

H.W.I.A.C. 2014 - 5/15/2014  
 Track and Field  
 Mohawk Sports Park  
 Results

Women 100 Meter Dash Midget

Name	Year School	Prelims	H#
Preliminaries			
1 Eryn Reader	Sir John A M	13.63q	1
2 Georgia Temush	Highland	13.82q	1
3 Sydney Turpin	Highland	13.85q	2
4 Laura Garber	Westdale	13.96q	4
5 Maddy Leek	Westdale	13.98q	3
6 Lara Swanborough	Highland	14.03q	3
7 Zoe Sirko	Westdale	14.41q	1
8 Claire VanderHoek	Hamilton Dis	14.60q	4
9 Alexandra Wong	Sherwood	14.67	2
10 Karissa Stegenga	Guido de Bre	14.87	4
11 Nora Raymond	Ancaster Hig	14.99	3
12 Katie Tsounis	Highland	15.08	2
13 Elissa Tantarú	Westmount	15.13	2
14 Cassandra Lula	Westdale	15.15	2
15 Esther Jager	Guido de Bre	15.27	3
16 Gabriella Horsman	Orchard Park	15.35	1
17 Molly Martin	Saltfleet	15.37	3
18 Sandra Nguyen	Orchard Park	15.51	2
19 Debra Vanderlaan	Guido de Bre	15.71	2
20 Berrihan Azzam	Ancaster Hig	15.72	3
21 Bianca Coleman	Waterdown	16.00	4
22 Nadeen Abdalaal	Ancaster Hig	16.18	4
23 Sydney McFarlane	Westmount	16.39	4
24 Flutera Imeri	Orchard Park	16.64	1
25 Camryn Brown	Highland	16.74	4
26 Kelsey Hooks	Hill Park	17.31	3
27 Hannah Vromans	Hill Park	17.91	1

Women 100 Meter Dash Midget

Name	Year School	Finals
Finals		
1 Eryn Reader	Sir John A M	13.58
2 Sydney Turpin	Highland	13.61
3 Georgia Temush	Highland	13.76
4 Maddy Leek	Westdale	13.77
5 Laura Garber	Westdale	14.10
6 Lara Swanborough	Highland	14.26
7 Claire VanderHoek	Hamilton Dis	14.40
8 Zoe Sirko	Westdale	14.53

Women 200 Meter Dash Midget

Name	Year School	Finals	H#
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1	eryn reader	Sir John A M	28.70	1
2	Sydney Turpin	Highland	29.12	4
3	Georgia Temush	Highland	29.78	3
4	Laura Garber	Westdale	30.33	1
5	Jenna Rainville	Saltfleet	30.77	3
6	Alexandra Wong	Sherwood	30.95	4
7	Emily Chant	Waterdown	31.11	1
8	Sarah Young	Hamilton Dis	31.15	1
9	Esther Jager	Guido de Bre	31.30	4
10	Cassandra Lula	Westdale	31.62	3
11	Peipei Wang	Westdale	32.10	2
12	Marya Woudenberg	Guido de Bre	32.18	4
13	Elissa Tantar	Westmount	32.30	4
14	Debra Vanderlaan	Guido de Bre	32.54	4
15	Claire VanderHoek	Hamilton Dis	32.57	1
16	Gabriella Horsman	Orchard Park	32.60	2
17	Molly Martin	Saltfleet	32.65	2
18	Victoria Pansegrau	Highland	32.69	3
19	Bianca Coleman	Waterdown	33.42	2
20	Berrihan Azzam	Ancaster Hig	33.57	4
21	Emma Black	Hill Park	33.98	1
22	Jocelyn Togeretz	Guido de Bre	34.03	3
23	Nadeen Abdalaal	Ancaster Hig	35.76	1
24	Bianca Garlisi	Sir Winston	38.00	2

Women 400 Meter Dash Midget

Name	Year	School	Finals	H#
1	Fin Adams	Highland	1:05.11	2
2	Marya Woudenberg	Guido de Bre	1:10.25	2
3	Erica Winks	Waterdown	1:11.06	1
4	Peipei Wang	Westdale	1:12.19	2
5	Karissa Stegenga	Guido de Bre	1:13.59	1
6	Victoria Pansegrau	Highland	1:15.18	1
7	Madison Blokker	Guido de Bre	1:15.24	1
8	Molly Martin	Saltfleet	1:18.09	1
9	Camryn Brown	Orchard Park	1:21.09	1
10	Bianca Garlisi	Sir Winston	1:30.92	2

Women 800 Meter Run Midget

Name	Year	School	Finals
1	Fin Adams	Highland	2:16.93
2	Jenna Rainville	Saltfleet	2:41.71
3	Nora Raymond	Ancaster Hig	2:45.08
4	Megan Vogel	Highland	2:45.10
5	Rachel Bosscher	Guido de Bre	2:53.06
6	Jasmine Almaguer Sheldri	Westdale	2:55.54
7	Michelle Hunt	Highland	2:55.73
8	Lucy Hilbert	Westdale	3:05.53
9	Mackwiz Kasweka	Guido de Bre	3:08.46
10	annie mezbek	Waterdown	3:12.57
11	Camryn Brown	Orchard Park	3:15.77
12	Caitlin Parr	Westdale	3:17.37

Women 1500 Meter Run Midget

Name	Year	School	Finals
1 Megan Vogel		Highland	5:38.81
2 Grace Laurat		Ancaster Hig	5:51.13
3 Astrid Moore		Highland	5:56.30
4 Michelle Hunt		Highland	5:59.04
5 Lucy Hilbert		Westdale	6:03.69
6 Rachel Bosscher		Guido de Bre	6:11.97
7 Nadeen Abdalaal		Ancaster Hig	6:13.91
8 Bailey Stegenga		Guido de Bre	6:15.15
9 annie mezgec		Waterdown	6:28.34
10 Mackwiz Kasweka		Guido de Bre	6:29.24
11 Fiona Bishop		Highland	6:35.97
12 Cade Bromke		Ancaster Hig	7:09.89

Women 3000 Meter Run Midget

Name	Year	School	Finals
1 Sam Dean		Highland	13:43.02
2 Astrid Moore		Highland	14:31.22

Women 80 Meter Hurdles Midget

Name	Year	School	Finals
1 Lara Swanborough		Highland	15.53
2 Zoe Sirko		Westdale	16.14
3 Katie Tsounis		Highland	16.82
4 Cassandra Lula		Westdale	17.25

Women 300 Meter Hurdles Midget

Name	Year	School	Finals
1 Lara Swanborough		Highland	53.66
2 Erica Winks		Waterdown	55.74
3 Sabrina Brittain		Highland	56.35
4 Georgia Temush		Highland	57.36
5 Sarah Spanninga		Guido de Bre	57.89
6 Marya Woudenberg		Guido de Bre	1:01.27
7 Camryn Brown		Orchard Park	1:10.42

Women 4x100 Meter Relay Midget

School	Finals
1 Highland 'A'	57.54
2 Guido de Bres 'A'	58.76
1) Debra Vanderlaan	2) Esther Jager
3) Sarah Spanninga	4) Karissa Stegenga
3 Westdale 'A'	59.97
1) Maddy Leek	2) Zoe Sirko
3) Laura Garber	4) Cassandra Lula
5) Jasmine Almaguer Sheldrick	6) Peipei Wang

4 Hill Park 'A'		1:05.68
1) Emma Black	2) Leya Burns	
3) Ashley Carpenter	4) Kelsey Hooks	
5) Hannah Vromans	6)	

Women High Jump Midget

Name	Year School	Finals
1 Jasmine Almaguer Sheldri	Westdale	1.47m
2 Cailyn Deboer	Guido de Bre	1.35m
3 Nora Raymond	Ancaster Hig	J1.35m
4 Hailey Bowen	Sherwood	1.30m
5 Mackwiz Kasweka	Guido de Bre	1.25m
-- Sarah Spanninga	Guido de Bre	NH

