

H.W.I.A.C. 2013 - 16/05/2013  
 Track and Field  
 Mohawk Sports Park  
 Results

Women 100 Meter Dash Midget

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HWDSB Record: R 12.40 1991 T. Archer - Ancaster

Name Year School Prelims H#

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Preliminaries

1	Nicole Brownell	Ancaster Hig	13.28q	2
2	Marissa Dubois	Westdale	13.42q	3
3	Sophia Winter	Hamilton Dis	13.48q	5
4	Kelly Donoff	Highland	13.53q	1
5	Rachel Stanga	Westdale	13.70q	5
6	Brooke Bottos	Waterdown	13.82q	4
6	Ariel Gardner	Westdale	13.82q	5
8	Jessie Heslop	Highland	13.95q	1
9	Micaela Sacchetti	Westmount	14.10	2
10	Kajal Sood	Sir Allan Ma	14.16	1
11	Mara Balvers	Westdale	14.17	2
12	Jen Hutten	Guido de Bre	14.44	3
13	Kiara Daw	Westmount	14.48	5
13	Masozi Roest	Hamilton Dis	14.48	1
15	Gemma Brown	Waterdown	14.51	3
16	Tania Robinson	Sherwood	14.74	5
17	Sarah Butts	Westmount	14.86	1
18	Taylor Bos	Guido de Bre	15.05	2
19	Kimberly Bidwell	Delta	15.38	2
20	Megan Mommersteeg	Parkside	15.50	4
20	Marina Khawaja	Westmount	15.50	3
22	Jessica Magliocco	Sir Winston	15.66	5
23	Amira Cowell	Westdale	15.84	4
24	Miki Matijevic	Saltfleet	15.87	4
25	Katarina Eckert	Sherwood	15.98	3
26	Abbey Blackburn	Delta	16.08	1
27	Tricia Raynseford	Sir Allan Ma	16.11	4
28	Victoria DePaulo	Sherwood	16.27	4
29	Katona Sheehan	Delta	16.57	3
30	Victoria Loi	Hill Park	16.83	5
31	Tiffany McConnell	Delta	16.98	3

Women 100 Meter Dash Midget

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HWDSB Record: R 12.40 1991 T. Archer - Ancaster

Name Year School Finals

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Finals

1	Nicole Brownell	Ancaster Hig	13.17
2	Sophia Winter	Hamilton Dis	13.35
3	Kelly Donoff	Highland	13.43
4	Marissa Dubois	Westdale	13.45
5	Jessie Heslop	Highland	13.88
6	Ariel Gardner	Westdale	13.97
6	Rachel Stanga	Westdale	13.97
8	Brooke Bottos	Waterdown	14.74

Women 200 Meter Dash Midget

HWDSB Record: R 25.50 1972		M. McDermott - Ancaster	
Name	Year	School	Finals H#
1 Jenna Smith		Highland	27.20 6
2 Nicole Brownell		Ancaster Hig	27.94 6
3 Marissa Dubois		Westdale	28.81 3
4 Kelly Donoff		Highland	28.93 6
5 Mara Balvers		Westdale	29.92 1
6 Georgia Nickel		Highland	29.97 5
7 Jessie Heslop		Highland	30.31 5
8 Jen Hutten		Guido de Bre	30.63 3
9 Laura DeJong		Hamilton Dis	30.86 6
10 Rachel Sorley		Saltfleet	31.12 4
11 Rhianna Parent		Highland	31.18 5
12 Kiara Daw		Westmount	31.31 5
13 Ariel Gardner		Westdale	31.70 1
14 Sarah Butts		Westmount	31.73 4
15 Taylor Bos		Guido de Bre	31.83 3
16 Marina Khawaja		Westmount	32.08 4
17 Tania Robinson		Sherwood	32.33 5
18 Alexandra Jansen		Westmount	32.56 3
19 Michaela Vis		Guido de Bre	33.11 3
20 Ashley Ligtenberg		Guido de Bre	33.57 3
21 Megan Mommersteeg		Parkside	33.69 4
22 Natanya Cyrus		Glendale	34.21 2
23 Katona Sheehan		Delta	34.48 1
24 Lauryn Kell		Saltfleet	34.75 2
25 Victoria DePaulo		Sherwood	34.92 4
26 Katarina Eckert		Sherwood	35.63 4
27 Amy Thomson		Hill Park	36.57 1
28 Tiffany McConnell		Delta	37.73 3
29 Robin Martin		Sherwood	39.29 4

Women 400 Meter Dash Midget

HWDSB Record: R 1:00.00 1995		Carla Cupido - Ancaster	
HWDSB Record: R 1:00.00 1977		Liz Krick - Westmount	
Name	Year	School	Finals H#
1 Jenna Smith		Highland	58.23R 3
2 Chloe Hewitt		Westdale	1:02.04 3
3 Nicole Whitmore		Westdale	1:07.18 2
4 Rhianna Parent		Highland	1:09.10 2
5 Laura DeJong		Hamilton Dis	1:09.60 3
6 Kayla Bradley		Sir John A M	1:10.32 2
7 Rachel Sorley		Saltfleet	1:10.72 2
8 Mattie Huffman		Orchard Park	1:11.23 2
9 Kelsey McKay		Sherwood	1:11.63 3
10 Ashley Ligtenberg		Guido de Bre	1:12.02 1
11 Alexandra Jansen		Westmount	1:12.12 2
12 Michaela Vis		Guido de Bre	1:12.73 3
13 Madielene Spurgeon		Waterdown	1:13.03 2
14 Jannel Denbroeder		Guido de Bre	1:15.32 3
15 Hannah Bailey		Westmount	1:15.95 1

16	Lauryn Kell	Saltfleet	1:18.98	1
17	Robin Martin	Sherwood	1:25.18	2
18	Natanya Cyrus	Glendale	1:28.38	1

Women 800 Meter Run Midget

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HWDSB Record: R 2:20.60		1974	L. Spriggs - Sherwood	
Name	Year	School	Finals	
=====				
1	Jenna Smith	Highland	2:29.93	
2	Chloe Hewitt	Westdale	2:34.50	
3	Jasmine Buckridge	Westdale	2:35.54	
4	Beth Vanderbrugghen	Guido de Bre	2:40.08	
5	Emma Waddington	Westdale	2:42.62	
6	Bethany Mostert	Hamilton Dis	2:46.80	
7	Rhianna Parent	Highland	2:54.57	
8	Hannah Bailey	Westmount	3:11.10	
9	Cassie Schipper	Guido de Bre	3:11.17	

Women 1500 Meter Run Midget

=====				
HWDSB Record: R 4:51.70		1981	Nancy Brown - Westmount	
Name	Year	School	Finals	
=====				
1	Jasmine Buckridge	Westdale	5:14.90	
2	Camille Dehghan	Ancaster Hig	5:20.43	
3	Beth Vanderbrugghen	Guido de Bre	5:27.62	
4	Sarah Incretolli	Saltfleet	5:53.49	
5	Cassie Schipper	Guido de Bre	5:58.68	
6	Alison Gibb	Waterdown	6:10.62	
7	Kelsey McKinnon	Sherwood	6:24.27	
8	Emily Koopman	Hamilton Dis	6:28.11	
9	Nisha Marshall	Westdale	7:00.04	
10	Liddie-Beth Palmers	Parkside	7:25.06	

Women 3000 Meter Run Midget

=====				
HWDSB Record: R 9:54.60		1999	Laura Moulton - Westdale	
Name	Year	School	Finals	
=====				
1	Camille Dehghan	Ancaster Hig	12:21.39	
2	Sarah Incretolli	Saltfleet	13:08.41	
3	Bethany Mostert	Hamilton Dis	13:09.98	
4	Alison Gibb	Waterdown	13:36.27	
5	Kelsey McKinnon	Sherwood	14:17.32	

Women 80 Meter Hurdles Midget

=====					
HWDSB Record: R 12.40		1979	Debbie Piche -Delta		
Name	Year	School	Finals	H#	
=====					
1	Brittany Stenekes	Parkside	13.60	2	
2	Rachel Stanga	Westdale	13.68	2	
3	Chelsea Laufer	Sir Allan Ma	15.78	1	
4	Georgia Nickel	Highland	16.41	2	
5	Taylor Bos	Guido de Bre	18.01	1	
6	Tiffanie Tshfunda	Sir Allan Ma	18.21	1	

7	Tricia Raynseford	Sir Allan Ma	18.54	1
8	Gloria Appiah-Kubi	Westdale	19.06	1

Women 300 Meter Hurdles Midget

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HWDSB Record: R 47.80		2003	Shayla Gibbs - Waterdown	
Name	Year	School	Finals	H#
=====				
1	Brittany Stenekes	Parkside	51.12	2
2	Georgia Nickel	Highland	53.75	2
3	Samatha Brown	Waterdown	56.17	1
4	Heather Nichols	Highland	56.21	2
5	Tania Robinson	Sherwood	56.74	2
6	Chelsea Laufer	Sir Allan Ma	57.24	1
7	Michaela Vis	Guido de Bre	57.28	2
8	Kelsey McKay	Sherwood	57.30	2
9	Madelene Spurgeon	Waterdown	1:01.15	1
10	Tiffanie Tshfunda	Sir Allan Ma	1:07.24	1
11	Taranah Adli	Sir Allan Ma	1:07.37	1
12	Robin Martin	Sherwood	1:13.15	2

Women 4x100 Meter Relay Midget

=====				
HWDSB Record: R 51.30		1969	Ancaster	
School	Year	School	Finals	H#
=====				
1	Westdale	'A'	54.54	2
2	Highland	'A'	56.34	2
3	Hamilton District	'A'	56.80	2
4	Westmount	'A'	57.79	2
5	Guido de Bres	'A'	58.09	1
6	Sir Allan MacNab	'A'	59.81	1
7	Sherwood	'A'	1:01.36	1
8	Sir Winston Churchill	'A'	1:02.18	1
9	Saltfleet	'A'	1:02.79	2

