

H.W.I.A.C. 2015 - 15/05/2014  
Track and Field  
Mohawk Sports Park (Hamilton, Ontario)  
Results

Event 1 Women 100 Meter Dash Midget

Name	Year School	Prelims	H#
Preliminaries			
1 Bell, Cree	Dundas Valle	13.17q	2
2 Faith, Paige	Waterdown	13.55q	4
3 Kennedy, Katelynn	Ancaster Hig	13.60q	4
4 Stewart, Shannon	Waterdown	13.94q	1
5 Teeuwesen, Magda	Hamilton Dis	14.04q	3
6 Mcarthur, Joelle	Dundas Valle	14.26q	1
7 Bartels, Katie	Guido de Bre	14.37q	3
8 Francis, DJ	Sir Allan Ma	14.47q	4
9 McQueen, Mackenzie	Saltfleet	14.50	2
10 Lawrence, Zoe	Dundas Valle	14.56	1
21 Flagg, Piper	Sherwood	15.48	2
22 Kunz, Samantha	Sherwood	15.51	4
23 Kerssies, Kayla	Hamilton Dis	15.83	1
24 Viquiera, Jenah	Westmount	15.89	2
25 Ziolkowski, Emma	Sir John A M	16.91	3
26 Uddin, Tania	Sir John A M	17.31	1
27 Bridges, Arlene	Westmount	18.11	4
28 Mohamed, Nadifo	Sir John A M	21.06	3
29 Htoo, Paw Sha	Sir John A M	21.30	3

Event 1 Women 100 Meter Dash Midget

Name	Year School	Finals
Finals		
1 Bell, Cree	Dundas Valle	13.23
2 Faith, Paige	Waterdown	13.71
3 Kennedy, Katelynn	Ancaster Hig	13.80
4 Teeuwesen, Magda	Hamilton Dis	14.08
5 Stewart, Shannon	Waterdown	14.22
6 Bartels, Katie	Guido de Bre	14.24

Event 1 Women 100 Meter Dash Midget

Name	Year School	Prelims	H#
Preliminaries			
11 Woodworth, Jesse	Dundas Valle	14.71	3
12 Humphrey, Janel	Dundas Valle	14.77	2
13 Freeman-Wills, Taylor	Sherwood	14.79	2
14 Simioni, Sierra	Waterdown	14.91	2
15 Awi, Edora	Hamilton Dis	14.94	4
16 Kudrenski, Rachel	Nora Henders	15.15	3
17 Werkman, Kayla	Guido de Bre	15.19	4
18 Schulenberg, Brooke	Guido de Bre	15.20	3
19 Miller, Keyierah	Nora Henders	15.22	1
20 Martineau, Sophia	Waterdown	15.39	1

Event 1 Women 100 Meter Dash Midget

Name	Year School	Finals
Finals		
7 McArthur, Joelle	Dundas Valle	14.59
8 Francis, DJ	Sir Allan Ma	14.83

Event 2 Men 100 Meter Dash Midget

Name	Year School	Prelims	H#
Preliminaries			
1 Harrison, Patrick	Dundas Valle	12.13q	1
2 Vandermeulen, Brad	Hamilton Dis	12.49q	1
3 Justason, Eric	Dundas Valle	12.81q	2
4 Maharaj, Akshay	Ancaster Hig	13.22q	1
5 Mehdi, Ayaat	Westmount	13.64q	2
6 Garcia, Liam	Ancaster Hig	13.71q	1
7 Spoelstra, Cole	Guido de Bre	13.86q	2
8 VanVeen, Titus	Guido de Bre	13.88q	1
9 Eising, Lucas	Hamilton Dis	14.05	2
10 Warburton, Attisyn	Sherwood	14.46	2
11 Peck, Brandon	Sherwood	14.51	2
12 Ahmed, Tahseen	Sir John A M	14.55	2
13 Brearley, Keagan	Sherwood	15.25	1

Event 2 Men 100 Meter Dash Midget

Name	Year School	Finals
Finals		
1 Harrison, Patrick	Dundas Valle	12.23
2 Vandermeulen, Brad	Hamilton Dis	12.46
3 Justason, Eric	Dundas Valle	12.79
4 Maharaj, Akshay	Ancaster Hig	13.11
5 Mehdi, Ayaat	Westmount	13.52
6 Spoelstra, Cole	Guido de Bre	13.69
7 Garcia, Liam	Ancaster Hig	13.86
8 VanVeen, Titus	Guido de Bre	14.07

Event 3 Women 200 Meter Dash Midget

Name	Year School	Finals	H#
1 Bell, Cree	Dundas Valle	26.48	4
2 Kennedy, Katelynn	Ancaster Hig	28.17	3
3 Faith, Paige	Waterdown	28.23	2
4 Stewart, Shannon	Waterdown	29.04	3
5 Teeuwesen, Magda	Hamilton Dis	29.58	2
6 McArthur, Joelle	Dundas Valle	29.72	4
7 Humphrey, Janel	Dundas Valle	30.18	4
8 Woodworth, Jesse	Dundas Valle	30.23	4
9 Bartels, Katie	Guido de Bre	30.32	3
10 Daddazio, Annika	Guido de Bre	30.33	1
11 Schulenberg, Brooke	Guido de Bre	30.51	1

12	Kudrenski, Rachel	Nora Henders	30.90	1
13	Awi, Edora	Hamilton Dis	30.91	3
14	Miller, Keyierah	Nora Henders	30.92	1
15	Francis, DJ	Sir Allan Ma	31.00	2
16	Martineau, Sophia	Waterdown	31.68	4
17	Geyer, Emily	Dundas Valle	32.09	4
18	Kunz, Samantha	Sherwood	32.75	3
19	Ziolkowski, Emma	Sir John A M	35.86	2
20	Uddin, Tania	Sir John A M	37.37	2
--	Flagg, Piper	Sherwood	DNF	3

Event 4 Men 200 Meter Dash Midget

Name	Year	School	Finals	H#
1	Harrison, Patrick	Dundas Valle	25.04	3
2	Justason, Eric	Dundas Valle	25.53	3
3	Vandermeulen, Brad	Hamilton Dis	25.56	3
4	McLeod, Cameron	Nora Henders	26.20	3
5	Vanspronsen, Luke	Guido de Bre	27.11	2
6	Nijenhuis, Gideon	Guido de Bre	27.35	2
7	Slaa, Kenton	Guido de Bre	27.59	1
8	Mehdi, Ayaat	Westmount	28.02	2
9	Garcia, Liam	Ancaster Hig	28.49	2
10	Lennox, Adam	Dundas Valle	28.56	3
11	Miller, Nathan	Westmount	28.58	2
12	Ahmed, Tahseen	Sir John A M	29.73	2
13	Spears, Jonathan	Hamilton Dis	29.85	1
14	Warburton, Attisyn	Sherwood	37.13	3

Event 5 Women 400 Meter Dash Midget

Name	Year	School	Finals	H#
1	Stewart, Shannon	Waterdown	1:06.32	1
2	Mcarthur, Joelle	Dundas Valle	1:08.76	2
3	Bovell, Bailey	Westmount	1:08.77	2
4	Boatsmith, Meaghan	Westdale	1:08.81	2
5	Humphrey, Janel	Dundas Valle	1:09.19	1
6	VanRaalte, Elianna	Guido de Bre	1:10.40	2
7	Roberts, Jessica	Ancaster Hig	1:10.75	1
8	Daddazio, Annika	Guido de Bre	1:10.79	2
9	Watson, Drew	Waterdown	1:14.35	2
10	Orourke, Brittney	Sir Winston	1:18.15	1
11	Geyer, Emily	Dundas Valle	1:18.40	1
12	Godkin, Alex	Sherwood	1:21.98	2