Women Long Jump Midget

Name	Year School	Finals
1 Jasmine Almaguer Sheldri	Westdale	4.48m
2 Sarah Young	Hamilton Dis	4.28m
3 Laura Garber	Westdale	4.26m
4 Hailey Bowen	Sherwood	4.04m
5 Zoe Sirko	Westdale	J4.04m
6 Claire VanderHoek	Hamilton Dis	3.53m
7 Bailey Stegenga	Guido de Bre	3.45m
8 Karissa Stegenga	Guido de Bre	3.42m
9 Debra Vanderlaan	Guido de Bre	3.35m
10 Ashley Carpenter	Hill Park	3.28m
11 Sydney McFarlane	Westmount	2.38m

Women Triple Jump Midget

Name	Year School	Finals
1 Sarah Young	Hamilton Dis	9.21m
2 Hailey Bowen	Sherwood	8.70m
3 Sarah Spanninga	Guido de Bre	7.62m
4 Rachel Bosscher	Guido de Bre	7.21m
5 Madison Blokker	Guido de Bre	6.92m

Women Shot Put 4 kg Midget

Name	Year School	Finals
1 Angela Boeringa	Guido de Bre	8.39m
2 Robin Johnson	Westmount	7.53m
3 Sarah Vandasselaar	Guido de Bre	5.87m
4 Sara Rooney	Highland	5.86m
5 Victoria Pansegrau	Highland	5.84m
6 Camryn Brown	Highland	5.17m
7 Jocelyn Togeretz	Guido de Bre	5.14m

Women Discus Throw Midget

Name	Year School	Finals
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1	Angela Boeringa	Guido de Bre	21.92m
2	Tessa Knegt	Guido de Bre	20.28m
3	Robin Johnson	Westmount	18.25m
4	Cailyn Deboer	Guido de Bre	18.07m

Women Javelin Throw 600g Midget

Name	Year	School	Finals
1	Charlotte McCormack	Saltfleet	18.89m
2	Tessa Knegt	Guido de Bre	18.46m
3	Alexis Skirrow	Saltfleet	18.16m
4	Mackenzie Kauth	Saltfleet	16.30m
5	Michelle Hunt	Highland	15.53m
6	Madison Blokker	Guido de Bre	14.45m
7	Angela Boeringa	Guido de Bre	13.62m
8	Sara Rooney	Highland	13.38m
9	Camryn Brown	Highland	12.20m

Women 100 Meter Dash Junior

Name	Year	School	Prelims	H#
Preliminaries				
1	Kelly Donoff	Highland	13.22q	3
2	Brooke bottos	Waterdown	13.33q	3
3	Rachel Stanga	Westdale	13.42q	2
4	Marissa Dubois	Westdale	13.50q	1
5	Sophia Winter	Hamilton Dis	13.61q	4
6	Jessie Heslip	Highland	13.85q	4
7	Kennedy Bell	Saltfleet	13.87q	2
8	Kiara Daw	Westmount	14.35q	4
9	Dana Moore	Westmount	14.62	3
10	Jen Hutten	Guido de Bre	14.65	1
11	Marina Khawaja	Westmount	14.74	2
12	Joud Hassoun	Ancaster Hig	14.75	4
13	Katarina Post	Guido de Bre	14.77	2
14	Erin Tandan	Waterdown	15.07	2
15	Fatima DeFeitas	Barton S.S.	15.13	3
16	Lexi Watson	Westmount	15.21	2
17	Sarah Butts	Westmount	15.23	3
18	Corynn Smith	Westmount	15.24	1
19	Valerie Bergsma	Hamilton Dis	15.29	3
20	Paige Carbonneau	Highland	15.47	1
21	Kimberly Bidwell	Delta	15.58	4
22	Esther van der Woerd	Hamilton Dis	15.62	2
23	Victoria Sher	Ancaster Hig	15.71	1
24	Emilee Classens	Waterdown	16.21	1
25	Faith Pachioli	Orchard Park	16.73	2

Women 100 Meter Dash Junior

Name	Year	School	Finals
Finals			
1	Brooke bottos	Waterdown	13.24

2	Kelly Donoff	Highland	13.27
3	Rachel Stanga	Westdale	13.45
4	Sophia Winter	Hamilton Dis	13.51
5	Marissa Dubois	Westdale	13.89
6	Kennedy Bell	Saltfleet	13.95
7	Jessie Heslip	Highland	14.02
8	Kiara Daw	Westmount	14.42

Women 200 Meter Dash Junior

Name	Year	School	Finals	H#
1	Jenna Smith	Highland	26.73	3
2	Kelly Donoff	Highland	28.18	3
3	Mara Balvers	Westdale	28.85	2
4	Sophia Winter	Hamilton Dis	29.23	3
5	Kennedy Bell	Saltfleet	29.60	2
6	Rachel Sorley	Saltfleet	30.59	3
7	Jen Hutten	Guido de Bre	30.63	3
8	Laura DeJong	Hamilton Dis	31.31	3
9	Marina Khawaja	Westmount	31.54	2
10	Erin Tandan	Waterdown	31.66	1
11	Alexandra Jansen	Westmount	31.86	3
12	kayla bradley	Sir John A M	31.92	2
12	Corynn Smith	Westmount	31.92	1
14	Valerie Bergsma	Hamilton Dis	32.37	1
15	Sarah Butts	Westmount	32.48	3
16	Lexi Watson	Westmount	33.37	1

Women 400 Meter Dash Junior

Name	Year	School	Finals	H#
1	Jenna Smith	Highland	58.05	2
2	Chloe Hewitt	Westdale	1:00.61	2
3	Rachel Sorley	Saltfleet	1:09.93	2
4	Emma Waddington	Westdale	1:10.10	1
5	Alexandra Jansen	Westmount	1:10.27	1
6	Michaela Vis	Guido de Bre	1:11.39	2
7	Danielle Datzkiw	Westmount	1:11.48	2
8	Ashley Ligtenberg	Guido de Bre	1:12.13	2
9	kayla bradley	Sir John A M	1:12.17	2
10	Laura DeJong	Hamilton Dis	1:12.29	1
11	Jessica Magliocco	Sir Winston	1:13.14	1
12	Rhianna Parent	Highland	1:13.85	2
13	Megan Douma	Guido de Bre	1:18.35	1
14	Cassy Wilkinson	Sir Winston	1:21.71	1

Women 800 Meter Run Junior

Name	Year	School	Finals
1	Chloe Hewitt	Westdale	2:29.79
2	Jasmine Buckridge	Westdale	2:30.79
3	Beth Vandeburghen	Guido de Bre	2:42.19
4	Nicole Whitmore	Westdale	2:57.78
5	Rhianna Parent	Highland	3:01.88

6	Jannel Denbroeder	Guido de Bre	3:09.96
7	Nina Brown	Orchard Park	3:16.16

Women 1500 Meter Run Junior

Name	Year School	Finals	
1	Jasmine Buckridge	Westdale	5:09.36
2	Camille Dehghan	Ancaster Hig	5:12.42
3	Beth Vandeburghen	Guido de Bre	5:25.64
4	Allison gibb	Waterdown	5:40.01
5	Sarah Incretolli	Saltfleet	5:51.31
6	Darragh rumple	Waterdown	6:13.60
7	Jannel Denbroeder	Guido de Bre	6:29.04
8	Jade Drumm	Saltfleet	6:29.13
9	Paige Corbett	Highland	6:33.23
10	Claire Vandergriendt	Guido de Bre	6:36.86
11	Emily Brockway	Saltfleet	6:39.34