Women High Jump Midget

=====				
HWDSB Record: R 1.61m		1981	Karen Goodger - Sir Allan MacNab	
Name	Year	School	Finals	H#
=====				
1	Shayla Post	Guido de Bre	1.40m	
2	Sophia Winter	Hamilton Dis	J1.40m	
2	Heather Nichols	Highland	J1.40m	
2	Kiara Daw	Westmount	J1.40m	
5	Katarina Post	Guido de Bre	1.35m	
6	Jess Tenhage	Guido de Bre	J1.35m	
7	Laura DeJong	Hamilton Dis	1.25m	
--	Amy Thomson	Hill Park	NH	
--	Samatha Brown	Waterdown	NH	
--	Nisha Marshall	Westdale	NH	

Women Long Jump Midget

=====				
HWDSB Record: R 5.10m		1979	Debbie Piche - Delta	
Name	Year	School	Finals	H#
=====				

1	Marissa Dubois	Westdale	4.84m
2	Nicole Brownell	Ancaster Hig	4.66m
3	Mara Balvers	Westdale	J4.66m
4	Rachel Stanga	Westdale	4.57m
5	Brittany Stenekes	Parkside	4.53m
6	Sophia Winter	Hamilton Dis	4.41m
7	Heather Nichols	Highland	4.30m
8	Esther VanderWored	Hamilton Dis	4.01m
9	Jessica Magliocco	Sir Winston	3.92m
10	Gemma Brown	Waterdown	3.90m
11	Katarina Post	Guido de Bre	3.85m
12	Megan Mommersteeg	Parkside	3.82m
13	Marina Khawaja	Westmount	3.81m
14	Jessie Heslop	Highland	3.74m
15	Chelsea Laufer	Sir Allan Ma	3.68m
16	Kelly Donoff	Highland	3.62m
16	Taranah Adli	Sir Allan Ma	3.62m
--	Mattie Huffman	Orchard Park	ND
--	Tiffany McConnell	Delta	ND
--	Hannah Prinsthal	Delta	ND
--	Kimberly Bidwell	Delta	ND
--	Kajal Sood	Sir Allan Ma	ND
--	Erica Weusten	Waterdown	ND
--	Masozzi Roest	Hamilton Dis	FOUL
--	Sarah Butts	Westmount	FOUL
--	Tricia Raynseford	Sir Allan Ma	FOUL
--	Shayla Post	Guido de Bre	FOUL

Women Triple Jump Midget

=====			
HWDSB Record: R 10.22m		2003	Lacey VanDerMarel - Orchard Park
Name	Year	School	Finals
=====			
1	Jess Tenhage	Guido de Bre	8.87m
2	Esther VanderWored	Hamilton Dis	8.69m
3	Katarina Post	Guido de Bre	8.37m
4	Shayla Post	Guido de Bre	8.07m
5	Jessica Magliocco	Sir Winston	7.68m

Women Shot Put 4 kg Midget

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HWDSB Record: R 10.22m		1974	C. Clarkson - Ancaster
Name	Year	School	Finals
=====			
1	Gemma Brown	Waterdown	8.53m
2	Mattie Huffman	Orchard Park	7.74m
3	Alexis Pluim	Highland	7.67m
4	Ibukun Obidi	Saltfleet	7.48m
5	Joelle easter	Waterdown	7.40m
6	Kara Elgersma	Guido de Bre	7.31m
7	Nicole Whitmore	Westdale	7.14m
8	Amy Thomson	Hill Park	6.72m
9	Ashley Ligtenberg	Guido de Bre	5.47m
10	Beth Vanderbrugghen	Guido de Bre	5.33m
--	Fatima DeFreitas	Barton S.S.	ND

Women Discus Throw Midget

HWDSB Record: R 30.48m 1971 S. Ogden - Glendale			
Name	Year	School	Finals
1 Kara Elgersma		Guido de Bre	20.31m
2 Jessica Tenhage		Guido de Bre	20.17m
3 Joelle easter		Waterdown	19.42m
4 Alexis Pluim		Highland	18.79m
5 Emily Koopman		Hamilton Dis	17.76m
6 Ibukun Obidi		Saltfleet	17.09m

Women Javelin Throw 600g Midget

HWDSB Record: R 32.51m 1977 N. Eves - Westmount			
Name	Year	School	Finals
1 Joelle easter		Waterdown	22.69m
2 Kara Elgersma		Guido de Bre	22.15m
3 Emily Koopman		Hamilton Dis	19.88m
4 Ibukun Obidi		Saltfleet	19.11m
5 Alexis Pluim		Highland	18.35m

Women 100 Meter Dash Junior

HWDSB Record: R 12.10 1994 Erica Witter - Hill Park				
Name	Year	School	Prelims	H#
Preliminaries				
1 Monica Binotto		Ancaster Hig	13.46q	1
2 Katrina Kerekesch		Highland	13.64q	4
3 Jessica Kasiama		Westdale	13.82q	1
4 Samantha DeVries		Hamilton Dis	13.90q	4
5 Samantha Hill		Saltfleet	13.97q	3
6 Emma Hillman		Sherwood	14.06q	1
7 Sierra Bassie		Hamilton Dis	14.28q	2
8 Naomi Chin		Waterdown	14.38q	3
9 Kennedy Fung		Ancaster Hig	14.49	3
10 Rachael Armstrong		Waterdown	14.57	4
11 Mikayla Arnold		Orchard Park	14.66	2
12 Darien Trudel		Saltfleet	14.68	4
13 Whitney Sarjeant		Orchard Park	14.73	4
14 Martina Philips		Orchard Park	14.82	3
15 Rebecca Knight		Parkside	14.94	2
16 Alix Herrity		Saltfleet	14.99	2
17 Sydney Engel		Sherwood	15.53	2
18 Montahna Edwards		Sir John A M	15.59	1
19 Rabi Abid		Glendale	15.75	4
20 Monica Thomson		Westdale	16.04	3
21 Mia Vannavong		Saltfleet	16.13	1
22 Ikram Iman		Westdale	16.15	3
23 Gloria Appiah-Kubi		Westdale	16.60	3
24 Nyator Tut		Sir John A M	16.74	1
25 Omee Kinkhath		Barton S.S.	16.75	4

Women 100 Meter Dash Junior

HWDSB Record: R 12.10 1994 Erica Witter - Hill Park			
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Name	Year School	Finals
Finals		
1 Monica Binotto	Ancaster Hig	13.33
2 Katrina Kerekesch	Highland	13.46
3 Samantha Hill	Saltfleet	13.51
4 Samantha DeVries	Hamilton Dis	13.64
5 Jessica Kasiama	Westdale	13.72
6 Emma Hillman	Sherwood	13.79
7 Sierra Bassie	Hamilton Dis	13.96
8 Naomi Chin	Waterdown	14.09

Women 200 Meter Dash Junior

HWDSB Record: R 24.70 1970		Joan Eddy - Ancaster	
Name	Year School	Finals	H#
1 Hailey Hemrica	Sir Allan Ma	28.09	3
2 Samantha DeVries	Hamilton Dis	28.43	3
3 Ryann Johnston	Highland	28.75	3
4 Leigh Janssen	Westdale	29.41	3
5 Sierra Bassie	Hamilton Dis	29.73	3
6 Naomi Chin	Waterdown	29.90	3
7 Emma Hillman	Sherwood	30.28	1
8 Rachael Armstrong	Waterdown	30.39	3
9 Jessica Kasiama	Westdale	30.61	1
10 Kennedy Fung	Ancaster Hig	31.38	1
11 Rebecca Knight	Parkside	31.58	2
12 Abby Needham	Orchard Park	32.25	2
13 Sydney Engel	Sherwood	33.63	2
14 Chantel Beldman	Hamilton Dis	34.00	2
15 Arabela Boskovic	Glendale	34.16	1
16 Montahna Edwards	Sir John A M	34.18	2
17 Mia Vannavong	Saltfleet	34.80	2
18 Sofia Tako	Glendale	34.95	2
19 Ikram Iman	Westdale	35.41	1
20 Omee Kinkhath	Barton S.S.	36.66	2
21 Nyator Tut	Sir John A M	38.28	1

Women 400 Meter Dash Junior

HWDSB Record: R 58.80 1991		Sherry Cathcart - Sir Allan MacNab	
HWDSB Record: R 58.80 1974		Lourie Thur - Sir Allan MacNab	
Name	Year School	Finals	H#
1 Ryann Johnston	Highland	1:01.18	2
2 Hailey Hemrica	Sir Allan Ma	1:02.23	2
3 Emily Brent	Highland	1:04.21	2
4 Samantha DeVries	Hamilton Dis	1:04.82	2
5 Katrina Thorkildsen	Westmount	1:12.24	2
6 Arabela Boskovic	Glendale	1:16.65	1
7 Sydney Engel	Sherwood	1:18.69	2
8 Braelyn Bosch	Guido de Bre	1:19.12	1
9 Sofia Tako	Glendale	1:22.46	1
10 Chantel Beldman	Hamilton Dis	1:27.49	2

Women 800 Meter Run Junior

HWDSB Record: R 2:20.60 1991 Nicole Stevenson - Westdale			
Name	Year	School	Finals
1 Emily Brent		Highland	2:39.65
2 Elizabeth Isbister		Saltfleet	2:43.61
3 Brianne Swanborough		Highland	2:45.14
4 Katrina Thorkildsen		Westmount	2:51.62
5 Alexis MacQueen		Saltfleet	2:53.78
6 Taylor Cinq-Mars		Westdale	2:57.33

