

Licensed to Hamilton-Wentworth High School

HY-TEK's Meet Manager 13/05/2011 03:18

PM

H.W.I.A.C. 2011 - 13/05/2011

Track and Field

Mohawk Sports Park

Results

Women 100 Meter Dash Midget

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Name                      Year School                Prelims    Finals
Points
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Finals
 1 Kristen Davidson        Sherwood                   13.52      13.40    10
 2 Naomi Ashley           Saltfleet                  13.64      13.60     8
 3 Erica Wu                Westmount                  13.59      13.62     6
 4 Jill Northrup           Highland                   13.81      13.83     5
 5 Brittany Vanderlaan    Saltfleet                  14.16      13.99     4
 6 Veda Nickel             Highland                   14.30      14.19     3
 7 Emma Greaves           Highland                   14.42      14.39     2
 8 Emma Curto              Ancaster Hig              14.42      14.89     1
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Women 200 Meter Dash Midget

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Name                      Year School                Seed       Finals   H#
Points
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 1 Kylie Hopkins          Highland                   27.70      27.05    4
10
 2 Kristen Davidson        Sherwood                   28.50      28.00    4
 8
 3 Jill Northrup           Highland                   27.50      28.86    4
 6
 4 Brittany Vanderlaan    Saltfleet                  29.00      29.41    4
 5
 5 Victoria McKinney      Saltfleet                  30.00      29.52    3
 4
 6 Emma Greaves           Highland                   28.00      29.75    4
 3
 7 Nicole Murdy           Sherwood                   29.50      29.77    3
 2
 8 Emma Curto              Ancaster Hig              30.73      30.73    2
 1
 9 Amy Ruland             Westdale                   30.88      30.88    1
10 Hayley Genovy           Saltfleet                  29.50      31.49    3
11 Alexis Forrester       Sherwood                   32.50      31.68    3
12 Roxana Gligor          Westdale                   31.73      31.73    2
13 Micaela DeJong         Hamilton Dis               32.29      32.29    1
14 Rachael Gaumond       Waterdown                  31.00      32.62    3
15 Erika Gray             Westmount                  29.00      33.41    4
16 Brooke Ellis          Westdale                   33.59      33.59    1
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17	Elizabeth McNaughton	Ancaster Hig	34.20	1
18	Rachel Brown	Sir Winston	34.44	1
19	Chelsey Bell-Valade	Waterdown	34.85	2

Women 400 Meter Dash Midget

Points	Name	Year	School	Seed	Finals	H#
10	1 Kylie Hopkins		Highland	54.00	1:04.08	2
8	2 Kristen Noordam		Hamilton Dis		1:08.16	1
6	3 Alexia Rookwood		Orchard Park		1:10.04	1
5	4 Victoria McKinney		Saltfleet	1:10.00	1:14.04	2
4	5 Hannah Jones		Westdale		1:14.53	1
3	6 Theresa Woodland		Sir Winston		1:19.10	2
2	7 Hayley Genovy		Saltfleet	1:10.00	1:19.36	2
1	8 Macklin Loosley-Millman		Westdale		1:20.74	2

Women 800 Meter Run Midget

Points	Name	Year	School	Seed	Finals	H#
	1 Natalie Stacey		Westdale	2:30.00	2:35.00	10
	2 Yinze Xu		Westdale		2:45.45	8
	3 Maya Amoah		Westdale		2:46.67	6
	4 Maddy Bak		Highland		2:53.28	5
	5 Darcy Ellis		Parkside		2:54.62	4
	6 Sara Tenhage		Guido de Bre		2:55.89	3
	7 Corissa Vanwoudenberg		Guido de Bre		3:02.10	2
	8 Erin Kielt		Sir Allan Ma	3:00.00	3:06.85	1

Women 1500 Meter Run Midget

Points	Name	Year	School	Seed	Finals	H#
	1 Natalie Stacey		Westdale	5:20.00	5:27.78	10
	2 Yinze Xu		Westdale		5:38.24	8
	3 Julia Roglich		Westdale		5:42.30	6
	4 Maya Amoah		Westdale		5:42.35	5
	5 Kathleen Macdonald		Ancaster Hig		5:43.79	4
	6 Darcy Ellis		Parkside		5:51.74	3

7	Rachel Laurat	Ancaster Hig	5:52.32	2
8	Maddy Bak	Highland	6:09.32	1
9	Corissa Vanwoudenberg	Guido de Bre	6:30.90	
10	Sara Tenhage	Guido de Bre	6:33.81	
--	Montana Robertson	Sir Winston	DNF	

Women 3000 Meter Run Midget

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Points	Name	Year School	Seed	Finals
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===				
1	Lauren Locco	Westmount	11:44.91	10
2	Rachel Laurat	Ancaster Hig	14:41.61	8

Women 80 Meter Hurdles Midget

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Points	Name	Year School	Seed	Finals
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===				
1	Naomi Ashley	Saltfleet	14.20	14.10 10
2	Erin Kielt	Sir Allan Ma	15.35	16.21 8
3	Sarah Donoff	Highland	12.00	16.28 6
4	Chelsea VanderMeer	Hamilton Dis		16.29 5
5	Shannon Kessler	Sir Allan Ma		16.38 4
6	Samantha Nguyen	Orchard Park		16.45 3
7	Jessica Johnstone	Parkside		18.40 2
8	Erindeep Mannan	Orchard Park		18.83 1

Women 300 Meter Hurdles Midget

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Points	Name	Year School	Seed	Finals
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===				
1	Erin Kielt	Sir Allan Ma	1:00.00	55.24 10
2	Shannon Kesler	Sir Allan Ma		57.16 8
3	Danielle Barrett	Sir Allan Ma		57.82 6
4	Charlotte Whelan	Highland		57.89 5

Women 4x100 Meter Relay Midget

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Points	School	Seed	Finals	H#
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=====				
10	Highland 'A'	56.00	54.77	2
8	Hamilton District 'A'	1:02.01	59.54	2
6	Saltfleet 'A'		59.79	1

4	Sir Allan MacNab	'A'	1:04.00	1:00.29	2
5					
5	Waterdown	'A'		1:01.01	1
4					
6	Orchard Park	'A'		1:01.07	2
3					
7	Westdale	'A'		1:01.70	1
2					
8	Ancaster High	'A'		1:01.91	1
1					
9	Sir Winston Churchill	'A'		1:07.41	2

Women High Jump Midget

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Points	Name	Year	School	Seed	Finals
1	Erica Wu		Westmount		1.40m 10
2	Charlotte Whelan		Highland		1.30m 8
3	Stephnie Cox		Waterdown		1.25m 6
--	Chelsey Bell-Valade		Waterdown		NH

Women Long Jump Midget

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Points	Name	Year	School	Seed	Finals
1	Kristen Noordam		Hamilton Dis		4.37m 10
2	Erica Wu		Westmount		4.22m 8
3	Sarah Donoff		Highland		4.13m 6
4	Christina Kloet		Hamilton Dis		3.98m 5
5	Jenna Moffat		Orchard Park		3.87m 4
6	Olivia Hordyk		Guido de Bre		3.86m 3
7	Chelsea Abram		Orchard Park		3.76m 2
8	Larissa Bell		Waterdown		3.72m 1
9	Erindeep Mannan		Orchard Park		3.52m
10	Jessica Johnstone		Parkside		3.48m
10	Shannon Kesler		Sir Allan Ma		3.48m
12	Roxana Gligor		Westdale		3.46m
13	Charlotte Whelan		Highland		3.32m
14	Samantha Nguyen		Orchard Park		3.14m
--	Brooke Ellis		Westdale		FOUL
--	Bri Patterson		Waterdown		FOUL
--	Erika Gray		Westmount		FOUL
--	Amy Ruland		Westdale		FOUL
--	Katherine Pilon		Guido de Bre		FOUL
--	Caleigh Sangster		Waterdown		FOUL
--	Stephnie Cox		Waterdown		FOUL

Women Triple Jump Midget

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Points	Name	Year	School	Seed	Finals
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Name	Year School	Seed	Finals
1 Chelsea VanderMeer	Hamilton Dis		8.65m 10
2 Rachel Laurat	Ancaster Hig		8.31m 8
3 Victoria McKinney	Saltfleet		7.86m 6
4 Olivia Hordyk	Guido de Bre		7.78m 5
5 Brittany Vanderlaan	Saltfleet		7.68m 4
6 Leah Koning	Hamilton Dis		6.62m 3