Women 3000 Meter Run Junior

Name	Year School	Finals	
1	Camille Dehghan	Ancaster Hig	11:36.69
2	Emma Waddington	Westdale	12:40.41
3	Sarah Incretolli	Saltfleet	12:49.32
4	Claire Vandergriendt	Guido de Bre	14:27.97

Women 80 Meter Hurdles Junior

Name	Year School	Finals	
1	Brittany Stenekes	Highland	12.06
2	Rachel Stanga	Westdale	13.48
3	Brooke bottos	Waterdown	13.63
4	Sophia Winter	Hamilton Dis	15.39
5	Fatima DeFeitas	Barton S.S.	15.97

Women 300 Meter Hurdles Junior

Name	Year School	Finals	
1	Brittany Stenekes	Highland	48.06
2	Heather Nichols	Highland	53.30
3	Fatima DeFeitas	Barton S.S.	53.98
4	Nicole Whitmore	Westdale	55.90
5	Michaela Vis	Guido de Bre	55.99
6	Ashley Ligtenberg	Guido de Bre	56.36
7	Jessica Tenhage	Guido de Bre	58.92

Women 4x100 Meter Relay Junior

School	Finals
1 Westdale 'A'	52.67
1) Marissa Dubois	2) Rachel Stanga
3) Chloe Hewitt	4) Mara Balvers

5) Jasmine Buckridge	6) Nicole Whitmore	
2 Highland 'A'		52.79
3 Waterdown 'A'		55.89
1) Brooke bottos	2) Lindsay Wilcox	
3) Erica Weusten	4) Emilee Claessens	
5) Kaily Howell	6) Erin Tandan	
4 Guido de Bres 'A'		57.88
1) Jen Hutten	2) Michaela Vis	
3) Beth Vandebrugghen	4) Ashley Ligtenberg	
5 Westmount 'A'		59.26
1) Sarah Butts	2) Lexi Watson	
3) Kiara Daw	4) Marina Khawaja	
5) Dana Moore	6) Corynn Smith	
6 Hamilton District 'A'		59.48

#### Women High Jump Junior

Name	Year School	Finals
1 Heather Nichols	Highland	1.35m
2 Jessica Tenhage	Guido de Bre	J1.35m
3 Shayla Post	Guido de Bre	J1.35m
4 Lexi Watson	Westmount	1.30m
4 Katarina Post	Guido de Bre	1.30m
-- Nicole Wang	Westdale	NH
-- Taylor-Lee Brochu	Westdale	NH
-- Kiara Daw	Westmount	NH
-- Maria Rodriguez	Ancaster Hig	NH

#### Women Long Jump Junior

Name	Year School	Finals
1 Brittany Stenekes	Highland	5.19m
2 Mara Balvers	Westdale	4.75m
3 Marissa Dubois	Westdale	4.72m
4 Rachel Stanga	Westdale	4.65m
5 Brooke bottos	Waterdown	4.56m
6 kayla bradley	Sir John A M	3.87m
7 Valerie Bergsma	Hamilton Dis	3.85m
8 Esther van der Woerd	Hamilton Dis	3.84m
-- Kennedy Bell	Saltfleet	FOUL
-- Emily Brockway	Saltfleet	FOUL
-- Rachel Sorley	Saltfleet	FOUL
-- Marina Khawaja	Westmount	FOUL
-- Taylor-Lee Brochu	Westdale	FOUL
-- Danielle Datzkiw	Westmount	FOUL

#### Women Triple Jump Junior

Name	Year School	Finals
1 Heather Nichols	Highland	9.22m
2 Katarina Post	Guido de Bre	9.13m
3 Esther van der Woerd	Hamilton Dis	8.78m
4 Jessica Tenhage	Guido de Bre	8.68m
5 Emily Koopman	Hamilton Dis	8.27m



6 Shayla Post Guido de Bre 8.23m

Women Shot Put 4 kg Junior

Name	Year School	Finals
1 Alexis Pluim	Highland	8.46m
2 Ibukun Obidi	Saltfleet	7.67m
3 Jenna Smith	Highland	7.15m
4 Jaclyn Deboer	Guido de Bre	5.88m
5 Paige Corbett	Highland	5.79m
6 Jannel Denbroeder	Guido de Bre	5.59m
7 Ashley Ligtenberg	Guido de Bre	5.33m
8 Rhianna Parent	Highland	5.21m

Women Discus Throw Junior

Name	Year School	Finals
1 Joelle Easter	Waterdown	21.65m
2 Kara Elgersma	Guido de Bre	21.56m
3 Emily Koopman	Hamilton Dis	20.20m
4 Ibukun Obidi	Saltfleet	19.35m
5 Alexis Pluim	Highland	18.73m
6 Paige Carbonneau	Highland	16.12m
7 Zara Khan	Ancaster Hig	15.33m
8 Rachel Leistra	Guido de Bre	13.84m
9 Jaclyn Deboer	Guido de Bre	12.35m

Women Javelin Throw 600g Junior

Name	Year School	Finals
1 Joelle Easter	Waterdown	25.30m
2 Emily Koopman	Hamilton Dis	24.05m
3 Kara Elgersma	Guido de Bre	23.37m
4 Kiara Daw	Westmount	19.93m
5 Alexis Pluim	Highland	19.56m
6 Darragh rumple	Waterdown	18.60m
7 Ibukun Obidi	Saltfleet	15.51m
8 Jaclyn Deboer	Guido de Bre	12.95m
9 Paige Corbett	Highland	12.27m
10 Rachel Leistra	Guido de Bre	10.66m
11 Paige Carbonneau	Highland	10.61m

Women 100 Meter Dash Senior

Name	Year School	Prelims	H#
Preliminaries			
1 Monica Binotto	Ancaster Hig	13.44q	2
2 Samantha Hill	Saltfleet	13.50q	2
3 Naomi Ashley	Saltfleet	13.59q	3
4 jenei williams	Sir John A M	13.75q	3
5 Katrina Kerekesch	Highland	13.85q	4
6 Sierra Bassie	Hamilton Dis	14.03q	4
7 Elena Parker	Barton S.S.	14.12q	1

8	Kennedy Fung	Ancaster Hig	14.23q	4
9	Erika Gray	Westmount	14.47	3
10	Jessica Wiskar	Westmount	14.50	1
11	Ivette Rodriguez	Ancaster Hig	14.58	3
12	Liz Niton	Highland	14.66	4
13	Micaela DeJong	Hamilton Dis	14.83	3
14	Rachel Armstrong	Waterdown	14.85	2
15	Alix Herrity	Saltfleet	15.24	4
16	Anna Wright	Barton S.S.	15.35	4
17	Mia Vannavong	Saltfleet	15.41	1
18	temilia james	Sir John A M	15.47	2
19	Meg Hutchinson	Hill Park	15.60	3
20	Grace Visser	Hamilton Dis	15.88	1
21	Arooba Baig	Saltfleet	16.86	3
22	Teagan Van der Mark	Hamilton Dis	16.88	2
23	Kristen Hatt-Robertson	Delta	16.96	1
24	Robyn Hubinger	Saltfleet	17.67	2
25	Sabeen Ahmed	Saltfleet	17.82	1
26	Deanna Vassalli	Saltfleet	18.94	2