Event 6 Men 400 Meter Dash Midget

Name	Year	School	Finals	H#
1	Purnell, Alec	Dundas Valle	52.94	2
2	Justason, Eric	Dundas Valle	57.86	2
3	Smid, Myko	Guido de Bre	1:00.72	2
4	McLucas, Spencer	Westmount	1:02.73	1
5	Malda, Sam	Guido de Bre	1:04.08	1
6	Tenhage, Tyler	Guido de Bre	1:05.23	2

7	DeGelder, Justin	Guido de Bre	1:06.56	1
8	Terpstra, Nick	Hamilton Dis	1:08.14	1

Event 7 Women 800 Meter Run Midget

Name	Year School	Finals	
1	Johnstone, Madison	Ancaster Hig	2:32.47
2	Boatsmith, Meaghan	Westdale	2:40.51
3	Lof, Ashley	Guido de Bre	2:40.70
4	Brown, Rachel	Waterdown	2:45.32
5	Roberts, Jessica	Ancaster Hig	2:47.74
6	Grills, Emma	Hamilton Dis	2:49.53
7	Wira, Alysha	Orchard Park	2:57.34
8	VanRaalte, Elianna	Guido de Bre	2:58.26
9	Pyringer, Kiersten	Dundas Valle	3:08.64
10	Colwell, Abigail	Orchard Park	3:10.91
11	Ravensbergen, Maria	Guido de Bre	3:17.35
12	Ruigrok, Meghan	Sir Allan Ma	3:40.27

Event 8 Men 800 Meter Run Midget

Name	Year School	Finals	
1	Purnell, Alec	Dundas Valle	2:03.59
2	Mills, Finn	Ancaster Hig	2:12.49
3	Seguin, Alexander	Waterdown	2:15.87
4	Vandervelde, Luke	Guido de Bre	2:17.27
5	Lopez, Jorge	Sherwood	2:20.51
6	Talya, Bardaysun	Ancaster Hig	2:30.65
7	Singh, Brandon	Saltfleet	2:38.35
8	Buitenhuis, Jack	Guido de Bre	2:42.40
9	DeGelder, Justin	Guido de Bre	2:46.34
10	Wu, John	Westmount	2:57.36
11	Curri, Ali	Delta	3:27.19

Event 9 Women 1500 Meter Run Midget

Name	Year School	Finals	
1	Johnstone, Madison	Ancaster Hig	5:00.43
2	Lof, Ashley	Guido de Bre	5:25.13
3	Roberts, Jessica	Ancaster Hig	5:31.82
4	Simmons, Ericka	Waterdown	5:50.40
5	Richer, Megan	Dundas Valle	5:58.22
6	Gauthier, Abbey	Orchard Park	6:10.68
7	Adzija, Hailey	Orchard Park	6:12.56
8	Grills, Emma	Hamilton Dis	6:12.70
9	Pyringer, Kiersten	Dundas Valle	6:18.98
10	Maunder, Jaiden	Waterdown	6:21.49
11	Colwell, Abigail	Orchard Park	6:23.46
12	Ravensbergen, Maria	Guido de Bre	6:53.18
13	Ruigrok, Meghan	Sir Allan Ma	7:04.86

Event 10 Men 1500 Meter Run Midget

Name	Year School	Finals
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1	Mills, Finn	Ancaster Hig	4:28.82
2	Seguin, Alexander	Waterdown	4:39.68
3	Vandervelde, Luke	Guido de Bre	4:40.82
4	Mahdi-Mohamed, Abdifatah	Sir John A M	4:49.11
5	Talya, Bardaysun	Ancaster Hig	4:53.27
6	Lopez, Jorge	Sherwood	4:58.46
7	Hennessey, Zac	Waterdown	5:13.41
8	Buitenhuis, Jack	Guido de Bre	5:23.05
9	Roussel, Jacob	Delta	5:30.36
10	Wu, John	Westmount	5:43.65
11	Heeringa, Brent	Guido de Bre	5:49.00
12	Curri, Ali	Delta	7:07.31

Event 11 Women 3000 Meter Run Midget

Name	Year School	Finals
1	Simmons, Ericka	Waterdown 12:04.97
2	Gauthier, Abbey	Orchard Park 13:23.42
3	Richer, Megan	Dundas Valle 13:45.11
4	Maunder, Jaiden	Waterdown 14:41.38

Event 12 Men 3000 Meter Run Midget

Name	Year School	Finals
1	Mahdi-Mohamed, Abdifatah	Sir John A M 10:31.69
2	Whittaker, TD	Westmount 10:33.70
3	Hennessey, Zac	Waterdown 11:11.46
4	Roussel, Jacob	Delta 11:27.66
5	Tenhage, Lucas	Guido de Bre 12:21.05
6	Wu, John	Westmount 13:09.26

Event 13 Women 80 Meter Hurdles Midget

Name	Year School	Finals
1	Ferney, Olivia	Dundas Valle 16.63

Event 14 Men 100 Meter Hurdles Midget

Name	Year School	Finals
1	Walters, Michael	Ancaster Hig 18.58
2	McLucas, Spencer	Westmount 19.45
3	Maharaj, Akshay	Ancaster Hig 20.51
4	Heeringa, Brent	Guido de Bre 20.61
5	Turner, Thomas	Westmount 20.69

Event 15 Women 300 Meter Hurdles Midget

Name	Year School	Finals
1	Ferney, Olivia	Dundas Valle 55.77
2	Adzija, Hailey	Orchard Park 59.72
3	Heemskerck, Megan	Guido de Bre 1:01.93

4 Selles, Julie Guido de Bre 1:03.24

Event 16 Men 300 Meter Hurdles Midget

Name	Year	School	Finals
1 McLeod, Cameron		Nora Henders	46.13
2 Vanspronsen, Luke		Guido de Bre	49.79
3 Nijenhuis, Gideon		Guido de Bre	50.75
4 Smid, Myko		Guido de Bre	50.78
5 Walters, Michael		Ancaster Hig	52.83

Event 17 Women High Jump Midget

Name	Year	School	Finals
1 Bruckner, Izabella		Dundas Valle	1.30m
2 Selles, Julie		Guido de Bre	J1.30m
3 Heemskerck, Megan		Guido de Bre	J1.30m
-- Tenhage, Tarissa		Guido de Bre	NH
-- Hewitt, Joey		Waterdown	NH
-- Freeman-Wills, Taylor		Sherwood	NH

Event 18 Men High Jump Midget

Name	Year	School	Finals
1 Spoelstra, Cole		Guido de Bre	1.45m
2 Nijenhuis, Gideon		Guido de Bre	1.40m

Event 21 Women Long Jump Midget

Name	Year	School	Finals
1 Wanders, Katrina		Guido de Bre	4.05m
2 Bell, Tanya		Dundas Valle	3.98m
3 Kampen, Miranda		Guido de Bre	J3.98m
4 Star, Jessica		Hamilton Dis	3.90m
5 Bovell, Bailey		Westmount	3.84m
6 Bartels, Katie		Guido de Bre	3.77m
7 Hewitt, Joey		Waterdown	3.76m
8 Bruckner, Izabella		Dundas Valle	3.53m
9 Kerssies, Kayla		Hamilton Dis	3.40m
10 Levgoren, Ela		Dundas Valle	3.33m
11 Adzija, Hailey		Orchard Park	3.23m
12 Francis, DJ		Sir Allan Ma	3.13m

Event 22 Men Long Jump Midget

Name	Year	School	Finals
1 McLeod, Cameron		Nora Henders	5.02m
2 Tenhage, Tyler		Guido de Bre	4.86m
3 Eising, Lucas		Hamilton Dis	4.74m
4 VanVeen, Titus		Guido de Bre	4.60m
5 Stevens, Zack		Ancaster Hig	4.58m
6 Slaa, Kenton		Guido de Bre	4.50m

7	Turner, Thomas	Westmount	4.42m
8	Ahmed, Tahseen	Sir John A M	4.11m
9	Terpstra, Nick	Hamilton Dis	3.85m
10	Mohamed, Faisal	Sir John A M	3.55m
11	Brearily, Keagan	Sherwood	3.46m
12	Peck, Brandon	Sherwood	3.29m
--	Eldredge, Duncan	Dundas Valle	FOUL
--	Vandermeulen, Brad	Hamilton Dis	FOUL