Women Shot Put 4 kg Midget

Name	Year School	Seed	Finals
1 Carley Cumming	Highland		7.66m 10
2 Kyndra Hughes	Highland		7.61m 8
3 Danielle Barrett	Sir Allan Ma		7.15m 6
4 Chanelle deBoer	Guido de Bre		6.40m 5
5 Montana Roberston	Sir Winston		6.34m 4
6 Katherine Pilon	Guido de Bre		6.01m 3
7 Heather Haddon	Sir Allan Ma		5.14m 2

Women Discus Throw Midget

Name	Year School	Seed	Finals
1 Taylor Rawlinson	Saltfleet		20.84m 10
2 Kyndra Hughes	Highland		15.86m 8
3 Chanelle deBoer	Guido de Bre		14.26m 6
4 Carley Cumming	Highland		13.04m 5

Women Javelin Throw 600g Midget

Name	Year School	Seed	Finals
1 Taylor Rawlinson	Saltfleet		20.38m 10
2 Chanelle deBoer	Guido de Bre		18.13m 8
3 Katherine Pilon	Guido de Bre		16.18m 6
4 Kyndra Hughes	Highland		14.43m 5
5 Danielle Barrett	Sir Allan Ma		14.33m 4
6 Carley Cumming	Highland		13.34m 3
7 Heather Haddon	Sir Allan Ma		11.69m 2

Women 100 Meter Dash Junior

Name	Year School	Prelims	Finals	Points
1 Annemarie Yeboah	Guido de Bre	12.79	12.83	10
2 Nicole Morrison	Westdale	13.13	13.08	8
3 Grace Hoskin	Parkside	13.53	13.32	6
4 Denise Vansydenborgh	Guido de Bre	13.50	13.34	5
5 Stefanie Kieft	Guido de Bre	13.79	13.63	4
6 Elena Parker	Barton S.S.	13.95	13.96	3
7 Tori Matysik	Sherwood	14.36	14.44	2
8 Samantha Danos	Highland	14.50	14.52	1

Women 200 Meter Dash Junior

Name	Year School	Seed	Finals	H#	Points
1 Annemarie Yeboah	Guido de Bre	26.99	26.37	3	10
2 Nicole Morrison	Westdale		26.79	1	8
3 Grace Hoskin	Parkside		26.90	1	6
4 Denise Vansydenborgh	Guido de Bre	27.99	27.66	3	5
5 Stefanie Kieft	Guido de Bre	26.99	27.68	3	4
6 Mikaela Eng	Sherwood	27.05	27.95	3	3
7 Elena Parker	Barton S.S.	29.80	28.51	2	2
8 Logan Boyd	Waterdown	28.00	28.76	3	1
9 Rebecca Vis	Guido de Bre	28.25	28.90	3	
10 Courteney Nelligan	Sherwood	29.50	29.67	3	
11 Samantha Danos	Highland	28.00	30.02	3	
12 Shannon VanderWoerd	Hamilton Dis		30.37	1	
13 Tori Matysik	Sherwood	29.75	30.41	2	
14 Kaitlyn Fillier	Sir Allan Ma	30.00	32.57	2	
15 Shauna-Lee Brown	Saltfleet	31.00	34.21	2	
16 Ashley Izlakar	Saltfleet	31.00	35.17	2	
17 Natasha Vukojevic	Saltfleet	33.00	36.60	2	

Women 400 Meter Dash Junior

Name	Year School	Seed	Finals	H#	Points
1 Mikaela Eng	Sherwood	59.35	1:01.85	2	10
2 Aleksa Despinic	Westdale	1:01.00	1:02.56	2	8

3	Rebecca Vis	Guido de Bre	1:05.00	1:04.49	2
6					
4	Logan Boyd	Waterdown	58.00	1:06.01	2
5					
5	Vanessa Jansema	Guido de Bre		1:07.46	1
4					
6	Emma Beesley	Highland	1:04.00	1:07.85	2
3					
7	Courteney Nelligan	Sherwood	1:03.00	1:08.22	2
2					
8	Hayley Crossing	Waterdown		1:10.64	1
1					
9	Julianne MacDonald	Waterdown	1:03.00	1:12.36	2
10	Shannon VanderWoerd	Hamilton Dis		1:14.14	1
11	Ashley Izlakar	Saltfleet	1:12.00	1:27.14	1
12	Natasha Vukojevic	Saltfleet	1:16.00	1:27.48	1
13	Shauna-Lee Brown	Saltfleet	1:15.00	1:51.32	1

Women 800 Meter Run Junior

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Name	Year	School	Seed	Finals	Points	
1	Aleksa	Despinic	Westdale	2:23.00	2:25.63	10
2	Heather	Summers	Westdale	2:23.00	2:30.63	8
3	Logan	Boyd	Waterdown	2:30.00	2:39.55	6
4	Leah	Elgersma	Guido de Bre		2:42.50	5
5	Hayley	Crossing	Waterdown		2:50.08	4
6	Vanessa	Jansema	Guido de Bre		3:01.06	3
7	Emily	Moeller	Sir Allan Ma	3:30.00	3:07.29	2

Women 1500 Meter Run Junior

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Name	Year	School	Seed	Finals	Points	
1	Phoebe	Cseresnyes	Westdale	4:48.00	4:56.08	10
2	Paige	Tate	Highland	4:58.00	5:02.92	8
3	Heather	Summers	Westdale	4:55.00	5:08.76	6
4	Abby	Llewellyn	Ancaster Hig		5:28.51	5
5	Leah	Elgersma	Guido de Bre		5:43.88	4
6	Emily	Stanek	Orchard Park		6:04.43	3
7	Gillian	Crawford	Sir Allan Ma	5:54.00	6:07.41	2
8	Jessica	Cao	Orchard Park		6:09.04	1
9	Lisa	Steinginga	Hamilton Dis	6:00.00	6:09.33	
10	Jessica	Skirrow	Saltfleet		6:13.71	
11	Emily	Moeller	Sir Allan Ma	6:50.00	6:15.56	
12	Leanne	Hood	Waterdown		6:19.98	
13	Jessica	Sanderson	Saltfleet		6:22.91	

Women 3000 Meter Run Junior

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Name	Year	School	Seed	Finals	Points
1 Phoebe Cseresnyes		Westdale	11:00.00	10:50.31	10
2 Paige Tate		Highland	11:05.00	11:21.33	8
3 Heather Summers		Westdale	11:15.00	11:44.12	6
4 Abby Llewellyn		Ancaster Hig		12:20.45	5
5 Kirsten Vinken		Ancaster Hig		12:34.71	4
6 Crystal deBoer		Guido de Bre		12:39.09	3
7 Alex Wyatt		Ancaster Hig		14:41.65	2
8 Jennifer Wilson		Ancaster Hig		14:49.45	1
9 Celia Sawyer		Waterdown		14:49.53	

Women 80 Meter Hurdles Junior

Name	Year	School	Seed	Finals	Points
1 Cassidy Mayer		Saltfleet	14.00	14.41	10
2 Samantha Becker		Saltfleet	14.30	14.46	8
3 Elizabeth Kerekesch		Parkside		14.62	6
4 Sammy Lambert		Waterdown		15.57	5
5 Dorothy Ilunga		Saltfleet	14.00	15.93	4
6 Gillian Crawford		Sir Allan Ma	15.00	16.37	3
7 Tori Matysik		Sherwood		18.18	2

Women 300 Meter Hurdles Junior

Name	Year	School	Seed	Finals	Points
1 Sammy Lambert		Waterdown		51.94	10
2 Cassidy Mayer		Saltfleet	1:00.00	53.45	8
3 Gillian Crawford		Sir Allan Ma	54.00	54.46	6
4 Elizabeth Kerekesch		Parkside		56.13	5
5 Samantha Becker		Saltfleet	58.00	56.69	4
6 Jennifer Wilson		Ancaster Hig		57.56	3
7 Alex Wyatt		Ancaster Hig		59.28	2

Women 4x100 Meter Relay Junior

School	Year	School	Seed	Finals	H#	Points
1 Guido de Bres	'A'		52.99	53.10	2	10
2 Sherwood	'A'		54.00	55.54	2	8
3 Waterdown	'A'			56.22	1	6