Women 1500 Meter Run Junior

HWDSB Record: R 4:21.40 1979 D. Young - Parkside			
Name	Year	School	Finals
1 Stephanie Ryall		Westdale	5:14.43
2 Maddy Kennedy		Westdale	5:33.49
3 Brianne Swanborough		Highland	5:38.95
4 Paige Jackson		Saltfleet	5:43.95
5 Taylor Cinq-Mars		Westdale	6:09.61
6 Jessica Short		Saltfleet	6:24.43
-- Arabela Boskovic		Glendale	DNF

Women 3000 Meter Run Junior

HWDSB Record: R 9:07.38 1999 Trish Nolan - Westdale			
Name	Year	School	Finals
1 Stephanie Ryall		Westdale	10:15.48
2 Maddy Kennedy		Westdale	12:21.13

Women 80 Meter Hurdles Junior

HWDSB Record: R 12.00 1994 Tennille Foster - Barton			
Name	Year	School	Finals
1 Leigh Janssen		Westdale	13.69
2 Monica Binotto		Ancaster Hig	13.71
3 Naomi Chin		Waterdown	14.99
4 Paige Jackson		Saltfleet	15.65
5 Darien Trudel		Saltfleet	15.66
6 Samantha Hill		Saltfleet	15.95
7 Montahna Edwards		Sir John A M	16.63
8 Shelly Thompson		Highland	17.04

Women 300 Meter Hurdles Junior

HWDSB Record: R 46.10 1994 Tennille Foster - Barton				
Name	Year	School	Finals	H#
1 Hailey Hemrica		Sir Allan Ma	50.92	1
2 Monica Binotto		Ancaster Hig	51.34	2
3 Elizabeth Isbister		Saltfleet	54.10	2
4 Alyssa Hopkins		Highland	55.86	2
5 Braelyn Bosch		Guido de Bre	58.13	1
6 Abby Needham		Orchard Park	59.79	1



7 Shelly Thompson	Highland	1:00.31	2
8 Summer Hanafi	Sir John A M	1:05.55	2
-- Alana Wielink	Guido de Bre	DNF	1

Women 4x100 Meter Relay Junior

HWDSB Record: R 50.10 1970		Ancaster	Finals
School			
1 Highland 'A'			54.59
2 Hamilton District 'A'			55.86
3 Ancaster High 'A'			56.24
4 Orchard Park 'A'			58.08
5 Westdale 'A'			59.50
6 Saltfleet 'A'			1:01.24
7 Sir John A MacDonald 'A'			1:03.38

Women High Jump Junior

HWDSB Record: R 1.65m 1972		Evelyn Oljans - Westmount	
HWDSB Record: R 1.65m 1998		Kristen Matthews - Parkside	
HWDSB Record: R 1.65m 1969		Sue Binion - Hill Park	
Name	Year School		Finals
1 Chelsea Bezemer	Hamilton Dis		1.40m
2 Erin Wieske	Guido de Bre		1.30m
-- Alana Wielink	Guido de Bre		NH

Women Long Jump Junior

HWDSB Record: R 5.19m 1992		Melissa Craig - Sir Allan MacNab	
Name	Year School		Finals
1 Katrina Kerekesch	Highland		4.69m
2 Chelsea Bezemer	Hamilton Dis		4.38m
3 Samatha East	Waterdown		4.28m
4 Whitney Sarjeant	Orchard Park		4.23m
5 Gillian Kloet	Hamilton Dis		4.18m
6 Braelyn Bosch	Guido de Bre		3.80m
7 Rebecca Knight	Parkside		3.73m
8 Martina Philips	Orchard Park		3.61m
9 Alana Wielink	Guido de Bre		3.57m
10 Kandel Millward	Highland		3.40m
-- Munita Hin	Glendale		ND
-- Makenzie Hulzebosch	Guido de Bre		ND

Women Triple Jump Junior

HWDSB Record: R 10.40m 1998		Jen MacMillan - Parkside	
Name	Year School		Finals
1 Chelsea Bezemer	Hamilton Dis		10.14m
2 Leigh Janssen	Westdale		10.10m
3 Katrina Kerekesch	Highland		9.50m
4 Gillian Kloet	Hamilton Dis		8.97m
5 Samatha East	Waterdown		8.91m
6 Erin Wieske	Guido de Bre		7.13m

7	Jenna Vanveen	Guido de Bre	6.95m
8	Kandel Millward	Highland	6.33m
--	Ryann Johnston	Highland	ND

Women Shot Put 4 kg Junior

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HWDSB Record: R 11.57m 1965		L. Precious - Parkside	
Name	Year	School	Finals
=====			
1	Brittany Robson	Sir Winston	9.26m
2	Natasha Vandervelde	Guido de Bre	7.68m
3	Jenn Harrisson	Highland	7.63m
4	Jess Bosma	Guido de Bre	7.15m
5	Jenna Vanveen	Guido de Bre	6.93m
6	Monica Thomson	Westdale	6.50m
7	Amber Webster	Waterdown	6.21m
8	Madison Cunha	Westdale	5.64m
9	Alyssa Hopkins	Highland	5.26m

Women Discus Throw Junior

=====			
HWDSB Record: R 37.06m 1982		K. Englebrecht - Highland	
Name	Year	School	Finals
=====			
1	Rachael Smith	Saltfleet	25.32m
2	Jess Bosma	Guido de Bre	23.60m
3	Madison Cunha	Westdale	21.44m
4	Natasha Vandervelde	Guido de Bre	20.18m
5	Jenn Harrisson	Highland	16.56m
6	Amber Webster	Waterdown	15.70m
7	Martina Philips	Orchard Park	15.26m

Women Javelin Throw 600g Junior

=====			
HWDSB Record: R 37.96m 1983		K. Englebrecht - Highland	
Name	Year	School	Finals
=====			
1	Briana Wice	Saltfleet	32.19m
2	Monica Thomson	Westdale	28.04m
3	Rachael Smith	Saltfleet	27.16m
4	Rachel Incretolli	Saltfleet	25.28m
5	Paige Jackson	Saltfleet	25.06m
6	Erin Grady	Waterdown	23.22m
7	Jess Bosma	Guido de Bre	21.53m
8	Sierra Bassie	Hamilton Dis	19.43m
9	Madison Cunha	Westdale	18.01m
10	Natasha Vandervelde	Guido de Bre	16.02m
11	Makenzie Hulzebosch	Guido de Bre	15.60m
12	Amber Webster	Waterdown	15.21m

Women 100 Meter Dash Senior

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HWDSB Record: R 12.20 1999		Melanie Chiu - Orchard Park			
HWDSB Record: R 11.46 2009		Chi Chi Chuks-Mady- Barton			
Name	Year	School	Prelims	H#	
=====					

Preliminaries

1	Naomi Ashley	Saltfleet	13.46q	3
2	Denise Vansydenborgh	Guido de Bre	13.55q	2
3	Maggie Best	Highland	14.15q	1
4	Rachelle Lemaitre	Saltfleet	14.35q	2
5	Liz Niton	Highland	14.61q	3
6	Erika Gray	Westmount	14.63q	1
7	Pam Licata	Highland	14.74q	1
8	Charmaine Abboud	Sir Winston	14.98q	1
9	Melissa Vuyk	Hamilton Dis	15.16	3
10	Tashiya Brown	Sir Allan Ma	15.18	2
11	Danielle Barrett	Sir Allan Ma	15.55	3
12	Lydia Huffman	Orchard Park	15.92	3
13	Safiyah Figaro	Sir Allan Ma	15.94	3
14	Natalie Horning	Barton S.S.	16.30	2
15	Katherine VandeKuyt	Hamilton Dis	16.42	1
16	Jacqueline Kaggwa	Saltfleet	16.45	1
17	Jordache Lovwa	Sherwood	16.53	2
18	Erindeep Mannan	Orchard Park	16.60	2
19	Teagan vanderMark	Hamilton Dis	17.51	3

Women 100 Meter Dash Senior

HWDSB Record: R 12.20	1999	Melanie Chiu - Orchard Park
HWDSB Record: R 11.46	2009	Chi Chi Chuks-Mady- Barton
Name	Year School	Finals

Finals

1	Naomi Ashley	Saltfleet	13.33
2	Denise Vansydenborgh	Guido de Bre	13.41
3	Maggie Best	Highland	14.15
4	Pam Licata	Highland	14.37
5	Rachelle Lemaitre	Saltfleet	14.42
6	Liz Niton	Highland	14.49
7	Charmaine Abboud	Sir Winston	14.60
8	Erika Gray	Westmount	14.64

Women 200 Meter Dash Senior

HWDSB Record: R 24.70	1992	Shelley Ryder - Scott Park
Name	Year School	Finals H#

1	Denise Vansydenborgh	Guido de Bre	28.12	2
2	Jasmina Kucic	Highland	29.18	2
3	Maggie Best	Highland	29.30	2
4	Logan Boyd	Waterdown	29.36	2
5	Rebecca Vis	Guido de Bre	29.60	1
6	Micaela DeJong	Hamilton Dis	30.92	2
7	Erika Gray	Westmount	31.30	2
8	Tashiya Brown	Sir Allan Ma	31.97	1
9	Jordache Lovwa	Sherwood	34.52	1
10	Natalie Horning	Barton S.S.	35.15	1

Women 400 Meter Dash Senior

HWDSB Record: R 54.40	1992	Shelley Ryder - Scott Park
Name	Year School	Finals

1	Kylie Hopkins	Highland	1:02.96
2	Logan Boyd	Waterdown	1:04.53
3	Rebecca Vis	Guido de Bre	1:04.79
4	Erin Kyle	Glendale	1:11.29
5	Montana Robertson	Sir Winston	1:17.80