Event 23 Women Triple Jump Midget

Name	Year	School	Finals
1	Star, Jessica	Hamilton Dis	8.36m
2	VanRaalte, Elianna	Guido de Bre	8.20m
3	Kampen, Miranda	Guido de Bre	7.89m
4	Bell, Tanya	Dundas Valle	7.80m
5	Tenhage, Tarissa	Guido de Bre	7.76m
6	Bruckner, Izabella	Dundas Valle	7.68m
7	Levgoren, Ela	Dundas Valle	7.60m

Event 24 Men Triple Jump Midget

Name	Year	School	Finals
1	Tenhage, Tyler	Guido de Bre	10.15m
2	Slaa, Kenton	Guido de Bre	9.92m
3	Eising, Lucas	Hamilton Dis	9.86m
4	Stevens, Zack	Ancaster Hig	9.51m
5	Terpstra, Nick	Hamilton Dis	9.49m
6	VanVeen, Titus	Guido de Bre	9.29m
7	Walters, Michael	Ancaster Hig	8.84m

Event 25 Women Shot Put 4 kg Midget

Name	Year	School	Finals
1	Gondar, Emily	Orchard Park	9.65m
2	Pathak, Katie	Dundas Valle	8.07m
3	Redwood, Rebekkah	Guido de Bre	7.88m
4	Lawrence, Zoe	Dundas Valle	7.76m
5	Wanders, Katrina	Guido de Bre	7.58m
6	Hutten, Deanna	Guido de Bre	7.34m
7	Godkin, Alex	Sherwood	7.29m
8	Richer, Megan	Dundas Valle	6.91m
9	Robertson, Nicole	Ancaster Hig	6.82m

Event 26 Men Shot Put Midget

Name	Year	School	Finals
1	Burr, Tristan	Dundas Valle	10.41m
2	Evans, Guilian	Dundas Valle	10.24m
3	Vanspronsen, Luke	Guido de Bre	8.94m
4	deRuiter, Jordan	Guido de Bre	8.30m
5	Jonker, Logan	Guido de Bre	7.91m
6	Fortrin, CJ	Delta	6.82m

## Event 27 Women Discus Throw Midget

Name	Year School	Finals
1 Wielink, Taylor	Guido de Bre	18.04m
2 Robertson, Nicole	Ancaster Hig	17.05m
3 Hutten, Deanna	Guido de Bre	16.52m
4 Hulzebosch, Madison	Guido de Bre	15.07m

## Event 28 Men Discus Throw Midget

Name	Year School	Finals
1 Burr, Tristan	Dundas Valle	28.71m
2 Spears, Jonathan	Hamilton Dis	23.27m
3 Heeringa, Brent	Guido de Bre	21.50m
4 Jonker, Logan	Guido de Bre	20.77m
5 Lennox, Adam	Dundas Valle	20.64m
6 deRuiter, Jordan	Guido de Bre	17.87m
7 Fortrin, CJ	Delta	14.80m

## Event 29 Women Javelin Throw 600g Midget

Name	Year School	Finals
1 Gondar, Emily	Orchard Park	24.78m
2 Lawrence, Zoe	Dundas Valle	21.28m
3 BoatSmith, Meaghan	Westdale	18.87m
4 Zubyk, Isabelle	Saltfleet	18.85m
5 Matsell, Emily	Saltfleet	18.39m
6 Robertson, Nicole	Ancaster Hig	15.69m
7 Hulzebosch, Madison	Guido de Bre	15.68m
7 Rioux, Rachel	Saltfleet	15.68m
9 Kerssies, Kayla	Hamilton Dis	15.44m
10 Orourke, Brittney	Sir Winston	14.43m
11 Pathak, Katie	Dundas Valle	14.24m
12 Redwood, Rebekkah	Guido de Bre	12.36m
13 Wielink, Taylor	Guido de Bre	12.15m
-- Petrie, Brianna	Sir Winston	FOUL

## Event 30 Men Javelin Throw 600g Midget

Name	Year School	Finals
1 Malda, Sam	Guido de Bre	29.78m
2 Evans, Guilian	Dundas Valle	28.38m
3 Burr, Tristan	Dundas Valle	28.30m
4 Spoelstra, Cole	Guido de Bre	26.86m
5 Fortrin, CJ	Delta	15.67m

## Event 31 Women 4x100 Meter Relay Midget

School	Finals
1 Dundas Valley 'A'	55.10
2 Waterdown 'A'	56.69



3	Guido de Bres 'A'	57.91
4	Hamilton District 'A'	1:00.44
5	Sherwood 'A'	1:03.17
6	Sir John A MacDonald 'A'	1:11.20

Event 32 Men 4x100 Meter Relay Midget

School	Finals
1 Dundas Valley 'A'	51.15
2 Ancaster High 'A'	52.31
3 Westmount 'A'	52.63
4 Guido de Bres 'A'	53.26
5 Hamilton District 'A'	55.17
6 Sherwood 'A'	56.03

Event 33 Women 100 Meter Dash Junior

Name	Year School	Prelims	H#
Preliminaries			
1 Leek, Madeline	Westdale	13.47q	4
2 Garber, Laura	Westdale	13.50q	4
3 Reader, Eryn	Sir Allan Ma	13.60q	1
4 Turpin, Sydney	Dundas Valle	13.70q	1
5 Sirko, Zoe	Westdale	14.08q	1
6 Bartels, Jane	Guido de Bre	14.25q	2
7 Lula, Cassandra	Westdale	14.40q	3
8 Tantar, Elissa	Westmount	14.49q	2
9 Wong, Alexandra	Sherwood	14.51	3
10 Moore, Jennifer	Westmount	14.60	3
11 Stegenga, Karissa	Guido de Bre	14.76	2
12 Jager, Esther	Guido de Bre	14.98	3
13 Osborne, Madison	Ancaster Hig	15.33	4
14 Bol, Nyakuaya	Sir Allan Ma	15.55	3
15 Martin, Molly	Saltfleet	15.58	1
16 Jones, Makayla	Westmount	15.59	2
17 Sommer, Makayla	Saltfleet	15.61	2
18 Nguyen, Sandra	Orchard Park	15.99	1
19 Chudha, Ramnik	Saltfleet	16.51	3
20 Dhaliwad, Rajpreet	Saltfleet	16.87	4
21 Sharqawi, Rotana	Saltfleet	18.44	4

Event 33 Women 100 Meter Dash Junior

Name	Year School	Finals
Finals		
1 Reader, Eryn	Sir Allan Ma	13.43
2 Leek, Madeline	Westdale	13.50
3 Turpin, Sydney	Dundas Valle	13.55
4 Garber, Laura	Westdale	13.60
5 Sirko, Zoe	Westdale	13.78
6 Bartels, Jane	Guido de Bre	14.14
7 Lula, Cassandra	Westdale	14.21
8 Tantar, Elissa	Westmount	14.43

Event 34 Men 100 Meter Dash Junior

Name	Year School	Prelims	H#
Preliminaries			
1 Keogh, Josh	Sherwood	12.00q	1
2 Huynh, Eric	Ancaster Hig	12.30q	2
3 Berlin, Brandon	Sir Allan Ma	12.39q	1
4 Gregory, Mitchell	Dundas Valle	12.52q	2
5 Tun, Thaw Tee	Sir Winston	12.58q	2
6 Falconer, Caswel	Sir Allan Ma	12.60q	1
7 Price, Nigel	Sherwood	12.64q	3
8 McDonald, Nathan	Sir Winston	12.99q	2
9 Fedderus, Will	Hamilton Dis	13.31	3
10 Shewchuk, Evan	Dundas Valle	13.39	2
11 Carne, Carson	Orchard Park	13.43	2
12 Buckingham, Jason	Westdale	13.79	3
13 Hunter, David	Ancaster Hig	13.83	3
14 Edwards, Sullivan	Sherwood	13.93	2
15 Adli, Subhan	Sir Allan Ma	14.28	3
16 Hoteit, Steevie	Orchard Park	14.51	1