Women 100 Meter Dash Senior

Name	Year School	Finals	
Finals			
1	Monica Binotto	Ancaster Hig	13.35
2	Naomi Ashley	Saltfleet	13.39
3	Samantha Hill	Saltfleet	13.52
4	jenei williams	Sir John A M	13.88
5	Elena Parker	Barton S.S.	14.03
6	Sierra Bassie	Hamilton Dis	14.15
7	Kennedy Fung	Ancaster Hig	14.17
8	Katrina Kerekesch	Highland	14.55

Women 200 Meter Dash Senior

Name	Year School	Finals	H#	
1	Hailey Hemrica	Sir Allan Ma	27.10	3
2	Ryann Johnston	Highland	27.77	3
3	Veda Nickel	Highland	28.58	3
4	jenei williams	Sir John A M	29.12	2
5	Elena Parker	Barton S.S.	29.18	3
6	Naomi Chin	Waterdown	29.44	1
7	Sierra Bassie	Hamilton Dis	29.46	3
8	Micaela DeJong	Hamilton Dis	29.64	3
9	Kennedy Fung	Ancaster Hig	29.97	2
10	Rachel McMullen	Sherwood	30.44	2
11	Erika Gray	Westmount	30.84	2
12	Jessica Wiskar	Westmount	31.15	2
13	Anna Wright	Barton S.S.	32.41	3
14	Mia Vannavong	Saltfleet	33.04	1
15	Chantel Beldman	Hamilton Dis	33.95	1
16	temilia james	Sir John A M	34.79	2

Women 400 Meter Dash Senior

Name	Year	School	Finals	H#
1 Ryann Johnston		Highland	1:00.51	2
2 Kylie Hopkins		Highland	1:01.93	2
3 Hailey Hemrica		Sir Allan Ma	1:02.31	2
4 Veda Nickel		Highland	1:03.05	2
5 Elena Parker		Barton S.S.	1:08.39	2
6 Montana Roberston		Sir Winston	1:22.10	1
7 Zoe Haskell-Craig		Westdale	1:23.36	1
8 Chantel Beldman		Hamilton Dis	1:30.44	1

Women 800 Meter Run Senior

Name	Year	School	Finals
1 Amanda Vertesi		Hamilton Dis	2:29.12
2 Kylie Hopkins		Highland	2:29.40
3 Anya deBeer		Ancaster Hig	2:36.91
4 Natalie Stacey		Westdale	2:37.86
5 Elizabeth Isbister		Saltfleet	3:01.16
6 Zoe Haskell-Craig		Westdale	3:08.29
7 Samantha Cuthbert		Saltfleet	3:27.40

Women 1500 Meter Run Senior

Name	Year	School	Finals
1 Stephanie Ryall		Westdale	4:52.95
2 Lauren Locco		Westmount	5:00.47
3 Elise bolger		Waterdown	5:02.09
4 Anya deBeer		Ancaster Hig	5:10.46
5 Maddy Kennedy		Westdale	5:16.70
6 Natalie Stacey		Westdale	5:17.70
7 Mary Orr		Westmount	5:37.94
8 Reem Mandil		Westdale	5:59.38
9 Sarah Tsounis		Highland	6:10.78

Women 3000 Meter Run Senior

Name	Year	School	Finals
1 Stephanie Ryall		Westdale	10:29.08
2 Elise bolger		Waterdown	10:55.71
3 Lauren Locco		Westmount	11:12.02
4 Maddy Kennedy		Westdale	11:42.57
5 Mary Orr		Westmount	11:43.93
6 Anya deBeer		Ancaster Hig	11:47.81
7 Reem Mandil		Westdale	13:19.70
8 Sarah Tsounis		Highland	14:00.21

Women 100 Meter Hurdles Senior

Name	Year	School	Finals
1 Naomi Ashley		Saltfleet	16.33
2 Monica Binotto		Ancaster Hig	16.98
3 Sara Donoff		Highland	17.39

4 Naomi Chin	Waterdown	17.80
5 Caileigh Sangster	Waterdown	19.14
6 Rachel McMullen	Sherwood	20.48
7 TJ Law	Waterdown	23.04
8 Mackenzie Markel	Waterdown	23.63

Women 400 Meter Hurdles Senior

Name	Year School	Finals
1 Hailey Hemrica	Sir Allan Ma	1:10.64
2 Monica Binotto	Ancaster Hig	1:13.21
3 Sara Donoff	Highland	1:18.34
4 Rachel McMullen	Sherwood	1:20.02
5 Elizabeth Isbister	Saltfleet	1:20.84
6 Jessie Crossing	Waterdown	1:27.68

Women 4x100 Meter Relay Senior

School	Finals
1 Highland 'A'	56.25
2 Hamilton District 'A'	59.75
3 Sir John A MacDonald 'A'	1:01.38
1) eryl reader	2) temilia james
3) jenei williams	4) Summer Hanafi
4 Westmount 'A'	1:01.91
1) Danielle Datzkiw	2) Erika Gray
3) Kiara Daw	4) Jessica Wiskar
5) Lexi Watson	6)
5 Waterdown 'A'	1:04.86
1) Rachel Armstrong	2) Naomi Chin
3) Cailiegh Sangster	4) Mackenzie Markel
5) Jessie Crossing	6) TJ Law
6 Saltfleet 'A'	1:09.44
1) Arooba Baig	2) Sam Cuthbert
3) Alix Herrity	4) Robyn Hubinger
5) Mia Vannavong	6)

Women High Jump Senior

Name	Year School	Finals
1 Chelsea Bezemer	Hamilton Dis	1.30m
-- Mackenzie Markel	Waterdown	NH
-- Liz Niton	Highland	NH

Women Long Jump Senior

Name	Year School	Finals
1 Chelsea Bezemer	Hamilton Dis	4.31m
2 Elizabeth Isbister	Saltfleet	J4.31m
3 Samantha Hill	Saltfleet	4.27m
4 Whitney Sarjeant	Orchard Park	4.22m
5 Sara Donoff	Highland	4.19m
6 Summer Hanafi	Sir John A M	3.78m

7	jenei williams	Sir John A M	3.70m
8	Grace Visser	Hamilton Dis	3.61m
9	Alix Herrity	Saltfleet	3.41m
10	Mackenzie Hulzebosch	Guido de Bre	3.35m
--	Mackenzie Markel	Waterdown	FOUL
--	temilia james	Sir John A M	FOUL
--	Teagan Van der Mark	Hamilton Dis	FOUL
--	Alana Wielink	Guido de Bre	FOUL

Women Triple Jump Senior

Name	Year School	Finals
1 Chelsea Bezemer	Hamilton Dis	10.09m
2 Katrina Kerekesch	Highland	8.71m

Women Shot Put 4 kg Senior

Name	Year School	Finals
1 Brittany Robson	Sir Winston	9.51m
2 Jenna VanVeen	Guido de Bre	7.75m
3 Kathryn Lilko	Highland	6.60m
4 Riley Tziougras	Highland	6.29m

Women Discus Throw Senior

Name	Year School	Finals
1 Kathryn Lilko	Highland	20.72m
2 Mackenzie Hulzebosch	Guido de Bre	15.87m
3 Riley Tziougras	Highland	15.20m
4 Alana Wielink	Guido de Bre	14.87m
5 Jenna VanVeen	Guido de Bre	12.34m

Women Javelin Throw 600g Senior

Name	Year School	Finals
1 Briana Wice	Saltfleet	30.40m
2 Rachel Incretolli	Saltfleet	26.55m
3 Jenn Todd	Orchard Park	21.69m
4 Sierra Bassie	Hamilton Dis	19.41m
5 Kathryn Lilko	Highland	17.77m
6 Alana Wielink	Guido de Bre	16.03m
7 Jenna VanVeen	Guido de Bre	15.58m
8 Mackenzie Hulzebosch	Guido de Bre	14.57m
9 TJ Law	Waterdown	12.20m
10 Holly Heuberger	Sir Winston	10.59m