4	Westdale	'A'		56.27	1
5	Highland	'A'	59.00	56.84	2
4	Saltfleet	'A'		57.75	1
3	Ancaster High	'A'		1:00.02	2
2					

Women High Jump Junior

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Points	Name	Year	School	Seed	Finals
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===					
1	Crystal deBoer		Guido de Bre	1.55m	10
2	Lisa Steinginga		Hamilton Dis	1.40m	8
3	Celia Sawyer		Waterdown	1.35m	6
4	Hayley Crossing		Waterdown	1.30m	5
--	Karalyn VanHelden		Hamilton Dis	DNF	

Women Long Jump Junior

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Points	Name	Year	School	Seed	Finals
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===					
1	Grace Hoskin		Parkside	4.71m	10
2	Melissa Vuyk		Hamilton Dis	4.35m	8
3	Sammy Lambert		Waterdown	4.23m	6
4	Anja Djogo		Saltfleet	4.13m	5
5	Miranda Bontekoe		Guido de Bre	4.12m	4
6	Cassidy Mayer		Saltfleet	4.09m	
2.50	6	Samantha Becker	Saltfleet	4.09m	
2.50	8	Stacey deBoer	Guido de Bre	4.05m	1
	9	Jennifer Vandyk	Guido de Bre	3.73m	
	10	Julianne MacDonald	Waterdown	3.65m	
	11	Jenna DeGroot	Hamilton Dis	3.39m	
	12	Kyrstin Scott	Orchard Park	3.26m	

Women Triple Jump Junior

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Points	Name	Year	School	Seed	Finals
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===					
1	Elizabeth Kerekesch		Parkside	8.79m	10
2	Celia Sawyer		Waterdown	8.49m	8
3	Melissa Vuyk		Hamilton Dis	8.48m	6
4	Miranda Bontekoe		Guido de Bre	8.47m	5
5	Stacey deBoer		Guido de Bre	8.29m	4
6	Anja Djogo		Saltfleet	8.04m	3

7	Jennifer Vandyk	Guido de Bre	7.86m	2
8	Julianne MacDonald	Waterdown	7.69m	1

Women Shot Put 4 kg Junior

Name	Year	School	Seed	Finals
1	Randi Carey	Waterdown	9.66m	10
2	Kristen Gilmour	Waterdown	9.57m	8
3	Laura Cone	Orchard Park	8.76m	6
4	Laura Newcombe	Highland	7.80m	5
5	Laurissa Vandervelde	Guido de Bre	7.12m	4
6	Taylor Pocsai	Sir Allan Ma	6.85m	3
7	Cassidy Bezemer	Hamilton Dis	6.65m	2
8	Joceyn Bick	Hamilton Dis	5.80m	1
9	Jenna DeGroot	Hamilton Dis	4.95m	

Women Discus Throw Junior

Name	Year	School	Seed	Finals
1	Sydney Stenekis	Parkside	21.42m	10
2	Meaghan Curran	Saltfleet	19.84m	8
3	Laura Newcombe	Highland	17.64m	6
4	Taylor Pocsai	Sir Allan Ma	17.48m	5
5	Cassidy Bezemer	Hamilton Dis	15.86m	4
6	Laurissa Vandervelde	Guido de Bre	15.59m	3
--	Laura Cone	Orchard Park	DNF	

Women Javelin Throw 600g Junior

Name	Year	School	Seed	Finals
1	Chelsey MacLean	Saltfleet	28.29m	10
2	Emma Beesley	Highland	24.51m	8
3	Meaghan Curran	Saltfleet	23.65m	6
4	Sydney Stenekis	Parkside	21.89m	5
5	Laura Newcombe	Highland	19.93m	4
6	Randi Carey	Waterdown	19.60m	3
7	Laura Cone	Orchard Park	19.40m	2
8	Cassidy Bezemer	Hamilton Dis	17.58m	1
9	Heather McNeil	Waterdown	16.25m	
10	Laurissa Vandervelde	Guido de Bre	15.93m	
11	Joceyn Bick	Hamilton Dis	14.72m	
12	Jenna DeGroot	Hamilton Dis	13.88m	
13	Miranda Bontekoe	Guido de Bre	13.82m	

Women 100 Meter Dash Senior

Name	Year	School	Prelims	Finals	Points
1 Ashley Ligas		Highland	13.03	12.94	10
2 Tisha Graham		Barton S.S.	13.32	13.21	8
3 Jenel Ulman		Westmount	13.70	13.54	6
4 Samantha Mersereau		Westmount	13.69	13.61	5
5 Rebecca Johnson		Saltfleet	13.80	13.71	4
6 Jessica McArthur		Ancaster Hig	13.92	13.73	3
7 Kayla Harrop		Sherwood	13.99	14.01	2
8 Alana Gaudin		Orchard Park	14.17	14.45	1

Women 200 Meter Dash Senior

Name	Year	School	Seed	Finals	H#
1 Emma Rounq		Ancaster Hig	25.35	26.15	3
10 2 Ashley Ligas		Highland	25.00	26.60	3
8 3 Jacqueline Holmes		Highland	25.50	27.12	3
6 4 Tisha Graham		Barton S.S.	27.20	27.14	3
5 5 Michelle VanderMeer		Hamilton Dis	28.79	28.00	3
4 6 Leah Hayward		Highland	58.00	28.21	2
3 7 Jenel Ulman		Westmount	28.03	28.45	3
2 8 Rebecca Johnson		Saltfleet	29.00	28.93	2
1 9 Julia Stacey		Westdale	28.00	29.18	3
10 10 Kayla Harrop		Sherwood	28.50	29.71	3
11 Kate Heer		Sherwood	31.10	31.27	2
12 Meghan Ogrady		Sir Allan Ma	34.00	31.68	2
13 Rachael Morgason		Sir Winston		31.75	1
14 Amanda Shaw		Parkside		33.14	1
15 Chanel Pustea		Sir Winston		36.57	1
16 Juliet Kaggwa		Saltfleet	31.00	38.13	2

Women 400 Meter Dash Senior

Name	Year	School	Seed	Finals	H#
1 Meg Inman		Westdale	1:02.00	1:01.95	3

2	Emma ROUNG	Ancaster Hig	57.97	1:02.85	3
8					
3	Jacqueline Holmes	Highland	57.00	1:03.01	3
6					
4	Rachel deHaan	Guido de Bre	1:07.00	1:05.30	2
5					
5	Rachel Holmes	Ancaster Hig	1:03.00	1:05.36	2
4					
6	Julia Stacey	Westdale	1:02.00	1:05.83	3
3					
7	Alyssa Bruulsema	Hamilton Dis	1:00.00	1:11.12	3
2					
8	Meghan Ogrady	Sir Allan Ma	1:30.00	1:12.68	2
1					
9	Casey DeRaineville	Sir Winston		1:13.94	1
10	Danielle Breedon	Delta		1:14.70	1
11	Juliet Kaggwa	Saltfleet	1:15.00	1:41.18	2
12	Jeanette Grimshaw	Hill Park		1:51.78	1

Women 800 Meter Run Senior

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	Name	Year School	Seed	Finals	
Points					
1	Chelsea MacKinnon	Westdale	2:18.00	2:22.57	10
2	Meg Inman	Westdale	2:21.00	2:25.00	8
3	Kaitlyn Pansegrau	Highland	2:28.00	2:29.84	6
4	Julia Stacey	Westdale	2:20.00	2:30.74	5
5	Jessica Witt	Westdale	2:28.00	2:31.34	4
6	Maxine Gravina	Westdale	2:25.00	2:37.28	3
7	Rachel Holmes	Ancaster Hig	2:35.00	2:42.65	2
8	Rachel deHaan	Guido de Bre		2:44.42	1
9	Rachel deBoer	Guido de Bre		2:44.63	
10	Heather Dumitru	Westmount	2:45.00	2:48.50	
11	Robyn Tenhage	Guido de Bre		3:03.92	
12	Carolyn Stearns	Hill Park		3:28.81	