Women 800 Meter Run Senior

=====			
HWDSB Record: R 2:11.30		1976	M. McDermott - Ancaster
Name	Year	School	Finals
=====			
1	Paige Tate	Highland	2:23.49
2	Kylie Hopkins	Highland	2:27.34
3	Natalie Stacey	Westdale	2:30.24
4	Logan Boyd	Waterdown	2:40.84
5	Darcy Ellis	Parkside	3:05.96
6	Ariela Frager-Wells	Westdale	3:13.43

Women 1500 Meter Run Senior

=====			
HWDSB Record: R 4:42.10		1995	Jane Shannon - Bishop Ryan
Name	Year	School	Finals
=====			
1	Phoebe Cseresnyes	Westdale	4:57.07
2	Abby Llewellyn	Ancaster Hig	5:10.49
3	Natalie Stacey	Westdale	5:21.66
4	Rachel Laurat	Ancaster Hig	5:36.67
5	Darcy Ellis	Parkside	6:13.87
6	Theresa Woodland	Sir Winston	6:23.25
7	Ariela Frager-Wells	Westdale	6:43.74

Women 3000 Meter Run Senior

=====			
HWDSB Record: R 9:15.60		1999	Kathleen Nolan - Westdale
Name	Year	School	Finals
=====			
1	Phoebe Cseresnyes	Westdale	10:38.83
2	Lauren Locco	Westmount	11:16.03
3	Heather Summers	Westdale	11:31.38
4	Abby Llewellyn	Ancaster Hig	11:49.45
5	Mary Orr	Westmount	12:08.60
6	Rachel Laurat	Ancaster Hig	12:45.19
7	Alex Wyatt	Ancaster Hig	13:19.19
8	Jennifer Wilson	Ancaster Hig	13:55.40

Women 100 Meter Hurdles Senior

=====			
HWDSB Record: R 15.05		1998	Laura VanHoevelakk - Sir Allan MacNab
Name	Year	School	Finals
=====			
1	Naomi Ashley	Saltfleet	16.58
2	Sarah Donoff	Highland	17.77
3	Charlotte Whelan	Highland	18.09
4	Lizzie Kerekesch	Parkside	19.11
5	Caileigh Sangster	Waterdown	19.85
6	Safiyah Figaro	Sir Allan Ma	21.56

Women 400 Meter Hurdles Senior

HWDSB Record: R 1:04.88 1998 Laura VanHoevelakk - Sir Allan MacNab			
Name	Year	School	Finals
1 Rebecca Vis		Guido de Bre	1:14.88
2 Sarah Donoff		Highland	1:21.31
3 Charlotte Whelan		Highland	1:24.02
4 Lizzie Kerekesch		Parkside	1:33.11

Women 4x100 Meter Relay Senior

HWDSB Record: R 49.60 1989 Scott Park			
School			Finals H#
1 Highland 'A'			53.50 2
2 Saltfleet 'A'			55.82 2
3 Waterdown 'A'			55.86 2
4 Hamilton District 'A'			59.61 2
5 Glendale 'A'			1:01.70 1
6 Delta 'A'			1:04.41 1

Women High Jump Senior

HWDSB Record: R 1.75m 1974 Evelyn Oljans - H. C. I.			
Name	Year	School	Finals
1 Crystal deBoer		Guido de Bre	1.45m
2 Lisa Steinginga		Hamilton Dis	1.40m
3 Jasmina Kucic		Highland	1.35m
4 Liz Niton		Highland	J1.35m
5 Amy MacDonald		Hill Park	1.30m

Women Long Jump Senior

HWDSB Record: R 5.31m 2008 Kelly Morrison - Ancaster			
Name	Year	School	Finals
1 Jasmina Kucic		Highland	4.65m
2 Crystal deBoer		Guido de Bre	4.55m
3 Melissa Vuyk		Hamilton Dis	4.25m
4 Sarah Donoff		Highland	4.19m
5 Theresa Woodland		Sir Winston	4.00m
6 Lydia Huffman		Orchard Park	3.97m
7 Danielle Barrett		Sir Allan Ma	3.93m
8 Jennifer Janssen		Ancaster Hig	3.92m
9 Mary Orr		Westmount	3.72m
10 Heather Kampen		Guido de Bre	3.63m
11 Teagan vanderMark		Hamilton Dis	3.33m
12 Erin Vandergriendt		Guido de Bre	3.31m
13 Erindeep Mannan		Orchard Park	3.02m
-- Erika Gray		Westmount	ND

Women Triple Jump Senior

HWDSB Record: R 11.33m 2007 Lydia Steele - Sir John A. MacDonald			
Name	Year	School	Finals

1	Lizzie Kerekesch	Parkside	9.20m
2	Charlotte Whelan	Highland	9.19m
3	Melissa Vuyk	Hamilton Dis	8.67m
4	Heather Kampen	Guido de Bre	8.65m
5	Liz Niton	Highland	8.48m
6	Jennifer Janssen	Ancaster Hig	8.46m
7	Erin Vandergriendt	Guido de Bre	7.86m

Women Shot Put 4 kg Senior

HWDSB Record: R 11.62m 1970 Sue Binion - Hill Park			
Name	Year	School	Finals
1	Randi carey	Waterdown	10.10m
2	Alyssa DiCesare	Westmount	9.81m
3	Taryn-Marie Wrysten	Hill Park	8.98m
4	Carly Cumming	Highland	8.03m
5	Channel deBoer	Guido de Bre	7.42m
6	Riley Tzigras	Highland	7.35m
7	Danielle Barrett	Sir Allan Ma	6.90m
8	Kathryn Lilko	Highland	6.67m
9	Katherine VandeKuyt	Hamilton Dis	6.55m
10	Montana Robertson	Sir Winston	6.47m
11	Lydia Huffman	Orchard Park	6.17m

Women Discus Throw Senior

HWDSB Record: R 37.38m 1997 Natalie Aulenback - Ancaster			
Name	Year	School	Finals
1	Alyssa DiCesare	Westmount	28.34m
2	Taryn-Marie Wrysten	Hill Park	24.37m
3	Shannien Oneill	Highland	23.93m
4	Kyndra Hughes	Highland	21.10m
5	Kathryn Lilko	Highland	20.57m
6	Channel deBoer	Guido de Bre	20.30m
7	Pam Licata	Highland	19.69m
8	Cassidy Bezemer	Hamilton Dis	19.54m
9	Katharine Pilon	Guido de Bre	16.58m
10	Kat Vos	Hamilton Dis	15.90m
11	Riley Tzigras	Highland	14.36m

Women Javelin Throw 600g Senior

HWDSB Record: R 38.86m 1984 K. Englebrecht - Highland			
Name	Year	School	Finals
1	Alyssa DiCesare	Westmount	33.68m
2	Chelsey Maclean	Saltfleet	29.47m
3	Taylor Rawlinson	Saltfleet	27.30m
4	Randi carey	Waterdown	23.58m
5	Riley Tzigras	Highland	23.50m
6	Jennifer Janssen	Ancaster Hig	21.53m
7	Channel deBoer	Guido de Bre	20.10m
8	Shannien Oneill	Highland	19.88m
9	Taryn-Marie Wrysten	Hill Park	19.29m

10	Kyndra Hughes	Highland	19.27m
11	Kathryn Lilko	Highland	18.14m
12	Kat Vos	Hamilton Dis	17.81m
13	Katharine Pilon	Guido de Bre	17.50m
14	Cassidy Bezemer	Hamilton Dis	16.16m
15	Carly Cumming	Highland	15.77m
16	Lisa Steiginga	Hamilton Dis	15.51m
--	Nikki Jansen-Spitmen	Ancaster Hig	ND
--	Lara deBeer	Ancaster Hig	ND

Women 1500 Meter Steeplechase (NEW) Open

=====			
HWDSB Record: R 5:35.39 2005 Chelsea Buck - Barton			
Name	Year	School	Finals
=====			
1	Paige Tate	Highland	5:38.50
2	Emma Waddington	Westdale	5:53.62
3	Elizabeth Isbister	Saltfleet	6:01.15
4	Crystal deBoer	Guido de Bre	6:13.83
5	Nicole Whitmore	Westdale	6:24.28
6	Sarah Incretolli	Saltfleet	6:31.62
7	Jennifer Wilson	Ancaster Hig	6:49.94
8	Kayla Bradley	Sir John A M	6:52.97

Women 4x400 Meter Relay Open

=====			
HWDSB Record: R 4:03.40 1981 Delta			
School			Finals
=====			
1	Highland	'A'	4:19.35
2	Westdale	'A'	4:32.70
3	Ancaster High	'A'	5:23.05

Men 100 Meter Dash Midget

=====				
HWDSB Record: R 11.00 1963 Rory Campbell - Westdale				
Name	Year	School	Prelims	H#
=====				
Preliminaries				
1	Alex Mclung	Highland	11.94q	1
2	Brent Smyth	Westmount	12.30q	3
3	Zach Plausini	Westmount	12.75q	2
4	Sam Ferguson	Ancaster Hig	12.82q	4
5	Austin Verner	Ancaster Hig	12.89q	2
6	Cole Chaisson	Saltfleet	12.92q	2
7	Lawrence Eikelboom	Guido de Bre	13.00q	1
8	Andre Dixon	Sir Allan Ma	13.05q	3
9	Ben Reid	Westmount	13.09	1
10	Jacob Rashid	Westdale	13.27	1
11	Sean Holmes	Ancaster Hig	13.34	3
12	Tyler Rawlinson	Saltfleet	13.55	1
13	Kyle Greene	Westdale	13.57	3
14	Alex Vanderlaan	Hamilton Dis	13.64	4
15	Ryan Tomalin	Ancaster Hig	13.69	2
16	Hasnain Khan	Westmount	13.72	1
17	Willis Sloan	Westdale	13.86	1
18	Sam Thompson	Parkside	13.88	4

