader	MacNab	13.09q	1
2 Marissa Dubois	Westdale	13.12q	4
3 Georgia Temush	Dundas Valley	13.28q	2
4 Brooke Bottos	Waterdown	13.31q	4
5 Zoe Sirko	Westdale	13.54q	1
6 Sophia Winter	Hamilton Dis	13.58q	1
7 Sarah Incretolli	Saltfleet	13.67q	3
8 Liz Isbister	Saltfleet	13.89q	2
9 Bella Wylie	Waterdown	14.07	2
10 Elissa Tantararu	Westmount	14.65	1
11 Jen Hutten	Guido de Bre	14.79	3
12 Karissa Stegenga	Guido de Bre	14.96	4
12 Jenna Beemer	McKinnon Park	14.96	3
14 Danielle Datzkiw	Westmount	15.23	3
15 Sarah Butts	Westmount	15.35	2
16 Taylor Donders	Saltfleet	15.49	1
17 Debra Vanderlaan	Guido de Bre	15.76	1
18 Chelsey Laufer	MacNab	15.81	2
19 Jazzmine Thomas	McKinnon Park	16.15	4
20 Ramnik Chudha	Saltfleet	16.57	4
21 Fatuma Mohamed Yaro	Macdonald	16.77	4

Event 65 Women 100 Meter Dash Senior

Name	Year School	Finals
Finals		
1 Eryn Reader	MacNab	12.73
2 Marissa Dubois	Westdale	13.08
3 Brooke Bottos	Waterdown	13.22
4 Georgia Temush	Dundas Valley	13.27
5 Zoe Sirko	Westdale	13.50
6 Sarah Incretolli	Saltfleet	13.51
7 Sophia Winter	Hamilton Dis	13.63
8 Liz Isbister	Saltfleet	13.89

Event 66 Men 100 Meter Dash Senior

Name	Year School	Prelims	H#
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Preliminaries

1	Alex McClung	Dundas Valley	11.51q	2
2	Kevaughn Ellis	MacNab	11.67q	5
3	Tyler Ternowski	MacNab	11.76q	3
4	Joshua Keogh	Sherwood	11.87q	1
5	Denzel Wallace	MacNab	12.09q	5
6	Kyle Greene	Westdale	12.14q	5
7	Nigel Charles-Price	Sherwood	12.19q	4
8	Colton Mason	McKinnon Park	12.32q	1
9	Stephane Nzapa	Westdale	12.35	3
10	Caswell Falconer	MacNab	12.36	4
11	Joshua Boisvert	McKinnon Park	12.41	5
12	Grayson Smith	Waterdown	12.44	3
13	Raphael Cote	Robert Land	12.52	5
14	Mitchell Szarko	McKinnon Park	12.65	2
15	Andre Dixon	MacNab	12.68	2
16	Damian Tesoro	Waterdown	12.70	2
17	Naytay Nay	Macdonald	12.79	1
18	Jacob Rashid	Westdale	12.85	4
19	Cameron McMillan	Sherwood	12.91	5
20	Hunter Bosch	Waterdown	12.92	1
20	Maxwell Gyimah	Westmount	12.92	3
22	Lawrence Eikelboom	Guido de Bre	12.99	2
23	Ethan Mark	Dundas Valley	13.09	3
24	Josh Perl	Westmount	13.13	2
25	Chris Buccella	Westmount	13.19	1
26	Justin Andree	Waterdown	13.28	5
27	Will Fledderus	Hamilton Dis	13.34	3
28	Shawn Crouse	Churchill	13.35	4
29	Keegan Roughsedge	Westdale	13.36	2
30	Charles Falk	Robert Land	13.61	4
31	Zac MacLellan	Waterdown	13.72	4
32	Geoffrey Haylock	Robert Land	13.74	1
33	Abanoub Mina	Westmount	13.79	5
34	Sullivan Edwards	Sherwood	13.83	2
35	Tong Du	Macdonald	14.04	4

Event 66 Men 100 Meter Dash Senior

Name	Year School	Finals
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Finals

1	Alex McClung	Dundas Valley	11.33
2	Kevaughn Ellis	MacNab	11.50
3	Tyler Ternowski	MacNab	11.67
4	Joshua Keogh	Sherwood	11.68
5	Kyle Greene	Westdale	11.99
6	Denzel Wallace	MacNab	12.05
7	Colton Mason	McKinnon Park	12.14
8	Nigel Charles-Price	Sherwood	12.32