Women 1500 Meter Run Senior

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	Name	Year School	Seed	Finals	
Points					
1	Chelsea MacKinnon	Westdale	4:45.00	5:01.90	10
2	Maxine Gravina	Westdale	5:15.00	5:08.61	8
3	Jessica Witt	Westdale	4:56.00	5:11.53	6
4	Paige Bates	Orchard Park		5:29.71	5
5	Porscha Hewitt	Westmount	5:50.00	5:29.88	4
6	Stephanie Teodoridis	Westdale		5:40.65	3
7	Heather Dumitru	Westmount	5:55.00	5:44.34	2
8	Rachel deBoer	Guido de Bre		5:45.20	1
9	Jenna Simpson	Orchard Park		5:48.68	
10	Rita Abdel-Baki	Westmount		6:00.58	
11	Amy Winter	Hamilton Dis	5:40.00	6:08.59	

12	Robyn Tenhage	Guido de Bre		6:20.68
13	Maggie Dumitru	Westmount	6:00.00	7:28.84

Women 3000 Meter Run Senior

```
=====
===
Name                Year School                Seed    Finals
Points
=====
===
1 Melanie Thompson   Highland                    12:00.70  10
2 Stephanie Teodoridis Westdale                    12:09.75   8
3 Kelsey Juraschka   Waterdown                   12:25.66   6
4 Paige Bates        Orchard Park                 12:38.99   5
5 Rita Abdel-Baki    Westmount                    12:39.04   4
6 Porscha Hewitt     Westmount                    13:45.00   3
7 Maggie Dumitru     Westmount                    14:00.00   2
```

Women 100 Meter Hurdles Senior

```
=====
===
Name                Year School                Seed    Finals
Points
=====
===
1 Samantha Mersereau Westmount                    17.08     16.72  10
2 Alana Gaudin       Orchard Park                 18.61     16.61   8
3 Teri Harley        Sir John A M                 19.90     19.90   6
4 Misty Guigue Hachey Sir John A M                 20.64     20.64   5
5 Aimee Puffer       Orchard Park                 21.89     21.89   4
6 Darcy Bainbridge   Sir Allan Ma                 21.00     22.60   3
```

Women 400 Meter Hurdles Senior

```
=====
===
Name                Year School                Seed    Finals
Points
=====
===
1 Teri Harley        Sir John A M                 1:16.20  10
2 Aimee Puffer       Orchard Park                 1:41.82   8
```

Women 4x100 Meter Relay Senior

```
=====
=====
School                Seed    Finals  H#
Points
=====
=====
1 Ancaster High 'A'   54.00   53.03  2
10
2 Highland 'A'       55.00   53.19  2
8
3 Westmount 'A'      59.00   55.55  2
6
4 Waterdown 'A'     55.78   55.78  2
5
```

5	Hamilton District 'A'	56.00	1
4			
6	Sir John A MacDonald 'A'	57.99	1
3			
7	Hill Park 'A'	58.39	1
2			
8	Parkside 'A'	59.72	1
1			
9	Delta 'A'	1:00.88	2
10	Orchard Park 'A'	1:02.53	1

Women High Jump Senior

Points	Name	Year School	Seed	Finals
1	Michelle VanderMeer	Hamilton Dis		1.55m 10
2	Dayva Regnerus	Hamilton Dis		1.50m 8
3	Teri Harley	Sir John A M		1.45m 6
4	Misty Guigue Hachey	Sir John A M		1.40m 5
5	Christian Watkins	Ancaster Hig		1.30m 4
--	Alyssa Bruulsema	Hamilton Dis		NH

Women Long Jump Senior

Points	Name	Year School	Seed	Finals
1	Michelle VanderMeer	Hamilton Dis		4.86m 10
2	Tisha Graham	Barton S.S.		4.85m 8
3	Kayla Harrop	Sherwood		4.41m 6
4	Heather King	Hill Park		4.35m 5
5	Diana Norng	Sir John A M		4.25m 4
6	Carly Dougherty	Waterdown		4.14m 3
7	Dayva Regnerus	Hamilton Dis		4.06m 2
8	Alyssa Bruulsema	Hamilton Dis		4.04m 1
9	Sarah Neville	Waterdown		3.97m
10	Carly Stanhope	Hill Park		3.91m
11	Michelle Baker	Ancaster Hig		3.85m
11	Kelsey Kovar	Saltfleet		3.85m
13	Paige Bates	Orchard Park		3.84m
14	Misty Guigue Hachey	Sir John A M		3.75m
15	Casey DeRaineville	Sir Winston		3.70m
16	Kate Heer	Sherwood		3.59m
--	Veronica Murphy	Sir Winston		FOUL
--	Donna-Lee Brown	Saltfleet		FOUL

Women Triple Jump Senior

Points	Name	Year School	Seed	Finals
--------	------	-------------	------	--------

	Name	Year School	Seed	Finals
1	Carly Dougherty	Waterdown	9.11m	10
2	Diana Norng	Sir John A M	8.98m	8
3	Maggie Dumitru	Westmount	8.86m	6
4	Kelsey Juraschka	Waterdown	8.66m	5
5	Michelle Baker	Ancaster Hig	8.54m	4

Women Shot Put 4 kg Senior

	Name	Year School	Seed	Finals
1	Kristina Smolovic	Barton S.S.	11.46m	10
2	Nicole Million	Sir Winston	9.66m	8
3	Alyssa DiCesare	Westmount	9.17m	6
4	Khadija Alexander	Westdale	8.93m	5
5	Krista Douwes	Hamilton Dis	8.61m	4
6	Christian Watkins	Ancaster Hig	8.18m	3
7	Natalie Jongsma	Guido de Bre	8.17m	2
8	Mallory Peirce	Westdale	7.58m	1
9	Ainslie Colterjohn	Westdale	7.42m	
10	Victoria Pirrera	Delta	7.15m	
11	Sahrina Labaco	Sir John A M	6.95m	
12	Karley Ronnenberg	Saltfleet	6.94m	
13	Donna-Lee Brown	Saltfleet	5.90m	
14	Diana Norng	Sir John A M	5.65m	

Women Discus Throw Senior

	Name	Year School	Seed	Finals
1	Kelsey Kovar	Saltfleet	33.26m	10
2	Alyssa DiCesare	Westmount	29.06m	8
3	Krista Douwes	Hamilton Dis	25.36m	6
4	Natalie Jongsma	Guido de Bre	23.89m	5
5	Mallory Peirce	Westdale	23.64m	4
6	Karley Ronnenberg	Saltfleet	20.33m	3
7	Maegan Trottier	Westdale	20.10m	2
8	Miriam Howe	Westdale	19.44m	1
9	Rebecca Johnson	Saltfleet	18.94m	
10	Juliana Gligoric	Saltfleet	17.81m	
11	Kambreia Cumberbatch	Sir Allan Ma	17.30m	
12	Darcy Bainbridge	Sir Allan Ma	16.04m	
13	Bailey Jacobs	Highland	15.90m	

Women Javelin Throw 600g Senior

	Name	Year School	Seed	Finals
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=====
===
1 Alyssa DiCesare           Westmount           30.70m   10
2 Krista Douwes             Hamilton Dis        29.53m   8
3 Jessica Mabee             Parkside            25.61m   6
4 Natalie Jongsma          Guido de Bre        23.54m   5
5 Karley Ronnenberg         Saltfleet           21.66m   4
6 Darcy Bainbridge         Sir Allan Ma        20.10m   3
7 Kambreia Cumberbatch     Sir Allan Ma        18.98m   2
8 Khadija Alexander        Westdale            18.91m   1
9 Bailey Jacobs             Highland            17.31m
10 Miriam Howe              Westdale            15.67m
11 Maegan Trottier         Westdale            14.50m

```

Women 1500 Meter Steeplechase (NEW) Open

```

=====
===
Name                Year School                Seed      Finals
Points
=====
1 Kaitlyn Pansegrau   Highland                    6:02.68   10
2 Melanie Thompson    Highland                    6:27.28   8
3 Amy Winter          Hamilton Dis                 6:39.42   6
4 Kelsey Juraschka    Waterdown                   6:49.56   5
5 Jennifer Wilson     Ancaster Hig                 7:05.10   4

```

Women 4x400 Meter Relay Open

```

=====
===
School                Seed      Finals
Points
=====
1 Westdale 'A'                4:20.18   10
2 Guido de Bres 'A'          4:45.00   4:29.19   8
3 Highland 'A'              3:30.00   4:35.32   6
4 Hamilton District 'A'      5:00.32   5