19	Ryan Cucuirean	Saltfleet	13.95	3
20	Keegan Roughsedge	Westdale	14.08	4
21	Brendan Power	Westdale	14.10	1
22	Liam Buggy	Saltfleet	14.76	3
23	Ethan Brandt	Waterdown	14.80	4

Men 100 Meter Dash Midget

=====  
 HWDSB Record: R 11.00 1963                      Rory Campbell - Westdale  
 Name                                      Year School                                      Finals  
 =====

Finals

1	Alex Mclung	Highland	11.80	
2	Brent Smyth	Westmount	12.13	
3	Sam Ferguson	Ancaster Hig	12.48	
4	Andre Dixon	Sir Allan Ma	12.61	
5	Zach Plausini	Westmount	12.75	
6	Cole Chaisson	Saltfleet	12.76	
7	Lawrence Eikelboom	Guido de Bre	12.98	
8	Austin Verner	Ancaster Hig	13.17	

Men 200 Meter Dash Midget

=====  
 HWDSB Record: R 23.10 1970                      Wayne Jerome - Westdale  
 Name                                      Year School                                      Finals    H#  
 =====

1	Alex Mclung	Highland	25.13	4
2	Brent Smyth	Westmount	25.18	4
3	Denzel Albers-Wallace	Sir Allan Ma	26.27	2
4	Connor Russell	Ancaster Hig	26.65	2
5	Sidney Alkema	Guido de Bre	26.95	3
6	Andre Dixon	Sir Allan Ma	27.66	2
7	Ryan Tomalin	Ancaster Hig	27.68	1
8	Tyrus Gardiner	Highland	27.93	2
9	Cole Chaisson	Saltfleet	28.01	4
10	Alex Vanderlaan	Hamilton Dis	28.66	4
11	Calvin Woudenberg	Guido de Bre	28.70	3
12	Lawrence Eikelboom	Guido de Bre	28.76	3
13	Keegan Roughsedge	Westdale	28.95	4
13	Brandon Wrench	Hill Park	28.95	2
15	Ryan Cucuirean	Saltfleet	29.53	3
16	Sam Thompson	Parkside	29.79	4
17	Hayden Fargo	Waterdown	29.83	4
18	Hasnain Khan	Westmount	30.23	2
19	Liam Buggy	Saltfleet	31.15	3
20	Ethan Brandt	Waterdown	31.62	2
21	Phil Lucek	Highland	32.36	1
22	Adam Johnston	Highland	32.68	1

Men 400 Meter Dash Midget

=====  
 HWDSB Record: R 52.00 1976                      Selwyn Warner - Westmount  
 Name                                      Year School                                      Finals    H#  
 =====

1	Brent Smyth	Westmount	54.90	2
2	Sidney Alkema	Guido de Bre	56.83	2
3	Connor Russell	Ancaster Hig	58.60	1



4	Austin Verner	Ancaster Hig	1:00.99	1
5	Brandon Vanderveen	Guido de Bre	1:02.69	1
6	Hayden Fargo	Waterdown	1:03.99	2
7	Calvin Woudenberg	Guido de Bre	1:05.68	2
8	Ryan Cucuirean	Saltfleet	1:05.96	1
9	Kyle Stack	Sir Winston	1:08.76	1
10	Brock Bodo	Saltfleet	1:13.79	2

Men 800 Meter Run Midget

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HWDSB Record: R 2:00.30		1975	Chris Lane, Westdale
HWDSB Record: R 2:00.30		1970	Gary Scott - Westdale
Name	Year	School	Finals

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1	Ian MacKinnon	Westdale	2:10.61
2	Nick Dalessandro	Barton S.S.	2:20.57
3	Justin Ouwendyk	Hamilton Dis	2:23.75
4	Josh Curnow	Highland	2:27.41
5	Graym Stewart	Parkside	2:29.03
6	Addy Nixon	Waterdown	2:34.76
7	Reuben Jonker	Guido de Bre	2:35.36
8	Brad Vanderlaan	Guido de Bre	2:40.87
9	Brandon Vanderveen	Guido de Bre	2:42.30

Men 1500 Meter Run Midget

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HWDSB Record: R 4:14.40		1986	Jason Bunston - Westdale
Name	Year	School	Finals

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1	Ian MacKinnon	Westdale	4:33.00
2	Nick Dalessandro	Barton S.S.	4:43.29
3	Graym Stewart	Parkside	4:49.98
4	Addy Nixon	Waterdown	4:51.65
5	Steven Brunn	Ancaster Hig	4:51.84
6	Matthew Fisher	Waterdown	4:52.17
7	Josh Curnow	Highland	4:57.87
8	Justin Ouwendyk	Hamilton Dis	5:00.68
9	Reuben Jonker	Guido de Bre	5:11.56
10	Tyler Watters	Sir Winston	5:14.01
11	Ryan Schleeahn	Sir Allan Ma	5:15.94
12	Brock Bodo	Saltfleet	5:17.44
13	Sam Jenkins	Sir Allan Ma	5:29.69
14	Shonn Kirkland	Sir Allan Ma	5:37.69
15	Adam Johnston	Highland	5:37.83

Men 3000 Meter Run Midget

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HWDSB Record: R 9:02.60		1986	Jason Bunston - Westdale
Name	Year	School	Finals

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1	Nick Dalessandro	Barton S.S.	10:44.09
2	Addy Nixon	Waterdown	10:55.70
3	Steven Bruun	Ancaster Hig	11:40.72
4	Shonn Kirkland	Sir Allan Ma	12:46.56

Men 100 Meter Hurdles Midget

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HWDSB Record: R 14.60 1976 Steve Krysko - Scott Park  
 HWDSB Record: R 14.60 1994 Suarga Khairum - Sir John A. MacDonald  
 HWDSB Record: R 14.60 1975 Valen Sargeant - Scott Park

Name	Year	School	Finals
1 Sam Thompson		Parkside	17.98
2 Mason Puppa		Highland	18.64
3 Ryan Tomalin		Ancaster Hig	18.91
4 Jack Staz		Highland	19.15
5 Jacob Rashid		Westdale	19.17
6 Kyle Greene		Westdale	20.17

Men 300 Meter Hurdles Midget

HWDSB Record: R 44.10 1992 Julian Springer - Barton

Name	Year	School	Finals
1 Sidney Alkema		Guido de Bre	46.67
2 Denzel Albers-Wallace		Sir Allan Ma	49.20
3 Jack Staz		Highland	51.29
4 Mason Puppa		Highland	53.34
5 Calvin Woudenberg		Guido de Bre	54.37
6 Lawrence Eikelboom		Guido de Bre	54.94

Men 4x100 Meter Relay Midget

HWDSB Record: R 46.00 1971 Sherwood

School	Finals	H#
1 Westmount 'A'	51.06	2
2 Westdale 'A'	54.12	1
3 Highland 'A'	55.76	2
4 Ancaster High 'A'	55.83	2
5 Sir Allan MacNab 'A'	56.48	1

Men High Jump Midget

HWDSB Record: R 1.80m 1997 Jon Vermeer - Ancaster

Name	Year	School	Finals
1 Sean Holmes		Ancaster Hig	1.55m
2 Riley Perks		Waterdown	1.50m
2 Alex Wiley		Waterdown	1.50m
4 Chad Bartels		Guido de Bre	1.45m
4 Andy Groenwold		Guido de Bre	1.45m
6 Brandon Wrench		Hill Park	J1.45m
6 Cooper Elliot		Waterdown	J1.45m
8 Hayden Fargo		Waterdown	1.40m
9 Brendan Power		Westdale	J1.40m
10 Kory deBoer		Guido de Bre	J1.40m

Men Long Jump Midget

HWDSB Record: R 6.12m 1983 Wayne Loyer - Westdale

Name	Year	School	Finals
1 Alex Mcclung		Highland	5.30m

2	Jacob Rashid	Westdale	5.09m
3	Andy Groenwold	Guido de Bre	4.92m
4	Alex Wiley	Waterdown	4.89m
5	Ben Reid	Westmount	4.86m
6	Kyle Greene	Westdale	4.75m
7	Kory deBoer	Guido de Bre	4.63m
8	Joey Braden	Waterdown	4.43m
9	Ryan Tully	Ancaster Hig	4.07m
10	Dante Federico	Waterdown	3.60m
11	Jason Shaw	Hamilton Dis	3.46m
--	Ethan Brandt	Waterdown	ND
--	Rueadale Williams	Sir Allan Ma	ND
--	Brad Vanderlaan	Guido de Bre	ND
--	Cooper Elliot	Waterdown	ND

#### Men Triple Jump Midget

=====			
HWDSB Record: R 12.71m		1973	Doug Cane - Sir Allan MacNab
Name	Year	School	Finals
=====			
1	Chad Bartels	Guido de Bre	10.90m
2	Matthew Fisher	Waterdown	10.86m
3	Kory deBoer	Guido de Bre	10.12m
4	Alex Wiley	Waterdown	10.10m
5	Mason Puppa	Highland	9.90m
6	Alex Vanderlaan	Hamilton Dis	9.73m
7	Brad Vanderlaan	Guido de Bre	9.54m
8	Cooper Elliot	Waterdown	9.51m
9	Joey Braden	Waterdown	8.82m
--	Andre Dixon	Sir Allan Ma	ND
--	Zach Plausini	Westmount	ND
--	Sam Jenkins	Sir Allan Ma	ND