Women 1500 Meter Steeplechase (NEW) Open

Name	Year School	Finals
1 Mary Orr	Westmount	6:03.68
2 Emma Waddington	Westdale	6:05.02
3 Sabrina Brittain	Highland	6:15.49

4	Sarah Incretolli	Saltfleet	6:18.88
5	Nicole Whitmore	Westdale	6:22.39
6	Sam Dean	Highland	6:33.15
7	Elizabeth Isbister	Saltfleet	6:42.07
8	Jessie Crossing	Waterdown	7:20.20

Women 4x400 Meter Relay Open

School	Finals
1 Highland 'A'	4:08.54
2 Westdale 'A'	4:36.25
3 Guido de Bres 'A'	4:57.63
4 Waterdown 'A'	5:02.66

Men 100 Meter Dash Midget

Name	Year School	Prelims	H#
Preliminaries			
1 Joshua Keogh	Sherwood	12.35q	1
2 Eric Huynh	Ancaster Hig	12.47q	3
3 Liam Curran	Westdale	12.54q	3
4 Zohir Jivani	Westdale	12.68q	1
5 Seth Vanbarneveld	Guido de Bre	13.15q	1
6 Jacob Webb	Saltfleet	13.22q	3
7 Evan Shewchuk	Highland	13.24q	2
8 Joshua Perl	Westmount	13.32q	2
9 Venia Veselovski	Westdale	13.42	2
10 Nick Reid	Westmount	13.77	2
11 Carson Carne	Orchard Park	13.88	1
12 Kyle Cline	Saltfleet	13.90	1
13 Gabe Millikin	Highland	15.00	1
14 Jordan Lee	Hill Park	15.41	3
15 Dylan Barker	Hill Park	15.54	3

Men 100 Meter Dash Midget

Name	Year School	Finals
Finals		
1 Eric Huynh	Ancaster Hig	12.50
2 Joshua Keogh	Sherwood	12.51
3 Liam Curran	Westdale	12.54
4 Zohir Jivani	Westdale	12.71
5 Jacob Webb	Saltfleet	13.18
6 Evan Shewchuk	Highland	13.22
7 Joshua Perl	Westmount	13.24
8 Seth Vanbarneveld	Guido de Bre	13.30

Men 200 Meter Dash Midget

Name	Year School	Finals	H#
1 Joshua Keogh	Sherwood	25.52	3
2 Liam Curran	Westdale	26.22	3
3 Eric Huynh	Ancaster Hig	26.38	1

4	Daniel Harper	Sherwood	26.39	1
5	Zohir Jivani	Westdale	26.51	1
6	Jacob Webb	Saltfleet	27.14	1
7	Tristan Sloots	Guido de Bre	27.92	3
8	Evan Shewchuk	Highland	27.95	3
9	Issac Lodge	Highland	28.32	2
10	Lee Muis	Guido de Bre	28.45	2
11	Barry Cui	Westdale	28.71	2
12	Kyle Cline	Saltfleet	29.04	1
13	Gabe Millikin	Highland	32.01	1
14	Jordan Lee	Hill Park	32.98	3

Men 400 Meter Dash Midget

Name	Year	School	Finals	H#	
1		Daniel Harper	Sherwood	57.45	2
2		Lee Muis	Guido de Bre	1:02.35	2
3		Joe VanHuisstede	Guido de Bre	1:03.24	1
4		Harrison McCann	Westdale	1:03.46	2
5		Joshua Perl	Westmount	1:03.54	2
6		Gavin Rotsaert-Smith	Westdale	1:04.67	2
7		Venia Veselovski	Westdale	1:04.86	1
8		Gage Daily	Sir Winston	1:06.04	1
9		Josh Baker	Guido de Bre	1:06.94	1

Men 800 Meter Run Midget

Name	Year	School	Finals	
1		Jared Walkling	Sherwood	2:10.19
2		Owen Opie	Westdale	2:11.41
3		Reid Vogel	Highland	2:17.16
4		Nick Bajaikine	Highland	2:18.34
5		Carter Copeland	Ancaster Hig	2:18.39
6		Dean Vansydenborgh	Guido de Bre	2:30.02
7		Josh Baker	Guido de Bre	2:30.59
8		Richard Liao	Westmount	2:31.08
9		Gage Daily	Sir Winston	2:37.67
10		Malik Mott	Barton S.S.	2:38.82

Men 1500 Meter Run Midget

Name	Year	School	Finals	
1		Jared Walkling	Sherwood	4:31.90
2		Owen Opie	Westdale	4:32.70
3		Joshua Keogh	Sherwood	4:35.15
4		Reid Vogel	Highland	4:35.69
5		Nick Bajaikine	Highland	4:42.72
6		Harrison McCann	Westdale	5:01.75
7		Richard Liao	Westmount	5:03.06
8		Dean Vansydenborgh	Guido de Bre	5:16.55
9		Jacob Koenig	Westmount	5:19.50
10		Alex Dejong	Guido de Bre	5:25.76
11		Bryce Llewellyn	Ancaster Hig	5:48.36
12		Brandon Noble	Westmount	5:56.29

Men 3000 Meter Run Midget

Name	Year School	Finals
1 Nick Bajaikine	Highland	11:04.82
2 Jacob Koenig	Westmount	11:23.59
3 Alex Dejong	Guido de Bre	11:59.89
4 Bryce Llewellyn	Ancaster Hig	12:39.54

Men 100 Meter Hurdles Midget

Name	Year School	Finals
1 Nick Reid	Westmount	19.61
2 Issac Lodge	Highland	25.89

Men 300 Meter Hurdles Midget

Name	Year School	Finals
1 Tristan Sloots	Guido de Bre	49.31
2 Harrison McCann	Westdale	49.62
3 Gabe Millikin	Highland	49.99
4 Lee Muis	Guido de Bre	50.12
5 Joe VanHuisstede	Guido de Bre	51.99
6 Issac Lodge	Highland	1:09.92

Men 4x100 Meter Relay Midget

School	Finals
1 Highland 'A'	52.14
2 Guido de Bres 'A'	53.62
1) Lee Muis	2) Tristan Sloots
3) Justin Jongsma	4) Joe VanHuisstede
5) Seth Vanbarneveld	6)
3 Hill Park 'A'	58.71
1) Jafar Alrefaee	2) Dylan Barker
3) Jordan Lee	4) Ovaun Stewart
5) Sean Francis	6)

Men High Jump Midget

Name	Year School	Finals
1 Justin Jongsma	Guido de Bre	1.75m
2 Grayden Van der Mark	Hamilton Dis	1.50m
3 Tanner Hirsch	Highland	1.45m
4 Seth Vanbarneveld	Guido de Bre	J1.45m

Men Long Jump Midget

Name	Year School	Finals
1 Justin Jongsma	Guido de Bre	5.29m
2 Joe VanHuisstede	Guido de Bre	4.56m



3	Malik Mott	Barton S.S.	4.49m
4	Richard Liao	Westmount	4.35m
5	Carson Carne	Orchard Park	4.30m
6	Sean Francis	Hill Park	3.87m
7	Brandon Noble	Westmount	3.62m

Men Triple Jump Midget

Name	Year	School	Finals
1	Justin Jongsma	Guido de Bre	11.46m
2	Lee Muis	Guido de Bre	10.11m
3	Nick Reid	Westmount	10.03m
4	Seth Vanbarneveld	Guido de Bre	10.00m