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Men 100 Meter Dash Midget

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=====
===
Name                Year School                Prelims    Finals
Points
=====
1 Ryan Cheng          Orchard Park                12.55      12.39   10
2 Lane Zardo          Sherwood                    12.83      12.67   8
3 Hamid Dwyer         Sir Allan Ma                12.92      12.80   6
4 Owen Sloots         Guido de Bre                 12.93      12.89   5
5 Jayden Peters       Saltfleet                    13.02      12.93   4
6 Vikas Chhabra       Orchard Park                 12.98      12.94   3
7 Brad Hildebrandt    Ancaster Hig                12.99      13.27   2
8 Clayton Rigg        Waterdown                    12.78      13.38   1

```

Men 200 Meter Dash Midget

Points	Name	Year	School	Seed	Finals	H#
10	1 Lane Zardo		Sherwood	27.00	25.91	3
8	2 Owen Sloots		Guido de Bre	27.50	26.17	2
6	3 Hamid Dwyer		Sir Allan Ma	28.00	26.45	2
5	4 Jayden Peters		Saltfleet	27.00	26.50	3
4	5 Corey Wood		Ancaster Hig		26.66	1
3	6 Adam Gambioli		Hamilton Dis		26.71	1
2	7 Justin Bourassa		Parkside		26.89	2
1	8 Vikas Chhabra		Orchard Park		26.92	1
	9 Jordan Banman		Sir Allan Ma	27.00	27.33	3
	10 Romaine Knight		Sherwood	27.50	27.60	3
	11 Doug Fever		Westdale		27.63	1
	12 Scott Beedie		Parkside		27.70	1
	13 Spencer Drury		Waterdown	29.00	27.78	2
	14 Jack Wilkinson		Highland	25.55	28.42	3
	15 Jason Ellis		Parkside		28.85	2
	16 Caleb Datema		Guido de Bre	30.00	29.46	2

Men 400 Meter Dash Midget

Points	Name	Year	School	Seed	Finals	H#
10	1 Motts Borsellino		Sherwood	59.50	57.90	2
8	2 Nathan Dehghan		Ancaster Hig		59.19	1
6	3 Eric MacNevin		Sherwood	59.00	1:00.05	2
5	4 Rico Gonzalez		Sir Allan Ma	1:03.00	1:01.87	2
4	5 Jack Wilkinson		Highland	54.00	1:03.53	2
3	6 Fletcher Staton		Sherwood		1:05.56	1
2	7 Umurcan Kaya		Orchard Park		1:08.23	1

Men 800 Meter Run Midget

Points	Name	Year	School	Seed	Finals	H#
--------	------	------	--------	------	--------	----

Name	Year School	Seed	Finals
Points			
=====			
===			
1 Motts Borsellino	Sherwood	2:22.00	2:21.56 10
2 Shaun Neeb	Waterdown		2:22.67 8
3 Eric MacNevin	Sherwood	2:18.00	2:22.69 6
4 Colin deBoer	Guido de Bre		2:26.96 5
5 Caleb Thompson	Parkside		2:28.36 4
6 Rob Vangoolen	Guido de Bre		2:29.25 3
7 Brenden Vernon	Sherwood	2:20.00	2:29.29 2

Men 1500 Meter Run Midget

Name	Year School	Seed	Finals
Points			
=====			
===			
1 Sheldon Wilcox	Westmount	4:50.00	4:49.11 10
2 Josh Bowers	Highland		4:52.68 8
3 Robert Plant	Sherwood	4:58.00	4:56.21 6
4 Nathan Dehghan	Ancaster Hig		4:59.84 5
5 Branden Thorburn	Ancaster Hig		5:00.19 4
6 Colin deBoer	Guido de Bre		5:02.77 3
7 Brenden Vernon	Sherwood	4:57.00	5:08.02 2
8 Caleb Thompson	Parkside		5:10.26 1
9 Rob Vangoolen	Guido de Bre		5:11.51
10 Kyler Norton	Ancaster Hig		5:14.34
11 Jeremy Buist	Guido de Bre		5:47.92
12 Dean Kasanszky	Westmount		5:54.35

Men 3000 Meter Run Midget

Name	Year School	Seed	Finals
Points			
=====			
===			
1 Sheldon Wilcox	Westmount	10:45.00	9:54.03 10
2 Robert Plant	Sherwood	11:00.00	10:19.95 8
3 Josh Bowers	Highland		10:51.67 6
4 Shaun Neeb	Waterdown		10:57.81 5
5 Branden Thorburn	Ancaster Hig		11:00.47 4
6 Kyler Norton	Ancaster Hig		11:11.74 3
7 Eric Haugen	Highland		11:21.16 2
8 Dean Kasanszky	Westmount		11:21.56 1

Men 100 Meter Hurdles Midget

Name	Year School	Seed	Finals
Points			
=====			
===			
1 Ryan Cheng	Orchard Park		18.09 10
2 Justin Bourassa	Parkside		18.82 8

3	Umurcan Kaya	Orchard Park	18.98	6	
4	Scott Beedie	Parkside	19.42	5	
5	Jack Wilkinson	Highland	13.40	19.44	4

Men 300 Meter Hurdles Midget

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Name	Year	School	Seed	Finals
Points				
====				
1	Hamid Dwyer	Sir Allan Ma	46.49	10

Men 4x100 Meter Relay Midget

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School	Seed	Finals		
Points				
====				
1	Sherwood 'A'	51.00	52.22	10
2	Parkside 'A'		54.86	8

Men High Jump Midget

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Name	Year	School	Seed	Finals
Points				
====				
1	Caleb Datema	Guido de Bre	1.65m	10
2	Diedric Vanbarneveld	Guido de Bre	1.60m	8
3	Sam Tomlinson	Parkside	1.50m	6
4	Umurcan Kaya	Orchard Park	1.45m	
4.50				
4	Jeremy Buist	Guido de Bre	1.45m	
4.50				
--	Braedyn Kozman	Highland		NH

Men Long Jump Midget

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Name	Year	School	Seed	Finals
Points				
====				
1	Ryan Cheng	Orchard Park	5.04m	10
2	Clayton Rigg	Waterdown	4.79m	8
3	Doug Fever	Westdale	4.72m	6
4	Scott Beedie	Parkside	4.40m	5
5	Braedyn Kozman	Highland	3.82m	4

Men Triple Jump Midget

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Name	Year	School	Seed	Finals
Points				

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=====
===
1 Caleb Datema          Guido de Bre          10.12m  10
2 Diedric Vanbarneveld  Guido de Bre          9.95m   8
3 Clayton Rigg         Waterdown            9.35m   6
4 Braedyn Kozman       Highland             7.45m   5

```

Men Shot Put Midget

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=====
===
Name                Year School                Seed    Finals
Points
=====
===
1 Thomas Alkema      Guido de Bre                12.00m  10
2 Jon Grant          Highland                    11.59m   8
3 Jake Williams     Sir Allan Ma                11.30m   6
4 Ben Vanrootselaar Guido de Bre                 10.14m   5
5 Brad Vyn          Hamilton Dis                 9.84m   4
6 Brett VanLuik     Guido de Bre                 8.96m   3
7 Sean Mitro        Highland                     7.04m   2

```

Men Discus Throw Midget

```

=====
===
Name                Year School                Seed    Finals
Points
=====
===
1 Jon Grant          Highland                    31.78m  10
2 Thomas Alkema     Guido de Bre                26.89m   8
3 Ben Vanrootselaar Guido de Bre                26.55m   6
4 Brad Vyn          Hamilton Dis                25.09m   5
5 Fletcher Staton   Sherwood                   22.55m   4
6 Ben Vanandel      Guido de Bre                18.08m   3
-- Sean Mitro       Highland                     FOUL

```

Men Javelin Throw 600g Midget

```

=====
===
Name                Year School                Seed    Finals
Points
=====
===
1 Owen Sloots       Guido de Bre                36.52m  10
2 Jon Grant          Highland                    31.96m   8
3 Jake Williams     Sir Allan Ma                28.89m   6
4 Brett VanLuik     Guido de Bre                26.98m   5
5 Sean Mitro        Highland                    26.81m   4
6 Rico Gonzalez     Sir Allan Ma                25.10m   3
7 Jeremy Buist      Guido de Bre                23.76m   2
8 Eric Haugen       Highland                    20.70m   1
9 Gage Bergez       Parkside                   20.69m
-- Brad Vyn         Hamilton Dis                 FOUL