Event 34 Men 100 Meter Dash Junior

Name	Year School	Finals
Finals		
1 Keogh, Josh	Sherwood	11.86
2 Huynh, Eric	Ancaster Hig	12.21
3 Berlin, Brandon	Sir Allan Ma	12.33
4 Gregory, Mitchell	Dundas Valle	12.34
5 Price, Nigel	Sherwood	12.48
6 Tun, Thaw Tee	Sir Winston	12.54
7 McDonald, Nathan	Sir Winston	12.73
8 Falconer, Caswel	Sir Allan Ma	13.15

Event 35 Women 200 Meter Dash Junior

Name	Year School	Finals	H#
1 Reader, Eryn	Sir Allan Ma	27.37	4
2 Turpin, Sydney	Dundas Valle	28.01	4
3 Garber, Laura	Westdale	28.54	3
4 Bartels, Jane	Guido de Bre	29.00	3
5 Wong, Alexandra	Sherwood	29.70	4
6 Moore, Jennifer	Westmount	30.16	2
7 Wang, Peiyao	Westdale	30.18	2
8 Ricker, Sarah	Sherwood	30.27	4
9 Jager, Esther	Guido de Bre	31.10	1
10 Heeringa, Keisha	Guido de Bre	31.47	3
11 Martin, Molly	Saltfleet	31.61	2
12 Bol, Nyakuaya	Sir Allan Ma	32.10	1
13 Nguyen, Sandra	Orchard Park	32.11	1
14 Abdalla-Mohamad, Muna	Sherwood	32.67	4
15 Osborne, Madison	Ancaster Hig	32.70	3
16 Sommer, Makayla	Saltfleet	32.83	1
17 Remani, Tatyana	Nora Henders	33.26	2

18	Hassan, Safa	Nora Henders	34.59	2
19	Pickering, Maddy	Sherwood	34.74	4
20	Killins, Krista	Saltfleet	38.43	3
21	Sharqawi, Rotana	Saltfleet	38.83	1

Event 36 Men 200 Meter Dash Junior

Name	Year School	Finals	H#	
1	Keogh, Josh	Sherwood	24.11	2
2	Huynh, Eric	Ancaster Hig	25.23	2
3	Harper, Daniel	Sherwood	25.74	2
4	Millikan, Gabriel	Dundas Valle	25.86	1
5	McDonald, Nathan	Sir Winston	26.14	1
6	Lodge, Issac	Dundas Valle	26.16	1
7	VanHuisstede, Joe	Guido de Bre	26.41	1
8	Sloots, Tristan	Guido de Bre	27.29	1
9	Mott, Malik	Sherwood	27.84	2
10	Hunter, David	Ancaster Hig	28.24	2
11	Adli, Subhan	Sir Allan Ma	29.33	2

Event 37 Women 400 Meter Dash Junior

Name	Year School	Finals	H#	
1	Turpin, Sydney	Dundas Valle	1:03.18	1
2	Temush, Georgia	Dundas Valle	1:06.55	2
3	Wang, Peiyao	Westdale	1:08.23	1
4	Ricker, Sarah	Sherwood	1:08.56	2
5	Vanderlaan, Debra	Guido de Bre	1:12.51	2
6	Martin, Molly	Saltfleet	1:15.39	1
7	Abdalla-Mohamad, Muna	Sherwood	1:15.46	2
8	Pickering, Maddy	Sherwood	1:19.16	2
9	Heeringa, Keisha	Guido de Bre	1:21.49	1

Event 38 Men 400 Meter Dash Junior

Name	Year School	Finals	
1	Walkling, Jared	Sherwood	54.51
2	Harper, Daniel	Sherwood	56.05
3	Mizener, Derek	Dundas Valle	56.87
4	VanHuisstede, Joe	Guido de Bre	57.78
5	WaubenScott, Silas	Dundas Valle	1:00.27
6	Lodge, Issac	Dundas Valle	1:01.49

Event 39 Women 800 Meter Run Junior

Name	Year School	Finals	
1	Adams, Fin	Dundas Valle	2:16.96
2	Abdalaal, Nadeen	Ancaster Hig	3:06.19
3	Bosscher, Rachel	Guido de Bre	3:06.22
4	Kasweka, Mackwiz	Guido de Bre	3:16.63
5	Tomic, Simona	Saltfleet	3:25.22

Event 40 Men 800 Meter Run Junior

Name	Year	School	Finals
1 Walkling, Jared		Sherwood	2:07.08
2 Opie, Owen		Westdale	2:09.84
3 Mizener, Derek		Dundas Valle	2:25.62
4 Noack, Tobias		Dundas Valle	2:37.37
5 Cromwell, David		Delta	2:51.06

Event 41 Women 1500 Meter Run Junior

Name	Year	School	Finals
1 Dean, Sam		Dundas Valle	5:56.38
2 Abdalaal, Nadeen		Ancaster Hig	6:19.08
3 Bosscher, Rachel		Guido de Bre	6:31.31
4 Vanegmond, Karissa		Guido de Bre	6:42.58
5 Noureddin, Naya		Westmount	6:43.41
6 Hussein, Hanan		Saltfleet	6:58.35
7 Hofsink, Kara		Guido de Bre	8:22.77

Event 42 Men 1500 Meter Run Junior

Name	Year	School	Finals
1 Bowers, Jordan		Dundas Valle	4:32.98
2 Bajaikine, Nick		Dundas Valle	4:34.03
3 Maheu, John		Ancaster Hig	5:02.41
4 Noack, Tobias		Dundas Valle	5:06.51
5 Kelly, Chris		Orchard Park	5:31.70
6 Maskell, Draik		Sir John A M	5:38.72
7 Cromwell, David		Delta	5:47.93
8 Legatte, Bailey		Dundas Valle	6:37.03

Event 43 Women 3000 Meter Run Junior

Name	Year	School	Finals
1 Dean, Sam		Dundas Valle	13:32.31
2 Blokker, Madison		Guido de Bre	15:21.97
3 Togeretz, Jocelyn		Guido de Bre	18:29.34

Event 44 Men 3000 Meter Run Junior

Name	Year	School	Finals
1 Bajaikine, Nick		Dundas Valle	10:20.62
2 Bowers, Jordan		Dundas Valle	10:55.16
3 Koenig, Jacob		Westmount	11:14.84
4 Noack, Tobias		Dundas Valle	11:23.17
5 Maskell, Draik		Sir John A M	12:28.52
6 Kelly, Chris		Orchard Park	13:22.57
-- Maheu, John		Ancaster Hig	DNF

Event 45 Women 80 Meter Hurdles Junior

Name	Year	School	Finals
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1	Temush, Georgia	Dundas Valle	14.44
2	Swanborough, Lara	Dundas Valle	14.59
3	Tsounis, Katie	Dundas Valle	16.28

Event 46 Men 100 Meter Hurdles Junior

Name	Year School	Finals
1 Reid, Nick	Westmount	18.71
2 Millikan, Gabriel	Dundas Valle	23.18

Event 47 Women 300 Meter Hurdles Junior

Name	Year School	Finals
1 Swanborough, Lara	Dundas Valle	50.31
2 Temush, Georgia	Dundas Valle	50.39
3 Spanninga, Sarah	Guido de Bre	56.63
4 DeBoer, Cailyn	Guido de Bre	1:00.80

Event 48 Men 300 Meter Hurdles Junior

Name	Year School	Finals
1 WaubenScott, Silas	Dundas Valle	55.50
2 Lodge, Issac	Dundas Valle	1:15.40
2 Millikan, Gabriel	Dundas Valle	1:15.40