Men Shot Put Midget

Name	Year	School	Finals
1	Christian Janzen	Westmount	12.10m
2	Tim Vanwoudenberg	Guido de Bre	11.88m
3	Brandon Feenstra	Guido de Bre	10.17m
4	Darrin Bethlehem	Guido de Bre	9.29m
5	Ethan Cox	Highland	8.81m
6	Tanner Hirsch	Highland	8.13m

Men Discus Throw Midget

Name	Year	School	Finals
1	Christian Janzen	Westmount	41.92m
2	Brandon Feenstra	Guido de Bre	32.65m
3	Tim Vanwoudenberg	Guido de Bre	29.29m
4	Darrin Bethlehem	Guido de Bre	25.48m
5	Evan Shewchuk	Highland	23.81m
6	Ethan Cox	Highland	21.13m

Men Javelin Throw 600g Midget

Name	Year	School	Finals
1	Tim Vanwoudenberg	Guido de Bre	31.33m
2	Ethan Cox	Highland	28.65m
3	Brandon Feenstra	Guido de Bre	27.26m
4	Tanner Hirsh	Highland	25.42m
5	Gavin Rotsaert-Smith	Westdale	23.08m
6	Darrin Bethlehem	Guido de Bre	21.93m

Men 100 Meter Dash Junior

Name	Year	School	Prelims	H#
Preliminaries				
1	Alex Mcclung	Highland	11.98q	3
2	Andre Dixon	Sir Allan Ma	12.36q	3
3	Tyler Ternowski	Sir Allan Ma	12.59q	3
4	Braden Kasper	Guido de Bre	12.88q	3

4	Tyler Smith	Saltfleet	12.88q	1
6	Jacob Rashid	Westdale	12.94q	3
7	Brendan Power	Westdale	13.01q	1
8	Ben Bartels	Guido de Bre	13.18q	1
9	David Vaillancourt	Sir Allan Ma	13.40	3
10	Keegan Roughsedge	Westdale	13.48	2
11	will dorelien	Sir John A M	13.60	2
12	Darian Rahimpour	Waterdown	13.69	2
13	Ben vanderWindt	Hamilton Dis	13.86	1
14	Dylan Raymond	Sir Winston	14.29	3
15	AJ Marshall	Sir Winston	14.62	2

Men 100 Meter Dash Junior

Name	Year	School	Finals
Finals			
1	Alex Mcclung	Highland	12.16
2	Andre Dixon	Sir Allan Ma	12.42
3	Tyler Ternowski	Sir Allan Ma	12.68
4	Tyler Smith	Saltfleet	12.95
5	Braden Kasper	Guido de Bre	13.12
6	Jacob Rashid	Westdale	13.13
7	Brendan Power	Westdale	13.15
8	Ben Bartels	Guido de Bre	13.38

Men 200 Meter Dash Junior

Name	Year	School	Finals	H#
1	Alex Mcclung	Highland	24.47	3
2	Brent Smyth	Westmount	24.60	3
3	Connor Russell	Ancaster Hig	24.91	2
4	Sid Alkema	Guido de Bre	25.32	3
5	Tyler Smith	Saltfleet	26.73	1
6	Braden Kasper	Guido de Bre	26.99	2
7	Quinton Easterbrook	Sir Winston	27.29	1
8	Darian Rahimpour	Waterdown	28.42	3
9	Daryan White	Sir Winston	28.43	2
10	Dylan Raymond	Sir Winston	29.18	1
11	Alex Velko	Orchard Park	29.74	2

Men 400 Meter Dash Junior

Name	Year	School	Finals	H#
1	Connor Russell	Ancaster Hig	55.01	1
2	Brent Smyth	Westmount	55.09	3
3	Sid Alkema	Guido de Bre	55.95	3
4	Aidan Kwok	Orchard Park	1:00.40	2
5	Maxmillian Aoki	Westdale	1:02.24	2
6	Hayden Fargo	Waterdown	1:02.52	1
7	Josh Curnew	Highland	1:03.86	3
8	Calvin Woudenberg	Guido de Bre	1:05.17	3
9	Brian Anderson	Westdale	1:05.43	1
10	Luke Deboer	Guido de Bre	1:06.66	2
11	Josh Visser	Hamilton Dis	1:07.71	2

12	Eeshan Mahmud	Ancaster Hig	1:09.62	1
13	Ethan Brandt	Waterdown	1:10.48	3

Men 800 Meter Run Junior

Name	Year School	Finals	
1	Ian MacKinnon	Westdale	2:09.50
2	Nick Dalessandro	Barton S.S.	2:14.66
3	Justin Owendyk	Hamilton Dis	2:15.28
4	Graym Stewart	Highland	2:20.45
5	Steven Bruun	Ancaster Hig	2:20.58
6	Cooper Brooke	Waterdown	2:23.31
7	Josh Curnew	Highland	2:26.91
8	Addy Nixon	Waterdown	2:30.16
9	Tyler Watters	Sir Winston	2:31.39
10	Max Margetts	Westdale	2:34.76
11	Reuben Jonker	Guido de Bre	2:34.97
12	Adam Johnston	Highland	2:39.47
13	Josh Visser	Hamilton Dis	2:44.49
14	Eeshan Mahmud	Ancaster Hig	2:49.40

Men 1500 Meter Run Junior

Name	Year School	Finals	
1	Ian MacKinnon	Westdale	4:20.08
2	Nick Dalessandro	Barton S.S.	4:25.87
3	Graym Stewart	Highland	4:36.77
4	Steven Bruun	Ancaster Hig	4:36.82
5	Addy Nixon	Waterdown	4:38.15
6	Cooper Brooke	Waterdown	4:49.49
7	Aidan Kwok	Orchard Park	4:52.28
8	Tyler Watters	Sir Winston	4:52.81
9	Jordan Gillis	Orchard Park	4:55.39
10	Matt Fisher	Waterdown	5:04.81
11	Reuben Jonker	Guido de Bre	5:06.55
12	Shonn Kirkland	Sir Allan Ma	5:26.56
13	Ryan Schleeahan	Sir Allan Ma	5:27.89
14	Lawrence Eikelboom	Guido de Bre	5:29.85
15	Nicholas Wolf	Delta	5:42.45
16	Simon Day	Westdale	5:47.21

Men 3000 Meter Run Junior

Name	Year School	Finals	
1	Nick Dalessandro	Barton S.S.	9:42.93
2	Addy Nixon	Waterdown	10:25.81
3	Cooper Brooke	Waterdown	10:41.43
4	Reuben Jonker	Guido de Bre	11:48.54
5	Lawrence Eikelboom	Guido de Bre	12:28.89

Men 100 Meter Hurdles Junior

Name	Year School	Finals
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1	Ryan Tomalin	Ancaster Hig	16.63
2	Mason Puppa	Highland	17.73
3	Jack Staz	Highland	17.74
4	Maxmillian Aoki	Westdale	18.60
5	Simon Day	Westdale	20.26

Men 300 Meter Hurdles Junior

Name	Year School	Finals
1 Sid Alkema	Guido de Bre	44.96
2 Ryan Tomalin	Ancaster Hig	45.48
3 Brent Smyth	Westmount	45.80
4 Tyler Ternowski	Sir Allan Ma	46.05
5 Mason Puppa	Highland	47.16
6 Jack Staz	Highland	50.56
7 Calvin Woudenberg	Guido de Bre	53.38

Men 4x100 Meter Relay Junior

School	Finals
1 Sir Allan MacNab 'A'	49.93
2 Highland 'A'	50.82
3 Guido de Bres 'A'	51.16
1) Sid Alkema	2) Ben Bartels
3) Chad Bartels	4) Jared Bultje
4 Westdale 'A'	54.32
1) Brendan Power	2) Jacob Rashid
3) Keegan Roughsedge	4) Maximilian Aoki
5) Max Margetts	6) Brian Anderson
5 Sir Winston Churchill 'A'	58.05
1) Quinton Easterbrook	2) Daryan White
3) AJ Marshall	4) Dylan Raymond
5) Connor Reid-Pilon	6) Tyler Watters