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Men 100 Meter Dash Junior

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=====
===
Name                Year School                Prelims    Finals
Points
=====
===
1 Marcus Wu         Westmount                11.90      11.67    10
2 Steve Bos         Guido de Bre             12.00      12.03     8
3 Kaelan Urich     Sir Allan Ma            12.43      12.30     6
4 Eric Pot         Hamilton Dis            12.51      12.31     5
5 Alex Eikelboom   Guido de Bre            12.50      12.43     4
6 Scott Schulenberg Guido de Bre            12.73      12.74     3
7 Curtis Cain      Orchard Park            12.87      12.76     2

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Men 200 Meter Dash Junior

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=====
=====
Name                Year School                Seed       Finals    H#
Points
=====
=====
1 Steve Bos         Guido de Bre             24.50      24.03     2
10
2 Kaelan Urich     Sir Allan Ma            26.32      25.27     2
8
3 Eric Pot         Hamilton Dis            25.38      25.38     2
6
4 Jake Verrips     Hamilton Dis            25.73      25.73     2
5
5 Jacob Rinas      Westdale                25.74      25.74     2
4
6 Alex Eikelboom   Guido de Bre            25.25      25.76     2
3
7 Willie Carpenter Orchard Park            26.28      26.28     1
2
8 TJ Yap           Hamilton Dis            26.56      26.56     1
1
9 Andy Wang        Westdale                26.77      26.77     1
10 Scott Schulenberg Guido de Bre            26.50      27.02     2
11 Spencer Wunsche  Hamilton Dis            28.06      28.06     1
12 Eli Kugbeadzor  Sir Allan Ma            29.00      28.83     2
13 Connor MacTaggart Orchard Park            29.30      29.30     1

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Men 400 Meter Dash Junior

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=====
=====
Name                Year School                Seed       Finals
Points
=====
=====
1 Jacob Rinas      Westdale                57.60      57.60    10
2 Jake Verrips     Hamilton Dis            57.00      58.18     8
3 Josh Ravensbergen Guido de Bre            57.99      58.61     6
4 Spencer Wunsche  Hamilton Dis            59.00      59.81     5
5 Mohammed Balousha Sir Allan Ma          1:02.00    1:00.23     4
6 Willie Carpenter Orchard Park            1:00.97     1:00.97     3
7 Thomas Camayang  Orchard Park            1:01.83     1:01.83     2

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8 Eli Kugbeadzor Sir Allan Ma 1:03.00 1:04.36 1

Men 800 Meter Run Junior

=====
=====
Name Year School Seed Finals
Points
=====
=====
1 Liam Smith Highland 2:00.00 2:02.69 10
2 Kyle Gonci Sir Allan Ma 2:19.10 2:15.71 8
3 Mohammed Balousha Sir Allan Ma 2:23.20 2:20.50 6
4 Shane Bethlehem Guido de Bre 2:20.83 5
5 Josh Ravensbergen Guido de Bre 2:22.16 4
6 Drew Regnerus Hamilton Dis 2:22.93 3
7 Calvin deJonge Guido de Bre 2:23.26 2
8 Spencer Wunsche Hamilton Dis 2:19.00 2:23.29 1
9 Dan Wanders Guido de Bre 2:24.99
10 Will Jones Ancaster Hig 2:26.82

Men 1500 Meter Run Junior

=====
=====
Name Year School Seed Finals
Points
=====
=====
1 Liam Smith Highland 4:05.00 4:25.24 10
2 Kent Hambly Ancaster Hig 4:32.15 8
3 Kyle Gonci Sir Allan Ma 4:54.00 4:43.26 6
4 Calvin deJonge Guido de Bre 4:48.62 5
5 Dan Wanders Guido de Bre 4:52.07 4
6 Shane Bethlehem Guido de Bre 4:52.95 3
7 Dennis Vos Hamilton Dis 4:57.43 2
8 Will Jones Ancaster Hig 5:01.86 1
9 Nick Slagter Hamilton Dis 5:15.00 5:43.23
10 Spencer Austin Waterdown 5:54.31

Men 3000 Meter Run Junior

=====
=====
Name Year School Seed Finals
Points
=====
=====
1 Kent Hambly Ancaster Hig 9:28.23 10
2 Gallacher Patterson Westmount 10:30.00 10:55.44 8
3 Kyle Gonci Sir Allan Ma 10:54.00 11:03.71 6

Men 100 Meter Hurdles (NEW-100m) Junior

=====
=====
Name Year School Seed Finals
Points
=====
=====
1 Marcus Wu Westmount 15.50 14.91 10

2	Malcolm Corriette	Sherwood	16.07	15.41	8
3	AJ Thompson	Highland	13.40	16.76	6
4	Ralph Del Pardo	Sherwood	19.00	18.96	5

Men 300 Meter Hurdles Junior

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Name	Year School	Seed	Finals	Points	
1	Marcus Wu	Westmount	46.00	45.49	10
2	AJ Thompson	Highland	43.00	54.14	8

Men 4x100 Meter Relay Junior

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School	Seed	Finals	Points
1 Hamilton District 'A'		50.46	10
2 Orchard Park 'A'		51.21	8
3 Sir Allan MacNab 'A'	51.99	52.92	6
4 Highland 'A'		53.73	5

Men High Jump Junior

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Name	Year School	Seed	Finals	Points
1 Jake Stewart	Parkside		1.70m	10
2 Drew Regnerus	Hamilton Dis		1.65m	8
3 Bailey Riesebosch	Guido de Bre		1.60m	6
4 Nathan Hutten	Guido de Bre		1.55m	5
5 Scott Roth	Hamilton Dis		1.50m	4
6 Eli Kugbeadzor	Sir Allan Ma		1.45m	3

Men Long Jump Junior

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Name	Year School	Seed	Finals	Points
1 Steve Bos	Guido de Bre		5.38m	10
2 Nathan Hutten	Guido de Bre		5.20m	8
3 Dallas Siemens	Ancaster Hig		5.19m	6
4 Jake Stewart	Parkside		5.15m	5
5 Malcolm Corriette	Sherwood		5.08m	4
6 Eric Pot	Hamilton Dis		5.07m	3
7 Curtis Cain	Orchard Park		4.80m	2
8 Fraser Slaa	Guido de Bre		4.70m	1
9 Dennis Vos	Hamilton Dis		4.63m	
10 Nick Slagter	Hamilton Dis		4.58m	

11	Ralph Del Pardo	Sherwood	4.40m
12	Bailey Riesebosch	Guido de Bre	4.39m

Men Triple Jump Junior

Name	Year	School	Seed	Finals
1	Nathan	Hutten	Guido de Bre	10.45m 10
2	Curtis	Cain	Orchard Park	9.94m 8
3	Fraser	Slaa	Guido de Bre	9.92m 6
4	Scott	Schulenberg	Guido de Bre	8.91m 5

Men Shot Put 4kg Junior

Name	Year	School	Seed	Finals
1	Kana	Gazaz	Sherwood	11.80m 10
2	Aaron	Williams	Guido de Bre	10.77m 8
3	Scott	Roth	Hamilton Dis	10.41m 6
4	Tyler	Mans	Guido de Bre	10.24m 5
5	Jeremy	Shaw	Hamilton Dis	8.24m 4
6	Sean	Stel	Guido de Bre	8.16m 3

Men Discus Throw Junior

Name	Year	School	Seed	Finals
1	Nathan	Gillespie	Hamilton Dis	23.42m 10
2	Zach	Cropper	Hamilton Dis	22.77m 8
3	Aaron	Williams	Guido de Bre	21.53m 6
4	Jeremy	Shaw	Hamilton Dis	21.24m 5
5	Tyler	Mans	Guido de Bre	20.57m 4
--	Kana	Gazaz	Sherwood	FOUL

Men Javelin Throw 600g Junior

Name	Year	School	Seed	Finals
1	Sean	Stel	Guido de Bre	40.02m 10
2	Zach	Cropper	Hamilton Dis	29.75m 8
3	Nathan	Gillespie	Hamilton Dis	29.45m 6