#### Men Shot Put Midget

=====			
HWDSB Record: R 16.85m		1986	J. Beddard - Ancaster
Name	Year	School	Finals
=====			
1	Brandon Wrench	Hill Park	11.76m
2	Benjamin Bartels	Guido de Bre	10.83m
3	Brendan Power	Westdale	10.70m
4	Reuben Bartels	Guido de Bre	10.14m
5	Spencer Smyth	Highland	10.07m
6	Jared Bultje	Guido de Bre	9.93m
7	Dylan Miedema	Hamilton Dis	9.32m
8	Tyrus Gardiner	Highland	8.58m
--	Noah Birthelmer	Highland	ND

#### Men Discus Throw Midget

=====			
HWDSB Record: R 49.38m		1980	Ray Lazdins - Westdale
Name	Year	School	Finals
=====			
1	Ryan Schleeahn	Sir Allan Ma	33.48m
2	Reuben Bartels	Guido de Bre	29.78m
3	Jared Bultje	Guido de Bre	29.30m
4	Chad Bartels	Guido de Bre	27.50m

5 Benjamin Bartels	Guido de Bre	25.88m
6 Ryan Tully	Ancaster Hig	24.59m
7 Dylan Miedema	Hamilton Dis	24.15m
8 Spencer Smyth	Highland	22.55m
-- Jason Shaw	Hamilton Dis	FOUL

Men Javelin Throw 600g Midget

HWDSB Record: R 55.70m 1988		Normand Lemay - G.P. Vanier	
Name	Year	School	Finals
1 Andy Groenwold		Guido de Bre	35.05m
2 Spencer Smyth		Highland	34.88m
3 Ben Reid		Westmount	32.43m
4 Dylan Miedema		Hamilton Dis	30.08m
5 Jared Bultje		Guido de Bre	29.72m
6 Benjamin Bartels		Guido de Bre	27.05m
7 Phil Lucek		Highland	25.14m
8 Shonn Kirkland		Sir Allan Ma	23.15m
9 Ryan Tully		Ancaster Hig	19.28m
10 Jason Shaw		Hamilton Dis	15.40m

Men 100 Meter Dash Junior

HWDSB Record: R 10.90 1976		Jim Brough - Sir Winston Churchill	
HWDSB Record: R 10.90 1994		Chris Daniuk - Sir Winston Churchill	
HWDSB Record: R 10.90 1963		Dave Pearson - Central	
Name	Year	School	Prelims H#

Preliminaries

1 Nick DeLuca		Ancaster Hig	11.73q	3
2 Caleb Bultje		Guido de Bre	12.75q	3
3 Michael Kehinde		Ancaster Hig	12.84q	1
4 Arshdeep Sagotra		Glendale	12.89q	2
5 Ben Frager-Wells		Westdale	12.93q	2
6 Jacob Harriss		Highland	12.96q	2
7 Kelvin Van		Saltfleet	13.00q	1
8 Aahil Jivani		Westdale	13.05q	1
9 Nick Petropoulos		Ancaster Hig	13.23	3
10 Ben Sim		Highland	13.41	1
11 Evan Roth		Hamilton Dis	13.42	3
12 Max Servos		Highland	13.46	2
13 Jarrett Billy		Delta	13.60	3
14 Basit Khan		Sir Winston	13.67	1
15 Thomas McKinley		Delta	14.94	2

Men 100 Meter Dash Junior

HWDSB Record: R 10.90 1976		Jim Brough - Sir Winston Churchill	
HWDSB Record: R 10.90 1994		Chris Daniuk - Sir Winston Churchill	
HWDSB Record: R 10.90 1963		Dave Pearson - Central	
Name	Year	School	Finals

Finals

1 Nick DeLuca		Ancaster Hig	11.73
2 Aahil Jivani		Westdale	12.57
3 Michael Kehinde		Ancaster Hig	12.68

4	Jacob Harriss	Highland	12.74
5	Kelvin Van	Saltfleet	12.77
6	Ben Frager-Wells	Westdale	12.84
7	Caleb Bultje	Guido de Bre	12.87
8	Arshdeep Sagotra	Glendale	13.17

Men 200 Meter Dash Junior

HWDSB Record: R 22.30 1970		N. Marshall - Ancaster	
Name	Year	School	Finals H#
1	Nick DeLuca	Ancaster Hig	24.51 2
2	Jack Holmes	Highland	25.92 2
3	Owen Fisher	Highland	26.15 2
4	Abid Doust	Barton S.S.	26.70 1
5	Caleb Bultje	Guido de Bre	27.12 2
6	Basit Khan	Sir Winston	27.93 2
7	Nick Petropoulos	Ancaster Hig	28.19 2
8	Max Servos	Highland	28.48 1
9	Jarrett Billy	Delta	28.94 1
10	Kyle Senior	Hill Park	29.30 1
11	Thomas McKinley	Delta	33.14 1

Men 400 Meter Dash Junior

HWDSB Record: R 48.90 1990		Mark Graham - Sir Allan MacNab	
Name	Year	School	Finals H#
1	Tom Manson	Highland	55.32 2
2	Josh Culver	Sherwood	55.61 2
3	Jack Holmes	Highland	55.94 2
4	Owen Fisher	Highland	57.12 2
5	Tim Ludwig	Guido de Bre	58.47 2
6	Abid Doust	Barton S.S.	58.49 1
7	Basit Khan	Sir Winston	59.08 1
8	Ben Frager-Wells	Westdale	1:00.79 1
9	Austen Gosney	Waterdown	1:00.96 2
10	Talah Javid	Orchard Park	1:01.30 1
11	Dennis Hutten	Guido de Bre	1:02.41 1
12	Evan Roth	Hamilton Dis	1:03.00 2

Men 800 Meter Run Junior

HWDSB Record: R 1:56.00 1971		Bob Craig - Hill Park	
Name	Year	School	Finals
1	Tom Manson	Highland	2:03.81
2	Erik Heidebrecht	Highland	2:14.33
3	Callum Darby	Sherwood	2:15.17
4	Braeden Witt	Westdale	2:21.78
5	Joel Vansydenborgh	Guido de Bre	2:23.36
6	Luke McConnell	Ancaster Hig	2:24.56
7	Kiani Fairbanks	Highland	2:32.82
8	Andrew Nordeman	Guido de Bre	2:33.30
9	Jason Wigmore	Westdale	2:40.94
10	Connor Schulenberg	Guido de Bre	2:44.11
11	Alexander Jones	Westdale	2:55.22

Men 1500 Meter Run Junior

HWDSB Record: R 4:01.70 1985 Greg Anderson - Parkside			
Name	Year	School	Finals
1 Callum Darby		Sherwood	4:32.36
2 Erik Heidebrecht		Highland	4:37.89
3 Aaron DeJong		Hamilton Dis	4:39.32
4 Joel Vansydenborgh		Guido de Bre	4:46.86
5 Ian Searles		Ancaster Hig	4:49.20
6 Braeden Witt		Westdale	4:54.39
7 Luke McConnell		Ancaster Hig	4:56.86
8 Connor Mcdonald		Highland	4:58.24
9 Andrew Nordeman		Guido de Bre	5:04.08
10 Jacob Stieva		Guido de Bre	5:07.13
11 Kiani Fairbanks		Highland	5:09.65
12 Alex Servos		Highland	5:12.02
13 Zach Chesbro		Sir John A M	5:24.78
14 Jason Wigmore		Westdale	5:31.26
15 Cody Shillday		Waterdown	5:37.03
16 Alexander Jones		Westdale	5:52.69

Men 3000 Meter Run Junior

HWDSB Record: R 8:41.70 1985 Greg Anderson - Parkside			
Name	Year	School	Finals
1 Aaron DeJong		Hamilton Dis	10:22.71
2 Ian Searles		Ancaster Hig	10:40.90
3 Callum Darby		Sherwood	10:41.92
4 Connor Mcdonald		Highland	11:00.25
5 Oakley Brown		Sir John A M	13:28.59

Men 100 Meter Hurdles Junior

HWDSB Record: R 14.91 2011 Marcus Wu - Westmount			
Name	Year	School	Finals
1 Josh Culver		Sherwood	17.07
2 Ben Frager-Wells		Westdale	19.99

Men 300 Meter Hurdles Junior

HWDSB Record: R 39.60 1994 Julian Springer - Barton			
Name	Year	School	Finals
1 Jack Holmes		Highland	46.05
2 Josh Culver		Sherwood	46.13
3 Dennis Hutten		Guido de Bre	52.81

Men 4x100 Meter Relay Junior

HWDSB Record: R 44.70 1975 Barton			
School	Year	School	Finals
1 Ancaster High 'A'			49.91

2 Westdale 'A'	50.86
3 Guido de Bres 'A'	51.91

Men High Jump Junior

=====			
HWDSB Record: R 1.98m		1981	Bob Bunting - Barton
Name	Year	School	Finals
=====			
1 Nick DeLuca		Ancaster Hig	1.65m
2 Michael Kehinde		Ancaster Hig	J1.65m
3 Tim Ludwig		Guido de Bre	1.60m
4 Josh Huisman		Hamilton Dis	1.55m
5 Jacob Stieva		Guido de Bre	1.50m
6 Carl Schroder		Waterdown	1.45m
-- David Schuurman		Hamilton Dis	NH

Men Long Jump Junior

=====			
HWDSB Record: R 6.69m		1994	John Ramoutar - Westmount
Name	Year	School	Finals
=====			
1 Maverick Mooney		Parkside	5.21m
2 Austen Gosney		Waterdown	5.07m
3 Max Servos		Highland	4.98m
4 Victor Lazdins		Ancaster Hig	4.81m
-- Tyler Kampen		Guido de Bre	ND
-- Thomas McKinley		Delta	ND
-- Jarrett Billy		Delta	ND
-- Carl Schroder		Waterdown	ND
-- Jacob Harriss		Highland	ND
-- Connor Schulenberg		Guido de Bre	ND