Event 49 Women High Jump Junior

Name	Year School	Finals
1 Sheldrick, Jasmine	Westdale	1.45m
2 DeBoer, Cailyn	Guido de Bre	1.40m
3 Wong, Alexandra	Sherwood	1.35m
4 Kasweka, Mackwiz	Guido de Bre	1.30m
-- Heres, Hope	Guido de Bre	NH
-- Moore, Jennifer	Westmount	NH

Event 50 Men High Jump Junior

Name	Year School	Finals
1 Jongsma, Justin	Guido de Bre	1.70m
2 VandenBrink, Jonas	Hamilton Dis	1.65m
3 Fledderus, Will	Hamilton Dis	1.60m
4 Falconer, Caswel	Sir Allan Ma	J1.60m

Event 53 Women Long Jump Junior

Name	Year School	Finals
1 Rainville, Jenna	Saltfleet	4.62m
2 Sheldrick, Jasmine	Westdale	4.44m
3 Awi, Kara	Hamilton Dis	4.39m
4 Bowen, Hailey	Sherwood	4.34m

5	Reader, Eryn	Sir Allan Ma	4.12m
6	Bol, Nyakuaya	Sir Allan Ma	3.98m
7	Bassie, Summer	Hamilton Dis	3.96m
8	Stegenga, Karissa	Guido de Bre	3.61m
9	Vanderlaan, Debra	Guido de Bre	3.50m
10	Peckham, Chantal	Westdale	3.44m
11	Tantaru, Elissa	Westmount	3.38m
12	Heres, Hope	Guido de Bre	3.32m

Event 54 Men Long Jump Junior

Name	Year School	Finals
1 Jongsma, Justin	Guido de Bre	5.55m
2 Janzen, Christian	Westmount	5.50m
3 Webb, Jacob	Saltfleet	5.37m
4 Berlin, Brandon	Sir Allan Ma	5.23m
5 Mott, Malik	Sherwood	5.13m
6 Fledderus, Will	Hamilton Dis	4.90m
7 Buckingham, Jason	Westdale	4.59m
8 VanHuisstede, Joe	Guido de Bre	J4.59m
9 Gregory, Mitchell	Dundas Valle	4.50m
10 Tun, Thaw Tee	Sir Winston	4.45m
11 Huynh, Eric	Ancaster Hig	4.35m
12 Williams, Troy	Westmount	4.33m
13 Schenkel, Josh	Guido de Bre	4.26m
14 Carne, Carson	Orchard Park	4.23m
15 Cline, Kyle	Saltfleet	4.00m

Event 55 Women Triple Jump Junior

Name	Year School	Finals
1 Rainville, Jenna	Saltfleet	9.27m
2 Awi, Kara	Hamilton Dis	8.87m
3 Bowen, Hailey	Sherwood	8.72m
4 Bartels, Jane	Guido de Bre	8.35m
5 Spanninga, Sarah	Guido de Bre	8.04m
6 Bosscher, Rachel	Guido de Bre	8.02m

Event 56 Men Triple Jump Junior

Name	Year School	Finals
1 Jongsma, Justin	Guido de Bre	11.54m
2 Mizener, Derek	Dundas Valle	10.63m
3 Lapsley, Zain	Ancaster Hig	10.32m
4 Webb, Jacob	Saltfleet	10.19m
5 Reid, Nick	Westmount	10.14m
6 Williams, Troy	Westmount	9.26m
7 Cline, Kyle	Saltfleet	8.85m

Event 57 Women Shot Put 4 kg Junior

Name	Year School	Finals
1 Boeringa, Ang	Guido de Bre	10.30m

2	Johnson, Robin	Westmount	8.29m
3	Walker, Mady	Dundas Valle	7.94m
4	Heikamp, Erin	Guido de Bre	7.92m
5	Vandaselaar, Sarah	Guido de Bre	6.40m
6	Tsounis, Katie	Dundas Valle	6.13m

Event 58 Men Shot Put 4kg Junior

Name	Year	School	Finals
1	Vanwoudenberg, Tim	Guido de Bre	13.48m
2	Janzen, Christian	Westmount	12.51m
3	Hoeksema, Douglas	Guido de Bre	11.34m
4	Bethlehem, Darrin	Guido de Bre	10.80m
5	Groenwold, Ryan	Guido de Bre	10.20m
6	Cox, Ethan	Dundas Valle	9.90m
7	Shewchuk, Evan	Dundas Valle	9.86m

Event 59 Women Discus Throw Junior

Name	Year	School	Finals
1	Johnson, Robin	Westmount	19.16m
2	Boeringa, Ang	Guido de Bre	18.64m
3	Walker, Mady	Dundas Valle	14.64m
4	Hunt, Michelle	Dundas Valle	14.38m
5	Vandaselaar, Sarah	Guido de Bre	13.78m
6	Togeretz, Jocelyn	Guido de Bre	13.53m

Event 60 Men Discus Throw Junior

Name	Year	School	Finals
1	Janzen, Christian	Westmount	39.36m
2	Feenstra, Brandon	Guido de Bre	34.60m
3	Vanwoudenberg, Tim	Guido de Bre	31.78m
4	Hoeksema, Douglas	Guido de Bre	30.69m
5	Bethlehem, Darrin	Guido de Bre	30.25m
6	Shewchuk, Evan	Dundas Valle	27.98m
7	Cox, Ethan	Dundas Valle	17.45m

Event 61 Women Javelin Throw 600g Junior

Name	Year	School	Finals
1	Skirrow, Alexis	Saltfleet	21.95m
2	Hoffman, Talia	Saltfleet	21.09m
3	Heikamp, Erin	Guido de Bre	17.82m
4	Hunt, Michelle	Dundas Valle	16.79m
5	Blokker, Madison	Guido de Bre	16.39m
6	Togeretz, Jocelyn	Guido de Bre	14.13m

Event 62 Men Javelin Throw 600g Junior

Name	Year	School	Finals
1	Schenkel, Josh	Guido de Bre	35.05m

2	Vanwoudenberg, Tim	Guido de Bre	34.70m
3	Cox, Ethan	Dundas Valle	34.43m
4	Feenstra, Brandon	Guido de Bre	33.10m
5	Carne, Carson	Orchard Park	28.42m
6	Sloots, Tristan	Guido de Bre	23.63m
7	Groenwold, Ryan	Guido de Bre	18.30m

Event 63 Women 4x100 Meter Relay Junior

School	Finals
1 Dundas Valley 'A'	55.49
2 Guido de Bres 'A'	57.22
3 Ancaster High 'A'	58.47
4 Westmount 'A'	59.71
5 Nora Henderson 'A'	1:01.54
6 Saltfleet 'A'	1:03.59

Event 64 Men 4x100 Meter Relay Junior

School	Finals
1 Sherwood 'A'	49.47
2 Dundas Valley 'A'	50.32
3 Guido de Bres 'A'	53.46
4 Delta 'A'	1:09.19

Event 65 Women 100 Meter Dash Senior

Name	Year School	Prelims	H#
Preliminaries			
1 Binotto, Monica	Ancaster Hig	13.19q	2
2 Bottos, Brooke	Waterdown	13.34q	3
3 Winter, Sophia	Hamilton Dis	13.49q	1
4 Bassie, Sierra	Hamilton Dis	13.81q	3
5 Wiskar, Jessica	Westmount	14.09q	1
6 Daw, Kiara	Westmount	14.11q	2
7 Hutten, Jen	Guido de Bre	14.31q	1
8 Scarlett, Amber	Westdale	15.02q	1
9 Butts, Sarah	Westmount	15.51	1
10 Nacha, Victoria	Saltfleet	15.83	3
11 McKay, Alysha	Saltfleet	16.71	2
12 McGrath, Helen	Nora Henders	16.86	2
13 Hussein, Rheem	Saltfleet	20.84	3