Men 100 Meter Dash Senior

Name	Year	School	Seed	Finals
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Name	Year School	Prelims	Finals	Points
1 Alex Bourgeois	Sir Winston	11.60	11.36	10
2 Daniel Gayle	Barton S.S.	11.66	11.39	8
3 Sean Edwards	Sherwood	11.63	11.40	6
4 Bobby Anderson	Barton S.S.	11.81	11.65	5
5 Jeremy Haggarty	Highland	11.59	11.76	4
6 Eddie Lartey	Barton S.S.	11.79	11.79	3
7 Taylor Sands	Westmount	11.99	11.86	2
8 Tyson Vanzie	Highland	12.04	12.50	1

Men 200 Meter Dash Senior

Name	Year School	Seed	Finals	H#	Points
1 Daniel Gayle	Barton S.S.	23.47	23.59	5	10
2 Jeremy Haggarty	Highland	23.00	23.62	5	8
3 Alex Bourgeois	Sir Winston		23.64	3	6
4 Bobby Anderson	Barton S.S.	26.00	23.67	4	5
5 Tyson Vanzie	Highland	25.00	23.87	5	4
6 Sean Edwards	Sherwood	23.50	23.97	5	3
7 Hwang Lee	Westdale		24.40	2	2
8 Stuart Hunter	Highland	25.50	24.50	5	1
9 Taylor Sands	Westmount	26.00	24.76	4	
10 Charles DeLeon	Sir Allan Ma	26.00	25.02	4	
11 Deion Ratcliffe	Highland	25.30	25.05	5	
12 Errol Stewart	Sherwood	25.50	25.07	5	
13 Tim VanDam	Guido de Bre		25.13	2	
14 Sopheak Cheam	Sherwood	24.50	25.34	5	
15 Nigel Applewhaite	Westdale		25.49	3	
16 Kemar Cumberbatch	Sir Allan Ma	28.00	25.54	4	
17 Mark Noordam	Hamilton Dis		25.80	2	
18 Vidi Haynes	Hamilton Dis	26.50	25.84	4	
19 Matt Hagopian	Hill Park		26.13	1	
20 Eddie Lartey	Barton S.S.	27.84	26.33	4	
21 Peter Sober	Parkside		26.56	2	
22 Ed Vandervegte	Guido de Bre		26.62	1	
23 Greg Yandle	Ancaster Hig		26.77	3	
24 Mike Legacy	Waterdown	28.00	26.86	3	
25 Kenneth Li	Ancaster Hig		26.88	2	
26 Brendan Bonner	Parkside		27.28	3	
27 Patrick Sullivan	Delta		28.09	3	
28 Genrev Naig	Sir John A M		29.29	1	
29 Abdulla Algailani	Sir John A M		29.90	2	

30	Adam Yahye	Sir John A M		30.03	1
31	Jonathon Ewen	Barton S.S.	30.00	31.03	3

Men 400 Meter Dash Senior

Points	Name	Year	School	Seed	Finals	H#
10	1 Stuart Hunter		Highland	52.00	53.94	3
8	2 Jeremy Haggarty		Highland	50.00	54.27	3
6	3 Neil Roth		Hamilton Dis		55.35	2
5	4 Reeves Anthony		Orchard Park		56.42	1
4	5 Charles DeLeon		Sir Allan Ma	1:00.00	56.90	3
3	6 Jacob LI		Sir John A M		57.21	1
2	7 Christian Paquette		Hamilton Dis		57.76	1
1	8 Mark Noordam		Hamilton Dis	57.00	57.89	3
	9 Vidi Haynes		Hamilton Dis	58.00	58.54	3
	10 Peter VanderMeer		Hamilton Dis		59.39	1
	11 Tim VanDam		Guido de Bre		59.47	2
	12 Rameez Aziz		Orchard Park		1:00.39	1
	13 Colin Busse		Orchard Park		1:01.69	3
	14 Ed Vandervegte		Guido de Bre		1:01.94	2
	15 Franz Neumann		Ancaster Hig	57.00	1:03.91	3
	16 Tien Nguyen		Sir John A M		1:04.82	1
	17 Peter Gysbers		Hill Park		1:05.86	1
	18 Adam Yahye		Sir John A M		1:07.08	1
	19 Dylan Field		Hill Park		1:12.17	2

Men 800 Meter Run Senior

Points	Name	Year	School	Seed	Finals	H#
	1 Austen Forbes		Highland	2:00.00	2:06.53	10
	2 Adam Rowles		Highland	2:01.00	2:11.59	8
	3 Warren Vansydenborgh		Guido de Bre		2:14.12	6
	4 Colin Busse		Orchard Park		2:14.68	5
	5 Neil Roth		Hamilton Dis	2:17.00	2:15.36	4
	6 Andrew Choubeta		Barton S.S.	2:22.00	2:18.86	3
	7 Peter VanderMeer		Hamilton Dis		2:19.71	2
	8 Ian Summers		Westdale		2:21.38	1
	9 Jacob LI		Sir John A M		2:27.24	
	10 Cameron Daken		Sir Allan Ma		2:27.83	
	11 Franz Neumann		Ancaster Hig	2:20.00	2:30.40	
	12 John Schuurman		Hamilton Dis		2:30.46	

13	Alan Draaistra	Guido de Bre	2:41.33
14	Husam Shwaikh	Sir John A M	2:50.40
15	Kyle Lavigne	Sir Winston	2:53.29
16	Michael Cao	Sir John A M	2:53.78

Men 1500 Meter Run Senior

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Name	Year	School	Seed	Finals	Points
1 Austen Forbes		Highland	4:00.00	4:13.61	10
2 Rui Xu		Westdale	4:12.00	4:16.25	8
3 Paul Kolb		Highland	4:22.00	4:20.44	6
4 Taylor Forbes		Highland	4:06.00	4:25.41	5
5 Adam Rowles		Highland	4:10.00	4:34.67	4
6 Derek Hambly		Ancaster Hig		4:38.96	3
7 Colin Marley		Ancaster Hig		4:43.05	2
8 David Friend		Highland		4:45.20	1
9 Bradley Wilcox		Westmount	4:50.00	4:49.20	
10 Ian Summers		Westdale		4:50.83	
11 Andrew Choubeta		Barton S.S.	5:03.00	4:58.90	
12 Bryan Mostert		Hamilton Dis		5:03.77	
13 Patrick Sullivan		Delta		5:20.83	
14 Ryan Kasanszky		Westmount	5:53.00	5:23.78	
15 Josh Wadden		Sir Winston		5:27.67	
16 Alan Draaistra		Guido de Bre		5:29.26	
17 Brad Bowman		Sir Winston		5:40.56	
18 Kyle Lavigne		Sir Winston		5:42.06	
19 Brandon Dyer		Sir Winston		6:26.56	

Men 3000 Meter Run Senior

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Name	Year	School	Seed	Finals	Points
1 Taylor Forbes		Highland	9:00.00	9:07.72	10
2 Paul Kolb		Highland	9:08.00	9:10.58	8
3 Rui Xu		Westdale		9:26.99	6
4 Derek Hambly		Ancaster Hig		9:27.04	5
5 Bradley Wilcox		Westmount	10:15.00	9:50.11	4
6 David Friend		Highland		9:52.47	3
7 Colin Heyens		Orchard Park		9:54.01	2
8 Bryan Mostert		Hamilton Dis		10:19.57	1
9 Gavin VanLuik		Guido de Bre		10:28.10	
10 Ryan Kasanszky		Westmount	12:00.00	11:19.74	

Men 110 Meter Hurdles (NEW-36") Senior

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Name	Year	School	Seed	Finals	Points
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1	Errol Stewart	Sherwood	16.10	16.88	10
2	Cam Gerrie	Highland	13.30	17.83	8
3	Chase Kivell	Highland	13.50	19.00	6
4	Isaac Bates	Hamilton Dis	17.88	19.12	5
5	Joe Hill	Sir Allan Ma	18.80	19.69	4
6	Greg Yandle	Ancaster Hig		20.46	3

Men 400 Meter Hurdles Senior

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====	Name	Year School	Seed	Finals	
Points					
====					
	1 Cam Gerrie	Highland	53.00	1:06.52	10
	2 Isaac Bates	Hamilton Dis		1:06.72	8