Men High Jump Junior

Name	Year School	Finals
1 Sean Holmes	Ancaster Hig	1.65m
2 Alexander Wiley	Waterdown	1.60m
3 Andy Groenwold	Guido de Bre	1.55m
4 Trey Gardner	Waterdown	1.50m
4 Ben Reid	Westmount	1.50m
6 Hayden Fargo	Waterdown	J1.50m
7 Alex Velko	Orchard Park	1.45m
7 Chad Bartels	Guido de Bre	1.45m
7 will dorelien	Sir John A M	1.45m
-- Brian Anderson	Westdale	NH
-- Cooper Elliott	Waterdown	NH

Men Long Jump Junior

Name	Year School	Finals
1 Andy Groenwold	Guido de Bre	5.41m

2	Alex Mcclung	Highland	5.40m
3	Chad Bartels	Guido de Bre	5.29m
4	Jacob Rashid	Westdale	5.08m
5	Alexander Wiley	Waterdown	5.00m
6	Maxmillian Aoki	Westdale	4.81m
7	Aidan Kwok	Orchard Park	4.68m
8	Cooper Elliott	Waterdown	4.59m
9	Quinton Easterbrook	Sir Winston	4.22m
10	Simon Day	Westdale	4.08m
10	Alex Velko	Orchard Park	4.08m
12	AJ Marshall	Sir Winston	3.43m
13	Jason Shaw	Hamilton Dis	2.91m
14	Kevin Garnett	Sir Winston	2.84m
15	Eeshan Mahmud	Ancaster Hig	2.43m

#### Men Triple Jump Junior

Name	Year	School	Finals
1	Chad Bartels	Guido de Bre	10.97m
2	Matt Fisher	Waterdown	10.89m
3	Tyler Ternowski	Sir Allan Ma	10.73m
4	Mason Puppa	Highland	10.45m
5	Alexander Wiley	Waterdown	10.30m
6	Trey Gardner	Waterdown	9.99m
7	Jack Staz	Highland	9.79m
8	Cooper Elliott	Waterdown	9.57m
9	Andre Dixon	Sir Allan Ma	9.56m
10	Braden Kasper	Guido de Bre	9.22m
11	David Vaillancourt	Sir Allan Ma	8.63m

#### Men Shot Put 4kg Junior

Name	Year	School	Finals
1	Ben Bartels	Guido de Bre	11.94m
2	Brendan Power	Westdale	11.71m
3	Dylan Miedema	Hamilton Dis	11.69m
4	Rean Heckroodt	Highland	10.59m
5	Reuben Bartels	Guido de Bre	10.42m
6	Ryan Schleeahan	Sir Allan Ma	10.15m

#### Men Discus Throw Junior

Name	Year	School	Finals
1	Andy Groenwold	Guido de Bre	32.65m
2	Rean Heckroodt	Highland	30.40m
3	Ryan Schleeahan	Sir Allan Ma	26.19m
4	Ben Bartels	Guido de Bre	25.88m
5	Dylan Miedema	Hamilton Dis	22.61m
6	Hunter Treneer	Waterdown	19.65m
7	Jason Shaw	Hamilton Dis	14.61m
--	Darian Rahimpour	Waterdown	FOUL
--	Reuben Bartels	Guido de Bre	FOUL
--	Spencer Smyth	Highland	FOUL

Men Javelin Throw 600g Junior

Name	Year School	Finals
1 Spencer Smyth	Highland	32.62m
2 Dylan Miedema	Hamilton Dis	32.20m
3 Andy Groenwold	Guido de Bre	31.44m
4 Max Margetts	Westdale	29.24m
5 Rean Heckroodt	Highland	26.95m
6 Hunter Treener	Waterdown	25.72m
7 Luke Deboer	Guido de Bre	23.81m
8 Brian Anderson	Westdale	20.84m
9 Josh Curnew	Highland	20.29m
-- Jason Shaw	Hamilton Dis	FOUL

Men 100 Meter Dash Senior

Name	Year School	Prelims	H#
Preliminaries			
1 Nick DeLuca	Ancaster Hig	11.30q	2
2 Justin Bourassa	Highland	11.96q	3
3 Bryce Botterill	Highland	11.98q	2
4 Aleef Mehdi	Westmount	12.37q	2
5 Ben Frager-Wells	Westdale	12.42q	3
6 Brett Haynes	Sir Allan Ma	12.59q	4
7 Michael Kehinde	Ancaster Hig	12.73q	3
8 Nolan Walsh	Westdale	12.83q	2
9 Corey Wood	Ancaster Hig	12.84	2
10 Andy Tan	Orchard Park	12.90	3
11 Dan Vanderharst	Highland	12.91	2
12 Nick Petropoulos	Ancaster Hig	13.01	3
13 James Veysey	Barton S.S.	13.12	3
14 kevin khuth	Sir John A M	13.13	3
15 Kalpa Wickramathunga	Westdale	13.19	1
16 Shaheed Green	Delta	13.49	4
17 Zack Smith	Barton S.S.	14.19	4
18 Talal Sharqawi	Saltfleet	15.65	4
19 Jack Sicard	Hill Park	15.84	4

Men 100 Meter Dash Senior

Name	Year School	Finals
Finals		
1 Nick DeLuca	Ancaster Hig	11.61
2 Justin Bourassa	Highland	12.13
3 Bryce Botterill	Highland	12.36
4 Ben Frager-Wells	Westdale	12.53
5 Aleef Mehdi	Westmount	12.76
6 Brett Haynes	Sir Allan Ma	12.79
7 Michael Kehinde	Ancaster Hig	12.92
8 Nolan Walsh	Westdale	13.18

Men 200 Meter Dash Senior

Name	Year School	Finals	H#
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1	Nick DeLuca	Ancaster Hig	23.62	1
2	Hamid Dwyer	Sir Allan Ma	24.83	1
3	Justin Bourassa	Highland	24.89	4
4	Motts Borssellino	Sherwood	25.19	5
5	Owen Fisher	Highland	25.38	5
6	Alex Michalak	Orchard Park	25.67	1
7	Aleef Mehdi	Westmount	25.86	4
8	Ben Frager-Wells	Westdale	26.17	2
9	Brett Haynes	Sir Allan Ma	26.85	4
10	James Veysey	Barton S.S.	27.11	5
11	Nick Petropoulos	Ancaster Hig	27.13	3
12	Corey Wood	Ancaster Hig	27.20	2
13	Shane Sullivan	Delta	27.47	1
14	kevin khuth	Sir John A M	28.26	2
15	Micheal Dolan	Barton S.S.	29.15	5
16	Zack Smith	Barton S.S.	30.19	5
17	Denver Boeringa	Guido de Bre	31.76	2

Men 400 Meter Dash Senior

Name	Year School	Finals	H#
1	Tom Manson	Highland	53.73 3
2	Jack Holmes	Highland	54.07 3
3	Owen Fisher	Highland	54.44 3
4	Motts Borssellino	Sherwood	55.59 3
5	Abid Doust	Barton S.S.	56.04 3
6	Hamid Dwyer	Sir Allan Ma	56.75 1
7	Brandon Bruinsma	Orchard Park	1:00.43 2
8	Tyler Goldmann	Hill Park	1:02.88 1
9	Brad Schouten	Guido de Bre	1:04.48 2
10	Shane Sullivan	Delta	1:04.69 2
11	Joey Bald	Sir Winston	1:08.86 2