Event 65 Women 100 Meter Dash Senior

Name	Year School	Finals
Finals		
1 Binotto, Monica	Ancaster Hig	12.99
2 Bottos, Brooke	Waterdown	13.24
3 Wiskar, Jessica	Westmount	13.77
4 Bassie, Sierra	Hamilton Dis	13.80
5 Winter, Sophia	Hamilton Dis	13.96
6 Daw, Kiara	Westmount	14.00



7	Hutten, Jen	Guido de Bre	14.19
8	Scarlett, Amber	Westdale	14.58

Event 66 Men 100 Meter Dash Senior

Name	Year School	Prelims	H#
Preliminaries			
1	Mcclung, Alex	Dundas Valle	11.61q 2
2	Ternowski, Tyler	Sir Allan Ma	11.94q 2
3	Hampel, Austin	Ancaster Hig	12.15q 4
4	Dixon, Adre	Sir Allan Ma	12.16q 4
5	Ellis, Brent	Sherwood	12.20q 2
6	Nazaire, Andy	Hamilton Dis	12.35q 4
7	Mehdi, Aleef	Westmount	12.42q 3
8	Smith, Tyler	Saltfleet	12.47q 1
9	McIver, Cole	Ancaster Hig	12.51 1
10	Rashid, Jacob	Westdale	12.56 1
11	Bultje, Jared	Guido de Bre	12.62 4
12	Johnson, Moses	Sir John A M	12.67 1
13	Roughsedge, Keegan	Westdale	12.75 2
14	Oosterhoff, Kyle	Guido de Bre	12.76 4
15	Fraeger-Wells, Ben	Westdale	12.79 1
16	Maklab, Ahmed	Sir Allan Ma	12.86 1
17	Vallaincourt, David	Sir Allan Ma	12.92 2
18	Eikelboom, Lawrence	Guido de Bre	12.95 3
19	McMillan, Cameron	Sherwood	13.09 3
19	Nay, NayTay	Sir John A M	13.09 1
21	Nott, Andrew	Orchard Park	13.34 3
22	Cuciurean, Ryan	Saltfleet	13.35 2
23	Durgaprasad, Brandon	Westmount	13.70 4
24	Du, Tong	Sir John A M	14.02 2
25	Sabourin, Brandon	Sir John A M	14.03 3
26	Malek, Zayn	Orchard Park	15.10 3

Event 66 Men 100 Meter Dash Senior

Name	Year School	Finals	
Finals			
1	Mcclung, Alex	Dundas Valle	11.62
2	Ternowski, Tyler	Sir Allan Ma	11.96
3	Ellis, Brent	Sherwood	12.08
4	Hampel, Austin	Ancaster Hig	12.13
5	Dixon, Adre	Sir Allan Ma	12.14
6	Smith, Tyler	Saltfleet	12.41
7	Nazaire, Andy	Hamilton Dis	12.70
8	Mehdi, Aleef	Westmount	13.15

Event 67 Women 200 Meter Dash Senior

Name	Year School	Finals	H#
1	Smith, Jenna	Dundas Valle	25.18 3
2	Stenekes, Brittany	Dundas Valle	25.21 3
3	Dubois, Marissa	Westdale	26.76 3
4	Hemeric, Hailey	Sir Allan Ma	27.12 2

5	Stanga, Rachel	Westdale	27.17	2
6	Balvers, Mara	Westdale	27.99	2
7	Bassie, Sierra	Hamilton Dis	28.92	3
8	Wiskar, Jessica	Westmount	29.05	2
9	Hutten, Jen	Guido de Bre	29.90	1
10	Sorley, Rachel	Saltfleet	30.60	1
11	McGrath, Helen	Nora Henders	35.32	1
12	Hussein, Rheem	Saltfleet	43.47	1

Event 68 Men 200 Meter Dash Senior

Name	Year	School	Finals	H#
1	Mcclung, Alex	Dundas Valle	23.83	4
2	Ternowski, Tyler	Sir Allan Ma	24.29	3
3	Groenwold, Andy	Guido de Bre	24.63	3
4	Ellis, Brent	Sherwood	24.90	4
5	Maklab, Ahmed	Sir Allan Ma	25.09	3
6	Doust, Abid	Nora Henders	25.10	1
6	Dwyer, Hamid	Sir Allan Ma	25.10	4
8	Mehdi, Aleef	Westmount	25.39	1
9	Smith, Tyler	Saltfleet	25.52	3
10	Kwok, Aidan	Orchard Park	25.55	3
11	McIver, Cole	Ancaster Hig	25.58	3
12	Leslie, Nick	Dundas Valle	25.60	4
13	Jenkins, Sam	Ancaster Hig	26.03	1
14	Fraeger-Wells, Ben	Westdale	26.09	4
15	Nay, NayTay	Sir John A M	26.70	2
16	McMillan, Cameron	Sherwood	26.93	4
17	Cuciurean, Ryan	Saltfleet	27.42	3
18	Nott, Andrew	Orchard Park	27.47	4
19	Du, Tong	Sir John A M	28.41	2
20	McFedries, Campbell	Sir Winston	28.45	1
21	Sabourin, Brandon	Sir John A M	29.53	1

Event 69 Women 400 Meter Dash Senior

Name	Year	School	Finals	H#
1	Smith, Jenna	Dundas Valle	57.44	2
2	Hewitt, Chloe	Westdale	59.87	2
3	Johnston, Ryann	Dundas Valle	1:00.30	2
4	Hemeric, Hailey	Sir Allan Ma	1:02.09	2
5	Sorley, Rachel	Saltfleet	1:06.84	1
6	Tenhage, Jess	Guido de Bre	1:08.02	1
7	Ligtenberg, Ashley	Guido de Bre	1:08.56	2
8	denBroeder, Jannel	Guido de Bre	1:10.51	2
9	Datzkiw, Danielle	Westmount	1:10.79	1
10	Scarlett, Amber	Westdale	1:15.63	1

Event 70 Men 400 Meter Dash Senior

Name	Year	School	Finals	H#
1	Russell, Connor	Ancaster Hig	51.66	3
2	Manson, Tom	Dundas Valle	52.31	3
3	MacKinnon, Ian	Westdale	54.02	3

4	Holmes, Jack	Dundas Valle	54.91	3
5	Dwyer, Hamid	Sir Allan Ma	55.05	2
6	Heidebrecht, Erik	Dundas Valle	55.50	3
7	Smyth, Brent	Westmount	56.46	1
8	Mehdi, Aleef	Westmount	57.57	2
9	Reinink, Logan	Guido de Bre	57.59	2
10	Watters, Tyler	Sir Winston	58.20	1
11	Kwok, Aidan	Orchard Park	58.64	1
12	Jenkins, Sam	Ancaster Hig	59.37	1
13	Nay, NayTay	Sir John A M	1:00.66	2
14	Fargo, Hayden	Waterdown	1:00.82	1
15	McMillan, Cameron	Sherwood	1:01.25	2
16	Nott, Andrew	Orchard Park	1:05.90	1

Event 71 Women 800 Meter Run Senior

Name	Year School	Finals	
1	Hewitt, Chloe	Westdale	2:23.25
2	Johnston, Ryann	Dundas Valle	2:25.06
3	Vanderbrugghen, Beth	Guido de Bre	2:29.80
4	De Beer, Anya	Ancaster Hig	2:31.68
5	Cummings, Kyra	Westdale	2:36.55
6	Mostert, Bethany	Hamilton Dis	2:39.43
7	Sorley, Rachel	Saltfleet	2:44.12
8	Isbister, Elizabeth	Saltfleet	2:57.22
9	Makischuk, Alison	Saltfleet	2:59.93