Men 4x100 Meter Relay Senior

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=====	School	Seed	Finals	H#
Points				
=====				
	1 Sherwood 'A'	47.00	47.19	2
10	2 Highland 'A'	53.00	47.58	2
8	3 Barton S.S. 'A'		48.31	1
6	4 Guido de Bres 'A'	49.99	49.45	2
5	5 Waterdown 'A'		49.62	1
4	6 Parkside 'A'		50.33	1
3	7 Westdale 'A'		50.51	1
2	8 Hamilton District 'A'		51.04	1
1	9 Sir Allan MacNab 'A'	49.00	51.37	2
	10 Ancaster High 'A'		52.25	1
	11 Sir John A MacDonald 'A'		54.59	1

Men High Jump Senior

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====	Name	Year School	Seed	Finals	
Points					
====					
	1 Hwang Lee	Westdale		1.85m	10
	2 Manny Rataul	Orchard Park		1.80m	8
	3 Kyle Boverhof	Guido de Bre		1.70m	6
	4 Cody Taylor	Sherwood		J1.70m	5
	5 Peter Williams	Hamilton Dis		1.65m	
3.50					

5	Kenneth Li	Ancaster Hig	1.65m	
3.50				
7	Andrew Heeg	Hamilton Dis	J1.65m	2
8	Thomas Jongsma	Guido de Bre	J1.65m	1
9	Christiaan Dietricks	Ancaster Hig	1.60m	
9	Sean Brent	Waterdown	1.60m	
--	Ron Knight	Sherwood	NH	

Men Long Jump Senior

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Points	Name	Year School	Seed	Finals
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===				
	1	Daniel Gayle	Barton S.S.	6.44m 10
	2	Cody Taylor	Sherwood	5.87m 8
	3	Sopheak Cheam	Sherwood	5.75m 6
	4	Hwang Lee	Westdale	5.59m 5
	5	Chris DesRoche	Hill Park	5.51m 4
	6	Austin Kit	Orchard Park	5.48m 3
	7	Rameez Aziz	Orchard Park	5.34m 2
	8	Alex Bourgeois	Sir Winston	5.30m 1
	9	Deion Ratcliffe	Highland	5.16m
	10	Bobby Anderson	Barton S.S.	5.02m
	10	Ron Knight	Sherwood	5.02m
	12	Alex Bylsma	Highland	4.97m
	13	Joel Kranenberg	Hamilton Dis	4.75m
	13	Kyle Boverhof	Guido de Bre	4.75m
	--	John Schuurman	Hamilton Dis	FOUL
	--	Justin Abraham	Waterdown	FOUL
	--	Kemar Cumberbatch	Sir Allan Ma	FOUL
	--	David Martin	Ancaster Hig	FOUL
	--	Andrew Bosscher	Guido de Bre	FOUL
	--	Brandyn Bowman	Highland	FOUL
	--	Peter VanderMeer	Hamilton Dis	FOUL
	--	Husam Shwaikh	Sir John A M	FOUL

Men Triple Jump Senior

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Points	Name	Year School	Seed	Finals
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===				
	1	Austin Kit	Orchard Park	11.32m 10
	2	David Martin	Ancaster Hig	11.17m 8
	3	Steven Voorberg	Hamilton Dis	11.08m 6
	4	Andrew Bosscher	Guido de Bre	10.82m
4.50				
	4	Mark Groen	Hamilton Dis	J10.55m
4.50				
	6	Jacob LI	Sir John A M	10.27m 3
	7	Ray Perry	Parkside	10.22m
1.50				
	7	Joel Kranenberg	Hamilton Dis	10.22m
1.50				

9	Adrian VanLuik	Guido de Bre	10.02m
10	Alex Bylsma	Highland	9.90m
11	Alex McLellan	Hamilton Dis	9.84m

Men Shot Put 12 lb Senior

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Name	Year	School	Seed	Finals
Points				
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===				
1	Brock Vandergast	Guido de Bre	10.98m	10
2	Tousif Alamgir	Saltfleet	10.94m	8
3	Steve Connery	Parkside	10.78m	6
4	Justin Abraham	Waterdown	10.38m	5
5	Derek Adam	Ancaster Hig	10.27m	4
6	Nick Sault	Parkside	10.07m	3
7	Nick Vanrootselaar	Guido de Bre	9.70m	2
8	Nathan Palmer	Westdale	9.34m	
0.50	8	Christiaan Dietricks	Ancaster Hig	9.34m
0.50	10	Ismail Hegazi	Saltfleet	9.32m
11	Ousama Sharkawi	Saltfleet	9.14m	
12	Derek Smith	Highland	9.11m	
13	Josh Janzen	Saltfleet	8.34m	
14	Andrew Dougherty	Parkside	8.08m	
15	Kevin Buikema	Guido de Bre	7.96m	
16	Chris Goodbrand	Sir Allan Ma	7.95m	

Men Discus Throw 1.613kg Senior

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Name	Year	School	Seed	Finals
Points				
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===				
1	Josh Janzen	Saltfleet	31.79m	10
2	Derek Smith	Highland	31.13m	8
3	Andrew Bosscher	Guido de Bre	30.01m	6
4	Tynan Burch	Waterdown	28.01m	5
5	Peter Williams	Hamilton Dis	27.23m	4
6	Brock Vandergast	Guido de Bre	26.00m	3
7	Adrian VanLuik	Guido de Bre	24.38m	2
8	Nathan Palmer	Westdale	23.54m	1
9	Lucas Waxman	Highland	23.29m	
10	Mitch Onski	Waterdown	21.26m	
11	Alex McLellan	Hamilton Dis	21.16m	
12	Brandyn Bowman	Highland	20.83m	
13	Nick Vanrootselaar	Guido de Bre	20.72m	
14	Damon Scheckenberger	Parkside	18.06m	
15	Brandon DelMastro	Parkside	17.95m	
16	Chris Goodbrand	Sir Allan Ma	17.24m	
17	Dylan Bell	Sir Allan Ma	17.11m	
18	Andrew Dougherty	Parkside	16.09m	

Men Javelin Throw 800g Senior

Name	Year	School	Seed	Finals
1 Ben Csiernik		Westdale	39.25m	10
2 Derek Smith		Highland	36.78m	8
3 Derek Adam		Ancaster Hig	36.72m	6
4 Steven Voorberg		Hamilton Dis	35.24m	5
5 Josh Janzen		Saltfleet	34.90m	4
6 Nathan Palmer		Westdale	33.90m	3
7 Peter Williams		Hamilton Dis	31.04m	2
8 Chris Goodbrand		Sir Allan Ma	30.09m	1
9 Christiaan Dietricks		Ancaster Hig	29.45m	
10 Alex Fotheringham		Parkside	28.50m	
11 Alex McLellan		Hamilton Dis	26.17m	
12 Brock Vandergast		Guido de Bre	25.64m	
13 Liam Dunlop		Hill Park	25.61m	
14 Damon Scheckenberger		Parkside	25.42m	
15 Kevin Buikema		Guido de Bre	23.82m	
16 Brandyn Bowman		Highland	23.21m	
17 Clayton Simpson		Parkside	22.70m	
18 Thomas Jongsma		Guido de Bre	21.06m	
19 Brandon DelMastro		Parkside	19.21m	
-- Christian Gould		Highland	FOUL	

Men 2000 Meter Steeplechase Open

Name	Year	School	Seed	Finals
1 Derek Hambly		Ancaster Hig	6:40.65	10
2 Adam Rowles		Highland	6:56.70	8
3 Warren Vansydenborgh		Guido de Bre	7:01.55	6
4 Colin Heyens		Orchard Park	7:21.75	5
5 Patrick Sullivan		Delta	7:26.84	4
6 Bradley Wilcox		Westmount	7:27.12	3
7 Chase Kivell		Highland	7:44.95	2
8 John Schuurman		Hamilton Dis	7:45.08	1
9 Sheldon Wilcox		Westmount	7:49.63	
10 Eric Haugen		Highland	8:25.84	
11 Michael Cao		Sir John A M	9:13.75	
12 Brandon Dyer		Sir Winston	9:22.80	

Men 4x400 Meter Relay Open

School	Year	Seed	Finals
1 Highland 'A'		3:20.00	3:44.49 10
2 Hamilton District 'A'		3:51.00	3:48.09 8
3 Guido de Bres 'A'		3:59.00	4:05.93 6

4 Sir John A MacDonald 'A'

4:39.99 5