Men Triple Jump Junior

=====			
HWDSB Record: R 13.44m		1974	Harpaul Grant - Scott Park
Name	Year	School	Finals
=====			
1 Josh Huisman		Hamilton Dis	11.26m
2 Victor Lazdins		Ancaster Hig	10.62m
3 Tyler Kampen		Guido de Bre	10.38m
4 Evan Roth		Hamilton Dis	10.16m
5 Connor Schulenberg		Guido de Bre	9.41m

Men Shot Put 4kg Junior

=====			
HWDSB Record: R 15.74m		2003	Mike Barnes - Saltfleet
Name	Year	School	Finals
=====			
1 Benjamin Hepburn		Waterdown	13.37m
2 Austen Gosney		Waterdown	11.62m
3 Alex Holmes		Highland	9.99m
4 Denver Boeringa		Guido de Bre	9.76m
5 Ben Sim		Highland	9.47m
6 David Schuurman		Hamilton Dis	8.11m
7 Mitchell Jonker		Guido de Bre	8.10m
-- Rowan Edwards Carol		Highland	ND
-- Rob Wilkinson		Highland	ND

Men Discus Throw Junior

=====			
HWDSB Record: R 45.57m 1979		Greg Webb - Sir Allan MacNab	
Name	Year	School	Finals
=====			
1		Denver Boeringa	Guido de Bre 32.85m
2		Tim Ludwig	Guido de Bre 29.98m
3		Jacob Comley	Saltfleet 28.81m
4		Abid Doust	Barton S.S. 28.51m
5		Ben Sim	Highland 24.46m
6		Mitchell Jonker	Guido de Bre 24.31m
7		Evan Marshall	Waterdown 23.85m
8		David Schuurman	Hamilton Dis 22.09m
9		Alex Holmes	Highland 18.34m

Men Javelin Throw 600g Junior

=====			
HWDSB Record: R 54.50m 1973		Bill Sparks - Glendale	
Name	Year	School	Finals
=====			
1		Evan Marshall	Waterdown 41.24m
2		Josh Huisman	Hamilton Dis 37.25m
3		Kelvin Van	Saltfleet 34.78m
4		Michael Kehinde	Ancaster Hig 33.57m
5		Jacob Stieva	Guido de Bre 33.41m
6		Caleb Bultje	Guido de Bre 29.36m
7		Jacob Comley	Saltfleet 27.60m
8		Mitchell Jonker	Guido de Bre 24.95m

Men 100 Meter Dash Senior

=====					
HWDSB Record: R 10.60 1991		Mark Graham - Sir Allan MacNab			
HWDSB Record: R 10.60 1999		Jerome Joseph - Delta			
HWDSB Record: R 10.60 1984		Andrew Mowatt - Southmount			
Name	Year	School	Prelims	H#	
=====					
Preliminaries					
1		Taylor Burjaw	Ancaster Hig	11.53q	3
2		Isaiah Guzlak-Messam	Sir Allan Ma	11.57q	4
3		Tomi Tunde-Idowu	Hamilton Dis	11.93q	1
4		Elvis Okwudili	Hamilton Dis	12.11q	2
4		Austin Kit	Orchard Park	12.11q	2
6		Jake Stewart	Parkside	12.18q	4
7		Justin Bourassa	Parkside	12.24q	2
8		Scott Roth	Hamilton Dis	12.28q	1
9		Jesse Post	Guido de Bre	12.30	4
10		Niah Wilson	Glendale	12.34	2
11		Eric Pot	Hamilton Dis	12.40	5
12		Mahamat Bashir	Glendale	12.44	5
13		Romario McKnight	Glendale	12.50	3
14		Brent Ellis	Sherwood	12.52	4
15		Tyler Dugas	Barton S.S.	12.65	2
16		Dylan DePodesta	Glendale	12.70	1
17		Sam Creton	Ancaster Hig	12.72	3
18		Drew Farquhar	Delta	12.76	4
19		Kevin Phan	Sir Winston	12.85	4



20	Marcus Gopic	Sir Winston	12.86	5
21	Brett Haynes	Sir Allan Ma	12.87	1
22	Tyler Butters	Waterdown	12.88	1
22	Connor Dunlop	Highland	12.88	3
24	Stephen Misener	Highland	12.95	1
25	Daniel Riehl	Westdale	13.00	2
26	Brandon Lombardo	Barton S.S.	13.12	3
27	Austin Noble	Sir Winston	13.14	4
28	Reuben Aasman	Guido de Bre	13.35	5
29	Kyle Haines	Delta	13.36	2
30	Riley Macneil	Sir Winston	13.40	2
31	Quintin Osmond-Ward	Sherwood	13.44	5
32	Muntazer Alkayat	Sherwood	13.62	1

#### Men 100 Meter Dash Senior

HWDSB Record: R 10.60	1991	Mark Graham - Sir Allan MacNab
HWDSB Record: R 10.60	1999	Jerome Joseph - Delta
HWDSB Record: R 10.60	1984	Andrew Mowatt - Southmount
Name	Year School	Finals

#### Finals

1	Taylor Burjaw	Ancaster Hig	11.45
2	Isaiah Guzlak-Messam	Sir Allan Ma	11.49
3	Tomi Tunde-Idowu	Hamilton Dis	11.85
4	Elvis Okwudili	Hamilton Dis	11.99
5	Justin Bourassa	Parkside	12.08
6	Austin Kit	Orchard Park	12.12
7	Scott Roth	Hamilton Dis	12.27
8	Jake Stewart	Parkside	12.30

#### Men 200 Meter Dash Senior

HWDSB Record: R 21.10	1999	Jerome Joseph - Delta		
Name	Year School	Finals	H#	
1	Taylor Burjaw	Ancaster Hig	24.22	6
2	Isaiah Guzlak-Messam	Sir Allan Ma	24.65	3
3	Tomi Tunde-Idowu	Hamilton Dis	25.14	6
4	Justin Bourassa	Parkside	25.37	6
5	Brock Lymen	Orchard Park	25.38	2
6	Nick Hauser	Ancaster Hig	25.81	5
7	Darnell Curtin	Saltfleet	25.89	2
8	Cameron Kapteyn	Westmount	25.96	6
9	Hamid Dwyer	Sir Allan Ma	26.03	4
10	Brent Ellis	Sherwood	26.12	6
11	Willie Giddens	Highland	26.18	6
12	Tyler Dugas	Barton S.S.	26.23	2
13	Ian Pessoa	Orchard Park	26.42	4
14	Harun Mrzljak	Glendale	26.56	3
15	Daniel Riehl	Westdale	26.60	2
16	Dylan DePodesta	Glendale	26.66	2
17	Johan Heemskerk	Guido de Bre	26.78	2
18	Brandon Lombardo	Barton S.S.	27.02	3
19	Aaron Noble	Sir Winston	27.16	3
20	Drew Farquhar	Delta	27.26	4
21	Connor Dunlop	Highland	27.27	3

22	Kyle Haines	Delta	27.43	1
23	Caleb Lofchick	Sir Allan Ma	27.47	3
24	Turner Gardiner	Highland	27.52	6
25	Reuben Aasman	Guido de Bre	27.66	3
26	Derik Borowitz	Glendale	27.99	4
27	Nathaniel Douglin	Sherwood	28.24	5
28	Muntazer Alkayat	Sherwood	28.45	5
29	Owais Muhammad	Glendale	28.75	4
30	Quintin Osmond-Ward	Sherwood	28.78	5
31	Brandon Tran	Glendale	29.33	1

Men 400 Meter Dash Senior

HWDSB Record: R 46.20 1991		Mark Graham - Sir Allan MacNab		
Name	Year	School	Finals	H#
1	Liam Smith	Highland	53.38	3
2	Ian Pessoa	Orchard Park	57.93	1
3	Cameron Kapteyn	Westmount	58.09	3
4	Willie Giddens	Highland	58.45	3
5	Owais Muhammad	Glendale	1:00.32	2
6	Turner Gardiner	Highland	1:00.59	3
7	Tyler McCallum	Highland	1:00.87	1
8	Derik Borowitz	Glendale	1:00.89	2
9	Anthony deCarlo	Waterdown	1:05.27	1

Men 800 Meter Run Senior

HWDSB Record: R 1:51.40 1990		Michael Belbeck - Westdale		
Name	Year	School	Finals	
1	Liam Smith	Highland	1:58.29	
2	Nathan Dehghan	Ancaster Hig	2:09.74	
3	Calvin deJong	Guido de Bre	2:16.09	
4	Jack Mills	Ancaster Hig	2:19.47	
5	Rob Vangoolen	Guido de Bre	2:21.15	
6	Shane Singh	Saltfleet	2:22.36	
7	Liam McLaughlin	Delta	2:22.39	
8	Shawn Neeb	Waterdown	2:22.90	
9	Caleb Thompson	Parkside	2:23.87	
10	Dan Wanders	Guido de Bre	2:29.91	
11	Anthony deCarlo	Waterdown	2:44.27	
12	Jeremy Shaw	Hamilton Dis	2:46.36	
13	Eric Richardson	Delta	2:47.10	
14	Nic Pal	Orchard Park	3:04.62	

Men 1500 Meter Run Senior

HWDSB Record: R 3:52.70 1986		Greg Anderson - Parkside		
Name	Year	School	Finals	
1	Liam Smith	Highland	4:10.63	
2	Nathan Dehghan	Ancaster Hig	4:26.27	
3	Shane Singh	Saltfleet	4:44.33	
4	Rob Vangoolen	Guido de Bre	4:45.33	
5	Landon Fama	Parkside	4:46.81	
6	Liam McLaughlin	Delta	4:47.75	