Event 72 Men 800 Meter Run Senior

Name	Year School	Finals	
1	MacKinnon, Ian	Westdale	2:03.89
2	Dalessandro, Nick	Nora Henders	2:05.00
3	Manson, Tom	Dundas Valle	2:05.79
4	Russell, Connor	Ancaster Hig	2:06.40
5	Margetts, Max	Westdale	2:06.87
6	Heidebrecht, Erik	Dundas Valle	2:12.98
7	Witt, Braedon	Westdale	2:14.86
8	Vansydenborgh, Joel	Guido de Bre	2:15.93
9	Watters, Tyler	Sir Winston	2:25.41
10	Mahmud, Eeshan	Ancaster Hig	2:34.36
11	Andree, Justin	Dundas Valle	2:36.43
12	Borgschulze, Aric	Delta	2:42.42
13	Spong, Bill	Delta	2:48.35
14	Panna, Eli	Delta	2:50.29

Event 73 Women 1500 Meter Run Senior

Name	Year School	Finals	
1	De Beer, Anya	Ancaster Hig	5:07.01
2	Kennedy, Madeline	Westdale	5:20.71
3	Dehghan, Camille	Ancaster Hig	5:24.34
4	Orr, Mary	Westmount	5:38.36
5	Incretolli, Sarah	Saltfleet	5:48.11
6	Tsounis, Sarah	Dundas Valle	6:12.55

7	denBroeder, Jannel	Guido de Bre	6:21.52
8	Nacha, Victoria	Saltfleet	7:11.95
9	McKay, Alysha	Saltfleet	7:20.83

Event 74 Men 1500 Meter Run Senior

Name	Year School	Finals
1 Dalessandro, Nick	Nora Henders	4:16.88
2 Darby, Callum	Sherwood	4:27.05
3 Witt, Braedon	Westdale	4:32.55
4 Stewart, Graym	Dundas Valle	4:39.86
5 Jonker, Reuben	Guido de Bre	4:50.44
6 Garber, Louis	Westdale	4:59.02
7 Connelly, Jason	Westdale	5:14.97
8 Andree, Justin	Dundas Valle	5:18.28
9 Mahmud, Eeshan	Ancaster Hig	5:19.05
10 Panna, Eli	Delta	5:25.03
11 Borgschulze, Aric	Delta	5:30.23
12 Malikov, Mikayil	Westmount	5:39.92
13 Spong, Bill	Delta	5:47.15
14 Johnson, Moses	Sir John A M	5:53.76

Event 75 Women 3000 Meter Run Senior

Name	Year School	Finals
1 Ryall, Stephanie	Westdale	10:38.90
2 Waddington, Emma	Westdale	11:13.51
3 Kennedy, Madeline	Westdale	11:15.97
4 Dehghan, Camille	Ancaster Hig	12:04.26
5 Incretolli, Sarah	Saltfleet	12:40.85
6 Mostert, Bethany	Hamilton Dis	12:41.46
7 Tsounis, Sarah	Dundas Valle	13:46.36

Event 76 Men 3000 Meter Run Senior

Name	Year School	Finals
1 DeJong, Aaron	Hamilton Dis	9:29.37
2 Dalessandro, Nick	Nora Henders	11:02.32
3 Jonker, Reuben	Guido de Bre	11:15.52
4 Connelly, Jason	Westdale	11:27.79
5 Vanes, Aaron	Guido de Bre	11:28.32
6 Eikelboom, Lawrence	Guido de Bre	11:49.76
7 Malikov, Mikayil	Westmount	13:03.98

Event 77 Women 100 Meter Hurdles Senior

Name	Year School	Finals
1 Stenekes, Brittany	Dundas Valle	14.44
2 Stanga, Rachel	Westdale	15.24
3 Binotto, Monica	Ancaster Hig	15.70
4 DeFrietis, Fatima	Nora Henders	17.54
5 Winter, Sophia	Hamilton Dis	18.56

Event 78 Men 110 Meter Hurdles Senior

Name	Year School	Finals
1 Kehinde, Michael	Ancaster Hig	16.31
2 Tomalin, Ryan	Ancaster Hig	17.57
3 Campbell, Jevaughn	Nora Henders	17.84
4 Fliss, Matt	Westmount	18.21

Event 79 Women 400 Meter Hurdles Senior

Name	Year School	Finals
1 Smith, Jenna	Dundas Valle	1:06.99
2 Hemerica, Hailey	Sir Allan Ma	1:07.95
3 Binotto, Monica	Ancaster Hig	1:09.00
4 DeFrietis, Fatima	Nora Henders	1:11.74
5 Ligtenberg, Ashley	Guido de Bre	1:16.78
6 Isbister, Elizabeth	Saltfleet	1:18.70
7 Tenhage, Jess	Guido de Bre	1:29.29

Event 80 Men 400 Meter Hurdles Senior

Name	Year School	Finals	H#
1 Holmes, Jack	Dundas Valle	1:00.27	2
2 Dwyer, Hamid	Sir Allan Ma	1:01.47	2
3 Alkema, Sid	Guido de Bre	1:02.12	2
4 Doust, Abid	Nora Henders	1:04.37	2
5 Fliss, Matt	Westmount	1:04.98	1
6 Tomalin, Ryan	Ancaster Hig	1:06.58	1
7 Kwok, Aidan	Orchard Park	1:07.29	1
8 Campbell, Jevaughn	Nora Henders	1:07.60	2
9 Schulenberg, Connor	Guido de Bre	1:08.09	1
10 Reinink, Logan	Guido de Bre	1:09.54	1

Event 81 Women High Jump Senior

Name	Year School	Finals
1 Post, Katarina	Guido de Bre	1.40m
2 Tenhage, Jess	Guido de Bre	1.35m
2 Nichols, Heather	Dundas Valle	1.35m
4 Post, Shayla	Guido de Bre	J1.35m

Event 82 Men High Jump Senior

Name	Year School	Finals
1 Kehinde, Michael	Ancaster Hig	1.85m
2 Wylie, Alex	Waterdown	1.70m
2 Leslie, Nick	Dundas Valle	1.70m
4 Tadgell, Jet	Westdale	1.65m
4 Hampel, Austin	Ancaster Hig	1.65m
6 Cairns, Austin	Dundas Valle	1.60m
7 Fargo, Hayden	Waterdown	1.55m
8 Aoki, Maximillian	Westdale	J1.55m

Event 85 Women Long Jump Senior

Name	Year School	Finals
1 Dubois, Marissa	Westdale	5.24m
2 Stenekes, Brittany	Dundas Valle	5.21m
3 Balvers, Mara	Westdale	4.45m
4 Nichols, Heather	Dundas Valle	4.30m
5 Columbus, Allie	Waterdown	4.11m
6 East, Sam	Waterdown	3.93m
7 Post, Shayla	Guido de Bre	3.65m
8 Faith, Macey	Waterdown	3.45m

Event 86 Men Long Jump Senior

Name	Year School	Finals
1 Groenwold, Andy	Guido de Bre	5.55m
2 Leslie, Nick	Dundas Valle	5.23m
3 Mcclung, Alex	Dundas Valle	5.18m
4 Fliss, Matt	Westmount	5.17m
5 Bartels, Chad	Guido de Bre	5.11m
6 Oosterhoff, Kyle	Guido de Bre	5.02m
7 Paghubasan, Josh	Sir Winston	4.97m
8 Gosney, Austen	Waterdown	4.94m
9 Wylie, Alex	Waterdown	4.93m
10 Rashid, Jacob	Westdale	4.89m
11 Campbell, Jevaughn	Nora Henders	4.78m
12 Ternowski, Tyler	Sir Allan Ma	4.76m
13 Laing, Spencer	Sir Winston	4.63m
14 Lobert, Thomas	Hamilton Dis	4.57m
15 Shaw, Jason	Hamilton Dis	4.06m
16 Maklab, Ahmed	Sir Allan Ma	3.89m
17 Dixon, Adre	Sir Allan Ma	3.85m
17 Sicard, Jack	Westmount	3.85m
19 McFedries, Campbell	Sir Winston	3.79m
20 Batrynychuk, Garnet	Sir Winston	3.52m