Men 800 Meter Run Senior

Name	Year School	Finals
1	Nathan Dehghan	Ancaster Hig 2:00.85
2	Erik Heidebrecht	Highland 2:08.96
3	Tom Manson	Highland 2:15.13
4	abdi mahdi mohamed	Sir John A M 2:16.75
5	Rob Vangoolen	Guido de Bre 2:16.83
6	Jack Mills	Ancaster Hig 2:19.65
7	Braedon Witt	Westdale 2:21.05
8	Joel Vansydenborgh	Guido de Bre 2:28.02
9	Tyler Goldmann	Hill Park 2:28.98
10	Kwesi Andrews	Hill Park 2:31.80
11	Louis Garber	Westdale 2:33.92
12	Spencer Townsend	Orchard Park 2:36.88
13	Shane Sullivan	Delta 2:37.69
14	Joey Bald	Sir Winston 2:39.57
15	Brad Schouten	Guido de Bre 2:40.63

Men 1500 Meter Run Senior

Name	Year	School	Finals
1 Nathan Deghan		Ancaster Hig	4:17.00
2 Callum Darby		Sherwood	4:25.64
3 Erik Heidebrecht		Highland	4:26.65
4 Aaron DeJong		Hamilton Dis	4:33.33
5 Joel Vansydenborgh		Guido de Bre	4:42.83
6 Branden Thorburn		Ancaster Hig	4:44.09
7 Jack Mills		Ancaster Hig	4:51.16
8 Braedon Witt		Westdale	4:53.92
9 Brandon Bruinsma		Orchard Park	4:58.28
10 Louis Garber		Westdale	4:59.73
11 Josh Dejager		Highland	4:59.76
12 Alex Michalak		Orchard Park	5:04.93
13 Griffin Leishman		Orchard Park	5:07.71
14 Matt May		Saltfleet	5:39.18

Men 3000 Meter Run Senior

Name	Year	School	Finals
1 Aaron DeJong		Hamilton Dis	9:47.45
2 Callum Darby		Sherwood	10:01.60
3 Luke McConnell		Ancaster Hig	10:31.00
4 abdi mahdi mohamed		Sir John A M	10:35.20
5 Branden Thorburn		Ancaster Hig	10:36.93
6 Zack Smith		Barton S.S.	10:45.20
7 jackson brown		Sir John A M	10:51.41
8 Alex Watson		Highland	10:56.03
9 John Sober		Highland	11:03.99
10 Josh Dejager		Highland	11:23.50
11 Kyle Gonci		Sir Allan Ma	11:40.09
12 Matthew McFadyen		Hill Park	11:47.05

Men 110 Meter Hurdles Senior

Name	Year	School	Finals
1 Michael Kehinde		Ancaster Hig	17.95
2 Justin Bourassa		Highland	18.98
3 Bryce Botterill		Highland	19.06
4 Griffin Leishman		Orchard Park	19.58
5 Ben Frager-Wells		Westdale	19.88
6 Abid Doust		Barton S.S.	21.08
7 Jevaughn Campbell		Barton S.S.	21.37
8 Nolan Walsh		Westdale	24.54

Men 400 Meter Hurdles Senior

Name	Year	School	Finals	H#
1 Hamid Dwyer		Sir Allan Ma	1:01.55	2
2 Jack Holmes		Highland	1:02.86	2
3 Abid Doust		Barton S.S.	1:05.62	2
4 Griffin Leishman		Orchard Park	1:07.21	2
5 Bryce Botterill		Highland	1:08.95	1
6 Connor Schulenberg		Guido de Bre	1:11.31	2



7	Corey Wood	Ancaster Hig	1:15.01	1
8	Jevaughn Campbell	Barton S.S.	1:17.63	1

Men 4x100 Meter Relay Senior

School		Finals
1	Ancaster High 'A'	48.94
	1) Nick Petropoulos	2) Michael Kehinde
	3) Corey Wood	4) Nick DeLuca
2	Guido de Bres 'A'	50.33
	1) Caleb Datema	2) Joel Vansydenborgh
	3) Connor Schulenberg	4) Rob Vangoolen
3	Orchard Park 'A'	51.20
	1) Brandon Bruisman	2) Andy Tan
	3) Griffn Leishman	4) Alex Michalak
	5) Spencer Townsend	6)
4	Barton S.S. 'A'	51.40
	1) James Vasey	2) Abid Doust
	3) James Veysey	4) Micheal Dolan
	5) Zack Smith	6) Jevaughn Campbelle
--	Highland 'A'	DQ

Men High Jump Senior

Name	Year School	Finals
1	Caleb Datema	Guido de Bre 1.85m
2	Brad Mans	Guido de Bre 1.80m
3	Michael Kehinde	Ancaster Hig 1.75m
4	Nicky Gambioza	Orchard Park 1.60m

Men Long Jump Senior

Name	Year School	Finals
1	Caleb Datema	Guido de Bre 5.66m
2	Nick DeLuca	Ancaster Hig 5.47m
3	Andy Tan	Orchard Park 5.08m
4	Brad Mans	Guido de Bre 4.96m
5	Austen Gosney	Waterdown 4.86m
6	Jermiah Robbins	Waterdown 4.74m
7	Brandon Bruinsma	Orchard Park 4.68m
8	Jack Sicard	Hill Park 3.68m
9	Kwesi Andrews	Hill Park 3.60m

Men Triple Jump Senior

Name	Year School	Finals
1	Caleb Datema	Guido de Bre 11.59m
2	Brad Mans	Guido de Bre 11.28m
3	Kalpa Wickramathunga	Westdale 9.53m

Men Shot Put 12 lb Senior

Name	Year School	Finals
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1	Charlie Taggart	Westdale	10.80m
2	Austen Gosney	Waterdown	9.47m
3	Denver Boeringa	Guido de Bre	9.30m
4	Bryan Danielson	Westdale	8.98m
5	Joey Bald	Sir Winston	8.71m
6	Gary Eng	Westdale	7.20m

Men Discus Throw 1.613kg Senior

Name	Year	School	Finals	
1		Denver Boeringa	Guido de Bre	23.93m
2		Evan Marshall	Waterdown	23.59m
3		Jacob Comley	Saltfleet	20.30m
4		Austen Gosney	Waterdown	19.67m
5		Bryan Danielson	Westdale	19.63m
6		Gary Eng	Westdale	18.00m

Men Javelin Throw 800g Senior

Name	Year	School	Finals	
1		Evan Marshall	Waterdown	39.10m
2		Gary Eng	Westdale	29.86m
3		Spencer Laing	Sir Winston	29.13m
4		Garnett Batrynychuk	Sir Winston	25.63m
5		Jermiah Robbins	Waterdown	25.21m
6		Jim Folkes	Hill Park	22.45m
7		Spencer Townsend	Orchard Park	22.15m
8		Alex Michalak	Orchard Park	18.95m

Men 2000 Meter Steeplechase Open

Name	Year	School	Finals	
1		Rob Vangoolen	Guido de Bre	7:02.85
2		Luke McConnell	Ancaster Hig	7:12.59
3		Alex Watson	Highland	7:18.55
4		John Sober	Highland	7:31.23
5		Max Margetts	Westdale	7:33.04
6		Jacob Koenig	Westmount	7:53.74
7		Shane Singh	Saltfleet	7:53.95
8		Adam Johnston	Highland	8:09.03

Men 4x400 Meter Relay Open

School	Finals
1 Highland 'A'	3:42.26
2 Sherwood 'A'	3:46.35
3 Guido de Bres 'A'	4:06.57
4 Waterdown 'A'	4:28.13
5 Hill Park 'A'	4:42.86