7	Shawn Neeb	Waterdown	4:47.98
8	Josh Dejager	Highland	4:51.82
9	Will Jones	Ancaster Hig	4:56.75
10	Caleb Thompson	Parkside	5:01.57
11	Robert Plant	Sherwood	5:07.39
12	Joel Szota	Ancaster Hig	5:07.53
13	Marc Joosse	Guido de Bre	5:16.59
14	John Sober	Parkside	5:16.63
15	Eric Richardson	Delta	5:41.36

Men 3000 Meter Run Senior

=====			
HWDSB Record: R 8:23.30 1986 Greg Anderson - Parkside			
Name	Year	School	Finals
=====			
1	Kent Hambly	Ancaster Hig	10:10.27
2	Brandon Thorburn	Ancaster Hig	10:38.82
3	Abdi Mahdi	Sir John A M	10:39.69
4	Will Jones	Ancaster Hig	10:47.86
5	Josh Dejager	Highland	11:15.23
6	Bryan Mostert	Hamilton Dis	11:18.74
7	Brock Lymen	Orchard Park	11:23.11
8	Jackson Brown	Sir John A M	11:28.45
9	Liam McLaughlin	Delta	11:33.75

Men 110 Meter Hurdles Senior

=====				
HWDSB Record: R 14.50 1995 M. Hodgson - Waterdown				
Name	Year	School	Finals	H#
=====				
1	Marcus Wu	Westmount	17.31	2
2	Jack Wilkinson	Highland	18.25	2
3	Bryce Botterill	Highland	18.82	1
4	Isaac Bates	Hamilton Dis	18.93	1
5	Justin Bourassa	Parkside	19.12	2
6	Darnell Curtin	Saltfleet	20.67	2

Men 400 Meter Hurdles Senior

=====				
HWDSB Record: R 56.50 1987 Rick Gelder - Saltfleet				
Name	Year	School	Finals	H#
=====				
1	Hamid Dwyer	Sir Allan Ma	1:06.52	1
2	Jack Wilkinson	Highland	1:06.71	2
3	Brock Lymen	Orchard Park	1:07.33	1
4	Bryce Botterill	Highland	1:08.19	2
5	Fraser Slaa	Guido de Bre	1:08.26	1
6	Caleb Lofchick	Sir Allan Ma	1:11.74	2
7	Tom Matukala	Ancaster Hig	1:15.12	1

Men 4x100 Meter Relay Senior

=====			
HWDSB Record: R 43.30 1975 Sir Wilfrid Laurier			
School	Year	Finals	H#
=====			
1	Glendale 'A'	48.00	1
2	Hamilton District 'A'	48.23	2

3	Ancaster High 'A'	49.56	2
4	Sir Allan MacNab 'A'	50.47	1
5	Sherwood 'A'	51.78	2
6	Delta 'A'	53.47	1
7	Highland 'A'	54.69	2

Men High Jump Senior

HWDSB Record: R 2.01m 1983		G. Winniski - Waterdown	
Name	Year	School	Finals
1		Flavio Alfico	Glendale 1.85m
2		Caleb Datema	Guido de Bre J1.85m
3		Jake Stewart	Parkside 1.75m
4		Brad Mans	Guido de Bre J1.75m
5		Matt Kennett	Ancaster Hig 1.65m
6		Mike Langley	Glendale 1.60m
6		Nathaniel Douglin	Sherwood 1.60m
8		Johan Heemskerk	Guido de Bre J1.60m
9		Turner Gardiner	Highland 1.55m

Men Long Jump Senior

HWDSB Record: R 6.86m 1992		B. Lyons - Waterdown	
Name	Year	School	Finals
1		Marcus Wu	Westmount 6.34m
2		Austin Kit	Orchard Park 6.31m
3		Elvis Okwudili	Hamilton Dis 5.85m
4		Flavio Alfico	Glendale 5.62m
5		Caleb Datema	Guido de Bre 5.53m
6		Isaiah Guzlak-Messam	Sir Allan Ma 5.50m
7		Fraser Slaa	Guido de Bre 5.48m
8		Darnell Curtin	Saltfleet 5.25m
9		Harun Mrzljak	Glendale 5.22m
10		Connor Dunlop	Highland 5.13m
11		Mike Langley	Glendale 5.07m
12		Caleb Lofchick	Sir Allan Ma 4.96m
13		Brent Ellis	Sherwood 4.79m
14		Nathaniel Douglin	Sherwood 4.71m
15		Jeremy Shaw	Hamilton Dis 4.68m
--		Eric Richardson	Delta ND
--		Johan Heemskerk	Guido de Bre ND
--		Brett Haynes	Sir Allan Ma ND

Men Triple Jump Senior

HWDSB Record: R 14.14m 1993		B. Lyons - Waterdown	
Name	Year	School	Finals
1		Austin Kit	Orchard Park 12.58m
2		Caleb Datema	Guido de Bre 12.13m
3		Reuben Aasman	Guido de Bre 10.62m
4		Brad Mans	Guido de Bre 10.50m
5		Tyler Dugas	Barton S.S. 10.05m
6		Alex Bylsma	Highland 8.94m

Men Shot Put 12 lb Senior

HWDSB Record: R 20.38m 2005 Mike Barnes - Saltfleet			
Name	Year	School	Finals
1 Ben Brown		Sir Allan Ma	11.33m
2 Aaron Williams		Guido de Bre	11.31m
3 Jake Williams		Sir Allan Ma	10.72m
4 Brad Joosse		Guido de Bre	10.62m
5 Frank Madden		Sir Winston	10.23m
6 Dan Wanders		Guido de Bre	9.88m
7 Jake Northey		Highland	9.43m
8 Steven Washington		Sir Winston	9.41m
9 Dan Greaves		Ancaster Hig	9.39m
9 Tomas Kucic		Highland	9.39m
11 Tyler McCallum		Highland	9.21m
12 Trystan Meilleur		Ancaster Hig	8.97m
13 Austin Raike		Delta	8.73m
14 Jaime Willis		Delta	8.05m
15 Gary Eng		Westdale	6.60m

Men Discus Throw 1.613kg Senior

HWDSB Record: R 53.20m 2005 Mike Barnes - Saltfleet			
Name	Year	School	Finals
1 Aaron Williams		Guido de Bre	32.14m
2 Tomas Kucic		Highland	31.96m
3 Brandyn Bowman		Highland	29.12m
4 Jack Wilkinson		Highland	27.41m
5 Tyson Blokker		Guido de Bre	J27.41m
6 Zach Cropper		Hamilton Dis	26.80m
7 Ben Brown		Sir Allan Ma	26.28m
8 Jeremy Shaw		Hamilton Dis	25.74m
9 Jesse Komdeur		Guido de Bre	24.68m
10 Gage MacKenzie		Sir Allan Ma	22.76m
11 Greg Glasbergen		Hamilton Dis	21.86m
12 Dan Greaves		Ancaster Hig	21.14m
13 Trystan Meilleur		Ancaster Hig	20.81m
14 Gary Eng		Westdale	20.51m
15 Joel Barbeau		Highland	16.50m

Men Javelin Throw 800g Senior

HWDSB Record: R 58.56m 1971 Frank Evans - H.C.I.			
Name	Year	School	Finals
1 Zach Cropper		Hamilton Dis	38.14m
2 Jake Northey		Highland	37.95m
3 Brandyn Bowman		Highland	37.57m
4 Alex Bylsma		Highland	36.75m
5 Gage MacKenzie		Sir Allan Ma	34.79m
6 Jesse Komdeur		Guido de Bre	33.78m
7 Joel Barbeau		Highland	32.82m
8 Jake Williams		Sir Allan Ma	32.69m
9 Trystan Meilleur		Ancaster Hig	30.46m
10 Tyson Blokker		Guido de Bre	29.00m

11	Greg Glasbergen	Hamilton Dis	28.39m
12	Gary Eng	Westdale	28.04m
13	Tomas Kucic	Highland	25.27m
14	Shane Singh	Saltfleet	23.99m
--	Brett Haynes	Sir Allan Ma	ND
--	Yiorgos Sotiropoulos	Parkside	ND
--	Cameron Kapteyn	Westmount	ND
--	Dan Greaves	Ancaster Hig	ND
--	Brad Joosse	Guido de Bre	ND

Men 2000 Meter Steeplechase Open

=====			
HWDSB Record: R 6:15.90 1983 J. Loney - Ancaster			
Name	Year	School	Finals
=====			
1	Kent Hambly	Ancaster Hig	6:56.02
2	Calvin deJong	Guido de Bre	7:11.54
3	Luke McConnell	Ancaster Hig	7:21.69
4	John Sober	Parkside	7:26.04
5	Abdi Mahdi	Sir John A M	7:31.22
6	Dan Wanders	Guido de Bre	7:33.14
7	Tom Matukala	Ancaster Hig	7:34.09
8	Brandon Thorburn	Ancaster Hig	7:34.19
9	Joel Szota	Ancaster Hig	7:45.14
10	Jackson Brown	Sir John A M	7:45.94
11	Bryan Mostert	Hamilton Dis	8:02.93
12	Oakley Brown	Sir John A M	9:14.63

Men 4x400 Meter Relay Open

=====			
HWDSB Record: R 3:22.60 1992 Sir Allan MacNab			
School	Year	School	Finals
=====			
1	Highland	'A'	3:48.11
2	Guido de Bres	'A'	3:56.11
3	Ancaster High	'A'	4:07.29
4	Sir Allan MacNab	'A'	4:22.81