Event 87 Women Triple Jump Senior

Name	Year School	Finals
1 Dubois, Marissa	Westdale	10.36m
2 Nichols, Heather	Dundas Valle	9.23m
3 East, Sam	Waterdown	8.81m
4 Doyle, Sydney	Sir Winston	8.76m
5 Post, Katarina	Guido de Bre	8.60m
6 Post, Shayla	Guido de Bre	8.58m
7 Wilkinson, Cassie	Sir Winston	7.13m
8 Faith, Macey	Waterdown	6.88m

Event 88 Men Triple Jump Senior

Name	Year School	Finals
1 Bartels, Chad	Guido de Bre	11.59m

2	Paghubasan, Josh	Sir Winston	10.90m
3	Oosterhoff, Kyle	Guido de Bre	10.42m

Event 89 Women Shot Put 4 kg Senior

Name	Year	School	Finals
1 Robson, Brittany		Sir Winston	9.38m
2 Sinclair, Frieda		Westmount	8.45m
3 VanVeen, Jenna		Guido de Bre	8.40m
4 Obidi, Ibukin		Saltfleet	7.30m
5 Easter, Joelle		Waterdown	7.15m
6 Wielink, Alanna		Guido de Bre	6.78m
7 Hulzebosch, Mackenzie		Guido de Bre	6.50m

Event 90 Men Shot Put 12 lb Senior

Name	Year	School	Finals
1 Gosney, Austen		Waterdown	11.02m
2 Stryker, Dylan		Hamilton Dis	10.55m
3 Romikat, Austin		Sir Winston	10.44m
4 Urkevich, James		Sir Winston	10.33m
5 Matthews, Ryan		Ancaster Hig	10.13m
6 Barrow, Brady		Ancaster Hig	9.92m
7 Danielson, Bryan		Westdale	9.63m
8 Dawson, Dillan		Waterdown	8.05m

Event 91 Women Discus Throw Senior

Name	Year	School	Finals
1 Robson, Brittany		Sir Winston	25.63m
2 Obidi, Ibukin		Saltfleet	23.49m
3 Daw, Kiara		Westmount	23.45m
4 Isbister, Elizabeth		Saltfleet	21.32m
5 Easter, Joelle		Waterdown	21.12m
6 Koopman, Emily		Hamilton Dis	20.73m
7 Datzkiw, Danielle		Westmount	19.71m
8 VanVeen, Jenna		Guido de Bre	18.86m
9 Herrity, Alix		Saltfleet	18.43m
10 Wielink, Alanna		Guido de Bre	16.73m
11 Sinclair, Frieda		Westmount	16.71m
12 Chaykowski, Jenna		Saltfleet	16.62m
13 Rainville, Julie		Saltfleet	16.54m
14 Li, Vanessa		Westmount	14.66m
15 Entwhistle, Katelyn		Dundas Valle	14.28m
16 Hulzebosch, Mackenzie		Guido de Bre	14.09m
17 Butts, Sarah		Westmount	10.36m

Event 92 Men Discus Throw 1.613kg Senior

Name	Year	School	Finals
1 Gosney, Austen		Waterdown	31.70m
2 Marshall, Evan		Waterdown	28.00m
3 DeBoer, Luke		Guido de Bre	27.35m

4	Romikat, Austin	Sir Winston	25.98m
5	Urkevich, James	Sir Winston	25.34m
6	Bultje, Jared	Guido de Bre	22.62m
7	Dawson, Dillan	Waterdown	21.32m
8	Cairns, Austin	Dundas Valle	20.81m
9	Treeneer, Hunter	Waterdown	18.95m
10	Shaw, Jason	Hamilton Dis	16.64m
11	Danielson, Bryan	Westdale	16.54m
12	Ohoski, Qwin	Sir John A M	15.24m

Event 93 Women Javelin Throw 600g Senior

Name	Year	School	Finals
1	Wice, Briana	Saltfleet	31.93m
2	Daw, Kiara	Westmount	27.01m
3	Easter, Joelle	Waterdown	25.03m
4	Koopman, Emily	Hamilton Dis	24.55m
5	Butts, Sarah	Westmount	20.11m
6	Sinclair, Frieda	Westmount	17.83m
7	Wielink, Alanna	Guido de Bre	17.24m
8	Chaykowski, Jenna	Saltfleet	15.79m
9	Hulzebosch, Mackenzie	Guido de Bre	14.29m
10	VanVeen, Jenna	Guido de Bre	13.81m
11	Entwhistle, Katelyn	Dundas Valle	12.75m

Event 94 Men Javelin Throw 800g Senior

Name	Year	School	Finals
1	Marshall, Evan	Waterdown	42.10m
2	Mougenot, Brodie	Waterdown	36.00m
3	DeBoer, Luke	Guido de Bre	35.70m
4	McMullin, Zach	Hamilton Dis	34.35m
5	Batrynychuk, Garnet	Sir Winston	34.31m
6	Smyth, Brent	Westmount	33.75m
7	Laing, Spencer	Sir Winston	32.23m
8	Bultje, Jared	Guido de Bre	31.58m
9	Treeneer, Hunter	Waterdown	30.08m
10	Lobert, Thomas	Hamilton Dis	29.28m
11	Corrigan, Aidan	Westdale	28.20m
12	Matthews, Ryan	Ancaster Hig	22.93m
13	Stryker, Dylan	Hamilton Dis	21.96m
14	Barrow, Brady	Ancaster Hig	19.35m
15	DiMillo, Josh	Orchard Park	19.31m
16	Shaw, Jason	Hamilton Dis	19.02m
17	Malek, Zayn	Orchard Park	18.90m
--	McIver, Cole	Ancaster Hig	FOUL
--	Ohoski, Qwin	Sir John A M	FOUL

Event 95 Women 4x100 Meter Relay Senior

School	Finals	H#
1 Westdale 'A'	50.62	1
2 Dundas Valley 'A'	51.85	2
3 Guido de Bres 'A'	55.41	2



4	Waterdown	'A'	55.61	2
5	Saltfleet	'A'	56.94	1
6	Westmount	'A'	57.65	1
7	Hamilton District	'A'	57.77	1
8	Saltfleet	'B'	1:07.75	2

Event 96 Men 4x100 Meter Relay Senior

School	Finals	H#
1 Ancaster High 'A'	47.51	2
2 Dundas Valley 'A'	48.24	1
3 Sir Allan MacNab 'A'	48.36	2
4 Guido de Bres 'A'	48.49	1
5 Westdale 'A'	49.01	2
6 Westmount 'A'	49.21	1

Event 97 Women 1500 Meter Steeplechase (NEW) Open

Name	Year School	Finals
1 Adams, Fin	Dundas Valle	5:04.07
2 Waddington, Emma	Westdale	5:31.58
3 Vanderbrugghen, Beth	Guido de Bre	5:44.46
4 Orr, Mary	Westmount	5:51.52
5 Incretolli, Sarah	Saltfleet	6:12.72
6 Britain, Sabrina	Dundas Valle	6:19.76

Event 98 Men 2000 Meter Steeplechase Open

Name	Year School	Finals
1 DeJong, Aaron	Hamilton Dis	6:51.83
2 Darby, Callum	Sherwood	6:55.97
3 Bajaikine, Nick	Dundas Valle	7:05.94
4 Vansydenborgh, Joel	Guido de Bre	7:06.92
5 Cooper, Alexander	Westdale	7:16.06
6 Garber, Louis	Westdale	7:22.64
7 Whittaker, TD	Westmount	7:27.87

Event 99 Women 4x400 Meter Relay Open

School	Finals
1 Dundas Valley 'A'	4:12.39
2 Guido de Bres 'A'	4:29.61
3 Ancaster High 'A'	4:30.98
4 Westdale 'A'	4:40.57
5 Orchard Park 'A'	5:08.89

Event 100 Men 4x400 Meter Relay Open

School	Finals
1 Dundas Valley 'A'	3:40.77
2 Guido de Bres 'A'	3:52.92
3 Ancaster High 'A'	3:58.74

4 Waterdown 'A'

4:03.14