Event 67 Women 200 Meter Dash Senior

Name	Year School	Finals	H#
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1	Jenna Smith	Dundas Valley	25.55	3
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2	Brittany Stenekes	Dundas Valley	25.59	2
3	Eryn Reader	MacNab	26.56	1
4	Sarah Incretolli	Saltfleet	27.77	2
5	Sydney Turpin	Dundas Valley	28.35	1
6	Sophia Winter	Hamilton Dis	29.16	2
7	Peipei Wang	Westdale	29.97	2
8	Teagan Soni	Waterdown	30.16	3
9	Jen Hutten	Guido de Bre	30.51	3
10	Jenna Beemer	McKinnon Park	30.96	2
11	Olivia Majcher	Ancaster Hig	31.62	3
12	Anna-May Hill	McKinnon Park	31.97	1
13	Debra Vanderlaan	Guido de Bre	31.99	2
14	Sarah Butts	Westmount	32.47	3
15	Aniyah Claxton-Dwyer	Westmount	32.52	1
16	Jazzmine Thomas	McKinnon Park	34.26	3

Event 68 Men 200 Meter Dash Senior

Name	Year	School	Finals	H#
1	Alex McClung	Dundas Valley	23.26	5
2	Connor Russell	Ancaster Hig	23.34	5
3	Joshua Keogh	Sherwood	23.64	1
4	Kevaughn Ellis	MacNab	23.90	4
5	Tyler Ternowski	MacNab	24.15	2
6	Andy Groenwold	Guido de Bre	24.74	1
7	Grayson Smith	Waterdown	24.87	4
8	Caswell Falconer	MacNab	25.01	5
9	Tajara Chademana	MacNab	25.73	1
10	Daniel Harper	Sherwood	25.96	5
11	Cameron McMillan	Sherwood	26.54	2
12	Mitchell Szarko	McKinnon Park	26.70	2
13	Sebastian Krawchenko	Westmount	27.01	5
14	Omar Ulloa	Nora Henderson	27.04	1
15	Naytay Nay	Macdonald	27.19	3
16	Maxwell Gyimah	Westmount	27.22	3
--	Tyrus Gardiner	Dundas Valley	DNF	2

Event 69 Women 400 Meter Dash Senior

Name	Year	School	Finals	H#
1	Jenna Smith	Dundas Valley	57.65	2
2	Chloe Hewitt	Westdale	59.99	2
3	Peipei Wang	Westdale	1:07.61	1
4	Ashley Ligtenberg	Guido de Bre	1:08.52	2
5	Anna-May Hill	McKinnon Park	1:14.87	2
6	Hailey Cowan	Cayuga	1:23.54	1
7	Emily Wilson	Orchard Park	1:24.25	1

Event 70 Men 400 Meter Dash Senior

Name	Year	School	Finals	H#
1	Connor Russell	Ancaster Hig	53.28	3
2	Brent Smyth	Westmount	54.92	3
3	Andy Groenwold	Guido de Bre	55.98	2

4	Colton Mason	McKinnon Park	56.85	2
5	Blake Hambly	Hamilton Dis	57.42	1
6	Daniel Harper	Sherwood	57.93	1
7	Joshua Boisvert	McKinnon Park	58.66	3
8	Nicolas Vrins	Robert Land	58.86	2
9	Derek Wilson	Westmount	58.93	1
10	Aidan Kwok	Orchard Park	59.49	1
11	Omar Ulloa	Nora Henderson	59.92	3
12	Raphael Cote	Robert Land	1:00.60	1
13	Tai Daly	Westdale	1:01.23	2
14	Ryan Gray	Waterdown	1:03.36	3
15	Joey Crouse	Churchill	1:05.83	2
16	Roy Boerkamp	Robert Land	1:11.68	3

Event 71 Women 800 Meter Run Senior

Name	Year School	Finals	
1	Chloe Hewitt	Westdale	2:21.03
2	Jasmine Buckridge	Westdale	2:28.66
3	Beth Vanderbrugghen	Guido de Bre	2:41.44
4	Bethany Mostert	Hamilton Dis	2:45.67
5	Nadeen Abdalaal	Ancaster Hig	3:02.61
6	Anna-May Hill	McKinnon Park	3:09.28
7	Anne Mezger	Waterdown	3:25.31

Event 72 Men 800 Meter Run Senior

Name	Year School	Finals	
1	Ian MacKinnon	Westdale	1:58.83
2	Nick Dalessandro	Nora Henderson	1:59.73
3	Owen Opie	Westdale	2:03.50
4	Blake Hambly	Hamilton Dis	2:18.00
5	Tai Daly	Westdale	2:27.27
6	Spencer Reitsma	Ancaster Hig	2:33.40
7	Halen Klein	Robert Land	2:36.00
8	Anthony Mitchell	Delta	2:40.16

Event 73 Women 1500 Meter Run Senior

Name	Year School	Finals	
1	Jasmine Buckridge	Westdale	5:25.36
2	Nadeen Abdalaal	Ancaster Hig	6:18.06
3	Anne Mezger	Waterdown	7:03.10

Event 74 Men 1500 Meter Run Senior

Name	Year School	Finals	
1	Nick Dalessandro	Nora Henderson	4:28.25
2	Callum Darby	Sherwood	4:31.57
3	Reuben Jonker	Guido de Bre	4:48.39
4	Blake Hambly	Hamilton Dis	4:50.43
5	Bryan Mann	Waterdown	5:00.30
6	Nicolas Vrins	Robert Land	5:00.58

7	Augustine Ferri	Robert Land	5:01.01
8	Dave (James) Skye	McKinnon Park	5:05.17
9	Alex Booker	Waterdown	5:18.95
10	Justin Andree	Waterdown	5:20.03
11	Spencer Reitsma	Ancaster Hig	5:21.83
12	Lawrence Eikelboom	Guido de Bre	5:26.32
13	Anthony Mitchell	Delta	5:33.58
14	Jake Crouse	Churchill	5:53.08

Event 75 Women 3000 Meter Run Senior

Name	Year School	Finals
1 Emma Waddington	Westdale	11:10.76
2 Lucy Hilbert	Westdale	13:30.28
3 Bethany Mostert	Hamilton Dis	13:51.08

Event 76 Men 3000 Meter Run Senior

Name	Year School	Finals
1 Callum Darby	Sherwood	10:07.03
2 Reuben Jonker	Guido de Bre	10:49.05
3 Aaron Huinink	Hamilton Dis	11:07.62
4 Jacob Koenig	Westmount	11:25.01
5 Bryan Mann	Waterdown	11:29.36
6 Justin Andree	Waterdown	11:34.34
7 Augustine Ferri	Robert Land	11:36.70
8 Dave (James) Skye	McKinnon Park	11:45.88

Event 77 Women 100 Meter Hurdles Senior

Name	Year School	Finals
1 Brittany Stenekes	Dundas Valley	14.06
2 Zoe Sirko	Westdale	16.96
3 Georgia Temush	Dundas Valley	18.45
4 Eryn Reader	MacNab	20.07
5 Chelsey Laufer	MacNab	20.11

Event 78 Men 110 Meter Hurdles Senior

Name	Year School	Finals
1 Simon Day	Westdale	24.31

Event 79 Women 400 Meter Hurdles Senior

Name	Year School	Finals
1 Fatima DeFreitas	Nora Henderson	1:14.50
2 Georgia Temush	Dundas Valley	1:16.50
3 Ashley Ligtenberg	Guido de Bre	1:21.38

Event 80 Men 400 Meter Hurdles Senior

Name	Year School	Finals
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1	Aidan Kwok	Orchard Park	1:07.17
2	Kwesi Andrews	MacNab	1:09.50
3	James Garrish	Cayuga	1:10.09

Event 81 Women High Jump Senior

Name	Year	School	Finals
1	Jazmine AlmaguerSheldric	Westdale	1.45m
2	Cailyn deBoer	Guido de Bre	1.42m
2	Katarina Post	Guido de Bre	1.42m
4	Jess Tenhage	Guido de Bre	1.35m
5	Teagan Soni	Waterdown	1.30m
--	Alyssa Marshall	Dunnville	NH

Event 82 Men High Jump Senior

Name	Year	School	Finals
1	Sean Holmes	Ancaster Hig	1.80m
2	Will Fledderus	Hamilton Dis	1.75m
3	Daniel Steele	Dunnville	1.70m
4	Joshua Boisvert	McKinnon Park	J1.70m
5	Caswell Falconer	MacNab	1.65m
6	Kevaughn Ellis	MacNab	1.58m
7	Ryan Rigby	Waterdown	1.55m
8	Charles Falk	Robert Land	1.50m

Event 85 Women Long Jump Senior

Name	Year	School	Finals
1	Brittany Stenekes	Dundas Valley	5.51m
2	Marissa Dubois	Westdale	4.91m
3	Bella Wylie	Waterdown	4.68m
4	Brooke Bottos	Waterdown	4.63m
5	Jazmine AlmaguerSheldric	Westdale	4.31m
5	Kiara Daw	Westmount	4.31m
7	Sarah Young	Hamilton Dis	4.29m
8	Alyssa Marshall	Dunnville	3.70m
9	Summer Bassie	Hamilton Dis	3.57m
10	Elissa Tantarú	Westmount	3.56m
11	Jenna Beemer	McKinnon Park	3.37m
12	Fatuma Mohamed Yaro	Macdonald	3.02m

Event 86 Men Long Jump Senior

Name	Year	School	Finals
1	Trevor Hopkins	Dundas Valley	5.62m
2	Colton Mason	McKinnon Park	5.60m
3	Ryan Rigby	Waterdown	5.47m
4	Brent Smyth	Westmount	5.43m
5	Christian Janzen	Westmount	5.35m
6	Chad Bartels	Guido de Bre	5.32m
7	Jacob Rashid	Westdale	5.25m

8	Dorian Maye	Westmount	5.11m
9	Will Fledderus	Hamilton Dis	4.93m
10	Hunter Bosch	Waterdown	4.88m
11	Derek Wilson	Westmount	4.66m
12	Charles Falk	Robert Land	4.64m
13	Roy Boerkamp	Robert Land	4.55m
14	Kwesi Andrews	MacNab	4.31m
15	Jason Shaw	Hamilton Dis	4.06m
16	Tong Du	Macdonald	3.55m
17	Ker-Yung Hong	Waterdown	2.68m
18	Devon Thompson-Wood	MacNab	2.53m
--	Alex McClung	Dundas Valley	DNF

Event 87 Women Triple Jump Senior

Name	Year	School	Finals
1	Marissa Dubois	Westdale	10.48m
2	Sarah Young	Hamilton Dis	9.38m
3	Jess Tenhage	Guido de Bre	9.01m
4	Katarina Post	Guido de Bre	8.87m
5	Emily Koopman	Hamilton Dis	8.55m
6	Hailey Bowen	Sherwood	7.89m
7	Alyssa Marshall	Dunnville	7.69m
--	Cassy Wilkinson	Churchill	FOUL

Event 88 Men Triple Jump Senior

Name	Year	School	Finals
1	Liam Mackey	Cayuga	11.26m
2	Chad Bartels	Guido de Bre	11.16m
3	Tyler Ternowski	MacNab	10.51m
4	Joey Crouse	Churchill	9.89m
5	Jack Staz	Dundas Valley	9.32m
6	Ryan Groenwold	Guido de Bre	9.14m

Event 89 Women Shot Put 4 kg Senior

Name	Year	School	Finals
1	Shirley Hill	McKinnon Park	8.40m
2	Robin Johnson	Westmount	8.06m
3	Frieda Sinclair	Westmount	7.19m
4	Joelle Easter	Waterdown	7.13m
5	Emily Doucet	MacNab	6.70m

Event 90 Men Shot Put 5.4 kg Senior

Name	Year	School	Finals
1	Rylan Marr	Dunnville	14.00m
2	Ker-Yung Hong	Waterdown	11.07m
3	Dawlson Bourdages	MacNab	10.50m
4	Austin Romikot	Churchill	10.30m
5	Zac Korialian	Waterdown	10.28m
6	Thomas Jonasson	Hamilton Dis	9.83m

7	Geoffrey Haylock	Robert Land	9.38m
8	Brandon Wysocki	Robert Land	8.80m
9	Ben Tran	Westmount	8.38m
10	Hunter Treneer	Waterdown	7.90m
11	Gavin Russell	MacNab	7.61m
12	Adam Johnson	Westmount	6.71m
--	Maxwell Cain	MacNab	DNF
--	Ruohullah Najibullah	Nora Henderson	DNF
--	Sebastian Krawchenko	Westmount	DNF
--	Brandon Feenstra	Guido de Bre	DNF

Event 91 Women Discus Throw 1 kg Senior

Name	Year School	Finals	
1	Kiara Daw	Westmount	27.63m
2	Danielle Datzkiw	Westmount	25.73m
3	Liz Isbister	Saltfleet	25.45m
4	Ibukin Obidi	Saltfleet	24.90m
5	Sarah Jerome	Saltfleet	23.93m
6	Robin Johnson	Westmount	22.73m
7	Emily Koopman	Hamilton Dis	22.49m
8	Shirley Hill	McKinnon Park	20.93m
9	Emily Doucet	MacNab	19.53m
10	Joelle Easter	Waterdown	16.64m
11	Jenna Chaykowski	Saltfleet	16.11m
12	Jazmin Brown	Macdonald	14.15m

Event 92 Men Discus Throw 1.613kg Senior

Name	Year School	Finals	
1	Christian Janzen	Westmount	35.71m
2	Dawlson Bourdages	MacNab	29.65m
3	Brandon Feenstra	Guido de Bre	29.46m
4	Austin Romikot	Churchill	28.24m
5	Brandon Wysocki	Robert Land	26.39m
6	Geoffrey Haylock	Robert Land	24.96m
7	Chris Buccella	Westmount	23.86m
8	Gavin Russell	MacNab	23.55m
9	Kwesi Andrews	MacNab	20.66m
10	Hunter Treneer	Waterdown	19.77m
11	Thomas Jonasson	Hamilton Dis	19.27m
12	Adam Johnson	Westmount	18.53m
13	Jason Shaw	Hamilton Dis	15.38m

Event 93 Women Javelin Throw 600g Senior

Name	Year School	Finals	
1	Briana Wice	Saltfleet	32.62m
2	Kiara Daw	Westmount	29.70m
3	Emily Koopman	Hamilton Dis	27.90m
4	Joelle Easter	Waterdown	27.35m
5	Shirley Hill	McKinnon Park	23.12m
6	Frieda Sinclair	Westmount	20.10m
6	Jazmin Brown	Macdonald	20.10m

8	Sarah Butts	Westmount	20.00m
9	Jenna Chaykowski	Saltfleet	18.89m
10	Jazzmine Thomas	McKinnon Park	14.69m
11	Nicole Rioux	Saltfleet	14.30m

Event 94 Men Javelin Throw 800g Senior

Name	Year School	Finals
1 Brent Smyth	Westmount	34.43m
2 Thaw Tee Tun	Churchill	33.90m
3 Brodie Mougeneut	Waterdown	32.87m
4 Hunter Treneer	Waterdown	31.79m
5 Jake Crouse	Churchill	30.88m
6 Austin Romikot	Churchill	30.73m
7 Thomas Jonasson	Hamilton Dis	30.10m
8 Gavin Russell	MacNab	27.70m
9 Cole Chaisson	Saltfleet	22.70m
10 Jason Shaw	Hamilton Dis	19.24m

Event 95 Women 4x100 Meter Relay Senior

School	Finals	H#
1 Dundas Valley 'A'	50.96	2
2 Sir Allan MacNab 'A'	56.01	1
3 Guido de Bres 'A'	56.64	2
4 Westmount 'A'	58.07	2
5 McKinnon Park - Caledonia 'A'	58.42	1
6 Hamilton District 'A'	58.71	1
-- Waterdown 'A'	DNF	1

Event 96 Men 4x100 Meter Relay Senior

School	Finals	H#
1 Sir Allan MacNab 'A'	47.52	2
2 Westdale 'A'	48.16	1
3 Westmount 'A'	49.26	2
4 Sherwood 'A'	50.33	1
5 McKinnon Park - Caledonia 'A'	50.66	2
6 Nora Frances Henderson 'A'	51.34	2
7 Guido de Bres 'A'	51.57	1
8 Waterdown 'A'	51.73	1
9 Hamilton District 'A'	54.93	2

Event 97 Women 1500 Meter Steeplechase Open

Name	Year School	Finals
1 Emma Waddington	Westdale	5:25.55
2 Beth Vanderbrugghen	Guido de Bre	5:57.37
3 Megan Richer	Dundas Valley	6:04.84
4 Lucy Hilbert	Westdale	6:30.02
5 Sarah Incretolli	Saltfleet	6:31.88

Event 98 Men 2000 Meter Steeplechase Open

Name	Year	School	Finals
1 Owen Opie		Westdale	6:46.94
2 Jacob Roussel		Delta	7:46.49
3 Jacob Koenig		Westmount	7:58.45

Event 99 Women 4x400 Meter Relay Open

School	Finals
1 Dundas Valley 'A'	4:18.00
2 Westdale 'A'	4:25.00
3 Guido de Bres 'A'	4:39.30
4 Ancaster High 'A'	4:42.70

Event 100 Men 4x400 Meter Relay Open

School	Finals
1 Dundas Valley 'A'	3:50.15
2 Westdale 'A'	3:50.95
3 Guido de Bres 'A'	4:04.67
4 Nora Frances Henderson 'A'	4:07.31
5 McKinnon Park - Caledonia 'A'	4:12.44
6 Waterdown 'A'	4:18.18
7 Hamilton District 'A'	4:26.51